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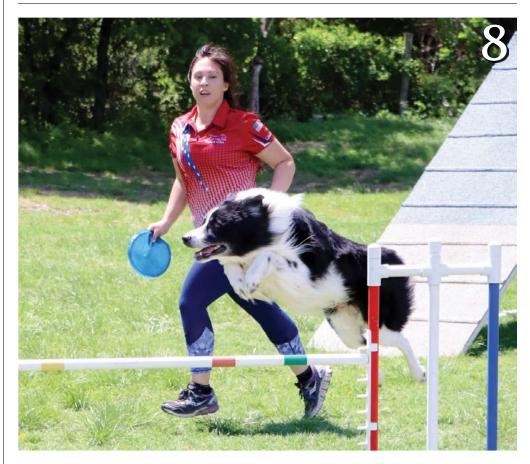
#### ON THE COVER



Maria Badamo and Gromit are a winning team in competitions and in life.

Photo by Hannah Chartrand.

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### Editor's Note

Midlothian, it's been a pleasure!

The time has come for me to step down as community editor of *MidlothianNOW Magazine*. Since 2005, I have had the wonderful privilege of meeting and talking with hundreds and hundreds of Midlothians at their best. What I've learned through this journey is that the world turns on the efforts of individuals who put their best into what they do every single day. What you have produced individually

and collectively as a community has been remarkable and a joy for me to record. I'm amazed at the level of commitment I've seen from our kids as they excel in life. The volunteers here take my breath away. Truly, no community is great without them. I leave this position with so many beautiful memories, as I devote more effort to my husband's ministry across the country on the Book of Proverbs. I'll still be around to continue my work as a member of the Midlothian Education Foundation Board and Mentors Care Board. I'll even freelance for the magazine from time to time.

Thank you, Midlothian, for helping me do this phenomenal job!

Betty

Betty Tryon

MidlothianNOW Editor
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## Around Town NOW



More volunteers with boats travel to Beaumont, TX, to help with rescues.



Lindsay Morehead loves on one of eight dogs from the coast she saved from Hurricane Harvey.



Matthew Hollis from FSMS hosts a benefit for hurricane victims and raised \$700 and five boxes of donated goods.



The 4L family drops off water and other donations in Ingleside, TX.



Wade Buie with TX Black Belt Academy in Midlothian helps out Hurricane Harvey victims in Houston.



The Yoder family enjoys their new family member rescued from the hurricane area.



Aaron Curtis and team ARS Rescue save a homeowner and his dog from flooding water.



Bertha Valdez, department manager at Midlothian Wal-Mart, travels with other associates to South Texas to relieve overworked associates in Houston.



Pastor Jason Exley of Life Church carries buckets to the van for evacuees.



# **Texas Strong**



The past few weeks have been emotional ones, as image after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of Texans. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities mobilized to assist. People loaded

up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong!

Becky Walker • Managing Editor • NOW Magazines

#### **State and National Organizations:**

Red Cross of North Texas • (214) 678-4800 http://www.redcross.org/local/texas/north-texas Text Harvey to 90999 to make a \$10 donation. Corsicana Office: (903) 874-4551

North Texas Food Bank:

Donations of food and funds to replenish their available food supply are needed. Contact ntfb.org.

Save the Children Flood Fund • SavetheChildren.org

The Texas Lions Foundation:

The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800 texasbaptistmen.org • Text HurricaneHarvey to 73256, then click on the link sent to you to complete your donation.

#### **Community Organizations:**

Salvation Army

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Habitat for Humanity • (972) 937-2797 elliscountyhfh@gmail.com • www.ellishabitat.org Ellis County Emergency Management • Stephanie Parker (972) 825-5199

Volunteering: We send trained emergency volunteers out in the field first when people come looking for a way to help out.

What you can do: Send money/gift cards. All drop off locations in Houston and the surrounding areas have been overrun with clothing. They don't have space for more.

Waxahachie Emergency Management Coordinator Lt. Marcus Brown His assistant: Sheila Adams • (469) 309-4000

Unity in the Community of Ennis

Contact Shirley and Charlotte Watson at (214) 475-0042. Refugees are currently staying at Motel 6 and Comfort Inn in Ennis. Local churches are preparing meals daily for the refugees. They are also helping with hygiene items and the basics.

Camp Hoblitzelle • 8060 Singleton Rd. • Midlothian, TX 76065 (972) 723-2387

The United Way of West Ellis County 207 N. 8th St. Midlothian, TX 76065 • (972) 723-9280

The Oaks Fellowship

Is working with Convoy of Hope to identify opportunities to mobilize teams to serve in the areas impacted by the hurricane. Visit community theoaksonline.org for updates.

Note: Be sure to do your research before making donations to ensure you know how your donation is being spent.





When you meet Maria Badamo, a first impression is one of kindness. She has a caring, calming nature that must certainly bode well with her profession, working as a veterinarian at Metro Paws Animal Hospital in Dallas. Then, she steps into the competitor's ring.

The competition of dog agility, while relatively new to the sports world, has grown exponentially in popularity and has been reported by the American Kennel Club (AKC) to be one of the fastest growing dog sports in the U.S. It is a contest that requires a dog and handler to work through a series of obstacles testing speed, strength, endurance, concentration and trust. In a 100-foot by 100-foot arena, the dog and handler are judged on how quickly and accurately they can maneuver the course. Within the AKC, the six types of agility classes comprise of Standard, which includes obstacles, tunnels, jumps and hurdles; Jumpers with Weaves, which includes jumps, weave poles and tunnels; Premier Standard and Premier Jumpers, which are more challenging courses; Time to Beat, which is a hybrid course geared toward speed; and FAST classes, which have 15 obstacles specifically designed to test distance skills and teamwork. Knocking over a pole, missing a cue, veering off course or missing yellow contact zones on the contact equipment (A-Frame, Dogwalk, teeter-totter) all result in points being deducted from the score card. At the highest levels, one fault usually results in disqualification. It is as complicated as it is challenging.

When Maria began, however, she understood very little about agility. She was told that her Pomeranian, Babaghanoush, showed a motivation and intelligence that was perfectly suited for agility training. As a student in

veterinarian school at Ohio State University in Columbus, Ohio, and logging long hours, she thought, *Honestly, I need a break from studies*. So, she and Babaghanoush signed up for agility training classes and caught "the agility bug." Ironically, the focus that she hoped to instill in her dog was exactly what she needed, as well.

The "focus" training worked, as Babaghanoush quickly rose from a novice to master level and Maria graduated from veterinarian school. They moved to New Jersey for an internship and found Gromit. A tall, wildly intelligent and intense Border Collie, Gromit's natural abilities raised the game for Maria. "I love the competition! It is very time consuming, very addictive and very expensive," but it is just what this doctor ordered.









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Once in the ring, Maria's personality is transformed. From the moment the clock begins, the two move quickly, with Gromit taking every cue, every signal, every movement from Maria. Still photography images from his competitions show the intensity in his eyes as he focuses on Maria, even while racing across a teeter-totter or up a steep A-frame. During the AKC National Championship, which Maria and Gromit won, the commentators can be heard





## "He is truly amazing. He's everything I ever hoped for and so much more."

marveling at Maria's "reversal spins" and "blind crosses." Even more fun, however, is to see how different this duo is from "rest" state to competition mode. Outside the ring, they are both friendly and relaxed. Inside the ring, as Maria is barking commands at Gromit, he's just barking. Or, as Maria has described it, "He is very serious about his agility job, and is laser focused when we are running, even though he is barking at the top of his lungs the whole time!" Their passion and joy cannot be contained. The focus is almost tangible.

"I just love it!" Maria said, smiling. Evidently. At 5 years old, Gromit has won the AKC National Agility Championship in 2015 and placed second in 2016. Outside the AKC competition, there is also the United States Dog Agility Association. Maria and Gromit





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placed third in the USDAA Biathlon event in 2016. In March, Gromit and Maria became the 2017 AKC National 24" Champions and earned a spot to represent the United States in the World Agility Championship in Spain in April with the USDAA IFCS team. Like any elite team of athletes,

Gromit and Maria both have training regiments they must follow. "I need to improve my own fitness to keep up with him," Maria said, explaining that her own need for speed and agility has grown as Gromit improves as an athlete. Because Gromit takes his physical leads



from Maria and because Maria must always know where the next obstacle is as Gromit charges forward, physical fitness is a major priority.

"We do physical conditioning with Gromit, too." Outside of his agility runs, Gromit hits the treadmill just like any other agility athlete. "He warms up for about five minutes on the treadmill, and then we use the peanut."

The "peanut" enables Gromit to work a number of conditioning exercises to isolate core muscle groups while training. In one of these exercises, Maria has him place his front paws on a stabilized device so that only his back legs are walking on the treadmill, developing greater gluteal, bicep femoris muscles and abdominal stability to reduce the risk of injury. There are a series of core fitness exercises like sitting up with front feet off the ground, or hand stands with rear feet on a wall, which are utilized, in addition to trail running and swimming. With a high protein, high fat diet of Purina's Pro Plan Sport dog food and a daily glucosamine with chondroitin, Gromit eats, breathes and lives as an





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Olympic athlete. This would also include rest. At home, Gromit lounges with Babaghanoush, now 12 years old (and retired), as well as Luna, a Pomeranian, Stuffin, a Terrier mix and another Border Collie and future competitor, Kenobi.

When asked how she finds time to do it all, Maria can only laugh. Her team, she said, is much more than just Maria and Gromit. Patrick O'Connor has been with her for almost 20 years. "He's been so supportive, not only of this agility stuff, but he supported me all through pre-vet and veterinarian school. He's the best!

"My bosses, Dr. Jennifer Lavender and Kathryn Sarpong, are so amazing when it comes to working the schedule. They go above and beyond to make sure I can make all the big events and are totally supportive of my agility adventures."

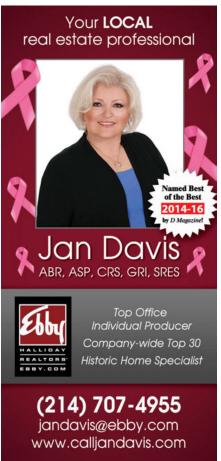
An adventure that began in New Jersey with trainer Jeri Prekop, extended to coach and trainer, Jody Lolich, at What a Great Dog in Frisco when Maria and Patrick moved to Midlothian. "Tired of snow," Maria and Patrick love Texas and have taken full advantage of its weather, walking trails and their swimming pool. Right now, however, her main focus is Gromit. "He is truly amazing. He's everything I ever hoped for and so much more. I absolutely could not imagine life without him. He's brought me not only across the country but, now, across the world!" NOW













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This is Kevin's third year of teaching in Midlothian, where he is also an assistant varsity football coach and criminal justice teacher. His original goal wasn't to be an educator or coach. "When I first started college, like many kids starting college, I thought I should major in business. But after the first semester, I decided I didn't like math that much," he said with a smile. He ultimately earned his degree in criminal justice from Northeastern State University in Tahlequah, Oklahoma. "I always wanted to be in law enforcement. After graduation, I worked for the Oklahoma Department of Corrections for nineand-a-half years as a probation and parole officer supervising people who get released, ankle monitoring, house arrests, searches, home visits and anything you can think of I have probably done it with that department."

Kevin also coached football in Oklahoma. In Oklahoma it wasn't necessary to be a teacher in order to coach. "I was a lay coach and coached defensive backs at Tulsa Memorial High School for about four years," he acknowledged. After nine years in law enforcement, he was ready for a career change and moved himself and his daughter to Texas in 2014. That year, he received alternative certification to be a teacher in Texas through ECAP. He taught criminal justice for one year in South Grand Prairie High School, then started teaching in Midlothian, as well as coaching football and wrestling.



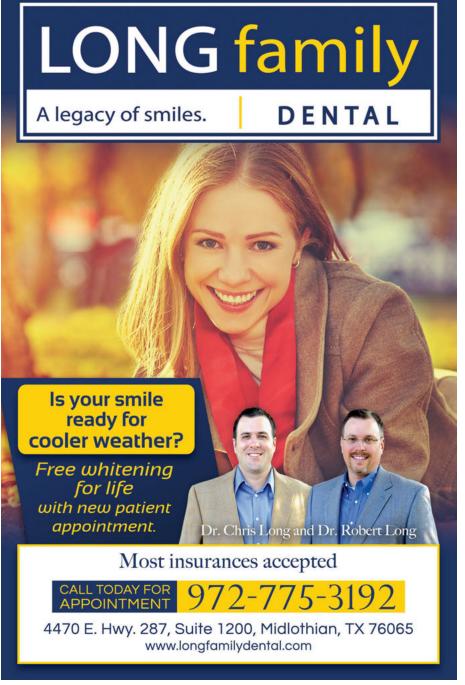
"I actually wrestled in high school," he stated. "I was a pretty good wrestler and was a two-time state qualifier. My senior year ended with a record of 32-7. When I started coaching wrestling in Midlothian, the school wanted to make a change in the program, and I was able to take over as head wrestling coach. So, I've been trying to build the program."

Building a program is an intensive process, and preparing the students for competition in such a physically demanding sport requires a lot of attention from the coach and from the students themselves. "I spend a lot of time teaching them technique," Kevin explained. "They have to be selfmotivated. They can't just show up and be good at wrestling. They have to want to be strong, be in shape and to put in the extra work to be good. They have to diet and eat right. Wrestling is hard, and my job is to get them ready to compete."



**Because of** their success last year, there will be raised expectations for this season, and **Kevin** is ready for that.











"Most of the students understand that the first year they may not have a lot of success, and it's going to be rough. But if they stick with it, they are usually good the following year. I tell them in August that I don't expect them to be great right then, but I do expect them to peak. Our goal is to be good in February when the regional tournaments come around."

Because of their success last year, there will be raised expectations for this season, and Kevin is ready for that. "This year we'll have a young team, and a couple of them will be thrown into the fire," he admitted. "It will be tough on them because they will be going against people who have been wrestling longer. We just have to focus on the process of getting better every day. If they stick to it, they will be OK. We ended up last year being district runner up. I think we'll get the chance to compete for the district title again."

With last year's team, there were some seniors who stepped up. They took on leadership roles, helping Kevin to lead the team and set its tone and foundation. That senior leadership and experience will be tough to replace, but the same opportunity is open to every team member this year. Wrestling competitions are from November to February with tryouts this month. "I usually spend from August until mid-September on getting them in shape with strength conditioning," he stated. The tryouts are hard. "But some come and love it! I never want to turn a kid away who wants to work hard, get good grades and is committed to it."

Kevin tries to keep the total number of team members at 35. There are usually three or four girls on the team, and the

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rest are boys. The spots for the team go by weight class, and he tries to keep at least two students per weight class. Kevin pushes the girls on his team just as hard as the boys. "The girls are just like the boys," he informed. "They want to compete and are just as tough. They practice with the guys, and if you ask them, they'll probably say they are just like everybody else. I think they'll be good this year."

The students who try out for wrestling usually appreciate the one-on-one competitive spirit of the sport. Wrestling is beginning to gain ground in Texas as more and more schools add it to their programs. "It's a team sport," he said, "but I think kids like the individual part of it. There aren't a lot of excuses when you lose. You have to look at yourself. As a coach, I know they are trying to score points for the team at the tournaments, but I tell kids when they go out there, they are wrestling for themselves. It's a one-on-one battle that's different from football, where you have 11 guys on the field, and you all have to work together to be effective on any given play. But, in wrestling they don't have to depend on someone else to be successful. If you're pretty competitive, you'll probably be successful."

When the students are battling it out, they will either shine or not. Through much training and conditioning, Kevin gives them the tools they need to be successful on the mat.

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# At Home With **Dennis & Debi Crowdis**

— By Zachary R. Urquhart

# PUTTING

IT AII TOGETHER

The key to marriage is finding someone with whom to enjoy spending your days. Dennis and Debi Crowdis, and their four-legged, furry family member, Otis, have enjoyed more than a few happy days. After starting their life together north of the Red River, Dennis and Debi made their way to Texas 30 years ago. In the last decade, they settled in Midlothian. Like the tiles of one of their mosaic decor pieces, Dennis and Debi's lives have fit together to make something beautiful.

Dennis grew up in Watonga, a small town in northwest Oklahoma. After high school, he served in the Navy for four years before attending Oklahoma University, studying petroleum engineering. "After college, I went to work for Halliburton, so I've pretty much been there forever," he said. His company moved him to Beaumont, and later to the Metroplex.

Debi grew up in Enid, Oklahoma, and headed to Oklahoma State University, where she earned a degree in communications. "There isn't any tension with the split colleges," she laughed. "Almost everyone in my family and my extended family went to Oklahoma University, so we're really an OU family." Debi knew one of Dennis' cousins, so they were introduced while they were in school. "We courted long distance for a while and got married after I graduated, while Dennis was finishing school," she detailed.

About the time Dennis was being transferred to Texas, he and Debi were getting ready to welcome their first child, Lauren, who is now a lawyer in Dallas. A few years later they had a son, Calvin, who is a mechanical engineer in Houston. Though she stayed home to raise the children in their early years, Debi has spent the last 20 years as a middle school English teacher.







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The family moved around Texas several times, and five years ago, they decided to come to Midlothian. "I was transferred to Alvarado, and I commuted from Denton for a while," Dennis recounted. "We started looking down here because we wanted just a little bit of land. We were driving around, and this house had lots of appeal, so we bought it." The appeal of the home is imminently present from a distance, with a front yard that has been

transformed into a landscaping marvel. "I did a lot out here," he continued, "We have wonderful shade, but that means some of the grass didn't grow well, so we changed it." The sitting area features a mosaic table, which in turn serves as the center of what looks like one giant mosaic full of shrubbery, metal decor and flowers.

Inside, the home trades a traditional entryway for immediate access to a stairwell, the living room and a study. Quickly noticeable are the hardwood floors that Dennis and Debi installed. "The house was great, but there were a few things we had to do," Debi said. "We



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repainted to add some color, put in new floors and did some aesthetic work to the fireplace." The living room has simple and comfortable furniture, but also more examples of the antique decor pieces Dennis and Debi display inside and outside their home.

The kitchen serves as a gathering spot, workspace and eating area, with dual islands for more functional counter space. "We also added new countertops and got rid of the wallpaper," Dennis said. "And we replaced the old tile with stained concrete that we did ourselves." They opted for a smaller dining table, which gives them room to include a sitting area and television in one corner of the room. There are antique bottles, colorful pieces that pop in contrast to the dark wood cabinets.

The master bedroom is one of the few rooms with carpet, which makes the thick, luxurious pile stand out visually and tactilely from the rest of the home. The focal point of the room, though, is the oak and walnut furniture that Dennis made himself. "He can really make anything," Debi said. "He made the whole bedroom suite, and he's made a few other things throughout the house." The master bath shows more of his handiwork, as he redid the shower, and even did some of the decorating. "He does more than just woodworking," Debi detailed. "He made most of the stained glass in the house, too."

The stairway leading to a lofted extra room is full of more decoration, including a few more things Dennis made. "I made this oak and walnut piece for Debi's parents' anniversary," he explained. Continuing up, there is a cross wall, and the stairs culminate in a room full of antiques and decorations. "We really didn't start collecting a lot of this until the last few years," Dennis said. "And some of it is stuff people have





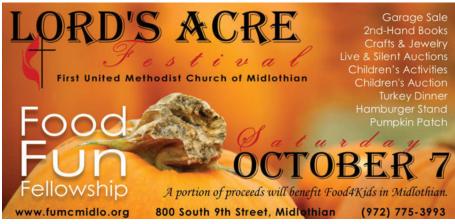
given us, like the piano that one of our friends had for a long time."

In addition to the upstairs living room, the second floor has two bedrooms, each with their own feel. One of the rooms has an Old World feel and is decorated extensively with mirrors. The shared bathroom leads to a second bedroom with slightly more of a kid's look to it. "Our kids never lived here, so these are really just extra rooms," Debi remarked. "Dennis made the chest at the foot of the bed, and we found this random mirror to go over the dresser."

If the front yard begins to display Dennis and Debi's hard work and keen eye for beauty, the backyard does so exponentially. Past an existing seating area and grill, they made a graveled area brimming with plants, antiques and metal decor. "Our kids told us we had too much stuff in the house, so we had to start taking it outside," Debi laughed. They laid extra bricks in a pathway spiraling around a wooden porch swing next to a large tree.

Past another sitting area accentuated with a shade tree and lounge chair, Dennis and Debi have an above-ground pool. "Honestly, we thought about getting rid of it," he explained. "But it was going to take so much, we figured it would be nice to cool off on a hot day." Aside from the time they spend taking care of the yard, Dennis spends a lot of time working on his carpentry in the woodshop they added. "Some of these tools came from my dad, so it's neat having them still," he explained.

Dennis and Debi's time together has spanned four decades, two states and multiple cities. With eyes always looking for their next perfect piece to decorate their home or yard, they have spent the latest stage of their life putting together many styles and decor ideas. Their story, like their home, is proof that some things just fit. NOW





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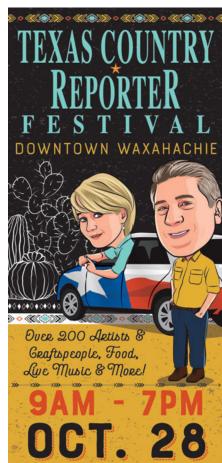
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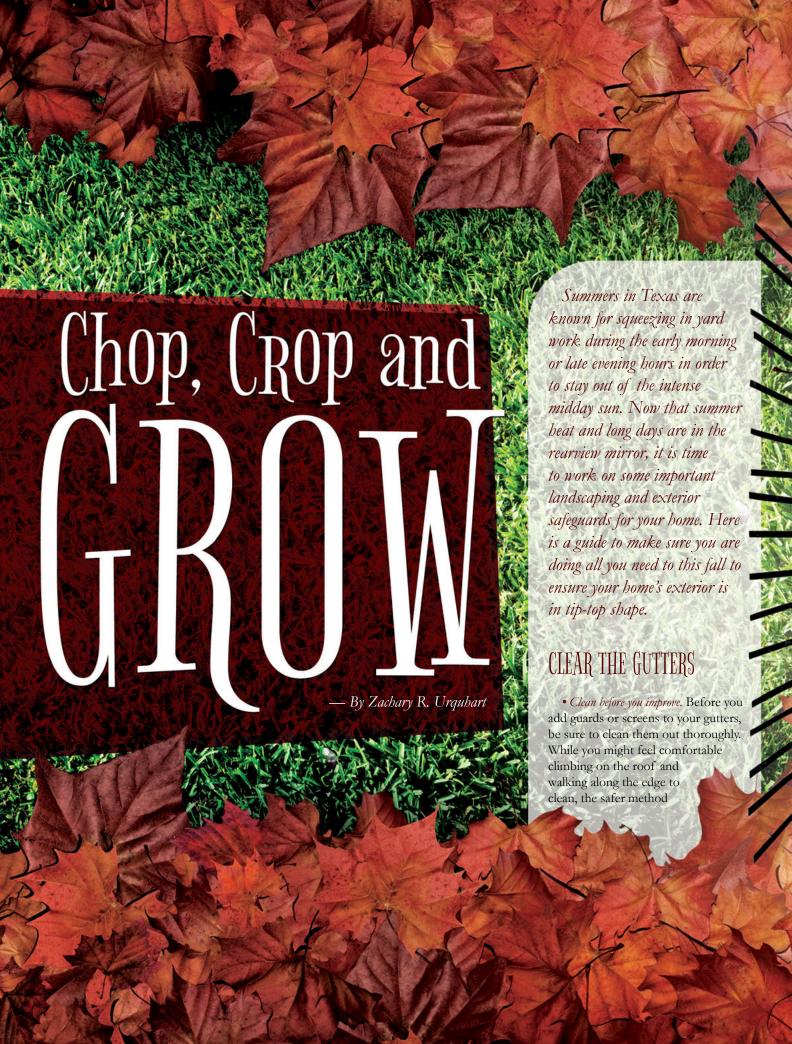




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is to use a ladder and clean a few feet at a time. Be sure to take time cleaning and clearing each downspout, which will require using a screwdriver to take the sections apart. While you are moving around the house, visually check the soffit and fascia for any rotting or damage, so you can fix small issues before they grow. Even if you have large trees that have yet to drop their leaves, think about clearing spouts, so that small blockages do not become bigger problems.

• Make your gutters better. There are two primary ways to make improvements to your gutter system. Splash guards in key spots are a quick and inexpensive fix for gutters that sometimes allow water to pour over, which can damage plants below. Usually, though, water coming over the gutters is a sign that you have blockage. Adding gutter screens, or guards, will cost anywhere from \$100 to several hundred dollars, but it should stop clogs, and that will allow your gutters to do their job more effectively.

#### TO TRIM OR NOT TO TRIM

- Fewer limbs mean fewer leaves and more problems. One of the most tedious chores each fall is raking and bagging fallen leaves. Some people may want to cut branches while foliage is full, so they can see trees in their fullest form. However, it can harm trees to cut limbs before the dormant winter season. While it does mean you will have the arduous task of raking and bagging leaves, your trees will be healthier in the long run. One suggestion is to mark limbs that you will cut with tags or spray paint. This way you are sure to trim the right spots come winter.
- Know what to cut. Though you are waiting to do any major pruning, figuring



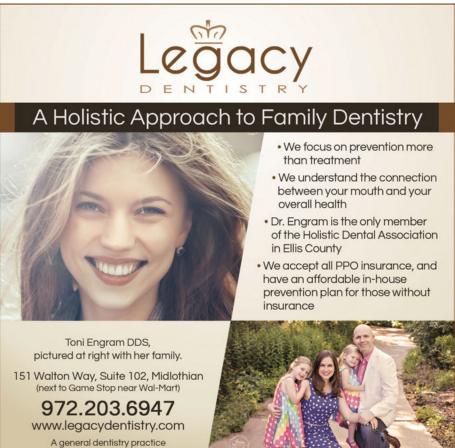


out what to cut can be difficult. Any limbs that look dead or dying should be removed, as they take energy away from the more thriving parts of your trees. And if limbs are growing into each other, you will want to cut one to save the other. Aside from that, though, what you trim, how much you keep and how high you start the canopy is largely your choice. However, trimming a limb or two from your trees to ensure safety for kids in the yard or to prevent damaging property is an acceptable exception to the rule of not trimming in the fall.

• Shrubs need time. When it comes to bushes and shrubs, be sure not to cut in the late fall. Trimming in the summer allows shrubs to recover before the freeze season. Cutting limbs in the late fall can be detrimental to your plants. Major cutting is recommended for the dormant winter.

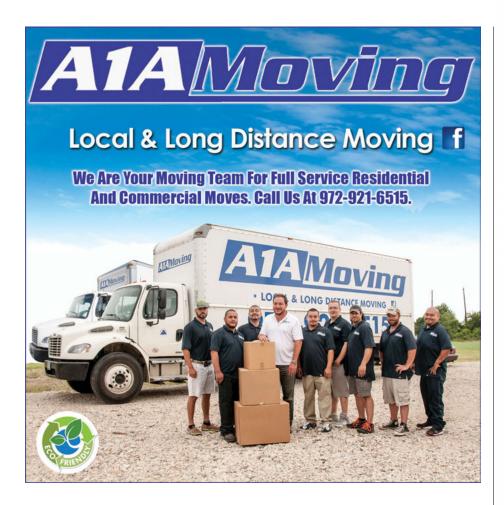
#### WHAT TO PLANT

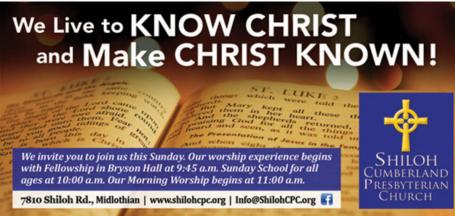
• Winter grass helps your lawn. Whether your lawn is full of carefully maintained Bermuda or St. Augustine or is just full of wild grasses and flowers, the winter















Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.

months can be harsh, making it hard to regain the green beauty you want in the spring. Rye is the most common winter grass, but you can also opt for bentgrass, bluegrass or fescue, if you desire. Just be sure to take into account different growing speeds, as well as the amount of shade you will have, as not all winter grasses are created equal. As Texas temperatures tend to be mild, you should be alright planting into the early winter, but you will want to be sure to get your seeds down before the coldest part of the season, for the best results.1

• Make this season count. Aside from just maintaining your yard's health, you might be looking for some ways to keep it looking beautiful, even in the colder months. There are many varieties of plants specifically suited for this. Pansies are available in many colors, and can survive temperatures below zero. Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.2



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• Get ready for what comes next. In addition to having a garden that looks good now, fall is the ideal time to plant some things that will pay-off several months later. Blue stars are a perennial that will give some yellow foliage in the fall, but their beautiful spring flowers are what you will love the most. Species, Darwin and Parrot Tulips should be planted in the fall, as should Dutch Irises, which will give you a deep purple flower in the spring.3

So, whether you are maintaining or making big changes to your lawn and garden, be smart about what you might chop, what you will crop and what you hope to grow. When spring comes, you will be glad you did! NOW

#### Sources:

1http://homeguides.sfgate.com/ types-grass-can-planted-late-fall-earlywinter-27552.html <sup>2</sup>https://www.houselogic.com/photos/ yard-patio/winter-plants/slide/floweringquince-chaenomeles/#slide/4 3http://www.sunset.com/garden/ flowers-plants/bulbs-to-plant-in-fall/



Dr. Richard R. Knight, M.D.

Tammy H., Crowley, TX

Hi, I'm Tammy Hampton, and I'm 47 yrs old. I want to tell the world that DCS helped me lose 73 lbs. in 11 months. I am thankful to DCS staff members in Crowley, TX, for giving me the strength to transform my life with your weekly support and guidance. DCS staff helped me find the happy, healthy and fun me again that I knew was the real me. I went from a child to the girl that had a few extra pounds, to early adulthood to the girl with the pretty face and smile. The weight only increased as I aged, and to be honest I lost myself. DCS helped me lose 73 lbs., and I feel wonderful about my body for the first time in my life. I went from size 26 down to my current size 10; never in my dreams did I think this would have been possible. One thing that I know is that without DCS staff I would have never believed in myself and stayed on course to reach my goal.



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Monday-Thursday: 5:00 a.m.-10:00 p.m. Friday: 5:00 a.m.-9:00 p.m. Saturday: 7:00 a.m.-6:00 p.m. Sunday: Noon-6:00 p.m.

#### **Therapeutic Partners of Texas**

1000 E. Main Street, Ste. 205 Midlothian, TX 76065 (972) 723-5005 therapeuticpartnerstx.com Facebook: Therapeutic Partners of Texas

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Main Street Gym's specialized staff functions well in their area of expertise.

### A GREAT FIT

Main Street Gym and Therapeutic Partners of Texas work together to help you stay strong and balanced.

— By Betty Tryon

Imagine a one-stop center that focuses on helping you get and stay healthy and physically fit, rehabilitate from an injury or surgery and help with relief from your aching muscles. Main Street Gym and Therapeutic Partners of Texas in Midlothian have physical therapy, a gym, nutritional counseling and massage therapy, along with the professionals to get the job done.

John and Suzie Devitto purchased Main Street Gym and have operated it as a family business since 2003. In 2013, they expanded and moved to the old David's Grocery store and did an amazing renovation. "We went from 6,200 square feet to 25,000 square feet, allowing us to have a 22-meter pool, several aerobic rooms and a large cardio and strength training area," John said.

As for Suzie, she saw the realization of a dream. "My dream since I entered the physical therapy profession 27 years ago was to own a pool for aquatic therapy. We have been truly blessed that we have a facility to help keep our Midlothian community healthy and fit," Suzie added. "Not only do we have a pool for aquatic therapy, we have a multipurpose pool that we use for water aerobics, personal training, lap swimming and weight-loss competitions. Starting this fall, we are proud to serve as the practice site for MHS' new swim team!"

Physical therapy patients can continue their path to recovery in the gym after their prescribed insurance visits are met. "The physical therapist is available if they have any questions or concerns," John advised. "They are taught how to use gym

#### Business NOW

equipment to continue their rehabilitation and to stay fit even after being discharged from physical therapy."

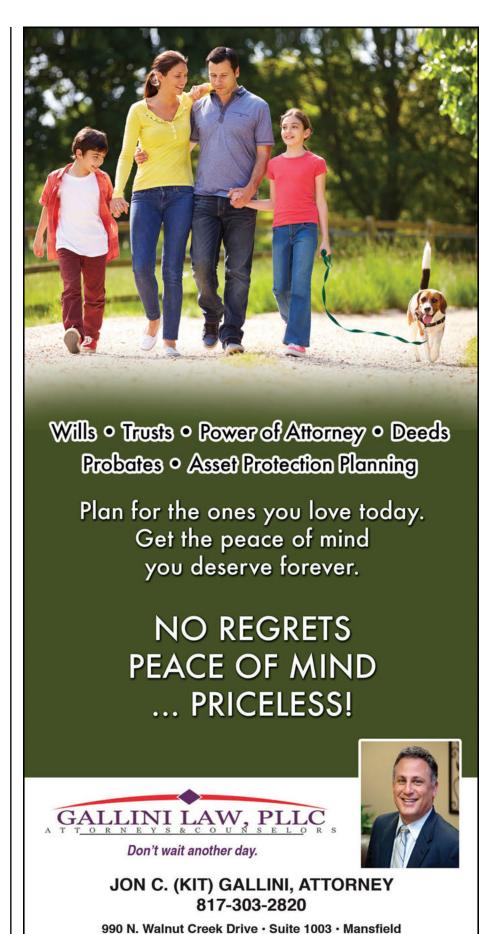
The gym offers many programs and classes for its members. Two of those programs are Silver Sneakers and Silver & Fit. "These are programs encouraging older adults to participate in physical activities that will help them maintain greater control of their health," Suzie stated. "The gym offers more than 40 group fitness classes a week ranging from yoga, spin, Pilates, aqua to kickboxing and boot camps." The gym also works with community nonprofit organizations, such as Bridges Foundation, and offers gym benefits to students in that program attending Navarro College.

"We love hearing success stories from our patients and gym members."

Another program that benefits the community is IMPACT — Independence Mobility Parkinson's Agility Capability Training. Suzie is a certified LSVT BIG and PWR! therapist. These two programs treat patients with Parkinson's disease. "The DFW area is lacking in specialized programs for people with this disease," Suzie shared. "My goal is to continue to develop IMPACT, then take it to other fitness centers around Texas, so others can do the same for their community."

Therapeutic Partners of Texas offers outpatient physical therapy with emphasis on orthopedics, sports rehab, aquatics and Parkinson's rehabilitation. The therapists are Graston and WorkSTEPS certified.

The Devittos' years of hard work and planning paid off in a business that helps the community. "We love hearing success stories from our patients and gym members," Suzie said. "If we could give anyone advice about starting a business it would be to stay focused, persistent and surround yourself with good people like we have working with us here at the Main Street Gym and Therapeutic Partners."



(Inside the Chase Bank Building)

#### Around Town NOW



Cate Cowan, Natalee Maddox and Ryleigh Morgan lead the MYFL cheer practice in cheer.



Jessica Hargis wins a gift certificate during Altura Homes ribbon cutting ceremony celebration event.



Senior citizens enjoy the day together at the activity center.



Duke and Dawn Burge and Adam Swafford celebrate their ribbon cutting ceremony for Computer Solutions in Midlothian.



Seth Ramirez and Scott and Taylor Rigsby enjoy the Midlothian Chamber event.



Brie Dalton is ready to assist patrons at the Brookshire Pharmacy.



Members of Midlothian Senior Activity Center celebrate September birthdays.



Ann and John Wilson enjoy the evening at an After Hours event.



#### Foot pain? You may have diabetes.

Do you ever feel burning, tingling or numbness in your feet and toes? Do not ignore those symptoms. They could be a warning sign of diabetes.

Those symptoms may be caused by a condition called diabetic peripheral neuropathy, or nerve damage. Neuropathy in the feet can lead to permanent numbness; deformities, such as bunions and hammertoes; and dry skin that cracks open and won't heal. Diabetic peripheral neuropathy is not only painful but dangerous. It's a leading contributor to foot ulcers in people with diabetes.

Burning, tingling and numbness in toes can also be symptoms of thyroid problems, nutritional deficiencies, back problems and pinched nerves in the ankles. In the United States, diabetes is the leading cause of peripheral neuropathy and can lead to further foot complications.

Out of the 23 million Americans with diabetes, one in four has not been diagnosed. Some people learn they have diabetes only after seeing a doctor for burning, tingling and numbness in their toes and feet. Many

people already diagnosed with diabetes are not familiar with neuropathy's symptoms. Even diabetic patients who have excellent blood sugar control can develop diabetic neuropathy.

Medications can treat pain caused by neuropathy. However, nerve damage cannot be reversed. When you have diabetes, especially diabetic neuropathy, a minor cut on your foot can turn into a catastrophe.

The statistics on diabetic ulcers are sobering. Twenty percent of diabetic patients who develop ulcers will require an amputation. Patients who are black, Hispanic and Native American are twice as likely as whites to need a diabetes-related amputation. Half of all people with diabetes who have a toe or foot amputation die within three years. The annual cost for diabetic ulcer care in the U.S. is estimated at \$5 billion. NOW

Christopher Schmitt, DPM Associate of the American College of Foot and Ankle Surgeons Southern Star Foot & Ankle



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#### October 4, 11, 18, 25

DivorceCare: 6:30-8:00 p.m., First United Methodist Church of Midlothian, Family Life Center, 800 S. 9th St. For more information, call the church office at (972) 775-3993.

#### October 6, 13, 20, 27

Preschool Storytime: 11:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. Story, craft and snack provided. For more information, call (972) 775-3417.

#### October 7

Paws for Reflection Ranch 2017 "Round Up" Fundraiser Event for scholarship fund: 6:30 p.m., 5431 Montgomery Rd. Silent auction, dinner, drinks, live music by Revolving Door and raffles. Provides services to youth-at-risk, veterans and their dependents, and those with special needs. For more information, call (972) 775-8966 or www.PawsForReflectionRanch.org.

5th Annual Dentistry From the Heart: 7:30 a.m., official registration begins, Waxahachie Family Dentistry. Call (972) 937-4370 for more info.

#### October 14

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Wellness Day: 10:00 a.m.-2:00 p.m., The Lighthouse, 1404 N. 9th St.

#### October 17

Relaxing Coloring: 6:30 p.m., A.H. Meadows Public Library, 923 S. 9th St. Need a time to relieve stress? Join us as we unwind to relaxing music and creative coloring. Color sheets and pencils provided or bring your own. Open to adults 18 and older. For more information, call (972) 775-3417.

Community Computer Class: 1:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. Hands-on help with computer basics. Open to the public. For more information, call (972) 775-3417.

#### October 21

40th Annual Fall Festival & 5K: 6:30-7:30 a.m., registration for 5K; 8:00 a.m., run begins; 9:00 a.m.-2:00 p.m., festival begins. Vendor booths, eat a variety of festival foods and be entertained by local talent, all located conveniently at the MISD Multi-Purpose facility. Admission to all is free. For more information, go to midlothianchamber.org.

Midlothian Market: 9:00 a.m.-3:00 p.m., MISD Multi-Purpose Stadium.

#### October 23

Indian Trail Master Naturalists: 7:00 p.m., First United Methodist in Waxahachie. Free educational program. For more information, call Don Happ at (469) 309-9871 or go to information@itmnc.com.

#### October 28

22nd Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Admission is free. The event includes a free concert, more than 250 artisan booths, food and so much more. For more information, call the Waxahachie CVB at (469) 309-4040 or visit www.waxahachiecvb.com.

For Maddie's Sake Saturday Social Inclusion Dance: 6:00 p.m., Midlothian Civic Center. Join us for a fun time at the best inclusion dance for all children with and without a disability. Free admission. Donations welcome. Pizza, prizes, games and photo-ops.

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







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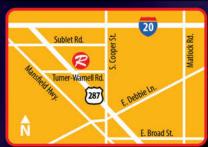


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#### Cooking NOW



#### In the Kitchen With Trina Morgan

— By Betty Tryon

Trina Morgan has a go-to dish that would help many cooks prepare a quick and delicious meal. She uses organic chicken breasts, and then piles on the fresh veggies: broccoli, asparagus, spinach, tomatoes, mushrooms, squash or potatoes and always her favorite — a jalapeño! "I add some white wine and black pepper, or some other fresh herbs and spices, and then throw it in the oven." Her weekday meals are usually focused on healthy ingredients, but Trina admits they don't always eat that way. When traveling, they try every good YELP-rated restaurant. "We don't always eat healthy, so week nights after work, we try to stick to fresh, whole foods."

#### **Asian Coleslaw**

Roasted Sweet Pecans:

3 Tbsp. butter

I cup pecans

I tsp. seasoned salt

2 Tbsp. sugar

#### Slaw:

- 2 pkgs. Maruchan Picante Chicken Flavor Ramen Noodle Soup mix (Set seasoning packets aside for later.)
- 1 cup Roasted Sweet Pecans
- 2 10-oz. bags coleslaw mix or chopped cabbage (I use Dole.)
- I cup sesame seeds
- 3/4 cup oil
- 1/3 cup white vinegar
- 2 Tbsp. sugar
- I tsp. black pepper
- 2 seasoning packets
- **1.** For pecans: Melt butter in an oven-safe dish. Add all ingredients.
- **2.** Bake in the oven at 375 F for 10 minutes or until browned, stirring as needed; let cool.

- **3.** For slaw: Using a Ziploc bag and a meat mallet, crunch up the Ramen noodles, so they're separated.
- **4.** Add nuts to bag. Mix coleslaw mix with Ramen noodle mix. Toss gently.
- **5.** Mix together last six ingredients with a small whisk. Pour over coleslaw mixture and toss to coat. Serve immediately.

#### **Coconut Crunch**

I cup flour
I/4 cup brown sugar
I/2 cup soft butter
I 3.5-oz. can coconut
I Tbsp. sugar
I small pkg. vanilla pudding
I small pkg. chocolate pudding
I cup whipped cream or Cool Whip

- **1.** Mix first 4 ingredients. Brown in an oven-safe pan at 350 F; stir occasionally.
- **2.** Remove from oven when browned. Sprinkle with sugar; cool.
- **3.** Mix each pudding according to package directions.

**4.** Layer half of coconut mixture in the bottom of a 9-inch square pan. Layer puddings, and then the whipped cream. Top with the remaining coconut mixture; chill until ready to serve.

#### **Baked Potato Casserole**

Nonstick cooking spray
32 oz. frozen shredded hash brown
potatoes
I stick butter, melted
2 Tbsp. dried onion flakes
Salt, to taste
Pepper, to taste
I 10.5-oz. can cream of chicken soup
I 8-oz. container sour cream
2 cups shredded cheddar cheese
I/2 cup bacon bits

- **1.** Lightly coat a 9x13-inch pan with nonstick spray. Place potatoes in the prepared pan; top with melted butter, dried onions, salt and pepper.
- **2.** In a bowl, mix together all other ingredients; spread over potatoes. Bake in the oven at 350 F for 10 minutes or until browned.

#### **Angel Biscuits**

5 cups flour
1/4 cup sugar
3 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 cup shortening
1 pkg. dry yeast
4 Tbsp. warm water
2 cups buttermilk
1 stick butter, melted

- **I.** Mix dry ingredients together; cut in shortening.
- **2.** Dissolve yeast in warm water. Add the yeast and buttermilk to the dry ingredients, mixing them in alternately.
- **3.** Roll out dough to 1/4-inch thickness on a floured surface; cut out with a round cutter. Dip in melted butter and fold in half.
- **4.** Place on a baking sheet, and bake at 400 F for 15 minutes. *Note*: This is a large recipe. The extra dough can be placed in a sealed container in the refrigerator for 3-4 days. You can also freeze the prepared biscuits and put them in the oven straight from the freezer.
- **5.** Option: This dough is excellent when made into sweet rolls. Roll out into an oblong; spread with melted butter. Top with sugar and cinnamon. Bake at 400 F until browned.

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