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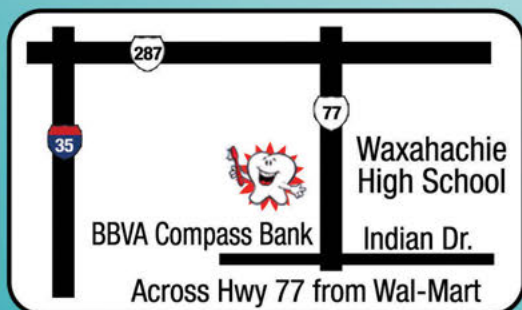
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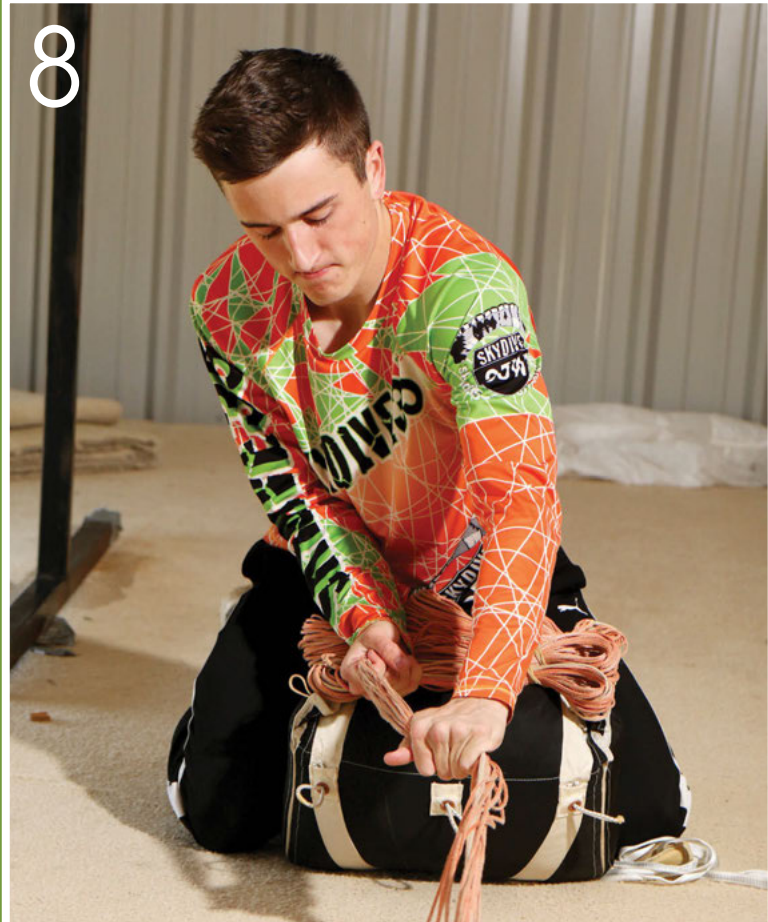
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ON THE COVER

Donnie and Benita Lord
enjoy sharing their unique
landscaping with others.

Photo by
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mailed free of charge to homes and businesses in the Waxahachie ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50
per issue. Subscriptions should be sent to: NOW Magazines, P.O.
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EDITOR'S NOTE



Sandra

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Let's go outside and play!

I remember playing outside and never wanting to go in at the end of the day. I'd jump off the bus, run down the road to home, change my clothes and then back out the door I'd go. I'd sit on the sidewalk and play Jacks for hours. The goal was to pick up all 10 jacks before the ball bounced a second time. I was pretty darn good at Jacks, and I have to admit, I still am today. I also did a lot of fishing for crawdads in my younger days. I'd tie a small piece of bacon to a string, drop the string down the crawdad hole and wait for the tug to come. Looking back, I realize I didn't have any patience for waiting — much the same as now.

These days, playing games after school is generally done on an iPad or computer. Sunshine on your face and dirt on your hands are quickly becoming obsolete, unless you're a kid and you come to Granny's house. The grands and I plant flowers and tomato plants, making sure to get dirt under our fingernails. We kick the soccer ball against the house until we're red-faced, hot and sweaty. Sometimes, we just sit on the back patio and play in the pea gravel. It's all about imagination and hands-on fun.

What fun activities do you have planned for summer?

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FREEFA

— By Derek Jones



LLING



For many, the thought of jumping out of an airplane at an altitude of 17,500 feet and plummeting toward the ground with nothing but a parachute seems crazy. For 16-year-old Tristin Brigman, however, skydiving from an airplane is simply a way of life. Tristin described the feeling of freefall. "It's exhilarating!" he shared. "It's a feeling you can't get from any other activity."

Tristin currently attends Maypearl High School. When he is not in school or playing varsity basketball, he is busy helping at Skydive35, a skydiving facility his parents own and operate. Tristin works as the main parachute packer, a job he has been doing for several years. "The key to packing chutes is repetition. I have been packing chutes so long now, but it is important to always be mindful of what you are doing," Tristin said. "There are a series of protocols in place to make sure everything is safe, such as each parachute also contains a back-up chute."

His father, Ivan Brigman, added, "We have an FAA-certified rigger on hand who oversees our operations. Safety is our No. 1 priority."

When not lending a helping hand, Tristin is busy skydiving as much as possible. He started just like any other beginner, by tandem skydiving. Unlike other skydivers, he started solo skydiving when he was just 14 years old. "You must be 18 years old to skydive solo, but the United States Parachute Association

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**“It’s a feeling
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granted a waiver for him to begin skydiving solo younger than 18,” Ivan stated. “The waiver is something the USPA grants to children of drop zone owners, and it is rare.”

At just 16, Tristin has earned his A class license through the USPA, has jumped from airplanes and helicopters and has more than 56 solo jumps to his credit. There is still risk associated with the activity, however, and for the Brigman family, safety is of the utmost importance. “I am with Tristin on every single jump,” his dad stated. “Even with the few times he has gone skydiving with others to form formations, I have taken every precaution to make sure everyone he is jumping with is accomplished and safe.”



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The attention to detail and safety is apparent. When flying in formation, several skydivers will link during free-fall to create the formation. Tristin explained, "When skydiving with others, if you gain too much speed, you could seriously hurt someone. That is why it's important that we all know and trust one another, so we can be safe up there."

A skydiver can earn a license with a ranking of A through D. The A license is the lowest, with the D license being the highest a skydiver can obtain. Tristin's dad holds a D license, while Tristin holds an



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A license and is currently working toward a B, for which he will also begin water training. "I want to continue to work my way up through the license process," Tristin stated.

Tristin also enjoys spending time in the wind tunnel. A wind tunnel generates the effects of free-falling using giant fans to keep the participant suspended in air. Essentially, it creates the effect of indoor skydiving. For beginners, the wind tunnel is usually the realm of birthday parties and social gatherings, but for the experienced skydiver, it provides a new vehicle for practicing maneuvers. "You can practice tricks and maneuvers without focusing on safety to the same degree as skydiving," he said. "Concerns like pulling the ripcord and altitude are eliminated in the wind tunnel, but it is still very challenging to become good at it."

Indoor skydiving may provide a fun alternative to skydiving, but Tristin is quick to point out they are not the same. "There are maneuvers I can learn in the wind tunnel, but to actually do them while skydiving is much more difficult." Recently, Tristin has not been able to spend as

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much time at the wind tunnel, but acknowledged, "It's fun for anyone who wants to give it a try."

For the Brigman family, skydiving is truly a family affair. Even Tristin's younger sister, Taylor, tandem skydives. As to why anyone should give skydiving a try, Tristin has some compelling reasons. "When skydiving with professionals, it is a safe activity, but you can never eliminate the thrill of free-falling back to earth."

"Sure, you can ride a roller coaster, but it is nowhere near the same sensation," Tristin admitted, suggesting skydiving tends to draw return participants. "You never know until you try it, and most people who do, simply love it." **NOW**



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Donnie and Benita Lord will celebrate 39 years of marriage later this month. She was born and raised in Waxahachie, while Donnie moved here with his parents in 1970. The two met and dated all through high school. "Yes, we were high school sweethearts," Benita said with a smile. "We got married on July 28, 1979."

"I was 20, and she was 21," Donnie added.

As husband and wife, they have lived in several homes in and around Waxahachie. The first was a cottage in Rockett that led to a Tudor-style home near St. Joseph Catholic Church. When Benita's parents got to the point where they needed help, the couple did all they could to care for them. "After their passing, we purchased their house from my brother," Benita stated. "We lived in that home for 16 years before deciding it was time for a change."

Donnie admits they looked at a lot of houses before landing on the west side of town. "All we knew for sure is that we wanted another old home like we had on the east side of town years ago," Donnie said. "We looked at this one and agreed it was the house for us as we left."

What they laugh about now, two years later, is the fact that they both agreed on the house almost immediately. "That's not like us to agree so quickly," Benita said. "So, we called the Realtor and went back the following day to see if we still felt the same way."



MENT

Donnie and Benita Lord

— By Sandra Strong



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The first visit to the home was on a Sunday. The second followed on Monday. By Tuesday, their home on Cherokee sold. "This was just meant to be," she said. "We moved in on April Fool's Day 2016."

The floor plan was almost identical to the other home they loved on Marvin, so much so that the furniture they had put in storage fit perfectly. "This has always felt like home," Donnie said, as Benita nodded in agreement.

The previous owners were moving "back home," but before they put the house on the market, they did a complete remodel on the home. They added new windows and refurnished the wood flooring that's original to the home. They redid the electric and the plumbing, while also adding a new roof. The three-bedroom, two-bath, brick bungalow-style home with a cozy den and formal living and dining rooms was move-in ready. It didn't need any



structural work, but Donnie and Benita set out to put their fingerprints in every space, both inside and out. They repainted the kitchen that boasts of a chandelier original to the home and are absolutely loving the dark cabinetry that was in place at the time of purchase. "We've always had white cabinets," Benita shared, "but the dark ones are a nice change."

They converted one bedroom into a playroom for the grandchildren. They



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added a back porch with a small mud room. The '60s carport was transformed into a carriage-style, single-car garage that fits the style of the home perfectly. "Lots of work was done outside," Donnie said, proud of the landscaping he painstakingly worked to complete.

Benita can attest to the fact that the job done on the bathrooms was wonderful. "Leon Reese was a friend of my mom's who lived in this house when I was young," she said. "At one time, my bathroom was Leon's sewing room."

The khaki walls with white trim go quite well with Benita's farmhouse style of decorating. Guests feel welcome, not only because of their hospitality, but also because the decor offers comfort. One thing Benita has done to make the home theirs is to add a touch of red in each room. "It's an energy color," she said. "I love red."

The home is perfect for the grandchildren, too. Benita keeps her granddaughters, ages 3 and 6, two days each week and looks forward to visiting with their 1-year-old grandson on Friday evenings. When their daughter married earlier this summer, they added an additional grandson.

Not long after moving in, road work began on Marvin Street, causing a mess for several months. The end result was worth waiting for. "The granddaughters love riding their bikes on the new sidewalk," Donnie shared.

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no different. Her favorite place in the home has always been the kitchen, and that fact has remained the same in this new home. "I love to cook. I fix breakfast for my granddaughters on the mornings they come to B.B. and Papa's house," she admitted. "The kitchen is the gathering spot for family. The dining room is right off the kitchen, so when the adult children come, it's refreshing to be right next door enjoying their playful banter."

Donnie also loves the kitchen with its magnetic pull for congregating, but his sweet spot is outside. "I begin and end my days out on the porch," he said of the space that he finds so inviting. "I begin my morning out there with a cup of coffee," he confessed. "We've met most of our neighbors while out here on the porch."

Since Donnie works full time during the week, the couple loves to slow down a bit on the weekends. They attend the second service at Stonegate, their church home in Midlothian. "We like to move slow on Sundays," Benita said, "so the second service lets us take our time and not get in a big hurry."

Donnie and Benita are content — and still in agreement — with all they've created in 39 years. They are finally at a place where they can sit on the porch with family, friends or their four-legged companion, Bailey, drinking morning coffee or afternoon tea, the choice is theirs. Simply put, this is just an easy house to live in. **NOW**

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Serving Their Country

— By Sandra Strong

There's more to enlisting in the United States Army than just signing on the dotted line. Prospective recruits must meet certain criteria before they are seriously considered. They need to be between the ages of 17 and 34. They need to meet the Army's height and weight requirements and have no medical limitations like asthma or mental illness that would disqualify them. "Those who have a desire to enlist in the Army must be a high school graduate or have to be willing to earn their GED," said Staff Sgt. Curtis Jones. "But, most importantly, they need to be teachable."

Once they have met the initial criteria, recruits undergo an interview and move forward to the ASVAB — the Armed Services Vocational Aptitude Battery test. The

job they pick determines the next level of training they receive. "During basic training, they will find out if they are Army grade or not," Sgt. Jones stated. "Their capacity to follow directives and their desire to learn is very important."

Sgt. Jones has been serving his country for the past 13 years, enlisting about a year after high school graduation. "I initially wanted to enlist as soon as I graduated, but my mom talked me out of it," he remembered. "I knew when I did finally enlist that it was going to be my life career." Sgt. Jones' job title when he enlisted was and still is 91 Bravo Light Wheeled Mechanic.

When asked how he made it to the Waxahachie recruiting office, he explained that each recruit, after serving for a determined amount of time, is given three-year detailed assignments. "I'm more than halfway through this detail," he stated. "Once it's over, I'll go back to turning wrenches."

In the past 24 months, Sgt. Jones has met many individuals who have the same drive and desire he had so long ago. Twin brothers from Waxahachie, Sebastian and

Fabian Paz, did not enlist together. Sebastian, the youngest by one minute, enlisted in March 2017 as a 13 Bravo Cannon Crew Member. He shipped out to Fort Carson, Colorado, to, as he put it, “shoot big guns.” His reason for enlisting was simple. “It makes me be a better man, brother and son,” he shared.

Fabian waited to enlist until January 2018, shipping out for basic training at Fort Sill, Oklahoma. He, like Sgt. Jones, is looking to make a career for himself, but for now, he is still figuring out where the best fit for him will be. “The Army will also give me an experienced platform for the future,” Fabian said.

Kolton Schmidt, of Red Oak, enlisted in January 2017, as a medic with the 82nd Airborne Parachute Infantry Regiment at Fort Bragg, North Carolina. He came home on a short leave and married his wife, Jordan, on August 7, 2017. Soon thereafter, he shipped out once again. “I push myself to the limit to see how far and hard I can push,” Kolton said of his work ethic and reason for joining the Army. “I also wanted family stability.”

Sgt. Jones is proud of all his recruits, both male and female. “We are an equal opportunity employer,” Sgt. Jones stated. “Where else can you work and have all your meals paid for? Where else can you learn a skill while earning a paycheck?”

The United States Army offers a good opportunity for many people, and it’s so much more than it used to be. “You can see the world or stay close to home. That’s up to the recruit,” he said. “The main goal at the recruiting office is for the community to see the impact these local men and women are having on their country.” **NOW**

Editor’s Note: To learn more about the United States Army, call the recruiting office at (972) 923-2473.

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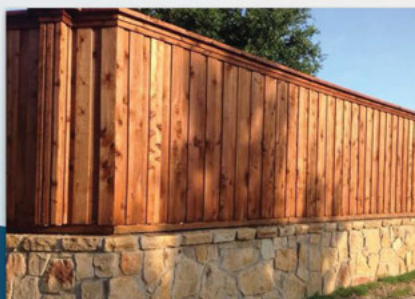
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A man with a goatee, wearing a black baseball cap with a circular logo, a black t-shirt with a graphic print, and paint-splattered blue jeans, is sitting in an art studio. He is holding a red spray can in his hands. The background is a wall covered in colorful, abstract paint splatters and brushstrokes.

Art in Motion

Leighton Autrey has been able to achieve what some would consider the impossible — living the dream of working as a successful, full-time artist. His artwork is modern, unique and energetic, and it's been all around the world. "I realized I loved art in the fall of 2008. I had moved back home to help my parents because my mom was sick. I eventually began turning Scriptures into art. I felt the Lord say to do that," Leighton explained

Leighton always felt like the Lord had a hand in his life. Initially, he believed he would pursue a career in baseball, but felt pulled in a different direction. After being accepted into a Division 1 school to play baseball, turning down an offer to play for the Seattle Mariners to stick with college ball,



ion

— By Joy Horn

and then graduating from college with a plan to go on to the minor leagues, Leighton's journey took a turn when his mother became ill with skin cancer. "I had two brothers in high school, and my dad said he wasn't going to leave my mom's side as they battled the cancer. I took that as I had to be the big brother and take care of the family. I put baseball aside, moved back home, slept on my parents' couch for over a year and got really humbled. That's when I found art," Leighton expressed.

Despite the challenges, Leighton continued to practice his art. "I would do it after work when I got home from my construction job," he said.

At first, Leighton was unsure about pursuing it as a career. "Fear came in," he explained. "Voices in my head would say, *You're just a baseball player.*"

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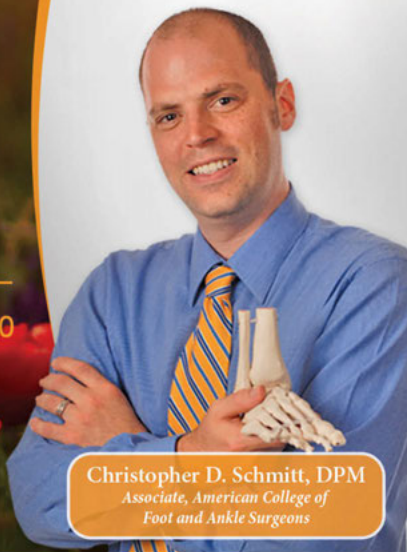
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Instead of giving into doubt, Leighton put his faith in himself and in God. He remembers the moment a voice inside said to pursue his art. "I was listening to Eminem. I was on my knees doing tile work for a construction company, and I heard it," he shared. "And here we are 10 years later, and my art has gone all around the world. If you would have told me this 10 years ago, I never would have thought art was possible."

Teaching art at Palmer High School was the first step on his journey to becoming a full-time artist. During this time, Leighton was able to touch the lives of many students. "Art is like a food buffet — you go eat what you want. In art, you make what you want to make. Some are going to like it. Some will not. Don't worry about the people who don't," he stated.

Leighton shared this sentiment with his students and continues to live by it. One of his former students went on to pursue art professionally as a tattoo artist. "Alex was 16 when I had him in class. He was one of the first kids I ever taught. That kid had more talent than I do. I told him he could make it as a professional artist. He would just have to work his butt off," Leighton said. Years later, Leighton received his first biblically inspired tattoo from this student.

After three years at Palmer High School, Leighton decided he wanted to try art full time. Three weeks after he put in his resignation at Palmer ISD, his wife, Mallary, found out she

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was pregnant with their first child. She was working at the time, but they decided she should stay home. Leighton was determined to make his business succeed and put everything he had into his art.

He attributes his success as an artist to discipline and hard work. "A lot of people think art is super easy and fun, but there is a reason it is called artwork. It is work," he explained. "All the years in baseball and the discipline it required ... I turned that into art. Discipline is what got me where I am today."

Over the last six years he has done artwork for Red Bull, Jack Daniels, Deep Ellum Brewing Company and Deep Eddy Vodka, as well as for the homes of many professional athletes, entertainers and art collectors. He had a gallery in Deep Ellum for more than a year, but decided to move his studio into his home since much of his work is now done on-site. He enjoys painting with spray paint because he likes the feel of it in his hands. "I like to move my hands when I draw. Spray paint isn't so robotic. I can move quickly and flow with it. Also, spray painting is fun. Just the sound of the word is interesting," Leighton explained. "I like grungy things. I am not a neat freak. Spray paint fits my style."

Leighton's artwork is abstract, yet accessible. His colorful displays fill up a canvas or wall with interesting splatters and strokes that make you want to stop and examine the work not only for the visual effects, but

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also to analyze the deeper messages within. “Being an artist is creating something from nothing,” Leighton explained. “It makes you feel like you’ve won if you can make people stop and stare even if just for a moment. In today’s world, everyone is hit with so many things, such as social media, there is so much stimulation. If you can make someone stop in their tracks, then you win as an artist.”

Leighton also believes that art is a universal language that can be used to communicate with people around the globe. He has sold paintings throughout the United States and to many countries including Singapore. Now, he is starting a new clothing brand with the motto “Stay Hungry. Stay Humble.”

In addition to fashionable statements, Leighton appreciates the impact art can make. “I enjoy big art. I am hired by different companies, art curators, marketing firms or brands that just match my style. When you put it out there, art can reach a lot more people than you think,” he explained. “Deep Eddy pays me to paint murals during music festivals such as South by Southwest. I have met so many interesting people with different backgrounds. It has really allowed me to be a more open-minded person and to love people for who they are.” **NOW**

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In the Kitchen With SARA MALLORD

— By Lindsay L. Allen



“A good cook produces a good dish, and there is something about that dish that encourages people to relax, sit down and talk about life,” Sara Mallord said. “That’s the reason I love cooking!” She is certainly well-versed in the kitchen after studying restaurant and hotel administration. Sara grew up in Honduras and learned to cook at an early age from her mom and now cooks for the students of Saint Joseph Catholic School.

One of her biggest success stories was a black-tie event for 3,000-plus attendees. After prepping the salads, main courses and pastries, the elevators to the banquet hall were not working. Sara and her team carried trays and trays of food down two flights of stairs to make the event go off without a hitch. **NOW**

Chermoula Chicken With Potatoes and Tomatoes

1/2 Tbsp. coriander
4 Tbsp. fresh parsley
4 cloves garlic, crushed
2 tsp. ground cumin
1 Tbsp. smoked paprika
Juice from half a lemon
3 Tbsp. extra-virgin olive oil
(divided use)
Black pepper, to taste
6 chicken legs
3 cups organic potatoes, sliced
1 cup large tomatoes, diced
Salt, to taste
1/2 cup Kalamata olives

1. Heat oven to 350 F. Place first 6 ingredients, 1 Tbsp. of olive oil and black pepper into a blender; blend to a paste.
2. Place the chicken in a bowl; rub the mixture into the chicken. Let marinate for 4 hours.
3. Place the chicken, along with the potatoes

and tomatoes, into a large pan; add the remaining olive oil and salt to taste.

4. Bake on the lower shelf of the oven for 60-90 minutes. The chicken skin should be crisp and brown, and the potatoes should be tender to the point of a knife.

5. Add Kalamata olives to the pan when out of the oven.

Grilled Cheese Pepperoni Pizza Sandwich

8 slices of your favorite bread
Olive oil spray
Pizza sauce, to taste
4 slices Mozzarella cheese
Pepperoni, to taste
Fresh basil, cut very fine

1. Generously spray 1 side of the slices of bread with olive oil.

2. Place 1 Tbsp. pizza sauce on each slice of bread; add cheese, pepperoni and basil.

3. Make sandwiches by putting 2 slices together; place sandwiches on a skillet over medium heat.

4. Cook until cheese has melted. Make sure to flip the sandwich or add more olive oil spray if needed.

SJ Creamy Alfredo Sauce

4 Tbsp. butter
2 Tbsp. Philadelphia Cream Cheese
3/4 cup half-and-half
3/4 cup heavy cream
1 tsp. garlic powder
1 cup Parmesan cheese, freshly grated
Fresh white pepper, to taste
Salt, to taste (optional)
Pasta of choice
Parsley, chopped, to taste

1. In a saucepan, over medium heat, melt butter, cream cheese, half-and-half and heavy cream together.

2. Whisk in the garlic powder and Parmesan; season with a small amount of white pepper.

3. Simmer, stirring often, until the sauce has thickened to a creamy consistency. You may add a bit of salt if needed.

4. Serve immediately over your favorite cooked pasta; garnish with parsley.

St. Joe's Chipotle Pasta Salad

1 box Reggano Tri-colored Rotini
Pasta Noodles

2 Tbsp. fresh jalapeño, diced
 1/2 bell pepper, diced
 1/2 poblano pepper, diced
 1 cup cherry tomatoes or Texas grape tomatoes
 1 cup squash, diced
 1 cup zucchini, diced
 1 cup cucumber, cut into cubes
 2 Tbsp. cilantro
 10 oz. sour cream
 3/4 STONEMILL Ranch Salad Dressing Mix
 1 Tbsp. chipotle sauce
 Sea salt, to taste
 Garlic, minced, to taste
 Black pepper, to taste
 2 Tbsp. virgin olive oil

1. Cook the noodles as directed on the package. Once noodles are completely cooked, rinse with cold ice water to prevent them from sticking together.
2. In a large bowl, mix the noodles with the vegetables and cilantro; set aside.
3. In a separate bowl, mix the sour cream, STONEMILL ranch dressing mix, chipotle sauce, sea salt, garlic, black pepper and olive oil together. Whisk until everything is well coated.
4. Add mixture to the pasta and vegetable bowl; combine.

Mediterranean Quinoa Salad

1 1/2 cups dry quinoa, white, black or mixed
 1/2 tsp. sea salt or kosher salt
 1/2 cup extra-virgin olive oil
 1 Tbsp. balsamic vinegar
 2 garlic cloves, minced
 1 Tbsp. fresh basil
 1/2 tsp. thyme, crushed between your fingers
 1/2 tsp. ground pepper
 3 cups arugula leaves
 1 1/2 cups garbanzo beans
 1/2 cup roasted red peppers
 1/3 cup Kalamata olives, pitted and sliced
 1/3 cup feta cheese
 1/4 cup fresh basil, thinly slivered

1. Cook the quinoa according to the package directions, with 1/2 tsp. salt added to the water; cool completely.
2. Mix the olive oil, balsamic vinegar, minced garlic, basil and thyme. Whisk until combined. Season with salt and ground pepper.
3. In a large serving bowl, add the quinoa, arugula, garbanzo beans, red peppers, Kalamata olives and feta cheese.
4. Drizzle with the dressing; garnish with basil.
5. Serve at room temperature or place in refrigerator completely covered to keep the salad from drying out.



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— By Sandra Strong

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With palliative care, Kim, Bob and their staff are equipped to administer the level of care needed from traditional home health to hospice care. “Our goal from the beginning has remained the same — to keep the quality of care at the highest possible level at all times,” Bob explained. “We are now offering services to a second generation of patients.”

“We’ve taken care of so many family members of friends,” Kim shared. “Knowing us personally gives family members the comfort level they seek when looking for home health, palliative or hospice care.” Family First Hospice & Palliative Home Care is proud to offer hometown, homegrown care for those in need, not just in Waxahachie, but in the surrounding areas, as well.

One of the most important things when palliative and/or

hospice care is needed is educating the patient and their family on where the patient really is in their illness and what type of care they need for the duration of the illness. "There is a special way to handle conversations with family members," Kim stated. "It's up to us to teach the family where the patient is in the process when dealing with a chronic illness. It's up to us to make sure they understand how the bridge between palliative and hospice care works in the end-of-life care for their loved one."

At Family First Hospice & Palliative Home Care, patients and their families have a choice when it comes to the type of care needed. Palliative care is an approach that helps improve the quality of life for patients and their families as they face upcoming problems associated with a life-threatening disease. Hospice care is supportive care that takes place during a patient's final journey, usually the last six months of life expectancy. "Hospice care is focused on comfort and quality of life instead of a cure, while also making sure to keep dignity intact," Kim further explained.

These terms, when addressed properly, should not cause fear in the patient or their family. The staff — 40 full-time and 10-12 part-time employees, as well as 15-20 volunteers — at Family First Hospice & Palliative Home Care understand just how important it is to remove the fear factor when dealing with end-of-life situations that warrant palliative and/or hospice care. "This type of work is a calling," Bob said, "and the staff love what they do." Many employees have a 14-year or longer tenure with the company, which says so much for the company as a whole.

Kim and Bob agree that what they do pulls at their heartstrings, but they know this is where they are supposed to be. For them, it's about dignity and quality of life until the final breath. It's a calling for them, too! **NOW**



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TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Saveur's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

Louisville's also easy to get to. It is within a day's drive of nearly half the U.S. population, and the Louisville International Airport is serviced by nearly every major airline, with nonstop service to 23 destinations and convenient connections to cities worldwide. Help planning your getaway to this Southern star is one click away at gotolouisville.com. **NOW**

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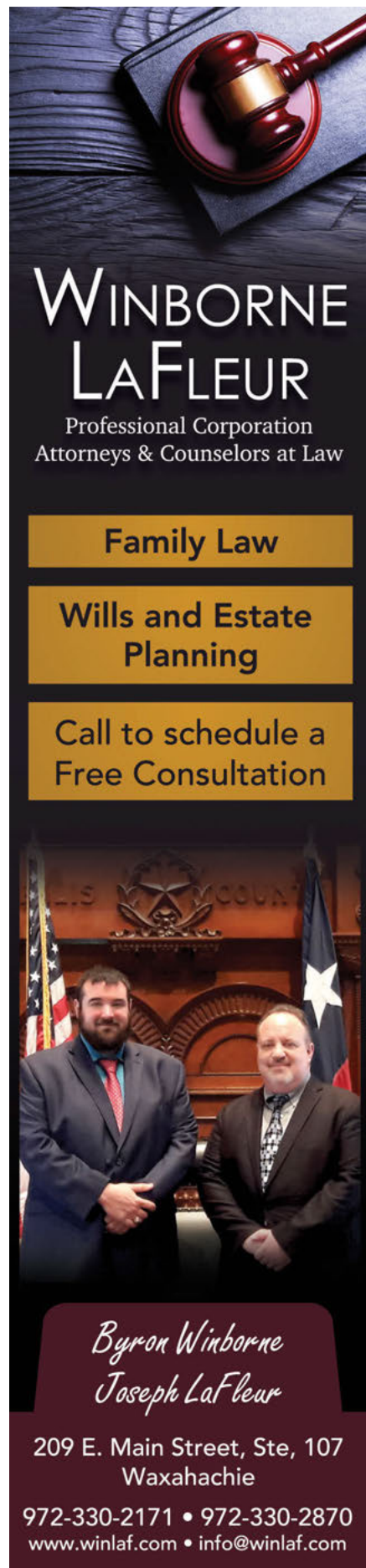


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Let's Get Physical

— By Zachary R. Urquhart

There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.

Stretch It Out

- *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.



- *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better

results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

Spin It Out

- *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



- *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by

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people who are pedaling faster and harder than you. Remember, every expert started out as a beginner.

Cross It Out

• *It is more than just a fad.* Over the last decade or so, new workout methods and styles have become all the rage. Things like CrossFit and Camp Gladiator are great for getting a high-energy workout where you can work at your own pace, while being pushed by the people that can do just a little more than you. These high-intensity, body-weight or resistance-based workouts have proven results for people just trying to lose weight and those trying to get into the best shape of their lives.



Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**

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LIFE AMONG THE TREES

— By Derek Jones

A lot of Jimmy Prichard's childhood memories involve days spent at Waxahachie's Getzendaner Park, where his dad's company was hired by the city as an arborist. "I'm a second-generation arborist. My dad taught me how to care for trees and how to work hard. He taught me early on how to climb trees right here at Getzendaner Park," Jimmy explained. Continuing in his father's footsteps, Jimmy now owns and operates Integrity Tree Care. His company helps monitor the health and maintains the trees in Getzendaner Park. "I didn't enjoy the hard work as a kid, but it grew on me," Jimmy stated. "There is nothing I would rather do now than be an arborist."



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Along with being an arborist, Jimmy competes in a series of events put on by the International Society of Arboriculture. “The competition focuses on five different tree climbing events where climbers compete with one another,” Jimmy explained. “The point of the contest is to promote safety and efficiency within the industry. However, the climbers are very encouraging with one another.”

Last year, Jimmy fulfilled a dream he has been pursuing for the last 14 years. He won first place in the Texas chapter competition, which qualified him to go to the world championship, held in Columbus, Ohio. “I was frustrated after making it to the finals *nine times and not winning*,” he stated. “To actually win the Texas chapter this past year was so rewarding after all my hard work.”

Winning is not the only thing Jimmy found satisfying. “I’m getting old for this kind of competition at 45,” he relayed. “There were those who told me I should stop competing and focus more on volunteering or organizing events, so winning just goes to show this competition is about experience, mental and physical toughness, and no one should be counted out, despite age.”

The world championship will be held in August. Jimmy is busy training and preparing to turn in the best showing possible. “I will be



competing against the best climbers in the world,” he said. “To be the best, it requires a lot of dedication and focus.”

During these competitions, the participants climb as high as 60-plus feet into the air in as little as 16 seconds. Jimmy explained his training regimen to prepare for such high intensity climbing, “I have been dieting now for the last 54 days, along with doing pull-ups, CrossFit-style workouts and rec climbing some days after work and almost every




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Saturday.” Jimmy is committed and dedicated to the task. He laughed as he put his commitment level into his own words. “Yeah, I’m just stubborn that way.”

This past May marked a different kind of success for Jimmy. For the first time in its history, the ISA Texas hosted an event in Jimmy’s own backyard — Getzendaner Park. Participants competed in climbing some of the tallest trees in the park. Jimmy relayed, “It took some time and effort to get the event here. I have a long history with the park, and I knew this would be the perfect venue for a competition.”

Since the events rotate every year, it may be a few years before another event is scheduled to be held at the park, but it is very likely the ISA will use the park again in the future. Jimmy summed up the success of the event. “The city of Waxahachie was so easy to work with, and the people of the community were so welcoming. Because of how wonderful Waxahachie is, the ISA said they would be excited to return for another event.”

One of the reasons Getzendaner Park is so scenic is its wide variety of trees. No one knows this better than Jimmy, as he has been caring for them since he was a kid. “The community

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of Waxahachie knows what a treasure they have here, because there are so many people here enjoying the park every day," Jimmy reflected.

Getzendaner contains a large number of what Jimmy calls specimen trees. "This means that the tree represents a perfect example of that type of tree," he explained. Jimmy offered further clarification, "For example, when arborists see a pecan tree at Getzendaner, they know they are viewing a big, healthy pecan tree with room to grow, which makes it a perfect specimen of a pecan tree."

Jimmy reflected on the large tree on the far side of the park, by the smaller restroom and kid's maze, which fell a few years ago. "It was a sad day when that tree came down," he reflected. "Twenty years ago, as a young man, I worked on pruning the large dead wood from that tree." Jimmy is, however, optimistic as he explained the importance of being an arborist. "Some things like weather just can't be helped," he said, "but I love caring for trees and being part of keeping the natural landscape healthy and vibrant for future generations to enjoy." **NOW**



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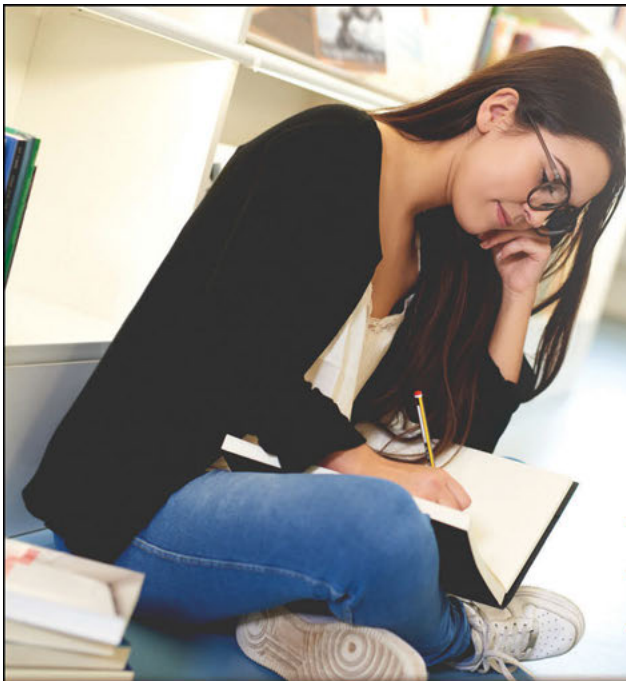
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Zoomed In: Becky Lowry

By Sandra Strong

Becky Lowry loves people — both young and old. Her tenure of 29 years at Waxahachie ISD speaks for itself. She spent her first 27 years at Dunaway Elementary. “I was an art teacher for 10 years,” she said, “and a library clerk/aide for 17.” She just completed her second year at Felt Elementary when school released for the summer in May.

The best part of her job by far is interacting with the children. “I have a love for kids,” she admitted with a smile. “I find the most joy in working with people I meet, whether it be the children and parents or the teachers and my fellow staff members. Her goal is to continue working for the district for as long as she can and in whatever capacity she can.



Dillon Langford entertains patrons at Big Al's.



Rashonda Tabor gets ready to break at the Side Pocket Billiards & Social Club.



A group of neighborhood children have water park fun in the sun at Matthew's Park.



Vicki Grady, with Our Sunflower Friends, and Charley David, with the Cowboy Church Bass Club, welcome donations for upcoming Our Sunflower Friends events.



Tanya, Tristan and Tamia Jackson spend quality time with their grandma, Evelyn Jackson.



Piper Frye mans the NOW Magazines' water booth at the annual Gingerbread Classic golf tournament.



Otis Young enjoys riding his motorcycle on a hot summer day.

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5 — 8

VTD Softball Tournament:
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7

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10, 18

Survivor Trail, Surviving Cancer Together: 6:30-8:00 p.m., Cowboy Church of Ellis County. There are new topics presented at each of the meetings. Call (972) 935-9801 for topic titles, more information and directions to the church.

12

2nd Thursday Ladies Night Out: 5:00-8:00 p.m., with participating downtown Waxahachie merchants.

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Summer Moonlight Movies:

Finding Dory: 9:00 p.m.,
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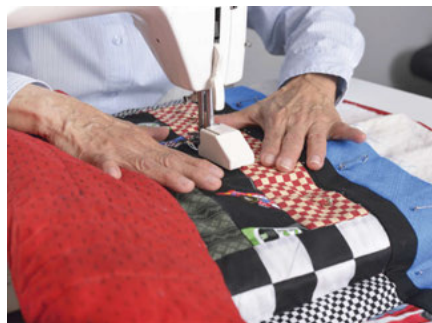
Third Mondays

Ellis County Veterans Networking Group: 6:00 p.m., Ryan's Buffet, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378 or visit vetsnetgrp@att.net.

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.

Creative Quilters Guild of Ellis County meeting: 6:30-7:00 p.m., social time; 7:00-8:00 p.m., program, Waxahachie Bible Church, 621 Grand Ave. Visit www.elliscountyquilters.com for more information.



Mondays and Thursdays

Fitness Revolution: 7:00 p.m., The Salvation Army, 620 Farley St. Work out to fun aerobics choreographed to upbeat Christian and wholesome music. The class is free. Call (214) 477-1164 for more information.



Tuesdays

Lariat Bridge Club: 6:30 p.m., Boy Scout Cabin, 1139 Brown St. For more information or to confirm the meeting, email Shari at weatherscf@yahoo.com or call (505) 270-4017.

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

Last Wednesdays

Collaboration of Organizations & Services monthly meeting: 1:00 p.m., Sim's Library. For more information, contact Terri Klein at terri.klein@co.ellis.tx.us.

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.

Ellis County Bible Study Fellowship Satellite Class: 6:30 p.m., Waxahachie Bible Church, 621 N. Grand Ave. This is a nondenominational Bible study class. For more information, call Lou Archibald at (214) 850-5303.

First and Third Thursdays
Ellis County HEALS: 6:30-8:00 p.m., 408 Water St. They are helping those who have lost a loved one to suicide. For more information, visit elliscountyheals@gmail.com or on Facebook.

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

Fridays
Business Networking International meeting: 8:00-9:30 a.m., LaQuinta, 311 Stadium Dr. For more information, call (469) 222-9160.

Story Time at Sims Library:
10:00-11:00 a.m., presented by the Jr. Service League, children 3

and older. In addition to reading books, children will participate in a craft and receive a snack. Call the library at (972) 937-2671 for more information.



Saturdays
Waxahachie Downtown Farmers Market: 8:00 a.m.-1:00 p.m., 410 S. Rogers St. Applications and information is available at www.waxahachie.com. Every Saturday through **October 27**.

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.

Fourth Saturdays
Bristol Opry: 7:00 p.m., featuring local singers and musicians. For more information, contact Jim Gatlin at (972) 846-2211.

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



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Giving a Listen

— By Rick Mauch

An evening at the Tredways' place is music to one's ears. But then, when a place is called a listening room, what else would one expect?

Randy and Helen Tredway opened In the Music Room in their home in 2010, and were originally featured in *WaxahachieNOW Magazine* soon thereafter in January 2011. It's a place for musicians — mostly folk, blues, soft rock and some country — to play before an intimate audience in a comfortable setting. (The room holds 57 at full capacity.) "Sometimes, it's that artist you find who's a diamond in the rough, who's a breath away from being a hell of a songwriter, and we've found plenty of those," Randy said.

Shows begin at 7:30 on Saturday nights. Randy and Helen don't drink, so it's BYOB, but they will provide glasses. Also, folks bring a covered dish for a pre-show meal around 6:00 p.m., often getting a chance to hang out with the artists. "No one is allowed to get drunk," Randy said. "That includes the artists."

And there is no charge to see the shows. "We don't want to be a business. We ask that people tip the artists," Helen said.

"I always make sure to buy a CD from the artist," photographer

Bruce Davis said. "I love the music, and it helps them."

It's also the room where Randy and Helen record their weekly radio show. It is broadcast on Facebook and YouTube. Randy said artists typically perform around 10 songs and do an interview. "Artists have a chance to be heard. We actually listen to the words they've written," said Barbara Moore, an IMR photographer.

To which her husband, Gene, also an IMR photographer, added, "It's like the prize in a box of Cracker Jacks. You don't always know what you're getting, but you always enjoy it."

The studio is a virtual trip into musical history. The walls are lined with photos of artists who have performed there, a list that includes the likes of the late Bugs Henderson, John McEuen (formerly with the Nitty Gritty Dirt Band) and Alex Harvey, who wrote the classic song "Delta Dawn" made famous by Tanya Tucker. Randy said in all, around 800 artists have either performed in concert or on the radio show.

There is also a plethora of posters featuring The Beatles, Elvis, Linda Ronstadt and more. Each performer signs one of two guitars hanging on the wall.

Randy and Helen are already booking artists for 2019. After all, who doesn't want a good time, good food and a chance to have their creations heard? "That's what endears us to the songwriters," Randy said. "Why would people call us from all over the world if they couldn't be heard?" **NOW**

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