# Midlothian OV

NOVEMBER 2016

# Connect, Care and Cope

Ryan Richardson and Kyle Franks bring combat veterans together

# The Finishing Touches

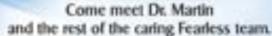
At Home With Clint and Wendy Doherty

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### ON THE COVER



Ryan Richardson offers a helping hand to fellow veterans.

Photo by Vanessa Polozola.

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### Editor's Note

Dear Midlothians.

Years ago, after I endured way too much complaining from my kids about not having certain things their friends had, I sent all three to their rooms until they could each fill a page with what they were thankful for. About an hour later, they came out of their rooms with these wonderful lists of blessings. I didn't have to lecture them about being grateful. It was right there on paper in their own

handwriting. This lesson saw its share of repetitions throughout their childhood, and it is one I've even employed for my own self.

This year, my list of blessings easily leads with my grandbabies. When my granddaughter looks up, sees me and excitedly crawls as fast as she can to get to me, my heart overflows. When I watch my grandson go through his day at a pace that would shame the Energizer Bunny, I'm so thankful for his health and zest for life. Words fail to describe how happy I feel when my face is covered with slobbery baby kisses!

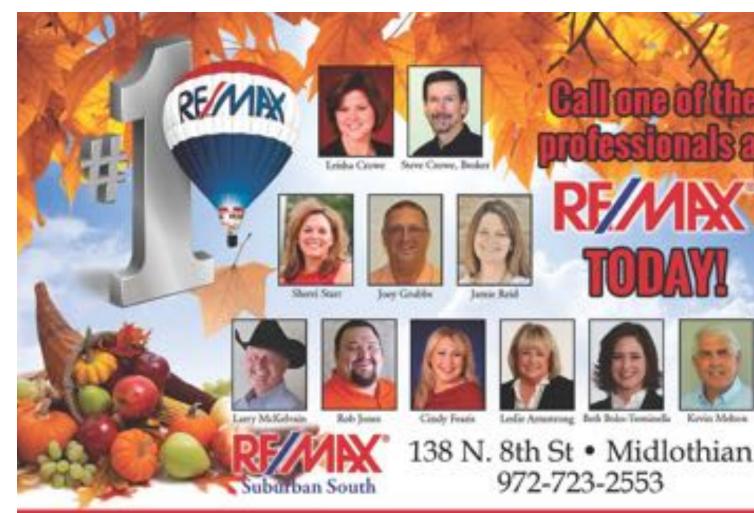
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Betty

Betty Tryon MidlothianNOW Editor betty.tryon@nowmagazines.com







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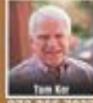
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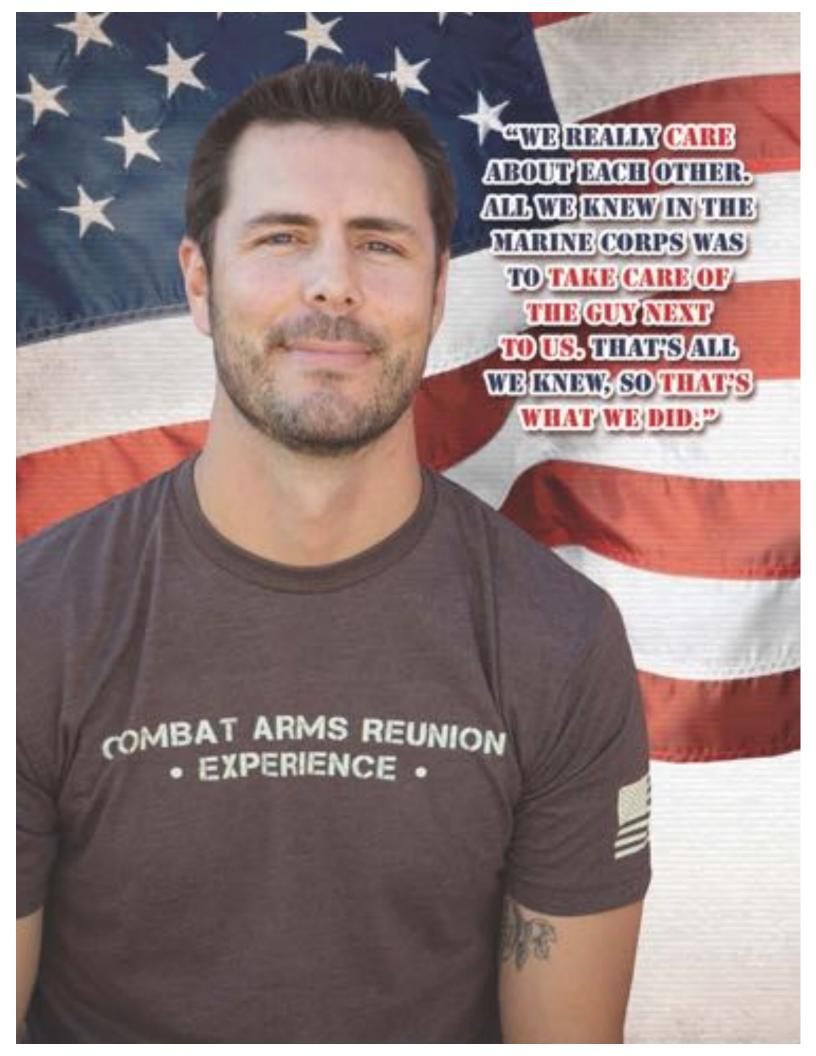
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– By Betty Tryon



"Never leave a man behind." That's the code.

And, in all situations when a veteran needs help in a combat situation, the brotherhood is strong. However, when they leave the military, many times that strong camaraderie weakens as each individual returns to their lives. Ryan Richardson and Kyle Franks are two veterans who stayed in close contact with each other, and when one of their former platoon members got in trouble, they were ready to help. "When we got out

of the Marine Corps," Ryan said, "we spread out all over the United States. Our unit was very close. We spent a lot of time together, and it was a small team of guys. You go from seeing someone 24 hours, seven days a week to not seeing them at all, and it's difficult."

Ryan and Kyle both entered the Marine Corps around the same time in 2001 and were in the same platoon. Ryan deployed to Iraq twice. The first time he was scout sniper



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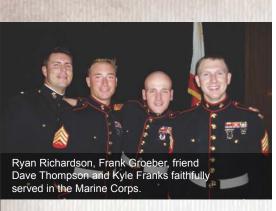
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platoon commander and the second time he was force reconnaissance platoon commander. After leaving the military, he logged in nine years in law enforcement in California before moving to Midlothian. Kyle deployed to Iraq three times and spent time overseas contracting after his time in the Marine Corps. Kyle served in the same scout sniper platoon as Ryan and was a team leader. He also served in the same force reconnaissance platoon. He recently graduated from polygraph school after returning home.

Within days of returning to their families, Ryan and Kyle received a call from the wife of a friend who'd been injured during their deployment in 2004. "She was having a lot of trouble with him because he was having adjustment issues and was using drugs," Ryan explained. "We sent her a ticket and told her to get him on the plane. We took him to Camp Pendleton and did an intervention with a psychologist who helped with getting him admitted to rehab at the VA in Balboa.



He completed rehab, got clean and saved his marriage. That was when we decided we needed to have reunions to keep track of each other and take care of ourselves instead of relying on the government or the VA or anyone else."

That desire to help their friends prompted Ryan, Kyle and another platoon member, Frank Groeber, to organize Combat Arms Reunion Experience, or CARE. "Kyle and I wanted to do something we both enjoyed doing," Ryan acknowledged. "We enjoy hunting and hanging around each other, but there are a number of nonprofits



that take veterans hunting. In thinking about what we were passionate about, we kept coming back to each other. We really care about each other. All we knew in the Marine Corps was to take care of the guy next to us," Ryan shared. "That's all we knew, so that's what we did." They decided to have reunions to reconnect and provide a network of support and care to combat vets. They are now a certified 501(c)(3) organization and registered in the state of Texas.

It may seem simple to call for a reunion of friends, but there is the food, location and transportation to consider. Many of the vets cannot afford the airline flights. CARE's largest contributor to the organization is Bruce Kopitar who owns US Tower. All the money donated goes to the reunions. CARE wants to expand to every state to reach as many veterans as possible. "We don't want to be an organization that just funds reunions, so we tell other vets our story and teach them how to do it themselves," Ryan explained.

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The trio had the first reunion in Oklahoma on Kyle's property. He had several acres where they could pitch a tent and enjoy the environment and camaraderie. Another reunion was at US Tower's facility near the base of the Sierra Nevada Mountains, and the guys were able to do team building activities such as water rafting. "I feel like there's a good amount of therapy that comes from those reunions — from getting back together with the brothers and sisters you went to combat with," Kyle acknowledged. "They understand the hardship tours that no one else would understand. If the guys in that core group can get back together and be honest with each other while sitting in a peaceful environment around the campfire, we thought that might be a good recipe for others to be able to open up to each other."

In talking together at such a setting, each veteran begins to realize they are not alone, that someone else may be struggling with the same issues they are. "It is very therapeutic in that regard," Ryan acknowledged. "We thought it important to talk about issues with each other because we don't really talk about it to anyone else. It's very difficult to do it, but we have to. We all realized we had adjustment issues and personal problems. But in the Marine Corps you're taught to suffer in silence. It's kind of the mantra, especially in the sniper and recon community. It sucks for everybody, so there is no use complaining about it. That's how we lived our lives."

Having had that drummed into their consciousness constantly as a survival strategy while serving in the military can make it difficult for them to transition to being more open after returning to their lives. The vets come home and continue the code or mantra of not



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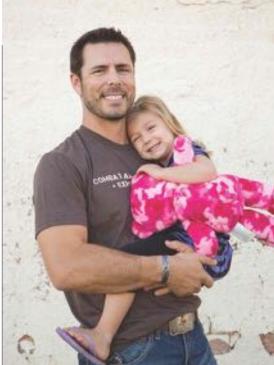
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speaking out about their struggles. "What happens if you don't talk to anyone or get help for your problems? It might be easy to think your friends aren't having problems," Ryan admitted, "that it's just you. But when you get everyone together in a secluded environment in the woods and sitting around a campfire, you hear someone say something that lets you realize you're not alone with your problem."

Kyle continued with how reluctant some are to get help at the VA. Taking that first step is crucial and hard to do. "They think they are bullet-proof and have that, 'I can handle it on my own,' mentality. But when they get in a group of people who are saying, 'Hey, we've done it. We've gotten help.' Then they start to realize that it is OK to go seek assistance. This is not just a reunion to get friends together to have a couple of beers. We give them different avenues if they are having problems. If they haven't filed a claim at the VA, we want to give them the option to do that and show them how to do it. If they are having substance abuse problems, we can direct them to a good place. Those are the goals that come out of the reunion. We just want to be able to shine a light on those paths if they need it." NOW

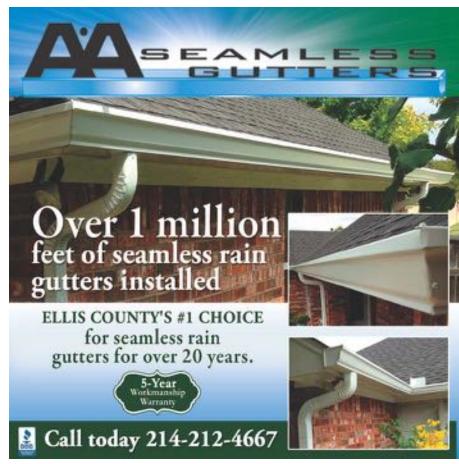
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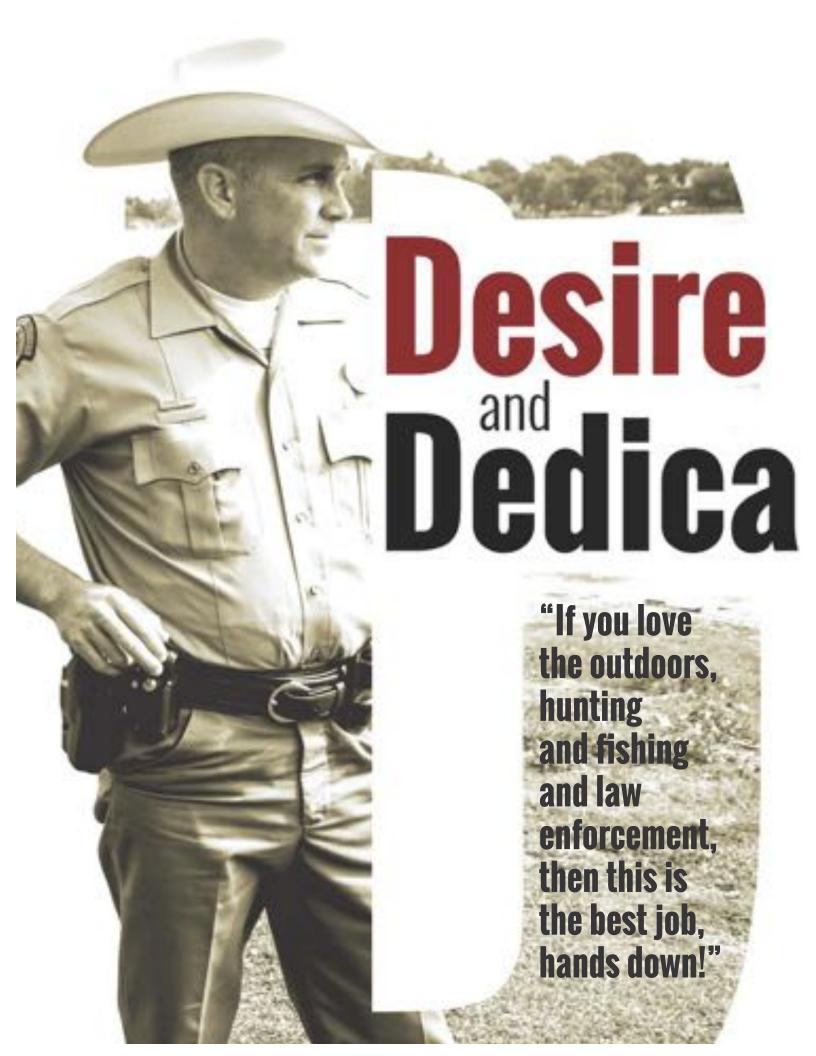
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Cool, crisp fall days bring Texas' hunting season into full swing. It's a much anticipated time. After all, getting one's first deer is a rite of passage kids remember, including Ellis County's Texas Game Warden Jeff Powell. 'I grew up in the outdoors, hunting and fishing with my dad and brother. My dad loved that life so much," Warden Powell recalled.

While citing his dad as his first mentor, Warden Powell remembers being about 10 years old and observing a game warden in action for the first time. "That meeting left an impression on me and my

By Virginia Riddle

brother. Later, after college, I introduced myself to our local game warden, who allowed me to come on ride-a-longs for several years and observe. I learned a lot from him and became hooked. I knew I wouldn't be happy unless I was doing this job," Warden Powell said.

But becoming a Texas game warden isn't easy. Less than 10 percent of applicants are accepted each year into the Texas Parks and Wildlife Game Warden Training Center located in Hamilton County. All applicants must have a bachelor's degree — a unique requirement since a degree isn't required to become a commissioned officer for other types of law enforcement. Playing football on a scholarship helped pay Warden Powell's way through Northwestern State University in Louisiana. Even with a degree in wildlife management, Warden Powell applied several times before he was hired into the game warden training center. "I worked on a GM assembly line many years before I was hired," he recalled. Perseverance is

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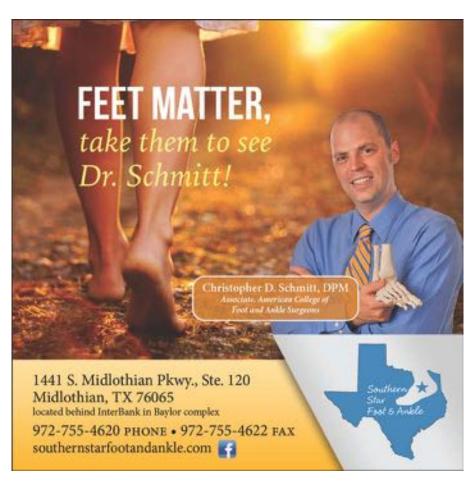
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an attribute that comes in handy. "I once received information from a source about a group of hunters who were illegally hunting deer at night. I sat and waited for seven nights straight until I caught that group who poached and killed a deer the last night!" Warden Powell stated.

Since 1895, when Texas game wardens were first commissioned as state police, they have earned reputations as cando men and women. Their training is intense. New Texas game wardens become part of one of the best-trained corps of conservation officers in the United States. "Our training is longer than any other and lasts almost eight months. We have to learn what all police officers learn, and on top of that, the parks and wildlife code, hunting and fishing laws, intensive swim training, boat operations, search and rescue and so much more. Having integrity, facing adversity and being able to work without set hours and direction are important attributes game wardens have," Warden Powell stated.

Border patrol duties are also a part of the job description, so Warden Powell, who has been Ellis County's game warden for 13 years, periodically spends time in South Texas. "We have boats where we patrol the Rio Grande River, but we also work in the rural areas where illegal aliens and drug crossings occur. There are lots of kids who are coming



over by themselves. They hop on top of trains from Central America to Mexico to get here. Some don't make it across the river. We also have to watch out for drug cartel members who are bringing illegal drugs over. It can become very dangerous," Warden Powell stated.

Texas game wardens serve at the direction of the governor, and their duties include enforcing all state laws, with an emphasis on hunting, fishing and water safety regulations. Game wardens are fully commissioned police officers who also work with other law enforcement agencies. Texas, with its diverse terrain, is challenging, and game wardens are able to handle any situation involving any of those ecosystems. "We











log hundreds of hours of boat patrol in the spring and summer throughout all bodies of waters in the state, including the Gulf of Mexico, enforcing our fisheries. We're the primary agency that works drownings on state lakes and rivers. We have specialized sonar on our boats to help locate drowning victims much faster, and we have specialized teams, such as our dive team, that assist. His work can be dangerous since game wardens are often working alone and back up by fellow officers from other agencies can be as far as 20-30 minutes away, in some remote locations.

Beginning in 2015, Warden Powell has been followed on the job by a film crew from Animal Planet's popular show, Lone Star Law. "I wanted to represent the over 500 game wardens around the state. The show isn't about me but what we all do as game wardens. This is a docuseries, not a reality show. Everything you see is in real time, just like the episodes of COPS.



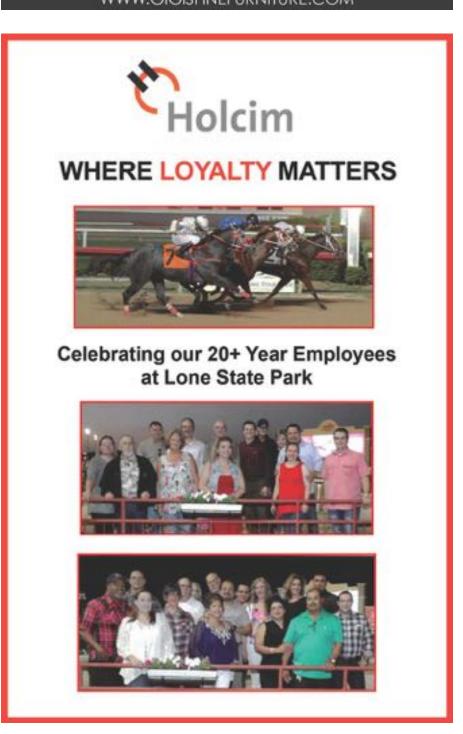
The camera crews are very professional and know how to mingle into the surroundings while filming us on patrol," he said. Recognized often, especially by fans of the show, Warden Powell grants autographs and photos with a smile. "It's flattering but, also, a little surreal. Some folks look at people who are on television differently. I'm just doing my job, but the difference is, I have a camera crew following me." The family show is getting good reviews, and there are lots of young kids who enjoy it.

"Everyone's always intrigued and loves to hear our stories. Texas is the biggest hunting, fishing and recreation state," Warden Powell stated. One of his most memorable stories occurred in 2008. "I was lucky enough to do a private conservation program in Ellis County for the former President George W. Bush and First Lady Laura Bush, guests from Cornell University and the ranch owners. The program was on injured raptors and their rehabilitation. I released numerous recently rehabilitated hawks and owls, and I related the presentation to an illegal wildlife case I had made that same morning on an individual who had shot and killed numerous hawks just north of Ennis. President Bush, being an avid outdoorsman and conservationist ... let's just say his remark on what should be the individual's future punishment was priceless! I was invited to stay for dinner and was able to visit with President Bush in a casual setting. It's a day I'll never forget."

Game wardens live where they work, and working with the citizens of their community is vital. Ellis County's population is booming and changing, demographically, from its rural roots to a more urban society. "My job has become more contextual. I meet new folks and explain about wildlife in the area. Urbanization is a people problem, not an animal problem. People have to learn to adapt, too," Warden Powell explained. "Also, we want people to be involved and report problems to us. Half the cases we make began with people calling in to report a violation."

When on vacation, Warden Powell loves the mountains, hunting, fishing, playing golf and traveling. "I advise kids who want to become a game warden to stay in school and go to college," he said. "And if you love the outdoors, hunting and fishing and law enforcement, then this is the best job, hands down!" **NOW** 

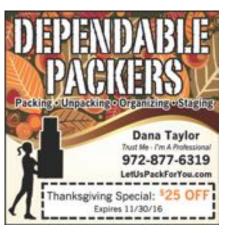














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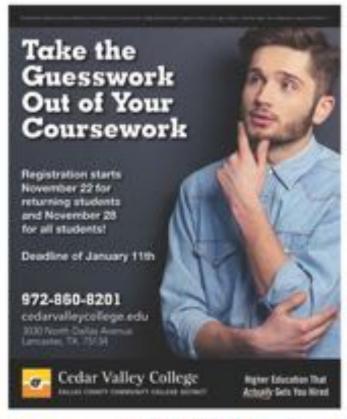
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A quick look at the gift items and discounts available locally.













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









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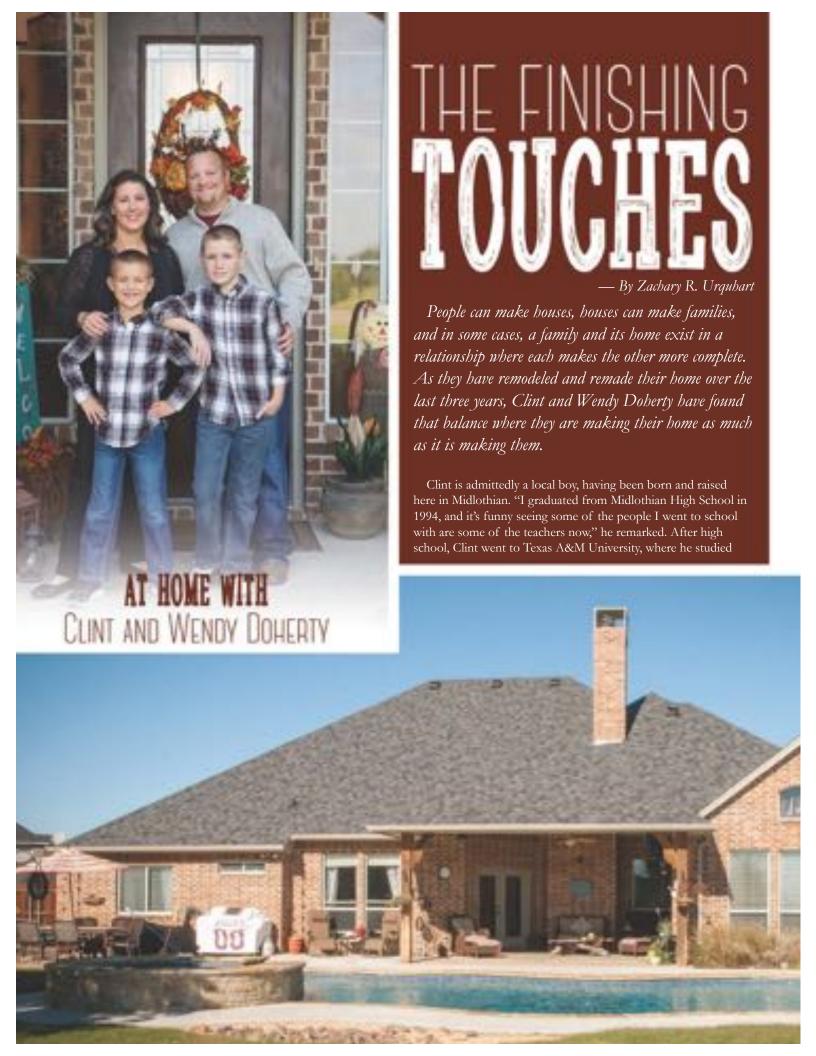












agronomy, focusing on golf course and turf management. "It is hard to get into the golf course management side of it, so I went into landscaping right away," he explained. For almost two decades, he has worked for a company that produces soil to sell to small nurseries and plant sales centers.

Wendy grew up in Gladstone, Illinois, a small town near the Iowa border. She studied elementary education at Southeastern Community College in Burlington, Iowa, before moving to Texas two decades ago. "I had family down here, so I moved to be near them," she said. "I was going to keep studying here, but I ended up going into the workforce. I was an asset manager for apartment communities, but now I've been in commercial floor sales for five years."

Wendy was managing an asset in Addison 14 years ago when Clint was a sales rep for the landscape company that worked with the portfolio. "He walked in, and I told my co-worker, Tm gonna marry that guy," she laughed. After months of being friends, and discovering that they actually lived next to each other in the same apartment building, Clint finally asked Wendy out, and they eventually married in 2004.







Clint and Wendy moved from Addison to The Colony, where they lived until they started having kids. "We really just outgrew that first house," Clint said, referring to their two sons — 10-year-old Kendall and 8-year-old Kaden. They went from The Colony to Arlington, but a few years ago, they knew there was one more move they wanted to make. "Having grown up here, I knew how great the town was, and especially how great the schools were," he admitted. In 2013, Clint and Wendy bought a home in Crystal Forest, and they have been improving it ever since. "We love it here.

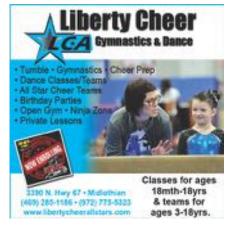
We have the best neighbors, and really it's just a great community," he boasted.

The house is on the inside corner of a cul-de-sac, with great drive up curb appeal. "We redid the landscaping out front, and we are eventually going to do more of it in the back," Wendy detailed. Just inside, the entryway leads into a functional, pseudo formal dining room with decorations highlighted by a Revolutionary War chessboard that Wendy bought Clint for his birthday several years ago. "I thought it was neat, and now Clint has been teaching the boys how to play," she added.

The living room is beautifully clad with leather furniture, a big-screen television and mirrors and pictures on each wall of the room for decoration. The living room flows into a kitchen with brown granite counters, honeytoned cabinets and chrome appliances. There is another living space under construction in the garage, as Clint is working on his man cave, with a gaming system, driftwood bar, and a refrigerator covered with decals from local breweries he has visited. "I write a blog for DFW Beer, so I've been to tastings all over the area," he explained.











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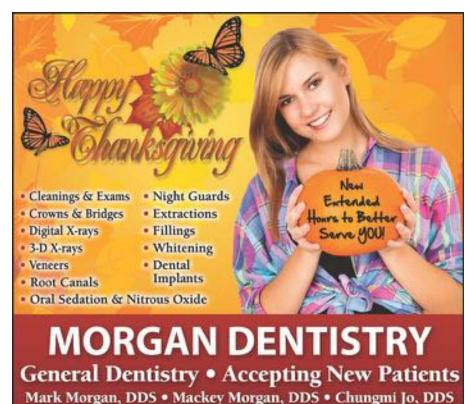


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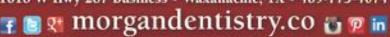
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The master bedroom is adorned with bedding whose neutral tone offers an amazing blend with furniture Wendy customized herself. "I bought an antique vanity at an estate sale," she detailed. "I chalk-painted it white and then added a dark stain to it. It's a gorgeous piece that brings the bedroom together. I've never been a matchy person," she said. "I'd rather go to an antique store and find something I can make work or paint. I love to paint furniture and make it come to life again."

Across the house, the boys' rooms show their unique characters. Kendall's room is already a little more grown up, with furnishing that complements his



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passion for sports. "Wendy re-covered the headboard when she was designing his room," Clint mentioned. Kendall also has several sports mementos, which is fitting with his growing love for soccer. "We are a family that is always going to practices and games," Clint said.

Both boys like playing with LEGOs, but Kaden is obsessed, so his whole room is decorated with that in mind. "I painted some canvases to look like large LEGOs," Wendy described. "And then I painted his desk in LEGO colors to complete the space." Kaden has several complete sets displayed on his shelves, and has a whole display area in his closet as well.

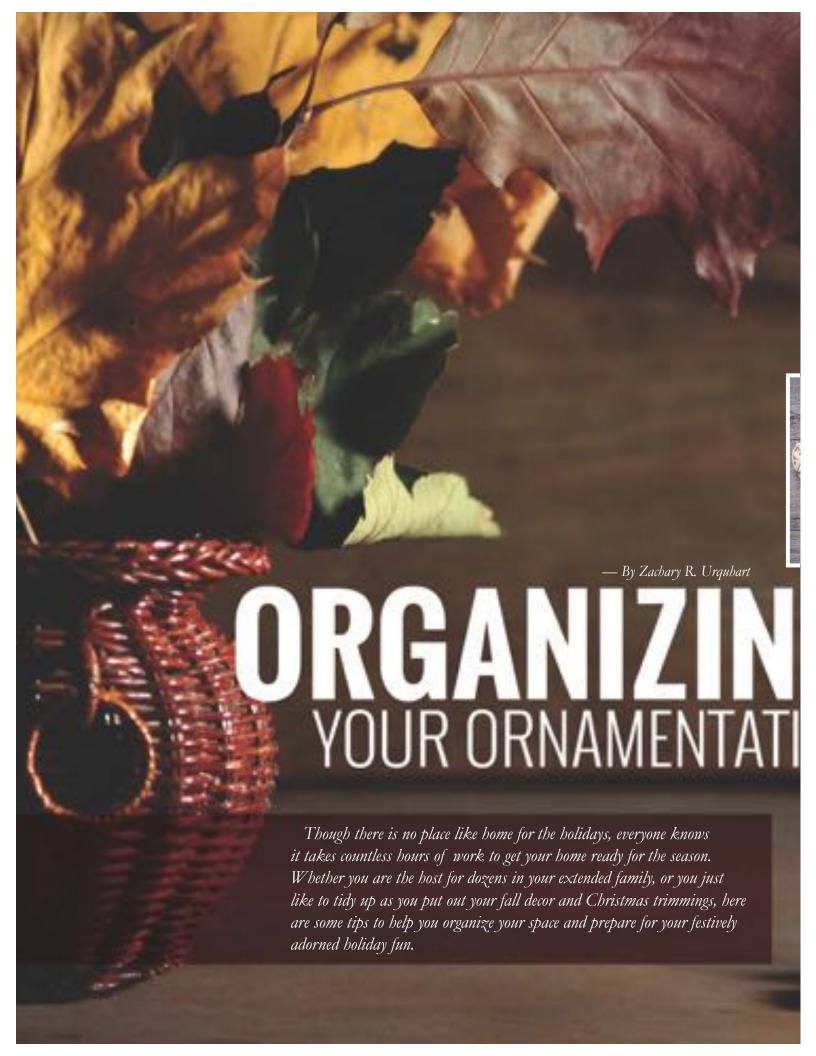
The guest bedroom has more restored furnishings, and its simple but colorful scheme gives a welcoming vibe without the overwhelmingly formal feel some guest bedrooms have. The best feature of the room, though, is a great view of the beautiful backyard that is the climax of Clint and Wendy's upgrades to their home. "We've redone some of the landscaping, and we just added the pool last year," Clint said. "One of our neighbors, Bill Hileman, has a pool company and he did a great job for us." The pool is peaceful and offers a great relaxation spot for the family and their guests. Past the swimming area, Clint and Wendy have plenty of land left over for a soccer goal, disc golf basket and more of Wendy's design touches.

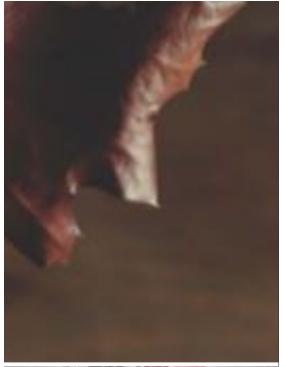
"I found this daybed frame, painted it and sealed it," she detailed. "I added a mattress and covered it with waterproof fabric, and that has become our outdoor reading area." In adding the pool, Clint and Wendy replaced part of their flagstone patio with smooth concrete, and they hope to do more of the same in other places. "Eventually, we'll get rid of the rest of the flagstone and add an outdoor shower and a pergola outdoor kitchen," she recounted. "And with my current line of work, we want to redo most of the floors in the house with hand-scraped wood."

As they have remodeled and transformed, Clint and Wendy have continued finding ways to improve the space for themselves, their family and the many guests they welcome into their home. As they have poured their efforts into making a great house into their perfect home, Clint and Wendy are adding just the right touches. NOW











# HAVE A PLAN • Before you head up to the attic, make sure you have your non-Thanksgiving stuff organized and put away. You do not want to make extra trips up and down your attic staircase because you accidentally buried your seasonal towels under your summer wreath. One great and simple option is to use a few different colors of plastic tubs. It will cost you a few dollars, but the tubs will last a lifetime, and if you color code based on the seasons, it will be easier to get ready with each changing season.







www.nowmagazines.com 37 MidlothianNOW November 2016







• Organize your storage space. One of the most common mistakes people make is to pile boxes thoughtlessly in their attic, meaning every decorating season includes an exercise in moving boxes for other seasons before finding the ones currently needed. Take some time and spread out your tubs around the space. If need be, add a few more sheets of plywood decking to give yourself ample room to store your bins.



• If you decorate with more than just a different scent of candle and hand soap, take photos of your completely decorated house to use as a reference in years to come. There is nothing worse in decorating than knowing you had it just right before but being unable to duplicate it this year.

# SPRING CLEANING, PART TWO

• Give the house a decent cleaning between seasons. Decorating can take a while on its own, so adding house cleaning might turn this into an entire weekend job. If you have kids, try making the cleaning a family event. Give each kid a duster or dry Swiffer and see who can collect the most dirt and dust.



• When you are putting your decorations away, be sure you give them a wipe, a rinse or a dry towel, whatever applies to each piece. The biggest thing is that you make sure any water or liquid is completely dry

before storing your decorations in a box that will see two months of triple-digit heat before you open it again.

- Pack smartly. Give breakables plenty of padding and packaging, and do not overfill your tubs. It may mean buying an extra bin or two, but the few dollars spent upfront will easily outweigh the monetary and sentimental cost of replacing your decorations.
- When it comes to your Christmas lights, take extra care to keep from breaking bulbs in the cleanup process. If you find that you have broken bulbs or strands during the holiday season, check local stores at the end of the season for two reasons: You might find big savings with after-Christmas sales, and you want to make sure to match the style you are replacing, which is no guarantee from one year to the next.

## **GETTING READY FOR GUESTS**



• If you have a houseful coming to celebrate, it can be overwhelming. Unless your house is equipped to hold a few dozen cousins and in-laws, you're probably trying to figure out where to have everyone sit. One option is to borrow tables and chairs from friends, family or even your church or business. If you plan on hosting regularly, it may be worth the cost to buy some simple foldable seating that you can tuck away in the garage or attic. But if you













are only hosting once a decade, you can rent tables and chairs for only a couple dollars per person.

• Add to your guests' experience by using name cards for the seating. Placing a simple white card on top of three or four leaves will enhance your table decorations, too. Or, let making the cards be a fun project for the kids, so they can be involved in getting ready for the festivities. You will want to do the placing yourself, though, since you are probably aware of any family dynamics that come into play when you get together with your whole clan.





### BUYING AND PURGING

- There is nothing wrong with starting a new holiday collection, or adding new pieces to what you already have. But, if you find yourself leaving certain accoutrement in the attic year after year, consider getting rid of some pieces before you buy anything new. For you empty-nesters, offer decorations and even whole collections to your children for their homes. You might be surprised what family mementos your son or daughter wants to hold on to from his or her childhood.
- When you take your next trip to the craft store, you might be tempted to load your cart with new items for your home. Take your decoration photos with you. Similar to going to the grocery store on an empty stomach, if you head out while your house is devoid of decor, you might end up with decorations you cannot fit. But, with pictures of your home in hand, you will have a good chance to consider whether or not you really need one more fall spread.

As you prepare this holiday season, remember that time with your family is supposed to be fun, not full of stress. With these simple organizational and decorating tips, you can focus on being thankful for all that you have.





# Business NOW







#### Mo's Italian Cafe & Wine Bar

128 N. 8th St. Midlothian, TX 76065 (972) 775-2590 MosItalianCafe.com

#### Hours

Monday-Saturday: 10:00 a.m.-9:00 p.m. Sunday: Closed



Mo Hadzovic welcomes you to join him and his family at their family-oriented restaurant.

# Family, Food and Fun

At Mo's Italian Cafe & Wine Bar, a great atmosphere is on the menu. — By Betty Tryon

Mo Hadzovic has big plans for his restaurant in Midlothian. He wants to make it the place to be for families looking for good food, relaxation and fun. "My wife, Brandi, and I are trying to give Midlothians a place where they can come in and have that North Dallas experience right in their backyard. They don't have to go to Dallas. They can stay in our community."

Mo started in the business at the young age of 16. His experience in Italian cuisine came from his mom. She escaped communism from Montenegro — the former Yugoslavia — to Italy. That Italian background for Mo is what gives him his expertise in Italian cooking. He ran his own restaurant in Cedar Hill for 10 years before moving with his wife and three children to Midlothian.

Mo opened their family-oriented restaurant in Midlothian on January 4. Mo's Italian Cafe & Wine Bar bakes all of their bread, shreds their own cheese and serves only fresh ingredients. Nothing is brought in frozen. "The quality of our food, service and prices is something we strive for. We want people to come here and leave with a 'wow' experience and know that we care," Mo declared. "We want people in Midlothian to feel like it's their restaurant, their home away from home, where they get treated like family."

Mo's Italian Cafe & Wine Bar also serves new American food along with Italian food. The steaks and fish on the menu are cooked with an Italian flair. "We make everything to order," Mo said. "If I wouldn't serve it to my kids, I wouldn't serve it to my customers."

# Business NOW

This approach serves the students well at Trinity Christian School in Cedar Hill, as his restaurant prepares lunch for the school lunch program. "We are responsible for feeding 650 students every day. It's not typical cafeteria food. I have an executive chef, Justin Citron, and everything is made from scratch."

"We want people in Midlothian to feel like it's their restaurant, their home away from home, where they get treated like family."

The restaurant also caters all types of food, not just Italian but American, French or Mexican. "We can do a highend event with a menu of beef tenderloin and sea bass, and two days later, do an event for kids where we are basically serving pasta and salad. We're very versatile, and our prices are some of the best in town." If you have a Midlothian address, Mo's Italian Cafe & Wine Bar will deliver not just pizza, but anything from their menu.

His efforts, along with those of his general manager, Michael Citron, to make the restaurant family-friendly with good-quality food are paying off. "It's nice having the customers appreciate what we are trying to do," Mo shared. "It's fun watching the business grow. I'm extremely excited about the expansion. One of the walls will be completely opened to enlarge our entire area and add a wine and martini bar and a piano bar. The patio will be climate controlled with live music on the weekend. We'll have a family night where there will be a big screen for the kids to watch a movie, while the parents are eating, having a couple of drinks or a glass of wine and relaxing. We look at our customers as our families," he enthused. "My wife and I are passionate about our restaurant and Midlothian. We love leaving the house and coming to work. It's a good deal." NOW



## Around Town NOW



Another successful For Maddie's Sake Saturday Social inclusion dance with Marisol Guerrero, Amber Knott, Destiny Wells, Debbie Fussell and Maddie Dixon.



Joe Barton answers questions at the Midlothian Chamber Business Luncheon.



Midlothian varsity volleyball team members Stephanie Deese, Aubrey Walton, Sidnee Little, Ayilha Muhammed and Hydea Martin are having fun with their coach, Mary Malone.



Kristen, owner of Rusty Sparrow Wear-ables, welcomes visitors to her new boutique located above Jane's Flower Shop in Midlothian.



Jolie Hartman with the United Way and Midlothian supporters help raise awareness for a great cause.



Stefani McDade proudly displays her book, 21 Lessons in Passionpreneurship.



Celina and Ethan Romney prepare to welcome guests to the grand opening of the Studio and Atlet Athlete Enhancement Training.



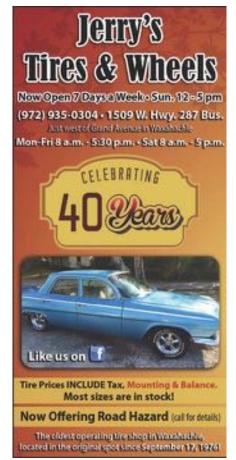
Aaron Michalski enjoys dinner with his favorite gal, Kera Jennings.



Nicole Erwin is happy to find just the right outfit at Lucky U's One-Year Birthday Celebration.









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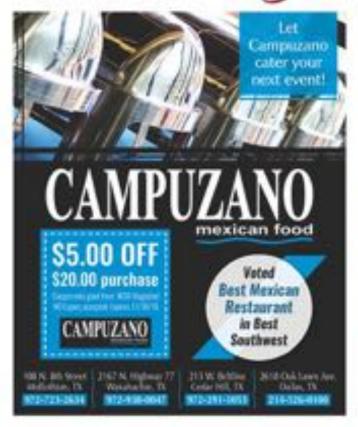
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# Dining DEAL\$









# Tummy Ache or Big Problem

— By Betty Tryon, BSN

Inflammation is the bane and the beginning of so many disorders and illnesses in the body. Gastritis — inflammation in the stomach — could be inconsequential or, perhaps, a condition of something more serious. We all have that occasional upset stomach from eating too much, eating the wrong food or even going too long without eating anything. Your stomach can become swollen and irritated from too much of the wrong type of bacteria or even from some medications. These upsets tend to be self-limiting and easily remedied.

There are lifestyle changes one can make to avoid getting gastritis once you recognize that certain actions or behaviors can aggravate the situation. If anti-inflammatory drugs, such as aspirin, Advil or Aleve cause discomfort, another medication may have to be substituted. Avoid spicy foods, acidic foods and alcohol. Try to eat smaller meals more frequently and work on reducing stress.

Depending upon the degree of gastritis, symptoms experienced may be abdominal pain, which can be felt as burning, gnawing or cramping; bloating or a feeling of fullness; belching; nausea; and/or vomiting and diarrhea. In treating these symptoms, many times over-the-counter antacid medications, such as Maalox or Tums, are all that is necessary to neutralize stomach acid. Drugs that reduce the production of stomach acid like Zantac and Tagamet or medications like Prilosec and Nexium, which function by blocking the action in the stomach cells that produce acid, can be helpful.

However, there can be episodes of gastritis that can be serious enough to warrant medical attention. Some such episodes include: peptic ulcers, bleeding within the stomach that causes anemia and, rarely, cancer or serious bowel problems. The most common causes of gastritis are from the Helicobacter pylori bacteria, known as H. pylori, and from anti-inflammatory drugs. Both of these agents can create strong inflammatory actions and set up the stomach for a chronic problem. In addition to bacteria and drugs, some of the conditions that can cause gastritis are alcohol, viruses, stress, fungal infections and bile redux.

Antibiotics prescribed in combination medication therapy are common to eliminate the bacteria. If taking anti-inflammatory drugs is creating a problem but the medication is essential, a balance of medications that either block or reduce acid production to be given with the anti-inflammatory drugs is needed. If possible, another alternative for pain management, other than anti-inflammatory medication, may need to be found.

For the most part, gastritis may just be an annoyance. But, should it become a chronic condition, it may be time to call in the professionals for help.

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















#### Through December 18

County Fair Antique Sideshow Banners by Snap Wyatt and Banner Paintings by Molly McGuire: **Saturday** and **Sunday**, 1:00-5:00 p.m., Webb Gallery, 209 W. Franklin St. For more details, visit www.webbartgallery.com.

#### November 1 — 4

Early Voting for the November 8, 2016, General Election: 8:00 a.m.-6:00 p.m., Midlothian Conference Center.

#### November 4, 11, 18, 25

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

#### November 5

Midlothian Wine & Arts Festival: 4:00 p.m.-8:00 p.m., Downtown Midlothian, 8th St. at Ave. F. Top Texas wineries, craft brews and chocolatiers join great local artisans and musicians. Festival is free. Wine Walk Tickets are \$25 and include a wine glass and shopping tote. Must be 21 to purchase tickets for Wine Walk.

#### November 8

General Election Day: 7:00 a.m.-7:00 p.m., at voting locations by precinct.

#### November 11

Midlothian's 7th Annual Veterans Tribute Dinner: 6:30-9:00 p.m., Midlothian Conference Center. Honoring all who served, For more information, call (972) 775-7177. Online registration at Midlothian.tx.us/ veteransdinner.

#### November 14

Ellis County Veterans Networking Group meeting: 6:00 p.m., Ryan's Steak House, Hwy 287 Bypass and 77, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378 for more information.

#### November 14 — 21

Operation Christmas Child, Shoebox Ministry of Samaritan's Purse, National Collection Week: two drop off locations at Farley Street Baptist Church, 1116 Brown St., Waxahachie and East Ridge Baptist Church, 732 E. Ovilla Rd., Red Oak. For more information, contact Burt Lyon, Ellis County Operation Christmas Child Area Coordinator, at (310) 413-8716.

#### November 15

Relaxing Coloring: 6:30 p.m., A.H. Meadows

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

#### November 19

Pet Adoption Event: 9:00 a.m.-11:00 a.m., Walmart Garden Center, 400 U.S. 67 Frontage Rd. Animal shelter pets available for adoption will be in attendance.

#### November 25

Necessity Closet at One Way Church: Noon-3:00 p.m., One Way Church, 716 W. Main. Helps people on food stamps or who have a low income by giving them paper products and cleaning supplies. For more information, contact Jean Burns at (972) 978-7210 or by email at mybrokee@aol.com

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











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# In the Kitchen With Edwin Lugo and Mitsy Hollis-Lugo

— By Betty Tryon

Edwin Lugo and Mitsy Hollis-Lugo are a great team for great cuisine. Mitsy's influence came from her mother and grandmother. "Ed was brought up in a Puerto Rican home where good food brings everyone together. He attended The Culinary Institute of America in San Antonio and had well over 10 years' kitchen experience before enrolling," she said. "He has a love and a passion for Latin and Italian cooking with a spicy flare in the kitchen."

Misty has over 15 years of restaurant experience and loves baking along with putting a country spin to barbecue with the fixings. The two of them fill their days as owners of The Little Red Barn in Midlothian. NOW

#### **Strawberries Romanoff**

- 1 1/2 cups sour cream 1/4 cup brown sugar 1 Tbsp. orange liqueur or rum 2 pints fresh strawberries
- 1. Mix sour cream, brown sugar and liqueur together; let set in the refrigerator for 30 minutes.
- 2. Wash and cut fresh strawberries in half. Stir the sauce well before serving over strawberries.

#### **Bold Beef Stroganoff**

- 3 Tbsp. vegetable oil (divided use)
- I green bell pepper, thinly sliced
- I red bell pepper, thinly sliced
- I yellow bell pepper, thinly sliced
- I large white onion, thinly sliced
- 3 cloves minced garlic
- 1/2 cup flour (divided use)
- I lb. skirt steak cut against the grain
- 2 cups beef broth (divided use)
- 3 Tbsp. season salt

- 1 Tbsp. black pepper
- 1 Tbsp. ground red pepper
- 3 cups sour cream
- 3 whole bay leaves
- 1. Heat 2 Tbsp. oil in a large pot over medium-high heat.
- 2. Add all of the bell peppers, onion and garlic, stirring constantly about 3 minutes, until slightly softened. Remove the vegetables and set aside.
- 3. Add remaining oil to the pan, and use 1 Tbsp. of the flour to lightly dust the steak before frying. Once meat starts to brown on both sides, add vegetables back to the pot and stir constantly until meat is finished cooking. Slowly add 1 cup broth to the pot along with all of the seasonings, except bay leaves.
- 5. Mix the remaining flour with the remaining cup of broth and stir well; set aside.
- 6. Add sour cream to the meat and vegetables; mix well. Simmer over medium-low heat for 10 minutes. Add flour/ broth mixture; stir well. Add bay leaves and

simmer for 20 more minutes. Serve over rice or noodles.

#### **Super Cookies**

- I box yellow cake mix
- 1 stick softened butter
- 1 egg
- 1/2 cup semi-sweet chocolate chips
- 1/2 cup Heath toffee pieces
- 1/4 cup salted almonds, crushed
- 1. Preheat oven to 350 F.
- 2. Stir cake mix, butter and egg until well mixed. Gently stir in chocolate chips, toffee pieces and almonds.
- **3.** Place in even amounts on a lightly greased cookie sheet 2 inches apart. Bake for 13-16 minutes or until golden brown.

#### Chili Quesadilla

**Butter for grilling** 

- 4 large flour tortillas
- 2 cups shredded cheddar (divided use)
- 1 10-oz. can chili of your choice (divided use)
- 1/2 cup sour cream
- 2 Tbsp. diced green onion
- 1. Place a grill pan over medium heat with enough butter to barely coat the bottom of the pan. Place 1 tortilla in the pan and grill 1 minute. Flip the tortilla and add 1/4 cup cheese over the whole tortilla. Add 3 Tbsp. chili to half the tortilla.
- 2. Fold tortilla in half and grill for 2 minutes on each side. Repeat steps for each tortilla.
- 3. Slice and serve garnished with sour cream and green onions.

### Jalapeño Cheese Ball

- 24 oz. whipped cream cheese
- I medium jalapeño, diced
- I cup green onion, diced
- 2 cups cheddar cheese, shredded (divided use)
- 2 Tbsp. dry taco seasoning
- 1. Mix cream cheese, diced jalapeño, diced green onion, 1 cup cheddar and taco seasoning until well blended.
- 2. Form into a ball in plastic wrap and refrigerate for 1 hour. Place remaining 1 cup of cheddar on a plate and roll the cheese ball in the shredded cheddar until completely covered. Serve with tortilla chips.

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