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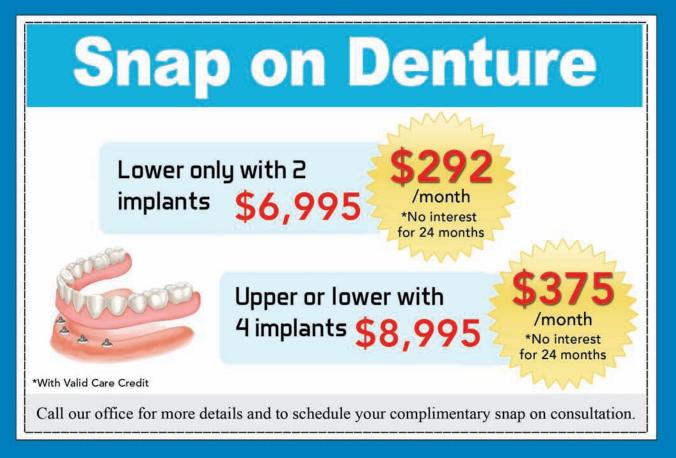
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#### ON THE COVER



Family is the heart of all happiness for Becky Watson.

Photo by Amy Ramirez.

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#### Editor's Note

Hello, Waxahachie Family and Friends!

As the middle child, I grew up sandwiched between two brothers. I raised two sons, and up until just recently, have enjoyed precious time with my two grandsons. Boys are said to be made up of "frogs, snails and puppy dog tails." Although I don't much care for frogs, snails and tails, I've grown quite fond of boys with dirty hands and smelly feet.

I thought my heart was full of "boy stuff" until I met my granddaughter, Karleigh Paige Strong. There's a place in my heart I didn't know had been reserved just for her. It has been sitting dormant, just waiting for a little "sugar, spice and everything nice." I am searching, although secretly, to find the perfect tiara for my new little princess. Two princes and one princess — the life of a

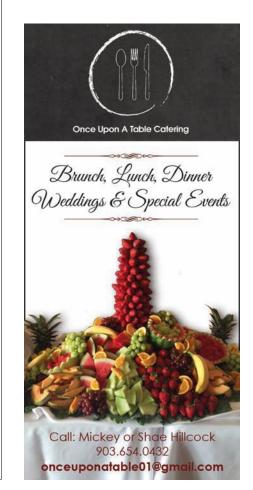
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— By Sandra Strong

Most everyone has heard the references to Mutt and Jeff, Pete and Repete and Frick and Frack. Well, this is a story of Laura Villarreal and Tina Cobb, two tireless Waxahachie ISD volunteers, who are lovingly referred to by Cathie Robertson, the school's athletic secretary, as Joice and Rejoice. "Simply put, joy is what they bring to the Quarterback Club," Cathie stated.

Boy ALL MEMS ARE Created Equal BUT DILY THE Created Equal BUT DILY THE

Tina Cobb & Laura Villarreal support another great year with the football team.

Ma

# NGEABLE



As they begin their sixth year as award-winning district volunteers, their excitement has not waned. If truth be told, it's grown with each passing year. Laura came to the Quarterback Club first, with Tina following closely behind her. Theirs has been a partnership that first began as a way to volunteer some hours with the school district. This partnership quickly grew into a relationship of mutual respect, and the two soon became best friends. "We refer to ourselves as Frick and Frack," Laura said. "The Quarterback Club is the 'booster club' for football, track and powerlifting, but we fill in wherever and whenever we are needed."

It's this attitude of freely giving that has made them so successful within the Quarterback Club. They hit the ground running the first year, and they've made one touchdown after another, as they work year-round with many other volunteers to make the club and its offerings bigger *and* better with each passing year. "I had boys in high school, and I needed something where I could still feel connected with them, as well



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as the football program in which they participated," Laura said, explaining why she became interested in the first place. "I still have two seniors in the program this year. In fact, I've had a senior in the program for the last three years." Needless to say, this year, although just as busy as years past, will be bittersweet for Laura. "I hope to volunteer for as long as I can and for as long as they let me."

Tina is just the opposite. She has never had a child in the program. She came to the Quarterback Club through a mutual friend. "This mutual friend of mine and Laura's got me involved in coming to meetings," Tina admitted. Understanding Tina's fear and the panic attacks large crowds can trigger for her makes Tina's desire to be an active participant in the program a monumental victory. "That first year, I never actually went to a game on the field. The first game I finally did attend, my second year, was in the parking lot during a game with Ennis." Tina credits her lack of fear today to





Laura, her friend and sidekick. "She gave me the confidence I needed to conquer my fears."

"And now, look how far she's come," Laura said, with an all-knowing smile.

"Laura, the boys and the program have been a huge blessing in my life," Tina added, "and I wouldn't change a thing."

Nowadays, Tina has her specific spots on and off the field where she finds the strength she needs to be in crowds of people. The boys she's come to love throughout her years in the Quarterback Club have given her way more than she's given them. "As much as they needed me to be here," she confessed, "I needed them more. I've come such a long way, and I credit the boys for helping me overcome my fear."

During their tenure on the board, Tina served as president for three consecutive years, and this year marked Laura's first year as the club's fearless leader. People in the football community and the school district know Laura and Tina by name, not only for the number of volunteer hours they give each year that total well over 2,500, when combined, but by the money and overall accolades they have helped bring to the athletic program. "No one has been with the Quarterback Club longer than we have," Tina said. "We

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really do put our heart, soul and time in the volunteer hours we spend."

"We look back and remember all the dreams and visions we had for the Quarterback Club that first year," Laura said as she reminisced. "We have seen so many of them come true."

The hours they spend volunteering cover such a wide range of responsibilities and capacities, and they both admit they couldn't do it without the other. Emails have to be answered. Programs have to be printed. Items for the spirit store have to be ordered and received. They are constantly planning for upcoming events that span throughout the year. "As Quarterback Club volunteers, our time serving begins in January and ends in January," Laura explained. "We really don't have much time off, but that's the way we like it." They also appreciate the time other Quarterback Club members give to the program, no matter how big or small. It all adds up to a winning team.

Although they have lots of meetings, Media Day and the Dale Hansen Classic, August seems to fly by quickly. As the season progresses, the Quarterback Club moves on to Homecoming and the parade, Senior Night, the banquet following the close of the football season and so many other events which make the Quarterback Club a success. "It's all these little things that add up to our volunteer hours," Tina said. "The behindthe-scenes volunteer hours do add up."

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They both admit they tend to be control freaks, so working apart has been beneficial for the overall success of the program, as well as their ever-growing friendship. "We've learned so many new things along the way," Tina shared. "We know we both can't be out of town at the same time. And if we go somewhere together, we are always talking or planning for the Quarterback Club."

When it comes to the Quarterback Club, Laura, Tina and the many volunteers know what to do, how to do it and when to do it. "We are definitely interchangeable," Laura stated, with all kidding aside. "We lean on one another. We receive confirmation from one another. We really are Frick and Frack."

"Yes, we do complement each other," Tina added. "We have found it's much better to work together as a team and take the fall together or dance in the accolades together. It really *is* a team effort."

This season began with a new coach and new expectations. In years past, the Quarterback Club worked under the guidance of Coach David Ream. As the two like to say, "Coach Ream sold his stadium to a new owner — Coach Jon Kitna." They are looking forward to sharing the same magic with Coach Kitna as they had with Coach Ream.

Laura and Tina are deeply invested in the Quarterback Club. They are far from ordinary. As a pair, they are one-of-akind. "It's our story," Laura said. "You can have zero or nine children and be fearful of crowds or not. You can be as involved as you want to be, and we want to be involved for as long as we can." **NOW** 

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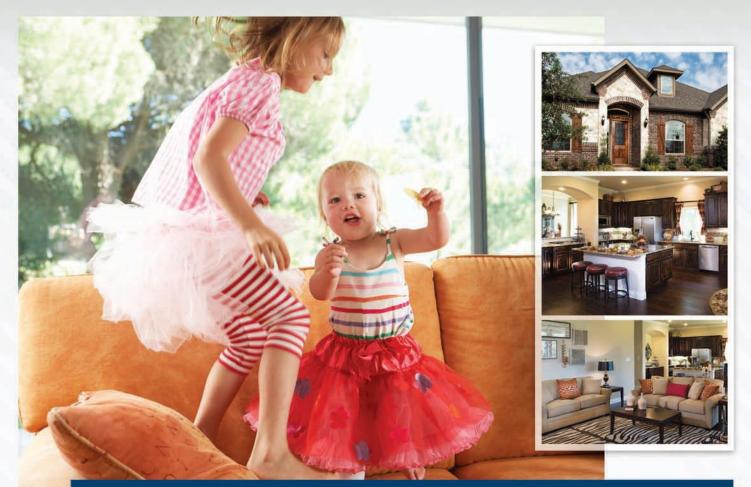
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Ellen Miller, Dora Forde, Glenna LeGrand, Lewayne Curry and her brother, Al Putman.

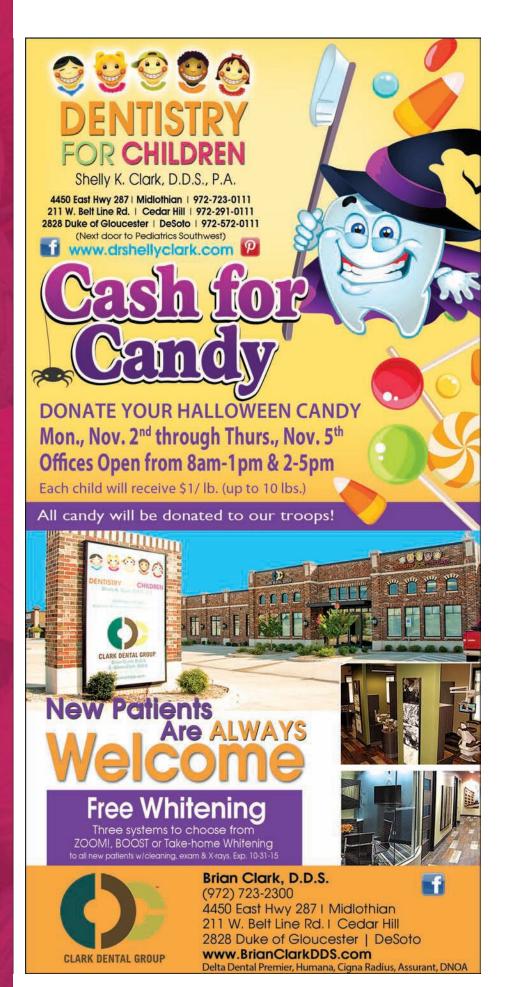
In Stitches



Equipped with their round looms, yarn and a desire to minister to others, Glenna LeGrand and her partners in stitching, Lewayne Curry and Dora Forde, are a force to be reckoned with in the sewing room. The handiwork-savvy trio is making an impact in both the Waxahachie and cancer communities with every knitted hat they craft. Motivated by a calling they credit to the Lord above, the ladies networked, organized and brought to fruition a program at Farley Street Baptist Church that provides handmade hats, quilts and other items to those in need.

Originally, the Friendship Stitchers started as a quilting group in 2010. Dora headed up the group and worked closely with Diane West, the group's co-leader. Together, they agreed that sewing was a terrific, unifying commonality to form the group around. The goal was to build a ministry to bring people together and do for others in the process. They gathered once a month with their sewing machines and implements to discuss, plan and work on the original, personalized quilts to be given to the senior, seriously ill and shut-in members of the church. "We just wanted to have a fellowship that would reach out to others and give them something tangible, so they would know they weren't forgotten," Dora explained.

As the group grew, Dora and Diane realized not everyone wanted to quilt, so they expanded the group to include all kinds of sewing. Eventually, they grew again to include knitting and crocheting. Thanks to their joint efforts, the pair played a pivotal role in the evolution of what is now a far-reaching ministry that contributes to the nationwide, nonprofit organization called Passing the Hat. Founded by Ellen Miller, Passing the Hat is an organization that collects









and distributes knitted hats for cancer patients of all ages all over the country. Initially, it started with Ellen knitting hats for pediatric cancer patients undergoing chemotherapy. But she soon realized, after visiting the Sammons Cancer Center at Baylor Hospital in Dallas, that there was a greater need. She saw she could teach others, specifically cancer patients, survivors and supporters, to knit hats, as well. Ellen put her vision into action, and soon, it began to take off. Not only were people making hats for patients undergoing chemo treatments, but they were keeping themselves busy and connecting with others. "Ellen really has a passion for what she does," Dora said. "We are so happy to work with her."

When Lewayne, a member of the sewing group, stumbled upon the nonprofit one afternoon, she was sitting with her brother, Al Putman, at "big Baylor" in Dallas as he underwent yet another chemotherapy treatment, one of his three Mondays a month, in fact. As a cancer patient, Al had endured numerous treatments marked by copious amounts of time, basically, spent just sitting around not doing much of anything but waiting. Like other cancer patients, he longed for something to keep his hands and mind occupied during the unavoidable lulls of time. Lewayne, too, saw a great need for an activity to keep Al and others like him busy. After reading in a magazine about what Ellen had created, Lewayne and Al knew they had found





what they were looking for. They were instantly determined to meet Ellen, and they did. They even got her to come to FSBC to teach the Friendship Stitchers how to make the hats, too.

"Ellen has created something that gives people a great way to network with others while they are at big Baylor, and I really felt we should be a part of it," Lewayne said. Therefore, the Friendship Stitchers became a diverse group of avid quilters, sewers and knitters, all making handmade items specifically for individuals in need. With the group totaling about 25, Dora soon found it difficult to keep up with both the quilting and sewing and hat knitting parts of the ministry, so she called on others to consider overseeing the hats. That's when Glenna got involved. "I was sick with back pain, so I made 35 to 50 hats because I was restricted to the couch after having surgery," she remembered.



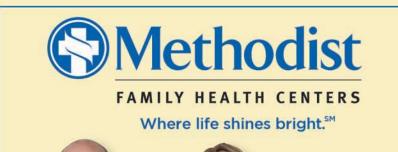
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"I also prayed a lot. I think God led me to get more involved." Now, Glenna coordinates the hat side of the group, while Dora and Diane work with the quilting and sewing side.

Each month, the Friendship Stitchers gather at FSBC for their monthly meeting where they break into their respective groups to discuss new projects, teach new members and simply enjoy fellowship with one another. Ellen is also there, bringing donated yarn and joining in on the fun. On average, the group produces about 35 hats each month. They also share lunch, lots of stories and many laughs. "We knitters can get pretty loud. Sometimes we get so busy visiting, we forget to make hats!" Glenna joked, "So, we just make them at home."

Since most of the hats are made outside of meetings, Glenna collects them to give to Ellen, who then distributes the hats to hospitals in the area and all over the country. Basically, wherever there is a need for hats, Ellen makes sure they get there. "We also take hats to the babies in the nursery at Baylor Scott & White here in town," Dora explained. "Some go to Scottish Rite Hospital and other places all over Dallas. It just depends on how many we have and who needs them."

The hats are made by wrapping yarn around the little pegs on a circular handheld loom. "Remember those pot holder looms? Well, this round loom is even easier than that! Anyone can do it, and we are happy to teach anyone who wants to learn," Glenna smiled proudly. "We are also happy to accept any fabric



#### WAXAHACHIE ISD HOMECOMING 2015



#### SCHEDULE OF HOMECOMING WEEKEND EVENTS:

#### Thursday, October 8

- ~ 7 p.m. WHS Athletic Hall of Fame Induction Ceremony & Scholarship Program\*
- ~ 8 p.m. Homecoming bonfire/pep rally, Howard Junior High

#### Friday, October 9

- ~ Early release for all WISD campuses
- ~ 3 p.m. Homecoming Parade
- ~ 4 p.m. (or immediately after parade) Tailgating starts at Lumpkins Stadium
- ~ 7:30 p.m. Homecoming football game vs. Mansfield Summit, Lumpkins Stadium

#### Saturday, October 10

- ~ 8 a.m. Waxahachie Legacy Run, Lumpkins Stadium\*\*
- ~ 11:30 a.m. Homecoming Luncheon\* (reservations required)

\*For more information, visit www.waxahachieexstudents.org

\*\*For more information, visit www.wisdlegacyrun.org

larvin

**Elementary School** 

Lumpkins Stadium O

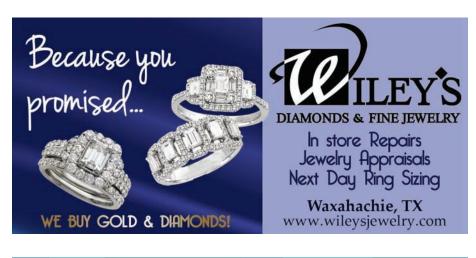
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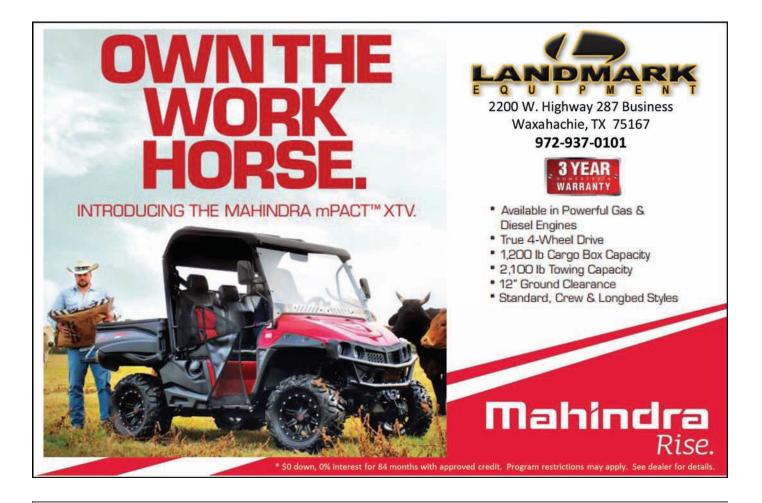




or yarn donations." Using donated yarn, the hats they make are in just about every color imaginable. They also provide holiday-themed hats for the specific holidays that fall throughout the year. A label giving the church name and number along with the Passing the Hat logo is attached in each hat so recipients know whom to contact if need be. Each hat is then prayed over to bring healing and wellness to the person who will soon be wearing it.



Currently, Glenna and her hatmaking crew are teaching those who are undergoing chemo treatments how to knit these useful and needed hats, which keeps their hands busy and their minds occupied during long hours of treatment, while also growing the ministry. The hats then serve another real purpose by providing chemo patients a little warmth for both the body and the soul. Thanks to the group effort of three impassioned women, this warmth will continue to grow, one hat at a time. **NOW** 



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English Elegance Meets Country Charm – By Carolyn Wills

At Home With

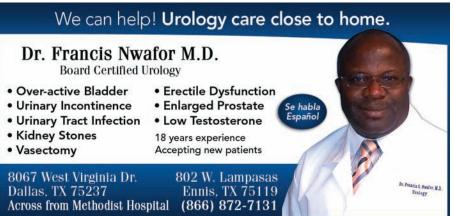
Becky Watson

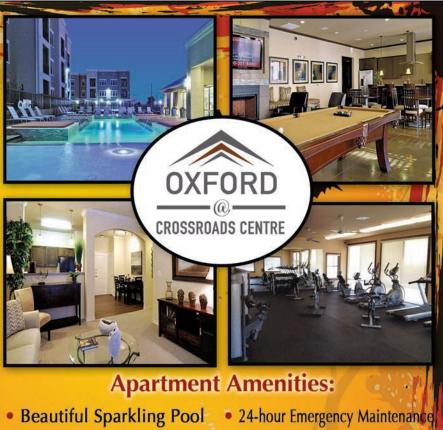
English elegance, say "hello" to Waxahachie country charm! Sometimes a house perfectly fits its owner, and that's how it is for Becky Watson. Hers is the variegated red brick on a corner lot in a lovely, established neighborhood. It's the one with the Tudor flair, dark peaked roof, leaded glass windows, giant ash trees and breathtaking landscape.

Seven years ago, Becky fell in love and purchased the three-bedroom, 2,000-square-foot house built in 1984. "It was the first one I looked at and afterward, nothing else compared," she smiled.

Before moving to Waxahachie, she had lived in her Euless townhome for 28 years. Her career had taken her from being a bank teller to assistant to the bank president, to years of extensive travel representing Human Resources for Electronic Data Systems and, finally, to a longtime stint with UT Southwestern Medical Center. "I was looking toward retirement," she explained. Over three generations of her family, both from her mother's and father's sides, hailed from Waxahachie and, although she did not graduate from Waxahachie High School, her brother and sister did attend school here. "My sister, Brenda, lives in Carrollton," she added. "She and her husband are hoping to move back, too."







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Being enchanted with her house might have been the catalyst for Becky's homecoming, but what she's done to make it her own, inside and out, has truly made it her home. "I work in the yard every day," she smiled. Mowing, edging, trimming, weeding and planting, she does it all, and in the process, she honors each season.

"I don't mind hard work when the results are pretty," she said. Her lawn is maintained with crisp clean edges, neatly trimmed shrubs and plantings like rosebushes, hydrangeas, impatiens, sweet potato vines and hosta plants. Her front door is adorned with a seasonal wreath and, on occasion, the atrium fronting the leaded-glass window is populated by a seasonal "spirit."



As a newlywed, Becky actually lived in a 300-year-old house in England. "My fiancé was in the Air Force," she said. "We were married in 1969 and lived in England for two years." She and her husband had a son named Marc and, though the marriage ended in 1976, they've remained family and friends. As for England, Becky found it to be charming and wonderful. "I still cherish every day I was there."

Her love of "all things English" is evident throughout her house. In the foyer, a grandmother clock no longer chimes but clearly harkens to another time. "She may have lost her chimes but not her charm," Becky grinned.

The foyer opens to a formal living room banked on the right by a bold fireplace framed floor-to-ceiling with



rocks in varying sizes and shades of brown. The outer side of the living room features a bay of leaded-glass windows, ideal for two Chippendale-style chairs on either side of the small table that once belonged to Becky's grandmother. An elegant sofa in the center of the room provides a view of the front atrium. "I've recently added hardwood floors to the living room," she explained. The new floors further highlight a rich walnut, wood-paneled back wall.

Next to the living room, a small, formal dining room with walnut wainscoting, elegant dining table, two glass-paned china hutches and an antique secretary is the picture of English perfection. "I don't collect things, but I do have a lot of collections," Becky





# • Flike being happy with what Thave?

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admitted. Crystal, china, quilts and Hummel figurines have been handed down through her family. One of her two 12-place setting china sets is called English Renaissance and, fortunately, the other is its complement.

The dining room connects to the kitchen and eating nook, both of which are filled with character. The kitchen, with custom walnut cabinets, granite counters, travertine back splash and terrazzo-tiled floors, is accented by a whimsical portrait of a cow. "I love my cow painting," she smiled. She also enjoys cooking. "I belong to First United Methodist Church and am secretary of my Sunday school class," she said. "I often bake cakes and other things for church functions, as well as cooking for my family."

Adjoining the kitchen is an eating nook topped by an octagonal-paneled raised ceiling and furnished with an oak table and hutch. "The hutch is an English antique," she said. "It's my favorite piece of furniture."

Her favorite rooms are the den and master bedroom, and it's easy to see why. The den features a beamed and vaulted ceiling, and lots of window views to a lovely backyard. "It's very relaxing to read or watch TV in the den," she said. The room is furnished with sofa and chairs, an antique trunk gifted by her sister and a TV stand fashioned from an old dresser. An alcove that once served as a bar now features an antique armoire.

Toward the rear of the house, the master bedroom is spacious and private with the amenities of a fine hotel. The bathroom features a soaking tub in front of an exquisitely stained and leaded glass window.

Family photos of ancestors dating back three generations are displayed throughout Becky's home. "To think that my great-grandmother came to Texas



from North Carolina in the late 1800s in a covered wagon as a newly married woman and that both of my grandmothers were born in 1902," she marveled. "Photos make us aware of time and connections."

Inscribed on a wall hanging is the statement: *Family is the heart of all happiness.* "That's so true," she smiled. "Now that our mother has passed, my family gathers here for the holidays. I have a son, my sister has two children, my brother three, and every day I realize how precious time is with family."

She's also formed a friendship with her neighbor, JoAnn Ranton. "We met after I moved in, and now we do everything together," Becky said. "We even take trash to the dump, and that's the sign of a good friend!"

Other important family members are Becky's beloved cats, Callie and Thomas. "They're siblings and hoped-for friends," she said. Callie is a calico. Thomas is white, a talker and loves everybody except Callie. "They tolerate each other," she smiled.

When not working in her yard, antique-shopping with JoAnn or baking for the church, Becky attends Apache Belle Gold alumni events. "I graduated from Abilene Christian College," she said. "I started at Tyler Junior College, though, and belonged to the Apache Belle drill team, while also attending a year at North Texas State University (now University of North Texas)." She's also recently enjoyed a 12-day cruise up the Alaskan coast that included an inland tour by train.

Is there anything she would change about her home? "I like being happy with what I have," she said. "I like dwelling in a pretty home and being thankful."



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# Welcome Bob Phillips Festival

A quick look at the gift items and discounts available locally.



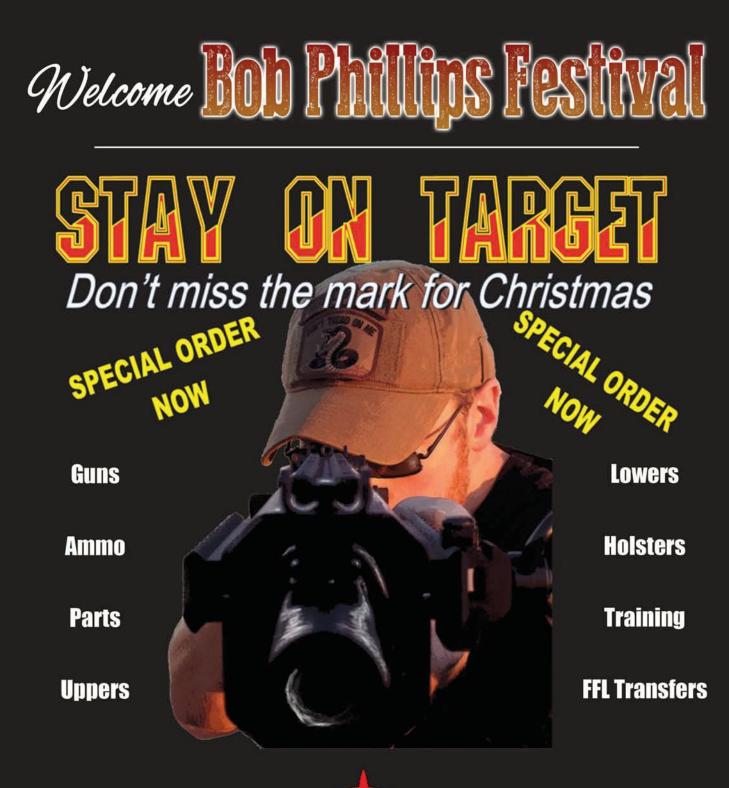
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home features a a brick and stone elevation with an open floor plan design,3 bedrooms with an option of having a 4th bed upstairs, 3 baths and office. The finish out will include knotty alder cabinets, granite counter tops throughout the home, hardwood floors,oil rubbed bronze hardware, SS appliances and crown molding. Come see this beautiful custom home in the desirable Ovilla Parc! Midlothian ISD!





## Exercise

Books are a beauty to behold, transporting readers to Victorian England, down the rabbit hole and into the sci-fi future. They teach us to run faster, be funnier and make new friends. They open a door to imagination that cannot easily be closed, while crafting a world a reader may never want to leave. With thousands of books lining shelves or carried around in eReaders, a student of life need never go unfulfilled. As the Friends of the Nicholas P. Sims Library present its annual book sale this month, which will benefit the library, treasure seekers and bargain hunters alike will be astounded at the collections that unfold before them.

The last weekend in October brings the Bob Phillips Festival, as the Library hosts its sale, welcoming patrons of all ages to dive in and discover the pages that suit them best. "Reading is the gateway to almost anything you want to do," said Friends President Walter Wicker. "The younger you get a child reading, the better off they will be, the better they will do in school. For older people, it's been proven that reading can prevent dementia and Alzheimer's. The more you read, the more you develop brain cells. It's like exercise for your mind."

By Melissa Swedoski

This year's event begins Thursday, October 22, with a preview sale from 5:00-7:00 p.m. Admission cost for the early look is \$5 and well-worth the donation. "We often have semi-rare books, first edition signed copies," Walter shared. "There are 5,000 to 10,000 books in the sale, with fiction and nonfiction available." Library Director Barbara Claspell explained that the books come from donations or have been culled from the library's collection. There are DVDs, books on tape and CD and paperbacks. "We start getting it all organized in July," Barbara said, "with everything from diet books to James Patterson and Nora Roberts to gardening."

The sale is held in the Parks and Recreation building at 401 S. Elm St. in downtown. During library renovations a few years ago, numerous books and other items were stored in







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"It's a welcome, safe, no-judgment place, no matter what you want to research or learn about."

the building. It became apparent it was the perfect place to hold the sale. The sale will also be open Friday, October 23, from 10:00-5:00 p.m. and Saturday, October 24, from 9:00 a.m.-5:00 p.m. Admission for Friday and Saturday is free, though parking will be at a premium. "Saturday is super busy downtown, and it's hard to find parking, so Thursday is really worth the \$5," explained Library Community Liaison Holly Browning. "We recently had someone bring us three moving boxes full of Civil War books, covering North and South. These books are no longer published, and it adds a huge collection to our sale."

The annual book sale helps support the Friends of the Library, who support the plentiful number of library programs. "We provide the carnival at the end of the Summer Reading Program, the Easter Egg hunt and the Dallas Zoo Program in the summer," Walter said. "The Friends also support three reading clubs at the library, including providing the books."



Holly stressed the importance of the Friends organization. "We try to keep all our programs free to the public, and with the Friends, we can keep it that way," she said. In addition to books, the Friends also purchase supplies and equipment for the nonprofit organization and any other needs that come along to maintain an operation the size of Sims Library.

The library was founded in 1905 and is one of the earliest public libraries in Texas. The middle portion is the original facility, with additional room on both sides added through the years. Most recently, the building underwent a renovation to make it more userfriendly, while the programs and offerings continue to evolve to meet the community's needs. "Part of our job is encouraging literacy, so we need to stay as current as possible," Barbara said. "We want to keep people coming."

Staying current includes having Kindle eReaders available for checkout and iPads to use in the library. There are public computer stations. Community members use them for diverse needs, including



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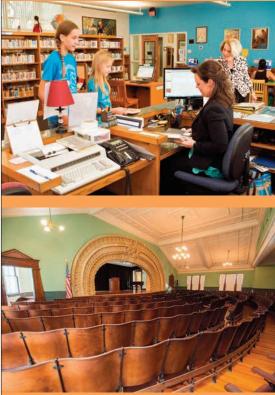
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research, job hunting, printing legal documents and filing taxes online. "This is a gathering place for the community," Holly said. "It's a welcome, safe, no-judgment place, no matter what you want to research or learn about." There are filters on the computers, as well as safe Internet surfing in the kids' area, but otherwise, the window to the world is open. "The library is trying to be



accessible," Holly added. "We want to be inclusive to all communities, and we're stepping up our game to offer those services."

The monthly calendar covers all ages and nearly every interest. For young readers, there are four story times in the week: a new one for Spanish speakers, two hosted by the Junior Service League and a new pajama story time on Tuesday evenings. For the Tweens, there's book club and activity day, while the teens have their own advisory board, with Librarian Connie Colston coordinating their activities. The Teen Lair is home to the latest technology, including gaming nights and iPads, along with book club, Movie Night and more. There's also a new program for homeschool teens, and as always, the Junior Master Gardener meetings.

For adults, there are free ESL classes, book clubs, craft classes, writer groups,



computer courses, eReader instruction and more. With a Sims Library card, patrons can access Mango online and learn a new language or use training videos via Lynda.com. "We are a central hub of information, and if we don't have it, we'll find it for you," Barbara said. There are databases with scholarly articles for research, as well as study books for the GED, ASVAB, SAT and ACT, and the citizenship process. "We are working to develop our community relations," Holly said. "We want to teach people something new, from crochet to gardening to finances."

The library has also extended its efforts to bring people together, share interests and form friendships. Library Grounds is held every Tuesday, where attendees share a cup of coffee, tea or water and meet library staff, talk with members of the Friends or just read with a beverage in hand. "We foster conversation as we get to know the patrons," Holly explained. "There are so many with really happy memories of this place and its programs. They grew up in the library and know its historical and community value."

With a broad grin, Walter added, "Sims Library belongs to the people. If you're not here, you're missing a lot." NOW

Editor's Note: For more information, visit www.simslib.org.





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## CABINET REFRESH

Looking for an inexpensive way to dramatically change the look of your kitchen? Painting cabinets is a great way to get the look of a new kitchen without the price tag of a complete remodel.

- By Jill Rose

## FIND THE PERFECT COLOR

For most people, one of the hardest parts of painting kitchen cabinets is finding the right color. With all the paint options available, even opting for white cabinets can result in having to sift through hundreds of variations to find the "right" white.



One of the biggest obstacles to choosing a color is lighting. The number of windows in your space (natural lighting), as well as the type of bulbs you use (soft white, bright white, daylight, etc.), can drastically change the way a color will look. Buying your paint from a paint specialty store can alleviate a great deal of indecision, as the employees in these stores are able to provide you with the best options, depending on your lighting. Keep in mind, homes with a lot of natural light tend to cast a blue hue on white paints, whereas homes with artificial lighting can cast colors ranging from blue to orange, depending on the bulb used.



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After selecting a few sample colors, purchase scrap pieces of wood strips that are the same species as your cabinets and paint them using the sample colors. Leave the samples in your kitchen for a few days to see how the color changes throughout the day. Once you've decided on a color, select your sheen. Choose a high-gloss sheen for a more modern look or an eggshell for a more classic feel.

## PREP YOUR AREA

Begin by taking the cabinet doors off and removing the hinges. Be sure to label each cabinet door and hinge for reassembly. Next, tape off the wall area around the cabinet frames.



## GIVE EVERYTHING A GOOD SANDING

Whether your cabinet doors, drawers and frames are painted or covered in stain, you will need to sand them. Begin by using a 100-grit sandpaper, and then move on to 120-grit sandpaper. Note: Most of the cabinet can be sanded with an orbital sander, but the smaller areas will need to be sanded by hand.



After sanding everything, remove the dust created. The frames are easy to clean, but doors and drawers can be tricky. Dust will ruin your paint job, and you will find yourself having to sand out specks and reapply paint. To ensure maximum dust removal, start by simply turning the cabinet door or drawer over and patting the back so most of the dust falls out. Follow this with a quick pass over with a vacuum wand. Finally, use a duster and get into the crevices. If you find you still have dust specs, use mineral spirits and a rag to remove any remaining dust.

## FIX ANY GOUGES OR DENTS

If you have deep scratches or dents, fill them in with wood filler. Let it dry, and then sand it down using a 180- or 220-grit sandpaper. Be sure to clean away any excess dust.

## PRIME THE CABINETS DRAWERS/FRAMES

Using a 2-inch paint brush, apply a light coat of primer to the cabinets, drawers and frames. Tinting your primer to match the color of the new cabinet paint is excellent insurance against future nicks and scratches showing.

Begin by priming the back of the cabinet door. Start in the center panel section. If you get primer on the stiles or rails, make sure you brush them out, so they don't leave a blotchy finish.











Next, prime the rails, and then the stiles. Do not prime the edges of the cabinets at this stage. After priming the cabinet doors, move on to priming the drawers. Since drawers only have a front, prime the entire drawer (edges included). The next step is to prime the cabinet frames. If desired, prime the inside of the cabinets, also.

Once all items have been primed, allow them to cure for at least 24 hours before lightly sanding (by hand) all the primed surfaces with a 300-grit sandpaper. Sand them just enough to remove any imperfections or random pieces of dust that may have fallen on them while they were still wet.

Turn the cabinet doors over to the front, and repeat the entire process above. Be sure to prime the edges of the cabinets, and allow them to cure for 24 hours.

## PAINT THE CABINETS/ DRAWERS/FRAMES

After the primed pieces have been allowed to cure for 24 hours, begin painting. Painting is really no different than priming, and you should follow the same process as priming. Begin by painting the back of the cabinet door, and

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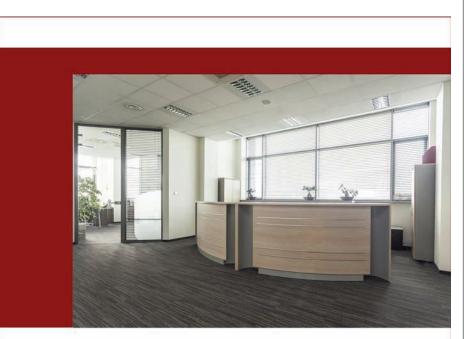
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then lightly sand out any imperfections before moving on to the drawers and cabinet frames. Allow them to cure for 24 hours, and then repeat the entire process for a total of two coats of paint.

After the second coat has been allowed to cure for 24 hours, move on to painting the front of the cabinet doors. Again, follow the same process as above (panel, rails, stiles but now also the edges). Allow them to cure for 24 hours, and then repeat the entire process.

## ADD THE POLYURETHANE

Before actually adding the polyurethane, lightly smooth out the door's finish using a 300-grit sandpaper. Apply the polyurethane with a foam brush for a suggested total of three coats on each side. Allow the polyurethane to cure per label, reassemble the cabinets and enjoy the beautiful new look of your kitchen for years to come!

## TROUBLESHOOTING

The biggest concern most people have with painting their cabinets are brush marks. Inferior products are one of the biggest reasons for brush marks. If you use high-quality primer, paint and brushes, and apply the paint in thin coats, you should not have this problem. **NOW** 

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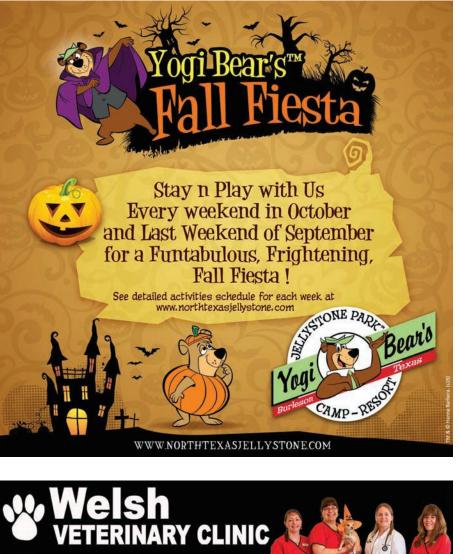
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Football Hall of Fame within steps of each other. Sure, downtown may be Atlanta's tourist hub, but it's the ideal place to start an exploration of the city.

### **Artist Enclave Castleberry Hill**

Just southwest, Castleberry Hill etches out a space among former warehouses. Today, the community is made up of local artists and entrepreneurs, including the successful Atlanta Movie Tours, which offers tours of locales from *The Walking Dead, Hunger Games* and other popular films. Here, art galleries mix with organic garden spas, wine bars and tapas lounges. Locals and visitors enjoy lively 2nd Friday Art Walks, where businesses open their doors for wine, music and fun.

### Atlanta's Heart of the Arts: Midtown

Style and substance take center stage in Midtown along Peachtree Street. The famed boulevard connects three major neighborhoods while cutting a swath of culture through this district known as Atlanta's heart of the arts. Midtown boasts the largest concentration of arts facilities and organizations in the Southeast, with 25 different arts and cultural venues, more than 30 permanent performing arts groups and 22 various entertainment facilities. Locals thrive on the tree-lined lanes just beyond Peachtree Street and congregate to play at Piedmont Park.



### Rodeo Drive of the East: Buckhead

Bold and brazen Buckhead cradles the bedroom communities of the up-and-coming, as well as the city's Fortune 500 families. A shopping mecca for fashionistas across the South, this upscale neighborhood is the Beverly Hills of the East. The new, ultra-lux shopping district combines the walkable, tree-lined streets of Paris with the haute shops of Rodeo Drive. From just about any point in Buckhead, you're within shouting distance of a memorable four-star restaurant where foodies get their kicks.

#### **Trendsetting Westside**

On the Westside, a blending of Georgia Tech culture with nearby loft communities has sprung into a focal point for a new design district in old industrial spaces. It's the go-to-place for interior design mavens looking for lighting, textiles, fabric and furniture. Like other Atlanta neighborhoods, the dining scene is thriving here. Long-time homesteaders Anne Quatrano and Clifford Harrison's famous Bacchanalia restaurant begat the city's best kitchen shop, Star Provisions, plus two other restaurants, Quinones and Abattoir. Nearby top-rated JCT. Kitchen & Bar, The Optimist, Miller Union and Antico Pizza Napoletana join the throngs of eateries catering to the city's sophisticated palate.



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### Atlanta's Eastside: Home to an Urban Renaissance

The Atlanta BeltLine Eastside Trail. a multi-use trail and greenspace, runs 2.25 miles from Piedmont Park to Irwin Street, connecting neighborhoods on Atlanta's Eastside. Tattooed locals, creative street art and historic homes come together on this side of town. Stop for a pastry at Alon's in Virginia-Highland, dawdle in Highland Woodworking or try on the latest fashion statements in Bill Hallman. Poncey-Highland is the corridor that bridges between Midtown and Virginia-Highland and provides a perfect blend of these distinct neighborhoods. Off Ponce de Leon Avenue, the historic Sears, Roebuck & Co. is now Ponce City Market, which rivals New York City's Chelsea Market. PCM's food hall showcases a renewed energy trending though Atlanta's dining scene. Head down North Highland Avenue to Manuel's Tavern, a presidential favorite and Atlanta's quintessential neighborhood bar. End your exploration of the neighborhood with a movie at the Plaza Theatre, Atlanta's oldest operating cinema.

## Eclectic Vibes in Inman Park and Little Five Points

Inman Park combines small urban green spaces with winding boulevards lined with colorful Victorian and Queen Anne-style homes in the city's first planned suburb. The classic architecture



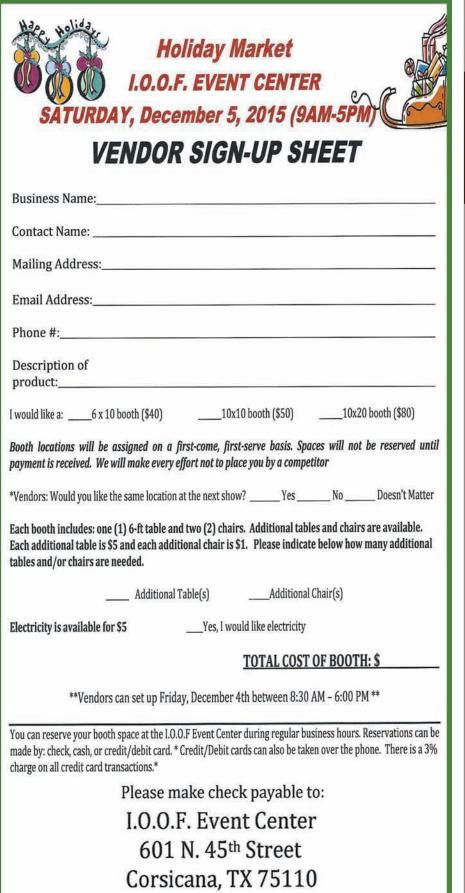
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and landscape designs jut up against the skyscraper backdrop. The scene edges into a Bohemian style in Little Five Points, where vintage dress matches the creativity of tattoos. While spots like Junkman's Daughter have become *de rigueur* for the young, others can't resist the kitschy places like The Star Community Bar and Little Vinyl Lounge, with a shrine to Elvis. But all is not grunge here. Performing arts venues such as 7 Stages Theatre, Dad's Garage Theatre and Variety Playhouse lend artistic authenticity to Little Five.

### Old Meets New in Atlanta's Old Fourth Ward

What's old is new again in Old Fourth Ward, where this neighborhood continues to redefine itself. Edgewood Avenue has experienced a resurgence, transforming into a hotspot. This street has several options for enjoying the night, including Joystick Gamebar, Sister Louisa's Church of the Living Room & Ping Pong Emporium and The Sound Table. Once an epicenter of African-American commerce, the Sweet Auburn Historic District continues to flourish on the city's southeast side. Auburn Avenue, known in the 1950s as the nation's most affluent African-American street, houses a curb market, bakeries and clubs near the Martin Luther King Jr. National Historic Site and Ebenezer Baptist Church.

As you navigate Atlanta, neighborhood by neighborhood, you'll begin to buzz with its energy. Go to Atlanta.net for additional resources and to plan your visit. NOW

By Stacy Shade. Photos © 2015, Kevin C. Rose/AtlantaPhotos.com.

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## Business **NOW**



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The Atkins family takes great pride in offering fresh seafood to their valued customers on a daily basis.

## **Telling Their Story**

From our boats to your table! — By Sandra Strong

Tres Atkins has always loved to fish. As a child, he would sneak out of school to go to his favorite fishing hole. "My grandfather made a deal with me," Tres remembered. "He said if I would stay in class, he'd take me fishing every day after school." Those daily fishing trips turned into a time of camaraderie for a grandson and his grandfather. "We were best friends," Tres added.

During his mid-20s, Tres journeyed to the coast and fell in love with fishing at sea. He knew the coast was where he wanted to "hang his hook."

With the help of his parents, it wasn't long before Tres left his job, moved to Galveston and became a commercial fisherman. For several years, he did what his two oldest sons, Will and Dylan, are doing now — supplying fresh fish on a daily basis. The one major difference was when Tres was supplying fish, they were delivered to several wholesale locations in the Dallas/Fort Worth area. Today, the fish are being delivered to the Atkins Seafood location in Waxahachie, as well as to a few wholesale locations, making fresh seafood convenient for their valued customers.

Tres and his wife, Keli, were able to open the retail location in January 2015, thanks to Will and Dylan. They procure the seafood, while their dad spends most of his time at the shop. "Will is a 100-ton Master Captain, just like me," Tres explained. "The boys live on the coast, but we see them a couple times a week when they make their deliveries." Deliveries are made on a daily basis, insuring the freshest seafood. The boys will drive up twice a week, on Monday and Friday, while another gentlemen makes his deliveries on Tuesday and Thursday. Wednesday deliveries are made on an as needed basis.

## Business NOW

The offerings do change based on the catch, as well as the season, but Atkins Seafood prides itself in having "the best of the best," in fresh seafood choices. Oysters are in season in mid-to-late October. Shrimp, lobster and crab are usually available year-round. "Our anchor is red snapper," Tres shared. "We usually always have it in stock." Atkins Seafood also offers gumbo-to-go, crab cakes, étouffée and a large selection of gourmet specialty seasonings.

Summer is charter season for Atkins Seafood boats. Atkins Seafood offers day trips during this time so customers can learn firsthand about the commercial fishing experience.

Atkins Seafood prides itself in having "the best of the best," in fresh seafood choices.

Tres understands that this business venture would not have happened without the support of his entire blended family. As the two oldest work away from home, the two youngest, Lauren and Brayden, work in the shop alongside him. Although Keli has a demanding job as the director of Baylor Surgery Center, she lends help as often as she can. "Our goal is to serve food one day soon," Keli said. "Hopefully, this next phase will happen by the end of the year."

January 2016 may very well be the time for the eatery addition. It seems like everything wonderful has happened for Tres and Keli in January. "We married in January 2014. We opened the retail location in January 2015," Tres stated, as Keli nodded in agreement. "January is a good month for us!"

Their lifestyle is a good fit for them. They are both "beyond busy" with their jobs, but married life is working quite well for them, and they don't mind sharing their story. "Whatever you do in life," Tres said, "tell your story." **NOW** 

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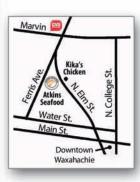
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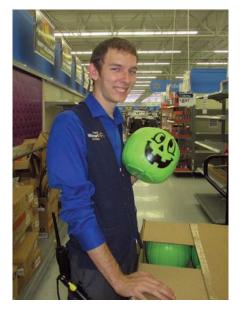
## Around Town NOW



Family, freinds and staff members of John Houston Custom Homes and HEB take time out from repainting and flower planting at Daniel's Den for a quick photo.



Rich and Jesse Wingo complete the final touches to Jesse's reserved parking spot at WHS.



Wal-Mart employee Jake Swaim unpacks a box filled with trick-or-treat pumpkin buckets.



Jha'Khar Moreland, 9, loves his third grade class at Faith Family Academy.



Firestone staff members Elvis Pryor, Jack Torti, Alph Meskmen and Matt Ellis take a break from labor on Labor Day.



Mariah, far left, enjoys a birthday party at the park that included cake, friends, family and pony rides.



A goundbreaking ceremony is held at St. Joseph Catholic Church for the new church building that's coming soon.



Sandra and Kevin Strong meet their newest grandchild, Karleigh Paige Strong.



Several members of the Turner High School class of 1969 enjoy a reunion at Getzendaner Park. This was the last group of students to graduate from Turner.





Special advertising section

## Finance **NOW**

## Retirement, Stage Three: Planning, Contentment and Reflection – and Your Legacy

When you are still firing on all cylinders, there may be no need to cut back on your retirement activities. Just because you have reached 75 and entered what the AARP labels the "older retirement years," you don't have to stop traveling, trying to perfect your golf game, working or whatever you chose to pursue during the most dynamic years of your retirement.

You may be enjoying what can be one of the most wonderfully fulfilling times of your life. More than anything else, it is likely that your state of health will determine when you must start applying the brakes. And that may not be for a very long time. It is no longer a novelty to find golfers in their 90s shooting their age or travelers in their mid-80s flying off to new destinations. **Financial Planning** 

Earlier in your retirement, you may have determined the smartest ways to withdraw funds from your nest egg. Perhaps you stayed invested in equities longer than previous generations, because you planned for a long, active retirement, not a short, sedentary one. As the years pass, it may be prudent to revisit your portfolio to decide whether any allocation shifts and changes in direction are needed to keep it in line with your situation.

Certainly, if you have not yet done so, it is time to update any legal documents, wills, lists of named beneficiaries and charitable causes and anything else you want to make part of your legacy. Studies show that surprisingly large numbers of even astute investors fail to tend to such matters. Names of beneficiaries on your IRAs, for example, supersede your will, so check their accuracy. In addition, make sure that a trusted family member or friend knows the whereabouts of your vital documents. Modern technology has added a new problem — username and password confidentiality. You can save your loved ones a great deal of anguish if you share this information, or at least keep a list of usernames and passwords along with account numbers and other information. Banks and financial institutions, to guard against unauthorized persons obtaining access to your money or your identity, may require death certificates and other information before they will unlock accounts and allow anyone else in. Even spouses with joint tenancy may have to supply death certificates and corroborating information — and wait weeks — to get access, unless they know the correct information. **Defining Your Legacy** 

Your life may still be a fantastic journey, but there will come a time to reflect and plan your legacy. Handled appropriately, with the right financial plans, trusts, charitable contributions and family bequests, your legacy can last for decades. Just as your vision and interests defined your lifetime accomplishments, they can now determine your role in your family's or community's story.

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Jonathan Pope is a Raymond James Financial Advisor based in Duncanville.

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#### October 2, 3

NHRDA World Finals: Texas Motorplex. Visit www.texasmotorplex.com for more information.

#### October 2 — 31

Screams Halloween Theme Park: Fridays and Saturdays only. For park times and detailed information, call (972) 938-3247.

#### October 3

Our Sunflower Friends Family Festival: 2:00-10:00 p.m., Ellis County Expo Center, 2300 W. Hwy, 287 Bypass. Special events include a 5K walk and a live auction. There will also be shows, tournaments and cook-offs. For more information, visit www.oursunclowerfriends.org.

Vintage trailers on the Square: 9:00 a.m.-3:00 p.m., downtown Waxahachie. Event includes shopping, live music and lots of vintage trailers. For more information and a registration form, contact Peggy Donathan at pdonathan@ymail.com.

Waxahachie Chamber of Commerce Auction: 6:00 p.m., Waxahachie Civic Center. The auction will feature live and silent auctions, dinner and dancing. Tickets are \$75 per person. For more information and to reserve tickets, contact the Chamber at( 972) 937-2390 or viae mail at kmaxwell@waxahachiechamber.com.

#### October 3, 4

St. Francis of Assisi Catholic Church Fall Festival: 1537 Rogers Ave., Lancaster. For more information, call Juanita Miramontes at (972) 291-8555 or email at jmira1@yahoo.com.

#### October 10

3rd Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry. For more information, call the office at (972) 937-4370.

WISD Legacy Run: 8:00 a.m.-noon, Lumpkins Stadium. For morein formation, call (972) 923-4631.

#### October 17

Youth Talent Show: 6:00-8:00 p.m., Ovilla Christian School, 3251 Ovilla Rd., Ovilla. Tickets: \$10, includes dinner. Purchase tickets at ovillachristianschool.org beneath the Fine Arts tab.

Fort Worth Civic Orchestra, Pops Concert: 7:00 p.m., SAGU Hagee Center. The orchestra will present a concert featuring "Music from the Movies."

#### October 20

Ellis County Veterans Networking Group: 6:30 p.m., Ryan's Steakhouse, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378.

#### October 23 — 25

Waxahachie Community Theatre Fall Musical: *The King and I*: 7:30 p.m., **Friday** and **Saturday**; 2:30 p.m., **Sunday**, Chautauqua Auditorium in Getzendaner Park. Tickets are \$12 for seniors and students and \$15 for adults. They can be purchased online beginning **October 1** through the theatre website at www.waxahachiecommunitytheatre. com. Preschool children get in free with a paid adult admission. For more information, call (972) 646-1050 or email wct.texas@gmail.com.

#### October 24

20th Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips, host of the weekly TV Show, *Texas Country Reporter*, for a day of arts and music. Enjoy a free concert with America as they take the main stage. Admission is free. For more information, call the Waxahachie Convention & Visitors B ureau at (469) 309-4040 or visit www.waxahachiecvb.com.

Mummy Miles 5K Fun Run/Walk: Trinity Nursing & Rehab of Italy, 220 Davenport, Italy. For start times and more information, call (972) 483-6369.

#### October 30

Trick or Treat on the Square: downtown Waxahachie with participating merchants.

#### October 31

9th Annual City-wide Fall Festival: 6:30-8:30 p.m., Waxahachie Civic Center. The event will offer lots of fun game booths for kids of all ages. Every child that plays a game will win lots of candy. A concession stand will also be available. The event is free, and there is no need to register. Come as you are or wear a costume.

Life School Run for Harvest 5K, Fun Run & Festival: 8:00 a.m., Life High School, Waxahachie. Call Jessica Pruneda at (972) 274-7966 or visit www.getmeregistered.com.

#### Ongoing:

#### Mondays

English as a Second Language class: 6:30-8:00 p.m., Sims Library. Learn English or come to

## OCTOBER 2015

brush up on your English-speaking skills. Free to the public.

Celebrate Recovery: 7:00 p.m., Cowboy Church of Ellis County, 2374 Hwy. 287 Bypass W. For more information, call (972) 935-9801.

#### First and Fourth Mondays

Avenue Moms: 10:00 a.m.-noon, The Avenue Church, 1761 N. Hwy. 77. Register online at www.events.theavenuechurch.com or call the church office at (972) 937-5301 for more information.

#### Third Mondays

Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, visit www.elliscountyaggiemoms.org.

#### Fourth Mondays

Creative Quilters Guild of Ellis County meeting: 6:30-8:30 p.m., Waxahachie Bible Church, 621 Grand Ave.

#### Mondays and Thursdays

Fitness Revolution: 6:30 p.m., Salvation Army, 620 Farley St. Work out to fun aerobics choreographed to upbeat Christian and wholesome music. \$10 per month. Call (214) 477-1164 for more information.

#### Tuesdays

Waxahachie Toastmasters meeting: 6:30 p.m., Lyceum at Sims Library. For more information, call (469) 245-8681.

#### Fourth Tuesdays

Ellis County Technology (ECT) meeting: 6:30 p.m., LaQuinta. For more information, call Wendy Merritt at (469) 256-8989.

#### Thursdays

Junior Master Gardeners Club: 3:45-4:45 p.m., Sims Library. Club is for children ages 5-12. If you have an interest in gardening, come for gardening related activities and help maintain the Sims Library garden.

#### Second Thursdays

Crackpots meetings: 6:30 p.m., Cowboy Church of Ennis. Call Vicki Bell at (469) 285-4845 or Myra Morrisey at (972) 998-5868 for more information.

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

## Health **NOW**



## **Breast Cancer Health**

- By Betty Tryon, BSN

With breast cancer, there are hordes of drugs, treatments and therapeutic options. Some of these can carry pretty scary side effects. It is imperative that anyone being treated for this disease follow their health practitioner's advice and plans, and that they give approval for any alternate treatment plans. However, there are a couple of areas where you can give your health a helping hand with possibly great benefits — diet and exercise.

Diet can possibly play a crucial role in lowering your risk of getting breast cancer and can aid in the recovery process when healing from the disease. There are some studies that suggest an increase in the incidence of breast cancer in women who are menopausal and overweight. Weight can also play a factor in the recurrence of breast cancer. More research is needed before definitively stating that a lowfat diet carries the benefit of lowering the incidence of breast cancer. But, the research that is available does suggest a possible connection.

The best diet is one in which all food groups are represented in appropriate amounts. Saturated fats are usually the problem, and it is generally a good idea to aim for less of them in your diet. They are found in fatty meats, butter, many cheeses, breads and pastries to name a few examples. Antioxidants are substances that help to prevent and limit cell damage — a great boon to someone in the process of healing. Some foods rich in antioxidants are berries, citrus fruits, whole grains, liver, carrots and green, leafy vegetables. Check with your doctor before changing your diet. If you get a recommendation to see a registered dietitian, try to follow through. Proper nutrition is crucial to your overall health.

Exercise can be a great mood lifter. However, when in the throes of recovery, the last thing someone may want to do is exercise. Before starting any exercise program, discuss it with your physician. Your level of performance will depend upon many different things, such as the treatment you receive, severity of the disease, your prior fitness level and your current health status. Some exercises will affect you adversely. For example, if you had the lymph nodes removed under your arm, you may be at risk for lymphedema. Some forms of exercise may cause further injury to that area.

On the other hand, exercise can carry great benefits. Physical activity can help control weight gain. It can also increase your stamina, which in turn will increase your energy level. Taking particular care with diet and exercise will not only offer benefits regarding breast cancer, they can improve your overall level of health.

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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## Cooking **NOW**



## In the Kitchen With Ann Lee

### — By Sandra Strong

Ann Lee loves to cook because she loves to eat! For Ann, it's also a community experience. "It's family. It's welcome," she explained. "Eating is problem solving and prayer. It's encouragement — physical, mental, emotional and spiritual." Ann feels anyone can cook as long as they add "loving attitude" to the recipe.

She remembers her mother's wonderful gift of hospitality. As a family, they ate dinner at the table, with no TV, every night. "There were no paper plates," she shared, "and on Sunday after church, we ate in the dining room using the china." Growing up, every meal was thoughtfully planned and prepared. Ann learned by watching her mother in the kitchen, and she is thoroughly enjoying watching her grandchildren carry on the cooking tradition.

## Great-great-grandma Mayne's Coffee Cake

2 cups granulated sugar 2 cups all-purpose flour 1/4 tsp. salt 1 Tbsp. baking powder 3/4 cup Crisco shortening 2 eggs, beaten 1 cup milk Cinnamon, to taste

**I.** Mix first 4 ingredients thoroughly; cut in the shortening with two table knives, or you can use a pastry blender. The mixture will be very coarse. Remove 1 cup and reserve for later use.

**2.** Add eggs and milk to the coarse mixture, beating until smooth using a wooden spoon. (The mixture will be a bit lumpy by today's

standards, but this recipe includes the order: Do not mix with an electric mixer!) **3.** Grease and flour 2 baking pie pans. Divide the batter evenly into the two containers. Sprinkle 1/2 cup of the reserved mixture on top of each cake. Then sprinkle each cake generously with cinnamon. **4.** Bake in a 350 F oven for 35-40 minutes. Edges will be brown. Test center with a toothpick, making sure toothpick comes out clean. Cool a bit, but serve warm.

### **Honey-apple Pie**

- 1/3 cup honey
   2 Tbsp. granulated sugar
   2 Tbsp. cornstarch
   1 tsp. cinnamon
- Dash of salt
- 2 Tbsp. margarine or butter, melted

- 6-8 medium cooking apples, cored, peeled and thinly sliced2 pie crusts (Use your favorite recipe.)
- l egg, beaten
- 1 Tbsp. coarse sugar

**I.** In a large bowl, combine honey, sugar, cornstarch, cinnamon and salt. Stir in the butter. Add the apples, making sure to coat well with honey mixture.

**2.** Fill a pastry-lined pie pan with the apple filling. Cover the top with the second crust. Finish the edges in your usual way.

3. Create 3 leaf cutouts from excess dough. Artistically place the leaves on top of the pie. Brush top with egg and sprinkle with sugar. Cover the edges with foil to prevent burning.
4. Bake at 350 F for 30 minutes. Remove foil and bake for 30 more minutes or until filling is bubbly and the crust is golden brown.

### **Mushroom Salad**

Makes 5 cups.

- 3/4 cup salad oil
- 1/2 cup white vinegar
- 1/4 cup water
- 2 tsp. salt
- 2 tsp. garlic powder
- 1/4 tsp. black pepper
- 1 1/2 cups sliced carrots (about 1/2 bag of crinkle cut carrots)
- I lb. fresh, sliced mushrooms (or 2 6-oz. cans)
- I cup green bell pepper, diced
- 1/2 cup onion, sliced in thin rings
- 2 Tbsp. dried basil
- I cup red bell pepper, diced (or 1 4-oz. jar sliced pimento)

**I.** In a large saucepan, combine oil, vinegar, water, salt, garlic powder and black pepper. Bring the mixture to a boil.

**2.** Add the carrots. Bring to a boil. Reduce heat and simmer for 5 minutes.

**3.** Add the mushrooms, green bell peppers and onion. Mix, cover and simmer for 3 minutes. Remove from the heat.

**4.** Add basil and red pepper or pimento. Put salad in a bowl, cover with plastic wrap and chill for at least 24 hours.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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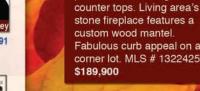








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