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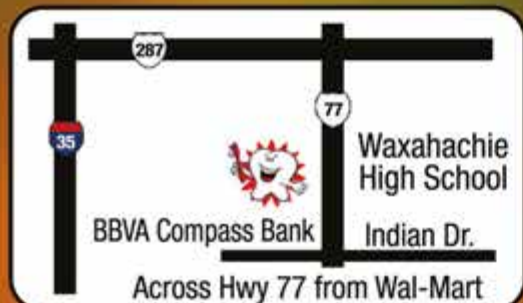
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ON THE COVER

Julie Kempf and her best friend, Jeanette Kelley, enjoy the ride!

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EDITOR'S NOTE

The holidays are coming ...

Thanksgiving always takes me back to my childhood when we celebrated at my grandparents' house. They lived on a small farm south of Waxahachie in the same house where my mom spent her childhood. Mamaw's cornbread dressing is fused in my memory as a moist, flavorful milestone marking every Thanksgiving of my life until I was 35 years old. She was such a caring woman who never got tired of fixing holiday meals and putting forth the effort to have the whole family at her house.

Through the years, I have realized how hard Mamaw worked to make Thanksgiving a special one for our family. I am so thankful to remember those times spent with my cousins, aunts and uncles. Everybody brought their favorite dish, like candied sweet potatoes, pea salad, fruit salad, pecan pies and so much more. The cool November afternoon was spent hiking through the freshly harvested cotton fields or playing "school" on the back porch with my cousin.

As I have traveled through life, I have learned that Thanksgiving has its own special beauty. Even though it does not include lots of decorating or gift buying, it should not be ignored. In fact, that's what makes it so special. It is the least stressful holiday because it's solely about togetherness and thankfulness. Of course, the day after Thanksgiving marks the beginning of the official holiday season. From Black Friday through New Year's Day, things can get a little crazy. Just one more reason to enjoy a relaxing Thanksgiving and make wonderful, simple memories with our families.

Happy Thanksgiving, my fellow Waxahachians!



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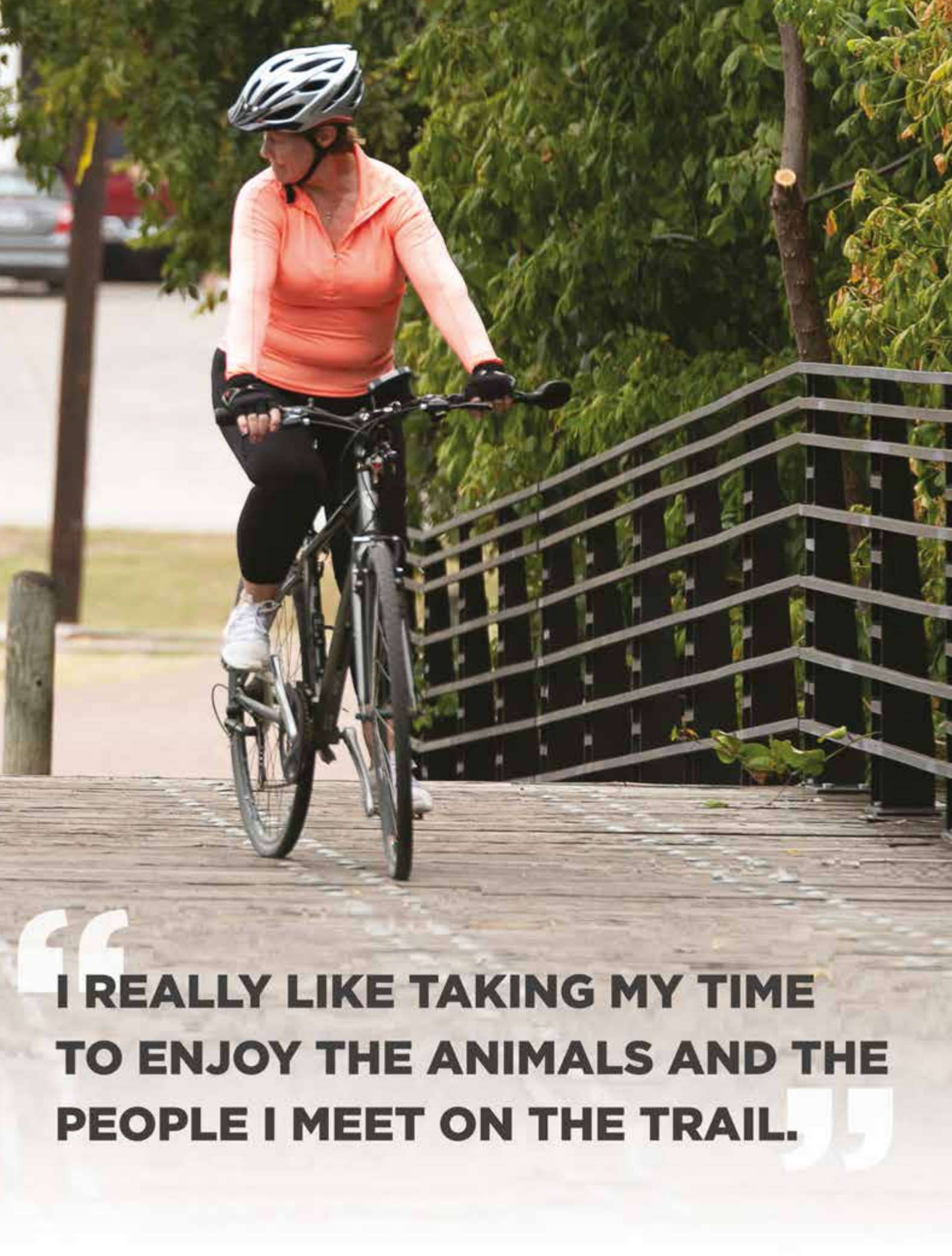
BUILDING A HAPPY LIFE

— By Susan Simmons



If you are looking for inspiration, Julie Kempf has you covered. This amazing woman has overcome massive obstacles to become the happy, optimistic and altruistic woman she is today. In 1985, when she was just 22 years old, Julie's car was hit by a semitruck. Julie spent the next five months in a coma. "I remember hearing the doctor say that people with these kinds of injuries never make it," Julie said, "and I clearly remember thinking, I will show you. I am going to make it!" Julie advised people to always remember, "Just because someone is in a coma, does not mean they can't hear what you are saying. I could hear everything they were saying. So be careful what you say." After she woke up from the coma, she had to learn how to do everything again. "I not only had to learn how to walk again, I had to learn how to chew and swallow again," she said.

Julie has spent the 33 years since the accident making a happy and fulfilling life for herself. "I went through some rough times trying to find my way, but God kept me going in the right direction. Everything I can do today is because of God." Julie purchased 55 acres on the outskirts of Waxahachie and filled it with pets. Today, she has eight buffalo, several longhorn cattle, chickens, goats, dogs, cats and fish. Everybody has a name. "Norman is my longhorn bull who jumped the fence and castrated himself," Julie said with a giggle, "and Sid is my Holstein/Longhorn mix. He is humongous and absolutely gorgeous." Julie's eyes shine when she talks of her animals, especially Zoe, her little Chiweenie mix. "God gave me a prescription for animals to heal me, and it worked!"



“

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Today, Julie spends much of her time with her best friend, Jeanette Kelley. The two women love to ride bikes on the Getzender Trail. Jeanette has always been an avid bike rider. "One day, a friend sent me a picture of a recumbent bike, and I thought it would be perfect for Julie, so we could ride bikes together," Jeanette said excitedly. Jeanette took Julie to Fort Worth where she has purchased bikes for many years, and they got Julie all set up for bike riding. "Her shoes lock into the bike to help her keep up her momentum," Jeanette offered.

"I ride slow," Julie said.

"Unless she is coming down a hill!" Jeanette added gleefully.

"Three years ago, when I first got my bike, it took me three hours to do the trail, but now my record is two hours," Julie explained. "I really like taking my time to enjoy the animals and the people I meet on the trail. They call me the squirrel whisperer because the squirrels seem drawn to me. I have seen several snakes, and I love to get their pictures. I also like to take the time to high-five passing kids."

Not only has her recumbent bike given Julie the freedom to experience bike trails, but "it has really built up my strength and mobility. I tried stationary bikes, but they were so boring," Julie said. "I might be able to stay on a stationary bike for 15 minutes before I am too bored to continue, but out in God's nature, I can stay for hours."

Jeanette chimed in, "She is a good rider. She has only tipped over three times in three years."

"I have to be really careful about those brakes," Julie said with a smile.





Of course, Jeanette rides her bike faster than Julie, so she will ride down the trail, turn back and ride to Julie, and then turn back and ride the trail again. "We are like the tortoise and the hare," Julie said. "Jeanette goes fast, but misses some of the sights. I go slow, but get to enjoy everything I see."

Recently, Julie's nephew, with his wife and son, moved in with Julie to help around the farm. As fate would have it, his 7-year-old son has spina bifida and lives in a wheelchair. Julie, of course, is a great role model for this child, and he keeps her laughing. Her eyes light up when she tells stories of the cute and witty things he says and does.

The loving friendship between Julie and Jeanette is clear. Since Julie has a slight difficulty in speaking, Jeanette is always there, ready to clarify any difficulties. She is obviously Julie's cheerleader. The two love to tell and laugh at each other's jokes. They met years ago at the Cowboy Church in Waxahachie, and they quickly became friends. Each woman gives the other credit for being an encouraging force in their lives. "It works both ways, believe me," Jeanette said. Last year, they even went to Israel together with friends from the Cowboy Church. "We took a push wheelchair, and I pushed her all around Israel," Jeanette said happily. "It was truly a trip of a lifetime."

"Julie has achieved a high level of self-sufficiency. She drives herself wherever she wants to go. She puts up with a lot of pain, but she remains strong. She goes by herself to Wal-Mart and does her shopping. She doesn't wallow in self-pity," Jeanette stated.

Julie quickly added, "Everything I can do now is because of God. I want people to see me and be encouraged. I want handicapped people to know that they can still have a happy life." **NOW**

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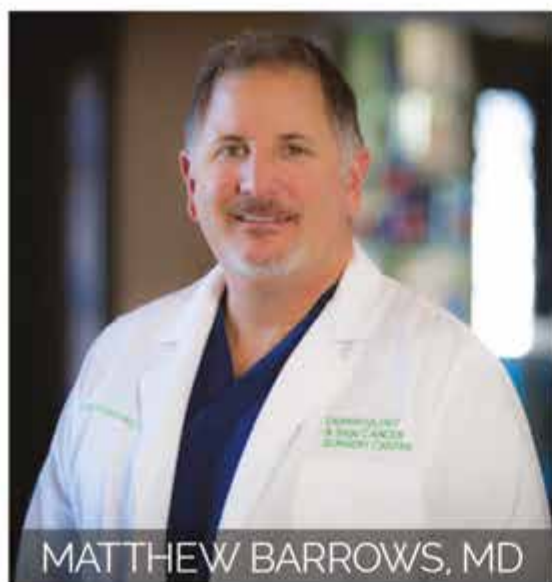
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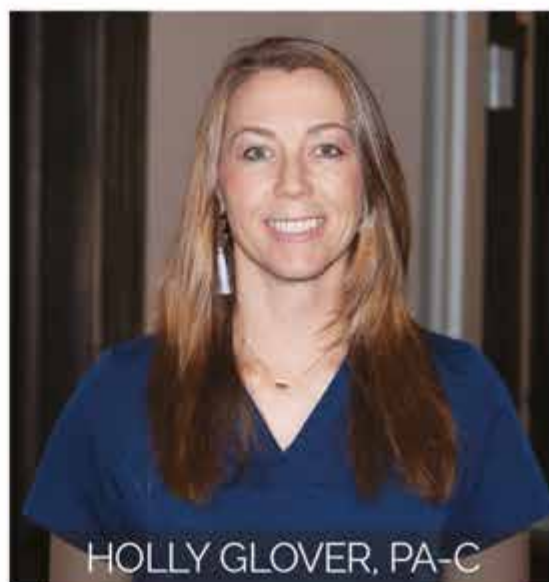
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HOLIDAY

Magic

— By Susan Simmons

The Festival of Trees is the perfect place to kick off our joyous Christmas season in Waxahachie. “This is the seventh year, and our festival has grown so much that it has become an annual, favorite Christmas activity for many people throughout Ellis County,” said Sue Allelo, who volunteers at the annual event. Sue serves on the board of directors of Habitat for Humanity. “I am on the public relations and special event committee, and when they asked me to help with the festival, I thought, Yeah, I can do this. Of course, I didn’t realize that it was going to become a nine-months-out-of-the-year thing, but I have become friends with the people I am working with, and I feel like I am truly making a difference in peoples’ lives. I think we were put on Earth to help one another. It is our job.”





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This year, the festival is being held November 22-23, and there are several fun activities for children to enjoy, such as Santa Claus visits and \$5 photos, Christmas cookie decorating and free hot chocolate and cookies donated by Dr. Laura Morgan. Everybody even gets a free mug with their hot chocolate, and donations are appreciated! Friday night, there are no children's activities, so it is a little quieter. "Since Friday hours are at night, it is dark outside, which makes it very beautiful because all the trees and decorations are lit up. There is always someone playing Christmas music on the piano or choirs singing Christmas carols, and it feels so nostalgic and special," Sue said warmly. "Sprouts donates delicious pies and cookies for Friday night, and we have coffee and wassail to enjoy also."

The festival raises money from the sale of hundreds of donated, fancily decorated, Christmas trees, wreaths and elaborate decorations. "It is a silent auction. Each person silently bids by writing their name and the amount they are willing to pay on the bid sheet of the items they are interested in purchasing. Bidding is open during the entire festival. At 3:00 on Saturday, we send a text message to the top bidder, letting them know that they won. We wrap the trees up in a big bag with the ornaments firmly attached to the trees, so they don't fall off during transit. Everything must be picked up by 6:00 p.m. on Saturday," Sue explained.

The mission of the festival is to raise money in support of Habitat for Humanity of Ellis County, which began 15 years ago with a mission to bring volunteers together to build inexpensive, but well-made, homes that lower income people can afford. Since its beginning, Habitat for Humanity has built 12 homes in Ellis County and sold them at cost, with no





interest added, to low-income families who also work on building the home. Sue described how the houses are built by volunteers, with donated funds and materials, so that the final sale amount stays as low as possible. "We are required to raise any funds necessary to build a house," Sue said.

"The Festival of Trees is also made possible by hardworking volunteers and generous donations," Sue said. "Waxahachie Bible Church donates their building for us to hold the festival. Their only stipulation is that every penny earned goes directly to build houses, which is perfect for us, because that is how Habitat for Humanity operates anyway," Sue said proudly. "In addition to the hundreds of beautiful Christmas trees and wreaths, we also have merchants who donate all kinds of gift certificates and items of value to be bid on in the silent auction," Sue explained. "It's a great place to do some Christmas shopping!"

Sue expressed her gratefulness to be a part of the festival. "I have been volunteering my entire adult life, and I have always been impressed by the relentless support for good causes by Ellis County residents. The festival could never exist without the support of, not only the merchant and business donations, but also all the volunteers who help with the huge task of setting everything up and taking everything down. In my other life, I am a life coach, and I see the way volunteering can completely change the way a person feels about his or her life."

The Festival of Trees is a lovely way to kick off your Christmas season. No matter if you volunteer or simply attend and bid on a Christmas goodie, you will have a wonderful time and contribute to the huge effort to help others. **NOW**

Editor's Note: Festival hours: Friday, Nov. 22: 5:00-9:00 p.m. and Saturday, Nov. 23: 9:00 a.m.-3:00 p.m. To volunteer or for more information, contact Habitat for Humanity at (972) 937-2797 or volunteer@ellishabitat.org.

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the marketing, while Dr. Morgan practices dentistry. The high school sweethearts, who married during their senior year before going on to complete college, have three children and six grandchildren.

When asked about his favorite part of being a dentist, Dr. Morgan replied, “The best part of being a dentist is to be able to help people feel good about not only their oral health, but with any cosmetic issues with which they are unhappy. I often meet people who have finally finished spending money raising their children and now they want to do something for themselves. It’s very rewarding to help them experience the thrill of having that beautiful smile that they have always wanted.”

Dr. Morgan’s mother was a dental assistant when he was young, but eventually became an educator, as was his father. Having a mom who worked at a dental office provided great early experiences going to the dentist. Later, Dr. Morgan’s

best friend's dad was a dentist, and he noticed how happy he was with his career. By his third year of college, Dr. Morgan had made his decision to become a dentist. It was the right decision, as it's easy to see how much he enjoys his work.


Dr. Morgan has studied for more than 50 continuing education credits almost every year of his career, with many of his courses taken at some of the country's most prestigious dental education institutions. "Education keeps me motivated and energized. I feel it's imperative to know the cutting edge of proven scientific advancements."

One example of Dr. Morgan's use of scientific advancements is that he has offered single-visit crowns for the past 11 years. His office utilizes computer-assisted design and computer-assisted manufacturing (CAD-CAM) to digitally produce crowns, eliminating the need to take an impression that is then sent to another facility to be made.


"Things change," Dr. Morgan stated. "If I'm doing things the same way I was doing five years ago, then something is wrong. In five years, much progress is made in dentistry." Dr. Morgan recently acquired an intraoral digital scanner, which allows him to take entire mouth impressions digitally. "Our goal is to eliminate traditional impressions completely," he said.

Dr. Morgan gives back to the community locally and globally. He volunteers around Texas with the American Dental Association Missions of Mercy. "The people are so grateful. The experience truly adds as much to my life as it does to theirs." He also has gone to Honduras to provide dental care many there desperately need.

For those considering a career in dentistry, Dr. Morgan offers some encouragement: "It's a great profession. I like that it has a certain amount of autonomy where a person can do his or her own thing. I don't have to be a member of a hospital. Also, dentistry incorporates a certain artistic flair with good hand-eye coordination skills, and that makes it interesting. It also offers an opportunity to really get to know your patients and form relationships with them. I like that." **NOW**



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Zoomed In: Jo Knefley

By Susan Simmons

Jo Knefley, of Waxahachie, celebrates her 10-year anniversary as the dental assistant instructor for Training Academy 4U in Ferris. "Even though I have been in the dental business for 25 years, it still energizes and excites me," Jo said. "And I love seeing that same enthusiasm in my students!"

Jo was awarded Teacher of the Year 2019 at summer graduation. "Many of my students are the first ones in their families to graduate high school and go to college. To see them employed in a career they love is so rewarding and engenders the intense passion I have for my work."



Denine and Bill Johnson take Lila for a walk at the downtown Farmers Market.



Mary Lanoue, Kelly Gaines, Josie Gaines and Gloria Barker all enjoy creating a mosaic masterpiece at Mosaic Madness.



Mizraim Castaneda has a lovely morning playing with her son, Lazaro, at the park.



Air Evac holds an appreciation luncheon for our first responders!



Deshannon Vasquez and Tammy Morden have a bake sale for a foster family who adopted four children, and now the father is sick.



Gabriel Suaste loads up donkey feed at Atwood's.



NOW Magazines' Bryan Frye presents the State Fair Family 5-pack to contest winner Sara Dickerson James.



Pastor Josh Elsom enjoys an evening at 101 South College Street.

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In the Kitchen With

MACA RAMOS

— By Susan Simmons



“My passion for food came from learning about how important it is for well-being and disease prevention,” Maca Ramos said. “My husband was diagnosed with cancer in 2011, and at that time, we were living on fast food and junk. I made drastic changes to our health and food from that point forward.” Since that time, Maca has spent years developing ways to cook delicious and healthy meals. “My recipes are very simple,” she shared.

Maca uses marinades, spices and various cooking methods to add variety to healthy proteins. She also focuses on healthy fats, such as coconut oil, avocado oil, olive oil and sometimes butter. A quality salt is also important in Maca’s cooking arsenal. “Salt and fat are *everything!* Don’t overcomplicate what you’re doing in the kitchen, friends!” **NOW**

Curry Tuna Salad

1 can of Wild Planet or Safe Catch Tuna
1 Tbsp. avocado mayonnaise
1/2 tsp. Primal Palate curry powder
1/2 cup red grapes, halved
1 stalk celery, sliced
1 Tbsp. sunflower seeds
1 Tbsp. pumpkin seeds
Pinch of salt and pepper

1. Mix all ingredients together in a small bowl. Enjoy with crackers or over your favorite greens drizzled with quality olive oil and a squeeze of lemon.

Squash Enchiladas

Filling:

1 Tbsp. avocado oil
2 small yellow squash, chopped

1/2 small sweet onion, chopped
1 zucchini, chopped
1 garlic clove, minced
1/2 tsp. sea salt
1 tsp. adobo seasoning or Mrs. Dash Fiesta Lime Seasoning Blend
1 can of mild green chilis

Sauce:

2 Tbsp. ghee or butter
2 Tbsp. all-purpose or whole wheat flour
1 cup milk of your choice or broth
1 Tbsp. chili powder
1 cup Monterey Jack cheese, shredded

Enchiladas:

12 tortillas (We use Siete Brand Almond Flour Tortillas, but H-E-B tortillas are amazing.)
1 cup Monterey Jack cheese, shredded

1. *For filling:* Preheat oven to 375 F.
2. Add avocado oil to pan; sauté squash, onion, zucchini and garlic.
3. Season with sea salt and adobo or Mrs. Dash seasoning.

4. Cook for about 5-7 minutes. Once the squash start to soften, add green chilies. Continue to simmer while you make the sauce.
5. *For sauce:* Make a roux by heating your ghee or butter until melted.
6. Add flour; whisk until it begins to bubble, making sure there are no clumps of flour.
7. Pour in milk or broth; add chili powder. Once the sauce begins to simmer, add 1 cup of the Monterrey Jack cheese. Whisk until the sauce is thickened, which doesn't take long.
8. *To assemble enchiladas:* Add 1/3 cup sauce to zucchini/squash mixture to complete the filling.
9. If you're using Siete Brand tortillas, warm up a cast-iron skillet with a little avocado oil; cook tortillas for about 3-4 seconds before rolling them. This helps them roll easier. Add 1-2 Tbsp. of squash mixture to the center of each tortilla; roll and place in a greased 13x9-inch glass pan.
10. Once enchiladas are rolled, pour the rest of the sauce over them. Cover with foil; bake for 20 minutes. Remove foil; sprinkle with 1 cup Monterrey Jack cheese. Bake until the cheese is melted and bubbling, about 4-5 minutes.

Tuna Casserole

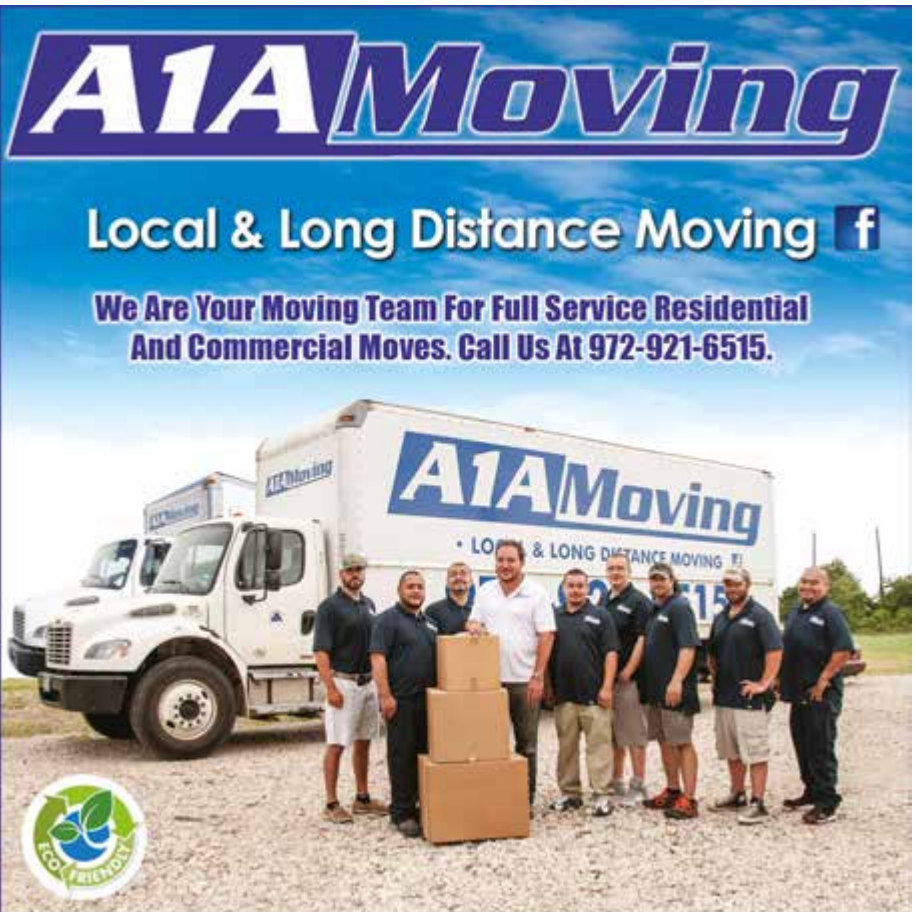
- 1 box Fusilli noodles (Einkorn or brown rice pasta versions are our favorite!)
- 2 cans tuna
- 2 packs sardines in water
- 1 cup coconut milk
- 2 Tbsp. avocado mayonnaise
- 1 cup frozen peas
- Salt and pepper, to taste
- Parmesan cheese, for topping (optional)

1. Preheat oven to 350 F
2. Cook noodles according to package directions; drain.
3. Mix with all other ingredients in a bowl. Pour mixture into a 13x9-inch baking dish. Bake for 20 minutes.


Real Food Pancakes

- 1 Tbsp. avocado oil
- 1 cup butternut squash
- 1/8 tsp. sea salt, or more to taste
- 1/2 tsp. cinnamon or pumpkin pie spice, or more to taste
- 1/2 cup almond butter
- 4 eggs
- 1/4 tsp. Swerve sweetener (optional)

1. Preheat oven to 400 F
2. Drizzle avocado oil over the butternut squash; liberally season with sea salt and cinnamon or pumpkin pie spice.
3. Roast the butternut squash for 25-30



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Christopher D. Schmitt, DPM
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minutes, or until tender and browned.

4. Let squash cool; add remaining ingredients.

5. Pour onto an oiled skillet or nonstick pan at medium heat.

6. Allow each pancake to cook until you see bubbles, or about 1 1/2 minutes per side; then flip.

Simple Baked Salmon

1 lb. wild caught salmon

1 Tbsp. avocado oil

1 Tbsp. coconut aminos

Salt and pepper, to taste

1 tsp. Primal Palate Seafood Seasoning (optional)

1. Preheat oven to 400 F. Place salmon on a baking tray.

2. Drizzle oil, aminos, salt, pepper and seafood seasoning, if using, over salmon.

3. Bake for 12-15 minutes depending on thickness of your salmon, about 4-6 minutes per inch.

Blueberry Cinnamon Brussels Sprouts

1 lb. Brussels sprouts

1 Tbsp. coconut oil



Blueberry Cinnamon
Brussels Sprouts

Salt and pepper, to taste

1/2 Tbsp. cinnamon

1 Tbsp. coconut aminos

1/2 tsp. fresh ginger, grated

1/3 cup frozen blueberries

1. Halve the Brussels sprouts. Bigger sprouts should be quartered.

2. Heat coconut oil in a pan over medium heat. Add sprouts; season with salt and pepper.

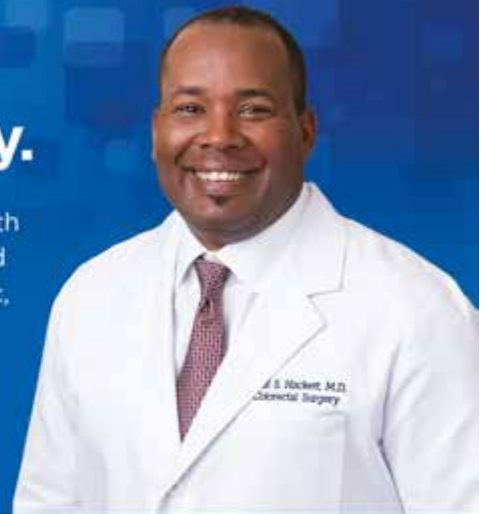
3. Let cook for 3 minutes before adding in cinnamon, coconut aminos and ginger.

4. Cover; let cook an additional 3 minutes. Uncover; add frozen blueberries. Check the tenderness of the sprouts; allow to cook an extra 2-3 minutes or so.

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- Virginia Woolf

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Although born in Iowa and raised in California, many consider actor John Wayne the quintessential Texas cowboy. Fittingly, Texan Lt. Gov. Dan Patrick honored him as an honorary Texan in 2015. Texas House Concurrent Resolution 130 reads, WHEREAS, John Wayne is the prototypical American hero, symbolizing such traits as self-reliance, grace under pressure, resolve, and patriotism ... the State of Texas hereby resolves May 26th as John Wayne Day.

The resolution marked what would have been John's 108th birthday. Born Marion Robert Morrison in 1907, the boy who would become John Wayne was first nicknamed "Duke" because of his loyal relationship with a dog of that name. He was given his screen name after several years as a prop man and extra with Fox Film Corporation when director Raoul Walsh gave him his first leading role. The western flopped at the box office, but the new moniker stuck.

In almost a decade of B-movie roles, many portraying a Texan, John developed his on-screen persona as a man of action, which served him well in his first noteworthy film, *Stagecoach*, in 1939. The film earned seven Academy Award nominations and led John to a series of well-received film roles.

While John also began producing films in the late 1940s, his acting received recognition as he tackled more challenging roles and earned him an Academy Award nomination for Best Actor in *Sands of Iwo Jima*. Through the years, he had a mixture of on-screen and directorial wins and losses.

Texans may favor John's 1960 directorial debut, *The Alamo*, in which he portrayed Davy Crockett. The film was reportedly dear to John, who seemed to hone a Texan mindset after starring in many Texas-set (although rarely filmed locally) movies.

Almost a decade later, in 1969, John earned his first Academy Award for Best Actor in *True Grit*. In 1976, John played an aging gunfighter dying of cancer in his last film, *The Shootist*.

Diagnosed with stomach cancer two years later, John passed on June 11, 1979. Known for his conservative political efforts as well as charitable work fighting cancer, John received a Congressional Gold Medal from the U.S. Congress and the Presidential Medal of Freedom posthumously. The Orange County Airport was renamed in his honor the month he died.

Established by his children in 1985, the John Wayne Cancer Foundation supports cancer-related programs, including those at the John Wayne Cancer Institute at Saint John's Health Center in California.

In 1990 and 2004, John was featured on a postage stamp and in 2007, inducted into the California Hall of Fame. The John Wayne Film Festival began in 2011 in Snyder, Texas, benefiting the John Wayne Cancer Foundation. It moved to Dallas in 2014 but returned to Snyder for 2018 and 2019. NOW

Sources:

1. www.texasstandard.org
2. www.keranews.org
3. www.biography.com/actor/john-wayne



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— By Angel Morris





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Rocking Along

— By Lori Altebaumer

Known as “The Little Town That Rocks,” don’t be fooled by the nickname when visiting Black Mountain, North Carolina. Although rocking chairs abound in the picturesque downtown, there are plenty of good times and breathtaking beauty to keep visitors rolling through this quaint town nestled in the heart of the Blue Ridge Mountains.

First inhabited by the Cherokee Indians, Black Mountain has been attracting people seeking rest and refreshment since the early 1800s. Visitors today find this village still thriving in small-town American charm and friendliness. Voted one of the “Prettiest Small Towns in America to Vacation” by TripAdvisor, Black Mountain does not disappoint.

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do around town. Wander among the nostalgic shops lining the pristine streets, where pedestrians still have the right-of-way. Pause to relax in one of the rocking chairs, hand-painted by local artisans and scattered along the sidewalks, as you take in the beautiful landscaping on the town square.

Feeling refreshed and ready to explore? Take a short drive and hop on the Blue Ridge Parkway. This scenic highway winds through towering spruce trees and dense growths of mountain laurel. Roll the windows down and inhale the fresh air, but watch out for wildlife. The turkeys along the roadside seem calmly oblivious to the danger of passing cars on the often-narrow road.

From the forest, the highway ushers you around breathtaking expanses of mountain views and scenic overlooks. You'll discover how the Blue Ridge Mountains got their name as you take in undulating layers of peaks, appearing deep blue like the choppy waves of the sea in the Appalachian atmosphere.

Opportunities for photography enthusiasts are endless. Waterfalls, scenic overlooks and a stunning variety of wildflowers and native trees create the perfect occasion to capture the beauty and majesty of creation.

The abundance of hiking trails for all skill levels offer hours of exploration for those inclined to an outdoor challenge or adventure. Chimney Rock Park and the beautiful Lake Lure are just 30 miles east of Black Mountain. The park offers miles of high-rock hiking trails and waterfalls. It's also the location





for filming the movie, *The Last of the Mohicans*. Another short drive takes you to the Nantahala River, where you can experience rafting over Class III whitewater at Nantahala Falls or spend your day fly-fishing.

Drive a few miles west and find yourself in historic Asheville, home of the Biltmore Estate. This 250-room mansion covers more than 4 acres of floor space. The estate itself takes a full day to explore, complete with a vineyard and winery, shopping and dining opportunities.

A tour through pastoral Maggie Valley holds treasures for the palate and the soul. Stop at the produce stands along the way for fresh peaches and sourwood honey as you let the lush, rolling landscape restore your heart to simpler days away from the hustle and bustle of modern living.

As the day ends, the slow pace of Black Mountain welcomes travelers back home. Replenishment for the adventuring soul comes in the form of a plate of barbecue from Phil's Bar-B-Que Pit. Order extra hushpuppies — you won't regret it!

After your meal, meander back downtown for a scoop (or more) of ice cream from Kilwin's Chocolates, Fudge & Ice Cream. Enjoy the sweet treat from one of the oversized rocking chairs, watching the sun sink below the horizon, tucking Black Mountain in for another peaceful evening. Recall your day's adventures as you peacefully rock your cares away, preparing for your next day's exploration of "The Little Town That Rocks." **NOW**

Editor's Note: For more information, visit www.exploreblackmountain.com.

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Art and Children

— By Bill Smith



Barbara Woods moved to Texas from California, looking for a small town close to some of her children in the Metroplex that also would provide a way to remain significantly involved in the art community. She found both in Waxahachie.

"I was specifically looking for an active group of artists as we looked for a home in Texas. The Ellis County Art Association is perfect for me. There are lots of really good artists in the association. I can take classes to further my techniques, and there are also opportunities for me to teach," Barbara said with enthusiasm.

Barbara's art education began at California State University, Fresno. From there, she eventually made it to Central Washington University. "I knew I wanted to study art, but I really did not know what I wanted to do with the degree," Barbara shared, noting the difficulty of making a living selling art at that time and that other artists "would frown on one becoming a commercial artist."





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"Today, I think I could find a career as a personal artist. However, I wound up getting an education certificate to teach."

Barbara didn't immediately go into a classroom, though. Instead, she worked with the parks and recreation departments in a few of the places they lived. "The parks and recreation duties let me be creative, and while my passion is working with children, I also had the opportunity to work with senior citizens. We would design crafts for them to do. During the summers we hosted camps for children, and there were a lot of art projects for the campers."

Barbara does not have one particular medium she works with. Oils, watercolor and acrylics are all part of her arsenal. In the living room of her home hangs a beautiful acrylic with bright, multicolored flowers. She recently completed an oil painting of a scene reminiscent of Santa Barbara, California, with a winding road lined with roses that draws the viewer's eye to focus on the mountains in the distance. "I specifically painted this picture for an auction, but the auction was cancelled, so it will go in the gallery."

Barbara also does not prefer one style of painting over another. She is just as comfortable with the impressionist work of Claude Monet as she is the illustrations of Norman Rockwell. "I have thought about doing a self-portrait like Rockwell did. I can see myself with a hippie skirt on and my dogs at my feet," Barbara mused.

This fall, Barbara brought her creativity to a kindergarten classroom at Clift Elementary, something she happily anticipated. "I looked forward to being back in the classroom with the children again. I like to play, and if I teach



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kindergarten, I get to play," she said with a smile. "We have a lot of variety, and I like variety."

This summer, she taught children's art classes at the local gallery. "One class was called Scrap-Box Creations. We used paper tubes, parts of cardboard boxes, bottle caps and the like to make something the children could enjoy and relate to. There were pictures and robots, not just things drawn or painted.

"Art means more than just painting. We also work with clay, and while I do not throw pottery on a pottery wheel, we may teach how to form a vessel by rolling the clay out and stacking it vertically, then smoothing it by hand and firing it in a kiln."

In California, Barbara helped create community murals every year. "I would sketch the scene on a primed piece of 4-by-8 plywood, then at night the kids would come and fill in the sketch with paint. It might be something we could do here, but I'm just getting started. As a kindergarten teacher, I hope to collaborate with the art teacher at the school."

Barbara shared that she "loves the illustrations" in children's books, and it's something she may try someday. "My plans also include traveling during the summers, and my art will travel with me. I imagine myself with an easel and canvas in the lake district of England, painting watercolors with impressionism. I would also enjoy traveling to Santa Fe, New Mexico, and visiting the Georgia O'Keeffe Museum."

Discussing the future, Barbara's conversation, as always, turned to art and teaching children. "One thing I might do is have a small studio where I teach kids," she said. It's clear that whatever she does, Barbara will have a positive impact on both the art community and the children of Waxahachie. **NOW**



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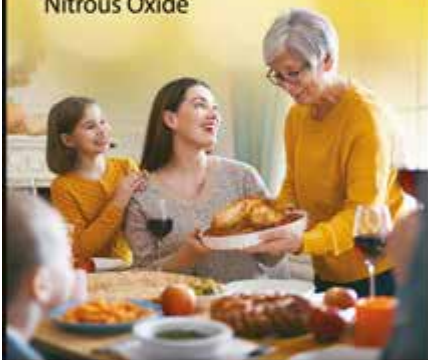


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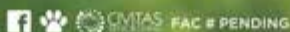
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TACKLING TOILE

— By Angel Morris

Like other aspects of home improvement, laying tile is not without challenges. If hiring a professional contractor is not within your budget, consider these general instructions before deciding if tile is a DIY within your skill set.

CHOOSING TILE

When choosing tile, homeowners must sort through different sizes, patterns, textures and colors. The room in which your tiles will be placed may impact those choices. For instance, areas which can frequently become wet — such as bathrooms and mudrooms — are not good spaces for glossy tiles, which may become slick.

Smaller spaces can be overwhelmed by large tiles, and small tiles can get lost in larger rooms. Tiles with busy patterns may not only be more challenging to install but can also compete with other decor of a room, such as wallpaper or paint color. Once you have purchased the tile that best suits your style and space, however, it's time to prep your surface.



SURFACE PREPARATION

Perhaps the most strenuous portion of this DIY is removing existing flooring. Old mortars from tile or adhesives from linoleum and carpet must be removed completely, followed by thorough cleaning of subflooring.

Subfloors also must be level and cracks in the concrete should be patched. Wood frames should be secured to joists and in dry, rigid condition, then covered with cement backer board, closely following backer board installation instructions.

Doorjambes may need to be trimmed to ensure tile will lay flat beneath them. Handsaws can do the trick, but jamb saws also can be rented from many tool centers. Wall molding also must be removed prior to tile installation.

CHOOSING A LAYOUT

Once floors are prepped, it's time to determine the layout of your tile. Professionals recommend first ensuring the space is square by measuring each wall's length and the length diagonally from corner to corner. If diagonals are the same measurement and opposite walls are the same length, your room is square. Snapping chalk lines is a trusted trick to provide tile-laying guides, and you may want to temporarily set out your tiles in a variety of patterns before moving on to the next step.





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SECURING TILE

You will need a drill with mixing paddle and a 5-gallon bucket in which to mix thin-set mortar according to package instructions. You only want to mix as much as you can use within about 15 minutes. A second bucket of clean water should be kept on hand, as well as a sponge or towels for keeping mixing tools clean.

With a notched trowel, spread mortar across a small area, then press tile in place along your guidelines. You typically will want to lay full tiles first, then go back in to cut and place small tiles around the border of your space.

Place plastic spacers and position your next tile along guidelines. Continue the process of spreading mortar, laying tile and spacers, all the while checking that your placement is level and aligned. Remember to start along the back of your space and work toward your exit so that you can keep from backing yourself into a corner or placing any weight on the tiles for at least 24 hours.

MAKING THE CUT

After waiting a day or more, you are ready to cut and place border tiles. Make sure you are wearing the proper safety gear for this step. This process requires you to measure from the nearest full tile to the wall, deducting the width of grout. That number is the size to which border tiles must be cut. Scoring cutters and wet saws can be rented for this purpose. Tile nippers or handheld grinders with diamond blades are also handy for curved and smaller cuts.

Watching online tutorials can assist in simplifying the cutting process. After cutting border tiles, you will repeat the process of spreading thin-set mortar, placing tiles and spacers until your borders are complete.



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BORDER AND GROUT

When placing border tile, it is recommended you leave a 1/4-inch expansion gap. This ultimately will be covered with your molding or matching bullnose tile.

After waiting at least 24 more hours and making sure the joints between tiles are clean and dust-free, you are ready to remove the spacers and fill the joints with grout. Follow grout package instructions to prepare the type of grout you have selected to complement your tiles.

A tool known as a rubber float is used to apply grout, dragging it over joints at a recommended 45-degree angle. Every few minutes, you should remove excess grout from atop tiles with clean water and a sponge, again moving at an angle.

After allowing grout to harden per package-recommended times, you will need to apply a sealer. Sealer should be applied with a foam brush or applicator bottle. It typically is recommended that tiles be resealed every year or two.

Not only are there a number of tools and supplies required for laying tile, there are also variables that can impact how the job is done. For instance, there are ways to cover or lay tile without removing existing floors that one might consider.

After following all product instructions and exercising patience for the recommended drying times between steps, DIY tiling can be a money-saving and rewarding, albeit time-consuming, experience. **NOW**

Sources:

1. www.homedepot.com/c/how_to_lay_tile
2. www.todayshomeowner.com/how-to-lay-a-tile-floor/



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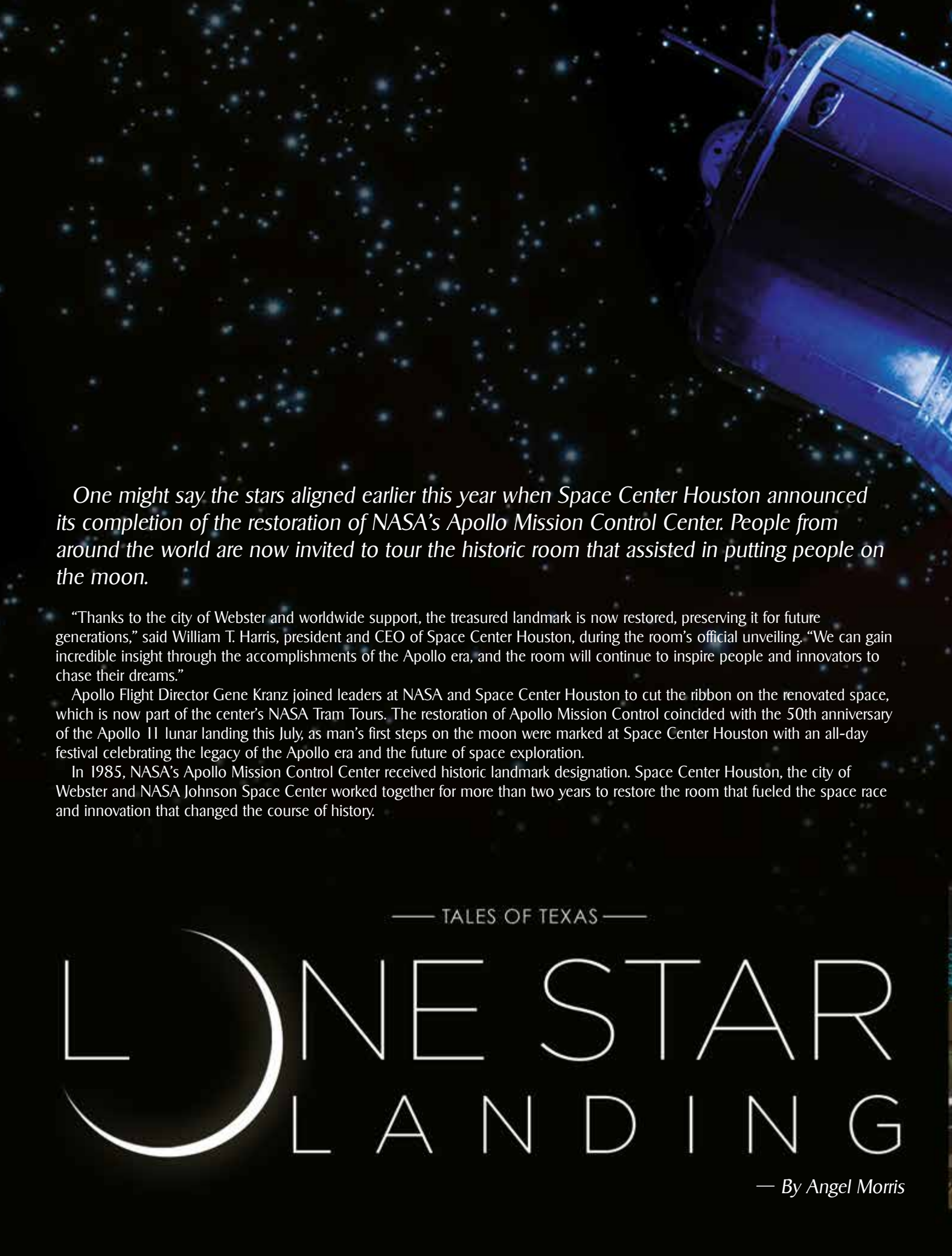
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One might say the stars aligned earlier this year when Space Center Houston announced its completion of the restoration of NASA's Apollo Mission Control Center. People from around the world are now invited to tour the historic room that assisted in putting people on the moon.

"Thanks to the city of Webster and worldwide support, the treasured landmark is now restored, preserving it for future generations," said William T. Harris, president and CEO of Space Center Houston, during the room's official unveiling. "We can gain incredible insight through the accomplishments of the Apollo era, and the room will continue to inspire people and innovators to chase their dreams."

Apollo Flight Director Gene Kranz joined leaders at NASA and Space Center Houston to cut the ribbon on the renovated space, which is now part of the center's NASA Tram Tours. The restoration of Apollo Mission Control coincided with the 50th anniversary of the Apollo 11 lunar landing this July, as man's first steps on the moon were marked at Space Center Houston with an all-day festival celebrating the legacy of the Apollo era and the future of space exploration.

In 1985, NASA's Apollo Mission Control Center received historic landmark designation. Space Center Houston, the city of Webster and NASA Johnson Space Center worked together for more than two years to restore the room that fueled the space race and innovation that changed the course of history.

— TALES OF TEXAS —

ONE STAR LANDING

— By Angel Morris



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Restoration efforts started in July 2017, including renovations to the mission operations control room, the visitor viewing room, simulation control room and the summary display projection room (also called the “bat cave”). “Guests will now see the restored flight control consoles with buttons illuminated and their screens displaying data used during the Apollo 11 mission,” Space Center Houston described in its news release regarding the project.

“The five large screens across the front of the room have been reactivated with projections to recreate the exact images seen during the Apollo 11 mission. Other details include period-authentic coat racks, chairs and a coffee station. Furnishings on the consoles include flight control manuals, ashtrays, pens, maps, coffee cups and headsets.”

According to Space Center Houston, visiting guests will sit in the original viewing room seats, which have been reinforced and reupholstered. The experience displays an accurate look of the iconic room that was used during the Gemini, Apollo and Shuttle eras.

As one of the city’s top attractions, Space Center Houston is a leading science and space exploration learning center. It welcomes international visitors and offers programming for teachers and students with an emphasis on science, technology, engineering and mathematics.

From traveling and permanent exhibits to unique events, the center houses more than 400 space artifacts and the world’s largest collection of moon rocks and lunar samples for public view. Its theaters allow guests to experience not just the past but also the future of the space-flight program.



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Space Center Lands in Texas

The original Manned Space Center was in Hampton, Virginia, but a need for larger staff and facilities led to development of the Texas site on land donated by Humble Oil Company through Rice University. In 1963, Texas' Manned Space Center opened with the flight control of Gemini IV.

When the Gemini program ended, the Apollo program helped land men on the moon. A decade later, the MSC was renamed the Lyndon B. Johnson Space Center (JSC), honoring the late U.S. president, and has served as the heart of manned space flight in America since. JSC staff, including astronauts, engineers and scientists, is responsible for the design, development and operation of human space flight.

Hal Stall, director of public affairs at JSC, saw the need for sharing the endeavors of NASA and JSC staff. He helped form the Manned Space Flight Education Foundation, Inc., to "provide a world-class facility where the public could come to touch the space program — and be touched by it." Thanks to the foundation's efforts, guests continue to experience the past, present and future of space flight at Space Center Houston, inspiring tomorrow's leaders to reach for the stars. **NOW**

Visit spacecenter.org for more information about the activities and hours of Space Center Houston.
Photos courtesy of Space Center Houston.

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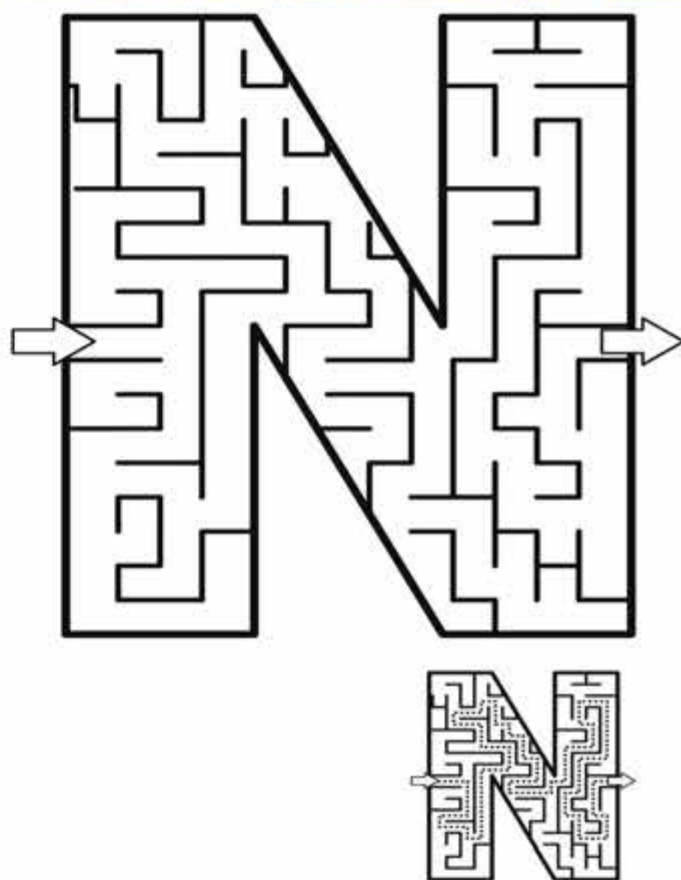
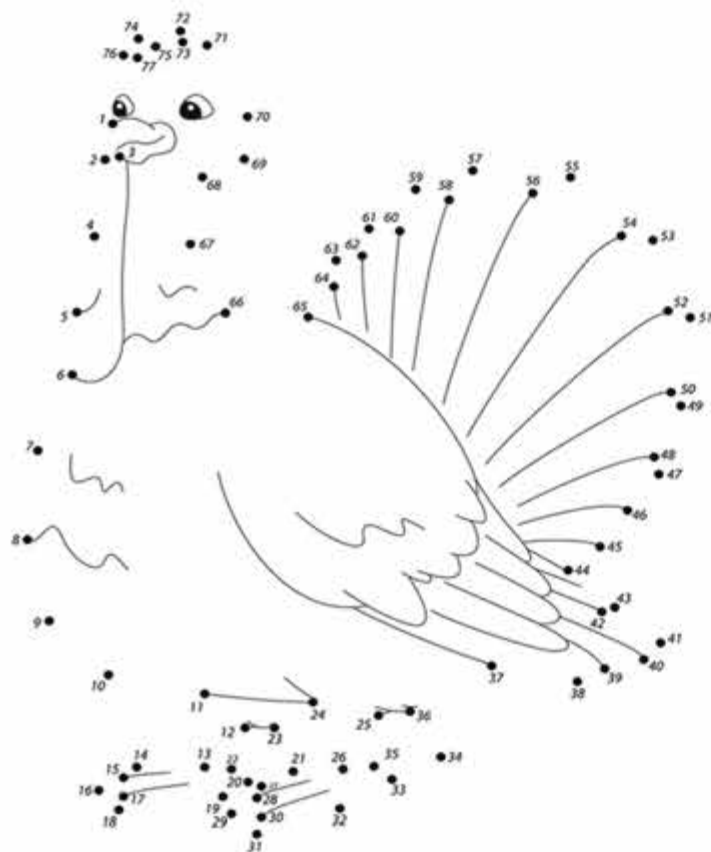
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Kids' Fun Page



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

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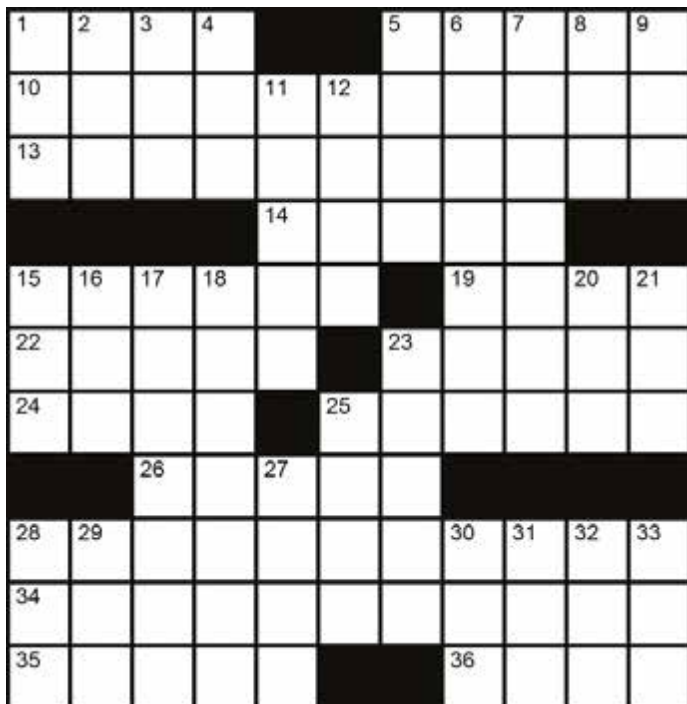


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Crossword Puzzle



Across

- 1 Biblical homicide victim
- 5 Iraqi port
- 10 Double-check
- 13 Forewarning
- 14 Watch
- 15 Fumed
- 19 Pervading air
- 22 "... but I could be wrong"
- 23 --- firma
- 24 Software trial version
- 25 What a parade does
- 26 Set of moral principles
- 28 Graveyard of Empires
- 34 Agree
- 35 Groups of animals
- 36 Round, red root vegetable

Down

- 1 Stage equipment
- 2 Ingot
- 3 Supplement
- 4 Moon lander
- 5 Place of confinement
- 6 Now and again
- 7 St. Elmo is their patron
- 8 City it can be blamed on?
- 9 Raggedy one
- 11 Lust after
- 12 Lady of "Idylls of the King"
- 15 Move up and down
- 16 Metal-bearing mineral
- 17 Natural number
- 18 Hated big-time
- 20 Globe
- 21 Eight hours, to most workers
- 23 Implied
- 25 Turpentine source
- 27 Fort --- State University, Kansas
- 28 Powdery residue
- 29 Sum charged
- 30 Weep
- 31 Golfer's peg
- 32 Affirmative vote
- 33 Open mesh fabric

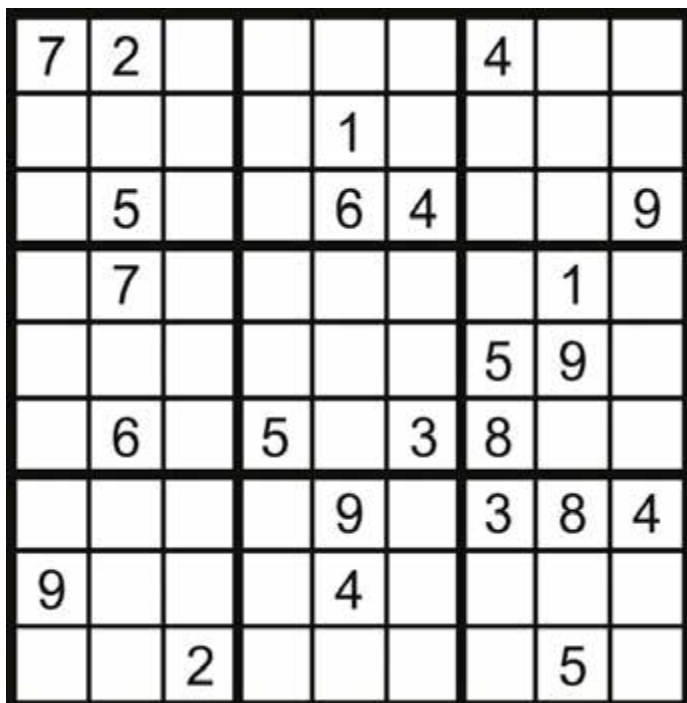
Solutions on page 68

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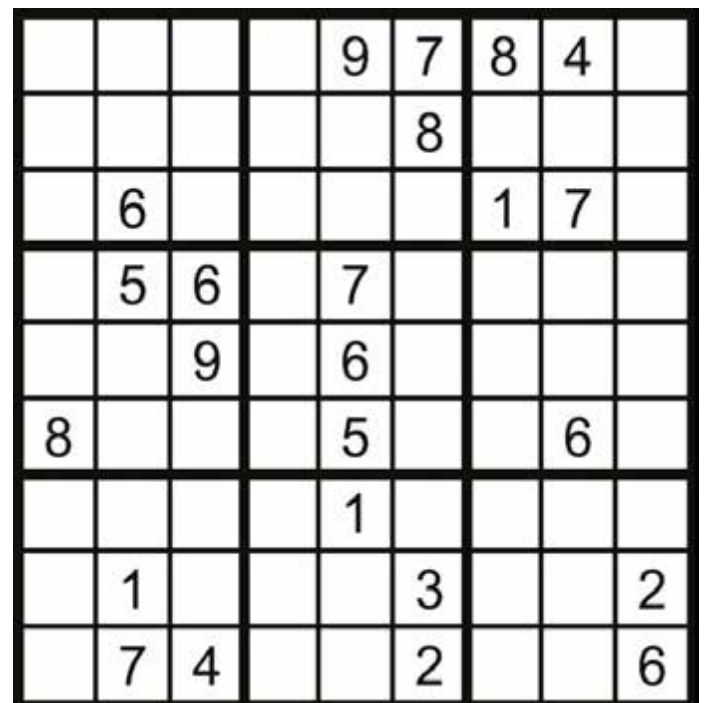
For online versions, visit nowmagazines.com

Sudoku Puzzle

Easy



Medium



For online versions, visit nowmagazines.com

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Solutions on page 68

Got Gout?

Got gout? If so, watch what you eat and drink. Changes in diet, including overindulging in certain foods and beverages, especially as we enter the holiday season, can lead to gout attacks.

Gout attacks are extremely painful. They are caused when uric acid accumulates in the tissues or a joint and crystallizes. This most commonly occurs in the big toe joint. This is because the toe is the coolest part of the body, and uric acid is sensitive to temperature changes.

Foods that are high in purines contribute to uric acid build-up. People prone to gout attacks should avoid purine-rich items, such as shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.) and red meats.

Also being overweight is linked to higher likelihood of gout developing. Lose weight gradually, and avoid fasting (to avoid a gouty attack). Also, avoid high-protein diets, as this promotes more uric acid formation.

Drink plenty of fluids, especially water (8-16 8-oz. servings per day) to flush uric acid from your body. It is also a good idea to limit or avoid alcohol, especially beer, which interferes with excretion of uric acid. If in the middle of a gouty attack, it is best to avoid alcohol altogether. If you have a history of gout,




but are not in an active gouty attack, limit drinks to one or two 5-oz servings of wine, which is not as likely to increase risk as much as beer can. Also 4-6 cups of coffee per day have been shown to lower gout risk in men.

Gout can be treated with medications, diet changes, increasing consumption of appropriate fluids and immobilizing the foot. In some cases, surgery is required to remove the uric acid crystals and repair the joint. If you have a history of gout, close monitoring by your doctor can greatly decrease your chances of attack. Further, if you are actively suffering from a gout attack, your podiatrist can help to alleviate the symptoms you are experiencing and help you to come up with a game plan to combat this painful condition. **NOW**

Christopher Schmitt, DPM

*Associate of the American College of Foot and Ankle Surgeons
Southern Star Foot & Ankle*




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- 3. Consolidate debt**



11/2

Bark and Brew:

Adopt a dog and drink a few brews. 1:00-4:00 p.m., Railport Brewery, 405 W. Madison St. For more information, call (469) 716-0038.

Farm to Table Dinner on the Square:

Dine under the stars as Waxahachie High School Culinary Educator and Chef Joel Skipper and the culinary students prepare a harvest-themed, five-course dinner on-site. Seating is limited. Tickets: \$100 per person. Historic Square, Downtown Waxahachie. www.downtownwaxahachie.com.

11/8-11/9

Waxahachie WWII Reenactment:

Reenactors in period dress will set up camps around the old, Southern train depot. Black Market vendors, various demonstrations and displays. Mock battle between the old train depot and the Ellis County Courthouse. **Friday:** 1:00 p.m., set up camp; **Saturday:** 8:00 a.m., Black Market; 3:30 p.m., mock battle.

11/9

Ellis County Veterans Appreciation Ceremony: Service will be held indoors,

rain or shine. Flyover afterward, weather permitting. Classic Swing Band starts playing at 9:30 a.m., Waxahachie Civic Center, 2000 Civic Center Ln. For more information, call (469) 309-4045.

4th Annual Bridges Band and BBQ Bash:

Texas state championship barbecue cook-off with featured celebrities: Chef Kenzie Mills, Chef Plum and Chef Michele Ragussis. Live music, kid zone, cupcake war, goat yoga, silent auction and raffle. Benefits Bridges Training Foundation. Free admission. 10:00 a.m.-6:00 p.m., Ellis County Expo Center, 2300 W. Hwy. 287 Bypass.

Midlothian Wine and Arts Festival:

Wine tasting, food vendors, artist booths, kid zone. Free admission. 2:00-9:00 p.m., 8th Street and W. Ave F, Downtown Midlothian.

11/10

Pie Palooza:

What's more American than loving people by serving them pie? Proceeds benefit Daniel's Den, the county's only emergency shelter. 2:00-6:00 p.m., First United Methodist Church, 505 E. Marvin St. For more information, visit <http://elliscountyhomeless.com/>.

Turkey Trot Bowling Tournament:

Join us for a fun day of bowling and raising money for the American Cancer Society. \$30 per person. Noon-11:00 p.m., Ennis All Star Bowling Alley, 2303 W. Ennis Ave., Ennis. (972) 875-7827

11/18

Creative Quilters Guild of Ellis County:

Waxahachie Bible Church, 621 N. Grand Ave., Waxahachie. For more information, visit <http://www.elliscountyquilters.com>.

11/22-11/23

Festival of Trees:

Enjoy live music, desserts and holiday cheer while you bid on beautiful holiday creations! Children's activities are on **Saturday** with crafts, games, stories and Santa pictures. All proceeds benefit Habitat for Humanity of Ellis County. Waxahachie Bible Church, 621 N. Grand St. <http://www.ellishabitat.org/>.

11/23

Junk in the Trunk:

Sellers set up booths on the Ellis County Courthouse square selling all kinds of antiques, crafts and food. Register by **Friday before** to be a seller. 9:00 a.m.-1:00 p.m., Facebook page: Junk in the Trunk, College St.

For more information, call (469) 309-4045.

Gobble Wobble:

Family-friendly 1-mile/5K/10K race benefiting Manna House. Race against hunger with us this Thanksgiving season. Midlothian Conference Center, 1 Community Circle Dr., Midlothian. Learn more at mannahousemidlothian.org.

12/3

Christmas Parade and Community Tree Lighting:

Other activities include CNB of Texas train rides, EwePet Petting Zoo & Pony Rides and other children's activities followed by photos with Santa. 6:00-9:00 p.m., Downtown Waxahachie.

Mondays

Bridge Club:

12:15 p.m., Waxahachie Senior Center, 122 Park Hills Dr. For more information, email Jeanee Smiles at smilestoremember@gmail.com or call (469) 309-4280.

First Mondays

Ellis County Genealogical Society Meeting:

7:00 p.m., Ellis County Woman's Building, 407 West Jefferson. Sammie Lee, (214) 564-4025.



11/16

Coleman Jr. High Craft Show:

Formerly the Waxahachie High Pre-Christmas Craft Show. All proceeds benefit the WISD Student in Need Fund. Admission: \$3. 9:00 a.m.-4:00 p.m., Coleman Junior High School (formerly known as Waxahachie High School).

Second Mondays

Ellis County Veterans Networking:
Dinner and guest speaker.
6:00 p.m., IHOP,
1206 Dallas Hwy.
Jim McKeever,
(469) 258-7424.

Tuesdays

Lariat Bridge Club:
6:30 p.m., Boy Scout Cabin,
1139 Brown St., Waxahachie.
(505) 270-4017 or
weatherscf@yahoo.com.

First Tuesdays

Ellis County Republicans Meeting:
7:00 p.m., Ellis County GOP
Headquarters, 610 Water St.
For more information,
call (972) 923-9383.

Second Tuesdays

342 Network Group:
Open to business owners
from any county interested in
networking. 7:30 a.m.,
Denny's, I-35E Service Rd.,
Red Oak. For more information,
call (214) 244-2829.

The National Active and Retired Federal Employees (NARFE):

11:00 a.m.-1:00 p.m.
(972) 775-2463 or
rjcarey1@gmail.com.


Third Wednesdays

The Ellis County Christian Women's Connection Meeting:
Cost is \$13. Reservations
are due **Sunday** before the
meeting. 11:30 a.m.-1:00 p.m.,
Waxahachie Country Club.
Contact Barb at (214) 463-5064
or barbjacobs19@yahoo.com.

Thursdays

Midway Composite Squadron of Civil Air Patrol/ US Air Force Auxiliary:
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Crossword - Sudoku Solutions

1	A	B	E	L		5	B	A	S	R	A
10	M	A	K	E	C	E	R	T	A	I	N
13	P	R	E	M	O	N	I	T	I	O	N
					14	V	I	G	I	L	
15	B	O	I	L	E	D		19	M	O	O
22	O	R	N	O	T		23	T	E	R	R
24	B	E	T	A		25	P	A	S	S	B
			26	E	T	H	I	C			
28	A	F	G	H	A	N	I	S	T	A	N
34	S	E	E	E	Y	E	T	O	E	Y	E
35	H	E	R	D	S		36	B	E	E	T

Easy

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

Medium

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

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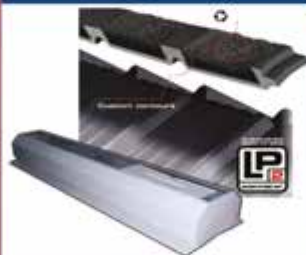
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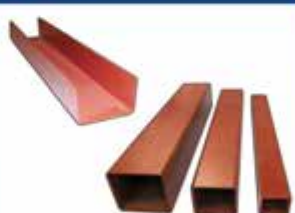


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