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JANUARY 2021

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The Most Important Job

Principal Helland discovers her life's calling

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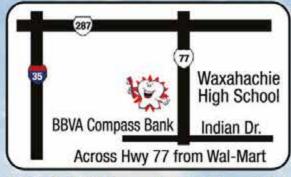
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8 THE MOST **IMPORTANT JOB**

> The pandemic has taught everyone not to take school for granted.

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ON THE COVER

Investing in children has brought Mrs. Helland unimaginable joy.

Photo by Kobbi R. Blair.

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Chad Carlton, MD

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EDITOR'S NOTE

Goodbye, 2020. Hello, 2021!

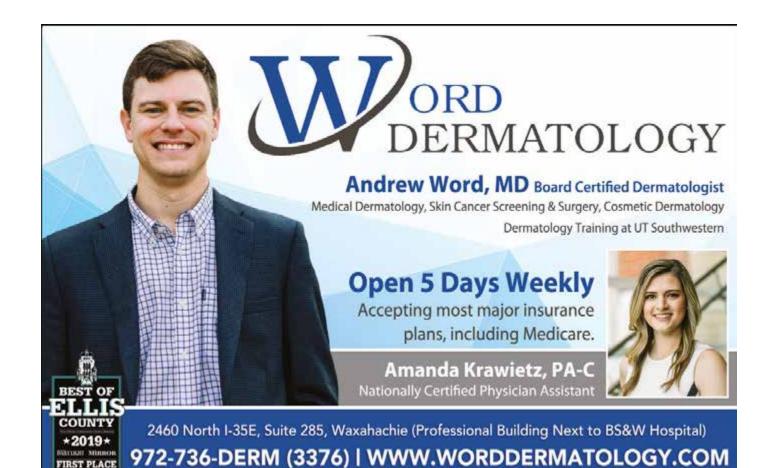
I imagine just about the whole world is glad to see 2020 end, and everybody is hoping for a better 2021. Even though 2020 will go down in history as a year marred by tragedy and hardship, I think we have all learned a lot of positive things from the pandemic. I know I have definitely learned how much seeing and hugging my family means to me. I can't wait for the day to babysit the grandkids or have a dinner party with friends. My grandchildren most certainly value going to school more than they ever have!

I have also come to learn more about the young people in our country. I felt so proud of the Gen Xers, Millennials and Gen Zers who stepped up all over our country as election workers because older people had to step back. Almost every day, I see where young people are volunteering at food banks and shelters, or doing something wonderful for people who are struggling with loneliness. It warms my heart and gives me so much hope for the future when I see how American young people are working to make a better world.

I recall my elders talking about the Great Depression they lived through and how it affected them all their lives. Perhaps this pandemic has influenced many young people similarly. Perhaps their generations will be even more philanthropic because of what they have experienced in 2020.

We still have some time before the pandemic goes away. In the meantime, we can all benefit from a quote from Franklin D. Roosevelt, "When you reach the end of your rope, tie a knot in it and hang on."

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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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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?

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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.

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DeSoto ISD empowers students to reduce costs of post-secondary education. The district offers programs that allow scholars to gain college experience while attending high school. Students have the power to choose from over 20 Advanced Placement courses or enroll in the Early College High School, where they have the potential to earn an Associate's degree or up to 60 credit hours. These programs allow families to save on future collegiate costs.



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ORTANT

"I absolutely love being the principal at St. Joseph Catholic School. It has been a dream come true!" Principal Autumn Helland said enthusiastically. Like many people, Autumn's journey to her dream career includes many twists and turns. "I have a passion for school and academia, but I have also always loved art. When

— By Susan Simmons

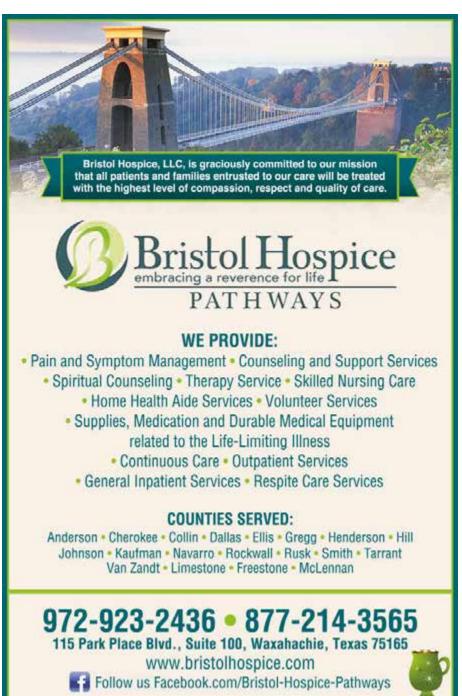
I graduated from Lancaster High School, I chose to get a BFA in art history," she explained. "I wanted to work in an art museum and become a curator.

"It did not take long before I realized those jobs are far and few between, and I was ready to start my life after college. I was impatient and just could not find my niche in the workforce. I was living in Waxahachie with my parents, trying to figure it out. One day, my mother came home from work and was excited because she had heard about the Region IO Teacher Certification Program. She is a dental hygienist, and a patient of hers was going through the program to get an alternative teaching certificate. My mother said to me, 'You love school and learning! What would be better for you than being a teacher?' I applied that night, and the rest is history!"

Autumn's life has not always been easy. Her parents divorced when she was 5 years old. She and her two siblings lived with their mother. "My mom went to dental hygiene school after the divorce. Money was tight, and we moved around a lot. My teachers filled in the gaps for me. They cared about me by encouraging and helping me through difficult times. School had the stability I needed and was a place where I felt comfortable," Autumn shared. "Those experiences with my own teachers gave me that love for school and learning. I still sometimes draw upon the adversity I experienced in school to help me make decisions today."

When Autumn started her family, she took a break from teaching so she could be at home with her babies. "It was great, but I missed work," she said. "During that time, I embraced and grew in my Catholic faith. When it was time to go back to work, I





thought long and hard about where I wanted to be." Autumn decided that Catholic school was her choice. "I began teaching art at St. Mary of Carmel Catholic School in West Dallas. Once I started, the value of Catholic education was immediately apparent. The atmosphere and the students were like nothing I have ever experienced in a school. Christ was present in everything we did. We prayed. We read Scripture, and we attended mass."

After teaching at St. Mary of Carmel for a year, a family friend recruited Autumn to teach at St. Joseph in Waxahachie. "I clicked with the principal and staff off the bat. The school felt like home, and the goals and expectations of the students impressed me. I am sure the Holy Spirit was at work that day! I was offered the job and accepted," Autumn said. "I invested my all while teaching at St. Joseph's, and it became a big part of my life. All three of our children attended the school, which made it easier to spend so much time there. I taught English Language Arts and Religion. I was the student council sponsor, the NJHS sponsor, and I began a student newspaper. I focused on creating meaningful lessons that provided students a significant encounter with Christ. I gave it everything I had to give."

Autumn began to dream of becoming a school principal. Her children were still very young, and she worried about taking the time to get her master's degree. "It just seemed like such a big hill to climb. I often talked about what I wanted the school to be, how I would run it, what was missing and what we could build upon. I think I talked about it a lot because one day, as I spoke about school with my husband, I said, 'If I were the principal ...' one too many times. My husband replied, 'Well, why don't





you be the principal?' That stopped me in my tracks! Shortly after, I applied to the University of Dallas to study Catholic school leadership," Autumn said with great satisfaction.

After five years of teaching at St. Joseph's in Waxahachie, Autumn became the principal in 2019. This year, COVID-19 has changed everything about the way the school operates. They have put many policies in place to mitigate the spread of the virus. Students stay in their classroom groups and do not mix with other grade levels. Everyone wears a mask, from prekindergarten to eighth grade. They disinfect high-touch areas three times a day and fog the school each night. All students wash and sanitize their hands before and after transitions. Teachers eat with their students to ensure everyone's safety when they are not wearing masks. "There is a lot more demand on our teachers and staff to keep kids safe and healthy," Autumn said. "I give them all the credit. This year would not be successful without our faculty and staff's commitment and hard work."

Last May, Autumn began renewing the teachers' contracts for the 2020-2021 school year. "I explained to each teacher their new role and listed the responsibilities required by the pandemic. I told them it was a lot and would be unlike any year of their career. I asked, 'Do you still want to work here?' Every teacher, without any doubt, signed a new contract. That was so touching to me and shows how dedicated they are."

After her long journey, Autumn has found her calling. "A career in education is rewarding and gives one purpose," she said. "Teaching in the classroom and investing in children has brought me unimaginable joy. Teachers make a difference and shape our future leaders. It is not glamourous, but it is the most important job." NOW





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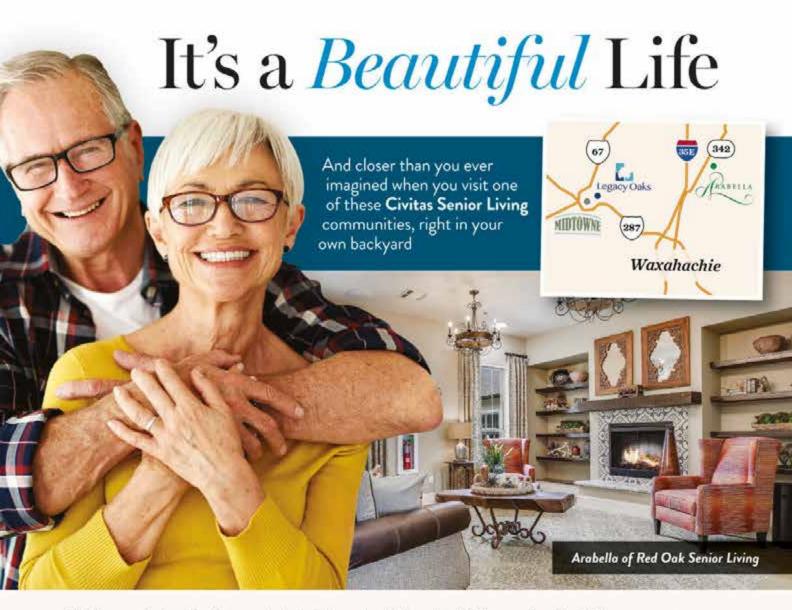
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BusinessNOW

Family Smiles

By Susan Simmons

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Family Smiles offers general dentistry for the whole family under one roof with the leadership of Dr. Sudha Lakhwani. Dr. Lakhwani graduated from University of Oklahoma College of Dentistry and practices all aspects of general dentistry, including dental implants and cosmetic dentistry. Dr. Lakhwani enjoys working with all ages and in all areas of dentistry. She has a keen interest in treating kids and shares a special bond with them. She received various awards at the university and was selected for an honors program in pediatric dentistry for her outstanding work with children and her overall exceptional patient care.

Over the past 10 years, Family Smiles has grown substantially. About a year ago, they welcomed a new oral surgeon, Dr. Sharma. He earned his Doctor of Dental Surgery degree from the University of Southern California College of Dentistry. Dr. Sharma performs wisdom teeth extractions and dental implants with the assistance of Dr. Lakhwani.

Family Smiles offers a complete menu of dental services that ranges from routine and deep cleanings, fillings, simple and surgical extractions, complete and partial dentures and root canal treatments to fixing and repairing prosthetics and performing cosmetic dentistry, such as implants. "We offer comprehensive, general dentistry at Family Smiles for patients 6 months old to senior adults," Dr. Lakhwani explained. "Our patients like the idea that the same dentist who cares for their children, also cares for them." On a patient's initial visit, they are assessed by Dr. Lakhwani, who examines for the possibility of cavities, tooth decay and gum disease. She also checks the entire mouth, including the tongue, soft pallet and lips, to make sure all is well.

After the examination, Dr. Lakhwani wants to know all she can about her patients. She is careful to fully explain both her patient's needs and options in order for him or her to make a wellinformed dental care decision. "We create a plan, prioritizing need, and review the details with each patient during a one-on-one discussion. It is imperative for patients to completely understand their needs, their options for treatment and the cost of each option," Dr. Lakhwani explained. After all parts of the plan have been explained and all questions answered, Dr. Lakhwani and her patient proceed to devise a course of action.

"Our patients like the idea that the same dentist who cares for their children, also cares for them."

Patients find comfort through the specialized care they are given and the hospitality received from dental assistants and the staff overseeing the phones and front desk. A convenient location with ample parking has also played a role in the overall success of Family Smiles. "We have so many happy patients," Dr. Lakhwani shared enthusiastically. "Not long ago, a new patient came back the next day after her appointment and brought the office a basket of goodies in appreciation for her pleasant experience. She said she had always been very afraid of dentists, but that her experience here had helped to heal her fear!"

The pandemic has presented dental offices all over the country with major difficulties. "We focus on following all CDC guidelines for dental offices," Dr. Lakhwani said. "We maximize protection for everyone with the use of proper protocols and PPE." Dr. Lakhwani, along with the entire staff at Family Smiles, believes in the importance of starting each new day with a healthy smile. NOW









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Around Town



Yazmin Rivera and Carmen Moreno like shopping in downtown Waxahachie!

Meredith Gonzalez and her son, Beckett, have fun exploring their neighborhood.

Zoomed In:Markeith Deas

By Susan Simmons

When Markeith Deas visited the African American Hall of Fame and met Dr. Rasheed, he felt an instant connection of common purpose and respect. Markeith had managed a successful thrift store for 3 1/2 years and had been contemplating going on his own, but he wanted to be affiliated with a nonprofit organization with which he felt a strong, personal connection before opening his own store. "I know that God played a part in me meeting Dr. Rasheed on that day," Markeith shared. "I can't imagine a better benefactor for Port Horizon Thrift Store than the African American Hall of Fame. I am inspired to do all I can to help it grow and prosper." The store, located at 301 N. College Street in Waxahachie, displays countless treasures donated by the community.



Rebecca Fuentes, Jerry Roberts, Rennae de Freitas and Nelson de Freitas spend the day at the 4th Annual SAGU Turkey Trot 5K!



Teresa Tyner loves to take her granddaughter, Ella Rose, outside to play on pretty days.



Valeria Guerrero does a terrific job delivering groceries to Shoppers' cars at Walmart.



Michael Kaswatuka enjoys spending time with his tiny dog, Adonis.



Precious Fernandez delivers food from El Mexicano Restaurant to hungry people who are social distancing.













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"My goal is to get as many fresh vegetables as possible into my boys and husband," Joy said as she laughed. "I have devised ways that incorporate brightly colored vegetables, like beets, spinach and bell peppers into dishes that they actually enjoy." Joy stays super busy mothering an 8-month-old and a 4-year-old, while working part time as an ESL teacher at Waxahachie High School, so she likes to make meals that are fast and healthy. "Often, I will make two batches at a time, and then freeze one for another night when I am too busy or too tired to cook," Joy explained. As any wife of a firefighter knows, it's always nice having a quick meal on hand when the hubby is out.

Joy's Garden Pepper Salad

Makes 1-2 servings.

- 2-3 handfuls fresh baby spring mix 1/2 to 3/4 bell pepper (Red, orange
- or yellow are best.)
- I handful cherry tomatoes
- 2-3 green onions, chopped
- 1/4 cup dried cranberries
- 1/4 cup cashews
- 1/8 cup feta cheese
- Vinaigrette or honey mustard dressing, to taste

Salt, to taste Pepper, to taste Protein of your choice

- **I.** Combine greens, peppers, tomatoes, onions, cranberries, cashews and feta cheese in a large bowl.
- **2.** Add a small amount of dressing; toss. Continue adding dressing, a tiny bit at a time, until all your greens are lightly coated. (I've learned a little goes a long way with most dressings).
- 3. Add salt and pepper. Top with your

favorite protein. (I enjoy grilled chicken or salmon. For a quick lunch, I often add chopped, nitrate-free lunch meat.)

Dreamsicle Smoothie

- 1 1/2 medium, ripe bananas, frozen into chunks
- 1/4 cup orange juice
- 1/4 cup carrot juice, fresh pressed or store bought
- 1/4 cup unsweetened vanilla almond milk
- **I.** Blend all ingredients until smooth. If the consistency is too thick, add dashes of almond milk, or orange juice for a tangier flavor, until you get it to the right thickness for your taste. (I like mine a little thinner.)

Berry Beet Blast Smoothie

- I small, ripe frozen banana, cut into chunks
- 1/2 cup frozen raspberries

- 1/2 cup red beet juice, fresh pressed or you can substitute with storebought pomegranate juice
- 1/4 cup unsweetened vanilla almond milk
- **I.** Blend all ingredients until smooth. If the consistency is too thick, add dashes of almond milk until you get it to the right thickness for your taste.

Hulk (or Grinch) Smoothie

My 4-year-old loves this one!

- I handful baby spinach
- 1 cup unsweetened vanilla almond milk
- 1 to 1 1/2 ripe, medium bananas, frozen into chunks
- 2 Tbsp. peanut butter
- 1 pkt. stevia, or dash of honey
- **I.** Blend the spinach and almond milk until you don't see any big chunks of spinach; it should look like green milk.
- **2.** Add the rest of the ingredients; blend until smooth.
- **3.** If it's too runny, add a few more chunks of banana. If it's too thick, add a few dashes of almond milk until you get it to the right consistency.

Cranberry Kale Salad

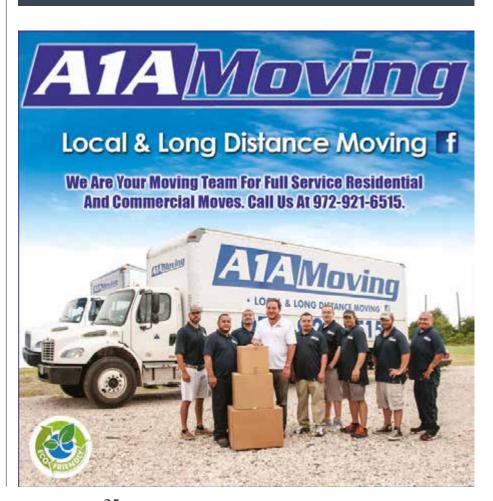
2 bunches fresh kale Extra-virgin olive oil, to taste Juice from 1/2 medium lemon Salt, to taste Pepper, to taste 3/4 cup cranberries 3/4 cup slivered almonds

- **I.** Wash the kale thoroughly; remove the stalks. Only use the leafy part of the kale. Discard or compost the stalk.
- **2.** In a large bowl, drizzle and toss kale with olive oil until the leaves are lightly coated.
- **3.** Massage the kale with your hands for several minutes to tenderize it. You will notice the leaves begin to change in texture and start to look slightly wilted and feel more tender.
- **4.** Add lemon juice, salt and pepper; toss.
- **5.** Taste; adjust olive oil, lemon juice, salt and pepper, if needed.
- **6.** Once you have the kale to your liking, add the cranberries and almonds; toss once more. You can add more or less as you like.

Veggie Loaded Chicken Tortilla Soup

1 whole chicken 3 Tbsp. olive oil





- I medium onion, chopped 5-7 cloves fresh garlic,
- 2 large yellow squash, quartered

minced

- 2 large zucchinis, quartered 1 red bell pepper, chopped
- 1/2 jalapeño, diced (optional)
- I pkt. taco seasoning (Homemade is best.)
- I can diced tomatoes
- Corn tortillas
- I small bunch cilantro, freshly chopped
- 2 limes (1 juiced, and 1 cut in wedges)

Salt, to taste

Pepper, to taste Cheddar cheese, freshly grated

Sour cream, to taste Avocado, sliced, to taste

- **I.** Place the whole chicken in a large pot. Fill with water until the chicken is submerged. Cover; bring to a boil. Reduce to a simmer. Simmer for 3-4 hours.
- **2.** Strain the chicken stock into another large pot; set aside. Place the chicken on a large cutting board to cool.



- **3.** In the original pot, heat olive oil; sauté the onions and garlic until translucent.
- **4.** Add squash, zucchini and peppers; cook until slightly soft.
- 5. Add the taco seasoning; stir.
- **6.** Add tomatoes; stir. Cook until everything is well blended.
- **7.** Slowly add the prepared chicken stock; simmer on low heat, stirring occasionally.

- **8.** Peel off all the skin of the cooked chicken; shred the meat. Keep the shreds chunky, so the chicken doesn't get stringy in your soup.
- **9.** Add chicken to the pot of simmering vegetables; discard the carcass. Let simmer.
- **10.** Meanwhile, preheat the oven to 350 F.
- **11.** While the oven is preheating, cut your corn tortillas into strips; place them in a single layer on a cookie sheet that has been sprayed with spray olive oil.
- **12.** Spray the tortilla strips with the olive oil; bake until crisp, about 8 minutes. Keep a close eye on them because they will burn quickly.
- **13.** While the tortilla strips are cooking, add chopped cilantro

and the juice from one lime to your soup and stir.

- **14.** Add salt and pepper to taste. *Note: This is a key step. I always use a different amount of salt. I use taste as my guide.*
- **15.** Serve with garnishes of freshly shredded cheese, sour cream, tortillas strips, avocado slices and lime wedges.







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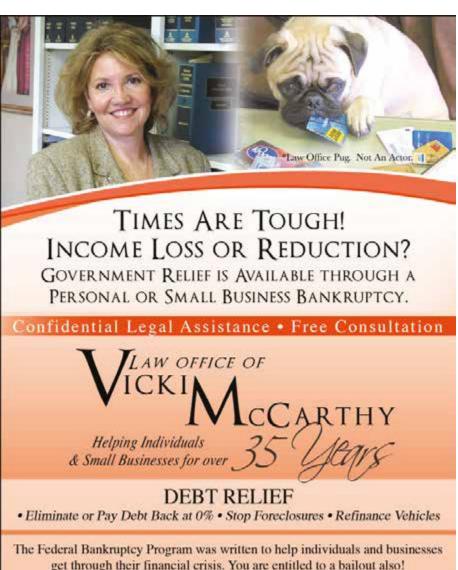
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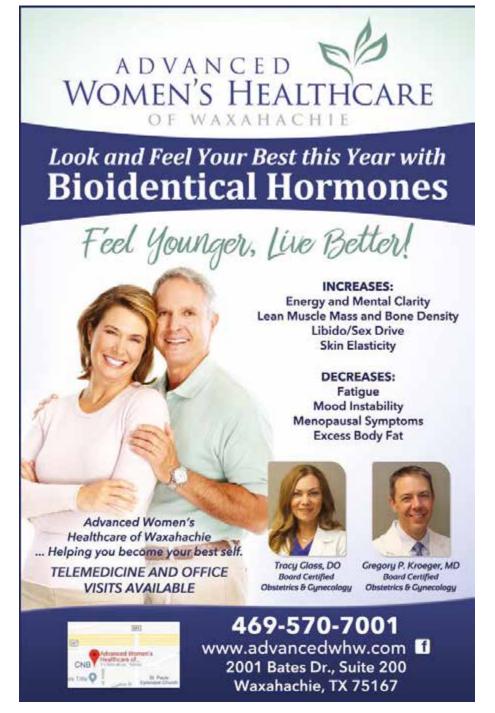
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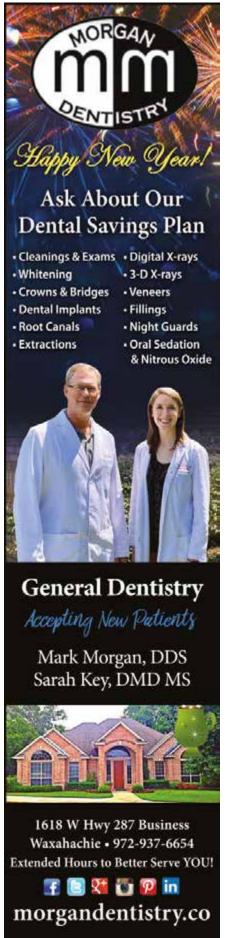
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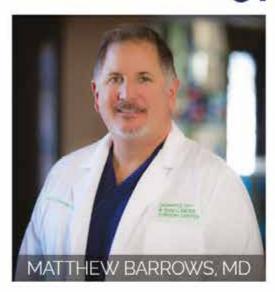








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NEWAREAR

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.

ANUARY

1/1-1/8

Ellis County Homeless Coalition:

Volunteer to help serve our homeless community at the annual count of the homeless and our corresponding giveaway event on Jan 28. Registration deadline: 1/8 for volunteers and tables. First Baptist Church, 450 E. Hwy. 287 https://elliscountyhomeless.com/?page_id=750.

1/6, 1/10, 1/14, 1/19, 1/23 Presbyterian Children's Home

Presbyterian Children's Home and Services hosts a free webinar for adults interested in fostering and/or adopting children. info@pchas.org.

1/14

PIT Count Training:

The Point-In-Time (PIT) is a count of how many homeless individuals are in our community on a single day, following HUD guidelines. Training at the Waxahachie Police Department Community Room, 4:00-6:00 p.m. Training by Zoom is available. https://elliscountyhomeless.com/?page_id=750.

Tuesdays and Thursdays

Salvation Army Emergency Financial Assistance (Utility Assistance): Call (972) 937-7727 to see if you qualify and to make an appointment.

Wednesdays

Sims Library Bilingual Storytime via Zoom:

Ages 0-5. Free. 11:00 a.m.-noon. To register go to https://www.simslib.org/bookings-checkout/hora-de-cuento-bilingual-storytime or call (972) 937-2671 for more information.

Fridays

Preschool Storytime:

Stories and crafts presented by Waxahachie Junior Service League. Ages 3-5. Free. 10:00-10:30 a.m. Contact Sims Library to pick up craft packets. https:// www.simslib.org/bookings-checkout/preschool-storytime.

Saturdays

Virtual LEGO Club:

Kids ages 5-10 will be issued a challenge at the beginning of the week and will meet virtually on Saturdays to show off their creations. A mini-challenge will be issued during the live meeting, and kids will have a chance to build together. 11:00 a.m. Free. Register at https://www.simslib.org/bookings-checkout/virtuallego-club or call (972) 937-2671 for more information.

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

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Crossword Puzzle

	9	8	7	6	5		4	3	2	1
12			\vdash	1	11		H		-	10
1	T			T	14		T	H	H	13
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				20	Т	19		t	T	18
26	25	24	T	23			22	\vdash	\vdash	21
t		29			28	T	27			
T	T		34	T	33		Т	32	31	30
			37			36	\vdash			35
1			39		\vdash	\vdash	\vdash			38
+	+	\vdash	41		\vdash	\vdash	\vdash	\vdash	40	

Crosswordsite.com Ltd

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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Solutions on page 44









Sudoku Puzzle

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

Solutions on page 44

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Lindsey Anderson, winner of the \$50 Cash Prize from NOW Magazines, said, "Thanks so much. I'll keep playing!"



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Dr. Richard R. Knight, M.D.

Megan L., Burleson, TX

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Megan L. went from size 14 to size 6.*

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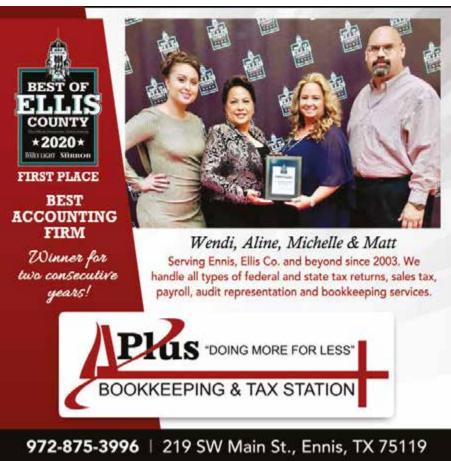
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Crossword Sudoku Solutions



Easy

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

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





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