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### ON THE COVER



Nick and Ashley Sanders uplift others through music and faith.

Photo by Kobbi R. Blair.

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### **EDITOR'S NOTE**

Somebody to love ...

Some folks love it. Some folks hate it. Many simply endure it — Valentine's Day. With its evolution to include Galentines or Palentines, however, more people than ever may find reason to celebrate. Here are some out-of-the-ordinary ways to enjoy February 14.

For the romantic: Recreate your first date. From how you asked them out, to the location you visited, food you ordered or experience you had, it's a sweet way to say you remember that day. You don't necessarily have to travel to the actual date site, but you can turn your own home into a close facsimile. Get the kids involved by having them make materials representing the date — a sign with the restaurant's name, menu of the meals you ate or tickets for the movie you saw. Have that show in cue on your TV to watch together or with the whole family.

For women friends: A la *Parks and Recreation* — the TV show credited with the creation of Galentine's Day — pick a favorite eatery or host brunch at home for your besties. Put framed photos of you with your friend at each place setting, and go around the table sharing a moment when you lifted the other up. According to Season 2, episode 16 of Parks and Recreation, the only rules are no significant others, there must be breakfast food and ladies should celebrate each other.

For male friends: Men are far less likely to think of each other for Valentine's Day, but there's no reason guys can't set aside time this month for fishing, food or whatever fellowship brings them joy. Choose a day coinciding with your partner's Galentine's activity for some bonding with the boys. Bromances are every bit as essential as other relationships, after all.

Love the one you're with!



Ufon Ahime, Ph.D. Mental Health Coach ufonahime@higherlivingtoday.org

SCAN THE OR CODE TO SIGN UP FOR MY BIWEEKLY NEWSLETTER.



# PROSPERING MENTALLY

Healthy relationships are the cornerstone of our emotional and mental well-being. The connections we cultivate with others significantly impact our overall happiness, resilience, and sense of fulfillment. Positive relationships provide a support system, nurturing our mental health in profound ways.

Studies consistently highlight the correlation between healthy relationships and improved mental well-being. Feeling connected and supported reduces stress levels, boosts self-esteem, and contributes to a more positive outlook on life. Conversely, toxic or strained relationships can lead to increased anxiety, depression, and feelings of isolation.

Developing good relationships involves nurturing certain key aspects; this includes effective communication, which stands as the cornerstone. Listening actively, expressing thoughts honestly, and fostering empathy form the basis for meaningful connections. Trust, mutual respect, and boundaries are vital elements that sustain healthy relationships.

If you are seeking to develop new relationships, investing time and effort in building and maintaining relationships is crucial. Don't give up at the first sign of conflict. Engage in activities together, offer support during challenging times, and celebrate successes. Additionally, prioritizing self-care ensures that we bring our best selves into our relationships.

In conclusion, fostering healthy relationships is a proactive step toward safeguarding our mental health. By nurturing positive connections, we create a nurturing environment that uplifts us and enhances our overall well-being.

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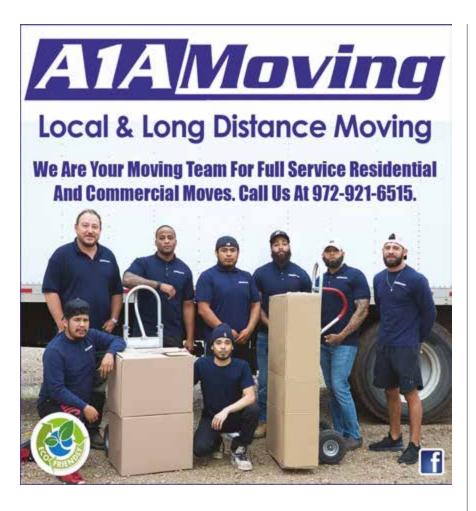


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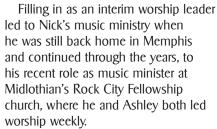
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The duo also partners in a group called Texas Mosaix, bringing music to the masses. "Our first mission trip and concert tour was to Dénia, Spain. Since then, we've returned to Spain with Mosaix four times, and we perform a Christmas production every year to benefit Direction61:3, a nonprofit providing housing, education and life skills to kids who are aging out of foster care," Nick explained. "From Ireland to Africa and here in our own backyard, we've seen music reach past cultural and linguistic barriers, affecting every aspect of humanity — physical, emotional and spiritual."

Nick credits 18 years serving under Dr. Adrian Rogers — then pastor at Memphis' 30,000-member Bellevue Baptist Church and former Southern Baptist Convention president — for the "wit and wisdom that still finds its way into every sermon I preach, marriage I perform or Bible study I teach."

Ashley acknowledges her high school choir teacher, Sherri Matthews, for encouraging her musically. "She saw something in me and gave me every chance she could to follow my passion, even making me lead in our beauty shop quartet that became the highestranking high school female a cappella group, competing at a collegiate level. Next to Sherri, I would have to mention Dawn Jones, my vocal coach for years, who helped me shape my voice and expand my vocal range."



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As far as memorable musical experiences go, Nick recalls two years performing with the southern gospel group Of One Accord with whom he recorded an album and performed all over Texas. "But my most unforgettable performance was at an event singing, 'I Bowed On My Knees and Cried Holy," Nick admitted. "I was hitting notes I had never sung in rehearsal ... or maybe even in the shower. It was like God was anointing me for that moment, and it was powerful."

Ashley recalled a more comical performance. "It was Repertory Company Theatre's 2022 production of Godspell. In that show, I was dressed as a clown in full makeup, wearing a black, feathered boa, singing 'Turn Back, O Man," Ashley remembered. "It was so bizarre to stand there in huge, pink and white polka-dotted pantaloons, singing this sultry sounding call to repentance, taken from the Book of Ezekiel. Just bizarre!"

The travel, laughter and emotional connections given them through music are reasons the Sanderses believe music will always be part of their lives. "Whether we are full-time missionaries. sailing port to port evangelizing through music or moving back home to care for our parents in their golden years. as long as we are together in life and service to Christ, we will be content," Nick promised.

The couple may someday publish their work professionally, but for now, anyone interested can hear them at https://www.youtube.com/nickashley. In the meantime, Nick said, he is content simply listening to Ashley: "It's the truth. I would be enamored listening to her sing the ingredients list from a box of breakfast cereal." NOW







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# POWERFUL PERSUADERS

— By Sandra Walters



Wiley University. *The Kitten*, 1930. Marshall: Wiley College Debate Team. Print. Special Collection, Thomas Winston Cole, Sr., Library.



Wiley University. *The Kitten,* 1936. Marshall: Varsity Debaters. Print. Special Collection, Thomas Winston Cole, Sr., Library.

In honor of Black History Month, we recount the story of the 1935 Wiley College Debate Team from Marshall, Texas. A group of African-American students, led by Melvin B. Tolson, set out on a historic journey and challenged the practice of racial segregation but also served as an inspiration to the entire country.

During this oppressive time, Wiley College emerged as a beacon of hope and resilience, offering African-American students a chance to excel academically. At the heart of the debate team's success was their dedicated debate coach, Mr. Tolson. He was a charismatic educator, columnist, poet and politician who believed in the power of words and saw debate as a means to effect change. Mr. Tolson's vision went beyond the competitive aspect of debate. He aimed to empower his students, encouraging them to be critical thinkers and advocates for justice.

However, after the Emancipation Proclamation, the United States denied African-Americans access to educational opportunities and equal rights. Marshall, Texas, was no exception to this harsh reality, with Jim Crow laws governing

every aspect of life. Pi Kappa Delta, the national forensic organization that oversaw collegiate debate competitions in America, only allowed white students to compete, so Mr. Tolson established Alpha Phi Omega to support historically black universities. Wiley students participated in unofficial, no-decision competitions with white colleges.

The Wiley College Debate Team took on a monumental challenge by engaging in interracial debates against white colleges in the segregated South. These debates were groundbreaking in a time when racial segregation was deeply rooted, and the idea of African-American students competing against white students was virtually unheard of. Wiley College's willingness to challenge the racial norms of the era was a testament to the courage and determination of its students and their coach.

One of the most iconic moments in the history of the team was their debate with the reigning national debate champion, the University of Southern California. The Wiley College debaters challenged and ultimately defeated this prestigious institution, marking a huge accomplishment.

The legacy of the team extends far beyond their victory over USC. Their courage and perseverance paved the way for future generations of African-American students and debaters. The team's success inspired other historically Black colleges and universities to engage in debate, challenging the racial status quo in the academic arena.

Wiley College's commitment to academic excellence and social justice continued long after this team. Today, the college stands as a symbol of resilience and determination, continuing to empower students from diverse backgrounds to excel academically and make a positive impact on society.

The story of the Wiley College Debate Team serves as a powerful reminder of the role that debate can play in effecting social change. Through the art of argument and persuasion, these students not only won debates, but also challenged the prevailing notions of racial inequality. They demonstrated that intellectual prowess and eloquence had no racial boundaries.

In 2007, the movie The Great Debaters, produced by Oprah Winfrey and directed by Denzel Washington, depicted this powerful story. Denzel Washington portrayed Melvin B. Tolson, capturing his passion and dedication to the art of debate and social justice. The film also showcased the challenges the team faced, both inside and outside the debate halls, as they battled prejudice and racism. The victory over USC (depicted as Harvard in the movie), while a triumph on its own, was just one part of the larger narrative of the team's struggle for recognition and equality.

The debate team from Wiley College showed the tenacity of the human spirit and the power of education. These students and their coach dared to dream, to challenge the laws and to use their voices to effect change. Their victory over the University of Southern California was not just a win — it was a triumph of the human spirit over prejudice and injustice. The legacy of the Wiley College Debate Team continues to inspire us today, reminding us of the enduring power of words and the potential for positive change through education and dialogue. NOW

### Sources:

I. https://mississippitoday. org/2023/04/01/on-this-day-in-1935-wiley-college-great-debaters/. 2. https://www.humanitiestexas.org/ news/articles/wiley-colleges-greatdebaters.

3. https://texascooppower.com/ wileys-sages/.

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# **Around Town**



Midlothian Youth Football League President and Coach Cary Wright — with his son, Cooper — encourages MYFL participation where they nurture young talent in football and cheer.



Alexis Morales celebrates New Year's Eve with sparklers, a tradition she and her dad began when she was very young.

# Zoomed In: Ronnie Howard

Ronnie Howard joined Midlothian High School Junior Reserve Officers' Training Corps after being inspired by its commitment to leadership and community service. "What drew me in was the chance to develop leadership skills while contributing positively to the community," he said.

Ronnie started as a member of the Raiders, a specialized team for fitness and technical skills. "Winning at the Allen High School Raiders competition emphasized the power of teamwork over personal achievement," he explained. "Now, as Battalion Commander, I take pride in our program helping plan for parades, school events and Veteran's Day functions."

A Boy Scout participant with Eagle Scout rank, Ronnie said Scouting and JROTC principles align. In his free time, he enjoys history and theology.



Community leaders participate in a beam signing to mark progress on the new Midlothian City Hall and Library.



Midlothian Lions Club partners with H-E-B in Waxahachie providing nonperishable food items for the homeless.

By Angel Morris



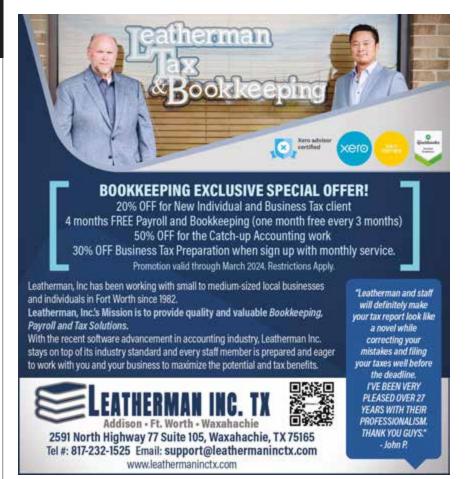
Mackenzie Harkins, Nothing Bundt Cakes manager, is welcomed to the city by Kilie Mason, Midlothian Chamber Ambassador from Ryan Mason State Farm.



Midlothian residents Scott and Tracey McKee ring in the new year in Montego Bay, Jamaica.



Siblings, Brynlee and Brantley, make a large donation to Manna House for distribution to local children in need.







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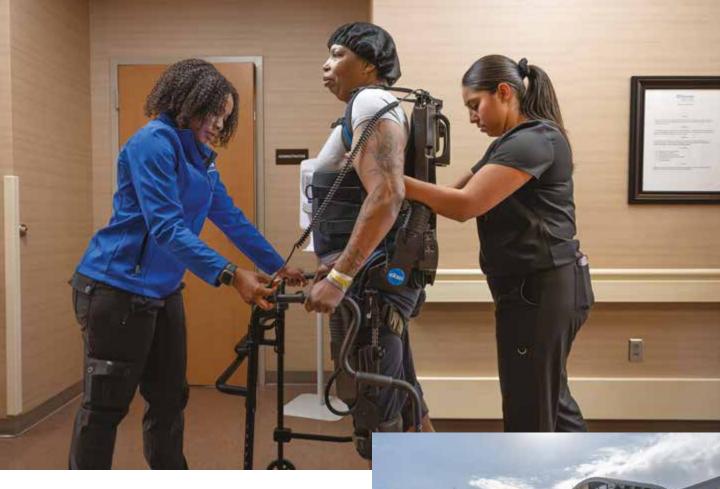
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**BusinessNOW** 

# Methodist Rehabilitation Hospital

- By Angel Morris

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Methodist Rehabilitation Hospital knows recovery looks different for every patient. That's why the state-of-the-art rehabilitation hospital in southern Dallas provides specialized treatment and ongoing care throughout a patient's journey. "Our intense rehabilitation is customized to each individual's needs as they overcome the effects of

illness or severe injury," said MRH Director of Business Development Arlene Tovar Williams.

MRH is a 50-bed inpatient facility, specializing in recovery from amputation, brain injury, neurological conditions, orthopedic injury, spinal cord injury, stroke and other trauma. "Comprehensive physical medicine and rehabilitation programs allow us to maximize the health and quality of life of those we serve," Arlene noted.

MRH team members are educated toward understanding the underlying causes of regular or recurring pain. "This equips our staff to address each patient's unique pain, improving treatment and easing suffering," Arlene explained.

Therapeutic technology at MRH enables patients to push the boundaries of recovery beyond what was once thought possible. Tools such as LiteGait® and the EksoNR assist toward standing, balancing and walking. The Senaptec Sensory Station addresses visual/ perceptual and balance deficits and the BIONIK InMotionARM™ Robot addresses upper extremity weakness. "Robotic tools not only help many patients recover more fully than ever before, but also can make recovery time that much faster," Arlene said.

A Smart Car located inside the Therapy Gym allows patients to practice transfers in and out of vehicles as they prepare to return home, while the Low Stimulation Gym helps patients at lower functional and cognitive levels receive more focused treatment.

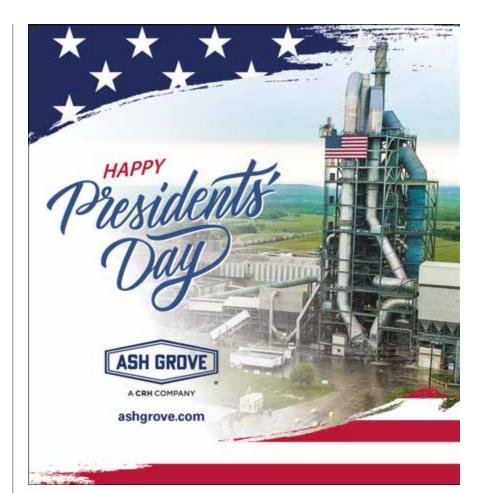
MRH said it is the only hospital in Dallas offering Movendo Hunova, a new robotic rehabilitation system "for objective evaluation of balance problems and a range of exercises to improve the condition.

"The Hunova is a programmable robotic medical device, for rehabilitation of orthopedic, neurologic and geriatric patients. It can be used standing or sitting, and provides 200 evaluations and exercises for postural control, stretching, muscle strengthening, balance and core stability. It has two sensitive force plates, giving the unique ability to predict and prevent risk of falls, highlighting specific deficiencies and providing personalized rehabilitative intervention," MRH's website outlined. "For patients with neurological problems, the Hunova helps with post-stroke functional re-education and in the treatment of degenerative diseases of the central nervous system and the peripheral nervous system. The Hunova is also extremely effective in helping rehabilitate the ankle, knee, hip and lumbar region of the spine after orthopedic injuries."

The MRH website describes the schedule patients can anticipate, including daily dressing and self-care routines, meals and therapies, and introduces the RehabTracker, a mobile app allowing MRH patients and their invited guests to see patient progress in real time.

MRH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for its Comprehensive Integrated Inpatient Rehabilitation Program and Stroke Specialty Program including stroke school during admission and a support group after discharge.

"Our acute inpatient rehabilitation provides the support and services patients need to regain the most function possible, fostering independence and a return to better health." Arlene stated. "Daily access to rehab-trained and specialty physicians, low patient-to-nurse ratios, in-house dialysis, intensive therapy and shorter lengths of stay are just a few features at MRH contributing to outstanding patient outcomes and leading to recognition by UDS as a top performing hospital as well as being recognized by Newsweek as the No. 2 rehab in the state of Texas and No. 9 out of almost 900 across the country." NOW





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A leadership member at Lighthouse Church, Linda Olson caters many fellowship events. A Realtor by day, Linda also enjoys time in the kitchen. "I'm from a family of great cooks, and all my children and grandchildren enjoy cooking together," Linda explained. "A favorite activity is baking cookies or cupcakes. The competition for 'best decorated' can be pretty fierce among the grands!"

Linda participates in community outreach and bakes as her personal ministry. "I made the wedding and groom's cakes when my nephew married near Branson, Missouri. Several of my children and grandchildren traveled with me to deliver the cakes and attend the celebration," she recalled. "We served over 200 servings of Dulce De Leche Cheesecake with three flavors of wedding cake topper, plus 200 servings of gourmet chocolate chip cookies!" NOW

### **Keto Bagels**

Great for cutting carbs and sugar!

Seasoning Mix:

1 Tbsp. dry minced onion

2 tsp. poppy seeds

2 tsp. white sesame seeds

I tsp. garlic powder

1/4 tsp. table salt

Sprinkling of sea salt (or a premade seasoning mix can replace all of the above)

### Dough:

I cup almond flour

1 1/2 tsp. baking powder

1.5 cups (6 oz.) mozzarella cheese, shredded

1 oz. cream cheese 1 large egg 1/2 tsp. olive oil

- **1.** For seasoning: Preheat the oven to 375 F. Prepare a half-size baking sheet by lining it with parchment paper or a nonstick baking mat. Stir all the seasoning mix ingredients in a small bowl until well-mixed.
- 2. For dough: Whisk the almond flour, two-thirds of the seasoning mix and the baking powder in a microwave-safe bowl until well mixed. Add the mozzarella and cream cheese to the same bowl. Microwave, uncovered, for 45 seconds; stir and microwave another 45 seconds, or until melted. Stir until the mixture forms into a smooth dough. Add the egg to same bowl, working in until it is completely absorbed and well-mixed; alternatively, use your hands to knead it in once the dough is cool enough to handle.
- **3.** Divide the dough into 4 equal pieces. Shape each piece into a 6-inch-long log; attach the ends to form a bagel shape. Place

at least 2 inches apart on the prepared baking sheet. Brush the olive oil atop the bagels. Sprinkle the remaining seasoning mix on top.

**4.** Bake until they are golden brown on top, about 20 minutes. (They do not puff up much.) Slice in half to toast. Dough can be formed for keto sandwich buns or mini keto pizzas.

### Pâte Brisée

Basic pie crust dough.

2 1/2 cups all-purpose flour
1 tsp. salt
1 tsp. granulated sugar (optional)
1/2 lb. (2 sticks) cold, unsalted butter, cut into small pieces
1/4 to 1/2 cup ice water

- **I.** Put the flour, salt and sugar into the bowl of a food processor. Add the butter and process about 10 seconds, or until it resembles coarse meal. (To mix by hand, combine the ingredients in a large mixing bowl. Using a pastry blender or two table knives, cut in the butter until it resembles coarse meal.)
- **2.** Add the ice water, drop by drop, through the feed tube with the machine running just until the dough holds together without being wet or sticky not more than 30 seconds. Test the dough by squeezing a small amount together. If it is crumbly, add a bit more water.
- **3.** Turn the dough out onto a large piece of plastic wrap. Grasping the ends of the plastic wrap with your hands, press the dough into a flat circle. Wrap it in plastic and chill for at least 1 hour.

### **Basic Custard Quiche**

1 recipe Pâte Brisée

3 eggs

2 Tbsp. unbleached all-purpose flour

1/4 tsp. freshly grated nutmeg

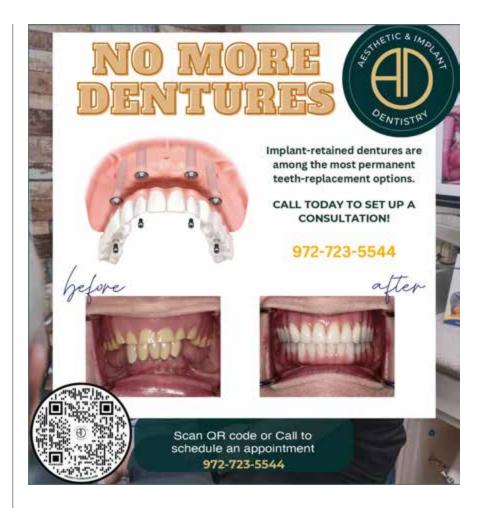
1/2 tsp. salt

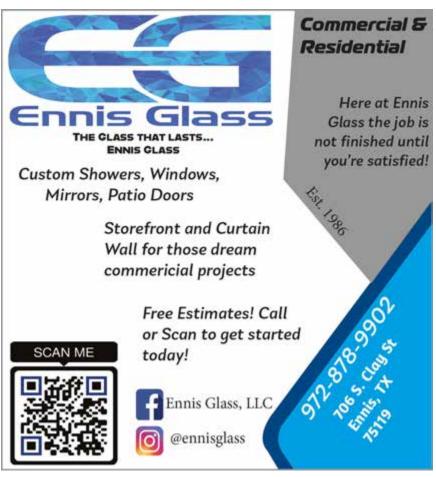
1/2 tsp. freshly ground white pepper

I cup heavy cream

1/2 cup milk

- I-2 cups additional cheese, meat or vegetables of your choice (Recommended: Bacon and Swiss cheese, sausage and cheddar or mixed veggie/Asiago.)
- **1.** Preheat the oven to 375 F. Line a quiche pan or pie pan with the pastry, pinching it around the rim. Prick the bottom all over with a fork.
- **2.** Whisk together the eggs, flour, nutmeg, salt and pepper. Blend in the cream, then the milk.
- **3.** Evenly distribute your choice of cheese/meat/vegetables over the pastry and pour





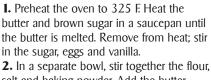
in the custard filling. (High-moisture vegetables should be cooked before being added to the pastry.)

**4.** Bake atop a baking sheet about 35-40 minutes, until the custard is just set. Let rest 8-10 minutes before serving.

### **Butterscotch Squares**

A favorite for family gatherings!

2 sticks butter 1 lb. brown sugar 1/2 cup sugar 4 eggs
1 tsp. vanilla
2 cups flour
1/8 tsp. salt
1 tsp. baking powder
Powdered sugar, for topping



- In a separate bowl, stir together the flour salt and baking powder. Add the butter mixture; blend well.
- **3.** Spread in a 13x9-inch baking pan. Bake 30-40 minutes; cool 20 minutes.
- 4. Sprinkle with powdered sugar; cut into squares.









# **LOCAL TABLE**

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf





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It is imperative to public safety for a District Attorney's office to run efficiently. Without it, criminals go free, taxpayer dollars are wasted, and victims do not receive the justice they deserve. Since 2021, Ellis County has faced high turnover of staff in the DA's office, unprecendented lag in filing and disposing criminal cases, overcrowding of our jails and wasteful taxpayer spending.

45 OUT OF 55

STAFF HAVE LEFT

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SCAN ME



With New Year's resolutions still fresh on the minds of many, travel might top the list for 2024. The great state of Texas has an abundance of travel destinations across its nearly 269,000 square miles. From the Chisos Mountains of Big Bend National Park to the spring-fed Comal River in New Braunfels, The Lone Star State does not disappoint. Here are five great places to visit this year:

### **#1 Big Bend National Park**

This national park has been fascinating visitors since 1944. The best time to visit Big Bend National Park is late fall through early spring, as the summer months are extremely hot. Guests can camp, hike the mountain trails, birdwatch, stargaze and simply enjoy time in nature.

### **#2 Space Center Houston**

Space Center Houston offers more than 400 artifacts to explore. With rockets and a collection of spacesuits, hands-on experiences, historical films and live demonstrations, visitors can spend all day soaking up the fun. You can check out Mission Control and the Astronaut Training Facility by taking a NASA Tram Tour to NASA Johnson Space Center.

Don't forget to stop by the gift shop for some freeze-dried ice cream and other space-related merchandise. Check the Space Center Houston website to view a calendar of upcoming special events and ticket pricing.

### **#3 San Antonio River Walk**

First envisioned by Robert H.H. Hugman in the early 1920s, the San Antonio River Walk provides visitors with ample opportunities to enjoy food and drink, shopping, nightlife and more. It was not until 1939 that construction crews broke ground on the river project with Hugman, otherwise known as the Father of the River Walk, serving as architect to develop the area for flood management and to increase tourism.

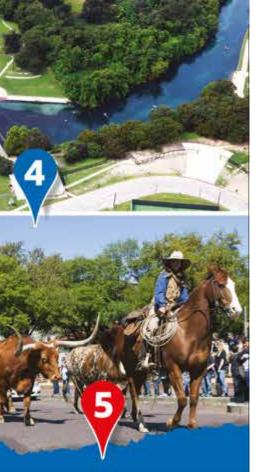
The 15-mile stretch of river now includes three main sections. The

Downtown area boasts restaurants, hotels, retail space and boat tours. Museum Reach just north of Downtown includes hotels, residences and a number of museums. The section south of Downtown, Mission Reach, is a woodland habitat that connects several UNESCO World Heritage-designated missions.

## #4 Comal River in New Braunfels

The Comal River is considered the shortest river in Texas, at 2.5 miles, and stays a constant 70-72 degrees. When entering the river at Prince Solms Park, the first splash of cold water is a shock, but your body acclimates as you float on a tube toward the tube chute. If you choose to forgo the chute, you can walk around and return to floating down river through several small rapids.

Disposable items, such as sandwich baggies, cans and water bottles are no longer allowed on the river, so be sure to pack reusable containers for food and beverages. Wear a hat, sunglasses, sunscreen and, if necessary, grab a waterproof bag to store important belongings. Paid parking is available at the park, or you can catch a shuttle from one of the local tubing outfitters.



### **#5 Fort Worth Stockyards**

The historic Fort Worth Stockvards has been a staple in North Texas since it was established in 1849 as an outpost for cattle drives along the Chisholm Trail. In recent years, more hotels were added to the area, and horse and mule barns underwent restorations to create Mule Alley.

New restaurant concepts and trendy shops add to some Stockyard staples — Billy Bob's for all of your honkytonk needs and Cowtown Coliseum for an evening of rodeo. Visitors can ride a mechanical bull, take a ghost tour, taste some wines and catch one of the twice-daily cattle drives of the Fort Worth Herd. Paid parking is available if street spaces are occupied.

No matter your interests, Texas has much to offer. So, have fun exploring The Lone Star State! NOW

### Sources:

- I. nps.gov/bibe.
- 2. spacecenter.org.
- 3. thesanantonioriverwalk.com.
- 4. playinnewbraunfels.com.
- 5. fortworthstockyards.com.

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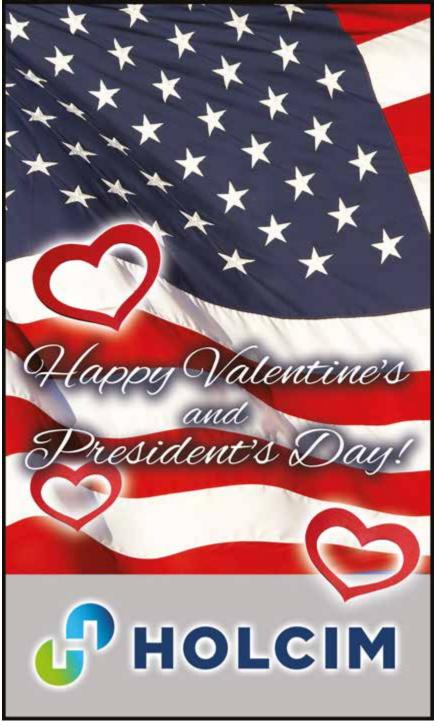




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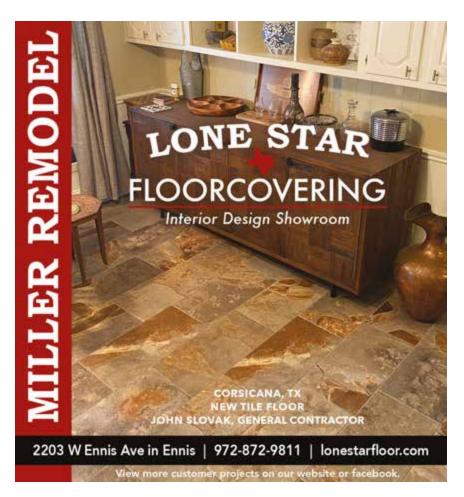


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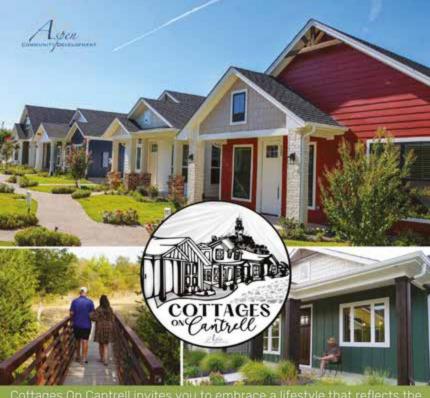


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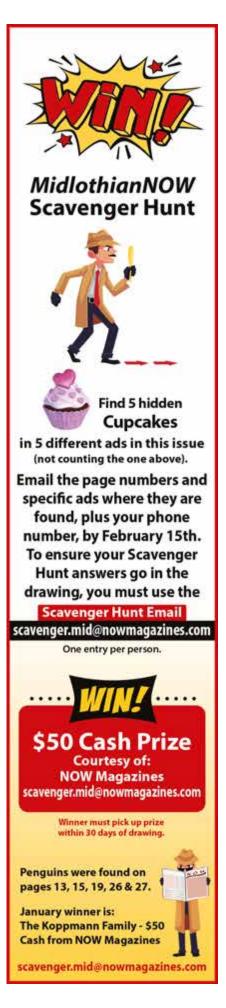






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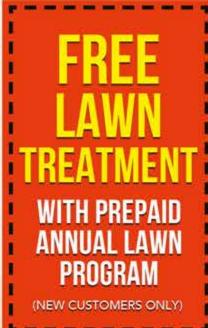
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If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives.

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

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 lessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

"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."

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theserenitydentist.com | 972-634-1434 Dr. Cristina Allala 605 E. Belt Line Rd., Suite 101, Cedar Hill

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## **Crossword Puzzle**

1	2	3	4		5	6	7			
8	T	T	T		9	T	+	10	11	12
13	$\vdash$	H	$\vdash$		14	$\vdash$	$\vdash$	T	t	$\vdash$
15	t	H		16		$\vdash$		17	+	$\vdash$
	18	T	19		T	t	20		1	
		21	T	T		22	T	T		
	23		T	T	24		T	T	25	
26		T		27	T	T		28	T	29
30	T	T	31		T		32		T	T
33		T		$\vdash$	T		34			T
			35	+	t		36	+	+	$\vdash$

Across

- 1 Boston's Faneuil ---
- 5 Inlet
- 8 ---Lackawanna Railway
- 9 Blood poisoning
- 13 Day of jubilation
- 14 Some of the "Bounty" mutineers were found here
- 15 Feature film channel
- 16 Artillery angular measurement
- 17 Tennis call
- 18 Problemsolving code

#### Down

21 Unagi, at a 1 Heave sushi bar

22 Guide letters

channel

23 Very important

26 "Gentle" bear

27 Long-leaved

lettuce

28 Heart chart

32 And others

33 Solidified lava

34 "A Bug's Life"

competition

36 Every clarinet

has one

Princess

35 Social

30 Handy

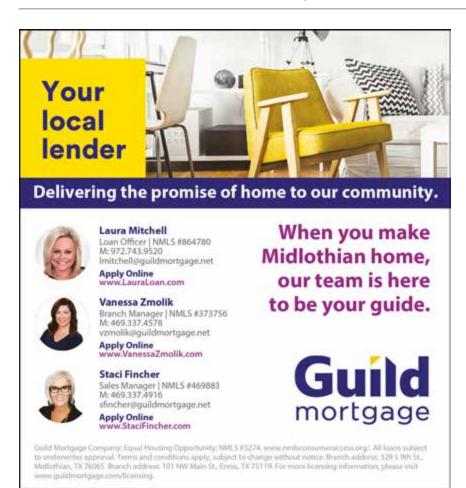
for "Homeland"

- 2 Circus Maximus, for example
- 3 Tots smashed stolen tile
- 4 Shelter
- 5 Up and about
- 6 A-listers, not regular down to earth types
- 7 Dash info
- 10 Dark outline named after a French Minister
- 11 Separate article
- 12 Be in session

- 16 Atomic cluster
- 19 Special someone
- 20 Bardic
- "however" 23 High plateau
- 24 "Angel Has Fallen" actor Nick ---
- 25 Edible flatfish
- 26 Familiar address to a fella
- 29 More than willing
- 31 "Awesome!"
- 32 Vase handle

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## Sudoku Puzzle

Easy Medium

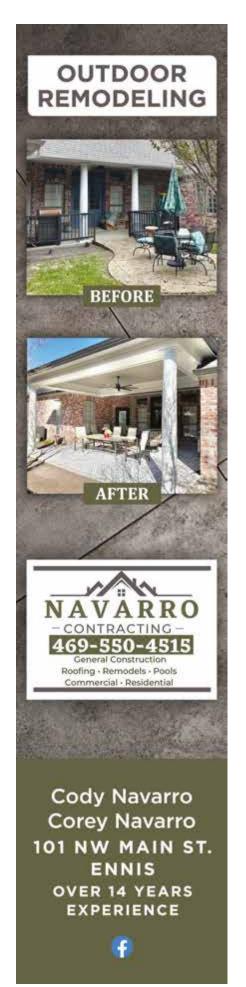
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				4		1		3				9		5	7	Γ
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	6							2	8					7	1	
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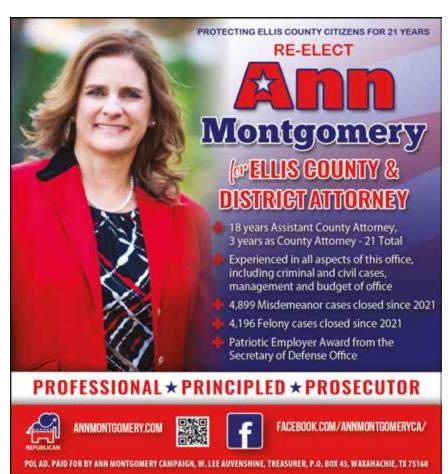
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### 2/8

#### Day of Giving:

Scooter's Coffee will donate 10 percent of sales to Reach Council Prevention Services. 5:30 a.m.-8:00 p.m., 721 E. Main St.

## 2/9-2/11

#### Agatha Christie's The Mousetrap: Friday and Saturday:

7:30 p.m.; Sunday: 2:30 p.m., **University Church** 221 Solon Rd., Waxahachie. For ticket information, visit www.waxahachiecommunitytheatre.com/.

## 2/17

#### Mayor's Winter Walk:

A 1-mile, guided nature trail excursion to discover the winter secrets of the prairie habitat. The event is free and open to all ages and is led by members of the Texas Master Naturalist. Indian Trail Chapter of Ellis and Navarro Counties. In addition to the walk, participants will enjoy refreshments, kids' crafts and free prize drawings. Dress appropriately for the weather. Closed-toe shoes are recommended. Keep in mind that trails are natural surface. Rainout date is February 24. 10:00 a.m.-noon, Mockingbird Nature Park, 1361 Onward Rd.

## 2/24

#### **Free Car Seat Inspections:** No appointment required. Expired

or unsafe car seats will be given a free replacement and education on installation. 3:00-5:00 p.m., Waxahachie Police Department, 630 Farley St., Waxahachie. If unable to attend, contact Danae Hicks at (972) 825-5175 or danae. hicks@ag.tamu.edu to set up an individual appointment.

## Fourth Mondays Through November

#### **Creative Quilters of Ellis County:**

Social time, business meeting, show and tell program. Sign-in/ social time: 6:00 p.m.; meeting: 6:30 p.m., Waxahachie Bible Church, 621 N. Grand Avenue, Waxahachie. Learn more at elliscountyquilters.com. Email klbright53@gmail.com for more details.

## Second Tuesdays

#### National Active and Retired **Employees:**

Monthly luncheon featuring guest speaker. 11:00 a.m.-1:00 p.m., at various restaurants. Email ricarey I @gmail.com or call (972) 775-2463 for details.

## 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 for more information.

## Wednesdays and **Thursdays**

#### **Story Tots!:**

Free zoo animal story time for preschoolers. 10:00-11:00 a.m., A.H. Meadows Library, 922 S. 9th St. Please register for only one per week: Midlothian.Libcal.com.

## Second and Fourth Wednesdays

#### Jesus Feeds Us:

Free grocery distribution. 3:00 p.m. until supplies run out, Midlothian Church of Christ, 1627 N. Hwy. 67.

## **Third** Wednesdays

#### Waxahachie Women's **Connection Luncheon:**

Cost is \$15, which includes lunch. a special feature and a Stonecroft speaker. Reservations due the Thursday before the meeting. which is held 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 Business. For more details, contact Dee Ann Ellis at (972) 921-6221 or deeannellis@sbcglobal.net.

## **Thursdays**

#### **Midway Composite** Squadron of Civil Air Patrol/ **U.S. Air Force Auxiliary:**

Cadets ages 12-18 and Senior Members 18-plus. 6:45-9:00 p.m., Mid-Way Regional Airport, 131 Airport Dr. Visit www.gocivilairpatrol.com.

#### **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.

## Saturdays

#### **Kids Crafty Day:**

Free activity for first-through fifthgraders. 11:00 a.m.-noon, A.H. Meadows Library, 922 S. 9th St. Register at Midlothian.Libcal.com.

## Third Saturdays

**Urban Well Food Pantry:** Everyone receives a large box of fresh foods while supplies last. 9:30-10:30 a.m., Creekside Church, 5491 E. Hwv. 287 Text (817) 944-0318 to volunteer.

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Manna House was created in 1992 as a result. of a student-led Problem Solvers project from Midlothian ISD to serve the needs of Midlothian residents. Local churches collaborated to support the ministry, which works to ensure that every member of the community has dependable access to food, utilities and other basic needs. (972) 775-1800, https://mannahouseoutreach.org/.

## MENTORS CARE

The goal of Mentors Care is to give students what they need, not only to graduate but to live their lives to their fullest potential. Volunteer mentors assure at-risk young people that someone cares for them, and that they are not alone in dealing with life's day-to-day challenges. (501) 628-4252, https://www.mentors.care/.

### **WORGAN SAFENET** FOUNDATION, INC.

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