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## Roaring With Truth

Marty Hill is a pastor  
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## ON THE COVER

*Pastor Marty Hill has helped the homeless and those battling addiction.*

**Photo by**  
Hannah Chartrand.

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mailed free of charge to homes and businesses in the Midlothian ZIP codes.*

*Subscriptions are available at the rate of \$35 per year or \$3.50  
per issue. Subscriptions should be sent to: NOW Magazines, P.O.  
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# EDITOR'S NOTE



*Angel*

Angel Morris  
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*Hello, Midlothian!*

Although I play holiday music in my car year-round, on November 1, I'm officially allowed to celebrate the season. This month, my husband finds wintry decorations acceptable, and carols are no longer banished to my vehicle. I'm one of those "only 364 shopping days" kinds of people, with Christmas gifts purchased before Thanksgiving and wrapped by December 1. (This "early bird" trait suits me as *MidlothianNOW* editor — I actually wrote this letter to you for my deadline back in August!)

It pleases me to see that the city of Midlothian also starts early, hosting its Christmas Tree Lighting Ceremony Nov. 13 at 5:30 p.m. in Heritage Park. The reading of the Christmas story will be accompanied by music as we usher in the holiday season, followed by the Southern Star Christmas Celebration Dec. 1.

But first, let's not forget the 8th Annual Veterans Tribute Dinner on Nov. 11 from 6:30-9:00 p.m. at the Midlothian Conference Center, which recognizes local vets. According to history.com, Veterans Day originated in 1919 as Armistice Day on the first anniversary of the end of World War I. In 1926, Congress declared it an annual observance, and it became a national holiday in 1938. Veterans Day honors all American veterans — alive or deceased. It's never too early to give thanks for those who serve.

Let the celebrations begin!

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# ROARING WITH TRUTH

— By Zachary R. Urquhart

*Marty Hill is a pastor who has been to seminary, is ordained and has led local churches. But calling him a pastor only scratches the surface. In addition to his work at Grand Prairie Family Church, Marty has two big passions — outreach ministry helping women in need and shredding his electric guitar as one part of the hard rock band, Roaring Truth. Marty sees both projects as part of a greater calling.*

Marty grew up in Duncanville, and his experience serving people in the South Dallas area greatly impacted his life over the last two decades. “I was a preacher’s kid, and my dad’s greatest legacy was founding the Austin Street Shelter in Dallas. Growing up, whenever he would take me to doctors’ appointments or anything like that, I would go and help him at The Stewpot or at Austin Street,” he detailed.

Though he did not go straight into ministry, once Marty felt the call, he was pulled specifically to outreach for at-risk and homeless populations. First, he studied psychology and criminal justice at the University of North Texas, which led to a career in forensic case management for Dallas County Mental Health and Mental Retardation Center.

Probably the most important part of his time at UNT, though, was meeting his wife, Jennifer. “I met her before I was thinking about marriage or anything, but I remember thinking when I first saw her that I could marry someone like that,” he said.

**“ I JUST KNEW THAT I HAD THESE SONGS, THAT IF I GOT A CHANCE TO SHARE THEM, THEY COULD HELP PEOPLE.”**



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Marty and Jennifer have two kids. Zach is a freshman at Oklahoma State University, and Alyssa graduates from Midlothian High School in May. The family moved to Midlothian in 2005, staying here through the iterations of Marty's pastoring career.

After many years with MHMR, Marty started seminary at the same time they were moving to Midlothian. Shortly after being ordained, he was convinced by a friend to help open a women's outreach center in Kaufman — work that was near to his heart. "It's amazing seeing how it came together. As my income was going further down, Jennifer was working hard to move up from being a nurse to earning a job as an executive with a hospital in Dallas," he explained. "I could not have done all I've done without all of her sacrifice and hard work."

Though Marty loved the work in Kaufman, he felt there was something different he needed to be doing. "I heard the call to come back to the streets I was from," he said, "so I bought a house in South Oak Cliff and opened a Women's Recovery, Discipleship and Sober Living Facility called Soul Flight Ministry."

Along with all he has done helping the homeless and people fighting addiction, music has been a constant in his life. "I started playing guitar when



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I was 14, and really the guitar just feels like a third arm to me," he described.

Though Marty had been playing for a long time, it was during seminary that he felt a new part of the call on his life. "I would play when I was taking study breaks, and I was writing a lot. I just knew that I had these songs, that if I got a chance to share them, they could help people," he explained.

Marty had played in garage bands in high school, so he knew he wanted to find a group to help flesh out his song ideas. "The guy that introduced Jennifer and me helped me record some scratch tracks, but I needed a band. I started posting on Craigslist eight years ago, and eventually I found the right guys," he recounted.

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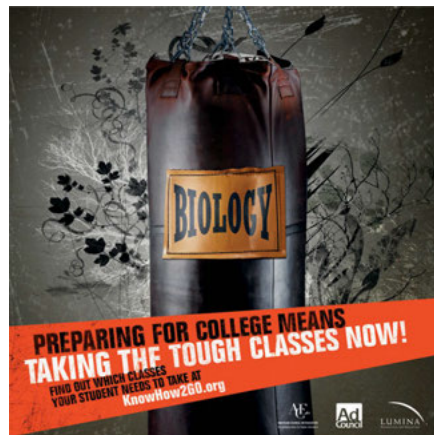


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It took four years for Marty to find his first bandmate, mainly because he was being selective. "I connected with guitarist Dillon Moses, and we added our singer, James Jones, a few months later. Then about a year ago, we met our drummer, James Mclester, who I remembered watching with Dallas rock bands years ago."


With a mostly formed band, Roaring Truth left the garage and played a few shows last year and recorded some of their own songs. "There is a hard rock deejay with Dallas radio station, KNON, and he was trolling the Internet one night," Marty recalled. "He came across our first single, "Homesick," and decided to start playing it. We ended up being one of the station's Top 10 Metal Bands in DFW after we'd only played two shows. Then, Internet rock radio KDKT, featured us in January, and we got more requests than any band had in eight years."

The group rounded out the band this summer with Jordan Greer, another answer to a Craigslist ad. In the last year, they have opened for bands like Dokken and Winger, and recently signed a distribution deal to help get their music to a wider audience.

What makes their success more incredible is the contrast of Marty's songs to what many bands in the genre produce. "We don't market ourselves as a Christian band, and we like to think we are on a covert mission," he smiled. "Jesus taught in parables, and I think our lyrics are parabolic. Just like we do with Soul Flight, the band is meeting people where they are, trying to present light in a dark place and casting seeds." **NOW**


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## City of Midlothian Christmas Tree Lighting

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rainout date-November 17



# SIMPLE *Chateaux*

— By Angel Morris



Thad and Christina Miller could have lived anywhere in the U.S. After canvassing the country, however, they decided Midlothian best met their criteria. “We were wanting to leave Illinois, mostly for better career opportunities, better cost of living and quality of life, better schools and to escape frigid and gloomy winters,” Christina explained. “When we narrowed down our scope to the DFW area, we then looked for a place between Dallas and Fort Worth, with great schools. That’s how we found Midlothian!”



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THAD AND  
CHRISTINA  
MILLER







The couple, who met in 2002, while attending the same college, moved to Texas three years ago. "We flew down to house hunt in May 2015 with our youngest son, who was about 6 weeks old at the time. We saw 14 houses in two days and put an offer on the one we liked best and had the most potential," Thad recalled.

Their selection was a five-bedroom, nearly 4,000-square-foot home built in 2007 "Upon walk-through, we thought the decor and paint were very neutral, which was a great relief. But when we moved our belongings into the house, we realized that the paint seemed neutral with *their* decor but clashed with our things," Christina said.

As a result, the family hired an interior decorator to pick replacement colors, only to decide the choices were too dark and not suited to their own style. "So, we ended up picking most of the paint colors on our own. We looked at samples and lots of pictures and recommendations online. We painted sample squares over many of the walls — it looked pretty crazy in here for a while!" Christina remembered. "The colors tended to not look at all like the samples once they were all over the walls. Plus, we're very particular, so there's been a lot of repainting!"

Having packed and moved from out of state, the family became more aware of their quantity of belongings. "It turned us more into minimalists. It's still something we're working on, but we are a lot more careful about our purchases than we have been in the past," Thad admitted.

Focusing on ideas that blended their traditional and rustic tastes, Christina

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started following interior decor-inspired Instagram pages online. "Then I started my own page to share my ideas at the beginning of this year, and it has been a great experience," she said.

Once their home was repainted and furnished, Christina showcased some of their spaces online, hashtagging the Sherwin Williams paint company. "Then I was contacted by Sherwin Williams, requesting to use my photos for their page to show others how the paint colors look. Now there are pictures of

the interior of our home posted on the Sherwin Williams' site for three of their paint colors," Christina noted.

The online images show exactly how the Millers managed to create their perfect space. "We want our home to be welcoming and a place of solace after a busy day," Christina said.

While the home now seems picture perfect, the Millers continue to make thoughtful improvements. "We're taking our time so as not to end up with extra,

unneded items. Each paint color was specially picked and tested, and all the wall space is carefully considered for the best use and in the most aesthetic way," Christina admitted.

With five living areas, including a living room, office, family room, game room and media room, there is plenty of room for Thad, Christina and their two sons, Oliver and Ethan, to relax. "Our favorite room is the dining room. It took a lot of trial and error to get it the way



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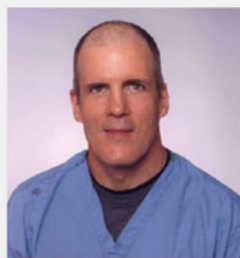
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we like it, but it finally has the right feel," Christina said.

As part of the functional decor, the Millers have wine bottles stored aesthetically on one wall and have placed an ornate mirror to add depth to the dining room. They also used preserved wreaths to add a pop of color and fresh smell here, and a piece of art from one of their favorite artists completes the design.

More from the artist is displayed in the home's front room. "A couple of the pieces are etches of Chicago scenes. We purchased them at art shows from the artist himself when we still lived in the area, knowing we would one day move from there, and they would be a special way to remember," Thad noted.

Along with a spacious master suite, the house has a formal dining room with butler's pantry, a large kitchen featuring granite-like counters and roomy breakfast nook where a favorite collection is displayed. "We collect 'You Are Here' mugs from Starbucks. They are displayed on a mug rack from Magnolia Market in Waco, Texas, on the wall in our dinette," Christina said.

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Fun and functionality have been part of every design choice, as the Millers continue to make the house their own. "We've been remodeling the house with functionality in mind, mostly. We installed lighted outlets in the darker hallways, for example," Thad explained.

Christina added, "We used a cutting machine to add our address onto our front door, which is very functional, since our address plaque is covered by a giant palm tree! We also had fun customizing the glass on our office doors, which adds fun detail."



Located on a busy corner lot, the Miller home is part of an enthusiastic community. "We love our neighborhood because of the great people! There are so many of our son's classmates and friends nearby. Our neighbors look out for each other. Our Facebook group page is super helpful, and it has a pool," Christina enthused.

Although much of their free time is still spent working on the home, the Millers also enjoy crafting, smoking meat and building LEGO creations with their boys. Their oldest son participates in Cub Scouts, and Christina is a board member for his school's PTO. "We keep things pretty low-key," Thad said.

The family's relaxed temperament is enhanced by the home they have carefully made their own. Much like their first date, which involved a night of swing dancing, the Miller home is an enjoyable place to be after much trial, error and, ultimately, success. "I'm most proud of our patience," Christina admitted. "We're almost there!" **NOW**

*Editor's Note: Follow the Miller's design adventures on Instagram @thissimplechateau.*

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# PUSHING THROUGH

— By Angel Morris

Cheyenne Osborn looks like your typical all-American teenager, and in many ways, she is. A middle school athlete with an eye toward college, the 13-year-old is a blend of confident and cautious — character traits that stem from overcoming difficulties you would never know of unless she decided to reveal them. Cheyenne suffers from complex regional pain syndrome but has learned to conquer it at every turn.



"We've never let her use it as a crutch. It's something she has, but something she can't feel sorry for herself about. She knows every day is a blessing," Mom Nada Osborn relayed.

CRPS is a nerve disorder usually occurring after some sort of traumatic injury, surgery or immobilization. Cheyenne believes hers stemmed from a simple decision to wear the wrong shoes for one day. "It was the third day of third grade, and I had a new dress with matching shoes. The shoes were too big, but I insisted on wearing them, even though my mom said not to," Cheyenne recalled. "I walked on the sides of my feet all day and was in terrible pain."

True to determined form, Cheyenne refused to skip cheer and soccer practice that evening and played through the pain. The next day, her foot was twice its natural size. Initially diagnosed as a severe sprain, it would be several ER trips before the injury was accurately labeled. "Ultimately, we were directed to Cook Children's Medical Center," Nada recalled.

On the eighth day after Cheyenne's injury, a chance encounter led to the proper diagnosis. "We were waiting at Cook's to see an orthopedic specialist when an intern passed by. He glanced at Chey's leg and said, 'Oh, does she have RSD?'"

Reflex sympathetic dystrophy, or RSD, is another name given to CRPS, which was first labeled 150 years ago as pain considered disproportionate to the event causing it, such as a sprain or fracture, and it is rare in children.

Multiple tests confirmed the intern's suggestion, and Cheyenne was prescribed a list of medicines and physical therapy. Despite those efforts, her condition worsened, and Nada took matters into her own hands. She began her own research, started an online support group and decided to wean Cheyenne off her prescriptions. "We researched and decided on natural medicines, vitamins, upped her physical therapy — we even massaged her hands and feet while she was asleep — and really managed her diet," Nada reflected.

While the measures resulted in small breakthroughs for Cheyenne, doctors suggested that a nerve block procedure might be the ultimate solution to ease her pain. "We set an appointment for

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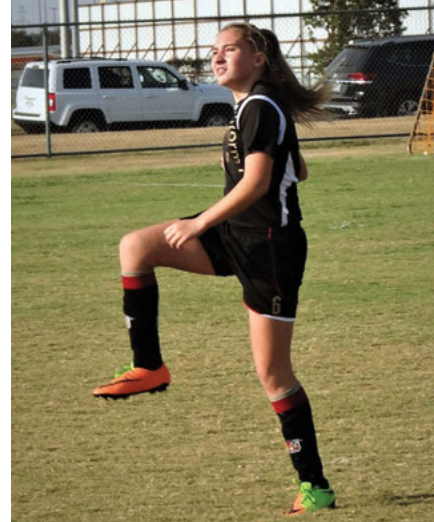
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the nerve block and were discussing it on the way to physical therapy. That very day, Cheyenne walked without her boot, crutches or any help," Nada remembered. "When we got home, the neighborhood came out to watch Chey walk!"

Cheyenne continued to push herself to do more, and after about a month, she reached a remission stage. Two weeks later, she wanted to try out for competitive cheerleading and play soccer again. "She was homebound for two years of school as we worked through all of this, but ultimately, she came out the other side like the miracle child that she is," Nada said, noting that doctors had told Nada and her husband they would never be able to have children.

Hobbies that Cheyenne began as a child helped motivate her then and now. "My mom said I was making up dances and cheers when I was 2, so when I was old enough, she started me in pee-wee cheer. Then two years later, I started competitive cheer and have loved it ever since," Cheyenne recalled. "I love the dancing and performing of cheer."

As much as she enjoyed cheer, soccer would prove her favorite. "My dad wanted me to try it, so I started on a YMCA team when I was 4 or 5. They say I was just a natural at it," Cheyenne said. "The director of Storm FC, Antony Penna, saw me playing and recruited me to come over to Storm the next season. I have always loved it and do not know my life without it!"

The Osborns firmly believe Cheyenne has a mission to fulfill with her life. "We believe she's here for a reason," Nada said. "Maybe it's to show others who are in pain that you can get through it."

Cheyenne said she tries to use the experience to encourage others, especially her peers. "I try to be the person others

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can come to if they are feeling beat down. I tell them, 'You have to be positive. You have to stand up for yourself.'"

While Cheyenne participates in cheerleading, choir and track at Walnut Grove Middle School this year, her focus is soccer. "Soccer is constant moving, and the rush when you win as a team helps me to forget about where my CRPS has put me before," Cheyenne admitted.

Cheyenne's goal is to play in college, possibly at the University of North Texas, Texas A&M, Texas Tech or Alabama universities. "Because of her skill level on the field, she felt it really was the best choice for her future," Nada said.

Although Cheyenne still has periods of breakthrough pain, she said CRPS has given her more compassion, understanding and determination. "I don't overdo it because I want to keep getting better. If I miss a practice, I just work extra hard the next time to make up for it," Cheyenne admitted. "But I've learned exactly how strong I am, and I'd like to become a nurse to help other people someday. If I can also coach soccer, cheer, or both, that would be the ultimate!"



With those goals in mind, Cheyenne said she will "stay focused, work hard and also help others to work hard." "I need to show others that it doesn't matter what happens to you in life. If you stay determined and always get up when you get knocked down, you can achieve anything," she said. "Even if it's not perfect, just do the best you can every time. That's what matters most."

Nada has no doubt her determined daughter will do whatever she sets her mind to. "It was difficult, and she fought hard to stay on track in school and physically," she said. "Ultimately, she learned when people are counting on you, you have to follow through. And that's the kind of person she is. Cheyenne always pushes through." **NOW**

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# On a Roll

— By Angel Morris

Heather Lowry spent much of her life caring for her family and building a career. Three years ago, however, an online message caught this Midlothian resident's eye, and a fire to do something solely for herself was sparked. "I'd thought about 'what ifs' all my life but was always too busy working, taking care of other people, volunteering, etc.," Heather reflected. "I reached a point where I felt like if I didn't do something for myself it might be too late."

Browsing the Internet, Heather saw an ad asking, "Have you ever thought about roller derby?" Unexpectedly, the sport had crossed Heather's mind. "I hadn't been on skates in three decades, but I decided to check out a practice. The day after that, I was buying my own skates," she said.

Three years later, Heather says being part of roller derby is a welcome escape from the daily grind. "It's nothing like what people think of from what was on TV in the '70s. Our rule set is very strict — there's no elbowing or fighting. In fact, we're not trying to knock each other down. We're trying to build each other up," Heather explained.

A contact sport played by two five-member teams at a time, roller derby involves skating counter-clockwise around a track. Each team designates a jammer, identified by a starred helmet, who scores by lapping the opposing team. Skaters try to keep the opposing jammer from progressing, while helping their own advance.

As members of the Blackheart Betties in the Arlington Derby Avengers League, Heather and her teammates rotate between jammer, blocker and pivot positions in the rink. While anyone is welcome, participants must pass a minimum skills assessment.



"You're required to skate 27 laps in five minutes — about 11 seconds per lap," Heather noted. "But we've had ladies who don't let go of the walls for months. It's OK. Some people's journey takes a little longer. The point is to keep coming back."

It is that mentality that encourages women to return, Heather said. "We have a motto that it's not how you fall, but how you get back up. It's not about competing against others but about not defeating yourself."

In twice weekly practices at Cedar Hill Roller Rink, skaters range from age 14 and under in junior league or 15 and older in adult league. "You don't have to have any skills to join. We'll teach you what you need to know," Heather said. "There's a real emphasis on safety, and although it's very competitive, we keep it fun."

Founded by a mother and daughter in January 2015 to promote health and fitness, Arlington Avengers has done more than that for Heather. "Our league is small, but growing, and has become like a family. There is such encouragement," she said. "Sometimes, it's hard to get to practice, but I always leave feeling better for having gone."

With mash-up bouts in off-season, the three Avenger teams compete in six official matches per season starting in June and culminating in a championship match, which Heather's team won last year. "In matches each team encourages the other while waiting on the line," Heather said. "While you're skating in bouts, you're laughing and cutting up, but always encouraging your team and your opponents."

Spectators can cheer on Heather, also known as Hell Kat 00, should her team make the championship December 8 in Cedar Hill. "I'm not the best skater, but I'm very enthusiastic," she joked. "And I'm pretty confident about making it to the championship."

Heather, who runs her own home cleaning service by day, said roller derby serves an important purpose in her life. "Roller derby may not be for everyone, but for me, it's a reminder that there's more to life than paying bills," she said. "I encourage everyone to find something like it, because we're all worthy of spending some time on ourselves." **NOW**



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CookingNOW

*In the Kitchen With*  
CAITLIN MILLER

— By Lindsay L. Allen

Caitlin Miller and her dad have always enjoyed being in the kitchen. In fact, their annual birthday gift to each other is cooking classes. This love is something Caitlin has passed down to her son as they watch food shows together. They even had a cupcake challenge, relying on friends and family to vote. “I have a few recipes that are from my childhood,” Caitlin said, “but most are ones I created with my dad while growing up. My kids will definitely have a lot of recipes handed down to them.”

An educator by trade, Caitlin has hosted cooking classes after school for her students. She incorporates the science side of it into her lessons, which is fitting for the fifth grade science teacher. **NOW**

## French Silk Pie

**1/2 cup butter with salt, melted**  
**3/4 cup sugar**  
**2 oz. unsweetened chocolate, melted**  
**2 Tbsp. amaretto**  
**2 eggs (divided use)**  
**1 crumb piecrust (graham or chocolate)**  
**8 oz. whipped topping**

1. In a stand mixer, mix the butter and sugar until combined.
2. Add melted chocolate, still mixing. Add the amaretto.
3. Add 1 egg; turn up the mixer to the highest speed you can without it splattering. Mix for 5 minutes.
4. Turn the speed back to low; add the second egg. Mix, again, at the highest speed for 5 minutes. Your mixture should lighten in color and have a little more volume.

5. Pour into the piecrust. Cover; refrigerate for at least 2 hours.
6. Top with whipped topping. Slice and enjoy.

## Sweet Potato Casserole

**3 cups sweet potatoes, peeled and chopped**  
**1 cup sugar**  
**1/3 cup flour**  
**1/2 cup butter with salt, melted**  
**2 eggs**  
**1/2 cup sweetened condensed milk**  
**1 tsp. vanilla extract**  
**1 cup pecans, chopped**  
**1 cup brown sugar**

1. Preheat the oven to 350 F. Put the potatoes in a pot on the stove, filling with water just over the potatoes. Cook on high for about 10 minutes, until soft; drain.

2. Mash the potatoes until smooth; pour into a mixing bowl.
3. Add sugar, flour, butter, eggs, milk and vanilla. Mix together; pour into a 13x9-inch pan.
4. In a small bowl, mix the pecans and brown sugar; sprinkle on top of the potato mixture. Bake for 30-35 minutes.

## Goat Cheese “Truffles”

**4 oz. cranberry cinnamon goat cheese**  
**4 oz. plain goat cheese**  
**6 oz. cream cheese**  
**2 tsp. cinnamon**  
**3 Tbsp. honey, plus extra to drizzle atop truffles**  
**1 cup dried cranberries, cherry infused**  
**1 cup pecans, chopped**  
**1/2 cup fresh parsley, minced**

1. Put the goat cheeses on a microwave-safe plate; heat for 30 seconds.
2. In a large bowl, mix the goat cheeses and cream cheese until combined. Add cinnamon and honey; set in refrigerator while you complete the next steps.
3. Roughly chop the dried cranberries. Mix the cranberries, pecans and parsley in a bowl.
4. Spread parchment paper or waxed paper on the counter; pour the pecan/cranberry mixture on the paper. Remove cheese mixture from the refrigerator; use a 1-inch scooper to make balls out of the cheese mixture.
5. Roll each ball in the pecan/cranberry



mixture; return the balls to the refrigerator until ready to serve.

6. When ready to serve, drizzle more honey over the tops. Serve chilled.

## Sausage-stuffed Mushrooms

2 lbs. larger baby bella mushrooms

1/4 cup Worcestershire sauce

Salt and pepper, to taste

1 lb. Italian sausage

8 oz. cream cheese

1. Preheat oven to 350 F. Pull the caps off the mushrooms; place the caps in a bowl. (The rest of the mushrooms won't be used.)
2. Add Worcestershire sauce to the caps; season with salt and pepper.
3. Brown sausage in a skillet on medium heat; make sure to break the sausage up into little pieces as it cooks. Drain the fat.
4. Turn the heat to low; add the cream cheese. Mix until all is combined.
5. Fill each mushroom cap with the sausage and cheese mixture; place inside a 13x9-inch pan.
6. When they are all filled, bake for 15 minutes; serve warm.

## Pumpkin Tea Bread

3 cups sugar

3 eggs

1 tsp. vanilla extract

3 tsp. pumpkin pie spice

3 cups flour

1 tsp. baking soda

1/2 tsp. baking powder

3/4 tsp. salt

1 cup butter with salt, melted

1 15-oz. can pumpkin puree

1. Preheat oven to 350 F. Mix all ingredients in a big bowl until one consistent color.
2. Spray the inside of a Bundt pan very well with cooking spray; pour the batter into the pan.
3. Cook for 1 hour and 15 minutes, or until a knife or skewer inserted in the middle comes out clean.
4. Serve warm with a small pat of butter.

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- Virginia Woolf



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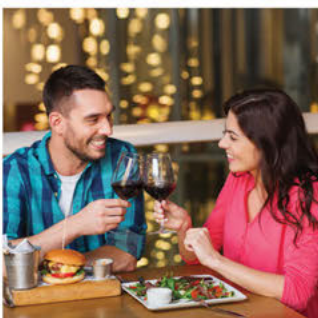
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Photo by Mark P. Starrett.



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## TravelNOW Fabulous Greek Holiday

— By Mark P. Starrett

Combined, the words “Athens” and “Greece” conjure visions of ancient ruins and wall-to-wall tourists — all of them frantically trying to take selfie pictures in front of temples of the gods. Scores more scour the Plaka, a neighborhood that sits in the shadow of the Acropolis, looking for bargains and trinkets for friends and relatives at home. A relaxed vacation it is not.

If you really want to soak up true Greek sun, sand and life, then look no further than Voula, Greece. Voula is a southern suburb only 10 miles from Athens’ center city, but a million miles away from the frantic pace. You can reach Voula easily by hailing a taxi (Uber and Lyft are not available in Greece) or using the Beats App from Athens International Airport. The 20- to 30-minute ride is enjoyable.

The picturesque town’s charm will engulf you soon after arriving. Voula is separated by Parko Ethnikis Antistaseos, a green space that has a playground for children to run and plenty of shady trees to help fight the rays of the sun. The park runs southwest from Iridos Street all the way until it hits the Saronic Gulf.

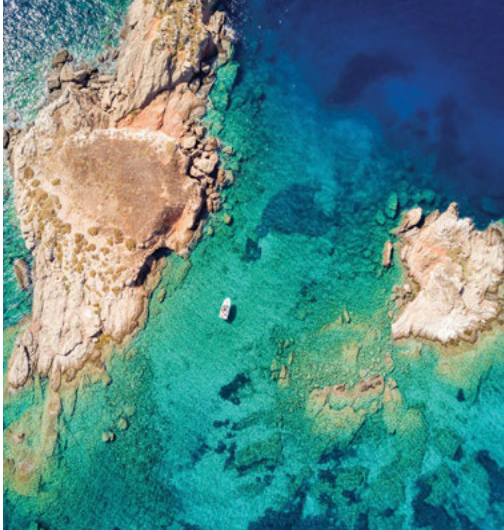
Close to the park is the town center, a place where Greek gentlemen and women sit in the early morning, drinking coffee, enjoying a smoke and having fun conversation with their friends. Small children run around, playing hide-and-seek, riding skateboards or playfully kicking a soccer ball around.

The town center has many wonderful restaurants to visit. They all serve authentic Greek food, such as gyros, moussaka, and kebab. Away from the trappings of Athens, the cost of the meal is very reasonable.

The Greek people are very gregarious and friendly. It is common for a Greek to see a child and call out “*όμορφο παιδί*” — beautiful child. The older Greeks love to ask if they can kiss your child on the head and hold their hands. The staff in their small grocery store will stop what they are doing and rush over to see the children who enter. They are quick to give them a banana or some other fruit to eat. The children love this attention so much.

Voula resides on the coast and looks out over the Saronic Gulf. The views of the water are relaxing and refreshing as





you stroll along the seawall. Any day, you can catch Greeks sunning themselves or enjoying the cool water at the many secluded beaches dotting the shoreline.

Kavouri Beach is a top location for family members due to the safe water and the open space of the beach. There are plenty of parking spaces around the coast, but it can get overcrowded on the weekends. Kavouri Beach is easily accessible via public buses, a car or a nice, moderate walk. The beach is an excellent choice for swimming, sunbathing or playing beach games, such as volleyball. It has nice facilities and plenty of cafés located right by the sea.

In the evening, locals and tourists alike head for Notos Café, an elegant, airy seaside restaurant serving modern and classic entrees. Enjoy cocktails from the bar as you sit and gaze out over the open water and reminisce on your fabulous Greek holiday. **NOW**



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# The Law Office of McCarty-Larson, PLLC

— By Angel Morris

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Small-town attention. Big-city results. That's the promise made by The Law Office of McCarty-Larson, PLLC, which represents clients across Ellis, Johnson, Dallas and Tarrant counties facing charges ranging from misdemeanors to major felonies, as well as family law matters. Robin McCarty established the firm in 2006, bringing his perspective as a former police officer, then prosecutor, to clients. "This awareness of all sides of a criminal case makes me effective in defense representation," Robin explained, noting he advocates for clients from the local to federal level. "We help clients take back control

of their lives and make informed decisions about their rights and legal options."

Robin is joined by Bria Larson, an attorney with extensive courtroom experience in both criminal defense and family law cases. "One may face very real penalties under the heavy hand of the law, and we use every resource in fighting the charges against clients," Robin said. "It can be overwhelming and frightening for those facing a charge, and we're available around the clock with honest, competent, ethical representation."

Compassionate representation is also important in family law areas, such as divorce, custody, parental rights and marital agreements. "It's important our clients not feel like a case number. We focus on each individual with personalized care," Bria said.

In fact, Bria has tried multiple complex family law jury trials, which are very rare in family law. "Familial cases can dramatically impact people from emotional *and* financial standpoints. We guide you based on your individual needs to reach the best outcome," she explained.



A Texas Tech University School of Law juris doctorate, Robin's professional memberships include the Ellis and Tarrant county criminal defense associations, Tarrant County Bar Association, Dallas Criminal Defense Lawyers Association, the Texas Criminal Defense Lawyers Association, the 5th Circuit Bar and the Supreme Court of the United States Bar. Robin has held a spotless standing with the Texas State Bar for more than 15 years and is licensed to practice not only in the state but also the U.S. Supreme Court.

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Bria earned her juris doctorate from Texas Wesleyan University School of Law. She holds memberships in Tarrant County Family Law Bar Association, Tarrant County Bar Association, Tarrant County Criminal Defense Lawyers Association and Texas Criminal Defense Lawyers Association. She was named a Top Attorney by *Fort Worth Magazine* the last four years, among other honors.

Emily Hindman is the most recent addition to the firm. She earned her law degree from Texas A&M University and brings experience in criminal, family, CPS and adoption casework to her role as associate attorney. "I'm eager to expand my legal skills and knowledge and to further harness my passion of helping serve people in their time of need," Emily said.

The firm encourages those needing legal representation to contact them for a free consultation. "Clients needn't believe they require a 'big-city' attorney to be successful in court. We have more than 20 years of combined extensive experience in criminal and family law, making us fully qualified to handle your legal matters," Robin noted. "We know your future is on the line, and we fight to construct a successful solution to your family law matters." **NOW**

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## Zoomed In: Tara Boyd

By Angel Morris

Tara Boyd created a Midlothian Book Exchange to encourage others to enjoy reading as much as her two young daughters, Beulah (age 5) and Lucy (age 3). “We’ve seen little libraries around town and decided to put one up in front of our house, so we could keep it stocked full of books for kids of all ages and adults, too!”

Tara credits Jason Greene of Ellis County Handyman for building the book box free of charge and encourages everyone to visit her MBE or a Little Free Library at Heritage, Kimmel or Mountain Peak parks, as well as others in local neighborhoods. “We’re open 365/24/7 rain or shine! Take a book, leave a book. The books we have are constantly changing, so come back often!”



MidlothianNOW ad rep Joyce Sebesta presents Stacey and James Renfro with State Fair of Texas giveaway tickets.



Morgan Wilson picks a favorite at Shadowcreek Pumpkin Farm, which is open through this month.



2018-2019 Interested Neighbors Staying Informed of District Efforts — INSIDE MISD — will learn how local schools are run.





Local seamstress Linda Hess makes alterations to a client's wedding dress.



Brothers Travis, Tyler and Tucker Baldwin join fellow Boy Scouts to collect \$1,600 through popcorn sales and \$200 in donations supporting Pack 962.



MOD Pizza opens its doors for the first time to guests in Midlothian.



WGMS mascots pose with Cat News staffer Jared Burnham.

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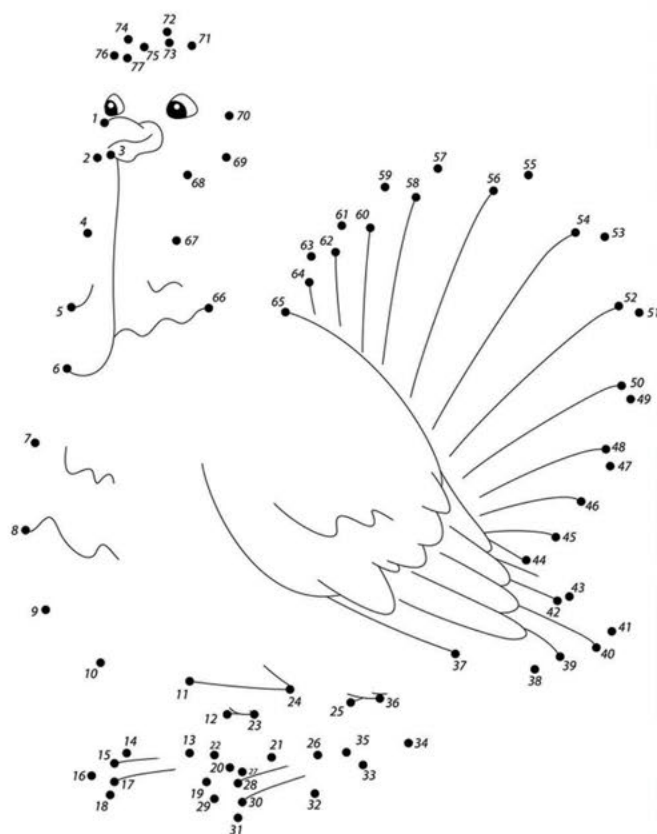
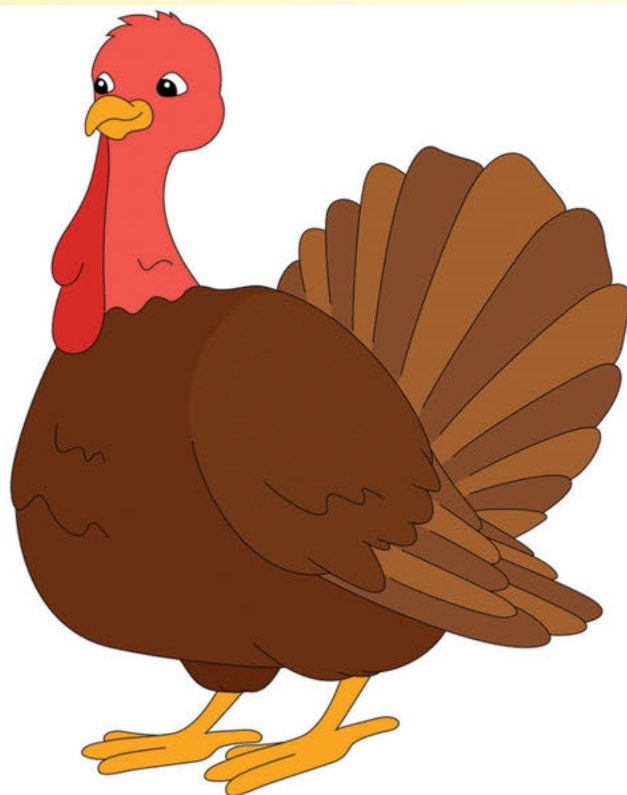
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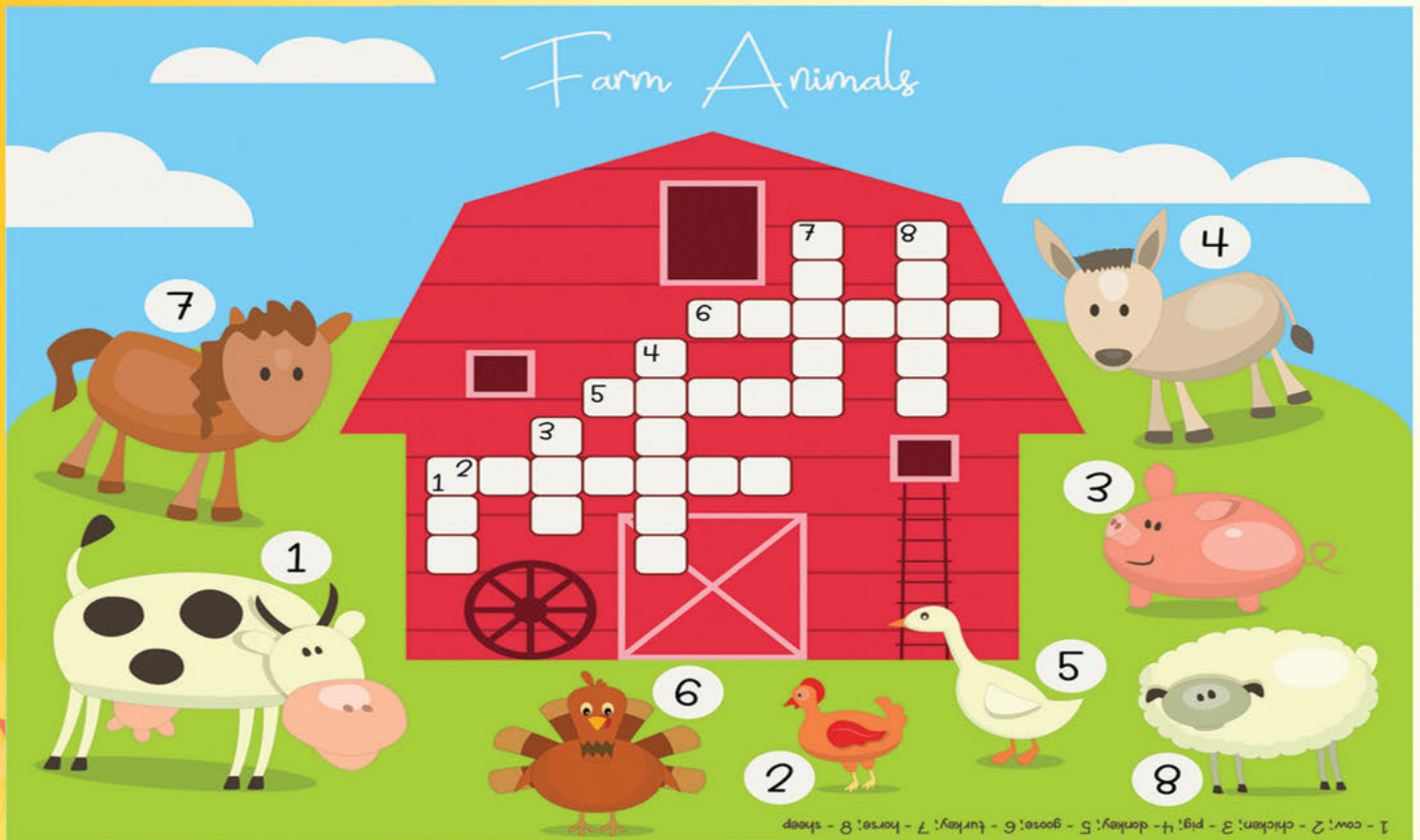
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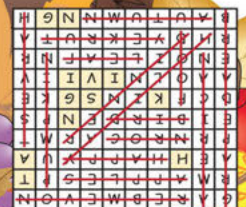
## Farm Animals



MYSTERIOUS WORD: \_\_\_\_\_

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| G | A | R | E | B | M | E | V | O | N |
| R | M | A | P | P | L | E | S | P | T |
| A | E | H | H | A | P | P | Y | U | A |
| P | R | N | R | O | C | A | R | M | T |
| E | I | B | I | R | D | E | N | P | S |
| D | C | F | K | I | N | S | G | K | E |
| A | A | O | L | N | I | V | I | I | V |
| E | N | O | I | L | E | A | F | N | R |
| R | H | D | Y | E | K | R | U | T | A |
| B | A | U | T | U | M | N | N | G | H |

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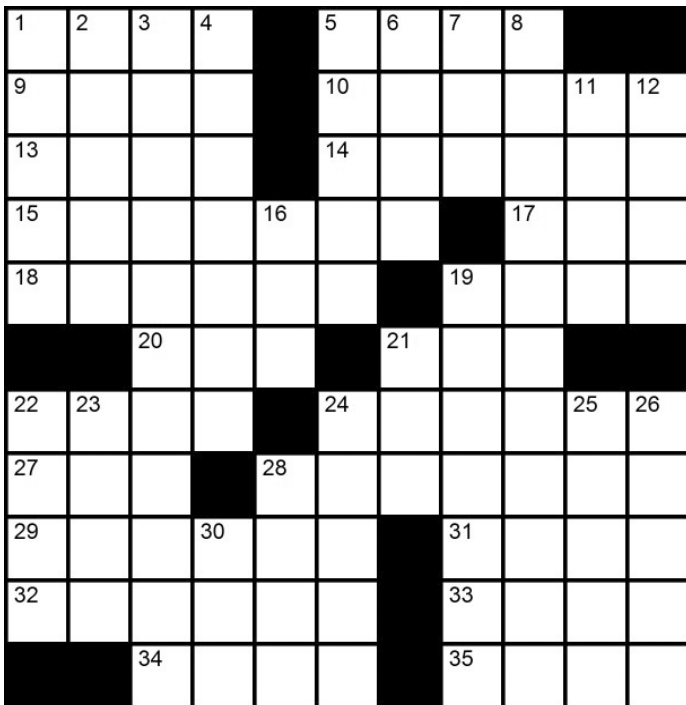
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# Crossword Puzzle



CrosswordSite.com Ltd

## Across

- 1 Finn's conveyance
- 5 Rush job letters
- 9 It replaced the franc
- 10 Make over
- 13 Image of a deity
- 14 Kind of recording
- 15 Maidenhair trees
- 17 Confucians' path
- 18 Fanciful idea
- 19 Plug
- 20 Wager
- 21 Photo, briefly
- 22 Astound
- 24 Operated by hand
- 27 Boston Bruins great
- 28 Graceful antelope
- 29 Official count
- 31 Narrative of heroic exploits
- 32 Stick to
- 33 Ollie's mate
- 34 Some butters
- 35 Long fish

## Down

- 1 Prevail
- 2 Pertaining to sound reproduction
- 3 Prime cooking spot
- 4 "The Hobbit" author
- 5 Burning of another's property
- 6 Hardens
- 7 Angelus prayer
- 8 Tiny piece of atmospheric pollutant
- 11 Coarsely ground foodstuff
- 12 Table-top game
- 16 Obtained
- 19 Smoothness
- 21 La --- (South American capital)
- 22 Short stocking
- 23 Woody plant
- 24 Sail poles
- 25 Like pond scum
- 26 Tilts or slants
- 28 Southernmost Mariana island
- 30 Mineral spring

Solutions on page 56





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# Sudoku Puzzle

Easy

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

Medium

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

Crosswordsite.com Ltd

Solutions on page 56



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## Crossword - Sudoku Solutions

|    |   |   |   |   |    |    |   |    |    |    |
|----|---|---|---|---|----|----|---|----|----|----|
| 1  | R | A | F | T | 5  | A  | S | A  | P  |    |
| 9  | E | U | R | O |    | 10 | R | E  | V  | A  |
| 13 | I | D | O | L |    | 14 | S | T  | E  | R  |
| 15 | G | I | N | K |    | 16 | G | O  | S  |    |
| 18 | N | O | T | I | O  | N  |   | 19 | F  | I  |
|    |   |   |   |   | 20 | B  | E | T  |    |    |
| 22 | S | T | U | N |    | 24 | M | A  | N  | 25 |
| 27 | O | R | R |   |    | 28 | G | A  | Z  | E  |
| 29 | C | E | N | S | U  | S  |   |    | S  | A  |
| 32 | K | E | E | P | A  | T  |   |    | 33 | S  |
|    |   |   |   |   | 34 | R  | A | M  | S  |    |
|    |   |   |   |   |    |    |   |    | 35 | E  |

Easy

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

Medium

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

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## November

5

Adult Evening Book Club: 6:30 p.m., A.H. Meadows Public Library, 923 S. 9th St. New group. If you love book discussion, come join us. For more details, contact Terry at (972) 775-3417



8

Red, White & You Veteran Hiring Fair: 1:00-4:00 p.m., Midlothian Conference Center, 1 Community Dr. Connecting veterans, service members and their spouses to Texas employers. Learn more at [dfwjobs.com/rwy2018](http://dfwjobs.com/rwy2018).

10

Lions Club Pancake Breakfast: 8:00-11:00 a.m., Midlothian Civic Center, 224 S. 11th St. Open to the public. Adults \$5 and \$3 for children up to age 10.



Mistletoe Market: 10:00 a.m.-1:00 p.m., Midlothian High School, 923 S. 9th St. One-stop shopping event featuring local artisans and vendors. Benefits Midlothian High School Cheer Team.

11

Veterans Tribute Dinner: 6:30-9:00 p.m., Midlothian Conference Center,

1 Community Dr. Local veterans may register at [www.midlothian.tx.us/533/Veterans-Tribute-Dinner](http://www.midlothian.tx.us/533/Veterans-Tribute-Dinner).

13

Tree Lighting Ceremony: 5:30-6:30 p.m., Heritage Park, 234 N. 8th St. Music and reading of the *Christmas Story* before the official city tree lighting.



Cancer Survivor Support Group: 6:30-8:00 p.m., Cowboy Church of Ellis County, 2374 W. Hwy. 287 Bypass, Waxahachie. Those impacted by cancer in any way are invited. **November 13** theme is family. **November 27** theme is giving.

17

Holiday Gift Market: 10:00 a.m.-4:00 p.m., Midlothian Bible Church, 4250 FM663. Handmade, vintage and quality gifts and foods. Benefits BESTWA's Pregnancy Support Network of West Africa. Learn more at [www.bestwa.org](http://www.bestwa.org).



19 — 20

Kids' Books Sale: 10:00 a.m.-2:00p.m., A.H. Meadows Public Library, 923 S. 9th St. Gently used books at great prices. For details, contact Terry at (972) 775-3417.

## December

1

Southern Star Christmas Celebration: Noon-6:00 p.m., downtown Midlothian and Heritage Park, 234 N. 8th Street. Holiday activities and entertainment followed by the Light Up Parade.

Ongoing:

Second Mondays

Ellis County Veterans Networking Group: 6:00 p.m., Ryan's Buffet, Waxahachie. Dinner and guest speaker. For details, call Jim McKeever (469) 258-7424.



Third Mondays

Writers' Circle: 6:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. For more information, contact Sarah at [writerscirclemidlo@gmail.com](mailto:writerscirclemidlo@gmail.com)

Wednesdays

DivorceCare: 6:30-8:00 p.m., First United Methodist Church Family Life Center, 800 S. 9th St. For more information, call (972) 775-3993.

Fridays

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

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





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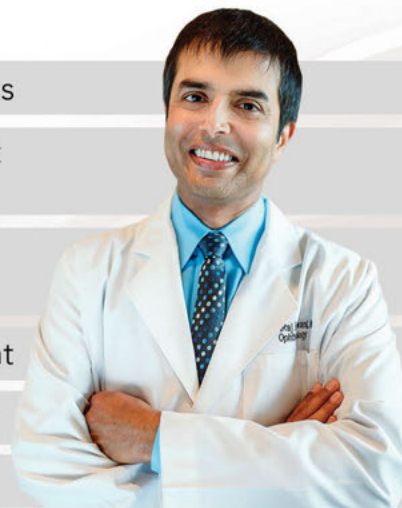
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It's unfortunate obese adults get caught up in the vicious cycle of avoiding physical activity due to foot or ankle pain, thereby permitting cardiovascular disease and other life-threatening conditions to worsen. For example, in many cases, chronic heel pain occurs from carrying too much weight. Left untreated, it becomes an impediment to physical activity and meaningful weight loss.

There is no reason foot or ankle pain should stop obese patients from exercising. The first step toward breaking that vicious cycle is an evaluation by a foot and ankle surgeon.

Many causes of foot pain can be relieved without surgery through stretching exercises, orthotics and athletic shoes with good shock absorption and support. If a bunion, heel pain or

other condition requires surgery, patients can participate during their recovery in non-weight-bearing activities, such as riding a stationary bike, swimming or weight training.

For those moderately to severely overweight, a thorough physical examination is mandatory before beginning an exercise program. Once cleared by your physician to begin exercising, don't try to do too much too soon. Follow a gradual routine until your body adjusts to the stress of regular physical activity. For example, overweight patients should avoid working out on treadmills or elliptical machines to minimize pounding and stress on their joints.

Shedding excess pounds helps diabetic patients control their disease, but many who experience foot ulcerations and vascular problems caused by diabetes might think they shouldn't exercise. Every diabetes patient needs regular foot exams to check for possible sore spots and assess nerve sensation. And with proper diabetic foot care and the right footwear, most patients can follow an exercise regimen that is safe and appropriate for them. **NOW**

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*Associate of the American College of Foot and Ankle Surgeons  
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