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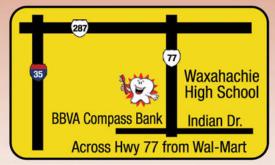
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ON THE COVER



Ares Alonso's nonprofit provides warmth for those in need.

Photo by Amy Ramirez.

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Editor's Note

Autumn has arrived!

Fall is in the air, so it's now time to get my orange containers down from the attic — the ones that hold the fall leaves, pumpkins and hav bales that may or may not have survived the summer heat. The brown containers that hold turkeys and pilgrims will have to wait until November, while the red containers, of which there are many, will remain until December. Yes, you can call me a freak or

fanatic when it comes to color-coding. My life is one big color-coded mess, but it works for me.

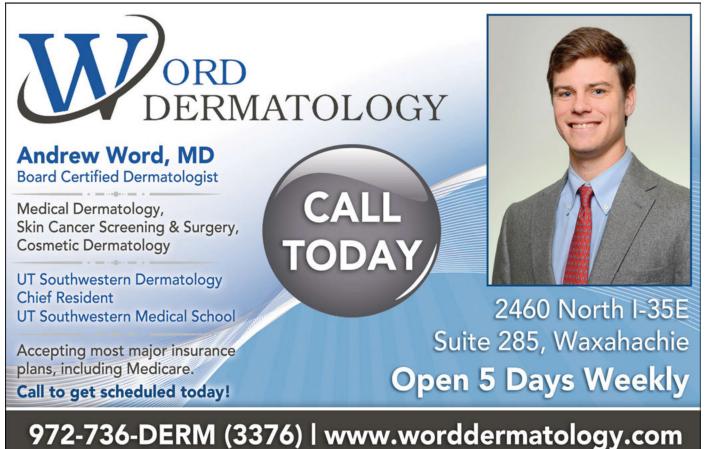
Almost everything in my life is color-coded or organized by length. A peek in my closet will find white, gray, black and "colors" arranged accordingly, with sleeveless first and longer sleeves last. My calendar of things to do and remember looks a lot like something a child would build on the screen of a Lite-Brite. Although I have mostly boy grandkids, pink is my favorite color because it represents the days the grandchildren come to Granny and Poppy's to visit. Those are always good days!

What color represents your favorite days?

Sandra

Sandra Strong WaxahachieNOW Editor sandra.strong@nowmagazines.com (972) 765-3530







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Around Town NOW



Members of the WJSL conduct a diaper drive — more than 10,000 diapers and hundreds of packages of wipes, formula and baby food — to assist those impacted by Hurricane Harvey.



Barbie Partington, Devine Jackson and Michelle Harris conduct a drive for supplies to help hurricane victims in the Beaumont area. The supplies will be delivered by Ellis Co. Blue Line Moving Company.



Craig Fenton and Vicki Rogers of KJ Law & CPA load up items purchased with money donated by the employees and firm to be taken to the victims of Hurricane Harvey in Rock Port.



Peyton Atchley and Zoe Johnson spend the Labor Day weekend selling lemonade with all profits going to the vicitms of Hurricane Harvey.



Wal-Mart associates, including Joshua Meshell from Waxahachie, head to south Texas to relieve overworked Wal-Mart associates in Houston following Hurricane Harvey.



Brothers Josh and Jonathan Evola help with the rescue efforts immediately following Hurricane Harvey.



Members of the WHS softball team spent quailty time sorting supplies for those affected by Hurricane Harvey.



WHS and Global High students work together with United Way of Ellis County and The Salvation Army to collect donations for hurricane victims before the first football game of the season.



The WHS soccer team delivers donations collected at the WHS football game to a drive conducted by United Way and the Today Show.



Texas Strong



The past few weeks have been emotional ones, as image after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of Texans. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities mobilized to assist. People loaded

up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong! NOW

Becky Walker • Managing Editor • NOW Magazines

State and National Organizations:

Red Cross of North Texas • (214) 678-4800 http://www.redcross.org/local/texas/north-texas Text Harvey to 90999 to make a \$10 donation. Corsicana Office: (903) 874-4551

North Texas Food Bank:

Donations of food and funds to replenish their available food supply are needed. Contact ntfb.org.

Save the Children Flood Fund • SavetheChildren.org

The Texas Lions Foundation:

The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800 texasbaptistmen.org • Text HurricaneHarvey to 73256, then click on the link sent to you to complete your donation.

Community Organizations:

Salvation Army

Corsicana location: 212 E. 1st Street • (903) 874-7131 Waxahachie location: 620 Farley St. • (972) 937-7727

Habitat for Humanity • (972) 937-2797 elliscountyhfh@gmail.com • www.ellishabitat.org Ellis County Emergency Management • Stephanie Parker (972) 825-5199

Volunteering: We send trained emergency volunteers out in the field first when people come looking for a way to help out. What you can do: Send money/gift cards. All drop off locations in Houston and the surrounding areas have been overrun with clothing. They don't have space for more.

Waxahachie Emergency Management Coordinator Lt. Marcus Brown His assistant: Sheila Adams • (469) 309-4000

Unity in the Community of Ennis

Contact Shirley and Charlotte Watson at (214) 475-0042. Refugees are currently staying at Motel 6 and Comfort Inn in Ennis. Local churches are preparing meals daily for the refugees. They are also helping with hygiene items and the basics.

Camp Hoblitzelle • 8060 Singleton Rd. • Midlothian, TX 76065 (972) 723-2387

The United Way of West Ellis County 207 N. 8th St. Midlothian, TX 76065 • (972) 723-9280

The Oaks Fellowship

Is working with Convoy of Hope to identify opportunities to mobilize teams to serve in the areas impacted by the hurricane. Visit community.theoaksonline.org for updates.

Note: Be sure to do your research before making donations to ensure you know how your donation is being spent.

Commence of the Commence of th

– By Sandra Strong

When asked what he wanted for Christmas last year while shopping with his mom — just days after celebrating his 8th birthday — Ares Alonso didn't waste any time with his answer. All he did was follow the examples set before him by his parents, Jose and Erica Alonso. "I told them I didn't want or need anything. I asked if we could give to others in need," Ares, now 9, explained of his mission, Keep Ellis County Warm. This will be the second year that Ares, his parents and caring community individuals will be collecting coats, stocking caps, scarves and mittens for those in the Ellis County area in need of the warmth they will, no doubt, provide.

After their son's selfless request, Jose and Erica began researching what it would take to bring to fruition his wish for a nonprofit designed to help others. "I am a marketing director," Erica said with a smile, "and I had no idea where to begin."

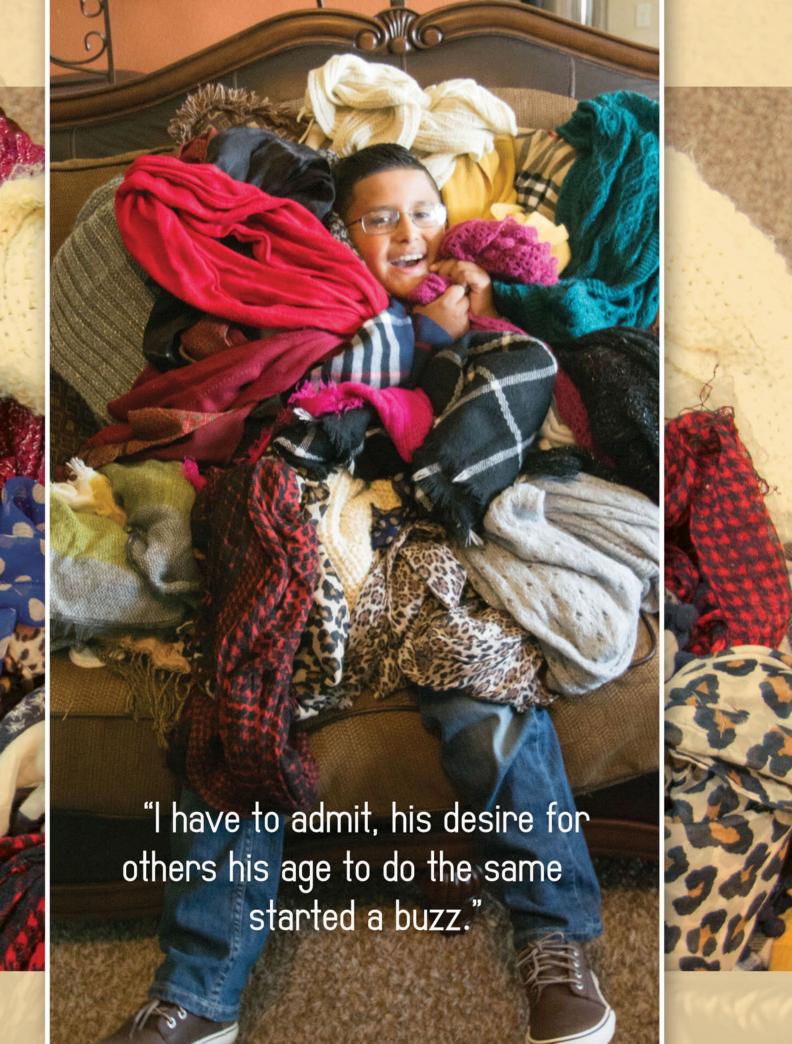
The first thing to tackle on the agenda was to create an informative flyer that would streamline



getting the word out. Daisy and Ray Grau, owners of R.G. Design in Waxahachie, offered their expertise in graphic design, creating the perfect handout for Keep Ellis County Warm. They also set up a Facebook page that made it easy for Erica to keep interested individuals and other likeminded nonprofits informed on Ares' progress.

"That first year, we collected 700 total pieces," Ares shared, with the help of his mother's memory and notepad. "This year, my goal is 1,400, but I'd be happy with 1,000." There were several drop-off locations for those who were interested in giving last year. Those included the Waxahachie ISD, the Alonso home and several businesses in the area including Promise Child Development Center, Sun Loans, Multitudes and the Waxahachie Daily Light. The goal this year is to increase the number of drop-off sites in hopes of seeing Ares meet his goal.

A sizable donation in the form of gift cards was given by Target. "I got to shop for new coats," Ares stated with his shy, yet contagious smile.





It is the second of the second second





As his vision took shape, Ares wanted to encourage others his age to get involved. His desire was for them to give up some or all of their Christmas for others in need. Jose and Erica quickly explained that the coat and winter accessory drive was meant to get other individuals who wanted to give back involved. "I have to admit, his desire for others his age to do the same started a buzz," Erica said.

That inaugural year, Ares solicited new and slightly worn items, but this year, he will be accepting only new items, both purchased and handmade. They didn't accept any monetary donations that first year, except for the Target gift cards, and this year they plan on only taking tangible donations and, possibly, gift cards to area department stores. "We like the idea of being simple and transparent," Erica said, as Jose nodded in agreement. "We still really like the idea of material donations, especially since it was so well-received last year."

The examples that have been placed in front of Ares for the majority of his life are worth sharing, since they played such a big role in his decision. During the holidays, his family has always visited the local Angel Tree, both here and in their past hometown of Lubbock. "We've



always let the kids pick the angel from the tree," Jose said, referring to Ares and his little sister, Aria, who is currently 4 going on 20. "Sometimes, it's a balancing act, but we need to be mindful of how we act because they are watching."

"We are teaching them about the blessings that come with giving and receiving," Erica added.

"Ares' life is much different than the lives his dad and I lived growing up in single-parent families," Erica admitted, "but he understands that." Once they were settled in their new home, they wasted no time getting involved. Jose remembered Donuts with Dad, a special day the week before Father's Day, when fathers were invited on campus to share donuts with their children. As a family, they didn't hesitate to make themselves available when the tornadoes devastated so much in Ellis County on December 26, 2015. "He's learning the struggles others face daily," Jose added. "I don't want him to forget. I want him to always be mindful of others."

Ares' mission caught the eye of one very well-known celebrity, Clarice Tinsley, from Fox 4 News. "I'm one of her Hometown Heroes," he admitted. He had a visit from Clarice after the donations were presented to Manna House, Healing









Hearts, CPS and Adult Protective Services (APS). Soon after her visit and the presentation of an impressive award, Ares became somewhat of a celebrity himself at school and with the Garden Valley Crew, who represent the kids in his neighborhood.

Remembering the success of last year lends great energy to Ares and his family, as they prepare for the current task at hand. As more drop-off sites are secured, the need for more pickups will also increase. Last year, as donations were collected, they were held at the Alonso home. "This year," Jose said, "we may have to rethink how we want to hold the donations prior to delivering them."

Donations can come in all shapes, sizes and colors because Ares' mission is not selective about who will be blessed with a coat, stocking cap, scarf or mittens. The nonprofits — Manna House, Healing Hearts and others — will gift the items out into the community where they feel the need is greatest. "We are a direct source for other nonprofits," Erica explained. "We thought this was the best way to distribute the donations from Keep Ellis County Warm." And the plan is to do it the same way it was done last year. Why fix something that isn't broken?



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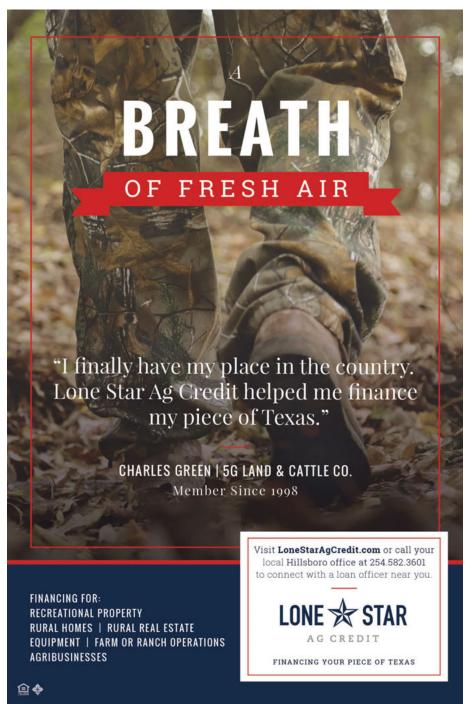
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The Alonso home is the "hot spot" for the kids in the neighborhood. Although Ares was born with an "old soul," he is still very much the rambunctious 9-year-old who finds satisfaction in being challenged. "I like riding my bike, reading, playing video games and spending time with family," he stated. "I'm on the A/B honor roll at school, and my favorite subject is science."

Ares was not forgotten on Christmas of 2016. "I received one really small gift from Santa," he admitted. "Mom and Dad said I could ask for one thing, so I asked for Little Light Bugs, and that's what I got."

The success of last year did create a social butterfly, but Ares is still a humble butterfly. And his definition of humble — "not bragging about myself" — fits this young boy with a generous heart perfectly. "All my life, I've tried to give back because it's important," Ares stated. "I have what I need, so I want others to have what they need. I'm warm, and I just want them to be warm, too." NOW

Editor's Note: For more information about Keep Ellis County Warm, call Erica Alonso at (806) 786-8266.

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The Ellis County Equine Association is one of the oldest equestrian clubs in the area. Dedicated to the promotion of good horsemanship and sportsmanship, the ECEA is a club where those who have a love of horses can enjoy riding, while fellowshipping with others who share the same passion. Originating in 1984, the club has grown to 75 active members and has added a youth association. The Flying Dollar Ranch, in Italy, is host to much of the riding, training and leisure trail rides for members Julie Hinz, past president; Amy Newsome, current president; Deann Wells, vice president; Georgia Dixon, secretary; and Sandy Neal, treasurer. The youth association officers are: Autumn Wells, president; Avery Newsome, vice president; Brylee Tucker, secretary; and Jordan Dixon, treasurer.

The club is open to anyone who rides or just likes horses. Meetings are on the third Thursday of each month to discuss shows and club business. Four series shows are hosted each year — two in the spring and two in the fall. They also host clinics for members, go on trail rides and participate in parades. "We are like a family," Deann said. "We get together for socials and just to talk about our lives and experiences."





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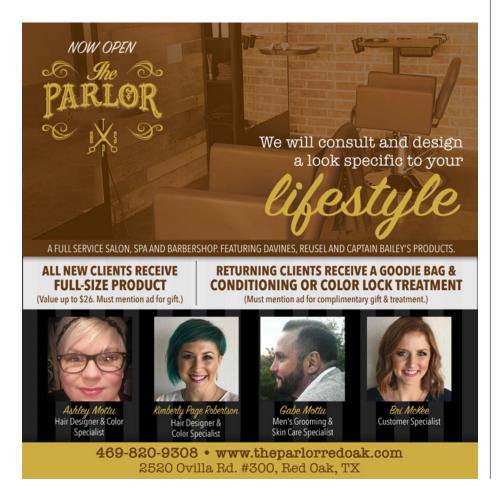
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The adult shows have classes for vouth and adults. "We have one of the best horse show series in Texas," Julie said. "It is well-organized with great competition." As the new president, Amy is learning all she can from Julie and the other ECEA officers to do the best job possible.

Each year, they host a Buckle Series event where halter, English and western riders are awarded. Several events are hosted in Corsicana at the Navarro County Expo Center. While ribbons are awarded to winners, competitors can also earn garment bags, saddles, saddle blankets, chairs and many other great representations of championship riding and showing. They open shows to everyone, but members get discounts.



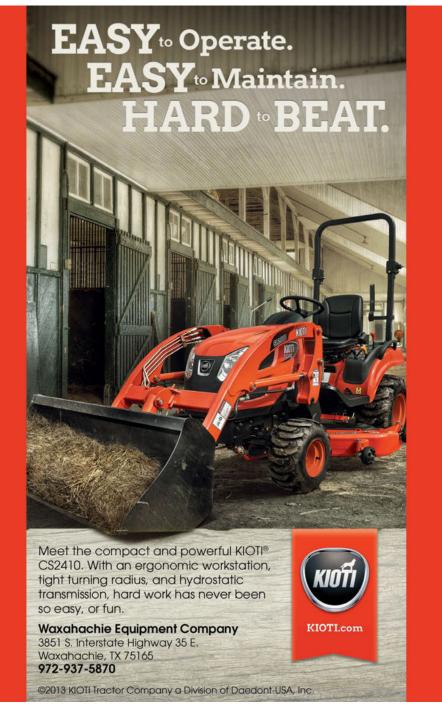


Each year, the ECEA sponsors a youth show. For this event, the kids who are part of the ECEA Youth Association get to pick everything that happens in the show. They do the planning, get prizes together, run the order of the show, decide what fun races they will do and man the concession stand. The kids are trained to run a real show. One of the favorite games at the youth show is a race in which the participants put on a very large pair of panties and then run back down to the other end of the arena while leading their horse. "We stumble and fall, and our horses look at us funny," Autumn said.

Series shows are different. They have a lot of fun. However, it is taken very seriously. It fosters growing, training and learning. These shows are inviting to both the experienced and inexperienced horses and riders. For example, one of the horses entered in this year's series is a 9-year-old rescue horse. Julie got him when the rescue facility was closing. He was saddle broke and put to pasture. They will show him without the goal of winning a medal but will set smaller goals and feel accomplished by meeting those. "It's not always about winning a medal," Autumn's mom, Deann said. "It's also about setting goals and meeting those individual goals."

Autumn is only 13 and is already the president of the club. Her maturity is beyond her years, as she has learned to manage and take care of a 2,000-pound animal, which is a huge responsibility. "I love being around this open, positive group of people," Autumn admitted. "They are like my second family." As president, she leads meetings and helps









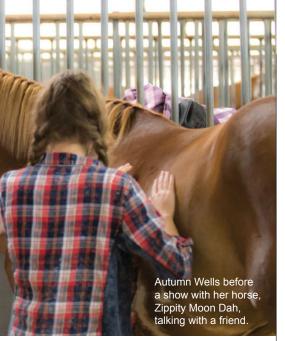


teach others about the responsibilities of caring for horses.

The club has helped her become a leader among her peers at a very young age. "Riding and caring for horses develops courage," Deann said. "You cannot be afraid when you are on a horse for even a second. A horse is a mirror of your emotions. You learn to stay in control, and this spills over into controlling your emotions in life, too."

Julie has fond memories of taking the young equestrians on camping trips. One trip to Oklahoma was especially memorable. She had her mom and 15 kids with her. Julie was on a 2-year-old horse that had never been ridden on a trail. The group got lost for six hours and were climbing up and down mountain paths. She looked up and saw her mom halfway hanging off the side of her horse trudging up an incline and all the other horses were following. "It was a site," Julie laughed. Mountain bikers added to the intensity by riding back and forth across the path, not realizing they were spooking the horses. "We made it," she said, "and the evening, like all trips, was spent laughing and sharing the events of the day around the campfire."

Some of their camping trips take them to Perry Hines Ranch in Killeen, Texas. Challenging trails, creeks and other activities create great learning experiences for the young riders. "The kids are always so proud of themselves after making it across the creek or up a mountain," Julie said. Great memories are made and the kids come home with a sense of accomplishment and pride.



Julie also loves helping with the youth because, over the years, she has been able to watch kids grow up with great confidence and skills for life. One young lady, who had a handicap, honed her skills to the level of being able to compete with the youth who did not have handicaps. She won the blue ribbon. Everyone was so proud of her. "I can still see her on the white thoroughbred, riding around the arena," Julie gleamed. Through the years, this young lady learned enough to make a career of her skills. She now works as a vet tech. She gained skills for an adult occupation by being a member of the club.

Each year, the ECEA gives scholarships to the seniors of the youth club. A savings account accrues money earned from the horse shows. It is named the Nancy Jessup Scholarship Fund, as she was a founding member of the club. Seniors must have been in the club at least two years and must apply for the scholarship.

The ECEA has been established to promote interest in all breeds of horses and associated riding disciplines. To this end, they sponsor scholarships, clinics, open horse shows and trail rides throughout the year. The youth club is a separate organization named Ellis County Equine Youth Association. Club members who have been in the program for two years prior enjoy the fellowship of fellow horsemen, discounted fees to club-sponsored events and receive a monthly newsletter called Hoof Prints. It is a club for all to enjoy their passion for horses and the equestrian life. NOW





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SCREEN DOOR SCREEN

AT HOME WITH KEN AND JANINE KARNES

The year was 2002, when the sound of a screen door changed the world for Ken and Janine Karnes. "It reminded me of being a kid," he said with a smile.

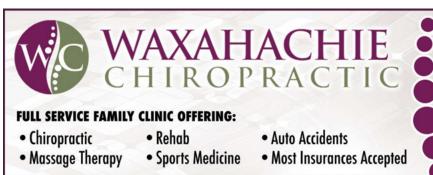
Ken and Janine had lived in Rowlett for many years. Their children were grown, and though moving had become a recent conversation, Waxahachie was nowhere in their thoughts. That is, until a day in June when Janine and her mother decided to visit the Gingerbread Trail Tour of Homes. "I used to antique shop in Waxahachie and thought a day trip might be fun," Janine said. It turned out to be fun and then some. "We happened to see a Realtor's flyer," she said. Before the day was done, she and her mother had fallen in love with a remarkable, two-story home, and Janine had called Ken.

Ken, already familiar with Ellis County through a childhood family connection, fell in love, too. "Our Rowlett home sold within four days, and we were able to close on both houses and move less than two months later," he said.

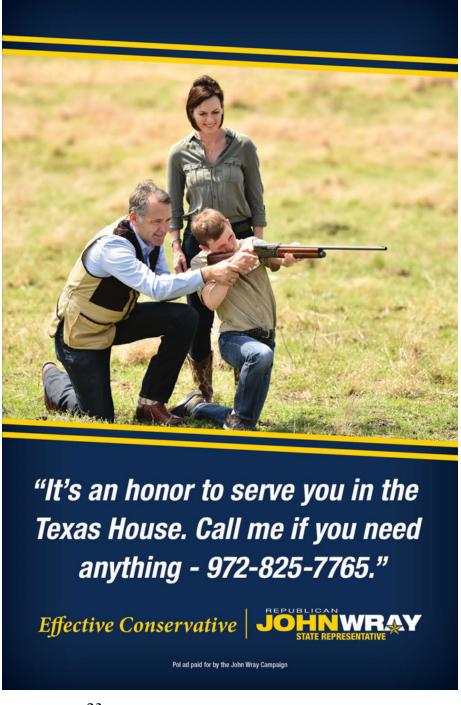
Today, the couples' delightful home is a tapestry of texture, patterns, purple punch samplers and chalk figurines, shiplap, beadboard, wallpaper, hardwood floors and two totally magical little dogs. It was built in 1910, and at nearly 3,000 square feet, the home commands a corner on Waxahachie's historic Main Street.







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The home is slowly being updated and restored, carefully and considerately, to preserve its rich history. "We believe the original owners lived here until the 1970s," Ken explained. Initially designed to reflect prairie style architecture, many changes happened throughout the years. For a period, the house was even converted into a four-plex with the staircase on the outside.

"We understand the previous owners bought it when it was close to being torn down," Janine said. "They restored it

> to a single-family dwelling and changed the style to more of a New Orleans look with a turret and porches on both stories."

> The main floor, with 12-foot ceilings, features a living room, parlor, guest bedroom, bath, formal dining room and a kitchen with a breakfast nook, pantry and

laundry. The upstairs houses the master suite, adjoining sitting room, a bath, another bedroom and a den/TV room. "The screen door that sold me on the house is actually the door to the kitchen pantry," Ken said with a grin. It, along with many items, is on the "must-bepreserved" list in the Karneses' vision of old and new.

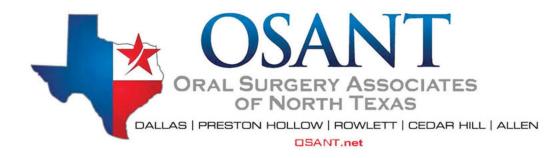
Ken "has never met a recipe he won't attempt," so redoing the kitchen was a top priority. "My brother is a remodeler by trade, so he's been a big help," Janine said. They replaced the kitchen floor, added a wall of red brick, found an old high school shop table for an island and installed commercial appliances, including a gas stove with a metal, industrial-style vented hood.

The open breakfast nook is now furnished with a round oak table and chairs, plus a huge wall piece once displaying store merchandise and now brimming with Janine's antique jadeite, yellow ware, linens and restaurant dishes. "We left the original screened pantry door and added leaded glass saloon doors to the laundry room," Janine said. The effect is breathtaking.



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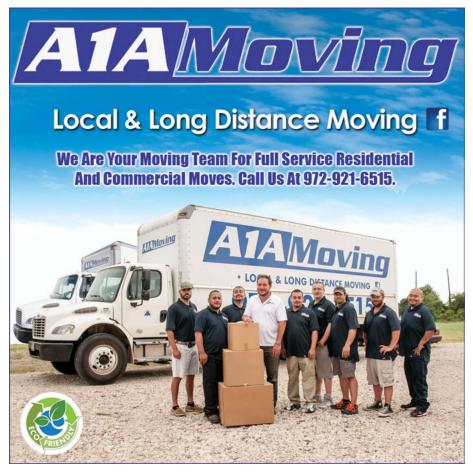


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The kitchen exits to a formal dining room with a grape motif à la the wallpaper, with colorful foliage and grapes. "We didn't change the wallpaper in the dining or living rooms," Janine explained. The dining room includes original dark-stained pine floors, gas fireplace, decorative ceiling and a stunning crystal chandelier. A gorgeous antique table and buffet are etched with grape carvings, and on the walls are rare purple punch paper samplers from the 1800s and antique fruit paintings. The decor is additionally accented by a collection of silver serving dishes.

A wide opening from the dining room leads to the center of the home. The living room, with flower-strewn wallpaper, ceiling beams, beadboard and a lovely staircase backed by a wall of black and white family photos, is the ideal gathering place and/or holiday setting. "We're big Christmas decorators!" Janine said.

A doorway toward the rear of the living room leads to the guest room and bath. Like the kitchen, renovating the bath was a priority. "We took in part of the parlor to expand it," Ken said. The "new" exquisite bathroom includes a claw foot tub, huge shower and black and white tiled floor.

The upstairs master suite is another special place. "It has an adjoining sitting room with a gas fireplace and, also, a hidden walk-in closet," Janine shared.

Meanwhile, Ken's favorite room is the spacious den or TV room, also called the Tree House, thanks to its many windows. "We wanted it to be light and refreshing," Janine explained. They did that by adding shiplap and beadboard to the walls and ceiling, white paint, cowhide and oriental rugs, leaded and stained glass and a comfortable sofa.



By itself, the home is beautiful, and then there's the property — 3/4 of an acre — and, thanks to Ken and Janine, every square foot is cared for. "The curved driveway connecting to two streets plus the swimming pool, carport and storage shed were already here, but there was no landscaping when we moved in," Janine explained. Today, the driveway is bordered by shade gardens; the shed resembles a small cottage; and the swimming pool features a deck and a tall, white, picket-style fence hand-built by Ken.

Ken and Janine have been married for 25 years. He works for Southwest Airlines, and she is a paralegal for a law firm in downtown Dallas. Their amazing home exudes personality and wall-to-wall charm, including Janine's antiques, as well as pieces like Ken's great-great-grandfather's Bible. Beyond its historic value, though, theirs is a home for entertaining, relaxing from busy schedules and, especially, for spending time with their 8-year-old Cockapoo, Emmy Lou, and 1-year-old Shih Tzu Maltese mix, Birdie June.

"We do a lot of entertaining, especially in the summer, and celebrate the holidays with both of our families," Janine shared. "The great thing about Waxahachie is that it didn't take long for us to make really good friends. We discovered we have a lot in common with neighbors and have found this to be such a friendly, downhome city with fun people."

As for their home, Ken, Janine, Emmy Lou and Birdie June couldn't be happier. "We love its character, charm and history, and I can't imagine living in a new house again," Janine smiled. "Moving here has been life-changing." NOW





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Steve Mitchell played semi-pro tennis
around the world and served in the armed
forces. It was while he was stationed in
Germany that he decided to enroll in college when
he returned home. He found a school in Kansas
that was offering a scholarship for a tennis player.
After applying, he waited several weeks for a reply,



thinking he must not be the level of player they needed. However, the call finally came, inviting him to come. So, two weeks later, when he was discharged from the Army, he showed up in Sterling, Kansas, which at the time was a very, very small town.

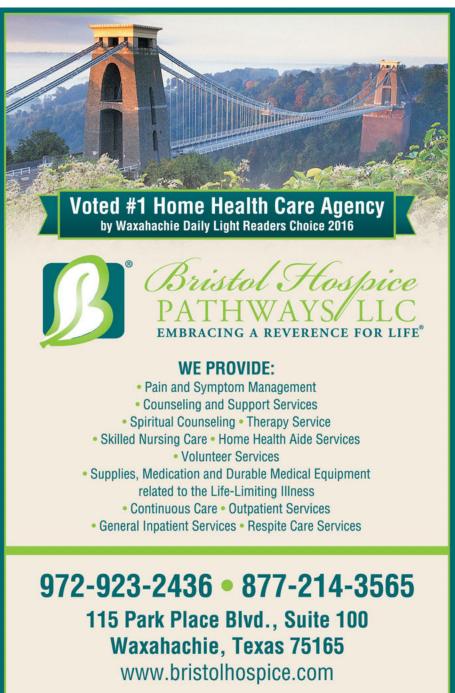
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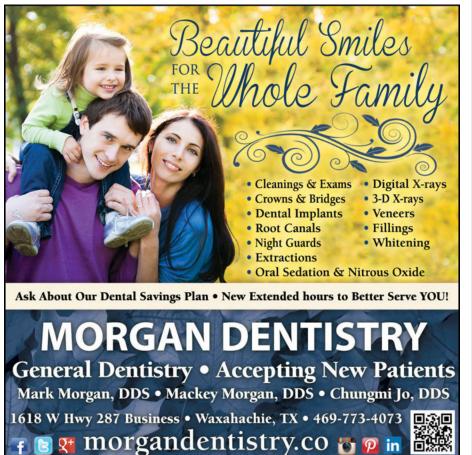


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The first thing he did was open an account at the local bank. When he walked in and gave his name to the teller, she smiled really big and said, "You're Steve Mitchell, the one who is coming to play tennis for us!" Steve was taken aback that people were already talking about him coming to play tennis.

While attending the new student banquet, he shared with a student he was sitting by that he had just come from his station in Germany. She said, "Oh, I know someone who speaks German." That's when Heidi, the love of his life, entered the scene. It just so happened that she had taken a student worker position that year as secretary for the tennis coach. She was from Minnesota, and he a born Texan. The college was 10 miles from being the center point between their two homes. "Speaking German came in handy through the years," Steve laughed. "Whenever we didn't want the kids to know what we were saying, we would just resort to German."

They have worked together to build a family and marriage that is a true work of art. For 18 years, Steve has used one of his many talents to write his wife poems, the last one a moving testimony of his love for her.

One day, Steve's cousin visited. She brought a unique cross as a gift to the couple. "I could do that, I thought. So, I went out to the little shed behind our house and began cutting out some crosses."

Heidi came out to see what he was doing and said, "No one is going to want those." Then Heidi laughingly added, "Supportive wife that I am!"

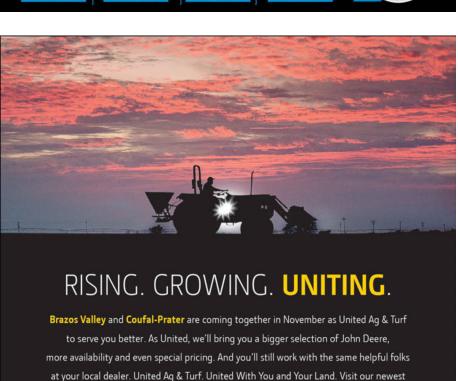
When his cousin visited again, she thought they were beautiful. "My son came by after I had about 10 completed and gave me money to expand my shop. Before I knew it, I was making crosses for people, sometimes people that I barely knew. A fellow employee at Texas Instruments began to order them to give as gifts. Through word of mouth, my crosses have been gifted to people all over Texas, as well as throughout the United States," Steve shared in amazement.



Once the crosses are cut out, he does everything else by hand. He grooves out the areas where stones or other decorative pieces are carefully placed to create a design. Each cross is uniquely original and thoughtfully made. Most are about 2 feet tall. None are cut in right-angle fashion as the traditional cross. The lines are curvy, and the corners may or may not be the same on each side. Sometimes the ends are rounded, and other times they are straight, square or have a sharp point. Some crosses have a piece that goes up beyond half of the top.

The grooves made into the front of the crosses can be small or can almost encompass the area of the cross. While some only put beading or other materials onto a cross for decor, Steve puts the additions into the grooves. Sometimes, he paints the inside of the groove to enhance the material he is adding. For example, one of the decorative materials he uses is acrylic diamonds. He paints





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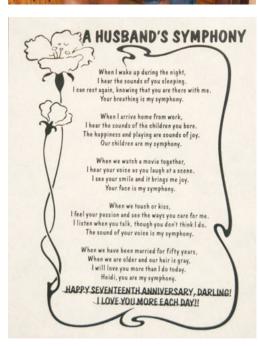


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the grooved-out places silver, which gives the diamonds more of a shine and glimmer effect. After making these for several years, he now has a shop where he stores the wood and many drawers of various accent materials. After filling in the grooved-out spaces, he will sometimes create a design right in the middle of the cross that lays on top. Feathers, jewelry pieces, jewels, etc. can be used to create the finishing touch. He calls his business Skyward Mission Crosses.

The crosses are more than just a way to make a little extra income. They have become a way to inspire and uplift others. He has donated some of them, including giving over 50 to Cook Children's Medical Center in Fort Worth.

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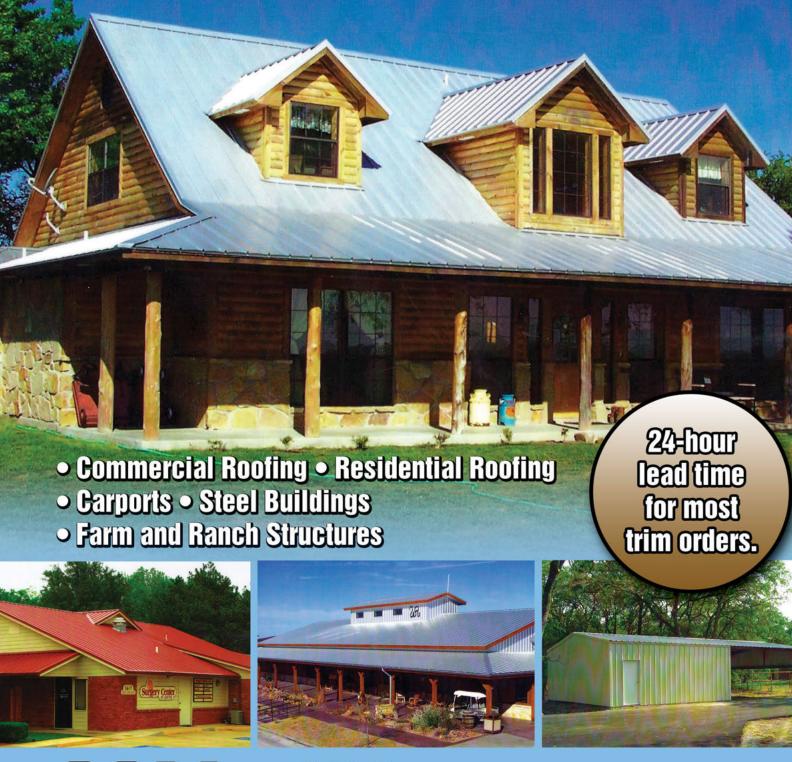


Steve invests his talents in tennis and golf to teach the students at the Waxahachie Preparatory Academy. This past year, he gave crosses to the graduating girls and those graduating from his golf team and used them to send a life message to each student. He also took smaller ones up to the Academy and let his students decorate and design them. This was like a Christmas present to the kids.

Some of the crosses have shards of broken mirror. He uses these to show that we all have broken places in us, and sometimes, we see ourselves the way we are reflected in the broken glass. But God sees us whole and complete. He also likes to use river rock on the crosses. "Sometimes, we are rough like rocks," Steve said, "but as we roll through life, God makes us smooth. I try to tell people when they buy a cross from me, a message that goes with how the cross is made is included, so they are buying more than a cross. They are buying something to remind them of how God can help them through trials," Steve continued.

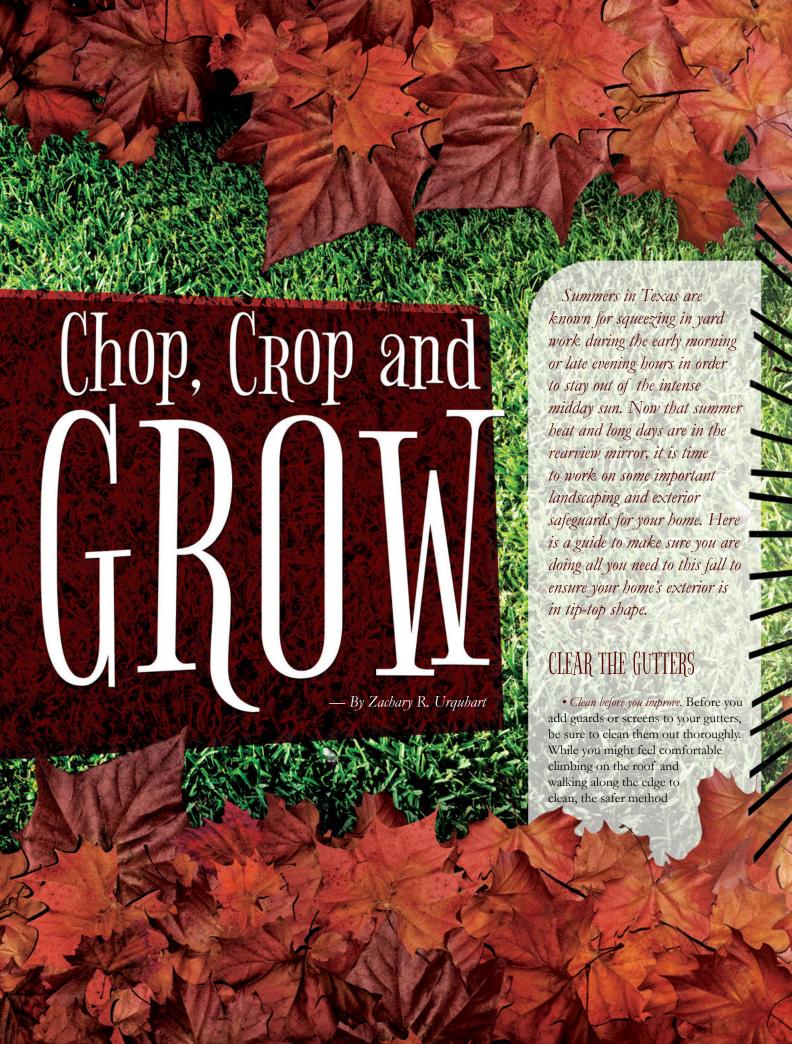
Steve told about a friend who had served in the Navy. His ship had been sunk. After finding a coin with a picture of the ship on it, Steve created a special cross to commemorate the ship, and he placed the coin in the design. Sometimes, people will order crosses as memorials of something special to them and give Steve an item to incorporate into the design. This makes the cross especially meaningful.

Steve is an athlete, a family man who dearly loves his wife and an artist who uses his talents to bring a special message to others. But he said, "I am not creative. I am not an artist. I just make these, and people happen to like them." NOW



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is to use a ladder and clean a few feet at a time. Be sure to take time cleaning and clearing each downspout, which will require using a screwdriver to take the sections apart. While you are moving around the house, visually check the soffit and fascia for any rotting or damage, so you can fix small issues before they grow. Even if you have large trees that have yet to drop their leaves, think about clearing spouts, so that small blockages do not become bigger problems.

• Make your gutters better. There are two primary ways to make improvements to your gutter system. Splash guards in key spots are a quick and inexpensive fix for gutters that sometimes allow water to pour over, which can damage plants below. Usually, though, water coming over the gutters is a sign that you have blockage. Adding gutter screens, or guards, will cost anywhere from \$100 to several hundred dollars, but it should stop clogs, and that will allow your gutters to do their job more effectively.

TO TRIM OR NOT TO TRIM

- Fewer limbs mean fewer leaves and more problems. One of the most tedious chores each fall is raking and bagging fallen leaves. Some people may want to cut branches while foliage is full, so they can see trees in their fullest form. However, it can harm trees to cut limbs before the dormant winter season. While it does mean you will have the arduous task of raking and bagging leaves, your trees will be healthier in the long run. One suggestion is to mark limbs that you will cut with tags or spray paint. This way you are sure to trim the right spots come winter.
- Know what to cut. Though you are waiting to do any major pruning, figuring





out what to cut can be difficult. Any limbs that look dead or dying should be removed, as they take energy away from the more thriving parts of your trees. And if limbs are growing into each other, you will want to cut one to save the other. Aside from that, though, what you trim, how much you keep and how high you start the canopy is largely your choice. However, trimming a limb or two from your trees to ensure safety for kids in the yard or to prevent damaging property is an acceptable exception to the rule of not trimming in the fall.

• Shrubs need time. When it comes to bushes and shrubs, be sure not to cut in the late fall. Trimming in the summer allows shrubs to recover before the freeze season. Cutting limbs in the late fall can be detrimental to your plants. Major cutting is recommended for the dormant winter.

WHAT TO PLANT

• Winter grass helps your lawn. Whether your lawn is full of carefully maintained Bermuda or St. Augustine or is just full of wild grasses and flowers, the winter











pop even more against the infrequent Texas snow.

months can be harsh, making it hard to regain the green beauty you want in the spring. Rye is the most common winter grass, but you can also opt for bentgrass, bluegrass or fescue, if you desire. Just be sure to take into account different growing speeds, as well as the amount of shade you will have, as not all winter grasses are created equal. As Texas temperatures tend to be mild, you should be alright planting into the early winter, but you will want to be sure to get your seeds down before the coldest part of the season, for the best results.1

• Make this season count. Aside from just maintaining your yard's health, you might be looking for some ways to keep it looking beautiful, even in the colder months. There are many varieties of plants specifically suited for this. Pansies are available in many colors, and can survive temperatures below zero. Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.2

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• Get ready for what comes next. In addition to having a garden that looks good now, fall is the ideal time to plant some things that will pay-off several months later. Blue stars are a perennial that will give some yellow foliage in the fall, but their beautiful spring flowers are what you will love the most. Species, Darwin and Parrot Tulips should be planted in the fall, as should Dutch Irises, which will give you a deep purple flower in the spring.3

So, whether you are maintaining or making big changes to your lawn and garden, be smart about what you might chop, what you will crop and what you hope to grow. When spring comes, you will be glad you did! **NOW**

Sources:

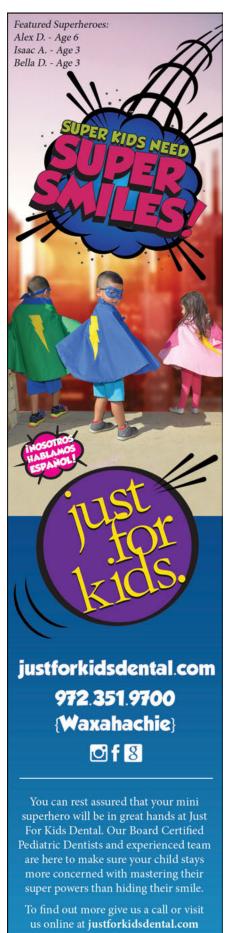
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Dr. Bethany Barnes and her staff offer a full menu of holistic care options to their patients.

The Secret's Out

Body in Balance works to rejuvenate patients and restore them to a relaxed state. — By Sandra Strong

Body in Balance Chiropractic Family Health & Wellness Center started as a one-woman operation in 2010, offering only chiropractic care. Things have changed exponentially since then. The new, larger location still specializes in chiropractic care, but they also offer acupuncture, lymphatic enhancement therapy and massage therapy, which work in conjunction to help patients reach their wellness goals.

They also offer a full line of Plant Therapy essential oils, amber and hazelwood necklaces, Biofreeze, supplements and Kinesio tape. "Our vision is to bring more holistic options to Waxahachie and to the surrounding Ellis County communities," explained Dr. Bethany Barnes, the owner and founder of Body in Balance. "We want to make wellness care affordable for

everyone." The office does not accept insurance, but charges a cash price that helps keep costs low and reasonable for patients instead.

Chiropractic care has proven to be beneficial to all ages. However, Dr. Barnes takes a special interest in prenatal and pediatric care. During pregnancy, the spine and pelvis experience added stress due to the weight of the growing baby. Many times, the pain associated with this stress makes it difficult for the expectant mother to perform routine activities. Getting adjusted can help alleviate issues associated with these times of growth. "Chiropractic care can eliminate a lot of pain associated with pregnancy, and it allows for a smoother delivery for the mother and child," Dr. Barnes explained.

Business NOW

Routine chiropractic adjustments continue to show great benefits in all levels of growth. "Growing pains in childhood are often an indication of spinal misalignment," Dr. Barnes added. "Regular chiropractic care throughout one's lifetime helps the body to remain functioning at its fullest potential, while also decreasing the risk for injury and back issues later."

As the demand for chiropractic care has grown, the need for another chiropractor was evident. In May 2016, Dr. Kelsay Kemmann joined the team at Body in Balance. In addition to chiropractic care, Dr. Kemmann brings a special set of skills as a certified chiropractic acupuncturist. "Combining acupuncture and chiropractic care is something that just makes sense," Dr. Kemmann said. "The philosophies are very similar, and each treatment enhances the other."

The spine and muscular systems are very closely intertwined. Therapeutic massage and chiropractic adjustments, when offered in tandem, have proved to be essential in healing, for many patients. Massage therapists Belinda Partin and Jessica Shahan offer a variety of techniques that include deep tissue, Swedish, lymphatic, hot stone, reflexology, myofascial and prenatal massage.

The latest therapy added to the practice came in March 2017 in the way of lymphatic enhancement therapy (LET). Teresa Morrow is a certified lymphatic therapist with three years of prior experience. She also brings five years of nutrition expertise, as well as a wealth of knowledge. Keeping the lymphatic system, or "the drains" of the body, cleansed is critical to optimal health and longevity. As the lymph fluid circulates to cleanse and nourish body tissue, numerous benefits can be gained, with one of the most important being the overall immune health of the body.

As Body in Balance continues to grow, Dr. Barnes and her staff are hoping to add additional services to their menu. "We love our profession as holistic health care providers," Dr. Barnes stated. "We will continue to strive to keep our Ellis County community full of options." NOW



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Around Town NOW



Troy Grant performs live during the Labor Day Palooza event.



Kellie Davis shares a tasty sno cone with Waxahachie's Keller Williams Realtor Ricky Collins.



Jaelynn Robinson takes a break from football training with his dad and training coach, Ricky Robinson.



Vincent, Courtney and Creed Guerrero share an evening out on the town at Farm Luck with dinner and a chocolate milkshake.



Denise Snyder and her family have fun serving Pierogi and Spudzilla to the crowds at Westfest.



Ray Adams and Ron Lee, along with Sally and Maddie Mae, enjoy the mild evening temperatures at Getzendaner Park.



During the C.A. Wilson Labor Day Palooza event, Suzanne Wilson of Rosewood Home Market explains to a young shopper how a bath bomb works.



The Community Education Advisory Council meets to talk about Lighthouse for Learning and the coming school year.



Mime Garcia and Pat Hill enjoy the grand opening festivities at their new beauty shop, A Cut Above.



Jamar Nicholson finds plenty of gas to fill his tank at the downtown Valero location.









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Health NOW



Foot pain? You may have diabetes.

Do you ever feel burning, tingling or numbness in your feet and toes? Do not ignore those symptoms. They could be a warning sign of diabetes.

Those symptoms may be caused by a condition called diabetic peripheral neuropathy, or nerve damage. Neuropathy in the feet can lead to permanent numbness; deformities, such as bunions and hammertoes; and dry skin that cracks open and won't heal. Diabetic peripheral neuropathy is not only painful but dangerous. It's a leading contributor to foot ulcers in people with diabetes.

Burning, tingling and numbness in toes can also be symptoms of thyroid problems, nutritional deficiencies, back problems and pinched nerves in the ankles. In the United States, diabetes is the leading cause of peripheral neuropathy and can lead to further foot complications.

Out of the 23 million Americans with diabetes, one in four has not been diagnosed. Some people learn they have diabetes only after seeing a doctor for burning, tingling and numbness in their toes and feet. Many people already diagnosed

with diabetes are not familiar with neuropathy's symptoms. Even diabetic patients who have excellent blood sugar control can develop diabetic neuropathy.

Medications can treat pain caused by neuropathy. However, nerve damage cannot be reversed. When you have diabetes, especially diabetic neuropathy, a minor cut on your foot can turn into a catastrophe.

The statistics on diabetic ulcers are sobering. Twenty percent of diabetic patients who develop ulcers will require an amputation. Patients who are black, Hispanic and Native American are twice as likely as whites to need a diabetes-related amputation. Half of all people with diabetes who have a toe or foot amputation die within three years. The annual cost for diabetic ulcer care in the U.S. is estimated at \$5 billion.

Christopher Schmitt, DPM Associate of the American College of Foot and Ankle Surgeons Southern Star Foot & Ankle

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October 6, 7, 13, 14, 20, 21, 27, 28

Screams Halloween Theme Park: For more information, visit www.screamspark.com or call (972) 938-3247.

October 7

3rd Annual IOOF Oddfest: 9:00 a.m.-6:00 p.m., Singleton Plaza. For more information, visit collegestreetpub@yahoo.com.

Annual Waxahachie Chamber of Commerce Auction/Under the Big Top: Life is a Circus: 6:00 p.m., Waxahachie Civic Center. For more information and to reserve tickets, contact the Chamber at (972) 937-2390 or email sking@waxahachiechamber.com.

5th Annual Dentistry From the Heart: 7:30 a.m., registration begins, Waxahachie Family Dentistry. Call (972) 937-4370 for more info.

October 13, 14

Waxahachie Homecoming Weekend. For more information and a full schedule of events, visit www.wisd.org or call (972) 923-4631.

October 14

Legacy Run: Event includes 5K, half-marathon

and 1-mile fun run. For more information, visit www.wisd.org or call (972) 923-4631.

Our Sunflower Friends of Ellis County 3rd Annual Family Festival: 11:00 a.m.-4:00, activities for the children; 5:00-10:00 p.m., casino night, Ellis County Expo Center. \$5 at the gate for all those age 13 and up. For more details, contact Vicki Grady at (214) 739-8880 or vicki.grady@jjainc.com.

Waxahachie Riding Club Playday: 2:00 p.m., Waxahachie Rodeo Complex, 704 Howard Rd. For rainout dates and more information, visit www.waxahachieridingclub.com.

October 20

Veterans Expo 2017: 9:00 a.m.-3:00 p.m., TSTC North Texas Campus, 119 N. Lawrence, Red Oak. Veterans are welcome to gain veteran benefit information and learn about nonprofit organizations, veteran service organizations and schools that work with veterans. Contact Rachel Mims, rachel.mims@tstc.edu or (254) 867-3651.

October 21

25th Annual Ellis County 350 Benefit: 6:30-11:30 p.m., Ellis County Expo Center. Tickets are available at Ark Country Store and Boyce Feed & Grain.

October 27 — 29

Waxahachie Community Theatre's Fall Musical *Annie*: Chautauqua Auditorium, Getzendaner Park. Tickets available at www.waxahachiecommunitytheatre.com.

October 28

22nd Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Admission is free. Call the Waxahachie CVB at (469) 309-4040 or visit www.waxahachiecyb.com.

Fundraiser for Angela's Surgery: 11:00 a.m.-6:00 p.m, The Pit Stop BBQ, 3921 Hwy. 287, Reagor Springs. Event includes a live band, live auction, door prizes, great food and raffles. Call (972) 775-0316 or (214) 930-3458 for more info.

October 31

Trick or Treat on the Square: 3:00-5:00 p.m., downtown Waxahachie.

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



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Cooking NOW



In the Kitchen With Shannon Goretska

— By Virginia Riddle

Inspired by her Grandmother Baldwin, Shannon Goretska equates cooking and baking with love. "My grandmother's job wasn't done until you had something to eat," Shannon stated. Shannon learned to cook from her grandmothers and mom starting at about age 7. "Cooking is therapy to me," Shannon added. "Nothing helps me relax the way cooking does."

A lifelong Methodist, Shannon finds the best recipes in church cookbooks but also uses Pinterest recipes that she "tweaks." Cooking for her family at home and her work family at Felty Elementary School, where she teaches, gives her joy. Summers, however, find her cooking for the Central Texas Conference Youth in Mission. "I have the great privilege of making sure the kids and adults have great meals. That's how I show my love."

Shannon's Chicken Pot Pie

Makes 8-10 servings.

1/2 cup onion, diced

2 Tbsp. canola oil

2 medium potatoes, peeled and diced

1 16-oz. pkg. frozen mixed vegetables

I cup frozen broccoli

1/2 tsp. garlic powder

1/8 tsp. ground marjoram

1 Tbsp. Knorr Bouillon, chicken flavored

1/8 tsp. pepper

Salt, to taste

2 cups chicken broth

3 Tbsp. flour

1/2 cup water

2 large chicken breasts, cooked

and diced

Prepared pie crust

1. In a large skillet, sauté onion in oil until tender; add vegetables, garlic powder, marjoram, bouillon, pepper, salt and broth.

- **2.** Cook until the vegetables are tender; bring the mixture to a boil over medium-high heat.
- **3.** Mix the flour and water together until smooth; add to the vegetable mixture. Stir until thickened; add chicken.
- **4.** Pour the mixture into a 9x13-inch pan. Top with pie crust; make venting slits in the crust.
- **5.** Bake at 350 F for 30 minutes, or until the crust is golden brown.

Frozen Strawberry Cake

Cake:

I box white cake mix

1 3-oz. box strawberry Jell-O

3/4 cup water

1/2 cup canola oil

3 eggs, beaten

4 Tbsp. flour

1 6-oz. pkg. frozen strawberries, thawed (divided use)

Icing

I stick butter, meltedI 1-lb. box powdered sugar

- **1.** For cake: Blend the cake mix and Jell-O mix together well. Add the water, oil, eggs, flour and half of the thawed strawberries; mix well.
- **2.** Pour batter into a 9x 13-inch greased and floured pan; bake at 350 F for 30 minutes.
- **3.** For icing: Mix butter, powdered sugar and remaining strawberries until smooth; spread on the cooled cake.

Chicken and Dumplings

Makes 12 servings.

Chicken:

8 chicken thighs or 3-4 chicken breasts

1-2 carrots, sliced

2 ribs celery, sliced

I small onion, diced

1-2 Tbsp. Knorr Bouillon, chicken flavored

1/4 tsp. garlic powder Salt and pepper, to taste

Dumplings:

1 1/2 cups flour

1 tsp. baking powder

1 1/2 tsp. salt

1 1/2 Tbsp. butter

l egg

3-4 Tbsp. cold water

1 10.5-oz. can cream of mushroom

1 10.5-oz. can cream of chicken soup

- **I.** For chicken: In a large pot, add chicken and vegetables; add enough water to cover the vegetables. Add bouillon and seasonings; boil.
- **2.** Reduce heat to simmer. Continue to cook until the chicken is tender and can be easily removed from the bone and vegetables are fork tender.
- **3.** Remove the chicken from the pot; debone and dice the chicken.
- **4.** For dumplings: Mix the flour, baking powder and salt together; with a pastry blender; cut in the butter. Stir in the egg and water until the dough holds together.
- **5.** Roll out the dough onto a floured surface until it's 1/8-inch thick; cut into squares.
- **6.** Drop dumplings into the pot with hot broth and vegetables; cover. Cook slowly for 20-25 minutes.
- **7.** Return chicken to broth mixture. Add soups; stir until blended.









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