WaxahachieNOW

JANUARY 2020

MAGAZINE

Living for Love

Shanda Vance teaches pet owners new tricks

In the Kitchen With Paula Thedford

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Featured Business: Just for Kids Dental

Where Is Araceli Hill?

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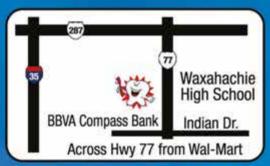
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ON THE COVER

Shanda Vance teaches dog obedience classes at Waxahachie's Lighthouse for Learning.

Photo by Kobbi R. Blair.

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EDITOR'S NOTE

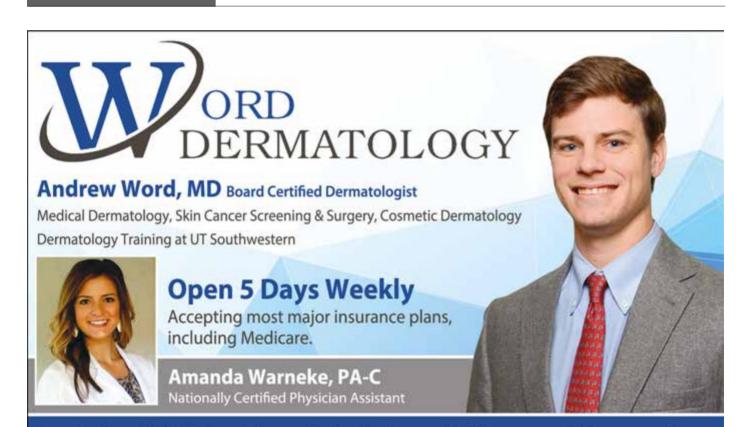
Happy New Year, my fellow Waxahachians!

Wow! January 2020 has arrived, simultaneously beginning a new year and a new decade. This special moment calls for more than just the same old resolutions that I battle year after year.

I have been praying for guidance in making a wise resolution that will increase my happiness and well-being. Recently, out of the clear blue, I remembered an elderly lady whom I happened to meet three years ago when I was resting in a street café in Rome. She smiled at me and affectionately said, "Dolce far niente." I replied that I, sadly, did not speak Italian, and she translated her words for me in her heavy Italian accent, "The sweetness of doing nothing." There in Rome, I had a list a mile long of places to visit, hence I did not pause long enough to fully understand or experience the wisdom in her words. Today, however, her wisdom seems perfectly clear.

The sweetness of doing nothing is simply being still without engaging the mind by questioning how, why or when, or judging right or wrong, good or bad. It is to spend time purely observing this incredibly beautiful and sundry world with a quiet mind and an open heart. This year, I resolve to make time, each and every day, to enjoy dolce far niente.

Won't you join me in discovering the sweetness of doing nothing?



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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.

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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.

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Growing up in Fairfield, Texas, Shanda Vance loved her family dogs. An excellent student, Shanda's mother always thought she'd be a teacher. Lo and behold, she's now a dogrescuing, canine-rehabilitating, owner-reprogramming professional dog and cat trainer who teaches basic dog obedience classes at Waxahachie's Lighthouse for Learning every Thursday in the spring and the fall. In Corsicana, where she has lived with her husband, Navarro College Professor of Biology Tom Vance, since their wedding 35 years ago, Shanda's known as "The Dog Lady."



Subscribing to the philosophy that it's better to beg for forgiveness than to ask permission, Shanda first brought a Poodle home to Tom when she was a quarter-century young. They'd been married a few years. "My sister and I took off and found a Poodle at

dog rescue operations. "I brought the dog home and said, 'Here's your child.' Tom grew to love her. By the time we lost Muffin, at almost 10 years old, he was as broken up as I."

a breeder," said Shanda, not knowing at the time about

Two years after the Vances made Muffin their own, Shanda was diagnosed with Crohn's disease. "Muffin literally did save me," Shanda said. "By the time I wound up in the hospital, I had lost 30 pounds. I weighed about 84 pounds. At 26 years old, finding out I had a disease that would never go away, I said, 'Just let me die.' Fortunately, one of my nurses who'd been a client of mine at the workforce commission, said, 'Now is not the time to die. You have a child at home who needs you.' She saved me by giving me a reason to live, just as all of the dogs I work with now do when the symptoms of my illness become active."

Shanda loved a lot and lived a lot during her years of rehabilitation. In 2003, she discovered it was necessary to retire from full-time work. "I had worked in social services, or at the hospital, or at Texas Workforce Commission teaching workshops on preparing for a successful job search," she explained. "I'm





easily bored. I was 40 and wasn't ready to stop working."

She fell into the canine rescue world when two little dogs showed up at her house. "Through rescue, I realized a lot of animals were not getting homes or keeping their homes because of behavior problems. With my background in psychology, I went back and got my master's degree in animal psychology, so I could start a training business," she said. Now, Shanda finds herself doing as much human psychology, with the pet owners, as animal psychology with their pets.

Her empathy has given her much success with people looking for a costeffective alternative to bringing an animal under control. Since beginning to teach at Lighthouse for Learning in 2006, she has helped whole families taking classes with their dog. "Everybody's going to have to live with the dog," she said. "They pay \$40 for five to six sessions. They get obedience training, and we do a problem-solving session where they get to ask questions and describe their dog's behavior, while I listen and give suggestions. For some, it's the only opportunity they'll have to get their animal with a behaviorist."

Many of Shanda's students are senior citizens, who bring their dog and ask for help. "I've tripped on the dog,' they tell me, or, 'I need help making the dog stop jumping on me," Shanda said. "We had great success with a pup named Dixie, a Border Collie mix belonging to a couple in their 70s." Shanda and Tom adopted a different student also named Dixie, a tiny Chihuahua whose family moved to Dubai after Shanda had trained her.

Tom teaches night classes at Navarro College, and it so happens that Shanda's Lighthouse for Learning classes are also

at night. She runs her classes with help from her best friends. "I almost always have a foster dog I'll bring as a demo dog. I will train that dog throughout the class, and then get it ready for adoption. While I'm teaching, my friends can work the dog. And we have some girl time." Shanda said.

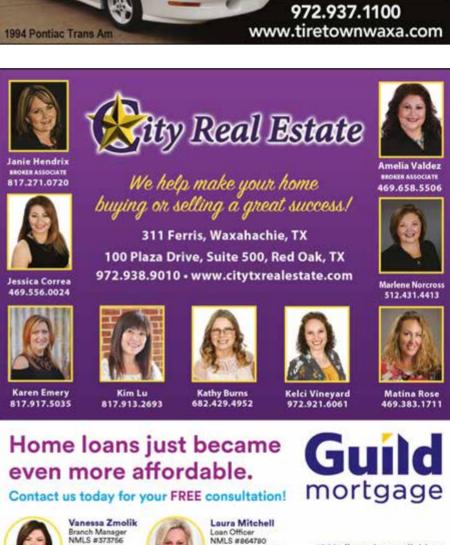
Depending upon how much out-ofclass time the student owner is willing to put in, and how much extracurricular work they're willing to do, Shanda's class at Lighthouse for Learning can be the first step in preparing dogs for their Canine Good Citizen test. "The test is only \$10 at Petco. It tests if the dog can sit down, stay, come and walk on a loose leash," Shanda explained. They also test the dog through situations it will encounter in the real world, like walking through a crowd; supervised separation, where the dog is left with somebody while the owner disappears; if the dog can sit for petting; and if it can sit for grooming."

Beauregard 7, the Navarro College mascot, was trained during the last year by Shanda. With her help, he will pass his Canine Good Citizen test when he is a little older. She trained Beauregard 6, as well. Though both Old English Bulldogs lived with their handler, Shanda's training was always done on the campus grounds. In preparation for the tests, she took the dogs to stores like Atwoods, Tractor Supply and Petco. When Beau was younger, she'd go to events to see how he behaved and correct him in those situations.

Shanda's skill at teaching dogs to be at peace in their surroundings, with each other and with the leader of their pack, is clear at the Vance home. Sixteen dogs live with Tom and Shanda. Some are their dogs, but most are rescue dogs that Shanda is rehabilitating for adoption. She said, "There are a lot of times Tom comes home and asks, 'Where did this one come from, and when is it leaving?" Just when she adopts one out, another one seems to find Shanda. Her whole goal is to save these animals, and help their owners find the peace they're looking for. NOW

Editor's Note: For more information on classes available through Lighthouse for Learning, visit www.ed2go.com/ lighthouse/about_us.html.







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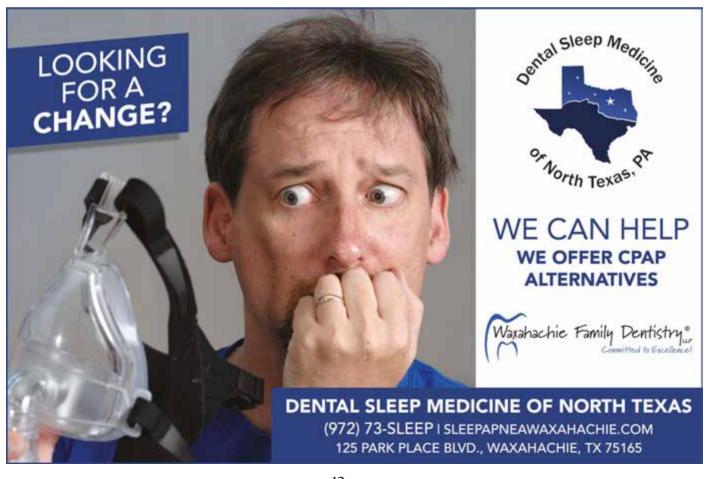
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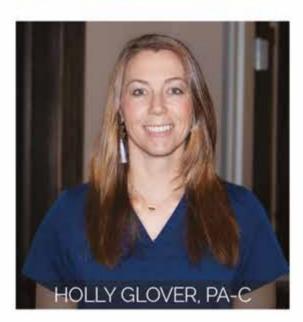






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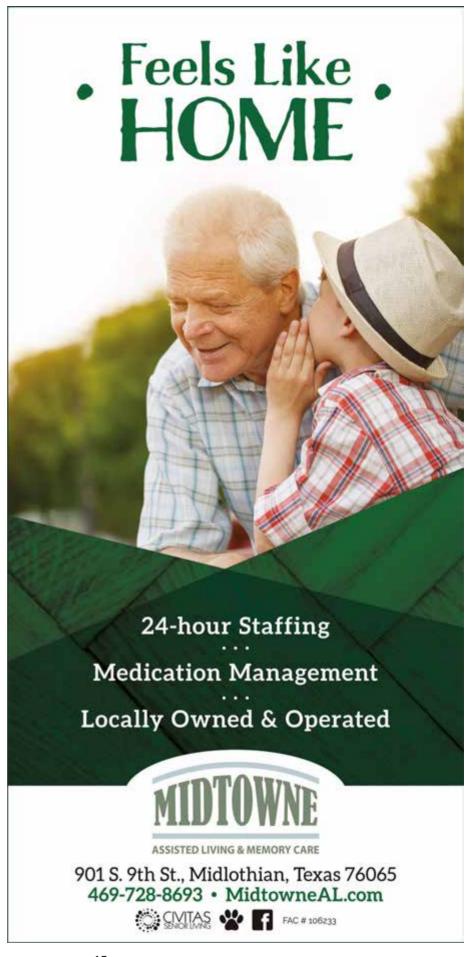
Araceli Hill

— By Susan Simmons

Growing up the child of immigrant parents has blessed Araceli Hill with special wisdom that only comes through successfully managing hardship. Araceli was born in Waxahachie in 1986 and lived here until 2006, when she moved into the dormitory at The University of Texas at Arlington. "I received a wonderful education at Waxahachie. I learned how to speak, read and write English at Marvin Elementary. It was the most difficult thing I have ever done, and it gave me the confidence that I could do anything," Araceli explained. That fearless optimism inspired the way she has lived her life. When opportunity knocks, she opens the door. If opportunity does not knock, she goes out and finds the door. This courage, determination and selfreliance has led Araceli to her successful career in higher education.

"My career has been a series of detours and opportunities," Araceli explained. When I started high school, I never even thought about going to college. I got into the cosmetology program, and I intended to someday have my own salon. As my high school years went by, my teachers encouraged me to apply to college. My cosmetology teacher told me I should submit an essay for a small scholarship through the cosmetology department. I did submit the essay, and I won the scholarship.

So, I enrolled at Navarro College and embarked upon my first business degree, an Associate in Business."







Araceli possesses a relentless supply of energy and drive. "I always worked." she shared. "I worked throughout high school and junior college at the 1879 Chisholm Grill in downtown Waxahachie. I learned so much from that job. I started as the salad girl and ended up helping manage the restaurant to give the owners time off." When Araceli moved to Arlington to get her bachelor's degree, she landed an exciting job as an administrator at the new Dallas Cowboys Stadium. "Once I received my BBA, I went to work as a college admissions assistant in Arlington. I loved the job because I got to help young people with the transition from high school to college. My transition was not seamless. In fact, it was very hard because my family had no experience with higher education. I love helping young people experience an informed and smooth transition," she said.

This college admissions experience eventually led Araceli to a job at Texas A&M University-Commerce as coordinator of recruitment and advising at the Universities Center at Dallas. There she worked on her MBA, while learning all the ins and outs of enrollment management. "After I received my MBA, I applied for a position as program director overseeing the A&M-Commerce Dallas and Frisco campuses. Today, I oversee the day-to-day operations of both sites, including scheduling classes, student support services, recruitment and admissions. I love my job because it gives me a chance to make a real difference in people's lives every single day," Araceli said.





Araceli explained that she dedicates every success she has ever had to her parents and the way she was raised. "My mother worked hard at her job in addition to cooking and caring for myself and my brother and sister. My father worked long hours, but always made it a point to be there to encourage us." Araceli's parents, Angel and Josefina Cadena still live in Waxahachie, where they enjoy time spent with friends and family. "Our parents always shared with us that they wanted us to have an easier life than they had, where we didn't have to work so hard. They permitted me to explore ideas about what I wanted to do. I remember once I told my dad I wanted to be a secretary, and he told me I was going to be the best secretary in the world. He had an incredible confidence in me to make the right decisions for my life," Araceli shared. Araceli's sister is now a dental hygienist, and her brother is currently attending college.

"I think the common denominator in my career is that I had so many great leaders teach me things and mentor me. I learned so much from carefully watching and listening to successful, proactive people. I thrive sitting at a conference table with really smart people discussing important issues, and I relish being able to contribute to the conversation even in some small way," Araceli explained. "But at the end of the day, it's not about me. It's about the students and making sure they have a clear path to their education. The rewards that come with that accomplishment spur me to be my best." NOW

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BusinessNOW

Just for Kids Dental

— By Susan Simmons

Just for Kids Dental 1710 W. Business 287, Ste. 140 Waxahachie, TX 75165 (972) 351-9700 www.justforkidsdental.com Facebook: Just For Kids Dental

Hours: Monday-Thursday: 8:00 a.m.-5:00 p.m. Friday-Saturday: 8:00 a.m.-2:00 p.m.

Just for Kids Dental provides infants, children and teenagers an environment that promotes the cultivation of a positive mindset about regularly visiting the dentist and developing habits of good oral hygiene for the rest of their lives. The waiting room practically shouts fun from the minute you open the door. Bright colors dominate the area, and there are several televisions, tuned into children's shows, placed around the

room. There's also a playhouse and toys for younger children and video games for older ones.

The three dentists at Just for Kids Dental specialize in pediatric dentistry, and all are board-certified members of the American Board of Pediatric Dentistry and the American Academy of Pediatric Dentistry. Dr. Armin, the owner of the office, explained that taking children to a pediatric dentist has several advantages. "We only deal with children, so we have learned that what we say and how we say it can make a real difference in how the child perceives his or her entire dental experience. We refrain from using words like drill, shot and extract and use words that convey the same message, but are non-frightening to the child." Dr. Armin said.

"We also schedule young children in the morning, before naptime, when they are at their freshest," he said. "This allows children to feel their best when they are here and gives them good memories for the next time. We try to schedule school

children after school, but if that is not possible, we give them an excuse to take back to school with them.

"Establishing a dental home for your child by his or her first birthday is an important first step in creating a lifelong pattern of practicing preventive and routine oral health care," Dr. Armin said. "When a parent brings their child for a checkup and the child has a pleasant experience, it not only teaches the child about taking care of his or her teeth, but it also teaches the child that the dentist office is a pleasant, fun place to visit."

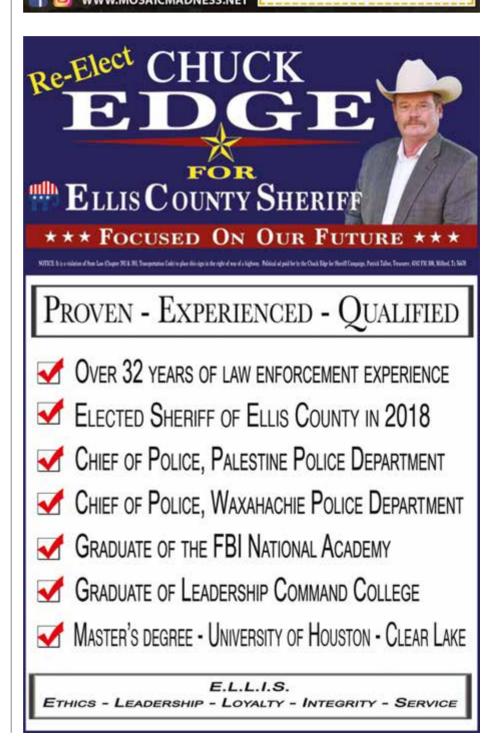
lust for Kids Dental creates this pleasurable experience by treating every patient as an individual. "Every kid is different, and every kid has different needs," Dr. Armin said. "Some children will have certain needs that other children will not. We schedule the length of the appointment according to each child's particular needs.

Just for Kids Dental creates this pleasurable experience by treating every patient as an individual.

"To think back at all the patients we have had here is pretty remarkable." Dr. Armin shared. "We have been here since 2003, and the business just keeps growing. We see a lot of patients from Hillsboro, Dallas and even Temple. We really are super lucky because the patients enjoy coming here, and the parents feel very confident with their children's dental care."

Just for Kids Dental has a policy to show every patient's parents their child's X-rays and explain their recommendations, so parents are always a part of the decision-making process. "It's so important to include the parents every step of the way because the kids can't do it by themselves. Until kids can tie their shoes blindfolded and give you two good loops, they simply don't have the skills to brush and floss," Dr. Armin concluded. "We just try to make sure everybody is happy and that they realize the importance of good, proper oral hygiene." NOW





Around Town





Dime Almanza and grandaughter, Layla, shop at the Coleman Junior High Craft Show.

Zoomed In: Sadie Tellez

By Susan Simmons

Even though Sadie Tellez co-owned her own home building business with her husband, George, for more than 30 years, she has always loved to write. Sadie's family can't recall a time when their mom hasn't written.

"She has always had something to say and has always known how to effectively put her thoughts onto paper," Sadie's son, Timothy, said. "She has written numerous stories, plays and tributes ... not to mention being the chief editor of her kids' homework assignments."

Recently, Sadie's first story, *Sammy Comes Home*, was published. It is the story of the prodigal son told through the eyes of a 1946 red pickup. "All of the characters bear the names of her grandchildren and their friends, and, of course, Papa George is her husband," Timothy said proudly.



Lateefah Johnson with children Brooke, Taryah and Tayvon shop at H-E-B.



John and Susie Keane enjoy a successful Festival of Trees after all of the hard work putting it on.



Park Place Apartments celebrates with a Chamber ribbon cutting!

NOW



Leona Peters enjoys bowling at the Waxahachie Bowling Alley.



Garrett Sarasin, Darrin Cayton, Joe Massey and Colby Cobb compete in the Disk Golf Tournament at Brown-Singleton Park.



Johnny Fuller and daughters Lillian and Constance pose downtown.



Virginia Jonte and Bill McCowan greet people as they arrive for Sunday morning church services.

















DeSoto's Veterans Affairs Committee is partnering with North Texas VA Outreach Services to bring VA representatives to DeSoto on a monthly basis. If you need help with applying for benefits, have been denied benefits or just have questions, please attend our Veterans Benefit Fair.

For more information, please call 972-230-9648

DeSoto Public Library – Multipurpose Room 211 E. Pleasant Run Road • DeSoto TX 75115 January 18, 2020 • 10 am to 1 pm



Paula Thedford moved to Waxahachie two years ago. "Since I moved here, I had gained quite a bit of weight, and I really wanted to lose it. I didn't want to put my body through shock, so crash dieting was out. I decided to devise my own controlled calorie diet using delicious food that I could stick with."

During the 30 years Paula lived in Hawaii, she acquired a taste for Asian cuisine. "I love to cook with spices and herbs like ginger, lemongrass and curry," Paula explained. "All my recipes use the Crock-Pot. I put them on in the morning, and it's ready when we get home for dinner. I have lost almost 40 pounds, and I have enjoyed every bite!" Now

Red Chicken Curry Dinner

Makes 6 334-calorie servings.

2 medium sweet potatoes 15.6 oz. Thai Red Curry Sauce 2 red bell peppers, chopped 3 cups cauliflower florets 2 lbs. boneless chicken

1/2 cup Thai basil, chopped 1 stalk lemongrass

I bunch cilantro, chopped

- **1.** Microwave the sweet potatoes until tender; cut them into 1-inch pieces.
- 2. Prepare Thai Red Curry Sauce according to package instructions.

- **3.** Place sweet potatoes, bell peppers, cauliflower, chicken, basil and lemongrass stalk in the Crock-Pot.
- **4.** Mix with prepared Thai Red Curry Sauce.
- 5. Cook on low for 4-5 hours, depending on the thickness of the chicken pieces.
- 6. Remove the lemongrass stalk.
- **7.** Place over a bed of cooked white rice. Garnish with cilantro.

Huli Chicken

Makes 6 348-calorie servings.

3/4 cup ketchup 1/3 cup soy sauce 3 Tbsp. brown sugar

- 3 Tbsp. lime juice
- 2 Tbsp. garlic, minced
- 2 lbs. chicken breasts
- I cup crushed pineapple, drained Green onion, thinly sliced
- **1.** In a Crock-Pot, mix the first 5 ingredients.
- **2.** Place the chicken on top of mixture. Top chicken with crushed pineapple.
- 4. Cook on low for 4-5 hours, or until the chicken is done.
- **5.** Serve over rice; top with green onions.

Crock-Pot Brussels Sprouts

2/3 cup = 1 100-calorie serving.

2 lbs. fresh Brussels sprouts

2 Tbsp. honey

1 tsp. lemon juice

1/2 Tbsp. olive oil

3 tsp. garlic salt

- 1. Put all ingredients in a Crock-Pot; toss.
- 2. Cook on low for 3 1/2 hours.

Tso Soup

Makes 4 225-calorie servings.

1 cup V-8 juice I red bell pepper, chopped

- 2 Tbsp. soy sauce
- 1 Tbsp. peanut oil
- 2 tsp. crushed red pepper flakes
- I lb. chicken breast, cut into bite-size pieces
- I large onion, chopped
- 1 cup broccoli, chopped
- 1/4 cup green onion, chopped
- 1 tsp. sesame seeds, toasted
- **1.** Combine the first 5 ingredients in a Crock-Pot.
- 2. Stir in the chicken, onion and broccoli.
- **3.** Cover; cook on low for 2 hours, or until the chicken is done.
- **4.** Serve over rice; garnish with green onions and sesame seeds.

Mango Ginger Chicken

Makes 6 264-calorie servings.

Mango Chutney Sauce:

- 3 cups mangos, diced
- 1/2 cup red onion
- 1/3 cup gold raisins
- 1/3 cup brown sugar
- 3 Tbsp. fresh ginger, minced
- 3 Tbsp. white wine vinegar
- 1/4 tsp. salt
- 1/8 tsp. red pepper flakes

Chicken:

- 1/2 cup mango chutney sauce
- 1/4 cup Asian sweet chili sauce
- 2 Tbsp. quick-cooking tapioca
- 1 1/2 tsp. fresh ginger, minced
- 4 lbs. chicken breasts, cut into bite-size pieces

Green onions, to taste, chopped

- **1.** For mango chutney sauce: In a saucepan, combine all ingredients. Cook on mediumlow for 30 minutes, stirring occasionally.
- **2.** For chicken: In a Crock-Pot, combine mango chutney, chili sauce, tapioca and ginger. Add chicken; turn to coat.
- **3.** Cover; cook on low 5-6 hours.
- **4.** Serve over cooked rice; garnish with green onions.

Thai Turkey Loaf

Makes 8 268-calorie servings.

- 2 eggs, lightly beaten
- 1 14.5-oz. can diced tomatoes with garlic
- 3/4 cup breadcrumbs
- 1/2 cup green onions, chopped
- 1/2 cup carrots, shredded
- 1 Tbsp. soy sauce
- 1/4 cup Asian sweet chili sauce
- I tsp. fresh ginger, grated
- 1.5 lb. lean ground turkey





Nonstick cooking spray 1/4 cup fresh cilantro, snipped

1/4 cup dry roasted peanuts

- **1.** In a large bowl, combine the first 8 ingredients.
- **2.** Add ground turkey; gently combine with other ingredients.
- **3.** Spray a Crock-Pot with nonstick cooking spray.
- **4.** Add meat mixture to the Crock-Pot; pat into an oval loaf.
- **5.** Cover; cook on low for 3 1/2 hours, or until done.
- **6.** Serve with remaining chili sauce, cilantro and peanuts.

Asian Pork Roast

Makes 6 310-calorie servings.

- 1/2 cup low-sodium soy sauce
- 1/2 cup light brown sugar
- 2 Tbsp. Asian sweet-chili sauce
- 2 Tbsp. ginger, freshly grated
- 1/8 tsp. black pepper
- 2 1/2 lbs. boneless pork roast, cut into 2- to 2 1/2-inch chunks
- 1 Tbsp. water
- 2 tsp. cornstarch
- 2 green onions, sliced



- **1.** Combine the first 5 ingredients in a Crock-Pot.
- 2. Add pork; stir to coat.
- **3.** Cook on low for 5-6 hours, or until pork is done.
- **4.** Remove pork from Crock-Pot. Turn Crock-Pot to high; bring drippings to a boil.
- **5.** In a small bowl, combine water and cornstarch, making sure there are no lumps; pour into boiling drippings. Cook until slightly thickened, about 4-5 minutes.

6. Put the pork back into the thickened sauce; mix to coat. **7.** Serve over rice; garnish with green onions.

Cherry Smoothie Breakfast

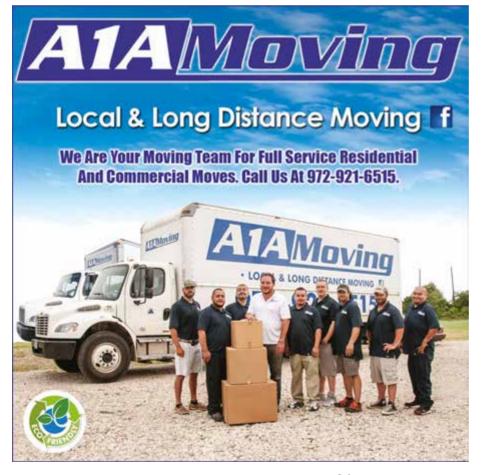
Makes 1 360-calorie serving.

1 cup frozen cherries 1/3 cup light vanilla yogurt 1/4 cup tart cherry juice 1/8 cup artificial sweetener 1/2 cup raw oats

I. Blend all ingredients until smooth.



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One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf





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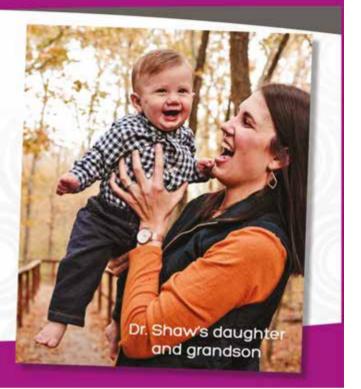
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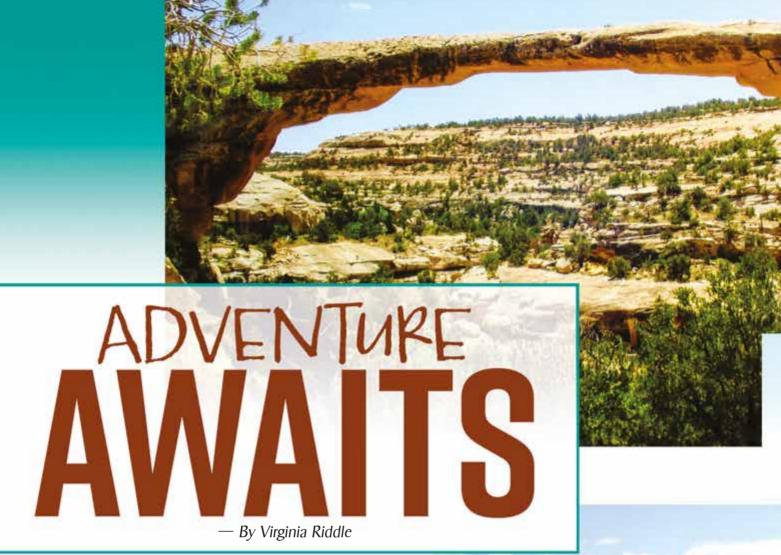
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What is Hózhó? As many adventure-seeking travelers to the Moab/Bluff, Utah, area learn, words don't do justice to this Navajo concept of balance and beauty. The ancient, vast wilderness of Native-American reservations and national parks envelopes visitors. 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

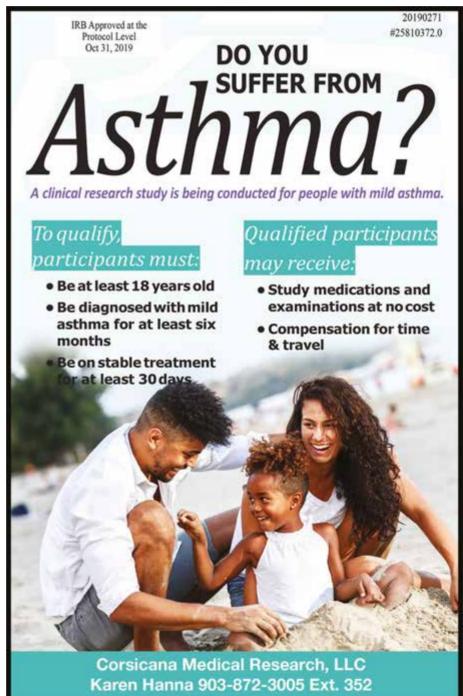






Ute reservations. Traveling on the Trail of the Ancients Scenic Byway brings visitors to Canyons of the Ancients National Monument, Mesa Verde National Park and Hovenweep National Monument. Each location preserves prehistoric native cultures, particularly the Anasazi, interspersed with interpretations of the area's pioneering heritage. More than 6,355 recorded sites in the Canyons of the Ancients give visitors the "highest





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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.

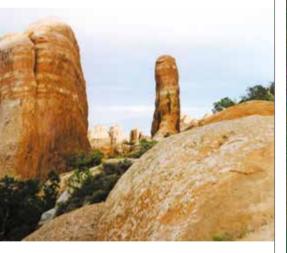
A listing in 1,000 Places to See Before You Die brings folks to otherwise relatively unknown Bluff, located 100 miles almost due south of better-known Moab. The ancients first settled the area around 650 A.D., and Mormon pioneers founded the town of just over 300 residents in 1880, earning its listing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

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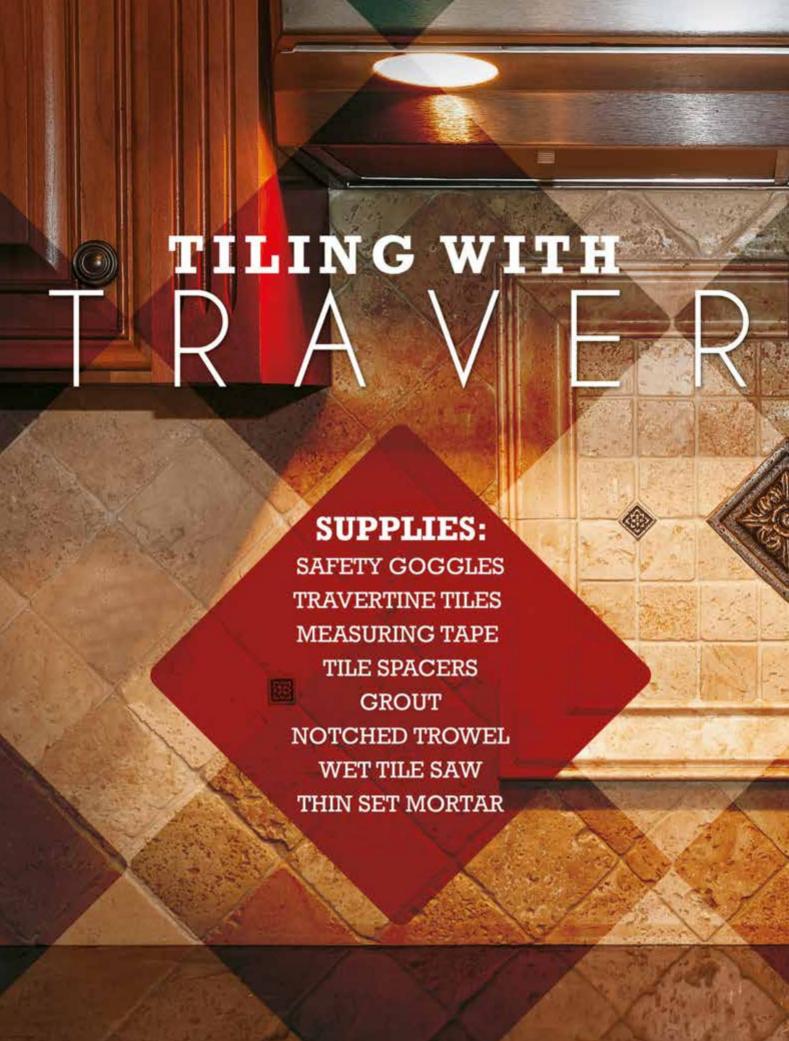
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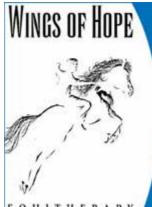
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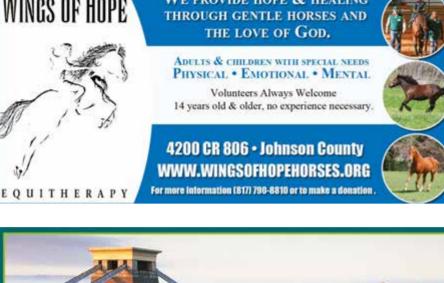






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The natural stone of travertine has much variation, so laying them out in advance helps you avoid any surprises while placing them in mortar. After mocking up your pattern, measure a block of your design and mark those dimensions along the wall where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

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.

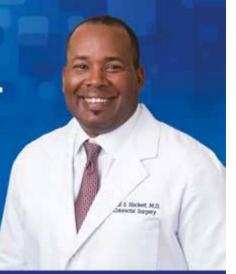
Step 5 - Full Tile Placement

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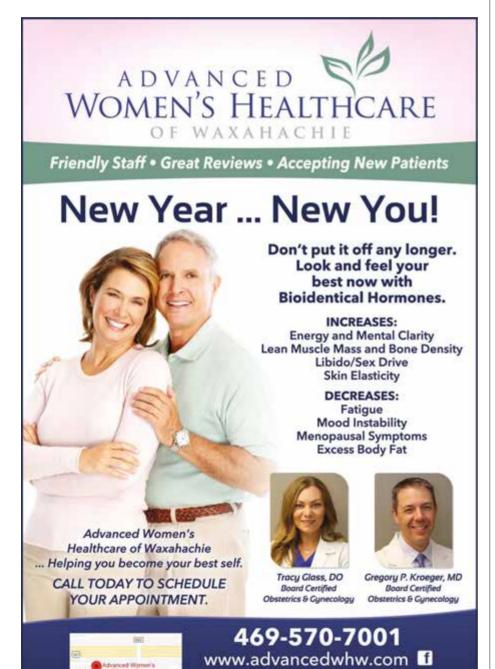
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Continue the above steps, working from mortar and spacer placement through tile patterning, until your entire wall is covered and your backsplash is completely installed.

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.

Sources:

1. https://www.doityourself.com

2. https://www.tileoutlets.com/

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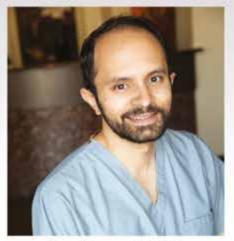
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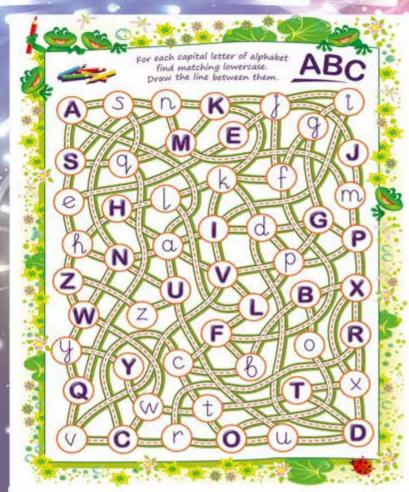


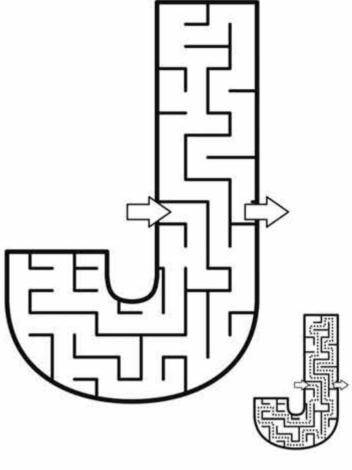






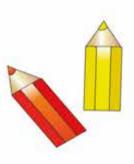
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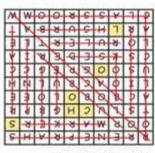
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| | 1 | 2 | 3 | | | 4 | 5 | 6 | 7 | |
|----|----|----|----|----------|----------|----------|----|----|----|----|
| 8 | | + | | 9 | 10 | | 1 | T | T | 7 |
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| | 35 | + | + | 1 | | | 36 | | + | |

Solutions on page 52

| Across | Down |
|----------------------------------|-------------------------------------|
| 1 Angel dust | 1 Window divisions |
| 4 Adds | 2 Talons |
| 8 Citizen of Santa Ana | 3 Pipe plastic |
| 11 Due to | 4 One ferried by Charon |
| 13 Morning drops | 5 Vase |
| 14 Anoint | 6 Unleavened bread |
| 15 Madhouse | 7 Pry |
| 16 Classify | 8 Pop |
| 18 Priestly cloak | 9 Squash variety |
| 19 "I haven't seen you in* | 10 "Encore!" |
| 21 Leading light? | 12 Enemy |
| 24 Doghouse sounds | 17 Scull |
| 28 Gas station abbr. | 18 Suit with an MBA, maybe |
| 29 Small cell | 20 Rate |
| 30 Exclamation of surprise | 21 Title for a distinguished Indian |
| 31 Like some university staffers | 22 Is inclined |
| 34 Mapped out | 23 Give consent |
| 35 Inner being | 25 "We touchdown!" |
| 36 Narrow beam of light | 26 Tyne Daly TV role |
| | 27 Storage shelter |
| | 29 "Like that would happen!" |
| | 32 90-degree fitting |

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33 Spike

Sudoku Puzzle

| Easy | | | | | | | | | I | Mediu | m | | | | | | | |
|------|---|---|---|---|---|---|---|---|---|-------|---|---|---|---|---|---|---|--|
| | | | 7 | | | | | | | | 1 | 9 | 2 | 6 | | | | |
| 8 | | 2 | | 4 | | | | | | | | | 4 | | 8 | | | |
| 5 | | | | | 1 | | 9 | | | 5 | | | | | | 8 | | |
| | 1 | | 6 | | 5 | | | | | 2 | | | | | | 9 | | |
| 3 | | | | | | | 6 | 7 | | | | | 9 | 8 | 5 | | | |
| | 2 | | | | | | | 5 | | | | 6 | | | | | 1 | |
| | 9 | | 2 | | | | | 1 | | | | | 5 | | | | 4 | |
| | | | | 6 | | 7 | | 4 | | | | 4 | | 9 | 1 | | | |
| 7 | 3 | | | | 8 | | | | | 6 | | | | | 7 | 3 | 5 | |

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Solutions on page 52



Dr. Richard R. Knight, M.D.

Priscilla, Grand Prairie, TX

I started Diet Solution because nothing else was working. I signed up at two different fitness clubs, and I even attempted the Keto diet, However, I didn't realize that accountability is what I needed. I gained 60 pounds while pregnant with my son. Within the next four years, I only lost 20 of those pounds. My weight gain caused me to slip into a depression while I was wedding-dress shopping. I was no longer confident and mentally battled with my weight daily. A family member mentioned Diet Solution, and I noticed she had lost a lot of weight herself. I decided to give it a try. I was given the freedom to be able to eat most of the food I enjoy, and if not, DSC was able to provide me with the proper substitution. Weekly check-ins were quick and easy! It was a great feeling to know that you were losing weight and inches! Within three month, not only did I lose all the weight I gained, but I even got down two pounds lower than what I was before getting pregnant with my son. The best news is I am still keeping it off! I love how people all around me notice my weight loss. It has brought out the confidence that I lost. I recommend DSC to anyone that wants to lose weight, no matter how many different diet programs you have tried!



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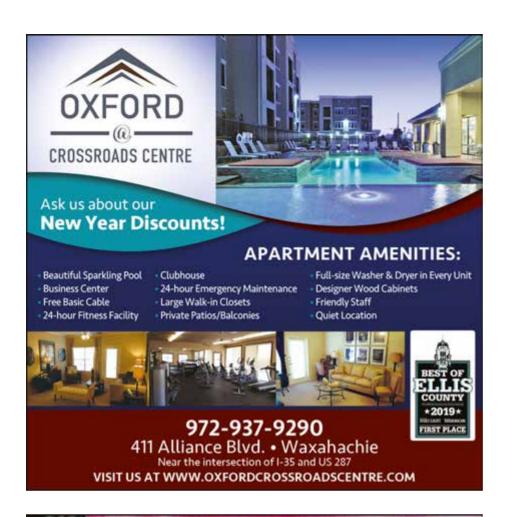














Crossword Sudoku Solutions

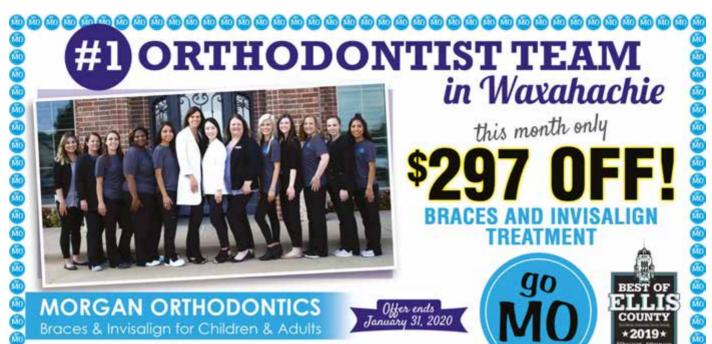


Easy

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





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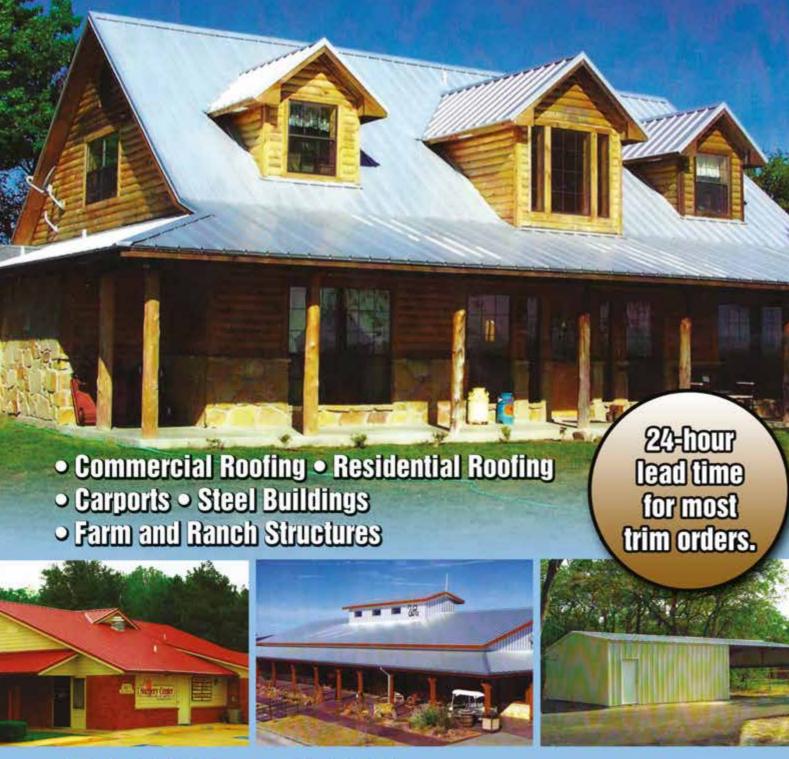


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