

# MidlothianNOW

M A G A Z I N E

NOVEMBER 2022

## Civilian of the Year

Jamie M. Singleton  
helps Midlothians  
in crisis

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swamps Caddo Lake

2022 Holiday  
Shopping Guide

In the Kitchen With  
Terri McCaskill

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:  
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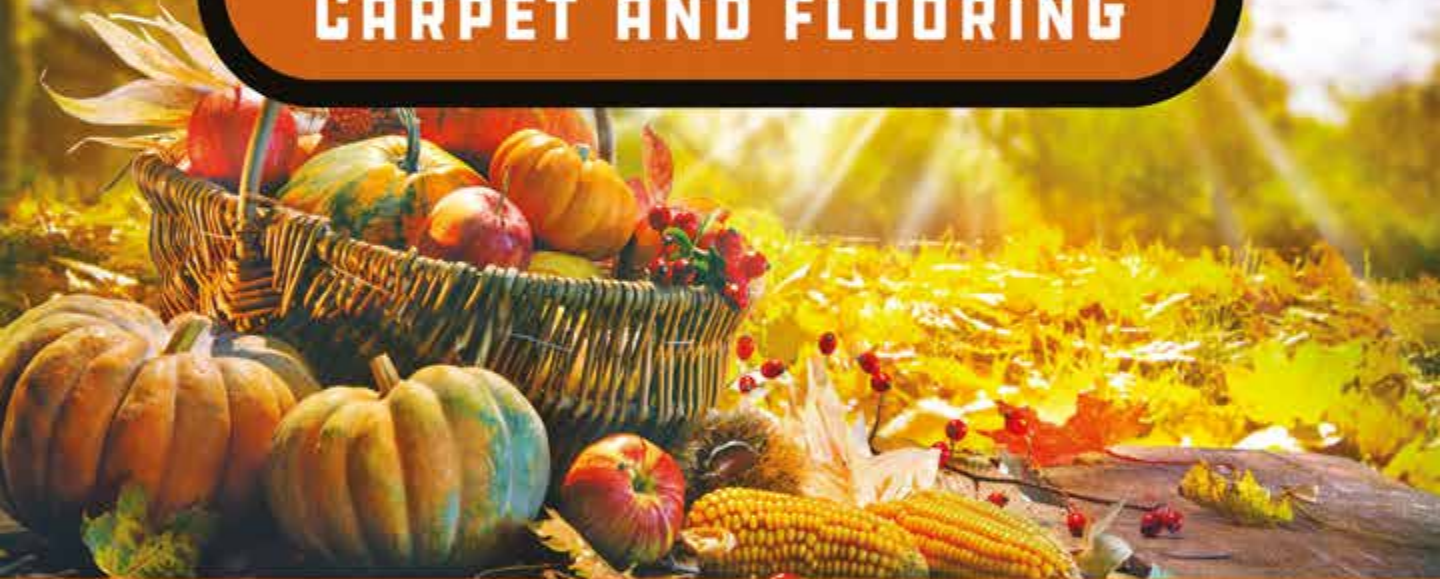


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ON THE COVER



The Midlothian Police Department recognizes Jamie M. Singleton for her advocacy efforts.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit [www.nowmagazines.com](http://www.nowmagazines.com).



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Angel

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## EDITOR'S NOTE

*To everything there is a season ...*

If you ever want to be reminded of just how quickly time flies, get yourself one of those page-a-day calendars. It doesn't matter if it features daily affirmations, words of wisdom or silly jokes. The key is making yourself turn the page every single day. You'll be aware of how fast we go from the 1st to the 31st as the dates flip by with the flick of your wrist. Even that little noise from the rise and fall of each page underscores another day slipping by.

As year's end draws near, the back of the daily calendar becomes thick leaving fewer and fewer pages to lift. By this month, the front of your page-a-day is thin, even as your commitments during this time may grow. In fact, a busy period might pass so rapidly, you could glance at your calendar only to realize you've forgotten to turn a page in several days — weeks, even.

It's kind of a metaphor for life, really, with us so caught up in getting from this day to the next that before we know it, the time behind us is greater than the time we have left. (Like the page-a-day, some of us even experience a thickening back side and a thinning up top!) When we wake up wondering where the time went, the hope is that we can recall the moments of affirmation, a bit of wisdom and the things that made us laugh. Until then, here's to making each page count.

*Turn, turn, turn ...*

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# CIVILIAN OF THE YEAR

— By Angel Morris

*Seeking better health care for her father, Jamie M. Singleton and her family moved to Texas from California in 2019. The next year, Jamie discovered an opportunity to use her particular expertise to help the Midlothian community. “I’m originally from West Covina, California. I loved the state, and I do miss the beautiful weather and beaches,” Jamie admitted. “But, I love the opportunity to use my experience to help others through the Midlothian Police Department here.”*

A month after losing her father, James, to Lewy body dementia — the second most common type of progressive dementia after Alzheimer’s disease — Jamie joined MPD in crisis intervention and victims advocate roles. “The experience as my father’s caregiver and my military background allow me to serve those in crisis uniquely well,” she noted.





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With a bachelor’s degree in criminal justice administration and a minor in human services, Jamie is also a U.S. Navy veteran who served for nine years. During her service, she was promoted to various positions including yeoman petty officer third class, second all Navy unit under the command of the U.S. Army’s 16th Military Police Brigade.

Jamie was awarded the Navy Unit Commendation for extremely Meritorious Service during Operation Iraqi Freedom, during which she was deployed 16 months. “My command was involuntarily extended per a request by the Commanding General Task Force 134, subsequently making the detainee battalion the longest ‘boots on ground’ Navy unit since World War II,” she explained.

While deployed, Jamie was the only female trail Humvee gunner, playing a vital role in ensuring that no hostile vehicle approached their command caravan. “My passion for helping victims of crimes developed overseas, working with those victims and advocating for other military members who struggled with post-traumatic stress disorder,” Jamie recalled. In 2014, Jamie departed from the Navy as a petty officer second class (E-5).



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The Midlothian Police Department started its Victims Advocate Program in 2017, and at that time, Department Chaplain Larry Atchley was contacting victims of crimes that took place in the city. Now, Jamie helps crime victims in Midlothian and nearby cities who do not have advocate programs.

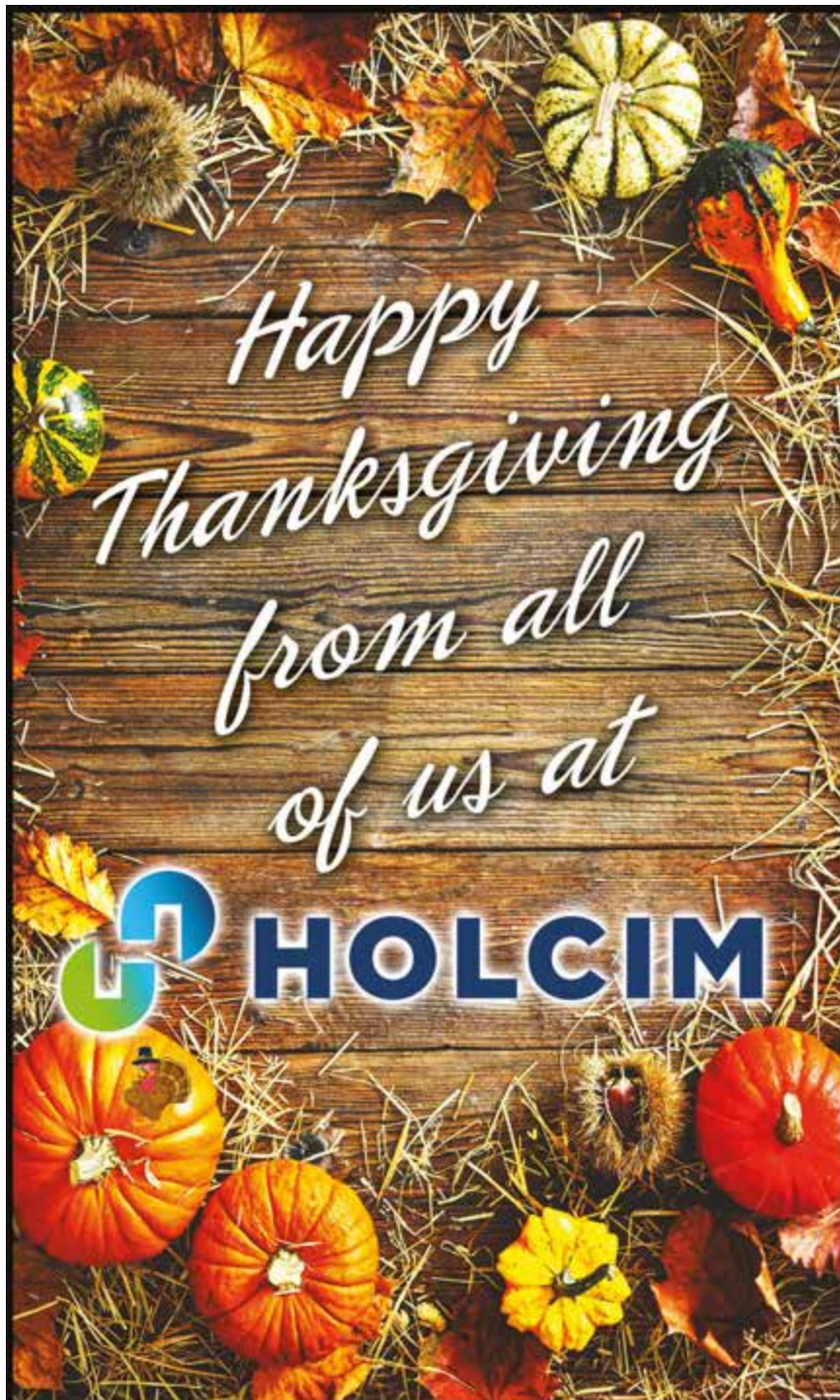
“As the crime victim’s advocate, I introduce people to community resources and assist them with applying for compensation. This can be to help pay for medical bills or other expenses that are a result of the crime they were victims of, as well as assist their families with any funeral expenses,” Jamie outlined.

In late 2020, the MPD established its Crisis Intervention Unit with guidance from CIU Commander/Lieutenant Clayton Regan, who had seen the benefits of such a program in his role at another department, along with Officer Robert Newberry. Clayton and Robert were certified mental health peace officers, who understood the underlying role mental health plays in many situations to which officers must respond.

As CIU coordinator, Jamie has played a vital role in growing and facilitating this program. “I assist residents and their caregivers with preventing mental health crises by connecting them to resources such as counseling, psychiatry, support groups, vocational rehab and unemployment resources, applying for Social Security disability benefits, and accessing housing and/or funding for utilities.”

In this role, Jamie also builds relationships with organizations that can help victims with their psychosocial needs. “I’m a community liaison, creating and maintaining partnerships with local mental health clinics, behavioral hospitals and clinicians,” she explained.

Jamie encourages the community to reach out for assistance when someone they know is in any mental





or emotional stress, ranging from depression to dementia. “I would encourage the community to contact CIU either online or by phone if they are in need of mental health resources or additional assistance,” Jamie expressed.

Jamie also reminded those in distress of the new 988 mental health emergency number. “The hope is that 988 can meet the growing need of those experiencing or about to experience a mental health crisis and get them connected with law enforcement or mental health resources. Our veterans can also use 988 and press 1 and be connected to the veteran crisis line,” Jamie explained. “I think it is amazing that they encompassed that feature and thought about those of us who served in the U.S. Armed Forces. As times progress and things get more challenging in the world, I pray that 988 is able to get people connected to resources that are very much needed. But The Midlothian Police Department Crisis Intervention Unit is available as well.”

In January 2022, Jamie’s dedication to serving people in crisis was recognized by the police department when she was named Civilian of the Year. When presenting the award, MPD noted that Jamie’s “professional and academic achievements, as well as her community involvement, demonstrate her dedication to faithfully serve her community.”

“I was very honored, as I’m passionate about the work I do at MPD. I felt blessed to have my efforts acknowledged and be able to demonstrate to my children that hard work pays off,” Jamie said.

Including husband, Robert Lloyd Jr., and daughters, Jamyah C-N. Singleton and Amina K. Singleton-Lloyd, Jamie’s family was not surprised by the recognition of the wife and mom who has proven to be strong-willed, dedicated and determined in all she does. When she’s not working to help the clients she serves, Jamie enjoys time with her family.

Jamie considers the officers, staff and volunteers with whom she works extended family, too. “I love the camaraderie that MPD offers. We are a family that genuinely cares for each other and champions one another,” she credited. “The staff truly exhibits our motto, ‘Service Before Self.’” **NOW**

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# AIDAQ Daiquiris and More

— By Angel Morris

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Open since January of this year, AIDAQ Daiquiris and More is a local restaurant serving authentic American food, daiquiris, beer, wine and more. Inside dining is available, as well as food and drinks to go. “We sell daiquiris that come in a variety of flavors and drink combinations ranging in



sizes from 16 ounces to a gallon. Our mission is to provide high-quality food for all those who wish to combine fun and an enjoyable ambience into one extraordinary dining experience,” said Betty Parks, who co-owns the business with her sister, Robin Roberts.

With previous restaurant industry experience, Betty decided to join her sister, who wanted to provide an entertaining venue to the community. “I had visited several daiquiris shops and always enjoyed the atmosphere. My daughter is very interested in business, and she inspired me to want to have my own place,” Robin explained.

“I was looking for another business to invest in, and suggested partnering food with Robin’s idea,” noted Betty, who has been in not just the restaurant industry, but also in telecom and telecom consulting for years.

With Betty working another job full time, and Robin a retired probation officer in Waxahachie, the sisters sought a location convenient to Robin. “Robin runs the day-to-day operations,” so we wanted someplace most convenient to



her,” Betty explained. “Our research led us to Midlothian because of its ongoing growth. And there’s no place like AIIDAQ in the city.”

The sisters haven’t been disappointed in their choice, and say word-of-mouth has helped their business succeed, as did the food critic/influencer, Dubb Grubb, who spread the word about the daiquiri shop/restaurant.

“Guests often say the Facebook Page, Midlothian Talk, is where they learned about us. People were posting about our catfish!” Betty added.

The catfish platter — featuring hush puppies, homemade coleslaw and your choice of onion rings or fries — is the restaurant’s top seller. Appetizers include jalapeño poppers, fried green tomatoes, okra, fried mozzarella sticks and the triple dipper of queso, guacamole and salsa with chips. Burgers, wings and street tacos, as well as chicken, fish and brisket sandwiches round out the entrée menu, with meals averaging from \$10-\$20.

Betty and Robin’s mom is one of two cooks in the AIIDAQ Daiquiris and More kitchen, also baking a homemade dessert of the day. Further showing their fun side, they named menu items after movie characters and sports moves. “Our drinks are characters: For example, The Hurricane is Loki, The Long Island Ice Tea is Robin and The White Russian is the Black Panther,” Betty outlined. “Drinks, like The Quarterback and The Fumble, represent Texans’ love of sports.”

Patrons can watch sports on TVs around the eatery or play games located on tabletops. A live deejay and karaoke are offered Friday and Saturday nights. “We’re a family-friendly place. You don’t need a babysitter. Bring the kids and have a great time,” Robin said.

The sisters invite folks to come see for themselves, relax and enjoy great food and a fun environment. “Midlothian has welcomed us and provided great feedback. We appreciate the good ideas that have been shared with us,” Betty and Robin said.

“We’d love to expand to more locations across Dallas/Fort Worth,” Robin added, “but we want to stay and grow with Midlothian.” **NOW**



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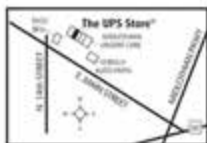


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## Zoomed In: By Bill Smith The Ellis County Veterans Day Celebration

The steering committee for The Ellis County Veterans Day Celebration has about 20 members who work throughout the year to put the event on. Wayne Norcross quickly pointed out the legacy of a couple of the earlier members, Perry Giles and David Hudgins. "Those guys worked tirelessly to get this thing going," he said.

Vanessa Zmolik, though not a veteran herself, has children in the military and serves as secretary. She confirmed, "Many people help out. When November gets here, it is 'all hands on deck.'"

Robert Bell acknowledged. "We can't name all the supporters, but Ken Roberts with KBEC is always contributing, as well as the Reveille Sisters and the Classic Swing Band."

"This is a great event to honor those who have served and continue to serve. Last year, about 800 attended," Wayne added. "This year we expect over 1,000." Beginning at 9:30 a.m., the event will be held on November 12, at the Waxahachie Civic Center, 200 Civic Center Drive.



*Crystal Gaither poses with Pippa Beaudoin, winner of this year's Ellis County's Got Talent with her performance of The House That Built Me by Miranda Lambert.*



*Dana Foster prays over clothing as part of her local pickup-and-delivery laundry business, Folds of Grace.*



*MHS volleyballers show off their winning float from the homecoming parade.*



*Rotarian Cammy Jackson and Lions Club member Geri Salazar volunteer with their organizations for a cleanup at the Midlothian Civic Center.*





MHS tennis team members, Houston Lindop and Jacob McKinney, sell fundraiser bracelets in honor of Coach Cliff White, who recently lost his cancer battle.



Heritage High School varsity tennis players, Andy McClendon and Marcus Henderson, drop off drinks and snacks to Midlothian Fire Station on behalf of the Jags Tennis Team.



Scott McConnell of Midlothian displays his 1968 Ford Mustang at a car show benefiting St. Jude Children's Hospital.

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## CookingNOW

### *In the Kitchen With* TERRI MCCASKILL

— By Angel Morris



Terri McCaskill has called Midlothian home since marrying her husband, Dale, who grew up here and currently “serves the community with great pride as the fire chief,” Terri noted.

At an early age, Terri was involved in her mom’s baking and cooking. “She taught me the importance of cooking with fresh ingredients. My favorite dish to prepare is Chicken Divine, which excites our two sons even as adults. I often share baked goods with my family and others and enjoy sharing meals with friends when the need arises. A home-cooked meal always brings a smile!”

Besides baking and cooking for relaxation, Terri also participates in Camp Gladiator locally for fitness. She says she finds pleasure in “donating nonperishable food items to the little food pantry near Kimmel Park.” **NOW**

#### Easy Peach Cobbler

*Other fruits such as blackberries or apples may be substituted.*

- 1 stick real butter
- 1 cup flour
- 1 cup sugar
- 1 Tbsp. baking powder
- 1 cup milk
- 1 12- to 16-oz. bag frozen peaches  
(or fresh, if in season)
- 1/2 cup brown sugar

1. Melt the butter, then let it cool in a 9x13-inch pan. Mix together the flour, sugar, baking powder and milk. Pour mixture over the butter; don’t stir.
2. Place the peaches over the dough; don’t

stir. Sprinkle the brown sugar on top. Bake at 350 F for about 40 minutes until the edges and top are getting brown.

#### Brittle

*My favorite treat to share with friends and family for Christmas!*

- Saltine crackers
- 2 sticks butter
- 1 cup brown sugar
- 1 12-oz. pkg. milk chocolate chips

1. Preheat the oven to 400 F. Line a 10x15-inch cookie sheet with foil, overlapping each side of the pan. Grease the foil on the bottom of the pan with butter. Line with saltine crackers, salt facing upwards. (Cut the

crackers into smaller pieces to fully line the pan, if needed.)

2. Melt the butter and brown sugar; bring to a boil. After boiling begins, stir constantly for 3 minutes. Pour over the crackers. Move the mixture around to cover the crackers. The rest will spread in the oven.

3. Place in the oven for 5 minutes. Remove from the oven when little bubbles form on the top; immediately pour the chocolate chips to melt and evenly spread across the caramel surface.

4. Refrigerate the pan until the brittle hardens. Pull the brittle off the foil; break into pieces. Refrigerate until ready to eat.

#### Chicken Divine

*Double this recipe for leftovers! Yield: 4 servings.*

- 3 chicken breasts
- 3 Tbsp. butter
- 3 Tbsp. flour
- 1 14.5-oz. can chicken broth
- Salt, to taste
- Pepper, to taste
- 1/2 cup Parmesan cheese, grated  
(divided use)
- 2 8-oz. pkgs. frozen broccoli spears  
(I use fresh broccoli.)

1. Boil the chicken breasts in salted water until tender. Slice into large, thin pieces. Melt the butter in the saucepan. Stir in the flour; do not brown. Stir in the chicken



broth; blend well.

2. Cook over low heat, stirring constantly, until thickened. Add salt and pepper; stir in 1/4 cup cheese.

3. Cook the broccoli according to the package directions (or steam fresh broccoli); arrange in a shallow casserole dish. Arrange the chicken slices over the broccoli; pour the sauce over the chicken mixture. Sprinkle with the remaining cheese.

4. Bake at 350 F for about 20 minutes, or until heated through.

## Banana Bread

3/4 cup margarine (I prefer Smart Balance.)

1 1/2 cups sugar

2 eggs

1 1/2 cups mashed bananas (about three bananas)

1 tsp. vanilla

2 cups flour

1 tsp. baking soda

3/4 tsp. salt

1/2 cup buttermilk (or substitute 2 tsp. vinegar mixed with 1/2 cup milk)

3/4 cup pecans or walnuts, chopped (optional)

3/4 cup mini chocolate chips (optional)

1. Cream together the margarine with the sugar and eggs. Add the bananas and vanilla; mix thoroughly.

2. Sift together and add the flour, baking soda and salt, mixing well. Add the buttermilk, nuts or chocolate chips. (Chocolate chips are a fan favorite in our house!) Mix well.

3. Pour into a greased and floured 9x5x3-inch loaf pan. Bake at 325 F for 1 hour and 15 minutes. Most ovens will cook the full time, but check with a toothpick or cake tester at 1 hour, and cook longer if needed.

## Pocket Bread Spiced Beef

Double or triple this recipe, depending on how many servings needed. Makes 1 1/2 cups of filling.

1/2 lb. lean beef (ground turkey or ground chicken works well, too)

1 onion, chopped (about 1/2 cup)

1 clove garlic, minced

1/2 cup canned tomato sauce (can also use fresh tomatoes or chopped canned tomatoes)

2 Tbsp. snipped parsley

2 Tbsp. Parmesan cheese

1/4 tsp. salt


1/4 tsp. cinnamon

1/8 tsp. pepper

1/8 tsp. ground ginger

Pita bread

1. Cook the meat, onion and garlic until the meat is brown and the onion is tender.



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- Drain off the excess fat.
- 2. Stir in the tomatoes or tomato sauce, parsley, Parmesan and spices. Heat through.
- 3. Spoon into pita bread.

## Apple Salad

- Sauce:
- 1 1/2 tsp. flour
  - 1/2 cup sugar
  - 1 egg, beaten
  - 1/2 cup pineapple juice
  - 1 Tbsp. lemon juice

- Salad:
- 8 small apples, cubed

- 1 cup pecans
  - 1 cup chunk pineapple
  - 1 Tbsp. lemon juice
1. For sauce: Mix the flour and sugar; add the egg. Add the pineapple and lemon juice. Heat to boiling; remove and cool.
  2. For salad: Mix together the apples, pecans, pineapple and lemon juice. Add the cooled sauce to the salad. Chill and serve.

## Strawberry Glace Pie

- 1 9-inch baked pie shell (Store bought is OK; I prefer homemade.)
- 1 1/2 qts. strawberries (divided use)

- 1 cup sugar
  - 3 Tbsp. cornstarch
  - 1/2 cup water
  - 1 3-oz. pkg. cream cheese, softened
1. Prepare and bake the pie shell.
  2. Mash enough strawberries to measure 1 cup. Mix the sugar and cornstarch in a 2-qt. saucepan.
  3. Gradually stir in the water and mashed strawberries. Cook over medium heat; stirring constantly, until the mixture thickens and boils. Boil and stir 1 minute; cool.
  4. Beat the cream cheese until smooth. Spread in the pie shell. Fill the shell with the remaining strawberries. (I arrange the strawberries with the top down and add smaller ones in between the big ones.)
  5. Pour the cooked strawberry mixture over the top. Refrigerate about 3 hours, or until set.



Strawberry Glace Pie

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# Down IN THE Bayou

— By Lisa Bell



*Creating a border between Texas and Louisiana, Caddo Lake contains history, legends and amazing swamplands. Throughout the area, visitors find unexpected beauty and interesting features. According to the Caddo tribe, a massive earthquake formed the lake. However, geologists claim a 100-mile log jam in Louisiana flooded the low-lying basin, creating the lake. For many years, riverboats used the swollen waters, making nearby Jefferson a port city. Eventually, they cleared logs, and the lake level fell more than 10 feet, changing the shape and ending the riverboat industry. But the 26,810-acre lake thrived. In 1911, Gulf Refining Company drilled for oil, creating the first over-water platform, which produced 450 barrels of oil per day.*

With a rich history, people still enjoy fishing on beautiful Caddo Lake. Known for massive bass and dozens of other fish species, the lake draws anglers. The Caddo Lake State Park, nearby Daingerfield State Park, and multiple RV parks provide spots for those who enjoy camping. For the less adventurous, numerous cabins on the lake offer a front-row view of wondrous nature.

From small fishing boats to kayaks and canoes, opportunities abound for visitors to get on the water. You might consider taking a boat tour with one of the local guides. Besides pointing out the best fishing spots, they share stories about the unexpected beauty of Caddo Lake. In many spots, lily pads dot the surface. During summer months, the water lilies bloom, showing their best colors while dancing in the lake breezes.



Land lovers might prefer a hike or a day of geocaching. While at Caddo Lake, look for multiple types of birds and fossils of paddlefish, or maybe spot a live alligator while hiking the many trails. As a precaution, swim only in designated areas. Don't feed or harass the creatures, and inform a park ranger or employee if you see the reptiles near swimming areas. Follow the rules for a worry-free adventure.

Bald cypress trees, abundant at Caddo Lake, have knees and beards, a fascinating phenomenon not possessed by other trees. The name comes from their appearance after shedding leaves. On land, the above-ground extensions of the root system grow straight, guarding the trees like tiny sentinels. When the trees grow in the water, though, the knees bend toward the parent tree. A straight knee near a water-surrounded cypress indicates a wayward root that belongs to a different tree.

Spanish moss hangs from the bald cypress trees, creating the mystical appearance we think of when picturing swamplands. Historic tribes used the moss for clothing, huts and bedding. A living organism, not truly moss, the plant absorbs nutrients from rainwater and air.

Near the state park, the Caddo Lake National Wildlife Refuge offers horseback and hiking trails, plus wildlife observation areas. Rare or threatened species, such as the peregrine falcon, alligator snapping turtles and Rafinesque's big-eared bat, inhabit the area.

For those who believe, or want to, Caddo Lake remains an alleged home for the legendary Big Foot. Many people visit the lake with cameras and video recorders, searching for a glimpse of the elusive creatures. Do they exist? With enough bravery to search, perhaps you might see one when visiting Caddo Lake. Otherwise, enjoy the unexpected beauty. And if you get bored, take the short drive into Jefferson and enjoy all it offers. **NOW**

*Editor's Note: For more information, visit <https://tpwd.texas.gov/state-parks/park-information/alligator-safety/alligator-safety> and [www.fws.gov/refuge/caddo-lake](http://www.fws.gov/refuge/caddo-lake).*

*Photos by Lisa Bell.*



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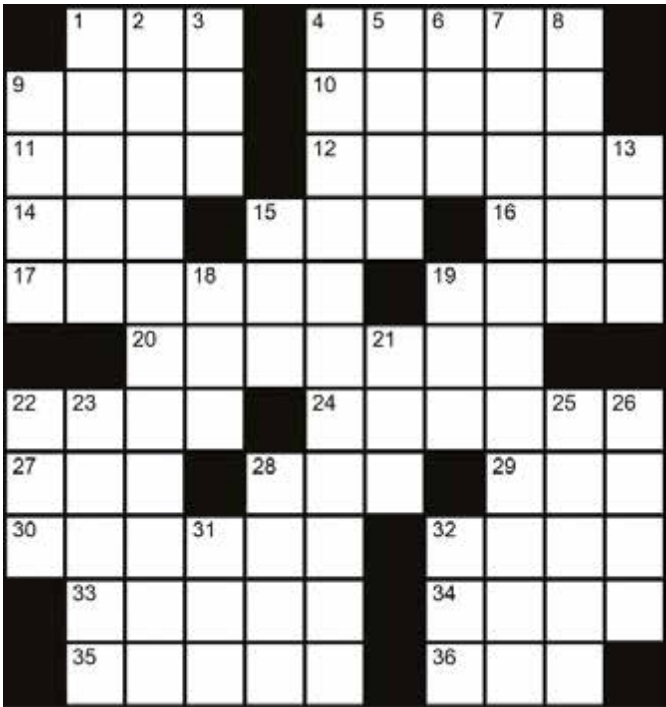
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# Crossword Puzzle



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### Across

- 1 Sets owned by almost everyone
- 4 Archeological discoveries
- 9 "Nessun dorma" for example
- 10 To pray in Rome
- 11 Cheese coating
- 12 Caitiff
- 14 I R S expert
- 15 Outlaw
- 16 Wheeling was its first capital
- 17 Space-saving staircase
- 19 "— o'clock scholar"
- 20 Like a young lady
- 22 Rounded thickly curled hairdo
- 24 Inputs data
- 27 100 square meters
- 28 Wolf Blitzer's channel
- 29 Sheltered side
- 30 Ball-park fare
- 32 Flimsy piece
- 33 Double's job
- 34 Doing the job now
- 35 Cogs
- 36 Skin lump

### Down

- 1 Lewinsky's confidante
- 2 Vintage rite spread dressing on salad
- 3 Blue
- 4 Lens property
- 5 Soldering tool
- 6 Negative in the sticks
- 7 Set a limit
- 8 Start a game on court
- 9 Electric discharges
- 13 "Dangerous" McGrew of rhyme
- 15 Blockade
- 18 City Michael Caine blamed it on
- 19 Virgin Islands hours
- 21 Travelers' accommodation
- 22 Exclamation of surprise
- 23 Coldness of manner
- 25 Tree exudate
- 26 Part of a clan
- 28 There's more to come
- 31 Owing
- 32 Impressive kind of factor

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Easy

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

Medium

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

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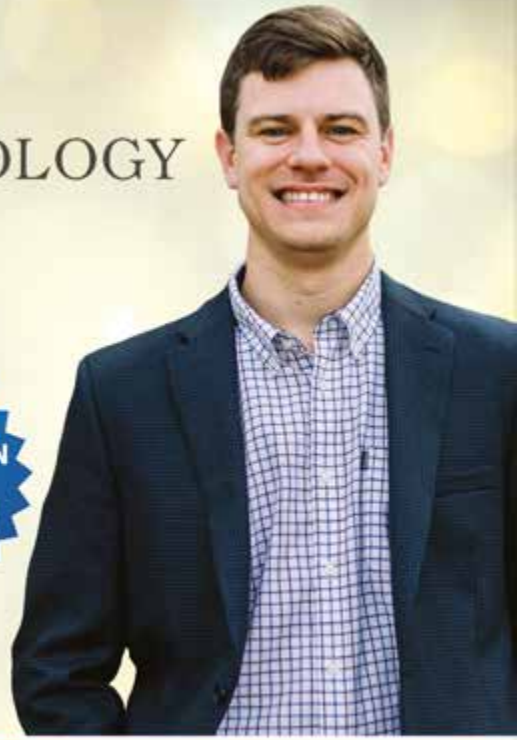
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11/5

**Texas Arbor Day Event:**

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**Autumn Beats:**

Free concert by Forever Mac, a Fleetwood Mac cover band. Food available for purchase. 7:00-9:00 p.m., Midlothian Community Park Amphitheater, 3601 S. 14th St.

11/11

**Veterans Tribute Dinner:**

Remembering, honoring and recognizing local veterans. 6:30-9:00 p.m., Midlothian

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11/12

**Ellis County Veterans Celebration Ceremony:**

Classic Swing Band: 9:30 a.m.; ceremony with a memorial service and military-style flyover begins: 10:00 a.m., Waxahachie Civic Center, 200 Civic Center Dr., Waxahachie, TX 75165.

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11/17

**Ellis Christian Women's Job Corps Graduation:**

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12/1

**City Christmas Tree Lighting:**

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reading of *The Christmas Story* and official tree lighting. 6:00 p.m., Heritage Park, 234 N. 8th St. Rain out date, Dec. 2.

12/3

**Southern Star Christmas Celebration:**

Parade and outdoor festivities including children's activities and an arts and crafts market. Festivities: 1:00-5:00 p.m., Heritage Park, 234 N. 8th St.; parade: 6:00 p.m., Downtown North 8th Street.

*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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