

MidlothianNOW

A G A Z I N E

JANUARY 2019

Making New History

Demetrius McClendon
remembers the past
and anticipates the
future with an
MLK event

In the Kitchen With
Ashley Abernathy

Also inside:

Kids' Fun Pages

Crossword/Sudoku

Featured Business:
Resolutions Med Spa
and Chiropractic

Fighting Another Day

Paul Verheyden chronicles
his life adventures

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*Join Pastor Mac for Midlothian's
Second Annual Martin Luther
King Jr. celebration on
January 21.*

Photo by
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EDITOR'S NOTE



Angel

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Hello, Midlothian!

I call myself a planner. My husband calls me a worrier. Either way, I drive myself nuts with an inability to enjoy the here and now. I can't complete one task before looking to the next. That makes January the perfect month for the planner in me, as I worry with what my perfect resolutions should be.

Of course, I'm not alone in resolution-making this month. Research suggests the tradition began 4,000 years ago in ancient Babylonia, when natives vowed to pay their debts and return things they had borrowed in order to win favor with the gods. The tradition continued in Rome, when emperor Julius Caesar dubbed January 1 the start of the new year in 46 B.C. Romans promised good behavior and made sacrifices to Janus — the god of beginnings.

By the mid-1700s, English clergyman John Wesley had started the Covenant Renewal Service, typically held on New Year's Eve or New Year's Day, when Christians would resolve to learn from past mistakes and vow to do better. Today, some churches pray about resolutions on New Year's Eve in "watch night" services.

Despite religious roots, resolutions are now mostly promises people make to themselves. Whether you have grandiose plans for self-improvement or believe it's better not to set yourself up for failure, I hope this month at least provides for a fresh start in some part of your life.

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Martin Luther King Jr. said, “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” Pastor Demetrius McClendon is no stranger to standing after challenges and is keenly aware of how the past impacts one’s future. To that end, he hopes to help Midlothian continue to move forward, starting with the city’s Second Annual Martin Luther King Jr. Celebration.

Founder of One Church, “Pastor Mac” said he was always spiritual, but recalls the death of a younger sister as a turning point. “She was killed in a car accident involving a drunk driver two weeks before her 16th birthday. That shifted everything for me,” Demetrius said. “I watched my father continue to minister while he was grieving — watched my parents work through that time in their marriage. It was a catalyst that refocused my life.”



ISTORY

— By Angel Morris

Prior to that experience, Demetrius had another life-and-death moment. “I was born with a heart murmur but was told I’d grow out of it,” Demetrius recalled. “When I was in high school, there was a kid in a neighboring town who died, so my parents took me for a checkup. The doctor suggested I see a specialist, and the specialist diagnosed an aortic stenosis requiring immediate surgery.”

Aortic stenosis is a narrowing of the aortic valve, impacting blood flow from the heart to the body. “My blood was seeping the wrong way, but I never had any complications. Still, the doctor said without the surgery I’d have been dead in three months,” Demetrius recollected.

Instead, Demetrius went on to graduate from high school, earned a Bachelor of Arts in Music and Vocal Performance from Huston-Tillotson University in 2000 and a master’s in worship leadership from Dallas Baptist University in 2008. In 2010, he added a master’s in theological studies from DBU, and just last month, a doctorate from Southern Methodist University’s Perkins School of Theology.

After a brief stint as a music teacher in a magnet school, Demetrius held his first pastor role from 2001-2006 while living in Mansfield. “I took a sabbatical at that point and asked the Lord for some clarity in my life. I ended up going to Germany to conduct a worship extravaganza,” Demetrius noted.

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At that time, Demetrius heard a voice directing him to Midlothian. “The same voice that had told me with such clarity that my wife, Alexis, was the woman for me is the voice that told me to start my local church,” he said. “I had to look on a map to find where Midlothian was.”

Back in the states, Demetrius and Alexis quickly located the place where One Church would hold its first service in January 2007 with just eight people. This month, they celebrate 12 years in that location.

One of Demetrius’ favorite experiences through One Church has been a partnership with Freedom Church addressing today’s cultural climate. “Ours is a predominantly black church, and theirs predominantly white,” he explained. “We began meeting to specifically address racial tensions in what we called Nights of Culture and Conversation. We believe the only way people get answers is to ask questions.”

These interactions fueled Demetrius’ desire to reach beyond the church.

Once he became more well-known in the community, he decided the time was right for his MLK Day event to begin last year. “I contacted some friends, and they came to support it,” he said, including the Midlothian High School football coach, who brought some players and parents.

The message was “Making New History,” and Demetrius encouraged the crowd to learn from the past. “Instead of erasing it, let’s discover how we make new history from this point forward,” he said. “People are moving to Midlothian, and we

can lose our innocence quickly if we don't have a united front. The idea is to own the past but embrace a better future."

Participants liked the message, and Demetrius was even invited to serve as chaplain of the MHS football team as a result. "I got to spend time with players during a retreat and pre-season to offer words of encouragement," he explained. "I got to pray over two who were injured during games and give them some peace during that moment."

This month, Demetrius focuses on the Second Annual Martin Luther King Jr. Celebration set for 10:00 a.m. January 21 at One Church, 2122 N. Hwy. 67. The event has expanded to include lunch and the opportunity to volunteer at various prearranged locations around town. "People can register and choose a volunteer venue for afterward, if they would like," Demetrius noted. "It is genuinely conducted in the spirit of Dr. King, who literally gave his life to help others."

Demetrius hopes the message is one he not only shares with strangers, but that he also embodies for his three children, Mackenzie, Michaela and Demetrius II. To him, being a good father is as important as anything else he does. "My own dad takes the cake for me as the person I most admire. I learned how to love on people through my dad," Demetrius said of his father's 25th anniversary as a preacher. "My parents are still the most beautiful picture of matrimony and of doing good in spite of all life throws at you."

An accomplished musician, Demetrius has published more than 200 songs through his company, BACMA Music Publishing. He also makes time to minister to local police officers as time allows. "I'm a big supporter of police and firefighters," he admitted.

Demetrius encourages anyone who is interested to come and pray for the community, its servants and the rest of the world at the MLK event. "I just want people to see it as a moment to share with each other and develop relationships," he said. "Join me in remembering the past, thanking God for the present and accelerating toward a better future." **NOW**

Editor's Note: Register for the MLK event at www.discoveronechurch.org.

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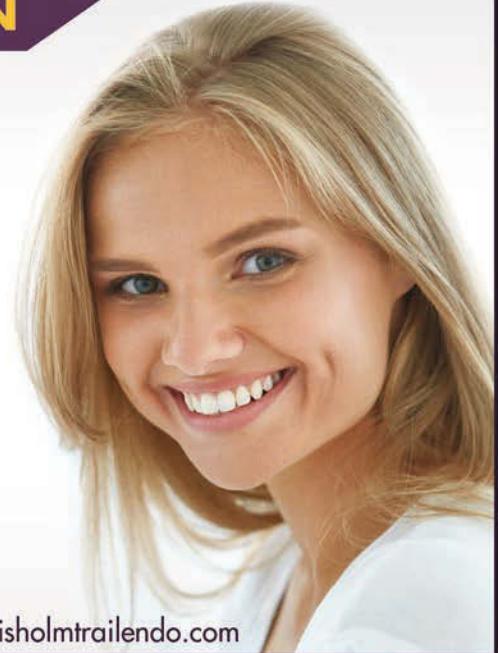
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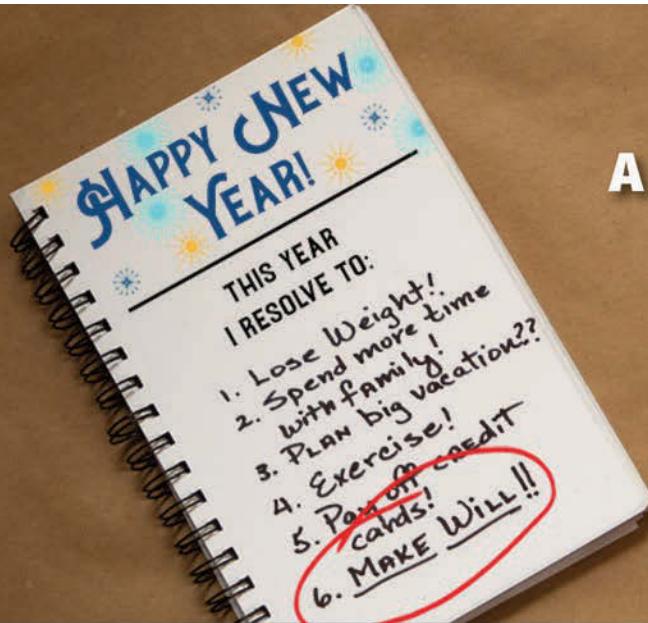
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I STARTED
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MY LIFE AND
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IT WAS A
BOOK THAT
I NEEDED
TO WRITE.”

FIGHTING ANOTHER DAY

— By Zachary R. Urquhart

Every life tells a story. For Paul Verheyden, some near-death experiences led to putting his story on paper. Born and raised in Jacksonville, Texas, even the first days of Paul's life were unique. "I was a triplet, born with two sisters," he said. "The Jacksonville Progress did a story on our birth and an update every year."

After a childhood highlighted in the press, Paul went to the only college he really considered. "Where else would I go but The University of Texas at Austin?" he posed. "In three generations in our family, we have 22 people who have graduated from UT since my dad in 1939."

An artist from an early age, Paul studied architecture and met his wife. "We were friends for four years before we got married. We moved to Dallas in 1982 with a job offer and to be close to Donna's family. We really like the south DFW Metroplex."

Paul and Donna moved to Midlothian in 2018, bringing Paul's stories. In 1988, Paul survived a plane crash. "We took off and came back down right inside the fence of the airport," he said. "The plane caught on fire and was filling with smoke. Thirteen people died, and about 90 survived."

Though Paul can talk about it more freely now, the trauma impacted him greatly. "It's weird that even 30 years later, it still affects me," he admitted.

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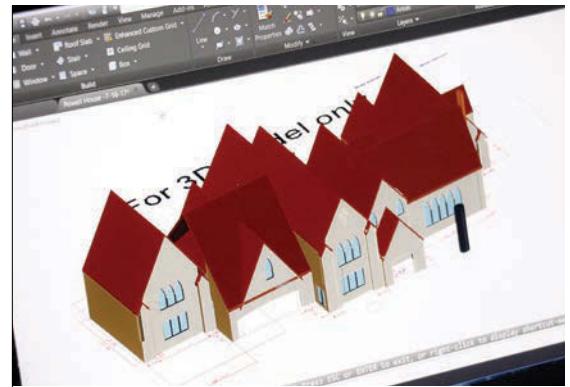


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Over the next 20 years, Paul added architect and interior designer licenses to his résumé and had four children: Kay Lynn, Phillip and Kristen, who are all married and live in Austin. Vincent is in his second year of teaching in South Korea. "Our children are our greatest accomplishment. They all love God and each other," Paul said.

With the highs also came the lows of Paul's life, like a near-fatal car accident, separation of both legs and the medical event that would give him the title of his life's story. "I had been laid off and heard that you could get prescriptions cheaper at Parkland Hospital," he recounted. "I had been having some headaches, so while I was there, they did an MRI."

Paul ended up having emergency surgery to remove a tumor in the middle of his brain. The doctor said, "Well, it looks like you'll live to fight another day."

Hearing that, Paul realized he had a story to tell. "Right away, I asked the doctor if I could use that for a book title. As I wrote, I started thinking about the unique events in my life and knew that it was a book that I needed to write," he concluded.

After about a year, Paul had a book ready to share. "As I started writing, I actually had two seizures while at work, and each time I ended up needing surgery on my shoulder," he listed. "Those ended up being the last two entries in the book that includes 20 events that I think are so unique to have all happened to one person."

Paul's first book was published in January 2010. "I had a childhood friend who called to tell me how much he enjoyed reading it. About six months after that, he passed away, and I've always hoped that maybe it made an impact on him. Many people have told me it has inspired them."

The book includes Bible verses, as did the first book Paul drafted but only recently completed. "I started writing a book about Samson probably 20 years ago," he explained. "I am getting ready to publish this second book that was supposed to be my first book."

Paul's second work describes how it isn't one's appearance or career that matters, but faith in God. "He is the one who makes us strong in spirit like Samson, so we can 'move mountains.'"

His first published book also emphasizes God's Word. "This second book isn't just about things that happened. The focus is that what you believe about Samson is what you believe about God, including examples of the faith of others," he continued. "I have lots of Scripture throughout the book, and I put that in bold, because it's more important than anything I might have to say."



Paul was recently hired for the new position of facilities manager for Ellis County to manage the design, construction, maintenance and operations of county facilities. "I am so excited to not only live here, but now, to work here also." **NOW**

Editor's Note: For more information, visit paulverheyden.com.

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A resident and business owner in Cedar Hill since 1998, Dr. Lesa Ansell wanted to serve the community in which she lived and its neighboring cities. “It allows me to provide services that people previously had to drive to North Dallas or Frisco to receive,” she noted. “I work very hard to make my prices competitive for the community I’m in.”



Dr. Ansell added full med spa services to her chiropractic offerings in 2014. BOTOX, fillers, Vampire Facelift, chemical peels, laser hair removal, ClearLift Laser Lunchtime Facelift, bioidentical hormone replacement (testosterone and estrogen pellet therapy) telemedicine and medical visits, as well as chiropractic, are the most popular services.

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of burns. We offer a much larger variety of services than are typically offered in med spas, medical offices or chiropractic offices individually.”

Dr. Ansell is also still committed to helping patients achieve optimum health as a chiropractor, adult and geriatric nurse practitioner and registered nurse. “I use a whole-person approach, looking for underlying causes that may or may not be presenting symptoms yet,” Dr. Ansell described.

Pain solutions include hands-on and computerized chiropractic adjustments, prescription pain creams, injections and massage therapy. The office also treats headaches and migraines, accident/sports/work-related injuries and assists with weight loss.

Through telemedicine, Dr. Ansell provides online care for \$29/month per person or \$49/month for a family without involving insurance. “I think it’s the way of the future, where you can get general medical services and medication refills without having to go into a waiting room,” she explained. “We know each person is unique, with different needs and different goals. That’s why we have extensive experience in areas that offer a variety of solutions.”

When not working with patients, Dr. Ansell trains others in the health and wellness field by teaching nursing board review classes. She has served on the World Congress of Women Chiropractors and the board of the Texas Chiropractic Association. Locally, she has worked with chambers and outreach boards. She is a member of the National Disaster Medical System team and plans to pursue the Doctorate of Nursing Practice Degree, which is the highest degree for nurse practitioners.

Dr. Ansell is the author of two books, *Alternatives in Healthcare: Helping You Make Choices for Better Health* and *Success in the New Economy*. She notes January is the perfect time to consider aesthetic treatments to impact what you see in the mirror. “A lot of the medications and procedures are photosensitive,” she clarified. “That makes winter the best time to do something nice for your skin and make the changes you’ve been wanting to see!” **NOW**

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Zoomed In: Amy Pyles

By Angel Morris

Amy Pyles demonstrates the skills that will help her become a certified instructor this year, after first attempting yoga in May 2017. “I’d just started PiYo videos at home when I heard about a class nearby. I was addicted from day one!” Amy recalled. “PiYo helped me hammer out some aggression while yoga allowed me to reset from the inside out.”

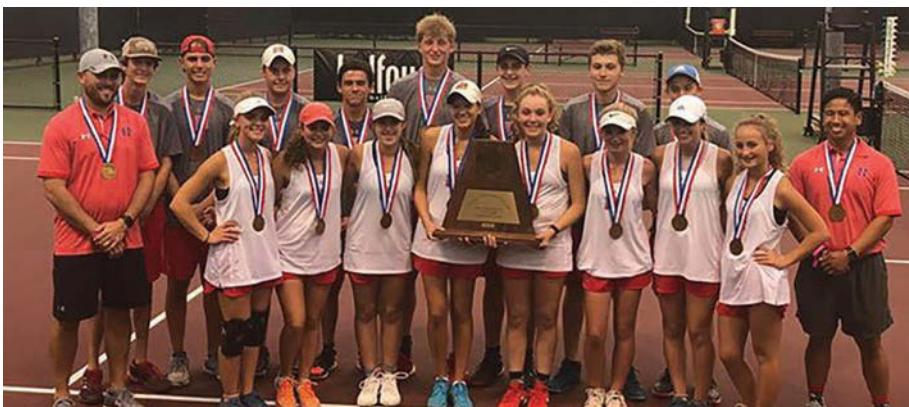
Combined with a portion-controlled diet, Amy toned up and dropped 25 pounds. “Yoga also provided peace, clarity and mental strength on real-life issues,” she said. Amy credits yoga with helping get her through a divorce. “I share my testimony for others needing a positive outlet and to relay the significance of good health to my sons, Michael (22) and Triston (20).”



Duke considers having some wine during the Midlothian Wine & Arts Festival.



Michelle Veeder, of The Lice Place, sets up for an educational presentation.



Midlothian Heritage Jaguars Varsity Tennis Team earns a spot in the 4A State Semifinals in College Station.



Connor Rury, Bryan Lugo, Jase Miller, Sophia Doran, Logan Augustine and Britney Olvera made the Region 20 All-Region Orchestra as members or alternates.



Chelsea and Rocky enjoy their weekly Wednesday Adaptive Dance Crew class.



Midlothian High School Cheerleaders host another successful Mistletoe Market.



Peter and Meredith Chase, of 1558 Brand Agency, work the Manna House opening at its new location on Robinson Road.



Ryken, Daddy Adam and Dax of Midlothian spend a day checking out new stores in Mansfield.

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Amanda is an Escrow Officer with more than 6 years of experience in the title industry, including residential, commercial and land transactions. Prior to starting her title career, Amanda worked as a Communications Specialist for a large national airline. A native North Texan, Amanda graduated from the University of Texas at Arlington with a Bachelor in Communication (Journalism) and Minor in English. In her free time, Amanda loves spending time with her husband, helping him with his tree company, their two spoiled German Shepherds, two daughters and three precious grand-babies.

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CookingNOW

In the Kitchen With

ASHLEY ABERNATHY

— By Angel Morris

According to Ashley Abernathy, the key to a healthier lifestyle is “never giving up no matter what age, size or obstacles you face.” Ashley lost 30 pounds last year, through healthier cooking and Weight Watchers.

“My favorite part of cooking is following healthy recipes that taste unhealthy! I use a lot of recipes from skinnytaste.com that make cooking easy and fun,” she said. In fact, all of the recipes she shares below are from that source.

Ashley said she and her husband like all types of food. “I most enjoy home cooking, though, and Asian cuisine is my favorite,” she said. “Finding healthy Asian recipes is super fun!”

Ashley encourages others to follow her lead. “I’ve been overweight since I was 8 years old, and finding a healthier way to cook in my home is the best thing I’ve ever done.” **NOW**

Maple Soy Glazed Salmon

- 3 Tbsp. pure maple syrup
- 3 Tbsp. reduced-sodium soy sauce (or gluten-free soy sauce)
- 1 Tbsp. Sriracha hot sauce
- 1 clove garlic, smashed
- 4 6-oz. wild salmon fillets, skinless

1. Combine maple syrup, soy sauce, Sriracha and garlic in a small bowl. Pour into a gallon-size resealable bag; add the salmon. Marinate 20 to 60 minutes, turning once in a while.

2. Preheat oven to 425 F. Lightly grease a baking sheet with nonstick spray. Remove the fish from the marinade; pat dry with

paper towels. Pour the marinade into a small saucepan.

3. Place the fish on a baking sheet; cook for 8 to 10 minutes. Meanwhile, bring the marinade to a simmer over medium heat; reduce until it thickens into a glaze. Spoon over fish just before eating.

Skinny Salisbury Steak With Mushroom Gravy

- 3/4 cup onions, minced
- 1 1/2 tsp. oil
- 1 lb. 93% lean ground beef
- 1 lb. 93% lean ground turkey
- 1/2 cup dry breadcrumbs
- 1 large egg
- 1 large egg white
- 2 cups beef broth (divided use)
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper, to taste
- 8 oz. sliced mushrooms
- 2 Tbsp. all-purpose flour
- 2 Tbsp. tomato paste
- 1 tsp. red wine vinegar

2 tsp. Worcestershire sauce, to taste
1/2 tsp. mustard powder
1/4 cup water

1. Sauté the onions in oil over medium heat until golden brown, about 5 minutes.
2. In a large bowl, combine half of the sautéed onions, ground beef, ground turkey, breadcrumbs, egg, egg white, 1/4 cup beef broth, salt and black pepper. Shape into 8 oval patties.
3. In a large, deep skillet over medium-high heat, brown both sides of the patties, about 4 to 5 minutes on each side. Set aside on a dish.
4. Add mushrooms to the skillet; season with salt and pepper; sauté 2-3 minutes. Return patties to the skillet with the mushrooms.
5. In a small bowl, blend the flour and remaining broth until smooth. Mix in the remaining onions, tomato paste, vinegar, Worcestershire sauce, mustard powder and water. Pour over the meat and mushrooms in skillet.
6. Cover on low heat for 20 minutes, stirring occasionally before serving.

Orange Chicken Makeover

Orange Sauce:

1/3 cup orange juice, freshly squeezed
1/4 cup reduced-sodium chicken broth
2 Tbsp. soy sauce (Tamari for gluten-free)
2 Tbsp. raw sugar
1 Tbsp. Chinese rice wine
1 Tbsp. Sriracha, or more to taste
1 Tbsp. rice vinegar
1/4 tsp. white pepper
2 tsp. corn starch

Chicken:

20 oz. skinless, boneless chicken breast, cut into small cubes
Kosher salt, to taste
1 1/2 Tbsp. corn starch
1 Tbsp. sesame oil (divided use)
4 cloves garlic, minced
1 inch ginger, grated
1 tsp. orange zest, grated
2 Tbsp. scallions, chopped
1/2 tsp. sesame seeds, for garnish

1. For orange sauce: Mix all the sauce ingredients; set aside.
2. For chicken: Season the chicken lightly with salt. Coat evenly with corn starch; set aside.
3. Heat a skillet or wok on high heat. Add 1 tsp. of sesame oil and half of the chicken. Cook 2 to 3 minutes on each side until well browned; set aside.
4. Add 1 tsp. of oil and remaining chicken to the skillet; cook 2 to 3 minutes on each side. Set aside with the rest of the chicken.



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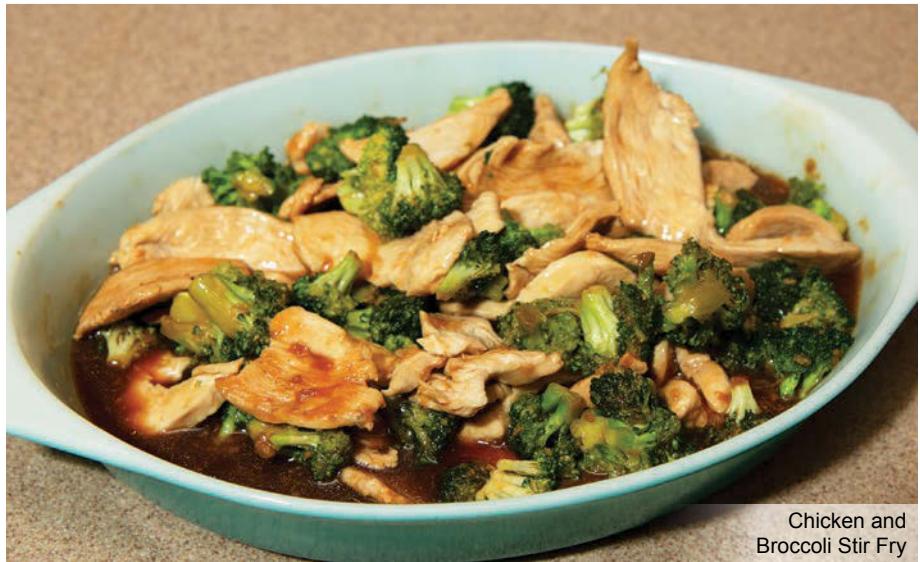
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5. Add the remaining tsp. of oil to the skillet; quickly stir-fry the minced garlic and ginger until fragrant, about 1 minute.
6. Add the orange zest; return the chicken to the pan. Quickly stir.
7. Add the orange sauce; cook until the sauce thickens, about 1 to 2 minutes.
8. Divide between 4 plates; garnish with the scallions and sesame seeds to serve.

Chicken and Broccoli Stir Fry

- 1/4 cup low-sodium soy sauce (or use gluten-free soy sauce)
- 1/2 cup chicken broth
- 1 Tbsp. cornstarch
- 2 Tbsp. mirin
- 1 Tbsp. sugar
- 2 tsp. sesame oil
- 1/4 tsp. white pepper
- 1 Tbsp. canola oil (divided use)
- 1 lb. chicken breast, very thinly sliced
- 1 Tbsp. garlic, minced
- 1 Tbsp. ginger, minced
- 2 cups broccoli florets
- Sesame seeds as garnish (optional)

1. In a large measuring cup or bowl, add soy sauce, chicken broth, cornstarch, mirin, sugar, sesame oil and white pepper; whisk until everything is completely dissolved.



Chicken and Broccoli Stir Fry

2. In a large skillet at medium-high heat, add 1 tsp. of the canola oil; cook half the chicken until just cooked through, about 2-3 minutes on each side. Repeat with the second half of the chicken and an additional tsp. of oil. Remove the chicken to a plate.
3. Add in the remaining oil, garlic and ginger; cook for 30-45 seconds until very fragrant but not browned. Stir the garlic and ginger well; add in the sauce, whisking well.
4. Add the broccoli; let the sauce cook

for 2-3 minutes until thickened. Add the chicken; stir well to coat. Garnish with sesame seeds, if desired.

To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.

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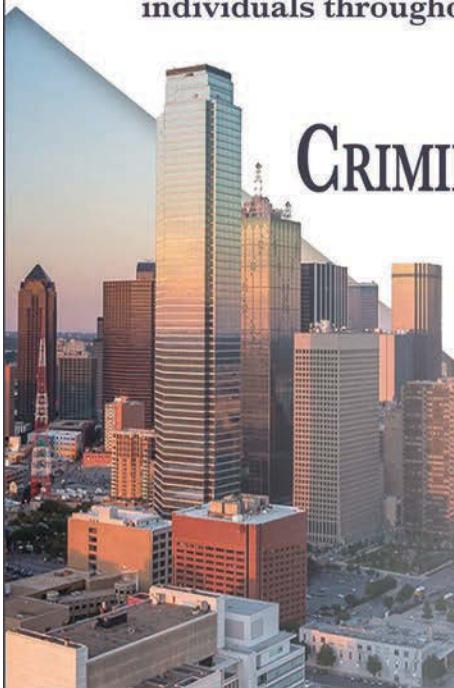
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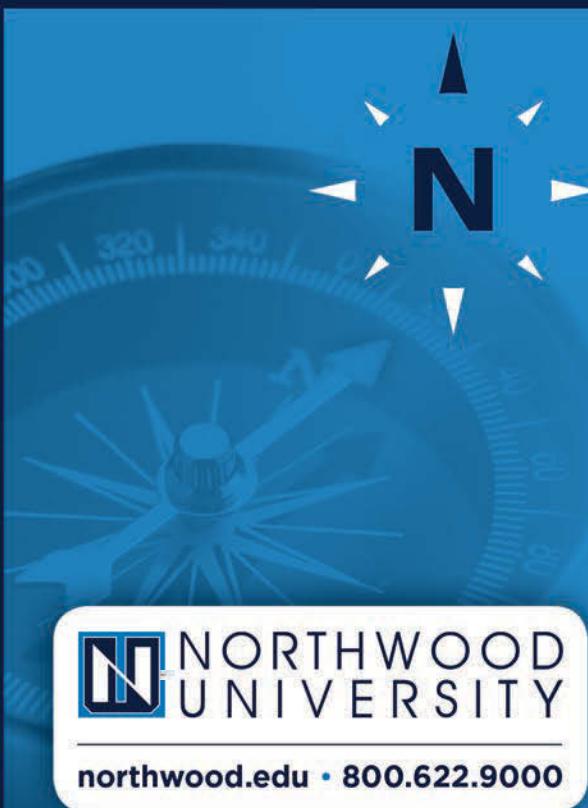


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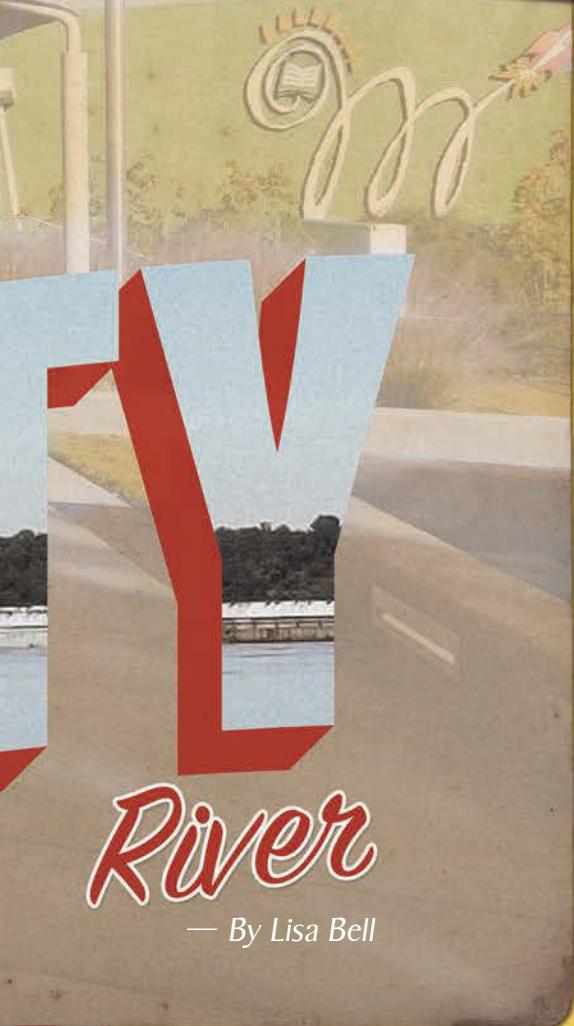
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MISSISSIPPI

The Mississippi River borders its state, but the river isn't all you see traveling through Mississippi. From beaches in the south to cities and beautiful countryside, visitors can enjoy a variety of sites. With relatively mild winters, even the early months of the year can be a perfect time to visit.

At the Gulf Coast, beaches and waterparks offer water fun for most of the year. When temperatures cool down, there are still opportunities to play golf or fish. From an oceanside dock or out on a chartered boat, one can enjoy catching more than 200 varieties of fish.

Mississippi is well known for the origination of blues music, but many other genres also grew from the blues of long ago. One of the best features in the state is the Mississippi Blues Trail. Throughout the state, guests can visit the birthplaces of legendary musical icons and learn about the way they lived and their early influences.



— By Lisa Bell

Take in dozens of the markers in Southaven at the Tanger Outlet Mall or a single marker in other towns along the way. Stop at amazing museums, such as the Gateway to the Blues located in Tunica, Mississippi.

Tunica, also known for resorts and seven casinos, is home to the RiverPark & Museum. An interactive environment, the entire family can enjoy the two-story building next to the river. Inside, learn about Mississippi, including the origin of teddy bears. Experience a diving bell or enjoy the peaceful aquarium. On one

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side of the museum, rocking chairs line the sidewalk, looking over the river where barges and ferries still run. In addition, trails fill the park, where young and old can explore nature.

Much of the state remains untouched. With numerous state parks, outdoor enthusiasts can hike, camp and even hunt and fish in some of them. Nearby recreation areas provide a variety of entertainment. In Canton, MS, visit Mississippi Petrified Forest, an unforgettable step back in time.

Many farms in Mississippi open to the public during different seasons. Picking fruits or visiting a pumpkin patch create wonderful memories. Cedar Hill Farm in Hernando is one of the best known, but others in the state offer a similar experience. With hayrides and barrel trains, children and parents create memories that last a lifetime.

The historical town of Hernando features an old-fashioned town square





with festivals and events throughout the year. The home and ranch of Jerry Lee Lewis still exist near this small town. Be sure to arrange a tour in advance to see this music legend's home. Another site worth visiting in Hernando is a historic landmark commemorating the Mississippi Freedom Trail. For history buffs, following this trail makes a memorable trip.

Throughout the state, many battlefields remind visitors of a war no one wants repeated. Vicksburg houses one of these, commemorating a key turning point in the Civil War. Driving through with an interactive audio brings history to life in these locations.

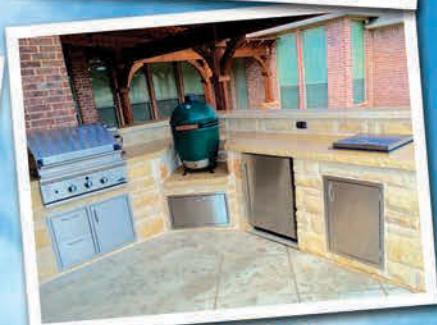
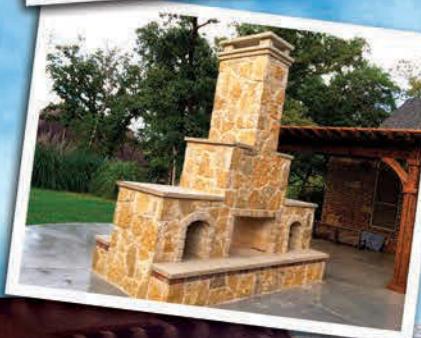
When visiting Mississippi, be sure to spend time in Jackson. This city alone can fill days with fun. The zoo houses almost 400 animals from more than 200 species. With multiple museums, find something interesting for every family member, from the Civil Rights Museum to the Sports Hall of Fame and many history museums.

Be sure to take the kids to the Mississippi Children's Museum. A richly interactive space, children learn without realizing it. Next door, the Mississippi Museum of Natural Science also offers great interaction, multiple aquariums and dozens of nature trails, as well as a rainforest maze.

Wherever you travel in Mississippi, prepare for adventure, fun and interactive history lessons. Follow trails or select a few places to focus your travels. Whether for a few days or weeks, Mississippi delivers a great way to spend quality time as a family. **NOW**

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BRINGING Baby HOME

— By Zachary R. Urquhart

Being a parent is equal parts amazing, terrible, the hardest and yet the best thing ever. Being a first-time parent, though, comes with the added bonus of wondering if you are doing it right. Here are a few tips to help navigate the mysteries of parenting.

Make Hard Choices

· *Your baby is your baby.* There are medical decisions that you will have to make pretty quickly in your baby's life — whether to circumcise your son, what vaccines you will get and what your baby will eat. When it comes to circumcision and vaccines, talk as a family and know what you want to do before your baby is born.



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· *Feed the right food.* Figuring out what to feed your baby can be difficult. There is evidence that breastfeeding has benefits to both baby and mom. But whether dealing with a full-time work schedule, managing allergies or health complications or simply choosing not to breastfeed, if you opt to use formula, your baby will be OK.

· *Your baby will tell you.* If your baby is not eating enough, it might be due to an allergy or sensitivity, so you may need a different formula or to change your own diet, if breastfeeding. If your baby is especially fussy or gassy during or after feedings, you will want to talk to your pediatrician, and may even need to see a gastroenterologist. Food allergies are sometimes mistaken for common colic, so if your baby seemingly cries all day, let a doctor help you figure out what exactly is happening.

Expect These Surprises

· *It is normal.* When your baby leaves the hospital, they will have the remnant of their umbilical cord. Take care when cleaning around the area, but do not be surprised if it falls off a little sooner or takes longer than expected. And when you are snuggling your little bundle of joy, you will feel soft spots on his or her head. This is normal. As the baby's skull develops, the soft spots will completely fill in, so there is nothing to fear.



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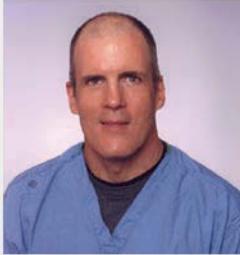
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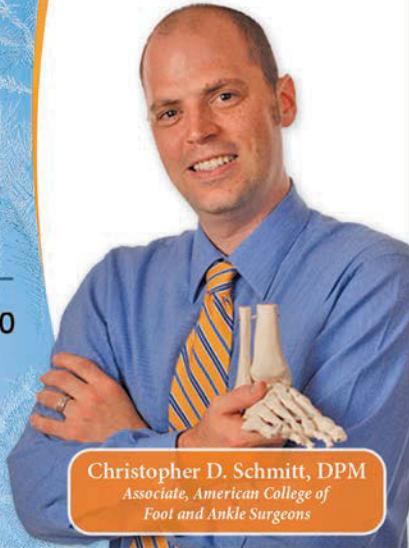
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Christopher D. Schmitt, DPM
Associate, American College of
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· *Be careful, not afraid.* If you went through parenting classes before having your baby, you probably did an exercise where you warmed water for a bath until it was just right. You do not want to live every moment scared you will hurt your baby, but you do need to be cautious about bath water, bottle temperature and giving support to your baby's head and neck.

Getting Settled

· *Make routines.* There is no right schedule for your new baby, but having regular feeding and sleeping times will help them thrive, and they will help you survive those early days with your newborn. In the first few months, your baby will need to feed throughout the night, so figuring out a schedule where one parent can stay up a little later or wake up a little earlier for some of those feedings can help everyone get as much sleep as possible. And having dad do some of the late-night feedings helps build the bond that is so important to develop with new babies.

· *Choose the right day care.* Whether you are going back to work out of necessity or desire, there are many day care options. In-home facilities have fewer children, but often fewer amenities, while formal centers utilize a larger staff. And some will have rules about things like what food preparation they provide.

As your child grows, you may wonder about things like how to discipline or when to potty train. The most important thing is to make a decision as a family and know that there is no one right way to raise a child. **NOW**



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Kids' Fun Pages

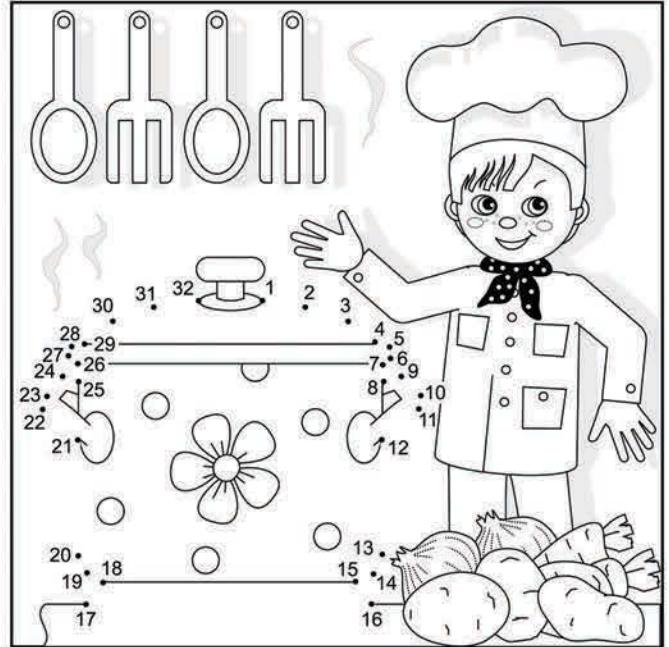
Help the spaceship to fly to the Moon and then return to the Earth.



ANSWER:



Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then, color the picture!



ANSWER:



CROSSWORD for KIDS

1 - lion; 2 - giraffe; 3 - zebra; 4 - whale; 5 - wolf; 6 - owl; 7 - bear; 8 - crocodile; 9 - elk

Cute Animals



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Kids' Fun Pages

Words from Test Tubes

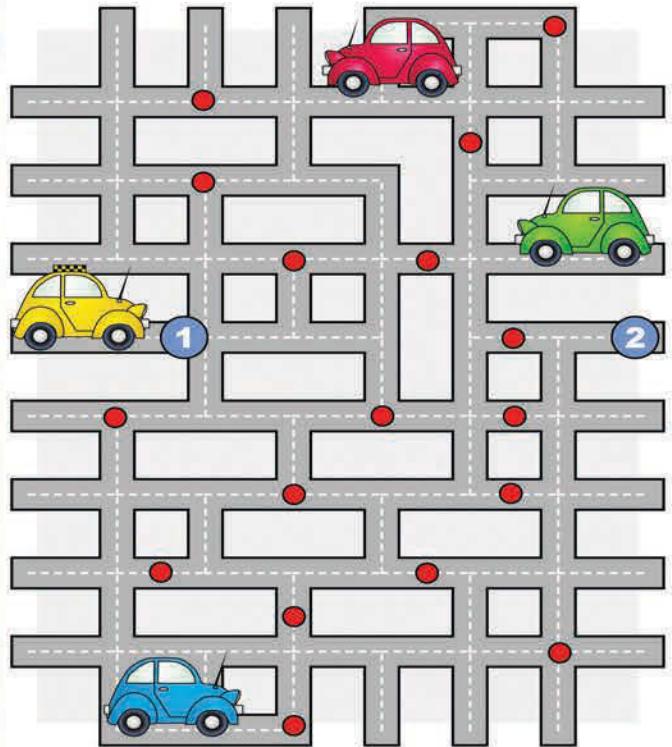
Take a letter from every test tube and make a word!
Every letter can be used only once.

F	R	U	I	T	F	R		L	O
					A	E	P	O	H
					L	A	A	+	E
					P	E	N	C	N
					M	P	U	G	T

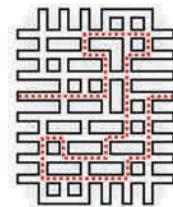
T	A	E	C	H	T	R	E	E	S
M	I	P	L	N					
B	S	E	E	H					
A	R	R	C	S					
B	E	P	E	E					

ANSWER: 1) FRUIT, APPLE, LEMON, PEACH, MANGO. 2) TREES, MAPLE, BIRCH, ASPEN, BEECH.

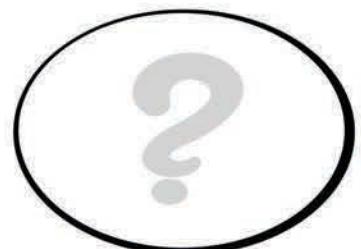
Help the taxi car to get from the point 1 to the point 2.
Avoid red circles that indicate super high traffic.



ANSWER:



HOW MANY
MONKEYS
DO YOU SEE?



ANSWER
14



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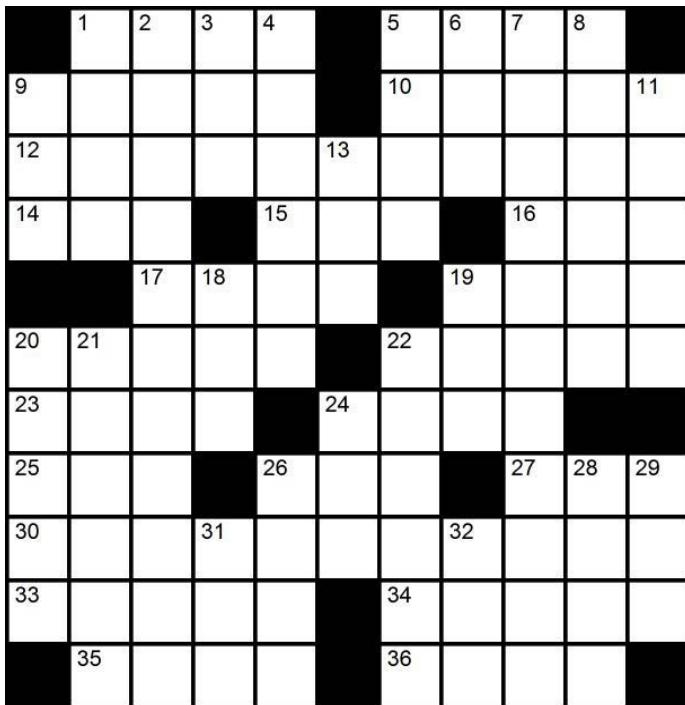
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Crossword Puzzle



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Across

- 1 Continuous dull pain
- 5 Garage sale warning
- 9 What Rhett didn't give
- 10 Ate sumptuously
- 12 Alphabet start
- 14 Cost-of-living measure
- 15 Electrically charged particle
- 16 Med. care choice
- 17 Mint with Retsyn
- 19 Shed tears
- 20 Magnitude
- 22 They might swing
- 23 Detest
- 24 Top of the mouth
- 25 Large flightless bird
- 26 Crossroads of America
- 27 1918 pandemic
- 30 Flight science
- 33 Have a conniption
- 34 Singer --- Ronstadt
- 35 Inquires
- 36 Ova

Down

- 1 Take --- (try the pool)
- 2 Exaggerated representations
- 3 Pinafore's letters
- 4 Complete
- 5 Yemeni seaport
- 6 Act as a model
- 7 Looming
- 8 Sounded
- 9 Dolphins org.
- 11 Falls
- 13 Auction offering
- 18 Catastrophic occurrence
- 19 Solicit
- 20 Bundle of stalks
- 21 Image recorder
- 22 Space vehicle
- 24 Retrovirus material
- 26 Press fluids
- 28 Some TV screens
- 29 This publication is based in part of it
- 31 Bourbon flavoring
- 32 Welding method

Solutions on page 52

Have a Happy New Year!

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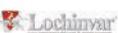
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Sudoku Puzzle

Easy

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

Medium

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

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Solutions on page 52

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Happy New Year

JANUARY

1/14, 1/21

Homeless Census Volunteer Training:

Citizens interested in finding and helping the homeless in Ellis County are welcome to join the Local Homeless Coalition as it conducts the annual Point in Time Count. Learn how to safely be part of the solution. 600 p.m., Waxahachie Police Department, Community Room, 630 Farley St., Waxahachie. Rev. John Stout, (469) 383-3164.

1/19

Auditions for Scarborough Renaissance Festival 2019:

Open to actors and singers for those wanting a theater experience like no other. Auditions by appointment only and must be scheduled by 1/15. 9:00 a.m.-noon and 1:30-4:30 p.m., email for scheduling at SAPA@Srfestival.com.



1/21

Second Annual Martin Luther King Jr. Celebration: A message about learning from the past and continuing to move

toward a positive future, the event has expanded to include lunch and the opportunity to volunteer at various pre-arranged locations around town. 10:00 a.m., One Church, 2122 N. Hwy. 67. Register at www.discoveronechurch.org.

1/24

Let's Get Warm Giveaway:

Anyone experiencing homelessness in Ellis County is welcome for hot meals, fellowship, gifts like blankets and coats, basic financial counseling and resources provided by the Local Homeless Coalition in Ellis County. 9:00 a.m.-9:00 p.m., House of Praise, 1264 N I-35, Waxahachie. Kasie Linker, House of Praise, (918) 351-3678.

Mondays

Celebrate Recovery meeting:

7:00-9:00 p.m., The Lighthouse Church, 1400 N. 9th St. jason@dfwlighthouse.org.

First Mondays

Adult Evening Book Club:

6:30 p.m., A.H. Meadows Public Library, 923 S. 9th St. Terry (972) 775-3417

Second and Fourth Mondays

Rag-Tag Readers

Book Club:

10:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. (972) 775-3417

Third Mondays

Writers' Circle:

6:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. writerscirclemidlo@gmail.com.

Tuesdays

Rotary Club meeting:

Noon-1:00 p.m., Midlothian Civic Center, 224 S. 11th St.

First Tuesdays

Midlothian Area Historical

Society meeting:

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



Wednesdays

DivorceCare:

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

Thursdays

Midway Composite

Squadron of Civil Air Patrol/

US Air Force auxiliary:

6:45-9:00 p.m., Mid-Way Regional Airport, 131 Airport Dr. www.govcivlairpatrol.com.

Last Thursdays

Marine Corps League, Detachment 1452 meeting:

All active, retired or former Marines, Navy chaplains or corpsmen are welcome. 7:30 p.m., Refiner's Fire Church, 1611 W. Ennis Ave., Ennis. (214) 803-4954.

Fridays

Preschool Storytime:

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

Third Saturdays

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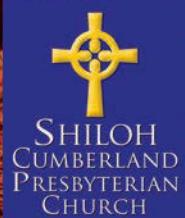
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Crossword - Sudoku Solutions

	1	2	3	4		5	6	7	8	
9	A	C	H	E		A	S	I	S	
	A	D	A	M	N		D	I	N	E
12	F	I	R	S	T		L	E	T	T
14	C	P	I			15	I	O	N	
						17	C	E	R	T
20	S					21	C	A	L	E
										22
23	H	A	T	E			R	O	O	F
25	E	M	U			26	I	N	D	
30	A	E	R	O	N		A	U	T	I
33	F	R	E	A	K					34
						35	A	S	K	S
										36
							E	G	G	S

Easy

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

Medium

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

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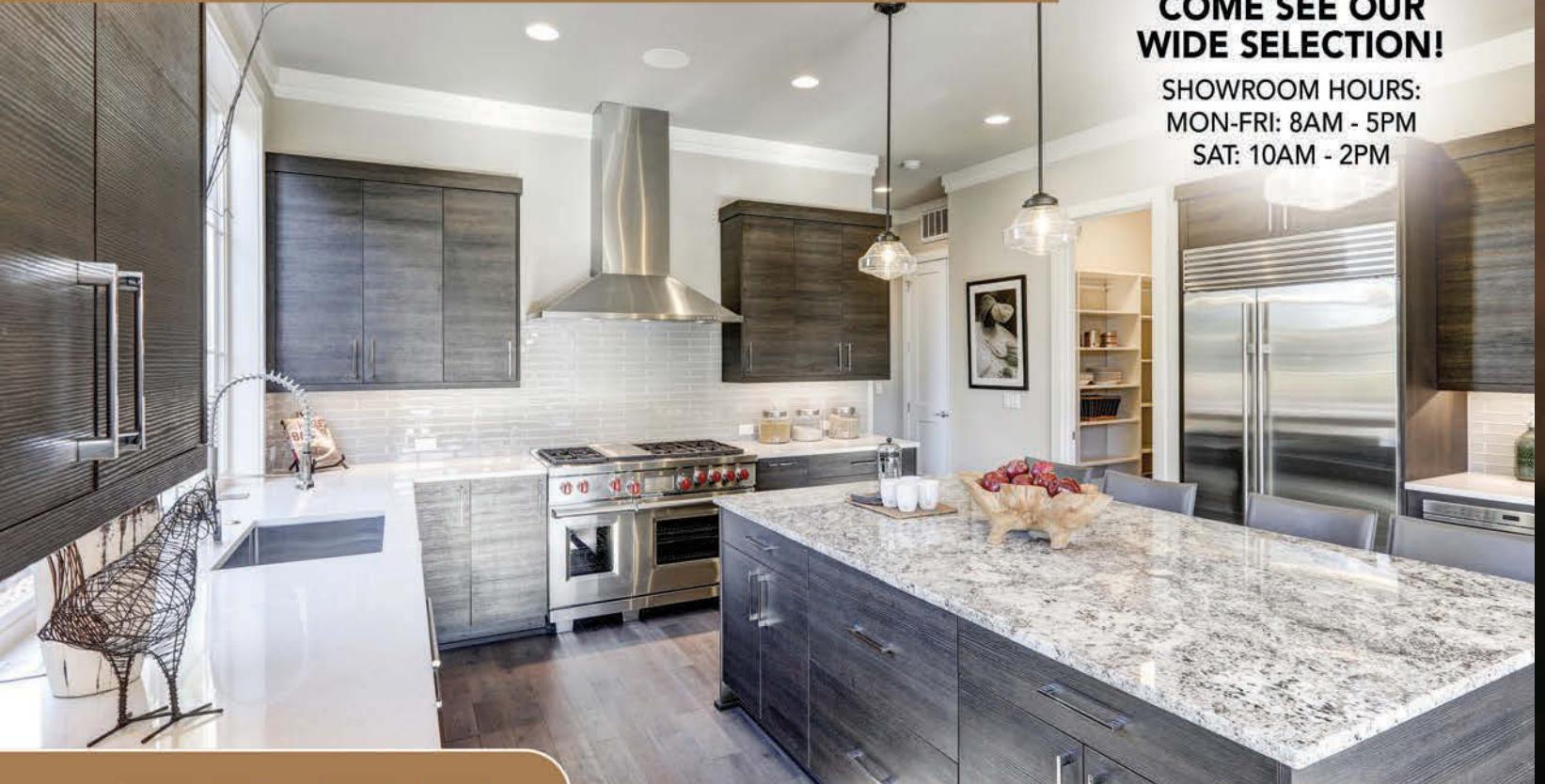
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