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M A G A Z I N E

OCTOBER 2023

Seizing the Day

All-around athlete, Kaiden Day, makes his mark

2023 Holiday Shopping & Dining Guide

In the Kitchen With Lisa Ausmus

You've Earned It

What do Medicare Advantage plans offer?

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Scavenger Hunt

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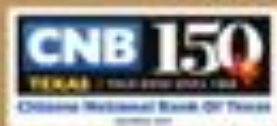
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ON THE COVER



A family health scare motivates Kaiden Day to make the most of his athletic abilities.

Photo by
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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.



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EDITOR'S NOTE



Angel

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At face value ...

This month in 1927 drilling on Mount Rushmore National Memorial began in the Black Hills region of South Dakota. The massive sculpture took 14 years, with final work taking place the last day of October 1941. Originally an idea to bring tourism to the state, the project morphed into what is now considered an iconic symbol of the nation, attracting millions of visitors every year.

Famed sculptor Gutzon Borglum had created his reputation with various works of art around the U.S. and was approached to tackle the project. Borglum scouted Mount Rushmore, locating a wall of exposed granite he thought might suit the faces of four presidents he felt best represented the first 150 years of American history — George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt. The work was done by more than 400 men, with an estimated 90 percent being carved with dynamite and the other 10 percent in fine smoothing. Congress introduced a bill to add the image of women's rights leader Susan B. Anthony, but then required only the four heads that had been started be completed — possibly due to continued financial struggles of the project. Borglum began a secret Hall of Records behind the heads, but Congress declared he only use funds for faces. (Decades later, in 1998, the hall was completed and contains porcelain panels inscribed with significant historical texts.)

Today, controversy continues about the monument's land being taken from Native Americans, not to mention the choice of the sculptor and the presidents who were depicted despite portions of their own histories. Reflection allows us to see the duality of Mount Rushmore — partly protested, partly patriotic — both sides offering continued opportunity to balance what we may have once thought with what we now know.

Lessons to build on.

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A Halloween-themed real estate advertisement. On the left is Julie McKeever, a blonde woman in a black top. On the right is Keri Turner, a woman with brown hair in a blue blazer. In the center is a black circle with a white 'M' logo and the text 'McKEEVER REAL ESTATE'. To the right of the logo is a black cat sitting on a jack-o'-lantern. In the background is a black silhouette of a haunted house with yellow windows. At the bottom, a white rounded rectangle contains the address '111 N. 8th Street, Midlothian, TX 76065', a house icon, the website 'www.juliemckeeper.com', and a square icon. Below this, the names and phone numbers of the agents are listed in yellow text on a black background.

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SEIZING THE DAY

— By Angel Morris

If Kaiden Day has to choose a favorite sport, his response is, “It depends on the season!” A number of role models — and one life-changing event — have inspired the all-around athlete, who turns 16 this month.

At age 6, Kaiden played flag football then pee wee football. After football season, he played baseball, where he was a catcher and his twin brother, Paxton, was pitcher. “I was 7 years old when I ran my first 5K, and I liked the atmosphere and competition,” Kaiden recalled.

At 9, Kaiden and Paxton ran their first 10K, placing first and second in the 0-18 age group. “I was ready for the next challenge, so I went for the half marathon and placed first again in ages 0-18. I still consider that one of my biggest athletic accomplishments,” Kaiden noted.

“Around the age of 8 or 9, I started playing basketball. Once we began playing for middle school, I played quarterback for football and played basketball, cross-country, track and golf,” Kaiden listed.

While sports were important early on, education was also always emphasized for Kaiden. From 6 months to age 5, he attended the Spanish Schoolhouse in North Arlington, a Spanish immersion preschool where children received only 30 minutes of English instruction each day. Part of elementary was spent in a Grand Prairie bilingual program school. “With my mom’s cultural roots from Venezuela and Mexico, us knowing Spanish was important to my parents,” Kaiden explained.

After years of commuting to school, the twins started attending Midlothian’s LaRue Miller Elementary in third grade, graduating on to Frank Seale Middle School and then on to the new Dieterich Middle School. “One of my biggest athletic accomplishments was getting my mile time under 5:25 at a track meet in the eighth grade, making the leader board for that at Dieterich Middle School,” Kaiden stated, regarding his name being featured on a school wall.

Now in his second year at Midlothian High School, Kaiden plays quarterback for JV football and takes a full load of advanced placement courses. “After entering high school, I chose to concentrate only on football,” he said, recalling that fulfilling that role with a hand injury last year was a physical and mental challenge. “I also grew up watching the Dallas Cowboys where Dez Bryant was my favorite player.”







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Another role model athlete for Kaiden was his father. “I had the greatest example watching my dad run. He trained for a marathon in 2011. I was 4 or 5. We would set out waters for him around the neighborhood when he trained,” Kaiden remembered. “That’s why when Paxton and I were around 7 years old, we started joining him in running 5Ks ... events like the Reindeer Dash, Fall Fest and Unforgotten Heroes. Once, I ran 17 miles to Love’s gas station and back with Dad for the fun of it. Now, being able to beat him when we run actually makes me pretty proud!

“My older brother, James, encourages and inspires me, too,” Kaiden continued. “I got to watch him play sports, and it sparked a passion within me that made me want to play more. He’s a great example with the way that he acts on or off the court, field or track. He’s really my hero.”

Kaiden’s interest in fitness was perhaps most inspired, however, by his mom. “In 2017, my mom became very ill and became immobile. She was so bad that my family and I would dress her in the mornings,” Kaiden described. “We no longer were that family that you saw running the neighborhood just for a workout. We weren’t the family of five at the park playing basketball together anymore. My mom barely moved, so I began to give a bigger thanks for what I was able to do physically.”

With his mom on the mend, Kaiden admits there are still challenges. “There are days I want to quit because I compare myself to others and the competition is great — times I’m tired and don’t want to go to early-morning workouts especially during my summer breaks,” he admitted. “Sports are time consuming, like getting





home from a game at midnight and still having homework to do. But these challenges create discipline and dedication to priorities.

"Sports challenge me to see past the differences of teammates and to practice the art of patience," Kaiden continued. "It's about staying in the marathon even when you thought you signed up for a 5K."

Most importantly, Kaiden said, being an athlete strengthens his faith. "The trials cause me to pray more, and to remember that God has given me my abilities. I try to praise Him through it all, and I am reminded of the Scripture 2 Corinthians 4:8-11, which states we may be pressed on every side by troubles but are not crushed. Through suffering we remember the death of Jesus, so that His life may be seen through us, as well."

His foundation in faith also allows Kaiden to hope for the future. "I would like to play football, go DI and eventually get a degree in business," he suggested.

Kaiden describes his most unique traits as being an identical, mirrored twin whose first language was Spanish. He collects sneakers and vintage clothes, and said he likes meeting new people. "I love to talk to people. I can talk to anyone," he admitted.

Kaiden stresses the importance of fitness for people of all ages, explaining how it is not something to take for granted. "Fitness makes me feel like a healthier, better man ... accomplished. It's an out in life, too — a great stress reliever!" he said. "I let my mom's story and my family's sacrifice be my anthem when I'm playing a sport. I feel as though I have an opportunity that others may not have, and it makes me want to work harder every day." **NOW**

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You've Earned It

— By Virginia Riddle



With 65 birthdays and more years of work behind them than in front, Baby Boomers and Gen Xers look forward to successful retirement years. An important ingredient is maintaining their health as economically as possible on fixed incomes. Whether shopping for a friend, relative or yourself, learning about Medicare and Medicare Advantage is critical to choosing the right plan.

Within six months of one's 65th birthday, and within annual open enrollment periods, it's advisable to shop and compare plans. Basic Medicare with supplemental gap insurance policies (A, B, C, D, F, G, K, L, M, N) was instituted in 1965. It pays for most hospitalization charges and other medical costs, but not all. Medicare recipients have the choice of gap insurance — some with high or low deductible choices — to help pay for charges Medicare doesn't cover.

Understanding the basic "Medicare Maze" might seem daunting, but it's only a start in making wise choices,

depending on personal health needs. Medicare Advantage plans offer an alternative to basic Medicare and fill needs much as the medigap plans do, but the "Advantage" plans are different. If choosing a Medicare Advantage plan, an enrollee doesn't deal directly with Medicare, except for paying monthly premiums for Part B and perhaps Part D, that pay some of what basic Medicare doesn't cover.

Medicare Advantage plans offered in most geographic areas take two forms: managed care plans and fee-for-service plans. Managed care plans charge a low or no monthly premium and small copays, but the plans limit enrollees' choices of doctors and other providers. These plans limit treatments and length of hospital stays. With fee-for-service plans, any doctor or provider can be used if they accept Medicare and the Medicare Advantage plan's restrictions and amount of payment. The enrollee can choose to pay the difference or select another provider.

Since Medicare Advantage plans are provided by private health insurance companies, enrollees must also evaluate the stability of possible choices and the geographic areas that each company chooses to cover. Whether the premiums and copays rise in price is another question to research. One's local State Insurance Assistance Program, Health Insurance Counseling and Advocacy Program or the www.medicare.gov

site can be accessed for these answers and comparative charts.

Some Medicare Advantage plans include the Medicare Part D prescription program, while other plans require enrollees to choose a separate stand-alone Part D plan. Compare the plans' approved drugs, copays and premium costs.

Is the Medicare Advantage managed plan a Health Maintenance Organization (HMO), a Preferred Provider Organization (PPO) or a Provider Sponsored Organization (PSO)? HMOs maintain a network of physicians and providers who must be used unless there's an emergency. Premium prices are usually the least expensive, but enrollees must make sure their hospitals, doctors and providers are "in network." A negative to these plans occurs when the in-network listings change, and enrollees must travel to in-network doctors close to their area.

PPOs work much like HMOs, but these plans offer a point-of-service option, which lessens the cost to enrollees if they use an in-network provider. PPOs tend to have higher premium costs, but many enrollees like the flexibility of choosing doctors.

Private fee-for-service Medicare Advantage plans often have a cap on the amount of out-of-pocket payments an enrollee must pay each year. However, these plans have strict rules for providers, aren't always accepted by providers and may charge for extra services and other costs.

Whatever the choice, remember it's sometimes difficult to change from basic Medicare with gap insurance to a Medicare Advantage plan and vice versa. It's best to make a wise choice, and review that choice annually. **NOW**

Sources:

1. www.medicare.gov.
2. Social Security, Medicare & Government Pensions. Matthews, Joseph L., NOLO, 2021.

Editor's Note:

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Jaycee Knapp and Camden Reid welcome guests to Renovation Church at The Peak.

Zoomed In: Mandi Longoria

By Angel Morris

Organizing Project Graduation — the all-night gathering for seniors following commencement and the events leading up to that — is near to Mandi Longoria's heart. "When my husband was 10 years old, his father was killed by an underage drunk driver. Giving kids access to fun events that are safe, and drug- and alcohol-free also honors my husband and his father," she noted. "Plus, we help the students make some pretty awesome memories!"

Visit Heritage Project Graduation 2024 or MHS Class of 2024 Project Graduation on Facebook for information toward signing up a senior for membership, volunteering at events, donating items or corporate sponsorship. Mandi, president of the 2023 and 2024 MHS Project Graduation Board, said no participation is too small. "Everything counts and is invested back into our seniors."



Lacie Smith and her daughter, Lila, enjoy their family's new pool over Labor Day weekend.



Midlothian Lions Club members distribute necessities to local families as part of their service mission.



Representing Dieterich, Frank Seale and Walnut Grove middle schools, the Artzy Actors earn third place at the STEAM-based Destination Imagination Globals competition.



Savannah Farris, Kylie Bynum and Hunter Ferris enjoy the country sounds of Amanda Kate Ferris at a city concert in the park.



Scott Poteet grills for guests at the Longbranch Community Baptist Church Family Fun Night with Keith Poteet's support.



Wyatt Sparks, Will Kaptchinskier and Zander Williams, along with Earthtones Greenery, Texas Select Irrigation and Maintenance, and other volunteers, complete Will's Eagle Scout landscaping project at Midlothian Civic Center.

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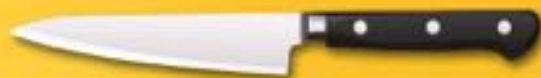
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— By Angel Morris

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Since April, HOTWORX has been transforming fitness in Midlothian by introducing a groundbreaking, patented, infrared workout sauna that offers an exceptional hot fitness experience. Backed by scientific research, HOTWORX combines exercise with heat and infrared energy to maximize calorie burn, enhance detoxification and accelerate anti-aging.

“During COVID-19, I started working out at the Waxahachie



location. It made me feel like a new person, and I loved the benefits of the infrared sauna,” franchise owner, Laura Blevins, admitted.

After 24 years in a corporate career, Laura had enough faith in the HOTWORX method to leave her job in the legal field and open her own facility. “I was all about the convenience as well as the quick results. I loved the concept, and I love to help people. So after lots of research, I prepared a business plan and presented it to my husband. He was my biggest supporter and has believed in this concept every step of the way.”

HOTWORX Midlothian has 10 infrared saunas that heat up to 130 F and hold up to three people. Members have access to eight 30-minute isometric workouts (Hot Yoga, Hot Pilates, Hot Barre None, Hot Core, Hot Bands, Hot Buns, Hot Iso and Hot Warrior) and three 15-minute, HIIT (high intensity interval training) workouts (Hot Cycle, Hot Thunder and Hot Blast). All HOTWORX workouts are taught by a virtual instructor enabling members to book unlimited workouts 24/7, which are conveniently scheduled through the HOTWORX Burn Off App.

"The 24-hour access gives members a 'no excuse' fitness destination, regardless of their hectic schedules and limited availability. Having 24/7 access to our functional training area, with various 30-minute isometric and 15-minute, high intensity interval training (HIIT) infrared workouts, provides limitless combinations," Laura noted.

"This results in incredibly high adherence to our fitness programs. We provide a unique cross-training opportunity for members who love both the variety and consistency they can get," Laura continued.

At HOTWORX, members practice things like compression postures, Pilates, athletic-style yoga, ballet barre and/or resistance bands. Workouts also focus on glutes, abs, hips and lower back.

"Research has shown that exercise and exposure to infrared energy and heat can accelerate the metabolism. When infrared training is combined with intermittent fasting and a disciplined logging of food intake, your fitness results can catapult onto the fast lane," Laura reported.

HOTWORX's Sweat Here package includes unlimited sessions, 24-hour access, FX Zone and guest privileges, plus the HOTWORX app that makes it easy to book sessions, track calories and compete with other members.

For those seeking even more benefits, the Sweat Everywhere package includes all of the above, along with access to any standard location in the U.S., exclusive virtual personal training on the app, exclusive HOTWORX at Home on the app, Intermittent Fasting Log and Diet Trax.

"This is such a unique and well-delivered concept. The positives range from overall health and achieving one's personal fitness goals to the benefits of infrared energy and the positive effects it can have on various types of medical conditions," Laura explained.

With the "best staff a business owner could ask for" and "incredible support of her family, friends and HOTWORX coaches," Laura's goal is to bring better health and pain relief to as many people as possible in the community. "After the success of our first location in Red Oak, we are excited to bring the same fitness opportunity to Midlothian!" Laura said. She and her staff look forward to showing kindness to their members while introducing them to all HOTWORX has to offer. **NOW**



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CookingNOW *In the Kitchen With* LISA AUSMUS

— By Angel Morris



Lisa Ausmus moved to Midlothian as a single mom of two, and a year later, she married Tracy Ausmus. From a family that enjoyed home-cooked meals daily, Lisa wanted to continue the tradition. “My precious mother, Erna Wuerch, was a fabulous cook. I remember having roast, mashed potatoes, carrots, salad, yeast rolls and homemade pie for Sunday lunch, after attending church as a family,” she recalled. “And we didn’t eat at the kitchen table using everyday dishes. We ate in the dining room using china.”

Although Lisa does enjoy baking sweets, the smell of savory foods reminds her of her mother’s cooking and how food impacts others. “Providing meals is one of the ways I express my faith in relation to the verse Psalm 34:8: ‘Taste and see that the LORD is good. Oh, the joys of those who take refuge in him!’” **NOW**

Dutch Oven Goulash

2 lbs. ground beef
1 lb. Owens Italian Sausage
1/2 cup celery, chopped
1/2 cup onion, chopped
4 garlic cloves, chopped
3 bay leaves
3 Tbsp. soy sauce
1/2 tsp. salt

1/4 tsp. onion powder
1/4 tsp. pepper
1 29-oz. can tomato sauce
1 28-oz. can diced tomatoes
3 cups water
2 cups macaroni
Sour cream, to taste (for garnish)

1. Brown the beef and sausage in a Dutch oven; drain the fat.

2. Add the remaining ingredients, except the sour cream; simmer, with the lid on, for 20-25 minutes (or until the macaroni is fully cooked). Add a dollop of sour cream on top of each serving.

Chocolate Sheath Cake

Cake:

2 cups flour
2 cups sugar
1 stick butter
1/2 cup Crisco
3 1/2 Tbsp. cocoa
1 cup water
1/2 cup buttermilk
2 eggs
1 tsp. baking soda
1 tsp. vanilla
Dash of salt

Icing:

1 stick butter, melted
3 Tbsp. cocoa
1/3 cup whole milk
1 1-lb. box powdered sugar

1. **For cake:** In a large bowl, mix together the flour and sugar; set aside.
2. Bring the butter, Crisco, cocoa and water to a boil. Pour the hot mixture over the dry ingredients in the bowl; mix well.
3. Add the buttermilk, eggs, baking soda, vanilla and salt; blend thoroughly.
4. Pour the mixture into a greased 9x13-inch pan; bake at 375 F for 30 minutes.
5. **For icing:** While the cake is baking, make the icing. In a saucepan, bring the butter, cocoa and milk to a boil; remove from the stove.
6. Add the powdered sugar to the hot mixture. Pour the hot icing over the cake as soon as it is finished baking.

German Sauerkraut

- 4 14-oz. cans sauerkraut
- 4-5 lbs. boneless pork loin center-cut roast
- 1 onion, chopped
- Garlic salt, to taste
- Salt, to taste
- Pepper, to taste
- 2 bay leaves
- Rosemary sprigs, to taste
- 1-2 cups water

1. Drain each can of sauerkraut; add the sauerkraut to an extra-large baking pan.
2. Slice the pork roast into individual cutlets; place on top of the sauerkraut. Add the onions and seasonings; place the bay leaves and rosemary sprigs on top.
3. Add the water around edges of the sauerkraut to prevent it from drying out too much while baking. (The amount will depend on how lean the meat is.) Cover the baking pan with heavy-duty foil. Bake at 350 F for 2 1/2 to 3 hours, until meat is tender. Check halfway through the cooking time to make sure there is enough water.

Individual Cheddar Meat Patties

Yields 6 servings.

- 1 egg
- 3/4 cup milk
- 1 cup (4 oz.) cheddar cheese, shredded
- 1/2 cup quick-cooking oats
- 1/2 cup onion, chopped
- 1 tsp. salt
- 1 lb. ground beef
- 2/3 cup ketchup
- 1/2 cup brown sugar, packed
- 1 1/2 tsp. mustard

1. In a bowl, beat the egg and milk together. Stir in the cheese, oats, onions and salt.
2. Add the beef; mix well.
3. Prepare a 12-count muffin pan with



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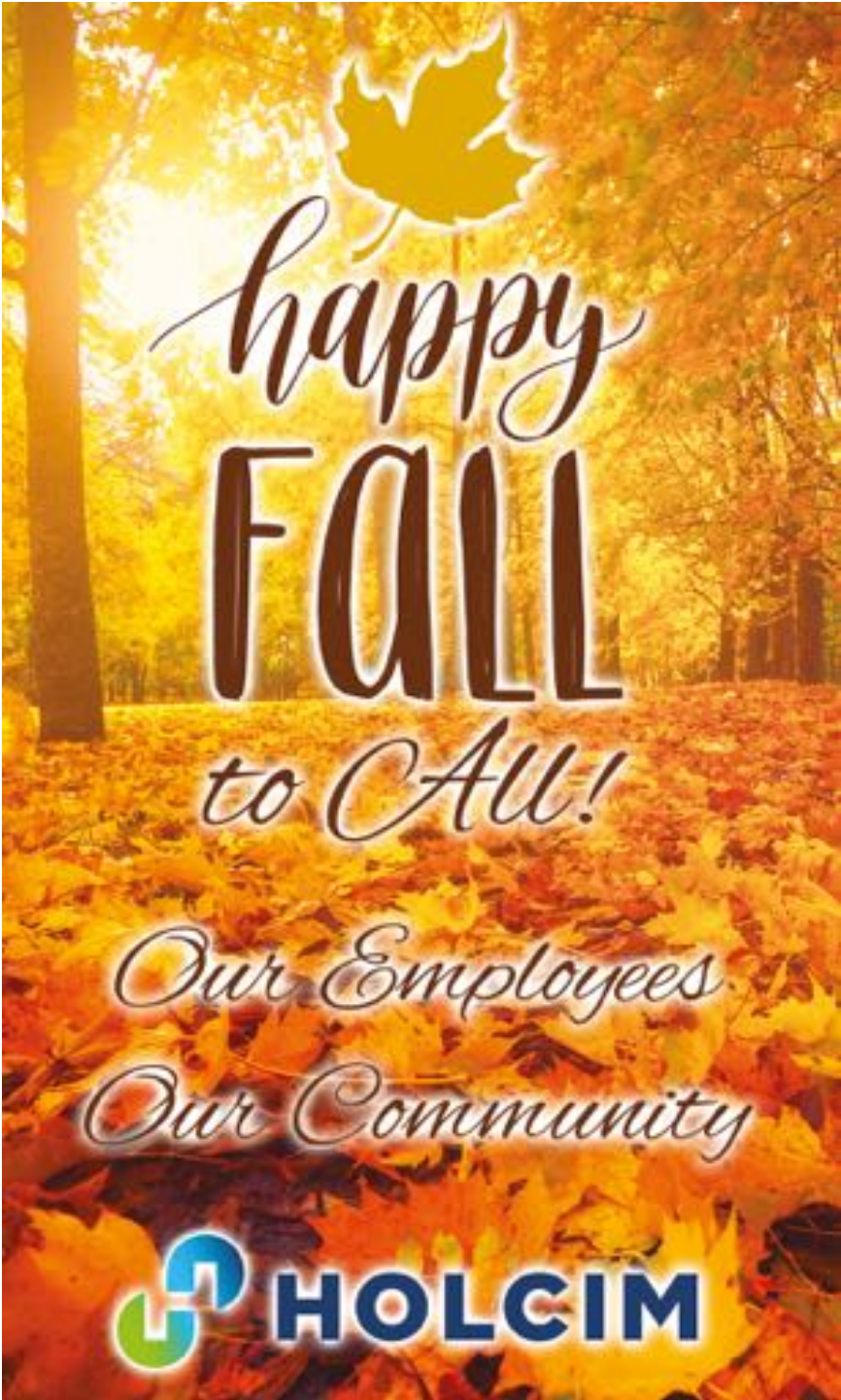
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Dutch Oven Goulash

cooking spray. Fill each cup with the beef mixture.

4. Combine the ketchup, brown sugar and mustard in a mixing bowl to create a topping. Cover each beef patty with the topping. Bake, uncovered, at 350 F for 20-25 minutes, or until the meat is no longer pink inside.

Salmon Patties

- 1 15-oz. can pink salmon
- 1 egg

- 1/3 cup onion, minced
- 1/4 cup flour
- 1/4 cup yellow cornmeal
- 1 1/2 tsp. baking powder
- Extra-virgin olive oil (EVOO), for frying

1. Drain the salmon; save the liquid. In a mixing bowl, combine the salmon, egg, onions, flour and cornmeal.

2. Combine the baking powder with the salmon liquid. Whisk until foamy; add to the salmon mixture. Blend well; create small patties.

3. Fry the patties in EVOO until crispy on each side.

Rice Casserole

- 1 stick butter, melted
- 1 cup rice, uncooked (not Minute Rice)
- 1 4-oz. can sliced mushrooms (undrained)
- 1 8-oz. can sliced water chestnuts (undrained)
- 1 10.5-oz. can French onion soup
- 1/2 cup water
- Salt, to taste
- Pepper, to taste

1. Place all the ingredients in a 9x13-inch baking dish.

2. Cover with foil; bake at 350 F for 1 hour.

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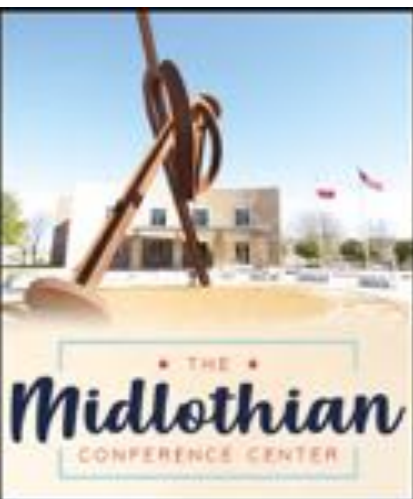
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Wild Beauty

— By Virginia Riddle

High desert forests of piñon, juniper and stately Ponderosa pines hug the Trail of the Mountain Spirits National Scenic Byway in New Mexico. Silver City earned its name and boomed in the 1870s when silver was discovered behind the Grant County Courthouse. Today, it serves as a base with amenities and all manner of lodging for modern-day explorers wishing to learn the history of the area and enjoy recreational possibilities and the scenic wilderness vistas.

The Scenic Byway is a triangle winding through the 3.3-million-acre Gila National Forest between Silver City to San Lorenzo to the Gila Cliff Dwellings National Monument and back to Silver City. From an overlook near San Lorenzo,

visitors can view the Chino Mine, an open-pit copper mine. On NM 35, adventurers can visit Lake Roberts and crest the Continental Divide.

At the apex of the scenic byway lies the Gila Cliff Dwellings, structures built in caves above the Upper Gila River by different groups of ancient peoples over thousands of years. A short drive back gives visitors the chance to climb the steep 300-plus steps, walk through the dwellings or view them from the canyon valley. The climb down is more strenuous with a few feet of nearly sheer rock face, ladders and path. The cave structures feature soot-stained arched ceilings, structural timbers dating to A.D. 1200, ancient adobe walls and food remains from earlier centuries.

Ancient Puebloans built their pueblos within the cliffs using rock, mortar and timber in the 1200s and moved on around A.D. 1300, probably due to drought conditions. They hunted the forests for game and native plants and grew corn, beans and squash in the Gila River Valley. They were skilled at weaving and creating pottery.

The Chiricahua Apache migrated to the area in the 1500s, and their oral tradition claims the area as the tribe's homeland. Their legendary leader, Goyahkla, known as

Geronimo, was born in the early 1820s at the Gila River headwaters. With the silver and copper discoveries came miners and settlers and the U.S. Army to protect them from Geronimo's attacks. By 1886, the Bedonkohe, the band of Apache of which Geronimo was a part, were forced from their ancestral lands to Ft. Sill, Oklahoma, where Geronimo is buried.

Anglo settlements prospered in the area. Miners, homesteaders and ranchers poured into the towns of Pinos Altos and Mogollon. As the settlements grew, the forests began to be cut for timber. In 1907, President Theodore Roosevelt approved the Gila Cliff Dwellings National Monument to protect the historically significant site. The Gila Wilderness was established in 1964. Today, picnic areas, camping, horseback riding and hiking trails exist through the wilderness. Hikers and bikers accept the challenge of steep grades, twists and turns on the roadways.

The byway's triangle closes with NM 15 through Pinos Altos with its Buckhorn Saloon and Opera House. This leg of the byway is not recommended for long RVs, trailers or for squeamish travelers due to its narrow and very twisting pathway.

To polish off a visit to the area, hike the Catwalk in Whitewater Canyon. The canyon was used as a hideout for desperados like Butch Cassidy, as well as by the Apache. It was also the site of a pipeline laid in 1890 to get water to a now ghost mining town. Rebuilt in the 1930s, the Catwalk gives hikers beautiful views and ends at a swaying suspension bridge over the rushing waters of Whitewater Creek. **NOW**

Photos by Virginia Riddle, LLC.

Sources:

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Who Needs **NEW** WINDOWS?

— By Bill Smith

With proper maintenance, those old windows were meant to last forever. After all, they are composed of three simple components: wood, glass and putty. Some would even say that modern technology has made replacement windows more complex, and when something fails, it is harder to repair — if you can even find the parts.

Even the pulleys, ropes and weights in vintage windows can be relatively easy to repair. While it might seem wise to just say, “Out with the old and in with the new,” there is still a lot to be said for maintaining these parts of older homes with “original equipment.”

We'll share the essential cosmetic refinishing, without addressing the mechanical parts that assist with the raising and lowering of double-hung windows, but there are some

great YouTube videos that can be followed if your project goes that far.

As with most home improvement projects with older homes, one of the first cautions is watching for lead paint. As the putty and paint is removed, there will be a lot of debris, and if it contains lead, proper precautions must be taken to ensure that lead paint and dust is not left behind to contaminate soil or air. Proper personal protection masks, gloves, clothing and drop cloths must be in place any time work is done on vintage homes.

For the best results, the entire sash should be removed to properly strip the finish and glaze putty. However, the sashes can be left in place if the window stops and parting bead are still in good condition and the window is mechanically working as desired. Removing window stops and parting bead is more advanced and should be handled with care.

Chances are the glaze putty around the windows will be cracked and missing in some places. The glaze can be removed with a chisel and putty knife, but try to keep from breaking the window glass. There will be window points in

place every few inches, and all of them should be removed and replaced, as well, to get a good, firm seal and to hold the glass in place while new glazing putty is put around the window.

Old paint and rotten wood should be removed. Epoxy can be used to repair small areas where rotten wood has been removed, but large areas will require replacement of entire boards.

Paint can be scraped off with wire brushes, paint scrapers, heat guns and sandpaper. Due to the small areas and multiple trim pieces that form the frame for the windows, much of the paint removal and sanding will have to be done by hand if the sashes are left in place. If the sashes are removed and the windows can be refinished in a workshop, electric orbital and vibrating sanders will make quicker work of the paint removal. Note that sandpaper can scratch the glass. It is important to clean the glass and put masking tape over the glass before the sanding starts.

Even if you are not removing the sashes from the frames, it is still the best practice to remove the window hardware, such as the locks and handles that are grasped for raising and lowering the sashes. Another often overlooked step is to plan your work so you can have your window back in working order by the end of the day, even if that means you can only finish one window each day until the project is completed. Most people want their windows to be able to firmly close before retiring for the night.

As with many DIY articles, most of our time has been spent on prepping the window for finishing, rather than on actually applying the finish. When it is time to apply the paint or stain, start with the window partially open and paint from the top of the window to the bottom. Be especially careful not to paint so tightly where the sash meets the frame that the window is glued in place by the paint. Use a 1 1/2-inch angled brush, and take your time. The jury is still out on whether masking the glass before painting is better than scraping off any wayward brushstrokes with a razor blade after the painting is complete. **NOW**

- Sources:
1. Thecraftsmanblog.com.
 2. Familyhandyman.com.

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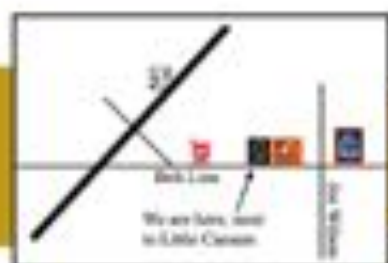
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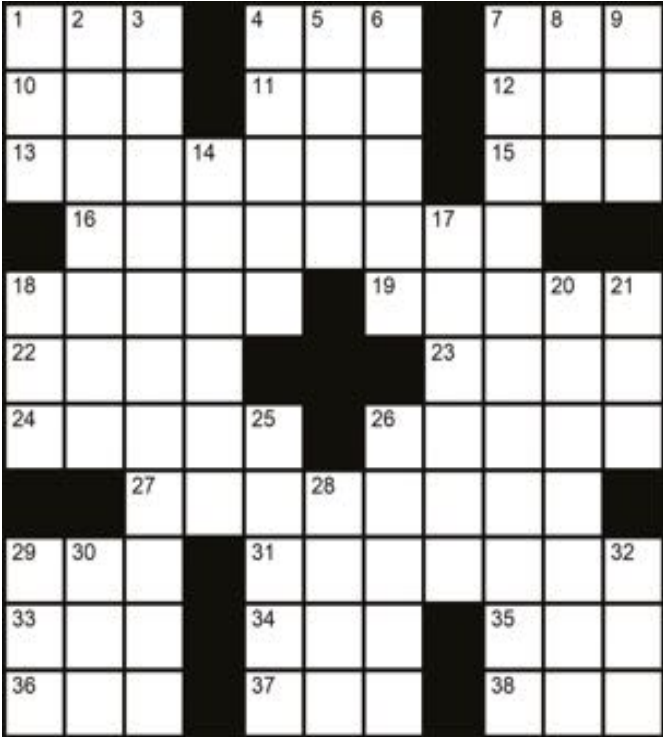
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Across

- 1 Where Eagles and Falcons co-exist
4 A girl's best friend
7 Aunt, to Mom
10 Period of history
11 Turn-down in Toulouse?
12 Catch
13 Bog
15 Some
16 Flaunts
18 Elected
19 Frog unlucky at the racetrack
22 Animal fur
23 Wander aimlessly
24 Labor leader's cry
26 1965 civil rights march site
27 He sought the Seven Cities of Gold
29 Snow runner
31 Characterized by strong feelings
33 Greetings
34 Elevator chamber
35 Zip
36 Orange veggie
37 A-bomb yardstick
38 Take shape

Down

- 1 "So, what else is ---?"
2 Rejuvenate
3 Faith! Islam? Chic to convert?
4 Amazed
5 Arguments against
6 "The --- the beginning" (Churchill)
7 Construction site temporary framework
8 An atom, plus or minus an electron or two
9 One under cover
14 --- the world (Out of it)
17 Shoot
18 Apple core?
20 Flick made for the boob tube
21 Affirmative reply
25 Put up
26 Nasal grunt
28 Toe of the Arabian Peninsula
29 Bashful
30 Hyundai rival
32 Annex, maybe

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Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

10/3

National Night Out:

Annual community-building campaign promoting police-community partnerships for safer neighborhoods. 6:00-8:00 p.m., locations throughout the city. Contact Curtis.Hughes@Midlothian.tx.us.

10/7

Lord's Acre Festival:

Silent auction, country store, children's auction, live auction, barbecue, pumpkin patch. 8:15 a.m., First Methodist Midlothian, 800 S. 9th St. For more information, visit fmcmidlothian.org.

**Casino Royale
Chamber Auction:**

Dinner and auction supporting business education and advocacy programs. 6:00-10:00 p.m., Pearl Ranch, 10707 FM 157, Venus, TX 76084. Tickets: https://www.benefitbidding.net/signup/newest_registration.cfm?auction=782.

Paws for Reflection Ranch Roundup:

Dinner, auction and live music supporting the therapeutic services of the ranch. 6:30-10:00 p.m., 5431 Montgomery Rd. Purchase tickets at www.pawsforreflectionranch.org.

10/21

Autumn Beats Concert:

Windy City Band. Bring chairs and blankets for lawn seating. Food for purchase. Outside food

allowed. 7:30-9:30 p.m., Midlothian Community Park, 3601 S. 14th St.

10/28

27th Annual Texas Country Reporter Festival:

Join Kelli and Bob Phillips, hosts of the weekly TV show, for this one-day arts and music festival, including a free concert with Neal McCoy. More than 350 booths and three food courts. Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie.

10/30

MISD Education Foundation Golf Tournament:

Support the Education Foundation in giving back to local teachers. 8:00 a.m.-3:00 p.m., Walnut Creek

Country Club, 1151 Country Club Dr., Mansfield. Learn more at www.misd.gs/mef.

10/31

Downtown Trick or Treat:

Participating merchants share pre-packaged candy with costumed visitors. 8th Street will be closed to through traffic during the event. 4:00-6:00 p.m., downtown.

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

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