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Guide

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Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 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 surgeries and implant placements.

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*Lovely fall decorations grace Tami and Kenny Lowman's dining table.*

*Photo by Vanessa Polozola*

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## Editor's Note

*Hello, Midlothian!*

That first night in ICU my eyes were glued to the overhead monitor as my mother's vital signs soared precariously high and devastatingly low. Her fragile grip on life depended upon machines, medication and, above all, our personal faith in God. I wondered if we were doing the right thing. Then my brother told me about a conversation he had with her a year ago. He mentioned that if he ever got to the point where he was being kept alive by artificial

means and machines, he wanted them to pull the plug. My mom looked at him and said simply, "I want to live!"

My mother is now back to doing what she loves most — taking care of others. I am reminded that among the most important things in life are the people who share our hearts. They are irreplaceable.

Wishing all of you a happy Thanksgiving with all of the blessings in your life!


*Betty*

Betty Tryon  
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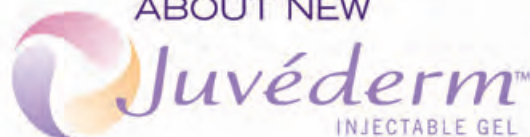




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# BIG SURPRISE, *Tiny Package*

— By Betty Tryon

*This tale begins as all forms of human life begin — with the birth of a baby. Emergency lights and sirens punctured the stillness of the sleeping neighborhood and startled the neighbors awake on April 29, 2013, at 5:00 a.m. They must have wondered what calamity had befallen one of their friends. Happily, it turned out there was no disaster. Rather the opposite. It was the most precious of miracles — a baby — born in the bathroom to David and Wendy Hein.*

David is a Midlothian native and graduated with the class of 1998. Wendy grew up in Indiana, and while on a trip to Texas, she met David on a dating website called DreamMates.com. “It was so cheesy,” Wendy laughed. “I worked all the time, and he was working two jobs. We emailed and talked on the phone for a while, and when I was convinced he wasn’t some crazy person, we met in a public place. We had our first date at the Black-eyed Pea restaurant and hit it off instantly. We would talk for hours on the phone.”

Nine years later with four kids — Chris 11, Clara 6, Heidi 2, Kaitlyn now 7 months — and two dogs, the family has become the talk of the neighborhood and even outside the city. “It’s funny because David runs into people in Dallas, on his appointments, who know our story,” Wendy said.

At 4:30 a.m., Wendy awakened in pain, not quite sure if she was having contractions. “David started following me around and began to time my contractions,” she stated. “When he started, they were five minutes apart. I went into the kitchen to











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fix the kid's lunches. I made it through the first lunch and had to stop. I told David he had to do it, because I couldn't finish them. When the contractions became two minutes apart he went to call a neighbor, and I went to get dressed. Our neighbor across the street, Kristen Lepper, was coming right over." Not yet comprehending the immediacy of the birth, David declared they should go to the hospital.

"I was calm," he shared. "I wasn't really thinking it was going to happen. With the previous pregnancies, she acted the same way."

Wendy, already realized the desperateness of her situation. "No! I said. 'I can't go. It hurts too badly!' He looked at me like, 'Are you serious?'"

David left the room to go call for help. But, he was not gone long when the baby started to crown, which made Wendy start hollering. With David busy on the phone, Kristen arrived.

"Wendy was screaming in the bathroom and two of the kids were sitting in the mudroom with their backpacks," Kristen explained. "Then Wendy cried out, 'The head's out, the head's out!' When I got to the bathroom,



Chris and Clara  
were both on  
hand to hear  
their baby  
sister's first  
cry. Chris was  
amazingly calm  
through the  
entire event.



Wendy was literally holding the baby in, and as the baby slid out, I caught her." That action earned Kristen a place on the baby's birth certificate as a witness.

"I never even pushed," Wendy exclaimed. "We were both screaming at that point."

Meanwhile, David was still on the phone, nervously asking the operator, "What do I do?" He recalled. "They said to tell her not to do anything. I said, 'You don't understand. It's happening now!' I don't think they believed me until they finally heard the baby cry. After a small pause, they said, 'Can you hold on

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for a second?’ I could hear them saying, ‘Cancel East Texas Medical. We need the Midlothian Fire Department Dispatch!’”

Initially, at the point of delivery, Wendy’s hands were shaking so bad she was glad Kristen was there to catch the baby. But the situation turned critical quickly when they noticed the baby was not breathing and blue. “She wasn’t crying,” Kristen explained. “I was shaking so bad I had to give the baby back to Wendy to suction.”

When David heard Kristen cry out that the baby was blue and she needed a bulb syringe, he dropped the phone and ran to get the syringe. He then ran to the closet to get shoelaces off of his tennis shoes to tie off the umbilical cord.

Upon hearing the baby was blue, Wendy immediately said, “Give me the towel.” She then started to stimulate the baby. For the sake of full disclosure, Wendy is an OB (obstetrics) nurse and knew exactly what to do. “I don’t know if it was my training, or if it was having my fourth kid and you just know what to do. It was automatic. It was such a blessing that everything was OK.”

About that time, the firefighters arrived and an entire new level of excitement was injected into the scene. “The firefighters were so excited, because they never get calls like this,” Wendy shared. “They took the baby into the bedroom, wiped her down, diapered her and got her into a warm blanket. She was alert with no problems and wide awake. It was a party in the house, with all the firefighters and neighbors. We recognized many of the firefighters, because they had grown up in Midlothian with David. And, of course, all the neighbors wanted to know what’s going on because this is a close cul-de-sac.”



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Chris and Clara awakened during the ordeal. Little Heidi, blessedly, slept through everything. "I wasn't really scared," Chris stated. "I just thought, *When I get to school I can say to everyone, guess what happened today!* It was like 5 o'clock in the morning, and I was told to stand outside, because the fire department was on its way. I kept saying, 'Go this way, down this hall and take a left,' as the firefighters and ambulance people came into the house."

Chris and Clara were both on hand to hear their baby sister's first cry. Chris was amazingly calm through the entire event. No doubt it was because he had been on high alert for weeks for his mom going into labor. He recalled that every time the phone rang in his classroom, he would rise halfway out of his chair, ready to bolt to the door and into action.

"It was such a blessing that God gave us good neighbors, the abilities that I needed to have to help out in the situation, and we have awesome kids who helped out and held their own," Wendy summarized.

"We couldn't have asked for a better day," David stated. "What really gave me the confidence was I knew that as long as Wendy was OK, then I was going to be OK, too." Sometimes the best things in life are surprises that come in the most unexpected and tiny packages. **NOW**





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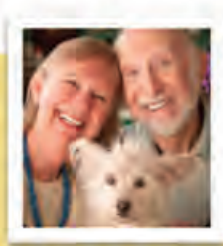
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# Building locks for Life

— By Betty Tryon

*One of the best things a father can do for his son is impart some measure of wisdom for the ages that will serve the son well all of his life. That is what Max Rogers wanted to accomplish with his book — God's Word: 'Tough Timber' For Building Children. Max co-authored the book with his son, John. The book leans heavily on scriptural teachings, and Max sets the tone for the discourse on the first page by quoting Proverbs 1:8: "Listen, my son, to your father's instruction and do not forsake your mother's teaching."*

Max, who was born in Arkansas, moved to Dallas when his dad's work dictated it. He graduated from Sunset High School in Dallas and eventually made his way to Midlothian in





**"Of all the things that you see going on in the world, you want the best for your children."**

1982. For his higher educational pursuits, Max attended The University of Texas at Arlington for three years, and then he transferred to the University of North Texas in Denton, where he earned his bachelor's degree in physical education. He liked UNT's master's program in counseling so much he earned his master's in guidance counseling. "I became a counselor at Dallas ISD and worked for them 39 years," he added. "I was in and out of the classroom but worked mostly as a high school counselor. I became a counselor because of wanting to work with kids and to be a part of the educational scene. I'd always been an advocate of the public schools and wanted to work in them. I used my time well and learned a lot about myself and interrelationships of people and different beliefs." Max remembers several students who became successful. One was Paula McClure (now deceased) who became a local celebrity as a news anchor in Dallas.

While working as a high school counselor, Max also worked with Fellowship of Christian Athletes (FCA) and was an advocate for Young Life.

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"Even though I worked mostly in public schools, I see myself as a counselor in the Christian area. I wanted my life to be a testimony. I had no idea the Lord would put me in writing," he said.



Max started writing as a means of expression rather than sermonizing. "I wasn't really cut out for the pulpit," he admitted. "I could write and express myself, so I tried it, because I wanted to get a message out to others that people can better themselves through using the Word of God. That has been the theme of my books. I just want others to read, to hear and create dialogue."

Max has written a total of nine books. Three of them are children's books co-authored with his wife, Beverly. With the book *God's Word: 'Tough Timber' For Building Children*, Max and Beverly wanted





to share with others their thoughts on rearing children. Their blueprint was their faith in the Bible. "God's resources for growing a boy or a girl in today's world are a reliable consultation," he

explained. Max used the phrase "Tough Timber" in the title, because it represented something resilient and durable. "He's or she's tough timber" is an old saying meaning the person has strong character," he explained.

Max and Beverly have two daughters, Robin and Wendy, and one son, John. Much forethought went into the decision to have only John co-author the book by responding to his father's queries. "I wrestled with that," Max shared, "but John was our miracle baby. My wife had gone through chemotherapy right before she became pregnant with him, and we didn't know how this would affect the baby. The statistics were very limited back then. The doctor



said, 'You're pregnant, but you have had chemotherapy treatments and the baby could be deformed or dead. We just have no way of telling. There is no statistical bank of information of mothers going

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through chemotherapy.' But we had no doubt we wanted to have the child. John was born a healthy baby, and that's why we considered him our miracle boy. The doctor told us to expect some abnormalities, but God brought him through healthy. That's why I chose John to highlight, because he was the only one who went through this."

In writing the book, Max wanted feedback on several points from the child's perspective of growing up in a Christian home. He would explain a particular point, and then ask John for his opinion or insight on his parents' parenting style. "I asked him if I wrote some narrative, if he would expand on it." Of course, John said, "Yes."

It is a brave parent who asks his offspring to critique his parenting style. But undaunted, Max took the plunge. It turned out to be a beneficial experience for both of them. "One thing I learned was he listened to us," Max laughed. "I thought, *Now I don't have to go over the lessons again. He uses the lessons we taught him to help himself and others to grow.*"

One area written about in the book was discipline. When approaching discipline with John or his sisters, Max used the principles he learned in the





Bible. "For instance, God says don't provoke them to anger, and we tried not to," he said. "But we had a few flare-ups every now and then."

Those flare-ups would lead to consequences, and one of the questions Max asked his son was how he felt when he was put in timeout. Did he think it was effective? Not surprising, John did not like it. "I hated timeouts," he declared. "I would've rather been outside playing than in my room thinking about what I did. But timeouts did just that. They made me think. Timeouts gave me some good time to stop, sit and think about what I did that was wrong."

Another question Max wanted John to consider in the book was his opinion on one of the books in the Bible. "The biggest piece of wisdom I have received from the Book of Proverbs is what to look for in a wife. I have made a wise decision in who I married because of guidance from this book."

"Of all the things that you see going on in the world, you want the best for your children," Max said. "It's not preaching to them all the time. It's just saying a sentence or scriptural principle. My conviction is that God can put a family together and keep it together." **NOW**



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# An unexpected Family

At Home With  
Kenny and Tami Lowman

— By Zachary R. Urquhart



*People often say that God has a sense of humor. Some events and circumstances make it hard to disagree. Kenny and Tami Lowman have had a life full of those situations. From moving to Texas with no plan of staying long term, to adopting international children on more than one occasion, Kenny and Tami have been blessed beyond their imaginations.*

Kenny and Tami grew up in Arkansas, and met while attending Arkansas Tech University. “We were both singing in the Baptist Student Union,” Kenny explained. After the two graduated and married, they came to Texas temporarily, or so they thought. “We came in 1988 so I could do seminary in Ft. Worth,” Kenny clarified. “We never thought we would stay in Texas, and now, here we are.” Kenny accepted a job at First Baptist Church Midlothian a few years later, and the family has now been in Midlothian for 23 years.



Shortly after moving to Midlothian, Kenny and Tami welcomed their first child, Cameron, who is now a senior at Hardin-Simmons University. Kenna Grace, a junior at the University of Central Arkansas, came soon after. But Kenny and Tami, who wanted to have more children, were in a difficult spot. "Both pregnancies had difficulties, so the doctor encouraged us not to get pregnant again," Tami shared. With this news, they started talking about adoption, and the conversation went on for several years.

Once they realized they would likely be staying in Midlothian indefinitely, Kenny and Tami decided to build a home. "We don't like to move," Kenny joked, "so we built thinking we would be here for a while." They knew a contractor building in the Twin Creeks area, and he convinced them to build there. The house is a three-bedroom home with a large backyard, perfect for the sport of the season.



In 2002, Kenny and Tami decided to get more intentional about adopting. Tami recalled, "We found out about a program that was bringing about 14 kids from Russia for a short stay. There was no commitment, so it was a great chance for us to really pray about whether we would do this." Kenny and Tami welcomed Kole and Carli into their home for 10 days in November of that year, and they felt led to add the brother and sister to their family permanently. "We'd had babies before, so we really were called to adopt older kids," she said. Kole is 21 and works in Midlothian, and



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Carli will graduate from Midlothian High School this year.

Kenny and Tami made sure to include Cameron and Kenna Grace in the adoption decision. About the time they were discussing adoption, they were also thinking of building a pool. They decided they could not do both — build the pool and adopt. “We didn’t want the kids to be mad that the only reason they didn’t get a pool was because of the adoption,” Kenny admitted. “So we asked for their

input. Two days later, they told us they wanted a brother and sister, because you couldn’t swim in the pool in the winter. That was really good confirmation for us.”

The family still has the gigantic backyard, though they did end up doing some remodeling a few years after Kole and Carli joined the family. “As the kids were getting older and needing more space, we started looking at some options,” Tami said. “The kids actually

decided they were willing to share bedrooms if it meant we didn’t have to move.” Even with the kids sharing rooms, it became apparent that the family needed a little more room, so they built an addition in 2006.

From what once was the end of the house, the Lowmans attached an office area and a large room that Kenna Grace and Carli share. “Their room has little touches from the family history, as well as Carli’s Russian heritage,” Tami said.



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A stairway on the side of the kitchen, leads to a living room full of family history. "The walls have lots of the things the kids have done through the years," Tami stated. And next to the living room is one of the most important spots in the house. "Even though we are from Arkansas, Cameron and Kenna Grace are Texans, and proud of it," she added, "so we have our Texas room up here for them."

In 2002, Kenny and Tami were worried that their window to adopt was closing. Not only were they able to adopt at that time, but an opportunity presented itself a few years later. In 2008, Tami went to Haiti with her church, where she spent time helping at an orphanage. When she returned to Haiti in 2010, she and Kenny started talking about adopting a second time. "Adoption wasn't on our radar again, but we started praying and thinking about it," she shared. By the summer of 2011, Kenny and Tami had decided to adopt once more.

As one of several families from their church that were adopting children from the same Haitian orphanage, Kenny and Tami had a built-in support network. The process however, proved to be different from what the others experienced. "Most of the other families had specific children they were adopting," Tami explained. "We started the paperwork not knowing. Carli advised us to adopt siblings, because that had helped her so much when she first came."

When Kenny and Tami told the orphanage what they were looking for, they were told there was only one older sibling set, and they knew it was meant to be. The adoption took almost two years, which was difficult, but also had a surprise benefit. "With Kole and Carli,





they were coming to live with strangers,” Tami said. “But for Stephania and Peterson, we became a family long before they moved to our house.”

Stephania and Peterson came home in May of this year, and the transition has been completely different than 10 years ago. “I worried what they would think of school, but Stephania said it was beautiful,” Tami said. “It’s so different now with all of the translation software and other technology that makes it easier in a way. At home and in the ESL programs at school, they have so many resources.” Tami teaches at Vitovsky, so Peterson attends there while Stephania is at Walnut Grove.

Kenny and Tami’s house melds their family history with Russian and Haitian cultures. Peterson’s room has maps of America and Haiti, as well as plenty of sports equipment thanks to his love of sports. Stephania’s room has a ledge with several things from her home country. In the formal dining room, Tami has a display case with items from each culture and their own family lineage. Two-and-half decades after moving to Texas for what was supposed to be a short stint, Kenny and Tami have built a home, a life and a family they never expected. **NOW**



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# 2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



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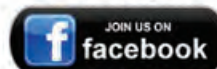
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# 2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



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# FALL FAMILY FUN

— By Sandra Strong

*Families have extra time to share in November as the sun sets earlier and the temperatures begin to drop. The fall craft ideas listed below are designed for the entire family and can help you fill a chilly evening or long weekend. We hope these activities will facilitate fun and laughter while you make lasting family memories.*

## FALL TREE

*Recycle a puzzle that's missing some pieces into a priceless work of art, while making memories with the youngest members of the family. Your fall tree can be kept for years in a scrapbook, or a magnet can be glued to the back to make the perfect fall decor for the family's refrigerator door.*

### DIFFICULTY LEVEL: EASY

- Child-safe scissors
- Cardboard
- Paint brush
- Black acrylic paint
- Blue craft foam
- White craft glue
- 36 small puzzle pieces
- Gold, red and brown acrylic paint
- Small brown lunch bag
- Green yarn



### HOW TO DO IT. ▼

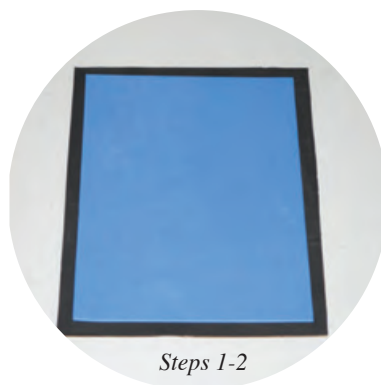
**1. Create frame** by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.

**2. Create background** by cutting foam into a piece measuring 7 1/2 x10-inches. Glue foam to cardboard allowing cardboard to frame the foam.

**3. Paint one** side of the puzzle pieces, alternating gold, red and brown until you have three equal piles of 12 to create fall leaves. Allow to dry completely.

**4. Cut bottom** off lunch bag and discard. Wad up remaining section of bag to form tree trunk. Set aside.

**5. Cut green yarn** into 1/2- and 1-inch pieces to represent grass. Glue bag to bottom edge of foam to make trunk.







6. **Glue yarn** pieces randomly along bottom edge of foam to make grass. Glue puzzle pieces haphazardly around bag to represent leaves on the tree, making sure to glue some in the grass around the bottom of the trunk to represent leaves that have already fallen. Allow to dry overnight before displaying.



Step 6

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## NOT YOUR BASIC HAND TURKEY

*This three-dimensional hand turkey can be used annually as a holiday table topper or mantel decoration. More than one can be made and presented to those grandparents who can't get enough of their grandchildren!*

### DIFFICULTY LEVEL: MEDIUM

- Tracing pencil
- 2 squares beige felt
- Scissors
- 1 square each: red, orange and yellow felt
- Pinking shears
- White craft glue
- Cool melt hot glue
- Wiggle eyes, 2 each
- 3x2 1/2-inch piece of cardboard
- Brown acrylic paint
- Cotton balls

### HOW TO DO IT. ▼

- 1. Trace hand print** on both pieces of beige felt. Cut both prints out.
- 2. Using pinking shears**, cut 6 red, 6 orange and 2 yellow triangles (2 1/2 inches from top to bottom and 2 inches from side-to-side for adult handprint and 2 inches from top-to-bottom and 1 1/2 inches from side-to-side for child's handprint).
- 3. Glue handprints together** with craft glue making sure to leave palm area and bottom unglued. Let dry. Reinforce with hot glue if needed.
- 4. Using craft or hot glue**, glue 3 red triangles in between fingers on each side. Glue 3 orange triangles in the middle on each side. Glue 1 yellow triangle toward the bottom on each side. Let dry.
- 5. Cut two very small triangles** from remaining yellow felt, gluing on each side to make turkey's beak. Glue eyes in place. Let dry.
- 6. Paint cardboard brown.** Let dry. Stuff cotton balls into bottom opening to plump up the holiday hand turkey. Glue turkey to board before displaying.







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## THANKS FOR THE MEMORIES

*One full day can easily be spent outdoors as your family hunts for natural alphabet letters in the world of fall colors around them. The completed project makes for a unique mantel or wall hanging. You can use this same idea for any occasion from special holidays to wedding and baby shower gifts. Your imagination is your only limitation.*

### DIFFICULTY LEVEL: MEDIUM TO CHALLENGING.

- Sepia-tone photographs from nature that spell THANKS
- Scissors
- Holiday scrapbook paper
- Natural burlap
- Elmer's craft glue
- 12 clothespins
- Twisted jute twine, 5-foot length

### HOW TO DO IT. ▼

**1. Take photos in nature.** You can design them yourself to complete the project sooner, or you can hunt until you find the "letters" to spell THANKS. Have photos developed into 4x6 prints.



**2. Cut holiday printed paper** into 6 5x7-inch rectangles. Cut burlap into 6 6x8-inch rectangles.



**3. Glue paper to burlap.** Let dry. Glue photo to paper making sure to secure corners. Let dry.

**4. Trim burlap** from top allowing the paper edge to be your guide. Make fringe frame by shredding remaining edges of burlap by pulling strands until reaching edge of paper.

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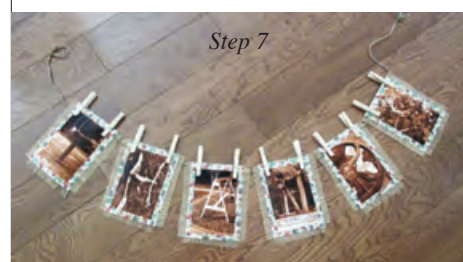
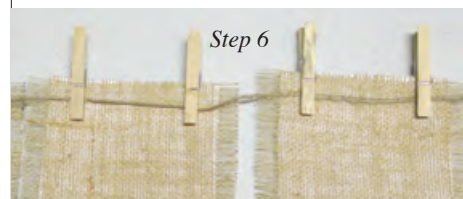


**5. Glue clothespins** to front corners of photographs only. Let dry. Backside needs to remain unglued to allow for stringing.



**6. Lay photos face down.** Thread twine through circular cutout on clothespin allowing you to hang pictures in the same manner you would hang clothes on a line. This trick also allows you to move photos freely on the twine, bringing them close together or stretching them farther apart.

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Festivals are Shreveport-Bossier's trademark. From the family-friendly alternative to New Orleans' larger, more raucous Mardi Gras celebration in February to November's State Fair of Louisiana and December's Christmas in Roseland — festivals are held from the time the first warm breeze dances across faces to the time cool air convinces everyone it's time to go indoors — but not before indulging in fabulous shopping at the Louisiana Boardwalk. This lifestyle center is ideally situated on the Bossier City side of the Red River, featuring a Courtyard by Marriott hotel property, Bass Pro Shops and Margaritaville Casino and Hotel.

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Museum of Art at Shreveport, R.W. Norton Art Gallery, Meadows Museum of Art at Centenary College of Louisiana, plus many more. These museums showcase the community's rich history, including its position in





musical lore as the place where Elvis Presley got his start on the Louisiana Hayride, a live broadcast from the historical Municipal Auditorium. Other notables who played at the Municipal include: Hank Williams, James Brown, Aretha Franklin, Kix Brooks, Dolly

Parton — and the list goes on.

As Shreveport-Bossier continues to grow and diversify, the food offerings available in local restaurants are diversifying, as well. Housed in the Plantation Plaza shopping center, Danh's Deli Express is an offshoot of Shreveport's popular Vietnamese and Thai restaurant, Danh's Garden. Danh's Deli Express specializes in *bánh mì*, a traditional Vietnamese sandwich

typically stuffed with thinly sliced pork, chicken, beef or ham, as well as a variety of Vietnamese-style veggies including shredded carrot and pickled daikon radish, cilantro and jalapeño, and often referred to as "the Vietnamese Po-Boy."



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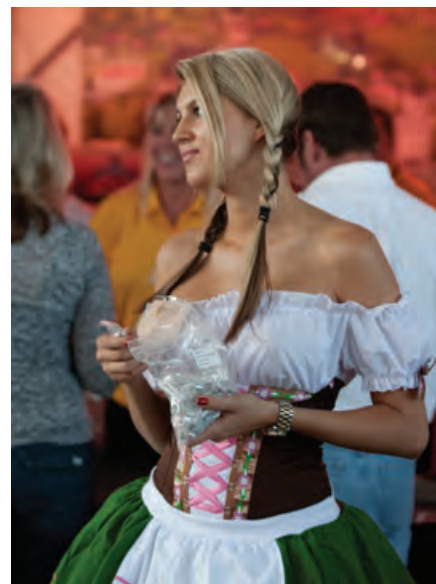
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Another side of the world is represented by Pietro's, a relative newcomer to the Louisiana Boardwalk. The family-owned and -operated pizzeria and restaurant, located near Bass Pro Shops, defies expectations at every turn. Surrounded by major national chains like Joe's Crab Shack and Fuddrucker's, Pietro's is one of only two Pietro's locations in the United States. Manager



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Stefano (Steven) Filippazzo is the son of Pietro Filippazzo, for whom the restaurant is named. Pietro himself stills cooks their meat sauce personally, a process that takes four hours on the stovetop. The recipe for that delicious meat sauce is such a secret that not even Pietro's own sons know it. The pizza here is among the best that Shreveport-Bossier has to offer. Each week, there's a Specialty Pizza of the



Week, available by the slice or as a whole pie. Specialty pizza offerings include: Pizza Blanca (with spinach and a garlic Alfredo sauce), Brooklyn Deli and Hawaiian Luau.

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*Copy by Chris Jay. Photos courtesy of Shreveport-Bossier Convention & Tourist Bureau. For a complete list of annual festivals and events, visit [www.shreveportbossierfunguide.com](http://www.shreveportbossierfunguide.com).*



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Kyle Ballard and Richard Bolgiano handle their clients' financial portfolios.

# ***Growing Your Money***

*Bolgiano Capital Management welcomes the opportunity to help you meet your long-term investment objectives. — By Betty Tryon*

How wonderful would it be to let someone else manage your money and help it grow while you focus on more important things like your son's baseball game or your daughter's dance recital? Richard Bolgiano and Kyle Ballard of Bolgiano Capital Management can make it a little easier for you by ensuring your investments are always in the best possible position to benefit your family. "We want to help our clients achieve their long-term objectives by providing for them a good conservative, disciplined, investment management process, so they can feel free to live the rest of their lives and not feel burdened with the management of their money," Kyle stated.

The genesis of Bolgiano Capital Management started with Richard. While attending college, he worked part time for a capital management company. He performed so well he was

offered a full-time position after graduation. "I worked with them a few years, and then joined my dad at the family business," he shared. "Dad had a small software business and needed help in managing the financials, payroll, bookkeeping and running the company. So, I have a lot of experience in running and working with small businesses. I worked there for about a decade-and-a-half but always wanted to get back in the capital management industry, because that was my passion. I started a tax practice to help out businesses and individuals. That led to the asset management business I started two years ago. Basically, what we do in investment management is manage clients' money. We are registered investment advisors."

When first visiting Bolgiano Capital Management, Kyle and Richard will evaluate your financial goals, values and objectives.



## Business **NOW**

This personalized attention helps create an investment portfolio that addresses your needs exclusively. "Different people have different expectations for their financial future," Kyle explained. "Some want to retire to the beach. Some want to simply continue living in the house in which they are living and enjoy life with their grandkids. Others may want to travel the world. Our objective is to build a trusting relationship, so they will be confident we are managing their investment in a fiduciary manner. That gives us a better picture of not only how we are going to invest their funds but also the level of risk with which that person feels comfortable." Bolgiano Capital Management's fiduciary responsibility to their clients means they are legally bound to always put their client's best financial interest ahead of their own.

***"It's important for us to work long term with our clients."***

Richard further clarified the company's objective in meeting the customer's needs. "Another thing that is important is when they need the money they invest. People who need those funds to retire on 20 to 30 years down the road, would need a different type of investment from those who need the funds to buy a house in the next two years."

Another service offered to the client is Bolgiano Tax and Business Services. It is a separate entity from investment management. "This is something we can make available to our clients that allows them to have the same relationship with someone who not only understands their investment needs but also understands their tax situation," Kyle stated.

"It's important for us to work long term with our clients," Richard stated. "It's more than a business relationship, but a personal relationship as well. No one else is doing exactly what we are doing here in Ellis County." **NOW**



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*Addison W. crawls out of her makeshift tent of blankets, sheets and chairs.*



*Sam and Anne Rodgers celebrate their 50th wedding anniversary with family and friends.*



*A Walnut Grove Middle School student conducts an experiment in science lab.*



*The proud group of the Indian Trail Chapter Texas Master Naturalist 2013 Training Class poses for the camera.*



*Congratulations to the 2013 MHS Homecoming Queen, Grace Bell, and King, Quindell Daniels.*



*Kim Halbrook holds her granddaughter, Oakleigh, at Midlothian's homecoming game as she sports her school spirit in her mum.*



*Baxter third graders participate in the school's anti-bullying program.*



*Seniors at the Senior Citizens Center donate a handmade quilt for the Ellis County Toy Run.*



*Midlothian HS football team members are Panther Readers at LaRue Miller Elementary School.*





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## A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with antibiotics. Treatment will lessen the symptoms fairly

quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon! **NOW**

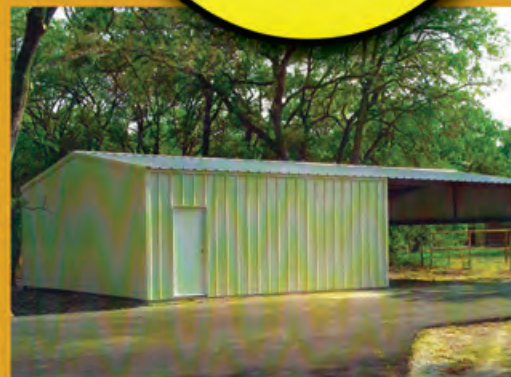
*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*





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### November 1—2

Heaven's Front Porch: Friday, 7:00 p.m.; Saturday, 3:00 p.m., historic Chautauqua Auditorium. Waxahachie's Old Fashioned Singing presents a staged musical featuring quality arrangements of several well-known hymns and gospel songs, as well as some less-familiar tunes from the first half of the 20th Century. For more information, contact artistic director R. G. Huff at (972) 923-2709 or visit [www.WaxaOFS.com](http://www.WaxaOFS.com).

### November 2

Movement Toward A Future Mentoring Program's First Annual Finish With A Splash 5K and 1K Color Fun Run: 8:00 a.m., Multi-Purpose Stadium Building, 1800 S. 14th St. in Midlothian, Cost for 5K division \$30, 1K division \$20.

Pre-Christmas Craft Fair: 9:00 a.m.-3:00 p.m., Buffalo Creek Baptist Church, 2032 S. Hwy 77. For more information, contact Judy at [italygoatlady@yahoo.com](mailto:italygoatlady@yahoo.com) or call her at (469) 335-3573. You can also visit [www.buffalocreekbaptist.org](http://www.buffalocreekbaptist.org) or call the church office at (972) 937-0500.

### November 4, 11, 18, 25

Hot Yoga Community Class: 5:45-6:45 p.m. Dynamic Yoga for Love Studio, 558 Bluebird Ln., Red Oak. Beginner to advanced levels welcome; modifications offered for various body types and ages. Visit [yoga4love.net](http://yoga4love.net).

### November 9

Jog for Dogs 5K Benefit Run: 8:00 a.m., Midlothian ISD Multi-Purpose Stadium. Proceeds go toward the cost of Joshua Seller's diabetic alert service dog. Visit [www.facebook.com/jogfordogsmidlothiantx](http://www.facebook.com/jogfordogsmidlothiantx) for further details.

Gobble Wobble 1M/5K Run: 7:30 a.m. Canterbury Episcopal School, 1708 N. Westmoreland Rd., DeSoto. Pet and stroller-friendly event. Free bounce house for children. Informational business booths. Visit [www.CESGobbleWobble.com](http://www.CESGobbleWobble.com).

Harvest and Holly Days Craft Show and Bake Sale: 9:00 a.m.-3:00 p.m., First United Methodist Church Family Life Center, 505 W. Marvin Ave. Pictures with Santa from 10:00-noon. Activities for the whole family!

### November 11

Veteran's Day Assembly at Frank Seale Middle School and Walnut Grove Middle School, contact schools for details.

### November 14, 15

Midlothian High School Theatre Performance: 7:00 p.m., Midlothian High School.

### November 15 — 17

Chris Kyle Tribute Team Fundraiser and Ellis County BBQ: Nov. 15, 4:00-11:00 p.m.; Nov. 16, 2:00-11:00 p.m.; Nov. 17, Noon-5:00 p.m., 700 Silken Crossing, No.300. Merchandise for sale. Winning drag boat Chris Kyle Tribute Tour Team Lucas will be present for viewing and photos. For more info, visit [worldchampuo@aol.com](mailto:worldchampuo@aol.com).

### November 20, 21, 22, 23

Ellis County Habitat for Humanity Festival of Trees: **Nov. 20**, 10:00 a.m.-7:00 p.m., deliver and set up trees; **Nov. 21**, 11:00 a.m.-2:00 p.m., Service Organization Luncheon; **Nov. 22**, 5:00-9:00 p.m., preview trees, wreaths and table decorations with bidding included; **Nov. 23**, 9:00 a.m.-3:00 p.m., final day of bidding includes activities for the family; Waxahachie Bible Church, 621 N. Grand St. Free. Call Teresa McNiel at (214) 244-0711 or the Habitat office at (972) 937-2797 for more details.

### November 25

Indian Trail Chapter: How and Where to Report Bird Sightings: business meeting, 6:00-7:00 p.m.; program, 7:00-8:00 p.m., Red Oak Public Library, 200 Lakeview Pkwy., Red Oak. Speaker will be Dr. Tania Homayoun.

### November 29 — December 22

3rd Annual German American Holiday Market "Christkindle": **Tuesdays, Thursdays** and **Sundays**, Noon-9:00 p.m.; **Fridays**, Noon-10:00 p.m.; **Saturdays**, 10:00 a.m.-noon; main entrance next to the Rangers Ballpark in Arlington at Six Flags and Ballpark Way. This Old World-style festival and outdoor market offers handmade gifts, unique ornaments, live entertainment and German delicacies to eat and drink. Admission and parking are free.

### December 7, 8, 14, 15

MidTowne Christmas Home Tour: **Saturdays**, 6:00-8:00 p.m.; **Sundays**, 2:00-4:00 p.m. MidTowne is located in Midlothian between Frank Seale Middle School and Midlothian High School. It is a walking home tour of five homes. Price: \$10, seniors \$8. Proceeds go to benefit Mission Midlothian.

### December 8

Mansfield Women's Club Holiday Home Tour: 2:00-7:00 p.m., 914 McCampbell Rd. \$25 in advance or \$30 at the door. Six exciting homes will be available to tour and a Christmas Marketplace. Proceeds will go to the local "Feeding the Hungry" charities. For more information, visit [www.mansfieldwomensclub.com](http://www.mansfieldwomensclub.com) or call Valorie Hauge at (682) 518-1288.

### Ongoing:

#### Mondays

Celebrate Recovery meetings: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th St. A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups.

#### Third Mondays

School Board meetings: 6:00 p.m., MISD Administration Building

#### Fourth Mondays

The Creative Quilters Guild of Ellis County: 7:00 p.m., Waxahachie Bible Church, 624 N. Grand Ave., Waxahachie. Visit [www.elliscountyquilters.com](http://www.elliscountyquilters.com) for more information.

#### Tuesdays

City Council meetings: 6:00 p.m., 104 W. Ave. E. Call (972) 775-3481 for more information.

#### First Tuesdays

Midlothian Area Historical Society meetings: 7:00 p.m., Midlothian Civic Center 224 S. 11th St. For more information, contact Beverly Sink at [beverlysink@sbcglobal.net](mailto:beverlysink@sbcglobal.net) or (469) 628-1907.

#### Second Tuesdays

American Business Women's Association Midlothian Chapter (ABWA) meetings: Dinner will be served at 6:15 p.m. If you want to be a featured business, please send an email to [abwainfo@ymail.com](mailto:abwainfo@ymail.com). For more information, visit [midlothianabwa.com](http://midlothianabwa.com).

#### Third Tuesdays

Veterans Networking Group meetings: 6:00-8:00 p.m., Ryan's Steak House, Hwy 287 Bypass and 77. Call Mike Lamb at (214) 763-0378 for more information.

#### Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30 a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. Vouchers for mothers requiring childcare are available. This is a very positive, uplifting and refreshing time for women and includes a delicious lunch and featured guest speaker each month. For reservations, women can contact Margaret at (972) 825-3559.

#### Fridays

A.H. Meadows Library Storytime: 11:00 a.m., Midlothian High School Library, 921 S. 9th St.

*Submissions are welcome and published as space allows. Send your current event details to [betty.tryon@nowmagazines.com](mailto:betty.tryon@nowmagazines.com).*





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## In The Kitchen With Jennifer Davis

— By Betty Tryon

Jennifer Davis loves to cook for the most basic reason — “Mainly because I love to eat!” she stated. Not only does she enjoy cooking but finds pleasure in all styles of cooking from down-home to ethnic, gourmet and grilling. “Although I have not been trained professionally, I like to take recipes and tweak them to make them all my own and unique. I get lots of ideas from watching cooking shows on TV on the weekend.”

Jan grew up in Midlothian and graduated from Midlothian ISD. She now works as the food service manager at Frank Seale Middle School. She has had many triumphs and failures along the way, but family and friends are there to encourage her. **NOW**

### Peachy Mustard Pork Chops

- 1/4 cup peach preserves**
- 1/3 cup honey mustard**
- 2 Tbsp. lemon juice**
- 4 boneless pork chops**

- 1.** Stir together preserves, mustard and lemon juice.
- 2.** Grill chops over hot fire for 8-10 minutes, turning occasionally; baste with sauce.
- 3.** Discard leftover sauce.

### Scottish Eggs

- 6 eggs, hard-boiled**
- 1 lb. Jimmy Dean Sage Sausage**
- 1 1/2 cups vegetable oil**

*Coating:*

- 2 eggs, raw**
- 1 Tbsp. water**
- Salt and pepper, to taste**

- 1 cup panko bread crumbs**

- 1.** Cool and shell eggs. Submerge eggs in water; place in refrigerator.
- 2.** Cut sausage into six equal pieces; form loosely into balls. Place in refrigerator until you are ready for each one.
- 3.** Take sausage balls out of refrigerator, one at a time. With thumb, make a big indentation in the ball. Work into bowl shape with an even thickness all around.
- 4.** Take one of the eggs out of the bowl of water; dry with paper towel. Put egg into the sausage bowl and gently form sausage completely around it. Put it back into refrigerator; repeat with remaining eggs.
- 5.** After completion, place all 6 eggs in freezer.
- 6.** *For Coating:* Crack 2 eggs into bowl; add water. Beat until very frothy. Season with salt and pepper and set aside.
- 7.** In another small bowl, add bread crumbs. Take one of the sausage-wrapped eggs out of freezer. Roll in bowl with beaten eggs.

Then place egg in bread crumb bowl and roll in bread crumbs until egg is coated. Repeat with all eggs.

**8.** Fry in vegetable oil until sausage is cooked. Slice sausage egg in half.

**9.** Serve with dark brown mustard and crispy fried potatoes.

### White Chocolate Banana Pudding

- 2 3.8-oz. boxes Jell-O brand white chocolate pudding mix**
- 3-4 fresh bananas**
- Box vanilla wafers**
- 8 oz. Cool Whip**
- Pecans or almonds, crushed (optional)**

- 1.** Prepare pudding as instructed on box. Chill until firm.
- 2.** In your favorite serving dish or in individual goblets, layer all ingredients — pudding, banana slices, wafers and Cool Whip.
- 3.** Chill; garnish with crushed pecans or almonds, if desired, before serving.

### Sausage and Artichoke Dip

- 1 pkg. Jimmy Dean Sausage**
- 1/2 cup green onion, diced**
- Salt and pepper, to taste**
- 1 1/2 cups Hellman's Mayonnaise**
- 1 1/2 cups Parmesan cheese, grated**
- 1 14-oz. can artichoke hearts, drained and mashed**

- 1.** Preheat oven to 350 F.
- 2.** Brown sausage on medium heat 5-7 minutes.
- 3.** Add onion; salt and pepper, to taste. Remove from heat; drain.
- 4.** Heavily spray 2-quart casserole dish with cooking spray.
- 5.** Add mayonnaise, Parmesan cheese, mashed artichoke hearts and sausage mixture into the dish. Blend well.
- 6.** Cook 20-25 minutes. Dip will slightly brown around the edges and on top.
- 7.** Serve with your favorite corn chips or crackers.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



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