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JANUARY 2019



Tie Dye Monster

Caleb Seibel enjoys watching the dye spread

Living the Dream

For Kay Reid and her daughters, teaching is a family affair

Also inside:

Kids' Fun Pages

Crossword/Sudoku

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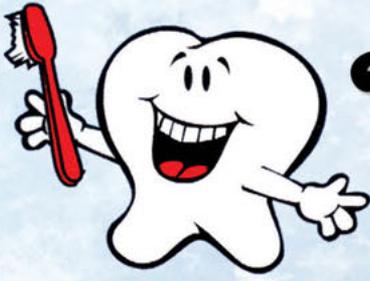


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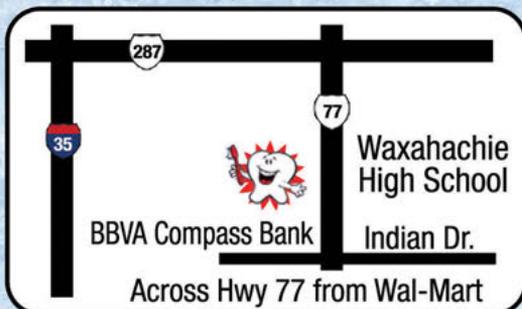
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CONTENTS

8 **LIVING THE DREAM**
Three women with three philosophies share a passion for educating others.

14 **TIE DYE MONSTER**
No two of Caleb Seibel's designs will ever be exactly the same.

30 **BESIDE A MIGHTY RIVER**
Explore a history-rich Southern state with surprising stops along the way.

34 **BRINGING BABY HOME**
Get ready for your bundle of joy.



18 BusinessNOW

20 Around TownNOW

24 CookingNOW

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ON THE COVER

Kay Reid shares her passion for teaching with others.

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EDITOR'S NOTE



Sandra

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Let the new year begin!

Once all the holiday cheer is taken down and stored back in its place in the attic, the house, both inside and out, looks a bit empty and somewhat sterile. Each year, this emptiness becomes a blank canvas — a canvas that allows me to begin the new year with decorations reflective of the things in life I love the most. I'm able to add family photos back to the shelves where Santas once stood. I'm able to reclaim the silk sunflowers from the craft closet that will go back upon the mantel. As I look at the "emptiness" all around, I begin to see the possibilities of the coming year.

What happens in the new year will be dictated by the choices I make as things come up, and things will come up because they always do. Composing a long list of resolutions no longer works for me. I don't know about you, but I always seem to gain five pounds when I've resolved to lose 20, and by March, I'll still need to organize the garage.

I'm trading resolutions for good choices in 2019. I hope to solve the problems I can, while leaving the rest to the good Lord above. I've learned so much over the years, but the most important lesson I'm taking into the new year is that I *don't* have to be in control of everything and everyone around me. The control freak in me is beginning to spaz out, but I definitely think it's worth a try.

Now, it's time to turn all this nothing into something!

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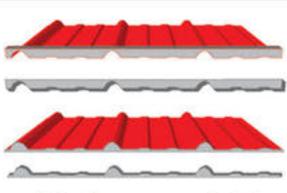
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Some families are athletic. Some are musical, artistic or intellectual ... and if you ask Kay Reid, she will tell you that some families teach. Kay has worked with dyslexia for the past 18 years. Sixteen of those 18 years have been spent at WISD, and for the last three years, she's enjoyed working as WISD's dyslexia testing specialist. She is surrounded by teachers. Her husband, Doug, retired after more than 30 years in education, and Brittany and Bridget, two of her

three daughters, are both third grade teachers for WISD. Kay's youngest daughter, Brooke, is a senior at Baylor University, where she is majoring in social work.

Brittany, the eldest of the girls, planned from a young age to follow in her mother's footsteps. "I always knew I wanted to be a teacher," Brittany said. "I would make my younger sisters sit through school and try to teach them things. When I went to college, there was no question about it."

Bridget, on the other hand, needed some persuading. "I did not want to be a teacher," she said, as her mom and sister chuckled.

"We told her over and over that she needed to be a teacher," Kay laughed, "but she was stubborn and would not listen." Also an alumna

Living The Dream

— By Shannon Adams

of Baylor University, Bridget's chosen career was a child life specialist, helping children and families impacted by hospitalization. While looking for an internship, she worked with foster and adoptive parents, and it was then that she realized two things: She loved to teach, and she missed working with children. The transition to education was a natural one.

Throughout their childhoods, the girls remember helping their mom get ready for school. "We would spend hours after school in her classroom," Brittany said. They put up bulletin boards, organized the bookshelves and decorated the classroom door. Now, Kay gets to do the same for them. "Something I really enjoyed this year is that I got to help each of them set up their classrooms — even unloading the 5,000 books Brittany has," Kay joked. "I saw books in there that I know we read when *she* was a little girl, even books from her kindergarten teacher."

The sisters couldn't be more excited to teach the same grade level in the same district. They enjoy getting together, sharing lesson plans, trading ideas and problem-solving together when one is struggling. This is where having a family of teachers pays off big. "You can go to your best friend or your husband," Brittany explained, "and they can listen and try to sympathize, but they may not really understand. But if I call my sister and tell her something that happened, she gets it." Having two parents in education doesn't hurt, either. "There are times that can be really hard," Brittany continued, looking at Kay. "And some of the things we went through, if we didn't have her ... I think I would have quit."

As in most family businesses, advice has been free and plentiful. "Mom sent me 'Mom's Top Ten Tips for Teaching,' and I still have that saved on my computer," Brittany shared.

Kay laughed. "I don't remember what they



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all were," she said, "but I know they were good!"

Her advice to Bridget was slightly different. "This is kind of silly," Bridget said with a smile, "but my first day of teaching, she said, 'You have to have a first day picture, so whatever you wear, you have to wear it every time you have a first day of school!'" As fun as the advice was, a more memorable gift was a handmade tray, printed with the words, *Mrs. Reid is the best teacher*, that had at one point belonged to Bridget's great-grandmother back when one-room schoolhouses were the norm.

Yet in spite of their shared passion, each of these ladies approaches teaching with her own unique philosophy. Working in the dyslexia testing office means that Kay no longer has a classroom, but that doesn't bother her, since her years there have allowed her to play a part in the education of hundreds of students. "I want every child to know how to read," she said, "because when I was little, I read a lot. And to think that there are children who don't know how to read makes me sad." She loves being a part of the intervention process for struggling students, making sure that they are able to get the help they need, and knowing that from that help, readers are born.





For Brittany, her favorite part of teaching is giving students the opportunity to take ownership of the classroom and the power of choice. One way she does this is by planning as many hands-on, project-based assignments as she can. "I love seeing what comes out of those kinds of creative projects. It gives different groups of students a chance to shine and be leaders in the group. And I also think it's a good idea to sometimes give them the chance to fail," Brittany continued. "It lets them go back and try again, and learn that they can't expect everything to be perfect the first time."

In Bridget's class, understanding her students' emotional needs plays a major role in how she teaches. "I really enjoy creating a family atmosphere in the classroom," she said. One of her students' favorite activities is the white board prompt, where they get to write on the board their answers to a question, ranging from feelings about their first day of school to things they like about each other. The answers help Bridget stay attuned to her kids' emotional needs, by identifying and understanding how they're feeling and processing their time in the classroom.

WISD's theme this year is "Dream Big," and both girls have big plans for their classrooms. As for Kay, she feels like she's living the dream already. "This was my big dream, to have both girls here [in the district] with me. They know the great opportunities that Waxahachie provides, and I'm so proud that they're both here." No doubt, their students would agree. **NOW**

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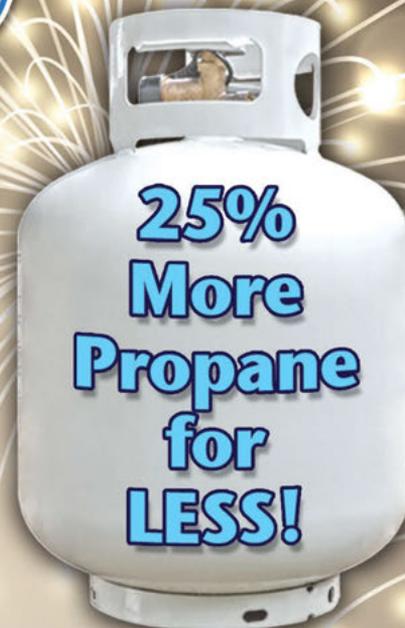
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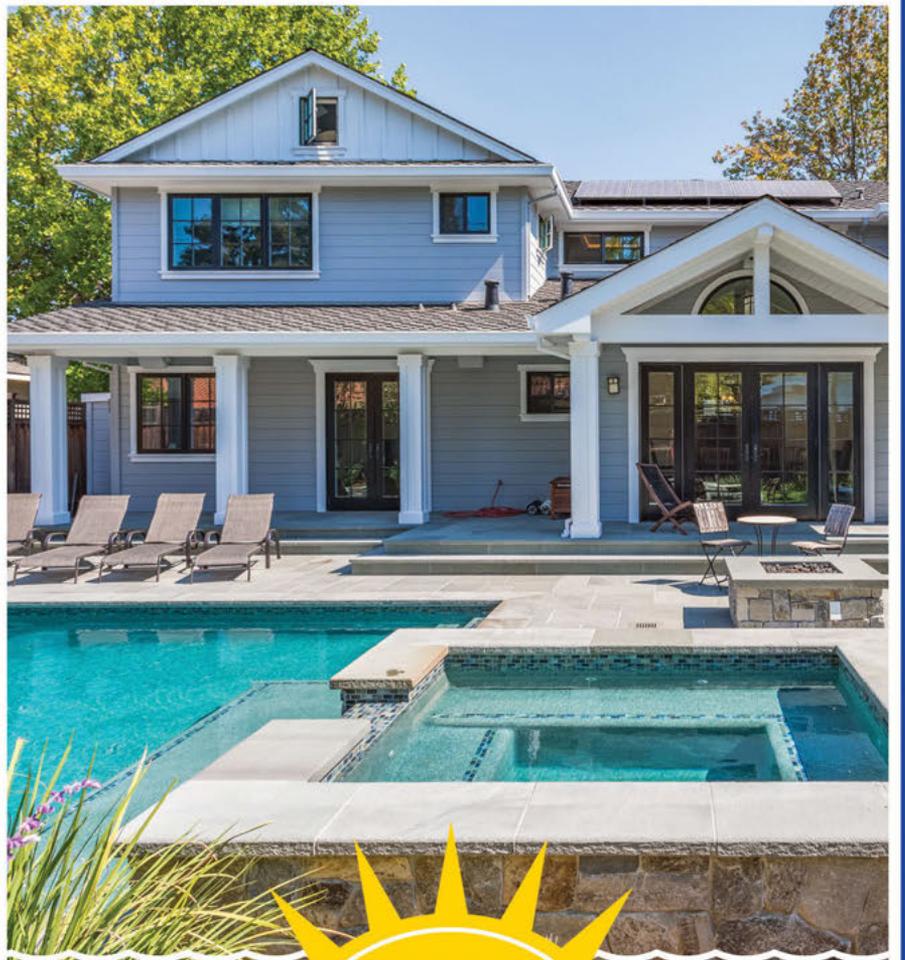
TIE DYE *Monster*

— By Sandra Strong

A year ago, Caleb Seibel received a tie-dye kit from his parents. He read and closely followed the directions. “I really liked it,” he remembered. “It turned out great.” But the kit was only good for a couple of T-shirts.

Looking back now, Caleb realizes the small kit created a tie-dye monster in him. The revived art form dating back to 1941 not only allows him to tap into his creative side, it also helps to relax and calm his spirit. He doesn't create the T-shirts to sell for profit, but when someone wants one, he makes it possible for them to have it. “I remember the first time someone bought a shirt from me,” he said with a smile. “It was dark blues and purple, and it had a big moon in the center. It was a cool shirt.”

Since that first kit, Caleb figures he's created no fewer than 60 shirts. Twenty-two of those 60 were for family members who live in Angleton, Texas. “It took the best part of a full week to make those 22 shirts,” he admitted. “My parents and I traveled for several hours to make the delivery. Everyone really liked what I created for them.”



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Caleb is traditional when it comes to his tie-dye method. Although more than one T-shirt may have a cross, heart or moon in the center, no two are alike, nor will they ever be, no matter how hard he may try to duplicate them. "There's really no way to duplicate these hand-tie-dyed T-shirts. You just can't do it," he explained. "I may work from home-crafted patterns, but no two in the world will ever be the same."

Since mastering the basic patterns — the spiral, moon, heart and mandala — Caleb is focusing his creativity into making a peace sign, the same peace sign that was popular in the '60s and '70s. "It's all about the angles, the folds and where you place the rubber bands. There's a science on where to place the folds and rubber bands to get the desired tie-dye and design," he said, referring to the process of dyeing. "I don't dip my shirts into the dye. I add dye from a squeeze bottle to the area I want to color. I enjoy watching the dye spread."

When purchasing his supplies, he buys his T-shirts locally in bulk and purchases an array of different color dyes. If he doesn't have a certain color, he's learning how to mix the dye he does have in stock to make the color he desires. Mixing has proven to be the most difficult part of the process for him due to spinocerebellar degeneration, a disease he was diagnosed with in





the sixth grade that effects his balance, as well as his hand/eye coordination. "Most of the time, I make a big mess," he said. "And I don't wear gloves because they restrict me. One day, I might have red fingertips, and the next day they might be blue or green. I've also learned that if I want the colors to be dark and rich, I use more dye. Lighter colors use less dye."

Before the tie-dye process begins, Caleb soaks the shirt in soda ash, a powder mixture that when mixed with water will help set the color, keeping it vivid and preventing it from bleeding, running or fading when washed. Once the process of adding color begins, Caleb only works on one section of the prewashed shirt at a time. As he watches the dye spread into the fabric, he can't help but smile. He enjoys watching as a plain white T-shirt becomes a work of art — a work of art he painstakingly created. "The shirt takes on a whole new life," he said. "The fold down the center causes the mirror image to appear the same on the front and the back."

In Caleb's free time, he enjoys his job as a lane attendant at Hilltop Lanes. He also gets a kick out of seeing his T-shirts as they come and go in the bowling alley. "It's an incredible feeling to walk into the alley and see sometimes as many as 10 people wearing shirts I've created," he confessed. "I love seeing that."

Caleb will continue creating tie-dye T-shirts for his family and friends for as long as they want him to. "I will tie-dye until the end of my days," he shared. "I guess you could say I'm the Bob Ross of tie-dye!" **NOW**



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— By Sandra Strong

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Waxahachie Chiropractic opened in the fall of 2016 with one purpose — to provide quality chiropractic care to the community. Dr. Clint Hardin and his staff proudly continue this mission today. Dr. Clint, as he is referred to by his staff and patients, stated, “I was here in the very beginning, but moved to Hawaii for a time. I’m happy to be back home.”

Dr. Clint and his staff enjoy seeing patients and helping improve their quality of life through chiropractic care. They offer chiropractic adjustments, as well as therapies, in the office to achieve health care goals.

Patients often call to schedule an appointment when they are in discomfort or they aren’t feeling quite right. Dr. Clint and his staff are happy to get the patient scheduled for an office visit as quickly as possible so that treatment may begin. Waxahachie Chiropractic also provides care to help patients maintain optimal health and well-being. It’s not all about pain. It’s about keeping the body healthy and allowing the body to work as it was designed to work.

A listening ear is paramount to getting to know the patients. Understanding patients on a more personal level allows the very best of care to be administered. “We treat the ‘whole’ patient, and many times, the overall healing and quality of life are results of these talks,” Dr. Clint said.

Pam Thomson, office manager, added, “You become a member

of the family when you come to Waxahachie Chiropractic. We genuinely care about each patient."

Waxahachie Chiropractic is family-oriented, and the atmosphere upon stepping over the threshold is one of soft, peaceful music and a personable staff that welcomes patients with a caring smile. The waiting area is quaint, comfortable and relaxing, as well.

Patients of all ages, newborn to mature life, are treated at the clinic. "We strive to be on time for our patients. We respect their time and they respect ours," Pam stated.

Dr. Clint and his staff enjoy seeing patients and helping improve their quality of life through chiropractic care.

Alyssia Bernal, front desk coordinator, greets you with a smile, whether it be on the phone or upon entering the clinic. She is happy to schedule your appointment and guide you through the appointment process upon arrival.

Dr. Clint has experienced back pain, so he knows what it feels like to be hurting and what it feels like for that same persistent pain to be removed. "My back pain began when I was 19. I was 24 when I had my first chiropractic adjustment," he shared. "The pain I had lived with for years was gone in two short weeks." His personal experience with the healing after-effects of chiropractic care inspired him to become the doctor he is today.

Waxahachie Chiropractic has a sister clinic in Red Oak — Red Oak Chiropractic and Therapy. Dr. Brenda, as she is referred to by her patients and staff, is the doctor at this location. She has more than 23 years of experience as a chiropractor.

Both clinics share the same beliefs and chiropractic systems in order to provide the quality care they demand for their patients. They urge everyone in the community to learn what chiropractic can do for them, and if one has any questions, they are encouraged to call either of the offices for more information. **NOW**



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Steve Herring, with Lantana Lawn Care, puts finishing touches on the decor, kicking off the holiday season.

Zoomed In: Julie Ann Law

By Sandra Strong

The Art Beautification Program continues with 10 “Hachie Hearts” placed throughout the city of Waxahachie. These hearts are an extension of the “A Place in the Heart” campaign. This particular heart, sponsored by KBEC, painted by local artist Julie Ann Law and located at the entrance of Getzender Park, highlights some of the many iconic places in Waxahachie. She was persuaded to include her late son, Julian Quinn, in the finished product. “It was quite an honor to be asked to paint a heart,” Julie admitted. “I was also touched when I was encouraged to add Julian.”

The backside of the heart is a sepia-toned rendition of several of the many musicians who have graced the stage of the Chautauqua Auditorium. “I’ve painted in all kinds of weather,” she said. “I’ve visited with so many who are interested in the stories this one heart has to tell.”



Rebecca Mentzel greets holiday shoppers with a smile and an oversized tree topper upon her head.



A beautifully decorated choo choo train makes its way down the parade route.



On Black Friday, Kenneth Reeves loads an early present for his son into the back of his pickup.



Joshua Bueno, a 7-year-old Life School student, enjoys the sights and sounds of the Waxahachie Christmas Parade.



Shenandoah performs at the Texas Country Reporter festival.



NOW Magazines' Joyce Sebesta "womans" the NOW booth at the Bob Phillips TCR Festival.

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CookingNOW
In the Kitchen With
 SUSIE BATSON

— By Sandra Strong

Susie Batson's love affair with cooking began as a high school freshman. "I had a wonderful home economics teacher," Susie admitted. "I loved her so much that I took four years and two summers of home economics. Not only did I earn five credits, but I learned so much about cooking." Susie also learned a lot about the art of cooking from her mother, grandmother and several of her aunts. She also has an old *Better Homes & Gardens Cookbook* that offers any recipe she may need or want.

Grandma's Apricot Cream Pie recipe has been in Susie's family for generations. And until now, it's been a well-kept family secret. "Most of my family is gone," Susie said, "and I know my grandmother would want me to share the recipe today." **NOW**

- 1/4 cup sugar**
- 1/4 cup water**
- 4 eggs**
- 1 cup pecans, chopped**
- 2 Tbsp. brown sugar**
- 2 tsp. cinnamon**

Glaze:

- 1 cup confectioner's sugar**
- 2 Tbsp. milk**

- 1. For cake:** Preheat oven to 375 F. In a large mixing bowl, blend together the cake mix, sour cream, oil, sugar, water and eggs. Beat at high speed for 2 minutes.
- 2.** Pour 2/3 of the batter into a greased and floured 10-inch tube pan.
- 3.** Combine pecans, brown sugar and cinnamon. Sprinkle over the batter in the pan.
- 4.** Spread remaining batter evenly over the filling mixture.
- 5.** Bake at 375 F for 45-55 minutes, until cake springs back when touched lightly.
- 6.** Cool right side up for about 25 minutes; remove from pan.
- 7. For glaze:** Blend confectioner's sugar and milk. Drizzle over cake.
- 8.** When baking at high altitudes: Stir 1/2 cup flour into mix. Mix as directed above using the sour cream, 1/3 cup Crisco

Luby's Chicken Fried Steak

- 3 extra-large eggs**
- 1 cup milk**
- 1 tsp. salt**
- 1 tsp. seasoned salt**
- 1/2 tsp. pepper**
- 3 cups flour**
- 1 2 1/2-lb. round steak, cut 1/2-inch thick to make 8 serving pieces**
- Vegetable oil, enough to fill 1/8 inch of a skillet**

1. In a bowl, mix together eggs, milk, salts and pepper.

- 2.** Place flour in a shallow bowl.
- 3.** Pound meat with a mallet to 1/4-inch thickness. Coat with flour.
- 4.** Dip in egg mixture, then again in flour.
- 5.** Heat oil in a large skillet over medium heat.
- 6.** Add meat to hot oil; cooking for about 3-4 minutes on each side.

Sock-It-To-Me Cake

Cake:

- 1 box Duncan Hines Butter Recipe Golden Cake Mix**
- 1 cup dairy sour cream**
- 1/2 cup Crisco oil**

oil, 2 Tbsp. sugar, 2/3 cup water and 4 eggs. Bake at 400 F until done, about 40-50 minutes.

9. Be sure to use Crisco oil, as some other oils may cause the cake to fall.

Chocolate Gravy

- 1 1/2 cups sugar
- 2 1/2 Tbsp. flour
- 2 1/2 Tbsp. cocoa powder
- 1/2 cup water
- 1 1/2 cups milk
- 2 drops vanilla

1. Mix sugar, flour and cocoa in a skillet. Add water; continue to mix.

2. Add milk. Cook on medium heat until gravy thickens. Add vanilla.

3. Serve over buttered biscuits.

Grandma's Apricot Cream Pie

Pie filling:

- 1 cup sugar
- 3 egg yolks, reserve egg whites
- 3 Tbsp. flour
- 2 cups milk
- 1/8 tsp. salt
- 1 large pkg. dried apricots, cooked (divided use)
- 1 baked pie shell

Meringue:

- 3 reserved egg whites
- 3 Tbsp. sugar
- 1/2 tsp. cream of tartar
- Remaining apricots

1. *For pie filling:* Combine sugar and egg yolks, making sure to cream well.

2. Add flour, milk and salt. Cook until thick.

3. Add 1/2 cup apricots; cook 1 minute longer.

4. Pour mixture into pie shell; cool until lukewarm.

5. *For meringue:* Beat egg whites. Add sugar and cream of tartar; continue to beat well.

6. Add remaining apricots. Beat and spread over pie. Brown, as usual.

Buttermilk Chess Pie

- 1 2/3 cups granulated sugar
- 2/3 cup butter or margarine, melted
- 1/3 cup all-purpose flour
- 4 extra-large eggs
- 1 1/3 cups buttermilk
- 1/2 tsp. vanilla
- Dash of salt
- 1 unbaked 9-inch pie shell

1. Heat oven to 375 F. In a large bowl,



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HERSHEY Brownies

combine sugar, butter and flour. Mix well. Add eggs, 1 at a time, mixing well after each addition.
2. Add buttermilk, vanilla and salt. Mix just until blended. Do not overmix.
3. Pour into pie shell. Bake 45-50 minutes, or until wooden pick inserted in the center comes out almost clean. Be sure not to overbake.

Microwave Peanut Brittle

Makes 1 lb. of yummy goodness.

1 cup sugar
1/2 cup light corn syrup

1 cup roasted salted peanuts
1 tsp. butter
1 tsp. vanilla
1 tsp. baking soda

1. Prepare cookie sheet with nonstick cooking spray. In a 1 1/2 qt. microwavable casserole dish, combine sugar and corn syrup. Microwave on high for 4 minutes.
2. Stir in peanuts. Microwave on high for 3-5 minutes, or until light brown.
3. Stir in butter and vanilla. Blend well. Microwave on high for 1-2 minutes. Peanuts should be lightly brown in color.
4. Add baking soda. Stir gently until light and foamy. Pour onto cookie sheet.
5. Let cool for 30 minutes. Break into pieces.

HERSHEY Brownies

2 boxes Betty Crocker Brownie Mix
3 4.4-oz. HERSHEY Milk Chocolate Candy Bars

1. Prepare brownie mix according to the directions on the box.
2. Pour half of the mixture in a 9x13-inch baking pan.
3. Place HERSHEY bars on top. Pour remaining brownie mix over the candy bars. Bake at 350 F for 1 hour.

Fried Green Tomatoes

Makes 8 servings.

2 cups all-purpose flour
1 1/2 cups water
1 Tbsp. seasoned salt
2 1/2 cups fine Saltine cracker crumbs
6 medium green tomatoes, cut into 1/4-inch slices
Vegetable oil, enough to fill 1/8 inch of a skillet

1. In a shallow bowl, whisk together flour, water and salt until smooth. Place crumbs in a separate shallow bowl. Dip tomatoes into flour mixture, then into crumbs, coating evenly.
2. In a large skillet, heat oil. Add tomatoes and cook 2 minutes on each side, or until golden brown, turning once.

To search for more great recipes from any of the **10 NOW Magazines** publications, visit www.nowmagazines.com.

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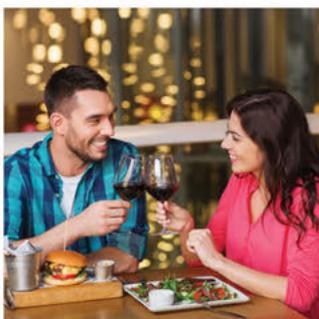


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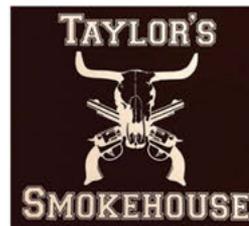


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The Mississippi River borders its state, but the river isn't all you see traveling through Mississippi. From beaches in the south to cities and beautiful countryside, visitors can enjoy a variety of sites. With relatively mild winters, even the early months of the year can be a perfect time to visit.

At the Gulf Coast, beaches and waterparks offer water fun for most of the year. When temperatures cool down, there are still opportunities to play golf or fish. From an oceanside dock or out on a chartered boat, one can enjoy catching more than 200 varieties of fish.

Mississippi is well known for the origination of blues music, but many other genres also grew from the blues of long ago. One of the best features in the state is the Mississippi Blues Trail. Throughout the state, guests can visit the birthplaces of legendary musical icons and learn about the way they lived and their early influences.



Take in dozens of the markers in Southaven at the Tanger Outlet Mall or a single marker in other towns along the way. Stop at amazing museums, such as the Gateway to the Blues located in Tunica, Mississippi.

Tunica, also known for resorts and seven casinos, is home to the RiverPark & Museum. An interactive environment, the entire family can enjoy the two-story building next to the river. Inside, learn about Mississippi, including the origin of teddy bears. Experience a diving bell or enjoy the peaceful aquarium. On one side of the museum, rocking chairs line the sidewalk, looking over the river where barges and ferries still run. In addition, trails fill the park, where young and old can explore nature.

Much of the state remains untouched. With numerous state parks, outdoor enthusiasts can hike, camp and even hunt and fish in some of them. Nearby recreation areas provide a variety of entertainment. In Canton, MS, visit Mississippi Petrified Forest, an unforgettable step back in time.

Many farms in Mississippi open to the public during different seasons. Picking fruits or visiting a pumpkin patch create wonderful memories. Cedar Hill

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Farm in Hernando is one of the best known, but others in the state offer a similar experience. With hayrides and barrel trains, children and parents create memories that last a lifetime.

The historical town of Hernando features an old-fashioned town square with festivals and events throughout the year. The home and ranch of Jerry Lee Lewis still exist near this small town. Be sure to arrange a tour in advance to see this music legend's home. Another site worth visiting in Hernando is a historic landmark commemorating the Mississippi Freedom Trail. For history buffs, following this trail makes a memorable trip.

Throughout the state, many battlefields remind visitors of a war no one wants repeated. Vicksburg houses one of these, commemorating a key turning point in the Civil War. Driving through with an interactive audio brings history to life in these locations.

When visiting Mississippi, be sure to spend time in Jackson. This city alone can fill days with fun. The zoo houses almost 400 animals from more than 200 species. With multiple museums, find something interesting for every family member, from the Civil Rights Museum to the Sports Hall of Fame and many history museums.

Be sure to take the kids to the Mississippi Children's Museum. A richly interactive space, children learn without realizing it. Next door, the Mississippi Museum of Natural Science also offers great interaction, multiple aquariums and dozens of nature trails, as well as a rainforest maze.

Wherever you travel in Mississippi, prepare for adventure, fun and interactive history lessons. Follow trails or select a few places to focus your travels. Whether for a few days or weeks, Mississippi delivers a great way to spend quality time as a family. **NOW**

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BRINGING Baby HOME

— By Zachary R. Urquhart

Being a parent is equal parts amazing, terrible, the hardest and yet the best thing ever. Being a first-time parent, though, comes with the added bonus of wondering if you are doing it right. Here are a few tips to help navigate the mysteries of parenting.

Make Hard Choices

· *Your baby is your baby.* There are medical decisions that you will have to make pretty quickly in your baby's life — whether to circumcise your son, what vaccines you will get and what your baby will eat. When it comes to circumcision and vaccines, talk as a family and know what you want to do before your baby is born.





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· *Feed the right food.* Figuring out what to feed your baby can be difficult. There is evidence that breastfeeding has benefits to both baby and mom. But whether dealing with a full-time work schedule, managing allergies or health complications or simply choosing not to breastfeed, if you opt to use formula, your baby will be OK.

· *Your baby will tell you.* If your baby is not eating enough, it might be due to an allergy or sensitivity, so you may need a different formula or to change your own diet, if breastfeeding. If your baby is especially fussy or gassy during or after feedings, you will want to talk to your pediatrician, and may even need to see a gastroenterologist. Food allergies are sometimes mistaken for common colic, so if your baby seemingly cries all day, let a doctor help you figure out what exactly is happening.

Expect These Surprises

· *It is normal.* When your baby leaves the hospital, they will have the remnant of their umbilical cord. Take care when cleaning around the area, but do not be surprised if it falls off a little sooner or takes longer than expected. And when you are snuggling your little bundle of joy, you will feel soft spots on his or her head. This is normal. As the baby's skull develops, the soft spots will completely fill in, so there is nothing to fear.



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· *Be careful, not afraid.* If you went through parenting classes before having your baby, you probably did an exercise where you warmed water for a bath until it was just right. You do not want to live every moment scared you will hurt your baby, but you do need to be cautious about bath water, bottle temperature and giving support to your baby's head and neck.

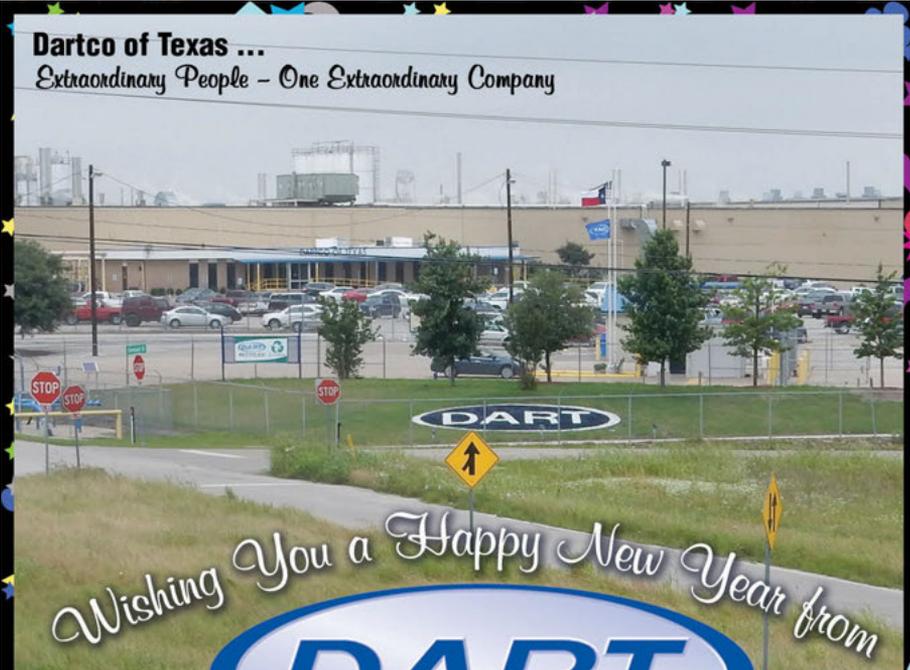
Getting Settled

· *Make routines.* There is no right schedule for your new baby, but having regular feeding and sleeping times will help them thrive, and they will help you survive those early days with your newborn. In the first few months, your baby will need to feed throughout the night, so figuring out a schedule where one parent can stay up a little later or wake up a little earlier for some of those feedings can help everyone get as much sleep as possible. And having dad do some of the late-night feedings helps build the bond that is so important to develop with new babies.

· *Choose the right day care.* Whether you are going back to work out of necessity or desire, there are many day care options. In-home facilities have fewer children, but often fewer amenities, while formal centers utilize a larger staff. And some will have rules about things like what food preparation they provide.

As your child grows, you may wonder about things like how to discipline or when to potty train. The most important thing is to make a decision as a family and know that there is no one right way to raise a child. **NOW**

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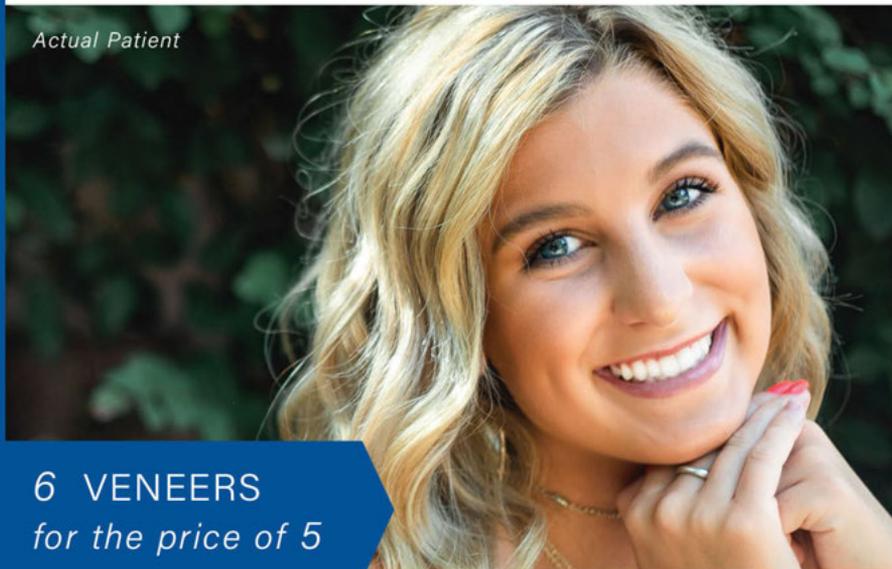
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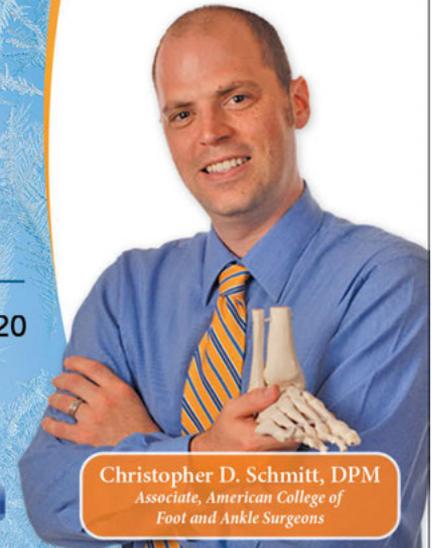
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Kids' Fun Pages

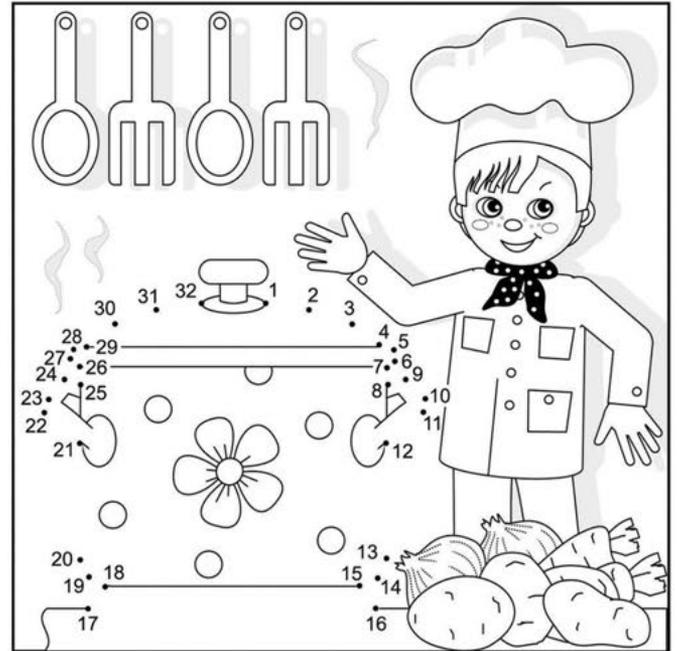
Help the spaceship fly to the Moon and then return to the Earth.



ANSWER:



Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then, color the picture!



ANSWER:



CROSSWORD for KIDS

1 2 3 4 5 6 7 8 9

1 - lion; 2 - giraffe; 3 - zebra; 4 - whale; 5 - wolf; 6 - owl; 7 - bear; 8 - crocodile; 9 - elk

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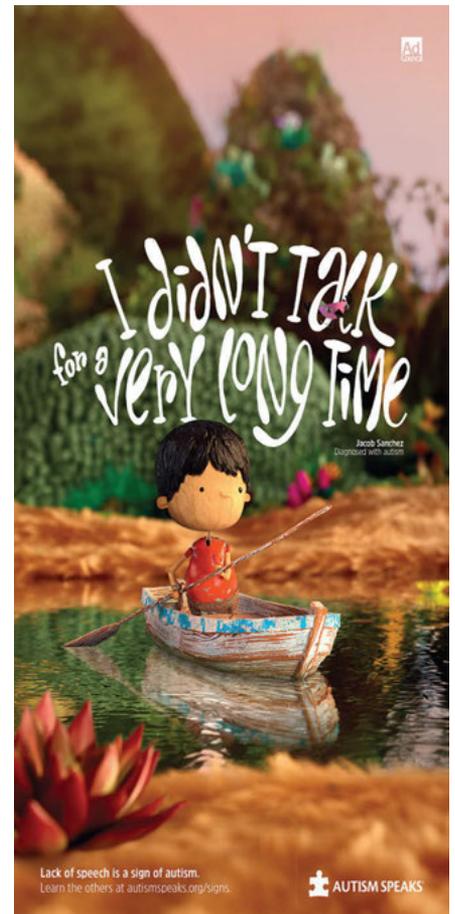
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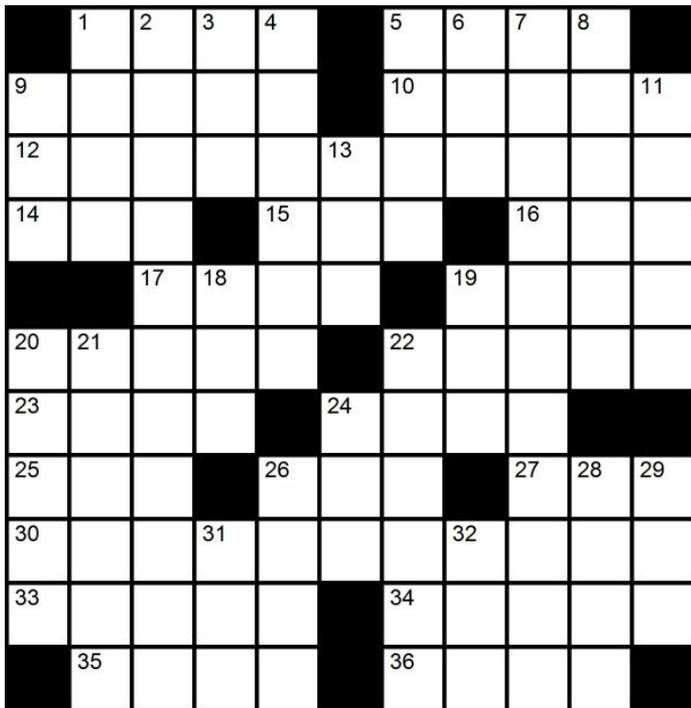
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Crossword Puzzle



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Across

- 1 Continuous dull pain
- 5 Garage sale warning
- 9 What Rhett didn't give
- 10 Ate sumptuously
- 12 Alphabet start
- 14 Cost-of-living measure
- 15 Electrically charged particle
- 16 Med. care choice
- 17 Mint with Retsyn
- 19 Shed tears
- 20 Magnitude
- 22 They might swing
- 23 Detest
- 24 Top of the mouth
- 25 Large flightless bird
- 26 Crossroads of America
- 27 1918 pandemic
- 30 Flight science
- 33 Have a conniption
- 34 Singer --- Ronstadt
- 35 Inquires
- 36 Ova

Down

- 1 Take --- (try the pool)
- 2 Exaggerated representations
- 3 Pinafore's letters
- 4 Complete
- 5 Yemeni seaport
- 6 Act as a model
- 7 Looming
- 8 Sounded
- 9 Dolphins org.
- 11 Falls
- 13 Auction offering
- 18 Catastrophic occurrence
- 19 Solicit
- 20 Bundle of stalks
- 21 Image recorder
- 22 Space vehicle
- 24 Retrovirus material
- 26 Press fluids
- 28 Some TV screens
- 29 This publication is based in part of it
- 31 Bourbon flavoring
- 32 Welding method

Solutions on page 52

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Sudoku Puzzle

Easy

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

Medium

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

CrosswordSite.com Ltd

Solutions on page 52

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5. Store all those Christmas decorations.
4. The realtor says, "This home needs to be de-cluttered to show."
3. I'm a small business and need a place to store my supplies and inventory.
2. I'm downsizing to a small house and need a place to put all my memories.
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1/14, 1/21

Homeless Census Volunteer Training:

Citizens interested in finding and helping those who are homeless in Ellis County are welcome to join the Local Homeless Coalition as they conduct the annual Point in Time Count. Learn how to safely be part of the solution. 6:00 p.m., Waxahachie Police Department, Community Room, 630 Farley St. Contact Rev. John Stout, (469) 383-3164.

1/18 — 1/20

Unity in the Community of Ennis MLK Jr. and Lovia Boyd Community Award Celebration:

1/18, Dr. MLK Art, Poetry and Essay Contest. 7:00 p.m., Ennis Public Library, 501 W. Ennis Ave., Ennis. 1/19, Power in Wellness Health Fair 2019, 10:00 a.m.-1:00 p.m., 501 N. Clay St., Ennis. 1/20, A King Celebration: The Power of Love, 3:00-6:00 p.m., San Jacinto Auditorium, 501 Gaines St., Ennis. Tickets: adults presale \$10/children presale \$7. Tickets at uitcofenis.ticketleap.com/the-power-of-love/.

1/19

Auditions for Scarborough Renaissance Festival 2019:

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1/21

Second Annual Martin Luther King Jr. Celebration:

A message about learning from the past and continuing to move toward a positive future, the event has expanded to include lunch and the opportunity to volunteer at various pre-arranged locations around town. 10:00 a.m., One Church, 2122 N. Hwy. 67 Register at www.discoveronechurch.org.



1/24

Let's Get Warm Giveaway:

Anyone experiencing homelessness in Ellis County

is welcome for hot meals, fellowship, gifts like blankets and coats, basic financial counseling and resources provided by the Local Homeless Coalition in Ellis County. 9:00 a.m.-9:00 p.m., House of Praise, 1264 N I-35. Kasie Linker, House of Praise, (918) 351-3678.

1/26

WEE Read Festival:

The festival will celebrate reading, writing and literature and bring in book authors, screen writers and illustrators from across the country. Attendees will attend workshops, discussion panels and much more. The event is targeted for children in PK4 through the sixth grade. Free to the public. 9:00 a.m.-3:30 p.m., First Christian Day School, 1109 Brown St. sheilagonzalez66.wixsite.com/weereadfestival.

2/8

TX Life Investors' Celebration:

Benefiting FirstLook Pregnancy Clinic. Guest speaker is Dr. Ron Archer. \$50 per person/\$400 per table of eight. 7:00-9:15 p.m., Waxahachie Civic Center. Register by 1/18 at txlifeinvestors.org or call Lisa Bittle (972) 938-7900, lisab@firstlookclinic.com.

Second Mondays

Ellis County Veterans Networking:

Dinner and guest speaker. 6:00 p.m., IHOP, Waxahachie. Jim McKeever (469) 258-7424.

Last Thursdays

Marine Corps League, Detachment 1452:

Meeting. All active, retired or former Marines, Navy chaplains or corpsmen are welcome. 7:30 p.m., Refiner's Fire Church, 1611 W. Ennis Ave., Ennis. (214) 803-4954.



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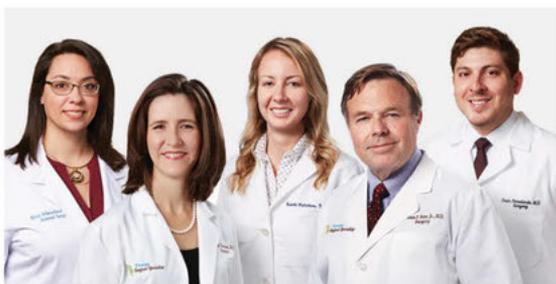
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