# Midlothianlow

JUNE 2022

Serving Through Sewing

Erin Kruse stitches memories

Exchange of Love

The Roys embrace their foreign exchange student

In the Kitchen With Idium Coss

Also inside:

Socivenger Hunt

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Featured Business: Kalibur Cutz of Midlothian

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### ON THE COVER



Erin Kruse's passion for sewing has become a way to uplift others.

### Photo by

Kobbi R. Blair.

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### **EDITOR'S NOTE**

Best wishes, lune brides!

Celebrating my 20th anniversary of marriage, I got to wondering why June is considered such a popular time to wed. While I discovered some romantic reasons, the history seems by and large rooted in practicality. For instance, in medieval times, common folks' annual bath (yep, one thorough bath per year was standard), typically took place mid-year. Wanting to smell reasonably fresh, a bride would choose to wed in June. Just to be safe, she also carried a bouquet of flowers ... and another wedding tradition was born. With that trend, June was selected, in part, because more flora was readily available.

Couples wanting to have children often considered June the perfect month to wed, calculating childbirth around early the next spring. This way women could recuperate in time for fall harvest work. In many areas, June provided the best weather for travel to and from weddings, and with the popularity of destination weddings, this is a reason some still favor June for marriage today.

In countries where the fiscal year began in July, couples would wed in June as it allowed them to be classified married for the full previous financial year. Subsequent tax breaks often paid for honeymoons. Finally offering some romance to the choice, it's at least noteworthy that the month is derived from the name Juno, the Roman goddess particularly linked to marriage and childbirth. Through the years, culture has encouraged the month's popularity, spawning not just a movie titled June Bride, but also a song with the same name from the 1954 musical Seven Brides for Seven Brothers:

Oh, they say when you marry in June you're a bride all your life, and the bridegroom who marries in June gets a sweet-heart for a wife.

Cheers to June grooms!



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It can be hard to let go of sentimental items, even when one has no real use for them. Baby clothes, college T-shirts or even clothing of a loved one who has passed away often get boxed up and left in closets for years. What if there were a way to put those items to real use? A way to keep them close and honor them? Erin Kruse has mastered piecing together these memories in a loving but functional way.

As a little girl, Erin watched her grandmother sew. "Nanny made her own clothes, clothes for us grandkids, blankets, pillows, etc. She was an amazing seamstress, and you never knew what she'd be working on each time you would visit her home," Erin recalled.

Nanny first taught Erin how to make "yo-yos" — circles of fabric sewn with a gathering stitch around the edge creating a rosette. These tiny creations are either embellishments or sewn together to make larger fabric pieces. "They were used to make table runners or to have as an accent on handbags and totes," Erin explained.

Fast-forward to high school home economics class, where Erin created her first start-to-finish piece without Nanny's assistance. "I learned how to make pillow cases and pajama pants. Using elastic was terrifying because I just knew that I would end up making them either too loose or way too tight, but they turned out perfect," Erin admitted.

After completing those two projects, Erin became the classroom helper to Mrs. Vaclivik, whom she still remembers fondly. "She loved that she had a student who learned how to sew and found a passion," Erin shared.

For high school graduation, Erin received her first sewing machine from her mom. "I would sew patches on my brother-in-law's police uniform, and I felt so official. Sewing for others became more rewarding than sewing for myself," she noted.

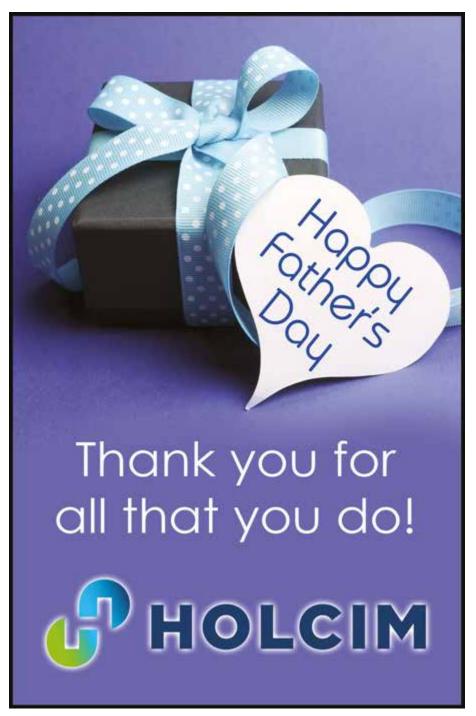
About 13 years ago, Erin was asked to make a memory blanket out of her dear friend's father's shirts. "He had recently passed away. I was terrified and honored at the same time. How could someone trust me with such irreplaceable items?"

But Erin took on the project and created one of her favorite pieces to date. "There is nothing like mastering the first memorable piece when you are an up-and-coming seamstress," she admitted.

Now, Erin calls the blankets made from the shirts of loved ones who have passed away "some of the most heart-wrenching pieces but also the most rewarding."







Word spread about Erin's expertise with these shirt blankets. Before she knew it, Erin became a go-to quilter for friends and friends of friends, which is how Kruse Design Co. got its start. While she is the campus receptionist at Midlothian Heritage High School by day, her nights and weekends are filled with quilting.

Surrounded by seniors during the school year, Erin said making blankets from the students' extracurricular activities T-shirts is an honor. "I sew year-round, but graduation and Christmas are all hands on deck, with my husband, Joe, and my kids, Camryn and Evan, playing a huge role in helping me meet deadlines for these blanket projects," Erin outlined. "The most rewarding part of our work is seeing the faces of the recipients when they unfold their pieces for the first time."

When starting a shirt blanket, Erin participates in the sorting process. "This can take time as some people have kept everything their baby wore, or every shirt their dad used to wear. Others only kept a favorite few," Erin stated.

Next, Erin and Joe cut the shirts using quilt blocks and interface the backs to prevent more stretching over time. Then, shirts are tried in different positions for the blanket top. A fabric border is added, and the front and back are pieced together with a quilt batting center. Embroidery personalization can be applied, too.

While Erin has always loved sewing, it is through the blankets she realized how impactful it can be. "I've met some of the coolest people and gained amazing friends. I've helped strangers sort their son's favorite concert tees after his tragic death. I've helped daughters as they cry holding their mom's favorite nightgown,"





she admitted. "This passion of mine has helped me in ways I never thought possible. I've learned so much more about compassion and grieving as well as how to help celebrate things like your daughter turning 13 with all of her cute youth tees and how to cheer on your graduating senior as they start the next phase of their life with college."

Erin's sewing even taught her something during COVID-19. "We said, 'We will not make masks!' Who were we kidding? I had the means and the knowhow to create something that the whole world needed, so we did our part," Erin said. "We made nearly 10,000 masks in about six months,"

When not helping others through sewing, Erin is "very big on family time." She said, "We like to be home with each other as much as possible and just enjoy each other's company. We like to work hard and play hard. We travel near and far and take back roads instead of highways when traveling through Texas. You won't believe what can be discovered in small Texas towns!"

Working full time and creating on the side requires organization and time management, but Erin does her best to accommodate those wanting a memory blanket, particularly when it involves an impending special event. She also still enjoys sewing things like curtains, embroidered items, nap mats and pillow covers from fabric as well as from loved ones' T-shirts. "In the end, it's about being an example of using your talent to help others," Erin noted.

"I've exposed my children to my passion their whole lives. My hope is that they have learned how to create pieces from start to finish and carry on this passion of mine somehow," Erin explained. "Maybe not through memory blankets but by finding their own way to do for others." NOW





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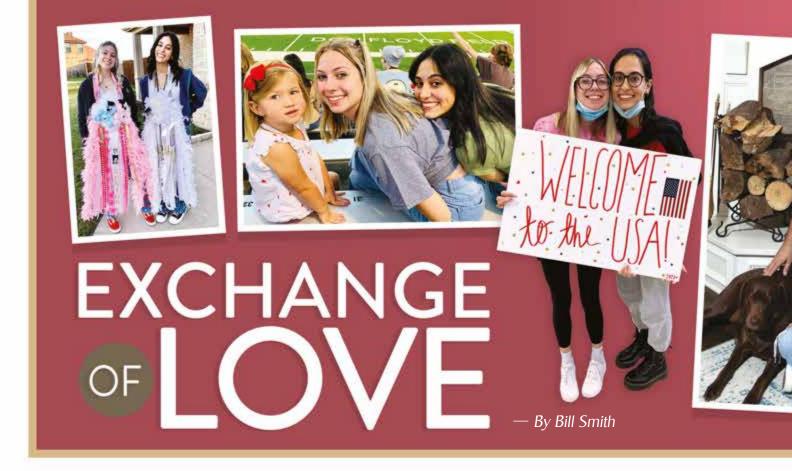
2022 General Election

Last day to register to vote: Tuesday, October 11, 2022.

Early Voting: Monday, October 24, 2022 through Friday, November 4, 2022 Election Day: Tuesday, November 8, 2022 (Vote at any Vote Center Location)







After long careers serving in the U.S. Navy and being deployed all over the world, Jason and Jennifer Roy decided they wanted their children to experience something akin to life overseas. Since they could not take their children to other countries with them, they decided to bring some of the flavor of life from another country to their home in Ellis County by hosting a foreign exchange student from Italy.

"I had seen something on social media last year about hosting an exchange student and casually mentioned it to lason, but we really did not take it any further than that," Jennifer said. "Then just about two weeks before school started last year, our daughter, Abby, saw a Facebook post about exchange students, and she really wanted to pursue it."

The family was concerned that there would not be enough time before the start of school to do everything, because there is an application process including background checks, travel arrangements, approvals from the exchange program, and there are only five places at Midlothian Heritage High School for exchange students. Happily, everything sailed through.

Natalia Manno had two years left to complete her high school diploma in her hometown of Modena, Italy. She was a senior this year at MHHS, and after counseling with advisors at the school when she arrived last August, she found that she would receive her American diploma. She will return to Modena to complete another senior year and receive a diploma in her native

country. "I had a little catching up to do in my classes when I arrived, but everything went well." Natalia offered.

When Natalia came to Texas, she was expecting to see more cowboys. Describing her hometown, Natalia said, "The city is known for auto manufacturing vehicles such as Ferrari and Lamborghini, and my father works for Ferrari. We depend more on walking, cycling and bus transportation to go to school and shopping."

Natalia found other differences in Midlothian, too. "One of the biggest differences in the school days between Italy and here is lunch! In Italy we go to school from 8:00 until 2:00, and we have a lot of homework. Here I enjoy having lunch with my new friends. I usually have time to get most of my homework done sometime during the school day."

In Italy, English is a required foreign language subject in school. "One of the reasons I wanted to come to the United States was to improve my English. It was hard at first because everyone here talks so fast. I have gotten used to it now, though."

The family has taken Natalia on some area excursions, most recently to Austin, and the trip to Texas would not have been complete without a visit to Buc-ee's. The area coordinator for Council for Educational Travel, USA, Bree D'Ottavio, has also taken Natalia to some area attractions, including the Ripley's Believe It or Not! museum and ice skating. She calls Natalia just to see how things are going at least once per month.

Abby is excited about the trip the family will be taking soon to New England. "My favorite subject is art, and, ultimately, I would like to be a fashion designer. We will be going to New York and Boston, and New York is the fashion center of the United States. I am particularly interested in the streetwear we will see there. After high school, I plan to study art at Navarro College, and then we will see what happens after that."



Natalia's favorite subject is science, more specifically biology. "I do not know yet where I will go to college. Of course, I will have one more year in high school when I go back to Italy, and I might stay there for college, or maybe I will come back to the United States."

Extracurricular activities in high school were new experiences for Natalia, as well. "We have been to football games here and participated in homecoming and spirit day," she noted. For homecoming, she and Abby made huge mums, and for spirit day they painted their jeans. "We do not have sports in the schools in Italy, only physical education. If someone wants to play football (American soccer), they do it outside of school," she continued.

Regardless of what the future holds for Natalia, she knows she has family on two continents. The Roys' younger daughter, 4-year-old Addison, says she has two sisters now, both Abby and Natalia. The feeling is mutual, of course. Regarding her relationship with all of the Roy family, Natalia replied, "I love them!" NOW

Editor's Note: For information on hosting a foreign exchange student, email Bree. Dottavio@cetusa.org.







# **Around Town**



# Hannah Null and Quarter Horse Emi head downtown to let kids ride during a community festival.

By Angel Morris

## Zoomed In: Lauren Tate

After graduating from Midlothian High School in 2020, it took Lauren Tate a couple of years to decide what career she wanted to pursue, but she eventually discovered her passion. "I finally started my journey to aesthetics and decided to attend the Professional Skin Care Academy," Lauren stated.

Lauren is set to complete her academy training next month and hopes to eventually begin working at Salon 180 in Midlothian. "I have enjoyed everything I have learned so far in school," Lauren admitted, "but I particularly enjoy facials!"



Baby Charlie Reasoner enjoys perfect weather at a recent Swink Athletics event.



Gwen Pierard and family are guests of honor at the city of Midlothian's dedication of the Art Pierard Memorial Amphitheater at Community Park Phase 2.



Brenda Walker, Staci Bush and Tammie Moore toast to warm weather and live music at Cassaro Winery.



Collin Downey and Tate Newman direct the more than 1,000 shoppers who attended the Midlothian Band Boosters Fundraiser Craft Fair.



For outstanding achievements in soccer, Coach Austin Guest receives induction into the Midlothian ISD Athletics Hall of Honor by Director of Athletics Todd York.



Volunteer Josh McSpadden loads groceries during the mobile pantry that happens every third Saturday of the month at Creekside Church.





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# Kalibur Cutz of Midlothian

By Angel Morris

Kalibur Cutz of Midlothian 533 George Hopper Rd., Ste. 120 Midlothian, TX 76065 (214) 817-8041 https://kaliburcutz.com/

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Hours: Tuesday-Friday: 8:30 a.m.-6:30 p.m. Saturday: 7:30 a.m.-4:30 p.m.

With the motto, "A hairstyle represents who you are. Make it your own," Kalibur Cutz's first full-service barber shop opened in Grand Prairie in 1994. Since then, Owner Jose Balboa has added a second Grand Prairie location, plus expanded to shops in Mansfield, Midlothian and, coming soon, in Bedford. "We are a traditional barber shop but also offer whatever is the trendy custom," Jose noted.

The Kalibur Cutz dream began with Jose's passion for barbering, which he discovered after cutting his own hair and that of a friend for some time. While he wanted to do something he really enjoyed, he was also motivated to be a good provider for his family. "I'd had a child at a young age," Jose noted, "and I wanted a job I not only liked, but that kept me out of trouble!"

Surrounding himself with a team of barber specialists, Jose takes pride in the experiences given to men of all ages, who are customers of Kalibur Cutz. "We are defined by our integrity, value, full details and full-service consistency," he promised.

In Midlothian, Shop Manager Marcos Garcia and Assistant Managers Frank Jacinto and Ian Franklin coordinate the Kalibur Cutz staff of hair and beard specialists. "Our customer service sets us apart, and our licensed barber stylists are skilled in providing superior cuts for our clients," Jose noted. "We want the patron to feel relaxed and enjoy the experience."

Providing old-school and new-school services, Kalibur Cutz pampers clients with hot-towel steam shaves and facials.

Discounts for new customers are offered periodically throughout the year, and everyone can make convenient appointments through the Kalibur Cutz website. "Check us out on social media for a look at some of what we can do," Jose suggested. Services include brush cuts, business cuts, buzz cuts, the Ceasar, classic tapers, crew cuts, fades, flattops layer cuts, mullets and more.

### 'WE ARE DEFINED BY **OUR INTEGRITY, VALUE, FULL DETAILS AND FULL-SERVICE** CONSISTENCY."

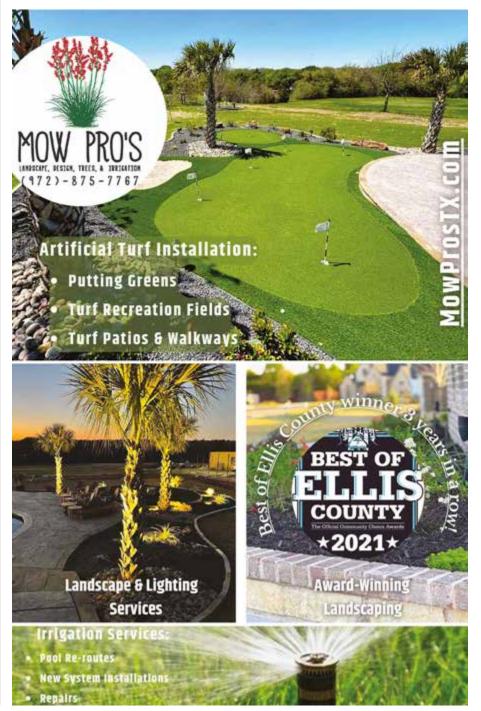
Joining the Midlothian community in October 2021, Kalibur Cutz treated kids to free haircuts for Halloween at its soft opening. At its grand opening in December, even Santa Claus stopped by for photos and a cleanup to his beard. "We like to do fun things like this and drawings for giveaways as a small thank-you to the community for being so supportive of us," Jose admitted.

In Grand Prairie, Jose has opened a barber college, and has that goal for Midlothian in the future, too. "Kalibur Barber College provides training by a Class A Barber Instructor who is licensed, registered, insured and bonded," Jose outlined. "The college offers continuing education courses and job training in all the traditional services provided by barber stylists."

Although Jose and his wife and two children reside in Venus, he said, "Midlothian feels like home." To give back to the community Jose loves, Kalibur Cutz participates in a church program, giving free haircuts to students going back to school. Every Wednesday, the shop discounts services for police officers, firefighters, dispatchers, correctional officers and medical staff. "This is something we do to thank local heroes," Jose stated.

While walk-ins are welcome, appointments are encouraged. Either way, Jose said your visit will be worth it. "Stop by and let us put our more than 30 years of business experience to work," he said. "I think you'll appreciate the quality of a Kalibur Cutz." NOW











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As far as aspirations go, Tatum Goss is dreaming big. Tatum attends culinary school full time in addition to her full-time job. Her grandfather inspired her to also open a business selling scratch-made treats to family and friends. "I want to expand and create something magical," Tatum shared, "something unique and ever-changing, yet always reliable."

Tatum is creative by nature, and her interest in baking spiked when she realized it was more about science than just adding things to a mixer. "Baking is another one of those creative outlets for me, and it has already taken me further than I imagined."

This summer, Tatum plans to do an externship at Dollywood in Tennessee. "My goals for the future are big, and I plan on trying whatever I can to achieve them!" NOW

### **Pavlova**

4 large egg whites, room temperature 1/2 tsp. cream of tartar 2 1/4 cups confectioners' sugar 1 1/2 Tbsp. cornstarch 3/4 tsp. vinegar Whipped cream or fruit, for serving

**I.** Preheat the oven to 350 F. In a bowl, whip together the egg whites and cream of tartar until foamy. Add the sugar and cornstarch;

mix well. Add the vinegar; continue to whip until a stiff peak forms. Using an ice cream scoop, place the meringue onto parchment paper; bake for 45 minutes. Remove from the oven; cool. Serve with whipped cream or fruit.

### **Peach Galette**

Crust:

1 1/4 cups flour 1 1/2 tsp. sugar 1/2 tsp. salt

8 Tbsp. butter, cut into small 1/2-inch cubes, chilled in freezer at least 15 minutes

1 egg

l egg yolk

4-6 Tbsp. iced water

### Filling:

3 Tbsp. cornstarch

1/2 cup sugar

1 tsp. nutmeg

1 Tbsp. flour

Pinch of salt

2 large yellow peaches, pitted and sliced into 1/4-inch to 1/2-inch slices

3/4 cup raspberries

1 Tbsp. lemon juice

Coarse sugar (optional)

**I.** For crust: Preheat the oven to 375 F. In a large bowl, whisk together the flour, sugar and salt. Add the butter; knead until the mixture is crumbly. Add the egg, egg yolk and water. Knead until the dough comes together. Shape into a disc; chill in the refrigerator.

- **2.** For filling: In a large bowl, whisk together the first 5 ingredients. Add the peaches, raspberries and lemon juice; combine well.
- **3.** Place the refrigerated dough onto a parchment-lined baking sheet. Pour the peach mixture into the middle of the dough. Fold the outer dough inward around the entire disc. Sprinkle sugar on top of the dough and filling if desired. Bake for 45 minutes.

### Flourless Chocolate Cake

### Batter:

- 1 cup chocolate chips, semisweet or bittersweet
- 8 Tbsp. unsalted butter, room temperature
- 3 large eggs
- 3/4 cup granulated sugar
- 1/4 tsp. salt
- 1-2 tsp. espresso powder (optional)
- 1/2 cup Dutch-process cocoa powder
- I tsp. vanilla extract (optional)

### Glaze:

- I cup chocolate chips, semisweet or bittersweet
- 1/2 cup heavy cream
- **I.** For batter: Preheat the oven to 350 F. In a microwave-safe bowl, melt the chocolate chips; stir in the butter until combined.
- **2.** Using two separate bowls, divide the egg yolks and whites. Add the sugar to the bowl with the egg yolks; whip. Fold in the melted chocolate mixture; set aside.
- **3.** Whip the egg whites into meringue with medium peaks.
- **4.** In a separate bowl, combine the salt, espresso powder and cocoa. Add the dry mixture to the wet mixture; combine well. Mix in the vanilla, if using. Fold in the meringue. Pour the batter into molds; bake for 17 minutes. Remove from the oven; cool.
- **5.** For glaze: In a microwave-safe bowl, melt chocolate chips. Mix in heavy cream. Pour over cooled chocolate cake and serve.

### **Churros**

### Batter:

1 cup water

1/4 cup unsalted butter, cubed

1 Tbsp. granulated sugar

1/4 tsp. salt

I cup all-purpose flour

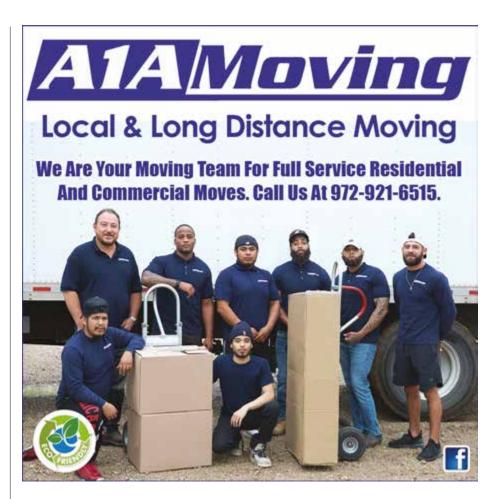
I large egg

1/2 tsp. vanilla extract Vegetable oil, for frying

### Coating:

1/2 cup granulated sugar

3/4 tsp. ground cinnamon





- **I.** For batter: In a saucepan, bring the water, butter, sugar and salt to a soft boil. Once boiling, add the flour; stir until combined. Transfer the mixture to a stand mixer; mix on medium until smooth and thick. Add the egg and vanilla; mix until combined.
- **2.** In a medium pot, add the vegetable oil; heat until 360 F. Fill a piping bag with the churro batter. Pipe out churros into the hot oil; cut them at about 4 inches as they drop into the oil. Fry for 2 minutes or more, until golden brown. Remove from the oil. Drain; allow to cool.
- **3.** For coating: In a small bowl, combine the sugar and cinnamon. Once the churros are cooled, roll them in the sugar and cinnamon mixture.

### **Texas-Style Blueberry Cobbler**

### Ratter

12 Tbsp. butter, room temperature (divided use)

1 1/2 cups flour

1 1/2 cups sugar

I tsp. baking powder

1/2 tsp. salt

1/2 tsp. cinnamon

1 1/2 cups whole milk or buttermilk

I tsp. grated lemon zest



### Topping:

1/4 cup blueberries

1/4 cup raspberries

1/4 cup blackberries

1 cup sugar

**1.** For batter: Preheat the oven to 350 F. Use about 2 1/2 Tbsp. of butter to grease a 9x13-inch baking dish.

- **2.** In a large bowl, sift together the flour and the next 4 ingredients. Add the milk and lemon zest. Add the remaining butter; stir until fully incorporated.
- **3.** For topping: In a small bowl, add all ingredients; mix well.
- **4.** Pour the batter into a buttered baking dish. Sprinkle sugar-coated berries on top. Bake for 25 minutes until golden brown.



As Midlothian's first hospital, Methodist Midlothian Medical Center is here to make sure your labor and delivery experience is memorable for all the right reasons. And that starts with being close to home, But that's not the only reason to trust Methodist Midlothian with one of your family's most important decisions. Here, you'll find advanced technology and a highly trained staff ready to support you and your baby every step of the way. You'll also find modern amenities, like spacious family waiting areas and patient suites. It's a privilege to be part of your childbirth journey, and we look forward to caring for you and your new bundle, or bundles, of joy.

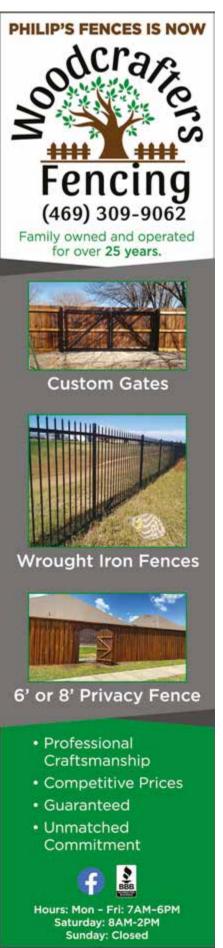
Visit MethodistHealthSystem.org/MidloLD or call 877-637-4297 for a referral to an OB-GYN.

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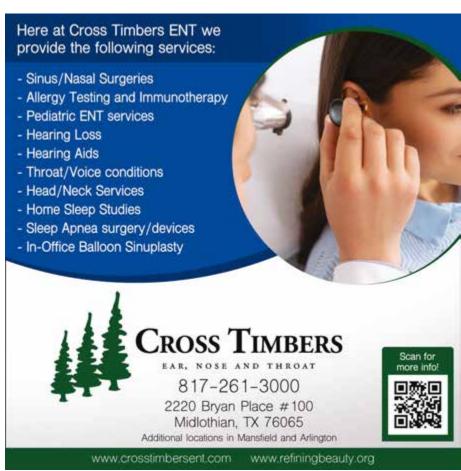
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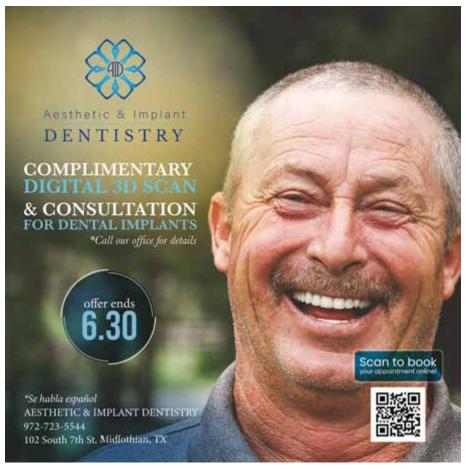








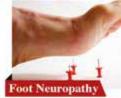






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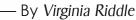
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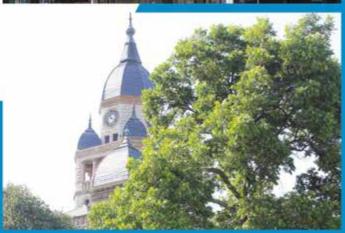












A casual stroll around the courthouse square; leisurely shopping and dining, while enjoying live music; and soaking in some of Denton's rich history and cultural arts may be just the ticket for a visit. But there's even more to this beautiful city. Located just north of the Dallas-Fort Worth Metroplex, Denton is home to the University of North Texas, Texas Woman's University and North Central Texas College. Music of every genre can be heard day and night pouring out of some very hip venues.

Denton was the third city, behind Austin and Fort Worth, to be named a Music Friendly Community by the Office of the Governor's Texas Music Office in 2017. However, Denton glows culturally vibrant in the other arts, too. Bright murals decorate many of the buildings, and the Patterson-Appleton Arts Center, repurposed in the city's historic steam power plant with its soaring ceilings and original industrial hardware, offers more than 20 art exhibits annually in two galleries and a sculpture garden. Art galleries, studios and performance halls abound in this city and its institutions of higher learning. Campus Theatre, located in a historic movie-on-the-square theater, hosts live productions, concerts and film festivals.

The city, founded in 1857 is also Denton County's seat of government. The courthouse, built in 1896 and restored in 2004,

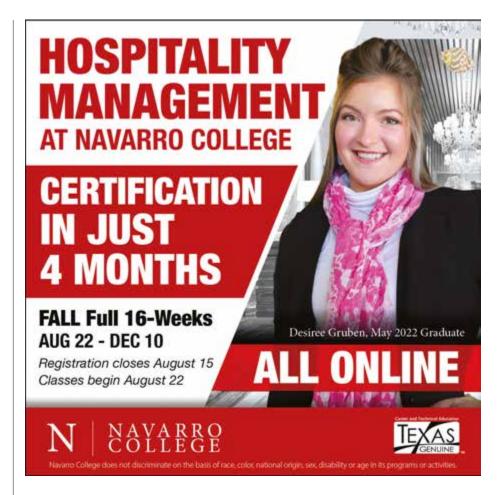
majestically anchors the Courthouseon-the-Square District and is host to the county's museum. Just south of downtown, docents and staff welcome visitors for tours of two historic homes. The Bayless-Selby House Museum, a Victorian home, tells the story of life in the late 1800s into the next century. Next door is the Denton County African American Museum, housed in a home that once was part of the Quakertown community. It features the papers and medical instruments of Dr. Edwin D. Moten, Denton's first African-American doctor.

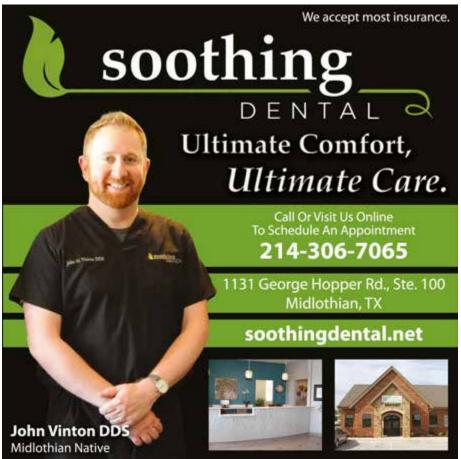
Visitors can time their journey to Denton to coincide with one of the city's many festivals and communitywide or college sporting events. There's a special event to interest every visitor and offer family-friendly fun, including: a Black film festival; Texas storytelling; a redbud festival; Juneteenth; a comic art exposition; a blues festival; Twilight Tunes, a free concert series on the courthouse grounds; and festivals honoring hot rods, dogs and wassail. Children can also enjoy the Explorium Children's Museum and colorful park playgrounds.

Outdoor and sports enthusiasts and animal lovers can experience the thrill of fast cars or additional festivals and concerts at the Texas Motor Speedway, host of the NASCAR Cup, or take a walk or bike ride on one of the 27 hikeand-bike trails in parks around Denton or the trails at the Clear Creek Natural Heritage Center. Nearby Ray Roberts Lake State Park offers camping, hiking, biking, horseback riding, rollerblading, swimming and boating opportunities. Horseback riding is offered at several area facilities, and canine companions are welcome in most parks and on trails.

At the end of a busy day, after dancing the night away to a favorite tune played in one of the many venues around town, settle into a stay at your choice of Denton's hotels, motels, area bed-and-breakfast inns or camping opportunities in cabins, tents or RVs. The stars of Texas shine brightly over Denton — home to fine dining, great music, fun activities and history.

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# **Crossword Puzzle**

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

Crosswordsite.com Ltd

#### Across

- 1 Knock, knock, --- there?
- 5 Scotch partner
- 9 Spellbound
- 10 It may be grand or petty
- 12 Inkling
- 13 Undivided duet in confusion
- 15 It huffs and it puffs and it blows your house down
- 17 Mess up
- 18 Passes
- 19 Type of ant
- 20 Ball stand
- 21 Concealed oneself
- 22 Phrase meaning "caveat emptor"
- 24 Pleasure boat harbor
- 27 Mahmoud Abbas's organization
- 28 Crack Tom's nut to reveal part of an instruction to refrain
- 29 Bike for Daisy
- 31 Like some JFK or LAX flights
- 32 Old Clipper operator
- 33 Flat tableland
- 34 --- Luck
- 35 Aphrodite's son

#### Down

- 1 Compose
- 2 Wore
- 3 In working order
- 4 Political positions
- 5 Wall supports
- 6 Shout of dismay
- 7 Roman gods
- 8 Postprandial
- 11 Limited period
- 14 Without bars
- 16 Eroded
- 19 Broadcast length
- 21 Laughing sounds
- 22 Prone
- 23 Directly
- 24 One wrapped up ages ago
- 25 Untrue
- 26 Sky-carrying Titan
- 28 Lake on the Colorado
- 30 Used to prove identity

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## Sudoku Puzzle

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

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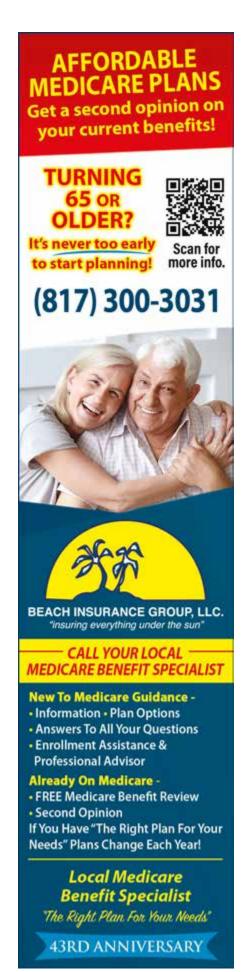


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## Paula L., Burleson, TX

My name is Paula, and I joined Diet Solution in March. I have been on every kind of diet for weight loss from other businesses. Even though I did lose some weight, it was hard. The food was not that great and I gained the weight back, so I decided to give Diet Solution a chance. I have enjoyed it very much! It included food that I liked to eat and the instructions were great. I was given everything I needed to accomplish my weight loss goal. The ladies always gave positive support and helped in every way they could by giving me recipes, providing moral support and answering all of my questions, as well as addressing any of my concerns. I was depressed when I went in, but now I have my self-esteem back. I look and feel great! I would recommend Diet Solution to anyone who likes to eat real food. Good luck to all! If I can do it, so can you!



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6/4

#### Pancake Breakfast Fly-In/Drive-In:

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#### Movies in the Park:

This month's free community movie is Encanto. 7:00-9:00 p.m., Hawkins Spring Park, 1498 FM 1387 Rain out date is lune 11.

6/6

**Summer Reading Program Kickoff:** 

Oceans of Possibilities is this year's theme for children Pre-K through fifth grade. See full event schedule at www.midlothian.tx.us/504/A-H-Meadows-Library.

#### 6/6-6/10

#### **Bicycle Safety Course:**

Hosted by the Midlothian Police Department. Bring your child's bike and helmet. A different age group each day. 9:00 a.m.noon, Midlothian Community Park, 3601 S. 14th St. Register at www.midlothian.tx.us/697/ Bicycle-Safety-Course. For information, contact Officer Curtis "Scott" Hughes at curtis. hughes@midlothian.tx.us.

#### 6/17

#### Fitness & Fellowship:

Adult cardio/step workout. 9:00-10:00 a.m., Midlothian Bible Church, 4250 FM 663.

#### **Daddy Daughter Dance:**

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6/22

#### Midlothian Park Vision **Community Open House:**

Give input into plans for

future park facilities and programming. 6:00-8:00 p.m., Midlothian Conference Center, 1 Community Dr. Learn more at www.midlothianparkvision.com.

6/24

#### **Summer Beats:**

Rock concert featuring Double Ace. Free. 7:30-9:30 p.m., Midlothian Community Park Art Pierard Memorial Amphitheater, 3601 S. 14th St.

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



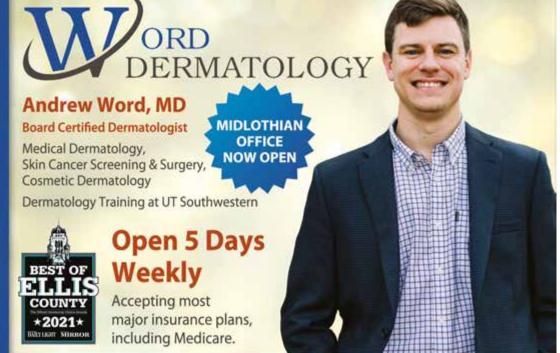
#### **Amanda** Krawietz, PA-C

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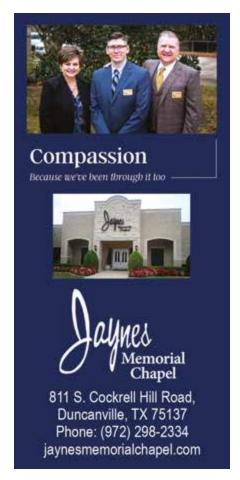
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