WaxahachieNOW

JUNE 2021

MAGAZINE

Fun on the Field

WYBA is a perfect fit for the Needham family

Remembering Buffalo Soldiers

These great soldiers helped establish the Texas frontier

In the Kitchen With Loss Horn

Also inside:

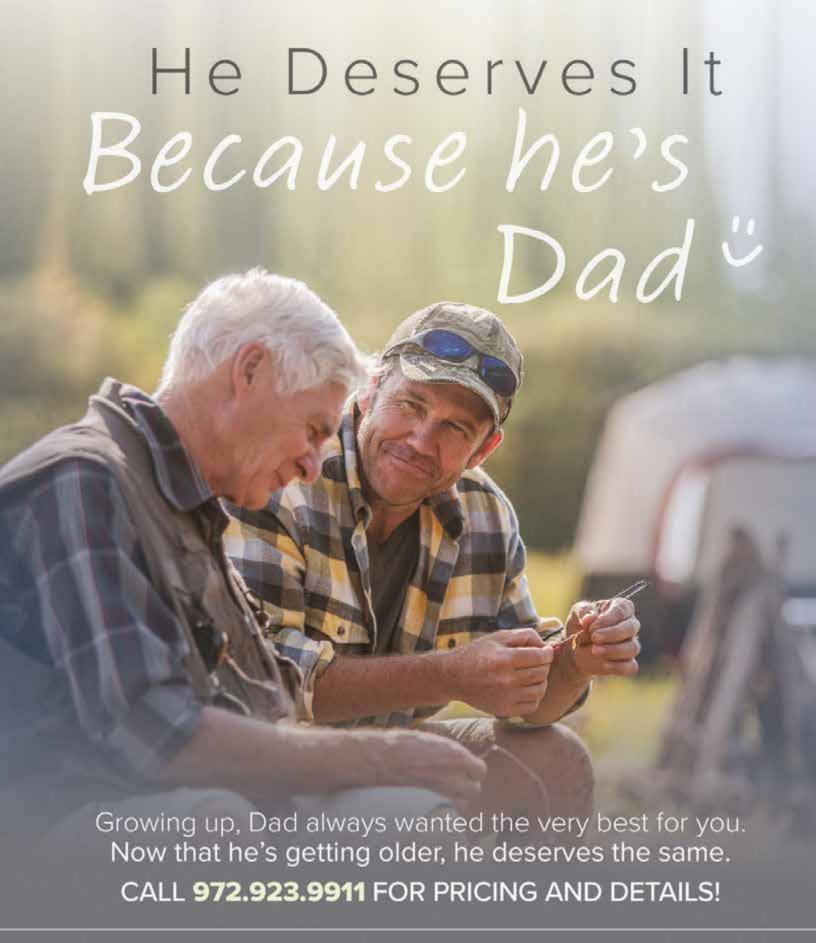
Scavenger Hunt

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Featured Business: Blu H2O Pools

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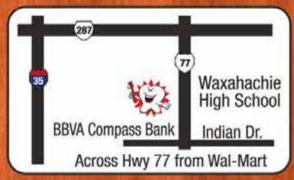
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SHZ HZ O

FUN ON THE FIELD

Kids playing baseball brings joy to the whole family.

14 REMEMBERING BUFFALO SOLDIERS

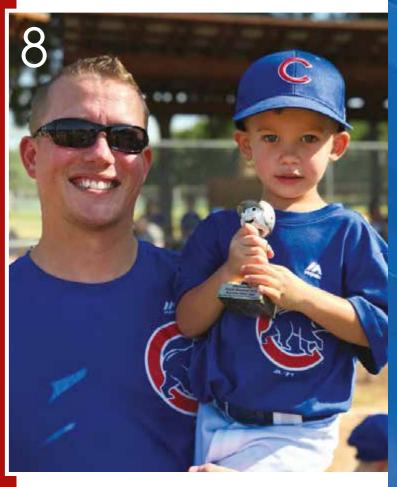
The first African-American Army regiments are still honored.

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ON THE COVER

The Needham family recommends Waxahachie Youth Baseball for family fun.

Photo by Kobbi R. Blair.

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EDITOR'S NOTE

Hot times are quickly approaching ...

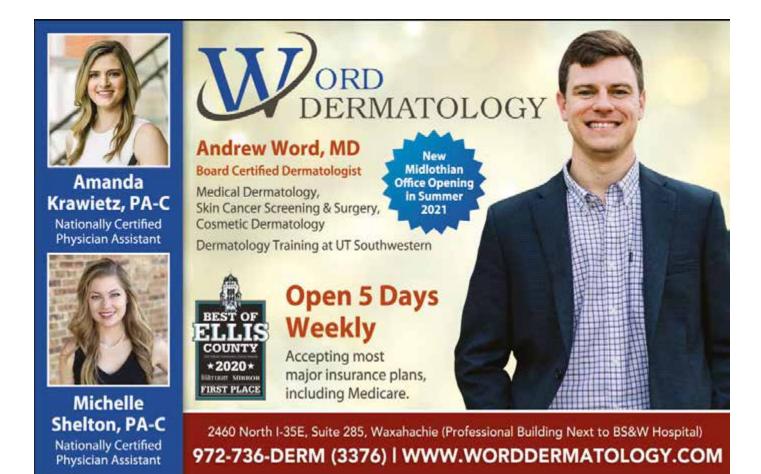
School is finally out for the summer, and families everywhere are looking forward to cookouts, swimming pools and sporting events. Summer is such a great time for parents to spend long nights with their children, watching movies together or taking a walk outside after the hot sun goes down. So many special childhood memories are made in the summertime.

I remember going to the swimming pool and staying all day splashing and playing while my mom sat to the side, watching me and my brothers like a hawk watching a rabbit. As a child, mom never learned how to swim, so she made sure that my brothers and I took swimming lessons as soon as we were old enough.

Just about every summer of my childhood, Mom would take us all to Six Flags Over Texas. It was brand new then. I remember not being able to sleep the night before, just lying there awake, dreaming of all the rides I was going to ride. We would each get \$5 for spending money, which was a lot for a big family on a small budget, but Mom somehow always found a way to make it happen.

Sometimes, in the summer, we would all pile into the car and go to Ashburn's Ice Cream Store. For some reason, I remember my dad always got either banana or peach flavor. I have no idea what I got. Funny how some memories stick for no apparent reason, and others don't. I wonder what memories will stick inside the heads of my kids and grandkids from this summer? I hope they are wonderful.

Enjoy June, my fellow Waxahachians!





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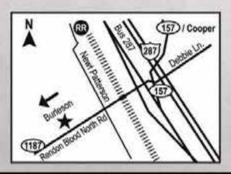
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Back in 2012, when the Texas Rangers had just wrapped up another season with their superstar, Josh Hamilton, David and Natalie Needham's first son, Case, was just barely 3 years old. As the family cheered for the Rangers, little Case became a huge Josh Hamilton fan. One day during this time, David tossed a wiffle golf ball to Case, and to his daddy's surprise, the 3-year-old, using a tiny, mini souvenir Texas Ranger's bat, hit the ball across the living room! David thought, Beginner's luck. But then Case continued to hit the ball time after time. "That was when we realized Case had a natural talent for baseball and decided to get him involved in playing the game," David explained.

The Needhams had no idea where to go in Waxahachie to find Case a team, so they began inquiring at their church. "Somebody told us to look into Waxahachie Youth Baseball Association," David said, "and it wasn't long before Case joined his first blast ball team." Blast ball is for 3- and 4-year-old boys and girls to learn the basics of baseball and softball. It is a precursor to T-ball, which is played by 5- and 6-year-old children. Like T-ball, a tee is used, but unlike T-ball, they only use a portion of the field, and no score is kept. The competitive aspect is deemphasized.

"When Case began blast ball, I had no intention of coaching. In fact, I really had no idea what blast ball was. Then one night, I got a call, and they wanted me to coach," David laughed. "I began researching everything I could on the sport. It pretty much focuses on teaching the kids to run to first base after they hit the ball and similar basics. Coaching requires keeping things organized and working with plenty of volunteers to help remind the kids what to do next. Scheduling a volunteer for snacks is also a very important part of blast ball coaching," David said with a smile.

As Case grew, David continued coaching. "The coach and the kids usually stay with the same team as they progress, which is a real advantage because they get to know each other, as well as each other's parents and

families," David said. "For the new kids who wish to play T-ball or older, we hold a draft to see what level the player is at, and then we put them on a team. By taking the time to know a little about the player, we have the ability to really set him or her up for success. This is such an advantage of the city league. We also make sure that each team gets equal shares of new players with advanced and beginner skills."

"I like that they try to keep the same coaches with the same kids through the years because the coaches know each child's strengths and weaknesses," Natalie added. "Players can have different kinds of wins. If a child has been trying to overcome shyness







enough to go to the plate, and then he/ she goes to the plate and takes a swing, the coaches know that is a big win for that kid and can cheer him or her on. Or if a new kid has been trying to hit the ball all season, and then he/she hits one, the coach knows it is their first hit and can cheer for them. That is a big advantage for the kids."

In 2015, the Needhams' second son, Carson, was born. When he was 3, he began playing blast ball, and David coached both of his sons' teams. "I really enjoy coaching the kids. I have found ways to streamline the logistics and lessen any confusion. For example, every kid wants to bat first, especially the younger ones. I love to use my Excel program to do my entire lineup and then hand a printed copy to the other coaches, so that everybody is on the same page."

"David has really good organization skills, and he has a systematic approach to most things he does," Natalie offered proudly. "Those talents really make a difference."

Eventually, David was asked to be on the WYBA Board of Directors. "The first two years on the board, I worked on the IT side, taking care of the website. Then the vice president roll came vacant, and they asked me to do it. I am still the head coach of Carson's team, the Cubs, and I am the assistant coach of the Colt 45's. It really fills up a family's schedule," David laughed. "But I know it is just great for our boys. I think there are a lot of life lessons to be learned through

sports, such as, being a good teammate, leadership, overcoming adversity and hard work pays off."

"For me, the WYBA is a great avenue to get to know the community. The boys have made so many good friends through baseball. Their lives are full of birthday and holiday events shared with their baseball friends and families. It is also a great opportunity for parents to meet each other," Natalie shared. "And our boys get to see David giving back to our community by volunteering at WYBA. I think it is a wonderful example for them to witness."



"Last spring when we had to cancel the season, I can promise you, everybody — the board, the coaches, the parents — we just kept waiting to go out there and play baseball again. It is such a fun escape from everything stressful, like work and politics," David said. "If anyone has a child with even a remote interest. I would certainly give WYBA a try. We have a summer season that begins in June, and fall ball starts around Labor Day."

The information for signing up is on the wybonline.org website, and they also have a Facebook page with pictures and updates about the games. The association has a softball branch that begins at age 7. Usually, the girls branch off to those teams at that time. For older children who have never played baseball, the coaches do their best to place them on a team with just the right fit. The cost for blast ball is minimal, just \$35 for the uniform. The Waxahachie Youth Baseball Association could be the perfect activity to give your child some real, oldfashioned summertime fun. It certainly has been for the Needham family! NOW

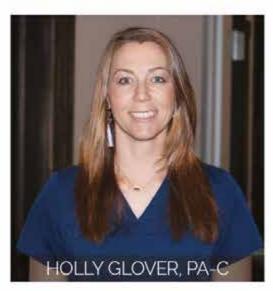






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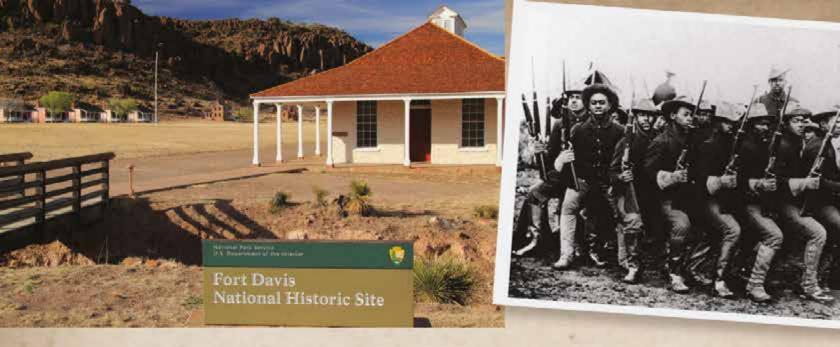
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· Tales of Texas · REMEMBERIN BUFFALO SOLD

The first regular Army regiments made of African-American soldiers are officially celebrated on July 28 with "Buffalo Soldiers Day." The U.S. Army's first peace-time, all-Black regiments were established by Congress in July 1866, honoring the significant contribution of some 200,000 Black volunteers to a Union victory in the Civil War.

About a year-and-a-half after the war, six peace-time regiments for Black enlisted men were created: "The 9th and 10th Cavalry and the 38th, 39th, 40th and 41st Infantry regiments (consolidated in 1869 into two infantry regiments, the 24th and 25th)," as documented by blackpast.org.

"Soldiers of these regiments between the Civil War and World War I have come to be called 'Buffalo Soldiers," the site notes. It outlines that while most of the regiments' officers were white, they were also led by five Black men, including Henry Flipper, who was not only the first Black West Point graduate, but also the first African-American commissioned officer of the Buffalo Soldiers. He went on to earn a 2nd Lieutenant Army commission.

In 1999, Henry was posthumously pardoned by President Bill Clinton for an "unduly harsh and unjust court martial and dismissal from the Army," according to the National Veterans Memorial and Museum.

Buffalo Soldiers helped win dozens of battles against Native Americans, and served in Cuba with Teddy Roosevelt and the Rough Riders. Buffalo Soldiers protected National Parks, served as park rangers, guarded roads, settlements and stage coach stations, among numerous other efforts.

History.com reports that "about 20 percent of U.S. troops participating in the Indian Wars were Buffalo Soldiers," battling in at least 177 conflicts. Buffalo Soldiers also went on to defend the U.S border with Mexico during World War I. Between the Civil War and World War I, records suggest 23 Buffalo Soldiers received the Medal of Honor.

In the last decades of the 19th century, the Buffalo Soldiers regiments formed a special kinship with the state of Texas, where Fort Davis became their Regimental Headquarters. The 9th Calvary was first to occupy the fort, which was abandoned by the Union during the Civil War.

Soldiers spent the summer of 1867 constructing a new fort and protecting travelers. Joined by three Buffalo Soldier units over the next eight years, the men proved invaluable in many ways, not the least of which was "constructing over 91 miles of telegraph line west from Fort Davis," blackpast.org notes.

"They arrived at the post in 1867 when western Texas was still very open to attack by raiding Apaches and Comanches. When the 10th Cavalry left in 1885, peace largely prevailed," the site explains.

While trained for overseas combat during World War II, Buffalo Soldiers were deactivated in 1944, and in 1948, racial segregation in the military was eliminated by executive order of President Harry S. Truman. According to history.com, the Buffalo Soldiers proved their worth with "the lowest military desertion and court-martial rates of their time."

Those numbers speak to the lore by which these Black men garnered the name Buffalo Soldiers, with some suggesting they were so dubbed by Native American tribes who held the buffalo in high regard. According to history.com, another theory



By Angel Morris

is that the soldiers bore resemblance to buffalo with their dark skin and curly hair. Whatever the origin of the name, it led to the 10th Cavalry adopting the buffalo upon its crest in 1911.

Today, the Buffalo Soldiers National Museum in Houston is "dedicated to exploring and displaying the stories and contributions of African-Americans in the military by way of performing and visual arts, educational programming and exhibitions."

When open, the museum offers educational programs exploring the contributions of African-American military personnel, such as the Buffalo Soldiers. Historical re-enactments, military-inspired art exhibits and group tours are just some of the ways the museum continues to keep the spirit of the Buffalo Soldiers alive. The reggae song, "Buffalo Soldier," also commemorates the efforts of these men, who were slaves or descendants of slaves, fighting for a country that stole them from their own. NOW

Sources:

I. https://www.blackpast.org/africanamerican-history/buffalo-soldiers/ 2. https://www.history.com/topics/ westward-expansion/buffalo-soldiers 3. https://nationalvmm.org/





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goal). Place the cut cucumbers evenly in clean jars with tight-fitting lids. The next ingredients are all about adding flavor. This recipe, if followed exactly, will make a delicious dill pickle, but the flavoring ingredients can be altered to create a flavor that is precisely customized to an individual taste preference.

There is an endless list of foods that can be used to flavor pickles. Fresh vegetables, such as onions, scallions, bell peppers, hot peppers and lemon or lime wedges are great choices for creating special flavor profiles. Seeds and ground spices are also excellent flavorings. Celery seed, mustard seed, red pepper flakes, black pepper and ground cloves are only a few of the unlimited choices that can be used for creating the perfect customized pickle. Many types of vinegar can be substituted for the distilled white vinegar in simple pickles. The traditional way to make pickles requires a specific degree of acidity in order to prevent bacteria from growing because traditional pickles have an extended shelf life and do not require refrigeration. But since, as already noted, simple pickles must be kept refrigerated and expire after a month, they do not have specific acidity requirements. Apple cider vinegar and rice vinegar are two delicious vinegars that can be used to flavor them.

After all the flavoring agents have been added, pour the cooled brine mixture over the cucumbers, and make sure it completely covers everything in the jar. Tightly screw the lids on the jars, and shake to combine the ingredients. Immediately place the pickles in the refrigerator, and let them marinate for at least two days. The longer they sit in the brine, the more flavor the pickles will acquire. After all the pickles are gone from the jar, fresh cut cucumbers can be added to the leftover brine, and in two days, voila, new pickles! Now









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Around Town



Brenda Tucker enjoys playing at the park with her grandchildren, Timber and Collette.

Zoomed In:Danielle Diniz

By Susan Simmons

Danielle Diniz loves babies. When she is at work, she cares for infants in the Neonatal Intensive Care Unit at Children's Hospital in Dallas. When she gets home, she cares for a different kind of baby — baby goats! "My husband takes care of the cattle, but the goats are my area," Danielle said with a smile. "I enjoy it, and so do our three children. Most of the time it is a relaxing hobby, but during the spring snow storm earlier this year, we had 15 baby goats born!" The Dinizes had goats in every warm place they could create. They even had a couple in a Pack 'n Play in their house!



WaxahachieNOW Magazine's Bryan Frye, proudly holds his hours-old grandson, Anthony James.



Dinga Ochienga, Denzel Ortiz, Drew Sellers and Austin Ola hold a garage sale to benefit Common Ground!



Victoria Campbell, a newcomer to Waxahachie, loves taking Diana, her fabulous Great Dane, to Getzendaner Park!



Stefanie and Phillip Riley celebrate their daughter, Kennedy's, 2nd birthday!



Clint Hale enjoys the day with his daughter, Penelope, while Mommie has some me time!



Jana Onyon, Ellis County's Election Administrator is hard at work during the recent election.

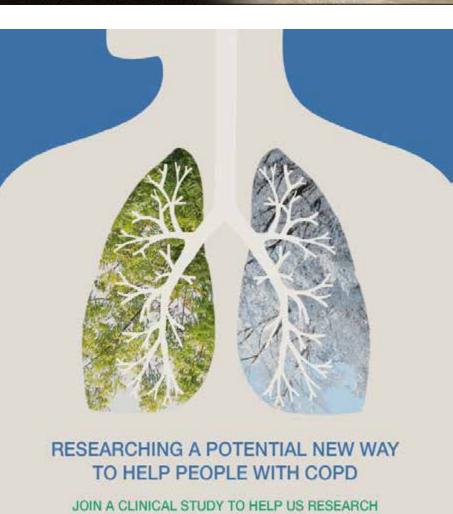


Christine Salinas is ready for her Saturday shopping at Wal-Mart.



Olivia Gonzalez and her two daughters, Isabella and Lilianna, celebrate a beautiful Saturday with a picnic!





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- By Susan Simmons

Blu H2O Pools (214) 612-6166 www.bluh2opools.com info@bluh2opools.com

Patrick Simmons and Andrew Sandoval have long histories of building homes in Texas. "Being in the same business circle for many years, we crossed paths frequently," Patrick shared. "During that time, a great friendship has developed, not only between us, but between our families." Last year, the two friends decided to join together and create Blue H2O Pools, LLC.

Over the years, Andrew and Patrick have spent many hours discussing the ins and outs of home building. "One of the subjects that has frequently come up is the lack of coordination between the home builder and the pool installer," Andrew said. "So much time and money are wasted because of the lack of planning ahead and coordinating the logistics of the projects." Throughout their years of building houses, both

men witnessed the frustration their clients experienced due to this lack of planning and coordination. "It only makes good sense to build both projects at the same time, so that different phases of the pool construction can run in tandem with the home construction. The plumbing, electrical and gas lines for both projects can be done simultaneously, which would save an enormous amount of time and money," Andrew explained. "We also have better buying power when we are buying and taking bids for both jobs at the same time, and that can save tens of thousands of dollars on materials, as well as labor. We can build a better pool for less money and quicker."

Originally, Andrew and Patrick tried to find a pool builder who would work with them to build the pools for the houses they built. "When COVID hit, people everywhere began to either want a new house with a pool, or to add a pool to their existing home. We couldn't find very many pool builders who would even return our calls, and the ones who did, had almost

doubled their prices over the previous year," Andrew said.

"There is just no reason for that. Concrete has only gone up 5 percent," Patrick interjected. "Our priority is to give an honest product. We build a solid project at a fair price."

After failing to find a suitable pool company to collaborate with, the two friends decided to open Blu H2O and begin building pools themselves. "It only made sense to bring it inhouse," Andrew said with a smile. "The advantages of having the same team build the house and the pool at the same time are considerable. It is less expensive, faster, less confusing and simpler."

"We also add pools to existing homes. Our knowledge of the process of construction and building science makes the job site run efficiently and effectively," Patrick stated. "And we have known our tradespeople and subcontractors, who are specialists in their fields, for a long time and have excellent relationships with them. Most of them, we met as they were working on a pool at a house we were building. This year, every spec house we build over \$500,000 is being built with a Blu H2O Pool."

> "Our priority is to give an honest product. We build a solid project at a fair price."

Blu H2O Pools has its own designer who can design anything from geometric designs to natural, resort-style settings. Whether you are thinking about building a home with a pool, or having a pool installed at your existing home, H2O offers the complete package of professional and knowledgeable construction, coupled with artistic, creative design and all for a lower, fairer price. **NOW**

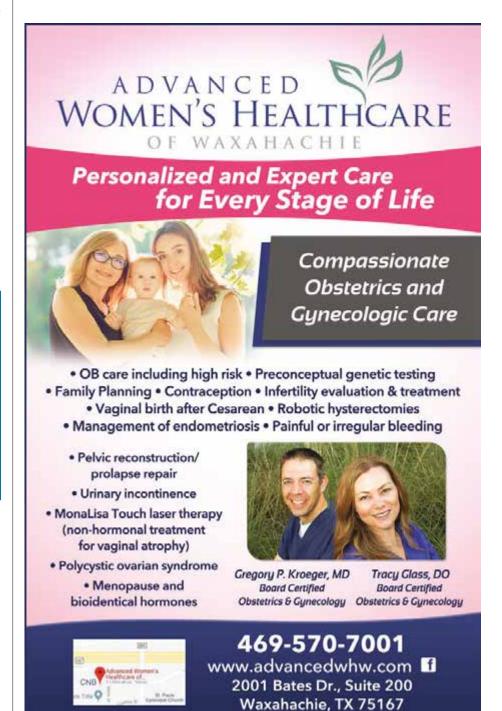






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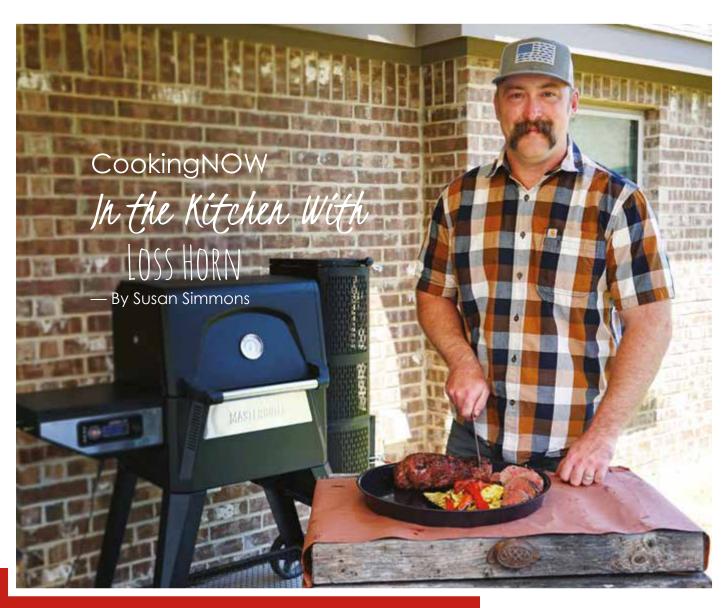
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Loss Horn enjoys cooking outside on a smoker and/or grill. "I like it when our family spends time outside together while a great meal is smoking on the smoker," he shared. "It seems like so many great memories are made during those moments."

Loss has spent many hours researching and experimenting on how to cook the perfect protein. "My 4-year-old son is a very picky eater, but he just loves things cooked outside. One of his favorite foods is grilled or smoked salmon. His mother and I love to see him enjoy something that we know is so healthy for him and also so delicious." Loss, who is a captain in the Red Oak Fire Department, uses cooking as a way to relax after stressful days at work. Now

Joy's Healthy Herbed Fried Rice

- 1 cup brown rice
- 2 cups chicken broth
- 2 Tbsp. olive oil
- 1/2 onion, diced
- 2-3 garlic cloves, minced
- I medium tomato, chopped
- 2 Tbsp. fresh basil or cilantro, chopped

Salt, to taste Pepper, to taste

- **I.** Add the rice and broth to a pot. Cover; bring to a boil. Reduce to simmer; cook for 45 minutes. Do no lift the lid until done.
- **2.** Once the rice is about halfway done cooking, heat a skillet over medium-high heat; add the olive oil.

- **3.** Add the onions and garlic; cook until the garlic is fragrant and the onions are beginning to turn translucent.
- **4.** Add the tomatoes and the herbs and spices. Cook slightly, for 1-2 minutes; set aside until the rice is finished.
- **5.** Reheat the mixture so the skillet is slightly hot (medium-low heat); add the rice to the mixture. Toss for about 1 minute; serve.

Grilled Salmon

I 2- to 3-lb. salmon fillet Coarse kosher salt, to taste Lemon pepper, to taste Black pepper, to taste Garlic powder, to taste Fresh lemon slices, to taste

- **1.** Heat the grill to medium-high heat.
- **2.** Liberally apply the salt, both peppers and garlic powder to the salmon.
- 3. Place the salmon on the hot grill, skin side

up, for I-2 minutes, or until golden brown. **4.** Flip to skin side down; cook until the internal temperature reaches 120 F. Serve immediately with freshly squeezed lemon.

Onion Burger

I lb. 80/20 ground beef Garlic powder, to taste Kosher salt, to taste Black pepper, to taste Onions, thinly sliced, to taste American cheese Onion buns

- **I.** Combine the ground beef and seasonings; do not overmix. Shape into super thin patties.
- **2.** Heat a cast-iron skillet to medium-high heat. Add the patties to the pan.
- **3.** Once enough fat is rendered, start adding the onions around the patties.
- **4.** Cook the patties and onions until done to your liking. We enjoy ours crispy and brown.
- **5.** Place American cheese on the patties once close to done.
- **6.** Serve the patties on lightly buttered and toasted onion buns.

Jalapeño Cream Sauce

3 garlic cloves 1/2 to 1 jalapeño 2 cups heavy cream Salt, to taste Pepper, to taste

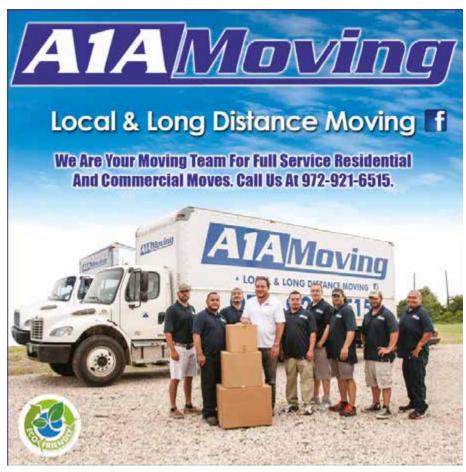
- **1.** Begin heating a skillet to medium heat.
- **2.** Meanwhile, mince the garlic and chop the jalapeño.
- **3.** Once the skillet is heated, add the garlic; cook until fragrant. Add the jalapeño; cook until slightly tender.
- **4.** Add the cream; reduce to a simmer. The sauce should bubble slightly (not boil). Stir continuously until the sauce thickens.
- **5.** Add salt and pepper to taste.

Blackened Catfish

I large catfish fillet Blackening seasoning, to taste Olive oil, to taste Lemons, to taste

- 1. Turn a grill or griddle to medium-high heat.
- **2.** While the grill is heating up, liberally coat the catfish with blackening seasoning on both sides.
- **3.** Brush the grill or griddle down with olive oil. Immediately place the fish on the grill for 2-3 minutes on each side, or until done. The fish should be white and flaky.
- 4. Serve immediately with freshly





squeezed lemons, with Joy's rice and jalapeño cream sauce.

Reverse Seared Ribeye

I ribeye steak at least 1.5-inches thick Kosher salt, to taste Garlic powder, to taste Black pepper, to taste

- **I.** Heat the grill to 250-275 F.
- 2. Liberally season all sides of the steak.
- **3.** Place the steak on the grill until it reaches an internal temperature of 120 F.
- **4.** Remove the steak from the grill; let it rest 10 minutes while you adjust the grill to high heat.
- **5.** Return the steak to the grill; sear for I-2 minutes per side, until the internal temperature reaches 130 F or desired doneness; serve immediately.

Beef Tenderloin

I 2-lb. beef tenderloin Kosher salt, to taste Garlic powder, to taste Black pepper, to taste

I. Season all sides of the meat liberally. Tie it up in butcher's twine every few inches.



- **2.** Place the tenderloin on the smoker; smoke between 225 F and 275 F until an internal temperature of 120 F is reached.
- **3.** Remove from heat; let it rest 10 minutes while heating the grill to high.
- **4.** Sear the tenderloin on all sides at high heat, or until the internal temperature reaches 130 F or desired doneness.

Fresh Salsa

4 large tomatoes 1 jalapeño

1 poblano

1/2 medium onion, chopped 5-8 cloves garlic, chopped 2 Tbsp. olive oil 1/2 bunch cilantro 1 lime, juiced Salt. to taste

- **I.** Grill the tomatoes and peppers on the grill until blackened to your liking. We like ours pretty charred.
- **2.** Sauté the onion and garlic in olive oil until soft.
- **3.** Add all the ingredients to a blender or food processor; blend to desired consistency.







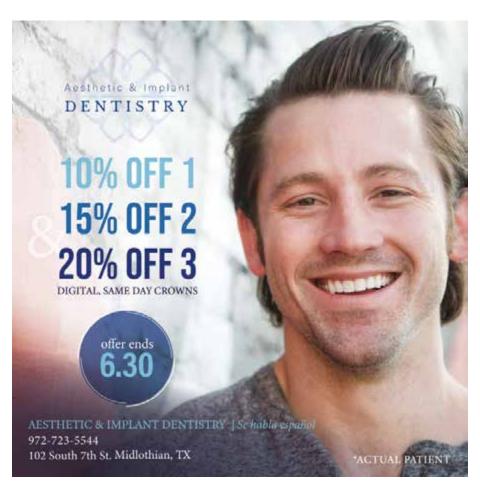




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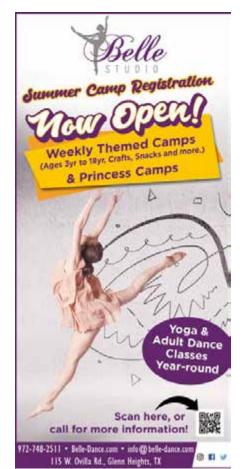










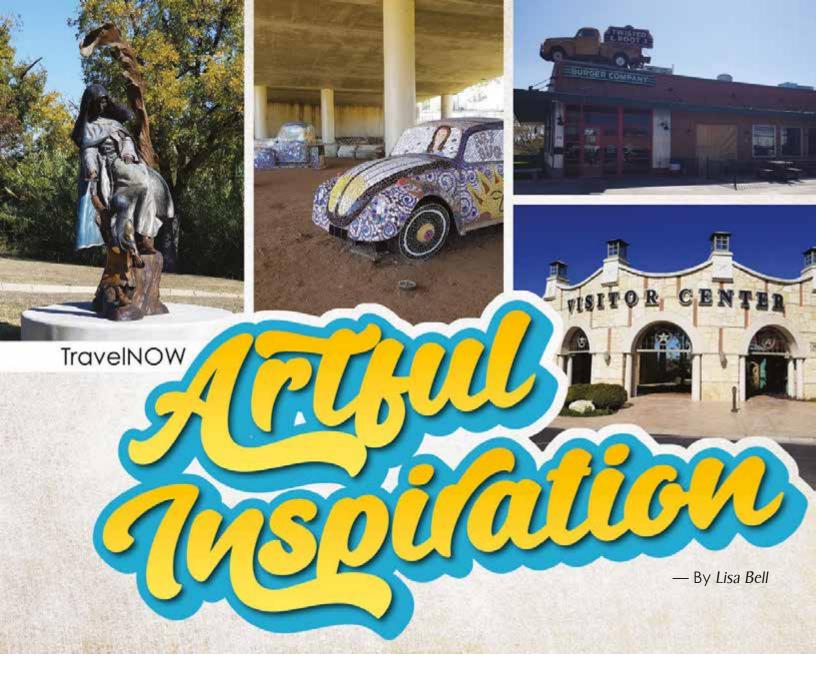












Imagine a place where art abounds, set in nature, yet with so many interesting things to see, a weekend might not be enough. Pack your bags, and head south to San Angelo, Texas. Be sure to include good walking shoes — hoofing it provides the best way to see amazing parts of the city.

Located a few hours from the DFW Metroplex, San Angelo has something to offer art enthusiasts and those who love spending time outdoors, visiting museums or enjoying music and shopping, along with some memorable history and a rich nightlife, too. After arriving, be sure to stop by the Visitor's Center and meet friendly staff who can tell you all about their city, but don't rush out. They have art and information for guidance during your visit. Conveniently located on the Comal Riverwalk, head down the rock stairway and begin

your adventure. Within moments, take in sculptures, painted sheep, mosaic automobiles and more, not to mention the serene flow of the river. The trail leads two directions from the Visitor's Center. With miles of sidewalks, you may want to plan two days.

Along the path, take time to enjoy various works of art and bronze statues. The Lady in Blue stands near a Jumano brave, commemorating the legend of her magical appearance to them in the 1800s. In another spot, a mermaid statue holds a Concho pearl as an offering of peace. Keep an eye open for other art while you stroll beside the peaceful water.

With many picnic tables, you can stop along the way for an old-fashioned picnic, or you might climb a flight of stairs and grab a burger at Twisted Root Burger Co. Featured on *Diners, Drive-Ins and Dives,* they offer a variety of hamburgers and other tasty items. Or venture over a few blocks to the historic Miss Mattie's Café for delicious food with atmosphere. While in the area, take in Miss Mattie's Museum to learn all about the madam and her girls.

The historic area has blocks of distinctive shops, including

Eggemeyer's General Store, taking visitors back in time. Whether looking for antiques, clothes, jewelry or the famous Concho pearls, you can find something special. With places to stop for food, drinks and snacks, reserve extra time to tour the area.

The Pop Art Museum also lives downtown in an open-air environment. Each painting contains a QR code for visitors to learn about the artists while admiring their works. And don't miss Paintbrush Alley, where artists feature

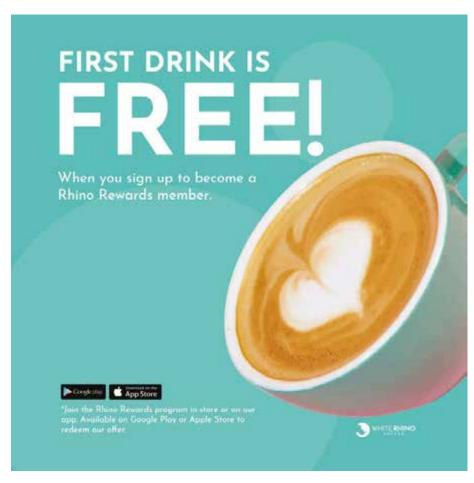


their talent on brick walls and even dumpsters. As you drive or walk, don't miss the myriad murals painted on entire sides of buildings. The wide variety of scenes won't disappoint. Wire sculptures greet visitors along the sidewalks with multiple painted sheep. But pay attention, because the sheep pop up all over the city.

While visiting, take in one of several other museums. San Angelo Museum of Fine Arts, Railway Museum of San Angelo, E.H. Danner Museum of Telephony, Fort Concho and others provide a taste of culture, enjoyable as an individual or with friends or family members. A memorial park and 9/11 memorial also offer a moment of reflection.

For more time outdoors, visit one of the area lakes, the San Angelo State Park and the San Angelo Nature Center. Near downtown, kids will love Kid's Kingdom or the city park, complete with a pool and water slides. As you plan your trip, prepare to enjoy full days. You'll need them to see everything. NOW







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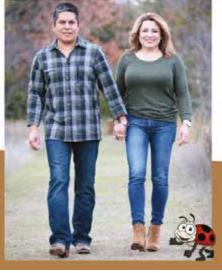
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In a nutshell, if you're experiencing a problem in your foot or ankle, it's important to see an expert in this field — a foot and ankle surgeon. But you might be wondering ... what is a foot and ankle surgeon?

Foot and ankle surgeons are the surgical specialists of the podiatric profession. They are highly educated and trained in their field. After earning a Doctor of Podiatric Medicine (DPM) degree from a four-year podiatric medical school, they undergo an intensive postgraduate residency in podiatric medicine and surgery.

So, what kinds of problems do foot and ankle surgeons treat? Some of the more common problems include bunions, hammertoes, heel pain (such as plantar fasciitis), arthritis in the foot or ankle, sports injuries, broken bones, tendon disorders, diabetes complications, Achilles tendon issues, ingrown toenails, neuromas, tingly feet, dermatological conditions and many more.

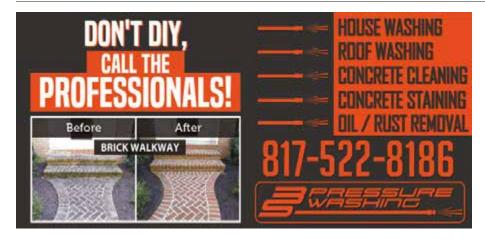
Now that you know what a foot and ankle surgeon can do

for you, how do you know when it's time to see one? If you have pain or discomfort in your foot or ankle, that's not normal — and that's one very common reason to seek professional help. Another reason to see the foot and ankle surgeon is if you notice unexplained changes in the appearance of your foot or ankle. If you have diabetes, it's crucial to get periodic foot exams. Diabetes is known to have two complications that can affect the feet — neuropathy (or nerve damage) and poor circulation. Arthritis is another common disease that can have a negative effect on the functioning of your toes, forefoot or ankle.

An unhealed sore, cut or wound on the foot is another reason to visit the foot and ankle surgeon. Getting prompt and appropriate treatment is extremely important. The foot and ankle surgeon is knowledgeable in how to best treat a sore, cut or wound that hasn't healed. Injuries such as sprains, broken bones or ruptured tendons all require the attention of a foot and ankle surgeon.

If you are like most people, you will probably experience a foot or ankle problem at one time or another, so it's good to know when it's best to seek professional care. The sooner you receive the right diagnosis and treatment, the better your outcome will be.

Christopher Schmitt, DPM Associate of the American College of Foot and Ankle Surgeons Southern Star Foot & Ankle











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8		T	T	T		9	\vdash	\vdash	10	11
12	T	T	t	+	13		t	\vdash	T	1
14	H	1		15	\vdash	T		16	t	t
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	20		T	\vdash	t	21		t	T	
22			t		23	+	T			
24	T			25		\vdash		26	27	28
29	H	T	30		T	\vdash	31			T
32			t	+		33	T			+
		34	+	+		35	+	-	+	

Solutions on page 52

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Across

- 1 Scores, in cribbage
- 5 "The Sweetheart of Sigma --- "
- 8 Last President of Czechoslovakia
- 9 Burroughs' was naked
- 12 Primary
- 14 "So many , so little time" (Mae West)
- 15 Upper limit
- 16 Carpet fuzz
- 17 Copycat
- 19 Sand ridge
- 20 Fellow student
- 22 Kind of egg drink
- 23 --- Christian Andersen, fairy tale
- writer
- 24 One third of an ellipsis
- 25 Lisa Simpson's instrument
- 26 Dance
- 29 Bright
- 32 Played by Yo-Yo Ma
- 33 Island with two small neighbors, Gozo and Comino
- 34 Beat recording?
- 35 Unaccompanied

Down

- 1 Skin
- 2 In any way
- 3 Coagulate
- 4 Pizza portions
- 5 Cut out
- 6 Barbarian
- 7 Where to find a kernel
- 8 Concentration measure
- 10 Marsh bird
- 11 Promotional hoopia
- 13 Dillon or Earp
- 18 Mush
- 19 Karate proficiency measure
- 20 Exact duplicate
- 21 Axioms
- 22 Financial stability org.
- 25 Peg away
- 27 Upon
- 28 School group
- 30 Antiered animal
- 31 Congressional spending watchdog

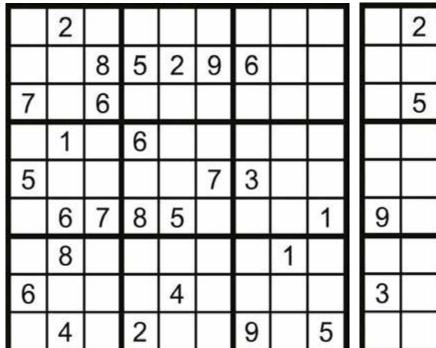
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Easy Medium



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

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Solutions on page 52



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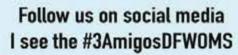
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Happy Father's C 19) some events may have been cancelled or rescheduled while we were at press. eck with individual organizations or your city or Chamber websites to verify dates and times.

6/3, 6/10, 6/16, 6/22, 6/27

Presbyterian Children's **Homes and Services Live Webinars:**

These sessions are for adults interested in fostering and/ or adopting children. Each information session explains how fostering works in Texas, whether or not the goal is adoption. For webinar times and a link, call (512) 212-5700 or email FosterAdopt@pchas.org.

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Pride Month Meetup:

The Pride Alliance of Ellis County hosts its first meet-up to celebrate Pride Month. Free. 3:00-6:00 p.m., Fellowship Park next to Central Presbyterian Church. https://www.facebook. com/prideallianceelliscounty.

6/18 and 6/25

Creature Teacher Presentations: 6/18: The Creature Teacher will

bring South American animals for all to learn about. 6/25: The Creature Teacher will bring Australian animals for all to learn about. Free. 10:30 a.m.-11:00 a.m., Sim's Library, 515 W. Main St. For more information, call (972) 937-2671 or visit simslib.org.

7/3

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including locally grown fruits and vegetables, eggs, fresh baked goods, honey, cheese, jams, jellies, salsas, locally raised beef and pork, grains, plants, jewelry, clothing and home decor items. Free. 8:00 a.m.-1:00 p.m. rain or shine, 701 Howard Road.

Red Maple Riders Cycling Group:

Local family-friendly cycling group that rides every weekend for beginners through advanced. Free. 213 Pecan Tree Rd. For more information, visit their Facebook page: Red Maple Riders.

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



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Easy

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

Medium

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





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