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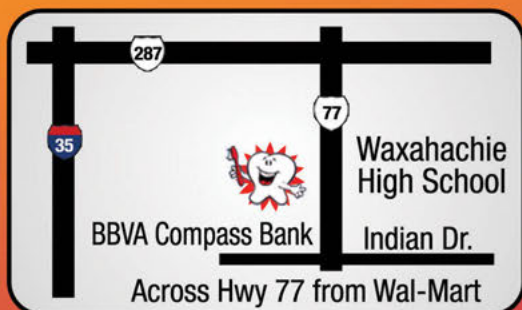
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Editorial Assistant, Rachel Smith
Writers, Jill Martinez . Rick Mauch
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Betty Tryon
Editors/Proofreaders, Pat Anthony
Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
Anthony Sarmienta

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Photography Director, Jill Rose
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Photographer, Shane Kirkpatrick

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ON THE COVER



The team capitalizes on strength while keeping a tradition of success going.

Photo by Shane Kirkpatrick.

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Editor's Note

Who's your favorite buddy?

My favorite buddy was named Snoopy. His fat white belly and floppy black ears brought me great comfort as I transitioned from a bratty kid to a teenager. I told him my deepest, darkest secrets. He was my dancing partner when I was happy, and just as quickly, he became my tear catcher when I was sad. Snoopy was always there for me.

My grandson, Easton, has a buddy, too. He named him Pup Pup. Just like Snoopy, Pup Pup has undergone several puppy surgeries over the past four years. When a real dog chewed his eyes off, Easton and I added two new button eyes. When his arm was hanging by a thread, we quickly sewed it back on. When his tummy became flat after the first million hugs, we laid Pup Pup down, snipped his belly seam open and stuffed him full of more huggable goodness. Recently, Easton misplaced Pup Pup, but the joy he felt when he called to say, "I found him!" was apparent in the jubilant sound of his voice. My tears were tears of joy!

Hoping you enjoy your childhood memories, too!

Sandra

Sandra Strong
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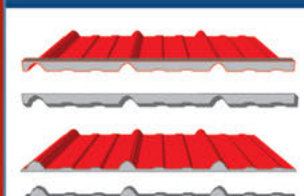


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ONE GOOD

Beauty, grace, elegance and flying to victory by a matter of thrilling inches in the arena of track and field may all sound like the swiftest of races, but these can also be used as descriptions of a throwing event. When done right, throwing the discus or shot put can be a thing of beauty, and at Waxahachie High School, they do it right. Under the guidance of Head Coach Dana Scott, who has been at the school for 21 years, and Bobbie Janky, who has been there for 17, the Lady Indians have turned throwing events into a tradition of success. "People know we're out there. We don't have full bleachers, but they know we're good," Bobbie said. "When you're watching somebody throw, there's not that excitement of a sprint race, but it's very competitive, and the points count just as much."

Among the success stories from Waxahachie is Southern Methodist University senior Tochi Nlemchi. She was named an All-American for the Lady Mustangs this past season by throwing the shot put.





— By Rick Mauch

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Head Coach Dana Scott, Shaquoria Thompson, Maghan Baxter, Delanna Green and Thowing Coach Bobbie Janky try to master the skill of shot put and discus.

The Lady Indians will once again feature three of the best throwers around this season. Senior team captain Delanna Green qualified for the Class 5A Region II Meet in the discus, senior Maghan Baxter qualified for regionals in the shot put, and junior Shaquoria Thompson reached area in discus. Delanna's best throw in the discus is 117 feet and 1 inch, and she has a top throw of 33-9 in the shot put. Shaquoria has thrown the discus 117-6 and the shot put 37-5.5, while Maghan has a best throw of 37-6 in the shot put.

Like many of the girls who have come through the program, Maghan said she first started throwing in junior high (seventh grade). She immediately took to the sport and was successful. "I was mostly into basketball, but there was something cool about throwing," she said. "When I finally learned to throw the right way, it felt great."

The coaches emphasize throwing to the junior high athletes. They attend junior high practices and meets regularly, working with the coaches, Bridget Melton and Lola Evans, at that level. It is an opportunity to capitalize on team strength and keep a tradition of success going. "We count on those points from throwers. We spend a lot of time making sure we have good throwers," Dana said.

"I started throwing in seventh grade. I have always been strong, so my coaches asked me to try out. Little did I know I'd grow to actually like it a lot," Shaquoria said.

"I chose throwing events because I've always found it fascinating. When I first saw



it in the Summer Olympics, it caught my eye, and I wanted so desperately to do it,” Delanna said. “So, I started in seventh grade and have loved it ever since.”

Contrary to some beliefs, being a good thrower requires much more than strength. While it does help to be strong, one can’t just pick up a discus or shot put and toss it a long distance because they are strong. There’s a technique, a style, which must be performed properly for success. “I can tell instantly when it leaves my hand if it’s a good throw. If I throw too low, it won’t go far, too high, the same thing,” Maghan said.

“A lot goes into throwing. The biggest thing is technique,” Delanna said. “Before we even begin using the implements, we practice footwork and release for at least two weeks. When you’ve done it correctly, it gracefully comes out of your hand and your momentum is still going. It’s an amazing feeling.”

Also, they don’t simply throw. They have to be able to run, as well. “We run a lot. You have to be in shape to throw and be able to move fast, so we do a lot of sprints to help with that,” Delanna explained.

“In our track class, we test them in the 600 [meter], 200, 150, we throw the medicine ball and do speed hopping,” Dana said of all her athletes. “It makes all the athletes appreciate each other’s strengths and what they do.”

And while it may not look as stressful as hurdling or pole vaulting, there is an injury risk to throwing. Again, it comes down to technique, simply doing it right or wrong.



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"If you throw wrong, you can hurt your shoulder," Maghan said. "It can also hurt your fingers, if it comes off wrong."

"Throwing well also requires intelligence," Bobbie said. Much like a quarterback has to learn a playbook in football, throwers have to learn their technique and rhythm so that it becomes second nature. "Smart goes with everything we do. You have to be able to think it through," Bobbie continued. "We've looked at videos and done small technique stuff. Rain days are always great for those things."

The work doesn't stop with school practices. Being great requires doing their homework. "I work on my footwork at home," Maghan said. "I watch Olympic throwers to get faster on my feet."

Delanna plans to attend Stephen F. Austin State University in Nacogdoches to study political science in their pre-law program and, one day, attend law school. Maghan is considering several schools where she wants to study kinesiology. "I want to be a nurse. I want to pick a job I'll enjoy the rest of my life," Maghan said.

Shaquoria also plays basketball, while Maghan and Delanna have also played other sports in the past. The discipline from being a good thrower helps elsewhere. "I would say, yes, the discipline from basketball helps me to prepare for track season. Coach [Lesli] Priebe is big on self-discipline, so it becomes a habit," Shaquoria said.

"I used to not have any patience," Maghan said. "The discipline definitely

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Waxahachie competes in, arguably, the toughest track district in the state (10-5A) with the likes of Lancaster, Mansfield Lake Ridge, Mansfield Legacy, Mansfield Summit, Mansfield Timberview, Midlothian and Red Oak. With so much speed surrounding them, carving out their own niche of throwing success is important. "Our district is like the state meet," Dana said. "Some of the fastest kids in the state, if not the nation, are here."

Some of the best throwers are here also. "It's a tradition they plan to continue," Dana said. "Bobbie's one of the best throwing coaches around. She's taken four kids to state," she added. "It's become something we're known for and a great strength for our program." **NOW**

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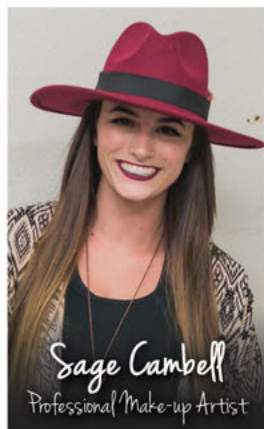
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CHARITY WITH DIGNITY

Waxahachie residents are known for lending a helping hand to neighbors in need, whether in times of tragedy or times of economic hardship. Church groups and civic groups tackle projects to build a better community, while individuals work without fanfare to maintain the town's unique character. Bridgette Machell Miller is part of that heritage. She's filled with ideas on how to help others, and for years, she has put her unique talents to work, forming The Fuller Center for Housing of Eastside Waxahachie, renovating homes for those in need.

Having lived through the housing crisis herself, Bridgette realized that a lot of other people were struggling, too — especially senior citizens. “I learned a lot of valuable lessons,” she recalled. “When my husband and I married and tried to get a house, there were so many hiccups, and so many things they didn’t tell us. Then we both got downsized at our jobs.” Bridgette realized she wanted to help others go through the process, so she began studying to be a mortgage lender and found real joy in helping others avoid falling into the same pitfalls she had. “I taught people about reverse mortgages. I flipped houses and sold them to families in Waxahachie,” she said. “Pastor Earlene Williams bought my first home, and it gives my heart joy to drive by and see it and know I contributed to that.”

Bridgette readily admits that her mind is constantly swirling with ideas on how to help homeowners caught between the proverbial rock and hard place. “The

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— By Melissa Swedoski



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homeowners tell you everything, and I find myself dreaming of what more I can do for them," she said. "I would love to buy all the old homes, rehab them and put people in those houses." In a twist of fate, her own son introduced her to The Fuller Center and its global mission to build and renovate houses for people in need. The international nonprofit organization works to eradicate poverty housing by promoting partnerships with individuals and community groups. "I read The Fuller Center mission statement and thought it sounded so close to my own vision and mission," Bridgette recalled. "The more I read, I thought, *This is seriously cool!*" In 2011, she formed a local chapter, and they have tackled small and large projects on the east side of the city, with a waiting list of 15 homes that need a variety of repairs.

The first project came from inside Bridgette's home church of Joshua Chapel A.M.E., located on the city's east side. "One of our elder ladies had buckets in her home to collect the rain, and no one to help her," Bridgette explained. The organization was able to raise \$1,000 in donations, found a contractor willing to donate his time, received a discount on the materials, and re-did Imogene Jones' roof for \$1,200. "Then we worked out what she could pay per month, interest-free, and all of that goes back into the organization," Bridgette said. "God was all over it, and there was so much joy in it."

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is willing to put in "sweat equity" on the home, and has the ability to pay a mortgage each month, based on their ability to pay. The Eastside chapter's second project was a labor of love, as the organization's board secretary needed assistance with rehabbing her mom's home. "We were working on it, but she got sick and, unfortunately, died," Bridgette said. "But we honored our commitment. The company I work for, Valeo Inc., cooked out and fed the workers. We got a lot of support from the community."



Alan and Bridget Miller are firm believers in the positive impact the ministry has on the public.





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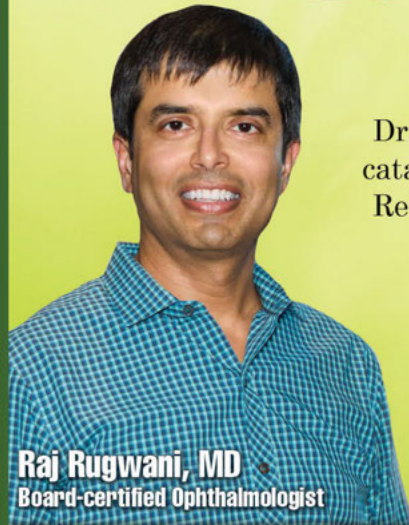
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The driving mission of The Fuller Center is to restore homes to a simple, decent living condition, which typically means replacing a leaking roof, fixing broken windows or repairing hazardous kitchens or bathrooms. The local chapter's third project ultimately encompassed all those and brought other local church volunteers to the cause. Bridgette had met Dorothy McDuffy, who had undergone a kidney transplant and had moved in with relatives for a time. "She had been looking for help to fix her house, but she couldn't get help from banks, and there was a long line of contractor botches," Bridgette explained. The roof had no ceiling or insulation, and the house itself was on the ground, sitting on gas pipes. "Most problems are the roofing, but nine out of 10 have a lot more going on," Bridgette said.

The McDuffy house would be the perfect example. A contractor donated his time. Home Depot donated materials, and Owens Corning donated insulation and \$5,000, while the team gutted out the kitchen and bathroom. First United Methodist Church chose the project for their Worship Outside the Walls program. "They donate a Sunday morning worship service and come out," Bridgette said. "It's good for children to see this. It gives you a whole new vision of life." The

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church group of 20 painted the exterior and refurbished the front porch.

The discovery of a plumbing leak delayed the project for nine months as they sought \$4,000 for repairs. Fortunately, Owens Corning donated the \$10,000 proceeds from their annual golf tournament, which allowed the team to fix the plumbing and buy a trailer to pick up donated materials. The Worship Outside the Walls group joined again, cleaning the backyard and inside the home. The city donated dumpsters and portable restrooms, and the Cherokee Charmers came and did face painting. The Sheetrock went up and donated carpet went in, and the home was switched from gas to all-electric. They put in plugs for the washer and dryer along with new windows, and First United Methodist donated a bedroom set. "It was stressful at times, but she had a new house compared to what it was," Bridgette said.

Bridgette grew up on the east side, in a home without a shower or dishwasher, but she believes she was blessed that her mom was able to provide it. Now, she wants to give back to those who are struggling. "Of 100 houses, all except maybe 25 need major work," she said. "A lot of people can't maintain the roof, floor and ceiling, and they don't qualify for bank loans. So who will help them?" When an applicant approaches the Eastside Waxahachie chapter, there are no upfront charges. Bridgette establishes an agreement at the start of what the homeowner can and cannot afford. "Sometimes, I want to scream because people come and we can't help," she said, "but every time I say I'm not doing it, something puts me back on my path." **NOW**

Editor's Note: To learn more about making donations and/or volunteering, visit www.fullercenter.org/Eastside-Waxahachie-Texas.

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At Home With
Manuel and
Rebeca Vera

BLESSINGS

— By Sandra Strong

Manuel and Rebeca Vera celebrated their 10th wedding anniversary on January 6. Next month, they will celebrate another monumental anniversary — the end of their first year in their new home.

The couple, along with their three children, Hannah, Nathaniel and Samuel, were living in a mobile home on six acres in Sardis when they decided to purchase the home and lot directly next





door to Rebeca's grandfather. "We were going to fix the home up and flip it," Manuel said, "but once we began to clear the trees and overgrowth, we saw the potential the lot had."

"The original home had been sitting empty for at least two years," Rebeca added. "We decided to tear it down and rebuild a home almost identical to the original floor plan, only three times larger."

Manuel's main responsibility was to bring Rebeca's design specifications to fruition. What they ended up with is beyond amazing. There is not a single square foot of wasted space, and the attention to detail is spectacular in the four-bedroom, three-bath home with a pool house, a detached home office above the two-car garage, a relaxing living room, a formal living area and a bonus theater/game room.

The building process began in August 2015, after the lot had been cleared of overgrown trees, a dilapidated fence and the original home. Owning their own business, Vera Roofing and Construction, and living just minutes away allowed Rebeca to be onsite throughout most of the building process. "Being here on a regular basis allowed me to make changes when necessary," Rebeca stated. "The original floor plan didn't call for a floating hall upstairs or for such a grand ledge at the entry." Being available allowed Rebeca to make decisions on changes, additions and

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modifications as they arose, not days later.

The main thing they wanted in their new home was space — excess closet space, storage space and living space. They accomplished this with large walk-in closets in each of the bedrooms, four coat closets and extra storage found within built-in bookcases and window seats. The five pocket doors found throughout the home were a must for Rebeca. “I like clean lines,” she said, “and the pocket doors allow for clean lines.”

Other features that are unique to the home include the art niche carved within the wall going into the master bedroom, the oversized pantry with the large barn door handmade to match the 130-year-old reclaimed wood floors

found throughout the home, the coffered ceilings, the mantel trim over every window and door and the leathered granite countertops in the kitchen. “Our favorite feature is the hardwood floors,” Manuel admitted. “The wood came from a building in downtown Dallas.”

The family moved into their new home in April 2015, and they knew early on that it would be the gathering place for family and friends. Rebeca enjoys her kitchen during these gathering times. The dining table with matching chairs, china cabinet and hutch once belonged to Rebeca’s grandmother, Sara Sanchez. The family takes great pride in these pieces. The amenities that allow for ease in entertaining include an industrial-size

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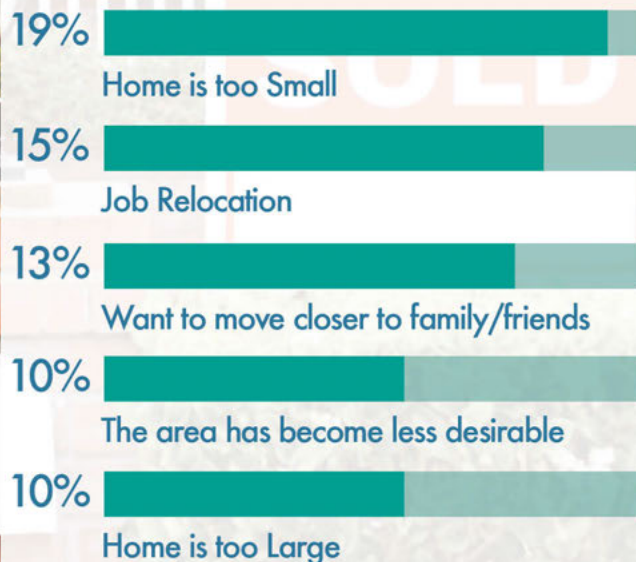


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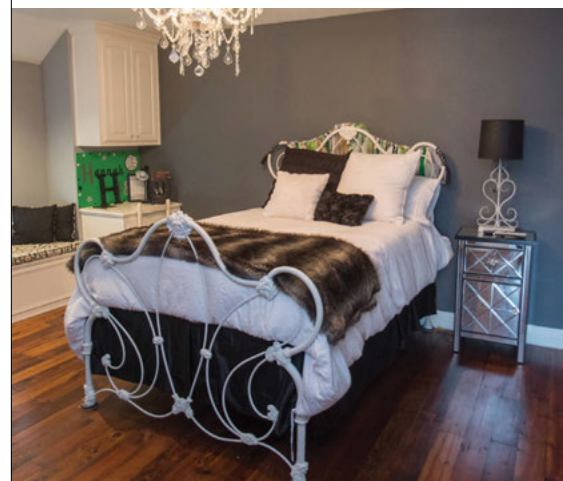


stainless steel refrigerator, a touch water faucet in the deep barn house-style sink, the stove's convenient pot filler and the built-in spice racks that bookcase the stove. "When building, we decided on pull-out cabinet drawers," Rebeca explained. "I no longer have to climb into a cabinet to retrieve a missing lid." She also elected for soft-close hinges in the kitchen, as well as in the bathrooms. "I can't get mad and slam the drawers," she added with a smile.

When visitors to the home cross the entryway, they are greeted with an oversized, one-of-a-kind chandelier that "wowed" Rebeca, the previously mentioned grand ledge, a beautiful wood- and wrought-iron staircase and a Duncan Phyfe couch. Manuel and Rebeca found discarded in the trash. "We had the broken leg repaired and had it reupholstered," Rebeca stated. "And believe it or not, this is the room Hannah and her friends like to hang out in when they come to the house."

The hidden passageway to the bedroom the boys elect to share is found under the stairwell. For now, it's a fun conversation starter and hiding place, but as Nathaniel and Samuel grow into young men, it will, no doubt, become additional storage space. Manuel and Rebeca desired when their new-home journey began. The twin beds in the boys' room are constructed from distressed hardwood. Initially, Rebeca was going to refinish them, but once she placed them in the room, she decided the weathered look fit perfectly.

Hannah's bedroom is located upstairs. The cast-iron bed in her room, dating back to the 1800s, once belonged to Rebeca's maternal great-grandmother.





The detail carved in the cast-iron is indicative to that period. “We had the broken piece on the headboard fixed, so we could use it in Hannah’s room,” Rebeca explained. “All Hannah asked for in the move was a large closet.” She got that and so much more. The window in the closet allows for lots of natural light, while the dainty chandelier is one of Rebeca’s final touches.

The predominant color found throughout the home, both upstairs and down, is gray, many hues of gray, with accents of white and black, depending on the room. The one area with the most intricate paint is the theater/game room. “The wainscoting has three different shades of gray, all three darker than the rest of the house,” she said. “I just about drove the painters crazy.”

Other notable details worth mentioning are the hand-textured walls found in all the common areas, the arched doorways, the plantation wood shutters on windows opening to the front of the house, the romantic electric fireplace in the master bath and the three-tiered racks in the master closet that pull down from the ceiling and retract quietly back into place. The 6-foot pool is surrounded by stamped concrete. Even in the cooler temperatures, Hannah and her friends have enjoyed time in the hot tub. “Plans for the backyard include a complete outdoor kitchen, pergola and landscaping,” Manuel stated.

When building the home, Manuel and Rebeca had two main goals in mind — they wanted the edifice to fit nicely into the neighborhood without looking out of place, and they wanted it to be a gathering place for their large family and their many friends. “We want to share it with others,” Rebeca confessed. “We both grew up in small homes where it was difficult to entertain. We want to share our crazy blessings, and this home allows us to do that. In fact, we are happy to do it!” **NOW**

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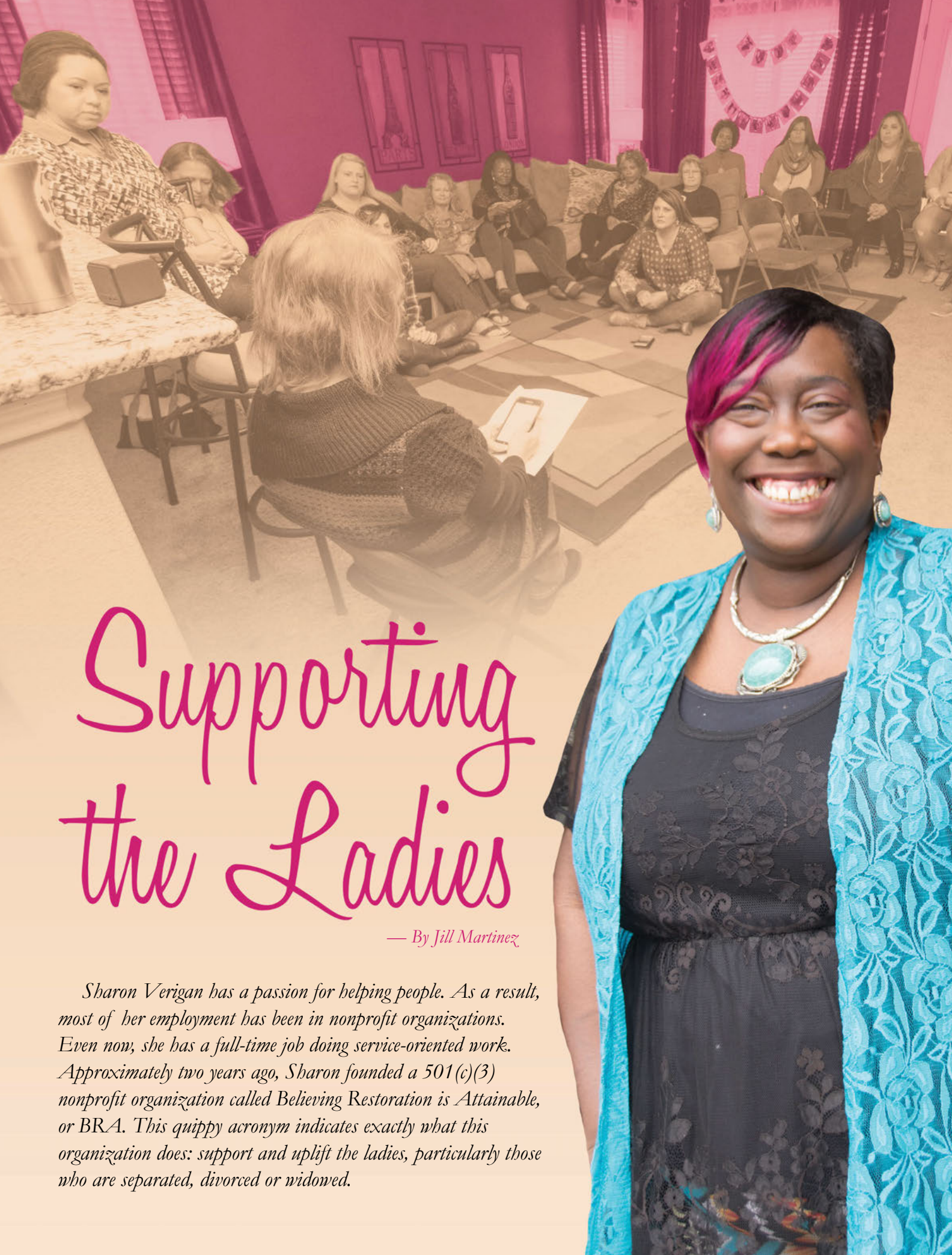
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Supporting the Ladies

— By Jill Martinez

Sharon Verigan has a passion for helping people. As a result, most of her employment has been in nonprofit organizations. Even now, she has a full-time job doing service-oriented work. Approximately two years ago, Sharon founded a 501(c)(3) nonprofit organization called Believing Restoration is Attainable, or BRA. This quippy acronym indicates exactly what this organization does: support and uplift the ladies, particularly those who are separated, divorced or widowed.



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Though Sharon has been happily married for almost 20 years to her husband, Aaron, she believes that empathy is a key ingredient in the recipe for helping others. A few years ago, Sharon experienced the loss of her father. Her heart was broken, and she experienced depression. "It's only because I was surrounded by people who loved me, prayed with me and *supported* me that I was able to recover from that loss," Sharon said. Her aim is for the organization to provide that same kind of support for hurting women.

"We are here to help hurting women find resources that can take them through a difficult time," Sharon explained. Sometimes, women find themselves having to start their lives all over again, which can be a very daunting task. Their heads are spinning. Their hearts are reeling from pain. They don't know where to begin or whom to ask for help. This is where BRA comes in.

"Sometimes, women don't even realize that they need a support system, but it's one of the most important things we can recommend and help to supply," Sharon stated. BRA personnel encourage women to join a GriefShare or DivorceCare group. These two organizations operate support groups across the United States and other countries, as well. A few clicks on their websites can provide information about where a local support group meets, and joining is easy. Group support is a great way to help women understand they are

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not alone. Seeing other people facing challenges head on can encourage them to do the same.

One-on-one counseling is another important service BRA encourages. A close friend of Sharon's operates a Christian counseling center with offices around Ellis County and southern Dallas County. BRA refers women to this center for professional counseling services and is, sometimes, able to provide financial assistance, when needed.

Perhaps the biggest way the organization helps women is through their Transitional Assistance Program. Single women and single mothers often find themselves with more needs than they have resources to cover. When this is the case, ladies can make a written request for financial assistance. Shannan Teubner, Sharon's right hand and a board member for the organization, reviews those applications and then emails them to the other board members. Board members make a decision on the request within a week. Approved requests are then fulfilled. This is done in a variety of ways, such as making an electric bill payment, paying for a car repair or by purchasing grocery store gift cards.

Most financial contributions made to BRA are given by individual donors. However, one local church has been a monthly donor to the organization for quite some time. This year, BRA took part in North Texas Giving Day for the first time and received several thousand dollars in funding. "We were very excited

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to receive these funds. We will help lots of ladies and their children with these monies,” Sharon said.

Because BRA is a faith-based organization, prayer and Bible study are a core part of their ministry to women. Bible study sessions are conducted about three times per year, each lasting four to six weeks. The goal of these studies is to uplift and encourage women. Some study materials that have been used in the past are by leading Christian women, such as Beth Moore, Priscilla Shirer and Lysa TerKeurst. “Restoration of women’s hearts is what we are after. Sometimes, that entails a marriage being restored, but not always. Restoration comes when women let God move in their lives and heal their hearts, so they can keep moving forward,” Sharon commented.

Every other month, on a Saturday morning, Sharon hosts a brunch in her home for the women of BRA. The ladies enjoy a time of food and fellowship, and they form relationships that help them to acclimate to their new lives.

Once a year, during the Christmas season, BRA puts on an event called the Holiday Memory Maker. Women served by the organization fill out wish lists of things that they or their children would like for Christmas. The BRA personnel use funds raised throughout the year to purchase some of those items for them. It is a special time. “When families have been through tragedy, they sometimes need to create new traditions and new memories. This event helps them to do that,” Sharon explained.

At the 2016 Holiday Memory Maker event, Santa and Mrs. Claus came to distribute gifts. There were donated gifts from companies, such as Nothing Bundt Cakes and Sprouts Farmers Market, for the families. Additionally, Home Depot donated supplies for a kid’s work station, where the children could make a holiday craft. Throughout the course of the event, one of the BRA volunteers took

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family portraits and, later, provided each family with a copy. It was a wonderful event that helped women and children who have experienced pain to begin to heal. "The 2016 event felt like a big family Christmas. It was lovely," Sharon remarked.

In 2017, Sharon looks forward to adding another level of service to the organization. She plans to begin referring women to people who can provide life skills training. BRA will work to connect the women they serve with community organizations or mentors who can help them gain the skills they need to be successful. So many times, Sharon meets women who have not held a job outside of the home for years and feel lacking in necessary training and skills. Sometimes, women are unsure of how to manage a budget because their former husbands had handled that. Giving women skills to make a home run smoothly or to successfully land a job will be empowering.

Kintsugi is a form of Japanese pottery repair that uses gold, silver or platinum mixed with a lacquer to mend broken goods. The philosophy behind the practice is that the damage to the piece should not be disguised. Rather, it is believed that the breakage is part of the history of the piece and that the mending is to be remembered and valued. Sharon and her team members in the BRA organization perform a service much like the Kintsugi practice. They are helping to restore beautiful lives that have been damaged, but which are much too valuable to be discarded. **NOW**



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Finding the Right Fit

Faith Armory Texas has access to most anything shooting enthusiasts may want or need. — By Sandra Strong

Prior to his retirement, Terry Green spent 27 years serving his country in the United States Navy — 20 of those 27 with the Marine Corps. Terry took a leap of faith when he opened the doors to Faith Armory Texas on January 4, 2016. "I didn't want to grow up, so I opened a mom-and-pop firearms store," he said with a smile, referring to the life of a retired military man.

Although he had no previous retail experience, he knew exactly what he was looking for in the customer service department. "I've been a customer in a lot of places," he explained. "I want customers to leave the store knowing they have been treated well." Part of the specialized treatment customers will come to appreciate at Faith Armory Texas is found in the care Terry and his staff — Brandon Manning, Gary

Carroll, Larry Joplin and Melissa Kelley — afford each firearm client, both seasoned and brand new.

They take great pride in helping new shooters find the perfect fit when it comes to firearms, whether it be hand-held pistols or hunting rifles. "Finding the right firearm is a 60-40 split," Terry stated. "Making sure the gun feels good when held is 60 percent of the equation, while the other 40 percent is about the person's reaction when they shoot the gun. For example, how strong is the kickback?" Terry is a strong believer that you need to shoot several guns before making your final decision. "There is a process that one must go through when buying the right gun," he added.

Guns are no longer used just for protection. There is a wide

range of places in the immediate Dallas/Ft. Worth area where shooters can go to enjoy the sport of shooting. Many Faith Armory Texas customers find shooting a gun to be quite relaxing. "Shooting requires focus," Terry shared. "To focus on shooting a target, you have to let things in life go that may stress you. There's a Zen-like quality to this type of shooting."

Faith Armory Texas stocks a full range of firearm supplies. If Terry doesn't have it in stock, he can get it. "Being a small, family-owned store doesn't allow for me to have one of everything available in stock," he admitted, "but I do have access to most anything shooting enthusiasts may need or want." Regardless of the size of one's budget, Faith Armory Texas has something for every budget.

They take great pride in helping new shooters find the perfect fit when it comes to firearms.

In the 12 months Terry has been in business, there has been a noticeable increase in the number of women who are looking for the perfect, personal firearm. And he has no problem referring customers to other local firearm businesses in the community when he's unable to locate what they are looking for. Experience has taught him that referrals help other small fireman businesses in the area remain solvent.

Terry has also learned to have a healthy respect for small business owners, in general. He, too, had to learn the ins and outs that produce a successful business, and he admits it hasn't been easy. His tenure in the military and his love for the history of guns, especially World War II American, makes Terry the ideal individual to own a firearms store. "What can I say?" he grinned. "I love coming to work!"

When asked about the unique name — Faith Armory Texas — Terry shared his philosophy on life in general. "You cannot accomplish anything in this life without faith," he stated. "This business was started on a strong faith and a deep desire." **NOW**



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Chaz Skoda is one of many who graduated with his certification from the North Texas District School of Ministry.



Lauren Zaidle, Brittany Wages and Linsey Beach, staff members at Polkadots, take time to smile for the camera.



Senior and long-time Waxahachie resident, Trinity Lemmons, was adopted by three kindergarten girls at Canterbury Episcopal School's Annual Cougar Cub Adoption Ceremony.



Students in Ms. Lacey's 4C class proudly display their business projects.



WaxahachieNOW editor Sandra Strong drops everything to read to Mrs. Stockton's third grade class on the 20th Annual DEAR Day event.



Constable Tyron Davis awaits the start of the Martin Luther King Jr. Celebration in downtown Waxahachie with his wife, Angela, and his granddaughter, Brooklyn.



Leaky Nose

— By Betty Tryon, BSN

Oh no, it's happening again! When you least expect it, your nose starts to drip blood for everyone to see. It can be rather disconcerting, but the good news is nosebleeds are fairly common and mostly just a nuisance. Occasionally, medical intervention is necessary. The lining of your nose contains many blood vessels located close to the surface. They are fragile and easily damaged.

Children and older adults are most susceptible to nosebleeds, or epistaxis. However, when conditions are optimal for this condition, anyone can be vulnerable. During the winter when warm, dry air is more prevalent and central heating units are on, the nasal membranes can dry out, leaving the nose susceptible to nosebleeds. Picking of the nose can lead to not only bleeding but the introduction of bacteria to the area. Allergies, sinusitis and upper respiratory infections can cause nosebleeds. Foreign objects in the nose, along with certain physical conditions, such as a deviated septum or nasal polyps, may precipitate nosebleeds, as can anticoagulants and nasal sprays.

You should see a physician if a nosebleed is difficult to stop with compression or if it interferes with your breathing due to a foreign object in the nose, for children younger than age 2, following any head trauma or loss of an excessive amount of blood. As an added

precaution, if the bleeding is exceptional, do not drive yourself to the emergency room. If none of the above applies, you should be able to treat your nosebleed at home. Pinch the soft part of your nose closed, and hold it for at least 10 minutes. Check to see if bleeding has stopped and, if not, repeat. If the bleeding continues longer than 30 minutes, you should contact medical help for further advice. Lean forward slightly as you do this to avoid swallowing blood, because it can irritate your stomach. Sometimes, if you place a cold compress over your nose it can slow down the bleeding.

If you have a tendency to have nosebleeds and spend a majority of your time in a dry environment, it would be prudent to invest in a humidifier. A saline nasal spray can also be helpful. With children who have frequent nosebleeds, make sure their nails are trimmed and try to limit nose picking. Some allergy medications can dry out nasal passages. Consult with your doctor before making a change in your medication. If nosebleeds are frequent, even though minor, please seek the advice of your physician. **NOW**

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



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Hachie Crew 32 Barbecue Event: 11:00 a.m.-

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March 24

Brown Bag & History: Noon, Ellis County Museum. For more information, call (972) 937-0681.

March 24, 25

Waxahachie Old Fashioned Singing: **Friday**, 7:00 p.m., **Saturday**, 3:00 p.m., Chautauqua Auditorium. Visit www.WaxaOFS.com for further details.

March 25

Spring Lawn & Garden Expo: Waxahachie Civic Center, 2000 Civic Center Ln. Over 100 exhibits, speakers and demonstrations. For more information, call (972) 825-5175 or visit www.ecmga.com.

March 30, 31

SAGU Spring Campus Days: SAGU campus.

For more information, visit www.sagu.edu/events/sagu-campus-days. Anticipated attendance is 470.

April 2

Muscle Car Challenge: Texas Motorplex. For more information, visit www.texasmotorplex.com.

Ongoing:

Fourth Tuesdays

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

First Saturdays

Books and Brew: Author Talk Series: Noon, Sims Library, 515 W. Main St. Hear authors read from their books, have a book signed and learn about the creative process. The local Starbucks will provide free coffee and attendees are encouraged to bring their lunch. Event is free and open to the public.

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 Karen Bright

— *By Virginia Riddle*

Karen Bright is known by friends, family and her former colleagues at Clift Elementary in WISD for her dessert offerings. “I cook from scratch,” Karen said. “That’s the way my mother taught me. Growing up in Dawson, Texas, Karen learned lessons of giving back from her mother and father. A retired paraprofessional, Karen still takes an occasional treat to Clift. “It’s an expression of appreciation to bake something and take it to the campus,” she added.

Using her mother and aunt’s recipes, Karen teaches others, including her daughter and two of her granddaughters, to cook, and she makes each family member’s favorite dish during celebrations. Karen explained, “It’s not just cooking. I truly believe it’s a gift — a service of love for others. Cooking encompasses many things for me.” **NOW**

Auntie’s Chocolate Pie

Pie:

- 1 deep-dish frozen pie crust**
- 1 cup sugar**
- 1 tsp. salt**
- 4 Tbsp. flour, leveled**
- 4 Tbsp. cocoa, leveled**
- 4 eggs, separate yolks from whites (keep whites at room temperature)**
- 2 cups milk**
- 1/2 stick butter**
- 1 tsp. vanilla**

Meringue:

- 4 egg whites**
- 8 tsp. sugar**
- 1/4 tsp. cream of tartar**
- 1/2 tsp. vanilla**

- 1. For pie:** Bake the pie crust according to package instructions; if edges begin to get too brown, cover crust with foil until baking is completed.
- 2.** Mix sugar, salt, flour and cocoa in a pan.
- 3.** In a separate bowl, stir egg yolks; add milk while stirring.
- 4.** Add wet ingredients to dry ingredients; add butter and mix well.
- 5.** Cook over low heat, stirring occasionally until mixture reaches a pudding consistency. Don’t burn the mixture. Remove from heat.
- 6.** Add vanilla; when mixture is slightly cooled, pour into cooled pie shell.
- 7. For meringue:** Begin beating egg whites; gradually add sugar and cream of tartar; beat until soft peaks begin to form.
- 8.** Add vanilla; beat to desired stiffness.
- 9.** Spoon meringue on top of chocolate pie,

sealing meringue to the edges of the pie to prevent shrinking and weeping.

10. Bake at 325 F for about 10-12 minutes, or until desired browning of the meringue peaks occurs.

11. Cool completely before serving.

Slow-cooked Pulled Pork

- 2/3 cup Lea & Perrins Worcestershire Sauce**
- 1/2 cup tomato ketchup**
- 1/4 cup brown sugar, firmly packed**
- 1/4 cup tomato paste**
- 1 medium white onion, chopped**
- 2 Tbsp. yellow mustard**
- 2 Tbsp. white vinegar**
- 3 1/2 lbs. boneless pork shoulder, trimmed and cut into 4 pieces**
- Sandwich buns**

- 1.** In a 6-qt. Crock-Pot, mix first 7 ingredients; add the pork pieces; cook on low for 8-10 hours.
- 2.** Remove the pork and shred it with two forks. Return the pork to the Crock-Pot; stir into sauce.
- 3.** To serve, spoon 1/2 cup of the mixture onto each sandwich bun.

One-hour Batter Rolls

Makes 18 rolls.

- 1 1/2 cups warm water**
- 2 1/4-oz. pkgs. dry yeast**
- 4 cups sifted flour (divided use)**
- 1/4 cup sugar**
- 1 1/2 tsp. salt**
- 1/3 cup shortening, softened**
- 1 egg**

- 1.** Pour warm water into a mixing bowl; add yeast and stir.
- 2.** Add 2 cups of flour and all remaining ingredients; beat with a mixer or by hand.
- 3.** Add remaining flour; mix.
- 4.** Cover bowl with waxed paper; let rise for about 30 minutes in a warm place, until mixture has doubled.
- 5.** Stir batter about 20-25 times; spoon into large greased muffin cups, until half full.
- 6.** Let rise in a warm place for another 20-30 minutes, until batter doubles again.
- 7.** Bake at 425 F for 10-15 minutes.

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



March Downtown!

March 9 - Ladies Night Out

March 11 - BOGO Saturday, Junk in the Trunk

March 24 - Brown Bag, History of Sims Family in Ellis Co., Ellis Co. Museum

March 25 - Lawn & Garden Expo, Civic Center

Visit DowntownWaxahachie.com for more information.



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