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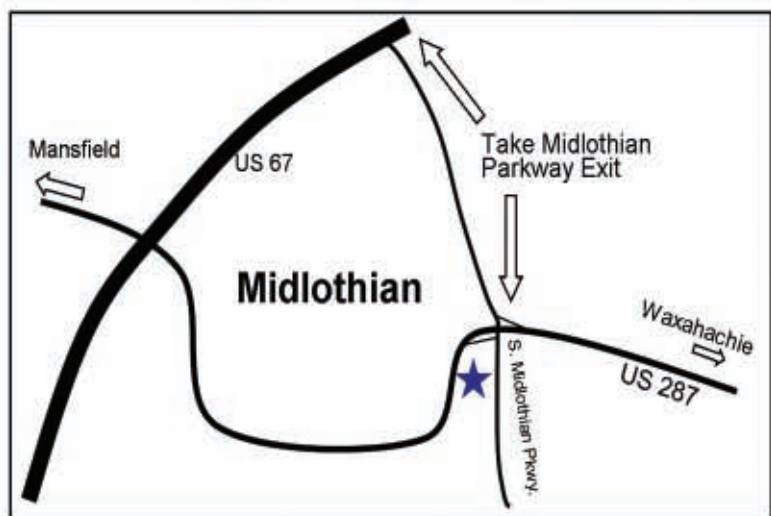
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On The Cover



Lauren Tryon readies herself for another round of voice training.

Photo by Natalie Busch.

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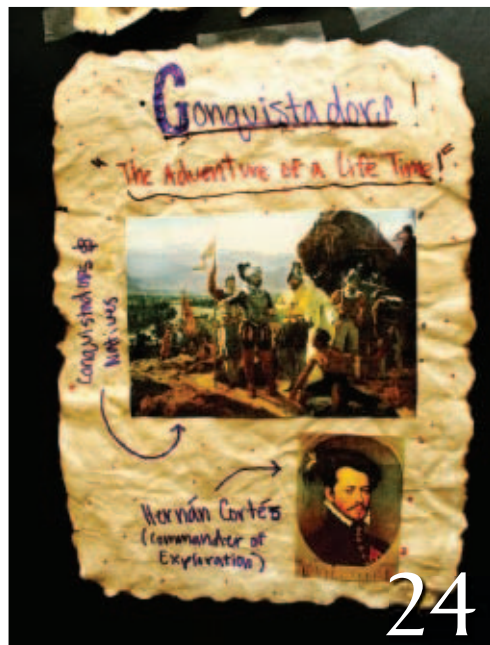
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Editor's Note

Hello, Midlothian!

After a very emotional interview, I impulsively hugged the subject as we parted company. She responded weakly. I thought, *Oh dear, I violated boundaries.* A few weeks later, I saw her in a local grocery store. I kept my hands firmly clutched on the cart, so she would know there would be no flagrant hugging. She walked quickly up to me with a huge smile on her face and said, "When you hugged me that day, it absolutely made my day!" Well, that made *my* day, and there was hugging all around!

It takes so little to make someone happy. A friendly word, a soft touch or even a smile can make a difference. It takes more effort to make someone feel miserable. Resolve this year to make kindness your trademark. You will not be perfect. However, if you aim for perfection, we will all have a happier new year.

Betty

Betty Tryon
MidlothianNOW Editor
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Full-Time Student, *Full-Time Star*

— By Janice C. Johnson

Lauren Tryon is now one of music's bright rising stars, but when she auditioned for American Idol, she never made it past the first round. Though she sang well, the judges never even glanced at her. "It was awful," Lauren recalled with a shudder. "One of them was texting the whole time."

Fortunately, Lauren realizes her future was not in the hands of a few judges from one television show. She had been singing before audiences at church since her middle school years but never gave thought to a career in music. She began school choral music during her sophomore year by adding a cappella choir to her track and cheerleading pursuits.

In 2010, her father's friend, who is a pastor in Nashville,

Tennessee, heard Lauren sing and suggested she could break into professional Christian music there. The possibility interested her. "He and his wife even invited me to stay with them, but then those doors completely closed," Lauren said. Between that and the *American Idol* fiasco, she concluded, "Maybe singing is not what God wants me to do."

Last spring, Lauren's friend, Chelsie Pierce, persuaded her to record a short demo performance and post it on Facebook. Lauren chose "If I Were a Boy" by her favorite artist, Beyoncé Knowles. The 95-second audio clip soon caught the ear of artist manager Stephen Fraser, who tagged the video to draw the attention of Ira Dotson to it. Ira, president of Faultline Music Group, had managed Beyoncé's early music career.

Skeptical at first, since Stephen insisted, Ira finally listened to Lauren's demo at home. As it played, his daughter heard it from upstairs and came to ask him who the artist was. At this



*"If you mind Losing
your sleep, then it's
not worth it to you."*

unprecedented response, Ira later told Lauren, "I knew I had to sign you."

When Stephen called Lauren about the offer, it caught her off guard. As she learned how well-connected Ira is — "He's worked with *everybody*" — she decided, "It would be stupid to turn down such a huge opportunity. I wasn't looking for it. It was completely brought to me," Lauren said.

Shortly afterward, Ira arranged Lauren's first performance — a June date in the House of Deréon at Houston's Music World. This was the venue where Beyoncé got her own start. Lauren sang "If I Were a Boy" again, this time in full and with Beyoncé's father, Mathew Knowles, in the audience.





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The following month, Lauren performed at Houston's "Freedom Over Texas" Independence Day celebration as one of the opening acts for three top Country & Western acts: Rodney Atkins, Chris Young and Jack Ingram. Lauren sings pop, rhythm and blues (R&B) and admitted, "Even though I wasn't going to sing country, I had to do some research before I went."

In developing her skill as an artist, Lauren works with a producer to build performance and writing credits, make connections, choose music — all the elements of making her name more widely known. When traveling for a performance, she said, "I get extra-special treatment. I have a driver, an assistant making travel arrangements and a photographer taking publicity shots." A few people, seeing the fuss surrounding her, have asked for her autograph, despite having no idea who she is. Though Lauren enjoys the celebrity treatment, she said, "I don't take it personally, and it doesn't go to my head. Really, I think it's funny."

After this whirlwind start, Lauren had to adjust to a new schedule. It was time for her sophomore year at The University of Texas at Austin (UT). She registered for 12 hours in the fall semester, arranging to have Fridays free for travel. Now she must squeeze her business



matters and rehearsals in between her sophomore-level courses as a speech pathology major. “Nothing to do with music,” she acknowledged with a smile.

How does Lauren manage her time? “It’s definitely hard. I wake up, do music in the morning, have class all day, do more music, and then I’m in the library until it closes at 2:00 a.m. And I start all over the next day.” She carries an iPod and sometimes has to listen to music samples in class, should Ira need a quick decision. “He tries not to bother me during classes, though,” she added. She is also currently on the praise team in a church right off the UT campus.

In the future, Lauren may have to take a semester off school or do online courses to allow for touring. But she plans to finish her degree. “Education is very important,” she said.

Lauren credits God for the way her career has taken off. As to the secular genre, she believes pop offers a greater chance to be a positive role model for young girls than does Christian music. “Most girls don’t listen to Christian music,” she pointed out.

While Lauren’s initial opportunity came to her through little effort of her own, she now works very hard to make the most of it. Besides her relentless daily school and rehearsal schedule, she spends a great deal of time recording in the

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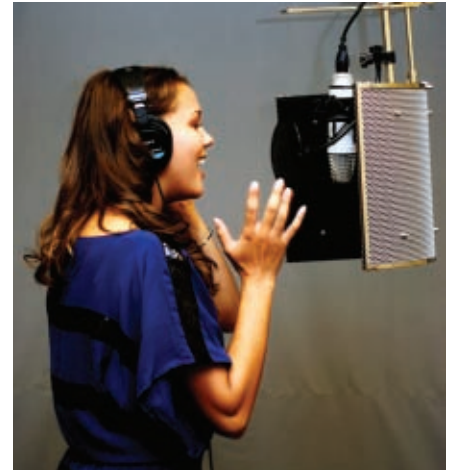
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studio. "And studio work takes *forever*," she groaned. "Once I spent two hours on just the first line of one song." However, after making the many tiny adjustments, the producer demanded, "It's worth it when you hear the finished product." Occasionally, she polishes her skills with a lesson from Midlothian vocal coach Matthew Fisk and Tom McKinney, in



Houston, and feels confident that studio recording will become easier as she gains experience.

Despite Lauren's hard work, sometimes discouraging things happen. At the "Freedom Over Texas" concert, held outdoors in 100-degree heat, her mouth and throat became very dry. She also forgot the lyrics during one song but managed to cover for it. Last fall, while singing the National Anthem before Midlothian's homecoming game, she had to contend with the echoes in the stadium. "I slowed down the tempo to prevent losing track of my voice."

But already, the highlights have more than counterbalanced every setback. Her greatest moment, so far, was singing Beyoncé's song in front of Mr. Knowles, then getting to meet him and hear his comment: "You did honor to the song and to my daughter."

To others who dream of an entertainment career, Lauren offers a little advice. "Put yourself out there; no one will find you if you don't. Get on Facebook, put up a fan page and post videos on YouTube. Don't be shy."

Lauren cautions everyone to know the demands of a singing career before committing to it. In her opinion, "If you *mind* losing your sleep, then it's not worth it to you." **NOW**

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Something OLD

Something NEW

At Home With Gary and Jan Neef

— By Zachary R. Urquhart



The present is tied to the past. Interwoven into our modern society are the stories and the history that have made our nation what it is. One part of this historical connection can be seen in the beautiful old homes in towns near and far. When Jan Neef's parents bought one of those homes in the late 1970s, it piqued her interest. Then, in 1985, Jan convinced her husband, Gary Neef, to purchase a historical home of their own in Midlothian. After almost three decades of restoration and upkeep, Gary and Jan have combined a historical dwelling with their modern style to turn something old into something new.



Gary and Jan have been married 35 years and have three sons: Jason, Justin and Cody and a daughter-in-law, Melissa, who is married to Jason. They have three grandchildren: Luke, Ryan and the family's most recent addition, a granddaughter, Camryn. "I finally get to shop for pink clothes!" Jan said with a smile. They moved to Midlothian in 1979 from Oak Cliff, and Jan immediately planted the bug in Gary's ear to move into one of the city's beautiful older homes. "Gary wasn't on board. He could just see all of the work involved," Jan recalled.

Six years later, Jan's persistence convinced her husband to purchase an old home of their own. Though they cannot guarantee the original build date, Gary and Jan have been told the house was built in 1920, after the original structure was destroyed by a large fire. They are only the fourth owners of the house, which has stood for nearly a century.

The couple loves the home's history, which is recognized by the Ellis County Historical Society. More importantly, though, they love the history they have added in their years as the owners. "Twenty-six years ago," Jan happily recounted, "we were the young family

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with kids. Now, we are the older folks in the neighborhood, and the tables are turned." Gary and Jan relish the memories of rearing all three boys in their home and the new memories they are making now with their grandchildren.

After their sons left for college, Jan decided to turn one of the bedrooms into Gary's man room. "I always wanted to have a more 'dressy' living room, and since we didn't need the extra bedroom any longer, it worked out great," Jan explained.

"I think she was tired of me coming in after work and plopping down in the living room," Gary playfully added.

A lot of things have changed through the years in their home, although they

also have had spells without any change. "With all of the boys' activities, working and the busyness of life, there were times we weren't able to do anything to the house," Jan admitted. "It's fun changing it. It takes some imagination to look at things and come up with a solution."

Though the upkeep and remodeling of their house has been a constant process, which they have done almost all themselves, Gary and Jan have had to do very little changing to the overall layout of the house. "During the Depression, so we've been told, the house was turned

into a duplex. There was a wall built in the hallway that basically divided the house in half," Gary shared. "We took it out, but the rest has been mainly cosmetic with a lot of upgrades and repairs along the way."

The only other big change to the interior of the house is the master bedroom and bathroom. "We actually have the smallest bedroom," Jan mentioned. "We took it because it was

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Midlothian, Texas — July 7, 2010 — Community Health Accreditation Program, Inc., (CHAP) announced today that Approved Home Health Care has been awarded CHAP accreditation under the CHAP Core & Home Health Standards of Excellence. This is the beginning of the fourth year CHAP accreditation has been awarded to Approved Home Health Care.

Approved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant and Dallas counties, and surrounding areas. They are locally owned and operated by hometown folks with over 50 years combined home health experience.

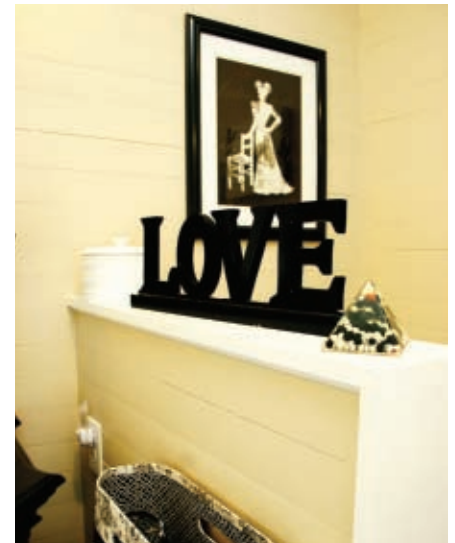



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the only place we could really add a master bathroom alongside the adjacent room.” Where Gary and Jan formerly had an expansive back porch, they walled in part of the porch and created a beautiful bathroom, complete with an antique claw-foot bathtub.

The layout of the Neefs’ home exudes its history and narrative. When walking up the front steps, guests are met by a large front porch with rocking chairs and a porch swing. Upon entrance into their home, Gary and Jan now have a formal, yet comfortable living room. Jan describes how the room captures the overall feel of the house. “We wanted something nice, but to still be comfortable.”

The dining room is a sort of microcosm of the house’s interesting past. “When we moved in, there was some really ugly carpet,” Gary confessed. “After we pulled it up, it turns out that someone previously had laid linoleum on the original wood flooring. After a lot



of scraping, we were able to restore the original wood floors again.”

The dividing wall that Gary and Jan removed opened up a large central hallway providing access to most of the rooms throughout the house. Jan added, “We also had to take out some cabinets in the kitchen in order to make room for our refrigerator, which originally set out on the enclosed porch.”

When the Neefs first purchased their home, there was a small garage out back

that was leaning and almost ready to collapse. They tore that down, and Gary built a three-car garage, with the help and expertise of their neighbor. "I'm always working on some project or another,



so we had to have a big garage. Plus, I had to have a place to hang all my deer antlers," Gary laughed.

Their favorite component might just be the various sitting areas throughout their oversized yard. They especially love their fire pit area. "We love to sit out by the fire, even on the coldest of days. We also love our big front porch" Jan added. It's from here that Gary and Jan have seen Midlothian grow. "When we moved here," Gary shared, "there was just a two lane blacktop with a bar ditch on either side in front. Now there's a four lane road and a sidewalk. We used to be able to sit on the front porch and watch the football games that were being played across the



street. We've always enjoyed being close to the football and baseball fields, since all our sons played sports throughout their growing up years."

In the last 26 years, the Neefs have added, rebuilt, remodeled and rearranged their home. The couple has added their own memories to a home that was full of history before they even saw it for the first time. **NOW**

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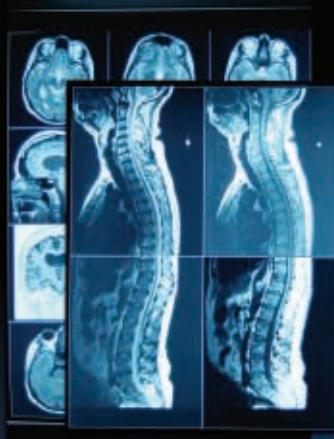
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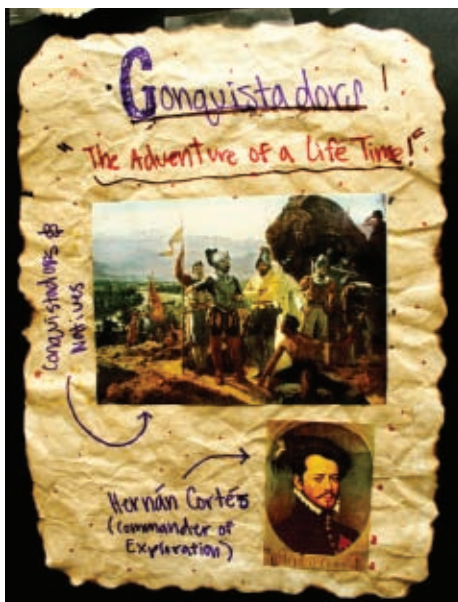
— By Betty Tryon




“Teaching was not my first choice,” Dietrich Blakes stated, but some things are destined to be. After 24 years in the Marines, he changed careers. “I am retired military. I enlisted right out of high school to travel, because I wanted to leave the south side of Chicago and see something different.” As an aviation supply logistics specialist, he served his first tour in Orange County, California. Overseas, he was deployed to Korea, Japan and most of Southeast Asia. He retired with the rank of E-7 Gunnery Sergeant.

During Dietrich's service in the Marines, he married and had two children: a daughter who now attends the University of North Texas and one son who is a sophomore at Midlothian High School. With all of his travels, Dietrich greatly missed his family and wanted to settle down in one place. When he was sent to Fort Worth as logistics supply chief on the Joint Reserve Base, he saw it as an opportunity to be with his family. However, in 2007, he learned his next tour of duty would take him back to the East Coast with the possibility of deployment from Delaware. Not wanting to be away from his family any longer, Dietrich decided to retire. In trying to decide what to do next, his wife reminded him of how much he enjoyed working with children and suggested teaching.

Throughout Dietrich's tours, he has worked with many youth programs, specifically, The Young Marines. "I used to be a commanding officer when I was a recruiter in Fort Worth with Tarrant County Young Marines. I got the opportunity to work with children of all ages for about three years. A lot of the children in the Young Marines' program have discipline issues, and their parents want to get them into some type of military program. Many schools don't carry ROTC (The Reserve Officers' Training Corps) programs, so we teach them discipline [and] drills with a lot of physical activity. After being in that program, it inspired me and gave me more confidence that I could actually communicate with children."



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That confidence led Dietrich to a program offered by the military called Troops to Teachers. He already had a bachelor's degree in accounting but wanted one in education. "With Troops to Teachers, they look for prior military service members to come in and give back to the community, and that is what I want to do," he explained. "We had never really lived in a community. The only exposure my family had to community was through the schools. We would stay three years and then move."

Along with planning for a new career, Dietrich wanted to find a quiet place to retire. They were living in Mansfield but he "wanted to get out of the city." So, he asked his wife, who is a Realtor, to find a place with a lot of land in a small community, and she found a home in Midlothian. When Dietrich first saw the place, he said, "This is it. When I saw the stadium, I said, 'Wow!'"

At that time, I had not decided to teach. This was in 2007, and I retired in 2008."

Dietrich received his teaching certificate during the summer of 2008 and was hired at Walnut Grove Middle School. "This is my first teaching job and my fourth year in coaching. I hadn't planned on coaching



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because it can be time consuming, and coming from the military, I didn't want another time-consuming job," he explained.

Dietrich remembers how everyone at the high school was so welcoming. Because he was going to coach as well as teach, meeting the varsity coaching staff is a part of the process in the school district. "They really promote growth as a coach," he acknowledged. "I enjoy being a middle school coach." He recalled that growing up on the

south side of Chicago the school system did not have a program for middle schoolers. Only students in high school could play sports. "Any athletic activity for 14 and under was with parks and recreation," Dietrich stated. "For me, playing football meant getting to the neighborhood park, and if we had a sponsor, then we could play — mostly basketball, football and baseball. The opportunity here is great for a young child in Texas, especially in this district because you get the opportunity to pick a sport — any sport. There are no cuts at the football level. Anyone can run track or cross country. With basketball, there is a little more competition, so you really have to want to play. I thought that was a great opportunity. I'm just enjoying children in middle school being able



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to participate in sports. I think it does wonders for a child to be able to do that.”

Dietrich takes his coaching position just as seriously as teaching and looks at it as another way to educate. “As a coach, I believe that coaches are teachers. The support that parents give to us on the field should be given to the teacher in the classroom, too. Teachers really deserve it. As a coach, I know we put in a lot of hours, but I see teachers putting in just as many hours to help the children. Continue to cheer the teachers,” he stated.

As an educator who teaches history, Dietrich admits to being a history buff. “I love it,” he said. “Military history was one thing the military pushed on us.” Laughing, he stated, “Coming from

“As a coach, I believe that coaches are teachers. The support that parents give to us on the field should be given to the teacher in the classroom, too.”

Illinois, Texas history is new for me. Texas is the melting pot of America. People come from all over the country to this state.

“One thing that has helped me is I got that from the governor when I retired,” he said pointing to a framed certificate on the classroom wall. It was an award given him by Governor Perry in April 2008. “It gives me rights as an admiral in the Texas Navy, mostly for community service and things like that. That responsibility also gives you a right to Texas History. I learned more about the Texas Navy and now teach it because it is a part of Texas history.”

Dietrich wants the students to learn more about the past, including their own personal history. “One reason I chose to teach social studies was every child has to know what their identity is,” he said. “Every child in my classroom is different. I’ve gone from 120 students in my five classes to where I now have about 80 children, but they are different, although there are similarities. You can see it in your own children.” His teaching reflects his philosophy, which is to give students the “skills and knowledge to be successful in whatever they want to do.” **NOW**

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SONIA'S TRAVELS

— By Betty Tryon

The tiny shoes were enough to tear at your heart. Tattered and dirty, they told a story of incredible hardship and poverty. Before Happy Feet Missions International, those little shoes were destined to be worn until they completely fell apart. Sonia Brumeloe has made several trips to Ecuador and Guatemala with the Happy Feet mission group. Their task is simple — to deliver new shoes to the villagers and share their faith. “The people there can have sores on their feet because their shoes are too small or no shoes or shoes that are fixing to fall apart,” Sonia explained.

During her golden years, instead of resting on her laurels, Sonia travels to some of the most rugged, remote and poverty-stricken countries to make the lives of some villagers better in small ways.

Her sojourn into mission trips to Ecuador and Guatemala began by way of Mexico. “While

I was in Mexico on a different mission trip, another group came in, and I asked, ‘Where are you going?’ They said they were going to the dump. Some people actually live in the dump in Mexico. That tore my heart out, and I could not go there unless God sent me. They told me to check out Happy Feet International, so when I came home and Googled it, I saw it was [based] in Alabama.

The closest church to me that went on Happy Feet mission trips was in Prosper, Texas, with Prosper Baptist Church. I asked if I could go.

They said, ‘Yes,’ so I drove to Prosper to the meetings.”

Sonia’s first trip with the organization was a trip to Ecuador in 2008. The other two trips were



to Guatemala. They traveled into the areas with about 1,200 pairs of shoes packed into about 20 bags. "Of course we carried toys and candy," Sonia added. "These children did not have one single toy nor did they have enough food." Because of the remoteness of the villages, the group had to hike down the mountain, carrying their goods in duffel bags, to reach them. "When we were ready to go, Dr. Bill Conlee, director of Happy Feet, checked the duffel bags to make sure we didn't carry any kids back out with us," she said smiling.

When the group arrives in a village, the word spreads and people from the surrounding villages make the trek down the mountains to see the missionaries. Quite an assembly line process is required when it is time to pass out the shoes. "They line up, and we size everyone's feet. Shoes are canvas tennis shoes and have a Happy Feet emblem on the side. These villages only have one faucet in the whole village, so we have runners picking up dirty water to dump and bringing us fresh water, constantly. Someone sizes the shoes; someone brings the shoes; and a different person gets the kids over to you. We wash their feet, doctor them (if needed) and put socks and shoes on



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them. After they get their shoes, we give them the story of salvation and pray with them. We have to have an interpreter who understands their dialect.”

In her missionary travels, Sonia has also traveled to Guatemala with another group called ServingHIM Healthcare International Ministries. This charitable organization seeks to meet the health care and spiritual needs of others around the world. “ServingHIM does everything from pulling teeth to hysterectomies,” Sonia said. “They are the medical/dental/stove installation group. I’ve been with them twice — once in 2010 and last year.” While the health care team stays in town near the hospitals, Sonia and other members of the team travel to the village to deliver something very important — stoves. Whereas, Happy Feet traveled to a different village on each trip; ServingHIM returns to the same village when delivering the stoves.

Sonia remembers the first time she traveled with the group. “They live in one-room homes with a fire in the corner on the floor. On my first trip, they brought in a





toddler with third-degree burns because he had fallen and spilt scalding hot water on himself. Their houses are filled with soot, which gets in their lungs and eyes.” The team hand-carries the stoves over rough and remote trails up and down the mountains to reach the houses. The stoves are carried in sections — concrete blocks, a griddle and a stovepipe. The stovepipe is to eliminate the excessive smoke in the house. “Inside the stove, the wood burns more efficiently so they don’t have to hunt so much,” Sonia explained. “We buy the stoves there in that country, and they cost about \$125 each. We take about 20 stoves to the village. In Guatemala, they carry everything on their head. When we got close to the village,



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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.



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they came up to help us carry the stoves. One village woman walked down with two blocks on her head and was back up before I got down!”

Unique to Guatemala and Ecuador are the living conditions of the villagers. Time seems to have stopped in these locations, and modern conveniences are sorely lacking. They still plow their land with cattle and must wash their clothes in the river with rocks and lay them on bushes to dry. The majority of their time is spent looking for food, making food, hauling water or looking for wood to use. They use the beautiful vivid colors found in nature to make their clothes look striking and festive. “They weave their own clothing with yarn from their llamas,” Sonia stated. “As they walk, they carry yarn on a stick and twirl it. They then dye it and make their clothes.”

During Sonia’s travels, she and the group became immersed in a way of life foreign to them. Pointing to a photograph full of lush greenery, Sonia smiled and said, “Those were his and her potties. We go to very remote areas, and we have to have guides like missionaries or the army going with us. The roads are not developed, and there are hairpin turns on those mountains. The bridges are so narrow that we always have to have what I call a co-pilot. That is someone who stands beside the driver to help get us across.”

In speaking of the people who live in those regions, it is easy to focus on the things they do not have. However, Sonia points out something they do not have that is actually a positive thing. “What they don’t have is griping or sadness on their faces. What good would it do?” Sonia’s missionary travels bring glad tidings of good things — and lots of happy feet! **NOW**

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Setting the Standard

USMD Hospital uses innovative technology to give the best possible care to their patients.

— By Betty Tryon

Compassion, caring and competence are words that come to mind when entering physician-owned USMD Hospital at Arlington. Karen Fiducia, president of USMD Hospital Division and acting CEO, and Marcia Crim, chief operating officer and chief nursing officer, are leading the hospital in being a premier health care facility. Part of that responsibility is giving the patients compassionate care with a personal touch. “Our mantra here is to treat every person who enters this building as the person you love the most on the face of this earth,” Marcia started.

Perhaps the doctors in this physician-led hospital feel so confident in the services provided by the facility because they are actively engaged in making sure the most advanced technology is

used for patient care. The very nature of ownership brings with it an intense obligation to meet and exceed expectations. Marcia noted, “Physicians in a physician-owned hospital have a lot more input into the operations of the facility. They are the ones who have the patients in their offices daily and hear about the inner workings of a facility. They are able to let us know what they need for their practice and their patients.”

It is this attitude that has the hospital performing better than the state and national averages as seen in the scores from Hospital Consumer Assessment of Healthcare Providers and Systems survey. “This is where physicians bring their families. We see lower complication rates, higher patient satisfaction rates and better clinical outcomes from the technology the

physician owners are willing to invest in to make it available for their patients,” Marcia stated.

The hospital is very proud of the new technology the physicians and staff have mastered to improve patient care. One example of innovative technology the hospital specializes in is their surgical robots. “We have three robots. It was about 2003 when it became evident that using the robot for radical prostatectomies was one of the best ways to do that surgery,” Karen said. “It had a shorter downtime with fewer complications, and the urologists wanted to use that technology.”

USMD Hospital at Arlington is the only hospital in North Texas with three robots. Having that many robots in the facility has allowed the surgeons who use them to specialize and become very proficient. “We are the most experienced robotic team in North Texas because of the people in the OR (operating room),” Karen stressed. “Everybody who works to provide care to these patients is part of the team. The physicians believe that’s why we are so successful and why our scores are so fabulous. Our chairman of the board’s mantra is better, faster [and] cheaper. With technology, we can do in one day what used to take five.”

The hospital plans to open a breast cancer center and have all the specialists who work with the disease in the same building. They also have a cancer navigator to guide breast cancer patients through the maze of specialists and treatments inherent with the diagnosis. “The navigator can walk you to meet the medical oncologist, radiation oncologist, the breast radiographer and general surgeon,” Marcia explained. The navigator is available to sit with you while waiting for diagnostic tests, accompany patients to the physician’s office visit and even sit with the family when the patient goes in for surgery.

The robots and cancer center are only two examples of how USMD invests in their facility to improve patient care. Part of the physicians’ statement of their vision for the hospital says it all — “... promoting health and wellness and setting the standard for patient satisfaction and outcomes.” **NOW**



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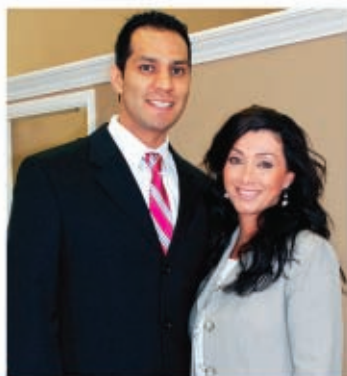
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Though every whiplash case is as unique as the patients who suffer them, chiropractic care to treat whiplash is a proven way to restore mobility, reduce pain and help you move on with your life.

What symptoms of whiplash appear within 24 hours of the injury? Every whiplash case is different, but usually the symptoms are as follows: headache at the base of the skull, painful bending or moving of the neck and/or spasms of the neck muscles.

How does a chiropractor treat whiplash? Diagnostic X-rays to pinpoint the cause of the pain and identify any other damage to the cervical area and the joints, nerves and muscles around it. Specialized spinal adjustments can realign the vertebrae and restore mobility. Targeted massage will soothe strained muscles around the injured area.

Whiplash usually takes us by surprise, but don't let a sudden, unexpected injury like whiplash derail your life. Seek qualified medical care and diagnosis by a professional, and remember chiropractic care is the safe, effective way to treat whiplash and not just mask the pain it causes.

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A Healthy Beginning

— By Betty Tryon, BSN

You are going to have a baby! That wonderful news is quickly followed by a realization of the responsibility that now rests upon you. Now, it's mostly up to you to provide your baby with the proper nutrients and the best possible environment in which to grow. Assessing your prenatal options as early as possible will give your baby the best chance possible.

One of your most important initial decisions will be choosing your prenatal care provider. Here are some of the areas to consider:

1. Although your insurance may restrict your choices, you can check licensing and references.
2. Are the provider and staff respectful and courteous?
3. Do you know and feel at ease with the person who covers for your provider?
4. Does your provider listen to your concerns and communicate with you effectively?

Several responsible options for care are available. You can choose a midwife if you have a healthy pregnancy and choose home delivery. If you want someone more specialized, a certified nurse midwife is a registered nurse, who works with a doctor. For a physician-assisted delivery, you may prefer your family care physician or an obstetrician. For very complicated pregnancies, a highly specialized physician such as a perinatologist may be necessary. Do your research and make sure you are comfortable with your decision. Of course, if you have a high-risk pregnancy, your options will be limited because of the

need of a facility that has the resources, staff and equipment to give you and your baby the best possible care.

Prenatal care is crucial to your health. Your health care provider can spot complications and intervene if a problem arises. The frequency of appointments will depend upon your trimester, level of health and condition of the baby. Hopefully, your lifestyle before pregnancy was a healthy one. If so, you are well on your way to delivering a healthy baby. Take extra special care of yourself. Take your vitamins as ordered by your prenatal care provider. Eat plenty of fresh fruits and vegetables. Hydrating yourself properly during pregnancy is very important. A few of the benefits of hydration are:

1. Water helps to transport nutrients through the blood to the baby.
2. Water relieves constipation.
3. Water helps to prevent urinary tract infections, which can be common in pregnancy.

By following guidelines from your provider regarding exercise during pregnancy, you can improve muscle tone, have more energy and help manage your weight. While it takes a great deal of effort to maintain a healthy pregnancy, the end result is worth it — a healthier baby and mom. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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Happy New Year!

January 7

Answering the Call screening: 10:00 a.m., ShowBiz Cinemas, 108 Broadhead Road, Waxahachie. The documentary represents the time Chuck Norris spent visiting the troops in Iraq. Mr. Norris will personally introduce the film and participate in a question and answer time following the screening. Tickets: \$25/ person or \$15 for active military. Group pricing is available with proper identification. Tickets are now available at the box office or online at www.showbizcinemas.com. Total proceeds from the box office will go to KickStart Kids. Call (469) 517-0394.

January 8, 12, 15

Free seminar on weight-loss, nutrition, fitness goals, detox, fatigue, aches/pain and depression: **January 8:** 4:00-5:30 p.m., plus free yoga, 5:45-7:00 p.m.; **January 12:** 6:00-6:30 p.m., plus free yoga, 6:45-7:45 p.m.; **January 15:** 5:30 p.m., plus free yoga, 5:45-7:00 p.m. at Dynamic Yoga and Fitness Studio, 558 Bluebird Lane, Red Oak.

January 16

Martin Luther King Holiday.

February 26

Bridal and Special Event Show: 11:00 a.m.-4:00 p.m., Midlothian Conference Center, \$3 admission. Call (972) 723-7919, fax (972) 775-4147, e-mail cyndi.golden@midlothiancenter.com or visit www.midlothiancenter.com.

Mondays

Celebrate Recovery: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th Street. This is a Christ-centered support group for those recovering from hurts, habits and hang-ups.

Tuesdays

Midlothian Rotary Club meeting: Noon, Midlothian Civic Center, 224 South 11th St. Call (972) 775-7118.

First Tuesdays

The Midlothian Area Historical Society meeting: 7:00 p.m., Community Room at Citizens National Bank, 310 N. 9th St. E-mail midlothianhistory@hotmail.com.

Second Tuesdays

American Business Women's Association Midlothian Chapter (ABWA) meeting: 6:15 p.m., Temple Wellness Studio, 440 S. Walnut

Grove Rd. We would like to feature five businesses for the first 15 minutes of the meeting. Dinner will be served. If you want to be a featured business, please send an e-mail to abwainfo@ymail.com. Please R.S.V.P. by **January 6** to abwainfo@ymail.com or go to our Web site at midlothianabwa.com.

Third Wednesdays

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

Third Friday

Veterans Networking Group for Ellis County: 6:00 p.m., 1804 W. Hwy. 287 Business, Waxahachie. RSVP to Mike Lamb at (214) 763-0378 or vetsnetgrp@att.net.

Submissions are welcome and published as space allows. Send your event details to btryon.nowmag@sbcglobal.net.



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In The Kitchen With Kara Browne

— By *Betty Tryon*

As a busy person, Kara Browne does not want to have to think much about cooking. However, eating delicious, healthy meals is still a priority for her and her family. "Because we are focused on eating healthy, six days a week, we eat only meat, veggies, some fruits and nuts," she shared. "One day a week, we have our cheat night. On that night, we usually have one of our favorite casseroles, pastas and a yummy desert." The family usually appreciates different types of cuisines, and is trying Russian food. When looking for new recipes, Kara prefers the Web site of the Pioneer Woman. She has found those recipes to be quite tasty. **NOW**

Carne Asada

1 1/2 lbs. flank steak
4 garlic cloves
1 jalapeño pepper, finely chopped
1/4 cup cilantro, finely chopped
1 tsp. cumin
1 tsp. chili powder
1 tsp. oregano
Pinch cayenne pepper
2 limes, juiced
1 orange, juiced
8-12 oz. beef broth
Salt, to taste
2 Tbsp. coconut oil

1. Slice flank steak on the diagonal into thin strips.
2. Combine all ingredients, except oil, in a large Ziploc bag or in a shallow dish (meat should be completely covered in liquid).

3. Marinate in refrigerator at least 3 hours.
4. Take out and drain off marinade. Lightly salt steak. Cook meat in skillet with coconut oil or on grill. Cook 3-6 minutes on each side for medium-rare.

Pulled Pork

4-6 lb. Boston butt pork roast
3 Tbsp. southern barbecue rub
1 1/2 Tbsp. brown sugar
1 tsp. salt
1 tsp. chipotle chili powder
1 tsp. oregano

1. Place pork roast in a large, shallow baking dish.
2. In a small bowl, mix together barbecue rub, brown sugar, salt, chipotle and oregano. Using your hands, rub spice blend evenly over pork. Loosely cover and refrigerate at

least 4 hours and up to overnight.
3. Transfer pork to slow cooker. Cover and cook on high until tender and falling apart, about 8-10 hours, breaking into smaller pieces as it becomes tender. Remove excess fat and bones. Shred meat and add cooking juices to keep meat moist; season with salt. Serve meat by itself, over nachos or on a bun with your favorite barbecue sauce.

Stuffed Zucchini

4 medium zucchini
1 lb. ground beef
1 lb. Italian sausage
1 small onion, chopped
1 egg, beaten
1 14.5-oz. can crushed tomatoes
1 15-oz. can tomato sauce

1. Preheat oven to 350 F. Grease and spray a 13 x 9-inch baking dish.
2. Cut the zucchini in half lengthwise. With a spoon, scoop out seeds.
3. Chop and reserve about 3/4 of the seeds for the stuffing.
4. In a medium bowl, mix together ground beef, sausage, chopped onion, egg, crushed tomatoes, tomato sauce and reserved zucchini seeds. Place the meat mixture equally into all of the zucchini halves. Mixture should be piled over the top.
5. Place the filled zucchini halves into the prepared baking dish. Bake in preheated oven for approximately 45 minutes.

Poppy Seed Chicken

2 lbs. chicken breasts, cooked and shredded
1 8-oz. container sour cream
1 10 3/4-oz. can cream of chicken soup
1 stick melted butter
1 stack Ritz crackers, crushed
1 Tbsp. poppy seeds

1. Place chicken in shallow casserole dish.
2. Mix sour cream and soup; pour over chicken and mix.
3. In a saucepan, melt butter and mix in cracker crumbs and poppy seeds; sprinkle over the top of casserole. Bake for 30 minutes on 350 F.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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5pm-8pm.





SATURDAY, JAN. 28 / 8:30 A.M.-11:30 A.M.

Take care of your health at our annual women's health event, *For Women For Life™*. Enjoy a light breakfast and five-minute chair massages, receive free health screenings, learn about

disease prevention and ask health questions to a panel of physicians. Get your girlfriends together and register today!

**FREE
EVENT**

Screenings:

- Blood Pressure, Cholesterol*, Glucose, Waist Measurement and Body Composition ... And much more!

*For a more accurate reading, do not eat or drink anything after midnight before the cholesterol screening. You may take your regular medications as directed.

• Event Location:

BaylorWorx Rehabilitation and Fitness Center
507 N. Hwy 77, Ste. 700, Waxahachie, TX 75165

Download a code reader on your smartphone and scan this QR code to see event details.



RSVP by calling
1.800.4BAYLOR



Learn more at
BaylorHealth.com/FWFL

BAYLOR Medical Center at Waxahachie

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