

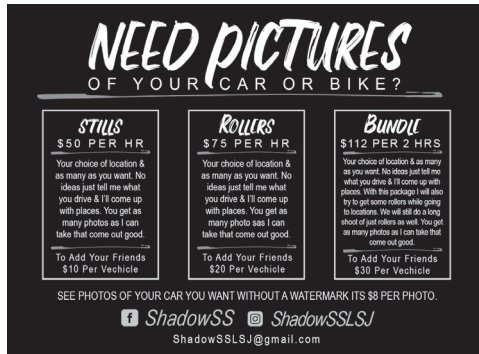


ALYSON
MODENE



LOGO:

Client wanted a logo with an image of a ghost they draw all the time.



POSTCARD:

Kept the back the same as the business card's back. Design to showcase the different packages they provide.



LOGO:

Client wanted a skull with the "Ordnance Bomb" symbol in its mouth, kevlar, and equipment that represent each type of job in the company.

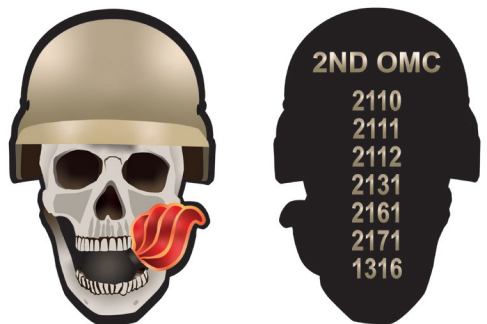
BUSINESS CARDS:

Two types of business cards were needed. The first one was normal business card. The second was so they could leave them on vehicles they take photos of.



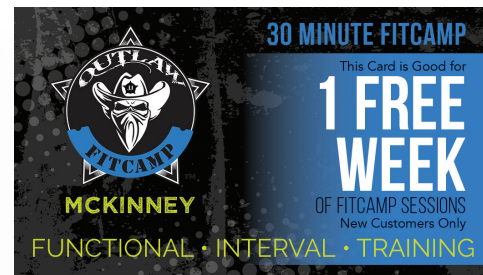
T-SHIRT:

Kept the long one the back so you could see more of the details. Kept the "Ordnance Bomb" symbol on the front since it is just as important.



CHALLENGE COIN:

Challenge coins are important to the military. They collected to show what one has done and where they have been. Went with a not as busy skull and put all the different job titles on the back.



BUSINESS CARDS:

Redesign of business card to include a coupon on one side and easy change of information for different personal and locations.



FOLDER:

Client wanted a folder that they could use at all locations and give to new gym members when they sign up. They wanted the folder to be motivational.



POST CARD:

Client wanted a post card they could hand out to potential gym members. One side would have the location, and the other is the offer and somewhere to put who referred them.



LOGO:

Client wanted a keystone, the stone at the top of an archway, and to represent geology.



LOGO:

A look for a alcohol brand that has an element that makes it different and stand out compared to others.



LOGO:

Client wanted something to represent their nicknames of "Yeti" and "Sasquatch" along with having a skull.

BUSINESS CARDS:

Had to be a simple design due to it being laser engraved on different kinds of material.



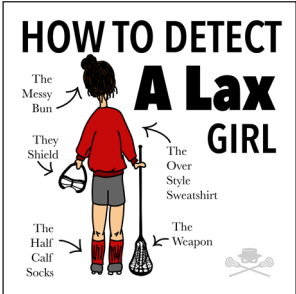
LOGO:

Reperesentation of the mascot the matador and show showcase lacrosse with sticks.



POSTER:

Player posters to hang up at games to create more spirit and showcase the players.



SOCIAL MEDIA POSTS:

Soical media posts to be cute and draw people's attention. These posts were to help try to getting more team members. Other posts were to provide information.



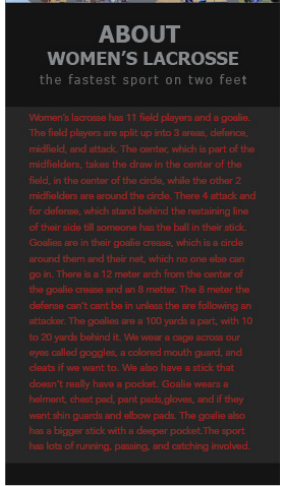
SHOOTING SHIRT:

Provide spirit to wear during warm up before a game.



T-SHIRT:

T-shirts to standout and sell as spirit wear for players and fans.



PAMPHLET:

Provide information about the sport to handout to try to get new team members.



SWEAT PANTS:

To be both spirit wear and clothing for warms before games.



NAILS 2 TAILS ADVERTISEMENT:

Nails 2 Tails wanted an advertismt with coupons that didn't look like coupons.



WORKOUT ANYTIME ADVERTISEMENT:

Workout Anytime wanted to have what they are all about plus the plans that they offer to members.



CHINATOWN CAFE ADVERTISEMENT:

Chinatown Cafe wanted a fresh looking advertisement with everything they offer, their awards, and their four coupons they are offering.

BE CLEAN IN The Spring

Kwik-Kar Your car's favorite neighbor.

2813 Flower Mound Rd.

State-of-The-Art Full Service Car Wash • Professional Detail Services
Boat & RV Detailing • Safe & Ecologically Friendly
Well-Appointed Waiting Area with Wifi, Flat Screen TV, Beverages & Computers

YEAR	BEST OF DENTON COUNTY	YEAR	BEST OF DENTON COUNTY	YEAR	BEST OF DENTON COUNTY	YEAR	BEST OF DENTON COUNTY
2013	2014	2015	2016	2017	2018	2019	2020

THANK YOU FOR VOTING US BEST CAR WASH 6 YEARS IN A ROW!

\$5 OFF
FIRST CLASS WASH
Value Can Also Be Used for Super Clean or Detail Services
Valid only at 2801 Flower Mound Rd., Flower Mound, TX. Must present coupon.
Not valid with any other offers or discounts. FIRM GO! Expires 05/31/19

\$20 OFF
SHOWROOM COMPLETE DETAIL
Valid only at 2801 Flower Mound Rd., Flower Mound, TX. Must present coupon.
Not valid with any other offers or discounts. FIRM GO! Expires 05/31/19

Mon-Sat from 8:00 am - 6:00 pm | Sun from 9:00 am - 6:00 pm

2801 Flower Mound Rd. | Flower Mound, TX 75022

972.724.2929 | GoKwikKar.com | f /KwikKarWashAndDetailCenter

KWIK KAR ADVERTISEMENT:

Kwik Kar wanted an advertisement wanted the saying “Be Clean in The Spring” along with their awards and their two coupons.

GREAT PRICES BELOW STARTING AT:

\$2.99 sq. ft.
Laminate
Installed
Whole Supplies Last

\$1.99 sq. ft.
Carpet
Installed
Whole Supplies Last

\$5.49 sq. ft.
Hardwood
Installed
Whole Supplies Last
30 YEAR WARRANTY

\$5.99 sq. ft.
Porcelain
Installed
Whole Supplies Last

\$4.49 sq. ft.
Engineered Vinyl
Installed
Whole Supplies Last

FLOORING & HOME REMODELING

One Stop Shop For Flooring In Your Home

HARDWOOD • LAMINATE • TILE • CARPET • VINYL
BATHROOMS • KITCHEN • CABINETS • RENOVATIONS & MORE

\$200 OFF FULL BATHROOM OR KITCHEN REMODEL.
Minimum purchase of \$2000. Must mention ad.

\$8.99 sq. ft. SOLID WOOD
W/ Installation min. 780 sq. ft.

FREE In-Home Estimates
FREE FURNITURE MOVING AND CARPET REMOVAL
CUSTOMER SATISFACTION GUARANTEED!

LOCALLY OWNED & OPERATED
IN DFW
SINCE 2007

FLOORS BLVD
469.656.1422 • www.FloorsBlvd.com
204 N. Greenville Ave., Ste. 400 • Allen, TX 75002

FLOORING & HOME REMODELING ADVERTISEMENT:

Flooring & Home Remodeling wanted to showcase all that they offer.

Tranquility DENTAL

A SUPERIOR EXPERIENCE.

6717 Eldorado Pkwy, Ste. 100 • McKinney, TX 75070

CALL US NOW AT 972.540.6200
TranquilityDentalGroup.com

Love Your Smile
General Dental • Cosmetic Dental • Orthodontic Dental • Periodontic Dental

No Insurance? No Problem!
Affordable IN-OFFICE DISCOUNT PLAN Available.
Your Teeth Taken Care Of For The Year!

Experience The Highest Standard Of Gentle Care, State Of The Art Technology and Equipment.

\$100 OFF When You Invest \$500 or More in Treatment*
Emergency Exam/X-Ray*
*Must present coupon. One per visit. Some restrictions may apply. MCE GO! Expires 05/31/19

TRANQUILITY DENTAL ADVERTISEMENT:

Tranquility Dental wanted old fash photos of people smiling with their information and two coupons that don't look like coupons.

SPECIALIZING CARE IN & CONCERN FOR YOUR SMILE

by Juan Ehrenmann

We in Denton County are fortunate to have in our midst a complete outpatient surgery center dedicated to diagnosing and treating any mouth and jaw condition with consummate skill. "The name of that facility is DFW Oral Surgeons in Flower Mound, and at the helm is owner, Dr. John Shillingburg. Dr. Shillingburg is dedicated to and takes great pride in "helping people feel better about themselves."

Within those walls, Dr. Shillingburg performs procedures as basic as wisdom teeth extraction to full mouth teeth replacement, complicated sinus lifts, dental implants, and even reconstructive surgery.

From the moment you step into the offices of DFW Oral Surgeons, you feel comfortable. First to catch your eye is

how hygienic the rooms are, and redolent with a fresh, tested new smell, so though they have just relocated to a newly-built location.

Dr. Shillingburg explained that the Covid-19 pandemic prompted a need for additional safety measures. "We wanted our patients to be as safe as possible," he said. "So we recently added an air purification system that gives well beyond what we already have." He explained further that, "All of our procedure rooms have fan filter units with the same HEPA filter used in operating rooms, and they provide protection against airborne diseases. In fact, our entire office also has an air purification system, so it's 100% purified."

He continued, "Our surgical staff are highly trained, and are committed to keeping our office safe so patients can trust that they are going to be treated in a pristine environment."

And that is just the beginning of the care and concern Dr. Shillingburg has for his patients. He is a bona fide specialist, confident to perform even the most complicated of procedures and validated by the long list of his credentials: board-certified oral and maxillofacial surgeon, trained and credentialed in dental/oral surgery, implant surgery, facial cosmetic surgery, implant surgery, orthognathic surgery, facial reconstructive oral surgery, and dental anesthesiology. In addition, he holds membership with the American Dental Association and is a Diplomate of both the American Dental Society of Anesthesiology and American Board of Oral and Maxillofacial Surgeons.

That is, excuse the pun, a mouthful! Working in tandem with his talent is the high level of technology that Dr. Shillingburg surrounds himself with. One such piece of high-tech equipment - the X-Guide - is a revolutionary 3D tomography scan

Best Dental Implant Dentist, Best Oral & Maxillofacial Surgeon, & Best Oral & Maxillofacial Surgery Center

DFW Oral Surgeons
972.333.1461
4621 Long Point Rd., Ste. 100
Flower Mound, TX 75028
www.DFWOralSurgeons.com

With such extensive qualifications and expertise, along with a vast portfolio of experience (not to mention accolades, including repeatedly Best of Denton County, why would you trust anyone else with your smile?

With such extensive qualifications and expertise, along with a vast portfolio of experience (not to mention accolades, including repeatedly Best of Denton County, why would you trust anyone else with your smile?

THANK YOU

DFW ORAL SURGEONS

Organization SPECIALISTS

YOUR WORK-FROM-HOME

When the coronavirus hit in March, and you and your family were forced to work and learn from home, you knew whatever makeshift workspace you had wasn't going to cut it longterm. But your family made do -- an office for mom and dad at the dining room table, a fold-out table in the hallway for the kids, a quiet nook area with a lamp in a walk-in closet for anyone who needed some quiet time -- and said it was only temporary.

designed and customized to look like they came with the house.

These are complete with desks, drawers, filing systems, cabinetry, and anything else you can think of to make work and school life more organized, efficient, and manageable for everyone in the home.

"This is a new gear for us, and boy have we been busy," Jay said. "We've done home rooms that were previously a free-for-all room, and now there's a quiet place away from the bedroom for the kids to do their school work. We've converted 'noisy' desks that were maybe just a counter and a drawer for some pencils into an area with drawers for filing, cabinets, and even a new cut-out area for a printer. Some homes have little nooks -- we've put workstations in those, too. Other homes have offices that are only set up for one person. We've come in and added additional workstations."

Lisa agreed, saying the ideas brought to life have been impressive, to say the least. "I typically see an entertainment station/ workstation combo in one home, and it was really neat to see. It's all about creativity right

now," Lisa said. "And it's a fun time for our designers because they can really think outside the box."

The fact that people are calling Closets by Design for these solutions and more is not surprising. Closets By Design specializes in designing and remodeling attractive storage spaces for any area of your home, including everything from that packed closet in the master bedroom to home offices, kitchen pantries, and garages. They have over 40 employees, including a full-service design team that will measure your space and offer a myriad of custom options as if their showroom was right in your home. They also have a large fleet of installation vans that allow them to service all of DFW better and faster than anyone in the industry.

Then vast collection of floor-based organizing options such as shelves, drawers, cubbies, dividers, lighting, desks, custom linings, and more look like they were an original part of your home once installed.

"When we go meet with someone, they already have a need. And, obviously, closets are the lion's share of what we do," Jay said. "What most people have is a builder-grade closet or two."

IT'S ALL ABOUT CREATIVITY RIGHT NOW

a single rod and a shelf above it. It's usable, but over time, everything starts piling up because you don't have drawers or shelves. Before you know it, your closet is a clutter. We will come in and redesign that space to optimize storage capacity and help people get organized."

Lisa says that ever since they purchased the 20-year-old company in April of 2019 from another husband-wife team, they've been addicted to getting their home totally organized. "We put our system in your home, and it's amazing how much more organized it makes you," she said.

The Hemleys said their business never slowed down during the pandemic and attributed it to families who weren't going on vacation during the summer months and were suddenly taking a harder look at updating their homes. As the school year approached, the requests for office and a learning solutions skyrocketed.

"The temporary work-from-home person has become the permanent work-from-home person. Plenty of kids are still going to school online, and that necessitates a quieter space in the home for them," Jay said. "We want to help these people function as a higher level."

If you'd like to learn more about Closets By Design, visit www.closetsbydesign.com.

Best Garage Design & Organization

Closets by Design
972.333.1461
4122 Billy Mitchell Dr., Ste. 100
Allen, TX 75012
www.ClosetsByDesign.com

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WILDCATS REBOUND AFTER STATE TITLE GAME LOSS

If you remember, Guyer's football season was almost over the day after Thanksgiving.

The Wildcats trailed Cedar Hill by a seemingly impossible to overcome 27 points with 4:54 left in the third quarter and were well on their way to being bounced from the playoffs way earlier than expected. What happened next was nothing short of a miracle, as Guyer recovered three onside kicks and put its offense to work while rallying to win, 50-41.

That win proved that you could never count Guyer out. The Wildcats used to fuel their run to the Class 6A Division II state title game, where they lost 24-0 to Austin Westlake on Dec. 21 when star quarterback Eli Stowers injured his knee in the first quarter and did not return.

It was Guyer's fourth state title game appearance and first since winning it all in 2013.

"I'm extremely proud of them," Guyer coach Walsh said after the game to a crowd of reporters. "When you lose your quarterback, sometimes it can fall apart completely. But I thought we stayed competitive throughout the whole game. We just couldn't cross the goal line."

Walsh had said before the season started that this year's team had all the pieces to make a run at a state title. The Wildcats returned 17 starters, most notably quarterback Eli Stowers, running back Kadirric Cobbs, wide receiver Seth Meador, and defensive linemen Grant Mahon. They were also hungry, fueled by an early playoff loss in 2018.

Guyer featured one of the more prolific offenses in the state this year, averaging 491.3 yards per game through 16 games. Stowers, a Texas A&M commit, finished the year having completed nearly 60% of his passes for 2,962 yards and 36 touchdowns while racking up another 1,166 yards and 11 scores. Cobbs rushed for 2,641 yards and 42 touchdowns, and Meador caught 43 passes for 1,207 yards and 19 touchdowns.

But without Stowers under center in the title game, the storybook season came to a crashing halt. Guyer turned to freshman Jackson Arnold -- he'd attempted just one pass coming in -- and the team suffered the first shutout in a state final in the state's largest classification since 1998. Guyer managed just 187 total yards and trailed 14-0 by halftime.

Walsh said after the game that putting a freshman in that position was unfair.

"The kid has a major-league arm and is a good athlete," Walsh told the Denton Record-Chronicle. "But to put Austin Westlake in Week 16 as a freshman is a tall order. We kept getting behind the chains and not letting him get some momentum going."

He added, "We had to help him more, and we didn't. We were hoping to get him some reps in the playoffs -- just not like this. It was an unfair situation."

The question now becomes, where does Guyer go from here? The Wildcats will have Stowers back next season, but Cobbs, Meador, and Mahon were all seniors.

If one thing is for sure, don't be so quick to count the Wildcats out in 2019.

WHAT ARE YOUR Sleeping Mistakes?

Here are some of the most common mistakes people make before bedtime:

DRINKING OR HAVING A NIGHTCAP: Alcohol can help you fall asleep but it also affects how you sleep. When you go to bed tipsy or drunk you can have slower sleep patterns, interrupting your circadian rhythm, which can block your REM sleep, have aggressive breathing and have your sleep interrupted by the need to go to the bathroom. This will lead you to have an unrefreshed sleep.

BEING NEGATIVE: Being stressed, thinking about what happened during the day or planning the next day makes it hard for you to sleep. Your body cannot relax and your heart rate and blood pressure become elevated. Try meditating, doing yoga or doing something relaxing before bed to help you go to sleep.

HITTING THE SNOOZE BUTTON: We all have woken up to the alarm and hit the snooze button and said, "Just 5 more minutes." Well turns out that's not the best for us. When you hit the snooze button and go back to sleep you start your sleep cycle again, which means when you do get up you have not finished a sleep cycle meaning you're more tired than if you had gotten up without pressing the snooze button.

HAVING CAFFEINE: Caffeine items such as coffee, tea, cocoa, energy drinks, and chocolate are great for when you wake up because the caffeine blocks the sleep-inducing chemicals in your brain. Once the caffeine block is taken about 6 hours for half of the caffeine to leave your body. This means it would be best not to have that cup of coffee in the afternoon, because it will keep you up at bedtime.

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PROVIDING LASTING

Pain Relief

FOR OVER 20 YEARS

Inspired by his mother's miraculous recovery from epilepsy at the hands of a chiropractor, Dr. Vince Baugher pursued a career in chiropractic. After moving from Alabama to Denton with his wife, Dr. Baugher opened his own practice, The Spinal Decompression and Chiropractic Center, in 1998. The clinic is named as such due to Dr. Baugher's expertise in Spinal Decompression.

"I was really blessed to stumble into the field of Spinal Decompression," says Dr. Baugher. "It has given me the ability to treat herniated discs of the neck and low back, which are the most severe spinal conditions which can often be treated without surgery." Dr. Baugher and his team have been extremely successful at saving thousands of patients from spinal surgery.

However, don't get the impression that this is just a stodgy, sterile clinic.

Dr. Baugher and his team take pride in cultivating a genuine connection with the patients. "Patients say that they really enjoy coming here," says Baugher. "They love being recognized and called by name." Each patient is welcomed warmly with a smile every time they come in and are always treated like family as opposed to just a number.

Dr. Vince Baugher, D.C.

Dr. Charles Laughlin, D.C.

The Spinal Decompression & Chiropractic Center

Best Chiropractor

WINNER

BEST OF DENTON COUNTY 2015

WINNER

BEST OF DENTON COUNTY 2016

TOP 5 BEST

BEST OF DENTON COUNTY 2017

BEST

BEST OF DENTON COUNTY 2018

BEST

BEST OF DENTON COUNTY 2019

BEST

BEST OF DENTON COUNTY 2020

Dr. Vince Baugher D.C. - The Spinal Decompression & Chiropractic Center
(940) 484-6336
2500 Lillian Miller Pkwy. - Denton, TX 76210
www.SpinalDecompression.net

91st North Texas FAIR & RODEO

August 16 - 24, 2019 • 10:00am - 11:30pm
2217 N. Carroll Blvd. • Denton, TX 76201
Rodeo • Carnival • Contests • Shows • Livestock • Music

PARADE:
August 17 | 10am - 12pm
The parade will have a cash contest in five categories (Riding Club, Commercial, Youth, Western Wagon, Classic Car) going. First place gets \$100, second place gets \$50 and best over all wins \$250. It starts at Denton High School and goes towards downtown circling its way back to the high school.

COOKING CONTEST:
August 17 - 18
For the cooking contests there are Children (ages 6 to 11), Junior (ages 12 to 17) and Adults (ages 18 and up). Each of these have the categories: cake, bread, cookie and candy baking.

PRCA RODEO:
August 16 - 18 | 7:30 - 9:30pm
There will be contests with bareback riding, steer wrestling, saddle bronc riding, calf roping, calf scramble, team roping, barrel racing and bull riding.

SWIFTY SWINE SWIMMING AND RACING PIGS:
August 16 - 24
Mon to Fri: 6pm & 8pm
Sat & Sun: 2:30pm, 4:30pm, 6:30pm & 8:30pm. Watch pigs run as fast as they can to get to the other side where an Oreo is waiting for them to eat.

BULL BLOW OUT:
August 22 - 24 | 7:30 - 9:30pm
The Bull Blow Out is one of the most popular events during the North Texas Fair and Rodeo. It's all about Cowboys riding bulls.

MUSIC:
Caudia Hoyser
August 17 | 6pm & 11pm
Mike and the Moonpies
August 23 | 11pm
Jimmy Buffet
August 24 | 6pm & 11pm

TICKETS:
Adults Mon - Thurs | \$15
Adults Fri - Sun | \$20
Adults Sat - Sun Before 6pm | \$15 (Gate Only)
4-Day Ticket | \$60
Season Pass | \$120
Senior/Military Adults | \$14 (ID Needed, Gate Only)
Teacher | \$5 off (ID Needed, Gate Only)
Children 7 - 12 | \$5 (Any Day)
Children 6 and under FREE (Any Day)
FOR MORE INFORMATION:
www.ntfair.com
940-387-2632
info@ntfair.com

www.LantanaLiving.com

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Summer Swimming With Lantana Lightning

by Steve Connel

Julie Heuer's children were still little when her family first moved to Lantana, and like any mom, she felt like she was pretty good at keeping her eyes and ears peeled for fun summer activities for the kiddos. But even she admits she didn't have a clue Lantana had its own summer swim team called the Lantana Lightning. "I had no idea, and you still hear that all the time," Heuer said. "Some parents don't know until registration is over!"

With nearly 200 active swimmers between the ages of 5 to 18, the Lantana Lightning is definitely not a hidden treasure. In fact, it's easily one of the largest competitive swim teams in southern Denton County. But Heuer, now a board member, is one of many officials who refuse to rest on their laurels and are continually trying to get the word out.

So if you did enjoy swim camps as well as swimming, then look no further than the neighborhood pool. Lantana Lightning is a member of Swim North Texas and just wrapped up its 16th season in July. The team prides itself on being a fun, summer swim team for everyone, whether your child is the type that just comes out to swim for the summer or is as competitive as a swimmer can get and practices every chance he or she can get.

There are a few rules, including being able to swim 25 yards and that the swimmer is a resident of Lantana, but the goal is to have fun, learn a few tricks, and be a part of a team. Beginning each May, the kids practice throughout the week in the mornings in preparation for dual meets against nearby teams.

On June 14, Lantana Lightning competed in its final meet of the summer, the SNT Championship. Unlike past years where swimmers had to post a specific time in whichever event they were competing in to qualify for an end-of-year All Star meet, the new format allowed anyone to participate and pitted Lantana Lightning swimmers against those from Wellington, Bridgewood, Highland Shores, Castewood, and more.

Though results and pictures weren't available to be mentioned in this article (check back in our August issue), Heuer said the meet pulled in between 600 to 700 area swimmers. It was held at the Westside Aquatics Center in Lewisville.

"It's exciting because our meets are usually outdoor meets," Heuer said. "This one was indoors, and it is such a beautiful facility. We are competing against other teams this time. We changed it this year so that more kids could be involved."

While the swim team is currently on a break so that many of its older swimmers can turn their attention to the high school season, now is as good a time as any to sign your child up for next season. Registration for 2020 is right around the corner in April for returning swimmers and new families.

The team is expected to host its second annual Polar Plunge in February in cooperation with the neighborhood OUs. Roughly 50 plungers, both kids and adults, came out earlier this year to swim in 40 to 50-degree weather. As part of the festivities, prizes were awarded in competitions for the best belly flop and best cannonball.

"We are the fun, summer swim team," Heuer said. "You don't have to be the best of the best. We just want people to come out and give Lantana Lightning a try."

If you are interested in having your child be a part of the Lantana Lightning, visit their website at www.teamntf.com.

Flower Mound Hall POSITIVE REVIEWS

by Steve Connel

For a while there, it seemed as though opening day for the new Flower Mound Town Hall was a distant dream. Residents may remember that construction crews broke ground way back in July 2017, and by December of the following year, only a few staff members had moved in. Employees from the nearby Artime didn't settle in until the first week in March.

As the saying goes, "Good things come to those who wait." The new space is 100% open for business and continues to receive rave reviews from residents and employees, all of whom are happy to have all town services under one roof.

DEPARTMENTS AT TOWN HALL:

- Town Manager's Office
- Economic Development
- Strategic Services
- Town Secretary's Office
- Financial Services (Accounting and Budgeting Services, Treasury Operations, Purchasing)
- Utility Billing
- Human Resources
- Information Technology (Includes Geographic Information Services - GIS)
- Facilities Management
- Communications (including Customer Relations)
- CIP/Construction Plan Management
- Engineering Services
- Planning Services
- Building and Inspection Services
- Environmental Services (Included Code Enforcement)

"It's all about the residents," said Molly Fox, Director of Communications for the Town of Flower Mound. "They are able to come to Town Hall and have virtually one-stop shops. Whether they need to pay their utility bills or pick up a permit, they don't have to drive to two locations anymore."

She added, "We love the new space. It's been great having everyone under one roof."

The new 46,000 square foot facility is home to 140 employees and is located on the southeast corner of FM 1171 and Morris Road. It is a two-story design and roughly doubles the space of the former site. Additions include new council chambers with double the amount of audience seating, a welcome desk in the lobby, 90 private offices, and 10 large open office areas. On top of all that, the entire site has gorgeous outside features, from the native and drought-tolerant landscaping to the entryway sign, flagpoles, and a pond.

Having all services under one roof is the biggest benefit of them all.

Previously, departments such as Environmental Services and Facilities Management were housed at a nearby location called The Artime. While not too far away, having multiple locations over the years confused residents who were unsure which location they needed to visit for specific services. This will not be a problem with the new facility.

"We have received lots of compliments from the community, especially about our new public art display wall that features a new artist's work each month," Fox said. "We love the new space. It's been great having everyone under one roof for a much more collaborative environment."

HEY ARE ABLE TO COME TO TOWN HALL AND HAVE VIRTUALLY A ONE-STOP SHOP.

Town Hall is located 2121 Cross Timbers Rd., Flower Mound, TX 76028, and is open Monday through Friday from 7:30 a.m. and 5 p.m.

Inspiring OTHERS IN A FITNESS JOURNEY

by Steve Connel

Vicki Carter must have played her daughters Kelsey, Kasey, and Kaitlyn over and over in her head a million times. Kelsey, just 6 at the time, was getting ready for her PK graduation walk and wanted nothing more than to have mommy walk her across the stage. But Vicki, who because of a car accident that nearly took her life, was wheelchair-bound. Set too young to comprehend her mom's limitations, Kelsey asked her mom to make a promise.

"She said, 'Will you promise me that when I graduate from high school, you will walk with me?'" Kelsey said. "You ain't going to please everyone so just accept that now. The main objective is to make it enjoyable, so everyone has a pleasant meal."

photographed above is Vicki Carter after her weight loss transformation.

photographed above is Kasey (right) and daughter's Kelsey (middle), high school graduates.

world, and it feels so great to be helping people," Vicki said. "They tell me, 'How can I tell you no? If you can do it, I can do it.'"

Vicki's story is not something you hear often. On June 29, 1999, she was on her way to work when a drunk driver hit her. Through the grace of God, Vicki survived, though her legs were disfigured and she was confined to a wheelchair.

Over the next 12 years, her weight gain ballooned out of control.

In 2011, while waiting for Kelsey to finish a workout at Jesse James Fit, owner, Jesse Leyva, playfully joked with Vicki, "He kept asking me when I was going to workout, too. I kept saying, 'Are you kidding?' I can't get out of this wheelchair," Vicki said. "But he was persistent. He said I could do it."

What happened next was extraordinary. Not only did Vicki take Jesse up on his offer, but combined with a lifestyle change that included regular exercise, healthy eating habits, and a gastric bypass surgery in 2017, Vicki ultimately lost 310 pounds over the next two years. Her dedication was so inspirational that Leyva and others helped raise funds so Vicki could have an additional surgery in 2014 to remove excess skin that was causing complications.

"I couldn't afford the surgery and was blown away by their generosity," Vicki said. "I kept asking why, and they kept saying that from the time I walked through the door, I was always smiling no matter how much pain I was in. I never cheated, and I made the best out of even my worst possible day."

The tipping point came when knee replacement surgeries in 2015 gave her the chance to walk - mere months before Kelsey was set to graduate from high school. That also kickstarted a new career as a personal trainer as Leyva hired Vicki shortly after she completed her certification.

What happened next was extraordinary

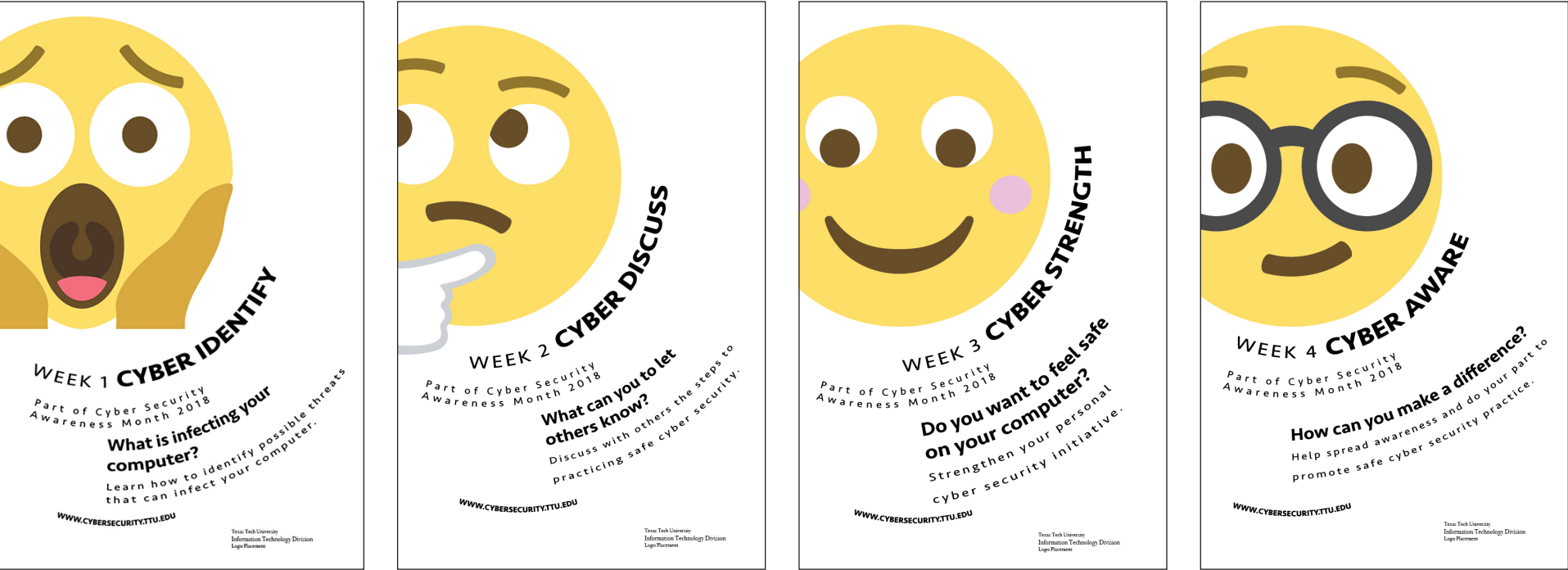
Confined To A Wheelchair

Vicki walked with Kelsey when she graduated from Guyer in 2015

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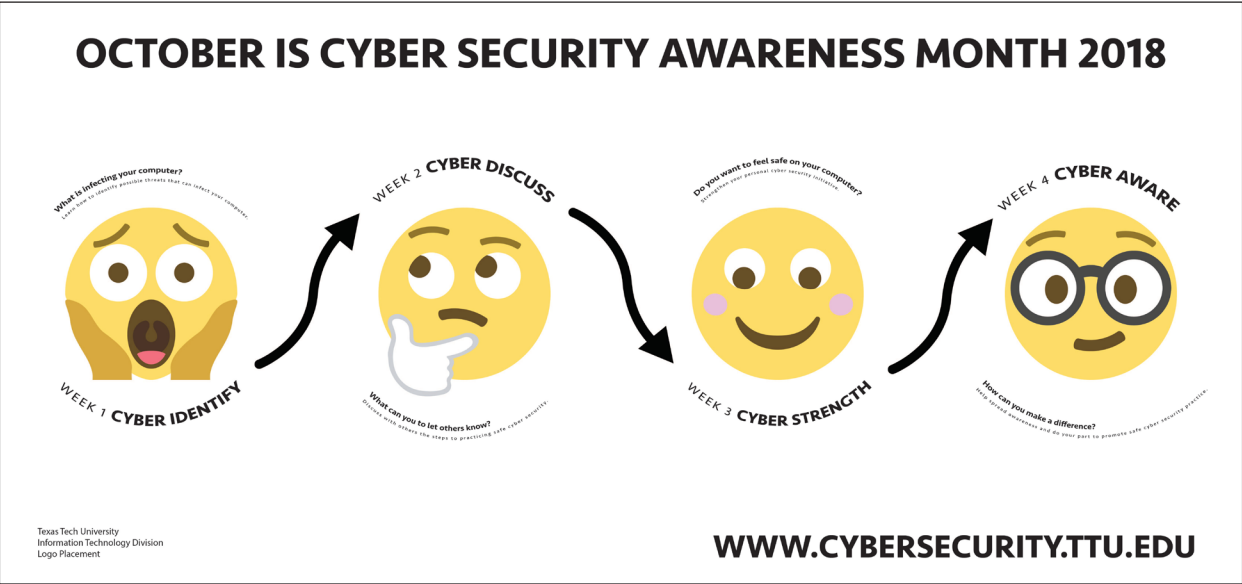
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WEEKLY CYBER SECURITY AWARENESS POSTERS:

Every October Texas Tech Universty Information Technology Dvision hosts classes to help students and staff with cyber security infomation. They needed a poster for every week since every week was a different topic.



CYBER SECURITY AWARENESS POSTER:

Every October Texas Tech Universty Information Technology Division hosts classes to help students and staff with cyber security infomation. They needed a gaint poster to put up in the Student Union building. It was to help show what was the main topping for everyweek and the website where they could get more information.



TECH DEAF CULTURE ALLIANCE POSTER:

The clued needed a poster to hang around the Texas Tech Universty campus and surrounding stores. They wanted it to saw what they were about and to show the information them.



CHARITY WATER POSTER :

A simple poster to get then message across about what their chairty was about. Only a UR code to provide more information to keep it from getting it to busy and allowing it to focus more on the message.

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