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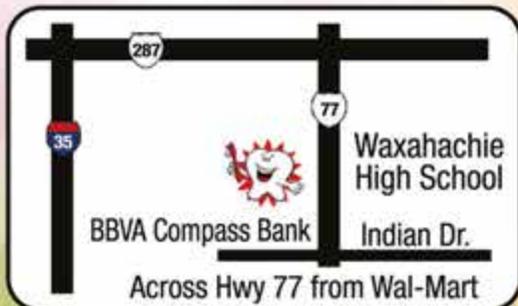
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## ON THE COVER

*Jim Parker is dedicated to student success at WHS.*

**Photo by**  
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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](http://www.nowmagazines.com).

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# EDITOR'S NOTE



*Joy*

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*If time could stand still ...*

One of the many beautiful aspects of young children is their ability to live in the now. Each moment in their world comes as a wave in the ocean, gracing the shore then fading before another emerges just as glorious as the last — no matter how big or how small. Children live each day to the fullest because it's all they know to do. In the eyes of a child, there is so much wisdom to glean.

Too often I find myself thinking of the past or the future rather than relishing each second as it comes, but in the eyes of my 2-year-old, this is what I see. I see a boy totally engaged and fascinated by life. This perception is contagious if you let it be. Sometimes, I just have to stop and play hide-and-seek or build a pillow fort rather than putting it off for what I *need* to do. I must chase my son around the yard and play “tackle” or examine bugs — this is what I need to do, and now is the time to do it.

As we move toward summer, I continue to remind myself not to get lost in planning mode, and even in the necessary moments of preparation, I try savoring what is — the current moment, not what will be. With birthday parties, summer vacations, camping trips and water park adventures in the foreseeable future, making sure everything is perfect is challenging — and not always feasible, but that's OK. The details matter. They are important, but so is sanity.

May you all relish each second!

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*Put quality equipment in the hands of talented students and good things happen. Add teachers with proven dedication and the wholehearted support of school administrators and good things become great things. Great things are happening in the audiovisual Career and Technical Education program at Waxahachie High School.*

Jim Parker, audiovisual, animation and graphic design teacher, is one of those under whose direction the school's AV CTE curriculum and facilities are emerging as a state-of-the-art program. Jim and fellow AV instructor, Seth Riley, teach approximately 130 students everything from basic graphic design and 3-D and stop animation to audiovisual special effects. Beginning this year, AV students can take their education to a new level, thanks to the "as close to professional as you can get without being professional" studio at the new high school.

"The school district has given us everything we need," Jim said of the studio decked out with green screens, light infinity walls, dividing curtains, a ceiling lighting grid, a professional grade soundboard and control room. "When the students in the advanced class came in this year and saw the studio, it was like watching kids at Christmas," he said.

The investment the school made in creating the quasi-professional studio is paying off. Many seniors enrolled in the advanced classes have plans to pursue higher education and careers in cinematography and graphic arts. When they get there, they'll be ready.

"We're definitely preparing these students for college with the Career and Technical Education opportunities they have here and the equipment they get to work with. Not all high schools have this kind of equipment, not even all colleges have this kind of equipment. We're preparing them for the professional world."

This year, as part of that preparation, the audiovisual program began allowing students to move beyond the classroom, even beyond the studio. AV students now take their places behind video cameras, in the control room and in the director's "chair" during athletic events at the school. That means students create original graphics, film the action and make decisions on what shows on the screens during football, soccer and basketball games.

"The students are not only running the cameras and filming the games, they're creating and putting up graphics, animations or videos to enhance the production of the game," Jim explained. "It's a program that gets more of the student body involved. Some schools hire people to come in and do that, but I think they miss the point. The whole event is about students. Why wouldn't we put students in positions to do those things, so they can learn how to do that in an environment where it's safe?" he asked.

# EQUIPPING CREATIVE TECHIES

— By Sally Fuller



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Jim gives credit for the program's evolution and success to the "great" support of Technical and Career Education Director Mark Bosher, Dr. Jeremy Glenn (former WISD superintendent), Athletic Director Greg Reed and Principal Adan Casas. According to Jim, Greg and Dr. Glenn "got the ball rolling" for the new screen on which the students' graphics and videos run during games. Still, the real credit, he insisted, goes to the students.

"I'm always amazed at how much talent there is in Waxahachie. We have students who are very talented in music, in photography and video and cinematography and some really wonderful animators," he said. "If you give them the opportunity, give them the skills they need to get started, they flourish. They go out there and do things on their own. It's amazing," he said.

For Jim, who spent the first 25 years of his professional life in the marketing world as a graphic artist, illustrator and creative director, teaching is his "chance to give something back." For his students, his real-world experience and the enthusiasm he has for the field are creating life-changing opportunities. Some of Jim's students, who began in the AV program as sophomores and are now set to graduate, contend that "Mr. Parker" deserves much of the credit for the program's success, as well as their own personal successes.

Marc Ruan said Jim gives his students creative freedom, an important component in the AV field. "What you quickly learn, if you want to pursue this as a career or not, is that a lot of it is creative thought — making something new, something interesting and





something original. Mr. Parker taught us the basics, then left the creative process to us," Marc said.

Adam Sigala, who will attend the University of North Texas next year to study cinematography, said Jim's instruction and the skills he's acquired through the advanced AV class put him ahead of the crowd in his career choice. "Nine times out of 10, if you ask Mr. Parker to stay after school and work with you if you want extra help, he'll do that. If you want to pursue a career in audiovisual, you can not only get the basic skills, but you can get the skills you need to push yourself ahead of those who are trying to pursue the same path," Adam said.

Jim has done more than allow his students creative freedom and give them a boost toward an audiovisual career. According to Isaac Olibera, Jim changed the direction of Isaac's academic life. "Before Mr. Parker asked me to come do the games, I was getting in trouble. He told me, 'You need to take responsibility in your life.' After that conversation, I realized he just wanted me to be a better person," Isaac shared.

"Mr. Parker is one of my biggest inspirations. He taught me how to focus on my work, how to be better at what I do and how to pursue it. Because of this class, I found what I want to do with my future," Zakery Boehler said. "I would tell everybody to try it. If you don't know what you want to do, I would really recommend this program. It opens up a lot of opportunities."

Opportunities abound where dedicated teachers, motivated students and community support intersect. "This program is really a wonderful opportunity," Jim concluded. "You would be surprised what these kids are capable of doing when they put their minds to it." **NOW**

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*When it comes to supporting women, having fun and raising money for those in need, Ellis County Women in Business make it happen. The group is composed of women from all walks of life. “I think we have every business you can imagine covered: lawyers, dentists, nonprofit executives, school administrators, boutique owners, auditors, accountants, fitness instructors, construction professionals, writers, farmers and many others,” Cathy Altman, a board member of the group, explained.*

*This diverse group of women sees the importance of collaborating with other female professionals to network, build friendships and work together to make Ellis County stronger. “Women who participate in the group work on committees, support events, raise money and build friendships with women leaders from many different cities in Ellis County,” Cathy said. “The relationships have led to shared business connections, mentoring, supporting candidates in elections and lots of fun.”*

*The idea for the organization came to fruition at Chamber and community gatherings and eventually led to fundraisers for young women at the Ellis County Youth Expo in addition to scholarships for women students. “We hoped to raise a few thousand dollars by*

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*apper*  
— By Joy Horn

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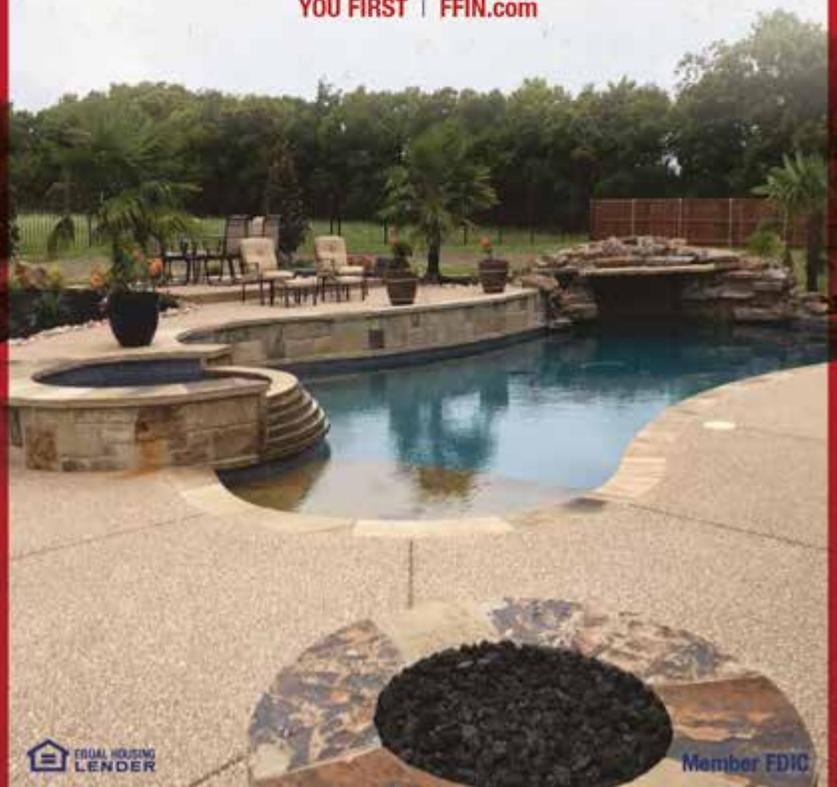
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reaching out to women who might be willing to donate \$100. We were stunned by the response as we quickly exceeded 125 founding women donors our first year," Cathy remarked.

Shortly after the fundraiser the group's Facebook page exceeded 700 members showing how eager Ellis County women are to come together for networking and the greater good.

In March 2018, the group was able to purchase pigs from several young women, including the \$15,000 winning bid for Peppa the Pig raised by Allison Bevers who tragically lost her mother, Missy. The women joined with an anonymous group of donors for that bid. "This year, scholarships will be awarded to women students entering a post-secondary career or technical school. All women students enrolled in career or technical education programs in any Ellis County school district will be eligible to apply," Bailey King, vice president of scholarships, shared.

Another great aspect of ECWB is that anyone can become a member. Simply join the group on Facebook, then show up at events to participate. "The group is purposefully inclusive and offers a very collaborative environment for women to support and encourage one another in business, while doing good for other women in the community, especially our youth," Cathy said.

ECWB offers a variety of opportunities for collaboration and participation which fit the lives of busy women. "For





example, we are regularly approached to provide snacks for the mentoring programs offered for at-risk students at local high schools. For many women, dropping off snacks to fill that need is a great way to help the group make an impact. Others may have more time and resources to share and can run with ideas consistent with the group's mission of supporting other women of all ages," Cathy stated.

These women like to take care of business and have fun while doing it. Those who participate in the group will be invited to events such as Blingo Night where women dressed up in their blingiest outfits and played bingo. Prizes included purses and handbags which were delivered to winners by local firemen. "All proceeds from the event went toward buying animals from women at the Youth Expo or for scholarships for any graduating senior girls from Ellis County who plan to enter a career or technical program following graduation," Bailey said.

Another big event ECWB hosted was the Havana Nights New Year's Eve Bash which benefited United Way of West Ellis County. "Over 200 people showed up. We had a salsa band and people had a terrific time," Cathy remembered.

ECWB likes to partner with groups sharing similar objectives. Last year, they partnered with Bridges Foundation, an organization that helps young adults with special needs transition out of high school. They organized Goat Yoga at the event, so people could enjoy the movements of yoga while surrounded by furry, little goats scampering about.

Goat Yoga was so much fun, ECWB hopes to bring it back. As always, proceeds will go to the group's mission of supporting young women in Ellis County. **NOW**

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# BusinessNOW

# Method

# Pools

— By Adam Walker

## Method Pools

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methodpools.com  
dylan@methodpools.com

**Hours:** Monday-Saturday: By appointment only 8:00 a.m.-7:00 p.m.

Joe and Dylan Davis are father and son owners of Method Pools, which started seven years ago. “We started as a pool servicing company, then we started building pools in 2015,” Joe explained. “The fact that we started as a servicing company means we’re familiar with all the makes and models of pool equipment and how they perform.”

Senior Designer Andrew Gamm agreed. “Our quality is on par with the best in the country, and our prices are extremely



fair. I was with my last job for 13 years until I retired. These guys built a pool for me. I got to know them during the building process. I was impressed with their team. Then Dylan asked me if I was bored with retirement yet, so I came to work for Method Pools. I’m here because I like the honest, transparent way we work with customers. It’s a principled business.”

“We’re old school,” Joe laughed. “Me and my son, Dylan; Andrew; Grant Stanford; and Ty Rich — our whole crew.”

“Quality is very important here,” Andrew added.

“We don’t work from a few standard templates,” Joe explained. “Every pool is custom designed to go with your house and to work with the rock and soil of your backyard. We spend hours on the design. Everyone says they have great prices and high quality, but to live it is different.”

“Even the smaller white plaster pools receive the same custom design process,” Andrew emphasized. “We have examples and samples of almost every building material right

in our office, so customers can see and touch them,” he said gesturing to an entire wall of tile and rock, and a full-size pergola. “We use 3-D CAD software for designing the right pool for the land your house sits on. We can design a full backyard resort complete with waterfalls, pergolas, cabanas and outdoor kitchens, whatever the customer wants.”

“We’re a full-service pool company,” Joe reminded. “We do weekly service and cleaning, equipment repair and replacement, even full remodels of existing pools. We try to do everything right the first time, because if we don’t, we’ll hear about it the next week!”

**“OUR QUALITY IS ON PAR WITH THE BEST IN THE COUNTRY, AND OUR PRICES ARE EXTREMELY FAIR.”**

“Yeah, after we build the pool, many of our customers hire us to do their servicing. You have to do a good job for someone you may see every week!” Andrew laughed.

“We’re people from this area. I grew up in Waxahachie. I raised my kids here,” Joe explained. “We look at our customers as friends. Even if we don’t make the sale, we want the process to be friendly. When you walk out, it should be as a friend. That’s part of why we include all the little extra touches that may cost us a little more but ensure quality for our customers. When you’re choosing a pool company, it’s important to choose someone you like and enjoy working with, because, in essence, you’re partnering to build your pool together. A pool is probably the second biggest ticket item you will ever buy, and it takes time to build. It’s almost like getting married for a few months!”

Are you planning to build a backyard pool? The guys at Method Pools want the chance to prove their motto: *Quality is our Method.* **NOW**

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Reagan Leonard finds an earthworm as she explores Getzenderaner Park during a Tinkergarten lesson.

## **Zoomed In:** Mary Pierce and Liset Torres

By Joy Horn

Walk into the children's room at the Sim's Library, and you will be met with smiling faces. Mary Pierce and Liset Torres are always there to offer a helping hand or kind words of encouragement to parents and children who attend. "I love interacting with children," Mary, who has been with the library for 14 years, said. "It is fun seeing their growth and getting them excited about reading."

Both librarians take pride in providing a space where children can learn and flourish. "Kids come in with the idea that the library is a boring place, then leave saying, 'Mommy, I want to come back here!'" Liset said. She enjoys watching kids grow from babies to nearly taller than she is.



Caroline Carlson, ESL teacher at Waxahachie High School, indulges in a refreshing weekend yoga session.



Macie Hewson takes orders with a smile at Farm Luck.



Zero Dark Thirty poses for a photo after their show at the Civic Center.



Capturing the moment, Sarah Briggs, alongside her mother and sister, receives her Chamber of Commerce plaque at the grand opening of Sarah Briggs Jewelry.



Bailey Bennett and Mary Crook take care of shoppers at Multitudes during Ladies Night Out.



Tom Kowatch and Micah Titterington, introduce Waxahachie's Family Abuse Center to The Hope Clinic's Isaac Nava and Kevin Crouch.



Patty Hullett, author from Waxahachie, speaks to Christian Women's Connection on her recently released book, Bye-Bye, Fatty Patty.



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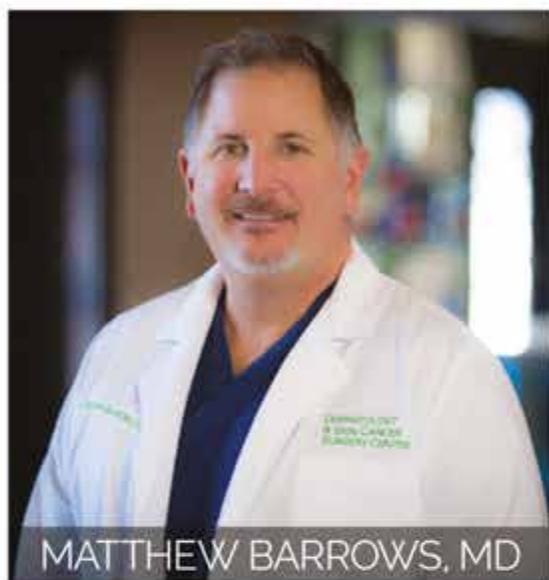
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CookingNOW

*In the Kitchen With*

KATHY BURNS

— By Joy Horn



Food brings everyone together in the home of Kathy Burns, who loves to be in the kitchen with her husband. “Turn on some good music, and let the fun begin,” Kathy said. She started a Friday night “family night” tradition years ago, and her family still enjoys the togetherness it brings.

Kathy is a self-taught cook who values healthy recipes in addition to comforting-feel-good favorites. Whether shared with family or friends, Kathy sees cooking as essential to living a fulfilled life with those she loves. Each week she plans her meals, so she stays organized and focused on what the week will bring. At the end of the day, she always knows a delicious, home-cooked meal is awaiting her creation. **NOW**

### Cajun Skillet Pasta

- 14 oz. smoked sausage, diced or sliced into pieces
- 3 cups heavy cream
- 1 1/2 Tbsp. Cajun seasoning
- 1 1/2 cups Parmesan cheese, shredded
- 12 oz. pasta swirls, cooked

1. In a skillet, sauté sausage for 5 minutes.
2. Add heavy cream and Cajun seasoning. Over medium-high heat, bring to a boil. Reduce heat; simmer 3-4 minutes.
3. Add Parmesan cheese; mix well. Stir in cooked pasta. Mix well; serve.

### Cream Cheese Duncan Hines Yellow Butter Cake

- 1 8-oz. box cream cheese
- 2 Tbsp. butter or margarine
- 1/2 cup hot water
- 1 box yellow butter cake mix
- 4 eggs
- 1/2 cup oil
- 1/2 cup sugar

1. Let cream cheese warm to room temperature; mash up with a fork.
2. Add butter or margarine to hot water; add cream cheese.

3. Put all the other ingredients in a mixing bowl; add melted margarine/butter and cream cheese mixture.
4. Beat for 2-3 minutes. Bake in a tube or Bundt pan at 325 for 45-55 minutes. (It can be baked as a sheet cake, as well).

### Grilled Salmon

- 1 cup soy sauce
- 1/2 cup lemon juice
- 1/4 cup rice wine vinegar
- 1 Tbsp. sesame oil
- 2 Tbsp. mustard
- 1/4 cup cracked black pepper
- 2 salmon fillets

1. Mix the soy sauce, lemon juice, rice wine vinegar, sesame oil, mustard and pepper.
2. Marinate salmon in mixture for several hours, and then grill.

### Chicken Alfredo Roll-ups

Serves 4.

- 3 Tbsp. butter (plus more for greasing the dish)
- 2 garlic cloves, minced

**3 Tbsp. flour**  
**2 1/4 cups milk (preferably 2% or whole)**  
**2 Tbsp. cream cheese, softened**  
**1/2 cup Parmesan, finely grated**  
**Juice of 1 lemon**  
**2 tsp. parsley, chopped (divided use)**  
**Kosher salt, to taste**  
**Freshly ground black pepper, to taste**  
**2 cups shredded rotisserie chicken**  
**8 lasagna noodles, cooked**

1. Preheat oven to 350. Butter a large casserole dish; set aside.
2. Melt butter in a large sauté skillet over medium heat. Add garlic; sauté until garlic is fragrant, about 30 seconds.
3. Whisk the flour into the butter and garlic; cook until the mixture is bubbling and golden, about 1 more minute.
4. Gradually pour in milk, whisking constantly. Bring mixture to simmer; stir in cream cheese and Parmesan. Let simmer until the sauce thickens, about 2 or 3 minutes.
5. Add lemon juice and about 1 tsp. of parsley. Season to taste with salt and pepper. Stir in shredded chicken.
6. Spoon a thin layer of sauce onto the bottom of the baking dish. Lay cooked noodles in a single layer on a cutting board or baking sheet. Spread chicken alfredo mixture on each noodle; roll up the lasagna noodle. Lay the roll-ups in the baking dish seam side down. Spoon more sauce on top of the roll-ups.
7. Bake for 15-20 minutes, until the sauce is bubbly and beginning to brown. Garnish with more parsley; serve warm.

## Carbonara Mac & Cheese

**2 Tbsp. olive oil**  
**1 Tbsp. minced garlic**  
**1 cup onions, chopped**  
**2 cups chicken broth**  
**1 16-oz. box Barilla Campanelle**  
**1 cup water**  
**1 cup Parmesan cheese**  
**2 cups fontina cheese**  
**1 cup bacon, cooked and crumbled**  
**1 cup peas**  
**Pepper, to taste**

1. In a large skillet, add olive oil, minced garlic, onions, chicken broth, pasta and water; bring to a boil. Cook until the noodles are done.
2. Add Parmesan, fontina, bacon and peas; mix well. Add pepper; serve warm.

## Mississippi Roast

**1 3- to 4-lb. boneless chuck roast**  
**1/4 cup flour**

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Cajun Skillet Pasta

Salt and pepper, to taste  
 3 Tbsp. olive oil  
 4 Tbsp. butter  
 10 pepperoncini  
 2 Tbsp. mayonnaise  
 2 tsp. apple cider vinegar  
 1/4 tsp. dried dill  
 1/8 tsp. paprika  
 Fresh parsley for garnish, chopped

1. Coat roast in flour, salt and pepper. Braise both sides in olive oil.
2. Put roast in a Crock-Pot with butter and pepperoncini.
3. In a bowl, mix mayonnaise, apple cider vinegar, dried dill and paprika. Pour over roast; cover.
4. Cook on low for 8 hours. Shred and plate. Garnish with parsley.

## Napa Chicken Salad

1 12.5-oz. can cooked chicken  
 1/2 cup dried cranberries  
 1/2 cup pecans, chopped  
 Dash of poppy seeds  
 Real mayonnaise, to taste

1. Combine cooked chicken, dried cranberries, chopped pecans and poppy seeds; stir in mayonnaise.
2. Serve immediately, or refrigerate and serve cold.

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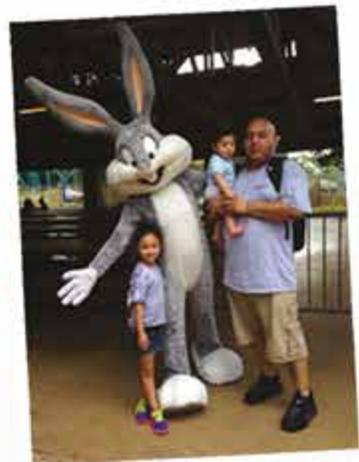
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Nostalgic stops along Route 66 make the scenic drive to Grand Canyon Village a memorable adventure, each stop adding color to the journey. Graffiti at the Cadillac Ranch in Amarillo. Cars and murals at the '50s-style Blue Swallow Motel in Tucumcari, N.M. Vintage photos of movie and TV stars from the 1950s at the El Rancho Motel in Gallup, N.M. And, of course, Eagles' music fans can't pass up photo ops standing on the corner in Winslow, Ariz.





— By Wanda Strange

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Near the Grand Canyon, Williams, Ariz., is an unexpected treasure of its own. Shops and galleries line the streets in the small town, offering canyon memorabilia or arts and crafts from local artisans. Here, the Grand Canyon Railway departs daily for Grand Canyon National Park.

Built in 1908, by the Atchison, Topeka and Santa Fe Railroad, the depot served as an oasis for travelers. Listed on the National Register of Historic Places, the Williams Depot and original Fray Marcos Hotel (a Harvey House Hotel) represent the oldest concrete structures in Arizona.

While passengers wait to board the train, costumed entertainers treat the crowd to a Wild West show, setting the mood for a journey back in time. Since its initial trip on September 17, 1901, the millions of enchanted Grand Canyon Railway guests have included presidents, celebrities and ordinary individuals.

In the late 1800s, only the most adventurous explorers experienced the Arizona canyon. As railroads tied the nation together, the main line connected Chicago to Los Angeles passing through Williams, Ariz. Though originally intended to transport ore from the Anita Mines, investors soon realized the potential for tourism.

Because ore and mining proved unsustainable, the railroad relied on tourism to recoup its investment.





The \$3.95 train ride replaced the \$15 eight-hour stagecoach ride from Flagstaff, allowing visitors to experience the Grand Canyon. The adventure is definitely worth the 2019 ticket price.

Train hosts educate passengers about the history and topography of the area. As the train nears the station, hosts offer information about the layout of Grand Canyon Village and the many food options inside the park. The El Tovar Dining Room, a five-star restaurant, provides an elegant atmosphere for a delicious gourmet lunch.

Over the years, the Santa Fe built structures to accommodate an increasing number of tourists. In 1905, El Tovar became one of the finest hotels in the Southwest. In a progressive move, the railroad hired a woman, Mary Elizabeth Jane Colter, to design buildings that became the signature of the Grand Canyon National Park. Landmarks include the Hopi House, Lookout Studio, Bright Angle Lodge, Desert View Watchtower and Hermit's Rest.

These structures are evidence of Colter's distinctive imprint, a natural style of Pueblo Indian architecture. Garden spots, the American flag and architecture of the buildings in the village enhance the canyon experience. Plants and wildlife naturally add color.

Time passes quickly in Grand Canyon Village. Some visitors hike deep into the canyon, while others linger in shops or museums. Many stand in awe at the rim and soak in the magnificence, attempting to commit every detail to memory, experiencing, as Roosevelt said, "the wonderful grandeur, the sublimity, the great loneliness and beauty of the canyon."

No words describe the breathtaking beauty. Pictures fail to capture its magnificence. Only personal experience explains why Roosevelt loved Grand Canyon. **NOW**

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## AMERICAN OR TEXAS FLAG

*Requires 4 days and good ventilation.*

- \* 1 pallet
- \* Sandpaper
- \* Paintbrush
- \* Chalk paint in navy blue, apple red, and pure white
- \* High gloss clear lacquer

Define the exact placement of the small rectangle, the order of the stripes and the positioning of the stars before you get started. You'll want the bottom, middle and top slats painted red and the intervening boards white. If you're painting the Texas flag, don't forget the white box is positioned above the red one.

Start painting the white color portions first. Make all the stars a little bigger, even messier, than the end result. While the white paint dries, wash your paintbrush thoroughly and prop it up to dry. When you're ready, paint the darker colors. Where they meet the white, allow a 1/4-inch overlap.

For a folk-art feeling, only use one coat. For a Warhol-ish effect, paint three coats. This wall- or yard-art can be hung or propped against a vertical object, like a tree or a garage wall. A more functional method to enjoy your patriotic pop art is to place it flag-up atop a stack of 5 to 7 other pallets and use it as a table.



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# ART 'T

— By Melissa Rawlins



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## HERB GARDEN

*Requires 2 hours and no sanding.*

- \* 1 pallet
- \* 25 seedling herbs
- \* 1 48x40-inch plot of land
- \* 1 shovel
- \* 1 hoe
- \* 1 trowel
- \* 1 hose

Using shovel and hoe, prepare a 48x40-inch plot of ground by digging deep, turning the soil at least five times before hoeing the ground level. Place the pallet on the flat, prepared ground. Dig five holes between each slat with your trowel.

Wearing gloves to protect against splinters, place each seedling into the holes, and tamp loose dirt around its root base with your fingers. Use your hose for five minutes each morning, and another five each evening, to gently spray your garden. Moisture in the wood will prevent the baby herbs from drying out, while the slats will be a weed-barrier.

## TEA PARTY PANTRY

*Requires 48 hours.*

- \* 1 pallet
- \* Sandpaper (optional)
- \* 25 large, attractive screw hooks
- \* 1 paintbrush
- \* High gloss clear lacquer
- \* 1 heavy-duty picture-hanging kit
- \* 1 screwdriver
- \* 2 tea towels
- \* 20 hot beverage mugs with handles
- \* 3 attractive drawstring bags
- \* 3 boxes of your 3 favorite teas

Sand rough edges off the pallet, if a polished look is desired. Using just your

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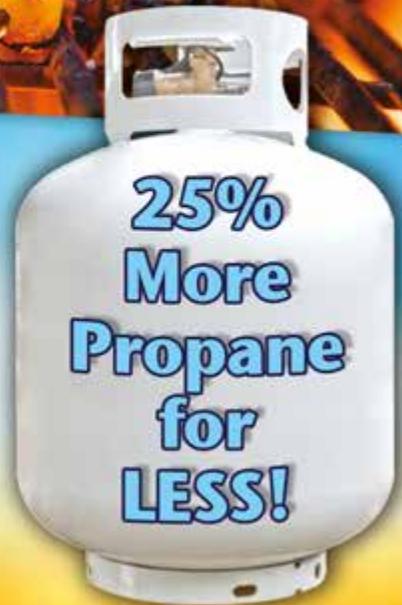
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hands, patiently screw into your slats all the hooks, making sure all are facing the same direction and none are closer than 7 inches from each other.

Paint slats cross-grain with a thin layer of lacquer, covering each hook where it connects to the wood. After that dries, paint another layer of lacquer with the grain. Once fully dry, use the picture-hanging kit to position your Tea Party Pantry for immediate hospitality. Arrange mugs and tea towels attractively on the hooks. Fill each drawstring bag with a special type of tea and hang one each on the three remaining hooks.

## FRONT YARD SWING

Requires 4 hours and access to electricity.

- \* 2 pallets
- \* 1 piece of plywood
- \* 1 handheld drill with a 2-inch drill bit
- \* 1 100-foot length of strong rope
- \* 2 strong boys or girls

Place the plywood on the ground. Position the two pallets side-by-side atop the plywood. Drill 2-inch holes through the plywood, 4 inches from the perimeter, between every slat in the pallet.

Sew the rope through the holes, looping it over and under each slat. You want to have rope handles extending up from each end of the swing. Knot the rope ends securely. Send each rope handle up the tree with 2 strong, tree-climbing children. Once they position the rope over the appropriate branches, they can shimmy back down and take a nap on their swing.

Once your unique project is completed, the possibilities for sharing are endless. Posting photos to social media sites is the simplest way to inspire a large number of people. For maximum fun, invite a few friends over to christen your creation. **NOW**

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Vanessa has been in the title industry since 1999, and an Escrow Officer since 2005. Vanessa is married and has one daughter and multiple family pets. She is a native Texan, growing up on Lake Buchanan in the Texas Hill Country, she attended Tarleton State University where she met her husband. Vanessa and her family enjoy spending time outdoors and on the lake, boating, skiing, swimming and camping.

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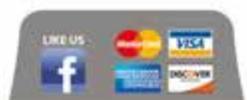
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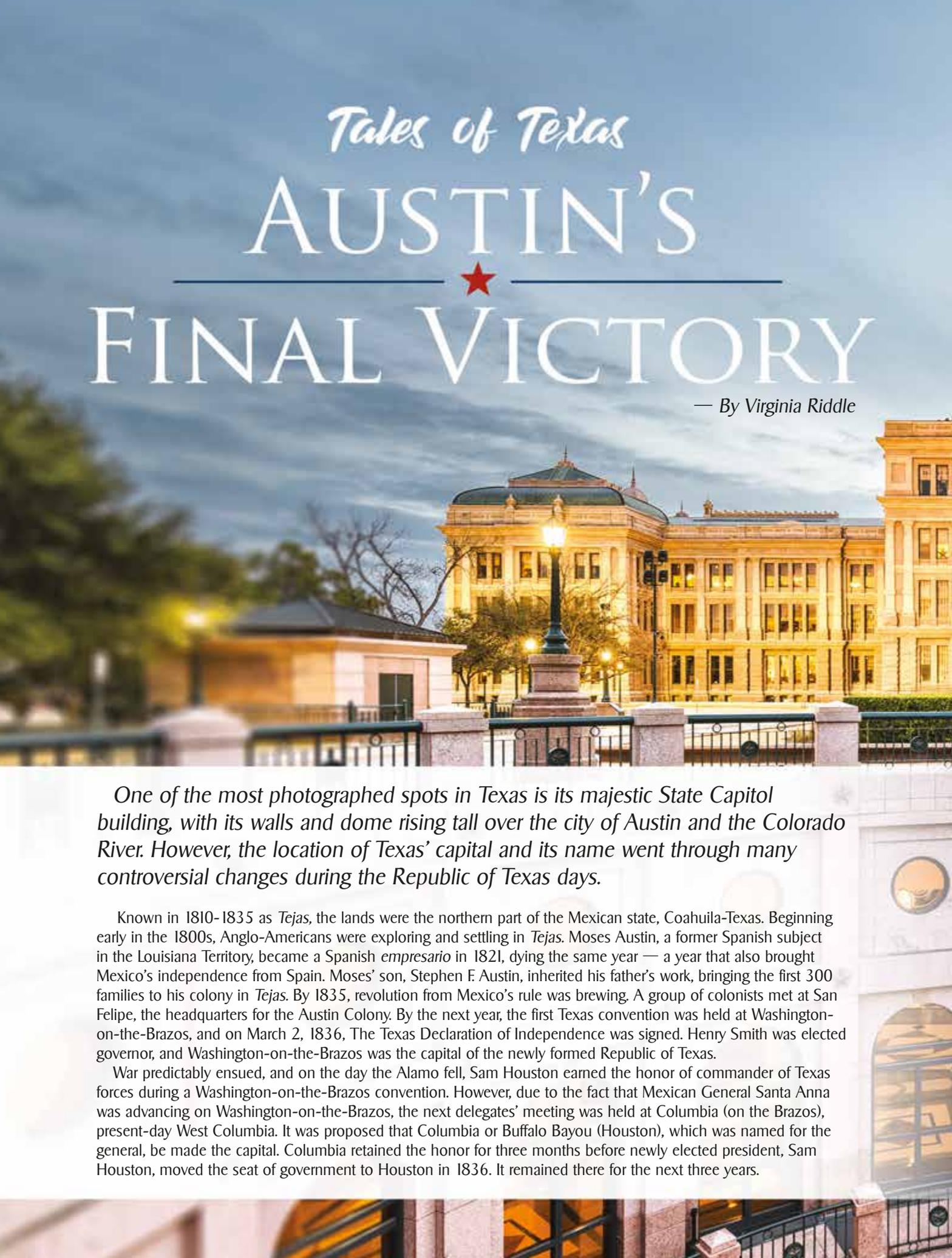
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The background of the page is a photograph of the Austin State Capitol building at dusk. The building is illuminated with warm lights, and its dome is visible against a dark, cloudy sky. In the foreground, there is a black metal fence with stone pillars. The title "Tales of Texas" is written in a white, cursive font at the top. Below it, "AUSTIN'S" is in a large, white, serif font, followed by a red star. At the bottom, "FINAL VICTORY" is in a very large, white, serif font.

*Tales of Texas*  
AUSTIN'S  
★  
FINAL VICTORY

— By Virginia Riddle

*One of the most photographed spots in Texas is its majestic State Capitol building, with its walls and dome rising tall over the city of Austin and the Colorado River. However, the location of Texas' capital and its name went through many controversial changes during the Republic of Texas days.*

Known in 1810-1835 as *Tejas*, the lands were the northern part of the Mexican state, Coahuila-Texas. Beginning early in the 1800s, Anglo-Americans were exploring and settling in *Tejas*. Moses Austin, a former Spanish subject in the Louisiana Territory, became a Spanish *empresario* in 1821, dying the same year — a year that also brought Mexico's independence from Spain. Moses' son, Stephen F. Austin, inherited his father's work, bringing the first 300 families to his colony in *Tejas*. By 1835, revolution from Mexico's rule was brewing. A group of colonists met at San Felipe, the headquarters for the Austin Colony. By the next year, the first Texas convention was held at Washington-on-the-Brazos, and on March 2, 1836, The Texas Declaration of Independence was signed. Henry Smith was elected governor, and Washington-on-the-Brazos was the capital of the newly formed Republic of Texas.

War predictably ensued, and on the day the Alamo fell, Sam Houston earned the honor of commander of Texas forces during a Washington-on-the-Brazos convention. However, due to the fact that Mexican General Santa Anna was advancing on Washington-on-the-Brazos, the next delegates' meeting was held at Columbia (on the Brazos), present-day West Columbia. It was proposed that Columbia or Buffalo Bayou (Houston), which was named for the general, be made the capital. Columbia retained the honor for three months before newly elected president, Sam Houston, moved the seat of government to Houston in 1836. It remained there for the next three years.



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In 1838, Mirabeau B. Lamar succeeded Houston as the Republic's second president. Many of his ideas won support but were in opposition to Houston's desires. By 1839, a five-member commission charged with locating the "permanent" capital decided the site needed to be "between the Trinity and Colorado rivers, north of the old San Antonio Road," thus geographically excluding the city of Houston.

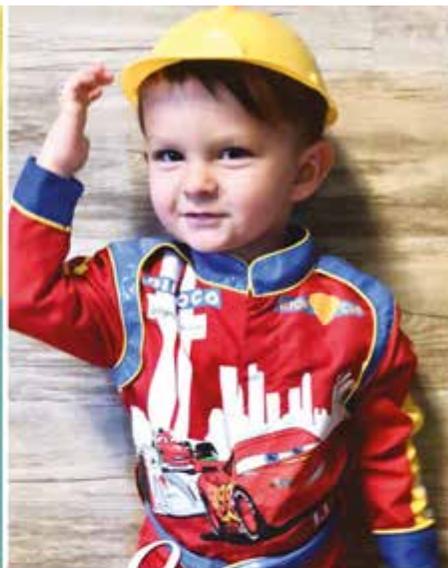
As the legend goes, Lamar, while serving as Houston's vice president in 1835, killed a buffalo in the Waterloo Valley (now Austin's Congress Avenue) near the frontier settlement of Waterloo. As president, Lamar's fond memories of the hunt may have influenced his appointed commission. The commission's report favoring Waterloo was adopted in May 1839, even though few amenities awaited the politicians and their families. The name Waterloo was changed to Austin in honor of Stephen F. Austin, and the town was incorporated in 1839.

On January 19, 1840, the Republic of Texas Congress approved Austin as the permanent capital, although for safety reasons, it was, again, moved. In the spring of 1842, Sam Houston had once again become president. Mexican soldiers were invading the Republic and were threatening to reoccupy San Antonio. Houston became concerned about an advance on Austin, so he moved the seat of government to Houston, and then back to Washington-

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on-the-Brazos from 1842 until 1845. No Mexican army attack happened. Houston ordered the Republic's archives to be moved, but the residents of Austin held firm, forbidding the removal in what became known as the bloodless "Archive War."

When the Republic of Texas joined the United States as the 28th state in December 1845, Austin was again named as the capital. J. Pinckney Henderson was sworn in as the state's first governor at the stockaded frame Austin State Capitol. A state election between Austin and Tehuacana in 1850 decided in favor of Austin.

Austin has since served as the Texas capital — through the turbulent times of the Civil War and Reconstruction, outlaws, bandits and Texas frontier Native American battles and ranchland feuds. In 1881, the original Austin Capitol building, constructed of limestone, was destroyed by fire. Many archived relics and papers of the Republic were lost.

Temporary quarters were quickly established on the original site. Plans were made to rebuild the Capitol of red granite from Llano and Burnet, modeled after the U.S. Capitol. The sale of over 3 million acres of public domain lands in West Texas financed the construction, which began in 1883.

The present Austin Capitol, opened to the public on April 21, 1888, was dedicated the following May 16. The circle from Texas as a Republic to Texas the state was completed when the Honorable Temple Houston, a state senator and son of General Sam Houston, accepted the building on behalf of all Texans. Having laid the cornerstone during construction, Masonic Grand Lodge of Texas representatives conducted the formal dedication. **NOW**

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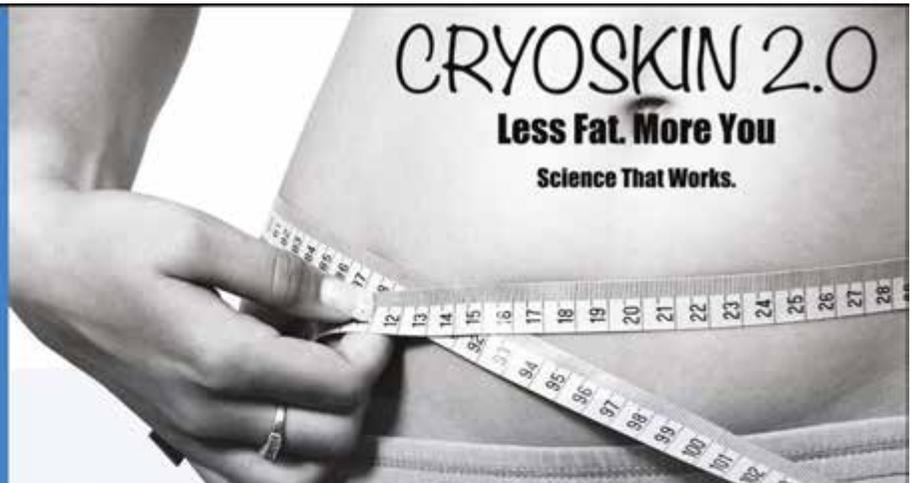
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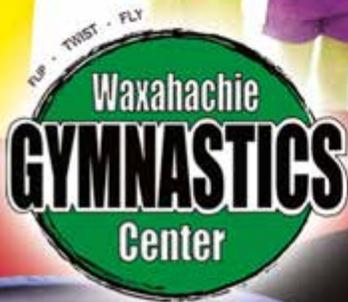
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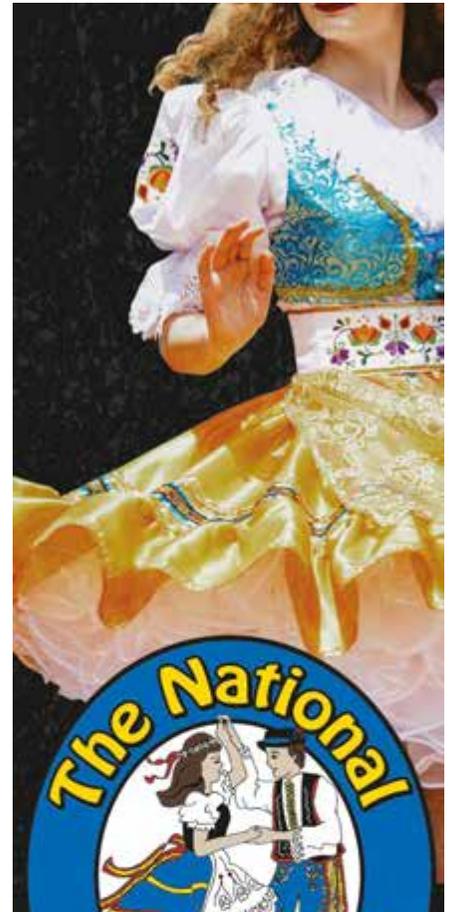
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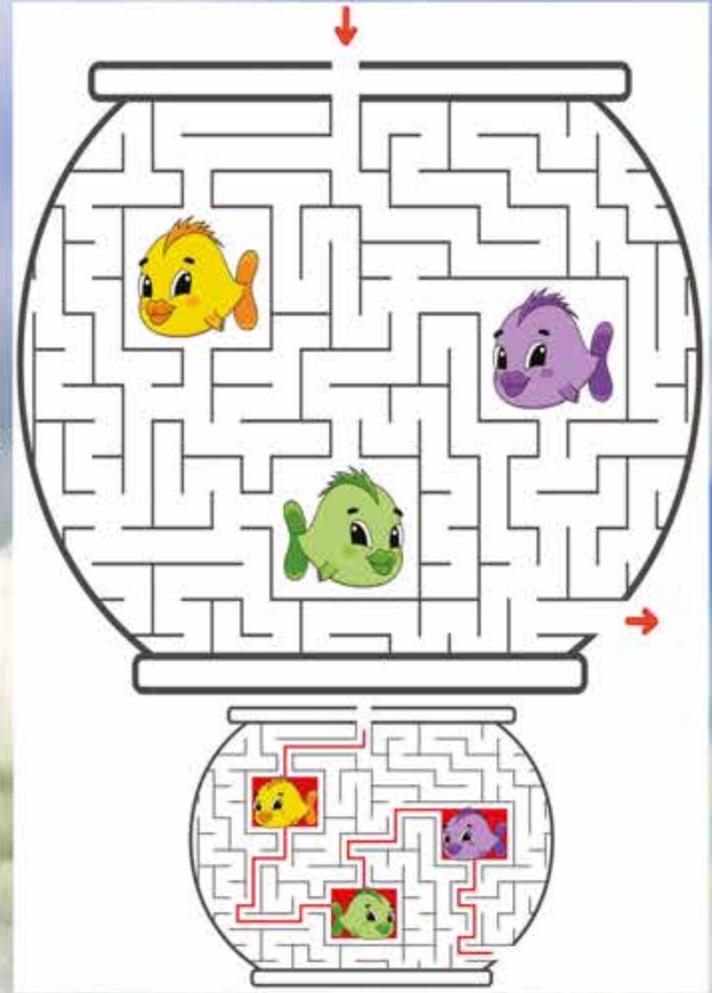
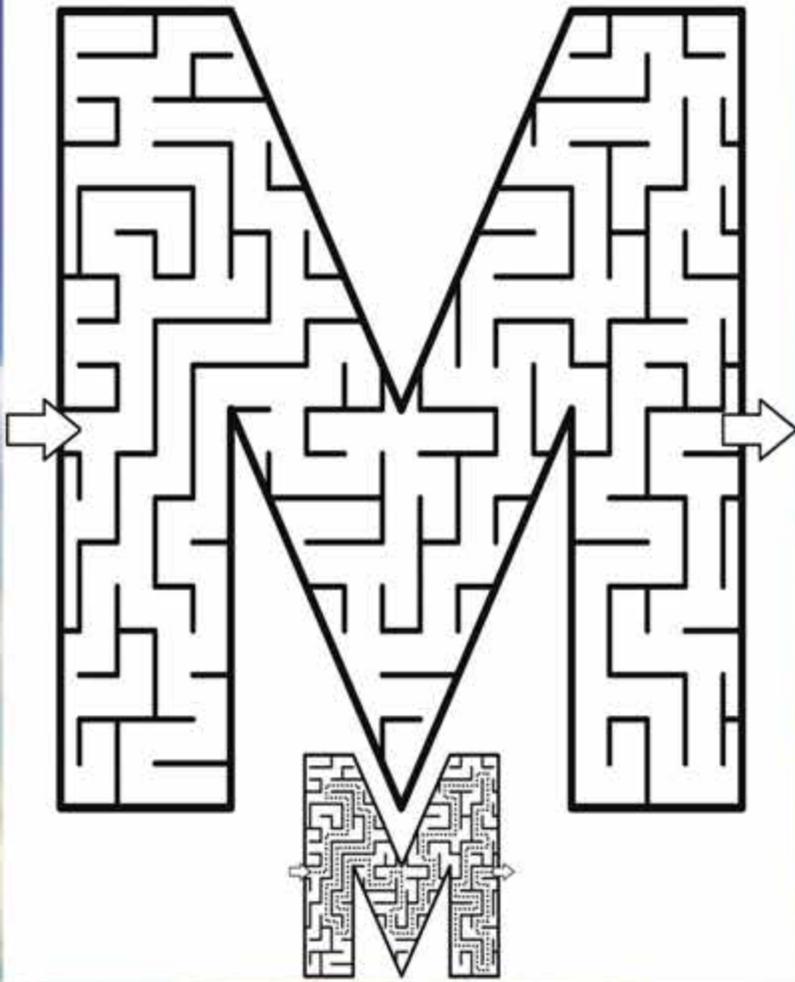


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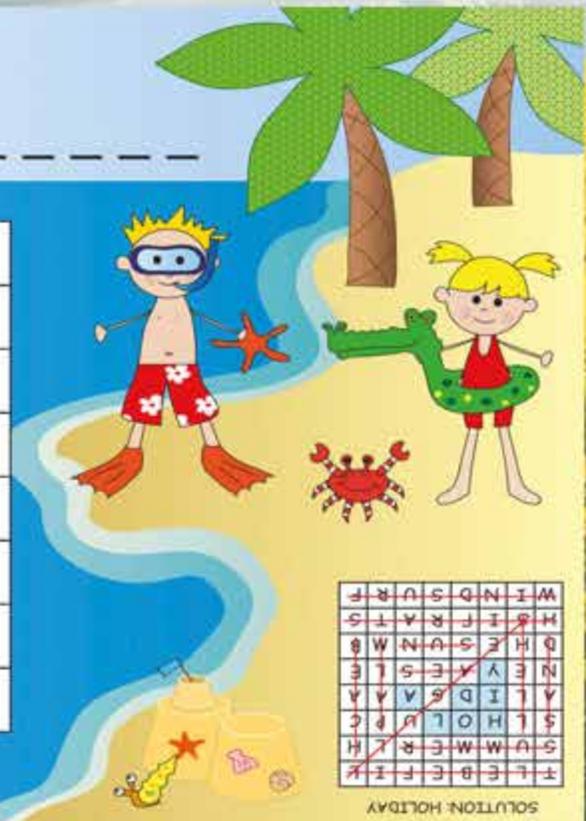
# Kids' Fun Pages



MYSTERIOUS WORD: \_\_\_\_\_

- BEACH
- LIFEBELT
- PALM
- SAND
- SEA
- SEAGULL
- SHELL
- STARFISH
- SUMMER
- SUN
- WINDSURF

T	L	E	B	E	F	I	L
S	U	M	M	E	R	L	H
S	L	H	O	L	U	P	C
A	L	I	D	G	A	A	A
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H	S	I	F	R	A	T	S
W	I	N	D	S	U	R	F



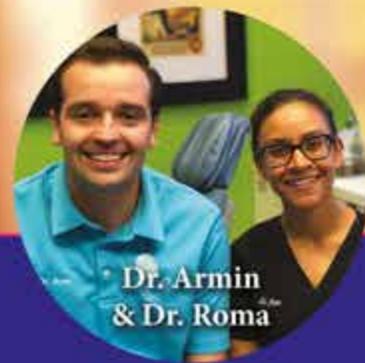
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S	L	H	O	L	U	P	C
S	U	M	M	E	R	L	H
T	L	E	B	E	F	I	L

SOLUTION: HOLIDAY

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Welcoming... *Brooke Loftis Elmore, DDS*

Dr. Brooke Loftis Elmore is a Waxahachie native and proud member of WHS Class '99. Her education journey took her from University of Oklahoma to UTSA Dental School, and finally a dental residency in Georgia. After working 7 years in central Texas, Dr. Elmore and her husband Kennon are elated to be raising their 4 boys back in her hometown!!

As a general dentist providing oral surgery, implant dentistry and sedation, Dr. Elmore offers new and expanded services for our patients. She is excited to provide dental care to the community she loves! Dr. Elmore also enjoys being outdoors, traveling, cooking, cheering on Big 12 and SEC football, but most of all, she loves spending time with her family and friends.



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51ST ANNUAL

JUNE 1ST AND 2ND, 2019

## GINGERBREAD TRAIL TOUR OF HOMES



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Dr. Richard R. Knight, M.D.

## Amanda F., Crandall, TX

To be honest, I have never been on a diet or even considered modifications in my eating habits until recently. I broke my foot and had to have it surgically repaired over the fall. It ended up being non-weight bearing for months, drastically decreasing my activity.

I thought I was doing right by changing how much or what I ate, but I put myself into starvation mode and overall decreased my health, physically and mentally. My friend mentioned Diet Solution to me; I was highly skeptical so we called together.

I went to the consultation and this was the best decision I could have made. In 10 weeks, I lost 24 pounds and over 5 inches on my waist. Now, I have ample amount of energy, my foot has healed, and due to being at a healthy weight and eating properly, I feel confident I will continue to succeed in my goals.

Heather and the staff have been nothing but supportive. This journey has not felt like I'm going to an appointment or to see a clinician. The Burleson center has welcomed my family's involvement. In fact, their educational tools have impacted my household and co-workers.

Their approach is individualized and super effective. I do not view this as a diet. I see it as another tool for your toolbox to enable yourself to reach your goals, improve your overall health, gain lifelong knowledge, and impact others.



**BEFORE**



**AFTER**

**Amanda F.  
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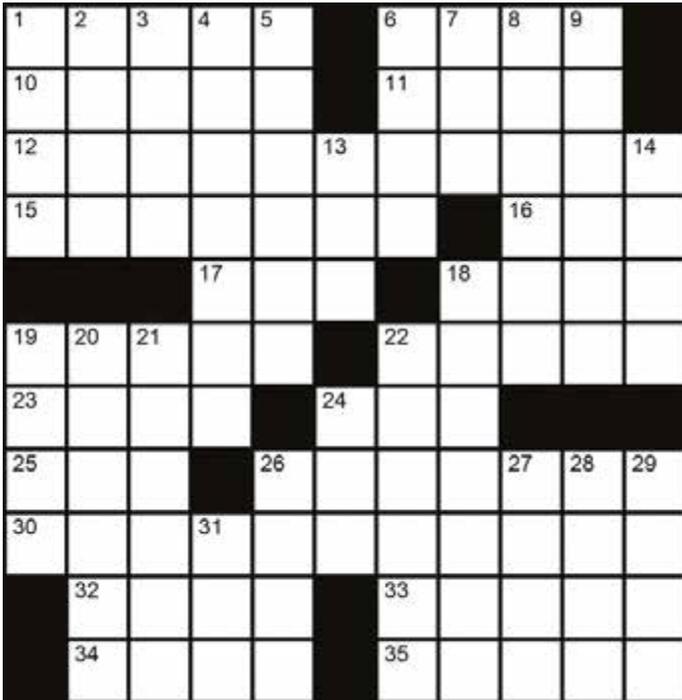
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**214-980-1414**

# Crossword Puzzle



## Across

- 1 "... enough!"
- 6 Afrikaans speaker
- 10 Hitchcock had trouble with him
- 11 Skin eruption
- 12 Unputdownable
- 15 Virginian drive
- 16 Sticky substance
- 17 Male child
- 18 Abdul the Bulbul ---
- 19 Stigma
- 22 Frighten
- 23 Ornamental vases
- 24 Like 30 Across
- 25 Newfoundland catch
- 26 Prescription option
- 30 Bloody Mary ingredient
- 32 Strip
- 33 Defer
- 34 Maxims
- 35 Valuable item

## Down

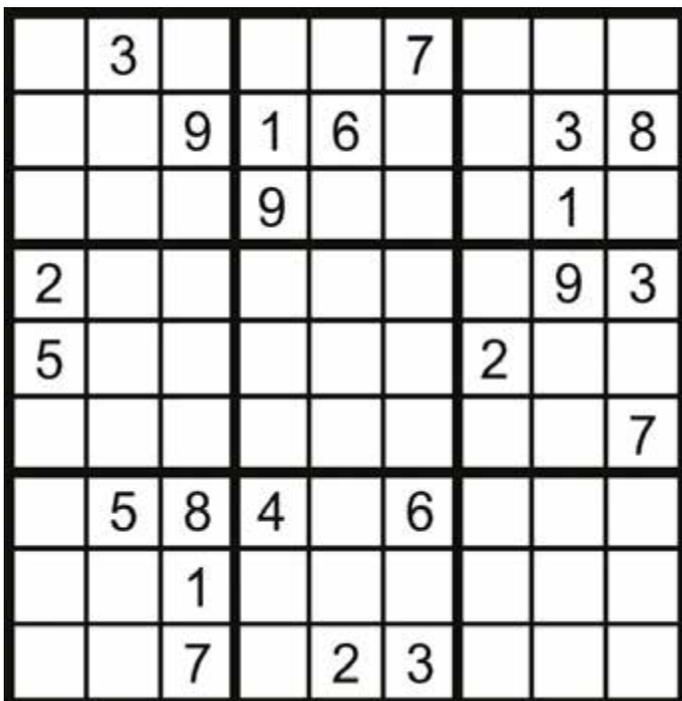
- 1 Sometimes found with that
- 2 Yarn quantity
- 3 Like many a student film
- 4 Grid for greenery
- 5 Like Steve Jobs's father
- 6 Foundation
- 7 When the Sup. Court's new term begins
- 8 Brain twister
- 9 Impressionist Pierre-Auguste ---
- 13 Stamp out
- 14 Pierce with a tusk
- 18 Pretended to be
- 19 Of like kind
- 20 Marches
- 21 --- Doria, Nantucket wreck
- 22 Could be the Moonlight or Kreutzer
- 24 Unnamed woman
- 26 Dippity-do and others
- 27 Barbecue dish
- 28 Small landmass
- 29 Guitar guru --- Atkins
- 31 Stitch

Solutions on page 60

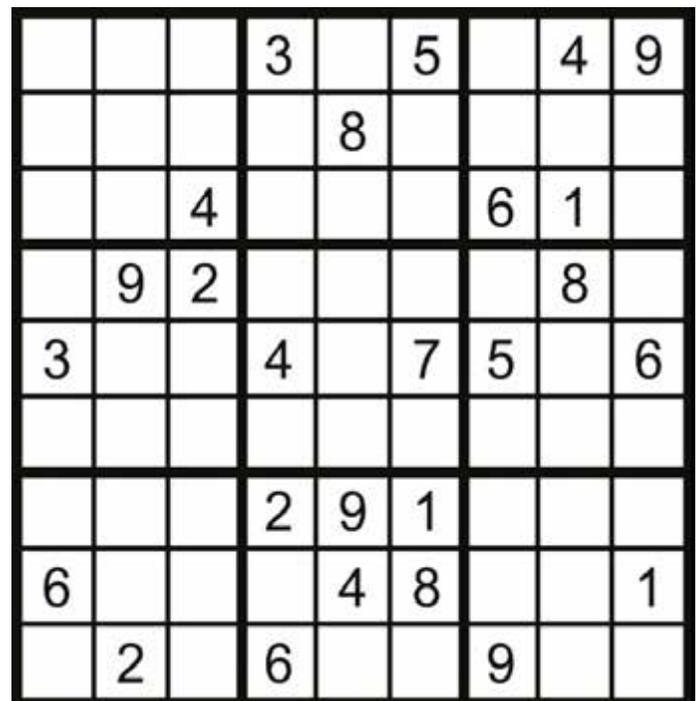
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# Sudoku Puzzle

Easy



Medium



Crosswordsite.com Ltd

Solutions on page 60



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# HealthNOW

## Diabetes and Foot Amputation

### How Diabetes Affects Feet

People with diabetes are more susceptible to foot problems, often because of two complications of the disease: nerve damage (neuropathy) and poor circulation. Peripheral neuropathy causes a loss of feeling in the feet, reducing the ability to feel pain or injury. Poor circulation diminishes the body's ability to heal, making it difficult to resist infection and heal injuries or wounds.

For a person with diabetes, these complications can be a deadly combination. When a person with diabetes has neuropathy, they often cannot tell if their shoes are causing pressure and producing corns, calluses, cuts or blisters. These minor foot injuries can develop into ulcers, which is a break or hole in the skin. If poor circulation is also present, the ulcers can become infected and may not heal properly. This is a common complication associated with diabetes and can lead to a chronic foot ulcer, which is a leading cause of amputation. Amputation is considered when healing potential is poor or a serious infection becomes widespread, threatening the patient's life.

### Preventing Complications

It is vital for diabetics to take preventive measures to care for their feet, including wearing proper shoes, daily foot inspections and regular exams by a foot and ankle surgeon. Because even the smallest foot problem can turn into

serious complications, it is important to seek treatment early for any issues, especially minor cuts, blisters and corns and calluses.

### When Complications Arise

The loss of life and limb are real concerns for diabetics with a serious infection. Physicians and patients work together to consider the best options to treat the infection, prevent limb loss and to get the patient well as soon as possible.

### When Amputation Is the Best Course of Treatment

Amputation is a complication that both patients and physicians work to avoid if possible. It is estimated that nearly 85 percent of amputations are preventable with education and early intervention. Amputation should not always be seen as a failure of treatment but instead as a faster, more reliable means of rehabilitation in order to return to activities of daily living. Surgery may be the best way to control a severe infection that could require a more traumatic amputation in the future or that could otherwise prove fatal for the patient. After undergoing an amputation, patients often experience improved general health because a severe infection has been resolved.

Amputations do not always mean loss of the entire foot or leg. Surgical intervention is performed at many levels including partial toe amputations, partial foot amputations or below-the-knee amputations. A foot and ankle surgeon will make a thorough assessment and determine the best method of getting the patient on the road to recovery. **NOW**

*Christopher Schmitt, DPM*

*Associate of the American College of Foot and Ankle Surgeons  
Southern Star Foot & Ankle*

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# MAY

## 5/3-5/4

**Waxahachie  
Cinco De Mayo Festival:**  
You can expect to see  
live music, food trucks, a car  
show, bounce houses and fun  
for all the family. **Friday:**  
5:00 p.m.-11:00 p.m.;  
**Saturday:** 11:00 a.m.,  
100 W. Main.

## 5/3-5/5

**Third Annual Bilingual  
Conference:**  
Speakers are Francisco  
Rodriguez, Obed Rodriguez  
and Alberto Suarez. **Friday:**  
7:00 p.m. "The Christian and  
the Redemption" 1 Peter 1:18;  
**Saturday:** 7:00 p.m. "The  
Christian and the Perfection"  
2 Timothy 3:17; **Sunday:**  
5:00 p.m. "The Christian and  
Salvation" James 1:21.  
2417 Brown St.

## 5/4

**Waxahachie Symphony  
Orchestra presents  
Fort Worth Symphony  
Orchestra:**  
Tickets: \$20 for adults,  
\$8 for students with an ID.  
Those under 18 get in free.  
7:00 p.m., SAGU Hagee  
Communication Center  
499 East University Ave. For  
more information, contact  
(210) 865-6185 or  
information@  
waxahachiesymphony.org.

## 5/10-5/12

**Mamma Mia!**  
**Friday and Saturday:**  
7:30 p.m.; **Sunday:** 2:30 p.m.,  
Chautauqua Auditorium. For  
details, call (972) 646-1050.

## 5/11

**First Responders Breakfast:**  
All Ellis County firefighters, police  
officers and EMS are invited for  
a free breakfast! 6:00-9:00 a.m.,  
Brown Street Church of Christ,  
2471 Brown St.

**21st Annual  
Corsicana Airshow:**  
\$10 per person or \$20 per car.  
Veterans and military personnel  
and their families attend free.  
Gates open: 8:30 a.m.;  
show begins: noon, Corsicana  
Municipal Airport. Visit  
www.coyotesquadron.org.

## May 18

**Cops & Kids Picnic:**  
11:00 a.m.-2:00 p.m.,  
Getzendaner Park.

## 6/1

**Annual Pancake  
Breakfast Fly-In:**  
Classic airplanes and fighters,  
helicopter and airplane rides,  
fly-overs, Midlothian Classic  
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8 and over: \$6; children under  
8: \$3. Free Parking. 8:00  
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## 6/1-6/2

**Gingerbread  
Tour of Homes:**  
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homes of Waxahachie that  
include such architectural styles  
as Queen Anne Victorian,  
Gothic Revival, Bungalow,  
Romanesque and Greek  
Revival. Visitors will also get the  
opportunity to tour historically  
recognized buildings, such as  
the Sims Library and the Ellis  
County Courthouse downtown.

## Mondays

**Bridge Club:**  
12:15 p.m., Waxahachie  
Senior Center, 122 Park Hills  
Dr. Email Jeanee Smiles at  
smilestoremember@gmail.com  
or (469) 309-4280.

## Fourth Mondays

**Creative Quilters Guild of  
Ellis County Meeting:**  
Social time: 6:30-7:00 p.m.;  
program: 7:00-8:00 p.m.,  
Waxahachie Bible Church, 621

Grand Ave. Visit  
www.elliscountyquilters.com  
for more information.

## Thursdays

**Junior Master  
Gardeners Club:**  
Club is for children ages 5-12.  
If you have an interest in  
gardening, come for  
gardening-related activities  
and help maintain the Sims  
Library garden. 3:45-4:45 p.m.,  
Sims Library.

## Second Thursdays

**Lady's Night Out:**  
Local shops offer wine, treats,  
sales and more. 5:00-8:00 p.m.,  
downtown Waxahachie.

## Last Thursdays

**Marine Corps League,  
Detachment 1452 Meeting:**  
All active, retired or former  
Marines, Navy chaplains or  
corpsmen are welcome.  
7:30 p.m., Refiner's Fire Church,  
1611 W. Ennis Ave., Ennis.  
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*Submissions are welcome and  
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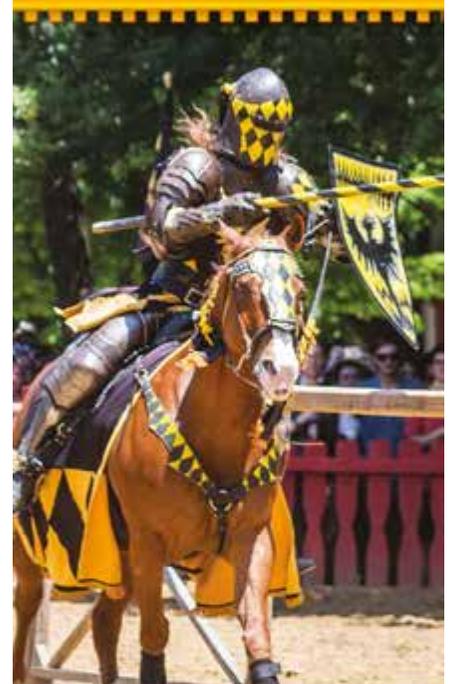
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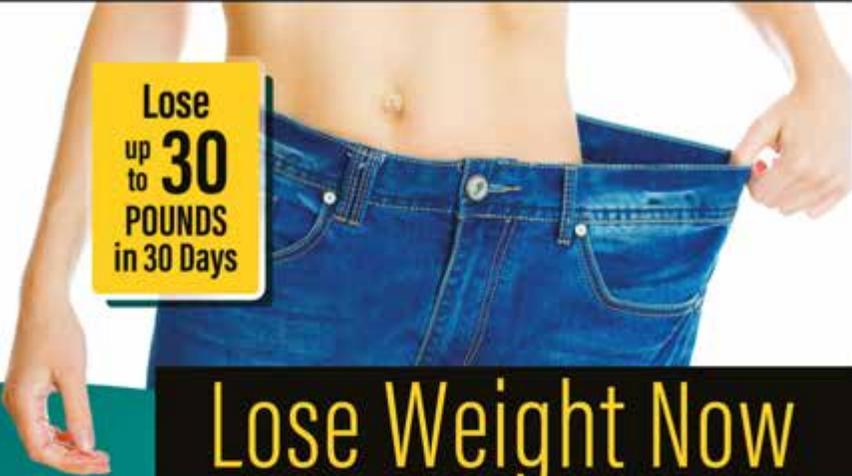
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# Crossword - Sudoku Solutions

1	T	2	H	3	A	4	T	5	S	6	B	7	O	8	E	9	R
10	H	A	R	R	Y	11	A	C	N	E							
12	I	N	T	E	R	13	E	S	T	I	N	14	G				
15	S	K	Y	L	I	N	E	16	G	O	O						
				17	L	A	D	18	A	M	I	R					
19	S	T	A	I	N	20		21	S	C	A	R	E				
23	U	R	N	S	24	H	O	T									
25	C	O	D	26	G	E	N	E	R	27	28	29	C				
30	H	O	R	S	E	R	A	D	I	S	H						
				32	P	E	E	L	33	T	A	B	L	E			
				34	S	A	W	S	35	A	S	S	E	T			

Easy

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

Medium

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



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