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SEPTEMBER 2022

Doggie Do-gooder

Greg Forde and Mr. Bo
Jangles live to serve

Also inside:

Scavenger Hunt

Crossword

Featured Business:
Sardis Tires and Wheels

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a meandering route to Big D

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Dr. Maryam Raza

Dr. Raza is a Board Certified Physician in Wound Care and Hyperbaric Medicine practicing in the Dallas area since 2006. She completed her residency at Columbia University New York and has been medical director of the wound care program at Methodist Hospital Dallas since 2010. She is an ardent supporter of the concept of limb salvage and has developed a comprehensive program for healing diabetic foot wounds in a timely fashion. She is a member of Undersea and Hyperbaric Medical Society.

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EDITOR'S NOTE



Adam

Adam Walker
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Do or do not ...

I am really good at starting projects. I started going through some ancient boxes of papers from my storage building. I threw away the equivalent of five or six boxes of pay stubs and tax forms from the '90s, and the detritus of half a dozen moves. The rest of the boxes of notes from college classes are still waiting for proper attention.

I started reorganizing my DVDs. I got all the TV shows from A to P resorted. There has been an 18-inch-high stack hidden behind the sofa since I got interrupted three weeks ago.

I started filing a whole stack of comic books into their storage boxes yesterday. I got about a dozen slotted away before other duties called. Come bedtime, I had to clear all the sorted stacks off my bed and pile them back on top of their boxes until next time.

I have no problem starting projects. It's finishing them that's hard. I get interrupted, by anything from the dogs to a phone call to a regularly scheduled meal, and I may or may not ever find my way back to it.

There are plenty of reasons. It's partly my ADHD. I'm very easily distracted. It's partly perfectionism. I'd finish more projects if I'd just slap them together and call it good enough. And it's partly having a lot of projects that all genuinely need to be done. Whichever one is currently most urgent jumps the line and pushes everything else down the list. It's been a lifelong struggle. Wait ... how long has this laundry been in the machine *this* time?

Time to re-do what I have done!

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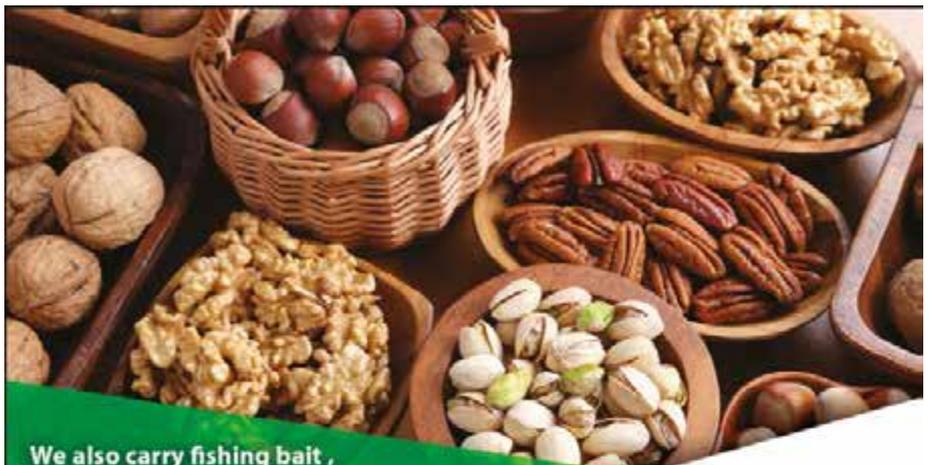
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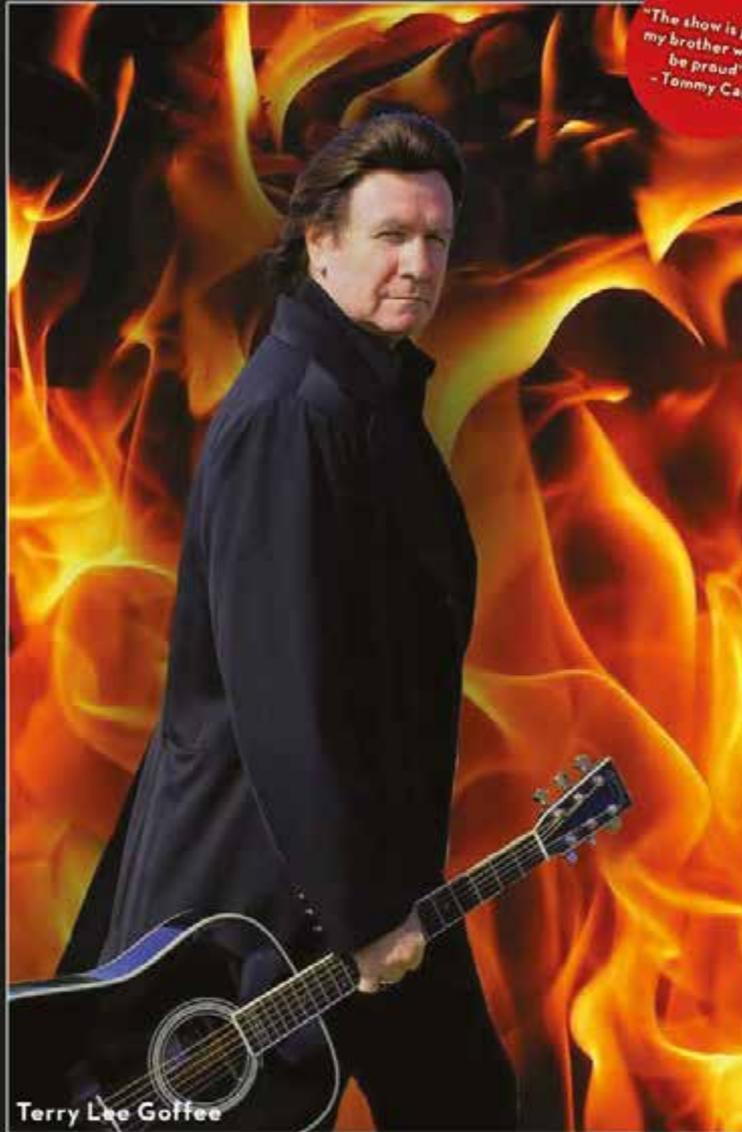
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Doggie Do-gooder

— By Adam Walker

Greg Forde and Mr. Bo Jangles are a human-canine team providing comfort to area patients in need of a little fur in their lives. Despite working for years as a U.S. Postal Service mail carrier, Greg has always loved dogs, and Mr. Bo Jangles is his current canine companion.

“As a mailman, I was good at fighting off dogs hiding under cars and protecting myself!” Greg said. “After I retired from the post office in Forney, I moved to Waxahachie. One day in 2013, my wife and I were getting ready to go to Wal-Mart to shop for Thanksgiving dinner, when I had a massive stroke. They took me to the old Baylor hospital, and then transferred me to the big Baylor in Dallas where they gave me a clot-buster shot. Afterwards, it felt like somebody had sucked my brains out! I had to spend a month in therapy. I’d been a saxophone player before, but the stroke left my left hand paralyzed, and I’m left-handed. So, I couldn’t do that anymore. All the time I was in the hospital, they took really good care of me, but I missed my dog so much.”







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It might sound like Greg had a good reason to stop giving, a reason to just sit back and hide away. But that's not what he did. A few years later, after his previous dog, a Chihuahua, died at age 12, Mr. Bo Jangles came into Greg's life. "He's a Maltipoo," Greg reported. "He's 7 years old. He'll be 8 in January. I wouldn't have made it without him." Mr. Bo Jangles, sitting at attention in his red service dog vest, accepted the praise with aplomb.

"I remembered how much I had missed my dog while I was in the hospital, so I decided to train Mr. Bo Jangles as a therapy dog. There isn't a lot of specialized training involved. It's mostly testing the dog's temperament. They hold the testing three times a year in downtown Dallas. They make loud noises with pots and pans and squeeze the dog's paws to see if they will startle or snap. And the dogs have to be able to lie down for three minutes without coaching. Mr. Bo Jangles passed on the first try." The dog's cocked ear showed he was monitoring the truth of the tales being told.

"Mr. Bo Jangles gets excited to go. He really enjoys visiting people. We go to Baylor Scott and White on the first and fifth Wednesdays of the month. Before COVID-19, we went to the patients' rooms and just visited anyone who invited us in. Now we only visit the lobby, and patients have to come to us. There are a lot of studies that show that dogs lower blood pressure and reduce stress and anxiety. Some of the people cry because they're missing their own dogs so much. Some time with Mr. Bo Jangles raises their spirits and puts a smile on their faces. We rarely have anyone turn us down, and that's usually because someone is afraid of dogs."



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Greg said, reaching down to stroke Mr. Bo Jangles' head. "Some of these people are in really bad situations and want to talk about their conditions. Of course, we're bound by HIPPA and can't repeat anything they tell us. A lot of them ask to take pictures with Mr. Bo Jangles. Dogs offer unconditional love. They don't judge. You can have a horrible day, but a little time with your dog makes it better." Mr. Bo Jangles smiled a doggie smile with his bright and shiny brown eyes, as if to say, *Well, of course.*

"I'm the coordinator for the therapy dog volunteers. We only have three dogs right now, Mr. Bo Jangles and two Great Danes. My job is to assign escorts to stay with each dog. I'm 73 now, and I have my 500-hour pin for volunteering. Some of the volunteers have over 3,000 hours. I'll never make that, but I've been volunteering for five years now, and don't plan on quitting any time soon. I'm going to try to do at least five more years, so I can get emeritus status. Baylor treats its volunteers with a lot of respect. They have a catered dinner for us every year. I get a real blessing out of it."

Greg and Mr. Bo Jangles are an inseparable team. "He goes everywhere with me. Since he's an official therapy dog, and I'm disabled, I can even take him with me to restaurants. He's easygoing about everything and likes everybody. If I forget to take my medicine at 9 o'clock, he barks at me to remind me. The only thing he doesn't like is squirrels. Those he barks at." Mr. Bo Jangles raised his shaggy white face and confirmed Greg's comments. **NOW**

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WHY DALLAS?

— By Sandra Walters



Did you know the State Fair of Texas didn't originate in Dallas? Actually, it started in Corpus Christi in 1852 as the Lone Star Fair. At that time, there were a few small businesses and roughly 700 people living in this town. The Lone Star Fair event is thought to have primarily occurred on Corpus Christi's beach. Although it is difficult to fathom, this is how and where the tradition began.

One of Corpus Christi's founders, Colonel Henry L. Kinney, desired to share this beautiful area because he thought not many Texans knew about this location. He believed a state fair held by the town would attract people, and once they saw the paradise, they would be sold. He became the fair's manager and convinced a number of well-known citizens to participate in the project.

The Lone Star Fair advertised extensively by distributing flyers throughout the world, promising a variety of entertainment, food and contests. Appealing awards were

offered to promote competitive displays and excellent agricultural entries at the fair. Many of the ranchers, farmers and inventors from across the state showed up to the festivities with a spirit of competition ready to perform or exhibit their creations.

After the fair, there were mixed reviews from the press and significant financial losses. Since the negative outweighed the positive, Corpus Christi didn't move forward with the fair the next year. Also, decades later, a story of a man being shot in the final hours of the Lone Star Fair was revealed, shedding light on the behaviors during the celebration.

The next Texas state fair was held in Dallas seven years later, in 1859. About 2,000 participants took part. The exhibits featured items from rural life, such as farming tools, basic clothing and fresh crops. However, it ended because of financial difficulties, just like the Lone Star Fair.

The following fair wasn't held for some time, but it finally happened in Houston on the Buffalo Bayou in 1870. As a result of the event's instant success, organizers moved to a larger location north of the city two years later and developed a grandstand and racetrack. In order to transport residents from downtown to the festival's entrance, Houston constructed a streetcar line. However, as fate would have it, an economic collapse and a yellow fever epidemic in the late 1870s resulted in the cancellation of the fair.

The state fair moved from Houston to Dallas in 1886 because of the foresight of Dallas business leaders. One of them bought 80 acres in East Dallas for the fair, but other organizers preferred a location farther north. Arguments soon ensued between the businessmen, and they were unable to come to terms. On October 26, 1886, the site of the current Fair Park became the new location of William H. Gaston's Dallas State Fair. The previous day, in what is now Uptown, the competing Texas State Fair and Exposition occurred. Despite both fairs boasting good attendance, the competition resulted in neither of them being able to cover costs, so the next year, the two groups amalgamated to form the State Fair of Texas.

Today, the State Fair of Texas consistently attracts over 2 million attendees yearly. Such enthusiasm from the public has served as motivation to grow the fair's activities over the years. The fair offers opportunities to take part in football games, pig races, pee wee stampedes, pumpkin painting, walking through the livestock barns, visits to the green house, backyard circus, little hands on the farm, children's barnyard, illumination sensation, starlight parade, riding the Ferris wheel, auto shows, taking a picture with Big Tex and more. Another appealing aspect of the fair is the food. Over the years, the corn dog, smoked turkey leg and funnel cake have become the classics, whereas new creative food vendors make unique fried items each year — like fried peanut butter and jelly sandwiches, fried Coke, fried cookie dough, fried beer and fried bubblegum. This intrigues many attendees. These things keep the people attending because they desire to taste or encounter the next big thing or keep the tradition going for the next generation. **NOW**

Sources:

1. bigtex.com
2. texasmonthly.com
3. dmagazine.com
4. texasproud.com



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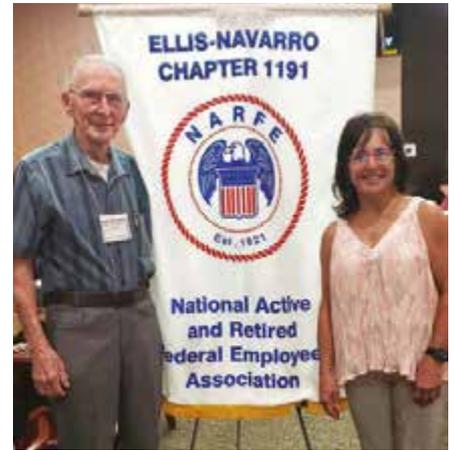
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Ralph Nelson, NARFE Program Coordinator from Waxahachie, welcomes guest speaker, Dina Rolan, with Rolan's Honey Bees.

Zoomed In: Meg Fisher

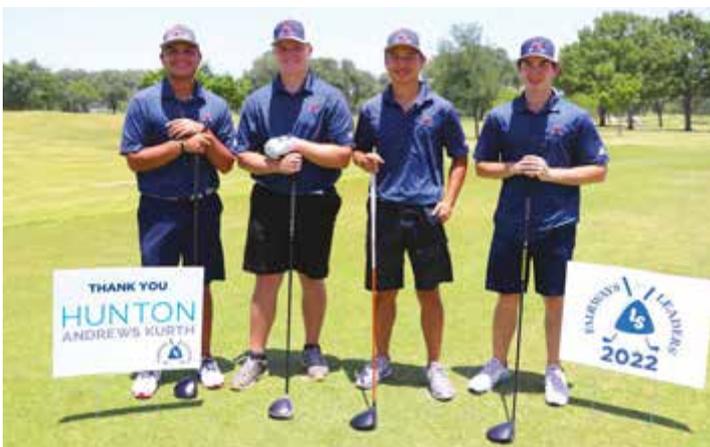
By Adam Walker

Meg Fisher celebrated her 106th birthday with her family and friends at Country Lane Senior Community. Born in 1916 in St. Louis, Missouri, Meg settled in Waxahachie in 1980, after living all over the country. "Waxahachie was a little city then, but it isn't little anymore," Meg remembered. A self-proclaimed chocoholic, she was, nevertheless, celebrating with strawberry cake.

"I enjoy living here, but I'm not one to go knocking on everyone's door. I'm a big reader. My favorite books are mysteries." She counts James Patterson and David Baldacci among her favorite authors. "I've had a wonderful, wonderful life. I have no complaints, and I traveled a lot," said the mother of two, grandmother of three and great-grandmother of four, who still attends church weekly.



The Griggers family, Betty, Harper, Jason and McKinzie, buy up all the strawberry boba when they go for cool treats.



Nolan De Los Santos, Jonathan Nguyen, Jhett Raym and Andrew Woodard of the Life High School Waxahachie boys golf team are going to the state 4A tournament.



Sandi's School of Dance celebrates its opening with a ribbon cutting.



The Indians are ready to tear up the new season.



Former student Lacie Currin, former principal Danna Forbes-Martin, current student Allison Currin and in-coming principal Jennifer Keltner get to know each other at Advantage Academy's back-to-school event.



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— By Adam Walker

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Sardis Tires and Wheels is a family-owned and -operated business serving the needs of the community for three decades. “My dad, Bill Larkin, opened the business in 1992, when he bought the retail side of things from Gary’s Tires, who wanted to go all wholesale. It’s easy to get what your customers need when your wholesale is right next door!” current owner, Tim Larkin, said.

“We’re three families here,” he explained. “My dad is 78, and he still comes in every morning. He’s very old school, so he’s up at 5:30 a.m. and comes in to check on things. My 10-year-old comes in sometimes to learn what happens. Patrick Briones has over 30 years of experience in the tire business, and 20-22 years of that is with us. His son, A.B. has been with us for 15 years, and now he’s going to firefighting school. Then there’s the Vargas brothers. Aurelio has been here for 24 years. Razz and Juan have both been here for 10 years. Everyone has experience in everything to do with tires and wheels. They know it all.”

Tim is proud of the work they do at Sardis Tires and Wheels. “We’re typically cheaper than other places,” he expressed. “And we’re a lot faster. We don’t do appointments. It’s first come, first served. So, we can have you in and out in about 20 minutes most days, though on a really busy day, it might take 30 minutes. We’re honest, and we’ve been voted the best in the county for five or six of the last eight years,” he said, gesturing

to the awards displayed on the office walls. "It's our goal to be honest and quick. We don't try to take advantage of our customers. We want them to keep coming back to us, so we try to treat all our customers the same."

“We’re typically cheaper than other places,” he expressed. “And we’re a lot faster. We don’t do appointments. It’s first come, first served. So, we can have you in and out in about 20 minutes most days.”

Tim and the crew at Sardis Tires and Wheels offer services from simple flat repair and tire rotation to dealing with that tire pressure monitoring system light on your dashboard. They install and balance new tires. They also install snazzy new rims when you want to upgrade your car’s look ... or if you’ve damaged the old ones. For both tires and wheels, they carry all the top brands to keep your car riding smoothly. They understand that tire problems can hit unexpectedly, at inconvenient times, so they offer 90-day payment plans.

“We want you to know that we’re out here, between Waxahachie and Midlothian, on 287, and we do great work,” Tim emphasized. “We understand that buying new tires or wheels can be overwhelming. Let us help you!” **NOW**

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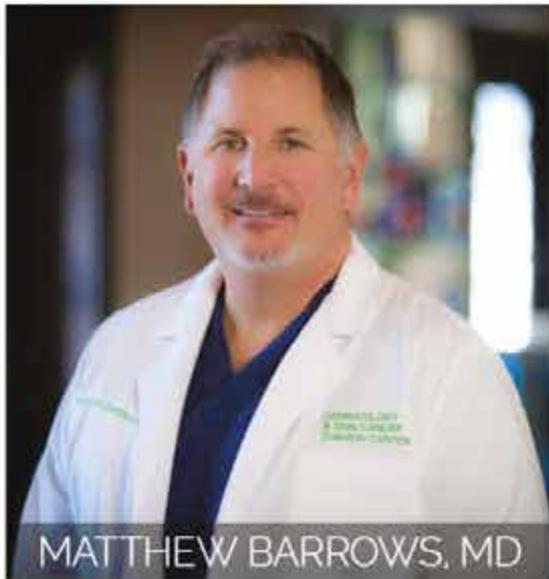
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CookingNOW

In the Kitchen With

MELENDY HERRIN

— By Adam Walker



For Melendy Herrin, cooking is her happy place. “I find it therapeutic and relaxing. If I’m stressed out or worried, it calms me. If I’m excited and happy, cooking is part of how I celebrate.” She learned the basics from her mother and her home economics teacher.

As a single mom of three, time and money were tight. “I ordered lots of pizza for them. *Lots*. One night, I was making Hamburger Helper. My son answered the phone and hung up looking *very* embarrassed. Domino’s Pizza had called to check on us because I hadn’t ordered in three days. We laugh about it now, but that was the day I decided to learn to cook! Now, I cook for my husband, our five kids and our extended family.” **NOW**

Dublin Coddle

3 cups beef broth
1 lb. smoked sausages, cut into thin round slices
1 lb. thick-sliced bacon, cut into cubes
6 Russet potatoes, peeled and sliced into 1/2-inch round slices
2 yellow onions, sliced into thin rounds
Salt, to taste
Fresh ground pepper, to taste
2 Tbsp. fresh parsley, chopped

1. Preheat the oven to 425 F.

2. In a large saucepan, combine the broth, sausage and bacon; bring to a boil. Reduce the heat to low; simmer for 10 minutes. Transfer the sausage and bacon to a bowl; reserve the broth.
3. Lightly grease a Dutch oven or casserole dish with cooking spray. Spread 1/3 of the potatoes on the bottom of the dish. Arrange 1/3 of the onions over the potatoes. Season with salt and pepper. Repeat the layering, seasoning each time. Pour the reserved broth over the entire dish.
4. Cover with a lid; bake in the oven for 40 minutes to 1 hour. Remove from the oven;

let stand 5 minutes. Ladle into bowls; garnish with the parsley.

Jason’s Favorite Breakfast Sandwich

Jelly (any flavor)
2 slices bread, toasted
Cajun seasoning, to taste
Tabasco or other pepper sauce, to taste
2 eggs
2-3 slices bacon, broken into pieces or crumbled
Sharp cheddar cheese, grated
Salt, to taste
Pepper, to taste

1. Spread the jelly on each piece of toast. Sprinkle with Cajun seasoning and Tabasco.
2. Fry the eggs, breaking the yolks; let them spread out. Add the cheese and bacon. Fold the egg in half; then fold the ends, enclosing the cheese and bacon. Continue to turn and fry the egg to your preferred doneness.
3. Place the egg between the two pieces of toast. Add salt and pepper; serve.

Grown-up Grilled Cheese

This is good with tomato soup.

Sweet cream butter, softened
2 slices artisan bread
Goat cheese, to taste
Tomato slices, to taste
Arugula, to taste
Prosciutto slices, to taste
Havarti cheese, to taste

1. Spread the butter on the bread slices. Turn over; spread the other side of one slice with goat cheese.
2. Heat a skillet; place the goat cheese side up.
3. Layer the tomato, arugula, prosciutto and Havarti on the other slice of bread.
4. Place the slice of bread on top of the slice in the skillet, carefully flipping to toast both sides. Serve immediately.

Chicken Schnitzel With Mustard Cream Sauce

Chicken Schnitzel:

1 1/2 lbs. boneless skinless chicken breast tenders
1 egg
1/2 cup milk
1 cup flour
1 Tbsp. kosher salt
1/4 tsp. freshly ground pepper
1 1/2 cups plain dry breadcrumbs
1/2 cup vegetable oil for frying

Mustard Cream Sauce:

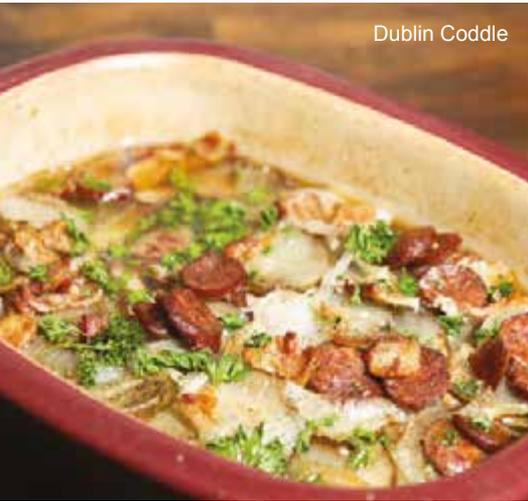
2 Tbsp. unsalted butter
2 Tbsp. flour
2 Tbsp. Dijon mustard
1/4 tsp. freshly ground pepper
1 1/4 cups chicken broth
3/4 cup heavy cream

1. *For chicken schnitzel:* Pat the chicken dry with paper towels; set aside. Whisk the egg and milk in a wide shallow bowl; set aside. Combine the flour, salt and pepper in a gallon Ziploc bag. Pour the breadcrumbs onto a dinner-size plate or piece of waxed paper; set aside.
2. Dredge the chicken in the flour mixture; dip in the egg mixture, allowing excess to drip off. Dredge the chicken again in the flour mixture. Dip the chicken in the egg mixture, allowing excess to drip off; coat with breadcrumbs, pressing the breadcrumbs onto the chicken. Place in single layers on waxed paper; refrigerate for at least 1 hour, or fry immediately.
3. Heat the vegetable oil in a large skillet, over medium heat. Add several pieces of chicken; cook until golden brown on both

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Dublin Coddle



sides, 5 to 6 minutes each side. Transfer to a plate lined with paper towels; place in a 200 F oven to keep warm. Repeat with the remaining chicken.

4. For mustard cream sauce: Melt the butter in a medium saucepan, over medium heat. Add the flour; cook, stirring, for 2 minutes. Whisk in the mustard and pepper; continue to cook for 1 minute. Slowly whisk in the chicken broth and heavy cream.

5. Bring the mixture to a boil, whisking constantly. Reduce the heat to medium-low and simmer until the sauce is thickened and

reduced to about 1 1/2 cups, about 20 minutes.

6. Pour over schnitzel; serve.

Cowboy Butter

6 Tbsp. salted sweet cream butter, melted
1/2 lemon, juiced and zested

4 cloves garlic, minced

1 Tbsp. Dijon mustard

1 pinch cayenne

1/4 tsp. paprika

2 Tbsp. parsley, freshly chopped

1 Tbsp. chives, freshly chopped

2 tsp. thyme, minced

1/4 tsp. crushed red pepper flakes

Salt, to taste

Pepper, to taste

1. Just mix it all together, and that's it! If you prefer it thicker, add more mustard.

Cheesy Garlic Potatoes on the Grill

6 medium baking potatoes, cut into bite-size cubes

1 large white onion, sliced

3 Tbsp. butter, sliced

1 Tbsp. olive oil

4 cloves garlic, minced

Salt, to taste

Pepper, to taste

Seasoning salt, to taste

1 cup sharp cheddar, shredded

1/2 cup Parmesan, shredded

1 tsp. fresh parsley, chopped

1. Preheat a grill to high. Toss the potatoes with everything except the cheeses and parsley.

2. Spray a large piece of aluminum foil with cooking spray; seal the potato mixture in the foil pouch. Cook for 10 minutes on the grill. Turn over; cook for another 10 minutes, or until the potatoes are tender.

3. Open the packet; sprinkle with cheeses and parsley. Re-seal; cook for an additional 5 minutes, or until the cheese melts.

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Tens of millions Americans have nerve damage — a condition known as “neuropathy.”

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But many OTHER people with these symptoms — pain, burning, and tingling — are NOT diabetic, yet also suffer from nerve damage.

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| ✓ Vitamin deficiencies | ✓ Certain prescription medications | ✓ Infections |
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Image courtesy of Kemah Boardwalk.



Image courtesy of Space Center Houston.

Boardwalk AND Beyond

There's nothing better than making memories with family. But finding a vacation destination that fits everyone's interests can be a real challenge. Instead of settling on a single amusement park or destination, why not explore an entire city? Whether you're planning for adults, teenagers, young kids or all the above, Kemah has all the good stuff to keep everyone entertained.

Explore the Iconic Boardwalk

Since 1997, Kemah Boardwalk has been a must-see destination for food and fun along the Texas coast. Parents love the family-friendly restaurants that satisfy even the pickiest of eaters. And, of course, kids of all ages love the rides.

For younger visitors and those seeking a more relaxed experience, we recommend the Ferris wheel, carousel and train ride. Have thrill seekers in your family? Then roller coasters like the Flare and Boardwalk Bullet are right up your alley. If you've got a need for speed, strap in for the Boardwalk Beast speedboat ride.

A Great Escape

Sure, it's great to relax on vacation. But some minds (and bodies) just don't slow down — and this is the perfect way to burn some energy!

For kids 10 and over, pump up the problem-solving at Escape Kemah. Can

you put together all the clues to escape the room in 60 minutes or less? Find out in one of four escape rooms filled with clues and mind-bending puzzles.

Go Beyond the Boardwalk

While you're in Kemah, be sure to visit the many locally owned businesses, located in the lower-key Lighthouse District. You'll find one-of-a-kind clothing boutiques, small bars and restaurants, art galleries, nature trails and so much more. Visitors will love the charm and the old-school beach-town vibe that this unique part of Kemah provides.

Calling All Space Explorers

Space Center Houston is one small trip from Kemah — but one giant leap for your vacation experience. Here, you can get an inside look at the exciting history of NASA Johnson Space Center. But it's not all looking backward. This is the home of an active training base and working mission control center. With tours, exhibits and even live presentations, you'll find plenty of ways to bring the past, present and



Image courtesy of Armand Bayou Nature Trail.

Image courtesy of Kemah Boardwalk.

future of space exploration down to earth for your little astronauts-in-training. And a final family favorite can be found in the immersive, educational wonder of the Stingray Reef & Rainforest Exhibit.

Learning on the Go

Wait — learning? On a vacation? That's right, and it doesn't have to be boring with Kemah's surprising range of nearby museums. All aboard for the Dickinson Railroad Museum, where participants can see the inner workings of a historic railroad station. And if you've got your head in the clouds, you're in luck! The Lone Star Flight Museum features classic aircrafts that visitors can see up close and in person — and you can even schedule a flight! **NOW**

By Ross C. Hoyt
Account Strategist MDR Advertising

Editor's Note: For more information, visit www.discoverkemah.com.

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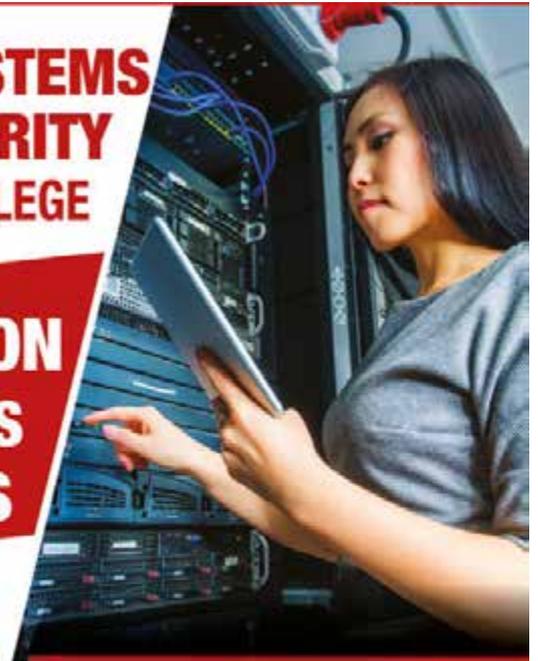
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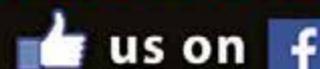


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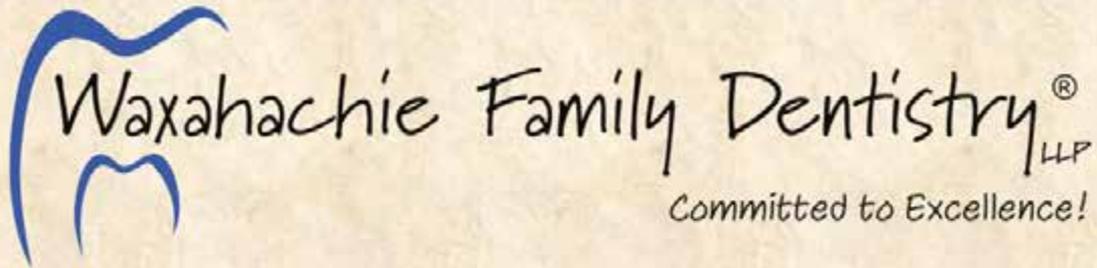
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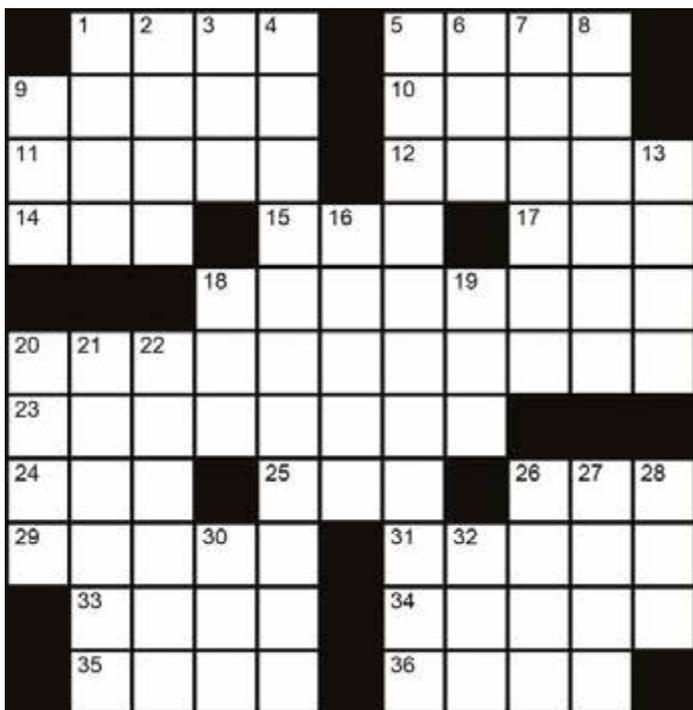
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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 It's good from a crow's nest
- 5 Young ceremonial attendant
- 9 Spiny desert features
- 10 Wickedness
- 11 Oscar winner Tatum ---
- 12 Celebrate noisily
- 14 Affirmative reply
- 15 You have one only when seated
- 17 Gabrielle Solis player Longoria
- 18 Called the shots
- 20 Concise explanations
- 23 --- to (concerning)
- 24 Not-for-profit TV spot
- 25 Edward Snowden's former employer
- 26 Bolt's partner
- 29 The Everlys woke her
- 31 Tantalize
- 33 Cabernets, for example
- 34 Versifier Nash
- 35 Times which include periods
- 36 Laugh loudly

Down

- 1 Arrow tailfeather
- 2 Cold confections
- 3 7th Greek letter
- 4 Biddability
- 5 Criminal
- 6 Madison or Lexington, in NYC
- 7 "But to --- you and to --- me, ..."
(Cole Porter, "High Society")
- 8 Craps natural
- 9 Bashful
- 13 Young 'uns
- 16 Divas' solos
- 18 Croak
- 19 El --- (Charlton Heston role)
- 20 Pickpockets
- 21 Make certain
- 22 "The Mummy" star
- 26 Nothing
- 27 Employer
- 28 Maximum Scrabble tile value
- 30 First Lady McKinley
- 32 Self-esteem

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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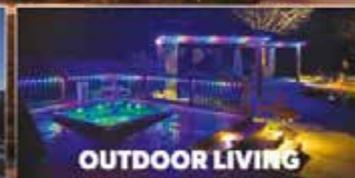
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9/17

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Family Day:

Bring the family for all the fun. Free. 2:00-5:00 p.m., Railyard Park, 455 S. College St.

C'10s Party on the Square:

Enjoy Metal Shop in concert. Free. 6:00-10:00 p.m., Downtown Waxahachie.

9/18

Bridal Extravaganza Market:

Find everything you need for your special day. \$5. Noon-4:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln.

9/25

Farm Heritage Day:

Bring the kids and grandkids to enjoy farm animals, hay rides and living history demonstrations. Free. 2:00-5:00 p.m., 130 Cunningham Meadows Rd.

9/30-10/29

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10/1

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Oddfest 2022:

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Hispanic Heritage Festival:

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10/1-10/2

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