MidlothianNOW

AUGUST 2023

Bleeding Blue

Carl Woody prepares for his senior season

The Road to College

Early prep smooths the path to higher education In the Kitchen With Shayna Cooper

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business: Lift Medical Aesthetics

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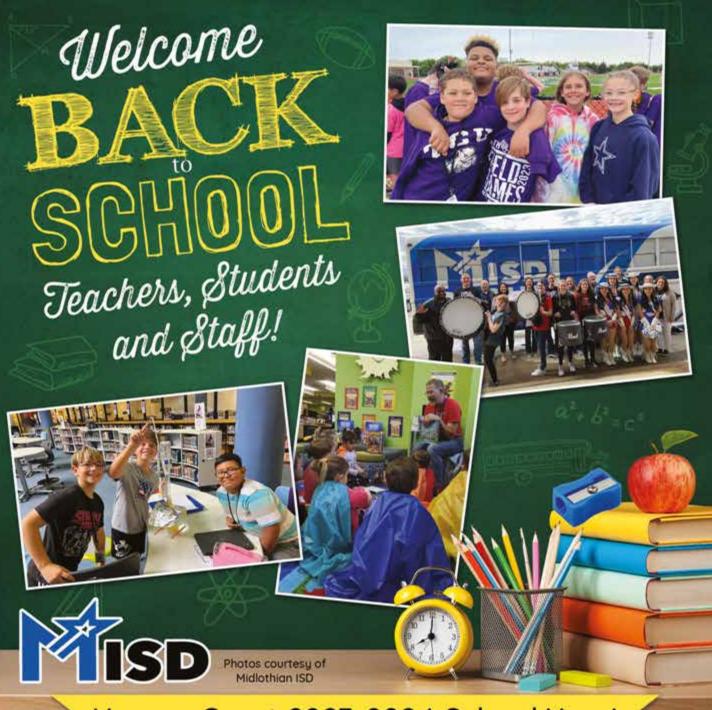












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ON THE COVER



After being chosen for football's Dream All-American Bowl this year, MHS senior Carl Woody sets his sights on the future.

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EDITOR'S NOTE

History lessons ...

With schools coming in more varieties than ever these days, it's interesting to look back at what education was like 100 years ago. For starters, early American families often relied on their children to help make ends meet — whether that was working the family farm or business, or getting a job outside the home. Sources suggest that little more than half of all children even attended school in the 1920s. In fact, their labor was so essential, some states passed laws requiring large cities to provide night school, so children could get basic education without quitting their day jobs.

In the 1920s, it was not unusual for schools to consist of just one room, meaning a range of ages learning together. All eyes were on any student who stepped out of line, with corporal punishment the rule rather than the exception. (Did you know it's still legal in Texas with a parent's consent?) Texas was also still decades away from outlawing segregated schools.

With no public transportation, your great- or great-great-grandparents aren't kidding when they say they walked miles to school. Four or five miles, in fact, was considered "walking distance." A few may have taken a horse-drawn school bus or ridden their own horse if the family could spare it. However they arrived, many students felt fortunate to be there, although a bit frightened by the idea of being away from their parents for the first time.

Like today, good teachers were looked up to. They held an esteemed position in the community, going above the call of duty to guide children in everything from hygiene to performing in the annual school pageant. Educators were often a child's biggest advocate — one tendency that stands the test of time.

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From his first touchdown made in middle school to the high school Dream All-American Bowl this year, Carl Woody is football through and through. Having a play named after him at Walnut Grove Middle School is one of his fondest achievements. "Running 'Woody's Package' and making three touchdowns in a single game are special memories," Carl recalled.

A Midlothian High School senior this year, Carl's roots in town run deep. "I lived in Midlothian my whole life. My family is from Midlothian. My mom, Coy, graduated from MHS in 2005. My grandmother and great-grandmother are from Midlothian," he noted.

Coy registered her son in Midlothian Youth Football when he was 5, where he played through sixth grade before joining WGMS's team. He's been a Panther since his freshman year of high school. "My mom has been there for everything. She pushes me daily. She truly is my biggest fan. She never misses a game and makes sure she is the loudest in the stands," Carl praised. "There is never an end to the pep talks. She never goes to sleep until I am home safe in the driveway. The endless late nights of homework and studying — and when I am wanting to give up or feel like I'm failing — she is there to pick me up every time."

A sense of tenacity instilled by his mother undoubtedly serves 17-year-old Carl on the field. "Being a student athlete can be hard. You go to early-morning practice, fourth-period practice and after-school practice most days. In between you go to class," Carl described. "Trying to be the best you can be on and off the field, maintaining grades and working is a lot. There are days I just want to hang with my friends, but I know school comes first. You can't play if you fail, and you can't get into a good college with a low GPA no matter how good you are on the field."







Carl's ability on the field, however, has not gone unnoticed. He was chosen for the January 2023 Dream All-American Bowl, an exclusive game of 180 high school players from across the nation. The selection committee called Carl, "a highenergy defensive lineman and excellent run stopper who plays with good leverage and power to defeat block as well as to rush the passer."

"In only a week of training with coaches and players from all over the United States, we became so close and learned a lot," Carl noted. "We won the game 63-56. It was a very, very proud moment and exciting week."

Carl anticipates using lessons learned from the Bowl in his senior season this fall. "That experience forever changed me. I want nothing more than to use it to help push my team to the state championships," he admitted.

But athletics is not all about winning, for Carl. "Football has taught me responsibility, hard work and dedication, not to just myself but to my team, my coaches and my community. Winning is not just the score on the board. It's helping each other, pushing each other, motivating each other to do better and not give up," Carl explained. "I have worked with some of my teammates since we were in youth football together. They are more than just my team. They are my family, my brothers."

Carl also has younger biological brothers — twins Christopher and Randall — with whom he shares a special bond. "The Woody Boys will be the first to drop what we are doing to help, whether it's for a community event, a phone call from a friend or assistance at school," Carl promised. "It gives me a sense of pride to be known for that and to be a role model to my brothers just as they are to me."

When not helping others or practicing football, Carl works as a ranch hand





managing more than 30 cows. He admitted his little free time is precious. "I love my Sundays 'cause that is my time to relax, go to church and see my sweetheart. Kailee Ervin, who I've been friends with since I was 2," he said. "Also, any chance I get I like to be in a fishing hole. I know every fishing lure and pole to use for each type of fishing. And I enjoy

Sunday dinner with my family." Besides his mom and twin brothers, Carl's family includes father, Clay Woody; stepfather, Sean Feazell; youngest brother, John Perez: little sister. Shavlee Feazell: and grandparents, Linda and Les Eubanks. Outside of family, Carl credits Brian Blackwell, former principal and now a volunteer mentor at MHS, as having been there for him since sixth grade. "He truly is a great leader and mentor. He's been there to lift me up and get me back on track when I've fallen. He's never given up on me and motivates me to be the best person I know I can be," Carl said.

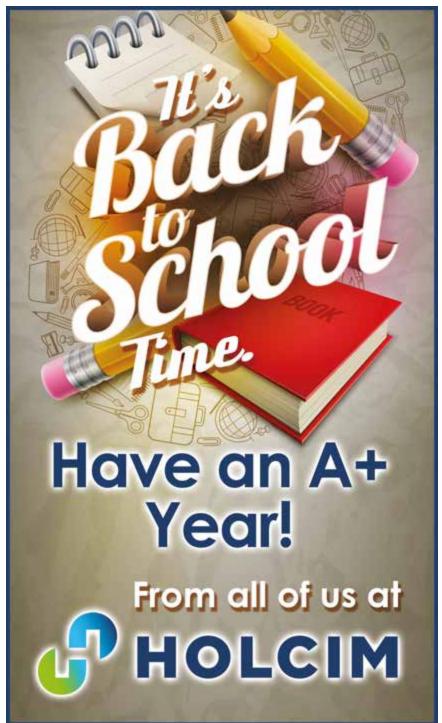
With that confidence, Carl has big plans for the future. "I hope that I can gain a full scholarship to Stephen F. Austin State University. I want to play football for the Lumberjacks while also participating in ROTC," he shared. "After college graduation — if I'm not drafted by the NFL, but I really hope I am — I want to commit four years to my country in the National Guard while pursuing a career as a game warden.

"Right now, I'm looking forward to getting on the field and showing my younger brothers what high school football is all about. I'm excited about what the coaches and my teammates will accomplish this season," Carl continued. "And, someday down the line, I'd love to return to MHS and coach football myself. I will forever love Midlothian and bleed blue, Go. Panthers!" NOW













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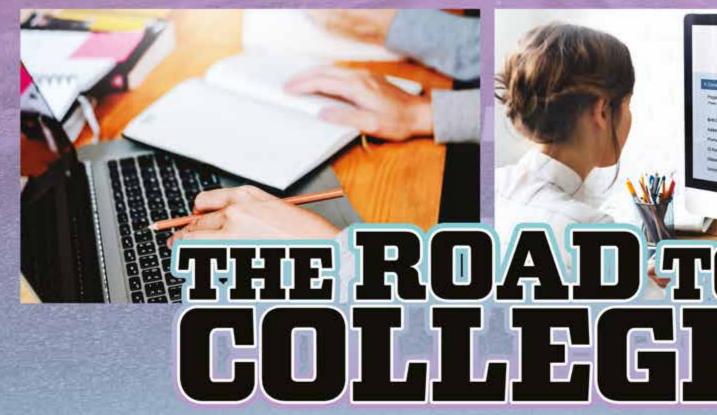
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— By Sandra Walters

During the first year of high school, start your child's college preparation. Why? The high school grades determine where he or she will attend, so focus on excelling academically. In addition, get your child mentally prepared by purchasing a binder, or use an electronic option to keep all college documents in an accessible location. Before you know it, the senior year will arrive, and this prior hard work will be appreciated.

If you haven't already, take your son or daughter on a college road trip to find schools that best fit him or her. Many students think they want to attend a certain school, but they have no real experience with the institution. For instance, a conversation with a young man and an older lady took place at a local snow cone shop recently. "What grade are you in?" she asked as he made her snow cone.

He replied, "I am a sophomore."

She then inquired, "Do you know what college you want to attend?"

"I want to go to Oregon State in Washington, D.C.," he answered.

The woman remarked, "Oh, OK," and abruptly ended the conversation with the young man. He had obviously never been to Oregon or Oregon State before. Sadly, he didn't even appear to understand that Oregon State couldn't be in Washington, D.C.

It is crucial for students to discover if a school is a good

fit before applying, getting accepted and then realizing the college isn't suitable. It is advisable to do your homework prior to scheduling a campus visit. Research the schools of choice online. Then, plan a tour while school is in session. Evaluate the campus environment, and talk with students to receive more insight. Investigate the academic programs, and see if you may attend a class to witness class size, teaching styles and the academic atmosphere. Check the student residence halls and dining facilities. Identify career planning services for undergraduates. Investigate transportation options. Find out how students use their out-of-classroom time. Become aware of student activities (clubs, organizations, intramurals, etc.) After the visit, brainstorm reasons for selecting a school, and rank them according to your criteria. Create a list of things that are very important, somewhat important and unimportant. Have your student rate their top three schools according to their needs.

Next, a student should begin registering for college standardized tests during their freshman year to practice. However, since the pandemic, some schools no longer require these tests, but this could still be a determining factor for highly competitive schools. Make sure your student learns the requirements for their top schools and works toward that GPA, those testing scores and attempts to stand out among the crowd. Universities are looking for people who add to their school's community, which includes extracurricular activities. This entails volunteer work, sports, clubs and more. As your student journeys through their high school years, build a high school résumé. This lists all their school activities with brief descriptions. Look online for examples.

Create an ApplyTexas account during the summer of their senior year, and if your child desires to attend an out-of-state institution, use the Common App to submit the application. The writing prompts for ApplyTexas often don't change. Write the essays in advance, so you will be prepared for the busy times



the application. The writing prompts for ApplyTexas often don't change. Write the essays in advance, so you will be prepared for the busy times ahead. Of course, revisit the documents to edit. revise and proofread the essays to make any necessary updates. Because the senior year can be a really difficult time, the hard work over the years will begin to make sense.

Finally, research scholarships and grants early. It's easier to get local scholarships and grants than national ones. Begin with the scholarships that are offered to students in your ISD. Many organizations offer specifically to particular high schools, so look for scholarships given to individuals at your school or in the DFW area. As you try to identify more savings, fill out your FASFA form on October 1st when it opens during your senior year. Try to avoid having college debt when paying for college. The cost — including books, supplies, room and board, etc. — is about \$100,000 for a Texas public university. Attending an out-of-state school or private school increases the price. Parents and students shouldn't wait until senior year to consider these things, because it can be overwhelming. NOW







Zoomed In: Schnequa Pinkett

Schnequa Pinkett is a participant in Mentor's Care, a program pairing adult volunteers with atrisk youth. "The connection I have with my mentee is amazing. We've built a friendship that I do not take lightly," she said.

Schnequa looks forward to ongoing volunteerism with the program, which recently received a \$105,000 donation from Google and its local data center. The funds will help Midlothian ISD Education Foundation continue to provide mental health resources to students. "Mentors Care has positive, long-lasting impact on students' lives," Schnequa reiterated. "I'm there for my mentee whenever he needs me — whether that be preparing for a test, navigating a difficult situation or simply talking about life. We write down his goals and do the best we can to accomplish them."

Around Town



The Delrosario sisters sign up for the A. H. Meadows Library Summer Reading Program, All Together Now.



Krystle Wainscot shows off her handiwork at The Creative Quilters Guild of Ellis County annual quilt show.



By Angel Morris

Members of Midlothian's Rock City Fellowship church gather for a women's retreat in Galveston.



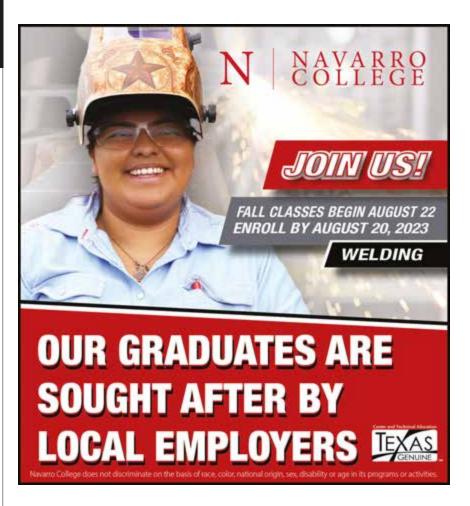
Manna House Assistant Director Norma Belcher receives box fan donations from TXU Rep Kim Campbell to help residents in need beat the heat.



Organizers of the Teamin' Up for Tater fundraiser scout an event location at Union 28.



Spider-Man helps Tyler Arslanovski decide what to purchase at a Flamingo Hut Shaved Ice special event.







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BusinessNOW

Lift Medical Aesthetics

By Angel Morris

Lift Medical Aesthetics

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A premier local destination for all things skin, face and beauty, Lift Medical Aesthetics' team of aesthetic nurses provides personalized care through knowledge and state-of-the-art technology. "We take a minimalist approach to helping clients. Others should not know exactly what you did to enhance your appearance. They should simply think you look well rested," stated Owner Jen Reeher. "We also believe that you deserve to

feel pampered and that med spa services should be available to all budgets."

With that in mind, Lift Medical Aesthetics offers neuromodulators (BOTOX/Dysport/Jeuveau) dermal fillers, medical grade skincare, chemical peels, HydraFacials, microneedling and Morpheus8; dermaplaning, laser hair removal, skin tightening, Sculptra and LightStim; plus B12, cellulite treatment, weight-loss program, body contouring and intense pulse light treatments.

"We're all about making you look and feel your absolute best. We have everything you need to enhance your beauty from enriching skin rejuvenation to age-defying injectables," Jen noted. "Our clinicians are licensed and some of the most experienced in the area."

Jen graduated with a Bachelor of Science in Nursing from Texas Christian University, then began her eight-year career at Cook Children's Medical Center, where she received specialized training in pediatrics and the Neonatal Intensive Care Unit.

That experience helped Jen understand how challenging life can be and how self-care can help lift people's spirit. "Aesthetic procedures can be emotional moments. We meet clients' vulnerability with empathy and genuine interest in their desired outcome," Jen promised.

Jen believes that education is the key to staying updated on the safest and best way to treat all patients. Her goal is to spend 30 minutes a day furthering her education.

Lift's professionally licensed clinicians participate in continuous elite level, hands-on training. They educate clients on the fact that an effective skincare regimen must contain three fundamental elements: Prevention, protection and correction. To that end, Lift Medical Aesthetics offers SkinCeuticals, a product line designed to prevent signs of future damage, protect your healthy skin and correct the appearance of any prior damage.

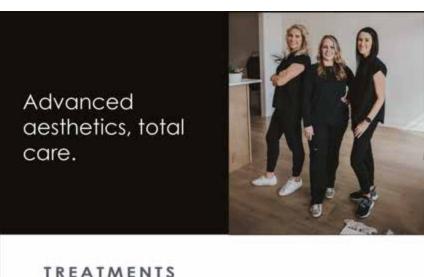
"We believe that self-confidence is derived from self-care. Sometimes, all you need is a little help smoothing out a wrinkle or two. We can help with wrinklereducing injectables or other aesthetic services. Maybe it's not a wrinkle but luscious full lips that you want. We've got you covered there, too," Jen said.

Lift Medical Aesthetics prioritizes educating clients on their options and making a comprehensive plan to meet their desired results. "We want to build trust, manage clients' expectations and cultivate lasting relationships," Jen shared. "Our providers believe that investing in yourself will boost confidence and can have a positive impact in every aspect of vour life."

The LMA website and social media offer a number of before-and-after photos of satisfied customers. There is also a quick online payment assistance application for those seeking to "treat now, pay later" in monthly installment plans if needed. LMA has a 5-star rating on Google reviews.

Offering aesthetics services to Midlothian and surrounding communities since 2019, Jen said that aesthetic nursing aligns with her beliefs in lifelong learning and investing in oneself. She is excited for the LMA staff's opportunity to listen to clients with empathy, then bring their aesthetic goals to reality. "I believe you'll feel at home with us," Jen offered. "And we look forward to helping you look and feel beautiful." NOW





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CONTACT





A stay-at-home mom of a 2-year-old, Shayna Cooper said her own mother sparked her love of baking. "My mom hates cooking but loves making every holiday special. She made incredible cakes for our birthdays and went above and beyond," Shayna recalled.

Shavna has loved baking since childhood. "I remember making cookies for family and neighbors all the time. Once streaming became a thing, I gobbled up every baking show there was to watch!" she admitted.

Two treats are Shayna's all-time favorites. "My favorite thing to make is chocolate chip cookies. Who doesn't like a good chocolate chip cookie? I don't know if I've ever turned one down!" Shayna said. "I also really love making cake pops, which is why I turned my passion into my business Coopcake Creations. You name it, I can make it into a cake pop!" NOW

The Best Chocolate Chip **Cookies Ever**

8 Tbsp. unsalted butter 1/2 cup white sugar

1/4 cup light brown sugar, packed 1 tsp. vanilla

l egg

1 1/2 cups all-purpose flour

1/2 tsp. baking soda

- 1/2 rounded tsp. salt
- 3/4 cup semisweet chocolate chips (I usually add some extra. May substitute white chocolate chips, butterscotch chips, etc.)
- 1. Preheat the oven to 350 F. Microwave the butter for about 40 seconds to just barely melt it. It shouldn't be hot, but it should be almost entirely liquid.
- 2. Using a mixer, beat the butter with both

sugars until creamy. Add the vanilla and egg; beat on low speed until just incorporated, 10-15 seconds.

- 3. Add the flour, baking soda and salt. Mix until crumbles form. Add the chocolate chips.
- **4.** Roll the dough into 12 large balls; place them on a cookie sheet. Bake for 9-11 minutes until they're puffy, dry and barely golden. Do not overbake. (I never go over 11 minutes. I also really like chewy cookies, so for me, 10 minutes is perfect.)
- **5.** Cool on the cookie sheet for about 30 minutes (or eat them hot with ice cream on top). Store in an airtight container to keep them soft and fresh.

Double Chocolate Banana Muffins

Makes about 1 dozen.

1.1/2 cups flour 1 cup sugar 1/4 cup baking cocoa I tsp. baking soda 1/2 tsp. salt

1/4 tsp. baking powder 1 1/3 cups ripe bananas, mashed 1/2 cup canola oil 1 egg I cup chocolate chips

- 1. Preheat the oven to 350 F. In a large bowl, combine the first 6 ingredients. In a small bowl, combine the bananas, oil and egg; stir the wet ingredients into the dry ingredients just until moistened. Fold in the chocolate chips.
- 2. Fill greased or paper-lined muffin tins 3/4 full. Bake 20-25 minutes, or until a toothpick comes out clean. (Although these are muffins, I sometimes add peanut butter frosting on top to add a little extra yum!)

Can't Say No to These Candied Coconut **Sweet Potatoes**

- 4 cups mashed sweet potatoes (or 2 29-oz. cans, drained and rinsed)
- 1/4 cup, plus 2 Tbsp. granulated sugar
- 6 Tbsp. butter (no margarine), softened or melted
- 2 eggs, beaten
- 7 oz. sweetened condensed milk
- I tsp. vanilla

Topping: (I always double this part)

- 1 cup brown sugar
- 1 1/2 cups sweetened coconut flakes
- 6 Tbsp. butter, melted
- 1. Preheat the oven to 350 F. Add the sweet potatoes, sugar, butter, eggs, sweetened condensed milk and vanilla to a bowl; mix with an electric mixer until creamy. Spread in a 9x13-inch pan.
- **2.** Mix the topping ingredients together until everything is incorporated; sprinkle over the sweet potatoes. Bake 40-50 minutes until the topping is golden brown.

S'mores Cookie Bars

1/2 cup butter, softened

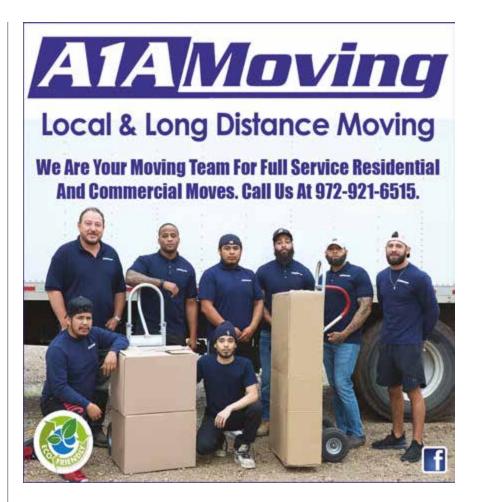
2/3 cup light brown sugar

1 tsp. vanilla extract

1/2 tsp. baking soda

1/4 tsp. salt

- I cup all-purpose flour
- 3/4 cup fine graham cracker crumbs (about 7 full-sized graham crackers)
- 1/2 cup marshmallow cream
- 1/2 cup semisweet chocolate chips
- **1.** Preheat the oven to 350 F: line an 8x8-inch baking dish with parchment paper
- 2. Beat together the butter and sugar. Mix in the egg and vanilla.







3. Mix in the baking soda, salt, flour and

4. Press 3/4 of the dough into the bottom of a prepared baking dish. Spread the marshmallow cream over the top; sprinkle the chocolate chips over the cream.

graham cracker crumbs until a dough forms.

5. Press the remaining cookie dough over the top of the chocolate chips. Bake 20 minutes. Cool before cutting and serving.

Chocolate Turtle Cookies My childhood favorite!

Cookies:

1/2 cup butter, melted

3/4 cup sugar

2 eggs, beaten

8 tsp. cocoa

1 1/4 cups flour

1 tsp. vanilla

Frosting:

- 1 Tbsp. butter
- I cup powdered sugar, or more as needed

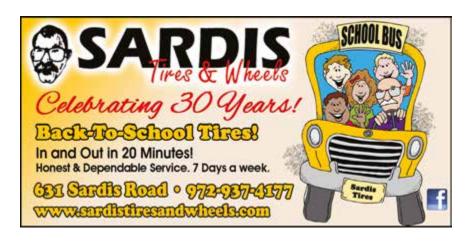
1/2 tsp. vanilla 1/2 Tbsp. milk, or more as needed

- **1.** For cookies: Mix the butter and sugar together. Add the eggs, cocoa, flour and vanilla.
- 2. Heat a waffle iron (a waffle iron with small spaces works best) to medium temperature. Drop 1 Tbsp. of dough into each section. Close the lid; bake for 50-60 seconds. Remove from the waffle iron; let cool a little. Repeat until all the dough is gone.
- **3.** For frosting: Mix together all the frosting ingredients, adding additional powdered sugar and/or milk to reach the consistency you desire. Frost the cookies with the frosting while they are still a little warm.













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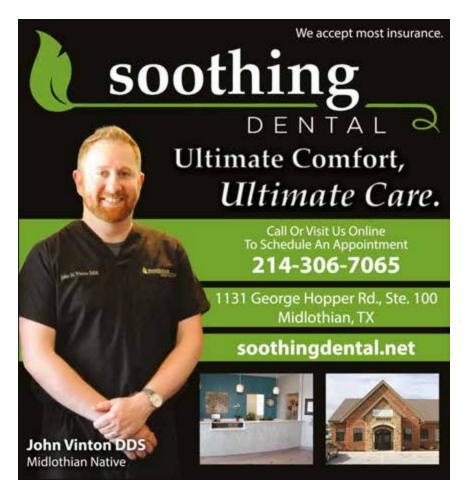
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- 5 Wields the gavel
- 11 Undoing
- 12 Elton's collaborator
- 13 Currently
- 15 Lieu
- 16 Drop the ball
- 17 Early screen Jean
- 19 Salt Lake City letters
- 20 Soft tissue
- 23 Old Ford model
- 26 Shakes led Sue astray
- 30 "Bearded" bloom
- 32 Overhead
- 33 Its occupants look for a catch

- 36 Site of a famous "galloping" bridge
- 37 Bring to naught
- 38 Mushy
- 39 Complaint

Down

- 1 Collide
- 2 "I Think I'm ---Here" (Carroll O'Connor, autobiography)
- 3 A quart, and then some
- 4 Right down the middle
- 5 It owns Simon and Schuster
- 6 "--- So Fine" (The Chiffons' hit)
- 7 Skills
- 8 As a whole

- 9 Inflexible
- 10 Oozes
- 14 Image of a deity
- 18 Itsy-bitsy
- 21 Smelting byproduct
- 22 Racket
- 23 Boosts
- 24 Experiment
- 25 "Saturday Night Fever" genre
- 27 Blackmore's Lorna
- 28 Dodge
- 29 Play by a different ---
- 31 Hit the mall
- 34 Little terror
- 35 Dissenting vote

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.

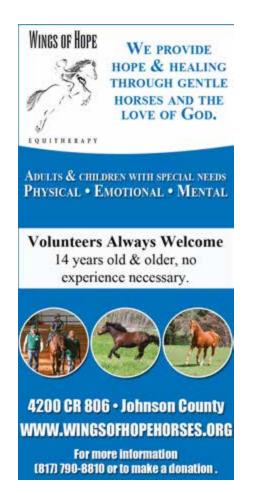


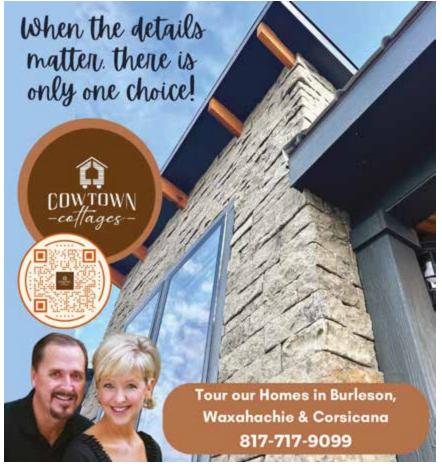
Sudoku Puzzle

Medium Easy

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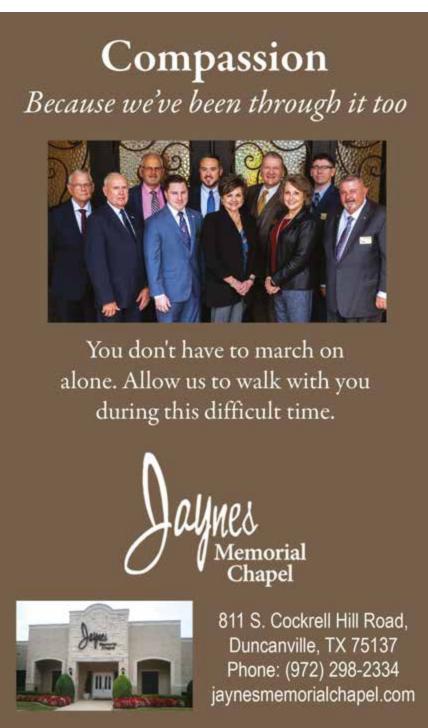


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Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

AUGUST

8/1

Fall Class Registration Begins:

Ellis Christian Women's Job Corps' free courses range from computer training and money management to setting boundaries, résumé writing and interviewing. Classes begin August 29 and run 12 weeks with morning and evening times available, Tuesday-Thursday. 100 Chamber Circle, Ste. 1008, Waxahachie. Learn more at http://elliscwjc.life/ or call (972) 937-6620.

8/5

Mayor's Back-to-School Bash:

Open to all families. Includes games, inflatables, face painting and food trucks. 10:00 a.m.-2:00 p.m., Midlothian ISD Multi-Purpose Stadium, 1800 S. 14th St. Contact Manna House about school supply donations and distribution at (972) 775-1800.

Minions: The Rise of Gru: Enjoy a movie in the park. Free. 7:30-9:00 p.m.,

Midlothian Community Park, 3601 S. 14th St.

8/9

Chamber Luncheon:

Midlothian Chamber of Commerce State Legislative Series. 11:30 a.m.-1:00 p.m., Midlothian Conference Center, I Community Circle Dr. Register at www.midlothianchamber.org/ events-calendar.

8/11

Summer Beats:

Concert featuring Royal
Dukes Band. Bring chairs and
blankets for lawn seating. Free
admission. Food for purchase.
7:30-9:30 p.m., Midlothian
Community Park Art Pierard
Memorial Amphitheater,
3601 S. 14th St.

8/18

The Wellness Symposium: Equipping Ellis County to empower themselves and others. Lunch, refreshments and exhibitor booths to peruse. Free. 8:00 a.m.-4:30 p.m., Waxahachie Civic Center, 2000 Civic Center Ln., Waxahachie.

8/26

Second Annual Sporting Clay Classic:

Benefits Ellis County Children's
Advocacy Center.
7:00 a.m.-2:00 p.m.,
Ellis County Sportsmans Club,
407 W. Sterrett Rd.,
Waxahachie. Tickets at

waxanachie. Tickets at www.elliscountycac.org/events.

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



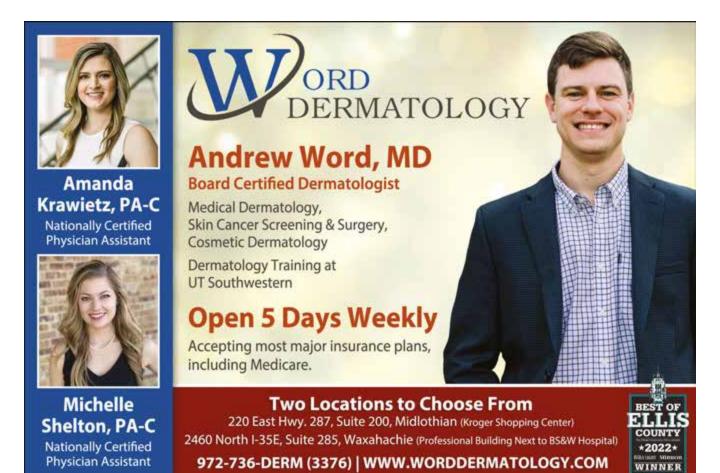
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