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Sam Favela went
from couch potato
to exercise guru

Contemplative Creations

Kenna Boles Prior's
art captivates
audiences

In the Kitchen With
Rick DeOrdio

Also inside:
Scavenger Hunt

Featured Business:
Richard C. Galperin, DPM

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CALENDAR

- Jan. 6: Staff Return | PD Day
- Jan. 7: Teacher Work Day
- Jan. 8: Students return to Classes
- Jan. 13: Regular Board Meeting
- Jan. 20: MLK Holiday
- Jan. 23: DeSoto Chamber State of the District
- Jan. 24: DeSoto ISD Virtual Town Hall

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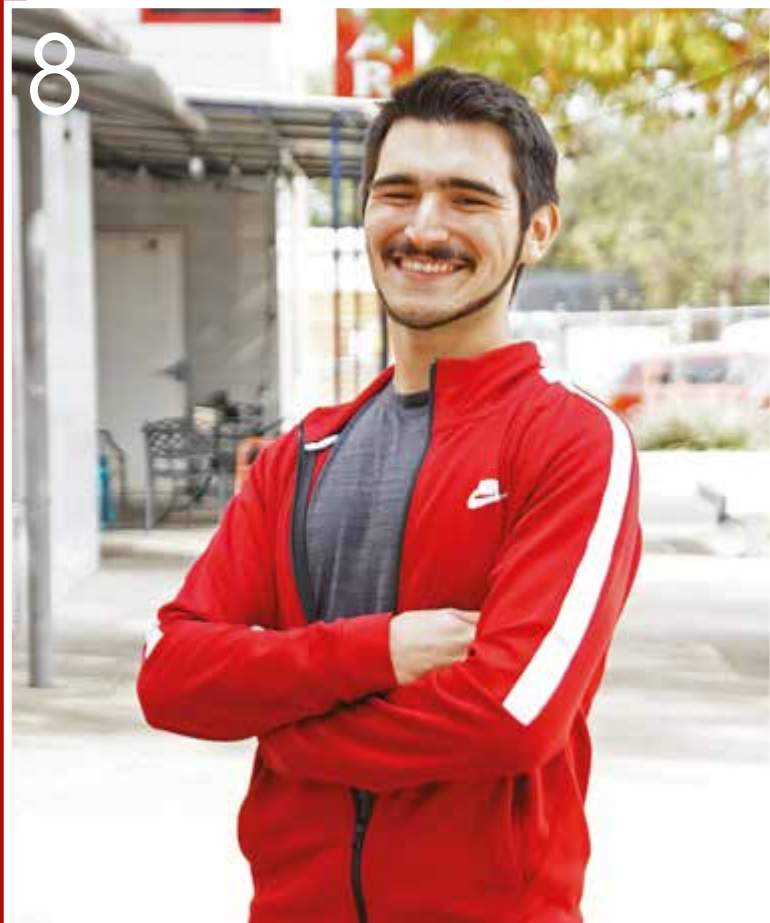
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ON THE COVER

Sam Favela encourages others to make healthy changes they can stick with.

Photo by
Shane Kirkpatrick.

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EDITOR'S NOTE



Adam

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Re-do!

I like the idea of getting a fresh start, so I like New Year's. But I need a fresh start more than just once a year. Luckily, the year is filled with new year's days.

Chinese New Year falls in late January or early February most years. Food, firecrackers and fantastic creatures abound. And I'm usually already ready for a do-over.

The Jews must agree with my feelings, since their calendar includes several days that can be called a new year. The Bible identifies Passover, in the spring, as the start of the new year. But Rosh Hashanah, in the fall, is the beginning of the civil calendar. The 15th of Shevat (in February this year) is the "New Year for Trees," because nature needs a fresh start, too!

The Iranians have their new year at the spring equinox in March. Mid-April is when most of India and most of Southeast Asia celebrate their new years. But the Vietnamese have their new year, Tết, at the same time as the Chinese, and some of the peoples in India celebrate their new year at Diwali, in October or November.

The Coptic Christians of Egypt and the Ethiopians start their year in September. This is based on the calendar of ancient Egypt, which started its year on the first day of Thoth. So, party like a Pharaoh!

The Islamic calendar is shorter than ours, so their months drift backward relative to ours. Their New Year will be in August this year and next, but in 2022, it will be in July. Sooner or later, it will be in the part of the year when you need a reset.

Fresh starts are fun!



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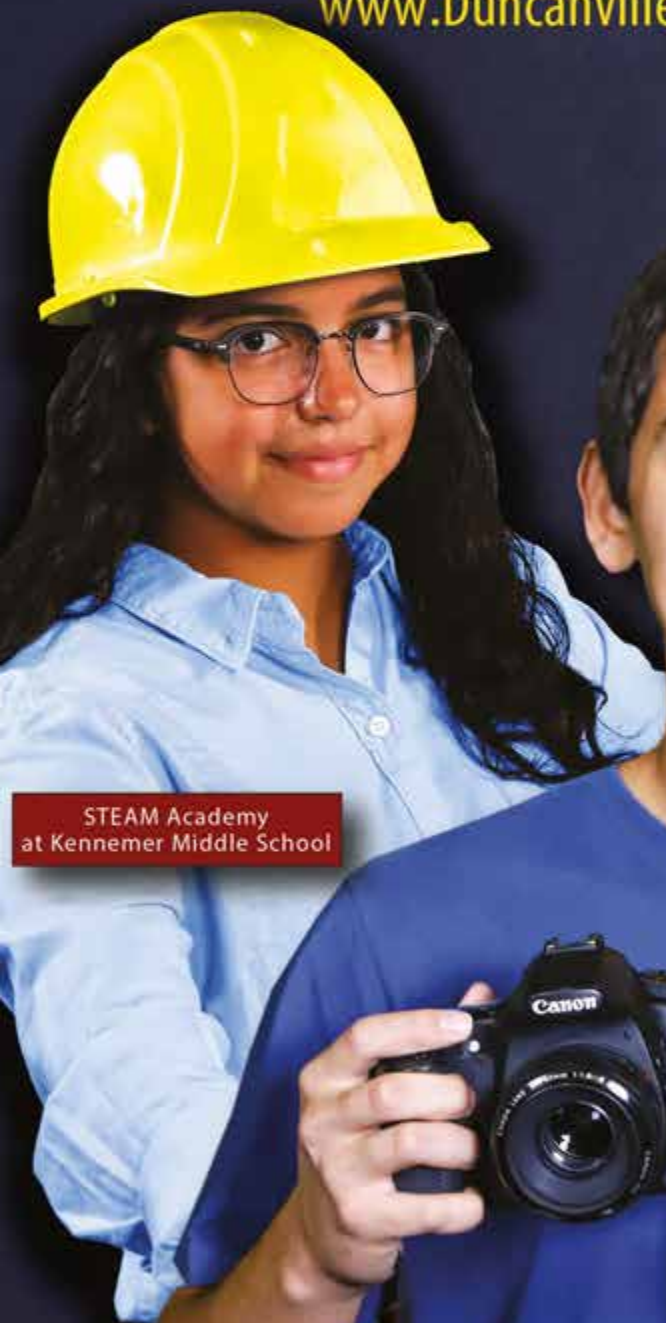
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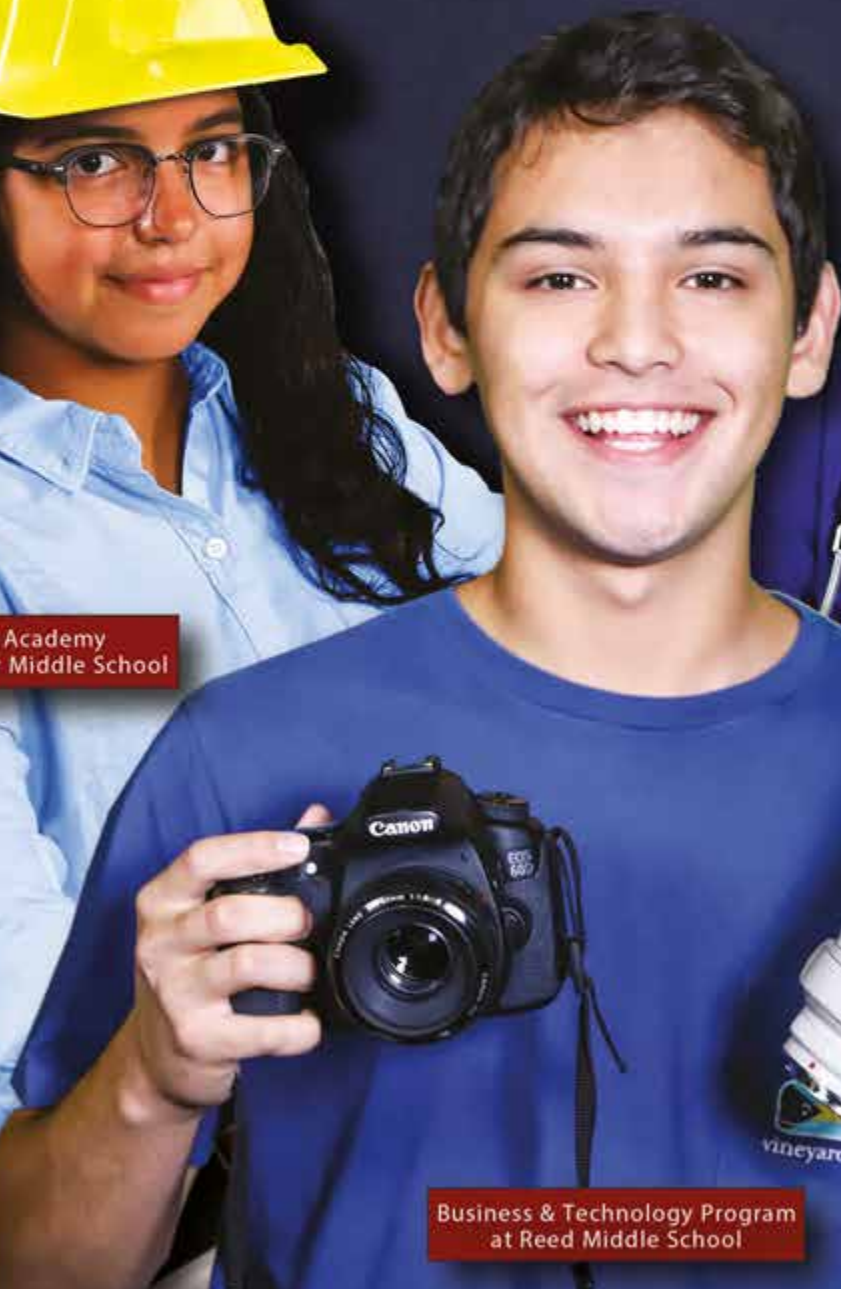
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SMALL ANGEL, BIG RESULTS

— By Adam Walker



January is a month burdened with resolutions to change, and many of those resolutions focus on losing weight and being healthy. Sam Favela didn't wait for January, and he made the changes stick.

"Growing up, I was never into sports. I was really a couch potato. I just watched cartoons and played video games. In middle school, I tried tennis for a while. Then in high school, I was the athletic trainer, because the medical side of sports was more interesting to me. But I had started gaining quite a bit of weight. By the end of high school and the beginning of college, I was in the 212-pound range. All of my family was overweight, and my father started having health problems. My mother noticed that something wasn't right and made him go to the hospital. He was diagnosed with diabetes. I realized I was on track for that, too. I wanted to change."

Sam was studying computer science at college, but at the end of his sophomore year, he changed his life and his major. "I was in the habit of sitting down at the computer with a pack of Dr Pepper and a bag of chips. I stopped that. I started reading labels and buying fresh foods. And I switched my major to exercise science. That summer, I went from 212 to 145 pounds."

Sam had been at the point where walking exhausted him, but when he made changes to his diet and started working out, things began to change. "I started to have more stamina, and I felt better. As young as I was, I was

"YOU HAVE TO BE READY TO CHANGE."

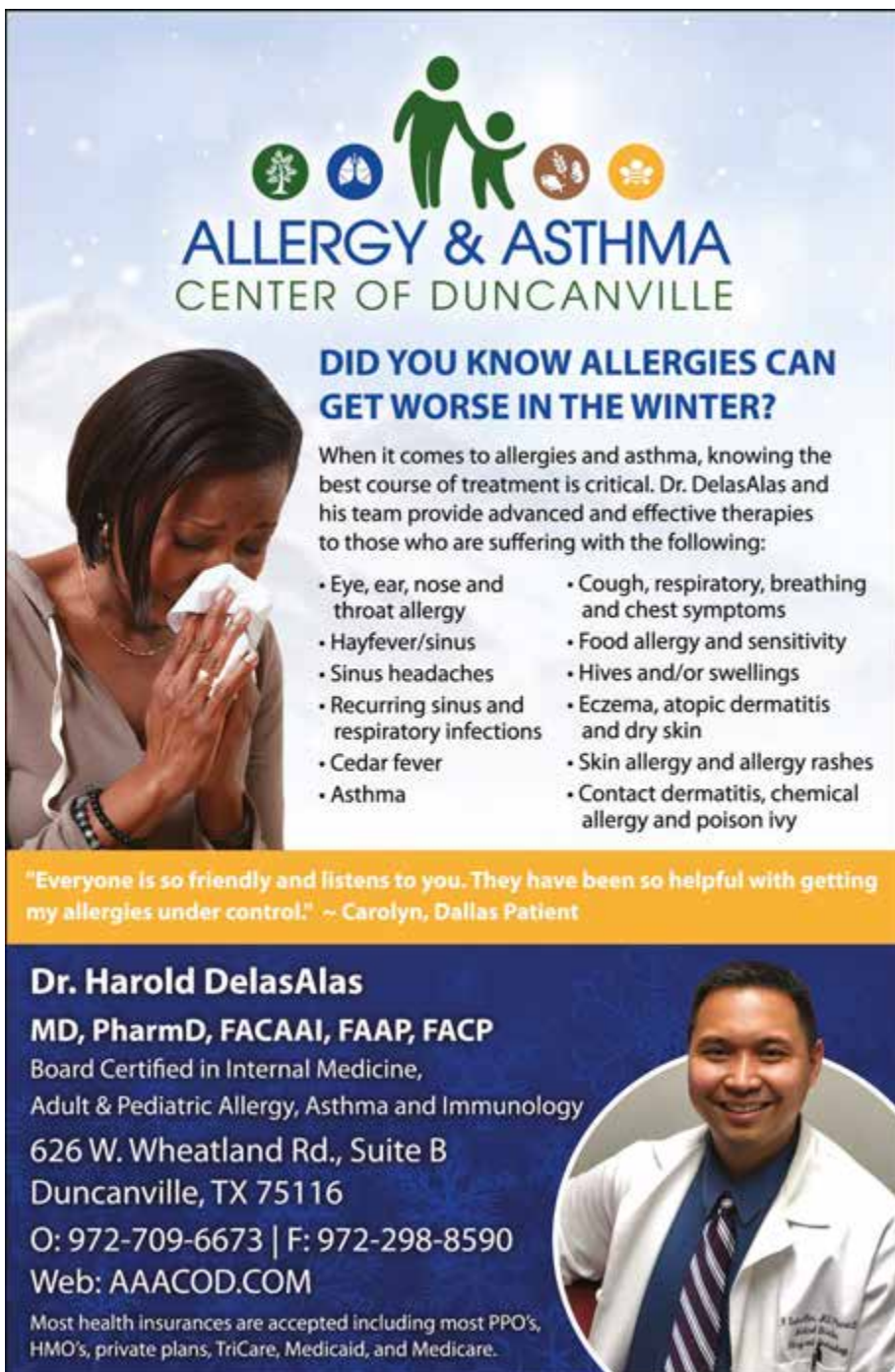



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already starting to having back pain. I was too young for that. But when I started strengthening my muscles and stretching, the pain improved."

Many of us let our resolutions slip well before January is over, but Sam didn't. "You have to be ready to change. You can't expect it to happen right away. When I first started, I didn't know what I was doing. Exercising was something I had never done before. I wish I'd had the knowledge in the beginning that I have now. But even if I didn't see immediate results, I stuck with it. I didn't work out in a gym at first, because I was too shy. All I did was cardio. And I didn't always do a lot, but I did something every day, except Sundays, for two years."

Sam is a proponent of making small changes a little at a time. "Just do something. You don't have to overhaul your life all at once. Research healthier lifestyles. Slowly change in that direction. Find something you like, and stick with it. Do it casually. Implement more and more over time."

When Sam started his fitness journey, he made mistakes, but he learned from them. "When I first started going to the gym, I predominantly focused on chest exercises and neglected other muscle groups. That created an imbalance. Once I corrected that, I felt better." During his college internship, he started shadowing Natasha Renette and learning from her. That's when he realized that helping people make changes for their health is what he wanted to do with his life.

"Some people try to make changes

in just one area. They try to change their diet without any exercise. Others try to exercise without looking at their nutrition. There's only so much you can do that way. You have to look at the big picture. Without exercise, muscle development and stamina will suffer. Without good nutrition, the results of your exercise won't display their potential. You need to put effort into your exercise, but you don't want to overexert. Learn your limits and improve upon them."



Now Sam enjoys a combination of strength training in the gym and cardio. "I used to do a lot of cardio. I would spend 30 minutes to an hour on my elliptical multiple times a day. Over time, I improved and substituted running for the elliptical. It's great to have a friend to exercise with, but sometimes it's hard to find someone who is reliable. That's why I got my Husky, Ari. She puts me on a schedule! At 8:00 a.m., every day, no matter what, she wants to go for her run. And then again, when the sun goes down, she's ready for sprints. I have to take her, so I stay on schedule."

One of the most important things, to Sam's way of thinking, is not giving up. "Don't stop just because you messed up. Maybe you got sick and missed a few workouts. Or maybe you just didn't go a couple of times. That's no reason to stop. Just be aware of where you are, healthwise. You know you need to change. So, make little changes, but be consistent and keep going. You don't have to start with giving up cookies, just have fewer." Small changes add up over time. And Sam is proof that sticking with it can make a big difference. **NOW**

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You'll spot them in much of Kenna Boles Prior's work — the dandelion and its seeds, their wispy, fairy-wing appearance belying their resilience. For Kenna, the flowers known for wish-granting are symbols of the hope of childhood, a hope this children's advocate is out to defend through much of her work.

"This is the one I'm most known for at this time," Kenna said, motioning toward a woodcut print. The words *Home Sweet Home* cover most of the space in the black and white design. Standing, head down with its back to the words, a doll holds another doll in one arm, a wilted rose in the other and, less distinct but present, Kenna's signature symbol of hope juts from behind three nearby leaves.

Kenna admits her art sometimes makes people uncomfortable, but the beauty of the sometimes-hard-to-look-at truth in her work has captivated a wide audience. "I'm always amazed at how many of the old dolls hold dolls. To me, it's a good representation of generations," she said of the doll-holding-doll image in the print. "It says, 'You're doing this to your children, and you're teaching them that this is part of life.' But I still have the dandelion as wish and hope. It's juxtaposition."



CONTEMPLATIVE

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— By Sally Fuller



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Kenna received limited art instruction as a child. "I wanted to be an artist as a little girl, but I was told, 'No,'" she said. Kenna credits the encouragement of a few key relatives with sustaining her creativity and passion. "My main art came from the fact that I had a great-aunt and grandmother who spoke that over me. They were constantly saying, 'You're going to be an artist one day. You're going to be a designer one day.' I also had a younger aunt who was an artist. She would teach me pen and ink or how to use different supplies, and I was encouraged just by seeing her work."

Holding various jobs as a young woman because she "refused to go to secretarial school," Kenna's talent refused to stay hidden. "It's always been there. It was going to be there. I've always felt it is part of who I am. You can't really keep it away," she mused. Taking a job at a western wear store, Kenna's artistic flair found an outlet as she created uniquely wrapped gifts. When she went to work for a lumber company, she was soon designing their advertising flyers. At the bakery where she worked, of course, she started decorating cakes. Despite her lack of formal education, Kenna eventually worked as an art teacher and then as a freelance designer for various creative publications. It wasn't until after these jobs that she pursued formal art training, first at Cedar Valley College and then at the University of North Texas, as well as through various seminars and other classes.

Today, Kenna is an award-winning artist who self-describes as "prolific" and works full time in one creative mode or another, most often on more than one





project at a time. True to her nature, she finds countless ways to express her artistic DNA. Scores of her creations, fashioned from a plethora of processes and a multitude of media, line the walls, the floor space, shelves and cabinets at The Farmhouse Studio, which she owns, in Cedar Hill. On one wall hang woodblock prints; on another wildly colorful, solvent-based, mixed media on canvas designs; on another some of her hand-cut stencils, mostly of a submarine known as *USS Seadragon*. There are charcoal reductions, photogravures, water-based paintings, textiles and mixed-media creations that incorporate anything from barbed wire and rusty breath mint cans to string and lace.

Her current focus on woodblock printmaking was born from a desire to continue improving her work, as well as a need to discover new ways to express herself. "I realized that I could take my art to a more professional level through printmaking. Printmaking has no limits. It *truly* does not have limits. When you've studied all you can about it, there's another process that somebody has figured out. Sometimes, you have a vision but don't have a technique, so you have to create one."

Kenna's art always conveys a message spoken to the heart via the eye, from her lively and beautiful *Ten Cow Woman* painting to the gray tones of faces of concentration camp prisoners staring painfully from the recesses of Altoid cans. The message may not always be comfortable, but, "I can at least make you question what's going on," Kenna said of her work. **NOW**

Editor's Note: More information about Kenna and her art is available at kennaboiesprior.com.





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— By Adam Walker

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Dr. Richard Galperin has been practicing for 26 years, and his office in the Bishop Arts neighborhood of Oak Cliff has all the latest equipment. “I specialize in diabetic foot ulcers, but I treat all kinds of foot problems from infections to heel pain, from bone spurs, plantar fasciitis, fractures and sports injuries to simple ingrown toenails. I love what I do. I like to spend time with my patients, getting to know them as if they were family. People come in scared sometimes, but they leave with a smile and complimenting my staff.

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infusions or that have in-office wound care and heel pain centers,” he said.

Some of Dr. Galperin’s treatment technologies aren’t even available on the market for other doctors, yet. “I have them because I’m participating in research studies on the treatment of diabetic foot ulcers. We are always accepting new patients into our studies.”

In the past, many of Dr. Galperin’s patients came because of age-related foot conditions, but today, more and more of them are seeking treatment for sports-related injuries like fractures, tendon issues and sprained ankles.

The medical nail spa across the hall, which he developed, is staffed by medically trained medical nail technicians. “It’s one of a kind. It’s a true medical nail spa,” Dr. Galperin said. “It’s unique because all the employees are certified as MNTs, medical nail technicians. They know how to care for patients who have diabetes, peripheral vascular disease and cancer or are immune-compromised, as well as people who are just looking for a healthy environment for regular manicures, pedicures and facials. We maintain a medically safe environment under direct doctor’s supervision. Many diabetics are not supposed to go to neighborhood nail salons, because of the risk of infection, but our staff is medically trained in how to properly sterilize everything.” The spa also offers a range of fashionable shoes, including heels and diabetic footwear.

Dr. Galperin’s knowledge and sense of humor make him a sought-after speaker at area hospitals and at events in other states. His patients frequently comment on his humor in reviews. Patients also enjoy Friday appointments when Dr. Galperin’s Shih Tzu, “Dogter Cassie,” comes for Furry Fridays to brighten the recently remodeled offices with her charms. “We moved to this facility 3 years ago and completely redid the inside. One important thing to note is that we have plenty of parking, even though we’re in Bishop Arts, which isn’t true of much of the area.”

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MEMBER FDIC



Locally born recording artist, TV and Broadway actor, Akron Watson, visits IBOC, his home church, for the holidays.

Zoomed In: Miranda Myers

By Adam Walker

Miranda Myers, in her role as “Minnie the Shelter Helper,” donned her elf hat and spent some time cuddling Blaze, the cat. “I’m a kennel tech at Tri-City Animal Shelter. I care for the animals. I take them out of their kennels every morning and afternoon. In between, I help at the front desk. I do a lot of things here.”

The elf hat is not just holiday flair. It’s a part of her efforts to help the animals who come to the shelter. “They photograph me with the animals, and I go to events with the animals to help get the animals nice, welcoming temporary homes for the holidays. They need to know life outside the shelter. Even better is when they get forever homes!”



Gerald Andrews, State Representative Carl Sherman Sr. and Kenneth Govan pose for a quick photo during the Good Morning DeSoto event.



Artist Bryan Blue, *Blue the Great*, a CHHS grad, poses with Entrepreneurship and Design students from Permenter Middle School.



Baylor Scott & White Charles A. Sammons Cancer Center holds a ribbon cutting.



Mark Rios shoots scenes of his gangster film, *A Family Thing*, at Sam's Pizza and Pasta.



The Village Giving Circle awards a grant to The Chocolate Mint Foundation.



The Best Southwest Partnership invites community leaders to discuss how to better serve and impact the next generation.



DeSoto's Razin Havoc win the American Youth Football national championship in Florida.

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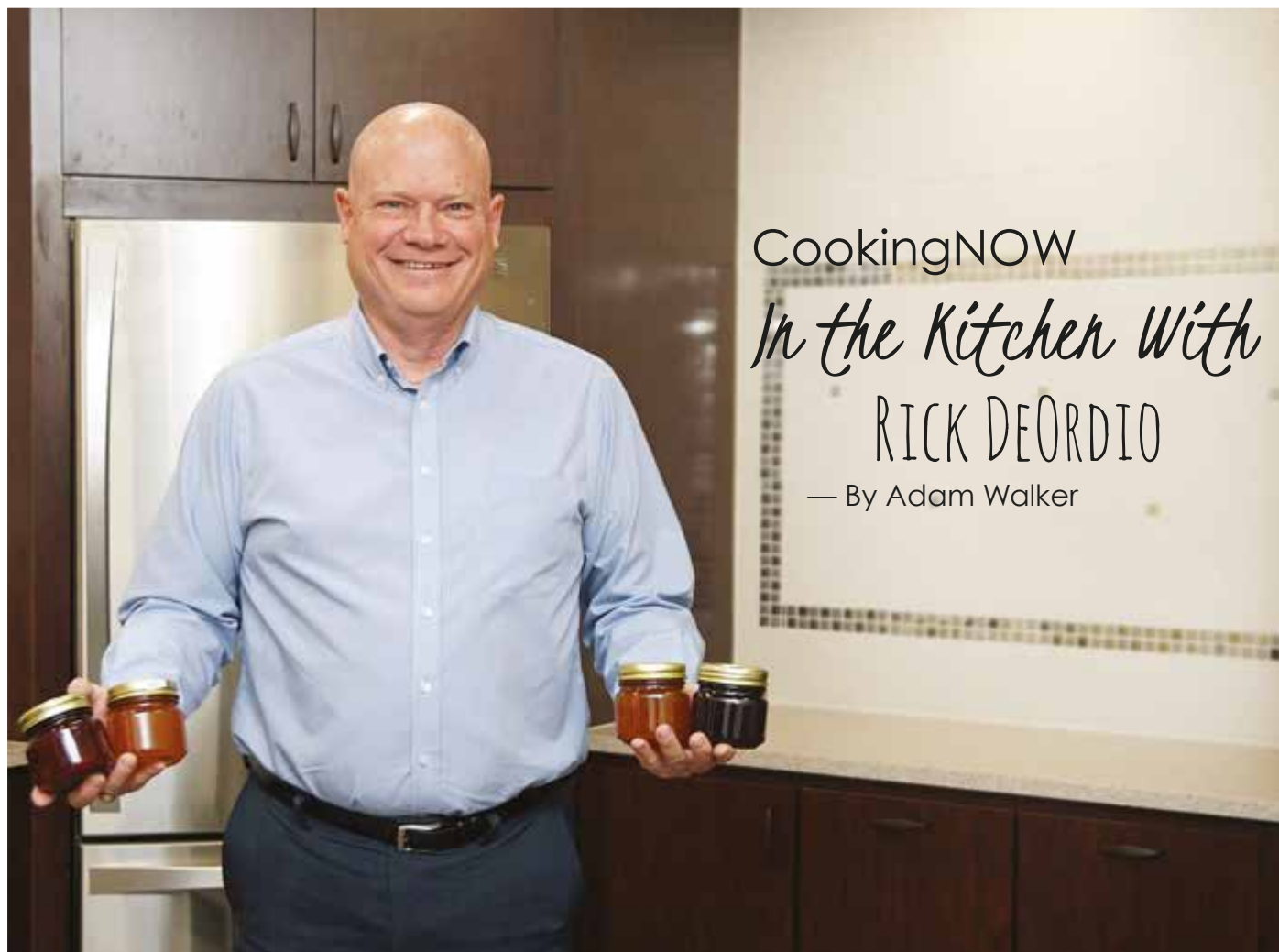
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CookingNOW

In the Kitchen With

RICK DEORDIO

— By Adam Walker

Rick DeOrdio, assistant director of human resources for DeSoto, learned to love cooking in his great-grandmother's kitchen. "She told me if I liked to eat, I needed to learn to cook. She taught me some skills while canning Polish dill pickles, but it was Mom who really showed me how to make jams and jellies. My grandmother and great-grandmother always had marmalades on the breakfast table for our toast. I really enjoyed the balanced flavor of sweet and tart."

Rick likes teaching others to cook. "These past couple years, I taught my girlfriend to make jams and jellies. She entered them into the State Fair competition to challenge me. She won four ribbons with her creations. I won eight, so she wants to do it again next year." **NOW**

Texas Pink Grapefruit Jelly

Yields 5 half-pint jars.

3 1/2 cups fresh-squeezed grapefruit juice (about 7 large grapefruit)
1 1.75-oz. pkg. dry pectin
5 cups sugar

1. Strain the juice through a cheesecloth or juice bag to remove all pulp. This makes a clearer jelly. Measure 3 1/2 cups juice into a

large pot. Add pectin; stir. Place on high heat, stirring constantly. Bring to a full, rolling boil that can't be stirred down.

2. Add sugar. Continue stirring; bring to a full, rolling boil once more. Boil hard for 1 minute. Remove from heat; skim off foam.

3. Ladle into hot jelly jars leaving 1/4 inch of headspace. Apply lids and rings. Process in a hot water bath for 10 minutes. Remove from the water bath; let cool on a towel or cooling rack. The jelly will set overnight.

Orange Marmalade

Yields about 8 half-pint jars.

6 large oranges
2 cups water
1/8 tsp. baking soda
1 1.75-oz. pkg. regular powdered fruit pectin
6 1/2 cups sugar

1. Using a citrus zester, scrape off the zest in ribbons. Chop zest into smaller pieces; place in a pot. Add water and baking soda; bring to a boil over medium-high heat. Reduce heat; simmer, covered, for 20 minutes until the rinds soften.

2. Using a sharp knife, cut away the top and bottom of the oranges. Starting from the top and moving down the fruit, cut away the pith, so only the orange remains. Section the oranges; remove any seeds. Add orange sections to the pot; simmer for 15 minutes to soften the fruit.

3. Measure out 5 cups of the fruit, rind and juice mixture. Discard the excess; return the 5 cups of mixture to the pot. Add pectin; stir

thoroughly. Heat the mixture on high heat, stirring constantly, until mixture comes to a rolling boil. Add the sugar all at once. Stir constantly until it returns to a rolling boil; boil for 1 minute. Using a spoon, check for consistency. (It should no longer run when you turn the spoon sideways.)

4. Ladle the marmalade into hot jars, leaving 1/4-inch headspace. Wipe the rims; lightly tighten the rims. Process filled jars in a boiling-water bath for 10 minutes. Remove jars from water bath; place on a towel or wire cooling racks. Marmalade will set overnight.

Cherry Strawberry Orange Jam

Yields about 8 half-pint jars.

4 medium oranges
2 cups strawberries, crushed
2 cups cherries, pitted and chopped
1 1.75-oz. pkg. regular powdered fruit pectin
1/4 cup fresh-squeezed lemon juice
7 cups sugar

1. Cut tops and bottoms off oranges. Going from the top down, slice off the pith and peel. Over a bowl, section the oranges; squeeze the remaining membrane to get as much juice and pulp as possible. Be sure to remove any seeds.

2. Place strawberries in a large, non-reactive pot. Add the cherries, orange sections, pectin and lemon juice. Heat the mixture on medium heat until a slow boil begins, stirring often to prevent burning the mixture.

3. Once the mixture begins to boil, increase heat to medium-high; bring to a rolling boil. The mixture will start to thicken.

4. Add sugar; stir constantly. Return to a rolling boil; check for consistency using a spoon. (It should no longer run when you turn the spoon sideways.)

5. Ladle the jam into hot jars, leaving 1/4-inch of headspace. Wipe the rims; lightly tighten the rims. Process filled jars in a boiling-water bath for 10 minutes.

6. Remove jars from water bath; place on a towel or wire cooling racks. Jam will set overnight.

Strawberry Ghost Pepper Jam

Yields 7 half-pint jars.

4 cups strawberries, crushed
1 Tbsp. ghost peppers, minced
1/4 cup lemon juice
1 1.75-oz. pkg. powdered fruit pectin
7 cups sugar

1. Place strawberries, ghost peppers, lemon juice and pectin into a large saucepan; bring



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to a boil over high heat. Once simmering, stir in the sugar until dissolved. Return to a boil; cook for 1 minute.

2. Ladle the jam into hot jars, filling to within 1/4 inch of the top. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids; screw on the rings.

3. Process filled jars in a hot water bath for 10 minutes. Remove from the water bath; place on a towel or cooling rack. Jam will set overnight. Store in a cool area.

Orange Jam

Yields 5 half-pint jars.

4 cups orange sections, without membranes and chopped
1/4 cup fresh-squeezed lemon juice
4 1/2 cups sugar (divided use)
1 1.75-oz. box low-sugar pectin

- 1.** Place a small plate in the freezer to use when checking if the jam sets.
- 2.** Place orange sections into a large, non-reactive pot; add lemon juice.
- 3.** In a small bowl, mix together 1/4 cup sugar with the pectin. Add to the oranges; stir over high heat until you reach a constant, rolling boil. Quickly stir in remaining sugar.
- 4.** Bring back to a rolling boil for 1 minute.



Texas Pink Grapefruit Jelly

Place a small dollop on the cold plate to see if it sets or runs down the plate when tilted. Jam may need to cook slightly more in order to get a good consistency.

5. Remove from heat; skim off any foam. Ladle the jam into prepared jars. Process the jars with a hot water bath for 10 minutes. Remove from hot water bath; cool on a towel or cooling rack. Jam will set completely overnight.

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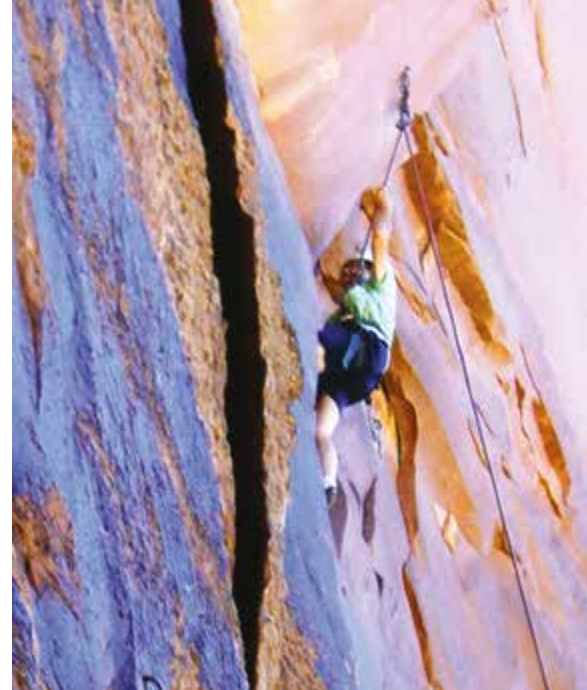
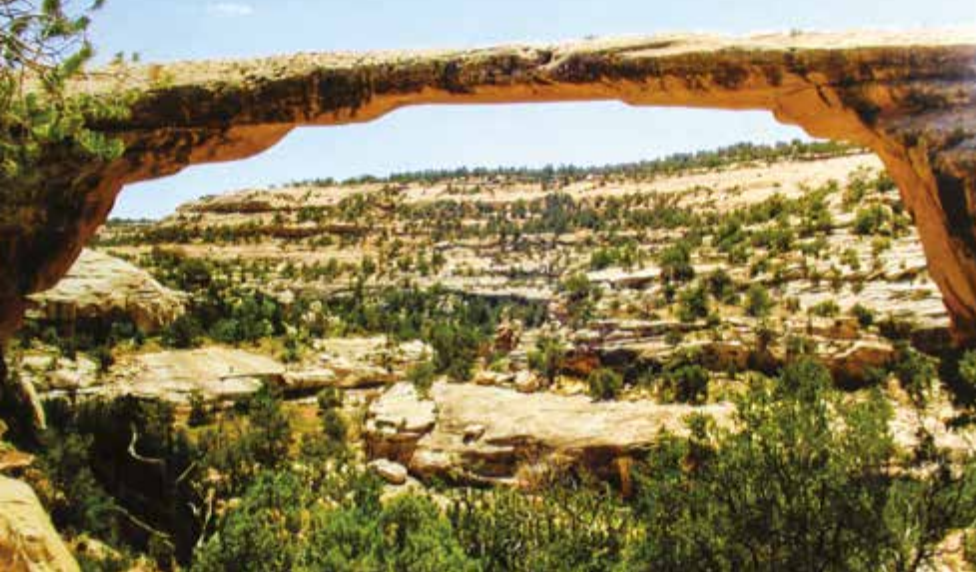
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TravelNOW Adventure Awaits

— By Virginia Riddle

What is *Hózhó*? As many adventure-seeking travelers to the Moab/Bluff, Utah, area learn, words don't do justice to this Navajo concept of balance and beauty. The ancient, vast wilderness of Native-American reservations and national parks envelopes visitors. Gone is the hustle and bustle of modern cities as time and space become redefined. Come, breathe deeply and embody Mother Nature's peace, balance and beauty, while hiking, mountain biking, rock climbing, rafting, camping, ballooning, kayaking, bouldering, canyoning, horseback riding, backpacking, stargazing, fishing, golfing, skydiving, bird watching, ATVing or visiting ancient sites.

Travel from the east to Bluff takes folks to the Four Corners, the only place in the U.S. where one can lie down in four states at one time — Arizona, Colorado, New Mexico and Utah! Be respectful of the posted Native-American reservations' laws while traveling through the many scenic miles of open-range grazing on the area Apache, Navajo and Ute reservations. Traveling on the Trail of the

Ancients Scenic Byway brings visitors to Canyons of the Ancients National Monument, Mesa Verde National Park and Hovenweep National Monument. Each location preserves prehistoric native cultures, particularly the Anasazi, interspersed with interpretations of the area's pioneering heritage. More than 6,355 recorded sites in the Canyons of the Ancients give visitors the "highest known archaeological site density in the U.S." Visit ruins of prehistoric to 12th-century archaeological sites and take advantage of free, guided talks and interpretive programs available at the visitor centers and museums of each site.

A listing in *1,000 Places to See Before You Die* brings folks to otherwise relatively unknown Bluff, located 100 miles almost due south of better-known Moab. The ancients first settled the area around 650 A.D., and Mormon pioneers founded the town of just over 300 residents in 1880, earning its listing on the National Register of Historic Places.

Adventurers take advantage of outdoor sports and photographic opportunities on the San Juan River, or at nearby Grand Staircase-Escalante National Monument and the Glen Canyon National Recreation Area located west of town. Within an hour's drive in any direction, there are three state parks, Natural Bridges National Monument and the Blue Mountains, home to Manti-La Sal National Forest with lakes and spectacular views.

After busy days spent sporting with one of several guide services, dine and lodge at locally owned restaurants, lodges, cabins, Bureau of Land Management campgrounds or RV parks. Hot tubs and pools are always a welcome way to end the day and meet fellow adventurers from all over the world, while soothing aching muscles and enjoying an "off-the-grid" experience.

Continue northward to Moab, touted as the "Adventure Capital of the United States," famous for its Arches National Park, containing more than 500 natural stone arches sculpted by water, ice, underground salt movement and extreme temperatures. The often snow-capped La Sal Mountains serve as a backdrop to the different shades of red, brown and sand arches. Adventures and photographic moments lie within nearby Canyonlands National Park with its many canyons and buttes formed by the Colorado and Green rivers. This vast park is divided into four ecological districts — Island in the Sky, The Needles, The Maze and the Colorado River and tributaries. All share a desert climate, so stay hydrated when venturing into this wilderness backcountry.

Professional guides, equipment rentals and park services abound, but if going solo, follow all park rules. Moab offers museums and many restaurants and lodging choices, including some national chains. A sunrise or sunset walk in Arches National Park is a must, as is a soak in a hot tub or swimming pool during evenings.

The Moab area was long used by Ute Indians. While the French and Spanish explorers and later prospectors came to the area, it wasn't until the Mormons arrived in 1878 that there was a permanent settlement. Enjoy more beauty by taking the Old Spanish Trail that once linked Santa Fe, New Mexico, to Los Angeles, California, homeward until a dose of *Hózhó* necessitates a return visit. **NOW**

Photos by Virginia Riddle, LLC.



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T I N E

— By Angel Morris

Dreaming of installing a travertine tile backsplash in your kitchen or bathroom? If you have a little skill and a lot of patience, this DIY project can have a huge impact on two of the busiest spaces in your home.

Part of the limestone family, travertine tile is a popular choice for those seeking an elegant, yet warm, vibe behind countertops and on floors. It is a porous product, with tiny holes and troughs occurring naturally throughout. Typically, the smaller the holes found in the tile, the higher quality it is considered. These imperfections can be filled or left in their natural state depending on your style preference.

Selecting your favorite tile can be overwhelming, with dozens to choose from in stores and online. Nevertheless, it is the first step in this DIY process. You will need to sort through the various colors available — brown, cream, gold, tan and white, as well as shades of pink, orange and red. Some can even be found with black veining throughout.

Once you have measured and determined how much you need based on the size of your tile choice, you are ready to make your purchase. The supplies listed on the previous page are also important in this project.

Installation Step 1 – Prepping and Planning Your Space

Remove existing backsplash and electrical plate covers in the area you plan to tile. Remember to shut off electricity from your breaker box to this area, too. Remove old laminate or tile, being careful to repair or fill any damaged areas of the wall before proceeding.

Using a large, flat space, lay out your tiles to determine the pattern you prefer. You will want to blend pieces from different pallets to avoid clumping of lighter or darker tiles all in one spot (unless that is your desired pattern).

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The natural stone of travertine has much variation, so laying them out in advance helps you avoid any surprises while placing them in mortar. After mocking up your pattern, measure a block of your design and mark those dimensions along the wall where they will be placed.

Step 2 – Cutting Tiles

Wearing safety goggles, use a wet tile saw to cut tiles as needed for the size of your design. “Measure twice. Cut once,” is a wise philosophy here. Allow tiles to dry completely before moving forward.

Step 3 – Mortar Mix and Application

Prepare your thin-set mortar (white is most recommended) according to manufacturer instructions. It should have the consistency of peanut butter. Start at one corner and apply a thin coating to one small section of the wall using your notched trowel. Do not cover too large of a space with mortar at one time, as it may dry out quickly.

Step 4 – Border Tile Placement

With your first portion of mortar spread, start placement using a border tile.

Position tiles with a small left-to-right twisting to ensure a good seal. Using spacers to maintain consistency between tiles, any triangular tile placement should follow border tiles.

Step 5 – Full Tile Placement

Now, full-tile pieces can be placed in spaces created by triangle tiles above the border, creating a diamond pattern. Continuing to use spacers, place tiles to cover the area on which you have mortared.

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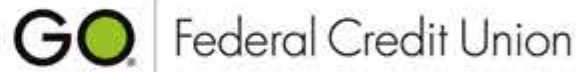
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Continue the above steps, working from mortar and spacer placement through tile patterning, until your entire wall is covered and your backsplash is completely installed.

You are now ready to clean up your space. Undoubtedly, some mortar will wind up atop your travertine tiles and possibly even on your counter spaces. A wet towel is all it takes to gently wipe away excess mortar from these areas. Do this immediately following installation, before mortar can set.

Step 6 – Grouting

Following cleanup, it is important to allow tiles to set for 24 hours before removing spacers and installing grout. Travertine is a tile that can be installed groutless. Should you choose to grout, however, you will use either cement or epoxy-based grout, being sure either is unsanded. While grout instructions may suggest mixing to a peanut butter consistency, for travertine, you will need a thinner consistency, like jelly, so you can wipe it from the indentions in the tiles.

Spoon the mixture into a grout bag, and then apply the grout into the spaces between the tiles. Continuing to press the grout to the bottom of your bag, apply it until all the spaces are filled. Double the recommended drying time before wiping the tiles with a damp sponge.

As with any DIY project, it can be helpful to watch any of the numerous videos available online. Participating in a demonstration activity at one of your local home improvement stores may also be helpful. **NOW**

Sources:

1. <https://www.doityourself.com>
2. <https://www.tileoutlets.com/>



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ABOUT RIDING THE RANGE, ABOUT COWBOYS' LIVES.

IF YOU THINK THEY'RE NOT ARTISTS, READ ON, MY FRIEND!
YOU MAY HAVE CHANGED YOUR MIND BY THE END.

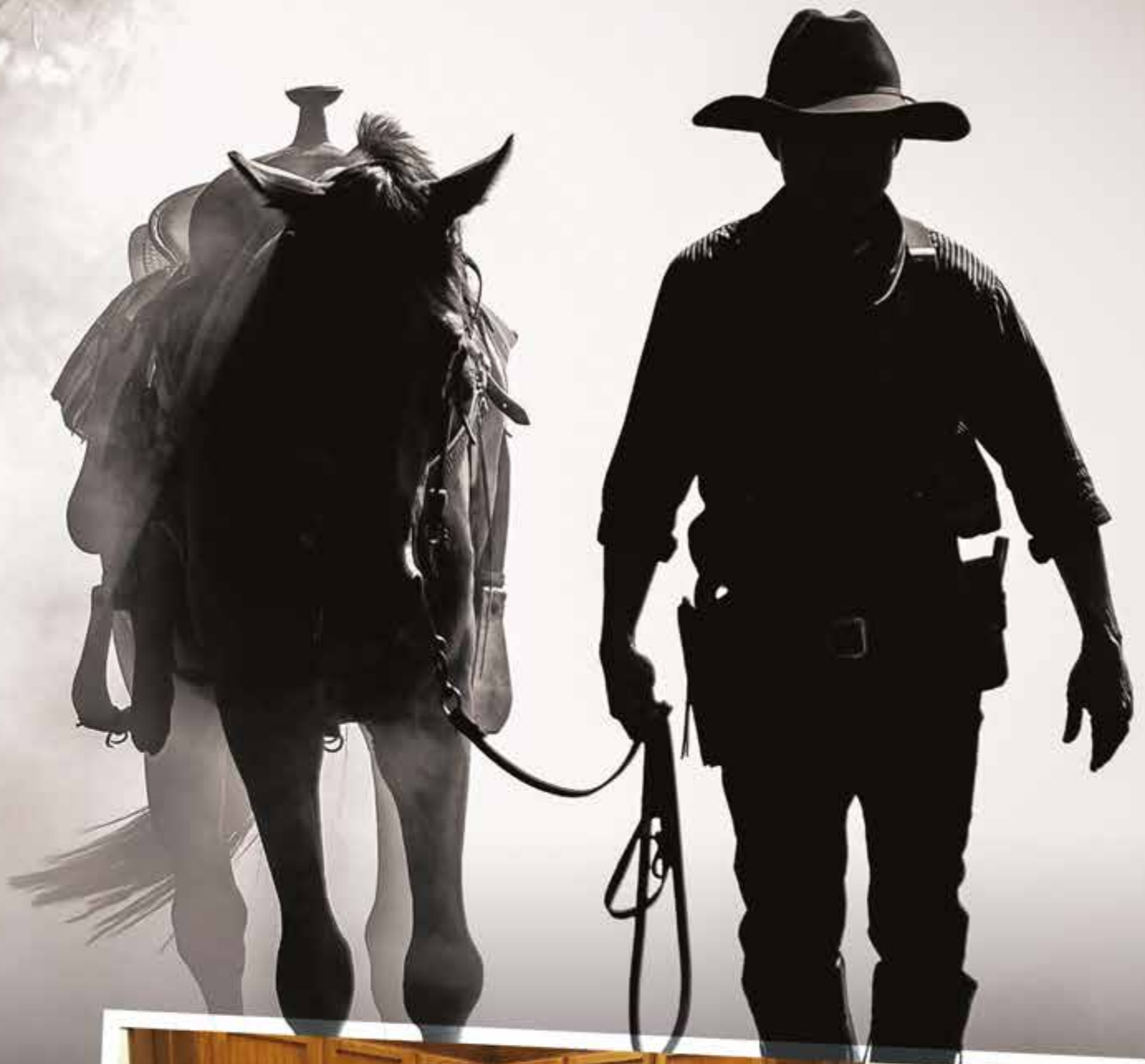
TALES OF TEXAS

RIDING RHYMESTERS

— By Sally Fuller

The word cowboy doesn't conjure images of a great literary mind raptly pondering the meaning of life, hunkered over a polished table in a book-lined library, but cowboy poetry has more in common with other literary genres than one might think. Like the plays of William Shakespeare, cowboy poetry is to be heard, not read, and loses more than a little something on paper. It's the art of oral tradition. It's passing knowledge, cultural understanding, history and some tall tales from generation to generation sans the necessity of paper and ink, commodities in short supply on the cattle drives where the art was born.

Today's poets, whose day-to-day grammar and pronunciation may be impeccable, adopt a persona-transforming twang and vocabulary as they perform. Listeners quickly forget the poet is a local business owner or professional, as the rhymester slips into character to deliver lines such as, "That's Mr. Chambers' creek you're acrossin'. Keep them critters amovin', you don't want him to come abossin'!" *Rhymester* is the ideal term because one hallmark of cowboy poetry is that it rhymes, since rhyme and rhythm make memorization easier.



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Contrary to what Western film genre sometimes portrays, cowboys of old, just as those today, were not unschooled ruffians. Many of those who first recited cowboy poetry probably had read, or at least heard, the verse of literary greats such as Tennyson, Browning and Longfellow, and fashioned their poems accordingly.

Cowboy poetry began around campfires where drovers, cooks and trail bosses gathered each night during the cattle drives of the late 19th century. The heyday of cattle drives lasted only from 1866 until the mid-1880s when the spread of rail transportation and the advent of refrigeration made them mostly unnecessary. Yet the image of the leather-faced cowboys, who rode the dusty trails atop their faithful horses, seems eternally branded into the psyche of Texans and non-Texans alike. Much of our fascination with the cowboy life stems from stories that originated in poems recited about the courageous, or sometimes dastardly, men who made their livings pushing herds of cows along unmarked dirt paths to markets north of the Red River.

Cowboy poetry is not just about history. Today, there is as much recited about current "cowboying" as old. The medium allows those whose lives, livelihoods and lifestyles are still connected inextricably to land and livestock to metaphorically gather



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Cowboy poets choose their words with the same exactitude as a painter chooses colors to elicit the desired response from listeners, therefore, the effective use of cowboy lingo is a must in a good cowboy poem. For those without firsthand experience on the range, constructing a poem can involve hours, even days, of research, poring over history books or anecdotal chronicles.

Today's cowboy poets don't gather around campfires to recite. Most gatherings occur in arenas or community buildings, where attendees often number in the thousands. In Texas, the largest cowboy poet gathering happens every winter in Alpine on the campus of Sul Ross State University. That gathering will meet for the 34th time in February 2020. Other gatherings around the state include Fort Worth, LaGrange and Fredericksburg, and there are scores throughout the Western states. **NOW**

Editor's Note: To learn more about cowboy poetry and find a gathering, visit facebook.com/texascowboypoetry or cowboypoetry.com.

Sources:

1. "Thaddeus and Nathan" written and recited by David G. Smith of Waxahachie, TX, for the Oct. 15, 2016, commemoration of the Shawnee Cattle Trail historical marker dedicated to the drovers and cattle who passed through Ellis County, TX.
2. On the Trail of Cowboy Poetry, David Stanley, Westminster College, New Wilmington, PA; retrieved at <https://static.1squarespace.com/static/5742241922482e19cfdae448/t/581cf408d2b85747b9cfff91/1478292536142/DaveStanley-2004-OnTheTrail.pdf>
3. texasalmanac.com/topics/agriculture/cattle-drives-started-earnest-after-civil-war

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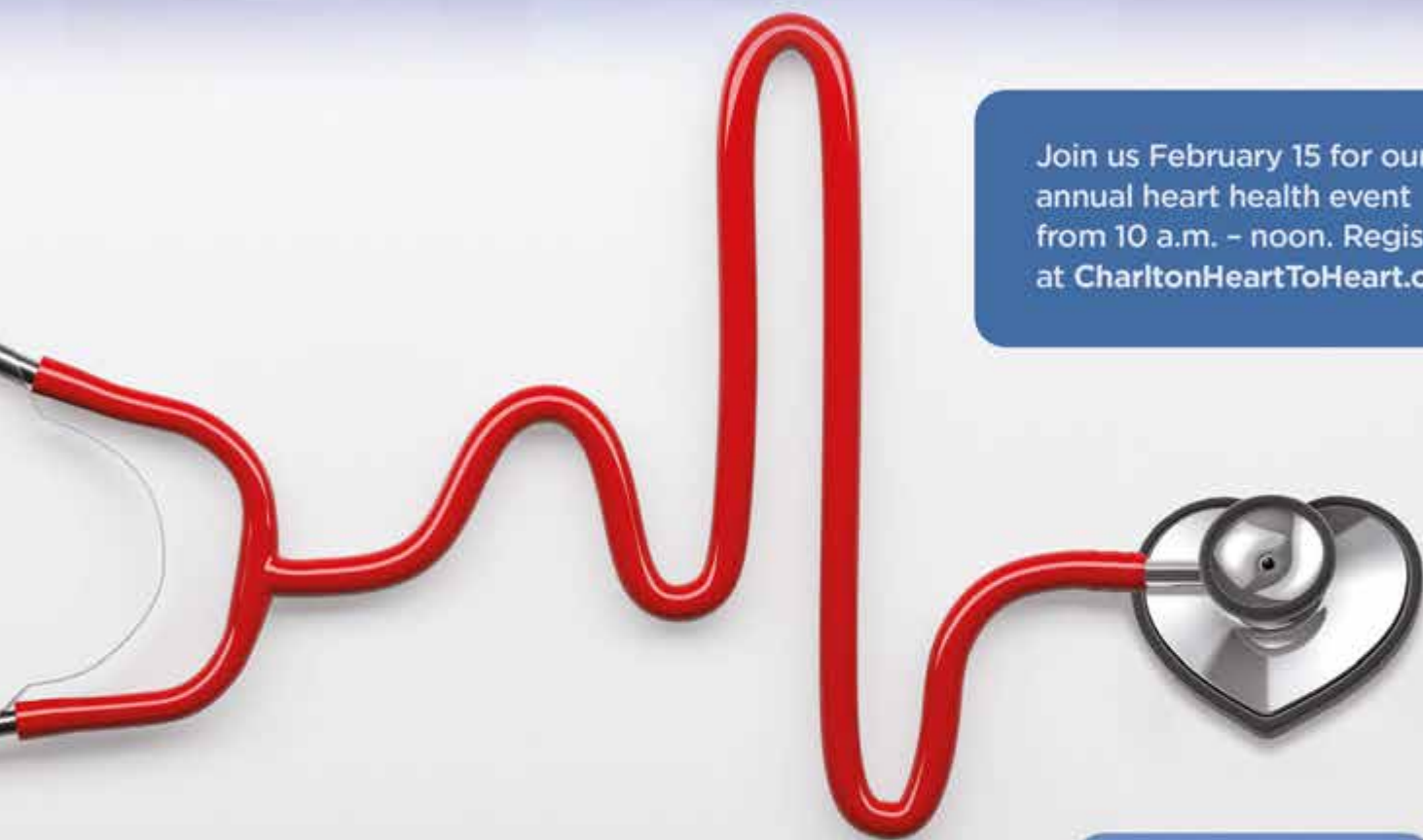


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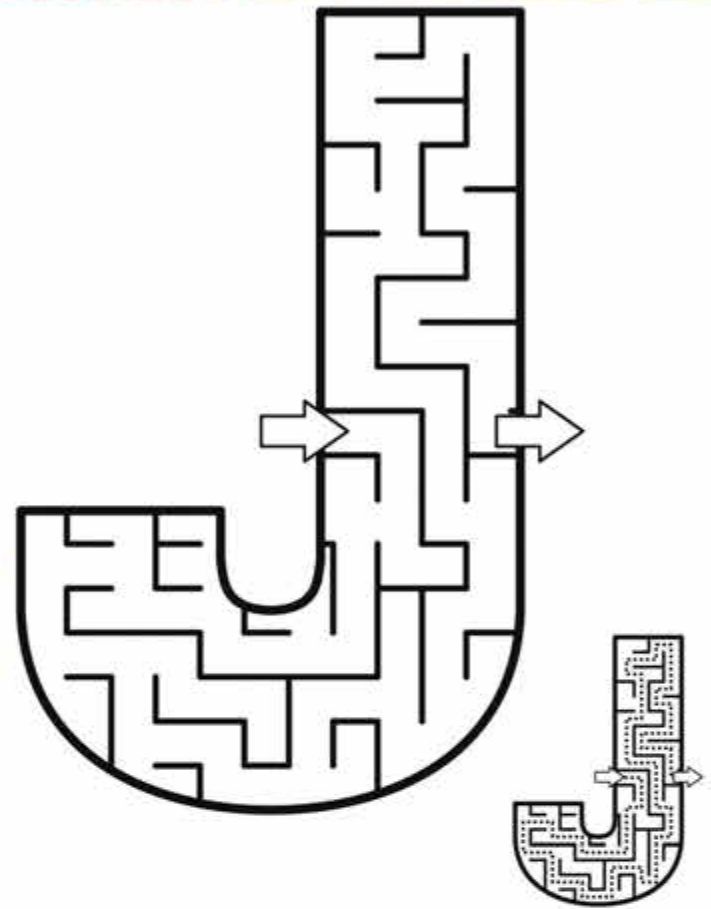
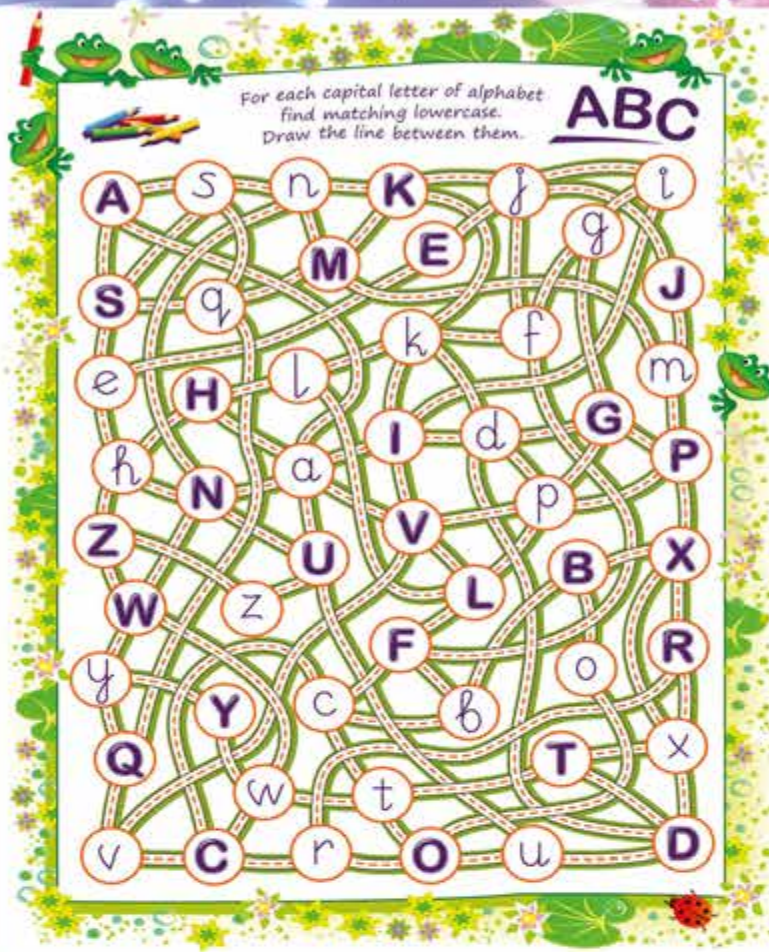


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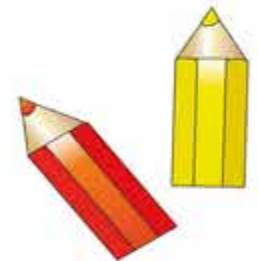
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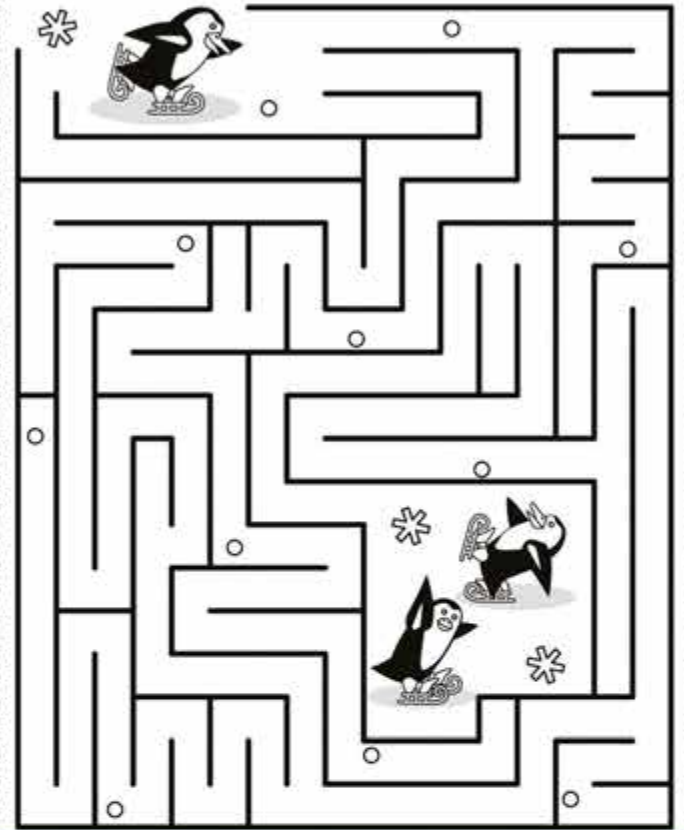
Kids' Fun Page

crossword

sea animals



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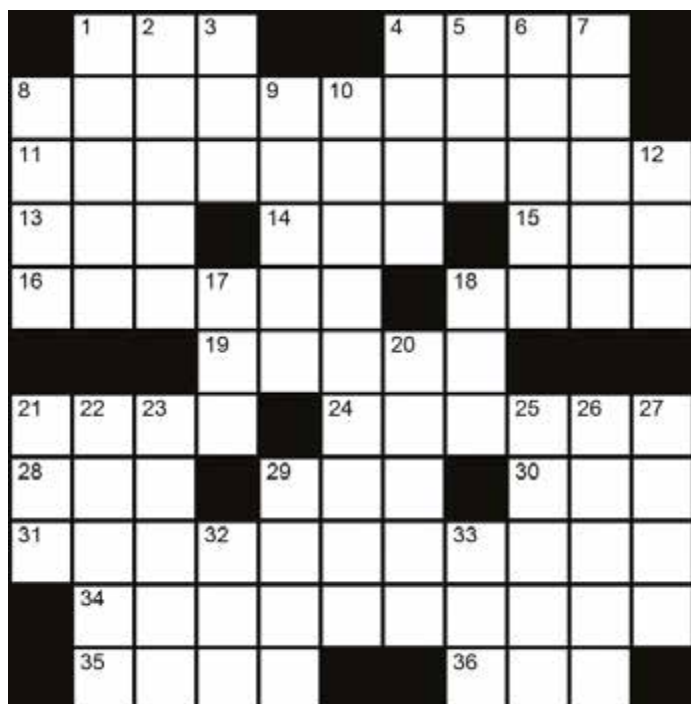
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- 16 Classify
- 18 Priestly cloak
- 19 "I haven't seen you in ---"
- 21 Leading light?
- 24 Doghouse sounds
- 28 Gas station abbr.
- 29 Small cell
- 30 Exclamation of surprise
- 31 Like some university staffers
- 34 Mapped out
- 35 Inner being
- 36 Narrow beam of light

Down

- 1 Window divisions
- 2 Talons
- 3 Pipe plastic
- 4 One ferried by Charon
- 5 Vase
- 6 Unleavened bread
- 7 Pry
- 8 Pop
- 9 Squash variety
- 10 "Encore!"
- 12 Enemy
- 17 Scull
- 18 Suit with an MBA, maybe
- 20 Rate
- 21 Title for a distinguished Indian
- 22 Is inclined
- 23 Give consent
- 25 "We --- touchdown!"
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- 29 "Like that would happen!"
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Solutions on page 60

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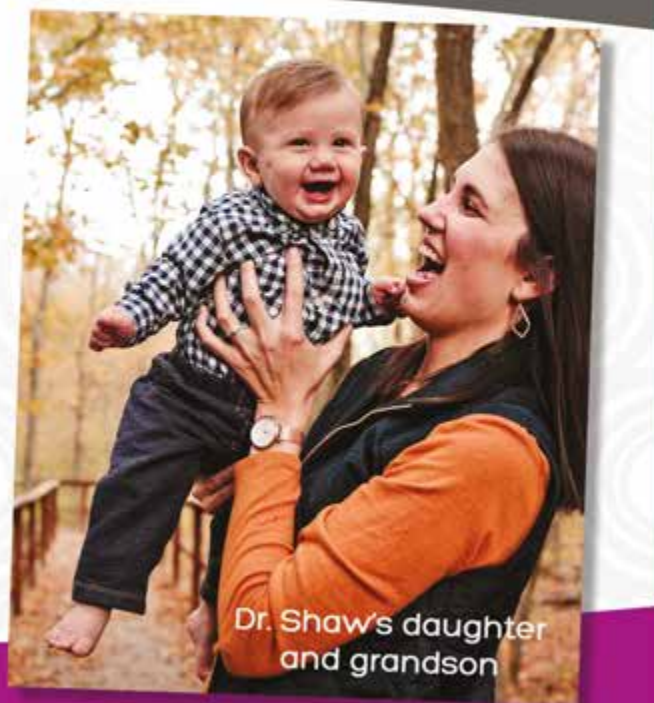
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Sudoku Puzzle

Easy

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

Medium

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

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SCAVENGER HUNT WINNERS!



Andrea Lockley is the winner of the \$50 gift card from Campuzano Mexican Food. Cedar Hill Campuzano Manager, "Chino" Morales, presents the card to her.



Nancy Merrill claims her free pair of sunglasses, courtesy of Dr. Anthony Peterson of Precision Eye Care in Duncanville.



Ebony Lane, winner of the \$100 Visa Gift Card, compliments of SouthwestNOW Magazine.



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WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.

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Crossword - Sudoku Solutions

	1	2	3			4	5	6	7		
	P	C	P			S	U	M	S		
8	S	A	L	V	9	A	D	O	R	A	N
11	O	N	A	C	C	O	U	N	T	O	12
13	D	E	W		14	O	I	L		15	Z
16	A	S	S	O	R	T		18	C	O	P
				19	A	N	A	20	G	E	
21	S	22	T	A	R		24	G	R	O	25
26	R	E	G		29	A	A	A		30	A
31	I	N	R	E	S	I	D	E	N	C	E
		34	D	E	L	I	N	E	A	T	E
		35	S	E	L	F			36	R	A

Easy

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

Medium

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

*Start the New Year
with a Healthy Smile!*

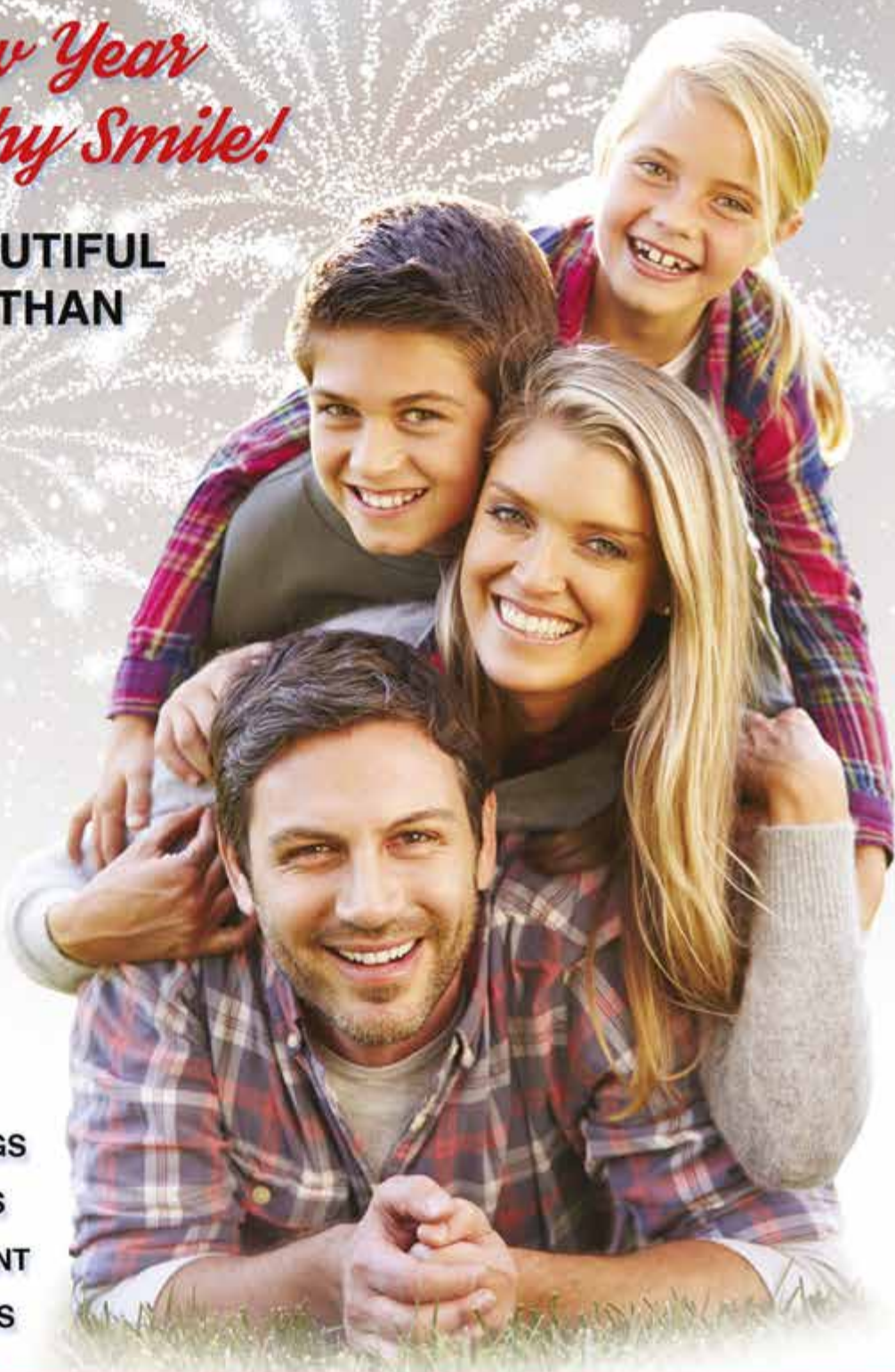
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