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SCRANTONS NOW

8 LEAP OF FAITH
At Home With Ryan and
Rebecca Scranton.

**14 BROADWAY
STARS**
McClatchey Elementary's
Global Finals-winning
Destination Imagination
team hopes for
continued success.

**30 ADVENTURE
THROUGH
HISTORY**
A visit to Israel prompts
meditations on destiny.

**34 REPURPOSING
WITH
REUPHOLSTERY**
Learn to bring new life to
old furniture.

14



18 BusinessNOW

20 Around TownNOW

24 CookingNOW

48 HealthNOW

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Scrantons are happy to put
down roots in Midlothian.*

Photo by
Kobbi R. Blair.

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EDITOR'S NOTE



Angel

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Hello, Midlothian!

According to legend, if a groundhog named Phil, from Punxsutawney, Pennsylvania, sees his shadow on February 2, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring. I may not believe in weather-predicting groundhogs, but a lifetime in Texas assures me warmer weather is not too far away (whether Punxsutawney Phil agrees or not). With that in mind, I'm optimistic spring will be in the air soon.

For some, the month of February feels more like the film, *Groundhog Day*, in which a weatherman gets stuck repeating February 2 over and over again. Perhaps you have habits that are holding you back, but you can't escape them. Maybe your resolutions have failed, and you keep coming back to that defeat. It takes the movie weatherman several repetitions of the same day before he sees the advantage of a chance to do things again.

If the gray weather of February has you feeling stuck, perhaps reminding yourself this is the shortest month of the year will help. Follow *Groundhog Day's* suggestion, and take a chance on learning something new. See failure not as defeat, but as a chance for a do-over. It works in the film, at least!

The end of winter brings optimism in many forms. Just as this time of year marks Black History Month, Valentine's Day and Presidents Day, this issue shares the stories of folks with reasons to celebrate Midlothian ... over and over again.

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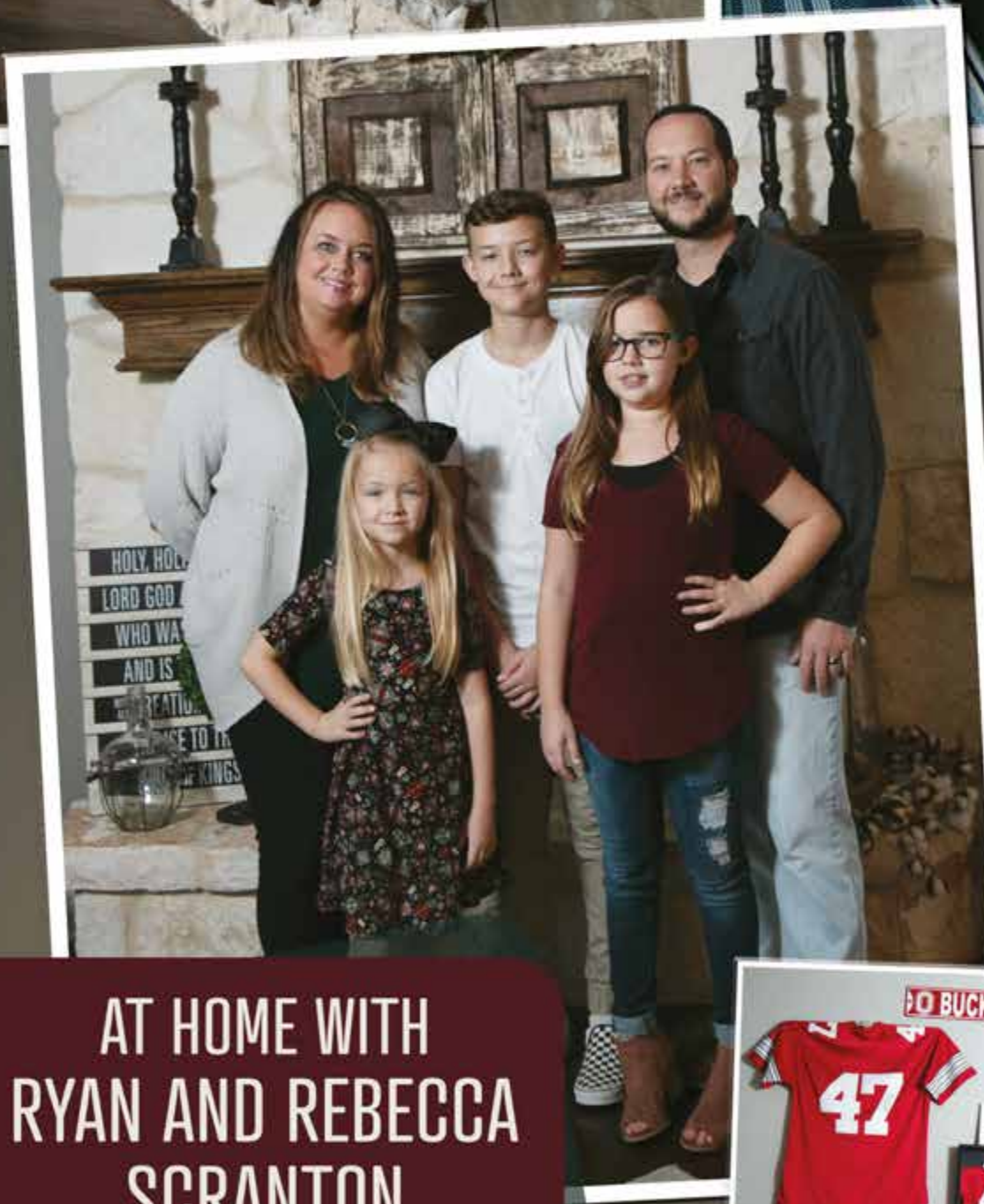
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ap of Faith

— By Angel Morris

A leap of faith landed Ryan and Rebecca Scranton in Texas, and they haven't looked back. Ryan grew up in Hicksville, Ohio, and attended college in Indiana, where he met Rebecca, who was also a student at Tri-State University. The college has since changed its name to Trine University, and Rebecca changed her last name to Ryan's. Last month, they celebrated their 16th wedding anniversary.

"We lived and worked in Indiana for five years — Rebecca with Citigroup, and me with Medical Protective. Then my job shipped us to Texas," Ryan recalled. "I think we both assumed it was a temporary move when we were living in Mansfield."

Initially the transition was difficult, but incentives offered by Ryan's job made the relocation impossible to pass up. "I was pregnant, and we didn't know a single person. We were very young," Rebecca reflected.

Ryan added, "But the increased income for me was an opportunity for her to stay home with our son, so that made our decision easier."

Within a short time, the couple became acclimated to Texas. "The weather where we're from is cold and dreary. It's cloudy every season," Ryan said.

Rebecca noted they had a plan to beat Texas heat. "We knew we'd have to have a pool," she said, "and we've had one or installed one everywhere we've lived since the move."

While the Scrantons appreciated the weather of their new residence, they wanted a more spacious place for their family. "We figured we wouldn't be going back to our hometowns, but we did want something more similar to where I grew up," Ryan said.

In their search for a more country lifestyle, the couple found themselves driving around Midlothian. The Bryson Springs subdivision spoke to them, and they purchased a home in April 2018. "We wanted to be in this area of growth," Ryan said.

The Scrantons immediately began making the house their own, starting with landscaping and personalizing the rooms for their children, Brayden, who is now 14; Addyson, who is 10; and Cazlynn, who is 7. "We don't do a lot of collections, but we do have several Ohio State football items in Brayden's room," Rebecca realized, noting Brayden plays football in middle school. "He's very athletic. He's also funny and a great big brother."

Addyson and Cazlynn are gymnasts with rooms depicting their own styles.

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Addyson's room features a black, pink and gold color scheme. While an antique oak bed that was her great-great-uncle's and a giant pink inflatable chair take center stage, Addyson's real treasure is hidden. "She keeps her fish in the closet because we also have a nosy cat," Rebecca said, noting Addyson is very mature. "She's very responsible and wise beyond her years."



Cazlynn likes princesses, mermaids and "all things pink." An antique bedframe is a special piece in her peach, mint, pink and purple-colored room. "The bed was my aunt's, and then it was mine my whole life growing up. Now it's Cazlynn's. It's been white, then black, then I painted it this mint color," Rebecca explained. "Whatever the bed's color, Cazlynn says she lives in a world with a pink sky! She really is just the cheeriest person you could ever meet."

The children's three bedrooms and a bonus room are found on the same side of the home. The space serves not only as a media room hangout for the kids and friends, but doubles as an office for Rebecca's work as a Mary & Martha home decor consultant.

"I like an eclectic style. I like things that have special meaning," Rebecca described, noting she still displays a 7Up bottle that reminds her of when she and Ryan were dating. "I love the bottle because it's from Ryan's grandfather's barn," she said.

Other pieces of significance in the Scranton home are those Rebecca dreamed up and Ryan built. "I wanted a farm table and kept hearing how easy they were to make, so I asked Ryan to build one," Rebecca said. "He likes to stay busy. He only ever relaxes when we



go on vacation. Anything in our house that's real wood, he built."

The farm table project inspired Ryan, who has since built a custom coffee table, TV console and night stands that flank the couple's master bed. "I sell insurance from home by day, but building things allows my creative juices to flow. Rebecca has sold some of my projects online, so it also puts a little extra cash in our pockets," Ryan noted. "I'm the chief laborer, and Rebecca's the one with the plans."

Next on Ryan's to-do list may be a shed or additional garage space for his ever-growing woodworking endeavors. Both Ryan and Rebecca also stay busy with their children's activities, which they credit for helping them settle into the community. "We didn't even know our way around town when we moved here, but we've made friends through our kids' schools and activities," Rebecca said. "I was so excited when I went to the store and saw two people I actually knew!"

The family enjoys hosting parties, time by the pool or watching the TV show *Survivor* in the living room. "We're busy, but we try to sit down to dinner together at least a couple times a week," Ryan said.

"The living room is where we hang out when we have down time," Rebecca added. "It and the patio are our favorite places."

The Scrantons visit family up North but are always glad to be back on their 1-acre property in Texas. Approaching their first anniversary in Midlothian this spring, the family agrees their leap of faith landed them where they were meant to be. "We take holiday trips to see family, and they make their way here a few times a year," Rebecca said. "But Midlothian is starting to feel like home. The Indiana sky is just not the same as a Texas sky. I'm not going back!" **NOW**

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Last year, just about this time at Dolores McClatchey Elementary, seven fourth- and fifth-graders were gearing up as the Broadway Burritos Destination Imagination team. The result was something truly imaginary — a global champion, award-winning musical. A theme was chosen. The script and songs were written. Costumes and sets were designed. Lines were learned, and then it was curtains up. “This was very challenging for this age group,” Katie Bergvall, team manager, recalled.

Every year since 1982, the nonprofit, Destination Imagination, involves students in kindergarten through college in creative STEM, fine arts and early childhood-themed projects selected from seven challenge areas. Last year, DI teams involved more than 150,000 students from 48 states and 30 countries. It was the first year of DI for all but two of the Broadway Burritos and for both Katie and her co-manager, Zach Urquhart, making the team's global win even more awesome.

TARS

— By Virginia Riddle

It was a long road to their winning production staged in the Global Finals competition held at the University of Tennessee last May. DI teams were formed as school got underway. The Broadway Burritos' seven members were Ainsley Ehram, Eva Jacobsen, Jenna Jacobsen, Brady Rogers, Chloe Turk, Pearson Urquhart and Georli Vaughn. At nearly the same time, DI posted full descriptions of all its challenges and the rules for the season.

When the team met in September, they decided to enter an original musical into competition, prompting the choice of their team name. "Since they chose to write and perform a musical, they wanted their name to reflect Broadway in New York City, and then they went for alliteration," Zach recalled. "We even found a burrito T-shirt design."

During the fall semester, the team got into specific details with each subsequent meeting and practiced toward the DI Instant Challenges. "The Instant Challenges are very stressful to us coaches. Only one coach is allowed to watch these time-based challenges. We give them skills for DI challenges, but the students have to apply the skills on their own," Katie explained. "They have great ideas."



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As the team approached the holidays, ideas were narrowed, and the script was tweaked. With just \$150 budgeted for the presentation, the team called on friends and family members to gather recyclable materials. By Christmas break, they had the musical put together and were memorizing lines and making music with GarageBand.

The musical, titled *Out of the Woods*, is comprised of two acts, which last a total of eight minutes. Act I introduced characters — woodland creatures looking for a princess to help. In Act II, the creatures get mean and hinder the princess, with the dark ending leaving the princess' survival to the audience's interpretation. "Pearson loves pointing out that it's a funny tragedy," Zach explained.

By February, the Broadway Burritos were ready for regional competition in Abilene. Success continued with a victory at the state competition in April, followed by their win at Global Finals. "They thought staying in the dorms on campus was cool," Katie remembered. "The acting was amazing, even though they hadn't had a lot of dramatic training. They found their 'jam' for sure."

In Tennessee for almost a week, team members went to screenwriting class, attended a science and tech expo and enjoyed trading pins with kids from other countries. "It's incredible to think that someone in China is solving the same DI problem as us with their own take on it," Katie said. "We enjoyed meeting other people even with the language barriers. Everyone cheered for the other groups during competition."





The Global Finals' win was unforgettable. "The announcer was into the second syllable of the school's name before we realized we had won," Katie recalled.

Participation in DI became a districtwide extracurricular activity two years ago when the district hired two Gifted/Talented teachers who were familiar with the program. No class time was spent on DI projects, and families paid for the trips to the regional and state competitions. "MISD helped cover most of the cost for our trip to Global Finals," Katie said.

Katie knows the learning experience is valuable. "DI puts students into working as a team without coaches interfering. Team members all have great opinions but learn to accept and work with those ideas that are chosen," Katie noted.

Coaches don't receive pay for the time spent on DI. Zach, an MISD staff member, "stepped up to the plate" as a coach because his daughter is on the team. "Critical thinking, collaboration and learning each other's strengths and weaknesses are all DI skills gained that are really life skills," he explained. "My daughter was on the team, but Katie helped because she's an angel. Pearson sent her an invite to become a DI coach that she couldn't say no to."

A Midlothian native, Katie is paying it forward, since she participated in DI as a student. "It's fun, and I enjoy coaching because the students are so good. They are passionate about DI. I know this program's potential."

This school year, four students returned for DI with Katie and Zach. "I expect more students to participate due to the success of the Broadway Burritos and other teams," Katie said.

Zach's looking forward to this year's DI project. "The team spent weeks in the process, shed some tears, and then they knocked it out of the park. We're challenged to do it again." **NOW**

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Blue Line Design Co. sells plans in every state, as well as around the world. Matt said customers can expect distinction, function and charm from their custom plans and notes the company also provides garage, pool house, carriage house and outdoor entertainment pavilion plans.

Another service offered by Blue Line Design is home energy audits and ratings. “Most municipalities require home inspections to be processed throughout the build. Simply give us a call and our inspector will be available within 24 hours,” Matt promised.

Building relationships with land developers, custom builders, production builders and homeowners, Blue Line Design continues to grow each year. What started as a one-man shop now has six employees consisting of designers, draftsman and administrators. “The greatest part of being in this business is

making dreams come true. It may be a little rocky throughout the process. Nobody is perfect, but the end result is priceless," Matt said, giving an honest account of the home design process.

To give back to the community that supports its business, Blue Line Design continually assists various booster clubs. "Whether it be Heritage High School football, Midlothian High School and Heritage cheer or the Midlothian SPCA, we are always looking for opportunities to support the cities we love," Matt noted.

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CUSTOM BUILDERS,
PRODUCTION BUILDERS AND
HOMEOWNERS, BLUE LINE
DESIGN CONTINUES TO GROW
EACH YEAR.**

Matt also strives to assist individuals however possible. "A personal goal of mine would be to provide someone with the same opportunity I was given," he said. "I strive to notice the potential in everyone. There were many individuals who played a big role in the opportunities I've been given to grow and prosper throughout my life."

Matt recognizes that his family has been his biggest supporter, crediting his wife, Sunni, and children, daughter Makya and son Kodyn. Sunni is a personal trainer and fitness instructor. Makya is a sophomore and cheerleader at Heritage High School, and Kodyn is a seventh-grader and football player at Walnut Grove Middle School. "They are my personal motivation whom I love and cherish," Matt admitted.

Matt also credits his employees — Scott Wallace, Rachel Carter, Paige Tucker, Tabatha Dotson, Sonny Nguyen and Noah Young — for helping him and the business succeed. "I give special thanks to the best employees anyone could ask for!" he said.

Whether you're a first-time homebuyer or looking to downsize after years of homeownership, Blue Line Design Co. can assist you in your home design goals. Visit them online today for a photo gallery of options and find your dream design. **NOW**



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Zoomed In: Geoff and Kelly Coffman

By Angel Morris

Geoff Coffman answered *MidlothianNOW's* request for Valentine stories saying, "I can't explain how much I love her," about wife, Kelly. He's saved every card, ticket stub, etc. they've shared and calls their relationship "what fairytales are made of." "Our wedding day was so special to me. Kelly let my mother plan it all and acted as if everything was just what she wanted," Geoff recalled, noting his mom had ovarian cancer, and the couple didn't know if she would live to attend their nuptials.

Geoff lost his mom and a grandfather last year, both who adored Kelly. "They said how happy they were we found each other," Geoff explained. "How I got so lucky I'll never know, but God gave me the most amazing gift in Kelly."



Darrell and Joanna James have worked, played and prayed together for 27 years.



The night he met Jeannine, Shane Waites told friends that she was going to be his wife. They wed in 1999.



Jeremy and Donelle Cueller met in college and survived Jeremy's two cancer diagnoses side by side.



Durwood and Shelly Manley knew each other as children. Durwood said where he is weak, she is strong and vice versa, which makes them complete each other.



Tonia White says she and husband, Zachary, enjoy new adventures, which has kept them together for more than 20 years.



Tiffany and Vince Knighton were prom dates who went on to have two sons, including one who overcame a hole in his heart at birth.



Michelle Ebanks said she fell in love at first sight and appreciates that husband, Ernest, still makes her laugh.

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Vanessa has been in the title industry since 1999, and an Escrow Officer since 2005. Vanessa is married and has one daughter and multiple family pets. She is a native Texan, growing up on Lake Buchanan in the Texas Hill Country, she attended Tarleton State University where she met her husband, Vanessa and her family enjoy spending time outdoors and on the lake, boating, skiing, swimming and camping.

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CookingNOW

In the Kitchen With

STEPHANIE DEESE

— By Angel Morris

Stephanie Deese reimagines everything from furniture to food. The oldest child of working parents, she often started dinner for her family. “My favorite part of cooking, now, is turning comfort foods into healthy dishes, while maintaining taste,” she noted.

A stay-at-home mom of four, Stephanie finds new recipes online. “If I’m craving something, or have certain ingredients, I’ll Google my options. My younger daughter is vegan, so I try to make dishes she’ll eat without scaring off her meat-eating brother.”

Although Stephanie had a recipe mishap her husband still reminds her of 23 years later, she now blogs cooking advice utilizing her high school nickname at thatskinnytallgirl.com. “In the past, my favorite was desserts, but as I’ve aged and become more health conscious, I love main dishes most!” **NOW**

Vegan Fried Eggplant Casserole

Breaded Eggplant Slices:

Salt, to taste

2 medium eggplants, sliced into 1/2-inch thick discs

1 cup tapioca flour

1 1/2 cups almond milk

2 Tbsp. olive oil

2 cups almond flour

1 Tbsp. nutritional yeast

1 Tbsp. dried oregano

Mozzarella Sauce:

1 1/2 cups raw cashews

(soaked in water at least 4 hours)

1 cup water

3 tsp. lemon juice

3 tsp. tapioca flour

3 tsp. nutritional yeast

Casserole:

25 oz. marinara sauce (divided use)

12 leaves fresh basil, chopped

1. For breaded eggplant slices: Preheat oven to 375 F. Line two large baking sheets with parchment paper. Salt eggplant slices generously; place in colander for about 15 minutes.

2. Meanwhile, place 3 large bowls side by side. In the first bowl, spread tapioca flour

evenly. In the second bowl, whisk almond milk and olive oil together. In the third bowl, mix almond flour, nutritional yeast and dried oregano.

3. Rinse eggplant slices thoroughly to eliminate most salt. Press slices into a clean, dry cloth to dry thoroughly.

4. Dip slices into tapioca flour, then almond milk mix, then almond flour mix. Arrange slices on lined baking sheets. Bake until golden brown.

5. For mozzarella sauce: Place all ingredients in a food processor; process until it becomes a liquid.

6. Pour liquid into a medium saucepan; cook over low heat, constantly stirring, for 10 minutes, or until mixture is thick and stringy. Set aside.

7. For casserole: Pour half the marinara sauce in the bottom of a 10x15-inch baking dish; spread evenly. Carefully place breaded eggplant slices over sauce.

8. Spread remaining sauce and mozzarella mixture over eggplant.

9. Transfer to oven for an additional 20-25 minutes, or until golden brown. Garnish with basil leaves. Serve warm with salad and crusty bread.

Chewy Vegan Brownies

- 1 cup sugar
- 1/3 cup water
- 1/4 cup canola oil
- 1/3 cup unsweetened cocoa powder
- 1/2 tsp. baking powder
- 1 cup flour
- 1 Tbsp. ground flax seed
- 1/8 tsp. salt

1. Preheat oven to 350 F. Grease a 6x9-inch pan.
2. Note: You can add only 1 drop of DoTerra Peppermint Oil to make peppermint brownies prior to mixing, if desired. Mix sugar, water and oil until blended; add in dry ingredients. Mix well.
3. Pour into oiled pan; bake 25-30 minutes.

Nonnie's Hamburger Casserole

Stephanie's grandmother's most requested comfort food.

- 3 lbs. hamburger meat or ground turkey
- 1 14-oz. can tomato soup
- 1 14-oz. can cream of mushroom soup
- 1/2 14-oz. can water
- 1 14-oz. can cut green beans
- 1 14-oz. can carrots
- Salt and pepper, to taste
- Potatoes, cooked and mashed
(or substitute mashed sweet potatoes)
- Cheddar cheese, grated, to taste

1. Preheat oven to 400 F. Use ungreased 9 1/2x13 1/2-inch casserole pan.
2. Brown the meat, adding soups and water; add vegetables, salt and pepper.
3. Spread mashed potatoes on top; top with cheese. Bake 20 minutes, or until cheese is melted.

Chocolate Dream Bundt Cake

- 1 box German chocolate cake mix
- 1 cup vegetable oil
- 1 cup water
- 4 eggs (or egg substitute)
- 1 can German chocolate frosting
- Sugar, to taste

1. Preheat oven to 350 F. Grease a Bundt cake pan well.
2. Mix first four ingredients together well. Add frosting to mix, stir well and pour into a prepared pan.
3. Bake 45 minutes. Cool; remove from pan before frosting. Sprinkle with sugar (not powdered sugar).

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Chewy Vegan Brownies and Cherry Nut Cookies

Cherry Nut Cookies

1 cup shortening
1 3-oz. pkg. cream cheese (softened)
1 cup sugar
1 egg
1 tsp. almond extract
2 1/2 cups sifted flour
1/2 tsp. salt
1/4 tsp. baking soda
1 cup chopped almonds
Maraschino cherries,
one per cookie

Banana Oat Waffles

1 cup oats
1 banana, mashed
1 cup almond milk
1 tsp. baking soda
1/8 tsp. salt
Maple syrup, to taste
Walnuts, to taste (optional)
Berries, to taste (optional)
1. Blend oats in a blender to make oat flour;
mix with banana, almond milk, baking soda
and salt.

1. Preheat oven to 350
F Cream shortening and
cream cheese together.
Add sugar, egg and
almond extract.
2. Sift dry ingredients;
stir into creamed mixture.
Chill dough.
3. Form chilled dough into
1-inch balls. Dip balls into
nuts; place on ungreased
cookie sheet. Press a cherry
into the center of each
cookie. Bake for 10-
15 minutes.

2. Spray waffle iron. Pour mixture onto
waffle iron and cook. Top with maple syrup,
walnuts and/or berries.

Power Smoothie

2 cups almond milk
2 Tbsp. peanut butter or almond butter
2 Tbsp. flax seed
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powder (I use Sprouts Pea Protein
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Handful of fresh spinach

1. Blend all ingredients until mixed; serve
immediately.

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ADVENTURE T H R O U G H HISTORY

— By Melissa Rawlins

Lift your glass for a toast: To life! And give three cheers for destiny — a concept Americans hardly discuss anymore. Since accomplishing our manifest destiny, we tour distant places on a roundtrip ticket, sure that our final destination is home sweet home.

Yet, there is a spot on this planet that has been and will be home to countless generations. And its doors are open to visitors year-round. Israel's heartland, otherwise known as Samaria and Judea, has welcomed intrepid travelers ever since Abraham left Ur Kasdim (commonly translated as Ur of the Chaldees) for Canaan. But the 40-mile-wide swath of land, with Jerusalem in its center, is especially popular now that agritourism is trendy.

Participating in farm activities while touring this part of the Middle East provides a balanced approach to travel. Seasonally, there are grapes to prune in the winter and harvest in the summer — when figs are also easy to find — and olives to pick in the fall. Organic olive orchards, planted near vineyards equidistant between the Dead Sea and Jerusalem, experience pure sunshine throughout the year.






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One reputable organization that has developed relationships with multiple local farmers is HaYovel.com, based in the United States. Since Israel's Hebrew-speaking populace rests every Saturday, and prepares for the Sabbath on Fridays, agritourists only work a few days per week and then give their bodies a rest while investigating various aspects of the region's art, archaeology and appetite.

Health nuts can smell, taste and hear the story of the Saboneto family of organic soaps after driving northeast of Jerusalem to Kochav HaShachar. Foodies will be fascinated by the cuisine throughout Israel. Small cafés with spicy, healthy meats and vegetables are usually ensconced near museums, synagogues, marketplaces and gas stations.

In Jerusalem, larger restaurants like Ima's cater to tourists visiting Israel's center of government, the Knesset. Throughout the day, kiosks pressing juices from fresh pomegranates make a nice alternative to the ubiquitous coffee break. And it's always a treat to start mornings with a visit to the *shuk* (fresh market) in Jerusalem, where cheeses and candies unlike any other are bought in the thousands by people who plan to share them in their own restaurants or homes.

Afternoons and evenings are perfect times to visit the wineries that are popping up throughout the country. Sixteen years ago, Samaria and Judea had only a few small vineyards serving individual families. Now, more than 350 acres are planted with fruitful vines, and a million bottles of wine are produced annually. This is partly





because volunteer agritourists are empowering the wine industry's growth. Psagot Winery, close to Beit El (Bethel) northwest of Jerusalem, is a modern gem boasting wide-open views of rock-studded mountains. Kabir Winery, farther north in Elon Moreh, feels a bit more "ancient." Maybe that is because its vintner, Eliav Hillel, is also a scribe. Nearby, the settlement of Itamar, established in 1984, is at the forefront of Israel's organic agriculture.

Forty miles north, you can wine and dine in Tiberias, where a 10th-century crusader castle now hosts a nightclub. Not far up the shore of the Sea of Galilee, viewing fine and modern art in Ginosar's Museum of the Galilee can precede an invigorating swim in the harp-shaped lake. A little farther north, Capernaum provides history buffs an abundance of beautiful ruins to study. And the beaches of Ein Gev invite families and individuals to simply chill.

No matter how much you enjoy traveling independently, you'll glean more of the depth and breadth of Israel's nature, history and culture by traveling with a guide who lives in the land. Michael Bar-Neder (annbn@012.net.il) specializes in guiding mentally and physically challenged people, as well as families, on tours of biblical Israel. Maayan Usva Cohen (pathsofisrael@gmail.com) guides both on contemporary political issues and in the biblical landscapes of Judea and Samaria, and can also take you on off-road adventures in her jeep. Ask for recommendations when you start planning your trip to the heartland of Israel with the Shomron Regional Council at www.tourshomron.org.il.

Israel awaits with much to learn and see. *L'chaim* — to life — and to destiny! **NOW**

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A modern interior scene featuring a teal sofa with a tufted pillow, a white conical pendant light, and a textured wall. The sofa is positioned in the lower right, with a single tufted pillow. Above it, a white conical pendant light hangs from a thin cord. The background is a light-colored, textured wall. The entire scene is framed by a white border.

REPURPOSING WITH REUPHOLSTERY

— *By Sandra Strong*

Are you a crafter who finds great pleasure in diving into a dumpster to see what has been discarded? Do you enjoy turning someone's trash into treasure? Do you have a family heirloom that could use some tender loving care? If so, then learning the art of upholstery can be the skill you need to bring new life to an old chair, headboard or couch. There are no real limits to the craft of upholstery once the basics have been mastered.

There are several types of upholstery — traditional, automobile, commercial and marine. Learning the basics found in the traditional type can make venturing out in the other three types a little less overwhelming. The best advice would be to practice on a flat wooden board. A seat to a simple straight-back chair is the perfect place to begin.

Only a few basic tools are necessary when learning how to upholster your first item — a bread knife, a screwdriver, needle-nose pliers, scissors and industrial staples. If the base needs to be replaced, then the use of a skill saw will be added to the list. You will also need foam, batting and upholstery fabric.



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Remove the chair bottom by removing the screws. Be sure to put screws in a safe place because you will need them later. Pull the old staples with pliers or a flat-head screwdriver, whichever you feel more comfortable using. Once the staples are removed, you are then able to see the padding underneath the old fabric, as well as the condition of the base. Only replace the base if it seems unstable, broken or rotted. If making a new chair bottom is warranted, use the old base as your pattern when cutting the new one.

The next step, after first deciding the thickness, is to cut the foam padding using the wood base as your pattern. If you choose to use batting material between the padding and the upholstery fabric, you need to be sure to cut it large enough so, when stretched, it will fit around the sides and corners of the base. You need to allow for no less than a 1-inch overlay on the backside. This is also the rule when cutting the fabric. It is better to have an excess of batting and fabric on the back to remove instead of not having enough.

If the fabric you choose has a set pattern that needs to be centered, make sure you have it centered on the base prior to stapling the layers to the base. Check the front as often as needed to see that the pattern hasn't slipped or moved from where you originally started. It's much easier to check than it is to pull staples and start the process over again.

The last thing to staple is the corners, and they seem to be the most difficult part of the process. Before stapling, you



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will need to decide what type of corner you want to end up with — those that are more precise or those that are gathered. Before stapling the corners down, you will need to make sure the batting hasn't puckered under the fabric. If it has, you will need to use your scissors to trim away any excess. This will allow for clean, precise corners.

Once the stapling is complete, be sure to trim any excess material off the back of the base for overall neatness. Prior to fastening the base back on the chair with the screws you previously set aside, you may want to also redo the frame of the chair with a quick sanding and coat of paint. That choice is up to the one doing the upholstery.

One simple chair can lead to a set of chairs, an ottoman or even a headboard. The beauty of upholstery is that you can start over as many times as you need to. When stapling, you may have pulled too tight on one side, while not pulling tight enough on the other side. Upholstery is much more forgiving than other forms of recycling and repurposing.

If you do decide to venture out to upholster a set of chairs, be sure to number the chairs. Make sure the top and bottom of each individual chair share the same number, otherwise you may have trouble when it comes time to reset the chair bottoms to the frames. Numbering assures that the original screw holes line up perfectly.

Where you may have found the item no longer matters. Once the upholstery process is complete, your dumpster dive, garage sale find or heirloom will become something brand-new that you can be proud of for years to come. **NOW**



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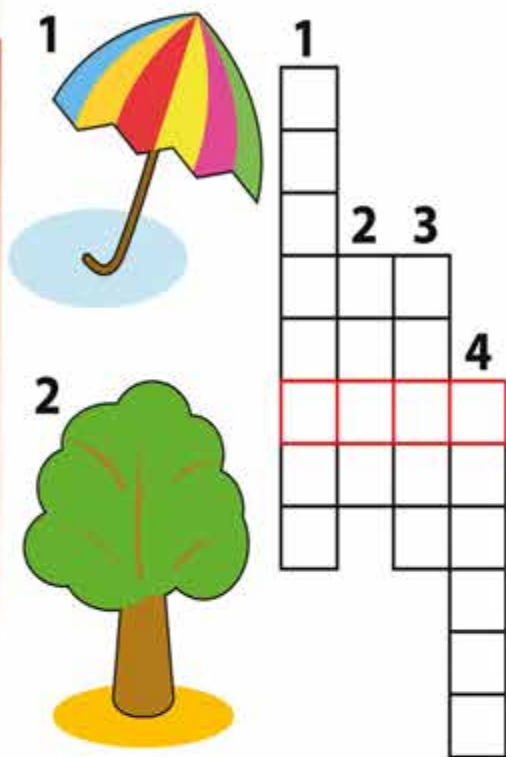
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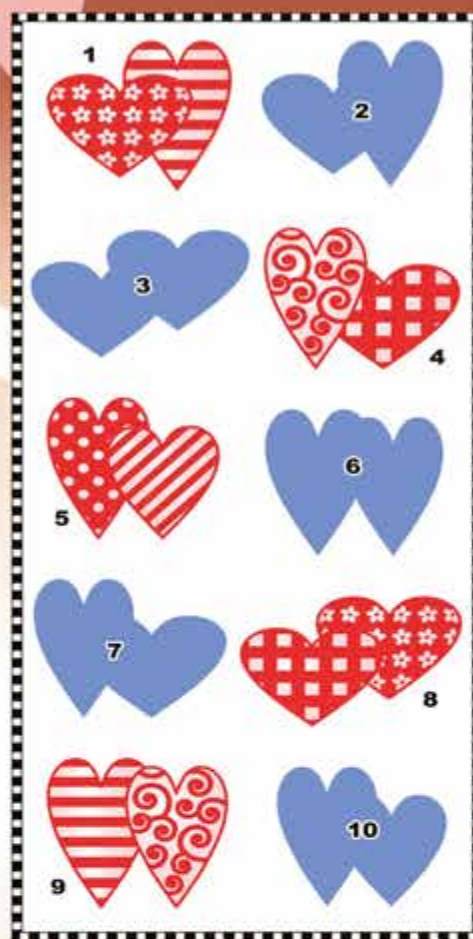
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Kids' Fun Pages



Solution

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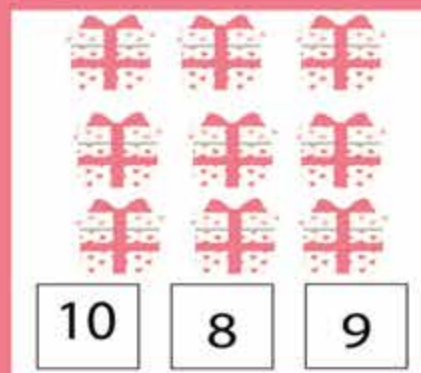
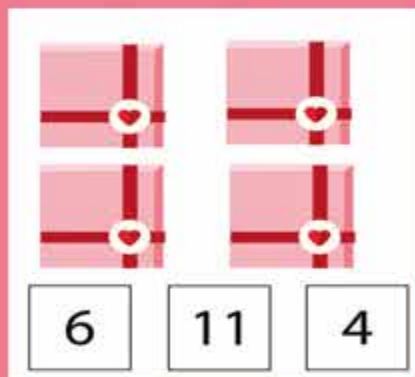
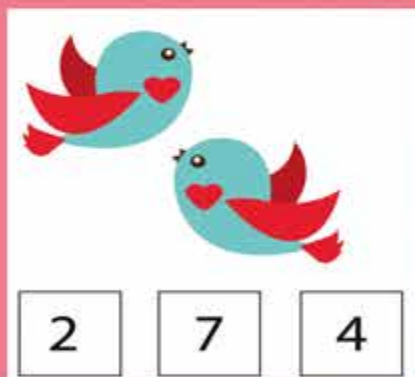
Match the pictures to their shadows.



ANSWER:

1-2, 4-7, 5-10, 6-3, 9-6

How many...?





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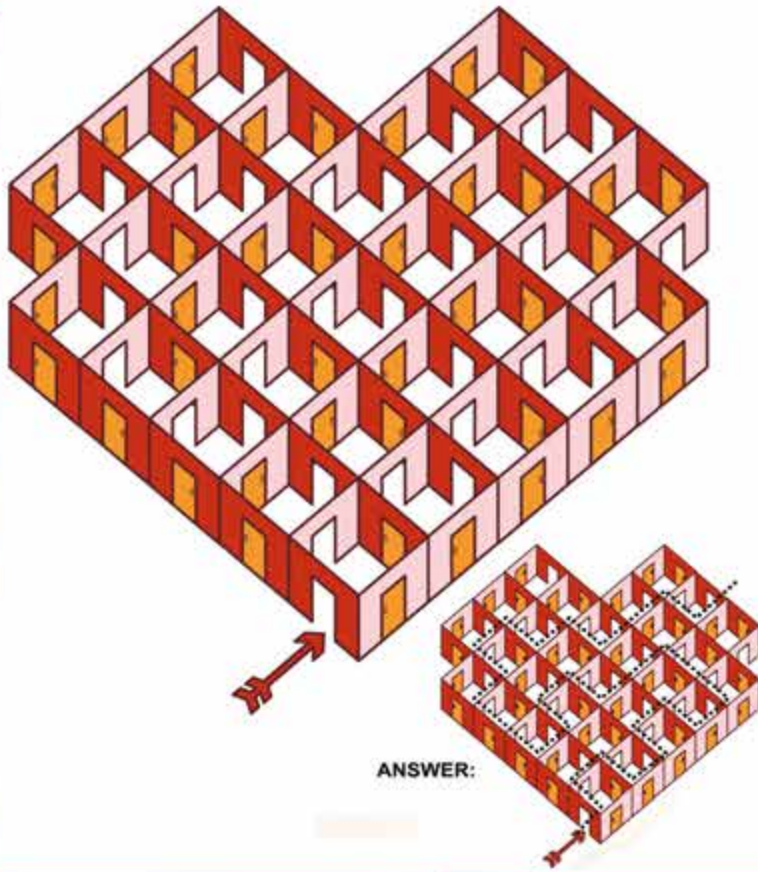
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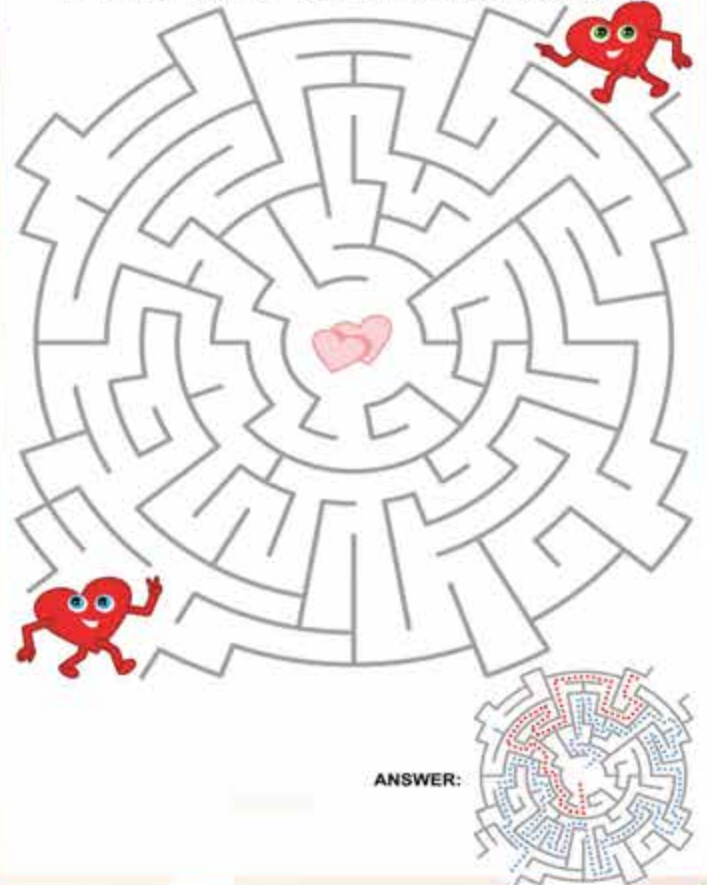
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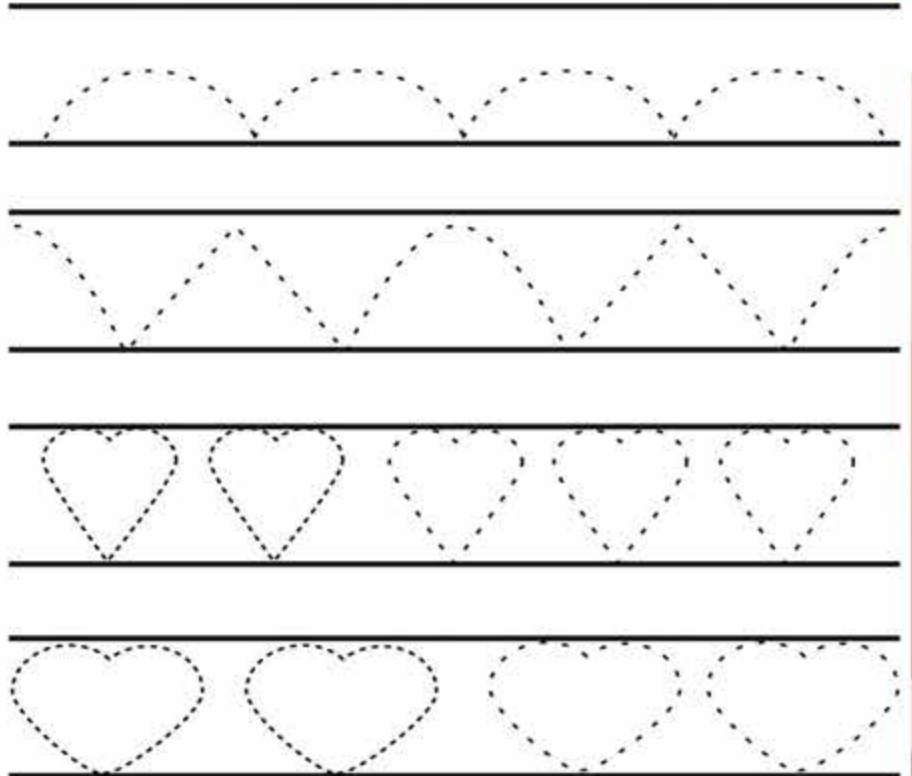
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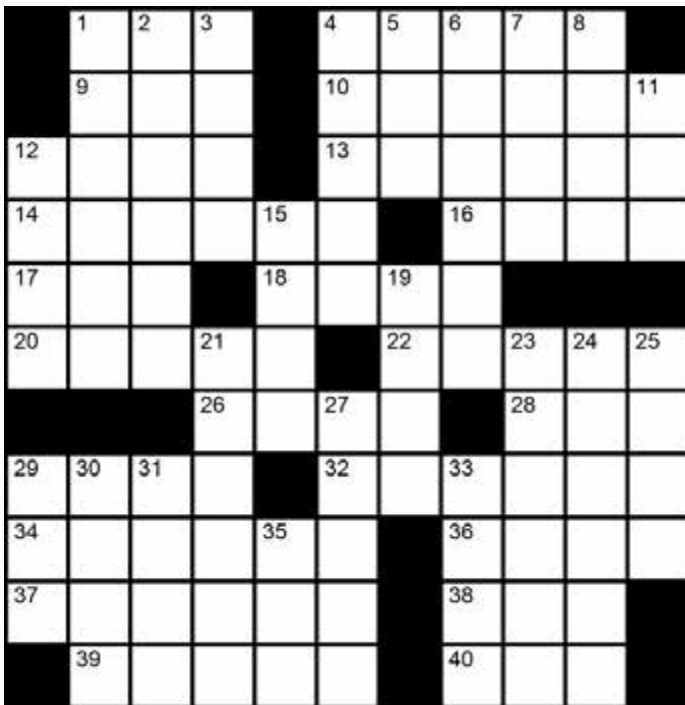
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Crossword Puzzle



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Across

- 1 " --- now or never"
- 4 Hard on the nose
- 9 Vast amount
- 10 Arranged for voices
- 12 Pie-crust ingredient
- 13 Only state with two official lang
- 14 Puncture
- 16 Caltech, for ex.
- 17 Sparse fluid
- 18 P --- puzzle
- 20 A freckle past ---
- 22 Once more
- 26 Exultation
- 28 Attempt
- 29 Comedienne née Molinsky
- 32 Commuter computer
- 34 Taking the place
- 36 Outer covering
- 37 Softened
- 38 "Halt, --- fire!"
- 39 Prolonged blockade
- 40 Advent mo.

Down

- 1 Prophetic Bible book
- 2 Blessed Mother
- 3 --- City (Baghdad district)
- 4 Pains
- 5 Half a dance, perhaps
- 6 Quarreling
- 7 Pakistan neighbor
- 8 Politician's stand?
- 11 Snockered
- 12 Where to find swinger Michelle Wie
- 15 Songwriter --- Perkins
- 19 UN nuclear watchdog
- 21 Set on fire
- 23 What one goes around in
- 24 Subtly sarcastic
- 25 Big Apple corps
- 27 Cleverly avoid
- 29 Dandy beginning?
- 30 Singles
- 31 Slimming drug
- 33 Urge along
- 35 Brain surgeon's test equipment

Solutions on page 52

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Easy

4		9	7		2		6	
	2		4					
	8	2	3					
6								1
		4			5	6	2	
		6		5		2		9
	4	5		1		7		
				3				


Medium

5								
			6	8			3	
	9					1	6	
							5	1
		4	7	2	1			6
7								
		6		1	2	4		
		1		5			7	
						8		

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[Solutions on page 52](#)





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Women: Still Think High Heels Are Worth It?

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Pump bump is common in young women who wear high heels almost every day. The rigid back of a pump-style shoe can create pressure that aggravates the heel bone when walking. The bump or bony protrusion is a hereditary deformity that can cause Achilles tendonitis or bursitis due to constant irritation from pump-style shoes. Those with high arches or tight Achilles tendons are especially vulnerable to developing pump bump if they work in high heels.

The medical term for the disorder is Haglund's deformity. In addition to the noticeable bump, symptoms include pain where the Achilles tendon attaches to the heel, swelling in the back of the heel and redness in the area.



In most women, doctors can prescribe medications to reduce the pain and inflammation. This does not, however, get rid of the bony protrusion. Icing the back of the heel reduces swelling, and stretching exercises can relieve tension in the Achilles. Long term, it's best to avoid wearing high heels, if possible.

When the dress code requires high heels, female patients can try heel lifts to decrease pressure on the heel. They can also wear appropriate dress shoes that have soft backs or are backless. **NOW**

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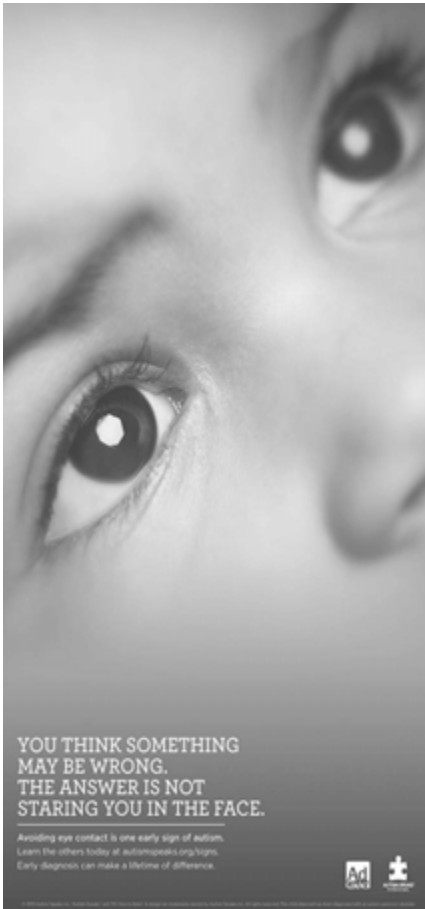
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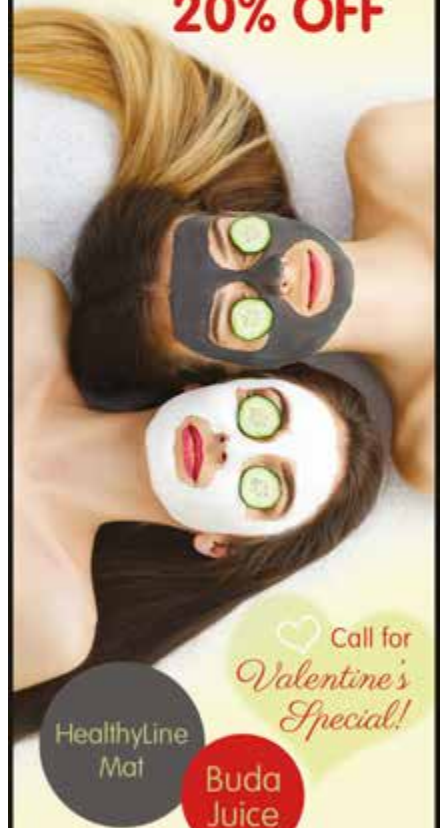
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2/7

Chamber of Commerce Launch Party:

Annual awards and launch party, free for chamber members and one guest. 5:00-7:00 p.m., Blaine Stone Lodge, 5331 Weatherford Road. Must RSVP at midlothianchamber.org to attend.

2/9

Pet Adoption Event:

Meet available pets and learn more about fostering. Petco, U.S. Hwy. 287 at FM 663, 11:00 a.m.-2:00 p.m. Visit heartsandtailsofhope.org for details on this and additional adoption events.

2/13

Midlothian Girls Softball Association Spring Registration Closes:

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2/16

Mayor's Winter Walk:

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Third Mondays

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Tuesdays

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First Tuesdays

Midlothian Area Historical Society meeting:

7:00 p.m., Community Room of CNB, 310 N. 9th St. Edwin Bateman, (972) 743-2379.

Wednesdays

DivorceCare:

Group sharing for those who have gone through or are going through divorce. DivorceCare for Kids ages 5-12 meets at the same time. Care for younger children available. 6:30-

8:00 p.m., First United Methodist Church Family Life Center, 800 S. 9th St. (972) 775-3993.

Thursdays

Midway Composite Squadron of Civil Air Patrol/US Air Force auxiliary:

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Salon 180° is currently looking for established salon professionals!

Whether you specialize in facials, hair, brows, lashes or massage — give us a call!

Salon 180°'s private studios offer salon professionals the opportunity to own and operate their own licensed mini-salon without taking away time and energy from their clients to manage a traditional salon.

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Crossword - Sudoku Solutions

1	T	S		4	A	C	R	I	D	
	9	S	E	A		10	C	H	O	R
12	L	A	R	D		13	H	A	W	A
14	P	I	E	R	C	E		16	I	N
17	G	A	S		18	A	S	I	N	
20	A	H	A	I	R		22	A	G	A
						26	G	L	E	E
29	J	O	A	N		32	L	A	P	T
34	I	N	L	I	E	U		36	R	I
37	M	E	L	T	E	D		38	O	R
	39	S	I	E	G	E		40	D	E

Easy

7	6	3	5	9	1	4	8	2
4	1	9	7	8	2	5	6	3
5	2	8	4	6	3	1	9	7
1	8	2	3	4	6	9	7	5
6	5	7	9	2	8	3	4	1
9	3	4	1	7	5	6	2	8
3	7	6	8	5	4	2	1	9
8	4	5	2	1	9	7	3	6
2	9	1	6	3	7	8	5	4

Medium

5	6	3	1	9	7	2	4	8
1	2	7	6	8	4	5	3	9
4	9	8	2	3	5	1	6	7
6	8	2	9	4	3	7	5	1
3	5	4	7	2	1	9	8	6
7	1	9	5	6	8	3	2	4
8	7	6	3	1	2	4	9	5
2	4	1	8	5	9	6	7	3
9	3	5	4	7	6	8	1	2

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