WaxahachieNOW

MAGAZINE

AUGUST 2021

Neighbors Helping Neighbors

Billie Wallace facilitates generosity

In the Kitchen With Angela Castillo

Driving Forward

This foolball player has cars in his future

SITEXAS ARM

W.

Also inside:

Scavenger Humb

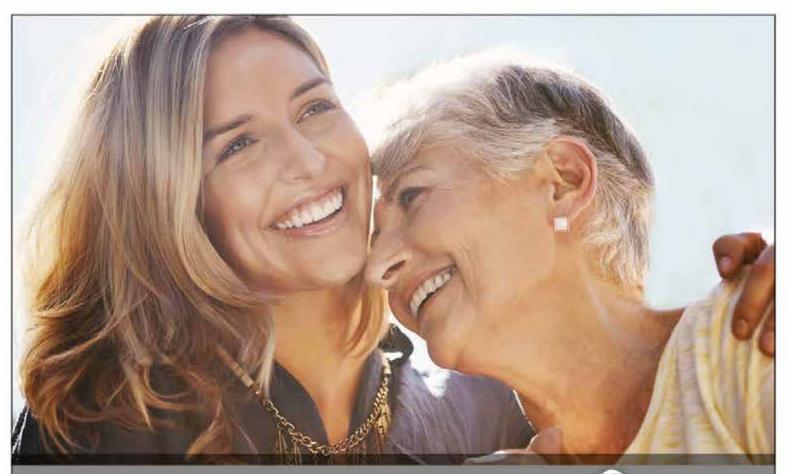
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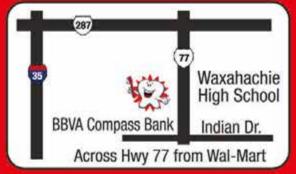
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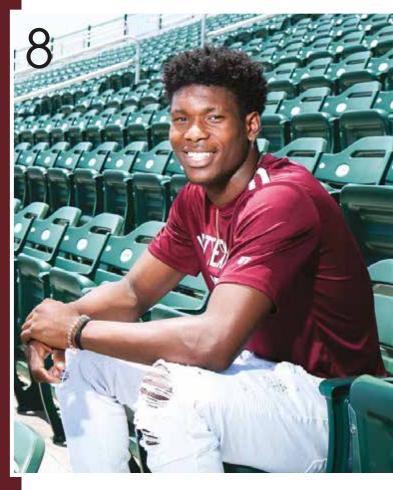
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ON THE COVER

Jh'Marques Head plays football for West Texas A&M University on a full scholarship.

Photo by Kobbi R. Blair.

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

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EDITOR'S NOTE

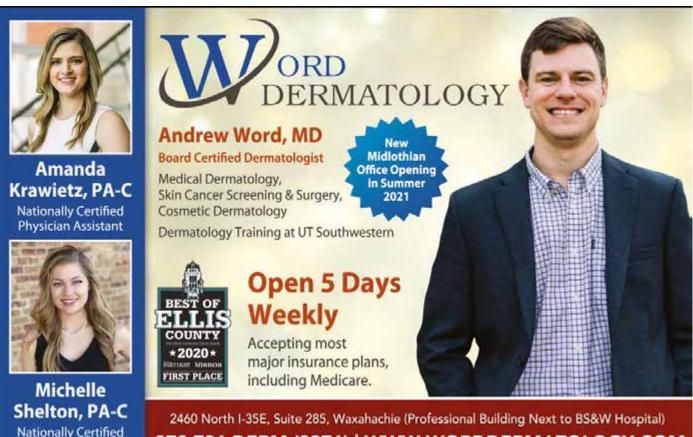
Another year of learning is upon us!

Here it is, already August, and school is about to begin again. I have a grandson who is starting kindergarten this year. His name is Wyatt, and he is so excited to meet his teacher. I have the privilege of picking him up from school this year, and I am thrilled about getting to spend the extra time with him. If someone would have told me 15 years ago that I would be looking forward to picking a child up from school, I would have been skeptical. I remember how much I enjoyed it when my kids were little, but I also remember how pleased I was when my youngest got her driver's license, and my daily jaunts to the school ended. I was busy working long hours, and it was so much easier. I am grateful to have more time now.

I can't wait to ask him what he had for lunch, or what letter he learned each day. It really can be a special time, that moment when they leap into the car after a hard day at school. Was their day good? Did something bad happen? Are they happy? Are they upset? Are they hungry? Did they forget something important? It's kind of like a box of chocolates, you never know what you're going to get.

I am making a list of things we can do for about an hour after I pick him up each day. Of course, ice cream will be on the agenda at least once a week. Maybe I will bring a picnic snack, and we can go to the park for a picnic and a walk. I wonder if he would enjoy playing scavenger hunt at the grocery store? We shall see!

Savor those special moments, my fellow Waxahachians!



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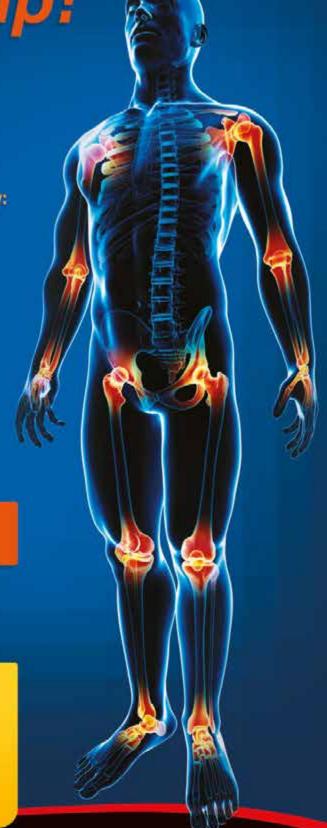
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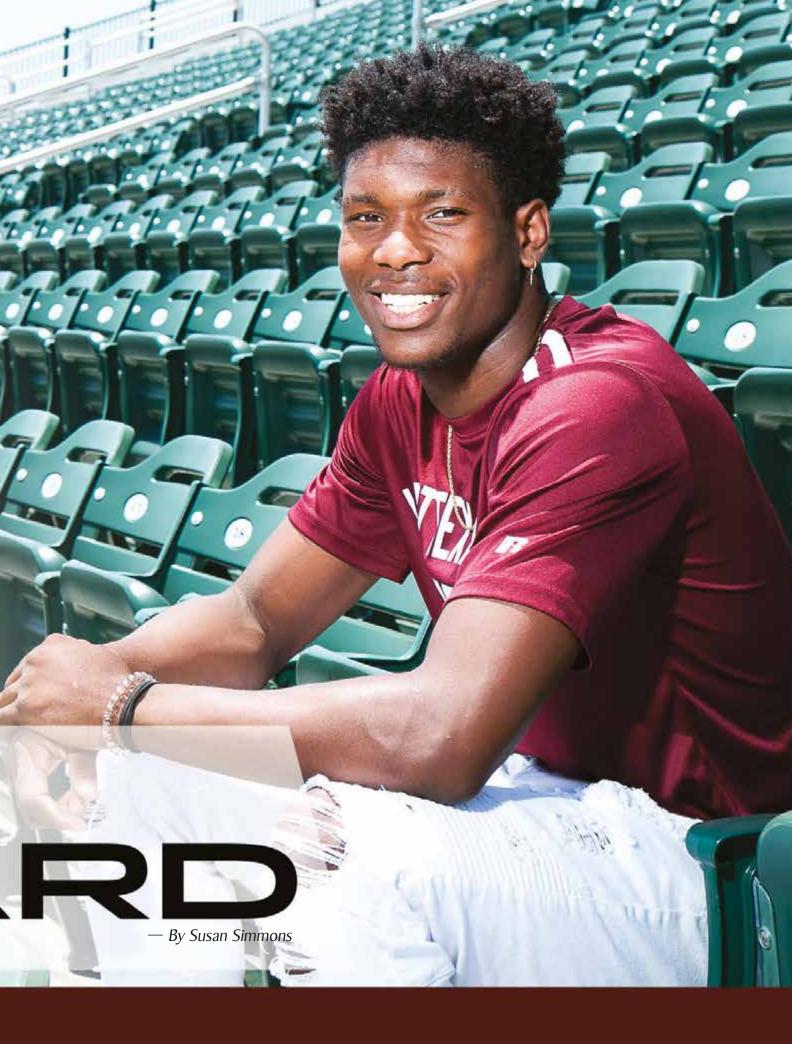
Jh'Marques Head is West Texas A&M University bound to pursue a degree in mechanical engineering, while he plays football on a full scholarship. Jh'Marques has kept his eye on his educational goals while playing his heart out in football for almost all his life. "Being a mechanical engineer is not a back-up plan," Jh'Marques shared. "I look forward to having a job involved with designing and testing engines and automobiles for the future. Playing for the NFL is definitely a dream of mine, but I know engineering is more realistic. When I was younger, I liked watching my pawpaw and other members of my family work on cars. That's why I took mechanical engineering during my sophomore and junior years of high school and chose cars for my future career."

Jh'Marques was lucky to be born to a mother who recognized his potential and put in the work to steer him in the direction that would enable him to accomplish his dreams. "He began playing Waxahachie Pee Wee football when he was 4 years old. He loved the game and played whenever he could, so I encouraged him," said Kyra Walker, Jh'Marques' mother.

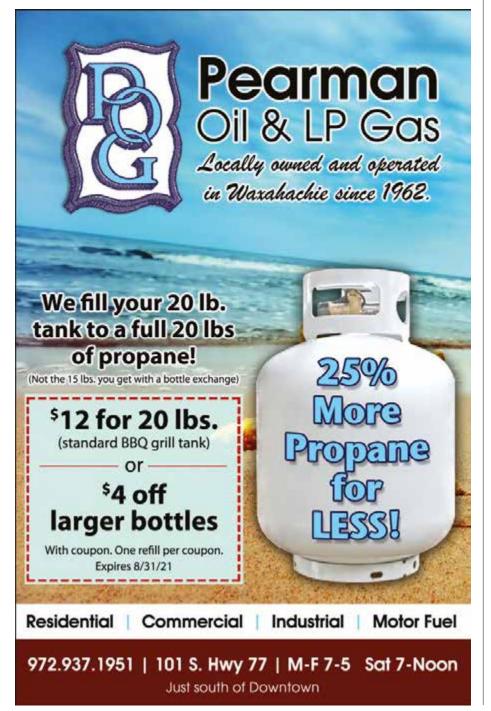
Kyra went to college on a basketball scholarship. "I received a full ride to Kansas State, but then I found out I was pregnant with Jh'Marques. My coach helped me find a school closer to home, and my mother took care of Jh'Marques, while I got my education. After two years, I came home to raise my son. Today, I am the assistant director at Dixieland Child Care Center in DeSoto. Someday, I will have my own day care, but for the past 18 years, I have devoted my life to raising Jh'Marques and his younger sister. Because of what I had learned playing sports in school, I made sure that Jh'Marques understood that if he didn't make good grades, he wouldn't be able to achieve his goals."

"Change is a big thing in the world right now.
Whatever I can do to improve the world, like recycling or money for the homeless, I'm all for it."

DRIVING EORNA









"Even in Pee Wee football the coaches made us show them our grades, and we would have to run or do bear crawls if our grades were bad," Jh'Margues said. "When I started middle school. I started to become nonchalant about my grades. My mom was strict and taught me that it wasn't going to get me where I wanted to go," Jh'Marques said.

"I just kept telling him that you are going to be labeled by the company you keep. Jh'Marques is a smart kid. It didn't take him long to make the right choice, and he has been on the A/B honor roll every single time since the seventh grade," Kyra said as she beamed with the pride and joyfulness that only a parent who has given their all for their children can feel. "Jh'Marques' work ethic is his superpower. Once he made his mind up. he became the best homework person in the house. He clears the table and focuses. He will do homework for two or three hours to make sure it's right."

That work ethic is what empowered him to become the excellent football player he is today. "I play defensive end and outside linebacker. Even though I have natural agility, which is what I need to block a lineman who is twice my size, the more I practice, the more my footwork and handwork becomes second nature to me. Practice also expands my mindset, which helps me focus and predict what the linemen are going to do," Jh'Marques explained.

One of Kyra's greatest memories was when Jh'Marques was in high school and called her late one evening. "He called and asked me to pick him up. He had gone to spend the night with a friend and other people had joined them. When he got in the car, I asked him why he wanted to come home, and



he said they were smoking and drinking, and he didn't feel he needed to be there. I was wowed! It was truly a grown man moment."

In addition to family, Jh'Marques credits WISD for helping him achieve success. "WISD has done me well. They have great principals who will help you if you need it. If a person asks for help and shows that they are willing to give their 110 percent, the people at WISD will make sure that they get the help they need to graduate with a good GPA. It takes communication between the teachers, principals, counselors and coaches."

Jh'Marques already enjoys giving back and helping others. "Change is a big thing in the world right now. Whatever I can do to improve the world, like recycling or money for the homeless, I'm all for it," he said.

Kyra added that Ih'Margues made the time to volunteer for peewee football camps during high school. "No matter how late he stayed up the night before, he was up at 5:00 a.m. getting ready to go teach football to the peewee kids," she said.

"I wanted to make sure they got a good start, just as those guys had done for me when I was a peewee player," he stated. "It's all about give and take."

Kyra listened proudly to her young man talk with such wisdom. "It was hard raising him as a single mother, but every sacrifice I made was so worth it. All the hard work he put in and all the right choices he made — they are paying off now." As Jh'Marques goes off to college, Kyra said, "I fear every day for his safety. but I know he must follow his destiny. God be with him, and God be with me as I try not to worry and just enjoy these wonderful, incredible moments." **NOW**





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When disasters strike, most of us say we'd help out, if we only knew how. Billie Wallace doesn't talk. She acts.

When COVID-19 hit our community, Billie saw the needs, and knew they wouldn't be going away anytime soon. She also knew the needs were bigger than any one person, so she found a way for the people of Waxahachie to help each other. Billie turned to Facebook and started a group called Waxahachie Have It Or Need It, where citizens can work together to meet each other's needs in times of crisis. "I started it in April 2020, at the onset of the pandemic, because I felt like God was laying it on my heart to do something. People were losing their jobs. They were facing hard times. So, I asked myself what I could personally do. I started this group where people could announce if they had something they didn't need, and others who did need it could claim it. We have over 2,000 members now. We don't allow anything for sale, and we want to make sure the group stays positive, nothing but kindness," Billie explained.

The focus of the group has grown and changed with the fluidity of the situation. "At first, everyone was looking for toilet paper. People who had extra reached out and donated it to people who had run out. People were also offering food, canned goods and boxed stuff. Then people started wanting to donate money. I was concerned about doing that the right way. I couldn't keep *donated* money with *our* money, so I

opened a bank account and filed for 501(c)(3) status. I got my accountant to make sure everything was done correctly. And people have continued to donate. We have some people who donate monthly. We can use that money to help people with groceries, mortgage payments, rent, car repairs, utility bills. We only help a particular family one time, but that means we can offer emergency help to more people."

This started as a hometown effort to help people help their neighbors, and it has remained just that. "This is 99 percent Waxahachie people donating into the group, and 99 percent Waxahachie families receiving the help. The group has adopted 87 families, to date, but not all of them have needed help because of the pandemic. Some of them lost their houses to fires. We helped seven or eight of the families who were hit by the tornadoes. We're able to give them H-E-B gift cards, so they could get the food they needed, and donated items helped with rebuilding their lives."

You might wonder what sorts of things have been donated. And the answer is just about anything you can imagine. "Someone donated an almost brand-new refrigerator. We've seen washers and dryers. Wheelchairs and walkers have been donated several times. Someone donated an automobile. It was older, but running and in good condition. And there has been a lot of clothing and personal care items. As a rule, unless we already know where it's going, we don't like to take and store food items. It's better to post that you have them, and let someone who needs them claim them. I do have 25 boxes of dry food items here that I need to distribute, but

ELPING

— By Adam Walker



I don't like to store stuff here in my possession," Billie explained.

"I was a police officer in Waxahachie for 30 years, before retiring in 2016 and becoming a fraud investigator for the National Insurance Crime Bureau. I'm pretty knowledgeable about fraud and people trying to pull off a scam. We do ask that people only post their needs and not their wants. We have a lot of really good people here in Waxahachie willing to donate to strangers that they have probably never met. The Rotary Club gave our nonprofit a \$5,000 donation that we took to H-E-B and turned into \$100 gift cards to help 50 families in need," Billie revealed.

"During the awful winter storm, we were able to put some families without power up in local hotels. This originated because of the effects of COVID-19, but now it's about caring for our neighbors during the next tragedy, the next unexpected hardship, the next natural disaster or job loss. I'm glad there are groups, such as ours, to help people in need, whenever the unexpected strikes." Now





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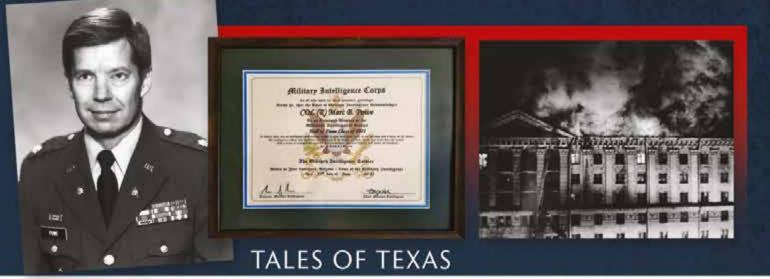




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E SHADOW WARRIOR

By Alex Allred

When Col. Marc B. Powe's picture appeared on the big screen before the audience at the U.S. Army's Military Intelligence Center of Excellence, there was a stillness. Not only was he being inducted into the Hall of Fame, alongside Harriet Tubman, but he was also one of just a few handpicked intelligence officers responsible for moving the Military Intelligence Center and School to Fort Huachuca, Arizona, in 1971-1972. It was there that Col. Powe, a Dallas native and graduate of Texas A&M University and its Corps of Cadets, with Col. E.E. Wilson, co-authored The Evolution of American Military Intelligence, long regarded as the "bible" of military intelligence. He also began instructing future officers in the art of human intelligence gathering, instruction that is continued today by others who followed in his footsteps.

There was an audible appreciation among the crowd as Col. Powe's documentary began with the commentary, "Col. Powe's 30-year military career reads like a spy thriller, beginning with his assignment as an operations officer in the U.S. Embassy in Moscow in 1977. During a major fire at the embassy as the Moscow fire department and other Russians entered the building, Powe ensured the security of extremely sensitive classified areas. ..."

During his illustrious career, Col. Powe was responsible for securing highly sensitive information and material throughout the world. Fluent in six languages and seemingly always in the "right place," he secured the Soviet MI-25 Hind Helicopter in the Chadian Desert in Africa under intense negotiations (and still classified information). A YouTube video with the title *The* Hind Heist – The Secret Operation to Steal the Soviet's Top Helicopter offers a very rare glimpse of Col. Powe in the field at the 8:59 minute-marker in the 10-minute video (just as there is a rare picture of him in the best-seller The Billion Dollar Spy, although he denied the image to be his). It was also during that time that he "acquired" a Chinese anti-ship missile at the behest of the U.S. Navy.

Only in 1987 while following a Soviet convoy through the desert of Kuwait was Col. Powe's cover truly blown. Despite

the Soviets' denial of arming the Iragis with weapons, a direct violation of the Intermediate-Range Nuclear (INF) Treaty, he discovered the truth, but he had also been exposed. As he saw Kuwaiti officials running toward him, he calmly destroyed the film in his camera and ate his notes before being captured and beaten for information that would never be obtained. It was Ronald Reagan who negotiated for the return of one of the U.S. Army's top intelligence officers.

Col. Powe was the only living U.S. military officer to twice receive the Director of CIA Intelligence Exceptional Intelligence Collector Award. He also received such medals as the Defense Superior Service Medal, Legion of Merit, Soldier's Medal, Bronze Star Medal and Purple Heart, among many others. He was inducted into the Department of Defense Attaché Hall of Fame in 1999. But for his family, his induction into the U.S. Army's Military Intelligence Hall of Fame offered peace of mind, as Col. Powe has not yet been given a funeral. Having died in August 2020, he is to be buried with full honors at Arlington National Cemetery in Arlington, Virginia, alongside his wife, Karen W. Powe — the ultimate military wife, it should be noted. She was responsible for securing the picture of the underbelly of a Soviet tank in the late 1970s. Both Marc and Karen, also a Texas native, live on in the legal system while an investigation

into the amount of radiation they endured from hostile foreign nations is currently being conducted.

After retirement, Col. Powe served in the Office of the Secretary of Defense in 2003 overseeing a U.S.-led coalition that overthrew Saddam Hussein. He was one of the first civilian cadre in country post combat and worked to repair the Iragi police and army as a province advisor. His work with the Joint Improvised Explosive Device Defeat Organization (JIEDDO) to defeat the IED attacks on U.S. servicemen and women and the growing effect of ISIS/ Al Qaeda/Taliban threats was both personally and professionally important to Col. Powe, and it was a reason that military intelligence instructor CW3 Matthew Carr requested to serve as escort to Powe's family for the Hall of Fame induction.

On March 13, 2007, Carr's younger and only brother, SGT Robert M. Carr, was killed in action while serving his country. The younger Carr was serving a second deployment to Iraq when the vehicle he was driving struck an IED. For CW3 Carr, who enlisted in the U.S. Army in 1999, and was already in the human intelligence and counterintelligence fields. Col. Powe's résumé resonated. "The work he did helped save the lives of many. Years after my little brother was killed by an IED in Iraq, I was struck by multiple IEDs in Afghanistan and walked away due to the improvements that were made to our equipment. I know a lot of those improvements were thanks to Col. Powe and the work he did."

Though he had never met either Carr brother, it was soldiers like these that drove the colonel, whose courage in the face of danger was matched only by his humility. His slow Texas drawl and seemingly easy manner were perhaps his greatest cover. Today, his works and research reside with the U.S. Army Military Intelligence Center of Excellence historical archive and are known as "The Powe Collection." When a former colleague from the Pentagon summed up Powe as "the best of us ... a Shadow Warrior who served this nation," it did not yet begin to describe his ultimate desire for world peace and unity. Perhaps it was why he admired soldiers so much, as he knew their footsteps would surely surpass his own. NOW





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SPEEF

Zoomed In:

By Susan Simmons

Kelly Larson and Lori Woodard

In addition to Kelly Larson and Lori Woodard's regular job at Sims Library, these capable ladies volunteer to do maintenance jobs around the library, so the money to hire someone can be used to support other programs. Replacing light bulbs, building floats for the parades, maintaining the flower beds, fixing doors, building and staining shelves and moving furniture are just a few of the many things they accomplish! "We sure wouldn't mind having help with the flower beds," Lori shared. "It is such a big area. We wanted the front to look nice for the reopening, so we put out 25 bags of mulch, but it didn't seem to hardly make a dent." A big "thanks" to these amazing women!



Jacob Calvit sells trees at the Waxahachie Farmers Market to raise money for Friends of Bullard Heights Park.



Jude Gowens is 5 years old and lost her first tooth!

Around Town



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Vineyard Home Health, LLC

— By Susan Simmons

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Hours: Monday-Friday: 9:00 a.m.-5:00 p.m.

Jake Hibbert worked with rehab patients as a nurse in corporate long-term care facilities for several years before he decided to open his own home health care company. "Home health care is such a personal business that I could see a real benefit in being a small-town, community-based operation," Jake explained. "Being a locally owned and operated, non-franchised

business means that we are readily available to our patients in Ellis County and surrounding counties when needs arise."

A year ago, when Jake started Vineyard Home Health (VHH), the business consisted of just himself and one assistant. Today, he employs three nurses, three assistants and one office manager. "All our staff members are very well trained. They are people I have worked with over the years, and I have been impressed with their level of devotion and care," Jake explained. "I firmly believe that experience is vital for in-home health care. People new to health care should first work in a nursing home or hospital, where they are around other health care professionals. Being a small, non-franchised business allows me to pick and choose the very best, well-experienced people to care for our patients."

Jake made the important decision to invest in the CHAP accreditation program. "CHAP is a highly respected accreditation program that works to make sure all their

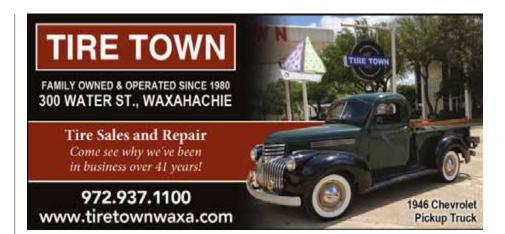
accredited businesses go above and beyond the standard of care published by Medicare and Medicaid," Jake said. "I chose CHAP because I wanted our clients and their families to have the peace of mind in knowing we are certified by the best possible agency."

VHH offers a wide range of services, ranging from doctor-prescribed skilled nursing to physical and occupational therapy. They can also provide home health aide services to assist in daily living activities like bathing, dressing, toileting, dressing, eating and fixing hair. Homemaker services are also available and include housekeeping, laundry and other homemaking necessities. "Having one company that can accommodate a wide variety of home-care needs really makes all the difference for the family, as well as the patient," Jake said.

Kittie Murray works as the director of nurses at VHH. She has worked in home health care for many years. "Home health care needs to be more than just a job. It actually needs to be a calling," Kittie shared. "It is a 24/7, 365-daysper-year job caring for our community's most vulnerable people. That is why we take the extra time to get to know our patients and their families. Most of my patients consider me part of their family. I get invited to weddings and birthday parties all the time."

"I have a patient who was discharged a while back, and he called me yesterday and asked me to go fishing!" Robert Restom, another nurse at Vineyard, added. "My patients don't just rely on me for their health care, they enjoy having someone to talk to and socialize with. The fact that I live in the same area, shopping at the same stores and, sometimes, even attending the same church, gives me many things in common to talk about."

Vineyard Home Health has all the bases covered for anyone who needs home health services, "All of our employees are fully vaccinated and ready to make a real difference in the lives of others," Jake said assuredly. "I hope that anyone needing our services will call and have a conversation with me. I am certain we can make their lives better in so many ways." NOW



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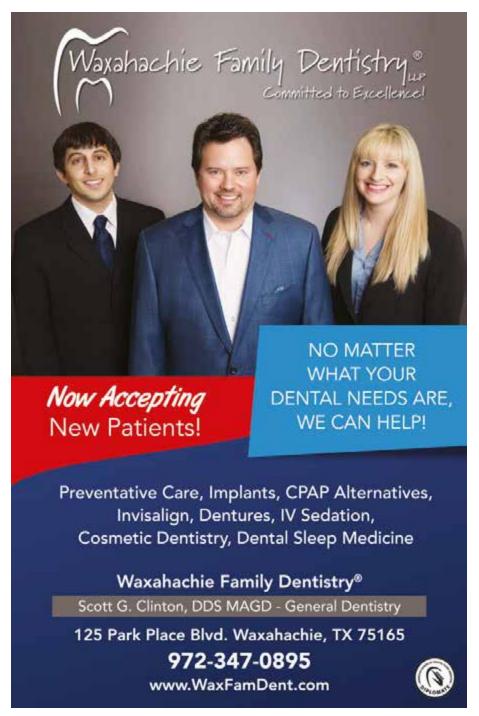
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As a child, Angela Castillo enjoyed watching her family members cook at large family gatherings, as well as helping her mom prepare dinner. "It wasn't long before I found myself cooking for my big family. It was my way of showing them how much I cared for them," Angela shared. She is inspired by trying new cuisines from varying ethnicities and sometimes finding healthier, but still delicious, ingredient choices to use as substitutions. "The foodie in me loves to explore the cuisine culture. I usually seek out authentic recipes from other foodies. For example, I enjoy creating Korean dishes, and I follow Maanachi's Instagram account. I also love to bake cakes and cookies. I dreamed of taking baking to a professional level, but life had other plans," Angela said, with a chuckle. Now

Mama Lu's Chicken Enchiladas

- 1 lb. chicken, cooked and shredded
- 2 cups Mexican blend cheese
- 1 22.6-oz. can cream of mushroom soup
- I cup chicken broth
- 2 fresh jalapeño peppers, deveined
- 2 fresh poblano peppers, deveined
- I pkg. corn tortillas

- **I.** Preheat the oven to 350 F.
- **2.** In a medium bowl, mix the chicken and shredded cheese; set aside.
- **3.** In a blender, add the soup, chicken broth and peppers. Blend until smooth. Pour the mixture into a bowl; set aside.
- **4.** Corn tortillas can be lightly heated in the microwave to soften, or lightly fried in avocado oil.

- **5.** Spread 1 cup of the sauce mixture in an 11x7-inch baking dish.
- **6.** Dip one tortilla at a time into the sauce; place the tortillas in the baking dish.
- **7.** Add 2 Tbsp. of the chicken and cheese mixture into the center of each tortilla and roll.
- **8.** Continue the process until the dish is full.
- **9.** Pour the remaining sauce and cheese over the enchiladas; bake for 30 minutes.

Kimchi Fried Rice

- 1 Tbsp. olive oil or avocado oil
- 1 Tbsp. sesame oil
- I sweet onion, chopped
- 1/2 cup carrots, shredded
- 3 cloves garlic, minced
- 1-2 cups kimchi, chopped and drained with juice reserved
- 2 Tbsp. gochujang paste
- 3 cups steamed rice, prepared the day before
- 1/2 cup water

Garnish:

- 2 large eggs, fried over-easy 1 pkg. roasted seaweed
- 1 Tbsp. sesame seeds
- 1 stem green onion, sliced
- **I.** Add the oils to a saucepan; bring to a simmer. Sauté the onions, carrots and garlic.
- **2.** Once tender, add the kimchi and gochujang paste.
- **3.** Once mixed, add the steamed rice, kimchi iuice and water.
- **4.** Cook on high heat until it reaches your desired crispness.
- 5. Garnish as desired.

Mama Lu's Rice

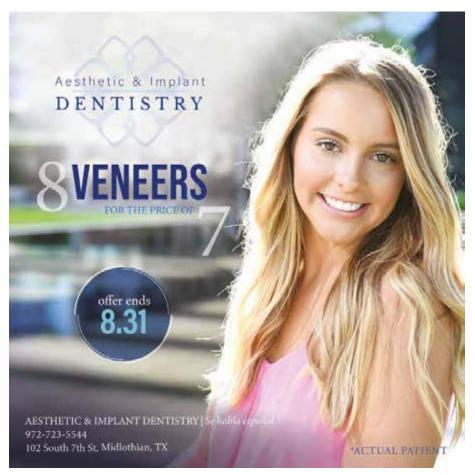
- 1 Tbsp. avocado oil
- 2 cups long grain rice
- 1 8-oz. can tomato sauce, unsalted
- 3 1/2 cups water
- I tsp. garlic powder
- I tsp. onion powder
- 1 tsp. Knorr's Tomato Bouillon
- 1/2 tsp. salt
- **I.** Add the oil to a large saucepan over medium-high heat.
- **2.** Once the oil is hot, add the rice; stir until lightly toasted and golden brown.
- **3.** Add the tomato sauce, water and all spices.
- **4.** Bring to a boil. Cover; reduce heat to low. Cook for 15 minutes. Do not remove the cover or stir.
- **5.** Remove from heat; set aside for 5 minutes before removing the cover. Fluff the rice with a fork.

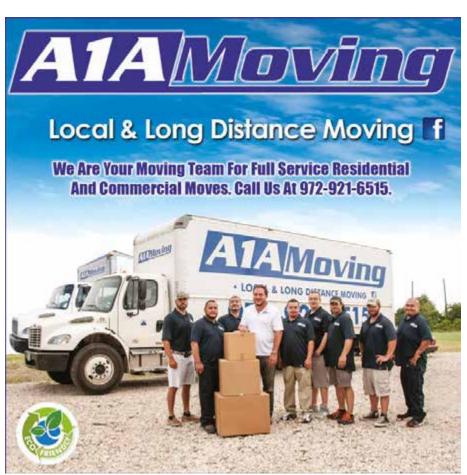
Air Fried Korean Wings

- I tsp. salt
- I tsp. white pepper
- I tsp. garlic powder
- 1/2 tsp. celery seeds
- 1/2 tsp. thyme
- I tsp. smoked paprika
- 1 tsp. chili flakes
- 12-24 wings
- 1/4 cup oil of choice
- **1.** Mix all the ingredients well, except the wings and oil; set aside.
- **2.** Coat the wings with the oil; cover them in the spices.
- **3.** Air fry on 400 F for 10 minutes on each side.

Red Enchilada Sauce

2 Tbsp. olive oil or avocado oil 2 Tbsp. all-purpose flour 1/4 cup chili powder





1/2 tsp. garlic powder 1/2 tsp. ground cumin Salt, to taste 2 cups chicken broth

- **I.** Heat the oil in a saucepan over mediumhigh heat.
- **2.** Add the flour; cook for 1-2 minutes, whisking constantly.
- **3.** Add the spices; cook for 1 minute, whisking constantly until there are no lumps.
- 4. Add the broth; simmer, whisking

constantly until the ingredients are well combined and there are no lumps.

5. Reduce the heat; simmer 10-15 minutes, until the sauce thickens, whisking occasionally.

Mango Pico

- I poblano pepper, deveined and diced (remove seeds for less heat)
- I jalapeño pepper, deveined and diced (remove seeds for less heat)
- 1/2 red onion or 1 shallot, diced



I large mango or 2 Ataulfo mangos, diced Cilantro, chopped, to taste

2 limes, juiced

2 Tbsp. Zulka Morena sugar or honey Fresh garlic, to taste, minced Salt, to taste

- **1.** Combine the peppers, onions, tomatoes, mangoes and cilantro in a large mixing bowl.
- **2.** Mix the lime juice with the sugar, garlic and salt.
- **3.** Pour liquid mixture over the produce mixture; refrigerate for at least 30 minutes before serving.
- 4. Enjoy on fish tacos or as salsa.



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HealthNOW Puncture Wounds

Puncture wounds and cuts are not the same. A puncture wound has a small entry hole caused by a pointed object — for example, a nail that you step on. In contrast, a cut is an open wound that doesn't produce a "hole" but rather a long tear in the skin. Puncture wounds require different treatment from cuts because these small holes in the skin can disguise serious injury. Puncture wounds are common in the foot, especially in warm weather when people go barefoot. But even though they occur frequently, puncture wounds of the foot are among the most inadequately treated conditions. That's a big concern, because if not properly treated, infection or other complications can develop. Getting proper treatment within the first 24 hours is especially important with puncture wounds because they carry the danger of embedding the piercing object (foreign body) under the skin. Research shows that complications of puncture wounds could be prevented if the patient seeks professional treatment right away.

A variety of foreign bodies can become embedded in a puncture wound. Nails, glass, toothpicks, sewing needles, insulin needles and seashells are some common offenders. In addition, pieces of your own skin, sock and shoe can be forced into the wound during a puncture, as well as dirt and debris from the

object. By their nature, all puncture wounds are dirty wounds because they involve penetration of an object that isn't sterile.

Regardless of what the foreign body is, anything that remains in the wound increases your chances of developing other problems, either in the near future or down the road. The key to proper treatment is this: A puncture wound must be cleaned properly and monitored throughout the healing process to avoid complications. Even if you have gone to an emergency room for immediate treatment of your puncture wound, see a foot and ankle surgeon for a thorough cleaning and careful follow-up. The sooner you do this, the better — within 24 hours after injury, if possible.

The foot and ankle surgeon is trained to properly care for these injuries and will make sure your wound is properly cleaned and no foreign body remains. He or she may numb the area, thoroughly clean inside and outside the wound and monitor your progress. In some cases, X-rays may be ordered to determine whether something remains in the wound or if bone damage has occurred. To treat or prevent infection, antibiotics may be prescribed.

The complications of puncture wounds can be quite serious. But early proper treatment can play a crucial role in preventing such complications.

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















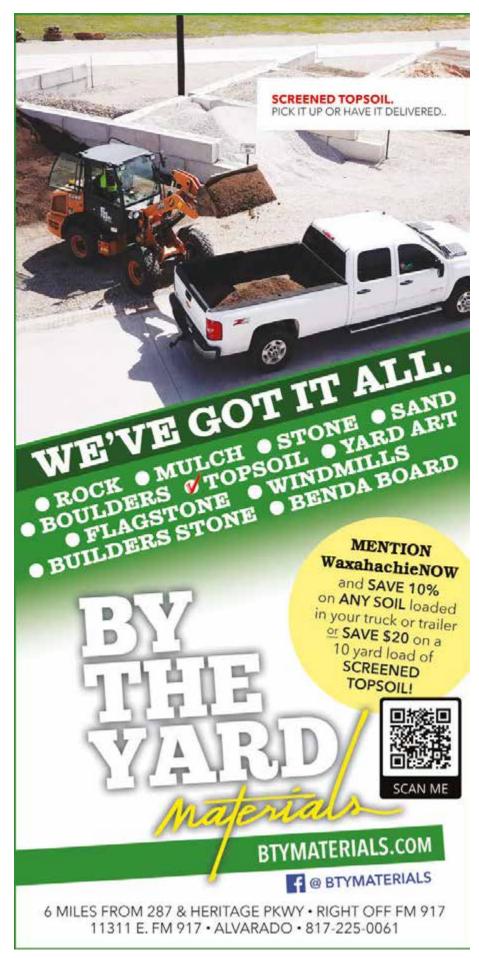
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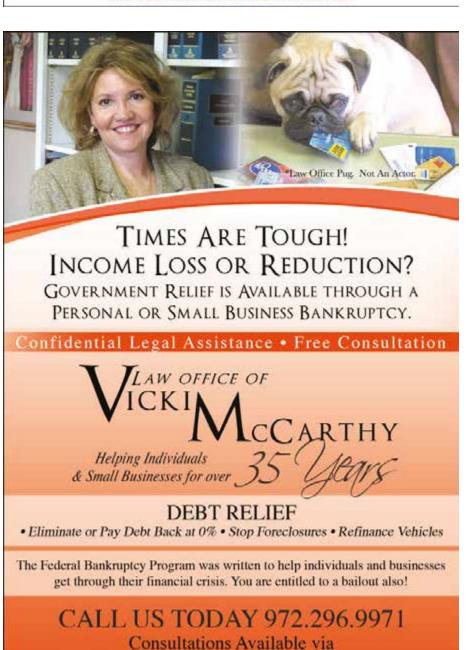


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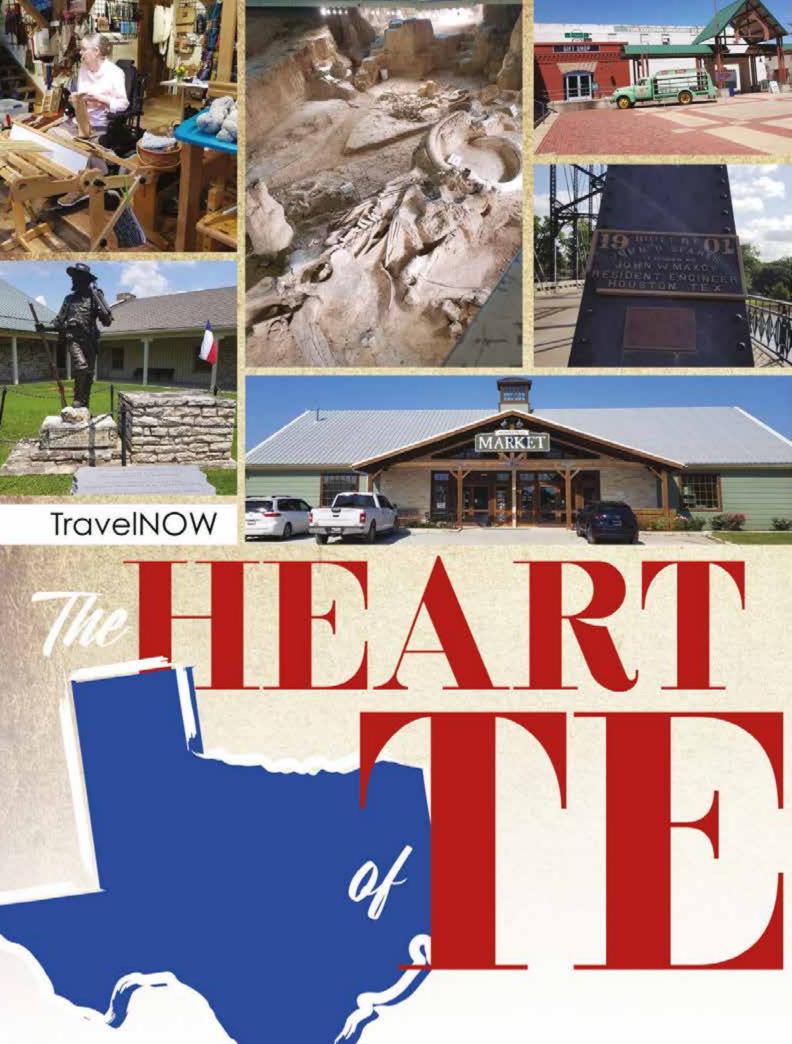


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Home of Baylor University and the famous Magnolia Market, Waco, Texas, offers numerous spectacular places to spend time. Whether taking a weekend trip, a weeklong vacation or driving down for the day, the city on the Brazos won't disappoint.

At Homestead Craft Village, local artisans of the community demonstrate various crafts. Experience woodworking, steel forging, weavers and basket makers, a working old-fashioned gristmill and more. The general store, village market and other shops delight visitors with an option to purchase locally grown and handmade items. While there, enjoy a meal at Cafe Homestead, where they use ingredients from Homestead Heritage Farm. Be sure to get on the list soon after your arrival at the village.

The Mayborn Museum Complex, located on the Baylor campus, provides more than a day's worth of intriguing, interactive displays. Dozens of interactive exhibits draw out the child in anyone. The traveling exhibit for 2021 summer thrills lovers of dinosaurs. Be sure to interact with more of the fun creatures upstairs.

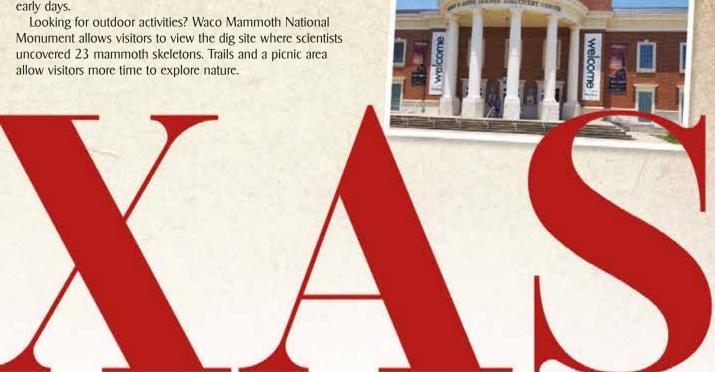
Don't miss the Texas Ranger Hall of Fame & Museum (not the baseball version that's down the street at the Texas Sports Hall of Fame). Check out the history of Texas' most famous law enforcement branch. Learn about these men, how they changed over time and use today's technology to capture criminals of all types.

A trip to Waco isn't complete without learning the origins of Dr Pepper. The museum houses memorabilia and fun facts about the creation of sodas. The site contains a sealed, original artesian well that supplied water to the company in its early days.

The Waco Riverwalk runs beside the Brazos River, a great place for walking, jogging and bike riding. A tribute to the Chisholm Trail depicts cowboys on horseback and cattle. In another area, a memorial park for Doris "Dorie" Miller commemorates a naval cook during WWII. The first African-American awarded the Naval Cross exhibited extraordinary courage during the attack on Pearl Harbor, which he survived. The area also contains a Vietnam Veterans memorial and one for law enforcement among various parks. Many old bridges cross the Brazos River in Waco, including the 1870 Suspension Bridge, currently under rehabilitation. Another bridge, built in 1901, allows pedestrians to cross the river safely while experiencing a touch of history.

Cameron Park covers 416 acres of land along the river. With 20 miles of trails, any hiker can achieve a great workout. A drivable, winding road passes through the park with various lookouts such as Circle Point, Lovers Leap or the Bosque River Mouth, where travelers experience amazing views. Picnic areas, fun statues, a splash park and the Cameron Park Zoo provide hours of fun. Throughout the city, Waco features splash pads, pools, a lake and the Lake Waco Wetlands.

With many hotels, plenty of bed-and-breakfasts and area campgrounds, finding a place to stay comes easily. With wonderful places to eat, like TeJun, Abuelitas, Twisted Root, Buzzard Billy's and a variety of local and chain restaurants, you can try different places for each meal. About an hourand-a-half drive from the DFW Metroplex, take several trips and create fresh memories with family or friends.





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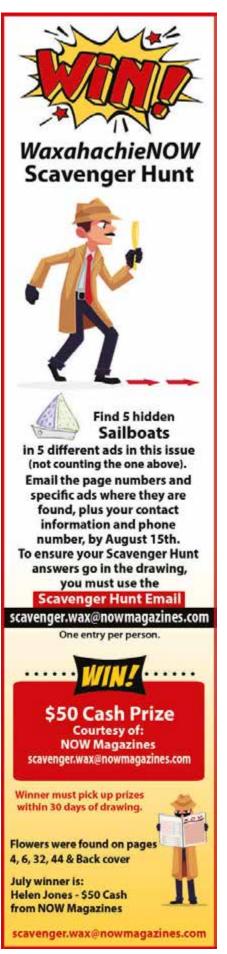












Painting Panting OND int By Angel Morris

While home decor magazines and social media accounts may still be dominated by white and neutral shades, some designers suggest a more colorful future on the horizon. Neutral colors still make sense, letting one add in pops of color and change accent pieces seamlessly from season to season. And although the farmhouse feel is still beloved by many, eclectic vibes are on the rise and darker, moodier settings are also seeping into popularity.

Allowing decorators to maintain a neutral palette while changing things up a bit, the colors gray and black are coming on trend. One scroll through Instagram and you'll see formerly light, bright spaces being transformed by charcoal accent walls and darkly painted furniture. This still allows pops of color through accent pieces and ensures things like throw pillows and seasonal decor won't clash with furniture and walls.

Continuing the shift to deeper, more earthy tones, many influencers are painting spaces in saturated greens and blues, pigmented terracotta and apricot orange, or even rich maroons and bright yellows. In short, if it's intense, it's on trend! These colors compliment Mediterranean decor and natural woods and wickers in one's space.

Proving there's always something for everyone, softer shades are also en vogue, as well as their richer counterparts in vibrant versions of purple and pink. With a nod toward sun-baked hues, however, Benjamin Moore Paint dubbed its shade *Aegean Teal 2136-40* as its 2021 Color of the Year. Suggesting this year is a time to reflect and reset, Benjamin Moore described the shade as "intriguing, balanced and deeply soothing."

How does the paint company choose its annual recommendation, you might ask? The company's website explains the selection "involves a yearlong observation of design, art, fashion, environment and cultural influences the world-over." Recent Colors of the Year have ranged from Simply White to Caliente (deep red), expressing the changing moods in design, art, fashion and culture from year to year.

Whether you're sticking with tried-and-true whites or moving to tropical brights, here are some basic steps to transforming your space with paint.

Step 1: Choosing the Perfect Color.

Things to consider when choosing your paint color include, first and foremost, your own personal taste. Which color samples jump out at you at first glance? Which inspire you or bring you joy? Start there and work your way to the perfect shade, considering the size and purpose of your

Step 2: Supplies and Preparation.

Online calculators can show you exactly how much paint you'll need based on the size of your space. At a minimum, you'll need a painter's tray, rollers and brushes and painter's tape. A ladder, drop cloth, sponge or rags, screwdriver and an extension pole will likely make painting your space easier, too.

Before you even open your paint cans, you'll want to clean all the walls, making sure they are free of dirt and cobwebs. You'll also want to remove outlet and window covers, as well as window treatments and anything on which you do not want paint to potentially fall.

Step 3: Application.

Experts suggest using a brush to carefully "cut in," or paint along the top and bottom trim where your wall meets the ceiling or molding and floor or baseboards, as well as the corners of your rooms. Then you are ready to start painting at a top corner with your roller.

It is often suggested to paint a W pattern with your roller, about an armslength in width and depth, and continue to paint W's from the top of your wall across the room. Repeat the W back and forth across and down the space until your entire wall is covered.

It's recommended that you reach a natural stopping point in your space before starting to use a new can of paint. At that point, you will want to stir your new can of paint and poor some of it into your old can, then blend well. If you need to take a break while painting, try to end at a corner, so you are painting an entire wall at a time. Pro Tip: Drips and spills may happen but are much easier to clean if wiped with a damp sponge or rag while the paint is still wet!

Once you've painted your space, all that's left is the cleanup before the fun part, decorating, can begin. No matter the trends, remember that painting is truly about your personal style. With that in mind, your color choice sets the tone for your space and your home.

Sources:

- I. www.benjaminmoore.com
- 2. www.behr.com

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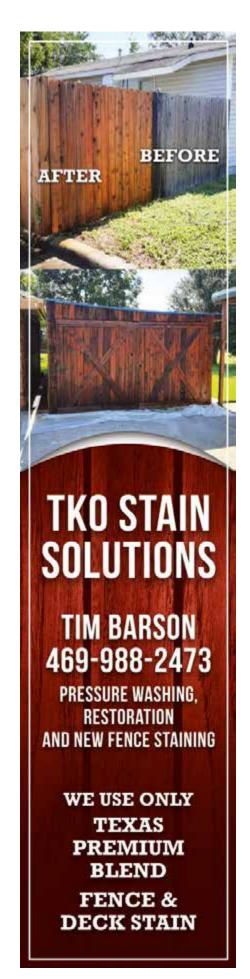
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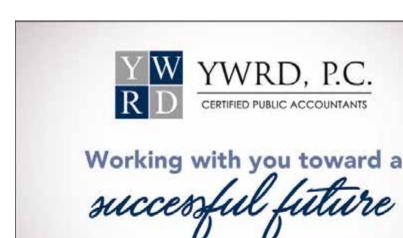
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Across

- 1 Nagging fish?
- 5 Sisters
- 9 Composer --- Novello
- 10 There is one every year for many sports
- 13 Echo
- 15 Set of opinions
- 16 Scarecrow stuffing
- 17 Skylit lobby
- 19 Pianist Dame Myra
- 20 Range
- 22 Enfold
- 25 Shell lobber
- 29 Trustworthiness
- 31 Every golfer likes this kind of hole
- 32 Motley assortment
- 34 Often opposed to Venus on court
- 35 Houston university
- 36 Uptight
- 37 Like Sean Connery

Down

- 1 Roughly
- 2 Stave off
- 3 Random archery target
- 4 Inclined
- 5 Kernel
- 6 Applications
- 7 Yankees in Dixie
- 8 Superfluous
- 11 Airline guesses
- 12 The latest
- 14 Defeat soundly
- 18 Lady of the house
- 21 Vacuum
- 22 "--- sorry now?"
- 23 Hopped a freight
- 24 --- Agassi
- 26 Pick-me-up
- 27 Corporate conclusion
- 28 Steer a new course to start again
- 30 Tolled
- 33 Dissenting vote

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Sudoku Puzzle

Easy Medium

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

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

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Solutions on page 52







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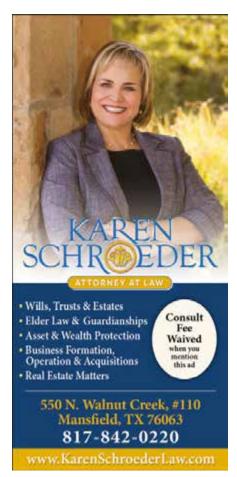
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8/1-8/31

Texas Writers Exhibit: Texas Writers is an exhibition

produced by Humanities Texas, a state affiliate of the National Endowment for the Humanities. The exhibition surveys the vitality and breadth of creative writing in Texas from mid-20th century to the present day. Free. Open during library hours Tuesday-Friday: 10:00 a.m.-7:00 p.m. and Saturday: 10:00 a.m.-2:00 p.m., Sim's Library, 515 W. Main St. For more information, call (972) 937-2671.

8/5

Job Fair:

Bring your résumé. Dress to

impress. 10:00 a.m.-3:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Kassandra Carroll with the Waxahachie Economic Development Dept. at (469) 309-4122 or kcarroll@waxahachie.com.

8/6

Friday Night Flicks:

Family movie night at the Railyard. Free. 8:00 p.m., Railyard Park, 455 S. College St.

8/8-6/8

Tax Free Weekend:

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\$100) during the annual Tax-Free weekend.

8/7

Back to School Bash:

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8/12

An Evening With **Cowboy Poet David Smith:**

Free. 6:00-7:00 p.m., Sim's Library, 515 W. Main Street.

For more information, call (972) 937-2671.

First Mondays

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Wednesdavs

Yoga on the Lawn:

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Diana L., Arlington, TX

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am! Diet Solution Center has given
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you to Dr. Knight and Michaela for
all their help and encouragement
Without that I wouldn't have results
that I have today! Thank you to all
the staff at Diet Solution Center.



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Crossword Sudoku Solutions



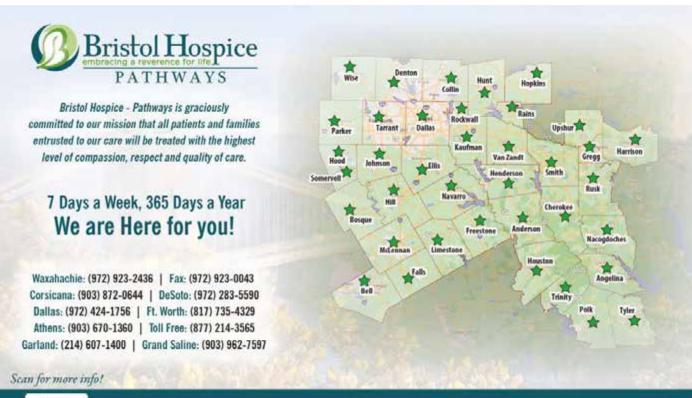
Easy

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

Medium

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









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