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### **MISD Communication Survey**

October 1-18, 2013

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The district understands the importance of communication to keep parents/guardians, students, staff and the school community informed about events, issues and good news.



### **National Hispanic Scholars**

Midlothian High School seniors Joseph Castaneda and Daniel Garcia have been recognized as a 2013-14 National Hispanic Recognition Program (NHRP) Scholar.

Each year, the NHRP honors about 5,000 of the highest-scoring students from over 250,000 Hispanic/Latino juniors who take the PSAT/ NMSQT. Students with a junior year

cumulative GPA of 3.5 or higher and a qualifying PSAT score are recognized as scholars.

Daniel has identified the University of North Texas as one of his top college choices and plans to major in pre-med. Joseph plans to major in biology or psychology.



### **New Education Foundation and** Community Development Coordinator

Midlothian is pleased to introduce Chelsi Frazier as the new MISD Education Foundation and Community Relations Coordinator beginning September 30.

"I am excited to join the team at MISD and the Education Foundation. I believe Midlothian ISD

has the best administration, teachers, and students and to be a part of this organization is truly an honor," said Frazier.

She will be responsible for bringing in new sources of funding and volunteers to expand the educational resources for students and staff. This includes administering the MISD Education Foundation, obtaining competitive grant funding, and coordinating community and business partnerships.

### MISD School Bus Safety Week

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### On The Cover



Mark and Peggy Webster bring out the pumpkins and all the trimmings to decorate for Halloween.

Photo by Opaque Visuals.

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### Editor's Note

Hello, Midlothian!

Now begins the jubilant and sometimes regretful romp through the feasts of the holidays. The appearance of ripe pumpkins sends a signal to my brain that says, "Bring it on!" This signal cannot be turned off until January 2. I know this. I have tried. Last year's reckless frolic through the Halloween candy is best forgotten. For Thanksgiving — let's just say I was blessed. Christmas was a delicious blur of cookies, candies and cakes.

October is when the fun begins again. Start your season with something hearty, such as autumn beef and cider stew cooked with sweet potatoes, beef and cranberries. Or, something sweet like baked apples with brown sugar, golden raisins and topped with whipped cream. Everyone will say "yes" to dessert for that one! If you like to cook, email me about becoming our cooking feature, so you can share your recipes.

Happy eating!

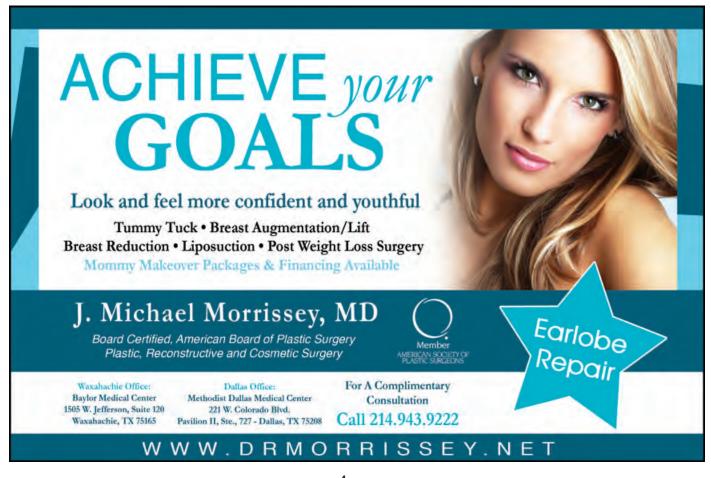


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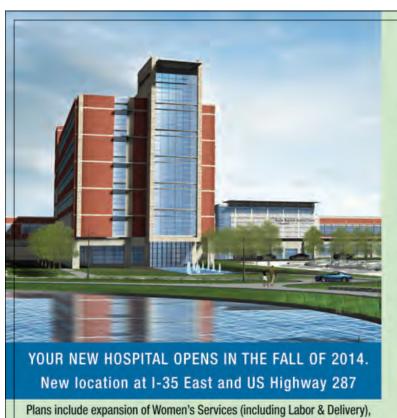












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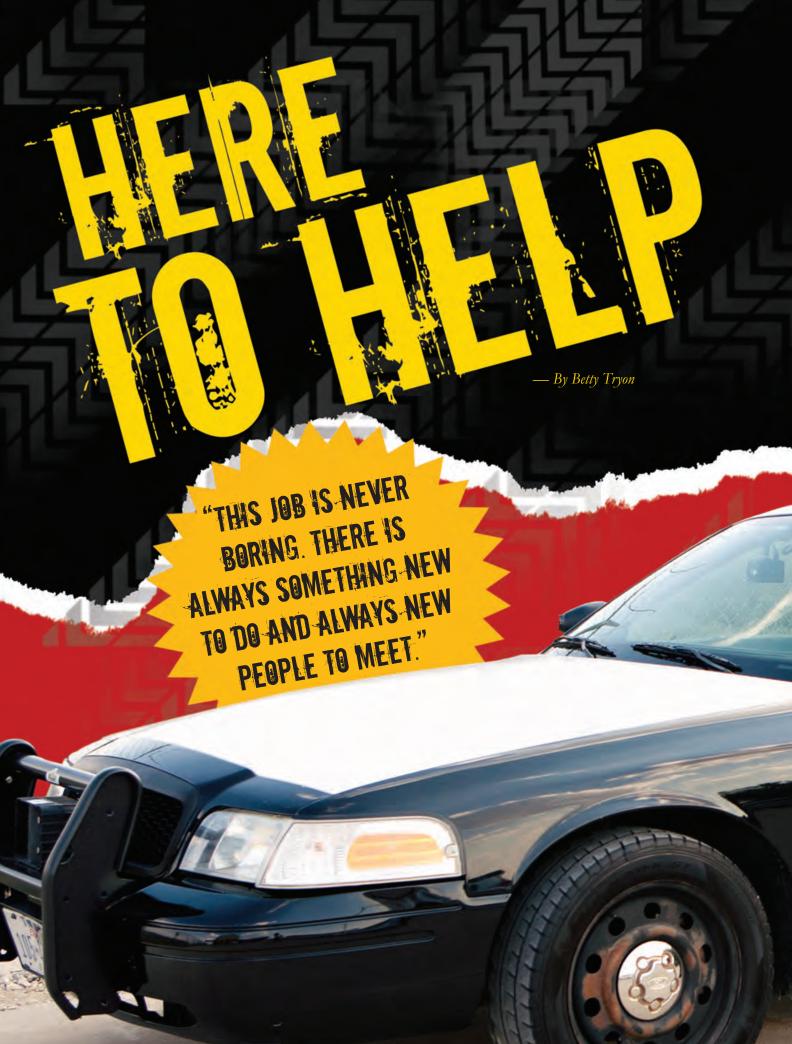
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Without warning, the patrol car that had been traveling at a leisurely pace made a U-turn, sped up and the lights on top of the vehicle began to flash. The target of all this activity correctly pulled into a safe place and stopped. From this point on, anything could happen. Fortunately for police officer Jordan Trahan, her stop for an outdated inspection sticker went quite amicably. "I gave him a warning," she stated. And, so concluded another traffic stop in the city of Midlothian. Although it was not the heart-pounding, electrically charged excitement one sees on TV, for the officer's sake that was a good thing.

Jordan takes it all in stride as she patrols her district. When she was in college, Jordan pursued a degree in criminal justice and became interested in law enforcement as a career choice, after listening to her professors talk about exciting stories of things that happened in their career. "It sounded like an exciting career path. It would be interesting, and I wouldn't have to be stuck in an office all day long," she stated. "This job is never boring. There is always something new to do and always new people to meet."

After graduation, Jordan joined the Midlothian PD. "I chose Midlothian, because the people here and the officers seem to be very supportive. After graduation from college, I went to police academy. That's where you learn basic police procedures such as making traffic stops, how to handcuff and ways to defend yourself if you get in a physical altercation. There were a lot of tests over traffic codes and laws," she explained.

Police officers in Midlothian typically ride solo, except during the training period of their first week when they are paired with a partner. Jordan remembers her first day









mess up on anything," she laughed. "I called a lot of people for help. I had mixed feelings that first day. I was excited, and it was a big responsibility. I enjoyed the freedom of being able to make my own decisions. I was hoping to do my best."



Her first traffic stop without a partner is reminiscent of the jitters everyone has when performing an important task on the job the first time. "With my first stop, I had to think, OK, lights on? What do I say on the radio? Make sure I'm watching them. It's really not a lot to remember, and with time, you get used to it."

Two-and-a-half years later, Jordan has become comfortable in her role as a police officer. Her present district is old town Midlothian and a portion of the opposite side of Hwy. 67. One might think that a small community such as Midlothian would lack the excitement of a larger city. Jordan would not agree. "There are always people who don't get along or have family problems," she said. "We have drugs in the city and a lot of activity comes when you are working nights. You know they say nothing good happens after midnight, and that's true!



We get DWIs, because we have Hwy. 287 and Hwy. 67 crossing through town. So we have a lot of people driving drunk through here. We have people with mental illnesses. I have to play the role of social worker sometimes, but I enjoy talking to people."

Jordan's people skills came into play when she was on night duty. "I stopped this lady who was going 20 miles over the speed limit at 3 o'clock in the morning. When I stopped her, she called me every name in the book and refused to sign her citation. We are not supposed to be offended because, as police officers, we hear it all. We have to control ourselves." Although aggravating, Jordan let the rudeness pass without pursuing her again.

Jordan has had more than one person who did not believe they had done something wrong and demanded to see the video on dash cam. "I tell them they can't come back to my car and





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view it. They can request it, because it's public information, and it is available to them," she said. Jordan looks at it all philosophically. "If we can't handle ourselves in a mature way, or if we can't keep ourselves at an even level, then how can we expect other people to present themselves that way?"

A police officer's day can rapidly change from a routine traffic stop to a very dangerous situation. Jordan heard a call over the radio with the words — assault, resisting, evading, criminal ID, escape from custody, drugs and prohibited weapon. "The prohibited weapon and the drugs let you know they might not be in their right mind right now, and they may have a weapon," she explained. "They've escaped from custody before and have been charged











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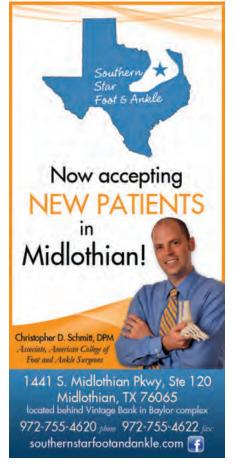
with assault. So you know that they are willing to fight you." All of these are sobering reminders of how dangerous the job can be.

Jordan is presently the only female in the department, but others are on the way. She feels a responsibility to help them when they arrive. "I know I will be a role model for the women who follow me. I want to let them know I am there for them. I know how they feel and want to let them know they can talk to me about female things, because you can't talk to the guys about some things."



Jordan's most rewarding part of being a police officer is making a difference in someone's life. "They needed you at that time in their life," she said. "It is also arresting people who deserve to go to jail, because they've done something bad or hurt someone. We want kids to know that we are not mean people. We're not here to ruin your day. We're mothers and fathers, brothers and sisters just like everyone else. We have families and lives outside of work. We are here to help."







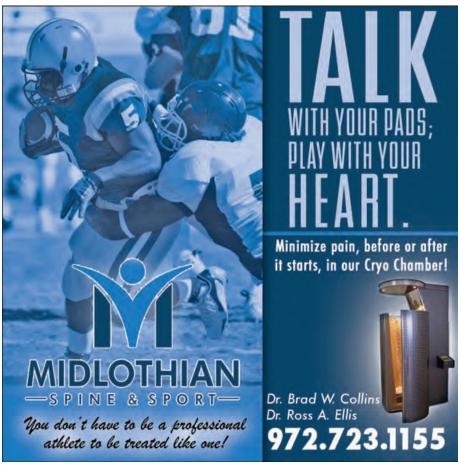


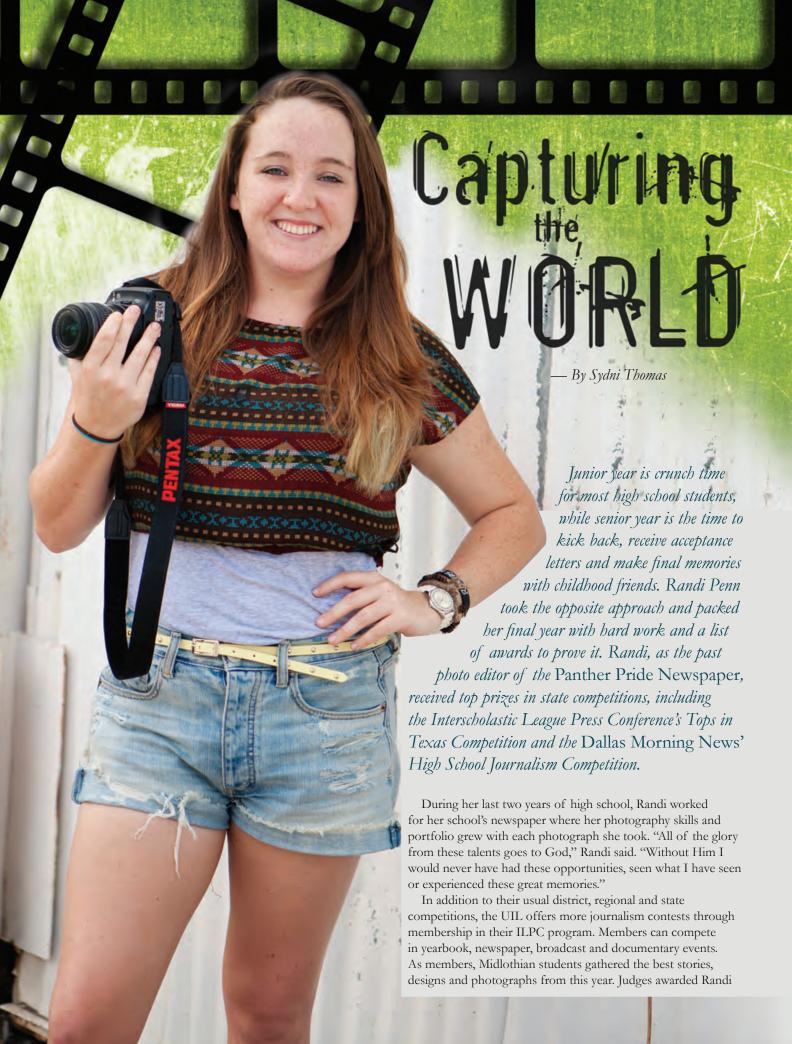














a Tops in Texas Award for one of her portraits published in the *Panther Pride*. In the individual competitions, she won first place in Photo Story and Portrait. She also received an honorable mention for another portrait and a general news photograph. "Getting a Tops in Texas Award was a pretty big deal," Randi said. "I was the only one on our staff to do so."

Each year the Dallas Morning News hosts a High School Journalism Day & Competition for North Texas public and private high schools. Over 1,200 entries were submitted to this year's 22nd annual competition. Entries were judged by Dallas Morning News employees from across each competition field. Randi took home the only award for Midlothian High School, first place in Sports Photo Class A. This was not Randi's first attempt at bringing home one of the prestigious awards. Last year, as a junior in high school, she came close with an honorable mention for one of her news photographs. "I got to meet John McCaa, news anchor from WFAA-TV, and shake his hand," Randi said. "We had a really nice lunch with all of the other schools. It was exciting, and our staff got to stay and participate in the workshops."

Randi also credits her success to the education she received from her











teacher and newspaper advisor, Carol Richtsmeier. Carol's tough deadlines taught Randi the value of hard work and timeliness that became useful in all areas of Randi's education, not just the newspaper room. Prior to teaching, Carol was a reporter for the *Amarillo Globe-News* and the *Dallas Morning News*. She brought her journalism career into the classroom and was able to lead numerous students to state and national levels of success. The 2012-13 *Panther Pride* staff was Carol's last before she retired this past May.

"Ms. Richtsmeier was a tough teacher," Randi said. "She taught us all so much, and I'm glad we got to be her last students before she retired. I'll never forget when she told us that as journalists we get to go to the places other people can't, and we capture those moments for others to see."

Randi was able to photograph many events her Midlothian High School classmates were unable to see during her final two years on campus. One particular event Randi will always remember is the time she was able to attend the Chris Kyle memorial and meet the artist, Greg Marra, who sculpted his statue. "It was an honor to take photos of the sculpture and memorial," Randi said. "As a photographer, I have gotten to go



behind the scenes and be there when things happen."

The newspaper staff is the one thing Randi cherishes and misses most about her time at MHS. Only on the staff for two years, Randi claims those were the best days of high school. The bond



she built with her fellow staff members grew with each deadline and event they covered together. Each six weeks the staff would roll out another addition of the Panther Pride that required a lot of afterschool work time. In order to gain a



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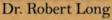
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spot on the award-winning team, students were required to take Carol's journalism course. Randi learned about the class in time for her sophomore year and was able to join the staff her junior year. At the beginning of her senior year, Carol asked her to take on the responsibility of photo editor. "As photo editor, I made up the list of photo assignments throughout the year," Randi said. "I was able to cover as many assignments as I wanted."

Randi was a photographer long

"As a photographer, I have gotten to go behind the scenes and be there when things happen."

before joining the staff. When she was 13 years old, she picked up her brother's camera and began experimenting with it. Everything came naturally to her, and Randi soon found she loved taking nature photographs. For fun, she and her friends would stage photo shoots around town. Photography will always be a part of Randi's future. "Even though I'm not majoring in photography at Texas Woman's University," Randi explained. "I am planning on taking some photography courses."

As one of many new freshmen at TWU, Randi is majoring in nursing this













fall at the Denton campus. Her dream is to be a traveling nurse, where she will have the opportunity to care for people around the world. Randi was introduced to traveling through the many mission trips she took with her Midlothian Bible Church youth group. Two summers ago she traveled to Haiti, and this summer she went to Colombia with the group right after graduation. "I get so excited thinking about the future," Randi said. "The possibility of traveling the world as a nurse is a big dream I can't help getting excited about. I can't wait to go to college and get started on making it come true."

The numerous awards Randi received during her senior year will not be what she recalls in 10 years when she looks back at her time at MHS. The relationships she built with her fellow staff members and the stories she captured already come to her mind first. Randi's passion for people and love of photography made these last two years the best years of her life, so far. "My camera will never be too far away," Randi said. "I love photography and the opportunities it has given me." NOW







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# AT HOME WITH Mark and Peggy Webster

— By Zachary R. Urquhart



In life, one of the few things you can count on is that things will change — sometimes positively, sometimes not. Life has its seasons, and people cycle through those seasons not knowing what to expect from one stage to the next. In the last three decades, Mark and Peggy Webster have experienced lots of seasons. Some have been good, some bad, but in each, Mark and Peggy have learned to have faith and trust. Though Peggy especially loves decorating for the fall, she sees the different times of year as a parallel to the cycles of life. That is her inspiration while decorating in all seasons.

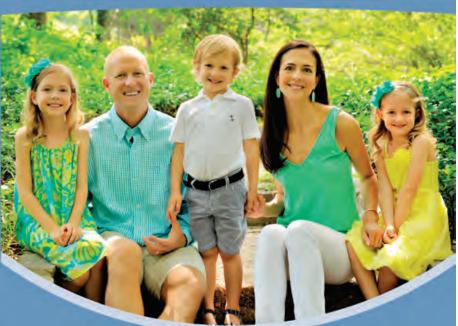
Mark and Peggy met on a blind date more than 30 years ago. Mark is from Dallas, and Peggy had moved to the area shortly after graduating from high school in Normangee, Texas. In 1981, they were wed and moved to Midlothian. After a few years here, they built a home in the Lake Grove neighborhood, before there was much out there. "Our closest neighbor was several plots down the way," Peggy commented. "We were good friends with them, so for years we had a little path mowed in the grass from their place to ours." It is in that house where the Websters reared their son, Jonathan, and daughter, Janine. The family grew as the neighborhood and the town of Midlothian grew up around them.



Thirty years ago, Mark and Peggy built their beautiful home not necessarily thinking they would live there this long. They figured if they built one home, they would probably build another. But certain seasons of their lives have changed their outlook. Mark owned a heating and air conditioning business for years, but health issues caused him to retire. "I am a cancer survivor, and that will change how you look at things," he shared. "Every day is a good day." In the last 10 years or so, Mark and Peggy have realized they may stay right where they are, and that's just fine with them.

Jonathan and Janine, now young adults, both continue to live in the same home where they grew up. Jonathan works for the city of Midlothian's Water Department, and Janine works with Peggy offering child care for Midlothian teachers. "I used to watch kids yearround, but this lets me get a chance to regroup," Peggy explained, "and we can do some projects during the summers." It was, in fact, one of those summer spruce-ups that made Mark and Peggy's house stand out. "We painted the outside, and we have a couple of nice sitting areas on the porch. Sometimes people can't





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take the time to do things like that, but in this season of our life, we're able," Peggy added.

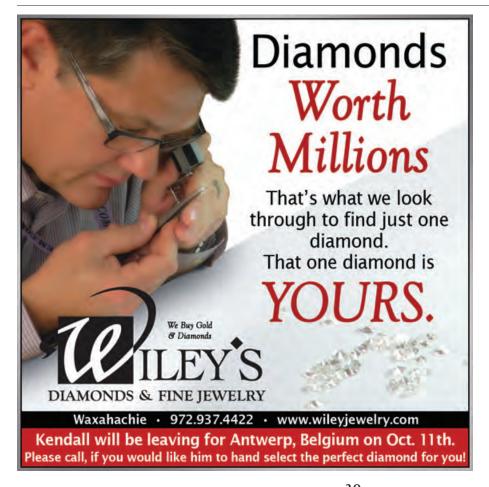
The house is inviting in its simplicity. There are sitting areas on each side of a wraparound porch that welcome a short chat over coffee in the morning or a cold drink on a hot day. The welcoming feeling continues inside. An entryway leads into a spacious den that is clearly adorned in Mark's style, instead of Peggy's. Covering the walls



are the busts of some of the animals Mark has successfully hunted. Though the heads are plentiful, Mark explained there should be more. "She [Peggy] says we compromised, but that just means I come home and some of my stuff has disappeared. There are more up in the attic." Mark's style may dominate the den, but the rest of the house is all Peggy's.

When it comes to seasonal decorating, Peggy has more to choose from than she can actually use at one time. Mark clarified, "Even after she is done, there are still boxes and boxes that don't come out." Peggy handles most of the actual decorating, but Mark has to lug the decorations, which requires more than just getting into the attic. "We finally had to rent a storage unit just to hold everything," he stated. After he goes to the mini-warehouse, as they call it, he puts the big stuff where Peggy wants it, and then it is left to her decorating mind.

Past Mark's den on one side are the



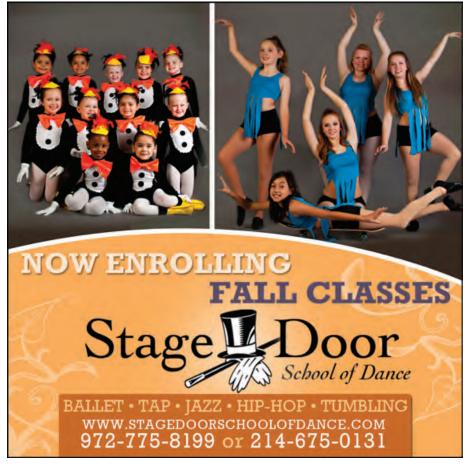




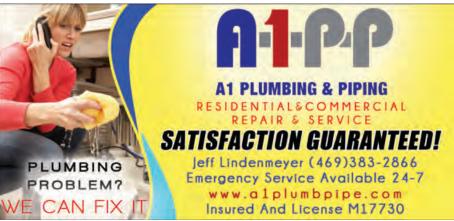
### EVERY DAY IS A GOOD DAY















kitchen and dining areas, which offer Peggy ample space to show off for each season, especially fall. In the corner, over the sink, Peggy puts some of her pumpkins and fall colors. She also uses the great counter space to further show off her love of the season. While she goes all out several times a year, she certainly has a favorite season. "I just love the fall. Everything starts cooling down. It's wonderful," Peggy said. "And the colors — I love the fall colors. Some seasons like Christmas only have a few colors, but the fall has all of them."

The bedrooms are located on the other side of the house. Peggy does minimal decorating in the bedrooms, but her daughter gets into the act in her own room. "I think the decorating must be hereditary," Peggy admitted. "She has a black tree she puts up with potion bottles and such to give it an old-timey look. Then she puts feathers and stuff to give it those great fall colors." Jonathan's room, meanwhile, has been transformed into a playroom for the kids that Peggy and Janine watch during the school

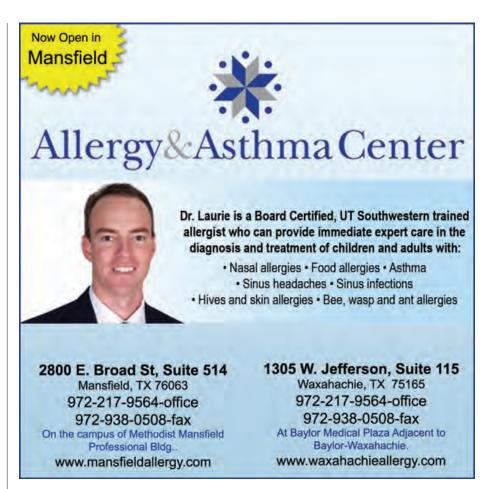




year, so there is not much in the way of decorating there. Peggy also decorates the entertainment console in the den. "Under the television, I have this vintage village scene," she described. "And there are some whimsical wooden statues on the fireplace."

A large part of Peggy's eye-catching decor is outside, both on the porch and in the yard. She places pumpkins, corn stalks and hay bales all over the property to give the home the perfect ambience. When the calendar turns to October, she adds graves to give the place a Halloween flair, even though there are not as many visitors as when they first lived here. "Way back, there weren't the big neighborhoods in town like there are now," she said. "And the people who lived out here were younger and had kids. We used to have a lot of people come here for Halloween, but not anymore. I stay prepared, though, just in case."

Mark and Peggy love when visitors do show up, for Halloween or any other time of year. In their own words, they are not extraordinary people. "We're just plain people moving from one season of life to another," Peggy shared. And in every season, Mark and Peggy are happy to do what they do. NOW









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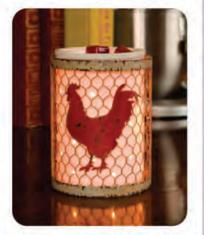


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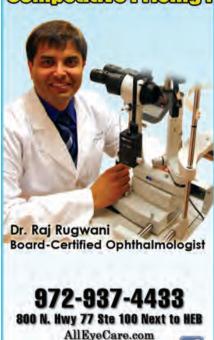
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Amanda described her son as gentle and caring with a big heart. But he is also a very hard worker and a determined competitor who wants everyone to succeed. "That's what makes him such a great leader," she admitted. "He's a natural leader and encourager. He takes control in a calm and quiet way. Baseball is his thing. He just has a gift for it."

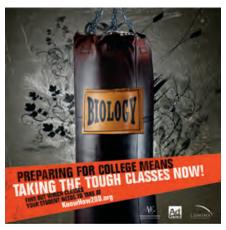
In fact, Reece is such a talented baseball player that select teams in the area call him up to fill in for other players when they're out or can't play. Last season, Reece was playing catcher for a team that had asked him to fill in when a ball hit him. "The kid coming from third was 6 feet tall, and he tried to charge me and steal the base, but I grabbed the ball and tagged him just in time," Reece remembered. "Then I fell on top of him."

That is exactly what Reece plays for — the action-packed, intense moments of the game when the adrenalin is up and the stakes are high. According to Amanda, these moments aren't just loved by Reece. She, too, enjoys seeing her















son give his all on the field. "He may be small, but he's a brick house," she added.

Reece currently plays for ProSource Athletics, a select team out of Lewisville. His coach is former professional baseball player Jimmy Serrano. When the team's catcher suffered an injury early in the season,

Coach Serrano sent an invitation to Reece asking him to come play for his team. He



had heard about Reece through the pipeline, and he knew Reece was serious about baseball. He was just what the coach was looking for to add to the team's dynamic roster. The Pitts family was thrilled!

ProSource Athletics is a very serious and dedicated team. They take pride in playing hard and playing well. Their work and dedication paid off this past season when the team was invited to play at Cooperstown Dreams







Park in New York in the annual Little League tournament. This is a prestigious achievement as teams are asked to participate by exclusive invitation only. In Cooperstown, 104 teams compete



each week for a total of 13 weeks. An average of 1,350 teams compete for each season. Considering that 50,000 teams across the United States hope to be a part of the event, it's a great honor to be invited to play in the annual tournament. Additionally, the players of each team invited to play are awarded a ring, and they are inducted into the American Youth Baseball Hall of Fame.















Reece's team played the week of July 6-12, and while the team overall did not place, Reece walked away with an impressive set of stats. He had the highest batting average and the second highest on-base percentage for the week, for his team. Reece also tied for second on RBIs. All the hours working with private coaches, practicing at home on his pitcher's mound and using the pop-up batting net with his mom and dad paid off in a major way. "It was amazing,"

"Baseball is just something that the family has always enjoyed. It's something we can all do together."

Reece admitted. "I wish we could have done better as a team though. We were close on a few games, but I'm very grateful for the experience."

Although baseball is Reece's primary focus, he does make time for other things. Reece is in the seventh grade at Walnut Grove Middle School. He enjoys school, especially math, and hanging out with his friends. Just like most other boys his age, he also loves to play video games. His favorite game is Call of Duty: Black Ops 2. Despite his other interests, it doesn't take too long before his gears

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shift right back into baseball mode. His favorite team is the Philadelphia Phillies. "My favorite players are Buster Posey and Pudge Rodriguez," he said. "I like college ball more, because there's more action. TCU is my favorite college team."

So where will Reece's future take him? Reece plans for baseball to be a part of it. Of course, this kid aims big. His dream is to be drafted by the major leagues and play professional ball. But he has backup plans just in case, as expected based on his natural strategic aptitudes. Possible career paths include becoming a baseball trainer or coach or a member of the Army Delta Force or Rangers. Whatever direction this young man chooses to take, his years on the dirt diamond and the lessons learned there will contribute to the victories he experiences along the way.

Reece has accumulated a large number of team jerseys over the past eight years, and he has kept almost all of them. Amanda would like to immortalize the beginning of his baseball career by making a quilt out of them one day. But at the rate he's going, she may need to make more than one! NOW







## Business NOW







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Richard Dawson, Jan Davis and Gail Dawson work together to sell the Dawsons' home.

# Orchestrating Dreams

Real estate agent Jan Davis helps clients with style and purpose.

— By Betty Tryon

Jan Davis' 29 years of being with Ebby Halliday Real Estate Inc. has given her a host of satisfied customers. She has been so incredibly effective that she has won the honor of being the top income producer in her office every year since 1986. As a former school teacher, Jan earns the satisfaction of being successful in two different careers. "I got into real estate one summer while working for a builder," she said. "I picked out the wallpaper and carpet for his homes. He told me I have a knack for this and should get into it. I told him I needed my school teacher salary and benefits."

Although reluctant to give up her security, she was intrigued by the idea and took courses in real estate to get her license. "For one full year, I taught school during the day and did real estate in the afternoons and on weekends. What made me switch over to real estate was the summer I made my entire school teacher's salary in three months. After much soul searching, I made my decision to leave. My principal let me leave all of my school things at the school. He said, 'If you don't like it, you can come back.' But, I never looked back."

Although Jan loved the interaction with the kids, real estate is just as enjoyable. "I can help people who are trying to downsize from their dream home into something more manageable for retirement, and I really like that. I especially love the first-time home buyer. I enjoy helping others achieve their dreams."

## Business NOW

Jan also does a lot of relocation business for companies based in other cities. She helps the seller prepare the house to sell, whether that means cleaning the carpet, painting a room or giving advice on landscaping. As a professional home stager, Jan definitely has an eye for what looks good and what helps a home to sell. "I also have all the properties I list professionally photographed by an architectural photographer," she said. "They are experts in showing room relationships. I could take a picture of the den or of the kitchen, but they have the expertise to show how the kitchen goes into the breakfast room and/or how the kitchen blends into the family room.

"I believe when you list a property, you need to tell a story through pictures

## "I especially love the first-time home buyer."

of how a house looks. That's really important to me. Not many people do it, because it is costly. But I started using a professional photographer almost two years ago when the market was still not good. In real estate, you are always reinventing yourself. What works one year may not work the next. So I thought, I'm going to do something that nobody else does to see if it will help my properties and track those days on the market. My properties sold in 30 days or less when the market was dictating a longer period of time. The pictures are gorgeous, and the sellers are very impressed that you've taken the time to showcase their house."

Since moving to Midlothian in 2005, Jan has become a very active and involved citizen. In addition, she has stayed current with real estate practices by becoming certified in several areas. This makes her more beneficial to her clients and their needs. Although the work may be involved, for Jan it's a wonderful feeling at the closing when someone gets their keys to start living their dream.





## Around Town NOW



Carson and Marli K. pose for a back to school photo.



The Judge's Winner of Midlothian's Parade is the Midlothian Girls Softball Association.



Excitement was high in Mrs. Tulley's first grade class at Mt. Peak Elementary.



Boy Scout volunteers have a spring cleaning day at Mockingbird Nature Park.



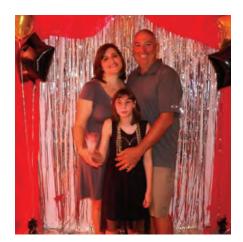
Jayden Clark rejoices in his baptism in a ceremony conducted by First Baptist Church in a backyard pool.



Edna L. Donica is the proud winner of the 2013 Quilt Show.



Avery and her third grade teacher, Mr. Morgan, begin a new school year with smiles.



Donna and Richard Dixon pose with daughter, Maddie, at the fundraiser For Maddie's Sake.



Candace Young from Faith Home Learning, along with her family, accept the Grand Marshall Winner Award.



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## Planting for Spring

Every October, it seems as if I talk about it being the time to plant. Although it does seem odd, it really is the right time for planting almost everything. I found a sack of bulbs in my carport closet that need to go into the ground, and I am expecting an order of 200 bulbs to arrive any day. They will all need to be planted in order for us to enjoy the blooms in the spring. I have several small trees growing in my beds around the house that I would have dug up and cut out if a friend hadn't asked me for trees. I told her to send her husband over in October, and we would transplant the trees into their front yard. The trees will have a much better chance of surviving than those planted in the late spring or summer.

Planting in the fall gives the plants and trees a chance to develop roots and strength before the cold sets in. Allowing them this extra time to establish themselves also gives them an extra edge when the next summer hits. When planting a new tree, be careful to plant it just above the soil line. (Remember the ground will compact after planting.) Heavy mulch will help protect the roots from the drop in temperature as the winter sets in. This also slows the water evaporation in the root zone as our spring rains warm up the ground.

If you are planting seeds or small starter plants, read the directions on the packet or do a Google search to find planting directions. Watch to avoid planting too deeply. After the seeds come up, plan to water every day for a week to give them a good start. Small plants need about a 1-inch layer of mulch to start, and after they get several new leaves, you can increase the layer of mulch to 2 or 3 inches. Lettuce, radishes, parsley, spinach, English peas, turnips and carrots are all good cool weather crops and do well from seeds. Leeks, onions, cabbage, cauliflower, Brussels sprouts, kale, chard and collard greens probably will do much better if you start with small plants. They all tolerate the cooler temperatures well and will tolerate a light freeze and continue to grow.

Good luck with your winter plantings. Check with the Ellis County Master Gardeners at (972) 825-5175 for more specifics on fall gardening plants for our area. NOW

Nancy Fenton is a Master Gardener.



## Be Breast Aware

Besides fall, football and Halloween fun, each year October marks Breast Cancer Awareness month. It's a good time to reflect on the millions of American women who have battled the disease — remembering those who lost their struggle and celebrating those who are now survivors.

One in eight American women will fall victim to breast cancer in her lifetime. However, through advanced detection technology and better treatments, more women than ever before are surviving their fight. The best way to beat breast cancer, though, is to detect it early. For women with no family history or risk factors for the disease, that means:

- Monthly self-exams starting at age 20: Check your breasts every month after your menstrual cycle, or on a date you'll remember, such as the first of every month.
- Clinical breast exam starting at age 20: Your doctor should examine your breasts every three years up to age 40 and yearly after that, or as recommended based on your risk factors.
- Annual mammogram starting at age 40: Often, doctors recommend a baseline mammogram between age 35 and 40 and yearly mammograms starting at age 40, or sooner if your risk is higher due to family history or other factors.

Should a mammogram reveal a suspicious area, a breast ultrasound or breast MRI may be ordered to further evaluate the abnormality. A breast MRI scan can also screen women who are newly diagnosed with cancer and those with a 20- to 25-percent lifetime risk of the disease. If a woman has a suspicious mass,

typically a biopsy — taking a sample from the lump to check for signs of cancer — is recommended.

#### Risk Reduction

While there is no surefire way to prevent breast cancer, there are ways to manage risk. The most important steps match the healthy living advice everyone has heard many times before:

- Maintain a healthy weight
- Exercise
- Don't smoke
- Eat less fat, especially saturated fat
- Eat lean meat

But there are other ways to decrease breast cancer risk that many women may not be aware of, but over which they may be able to exercise a measure of control:

- Have first child before age 30.
- Reduce use of birth control pills.
- Avoid hormone replacement therapy if possible.
- Breastfeed for one-and-a-half to two years.
- Limit alcohol to less than one drink a day.

Women with a strong family history of breast cancer may want to consider genetic testing to see if they have the BRCA 1 and/or BRCA 2 mutation — which indicates a high likelihood of developing breast cancer — as well as other genetic mutations that correlate with a heightened risk of breast cancer.

Joe Joseph • Marketing and PR Consultant • Baylor



#### October 3, 4

Midlothian High School Theatre Production: 7:00 p.m., high school auditorium.

#### October 4

9th Annual Midlothian ISD Education Foundation Golf Tournament: 11:00 a.m., Mansfield National Golf Club, registration/ lunch, 12:30 p.m.; shotgun start. All entry fees include green and cart fees, range balls, lunch and prizes. Proceeds benefit MISD students and teachers. Sign up today at www. misdefgolf.org or download brochure.

#### October 5

Lord's Acre Festival: 8:00 a.m., First United Methodist Church of Midlothian, 800 S. 9th St. Adults \$10, children and seniors \$5. Nursery provided. For more information, call (972) 775-3993 or www.fumc-midlothian.org.

Dentistry From the Heart: 7:30 a.m. registration begins for the first 50 patients, Waxahachie Family Dentistry, 125 Park Place Blvd., Waxahachie. Special free event is for people ages 18 and over. Patients will be seen on a first come first served basis. Services include a choice of filling, extraction or cleaning. The event is slated to be held annually. Visit www.waxfamdent. com for more details.

Pioneer Day: 10:00 a.m.-10:00 p.m., downtown Ferris, sponsored by Ferris Lions Club. Event includes parade, all-day music, vendors and games. Free evening street dance. Contact Kathy Harrison at (972) 544-3696 for more details.

#### October 5, 12, 19

Midlothian Downtown Farmers Market: 8:00-noon, Heritage Park by the Larkin Newton log cabin, 234 N. 8th St. Local preserves, produce and goodies. Open air market sponsored by the Midlothian Downtown Business Association. October 19, 8:00 a.m.-noon at MISD Multi-Purpose Stadium, The Farmers Market vendors will be at the Midlothian Chamber of Commerce Fall Festival.

#### October 12

31st Annual Fun Run sponsored by Cool Cars of Waxahachie and Midlothian Classic Wheels: 9:00 a.m.-2:00 p.m., Getzendaner Park, 400 S. Grand Ave., Waxahachie. Door prizes include a handmade Route 66 quilt. \$20 registration fee. Proceeds go to the Texas Baptist Children's Home. Contact John Smitka at (214) 763-4801 or email patsmitka@hotmail.com.

#### October 19

Midlothian Fall Festival: 9:00 a.m.-4:00 p.m.,

Midlothian ISD Multi-Purpose Stadium 1800 S. 14th St. Events include arts and crafts, food and entertainment. For more information, call (972) 723-8600 or email info@midlothianchamber.org.

Ride of Champions: 3:00 p.m., Campfire Creek Therapeutic Riding Center, 767 Bethel Rd, Waxahachie. RSVP would be appreciated, but not required. For more information, call (469) 337-4569 or (972) 937-7265 or email oliver@ectisp.net. Visit www.campfirecreek.org for directions.

#### October 25, 26, 27

Waxahachie Community Theatre presents Cinderella: Friday and Saturday, 7:30 p.m.; Sunday, 2:30 p.m., Chautauqua Auditorium, Getzendaner Park, Waxahachie. Tickets are \$12 for seniors/students, \$15 for adults. Tickets may be purchased online at www. waxahachiecommunitytheatre.com. A service charge will be added to the price of each ticket for online purchases. Tickets are also available at the Waxahachie Chamber of Commerce, Ellis County Museum and the offices of Jerry Ellis, DDS in Midlothian. For more details, call (972) 646-1050 or email wct.texas@gmail.com.

#### October 26

Fall at the Ranch For Families with Special Needs: 2:00- 4:00 p.m., 5431 Montgomery Rd. Call (972) 775-8966, pawsforreflection@att.net.

Fourth Annual Great Pumpkin 5K run/walk: 9:00 a.m., downtown Ferris. Event benefits the Lions Club of Ferris. For more information, visit www.cityofferris.org.

#### October 27

Navy Day: 7:00 p.m., VFW Post 3894, 1405 S. I35 at Hwy 287on the southbound service road, Waxahachie. Public is invited to enjoy a presentation honoring Navy Day and its veterans, and stay for coffee and conversation afterwards.

#### October 31

Annual Trick-or-Treat of Downtown Businesses: 4:00-6:00 p.m. Businesses located outside of the downtown area will set up in Heritage Park.

#### November 9

Jog for Dogs 5K Benefit Run: 8:00 a.m., Midlothian ISD Multi-Purpose Stadium. Proceeds go toward the cost of Joshua Seller's diabetic alert service dog. Visit www. facebook.com/jogfordogsmidlothiantx for further details.

#### Mondays

Celebrate Recovery meetings: 7:00-9:00 p.m.,

Lighthouse Coffee Bar, 1404 N. 9th St. A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups.

#### Third Mondays

School Board meetings: 6:00 p.m., MISD Administration Building.

#### Fourth Mondays

The Creative Quilters Guild of Ellis County: 7:00 p.m., Waxahachie Bible Church, 624 N. Grand Avenue, Waxahachie. Visit www.elliscountyquilters.com for more information.

#### Tuesdays

City Council meetings: 6:00 p.m., 104 W. Ave. E. Call (972) 775-3481 for more information.

Midlothian Rotary Club meetings: Noon, Midlothian Civic Center, 224 S. 11th St. Call (972) 775-7118 for more information.

#### First Tuesdays

Midlothian Area Historical Society meetings: 7:00 p.m., Midlothian Civic Center 224 S. 11th St. For more information, contact Beverly Sink at beverlysink@sbcglobal.net or (469) 628-1907.

#### Second Tuesdays

American Business Women's Association Midlothian Chapter (ABWA) meetings: Dinner will be served at 6:15 p.m. If you want to be a featured business, please send an email to abwainfo@ymail.com. For more information, visit midlothianabwa.com.

#### Third Tuesdays

Veterans Networking Group meetings: 6:00-8:00 p.m., Ryan's Steak House, Hwy 287 Bypass and 77. Call Mike Lamb at (214) 763-0378 for more information.

#### Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. Vouchers for mothers requiring childcare are available. This is a very positive, uplifting and refreshing time for women and includes a delicious lunch and featured guest speaker each month. For reservations, women can contact Margaret at (972) 825-3559.

#### Fridays

A.H. Meadows Library Storytime: 11:00 a.m., Midlothian High School library, 921 S. 9th St.

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







## Cooking NOW



## In The Kitchen With David Hurst

— By Betty Tryon

Out of necessity, David Hurst learned to cook. With three hungry teenage boys, his mother "made it clear that if we really wanted something to eat, we should learn to fix it ourselves." He learned so well that he became a gourmet cook. In his early years, David spent many happy hours cooking French cuisine with his good friend, Robert Brady. In the coming years, Robert opened a highly acclaimed French restaurant, and David designed the restaurant for him. "I really do not pursue much of the French cooking anymore," David said. "It takes so much time and, generally, includes lots of butter and cream. Instead, I try to just prepare everyday dishes as best I can." NOW

#### **Peach and Blueberry Crisp**

Filling:

4-6 ripe local peaches 1 1/2 cups Texas blueberries 1 Tbsp. lemon juice 1 cup sugar 1/4 cup flour

Crisp Topping:

1/4 cup butter 1/2 cup flour 1 cup brown sugar 1 tsp. ground cinnamon 3/4 cup chopped pecans or walnuts

- **1.** For Filling: Toss peaches, blueberries, lemon juice, sugar and flour in a large mixing bowl. Place fruit in shallow, buttered 9-inch baking dish.
- 2. For Crisp Topping: Place all topping ingredients in mixing bowl; use fingers to combine until crumbly. Cover fruit with topping and bake in a 375 F oven for 30 to 35 minutes until topping is browned. Place pan under dish as filling can bubble out during baking.

#### **Cooked Ceviche**

Ceviche is a traditional Mexican dish made from raw seafood that is marinated in lime and other spices. The lime actually cooks the fish. I make this version with cooked shell fish and fresh mild peppers, so it is really more of a seafood salsa.

1/4 lb. lump crab meat 1/4 lb. boiled shrimp 1/4 lb. cooked scallops 4-5 sweet peppers I jalapeño or serrano pepper 1/2 small red onion I ripe tomato 1/2 ripe avocado 1 Tbsp. white balsamic vinegar I lime, juiced Salt and pepper, to taste

- 1. Coarsely chop all of the seafood (any combination will work); place in a mixing bowl.
- 2. Very finely chop the peppers, onion and tomato and add to the bowl.
- 3. Cut avocado into small cubes: add to bowl. Combine all of the ingredients with the vinegar, lime, salt and pepper. Adjust seasoning to taste.

**4.** Refrigerate until ready to serve with tortilla

#### Shrimp Dianna

Makes 4 servings. (The trick is not to overcook the shrimp in the sauté step.)

2 lbs. (12-16 count) large, fresh gulf shrimp 4 tsp. butter (I always use unsalted butter to better control seasoning.)

I shallot, finely minced

3-4 cloves fresh garlic, crushed and minced I cup dry vermouth

2 cups heavy cream

I tsp. sea salt

1/2 tsp. white pepper

1/2 cup green onions (scallions), thinly sliced, divided use

4 oz. finely grated Parmigiano-Reggiano

- 1. Peel and devein the shrimp, but leave the tails on. Butterfly the shrimp for presentation and so as much of the shrimp as possible can be coated with the sauce. Set aside for sautéing.
- 2. Heat a large sauté pan over medium-high heat. Once hot, add butter to the pan. When melted, add shallots and cook until translucent. Add garlic and sauté for about a minute more.
- **3.** Add shrimp and cook until they turn opaque. Toss and stir constantly to prevent the shallots and garlic from browning or burning. Do not cook them all the way through, as they will be broiled again. Remove pan from heat and arrange the partially cooked shrimp in 4 flat gratin dishes; set aside.
- **4.** Place pan back on the heat and bring the remaining liquid to a bubble. If there is a lot of liquid in the pan, let it cook down to where there is mostly butter, shallots and garlic. Keep pan hot and add vermouth. Let vermouth reduce at a boil to about 1/4, stirring constantly.
- **5.** Add heavy cream, salt and pepper and reduce down to 1/3 by stirring constantly, or until cream thickens enough to coat the back of a spoon. Near the end of cooking time, add 1/2 of the green onions and cook about 1 minute more.
- **6.** Ladle sauce evenly over the shrimp in the four gratin dishes. Sprinkle remaining green onions over the top and then sprinkle grated cheese evenly over each dish.
- **7.** Place gratin dishes under the broiler at the highest setting until nicely browned on top, being careful not to let the cheese burn.
- **8.** Serve hot with some crusty French or sourdough bread. Since this is a heavy creambased dish, serve it with some simply prepared fresh green vegetables such as green beans, asparagus or broccoli.







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