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M A G A Z I N E

January 2010

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To Win**

*Expressing
HERSELF*

**Memories
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*At Home With
Ike and
Laura Junell*





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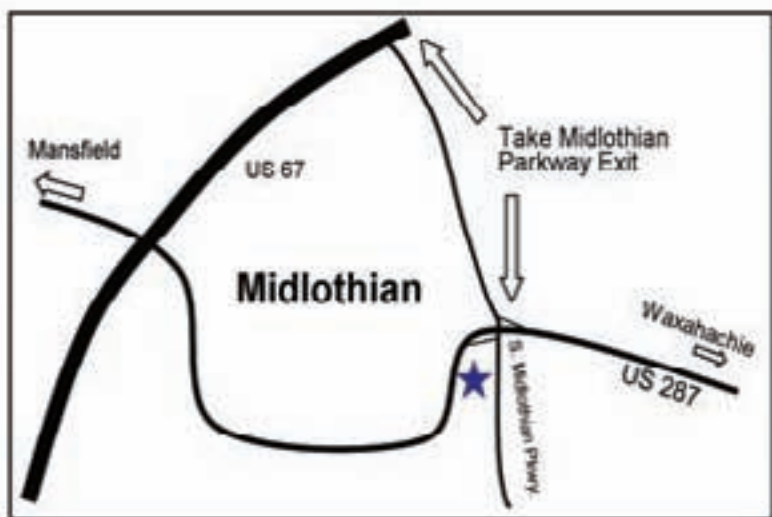
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On The Cover



Terri Fowler bakes up something special for family and friends.

Photo by Ivey Photography.

Editor's Note



Dear Neighbors,

Welcome to 2010! It is a new year, and that means it is time for that annual ritual of making promises to yourself about how you are going to lose weight, be a perfect person and maybe save the world in your spare time. My goal however, is to shoot for something I can actually accomplish — drinking fewer mocha Frappuccinos!

Seriously, you may surprise yourself at what you can accomplish. There is a lot of good old-fashioned gumption in this community and great things happen with that kind of spirit. I want to share those stories with you this year. Contact me with your ideas and recipes at btryon.nowmag@sbcglobal.net or (972) 775-5095.

Until then, I will borrow an old Irish blessing to wish you Happy New Year: "May your troubles be less, your blessings more, and may nothing but happiness come through your door."

We are going to have a fantastic year!

Betty Tryon
MidlothianNOW Editor

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Happy New Year from MISD

Bullock Appointed MISD Interim Superintendent

The Midlothian ISD Board of Trustees appointed Robin Bullock as interim superintendent effective December 2009. Dr. Kennedy submitted his resignation after receiving news that he was selected as lone finalist as superintendent for McKinney ISD. He will assume his new position on January 1, 2010. Bullock will work in collaboration with the School Board, administrative staff, parents and community leaders, while also maintaining stability and accountability until a new superintendent is hired.

The School Board recently signed a contract with superintendent Search Firm Horn, Smith, Wood & Preston. They will assist the Board in the hiring of a new superintendent. A proposed timeline will soon be posted on the MISD website.

Bullock earned her Master of Science in Secondary Education from Troy State University in Alabama, received Educational Administration certification and Superintendent certification through The University of Texas at Arlington and earned a Bachelor of Arts in Secondary English Education from Northwestern State University in Louisiana. Learn more about Bullock's professional career at www.midlothian-isd.net.

Her husband, Randy, is a former coach and athletic director and now works for Hellas Construction. They have two children; Emily is 8 and Evan is 5.



Reception for Dr. Kennedy

A farewell reception for outgoing Superintendent Dr. J.D. Kennedy will be from 2 to 4pm Sunday, January 10 at the MISD Administration Bldg., 100 Walter Stephenson Rd. The community is invited to the informal come-and-go reception.



Duke Burge



Jim Mentzel



Tom Moore



Jay Roberts



Phil Seay



Wayne Shuffield



Cindy Williams

January is School Board Recognition Month

Governor Rick Perry has proclaimed January as School Board Recognition Month, and Midlothian ISD is joining other districts across the state to gratefully acknowledge the work and commitment of local trustees to our communities and schools.

MISD is fortunate to have seven individuals serving on the Board who have a strong commitment to doing what is best for the children in the district. The 2009-2010 board of trustees are: Phil Seay, president; Jay Roberts, vice president; Tom Moore, secretary; Duke Burge, Jim Mentzel, Wayne Shuffield and Cindy Williams.

Being an effective school board member is no easy task, particularly in today's climate of change and challenge. School board members need to be knowledgeable about many complex educational and social issues and carry out initiatives and directives from both federal and state governments. To face these demands of governing our public schools, they volunteer countless hours of personal time. Take a moment to thank our school board members for their leadership in support of student achievement, academic programs, district funding and school facilities.

In appreciation for caring about MISD children, seven campuses have adopted a board member for the month of January. Board members will also be recognized for their dedication and hard work at the January 18 Board meeting. Local community members are invited to honor the contributions of their local school board members. Read more at www.midlothian-isd.net/schoolboard.

PARTNER-UP with MISD

Is your New Year's resolution to make a difference in someone's life? If so, MISD can make sure you fulfill this endeavor. The new Midlothian ISD Partners in Education Program is an organized effort for businesses, organizations and community members to contribute time, talents, resources and money to enhance the education of MISD students.



Volunteer Opportunities

Volunteer for campus specific needs:

- Senior Citizen Partners: Read to kids, bus/hall greeters, senior tour day
- Tutors: Work one-on-one with students in various grade levels.
- Mentors: Spend time with identified students at his/her campus
- Lunch & Reading Buddies
- Career Day/Guest Speakers: Businesses and community experts share career experience with students

Sponsorship Opportunities

MISD Education Foundation (MEF), Special Event Sponsors, Business Advertisement on MISD Web site, Campus Supply & District-wide Needs, Adopt-a-School, Football Stadium Scoreboard Advertisement and much more. To become a MISD Partner, e-mail jana_hathorne@midlothian-isd.net or call 972-775-8296, ext. 1037.

“This program has to do with changing your lifestyle, how you eat.”

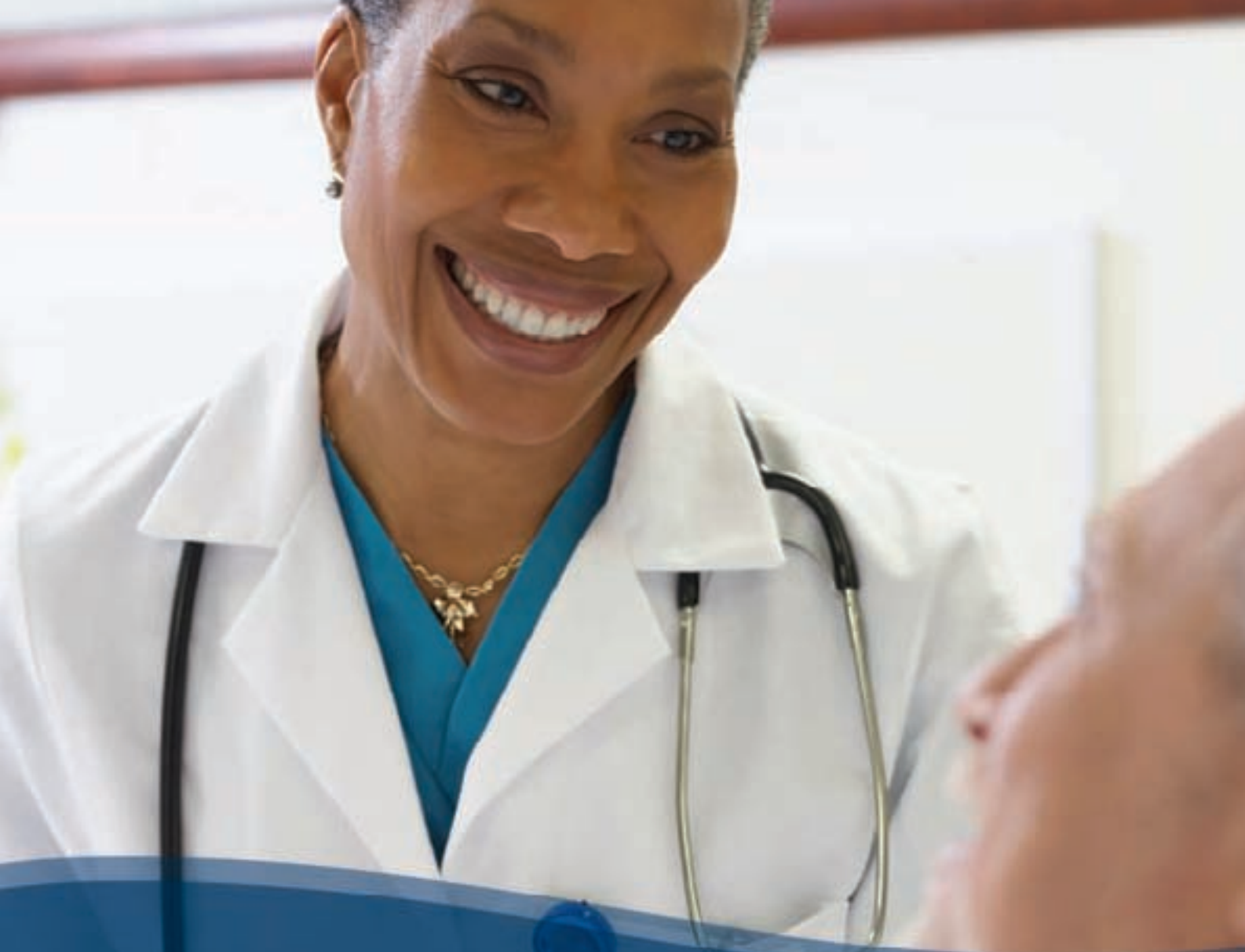


Losing to Win

— By Betty Tryon

Nothing says “Happy New Year” like the sound of moaning and groaning at workout gyms around the country. One cannot help but admire the true grit to get going on those new resolutions to pump iron and rack up the miles on a treadmill. However, the tenacity for change can loosen its grip under a cloud of menthol ointment. To continue and reach the desired goal takes much more than wishful thinking and sporadic exercise. Sometimes a little motivation from someone else is in order.





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The employees of the city of Midlothian can get a helping hand toward their fitness goals from their Department of Human Resources Director Harold Cates. The department's version of the television program *The Biggest Loser*, which focuses on weight loss, is gearing up for its third year this month.

Harold stated, "We have a program called The Citywide Fitness Challenge. The Biggest Loser is a part of that program." The Fitness Challenge is a citywide effort involving lab tests for cholesterol, Prostate-specific antigen (PSA) and other lab work typical for a checkup at the doctor's office. The department's Biggest Loser is an



individual effort. Harold explained, "It started two years ago and at the time, we did not have a formal program setup. We just let the employees know that we were starting the program and to sign up if they were interested. We said we would weigh them throughout the program and keep our results based on that. Only a handful signed up the first year."

Recognizing a need to give the program more structure, Harold was interested when Susie Devitto, from Main Street Gym, approached him about doing a Biggest Loser program. Most of the logistics of the program takes place at the gym. Harold said, "They offered a fitness instructor for the employees, a nutritionist who comes in and does nutritional training and they have trainers on hand who can assist employees with their training. These were things that we simply couldn't do here in the city. So, we worked with them and allowed them to guide the program

in terms of what it is that they offer. This allowed employees to see that this is how you get back in the gym. I think many times people get out of shape and think, 'Gosh, I'm not going to the gym because there will be a bunch of people in there looking at me funny,' and that is not really the case. Most of the time what happens is that people who don't go to the gym seem to think that the people who are there are all in shape. I wish that were the case," he said laughing.

As a self-described "gym rat," Harold wanted others to experience the benefits of working out. "I think there was an orientation of sorts with our employees that it is OK to be out of shape to go to the gym. That is the reason you go there. You go to become healthy and build on

"This year, we will only take a limited number of people who are committed to the program because we will expect them to finish it!"

your successes and we have had some successes with that." One employee lost 30 pounds while in the program.

The program is only offered for 90 days. Harold wants to change that. "Because of budget constraints, we could not offer it for a longer period of time but the plan is to make it a longer program. Some employees have already approached me about having annual gym memberships. The city shared the monthly gym allowance with the employee. We didn't pay the full amount." The Biggest Loser Program runs during the months of January, February and March to capitalize on the enthusiasm that usually runs rampant at this time of year. Harold said, "This program has to do with changing your lifestyle, how you eat. I'm not saying you have to go on a diet, you just have to eat different things by going to the nutritionist and learning what to eat and when, to train and exercise and what equipment to use. It helps to set realistic expectations and goals. Trying to stay in shape is a lifelong commitment."

The Biggest Loser Program grew to a respectable number the second year.



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It began with 23 people who wanted to participate and finished with 12. Each of the 12 lost weight. "We measured their body weight, body fat, their total inches and looked at the overall difference decrease," stated Harold. "Their measurements are taken at the beginning of the program of their waist, chest, calf and so forth. At the end of the program, we retake their measurements including the body weight and body fat. We took those three numbers and whichever one had the biggest difference is how the winner was determined."

The winner received a prize procured by the city. "We had a male winner and a female winner. They each received a \$125 gift certificate at Dick's Sporting Goods." The future of the program promises bigger and better things for the city's employees. "I want the employees to take more ownership of the program. It is a lifestyle change. This year, we will only take a limited number of people who are committed to the program because we will expect them to finish it!" He stated with a laugh. "It will be fun."

Promoting fitness and health in the Human Resources Department brings many benefits to both the employer and employee. Harold explained, "Our medical costs for insurance premiums have stayed pretty flat over the last six or seven years, and we use The Fitness Challenge and The Biggest Loser challenge as an argument each year with the insurance companies. We have decreased our medical claim utilization because of the program, and we use that if they want to raise our rates."

The benefits for the employee are more personal. One of the positives is lower absenteeism among the employees because they are either healthier or impending problems are detected earlier and can be addressed before turning serious. Harold stated, "I have had employees pull me aside or call and tell me how their health situation was improved because of the program." More specifically, employees with diabetes have been able to control their disease by exercise and diet instead of medication. That is a better option for the health of the employee and beats the cost to regulate a disease medically.

The program begins again this month, and time will tell who becomes the "Biggest Loser" in Midlothian. **NOW**

His heart's in the right place.

What began as an act of heartfelt kindness ended in heartwarming irony. Generosity is a regular part of Bernie Kennedy's life, but while on his way to donate food to an area school, Kennedy suddenly experienced something very irregular. Thanks to quick thinking and rapid medical response, he narrowly avoided a heart attack—something he helps others avoid on a daily basis.

As the director of cardiology services at Methodist Mansfield Medical Center, Bernie Kennedy knows a thing or two about the heart. So when he experienced a fluttering sensation in his chest he immediately went to Methodist Mansfield for help. Tests revealed that Kennedy's heart was beating 168 beats per minute (60–80 is normal), and he was in atrial fibrillation with rapid ventricular response.

"I knew I wasn't having a heart attack, but something was very wrong."

Without immediate medical attention, Kennedy's condition would have escalated to a heart attack or stroke. But with close observation and medication, his condition stabilized and he is now back to an active lifestyle.

"I'm so grateful to our cardiology staff and what they did for me," raves

Kennedy. In addition to Methodist's comprehensive diagnostic services, they now offer advanced intervention procedures such as bypass surgery, valve replacement, angioplasty, stenting, endovascular repair, and more. "Now we can offer an even more valuable service to the Mansfield area," Kennedy says.

Methodist Mansfield is now the only hospital in southeastern Tarrant County and south of I-20 to offer open-heart surgery. Kennedy

continues, "I can tell you as both a cardiology director and as a patient, it's a blessing to have access to high quality care right here at home." To get to the heart of what's new at Methodist Mansfield Medical Center, call them at 877-637-4297 or visit www.methodisthealthsystem.org.



—Bernie Kennedy
Director of cardiology services at
Methodist Mansfield Medical Center

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— FLIGHTS OF FANCY —

At Home With Ike and Laura Junell

— By Janice C. Johnson

“I’m going to marry that girl.” College freshman Ike Junell nudged his friend and pointed out the petite new Eustace High School senior he had just noticed. Meanwhile Laura, fresh from big-city life in Dallas, was sighing over Ike’s cowboy hat and trying not to stare. Laura graduated the next spring at age 17 and that August, the two were married. “We sort of grew up together,” Laura said.





Unconventional? Yes, but Ike and Laura Junell never worry about what other people think. They have a knack for tossing convention out the window and finding their own way — a way that works for them.

Eventually, they had two sons of their own. Sonny, the younger one, made his career choice at age 8. He was determined to be an airplane pilot. When Sonny started flying lessons at 14, Ike decided he had better learn, as well. He figured up the cost of renting planes for both of their required hours and ended up buying a 172 Cessna instead. Laura recalled, “On his 16th birthday, I had to drive Sonny to test for his solo pilot license because he got that before his driver’s license. I also took him that same day to get his learner’s permit. He thought driving was much harder than flying.”

Ike soon had his pilot’s license, too. For a time, either father or son could fly their plane solo — “but we couldn’t fly together because neither of us could take a passenger yet,” Ike said. For years, the Junells drove several miles to a hangar



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every time they wanted to fly. That fact alone is what brought them to Midlothian 10 years ago. They moved to Eagle's Nest Estates in December 1999, "Just before the turn of the century," as Ike enjoys telling people. Now their hangar is in their backyard, the taxiway just beyond.

Ike had quit college in 1971 and then moved his family to Dallas, where he worked in a sheet metal shop. In 1985, he took his expertise and opened his own shop — with his brother and a good friend. Conventional wisdom calls this a recipe for disaster, but Laura said, "They made it work." Their older son, Scott,

joined the business as a teenager, and still works with his dad.

As he planned the hangar, Ike's years of metal work gave him strong opinions about how it should be done. "I wanted to use refrigerated warehouse panels, like they build freezers out of," he said. "I knew that no one I could hire would know how to put it up. I did it myself so I could get it done the way I wanted," he laughed. "A lot of [neighbors] were thinking, *Why is that guy doing that himself? Is he just pinching pennies?*"

Laura took the same maverick approach to decorating the house. When

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experts said wallpaper was “out,” Laura said, “I like wallpaper” — and dressed each room with its own flair. Wainscoting in the formal dining room and borders in other first-floor rooms keep the 14-foot-high walls from appearing too plain.

She later received a round oak table that belonged to her great-grandmother. Few people would think of placing a century-old dining table in the middle of their entry, but Laura knew that was just where it should go. Topped with a large floral arrangement, the table seems perfectly scaled to the 24-foot-high space. It does not look crowded, even with a



wide staircase sweeping around the left side of the entry.

Ike's office, opposite the stairs, features a stone fireplace and hearth, roll-top desk and hunting trophies mounted on sea foam green walls. Laura's feminine touches have crept in, but Ike spends little time in a home office anyway. Besides hunting, he enjoys refurbishing old John Deere tractors and working with Sonny to build a new airplane from a kit. They hope to complete the plane later this year.

Laura, a retired technical writer, now works from home. She keeps books for the gear company that Ike opened a few years ago, and works as a Longaberger independent consultant. She loves spending time at home, especially when



the couple's daughter-in-law, Susan, and all the grandchildren, Nathan, Laura Beth and Wesley, come for a visit. She also enjoys scrapbooking, both traditional and digital; making hand-stamped greeting cards; and she recently took up photography. Scenic and family photos decorate the hallway and kitchen. Laura pointed out a favorite recent picture of Ike, driving a 1940 John Deere tractor which he had just restored.

Ignoring trends, Ike and Laura built and furnished their home to fit the way they live. Laura described the home's decor as “a little bit of everything, with a country flavor.” Longaberger pottery and sturdy maple baskets peek out from every nook and cranny, and add to the country atmosphere. So do the fabrics: white,



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Stephanie Frankiewicz moved to Midlothian with her family when she was in Kindergarten. She has been a member of the US Drug Mart "phamily" since 2004. She is married and has a 9 year old son, and a 7 year old daughter. She enjoys camping, scrapbooking, spending time with her family, and even a little acting.

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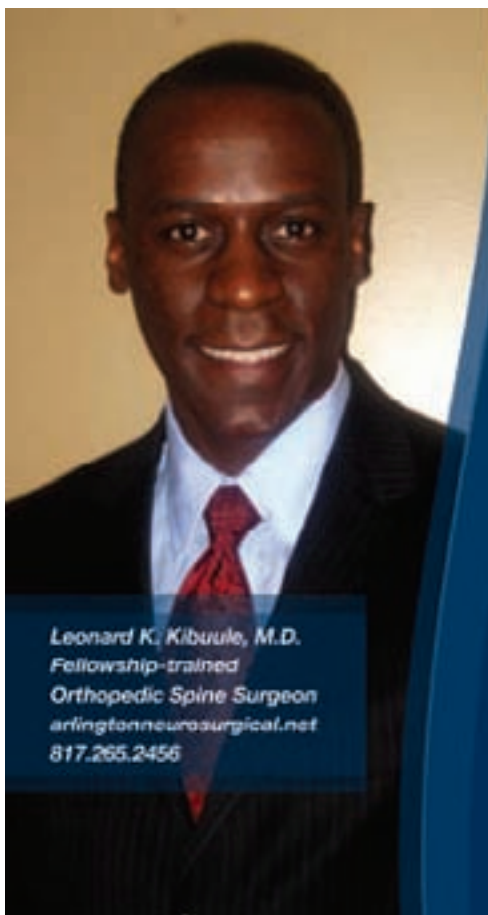
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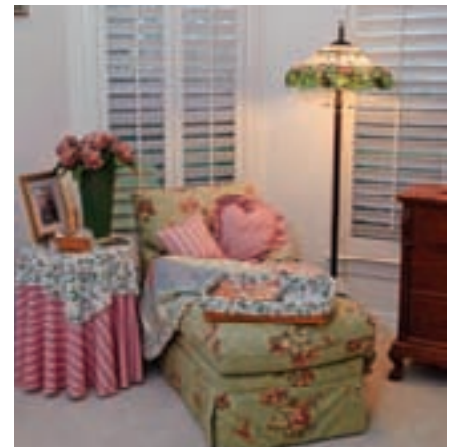
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ivory, greens and soft reds create a homey feel and blend one room into the next. A few antiques stand right alongside elegant new furniture and whimsical hand-painted pieces. Upstairs, Laura's home office boasts a small antique library table and telephone operator's chair. Again flouting the experts, she had both pieces refinished and the chair re-caned — "because we want to use them," she said.




The country flavor continues into the open loft, thanks to Laura's "Americana" corner and Ike's Texaco model airplane collection. A craft room, guest bedroom and media room round out the upstairs.

The Junells relish their home and all the personal touches they have put into it. They do not care about impressing people with its "statistics." When asked about the number of bedrooms, the couple looked blankly at each other and had to count off the four rooms. It was the same with bathrooms. One bath adjoins each bedroom, besides a



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first-floor powder room and two in the hangar. Ike shrugged. “Anyway, you don’t have to go far.” Their breezy, practical style carries to the remotest corners of the house: the master closet holds an extra washer and dryer, saving Laura countless steps.

Ike and Laura’s delight in their surroundings bubbles over into warm hospitality toward everyone. When Ike

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gave Laura a jukebox, she e-mailed all the neighbors asking what types of music they liked. She loaded the memory with many of their favorites, as well as hers and Ike’s. They installed the jukebox in the hangar, where the Junells like to sit on mild evenings. “The neighbors cruise around the taxiway on their golf carts,” Linda said, “and the open door is an invitation to stop in.”

Those teenage newlyweds, who will celebrate their 40th anniversary this summer, still look forward to seeing each other after a day’s work. “Everything I do, I do for her benefit,” Ike said. “It’s just us together, pulling on the same end of the rope.” Perhaps that is why their marriage has flown so well for so long. **NOW**

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Memories in Paint

— By Betty Tryon

A beautiful bond was made even more special when the mother/daughter team of Dena Broome and Sandra Tart, partnered up to learn a new hobby

together. Sandra explained, “I worked for the telephone company for 30 years and when I retired, I decided I wanted to learn how to paint. My mother had also retired from the telephone company and wanted to paint. So, we searched out instructors and decided on Linda Schindler. She taught us for 10 years.”

Sandra and her mom shared many precious memories painting together until Dena passed away three years ago. Dena’s beautiful oil paintings surrounding the room in which she slept, lend a special touch to her memory and to Sandra’s history. Both of Sandra’s

parents could draw, but learning to paint was a milestone she and her mom were both excited to meet. Oil painting became the chosen medium for their creative outlet.

Sandra recalled, “There are certain techniques with painting that I learned from Linda. She said if you don’t have your composition laid out of what it is you want to paint, then it’s not going to work very well. If the painting is going to have more than one object, then you need to plan it. You can’t paint a barn and then decide, *Oh, I need a tree over here or over there*. It just doesn’t work. You



have to have your pallet fixed out with all your colors on it." Sandra remembers her earlier works as being copies of other paintings. "That gives you practice. The composition is already there and the colors are there so you can duplicate it easier. It's OK to learn [that way], but you need to do your own thing."

Although she prefers working from a planned layout, that does not mean Sandra will not venture out beyond the lines to express herself. She said, "I have picked up a brush and just painted,



like with that lion," she said gesturing toward one of her paintings. With that particular piece, Sandra followed her instincts in creating her art without her usual comfort level of having everything planned on canvas. It is a painting of a lion with his golden mane spreading over the canvas. She said, "This lion is from a photo in the newspaper. I liked the pattern of the lion, with the darks and the lights."

Sandra is an artist who wants to be inspired before she begins to paint. She explained, "For me, it has to be something I really want to paint. It's something that comes from within. It is just a feeling. Some of my friends may want a picture of a lighthouse or something like that. I'll try, but if it is not something that I would like to do, then it is really hard." Sandra has a framed

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photograph of a picture she took because she wanted to paint it. She explained, "My husband and I were driving one day and saw this scene. The cows were going down the hill to a dry bed, and I took that photograph. I tried to capture it in a painting. I like to take pictures and if there is something in there I like, then I try to paint it. The work will go quickly with the paintings you really *want* to do. If it's something someone asks me to paint, then it may take longer for me to do it."

A painting that displays Sandra's ability is one in which she portrays cowboys at a rodeo. One rider is hanging on for dear life on the back of a bucking horse. The other participants are enthusiastically cheering him in his effort. Each one painted with such animation that one can sense the excitement of the riders in the painting.

Sandra's family members are her biggest supporters. Sandra remarked, "I have been married for 53 years, and my husband is my best fan. He encourages me to paint all the time. I have done more because of him." Her grandchildren enjoy watching her paint and joining in on the fun when they visit by painting along with her. The next generation of painters may be learning the art at her side.

In addition to her family's appreciation of her talent, Sandra's peers have recognized her work. One of her prized possessions is a painting that won first place one year at the State Fair of Texas. Titled *To Each Its Own*, it features an assortment of bottles of different shapes and sizes each sporting zinnia flowers painted with varying shading of the color red. When Midlothian had an art club and sponsored an art show, Sandra's painting of a red wolf by a large tree trunk won her another first-place finish.

Sandra has sold a few paintings but has given far more of them away. "If someone likes my painting, I am so happy for them to have it," she said. What they get is a small part of her heart in the hobby she first shared with her mother. **NOW**

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Expressing Herself

— *By Adam Kobut*

Twelve-year-old Madalyn Hinson is already a three-time gold medal winner. As a gymnast, she reigns at the top of her field in the state tournament in floor, beam and all-around categories. Ever since she set foot in Arlington Aerials Gymnastics, where her mother, Michelle Wilson, works as a coach, Madalyn was hooked on the sport. “I started out putting her in little baby classes while I was working, and they just saw something in her,” Michelle said. “They pulled her out and stuck her on the team. They were teaching her back handsprings, and she was getting them done by the age of 5. I’ve been teaching her for quite some time, too.”

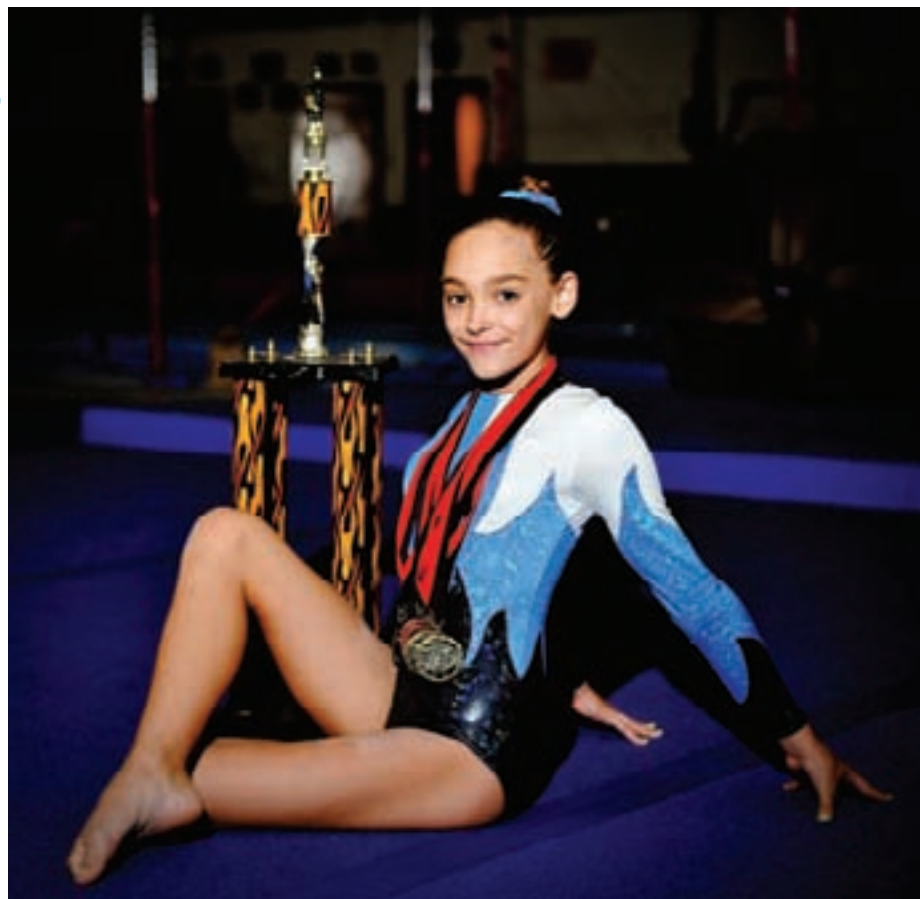
Growing up in Joshua, Texas, Michelle’s high school did not have a gymnastics team so she joined a private gym to practice and perfect the sport. She loved the sport as much as her daughter does now. It is important to Michelle, however, that Madalyn practice

the sport on her own volition; that she does not feel pushed into it. “When I first put her in [the class], honestly, I just wanted her to have fun, and not have to sit around while I was at work,” Michelle explained. “I didn’t want to [put] her in a daycare. I just remembered what I had gotten from [gymnastics]; I received something amazing from it. I knew Madalyn would have fun and have a

good time. I had a lot of family that were telling us, ‘Don’t make her live out your dream because you did it.’ But it matters to me very much that if she’s doing this, she is going to do it for her. She has many other options to choose from and to explore all her options, but I can’t seem to pull her away.”

Michelle is one of three gymnastics coaches at the gym, which makes it nice for Madalyn, a level nine gymnast, to get instruction from other coaches. The mother/daughter pair makes an effort to keep gymnastics in the gym and their home life separate. So far, it has all been good. “I still have so much passion for teaching gymnastics. Madalyn and I haven’t had a lot of problems,” Michelle said. “I’m never a hard-core coach. People have always thought that moms can’t teach daughters, that it doesn’t work that way, but we’ve done great.” Madalyn agreed, saying, “When you’re in the gym she’s not Mom; she’s Coach Mom.”

In gymnastics competitions, gymnasts are ranked and then matched with others



who are on the same level. Madalyn, who is currently a seventh-grade student at Walnut Grove Middle School in Midlothian, is considered a high-level gymnast, and competes with some of the best athletes in the state. When she enters high school, she will still train at a private gym because Midlothian does not have a gymnastics team. Madalyn hopes to continue practicing the sport at the collegiate level, as well — she already has her sights set on potential schools. “I want to go to UCLA or LSU,” she said. “They have great gymnastics teams and great academic studies.”

It is a thrill unlike any other that the mastery — or attempt thereof — of acrobatic feats of athleticism brings to her.

“I’m still trying to talk her into [the University of Oklahoma],” Michelle said, laughing. “OU has got one of the top teams. They have amazing teams there. But just going to college is fine with me, as long as she’s going to college.”

Madalyn is precocious, shy and soft-spoken. She is aware of her talent, and it humbles her. She is very close to her mother, and seems to place great weight on Michelle’s words and advice. Through gymnastics, the mother/daughter duo has found a way to spend quality time together, while doing something they love. “It’s been wonderful because we’ve gotten to spend so much time with her growing up,” Michelle said. “[But] I have to make sure I’m not giving her any more or any less attention than anyone else at the gym.”

“I wouldn’t say she looks at me as her daughter [at the gym],” Madalyn said. “I’d say she looks at me as Madalyn the [gymnastics student].”

Gymnastics has helped Madalyn personally, she said. By practicing the



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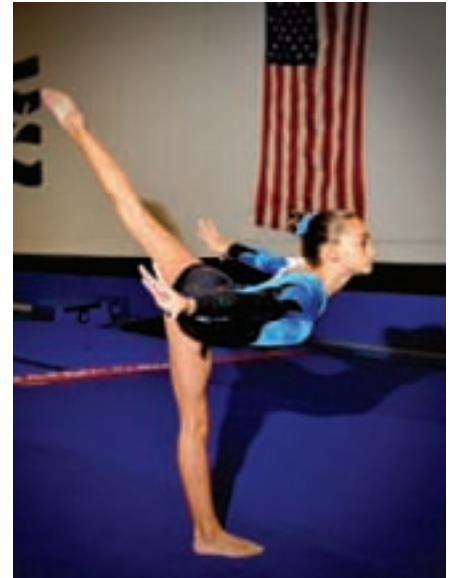
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sport, she is able to obtain a sense of self, to gain invaluable insight into what makes her special. “No one’s like you, everybody has their own bit that they take out of gymnastics,” Madalyn said. “Mine would be, basically, just getting to have that special bond between you and what you love to do. It makes me feel a sense of relief, because I can get out all



Gymnastics also allows Madalyn to express herself in an entirely unique way.

my emotions through it. Like if I was having a bad day or if I was upset, I’d tumble really hard.”

There is also an allure to gymnastics, Madalyn said, in the risk and trust that is involved in practice and competition. It is a thrill unlike any other that the mastery — or attempt thereof — of acrobatic feats of athleticism brings to her. Gymnastics also allows Madalyn to express herself in an entirely unique way. “It’s a really free sport,” she said. “You can express yourself in so many different ways, whether it’s tumbling, or dance or emotion.” **NOW**

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For Susan and Bill Pinson, beautifying trees is a true labor of love.
— *Betty Tryon*

“A tree is like a human body,” said Susan Pinson as she launched into her favorite subject. Susan and Bill Pinson in their business, Arborculture Tree Service, Inc., enthusiastically embrace their fascination with trees. Bill explained, “Trees have a vascular system that goes from the top of the tree to the smallest roots. Compromising the vascular system in any way, can cause a tree to go into decline because of disease, insects or external bruises.”

The couple went into the business because they love trees. As an arborist, Bill is an expert in the care of trees. Susan stated, “He is like a doctor of trees. Our first priority is to save the tree. If a tree hasn’t been maintained, has

mistletoe or a low canopy, it needs to have a checkup and be trimmed correctly. We do the trimming, diagnostics and tree planting. We are a complete tree company.”

Many times, a homeowner wanting to trim the trees can do more harm than good by not having complete knowledge about the intricacies that involve a healthy tree. For example, oak trees have a special time they have to be trimmed and an improper cut at the wrong time can lead to problems with the tree. Bill said, “There is a beetle that if it has ingested a fungus will smell the sap, come in and cause oak wilt. In addition, broken limbs, deadwood, mis-cuts or an unclean saw can cause your tree to go into decline.”

Susan also cautions against purchasing

A tree is like a human body. It [tree] has a vascular system that goes from the top of the tree to the smallest roots.

From left:

Tree specialist Lucas McComb hard at work; Arborculture Tree Service, Inc owner Bill Pinson and Lucas McComb

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trees in black buckets that have been sitting in the sun a long time. Bill explained, "If the temperature outside is 100 degrees, the temperature inside the bucket will be 120 degrees. That will cause burning and the roots to girdle [grow around the main stem of the tree]." Bill wants others to recognize that trees need water during the winter, particularly if it is a dry winter. "When watering, lay the hose at the base only when the tree is new," he said. Also, vigilance is required when treating for weeds in the lawn. "Apply Weed and Feed and pre-emergent on the lawn within six to eight feet of the tree."

The company takes great care when assisting customers with tree selection. Before a tree is chosen for one's pleasure, Arborculture tree specialists will have a consultation with the client to determine their needs. Customers are asked what kind of tree they may want and receive guidance with their selection. Susan mentioned, "If you want something that will be green all year long then maybe a live oak is for you. If you are older, you don't want a slow-growing tree, you want a beautiful ash that grows fast. When we get you a tree, we make sure it is disease free, bound in burlap and we plant the tree for you. We give you a one-year warranty and a one-year diagnostics. All you have to do is sit back and enjoy."

Bill and Susan, who have four granddaughters, recognize an added benefit of having trees. Bill stated, "By taking care of your tree, you create a healthy environment and leave a legacy for your children and grandchildren. People underestimate the value of trees. They provide shade, aesthetic beauty and most important, a 25 percent value to your property."

This level of knowledge comes from a lot of effort. To keep up with the latest ails that can cause a tree distress the Pinsons take classes every year. According to Susan, "There is so much to learn because new diseases come out every year." They are members of the International Arboriculture Society, the Tree Care Industry and Texas Black Land Society. They are also members of the Midlothian and Waxahachie chambers of commerce. **NOW**

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Crunch and Munch Your Lunch

— By Betty Tryon



J.R. Irvin Elementary School gets bragging rights for having the first fresh fruits and vegetable bar in Midlothian ISD. Brian McDonald, director of Child Nutrition in the school district, selected the school for the pilot program. “We chose Irvin because it is one of the smallest campuses with about 300 students.” It was the perfect site for Brian and his team to work out any unforeseen challenges in the program such as the logistics of buying and serving the meal and maintaining sanitation.

“I heard about the fresh fruit and

veggie bar from the director at Northwest ISD. They already had it in place. He was helpful in giving me information about the cost of the program, serving size and other factors,” Brian said. “I want to have the fresh fruit and veggie bar option in all of the schools. It is more economical. It has a stand-alone unit with no electricity because the food is cooled with ice.”

Students at Irvin have the freedom to choose whether they want the hot meal option or go for the fruit and salad bar. The selections are many and varied. Sliced apples, seedless grapes, skinned grapefruit, celery, carrots, cherry tomatoes and sliced pears are just a few choices available to tempt the children’s palates. The entrée is a base green salad of different types of lettuce, a great alternative for vegetarian students.

The cafeteria’s new addition has been met with enthusiasm from parents and students. “I spoke about it [fruit and veggie bar] at our beginning-of-the-year parent meetings, and they loved the idea. Some parents have eaten from the new fruit and veggie bar as well. It is a great alternative to those not wanting a heavy lunch,” Jean Embry, principal at J.R. Irvin stated.

Some might imagine that fruits and vegetables may not appeal to students as much as the more familiar entrées in the hot meal selection. However, Jean explained, “It was very popular the first several weeks. It has lessened a little, but the cafeteria still serves a good amount of students daily. We are still working out the kinks, but we are about to get it the way we want it.”

Introducing the fruit and vegetable bar is all part of the goal of providing local children with the most nutritious meals with delicious options. The huge endeavor involves many hands. “SHAC (Student Health Advisory Council) is on every campus and is made up of an administrator, teachers, a P.E. (physical education) coach, the campus nurse and the cafeteria manager,” Brian said. “This council ... comes from a mandate out of Austin for school districts to advise and bring awareness of healthy activities to children.”

The addition of the salad bar is one way to pursue this goal. The other is the “Go, Slow and Whoa” program. This

Education **NOW**

is a program designed to aid students visually in determining what foods are healthy to eat and which ones are not. Brian said, "Our registered dietician and assistant director of food service, Ashley Chapman, works with each campus to determine the foods for Go, Slow and Whoa." For example, Go foods can be eaten at anytime. This includes almost all fresh vegetables and fruits, whole grain breads, pasta, cereals and low fat milk products. Slow foods are "sometimes" foods. They are not completely forbidden, but students are cautioned to eat them only occasionally. Foods such as: avocados, taco shells, pancakes and peanut butter are on this

"I want to have the fresh fruit and veggie bar option in all of the schools."

list. Whoa foods should be eaten very seldom. These foods are the ones that are the least healthy and can cause health problems in the long run. Some of them are doughnuts, French fries, hot dogs, cookies and cakes.

Directing students to not only the hot meal section but for a variation in their diet, to the fruit and veggie bar, further instills the message of what is healthy to eat. "It is great for students that love fruits and vegetables. We will be having an entrée with the bar very soon like tuna or chicken salad, ham, etc. It is nourishing and not as heavy as chicken fingers or pizza for example. Those are great, too, for the kids, but this option allows the students more choice," Jean said. "When I was in school, you had one thing on the menu, and that was it for lunch. Now, don't get me wrong, I don't think the students need to have five to six options; we would never get them through the line. But a main menu, a weekly choice and the fruit and veggie bar is a fair number of choices for most students to enjoy picking from for lunch."

As students crunch their way through lunch, the fruit and veggie bar has proven to be a healthy and delicious alternative. **NOW**

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Who's Cooking **NOW** In The Kitchen With Terri Fowler

— By Faith Browning

Terri Fowler has loved cooking for as long as she can remember. “When I was growing up, my dad got in the kitchen on the holidays and cooked up his famous chicken and dressing,” she recalled. “There is none to compare to his. This was the only time I would see my dad in the kitchen, and boy was it ever good!”

Now Terri is making new memories with her husband, Dan, her family and

her two grandchildren, Hayden and Makenna. Cooking for family and friends is her favorite thing to do. “It seems that family and friends always congregate in the kitchen — especially when there is something wonderful in the oven or on the stove,” she said. “Good food just brings family and friends together for memories, laughter and love.” **NOW**



ISLAND SWEET AND SOUR MEATBALLS

1 egg, beaten
1 cup seasoned bread crumbs
5 Tbsp. yellow onion, chopped
2 Tbsp. milk
1 tsp. salt (divided use)
1 1/2 lbs. ground beef
2 8 1/4-oz. cans pineapple tidbits
1 can whole cranberry sauce
1/2 cup bottled barbecue sauce
Dash pepper
1/4 cup cold water
1 Tbsp. cornstarch
1 cup green bell pepper strips
Hot cooked rice

1. In a bowl, combine egg, bread crumbs, onion, milk and 3/4 tsp. salt.
2. Add meat; mix well.
3. Shape mixture into 1-inch meatballs (about 1 Tbsp. each).
4. In large skillet, brown meatballs in a little bit of hot oil; drain off fat.
5. Drain pineapple, reserving syrup; set aside. Add water to reserved syrup to make 3/4 cup.
6. Combine syrup mixture, cranberry sauce, barbecue sauce, 1/4 tsp. salt and dash of pepper.
7. Pour over meatballs in skillet. Bring to boil; reduce heat; cover and simmer 15-20 minutes.
8. Slowly blend the 1/4 cup of water into the cornstarch. Stir into the skillet. Cook and stir until thickened and bubbly.
9. Add pineapple and bell pepper. Simmer, covered until pepper is barely tender (about 5 minutes). Serve dish over hot cooked rice.

CIDER STEW

5 heaping Tbsp. all-purpose flour
2 tsp. salt
1 tsp. pepper
Dash of garlic powder
1 tsp. dried thyme, crushed
2 lbs. beef stew meat, cut in 1-inch cubes
3 Tbsp. cooking oil
2 cups apple cider
1 cup water
2 Tbsp. vinegar
5 carrots, quartered
4 red potatoes, peeled and quartered

2 yellow onions, sliced
4 stalks celery, sliced
1 Granny Smith apple, chopped
1. Combine flour, salt, pepper, garlic powder and thyme.
2. Place in large plastic zipper bag. Add meat; close zipper and toss to coat meat.
3. In a large stew pot, brown the beef in hot oil. Stir in apple cider, water and vinegar; cook and stir until mixture boils.
4. Reduce heat; simmer, covered about 1 1/2 hours or until meat is almost tender. Check frequently and stir, as this tends to burn on the bottom.
5. Add carrots, potatoes, onions, celery and apple. Cook about 30-40 minutes more until vegetables are tender. Serve with hot corn bread.

CHICKEN AND BROCCOLI CASSEROLE

1 large box Uncle Ben's® original wild rice recipe
4 chicken breasts, boiled, then chopped in bite-size pieces
1 can cream of chicken soup
1 10- to 12-oz. box frozen broccoli pieces
1 small yellow onion, chopped small
2 cups cheddar cheese
1. Cook rice according to package directions.
2. Mix all ingredients together, except cheese.
3. Put in casserole dish that has been sprayed with cooking spray.
4. Put cheese over top and bake 30 minutes at 350 F. Serve with salad.

PIMENTO CHEESE

8-oz. bag finely shredded sharp cheddar cheese
8-oz. bag regular shredded mild cheddar cheese
8-oz. brick cream cheese, softened
1 small 4- to 6-oz. jar Hellmann's® mayonnaise
1 bundle green onions, chop green tops only
1 lg. jar pimento, chopped (Do not drain.)
2-4 Tbsp. sweet relish
Garlic powder, to taste
Pepper, to taste
1. Use mixer and mix all ingredients well.
2. Serve with crackers or bread.

COMPANY CASSEROLE

1 1/2 lbs. ground chuck

1 lg. yellow onion, chopped
1 tsp. chili powder
1 can tomato soup
1 15-oz. can cream style yellow corn
1 can black olives, drained and sliced
1 lg. can sliced mushrooms, drained
Garlic and pepper, to taste
1 12-oz pkg. medium egg noodles, cooked according to package directions
2-3 cups cheddar cheese, shredded
1. Brown ground beef and onion; drain well.
2. Add the next 6 ingredients; mix well.
3. Stir in cooked egg noodles, mixing well.
4. Pour in a casserole dish; sprinkle cheese over the top.
5. Bake in oven at 350 F for 25-30 minutes. A dash or two of Tabasco adds to the flavor.

GRANNY'S SUPREME DESSERT

This old family recipe came from my Granny Snipes in Valdosta, Georgia, some 45-plus years ago.

1 lg. box orange Jell-O
2-3 Tbsp. sugar
1 lg. can crushed pineapple, drained, reserve syrup
2 eggs, beaten
2 Tbsp. flour
3/4 cup sugar
1 cup pineapple juice (add water to reserved syrup if necessary to make 1 cup)
1 Tbsp. lemon juice
1 large tub COOL WHIP Whipped Topping
1 8-oz pkg. cream cheese, softened
Pecans for topping
1. Make Jell-O according to package directions, adding sugar. Chill until almost a firm set.
2. Drain juice off crushed pineapple, reserving juice. Stir pineapple into Jell-O; chill until set very firm.
3. In small saucepan, combine eggs, flour and sugar; add pineapple and lemon juice to mixture.
4. Cook over low heat, stirring constantly, until thickened. Set aside to cool completely.
5. In a blender mix COOL WHIP and cream cheese until smooth. This mixture goes over the Jell-O; put the cooled juice mixture over the cream cheese mixture. Sprinkle with pecans; chill.

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Save Money With Multiple Policies

— By Tim Tobey

In today's busy world, filled with concern over the rising cost of gas and housing, many of us look for ways to get greater value for our time and money. One way you may not have considered is having all of your insurance needs taken care of in one place.

There are advantages to having your car, home and family protected by the same insurance company. Switching all your policies to one well-respected insurer might save you time and money, not to mention the convenience of having only one number to call for questions or claims.

Many insurance companies offer a range of discounts that vary by state. Be sure to ask the agent about the availability and amount of any discounts offered by the insurer. Here are some common discounts you should know about:

- Multiple line: Your premiums may be reduced if you have more than one policy with the same company or family of companies that covers your car.
- Good student: Full-time students (high school or higher) maintaining at least a "B" average may qualify for reduced premiums.
- Multiple cars: Your premiums may be reduced if there are two or more private-passenger cars in the household insured by the same company or family of companies.

These are just a few of the discounts that may save you money. Once you have considered price, think about the quality of service you expect. The best value should save you both time and money. Here are a few things to consider:

- Do you have one person to call when you need help?

- Is the insurer available 24 hours a day, 7 days a week?
- Does the insurer make it easy to file a claim?
- Is the insurer available to discuss your needs and help customize a package of services that is best for you and your family?
- Do you feel confident in the insurer's financial stability and ability to pay if your family suffers a loss?

Be sure you're getting the most value for your time and money. Call your agent or insurance company today and ask if you can get more value by having all your insurance needs taken care of in one place. **NOW**

Tim Tobey is a State Farm agent based in Midlothian.



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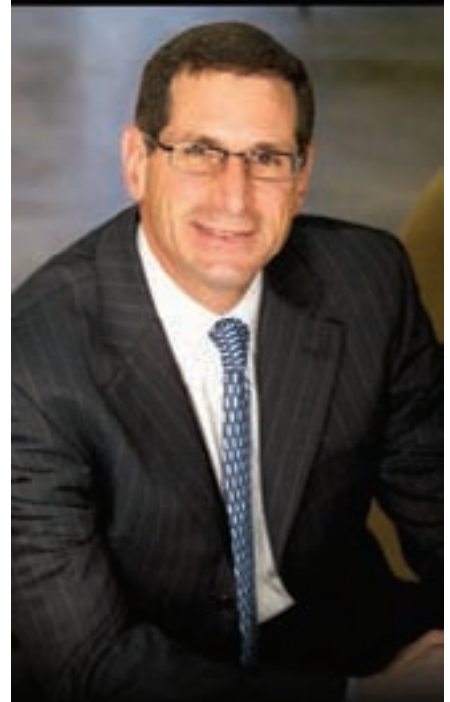
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Mother Knows Best

— By Betty Tryon, R.N.

The fear is palpable as swine flu sweeps across our nation. To employ an oft used phrase — take a deep breath. Information has, and always will be, the cure to lower fear. Swine flu, or the H1N1 virus, is an influenza virus that came to the attention of Americans early in 2009. It spreads in much the same way as the seasonal influenza virus, which is by droplets in the air from emissions (sneezes, coughs) of infected individuals and by touching a contaminated object and then touching your nose or mouth. A common scenario for this would be if an infected individual has droplets of the virus on their hands, fails to wash or disinfect their hands and opens a door or picks up an object thereby contaminating it. Since the virus can live up to many hours outside the body, an uninfected person can handle that object, fail to wash or disinfect *their* hands, pick up something to eat and unwittingly pass the virus into their body.

One of the reasons the swine flu inspires such fear is the potentially devastating effect on children. Children are always at high risk for the flu. Underlying health conditions and/or respiratory problems can cause serious complications with a child who has the flu. That is why vaccination is so important for them.

Some of the symptoms of the flu are cough, sore throat, fever, body aches, chills, vomiting and diarrhea. Antiviral medications are the best treatment for the flu. Addressing the discomfort of individual symptoms is the only other option available for treatment of the influenza. High fevers can quickly dehydrate the body so keeping yourself hydrated at this time is very important. Remember, your body is fighting a battle. Proper rest is required to allow your immune system to function at its peak.



The control of swine flu can best be summarized as — listen to your mother. Wash your hands frequently. Keep your hands out of your mouth, nose and eyes. Cover your mouth when you sneeze and then clean your hands. If you use a tissue when you sneeze or cough, throw it away. Use alcohol-based hand wipes if soap and water is not available. Use hand sanitizers. Stay home and rest when you are sick, not just for your health, but also for the health of others. A good rule of thumb is to stay home until you have been fever free for at least 24 hours. A little common sense will lower the incidence of swine flu and the fear. **NOW**

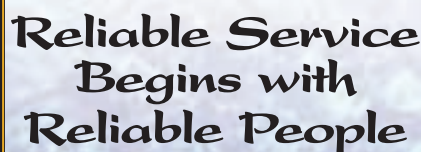
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Midlothian Area Historical Society:
7:00 p.m., Midlothian High School
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January 7

Midlothian Band Boosters golf tournament: Grand Oaks Golf Club, 3502 Country Club Drive, Grand Prairie. Registration: 10:30 a.m. Shotgun start: noon. Fee: \$100 per player, \$350 per team. Includes green fee, cart, range balls, lunch and dinner. Sponsorships available. Proceeds benefit Midlothian school bands. For more information, contact Band Director Justin Wood at (972) 775-8127 or justin_wood@midlothian-isd.net.

January 9

Indian Artifact Show: 8:00 a.m.-3:30 p.m., Midlothian Civic Center, 11th St. at Main. Admission: \$5. Free for children 12 and under. Table rental: \$35. To reserve a table, contact Harold Hughes at (972) 921-8555 or James Kemp at (254) 889-3885.

January 11

ABWA Mentoring and Leadership meeting: Midlothian Conference Center. Will focus on scholarship program. Special invitation to Midlothian senior girls and their mothers, our daughters and friends. Meeting fee: \$15. First time guests are free. For more information or to RSVP, call (972) 723-0017 or e-mail julia_mainplace@sbcglobal.net.

January 14, 15

Early school release days.

January 18

No school.

January Pre-Owned Specials



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"Pain is no longer in control."

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