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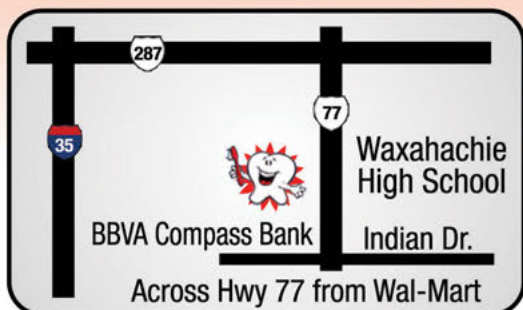
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ON THE COVER



Levi David is finding success in and out of the water.

Photo by Amy Ramirez.

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Editor's Note

Happy Independence Day!

I often ponder on the things in this life I do "just because I can." My favorite is sitting on the couch with an adult coloring book on my lap and a handful of markers and colored pencils in my hands, as well as all over the table beside me. I may start coloring after dinner, only to look up to see it's well after midnight. Coloring has become my stress-reliever of choice.

Another thing that removes the drama from my life is spending time in my craft room. I recently added a desk and a bulletin board to one wall. That wall serves as my "war room," per se, as I read my Bible and pray for my family members, friends and co-workers. As I see prayers answered, the index cards where requests have been penned come down and new ones quickly take their place. Without my freedom, I daresay I wouldn't be able to do either of these things that make me a better human being.

Are you thankful to be living in America? I know I am!

Sandra

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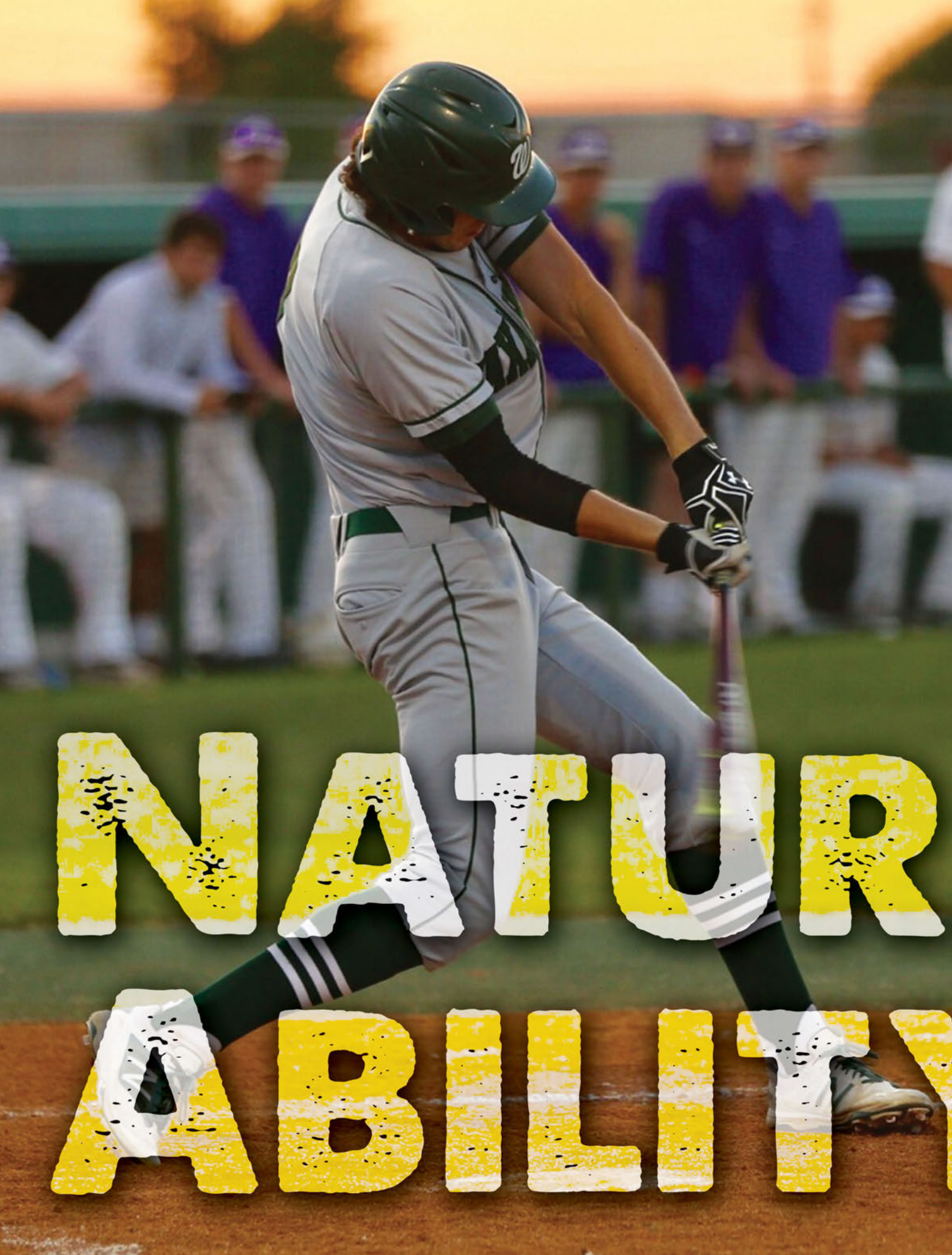
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NATURAL
ABILITY



Levi David is making a splash in not just one sport, but two. A state champion swimmer for Waxahachie High School, he also has a tendency to leave batters feeling all wet, after he strikes them out in baseball. Levi is the first player in WHS history to win a state swimming title, bringing home a gold medal in the 50-yard freestyle this past February. He's been swimming since the age of 7, culminating with also becoming the first Indians swimmer to earn All-American honors. "My parents just kind of threw me in the pool," he said with a chuckle. "The pool was freezing. I could dog paddle, but I didn't do too much actual swimming."

But Levi didn't give up. Before long, he enjoyed swimming and realized he was becoming good. By age 10, he was winning championships, and as a junior for WHS, he finished second in the state in the 50-yard freestyle. "That made me determined to come back and win it this season," he said.

Levi, who holds numerous school swim records, recalled being in junior high and watching his older sister, Hailey, swim for WHS. A standout swimmer in her own right, she advanced to regional competition four consecutive years. "I'd be at a district swim meet watching, and I'd think, *It would be cool to win something like this,*" he said.

— By Rick Manch

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His success in the water includes a strong showing against some swimmers from Southern Methodist University in the Winter Speedo Nationals at Texas A&M University. In fact, if he chooses to swim in college, A&M is his choice of schools. However, the sports powers-that-be may have other plans for Levi. He could find himself playing baseball at McLennan Community College in Waco next season — or he could even be riding a bus in the minor league system of some major league baseball team.

Levi has been playing baseball since he was 5 years old and pitching since he was 9. The first time he pitched, he threw a complete four-inning game. At age 14, he was playing against 18-year-olds in select ball.

He is still a standout player who admits baseball is his favorite sport. He joined the Indians varsity team as a junior and as a senior became one of the state's most feared pitchers. "Every time I walk out on the mound at Richards Park, I get chills," he said. "There's really no place I'd rather be."

He pitched a no-hitter against Whitehouse, one of the state's top teams in Class 5A, early in the season. A week later, he threw a one-hitter against another top squad, Waco Robinson.

The right-hander has a fastball with a top speed of 93 miles per hour. His repertoire also includes a wicked curve and changeup. And when he's the one at the plate, he's one very dangerous hitter, batting third in the lineup. "He's obviously a talented athlete. He has a God-given ability, but he's also very driven," Waxahachie baseball coach, Tracy Woods, said. "I think he's got a chance to do some special things. I think he's just scratched the surface of what he can do. His dad has pushed him, but not in a bad way. He's motivated him. Levi was not coddled. He understands what hard work and coaching is."

Levi's father, Larry David, also played baseball for Waxahachie and is a 1989 graduate. It's where he's raised Levi and his two daughters. While he's been a strong supporting character in Levi's development, he does not take all the credit for what his son has become. "The daddy has to get out of the picture. He had to hear other voices for his future,"



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Larry said. "He's very self-motivated and makes a lot of sacrifices. I would put him up against guys who were raised by professional athletes."

A typical day for Levi during his school year was getting up at 6:00 a.m., swim practice from 6:30-7:30 a.m. and then attending school. After getting out of school at 2:15 p.m., he'd go to baseball practice, get out at 4:30, head back to the pool at 6:30, and wrap up the day by doing homework. "He is an exceptional all-around athlete. Without a doubt, he could excel at many different sports," WHS swim coach, Tamara Pruitt, said. "Levi has an internal drive to compete like no other athlete I've ever coached. Each year, he would set goals for himself and then focus and work toward reaching those goals. Our season is longer than any other sport, yet Levi was always able to maintain the focus and determination late in the season when everyone else was tired and distracted. As a team captain, he led by example. He never needed to say much, because his example spoke for him."

Coach Pruitt said that although Levi excels individually, he is also a team player. To her, this was never more evident than after he won his regional swimming event and immediately asked if his good friend had placed second. "He wanted success for his teammates, also, and finding out that Max had, indeed, placed second and qualified made him very happy," she said. "As a coach, this is the type of leadership you look for in your athletes, and I was blessed to have him as a team captain. His potential in swimming is limitless."

Levi finished his senior season undefeated in the 50-yard freestyle. He won a second straight district championship, going on to win regionals in the 50- and 100-yard freestyles. Levi

A pair of brown leather cowboy boots with green and gold embroidery stands on a wooden floor in the foreground. In the background, a large medical machine, likely a linear accelerator, is visible in a clinical setting.

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is also a smart student, graduating 32nd in his class. He plans to study business in college, following up on his love of economics. "Levi is a quick learner," Coach Woods said. "He represents us well, in so many ways."

He graduated with a grade point average of 3.89. He was named an Academic All-American by the National Interscholastic Swimming Coaches Association and twice received Academic All-State by the Texas Interscholastic Swim Coaches Association.

In what little spare time he has, Levi likes to fish, hunt and play beach volleyball. Larry said he was getting him a boat as a graduation present. "My dad got me one, and now he's ready," Larry said.

As his days as an Indian came to an end, Levi admitted it was a bittersweet occasion. He has so many memories, but he also has so much life ahead. "At the end of each season, the seniors would always go into the dugout with Coach Woods, and the rest of us always wondered what he said to them," Levi said. "This year, that was me."

His state championship in swimming is, by far, his favorite memory. "My whole senior year was centered on coming back with a championship," he shared, "and it feels so good to have reached that goal." **NOW**

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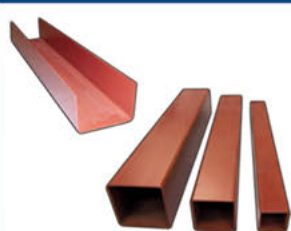


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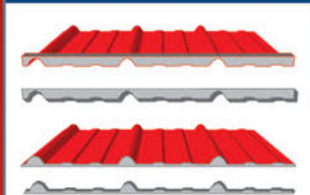


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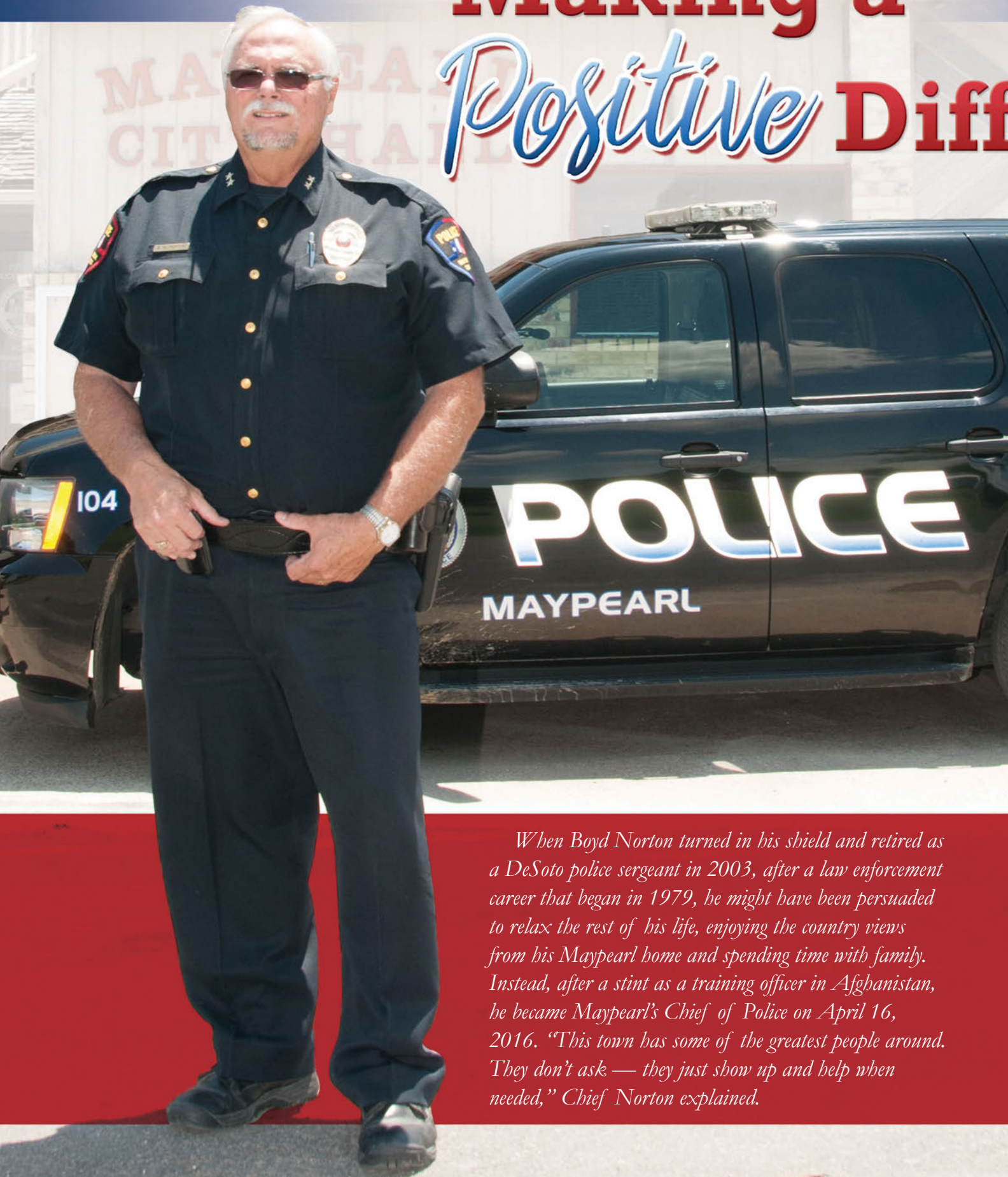


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ference

— By Virginia Riddle



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Holding master police officer and basic instructor certifications and having had assignments during his career in patrol, criminal investigations, training, SWAT team and community policing, Chief Norton works to ensure everyone's safety in the community of about 1,000



residents. "That's a big thing. We want the public to live in an environment where they can feel safe and be happy. Maypearl, and its surrounding area of about 1,000 more people who identify with Maypearl, needs to be a pleasant place to live, be healthy and raise a family where there are good values," he explained. "This is a place where everybody knows everybody. When I first started here, I wanted to rebuild the community's trust in this department, so I'm picky about who I hire."

A native of Mabank, Texas, Chief Norton admits that in his youth, he could have "gone the wrong way" easily. After playing high school football, he dropped out of school at age 17 and joined the U.S. Navy, where he served from 1973-1977. He married his wife, Paralee, in 1975, and upon his discharge from the Navy, the couple moved to Dallas. "I was married and had two kids, so I worked as a security guard until I joined the Dallas County Sheriff's Department," he recalled.

After earning his GED, Chief Norton furthered his education. "I took a criminal justice class in college while on the GI Bill and got interested in the profession. My dad had been in federal policing, too," Chief Norton explained. He now holds two degrees in criminal justice: a bachelor's degree from The University of Texas at Arlington and a master's degree from the University of North Texas.

Over his long career, Chief Norton has seen many changes. "Police attitudes have changed since the mid-1980s. I got into police work when there was an 'us vs. them' attitude. Through programs



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like the Neighborhood Watch and the Citizens' Police Academy, I learned in DeSoto that there were a lot of great people in that community. Police are now more professional. We recognize the need to make arrests for family violence," he said. Advances in technology have created significant changes in this field. "We now have dash cams, cell phones, mobile digital communication systems, TASER and other belt tools," Chief Norton said. "Crime scene techs, DNA and serology testing have made a huge difference." He sees more technological advances in the future, plus more retired officers being utilized as reserve officers.

Challenges still abound, however. "There are so many incidences going on in the world outside of Maypearl. What are police supposed to do without support of the public? We are fortunate here that a lot of people have come out in support of our department. People know me and my officers. Praise God, we do have very strong support here," he said.

Chief Norton has a memory full of the funny behaviors people can exhibit. "I can't even begin to tell them all," he said. He also recalls the worst of times on the job. "I was reserve officer in Lancaster when one of our officers was killed," the chief remembered.

He and other officers volunteer with the Maypearl High School mentorship program. "Some of these kids lack strong family support. We let them

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IMPORTANT DATES FOR BACK TO SCHOOL 2017



Kindergarten Registration

Thursday, August 3

*By appointment only**

Elementary Campuses: Kindergarten registration will be available during all regular registration days, but campuses will only offer Kindergarten screenings on August 3.

WISD New Student Registration**

Elementary and Junior High Campuses: August 1-3, 7-11

By appointment only (9:00-11:30 a.m., 1:00-4:00 p.m.)*

Returning students' required paperwork may also be turned in during scheduled registration times.

Elementary campuses only: Returning students may turn in required paperwork and register for Family Access during extended hours on Thursday, August 10, until 6 p.m.

Waxahachie Ninth Grade Academy and Waxahachie High School:
August 1-2, 7-11 *By appointment only** (9:00-11:30 a.m., 1:00-4:00 p.m.)

**Walk-ins will be accepted, but students with appointments will receive first priority. Please contact your child's campus to make an appointment.*

***Please remember to bring proof of residency (a recent utility bill with your name and address on it) when you come to register your child. If you are not the child's parent, please bring proof of guardianship.*



OPERATION: First Day of School

Saturday, August 5

8:00 a.m.-12:00 p.m.



Clift Elementary
School

Bring Your Supplies Night Elementary Campuses

Thursday, August 17

5:30-7:30 p.m.

PLEASE NOTE: If required documentation has not been submitted to your campus, you will not be able to receive your child's classroom assignment. Documentation will not be accepted at Bring Your Supplies Night.

Waxahachie High School Schedule Pickup

Seniors: Wednesday, August 16,
8:30-11:30 a.m.

Juniors: Wednesday, August 16,
1:00-4:00 p.m.

Sophomores: Thursday, August 17,
8:30-11:30 a.m.

Freshmen: Wednesday, August 16,
8:30-11:30 a.m. (students A-K)
1:00-4:00 p.m. (students L-Z)

Junior High Schedule Pickup

Tuesday, August 8

8th Grade: 9:00-11:00 a.m.

7th Grade: 1:00-3:00 p.m.

6th Grade: 5:30-8:00 p.m.
(and any students not able to come during the day)

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WISD RETURNING STUDENT REGISTRATION

Beginning August 1: Online for those registered with Family Access.



You must submit required documentation to your child's campus to receive classroom assignment on Bring Your Supplies Night. See "New Student Registration" section for dates and times to bring your required paperwork.

Global High School Schedule Pickup

Freshmen and new Sophomores:
Friday, August 18, 1:00-5:00 p.m.

Sophomores, Juniors, and Seniors:
Friday, August 18, 5:00-6:00 p.m.



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know there's someone who cares about them," he explained. Chief Norton is also actively involved in training a local Community Emergency Response Team class. "We train citizens in first aid and search and rescue, so when disasters such as tornadoes or searching for lost kids occur, our volunteers are ready," he said. Additionally, he and fellow officers go beyond duty and help at community events like the Maypearl Clean-up Day.

"My family and I love this town.

We moved here when our youngest daughter was in the fourth grade. It's a great place to raise a family," Chief Norton stated. He and Paralee have four children, six grandchildren and one great-granddaughter. "We're active in the Maypearl First Baptist Church, and we love to spend time with the kids and grandchildren," he said. Chief Norton is also a Mason, and in his "spare" time, he teaches college online criminal justice classes.

"Criminal justice is a great career," Chief Norton tells future officers. "I believe in what I do, but you must have fortitude to make a difference. It all depends on attitude and what that officer wants out of the profession, but with the right attitude, officers can do a lot of good."

With a career that has spanned so many years, Chief Norton has had the chance to see the good that he's done. "I've been able to work with some really wonderful officers and have had a great career," he said. "After so many years spent in DeSoto, I have met several people that I saw grow up there. It's great when I hear, 'Hey, Sgt. Norton, I appreciate you taking the time to make sure I turned out OK.' That's when I realize the impact we, as police officers, have on people." **NOW**

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Little Bit of Heaven

— By Carolyn Wills



At Home With Glen & Trish Null

A lone travel trailer stands next to the Stagecoach Cowboy Church in Waxahachie. It is considerably smaller, dramatically smaller, than Glen and Trish Null's previous home, yet every inch speaks of quality, luxury, less-stress living and the wonders of a new adventure. Finding their way to a 39-foot Redwood RV is a tale of two loving hearts, of cowboy and cowgirl grit, of absolute faith and, yes, even of a child's wish.

When Trish was a little girl growing up in Mesquite, Texas, she loved visiting her grandfather's RV Park in Colorado. "He called his renters snowbirds, and I always said I wanted to be a 'snowbird,'" she smiled.

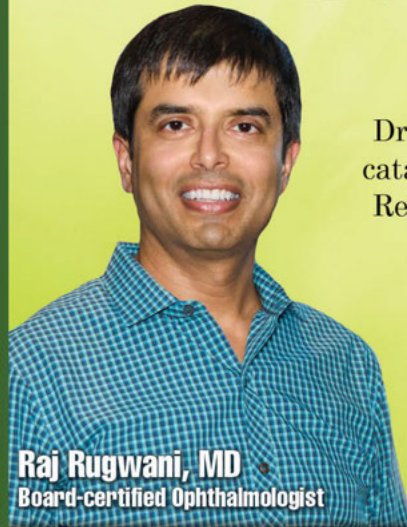
A little over a year ago, Glen and Trish started researching recreational vehicles designed for full-time living. Their goal was to simplify, to downsize. "We did a lot of research and looked at lots of RV lots," Trish shared. The moment they stepped inside the pre-owned 2011 Redwood RV, they knew they were home.





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Redwood specializes in trailers for “full-timers.” Reportedly, the company was established in 2010, because of the demand for affordable “luxury Fifth Wheels” and growing interest in downsizing, especially among baby boomers. “Ours has a living room, kitchen, dining area, bath and bedroom,”



Glen said. “It came completely finished, including the furniture.” Two extensions called “slide-outs” help widen the living area, while another allows the bedroom to accommodate a king-sized bed.

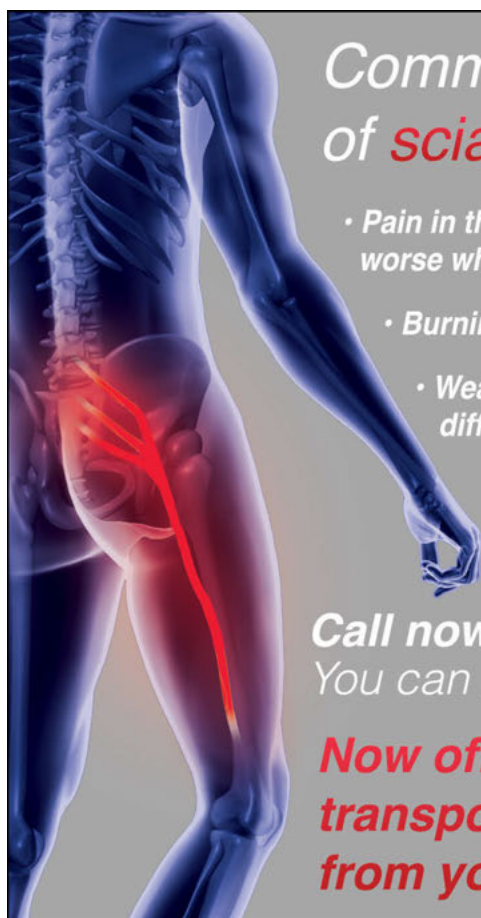
The entryway opens to the main living area and instantly tells of quality, efficiency and comfort with details like crown molding and a palette of cream, tan and rich wood tones accented by beautiful day/night roller shades and upholstered dining chairs. Custom double-paned windows line the left and back walls of the main room, while the other side is banked by solid maple cabinetry along the length of the media center and kitchen.

A leather sofa with extra storage underneath and two leather lounge chairs

arranged at the far end of the main area offer views from the windows and/or of the entertainment center, complete with a large flat-screen TV and electric fireplace. “The views from the back windows, especially when those pastures are filled with bluebonnets, or of the metal farm buildings, are beautiful,” Trish grinned. “We’re country people, so we love it.”

“It’s great, too, that the central heat comes from ceiling and/or floor vents,” Glen said. “When it’s cold outside, it’s really comfortable in here.” Floors in the living area and bedroom are carpeted while the kitchen and bath are tiled.

The kitchen and small dining table occupy the balance of the main area. “The kitchen is perfect,” Trish said. “I’ve



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wanted a gas stove all of my life.” Features also include solid-surface counters, a pantry and refrigerator, plus a good-sized island with hidden trash container. “I love the ease of everything and the special touches like the hidden vacuum hook-up and the suction vent for sweeping,” she added. “I don’t like to dust, so I’ve never really been a collector of things. The only exceptions are the glass-topped coffee table with mementoes of our son and some of our family photos.”



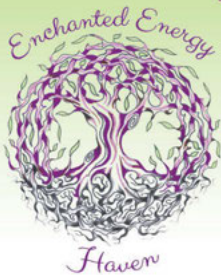
Warm and comfortable also applies to the bedroom, which is large enough for a king-sized bed and two closets. The bathroom, which can be accessed from the main area and the bedroom, features a full-size shower. “Having our home here, next to the church, is another convenience,” Trish commented. “The hook-ups were already here, and Glen’s office is just next door.”

“We’re also blessed with wonderful neighbors,” Glen added. “We keep our horses at a neighbor’s place across the street.”

It was April 2015, when the Nulls said goodbye to their previous home in Canton, relocating to 7.5 acres in the Falling Leaves area of Waxahachie. “Canton had been home for a good part of our 11-year marriage and was where we had raised our son, enjoyed horses and started a youth ministry. Glen and I already had children when we married, so our family instantly included seven kids,” Trish explained. Her 11-year-old son, Clay, was the only child still at home. Just 6 when his father passed, Glen became the father he knew.

Life, then, was good for the Nulls. Glen was serving as an associate pastor and was also a welder and fence-builder. Trish was a busy hairstylist, plus mom and cowgirl, and both she and Glen loved

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being with each other, family, friends, the youth group and their horses.

Then, in June 2014, their world turned upside down. Nineteen-year-old Clay was killed in an automobile accident. Through faith and grit, Glen and Trish bore the heartbreak, while Trish paid tribute in a special way. "We had bought two horses, Boogeyman and Rip, for Clay," Glen explained. "Trish started riding Rip and, in Clay's memory, competed at the Extreme Cowboy Race in Hamilton, Texas. In November 2014, she was named the EXCA Novice World Champion." As a loving and faith-centered couple, and with support of family and friends, the loss of a child was made bearable.

In January 2016, though, the Nulls' world collapsed again. Glen suffered a cardiac arrest while team roping. "He fell from his horse, unconscious and not breathing," Trish said. Ultimately, doctors would warn that, because of the length of unconsciousness, Glen would likely not survive or would be brain damaged and that Trish should begin considering organ donation. "I told them that God has plans, and we would wait until all the medications and treatments were over to see if Glen would respond," she shared. She then invited friends and family to gather in the hospital room to pray.

It was a slow recovery. "I don't remember anything from two weeks before the attack until weeks after," Glen said. After two heart surgeries, healing time for non-functioning kidneys and the gradual process of regaining strength and weight, he was at last on the road to recovery and in sync with Trish's "snowbird" wish.

"We're enjoying a simpler life," she said. "We still have the horses and our two dogs, Miley and Jessie." Meanwhile, Glen is busy with the church, and Trish wears several hats with church work, plus her new role as an independent marketing representative. They also happily report they now have eight grandchildren and another on the way. "Our 5-year-old grandson, Tegen, visits us at least once a week," Trish said with a smile.

A small plaque hanging above the dining table reads: *Because someone we love is in heaven, there's a little bit of heaven in our home.* Sure enough, life at the Nulls' Redwood RV is lovingly simple, definitely blessed and pretty good these days. **NOW**



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Pets are part of the family. Whether dealing with an ambivalent feline, or a dog that truly is man's best friend, taking care of your pet means more than just refilling a food and water bowl. To make sure your family pet has as long and healthy of a life as possible, follow these simple steps.

VACCINATIONS AND VET VISITS

- *They would thank you if they could.* One of the hard things about caring for pets is that they cannot tell you when they feel bad. That is part of the reason it is so important to keep up with regular vaccinations. Most vaccines for things like influenza and rabies require yearly boosters, but the list of vaccinations is numerous and varied, so be sure to check with your veterinarian for specifics.¹

FURRY FAMILY FELLOWS

— By Zachary R. Urquhart





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• *Use a vet you trust.* Finding a good veterinarian is like finding a good doctor. Whether you are taking your pet in for a routine visit or because you think something is wrong, you need someone whose diagnosis and treatment plan you feel confident in. If you need to find someone, ask friends, check for specializations and think about choosing someone who is accredited by the American Animal Hospital Association. Before you decide on a vet, tour the practice, so you can meet the staff before you are trusting your loved ones to their care.²

• *Do not wait.* Dogs, cats and, yes, even fish benefit from yearly checkups with your trusted vet. Aside from going once a year, if you notice something wrong with your pet, you should head in. Lethargy is a common sign that something is wrong. Your dog or cat will likely lay around more than normal, and your fish may be swimming a lot less than is typical. If you think there is a problem, the best option is to let your vet take a look.

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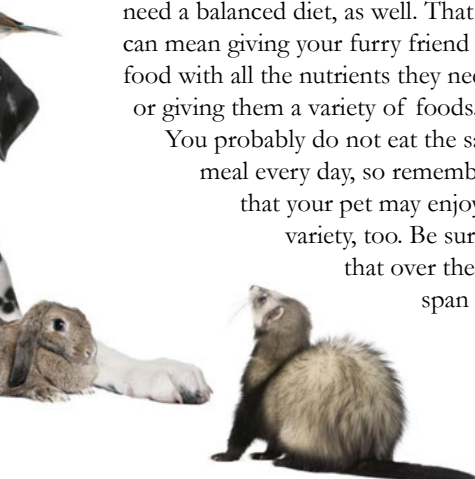
DIET AND EXERCISE

• *Exercise for fun and for fitness.* No matter what kind of pet you have, there are things you can do to encourage and ensure plenty of exercise. While you may not be inclined to take your ferret or iguana on a walk, making sure they have fun climbing equipment and toys in their living space is important. The same idea goes for cats, who generally cannot be leashed and taken on walks unless trained from their earliest days. You can invest in climbing and scratching posts, or even build a cat gymnasium if you are handy enough to do so.³

• *Let your pet get you in shape.* When it comes to your canine, the options for exercise are endless, and offer you a chance to improve your own personal fitness as well. Aside from a traditional dog walk, you can go for a jog on a trail, play in the park or leash up your dog and let them decide every turn to come up with a new route.⁴

• *Diet is important, too.* People have gained an incredible understanding of nutrition and diet over the last few decades. Just like you need to balance your starchy carbs with plenty of protein, fruits and vegetables, pets need a balanced diet, as well. That can mean giving your furry friend pet food with all the nutrients they need, or giving them a variety of foods.

You probably do not eat the same meal every day, so remember that your pet may enjoy a variety, too. Be sure that over the span of



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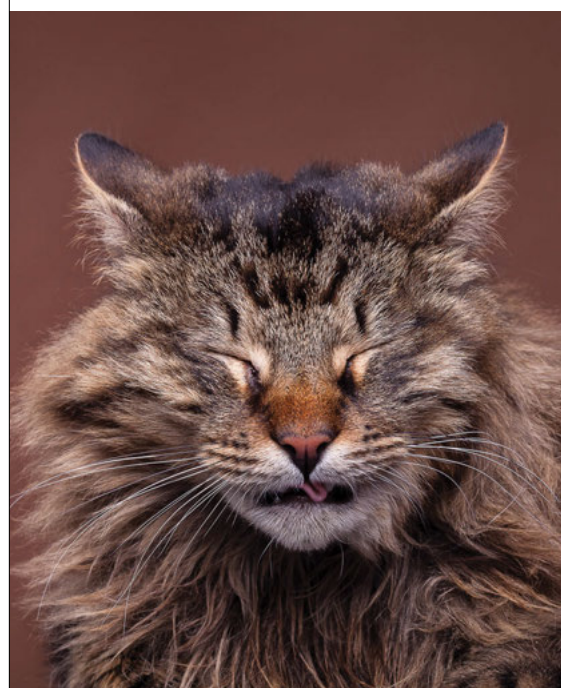



several days you are feeding them the full spectrum of nutrients they need to grow and thrive.⁵

- *Some pets need special diets.* Most pets will thrive with a standard, balanced diet appropriate for their breed. Some, though, will require a special diet for issues including, but not limited to, heart and liver disease, weight problems or bladder stones. Some pets even have allergies, so you may have to find or make special food to keep them going and growing. If you suspect your pet is having dietary issues, get a detailed diet from your vet.

OTHER THINGS TO CONSIDER

- *No one likes to sneeze.* In addition to potential food allergies, dogs and cats can also suffer from seasonal allergies. If you notice your pet scratching, licking or rubbing its face on coarse surfaces, it is probably trying to satiate its itchiness much like people will move their backs on a door frame to get those hard to reach places.⁶ A less common symptom for allergies left untreated is hair loss. When you see any of these things, get to the vet, so you can get medication quickly. In the meantime, give your pet baths more regularly, and keep floors clean by vacuuming and by washing your pet's feet frequently.





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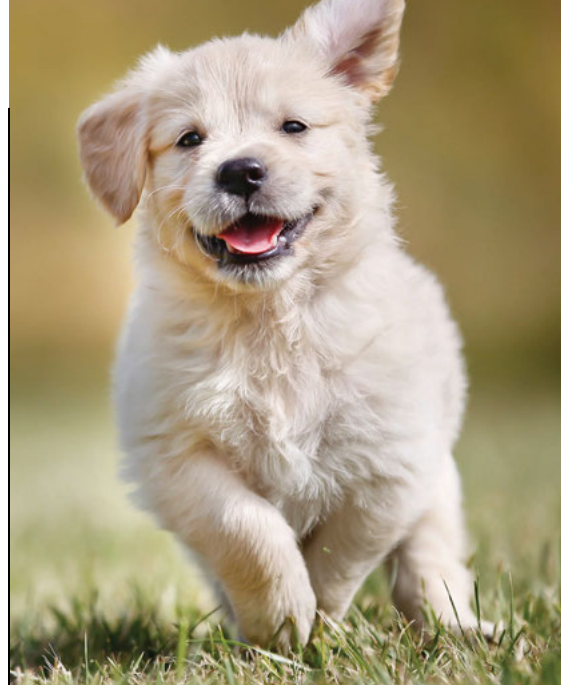


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• *Consider pet health insurance.* One of the reasons people sometimes neglect to take a pet in for a visit is the cost. While emergencies can be costly, and long-term care can seem daunting, pet insurance is a great way to offset potential expenses. If you do not have pet insurance, the easiest first step is to go online to get quotes and compare rates. Many familiar companies like GEICO and Progressive offer various plans, so you can decide how much coverage your pet needs.

It is never easy to say goodbye to your beloved pets, but the fact is that most pets will pass on before their owners. With these helpful tips, though, you can help the furry members of the family live a long full life. **NOW**

Sources:

- ¹<http://pets.webmd.com/pet-vaccines-schedules-cats-dogs>
- ²https://www.aaha.org/pet_owner/about_aaha/why_accreditation_matters/about_accreditation/how_to_choose_the_right_veterinarian.aspx
- ³http://www.petmd.com/cat/wellness/evr_ct_exercising_with_your_cat_a_how_to_guide
- ⁴<http://www.animalplanet.com/pets/healthy-pets/10-fun-ways-to-exercise-your-dog/>
- ⁵http://www.whole-dog-journal.com/issues/15_7/features/Home-Prepared-Dog-Food-Nutritional-Information_20568-1.html
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Mr. Alvin Onstad



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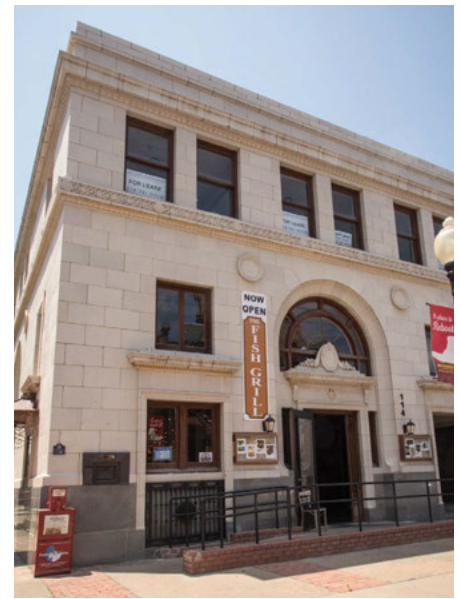


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Customers of The Fish Grill enjoy a quality dining experience, while also stepping back into history.

A Cut Above

Seafood, steaks and other “good stuff” are enticing diners to The Fish Grill. — By Virginia Riddle

Tantalize your taste buds with crab meat hushpuppies. Order a 12-ounce ribeye steak with green peppercorn au poivre for a main dish, but still leave a little room for a dessert named Chocolate Temptation. The usual beverages are available, along with a selection of wine, beer and brunch cocktails. “The staff and I are providing a unique, high-quality dining experience. Everything on the menu is made in-house. Our seafood is fresh, and our steaks are the best cut,” Christopher Sandford, The Fish Grill’s owner and head chef, stated.

After a step through the beautiful entrance, dining guests are greeted by Cody Harris, the floor manager, who leads them to tables dressed in their best linens and a patterned silver service that complements the stucco trim. Matching elegance with its neighbor, the Ellis County Courthouse, The Fish Grill sizzles

with thick steaks and savory seafood served under strings of lights in an art deco turn-of-the-20th-century dining room or one of the private dining areas. “Our private mezzanine area seats 60 for meetings, and another semiprivate mezzanine dining area overlooks the courthouse and seats 30 diners. It’s perfect for bridal or baby showers or birthday parties,” Christopher said. “The main dining room seats 75, and we offer catering for up to 20 diners.” An elevator provides easy access to the mezzanine.

The Fish Grill celebrates many special days on the calendar, but one of the most special was April 2, 2017, which was the restaurant’s first anniversary in this beautiful building that was formerly a bank and city offices. “There are vaults all around the building, thick concrete walls and an old boiler in the basement,” Christopher revealed. The old boiler isn’t needed anymore, but

Business **NOW**

diners will enjoy seeing the Old World wood treatments, antique chandeliers, brass and iron decorative railings and grill work and beautiful art that decorates the bright orange walls.

Christopher and his fellow chefs, Delores Washington and Lauren Earnest, create their magic in a state-of-the-art kitchen. Not only is the food a delightful gastronomical experience, but each dish's presentation is special.

The Fish Grill sizzles with thick steaks and savory seafood served under strings of lights in an art deco turn-of-the-20th-century dining room or one of the private dining areas.

Five wait staff, a bus boy and dishwasher provide continuous service that matches the elegant surroundings. "We are a small, but efficient, staff. It's been a challenge to staff an upscale establishment like this, but we have quality cooks with food knowledge and a friendly wait staff with wonderful demeanors," Christopher explained. "We offer a more relaxed dining pace and relaxing music."

Already made famous for the fish tacos and crab meat hushpuppies, The Fish Grill's other specialties of the house include grilled pork chops with black cherry bourbon glaze, roasted chicken and key lime brûlée.

Christopher is a fifth-generation Dallasite from Oak Cliff, with over 30 years' experience in the restaurant business. When not at the grill, this business owner likes to spend time with his dog and neighbors and work on his older home.

The restaurant is a member of the Waxahachie Historic Downtown and Chamber of Commerce. "I love the preservation and reuse of these old buildings," Christopher said. "This is a sweet town. After living in Dallas all my life, I wanted to open a restaurant in a smaller city. I feel we opened at just the right time and place. We have caring and supportive regular customers who have been very good to us." **NOW**

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Angel Schiffer of Bittersweet Bakery finishes decorating a yummy small cake with red flowers.



Zachary Webber and Kristin Bittick keep SJCC Spring Fiesta attendees cool and happy with snow cones in a variety of flavors.



Sarah Cole of SoCo Depot prepares a grill for those shoppers who like to cook their meals outdoors.



Alysa and LaKinda Dowd take a moment to rest from jumping at Urban Air Trampoline Park.



A book launch event is held at Sims Library for local author Connilyn Cosette.



Kate and Angela Kolessar take care of the sponge tossing game during SJCC's Annual Spring Fiesta.



Madi and Natalie offer patrons at The Fish Grill freshly made beverages from the bar.



Jenee and Charles Pulliam take a walk downtown for a cup of coffee with their four-legged friend Griffin.

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Soccer Season Is Prime Time for Foot and Ankle Injuries

Soccer season is in full swing, and parents and coaches should think twice before coaxing young, injury-prone soccer players to “play through” foot and ankle pain. Skeletally immature kids, starting and stopping and moving side to side on cleats that are little more than moccasins with spikes — that’s a recipe for foot and ankle sprains and worse.

Kids can play with lingering, nagging heel pain which, upon testing, turns out to be a stress fracture that neither they, their parents nor their coaches were aware of. By playing with pain, they can’t give their team 100 percent, and they may make their injuries worse, prolonging their time out of soccer. Some parents want to see X-rays of fractures before they’ll take their kids out of the game. And stress fractures can be subtle. They don’t always show up on initial X-rays.

Symptoms of stress fractures include pain during normal activity and when touching the area, and swelling without bruising. Treatment usually involves rest and sometimes casting. Some stress fractures heal poorly and often require surgery, such as a break in the elongated bone near the little toe, known as a Jones fracture.

Soccer is a very popular sport in our community, but the constant running associated with it places excessive stress on a developing foot. Pain from overuse usually stems from inflammation, such as around

the growth plate of the heel bone, more so than a stress fracture. Kids’ growth plates are still open and bones are still growing and maturing until they’re about 13 to 16. Rest and, in some cases, immobilization of the foot should relieve that inflammation.

Other types of overuse injuries are Achilles tendonitis and plantar fasciitis (heel pain caused by inflammation of the tissue extending from the heel to the toes). Quick, out-of-nowhere ankle sprains are also common to soccer. Ankle sprains should be evaluated by a physician to assess the extent of the injury. If the ankle stays swollen for days and is painful to walk or even stand on, it could be a fracture.

Collisions between soccer players take their toll on toes. When two feet are coming at the ball simultaneously, that ball turns into a cement block and goes nowhere. The weakest point in that transaction is usually a foot, with broken toes the outcome. The toes swell up so much the player can’t get a shoe on, which is a good sign for young athletes and their parents: If they are having trouble just getting a shoe on, they shouldn’t play. **NOW**

*Christopher Schmitt, DPM
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Event: 8:00 a.m.-noon, 2636 Patrick Dr., Waxahachie. This event kick-offs signups that will continue through **August 12**. For more information, contact Antony Penna at (254) 220-3284 or via email at antonypenna@stormfc.co.uk.

July 3, 4

Crape Myrtle Festival: **Monday**, 5:00 p.m., InterBank Tailgate Party; 7:30 p.m., live concert by Def Legend; 9:00 p.m., HEB fireworks display; **Tuesday**, 10:00 a.m., parade begins on College Street and ends at Getzendaner Park; immediately following parade, Remedy Church's Picnic in the Park begins. Call (469) 309-4040 or visit www.waxahachiecvb.com for more details.

July 8

Waxahachie Riding Club Playday: 7:00 p.m., Waxahachie Rodeo Complex, 704 Howard Rd. For rainout dates and more information, visit www.waxahachieridingclub.com.

July 14

Summer Moonlight Movie: *Moana*.

downtown Waxahachie. For more details, visit www.waxahachiecvb.com.

July 14, 15

Creative Quilters Guild of Ellis County presents Butterfly Wings and Flying Things Quilt Show: **Friday**, 9:00 a.m.-5:00 p.m., **Saturday**, 9:00 a.m.-3:00 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. One-day admission is \$8. Two-day admission is \$10. Free parking.

July 19

Engineering Mystery Bags: 10:00 a.m., Sims Library. Participants will be given bags filled with supplies, which they will use to complete two challenges. Teens will test their inventions and discuss why it worked or didn't work with their peers.

July 28

Spaced Out!: 10:00 a.m., Sims Library. Hands on activities and experiments about outer space. For more details, contact Holly Browning at (972) 937-2671.

July 28 — 30

Wanted: Goldilocks on Trial — Waxahachie

Community Theatre's Kid Summer Showcase: Living Hope Nazarene Church, 2420 Brown St. Tickets are available online at www.waxahachiecommunitytheatre.com.

Ongoing:

Fourth Mondays

Texas Master Naturalists Indian Trails Chapter: 6:00 p.m., First United Methodist Church, Waxahachie. The program begins at 7:00 p.m. For more information about the group, visit www.txmn.org/indiantrail.

Thursdays

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

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

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 Kristina Webb Stewart

— *By Virginia Riddle*

Early in life, Kristina Webb Stewart started baking and cooking, nearly always from scratch. “I have many recipes that were my maternal grandmother’s. I fill requests for family birthdays and other special occasions every year.” Kristina also loves searching Pinterest and watches the Food Network for new recipes, and then she makes those recipes her own by creating a healthier version or adding new ingredients. Quick and easy cooking is best for this busy lady, who also believes the best quality ingredients help to create a finished product that tastes incredible. “I love Mexican vanilla,” she said.

“I enjoy helping others and sharing my love of healthy eating, balanced with occasional home-baked goodies,” Kristina explained. “I’ve always treasured making my family and friends’ tummies happy!” **NOW**

Red Velvet Bundt Cake

Cake:

Baker’s Joy or another nonstick cooking spray and a dusting of flour
2 1/2 cups all-purpose flour
2 cups sugar
1 tsp. baking soda
1 tsp. salt
4 Tbsp. SACO Cultured Buttermilk Blend Powder
3 1/2 Tbsp. unsweetened cocoa powder
2 eggs, room temperature
1 cup vegetable oil
1 Tbsp. white vinegar
1 1/2 tsp. vanilla
1 cup water
2 Tbsp. red food coloring

Frosting:

1 8-oz. pkg. cream cheese, softened
1/4 cup unsalted butter, softened
1/2 tsp. vanilla
1 1/2 cups powdered sugar
1/3 cup heavy whipping cream

1. For cake: Preheat oven to 325 F. Generously spray a 10-inch Bundt pan with Baker’s Joy; set aside.
2. In a large bowl, sift together the flour, sugar, baking soda, salt, buttermilk powder and cocoa powder; set aside.
3. Using a mixer and large bowl, combine the eggs, vegetable oil, white vinegar, vanilla, water and red food coloring; blend on low for 2-3 minutes until smooth.
4. On low, slowly add the dry ingredients to the egg mixture until mixture is smooth; pour batter into the Bundt pan.
5. Bake 50-55 minutes, or until a toothpick inserted into the center comes out clean; place cake on a wire rack to cool completely before removing it from the pan.
6. For frosting: Using a mixer and medium-sized bowl, beat cream cheese, butter and vanilla on low for 2-3 minutes until fluffy.
7. Continuing on low speed, slowly add the powdered sugar. Add the heavy cream; mix completely.
8. To decorate: Put frosting in a zipper bag; cut 1/2-inch off one of the bag’s corners;

decorate cake by piping frosting along the grooves of the Bundt cake, moving back and forth from the center to outer edge of the cake in a smooth motion.

9. Store the cake in an airtight container for 2-3 days on the counter or for 5-6 days in the refrigerator.

Pumpkin Pie, No Pie!

1 15-oz. can Libby’s Solid Pack Pumpkin Puree
1/3 cup Truvia or 2/3 cup granulated Splenda
1/2 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. nutmeg
1/4 tsp. ground cloves
2 large eggs
1 12-oz. can evaporated milk, low fat
Sugar-free Cool Whip, thawed, to taste

1. Preheat oven to 350 F; in a large bowl, mix the pumpkin, Truvia, salt, cinnamon, ginger, nutmeg and cloves.
2. Beat in eggs; gradually stir in evaporated milk.
3. Pour into a glass or ceramic baking dish; bake until a knife inserted near the center comes out clean.
4. Cool on a wire rack; serve with whipped cream at either room temperature or chilled.

Kristina’s Creamy Chicken Potato Soup

1 32-oz. pkg. frozen southern hash brown potato cubes
8 cups water
1 10.5-oz. can 98% fat-free cream of chicken soup
3-4 Tbsp. Knorr Chicken Bouillon Granules
1 12.5-oz. can Swanson white chicken breast, drained
Salt, to taste
Pepper, to taste
1/2- to 3/4-cup fat-free half-and-half
1 cup reduced fat cheddar cheese, grated (optional)

1. In a stock pot, bring first 7 ingredients to a boil. Reduce heat to medium; simmer 25 minutes.
2. Stir in half-and-half; garnish with cheese.

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



July in Downtown Waxahachie!

July 4 - Independence Day Parade

July 8 - BOGO Saturday

July 13 - Ladies Night Out

July 14 - Moonlight Movie - Moana

Visit DowntownWaxahachie.com for more information.



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