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LAUREN O'DELL

LIVING A
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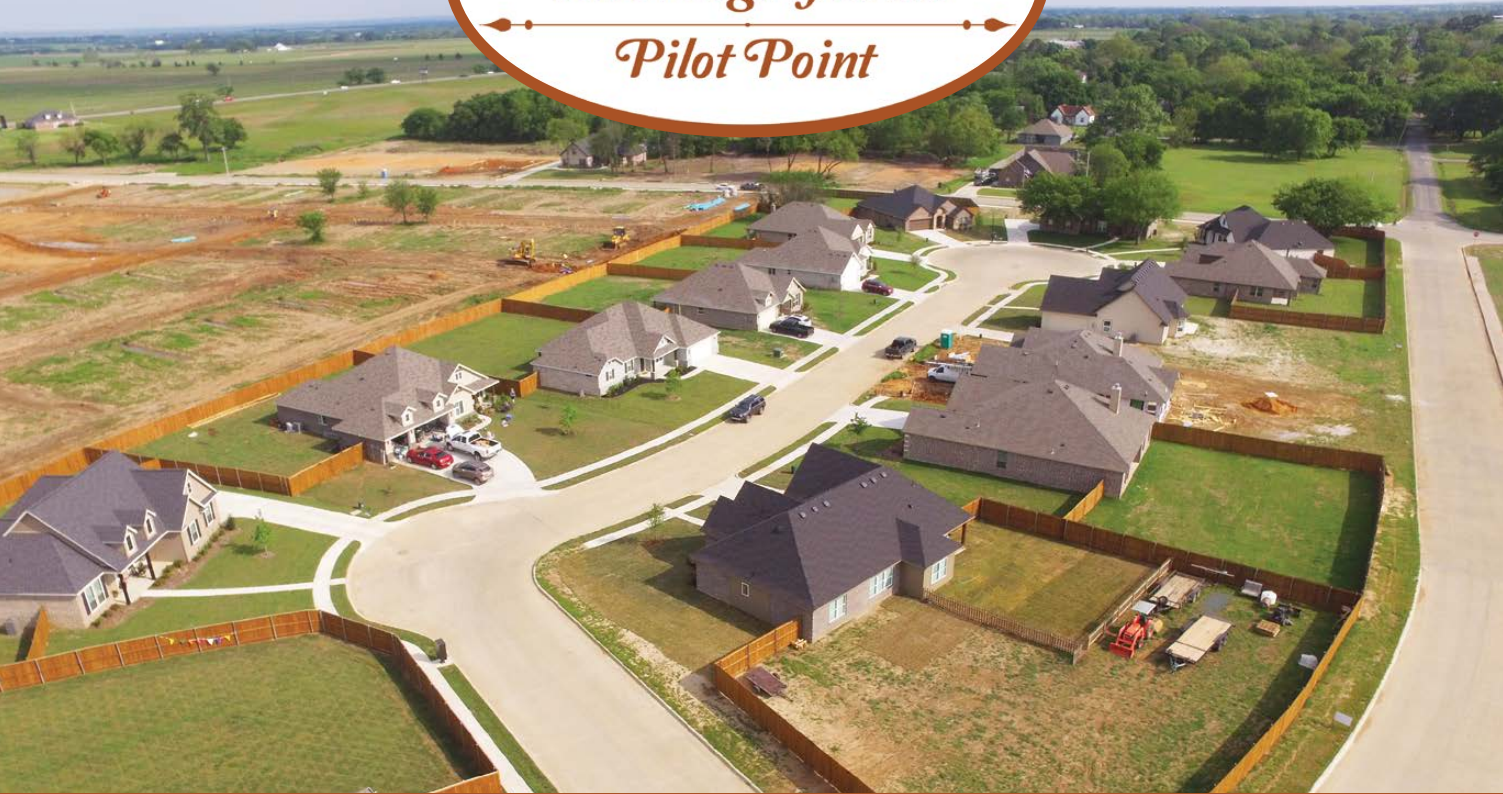
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ON THE COVER:

Little Miss. O'Dell looks like a living doll in clothes by her mother, local designer, Elizabeth Lauren O'Dell.

August/September 2020



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WATER WORKS

By Jessica Small



Summer time in Texas means hot and humid temperatures and high heat index levels that may cause discomfort to many. It is very important that we take care of ourselves whether being indoors or outdoors in the summer months. A great way to do this is by drinking plenty of water and staying hydrated daily. Drinking water is essential for all ages and can prevent heat exhaustion and dehydration. The recommendation of the amount of water adults and children should drink ranges from 9-13 cups a day. This amount varies due to age, gender, health and length of physical activity. However, the overall goal is to drink water every day.

If you enjoy taking a walk outside, riding a bicycle or working out outside, water should be taken with you. A good rule of thumb is to drink 6oz of water before you exercise and then every 15 minutes during your workout. Particularly, if you are exercising moderately or vigorously, you should drink at least 4-6oz of water every 15 minutes. The more water you drink, the more hydrated you will be. Some perks of being hydrated are: provides boosts of energy and it helps you to feel good throughout your day. Some signs that indicate you may be dehydrated are headaches and dry mouth. Be sure to do a quick self-check each day to determine if you need to increase your water intake.

According to WebMD, 60% of your body weight is made of water. It flushes toxins from your organs, carries nutrients to your cells, cushions your joints, and helps you digest the food you eat. It is good to drink water when you first wake up in the morning and also before any meal. Establishing a water routine is a great plan to practice. Setting reminders on your phone to drink water or take water breaks throughout your day can help you be more consistent.

Having water with you wherever you go is a key tip to staying hydrated. If you are always on the go, be sure to keep water handy or grab one at a convenience store. Fill up your water bottle prior to leaving for work and refill as needed during the day. Also, flavored water or infusing your water with nutritious fruits is another healthy alternative. Try this option if you prefer more of a taste to your drink. Being intentional with drinking water is a great habit to develop and will benefit your body over time.

During the summer months, I encourage you to stay hydrated as much as possible. Create a schedule for drinking water daily that works best for you. Water is such a significant source to us and helps our bodies to function. Let's all remember to develop this healthy habit, because water truly works!

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Ready, Set, Write!

By Blaise Ramsay

Writing a novel can be daunting. With words like outline, panster, plotter, mind map and any other number of terms spurring from the wonderful world of writing, it can be hard for the aspiring novelist to understand where to start. This is why it's best to understand the basic fundamentals of writing. And surprisingly, it all begins before you sit at your computer and write one sentence in your novel. This is of course an exception for the pansters who choose to sit at their desk and let the words flow, letting the novel take them where they may.

Before you start writing any novel, you have to start with an idea and some characters. Be sure it's something you want to stick with for the next 50,000 words or so. Nothing is more miserable than trying to write a story only to find you hate it later. Ideas can come from anywhere. They can come from your newspaper, video games, books, music, folklore and any other number of influences.

Once you have an idea, jot it down. It can be one or two sentences, nothing

elaborate. Just something to get your creative juices flowing. Let yourself do what we call "freewriting." This is furthering your idea by sitting and letting the words bleed on the page. Anything you think about, put it down. Don't censor yourself. This isn't anything anyone else has to see. This is all about you and the idea you chose. At this point, you might also want to choose your main character or characters. These are the people your story is going to be about. Be careful! Some authors tend to try and insert themselves into their characters.

While doing some aspects of yourself is more than acceptable, remember you are creating a world. Let this world form as it sees fit. Don't write how you talk! The worst thing an author can do is write how they talk. Take your main character and delve into their lives. This is called writing a character biography. Don't worry though, it doesn't have to be a novel in and of itself. Think about their personal, professional, and private lives. What do they do at work? Where do they come from? Are they married or seeing someone? How did they get to this point in their lives? Anything you can think of to bring this character to life. The more you know them, the easier it will be to portray them.

Now that you have your idea, some characters and a setting, it's time to decide how you want to proceed. Are you going to do an outline or are you wanting to sit and see where the story leads you? There is much more to it than what is said here, but these are the basics of what it takes to start a novel. You cannot get anywhere if you don't have these building blocks in place, so take the time to flush them out as best you can.

For more information, please feel free to contact us at fyresydepublishing.com.

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Living a Balanced Life

By Stacey Harris

to derail us or becomes harder than we had anticipated and we quit. We have all been there, including myself.

After I completed my health coaching certification from the Institute of Integrative Nutrition in 2015 I realized, that journey of being hopeful to only find yourself stuck again was where I needed to lift and help others. This is where Living Life Balanced came to life. I wanted to be that person that helped you get past the hard stuff, to help you see that a balanced and centered life IS achievable. Not every day will be awesome, trust me, it's a process but it's a process that is worth the journey. It's a journey of digging deep and knowing that it's okay to let go of things that do not serve you any longer and hold tight to the things that do. My purpose, my mission in all that I write and programs that I offer, lead you to explore those topics and help you find balance in your life even when you think you couldn't.

How many of you have written down goals about life changes to include eating better, exercising more, managing your time more efficiently or simply just worrying less and living more? We've all done it and everyone's goals and dreams are different from the others but how many of you have succeeded? How many of you wrote those goals down and by the end of the month, you were right back where you started, exhausted and defeated?

I know exactly how you feel and came exactly from that place. Life will throw us every curve ball it can imagine when we are trying desperately to figure it out and just be better. The hardest part of any life change is exactly that, when it gets hard. We do great for a few weeks and then something happens

Just a few of my programs include:

Summer Social Run and Walkabout Series in Pilot Point on Tuesday evenings at 6:30pm

Mornings and Mimosas In Pilot Point on Saturday, August 22 at 9:00am: we begin with a restorative yoga class and meditation then enjoy a healthy breakfast along with cooking instructions and take home goodies

Gut Restoration an 8-week online program designed to help restore your gut and help you feel better from the inside out

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Coming later this fall, I am planning a Mind and Body Restoration Retreat in the North Texas area. Those details are being planned out as you read this.

To find out more about how you can participate or just simply connect with me, find me at my website, Live2bBalanced.com. I created Living Life Balanced for you. I'd love to meet you and help you find your way through the tough stuff, arming you with the tools you need to get through this crazy thing we call life. One. Day. At. A. Time.

Short bio:
I am an Exercise Physiologist and Certified Health Coach with over 20 years of experience coaching, training and leading people to a healthier lifestyle. I am a mom, an athlete, a writer, a leader, a life enthusiast and a giver. My purpose, what lifts my heart is giving back to others and helping them see how bright they can shine even in the darkest light. We all have challenges, it's how we manage those challenges and the tools we have in our toolbox that help us get through them. I'm here to help you gather those tools and use them appropriately to live your best life, through it all.



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Creative Notions



Meet Children's Clothing Designer Elizabeth Lauren O'Dell

By Jodie Linton-Prickett

Some children love fashion at an early age. They naturally start exploring their independence and image. Finding one's style is one of the ways that your child expresses themselves and tells the world about who they are. It would be exciting for your child to stand out in an effortlessly natural, yet striking designer outfit. What if you could let your child communicate their personality with unique, distinctive pieces that they can wear every day? Better yet, what if you could have designer children's wear that is affordable!

It's not surprising for parents to find their child's closet full of uninspired ill-fitting clothes that were pulled off the rack at big box stores. We all have done it at some point. While the favorite T-shirt might don a kitten, firetruck or a unicorn and it gets worn to the threads most clothes are packed up neatly after they are outgrown, still almost new and given to a neighbor or Goodwill. Wouldn't it be nice if all outfits were well worn and well loved? Even better if it was locally designed and created!

Meet Elizabeth Lauren O'Dell. She graduated from Aubrey High School in 2015, and almost entered into a fairy tale of sorts. She married the love of her life, moved to Pilot Point and then later to Tioga. She has two beautiful daughters with a third baby on the way.

As a young girl she always enjoyed sewing with her grandmother, whom she affectionately called Maw-Maw. She spent impressionable and quality time with her as she learned the basic craft of sewing in the same traditional way her grandmother had been taught. Material, patterns, scissors, all of the notions that comprise a time-honored sewing kit. Skills gleaned over conversations and joy. Who would know that this would provide a creative gateway to a future passion? Elizabeth eventually taught herself to use a sewing machine and create her own patterns.

With the birth of her oldest daughter, Elizabeth was looking for thoughtful and imaginative outfits on a frugal budget. So it started, with her husband's old T-Shirts, reimagined into rompers. As they do, her little girl grew and started developing her own personality and style. One thing about children is they like what they like the concept of money and costs have not developed yet. One thing Elizabeth was learning quickly was that her daughter had expensive taste!

Elizabeth's oldest daughter being a fashionista inspired Elizabeth to take her love of sewing to the next level. Her creativity and pattern design started to take shape into a style all her own. She started creating easy-to-wear shapes, inspired from vintage clothing. Somehow managing to use colors and silhouettes that balanced delicately on the line of playful and seriousness she created her own point of view. Her timing could not be better because her second daughter was quickly following in her sister's footsteps!



Once her daughters started to wear her designs people took notice and they wanted the adorable outfits for their little ones. Elizabeth also started creating clothes for little boys. However, her current inspirations come from her daughters. In a short time she has created 300 outfits being worn by children as far away as France, as well as all over the United States.

With the current COVID-19 situation she has met unexpected challenges. Her designs are in demand but material and other essential items are in low supply and hard to come by. Shipping times have more than doubled and prices on fabric and notions have drastically increased. She has had to slow down and sometimes halt custom orders. However, Elizabeth has met those challenges with thinking outside of the sewing box and now offers assistance to people who are wanting to learn the craft. She offers Facebook Live chats, Zoom Sewing Classes and consultations to people needing direction and advice to create innovative styles for their little ones.

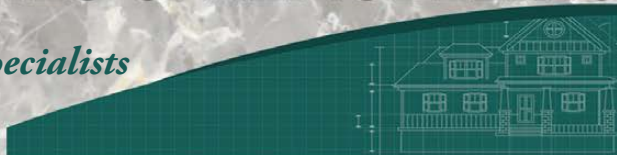
Currently her clothing designs are available online. However, she has a micro-boutique where you can pick up handmade baby bibs along with interior décor at O'Dells Nursery located at 4765 South Highway 377 in Aubrey.

When you get to know Elizabeth in person or by following her on social media you will see that her Maw-Maw taught her far more than the craft and love of sewing. Along the way she also taught her to give of herself, the excitement to share and help others and the ability to be inspired. To keep up with Elizabeth's latest designs follow her at www.facebook.com/elizabethlaurencreations/.



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Pets & Mental Health: THEY GO HAND IN PAW

By Tyler Hicks



Pets can reduce stress, anxiety and depression. Plus, you know, they're really, really cute.

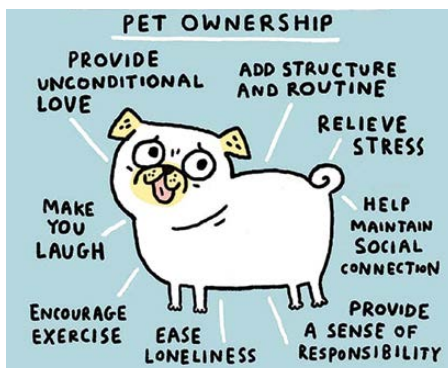
As we continue to celebrate Mental Health Awareness Month, we take a paw to honor all that dogs, cats and many other pets do to help our mental wellbeing. Furry puns aside, the science is serious, and the research is clear: pets can be extremely beneficial to your mental health.

Study after study has shown how powerful it can be to have a family pet. They give us unconditional, consistent love. On our darkest days, they're there for us with a nudge and a snuggle, no questions asked. Let's dive into the details.

Over three decades ago, a pair of researchers conducted what is believed to be the first published study on pets and mental health. Their question was simple: "What happens when you pet a dog?" Well, they discovered that your blood pressure goes down, your heart rate slows, your muscles

relax, and your breathing becomes more regular. In other words, the simple act of petting a dog makes you healthier.

This simple fact is why we have programs like Equine Assisted Therapy. These programs tap into the therapeutic power of animals, which has been shown to lower stress, protect children from anxiety, and even increase our sense of self-esteem. They also promote a healthy lifestyle.



How many times have you taken your pet for a walk? Better yet, how many times have you taken your pet outside? In simple, unseen ways, our pets promote the kind of lifestyle that makes us happier and healthier.

The many benefits of owning a pet are extensive, but arguably the most important is this: Pets remind us to take care of ourselves. The importance of self-care cannot be emphasized enough this month -- or any month. When you take care of yourself, you can truly thrive as you deserve to. You've probably heard someone say, "Be the person your dog thinks you are." Well, it's just as important to be the person you deserve to be, which means taking care of yourself. Maybe that means going for a walk. Maybe that means reading a book. Whatever it means for you, embrace it -- because you deserve it.

Interested in reading more about the mental health impact of pets? Check this out from our friends at Mental Health America > "For Better Mental Health, Experience the Pet Effect"



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DENTON ISD'S DR. JAMIE WILSON

Named Regional Superintendent of the Year

Information Provided by Denton ISD

Dr. Jamie Wilson, Superintendent of Schools for Denton ISD, has been named the Region 11 Superintendent of the Year for 2020. The Superintendent of the Year Award, sponsored by the Texas Association of School Boards, honors outstanding Texas administrators for achievement and excellence in public school administration.

Candidates for the award must be nominated by their school boards and must demonstrate strong leadership skills, dedication to improving

The award application highlights the following performance areas:

- **Leadership, Management, and School Climate**
- **School Board-Superintendent Relations**
- **School Improvement and Instructional Leadership**
- **Fiscal Management**
- **School-Community Relations**

the quality of education in their districts, commitment to public support and involvement in education, and ability to build good employee relations among teachers and staff members. In addition to addressing the specified performance areas in the application, school boards were asked to answer the question, "Why should your chief administrator be selected as Superintendent of the Year?"

Wilson, who has 15 years of administrative experience, has served Denton ISD as superintendent of schools for eight years. His experience in education spans 28+

years, including his early roles in Aubrey and Keller ISDs as a teacher, coach, assistant principal, and principal. He went on to join Denton ISD as an assistant superintendent for secondary academic programs and deputy superintendent before assuming the superintendency. He earned his bachelor's and master's degrees as well as his doctorate in educational administration from The University of North Texas.

In 2017, Wilson was named the "Tech Savvy Superintendent of the Year" by the Texas K12 CTO Council. In 2016, the Centers for Digital Education included him in their "National Top 30 Technology Trailblazers." That same year, the National School Public Relations Association named him as one of the "National Top 25 Superintendents to Watch."

As part of TASB's award process, regional winners for the SOTY award must be selected by a panel of local school board members. This year's panel included trustees from districts throughout the north central Texas (Region 11) area.

"Jamie Wilson stood out as an excellent candidate not only for his strong leadership skills, but also for his commitment to do the best for everyone in his district," said Karina Davis, a school board trustee from Keller ISD. "From students, to teachers, to the community at large – Dr. Wilson is focused on collaboration and innovation to allow for each and every one to excel in their own way."

Dr. Matt Joiner, school board trustee from Decatur ISD, also praised Wilson for his accomplishments.

"In his eight-plus years at Denton ISD, Dr. Wilson has established an exemplary pattern of student achievement, staff engagement, community support, and fiscal management. He is well respected by his board of trustees, in the district, and around the state. I commend him for his visionary leadership, strong commitment to Denton ISD, and passionate advocacy for public education in Texas and beyond."

John Finnell, school board trustee from Cleburne ISD, also commended Wilson for his advocacy of public education in Texas. "Now, more than ever, Texas needs leaders who can be strong advocates for public education and our students. Dr. Jamie Wilson's history of involvement with local community organizations, TASB Grass Roots Legislative activities, and testimony before the State Legislature – while managing a large district to help his students become productive members of society – is exactly the type of leadership Texas public schools need."

As the Region 11 winner, Wilson will move on to the state level of the competition. The state selection committee will interview all regional winners on August 28-29 and choose five finalists. The finalists will then be called to participate in a second interview by the state selection committee in September or early October. The state winner will be announced at the Texas Association of School Administrators/Texas Association of School Boards (TASA/TASB) joint annual convention on October 2.

The state winner of the Superintendent of the Year award receives a \$5,000 professional development award, which will be presented at the 2020 TASA/TASB Joint Annual Convention. The award program is funded by Balfour and coordinated by TASB.

Texas is divided into 20 education service center regions. ESC Region 11 serves 77 traditional school districts and 75 charter schools in the north central Texas area.

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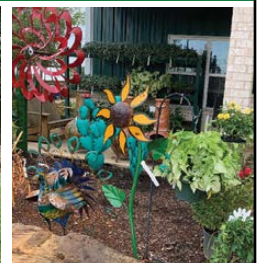
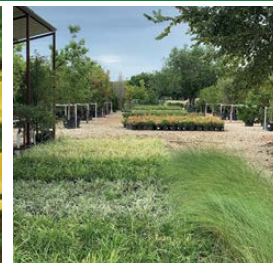
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United Way of Denton County Launches Program to Expand Child Care

The Denton County Family Child Care Program, a collaborative with the Denton County Workforce Success Leadership Team, began with virtual Information Sessions hosted last week to those interested in starting an at-home day care.

United Way of Denton County (UWDC) in conjunction with the Child Care Workgroup of the Denton County Workforce Success Leadership Team (DCWSLT) announced the creation of the Denton County Family Child Care Network (FCCN) utilizing a grant from the Texas Workforce Commission.

As Denton County continues to open up, the demand for reliable, flexible and cost-effective child care rises. With unemployment at its highest level in decades and essential workers often adopting scheduled shifts at odd hours, there is an opportunity for growth to accommodate this unmet need with family, or home-based, child care centers.

Due to the pandemic, 37% of child care providers in Texas remain closed. In neighboring Dallas and Tarrant counties, just 40% of child care providers are open and operating. With limited capacity and supplies, many child care providers will not reopen anytime soon.

"Numbers in Denton County are difficult to pinpoint due to the lack of an established Family Child Care Network," explained Alicia McElroy, Director of Education and Workforce Initiatives at United Way of Denton County. "Once this

network is off the ground and running, we will not only be able to track the benefits of expanded child care resources for our community, we will be able to provide critical data for the county and state."

The Denton County Family Child Care Network is a project of the Child Care Workgroup for the Denton County Workforce Success Leadership Team. The Child Care Workgroup is dedicated to increasing access to affordable, quality childcare across Denton County. This program will create a support system to assist individuals interested in starting or currently operating small businesses providing in-home, family child care (FCCs). With this program, Denton County will become one of the first Texas communities with a staffed Family Child Care Network. The program will assist the 50 FCCs in developing age-appropriate curriculum and quality learning environments with the goal of becoming licensed child care and/or Texas Rising Star facilities.

The 15-month program, running from August 2020 to August 2021, will provide in-depth professional development opportunities including monthly trainings and networking opportunities. These opportunities will assist individuals in becoming competitive in the child care field,

assist in developing curriculum, ensuring childcare safety measures, and much more.

Trainings are scheduled to begin this July and in addition, the FCCN program will provide one-on-one mentoring and coaching from United Way of Denton County's Family Child Care Coordinators. The coordinators will make regular home visits to each FCC provider focusing on assessments and program development in the form of individualized curriculum planning, model lessons, demonstrated practice, guided practice and feedback, and coaching based on each FCC providers goals. Coordinators will be available between trainings and home visits to check in with providers and provide ongoing support and feedback as providers progress on their professional development plans and goals.

The program will also provide some financial assistance to offset costs associated with pursuing licensing and/or TRS certification and other startup costs, such as age appropriate materials and supplies to help improve the quality of their program.

To register, go to www.UnitedWayDenton.org/FamilyChildCare.



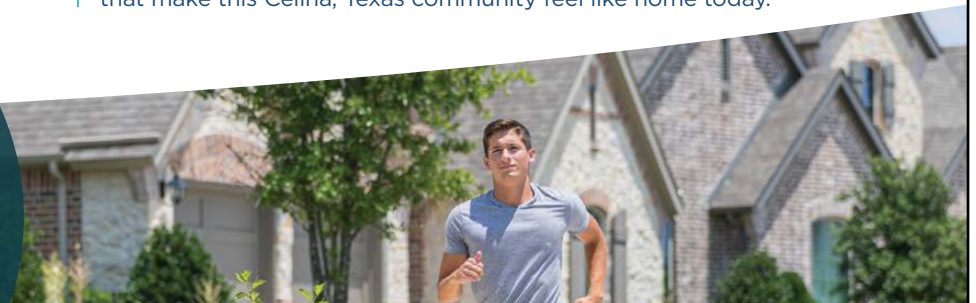
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THE 2020 NORTH TEXAS FAIR AND RODEO



Set for October 16th through October 24th, 2020

After diligent planning and consideration for the safety of our patrons, the North Texas Fair and Rodeo has made, what we feel is, the most responsible decision. Due to the volatile COVID-19 situation and its impact on the community's health and safety, the 2020 North Texas Fair and Rodeo has been postponed to October 16- 24, 2020. The well-being of our fairgoers, volunteers, participants and community is always our highest priority

in the production of the annual North Texas Fair and Rodeo. After recent surges in COVID-19 cases in the North Texas area, we felt that rescheduling our fair and rodeo was the prudent choice. "I cannot express how proud I am of our Board of Directors for reaching this carefully thought-out decision. The safety of all our fair patrons, as well as approximately 1,000 volunteers is always a top priority," said Executive

Director, Glenn Carlton. "Moving the 2020 North Texas Fair and Rodeo to October will not only allow us to have our fair in cooler weather, but we are looking forward to this event being a big part of the healing process for this community. I am excited to see that this event can still happen." We are committed to doing our part in working to improve community health and reduce the spread of the virus. We are avid about

producing nine nights of cutting edge country music, first-class rodeos, livestock shows, and attractions for all. However, our commitment to youth, agriculture, and community, has led us to postpone the fun until a safer time. "I could not agree more with Glenn about our number one priority being the health and safety of all the people involved with our fair and rodeo," said North Texas State Fair Association President, Carl Anderson.



RESCHEDULED



"Having said that, if we can put on an event this year with the number one priority being the health and safety of our people, in whatever form or fashion that looks like, I believe we owe it to the community to try to do so. The young people involved with their livestock projects need and deserve a time and a place to compete." The North Texas Fair and Rodeo has a COVID-19 plan in place, but will continue to revise this plan in order to adapt to changes during this time of uncertainty. We assure you that the health and safety of all parties is our biggest concern at this time.

About the North Texas State Fair Association: We are a 501(c) 3 nonprofit organization with the mission of promoting youth, agriculture, and community. Our annual North Texas Fair and Rodeo has been our largest fundraiser for the last 91 years. This event along with our partnerships allows us to donate around \$500,000 annually in scholarships, livestock projects, and facility usage. For more information, please visit www.ntfair.com.



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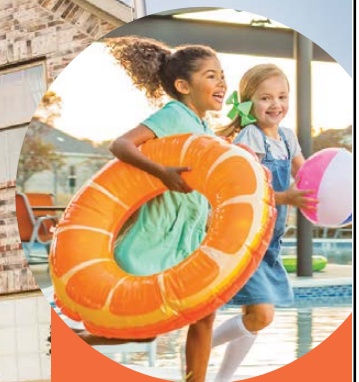
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North Texas County Extension Agents RECEIVE AWARDS AT STATE CONFERENCE

The Texas County Agricultural Agents Association (TCAAA) recognized several North Texas county extension agents for their outstanding work in the region and state. These awards are given annually to agents with the Texas A&M AgriLife Extension Service, and represent the high-quality educational programs and services they provide to farmers, ranchers, and the general public.

Zach A. Davis, Agriculture & Natural Resources Extension Agent in Denton County, was recognized in the state Search for Excellence award in Young, Beginning, or Small Farmers/Ranchers programming. His work in new landowner programming focused on a county-wide tour highlighting a variety of agriculture enterprises. Attendees gained knowledge on time commitment of agriculture practices, size of functional farms, and understanding of daily care in multiple species.

Janet Laminack, the Horticulture Extension agent in Denton County, received first place in Communication Awards category for Personal Column. Her column focuses on a variety of local horticultural topics. She is one of four national finalists for personal column with the National Association of County Agriculture Agents.

Marshall Tolleson, Agriculture & Natural Resources Extension Agent in Grayson County, was awarded first place audio program for his podcast 'Grayson Ag Talk'. In this series, he publishes short stories covering topics from lawn care to rabbit selection.

Chase T. Brooke, Agriculture & Natural Resources Extension Agent in Collin County, received two first place state communication awards for publication & fact sheet. His publication covered using prescribed fire to manage junipers in Texas, while the fact sheet detailed an introduction to prescribed fire for landowners. Of these, the publication award also advanced as a national finalist with the National Association of County Agriculture Agents.

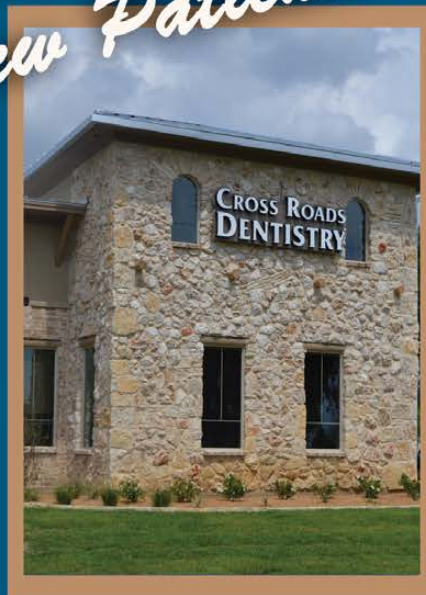
Elizabeth Rudd, Agriculture & Natural Resources Extension Agent in Dallas County, received an Achievement Award in recognition of her continued service and contributions to Extension.

The Texas A&M AgriLife Extension Service is a part of the Texas A&M University System, and provides continuing education and technical assistance to landowners and residents across Texas. County Extension Agents act as local sources of research based information and have offices that serve all 254 counties in Texas.

For more information or to find your county's extension agent, please visit counties.agrilife.org

Above photo: Zach A. Davis, Ag/Natural Resources Extension Agent, Denton County (right) receives a 1st place Search for Excellence award from Texas County Agricultural Agents Association President Phoenix Rogers (left) for his work with young, beginning, or small farmers and ranchers.

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O'Dells Nursery took their 380Guide with them to celebrate their two year anniversary.

Top left: Devin O'Dell, Nursery Manager Margie O'Dell, Assistant Manager

Group picture: O'Dells Nursery Team



Bottom pic: Devin O'Dell, Nursery Manager Margie O'Dell, Assistant Manager Maria Reyna, Nursery Yard Manager



Anita and Harry Jean took their 380Guide with them to the Anniversary Celebration at O'Dells Nursery.



380Guide's Creative Director, Mariah Acevedo took her Pilot Point Guide to Bastrop, Texas.

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