MidlothianNOW

JANUARY 2025

Downtown Upgrade

The new City Hall and Library bolster the community

Creating New Connections

Stay youthful by continuing to learn at any age

In the Kitchen With Gayla Johnson

Also inside:

Scavenger Hunt

Crossword

Featured Business: Born2BABlessing Birth Services

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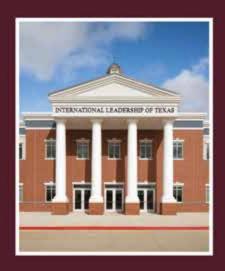
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ON THE COVER



Assistant City Manager Clyde Melick presents Midlothian's new City Hall and Library, now open for business.

Photo by

Anthony Sarmienta.

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EDITOR'S NOTE

Balancing out ...

The older you get, the more you may come to realize the importance of balance. Life is less about who you know or what you own, and more about spending your time well. Even that means different things to different folks, and what looks like wasted time to one may be meaningful to another. For most of us, there will always be the "have to dos," but that doesn't mean we should give up on the "want to dos." The trick, of course, is finding the time (and energy) for both. Sometimes, a little thing called money also stands in the way. How do we find a balance between doing what we must and what we desire, without slighting our responsibilities or breaking the bank? I'm not sure, but this year I hope to give it a go.

There are things I'd like to do that I cannot afford. Global travel comes to mind. But just because I do not have 80 days (or \$80K) to go around the world, doesn't mean I can't expand my horizons. There are so many places to explore in my own backyard that I take for granted. This year, I'm promising to experience a few!

While I don't have time to volunteer as much as I'd like, that doesn't mean I can't choose a cause and further it with small donations. Perhaps I *still* won't make time to write the great American novel, but I can certainly read a few more of them. I'm honest enough to admit I'm not cutting out sugar, but I know I can take more walks. Local travels. Simple donations. More books. Less TV. Daily movement. Small things I hope add up to time very well spent.

Balance beaming!





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DOWNTOWN UPGRADE

— By Angel Morris

Moms with tots in tow, attending a mid-morning story time. New residents setting up service for water, sewer and trash. Commissioners gathering to evaluate zoning requests or building plans. This depicts scenes from a day in the life of Midlothian's new City Hall and Library that opened in November, occupying a square block between Avenues E and F, and North 7th and 8th Streets in downtown.

"The idea for a town square grew out of the development of the Downtown Master Plan, which was adopted by City Council in 2020," explained Assistant City Manager Clyde Melick.

The plan, which was the end product of an extensive, two-year community effort, was motivated by the need to bolster the city's center. "Downtown has been a priority stemming from the 2018 comprehensive plan," Clyde noted. "Then the City Hall and Library project was approved by voters in the 2021 Bond Referendum."

"The passage of the 2021 bond projects was my most rewarding moment serving as mayor," recalled Richard Reno, who served in this position from 2019 to 2023.

Ground was broken for construction on February 6, 2023, on North 8th Street, with the new City Hall and Library open for business on November 18, 2024. A community grand opening event took place in December, when residents were introduced to the two-story, 54,000-total-square-foot facility.







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classic red-brick façade was selected to blend with the area's traditional architecture, while adding a fresh modern look to downtown, Clyde described. The 34,000-square-foot City Hall features main entrances on the east and west sides. Visitors entering from the east are greeted by 45-foot ceilings, opening to a skylight. The west side offers a dedicated parking lot and a customer-service window, which meets those entering from that side.

"The first floor of City Hall houses Council Chambers with fixed, tiered seating for 150 people. A community room on the first floor will serve as an overflow area during highly attended City Council meetings, as well as a meeting space that can accommodate 170 people in one space or be broken up into two spaces. This meeting room will be available for the public to reserve for use," Clyde noted.

City services are situated on the first and second floors of City Hall. These include Administration, Building Permits & Inspections, Engineering, Finance, Human Resources, Information Technology, Parks & Recreation, Planning, Purchasing and Utility Billing.



The former A.H. Meadows Public Library — previously located inside Midlothian High School — has officially become Midlothian Public Library, providing state-of-the-art facilities. expanded resources and cutting-edge technology, enhanced programs for all ages and a revitalized community hub for learning, creativity and connection. "The 20,000-square-foot library offers separate spaces for children, teens and adults. Children's space will be downstairs while adults will find quiet reading rooms upstairs," Clyde shared. "A unique faux tree climbs between the first and second floor of the library. The library also features maker space,

flexible program space, a media room with a soundproof recording pod and an outdoor play area."

Besides making city and library services more accessible to the community, the construction has added parking, as well as green space to downtown. "The Master Plan identifies the new town square as a major catalyst for rejuvenating Midlothian's downtown. As hoped, its construction spurred interest of private developers to follow suit by investing in projects such as the Lawson District, which is transforming a vacant commercial building on the corner of 7th Street and Main into restaurants, shops and office space," Clyde listed.

Midlothian's assistant city manager since July 2018, Clyde was previously assistant superintendent of facilities for Waxahachie ISD, playing a crucial part in the development and construction of the new Waxahachie High School. Before that, Clyde served as Waxahachie's director of planning for nine years.

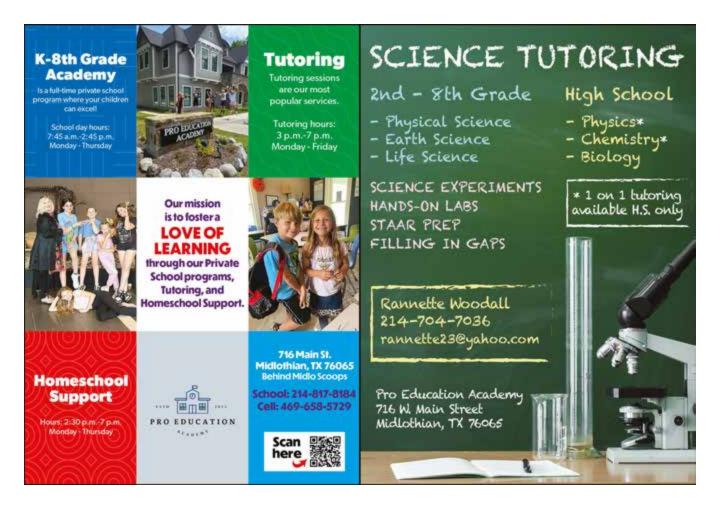
This experience leads Clyde to believe the Midlothian City Hall and Library project's \$36.6 million-dollar price tag will be worth it to the town. "Having spearheaded construction of civic and school structures in other towns, I am very excited to be part of providing the citizens of Midlothian a home that reflects the city's standards for quality, excellence and service and that will return downtown to being the civic and cultural heart of the community," Clyde said.

Next up for the city is the new Public Safety facility, replacing the current Police Department, off Hwy. 67 at the Ninth Street exit. The facility's anticipated opening is spring of 2025. Combining fire and police administrations, MPD, the Municipal Court and Emergency Management Services, the 77,000-square-foot facility is another project approved by voters in the 2021 bond election.

'We are also looking forward to expanding Heritage Park to further the vision of the Downtown Master Plan," Clyde expressed, "which is to transform Midlothian's historic downtown into a walkable, vibrant and safe destination with a variety of opportunities for entertainment, socializing, employment, residential living and culture." NOW















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Even in the womb, humans are learning about the environment into which they are about to be thrust. Infant through kindergarten years are rapid periods of growth and learning, as older family members encourage and cheer on those first steps, first days of soccer and school. During childhood — until adulthood is achieved — school becomes routine and repetitious, full of assignments and rules, as teachers attempt to instill a love of learning while teaching students how to learn. Many students look forward to their graduation day when they can stop learning facts and new skills and "get started with life in a career and earn money."

However, what that recent high school graduate finds out quickly, whether choosing to attend college or go into the military or a career path, is that learning is just the beginning of building and sustaining a healthy career and personal life. By learning new things, new neural connections in one's brain are created. And what about that 50-year-old nontraditional college student reinventing himself or herself into a new career? Brain studies show the older student has the advantage over an 18-year-old because the older student's brain's frontal lobes are more developed, helping him or her to focus, and he or she can relate new learning to more extensive life experiences.

Midlife doesn't have to be a crisis. For many, it becomes a period of finding commonalities, rather than competing with others, and accepting changes in family life. One can retire and change careers or find a new hobby or regenerate an interest in a former hobby, which leads to making new friends. The following ideas can help one find passion rather than experiencing a "hardening of the attitudes":

- a. Travel to new places and learn a new language and new customs. Enjoy new sights, sounds and smells.
- b. Volunteer in an area which provides learning opportunities.
- c. Tutor/mentor a student.
- d. Attend a college/university or senior center's lifelong learning class.
- e. Exercise daily to regenerate the entire body yoga, tai chi, dancing, gym workouts, hiking, etc.
- f. Enjoy video games, card games, board games or puzzles.
- g. Learn to play a new musical instrument or join a choir.
- h. Become more interested in the world, socialize and find like-minded people with whom to have regular solve-the-world's-problems conversations.

i. Write a personal memoir or personal essays for family and friends.

j. At work, cross-train in positions to learn new skills.

Neuroscientist Marian Diamond. Ph.D.. concluded, "... with proper stimulation and an enriched environment, the human brain can continue to develop at any age." Albert Einstein once predicted that devoting even just 15 minutes daily to learning something new would help a person become an expert in a year, so it's never too late to learn new skills.

The difference in learning during school days and later in life is that lifelong learning is an ongoing, voluntary and self-motivated style of learning, whether the skills or facts learned are for career or personal use, for wonderment of the world or for having to adapt to different physical needs during physical or occupational therapies. One has the choice to stagnate in place or grow and expand their capabilities and circles of acquaintances and friends of all generations. Brain studies have shown that when learning stops or slows, cognitive performance lessens because internal connections break down.

Learn that learning is fun, and through learning new things, one can reduce stress, gain confidence, improve mental health, have fun, socialize, set an example for children and teens, rediscover neglected hobbies or gain new ones, secure a better sense of well-being, beat boredom, fulfill a lifelong dream, overcome fears and gain happiness in sharing.

Socrates, who pursued studies in music and dance late in life, stated, "Wonder is the beginning of wisdom." May we all keep a childlike sense of wonderment, which will spur our brains to learn new skills, enable us to adapt to changing environments, open doors and give us a constantly renewed sense of purpose throughout our years. NOW

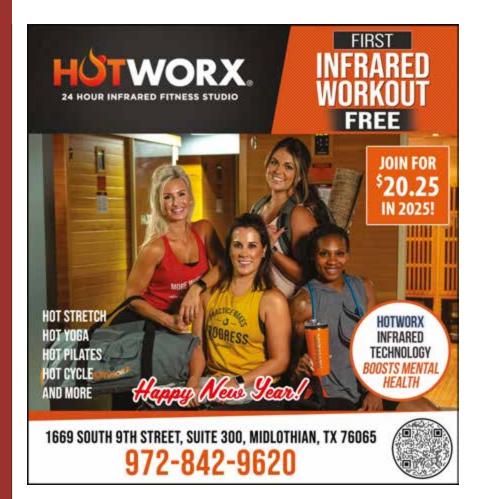
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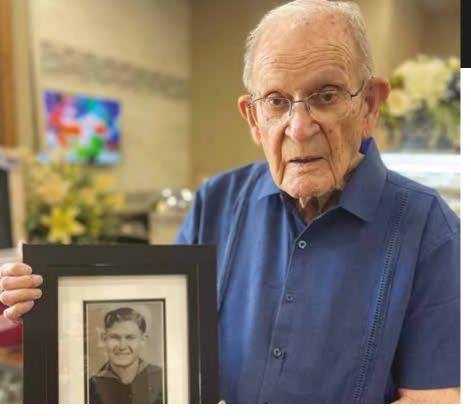
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Around Town



Zoomed In: Orville Salmon

By Angel Morris



Longtime Midlothian resident Dianne Anderson shows off her holiday style after dining at Texas Roadhouse restaurant.

Friends and family gathered to celebrate Orville Salmon on his 98th birthday when he was recognized as president of Legacy Oaks Senior Living's Resident Council for planning outings like thrift shopping, visiting the set of *The Chosen* and even longhorn feedings.

At age 17, Orville enlisted in the Navy during World War II. Afterward, he attended The Salvation Army College for officer training. He married his beloved Bette Clara Williams in 1947, had three daughters and served with the Salvation Army for nearly 50 years.

Orville enjoys woodworking, gardening and solving puzzles. An aviation enthusiast, he served as chaplain for the Civil Air Patrol. He's adored by six grandchildren, 12 greatgrandchildren, plus many nieces and nephews. Orville shared, "I've been very fortunate to have a great host of family and friends alongside me in all my years of living. The party was mind-boggling. Now I'm looking forward to reaching at least 100!"



Realtor Judy McGraw distributes pies of appreciation to clients like Lisa Lemon.



Midlothian Lions Club members wrap up their last pancake breakfast fundraiser of 2024.



Keith Gregg wins Firefighters Pick for his 1968 Ford F100 at the First Responders Car Show.



Purple Heart veterans Gerald Moore, Merle Burton and Vernon Bonnett are recognized at the Annual City of Midlothian Veterans Tribute Dinner.

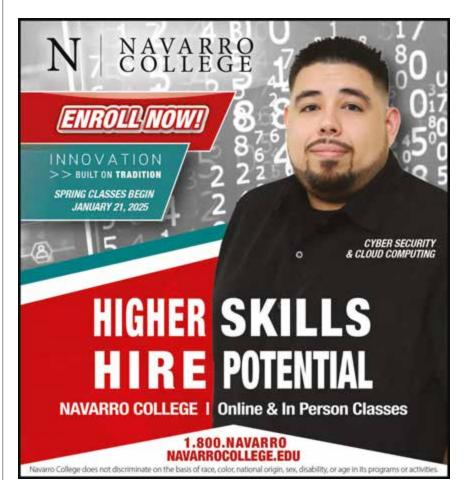


Madison Neis receives a Citizens Police Academy Certificate of Completion from Assistant Chief of Police Scott Brown.



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- Virginia Woolf







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WAY BANKING SHOULD BE



BusinessNOW

Born2BABlessing Birth Services

By Angel Morris

Born2BABlessing Birth Services

Terry Gyde has been supporting women during childbirth as a midwife since 1985. From fertility assistance to birth boot camp, Terry offers answers to all your pregnancy and childbirth questions through Born2BABlessing Birth Services, which she opened in Waxahachie six years ago.

"Before I became a midwife, I kept having friends ask me to go to the hospital with them. I might have put a cold rag

on their head, held their hand, prayed for them, but I didn't have a clue what else I was to do," Terry recalled.

A chance meeting with a certified nurse midwife set the ball in motion for Terry's eventual career. Today, from prenatal care to home births, Terry offers a variety of midwife and doula services. "The first meeting is for clients to ask all their questions about the birthing center and home births, to find out what they are comfortable with," Terry noted. "I give them plenty of time to speak to make sure I'm the one to meet their needs, which is most of the time."

Whether having trouble conceiving, needing early pregnancy advice or wanting to learn techniques to ease the labor process, Born2BABlessing Birth Services has you covered. "Most who interview with me are looking for something more natural, less medical, with a relationship with their provider," Terry explained.

Born2BABlessing Birth Services costs \$6,500, which includes monthly one-hour appointments with Terry. "These visits help me find out how I can best meet their needs. We discuss the importance of diet, and I refer them to any

specialists they may need related to pelvic floor issues, chiropractic care and more," she outlined.

There is a \$500 additional fee for a registered nurse or student midwife who assists Terry during delivery. "Many hands make light work, and it's important for there to be a second person at the births," she shared.

Terry calculated that 80 percent of clients choose the birthing center, noting she delivers between 40 and 60 babies there yearly. In her time in Waxahachie, about one client per year ends up delivering at a hospital due to medical needs. "The birthing center is homey, and many moms say it takes the stress out of inviting people into their home for the birth," Terry described. "For other moms, there's no place like home. You have your own bedding, your own food, your own bathroom. You don't have to haul anything anywhere. Ultimately, it's about whatever you're most comfortable with."

"The first meeting is for clients to ask all their questions about the birthing center and home births, to find out what they are comfortable with"

Terry follows up with clients two days after the birth, to check the mother's vitals, see that the baby is breastfeeding well and field whatever concerns there might be. Then, she will see clients at two-, four- and six-week checkups.

Having delivered more than 1,000 babies — the point at which she stopped counting — Terry believes midwifery is her divine calling. "I prayed before beginning this career, and God spoke to me very clearly asking me to do this for Him," Terry recalled. "I love Jesus, and anything that has to do with Him, I'm in!"

Terry also loves being there for her clients. "I fall in love with them. I'm sad when it's their six-week postpartum," Terry admitted. "I want them to get pregnant, so I can see them again. It's a wonderful time to be part of their lives." NOW



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CookingNOW IN THE KITCHEN WITH GAYLA JOHNSON

By Angel Morris



While traveling on an Apache Indian reservation at age 25, Gayla Johnson met her culinary inspiration. "I observed as he demonstrated the steps for preparing a quick and delicious meal. That's when I fell in love with cooking," she said.

Gayla's favorite dish to cook is fried catfish, which folks often call restaurant quality, and it's one of many dishes she likes to prepare for first-Sunday-of-the-month family gatherings. "It's a time I hold dear. I cherish cooking for my family," she said.

Beyond cooking, Gayla said she has a passion for encouraging and motivating others. The Midlothian Rotary Club member works as an InteleTravel agent and co-pastors Church 110 with her husband. "My other hobbies include bowling and spending time at the gun range," she shared. "I am committed to Faith International Convocation and mental health awareness initiatives, as well." Now

Southern Fried Catfish

Catfish, as many pieces as desired Louisiana Seasoned Fish Fry Seafood Breading Mix, to taste **Tony Chachere's Original Creole** Seasoning, to taste (optional) Peanut oil, to fill skillet halfway

- **1.** Cover the catfish with the seasoned breading mix and the Tony Chachere's, if using.
- **2.** Pour the peanut oil into a skillet about halfway full and bring to heat.
- **3.** Drop fish into the hot grease; when it's done, it will rise to the top. Serve with your favorite Southern side dish.

7-Up Pound Cake

3 cups flour 1 lb. butter 6 eggs 1 1/2 tsp. butter flavor 1 tsp. vanilla flavor 1 1/2 tsp. lemon flavor 1/4 cup 7UP, room temperature

- 1. Mix the flour and butter until nice and smooth. Add the eggs, one at a time, and then add the rest of the ingredients. Mix thoroughly.
- 2. Bake for 1 hour at 300 F. Verify doneness by inserting a toothpick into the center and making sure it comes out clean. Once done, let it sit in the pan for 10 minutes to cool before removing it onto a cake dish.

Mississippi Mud Pie

Crust:

1 cup pecans

1 cup flour

2 tsp. sugar

2 sticks butter

Mud Pie:

I cup powdered sugar

1 8-oz. brick Philadelphia Cream Cheese

1 5.1-oz. box instant Jell-O Chocolate **Pudding**

3 cups milk

Cool Whip, to taste Crushed pecans, to taste

1. For crust: In a bowl, mix together the pecans, flour, sugar and butter. Place wellmixed dough in a Pyrex pan, flattening out to make the piecrust. Cook until the crust is lightly browned. Place in the refrigerator for about 2 hours to cool and make solid.

2. For mud pie: In a separate bowl, mix together the powdered sugar and cream cheese. Once well blended, spread on top of the piecrust.

3. In a separate bowl, mix together the pudding mix and milk. Place on top of the powdered sugar and cream cheese layer. Top the pie with Cool Whip, to taste, and crushed pecans, if desired.

Garlic Stuffed Turkey Loins

1 1.5-lb. pkg. turkey loins I garlic clove, cut Lawry's Seasoned Salt, to taste Garlic salt, to taste 1/4 stick butter

- **1.** Remove the turkey loins from the package; wash thoroughly. Slice the loins into small slices to stuff with garlic. Place the garlic into each cutting; season with Lawry's and garlic salt to taste.
- **2.** Add the butter to a hot skillet; place the turkey loins in the skillet. Once the skillet is hot, gently flip the loins over, so both sides will be cooked evenly, adding a little water, if needed.
- **3.** Cover; let simmer about 3 minutes on each side, or until nicely browned.

Gayla's Smoked Lemon Pepper Turkey Strips

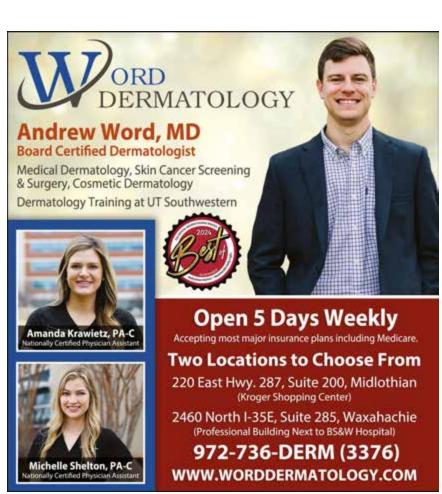
Time-consuming but worth it!

Smoked turkey legs, as many pieces as desired Garlic powder, to taste Lemon pepper breading mix, to taste 2 eggs 1/4 cup milk Flour, to cover turkey legs Grease, enough to cover the skillet

- 1. Boil the smoked turkey legs until they are very tender, but do not let them fall off the bone. Remove the turkey legs from the boiling water; pull the turkey meat off the bone in strips. Try not to let it crumble.
- 2. Season very well with garlic powder, or any other seasoning you might like. Place the turkey leg strips in the lemon pepper batter until well coated.
- 3. In a separate bowl, blend the eggs and milk to make an egg wash. Place the turkey legs in the egg wash dish. Remove; cover with flour. Cook in the skillet of hot grease to your preferred doneness.







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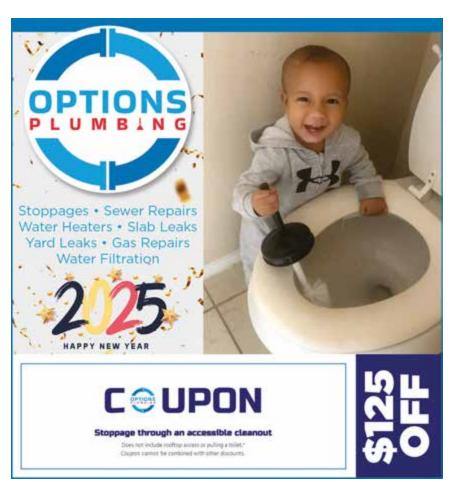


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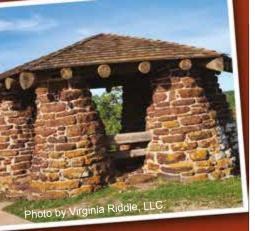
The news in 2011 was devastatingly sad with scenes of the tall pines of Bastrop State Park igniting one after another. Many of the loblolly pines of its Lost Pines Forest were destroyed, along with animal habitats and native wildlife, including the endangered species, the Houston toads. Yet today, the park is open, and new buildings blend with the beautiful buildings designed and built by The Civilian Conservation Corps in the 1930s, and a regrowth of pines and other trees stand about 6 feet tall.

Bordering the city of Bastrop, this state park offers CCC rustic cabins, tent and RV sites, a playground, swimming pool and picnic spots. Wander onto any of the eight trails through the pines, which were once part of a prehistoric

forest, in the footsteps of Zebulon Pike, who recorded his experiences in 1807. The paved loop around the park offers two scenic overlooks.

Long the home to the Tonkawa and Comanche tribes, Spanish explorers in 1691 started developing the El Camino Real de los Teias from San Antonio to East Texas. The road, crossing the Colorado River at what would first become the city of Mina and then be renamed Bastrop, runs through Bastrop County. A fort, Puesta del Colorado, was built in 1805 to protect the road. The county, park and city of Bastrop are steeped in history and are named after empresario/land commissioner Felipe Enrique Neri Baron de Bastrop, a member of the Congress of Coahuila and Texas, who aided Moses Austin in securing the first contract with the Spanish government in 1821 for Anglo settlement.

Bastrop County pines and other hardwoods were an early industry for the area as Texas was being built, but due to the harvesting of the Lost Pines, two CCC companies were assigned the job of reforestation in Bastrop State Park and adjoining Buescher State Park from 1933-1939. Many of the roads, trails, lakes, bridges, furnishings and buildings such as the Refectory at Bastrop State Park, which was



declared a National Historic Landmark in 1997, were built in a style similar to the buildings at national parks. The Historic Golf Shelter, built by the Works Progress Administration, offers exhibits of golfing days gone by, and the old golf course can be explored on foot by walking the paved cart paths. Fish in the hand-dug Lake Mina.

Bracken ferns, an ancient plant with fossil records dating to 55 million years ago, are just part of the park's ecosystem. Ponds along the trails are host to the endangered Houston toads, which are shy creatures. Hikers might see a toad or two during spring mating season when only the males let out a chorus, which sounds like small, tinkling bells.

With its proximity to the city, this park has good cell service and makes it easy for campers to enjoy the art museum, historic buildings such as the old jail, dining and live music venues. A stroll along the Colorado River on the paved hike/bike trail is a must, especially at Christmas when the trail is fully lit with seasonal decorations.

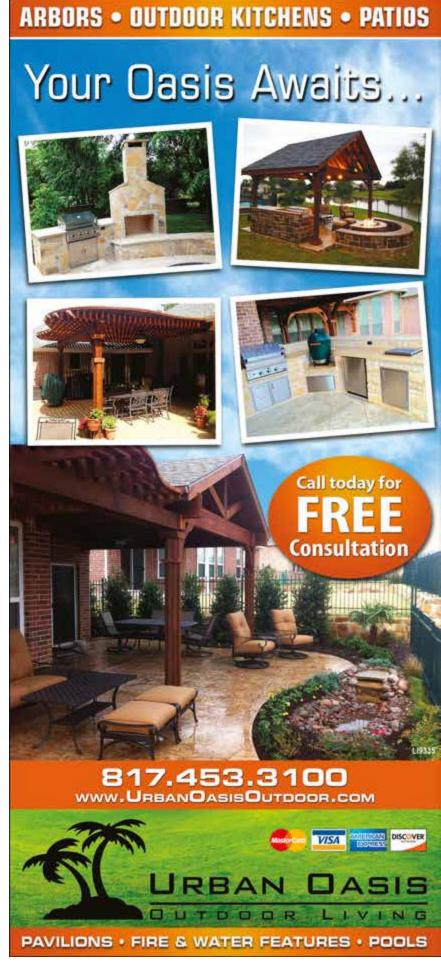
Bastrop State Park makes a great stay as campers explore other cities such as Austin or New Braunfels on day excursions or take a looped drive through the Hill Country during the spring bluebonnet season or to see the fall colors. Stop at some of the many famed barbecue restaurants located in small towns along the way for Texas barbecue with all the trimmings. The natural beauty of these rolling Texas hills and the history of the area make Bastrop State Park and its sister, Buescher State Park, must-sees for all ages.

Sources:

1. texasstateparks.org.

2. co.bastrop.tx.us.

3. www.thc.texas.gov.



Crossword Puzzle

		1	2	3	4		5	6	7	8
9	10		T	\vdash	T		11	T	T	T
12	T	t	\vdash	T	T	13		T	t	\vdash
14	+	\vdash	\vdash			15	╁	t	1	
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30		\vdash			31	\vdash	\vdash	+	\vdash	\vdash
32	+	-	+	8	33	+	+	+		

Crosswordsite.com Ltd

Across

- 1 Took a dip 5 "Trust ---" (Janet Jackson
- 9 They raise the pitch
- 11 Bok ---, Chinese cabbage

song)

- 12 Hill product
- 14 Condo, for example
- 15 "The Cannonball Run" star Reynolds
- 16 Ft. Collins setting
- 17 Track prelims
- 18 Without being stated
- 21 Title for a lady

Down

22 Popeye's verb

25 " ... --- Cold ---

them all."

(Kipling)

26 Composer ---

immediately

behind another

Bartók

racecar

30 Oversupply

31 Whoopee!

32 "--- of the

33 10 Down

output

27 Drives

- is master of

of being

- Mad guitarist played as one of twelve on high
- 2 Formal legal document
- 3 Brown delivery firm
- 4 Ocean-height standard
- 5 Real
- 6 17th century
- European war 7 Cheers
- 8 Feminine half, D'Urbervilles" in Chinese thinking
 - 9 Urban renewal target
 - 10 Cackleberry makers
 - 13 Assist
 - 17 "She Done ---Wrong" (Mae West movie)

- 19 Gets a little one a little later in life
- 20 Metal containers
- 21 Toulouse thousand
- 23 Mrs. Alfred Hitchcock
- 24 Hot Lips worked at one
- 26 North Atlantic hazard
- 27 USMC noncom
- 28 French alternative to "café"
- 29 Bald patch patch?

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Medium Easy

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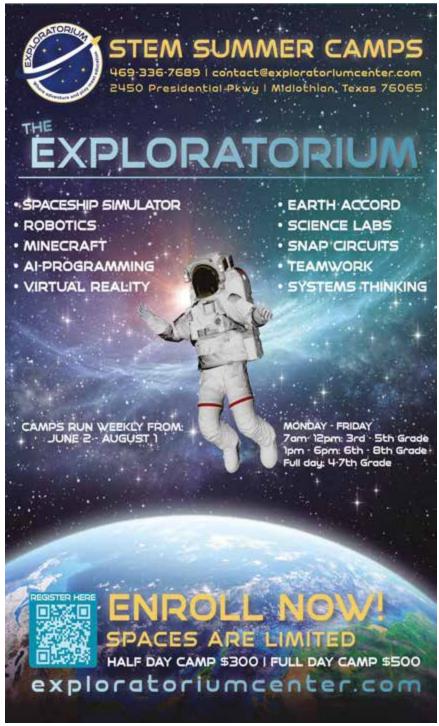




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HAPPY (New Year) Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

1/8

State of the Chamber Luncheon:

11:00 a.m.-1:00 p.m., Midlothian Conference Center, I Community Circle Dr. Register at www.midlothianchamber.org.

1/10-1/12

Shine Your Light for Jesus:

Local organizers invite residents to turn on porch lights, lawn spotlights or projectors, leaving them on for three days, in the spirit of letting lights shine to glorify Christ. Learn more on Facebook @ MidlothianShineYourLightforJesus or email dede.munoz@aol.com.

1/17

Winter Ball:

Free dinner, dancing and prizes for adults with disabilities. Formal attire. Parents/guardians must accompany minors. 5:30-7:30 p.m., Midlothian Civic Center, 224 S. 11th St. For more information, contact Bridges Training Foundation at (469) 672-6902 or email amichael.boler@bridgestf.org.

1/23

Annual Awards Gala:

Enjoy "A Night Among the Stars" as Midlothian Chamber of Commerce recognizes members and businesses of the year. 6:00-8:00 p.m., Midlothian Conference Center, I Community Circle Dr. Learn more at www.midlothianchamber.org.

1/27

Christian Women's Job Corps Classes:

Free 12-week training program including Microsoft programs, money management, résumé writing and interviewing, Bible study and more. CWJC will also offer a free ESL class in Ferris in January. Call (972) 937-6620 for more information or visit www.elliscwjc.life.

Mentor Community Connection:

Learn from a renowned guest speaker, individuals and businesses involved in mentoring struggling

teens. 7:00-8:30 p.m., FBC Midlothian Student Center, 1680 S. Midlothian Pkwy. May also attend virtually. Register at www.mentors.care/2025-mentorcommunity-connection.

Thursdays

Celebrate Recovery Meeting:

A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups. 7:00 p.m., The Lighthouse Church, 1400 N. 9th St. For more details, email CR@dfwlighthouse.org.

Submissions are welcome and published as space allows. Send your current event details to angel.morris@nowmagazines.com.

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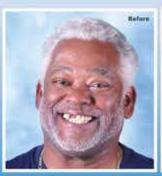
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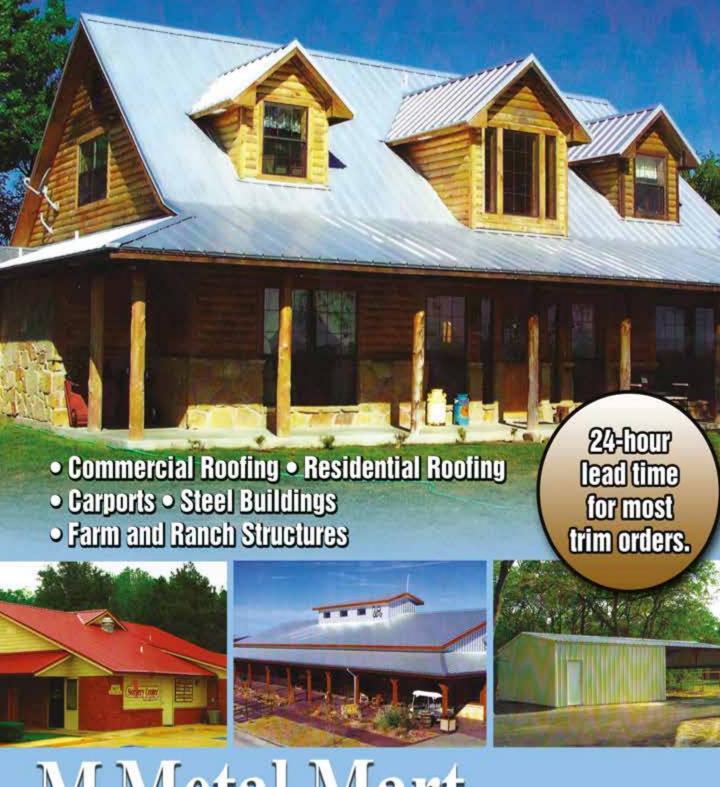
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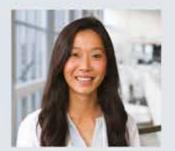
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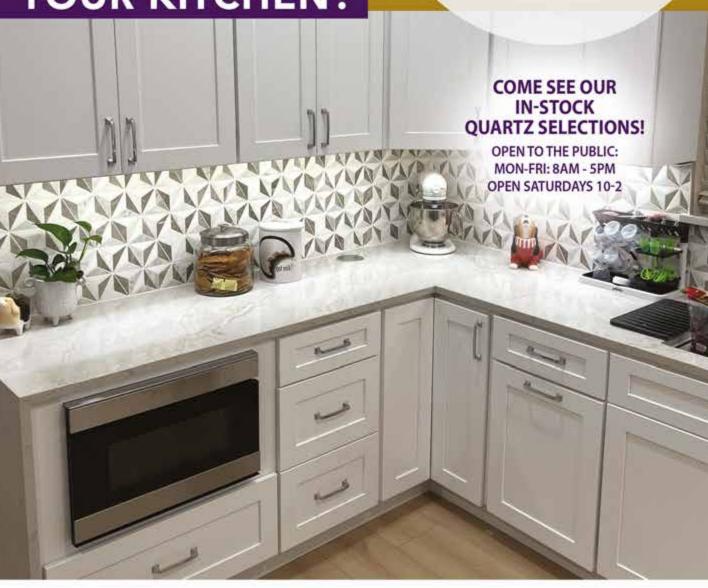
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