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where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surregies and implant placements. surgeries and implant placements.

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# ON THE COVER



Elaine Ruby helps keep Mockingbird Park beautiful.

Photo by Opaque Visuals.

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# Editor's Note

Dear, Midlothian!

The month of November is all about Thanksgiving. As the actual day draws near, we practically drool at the thought of turkey with all the trimmings and gather our thoughts for expressing thanks. We all have much to be thankful for. Looking at the evening sunsets, I am amazed that God's canvas gives us a beautiful painting every night. I love the way laughter can lift the gloomiest spirit. I am thankful there are people in this world

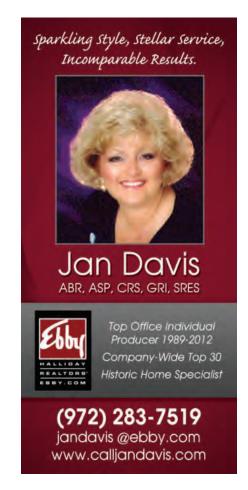
who care more about others than themselves. I am blessed to meet some of them nearly every day.

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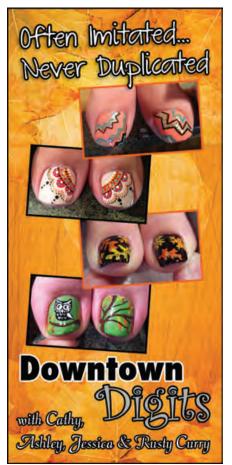
This holiday, as you reach for more food, put some extra thanks in your Thanksgiving.

Betty

Betty Tryon MidlothianNOW Editor betty.tryon@nowmagazines.com













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# The State of the S

It was a dark and spooky night — well maybe not really spooky, but when you have words like dark and night, spooky slips right in, particularly when some of the animals you might hear and see are night creatures such as owls, bats and coyotes. There is a way in Midlothian to enjoy a nocturnal visit with wildlife on a beautiful fall night. Because the Texas Master Naturalist Program seeks to preserve and protect nature as well as educate the public, it has scheduled day and night hikes at Midlothian's Mockingbird Nature Park.

Although Elaine Ruby, member of the Texas Master Naturalist Program Indian Trail group, has not yet participated in one of the night hikes, she has a good idea of what one might experience. "You're walking along with your flashlight and being very quiet on these nature hikes at night, and you'll see owls and other nocturnal animals that come out and hunt. When you're walking, you'll see stars and some flying creatures."

Elaine is a lover of nature. Growing up in Ohio, she could appreciate the many gardens her grandmother cultivated. It was a big horticultural shock when she moved to Texas in the early '80s. "Everything grows in Ohio," she said. "We had cold weather, so tulips came back every year. The only thing I knew about Texas was Gila monsters, so growing things in Texas was a huge challenge," she said.

Elaine and her husband found their perfect home with

enough acreage for three ponds, ducks, chickens and hummingbird feeders. "People in town might not hear coyotes at night, but we do. We periodically see bobcats, and roadrunners regularly run across our driveway," she said.

Elaine took a Master Gardener course in 2002 and was able to put much of what she learned into practice on their property. But wanting to learn more about the environment, she also took a course in the Master Naturalists Program. The group studies the archaeology, geology, fauna and flora of a region for the purpose of helping to restore nature and keeping it ecologically balanced. "What is really inspiring to me about the Naturalists Program is it sustains nature," Elaine shared. "We only use the plants that are natural to this area. For example, don't plant your East Texas Cedar here, because most of the time, it won't grow. Blueberries won't grow here, because the soil is not acidic enough."

In her classes, they studied the animals that live in the water, submergent plants and emergent plants. A submergent plant is vegetation that is completely beneath the surface of water with its root system in soil. Emergent plants typically grow in wetlands and they grow in the water, but the top of the plant is above the water. Other areas studied in the program were the ecological regions of Texas: wetland ecology, entomology (insects), ichthyology (fish) and ornithology (birds).

There are alarming signs that much of our native wildlife is already in a steady decline. "There is very little prairie left," Elaine said. "Many animals no longer exist because of dams that breakup the natural flow of the rivers. Urbanization has occurred, so there are not as many animals as there used to be to maintain the ecosystems." For example, per Texas Parks and Wildlife, the Texas horned lizard is listed as state threatened or





endangered. Some believe this is at least partially due to fire ants, which have depleted the horned lizard's food supply.

Although there is reason for concern, there is also reason for hope. Mockingbird Park here in Midlothian is brimming with hope and good deeds, all of which have turned the park into something the community can enjoy. According to the comprehensive planning manager for Midlothian, Ryan Spencer,



"Holcim Inc. donated 62 of the 124 acres in August 2008. It is a great feeling to know that in Midlothian there is now a place for citizens to take a walk, fly a kite, go geocaching [a type of treasure hunting game using GPS] and observe native plants and animals. Despite the semirural nature of Midlothian, there was never a public place in town that was oriented toward nature before Mockingbird Nature Park."

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become one of the Naturalists main projects. Since then, other groups have volunteered to help enhance the experience at the park. Aaron Gritzmaker, one of the members of the Indian Trail group, recalled one of the first improvements they made. "One of the first things we did was to start



a wildflower and butterfly garden near the front entrance. The garden attracts large numbers of Monarchs, Queens, and other butterflies in the spring and fall. There may be 50 to 100 butterflies around the garden at any one time."

Boy Scouts and Girl Scouts have logged many hours in the park's development. "The Cedar Hill Boy Scouts are building a bird blind at the quarter mile mark on the trail," Aaron









said. "When finished, we are going to install a bird bath in front of it to attract more birds. The Boy Scouts have also installed mileage markers and other signage on the trails. The local Girl Scouts built and installed bluebird houses in the park. Many of the houses now have bluebirds nesting in them. When you are out on the trails, there is a good chance you will see the little bright blue guys."

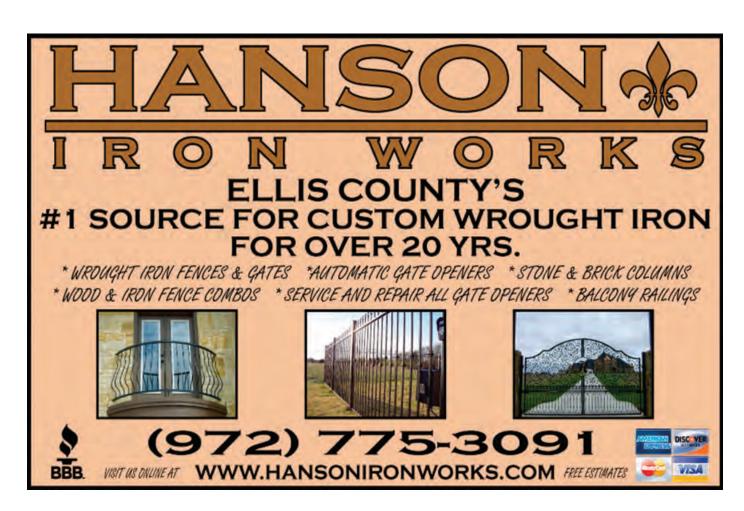
There are many benches located throughout the park where visitors can sit, relax and enjoy nature. Other areas of interest in the park are two small bodies of water. One is a man-made lake, and the other is a seasonal creek in the wooded area. "In the past two years, the lake and creek have gone from empty to full to almost empty again, but that is the nature of our North Texas environment," Aaron said.

Mockingbird Park is a beautiful example of the message Elaine and the Master Naturalists want to convey to the public. "We want to educate as many people as we can and encourage them to restore native Texas trees, grass, animals and fish," Elaine said. "We need to communicate to the children about why you shouldn't litter. This is our Texas, and we want to take care of what we've been given. There is a balance to everything if you understand where it came from and what it takes to keep it. There are some things we can grow here and some things we can't. We must learn to respect what God has given us." NOW













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# "I just love the game and what it stands for."

surgery after that season." Though this shoulder injury did not directly affect him down the road, a subsequent setback would define a full season of Will's career.

He worked hard in the off season to get back into shape and was released in time to play in the first scrimmage, only a week before the huge opening game at the Cotton Bowl. Although he felt fine after the scrimmage, he woke up the next morning in a lot of pain. "I got lightheaded during the film session that afternoon and passed out," he stated. Will had contracted staph infection that had gotten into his bloodstream. He was hospitalized for two weeks, with eight days spent in the ICU as doctors tried to figure out what exactly was wrong. "When I first went in, I figured I would get some medicine and be back in time

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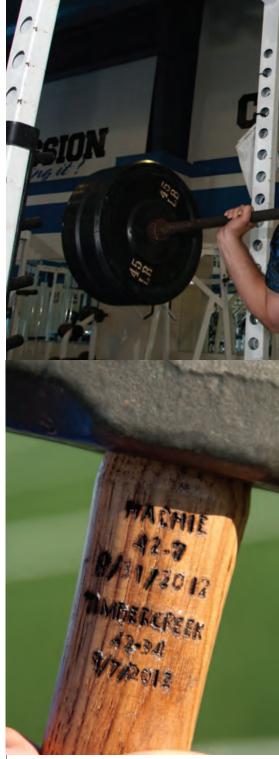
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for the Cotton Bowl game later that week," Will said. "I didn't think I would miss a game, much less a whole season."

As the infection spread, Will began to realize how serious his condition was. "The thing that helped me the most was all of the prayers I got from my family, my church, my community and my team. The support and encouragement from my coaches and trainer were unbelievable. They literally came to see me every day," he said. "They brought training material, so I still felt like part of the team, and they talked to me about what was going



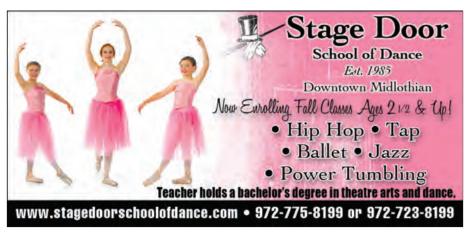
on back in the locker room. They will never know how much that meant to me."

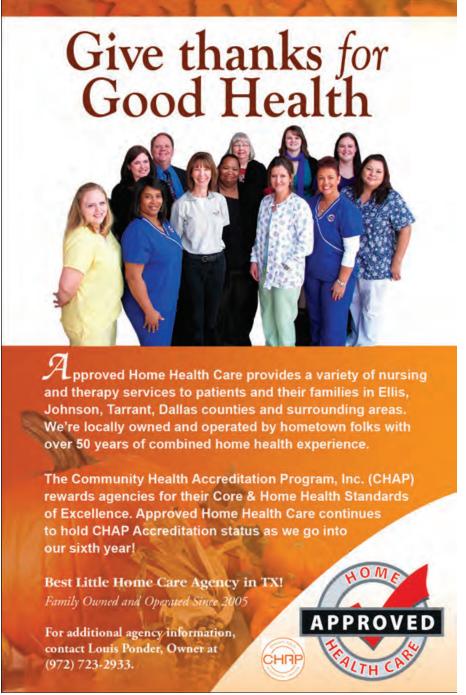
Once the doctors found the infection and cleaned it out, Will started to improve. He was released from the hospital and was on homebound antibiotics for another six weeks. Will was then ready to start his recovery, but there was much ground to be made up. "I had lost 22 pounds in the hospital, so there was a lot of rehab, gaining weight and just getting my strength back," he said. He recovered in time for spring practice, but that was not quite the same as the real game. After missing a whole season, he was ready for some real action. "I was ready to line up against people other than my friends and teammates," he said.

Will feels completely healed and is stronger than ever. As always, the team's goal is to have a winning season and make the playoffs. Will's personal goals are straightforward as well. "I just want to stay healthy all year and play the game I love," he shared.

As one of the team captains his freshman year, Will had shown clear leadership qualities early in his high school playing days, and that continued the following year when he was chosen to be on the Leadership Council as a sophomore. "It was a huge honor," he said. Every season, Coach Wigington, his staff and players select 10 to 12 students to serve as the Leadership Council. "We meet with Coach Wig as a unit and discuss issues that affect our team. We









do things like encourage guys who are having a hard time," Will explained. Will was also named as one of the football captains for his senior year.

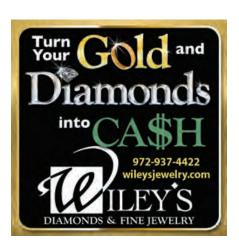
Will is part of another group within the team called Fellowship. "We eat lunch and have a Bible study together. I was able to share [with them] that even though I might not know why this happened to me, I was able to put my faith and trust in God, because I know He has a plan and a purpose for my life," he explained. "It is great having guys you can study and talk about God with."

Outside of school, Will spends much of his time volunteering in the kid's ministry at his church, The Oaks Fellowship. "I have been on several mission trips," he explained. "I have been to Mexico, but the coolest trip was going to Belarus with my dad."

After this season, Will is doubtful that his playing days will continue. "I try to be realistic about my options and will probably be done after this season," he stated. Will's decision is made more complex because of a family tradition. Both of his parents and two older sisters all graduated from Texas A&M University. "I have played ball for a long time and have loved every minute of it. However, I think I would rather start the next chapter of my life by attending Texas A&M University and following the family tradition," he said with a smile. Will plans to major in agriculture business. As for long-term goals, he's not sure. "I just want to enjoy my last year of high school before I have to start making those kinds of decisions," he said. For now, he will do just that. And of course, play some football. NOW









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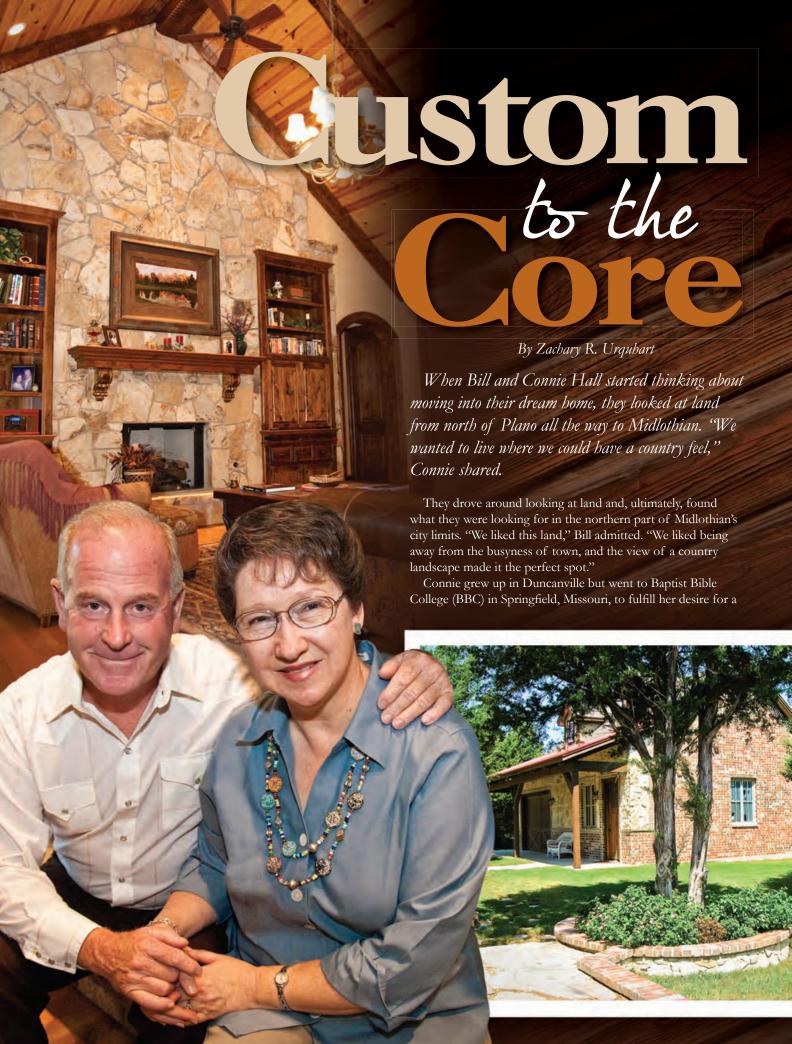
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faith-based education. "I knew I wanted to teach," she said, "and I definitely wanted to go somewhere that offered a Christian education."

Bill grew up in Southern California. "My friends recommended BBC, so I headed there, not knowing what I wanted to do after school." This is where he met Connie. The couple's ties to the Metroplex run deep, however. They moved to Duncanville after finishing school as young newlyweds. Bill currently serves as a Reserve Deputy Sheriff in Dallas County, and their son, Ethan, is married to Daniella, and they live in Dallas.

Bill began his career in 1979. "Connie's dad was in construction, and I worked with him," he explained. "I specialized in cabinets and custom woodwork for almost 30 years, and wanted to expand." Because of his experience, Bill and Connie decided they would take their dream home from concept to construct. "I designed our first plan on a plain sheet of notebook paper. We developed it into a true blueprint and built from there."

They built their home uniquely different from typical construction projects. "Most people start with a determined space and have to build within those dimensions. We built from the inside out," Bill stated. "We knew what we wanted each room to look like. so we started there and worked our

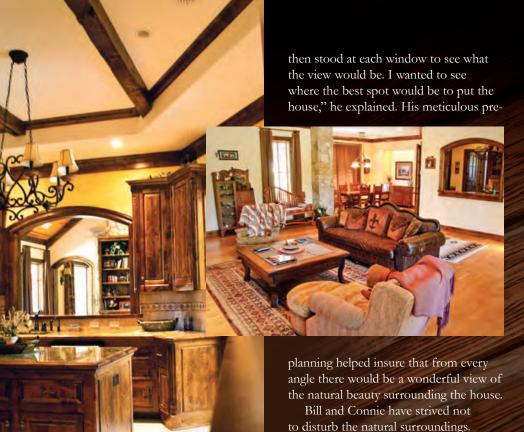
way outward to the final design."

Once the plans were ready, Bill had another step. "I staked out the house perimeter, and

At Home With — Bill and Connie Hall





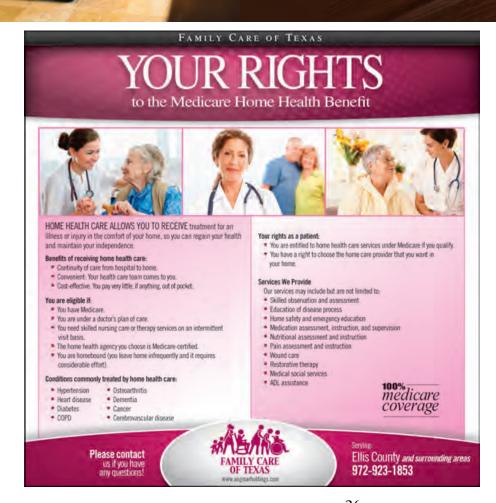


Thanksgiving when hundreds of robins come in the evening and nestle in the trees. They fly all around you. Then, all of a sudden, it's as if someone tells them to stop, and they all become quiet."

Another impressive feature is the large front door. "We have larger-than-average doors throughout the house," Connie said. "We wanted to insure there was plenty of room to move about and to guarantee wheelchair accessibility." Bill and Connie plan on this being their retirement home, eventually, so they planned ahead for any issues that might occur as they get older.

Inside is a beautiful family room with oak floors and stone columns. Connie described it by saying, "We didn't want a lot of decoration for the sake of decorating." The family room is bold yet simple. "Family and friends often comment that they like the open space." The family room includes a raised knotty pine ceiling featuring large wood beams that Bill and Connie built and carved themselves.

Bill and Connie have two main bedrooms in their home. In keeping







"We love watching the wildlife, and we

didn't want to displace them." Bill tells

"One of the neat experiences is around

of seeing rabbits, bobcats and birds.





Throughout the house are Southwest fixtures, and cabinets are meant to look like furniture.









with the open space idea, Bill designed a second bedroom as the guest suite. "We don't usually have a houseful," he smiled, "but we could." With two main bedrooms, Connie shared the benefits of the trade off. "At a family reunion, there was ample room for about 80 people to enjoy the house."

In addition to the family room and bedrooms, Bill made two offices in the



home. "I enjoy a ranch-style view from a large picture window, but the office is designed to be a little more upscale."

Bill's mahogany office is full of masculine features that make it unique. "I didn't want exposed chords and wires, so many of them are concealed in cabinetry." The office equipment is housed in a special cabinet arrangement that makes access to connections easy.

Working as a teacher and assistant headmaster at Community Christian Academy, Connie decided she needed an office, as well. "My office is an extra bedroom, when needed," she said. "It's great to have a

workspace of my own." Connie even did a little woodworking of her own to accent her area. "Bill gave me some mahogany and walnut, and I made my first multiwood art piece."

While the home seems simple, a keen eye notices numerous features that Bill included along the way. In the kitchen, he carefully placed optional, dual-level lighting in spots to illuminate his

handcrafted wood details. "We usually keep the lights at a lower level, so that it's comfortable to walk in, without using a lot of electricity. Most of those lights are placed where I have carved something unique into the cabinets or molding," he explained. Bill also insured that the house meets high standards for energy efficiency. "We utilized thicker walls, insulated glass and a combination of

> stone and brick to provide better insulation. We wrapped the entire house, not just the attic, with a radiant barrier."

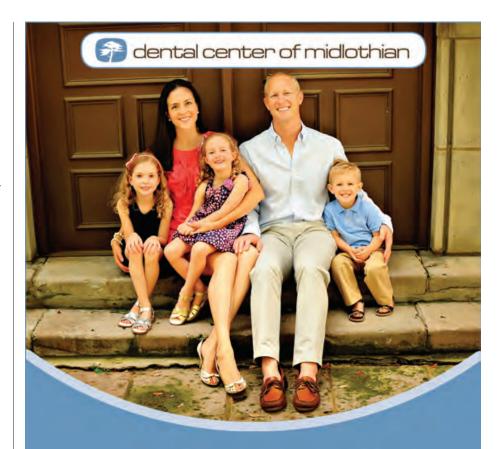
Throughout the house are Southwest fixtures, and cabinets are meant to look like furniture. "Our buffet and vanities appear freestanding, which I did by moving the toe kick back a bit and adding furniture feet," Bill said. He did all of the molding and cabinetry and used many pieces of wood that other carpenters might have discarded. "When I see a knot or split, I enhance its character." Bill and Connie have a second building, as well — a 1,200-square-foot

garage and workshop. "I use this as my shop," he stated, "but it has features that make it an easy conversion into guest



quarters or an office. We figured that would help for resale value down the road."

Not that Bill and Connie are planning on leaving their little oasis anytime soon. "This may be our retirement house," Connie shared, "but we are staying very busy for now." Bill and Connie enjoy every day of life in their home that's custom to the core. NOW



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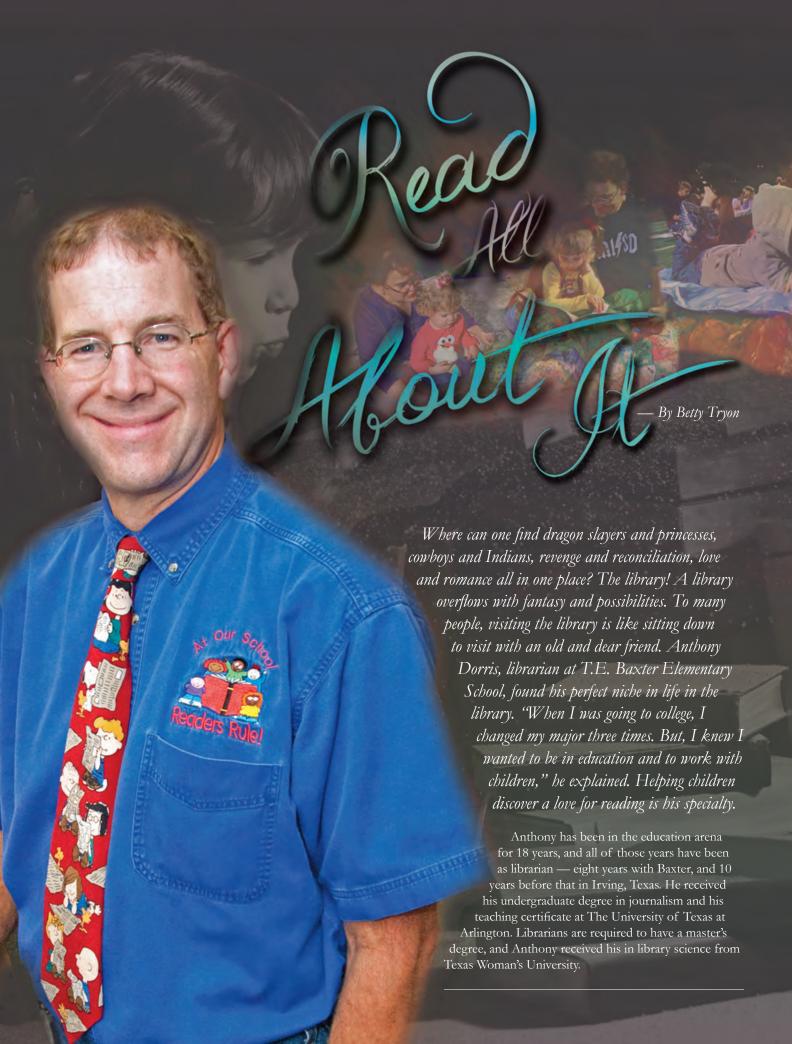


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With the passage of time, the term librarian has been expanded to reflect its growing responsibilities. "Our title is being changed to library media specialists," he explained. "Technology is a big part of what librarians do today.

We're in charge of the media, and we are the specialists for all things

technological."
Anthony does find more identification with the term brarian. "The name

librarian. "The name librarian has a history behind it and evokes books, reading and a helpful person,"

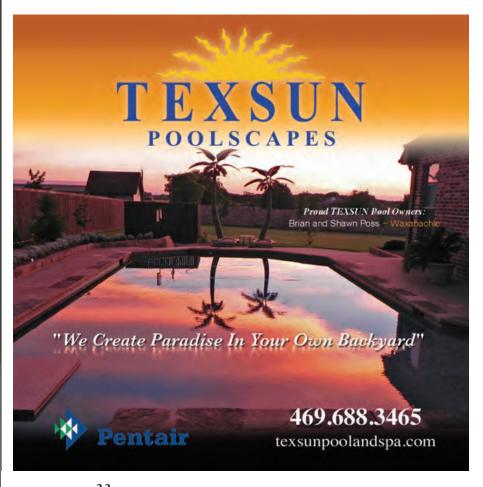
Students are easily his favorite thing about being a librarian. "It's neat to

have them talk to me about books they have read," Anthony shared. "I get these notes that say, 'You're the bestest librarian ever!' You never know who you are going to reach." Anthony has his share of students who would rather visit the library than go out for recess. "I encourage them to go outside if it's a beautiful day," he stated, "but they say they want to hang out here."

Anthony remembers one of his students who did not seem to fit in with the other kids. "He was a little different and walked to the beat of his own drum," Anthony said. "He liked to hang out in the library. I'm not going to say I changed him in any way, but I gave him a place to feel special. He is now in middle school and plays in the band. It was neat to see him feel special." Anthony also supposes that his student wanted to spend time with him, because he is the only man on campus. "That is the way it has been for my entire time here. That is a responsibility in and of itself. I've been asked as a man in education if I was going to go into administration, but you don't get to be soft at the administration level. You don't get to give them a hug or be their friend. As a librarian, I get to be that person. I don't have to be a strict disciplinarian. Working in the library is a neat place to be."

Librarians are continually challenged to come up with exciting and positive ways to encourage reading. One of the











ways in Midlothian is the annual Field of Readers event, the brainchild of MISD's library media specialists. The first Field of Readers was held in 2006 and originally began as a way to advertise the new Multi-Purpose Stadium. "Librarians in Midlothian are different in a very good way," Anthony stated. "We think outside the box. One brainstorming session was on how we could use the stadium. Having an event with the name Field of Readers had a good ring to it.

"We also thought it was a good time to raise awareness for the public library in Midlothian, which is named A.H. Meadows," Anthony said. At that time the public library was located in the high school, but not in a location that was easily noticeable to the public. "Of course, that was before they renovated the high school," Anthony added.

The Field of Readers is open to everyone. It is advertised through the schools, but the community is invited to come, and one of its goals is to advertise the public library. At the event, they will have a booth there to issue library cards and talk about their program. "Other districts have been invited, and some have come to see what we were doing" Anthony shared. "The first year, we



had about 500 people, and for the last couple of years, we have had well over a thousand people attending. We want children to be safe, so we do encourage parents to come with their children. It is a family-oriented event. It's neat to see both parents on the field reading with their children. It is also neat to see grandparents there. It's such a good example to the students. The community really responds and is very positive about it."

The idea of reading on the field with family members and others is more of a draw for the younger kids, but by bringing in the high school students to help, they get a good opportunity to interact in a reading situation with younger students. Everyone connected with making the event successful volunteers their time. The Pantherettes and football players come out, sit on the field and read with the kids. The event lasts an hour-and-a-half, and during the first hour, there are other activities on the field other than reading. Because Field













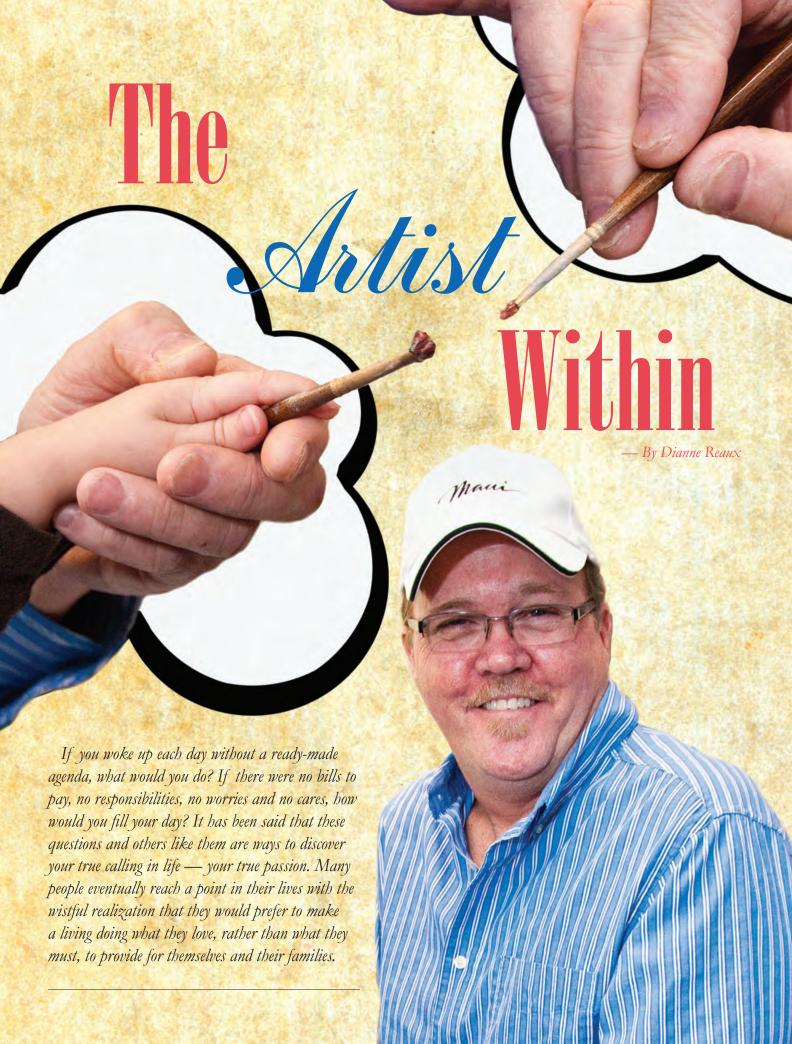
of Readers is held on the football field, the urge to throw the football around for some of the kids is irresistible. So, an area of the field is designated for that purpose. Cheerleaders do face painting. Both of the middle school bands provide musical entertainment. Another bookrelated activity the kids enjoy is the book walk. This is similar to a cake walk in which the kids walk around in a circle, and when the music stops, they pick a number. The winner gets a free book from the librarians. "The librarians get free books throughout the year when we attend conferences. We all have stashes of books that we have accumulated over time," Anthony explained.

There are books available for purchase at half price from Scholastic, or the participants can bring their own. During the last 30 minutes, all activity stops and children return to their families, sit on their blankets and just read. This year, the event will be Tuesday evening, November 13 at the Multi-Purpose Stadium. Come and bring the family, plus interesting books to read. Show your kids that reading can be fun, too!











For this journey, there seem to be three distinct categories. First, there are those who live their entire lives without ever discovering what they are passionate about. They never feel the authentic joy that comes from doing something they love. Then there are those fortunate souls who are blessed with an innate sense of what their passion is early on in their lives. They embrace their calling in life and pursue it with blind abandon. Their eyes light up when they talk about it, and their excitement is contagious. Finally, there are those few fortunate souls for which divine providence steps in, and they don't find their passion — it finds them. This is Jimmy Wharton's story.

"For as long as I can remember, I have always been around art," Jimmy said. "My father, Donald Wharton, is an artist and so is my aunt, Joy Elliot. I started with pencil art as a youngster, and I remember when I was in fourth grade I won the school's art show. All throughout junior high and high school, art was always my best subject."

The first time Jimmy's passion sought him out came by way of one of his teachers. "When I was a student, the art teacher, Nancy Carson, was a big influence," he confessed. "As a freshman during my summer break, she enrolled me in the Art Institute of Chicago, but I didn't want to go. She begged and begged me to reconsider, but I chose to stay at home with my







# NOVEMBER IS American Diabetes Month

There are a few myths associated with this deadly disease and we would like to help raise awareness about prevention and control with a few facts.

Myth: Diabetes is not as serious as physicians and healthcare professionals make it out to be: Fact: When left unmonitored and uncontrolled, diabetes can cause serious health problems or even contribute to death.

Myth: Eating candy causes diabetes.

**Fact:** Type 1 is caused by genetics and some unknown factors that contribute to diabetes. Type 2 is caused by genetics and lifestyle habits. In a healthy diet, people should always limit their sugar intake.

Myth: You can catch diabetes from someone. Fact: No, you can not catch this from another

person like a cold or the flu.

Myth: People with diabetes should eat special food. Fact: Eating a healthy meal is the best meal plan, especially if a dietician has a meal plan catered to your likes and dislikes. Diabetic labeled foods or food products are typically expensive and offer no real benefit.





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buddies and bail hay. I could kick myself every time I think about that decision. But at the time, I'd decided that I'd had enough school for the year, and I didn't want to spend my summer in Chicago in another school."

Jimmy continued to be a standout art student, but when he was a sophomore in high school, he made another regretful decision. "During a routine physical to participate in high school athletics, the



doctor noticed a significant curvature of my spine. It was scoliosis," Jimmy explained. "The doctor advised me to have corrective surgery. I refused. At the time, I didn't feel any pain. I was 16, and I didn't want to spend six months of high school in a body cast."

After high school, Jimmy drove a truck for two years to make a living. But his true calling was persistent. The next time Jimmy's passion reached out to him was when his *brother* answered an ad for a dot etcher, someone who adjusted colors for print advertisements. "Initially, my brother was hired for the job, but when business picked up, they needed extra help. They called me," he added. "Because I had not been to



college nor had any formal training with colors, they started me out with the basics as an apprentice."

At the time, Jimmy had no way of knowing that starting with ground-floor training in the technical aspects of color, along with the chemical processes of color imaging and retouching, would be the foundation of his true calling. As he progressed in his field, his job duties were the manual equivalent to, and the predecessor of, what is commonly now known as Photoshop. Jimmy went on to spend 22 successful years in the graphic arts industry. He climbed the management ladder and was well compensated for his keen eye for color. He logged thousands of miles on

# "For as long as I can remember, I have always been around art."

flights between Dallas and, ironically, Chicago — providing color proofs and doing press checks with advertising executives of major clothing companies like Spiegel Catalog and Foley's and jewelry companies such as Zales and James Avery. But, while his salary rose concurrently with his job title, his health deteriorated and personal fulfillment from his job was nonexistent.

"Sitting at a computer for 10 years took its toll on my back, and it started to become difficult for me to walk," Jimmy said. He would undergo major surgery to have rods, plates and three-inch titanium screws implanted in his back. But the pain continued and, eventually, became debilitating. No longer able to sit for hours at a desk all day and unable to meet the demands of frequent business travel,















Jimmy was forced to give up his lucrative career. "While I was at home recuperating from surgery, my aunt Joy encouraged me to give oil painting a try. I entered one of my first paintings into an art show at the Ellis County Art Association. I won The People's Choice Award. The ladies at the Association couldn't believe I won with my first entry, but I did know a *little* about colors," Jimmy said smiling.

The art entry was one of Jimmy's first dealings with the Ellis County Art Association. He continued to paint and became an active member of the association. Now, not only is he one of its most ardent supporters, he also serves as its new president.

These days, Jimmy enjoys life at a much more leisurely pace. He doesn't manipulate colors because he has to. He creates beautiful paintings because he chooses to. He and his wife, Melanie, who coincidentally, was his high school sweetheart, live in Midlothian where he paints in a small studio in their home. Between them, they have three grown children, Tyler, Jackie and James. There is also the apple of everyone's eye, Payton, Jimmy's 2-year-old granddaughter. "I'm Jim Pa," he said with a laugh.

The artistic vein appears to have continued with Payton. When she comes to visit, she always says, "I wanna paint Jim Pa!"

A famous line from the movie *Maid* in *Manhattan* states, "Sometimes we are forced in directions that we ought to have found for ourselves," and that may be exactly what happened for Jimmy. But regardless of whether he found his passion or it found him, it's inspiring to see someone take pleasure in the true, life-affirming joy of knowing exactly what they love in life. For Jimmy, it's always been art.







#### Business NOW







#### **Pistols & Pearls**

2210 Plainview Rd.
Midlothian, TX 76065
(972) 775-8020
PistolsandPearls.com
www.facebook.com/PistolsandPearls
pistolsandpearls@gmail.com

#### Hours:

Monday-Wednesday and Friday:

10:00 a.m.-5:30 p.m.

Thursday: 11:00 a.m.-7:00 p.m. Saturday: 10:00 a.m.-4:00 p.m.



Teena Howard, owner of Pistols & Pearls (far right) and her manager, Tara Lyon (middle), along with Candice and Leticia (back), Luisa and Dinicia (front) offer unique items for distinctive tastes.

# TEXAS CHIC

Tenna Howard, owner of Pistols & Pearls, presents Texas western with a stylish edge.

— By Betty Tryon

With a name like Pistols & Pearls, you would expect the establishment to sell its namesake. Pearls you will find, but pistols? Not so much. Owner Tenna Howard acknowledges the confusion. "We get a lot of gentlemen from the pumps [the gas station next to store] asking where the guns are. I call it a man trap," she laughed. Although there are no firearms on the property, Pistols & Pearls carries enough varied merchandise to keep everyone happy. Tenna's desire to offer something unique and special also extends to the decor of the boutique. The pieces that decorate the shop are so nice that many times the customers want to purchase them.

Tenna opened the business in November 2008. Her idea was to sell high-end western wear. Two-and-a-half years ago, she

changed the model into more affordable Texas western wear. "Now we are fun, affordable and have specialty quality pieces," Tenna stated. "We try to offer something for everyone."

With the help of her manager, Tara Lyon, they look for items that are distinctive, so they can cater to their customers' special tastes. "We really do have a close connection with a lot of our customers. We see many of them on a regular basis," Tara said.

Tenna agreed. "We have the same vision for what our customers want and have a similar feel for what our customers look for and look good in," Tenna stated. "Sometimes at market, we will see something and think that a certain customer might look good in it. Not that we buy for a particular person, but we try to be personal in our selection of quality, price points, fit,

#### Business NOW

color and selection. We love to hear the stories about how someone bought an outfit for a wedding on the beach and it was perfect for them, or of a customer who has lost a hundred pounds and is looking to change their look or their wardrobe. Those are special things to us, because it makes us feel as if we have helped someone through an event or occasion. We have a passion for one-on-one service."

"We really need people to know that our price point is not what it was when we opened," Tara remarked. "We now have more affordable items, and we are no longer high-end western wear."

However, just because the prices are less expensive, the quality and uniqueness of the look is something Tenna and Tara

# "WE NOW HAVE MORE AFFORDABLE ITEMS AND WE ARE NO LONGER HIGH-END WESTERN WEAR."

maintain. Customers want something different and distinctive, so the store only offers a few pieces of certain items. "Everyone is looking for that perfect, unique gift," Tenna said. "Men love to come in and buy gifts for their wife's or girlfriend's birthday, anniversary or whatever. They really do leave here as a hero, because they have a beautifully wrapped gift with a beautiful ribbon."

The store will do special orders, offers layaways, complete complimentary gift wrap and has free shipping. "We do whatever we can to make our customers happy," Tenna said. "We bend over backwards for them.

"We want this to be an enjoyable experience," Tenna stated. "Come browse. You're sure to find something you can't live without." NOW







#### Around Town NOW



Mt. Peak third graders have Panther spirit.



Gina and Jamie Rayburn enjoy a motherdaughter lunch at Tio Tony's Mexican Food Restaurant.



At the age of 8, Jaxon Ambuehl is now ready to race in his junior dragster.



First graders discover that raisins really can dance.



The plaintiff's lawyer reads his closing statement in Mrs. Hoover's third grade class.



Nellie B. buys tasty kolache from Tambra Schulte at the Busy B Bakery.



Ethan Hallmark interviews with Lari Barager of Fox 4 News.



Ms. Christy's Pre-K class paint pictures of the bears they read about.



Whitney, Mrs. Huff and Brooke stop for a break during the LaRue Miller Fun Run.

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## Taking the Bite Out of Pain

— By Betty Tryon, BSN

Relaxing with a cup of hot tea or just chilling with friends enjoying an ice cream cone are simple pleasures you may have to enjoy at your own risk. Sensitive teeth can definitely take the pleasure out of eating. The symptoms are easy to recognize. Stimulation or irritation of teeth by hot or cold substances, or sometimes even by flossing or brushing, can cause pain and discomfort in the affected tooth. Sensitive teeth in and of themselves are not a medical crisis. However, they could be the indicator of worse things to come.

Many reasons might cause a tooth to suddenly become difficult to live with. Damage to the tooth would be an obvious cause. Fractured or cracked teeth can lead to great sensitivity and pain. Frequently, the damaged tooth is discovered after pain has driven the person to the dentist's office. Teeth grinding or biting on a hard surface, such as ice or popcorn kernels, can lead to tooth trauma. Having a tooth restored after such an ordeal is extremely important in order to avoid having bacteria seep into the exposed surface and cause tooth decay. Erosion of the tooth's enamel can occur with abuse of illicit drugs, such as methamphetamine, which has earned the nickname of "meth mouth," because of the prolific amount of damage to teeth from the highly acidic drug. Some over-the-counter medications can cause damage to the enamel if not taken

properly. An example is aspirin with its acidic nature or the sugar in cough syrup that's allowed to remain in the mouth and not rinsed or brushed away. Saliva helps protect teeth, but some medications, such as antihistamines, can cause dry mouth. Gastroesophageal reflux, as well as eating disorders, such as bulimia, cause stomach acid to bathe the teeth, which then breaks down enamel. Teeth whitening products are one of the major causes of sensitive teeth.

Preventing tooth sensitivity can be accomplished various ways. If you grind your teeth, have yourself fitted with a proper mouth guard. If your teeth have been damaged, seek the help of a dentist for remedy. Good oral hygiene is vital. Proper brushing, flossing and regular dental checkups go a long way toward keeping your teeth in good condition. Avoid hard bristled toothbrushes, because they can wear down your tooth enamel and cause irritation to the gums. Use fluoride toothpaste, and check with your dentist about which mouth rinse you should use. When brushing, do so gently. In today's world, modern dentistry can perform miracles. If you need dental services, call your dentist.

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



# Hometown Chiropractic Fibromyalgia: "It just hurts all over ..."

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue and multiple tender points. These "tender points" refer to sensitivity that occurs in precise localized areas, particularly in the neck, spine, shoulders and hips. People with this syndrome may also experience sleep disturbances, morning stiffness, Irritable Bowel Syndrome, anxiety and other symptons.

Other symptoms that are less common but can occur are constipation or diarrhea, headache, difficulty concentrating, tingling sensation in the hands and severe or excessive fatigue.

A recent study in the Journal of Manipulative and Physiological Therapeutics stated that more than 60 percent of the participants who underwent chiropractic treatments showed significant reductions in pain intensity and improvement in their overall fatigue and quality of sleep.

Our chiropractors will take a comprehensive approach in evaluating and designing a specific care plan for those who suffer from fibromyalgia. Nutrition, exercise and regular chiropractic adjustments have all been shown to play a role in reducing pain and other symptoms, while improving whole body health.

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Dr. David Marcial 112 S. McKinney, Ennis 972-875-8600 Dr. Natasha Maza-Marcial 607 Ferris Ave, Waxahachie 972-923-1003



#### **Through November**

"Strike Out Hunger" Thanksgiving Food Drive: Gear Up Baseball Academy, 524 Ovilla Rd., Waxahachie. Bring non-perishable food items throughout the month.

#### **Through November and December**

Ellis County College Showcase: For baseball players 16 to 18 years old, hosted by Gear Up Baseball Academy. For more information, call (972) 845-7053.

#### November 7

Siren Test: 2:00-2:10 p.m. A monthly test of the outdoor warning sirens.

#### November 8

The Baggy Bottom Boys: 6:30 p.m., Cowboy Church of Ennis, hosted by the Crackpots group. The musical event is open to all ages, and you do not need to be a member to attend. For more information, contact Vicki Bell at (972) 923-1633.

#### November 16

Texas Country Music Show: 6:30-9:30 p.m., Midlothian Conference Center, 1 Community Circle Dr. Advance tickets \$12 / at the Door \$15, Jon Christopher Davis will perform followed by

the group Lone Star Attitude. Space is limited and seating is on a first come, first serve basis. For more information, call (972) 775-7125 or e-mail cyndi.golden@midlothian.tx.us.

#### November 17

Holidays at the Dojo: 8:00 a.m.-4:00 p.m., Buie's Superkicks, 800 Silken Crossing, Suite 107. The event includes an inter-school martial arts tournament. Two Carter Blood Bank buses will also be at the event for those who wish to make a donation. For more information, call (972) 775-8286.

FirstLook Thrifty Boutique: 10:00 a.m.-noon, 210 W. Brown St., Ennis. Annual holiday open house and fashion show. All proceeds support FirstLook Pregnancy Medical Clinic.

#### November 26

Indian Trail Chapter, Texas Master Naturalist Program: 7:00 p.m., Waxahachie First United Methodist Church banquet hall, 505 W. Marvin Ave., Waxahachie. Free and open to the public. "Christmas Bird Count" by Dr. Tania Homayoun,

#### November 30

Metro Beekeepers, c/o Tim Wallace, Youth Bee

Scholarship application deadline: 5:00 p.m., 1510 Sunnydale Dr. Members of the Metro Beekeepers Association want to provide a hive and all its related responsibilities to a wannabe youth hobbyist beekeeper. Application can be found by visiting http://metrobeekeepers.net/

Waxahachie Junior Service League Annual Christmas Market Preview Party: 6:00-9:00 p.m., Waxahachie Civic Center, Waxahachie. The service league serves all of Ellis County. For more information, visit www.waxahachiejsl.org.

#### December 1

Waxahachie Junior Service League Annual Christmas Market and Gift Show: 10:00 a.m.-5:00 p.m., Waxahachie Civic Center. Information regarding the league's Ellis County charities and for more information, visit www.waxahachiejsl.org.

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





### Cooking NOW



#### In The Kitchen With Misty Ansted

— By Betty Tryon

As a novice cook, Misty Ansted realized she needed to up her game plan when her husband, Matt, declared he could not eat another helping of Lemon Pepper Microwave Chicken or macaroni and cheese. "I had to start searching the old cookbooks and Mom's recipes for some inspiration!" She laughingly shared some of the mishaps she experienced while expanding her cache of recipes. "I was making instant mashed potatoes once, really doing something fancy for the family, and I added two tablespoons of salt, instead of two teaspoons! I had to start the whole process over!" Misty does have some great recipes that never disappoint — pumpkin and pecan pie and corn bread dressing passed down through three generations.

#### Mama's Corn Casserole

2 eggs, beaten

1 Tbsp. flour

2 Tbsp. sugar

1 15-oz. can cream style corn

1 15-oz. can whole kernel corn, drained

1/4 cup milk

2 cups mild cheddar cheese, shredded

1 stick butter

1 sleeve (35) Ritz Crackers, crushed

I. In a small bowl, beat eggs. In a large mixing bowl, combine flour and sugar; add eggs to flour mixture.

- 2. Add next 4 ingredients.
- 3. Melt butter and pour into a  $10 \times 13$ -inch pan.
- 4. Pour mixture into pan; spread crackers over top.
- 5. Bake uncovered at 350 F for 30-35 minutes, until golden brown.

#### **Beef Potato Bake**

2 lbs. ground beef

1 10 3/4-oz. can condensed cream of mushroom soup, undiluted

1 10 3/4-oz. can condensed cream of celery soup, undiluted

1 1/4 tsp. dried parsley flakes

I tsp. dried minced onion

1/4 tsp. pepper

1 32-oz. pkg. frozen cubed hash brown potatoes, thawed

- 4 16-oz. cups cheddar cheese, shredded (divided use)
- 1 8-oz. can mushroom stems and pieces, drained

I. In a large skillet, cook beef over medium heat until no longer pink; drain.

2. In a large bowl, combine soups, parsley, onion and pepper; add potatoes, 2 cups cheese and mushrooms. Stir in beef.

3. Transfer to 2 greased 8-inch square baking dishes; sprinkle each with 1 cup cheese.
4. Cover and bake at 375 F for 45-50 minutes, or until potatoes are tender.
Uncover and bake for 5-10 minutes, or until cheese is melted. Note: Casserole may be covered and frozen for up to 3 months.

#### **Bacon Cheddar Ranch Dip**

I pkg. Hidden Valley Ranch Dip
I 16-oz. container sour cream
I/4 cup Real Bacon Bits
I/2 cup mild cheddar cheese, shredded

- I. Mix all ingredients together in a large serving bowl, reserving some bacon bits and cheese to sprinkle on top.
- 2. Garnish with remaining bacon bits and cheese. Serve with potato chips or vegetables.

#### **Secret Family Avocado Dip**

4 medium avocados

1 4-oz. pkg. cream cheese, softened1 pkg. avocado dip (found in the produce section near the avocados)luice of 1 lime

1 cup pepper jack cheese, shredded 1/2 cup picante sauce

I. Mash avocados in a large mixing bowl; add softened cream cheese.

2. Add avocado dip, lime juice, cheese and picante sauce; mix until well-blended. Serve with Tostitos Lime Chips.

# Easy Cream Cheese Crescent Rolls

Yields 32 rolls.

I tub chive and onion cream cheeseI/4 cup Real Bacon Bits or 3 slices bacon, fried and crumbled2 pkgs. Pillsbury Crescent Rolls

I. Combine cream cheese and bacon.

- 2. Separate each can of crescent roll dough into 8 triangles. Cut each triangle in half lengthwise (makes two thin triangles).
- 3. Spread one generous tsp. of cream cheese and bacon mix onto each triangle. Roll up; place on cookie sheet and bake 12-15 minutes at 375 F. Serve warm.

To view recipes from current and previous issues, visit www.nowmagazines.com.







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