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M A G A Z I N E

MARCH 2024

In the Driving Seat

Tim Rowlette revs up the Classic Wheels club

The Thrift Shift

How to get the most out of secondhand shopping

In the Kitchen With Journey Slayton

Also inside:
Scavenger Hunt

Crossword/Sudoku

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ON THE COVER



Under Tim Rowlette's leadership, supporting children in need fuels a local car club's enthusiasm.

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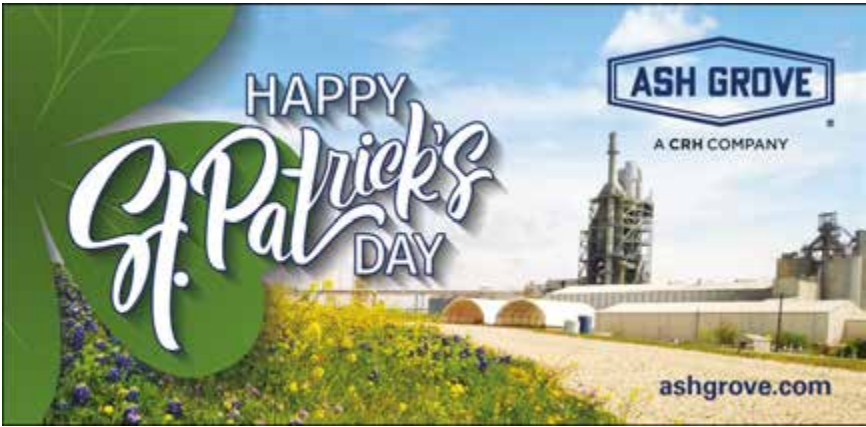
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EDITOR'S NOTE



Angel

Angel Morris
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Welcome, gentle season ...

I'm a softy when it comes to new seasons, especially spring — cold giving way to warmth, flowers beginning to bloom and people coming out of hibernation for fresh air and sunshine. Our spring may be short in Texas, but it is, nevertheless, a welcome time. American novelist and short story writer, Ernest Hemingway, sums up my feelings on spring quite well ...

"When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people, and if you keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as spring itself."

The further I age from the springtime of life, the more I like my own company, and the fewer engagements I'm interested in making. JOMO — Joy of Missing Out — is my March motto. Where to be happiest is the only question I care to entertain. I enjoy waking up to days full of activities of my choosing — which sometimes means no activities at all. And time with only those as good as spring itself? Such a balm to the winter-weary soul.

If you're personally coming out of a particularly difficult winter, I hope spring speaks to your soul as it does to nature: Wake up! Feel the sunshine. Listen to its gentle breeze. Go easy into this new season, gently lifting yourself up and out. Look toward the heavens and prepare to blossom just when you are meant to do so.

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In the **DRIVING SEASON**

— By Angel Morris



EAT



Watching his brother rebuild engines and buy classic cars sparked an automotive interest that drives Tim Rowlette today. “Trying to be like big brother, I put a loud muffler on my 1968 Opel to make it sound fast, but it wasn’t fast at all!” he recalled.

Tim attended Texas Tech, South Plains College and went on to earn a Bachelor of Applied Arts and Sciences from West Texas State University (now West Texas A&M University). “I found a passion for being a machinist at SPC, where I made my first car part,” said Tim, who eventually earned a master’s degree in finance from The University of Texas at Arlington.

After graduation from WTSU, Tim started a career as a manufacturing engineer with Bell Helicopter in Amarillo and retired from Lockheed Martin in Grand Prairie after 32 years. While he often had a car project on the side, it wasn’t until 2010 that this passion kicked into high gear.

“After inheriting my brother’s 1934 Chevrolet, I started looking for a car club where my love of classic cars could be shared. In 2012, I decided to check out a ‘cruise-in’ — a come and go activity with no entry fee, where classic vehicles are on display for anyone to enjoy,” Tim described. “This was my first experience with Midlothian Classic Wheels, and they were a warm and welcoming group of people.”

Founding member and then president Alan Krohn explained to Tim that “The Little Club With A Big Heart” began in 2004 and evolved into raising money for charitable organizations, especially those helping children. “This seemed like a perfect way to enjoy my love of the classics while helping others who had needs beyond their means,” Tim noted.

Tim has since become club president, working with vice presidents Ray Brown and Bubba York, treasurer Diana York, secretary Cheryl Rowlette and other members to run car shows designated to certain charities. “Entry fees are collected at the gate, and each vehicle is registered with an entry number. Once the entries are closed, judges are selected at random from non-members of the club, and they select their favorite vehicles and place them on a ballot,” Tim explained.

Once ballots are tallied, awards are given to the Best of Show in each category and to the 10-20 vehicles with the highest number of votes. “In addition to the entry fees, we also have raffles, donation containers and other methods by which both contestants and spectators can contribute to the charity,” Tim said.

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Certain shows are designated to support the same organization, such as St. Jude Children's Research Hospital, Midlothian First Responders, Ellis County Museum and Texas Baptist Home for Children. One of the shows is also held in memory of founding members Hollis and Corrinne Wolfe. Other potential nonprofit organizations are identified by members and non-members for consideration, such as Ellis County Meals on Wheels, Midlothian Band Boosters, Bridges Training Foundation, Paws for Reflection Ranch and more. "MCW always has been focused on giving back, and we have fantastic members supporting us. We continually look for ways to increase the attendance at our events, both in entries and spectators. Since the inception of the club, donations have exceeded \$100,000!" Tim calculated. "Our generous sponsors also greatly contribute to our success."

Participation also extends to things like hosting a "Trunk or Treat," where MCW members dress up and decorate their classic cars. "The first one of these I attended, I was overwhelmed by the number of people who brought their cars and the number of kids who attended. We had a solid line of ghosts, action heroes, princesses and other wonderful, costumed characters for almost two hours," Tim remembered.

Perhaps it's that same sense of nostalgia that drives MCW members, and many of Tim's memories are tied to cars. From his brother's 1934 Chevrolet Master Coupe to the 1960 Chevrolet Brookwood station wagon that belonged to his junior high school tennis coach, Tim has a workshop of ongoing projects.

"I've always been partial to Chevrolets, but I have grown to love all forms of classics. Each one has unique design features that give it personality,"

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Tim noted. "It's fun for me to see how the earliest cars had aspects related to horse-drawn wagons. Others had influences from the art deco age and then the jet age, including fins and other qualities that resembled parts of an airplane."

Tim said his automobile interests are encouraged by his wife, Cheryl, who grew up next to Tim on adjoining family farms. "She supports this club and hobby completely. I could not do this without her, and I think she really likes learning about the classic vehicles and driving them," he stated. "She recently installed the windshield wiper system and the driveshaft in our 1968 Camaro. She also drove a 1969 Opel, and her parents loved fast cars!"

The Rowlettes' son, Jarrod, has some interest in classic cars but would rather hunt and fish. Daughter, Kacie, is much more interested in them and is well versed in muscle cars, especially the family Camaro. "I also love it when our six grandkids are here and ask questions about the cars. One of them has even ridden in the rumble seat of our Chevrolet in the Ovilla parade," Tim shared.

Tim said involving the younger generations is important to MCW. "It's all about having fun, answering questions for those interested in learning about classic cars, and, hopefully, encouraging others in joining us as we continue to give back to the community," he admitted. "We could also really use some younger volunteers' help with social media publicity."

Additionally, Tim enjoys working with his church family at First Methodist in Midlothian or finding other ways to appreciate cars. "I took my 1968 Opel to a drag race when my Camaro was down because of a broken transmission," Tim laughed. "It ran the quarter mile in a blistering 23.4 seconds at 66 miles per hour!" **NOW**

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THE THRIFT Shift

— By Angel Morris

As prices on just about everything continue to creep up, visiting your local thrift store may become more enticing. While prices at those, too, are on the rise, there are still great deals to be had on everything from clothing to home decor. When thrift shopping, keep in mind there will be good days — when you find things you had in mind — and bad days — when all you seem to find is junk. Of course, one man's trash is another man's treasure. For the complete newbie, to “thrift” is to shop for reduced-price items at flea markets, garage or estate sales, second-hand or discount shops and, of course, thrift stores. Here are some tips to keep in mind if you're new to the thrifting game.

Keep a running list of items you are hunting. The thrift store is unlikely to be the place for picking up things you must have in a timely manner. Successful thrifters have in mind items they don't necessarily need now but would like to have at some point in the future. When they hit their local thrift shops, they are always on the lookout for these things but are not disappointed when they don't find them. Think of things you know you'll need at a later date, like larger size clothing than what your toddler currently wears or toys for them as they grow up, furniture pieces for a room you want to gradually update or seasonal decor for an upcoming holiday.

Get to know your discount stores. Do they restock shelves on a particular day? Mondays are often a good thrifting day, as all the items that folks donated over the weekend will begin to get shelved, and typically a new discount will begin within the store. This begs the question: Is one day of the week set aside for additional discounts? Can you get a store credit if you donate items to them before shopping? What stores offer what products: clothing, decor, toys, furniture, etc.? Do certain stores support a particular charity that is dear to you? Knowing these things can make your thrifting experience more successful by saving you not only money, but also time.

Get creative. If you find an item that is close to what

you've been wanting but not perfect, what can you do to make it closer to what you desired? Paint works wonders on wooden furniture. New fabric can update the look of upholstered pieces. Clothing can be tailored more to your style. These changes may not be worth it if they require too great of an investment in money or time. But if you can inexpensively update something that was already a good deal, thrifting can mean getting items you could not get at the same discounted price elsewhere.

Know your limits. Just because something is cheap doesn't mean you need it. Ask yourself: Do I have a place for it in mind, or will it end up in my storage shed? Does it fit my decorating style, or will it stick out like a sore thumb? Will it really partner well with my current clothing or end up in the back of my closet?

A bargain is only a bargain if it works with your lifestyle. Thrift stores are a great place to find things to add to your collections. Just don't make the mistake of thinking you need every kind of collectible. Stick to a few that have special meaning to you. If you tire of those or your tastes change, you can always donate them and start over.

Beware of certain items. As a general rule of thumb, you do not want to thrift anything that cannot be thoroughly cleaned and disinfected. Avoid items that are stained or damaged, of course, unless it is something you know can easily be repaired. While many thrift stores verify appliances are in working order, you run the risk of them lasting only a short time after purchase. It is not considered wise to purchase safety items like children's car seats or bike helmets because regulation standards change frequently. Makeup, hats, shoes, swimsuits and undergarments are typically no-no's, as you could expose yourself to the germs, fungus or skin issues of the previous owner. In the case of items that are new with tags, you would still want to follow deep-cleaning procedures before wearing them.

Keep these suggestions in mind as you begin your thrifting adventures. Whether bargain hunting is a hobby or a lifestyle, the key is to save some money and have some fun! **NOW**



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HOLCIM



After his probationary year, Firefighter Paramedic Matthew Lockamy earns his new helmet shield from Captain Josh Altman.

Zoomed In: By Angel Morris
Junior Girl Scouts Troop 5685

Junior Girl Scouts Troop 5685 recently earned its Bronze Award by building nesting houses for birds. “When a Girl Scout enters fifth grade, they have an option to work toward this award. I approached them with the requirements, and they were very excited!” explained Troop Leader Lupe Ramirez. “They decided on their project and reached out to Lowe’s, who donated supplies.”

The park provided details about ways to attract more birds. “Once the houses were finished, the girls were able to install them with the help of Texas Master Naturalist volunteers,” Lupe noted. “I’m so proud of my girls for accomplishing this 20-hour project. Next time you are walking Mockingbird Park, stop by and see what these girls worked so hard to complete.”



Alexsha and Zach Vann, owners of Battle Axes, receive the Midlothian Chamber Small Business of the Year Award and the Chamber Business Academy Scholarship.



Midlothian Hall of Honor presents its Class of 2023 Individual Inductees. The 1958-1960 MHS Boys Basketball, 2003 MHS Golf and 2006 MHS Softball teams were also inducted.



McClatchey Elementary HERO Dads (Helping Everyone Respect Others) volunteer to support the school administration and PTO, with about 40 fathers participating.



Nikki Houston (center) receives a Stanley Cup from nurse practitioner Lauren Johnson and Dr. Brad Collins for participating in the Midlothian Medical and Sports Center patient review contest.



Bobby Gonzales helps his son, Christian, with some classwork at T.E. Baxter Elementary's Take Your Dad to School Day.



Demi Martin escorts her mom, April Royal, during the basketball team's Senior Night at Ovilla Christian School.




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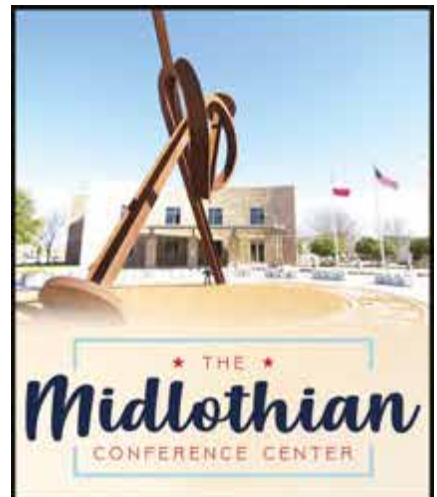
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Dr. Peter Breggin defines forgiveness as an attitude of letting go of enmity and resentment and encouraging ourselves to feel genuine love and empathy toward ourselves and others. Forgiveness does not mean that you forget the injustice done to you, allow the harm to persist, or excuse the wrongdoer.

Holding onto grudges can weigh heavily on our minds, resulting in emotions such as anger, bitterness, and resentment, which can become a constant source of stress, anxiety, and even depression, eroding our mental health over time.

Forgiveness involves letting go of the desire for revenge and releasing the emotional baggage associated with a transgression, paving the way for emotional healing. This requires courage and a commitment to your own well-being, allowing you to break free from the chains of victimhood and empowering you to grow and learn from challenging experiences.



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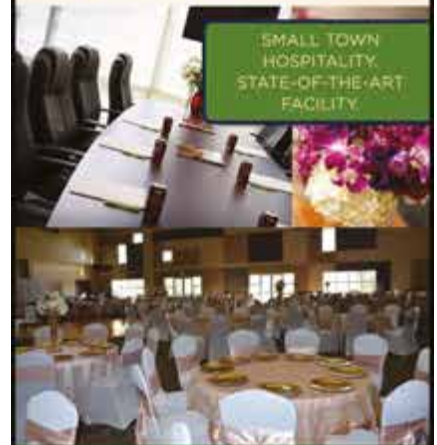
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— By Angel Morris

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Tommy and Angela Ewton moved their plumbing business to Midlothian nine years ago, after serving Mesquite customers since 1999. Formerly Preferred Plumbing & Gas, they then became Midlothian Plumbing. “We wanted to make it easy for customers to find us,” Angela said. “So, the name just made sense.”

Visits to family prompted the move. “We realized how



much we enjoyed the area. After 18 years, we sold our Mesquite home and built a new one here. It’s been one of the best decisions, and we wish we’d made it sooner,” Tommy said.

The Ewtons believe living in the community they serve holds them accountable. “We work, live and play here. You may find us at the supermarket, car wash or even a youth sporting event,” Angela noted. “We also engage in doing business with other small businesses in the area.”

A veteran-owned business, Midlothian Plumbing prides itself on loyalty. “We’re fair and honest while diagnosing and resolving plumbing issues. We want customers for life,” Tommy said. “Building a positive rapport with customers and knowing the specifics of their plumbing system makes our job more interesting.”

Following the motto “Local-Licensed-Loyal,” Midlothian Plumbing’s customers can expect prompt, professional and affordable services. “We offer lower rates than most competitors. If you get a quote that seems too high, call us for a second opinion,” Tommy suggested.

Midlothian Plumbing is fully insured, as well as licensed by The Texas State Board of Plumbing Examiners. "It's important that your issues are resolved by a licensed plumber," Angela said. "And if for some reason we can't get to it, we'll refer customers to another reputable plumber."

Midlothian Plumbing emphasizes respectful relationships. "We're invited into intimate personal spaces with each call, and we show much respect toward customers and their property," Tommy noted. "We strive to communicate clearly and do our best to educate them about their specific situation."

Treating customers like family has paid off. "We've grown drastically! We are blessed with many repeat customers, and even more are referred to us by a friend or neighbor!" Angela said.

As growth has continued, the Ewtons hired additional plumbers for their team. Will and Tyler are both licensed plumbers looking out for the health and safety of the community. "We receive tons of positive feedback about them and are proud to have them on the team," said Tommy. "Both men are trustworthy, reliable and the community can count on them to do the right thing."

Midlothian Plumbing plans to continue supporting the community that has been so welcoming. "We offer discounts to all military, teachers, law enforcement and fire/EMT personnel," Angela said. "We also look out for elderly residents, offering discounts toward their services."

Midlothian Plumbing also encourages customers to conserve water. "Clean water is a privilege we all take for granted. There are about 663 million people in the world without access to safe water," Angela said. "In certain parts of the world, many women and girls cannot work or attend school because their daily chore is to walk for miles to collect water. We remind everyone to save water whenever possible!"

As they continue providing plumbing services in Ellis County, the Ewtons express gratitude to Midlothian. "Our plumbers are passionate about the health and safety of our customers and will always provide the utmost care in servicing all of your plumbing needs," Angela said. "We have the kindest customers, and it's our pleasure to help out!" **NOW**



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MANNA HOUSE

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/>.

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In the Kitchen With

JOURNEY SLAYTON

— By Angel Morris

Longtime local Journey Slayton remembers when the Midlothian Farmers Market first began. “It’s been integral to developing my entrepreneurship skills with my business, Journey’s Mobile Eats & Treats, that I started when I was just 15,” she noted.

Journey was helping in the kitchen before she could reach the stove. “My love for cooking and diverse palate grew with my age. It was probably all the tea parties with my big sister. We had food and tea from everywhere,” she recalled.

Studying nutrition and dietetics in college, Journey also serves as vice president of Midlothian Downtown Business Association, chair of the Farmers Market Committee and is a Chamber member. “I also love country dancing, shopping and travel,” she noted. “But I really enjoy sharing my love of food with the community.” **NOW**

the bell peppers until just golden on the edges.

2. Add the remaining oil as needed; sauté the zucchini and squash for 2 minutes, until just becoming soft with slight golden edges. Add the onions and thyme; sauté for 5 minutes, until tender and beginning to turn golden.

3. Add the garlic; cook for 30 seconds, until fragrant. Add the tomatoes; sauté to combine, about 1 minute.

4. Add the water; simmer to combine.

5. Move the dish to a cast-iron skillet; place in the oven at 350 F for 20 minutes.

6. Cook an additional 5 minutes, if needed, to reduce the liquid.

7. Season with the salt and pepper; top with fresh basil and serve.

Real Ratatouille

Serves 8.

1 oz. olive oil (divided use)
1 red bell pepper, medium diced
1 zucchini, thinly sliced, skin on
1 yellow squash, thinly sliced, skin on
1/2 yellow sweet onion, thinly diced
2 sprigs thyme

3 cloves garlic, minced
2 Roma tomatoes, concasséd (peeled and thinly diced)
2 oz. water
Salt, to taste
Pepper, to taste
4 fresh basil leaves, chiffonade (optional)

1. In a pan, heat 1/2 of the olive oil. Sauté

Lemon Greek Chicken

Serves 4.

2 tsp. lemon zest
1/4 cup lemon juice
2 Tbsp. olive oil
4 large garlic cloves, pressed
2-3 tsp. dried oregano leaves
3/4 tsp. salt

- 1/8 tsp. ground black pepper
- 5 medium golden potatoes, cubed, skin on
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into wedges
- 8 oz. fresh whole mushrooms
- 4 split bone-in chicken breast halves (about 2 1/2 to 3 lbs.)

1. Preheat the oven to 400 F. In a 1-qt. mixing bowl, combine the lemon zest, juice and oil.
2. Using a garlic press, press the garlic into the same bowl. Add the oregano, salt and black pepper; set aside.
3. Cut each potato, lengthwise, into 8 wedges; place in a 9x13-inch baking dish. Add the bell peppers, onions, mushrooms and half of the lemon juice mixture; toss to coat.
4. Place the chicken on top of the vegetables; using a pastry brush, brush the chicken with the remaining lemon juice mixture. Bake 1 hour, or until the chicken is no longer pink in the center.
5. Baste the chicken and vegetables with the pan juices after 30 minutes. Chicken and vegetables should be crispy on top and around the edges.

Fruit Salsa

Serves 8.

- 6 strawberries, bruised
- 2 mangoes, peeled and diced
- 1/2 honey dew melon, diced
- 1/2 cantaloupe, diced
- 1 dragon fruit, diced
- 1/2 small seedless watermelon, diced
- 2 kiwi fruit, peeled and diced
- 2 large jalapeños, bruised
- 1 red onion, bruised
- 4 Tbsp. lime juice
- 4 Tbsp. cilantro, diced
- 2 tsp. salt
- 1 Tbsp. virgin olive oil
- 1 11-oz. bag white corn tortilla chips

1. Wash, peel and dice all the fruit.
 2. Combine all the ingredients in a bowl; mix well. Let marinate for 20 minutes at room temperature. Serve with tortilla chips.
- Tip: Pre-chop the remaining fruit, and use it to refill as needed.

Roasted Corn Chowder

Serves 4.

- 2 ears sweet corn, peeled
- 2 slices beef bacon, diced (can substitute with other forms of bacon)
- 2 Tbsp. salted butter
- 1/2 medium yellow onion, bruised
- 1/2 green bell pepper, bruised
- 1 rib celery, bruised



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Real Ratatouille

- 2 garlic cloves, minced
- 1 sprig thyme
- 1 Tbsp. flour
- 1 cup chicken stock
- 1 cup milk
- 1 russet potato, small diced
- 1 chicken bouillon cube
- 1/4 cup heavy cream
- Salt, to taste
- Pepper, to taste
- 1 tsp. pickled diced jalapeños (optional, for flare)

1. Grill the corn on high until charred on all sides. Cool; cut from the cob.

- 2. In a saucepan, sweat the bacon to release fat but not brown. Add the butter and melt.
- 3. Sweat the onions, bell peppers and celery until tender and translucent.
- 4. Add the garlic; cook until fragrant.
- 5. Add the thyme and flour, stirring to create a roux.
- 6. Add the stock and milk slowly while whisking to avoid lumps. Simmer for 10 minutes.
- 7. Add the potatoes and bouillon. Simmer 15-20 minutes until the potatoes are soft.
- 8. Stir in the cream. Season with salt, pepper and jalapeños.

Sparkling Pineapple-Mint Lemonade


Serves 8.

- 1 1/2 cups sugar
- 1 cup water
- 1 46-oz. can pineapple juice
- 1 cup fresh lemon juice
- 1 cup Rose's brand Sweetened Strawberry Syrup
- 1/3 cup fresh mint, chopped
- 1 2-liter bottle Canada Dry Ginger Ale
- Fresh mint sprigs (optional, for cup rim dressing)
- Orange slices (optional, for cup rim dressing)

Maraschino cherries (optional, for cup rim dressing)

- 1. Combine the sugar and water in a large saucepan; bring to a boil. Boil for 1 minute; remove from heat.
- 2. Stir in the pineapple juice, lemon juice, strawberry syrup and mint; let stand for 15 minutes.
- 3. Strain the lemonade into a large pitcher; discard the mint.
- 4. Serve over ice cubes in tall glasses, using 1/2 of the lemonade mixture to 1/2 of ginger ale. Garnish with mint sprigs, an orange slice and a cherry, if desired.

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MORE THAN A CROSS

— By Bill Smith

Travel Interstate 40 east from Amarillo, and in just about 45 minutes, a tall beacon will appear on the south side of the highway. You have been driving along what has been known as “The Mother Road” — or the iconic Route 66. There are a lot of things to see along the way — some historical, some quirky and some inspiring. Without a doubt, The Cross at Groom falls into the inspiring category.

Route 66 met the fate of becoming a decommissioned highway as recently as 1985, and the route was largely overlayed by Interstate 40 across the Texas Panhandle and beyond. Though many of the towns along the way have turnouts from the highway where you can still travel on the road with the Route 66 designation, a desire to reach destinations with the most expedience tends to make drivers bypass the two-lane routes through the small towns in favor of the interstate. Travel guides for the Route 66 trip still exist, and most of them will mention pulling off the highway at Groom.



The reason the cross stands out so prominently to the passing motorist is the notoriously flat terrain across this part of the Panhandle, as well as the magnificent height of the cross, upwards of 19 stories. Made of steel, the cross weighs 2.5 million pounds, took eight months to build and required the work of more than 100 welders. It was erected in 1995 and is visible for 20 miles.

As significant as the huge cross is, it is only the beginning of the attraction if you take the exit from the big highway. The formal name of the exhibition is The Cross of Our Lord Jesus Christ Ministries. The official website has the mission statement, which reads in part: “Our mission is to serve people from all walks of life by creating an environment that is filled with peace, compassion and spiritual direction. We believe in cherishing and strengthening the institution of the family, which we feel is a vital part for establishing a culture that flourishes.”

The exhibit welcomes more than 1,000 visitors per day, and while that sounds like a lot, the parking area is large enough for a significant number of cars and can accommodate large RVs. The outside exhibits are spaced well apart, and the interior gift shop and exhibits are more than adequate for the traffic. The numerous bronze sculptures depict the stations of the cross — that is, the events leading to the crucifixion of Jesus Christ — and continue with an exhibit of the empty tomb, celebrating His resurrection. Each



station is accompanied by Scripture that explains the sculpture.

At the top of the steps that represent the climb up Golgotha's Hill are three crosses with bronzes representing the scene of the crucifixion. Another large, yet unfinished, sculpture represents the Last Supper.

The Cross at Groom is obviously more than a place to take a break from your drive down the highway. It's a place to pause — a place of spiritual reflection. The exhibits are extremely well done, creating an unforgettable destination. There is no cost to view the exhibit, and it is available for viewing 24 hours daily. **NOW**

Sources:

1. <https://www.audleytravel.com/us/usa/country-guides/route-66>.
2. <https://www.roadsideamerica.com/story/12568>.
3. <https://crossministries.net>.

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Natural Treasure

— By Virginia Riddle



While walking the trails in national forests and state parks, one experiences the natural state of composting as fallen leaves turn dark and gradually disappear to become fertile soil. Mother Nature understands the need for decay and rot, as do gardeners who value composting to speed up this organic process and give back to the land its needed nourishment.

Beginning successful composting requires very little:

- A willingness to experiment.
- A basic understanding of the natural process of decay and rot.
- A little effort to build a compost heap.
- Acceptance that mistakes will be made, but usable compost can still be achieved.

Choose and Create a Composting System.

1. Build an outdoor pile or dig a trench.
2. Purchase a bin or box or build one from untreated lumber, wire, square bales of hay or cement blocks.
3. Purchase a composting tumbler or a covered circular black plastic garbage can.
4. Dig honey holes or catholes near or in gardens.
5. Layer leaves/winter debris into existing fall gardens.

All the above systems have pros and cons depending on time, monetary expense and space requirements. However, these systems work well using the composting materials and methods that are discussed next.

Start Collecting Compost Materials.

The material possibilities are endless in composting, even if a composter is a city dweller living in an apartment.

1. Kitchen edibles — Instead of throwing away the leftover parts of a salad into the disposal or trash, toss them into a cute cookie jar or crock kept on the counter or in the refrigerator. Add them to the compost heap after the meal. Coffee grinds, tea bags and scraps of all kinds, except those including sugar, fats and meats can be used. These materials usually fall into the green category of materials.
2. Tree/wood debris — Fallen leaves, frost-killed plants, pine needles, sawdust, wood chips, hay, small sticks and black print/white newspaper and unwaxed/plain cardboard are materials usually considered to be in the brown (carbon-rich) category of materials.
3. “Gutter goo” — Cleaning out home gutters provides already composting materials. Add this brown material to the compost heap or directly into the gardens below the gutters.
4. Grass clippings and hay — Only use these if they are free of weeds and chemicals.
5. Animal manure — Manure from hooved grass/hay-eating animals, poultry and rabbits can be used along with feather, bone, fish and blood meals. Do not use any manure from meat-eating animals.

The Great Debate — Hot or Cold Compost?

Heat is required for the breakdown of the materials, but the question is . . . How much heat is good? Hot composting, especially in summer temperatures, kills weed seeds and unwanted pathogens, and results are achieved quickly. Cold composting requires lower heat in which added earthworms and microorganisms aren’t harmed, and it requires less turning. To turn a cold heap to hot, add already composted materials or nitrogen-rich activators, such as rabbit feed, dog food or chicken crumbles.

Turning or Burying the Compost.

If one is using any of the above ground methods of composting, turning the decaying compost with a rake, hoe or pitchfork every few days is essential. Turning prevents overheating, which destroys beneficial microorganisms and



helps mix all materials. Water the composting materials, keeping the moisture at a relatively constant level throughout the process. An advantage of the circular tumbler or round plastic garbage can is that they can be rolled instead of having to turn their contents.

Dig a 20x30x24-inch honey hole near or between gardens, or dig small catholes in gardens to add kitchen edibles. Always keep them covered with topsoil or a rock/brick to keep flying insects and dogs from swarming or digging into the holes.

A Word of Caution.


Bacteria and fungi spores that develop naturally in compost can be harmful, especially to anyone who is immune compromised. Always use gloves when handling compost and wash hands well when finished.

Stop and Enjoy the Results.

It should take at least six months to two years for complete fermentation to occur depending on the temperatures and moisture maintained. Finished compost is dark and crumbly and should smell sweet and earthy. **NOW**

Sources:

1. *Complete Compost Gardening Guide*. Pleasant, Barbara and Martin, Deborah L., Storey Publishing, North Adams, Maine, 2008.
2. *Let It Rot!* Campbell, Stu. Storey Publishing, North Adams, Maine, 1998.



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

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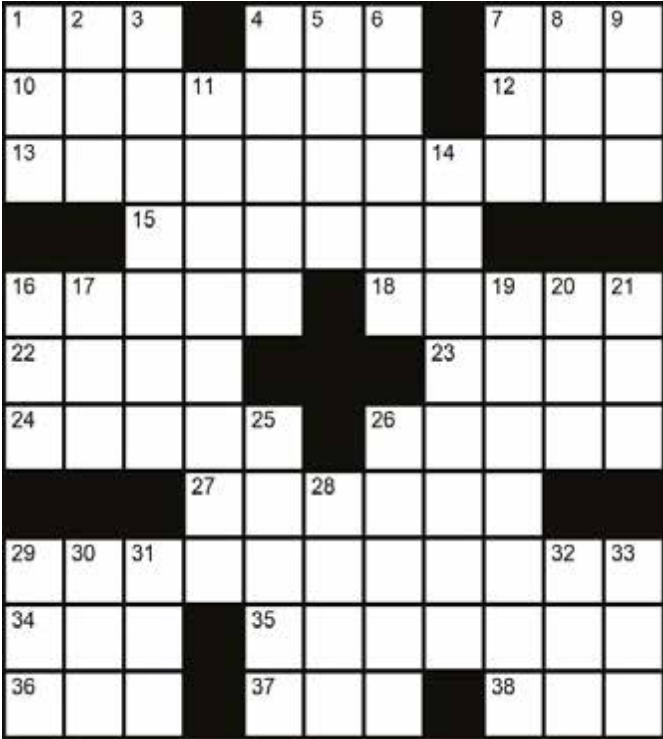


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Crossword Puzzle



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- Across**

1 Dad, in the boonies

4 TV forensic drama

7 Chinese life force

10 Made self-conscious

12 Strike lightly

13 Competitor

15 Hawk or eagle for example

16 Often split in argument

18 Oklahomans originally from the Midwest

22 Jogger's companion, often

23 Family

24 Blood fluid

26 They're outstanding

27 NASA to shake up composition

29 Concert Ivan arranged for a dodge

34 Arrest

35 Mad Goneril's show with no men and a solitary actor

36 Presidential advisory group created under HST

37 No way, old-style

38 Opposite to 37 Across
- Down**

1 Baby food

2 Lawyers' group

3 Golden State cager

4 Poker pile

5 Religious splinter

6 "Walls have ears" or "in the soup"

7 Bean counter

8 Chinese dynasty of Christ's time

9 "Addams Family" cousin

11 Hoagy Carmichael standard

14 Cause of sticker shock

16 "--- Dark Materials" (Philip Pullman)

17 Take off

19 Its capital is Tirana

20 Floor covering

21 Connections

25 Doofus

26 Goliath's master of old TV

28 Simone of jazz

29 "The Situation Room" station

30 It replaced the Pan-American Union

31 "Superstore" network

32 "--- 'Havoc!' ..." (Shakespeare, "Julius Caesar")

33 Catastrophic occurrence

Online versions and solutions available at 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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Sudoku Puzzle

Easy

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

Medium

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

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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.

MARCH

3/2

Midlothian FFA Tune Up Show:

All animals validated under your name are eligible to show. Only current Midlothian FFA members can exhibit an animal. Entries for all: \$5. Weight cards due: 8:00 a.m.; show starts: 9:00 a.m., MISD Ag Barn, 1851 Mockingbird Ln. For more information, www.midlothian.tx.us/Calendar.

3/6

State of the County Luncheon:

Guest speaker the honorable Judge Todd Little, County Judge, will provide updates on the current state of affairs within Ellis County. 11:00 a.m.-1:00 p.m., Midlothian Conference Center, 1 Community Dr. Register at <https://members.midlothianchamber.org/events?oe=true>.

3/8-3/17

Tulipalooza:

Approximately 300,000 tulip bulbs in a variety of cultivars and colors. Stroll through the tulips, take plenty of selfies and pick your own bouquets for \$2.50 per flower or \$20 per bunch of 10. Live music, vendors, food trucks and a classic car show. Adults: \$15; children: \$5. Purchase tickets at the entrance or online at tulipalooza.com. Getzendaner Park, 400 S. Grand Ave.,

Waxahachie. See website for event schedule.

3/16

Wildflower Walks:

A 1 1/2-mile nature walk led by Texas Master Naturalists to learn about the wildflowers, native plants and animal life of the park. Closed-toe shoes, comfortable outdoor clothing and insect repellent recommended. Open to children and adults but be aware most trails are natural surface. In case of rain, walk is canceled. 9:00-10:30 a.m., Mockingbird Nature Park, 1361 Onward Rd.

3/21-3/30

Ellis County Livestock Show and Rodeo:

Ellis County Expo Center, 2300 West Hwy. 287 Bypass, Waxahachie. For events and times, visit the website, <https://www.ecyexpo.com/p/events/ellis-county-youth-livestock-show>.

3/23

Community Egg Hunt:

A fun scramble to collect toy-filled eggs and prizes scattered across the baseball fields. Groups in separate areas: 2 years and younger (purple field); 3-4 years (light pink field); 5-7 years (light green field); 8-10 years (magenta field); 11-12 years (gold field). The hunt also features an

inclusive hunt area for people with special needs. Bring your baskets and cameras! The Easter Bunny will be available for photos following the hunt. 10:00 a.m., Midlothian Community Park Phase 2 (baseball fields), 3601 S. 14th St. **Rain-Out Date: 3/30.**

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.

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 details.

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.

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 fifth-graders. 11:00 a.m.-noon, A.H. Meadows Library, 922 S. 9th St. Register at Midlothian.Libcal.com.

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









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