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AUGUST 2018



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At Home With Clint and Amanda Bodien

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Where Is Misty Harper Pearson?

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## ON THE COVER

*Denise DeVecchio and her Girl Scouts collected and delivered school supplies to students in Mexico.*

**Photo by**  
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# EDITOR'S NOTE



*Angel*

Angel Morris  
MidlothianNOW Editor  
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*Hello, Midlothian!*

Are you ready for the kids to go back to school? Hold on a little longer, and you can turn them over in great part to their teachers, who are, I assure you, already making plans for their return.

I've been a teacher, and let me tell you, it's the hardest job I've ever had. I'm still teaching somewhat, with a homeschooled son of my own. As a high schooler who attends area educational co-ops, however, he still has tutors who do the heavy lifting for me in many ways.

If you think you know what it's like for the average teacher, consider this: The Texas Education Agency finds about 22 kiddos per classroom acceptable. That's 22 children coming in with 22 different backgrounds — from skill level and maturity, to emotional and physical well-being. Unlike a typical workplace where you can tell an employee if things simply aren't working out, the classroom is expected to engage all these children for a full year, come what may.

Teachers maneuver students through educational lessons and life lessons. They play the role of parent, counselor, nurse and even friend, to successfully get students to the next level. It simply can't be said enough: Good teachers are a gift. Good parents make teachers' incredibly important jobs that much easier, and, in turn, children are better served all the way around.

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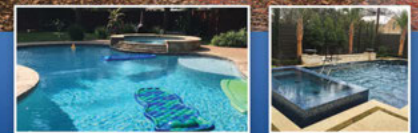
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# Lead Like a

— By Zachary R. Urquhart

*Even though most people know there is more to Girl Scouts than cookie sales, few probably know how expansive the organization is. In her second stint as a troop leader, Denise DelVecchio is continuing the goal of teaching each Scout in her troop to lead like a girl.*

Denise grew up in the Houston area and came to the Metroplex with her first job. “I studied broadcasting and film at Sam Houston State University but ended up working in telecommunications for 20 years before starting a travel agency,” she said.

She met her husband, Stephen, and the family lived in Garland for a long time before moving to Midlothian. “We had two kids, Melyssa and Chris, and our third,

Dani, was on the way,” she detailed. “We were in a two-bedroom house, so we needed a bigger place. One of our friends lived here and told us to check it out. When we exited the freeway and came over that hill, we found this cute little town that was perfect.”

Denise’s first foray into the world of Girl Scouts was with Melyssa. “To be a troop leader, you have to be registered yourself, so between the girls, I’ve been a Girl Scout about 15 years,” she explained.

Melyssa was a Scout until around the time they moved to Midlothian. “It’s common for girls to be done when they’re starting middle school like Melyssa was, but Dani and her friends are still going strong heading into high school next year,” Denise noted.

Not knowing how long her second turn as a troop leader would last, Denise volunteered to support Dani and her friends eight years ago. “My friend said, ‘Denise,



# Girl



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I know you've led a troop before. I have a group ready to go. They just need a leader.' I was willing to sign back up," she laughed. "I made sure the parents knew it was Girl Scouts, not 'Mom Scouts,' so the girls were going to have to take ownership of their troop, and everyone was on board."

Though some of the troop has dropped out along the way, Denise has a core group of four girls who are getting ready for their ninth year together. "Besides Dani, we have Katie, Jasmine and Caelin. And last year, Caelin's younger sister, Carter, joined our group, too," she said.

While they have spent years engaged in community service, it has been in the last few years as Cadettes that the troop has really come into its own. "As they have grown and matured, they've really taken control of where they are going to focus," Denise said. "Between their desire to help people and my work as a travel agent, we came up with an awesome service trip."

Several years ago, Denise was at a conference where someone talked



about taking groups on a cruise. “I told the girls, ‘In three years, we’re going to do a Girl Scout Project cruise,’” she relayed. “It took that much time to find a good project, figure out all the details and get it sanctioned by the service committee in the area.”

Denise had a neighbor who told her about Friends of Cozumel, a group that works to help those in need in what most people think of



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as nothing more than a vacation destination. “We found out that they are in need of school supplies, so the girls got to work. Over the course of several weeks, the girls collected enough bags and supplies to bring a whole class backpacks full of everything they would need for school,” Denise explained.

Over the course of the cruise and trip, the troop got to see some of the sights in Mexico, but they also got to go to the school to meet the kids in Progresso that their work was benefiting. In addition to the supplies, the troop brought in lunch for 40 students, had fun breaking piñatas and communicated across language barriers. “Even though they couldn’t talk that well to each other, it took no time at all before the scene was just two groups of kids being kids together,” Denise marveled.

Since their time in Mexico, the girls have had weekly emails back and forth with the class. They talk about everything from things going on in each other’s lives to history and culture in each country.

Aside from highly organized service like their cruise, Denise is often amazed by the girls’ desire to help others whenever they can. “As soon as Hurricane Harvey happened, they started organizing supplies to

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send to Houston,” she recounted. “They wanted to get word out on Facebook and organized trailers to send and collection spots to distribute things that people needed.”

Seeing how much good they can do has developed the troop into a group of leaders, and it has had an addicting impact on them. “Jasmine and Katie were thinking about being done after middle school, but after all they’ve done this year, they came up to me a few weeks ago and told me they wanted to keep going,” Denise shared. As they bridge from Cadettes to Seniors, with the hopes of ending up as Ambassadors in a few years, the troop combines big projects like organizing dozens of Christmas boxes for kids in Progresso with smaller service ideas like helping restock the local Manna House.

While she does not know exactly how much longer the troop will want to continue, Denise is ready. “There are so many great things about working all the way to their Gold Award their senior year, so if even one girl wants to keep it up, I’m here to be the troop leader,” she promised. **NOW**

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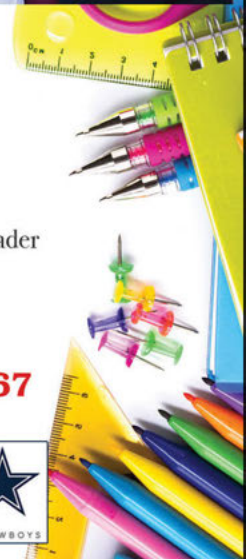
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# Dre Desi

— By *Angel Morris*

## AT HOME WITH Clint and Amanda

*In 2011, Arlington residents Clint and Amanda Bodien decided they wanted to grow their family in a small-town environment. The couple, who met at Texas A&M University, discovered that Midlothian presented a shorter commute to Clint's job in Dallas and offered the type of spacious homes on large lots they desired.*

Built in 2006, the four-bedroom, 3,000-square-foot home offered the Bodiens space, but the young couple wanted to make their mark on the home. “Our purpose for the design updates was to make the space inviting and welcoming to those in our neighborhood, family, friends and church family,” Amanda said.

A busy family, the Bodiens decided they needed design assistance from a professional who would come to their home. As a result, they sought the assistance of Megan Kranz of MTK Design Group regarding their home makeover. “We conducted interviews and picked Megan because of her style and charging structure,” Clint said.

A big goal Amanda and Clint had was to lighten the home, since it felt too dark. Many of their design choices circled around a bright, yet still cozy, atmosphere. Ultimately, they ended up with the modern-rustic feel they enjoy, going room by room to lighten the spaces without taking away from the original bones of the home. They used fresh, new paint colors; light fixtures; furnishings; and decor that is kid-friendly. They also maximized seating potential and made the home comfortable for entertaining.

Amanda added, “We had the floors resealed and the house repainted. The rest was basically a design makeover.”



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Like many families, the Bodiens wanted an inviting kitchen where people could gather and create community. Their home has a harvest table in an eat-in kitchen with a semi-open concept design into the living room. The dining room, along with other areas of the home, features customized pieces.

“My father is a retired co-owner of a custom cabinetry shop, and he

still does cabinetry on the side out of a barn behind my parents’ home in Burleson. He has made several items in our home, which are very meaningful to us,” Amanda noted. “He made my son’s dresser and bookshelf, my daughter’s dresser, our desk in the office and the china cabinet in the dining room.”

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home and custom finished to coordinate with other elements of the house. Mounted guitars and deer heads indicate some of Clint's interests within the office, as well. Another highly custom addition in the home speaks to Clint's favorite hobby. "My husband loves golf, so we had to design a putting area in our bedroom," Amanda shared. The master bedroom also features a cozy reading nook.

The Bodien children, 8-year-old Logan and 5-year-old Emma, have special bedroom decor, as well. Heavy textures and plush animals set the tone for LEGO-loving Logan's room. "It has a wilderness feel to it. Logan loves to read about adventures, so we tried to capture that in his room," Amanda explained.

Emma's room has a sense of soft whimsy, yet a strong enough vibe for imaginary castle adventures. "Emma is our little princess, so her room is very feminine and contains a chandelier light fixture and all kinds of sweet touches to bring out her girly nature but also being true to the fierceness she has," Amanda noted.

These personalized spaces are well loved, but Amanda favors the living room, especially designed for entertaining. "The seating area makes folks feel comfortable and welcome. That's the main purpose of a home," Amanda said.

The open upstairs level is also welcoming. The space is mainly used as a play area for the kids, but it can serve as a private guest suite

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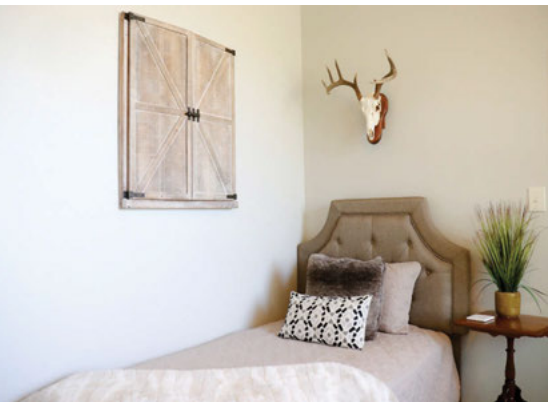


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when hosting family and friends, as it includes a mini kitchen and bathroom.

Clint and Amanda are proud of the re-design results and encourage those afraid to tackle a home makeover on their own to get a little help. “It was a streamlined process, like shopping a retail store but with more style and budget options,” Clint explained.

The Bodien home makeover incorporated touches of rustic class and nature-inspired personality, complementing the peaceful backyard view and warmth of their family at the same time. And with the interior complete, the Bodiens are excited to set their sights on the backyard. “When we bought the house, we knew it had potential. We started updating with the front yard a few years ago, then did the inside. Now we can focus on an outdoor living space,” Clint said of their 1-acre lot.




“He may try to put in a golf course,” Amanda joked.

Ultimately, Clint — an oil and gas attorney — and Amanda — a systems engineer turned stay-at-home mom — are pleased with the decision to settle in Midlothian and find the home that best fit their family’s needs. “The home had good bones, and we didn’t have to go through a major renovation,” Amanda said.

“The neighborhood has been very welcoming. There are lots of young families, and the schools have been great,” Clint added. “We appreciate the small-town feel, and now that there’s a Chick-fil-A, Amanda says we have everything we need.” **NOW**

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# Where Are They NOW?

Misty Harper Pearson

— By Adam Walker

When Misty Harper Pearson was a girl growing up in Duncanville and going to church in Midlothian, she dreamed of being an astronaut. “I was 12 years old, in seventh grade, I think, learning about space. John Glenn went up on the Space Shuttle. It was a big deal because he was in his 70s and a former senator. We watched it on the news in science class. I thought, *That’s cool. Maybe I could be an astronaut.* And at that moment God seemed to say, ‘Good plan!’”

Misty worked as a carhop at Sonic in high school and went to Space Camp one summer. Then she majored in engineering at college. “I love to learn how things work. While I was doing an internship with a space company, not NASA, I met a family friend who did work at NASA and found out about a job opening in Operations. I knew I didn’t want to do CAD models, so I listened. I applied for a job as an inventory and stowage officer. It was a perfect fit for me.” It was also the only position she applied for, and she got it.

“I love my job,” Misty said. “It’s not super technical, and it has lots of gray areas that require creative problem solving. It’s about looking for solutions and efficiency for

the astronauts on the International Space Station. Life on the ISS is like spending six months living in a five-bedroom house, but you don’t know where anything is, because someone else put everything away!”

Different members of the ground team rotate who is the team lead for each six-month mission. During one mission Misty was lead, which meant she was responsible for weekly conference calls with the crew to plan what activities needed to be done next. One night, she got an unexpected call. “I was cooking dinner at home when the crew called me on my cell phone! A cargo ship from Russia had just docked, and the cosmonauts had unloaded and dumped all this stuff in the living area! It was midnight on the station. The astronauts were tired and didn’t know what to do with all the stuff, so they IP called me to ask what to do with all the new stuff. I was standing there in my kitchen talking to the International Space Station!”

Another of Misty’s duties is managing the astronauts’ environment. In a closed environment, trash piles up fast! “There are no trash trucks in space!” Misty joked. “When cargo vehicles go up with supplies, some of them are return vehicles. Those are packed with completed



experiments and data for their return trip. But the one-way cargo vehicles are loaded up with all the trash on the station, and then sent back into the atmosphere to burn up on re-entry. When the astronauts have an overflow of garbage, I may be at Mission Control talking trash with them!”

“It’s not easy being female in a male-dominated field. But the team really benefits from having women. We think differently. We have a different way of solving problems. And that diversity makes the team stronger.”

It may seem like a big jump from carhop to console, but Misty credits her early years in Duncanville and Midlothian. “It was really important having a family, friends and community that believed in me, who supported me and said, ‘Go for it.’ I think if girls are interested in STEM careers, they should go for it. It’s the best decision I ever made. It’s not fun every day, but I can count on one hand the days that I left work saying, ‘I don’t want to do this.’ I love my work. It’s not easy being female in a male-dominated field. But the team really benefits from having women. We think differently. We have a different way of solving problems. And that diversity makes the team stronger.”

Misty really enjoys working on the ISS missions, but there are other missions she’d like to be a part of. “It would be really cool to work on a moon or Mars mission. I would love to take what I’ve learned working on the ISS and apply that to the next generation of space exploration!” **NOW**

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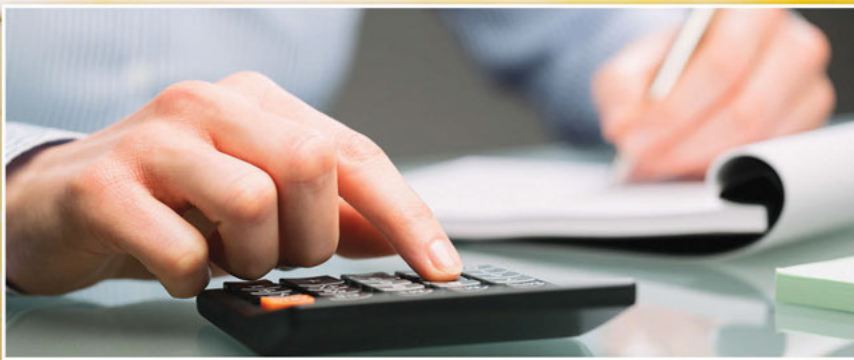


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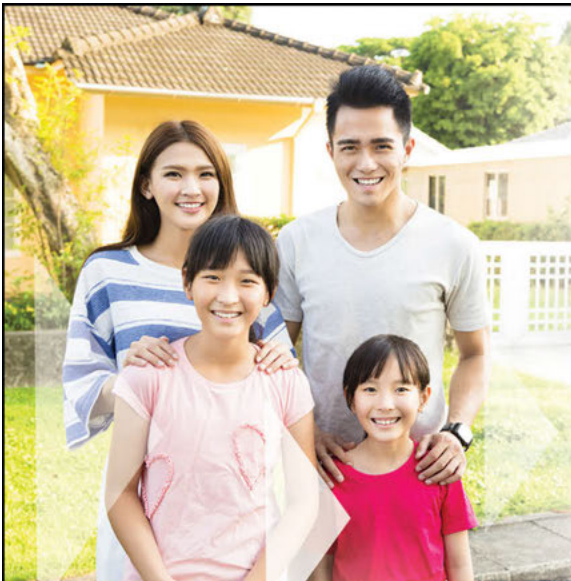
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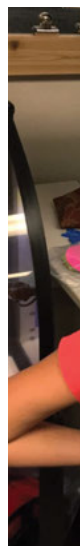
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*Whether it's coding robots, sewing pillowcases, making 3D prints or reading the classics, T-Kay Timmerman does a little bit of everything at J.R. Irvin Elementary. While all her 21 years as an educator have been in Midlothian ISD, T-Kay admits serving as librarian is her favorite role to date. "I've taught social studies, beginning in Texas History, and I've taught technology. I was a district teacher trainer. I've moved posts quite often," she admitted. "But I've been in this spot for eight years, and I'm starting my ninth. I just discovered I love the library. It's a different life each year."*

While hers is the oldest library in the district, T-Kay said the district is good about making it meet students' needs. Today's school library is no longer just about story time but about adapting to technological advances and children's interests. "I don't just read to a class. Instead, I'm asking them how we make a book come alive — how can they develop a story using an iPad or by making a video," T-Kay explained.

The library houses the school's makerspace, giving students a chance to use two sewing machines, make 3D prints, control and code robots, discover circuitry and try their hand at engineering, among other creative opportunities. There is always a chess game in progress or a meeting of one of several library clubs.





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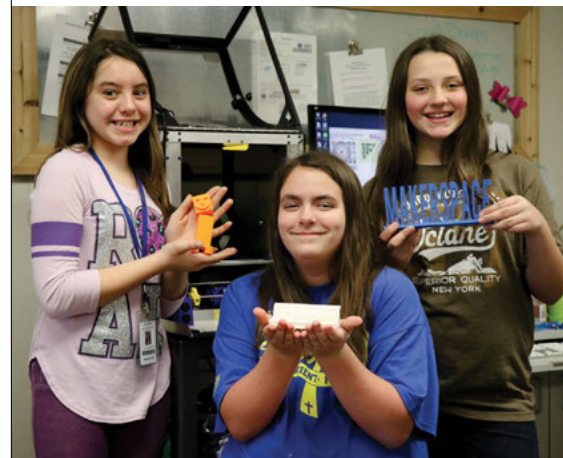
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“I’m still a book person, but the library has combined my love of history and technology into one place. I think that’s why I’ve stayed in this spot for so long,” T-Kay said. “The point of my clubs is to teach a basic concept in something. Then students can come back and use the library as a community learning space anytime.”

T-Kay’s library is so high in demand, students are given the opportunity to earn tickets for various achievements, which can then be redeemed for extra makerspace time. Volunteers use the library as a presentation place to share their interests with students, and children use the library’s resources to create projects for other classes. “I even had a former student come back to make a 3D print for a project in middle school,” T-Kay noted.

While books still abound, T-Kay’s themed presentations help make the classics relevant to today’s youth. Last year she highlighted books made into movies, allowing students to compare and contrast stories in print vs. on the big screen. “I love to discuss with them how one artist created something, then another artist came and showcased it in a different medium,” T-Kay said.

Indeed, T-Kay is somewhat a mother of reinvention, herself. After high school, she completed an associate degree in sign language at Southwestern Assemblies of God University in Waxahachie. Then her focus moved to family, and



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she served alongside her husband, Daniel, for 23 years in his pastoral ministry. “Twenty years ago, we knew we wanted our kids in Midlothian schools, and I knew I wanted to teach here someday,” she recalled.

In 1997, T-Kay completed her bachelor’s degree in history and English from SAGU and conducted her student teaching at Midlothian High School. In 2012, she completed her librarianship from the University of North Texas. “My whole life, I’ve wanted to be a resource for people. I’ve wanted to figure out what people need and find it for them,” T-Kay noted. “Now that’s exactly what I do by being a librarian!”

Those who know T-Kay are thrilled to help in her mission. When she requested class sets of certain titles for a book club, the community overwhelmingly responded by sending the needed copies. Her first year in the library, Irvin’s administration helped her apply for a technology grant, which funded the first 10 iPads on campus. “I never come to school worrying that someone is going to tell me, ‘No.’ I may have to wait, but the support I get from the district and the community is always above and beyond,” she said.

When not dreaming of new ways to fuel her students’ passions, T-Kay hosts occasional community education seminars on study habits, reading skills and parenting. She hopes to make more time for kayaking, but reading is still her first love. “I’m a book person. I love to find books to share with the kids that address how our choices

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impact our futures — books that are surprising and offer humor,” T-kay said, “anything that teaches who they’re meant to be, that they can be anything, books that encourage young people to be dreamers!”

T-Kay continues to pursue her own dreams, as well, like traveling to 26 of the 50 states and jumping from an airplane for her 50th birthday. She loves spending time with her daughters and sons-in-law, Katlyn, Isaac, Dorothy Megan and Andrew when they are home from Denver and Austin.

She also anticipates the completion of J.R. Irvin’s new campus and, perhaps more importantly, its new library. “There is forward thinking and dreaming when it comes to what we’ll do in the new building,” she said. “I’m so excited to see what we’ll be in 2019.”

Until then, T-Kay will continue being a lot of things to a lot of kids in the bustling library over which she reigns. “I love that our library is for the kids and their parents. I love that my job is to interact with these kids and to watch them grow,” T-Kay said. “I have a job that is about finding a kid’s passion and introducing him or her to things pertinent to that passion.”

In a nutshell, T-Kay said, her library has something for every child. “Ultimately, I can offer some stability to kids who may not have that or provide resources to things they don’t all have at home,” she said. “I can see to it that all my students travel the whole world from this library ... even if they never leave this town!” **NOW**

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### CHRIS RUBEL

— By Angel Morris



Thanks to his paternal grandmother and mother, Chris Rubel was destined to be a great cook. Growing up with home-cooked meals and learning his way around a stove in high school, Chris has shared the kitchen with some of Dallas's top professional chefs. A salesman by day, he has cooked at festivals and "pop-up" shops, catered special events, and competed in Memphis in May and Kansas City Royal cook-offs on the side. "I have always liked to share my passion by serving good food. Grilling, smoking, sautéing and sous vide. Southern cooking and some gourmet — it's all therapy to me," Chris explained. "I've inherited recipes I'd like to spend more time with, but I love cookbooks. My secret is to always use fresh ingredients!" **NOW**

**2. For dressing:** In a small bowl, whisk together all ingredients. Pour dressing over salad in the bowl. Cover and refrigerate for up to 3 hours.

## Tequila and Lime Chicken Wings

**3 lbs. chicken wings**  
**Salt, to taste (divided use)**  
**Fresh ground pepper, to taste (divided use)**  
**1 cup olive oil**  
**4 limes, juiced**  
**1/2 cup tequila**  
**1/4 cup onions, finely chopped**  
**2 Tbsp. minced garlic**  
**2 medium jalapeños, stemmed, seeded and finely chopped**  
**2 Tbsp. fresh cilantro leaves, finely chopped**  
**1 stick butter, melted**  
**1 cup Parmigiano-Reggiano cheese**

**1.** Season the wings with salt and pepper. In a small mixing bowl, whisk the oil, lime juice, tequila, onions, garlic, jalapeños and cilantro. Season with salt and pepper.  
**2.** Place the chicken in a gallon Ziploc bag. Pour the marinade over the chicken; refrigerate overnight.  
**3.** Remove from the refrigerator; bring the wings to room temperature. Preheat smoker to 225 F. Smoke for about 45 minutes to an hour to an internal temperature of 165 F. Remove from smoker.

## Come and Get It Rice

**1 lb. 70/30 ground beef**  
**1 lb. ground "hot" sausage**  
**1 1/2 cups Texas jasmine rice**  
**2 onions, diced**  
**1 green bell pepper, diced**  
**1 red bell pepper, diced**  
**3 stalks celery, diced**  
**1 14-oz. can French onion soup**  
**1 14-oz. can cream of chicken soup**  
**1 pkg. sliced mushrooms**  
**1/2 stick butter**

**1.** Heat a large skillet over medium-high heat. Crumble beef and sausage into the hot skillet. Cook and stir until completely browned; drain and discard any excess grease.  
**2.** Preheat oven to 375 F. Combine meat and all ingredients in a foil pan; cook tightly sealed for 1 1/2 hours.  
**3.** Uncover and stir, making sure the top rice goes to the bottom. Cover and cook 15 more minutes.

## Ruby Q Coleslaw

**2 cups green cabbage, shredded**  
**1/2 cup celery, finely minced**  
**1/2 cup onion, finely minced**  
**1/2 green bell pepper**  
**1 green apple, julienne sliced**  
**2 Tbsp. parsley, finely chopped**  
**1/2 cup cranraisins**  
**Chopped walnuts (optional)**  
**Crumbled blue cheese (optional)**

**Dressing:**  
**2 Tbsp. canola oil**  
**3/4 cup apple cider vinegar**  
**1/2 cup warm water**  
**1 1/2 cups sugar**  
**1/2 Tbsp. celery seed**

**1.** Toss cabbage, celery, onions, green bell pepper, apple, parsley and cranraisins together in a large bowl. Add chopped walnuts and blue cheese, if desired.

4. Toss wings in melted butter; quickly sear on super-hot grill for 1 minute. Finish with salt, pepper and cheese.

## Pomegranate Grilled Pork Chops

Sauce:

8 slices bacon, cut into 1/4-inch strips  
1 onion, julienne sliced  
2 1/2 Tbsp. garlic, chopped  
1/2 cup soy sauce  
1 1/2 cups pureed pomegranate  
1/2 Tbsp. chopped ginger  
1/2 cup maple syrup  
1/4 cup balsamic vinegar

Pork Chops:

6-8 8-oz., bone-in pork chops  
Salt and pepper, to taste  
6-8 strips bacon, for garnish  
Pomegranate seeds, for garnish

1. *For sauce:* In a heavy saucepan, over medium heat, sauté bacon, onion and garlic until onion is translucent. With a slotted spoon, remove sautéed bacon and onion from pan; set aside.

2. Drain grease from pot. In the same pot, add soy sauce, pomegranate puree, ginger, maple syrup and balsamic vinegar. Over medium heat, reduce the liquid (from 3 cups to 2 cups) until it starts to get syrupy; if you reduce too much, the sugars may burn and you will have a burnt, bitter flavor. Add bacon-onion mixture to the reduced sauce. Remove from heat; reserve until pork chops are ready. (The sauce will last refrigerated for a few weeks.)

3. *For pork chops:* Preheat oven to 375 F. Lightly season chops with salt and pepper; place on a hot grill long enough to mark both sides, about 30 seconds per side. Remove chops; transfer to a baking dish.

4. Spoon a generous portion of sauce over chops; finish heating in the oven, about 4 minutes to an internal temp of 145 F.

5. Garnish with sauce from pan, strips of cooked bacon and pomegranate seeds.

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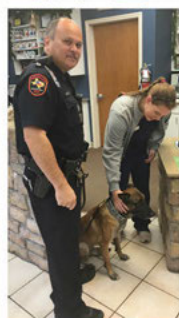
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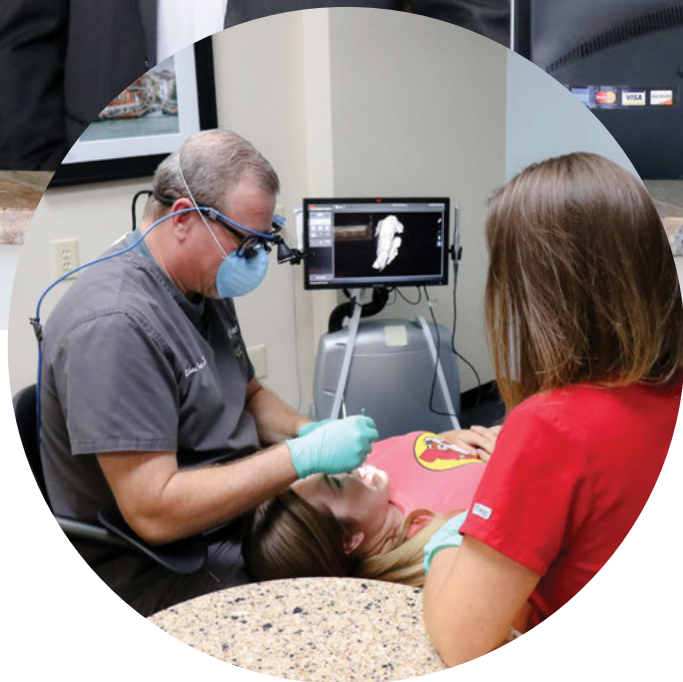
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BusinessNOW

# Long Family Dental

— By Melissa Rawlins

## Long Family Dental

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**Hours:** Monday-Thursday: 8:00 a.m.-5:00 p.m.

Midlothian embraced Long Family Dental six years ago. Dentists Bob Long and Chris Long learned to nurture patients from their father, Dr. Henry Long, who built Long Family Dental from the ground up in Cleburne.

Though Henry is now retired, he and his sons will celebrate the 50th anniversary of Long Family Dental in 2019. “Gaining perspective the longer we practice, Bob and I certainly benefited from our father,” said Dr. Chris, who joined his father and brother in practice more than 15 years ago. Dr. Bob has been a part of serving four generations of patients

for more than 25 years. Patients benefit from the 42 years of experience passed on by their father, in addition to the combined experience of Dr. Bob’s and Dr. Chris’ 40 years.

In recent years, they added implant surgery to their established practice of general dentistry, enabling them to expand their range of services. “We can diagnose the right thing, develop and carry out the right treatment plan and have a significant, predictable outcome,” Dr. Bob said.

Long Family Dental’s dedicated staff — in Waxahachie, Mansfield, Cleburne, Granbury and Midlothian — serve each patient with care. The doctors and their assistants travel between the two practices in Midlothian and Cleburne to perform specialized services for each unique patient.

“It’s old-school medicine with new technology,” Dr. Chris said. “We do CAT scan-guided implant surgery, a phenomenal no-incision, no-suture procedure, which allows patients to go back to work the same day.”

Long Family Dental sees children through seniors, building relationships with patients because they enjoy people and want to see them healthy and happy. “Our biggest joy,” Dr. Chris said, “is the patient interactions.”

With kids, the doctors spend extra time telling them what they’re about to do, then showing them before doing the procedure. With adults, CT scans and intra-oral cameras allow the doctors to better educate patients, so they can understand and consent to recommended treatment.

Preventative medicine practiced at Long Family Dental helps people maintain comfort and good health, while cosmetic procedures provide opportunities for people who dislike their smile. “We’ve been here long enough to see people’s progress, not only dentally but socially,” Dr. Bob said.

With a goal of converting anxious patients into trusting patients, they offer a variety of sedation options, from oral or IV sedation to nitrous. While patients are being seen by the oral health care providers at Long Family Dental, they are being examined for oral, head and neck conditions, as well as sleep apnea and blood sugar issues.

“We believe treating patients is not a one-size-fits-all procedure,” Dr. Bob said, explaining that some people, like he and Dr. Chris, have good teeth because they were well taken care of as children *and* have good genetics.

“One of our tasks is figuring out who is at high risk due to genetics, and we start looking for that in kiddos. Those high-risk individuals are going to get totally all-encompassing care,” Dr. Chris said.

You may have met the staff of Long Family Dental offering free screenings at recent Midlothian Area Chamber of Commerce events. If not, call their office today and ask for an appointment. Doctors Bob and Chris want the chance to identify anything amiss inside your mouth, and then to be on your lifelong health care team. **NOW**




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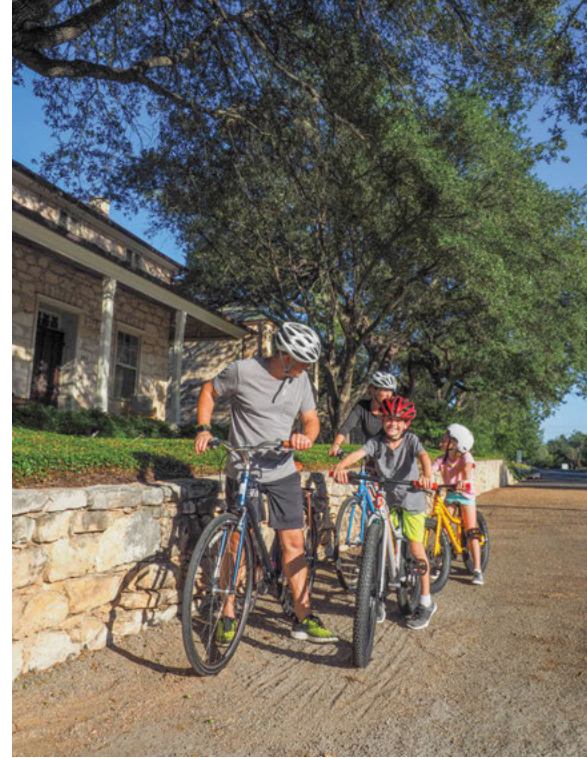


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# TravelNOW

## Peach Perfect

— By Sean Doerre

It's impossible to visit Gillespie County, Texas, without getting directly to the heart of the Texas Hill Country. Its focal point is Fredericksburg, a place founded in 1846 by German settlers. This small-town Texas community continues to provide a unique blend of Texan hospitality and German tradition.

Fredericksburg is well-known for award-winning wine. In fact, the Texas Hill Country was designated one of the 10 Best Wine Travel Destinations in 2014 by *Wine Enthusiast Magazine*. With more than 40 wineries and tasting rooms in the Fredericksburg area, numerous wine tour companies and special wine events like the Fredericksburg Food & Wine Festival, Fredericksburg is at the center of Texas Wine Country.

With more than 150 shops, boutiques and art galleries lining historic Main Street, Fredericksburg is also a premier shopping

destination, offering the best of home decor, Western wear, fine art, kitchen wares, linens, antiques and more. On the weekend of the third Saturday of every month, Fredericksburg Trade Days features more than 400 vendors in seven barns and acres of shopping opportunities, along with great eats and live music in the Biergarten. Great food and wonderful dining is a fixture in Fredericksburg with more than 80 restaurants that feature everything from regional Texas Hill Country cuisine to German and Bavarian, to Tex-Mex and Italian, as well as numerous fine dining restaurants.

Gillespie County is one of the top peach-producing counties in Texas, and from mid-May through early August the town is filled with roadside stands selling peaches and other seasonal produce. Fredericksburg is also home to Wildseed Farms, the largest working



wildflower farm in the United States and a destination for any nature enthusiast.

Enchanted Rock, the second largest granite dome in the United States and a designated International Dark Sky Park, is located just outside of Fredericksburg and offers miles of hiking trails, rock climbing and a 360-degree view of the Texas Hill Country from the top of the Summit Trail.

With more than 700 historically significant structures preserved in the Fredericksburg historic district, history surrounds the city. The Pioneer Museum Complex provides a glimpse of early life in Fredericksburg through historic homes, a log cabin, an authentic Sunday House, a one-room schoolhouse and more.

The National Museum of the Pacific War, dedicated to all who served in the Pacific during World War II, also honors hometown favorite Navy Fleet Admiral Chester W. Nimitz. The 6-acre museum complex includes the George H.W. Bush Gallery, the Japanese Garden of Peace, the Memorial Courtyard and the Plaza of Presidents. Just down the street, is the Pacific Combat Zone, which recently underwent an \$8 million renovation and hosts living history demonstrations eight times each year.

In addition to historic attractions, Fredericksburg is always brimming with activity from more than 400 special events, concerts and festivals held annually. Typical Fredericksburg events and activities include Oktoberfest, live music at Luckenbach Texas, Fredericksburg's Fourth of July Parade, summer horse racing, the Hill Country Food Truck Festival, the Stonewall Peach JAMboree, First Friday Art Walk, the Gillespie County Fair and more. Fredericksburg has more than 1,100 hotel and motel rooms, more than 1,200 bed-and-breakfasts/guesthouses, and several RV parks and campsites ready to welcome travelers with plenty of warm, Texan hospitality. **NOW**

To plan a trip to Fredericksburg and the Texas Hill Country, or request a free visitor information packet, visit [www.VisitFredericksburgTX.com](http://www.VisitFredericksburgTX.com).

Photo Credit: Fredericksburg Convention & Visitor Bureau.



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# Where Comes the Bride?

— By Zachary R. Urquhart

*In a time gone by, most weddings tended to be at one of a few locations: churches, the courthouse or the family's backyard. Today, though, almost anywhere could be a wedding venue. If you are getting ready to plan a wedding, there are some new and unique locales to consider.*

## Something Old

• *Barns are back in style.* Trending with the popularity of house remodeling shows over the last decade or so, weddings in rustic farmhouses and barns are becoming more and more common. You can look for places online or reach out to friends who live in rural areas. You might be surprised how easy it is to find a barn you can use. With some old-world style lighting, a simple large shed can become an idyllic wedding sight.

• *Church is in session.* A unique spin on the tradition of a religious setting is to have your ceremony in an old church building. There are churches that are no longer functioning for local congregations, but that are available for special events. And if you are willing to host a destination wedding, you can find such buildings across the country.



## Something New

• *Trendy restaurants make great wedding sites.* If you live close enough to a big town with cool restaurants that are only busy in the evening, you might be able to reserve the place for an early wedding time. What is even better, you will have a place for a ceremony and reception all-in-one.

• *Find a venue near you.* People are sometimes surprised to learn how many beautiful venues are hidden just around the corner. With anything from simple buildings that have the necessary amenities to locations providing outdoor wedding scenes, there are often myriad options within a short drive. Many wedding venues offer an all-inclusive package, with much of the planning provided with this option.

## Something Borrowed

• *Public spaces can be great for private events.* Local parks have gazebos or pavilions available to rent for private events. If you are expecting a smaller wedding party, this can be a cute, quaint way to have an inexpensive wedding. Some more recently built parks even have spaces built with events in mind, so a wedding at a park does not have to feel like a wedding at a park.



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- *If you book it, they will come.* If you want the beauty of an outdoor setting, but need a bigger venue, you can sometimes reserve the sports fields in your area during their off-season. With a little decorating work, a large field can turn into the perfect wedding site.

### Something You

- *Somewhere that defines the couple.* Anything from a golf course to the outdoor chapel at a church camp from your childhood is perfect if you both think it is perfect. If you and your spouse-to-be are the adventurous types, maybe a bridge spanning the gap between two mountain peaks is the location for you. People may question your choice, but it is just that, your choice, so have fun deciding where to host the big day.

Whatever you decide, remember that the day of your nuptials should be one of the happiest days of your life. As long as you are marrying the person you love, surrounded by the friends and family you want supporting you, no place is the wrong choice to ring your wedding bells. **NOW**



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## Zoomed In: Aly Jayn Kinsey

By Angel Morris

Aly Jayn Kinsey took to using her mom's "fancy" camera this year, starting with photographing her nephew's T-ball team, Legends, at Jaycee Park. The 10-year-old is excited to shoot and print the images she captures.

"She is artistic in all ways, and we like to keep her curious mind active and off of social media. This has really kept her busy through the summer," mom Kelly Kinsey said. "She's finding joy in giving people her photos, and we're excited to watch her grow in her latest hobby!" Aly said she has enjoyed experimenting with photos of her friends and family and all their activities. "Every time I take a picture, I learn what I can do to improve!"



*Midlothian Plumbing enters the Independence Day Parade.*



*Midlothian's Paige Mitchell and Kendall Stevens enjoy a meal at Mansfield's Twisted Root Burger Company.*



*Pinnacle Bank breaks ground on its new Midlothian location.*



*Paws for Reflection Ranch receives a donation from QT Distribution Center.*



Midlothian's Laurie Zeptner shops for a comfy chair at Happy's Furnishings in Waxahachie.



Dennis Smith with Texas Farm Bureau Insurance enjoys a Slurpee at the new 7-Eleven.



Gladys Burns wins a door prize from Rob Poole and Chelsi Frazier at John Houston Homes' Legacy Estates opening.

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4

Annual Ice Cream Supper: 6:00-8:00 p.m., Mt. Peak Cemetery, 1760 FM 875. Ice cream, hot dogs and drinks sold. Bounce house and face painting available. Auction at 7:00 p.m. for cakes, arts and crafts. Proceeds assist cemetery upkeep.



11

Back to School Bash: 9:00 a.m.-noon, Frank Seale Middle School, 700 George Hopper Rd. Food, face painting, haircuts, games. Register at Manna House by **August 3** for free school supplies. Call (972) 775-1800 to register.

Movies in the Park: 7:30-9:30 p.m., Midlothian Community Park, 3601 S. 14th St. Watch Disney's *Coco* drive-in movie style.

17

Chamber of Commerce Clay Shoot: 8:00 a.m., registration; 9:00 a.m., start time; 881 Miller Rd. Team and individual registration available. For details, email [info@midlothianchamber.org](mailto:info@midlothianchamber.org).

18

Wildflower Walk: 8:00-9:00 a.m., Mockingbird Nature Park, 1361 Onward Rd. Join Texas Master Naturalists on a half-mile trail identifying wildflowers.

20

The Writers' Circle: 6:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. Open to 18 years and older to provide support, motivation and writing tips. For more information, contact Sarah at [writerscirclemidlo@gmail.com](mailto:writerscirclemidlo@gmail.com).

Ongoing:

Mondays

Celebrate Recovery meeting: 7:00-9:00 p.m., The Lighthouse Church, 1400 N. 9th St. A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups. For more details, email [jason@dfwlighthouse.org](mailto:jason@dfwlighthouse.org).

Second and Fourth Mondays

Rag-Tag Readers Book Club: 10:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. For more information, call Sandy at (972) 775-3417.

First and Third Tuesdays

Bluegrass Jam Session: 7:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th St. Everyone's invited to join in. Bring your instrument or simply relax and enjoy.



Wednesdays

DivorceCare: 6:30-8:00 p.m., First United Methodist Church Family Life Center, 800 S. 9th St. DivorceCare for Kids ages 5-12 meets at the same time. Care for younger children available. For more information, call (972) 775-3993.

Second and Fourth Wednesdays  
Senior Dance at Western Kountry Klub: 7:00-9:30 p.m., Western Kountry Klub, 5728 Lake View Rd. Adults age 45 and older welcome. \$5 cash admission. Call (817) 800-4585 or visit [www.westernkountryklub.com](http://www.westernkountryklub.com).



Thursdays

Scrabble Club: 10:30 a.m., A.H. Meadows Public Library, 923 S. 9th St. For more information, call (972) 775-3417.

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# Stepping Up to the Plate

— By Virginia Riddle

Forgetful moments happen, but what happens when those forgetful moments include a parent not recognizing his or her child? A diagnosis of memory loss, dementia or Alzheimer's often follows. "The Alzheimer's Association 24/7 Helpline provides reliable information and support to people who have been diagnosed and their caregivers, health care providers and the public," Haley Hanson, The Walk to End Alzheimer's event manager, stated.

On September 22, downtown Ennis will be the place to be. "For the second year, we are hosting the Southern Region Walk," Chairperson Gary Freeman said, "to raise awareness and funds for research, education and the support of families of loved ones affected by memory loss at any level." Gary and his wife, Angela, are co-owners of Red Oak's Home Instead Senior Care franchise. "Someone had to step up to the plate, and I needed to be that someone," he stated.

"Our volunteers are the heart of the walk," Gary revealed. "We had around 75 day-of-the-event volunteers last year, who ensured that all who participated had a wonderful experience." A planning committee of 12-25 people works year-round. "The volunteers are phenomenal, and sponsors come from all walks of business in Ellis, Navarro, Kaufman and Dallas counties.

"Each team can raise funds in various ways or take pledges," Gary

stated. "Each person who raises at least \$100 wears a specially designed T-shirt, but all people are welcome to walk." Sixty-three teams of 600 walkers raised \$53,000 last year. "We were very pleased, but we're aiming even higher this year," he said. The walk consists of two miles with downtown streets along the route blocked off for walkers' safety.

A serious purpose brings these folks together, but fun abounds. "Some walk teams dress in matching outfits, including one team in which both men and women wore purple tutus," Gary recalled.

Emotional moments are created through the Promise Garden. "Before the walk's opening, participants are asked to choose a Promise Flower with a color representing their reason for walking," Gary explained. "They then write a personal message on the flower. At the ceremony's conclusion, all Promise Flowers are raised high in the air to represent a commitment to leading the way to a world without Alzheimer's."

As a church worship leader/soloist for 50 years, Gary performs hits from the 1920s-1960s in senior adult venues. "One of my best memories was of my mother in her 90s with severe dementia, singing 90 percent of the lyrics with me in perfect alto, when the night before, she didn't even recognize me."

Interacting with the teams, team captains and volunteers "energizes" Gary's efforts. "I must admit, it's quite a joy to observe the competition that arises within the teams and among the captains," he shared. "Come join us this year!" **NOW**

*Editor's Note: For more information, call the (800) 272-3900 Helpline or email Gary at [gary.freeman@homeinstead.com](mailto:gary.freeman@homeinstead.com).*



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## Keeping Student Athletes Injury Free

As your child heads back to school and competes in sports, overuse and trauma injuries are common. Whether it's low-back pain from playing football or an ankle injury sustained while playing volleyball, athletes can reduce injuries by strengthening all of their muscles and adopting a daily training program designed to optimize performance and minimize the chance of injuries.

Overuse injuries occur when athletes increase the frequency, duration, intensity or resistance of training too rapidly, putting too much stress on one part of the body. Staying in good shape is important. Consistent exercise, strength training and cross-training can boost energy, keep muscles in shape and help prevent injury.

### Exercise Routines for Student Athletes

Before beginning any workout, athletes should warm up their muscles with stretching and light aerobic exercises. Afterward, they should make sure to cool down with walking and more stretching. Exercise and resistance programs that are different from an athlete's usual sport and routine are highly beneficial.

Strengthening weak muscles is also important to preventing most common injuries in sports, like a swimmer's shoulder, tennis elbow,

runner's knee, Achilles tendonitis or shin splints. Adding variations to your workouts, while decreasing the repetitive stress on one or two body parts that are constantly worked also helps. For instance, a runner training for an upcoming track meet could benefit from swimming once a week to decrease stress on the legs.

Incorporating vigorous aerobic exercise improves the body's ability to handle physical exertion in any sport. Vary the intensity, duration and frequency of aerobic exercise, challenging on one day, then lighter on another.

Every day, increase the heart rate for at least 10 minutes at a time, and perform jump routines and pivoting exercises. For the best results you should be regularly switching up your fitness routine. Start out slow and then gradually increase the intensity, and don't forget about your core, where strength is critical in any sport.

Take steps today toward an injury-free year by exercising regularly and making conditioning a priority. **NOW**

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*By Angel Biasatti  
Director of Community and Public Relations  
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