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M A G A Z I N E

SEPTEMBER 2017

A hand holding a paintbrush is shown painting a street scene on a canvas. The canvas is mounted on a tripod easel. The painting depicts a street with trees, buildings, and cars. The background is a blurred outdoor setting with a red car and a person walking.

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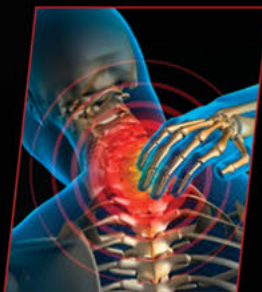
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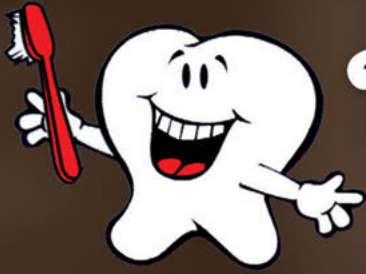
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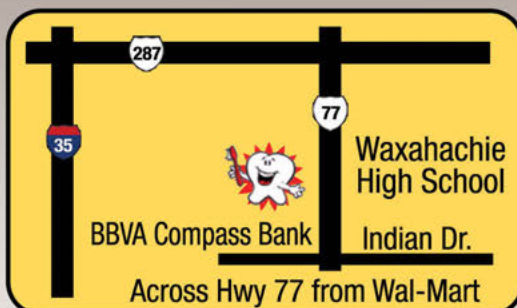
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ON THE COVER



Plein aire painting is enjoyed by many artists in the community.

Photo by Amy Ramirez.

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Editor's Note

Happy September!

When I think of September, I think of change. There promises to be a shift in the weather as autumn returns in all its golden glory on the 22nd. I'm hopeful we will have milder temperatures, as well as cool breezes that make flying a kite much easier. As three digits on the thermometer turn to a lower two-digit number, I will be rearranging my closet. I will put the sandals and flip-flops away and pull out my boots and the crazy socks that only I see. Yep, this girl is ready for some cooler weather, so I say, "Mother Nature, bring it on!"

A very special boy in my life — my youngest grandson — will celebrate his 4th birthday on the 26th. The past four years haven't always been easy, but with Zane, they've been sweet and quite memorable. His hugs are worth waiting for, and his smiles are priceless. He wouldn't be Zane without his fist bumps and high-fives. The changes in him are happening way too fast for this Granny, but change is what life *is* all about!

I encourage you to embrace the changes in your own life!

Sandra

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In Breast Cancer Care, Communication Is Key

A breast cancer diagnosis can be overwhelming. Suddenly, there are appointments to schedule, terms to learn and unfamiliar treatments to consider, all added to a flurry of emotions.

This is why communication is critical to delivering quality care for breast cancer patients. It's also why Texas Oncology puts communication at the very center of its Multidisciplinary Breast Cancer Clinics.



In this approach, personalized cancer care incorporates the patient — making sure she or he is comfortable with the treatment every step of the way. The treatment itself results from a plan that a full team of physicians customizes to meet the patient's specific needs.

"All of the physicians involved in the care of that patient will evaluate the patient up front," breast surgeon Martin Koonsman says. "We present the patients with a well-thought-out multidisciplinary treatment plan."

One of the Clinics' essential resources is a "one-stop shop" appointment. A nurse navigator guides the patient throughout the cancer journey for moral support, starting with meeting the full team of care providers. In a casual, face-to-face discussion, the patient can ask the medical oncologist, breast surgeon and radiation oncologist any questions and discuss next steps for treatment.

The new approach is tailored to give patients a better understanding of what to expect. "It's not like the doctor says, 'I'm going to refer you to another doctor,' and you call — and wait — and try to make another appointment," explains Linda Gage, a Multidisciplinary Breast Cancer Clinic patient. "They're talking, they're working together, and they coordinate things and get you through the process."

Texas Oncology's Multidisciplinary Breast Cancer Clinics give patients access to complete breast health services, including high-risk screenings, hormone therapy, radiation therapy, chemotherapy and surgery. Patients can also benefit from full-service pharmacies on location, genetic testing, survivor support groups and much more. Patients also have access to social workers, therapists, dietitians and other specialists to help them — and their families.

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A breast cancer diagnosis can bring trying times, so Texas Oncology's Multidisciplinary Breast Cancer Clinics approach it with expertise and attention to each patient's needs. Texas Oncology wants patients to feel comfortable talking about their needs and encourages them to get involved in their care.



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BEDROCK OF A GOOD PAINTER

— By Sandra Strong





Lynn LaRose



Kent Brewer



Tina Bohlman

The Ellis County Art Association has “new digs” in historic downtown Waxahachie. In mid-January, President Tina Bohlman and many art association members came together during the grand opening ceremonies to introduce art lovers and community members to their new gallery called Art on the Square. “We now have a new, modern place,” Tina shared. “Local Ellis County artists are coming out of the woodwork. Since our open house, we’ve gotten many new members.” In fact, active members grew from 50 to 94 in just the first three months following the move.

Growth was one of the main things the ECAA hoped to accomplish in the move. To be a member, an artist must be willing to commit themselves to the gallery by volunteering time each month in the regular operations in exchange for the opportunity to show their family-friendly artwork. “This is being active with the organization,” Tina explained. “We like members to participate in and be active in the youth art show, which was held from April 4 through 12; the Paint Historic Waxahachie plein aire event that’s held in the springtime; and the photo show, as well as seasonal events on the square and the ever-popular members show. We are looking for artists who are committed to the arts.”



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The annual Paint Historic Waxahachie event is open to any artist who paints plein aire in any fine art medium. All art must be created in the field. "This means no studio artwork," Tina said. "This year, participating artists agreed to paint on location for a minimum of two days during the official painting period — May 6 through May 14."

Plein aire artists who were registered by the April 1 deadline were encouraged to paint anything, anywhere, anytime up until the paint-out week in May. During the month of April, some of the best renditions from past plein aire events hung in the gallery as a prelude to this year's event. At the end of the week of on-location painting in May, the new canvases hung in the new gallery and the public enjoyed themselves during the viewing party.

Two longstanding ECAA members, Lynn LaRose and Kent Brewer, always look forward to the plein aire event, but as longstanding artists, they just love to put their passion on canvas. "They are a great representation of the art offered in the gallery," Tina admitted. "You can tell when painters like Lynn and Kent have had plein aire experience. It's the bedrock of a good painter."

Lynn is a seasoned oil painter who wants her artwork to evoke feelings. She has a history with her artwork, so she paints what she knows. "I just hope it moves those looking," she said. "I was known as the 'western artist' at one time, but not so much anymore. I paint landscapes, figures and objects. I no longer limit myself."

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Her love for plein air painting anytime and anywhere is apparent in the works she produces while on location here at home, as well as outside Ellis County. "The fast pace of plein air painting loosens me up. I love it," she said. Lynn has painted bikes in Austin; old rusty trucks, a patio chair with a plant and a peanut mill just east of Austin; food trucks, signs, flowers along the roadways and yards in several locations; old buildings in Alabama; the Tyler Star Donuts location; and an




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eclectic porch swing in Maypearl. "I named the Maypearl swing *Pastor's Porch*," Lynn remembered. "It won first place that year."

Other oils that have been painted in studio and displayed over the years include *Dancing with Rose Connolley* and *Chit Chat & Reticence*. "I painted Rose as if she were dancing her last dance, because based on the song, it really was her last dance," Lynn explained. "Although the lyrics represent a dark message, I painted young love. I try to find something good in the bad." The girl Lynn painted in *Chit Chat & Reticence* looked very much like her daughter, Worth. "The values and shadows of the photo I painted from allowed for great composition," she added.

As a realist, Lynn tells it like it is in conversation and in her artwork. She retired from the workforce three years ago, and now considers herself to be a full-time artist.

Kent began his artistic career with a portable sketch book that led to pen and ink renderings and finally watercolors. But, three years ago, he traded in his watercolors for oil. "I had been working with watercolors for 30 years," he admitted. "Painting in oil is an investment, but it's a change I wanted to try. I quickly learned it was much more forgiving than watercolors." Kent admitted he is not a patient person, so working with oils gives him the instant results he is looking for in his art. "By painting with oils, I finally figured out what I was doing," he confessed. "Once I stopped 'running off the road,' I was able to find my place in the world of oil painting."

His artistic abilities were first noticed when he "dabbled in drawing" with his cousins. "We dabbled in comic books," Kent said with a smile. "We worked

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more so on the content than the artistic drawings.” His smile widened as he recalled high school buddies who come up to him today only to say they knew he would be an artist one day.

In studio, Kent paints mostly landscapes from photographs he’s taken on trips to rural Ellis County, Galveston and the Big Bend area. This year’s plein aire event was his eighth year to participate. Last year, he won Best of Show with one of his on-location landscapes — *Escarpment View*, painted on Anderson Road just west of Waxahachie proper.



Kent provides “atmosphere” in his paintings. He likes to paint the “off-in-the-distance shadows.” “You don’t need a majestic mountain for a majestic painting,” he stated. “It could be as simple as a tree standing alone.” He is constantly striving for a looseness and simplicity in his creations. “I want each person to interpret my paintings in their own way,” he shared, “allowing the brain to fill in the blanks that are created by less detail.”

The new location was very much a positive move with positive results. “People actually know we exist,” Kent said. “You can’t beat the beautiful view of the courthouse and the large windows that make Art on the Square airy and inviting.”

Each ECAA member also feels it’s a fair trade to work a few hours a month. For them, it’s not really work because they get to talk about what they love — art. **NOW**

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Mary Bruce defines winning a little differently than others. To her, keeping score in life means more than the outcome of any match. "Sports are part of life, but they are not life," she said. "You can have sports taken away for various reasons, but life goes on. Life is about relationships."

That is why Mary has been coaching youth volleyball for ages 7-12 at the local YMCA for 14 years. Sure, she loves winning — and her teams have won plenty — but she wants her girls to be

G

SA

— By Rick Manch



successful in all aspects of their lives now and as they grow into adulthood. “Yes, I am passionate about sports and coaching. However, I am more passionate about the youth I coach,” said Mary, who is also a physical education teacher within Waxahachie ISD. “I care about them as individuals, on and off the court/field.”

Mary was given permission to start the volleyball program at the Y in 2004, running clinics. That grew to a spring league of four youth teams, one of which she coached. This past spring the program had grown to 40 teams. “She embodies the spirit of the YMCA by providing opportunities for children to grow in skill and confidence through youth sports,” said YMCA Sports Director Jeff Smith.

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“Some of these girls went on to play club at the varsity level and even college,” she said. “I still keep in touch with many of them.”

In fact, Mary’s first love was soccer. She was a standout player at Crowley High School, but Southwestern Assemblies of God University did not have a women’s soccer program then, so she tried out for and made the volleyball team. She received her bachelor’s degree from Dallas Baptist University, where she did play soccer her junior year of college.

“As a player, soccer is my passion, but I love coaching volleyball,” Mary said. “Just being able to coach those girls and make a difference in their lives is absolutely wonderful.”

Those feelings are reciprocated. Mary has left an impression on both players and their parents. “Mary is an amazing coach and mentor to these girls. She leads the girls with passion, heart and soul. As parents, we couldn’t ask for a better person to love, lead and coach our kids,” said Dana Holler, whose daughter, Skylar, has played for Mary for three years.

“Coach Mary is sweet, loving, respectful, kind and so much more,” Skylar added. “She has faith in every part of you. If you ever say, ‘I can’t,’ she’ll say, ‘Of course you can.’ At the end of the day, it doesn’t matter if we won or lost. All that matters is that we tried our best.”

Mary has coached a variety of sports, including soccer, baseball, softball and volleyball. She has coached her own



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children, 11-year-old daughter, Peyton, and 9-year-old son, Kade, in volleyball and soccer. Mary's entire family is athletic. Along with herself, Peyton and Kade, Mary's husband, Rick, was formerly a skier while growing up in upstate New York.

She is still the assistant coach for Peyton's club team, the Bandits. She also previously coached Bullseye, Peyton's team at the Y, for five seasons. "Each season, I'd tell them, 'We're getting closer to the target,'" Mary said. "That's why they were named Bullseye."



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The name is also appropriate for the mission of the YMCA sports program. Mary feels it is a great place to form a foundation in sports. "It provides children and youth opportunities to be active, learn, grow, be a part of a team and most importantly, have fun," she said. "It takes everyone doing their part to pull off a successful season."

Mary noted that research from the University of Oklahoma found the top four role models for high school athletes are their parents, coaches, teachers and siblings. Mary qualifies in three of those categories. "I understand the responsibility coaches have and believe it is one of the primary ways I am able to make an impact," she said. "My goal for my players is to walk away each season a better athlete, teammate and most importantly, a better person. I also want them to know they are loved and valued."

She has also coached at the junior high and high school level at Faith Family Academy in past years. She was a student assistant at SAGU, as well. "Myself and another newly graduated student coached the men's soccer team, of all things," she said with a laugh.

Among Mary's coaching highlights was when Peyton's team played at SAGU. It was on the very same court she had played on years ago. "Who would have thought one day I'd be coaching my daughter in the same gym where I played?" Mary said, almost shedding a tear. "That's one of the more special moments coaching has brought me."

And there have been many special moments. She recalled one instance where it was hard to coach a match, but she battled through, teaching herself and her team a valuable lesson. "I had a

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dear coach friend who passed away last year, and I had a match with my girls that weekend,” Mary explained, this time not bothering to hide the tears. “We dedicated the match to him. It was a championship match in a tournament, and we went in as a lower seed, but won. After the match, I told them, “Even if you don’t touch a volleyball this week, touch someone’s life.”



Much of Mary’s dedication to coaching comes from memories of when she was young. She recalls the many coaches who shaped her own life. “Much like we took our parents for granted, we took our coaches for granted sometimes, but now I look back and realize the difference they made in my life,” she said. “It’s my turn to pay it forward.”

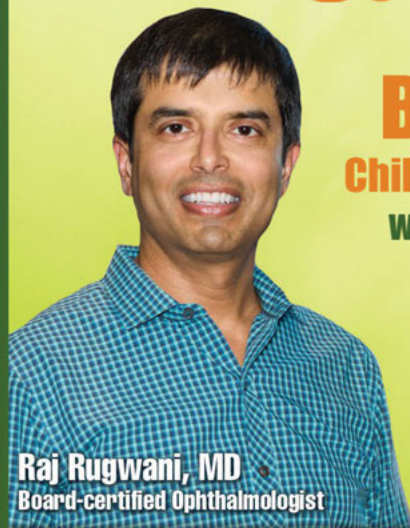
She has thought about returning to school to get a master’s degree in sports psychology. She’d also like to perhaps try coaching at the college level someday. “I love the mental side of sports. Your thoughts become your attitude, and your attitude becomes your actions,” she said. “I just want to help those individuals who range in age from 18-22 navigate the waters of young adulthood. That’s when they will be making major life decisions, and I would like to help them find their way.”

On the other hand, she would find it hard to say goodbye to the YMCA. “I can see myself coaching my grandkids at the Y,” she said. “My heart loves these beginning stages.” **NOW**

Editor’s Note: To sign up for fall volleyball, contact the Y at (972) 937-9622.

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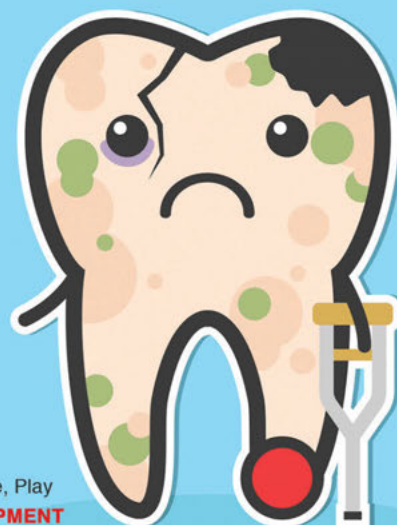
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One Door Opens

— By Alexandra Allred



At Home With Jay & Stephanie Lindstrom



Before Jay and Stephanie Lindstrom met, there were moments of doubt. Could they trust another? Could they love someone new? And when they did find one another, there was a 10-year courtship, two battles with cancer, a plethora of medical issues and the ultimate test of love. As Alexander Graham Bell so succinctly put it, "When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us."

"Before online dating," Jay said with a laugh, "there was early dating." It would be the first of many doors both Jay and Stephanie walked through when each decided to try a dating service and new love.

"You would go through a binder, looking at pictures," Jay said, "and obviously, she [Stephanie] is very pretty and had a great smile."

"I picked out about seven guys, but Jay was the first one I went on a date with. I never dated anyone else," Stephanie added.

As their love developed, Stephanie was cautious. She was a single parent caring for three children and wanted to ensure the most stable and loving environment possible. Until her children were older, she had determined the door to marriage would remain closed. Still, while antiquing together, Stephanie, once an avid rider and forever a horse lover, found a wedding cake topper of two horses. "It was perfect, and I said, 'One day this will be for my wedding cake.'"



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Jay, also a father of three, continued his courtship of Stephanie, and together they traveled the backroads of Texas in appreciation of landscape, discovery of new antique shops and more time spent

together. Jay, a cameraman for Fox Sports and amateur photographer, often made Stephanie the subject of his art. It was unusual then, when he invited her to the infamous Beaumont Ranch, that another man was taking pictures of Stephanie.

The set up was to capture her reaction as Jay rode up on a horse, dropped to one knee and asked for her hand in marriage.

Newly engaged, the couple began looking for land to build their new life together. "We found some land in Italy, went to close on the deal, but the numbers were wrong. It was my birthday," Jay said, "I had a doctor's appointment on that same day and found out I had Stage 4 cancer. We were supposed to be married the next month." It was Jay's second round of cancer, but this time, the doctors offered little hope.

More doors opened. While the deal in Italy fell through, they found an even better deal in Waxahachie. While Jay went through rounds of immunotherapy, they began building their home. At one point Jay asked his bride-to-be, "Are you sure you want to marry me?"

"Of course!" Stephanie replied without hesitation.

The oncologist treating Jay at the time tried a new drug and was stunned by the results. Jay was, he was told, the worst case they had seen, but had had the best results. "It's because you married me!" Stephanie laughed. But in truth,



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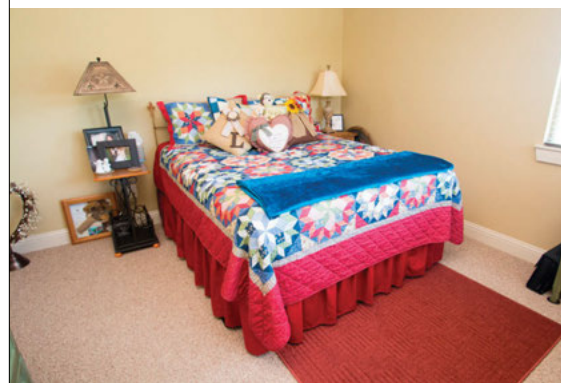







Stephanie had endured numerous medical issues that tested her both emotionally and physically. “And Jay was always there for me,” she said.

It just so happened that Stephanie’s friend and boss at Edward Jones was demolishing her grandparents’ home and allowed Jay and Stephanie to salvage several items from the old farmhouse, including many of the original doors. “We like doors,” Jay said with a smile.



Together, they began the design of their new home. The open door is a longtime symbol of new beginnings, and it is a theme that runs throughout the Lindstrom home. The floor plan is open with wood paneling in the kitchen and a beautiful, sliding barn door all taken from the century-old farmhouse. One example is the unique, custom-built vent hood over the oven in the kitchen. Like almost everything in the home, Jay explained of the vent hood, “We just knew what we wanted.”

This would include the doors installed in the laundry room, each taken from the farmhouse, with the original doorknobs and hinges. Could they know that the symbolism for an unattended door is “what is possible?”

Throughout the two-bedroom, two-and-a-half bath home with vaulted ceilings and large windows that show off the perfectly blended earth tones of the home, the undeniable theme is that *all* things are possible. There is more repurposing in the office, as salvaged doors are used as desks for both Jay and Stephanie. All things are possible with the Lindstroms — in both design and ambience.

The bathrooms have more modern appliances. The “fun bathroom,” as Stephanie describes the master bath, has one of the more unusual, if not brilliant,

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appliances. Directly over her make-up station, Stephanie had a rotating fan mounted. Saloon doors, a cushioned waiting couch and walk-in shower offer a spa appeal.

In the master bedroom is an array of dolls created by Stephanie's mother, which rest on the bed, and her wedding box, which is still very much on display. This includes the wedding cake topper she had found so many years prior to their wedding.

But it is in the main room, an open concept living, kitchen and dining combination, where the couple mounted treasured crosses they acquired from family, friends and their own travels, setting the tone for what's beyond. Great French doors open to a lovely 10-acre pasture. The "kids' corner" for their five grandsons, includes swings, teeter-totter and a fort that is carefully set up under a canopy of trees, while cows and a donkey, who loves peppermint, graze in the background.



Together, they also "reclaimed" all the stones from the pasture to create their garden of rocks, lining both the back patio and the front walk. "Our song is 'Broken Road' because that is how we came together," Stephanie said. The road leading to their home, however, is so full of promise. Beyond the street lamp Jay had designed for his family, always offering light in the darkness, rests a plaque that reads, *Memaw and Papa's Farm: A place where cousins go to become best friends.* "This is our dream for all of our grandkids."

"With everything that has happened, how we met, what we've been through, we feel so very blessed," Jay shared. "Truly blessed." In life, doors may close, but the doors in Jay and Stephanie's home are always open. **NOW**



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— By Zachary R. Urquhart

While spring may be the time for a deep cleaning of your house, autumn is a natural time to give things around the house a facelift. School, television shows and fiscal years are all starting anew, and the end of the extreme heat is perfect for starting those labor-intensive projects you have been putting off all summer. Here are some ideas for home improvement projects, big and small, you could do this fall.





Change Simple Things

• *Keep with the times.* Trends and styles change frequently, so think about swapping light fixtures and faucets. Chrome and oil-rubbed bronze are popular now, and changing fixtures can be a simple way to update your look. If you are working with electricity, be sure to turn off your power and test to ensure your breakers were labeled correctly before working with what could be live wires. If you are changing pipes, consider swapping your old connections for push-to-connect fittings that will make future plumbing work easier. And if cost is an issue, there are lots of metallic spray paints that will allow you to alter the look of your existing fixtures.



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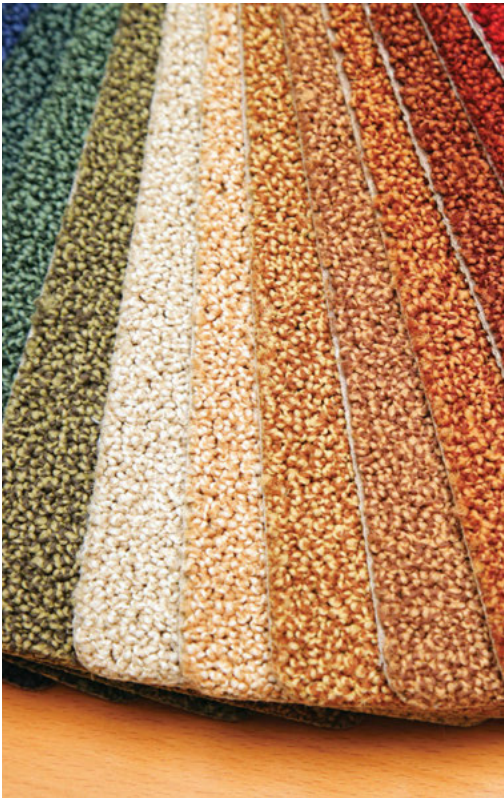
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- *Look above for a simple fix.* A step above just replacing light fixtures and lamps, swapping out your ceiling fan can alter the entire look of your room. If you are changing the color or style of the lighting in a room, it is probably a good idea to get a new ceiling fan to match. While you could technically take the fan apart to paint it to match, there are so many working parts that buying a new matching one is usually a better idea. When deciding on your new fan, you can keep it simple or get fancy when picking from the dozens of styles available at any local hardware store. Changing fans can be a two-person job, so think about getting a helper, and be careful to make all the hardware and electric connections to manufacturer's specifications.

- *Make a statement.* Painting the entire house can be an exhausting, time-intensive task. But painting a room, or even just adding an accent color on one wall, is a relatively easy way to achieve a drastically different look. You can even let each child choose a color to make their room their own. The key to any good interior paint job is the preparation. Tape off the trim, get plenty of drop cloths and give yourself enough time for the paint to dry before moving furniture back against the wall.



Know Your DIY Limits

- *Carpet has a shelf life.* If your carpet is hard to clean, fraying around the edges or just getting out of date, it may be time to call the professionals. Though you can install new carpet yourself, you need to weigh the cost of materials, including the tools you will undoubtedly need if you want to tackle the project on your own. If the space requires hiding a carpet seam in the middle of the room, it is likely that you will want an experienced company to do the work. Call around and get several quotes before you settle on someone, and be sure to look for reviews online to get a good idea of the quality of each company's work.

- *Hardwood does not have to be hard.* Decades ago, your choices were essentially carpet, sheets of slick laminate or real wood. Nowadays, though, you can find a variety of manufactured, wood-like floors that offer the refined look of wood without as much expense or difficulty in installation. Any home improvement store will have a selection of vinyl planks that look nearly identical to real wood, as well as ceramic and porcelain tiles offering a wood look. With

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Kessler Women's Healthcare
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to our physician team!



Welcome!

Dr. Huynh received her Master of Science degree in Biotechnology from U.T. Dallas, her Doctor of Osteopathic Medicine from University of Texas, Ft. Worth while also serving as a Clinical Educator for Provant Health, and completed her residency in Obstetrics and Gynecology at Houston Methodist Hospital. She is certified in Laparoscopic Surgery and is a certified DaVinci Robotic Surgeon. Dr. Huynh's passion for patient education, collaboration and excellence makes her the perfect addition to our women's health group! Dr. Huynh welcomes the opportunity to partner with you to achieve your personal health goals. If you would like to schedule an appointment with Dr. Huynh or any of the physicians at Kessler Women's Healthcare, please call us at 214-941-7200. With office hours as early as 7 a.m. and as late as 6 p.m., we know we will be able to find an appointment that works for you!

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any of these options, you should know your ability before deciding whether to do the work yourself or hire a company for the project. The flooring is easy enough to install in open spaces, but there is some finesse required for corners and transitioning to another type of flooring in another room.

- *Home needs a range.* While you are updating fixtures, it might be time to add a new cooking range to match the new style. If you have a combination oven and stovetop, it is easy enough to take out the old one and replace it with a new model. But, if you have a drop-in range, you need to be sure you know the steps involved before you end up with a hole in your kitchen counters.

Work Smarter

- *Take advantage of empty rooms.* If you have had any inkling to move or change your furniture around, try new ideas while your floors are bare. Once you have taken up the old flooring, test different layouts before you put the new carpet or hardwood down. This will prevent

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you from scratching or tearing your new floors. This is also the perfect time to paint, as any spillage will be covered once you install the new flooring.

• *Have a plan.* If you are planning to overhaul your whole house, make a list of jobs you want to get done, and devise a plan to maximize your work time. If you are paying professionals, you will probably need to do all major work at once. If you are doing the work yourself, figure out if you need to tackle one room at a time, or if you can knock out several rooms in one fell swoop.

Whatever your home improvement plans are for the fall, planning a timeframe and detailed budget will help ensure your project stays on track. Don't rule out professionals who can achieve the look you want to do harder tasks. Updates can really give the home a new and improved feel. Plus, should you decide to sell in this hot housing market, they can dramatically increase the value of your investment. **NOW**

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Dr. Scott Clinton, along with all others on staff at Waxahachie Family Dentistry, are eager to educate patients on ways to correct the adverse effects associated with sleep apnea.

No More Sleepless Nights

Reversing negative side effects of sleep apnea is important for quality of life. — By Sandra Strong

As you awaken each morning, are you feeling fatigued before your feet ever hit the floor? You could be suffering from sleep apnea. Without a proper diagnosis and treatment, people with sleep apnea could easily stop breathing hundreds of times every night. This decrease in breaths prevents the brain and other tissues in the body from getting the proper amount of oxygen needed for a restful night's sleep. "When people sleep well, they look rested," Dr. Scott Clinton stated.

The most common form of this disorder — obstructive sleep apnea — happens when the soft tissues at the back of the throat collapse, causing the airway to be blocked during sleep. "The blockage is mainly caused by the tongue," Dr. Clinton explained.

Central sleep apnea is the second form. It takes place when the brain does not communicate to the muscles to breathe. "Studies show that more than 50 percent of Americans snore, and 1 in 5 has some form of mild sleep apnea. Simply stated, sleep apnea means breathing stops for at least 10 seconds while you are sleeping," Dr. Clinton reiterated. "People have suffered from sleep apnea for a long time, but now we are better able to identify and treat sleep apnea in ways that are life-changing for our patients."

Dr. Clinton, Dr. Nick Acosta and Dr. Kasey Hawkins, along with the staff at Waxahachie Family Dentistry & Dental Sleep Medicine, are educating their patients on the causes, risks and treatment involved in sleep apnea.

Sleep apnea is diagnosed through what is commonly known as a sleep study. The results of this study then indicate the severity of sleep apnea as mild to moderate or severe. Patients who are diagnosed with a severe case of the disorder are referred out, so they can be fitted with what's known as a continuous positive airway pressure (CPAP) machine.

"A good night's sleep adds to the overall quality of life, and it can also add years to your life."

If a patient is diagnosed mild to moderate, Waxahachie Family Dentistry & Dental Sleep Medicine can help reverse the negative effects of sleep apnea with a small dental appliance that's fitted to the patient's mouth. "The appliance we offer moves the jaw forward," Dr. Clinton explained, "opening the airway and allowing the patient to breathe normally."

There are many issues associated with obstructive sleep apnea. They include snoring loudly, insomnia, difficulty concentrating, dry throat, morning headaches and general all-day fatigue. "One of the biggest issues is excessive daytime sleepiness," Dr. Clinton shared. "This occurs because your body is constantly having to wake you up during the night to breathe. It's like being poked 30-40 times per hour while you're sleeping. The patient doesn't remember being awakened." Other long-term consequences of the disorder include high blood pressure, diabetes and irregular heartbeats. Gender, smoking, old age, heart disorders, weight and race can all factor into whether a person could develop sleep apnea or not.

Fortunately, the adverse side effects of snoring and sleep apnea are no longer something people "have to live with." Just because others on your family tree were snorers, doesn't mean you should suffer the side effects of sleep apnea. "A good night's sleep adds to the overall quality of life," Dr. Clinton said, "and it can also add years to your life." **NOW**



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Claire Dixon and Victoria Cobbs enjoy evening bicycle rides in Getzendaner Park.



Kay Wenzel, assistant manager of Old Town Village Antiques & Uniques, takes time from a busy day to smile for the camera.



Owner Chris Wilkinson greets customers at the candy counter at Farm Luck.



This ice cream loving family enjoys a visit to Dairy Queen.



Sarah Young and David Gryder with Compton's Carpet Cleaning & Restoration take a moment from cleaning tile to smile for the camera.



Bella A., Isa G. and Enya T. sell the goodies they baked at a weekend garage sale.



WaxahachieNOW Community Editor Sandra Strong accepts a passion flower that's ready to plant from Sonny Sides.



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When Toenails Hurt

— By Betty Tryon, BSN

The affected girl watched her big toe grow swollen and bruised-looking with a bloody discharge crusted around the cuticle line. She flinched as she pulled on her shoes. As a sufferer of an ingrown toenail, it was time for her to see a doctor. An ingrown toenail is when the side of the nail begins to grow downward into the skin, causing inflammation. The medical term for this is onychocryptosis. If not treated or cared for, the toe can become infected.

This condition commonly affects the big toenail, although any of the toes can be affected. The main causes of onychocryptosis are tight-fitting shoes or tight socks that apply too much pressure to the area causing the nail to curl into the skin and improper trimming of toenails. When the toenail is cut too short or the edges are rounded, the skin can grow over the nail and produce problems. Fungal growth and deformities of the foot or injuries to the toes can also create this condition.

The symptoms of an ingrown toenail are redness, swelling and pain. If the condition is a mild inflammation of swelling and tenderness, you may be able to treat it yourself. Soaking your foot in warm water for three to four times a day for about 15 minutes each time can bring some relief by helping to reduce the swelling. Applying a topical antibiotic can

promote healing and lessen the possibility of infection. Try to keep the affected toe protected as it heals, but wear open-toed shoes during this time or shoes that do not press on the toe.

If the swelling, redness and pain increases, along with drainage containing pus from the ingrown nail, an infection has likely developed. This needs the attention of your family doctor or a foot specialist called a podiatrist. If you have nerve damage to the limb, diabetes or circulation problems, you should see your doctor right away. Oral antibiotics may be prescribed. In some cases, if the ingrown nail does not heal or keeps coming back, removal of part of the nail may be necessary.

In order to avoid having this condition, it is important to take care of your toenails properly. Always cut nails in a straight line that is even with the edge of your toe. Avoid ill-fitting shoes. Shoes that constantly press down on the nails can cause ingrown toenails. Keep your feet clean and dry. Change your socks daily. If any changes in the nails are noted, take care of them early to avoid possible painful consequences. **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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September 9

Waxahachie Riding Club Playday: 2:00 p.m., Waxahachie Rodeo Complex, 704 Howard Rd. For rainout dates or more information, visit www.waxahachieridingclub.com.

September 14

Meals-on-Wheels Golf Benefit: 1:30 p.m., Cleburne Golf Links, 2501 Country Club Rd., Cleburne. To sponsor or register to play, contact Lisa Deese at (817) 558-2840, (972) 351-9943 or visit www.mowjec.org.

September 16

Oktoberfest: 10:00 a.m.-7:00 p.m., Waxahachie Civic Center. For more information, visit www.stjosephoktoberfest.com.

September 22

Clays for Kids: 9:00 a.m., shotgun start, Ellis County Sportsman Club. For more

information, call Bill or Rebecca Lockridge at (972) 937-1953.

September 23

44th Annual Hike for Life: 8:00 a.m., opening prayer, introductions and speakers; 9:00 a.m., hike begins, Getzendaner Park. For more information, visit www.hikeforlifetexas.org or call Hugh Reynolds at (214) 686-8774.

Classic & Custom Motorcycle Show: 10:00 a.m.-3:00 p.m., downtown Waxahachie. For more details, call Daniel at (214) 532-5795 or visit vespaman76@gmail.com.

Around the World Poker Sip 'n Stroll: 4:00-8:00 p.m., downtown Waxahachie. For more information, visit www.downtownwaxahachie.com.

September 29, 30

Screams Halloween Theme Park: For more information, visit www.screamspark.com or call (972) 938-3247.

September 30

Trash Can Transformation: 8:00 a.m.-5:00 p.m., Getzendaner Park. Artists are needed to paint steel trash cans for the park to support Waxahachie Chautauqua's 2017 theme of

"Celebrating Public Spaces." Artists need to submit their artistic vision by **Noon on Friday, September 15**. To learn more about the event or to process your application, visit www.waxahachiechautauqua.org.

2017 Southern Region Walk to End Alzheimer's: 8:00 a.m., registration; 9:00 a.m., opening ceremony; 9:30 a.m., walk begins, downtown Ennis. The route is 2 miles. For more information, contact Kathy Shockley at (214) 540-2434 or at kshockley@alz.org.

Chautauqua Assembly: Chautauqua Auditorium, Getzendaner Park. For more information, visit www.waxahachiechautauqua.org.

October 1

25th Annual Ellis County Life Chain, 2:15-3:30 p.m., Waxahachie High School, front parking lot. For more information, visit www.lifechain.net or call Barbara Moffett, coordinator, at (214) 502-7528.

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



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In the Kitchen With Sherry Dollus

— *By Virginia Riddle*

A native of Waxahachie, Sherry Dollus began cooking at about age 12. “After school, I would start preparing dinner for my parents and brother,” she recalled. Retired after a career with Southwestern Bell and AT&T, Sherry adds new recipes to her collection of inherited favorites by scoping out magazines, Pinterest and the Food Network channel.

“I get recipes from friends, too,” she added. “We have Champagne Friday and cooking contests with our neighbors. We decide on a theme, and everyone brings their best recipe prepared. Even though most of us are retired, we celebrate the end of another work week for those who are still working.”

“Cooking — especially baking — always puts me in my happy place,” Sherry explained. “My kitchen is my comfort zone.” **NOW**

Salmon Patties

Makes 6 patties.

- 1 14.75-oz. can boneless salmon**
- 1/2 cup cracker crumbs**
- 2 eggs, slightly beaten**
- 3 Tbsp. Miracle Whip Salad Dressing**
- 1/4 cup onion, chopped**
- 1 cup yellow cornmeal**
- 3 Tbsp. margarine or butter**

- 1.** Drain and separate salmon into flakes. Add all the other ingredients except the cornmeal and butter; mix well.
- 2.** Shape mixture into rounded patties; roll patties in the cornmeal.
- 3.** In a skillet, add the butter; cook patties in the melted butter for about 3 minutes on each side, or until the patties are golden brown. Remove the patties; drain.

Baked Potato Soup

- 4-6 large baking potatoes**
- 2/3 cup butter**
- 2/3 cup flour**
- 6 cups milk**
- 3/4 tsp. salt**
- 1/2 tsp. pepper**
- 1 bunch green onions, chopped**
- 12 slices bacon, cooked and crumbled (divided use)**
- 1 1/2 cups cheddar cheese, shredded (divided use)**
- 1 8-oz. tub sour cream**

- 1.** Bake the potatoes; cool. Scoop out the pulp; set aside.
- 2.** In a large stockpot, melt the butter over low heat; stir in the flour until mixture is smooth. Cook for about 1 minute.

- 3.** Add the milk; stir constantly until mixture bubbles. Add the potato pulp, salt and pepper.
- 4.** Add the green onions, 1/2 cup bacon and 1 cup cheddar cheese; stir and cook until cheese is melted.
- 5.** Add sour cream; add extra milk if needed. Let simmer for 3-5 minutes.
- 6.** Use the remaining bacon and cheese as garnishes.

One Pot Macaroni and Cheese

- 1 1/2 cups macaroni, uncooked**
- 1/4 cup butter**
- 1/2 tsp. salt**
- 1/4 cup flour**
- 1 3/4 cups milk**
- 1 8-oz. pkg. Velveeta cheese**

- 1.** Cook the macaroni per the package directions. Remove from heat; drain.
- 2.** Add the butter and salt; stir to coat the macaroni. Blend in the flour.
- 3.** Add the milk; cook over low heat until the mixture boils. Remove from heat; stir in the cheese until it melts.

Orange White Chip Cookies

Makes about 3 dozen.

- 2 1/4 cups all-purpose flour**
- 3/4 tsp. baking soda**
- 1/2 tsp. salt**
- 1 cup unsalted butter, softened**
- 1/2 cup granulated sugar**
- 1/2 cup light brown sugar, firmly packed**
- 1 large egg, room temperature**
- 1 6-oz. cup Nestle Toll House white morsels**
- 1 Tbsp. orange zest, grated**

- 1.** Preheat oven to 350 F; in a small bowl, sift flour, baking soda and salt.
- 2.** In a mixer's bowl, beat butter and both sugars for about 3 minutes or until smooth.
- 3.** Add egg to sugar mixture; mix well. Gradually add the flour mixture; stir in the morsels and orange zest.
- 4.** Line a baking sheet with parchment paper; drop cookie dough by rounded tablespoonfuls onto baking sheet.
- 5.** Bake for 10-12 minutes, or until cookies are a light golden brown; cool on the baking sheet for 2 minutes. Move to a wire rack to cool completely.

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