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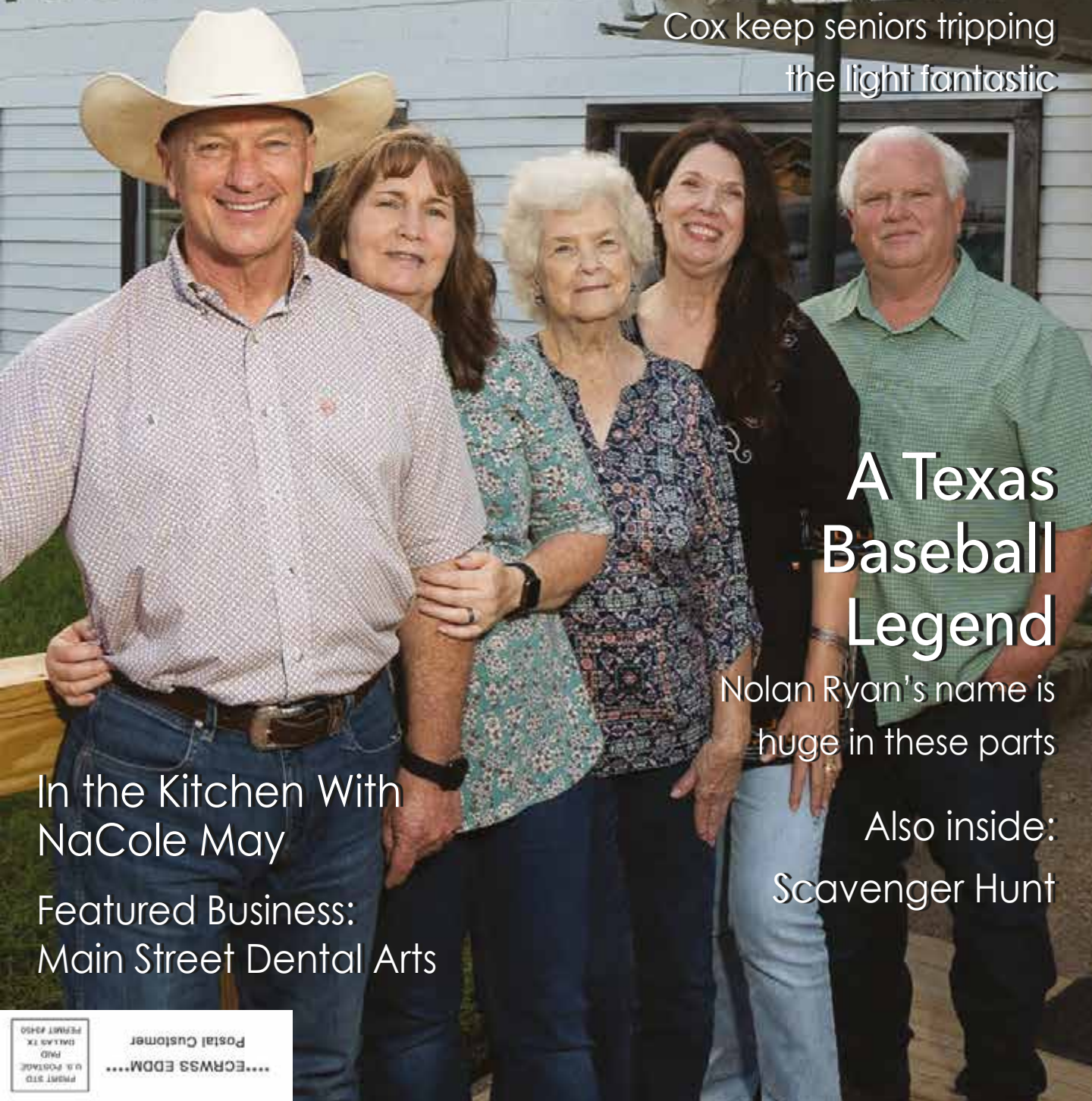
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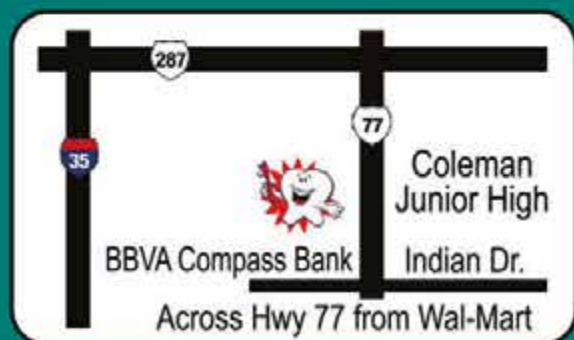
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ON THE COVER



Waxahachie senior citizens take a turn around the floor at the Optimist Club.

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EDITOR'S NOTE

August is a great month ...

At least that's what the name would have you believe. The ancient Romans called this month *Sextilis mensis*, the sixth month. Creative, huh? You might be wondering about that number, since August is the eighth month on our modern calendars, but that's because the Romans decided to move January and February from the end of the year, to the beginning, but didn't bother with changing the number names of months like September, October, November and December (seventh, eighth, ninth and tenth)!

At the end of the Roman Republic and the beginning of the Roman Empire, there was this famous ruler named Julius Caesar. He was so popular and powerful that he got his name put on one of the months. Previously known as *Quintilis*, it was renamed *Julius* (July) in his honor. Well, the next guy to rule, who was the first real emperor of Rome, couldn't be out done by his uncle Julius. So, Octavian started going by the title Augustus, meaning magnificent, majestic, noble. Humility was not a Roman virtue. But that means August is literally the "Great Month"! Isn't that magnificent? Oh, and Augustus couldn't let his great month be shorter than his uncle's month, so he messed up the regular alternation between 30-day and 31-day months, leaving us with two 31-day months in a row.

There really are a lot of good things that happen in August, especially if you're young, or if the heat doesn't bother you. But not everyone has such a high opinion of this month. The ancient Old English name for it (before we got fancy and borrowed all the Latin names) was *Weodmonað*, Weed-month, and that fits, too.

Go out and do something great!



Adam

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Ami Mata, DDS

Dr. Mata is a born and raised local of Dallas, Texas who received her Doctor of Dental Surgery degree from Texas A&M College of Dentistry in 2021. She received her Bachelor's of Arts in science with a minor in chemistry from the University of North Texas in 2015. She also completed a rigorous yearlong post-baccalaureate program before admissions into dental school in 2016 at the University of Texas at Dallas.

Dr. Mata is a current member of the American Dental Association as well as a member of the Academy of General Dentistry. She is also proficient in Spanish and English.

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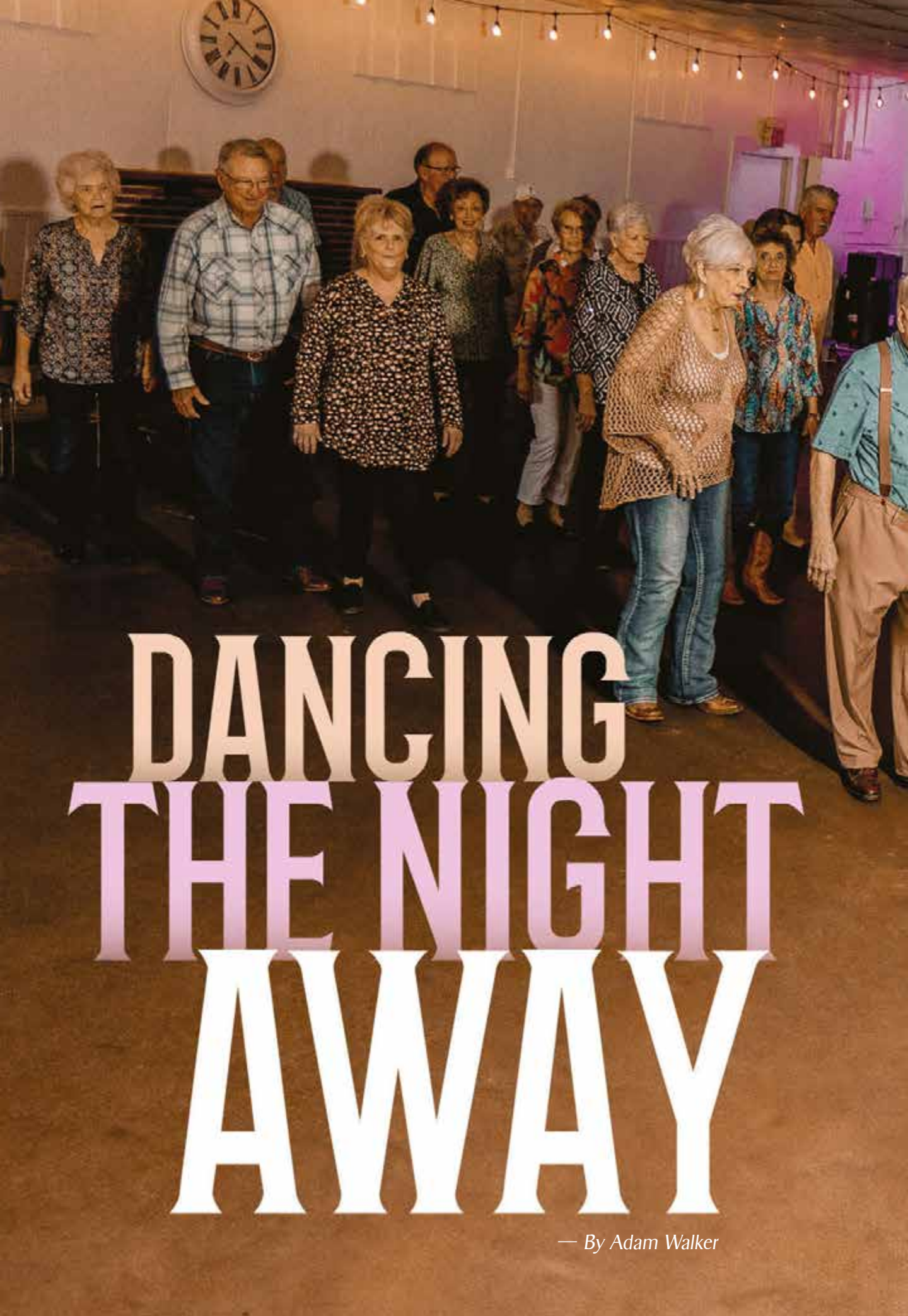
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DANCING THE NIGHT AWAY

— By Adam Walker



Randy and Shelley Cox have been regulars at the monthly dances at the Optimist Club since 2005. “We started going because Dave Eder had a band called The Final Showdown,” Shelly reported. “We were friends with him through our business. He had been leading the dances since the ’90s. We were the youngest people there. We were only in our 30s, and technically the dance was for seniors.”

“We started taking my mother,” Randy added. “She’s in her 80s now, and still goes! Dave passed in June of 2020, and the dances stopped for a while. But we didn’t have anything else like it in Waxahachie, so we started it back up. We dance some country & western, two-step, waltz, polka and line dances.”

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"We even do a little salsa every now and then," Shelley added. "The rest of the gentlemen in the band stayed together, but they changed their name to Freightliner. David Groves, Larry Bray and Scott McCollom were in Dave's band. Gary Weisner, the drummer, is the newest member. We restarted the dances in December of 2021. So it was nearly two years without. The Optimist Club welcomed us back, and Freightliner is still playing every month."

"When it started, it was every two weeks," Randy informed. "Now it's once a month, but it was the only thing around that you could go to, if you weren't into the bar scene. We had potluck dinners and a time of fellowship, and no alcohol. It was, and still is, a good, clean night of fun."

"Dave always made sure it stayed like that," Shelley said. "This dance is for people over 50. We changed the name from Senior Dance to 50+ Dance, because people got confused by the word senior. Some people thought it was for high school, and others didn't know how old you have to be, to be a senior! We have people in their 70s, 80s and 90s who come regularly, but we're looking for more people to come join the fun. Some of those women and men in their 80s can dance more songs than we can! If there's music playing, they don't get tired."

"We do want younger seniors to come," Randy explained. "Women outlive men. It's good to get more men. One guy drives in from North Grand Prairie or Arlington ... over there. We have seniors who come from Garland, Cedar Creek Lake, Lancaster, Maypearl — even Bynum. When you show up somewhere else at a dance, you'll see people you know, because we're all family. We're a well-kept secret. A lot of people don't know this is happening. We go to a lot of



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dances all over, including the one the Waxahachie Senior Center hosts every other month. Shelley and I were at one senior dance down south. Everything that band was playing was sad songs with dirty lyrics. We don't want that. Freightliner picks clean songs. That's how Dave always did it. He would pray before the potluck."

"I love the music and the exercise," Shelley emphasized. "But I end up visiting and loving on people. That's why we keep doing this. We show up early to set up chairs. Dotty, the wife of the keyboard player, helps with the set up, and she does the gifts and the 50-50 drop raffle. Some of the band members drive two hours to be here. One lady comes a half hour early to teach line dances. I didn't realize that I have no balance until the first time I tried to dance the 'Cotton Eye Joe'! Whenever a new song gets played, you'll hear someone say, 'I think we can line dance to that!'"



The dances happen every first Monday of the month, at the Optimist building on Patrick Street. "We meet on the first Monday, even if it's the Fourth of July or another holiday," Shelley explained. "We meet from 6:30 to 9:00. There's a \$10 charge, but some people donate extra to make sure the band is paid well. People want to see this continue. We don't exclude anybody. We usually have about 35 people any given dance, but if everyone shows up, we have about 60 or 70 people! The community has been really supportive. Some of the area merchants support us. Back when Dave was the band leader, he always closed with Willy Nelson's 'Funny How Time Slips Away.' Dave would be proud. This was his baby." **NOW**

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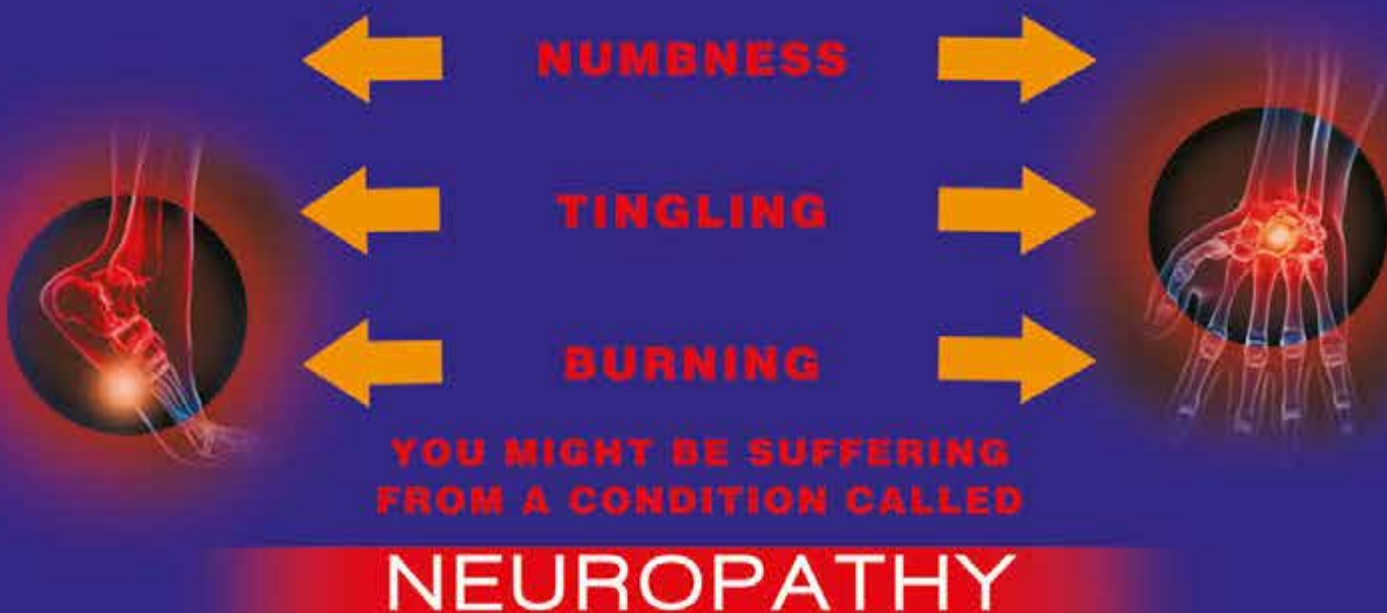
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— TALES OF TEXAS —

A TEXAS BASEBALL LEGEND

— By Sandra Walters

Some sportsmen are regarded as icons in their respective sports. One of Texas' most accomplished baseball players, Nolan Ryan, is well-known in the Lone Star State. He was born on January 31, 1947, in Refugio, Texas, as the family's sixth child. When he was 9 years old, Nolan began playing baseball in his hometown of Alvin, Texas, where he grew up. At the age of 11, he was selected for the All-Star team and went on to succeed. At that time, he threw his first no-hitter.

He continued perfecting his gift throughout the years, and following his high school graduation, Nolan was chosen by the New York Mets in the 1965 Major League Baseball Draft. Within four years as a team pitcher, he helped the Mets in their World Series victory. However, he was traded to the

California Angels in 1971. During this time, his name started appearing in the record books after winning games, striking players out and pitching his first career no-hitter in the major leagues. From 1972 to 1977, Nolan averaged 19 wins and 322 strikeouts per year. He assisted the Angels in winning the American League West title for the first time.

Eventually, he signed a deal with the Houston Astros as a free agent, returning close to his hometown as the first million-dollar-per-year player in league history. He accomplished the 3,000th, 4,000th and 4,500th strikeout milestones while playing for the Astros. The '80s signified many successes for Nolan, as he passed Walter Johnson's all-time strikeout mark, broke Sandy Koufax's major league record of four no-hitters with his fifth in 1981 and helped the Astros reach the postseason for the first three times in franchise history. He played as an Astro from 1980 to 1988.

Following his last season with the Astros, Nolan joined the Texas Rangers as a free agent. By continuing to throw a powerful fastball into his 40s, he became a national phenomenon. In 1990, Nolan pitched his sixth no-hitter, and a year later, at the age of 44, he produced his seventh. Nolan was selected in eight All-Star Games, started 773



times, achieved the lowest hits-per-nine-innings-pitched ratio, being 6.56. He pitched for the Texas Rangers from 1989 to 1993, bringing his career to a close.

Nolan retired after the 1993 season, and in 1999, they inducted him into the National Baseball Hall of Fame, becoming the first Texas Ranger to receive this honor. In 2003, he was inducted into the Texas Rangers Hall of Fame. Shortly after those accomplishments, the Rangers and Astros named him the Hometown Hero in 2006. He also earned a place in the Irish American Baseball Hall of Fame in 2011. Then, the Angels, Astros and Rangers retired Nolan's number. And because of his expertise in the industry, he served as president and CEO of the Texas Rangers from 2008-2013.

For many years, this tough competitor was among the most intimidating on the pitching mound. He acquired the nickname "The Ryan Express," and he played for four decades. "His 27-season career record is 324-292 with a 3.19 ERA, 222 complete games, 61 shutouts and a baseball best 5,714 strikeouts," according to astrosdaily.com. He continued to pitch after turning 46, but in September 1993, he blew out his elbow and made his final pitch. He earned numerous titles in Major League Baseball and is definitely considered a Texas baseball legend. NOW

Sources:

1. <https://www.tshmf.org/Ryan>.
2. https://www.astrosdaily.com/players/Ryan_Nolan.html.
3. <https://baseballhall.org/hall-of-famers/ryan-nolan>.

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Zoomed In: Taylor Watson

By Adam Walker

Taylor Watson set up outside Texas Art and Pour on the square to paint in the fresh air and sunlight. “Mr. Cagle, who owns Art and Pour, was my art teacher at the high school, so when I asked if I could do a pop-up outside to paint and sell some of my art, he was all for it,” she reported. “I paint representative, Afro-centric with floral elements. I like to include Afro-pop culture.

“I tend to have the faces turned away or hidden,” she said. “They say the eyes are the windows, but when you take those away, then you are forced to focus on the color and composition. I just finished my degree in Denton, so it’s good to be back home in Waxahachie.”



Tonks and Goyle chill out with their humans, Jessica and Ian Hallett.



Shelby Symmetry moves into their new location.



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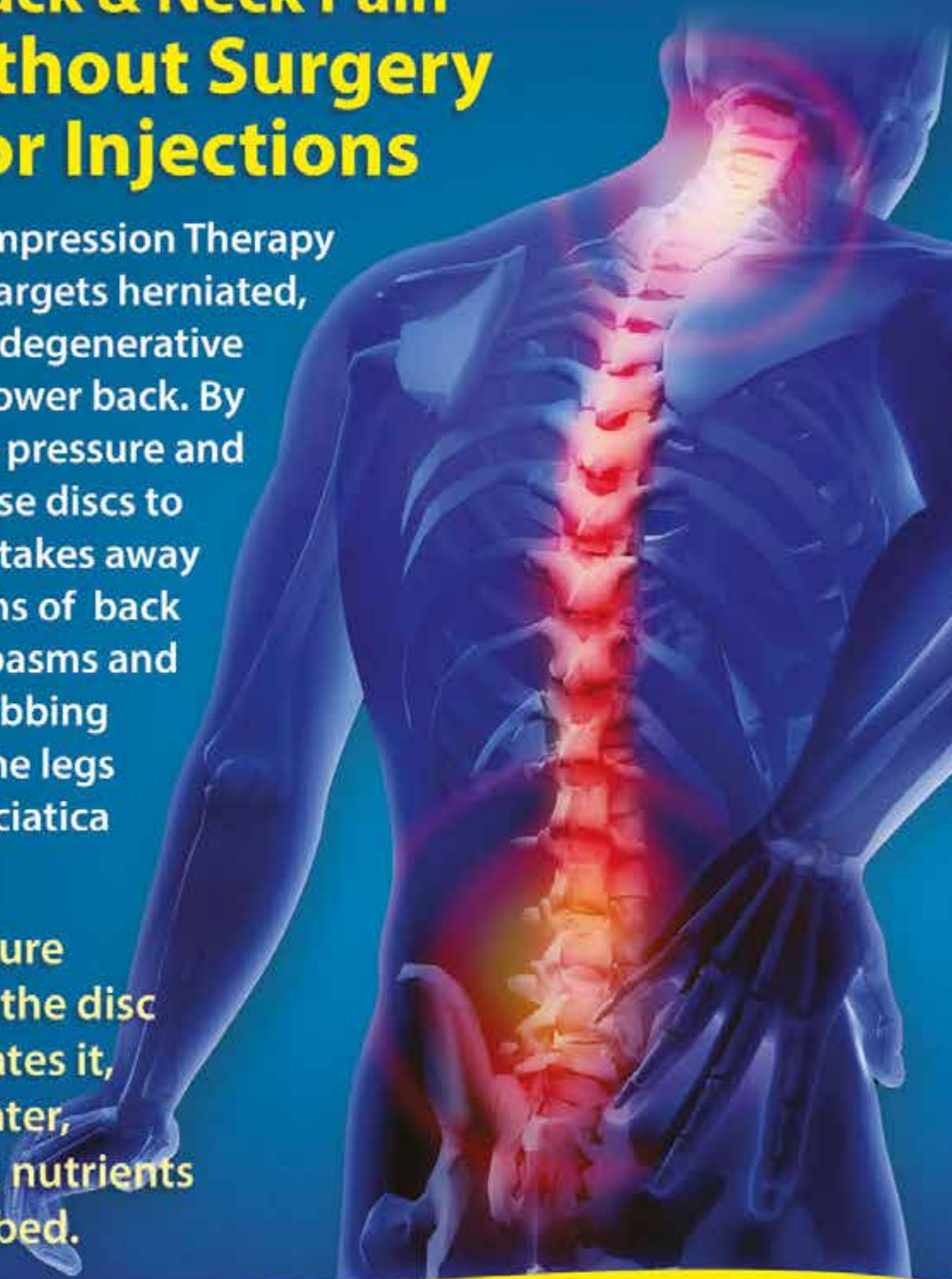
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BusinessNOW

Main Street Dental Arts, PC

— By Adam Walker

Main Street Dental Arts, PC

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Sunday-Tuesday: Closed

Craig Smith and his wife, Deborah, are the two-person team that has been caring for the teeth of Waxahachie residents for 28 years. “The two of us do everything from the dentistry to cleaning the floors, billing and returning calls,” Craig informed. “We only serve one patient at a time, so we keep your experience very personal. We like to slow



down and take care of our patients. We don't have three people in different rooms at the same time. We try to always run on time.”

Main Street Dental Arts tries to provide a comfortable, peaceful environment for your dental work. “We have four patient rooms,” Deborah added. “Each of them has a view of the Zen garden through a big picture window. We have TVs in the rooms, but we only play scenes of the ocean, flowers or fish. And we don't play any music with vocals. We have two quiet waiting areas. Since this is an older building, we have real rooms, not partitions. Our patients love having private rooms. The front door stays locked, because it's just the two of us, just the one dentist, but just knock when you arrive.”

Craig studied dentistry at UT San Antonio, which is where the Arlington native met his wife. “At that time, we were the No. 1 dental school in the nation. Harvard was ranked 10th or something. I have a fellowship from the Academy of General Dentistry, which is not easy to obtain. It requires a lot of extra education.” According to AGD's

website, only 6 percent of dentists qualify for a fellowship.

“Craig was one of the original people trained to offer Bioclear,” Deborah reported. “Bioclear is a bonding technique that can fix those black triangle areas. It replaces crowns and covers old filling material. It is very long lasting. Patients came from out of state to receive the procedure from Craig.”

In addition to cosmetic procedures like Bioclear, Craig provides a full range of dental services. “I do all kinds of general dentistry. We do cleanings, provide gum care and treat gum disease. We do some gum surgery. Our fillings are tooth colored, so they look better. We do extractions and root canals. If you have lost one or more teeth, we can provide you with implants, bridges or partials as well as full dentures. I focus on cosmetic dentistry, but we do everything.”

“We only serve one patient at a time, so we keep your experience very personal. We like to slow down and take care of our patients.”

“We do digital 3-D scans,” Deborah added. “So there’s no more goop for making molds of your mouth. We focus on older children and adults. We don’t do sedation for children. There are other dentists in the area who specialize in treating young children and doing sedation work on them.”

Main Street Dental Arts takes all dental insurance. They also take Medicare and Care Credit. “For patients without insurance, we accept self-pay,” Deborah explained. “We’ve been in this same building in Waxahachie for 28 years. People keep coming back, because he’s the best!” **NOW**

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CookingNOW *In the Kitchen With* NACOLE MAY

— By Angel Morris

A longtime member of Red Oak's Discipleship Ministries International, NaCole May reaches people through food. "I have a passion to serve, so when we opened our food pantry, I was excited to be part of it," she noted.

A paralegal by day, the Waxahachie resident and her husband, Eric, have also run a catering business — ENJoyable EatZ — for almost nine years.

"Even when I'm not working, I find my way to the kitchen to cook or bake. It's my passion," NaCole continued. "I love the challenge of finding all types of new things to prepare." **NOW**

Broccoli Salad

3 Tbsp. white vinegar
2 Tbsp. sugar
1 cup mayonnaise
Salt, to taste
Pepper, to taste
8 cups broccoli florets, cut into bite-size pieces
1/3 cup red onion, diced
1/4 cup sunflower seeds
1/2 lb. bacon, cooked and cut into bite-size pieces
1/4 cup cheddar cheese, shredded

1. Whisk together the first 5 ingredients in a medium bowl; set aside.

2. In a large bowl, combine the remaining ingredients. Pour the dressing over the salad; mix well. Refrigerate for 1 hour before serving.

Strawberry Cake With Strawberry Buttercream

Cake:
3 cups flour
2 cups sugar
1 1/2 Tbsp. baking powder

3/4 tsp. salt
3/5 cup canola oil
1 1/2 cups strawberry puree
1 tsp. vanilla
1 tsp. lemon juice
4 eggs, beaten
Pink food coloring (optional)

Strawberry Buttercream:

1 stick butter, room temperature
1/8 tsp. salt
3 1/2 cups powdered sugar
1/2 tsp. vanilla extract
3 Tbsp. strawberry puree

1. *For cake:* Preheat the oven to 325 F. Grease and flour 2 9-inch cake pans.
2. In a large bowl, whisk together the first 4 ingredients. Add the next 3 ingredients to the dry ingredients; stir until combined.
3. Add the eggs and food coloring, if using; stir until smooth. Do not overmix! Divide the batter evenly between the cake pans. Bake 25-35 minutes, or until a toothpick inserted in the center comes out clean.
4. Cool a few minutes before removing to cooling racks. Cool completely before frosting.

5. For buttercream: In a large bowl, beat the butter until fluffy. Beat the next 3 ingredients into the butter until combined. Add the puree; beat until light and fluffy. (Add more powdered sugar or 1 tsp. of milk until reaching the perfect consistency, if needed.)

**Brown Butter Chocolate
Chip Cookies**

- 1 1/4 cups butter
- 3/4 cup granulated sugar
- 1 cup brown sugar, firmly packed
- 2 large eggs
- 1 tsp. vanilla
- 2 3/4 cups flour, measured correctly
- 2 tsp. baking soda
- 1/2 tsp. salt
- 2 to 2 1/2 cups semisweet chocolate chips

- 1. Brown the butter in a medium-large saucepan, stirring constantly over medium-high heat, until reaching a deep honey color. Remove from heat; pour into a mixing bowl. Cool in the refrigerator or freezer until room temperature consistency. The butter should be solid.
- 2. Preheat the oven to 375 F. Grease baking sheets with cooking spray or line them with silicone mats or parchment paper.
- 3. Once the butter has set, cream together the butter with both sugars for 1 minute. Add the eggs and vanilla; cream together for an additional 2-3 minutes until the mixture is pale and fluffy. (Make sure you get all those toasty brown bits at the bottom of your brown butter!)
- 4. Add in the flour, baking soda and salt. Mix in the dry ingredients until just barely combined — overmixing will make the cookies tough. Stir in the chocolate chips.
- 5. Shape the dough into round balls. Bake 8-10 minutes until the top and edges are just golden. Cool on the baking sheet for 2-3 minutes before moving to a cooling rack.

**Parmesan Crusted Sheet
Pan Chicken With Veggies
and Potatoes**


- Potatoes:
- 2 lbs. red potatoes, cut into bite-size pieces
 - 1-2 garlic cloves, minced
 - 2 Tbsp. olive oil
 - 2 Tbsp. Parmesan, grated
 - Salt, to taste
 - Pepper, to taste

- Chicken:
- 1 1/2 lbs. chicken breast (about 3-4 pieces)
 - 2 Tbsp. olive oil
 - 2 garlic cloves, minced
 - 1/3 cup Parmesan, grated

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Strawberry Cake With Strawberry Buttercream

- 1. For potatoes:** Preheat the oven to 425 F. Line a sheet pan with parchment paper or spray with cooking oil. In a medium bowl, toss all ingredients together; stir well to evenly coat. Spread on 1/3 of the pan; place in the oven for 10-15 minutes.
- 2. For chicken and green beans:** While the potatoes cook, toss all the chicken ingredients in a bowl; coat the chicken well. Remove the pan with the potatoes; add the chicken. Place in the oven while you toss everything together for green beans, then add them to the pan.
- 3. Bake 25 minutes,** or until the chicken reaches an internal temperature of 165 F. For extra crispy potatoes, turn the oven to broil for 4-5 more minutes. Cool several minutes before serving.

Garlic Butter Steak Bites

- 1 Tbsp. olive oil (divided use)
- 2 Tbsp. butter (divided use)
- 1 lb. baby red and yellow potatoes, cut into 1/2-inch cubes
- 3 large garlic cloves, minced
- 1 tsp. fresh parsley, chopped
- 1 tsp. fresh thyme, chopped
- 1 tsp. fresh rosemary, chopped
- 1/4 to 1/2 tsp. red pepper flakes, to taste
- Salt, to taste

Pepper, to taste

1 1 1/4-lb. sirloin steak, cut into 1-inch cubes

- 1.** Heat a large skillet over medium heat; melt 1/2 Tbsp. olive oil to 1 Tbsp. butter. Once the butter has melted, add the next 6 ingredients. Cook 5-6 minutes, or until tender but still firm. Season with salt and pepper.
- 2.** Remove potatoes to a plate. Discard any burnt garlic and herbs from skillet; turn the heat up to high. Once the skillet starts smoking a little bit, pour in the remaining oil and butter. Add the steak cubes; sear 1 minute without moving them around.
- 3.** Keep cooking until brown on all sides and at your preferred level of doneness (between 4-6 minutes). Season with salt and pepper.
- 4.** Return the potatoes to the skillet; cook 1 minute until heated through.

- 1/3 cup breadcrumbs
- 1/2 tsp. cracked pepper
- 1/2 to 3/4 tsp. sea salt

Green Beans:

- 1 lb. fresh green beans, ends trimmed
- 1 Tbsp. olive oil
- 1 garlic clove, minced
- 1 Tbsp. Parmesan (optional)
- Salt, to taste
- Pepper, to taste

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.

SCAVENGER HUNT WINNER!

Kandice Hanna, winner of the \$50 cash prize from NOW Magazines, said, "I like to do the puzzle every month and find out what's going on from the calendar of events. I also enjoy reading the articles about our community members."

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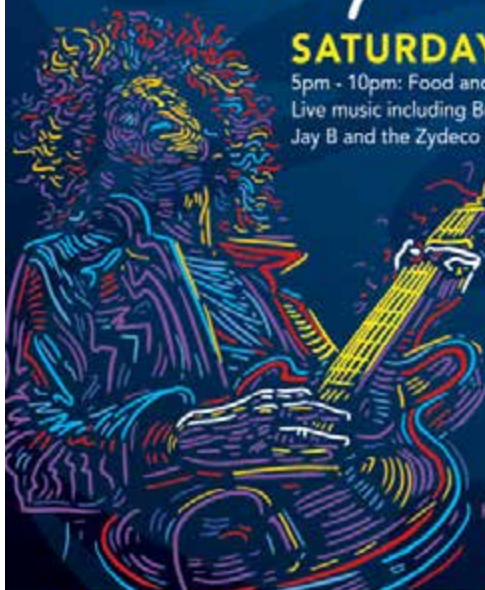
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8/3

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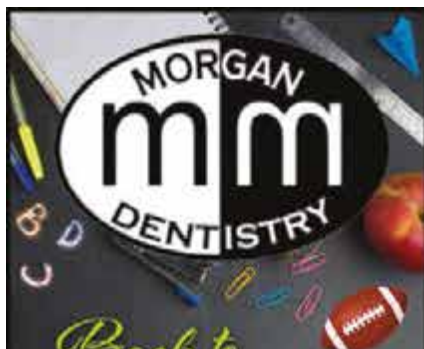


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