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M A G A Z I N E

JUNE 2024

Meagan's Mission

Wife honors a local coach's memory

Mom's Summer Survival Guide

Get creative to keep children engaged

In the Kitchen With Tabitha Coleman

Also inside:

Scavenger Hunt

Crossword

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ON THE COVER



A former professional athlete, Meagan White channels life experience into a motivational book.

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Managing Editor, Becky Walker
Midlothian Editor, Angel Morris
Office Assistant, Kristin Bato
Writers, Amber D. Browne
Adam Walker
Editors/Proofreaders, Rachel Rich
Virginia Riddle

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Martha Macias
London O'Connell . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla
Photographers, Kobbi R. Blair
Anthony Sarmienta

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Advertising Representatives,
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EDITOR'S NOTE



Angel

Angel Morris
MidlothianNOW Editor
angel.morris@nowmagazines.com
(972) 533-7216

June is for fathers!

New dads, old pro dads, dads-to-be, workplace dads or just a dad figure, this is your month to shine. Celebrated the third Sunday in June, Father's Day was first recognized in June of 1910, following efforts by the daughter of a widower who had raised six children. Sonora Smart Dodd urged businesses, churches and government entities in Spokane, Washington, to support the idea of an equivalent to Mother's Day for area dads. Though it did not have the same sentimentality as its month-of-May counterpart, the idea gradually spread. The Great Depression and World War II are credited with underscoring the importance of honoring fathers, when struggling retailers doubled down on promoting the holiday and advertisers touted it as a way to honor American troops. It finally became a national holiday in 1972, proclaimed by President Richard Nixon in the middle of his re-election campaign.

While neckties were once the gift norm, it's nice to consider what today's dads would enjoy more. You can't go wrong with edible treats for the foodie father, who might appreciate breakfast in bed or dinner at his favorite restaurant. A dessert-of-the-month subscription is the gift that keeps on giving! The sporty dad might like tickets to a game or a gift card to his favorite pro shop. An outdoorsman's dream adventure could be a walk together through an area nature preserve followed by a picnic in the park.

Consider purchasing a podcast toward any number of your dad's favorite topics — even if this means teaching dad how to listen to the show. For those whose fathers have passed, doing something they would have enjoyed is a wonderful tribute. However you decide to honor your dad, simply remembering is the best gift of all.

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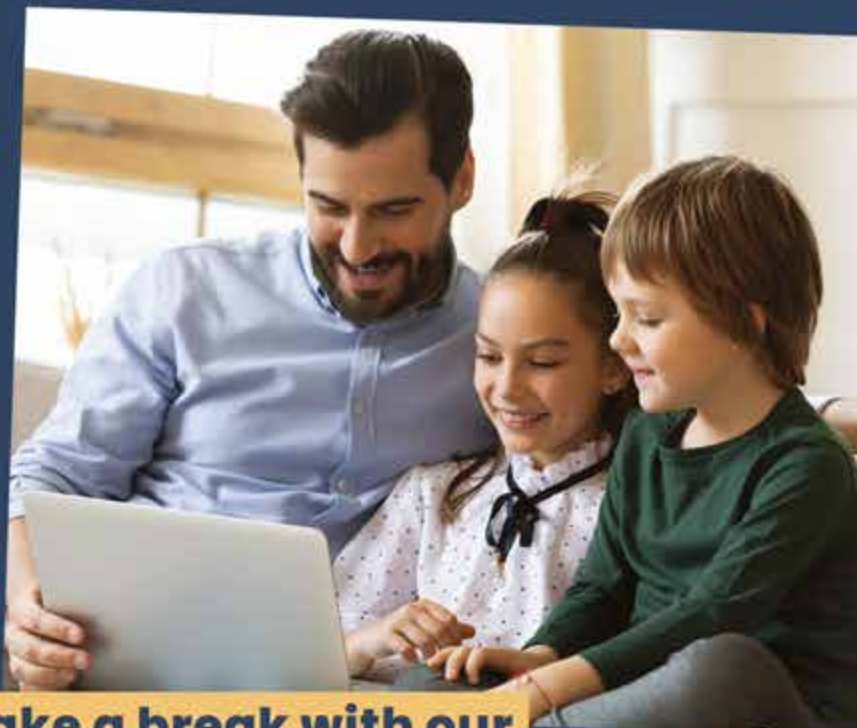


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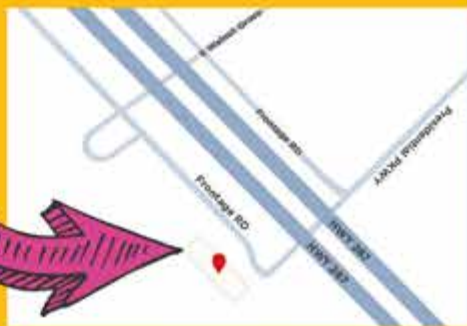
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MEAGAN'S MISSION

— By Angel Morris

Whether you call it destiny or divine intervention, Meagan White's story is meant to inspire. A former professional softball player, Meagan's aspirations toward an Olympic gold medal ultimately led her to her husband, Clif. "I'd been told by countless people since high school that I needed to write a book because my story could help so many," Meagan shared.

While a student at Crowley High School, Meagan earned two state championships and became a silver medalist for the USA Jr. National team. This led her to The University of Texas at Austin, where she was the Longhorn's pitcher, while earning her bachelor's in communications. "I played professional softball from 2008-2012 for the Chicago Bandits," Meagan relayed. "I've also coached at the high school and collegiate level, and I'm now a life coach for athletes, a motivational speaker and author."

Meagan's experiences and the story of her marriage are woven together in her book, *Fight Like Coach White*. "I believe the intense preparation related to my softball career made me the fierce warrior wife I needed to be for my and Clif's specific circumstances," Meagan noted.

Much of the Midlothian community is particularly familiar with the Whites' story. Clif was a football and softball coach at Midlothian High School, when a stage 4 uterine cancer diagnosis in May 2022 changed the course of the White family's lives. "The doctor gave him a 15 percent chance to beat it. His attitude was that he would charge the storm with all he had," Meagan recalled. "He knew that meant on the other side was either beating the odds or the pearly gates of heaven. And he figured, either way, he won."

Ironically, Meagan had finished her book before Clif's diagnosis. "I had started writing the first part years ago, and I finished it just a couple months before we found out about Clif's cancer," Meagan noted.

What would come next is a battle for Clif's life. "Because of his faith, the love of his family and his athletes, Clif got up every day despite exhaustion and immense pain," Meagan credited. "He had a competitive spirit, and he used that in his fight. He continued to coach as long as he possibly could."



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The community rallied around the family, and the slogan “Fight Like Coach White” was born, while with an oxygen tank, and later, from a wheelchair, Clif helped coach the team to a zero-loss record. “The community raised \$100,000, and every bit of it went to medical bills. They paid for our hotel when we had to go to Houston. They took turns making us food, cleaning our house, mowing our yard, taking our kids to go do fun things and sending us on family outings,” Meagan praised. “Our kids’ baseball and softball teams were a huge help during season. Students showed out with spirit for their coach, and they were the strongest prayer warriors.”

Five months after his diagnosis, Clif succumbed to the rare bladder disease at the age of 37. A memorial scholarship was established in his name — presented yearly to two MHS athletes who showcase the same “work ethic, energy and never-failing, positive attitude” of the beloved coach, according to the website, clifwhite.com.

Though grieving and supporting her two young children — son, Maverick, and daughter, Riggins — Meagan knew the experience was meant to be told. “When Clif passed away, I had to reconstruct the book to connect it all together. Every single detail had so much significant purpose,” she admitted.

While Meagan’s goal in completing the book was “to be a beacon of hope for others who face similar life challenges,” its writing helped Meagan heal, too. “I learned how resilient I am,” she admitted. “I also learned that no matter how painful or hard life can get, I can do life wounded. This life and all that comes with it is temporary, and this life is not all there is.”

Now, Meagan tries to honor her husband’s legacy by being mentally and spiritually strong. “I want to live






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a fulfilled life again. I want to help my kids grow in their relationship with Christ and help them fulfill their purpose," she said.

As a former athlete, Meagan knows the benefits of physical strength, too. "CrossFit Midlothian has helped me strengthen my body as well as my mind and spirit. As an ex-athlete, it fills that competitive void and gives me goals to reach," she noted.

Meagan's goals include more writing, too. "I want to write a book on all the realities and complexities of widowhood," she mentioned. "I want me and my children to write a book together on their perspective on losing a parent. I want to travel everywhere and tell as many people as I can our story."

Reaction to her first book fuels Meagan toward the future. "I want the Midlothian community to know that they were a massive part of this miracle. God knew how powerful this community's love for their own is, and He certainly displayed it on a big stage for all to see. This community breathes life into me and my kids like no one else can," she credited.

And Meagan's book is fueling others, as well. "Everyone who has reached out to me about our story has been given hope, renewed their faith, found their inner strength," Meagan listed. "Some have been inspired to be a better spouse, and one has said that this story poured life back into them."

While some readers told Meagan the story should become a movie, Meagan is pleased as long as the book continues to impact people in a positive way. "I hope it is a reminder that eternity is waiting for all of us, but that there is something we are each meant to do while we're here," Meagan underscored. "And that we lack nothing in order to do those things ... if we are willing to fight like Coach White." **NOW**





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Mom's Summer Survival Guide

— By Amber D. Browne

Summertime with children at home is a blessing — as long as the little ones stay engaged and happy! Regardless of a child's age, engaging activities are a must when those long summer days crave activities. Many moms are often in pursuit of fun adventures for their children to enjoy. So, why not try making a healthy snack or planning a themed movie night? The sky's the limit when it involves memorable occasions with the littles.

Kitchen Time With the Kiddos

Snack time is an absolute must when children are home from school in the summer. Simple recipes found on Pinterest or your favorite cookbook offer great options. When in the kitchen, provide the child with a specific job. This not only engages them, so they are more inclined to eat the food, it also teaches them responsibility and provides cooking experience.

Build Ants on a Log

Ants on a Log is a simple and fun recipe that provides a dose of protein. The ingredients are simple: celery sticks, peanut butter or your favorite nut butter and raisins or chocolate chips. After cleaning and cutting the celery into 3- to 4-inch pieces, spread the peanut butter onto each piece. Add raisins or chocolate chips, depending on your preference, and voila! You can have the child do one or all of these steps, depending on their age.

Bake Cookies

Find your favorite cookie recipe and purchase the ingredients. A grocery store outing with your child is another activity that can serve as a lesson in shopping etiquette, how to locate ingredients and budgeting. When back in the kitchen, have the child participate in as many steps as possible. If age-appropriate, teach the child how to work the oven and mixer. Familiarize them with different kitchen utensils and tools, as well as measuring spoons and cups for a quick math lesson. At the end of the activity, freshly baked cookies await!

Pot a Plant

Adding a potted plant to any room in the home brings nature indoors. They add a pop of color, and studies show live plants can boost mood, increase focus and improve air quality.

To pot a plant, head to your local nursery to purchase small decorative receptacles or terracotta pots. (Another fun activity might be to

paint the terracotta pots before potting the plants.) Peruse the aisles for some of your favorite succulents, aloe or indoor plants. Remember to grab potting soil, small spades and gloves for you and your child.

Once home, place the items outside or on an indoor table covered with butcher paper or newspapers before getting to work. Potting a plant is a simple activity that may get little hands dirty, but the end product will brighten the home and provide other benefits.

Themed Movie Night

Spending time with loved ones curled up on the couch is always a fun treat. For a themed movie, choose the movie first, and then add in themed food and drink items, plates and napkins, a few questions related to the movie's message and an activity. The children can participate in voting on which movie to watch, as well as in the planning process for all things involved.

When choosing a theme for movie night, incorporate the culture of the main character, color choices seen throughout the film or the genre. For example, if Disney's *Coco* is the movie selection for the evening, incorporate traditional Mexican fare and beverages. Plates and napkins can display bright colors, or you can add Day of the Dead decor. Questions might be about the Mexican culture or simply, "What do you think is the message from the movie?" These can vary from person to person, and the answers might be great conversation starters. For an activity, a family member might play a tune on a guitar, or everyone can dance around the living room to a popular Spanish song on YouTube or Spotify. With so many movie options and an endless supply of ideas online, themed movie night is always a great choice.

The summer can be a fun and engaging time of making memories as a family. To find other suggestions, search online or simply sit and chat with your children. Scavenger hunts, DIY obstacles courses, picnics and s'mores are other options. Moms might have to put in a little effort to create a fun activity for the children, but it will be worth it! **NOW**

Editor's Note: Tag NOW Magazines when you post photos of your at-home summer adventures on social media!



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Collier and Crosby Adams donate birthday boxes, including banner, cake mix and card, for distribution by Manna House.

Zoomed In: Lucas Gonzalez

By Angel Morris

When Lucas Gonzalez was in need, Jean Coleman Elementary Principal Kara Wendell and Nurse Delaney Wayland were quick to respond. "I received a call that Lucas had an elevated heart rate that wasn't slowing down," Dad Eduardo Gonzalez said.

Midlothian firefighter/paramedics Najee Mustafaa, John Ruble and Trent Wilke responded to the school, and Lucas was safely transported to Children's Medical Center. Lucas has Wolff-Parkinson-White syndrome, a condition that disrupts the heart's normal rhythm. "He'll be getting a procedure that will fix this condition for the rest of his life," Eduardo explained.

Eduardo said he and his wife, Cynthia, "feel blessed to live here. We give special thanks to the school staff and Midlothian Fire Department for treating our son with such care."



Local Realtor Jessica Ward learns about hallway and room clearing during the Midlothian Citizen's Police Academy.



A group of runners from Midlothian, Mansfield and Waxahachie participates in the 128th Boston Marathon.



Sixth-grader Jaxon Moore takes part in the Google Data Center-Midlothian Robotics Event.



National Active and Retired Federal Employee Association Program Coordinator Janice Carey welcomes guest speaker Brian Guenzel, Senior Planner for city of Midlothian.



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— By Angel Morris

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Wednesday: 4:30-8:00 p.m.

Saturday: 9:00 a.m.-2:00 p.m.

Marking two decades in the community, the TX Black Belt Academy (TXBBA) owner, Wade Buie, believes his dojo has something for everyone. “From ultra-shy to confident athletes, from those who want to learn self-defense to those who may



need anger management, we’ve got all walks of life in our classes,” Wade said.

Martial arts can benefit any age group, and TXBBA offers specialized classes for ages 4 and up in Brazilian Jiu-jitsu, Fitness Kickboxing and adult and kids Karate. “People face all kinds of challenges, and carving out time for yourself is tough. That’s why we want to offer both a good workout and an opportunity to better yourself mentally,” Wade noted. “This is not something you just do seasonally, either. It becomes a lifestyle.”

TXBBA has specifically designed classes to battle common issues such as weight, inflexibility, lack of motivation and confidence. Classes can benefit ADD/ADHD children and adults, special needs children and those with social anxiety. “We help people reach new levels of health and happiness, from weight loss and muscle strength to simply getting out of the house and doing something good for themselves,” Wade said.

Younger patrons not only benefit from the physical activity of kid-focused classes, but also find purpose. “We consistently see

our kids gain self-esteem in a short amount of time. They learn they can succeed at something new and have more courage because of the training karate provides,” Wade explained. “A once quiet, shy kid is standing tall and answering questions with ease — not to mention having a desire to be respectful, because that is what karate is all about.

“TXBBA hosts summer camps, where team members provide a safe place for everyone to feel accepted, where participants experience personal growth while getting exercise and avoiding summer boredom,” Wade said.

Four one-week camps are offered in June and July, running Monday-Friday from 9:00 a.m.-4:00 p.m., with early and late pickup hours available. “We have lots of people book all four camps,” Wade noted. “Participants get some martial arts instruction and look forward to Fun Fridays with pizza and Nerf & Soaker Wars.”

In the fall, TXBBA hosts its annual holiday fundraiser, beginning with a canned food drive benefiting Midlothian’s Manna House and culminating in a one-day event of discounts on products and services for students and walk-ins. An ambassador for the Midlothian Chamber of Commerce, Wade also participates in community health initiatives and board-breaking challenges for charity.

Through the years, Wade has been joined by wife, Roxie, and their two children playing roles in the dojo. TXBBA has also expanded to neighboring cities including Burleson, Cedar Hill, Cleburne, Fort Worth, Frisco, Flower Mound, North Arlington and Saginaw, all “specializing in character development and family-friendly martial arts classes,” Wade explained.

For newcomers, TXBBA offers free private introductory classes, including complimentary karate uniforms upon enrollment. TXBBA also hosts youth birthday parties for people in the community with three packages and themes to choose from. “Parties are an hour-and-a-half long, and we’re changing games and challenges all the time,” Wade described. “TXBBA instructors are very engaged in the parties.”

Ultimately, TXBBA tailors its programs to best serve students. “This is where my heart is,” Wade said. “I want to make an impact in the community and, hopefully, make a difference in people’s lives!” **NOW**



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Jade Young, MHS

Salutatorians

Corey Milligan JR, HHS
Emma Bender, MHS

INSPIRING EXCELLENCE IN ACADEMICS

- 3 Military Academy Nominations and 1 Appointment
- 2 ROTC \$200,000 Scholarships
- 14 Military Letter of Intent Signees
- 8 Destination Imagination teams advance to State
- 4 Destination Imagination teams advance to Globals
- 29 students earned Certified Nursing Assistant licenses
- 33 students earned National Phlebotomy Certifications
- 14 students earned EMT Certifications
- 11 students earned Food Managers Certificates
- 3rd place in Ready Writing at State UIL Academic
- 2nd place in Feature Writing at State UIL Academic
- 9th Place in Congressional Debate at State
- Robotics team state qualifiers
- eSports Gold Bracket Champions
- JROTC Jr. Nationals Orienteering #10 and #12
- Debate Team advanced to nationals in two contests
- 11 CTE Health Sciences students advanced to State
- 15 CTE Entrepreneurship students advanced to State
- FFA 2 Overall Grand Champions, 3 Champions and 3 Reserve Champions
- \$250,800 in stock show sales at the Ellis County Show

INSPIRING EXCELLENCE IN FINE ARTS

- Best Communities for Music Award
- Drill team Best of the Best National Champions
- 1 student made All-State Band
- 9 Broadway Dallas High School Musical Theatre award nominations
- 14 students named Thespian National Qualifiers
- 2 Winterguard teams advanced to state
- 4 students recognized in the Texas Theatre Scholar Distinction Award Program
- 6 student art pieces advanced to state VASE
- 3 Choir Sweepstakes Awards
- 2 high school One Act Plays advance to Bi-District
- 10 students named to All-Region Jazz Band
- 2 marching band programs advanced to Area
- 5 fine arts students sign letters of intent

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- 5A UIL Soccer State Championship
- 9 state qualifiers in wrestling, 2 State Champions
- 3 state qualifiers in track & field, 1 bronze, 1 silver and 1 State Champion
- 7 state qualifiers in girls powerlifting
- 2 state qualifiers in cross country
- 1 state qualifier in girls golf
- 52 student-athletes sign letters of intent
- 17 Academic All-State students in football, cross country, volleyball and girls basketball.
- 1 football team advanced to the state semifinal round
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CookingNOW
In the Kitchen With
TABITHA COLEMAN

— By Angel Morris

Moving almost two years ago to be near work and family, Tabitha Coleman has found Midlothian a great place to live. While relatively new to the city, she's no stranger to the kitchen. "I have been baking with my mom since I was a child," she noted. "My favorite cooking memory is making dozens upon dozens of cookies with my mom at the holidays for cookie trays to hand out to everyone. It was a contest each year to see if we could go bigger than the year before."

A busy mom of six, Tabitha considers baking a form of self-care. "My favorite food to cook is decorated sugar cookies," she admitted. "It allows me to be creative with each new design." **NOW**

Rolled Sugar Cookies

2 1/4 cups flour
1/2 tsp. baking powder
1/4 tsp. salt
3/4 cup unsalted butter, room temperature
3/4 cup sugar

1 egg, room temperature
2 tsp. vanilla extract
1/2 tsp. almond extract (optional)

1. Whisk the flour, baking powder and salt together in a medium bowl; set aside.
2. In a large bowl, using a handheld or a stand mixer fitted with a paddle attachment,

beat the butter and sugar together on high speed until completely smooth and creamy, about 2 minutes.

3. Add the egg, vanilla and almond extract, if using; beat on high speed until combined, about 1 minute.

4. Scrape the sides and the bottom of the bowl; beat again as needed to combine.

5. Add the dry ingredients to the wet ingredients; mix on low until combined. The dough will be a bit soft. If the dough seems too soft and sticky for rolling, add 1 more Tbsp. of flour.

6. Divide the dough into 3 equal parts. Place each portion between two pieces of parchment paper; roll the dough to 1/4-inch thick. Refrigerate the dough for at least 30 minutes.

7. Once chilled, preheat the oven to 350 F. Line 2-3 large baking sheets with parchment paper or silicone baking mats.

8. Carefully remove the top dough piece from the refrigerator. If it's sticking to the

bottom, run your hand under it to help remove it. Using a cookie cutter, cut the dough into shapes. Re-roll the remaining dough and continue cutting until all is used. Repeat with the second piece of dough.

9. Arrange the cookies on the baking sheets 3 inches apart. Bake for 11-12 minutes, or until lightly browned around the edges. If your oven has hot spots, rotate the baking sheet halfway through the bake time.

10. Allow the cookies to cool on the baking sheets for 5 minutes; then transfer them to a wire rack to cool completely before decorating.

Royal Icing

3 Tbsp. meringue powder
1/4 cup warm water
4 cups powdered sugar
1 Tbsp. corn syrup
1 Tbsp. vanilla extract

1. Dissolve the meringue powder in the warm water.

2. Put the powdered sugar, corn syrup and vanilla extract in a large mixing bowl or stand mixer. Add the dissolved meringue powder; mix until combined.

3. If the icing is too stiff, add small amounts of water until you reach the desired consistency.

Buttercream Frosting

2 cups unsalted butter, room temperature
7 cups powdered sugar
1 Tbsp. vanilla extract
1/2 tsp. salt
3 Tbsp. heavy cream

1. Cream the butter with a mixer until light and fluffy. Slowly add the powdered sugar in small increments.

2. Add the vanilla and salt; mix until smooth.

3. Add the heavy cream. Continue mixing until you get the desired consistency.

Chocolate Chip Cookies

2 1/4 cups flour
1 tsp. baking soda
1 tsp. salt
1 cup butter, room temperature
3/4 cup granulated sugar
3/4 cup brown sugar
1 tsp. vanilla extract
2 eggs
2 cups chocolate chips
Walnuts, chopped, to taste (optional)

1. Preheat the oven to 375 F. Combine the flour, baking soda and salt in a small bowl.

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Chocolate Chip Cookies

- 1/2 cup butter-flavored Crisco
- 1 cup peanut butter
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. salt

1. Preheat the oven to 325 F. Cream together the butter, butter-flavored Crisco and peanut butter.
2. Add in the sugar and brown sugar gradually.
3. Beat in the eggs, one at a time.
4. In a separate bowl, add the flour, baking soda and salt. Add to the butter mixture slowly. Drop by the teaspoonful onto parchment-lined baking sheets. Bake for 15 minutes.

2. Beat the butter, granulated sugar, brown sugar and vanilla extract in a large mixer bowl until creamy.
3. Add the eggs, one at a time, beating well after each addition. Gradually beat in the flour mixture.
4. Stir in the chocolate chips and nuts, if using.
5. Drop by rounded tablespoonfuls onto

- ungreased baking sheets.
6. Bake for 9-11 minutes, or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Peanut Butter Cookies

- 1/2 cup butter, room temperature

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.

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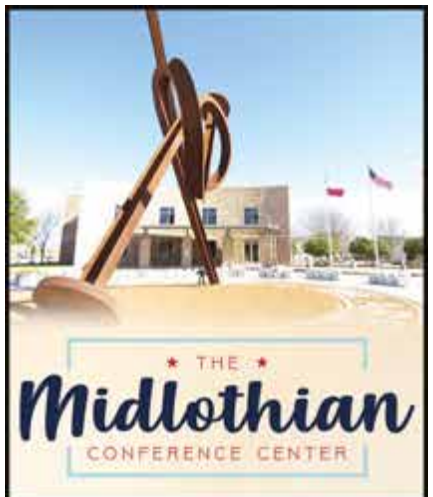


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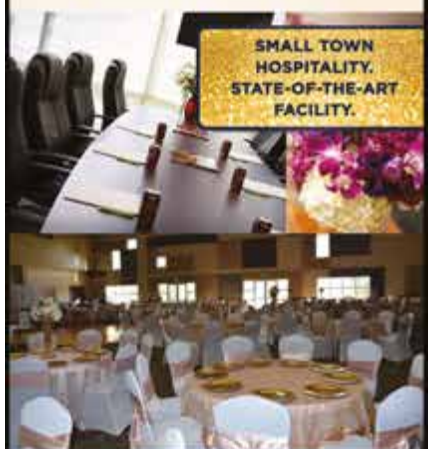
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GATEWAY TO THE West

— By Adam Walker

The history of St. Louis, Missouri, reaches back long before Europeans arrived. The city holds ruins of Cahokia, an ancient Native American city of the Mississippian culture, once larger than many European capitals, such as London. The modern city of St. Louis was founded by the French over 300 years ago and was the starting point for the Lewis and Clark Expedition. In 1904, St. Louis was host to the World's Fair and became the first city outside Europe to host the Summer Olympics.

Since the arrival of steamboats in 1817, St. Louis has been a major port on the Mississippi River, which is spanned by nine bridges, with six others crossing the Missouri River. Historic Route 66 runs through the city and is commemorated by plaques at various points. The Old Meramec Bridge was part of Route 66 and is preserved in Route 66 State Park. St. Louis includes many historic neighborhoods of old houses and businesses, some also along Route 66.

Six Flags Over St. Louis (formerly Six Flags Over Mid-America) has everything from thrilling rides to the Hall of

Justice where you can hang out with Superman, Wonder Woman, Batman and the rest of the Super Friends. RYZE Adventure Park offers a more active adventure, while roller coaster enthusiasts can check out a number of wooden coasters dotted around the city. Historic Union Station is a center for dining and a hotel, and it hosts a mirror maze, a ropes course and a world-class aquarium. That is also where you will find The St. Louis Wheel, a 200-foot, climate-controlled Ferris wheel.

The city's food scene is dominated by St. Louis-style barbecue, toasted ravioli and gooey butter cake. Thick frozen custard concretes and the Chinese take-out St. Paul sandwich also have their origins here, so there is plenty for the foodie traveler to explore. For the less adventurous, Panera Bread was founded in St. Louis, where it still operates under its original name, St. Louis Bread Co. For the nostalgic, there are multiple soda fountains including Crown Candy Kitchen, which has been in operation since 1913.

The Romanesque Cathedral Basilica of St. Louis, with its iconic green dome, was built in only six years (1907-1913), but the interior mosaics and artwork were not completed until 1988. Two of the chapels were decorated by Tiffany & Co. The on-site museum, archives and guided tours make it a must-see. The Basilica of St. Louis, King of France, known as the Old Cathedral, was built in the 1830s to replace a log church dating back to the 1770s and still stands near the famous Gateway Arch.

The 630-foot symbol of the city is still the world's tallest




arch though it was constructed nearly 60 years ago. Some authorities note it as the tallest man-made monument in the Western Hemisphere. Tram rides to the top of the stainless-steel structure often sell out, so it is important to book tickets in advance.

The St. Louis Zoo has its roots in the 1904 World's Fair and currently focuses on conservation, research and education. It has no entrance fee. The Missouri Botanical Garden, known as Shaw's Garden, has over 6.6 million specimens and is the second largest in the U.S. It includes the largest Japanese garden in the country and a huge domed rain forest. Other significant museums in the area focus on African American, Jewish, Civil War and Old West history; various periods and styles of art; transportation and air craft; science; technology; miniatures; the economy; and beer making. There are also several hands-on children's museums.

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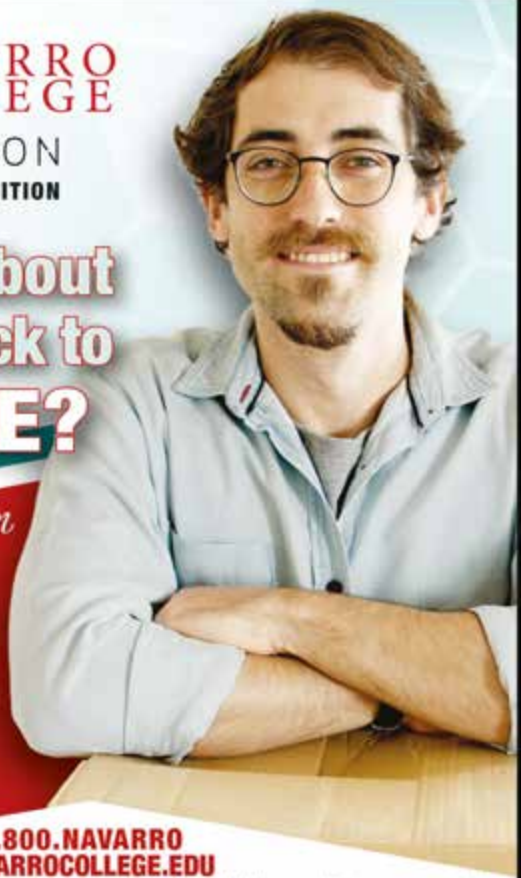
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A LUSH NEW *Lawn*

— By Bill Smith

Have you purchased a new home that has yet to have the yard put in? Or perhaps weather and time have not been favorable to your existing lawn, and it is more beneficial to start over than try to bring the prior growth back. Beginning the lawn with seed is an option, but if you would rather not wait a season for the seeded grass to fill in, a do-it-yourself project with sod may be just what you are looking for.

The result can instantly give your lawn a finished look, even though it may take a few weeks for the sod's root system to be established. Sod is grass that has been grown on a farm and harvested with the roots and some soil intact. Scotts Company, a company well versed in lawn care and maintenance, recommends purchasing sod that can be delivered and installed on the same day it was harvested.

As with most DIY projects, preparation may be the most arduous part of the job, but the finished project makes the extra effort worthwhile. Your first step will be measuring the area to be sodded. You can measure by stepping across the length and width of your yard to compute the area, but a more accurate measurement will be obtained by using a measuring wheel. Take your measurements to your supplier, and it is a good idea to get a little more than you think you will need. For most homeowners, 16x24-inch sections will work, but larger slabs are available for a big project.

Another consideration before starting your project is the weather and any current or potential water restrictions. Start on a day with a clear forecast, so you are not working in rain and mud. Also, do not start in the middle of a drought when a lack of water could hinder a successful start for your new lawn.

Begin by preparing the soil, which may include removing the old grass. Laying new sod over existing grass will not be productive and could result in loss of both layers. A sod cutter can be rented if you are removing old grass. The sod cutter will cut the roots and allow it to be removed. You will want your lawn surface to be about 1 inch below surrounding surfaces, such as sidewalks and curbs, to make room for the new sod.

After the old grass has been removed, prepare the ground by leveling it with a garden rake. Be sure to break up the existing soil to a loose texture. This will make it easier for the roots from the new sod to begin reaching down. Dampening the loosened soil with your lawn sprinkler will also help.

Rake any footprints from the soil, and lay the first roll of sod next to a sidewalk, curb or existing lawn edging. After the full length of the first roll is down, begin laying the second roll next to it, but stagger the ends without leaving gaps. However, the edges should not overlap. Avoid standing on the new soil, as it may shift and create gaps. Work backwards from each row, raking your footprints out of the soil before each new section is put in place. If your yard has a slope, laying the sod perpendicular to the slope will aid water retention.



If your sections of sod need to be trimmed, use a utility knife or other sharp blade. Cut from the bottom of the sod and pat the new sod down without leaving a gap.

Up to this point, it has been a big job, but this is no time to stop! Water the new sod in place, and continue to water daily (perhaps twice daily) for several weeks until the roots firmly attach to the existing ground. Cover the grass with the fertilizer recommended for your new grass and your climate.

Try to avoid walking on the sod until the roots are well established, which usually takes two to six weeks. Then you can cut back on watering to about twice a week. Continue to fertilize at recommended intervals, and before you know it, your lawn furniture and garden gnomes will be back in place, and your new landscape will be the envy of your neighbors. Give yourself a pat on the back! **NOW**

Resources:

1. <https://scotts.com/en-us/how-to/how-to-lay-sod.html>.
2. <https://www.homedepot.com/c/ah/how-to-lay-sod/9ba683603be9fa5395fab90b32edd1e>.

SLEEP AND YOUR MENTAL HEALTH



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

Have you ever tried staying up all night? Chances are you had to use substances like caffeine to keep you awake. But why sleep when so much can be done during those hours we lie helpless in bed? Sleep is vital to human existence, and recent studies have revealed its importance to our physical and mental well-being:

A good night's sleep is essential for memory, concentration, productivity, and helping us recharge. It improves our immune function, and people who sleep well tend to eat fewer calories. Research also shows that sleep deprivation is linked to several health conditions, such as obesity, diabetes, high blood pressure, heart disease, depression, anxiety, and bipolar disorders. On the other hand, sleep is also therapeutic for those with mental disorders as it helps improve mood.

Here are a few tips to help improve your sleep:

- Avoid taking caffeine after mid-afternoon.
- Try not to eat big and spicy meals late in the evening.
- Keep a constant sleep schedule.
- Do not bring electronics to bed.
- Darken your room; keep it quiet and calm.
- Stay active
- Get help

If you are experiencing any sleep disorder, such as severe insomnia, sleep apnea, narcolepsy, or restless leg syndrome, consult your doctor. Many treatment options are available to help improve your sleep and, by extension, your mental health.



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Serenity Advanced Dentistry

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."

"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."

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency — working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training."



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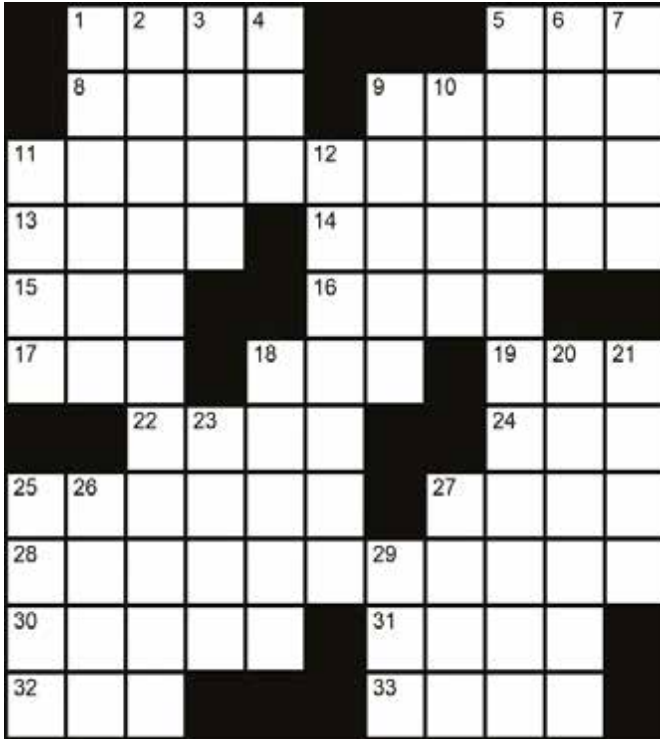
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Across

- 1 Poetical daybreak
- 5 Dove sound
- 8 Diva delivery
- 9 Not in silence
- 11 Put on
- 13 Slapstick ammunition
- 14 Stock car racing overseer
- 15 Arabic form of "Mac"
- 16 Suit shuffled: as found after leading in
- 17 Fruitcake
- 18 Fine hair

Down

- 19 "Awesome!"
- 22 Opposite of nigh
- 24 Gun, at Indianapolis for example
- 25 Canny
- 27 Curve
- 28 Imitation diamonds
- 30 Dispositions
- 31 Cuzco valley dweller
- 32 Hankering
- 33 Leaves
- 1 Pepperdine University locale
- 2 Alignment altered on iteration
- 3 Patch targets
- 4 Doze
- 5 Agreement
- 6 Eke --- living
- 7 Bad aroma
- 9 Legendary oilwell firefighter Red ---
- 10 Schindler had one
- 11 What dreidels do
- 12 Guarantees
- 18 Three goddesses of destiny
- 20 Virgil's Trojan hero
- 21 Movie media
- 23 Back financially
- 25 Major organization?
- 26 Card case
- 27 If it's pro, it's free
- 29 Welding technique

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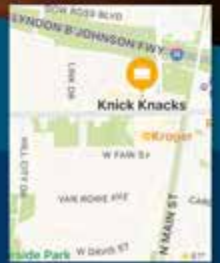
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HAPPY Father's Day

JUNE

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.

6/1

Movie in the Park:

Free showing of *Trolls Band Together*. Bring snacks and chairs or blankets for lawn seating. Movie starts at dusk. 7:30-9:30 p.m., Community Park, 3601 S. 14th St. Rainout date **June 15**.

6/3-7/27

A.H. Meadows Library Summer Reading Program:

All ages invited to read and log books for prizes at midlothian.beanstack.com. Kick-off event happens **June 4** at 10:00 a.m., 922 S. 9th St. (inside Midlothian High School).

6/7-6/8

Rummage at the Ranch:

Day of shopping, food trucks and helping the Paws For Reflection Ranch mission come to life. Proceeds go toward animal care and ranch maintenance. 8:00 a.m.-5:00 p.m., 5431 Montgomery Rd. Learn more at www.pawsforreflectionranch.org.

6/8

Summer Beats:

Free concert featuring King George. Bring chairs and blankets for lawn seating. Food for purchase available. Outside food, beverages and coolers

are allowed. 7:30-9:30 p.m., Community Park, 3601 S. 14th St.

6/13

City of Midlothian Comprehensive Plan Open House:

Public is invited to view and give input into the Guiding Our Future 2045 Comprehensive Plan update. 6:00-8:00 p.m., City Hall, 104 W. Ave. E. Open House also available online, **June 13-20** at midlothian2045.com.

6/14

Daddy Daughter Dance:

Midlothian Conference Center,

1 Community Circle Dr. \$30 per couple. Tickets go fast and are available by phone at (972) 775-7125.

6/29

Independence Day Parade:

Travels north from Community Park. 10:00 a.m., 3601 S. 14th St. For more details, visit www.midlothian.tx.us/IDParade.

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