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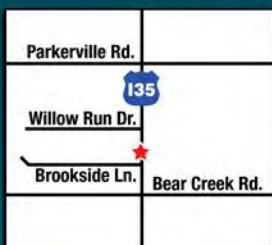


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ON THE COVER



*Motorcyclist Bob Osborne has
a heart for history.*

Photo by Amy Ramirez.

CONTENTS

July 2014 • Volume II, Issue 7



8 A Man Among Heroes

Bob Osborne is always ready to ride.

18 Keeping Up the Pace

Alyson Moore excels at long jump and track and field events.



28 A Tribute to Texas Elegance

At Home With Dr. Kevin and Amanda Williams.



36 Windows of Opportunity

Local artist Ben Vyers inspires others with his longtime love of art.

44 The Versatile Stripe

Both classic and trendy, this design element makes a statement anywhere.

52 BusinessNOW

54 Around TownNOW

56 FinanceNOW

59 HealthNOW

60 CookingNOW

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Editor's Note

Happy Summer, Waxahachie,

Years ago, I was what many would refer to as a sun worshiper. I'd spend all my free time in the evenings and on weekends at the pool. Sunburns seemed to be a commonality during my young adult years. Only now am I able to sit back as an adult and fully understand how my vanity far outweighed my smarts. One body does not need *that* much vitamin D.

I'm also a game show junkie. I can't get enough of *Family Feud*, *The Bible Challenge*, *1 vs. 100*, *Who*

Wants to Be a Millionaire and *The Chase*. Answers come easily as I relax on the sofa, but I can only imagine how difficult it would be to come up with the correct answer while the crowd dares me to go one more round. I wonder, would I stay and play or take the money and run?

Sandra

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A MAN AMONG HEROES

— By Sandra Strong

He swallows the last bite of his morning kiwi before hopping on his trike to journey into town. His first stop will be the donut shop, where he'll enjoy the "breakfast of retired champions." With a twinkle in his eyes, Bob Osborne said, "I'll eat two pigs in a blanket and an apple fritter with my coffee. I suffer with COPD and have hearing aids, but my sight is good, and I still have lots of energy." Otherwise, this 90-year-old World War II veteran is in very good health.

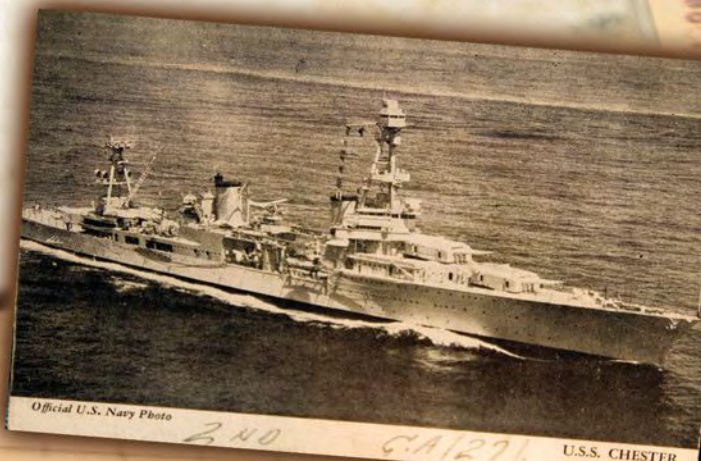
What keeps him feeling much younger than his age? "That's easy," Bob grinned. "Regular exercise and eating lots of salad keeps me active." Riding his trike to The Bike Stop four times a week is also a surefire way he remains young in mind and spirit. "I go there to hang out with other people who enjoy



riding as much as I do," he said, also sharing that sometimes he works into the evening on bikes that come in for repairs. "I may be the oldest biker down there, but I've made lots of friends. We've adopted each other." Bob and his family of bikers enjoy their Friday night rides where country roads take them to

eateries in Red Oak, Midlothian and the surrounding areas. "We always have a great time," he added. People can't help but look at the ever-growing group of bikers as they ride by. Most are on two-wheelers, and a few, like Bob, are on trikes — motorcycles with three wheels. There is a unique quality about Bob's trike that sets him apart. "My trike is custom designed with a Volkswagen engine and a second seat, also from a Volkswagen, which allows up to three extra passengers to ride along with me," he stated.

Bob has had motorcycles for most of his adult life. In fact, he used to compete in cross-country races on the back of a motorcycle. "That was back in the '50s after I returned from the war," he said. "I've had Harleys, Indians, a Suzuki and a Kawasaki. My trike is a Gold Wing/Volkswagen combo. I call it my Rub Goldberg. That's a carnival term for there's 'a fight breaking out.'"



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Traveling back in time to understand what makes Bob tick is easy to do as he shares his life story with those who are eager to listen. At the age of 18, Bob was a senior in high school when the World War II draft caught him. "That was February 25, 1943," he remembered. "On March 12, I took the oath of office. The following week, I was in basic training at San Diego, California. There was a critical need for more soldiers." Bob signed up for the duration, which at that time was a three-year term. He found himself on the USS *Chester*, a CA27,



one of three cruisers in the Fifth Battle Cruiser Division, assigned to enemy waters during that time. "I was standing under an 8-inch gun barrel with shrapnel bouncing on the gun barrels over my head," Bob said, remembering his time in Iwo Jima.

As Bob served in the Pacific, his brother, Bill, joined the Army Air Corps, serving in Europe. "I still believe Pearl Harbor was not the real beginning of the war," Bob said. "The United States had already been in the mindset for nearly a year prior to the bombing." While on duty as Seaman First Class, Bob could be found manning his gun station or working on deck. Off-duty time was spent doing personal chores.

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"My memory is still good," he smiled. "I got to come home on leave twice in that three-year period — one week following boot camp and two weeks in 1945."

Most of his memories of the war are ones he wishes he could forget. Losing friends, and knowing there was absolutely nothing he could do to save them was the worst. The fireworks he enjoys nowadays still remind him of the night battles he experienced firsthand in the war. But,



there are some good memories, too. "I celebrated my 20th birthday in Saipan after we left Iwo Jima," Bob said. "But, the most comical memory is the time I was on the head [ship's bathroom]. It was like an extra-long horse trough with water flowing through it. Seats lined the trough, and there was no privacy at all. I heard four blasts of the whistle, which meant we were in danger. As the ship moved full steam ahead, it began to lean. I held on to my seat until I was able to get to my



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station. I later learned we had been hit in the side by an American communication ship. I never wasted time on the head again after that."

The memorabilia Bob returned home with are many. WWII comes back to life as he removes the lid from an oversized storage tote. He gently removes two military dress hats. "My dad wore one on the USS *Talbot* during WWI, and I wore the other in WWII," he said with American pride. His diaries lend a roadmap to the experiences Bob had on a day-to-day basis. His Japanese keepsakes



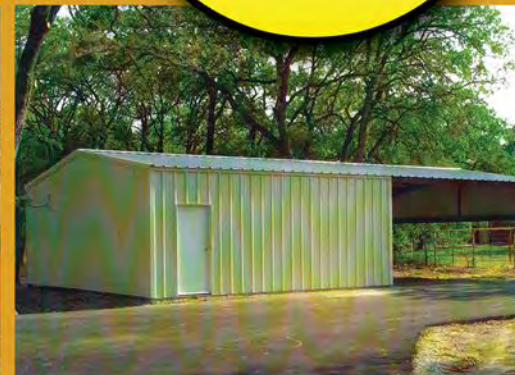
remind him of some of the battles, as well as some of the good memories that come from being in another country.

Upon his return to Texas, Bob spent his free time at the town's local bowling alley. "I met my wife at the bowling alley three months after I returned from the war," he said. "I was riding my motorcycle, and she wanted to go for a ride." Ida Ludale Vinson turned 18 in August 1947. She became Ida Ludale Vinson Osborne in December of the same year. "She was mine for 62 years before her passing in November 2009," Bob quietly shared with emotion and longing in his voice. The photographs



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gracing the walls and coffee tables in his home are a constant reminder of the wonderful life he and Ida shared.

Darlene Dale and David Lance were born into their union. Unfortunately, David's battle with cancer ended with his passing 11 years ago. Darlene lives with Bob and enjoys their time together, as evidenced by the loving way she looks at her dad as he speaks. "We moved to Lone Elm nearly 14 years ago," he said. "I retired at age 65, but I never quit working." He still mows his own yard using a riding mower and works in his home-based



machine welding shop. "I've been around awhile," he added with a laugh.

Independence Day has a deep meaning for Bob. "It's a patriotic holiday when veterans get together," he said. "It's a day when veterans are honored. I always try to go where something is happening." Does Bob see himself as a hero? "No, I don't consider myself to be a hero," he explained. "The soldiers who lost their lives in the war are the real heroes." **NOW**

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Keeping Up the Pace

— By Callie Revell

A fifth-grader at Felty Elementary, Alyson Moore enjoys playing soccer year-round and basketball in the winter. However, every year from January through August, 5K races, summer track and Junior Olympics command her attention. Her bright blonde hair makes her stand out in a crowd, but her speed makes her unforgettable.

"I think I was 5 when I started running," Alyson said. "My first race wasn't very competitive. It was just two laps around — maybe 800 meters. My brother was doing it, so I decided to do it, too. I ended up winning first place. That was really cool. It was also funny because it was around a football field, and my dad was in the middle. Right before the finish line, I stopped to tie my shoe. I stopped in the middle of the race! I said, 'I need to tie my shoe!' and my dad said, 'No, don't stop, just go!' So, then I went and finished. After that, I just kept running."

Now, at 10 years old, Alyson mainly runs 1,500-meter races and competes in several 5Ks each year. She also does long jump at track and field competitions. She remembers first trying long jump at an event through the YMCA. "All the kids at the sports complex that day tried long jump, and I really liked it and kept doing it," she said. "I ended up being pretty good at it."

Alyson has since participated in many competitive races and excelled in each one. On February 22, Alyson placed first in her age group in the Donut Dash in Dallas. "I was really proud of



the Donut Dash, because that was my favorite race,” Alyson said. Last March, she ran the Cook Children’s 5K in Fort Worth, the largest youth 5K in the state, with 5,300 participants in the race up to age 17 and almost 700 in Alyson’s age group. She was the ninth female to finish the race, and the winner of her age group. “A lot of people were there,” Alyson said. “I ran 23 flat — our goal for the year, until I ran the Donut Dash and went way past that at 21:45.”

Most of her traditional track and field competitions take place through the Amateur Athletic Union, which hosts the Junior Olympic Games each year. “I was really excited when at a qualifier meet for the AAU I ran a 6:09 for the 1,500-meter,” Alyson said. That year, 2012, she qualified for the national competition in Houston. She has steadily improved each year, both in running and in the long jump. Last year, she dropped her time in the 1,500-meter race by 22 seconds to 5:47 and raised her long jump by 2 feet 2 inches to 12 feet 8 inches.

Alyson loves running, because it gives her self-confidence. “It’s really fun, especially at the end knowing I’ve accomplished something, and I’ve won a medal,” she said. “I like the competitiveness of it and the pride you feel when you win something,” Alyson



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also uses her races as motivation to improve herself. "Even if I don't win, I still like to go back to try to win or try to beat my time. I don't run against the same people every time, but when it's the



same people, I try to beat them and beat my own time." Overall, Alyson finds her sport very rewarding. "Winning makes me want to keep doing it," she said.

However, those rewards don't come without hard work on Alyson's part.





She runs two to three days a week with friends in parks and neighborhoods in the area. Consistent training helps keep her focused and in shape. "We usually run 3.5 to 4 miles," Alyson said. "When I run by myself, I run 4 to 4.5 miles."



Alyson's father, Jeff Moore, ran track in college and acts as her main trainer. Jeff indicated some people are uneducated on the benefits of youth running, and many think that it's not good to begin training so young. However, Jeff makes sure Alyson focuses on base building, which means she puts in large amounts of miles at a low impact pace, keeping her heart rate

between 120 and 150. She never runs lactic acid-burning sprints, which are very bad for distance runners her age.

Her training helps her prepare for her 5K season every spring. Alyson likes running 5Ks and looks forward to them



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each year. "That's probably my favorite distance to run because it's longer, and I just like it better than the shorter distances," Alyson said. "I think I'm more competitive in the longer races."

During a 5K, Alyson follows pacing strategies that help her keep an optimum amount of energy until she reaches the finish line. "At 5Ks without a clock, I use my watch. I check every mile to see how fast I'm going, and that's how I keep my pace," Alyson explained. Her 5K runs in the spring keep her in shape for summer

"All the kids at the sports complex that day tried long jump, and I really liked it and kept doing it."

track season, but her strategy remains the same. "During track meets where they have a clock, I set splits and check it every lap to see if I'm on pace," Alyson said, referencing the way she paces her distances. For her, the hardest part of a race isn't the training, but the race itself. "It's probably the end of the race that's the hardest, especially in 5Ks and 1,500s when you have to speed up at 350 meters and sprint those," Alyson said. "I'm pretty good at it, but that's still the hardest part."

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Alyson has seen firsthand the way running can boost confidence and improve self-image. She encourages all of her peers to try running, even if they don't think they're very good at it. "At first, I would just tell them to try their best and have fun," Alyson said. "If they were really good, I would encourage them to do some of the things I do, like check for splits and keep training."

Even though she hasn't even entered junior high school yet, Alyson has big goals for her track and field career. "I definitely want to join cross country and their track team," Alyson said, adding that she plans to continue running throughout



junior high and high school. Next year, she will begin running 3,000-meter races and wants to jump at least 13 feet 6 inches in the long jump. After high school, one big goal remains clear. "I know I want to go to the Olympics," Alyson said enthusiastically. At this pace, it appears as if nothing can stop her. **NOW**

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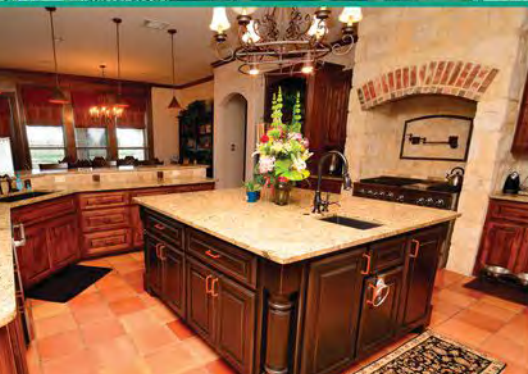
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A TRIBUTE TO *Texas Elegance*

— By Carolyn Wills



AT HOME WITH DR. KEVIN & AMANDA WILLIAMS



Dr. Kevin and Amanda Williams' beautiful home is a true tribute to Texas elegance. In variegated brick, light Austin stone and dark wood trim, the five-bedroom, 5,700-square-foot, Texas traditional occupies two-plus acres near Waxahachie Lake with a view of open fields.

Kevin and Amanda, with their 9-year-old daughter, Cheyenne, and her beloved Black Labrador Retriever, Juliet, moved into their new home in July 2013, and what a busy year it was. On March 28,

2014, they welcomed the birth of twin boys, Devin and Liam, and the family of three became a family of five. "We knew we were going to need a bigger table," Amanda grinned.

As it turned out, they needed more than a bigger table. "We needed a home for a growing family," Kevin said. "Our daughter's school is in Waxahachie, and we wanted to be closer to it. I also have a busy practice in Dallas and wanted a shorter commute. We sold our house in Ennis, and while looking at a house in this neighborhood, we found this one and fell in love. The neighborhood is quiet and friendly, and I especially like that the house is so open and comfortable."

Comfortable, spacious and stunning are among the descriptive words to



best describe the impressive home built in 2009. From the front entry, a foyer leads to a huge open living/dining room and kitchen. "We haven't made a lot of changes to the main floor," Amanda said. Most of the changes, in fact, have been by her hand. "I'm a makeup artist, and I like color," she smiled. "If a wall was white, I painted it." The walls are now in tones of brown, tan, taupe and red. Some feature artistic, stenciled designs, while others, such as those in the foyer, give the appearance of a rich, leather-like finish.

Distinguishing the foyer from the high-ceilinged living room is a wide, brick archway. The massive central room features Austin stone-clad walls and fireplace and warm wood floors, plus two large ceiling fans suspended from



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an enormous dark-stained wood beam. "We bought furniture just for this house," Amanda said. "With so much room, we needed bigger furniture." In the living room are deep-cushioned sofas and big comfy chairs, one of which is designated as Kevin's favorite.

Open to the living room is the dining area with a much larger table. Polished dark and gold-hued woods, carved edges and elegant lines highlight the long table, which is accompanied by tall-backed, elegant wood and cushioned chairs. The dining table sits on a gorgeous decorative rug, and the room is complete with a tall, dark wood hutch. Above the table is a striking metal and glass light fixture.

The floors are especially unique throughout the dining room, kitchen and hallways. Like the Austin stone, brick and dark wood, the addition of polished adobe tile speaks to both elegance and Texas. The process of making the particular tile featured in the Williams' floors involves leaving the tiles outside to dry, which results

in some of the finished pieces having animal tracks. Tracks aren't in every tile but, clearly, the occasional coyote and/or other night creatures crossed a number of them.

"I love that the design of this house is so unique," Amanda shared. "I like the contrast of the stone, brick and tiles, and that all the light fixtures are different, yet everything ties together. Nothing is repetitive, and that keeps things interesting."

The living room commands space, the dining room invites conversation



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and the kitchen is all about quality, style and function. Granite countertops, stainless steel appliances, two pantries, a peninsula and one giant island with a built-in ice-maker are a few of the amenities. Aesthetically, rich, dark, custom cabinetry, the adobe tile floor, brick arch over the gas stove, Austin-stone wall and unique light fixtures ensure the kitchen's place in the overall design. "I love to cook," Amanda admitted. "I do a lot of Southern home cooking, like chicken casseroles. With two pantries, great counterspace and a gas stove, this kitchen really works."

The couple's main floor is about 3,500 square feet. Just off the foyer, a small office with dark wood furnishings is shared by the family. "The office is for everyone," Kevin said. "Cheyenne will sometimes do her homework there."

Cheyenne's room, the master bedroom and nursery are also downstairs. Cheyenne's room is a young girl's dream, with a big, plump, colorful bed; a crowd of stuffed animals; lots of space to play; and her name proudly displayed across the wall above her bed. The box-coved ceiling is embellished with wood moldings. Devin's and Liam's cheerful "kings of the jungle" nursery features thick carpeting, two handsome, dark wood cribs and a wall decal with the quote: *Let him sleep for when he wakes he will move mountains.*

Kevin and Amanda's master suite is breathtaking and enormous, yet remains calming. Massive furnishings are works of carved art, and the soft color palette is immediately relaxing. In scope, beauty and features, the master bath rivals any choice spa. Next to the master bath is what may be the most distinctive feature in this amazing home — the master

walk-in closet, which is the size of an average bedroom. "The closet is my second favorite room," Amanda smiled. "Every girl needs a chandelier and a lot of space for her shoes."

Kevin and Amanda, the home's second owners, rose to the task of finishing the home's two upper levels, which for some reason had been left unfinished by the original owners. Although pregnant with twins, Amanda was enthusiastic about the chance to customize. "It was an opportunity to put our stamp on our



family home," she said. Today, the middle floor features a game room with a bar, an in-home theater along with another bedroom and bath. The top floor includes a bathroom and a delightful light-filled bedroom with spectacular views.

With a game room, media room, a tradition of gathering for dinner to catch up on each other's days, plus a backyard pool, fireplace, grill and playhouse, there's plenty to do at the Williams' home. "We like having a pool for the kids and so much room for them to play," Kevin said.

Amanda was born and grew up in Ennis and attended Navarro College in Waxahachie. Kevin, originally from Valdosta, Georgia, moved to Bay City, Texas, after completing medical school and residency at New York City's Columbia University. He arrived in Ennis in 2005 to open an orthopedic surgery practice and was introduced to Amanda through mutual friends. The couple married November 3, 2012. "For us, life surrounds our children," he smiled. In their house of Texas elegance, it is clear, too, that love surrounds this growing family. **NOW**

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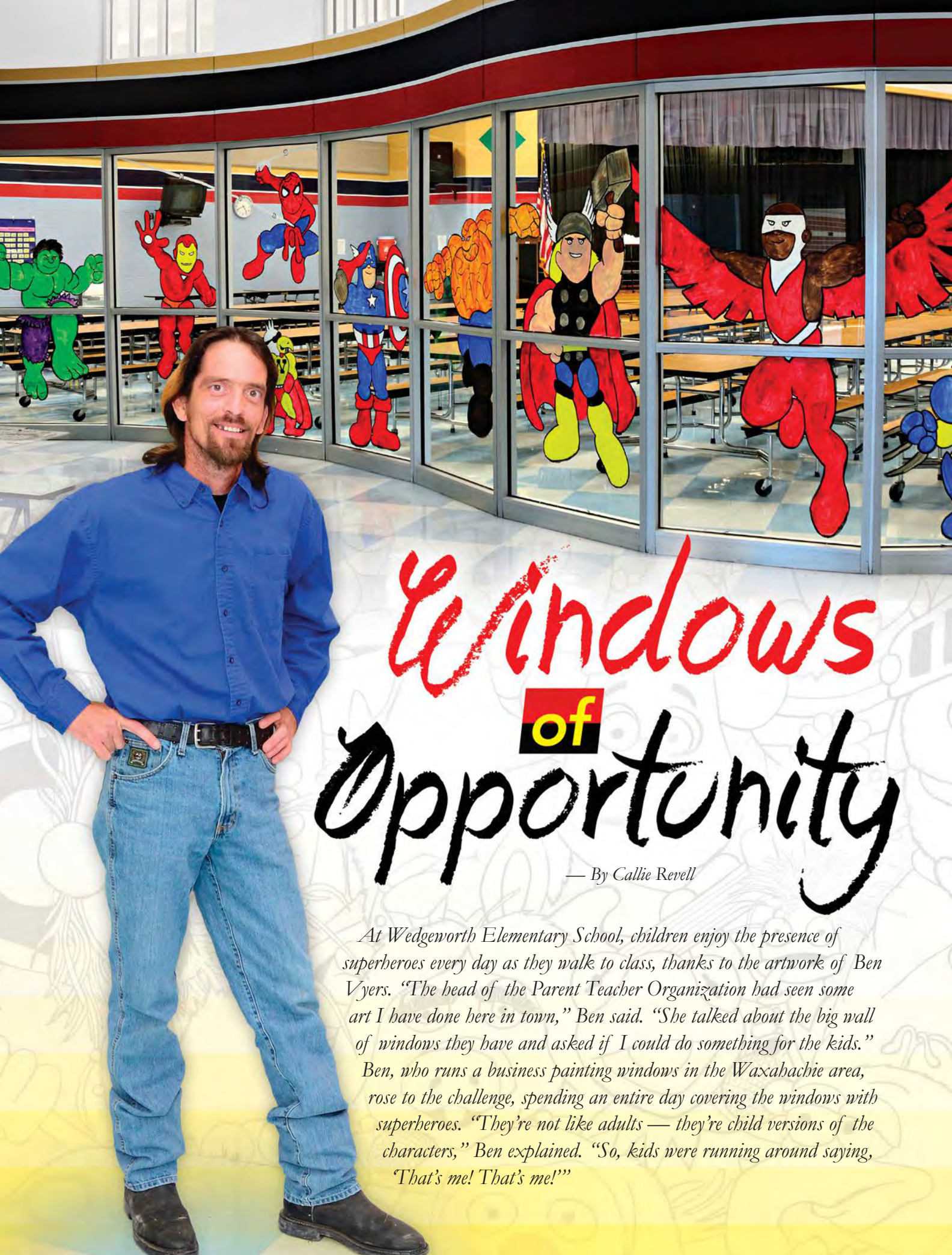
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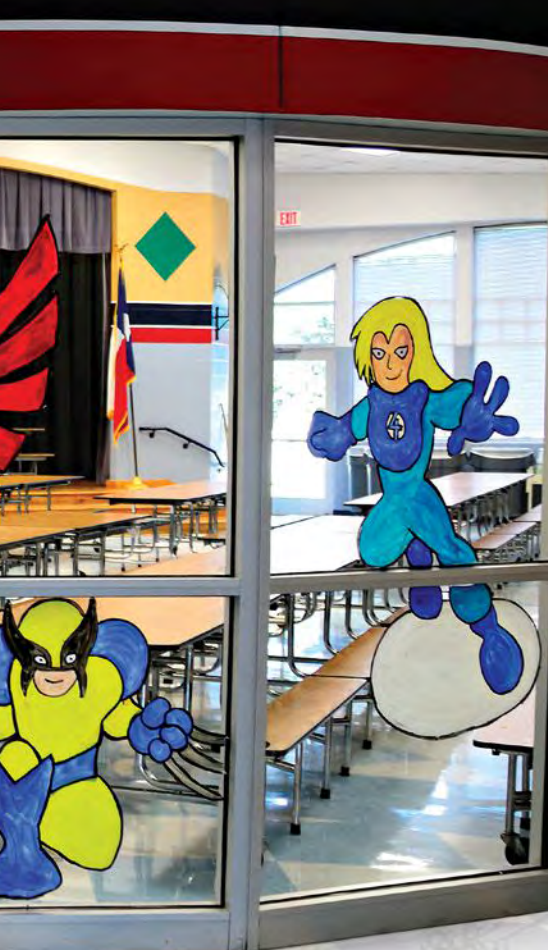
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Windows of Opportunity

— By Callie Revell

At Wedgeworth Elementary School, children enjoy the presence of superheroes every day as they walk to class, thanks to the artwork of Ben Vyers. "The head of the Parent Teacher Organization had seen some art I have done here in town," Ben said. "She talked about the big wall of windows they have and asked if I could do something for the kids." Ben, who runs a business painting windows in the Waxahachie area, rose to the challenge, spending an entire day covering the windows with superheroes. "They're not like adults — they're child versions of the characters," Ben explained. "So, kids were running around saying, 'That's me! That's me!'"



The mural stayed up the entire school year and was very popular with the children. "I did it during one school day in August so they could see it come together," Ben remembered. "It was so cute, because they were all eating lunch trying to guess what I was doing. I think it was just as much fun for the kids as it was for me."

Ben's primary business is window cleaning and pressure washing, but for the past seven years, he's been focused



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on window art. "One Christmas, I almost starved to death because somebody came in and painted all the windows I was cleaning, so I got to thinking how much I love art. I always have since I was a little kid. I won lots of art competitions," Ben said. Now he paints windows for houses and businesses with murals that usually focus on holidays like Christmas or Halloween, but he also does murals for sales and special announcements. Each mural involves a special technique. "When you're painting on a clear window, you have to lay down some sort of background to get the color to pop out. I paint the whole picture in white first. Then, I put the colors in, and the final step is to come in with black and put in details to make the picture pop out." Although all of his window art is





"I try to do something different, something no one else has seen."

temporary, it's quite durable. "All the art I do holds up to the weather," he explained. "I never have any trouble with it washing off."

For Ben, window art is one of his greatest joys. "In the last two years, I've focused more on my art. I love this type of art," Ben said. "I just love being creative. I love seeing people come out and see the finished work." However, there is one downside to his chosen medium. "The only thing I don't like about the window art is having to take it off. I've painted some real masterpieces."

Ben has lived in Ellis County his entire life and has built his family and life here in Waxahachie. His love of art stretches back to his childhood. "My whole family is artistic," he said. His brother designs clothing and does print screening, and his sister is a graphic designer. All of them were encouraged to pursue art by

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their mother. "My mom is super creative. When it comes to creativity, she can do anything," Ben said, remembering how his mother made all of his clothes as a child. "She inspires me a lot." In elementary school, Ben discovered a passion for art that has continued into adulthood.

Now, Ben enjoys mediums like airbrushing, pencil, charcoal and even claymation. Overall, he describes his art as unique. "My art will stand out," he said. If 10 different artists painted the same mural, Ben's one-of-a-kind style would stand out from the rest of them largely in part because of his love for Pablo Picasso and Salvador Dali, as well as the overall process he uses from start to finish. "I don't like traditional art," Ben said. "*The Starry Night* was one of my favorite pictures as a kid. It was just a big swirly mess of color, but I loved it. It was something different. That was the foundation for my love of art. I remember the melting clocks in a piece by Salvador Dali. I thought that was the neatest thing. I was 10 or 11 years old trying to mimic that." Although the art Ben does today isn't what most would call abstract, he uses the concept to push his work to another level. "I try to do something different, something no one else has seen," Ben said.

Ben believes it's important to foster a love of art in children. "My kids do this with me now that they're older," he said. "They've done a lot of stuff I've been really proud of." Ben hopes murals like the one at Wedgeworth Elementary will inspire children to talk about art and pursue it. "If your kid loves art, you should encourage it," Ben stressed. "Go buy them some art supplies and let them go crazy. That's where it starts. They just need someone to push them in the right direction."

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Ben Vyers and his sons Benjamin and Christopher stand in front of the window art mural at Wedgeworth Elementary.



Ben hopes his window art will continue to expand from here. But for now, he is happy doing what he loves. "I never thought I would do this on a daily basis. It was always just something I loved to do," Ben said. "I didn't want to destroy my art by being forced to survive by doing it, because then you're under pressure, and the art suffers. I'm having fun, and people are enjoying the artwork."

However, Ben's art is more than painting windows. His true desire is to create something that can't be washed away. "I want to do something that will last," he said. "I want to do something that 100 years from now, long after my death, my kids can take their kids to see it and say, 'Grandpa did that.'" In the meantime, expect Ben's art to continue to impact Waxahachie and lift the spirits of all who see it. "I don't want fame. I'm a private person, so I don't want to be in the spotlight," Ben said. "I want my art to be in the spotlight, because the art speaks for itself." **NOW**

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The Versatile Stripe

— By Amy Walton

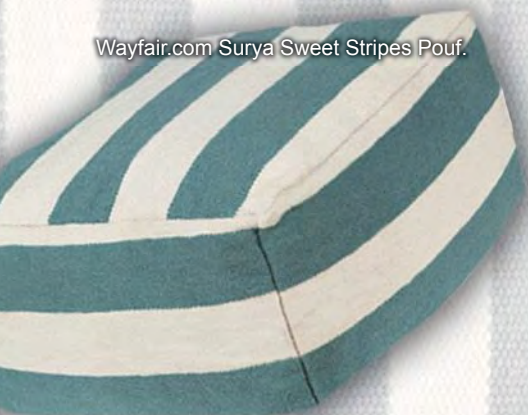
It's no secret that trends between home design and fashion are closely related. They not only coordinate in color scheme, but also in pattern. For example, I'm sure we've all noticed the pastel trend over this past year — coral and mint to be exact. We've also noticed the chevron trend, first in home design, and then quickly transitioning into the fashion realm. As much as I love recent trends, I want to focus on a more classic style that also has the ability to remain trendy — stripes.

Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application. In the classic form, a stripe can be displayed in a horizontal or vertical manner. In home decor, you might consider a vertically hung stripe on a set of drapes to be more formal; whereas, a horizontal, bulky stripe might feel a bit more casual. Another big trend has been placing thick horizontal stripes on the interior walls of your home. I love this trend, because rather than using wallpaper to create interest on your wall, you are simply using paint. For this application, a smoother finish on your walls is ideal, as a textured surface might interfere with achieving clean paint lines.

Color also plays a big part in the look of a classic stripe. A lighter fabric or color choice may come off as more approachable and

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welcoming compared to a bolder black and white print. If you are looking for a more intense look, a high contrast stripe might be the choice for you. To achieve a calm, relaxed feel, lean toward lighter tones with less contrast between the hues of your stripes. The same theory applies to fashion. A softer color scheme will represent a lighthearted and relaxed look as opposed to a bold print, which will signify a larger, more obvious fashion statement. These bold prints have been seen anywhere from maxi dresses to handbags. They are especially popular during the summer months in both high contrast hues and tone-on-tone applications.

But stripes don't have to take on a traditional appearance. They can have a very trendy, casual feel, as well. For example, when applied to a nautical or beach theme, stripes undergo



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The nautical theme doesn't stop with home design either. We have been seeing this trend transition into fashion for quite



some time. Beginning with gold jewelry making its comeback a few years ago, it then became more obvious. Anchors became prevalent in jewelry, and stripes, while they have always been popular in fashion, began pairing up with the



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nautical aesthetic, as well. The nautical stripe has been applied to many things such as nail art, handbags, shoes, shorts — you name it. Even pairing a classic striped sundress with an anchor charm bracelet or ring has become trendy. Pair that outfit with a neutral canvas wedge and red clutch and you've got yourself your next barbecue ensemble.

Aside from the nautical theme, stripes have many other ways of taking on a casual look. I call this the rustic stripe. You might see this in the French country design style, along with the shabby chic and cottage look. I've also seen this rustic stripe in the industrial style. You can find them printed on a kitchen towel, a grain sack pillow or even roughly painted

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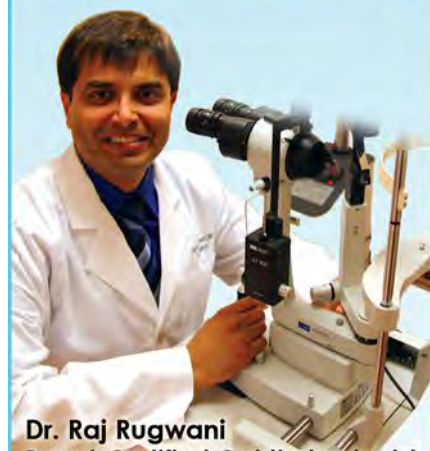
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on a table or dresser as a charming accent. You won't find clean lines when observing this type of style, but the imperfect elements of the rustic stripe are where you find its true charm.

The rustic stripe can also be seen in the fashion world when applied to items such as the boyfriend jean, or even when printed on a summer scarf or canvas tote. I love pairing a bright and simple summer dress with a more rugged "rough around the edges" striped scarf. The contrast of those two elements creates interest and meaning behind an otherwise simple look.

It's hard to imagine that such a simple aesthetic can be applied to so many different design styles, but it's true. Whether you are going for the latest trendy look or the traditional classic look, stripes have the ability to take on many roles. What I find most appealing about stripes is their ability to never go out of style. They are timeless in so many ways and will always find a way to make a statement in both interior design and fashion. **NOW**

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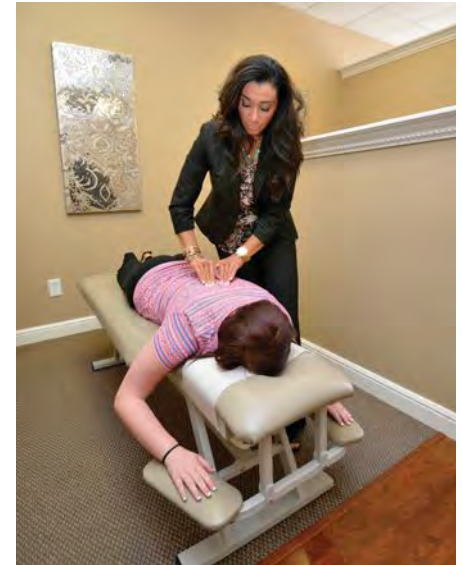


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Dr. Natasha Maza and her staff of qualified individuals work together as a team for the continued health of their patients. The relaxed atmosphere of Hometown Physical Medicine is conducive to the healing process.

Working Together

Hometown Physical Medicine provides superior health and balance through combined care. — By Sandra Strong

Hometown Physical Medicine, formerly known as Hometown Chiropractic, has combined chiropractic care and medicine to offer patients the best of both worlds in one location. “There are limitations to both chiropractic and medicine,” said Natasha Maza, D.C. “We combined the good of chiropractic and the good of medicine under one roof with the overall well-being of the patient in mind.”

Dr. Maza has teamed with Dr. Michael K. Schrader and April Morgan, family nurse practitioner, to realize the benefits for patients when blending the two fields of medicine. “It’s a team effort,” Dr. Maza explained. “We have a team of well-trained, knowledgeable individuals working together for the continued health of our patients.” Other team members include: Robin Voss, Julie Svehlak, Hattie Parker and Allison Cameron.

Hometown Physical Medicine is more than a facility for treating neck and back pain, headaches and the maladies stemming from accidents. New methods of treatment offered include knee injections, neuropathy treatments and trigger point therapy. Patients who have suffered from chronic knee pain are finding hope in the FDA-approved medicine. Good candidates for knee therapy are those who have been diagnosed with osteoarthritis, wake up with knee pain, have difficulty maneuvering stairs or have been told they need knee replacement surgery, to name a few of the main reasons. How does a patient know when knee injections are right for them? Taking care of knee pain is something you can do today by simply calling the office for a free knee consultation. “You can say goodbye to knee pain the nonsurgical way,” Dr. Maza added.

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In this busy, fast-paced world, the pros to knee therapy outweigh the cons that may be associated with invasive surgery. The cost, as with most of their treatments, is covered by most insurance plans, including Medicare. Pain is minimal, and recovery time is immediate. "Before you put yourself through months of immobility, pain, rehab and medical bills," Dr. Maza added, "you may want to consider knee joint therapy."

Trigger point therapy is the newest solution offered at Hometown Physical Medicine for patients who suffer from chronic back, neck or joint pains. Sarapin, the medicine in the trigger point therapy, is derived from the pitcher plant, a naturally occurring organism. But most importantly, Sarapin has no known side effects, and there is no downtime following an injection.

A trigger point is a knot or tight, rope-like band of muscle that forms when a muscle fails to relax after activity. "This knot can often be felt underneath the skin and may involuntarily twitch when touched," Dr. Maza stated. "These trigger points can irritate the surrounding nerves. Over time, these areas of pain may lead to decreased range of motion, scarred tissue and muscle weakness." Sarapin works by alleviating the tightness, spasms, scar tissue and joint stiffness associated with muscle inflammation.

"Our neuropathy treatment is focused on getting oxygen to the nerves," Dr. Maza explained. "Neuropathy is a condition where the nerves are sick or dying due to lack of oxygen or nutrients." Neuropathy can be caused by diabetes (about 70 percent of people with diabetes have some form of neuropathy), nerve damage, cancer treatments and many more conditions.

When combining chiropractic care with medicine, and then adding the newest modes of treatment, patients at Hometown Physical Medicine are seeing results that have definitely added to their quality of life. "Call now to change your life," Dr. Maza added. "You *can* live a life free of pain." **NOW**

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Josh and Matt Pittman are featured on a special edition of BBQ Pitmasters.



Chase Anderson and Dillon Strong prepare to master a ride at the Scarborough Renaissance Festival.



The Waxahachie Police Department recognizes the Citizens Police Academy graduates of 2014.



Vickie Ramos of Ramitas Crafts handcrafts a blue dog from balloons.



The Interact Club washes a dog at their car wash to raise money to help the Rotary Club eradicate polio.



Waxahachie's Anna Gorman earns a promotion from kindergarten to first grade at Canterbury Episcopal School of DeSoto.



Baylor Medical Center Auxiliary President Sandy Goodenough hands a box of freshly popped corn to Jan Scharf.



The Acrobat with Acro-Rats entertains the crowd during one of many shows at the Scarborough Renaissance Festival.



Nicki Donathan fashions rubberband jewelry at the Downtown Farmer's Market while Dorothy, the Longhorn, looks on.



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Achieving Financial Wellness With a Credit Card

Credit cards are great financial tools, giving you purchasing freedom and the opportunity to build a strong credit profile — a must-have for anyone looking for the best deal on a car, home or even a business loan. For many, however, credit cards are also a great way to get into trouble. If your credit card bills are controlling you rather than the other way around, read on to learn how you can turn the credit card game back in your favor.

First, you have to make sure you know exactly what the terms of your credit card contracts are. Interest rates, grace periods for repayment, late charges and other fees vary considerably from card to card (and from consumer to consumer). Read the card agreement before you spend or sign, and be sure to read your monthly statements carefully.

Once you have a handle on your credit card terms and know what not to do to make the bills even worse, it's time to start paying those bills off. Making minimum payments or simply paying what you can after a month's worth of spending is setting yourself up for years of effort and a slim chance of successfully climbing out of credit card debt. Instead, budget a set amount — more than the minimum required payment — that you will pay toward your credit cards each month, and make it the first thing that comes out of your paycheck.

"Most card issuers let you set up automatic payments from a checking account and allow you to decide how much you pay," says credit adviser Elizabeth Ody. "This strategy keeps that money from becoming a temptation for you to spend

on something else because it's already gone. It also helps you avoid late payments that can damage your credit score, cost you a bundle in fees and trigger an interest rate hike."

Finally, if your bills are simply too high for you to manage even with a strict budget, don't simply ignore the problem. Talk to your credit card company and see if they'll negotiate — you might be surprised.

"Sometimes you can get your interest rate lowered, set up a payment plan that will allow you to pay off your debt, or even get some of your debt forgiven, all with a simple phone call," writes financial journalist Amy Fontinelle. "If your first call doesn't work, remember that just because one person says no doesn't mean that's the final answer. Keep calling the company back. You'll often get a different customer service rep almost every time, and talking to different people may allow you to negotiate a better deal."

Getting your credit cards under control might take a bit of effort, but it will be well worth it in the long run. Once you're free from the nightmare of mounting credit card bills, you can focus on building a lifetime of financial freedom. **NOW**

Aaron Penny is the branch manager at the Neighborhood Credit Union in Waxahachie.

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July 10

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July 12

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Wildflower Walk: 9:00 a.m., Mockingbird
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July 25, 26, 27

Waxahachie Community Theatre presents
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7:30 p.m.; **Sunday**, 2:30 p.m., Gateway
Church, 555 N. Walnut Grove Rd.,
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Pre-school children are free with paid
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Ongoing:

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Fourth Mondays

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Fridays

Business Networking International meetings:
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Third Saturdays

Waxahachie Jamboree: 7:00-9:15 p.m.,
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Caught in the Food Crosshairs

— By Betty Tryon, BSN

The evening ended as a memorable affair — just not the way the hostess envisioned. Within a few hours after eating, one by one, the guests began to feel ill with nausea, vomiting and diarrhea. Only those who ate the salad became sick. In looking for what might have caused this, it was discovered that the salad ingredients were chopped on the same cutting board on which the raw chicken had been prepared. In cleaning the cutting board after using it for the chicken, the cook thought a quick rinse was good enough, but it was not.

Cross-contamination of food is a public health concern. Food cross-contamination is the act of transferring germs from one object to another. Using the same cutting board in the kitchen for raw meats, bread, fruit and salads is an accident waiting to happen. To be safe, save one board for raw meats and another one for vegetables and fruits. Considering the distressing consequences, it is a relatively easy thing to do to help protect your health. Even under the strictest cleaning practices, juices from raw meat can be harbored in cracks and tiny crevices on the board. Toss a board that has too many scars on the surface. When cleaning your meat board, use hot soapy water, follow up with a disinfectant and rinse thoroughly.

The quest to avoid cross-contamination of food begins even before the food ends up in your kitchen. If you use re-usable

grocery tote bags, keep them clean. In tote bags and plastic bags, try not to carry your fresh produce in the same bag you carry raw meat. In other words, don't package your hamburger meat with your tomatoes.

After rinsing your fresh produce, store it in a clean container rather than returning it to its original container. As always, wash hands thoroughly before preparing food. Another precaution is to wear gloves if you have a wound on your hand. The gloves protect you by providing a barrier to keep your wound from becoming contaminated, and they prevent germs from getting on your food. Storing eggs can be risky business. They should be kept in the original container and placed on refrigerator shelves, rather than in the egg containers on the fridge door. The constant opening and closing of the door jostles them and exposes them to fluctuating temperatures which reduces their quality.

When grilling this summer, employ the same rules you use in your kitchen. Never put cooked meat on the same plate or pan that held uncooked meat. Keep grilling utensils separate between raw food and cooked food. And remember, always wash your hands after handling raw meat. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

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In the Kitchen With Deborah Benavides

— By Randy Bigham

Homemade meals are a specialty for Waxahachie-born and -bred Deborah Benavides who learned to cook at age 13 by watching her mother prepare scratch tortillas. “Mother made it look easy, rolling them out perfectly round,” Deborah recalled. She admits her own first attempts resulted in tortillas of every shape. “But we still ate them,” she laughed. “And at the dinner table, we would try to figure out which state on the map they most resembled!”

Despite working full time, Deborah finds time to treat her family and friends to fresh, delicious food — the spicier the better. Salsas and appetizers are her favorite dishes to serve, whether at home or for public functions. “We always have some event going on,” she admitted, “and we’re always eating!” **NOW**

Flour Tortillas

Makes about 15 tortillas.

- 3 cups all-purpose flour
- 2 tsp. baking powder
- 1 1/2 tsp. salt
- 1/4 cup lard or Crisco
- 3/4 cup medium-hot water

1. Mix first four ingredients together. Slowly pour in water and work into flour. Knead dough, cover and let rest for about 10 to 15 minutes.
2. Preheat round flat tortilla pan on low to medium heat.
3. Make small balls about 2-inches round and stretch out with rolling pin.
4. Place in pan, cook one side, flip and cook other side.

Deb's Homemade Salsa

- 4-6 green peppers
- 1 bunch cilantro
- 2 28-oz. cans diced tomatoes

- 1 10-oz. can mild Ro-Tel
- 1 tsp. cumin
- 1 tsp. garlic salt
- 1 tsp. onion salt
- 1 tsp. salt

1. Chop peppers and cilantro; add tomatoes and Ro-Tel; continue to chop up.
2. Add remaining ingredients. Cook for about 30 minutes.

Spicy Sausage Wontons

Makes 50 wontons.

- 1 pkg. square, uncooked wontons
- 1 16-oz. pkg. sausage
- 4 jalapeños, chopped
- 1 4-oz. jar pimientos, chopped
- 1 4.25-oz. can black olives, chopped
- 1 pkg. ranch dressing mix
- 1 8-oz. bottle ranch dressing
- 1 8-oz. pkg. mozzarella cheese

1. Preheat oven to 325 F. Place wontons into cupcake pan and cook until lightly

brown. Set aside.

2. Cook sausage fully; drain and place in mixing bowl. Mix in remaining ingredients thoroughly. Place wontons on cooking sheet.
3. Spoon about 1 tsp. of sausage mixture into each wonton.
4. Bake until browned, about 10 minutes.

Jalapeño Bacon Wraps

- 1 28-oz. can jalapeños, halved and seeded
- 1 8-oz. pkg. cream cheese
- 1 12-oz. pkg. sliced bacon, cut in half

1. Preheat oven to 325 F. Fill each jalapeño with 1/4-1/2 tsp. cream cheese.
2. Wrap bacon around each pepper; place on cooking sheet and cook for about 1 hour.

Hot and Spicy Charro Beans

- 1 11-oz. can pinto beans
- 1 bunch cilantro, chopped
- 4-6 jalapeños, chopped
- 1 10-oz. can mild Ro-Tel

1. Place pinto beans in saucepan on stove at low heat.
2. Mix in remaining ingredients; cook for about 30 minutes.

Mexican Rice

- 1 Tbsp. cooking oil
- 1 1/2 cups long grain rice
- 3 cups water
- 3 Tbsp. Knorr Caldo de Tomate (tomato bouillon with chicken flavor)
- 1/2 tsp. black pepper
- 1/2 tsp. salt

1. Place oil in skillet over medium heat. When oil is warm, add rice; cook until lightly browned.
2. Add remaining ingredients; cover and cook on low until water has evaporated. (If grains are still hard, add 1 Tbsp. of water; cook until water evaporates.)
3. Remove from heat; let sit 5-10 minutes covered.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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