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M A G A Z I N E

AUGUST 2023



Shooting Star

Kyla Ledbetter takes the stage by storm

The Road to College

Early prep smooths the path to higher education

Also inside:

Scavenger Hunt

Crossword

Featured Business:
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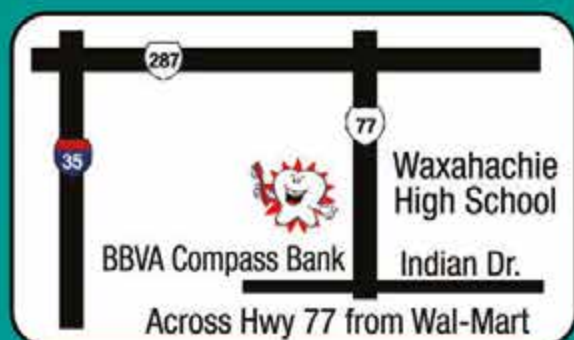
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ON THE COVER



Kyla Ledbetter shows off her dragon's hoard of crowns.

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EDITOR'S NOTE

Growing food is hard ...

Gardening is not easy in Texas. First, we got so much rain that I was worried the tomatoes would drown. Then came the hail as big as cantaloupes that punched the turnips so hard, they shot through the Earth, and popped out somewhere in Kazakhstan, I think. Then the tornadoes sucked the onions out of the ground and hurled them clean to Oz. The temperatures and humidity got so high it baked the potatoes right there in the ground!

Old people like me remember the summer of 1980, when we suffered through the most consecutive 100-degree days on record. Younger people remember the summer of 2011, with even more 100-degree days and highest average temperature ever. Then there was 2015, which was the wettest year on record, with almost twice as much rain as we get most years (three times what we get in some of the dry years!). That year also gave us the Christmas tornadoes. We're used to them all spring, summer and fall, but *December*? And even the youngest among us remember being traumatized by the big winter storm of 2021 that just about froze us all to death. They named that thing. I didn't know it was Winter Storm *Uri*, until much later. We didn't have electricity that week, so no TV weather reports.

Texas weather is special. Always has been, always will be. If you can survive it, you have stories to tell. And if you don't have real stories, you can make some up. We do that in Texas.

... Now how's that basil coming along?



Adam

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Vivian felt like part of a team...

After Vivian experienced a bad fall, shattering her humerus, she didn't know if she would ever be able to use her arm normally again. She had two surgeries and was referred to Ennis Regional Medical Center Outpatient Rehabilitation program for rehab to help regain her strength. "My eight weeks of outpatient therapy couldn't have gone better. I felt like part of a team trying to help me make a full recovery," said Vivian, a 75-year-old Ennis resident. "When I started, I was unsure if I would be able to get back to doing what I did before the fall. Now I am back with full strength and able to volunteer and play with my great grandchildren!"



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Shooting Star

— By Adam Walker

Enthusiasm might be the best word to describe Kyla Ledbetter. She loves life. She loves dance and acting and chickens. She can talk endlessly about pageants and her dogs and the wives of Henry VIII. She's only 10 years old, but she's already got several lifetimes of dreams and plans.



Kyla has a room that's part dance studio and part trophy case to store her dragon's hoard of crowns, scepters, awards and sashes. Dance is one of her passions. It also plays a part in the pageants she wins. "I love dancing on a team. I'm on the Dallas Cowboys Rookie Squad, the NFL's first youth hip-hop crew. My dance teacher, Miss Sandi, was a Dallas Cowboys Cheerleader. We've done two halftime performances and have pregame performances at each home game. Oh, and we did six weeks of Christmas performances with the Cowboys at The Star. I just got back from a dance competition, the Encore Nationals in Galveston. I received first place in musical theater overall soloist for 9- to 10-year-olds. I also competed in hip-hop and was recognized as National Performer of the Year. I was chosen to represent the DFW region on the Junior Elite Team, as one of 13 girls in the nation."

"They have to learn the choreography for their gala performance that week," her mother, Tara, explained. "Then they have to perform the dance routine for the gala banquet. It's a big honor."

Acting with the Ellis County Children's Theatre, and beyond, is another passion for this homeschooled dynamo. "I was a bird in *The Lion King*. And I was the fairy godmother in *Cinderella: A Spoof*. It's like a comedy. I was an angel in *The Best Christmas Pageant Ever*. There were a ton of others. Miss Stacey Yee is the best. I like acting because of the roles and costumes." Around the house, that translates into costumes made of old T-shirts, pillow cases and strips of construction paper. "I wrote a play about the Little Mermaid. I was the mermaid, and I sat on a stool. I made my younger brother be all the other roles. We stuffed his T-shirt full of toilet paper to be Ursula." Kyla has also acted and danced in Chuck E. Cheese music videos.

"She works mostly in Texas," her mother revealed. "But she has representation in L.A. and New York. She's done one movie. We found out about it a couple of months ago. It's a political documentary, re-enacting an FBI raid. I wasn't sure she'd like it, but she did. It only has a working title, right now, so we're not sure what it will be called when it releases."

All of Kyla's pageant work is with Cinderella Scholarship Pageant International. She's already racked up a ton of scholarship money, over \$10,000, to help her go to college. When she competes at internationals this year in Dallas, it will be her last time in this age group. "They're one of the nation's



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biggest scholarship organizations,” Tara explained. “At each pageant, there’s a charity that the girls all collect items for. For the Ellis County pageant, we always choose a local charity to support. The girls get to perform, but they also get to learn about giving back and earn scholarships for their futures.”

“I enjoy Cinderella mostly because of my friends. It’s all about friendship and having fun. The year that I won the international title for 3- to 6-year-olds, I got to travel to Disney World and New Orleans and all across Texas. It was awesome. That’s how I got into acting. One of the judges knew a casting agent. She loved my personality and said I should try acting. So I met with the casting director, and he told my mom, ‘She would be great at it.’”

Kyla enjoys school, mostly. She loves all of her classes except math. Even her mom, the math lover, hasn’t convinced her to love it, yet. “I’m so interested in history, especially the 1800s to 2000s. Actually, I’m really into George Washington because of *Hamilton*. And there’s this hotel that we visited that’s older than the Alamo. Theodore Roosevelt stayed there.” And then there’s Henry VIII. “He had a lot of wives. There’s a way to remember what happened to all of them. Divorced, beheaded, died. Divorced, beheaded, survived. That last one only survived because he died first!”

Her pets and their biographies are another topic that animates Kyla. “Oh, I have dogs and chickens and hermit crabs. Well, some of them are my brother’s, but they’re all kind of everybody’s. We have four chickens. Three of them are my brother’s. We have Redneck and Reese, like Reese’s Pieces. And either Missy or Melody,

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we're not sure which one is still here. And Rasky. And the three chicks, well technically they're teenagers now, Gucci, Rachel and Aggie. They're Lavender Orpingtons. Dolly is our Lab. And Gizmo is white with big black spots. He's a Shih Tzu, and he runs away. And the two hermit crabs are Shiny and Shelly."

This girl has plans. "I'm going to A&M, like both my parents. Mom did business. Maybe I'll be in the dance program or study history or geography. But I know I need to learn math, too. I have two plans for when I'm older. I'm going to be in movies and commercials. I want to be a famous actor on Broadway. I want to do live tours of musicals like *Hamilton* and *Six* and *Matilda* and *Annie*. Cool stuff like that. And I want to buy a big old mansion. With what's leftover, I want to help those in need and small businesses and stuff like that. I want to be a good person." It seems like she's well on her way. **NOW**

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Zoomed In: Nancy Vish

By Adam Walker

Nancy Vish, president and chief nursing officer of Baylor Scott and White Heart and Vascular Hospital cut the ribbon to open their newest facility in Waxahachie. Their first location opened in Dallas in 2002, followed by Ft. Worth and now Waxahachie. Nancy oversees all three locations of the only hospital in North Texas that is devoted exclusively to heart and vascular health. "We hope to exceed the community's expectations in serving them," she explained. "We will be holding events to educate people about heart and vascular health, both in person and online. We partner with our patients in the care we provide them and in their follow-up." Baylor Scott and White Heart and Vascular Hospital is rated in the top 7 percent of U.S. hospitals for nursing care.



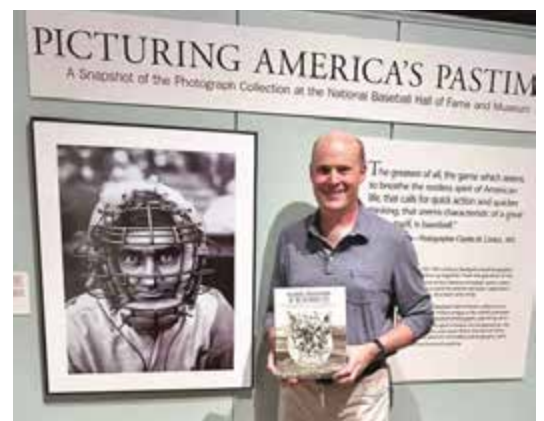
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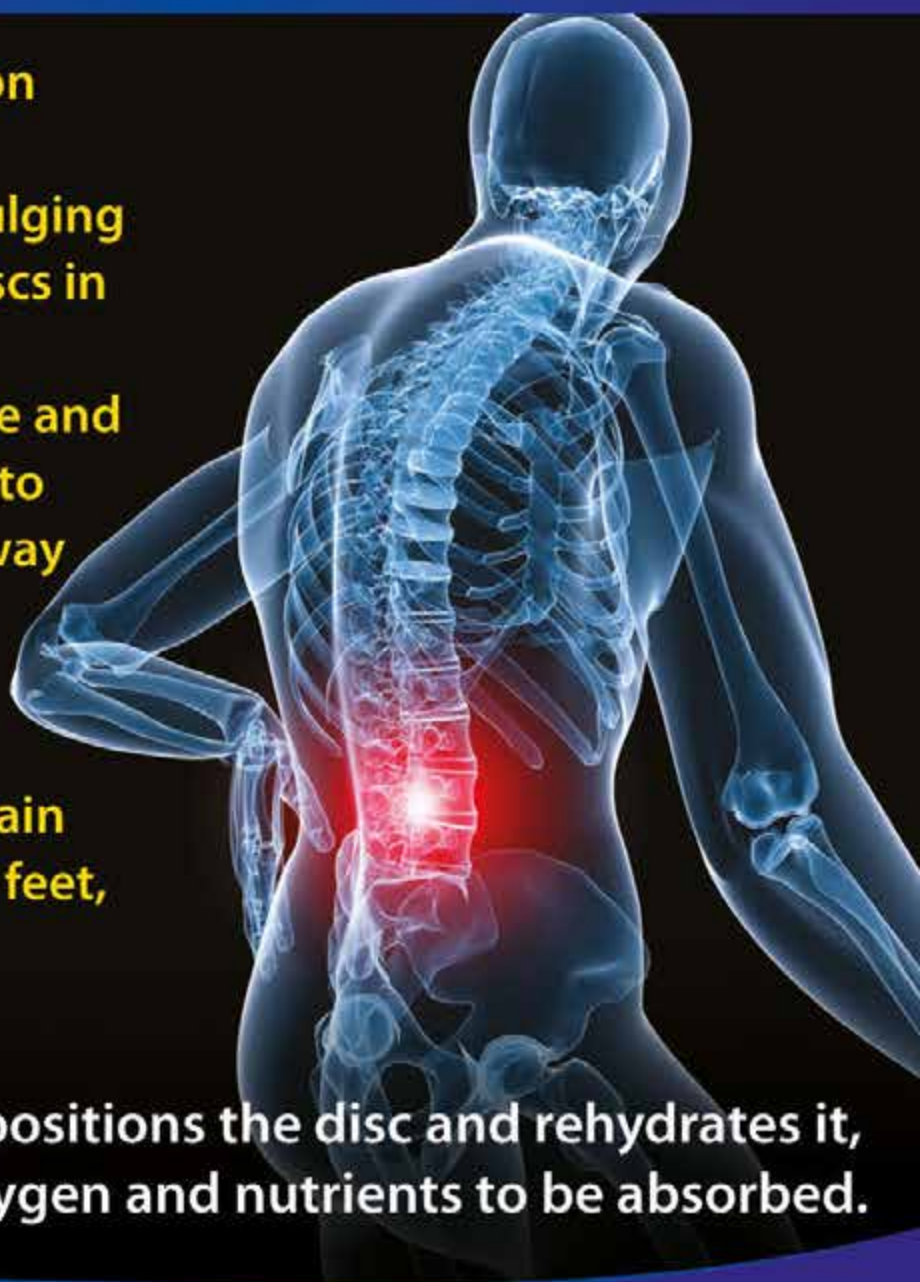
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Tipping The Pain Scale follows six individuals who are grappling with the systemic failures in how we have dealt with addiction and their journeys to develop and employ new, and often controversial, solutions. It is a positive and uplifting, yet gritty and real, story of redemption and hope.

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BusinessNOW

Aesthetic & Implant Dentistry

— By Adam Walker



Aesthetic & Implant Dentistry

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Dr. Noe Jaramillo, Dr. J to his patients, is putting the best of modern technology into perfecting the smiles of Ellis County patients at Aesthetic & Implant Dentistry. “I get excited about dentistry,” he said. “I’ve been in the field since I was 18 and took a job as a dental assistant. I completed my degree at Texas A&M, and then practiced in Goliad for a while before moving my practice to Midlothian in 2021. I do a lot of continuing education, 100-150 hours per year, because I want to be able to see the problems and fix them.”

Dr. J does all the traditional dentistry, like cleanings, filling cavities and other general dentistry, but he also offers all the latest technology to improve your smile. “We use SureSmile for mild to moderate orthodontic issues, to align teeth. We offer KOR whitening and veneers, which we design with our 3-D CAD/CAM software and show you what they will look like. We do oral sedation, surgical extractions for wisdom teeth, and we can also do bone grafting.

“We don’t use molds of your mouth now. We use an intra-oral scanner and a 3-D printer. Our on-site CEREC system mills your crowns from ceramic and zirconium.

Then we bake them here, and they're ready to go on your teeth. It takes about two hours from start to finish. You come in for the exam and leave with the crowns in your mouth. There is no need for temporaries.

"If you want implants, we can have you ready for surgery in about an hour. We start with a photo session, 3-D CT scans and digital X-rays. Then we use CAD/CAM software to plan the implants for a minimally invasive procedure."

"I get excited about dentistry."

All of that on-site technology means faster service for patients at Aesthetic & Implant Dentistry. "I'm capable of doing the majority of procedures in-house," Dr. J said. "I'm very confident with complex and more advanced procedures like All-on-4™ or All-on-X. Everything from the consultation to the finished surgery happens right here. You don't have to run around to different appointments at different locations. We develop relationships with our patients. This is not a high-volume practice, and it's not a cookie-cutter practice. We want to see what you want to achieve with your oral health and help you get there. And if you do need a specialist, I work closely with that specialist to be sure you receive the best care.

"I know that the dentist's office is not people's favorite place to visit. I want to change that. You'll see the difference in quality of care. I give my patients the opportunity to say yes to the best."

One wall in the waiting room is devoted to photographs of actual patients of Aesthetic & Implant Dentistry. Their smiles display the results of Dr. J's work. "All of my marketing and advertising uses actual patients. I never use stock photos. Dr. Kois, of the Kois Center, says, 'When you enjoy what you do, it's hard to distinguish between work and having fun.' Having great technology makes it even more fun!" **NOW**





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CookingNOW

In the Kitchen With

JUAN BELL

— By Adam Walker

Juan Bell was already cooking by age 6, but started taking it seriously after a comment from his mother made him realize cooking might be a way to meet girls. It must have worked, since he is now a husband and father of four. He pastors two churches and enjoys cooking for his congregations. Juan also teaches at Global High School as a job coach in the special education department.

“I love to cook. It makes me happy. Everything I do — counselor, singer, closet comedian, even pastor — makes people feel good. Cooking is also my fortress of solitude. When I’m in the kitchen, that’s when my best thinking occurs.” Juan reaches into his Louisiana roots for inspiration, but he enjoys exploring new recipes and freely adapting them. **NOW**

Instant Pot Oxtail

3 Tbsp. olive oil
3 1/2 to 4 lbs. oxtails
1 1/2 tsp. garlic powder
1 1/2 tsp. black pepper
1 Tbsp. Greek seasoning
1/4 cup all-purpose flour
1 large onion, sliced
Pinch dried oregano
Pinch dried thyme

1 cup minced garlic
3 cups chicken or beef stock
(divided use)
1 28-oz. can cream of mushroom soup
1 10-oz. can cream of celery soup
3 medium carrots, cut in 1 1/2-inch
chunks
1 large russet potato, cut into chunks

1. Heat the Instant Pot using Sauté More function. Add the olive oil. Season the

oxtails with garlic powder, black pepper, Greek seasoning and flour. Add the oxtails to the pot; brown on each side for 5 minutes. Remove from the pot; set aside.

2. To the same pot, add the onions; sauté for 2 minutes. Add the oregano and thyme. Sauté for another 3 minutes. Add the minced garlic; sauté for another minute.

3. Pour 1 cup of the stock into the Instant Pot; deglaze by scrubbing all the flavorful brown bits off the bottom with a wooden spoon. Give it a quick mix.

4. Carefully, add the browned oxtails, soups and remaining stock to the Instant Pot. Ensure they are partially submerged in the liquid. Layer the carrots and potatoes on top.

5. With the venting knob in the Venting position, close the lid; turn the venting knob to the Sealing position. Cook at High Pressure for 45 minutes, plus Natural Release.

6. After 20 minutes, release the remaining pressure by pushing the Release valve. The oxtails should be fall-off-the-bone tender. Set aside the oxtails and half of the carrots. Bring the sauce to a simmer. Break down the potatoes and the other half of

the carrots to thicken the sauce. Adjust the seasoning. Turn off the heat. Return the oxtails to the sauce to keep them hot.

Collard Greens and Smoked Turkey Legs

- 1 Tbsp. olive or vegetable oil
- 1 10-oz. bag PictSweet Farms Seasoning Blend
- 1 cup minced garlic
- 1 lb. Glory Greens pre-washed collard greens, trimmed
- 1 smoked turkey leg or turkey wing (about 1 to 1 1/2 lbs.), fully cooked
- 2 cups chicken broth
- 1/2 Tbsp. RosaMae Greens Seasoning

1. Set your Instant Pot on the Sauté function. Add the oil and seasoning blend to the pot.
2. Cook 2-3 minutes until translucent and fragrant. Add the garlic; stir. Add half of the collard greens. Layer in the turkey leg or wing. Add the remaining greens. Add the broth and RosaMae Greens Seasoning.
3. Place the lid on the pot and seal. Cook for 45 minutes on Manual High Pressure. When the pot indicates it has finished, quickly release the steam.
4. Open the pot; remove the turkey. Shred the meat from the bone; return it to the pot. Stir to combine; serve.

Five Flavor Pound Cake

- 3 cups all-purpose flour
- 1/2 tsp. baking powder
- 1 cup milk
- 1 1/2 tsp. coconut extract (divided use)
- 1 1/2 tsp. rum flavored extract (divided use)
- 1 1/2 tsp. butter flavored extract (divided use)
- 1 1/2 tsp. lemon extract (divided use)
- 1 1/2 tsp. vanilla extract (divided use)
- 3 1/2 cups white sugar (divided use)
- 1 cup butter, softened
- 1/2 cup shortening
- 5 large eggs, beaten
- 1/4 cup water

1. Preheat the oven to 325 F. Grease a 10-inch tube pan.
2. Combine the flour and baking powder in a medium bowl; set aside. Combine the milk and 1 tsp. of each of the extracts in a liquid measuring cup; set aside.
3. Using an electric mixer, cream together 3 cups sugar, butter and shortening in a large bowl, until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the flour mixture alternating with the milk mixture in batches, beginning and ending with the flour mixture. Spoon the batter into the prepared pan.

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4. Bake until a toothpick inserted into the center comes out clean, 1 1/2 to 1 3/4 hours. Cool the pan on a wire rack for 10 minutes.
5. While the cake is cooling, combine the remaining sugar, water and the remaining extracts in a saucepan. Bring to a boil, stirring until the sugar is dissolved.
6. Turn the cake out onto the wire rack. Place waxed paper under the rack to catch

the glaze drippings. Slowly spoon the glaze over the top of the hot cake. Cool completely.

Nutter Butter Banana Pudding

- 1 5.1-oz. box instant banana cream pudding
- 2 cups whole milk
- 2 Tbsp. vanilla extract
- 2 8-oz. tubs Cool Whip (divided use)

- 1 14-oz. can condensed milk
- 1/2 cup peanut butter
- 1 pkg. Nutter Butter cookies, crumbled, plus 4 for garnish
- 4 medium bananas, sliced

1. In a large bowl, whisk together the pudding mix, milk and vanilla extract until smooth. Refrigerate for 5 minutes.
2. Fold in 1 tub of Cool Whip. Add the condensed milk, then the peanut butter.
3. Spread 1/3 of the pudding mixture into the bottom of a 3-qt. glass serving bowl. Arrange half of the crumbled cookies and half of the banana slices on top. Repeat layers twice more. Top with remaining pudding mixture; spread the remaining Cool Whip on top.
4. Crumble the 4 remaining cookies; sprinkle them on top.
5. Refrigerate for approximately 2 hours.



Instant Pot Oxtail

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THE ROAD TO COLLEGE

— By Sandra Walters

During the first year of high school, start your child's college preparation. Why? The high school grades determine where he or she will attend, so focus on excelling academically. In addition, get your child mentally prepared by purchasing a binder, or use an electronic option to keep all college documents in an accessible location. Before you know it, the senior year will arrive, and this prior hard work will be appreciated.

If you haven't already, take your son or daughter on a college road trip to find schools that best fit him or her. Many students think they want to attend a certain school, but they have no real experience with the institution. For instance, a conversation with a young man and an older lady took place at a local snow cone shop recently. "What grade are you in?" she asked as he made her snow cone.

He replied, "I am a sophomore."

She then inquired, "Do you know what college you want to attend?"

"I want to go to Oregon State in Washington, D.C.," he answered.

The woman remarked, "Oh, OK," and abruptly ended the conversation with the young man. He had obviously never been to Oregon or Oregon State before. Sadly, he didn't even appear to understand that Oregon State couldn't be in Washington, D.C.

It is crucial for students to discover if a school is a good

fit before applying, getting accepted and then realizing the college isn't suitable. It is advisable to do your homework prior to scheduling a campus visit. Research the schools of choice online. Then, plan a tour while school is in session. Evaluate the campus environment, and talk with students to receive more insight. Investigate the academic programs, and see if you may attend a class to witness class size, teaching styles and the academic atmosphere. Check the student residence halls and dining facilities. Identify career planning services for undergraduates. Investigate transportation options. Find out how students use their out-of-classroom time. Become aware of student activities (clubs, organizations, intramurals, etc.) After the visit, brainstorm reasons for selecting a school, and rank them according to your criteria. Create a list of things that are very important, somewhat important and unimportant. Have your student rate their top three schools according to their needs.

Next, a student should begin registering for college standardized tests during their freshman year to practice. However, since the pandemic, some schools no longer require these tests, but this could still be a determining factor for highly competitive schools. Make sure your student learns the requirements for their top schools and works toward that GPA, those testing scores and attempts to stand out among the crowd. Universities are looking for people who add to their school's community, which includes extracurricular activities. This entails volunteer work, sports, clubs and more. As your student journeys through their high school years, build a high school résumé. This lists all their school activities with brief descriptions. Look online for examples.

Create an ApplyTexas account during the summer of their senior year, and if your child desires to attend an out-of-state institution, use the Common App to submit the application. The writing prompts for ApplyTexas often don't change. Write the essays in advance, so you will be prepared for the busy times



OLE

ahead. Of course, revisit the documents to edit, revise and proofread the essays to make any necessary updates. Because the senior year can be a really difficult time, the hard work over the years will begin to make sense.

Finally, research scholarships and grants early. It's easier to get local scholarships and grants than national ones. Begin with the scholarships that are offered to students in your ISD. Many organizations offer specifically to particular high schools, so look for scholarships given to individuals at your school or in the DFW area. As you try to identify more savings, fill out your FASFA form on October 1st when it opens during your senior year. Try to avoid having college debt when paying for college. The cost — including books, supplies, room and board, etc. — is about \$100,000 for a Texas public university. Attending an out-of-state school or private school increases the price. Parents and students shouldn't wait until senior year to consider these things, because it can be overwhelming. **NOW**

Source:

1. <http://www.collegeforalltexas.com/apps/collegecosts.cfm?Type=1&Level=1>.

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(not counting the one above).

Email the page numbers and
specific ads where they are
found, plus your phone
number, by August 15th.
To ensure your Scavenger Hunt
answers go in the drawing,
you must use the

Scavenger Hunt Email

scavenger.wax@nowmagazines.com

One entry per person.

WIN!

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Courtesy of:

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Winner must pick up their prize
within 30 days of drawing.

Uncle Sam Hats were found
on pages 4, 15, 18, 26 & 31



July winner is:
Mae Delle Kirk - \$50 Cash
from NOW Magazines

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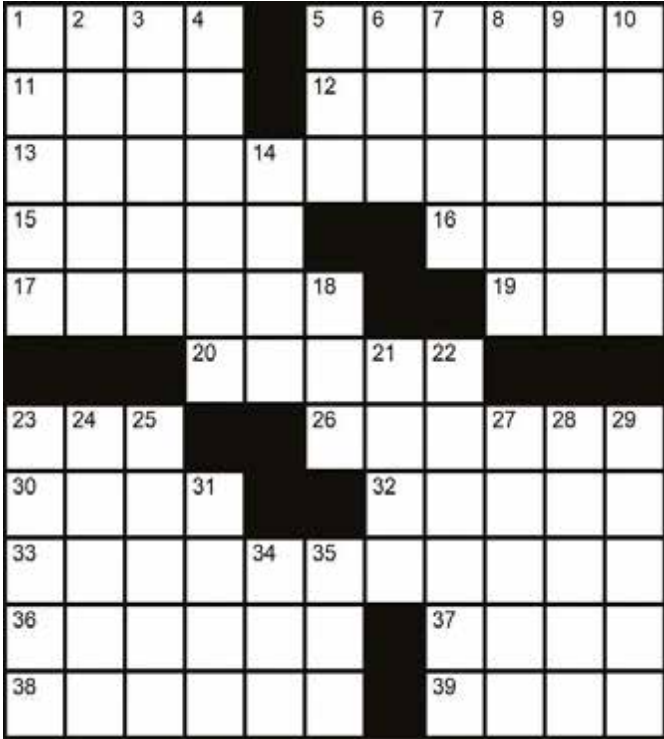
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Crossword Puzzle



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Across

- 1 Preceded by E, it can cause illness
- 5 Wields the gavel
- 11 Undoing
- 12 Elton's collaborator
- 13 Currently
- 15 Lieu
- 16 Drop the ball
- 17 Early screen Jean
- 19 Salt Lake City letters
- 20 Soft tissue
- 23 Old Ford model
- 26 Shakes led Sue astray
- 30 "Bearded" bloom
- 32 Overhead
- 33 Its occupants look for a catch

- 36 Site of a famous "galloping" bridge
- 37 Bring to naught
- 38 Mushy
- 39 Complaint

Down

- 1 Collide
- 2 "I Think I'm --- Here" (Carroll O'Connor, autobiography)
- 3 A quart, and then some
- 4 Right down the middle
- 5 It owns Simon and Schuster
- 6 "--- So Fine" (The Chiffons' hit)
- 7 Skills
- 8 As a whole

- 9 Inflexible
- 10 Oozes
- 14 Image of a deity
- 18 Itsy-bitsy
- 21 Smelting by-product
- 22 Racket
- 23 Boosts
- 24 Experiment
- 25 "Saturday Night Fever" genre
- 27 Blackmore's Lorna
- 28 Dodge
- 29 Play by a different --- rules
- 31 Hit the mail
- 34 Little terror
- 35 Dissenting vote

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.

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Maria Reyes,
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from NOW Magazines, said,
"Thank You, NOW Magazines!"
(Maria's aunt, Margarita
Benavides, pictured.)



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Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

AUGUST

Through October

Ellis County Art Association Gallery Member Show:

Gallery members may submit up to five pieces of art online. No theme. Art on the Square Fine Art Gallery, 113 W. Franklin St. For more information, visit ecaa@elliscountyart.net.

8/4-8/6

Madagascar Jr. The Musical:

Presented by Waxahachie Community Theatre. \$15. **Friday and Saturday:** 7:30 p.m.; **Sunday:** 2:30 p.m., University Church, 221 Solon Rd.

8/5

Mom-Olympics Track Meet:

Moms of all ages and fitness levels are welcome. Enjoy live music, food and drink and activities for the entire family. Stroller relay, toddler race, dad relay, group Zumba fitness and more. Must register to participate. Proceeds donated to Mom Village Inc. \$35-\$100. 8:00 a.m.-12:30 p.m., Waxahachie Sports Complex, 151 Broadhead Rd. Register on eventbrite.com.

8/12

Back to the Future Part III.

Showtimes are 1:00 p.m., 3:30 p.m., 6:00 p.m. and 8:30 p.m., Texas Theater, 110 W. Main St. Purchase tickets at <https://thetxtheater.com/tickets/>.

8/18

Wellness Symposium:

Free registration. Refreshments, lunch and exhibitor booths to peruse. 8:00 a.m.-4:30 p.m., Waxahachie Civic Center, 2000 Civic Center Ln.

8/19

Waxahachie Fun

Run Car Show:

Getzendaner Park, 400 S. Grand Ave.

8/24

Tipping the Pain Scale:

Documentary about addiction sponsored by Hickory Trail Hospital and IMPACT Waxahachie. Free, but limited

seating. 1:00-4:00 p.m., Texas Theater, 110 W. Main St. For reservations, call (972) 518-1821.

8/25

Denise Lee's Divas of American Music:

Doors open: 7:00 p.m., Texas Theater, 110 W. Main St. Purchase tickets at <https://thetxtheater.com/tickets/>.

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



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Jeanette Maldonado is a board-certified Physician Assistant who specializes in dermatology. She began her education at St. Mary's University in San Antonio, Texas, where she received her Bachelor of Science degree in Biology in 2013. Jeanette graduated with a Masters of Physician Assistant Studies from the University of Texas Southwestern Medical Center in Dallas in 2018. She began her career in pediatric emergency medicine before transitioning to dermatology.

Jeanette joins us with significant Dermatology training and experience and is an asset to our Waxahachie community.



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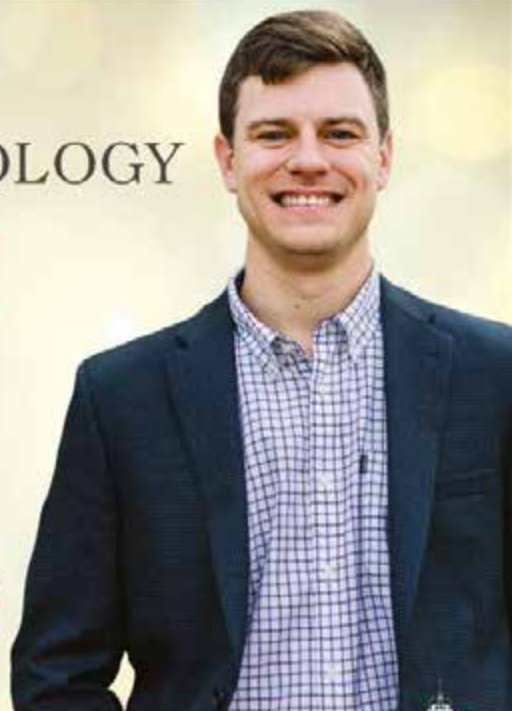
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