

# Midlothian

M A G A Z I N E

APRIL 2017

# NOW

## At The Farmstead

Steve and Bridgette Hawks  
reclaim Midlothian's past for  
a new day

This One  
Is Just Right  
At Home With Kent  
and Jessica Ferguson

Reaching Out, Lifting Up  
It's Pool Time

A Big Assist

Dining Deals

In the Kitchen  
With Christina Stewart





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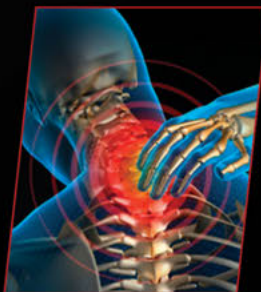
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## ON THE COVER



Steve and Bridgette Hawks develop a digital Mayberry in *The Farmstead*.

Photo by Tom Ridge.

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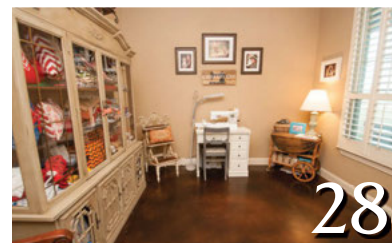
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## Editor's Note

*Happy Easter!*

It was a big day for my then 4-year-old son, Stephen. Dressed for Easter Sunday, everything about him was perfect as the family headed off to church. When kid's church was over, let's just say he didn't look the same. One of his beautiful yellow and blue checked suspenders was forlornly dragging behind him. The matching bowtie was sadly askew. His nicely tucked shirt looked as if it had never

been tucked in its life. Both of his knees were covered in dirt and dust as were his shorts. The classy and neat pleat in them now looked rather ridiculous with the rest of the picture. Sigh. That's my boy! Actually, I knew he'd return to me looking less than perfect — although I did not know it would be quite so less than!

I loved dressing my kids for Easter Sunday. The day is filled with tradition for our family. The new clothes symbolized new life or rebirth, as we celebrated the resurrection of Jesus Christ. New clothes or not, Easter is a day to rejoice in new beginnings.

Have a wonderful month!

*Betty*

Betty Tryon  
MidlothianNOW Editor  
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# AT THE FAR

*Click! The movie camera pans slowly over the grainy black and white image of a once grand home that's seen better days. The camera lens lingers over the now empty fields that once flourished with a bounty of wheat and corn crops. The barn where children played on haystacks stands empty and desolate. The message is clear — the good times are over. But, are they? The camera clicks again, and the faded image blurs, then gently morphs into clear edges of color with freshly painted wood and white columns and gabled roof.*

*The grounds take shape into refreshing waterways adorned with flowers, plants and defined walkways that lead down a pathway of welcoming shops, events and programs designed for our community. The John P. Anderson farmhouse of 1896 has been reclaimed and reborn in 2016 at The Farmstead in Midlothian. As the historic Anderson Farmhouse finds its new identity as a Bed and Breakfast Wellness Spa, it functions as a welcoming centerpiece of The Farmstead.*





# FARMSTEAD

— By Betty Tryon


To understand the concept of The Farmstead, it is helpful to understand Bridgette Hawks and the commitment she and her husband, Steve, have to building sustainable communities with a focus on repurposing elements within the community. Bridgette's career in architecture and real estate was impacted when she suffered a







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serious medical illness some years ago. She researched how to live a healthier and more purposeful life. “Cancer is what started it all for us,” she admitted. “I got my identity from my work but discovered a need to lessen my stress and change my career as I focused on health and life. We have been involved in developments all over the country. One development was the Time Warner campus with 4,000 acres. Money was not an issue with the investors, but in our hearts we wanted to do these community-based, sustainable projects.”



In considering these health-oriented communities, they researched the Blue Zones Project, which has found communities around the world where the populace lives longer and happier. “Blue zones were not based on profit but whatever is needed for the community,” Bridgette shared, “and there is no need to sell globally. We stay local.” These communities share principles called the Power 9 from the Blue Zones Project. Those principles are to move naturally, which involves doing housework or yard work, not pumping iron or gym work. They utilize the 80-percent rule, which is to stop eating when you’re 80-percent






full. Eat more plant-based food and less meat. Have a plan or routine to de-stress every day. Drink in moderation. Cultivate your faith. Keep loved ones first in your life, and keep a social network of healthy associations.

The Hawks' ultimate goal is to recreate a pocket Blue Zone with The Farmstead. Their vehicle for making this possible is their nonprofit corporation called 360grassroots. "The most sustainable developments will pull the community in, and let it grow organically," Bridgette shared. "360grassroots was designed to get the land and buildings donated, and we could sell the land back to entrepreneurs or to anyone who wants to complete their purpose in life. We want to give them an environment where this land could be a laboratory in helping with developing a business plan. Just because you have someone who knows how to make great pastries in a kitchen doesn't mean they know how to own a restaurant or a bakery. It's great that you have the gift but you also need to be coached on the other elements."

There will be volunteers to work the land, do art projects, utilizing for example your 4-H club or anyone that's a 501(c)(3) to help with public service. High school students can work for community service hours at The Farmstead. There will be a communal garden the students can work. With their plot in the garden, one of the nonprofit programs at The Farmstead will teach them how to run a business to sell their produce to the restaurant located on the property. It will teach them work ethics and encourage volunteerism.




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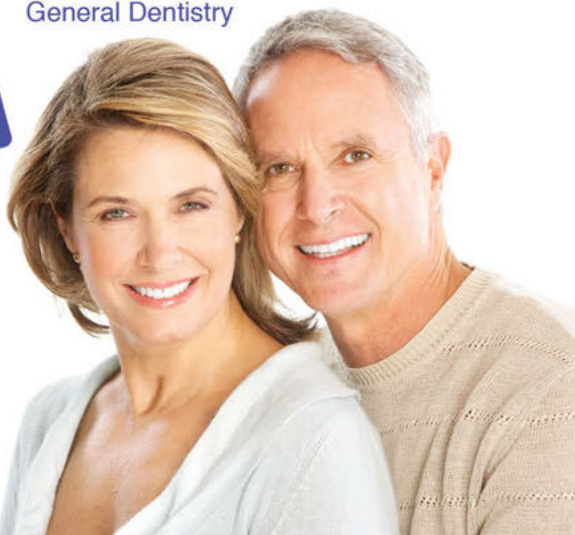
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Because The Farmstead is a project of 360grassroots, a public charity, the land and majority of the structures are donated. The donated buildings bring Midlothian's past front and center again. In addition to the J.P. Anderson farmhouse, there are other homes and barns from Midlothian's past that will be either replicated or repurposed for other uses. Much work will go into renovating and rebuilding these structures. With the uniqueness of The Farmstead, Bridgette and Steve want you to be able to come and feel as if you've gone back in time to when life was simpler. Although the outside of the buildings will be refurbished and reclaimed history, the inside of the buildings will include all of today's conveniences.



"The profit from The Farmstead goes back to the public charity," Bridgette explained. "For example when we sold the donated land to Bella Woods wedding center, the money went right back into 360grassroots for investment into The Farmstead. It takes a lot of research and expertise to figure out the legalities and how to make it a win-win for everyone. We do that by taking that profit and rolling it back into sustainability for The Farmstead and to create the next project that the community wants."

The purpose of the Farmstead is to bring communities back to their core values that make for healthier living and a more harmonious lifestyle. "Fifty years ago you had a downtown hub or community that was live, work and play," Bridgette remarked. "You could live upstairs and have your business downstairs. You had porches and outdoor playing areas. Now we have different zoning areas for industry, residential,



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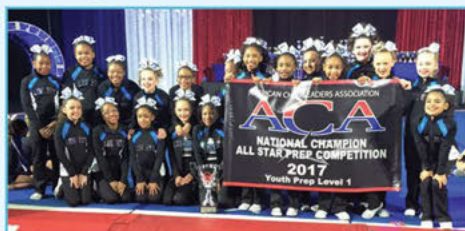
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commercial and retail. All of that led to a fractured community.” Farmstead brings the concept of that wholesome community together. It is similar to the old TV program, *The Andy Griffith Show*, that was set in the fictional town of Mayberry. That community was seen as almost perfect because it was simple, authentic and real. When completed, The Farmstead will encompass those components in addition to modern benefits that cater to the technological needs of today. Bridgette refers to The Farmstead as a digital Mayberry. “The term infers taking the positive elements of small-town Mayberry, such as faith, family, celebrating the roots of our heritage, simplicity and knowing your neighbor and infusing it with amenities that are expected today and tomorrow.”

The Farmstead will house specialty shops; restaurants, in addition to the community garden; and an artisan village that will focus on artists and their crafts with galleries to display their creations. There will be a health and wellness center that promotes ideals for a healthier life implementing such programs as yoga, life coaches, walking trails and spas. Workshops from gardening to woodworking to entrepreneurship will be offered. These elements will be funded by The Farmstead.

In short, The Farmstead will celebrate Midlothian's past and build stronger, healthier communities for today and for our future generations. **NOW**

*Editor's Note: For more information, go to [360grassroots.org](http://360grassroots.org).*





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— By Debbie Durling

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Martha Gonzalez and Marina Monstanto sort through clothes given by the community.

those in need. It was founded by Frédéric Ozanam and is dedicated to the service of the needy throughout the world. The members of the Society are sent two-by-two into the homes of the poor to respond to their needs. The organization of caring individuals is still much the same as it was then.

It was in 1992 that St. Joseph's Catholic Church formally organized a conference, which reaches out to the surrounding areas. A group of 20 regular volunteers, known as "Vincentians," come together each week to meet as many needs in the community as the donations provided by parishioners of St. Joseph's and other sources will allow. The students of St. Joseph's Catholic School also get involved by collecting food for the pantry and bringing it to the center. A donation bin sits in the parking lot of the church to collect clothing that the community may want to drop off.

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The volunteers consist of all walks of life: professionals, retirees, homemakers and anyone who wants to be part of an outlet for benevolent ministry to the area. They come together on Mondays to sort clothing, restock the pantry and just get the center “in order” for the operations that will occur for the remainder of the week. “This is an area where we really can use help,” volunteer Francis Volino said. “It doesn’t matter if someone wants to help an hour or a full day. The more hands we have available to us, the quicker we can get the center ready for the needy to come and receive help.”

Francis is one of the volunteers who helps with the general operations of the center. Growing up in Holland, she was not raised to share her faith but to keep it more private and let people see her faith by her good deeds. Her parents were very involved in charities, and being involved here has helped her carry on the tradition. She has been truly touched by the people at the center. “They are so open, ready to share about God and always ready to reach out to others,” she said. She keeps working faithfully because it’s the right thing to do, while also giving her a sense of purpose.

The pantry is open on Thursdays from 9:00-11:00 a.m. On Thursdays, Fridays and Saturdays, the center opens the clothing thrift store from 9:00 a.m.-noon. While they are selling the clothes to fill another need, the prices stay very low, so anyone can afford them. “One lady came in and needed help buying the clothes,” Francis remembered, “so we gave her a voucher to use to purchase

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Volunteers with the Society are changing the lives of those less fortunate.

the things she needed. She picked out several pairs of jeans and gave back the rest of the money. The center tried to get her to pick out something else, but she refused and told them to please give the rest to someone else who needed it. She only needed the jeans." Francis was so touched. Working at the center has truly built her faith in people.

Financial assistance applications are taken on Thursdays between 9:00 and 11:00 a.m. Each application is carefully considered, and a home visit is done, just like in the old days, two-by-two. A couple of their volunteers will visit the home and offer encouragement and recommendations to help with whatever situation is being addressed. Many times, they go to help someone and end up leaving with donations of clothes to sell. "Some people may think we just write checks and give them out, but we are so much more," Francis said. "As we steward the parishioners' donations, we are careful to look into all requests and find creative ways to help, besides just monetarily."

Many times, when those seeking help get "back on their feet," they turn around and become donors and/or volunteers. "It's easy to become locked up in misconceptions about the needy in our midst," Lin McNamara, the spiritual advisor of the Society shared. "If you have ever hit a bump in the road and have been the recipient of kind and generous hearts who have been moved to care for a need that you may have or help you through a difficult time, the truth that we need each other becomes very real." Lin knows what it's like to be raised in a family where hand-me-downs were the norm. Being the second oldest of eight girls definitely had its advantages, whereby, she was the recipient of the dress or jeans before they were worn



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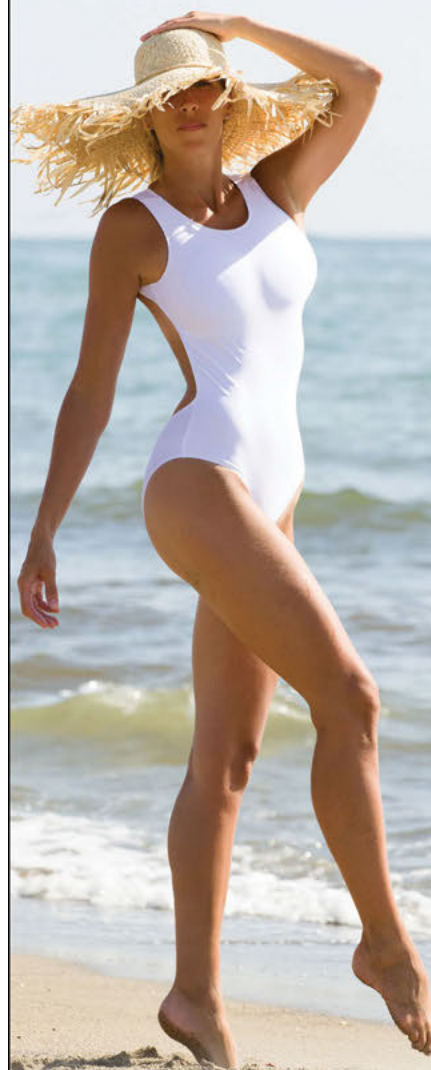
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thin. The biggest gift she remembers ever receiving over the years was the lesson that one man's trash is another man's treasure. "Sometimes, we lose sight of this as a people, and as a result, we miss out on the everyday miracles of God in our midst," Lin admitted.

Lin feels that the Society has blessed her with the opportunity to "pay forward" the benevolence she has received throughout her own life. Many years ago, she stepped out to help sort clothing in the St. Vincent de Paul center. Her main goal was to help the poor. She soon realized she would be the one to receive the greater blessing. The men and women she's met and spent her time to help have far exceeded any gift of time she's put forth.

One person the mission helped stands out in the memory of the workers. She was doing fine until a grocery store she worked for began to cut back on hours, so insurance would not be required for all workers. She had three kids to support and wanted to work, but being reduced to a part-time salary was not enough. The Society of St. Vincent de Paul is the hands of the Lord to her and others like her. "The more people join our cause or donate, the more we're able to help 'fill the gap' of hardship, so people can get back on their feet after life throws them a curve," Francis said.

The volunteers of this Society want people to know they have arms that are open to all those in Waxahachie, Midlothian, Red Oak and the surrounding areas. Everyone can serve, and everyone can come to be served. They will, no doubt, continue to reach out so as to lift others up. **NOW**



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*At Home With Kent and Jessica Ferguson*



# This One Is *Just* *Right*

— By Zachary R. Urquhart

*In a certain children's classic, the titular character keeps trying soups and beds until she finds one that is perfect. When it comes to finding the right home, sometimes it similarly takes time to find the one that is just right. Kent and Jessica Ferguson spent several years moving around Midlothian, but in a beautiful home on a little land, they have finally found their own "just right."*





Kent grew up in Lancaster, and never went too far from home after school. "I went to junior college for a while, but I pretty much went to work in sales right away," he recounted. "I worked for a paper company for a while, and then owned a roofing company for a bit, too." He eventually settled at Clark Dietrich Building Systems, a major metal stud manufacturer, where he has worked for 20 years.

Jessica grew up outside of Austin in Lockhart before heading to College Station after high school. "I had been brainwashed to be an Aggie all my life, so Texas A&M University was the only place I thought about," she laughed. "I was class of '01, with a degree in industrial distribution. After school, I took an offer to work for Dietrich, and I moved up here," she continued. Not long after her move, she changed her place of employment. "I went to work at Clark," she explained. "This is where Kent and I first met." Clark Dietrich did not merge until years later.

"We were best friends for several years before we started dating," Kent detailed. After years of friendship, Kent and Jessica got married in November 2006. "We had both been married before, so we decided to go to Puerto Rico for our ceremony."

"We were just more focused on the marriage than the wedding this time," Jessica added. They each had a son already, and they have two sons together. Korbin is 25 and lives in Red Oak now. Colton is 13, Gunner is 9 and Logan

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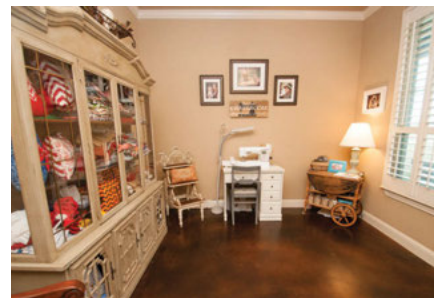


is 8. Shortly after they got married, Jessica decided to stay at home with the kids, though she kept busy. "I started a little business sewing and refurbishing furniture. But last year, I took a job as the Mt. Peak secretary, so I get to work around the boys' schedule," she said.

Kent and Jessica knew they wanted to stay in Midlothian, but have lived several places in town. "We were in Country South for a while, but with Logan, we needed more space," he explained. They found a great deal on a house in

Rosebud, but moving there meant they gave up having a large piece of land. "The Rosebud house was great, but eventually, we wanted land again. We were driving by and saw the McAlpin Manor sign before they had really started developing," he recalled. "Jessica liked this side of town, and we had friends this way, so we built out here. We got in early, so we got to make a lot of the decisions. I like having a big yard to take care of," said Kent, who focuses mainly on the land, while letting Jessica take care of most of the decor.

The exterior of the house shows off Kent's attention to landscaping, with well-manicured lawns and flower beds. Timber columns contrast a brick façade, giving the wide front porch a great look. The front entryway shows the first example of Jessica's decorative eye. "Our friend owns a furniture company, so I drew the design for the



table, and he made it," she said. Instead of formal dining or office space, the front room serves as Jessica's sewing room, complete with crafty signs she has made and a large armoire she refinished.

The living room is set with an open feel, as plush leather seating is nestled around the edges of the room to give



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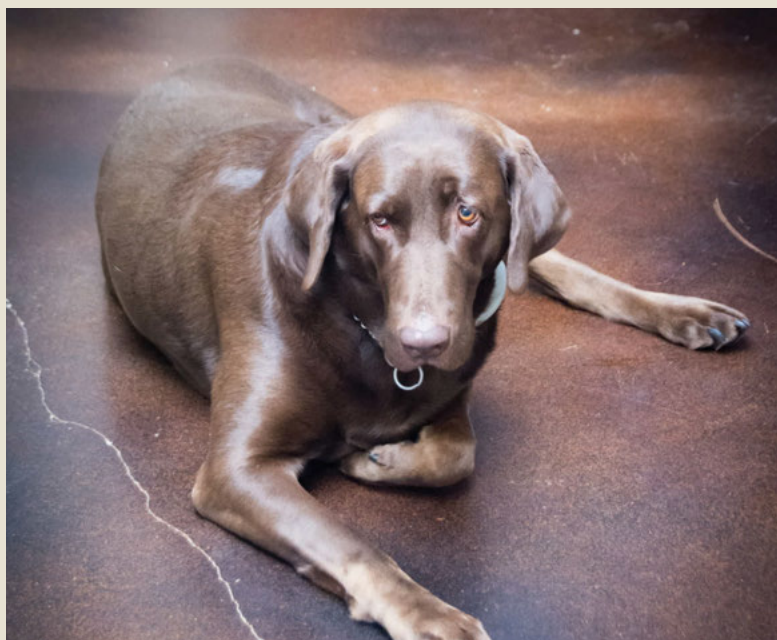
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more open space in the middle. The walls and furnishings feature dark, neutral tones, highlighted by large rich beams across the ceiling, with a splash of contrast seen in the colorful family photo wall. The open space shows off the stained concrete that Kent and Jessica chose throughout the house, and the room's focal point is Kent's favorite piece. "I let her decorate. I just need a good TV," he joked.

The kitchen features a massive island of dark granite, encasing a beautiful hammered copper sink. "Once we decided to go with the copper farmhouse sink, we started collecting copper pieces to incorporate throughout the house," Jessica explained. The resulting unique look is a great conversation piece when they host people in their home, which is something Kent and Jessica love to do. "I made a footboard into this coat rack/welcome sign. We have it in the back because most folks just come on in through the garage," she explained.

Across the house, the school-age boys all have their own style in rooms that mix classic elegance with kid-like bits of flair. Colton's room is adorned in blue and white, with a rustic finish complementing his arsenal of hunting and fishing paraphernalia. He gets his own bathroom, while the two younger



brothers share a guest bathroom in the hall by their rooms. Gunner's room has the most obvious theme: baseball. "Colton plays basketball and football, but Gunner and Logan are all about baseball," Kent described. "They play year-round, and I coach both of their teams." Logan's room has an eclectic mix of sports, music and vintage signs, while Gunner's is covered from wall to wall with all things baseball.



The master bedroom is painted a soft blue, with a gorgeous sleigh bed and armoire set against the pastel walls. Jessica made the curtains and curtain rods herself, offering yet another example of her crafty creativity. Because they were involved in the process, Kent and Jessica made many of the building and trim decisions themselves. "They wanted to do tile for the bath, but we wanted to keep the granite look going throughout, so we made the switch," she said. The elevated tub sits next to an oversized shower, with matching granite on split sinks with sophisticated large vanity mirrors.

There is one room upstairs, a testosterone-themed space that is part kids' room, part man-cave. The big screen TV is complemented by leather seating, a popcorn maker and sporty accents, capped off with a commemorative baseball bat the boys had made for Kent for Father's Day. When Kent and the boys are not up there, they are often in the back acre. "I've got a mower in the garage, so I'm happy," he surmised. The lot backs up to neighbors who are on several acres, so it looks like Kent and Jessica have a much larger plot. It is that combination of land outside and space inside that makes this home Kent and Jessica's "just right." **NOW**



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*With the temperatures rising in North Texas, now is the perfect time to think about that addition you have always wanted in the backyard. Whether your goal is a simple patio remodel, a more extensive pergola or screened-in porch or a full-out addition of a swimming pool, there are some important keys to keep in mind for home improvement jobs of all sizes.*

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— By Zachary R. Urquhart

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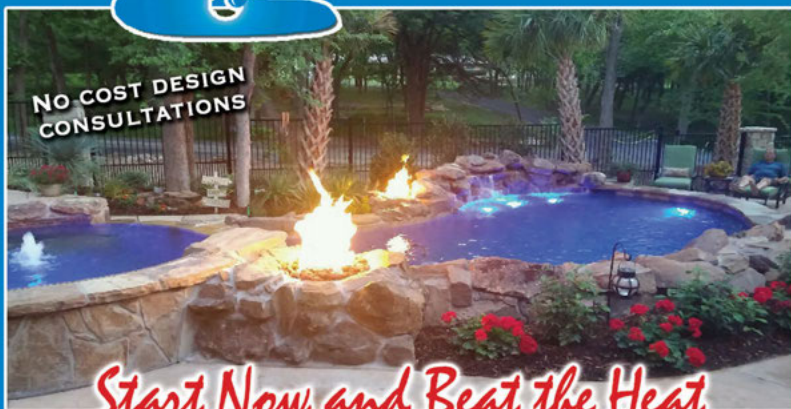
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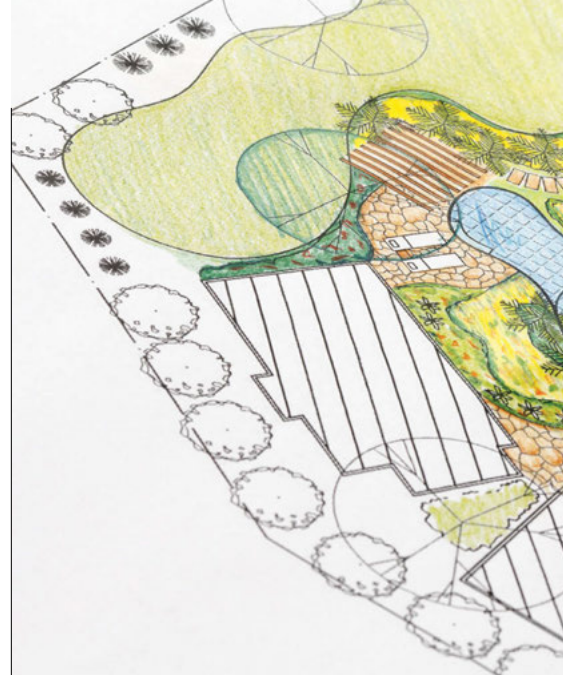
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### DO WHAT YOU CAN, BUT KNOW YOUR LIMITS

• *Trust your instincts.* If your task is focused on changing the style of your existing backyard, you can probably find ideas online or by watching decorating shows on television. That, coupled with trips to home goods stores, flea markets and garage sales may be all you need to easily give yourself a new backyard.

• *You can do more than you know.* One popular idea these days is to add a shade area in the back with a pergola, instead of building a sunroom or extending your roof. You will want a professional to pour new concrete, but you can likely add the beams and create the roof yourself. Consider corrugated tin, a relatively inexpensive option that offers shade in the summer and the joy of listening to the rain in the fall.

• *Seek help when needed.* While DIY projects can save money and be a fun way to spruce up your home, there are many things you simply cannot do without a professional. You have plenty of options, depending on your project, so be sure to look into both large and small companies to find the one perfect for your needs.

### PICK THE RIGHT HELP

• *Interview several businesses.* Before you agree to spend a large amount of money, meet face-to-face with multiple





companies. If you are adding a pool and redoing the porch, meet with some that do only one part and some that do it all. A great pool company does not necessarily build great patios, and vice versa. Make sure bids have the same language in charges, so you are comparing fairly when looking at pricing offered. And ask for proof of insurance. Otherwise, you could be liable for on-the-job accidents.

- *They will all sound good.* When talking to prospective contractors, realize that they have people whose job is to earn your business. While you should definitely rule out any company from which you get a bad feeling, do not assume the first nice guy you talk to deserves your business. Talk to people you know who have used such contractors, and ask them about their experiences.





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4. Only 25% of people with ADHD have visible hyperactivity.
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6. Medication treatment for ADHD is almost always life changing.

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• *Know what others say.* Before asking for references, ask for a firm number of installations or projects the company did the year before. Then, ask for those references. If they only give you information on half of the jobs they did, that might indicate half of their recent clients were unsatisfied.<sup>1</sup> And check online sites like Yelp or Google reviews, but do so with doubled caution. Companies will sometimes pay people to post positive reviews, so those cannot always be trusted. On the other hand, negative reviews are written with emotional vim and vigor, so one or two bad experiences do not necessarily mean the company cannot be trusted overall.

## DECIDE WHAT TO BUILD

• *Choosing between screens and sunrooms.* Whether you already have a patio or not, adding a covered area can be a nice addition to transition from the house to the yard. A screened porch is probably a simpler and less costly job, but weather, kids and pets may all necessitate repairing the screen every few years. A sunroom offers better protection from the elements, but it will likely increase the cost of your project. A sunroom will also increase the square footage of your house, which can be a nice selling point, but also may have tax implications.<sup>2</sup>

• *Make it legal.* Unless you are adding screen to existing framework, you will probably need a permit for your porch project, and adding a sunroom will definitely need one. Even if you are doing the work yourself, you still have to file with the city. It is a relatively simple process that starts with going to your town hall. If your plans are denied, you can either appeal or amend



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the plans to meet the code. Every city code has nuances, so be sure to swing by your municipal building beforehand. There will probably be considerations for size, building material, air conditioning and electrical. You might also have neighborhood requirements for exterior style, so be sure to take all of that into account when choosing what to build.<sup>3</sup>

• *Make a splash.* In some areas, you are only allowed to build above ground, so it is of primary importance to check with your city. Assuming you are hiring someone to install an in-ground pool, there are two main questions: How big will it be, and what will it look like? The size will be largely determined by the space you have and how much surrounding construction you want. Before you stress yourself trying to find a way to add the biggest pool you can, remember that most people just like splashing around, so bigger is not always better.<sup>4</sup> And depending on your lot, building a little smaller pool might let you add diving rocks, a beach entrance or a slide. Talk through all of those options with your contractor before you settle on a design.

The Texas heat will be here soon. By getting the necessary permits, finding a contractor you trust and coming up with a plan you love, you can get the backyard you have always wanted this summer. **NOW**



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3. <http://www.midlothian.tx.us/74/Building-Permits-Inspections>

4. <http://www.riverpoolsandspas.com/blog/bid/29149/How-to-Choose-the-Right-Swimming-Pool-Size-for-You-and-Your-Family>



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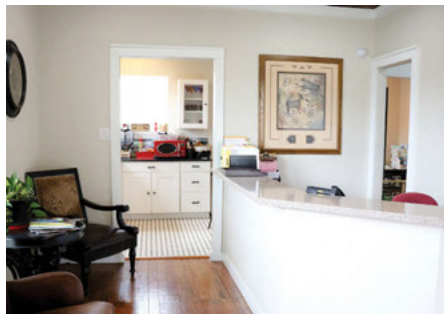
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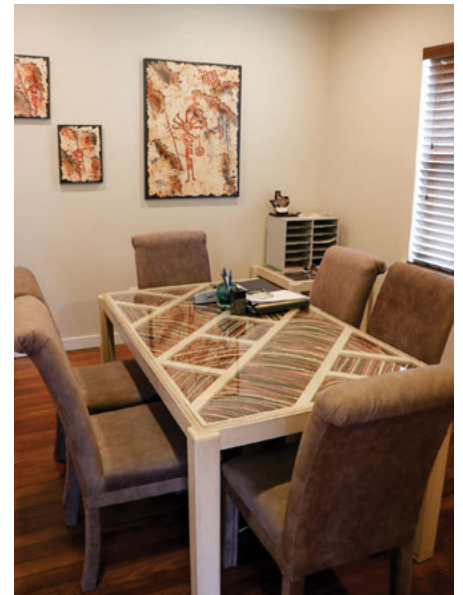


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Vicki graduated from The University of Texas at Austin as an undergrad. In 1986, she completed law school at Baylor Law School. As a lawyer, her areas of practice are consumer and small business bankruptcy and personal injury. "We see a lot of consumer bankruptcy," she stated. "In bankruptcy you have people in financial crisis. We help figure out what needs to be done based on their fact situation. We help a lot of seniors going into retirement and finding themselves in a little bit of financial distress." Vicki helps them decide if they need to reorganize, or if they need to get rid of the debt. In addition to

handling consumer bankruptcy, she also handles small business bankruptcy. "We do a lot of small business cases in reorganizing and helping them take care of their debt," she said.

Unfortunately, many senior citizens have to retire unexpectedly because of health issues or their job lays them off. In a lot of situations, someone will lose a spouse or they get a divorce, and that can throw them into financial difficulty. In too many instances, people don't have the resources they thought they were going to have when they retire because of being on a fixed income. "From a bankruptcy perspective, if they are getting rid of consumer debt, which sometimes has accumulated over years and years, we can work with them," Vicki noted. "If they no longer have to pay back consumer debt, it allows them to set up their budget without that worry. Sometimes, we have



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to get rid of a lot of consumer debt. It's hard. They may have to give back cars that are too expensive. Houses may have to be sold. We give them options to figure out how they can live within a fixed income."

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Vicki brings compassion and knowledge to her personal injury clients. She handles many auto accident victims, construction site accidents, drunk driver situations and slip-and-fall accidents. "I enjoy personal injury cases because I think we can be helpful in that area," she shared. "When people are in a crisis, we can walk them through the maze of problems they are facing." Vicki can offer assistance in other areas and not just legal. She can refer them to professionals who can help them medically and wait for payment. That is a huge benefit, particularly for her clients, who are uninsured. If they are insured, Vicki can assist them through the insurance process.

A certain level of income is not required before receiving assistance. According to Vicki, there are various programs available through the court system, and some of them are income based. Because the law is constantly changing, Vicki has to keep up with the latest legal requirements. Her goal in handling her clients' cases is to help them have a good quality of life going forward with the resources available to them, even if that means adding professional investigators or additional attorneys to the team. For personalized attention and 30 years of experience, the Law Office of Vicki McCarthy is ready to help. **NOW**



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*DJ Wild Thang provides music for Jessie McCormick at a small business promotional event held by Liberty Tax in Midlothian.*



*Joey McAteer, owner of Home Run Deliveries, enjoys an After Hours Midlothian Chamber event sponsored by Swink Color Bar.*



*Eagle Scout David Reidy builds a helmet cabinet for Paws for Reflection therapeutic riding program.*



*Marissa and Ginia sign visitors up for a \$100 drawing at the Texas Trust Credit Union.*



*Emma McDonald won \$1,000 for Mountain Peak Elementary from National Family Partnership.*



*Sierra Frailty signs with Blinn College as friends, family and her new cheer coach look on.*



*Jennifer Campbell celebrates being chosen Teacher of the Year at McClatchey Elementary.*



*Rhonda Landrum, a Mary Kay Consultant, accepts her Midlothian Chamber plaque from Cammy Jackson.*



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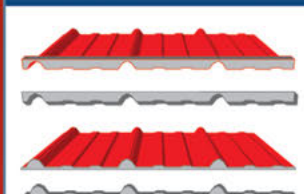


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# Golfers: Don't Be Handicapped With Foot Pain

As millions of avid golfers get ready for another season of pars and bogeys, they should be aware of potentially serious foot problems that can result from years of playing the game. Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint.

The movement and weight transfer that occur during the swing's follow through can cause this problem and other chronic foot ailments. When golfers follow through on their swing, they can overextend the big toe joint on the back foot. Those who have played the game avidly for several years can eventually wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf.

Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a foot and ankle surgeon for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure can also precipitate the condition. Individuals with a long first metatarsal bone (big toe), for example, are more susceptible to joint compression and hallux limitus. If golfers experience pain in the big toe area when playing, they should

consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Another foot problem that is common in golfers is a neuroma or pinched nerve at the bottom of the foot. The weight transfer to the front foot that occurs in the follow through applies pressure that, over time, can cause a pinched nerve.

Golfers should not wear shoes that have a spike located directly beneath the ball of the foot. The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot. Any pair of golf shoes can be made more foot-friendly without sacrificing traction by removing the poorly located spikes. **NOW**

*Christopher Schmitt, DPM*

*Associate of the American College of Foot and Ankle Surgeons  
Southern Star Foot & Ankle*

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### April 1

Bark For Life Family Festival 2017: 10:00 a.m.-2:00 p.m., Civic Center Field, Midlothian. Demonstrations, pet adoptions, activities, vendors, contests, 3K Family Fun Run/Walker. For more information, go to [@rocketmailRelayForLife.org](mailto:@rocketmailRelayForLife.org)/BarkEllisCountyTX or contact Laurie Reynolds [Llreynolds@rocketmail.com](mailto:Llreynolds@rocketmail.com), (972) 765-1072.

Social Inclusion Dance hosted by For Maddie's Sake, Inc.: 6:00-8:00 p.m., Midlothian Civic Center. Free admission/donations welcome. [www.formaddiessake.com](http://www.formaddiessake.com)

### April 1, 2

Waxahachie Community Theatre: 7:30 p.m., **Saturday**; 2:30 p.m., **Sunday**; Living Hope Nazarene Church, 2420 Brown St. Three plays will be performed during each show: *Jack and the Beanstalk*, *Little Red Riding Hood* and *The Power Mutants*. Tickets are \$10 each. For questions, call (972) 646-1050 or email [wct.texas@gmail.com](mailto:wct.texas@gmail.com).

### April 8

Easter Egg Hunt: 10:00 a.m., Midlothian Sports Complex, 1000 S. 14th St. The event is for all kids up to age 10 years. The softball fields are covered with eggs and other prizes

and divided by age groups. Parents don't forget a camera — the Easter Bunny will be there for photos.

Big Brothers Big Sisters annual fundraising event: 10:00 a.m., Hilltop Lanes, 2010 US-287 Bus., Waxahachie. For more information: [bbbstx.org/EllisCountyBowl](http://bbbstx.org/EllisCountyBowl).

Citywide Spring Cleanup Day: 8:00 a.m.-noon, Public Works Service Center, 1050 N. Hwy. 67. Take advantage of this great opportunity to dispose of bulk items, tree limbs and more. The Public Works Department offers this free service twice a year. For more information, email [publicworks@midlothian.tx.us](mailto:publicworks@midlothian.tx.us) or [www.KeepMidlothianBeautiful.org](http://www.KeepMidlothianBeautiful.org).

### April 8 — May 29

Scarborough Renaissance Festival: **Saturdays** and **Sundays** only, 2511 FM 66, Exit 399A on I-35E. For more information, call (972) 938-3247 or visit [www.srfestival.com](http://www.srfestival.com).

### April 22

T. E. Baxter Elementary PTO Carnival: Noon-4:00 p.m., T.E. Baxter Elementary, 1050 Park Place Blvd. Family fun for everyone. Vendor and craft fair, silent auction,

cake walk, games, food and more. For more information, call (469) 879-1433.

### April 29

Kids Fishing Derby: 8:00 a.m.-noon, Midlothian Community Park, 3601 S. 14th St. Annual fishing derby sponsored by the Midlothian Community Development Corporation, Texas Game Warden Association and In-N-Out Burger.

Spring Wine & Arts Festival: 4:00-9:00 p.m., Downtown Midlothian, N. 8th St. Wine tasting, music and vendor booths. For more information, call (972) 723-8600.

### June 3

Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Regional Airport. Breakfast tickets are \$6 for adults and children over the age of 8. Children under 8 are \$.33. Parking is free. For more information, call (972) 923-0080 or visit [www.mid-wayregional.com](http://www.mid-wayregional.com).

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

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## In the Kitchen With Christina Stewart

— By Betty Tryon

If there is a cooking gene, Christina Stewart was definitely born with one. At the age of 7, she was off and running when she wrote her first original recipe for pancakes. As a youngster, when watching TV, she turned to cooking shows instead of cartoons. “I’ve been cooking for as long as I can remember. Not only is cooking therapeutic for me, it is also my love language. When I am in the kitchen, I am in my own world where I can express my creativity the only way I know how.”

Her 4-year-old son probably has the cooking gene, too, as he helps out in the kitchen and is her best food critic. “If it is approved by him, I know it’s good!” **NOW**

### Breakfast Casserole

*A perfect breakfast to please a crowd!*

- 1 8-ct. 16.3-oz. can Pillsbury Homestyle Biscuits**
- 1 16-oz. roll breakfast sausage (can substitute 1 pkg. bacon)**
- 8-10 large eggs**
- 1/4 cup milk or heavy cream**
- Salt and pepper, to taste**
- 1 8-oz. pkg. shredded cheese (cheddar or any cheddar blend)**

- 1.** Preheat oven to 350 F. Rip or cut raw biscuits into approximately 1-inch pieces and scatter into a 9x13-inch baking dish.
- 2.** Brown breakfast sausage into crumbles in a medium pan until cooked through. Evenly sprinkle crumbles over biscuit pieces.
- 3.** Whisk eggs in a bowl with milk or heavy cream; season to taste with salt and pepper. Pour mixture over biscuit pieces and sausage crumbles.

- 4.** Sprinkle entire package of shredded cheese over the top of the unbaked casserole.
- 5.** Bake for 35-45 minutes, until the middle is just set and the top is golden brown

### One-bowl Banana Bread

- 4 very ripe bananas**
- 1/3 cup vegetable oil**
- 1/2 to 3/4 cup sugar (depending on desired sweetness)**
- 1 egg**
- 1 tsp. vanilla extract**
- 1 1/2 cups all-purpose flour**
- 1 tsp. baking soda**
- Pinch salt**
- 1 tsp. cinnamon (optional)**
- 1/2 cup walnut or pecan pieces (optional)**

- 1.** Preheat oven to 325 F. In a medium bowl, mash bananas.

- 2.** Add oil, sugar, egg and vanilla directly to bananas; whisk to combine.
- 3.** Add flour, baking soda, salt and cinnamon, if desired, directly on top of wet ingredients and gently whisk until just combined. Gently fold in nuts, if using. *Note:* Do not overmix, or your banana bread will be tough.
- 4.** Pour batter into buttered loaf pan and bake 45-65 minutes until golden brown and tester comes out clean.

### Chicken and Kale Soup

- 4 Tbsp. olive oil (divided use)**
- 1 lb. boneless, skinless chicken breasts**
- Salt and pepper, to taste (divided use)**
- 1 large onion, diced**
- 2-4 cloves garlic, finely diced**
- 2 large carrots, diced**
- 4 stalks celery, diced**
- 2 green bell peppers, diced**
- 2 zucchini, diced**
- 1 pkg. mushrooms, diced**
- 1 large can diced tomatoes**
- 1 32-oz. box chicken broth/stock**
- Up to 32 oz. water**
- 1 tsp. cumin**
- 2 tsp. smoked paprika**
- 1 bunch kale, roughly chopped**

- 1.** Add 2 Tbsp. olive oil to a large Dutch oven or large pot. Heat over medium-high heat. Season chicken breast with salt and pepper; sear in olive oil. Once browned on each side, remove and set aside.
- 2.** Add remaining olive oil to pot. Add all diced vegetables and season with salt and pepper. Sauté until softened, approximately 5 minutes. Add tomatoes, chicken stock and up to an additional 32 oz. of water to cover the vegetables. Add cumin, paprika, salt and pepper; stir.
- 3.** Bring to a simmer. Nestle chicken breasts into the soup until completely covered. Simmer on medium-low heat for 20 minutes, or until chicken is cooked through. You can simmer longer to develop deeper flavor.
- 4.** Remove and shred chicken, add back in to the pot along with chopped kale. Stir until kale is wilted. Enjoy.

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



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