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JANUARY 2014

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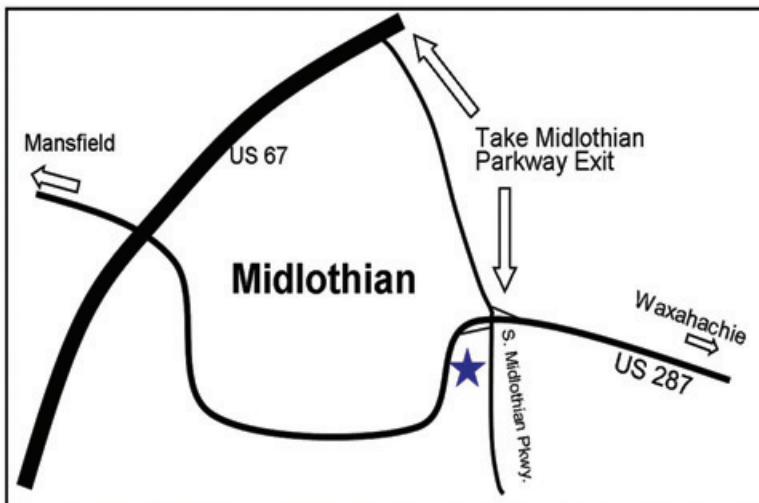
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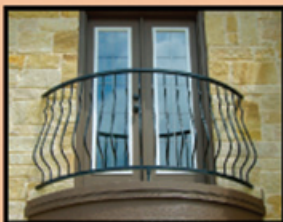
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## ON THE COVER



*Marty Logan, professional drag boat racer, used this drag boat to raise thousands of dollars for Chris Kyle's family.*

*Photo by Amy Ramirez.*

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## Editor's Note

*Hello, Midlothian!*

On this first day of a new year what are your plans? Will this be the year all of your huffing and puffing pays off with a slim and toned body? Perhaps you made a vow to yourself that your financial independence begins this year. Or, maybe you just want to be a better person. I can't help you with the first two wannabes, but never fear, a solution is here for the third resolution. It's simple — laugh every day. I don't mean a titter or giggle. I

mean a throw-your-head-back, roll-on-the-floor roar! Laughter is good medicine. It helps your immune system, lightens your mood and makes everyone around you feel better. January 24 is Global Belly Laugh Day. Laughter is contagious, and that day is a great one to let someone catch it from you.

Happy New Year to you and your family from all of us at NOW Magazines!

### Betty

Betty Tryon  
MidlothianNOW Editor  
betty.tryon@nowmagazines.com



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# A Blessing

— By Betty Tryon

*That cold grey morning, thousands stood in the drizzling rain waiting for a national hero to be driven by — Midlothian's own Chris Kyle, the decorated Navy SEAL whose murder shocked the nation. Standing respectfully along with the others was Marty Logan, champion drag boat racer. "I'll never forget it," he shared. "I got up before daylight that Tuesday morning. It was raining, cold and miserable. At daylight, people started showing up. I looked around and was amazed. Everywhere you looked, there were people lining the road. Even the overpasses were covered with people holding the American flag. Seeing the outpouring of support by other Americans touched my heart. When I returned home, I told my wife, Michelle, that we really needed to do something for that family." The night before the funeral procession, Michelle asked Marty why he wanted to go. "I told her it was just the right thing to do," he said. "He was the real deal, an American hero, and we need to honor him."*





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One of the reasons Marty  
did the tour was to keep  
**Chris' memory  
alive.**







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Marty put into effect something that worked in a really big way. As a professional drag boat racer, he pledged to designate this racing season as the 2013 Chris Kyle Tribute Tour. That means every dollar raised by his racing organization goes to Chris Kyle's family. It includes sponsorships, prize money and merchandise sales of golf shirts, T-shirts and caps — all designed by Marty. In November, the Tour had earned \$77,000. With another race to go and the promise of more sales, Marty's goal is \$100,000, and it's all for a man he never met.





Although Marty never knew Chris Kyle, he soon discovered they had mutual friends. "When I found out Chris was from Midlothian, it hit home, and I started to do some research," Marty explained. "I saw he wrote the book *American Sniper* and was the most prolific sniper in American history through four tours of military service. He was a pretty special guy and served his country tremendously. One of Chris' favorite sayings about his fellow veterans was, 'It's our duty to serve those who served us.'"

When he started to read *American Sniper*, Marty was so mesmerized by it that he could hardly put it down. "That's why it was on the *New York Times* Best Seller list," he stated. "It really brings to light what went on over there. My favorite quote is, 'Chris Kyle was just a good ole Texas boy who became an American hero.' I don't think that was really Chris' intent. I think he just wanted to serve his country and be the best he could be, and his actions made him an American hero."

As Marty, with the help of Michelle, began to plan his fundraiser, he realized he needed and wanted the blessings of Taya Kyle, Chris' widow, on the project to honor Chris. "I wanted to contact Taya the right way," he shared. "So, I contacted mutual friends and finally found the right guy. I told him that I wanted to donate 100 percent of every dollar raised."

After getting consent from Taya, the Chris Kyle Tribute Tour began, with the first race only two days later. They were able to raise \$4,000 the first weekend. Since their first meeting, Marty and Michelle have become great friends with Taya and her two children. "Taya is a



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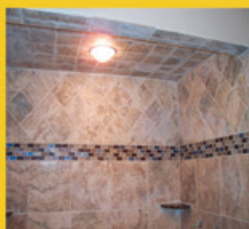
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Marty Logan shares his love of racing with his twin sons Michael and Tucker.

tremendous lady who has held it together in the face of an incredible amount of adversity, which no one should have to endure," Marty said. "I've told Taya I feel cheated that I never got to meet Chris. I think we would've gotten along great."

One of the reasons Marty did the tour was to keep Chris' memory alive. Marty has just the kind of big personality, along with his phenomenal skill as a racer, to accomplish this in a big way. He has won six world championships as the owner and driver of the House of Colour Motorsports Pro Modified Hydro drag race boat.

Racing is natural for Marty, as he has always loved boats and speed. His first race as a youth was in a 15-foot ski boat. In the 1970s, he bought a jet boat. "I've been around boats all my life," he observed. "In the beginning, my friends and I would go on rivers and lakes and just race. The boat got too fast and the danger level too high, so we decided to go to organized, sanctioned racing, with rules and safety equipment. Safety is a huge factor."

Marty was in his late 20s when he started racing. He graduated from college in 1979, and shortly thereafter, he purchased his first race boat. It was a Contender Custom Tunnel outboard, which could reach 85 mph. His time at University of North Texas had nothing to do with racing. He pursued and earned a business degree in administrative management. "I chose that major, because I thought it would look good on a résumé," he laughed.

Marty became serious about racing in 2000. One of the organizations he is affiliated with is Lucas Oil Drag



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Boat Racing Series. "It is the premier organization on the planet. They have stepped up and taken drag boat racing to the next level," he said. Almost any Saturday, he can be seen racing on CBS Sports, NBC Sports, Fox Sports One, or MAV TV.

Marty's current team is House of Colour Motorsports, named after his business House of Colour Auto Truck and Collision Service Center in Dallas. He has owned three Pro Modified Hydro boats since 2006. The boat used for the tour is decorated with several Chris Kyle decals. "I absolutely love getting in that boat to race," he declared. "That's my seven seconds of heaven and is the most peaceful place to me. When I close the capsule lid and go down the track, I don't have to talk to anyone. I don't have to answer any phones. I just do what I do. It's my passion."

Marty is able to do something he loves, which allows him to give back in a tremendous way. He takes it all in stride when others praise him for donating all the proceeds of his winnings to Chris Kyle's family. "We're doing this because it's the right thing to do," he said. "Not only are we honored to do it for the Kyle family but it is one of the biggest blessings I've ever received." **NOW**

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MAKING

RESOLUTIONS

STICK

— By Jill Rose

## Be realistic.

*With the New Year comes a clean slate and a chance to start over. Bad habits and lifestyle choices can be altered with resolutions and goals, and the not-so-great living of the last few months slowly becomes a memory. Whether you want to work out or eat healthier, resolutions can help change your life for the better. Follow these simple guidelines, and this year your healthier resolutions may stick.*

You have probably made hundreds of yearly resolutions, yet given up within a few months. Frequently, giving up is due to unrealistic expectations of quick achievement. When setting goals, it's easy to get carried away with grand ideas, but this can set you up to fail. Although it would be amazing to achieve our goals in just weeks, realistically, it will take time — especially when it comes to weight loss. Excess weight/fat did not show up overnight, instead it culminates from decades, or even a lifetime, of poor eating habits. Losing 10 pounds may take you six months or more. Adjusting your goals to your current situation and





not where you want to be in a year, will prove a key to success. Perhaps you plan to run a marathon, but have never run farther than a mile. Break large resolutions like this into smaller, attainable goals: running a 5K in three months, a 10K in six months, a half marathon in nine months and a full marathon in a year. Breaking goals into smaller increments allows you to reach milestones quicker and will motivate you to continue.

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## Find your true motivation.

In order to stick to your resolutions, you have to be honest about your motivations. Motivations rooted in pleasing others often result in frustration and disappointment. Determine what motivates you — not others — in order to do well. Find your true motivations by asking yourself the following:

Why do I want to live a healthier life? To feel better? To look better for a special event? To impress someone?

Am I afraid of taking risks or failing?

What has stopped me from keeping my resolution in the past?

What can I do differently this year?

When thinking of giving up, what will I say or do to keep my resolve?

Answering these questions first will not only clarify your true motivations, it will prepare you for obstacles.

## Write it down.

While setting realistic goals and determining your motivations may seem like a no-brainer, writing them down is crucial. This is a great way to visualize what you want to accomplish. Write your goal on a sticky note and post it somewhere highly visible, like the bathroom mirror or refrigerator. Seeing what you want staring back at you every day helps keep you focused.

Do you want to eat better and lose weight? Awesome! But what changes will you make in your day-to-day routine to obtain your goals? Will you cut out junk food? Eat more fruits and veggies? What is your weight-loss plan? Will you eat less, work out more or a little bit of both? When and where will you work out? Although these are basic questions, they make obtaining your desired result possible. By mapping out your strategy for achieving your goal when you make your resolution, you can see the work it will take and visualize what you want.





## Monitor your progress.

Perhaps the most vital part of sticking to your resolution is monitoring your progress. If your resolution is to eat better, keeping a food journal is an absolute necessity. No longer is it necessary to write down everything you eat in an actual journal. Apps like MyFitnessPal and LIVESTRONG.COM allow you to record foods quickly and easily, while monitoring your calories and macronutrients. The key advantage is accountability, providing a visual reminder of your progress and warning you when you begin to veer off-path.



If losing weight is your goal, use a journal to monitor your weights and measurements. Most fitness experts advise weighing and measuring once a week. Just a reminder: If you are lifting weights or participating in a muscle-building program, it's not wise to use the scale as a monitoring device. While muscle and fat weigh the same, muscle takes up less space. In the process of



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converting fat into muscle, you will lose inches but may not lose pounds. Because of this, measure around the widest part of your hips, arms, calves and stomach (the area right below your belly button). This more accurately measures change for those participating in strength training programs.



**Accept that you are  
going to mess up.**

Making life changes — no matter how big or little — is hard. Whether with work, kids or just life in general, mistakes are made. Workouts are missed. Cookies are eaten. Things don't go as well as planned. Using these obstacles to convince yourself the goal is too hard makes it easy to give up. Accepting you can't always adhere to your plan can make it easier to achieve your goals. Modify your resolution/goal as needed. If you plan to work out five days a week but you can't find the time, adjust your goal



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# THAT VICTORIAN FEEL

By Zachary R. Urquhart



*Driving through Midlothian, there are houses of every style and size. Everyone has a favorite home they pass on the way to work, school or dance practice. Some houses' immense size lead neighbors to covet. Other homes have a quaint cuteness that is equally desired. In the case of David and Claire Northcut's home, it isn't one factor but the house as a whole that might be the envy of the neighborhood.*

David and Claire met in Robinson, Texas. Claire grew up there, while David's family moved throughout his childhood before settling near Waco. They dated off and on through

high school and became serious while attending Texas Tech University. David started grad school while Claire was finishing her undergraduate degree, and they married one month after she graduated. They lived in Arlington and then in Duncanville for about 10 years before coming to Midlothian. David is a CPA, and Claire works at J.A. Vitovsky Elementary. They have two grown sons, Stephen and Nicolas, as well as two daughters, Shannon and Mari Kate, who attend Midlothian High School.

When David and Claire were ready to move from Duncanville, they knew what they wanted. "We really wanted space," David said, "and we liked living on this side of town. We saw an ad for a new development out here, so we called." That ad led David and Claire to find land that would become Clinton, just north of Highway 287. "We actually met the

## AT HOME WITH David and Claire Northcut







owner out here on a Sunday, and it was just land not even plotted yet,” David explained. “We got to pick our spot.” Though David and Claire purchased the first lot, theirs was actually the second home built in the development.

Now that they had picked out the location for the perfect home, the couple went about finding neighbors for themselves. “My parents were looking to leave Robinson, and we told them about this place,” Claire said. “They bought a lot, and my sister was going to have the lot between them and us, but it didn’t work out. We redrew the lines, so now





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we each have what was a lot-and-a-half." Once the land was decided, it took about two years for David and Claire's home to be completed.

The front of the home immediately gives an insight into the couple's style. "We had a great floor plan, but the original plans for the front elevation were too plain. We wanted to pull a Victorian feel into the home, so we had a second architect work it up," David shared. Part of the period flavor is captured in a gazebo built into their partial wraparound porch.

Opposite the gazebo, Claire insisted on a large window in the formal sitting area

in the front of the house. "One of the things I had always wanted was a huge window where we could put a really big Christmas tree," she admitted. "So we keep the room pretty empty, since every October we start decorating and get a big tree in front of the big window." The sitting area also serves as a music room for Shannon, who plays guitar and is learning to play piano.

The home's interior invites guests into settings that range from elegance to quaint comfort, with rooms including a formal dining room and a Texas Tech-themed game room, or what the family calls their "sports paradise." David and

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Claire are not shy about the devotion they share for their alma mater. "Both of the boys went to Tech. The girls might, too, but we might want to keep them closer to home," David said with a chuckle. Along with the wallpaper, degrees and figures, there's a television perfect for watching the Red Raiders play.

Breaking off the main area are five bedrooms. David and Claire had two sons while they planned the building project but knew they would eventually fill the house. "I figured we would have 16 kids or so, so we needed the rooms," she said with a laugh. Though the exact number of children was debated, David and Claire agreed on how they would continue to grow their family. "I read an article about Chinese adoption and thought it was possible," Claire said. "My mom actually knew someone at an agency, and we started on that road." After a couple of years, David and Claire adopted Shannon. "It took a while with Shannon," Claire added, "so we started the process pretty quickly, but it only took about a year to adopt Mari Kate." Both children were infants when David and Claire brought them home.

With a house full of love and children, David and Claire decided to build an addition a little over a decade ago. "When we moved, the land sloped from just past the house at a very steep angle," David said. "There was a lot of digging and buildup in order to get what we wanted." What they wanted was a stunning, multilayer deck incorporating a swimming pool before opening to the rest of their stunning five acres.

From the back door of the home, three levels of patio lead to the swimming pool. But they are functional in addition to enhancing the look of the





backyard. "We wanted to keep as many of the trees as possible, which meant dealing with the elevation from the house to the land. We had to put a level in the middle to adapt to the severe slope and to keep some of the landscape," David noted. The result is a plethora of areas perfect for gatherings of any kind. In addition to the patio and pool, David and Claire built a two-story building during the second construction period. "It had to start at the ground level," he said, "so we decided to make two stories. There's a garage and storage area on bottom and, basically, an apartment on top."

David and Claire figured the guest house would end up being for family, though they did not realize how often the space would end up being used. "We have so many people come here on furloughs from the mission field," Claire said. "It's ended up being a huge ministry for us. As it turns out, most people who have stayed aren't part of our family." During their long history at First Baptist Church, David and Claire have become a frequent resource when families need a short respite from their missions.

Because they have welcomed so many missionaries, David and Claire's place has been a temporary home for visitors from around the world. For houses such as theirs, it is the culmination of size, style, land and landscape that make their Victorian abode worth sharing. **NOW**



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Dr. Ann Nguyen and Dr. Hoang Le work to keep their patients' teeth as beautiful as possible.

# Helping People Smile

*Dr. Hoang Le takes a personal interest in all of his patients.*

— By Betty Tryon

Mansfield dentist Dr. Hoang Le knows the painful reality of living with bad teeth. Born in Vietnam, he was ill as a youngster, and the only antibiotic that was provided was tetracycline.

"Tetracycline has an ability to bind itself to any structure that has calcium, which is our bones and our teeth. Our bones are underneath skin and muscle, so we don't see them, but our teeth are what show. My teeth were a brownish taupe color, and growing up I always had my mouth covered by my hand when I spoke. I also needed braces, and my parents found a way to get me braces," he said.

It was during his youth that Hoang learned to appreciate dentistry and what it could do, but it was not until he was in dental school that he was able to improve the color of his

teeth. "I noticed that it made a huge change in my personality," he shared. "I was the quiet guy who really didn't talk. Now I wanted to talk to people and wanted to smile. That showed me that dentistry can do a lot for people. It can change their whole attitude in life."

After school, Hoang went into private practice in Grand Prairie and remained there for 10 years until his interest was piqued by the information that Dr. Bill Devine in Mansfield was retiring. Hoang made inquiries and purchased that property and practice in 2006, in addition to continuing his dental practice in Grand Prairie. "We've been fortunate," he exclaimed. "The clientele or the patient base here and my personality have meshed very well."



During the first two years, we doubled in size and had to expand."

Hoang tells his patients that he likes to put the horse before the carriage. By that he means he places a high priority on preventative care first, before cosmetic work. "I'm going to take care of your health first," he said. "If I can get you healthy, then I can do anything for you after that."

**"Now I wanted to talk to people and wanted to smile. That showed me that dentistry can do a lot for people. It can change their whole attitude in life."**

The office offers weekend hours and late hours for the convenience of those who work during the day. The office staff also takes a later lunch so some patients can come during their lunch hour. As a general dentist, Hoang is certified in root canals, root canal retreatments, all types of extractions, cosmetic dentistry and braces. "It helps patients because it's a one-stop shop," Hoang pointed out. "I want to offer the best care to the patients, and if the best care is referring to someone with more expertise then, of course, we refer out. But whatever we can take care of here, we want to do in house."

Hoang is involved with the community and enjoys interacting with many of his patients as he goes about his daily life, whether it is in Wal-Mart or as a member of Walnut Creek Country Club. He is part of the Save a Smile program with Cook Children's Hospital, providing dental care to underprivileged children. When moms bring in children who do not smile because of their teeth, he can empathize with them and help. He does not charge patients over the age of 85. "They've lived a full life, and I try to give back to the community," he explained. "I work six days a week, because I love my job. This is where I feel comfortable and happy. My patients ask me how I'm doing, and I say, 'If I make it to work, it's a great day,' because I love making people smile." **NOW**



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*Patricia Green rings the bell for Salvation Army.*



*Students in Mrs. Campbell's first grade class go on a scavenger hunt to find Peppermint, their classroom elf.*



*Jamie Raybourn, student at Poteet Martial Arts, is a winner at the 2013 International TaeKwon-Do World Championships in Benidorm, Spain.*



*Congratulations to Walnut Grove students who make the All-Region Band.*



*Holcim Plant Community Advisory Committee awards Midlothian ISD with a \$6,808.17 check.*



*J.R. Irvin Elementary congratulates their 2013-2014 Student Council officers and representatives.*



*LaRue Miller first graders had a Dr. Suess' How the Grinch Stole Christmas day.*



*The W'GMS bands fill the auditorium with holiday cheer at their Christmas concert.*



*LaRue Miller Elementary is honored to have members of the Armed Forces present the U.S., Texas and military flags for their veteran program.*



*At the Lighthouse Art and Music Festival, Genie Lopez shares her life story through spoken word, also known as performance poetry.*





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# A Hard Freeze

— By Betty Tryon, BSN

Who knew something so numb could eventually hurt so much? Unfortunately, that revelation comes to many frostbite victims. Exposing yourself to hazardous weather can bring regrettable consequences, one of which is frostbite. Frostbite occurs when the skin and underlying body tissue is damaged due to extremely cold temperatures. There are several stages of frostbite beginning with frostnip, which causes minimal and reversible injury to the skin, to severe frostbite, which causes extensive and permanent damage.

With frostnip, the skin is pale and numb and can usually be resolved with a warm water bath. With frostbite, the skin is white, blue and/or mottled and feels hard or frozen depending on the degree to which the area is affected. Medical attention is required. The areas most affected are the exposed areas of the body — hands, feet, nose and ears. Some of the signs of frostbite are:

- Sensation of pain at beginning of frostbite
- Progression of numbness depending upon exposure
- May feel wooden or numb
- Pale with waxy appearance
- Blisters
- Swelling

If you suspect frostbite, get out of the weather immediately to a warm and dry place. Take off all wet clothes. Wrap in a warm blanket. Do not

use heating pads or fireplaces. They are risky and not recommended. Do not rub the area. Do not walk on frostbitten feet. Children must be carried. Walking on frostbitten feet can cause more damage to the tissues. As the area rewarms, it can have a burning, stinging sensation. Sometimes, the pain is intense and may require medical intervention for resolution. As skin rewarms, there is the possibility of blisters. Cover the blisters with protective gauze and do not pop them.

Contact your physician or go directly to the emergency room. All frostbite should be evaluated by a physician immediately. You especially should not delay if you see any of these symptoms: running a fever over 101 F, development of blisters, development of thick drainage, blue or black areas, loss of sensation and/or feeling sick.

The best way to treat frostbite is to avoid getting it. Keep a careful eye on the forecast if you need to go out. Dress warmly in layers. Use mittens instead of gloves. Cover your head and wear a cap that covers your ears or use ear muffs. Change immediately any part of your clothing that becomes wet. Limit your time in the freezing temperatures. By paying attention to detail you can avoid the painful lesson and consequences of frostbite. **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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### January 2

Local Author Group: 6:00-7:30 p.m., Museum Room, Red Oak Library, 200 Lakeview Pkwy. A discussion/critique group run by local author Donald Horne.

### January 7

Midlothian Area Historical Society meeting: 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.

### January 7 — 11

Junior Livestock and Youth Fair Show: **Tuesday-Friday**, 7:30 a.m.-8:00 p.m.; **Saturday**, 11:00 a.m.-5:00 p.m., Johnson County Sheriff's Posse Livestock Show Grounds, Cleburne. Johnson County Livestock Agriculture Association invites businesses and citizens to the show and the Ag Mechanic, Youth Fair and Market Animal Sale, which begins Saturday at 1:00 p.m. Buyers luncheon begins at 11:00 a.m. RSVP to Jon Thetford, (817) 648-1286, or Nanniece Goodwin, (817) 790-0151.

### January 9

Asperger's Syndrome Community of Ellis County meeting: 7:00 p.m., 208 S. 4th St. Support group for adults with or living with Asperger's Syndrome. Call (972) 268-4572 for more information.

### January 11

Metro Beekeepers Meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St., Burleson. Contact Stan Key, (817) 888-0470, or visit [www.metrobeekeepers.net](http://www.metrobeekeepers.net).

### January 13 — 15

Freedom on Hooves: 8:30 a.m.-6:00 p.m., John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Dr., Fort Worth. During the Fort Worth Stock Show's Chisholm Challenge, the public can watch the fun of competition between riders from Wings of Hope, in Egan, and many other Texas equine therapy centers. For event details and schedules, visit [www.chisholmchallenge.com](http://www.chisholmchallenge.com).

### January 15

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.

### January 16 — 18

*Wizard of Oz*: 7:00 p.m. **January 16-17**; 2:00

and 7:00 p.m. **January 18**, Red Oak High School Performing Arts Center, 122 S. Hwy. 342. Previous musical productions include: *Grease*, *Singin' in the Rain* and *Little Shop of Horrors*. Children and senior citizens, \$7; adults, \$10. Visit [www.rohstheatreboosters.org/](http://www.rohstheatreboosters.org/) for more information.

### January 17, 18

Carla Kaplan Book Signing: **Friday**, 5:30-7:30 p.m., Iron Horse Inn, 616 Thorp Springs Rd.; **Saturday**, 2:00-4:00 p.m., Hood County Library. Author Carla Kaplan's book, *Miss Anne in Harlem*, tells the stories of six women who lived in New York City during the Jazz Age. One of those women, Josephine Cogdell, was born in Granbury and lived there until the age of 18. RSVP to Dee Gormley, Friends of the Library, (817) 279-3906.

### January 18

Ferris Trade Day: 8:00 a.m.-4:00 p.m., downtown pavilion, South Main and West Sixth streets, Ferris. Vendors welcome. Call (817) 992-9204 to rent vendor space.

### January 19

2014 Parker County Bridal Fair: 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr., Weatherford. The free event will feature more than 30 vendors, which can help plan your special day. Visit [www.videocapades.com/bridalfair.htm](http://www.videocapades.com/bridalfair.htm) or call (817) 596-8491 to find out more information.

### January 20

Martin Luther King Holiday. Ellis County office are closed.

### January 25

Texas Baptist Home for Children Third Annual Run for Their Lives 5K Hero Run: 8:00-10:45 a.m., 400 S. Grand Ave., Waxahachie. Funds raised will go to help families after they adopted and receive needed resources such as counseling, psychological evaluations and parent and family education. A silent auction will also be held the day of the race. Race registration is online and will also be the day of the race starting at 8:00 a.m. Call (972) 937-1321 ext. 229 for more information.

Bristol Opry: 7:00-9:30 p.m., Old Bristol Schoolhouse, Union Hill Road at Church Street, Bristol. Country music show featuring local singers and musicians.

### January 26

Annual Aledo Chili Supper: 5:00-8:00 p.m., Aledo Community Center, 104 Robinson Ct., Aledo. The supper will include a silent auction and a style show. The cost is \$5 per adult and

\$3 per child age 8 and under. Please contact (817) 441-9009 to find out more information.

### January 27

Indian Trail Master Naturalist Chapter meeting: 6:00-8:00 p.m., Ronald Reagan Room, Red Oak Library, 200 Lakeview Pkwy.

### January 30

FirstLook of Ellis County annual fundraising dinner: Together for Life: 7:00 p.m., Waxahachie Bible Church, 621 N. Grand Ave., Waxahachie. Reservations are required. For more information, call (972) 938-7900.

### Ongoing:

#### Throughout January

Meals on Wheels: How about making volunteerism one of your New Year's resolutions? Volunteers are sought in the Ferris and Palmer areas to deliver meals to shut-ins in these communities. For more information contact Lisa Deese at (972) 351-9943.

#### 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. Meeting location is the 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.

Midlothian Rotary Club meetings: Noon, Midlothian Civic Center, 224 S. 11th St. Call (972) 775-7118 for more information.

#### 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.

#### 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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# VISUAL EXPRESSIONS

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## In The Kitchen With Kearon Williams

— By Betty Tryon

Kearon Williams' enrollment and participation in the culinary program at Midlothian High School is another rung on her ladder to career fulfillment. "I would love to be a food photographer and journalist," she said. "I really like food, but I also enjoy taking pictures. My dream job would be to take pictures of food!" She credits her grandfather for his role in helping her grow to love cooking. "I find my inspiration for cooking through my grandpa," Kearon explained. "He loves coming up with new recipes and trying out new restaurants. I enjoy cooking because it brings a sense of creativity to the table, and it's fun to try new things." Kearon is happy to share with others some recipes from her class. **NOW**

### Barbecue Shrimp

- 2 garlic cloves, minced
- 1 shallot, minced
- 2 Tbsp. olive oil
- 3 Tbsp. butter
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1/4 cup tomato puree
- 5 dashes Tabasco sauce
- 5 dashes soy sauce
- 5 dashes Worcestershire sauce
- 1 tsp. brown sugar
- 1 tsp. paprika
- 10 jumbo shrimp, seasoned with salt and pepper, to taste

1. Sauté garlic and shallots in oil and butter until translucent and starting to brown.
2. Deglaze the pan with the white wine, chicken stock and tomato puree; bring to a simmer.
3. Add Tabasco sauce, soy sauce,

Worcestershire sauce, brown sugar and paprika. Adjust seasonings to your taste.

4. Add shrimp and cook until shrimp is cooked through, about 4 minutes. Serve over warm Jalapeño Grits.

### Jalapeño Grits

- 2 1/2 cups chicken stock
- 1 cup 6-oz. Anson Mills Antebellum Coarse White or Yellow Grits
- 1-2 Tbsp. unsalted butter
- 1 yellow onion, minced
- 1 clove garlic, minced
- 1 Tbsp. fresh thyme, chopped
- 1 cup Jalapeño Jack cheese, grated
- 1/2 tsp. paprika
- 1/2 tsp. Tabasco sauce
- Salt and pepper, to taste

1. In a medium size, heavy bottom sauce pot, bring chicken stock to a boil.
2. Sprinkle grits into the boiling chicken stock a handful at a time.

3. Stir grits occasionally as they cook. Reduce heat to simmer. Cook grits about 30 minutes, until thickened and soft in texture.
4. Separately, melt butter over medium heat in a small sauté pan.
5. Add onion and garlic. Cook until well-softened. Remove pan from heat; set aside.
6. Remove grits from heat. Stir in onion and garlic mixture, thyme, cheese, paprika, and Tabasco sauce. Adjust seasoning with salt and pepper, as desired.

### Turkey Pot Pie

- 3 large carrots, sliced into rounds
- 2 medium yellow onions, diced
- 3 stalks celery, diced
- 1 cup peas (optional)
- 4 Tbsp. unsalted butter
- 2 cloves garlic
- 1 cup white mushrooms, sliced
- 1/4 cup flour
- 1/2 cup white cooking wine, cooking sherry or Marsala wine
- 1/3 cup heavy cream
- 1/2 cup cold stock from turkey or purchase your favorite brand
- 1 3/4 lb. turkey, roasted and shredded
- 3-4 sprigs fresh thyme
- 2 Tbsp. fresh parsley
- 2 bay leaves
- Salt and pepper, to taste
- 2 9-inch unbaked pie crusts

1. Peel and dice carrots and onion; dice celery stalks.
2. In a medium pot, blanch carrots and peas in boiling water until just cooked through for about 2 minutes. Drain and reserve vegetables.
3. Preheat oven to 400 F.
4. In large skillet or pot, melt butter over medium-high heat. Sauté onions and celery until soft. Add garlic and mushrooms and continue cooking about 5 minutes.
5. Sprinkle flour into the vegetables to make a roux. Cook for 2 to 3 minutes to slightly thicken. Add wine, cream and cold stock, stirring well. Add turkey, thyme, parsley and bay leaves. Season to taste with salt and pepper.
6. Place the turkey mixture in bottom pie crust. Pour hot stew-like liquid that formed while cooking turkey on top. Cover with top crust, seal edges and cut away excess dough. Make several small slits in top crust to allow steam to escape.
7. Bake until the crusts are golden brown and the contents are hot and bubbly, about 10 to 15 minutes.



# It's time for a NEW YOU in the New YEAR!

## Karen R., Mansfield, TX

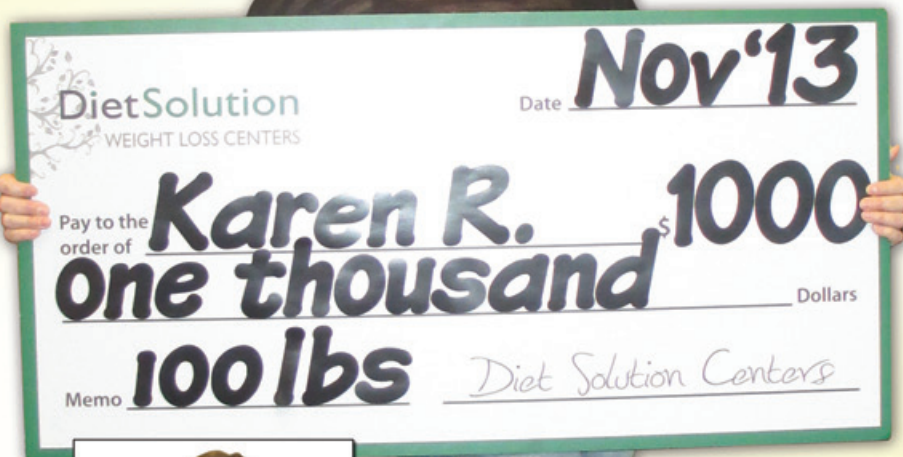
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