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SEPTEMBER 2020

Favorite Aunt

Photographer Tammy Anderson befriends student athletes

A Texas Star

There will never be another Audie Murphy

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Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

*Managing Editor, Becky Walker | Midlothian Editor, Angel Morris
Editorial Assistants, Rachel Rich . Lori Widdifield
Writers, Lisa Bell . Christopher Schmitt
Editors/Proofreaders, Lisa Bell . Virginia Riddle*

GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato
Morgan Christensen . Martha Macias . Anthony Sarmienta*

PHOTOGRAPHY

*Photography Director, Chris McCalla
Photographer, Kobbi R. Blair*

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ON THE COVER

A Midlothian alumna uses her camera in support of the home team.

Photo by
Kobbi R. Blair.

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EDITOR'S NOTE



Angel

Angel Morris
MidlothianNOW Editor
angel.morris@nowmagazines.com
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Hear me out ...

From *Ally McBeal* in the '90s to *Zoey's Extraordinary Playlist* today, I can totally relate to the idea of folks' innermost thoughts coming alive in song. A park full of picnickers breaking into a flash mob of Katrina and the Wave's "Walking on Sunshine" is my idea of the perfect lunch, and a spontaneous dance-off/singalong to "Born to Hand-jive" (a la *Grease*) is exactly how I think every school dance should end.

If I'd had any guts at all, I'd have totally sashayed down the aisle to Billy Idol's "White Wedding," with every expectation of the guests replying in unison, "It's a nice day to start again!" When I die, and they lay me to rest, I can completely visualize mourners yanking off their Velcroed black attire to reveal brightly colored suits and sequined dresses, as they jazz hand through Norman Greenbaum's "Spirit in the Sky." Nothing would make the afterlife happier than people *actually* dancing on my grave!

While I realize these things almost exclusively happen in TV and film, the part of me that sings along to grocery store Muzak with the secret fantasy of being "discovered" still holds out hope. I can only dream of my life one day being told in song. In the meantime, I'm happy getting to tell other people's life stories in print. For me, it's the next best thing to a traffic jam in *La La Land*. And if you get that reference, come sing along with me ... I may be face-masked, but I'll still be dancing.

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VOTAR



FAVORITE



Capturing that special moment when an athlete makes the basket, the catch, the dig or the homerun is as exciting for sideline photographer Tammy Anderson as if she made every move herself. "All of those times are special to me. There is a sense of pride knowing that I can watch MISD athletes up close and in person playing in a town I grew up in," Tammy noted. "The joy on those kids' faces when they score or make the perfect defensive play is priceless!"

A 1978 graduate of Midlothian High School, today Tammy spends many nights, weekends and hours at local sporting events and then downloading and uploading pictures for everyone to enjoy. It was family ties that led her to find this passion. "My nephew by marriage, Coach Justin Blackwell, graduated from MHS and went on to college, then became a coach here several years ago. He coaches both football and baseball," Tammy explained. "I attended all of his games and began taking pictures of him from the stands. He was the running backs' coach in football, so I began taking pictures of his running backs. I would also take pictures of him at his baseball games."

When Coach Wiginton joined MISD, he allowed Tammy on the sidelines. "I absolutely loved it! Players and parents began asking me if I had a picture of their son, or wives would ask me if I could take some of their husbands that were coaches," Tammy reflected. "I began taking pictures before, during and after all the games. I traveled all over watching these kids and coaches play the game they loved. When Coach Wiginton and Coach Blackwell moved to Midlothian Heritage High School, I, of course, had to follow them to take pictures."

Before Tammy knew it, she was also taking pictures of basketball, baseball and other sports when she had a chance. "I began taking pictures of Kelsey Carpenter who was a great volleyball player at Heritage. She had lived next door to me as a little girl and watching her grow and become such a beautiful young lady and an excellent volleyball player was a joy!" Tammy enthused. "Other volleyball parents would ask me if I had any pictures of their girls. So, I began going to all the volleyball games, as well. I was there for their wins and their losses."

What some may not know is that Tammy is a former athlete herself, after moving to Midlothian in eighth grade. "I was a fairly shy person back then and

TEAUNT

— By Angel Morris

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still am to some degree, but I did play basketball my junior and senior year and loved it. I went on to college to play basketball. I was also on the track team and threw the discus. I was a member of the FFA and raised a calf each year," Tammy added.

After graduation, Tammy studied Computer Technology at Texas Tech University and has worked for ASG Technologies for 30 years as a Technical Customer Support Manager. While she has resided in Cedar Hill and Wills Point, she moved back to Midlothian 12 years ago.

Strong family ties can be credited for Tammy's interest in photography. "My mother's father, my grandfather, absolutely loved taking pictures. It has always been something I enjoyed as well. I decided to take a photography class in college and continued to take pictures for fun after that," Tammy noted. "I kept an interest in photography through the years and have even passed it on to some of my other nieces and nephews."

Now it's not just relatives who consider Tammy family, as she is considered an unofficial team mascot. "It makes me extremely proud to be called 'Aunt Tammy' by all the kids, coaches and their families. Everyone knows me that way — even Coach Wig's parents call me that. They are all so special to me," Tammy said.

Some special moments stand out from Tammy's time on the sidelines, including the Midlothian Heritage vs. Henderson Bi-District Football game, November 15, 2019. "Jay Wilkerson made a fantastic catch. I did get it on film, but it was slightly blurry. I kept it anyway. What a comeback for these

kids!" Tammy remembered. "I have loved watching Jay play for four years and will miss him greatly. Cedric West is another who loves playing football and loves pictures. He is a great kid, and I will miss him and wish him all the best."

While student athletes will come and go, Tammy's Midlothian roots will always run deep. "My brother, Monte, developed the MidTowne neighborhood, so we all have a nice place to call home. One of the streets is named after my oldest great niece, Abigail, and the park is named after my youngest great niece, Brooklynn," Tammy explained. "My mom, whom everyone in Midlothian knows as Ma; my sister, Mary, and her family; my niece, Heather, and her family; my niece, Amariss, and her family all still live in Midlothian. Friends I went to school with and have met along the way still live here, too."



When not photographing local sports, Tammy enjoys travel, riding bikes and motorcycles and time with her Labradoodle, Kirby. "She is the joy of my life and means the world to me," Tammy said. Tammy is also a board member of Midlothian Hall of Honor.

Regardless of how sports may be impacted by this year's pandemic guidelines, athletes can count on Aunt Tammy to be there from a safe distance. Photography is a natural extension of her personality, since she enjoys bringing happiness to others from behind the scenes. "I am extremely passionate and loyal. When you break down my barrier walls and get into my inner circle, I would do just about anything for you," she promised. "These coaches and kids work so hard. I love being there for them more than anything." **NOW**

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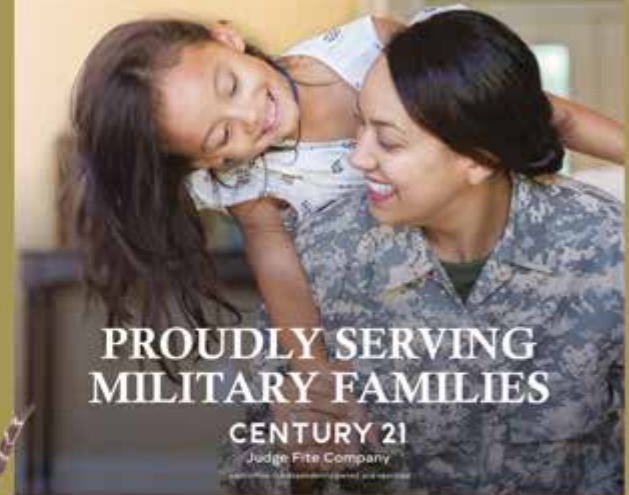
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Tales of Texas

A TEXAS STAR

— By Angel Morris

It was not entirely uncommon for young men of a certain era to lie about their age in order to enlist in the U.S. military. It was, however, unusual for any one soldier to accumulate the accolades bestowed upon Texan Audie Murphy, who would go on to be the most decorated American combat soldier of World War II.

Born June 20, 1925, in Kingston, Hunt County, Texas, Audie Leon Murphy was one of 12 children born to Emmett and Josie Belle Murphy, sharecroppers with little means. This humble beginning perhaps encouraged him to enlist in the Army at age 17 and did not stop him from going on to earn 33 military awards, including the Medal of Honor, as well as five additional honors from Belgium and France. It is believed he wounded, captured or killed some 240 enemies, while he, himself, was wounded three times and fought in nine major campaigns to survive the war.

Rising from army private to staff sergeant, Murphy also earned a “battlefield” commission to 2nd lieutenant during his three years of active combat. Released from the Army in September 1945, Audie made the cover of *Life Magazine*, and was invited to Hollywood by actor James Cagney.

After two challenging years with little work, Audie received bit parts in a couple of films. In 1949, he landed his first starring role in the film, *Bad Boy*. A year later, he signed a contract with what is today called Universal Studios, where he starred in 26 films between 1950 and 1965.



In 1955, he starred in the film adaptation of his own autobiography, *To Hell and Back*, which had been a bestseller in 1949. The film was Universal’s highest grossing picture until being surpassed by *Jaws* in 1975.



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Concluding his Universal contract in 1965, Audie went on to work with other producers and studios and would complete 44 feature films, including many westerns, during his career. It is reported that Audie earned about \$3 million in his 23 years of acting.

Outside of acting, Audie was also a rancher and a successful racehorse owner and breeder. He was known as a gambler, winning and losing fortunes over sporting events and poker games.

Contrary to his military and acting persona, Audie was also a poet and songwriter, and had dozens of songs recorded by famed artists including Dean Martin, Charley Pride, Porter Wagoner, Roy Clark and many more.

Like many military veterans, Audie reportedly suffered from depression, insomnia and battle fatigue (now called post-traumatic stress disorder), and even became addicted to sleeping pills. He kicked his habit and began speaking publicly about the problems faced by returning military veterans, becoming a champion for Korean and Vietnam War veterans and encouraging the U.S. government to better address war's emotional impact and the resulting health care needs.

Audie's life was tragically cut short on May 28, 1971, when he was just 45 years old. On a business trip, Audie died in a plane crash, with the accident attributed to rain and fog. He was buried with full military honors in Arlington National Cemetery on June 7. His gravesite has become one of the most visited at the cemetery, second only to President John F. Kennedy's.*



Photo by Scott Baughman - Dreamstime.com.

Audie, who had been married twice in his lifetime, was survived by his second wife of 20 years and their two sons, Terry and James. Terry founded the Audie Murphy Research Foundation to preserve his father's memory. The Audie L. Murphy Memorial Website showcases books, collectibles, media clips, photos and more as they relate to Audie's life and career.

Since his death, Audie's birthday, June 20th, has been dubbed Audie Murphy Day in Texas by both the state legislature and then-Governor George W. Bush. In 2013, Audie's only surviving sibling, Nadine Murphy, accepted the Texas Legislative Medal of Honor on Audie's behalf, awarded posthumously by Governor Rick Perry.

Audie's namesake website notes that he is truly a one-of-a-kind World War II veteran. "What Audie accomplished during this period is most significant and probably will never be repeated by another soldier, given today's high-tech type of warfare," the site states. "The U.S. Army has always declared that there will never be another Audie Murphy." **NOW**

Source: audiemurphy.com.

Photos, unless otherwise noted, courtesy of Audie Murphy/American Cotton Museum.

**Editor's Note: The birth date on Audie's tombstone matches the falsified birth certificate he filed in order to enlist in the military underage.*

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In 1995, Ihechiluru Ekeke immigrated to the United States from Nigeria. After two years in the country, he joined the military, intending to serve a few years. Instead, he served 20 years, including tours in Kuwait and Iraq. An officer in the Army's Field Artillery, Ekeke retired in 2017. With an executive MBA from TCU, he didn't want to enter the corporate world. He considered opening a business. "I looked at 20-30 franchises," he said. "In the Army, we needed men to accomplish missions. I wanted the same team concept in a business."

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Before an employee interacts with customers, he or she completes a week of training on the proper way to relate according to Mr. Handyman's core values. A man of faith, Ekeke's values stem from Christian beliefs. "Integrity is very important to me," he shared. Those values also match those of the franchise. On time, done right, Mr. Handyman strives to

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Mr. Handyman proudly serves a triangle from Burleson to Midlothian to Cleburne and the areas in between. The technicians normally work Monday through Friday, paid well enough to enjoy the weekend with their families. On occasion, they work on a Saturday, but Ekeke believes owners and employees alike need time off. He tries to protect that value while accommodating customer schedules.

“Integrity is very important to me.”

“I always wanted to better the community,” Ekeke shared. “I thank God for giving me this opportunity. I take pleasure [in serving others].” With that in mind, he plans to launch a veterans’ program this fall. After identifying veterans who need help around their homes, all of his employees, joined by those from the other DFW locations, will set aside a single day. “We’ll see how much we can get done having multiple technicians focus on repair and remodel for our veterans that day.”

When considering repairs and remodels, Ekeke suggests knowing all that you want done. “Often our technicians will amaze you with how much they can accomplish in three hours.” Whether using them or not, know who’s doing the work and make sure it is guaranteed. Jot down desired outcomes, so you receive a proper bid or estimate.

“Everything I wanted to do in this country, I accomplished,” Ekeke said. “If I did it, others can, too.” **NOW**

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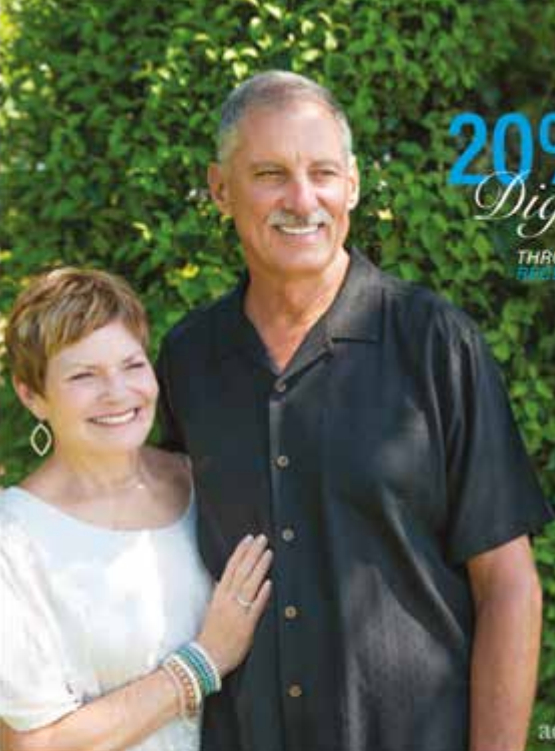
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Police, fire and recycling departments, along with family and friends, drive by to help Evan Reardon celebrate his 5th birthday.

Zoomed In: Kyle Wadsworth

By Angel Morris

This summer, artist Kyle Wadsworth put the finishing touches on an outdoor mural depicting historic downtown Midlothian. Kyle was contacted by Stephen Hidlebaugh, who specializes in historic property restoration, about working with the Midlothian Downtown Business Association on the creative project.

The 9th Street piece took three weeks in 90-degree heat for Kyle, who has been painting murals for 20 years. "My mother painted a mural in my room when I was young, then a friend asked me to paint a mural for them. I started painting kids' rooms, and the jobs kept getting larger. I haven't advertised in over eight years, and I stay booked," admitted Kyle, whose other recognizable murals can be seen in and around the Dallas-Fort Worth area.



Amanda and Steven McCarty, owners of MidloH2O, prepare for their Midlothian Chamber ribbon cutting ceremony.



Community representatives break ground on Phase 2 of Midlothian Community Park.



Avery Loren Designs displays custom pieces at the Saturday Midlothian Market.



Michelle Wildman and Emily Wildman display some of the Hero Rocks Emily painted to thank health care workers like her mom during the COVID-19 pandemic.



Brayden Donley practices on his board at Midlothian Skate Park.



Residents participate in a local Defend the Police Rally.

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Apples were found on pages 4, 12, 20, 25, 37

August winners are:

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CookingNOW

In the Kitchen With

SABRINA MICHAELS

— By Angel Morris

Sabrina Michaels enjoys sharing her baked goods but keeps the special recipes to herself. “I’m known for my cheesecakes. I also make fabulous brownies and chocolate chip cookies. I don’t share those recipes, though,” she admitted. “In fact, my cheesecake is such a secret that my husband doesn’t even know how I make it.”

The wife of a Dallas police officer and mom of two sons, Sabrina volunteers with Mountain Peak Elementary PTO and Midlothian Youth Football League. She made her first cooked meal, a meatloaf, back in fifth grade, and has loved cooking ever since. “My mom and grandmother showed their love the same way,” Sabrina recalled. “Food has always been a central part of our family and our get-togethers.” **NOW**

Instant Pressure Cooker Chipotle Mac and Cheese

- 1 lb. dry pasta, such as shells or elbow
- 4 cups water
- 4 Tbsp. butter
- 1 tsp. kosher salt
- 1 tsp. ground mustard
- 1 chipotle pepper in adobo sauce, finely chopped
- 1/2 tsp. adobo sauce

- 1 10-oz. can evaporated milk
- 8 oz. pepper jack cheese, cubed in advance, room temperature
- 8 oz. Velveeta cheese, cubed in advance, room temperature

1. In the insert of an Instant Pot pressure cooker, add the first 7 ingredients; give ingredients a quick stir. Secure the lid; set the cooker to 5 minutes on high pressure. Press the *Start* button.

- 2. After time, press the *Quick Release* button. When you’re able to open the lid, add milk and half of the cheeses. Vigorously stir until the cheeses have melted. Add the remaining cheeses, stirring until creamy.
- 3. Replace the lid; let sit for a couple of minutes.

Grandmother’s Easy Chicken Enchiladas

- 1 large rotisserie chicken
- 1 16-oz. tub sour cream
- 1 medium white onion, diced
- Canola oil
- 12 corn tortillas
- 1 10-oz. jar enchilada sauce
- 1 cup cheddar cheese, shredded

- 1. Preheat the oven to 350 F. Debone the chicken; shred meat in a large bowl.
- 2. Add the sour cream and onion; stir until mixed well.
- 3. Pour the oil into a frying pan until about 1/2 inch deep; heat. Add 1 tortilla; fry it until it is soft. Use a fork to remove the tortilla

to a paper towel-lined plate. Repeat with remaining tortillas.

4. Add 1 to 2 Tbsp. of the chicken filling to each tortilla; roll. Place rolled tortillas in a 9x13-inch pan; cover with enchilada sauce. Top with shredded cheese. Bake for 15 minutes, or until the cheese is melted and the enchiladas are warm inside.

Dean's Favorite Pizza

- 1 pizza dough**
- 2 Tbsp. prepared pesto sauce**
- 2 cups mozzarella cheese, shredded**
- 1 grilled chicken breast, diced**

- 1.** Spread dough on a pizza pan. Spread sauce on top of dough, leaving a 1/4-inch edge uncovered for the crust.
- 2.** Sprinkle cheese on top of the sauce; add the chicken. Bake according to the dough instructions.

Sausage and Tortellini Tomato Soup

My go-to soup, not too creamy or heavy.

- 1 tsp. olive oil**
- 1/2 cup onion, chopped**
- 2 garlic cloves, minced**
- 1 lb. raw Italian turkey sausage, casings removed**
- 1 32-oz. can fat-free low-sodium chicken broth**
- 1 28-oz. can unseasoned crushed tomatoes**
- 2 Tbsp. fresh basil, chopped**
- 2 tsp. Italian seasoning**
- 1 tsp. salt**
- 1 pinch black pepper**
- 1/2 tsp. crushed red pepper flakes**
- 3 oz. 1/3 less fat cream cheese, cut into cubes**
- 12 oz. refrigerated cheese tortellini**
- 2 cups torn fresh spinach**

- 1.** Pour oil into soup pot over medium-high heat. Add onions, stirring to coat. Cook, stirring occasionally, for a few minutes, until the onions are softened.
- 2.** Add garlic, stirring together and cooking 30-60 seconds. Add sausage; stir together. Breaking meat into small pieces, cook until fully broken up.
- 3.** Add broth, tomatoes, basil, Italian seasoning, salt, pepper and red pepper, increasing heat and bringing to a boil. Once boiling, reduce heat to low and simmer, covered, for 20 minutes.
- 4.** Uncover the pot; add cream cheese. Whisk cream cheese in while simmering until cheese is dissolved. Add tortellini and spinach, stirring together. Cover pot; simmer for 10 minutes, or until pasta is cooked.



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Chicken and rice, Puerto Rican style

1 lb. chicken thighs
Goya Adobo, to taste
1/2 cup vegetable canola oil
1/2 cup Goya Sofrito
1 8-oz. can tomato sauce
2 Tbsp. Manzanilla olives
1 tsp. capers
1 tsp. garlic powder or 2 garlic cloves, minced
1 envelope onion soup
1 envelope Goya Sazón
2 cups medium or long grain rice, raw
4 cups boiling water

1. For best results, prepare chicken the day before. Sprinkle with adobo; refrigerate until ready to make the rice. In a large pot, brown the chicken in oil, about 5 minutes per side. Take chicken from the pot; set aside. (Do not drain on paper towels.)

2. In the same pot that you used to fry the chicken (drippings and all), add sofrito, tomato sauce, olives, capers and garlic; mix well. Cook 5 minutes on medium heat.

3. Add onion soup, sazón, chicken and rice to the pot; stir. Add water until it is 1 inch above the rice, stirring once only. Boil uncovered, on medium-high heat, until all



Arroz con Pollo

the water is absorbed. Gently stir from the bottom to the top. *Do not stir a lot.*

4. Cover with aluminum foil and a lid. Cook over low heat another 20-25 minutes, or until the rice is tender.

Beer Cheese Dip

2 8-oz. pkgs. cream cheese, softened in the microwave for 15 seconds
1 envelope ranch dressing mix
1 cup cheddar cheese
1/2 of an 11-oz. bottle Smithwick's beer (or other red lager)

1. Blend all ingredients in a bowl with a mixer.
2. Refrigerate for 1 hour. Serve with crackers or pretzels.

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

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PLAN FOR THE UNEXPECTED

— By Melissa Rawlins

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But prepare for the unexpected. People say the best restaurant is Bonitaville because its cold beer, fried catfish, okra and Hatch green chili burgers are considered the best in Texas. They don't tell you about the proprietors' pettable iguanas and prairie dogs. The family-friendly eatery is on a spot that was originally the recreational area for Fort Sill.



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Even now, C-130s and F-16s fly over this curvy section of the lake on training missions. Such intimate shows of United States' air superiority only provide more excitement while dining lakeside at the many restaurants situated on The Peninsula, a long and wide spit of land between two curves in a much larger S, making up the eastern leg of Possum Kingdom Lake.

Since 1938, the lake has been owned and operated by the Brazos River Authority. BRA brought in the federal Works Progress Program to build the dam and various public overlooks along winding roads that take you to and from put-in points along 219 miles of shoreline.

When COVID-19 protocols are not in place, the lake's office at the top of the dam displays intriguing historic photos. The WPP completed the Morris Sheppard Dam in 1941, and its resulting quality of life for Young, Palo Pinto, Jack and Stephens counties is unarguable.



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Campsites also abound. One private, quiet spot is directly below the dam and only accessible from a back road off Highway 16 behind the fish hatchery operated by Texas Parks and Wildlife. Parents attempting to open their children's eyes to career possibilities might find a trip to this lake educational. But so do bird lovers who can spend hours watching for herons, hawks, eagles and the ubiquitous buzzards.

Those birds put on quite a show over the lake's stellar landmark, Hell's Gate. This unique rock formation provides boaters, water skiers, photographers, scuba divers, raptors and more a tempting opportunity to challenge their skills. **NOW**

For questions about overnight stays, call (940) 779-2424 or visit www.PossumKingdomLake.com. Upon arrival, the official Possum Kingdom Chamber/Visitor Center is located at 362 N. FM 2353 in Graford, TX. At the unofficial visitor center, PK Real Estate, Manager Beth Caldwell is happy to share the best places to see wild deer — helpful knowledge before beginning your investigation of the back roads connecting to what might really be The Great Lake of Texas. That's for you to decide.

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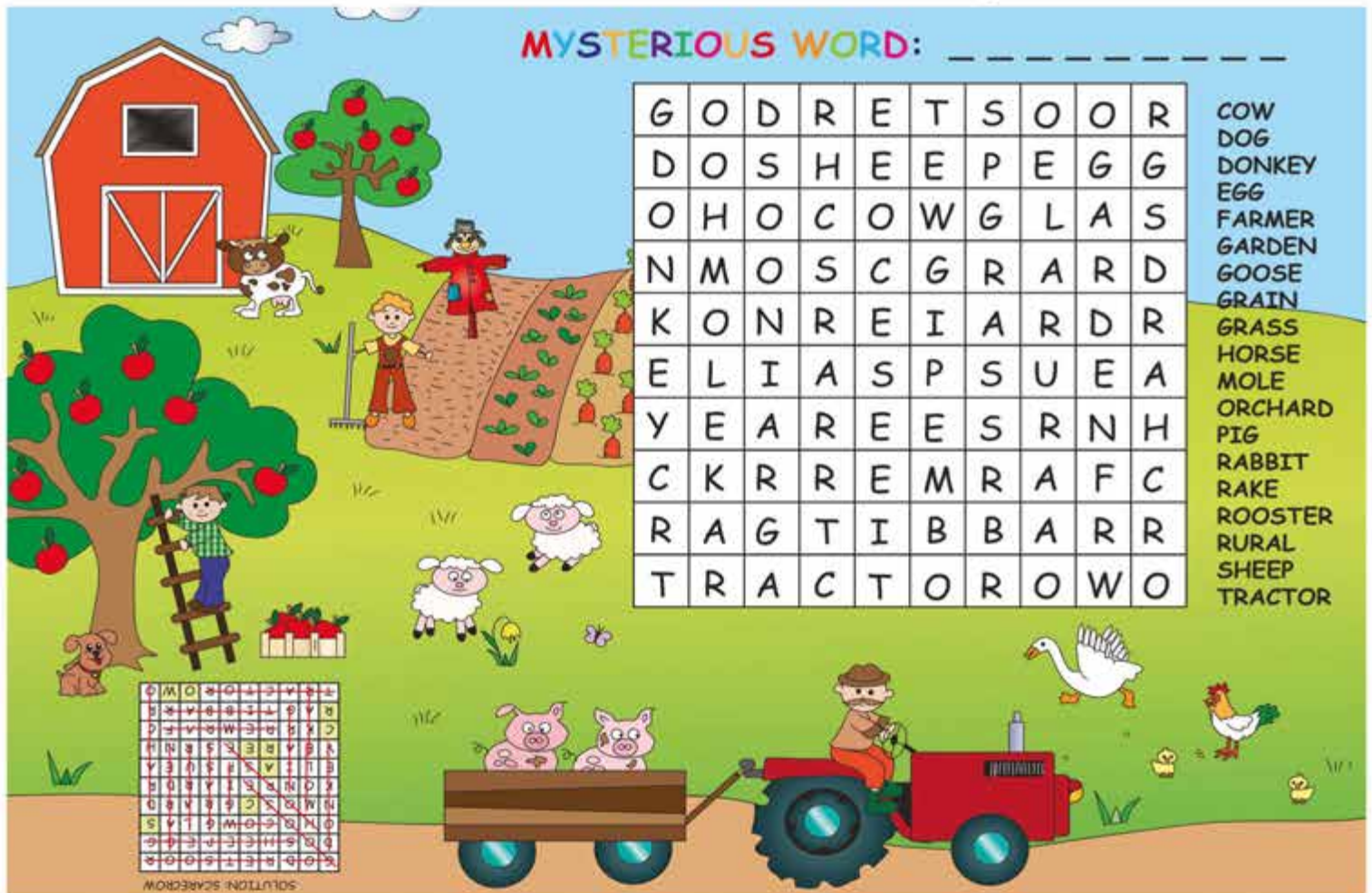
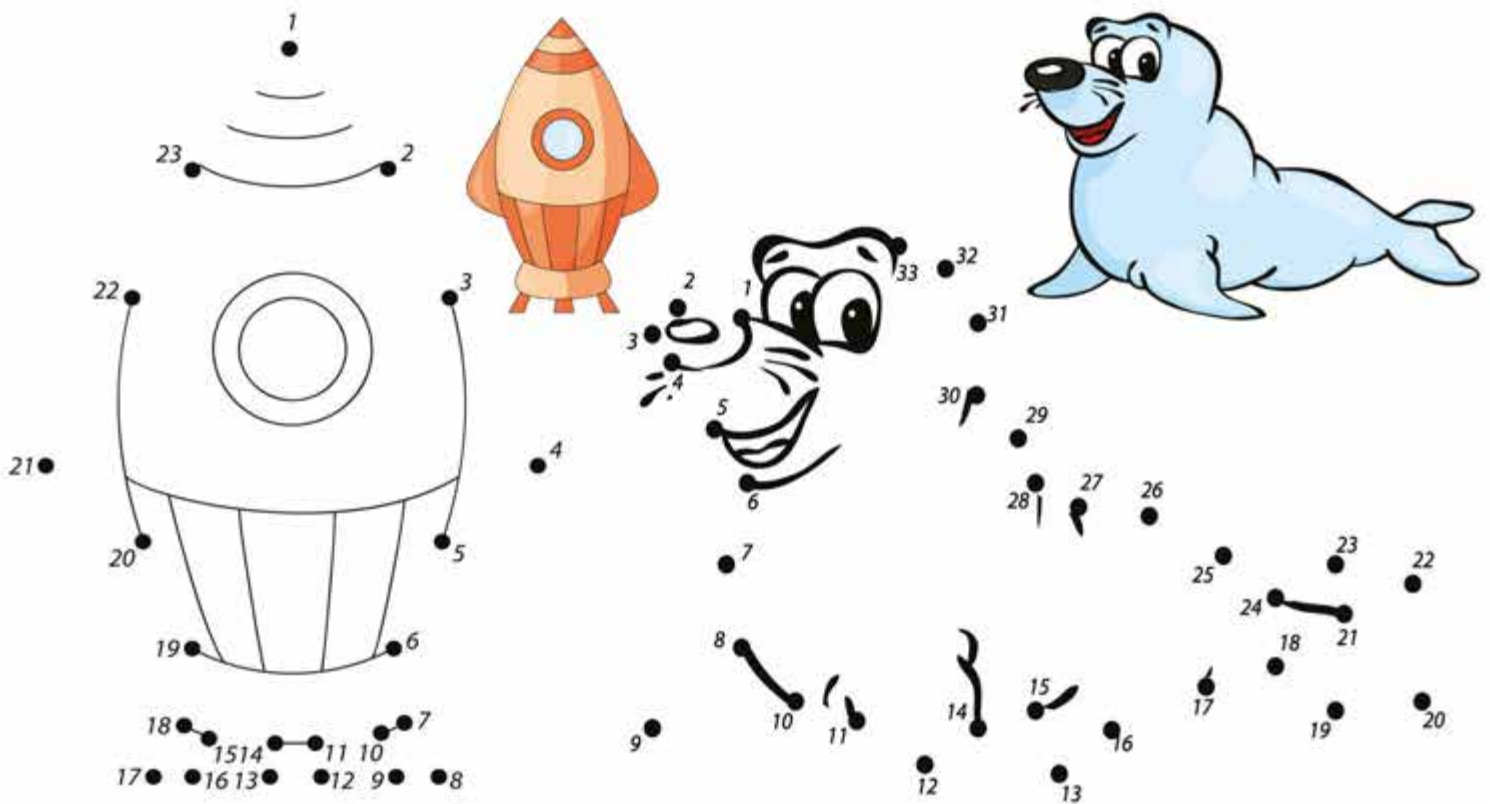
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Backyard Orphans works to see a day where there are more families waiting for children than children waiting for families.

They train church leaders to develop a foster care, adoption and support ministry. 702 Champlain Ct., Midlothian, TX 76065 (972) 638-0117, <http://backyardorphans.org/>

CHRIS KYLE FROG FOUNDATION

The Chris Kyle Frog Foundation is focused on changing the world for this generation and the next by recognizing and strengthening military and first responder marriages through unique programs and powerful partnerships.

P.O. Box 1337, Midlothian, TX 76065 (844) 336-CKFF (2533) www.chriskylefrogfoundation.org/

HELP TO HEAL, SHARING CHRIST'S LOVE

Help to Heal strives to connect people and businesses to serve those who need them most, focusing on seniors, single parents and those who do not qualify for services from the government. They assist people in need with a variety of free services and resources. 670 Primrose Dr.

Midlothian, TX 76065, (469) 222-1490 www.help-to-heal-tx.org

MANNA HOUSE

Manna House gives families a helping hand, empowering them to rise above the immediate crisis with a sense of dignity.

They are dedicated to serving the physical, emotional and spiritual well-being of people in crisis, and bring hope, encouragement and stability while building a stronger community. 3241A Robinson St. Midlothian, TX 76065, (972) 775-1800 www.mannahousemidlothian.org

MENTORS CARE

Mentors Care is a mentoring program that encourages action, hope and a future using volunteer mentors from the community to reach 'at-risk' youth in our schools. 661 E. Main St., #200-170, Midlothian, TX 76065 <http://mentors.care/>

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Breaking News!

YWRD, P.C. continues to grow with the addition of Bryan Thomas, CPA as a partner of the firm effective July 1, 2020!

We are excited about the promotion of Bryan to firm partner. Bryan started his accounting career with YWRD, P.C. in 2010. He has grown in the firm and shares not only our values but also our passion for making our clients satisfied and successful. He supports our mission in every aspect of our business and culture.

About Bryan Thomas, CPA

Bryan Thomas graduated from Northwood University with a B.B.A. degree in Accounting in 2011. He began work as an intern with YWRD, P.C. in 2010 and is currently a Senior Audit Manager. He serves accounting and audit clients in the government, nonprofit and for-profit sectors. Bryan is a member of the Texas Society of Certified Public Accountants (TSCPA) and the American Institute of Certified Public Accountants (AICPA).

He currently resides in Midlothian, Texas with his wife, Jennifer. He is excited about this partnership and looks forward to the continued growth of YWRD, P.C.

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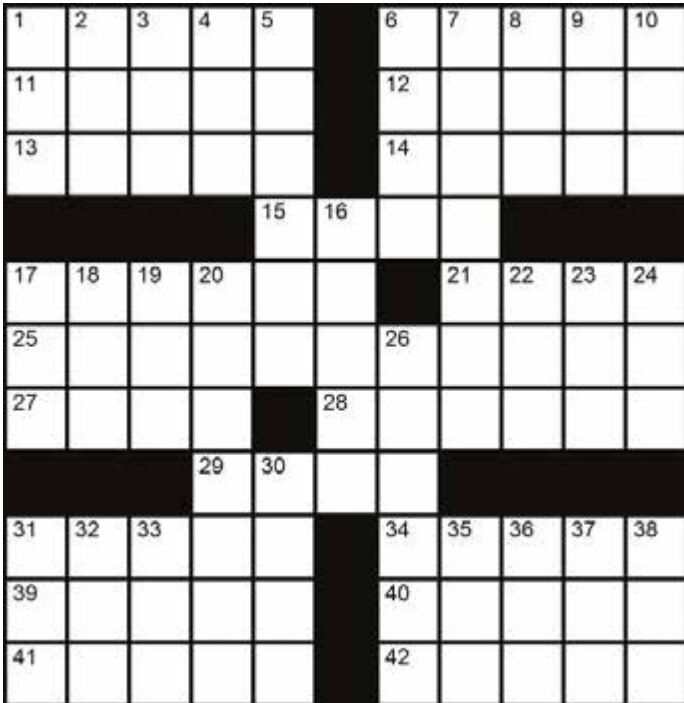
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Crossword Puzzle



- Across**
- 1 Taffylike
 - 6 Nautical entrance
 - 11 What the Jumbies went to sea in
 - 12 O3
 - 13 Belief of more than a billion
 - 14 Promotable chessmen
 - 15 Czech runner --- Zatopek
 - 17 Mountain plant
 - 21 TV trophy
 - 25 Country on the Red Sea and the Persian Gulf
 - 27 Easterly projection of a church
 - 28 Neutralize
 - 29 Sends up
 - 31 Solo employer of old
 - 34 Mournful verse
 - 39 What not to build a dam on
 - 40 In Montreal, it's "voir"
 - 41 Follows orders
 - 42 Ahead

- Down**
- 1 Hit CBS forensic series
 - 2 That man's
 - 3 Fish which might shock you
 - 4 Mountain state
 - 5 Likely to be an adherent of 13 Across
 - 6 Squash blossom tribe
 - 7 Acid-loving shrubs
 - 8 Unspun fibers
 - 9 Wolf Blitzer's channel
 - 10 Guys
 - 16 Maryland fort
 - 17 Hungry --- bear
 - 18 Lick
 - 19 Sign of infection
 - 20 In the best of all possible worlds
 - 22 Bus. deg.
 - 23 "Peace", which fell to earth in 2001
 - 24 Sweet potato, in the South
 - 26 --- the occasion
 - 30 Darlings
 - 31 "The X-Files" topic
 - 32 Arrest
 - 33 Stimulus
 - 35 Wolf Man --- Chaney
 - 36 Superlative ending
 - 37 Former GM marque
 - 38 Not nope

Solutions on page 44

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We still have options to start in the Fall

NEW PROGRAMS

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Sudoku Puzzle

Easy

Medium

				8			5
9				5	2		
						6	3
	8			2			
2			1				4
4		6		7		9	
	3	2					
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Solutions on page 44

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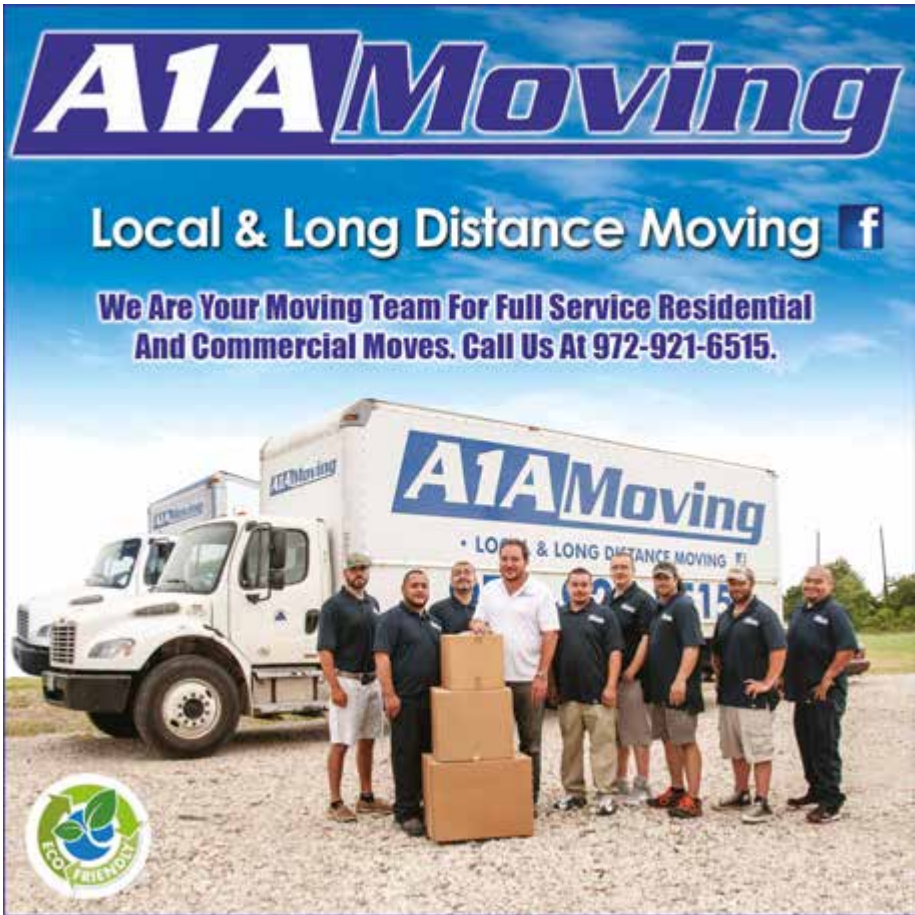


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Don't Let Your Feet Ruin Your Day at the Beach

As Americans hit the beach this year, follow these safety tips:

· *Puncture wounds and cuts:* Wear shoes to protect your feet from puncture wounds and cuts caused by sea shells, broken glass and other sharp objects. Don't go in the water if your skin gets cut —bacteria in oceans and lakes can cause infection. To avoid complications from a puncture wound, see a foot and ankle surgeon for treatment within 24 hours. Do not try to treat these injuries yourself!

· *Jellyfish stings:* We are not the only visitors to the shallow areas of beach water. These critters are also something to be cautious about. Remember that a jellyfish washed up on the beach can still sting if you step on it. If their tentacles stick to the foot or ankle, remove them, but protect your hands from getting stung, too. Vinegar, meat tenderizer or baking soda reduce pain and swelling. Most jellyfish stings heal within days, but if they don't, medical treatment is required.

· *Sunburns:* Feet get sunburn, too. Rare but deadly skin cancers can occur on the foot. Don't forget to apply sunscreen to the tops and bottoms of your feet throughout your day at the beach. Remember to reapply sunscreen often.

· *Burns:* Sand, sidewalks and paved surfaces get hot in the sun. Wear shoes to protect your soles from getting burned, especially if you have diabetes.

· *Ankle injuries, arch and heel pain:* Walking, jogging and playing sports on soft, uneven surfaces like sand frequently lead to arch pain, heel pain, ankle sprains and other injuries. Athletic shoes provide the heel cushioning and arch support that flip-flops and sandals lack. If injuries occur, use rest, ice, compression and elevation to ease pain and swelling. Any injury that does not resolve within a few days should be examined by a foot and ankle surgeon.

· *Diabetes risks:* The 20 million Americans with diabetes face serious foot safety risks at the beach. The disease causes poor blood circulation and numbness in the feet. A diabetic may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn't noticed right away. Diabetics should always wear shoes to the beach, and remove them regularly to check for foreign objects like sand and shells that can cause sores, ulcers and infections.

· *Covid-19:* Remember to maintain the proper social distance from other beach visitors. Especially as counties open up beach access, we need to respect the rules put in place to protect us. **NOW**

Christopher Schmitt, DPM
Associate of the American College of Foot and Ankle Surgeons
Southern Star Foot & Ankle



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Wendy Jones says winning was perfect timing for her because she is retiring and moving to New York! Congratulations and good luck!

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Linda Thurman was tickled pink to have extra spending money for the beginning of school at Midlothian High. Have a great year!



Happy LABOR DAY

September

Due to COVID-19, 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.

9/8

Charity Golf Tournament:

Supporting Mentors Care organization. Registration: noon; shotgun start: 1:00 p.m., Mira Vista Country Club, 6600 Mira Vista Blvd., Fort Worth. Learn more at www.mentors.care or call (214) 762-6741.

9/17

North Texas Giving Day:

Support the local organization of your choice in this matching donation program. 6:00 a.m.-midnight. Search for participating groups and learn how to contribute at www.northtexasgivingday.org.

9/27

Red Cross Blood Drive:

If you are healthy and have not donated in the past 56 days, you may schedule an appointment at www.redcrossblood.org. First United Methodist Church of Midlothian, 800 S. 9th St.

10/3

Midlothian Classic Wheels Car Show:

Benefiting local first responders. Opening: 10:00 a.m.; judging: 1:00 p.m.; awards: 3:00 p.m., Kroger, 2200 FM 663. For details, visit www.midlothianclassicwheels.com.

Round Up for Paws for Reflection Ranch:

Dust off your boots for an evening of dinner and music, or kick them up and virtually support the therapeutic services reaching 1,800 clients and families each year. 6:00-10:00 p.m., 5431 Montgomery Rd. Call

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Mondays, Wednesdays, Fridays

Midlothian Running Club:

Various distances and paces each day. **Mondays and Wednesdays:** 5:00 a.m., Kroger parking lot (pharmacy side), 2200 FM 663; **Fridays:** Fuzzy's Tacos, 513 George Hopper Rd.

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Crossword - Sudoku Solutions

1	C	H	E	W	Y		6	H	A	T	C	H	
11	S	I	E	V	E		12	O	Z	O	N	E	
13	I	S	L	A	M		14	P	A	W	N	S	
						15	E	M	I	L			
17	A	L	P	I	N	E		21	E	M	M	Y	
25	S	A	U	D	I	A		26	R	A	B	I	A
27	A	P	S	E			28	D	I	S	A	R	M
						29	A	P	E	S			
31	U	N	C	L	E		34	E	L	E	G	Y	
39	F	A	U	L	T		40	T	O	S	E	E	
41	O	B	E	Y	S		42	O	N	T	O	P	

Easy

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

Medium

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

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