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OCTOBER 2019

The Gift of Languages

World traveler Caroline
Carlson changes lives
through education

They All Have Names

3 Amigos Equine Rescue
and Sanctuary provides
a safe haven

Bridging the Gap

Young learners explore
the local STEM garden

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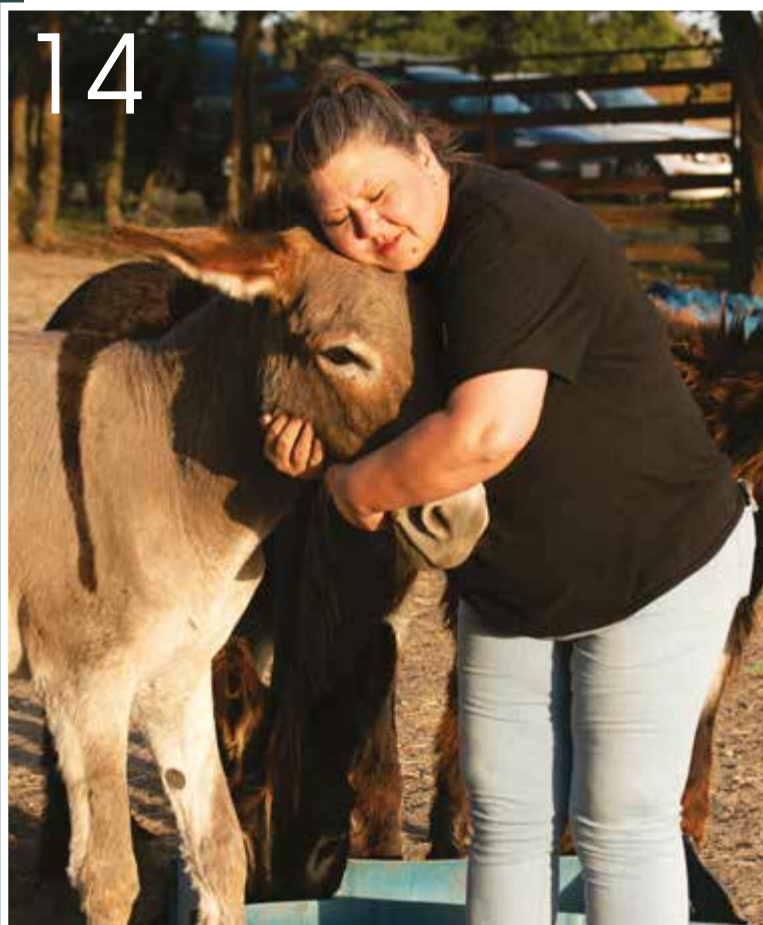
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ON THE COVER

When senior citizens, children and nature get together, good things happen.

Photo by
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EDITOR'S NOTE

For me, October is about play ...

Fall festivals, the State Fair of Texas, Halloween and Oktoberfest all encourage us to get outside and play during October. The weather is finally cooling off, and the earlier nights provide a nice backdrop for evenings spent gathering with family and friends. Here in Waxahachie, our trees' fall colors mostly come in November, so we rely on October vegetables and decorations to provide our October fall color. I love to go to farmers markets this time of year, just to be around the colorful pumpkins, gourds, Indian corn, hay bales and scarecrows.

World Teachers' Day is October 5, and I hope everyone uses that day to do something nice for a teacher. Two years ago, I decided to begin a second career as a teacher, and I taught second grade for one school year. Let me tell you, it gave me a great awakening. Never again will I utter words about how much time teachers get off in the summer, or how they don't have to work nights and weekends! Coming from a career in the restaurant business, I was convinced the time off made up for the stress. I was dead wrong. Teachers work way more than most people realize, and they desperately need help. Helping a teacher is helping a child, and helping a child is helping our future world. If you can make time and would like to do something amazing, call the Waxahachie Partners in Education Office at (972) 923-4631 or email Melissa Cobb at mcobb@wisd.org. They have so many different opportunities to help, and nothing feels better than helping others to give our playtime real meaning.

Have a fun October!



Susan

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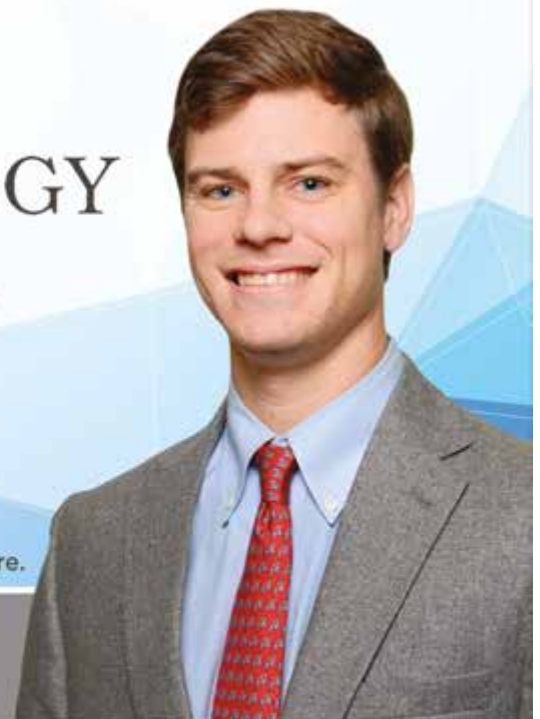


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BRIDGING

There is nothing like sunshine on your face and earth beneath your feet, especially for children who are learning everything new about the world. Add a stimulating outdoor environment with great learning opportunities, and you have a recipe for success. This is just what the STEM Garden at Waxahachie Senior Citizens Center has cooked up — a place where students can learn about the natural world in fun and interesting ways from experts who are eager to share their knowledge. “Children are provided with hands-on learning experiences about nature in an outdoor setting where they are getting fresh air,” retired teacher, Rebecca Copeland, acknowledged.

Rebecca is a member at the center who oversees arts and crafts at the STEM Garden, a place local schools can go to enhance lessons on the environment. From topics such as water conservation to pollination, the garden provides a wide range of activities to engage young minds. Treasure hunts, where children are given a list of garden treasures to search for, and a visit with the bee lady are just some of the fun happenings that parents, teachers and children will find here. Another beautiful aspect of the program is that it offers knowledgeable residents the opportunity to pass down their wisdom to students eager to learn. The mission is “to bridge the generation gap by providing qualified senior citizens the opportunity to meet with young people and share the knowledge they have gained as professionals or knowledge experts.”

“The teachers tell me what the kids are studying, and then I come up with an art project that always includes something they can take home with them. We’ve made some pretty awesome caterpillars,” Rebecca said with a smile.

Take a stroll into the garden, and you will immediately notice the butterfly garden graced with a variety of flowers including lantana, purple salvia and, of course, lush, green milkweed





THE GAP

— By Joy Horn





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readily awaiting the monarchs. A raised vegetable garden, which includes tomatoes, Swiss chard and several squash plants, sits happily in the center of the space. An attractive, vertical herb garden allows students to see plants up close and personal. Beyond the plants, a modern computer station sits under a pavilion waiting for children to engage with technology and review what they have learned that day. Beyond the children's area, rows of about 70 raised beds filled with vegetables make up the residents' personal gardens that children are encouraged to explore and admire.

"All children in Ellis County are eligible to come here. We have had up to 111 kindergarteners from Wedgeworth," Lee Johnson said. Lee is a member of the advisory board to the Senior Citizens Center and an instructor in the garden. "The kindergarteners are wonderful and interested in everything," Lee acknowledged. "We have a variety of activities, so the children are divided into groups. There are relatively three or four adults to 10 kids." Children are given seeds to plant and lessons to help them






learn about where their food comes from. They also learn how to collect rainwater. “We built a little model of a house out of plywood with two little wooden brackets,” Lee explained. “We use PVC tubing and install the gutters that collect the water.” Everything they learn at the garden revolves around conservation. There are even traveling learning stations, like the “interactive stream trailer” or the “soil conservation TRWD mobile” that come and provide even more diverse learning opportunities.

Jeanee Smiles is the mastermind behind the garden, which is a nonprofit organization. She and her team have been able to raise \$187,241 to this point. “We are actively writing grants and asking for local community support,” Jeanee said. Their next goal is to raise enough money to complete the Technology Teaching area, where they still need five more computer kiosks to complete their station.

“The key to our success is volunteerism and outreach in the community,” Lee stated. “Texas A&M Services, Master Gardeners and the National Forest Service have also been helping us.”

Not only are kids learning about the environment, but they are also interacting with older generations, which is enriching for both the children and the seniors. “It is a win-win situation,” Lee expressed. The children are getting wisdom, while the seniors have fun interacting with kids.

“If you see the smiles on the kids’ faces, you know you’ve had a good day,” Rebecca said. “You get joy from them and opening their eyes to something they didn’t even know about.” **NOW**



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THEY ALL HAVE

Names

— By Bill Smith

Roy Rogers loved Trigger, his faithful steed that carried him and the rest of the baby boomers through all of those harrowing adventures on Saturday morning TV, or in movies from the Melody Ranch. If one cannot understand loving a horse that way, they need only meet once with Janice Ross of 3 Amigos Equine Rescue and Sanctuary or her team members, Brenda Melina and Tristen White Ingram, who have been part of the mission from the beginning.

"Lydia came to us in 2016 from a kill pen in Kaufman. She had bad feet and required a lot of care but eventually became a police mount, and we have pictures of her in parades with a peace officer riding," Janice began as she fondly remembered one of the horses the 501(c)(3) organization helped over the years. "Lydia is retired now.



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"You can see Papa Bear's picture on our Facebook page. He was a rescue we used to take to Children's Hospital. There was a little girl named Jessie at the hospital who was leaving for hospice care due to her advanced cancer. We took Papa Bear up there and carried pink boots and a pink hat for Jessie, and Papa Bear took Jessie as far as she wanted to ride. The next blood tests Jessie had revealed no trace of cancer, and we like to believe Papa Bear took the cancer from that little girl," Janice continued with apparent heartfelt joy and sorrow. "Papa Bear died soon after."

Janice has hundreds of stories about the horses, donkeys and mules that have come through 3 Amigos. The thing that stands out as Janice speaks of the equine is that she never speaks of "the big mule," or "the paint horse," or "the gold stallion." Every animal has a name, and she recalls them all and their stories. Many of the names reflect something about the animal. "El Coyote" arrived at the sanctuary being chased by coyotes.

The mission statement for 3 Amigos is, "Rescuing, rehabbing and re-homing abandoned, homeless and neglected equine, with a focus on those already in the slaughter pipeline. Working hand in hand with animal control agencies, humane societies and related rescues across the country to make a better life for the equine that have not had a voice." It is obviously a heartfelt statement for Janice, as well as her husband, Mike, and the many other volunteers, such as Robert Andrews or Stephanie Karasick, who work with the animals.

Gabby Walker is still in high school and volunteers with the organization regularly. On her first day at 3 Amigos, she got bit by a horse but stays because





she fell in love with the mission. She added, "A lot of people don't know how to take care of a horse they purchase at auction, and unfortunately, some of those horses get down to very poor condition before they come here."

Mike calls himself the maintenance man, "Whatever they tear up, I fix it." But it is clear his work springs from a love for the animals. "We developed our own feed for the animals. Many of them come to us undernourished. We worked with a vet and nutritionist to develop this formula that is so soft the animals with sore mouths and bad teeth can still eat and put the weight on that they need."

3 Amigos relies on volunteers and foster families. Like most nonprofit organizations, donations are essential. They have fundraisers most every month but also accept donations of feed, hay and many other equine-related supplies. "Still, one of the best things people can donate is their time. Many of the animals have scars from abuse. We need a variety of people to visit, so the animals can learn to trust again," Janice added.

Another program 3 Amigos offers is "Stable Home," Janice continued, "Some people just need some short-term help to keep their animal at home. We recently helped a lady who had been in an auto accident and suffered financial loss and also the loss of her job. We were able to provide the feed and supplies she needed on a temporary basis until she got back on her feet. She did not want to have to give up her horse in addition to her other misfortune."

Every animal adopted from 3 Amigos has a place to come back to, if necessary. Dixie, Bogart, Pickles, Tiger Lillie, Chelsie — the list goes on. Each with a name, each with a story and each dearly loved by a group of volunteers dedicated to each one living life in the best possible condition. **NOW**

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— By Susan Simmons

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Branden McClain grew up in the tire business. His father, Marvin McClain, was in the tire business in Waxahachie for his entire career. "He started pumping gas and selling tires when he was 12 years old, and he never stopped," Branden said proudly. His father worked with Jerry Yarbrough and was friends with Dan Fikes. In their day, they were well-known in



Waxahachie's tire business. When Branden was in high school, he got into the work program to earn credits for graduation. "I worked with Dad, Jerry and Dan, and they taught me all about the tire business. I love what I do," Branden said. "I love the camaraderie with my customers. I love the business end of it, and I especially love creating a great looking set of custom wheels and having my customer drive off with a big smile on their face."

In 2015, Branden decided to open Total Car Care. The shop handles tires, brakes and wheels. "There are so many different tires made these days, and most people have no idea which brand is really better than the other. Over the past 27 years, I have learned what the best tire is for the money, depending on the kind of car and how the car is used. I always suggest the tires that best match the needs and wants of the driver," Branden said, expressing his desire to take honorable care of his customers.

"One of the greatest things I take pride in is that any man can send his wife or mother or daughter to me and know that she will be treated with respect and honesty," he stated. "I have many customers who have been buying tires from me since I first began. An important key to my success is building and keeping trust."

Even though Branden enjoys helping people find the perfect tire and keeping their brakes in good repair, custom wheels are his favorite part of the business and his specialty. He had a weekend shop for 15 years at Trader's Village in Grand Prairie, where all he did was custom wheels. As Branden leaned back in his chair, he explained, "You can't walk into just anybody's shop and say, 'I have a '55 Chevy, two-door hardtop that's mini-tubbed in the back,' and that person knows exactly what you need for size 15, 17 or 20." He knows exactly how to customize any vehicle out there, no matter what make, model or year.

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When asked what advice he would give to a person thinking about starting their own business, Branden said, "You must be good at what you do, and you must love what you do. You must also be ready to spend less time than you want to spend with your family." Branden has four children, and he wants to spend more time with them. However, the business demands long hours. Branden said with a grin, "Someday, I am going to get a separate phone number, so my customers can only call me during business hours." **NOW**

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Racheal Bradley and Chloe Deason enjoy making their guests happy at the Dove's Nest.

Zoomed In: Mark Thedford

By Susan Simmons

In the 1980s, Mark Thedford moved to Hawaii during the Hawaiian building boom. He ended up getting married and staying there for 30 years while raising three boys. Now, he and his family have come home to be with his elderly mother.

"For the first 25 years of my life I spent every holiday with my extended family in Waxahachie," he shared. "Both my parents grew up here, and most of the family still lives here. We are so happy to live in Waxahachie. The city has made some excellent choices in the way they are directing growth, so the city will remain a comfortable place to live. I intend to build some beautiful houses to add to the city's beauty!"



Sam Turner takes his daughter, Hailey, and puppy, Nala, shopping at PetSmart!



Whitley, Brooklyn and Mary Beth Wainnscott return after a fun lesson in cheer at Sandy's School of Dance.



Cindy Chesley, Melissa Ludwig, Max and Andrew enjoy a Saturday family gathering at Fresh Market Coffee.



Jimmy Adcock is the line judge at the freshman football game.



Reves Taylor and Ted Saltzman take a morning ride on Waxahachie trails.



Owner Wayne Strickland enjoys bartending at the College Street Pub!

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CookingNOW

In the Kitchen With

NATALIA ANDRESEN

— By Joy Horn



Natalia Andresen finds peace in the kitchen. She gives thanks to her mother who encouraged her desire to cook at a young age. “My inspiration mainly comes from Colombian cuisine. Preparing traditional dishes is one way I can connect to my roots and bring my family along to learn about where I grew up,” Natalia expressed. After moving to the U.S. when she was 20 years old, she married a year later and now has two beautiful daughters who love eating the healthy meals she creates. After living in the states for many years, she has embraced many new food items, though some traditions never change. “Every Sunday, we enjoy a very traditional Colombian breakfast: caldo con arepas! But on Saturdays, my husband makes pancakes,” Natalia said with a smile. **NOW**

Hogao

Makes about 2 cups.

3 Tbsp. vegetable oil
2 cups fresh tomatoes, chopped
1 cup scallions, chopped
1 clove garlic, minced
1 tsp. ground cumin
1/4 tsp. salt
1/4 tsp. ground pepper

1. Heat the oil in a saucepan; add the tomatoes, scallions, garlic and ground cumin. Cook gently for 10 minutes, stirring until softened.
2. Reduce the heat to low; add the salt and pepper. Cook for 10 minutes more, stirring occasionally, until the sauce has thickened. Check and adjust the seasonings to taste.
3. Serve with your favorite bread, crackers or patacones.

Fried Green Plantains (*Patacones*)

Makes 8 Patacones.

2 large green plantains
Vegetable oil for frying
Salt, to taste

1. Peel the plantains; cut crosswise into 1/2-inch slices.
2. In a medium-size heavy pot, add enough vegetable oil to cover the plantain slices. Heat the oil over medium-high heat.
3. Add the plantain slices to the heated oil in a single layer. Fry for about 3 to 4 minutes per side. Carefully remove the plantains with a slotted spoon; place them on a plate lined with paper towels to absorb the excess oil.
4. Let plantains cool for 3 minutes; place on a piece of plastic wrap. Cover with another piece of plastic wrap. With a flat pot cover, press well on the pieces of plantain, flattening them to 1/4-inch thickness.
5. Dip each slice in salted water. Using tongs, add them back in the hot oil in a single layer. (You may need to work in

batches.) Fry plantains for an additional 3 minutes on each side. Be careful when you fry the soaked plantains, as droplets of water will cause the oil to splatter.

6. Remove the plantains with a slotted spoon; transfer to a plate lined with paper towels to absorb the oil. Sprinkle with salt, to taste. Transfer to a serving plate. Serve hot with guacamole or hogao.

Colombian Empanadas

Hogao:

2 Tbsp. olive oil

3 cloves garlic, minced

1 tomato, finely chopped

6 green onions, finely chopped

1 small onion, finely chopped

1/2 tsp. cumin

1 pkg. Sazón Goya con Azafran (saffron) (about 2 tsp.)

1/4 cup cilantro leaves, coarsely chopped
Dash salt and pepper, to taste

Meat and Potatoes:

3 beef bouillon cubes

1 lb. top round or skirt steak, or similar cut of pork

Water, enough to cover meat

1/2 lb. yellow or white potatoes

Dough:

3 cups yellow masarepa (precooked cornmeal or harina de maiz)

2 1/4 cups hot water

2 tsp. sugar

Salt and pepper, to taste

2 cups vegetable oil, for frying

1. *For hogao:* Heat olive oil in a large stockpot. Add garlic, tomato, onions, cumin, Goya seasoning and cilantro; sauté over medium heat, stirring until onion is very soft, about 12-15 minutes. Season with salt and pepper to taste.

2. Remove hogao from pot; set aside in a separate bowl.

3. *For meat and potatoes:* Add the beef bouillon cubes to the pot.

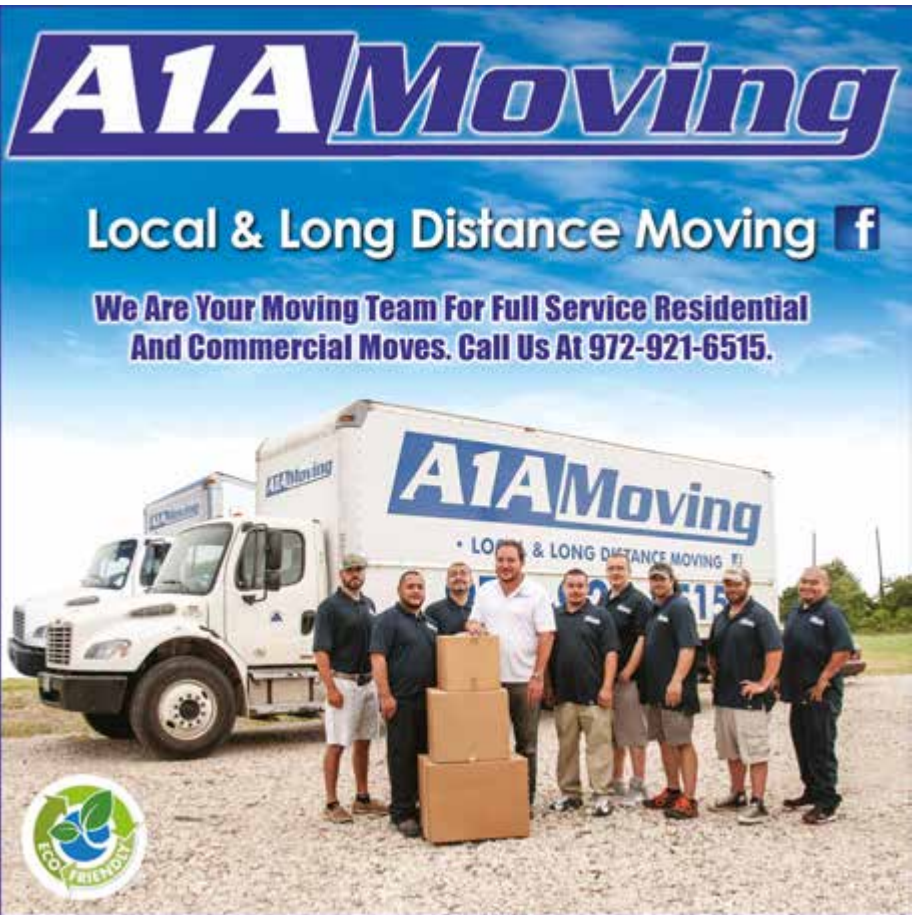
4. Slice the meat into strips; add to the pot. Cover the meat with water; bring to a boil.

5. Simmer meat until very tender when pierced with a fork, about 1 hour.


6. Peel and quarter potatoes; add to the beef, adding more water, if necessary, to cover the potatoes. Simmer until potatoes are very tender. Remove pot from heat; let the meat and potatoes cool in the broth.

7. Remove meat and potatoes into a separate bowl; set aside. Strain the broth into a large measuring cup; reserve broth.

8. Finely chop the meat and potatoes. Stir the reserved hogao into the meat and potatoes;



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mix thoroughly, adding a little of the reserved broth and slightly mashing the potatoes.

9. For dough: Place the masarepa into a large bowl. Stir 1 cup of the reserved broth into the masarepa, along with hot water and sugar. Season mixture with salt and pepper; set aside for 10 minutes.

10. Roll the masarepa dough into about 40 golf ball-size balls.

11. Working with one ball of dough at a time, flatten each ball into a 4-inch circle between 2 sheets of plastic wrap. Place 1 tsp. or so of filling in the middle of the dough circle; fold the circle in half to make a half-moon shape that encloses the filling. Seal the edges with your fingers. Repeat with all the balls of dough.

12. Preheat vegetable oil to 350 F. Fry empanadas in batches until they are golden brown, about 5 minutes. Drain on paper towels.

Colombian Beef Stew (Sancocho)

Makes 6-8 servings.

1 lb. beef ribs, bones or meat
12 cups water
1/2 cup fresh cilantro, chopped
Salt and pepper, to taste
4 ears fresh corn, cut into pieces

**2 green plantains, peeled and cut
crosswise into 2-inch pieces**

1 lb. yucca, cut into big pieces

**6 medium white potatoes, peeled
and halved**

Olive oil, to taste

1 onion, chopped

1 tomato, chopped

1. Place the beef in a large pot; add water, cilantro and salt and pepper. Bring to a boil; reduce to a simmer. Cover; let simmer for about 30 minutes. Add the corn; simmer for 30 more minutes.

2. Add the plantains, yucca and potatoes; cook for 30 more minutes. Add more water if necessary (hot water).

3. Sprinkle some olive oil into a pan; add onions and tomatoes to the pan. Gently cook for 10 minutes. Add to the stew when it is ready to serve.

4. Add additional chopped fresh cilantro; serve with avocado and white rice.



Colombian Beef Stew (Sancocho)

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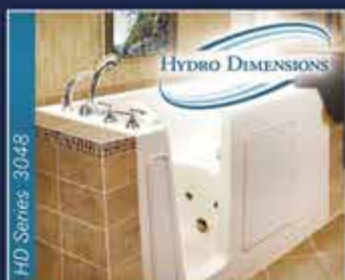
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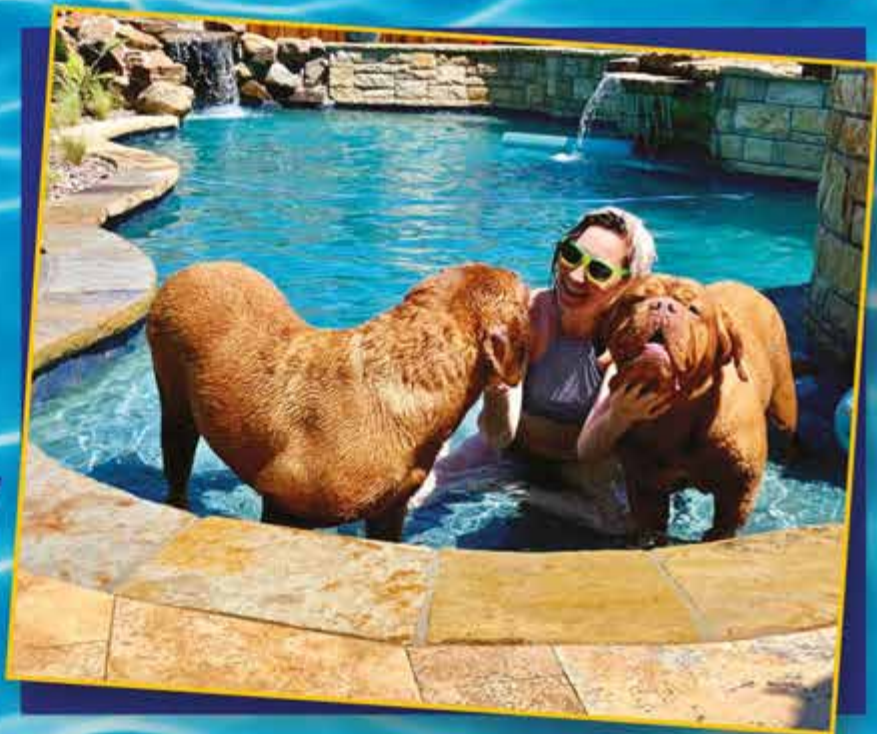
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— By John T. Taylor

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While the pace is slower here, you'll quickly find an attraction to interest almost everyone and a memory waiting to be made. There are museums, galleries and an original restored Carnegie Library. For model railroad enthusiasts of all ages, the R.D. Moses Model Railroad is located in the Depot directly behind the Jefferson Historical Museum. Train rides, soda fountains, a petting zoo with exotic animals, shops and boutiques, informative horse-drawn carriage rides and coach tours on brick streets await your exploration and are in operation year-round. To fuel all that activity, you'll find Jefferson has everything from unique sandwiches, award-winning barbecue, burgers and fudge to bistros, wine, coffee bars and fine dining establishments. If you still have the energy, you will find ghost tours available on weekends with fascinating stories of hauntings, past and present.

Festivals abound all year with a candlelight Christmas season, an old-fashioned Fourth of July celebration and a pilgrimage of homes. Add to that Mardi Gras, motorcycle rallies and car shows, Bigfoot sightings, history symposiums and Girlfriend Weekend book festivals, and you might have to stop to catch your breath. But, if you're just looking to get away from the crowds for a weekend, Jefferson offers that, too. And that feeling of relaxation and contentment you'll carry home with you comes free of charge. **NOW**

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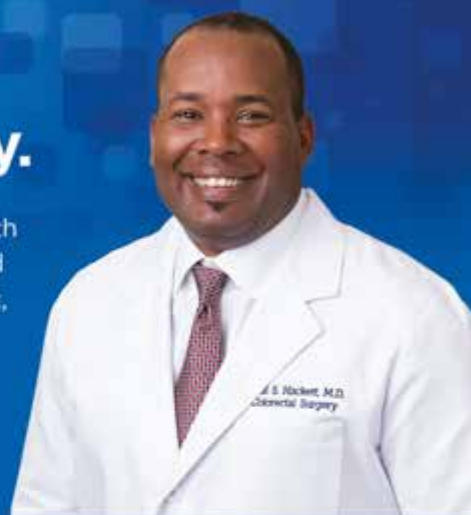
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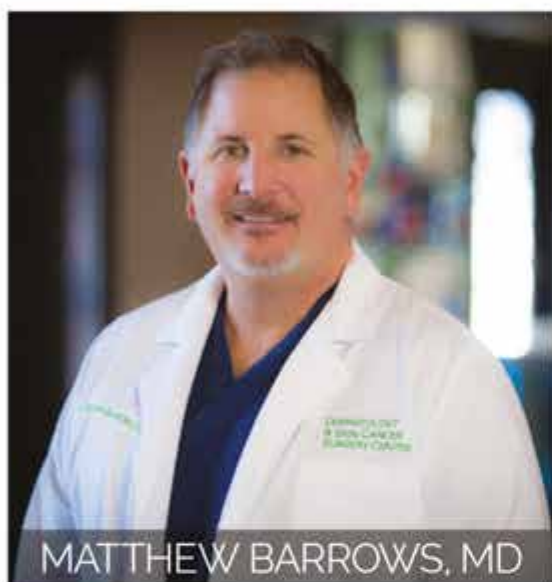
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THE GIFT OF LANGUAGE

— By Joy Horn

Some people are born with a heart for their destiny. English as a Second Language teacher, Caroline Carlson, is one of those people. Growing up as a missionary kid in Africa, being around other cultures and languages became a part of her identity at a young age. “When I moved to Nigeria, I was 11 years old. I experienced a different way of life. Running water, paved roads and electricity were not a given,” Caroline remembered. “The school I went to was an international school, so I had a lot of exposure to different cultures. My teachers and classmates were from all over the world.”

Those experiences as a child led Caroline down a pathway that would change the lives of many through the gift of language. Though she began her college days with the plan of going into social work, she ended up changing her career path. After volunteering to teach English as a Second Language classes at the Dallas Public Library, she knew teaching ESL was her purpose. When she graduated from Texas A&M University-Commerce with a bachelor’s in sociology, she decided to attend a cultural exchange trip to China. On the trip, she realized that teaching in China would be perfect for her.

“My first real experience teaching ESL was in China. I wanted to teach at a university, but I ended up finding a language school that was geared toward elementary students,” Caroline said. During her time in China, she learned valuable lessons that led her to a unique understanding of the experiences felt by her U.S. ESL students. “I experienced culture shock in China with many things, but most of all, with language,” she remembered. She eventually went on to receive her master’s in linguistics, intending to continue in the field of ESL.

Fast forward to current day, and you can find Caroline teaching ESL at Waxahachie High School to students from all over the world. She has students from China, Jordan, Syria, Mexico, Germany, South America, and Indonesia who have recently come to the United States and are trying to learn English.

“I feel like my experiences overseas have given me insight into how my students are feeling. Sometimes, they feel embarrassed and frustrated. I understand because I have felt that,” Caroline expressed. She strives each day to make her students feel welcome





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and understood at school and in her classroom. High school can be a difficult time, even for native students, so having a teacher who is supporting them in every way is vital for these students. Caroline is someone they can trust and rely on to help them navigate an unfamiliar school system. "They come to me for everything. I talk to teachers, counselors and parents. Whatever they need, I am there for them," Caroline said.

Her classroom feels like home for this population of students who are searching for a place where they fit in and feel comfortable. "I love that my classroom feels like a family because they are all going through similar things — navigating the crazy world of high school while learning English. It is hard for them because they are held to the same expectations as native-speaking peers," Caroline said. "Many of them work after school, so it doesn't leave much time for homework or study. Also, many have been through some really hard stuff and are dealing with trauma. I try to show them that I care, and I go out of my way with whatever they need, not just with school. I advocate for them with their other teachers, who are busy, so that they don't get overlooked."

She also makes sure to provide plenty of encouragement for all her students, especially the ones who may be feeling overwhelmed or discouraged. She writes a note to each student a couple of times a year to acknowledge their progress and strengths and to provide feedback on what they still need to work on.



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In addition to helping her students feel comfortable in a new school and new culture, she goes above and beyond to teach them the skills they need to be successful academically. Within her classroom, you will hear many different languages, including Spanish, Thai, German, Arabic and Indonesian. "By the end of each year, it is so exciting to see how far they've come," Caroline said. "I had a student who was really struggling. When he finally wrote an essay, it was the biggest shock of my life. It was a huge breakthrough because writing is the hardest for some of them."

When Caroline isn't teaching, you can find her studying Spanish and traveling the world. After she started at Waxahachie High School, she realized how much learning Spanish would help her, so she started an online Spanish immersion program. This past summer, she traveled to Guatemala to receive face-to-face instruction. "I got to live with a Spanish-speaking family and attend classes every day. When I got there, I took a test, and then they placed me according to my Spanish proficiency," she explained. She had befriended one of her online teachers before traveling there, so she had a friend to show her around. She hiked some beautiful mountains and even got to hike an active volcano, where she and her friends roasted marshmallows over the heat of the lava. Caroline looks forward to another awesome year at Waxahachie High School with her new language skills and another awesome opportunity to help students from all over the world. **NOW**

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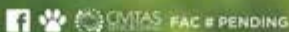


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Easy Upgrades

— By Lisa Bell





Ever want to repair or update your home without spending a lot of money to hire someone? Let's face it. Most of us don't know where to start with a major project, and in a lot of cases, we shouldn't tackle some updates. But almost anyone can do some simple repairs or upgrades that will completely change the way your home looks.

Seal roof vents. Over time, the rubber around the vents on your roof wears out. This can be a source of leaks in your home. To repair them, cut/scrape away rough spots and the old caulk with a pocket knife. Apply a thick bead of lap seal caulk around the seam between the vent pipe and the old rubber gasket. Then run a second bead of caulk just below the first bead. Finally, slide the replacement rubber gasket over the pipe and press it down tight to the flange.

Cover a ceiling stain. Painting is one of the most-used ways to quickly update a home. But what happens if you had a leak and need to cover the spots first? Simple. Make sure you address the leak, but then use Upshot by KILZ to seal and cover the spots. Follow the directions provided. Easy fix.



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Add wall art. Most home improvement or home decor stores carry a variety of wall words or pictures. Choose a wall to highlight with these quick and easy additions. The wall art or words have easy-to-follow instructions, making this a simple project.

Replace cabinet knobs and pulls. An effortless and inexpensive way to completely change up a bathroom or kitchen is to replace the old drawer pulls and knobs with an updated, fun version. Available at home improvement, home decor and even some department stores, the options are endless. Love chickens or animals? A variety of options enhance other items already in your kitchen. Sports fan? Look for literally dozens of sports-shaped knobs. These can also be used in a bedroom on a dresser or desk to create a fun atmosphere. In most cases, you only have to unscrew the old knob/pulls and screw in the new ones. Invite your children to help with this project.

Change interior door knobs. If you have an older home, you might want to replace the old-fashioned knobs with something more modern. But if you love the country style, even a new home can enjoy a fresh look with the old-fashioned crystal knobs. While this takes a touch more skill, you still need only a screwdriver to complete the project. Make sure to line up all the elements within the knob and check before closing the door.

Paint vinyl flooring to look like stone. Often vinyl flooring isn't in bad shape, but it can lose its luster and original appeal. Even if the flooring has small chips or cracks, you can actually use those areas to enhance the look of



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stone. Use chalk paint, and be sure to seal the floor after it dries to increase durability. Start with a base color to cover the floor. Then mix in lighter and/or darker colors, and lightly brush over your base color to achieve uneven tones throughout the room, creating the stone look. Be sure to start in the far corner and work your way out of the room. Try this out on a small space before moving to a larger area if you're nervous.

Replace house numbers. A simple update for the exterior comes in the form of new house numbers. You can find many options, and simply remove the old and hammer or screw on the new ones. Be sure to clean around the area and touch up paint, if needed.

Switch out switch-plates.

Throughout most houses, light switches and outlets have the same dull cream or white covers. But you can find decorative options to brighten or create an elegant look in any room. Some hobby stores carry clear acrylic options if you want to create a unique backdrop. You only need a screwdriver to uninstall and replace old covers with something new.

These are merely a few ideas to quickly and easily update your home. Don't be afraid to use your imagination and come up with something wonderful. And, of course, utilize the Internet for more ideas. Hire a handyman for big jobs you can't do, but get adventurous and make a few changes. You'll be glad you did. **NOW**

Sources:

1. www.thisoldhouse.com
2. www.hometalk.com
3. www.familyhandyman.com
4. www.bhg.com

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Tales of Texas

TO BEAN,

OR NOT TO BEAN

— By Lisa Bell

As the days turn cooler, nothing tastes better than a big bowl of chili. The spiciness and warmth tingle in your mouth and heat you up from the inside out. And even on the hottest day in the summer, what would a hot dog be without the extra flavor of chili and cheese on top?

But did you know that chili is actually the state dish of Texas, and that National Chili Day is celebrated each year on the fourth Thursday of February? Quite an achievement for a simple dish that is greatly loved alone or used in many recipes.

Many stories and legends of chili's origin exist. According to an old Southwestern American Indian legend, a beautiful nun, Sister Mary of Agreda of Spain, first recorded the recipe for chili con carne. The natives knew her as "La Dama de Azul," the Lady in Blue. She mysteriously never left Spain, but reportedly this beautiful nun entered trances and traveled to faraway lands, where she shared Christianity with natives. Some believe during these trances, tribes in Texas taught her to make chili.

The original version consisted of venison or antelope meat mixed with onions, tomatoes and peppers.

Throughout the centuries, Spanish settlers made the concoction — some using spicier chili peppers than others. None of the early recordings mention the use of beans in making the popular dish, which became a staple because of its ease and low cost. In some cases, people used more onions and peppers to stretch the scant amount of meat they could afford to buy.

In 1895, Lyman T. Davis of Corsicana, Texas, made chili and sold it from the back of his wagon for 5 cents a bowl with all the crackers a customer wanted. Later, he opened a meat market and sold his chili in brick form under the brand of Lyman's Famous Home Made Chili. Then in 1921, Davis canned his secret recipe and named it after his pet wolf, Kaiser Bill. He called it Wolf Brand Chili. A picture of Kaiser Bill still appears on today's label.

A few years later, Davis struck oil on

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his ranch and quit the chili business, selling operations to J.C. West and Fred Slauson, two Corsicana businessmen. The new owners had Model T Ford trucks with cabs shaped like chili cans and painted to resemble the Wolf Brand label. A live wolf, caged in the back of each truck, got the attention they wanted. Conagra Brands Inc. now owns Wolf Brand Chili.

From the time of its early beginnings, chili remains one of the favorite dishes for Texans to eat, but it is also perfect to use in cooking. Although the original varieties most likely didn't include beans, some people insist on using them in their homemade recipes. And Texans love a good chili cook-off, where some of the best chefs compete to win the title of world's best chili.

One of the most famous events in the world occurs annually in the small town of Terlingua, Texas. In 1967, the renowned chili cook-off began in order to settle an argument between two journalists who both claimed to be the leading experts on chili. Texas historian and chili head, Wick Fowler, teamed with car magnate Carroll Shelby to settle the dispute between Frank X. Tolbert and H. Allen Smith.

The contest was designed to determine who knew more about chili, a Texan or a New Yorker. The first year the judges called a draw, unable to agree on which tasted best. One judge claimed

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permanent damage to his taste buds because of the intense amount of spices.

In its 53rd year, the three-day event will be held October 28-November 2, 2019. Each year, it draws thousands of attendees, with chefs vying for the coveted title of best chili. The event now features other food and drink competitions, dancing, art and a Texas author tent among many activities.

Undoubtedly, today's version of chili looks and tastes quite different from that of long ago. The use of beans in a recipe generally remains a question of individual preference. For some, chili needs nothing more than basic ingredients. Beans belong in a class all by themselves.

Anyone hungry for a big steaming bowl of chili? Now you know why you love it so much — and why in 1977, the Texas Legislature proclaimed it as the official state food “in recognition of the fact that the only real bowl of red is that prepared by Texans.” **NOW**

Sources:

1. www.whatscookingamerica.net/History/Chili/ChiliHistory.htm
2. www.chron.com/news/houston-texas/texas/article/The-Original-Terlingua-International-Championship-10594162.php
3. <http://www.amaranthpublishing.com/Chili.htm>
4. www.abowlofred.com



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Kids' Fun Page

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1. GHOST



4. DEVIL



6. WITCH



2. FAIRY



7. PIRATE



8. MERMAID



9. KNIGHT



3. SKELETON



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DARK
EVIL
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GHOST
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MONSTER
MOON
NIGHT
PUMPKIN
SCARY
SPIDER
TOMB
TWILIGHT
WITCH

A	H	T	H	G	I	L	I	W	T
A	U	L	L	R	E	D	I	P	S
N	O	T	S	C	A	R	Y	E	W
I	T	M	U	D	A	R	K	V	R
K	S	O	B	M	H	E	N	I	E
P	O	O	A	C	N	L	I	L	T
M	H	N	T	E	E	T	G	R	S
U	G	I	C	A	T	S	H	A	N
P	W	T	O	M	B	A	T	E	O
H	O	R	R	O	R	C	N	F	M



MYSTERIOUS WORD: _____

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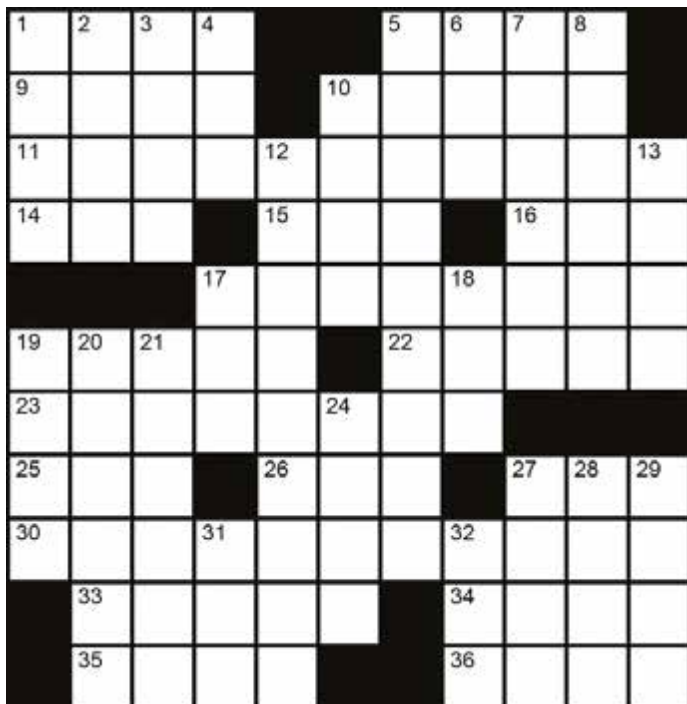
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Crossword Puzzle



Across

- 1 Start of Operation Overlord
- 5 Banned pollutants
- 9 Former Soviet ruler --- Andropov
- 10 Acute
- 11 Watch
- 14 When one is supposed to get there
- 15 Metal container
- 16 Period of history
- 17 Judicial restraint
- 19 Variable
- 22 Old-fashioned
- 23 Hung around
- 25 First of her kind
- 26 The whole race, or a member of half of it
- 27 Put down in the street
- 30 Journey's end
- 33 Yearned
- 34 The power to reject
- 35 Playthings
- 36 Thrust with a knife

Down

- 1 Embankment
- 2 Musical composition for two
- 3 Extent of space
- 4 Pup's cry
- 5 Remarkable events
- 6 Reef
- 7 Cattle classifications
- 8 Puffball emissions
- 10 Obstacle
- 12 Scholarly centers
- 13 Not any
- 17 Light rowboat
- 18 Slender bar
- 19 Ran away
- 20 Occupy
- 21 Worldwide cultural org.
- 24 South African monetary unit
- 27 Tokyo legislature
- 28 Small thing
- 29 Nose-in-the-air sort
- 31 Your, old style
- 32 Domestic channels for news, education, entertainment and rubbish

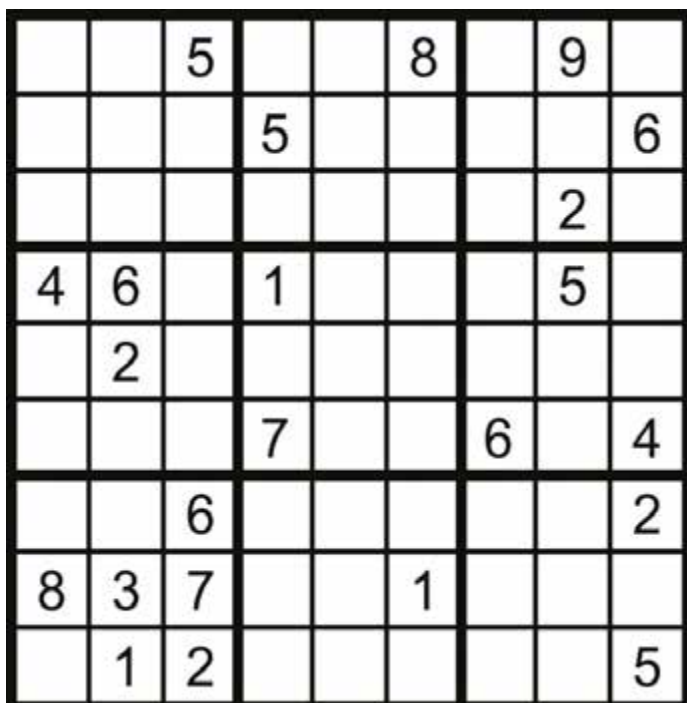
Solutions on page 68

Crosswordsite.com Ltd

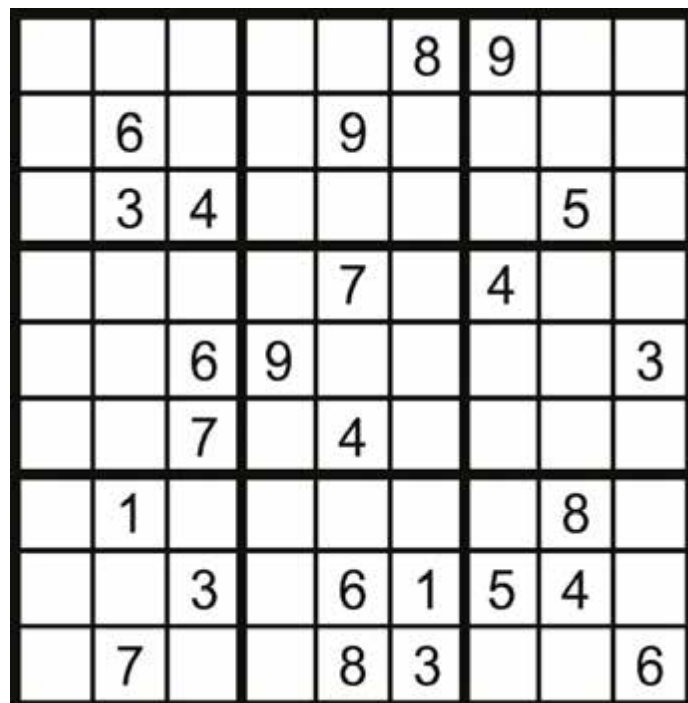
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Sudoku Puzzle

Easy



Medium



For online versions, visit nowmagazines.com

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Solutions on page 68



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Dr. Richard R. Knight, M.D.

Gloria S., Crowley, TX

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12 weeks****

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may vary.

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Weekends in October

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Theme Park:

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7:30 p.m.-1:30 a.m.,
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Through 10/27

Shadow Creek Pumpkin Farm:

The fall experience includes
games, snacks and fun.
Hours and events listed at
shadowcreekpumpkinfarm.com.
1530 Indian Creek, Midlothian.

10/1

STEAM Punks:

Homeschool Tweens:

Fun, hands-on learning about
all things Science, Technology,
Engineering, Artistic and Math.
Free. 2:00-3:00 p.m.,
Nicholas P. Sims Library,
515 W. Main St.

10/2

Itsy Bitsy Baby at The Salvation Army:

Class combines music with
creative movement, singing
and instruments. Free.
10:00-10:30 a.m., 620 Farley St.

10/5

Fall Plant Sale:

Ellis County Master Gardeners

will be on hand to answer
questions and help with
selections. Bring your own cart
or wagon. Proceeds benefit
ECMGA Scholarship Fund.
9:00 a.m.-noon, Coleman Jr.
High School,
1000 Hwy. 77
TXMG.org/Ellis/fall-plant-sale/.

10/12

Coming Home Fall Market 2019:

Local and student vendors
selling holiday decor, clothing,
jewelry, home items, baked
goods and more. Proceeds
benefit SAGU scholarships
and campus beautification.
Admission \$2; free for
students and seniors.
9:00 a.m.-2:00 p.m.,
SAGU Hagee Communications
Center, 1200 Sycamore.
SWA@SAGU.edu.

10/19

Ellis County Walk to End Alzheimer's:

Registration: 8:00 a.m.;
opening ceremony: 9:00
a.m.; walk begins: 9:30 a.m.,
Downtown Square at Main
Street, Waxahachie.

Oktoberfest:

An all-day, fun-filled family
entertainment event featuring
live music, delicious food,
kids games, car show, bingo,
raffle, pumpkin patch, face
painting and much more.
10:00 a.m.-8:00 p.m.

[stjosephwaxahachie.com/
oktoberfest-2](http://stjosephwaxahachie.com/oktoberfest-2).

10/25-10/27

Beauty and the Beast, A Broadway Musical:

Waxahachie Community
Theatre's fall production.
Tickets can be purchased online
beginning **October 1** through
the theatre's website:
www.waxahachiecommunitytheatre.com,
Chautauqua Auditorium
at Getzendaner Park.

10/26

Texas Country Reporter Festival:

Join Kelli and Bob Phillips,
hosts of the weekly TV show,
Texas Country Reporter, for
this 24th annual, one-day
arts and music festival. More
than 250 booths featuring
artists, craftspeople, food, live
entertainment and some of
the people who have been
featured on the TV show over
the years. Free admission.
9:00 a.m.-7:00 p.m.;
"unplugged" performance by
country legend John Anderson:
6:00 p.m., historic courthouse
square, downtown Waxahachie.
www.waxahachiecvb.com.

Library Book Sale:

The library will be closed, but
we will be holding our annual
book sale in the parking lot. All
day. Parking for Texas Country
Reporter Festival available

for \$10. If you purchase \$20
from the book sale, the festival
parking will be free.

10/29

Navarro College Fall Festival:

Free candy, games, food and
drinks. Balloon artist, face
painting, hay rides and more.
5:30-7:30 p.m., Waxahachie
Campus, behind Building C.
(469) 309-4045.

Mondays

Celebrate Recovery:

Dinner: 6:30-7:00 p.m.;
meeting: 7:00-9:00 p.m., The
Avenue Church, 1761 Hwy. 77
(972) 937-5301.

Saturdays

Farmer's Market:

Every Saturday through
October, visit the market for
delicious, locally grown produce,
fresh baked goods, plants and
much more. 8:00 a.m.-1:00
p.m., downtown at
410 South Rogers Street.

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Oct. 26



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Crossword - Sudoku Solutions


1	D	D	A	Y		5	P	C	B	S					
9	Y	U	R	I		10	S	H	A	R	P				
11	K	E	E	P		12	A	N	E	Y	E	O	N		
14	E	T	A		15	C	A	N		16	E	R	A		
					17	G	A	G		18	O	R	D	E	R
19	F	L	U	I	D		22	M	O	S	S	Y			
23	L	I	N	G	E	R	E	D							
25	E	V	E			26	M	A	N		27	D	I	S	
30	D	E	S	T	I	N	A	T	I	O	N				
		33	A	C	H	E	D			34	V	E	T	O	
		35	T	O	Y	S				36	S	T	A	B	

Easy

6	7	5	4	2	8	1	9	3
2	8	3	5	1	9	7	4	6
1	9	4	3	7	6	5	2	8
4	6	9	1	8	3	2	5	7
7	2	8	6	4	5	9	3	1
3	5	1	7	9	2	6	8	4
5	4	6	9	3	7	8	1	2
8	3	7	2	5	1	4	6	9
9	1	2	8	6	4	3	7	5

Medium

7	5	1	6	3	8	9	2	4
2	6	8	5	9	4	7	3	1
9	3	4	1	2	7	6	5	8
3	2	9	8	7	6	4	1	5
5	4	6	9	1	2	8	7	3
1	8	7	3	4	5	2	6	9
6	1	2	4	5	9	3	8	7
8	9	3	7	6	1	5	4	2
4	7	5	2	8	3	1	9	6




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