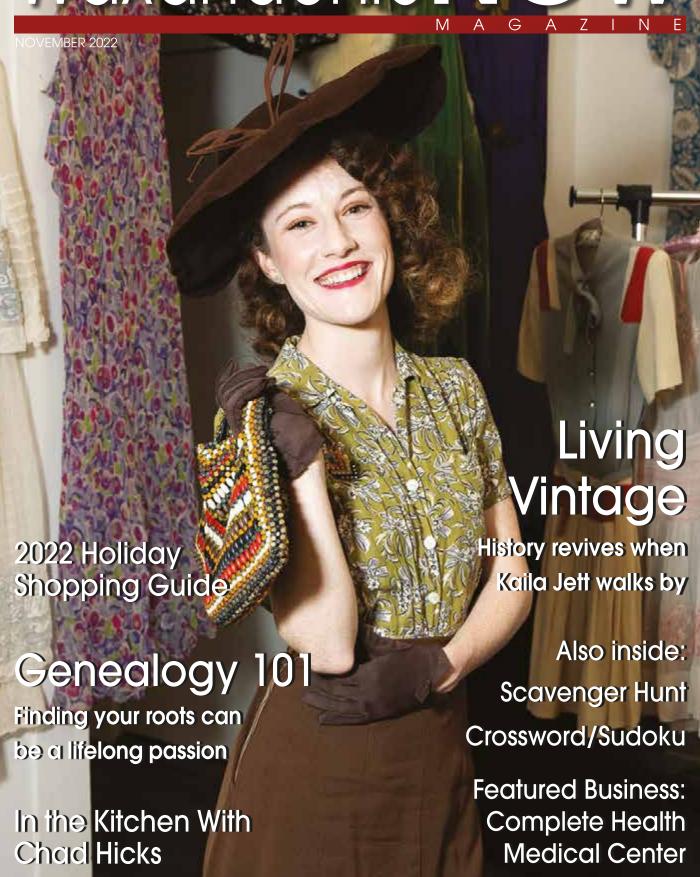
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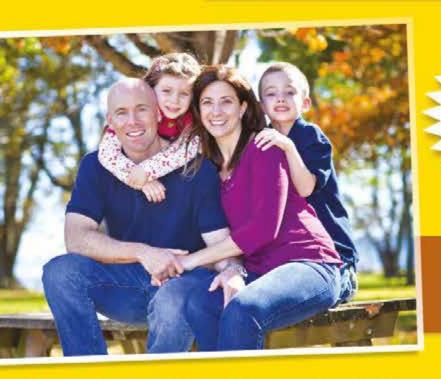
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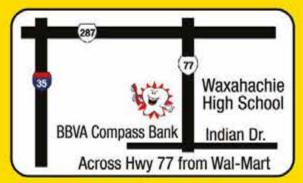
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Adam Adam Walker SouthwestNOW Editor adam.walker@nowmagazines.com

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EDITOR'S NOTE

In all things give thanks ...

When I was a kid, we lived in East Texas for a brief time. It wasn't a particularly great experience. We lived on a rock road, in a mobile home, with a poorly installed septic tank and party line telephones ... in the 1980s. Spiders, scorpions, copperheads and water moccasins made up the majority of the wild life that wasn't wolves.

I don't have a lot of great memories from that year. There had been a lot of bad stuff happen in recent months. One kid had nearly been sucked down by guicksand. There had been several near misses with snakes. There had been some ATV accidents resulting in broken feet. Every family had experienced something bad that year. Just before Thanksgiving, one family almost lost their mother to a car wreck that burned their car to a crisp.

As I said, not a great year. But several families in the neighborhood decided to gather on a lot that was just being cleared and hold an outdoor Thanksgiving feast. Each family brought several dishes, and we picnicked under the open sky offering thanks that we were all still alive, while comforting the five kids who had come so close to losing their mother. She was still in the hospital, but her family took her a plate from the feast, so she was included.

We've had a rough several years, as a community and as a nation. But things are somewhat better now, and we have a lot to be thankful for. We're still here, and tomorrow can be better times.

Count your blessings one by one ...

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Dr. Maryam Raza

Dr. Raza is a Board Certified Physician in Wound Care and Hyperbaric Medicine practicing in the Dallas area since 2006. She completed her residency at Columbia University New York and has been medical director of the wound care program at Methodist Hospital Dallas since 2010. She is an ardent supporter of the concept of limb salvage and has developed a comprehensive program for healing diabetic foot wounds in a timely fashion. She is a member of Undersea and Hyperbaric Medical Society.

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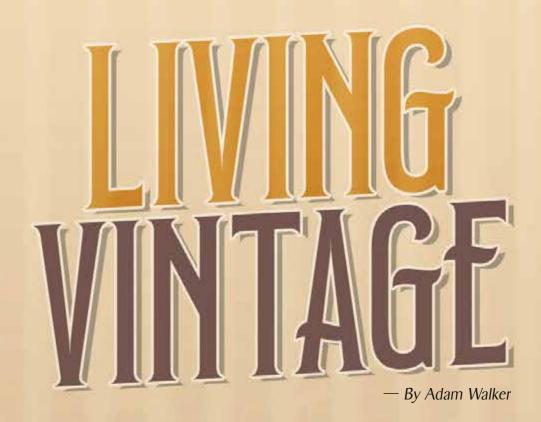
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Kaila Jett rocks it old school. She lives history through her passion for vintage fashion. "I remember looking at old family photographs of great-uncles and great-aunts from World War II and thinking how fun those clothes looked. The '30s were hard times, but people took pride in their looks."

One of those photos was a special inspiration. "One of my dad's aunts, we called her Aunt Sis, met her husband right after the war. People said I look like her, and I wanted to dress just like that photo." A lot of people would have stopped with the wish. Kaila made it real.

"The clothes from back then were all American made, and many of them were handmade—so they're one of a kind," Kaila said. "They used materials you don't find today, like rayon and gabardine. Dressing in vintage clothing is sustainable, because you're recycling clothing that already exists."

Early in her journey with vintage clothing, Kaila met a woman in McKinney with quite a stash. "Her husband had collected an airplane hangar full of clothing from 1900 to the 1970s. I was very new at vintage clothing and didn't know as much then as I do now. There was only one other woman there, but she was someone I had met at the World War II re-enactments here in Waxahachie. I remember thinking, *Oh, no! She'll get all the good stuff!* Now we're good friends. That was a neat experience. There was a whole display of hats and shoes. I bought a 1940 silk Hawaiian dress, because it made me think of Pearl Harbor. I've never worn it. Old silk is very fragile. But I have it."

Kaila has several periods she focuses on. "The 1920s flapper stuff is really unique. Women were branching out more than they had before." The movies of the '30s inspire her. "Casablanca, Bringing Up Baby, those old movies had such style. Katharine Hepburn is my style icon. Some modern movies, like Band of Brothers, which I've watched a million times with my father, do a





great job of capturing that time. My dad is a big history buff. He's part of why I started this. The French clothes from the '40s are incredible. The Nazis had conquered France, and they criticized the women's fashion. 'Your hats are too big!' So, they just made them even bigger and more extravagant!" The groovy threads of the '70s are another period she collects.

"I first realized this was a thing I could do in 2017 when I was working at Fresh, and the Women's Vintage Society of Dallas came in dressed in full-on '40s. That was during one of the World War II re-enactments here. Later, I went to the College Street Pub. and all the 'soldiers' were in there acting out their parts. It was like walking through a time portal!"

Kaila incorporates her fashion passion into other events. "I had a booth at Wings Over Dallas to show what women did during World War II. I enjoy dressing up and meeting people who lived through those events. I met this man who said, 'I feel like I'm in the war again!' He had been at Iwo Jima as a flamethrower. He was very spry and kept hitting on me! We also did an event for the WASP Museum Homecoming in April, to honor the women vets. There are only a couple left. One year, we walked in the Dallas Christmas Parade. We walked in full vintage costume because it was on Pearl Harbor Day. I really should have gotten some reproduction shoes for that. My feet were ruined!"

Kaila enjoys bringing others into her world. "It's addicting! Why would I want to be normal and boring? I got my fiancé to dress up with me several times. Once, we went to a lazz Age Sunday social. He had to wear modern clothes to fit the period because vintage men's clothing is really rare, and most



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guys back then weren't as big as him! There was live music and dancing. We took a lot of pictures. My wedding dress is 1930s with a Juliette cape veil and reproduction heels. It's very Old Hollywood. He's wearing periodappropriate modern clothing. And we're having our reception at a 1930s train station in Ft. Worth."

Not all vintage clothing is wearable. "Once I was at a garage sale, looking at this piano shawl from the '20s. There were two of them in this basket. The first one was in pretty good condition, but the second one, when I picked it up from the basket, it just fell apart!"

Yard sales have yielded other finds. "At this one estate sale, I found a bright green velvet dress, still with the matching green velvet coat. The guy wanted \$20 for it. As a set, it was easily worth over \$1,000. I carried it with me while I continued looking, and this girl started following me. 'Give it to me!' she said. I wondered if she was going to kill me for it! There was this older man on Facebook Marketplace selling his great-aunt's ski suit set, including the hat, from the 1930s. Shipping that was a real hassle, but it was worth it. It turns out his aunt was friends with Ernest Hemingway and went skiing with him!"

Kaila doesn't like altering the clothing she collects. "You have to buy what you find, and it doesn't always fit. I do mend them if they have a hole or tear. Mend and make do was the philosophy of the time. But I don't want to take the history away. I try to buy close to my size and make do with creative placement of pins. Other pieces, like the set from the 1880s or 1870s, I don't ever intend to wear. I just keep that stored in acid-free paper and take it out to look at. But my wedding dress, I did alter to fit me just right!" NOW





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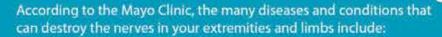
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Many people wonder about their family trees, but knowing how to start the research can be frustrating. The best way to begin is with yourself. Gather your own vital documents — birth certificate, marriage licenses, divorce decrees, land deeds and mortgages. Look carefully at the information recorded. How accurate or inaccurate is it? Official documents contain mistakes. Birth certificates can have wrong dates, as can death certificates, if someone dies before midnight, but the doctor doesn't certify the death until the next day. Today, tombstones are legally required to agree with the death certificate, so these can also have the wrong date recorded on them. Birth records may not include a name if the parents haven't chosen one by the time of birth. Instead, the infant might just be listed as Baby.

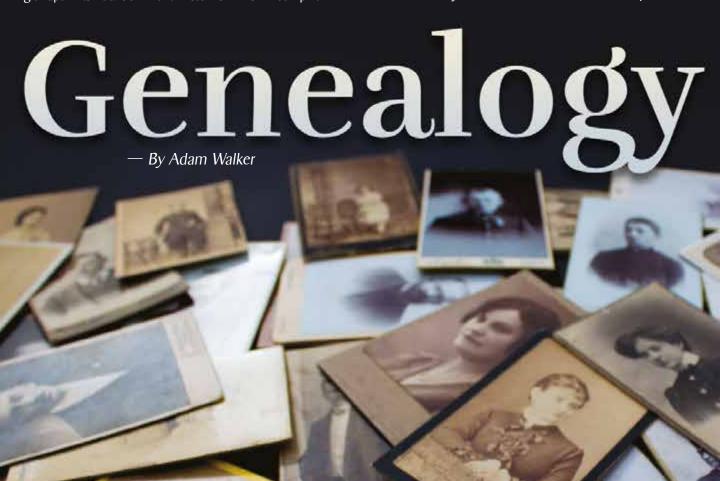
The next thing is to sit down with the oldest members of each branch of your family and record them telling all they remember about the family: stories of their childhood, stories they remember their parents and grandparents telling, where they lived, why they moved, what jobs their parents and grandparents had. Some of the stories will be incomplete.

Some will be misremembered. Some were lies when they heard them. But there will be all kinds of important information in them, and if you wait too long, it will all be lost. You may not know which bits are incredibly important until years later, so record everything they can tell you. And it isn't always the oldest family member who knows the most. Sometimes, a younger family member has already done research and asked questions of family members who are already gone.

Women will be harder to trace than men. They generated fewer records. Before the 1970s, married women couldn't even have a credit card in their own name. Women rarely owned land or paid taxes, so you'll be lucky if you find them in tax rolls or land records. They will have birth records, in more recent times, but those only go back about 100 years, though spotty records could go back another 100 years in some of the Eastern states. There was, however, no legal requirement to register a birth back then. If your ancestors attended churches that practice infant baptism or christening, there may be church records of family births going back for hundreds of years.

Marriages were more important to record, and those go back to the earliest colonial days, as long as they survived. These records were usually maintained at the county level, and many courthouses burned or flooded over the years. Even if your ancestors' marriage record burned, they may have gone back to their courthouse, or one where they were living years later, to re-record their marriage for legal purposes. So the record could be decades later than you expected.

Deaths were the most important to record. When someone died, they came off the tax rolls. Their property had to be disposed of, and any other obligations they had to the state, county or other citizens came to an end. Recent death records will tell you cause of death; date, time and place;



parents; who gave the information; and other details. But be careful. This information was given by someone just devastated by loss. Mistakes are likely. Older death records may just give the name and date of death.

Census records are essential. The first U.S. Census was in 1790, and they happen every 10 years. Censuses contain varied information. Some list the names of every person in the house; how they are related to the head of household; their age, sex and race; their education; how much property they owned; where they (and their parents) were born; and if they owned slaves. Before 1850, censuses only name the head of household. Everyone else is just a tick mark for age, sex and color.

These documents will get you started, but there are other kinds of documents you should learn to use. Wills can help in finding your female ancestors. Land records fill in the gaps between censuses. And newspapers can offer total blanks or goldmines. If you're looking for a hobby to last the rest of your life, try genealogy! NOW







Urgent Health Warning:

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Do You Suffer from Pain, Burning, Numbness, or Tingling from Nerve Damage Caused by Diabetes, Infection, or ANY of the Other Conditions Listed in this Urgent Special Report?

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But many OTHER people with these symptoms — pain, burning, and tingling — are NOT diabetic, yet also suffer from nerve damage.

According to the Mayo Clinic, the many diseases and conditions that can destroy the nerves in your extremities and limbs include:

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- √ Autoimmune diseases
- √ Vitamin deficiencies
- √ Liver disease
- √ Underactive thyroid
- √ Repetitive motions such as typing
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lames Sutton, FNP, BC, explained, "We practice integrated medicine. It's a little different from other medical practices because here the medical, chiropractic and rehab teams work hand in hand."

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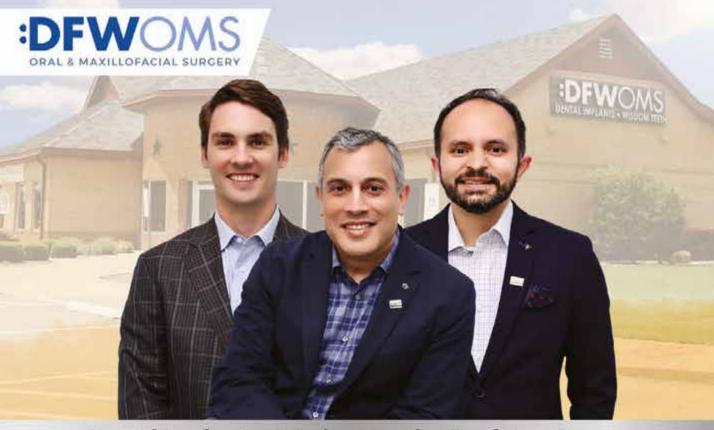
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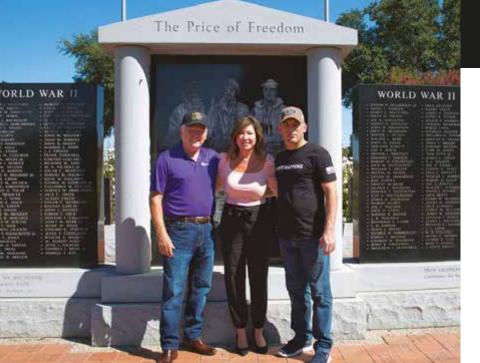
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By Bill Smith

The Ellis County Veterans Day Celebration

The steering committee for The Ellis County Veterans Day Celebration has about 20 members who work throughout the year to put the event on. Wayne Norcross quickly pointed out the legacy of a couple of the earlier members, Perry Giles and David Hudgins. "Those guys worked tirelessly to get this thing going," he said.

Vanessa Zmolik, though not a veteran herself, has children in the military and serves as secretary. She confirmed, "Many people help out. When November gets here, it is 'all hands on deck.""

Robert Bell acknowledged. "We can't name all the supporters, but Ken Roberts with KBEC is always contributing, as well as the Reveille Sisters and the Classic Swing Band."

"This is a great event to honor those who have served and continue to serve. Last year, about 800 attended," Wayne added. "This year we expect over 1,000." Beginning at 9:30 a.m., the event will be held on November 12, at the Waxahachie Civic Center, 200 Civic Center Drive.



Vanessa Collins may hate mornings, but she loves yard sales.



Waxahachie Chamber of Commerce holds an Off the Clock After Hours event with State Representative Brian Harrison at Fat Tuesdays.



Sharon Flores, Serena Reston and Bailey Crim take a break from cleaning the Chautaugua for Full Life A/G's camp meeting.



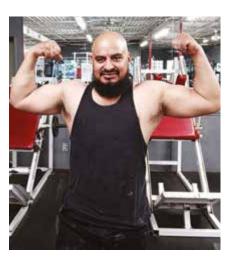
The NOW Magazines editors prepare to clear the table after lunch.



Katie Euerle shows off her baby-blue baby, her '55 Chevy, to benefit St. Jude's.

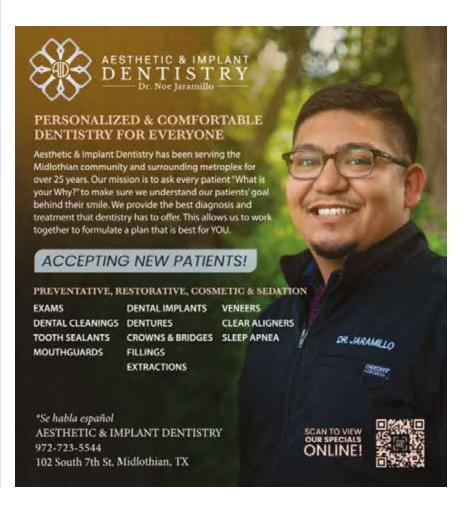


Waxahachie Animal Shelter resident, Lucky, poses with Michelle Hall, while looking for a home.



Pedro Morales flexes at The Lord's Gym.







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A quick look at the gift items and discounts available locally.

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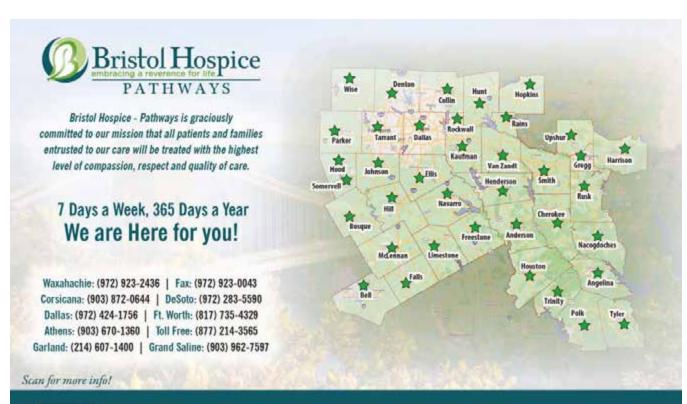








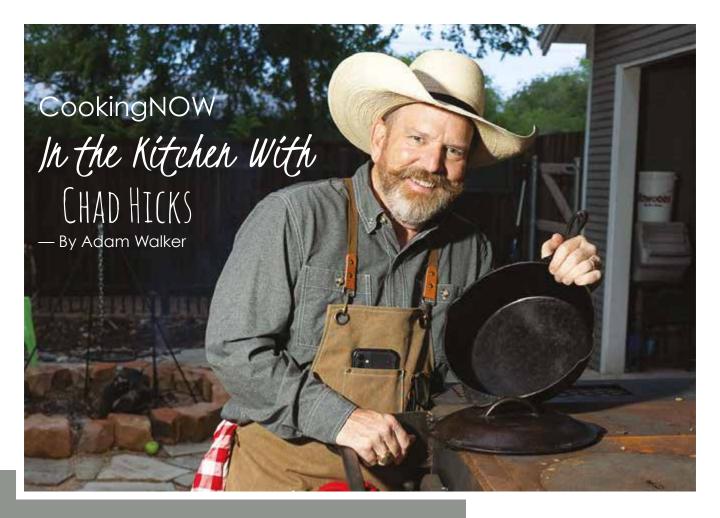






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Chad Hicks likes cooking in his grandmother's 90-year-old skillet. "Food brings people together. Let's face it, a person will sit and eat with someone they don't particularly like ... if the food is good! Although I have no formal culinary training, I've been fortunate to have eaten in some of the fanciest restaurants in the world. I've also eaten on the open range of Texas and Western Australia. I prefer the open range. I am by no means a cowboy. However, I married into a ranching family. Therefore, I hang out with a lot of cowboys! I learned a long time ago, if you aren't good at wrangling cattle on the open range, you better be good at wrangling the beef on the grill or in the skillet!" Now

Queso Flameado Fundido

I poblano pepper 1/2 lb. chorizo 1 1/2 cups Monterey Jack cheese, grated I cup cheddar cheese, grated 1/2 cup queso Oaxaca, grated I jalapeño, thinly sliced longwise Corn tortillas

- **1.** Blister the poblano over a flame until black. Remove the charred skin; seed and dice.
- **2.** Brown the chorizo in an 8-inch skillet; remove and drain the chorizo. Retain the leftover oil in the skillet.

- **3.** Mix the poblanos and chorizo together.
- **4.** Layer half the ingredients in the skillet, in the following order: cheese, poblano, chorizo. Repeat. Top with the remaining chorizo; garnish with the jalapeños. (For more heat, use a serrano pepper.)
- **5.** Bake in the oven, or on a grill, at 350 F for 15-20 minutes, until the cheese is melted and bubbly in the middle. Serve with warm corn tortillas.

Brussels Gratin

3 slices thick-cut bacon 4 oz. goat cheese 1/2 cup heavy whipping cream 1 Tbsp. granulated garlic
Salt, to taste
Pepper, to taste
1/2 cup milk
1/2 cup gruyere cheese, grated (divided use)
12 oz. Brussels sprouts, halved

- **1.** Cut the bacon into 1/2-inch pieces; fry in a 10-inch, cast-iron skillet until it is almost done (chewy, not crispy). Set aside; pour off the excess grease. Retain enough grease to leave a coating in the skillet.
- **2.** While the bacon is cooking, crumble the goat cheese into a mixing bowl. Add the cream; combine. Add the garlic, salt, pepper and milk; blend well. Add 1/4 cup gruyere, Brussels sprouts and bacon. Pour the entire mixture into the skillet. Top with the remaining gruyere.
- **3.** Bake at 350 F for 30-40 minutes until it is bubbly in the middle and the cheese on top is nicely melted and browned. Serve from the cast-iron skillet.

Uncle Joe's Smash Burgers

6 slices thick-cut bacon, diced into 1/2-inch pieces
2 lbs. ground beef (80/20)
1 small white onion, minced

I large jalapeño, minced with the seeds

1/2 stick frozen butter, grated

- 1 Tbsp. kosher salt
- 1 Tbsp. course black pepper
- 1 Tbsp. garlic powder
- 2 Tbsp. Pickapeppa sauce (or A1 Steak Sauce or Heinz 57)
- 1 cup cheese, grated (your preference)
- 1/4 cup mayonnaise (or the Bonus Condiment, in this article)

16 slices Texas toast

- **1.** Cook the bacon until tender and chewy. Don't cook it too crispy. Combine the bacon with all the remaining ingredients. except the mayonnaise and cheese; mix well. Form into 8 1/4-lb. balls. Set in the refrigerator for at least 1 hour. Then set on the counter for 30 minutes to come back to room temperature.
- 2. Place a cast-iron skillet or griddle over your heat source. The cast-iron should be hot. Place the ground beef balls on the cast-iron. With a piece of parchment between a spatula and the meat ball, smash the meat ball flat, to about 1/4-inch thick. Cook 2-3 minutes per side. Once you flip them, apply the desired amount of freshly grated cheese.
- 3. Spread mayonnaise on the Texas toast and grill.
- 4. Place the patties on the toast. Add any vegetables or other toppings you like.

Bonus Condiment

1/4 cup mayonnaise

1/4 cup sour cream

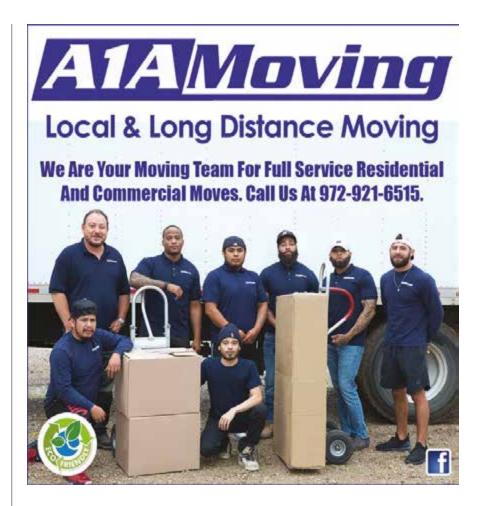
1/4 cup horseradish, or to taste

1/4 cup Pickapeppa sauce

I. Mix all ingredients together. Use on burgers.

Sweet Heat Smoked Meatloaf

- 6 slices thick-cut bacon, diced in 1-inch pieces
- 2 lbs. ground beef (80/20)
- 1 lb. breakfast sausage
- 2 eggs
- 1 cup breadcrumbs or cracker crumbs
- $1 \frac{1}{2}$ Tbsp. kosher salt
- 1 1/2 Tbsp. course black pepper
- 3 cloves garlic, minced
- I white onion, diced
- 2 jalapeños, seeded and diced
- I roasted poblano pepper, diced
- 1 7-oz.-can chipotle peppers in adobo sauce, diced finely
- 1 cup honey
- **1.** Fry the bacon until chewy; set aside.
- 2. Mix the ground beef, sausage, eggs, breadcrumbs, salt, pepper, garlic, onions, jalapeños and poblanos. Form into a loaf; place on a rack.





- **3.** Prepare your smoker. I prefer oak wood. Heat to 250 F. (This can be cooked in an oven. However, the smoke really enhances the flavor.)
- **4.** For the baste, mix the chipotle peppers and honey. Baste the loaf every 30 minutes. Cook approximately 3 hours, until the internal temperature is 160 F.

Chocolate Molten Lava Cake

- 3/4 cup unsalted butter
- 2 cups self-rising flour
- 2 1/2 cups granulated white sugar (divided use)
- 1/2 cup, plus 3 Tbsp. unsweetened cocoa powder (divided use)
- 1 cup milk
- 1 tsp. vanilla extract
- 3 cups boiling water
- **I.** Preheat the oven to 350 F.
- 2. Melt the butter; pour some of it into a 12-inch, cast-iron skillet to get a good coating of butter all over the bottom and sides. Pour off the butter and save for later.
- **3.** In a mixing bowl, combine the flour, 1/2cup sugar and 3 Tbsp. cocoa powder. Stir in milk and vanilla until smooth.
- **4.** Spoon the batter into the buttered skillet; spread evenly. Pour the butter over the batter.
- 5. Stir together the remaining sugar and cocoa. Sprinkle over the batter. Slowly pour boiling water over the top of the mixture.
- 6. Bake for 30 minutes, until set. Serve with ice cream or whipped cream.



To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.

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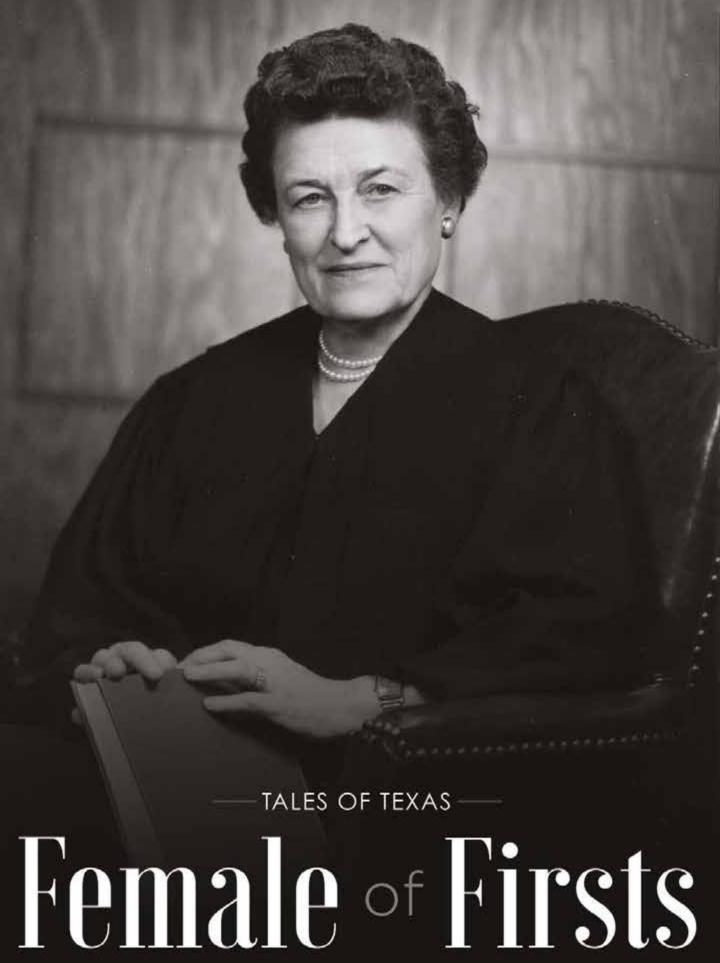
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— By Angel Morris

Sarah Tilghman Hughes is remembered for many "firsts" in her lifetime, not the least of which is being the first female judge to administer the oath of office to a U.S. president, swearing in Lyndon B. Johnson in 1963. The event was even more significant, as it took place aboard Air Force One, after the assassination of President John F. Kennedy.

While a photograph of this ceremony, featuring Johnson, First Lady Jackie Kennedy and Judge Hughes, is iconic, it should not be confused as the most important milestone of Sarah's life. The daughter of parents who descended from colonial families immigrating to America in the 1660s, Sarah was born August 2, 1896. She grew up in Baltimore, Maryland, and earned a biology degree from Goucher College.

After two years teaching science, Sarah enrolled in George Washington University Law School and held a job on the Washington, D.C., police force, working mostly with juveniles. She married classmate George Hughes in 1922, the same year she finished her degree.

The couple moved to Dallas, where Sarah's husband began his own law practice. She began practicing with the firm Priest, Herndon and Ledbetter, according to the Texas State Historical Association.

From 1923 to 1935, Sarah practiced at the firm, and she was elected to her first term in the Texas House of Representatives during that time. The year was 1930, and 34-year-old Democrat Sarah became the youngest woman elected to the legislature. "She was among the first women elected to the legislature after the granting of women's suffrage and was active in debates over major issues of the day — oil proration laws, penal-system reform and public school land usage," tshaonline.org reports.

In just her second term, she was voted Most Valuable Member. "Re-elected twice, she supported a number of progressive measures including prison reform and married women's property rights," www.womenintexashistory.org outlined. And, in 1933, Austin newspapers dubbed her the state's most effective representative.

In 1935, Sarah added another "first" to her résumé, when she was appointed by Governor James Allred as Texas' first female district judge, a role to which she would be re-elected seven times in Dallas' 14th District. Here she was known for calling government a tool for "the powerless and the poor," and was an advocate for women's rights.

While Sarah was unsuccessful in bids for U.S. Congress in 1946, she did become president of the Federation of Business and Professional Women's Clubs in 1952. This national organization pushed for her nomination as the Democratic Party ticket's vice presidential candidate, and Sarah was the first woman to have been considered for this role although she withdrew her name from consideration.

In the 1950s, Sarah led the Dallas United Nations Association and was instrumental in securing an amendment to the Texas Constitution in 1954 that allowed women to serve on juries. In 1958, she ran but was not elected, to the Texas Supreme Court.

Sarah's visibility had become high, and in 1960, she served as co-chair of the Kennedy-Johnson presidential campaign. The next year, she requested a recommendation to federal judgeship of Senator Ralph Yarborough and Vice President Johnson. The American Bar Association and Attorney General Robert F. Kennedy reportedly opposed her selection because of her age — 65.

The Business and Professional Women's Club again championed Sarah's cause, starting a letter-writing campaign, while Yarborough, Johnson and Speaker of the House Samuel Rayburn also supported her candidacy. As a result, Kennedy would name Sarah as Texas' first female federal judge in 1961.

TSHA credits Sarah with a reputation for "speedy and impartial administration of justice." In 1950, her early police work with juveniles assisted as she helped in the development of Dallas' first juvenile detention center. While a judge, Sarah presided over such momentous cases as 1970s Roe v. Wade, the Sharpstown stock fraud suit (that brought down many state officials and highly ranked Texas legislators) and many more.

Judge Hughes retired from the bench in 1982. That year, the Dallas Bar Foundation renamed its Diversity Scholarship after her, honoring her efforts toward diversity of the local legal community. Sarah died in 1985 at the age of 88. NOW

Sources:

- *I.* https://www.dallasbarfoundation.org/sarahhughes.aspx. 2. https://www.tshaonline.org/handbook/entries/hughes-
- sarah-tilghman.
- 3. https://www.womenintexashistory.org/biographies/sarah-t-hughes/.

Photos courtesy of the State Bar of Texas Archives.



Creating a border between Texas and Louisiana, Caddo Lake contains history, legends and amazing swamplands. Throughout the area, visitors find unexpected beauty and interesting features. According to the Caddo tribe, a massive earthquake formed the lake. However, geologists claim a 100mile log jam in Louisiana flooded the low-lying basin, creating the lake. For many years, riverboats used the swollen waters, making nearby Jefferson a port city. Eventually, they cleared logs, and the lake level fell more than 10 feet, changing the shape and ending the riverboat industry. But the 26,810-acre lake thrived. In 1911, Gulf Refining Company drilled for oil, creating the first over-water platform, which produced 450 barrels of oil per day.

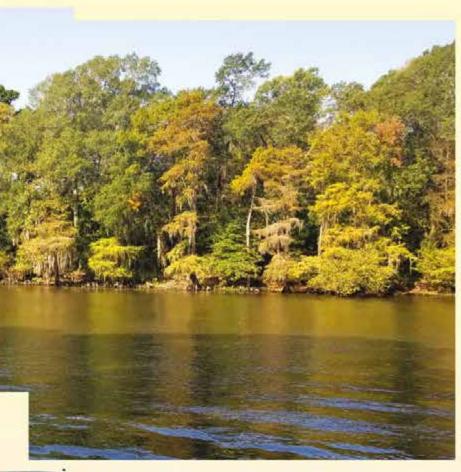
With a rich history, people still enjoy fishing on beautiful Caddo Lake. Known for massive bass and dozens of other fish species, the lake draws anglers. The Caddo Lake State Park, nearby Daingerfield State Park, and multiple RV parks provide spots for those who enjoy camping. For the less adventurous, numerous cabins on the lake offer a front-row view of wondrous nature.

From small fishing boats to kayaks and canoes, opportunities abound for visitors to get on the water. You might consider taking a boat tour with one of the local guides. Besides pointing out the best fishing spots, they share stories about the unexpected beauty of Caddo Lake. In many spots, lily pads dot the surface. During summer months, the water lilies bloom, showing their best colors while dancing in the lake breezes.



DOWN: INTHE





Bayout

By Lisa Bell



Land lovers might prefer a hike or a day of geocaching. While at Caddo Lake, look for multiple types of birds and fossils of paddlefish, or maybe spot a live alligator while hiking the many trails. As a precaution, swim only in designated areas. Don't feed or harass the creatures, and inform a park ranger or employee if you see the reptiles near swimming areas. Follow the rules for a worry-free adventure.

Bald cypress trees, abundant at Caddo Lake, have knees and beards, a fascinating phenomenon not possessed by other trees. The name comes from their appearance after shedding leaves. On land, the aboveground extensions of the root system grow straight, guarding the trees like tiny sentinels. When the trees grow in the water, though, the knees bend toward the parent tree. A straight knee near a water-surrounded cypress indicates a wayward root that belongs to a different tree.

Spanish moss hangs from the bald cypress trees, creating the mystical appearance we think of when picturing swamplands. Historic tribes used the moss for clothing, huts and bedding. A living organism, not truly moss, the plant absorbs nutrients from rainwater and air.

Near the state park, the Caddo Lake National Wildlife Refuge offers horseback and hiking trails, plus wildlife observation areas. Rare or threatened species, such as the peregrine falcon, alligator snapping turtles and Rafinesque's bigeared bat, inhabit the area.

For those who believe, or want to, Caddo Lake remains an alleged home for the legendary Big Foot. Many people visit the lake with cameras and video recorders, searching for a glimpse of the elusive creatures. Do they exist? With enough bravery to search, perhaps you might see one when visiting Caddo Lake. Otherwise, enjoy the unexpected beauty. And if you get bored, take the short drive into Jefferson and enjoy all it offers.

Editor's Note: For more information, visit https://tpwd.texas.gov/state-parks/park-information/alligator-safety/alligator-safety and www.fws.gov/refuge/caddo-lake.

Photos by Lisa Bell.



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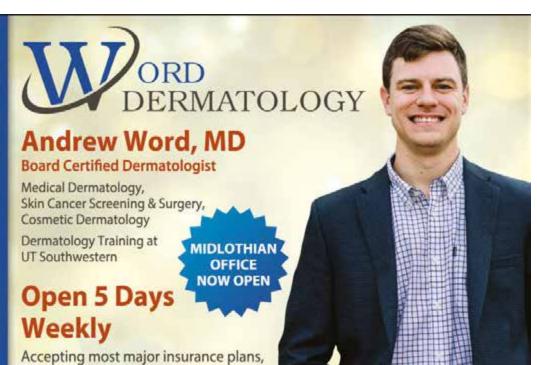


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- By Angel Morris

With the pleasant fall temperatures in Texas, it's not too late to plan a nature walk activity with the kids. Tranquil time outside is a great way to lessen the stress and anxiety that can come with the holidays, for adults and children alike. Even if you're more of an "indoorsy" person, a little outdoor adventure can remind you of the beauty around you, and highlight the gifts just outside your door.

Whether you're walking at a nearby nature preserve, community park or just in your own neighborhood, a nature scavenger hunt is one way to engage children outdoors. Downloadable printables abound online, or you can make your own list of things to hunt related to your area. Also bring bags, baskets or boxes for collecting. Potential scavenging items include types of insects; different shaped leaves; acorns, feathers, pine cones or rocks; colors or textures (hard, soft, fluffy, slimy); and even particular sounds (animals, birds, insects).

Upon returning home from your scavenger hunt, you can further engage children by making crafts with the items you collected. Place a sheet of paper atop leaves or pieces of bark and, with oil pastels or peeled crayons placed down on their sides, roll over the items to create colorful etchings. Or, lightly paint the tops of leaves and use them as paint brushes to press their designs atop sheets of paper. If desired, you can label the type of tree your leaves and bark are from.

Laminating completed etched or painted sheets allows them to be used as wipeable placemats for meals and serve as not just conversation pieces, but also reminders of your outdoor adventure for years to come! You might also use hunted items to create art glued atop construction paper: Leaves might become the wings of a bird, bark the body of animals or flowers might be placed in the hair of a hand-drawn fairy.

Acorns, pine cones, sticks and leaves can be crafted into people-like figures with markers and a bit of glue, or they can be made into mobiles (hung from sticks with yarn) or dioramas (making nature scenes inside shoe boxes). Clay nature prints — made by pressing flowers or leaves into air dry clay shaped into circles or squares — can become ornaments, magnets or even necklace pendants. Rocks can be painted with melted crayons (rocks must be heated first) or with regular or glow-in-the-dark paints to decorate backyards and patios. They can also be decorated with inspirational messages to give as DIY gifts for Christmas and New Year's. Side note: Search "The Kindness Rocks Project®" for another way to expand on your family nature walk!

If you don't want to cart home tangible items from the list and/or need to keep track of non-tangibles like noises, make your nature walk an "eye spy" hunt instead, perhaps checking things off your lists as they are discovered rather than collecting them. Pro tip: Binoculars and magnifying glasses make your eye spy game that much more successful and fun!

As always, advanced preparation can make any family activity go more smoothly. Some common-sense advice for nature walks with young children include wearing closed-toe shoes and insect repellent, carrying water bottles and healthy snacks and packing a first-aid kit. Keeping a towel and change of clothes in the car is extra-smart in case of muddy adventures.

Whether you make a plan or take an impromptu nature walk, the most important thing is the time together in nature. Games, arts and crafts are bonus family fun, but certainly aren't required for an enjoyable trip through the trees. If all you do is find a spot to sit, close your eyes and listen to the sounds of nature, consider it a valuable memory-making moment! NOW

Sources:

- l. https://artfulparent.com/13-nature-walk-activities-for-kids-and-free-nature-scavenger-hunt/.
- 2. https://artfulparent.com/five-nature-based-art-ideas-fortoddlers-and-preschoolers/.
- 3. https://www.firefliesandmudpies.com/5-tricks-for-enjoyable-nature-walks-with-children/.





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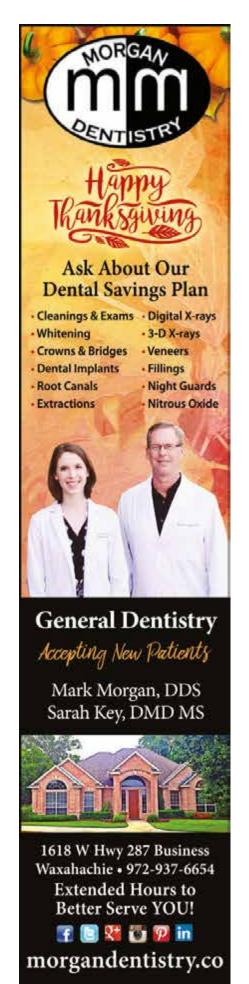


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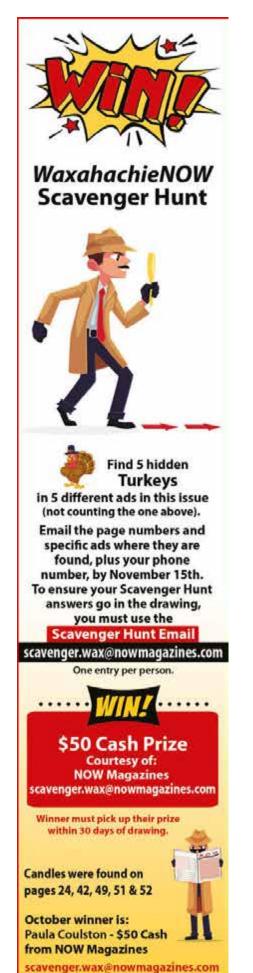














It's Beginning to Look a Lot Like Chriztmas





















Crossword Puzzle

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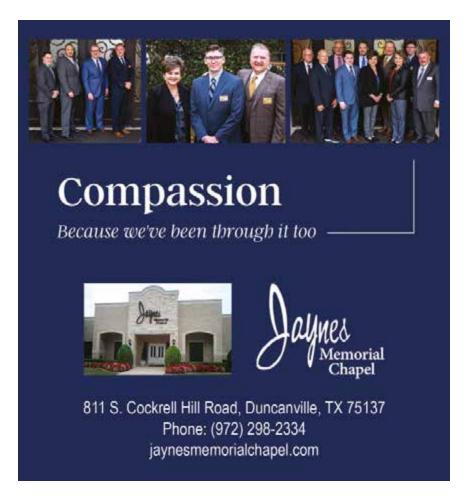
- 1 Sets owned by almost everyone
- 4 Archeological discoveries
- 9 "Nessun dorma" for example
- 10 To pray in Rome
- 11 Cheese coating
- 12 Caitiff
- 14 IRS expert
- 15 Outlaw
- 16 Wheeling was its first capital
- 17 Space-saving staircase
- 19 "--- o'clock scholar"
- 20 Like a young lady
- 22 Rounded thickly curled hairdo
- 24 Inputs data
- 27 100 square meters
- 28 Wolf Blitzer's channel
- 29 Sheltered side
- 30 Ball-park fare
- 32 Flimsy piece
- 33 Double's job
- 34 Doing the job now
- 35 Cogs
- 36 Skin lump

Down

- 1 Lewinsky's confidente
- 2 Vintage rite spread dressing on
- 3 Blue
- 4 Lens property
- 5 Soldering tool
- 6 Negative in the sticks
- 7 Set a limit
- 8 Start a game on court
- 9 Electric discharges
- 13 "Dangerous" McGrew of rhyme
- 15 Blockade
- 18 City Michael Caine blamed it on
- 19 Virgin Islands hours
- 21 Travelers' accommodation
- 22 Exclamation of surprise
- 23 Coldness of manner
- 25 Tree exudate
- 26 Part of a clan
- 28 There's more to come
- 31 Owing
- 32 Impressive kind of factor

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.



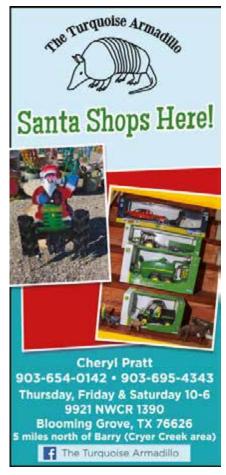


Sudoku Puzzle

Easy									٨	Mediu	m							
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Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.





11/4-11/6

ECLSR Holiday Market:

Get your holiday shopping underway with unique ideas. See https://www.ecyexpo. com/events/2022/2ndannual-eclsr-holiday-market for times and tickets. Proceeds benefit 4H and FFA. Ellis County Expo Center, 2300 W. 287 Bypass.

11/4-11/5

Old-fashioned Singing:

Heaven's Front Porch: Sing the old hymns that have been neglected. Adults: \$15; 16-6: \$12; under 6: Free. Friday: 7:00 p.m.; Saturday: 2:00 p.m., Getzendaner Park, Chautaugua, 400 S. Grand Ave.

11/12

Ellis County Veterans Celebration Ceremony:

Classic Swing Band: 9:30 a.m.; ceremony with a memorial service and military-style flyover begins: 10:00 a.m., Waxahachie Civic Center, 200 Civic Center Dr.

Johnny Cash Experience:

Let the (almost) Man in Black entertain you at this veterans benefit concert. \$39-\$54. 5:00 p.m. and 8:00 p.m., Waxahachie Fine Arts Center, 1000 N. Hwy. 77. Visit bestcashconcert.com for tickets.

11/13

Brewed Coffee and

Tea Festival:

Sample the best of your favorite caffeine delivery system. 1:00-4:00 p.m., Railyard Park, 455 College St.

11/17

Graduation Night:

Ellis Christian Women's Job Corps invites the community to attend their fall graduation festivities. 7:00 p.m., Primera Baptist Church, 118 Kaufman St.

11/18-11/19

Festival of Trees:

Bid on your favorite tree or wreath to support Habitat for Humanity. Friday: 5:00-9:00 p.m.; **Saturday:** 9:00 a.m.-3:00 p.m., FUMC, 505 W. Marvin.

11/28

Christmas at SAGU:

Enjoy Christmas music, train and hayrides, pictures with Santa, crafts and snacks. 6:30 p.m., SAGU, 1200 Sycamore.

11/29

Christmas Parade and Community Tree Lighting:

Kick Christmas off with the parade, lighting the tree and kids' activities. Free. 6:00-9:00 p.m., Downtown Waxahachie.

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





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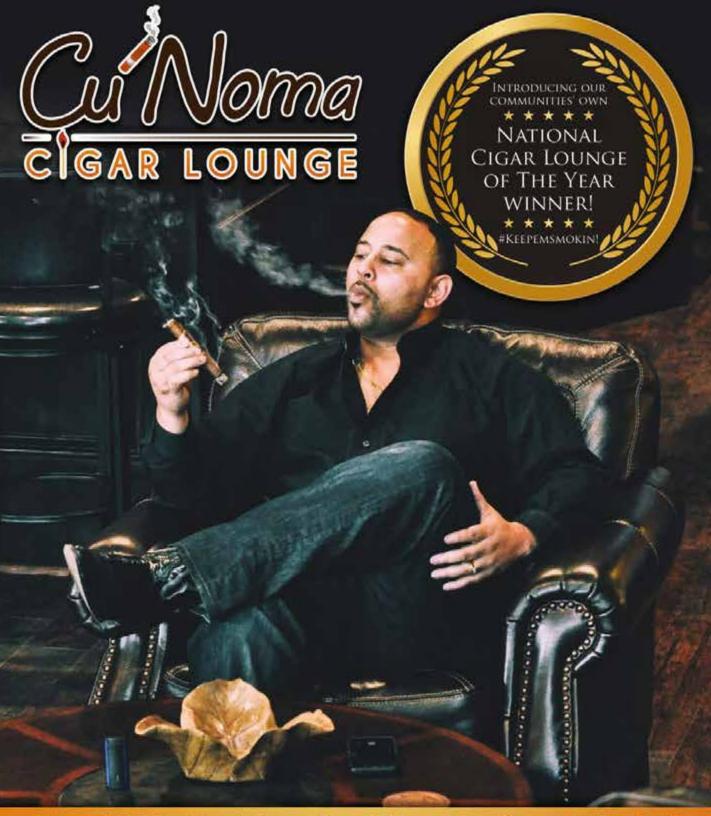
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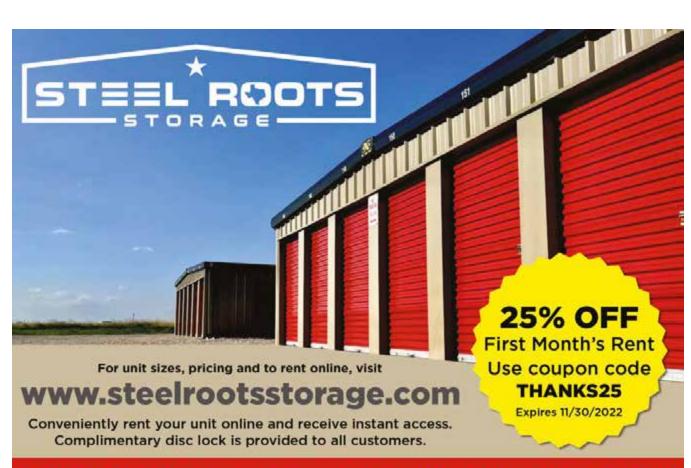


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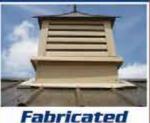
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