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The Shot
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The Little
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At Home With
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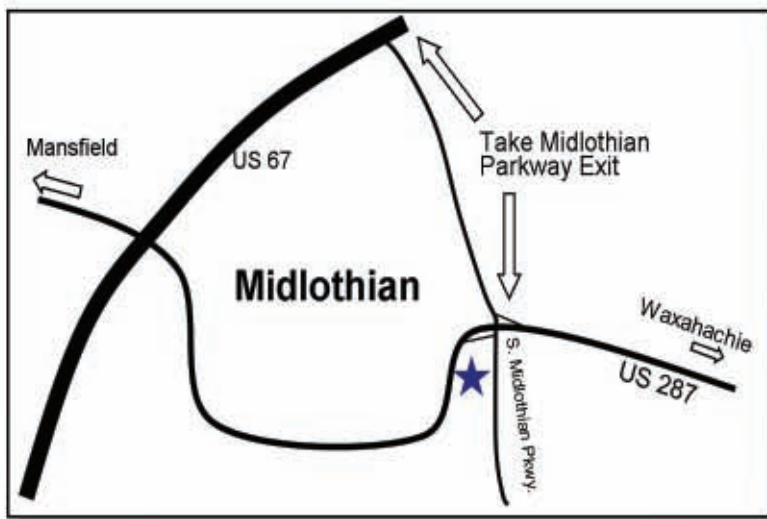
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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Midlothian Editor, Betty Tryon

Editorial Coordinator, Sandra Strong

Copy Editor, Melissa Rawlins

Writers, Alex Allred . Angel Biasatti

Adam Walker

Editors/Proofreaders, Pat Anthony

Teresa Maddison . Beverly Shay

GRAPHICS AND DESIGN

Creative Director, Jami Navarro

Art Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Brande Morgan . Pamela Parisi

PHOTOGRAPHY

Photography Director, Jill Odle

Photographers, Natalie Busch

Shana Woods

ADVERTISING

Sales Manager, Carolyn Mixon

Advertising Representatives,

Rick Ausmus . Teresa Banks . Renée Chase

Linda Dean . Julie Garner . Melissa McCoy

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Jack Ellis and Savannah
Justice reunite and
become friends.

Photo by Shana Woods.

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EDITOR'S NOTE

Happy New Year!


Our yearly custom of self-reflection is upon us. In that light, I have some simple suggestions from Robert Fulghum's book, *All I Really Need To Know I Learned in Kindergarten*. Do you want to make this world a better place? "Play fair," and "Say you are sorry if you hurt somebody." Think of all the hurt feelings we can spare with those. Two of my favorites on the list are "Put things back where you found them," and "Clean up your own mess." No more nagging moms! "Wash your hands before you eat," to keep yourself and others healthier. "Don't take things that aren't yours," and down goes the crime rate. "Take a nap every afternoon." Oh yeah, I like that one! Maybe we will all feel a little less crabby with some rest. Let us make this year our best one ever and play nice!

Betty Tryon
MidlothianNOW Editor
btryon.nowmag@sbcglobal.net



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"I'm not looking back; I tell others to stop thinking about weight-loss surgery and just do it."

She turned to Methodist Mansfield Medical Center where she underwent successful Roux-en-Y gastric bypass surgery. This particular procedure is known to almost immediately change the patient's metabolism, which helps improve glucose control and promotes weight loss.

Now, a year since her surgery, Anderson has lost 80 pounds and counting. "I feel so much better about myself," she shines. "It's so much easier to do things now, like shopping or going to the grocery store. People treat me nicer and my clothes are more stylish. I can now wear fun prints and flirty skirts and look fashionable."

But Anderson has even more to appreciate than just a new wardrobe and her new lease on life. Along with the weight loss, her diabetic symptoms and acid reflux are now a thing of the past. Not to mention her cholesterol levels and blood pressure are all back to normal.

"I'm more confident now and a stronger person physically and mentally."

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—Shelene Anderson

U.S. Army Veteran and Methodist Mansfield Medical Center weight-loss patient



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Close to You

— By Betty Tryon



Tiny baby Savannah Justice, small enough to fit in your hand, was fighting hard for her life. The baby Jack Ellis placed next to her, huge by comparison, was recuperating after a serious medical incident. Lying side by side at Baylor University Medical Center Neonatal Intensive Care Unit in Dallas (NICU), who could imagine that life would put them together again years later. Their moms, Melissa Justice-Clicque and Lory Ellis, met as strangers in the NICU and shared a mother's anxiety for the health of their babies.

The story began on March 2, 1999, when Savannah made her too-early arrival into the world. Her premature delivery was only the beginning of her problems. Things would get much worse. A diagnosis of gastroschisis accompanied the 3-pound, 14-ounce preemie. Gastroschisis is when the baby is born with the intestines outside the body. Immediately after birth, she was hurried off to surgery. Melissa recalled, "After her surgery, she did well for a couple of days, but her intestines perforated and she developed peritonitis [inflammation of the membrane lining your abdomen]. She was a little shy of 4 pounds, and the doctors didn't think she would make it through the night. She turned an awful gray color and was taken to surgery again; they made a stoma and she had a colostomy. She had the colostomy until the



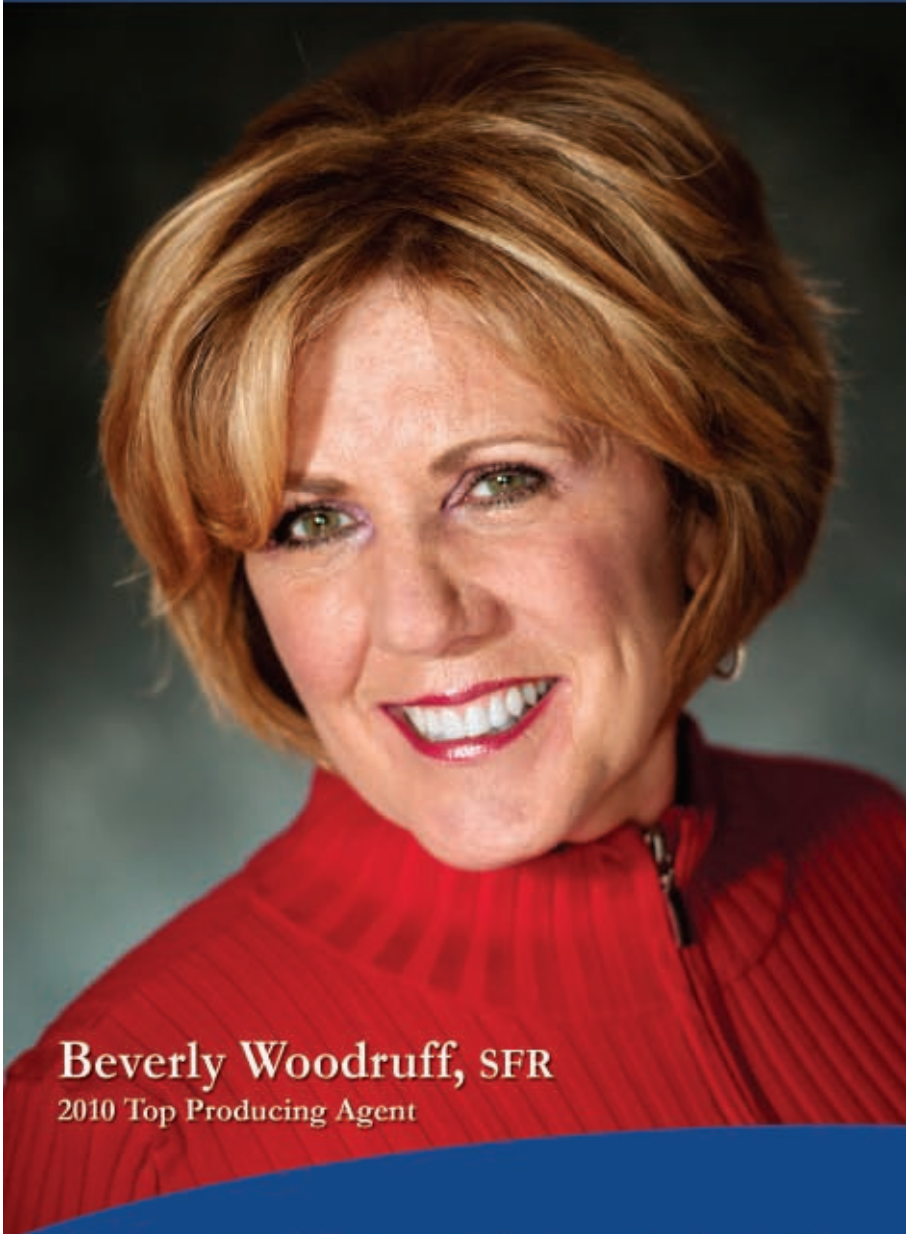
beginning of May. After her surgery, I was told not to touch her because she was so fragile. I just remember she lifted her hand; I put my pinky in it; she grabbed it; and I didn't move. I wasn't moving away."

While Savannah fought for her life, another drama was unfolding. A delivery that should have been uncomplicated became complicated quickly. Lory stated, "I chose to do a natural birth at the Birthing Women's Center in Dallas just a few blocks away from Baylor because I wanted a non-intervention delivery by a certified nurse midwife. I felt like I could've delivered at home, because I felt like I could push. But my husband insisted on taking me to Dallas. I crossed my legs and held him in, and because of that, he inhaled amniotic

fluid. When he was born, he wasn't breathing very well, so as a precaution they sent him to the NICU unit at Baylor. He went into an incubator. By the time I got there, he was on the end [of the row] and all the nurses were like, 'Whoa! We got a big one!' Jack was this big strapping 8 pounds and 4 ounces. The other babies were so tiny you could hardly see them because they were on ventilators and other equipment surrounded them in their bed. Jack certainly wasn't as critical as the other babies were."

Savannah and Jack were placed next to each other in the NICU. Because of the proximity of Jack to Savannah, Lory had a front-row seat to the drama around Savannah. Lory stated, "We were looking at her and thinking, *There is always someone who is in more dire need than you.* Our hearts just went out to her.

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I got to stay in the NIC unit because I was nursing, and a couple of times I ran into Missy [Melissa]. She would sit on this stool and just hold Savannah's finger, and I thought, *What a devoted mom!*" Teary eyed, Lory continued, "We would chat a little bit; it was just moms who were concerned about their babies. Jack was getting better and was going to be moved to the next level down, and I knew I probably wouldn't see Missy again. I left a note letting her know I was thinking of her and praying for her, and to let her know I thought she was an awesome mom."



Lory left her phone number on the card for Melissa. But, Melissa did not attempt to call her until two years later. "I was looking through baby books and came across Lory's card and gave her a call," Melissa shared. The women never connected and more time went by, but they never forgot each other. Through the years, Lory would tell the story to Jack about the little baby who was next to him.

The moment of rediscovery was taking shape as Lory's parents relocated to Midlothian and, unknown to them, their neighbor was a friend of Melissa's. Meanwhile, Melissa and her family moved to Midlothian in 2007. In 2009, she enrolled Savannah in Longbranch Elementary School. Knowing Lory's family lived in Midlothian she asked Savannah, "Do you know Jack Ellis?" She figured that since there are six elementary schools in town, the chances that Savannah had met Jack were slim. Savannah denied knowing Jack.

Back at Lory's parents' home during a visit with their grandson, a friend and neighbor, Anita Hicock (who was Melissa's friend also) asked Jack, "Do you know Savannah Justice?" and Jack said "Yes, she's in my class." That Sunday in church, Anita mentioned to



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Savannah that she had met a classmate of hers, Jack. Savannah replied, “Yes, I know him,” which floored Melissa since Savannah had already said she did not know him. Through Anita, Melissa and Lory connected on Facebook. After looking at pictures of Savannah through Melissa’s photos on Facebook, she went back to the picture she had taken of Jack on his first day at school.

Lory explained, “I asked him if I could take a picture of him in his class, and he wasn’t thrilled about it. So, I asked if I could just take a picture of the classroom, which I did. In the picture, Jack and Savannah are sitting back to back. If I had taken a picture of just him, I would’ve never seen it.” The children did not know each other when they randomly chose their seats in class, but there they were, next to each other again 11 years later. Lory stated, “To me, that’s not just a coincidence. We could’ve never planned any of that, because there are too many variables for this to have happened.”

“The kids are buddies now,” Melissa stated.

“They will be forever,” Lory agreed. “They are both great kids, and I think they realize how special that was and how they came to know each other.”

Lory and Melissa have become close friends also. You just never know where life will lead you until you get there and, sometimes, you will find something surprising and wonderful. Lory said, “It was God’s hand in it that we met again. It was just meant to be.” **NOW**



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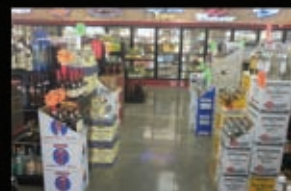


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A Time to be Happy — *By Alex Allred*



AT HOME WITH MICHAEL AND TRACY HURST

'The Hurst motto hangs just above the front porch. "The Time To Be Happy is Now."

It was 1983 when Tracy learned of teaching opportunities in Dallas. With a new degree in hand, she left her home state of Michigan to begin a new life, but there were problems. "A home is not a home without a piano," Tracy said. Even if she could find a piano, how would she get it onto the second floor of her small apartment? This, of course, was secondary to the fact that Tracy's neighbor had taken an instant interest in her. "But," she said, "Michael was divorced and had a Corvette!"

Automotive and previous marital concerns aside, Michael was charming and before Tracy knew it, "he was my tour guide to Dallas." While Michael's family took Tracy into the fold, Michael took in the new piano Tracy had purchased. "I was in the process of buying a home when all this was going on," Michael said of Tracy's move to Dallas and their eventual courtship. As the story goes, it took several men to move the heavy piano. So, Michael proposed to Tracy so that he would never have to move the piano again.



Today, that very piano is centrally located in the family's 2,400-square-foot, three-bedroom, three-bath home. The musical irony is that it is credited for much of the success and happiness of this home.

Daughters Camille and Rachel, and Michael's children from his first marriage, are very passionate about music. Camille, a graduate of Midlothian High School, is earning her degree in vocal performance at Hardin-Simmons University in Abilene, Texas, with dreams of becoming an opera singer. While Camille attracted local attention with her 2007 performance in *Beauty and the Beast* as Belle, little sister Rachel, a junior at Midlothian High School, is also garnering a great deal of attention with a growing talent of her own. Currently the vice president of the Midlothian Choir and First Chair for All-District, Rachel has musical dreams of her own. "Our family is very passionate about music," Rachel smiled modestly.

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In fact, the family is passionate about all art. While Michael has established himself as a very successful CPA on the square of downtown Midlothian, Tracy continues her passion for teaching Head Start in the Red Oak Independent School District. On their off hours, they hunt








antiques at estate sales and the result is wonderful. Throughout the home, antiques and collectibles blend nicely with items left to them from generations past. This is apparent from the first step into their home. A family crested document from Tracy's ancestry displays her Pennsylvania German heritage, dating back to 1850. A hat rack, home to a variety of colorful purses, scarves and gloves — all discoveries at consignment shops and yard sales — nicely offsets a plush antique chair and a cross-stitched flower picture. "This," Tracy said, "was truly a labor of love." Tracy's mother was able to create a picture for two of her three



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children before her death in 2001, making the lovely flower design from 1996 all the more precious to Tracy. Featured so prominently in the foyer, it is a reminder to the Hursts of just how important family is.

Down the hall, Sunbonnet Sue stitch quilts created

by Tracy's grandmother, so popular at the turn of the 20th century, adorn the walls, along with family portraits and paintings created by Tracy. The themes of ancestry, family and history are woven throughout this "The-Time-To-Be-Happy-Is-Now" home.

In 2001, when Michael and Tracy moved from DeSoto to find a home in Midlothian, "this was it for us," Michael confirmed. The curbside appeal is what Michael termed, "A Victorian ranch style." It has a sprawling porch and built-in gazebo where the family can dine-in while watching fireworks or sitting under starlit skies. A turn-of-the-century rocking chair, a 1920s ironing board, antique bottles and various collections of tea sets set upon decorative trays are placed along the wraparound porch. Inside, the vaulted ceiling in the dining area, inlay of dark woods, two-sided fireplace that can heat both the formal living room and master bedroom, and the large, open windows all make the house both charming and cozy.

"My mom served a formal dinner every night," Tracy recalled fondly, but confessed she has not always successfully carried on this tradition. Long work hours and very busy children have a funny way of interfering with such elaborate plans. But settings and furnishings from both sides of the family have created a beautiful dining area. A 120-year-old table from Michael's grandfather blends nicely with antique tea cups and crystal settings. "This," Rachel said of the dining room, "was once a blank canvas when we moved in." Tracy placed every piece and every tea cup to create the perfect atmosphere for her family. "My aunt likes to say that Mom creates little feasts for

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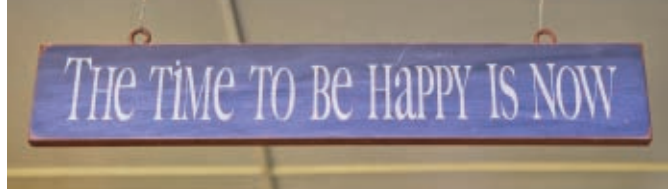
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the eye in every room.”

Indeed, there is an artist in Tracy. While Michael, once in a rock 'n' roll band in high school, still dabbles with the guitar, Tracy has become an accomplished artist, placing in the Texas State Fair and once serving as president of the DeSoto Art League. Even in Michael's study, a room he jokingly refers

to as “the only place I'm allowed to have my stuff,” a Tracy original hangs neatly over the desk. It is a painting of Yellowstone, a wonderful reminder of one of many family vacations.

Beer steins from Germany, which Michael collected while serving in the U.S. Army, a chess set, his guitar, books and various personal items from his days in the Army decorate the second-most

modern room in the house. Dark wood shelves and leather furniture with hardwood floors also serve as Michael's office away from the office, though he confesses a slight addiction to playing chess online with fellow chess lovers.

The most modern room in the house, however, belongs to Rachel, with IKEA furniture, deep blue walls and furnishings



and books, books, books. But no matter the room, the tone of past and present is undeniable. While Michael and Tracy continue to hunt antique treasures, they focus on the future of their children. Today, Tracy has already found the perfect picture frames to set about the house and is merely awaiting the arrival of the wedding pictures from Camille's recent wedding, and they are celebrating every moment with Rachel. Truly, the time to be happy is now and they are loving every minute of it. **NOW**

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From left to right: Colton Long, Landon Allen, Jean Embry, Devin Horlow, Ellie Hodge and Abby LaCroix all take a moment to enjoy a good book.



The Little School That Could

— By Betty Tryon

Nestled in the very heart of Midlothian lies a treasure that must be experienced to be fully appreciated. An integral part of Midlothian's history resides in the J.R. Irvin Elementary School building. In the early 1900s, elementary through 12th grade all

existed in harmony in that one school. Nowadays, Irvin focuses on kindergarten through fifth grade. Shepherding this group is Jean Embry, the enthusiastic and determined principal. She stated, "This school — these grounds — have a lot of history. When

the old gym was here, they had kindergarten through 12th grade, and the cafeteria was out there.

"Many people in this school district know Irvin because of the old gym. It is closed right now because it needs some repair. The historical society is trying to raise some money to do that. Our PTV [parent, teacher, volunteer] group is



raising money to help with the renovation. You would be surprised at how many parents and grandparents bring their child for the first time and will tell the story of when they came here saying things like, 'Oh, I had home economics in this room or math in that one or a class with Mr. Irvin himself.' So many people have a story about this building. When they find out about the gym being closed, they say, 'Oh, we can't let that go. We've got to keep that gym; it just means too much.'"

"It will encourage kindness and compassion and start a chain reaction."

The physical structure of the building is important, but perhaps even more important is the spirit of those who inhabit the school. Jean makes an effort to make every student feel accepted and special, and she starts this effort early in the morning. She acknowledged, "Most every morning, I am up here on the porch when the parents drive up. We have teachers that are welcoming the students as they get out of the car. We open the car door and greet them with a smile. I am mainly shaking their hands. The students all know they have to give me a handshake or a hug. Many of them will start with a handshake, and eventually we'll get to a hug," she smiled.

It is not unusual for her to visit the classrooms to either observe or assist. When Jean stops by the P.E. (physical education) class, she might join in for the dance or exercise. When walking down the hall with Jean, you notice she greets every child she meets, often by name, and shares a moment of her time to talk to them. "I like to build those relationships with the kids. [I hope] they can come to trust me, so when they have a real problem they will come to me. It also helps me to learn their names! I pretty much know every child's name in this school. If they stay at our school — and there is a large percentage who stay from



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kindergarten through fifth grade — every teacher knows every student. Because our classes are so small, the teachers all go out to recess together. They team-teach, and because of that, they get to know all of these kids. I think that is so special about our school. Our campus is very close-knit with a family feeling. Parents tell me from time to time that they feel the warmth, care and compassion we have here on our campus. I truly believe that my teachers have those qualities, and they try really hard to build relationships, and I do the same.”



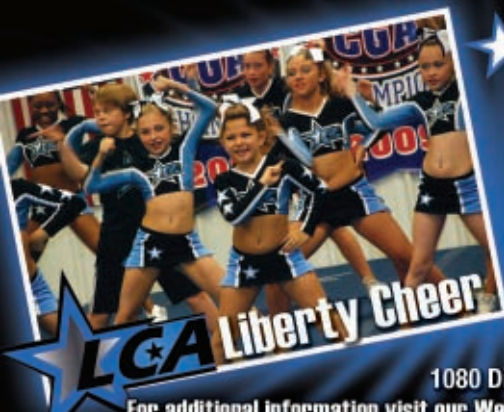
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Being considerate to each other is also actively promoted at J.R. Irvin. This school year, they have implemented Rachel's Challenge. Rachel Scott was a victim of the Columbine shootings, and the Challenge program seeks to establish an atmosphere of caring and thoughtfulness in the school setting. “That will play right into the atmosphere we have here on campus,” Jean said. “It will encourage kindness and compassion and start a chain reaction.”



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Keeping order on campus is easy when everyone follows the same set of rules. Jean adopted strategy from the book *Ron Clark's Essential 55*. “He says there are 55 things every child should know to just live through life. Some are silly, like: Doritos are not allowed in the classroom — they stain the books and smell awful. We started with five of the 55 last year, and we added three more this year. Every year we will add to it. Our teachers work

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on doing those things every week when they do character building. We expect those eight rules from every student in this building. We make sure we practice those and are consistent with it. I teach the kids how to shake hands. They have to give me a firm shake and look me in the eye. I have parents comment about that. Whoever thought about teaching your child to shake hands? However, you have to. It doesn't just come naturally. I think it is the little things of just acknowledging someone's presence."

"I truly believe that my teachers have those qualities, and they try really hard to build relationships, and I do the same."

Jean and her staff work to bring the parents into the educational process with programs they would enjoy. However, programs cost money, so Jean is always looking into alternative funding. "My pennies really have to stretch, so I have to be very creative. I apply for any grant I can. We have gotten several grants from Region 10. They told us we did such a great job last year that they wanted us to have not just \$4,750.00 this year, but they want to give us \$10,000. My budget is so small; that amount is a lot for my campus. Out of all the schools in the Dallas area, they wanted us to have it!" she exclaimed joyfully. "We are going to be doing some technology classes with our parents, and we are buying some new technology equipment that we can use to teach them about Internet safety, the Web site here in our district, Excel and Word. That's going to be awesome! I cannot wait."

Although Irvin is the smallest school in Midlothian, with only 350 students, it is full of big ideas and big goals that not only command excellence in education but insist on the students being really nice. Jean summed it up by saying, "I just love it here — just love it. This is a great place!" A conviction shared by many Midlothians who have experienced just how great Irvin really is. **NOW**

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The Shot of a Lifetime

— By Betty Tryon

— that is the best thing. Children only turn 1 once, and they only graduate from high school once. There are certain things in life that really need to be documented. Photos are just memories, but without them, you have nothing in the end.”

Shana began her venture into photography in 2000. “My son was doing junior drag racing,” she explained. “I started photographing him and got more interested in it. Then I started doing photos for others at the track.

Once I started, I just had to know everything about it. So, I researched it and ended up joining PPA (Professional Photographers of America) and began going to classes as much as I could. They offered classes in portraits and how to start your business. I also joined TPPA (Texas Professional Photographers of America).”

It takes a lot of work to make the perfect photo. It is not as easy as simply aiming at a subject and shooting. Shana stated, “There are a lot of people with cameras taking pictures, but to make a piece of art, you need to know a little bit more. I have photos on the wall of my son drag racing that are more like pieces of art because of the way they were shot. When I take a photo, I take it and do artwork with it. I clean up the skin tone, enhance colors and overlay with textures. I will punch the colors to make them more brilliant and vivid, you know — really pretty.



If a picture is worth a thousand words, then Shana Woods, photographer, is a novelist. Supporting the idea that a picture tells a story without using a word, Shana uses her photography to capture an occasion perfectly, immortalizing the event. In describing a family’s reaction to their photo, Shana said, “When the family comes in and they start crying because they are so thankful that they have the memory documented



Kylee

You can make it look like an actual painting. I also clean up around the picture, removing any trash around the subject. Your eye needs to be able to go right to the subject of the photo, so I'll bring the background down a little bit. I always advise people not to wear white to a photo shoot because that is the first thing seen. You see the white first because it is the brightest spot on the photo. A darker, natural color is better because the photo should be about the people, not their clothing."

Shana tries to get the right visual point or angle for the picture she wants to take. Once when taking photos of a home for NOW Magazines, the gentleman in the home said, "You walk like a crime scene person the way you step around things."



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Shana laughed, "I can get into some tight corners to get the shot that I want. People are sometimes amazed at how I work."

Sometimes getting that right shot is not about the angle but about a work of the heart with sensitivity and gentleness. Shana demonstrates this as a volunteer in the nonprofit agency, Now I Lay Me Down To Sleep. She explained, "This is an organization of photographers who take photos of babies who don't make it through birth. We go in and photograph the baby for the parents. We donate our time and the photos."

Sometimes, in order to discover how much talent your work demonstrates, others who are professionals in the field need to judge it. "I have finally gotten brave enough to start entering prints at PPA," Shana said. "The judging there is very strict. The good thing is you learn so much from this experience; it's the hard and sometimes the brutal truth. Without ever entering these photo competitions, no matter how big or small, you will never grow as a photographer. And, you hope someone sees the work you do and will want you to be their photographer."

Shana enjoys entering her work at the annual Midlothian Photo Expo where she has displayed her work for the past three years. "I have won first place in different categories all three years. This past June at the Midlothian Photo Expo, I won a first place and an honorable mention in the portrait category. Both of these were high school seniors. The win that got first place was a very beautiful girl. Her eyes are what stood out in the photo. The photo that got the honorable mention was a football player. He was in the locker room holding the football with a serious, determined look on his face. I'm thankful to win and hope to continue winning awards."



Katy

A picture Shana is proud of features the portrait of a dancer up on her toes in her new ballet shoes and holding her old ones in her hand. Shana had a lineup of



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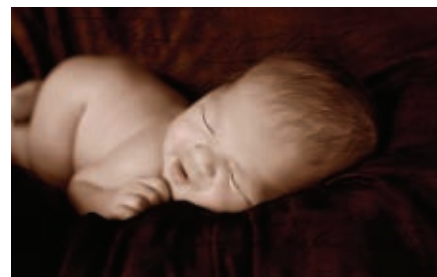
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Ryan and Amber with baby Mason



Isabella

her regular shoes running off the page poised in a dancing position. "I entered it in the TPPA, and it did very well," she stated. Another very interesting photo Shana took is of a teenager who posed outside in front of two silos. She liked the way the sun filtered through the silos and positioned the girl where the sun's rays looked like a golden outline around her body. "The sun gave her a rim light, and I had an external flash. I was just shaping the light and being creative. If you just took a snapshot of her, you wouldn't get the same effect."

Using light in photography is one of the ways Shana can be creative and obtain the best-possible result. "You add light because you want your light to be even," she said. "It's all about the light, and people don't really think about that. But you have to think about it. Sometimes you can use natural light, other times you have to put a fill light in on the subject. The best place for an outdoor portrait is on the edge of the shade. It can be very hard to find the right light. There is a lot more to taking a picture than just having someone sit there and say, 'Cheese.' If it's good, you can put it on a piece of canvas, and you'll have a beautiful piece for your house. You want to have something that you can hang in your home and be proud of it. Remember, it's not just a picture; it's a piece of art." **NOW**

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Start the new year off with **New Healthy Habits.**

January means the beginning of a new year and sometimes new deductibles for folks with medical insurance. Start the new year off with new healthy habits. January 11th is "Cigarettes Are Hazardous To Your Health Day." Did you know, by law, nine warnings **MUST** appear on cigarette advertisements and packaging? The FDA invited the public's input on images that will possibly start to appear on packs of cigarettes. The deadline for comments and suggestions to the FDA is January 11, 2011.



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Bottom: Megan, Brandi, Jamie Top: Kristi, Johnnie, Hillary, Denise, Alicia, Carolyn.

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Friday: 3:30 p.m.-7:30 p.m.



Perseverance

Get in shape and learn self-defense all at the same time at Buie's Superkicks Karate.

— By Betty Tryon

Persevering has been a way of life with Wade Buie of Buie's Superkicks Karate for a long time. "Martial arts has been my life even when I was idle for 10 years," he explained. "But I was a black belt, and I knew the importance of walking the walk. I always stayed in shape. And I think I always showed perseverance with things, which I think is all credited back to my black belt." His resolve in the face of obstacles helped him start his business.

During the 10-year hiatus Wade took from the sport, he got married and had a family. Wanting his daughter to learn the way of life that is karate, he enrolled her in a class in DeSoto. That introduction for her renewed Wade's spark for martial arts and eventually led him to start his own business. "In order to start

my business, I needed a facility. So, I went to churches, schools and daycares looking for a place. I finally found one I could sublease and started putting out fliers in Midlothian." That arrangement did not work out, so he went to another facility. Once he settled in, the owner changed her mind, and Wade had to hunt for yet another place. "I took a hard-earned vacation day from work and after much searching found this building. I had worked hard to keep my students and finally I got my first building that belonged to me." Wade still has a photo hanging in his office of those first students.

Buie's Superkicks Karate teaches students something extra in its sessions — self-defense. Wade elaborated, "If you go to a traditional tae kwon do school, you will see them doing a

lot of kicking. When you come to my school, you will see something a little bit different. We have the kicks, but we also have some boxing and self-defense. My self-defense is actually practice assault drills. You are attacked two different ways. You will be hit or grabbed. We have our curriculum, which offers counter techniques against that. I included that because I think something is missing if you don't have it." Buie's also offers bully-proof workshops to help children develop enough confidence to stand up to negative peer pressure. Classes are age-appropriate, as well as according to experience.

"When you come to my school, you will see something a little bit different. We have the kicks, but we also have some boxing and self-defense."

Buie's Superkicks Karate offers several different types of martial arts such as submission grappling and Muay Thai. He stated, "We offer tae kwon do and martial arts for 4- to 6-year-olds. That is our Lil Dragon's group. For ages 13 and up, we have combat fitness for those who want to exercise and do something different besides lift weights or do aerobics. It's something new and is a full body workout. Combat fitness is very cool." These workout sessions have aerobic and anaerobic elements to them including stretching and conditioning.

In addition to the training classes, Wade offers something extra. "A big thing we do that a lot of schools don't is we have life skills incorporated with our martial arts. Life skills are character-building techniques. You may not ever have to do a sidekick or elbow strike if you are walking right. Your character and perseverance will be challenged and tested every day of your life." **NOW**



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Do you know the signs that could save your life?

— By *Angel Biasatti*

When it comes to your heart, knowing the warning signs before you have a heart attack could save your life. Symptoms such as chest pain or discomfort in the chest, shortness of breath, or fatigue are the classic symptoms of a heart attack. However, you may experience discomfort in the neck, jaw, arm or back, and women often exhibit vague symptoms such as abdominal pain, indigestion or heartburn. Call 9-1-1 immediately if there's a chance you could be having a heart attack or if you're experiencing symptoms for more than five minutes.

Women, take your health to heart! It's not only a man's disease. While medical advances have improved survival rates, heart disease claims more women's lives than any other medical condition. One of the most important things to know about heart disease is if it is detected early, it can often be successfully treated. You can do that by getting regular checkups by your physician and knowing your blood pressure, cholesterol and glucose numbers.

It is important to stay fit and take care of yourself and your heart. Defend yourself against heart disease by avoiding tobacco,



exercising and eating healthy. Smoking doubles your risk of developing heart disease; regular exercise will help lower your risk of heart disease. Eat healthfully — at least five servings a day of fruits and vegetables along with whole grains, will also lower your risk. While it may seem overwhelming at first to live a heart-healthy life, small improvements can make a big difference.

Don't take good health for granted. See your physician and discuss your risks and learn how to keep your heart healthy. Prevention is our best defense against heart disease. **NOW**

Angel Biasatti
Director Community Relations and Marketing
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Happy New Year!

January 8
Elvis' 76th Birthday Celebration Tribute Show: 7:00-9:30 p.m., Farr Best Theater, 107 N. Main Street, Mansfield, TX 76063. Doors open at 6:15 p.m. Come join us in celebrating Elvis' birthday with a tribute to him by performer David Allen. General admission seating: \$12 if purchased in advance or \$15 at the door. Reserve tickets are available for \$20. For more information, call (817) 453-1700.

January 11-13
Chisholm Challenge: 6:30-8:00 p.m., John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Drive, Fort Worth, Texas 76107. During the Fort Worth Stock Show's Chisholm Challenge, the public can watch the fun of competition between riders from All Star Equestrian Foundation and all Texas equine therapy centers, where people dealing with physical, mental or emotional challenges learn to control the movement of the horse. Come watch the awesome results! For more information, go to www.allstarfoundation.org or call (817) 477-1437.

January 17
2011 Midlothian Relay for Life Kick-off meeting: 6:00 p.m., Midlothian Conference Center. For more information, please contact Relay Chair Feleest Ingersoll at (972) 672-9359 or ACS Community Manager of Development, Mark

Bradford, at (214) 819-1209.

First and Fourth Mondays
School Board Meeting: 6:30 p.m.

Second Mondays
ABWA Great Visions Chapter, American Business Women's Association Great Visions Charter Chapter — Midlothian meeting: 6:30 p.m., Midlothian Conference Center. Cost: \$15. Our program will be "Business Budgeting" by Debi Choate. Guests are welcome! For ABWA membership information and to RSVP: abwainfo@gmail.com or (972) 723-0017.

Third Mondays
Ellis County Aggie Moms meeting: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, see our Web site: www.elliscountyyaggiemoms.org.

Fourth Mondays
Creative Quilters Guild of Ellis County meeting: 6:30 p.m.-8:00 p.m., Waxahachie Bible Church, 621 Grand Avenue.

Every Tuesday
Midlothian Rotary Club meeting: noon, Midlothian Civic Center, 224 South 11th St. Call (972) 775-7118 for more information.

GED Class: 6:00 p.m., Meadows Library, located at Midlothian High School.

First Tuesdays
The Midlothian Area Historical Society meeting: 7:00 p.m., Community Room at Citizens National Bank, 310 N. 9th St., Midlothian, TX. For information, please e-mail us at midlothianhistory@hotmail.com.

Second and Fourth Tuesdays
Midlothian City Council meeting: 6:00 p.m., City Hall, 104 West Avenue E.

Third Wednesdays
The Ellis County Christian Women's Connection monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost is \$13, inclusive. Reservations are preferred. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmestep@yahoo.com.

First Thursdays
ABWA — Empowering Women Express Network monthly meeting: 6:00 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. Please RSVP at www.abwa-empoweringwomen.org for more information.

First and Third Thursdays
Midlothian Lions Club meeting: 7:00 p.m., Midlothian Civic Center, 224 S. 11th Street. For more information, call (972) 775-7118 or to RSVP call (972) 723-0017 or e-mail julia_mainplace@sbcglobal.net.

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In The Kitchen With *Marc and Janet Johnson*

— By Adam Walker

Marc and Janet Johnson found a recipe for love when they started cooking together. “When we first met,” Janet recalled, “I tried impressing him by making all this wonderful food. I thought I was teaching him, but he really showed me up when he stepped up and got in there. We figured we at least had a love for cooking in common.”

Now they experiment on each other’s recipes. “We like to cook on the grill,” Marc said. “We can cook just about anything on the grill.” They both learned to cook from their mothers, and they have shared recipes from both families. “The Coconut Pie is from my mom,” Janet shared. “The Chili Soup is a cold weather tradition from my mom,” Marc added. **NOW**

SOUR CREAM CHICKEN

2 cups sour cream
1 can cream of mushroom soup
2-4 boneless, skinless chicken breasts
1 small jar dried beef

1. Combine sour cream and cream of mushroom soup in a bowl and set aside.
2. Cut chicken breast into strips about 3 inches long and 1 inch thick.
3. Wrap each dried beef piece around chicken chunks, like a burrito.
4. Line up in casserole dish keeping the sides with the openings to the bottom.
5. Top with sour cream and cream of mushroom mixture.
6. Bake uncovered for 35-45 minutes at 400 F.

SHRIMP ALFREDO PASTA

1 lb. medium raw shrimp, shelled and deveined
6-8 skewers
3 oz. lime juice, fresh or bottled
1 Tbsp. salted butter
1 cup onions, diced
1/2 cup red bell peppers, diced
1 cup celery, diced
1 4.5-oz. can mushrooms
1 clove fresh garlic, chopped
1/2 cup real bacon, crumbled
1 pt. heavy whipping cream
1 cup grated Parmesan cheese
16 oz. penne rigate pasta

1. Place all shrimp on skewers and cover with lime juice.

2. Grill for 2-3 minutes on each side, until shrimp is done.
3. In a large skillet, combine butter, onions, red peppers, celery, mushrooms, garlic and bacon.
4. Sauté 5-6 minutes. Then add in shrimp. Set aside.
5. In another pan, on low heat, add whipping cream and Parmesan (a little at a time). Whisk and keep adding Parmesan until consistency is to your liking.
6. Cook pasta as directed.
7. Add whipping cream and Parmesan mixture to pan of sautéed mixture. Pour over pasta.
8. Serve with garlic bread.

CHILI SOUP

1 lb. ground beef
1 medium onion, chopped
1 can red beans
1 can kidney beans
2 qts. tomato juice
1 qt. water
1 tsp. salt
1/4 tsp. pepper
1 Tbsp. chili powder
1 cup macaroni

1. Brown beef in skillet. Drain fat.
2. Add onions. Cook 2-3 minutes.
3. In a large pot, add beef and onions, all beans, tomato juice, water, salt, pepper and chili powder.
4. Bring to a boil.
5. Add macaroni. Lower heat and cook for 15-20 minutes.

MEMAW'S COCONUT PIE

FILLING:

1/2 cup flour
1 tsp. butter
3/4 cup sugar
1 tsp. vanilla
Dash of salt
2 egg yolks
2 cups milk
1/2 cup coconut
1 pie crust

MERINGUE:

3 egg whites
1 tsp. vanilla
1/2 cup sugar
1/4 cup coconut

1. Make filling by stirring together the first seven ingredients.
2. When well-mixed, cook on medium heat to boiling. Continue boiling until thickness increases.
3. Add coconut.
4. Lightly brown pie crust and pour in boiled ingredients.
5. Beat egg whites and vanilla with mixer until soft peaks are formed.
6. Gradually add sugar as desired.
7. Add coconut and lightly mix.
8. Spread meringue on top of the filled pie crust and brown in oven at 400 F.
9. Refrigerate until well-chilled.

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