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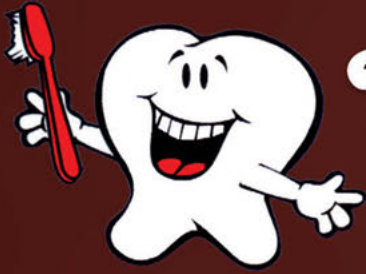


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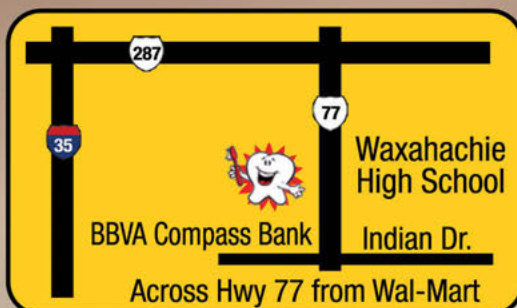
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Editorial Assistant, Rachel Smith
Writers, Alexandra Allred . Katrina Emmett
Rick Mauch . Melissa Rawlins
Zachary R. Urquhart . Carolyn Wills
Editors/Proofreaders, Pat Anthony
Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
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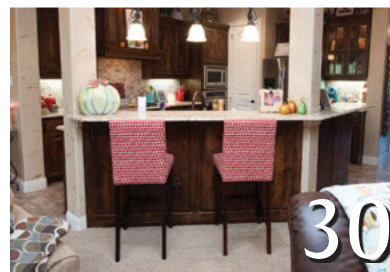


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Photo by Amy Ramirez.

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Editor's Note

Happy Thanksgiving!

I remember the family's annual trips to Heyworth, Illinois. As soon as everyone made it home from work and school, we'd pile back into the station wagon, and away we'd go. Daddy would drive all night to get us to Thanksgiving dinner on time. My brothers and I did what all siblings do on lengthy road trips — we bothered one another. My mom spent the biggest part of the journey swatting us with the flat side of a yardstick. I'm almost sure my brothers received more swats than I did, but my memory on swats could be a little cloudy after all these years.

Once at our destination, the smell of turkey fresh from the oven welcomed us in. Big Grandma, that's what we called her because she was bigger than our Little Grandma, wrapped us in a bear hug. Everyone was very happy to see the large table filled with homemade goodies full of sugar and lots of real butter. Thanksgiving memories of those long weekends spent with my mom's family are some of my most cherished. Sometimes, I just wish the five of us could take one more road trip.

What holiday memories do you hold most dear?

Sandra

Sandra Strong
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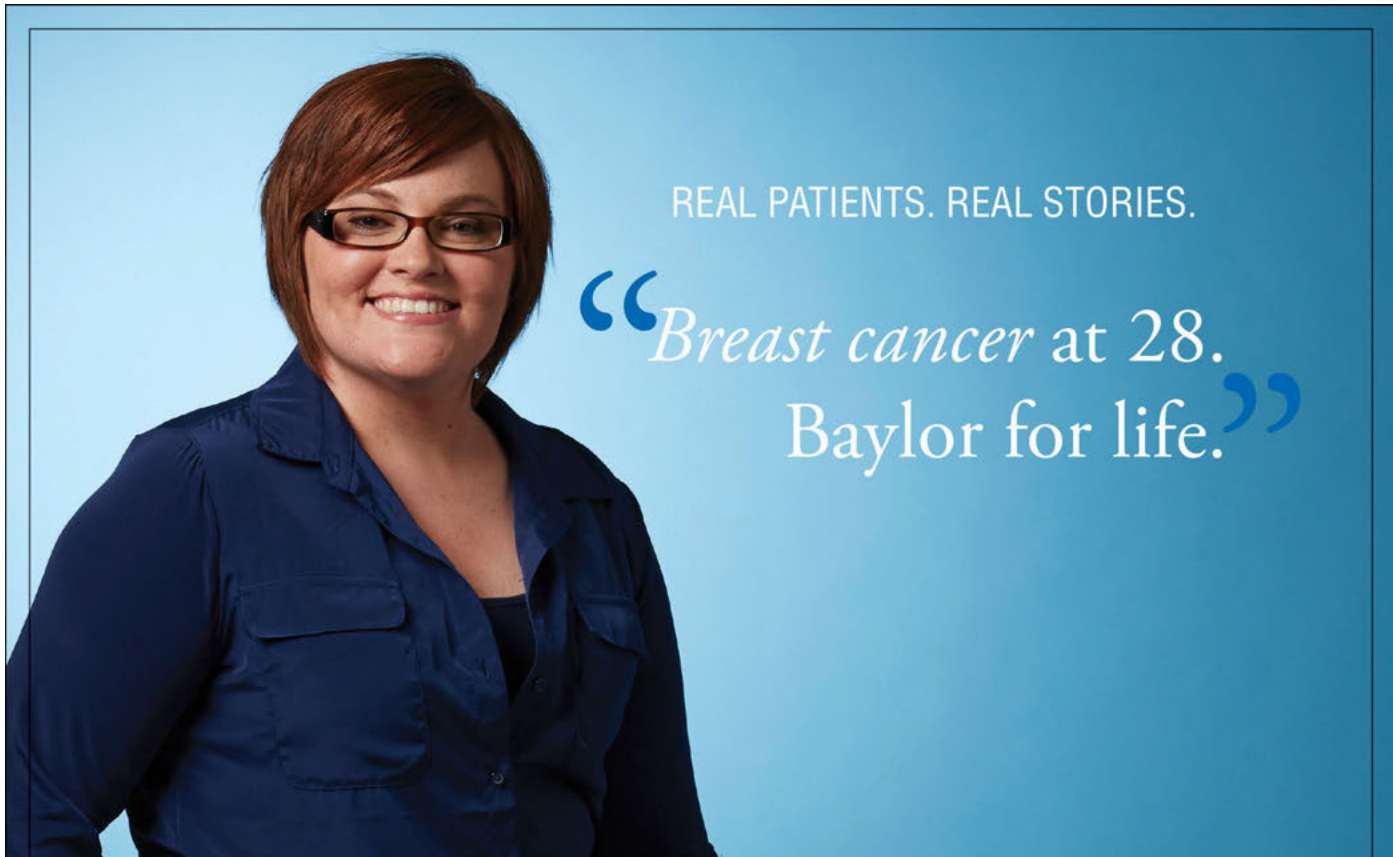


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More Than a Story

— By Rick Mauch

Raiford Adams remembers when he got his first set of glasses. He was just a child who needed them for clear vision, but they opened an opportunity for him to experience bullying. “In fifth grade, I had to start wearing glasses, and kids laughed at me,” Raiford recalled. He turned to writing for comfort. It was a trait handed down from his mother, who would also often write stories for the enjoyment of herself and her family. “I used to make up stories about different characters,” he said. “One of my favorites was about an alien who landed on earth. He needed a part for his spacecraft. He fixed it, but before he did, he made several friends, and then he left.

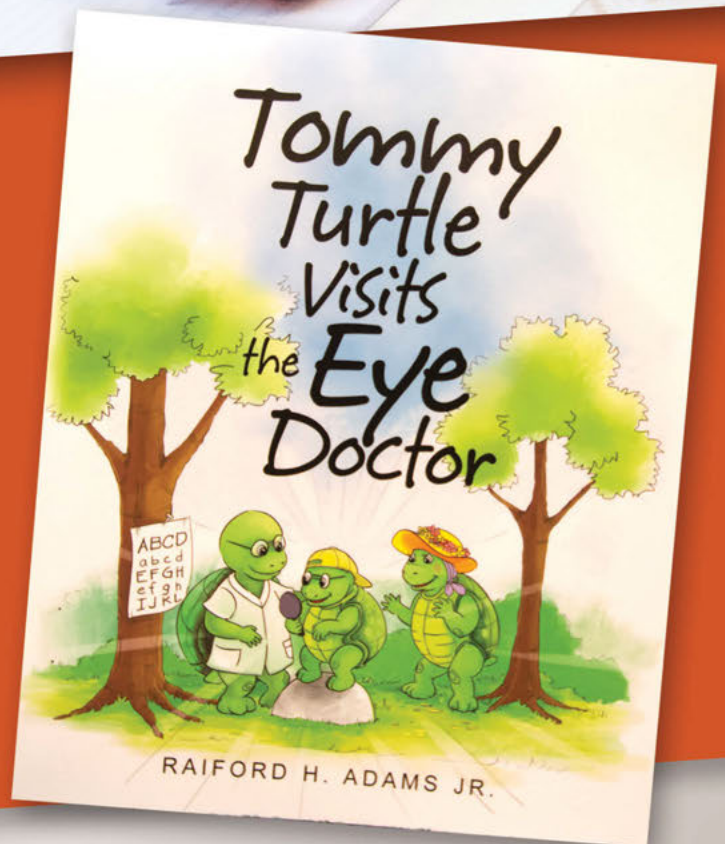
“My stories relaxed me,” he admitted. “They gave me comfort and confidence.”

Now, as a 52-year-old adult, Raiford is passing that same opportunity on to other youngsters. His children’s book, *Tommy Turtle Visits the Eye Doctor*, published in November 2015, is based on his own experiences as a child.

Raiford had never been published before. Like his mother, the stories were for himself and family. However, at the encouragement of friends, he made the bold move. “I took it to work and was showing it to people. They said,



“His book captures the fear of being different. I think it’s safe to say a great deal of children and adults have faced and do face this.”





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'You should get it published,' so I did," he said, also mentioning that it's doing well on Amazon. The book is available in a variety of ways. Along with Amazon, it can be obtained in places such as iTunes, Google, Kobo and Barnes & Noble online.

But it's not about the money for Raiford. In fact, he's donated many copies of the book to area schools. "The librarian at one of the schools told me that some of the kids still hide glasses in their backpacks," Raiford said. "It's hard to believe it's still happening!"

Raiford is working on several other animal books. Shirley the Squirrel is based on his best friend in elementary school, Joyce Luther. "She told me not to let others bother me," he said. "She sat in her car and read the story of Tommy Turtle right after it came out. A whole bag of ice melted, she got so into it."

He's also working on a story about a ladybug teaching colors and numbers. However, he's not sure what characters to use for trips to the dentist and doctor. "I'm thinking of Buster the Bear for the doctor," he said. "Children relate to



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“Raiford hit well in his book [with the message] that just because you’re a little different there’s nothing wrong with you,”

animals better than people. It’s a lot easier to adjust to different things when it’s an animal.”

Raiford has no children of his own. However, he does have some nieces and nephews and friends he’s tried his stories out on to great responses. “My roommate’s niece was excited about

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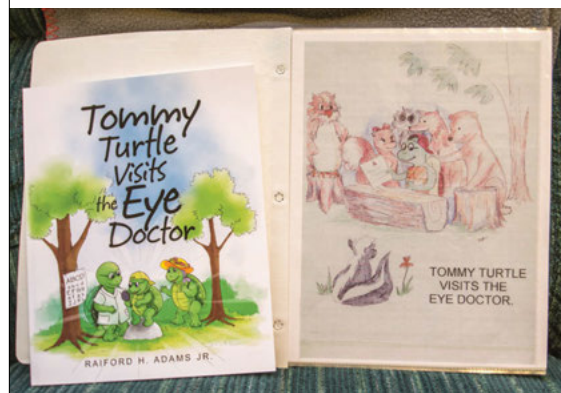
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it, and that also made me think about publishing,” he said. “The second and third books are easier to get published because people know you, but that’s only if the first one is good.”

His first book passed that test. Other authors and publishers are excited to see more from him. “Raiford hit well in his book [with the message] that just because you’re a little different there’s nothing wrong with you,” said Anita Dickason of Mystic Circle Books. “His ability lies with taking a very simple message and putting it in terms children relate to.”

Fellow author Charlotte Wright called Raiford “an exceptional storyteller.” She said, “His book captures the fear of being different. I think it’s safe to say a great deal of children and adults have faced and do face this. This book hits home to the never-ending story of acceptance but also teaches us, as parents,

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Raiford's love for writing was passed down to him by his mother.

that we need to build up our Shirley Squirrels, too. Just an ounce of kindness replenishes the soul. I look forward to more of these stories from Mr. Adams. His future is bright, and as a fellow writer, I'm pretty excited for his journey."

Raiford often still reflects on his mother's writings and how they lifted him up. Though she only wrote for enjoyment, he said he's certain she could have been a great published author. "She wrote a funny story about a girl going on a trip. She took the sleeves off her coat to make it lighter," he said with a smile, noting that it also made the little girl colder. "She did have a song published, once."

He is considering an audiobook version of *Tommy Turtle Visits the Eye Doctor*. He's also looking at possibly creating an interactive version that can be read and participated with on a computer. Also, when people order the book, they can get a personal message from Tommy Turtle sent to their children. All they need to do is make that request. "Children love that," he said. "It makes it more personal to them."

Raiford works at Walgreen's Distribution Center in Waxahachie. He's been there for 10 years, but ideally, he'd love to devote more of his time to his full-time passion — writing. "I'd like to be able to quit work and write [for] the rest of my life," he said. "I have a great job, but I want to do more to help make life better for children, and I just love writing. I don't know if I have a novel in me, but I definitely have a lot more stories for children." **NOW**

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For Emily Camarena, education is so much more than curriculum, tests, school books or a building. It's an experience. It's a gift. Education is something that must be both earned and rewarded. A graduate of Waxabachie High School, Emily was a popular student-athlete with strong personal drive and leadership qualities. She attended Texas State University in San Marcos (known as Southwest Texas State University, in the mid-'90s) to study exercise science, with a minor in English, but quickly realized that something was missing from her college experience. "The school has a wonderful campus, and I met friends pretty quickly," Emily explained. "It's a big Greek school, but when the rush season came around, none of the sororities fit my own personality, background and culture."

"Every day when they leave school, I tell them I can't wait to see them tomorrow. I want them to know, 'I'm going to be waiting for you!'"

ELL

— By Alexandra Allred

Specifically, she found that the college (and sororities) lacked any real support network for Latinas. In her junior year at college, she and 10 other Latina friends determined to make a change. "We were first-generation college students in our families," Emily said. "We wanted other girls similar to us, who were also first-generation college girls, to have a strong network for women." At that time, only 10 percent of Hispanics graduated from

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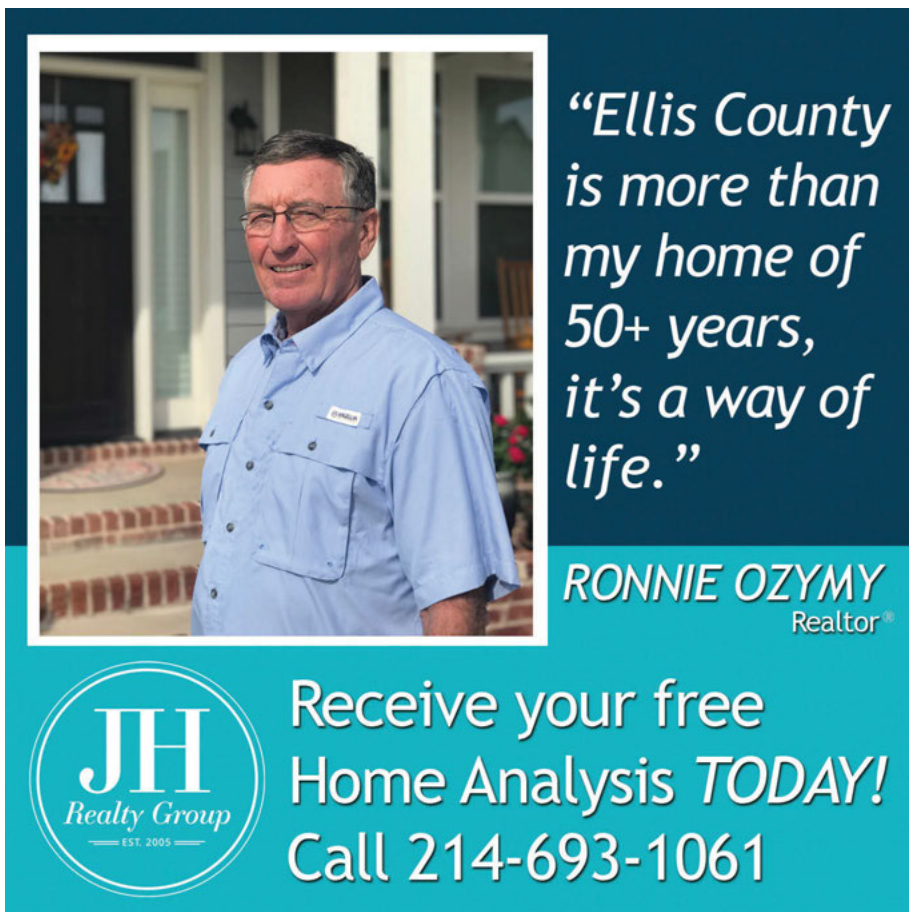
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college. “I wanted to be a good statistic,” Emily said. “I wanted to be a role model for my little sisters and cousins. My parents had a great work ethic and were so wonderful, but they did not know about college or the college experience.”

This is the reason why and how Emily and her friends founded the first Latina sorority at Texas State, Sigma Delta Lambda Sorority Inc. on September 26, 1996. With the motto, “Together We Rise through Education, Loyalty and Pride,” the sorority offered workshops on scholarships and financial aid for at-risk youth, but more importantly, the sisters served as strong role models. “We were not exclusively Latina,” Emily explained, “but we wanted to capture culture and empower others, Latina and otherwise.” With the goal of empowerment, Emily got her wish, and within a very short amount of time, Sigma Delta Lambda established new chapters on other college campuses.

The sorority’s motto became Emily’s personal mantra. Upon graduation, she landed a job in Dallas as an English teacher and coach. Awarded District Coach of the Year in two different years, Emily proved to also be a very successful teacher. She was urged to continue her education for more of a leadership and administrative position. “I did it the hard way,” Emily said with a laugh. While many opt for online classes for continued education, Emily attended The University of Texas at Arlington in the evenings, while working full time during the day. After earning her master’s degree, she became an assistant principal in the Irving and Duncanville school districts before becoming dean of instruction for the



Young Women's Leadership Academy in Grand Prairie.

Everything she wanted for and demanded of education played out before her and because of her. Her dream of instilling leadership skills, greater opportunities and empowerment for her young charges was now a daily occurrence. It was why she went to college, why she helped create a sorority, and it was why she then left that school to come home again.

At a conference in San Antonio, she learned of some of the great things happening in the Waxahachie school district. As she listened, she realized, *This was what I was trained to do.* "That night, I went back to my hotel room, got on the

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Assistant Principal Tammy Hill and Principal Emily Camarena lead Dunaway Elementary with pride.

WISD website and saw the openings and applied that same evening.”

In 2016, Emily began the new academic year as the principal of Dunaway Elementary School, one of WISD’s bilingual campuses, yet her goals have never changed. Education. Loyalty. Pride. In fact, now as the mother of a young son, she believes even more in the importance of education.

“I want my students to *want* to come to school,” Emily said. “Every day when they leave school, I tell them I can’t wait to see them tomorrow. I want them to know, ‘I’m going to be waiting for you!’ Our teachers have done such an amazing job letting our kids know how important they are to us and how much we care for them. For some of these kids, we may be the most important people in their lives. I want them to know they are safe here, that we care for them.”

Just as she has done in every other aspect of her life and academic career, Emily’s actions are louder than her words. “She’s never in her office,” said Donna Kruger, the school’s secretary. She is in the hallways, in the classrooms, in the library and in the gymnasium. The teachers praise Emily for listening to them, while the office staff marvels at how often she will sit at the front desk to answer phones or speak to a concerned parent who has not yet mastered the English language. “You can see the relief that comes over a parent’s face when she starts talking to them in Spanish,” Donna added.

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As for the children, the mere mention of their principal's name brings many, many smiles. "She loves us!" is the overwhelming sentiment given, with added endearments that describe Emily as funny, fun, caring, awesome and cool. Surprisingly, the topic of dancing and being "energetic" are also popular among the students.

"I think they would say I was a good dancer," Emily said when asked how her students might describe her.

"She's a funny dancer," said one third-grader.

"Oh, she's very competitive," Donna said. Known to run "victory laps" around the school, Emily doesn't just play Castle Ball, volleyball, basketball and soccer with her students. "She plays to win."

"It's one of the things that makes her so perfect," said Yuliana Gutierrez, an office assistant. "It's her attitude. She is always smiling. She loves harmony."

Emily begins every staff meeting by asking for everyone to share something positive about their lives. It is a positive, team-building exercise that fosters greater energy and camaraderie. For her students, however, being in the hallways offering praise and support, being in the gymnasium busting out a dance move or making a free throw and being in the classrooms admiring artwork and reading essays with earnest enthusiasm is the kind of "show and tell" they most understand. Emily is not merely a figurehead in the school or a threat of "seeing the principal." She is their role model. She is their leader. She is their "show and tell."

"She has such a passion for learning," Donna said. "One of her main goals is to make sure that every child, *every child*, fits in. She wants them to feel safe and to know they're a part of all of us."

"I think, well, I *hope* students would say I care about them, that I am always there for them," Emily admitted. "And, I am a good dancer." **NOW**

Happy Thanksgiving from all of us.

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Texas Wines Sip 'N Stroll

Saturday, Nov. 18 | 4 - 8 pm

Downtown Waxahachie

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Saturday, Nov. 25 | 9 am - 1 pm

Downtown Waxahachie

Christmas Parade & Community Tree Lighting

Tuesday, Nov. 28 | 6:30 - 9:30 pm

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Sunday, Dec. 3 | 2 - 4 pm

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Friends since the third grade and high school sweethearts, the Robinsons have been married now for more than 10 years. They have three adorable children, two super-cute dogs and a truly stunning home on a piece of pretty amazing property. How their Texas-style home came to be is the result of hard work, detail, determination and, OK, a wee bit of serendipity.

Corey and Brooke moved into their starter home in south Waxahachie in 2012, but they wanted a change. "We were ready to be closer to town," Brooke said.

HAPPY FALL, Y'ALL

AT HOME WITH COREY AND BROOKE ROBINSON

— By Carolyn Wills

"We wanted a neighborhood with yards and, preferably, where our kids could attend Felty Elementary School."

They were drawn to a relatively new development surrounding a large pond. "The location was perfect," Corey said. "We really liked the neighborhood and loved the pond." Discovering the limited number of lots on the water had already been taken, it became tough to continue searching. Time passed and options paled and, then, a call came. An owner of a lot on the water was suddenly needing to sell. "We met and bought the property on that same day," Corey said with a smile.

It happened that this "last lot on the pond" was perfect. The backyard extended 80 feet into the water and the wedge-shaped property was part of a quiet cul-de-sac shared with a handful of large neighboring homes. "We couldn't have been more delighted," Brooke grinned. "Corey grew up on a cul-de-sac, and it's something we had always wanted."

Today, the Robinson home is a showplace, a tribute to quality, detail and a goal to provide a place for their young family to thrive. "We planned everything from top to bottom," Corey said. That





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meant renting an apartment during construction, working with the contractor, designing and refining.

"That we were able to make it our own is my favorite thing," Brooke shared. "We even inscribed Scriptures on the studs, so that each room has a special verse."

The home's Texas-style exterior is a dramatic mix

of dark brick and light stone. Adding to its charm is a three-peaked roof line and exquisite landscaping. "Corey does all of the landscaping, and he also designed the backyard space," Brooke said.

The backyard features a pergola, comfortable seating, a full-blown kitchen, stone fireplace, two big-screen TVs, a stunning swimming pool with a rolled-back hot tub (the newest additions) and a custom fire-pit with stone benches for a view of the water. "We also want to add a pool house at some point," Corey said.

It's Corey's skills and eye for design that make this backyard so spectacular

with features like low-voltage ground lighting, barn doors, landscaping and the mix of wood, stone, tile, rock salt finished concrete and brick. "He built the pool and outdoor kitchen, along with the custom outside table with stone tiles," Brooke said. "We use the patio year-round."

The 2,400-square-foot home is equally charming on the inside. Archways, 10- to 12-foot ceilings, crown moldings, tall white cottage-style doors and wonderfully surprising niches honor a country theme with a nod to farmhouse style. The walls, painted in deep neutral colors with a dramatic hand-troweled texture, are accented with art pieces and accessories in Brooke's favorite colors of turquoise, red and yellow, the colors of Fiesta dinnerware.

The four-bedroom, two-and-a-half-bath floorplan is decidedly family-friendly and functional. The large living room, dining area and kitchen form a central core, while the children's rooms are located toward the front left of the house and the master suite toward the back right.





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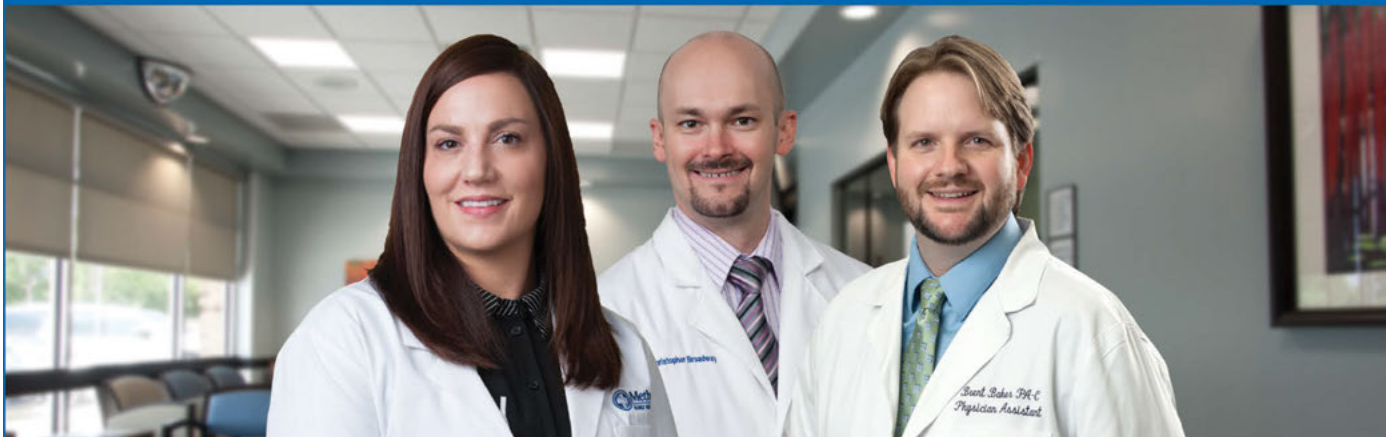
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The living room, with its huge stone-clad, wood-burning fireplace and plenty of seating for family gatherings, provides an open view to the dining area and a lovely turquoise-colored sideboard. Adjacent to the dining area is a state-of-the-art kitchen with breathtaking and unique "hardware-free" knotty alder custom cabinetry finished with a walnut stain. Stainless steel appliances, a vented stove, granite counters, a huge island and a one-of-a-kind backsplash complete the kitchen. "We interspersed shiny 1-inch decos throughout the travertine backsplash," Brooke explained. The pantry door is another special feature thanks to Brooke's hand at applying a cracked finish.

The master suite, truly a parent's dream, is large, private and gorgeous, with a tray ceiling and plenty of room for a massive white farmhouse-style bedroom suite including a king-size bed, nightstands and a bureau. On the chest of drawers is a display of dried bouquets from the Robinson's wedding and those of family members. "I'm sentimental," she explained.

The master bath features a luxurious tub and, appropriately, a sign that reads: *Soak your cares away.* There's also a separate arched shower and access to a large walk-in closet. Brilliantly, Corey and Brooke designed the closet with direct access to the laundry room.





The Robinsons' daughters, 9-year-old Landrie and 6-year-old Kinsley, are two very lucky girls. Their rooms, connected by a Jack-and-Jill bath, are located in the equivalent of a separate wing off of the home's main entry hall. One whimsical pink, orange and purple bedroom is easily distinguished from the other by the name boldly displayed above the bed. In the small inlet to the wing, individual shadow boxes spotlight each of the three Robinson children.

Nine-month-old Ryder, the newest Robinson, finds his room directly across from his sisters. Corey fashioned Ryder's giant nameplate out of wood planks. "Ryder's chest of drawers is an old dresser that used to belong to my parents," Brooke said.

Two more members of the Robinson family include an 11-year-old Chinese Crested Powderpuff named Harley and a 1-year-old Miniature Labradoodle named Ranger. Not having their own rooms is clearly forgiven with the many places they can find to snuggle and even a pond to explore.

Corey and Brooke each grew up in Plano. "We've been in Waxahachie for about 14 years now. Corey was born here and is either related to or knows everyone in town!" Brooke joked.

Initially, it was Corey who wanted to move to Waxahachie. "I wasn't sure I could do it," Brooke said with a laugh. "At the time, Waxahachie didn't even have a Target!" Moving also meant leaving her friends and family.

Fast-forward, though, to life in a remarkable home on the last lot by a pond, the birth of a son, two happy daughters, one loving husband, a Target in town and a whole group of new friends, and, according to Corey, "You couldn't pay Brooke to move now!" It is indeed a "happy fall, y'all" at the Robinson home. **NOW**

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The Season for Travel

— By Zachary R. Urquhart

The holidays mean parties, family and, for some, travel. If you have not planned a big trip before, there are some things you should keep in mind. If you are in the mood for a long getaway for the holidays, here are some tips to make sure you are ready for your excursion.

Picking a Place

- *Making the Best Use of Your Miles.* The first step is figuring out where you want to go and when you want to leave. If you have a credit card





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with airline miles or points, you need to be sure that you are not trying to leave during blackout dates. Some have many blackout dates. Some have few, and others have none, so you will need to call your cardmember services, or check their website. You may also be able to use your points to reserve rooms at some hotels and resorts. While your flight choices or hotel rooms may have limits, saving money by using your points can be a great way to plan a bigger vacation than you thought possible.

- *Keep Everyone Satisfied.* While it is not possible to make everyone happy, if you are traveling to a destination other than a family member's house, try to find a

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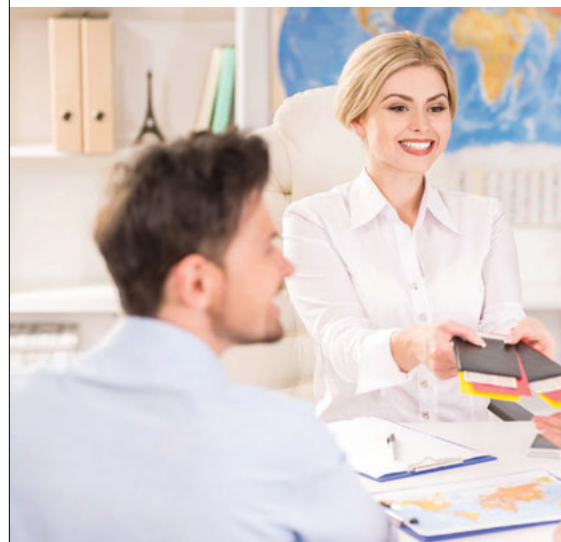
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location with plenty to do. A house on a remote beach is great for some, but if part of the group does not like the feel of the sand on their feet, look into a place like Galveston that has beaches, as well as a historic downtown area and other fun activities.

- *Decide With Help.* With the boom of online services that consolidate hotel rates and flight costs, many people have gotten away from using a travel agent. But, with the sheer volume of options out there, you might consider having an agent help you plan the perfect trip. If your plans include a cruise or other more exotic type of trip, a travel agent could have special offers you cannot

get anywhere else. And an agent can be great if you are looking to book travel and accommodations for the extended family.

Get the House in Order

- *Avoid Leaving a Paper Trail.* Assuming you are taking the chance to enjoy a lengthy trip, there are



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a few things you should do around the house. Have mail and newspaper services stopped. Anytime you will be gone more than a couple of days, it is a good idea to stop mail and paper delivery, but that is especially true during the holidays, when burglars have a keen eye open for signs of an empty house. You can call or drop by your local post office, but using USPS.com lets you put a hold on your mail with ease online. Most large market newspapers also let you place holds online, but you will have to check if you are getting a small, local publication.



• *Make It Look Lived In.* Aside from limiting mail or newspapers, having your lights variably on and off is a simple way to make it seem like people are home. Timer switches for your exterior lights are cheap and very easy to install. You can even install them on key interior lights to enhance the rouse that you're still at home. If your yard has winter grass or tends to have weeds that will start looking long during your absence, check into hiring a yard service to keep it looking nice. This also ensures that you will not be overloaded with household chores upon your return. Also, try getting all laundry, dishes and cleaning tasks done before you go. You would hate to ruin the fun you had on vacation by coming back to a house with a long list of to-dos.

• *Find a Helping Hand.* If there is a pool to be skimmed, leaves to be raked or pets to be fed, try finding a trustworthy neighbor to help you out. Offer the same



help during their vacation in exchange. Aside from helping with simple chores, having someone check on your place is good in the off chance you have power loss, a leak or some potential catastrophe.

Time for the Trip

- *Dot Your I's.* Before you hit the road or head for the airport, make sure you have all the various documents and paperwork you will need. Identification for your family and passports, if you are going across borders, and insurance cards are among the things you will want to bring. If you have a detailed itinerary, be sure you have confirmation numbers for each activity. And even though you do not want to think about it before a big trip, it is advised to have an updated will on file in case something unexpected happens.

- *Travel Prepared.* Whether flying or driving, traveling with kids takes a little extra work. For air travel, bring games, toys and snacks to keep your kids occupied and happy. If you are driving, ration the games and snacks you give the kids to keep them from getting bored too quickly. When in doubt, classic car games that you grew up playing, but your kids likely haven't, could be a fun distraction. And be sure to throw in pillows and blankets, so your kids can be as comfortable as possible while they have to sit still for hours on end.

Holiday travel can be more stress than it is worth if you are not ready for all that is involved. But with careful planning and preparation, you can spend a fun-filled holiday vacation, making memories to last a lifetime. **NOW**

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Creating a Positive Experience

DDS Dentures+Implant Solutions offers excellent care at affordable prices.

— By Sandra Strong

As a family-owned and -operated business with 30 years of prior experience, DDS Dentures+Implant Solutions has become one of the premier national providers for extractions, dentures and implant services. When deciding to open their newest location in Waxahachie on January 30, several variables were noticed early on. “Waxahachie is a family-oriented place,” Manager Aaron Brady explained, “and the projected growth pattern, when paired with the need, made the decision to locate here an easy one.”

Dr. Deo Pun was born and raised in Nepal, where he practiced general dentistry for four years. He served underprivileged people, as he offered surgical and restorative dentistry to those

with the greatest needs. Dr. Pun completed his master’s in 2007 from Marquette University in Wisconsin. He also completed his Master’s in Advanced Education in Prosthodontics in 2010 from the same university. “His specialties are dentures, implants, crown/bridge, implant over dentures and fixed implant restoration,” Aaron shared. “Our Waxahachie office is truly fortunate to have such a wonderful and caring doctor. He’s the right dentist for those patients who need to get past a less-than-favorable dental experience.”

The Waxahachie location offers so much to their patients, as they utilize a CT machine to obtain high-quality, 3-D images that

Business **NOW**

help increase the accuracy of implant placement while greatly reducing failure rate. The digital X-rays offer more precision, since they are viewed on a computer monitor. "The CT machine allows Dr. Pun to have immediate information," Aaron stated. "It allows him to analyze and decide on a plan for the patient in a timelier manner."

DDS Dentures+Implant Solutions takes great pride in offering "same-day dentures." In fact, this is one of their most desirable selling points when it comes to the dental choices available in Ellis County. "Time is so important to everyone," Aaron said. "We are dedicated to providing immediate access to care and prompt service for all patients."

The on-site lab allows staff to complete most dentures in a single day. "Yes, that means we have the capabilities to extract teeth and provide dentures all in one day, in most cases," Dr. Pun reiterated.

The "at-least-10-percent-less guarantee" is also something patients consider when looking for a dentist. If a licensed dentist provides a written treatment plan at a lower price, DDS Dentures+Implant Solutions will beat the competitor's price by at least 10 percent. In many cases, the savings will be larger than 10 percent. "We don't just meet the price of the competition," Aaron said. "We beat it." They accept cash and most all major credit cards, including CareCredit.

Patients looking for affordable, high-quality dental care in Waxahachie and surrounding areas now have the choice of DDS Dentures+Implant Solutions. The first visit may cost a little time from a busy schedule, but the initial exam and X-ray are free. Dr. Pun and the staff of 10 offer so much to their patients. They analyze, problem solve and delight patients one smile at a time. "We are proud to bring this positive dental experience to the Waxahachie area," Dr. Pun said. "As part of the community, we look forward to continuing to provide comprehensive general dentistry for adults."

When patients add a positive experience with great prices and one-day service, they have reason to smile. Creating a positive experience is key to the quality of care offered at DDS Dentures+Implant Solutions. **NOW**

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Marjorie Allen enjoys the Hilco Electric Cooperative BBQ held at the Waxahachie Civic Center with her family, Brenda Ford and Gary and Debbie Allen.



The Bigham family (minus the one who is away at college) plays a game of Apples to Apples at Fresh Market Coffee.



Tony Vargas spends an enjoyable day at Getzender Park participating in a car show.



Two sisters, Maria and Eloisa Gonzalez, enjoy their regular breakfast club with Amelia, Irma and Adriana, friends they've been meeting for over 20 years.



John Kindred treats cousins Adrian Cooper, Jared Walker and Ayden Cooper to a tailgate breakfast of champions before an early morning football game.



Master Gardener Sheila Cloonen cleans the ECGMA horticultural learning center hoping for fall blooms.



Musicians David Allen, Kirk Hunter and Eric Clum entertain folks as they spend time on the square in downtown Waxahachie.



Brooksie McNutt proudly displays her family pack of State Fair tickets from NOW Magazines' second drawing!



Photo by Jade Albert

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A Roadmap to Cancer Care: Patient Navigation

Receiving a diagnosis of cancer is a life-changing event. Figuring out what's next comes with its own set of challenges. Traversing the many aspects of a cancer diagnosis and treatment can be daunting.

Helping a patient navigate their cancer journey is an important function of their care team — a team of caring experts each playing an important role in surrounding patients with specialized support. That means a strong focus on communicating with patients and families, managing treatment and side effects and providing guidance in areas not directly related to clinical care.

The navigation function plays a tremendous role in the patient experience. A care team's goal is to ensure that patients and their family members understand their treatment options, know what to expect and help them connect to and take advantage of helpful resources. Managing symptoms, providing emotional support and providing transition into survivorship are also ways a care team helps patients. Patients can take steps to make the most of their partnership with the care team, so the team can better help them navigate the journey.

Don't shy away from questions. One of the most important things a patient can do is answer questions honestly and ask questions openly.

- Answering questions fully and honestly will help the care team better understand how the patient is feeling, how they're responding to treatment and what support they may need. While a sign or symptom may not seem like a big deal to a patient, it can be important for the care team to know.

- It's also important for patients to ask questions without fear. What you don't know can cause fear and stress, so asking questions and addressing concerns directly can improve the patient experience and potentially head off complications.

Pay attention to how you feel. Cancer can bring side effects and new symptoms. It's important for patients to pay attention to how they feel and tell their care team.

Share the journey. Cancer can impact one's life in countless ways. Emotional pressures, financial challenges and lifestyle changes can be stressful and feel overwhelming. Other times, patients may feel strength and hope, or be inspired to help others or try new things. Through the good times and the difficult times, sharing the journey with family, friends and the care team can be therapeutic and allows patients to feel supported.

When it comes to cancer care, your care team knows they have seen it all, but you haven't. Each patient experiences cancer differently — it's not a one-size-fits-all situation. By providing a patient navigation model that ensures patients have a system of support from trusted experts, your care team is able to create a roadmap to cancer care holistically designed to meet the needs of each person entrusted to their care. **NOW**

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November 3, 4

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November 4

Battle Cry 5K: MKT Depot in downtown Waxahachie. Call (972) 937-0509 for more information.

Farm-to-Table Feast: downtown Waxahachie.

November 10

Navarro Dental Center Stars, Stripes, Smiles: 8:00 a.m.-3:00 p.m., 1661 W. 2nd Ave., Corsicana. First come, first serve. One day of free dentistry for military Veterans in honor of Veterans Day. For more information, call (903) 872-1661 or visit NavarroDentalCenter.com.

November 10 — 12

Waxahachie WWII Weekend & Reenactment: historic downtown Waxahachie. The "big battle" will be at 3:00 p.m., **Saturday**.

November 11

Ellis County Veterans Appreciation Ceremony: 10:00 a.m., Waxahachie Civic Center.

Waxahachie Riding Club Playday: 2:00 p.m., Waxahachie Rodeo Complex, 704 Howard Rd. Visit www.waxahachieridingclub.com for more info.

Waxahachie Symphony Association presents Music Outside the Bach with the Philadelphia String Quartet: 7:00 p.m., SAGU Hagee Communication Center Performance Hall, 1200 Sycamore. For more details, visit www.waxahachiesymphony.org.

Lantern Fest: Texas Motorplex. For more information, visit www.texasmotorplex.com.

November 11, 12

Wolfpack Elite Girls Softball Tournament: Waxahachie Sports Complex.

November 17, 18

5th Annual Festival of Trees – A Home for the Holidays: 5:00-9:00 p.m., **Friday**; 9:00 a.m.-3:00 p.m., **Saturday**, Waxahachie Bible Church, 621 N. Grand Ave. For more information, call (972) 937-2797 or email elliscountyhfh@gmail.com.

November 18

Rocket Christian Church Craft & Bake Sale:

8:00 a.m.-2:00 p.m., 135 Maple Leaf Dr., Palmer (next to the Rocket Café).

WHS Pre-Christmas Craft Fair: 9:00 a.m.-4:00 p.m., WHS common area. Admission is \$1. For more information, call (214) 463-5101.

November 18, 19

WaxaCon Comic Convention: Waxahachie Civic Center. Visit www.waxacon.com for more details.

November 27

Christmas at SAGU: 6:30-8:30 p.m., SAGU campus. Call (972) 825-4700 for more information.

November 28

Christmas Parade & Community Tree Lighting: 6:30 p.m., downtown Waxahachie.

December 1

Waxahachie Senior Center Craft Sale: 8:00 a.m., 122 Park Hills Dr.

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



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In the Kitchen With Steve Randle and Rick Hensley

— *By Melissa Rawlins*

Avid hunters and longtime NOW Magazines employees, Steve Randle and Rick Hensley, cook a lot in their homes and at their respective camps. At 5 years old, Rick began helping his mom in her kitchen, and then he was happy to man the grill or fire pit once he started hunting in his early 20s in Nacogdoches, Texas. Steve and his three sons have hunted turkey and deer in Comanche and Mills counties for over 30 years. Starting a brisket and a campfire Friday night, their pit and the camp fire smokes all weekend.

The recipes he and Rick share here are so simple, but they earn compliments from their friends and families. “And they’re great,” Rick said, “for sitting around a camp fire on a cool fall evening after you’ve been out hunting.” **NOW**

Rick’s Cajun Rib Eyes

Best prepared before you go out for the evening hunt.

- 2 1.25-inch-thick prime or choice rib eyes, bone-in or boneless**
- 1 Tbsp. Tony Chachere’s Original Creole Seasoning**
- 1 tsp. Lawry’s Seasoned Pepper**
- 1/2 tsp. onion powder**
- 1/2 tsp. garlic powder**
- 1 Tbsp. Worcestershire sauce**
- 1 tsp. soy sauce**

- 1.** Place the steaks in a 1-gallon Ziploc bag. Sprinkle both sides with dry seasonings; add the sauces.
- 2.** Squeeze the air out, and zip the bag closed. Place it in your ice chest for at least 2 hours.
- 3.** Let steaks get to room temperature before putting them on the fire.

- 4.** For medium rare, and depending on the size of your fire, most steaks will need to cook about 5 or 6 minutes per side

Rick’s Venison Stew

- 2 Tbsp. bacon grease**
- 1 Tbsp. olive oil**
- 2.5 lbs. venison, cubed**
- 1 tsp. Lawry’s Seasoned Salt**
- 1 tsp. Lawry’s Seasoned Pepper**
- 1 tsp. Worcestershire sauce**
- 8 cups beef broth**
- 12 medium golden potatoes**
- 1 tsp. Tony Chachere’s Original Creole Seasoning**
- 1/2 tsp. garlic powder**
- 1/2 tsp. onion powder**
- 1 large, sweet 1015 onion**
- 4 celery stalks, diced bite-size**
- 1 8-oz. bag petite carrots, sliced bite-size**

- 1 10-oz. can Ro-Tel tomatoes, regular or mild**
- 1 14.5-oz. can green beans**
- 1/2 15.2-oz. can corn (optional)**
- Salt and pepper, to taste**

- 1.** In a large stock pot, combine grease and olive oil.
- 2.** While it heats, season the cubed venison with salt, pepper and Worcestershire sauce.
- 3.** Cook over medium-high heat until done. Add the beef broth; cook at a low boil for about 30 minutes, to start tenderizing meat.
- 4.** Meanwhile, wash potatoes. Leaving the skin on, cut into medium bite-size pieces. Add to the boiling meat mixture; simmer for another 15 minutes.
- 5.** Add remaining seasonings, vegetables and canned goods and fast simmer 20 minutes.
- 6.** If desired, use flour or corn starch to thicken it a little.
- 7.** Salt and pepper to taste, and enjoy!

Steve’s Nanner Pud

- 5 3/4 cups cold milk**
- 2 large boxes instant vanilla pudding mix**
- 1 1/2 14-oz. cans Eagle Brand condensed milk**
- 1/2 stick butter**
- 1/2 box graham cracker crumbs**
- 1 1/2 boxes vanilla wafers, reduced fat variety**
- 3-4 ripe bananas**
- 1 large tub Cool Whip**

- 1.** Combine milk with pudding mix. Stir in condensed milk, a little at a time, to avoid clumps; refrigerate.
- 2.** Melt butter and mix with graham cracker crumbs. Spread crumbs on bottom of bowl or aluminum pan, saving some for decorations, if desired.
- 3.** Put down a layer of wafers and sliced bananas.
- 4.** When pudding is firm, fold in the Cool Whip, so the pudding has white streaks all through it. Save some Cool Whip for decoration.
- 5.** Pour a little less than half of the pudding mix over the wafers and bananas.
- 6.** Repeat the layers and end with all bananas covered, or they will turn brown.
- 7.** Stand wafers up all the way around the edge of the bowl.
- 8.** Sprinkle with crumbs, and add dollops of Cool Whip.

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

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