

# MidlothianNOW

M A G A Z I N E

JANUARY 2024

## Sticking Out

Mackenzie Barnes  
excels at lacrosse

## Fashion Faves of 2024

Dress in style this winter

In the Kitchen With  
Timothy Mysak

2024 New Year  
Shopping &  
Dining Guide

Also inside:  
Scavenger Hunt

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ON THE COVER



Mackenzie Barnes hopes her athletic success encourages others to try something out of the ordinary.

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Angel

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# EDITOR'S NOTE

Marking time ...

Coming out of the hubbub of December, I find it hard to believe that New Year's Day is the most celebrated holiday around the world. According to TheHistoryPlace.com, however, January 1 is the day more folks find ways to commemorate than any other. The first New Year's Day is said to have been celebrated way back in the year 45 B.C., with the adoption of the Julian calendar. Deciding the Roman calendar needed updating, new dictator Julius Ceasar turned to an astronomer who suggested exchanging the lunar cycle for the solar year, per the Egyptians.

Thus the year became 365 and one-quarter days beginning January 1, with an extra day added to February every four years in an effort to keep the calendar in sync. Technically, however, the solar year is 365.242199 days vs. 365.25 days, resulting in an error of 11 minutes per year. This equaled a full week by the year 1000 and 10 days by the mid-15th century. The glitch was fixed in 1582, when the Gregorian calendar omitted 10 days for that year and removed leap years from centennial years not exactly divisible by 400. The new calendar was adopted by some states then, while others did not get on board until the early 20th century.

Today, the Gregorian calendar is the standard of most countries, but January 1st's most famous tradition — the New Year's resolution — is a nod back to the Romans, who made promises to the Roman God, Janus. Depicted with two faces, Janus looked both backward and forward, just as we reflect on last year while making plans for the next. Whether you're deciding who will receive your midnight kiss, eating black-eyed peas or making a list of goals, you are joined by countless others preparing for 2024.

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## PROSPERING MENTALLY

### *Embracing Mental Health: A New Year's Resolution Worth Keeping*

It's the start of another year, and it is customary to contemplate resolutions and fresh beginnings. Often, these resolutions revolve around physical health, career aspirations, or personal goals. However, amidst the hustle and bustle of new plans, it's imperative to prioritize something equally—if not more—important: our mental health.

The commencement of a new year marks an opportune moment to reevaluate our well-being, not just our bodies, but our minds. Mental health, often overshadowed by other pursuits, deserves a prominent place on our list of priorities. A healthy mind is the foundation upon which a fulfilling life is built. It influences how we perceive and react to the world around us, affecting our relationships, work performance, and overall quality of life.

Neglecting our mental health can lead to various challenges, including stress, anxiety, depression, and burnout, hindering our ability to thrive and achieve our fullest potential. Taking proactive steps to bolster our mental well-being equips us to navigate uncertain times and fosters a sense of control amidst chaos.

A key aspect of embracing mental health in the new year involves acknowledging the significance of self-care. This includes setting boundaries, engaging in hobbies, developing healthy relationships, seeking support when needed, and prioritizing rest. Cultivating these habits contributes significantly to maintaining a healthy mind amidst life's demands.

Therefore, as we begin 2024 filled with hope and possibilities, let's pledge to prioritize mental health. Embracing mental health isn't just a goal for the new year—it's a lifelong commitment to ourselves and those we care about, ensuring a happier, healthier, and more fulfilling life.

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*If asked what the oldest organized sport in North America is, you may guess incorrectly. Midlothian's Mackenzie Barnes could tell you, however, that the sport is lacrosse. "Lacrosse is a combination of basketball, soccer and hockey played on a field similar to the size of a soccer field. You have to be pretty good at running and have a lot of endurance and hand-eye coordination," Mackenzie explained.*

The almost 15-year-old athlete discovered her interest in the sport after watching her older sister play. "Sidney started playing during her junior year while we lived in Katy, Texas. I saw how much fun she was having, and I wanted to try it," Mackenzie recalled.

Lacrosse rules indicate you must play with the team that is closest to your school attendance zone, so when the family moved to Midlothian, they discovered Bridge Lacrosse. "Bridge Lacrosse is a nonprofit organization whose mission is to use the sport to broaden the horizons of the community's youth. The program focuses on under-resourced and urban communities of North Texas," Mackenzie described.

Mackenzie joined Bridge Lacrosse in third grade. When she was old enough to participate in school sports, she joined teams targeted toward improving her lacrosse game. "A player can typically run 3 to 5 miles in a lacrosse match, so cross-country helps my endurance. I also play basketball since the motions are very similar to lacrosse," Mackenzie mentioned. "I train the most by practicing wall ball, a solo drill throwing a lacrosse ball using a lacrosse stick against a wall and catching it as it bounces back. It helps with the fundamentals of passing and catching."

Witnessing Mackenzie's commitment to the sport, her dad built a lacrosse rebounder in the family's backyard. "I practice wall ball at home for at least 30 minutes a day, plus other strength and agility training as my schedule allows," she noted. "I was recently asked if I was left-handed because I was constantly shooting or passing with my left. This is a direct result from wall ball practice."

Mackenzie also attends as many tournaments, practices, clinics and training opportunities as she can find. The challenge is, lacrosse is not a sport offered locally. "There are no school or Ellis County teams. We travel to Dallas or farther north for any practices or games," Mackenzie stated. "The sport has been a big part of our family, and we just manage to work out our daily schedules around traveling for lacrosse, just like many other families do with their extra-curricular activities."





# NG OUT

— By Angel Morris



“ BRIDGE LACROSSE IS A NONPROFIT ORGANIZATION WHOSE MISSION IS TO USE THE SPORT TO BROADEN THE HORIZONS OF THE COMMUNITY'S YOUTH. THE PROGRAM FOCUSES ON UNDER-RESOURCED AND URBAN COMMUNITIES OF NORTH TEXAS. ”





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With that familial support, Mackenzie's efforts have paid off. "I was selected back-to-back team MVP in 2021 and 2022 by my Bridge Lacrosse coaches. That is when I first realized I might actually be good at this sport!" she admitted.

Mackenzie's biggest success was making the GRIT Lacrosse 2027 travel team. "There is a tryout process to make up a team of the top players in the Dallas area for each grade level. GRIT has a history of nationally recognized lacrosse coaches and players that have come through the organization, and I am honored to be a part of the team!" Mackenzie said.

The past three years, Mackenzie's team has won three national tournaments. "In June, I was one of 20 players selected from across the state to represent the Texas region as an American Select Lacrosse player," Mackenzie explained. "The tournament was in Delaware, where we competed against other top players in North America."

Most recently, Mackenzie was selected as a Leadership Board member with Bridge Lacrosse. "It's a great volunteer opportunity providing instruction and mentoring for youth through lacrosse. It's a way I can give back to the organization which has helped me become a successful student-athlete.

"I'm proud that my athletic skills have improved every season," Mackenzie continued, "but I'm excited to see my confidence and leadership skills are growing as well. This can help me in many other areas that are not sports related."

Mackenzie is a successful student in the classroom who also enjoys shopping, Aggie football games and traveling with her teammates. "With lacrosse, I've experienced places like the Naval Academy, Palm Springs, Philadelphia and Park City!" she listed.

While she calls herself "just a normal teenage girl," her prowess on the lacrosse field says otherwise. "People generally are surprised to hear I play lacrosse because it isn't the most common sport around Midlothian. They are even more surprised to find out I'm actually pretty good at it," Mackenzie joked.



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Mackenzie credits her parents, Brad and Diane, and sisters, Sidney and Bailey, as her biggest cheerleaders. She said school coaches have encouraged her as a multisport athlete, and David Higbee, Bridge Lacrosse executive director, has impressed her with his efforts toward the growth of lacrosse in an area generally unfamiliar with the sport.

Ultimately, Mackenzie would like to help introduce Midlothian and neighboring cities to the sport she loves, too. "I see how successful it's become in Dallas areas like McKinney, Plano, Frisco and Southlake. I would love to see that here in Ellis County," she said. "It's definitely a growing sport in Texas. Most people don't know lacrosse was started by the Native American Indians and will return to the Olympics in 2028!"


Mackenzie would like to continue playing lacrosse in college, while pursuing a degree in the medical field. She hopes her successes in a less mainstream sport might encourage others to pursue out-of-the-ordinary activities. "Find every opportunity you can to be successful. Surround yourself with others who support you and are positive influences," she advised. "Just keep on fighting toward that goal, whatever that goal may be." **NOW**

*Editor's Note: To learn more about lacrosse opportunities, visit <https://bridgelacrosse.org/#welcome>.*




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BusinessNOW

# Ash Grove Cement Company

— By Angel Morris

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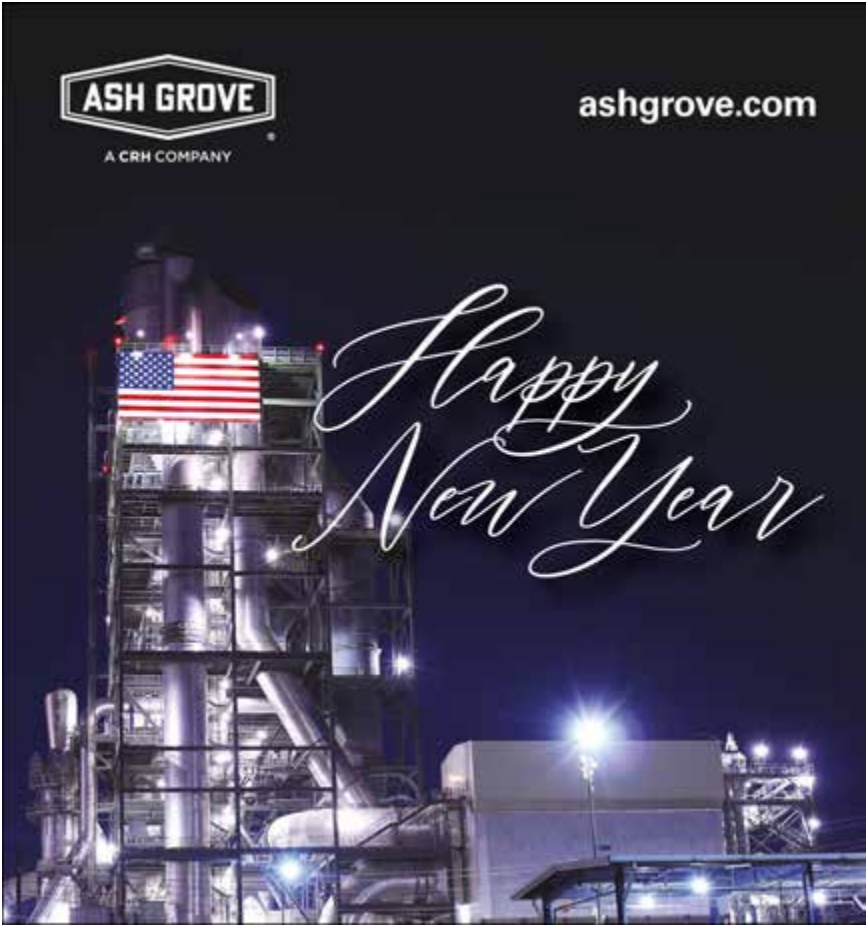
“Site emissions were reduced further by 85 percent for nitrogen oxides, by 99 percent for sulfur dioxide, 87 percent for mercury emissions, 72 percent for dust and 31 percent for CO,” Francisco calculated. “The facility safely uses tire-derived fuels to reduce its reliance on fossil fuels and help remove thousands of tons of used tires from the waste stream annually. The facility is registered under the international standard framework of ISO 14001:2015 for environmental management. We have a 2030 goal of reducing carbon emissions by 30 percent, part of our goals set forth by the Portland Cement Association’s Roadmap of zero-carbon by 2050.”

Ash Grove has won the PCA Chairman Award for meeting specific safety criteria and has been recognized in the top 10 percent of performers throughout the industry, also receiving the Eagle Award, given to plants working 1,000,000-plus hours without a lost time incident. “It is my personal commitment to safeguard the physical and mental health of my teammates, contractors and visitors so that everyone goes home under the same conditions or better than they arrived,” stated Plant Manager Horacio Terron.

Employees also partner with Meals on Wheels and Keep Midlothian Beautiful Adopt-a-Street program. They volunteer and sponsor lunches for Midlothian Senior Activity Center and host scheduled fossil hunting events at the plant’s quarry. Ash Grove supports local Christmas and Independence Day parades, as well as Halloween Trick or Treat in Heritage Park.

Ash Grove helps make the city more livable, too. The company donated 81 acres for a new municipal water treatment plant that will improve water quality and delivery for thousands of homes and businesses.

“Our roadways, homes, schools and cities have all been shaped by cement and concrete,” Cara noted. “Cement is the binder, or glue, that bonds aggregates and sand to produce concrete. The hardening process continues for years, meaning concrete gets stronger as it ages, providing safer and stronger communities. That is what Ash Grove is all about.” **NOW**



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## Zoomed In: Caroline Lee

By Angel Morris

Caroline Lee joined Midlothian Jazzercise in 2019 at her mother-in-law's encouragement. "She is an instructor and had been trying to get me to take a class for years," Caroline admitted. "I finally decided to give it a try and was instantly hooked."

The community of women, the hit songs and the high-intensity workouts that incorporate cardio, strength, Pilates, hip-hop, yoga and kickboxing inspired Caroline to become a fitness instructor herself. "I'm honored to help people achieve their health goals and encourage them along the way," she said. "This has been such a big part of my life and is far more than just group fitness. It is a sisterhood! If you are wanting to create a stronger, happier and healthier life through exercise, the new year is a great time to start!"



Ann Rawson, with Rawson Automotive, and Rebecca Hill, with Options Plumbing, showcase collections from the Toys for Tots Drive.



Butch and Sunny with their adopters, the Howards, pose at the All About Dogs holiday photo shoot.



Members of the Southern Star Scramble Committee meet to prepare for the Chamber golf fundraiser set for June.



Midlothian Lions Club members work the annual pancake breakfast fundraiser.





Roasted Beanery staffers greet customers with a smile.



Eighth-grader Weston Koelker prepares for the annual Walnut Grove Middle School rocket launch activity.



Bob Bauer volunteers for the Habitat for Humanity of Ellis County's annual Festival of Trees.



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Midlothian Community Development Corporation began in 1999, and has since funded grant requests for more than 100 projects that enhance the way we live and work in our hometown. Made possible by a 1/2-cent sales tax to create the Type B corporation, MCDC includes a seven-member board appointed by the City Council. The board chooses projects that positively affect residents' quality of life and contribute to the local economy. Funds must exclusively be used for qualified development projects authorized by state statute – ranging from small to large improvements in parks, roads, auditoriums, open spaces and the like. Here's a look at a few recent projects made possible by MCDC grants.

## **Methodist Midlothian expands access to specialists**

In 2017, the City of Midlothian partnered with Methodist Health Systems to build its 11th hospital, which opened in 2021. A recent \$2 million expansion resulted in a new specialty clinic on the second floor of the professional office building next door to Methodist Midlothian Medical Center. This became the new home for Methodist physicians with specialties in cardiology, orthopedics, neurosurgery, and more. The specialty clinic includes patient rooms and dedicated offices for physicians and medical assistants. The addition of the clinic increases the number of patients treated and being consulted locally, allowing more members of the community to take advantage of high-quality specialty care close to home. MCDC's funding is tied to specific performance requirements, such as the recent expansion. "From our perspective," says MCDC Board President Jan Davis, "We believe that Methodist Midlothian has performed above and beyond our expectations, providing much-needed services such as emergency, maternity, and specialty care to the people of Midlothian."

## **Founders Row - a unique dining and shopping destination**

Where others saw old homes in the way of new construction, developer Stephen Hidlebaugh saw opportunity. As a result, his vision for Founders Row was born, creating a gathering destination for Midlothian. Transporting historic homes from Cleburne, Ennis, Italy, and Waxahachie, Hidlebaugh, joined by Logan Gaddis, planted them on Avenue G near downtown Midlothian and set out to renovate them. "The vision for Founders Row was to create a unique development that captured the spirit of Midlothian's history and friendly small-town lifestyle in a way that makes it a great place to dine, shop, work, relax, and enjoy life," Hidlebaugh explained.

A grant from MCDC helped make the Founders Row vision come to fruition. Continuing support will bring the last building - Midlothian's historical Anderson House - to be restored and given new life at Founders Row, where it will join the current thriving businesses: Relic + Root, interior design and decor; Copper Rose, women's wear boutique; The Porch Pour, fine dining; Wilson's Seafood, fresh seafood and cocktails; and House of Aesthetics, health and beauty.

Originally located on the Anderson Farmstead in Midlothian, this charming old Victorian house will be moved and fully refurbished by skilled craftsmen. The building boasts a sweeping veranda, hardwood floors, hand-crafted wood features, high-peaked gables and dormers, and many more stately embellishments. "The opportunity to be part of a project that not only restores history, provides a unique retail experience, all the





**Methodist Health System administrators, board members, and specialists gather for new clinic ribbon-cutting ceremony.**

## **Award-winning Beats concerts foster community**

Midlothian's Summer Beats concert series began in 2022, with the opening of the Art Pierard Memorial Amphitheater. Located at Midlothian Community Park Phase 2, 3601 S. 14th St., the amphitheater was dedicated to the memory of late Councilman Pierard at opening ceremonies, before hosting the first of seven free concerts that year. From high-energy rock 'n' roll to country and blues, the performances have attracted an increasing number of families with each concert.

Midlothian Beats received a first-place award from the DFW Area Recreation Directors Association in 2023 for arts and entertainment. Its success also gave rise to the Autumn Beats concert series. Following two successful seasons, six more concerts have been approved for 2024. Support from MCDC makes these concerts free and open for all to enjoy.

"With plenty of parking and a huge lawn seating area, Community Park has proven to be an ideal setting for our outdoor concerts," stated Justin Coffman, mayor of Midlothian. Couples, groups, and families make a picnic of the events, enjoying the free, family-friendly entertainment, while kids play on the lawn. "Supported by sales-tax dollars, the Beats concerts are a great example of how MCDC helps support events that bring our community together," Coffman emphasized.

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Taking up a square block in downtown Midlothian, Founders Row gave new life to old buildings to create a dining and shopping destination.



Art Pierard Memorial Amphitheater is the setting for Midlothian Parks & Rec Beats concerts.



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CookingNOW

## *In the Kitchen With* TIMOTHY MYSAK

— By Angel Morris

A senior at Ovilla Christian School, Timothy Mysak plans to pursue an aerospace engineering degree after graduation. Until then, he stays busy with his part-time job at Midlo Smoothie Co., where he has had some memorable moments. “One time, I was putting a tub away on a high shelf at work. Long story short, it fell and conked me on my skull,” Timothy recalled. “Those who saw it laughed for a good while.”

But Timothy is no klutz in the kitchen. “I think my first meal to make was probably fried rice, and I just fell in love with it from there. I like to prepare delicious meals because they make people happy,” he noted. “I also enjoy playing games in my spare time, and rock climbing — specifically, bouldering.” **NOW**

### **Fried Rice**

*This will be spicy!*

**High smoke-point oil, such as avocado or canola**

**2 eggs**

**Salt, to taste**

**1 chili of your choice, finely diced (I use Fresno.)**

**1-2 medium shallots or 1 small onion, minced**

**4-5 garlic cloves, minced (divided use)**

**1 cup leftover cold rice (Do not use fresh rice.)**

**1 Tbsp. soy sauce**

**1/2 Tbsp. dark soy sauce (Can be substituted with regular soy sauce.)**

**1 heaping Tbsp. sambal (chili garlic paste) (optional)**

**2 tsp. MSG (makes it much better) (optional)**

**Pinch of paprika (optional)**

**3-4 green onions, sliced**  
**1/2 Tbsp. mirin (optional)**  
**2 tsp. white pepper**

**1.** Coat the bottom of a wok or other heavy pan with oil, aiming for a layer of oil about 1/4-inch deep; if you're using a regular skillet, aim for about 1/8-inch of oil. Heat the wok or pan over medium-high heat.

**2.** Just before the oil reaches its smoking point, crack the eggs into the wok; let them sit undisturbed about 10 seconds. Salt lightly, then scramble with a wok ladle or metal spoon, chopping up the egg until a curd forms. (Do not overcook the eggs!)

**3.** If your pan is looking dry, add more oil. Add the chili, shallots or onions and about 2/3 of the garlic. Add more salt to taste. (I suggest starting with 1/2 tsp.)

**4.** Once the chili is cooked, add the rice; let it toast for about 15 seconds, pushing down clumps of rice to make sure every grain is separated. Stir well; add all the soy sauces.

**5.** Push the rice mixture to the sides of the pan until the bottom of the pan is visible. Add the sambal to the bottom;



cook about 15 seconds, then mix it into the rice mixture. Once the rice is coated and fragrant, reduce the heat to low; add the MSG, paprika, green onions, mirin, white pepper and remaining garlic. Plate and enjoy.

### Brown Butter Steak

- 1 1.5-lb. thick-cut steak of your choice about 1 1/2- to 2-inches thick (I recommend rib eye, strip or T-bone.)
- Salt, to taste
- Pepper, to taste
- 2-4 Tbsp. high-smoke point oil, such as avocado or canola
- 3-4 Tbsp. butter
- 2-3 garlic cloves, left in the skin and lightly crushed
- Fresh thyme or rosemary, to taste

1. Allow the steak to rest, covered, until it is close to room temperature. Pat the steak dry; season both sides heavily with salt and pepper. The thicker the steak, the harder it is to overly season. Don't be shy with the salt!
2. Heat a cast-iron skillet or other heavy-bottomed pan over medium-high heat. (Do not use nonstick!) Coat the bottom of the pan with oil; continue heating until hot.
3. Once the pan is very hot, place the steak on the bottom of the pan; leave it. I suggest weighing down the steak with a chef's press or heavy, heat-proof bowl or pot.
4. Once the steak has seared to a deep, golden brown, flip the steak; let it sear on the other side about 30 seconds. Add the butter, garlic and herbs to the pan. Repeatedly baste the steak until it reaches an internal temperature of about 135 F. (I tilt the pan away from me and use a large spoon to scoop and lightly toss melted butter over the top of the steak over and over again.)
5. Place the steak on a cutting board, pour all the delicious juices and butter on top; let rest 7-10 minutes before cutting into it.

### Chicken Teriyaki With Rice

- Rice:
- 2 cups white rice, uncooked
  - 2 1/4 cups water

- Glaze:
- 1/2 cup soy sauce
  - 1/2 cup distilled white vinegar
  - 1/2 cup honey
  - 4 tsp. cornstarch
  - 4 tsp. water

- Chicken:
- 4-6 boneless, skinless chicken thighs, cut into skewer-sized pieces
  - Spray oil
  - Salt, to taste
  - Pepper, to taste



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**1. For rice:** Wash the rice by placing it in a fine mesh sieve. Put the sieve into a bowl. Run water over the rice into the bowl until the bowl is full. Swirl the rice around for 30 seconds; empty the bowl. Repeat 2-3 times until the water runs relatively clear.  
**2.** Add the washed rice and water to a pan over high heat with a lid on. Once boiling, simmer the rice over low heat for

15 minutes. After the simmer, steam on zero heat for 15 minutes. (Do not remove the lid.)  
**3. For glaze:** Add the soy sauce, vinegar and honey into a small pot; bring to a boil. Reduce for 1 minute.  
**4.** While the glaze is cooking, add the cornstarch and water to a small container; whisk until dissolved. Add 3/4 of your

slurry to the glaze and stir in. Boil until thickened. If it is not thick enough, add the rest of your slurry until thickened.  
**5. For chicken:** Skewer the chicken while your grill heats up on medium-high heat. Lightly grease the chicken with spray oil; season all sides with salt and pepper.  
**6.** Grill about 5-10 minutes, turning every minute or so. Once cooked all the way through, brush all sides with the glaze; place over high heat to caramelize the sauce to the chicken. Remove the chicken; repeat with the rest. Serve and enjoy!



Brown Butter Steak

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# Fashion Faves

## OF 2024

— By Emma McKay

*For many people, personal fashion can be challenging. It's hard to find clothes that make you look and feel good. The fear of your style choices making you stand out in an unpleasant way can be a beast of its own. Due to fashion's cyclical nature, you might already have this winter's trends in your wardrobe.*

Burgundy is “in” again this season, which is good news for Aggies fans, whose closets are filled with burgundy’s sister shade. This rich, warm color is perfect for the brutal Texas winter. There is no wrong way to wear solid-colored clothing. You could rock an entire outfit of burgundy pieces or add a splash of it here and there to tie the whole look together. To save a bit of money and closet space, try accessorizing with burgundy. Find a good, solid-colored burgundy coat, and you can make any outfit in season.

In a move that harkens back to the retro-futurism art style, metallic silver is having its moment in the wardrobes of fashion icons. Whether it be a shining polyester dress or reflective chunky shoes, this trend is reminiscent of decades-old depictions of what the 2020s *might* look like. While silver is a solid color like burgundy, silver works best as the focal point of an outfit. If you are going to wear silver pants, don’t pair them with a silver top, otherwise you might come across as a droid from *Star Wars*. Instead, pair it with a black, dusty rose or soft cream blouse. Silver shoes can be a fun way to make any casual or swanky outfit a bit more out of this world.

Classic prints such as polka-dot and plaid are back. Like with silver clothes, a general rule of thumb for printed fabric is to make it the centerpiece of the outfit. Pairing a polka dot blouse with a plaid skirt could unintentionally turn a casual outfit into a loud eye sore. Instead, the other elements of the ensemble should be solid colors that complement the printed fabric. That way, the eye will naturally gravitate toward the patterned piece, instead of getting lost in the noise. You could even pair your polka dot blouse with your silver heels or pull the burgundy look in with a plaid skirt to double your fashion points.

It’s common knowledge in the fashion world that former style trends tend to cycle back into the mainstream eventually. This fashion season pulls items from several different decades back into people’s closets.

Strolling in from the 1950s are the classic A-line and swing dresses. With their fitted bodices and flared skirts, these dresses are perfect for those who want to show off their form while still having fun twirling on the dance floor. Accessorize this look with a timeless strand of pearls or a peacoat for warmth.

Dust off the shoulder pads because exaggerated shoulders from the 1980s are officially back. Whether paired with a nice top and

slacks or a T-shirt and jeans, a padded blazer makes nearly any outfit board meeting ready.

Double denim is the epitome of recycled fashions. Double denim has had a resurgence in popularity every decade since the 1970s. If you wish to pull this bold look off, you must be willing to commit. Your look should consist of either the same shade of denim or completely contrasting shades — think navy and white.

Oftentimes, it’s the accessories that make the outfit shine. This winter, professional neckties and bold neckerchiefs can add the final touches to your outfit. While nothing beats the traditional black tie or a neckerchief in the same shade as your blouse, if you want your outfit to pop, try playing with opposing colors. You can even pull in patterned materials if you want your accessory to be your outfit’s centerpiece.

Fashion works as a way of expressing oneself. It can be used to make one fit in or stand out in the crowd. Sometimes, it can be tricky figuring out how to make it work for you, but through constant study and willingness to experiment, you can master the art of fashion. **NOW**

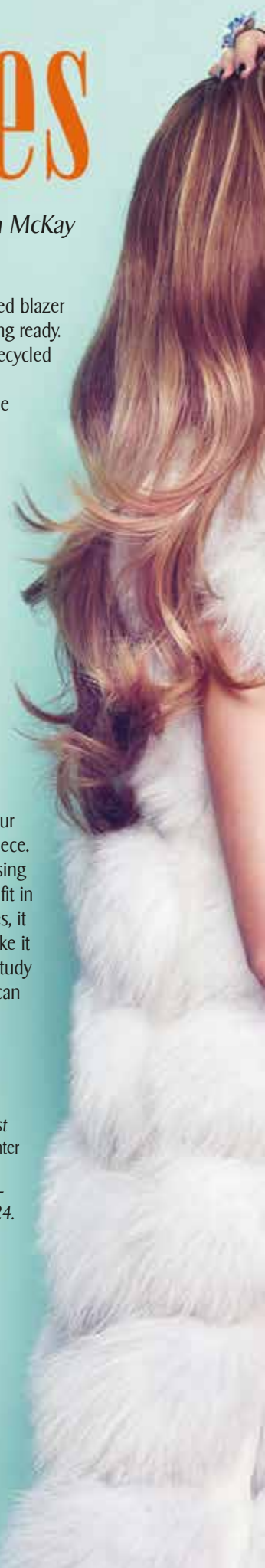
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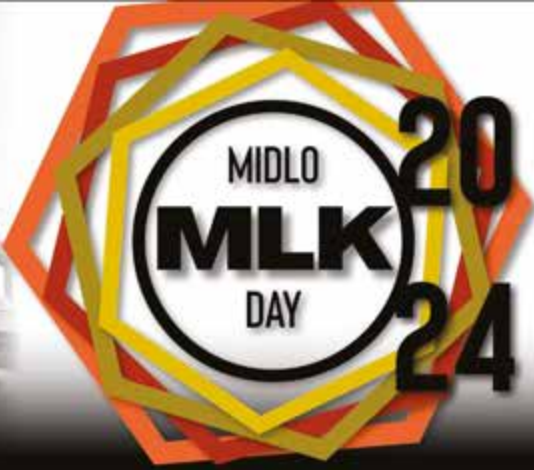
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<b>Sat. Jan 13</b>	<b>Day of Service</b>	<b>9:00am</b>
<b>Sun. Jan 14</b>	<b>7th Annual Martin Luther King, Jr. Day of Remembrance</b>	<b>6:00pm</b>
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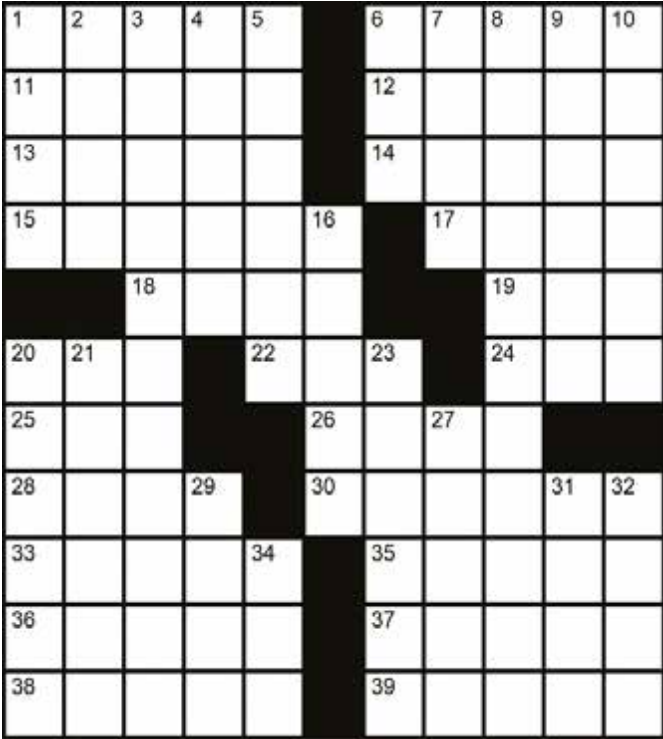
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# Crossword Puzzle



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### Across

- 1 Territory marker
- 6 Indisputable data
- 11 General meaning
- 12 Alert
- 13 These choristers can be male or female
- 14 Annapurna locale
- 15 "The Lion King" baddies
- 17 Plunge head-first
- 18 Lab product in "Breaking Bad"
- 19 Involuntary muscular contraction

### Down

- 20 Immerse
- 22 Destroy
- 24 G M T minus 4h
- 25 Bard's before
- 26 Turn at dice
- 28 Political patronage
- 30 Tranquil
- 33 Broadcasting
- 35 Stand
- 36 Name
- 37 Turned off
- 38 Perfume
- 39 Without emotion
- 1 Six-sided state
- 2 Depend
- 3 Meet painter, surreally prone to excess
- 4 Nary a soul
- 5 Not genuine and usually inferior
- 6 Geisha's prop
- 7 Impressed
- 8 Governmental seat, usually
- 9 Alamo commander
- 10 Choose
- 16 Acute
- 20 Train stations
- 21 Humorously sarcastic
- 23 Samuel Goldwyn's homeland
- 27 It happens every birthday
- 29 Ceramicist's furnace
- 31 Image of a deity
- 32 Repudiate
- 34 Soak in liquid

Online versions and solutions available at [www.nowmagazines.com](http://www.nowmagazines.com). From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.



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Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the

newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

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# JANUARY

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

## 1/12

### Winter Ball:

Dinner and dancing for adults with disabilities. 6:00-9:00 p.m., Midlothian Civic Center, 224 S. 11th St. Donations can be made at <https://bridgestf.org/become-a-donor.html> or at the event.

## 1/12-1/13

### Shine Your Light Event:

For 24 hours, people are encouraged to leave their porch lights on to shine their light for Jesus as a sign of hope during dark times.

## 1/12-1/15

### MLK Day of Service:

A weekend of events including a movie night, day of service, community worship and march for unity. Hosted by One Church, 6060 FM 1387 Schedule of events available on social media platforms @MidloMLKDay.

## 1/25

### Annual Awards Party:

Midlothian Chamber of Commerce recognizes members and businesses of the year. 5:00-7:00 p.m., Midlothian Conference Center, 1 Community Dr.

## 1/29

### Mentor's Care Community Connection:

Assisting teens having thoughts of suicide is the focus of this in-person and virtual event with speaker Dan Korem. 7:00-8:00 p.m., FBS Midlothian Student Center, 1680 S. Midlothian Pkwy. Register at <https://www.mentors.care/2024-mentor-community-connection>.

## Wednesdays

### DivorceCare:

Group sharing for those who have gone through or are going through divorce. DivorceCare for Kids ages 5-12 meets at the same time. Care for younger children available. 6:30-8:00 p.m., First United Methodist Church Family Life Center, 800 S. 9th St. Call (972) 775-3993.

## Wednesdays and Thursdays

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Story time for 2-year-old through pre-K children. 10:00-11:00 a.m., A.H. Meadows Library, 922 S. 9th St. Please register for only one per week: [www.midlothian.tx.us/504/AH-Meadows-Library](http://www.midlothian.tx.us/504/AH-Meadows-Library).

*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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