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ON THE COVER



Cliff and Matthew Hackler enjoy a unique father/son bonding opportunity.

Photo by Amy Ramirez.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 937-8447 or visit www.nowmagazines.com.



Editor's Note

Hello, Midlothian!

January, the month to hit the reset button, is finally here. This year don't even bother dusting off last year's unused resolutions. At this point, you are better off looking ahead to a new beginning.

I have a new beginning as a mother-in-law! My son, Philip, married Joanna Mueller, whose parents are Gary and Cindy Mueller of Midlothian. I am so happy to welcome Joanna into our family. She is a beautiful girl,

and I have loved her for a long time. Cindy, Gary, Howard and I look forward to supporting and encouraging this wonderful couple through the inevitable pitfalls in life as well as celebrating with them when all the blessings and joys of a life together rush in and bind them as a family.

It is my hope that the year 2015 brings you an abundance of wonderful new beginnings. Happy New Year, Midlothian!

Betty

Betty Tryon

MidlothianNOW Editor
betty.tryon@nowmagazines.com









By the 2016-2017 school year, Midlothian Heritage High School will be a comprehensive (9th-12th) high school. Trustees and the administrative team held four townhall meetings that provided an open forum for community members to ask questions, provide input and seek clarification relating to proposed attendance zone map options and the overall roll out of MHHS as a 9th-12th grade campus.

High School Attendance Zones for 2015-2016

On December 15, 2014, the MISD Board of Trustees voted unanimously to approve the 2015-16 high school zoning map (option A). The map was finalized based on an analysis of student capacity, enrollment projections, logistic variables and an overall consensus of what is best for the whole district.

To determine a student's high school attendance zone for 2015-2016, view the MHHS roll out and rezoning information at www.midlothian-isd.net/district/rezone.html.



Elementary #7

The MISD elementary #7 campus will be located on the northwest corner of Bryson Rd. and Shiloh Rd. and is projected to open for the 2016-17 school year. The Board approved the site plan and floor design on December 15 and the elevation options will be presented at the Board meeting on January 19 at 5:30 p.m.

Questions or Comments?

Email info@midlothian-isd.net or call (972) 775-8296

A National Honor

The MHS Wind Ensemble performed at the Midwest Clinic in Chicago on December 17. This invitation is the highest honor a school band can receive as only four bands are selected nationwide each year through a CD submission. One work, by Dallas Wind's resident composer John Gibson, is commissioned in honor and memory of Chris Kyle and Chad Littlefield.



MISD cheerleaders performed in the Disney Parade in Florida, which aired December 25 on Ch. 8, ABC.

GOT TALENT AND ART SHOW AUDITIONS

High school, middle school, and elementary school students are encouraged to showcase their talent as singers, musicians, dancers, comedians, videographers, artists and more. Entry forms are on the campus webpages and auditions will be held February 9-13, 2015. (Presented by MHS Choir Dept.)



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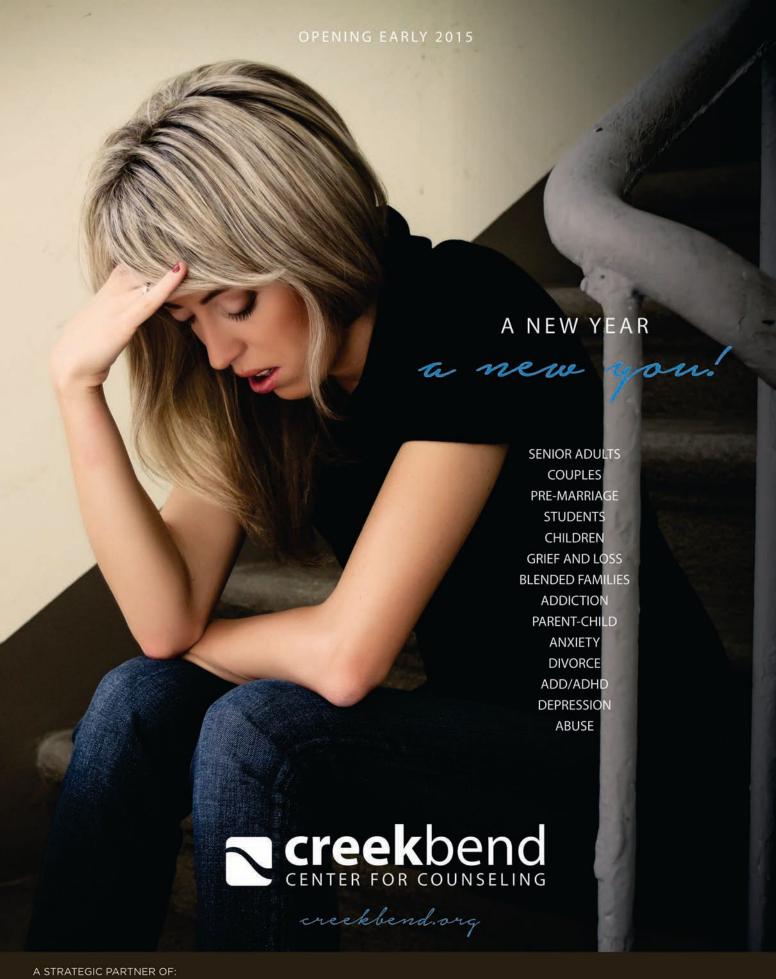
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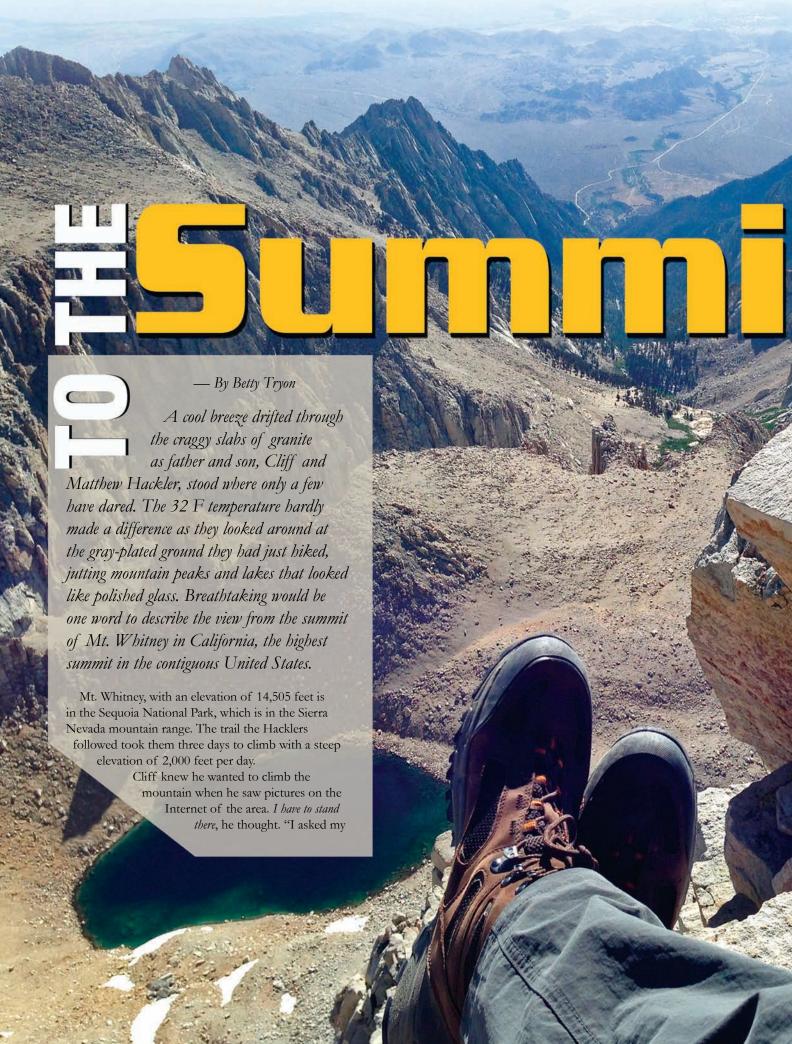
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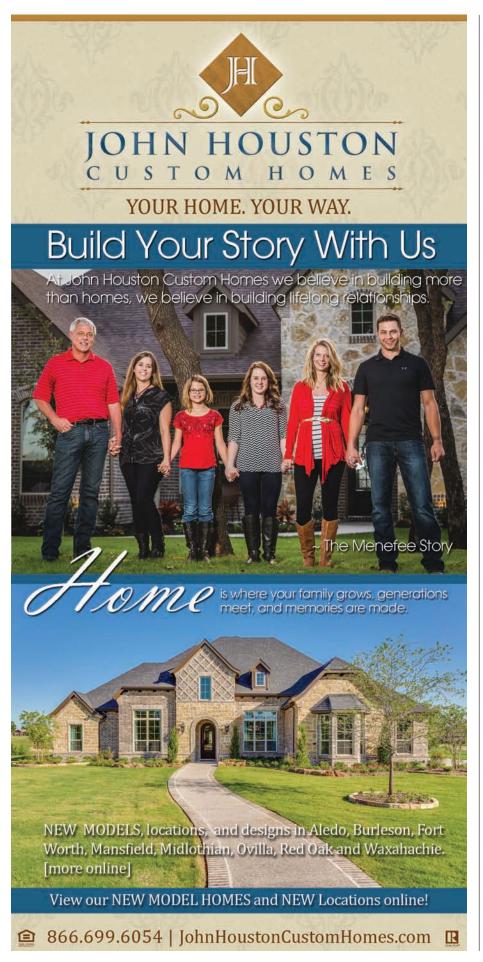


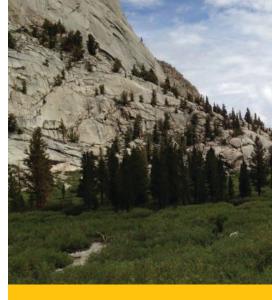
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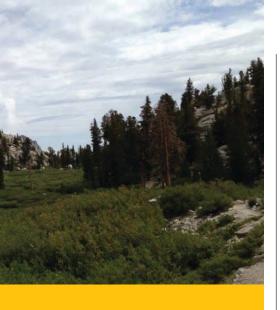
order to have the privilege of hiking Mt. Whitney, all hopefuls must be chosen in a lottery. "Out of 11,000 only 4,000 would get to go," Cliff explained. "Only one out of three makes it to the summit." In Cliff's group, three of the four who started out made it to the top.

The day they began their climb the temperature was in the upper 70s. The



group started at 8,000 feet and had an 11-mile climb ahead of them. "The 11 miles up there were pretty steep," Matthew exclaimed.

Every member of the group is responsible to carry items they'll need on the trail. "It was mainly clothes and food," Matthew added. "We split the tent up, so we each could take half."



"I carried 41 pounds, and Matthew carried 37 pounds," Cliff stated. "We carried MREs (Meals Ready to Eat) that weighed 1 to 2 1/2 pounds apiece." They also had to take 3 1/2 gallons of water for each person and a bear canister to hold all of the food.

As Cliff hiked, he enjoyed the beauty of the trail. "I didn't want to miss the wild flowers growing out of rocks or the meadow in between the naked granite mountains," he mused. "Mirror Lake looks like glass with the reflection of the mountain. When we got to Lone Pine Lake, I took about 15 pictures of it. They all looked alike, but I couldn't stop taking pictures because it was so beautiful."

Other sightings along the trail were the local wildlife. Cliff claimed it was a "Holiday Inn for marmots," because they were so plentiful. They were also a nuisance, because of the havoc they could cause to the hikers' gear.

The morning of the summit push was a special one for Cliff. "We were just lying in the tent talking and laughing so hard. It is a moment I'll never forget," he shared. At 3:00 a.m. with the temperature at 36 F, they began those last few miles to the summit in the dark, over harder terrain. "It was just miles of granite," he said. Before reaching the summit, they faced another difficulty. "Everyone who has climbed the trail talks about the 99 switchbacks. The trail goes 100 feet this way, the direction switches and it's 100 feet the other way. There are 99 of them on that side."

Before entering the switchbacks, Matthew experienced a moment that made him very proud of his father. "Dad said a prayer, kind of like in the movies



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when you see someone in authority give a speech to hype up the troops before a battle to get their spirits going," he explained. "After that, I was really ready to go and get there. At the top of the switchbacks, we saw the sun come up over the layers of mountains. It was very beautiful!"

Another point near the summit worth noting is a Smithsonian hut that is 150 years old. Everyone on the trail signs the visitor's book. "You write your name, where you are from and a saying about





the whole experience," Matthew recalled. "I had no idea what to write, so I just wrote, 'Awesome Journey.' The other person with us got about a mile from the hut and realized he misspelled one of the words he wrote!"

Both Matthew and Cliff laughed at the man's error. "Instead of writing 'Through Grace,' he wrote 'Threw Grace," Cliff grinned. "I said, 'Dude, you gotta go back! That's going to be in the Smithsonian someday!" However, Cliff admitted it was hard to think of



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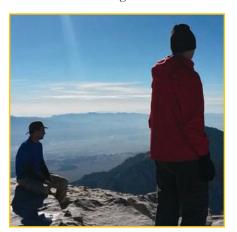




the perfect thing to say. He wrote, 'Yo, Adrienne, we did it!""

By the time they made it to the summit, Matthew was beginning to get a headache from the altitude, but that didn't stop him from enjoying the view. "We could see Guitar Lake, and it really looked like a guitar," Matthew exclaimed. "From looking at postcards to realizing I was standing on that same spot was surreal for me. It was so quiet and peaceful. You can see for miles." Matthew also discovered there was Wi-Fi on the summit. He was able to call his mom and include her in the experience.

"I'm not speechless very often, but it was all I could do to keep from bawling," Cliff shared. "It's because we were there. I'd daydreamed so much about standing there with Matthew. I got to tell him about



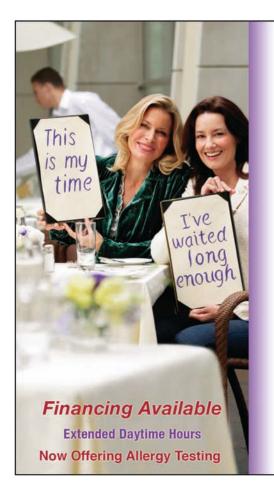
Mirror Lake looks like glass with the reflection of the mountain.

how I thought about him as a young man and things I've seen in his life. When we stood together and hugged on the summit, it summarized the whole trip for me — the whole experience at age 47 and all the things we learned about backpacking that put us on this course."

Few things in life compare to the struggle a father and son experience as they push together toward an incredibly difficult goal and see victory. After making it to the summit and standing on the highest point in the lower 48 states, Cliff and Matthew know what that feels like. NOW







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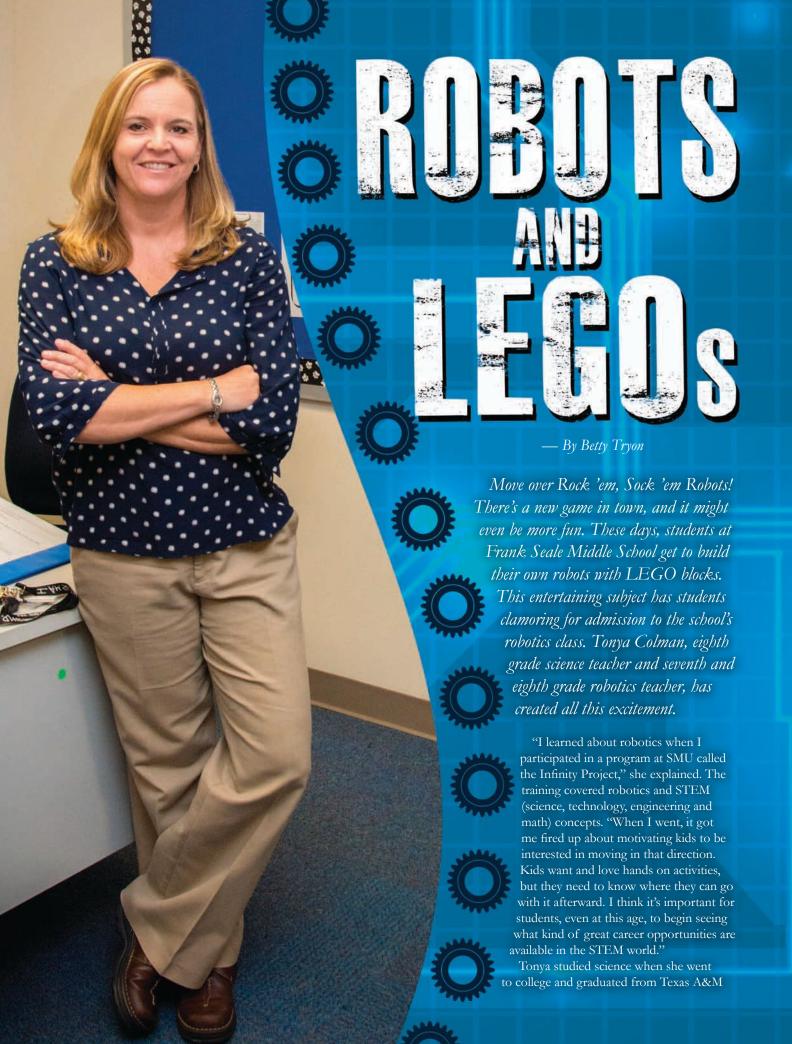
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University in 1996 with a degree in kinesiology. She received her master's degree in counseling from Lamar University in December 2014. As an educator for 19 years, this is her second year at Frank Seale. She has lived in Midlothian for seven years with her husband, Danny, and their two sons, Matthew and Andrew.

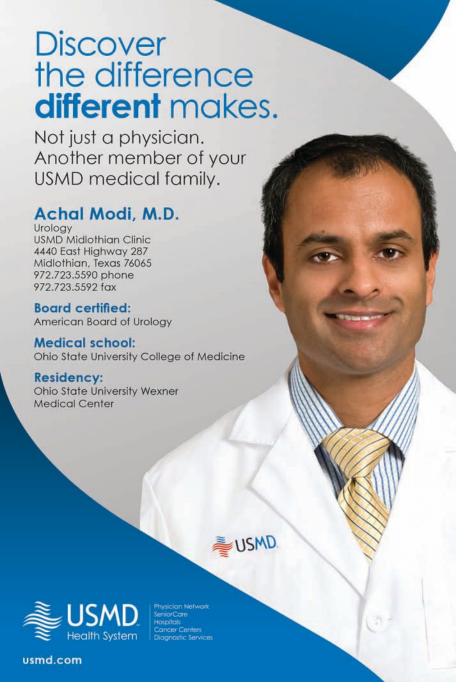
At the middle school, Tonya has implemented a career interest survey directed toward engineering. After the survey, students discover which field of engineering would best match their personality — whether computer, chemical, electrical or mechanical. "They also find out about what type of salary engineers make," Tonya pointed out. "So, even though they are only 13 and 14 years old, they are looking toward the future."

Even though it's fun to build a robot out of LEGOs, Tonya directs students to use their problem-solving and critical-thinking skills to program a task on the computer and to use cooperative skills by working in groups. "The skills they learn here are just phenomenal," she stated. "There's a lot of independent work and freedom. Today's generation lives in the technology world, and they want instant answers. But, they find out through programming that there's not always one











answer. They figure out one group may do it one way, and another group may do it in a different way," Tonya explained. "But they come up with the same outcome. I try to instill in them that it's not all black and white. It's fun and the kids love it."

Tonya has received emails from parents who say their kids want to go to school because of robotics. "The students go home and tell what they



did at school that day," she shared. "I allow them to take videos and pictures in class, so they can go home and show their parents." One of the emails Tonya received read, "Good morning, Ms. Colman! This is a quick note to let you know that your class is the bright light in my son's day. He adores what you guys have been doing over the last few weeks." The popularity of the class is obvious. It started with only 14 students but as others became aware of the course, over 120 requested to sign up.



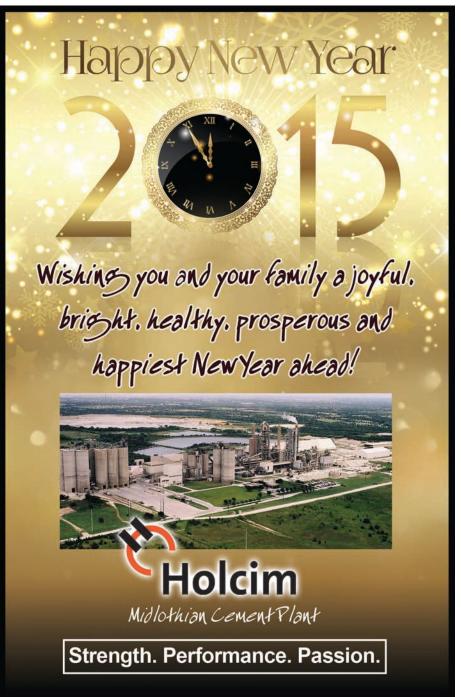
Now with four full classes over the course of both semesters, Tonya divides each into eight groups, switching them up frequently. "I discuss how in life you are not always going to work with your best friend," she said. "You have to learn how to work with different people from different backgrounds. It may not always be a person you like, but you have to



learn how to respect them, because you're trying to accomplish a mutual goal."

The students have to design a course that their robot navigates. They come up with an original name for their course. Some of the names for this year's courses are Jaws, Construction Zone, Donut, LEGO Disaster and The Highway. Each student gets a course set and an expansion set of the LEGO kit to use







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as materials. The LEGO kit comes with 541 pieces. The robot has a brain called a brick. Students program on the computer and then upload it to the brick. The robot the students build must have a specific task to perform. "All of the kits come with sensors, which is something pretty cool," Tonya remarked. "There is a gyro for circles that will detect the angle that the robot turns. It is an exact angle, so if you want it to turn 180 degrees, it will do that with the gyro sensor." There are

"THE SKILLS THEY LEARN HERE ARE JUST PHENOMENA

ultrasonic sensors that detect distance, a light sensor that detects light or color, and a touch sensor. Students can program their robot to follow a line back and forth or to touch a wall and back up.

One of the first assignments the students complete is building a bungee cord out of a nylon stocking. It is



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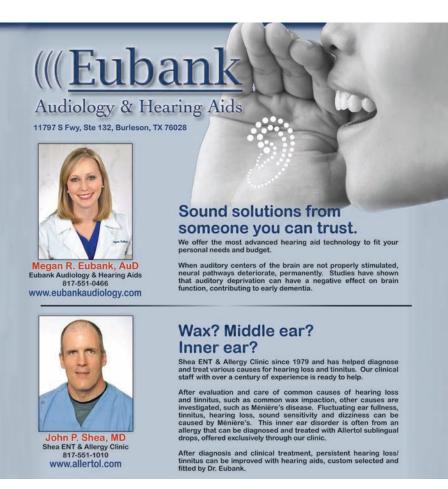
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basically a product safety test. They have certain specifications for the assignment, and it has to house a boiled egg, come within 5 cm of the floor and rebound to 15 cm. "It's a pretty small window they had to figure it out in," she admitted. "They had to make sure their egg, which represents someone's head, didn't crack on their bungee cord. That was a lot of fun. It helped them understand the process of building something and how it may not work the first time." The students used their math skills for this assignment. To challenge the students, Tonya brought in items with a different mass weight that would represent the passenger in the bungee cord.

Tonya believes she may have future engineers in her class who will accomplish big things. "Sometimes, I can put a robot in a kid's hand, and they can build it just like that," she marveled. "They can get on the computer and program like a whiz. It's just a different way of thinking. We have to recognize what kids are really good at and hone in on it." For Tonya and her students, that's what robotics is all about. In any case, as Tonya says, "In how many classes can you play with LEGOs?" NOW









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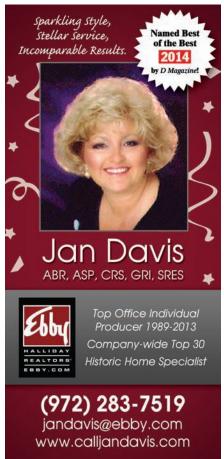


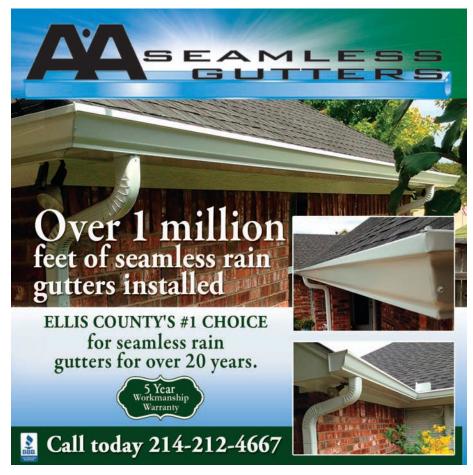










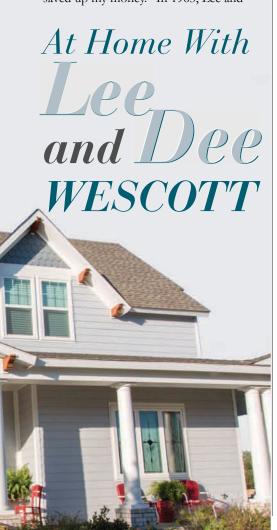




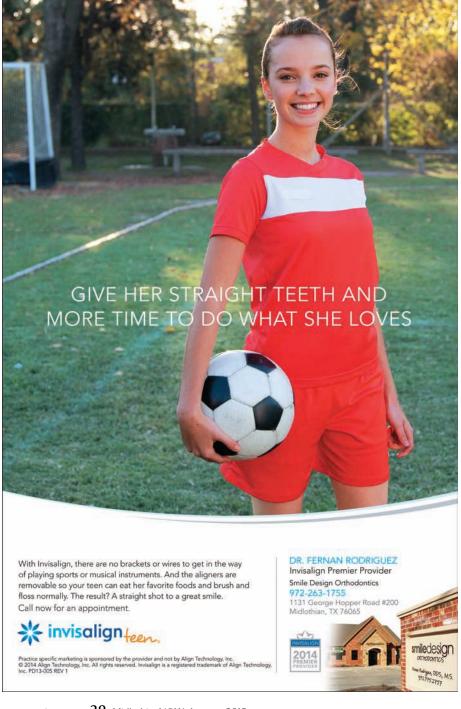


few years, I realized I could make more money doing something else." Lee took a job with International Harvester, which led to meeting Dee and him moving around quite a bit for several years.

Dee grew up in Carlsbad, New Mexico, and moved to Irving after high school. "I knew I wanted to go to art school, but we couldn't afford it," Dee recalled. "So I went to work for an airline while I saved up my money." In 1963, Lee and









Dee both lived in the same apartment complex in Irving. They met and married later that same year. After they were married, Dee stayed home, though she eventually started attending art classes in 1970. They now have three kids, Tracy, Kendra and Craig, all married and with children of their own.

After working for International Harvester, Lee developed a business idea. "I had been with IH for a while, but they wanted me to move around," he explained. "But I had an idea to open up



family fun centers in Branson, Missouri. I built the first go-cart track there, and it was successful from the start." Lee and Dee moved to Branson in 1980, and operated fun parks for 15 years. By 1995, Lee's business was so successful they retired and moved to a ranch in New Mexico. "We had about 50 acres, and race horses and cattle," Lee said. "Growing up on a farm, I really enjoyed it."

Having finally studied art as an adult, Dee flourished in the field while they lived in New Mexico. "My first memories of art were getting in trouble in third grade for doodling and drawing instead of doing my classwork," she joked. Decades later, she started painting everything from abstract canvases to landscapes, including beautiful canyons and churches in New Mexico. When the pair moved to Midlothian a few years ago, Dee brought her artwork and used it to add the perfect finishing touches to their new home.

"Our kids all wanted us to move near them," Dee recalled of their 2010 move. "Tracy lives here and we really like Midlothian, so we moved down here. We love MidTowne, so we lived in an apartment for a little while and built this















New Year's Resolutions

for 2012 2015 2014 2015

- 1. Lose moveight again
- 2. Stand up to boss Find job 3. Try to Be nicer to my exwife
- 4. Organize my shed life
- 5. Get a \$69 Precision Tune-up from Texas Ace
- 6. Join Texas Ace Heating & Air Club Membership



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817-240-6701 www.texasacehvac.com house." Lee and Dee loved the style of the neighborhood, and they really like being close to everything in town. "I think the farthest we normally go is Wal-Mart," Dee joked.

The home boasts a long entryway that delivers guests to many rooms, but also offers the perfect backdrop for artwork. One of Dee's favorites is a portrait she painted of a woman smoking in Italy. "My friend and I were painting, and this woman was just staring at my friend the whole time, so I decided to paint her," she remarked. Dee photographed the woman, and after she returned from her trip, she painted the portrait from the photo.

The foyer provides access to the staircase, leading to a single upper room. "We opted for one giant room,"



she explained. "We can have a lot of grandkids all sleep in here if needed. And I decorated it with some simple bright canvases to liven the room." Just past the bottom of the stairs sits the master bedroom. With white walls, sheets and furniture, the room gives a bright, "heavenly" feel.

To the side of the entryway is the TV room, one of Lee's favorite places to relax. "I take it easy for the most part," he said. "Our dog, Bella, walks me half-a-mile a day. I miss the horses a little, but I keep up with the ones that are still racing." While most of the house is painted in soft, neutral tones, Dee opted for a dark blue in the room, to limit the light and improve the ambience for watching shows and movies.

Past the foyer is a large space that flows from kitchen to dining to living areas. "I have always loved open spaces, perhaps from living in New Mexico," she observed. The modern kitchen blends seamlessly into a dining room, accentuated by a distressed mirror and redesigned table and chairs. "I had a



friend who took our old blonde wood and made it gray," Dee recounted. "She even incorporated antique pillars into an armoire we already had."

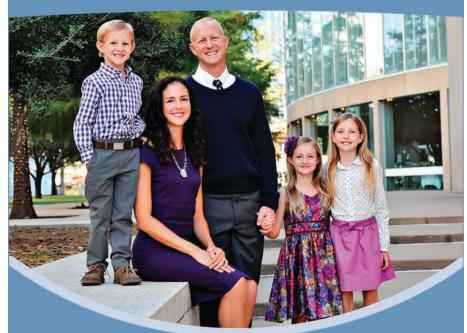
The living room includes many of Dee's favorite paintings, presenting a gallery feel. One wall is covered with the paintings she's done over the years. In New Mexico, she painted landscapes because they would sell. "It was nice making money," she remembered. "But I really like doing more abstract work."

The living room collection shows off the type of paintings she prefers. "One of my favorites is from Venice, Italy, where a group of people find themselves in rainy conditions," she said. The nearby guest bedroom is decorated with a shabby chic atmosphere, walls painted in a warm baby blue, showing Dee's diverse design aesthetic.

The last room in the house is probably Dee's favorite, her art studio. When building the space, they made it to include a hallway leading to the studio, her library on one side, and more of her art on the other. "I used all contemporary pieces here, some of the most different art I have done," she expressed. Inside, Dee has supplies, works in progress and possibly the pièce de résistance of her home decor, a rusty bedframe she made into a chandelier. "People find it fascinating," she admitted.

With a ceiling raised extra high to accommodate it, Dee has hung lights, lamps, antique store finds and miscellaneous objects from the frame, and the decorative effect is not only artistic but functional. Her words summarize the feel of the house. "As in a painting, you keep in mind good design, balancing shapes, colors and textures," she said, adding that her art has come to encapsulate her life with Lee. "I incorporated things I have collected and things that are special to me." As a result, Lee and Dee have a home that is part gallery, part studio and all home sweet home. **NOW**





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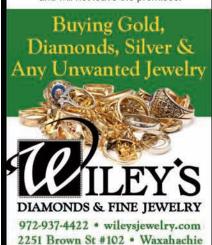
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confer with them on areas where you can improve. Then, whether you find yourself in your home or out on the town, you can balance mental and physical goals for great health.

Think about your dining experiences. At home, you have absolute control over what's in your refrigerator and what ends up on your plate or in your glass. Installing water filters will help ensure you are drinking fresh, pure water. Shopping for groceries certainly takes time, but every moment spent reading labels is well worth it to ensure you're purchasing nutritional additions to your body chemistry.



Wine bars, draught houses and coffeehouses are great places to meet a friend while sipping stimulating drinks that are beneficial, in moderation, as sources of vitamins and anti-oxidants. Enjoying mutually beneficial friendships



is just as vital to our health as well-balanced meals. A variety of restaurants promote whole-food menus along with more traditional selections. Many of these meeting places also present a calm environment, and studies show quiet music soothes the nerves. This is the best way to digest a good meal.

Certainly, there are times you need to prompt your adrenal glands to pump up the volume, and that occurs during workouts. If you need



a private coach, personal trainers will travel to your home or office on your schedule. If you need a coach and don't mind sweating publicly, a myriad of solutions are available. Local boot camps run year-round, and these male and female coaches love to teach you how to love yourself!

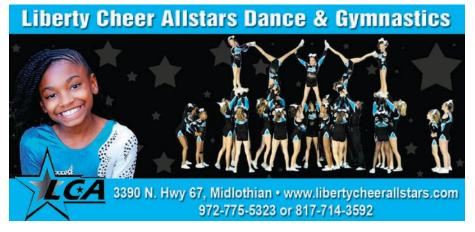












If you join a local gym or fitness center, you'll feel like a kid in a candy store with all the exercise choices offered. If you are not into high-energy kick-boxing or Zumba, nor meditative yoga or tai chi, consider combining your exercise session with fun. The YMCA, many senior centers and even nightclubs offer dancing to tunes that are less jarring to the system, like ballroom, swing or country western.



Hobbies best enjoyed in the daytime, like boating, fishing, raising livestock or gardening, can keep the mind and body fresh. By tending a garden, you'll bond with your family while providing affordable, healthy vegetable side dishes for your table. Local feed stores and gardening supply centers have all the supplies necessary, and your county's agricultural extension agent can provide guidance on how to get started.

Sounds like work? You're blessed if you have work that makes you really happy. Keep in mind, any hobby giving you joy still requires work — but think of it as soul-feeding work. When you feel satisfied, to the point of brimming over, then sharing your knowledge with others is a great way to maintain your mental health. Throughout your communities are charitable organizations in need of your volunteer services.

When your work is over, patting yourself on the back is not optional. For many people, healthy social networks fulfill this need. For others, an ideal method is a weekly massage. Research proves touch therapy generates highly



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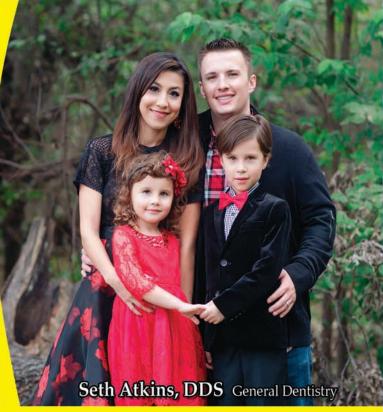
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efficient blood circulation, relaxing all organs of the body along with muscles. Relaxation is key to properly managing the fight or flight instinct built into us all. Proper impulse control results in successful living.

If your mind or body is not fit enough to be of help to others, already beyond the point of prevention and in need of assistance to reverse damage, our communities abound with specialists able to serve you. Many churches and retirement centers offer free mental and spiritual counseling. Outpatient clinics are always open to analyze, restore and monitor your health.

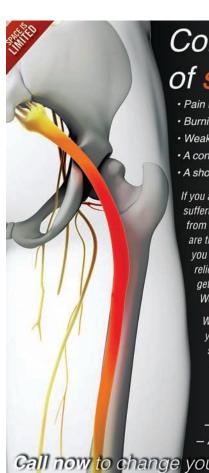
Doctors are available to guide you in discovering what is necessary to stop the stress on your mind and body and begin the healing. Seek advice from experts in nutrition. Diabetes, for example, is not necessarily always a permanent condition. A focused, disciplined, balanced diet supports your body's ability to heal itself. With courage, determination and continued direction from your health care practitioner, help is available.

This month, make a list of ways you would like to increase in strength, joy, energy, compassion, flexibility and availability. Throughout the year, rate your progress on a simple poor-to-excellent scale. Twelve months from now, review your success with trusted coaches, counselors and friends. You can keep up your good work. You can enjoy total health and be fit for bringing even your wildest dreams to life. Loving your neighbor starts with loving yourself. You can do it! NOW

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Common symptoms of sciatica include:

- · Pain in the buttocks or leg that is worse when sitting
- · Burning or tingling down the leg
- · Weakness, numbness or difficulty moving the leg or foot
- · A constant pain on one side of the buttocks
- A shooting pain that makes it difficult to stand up

If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do. from work to play and ultimately your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know that there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

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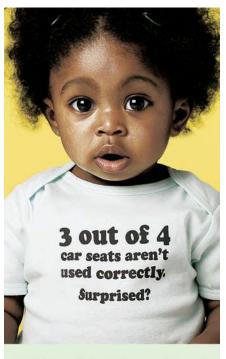
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With a focus on preventative care, veterinarian Kimberly Welsh and her team treat each animal as if it were their own.

Love Your Pet

Welsh Veterinary Clinic gives quality care to your dog or cat. — By Betty Tryon

Welsh Veterinary Clinic provides all the medical services your family dog or cat needs to get or stay healthy. "I do all the preventative care and wellness care for them," stated veterinarian and owner, Kimberly Welsh. Kimberly has been a veterinarian for seven-and-a-half years. She opened her first practice in Midlothian in June 2014.

Kimberly graduated from Ross University School of Veterinary Medicine in St. Kitts, which is located in the West Indies Caribbean. She learned about the school when she was in the Peace Corps. "When I was in the Peace Corps and thinking about coming back to the states, I knew I wanted to go to vet school," she said. "I was referred by a friend."

Having been around animals all her life, Kimberly understands

when people come in saying their animals are their kids, because her dog, a Lab/Husky mix named Kody goes everywhere she does. "He's my kid. My dog comes to work with me every day," she shared. "I don't have kids. All of my pictures in the waiting and exam rooms are of the animals that live with me."

Preventative care is paramount with Kimberly. It is easier and healthier for the animal to prevent ailments rather than attempting to cure them. It is also cheaper for the owner. "Yes, there is a cost associated with the preventative care," she stated, "but it's a lot cheaper than taking care of it once you have a disaster that causes your pet to suffer and from which it may not recover."

One of the most important preventative steps is to make

Business NOW

sure your pets are vaccinated. Kimberly can administer all the vaccinations necessary for dogs and cats including the rattlesnake vaccine. She can aid with heartworm prevention, flea and tick prevention and can spay or neuter your pet. Microchips can also be implanted, and she performs many surgical procedures in her office. Digital radio graphs are used in diagnosis.

Kimberly gives a great deal of the credit for her smoothly running office to the staff. "The least experienced of my staff has 13 years of experience," she offered. "The office manager has 29 years of experience."

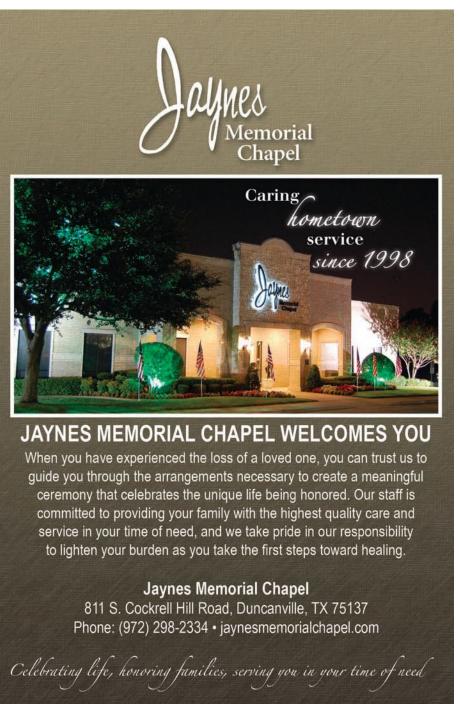
KIMBERLY CAN ADMINISTER ALL THE VACCINATIONS NECESSARY FOR DOGS AND CATS.

Kimberly likes to talk to her clients on the phone when they call. "I would rather they use us as a good resource," she shared. Kimberly cautions people against using Google as an information source. "On our website, I have listed some good, reputable resources for our clients."

When you come in for an appointment, the staff tries to stick as close as possible to your time to prevent extra waiting. "When you are here for your appointment, that's your time to be seen," Kimberly remarked. "We are open six days a week and by appointments, because I am the only doctor. I try to be accessible to those who work by being open late on Wednesday and by working on Saturday."

Customers often ask Kimberly how she would treat their pet if it was her own. She answers their concern by letting them know that she treats everyone's animal as if it were her own. "I love my dog to death, and I know people feel the same way about their pets." Rest assured your pets are getting the best possible care with Welsh Veterinary Clinic.





Around Town NOW



Brad Davis speaks at the annual Midlothian's Veterans Tribute Dinner.



Hannah Singletary and Skylar Walker play in the bounce house during a Lighthouse Coffee Bar annual event.



Midlothian High School tennis teams purchase goodies for Manna House Angel Tree Program.



Daniel O'Briant, Aaron Ingersoll (cancer survivor) and Craig Railsback meet to plan for the Relay of Life run.



First Methodist School students celebrate Camo Day in honor of veterans.



Mattie McClean takes charge of Bark For Life.



The Metro Praise Orchestra performs at the Lighthouse Coffee Bar's 5th Annual Art and Music Festival.



At La Rue Miller Elementary students try to free Lulu the Elf.



Brooklynn and Justin Blackwell enjoy Christmas fun together.



Women of Midlothian Bible Church enjoy a chili lunch together.

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Although the accounts sound similar, there are key differences:

- Any leftover money in a flexible savings account must be used before year's end or you lose it.
- Health savings accounts don't have a use-it-or-lose-it stipulation. Money still in the account on December 31 can be rolled over, allowing it to grow over the long term.
- After age 65, you can withdraw money from your HSA for nonmedical expenses without owing a tax penalty. However, keep in mind you'll still owe ordinary income tax if not used for medical expenses.
- HSAs can offer a triple tax break, because contributions reduce taxable income, assets build tax-free and qualified withdrawals are tax-free. Your employer may also contribute on your behalf.
- With HSAs, you typically get your choice of investments, which could help you diversify your financial plan. Your advisor can help you choose the investments that fit with the rest of your portfolio.
- You can keep the money in an HSA account even after you leave a job, similar to a 401(k).

That means HSAs have the potential to be a key part of your overall retirement savings strategy, especially appealing if you're maxing out your 401(k), IRA or similar plan. Here's what we mean. The pretax money you put into your HSA is intended for that year's unreimbursed health costs. But, the account can work as a supplement to retirement savings if you squirrel away more than you need for current medical costs. Unlike an FSA, which forces you to use all the funds by a certain deadline, any leftover funds in an HSA can be rolled over to the following year. These unused savings can grow tax-deferred and be withdrawn tax-free later to pay for health care costs. And, after age 65, you can

use the money for nonmedical expenses without penalty, but you can no longer contribute once you enroll in Medicare. However, you can use the saved money for Medicare and Medigap premiums. To supercharge those supplemental savings, you could dedicate your HSA to retirement by paying health costs from other accounts, if you have the extra cash flow.

Creating an HSA

To be eligible, you have to be covered by a qualified high-deductible health plan (\$1,250 for individuals or \$2,500 for a family) and you can't have signed up for Medicare yet or be claimed as a dependent on another person's tax return. If your employer's high-deductible plan doesn't offer HSAs, you can still shop around for an account (do so by April 15 to make contributions for the current year). Think about how a health savings account may help you from a tax-savings standpoint, and talk to your financial advisor about how contributing, and rolling over, those funds can supplement your retirement income.

The information contained berein has been obtained from sources considered reliable, but we do not guarantee that the foregoing material is accurate or complete. Raymond James is not affiliated with any other entity listed herein. Please note, changes in tax laws or regulations may occur at any time and could substantially impact your situation. Raymond James financial advisors do not render advice on tax or legal matters. You should discuss any tax or legal matters with the appropriate professional. © 2014 Raymond James & Associates, Inc., member New York Stock Exchange/SIPC.

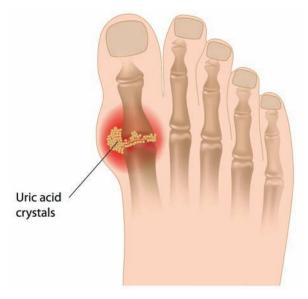
This article was prepared by Raymond James for use by its Financial Advisors. Jonathan Pope is a Raymond James Financial Advisor based in Duncanville.







Got Gout? Holiday Season Triggers Painful Toes.



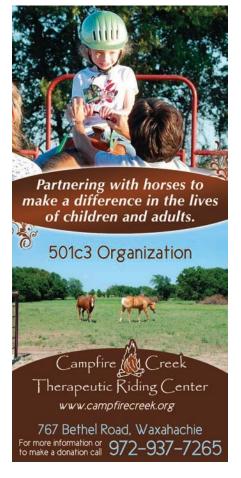
Changes in diet, including overindulging in certain foods and beverages, can cause gout attacks this time of year. Gout attacks are extremely painful. They are caused when uric acid accumulates in the tissues or a joint and crystallizes, oftentimes because a person's kidneys have difficulty eliminating uric acid or because

they produce too much naturally. This most commonly occurs in the big toe joint, because the toe is the coolest part of the body and uric acid is sensitive to temperature changes. There can be intense pain that comes suddenly, redness, swelling and warmth over the affected joint.

Although purines are naturally found in our bodies and in many foods, foods that are high in purines contribute to uric acid buildup. People prone to gout attacks should avoid purine-rich items such as shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.), red meat, red wine and beer. Additional factors that put a person at risk of developing gout are: high blood pressure, diabetes, obesity, chemotherapy, stress and certain vitamins and medications.

Gout can be treated with medications, diet changes, increasing consumption of appropriate fluids and immobilizing the foot. In some cases surgery is required to remove the uric acid crystals and repair the joint. Of course, as with other serious medical conditions, it is best to have a health professional evaluate you if you think you may have gout. NOW

Christopher Schmitt, DPM Member of the American College of Foot and Ankle Surgeons Southern Star Foot & Ankle (972) 755-4620







Calendar

January 1

Commitment Day 5K: race day registration begins at 7:30 a.m.; race begins at 10:00 a.m., Life Time Fitness, 1551 E Debbie Lane. \$20 for 13 and over; free for kids under 13 with adult. The Commitment Day is a nationwide, family-friendly New Year's Day 5K Run/Walk. For more information, email JElmore2@lifetimefitness.com.

January 3

Elvis Birthday Celebration with David Allen and The Fever Band: 8:00-11:00 p.m., Farr Best Theater, 109 N Main St. \$21-\$28 per ticket. David Allen, the award-winning Elvis tribute artist, will be playing with The Fever Band to celebrate Elvis' birthday. For more information about this event, please visit www.farrbest.com.

January 5, 12, 19, 26

Celebrate Recovery meetings: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th St. A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups.

January 6

Midlothian Rotary Club meetings:

11:00 a.m.-noon, Midlothian Civic Center, 224 S. 11th St. Call (972) 775-7118 for more information.

January 6, 13, 20, 27

Community Prayer Meeting: 7:00-8:00 a.m.; Midlothian Conference Center.

January 10

After Hours Improv Performance: 1:00 p.m., WHS Fine Arts Center.

Jon Wolfe in Concert: 9:00 p.m., Rockett Café and Club, 5790 FM 813.

January 13

Civil War Round Table: 5:30-8:00 p.m., Spring Creek BBQ, 317 E Hwy 377, Granbury. Individuals interested in Civil War history, Gather for free presentation by historian Joe Walker on The Andrews Raid (also known as the Great Locomotive Chase in Northern Georgia) and the First Medal of Honor. Contact Charlie Peoples, (817) 578-5965.

January 19

Martin Luther King Day.

January 29

First Look annual fundraising banquet:

7:00 p.m.; Waxahachie Bible Church, Waxahachie, TX. Ellis County's pregnancy help medical clinic will celebrate 20 years of service. The event is being underwritten by generous sponsors, but reservations are required. An opportunity to make a financial gift will be extended. For reservations or information, go to www.txlifeinvestors.org, or call (972) 938-7900.

January 29, 30, 31

MHS Musical Performance of Cinderella: **Thursday and Friday** 7:00 p.m., **Saturday,** 2:00 p.m. and 7:00 p.m.; MHS Auditorium, 923 S 9th St.

February 12

Fourth Annual Daddy Daughter Dance: 6:00-9:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Tickets are \$15 per person and they go on sale January 5. Tickets must be purchased in advance. This year's theme is *Frozen*. For more information, call (469) 309-4041.

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













Cooking NOW



In the Kitchen With Lindsey Cole

— By Betty Tryon

At 5 years old, Lindsey Cole loved treating her parents to breakfast in bed with hot muffins made from mixes. She now prefers to make dishes from scratch rather than a mix. Lindsey credits her grandmother and mom as her inspiration for her dishes. Today, she uses her tasty offerings to help others. "I recently put my love of baking to use by starting a fundraiser called Cookies For Kimmy to help a special needs girl and her family after the loss of their 36-year-old mother to cancer. I started selling cookies at marching band practice in August and to my classmates at Midlothian Heritage High School raising over \$700. One of my best-selling cookies was my snickerdoodles."

Snickerdoodles

cup butter
 1/2 cups plus 3 Tbsp. sugar
 large eggs
 3/4 cups flour
 tsp. cream of tartar
 tsp. baking soda
 tsp. salt
 tsp. cinnamon

- 1. Preheat oven to 350 F.
- **2.** Mix butter, $1 \frac{1}{2}$ cups sugar and eggs thoroughly in a large bowl.
- **3.** Combine flour, cream of tartar, baking soda and salt in a separate bowl. Blend dry ingredients into butter mixture.
- **4.** Chill dough, and an ungreased cookie sheet for about 10-15 minutes in the refrigerator.
- **5.** Meanwhile, mix 3 tablespoons of sugar and cinnamon in a small bowl. Scoop dough into 1-inch balls. Coat by gently rolling balls

of dough in the cinnamon/sugar mixture. **6.** Place on chilled ungreased cookie sheet and bake 10 minutes. Remove from pan immediately.

Cedar Plank Honey Peach Glazed Salmon

Salmon:

2 cedar planks soaked in water one hour before grilling
Nonstick cooking spray
8 6-oz. salmon fillets
1/2 tsp. salt
1/2 tsp. pepper

Peach Glaze:

1/2 cup olive oil3 Tbsp. raspberry vinegar2 Tbsp. peach preserves2 Tbsp. Diion mustard

1 Tbsp. honey

1/2 tsp. salt

1/2 tsp. fresh coarsely ground pepper 1/4 tsp. ginger

- **1.** For salmon: Spray cedar planks with nonstick cooking spray.
- **2.** Place fillets on planks, skin side down, and sprinkle fillets evenly with salt and pepper.
- **3.** Place planks on the grill. Grill covered with lid, until salmon is just cooked through and edges are browned, 13 to 15 minutes.
- **4.** For glaze: Mix together all glaze ingredients. After fish has finished cooking, remove fillets from planks. Pour glaze over fish.

Two Potato Mash

5 medium russet potatoes, peeled 2 medium sweet potatoes, peeled 1/4 cup milk 1 stick butter Salt and pepper, to taste

- **1.** Place all potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat and cook until very tender when pierced with a fork.
- **2.** Drain potatoes. Add milk, butter, salt and pepper to potatoes. Blend with hand held mixer until smooth.

Poppy Seed Chicken

- 4-6 cooked boneless, skinless chicken breasts, shredded
 2 10.75-oz. cans cream of chicken soup
 1 pint sour cream
 Salt and pepper, to taste
 35-40 Ritz crackers, crushed
 2 Tbsp. poppy seeds
 6 Tbsp. butter, melted
- **1.** Put shredded chicken in the bottom of a 9x13-inch casserole dish.
- **2.** Mix soup, sour cream, salt and pepper and pour over chicken. Mix crushed crackers, poppy seeds and butter together and spread on top of soup mixture.
- **3.** Bake at 350 F for 30 minutes. Serve with rice.

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