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JANUARY 2021

The Polka Chief

Phillip Prasifka shares safety tips with the community

Lover of Liberty

José Antonio Navarro helped give birth to modern-day Texas

In the Kitchen With Katie Stanfield

Also inside:
Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:
DL Treasures Indoor
Flea Market

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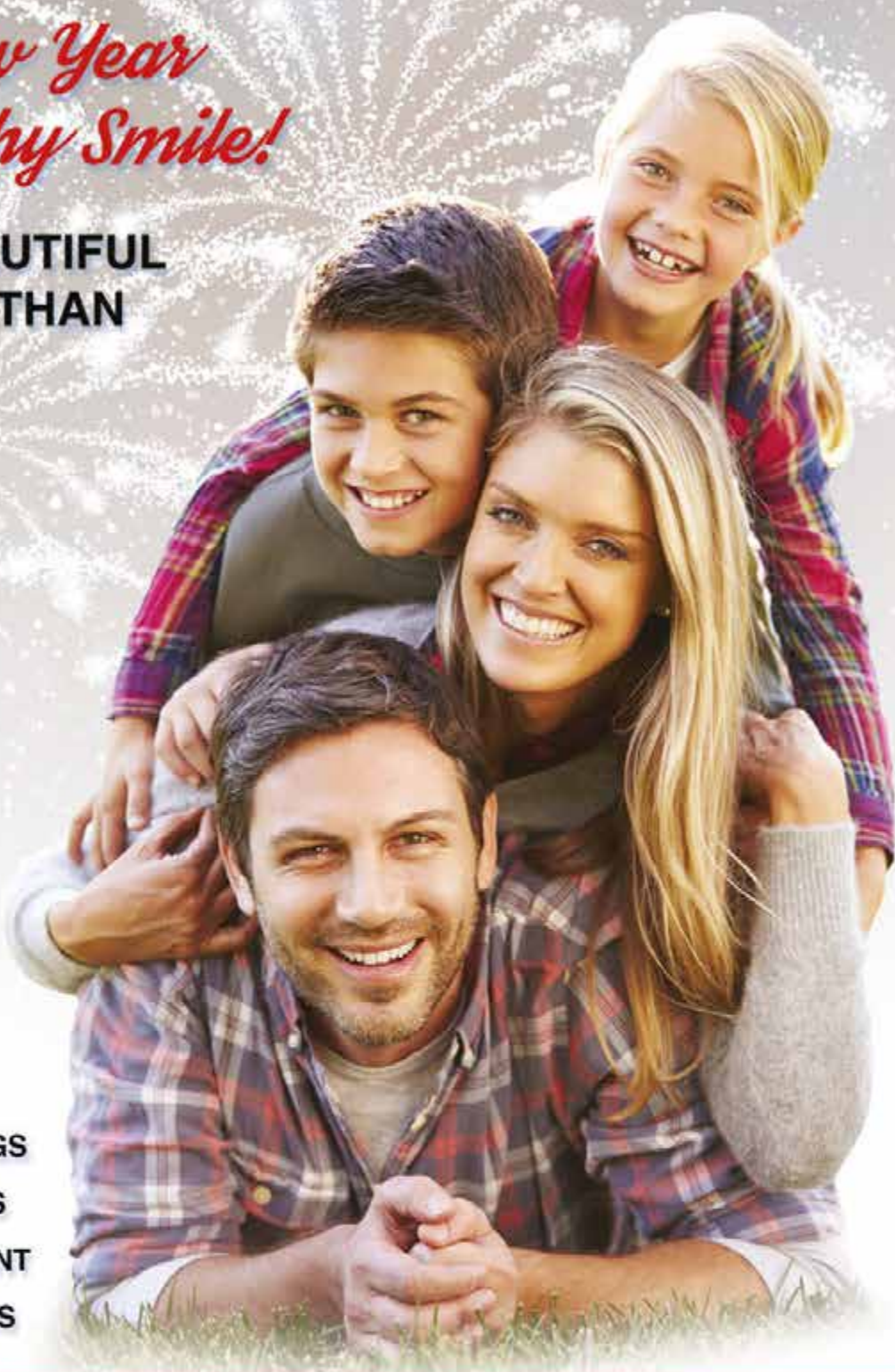
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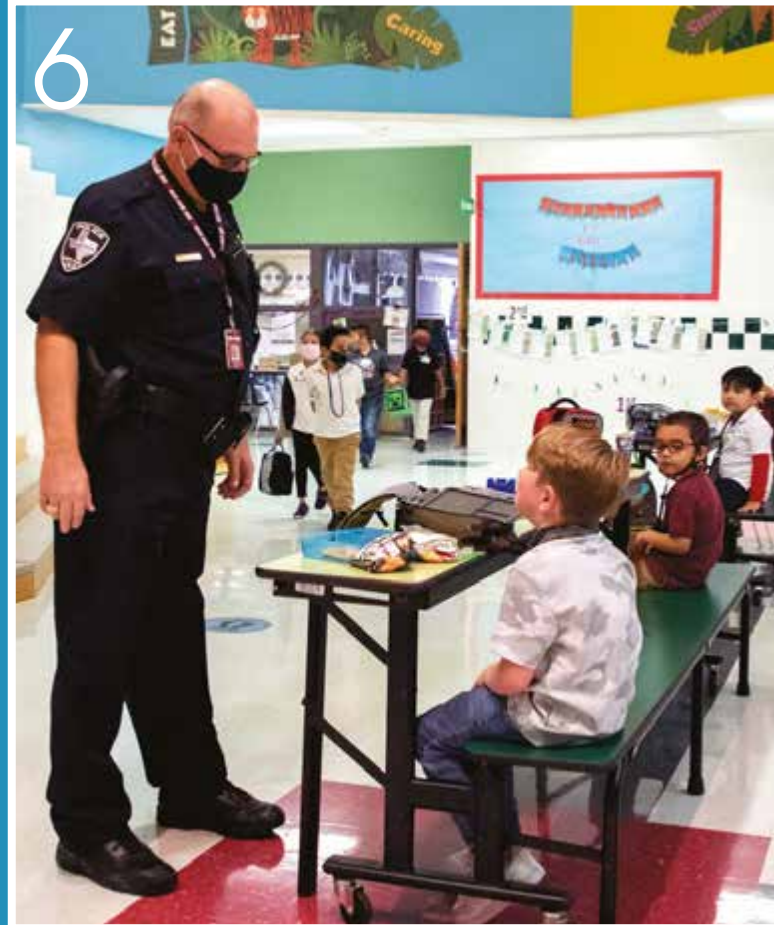
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ON THE COVER

Chief Prasifka makes a difference one child at a time.

Photo by
Shane Kirkpatrick.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.

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EDITOR'S NOTE



Rachel

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Happy New Year!

With 2020 *finally* behind us, vast opportunities lay ahead to explore — to make mistakes and learn from them or pursue successful businesses and lifestyles. Most people's goal for 2020 was simply to survive. We've seen a yearly goal to the end! But this year, learning new facts is at the top of my list for 2021.

Here's to popping in some peppermint chewing gum and turning a thinking cap on. Did you know the speed of a computer mouse was measured in "mickeys" in 1946, then later coined as a "mouse" in 1965? It makes our beloved Disney character, Mickey Mouse, one big nerd. (Saying it with love, Mickey!) Speaking of Mickey, did you know he was the first cartoon character to earn a star on the Hollywood Walk of Fame? How about that time capsule under the terrazzo, buried for the people of 2060? It is said that *The Price Is Right's* Bob Barker wrote a note urging the people to "have your pets spayed and neutered" ... What?

Random fun facts can be valuable, like understanding why your brain gets bored. My mother always told us boredom was a choice. That may be true, but a chemical, known as dopamine, is released in your brain when you experience excitement. People with naturally lower dopamine levels get bored faster and require more activity to stimulate the brain. Ha! Take that, Mom! (Deep down, I know she's still right.)

Whatever your New Year's resolution is — new or old — take it one day at a time. Eventually, you'll start seeing results. That's a fact, too!

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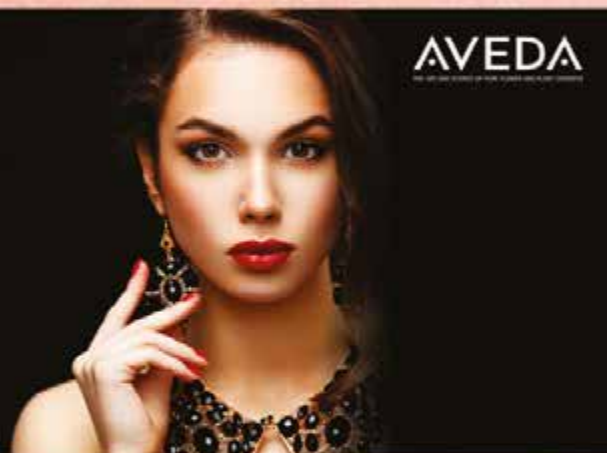
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Many heroes risk their lives every day to help make the world a better place. One said hero lives right here in Red Oak. Phillip Prasifka, Red Oak ISD's new chief of police, proudly stands for the weak and defends the fearful.

Chief Prasifka wanted to make a difference in the community, protecting those in need. "It was a dream early on in my professional career to be chief," he admitted. "[I enjoy] helping someone who is having a bad time in their life or making a difference by being a mentor [to officers starting their careers]."

Born in Dallas, and the oldest of four children, Phillip understood hard work and people. "As a teenager, I worked at the family business, then known as Prasifka Brothers. I did anything from laying grass at homes and apartment complexes, to loading and unloading tires from trailers into railroad cars or going on wrecker calls with my dad."

The path that led him to Red Oak was nothing short of noteworthy. Beginning his career as a dispatcher for Hutchins, he went through the police academy and became a reserve officer, and shortly thereafter, a full-time officer. He was the youngest to be promoted to sergeant at Hutchins. From there, his career dotted around from a patrol officer to detective, to senior officer.

Finishing his degree at Texas A&M University opened doors the chief was not afraid to walk through. "I had always considered myself an Aggie, and — I'm dating myself — I listened to Aggie football games on a handheld transistor radio when I was a kid," he laughed. After serving as chief of police in Electra, Texas, his career moved a little closer to home, as he became the chief of police for the city of Glenn Heights. "I served in Glenn Heights for 18 years, retiring from there in August 2017. During my tenure, I served on two different occasions as the interim city manager. For many years, I was the administrator over the Glenn Heights Fire Department, the Animal Services Department and Code Compliance." After he retired from the Glenn Heights Police Department, he served as chief of police in Robinson, Texas.

Something people may not know about Chief Prasifka is his 100-percent Czech heritage. "My late grandmother spoke and wrote Czech fluently, and I've listened to Czech polka music all my life. There are daily polka shows on the radio from South Texas communities that you can listen to, including pretty much all day on Friday," he said with a smile. While a chief, he has been known to listen at work, so his staff occasionally heard polka music coming from his office.

THE POLKA CHIEF

— By Rachel Rich

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When it was announced that he was leaving Robinson to join Red Oak ISD, a detective at Robinson told him the department would have to listen to the polka show on Friday afternoons in his honor.

He accredits much of his success to learning from other police chiefs during his early career, plus he has had the opportunity to gain experience in almost all areas of law enforcement. "I have been in law enforcement for 35 1/2 years, with 23 1/2 of those years as a chief of police. I am proud to say that I still learn something each day in this calling."

Married for 32 years, Prasifka and his loving wife, Annette, have lived in Red Oak for more than 21 years. Their three adult children, who all went through Red Oak ISD schools, were involved in sports and graduated from Red Oak High School. "During our time in the district, we volunteered at football, volleyball and baseball games in the concession." When he was chief in Glenn Heights, he participated in numerous Red Oak Founders Day and homecoming parades. As chief of police at Red Oak ISD, Prasifka believes in the importance of developing positive relationships with the youth. "There is no greater opportunity to do that than serving for a school district," he said.

With COVID-19 disrupting school programs, Chief Prasifka is working to develop relationships that embrace transparency and trust, recognizing there is no "one size fits all" program. "The safety of the students, faculty and community members at any Red Oak ISD campus or event remains our





primary focus,” he said. “To ensure this, we will incorporate the latest training and practices, and we will continue to partner with local first responders in Red Oak and Glenn Heights to assist us in accomplishing that objective.”

With the safety of our youth at the forefront of his mind, Chief Prasifka shared some wisdom of how to stay safe in today’s world: “I urge all youth to be extremely careful when using social media. Understand that everything is not always what it seems, and if it seems to be too good to be true, it probably is.” He also addressed red flags of vulnerability. “Don’t walk alone, especially after hours. Don’t ever meet someone from the Internet by yourself, and do not give out your personal information, such as your date of birth, your phone number or any passwords, to people online or who may call you, unless you positively know who you are speaking to.”

His ethical belief is when you leave somewhere, you leave it better than you found it. “I believe I can say, with the help of great staffs, I have been able to do that. When I leave Red Oak ISD (many years from now), I’m hoping that I will be able to say that again.”

His gratitude for the journey that has led him to Red Oak ISD shines like a beacon of hope. “The support of the community, the school board, the superintendent and the entire staff have been remarkable. Red Oak ISD is truly a family. You daily see staff and the students stepping up to help those in need. I am proud to be part of an organization where helping those in need is a priority. I want the students and staff to know that I am accessible to everyone. I am extremely honored to serve as their chief of police at the Red Oak ISD.” **NOW**



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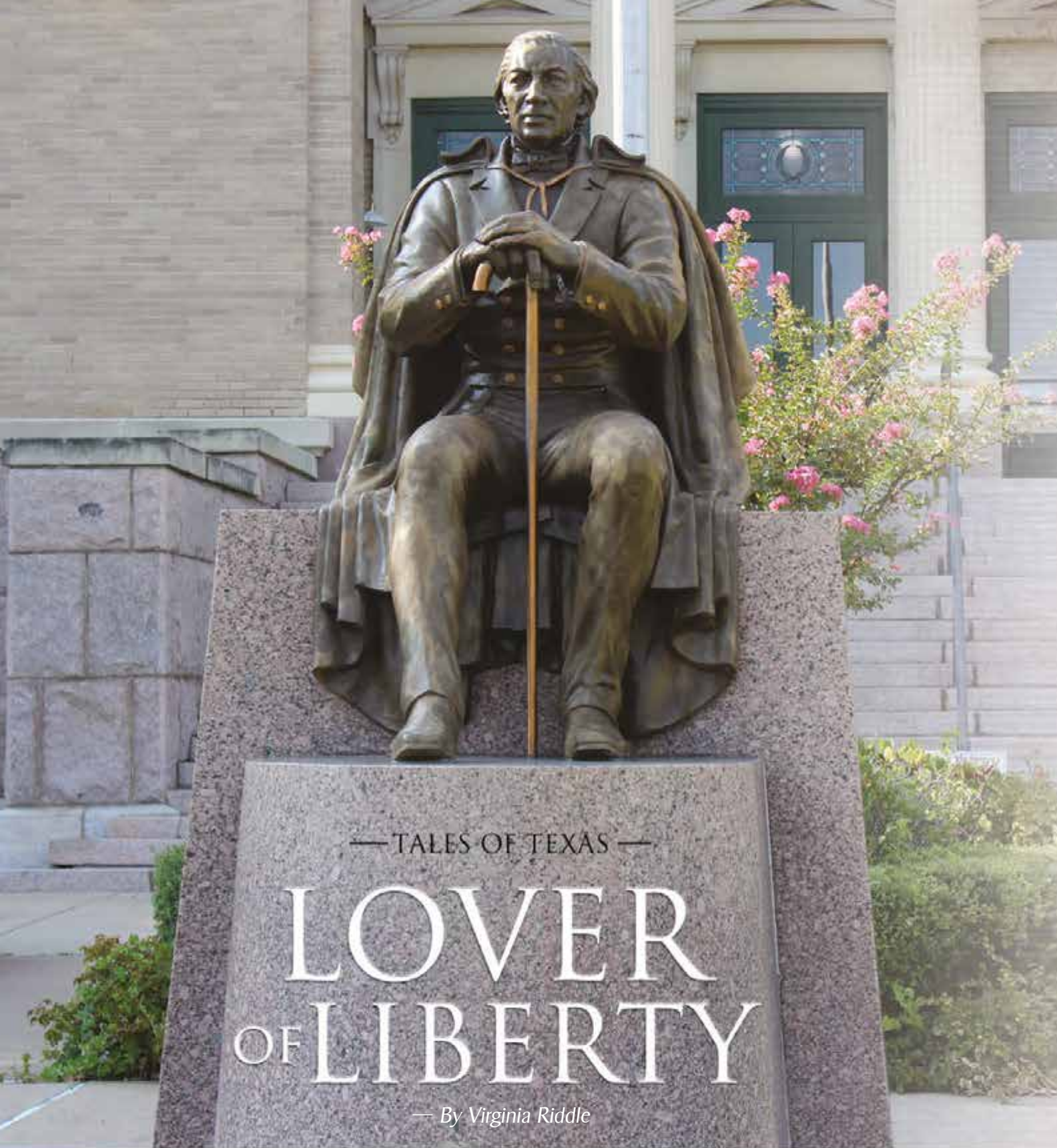
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José Antonio Navarro's life and contributions to the birth of Texas are reflected on his historical marker erected in 1936 as part of the celebration of the 100-year anniversary of Texas independence from Mexico. Born in 1795, José Antonio saw his native land through much turmoil, war and change.

José Antonio's journey into Texas history began with his father, Don Ángel Navarro's (1748-1808) decision to leave his native Isle of Corsica to journey as a cabin boy aboard a Spanish galleon to Veracruz, Mexico. He became a successful merchant and married Maria Joséfa Ruiz, an aristocrat and native of San Antonio. He made his family's home in Texas for the remainder of his life. Don Ángel believed in truth, honor and freedom and passed those beliefs to his son, José Antonio.

A Mexican army unit led by a Spanish general, Joaquin de Arredondo, entered San Antonio in 1813. Jose Antonio's older brother, Jose Ángel Navarro, was a lieutenant in the infantry at the time. These lands had been claimed by the French, Spanish, United States and various Native American peoples. When Jose Ángel refused to carry out orders against these occupying persons, and it became clear that the family supported Mexican independence, he was relieved of his command and fled for his life to the interior of Mexico.

José Antonio was educated in Mexico but had left school at age 13 to help support his family in San Antonio following his father's death. When José Ángel was relieved of his command, the rest of the family had to flee as well. Maria took the minor children with her, and José Antonio, who was 18 at the time, went to Louisiana. Three years later, he returned to find his mother and siblings nearly destitute, so he went to work to support the family. Mostly self-educated, he became successful as a merchant, rancher and land investor. In 1825, he married Margarita de la Garza y Flores, a native of San Antonio. The couple would have seven children.



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In 1828, José Antonio's political career began when he was appointed representative of Bexar and the State of Coahuila by Mexico and to the federal congress in Mexico City. He purchased a ranch near San Antonio and moved his family there, while also being elected as that area's representative to the Congress of Texas. José Antonio was elected in 1833 as senator by the State of Coahuila's Junto Electoral. He supported Texas statehood, so by 1835, José Antonio declined serving further in Mexican political offices.

The following year, José Antonio was elected to represent Bexar District at the Washington-on-the-Brazos convention. He became the seventh signer of the Texas Declaration of Independence. José Antonio was one of three Mexican signers, and one of two native-born Texas signers.

**DON ÁNGEL
BELIEVED IN
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BELIEFS TO HIS SON,
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Mirabeau Bonaparte Lamar, president of the Republic of Texas, appointed José Antonio as commissioner of the Santa Fe Expedition, which was undertaken in 1841. While José Antonio didn't favor the annexing of Eastern New Mexico into the new republic, as planned by President Lamar, he was persuaded to go. Mexican officials took the expedition's members captive and marched them over 2,000 miles to Mexico City. Many of the captives didn't survive.

Upon arrival, José Antonio was interrogated and offered freedom and a return to government service if he would renounce allegiance to the Republic of Texas. He chose not to and was convicted of treason and sentenced to death. His sentence was commuted to life imprisonment. José Antonio endured Mexican dungeons for four years, until he escaped and boarded a ship from Veracruz, Mexico, to Cuba. From Cuba, he sailed to New Orleans, and then to Galveston. He returned to his ranch in



1845 and was welcomed as a hero. He was the only Tejano delegate to the 1845 Constitution Convention and was twice elected to the state senate. In retirement, José Antonio became a historical and political writer and newspaper contributor.

Respect for José Antonio Navarro's patriotism and leadership, granted to Texas in its formative years, has led to the naming of Navarro County and several schools and streets in his honor and memory. The city of Corsicana, Texas, was named by José Antonio in honor of his father's homeland. In 1871, he died at his San Antonio home, now Casa Navarro State Historic Site. **NOW**

Sources:

1. www.tshaonline.org.
2. Navarro County History, V. 2, pg. 9, 1978, The Navarro County Historical Society, Taylor Publishing Company, Dallas, TX.
3. www.thc.texas.gov/historic-sites/casa-navarro.
4. Various documents in the holdings of the genealogy department of the Corsicana Public Library.

Photo Credit:

Original, old photo of José Antonio Navarro courtesy of the Navarro County Historical Society file.

Photo of José Antonio Navarro's statue on the Navarro County Courthouse grounds courtesy of Virginia Riddle, LLC.



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— By Rachel Rich

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When they opened their doors more than a year-and-a-half ago, co-owner Linda Batey decided there was no better place to be. “The previous owner was going out of business, and I’ve always admired and loved this location. It’s got great traffic, customer-wise,” she said.

Linda and her husband, Dale, wouldn’t trade their business for the world. “We sell new and used merchandise at mid- to low-end prices,” Dale said. “We have the perfect flea-market feel and great customer service.” Along with taking care of customers in their flea market, they also hold an outdoor flea market and farmers market monthly in Red Oak — a feature many Red Oakians and some out-of-towners have had the privilege of visiting. “We have contests, drawings and always something special for our customers.”

Among the additional weekend vibe this quaint shop puts on, they have far from finished their endeavors to make their customers’ lives a little better. “We want to see our business continually grow. We have already expanded by offering gently

used furniture,” Linda elaborated. “We want to bring in more vendors and customers in the future.”

The Bateys’ business is a smaller entity, and they would have it no other way. They can better serve their guests and help them find what they are looking for, thus allowing the vendors to be more personable. Linda noted, “We love this job because we love making others happy and seeing customers want to come back to our store. We love our business. We love our customers, and we love our vendors.”

“WE HAVE THE PERFECT FLEA-MARKET FEEL AND GREAT CUSTOMER SERVICE.”

There’s more to the Bateys than work. Not only do Dale and Linda support charitable events when the need arises, they are also part of the Red Oak Chamber. With one daughter, Krista Manske, and a son-in-law, Douglas Manske, family is something this hardworking couple cherishes. They know how to enjoy life, on and off the clock.

DL Treasures’ vendors, and even Dale and Linda, occasionally dress up during holidays to make the atmosphere in the market a fun one. A business named after this loving couple’s names — Dale and Linda — DL Treasures takes great pride in the services offered to the vendors. Their business helps them make a living doing what they love and having a great time in the process. “We have mascots — Harry, the Big Foot, and Bean, the bear — that we dress up during each season in front of our business,” Linda laughed. Even during the pandemic, Harry and Bean have remained safe, wearing face masks and rubber gloves out of respect for the COVID-19 guidelines.

As Harry and Bean ring in the New Year with all the DL Treasures customers and vendors, Dale and Linda keep finding new ways to care for every person. Everyone who comes into their store leaves with more than just trinkets or new furniture — they find new friends, too. **NOW**

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Zoomed In: Brandon Layne

By Rachel Rich

Coach Brandon Layne experienced one of the most challenging, yet rewarding, years at Ferris High School. “I saw our staff and players make sacrifices daily to protect our program so we could play.” During his fifth season as the athletic director/head football coach, his two favorite moments included the homecoming goal-line stop to win the game vs. Farmersville and the last-second Hail Mary to win in Hillsboro.

“I am unbelievably proud of the resilience we showed, as well as the brand of football we played,” Brandon shared. “If our kids will handle each day like their practices this season, they will be extraordinary leaders of the future. They showed what family, accountability, intensity, toughness and heart can achieve, even while battling a pandemic!”



Jeanne Powers adds sunflowers to her walls, so every day is a sunny day.



Dr. Splat, the great and accomplished scientist, teaches Oaks Church kids online how science and the Bible work together.



Ferris High School Varsity Volleyball players show their pink-out spirit before their volleyball game.



Crime Stoppers of Ellis County recognizes Cheyenne Horman, a graduating student from Ferris ISD, for the artwork design she created for the Ellis County Safe School Program.



Joel Ramirez leads praise and worship at Primera Iglesia Cristiana La Hermosa.



A day at Life School is always a good day for teachers and students.



Rachel Rich's newest family member, Smokey, is excited to celebrate her first Christmas in the Rich home.



Kathryn Mackey and Wendy Johnson, with Drive Across Texas, teach Red Oak parents about hands-on activities for homeschooling.

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CookingNOW

In the Kitchen With

KATIE STANFIELD

— By Rachel Rich

Est. 1984



When she lifts a forkful of prime delicacies to her mouth, Katie Stanfield understands the beautiful balance food brings to life and health. “We associate a lot of emotions and memories with food,” she elaborated. “It is a direct link to our hearts.” With more than 10 years of experience across different kitchens, her skills have perfected. “The family-owned restaurants accepted my creative freedom, as I prefer cooking with the senses.”

Her passions have steered her toward healthier selections with her juicing business, Mother Masons Juicing Services. “I want to create healthy options in an unhealthy world. I truly believe food is medicine, and we have the power to heal our bodies with the food we eat.” It is within her nature to cook with the most important ingredient — love. **NOW**

Mediterranean Chickpea Salad

Salad:

- 2 15-oz. cans chickpeas, drained and rinsed**
- 1/4 cup Mezzetta Roasted Red Bell Peppers, diced**
- 1/2 red onion, thinly sliced**
- 1/2 cup kalamata olives, chopped**
- 1/2 cup feta cheese**

Dressing:

- 2 Tbsp. lemon juice**
- 1/4 cup olive oil**

- 1 tsp. pink Himalayan sea salt**
- 1 Tbsp. fresh parsley**

- 1. For salad:** Combine all salad ingredients in a large mixing bowl.
- 2. For dressing:** In a mason jar with a lid, add lemon juice, oil and seasonings. Shake until blended.
- 3. Add dressing before serving; enjoy!**

Mama's Lemon Potato Soup

- 2 Tbsp. olive oil**
- 2 cups kale, chopped**

- 1/2 cup yellow onion, diced**
- 2 cups yellow potatoes, diced**
- 1 32-oz. container vegetable broth**
- 2 Tbsp. lemon juice**
- 1/4 tsp. lemon zest**
- 1 Tbsp. Italian and herb seasoning**
- 1 tsp. salt, or more to taste**
- 1/4 cup feta cheese (optional)**

- 1.** Preheat the oil in a large pot on medium to high heat. When the oil is hot, add vegetables; sauté until browned evenly on all sides.
- 2.** Pour in the container of broth; add lemon juice, lemon zest and seasonings.
- 3.** Simmer soup on low for 15-20 minutes, or until the potatoes are tender. Add additional salt to taste. Garnish individual bowls of soup with feta cheese when serving.

Bulletproof Coffee

- 8 oz. coffee, freshly brewed**
- 1 tsp. Lakanto Monkfruit granules**
- 2 Tbsp. heavy whipping cream**

1 Tbsp. MCT oil
1 tsp. ghee butter
1/4 tsp. cinnamon

1. Combine all ingredients in a small blender, or blend with a hand-held emulsifier. Serve hot.

Easy Avocado Toast

2 slices whole wheat bread
1 medium/large ripe avocado
1 tsp. fresh lime juice
1/4 Tbsp. pink Himalayan sea salt
1/4 Tbsp. black pepper
1/8 tsp. red pepper flakes (optional)
1 egg, cooked (optional)

1. Toast both slices of the bread in a toaster or toaster oven.
2. Peel and seed the avocado. Discard the skin and seed. Place the avocado in a small mixing bowl. Squeeze 1/2 lime (about 1 tsp. juice) into the bowl; add salt and pepper.
3. Use a fork to mash the avocado into a smooth paste. Spread the prepared mixture onto both slices of the toast.
4. Garnish with more salt, pepper and red chili flakes, if desired. Add an egg for extra protein!

Fresh Mandarin Spinach Salad With Chinese Mandarin Dressing


Salad:

1 8-oz. can mandarin oranges in juice
2 cups fresh baby spinach
1/4 cup almonds, sliced
1/4 cup red cabbage, sliced
1/4 cup cabbage, sliced
1/4 cup fresh cilantro, chopped
1/4 green onion, chopped

Dressing:

3 Tbsp. rice wine vinegar
2 Tbsp. honey
1 Tbsp. sesame oil
1 tsp. minced ginger
1 tsp. minced garlic
1/4 cup olive oil

1. *For salad:* Drain the mandarin oranges.
2. Create a bed of spinach; place the remaining ingredients on top of the spinach in lines.
3. *For dressing:* Place all the ingredients in a blender; blend well, or you can shake them well in a mason jar. Drizzle dressing on top of the salad. This dressing works well on other types of salads, too, if desired.




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Bulletproof Coffee



Keto Brownies

3/4 cup avocado oil
3/4 cup Lakanto Monkfruit granules
3 large eggs
1/2 tsp. vanilla extract
1/2 cup almond flour
1/2 cup cocoa powder
1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup raw walnuts or pecans, chopped (optional)

1. Preheat oven to 325 F; grease an 8x8-inch pan.

2. Combine the first 4 ingredients in a large mixing bowl. Combine the dry ingredients in a small bowl. Slowly fold the dry mixture into the wet mixture using a rubber spatula, do not overmix.

3. Pour batter into the prepared pan; bake 25-30 minutes. Serve warm for best results.

Roasted Lemon Chicken With Brussels Sprouts

4 slices bacon, chopped
4 boneless, skinless chicken breasts
5 Tbsp. olive oil (divided use)
1 lemon, thinly sliced
1 lemon, juiced
4 cloves garlic, minced
1/2 tsp. rosemary
1/2 tsp. thyme
1/2 lb. Brussels sprouts, trimmed and halved
8 small red potatoes, quartered
Salt, to taste
Pepper, to taste

1. In a skillet, cook the bacon until it's crispy. Remove the bacon; lay it out to dry on a paper towel.

2. While the skillet is hot, sear both sides

of each chicken breast, about 2 minutes per side. Turn off the heat; set the chicken aside.

3. Coat a large baking dish with 1 Tbsp. of olive oil. Arrange the lemon slices in the bottom of the dish. Mix remaining olive oil, lemon juice, garlic, rosemary and thyme in a separate bowl.

4. Toss the Brussels sprouts and potatoes in the oil/lemon mixture; place them on top of the lemon slices in the baking dish.

5. Place the cooked bacon pieces on top of the vegetables. Add the seared chicken breasts. Place any remaining oil and lemon juices on top of the chicken breasts.

6. Bake, uncovered, in a preheated oven at 375 F for about 30-35 minutes, or until the internal temperature reaches 165 F. Add salt and pepper to taste.

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NEW YEAR

Happy

JANUARY

Due to COVID-19, some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

1/2

4:19 Drive-Thru Food Pantry:

Community care unit operating as a food pantry in the Red Oak/Waxahachie area. Open to anyone in need. 9:30 a.m., Faith Baptist Church, 206 N. State Highway 342, Red Oak. For more information, email 419foodpantry@gmail.com.

1/8

Bricks 4 Kidz Night Out:

An event of fun for the kids. Keeping within COVID-19 regulations, staff is limiting the kids/staff member ratio.

For more information on keeping kids safe, contact Irene at ichomicki@bricks4kidz.com. 6:00-8:30 p.m., First United Methodist Church, 600 Daubitz Dr., Red Oak.

1/16

Midlothian Opry:

Features old country and gospel music. 7:00-9:00 p.m., Midlothian Civic Center, 224 S. 11th St., Midlothian.

Tuesdays

Virtual Story Time:

Watch virtually through the Red Oak Library's Facebook

page. 10:00 a.m.-11:00 a.m. www.facebook.com/redoaktx.org.

Wednesdays

Weekly Devos:

Oak Church Online. A weekly devotional hosted by Pastor Chris and Cara. Available to everyone via YouTube under Oaks Online.

Thursdays

Topical Thursday:

Watch virtually through the Facebook page. Director Logan Ragsdale discusses various topics each week on Facebook Live. 2:00 p.m. www.facebook.com/redoaktx.org.

Celebrate Recovery Meeting:

A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups. 7:00-9:00 p.m., Lighthouse Church, 1400 N. 9th St., Midlothian. Email CR@dfwlighthouse.org for additional details.

Second Thursdays

Ladies' Night Out:

Shopping, specials and fun for local ladies. 5:00-8:00 p.m., Downtown Waxahachie.

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



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WELCOME BACK WALLPAPER

— By Angel Morris

Taking down tough-to-remove wallpaper became less of a problem when it went out of style. In recent years, however, papering a statement wall or an entire room has come back en vogue. Fortunately, however, the application and removal of wallpaper has come a long way, and long hours need not be required when you want to change patterns or brighten up a space.

The first step is to select the wallpaper that best suits your style and room. Spaces where moisture is expected, like bathrooms and kitchens, are better suited to vinyl wallpapers, while fabrics or non-woven papers can be used in bedrooms and other spaces. Your paper selection will determine the type of adhesive needed, and instructions within each roll should explain this. You might also choose from a variety of self-adhesive wallpaper, which makes the task of hanging and removing far less daunting.

The next step is measuring your space to determine the number of rolls for the task. Ordering an extra two to four rolls helps ensure you don't run out midway through the job and gives you some leeway if any paper gets damaged during the hanging process.

Once you have selected and ordered your paper, you will want to prepare

your space by filling, then sanding, any areas of your wall that are not smooth. Afterward, it is wise to clean entire walls with a damp sponge to remove any residue.

If your paper requires adhesive application, you will need a clean work surface on which to lay paper. Remember, place strips face down on the table, as adhesive must be painted on the back opposite the print side.

Some papers may recommend placing adhesive directly to the wall rather than the paper. Consider this when selecting the paper with which you will feel most comfortable working.

In preparation for hanging your first strip of wallpaper, you must measure the height of your wall, adding upwards of 100 millimeters for your drop length, and cutting your first and subsequent strips accordingly. You may mark your drop length on the back of your paper to make your cuts.

Now you are ready to apply adhesive according to your paper's specifications and recommended soak times. Peel-and-stick papers allow you to avoid the adhesive application portion of the process altogether and may be better options for novice paper hangers.

With subtle-patterned papers, start in a corner and at the ceiling. Choose the least conspicuous portion of a room, such as behind a door, if possible. Bolder patterns may be more successfully hung if you start hanging them in the center of a wall, working toward corners instead.

Apply your first strip of wallpaper, lightly attaching the top while ensuring it is straight using a level or a straight vertical line you have drawn in advance. You will affix the rest of the wallpaper

using a wallpaper tool, gently applying pressure from the middle up, then middle down and around all edges until you reach the floor. With a sharp razor, trim excess paper at the floorboard.

Because not all rooms are level, every strip may not be the exact same measurement. It is important to be mindful that not only is each piece straight, but that your patterns are lining up accordingly. Wallpapers may be labeled as "straight match" or "drop match," impacting how you will need to align your strips and patterns. Follow paper instructions to best align your paper's design.

Repeat these steps — cutting, applying adhesive and hanging — aligning each strip with the pattern of the one before it. Papering around corners, windows and outlets requires some measurement and precision cutting. Online videos can assist in these trickier aspects of the wallpapering process.

Make sure to quickly clean off any paste that finds its way onto the front of your paper during the hanging process. A wet sponge is your best tool for this purpose, and it is wise to clean each strip prior to hanging the next.

If these steps seem daunting, remember that peel-and-stick versions of wallpaper are more forgiving than ever. Misaligned strips can be removed and rehung relatively easily. Whether you go with traditional or self-adhesive, having an assistant to help you hang strips is another way to ease the installation process as you welcome back wallpaper into your home. **NOW**

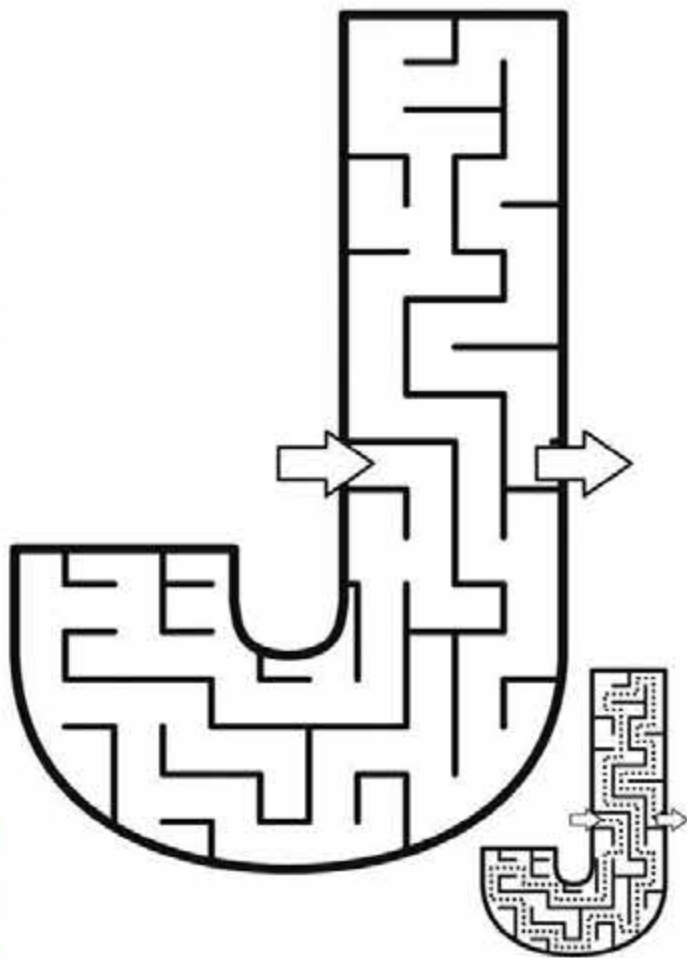
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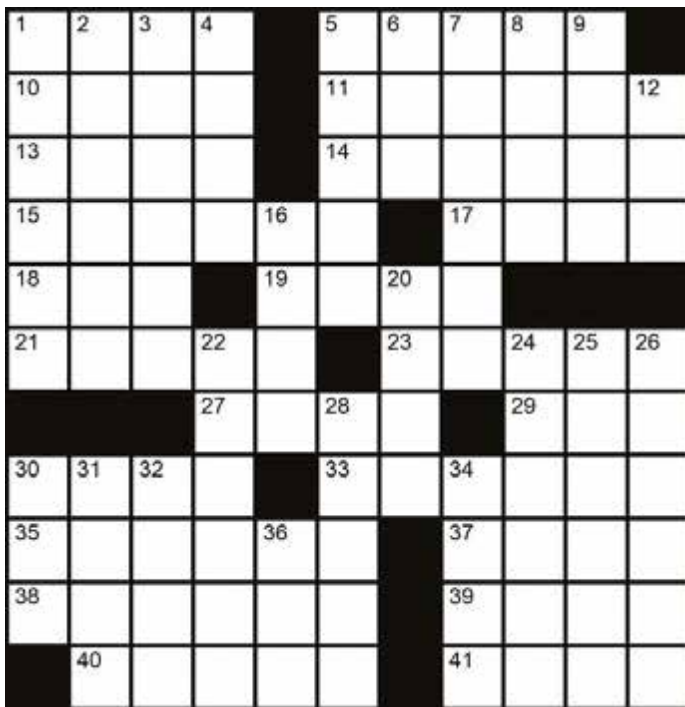
Kids' Fun Page



"Fill in the missing numbers"



Crossword Puzzle



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Solutions on page 28

Across

- 1 Got grayer
- 5 Catch you later
- 10 Hint
- 11 Most Kurds
- 13 Popular type of party, often at universities
- 14 Horn of Africa resident
- 15 Spain and Portugal
- 17 Above
- 18 Indian flatbread
- 19 Speck of soot
- 21 First US orbiter
- 23 Leading soap actor Anthony ---
- 27 "And the rest," in short
- 29 Aviation regulator
- 30 What a soufflé should do
- 33 Recurrent
- 35 Said by a confessor
- 37 Mary Jane
- 38 Calibre
- 39 Skip over
- 40 "Grab --- of the life preserver"
- 41 Coolers

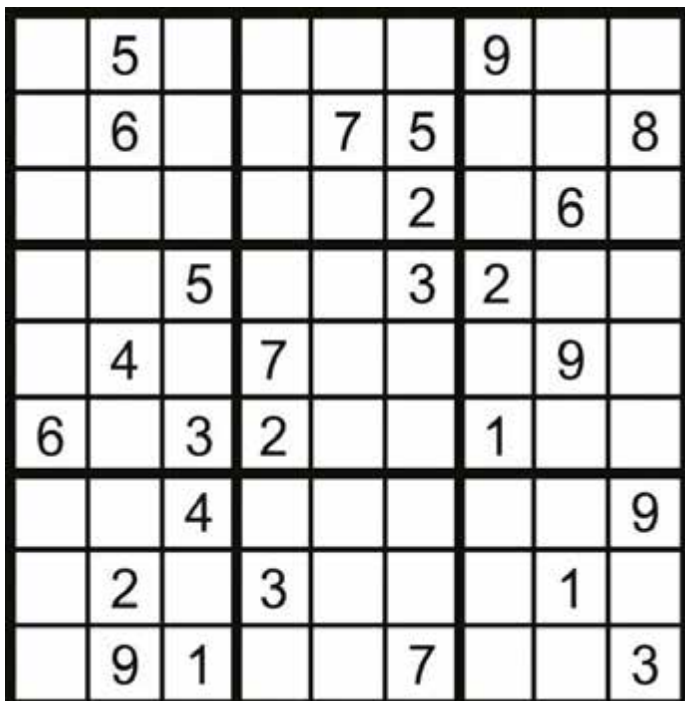
Down

- 1 Job for a thespian
- 2 All over the world
- 3 Seat of the University of Oregon
- 4 Costly
- 5 Indian tea state
- 6 Laurel and Hardy, for example
- 7 Mean it about a con
- 8 The show comes --- 9
- 9 Missile housing
- 12 Drink daintily
- 16 "--- it romantic?" (Rodgers & Hart)
- 20 Hard on the eyes
- 22 ... on a --- know basis
- 24 Burning
- 25 Dried grape
- 26 Regatta entrants
- 28 Portrayed
- 30 Edge
- 31 Concept
- 32 Darth Sidious's group
- 34 Karate blow
- 36 Off-color

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Sudoku Puzzle

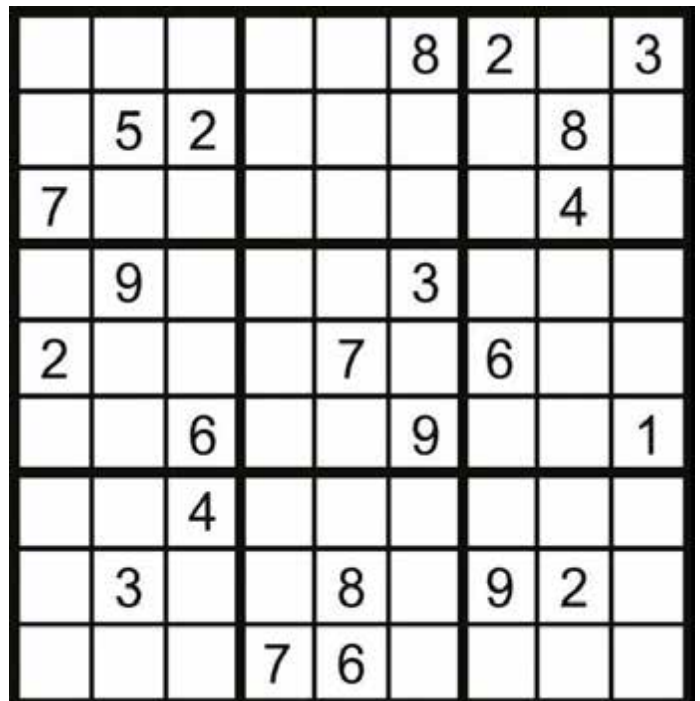
Easy



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Medium



Solutions on page 28



With a little research, it's easy to make a list of all the necessary vitamins and minerals to take into your body every day. Scientists recommend 23 specific elements in regular doses to keep a human body healthy. Since it's most fun to get that vital nutrition from food, try eating a daily dose of eggs, greens, lentils and tuna. Though commonplace, they're honest-to-goodness super foods that show up repeatedly as best sources of most of those 23 vitamins and minerals.

Here are a few of our favorite, more glamorous, super foods:

1 Walnuts simply taste great, but most people consider them holiday foods. It would behoove us to eat them daily, since they provide vitamin E for healthy organs, as well as essential fatty acids, selenium and iodine to improve memory, alleviate irritability and prevent dementia. And their vitamin B levels promote reproductive health in both men and women.

2 Acai berries, known as "beauty berries," are rich in antioxidants, which serve to protect the body from free radicals that break down cellular function. Acai berries are heart-healthy, since they contain fatty acids 3, 6, 7 and 9. The juice complements walnuts in a smoothie, and is a tastier alternative to fish oil, wouldn't you say?



EATING MADE EASY:

6 Super Foods

— By Melissa Rawlins

3 Purple or black rice is an “heirloom” grain, rich in fiber and naturally gluten-free. High in anthocyanins, a powerful class of phytonutrients, this ancient source of all 22 amino acids also provides the simple sugars every cell in the body needs to function as originally designed. Regulating blood sugar levels, boosting cognitive function, lowering cholesterol, maintaining a healthy heart, improving digestive health and reducing inflammation never tasted so good.

4 Garlic is an herb, a medicine and a prebiotic. This means it feeds the probiotics living in healthy guts. As a medicine, garlic stimulates the immune system, removes plaque buildup in arteries, lowers blood pressure and acts as a natural antibiotic. As an herb, garlic makes other foods taste better and, therefore, is a perfect salt substitute.

5 Dark chocolate is, like garlic, a prebiotic. It also provides heart-healthy benefits, like garlic. It contains fiber, iron and other necessary minerals, which together improve blood circulation to the brain and body. Unlike garlic, dark chocolate requires sugar and sometimes cream to taste exceptional and, therefore, must be used in moderation.

6 Wheatgrass promotes detoxification and healthy living, while it minimizes fatigue. Containing eight essential amino acids, antioxidants, blood-building chlorophyll and vitamins A, C and E, as well as iron, magnesium and calcium, this grass is best when juiced, and a little goes a long way. **NOW**



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Crossword - Sudoku Solutions

1	A	G	E	D	5	A	D	I	O	S
10	C	L	U	E	11	S	U	N	N	I
13	T	O	G	A	14	S	O	M	A	L
15	I	B	E	R	16	I	A	17	A	T
18	N	A	N	19	S	M	U	T		
21	G	L	E	N	22	N	23	G	E	A
24	R	I	S	E	25	C	Y	C	L	I
26	I	D	I	D	27	H	A	S	H	
28	M	E	T	T	29	L	E			
30	A	H	O	L	31	D				

Easy

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

Medium

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

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