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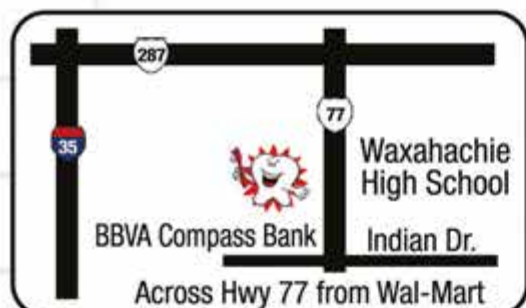
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ON THE COVER

The Ellis County Rural Heritage Farm is educating the community about the past and present of our landscape.

Photo by
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EDITOR'S NOTE

The excitement of the August air is unmistakable ...

The hustle and bustle of a new school year is on the rise, and everyone is preparing. Whether it's buying school supplies, getting teaching materials ready or even just considering how this will affect your daily commute, ready or not the kids are coming! It has always felt like a happy time to me, a new beginning with new opportunities waiting around the corner. No matter how old I get, the first day of school will always seem exciting. So much change is on the horizon for the children who are starting their first day. Though change is sometimes hard, it is the only permanent thing in life. We grow older and learn new things.

Nothing has taught me more about change than children. The day my son was born, my life changed forever. At that moment, I knew my purpose was to give this little bundle of joy the world, and each little bundle who would come after him.

It is this reason, my children, that I have made the decision to change my path yet again. The old saying is true. They don't stay little forever, and I want to cherish this precious time in life with every inch of my heart. After much prayer and deliberation, I have chosen to hand over my position as your editor. It just so happens, I get to hand it over to the person who has taught me the most about the world, my mom, Susan Simmons! I know she will enjoy writing stories about our community as much as I have!

Make it a great month, Waxahachie!



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Wildflower HAVE





A weed, according to Google, is “a wild plant growing where it is not wanted and in competition with cultivated plants.” If you stop for a moment to sit still with nature and examine many of these plants up close, you will easily see their beauty and value in our world.

“It is important to learn how and why the natural environment helps preserve our landscape,” Lu Ann Aday explained. Through her work at the Ellis County Rural Heritage Farm, at 130 Cunningham Meadows Road, near Waxahachie, she is planting the seeds for future generations through efforts aimed at conservation and education.

“I inherited the 145 acres of farmland from my parents, Marvin W. and Mattie F. Aday, in 2005, which included a historic farmhouse (the McKinney-Aday Farm House),” Lu Ann said. In 2010, after consulting with Waxahachie Historic Preservationist Architect Anthony Mottla, Lu Ann decided to renovate the house.

In 2011, Historic Preservationist Contractor Jay Hayes restored the home to resemble its original beauty, and now the community is invited to visit the homestead to learn about farming and what life might have been like in Ellis County during the early 1900s. “The most exciting thing about sharing the farm with the community is that it is intended to be an enduring legacy to the county and the surrounding area, providing active opportunities for future generations to enjoy and appreciate the outdoors,” Lu Ann expressed.

“As more and more acreage in Ellis County is incorporated into residential and business development, the Ellis County Rural Heritage Farm is intended to provide an open, accessible and enduring public space for all families to have these opportunities in the future.”

Not only has Lu Ann renovated the original farmhouse, she and the board of directors of the Ellis County Rural Heritage Farm, a Texas 501(c)(3) corporation, are working to restore the land by installing natural grasses, wildflowers and other plant species. “The native plants help promote diversity, healthier soil

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— By Joy Horn

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and flood control. The grasses act as sponges because their roots grow deeper, maintaining the soil and reducing erosion,” Lu Ann acknowledged.

The native plants also attract vital pollinators such as butterflies, bees and hummingbirds which deliver the necessary building blocks for the food we eat, in addition to so many other products we use daily. For example, “We wouldn’t have avocado products without pollinators,” Lu Ann reminded. “Pollinators are the invisible but necessary part of the landscape that tie everything together.”

Don Happ, a Texas Master Naturalist who volunteers on the farm, provides visitors with information about the plants growing naturally in Ellis County. From edible plants to identification of wild-growing grasses and flowers, Happ knows it all and is passionate about sharing his knowledge with others.

Among the plants he highlighted on a recent wildflower walk were native yucca, Mexican hats, buttercups, milkweed, Texas verbenas and hackberry trees. “Everyone hates these trees,” he recognized as he ate a berry in demonstration, “but these were some of the first food sources in this area.”

The educational experience of the farm allows visitors to explore the natural habitat surrounding Ellis County and learn what life was like so many years ago. “Ellis County is in the heart of the Texas Backland Prairie, a rich tall-grass ecosystem, with grasses, trees, wildlife and natural streams and water sources that sustained many Native Peoples, as well as the 19th- and early 20th-century settlers who came and started farms here,” Lu Ann explained.

During this time, Ellis County was an agricultural hub and the biggest

supplier of cotton in the United States. "Ellis County with its roots deep in the Blackland Prairie of North Central Texas, has produced not only agricultural bounty, but also helped to grow the communities and economy of the surrounding regions," Lu Ann said.

While families and people from all walks of life can visit the farm to enjoy and appreciate the outdoors, they can also gain an understanding of life on a farm. At the back of the farmhouse, the original settler-built barn appears in the backdrop like a photo. Having been maintained over the years, it is currently home to a flock of chickens pecking away, their commotion the song of farm life today as it was so many years ago.



It is easy to imagine for a moment what life might have been like on the farm. Looking beyond the barn, out into the distance, the beauty of the once cotton-filled prairie emerges as a reminder of the past.

Lu Ann wants to impart to future generations the importance of this land. "Those things we may take for granted, such as the food we eat and the clothing we wear, are fundamentally produced from the ground beneath our feet! And, it is those who work the land, both in the past and the present, who have made this possible," she noted.

"Good farmers are also good stewards of the land and recognize what is needed to both make the land yield its bounty while at the same time assuring that it is replenished, renewed and respected in terms of practices that sustain its viability and productivity in the future." **NOW**

Editor's Note: For more information on the farm, please visit www.ruralheritagefarm.org.

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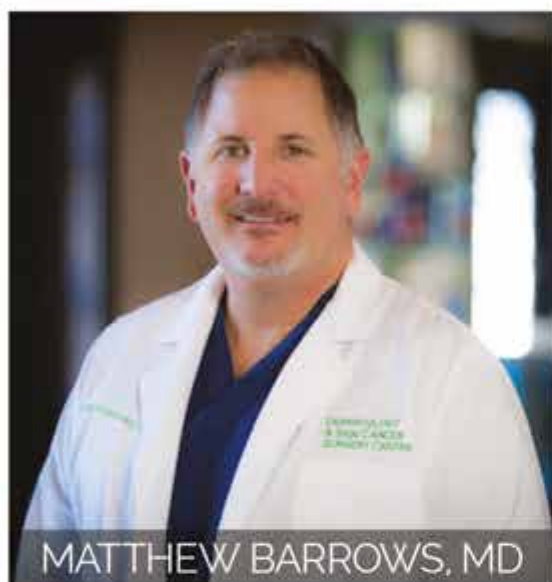
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THE ART OF TEACHING

— By Bill Smith

Laurie Zimmerman's path to teaching art at Waxahachie Preparatory Academy began in a Bible study when another lady attending the study told her about the school. It was certainly an opportune time.

"My daughters were in the fourth and second grades. My older daughter had recently asked if she and her sister could be taught at home," Laurie recalled. "I talked about homeschooling with the ladies in the Bible study and was not sure I wanted to do that."

Waxahachie Preparatory Academy seemed like a great fit, as the girls could attend classes at the school two days per week and learn at home three days. That was the way things went for about three years until the



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school learned of Laurie's art degree and prior teaching experience. "They asked me to teach art in junior high and high school," she explained. "It turned into a great experience. Now, I teach all grades at the school, from kindergarten through 12th grade.

Laurie speaks openly about the role God played in her career direction. "I never wanted to be a teacher, but

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God has a tremendous sense of humor! I thought I would become a professional artist, but what I found was, that vocation requires a lot of daily discipline,” she reflected. “I needed more structure, and I fell in love with teaching on the first day. I feel like I have the best job in the world.”

Waxahachie Preparatory is a university model school, so parents pay for classes they want their children to take. There is a full curriculum, and a lot of parents are involved in the school. Laurie mentioned, “Before I came to work here and my children were attending, I knew every student and all of their parents. It is such a great environment for the family.” At a recent field day, parents lined the walls of the gymnasium as their children participated in the activities.

In Laurie’s classroom, there is a print of Monet’s *Water Lilies*. “We have been using the print to teach perspective,” she explained. “The lilies in the front are really not any larger than the ones farther back in the picture, it is just that they are farther away from the viewer.”

Of course, the younger students could not copy the entire picture. The watercolor on construction paper that the children completed, however, acknowledges their understanding of the lesson.

The art classes at WPA offer a broad range of artistic expression, and it is displayed around the room. There is a small potter’s wheel, as well as a kiln for working with clay. Various painting media are available. They have used linoleum cutouts for making different shapes to roll ink on for stamps.



"Art is part of a well-rounded curriculum," Laurie noted. "We learn about culture, history and an appreciation for beauty. We learn about our Creator and His imagination and incredible skill."

"When you are asked to draw a flower, you usually draw a centered circle and surround it with petals. While there are some flowers, such as daisies, that actually have that pattern, much of creation is much more varied."



Laurie's classroom has cut flowers, such as Easter lilies, for examples of more complex design. Laurie teaches how to draw them, as well, beginning with simple shapes and combining them into the more elaborate flowers.

"We have used spray paint and plaster bandages to make face masks. The students had to breathe through a straw to complete the mask! We made a sarcophagus and learned about Egyptian hieroglyphics," she said describing other lessons.

Laurie mentioned the importance of remembering classic artists, but also incorporating new things. "This year, we are getting a 3-D printer . . . now that's a new medium! It will let us combine art with technology and science."

WPA provides for some additional perks Laurie appreciates. "Our discipline problems are usually just a child talking too much," she noted. "We pray during every class. We pray for each other." **NOW**

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— By Joy Horn

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nurse practitioner, explained. “We treat the patient as a whole entity rather than just treating symptoms.”

Tina, a friendly and compassionate family nurse practitioner with more than 20 years of experience, cares for patients from birth through advanced age. She leads the integrative medical team at Complete Health Medical Center, where they provide care for patients with arthritis, migraines, fibromyalgia, lower back pain, neuropathy, knee pain and personal injuries after car accidents and other trauma.

“I try to determine how patients got into the state they are in and what part genetics is playing. They may need medications, but often things like lifestyle and diet can improve their condition on its own.” The center prefers to take a natural approach to medicine, though they offer prescription medications when necessary. “One thing that sets this clinic apart is that we treat the underlying cause. If what you are looking for is a pill to mask symptoms, then we

are probably not for you. It may take a little longer, but in the end, you will live a longer, more fulfilling life and spend more quality time with your family,” Tina expressed.

The center uses a variety of tests to identify underlying reasons behind patients’ suffering. Among these, in-depth cardiology testing allows doctors to see where you have been with your cholesterol and where you are headed. “The in-depth lab panels have a predictive quality, which helps identify your chances of developing heart conditions among other diseases such as thyroid issues,” Tina explained.

Treatment options vary as the clinic strives to provide patients with exactly what they need. One option available includes cutting-edge stem-cell therapy treatments. Stem-cell therapy involves injecting stem cells into parts of the body needing tissue regrowth. “The stem cells go to where the damage is and helps regrow tissue and build new tissue. The Mesenchymal stem cells we use are primarily used to treat arthritic joints and trauma or damage to major joints. It provides immediate relief, and there is zero risk of contamination,” Tina said.

Chiropractic services are also a major component of the practice. Dr. Verhaert, owner of the clinic, has been practicing for more than 30 years. He was born and grew up in Belgium and attended chiropractic school in Iowa. He is also joined by Dr. Blair, a graduate of Parker College of Chiropractic, who has been practicing for more than 20 years. “Chiropractic health care is all natural and one of the oldest medicines out there. When your spine is aligned, everything is better,” Tina said.

Tina, Dr. Verhaert and Dr. Blair work together to give their patients the best care possible. “We are blessed to be able to do what we do,” Tina said. “It is special. Here, we have solutions and happy endings. We have patients who come in and can’t walk. Then after a few visits, they are feeling so much better.” Many patients can attest to the outcomes. After stem-cell injections, one patient confirmed that “for the first time in years,” he did not experience pain and was finally able to tie his own shoes. **NOW**




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Zoomed In: Dr. Bonny Cain

By Joy Horn

The excitement of a new school year is in the air, and this excitement can be felt in the office of Dr. Bonny Cain, Waxahachie ISD's new superintendent. "I am so pleased to be here," she said with a smile. She looks forward to what the new year will bring now that teachers have settled in after a year full of changes and new campuses. "My vision for the district is for Waxahachie ISD's state report card score to be 100," Dr. Cain said with passion. She is also excited about teachers and staff getting raises, the amazing programs being implemented at all levels of education and changes to the district's academic programs, ensuring Waxahachie ISD students continue receiving the best education possible.



Yoga teacher, Shaena Campbell, stops by the Farmers Market for some fresh produce.



Chuck Hewett II represents his place of work, Fuzzy's Tacos, at a local race.



Waxahachie High School band students work hard to raise money at their car wash.



Holly Gutierrez, Ricky Proffer and Evan Clay help customers search for unique items at the Architectural Salvage.



Hannah Hirsch and Forrest Bridges, a longtime Waxahachie resident, chat over lunch.



Mary Lou Croney and Carolyn Ross prepare for upcoming scrapbooking classes at The Crafty Scrapper.



Misti Mitchell and Sierra Mitchell enjoy a nice summer evening on the lawn.



Wyatt Horn takes a stroll on his balance bike by the duck pond.



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WHAT ACTUALLY IS A STEM CELL?

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

WHEN WILL I FEEL RESULTS?

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

IS IT AFFORDABLE?

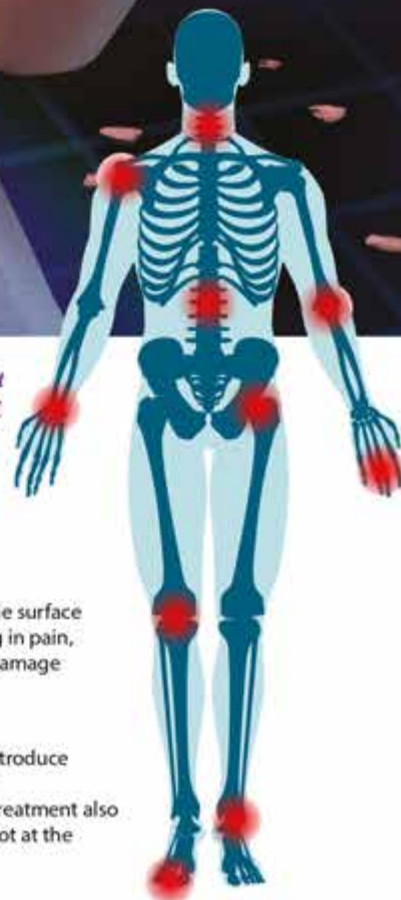
Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

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CookingNOW *In the Kitchen With* SUSAN SIMMONS

— By Joy Horn

In life, Susan Simmons goes her own way. She is unique and rarely goes by the books. In the kitchen, it's no different. Whether it's a family gathering or just for fun, she is always experimenting with something new. She uses inspiration from her Texas roots and from her many travels abroad. "My favorite thing about cooking, other than making people happy and eating great food, is the unlimited opportunity which cooking gives me to create something new and wonderful," Susan expressed.

Though retired from the restaurant business for now, she was a successful restaurant owner for more than 15 years. "I decided to include the recipes that I still get stopped for in the grocery store," Susan said with a smile. **NOW**

Chocolate Cream Pie

Pie:

- 3/4 cup sugar**
- 1/4 cup cornstarch**
- 1/4 tsp. salt**
- 2 1/2 cups whole milk (divided use)**
- 4 egg yolks**
- 1 tsp. real vanilla**
- 1 cup semi-sweet chocolate pieces**
- 1 pie shell, baked**

Meringue Topping:

- 4 egg whites**

- 1/4 cup powdered sugar**
- 1/4 tsp. cream of tartar**
- 3 Tbsp. chocolate chips**

- 1. For pie:** Wisk together dry ingredients. Stir in 1 cup milk and all egg yolks. Wisk until no lumps remain.
- 2.** Microwave remaining milk until almost boiling. Slowly add hot milk to mixture.
- 3.** Cook on medium heat, continuously stirring, until the mixture just begins to boil. Add vanilla and chocolate. Pour into baked pie shell.
- 4. For meringue topping:** Whip egg whites

until they just begin to thicken.

5. Add powdered sugar, a little at a time, while continuing to whip.

6. Add cream of tartar. Whip until stiff peaks form.

7. Put meringue on top of pie, being certain edges between crust and meringue are sealed.

8. Bake meringue in oven preheated to 350 F until meringue lightly browns.

9. Chop chocolate chips; sprinkle on hot meringue.

Whole Roasted Chicken With Brown Rice and Baby Carrots

- 1 medium onion**
- 4 large fresh garlic cloves, or more to taste**
- 3 Tbsp. olive oil**
- 1 1/2 cups brown rice**
- 3 cups chicken broth**
- 1 whole chicken**
- 2-3 cups baby carrots**

- 1.** Preheat oven to 400 F.
- 2.** Chop onion and garlic; brown them in olive oil in a Dutch oven.

3. Add rice toward the end of browning; stir constantly for 4 minutes.
4. Turn heat to high. Add chicken broth; bring to a boil. As soon as the rice boils, remove from burner.
5. Place whole chicken on top of the rice. Place baby carrots all around the chicken.
6. Put in the oven, uncovered, for 20 minutes.
7. Cover; cook for about 50 additional minutes, or until the chicken juices run clear.

Cinnamon Pecan Bread Pudding With Carmel Sauce

Pudding:

- 6 eggs
- 3 cups milk
- 1 tsp. salt
- 10 cups bread cubes (1 loaf French Bread torn into 1-inch pieces)
- 1 1/2 cups pecan pieces
- 1 1/2 cups butter softened
- 1/4 cup cinnamon
- 1 1/2 cups dark brown sugar

Caramel Sauce:

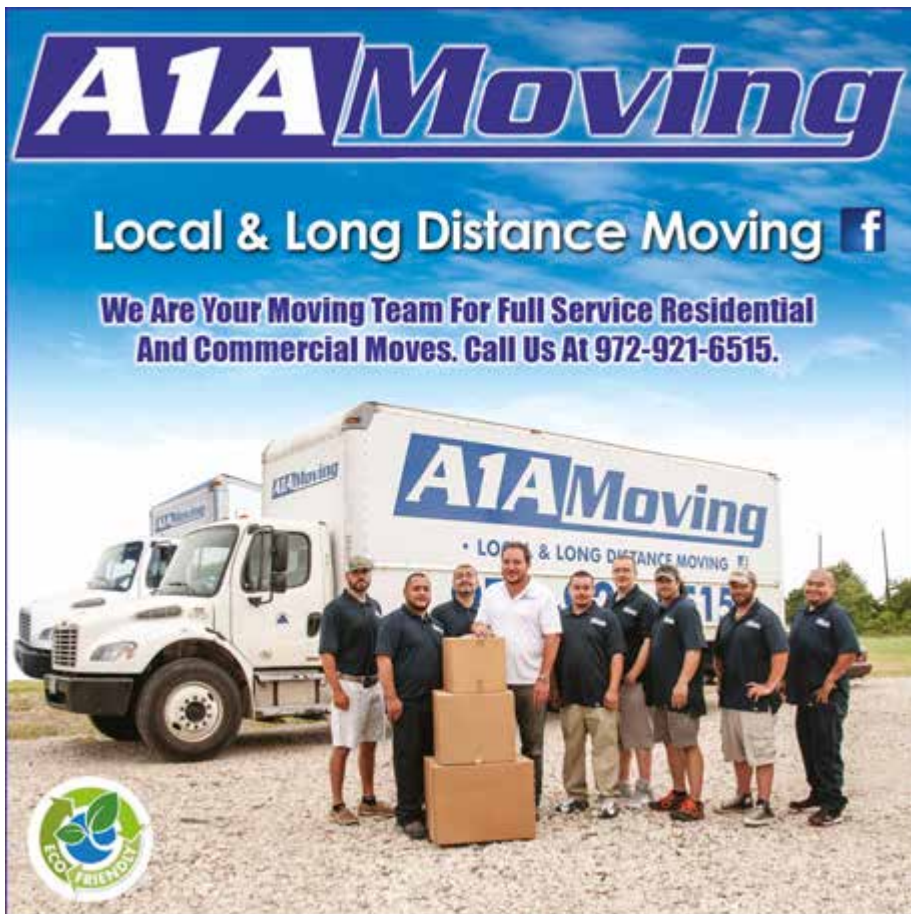
- 1 cup brown sugar
- 1/2 cup butter
- 1/4 cup milk
- 1 tsp. vanilla

1. For pudding: Combine eggs, milk, 1 cup brown sugar, and salt together.
2. In a separate bowl, toss together bread cubes and pecan pieces.
3. Pour egg mixture over bread cubes; gently mix.
4. Soften butter (do not melt); whisk in 1/2 cup brown sugar and cinnamon.
5. Pour the bread mixture into a pan; swirl the butter/cinnamon mixture into the bread cubes. Bake at 350 for approximately 1 hour.
6. For caramel sauce: Combine brown sugar, butter and milk.
7. Bring to a simmer for 1 minute, or until smooth. Add vanilla.
8. Drizzle all over the bread pudding after it is done baking.


Jack Daniel's Sauce

- 1/2 cup firmly packed brown sugar
- 1/4 cup soy sauce
- 1/8 cup pineapple juice
- 1 tsp. Jack Daniel's, if desired
- 1 Tbsp. fresh lemon juice


1. Mix first 4 ingredients in a skillet; cook over medium heat until warm and bubbly.
2. Add lemon juice. Stir; enjoy drizzled over grilled chicken or grilled salmon.



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Carrot Cake

Cake:

- 2 1/4 cups flour
- 2 1/4 cups sugar
- 1/2 tsp. salt
- 2 1/4 tsp. cinnamon
- 1 3/4 tsp. baking soda
- 1 8-oz. can well-drained crushed pineapple (Use a strainer to push out all the juice.)
- 5 eggs
- 1 1/8 cups vegetable oil
- 2 cups carrots, grated
- 1 cup pecan pieces

Icing:

- 16 oz. cream cheese, softened
- 1 cup powdered sugar
- 1/2 tsp. vanilla
- 1/2 cup pecan pieces

1. For cake: Thoroughly whisk together first five ingredients until well blended.
2. Thoroughly whisk together the remaining cake ingredients until well blended.
3. Add the dry ingredients to the wet ingredients; mix just until blended. Do not overmix.
4. Draw and cut out a circle of parchment paper to line two 9-inch pie pans.



Carrot Cake

5. Divide and pour batter into both pans. Bake at 350 F for approximately 45 minutes, or until a toothpick comes out clean.
6. For icing: Let cream cheese soften naturally; do not use microwave. Whip on high for 4 minutes, until light and fluffy.
7. Gradually add powdered sugar; add vanilla. Whip 2 minutes longer.
8. Add icing to the cake, one layer at a time; sprinkle with pecans.

1879 Chisholm Grill Tomato Basil Soup

- 1 29-oz. can quality tomato sauce
- 7 oz. heavy cream

2 Tbsp. dried sweet basil Parmesan, for garnish

1. Mix ingredients; simmer, stirring often, for 10 minutes.
2. Garnish with shaved Parmesan. Serve with homemade bread.

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ALWAYS SOMETH

— By Rick Mauch



Snow falls. Lightly at first, then a little more, and even more. Soon, it's coming down in droves. Middle of winter? Hardly. Even in mid-April, snow isn't uncommon in Estes Park, Colorado.

In fact, nothing stops. Everything goes on as usual, despite a high temperature of 32 F. This includes the annual Bigfoot Days celebration in the town's main park. Every vendor booth, every food and beverage stand — they're all open as if the sun was shining and the temperature was 80 F.



ING

But whether it's snowing or the middle of summer, Estes Park, named after Missouri native Joel Estes who founded it in 1859, has a lot to offer folks who live there or are only staying for a short while. The small town of about 6,500 people (though that number is usually much higher when visitors are added) is nestled smack dab in the Rocky Mountains. From Denver, it's about an hour-and-a-half drive.

No trip to Estes Park is complete without stopping by the historic Stanley

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Hotel. Standing tall on a peak overlooking the city, this beautiful and majestic resort was the setting for the famous Stephen King novel *The Shining* and two versions of the film by the same name.

King was, in fact, a guest at the hotel before writing the book. It inspired him to change the original setting of his classic novel from an amusement park to the fictional Overlook Hotel.

The Stanley offers a variety of tours. The ghost tour is perhaps the most popular as the guide takes guests to numerous haunted sites throughout the property, including underneath the hotel through secret tunnels.

The large lobby is a great place to take a break. The restaurant offers some incredibly tasty — and large — dishes, so come hungry.

Downtown Estes Park is lined with a plethora of specialty shops. From novelty T-shirts to leather goods, and everything in between, it's a challenge to pass through and not leave with your arms full.

While in downtown, go along the Riverwalk. This is especially great during the spring thaw or after a heavy rain. Stop in at the shop with Bigfoot T-shirts and various paraphernalia in the window, and the proprietor will gladly tell you about the latest sightings of the big fella. It's a popular topic among locals, and sightings have been plentiful in the area over the years.

Many of those sightings have been in the nearby Rocky Mountain National Park. Numerous tours of the park are offered, either hiking on foot or in a vehicle, which provide a panoramic view for miles.

Trail Ridge Road, the highest continuous highway in the United



States, runs from Estes Park westward through Rocky Mountain National Park. It eventually reaches Grand Lake over the legendary Continental Divide.

While visiting the park, also stop by the YMCA of the Rockies. This is not your ordinary YMCA, as it is surrounded on three sides by the Rocky Mountain National Park and features almost 900 acres that offer lodging, chances to commune with nature, hiking, biking and a lot more. It even has its own post office.

Back in town, the Rock Cut Brewing Company is a craft brewery that produces a variety of unique beers in a family-friendly environment. There is no in-house kitchen, but a food truck from Two Chicks Wings and Henhouse is available Tuesday through Saturday for lunch and dinner — and you can always bring your own food.

The Snowy Peaks Winery features handcrafted wines from right at home in Estes Park in a family-friendly tasting room. Artisanal cheeses, gourmet foods and unique gifts from around the state are also available. Tours are also available. For those not old enough for the real thing, juice tastings and a playroom are included on-site.

So even if you're not looking for a Bigfoot, keep your eyes open while in Estes Park. There's always something going on. **NOW**

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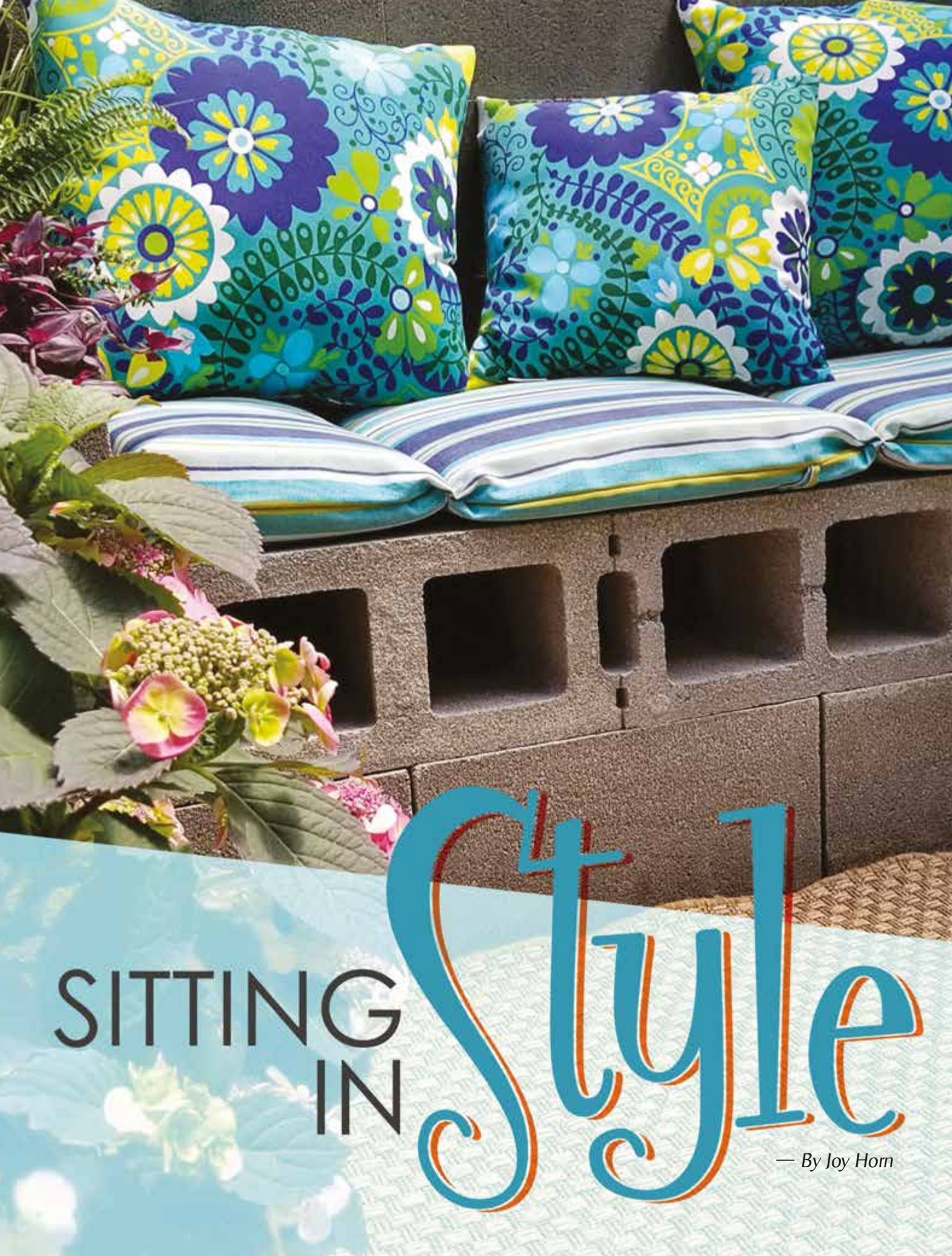
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SITTING
IN

Style

— By Joy Horn



With summer in full swing, it's time for backyard barbecues and sitting back and relaxing outside with friends and family. Some hosts find it challenging to create a comfortable outdoor space for guests, but with the trend of DIY projects, there are so many options to choose from when arranging your space. Putting together an inviting sitting area can be expensive, but it doesn't have to be when you can do it yourself.

Create the relaxing vibe you've been wanting with a stylish, cinder-block bench that's easy to assemble and inexpensive. When complete, the dimensions of this bench will be 64 inches wide by 32 inches deep by 32 inches tall. Keep in mind that cinder blocks can be on the heavy side, so you might need a partner to help you complete the project. If you're ready to get started, gather the following materials:

- 42 cinder blocks
- 2 half blocks
- Outdoor paint (optional)
- Construction grade glue (Loctite PL Premium Polyurethane Construction Adhesive works nicely)
- Some pretty flowering or trailing plants
- Decorative cushions.



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Step 1:

Once you have gathered all of your materials, the first step is painting the cinder blocks. This is optional, but it helps to seal the brick and keep the bench looking great for a longer period of time. White or light gray paint creates a calm, peaceful feeling, but a bright color like turquoise or blue can cheer up a drab space. You can also use stencils for an interesting look. Be creative and have fun with this step!

Step 2

After the paint is dry, you're ready to start gluing the cinder blocks together to create the base. Keep in mind that after they have been glued together, the cinder blocks will be heavy and difficult to move. Be sure to assemble them in the space the bench will permanently sit.

The base of the bench will be 4 blocks wide by 4 blocks deep by 2 blocks high. For the first level of the base, glue four blocks end to end with holes facing up. Continue this process until you have four rows of blocks (4 wide by 4 deep) glued end to end. For the second level of the base, repeat the same process with holes facing out. Use adhesive between each row for added safety.

Step 3

Complete the bench by building the arms and back. For the back of the bench, use the adhesive to secure blocks 2 rows high by 1 row deep with the holes facing up. Since this is where



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people will lean, it is very important to make sure the blocks are glued sufficiently. Next, secure the arms of the bench by gluing blocks 1 row deep. Finally, add one half block to each arm. If you choose to glue the arms with the holes facing up, you can turn the hole into a planter by adding flowering plants, succulents or trailing plants that will flow over the edges of your bench to create a fun look. You can also place gardening tools, shoes or succulents inside the holes in the base for a little added touch.

Step 4

Finally, add your cushions. You can make your own if you wish. Local craft stores often sell outdoor fabric that would be perfect for an outdoor sitting area, or you can go to a home store to pick up ones that have been premade. Some comfy outdoor throw pillows can also add to the cozy feeling of your bench. A candle on the top or sides of the bench might enhance the homey feel. The options are endless. Just use your imagination!

Now, guests can enjoy your new, comfortable sitting area, and you might even have fun telling them how you made it yourself. It is always nice to have a conversation piece around. Don't forget to stand back to admire what you've made with your own two hands. And it'll feel good to have made something yourself rather than just going out to buy it. **NOW**

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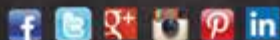
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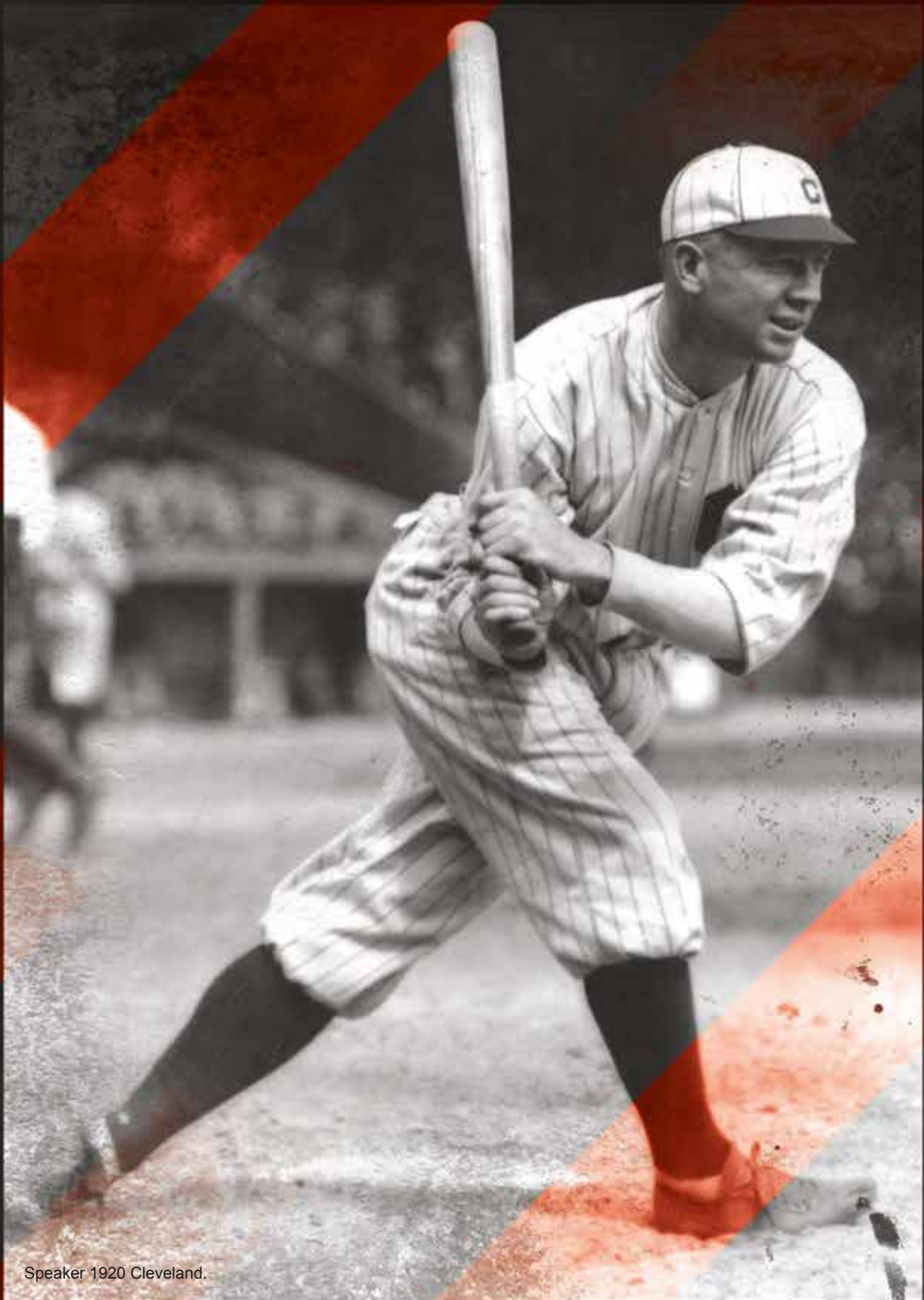
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A DIAMOND IN CENTER FIELD

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While Nolan Ryan may be the first name that comes to mind when you think of the most outstanding Texas baseball players, there are several other natives whose names are highly esteemed in the sport. Born April 4, 1888, Tristram E. Speaker, Tris for short, is one such player. Originally from Hubbard, Texas, Tris is considered possibly the best offensive and defensive center fielder in Major League Baseball of all time.

Tris had a 22-year career in America's sport, first as a professional player, then as a manager. From 1907-1928, he played for the Boston Red Sox and, later, the Cleveland Indians.

Nicknamed the Gray Eagle or Spoke, Tris' career started in Boston, where he joined the Red Sox in two World Series championships in 1912 and 1915. He led the American League in on-base percentage and received the Chalmers Award (like today's Most Valuable Player honor) in 1912, which would turn out to be his best career season.

In 1916, Tris was traded to the Cleveland Indians, where he led the AL in average, on-base percentage and hitting. During this time, Tris and Ty Cobb were two of the most successful center fielders in the game. Ty had earned five batting titles in a row until Tris outscored him by 15 points in 1916.

Serving as player/manager from 1919-1926, Tris and the Indians took the World Series title in 1920, Tris' third and final championship game. In 1925, he earned his career-best average of .389 and topped the league with an OBP of .479.

Tris' last two seasons were with the Washington Senators and the Philadelphia Athletics. In Washington he played 141 games, striking out just eight times. He retired following the 1928 season in Philadelphia at age 40.

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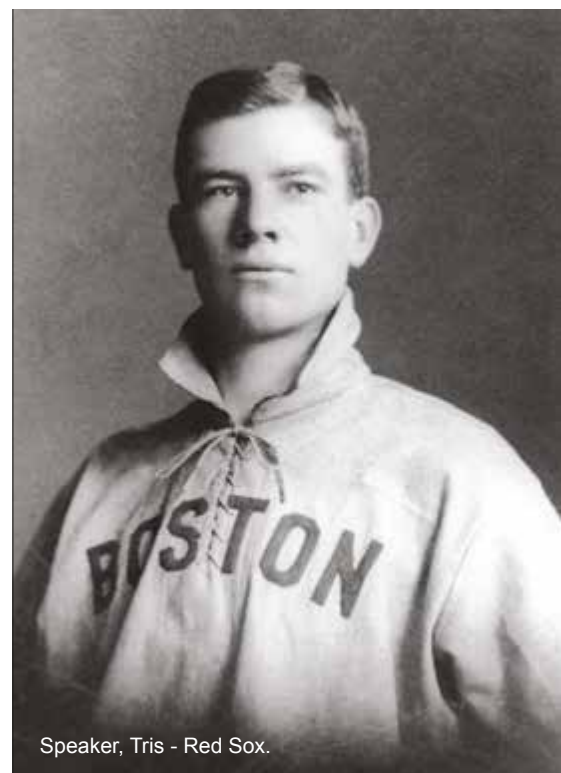
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Speaker, Tris - Red Sox.

For his accomplishments, Tris was inducted into the National Baseball Hall of Fame in 1937. Other Texas names in the Hall of Fame include Ernie Banks, Roger Hornsby, Eddie Matthews, Joe Morgan, Gregg Maddux and Nolan Ryan.

Tris was the inaugural inductee into the Texas Sports Hall of Fame in 1951. Texas was the first state to honor its athletes with a hall of fame.

"Home of more than 300 Texas legends, the Texas Sports Hall of Fame was the idea of the sports editor at *The Beaumont Enterprise*. Thad Johnson spoke to the Texas Sportswriters Association during the 1949 Texas High School Coaches Association All Star Games in Beaumont about starting the Hall of Fame," notes the TSHOF website. "The sports writers unanimously agreed with Johnson and in 1951 baseball great Tris Speaker was the inaugural inductee."

This was an obvious choice as Tris' defense was unparalleled. He holds the all-time career record of 449 assists by an outfielder. As a left-handed batter, his offense was stellar, as well, and he holds the sport's fourth best batting average at .345.

Tris holds the fifth highest in major league career hits at 3,514. He struck out just 220 times, and in four seasons earned 200 or more hits, including 792 doubles — a sport record.

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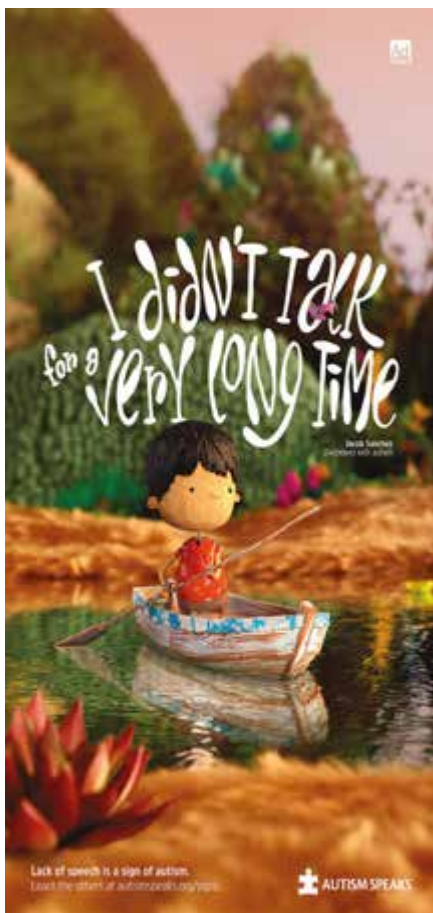
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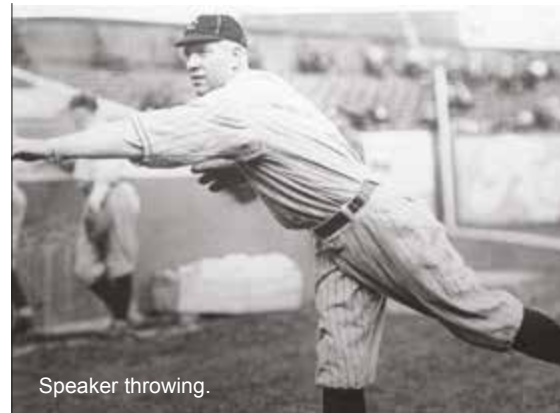
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Speaker throwing.

"His speed allowed him to play a shallow [center] field, which enabled him to catch many balls that would otherwise have been hits. His strong and accurate throwing arm prevented runners from taking an extra base, and he turned a record 139 double plays from the outfield over the course of his career," according to CMG Worldwide, which manages the official Tris Speaker website.

Ultimately, Tris completed 19 seasons and more than 100 games, then held coaching or advising roles with the Cleveland Indians until he died in 1958. Notable during this time was Tris' role as coaching consultant to Larry Doby, the first African-American to play in the American League and only the second in the major leagues.

On December 8, 1958, at Lake Whitney, Texas, Tris collapsed helping a friend dock a boat following a fishing outing. Suffering a second heart attack in four years, Tris died at age 70. He was buried in his hometown of Hubbard at Fairview Cemetery.

Baseballhall.org quotes Tris on his simple philosophy of how to play his position — one that made him a diamond in center field. "I still see more games lost by singles that drop just over the infield than a triple over the outfielder's head," Tris said. "I learned early that I could save more games by cutting off some of those singles than I would lose by having an occasional extra-base hit go over my head." **NOW**

Sources:

1. baseballhall.org
2. mgwww.com/baseball/speaker/
3. tshof.org

All photos from the collection of the Texas Sports Hall of Fame — Waco, Texas.

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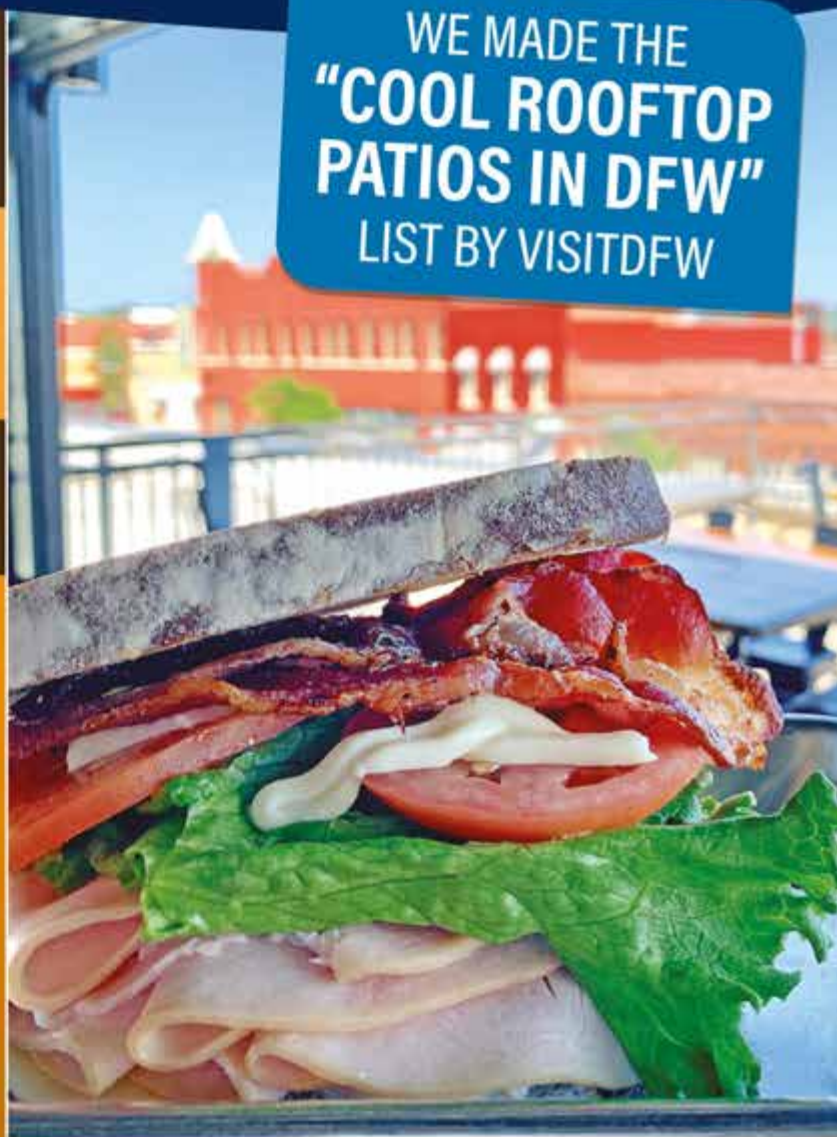
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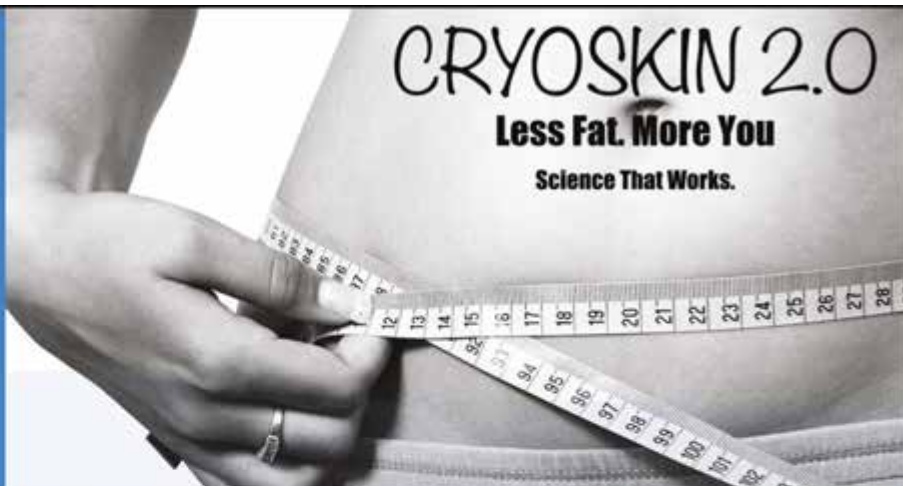
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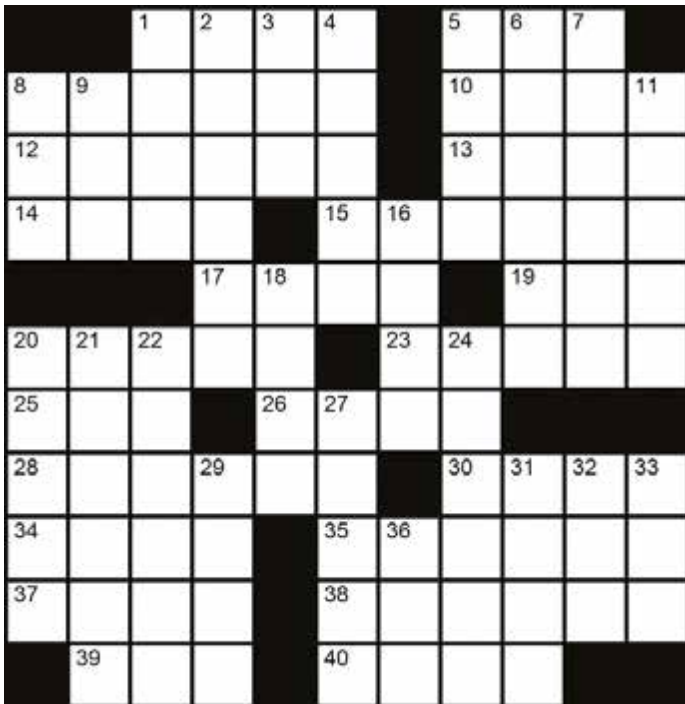
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- 20 Cupcake filling
- 21 East Mediterranean region
- 22 Try too hard
- 24 Vacation souvenir, maybe
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Sudoku Puzzle

Easy

Medium

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

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

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Solutions on page 60

Coming Events
 Navarro County Christian
 Singles Ministry
 Steve Griggs with Penny Gilly
 Kevin Robinson Show
 Elvis Tribute
 Marquis of Vaudeville
 Ghost Walk

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HealthNOW

Hallux Rigidus and Arthritis of the Big Toe

In hallux rigidus, the big toe joint “jams” when walking. This jamming results in a breakdown of the joint that causes pain and eventually arthritis. This condition can be very troubling and even disabling, because we use the big toe in almost every foot movement, including walking, stooping, climbing stairs and even standing.

Hallux rigidus is often a slow and progressive process. It may first appear as joint swelling and redness that occurs only during certain activities, or when wearing shoes that place a lot of pressure and strain on the joint. As the condition progresses, motion of the big toe, which is only somewhat limited, becomes even stiffer. This stiffness produces further pain and destruction of the joint, resulting in arthritis.

What causes hallux rigidus? In most cases, hallux rigidus is caused by structural problems of the foot. These problems are related to the general shape of your foot, and bring about slight changes to the function of your foot. Hallux rigidus can also develop from overuse of the big toe, especially among people who place increased stress on that toe, such as workers who frequently stoop or squat or those involved in ballet or sprinting. Other contributors to hallux rigidus include a previous injury (such as stubbing your

toe), wearing certain types of shoes (such as high heels), and other disorders.

In the early stages of this condition, the symptoms include pain and stiffness in the big toe during use, such as walking, bending and even standing. You may notice difficulty in performing certain activities, such as squatting or running. Cold, damp weather often aggravates the pain and stiffness. Swelling and inflammation around the joint might also occur.

In the later stages, as the condition worsens, additional symptoms develop. The range of motion of the big toe progressively decreases, and in the very last stage, the toe is rigid and cannot bend. Hallux rigidus may also progress to the point where there may be pain even when the foot isn't being used. The later stages are also often associated with permanent changes to the joint from arthritis that include bone spurs and enlargement of the joint. As a result of these changes, you may find it difficult to wear certain shoes or participate in certain recreational or occupational activities.

Although having this condition is not an emergency situation, the earlier it's diagnosed and treated, the better your chances are for slowing the progression. The sooner this condition is diagnosed, the easier it is to treat. If you wait until the end stage, surgery will be your only option of treatment.

Remember, your big toe plays a big role in just about every movement your foot makes. It's even important when you're standing. So, if your big toe isn't feeling right, see a foot and ankle surgeon soon for a complete evaluation and effective treatment. **NOW**

Christopher Schmitt, DPM

*Associate of the American College of Foot and Ankle Surgeons
Southern Star Foot & Ankle*



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Welcome BACK TO SCHOOL

AUGUST

8/3

Operation First Day of School:

Buying school supplies can be costly. WISD is hosting an event to help provide families in need with free school supplies, free backpacks and more for the first day of school. Donations are welcome through **August 1**. 8:00 a.m.-noon, Clift Elementary.

Pettigrew Academy Open House:

Refreshments and a children's summer craft. All welcome. 9:00 a.m.-noon, 806 E. Marvin Ave.

8/9-8/11

Tax Free Shopping Weekend:

Head to downtown Waxahachie to grab some school clothes for the kids and take advantage of the tax-free weekend!

8/14

WISD students go back to school!

8/24

Super Art Saturday:

Scrapbox Creations with Barbara Woods. Use everyday scraps to make 3-D creations. Ages 5-7. Class sizes are limited; registration required. Fee: \$25. 10:00 a.m.-11:30 a.m., Art on the Square Gallery, 113 W. Franklin St.

9/2

Waxahachie Labor Day Triathlon:

Swim, bike and run to benefit the Gift of Adoption Fund. 5:00 a.m.-3:00 p.m., Lake Waxahachie. Call (214) 538-8275.

Mondays

Bridge Club:

12:15 p.m., Waxahachie Senior Center, 122 Park Hills Dr. Email Jeanee Smiles at smilestoremember@gmail.com or call (469) 309-4280.

Celebrate Recovery:

Dinner: 6:30-7:00 p.m.; meeting: 7:00-9:00 p.m., The Avenue Church, 1761 Hwy. 77 (972) 937-5301.

First Mondays

Friends of Sims Library:

This nonprofit group was created to foster a closer relationship between the library and the citizens of Ellis County. All meetings are open to the public. 10:00 a.m., Sims Library, 515 W. Main St.

**Second
Mondays**

School Board Meeting:

The community is invited to join the meeting. 7:00-8:00 p.m., WISD Administration Building, 411 N. Gibson St.

Ellis County

Veterans Networking:

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

Fourth Mondays

Texas Master Naturalists

Indian Trails Chapter Meeting:

Business meeting: 6:00 p.m.; program: 7:00 p.m., First United Methodist Church, 505 W. Marvin Ave. www.txmn.org/indiantrail.

Creative Quilters Guild of Ellis County Meeting:

6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Ave. www.elliscountyquilters.com for more information.

Tuesdays

Happy Feet at Sims Library:

Children ages 1-5 are invited to dance and sing along in a guided music and movement lesson designed to improve social skills, stimulate brain development and create a musical literacy foundation to increase physical and literacy skills. 10:00-10:40 a.m. Email children@simslib.org.

Second Tuesdays

Ellis County Republicans Monthly Meeting:

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

Wednesdays

GriefShare Meeting:

7:00 p.m., Cowboy Church of Ellis County in the Worship Center. Call Dana Files at (972) 935-9801 or visit www.cowboyfaith.org.

**Second
Wednesdays**

Sarah's Laughter Infertility Support Group for Ellis County:

7:00-8:30 p.m., Gateway Church Midlothian, 555 N. Walnut Grove Rd., Midlothian. Contact amy@sarahs-laughter.com.

**Third
Wednesdays**

The Ellis County Christian Women's Connection Meeting:

Cost is \$13. Reservations are due **Sunday** before the meeting. 11:30 a.m.-1:00 p.m., Waxahachie Country Club.

Contact Barb at (214) 463-5064 or barb.jacobs19@yahoo.com.

Thursdays

Dig It! Gardening Club:

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

Tuesdays: 4:00 p.m., Fridays:



8/24 & 8/26-8/27

Open Auditions:

Waxahachie Community Theatre will hold open auditions for *Beauty and the Beast*.

Saturday: Actors ages 8-13. 10:00 a.m. **Monday-Tuesday:** Actors ages 14-plus. 7:00 p.m., University Church, 221 Solon Rd. wct.texas@gmail.com.

2:00 p.m., Sims Library,
515 W. Main St.

Knit Night:

A group of ladies of all different skill levels, gather to chat and knit. Learning opportunities available. Join the fun from 5:00 p.m.-8:00 p.m., Downtown at Farmhouse, 308 College St. (972) 938-9090.

Second Thursdays

Lady's Night Out:

Local shops offer wine, treats, sales and more. 5:00 p.m.-8:00 p.m., downtown Waxahachie.

Last Thursdays

Marine Corps League, Detachment 1452 Meeting:

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

Fridays

**Ellis County
Democrats Coffee
and Talk Open House:**
8:00 a.m.-noon, Democrat HQ,
215 E. Main St. Visit

www.elliscountymagazines.org
for more information.

Saturdays

Farmer's Market:

Every Saturday through **October**, visit the market for delicious, locally grown produce, fresh baked goods, plants and much more. 8:00 a.m.-1:00 p.m., downtown at 410 South Rogers Street.

Super Science Saturday: The Sims Library will be hosting a STEM-based program for kids 5 or older. Join the group every other Saturday during

the summer. 10:00 a.m., Sims Library, 515 W. Main St.

Second Saturdays

BOGO Sale: Businesses in downtown Waxahachie offer sales in their stores. All stores determine discounts.

*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

		1	2	3	4		5	6	7	
		S	A	K	S		N	A	G	
8	T	O	I	L	E	T	10	E	G	11
12	A	N	G	I	N	A	13	W	H	E
14	D	E	N	G			15	R	O	T
							17	H	O	R
20	C	L	O	T	H		23	U	T	T
25	R	E	V				26	M	I	S
28	E	V	E	L	Y	N		30	H	O
34	M	A	R	E			35	T	R	I
37	E	N	D	S			38	R	E	R
							40	O	P	T

Easy

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

Medium

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



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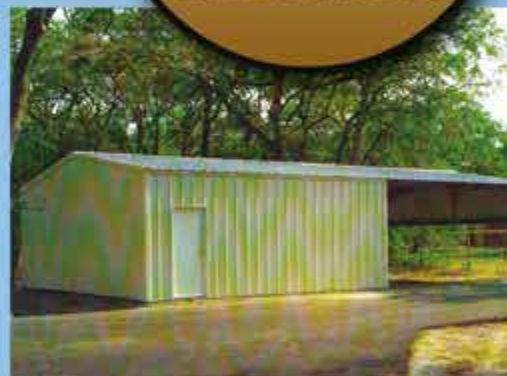
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