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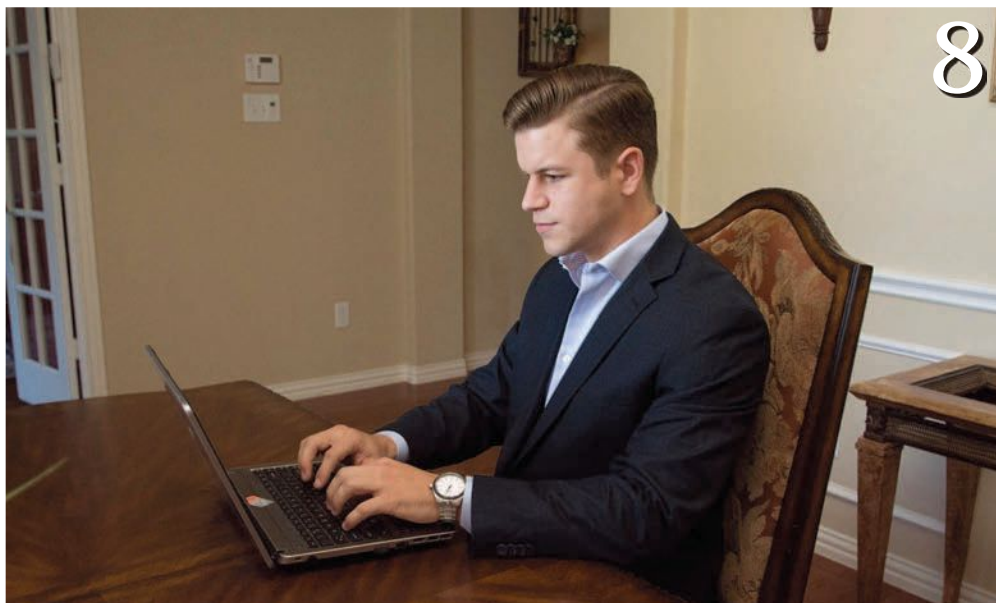


*Trent Berryman started over and it paid off with big dividends.*

*Photo by Amy Ramirez.*

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## Editor's Note

*Hello, Midlothian!*

During my freshman year at TWU in Denton, five of my friends and I decided to go to The Jazz Festival in Houston. However, we only had one car between the six of us — a tiny Volkswagen. Flushed with excitement and purposefully ignoring the folly of such a trip, we piled in and pointed the car southward. Saying we were cramped didn't begin to explain the situation. An hour from Houston, the trunk flew open, obliterating our view as our suitcases spilled over the highway popping open and throwing our possessions into the air. My new sweater ended up with tire tracks across the front. It was not our finest hour. However, we learned a lesson that day and never repeated the stunt. I learned never to wear a sweater with tire marks on it around my friends. Apparently, the potential for jokes is endless!

Let's all make better decisions in this new year!

*Betty*

Betty Tryon  
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GETTING

W





# BETTER with Age

— By Zachary R. Urquhart

“But for me, it’s not about the money. It’s about being able to build something from scratch that can make an impact.”

*Trent Berryman is not a typical young man. He wants to put his name next to those like Bill Gates and Steve Jobs, and the fact is, he very well may do it. Trent has lived in Midlothian since he was a kid with his parents, Martin and Chantilly, and his brother, Preston. He was influenced by many other people throughout his upbringing. “My grandparents came from Wales with nothing and ended up making a great life for themselves,” he said. Armed with the guidance of so many people, Trent headed to college looking to become the next great businessman.*

After three semesters at The University of Texas at San Antonio, though, Trent was forced to leave. “It was Christmas break, and my parents finally made me get online to check my grades,” he explained. “I knew I hadn’t done well, but I didn’t realize I had done *that* bad.” For some kids, being kicked out of school would be the end, but not for Trent. “I’m not ashamed of it. I just call it my very expensive lesson,” he joked. “I figured I could either be done with college, or I could work really hard to make up for my mistakes.” He had to leave UTSA for a semester, and even then, he had a long road to get where he is now.



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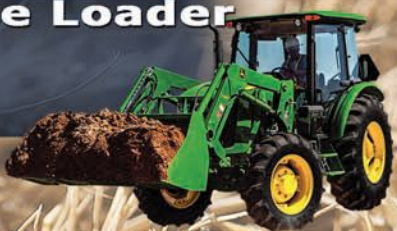
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"After only getting to take a few classes for a year, I finally was allowed to re-enroll full time in 2011," he detailed. Once he was back in school, Trent made it a point to do better in his classes, as well as making sure to set himself apart as one of the best students in UTSA's College of Business. "I got involved in several organizations, the most important being the Business Student Council," he outlined. With improved grades and increased student involvement, Trent was making a name for himself. He also added finance to his business studies, as he explained, "I was confident in my entrepreneurial ability, but I wanted to add that tangible skill of the money side of things."

Trent originally studied business management, until UTSA created a new degree in entrepreneurship, which was perfect for him. "My dad always had these great ideas and innovations, but he never had the chance to see them through," he said. "I knew I needed to be the innovator he was while I was young, before I had anything to lose." Trent began to thrive in the entrepreneurship program, and eventually, he started garnering attention for his efforts.

In May 2014, Trent was nominated as a candidate to be named one of UTSA's 100 Best Business Students. "I knew I couldn't graduate in the top of the class because of my early grades," he admitted. "100 BBS was the best award I could get." Combining grades with school involvement, work in the class and other considerations, the award is given to





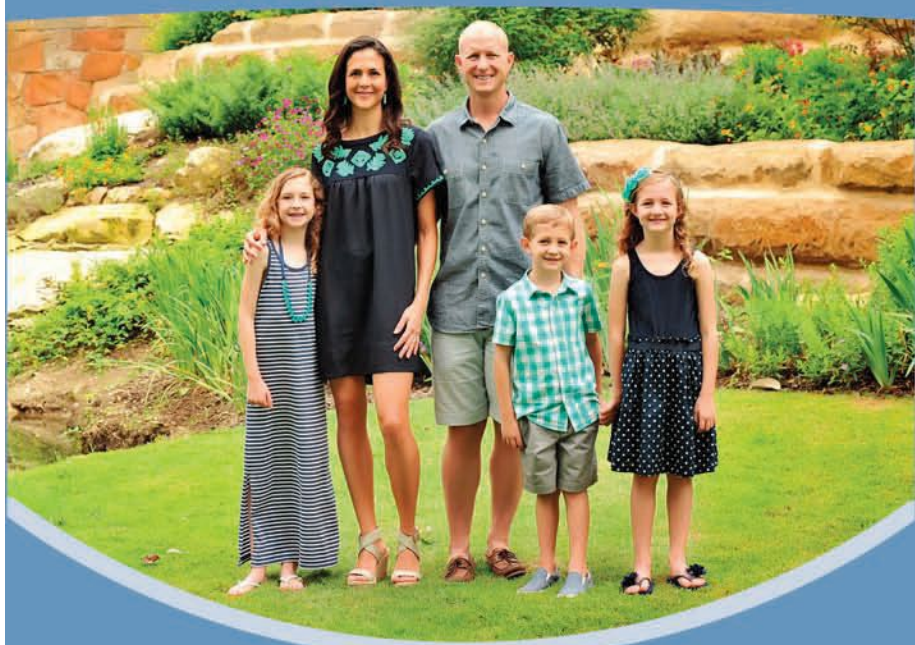
the top 2 percent of the students in the School of Business. The goal of making the list was part of the reason for Trent joining the organizations and working as hard as he did. "I made the list, and that helped me earn my first-ever scholarship, the Melvin Lachman Memorial Scholarship," he recalled.

Going into his last year, Trent had aspirations to study abroad, but thought the cost would likely be prohibitive. But UTSA offered a program that would cover most of the cost for an exclusive two-week study trip. "They selected 20 students to go to India for Business Immersion, and I was lucky enough to be picked for a trip that only cost \$400," he described. "The first week was meeting and learning from India's top businessmen, and the second week included lots of the sightseeing and touristy things. I was blessed to be part of that trip."

During his senior year, Trent also had a year-long project that won him an elite prize. UTSA puts on a competition each year where entrepreneurship students are paired with teams from the engineering school to come up with a product, complete with a business plan, which could be ready to develop for distribution and trade. He gained a lot of valuable experience that helped lead him to this success during his junior year. "That project is usually just for seniors in their capstone course, but as a junior, I ended up joining a team at the last minute," he said. Trent and his friend were approached three days



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before the competition deadline by an engineering team that had just split with their business students, and they decided to give the competition a try. “Most of the groups had been working for months, and we put together a 45-page business plan over one weekend,” he laughed. “We didn’t even know all of the parameters for the competition. We didn’t do very well, but the fact that we were able to do what we did in such a short time got a lot of good attention from people.”

That quickly put-together project led to praise from classmates and local businessmen, several of whom now mentor Trent. More importantly, Trent knew what to expect when he competed as a senior. “I saw what the different teams were working on, and I chose a sleep apnea device,” he explained. “I told them they had the best product,



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so they needed me — the best business guy.” Trent is not necessarily the guy with the first idea, but he is proud of his ability to take things and make them better. “I know my expertise can add value to companies that are starting up,” he clarified. “But for me, it’s not about the money. It’s about being able to build something from scratch that can make an impact.”

Trent and his team won that competition, a victory that cemented the confidence he needs to move forward with his goals. He did all of this while living in a single hotel room. “I was moving into this new complex. It wasn’t ready, so they paid for me to live in a hotel my senior year,” he laughed. Since graduating in May, Trent has stayed near his network of contacts in San Antonio, while he tries to help launch any number of new companies. “I have designated two years to make something happen,” he detailed. “I wait tables at Maggiano’s on the weekends to pay the bills, and Monday through Friday, I network. I am currently working with several potential startup companies.”

Trent developed a passion for entrepreneurship and innovation from his father at an early age. While kids his age were watching comedies and thrillers on Netflix, he spent his nights watching business documentaries and reading economics magazines. Despite some initial college setbacks, he has become a driven young man, determined to make a difference by helping bring new companies to life. **NOW**



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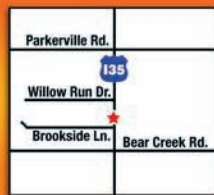
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# ATHLETIC

# Pride

— By Betty Tryon

*The definition of honor according to Merriam-Webster's dictionary is a "good name or public esteem, reputation, a showing of usually merited respect, recognition." All of the inductees into the Midlothian ISD Athletics Hall of Honor personify those qualities. Steve Keasler, athletic director for Midlothian ISD, wanted to have a way to honor those who have participated in the program in an exemplary fashion. Thus, the Hall of Honor became the vehicle to showcase those individuals who fit the criteria. "It was a vision of mine to honor those who have dedicated themselves and put the foundation together for our athletic program," he said. "We want to thank those who have put the time and effort in, and we want to give back to those who have worked hard."*

Steve has a long history of getting to know athletes, coaches, athletic programs and supporters of those programs. He earned his Bachelor of Science in education and leadership at East Texas State University (now Texas A&M University-Commerce) and a master's degree in education administration at Texas Christian University. After college, he coached at several high schools around Texas for seven years and coached golf at The University of Texas at Austin for five years. "Now I'm in Midlothian, hopefully, for forever," he stated.

When Steve was coaching at the college level, recruiting and travel was a big part of the job. He was traveling over 100 days a year. It was a challenge to be away from his family — Hogan, a junior at Midlothian Heritage High; Kaylee, a ninth-grader (freshman); and his wife, Wendye. Happily employed by Midlothian ISD, he no longer has to travel extensively. "This job keeps me busy, but at least I can be at home with my kids," he mused.







Steve Keasler (right) with baseball and football coach, Ronnie Clanton, a 2015 inductee into the Hall of Honor.

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As part of his duties as athletic director for the school district, Steve has a responsibility not just with the athletic programs but with the teams, coaches and players. As a representative of that program, he maintains an active presence in city organizations and booster clubs. He's had the opportunity to meet many people who helped make the athletic department and all of its different entities a success.

As he learned about some of the participants in the sports department, Steve wanted a way to celebrate them. "It's always important to look back at the people who have laid the groundwork for success," he offered. "This also gives us the opportunity to have our current student athletes and coaches look up and strive to be put into the Hall of Honor as they work every day to improve themselves."

Steve thought it was important to establish the Hall of Honor before the district divided the high school into two separate schools. Heritage High School opened its doors in 2014. The Hall of Honor honorees celebrated their first inductee ceremony/banquet


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the same year with 11 recognized inductees. When looking for those to honor, the nominating committee considers the Hall of Honor's mission statement. On its website, the statement reads in part: "Honoring Panther individuals, teams and supporters who have distinguished themselves through excellence in athletics, and to inspire interest and enthusiasm for athletics at Midlothian ISD."

Speaking with pride regarding the Hall of Honor is its board chair, Paula Baucum. "The Midlothian ISD Athletics Hall of Honor organization is working diligently to honor those that have made a significant impact to our sports history," she revealed. "Our hope is the Hall of Honor will be an inspiration to future generations of Midlothian ISD athletes and a place the Midlothian community shows its pride in those athletic achievements."

The number of nominees will vary every year. The nominating committee decides on who they will be, and this year, there will be eight honorees. "It's an open nomination," Steve explained. "Anyone can be nominated by whomever in the community. Once nominated, always nominated." In other words, once someone or something has been nominated, their name will always come up on the list of people or programs to be considered for induction into the Hall of Honor.

This is the second year for the group to have a Hall of Honor banquet. "It's one of the nicest evenings in Midlothian," Steve said. "It is an inductee banquet. Once the nominating committee makes their selection they bring it to the board for approval." After the board

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Adam Schroeder spots for Dalton Samek.

approves the names, the honorees are introduced during halftime at a Panther football game.

Community pride is the reason behind the idea of having the Athletic Hall of Honor. "Midlothian is a unique town, and we are beginning to see more people come into our town," Steve shared. "Some of our kids haven't grown up here, so I think it's important for them to understand the history of who has been involved in their athletic program in the past. It's also important for those who have lived here a long time, had children and now have grandchildren who are in school." As a result of all the growing and maturing, those older individuals are now being recognized. The younger generation can see their grandfathers or grandmothers being recognized. They've heard the stories of their parents' and grandparents' special times, and now they get to see them being honored for what they have done.

"It's really important to me to bring those people back to our community and our athletic program," Steve said. "As Midlothian grows, there will be the challenge of trying to put our arms around those people and continue the family feeling of a small town. We're not going to stop the growth here, but we can still continue to try and embrace that family feel."



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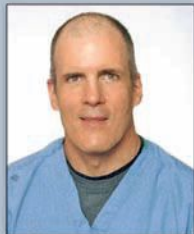


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That atmosphere is best exemplified in one of the 2015 Hall of Honor Inductees — Ronnie Joe Clanton. Ronnie worked in the school district for more than 42 years, coaching baseball, football and basketball. "He's impacted so many kids who've passed through our program," Steve revealed. "He's still very involved in our program and helps our teams today. He's involved in our baseball program and basically takes care of the Don Floyd facility."



When Ronnie discovered he was nominated by a former student, he was shocked. "It is a great honor to be nominated," he shared. "If you are a former Midlothian Panther or fan, it is the greatest compliment that can be given to you. Just to be on the list is an honor. There have been a lot of coaches before me who should be up there. I'm honored to be able to continue their legacy."

And that's what it's all about. The legacy of every Panther player, coach, team and supporter who performs in excellence is a blueprint for those who will follow. The Midlothian ISD Athletics Hall of Honor shows its pride in saying thanks. **NOW**

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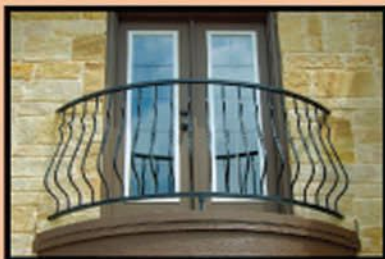
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# Running Through Life

— By Zachary R. Urquhart



*Just under a decade ago, Reggie and Kari Jonaitis were on different paths. From divergent backgrounds, their opposite tracks led to meeting each other, and Reggie and Kari's story is the stuff movies are made of. What started across oceans has ended up in Ellis County.*

Reggie is Lithuanian, and came to America as a teenager. "It was a typical story," he detailed. "Our country got independence, and we moved for the American Dream." He lived in Chicago as a teenager and went to North Central College in Naperville, Illinois. "I had to work in high school and college," he recalled. "I took a job as a cashier at Office Max when I was 16. I ended up working for their corporate headquarters in Chicago after school." He is now part owner of two businesses, a

## At Home With Reggie & Kari Jonaitis







corporate stationary company and an e-commerce venture.

While Reggie's upbringing brought him across continents, Kari's life has developed largely in a local setting. "I grew up in Waxahachie," she said. "Most of my family is still there or pretty close." After graduating from Waxahachie High School, Kari earned a degree in fashion merchandising from the University of North Texas. After working for a retailer for several years, she found herself a victim of the economy. "Bombay, where I worked, went out of business, and there weren't a lot of jobs locally," she described. "I worked with some recruiters, and I took a job at Office Max in Chicago in 2008."

Reggie and Kari met through their work, but it was not any old day at the office. "When I moved up there, I didn't know anyone," Kari admitted. "We had a running club, so I joined to meet people." It was in that running club that Kari met Reggie, who has a long history of running competitively.

When he was in high school gym class, Reggie ran a fast mile one day, and the coaches convinced him to do track and cross-country. He realized he had a chance to get a college scholarship for track and cross-country, so Reggie ran all through high school and college. "I went to college to run, and figured out my major later," he joked. In the last few

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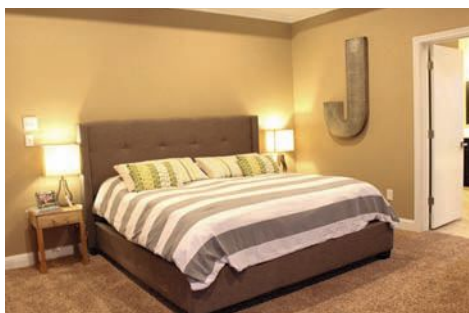
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years, Reggie has run several marathons, including qualifying for and running in Boston, widely considered one of the highest accomplishments for distance runners.

After meeting in April 2008, Reggie and Kari were married in October 2009. They have a 5-year-old daughter, Sofia, and a 3-year-old son, Jimmy. While they loved living in the city, they always knew they would likely move back to this area someday. "We bought the last lot in the neighborhood and planned to build eventually," Kari said. Shortly after Jimmy was born,



they decided it was time to go ahead and move.

"The first time we wrote checks for daycare for two kids, we realized it was time to come down," Reggie admitted. They moved into their Crystal Forest home in July 2013. A sloping front yard protects the house, giving it the look of a fortress. Heavily landscaped front beds offer a rustic setting, which

is continued in a treed backyard leading to a meandering creek.

Reggie and Kari opted for a modern feel inside, with furnishings different from the typical Texas home. "Our builder, Frank Gentry, was great in working with what we wanted to do," Kari said. "Most homes in Texas have similar features, but we knew that wasn't our style." Sleek, smaller

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furniture dots a formal dining room just inside, as well as an open living room and kitchen visible from the front entryway.

The kitchen features smooth, black cabinets with white, silver and black counters and decor. Hints of green accent pieces and plant life complete the space that overlooks both the nook and living room. The living room has low-profile gray furniture juxtaposed with a hint of color in a bright orange-red chair. "We sold almost everything from our place in Chicago to the people who are renting it from us up there," Reggie explained. With their new house, Reggie and Kari were able to pick everything out to give it the exact feel they wanted.

The master bedroom sits alone on one side of the house, and the contemporary feel continues with simple wall decor and a bathroom that has some selectively chosen features. "We wanted square sinks and edgeless counters," Kari said. "And people are always drawn to our doors. We don't have the typical picture frame doors in our bedrooms and bathrooms."



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The kids' rooms are separate from almost anything else in the house. "We wanted to keep all the crazy in one area," Kari jested. Jimmy loves trucks, cars and running as fast as he can. His room is full of toys and has a blue and tan theme, but keeps the modern look of the house at the same time. Sofia likes to paint and play. Her room is the only one that gets away from the house's theme, with pink, polka dots and some unique artwork. "We found this monkey painting years





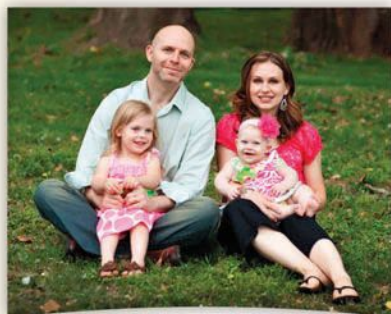
ago, and we had a friend design a whole room around it,” Kari shared.

Most of the things from Reggie’s upbringing are displayed prominently in the guest room. “My grandma sends me sentimental things a lot,” he commented. “Amber washes up from the Baltic Sea, so we have several pieces around the house with amber,” he continued. In the hallway, there are photos of Waxahachie, Lithuania and Chicago, and the walls inside include a photo of the Hill of Crosses taken on a family trip to his homeland. “We went to Disney recently, but the kids said next time they want to go back to my home instead,” Reggie said.

Coming from a crowded city like Chicago, what originally drew Reggie and Kari to their Ellis County land was the space. “We wanted the kids to have a lot of yard to run around in,” Kari asserted. A look at the backyard makes it easy to see what they fell in love with. “We traded looking into our neighbors’ house for a view of open space, trees and a creek,” she continued. They spend most of the summer playing in their pool, and they have part of their acre-and-a-fourth gated. They plan to add a gazebo, play equipment and more landscaping down the road.

The family takes several trips a year, from going across the state to across the world. Reggie and Kari run a lot, though they spend considerable time now running after their kids and to soccer games or practices. From their first meeting, to running from a bustling city, Reggie and Kari love running through life together. **NOW**

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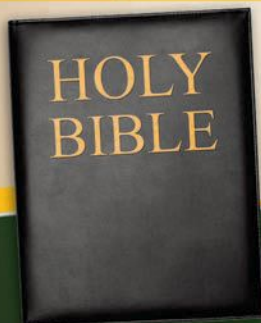


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# EMERGENCY TRAINED

— By Beverly Shay

*Most cities of any size have a Community Emergency Response Team, the purpose of which is: “to train citizens to help themselves, their family and their neighbors in the event of a disaster,” according to Midlothian’s official website. The “members develop the skills needed to help emergency responders save lives and protect property.” Working together with the Reserve Medical Corps, these volunteers practice for events they hope will never happen. But the need for such help became more profound following 9/11. Members have to be at least 18 years of age and have completed the training course.*

---

**“Our goal is to do the most good for the most people.”**







“Most Best Southwest C.E.R.T. volunteers are deployed by their fire departments, but in Midlothian, our team falls under the jurisdiction of our chief of police, Carl Smith, and we liaise with Kevin Johnson, the assistant chief,” shared Marilyn Jones, who, like most members, is involved in many city and nonprofit groups and activities. C.E.R.T. is all about structure. Chartered under FEMA, BSW C.E.R.T. is under the guidance of the North Texas Council of Government. When deployed by the chief, teams assist first responders in a variety of ways. Last May, when flooding was the issue, members filled sand bags and worked with both the police and the sheriff departments to canvass needs in affected neighborhoods.



“Our goal is to do the most good for the most people,” Jim Rasmussen said. Members of the group come from all walks of life. Jim is Wisconsin-born, and moved to Midlothian in 2005 to be near his daughter and son-in-law who were stationed at Ft. Hood. His wife is from Brazil, so for the past 10 years, they have enjoyed spending half the year in Brazil and half the year in Midlothian. “I have been privileged to travel a lot with my job

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as a salesman for metal-cutting tools," Jim remarked.

Jim really loves being a part of C.E.R.T. "I feel it is so important to be prepared individually and ready to help the community in any way you can at any time." The structure of the volunteer group appeals to his character.

Marilyn spent the bulk of her life in Arlington where she and her husband made custom cabinets and furniture. They have lived in Midlothian 20 years now. "I do a lot of community volunteering with organizations such as United Way, serve on the board for Baylor Hospital and the Senior Citizen's Center and volunteer with other nonprofits, as well as work part time at the Midlothian Conference Center," Marilyn shared. Busy people are often the best volunteers. "I like recruiting others," she said. She feels people generally want to be involved in giving back in some way, but aren't always aware of the opportunities.

Incoming members receive two days of training, which includes such areas as: basic CPR (not a certified course), triage, splints, bleeding, basic search and rescue and some basic firefighting skills. They are taught to identify needs, assess disaster situations, shut off gas or electric if needed and set up perimeters if there





are downed power lines. Each C.E.R.T. volunteer learns the value of having a 72-hour kit on hand, with backup food and medical supplies, rain gear, water and a solar- or windup-powered radio. "Basically, we are there to evaluate and get the information back to the experts," Jim remarked. "We are there to assist, so those who can treat people and make the decisions aren't bogged down trying to get details."

Some of the more common situations they may be called out to are tornados, flooding, explosions, railroad incidents or industrial problems. All of the BSW C.E.R.T. teams are available to back each other up if needed. Each team is completely made up of volunteers, with the option of responding or not. Fortunately most do, since they have become friends and share a camaraderie. During emergency simulations, teams learn to work in or at a POD, the point of distribution, set up by the Reserve Medical Corps. This is where drugs can be dispensed, security is organized and people can come to have their needs evaluated when they are not allowed back to their homes for any reason. Simulation training sessions have included response to a plane crash, a train wreck and a fire at a prison facility in Grand Prairie.

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Reasons for joining can be as varied as those who do. Jim found out about C.E.R.T. at the Citizen's Police Academy three years ago, where Marilyn, a five-year member, explained C.E.R.T. The CPA meets for three hours a night once a week for 11 weeks. C.E.R.T. training is usually offered on two consecutive Saturdays,



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twice a year. "Training classes like these enable you to be an active, helpful part of a community," Marilyn shared. "I think communities should be involved and be there for each other, especially in a time of emergency. I believe it should start in the churches, because this is service work and takes a servant's heart. Our communities are strengthened when the citizens, the first responders and the churches are all working together."

When there are no disasters, teams help provide security and traffic control during parades, seasonal festivals, back-to-school and national night out events, graduations and funerals. Parks and Recreation will contact the police about any needs they have for assistance, and then the chief deploys the team.

"One of our biggest non-disaster events is the citywide Halloween party at Heritage Park and City Hall," Marilyn remarked. "Last year, over 2,000 people came through the haunted house and participated in activities. We were there to direct cars to parking areas and just keep some extra eyes out!"

Since hours are meticulously recorded, by using the state's calculation of a savings to civil service departments of \$22.35/volunteer hour, C.E.R.T. figures they are saving tax payers about \$25,000 each year. The team has about 35-40 active members, and recently another 24 graduated from the training. Each year, the city honors C.E.R.T. volunteers at a dinner. Their service to our community is very much appreciated! **NOW**

*Editor's Note: Those interested in the \$20 training course can register online at [www.cert.bswr.org](http://www.cert.bswr.org), or contact Marilyn at [marilyn.jones88@gmail.com](mailto:marilyn.jones88@gmail.com).*

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# Nutrition With a Twist

— By Melissa Swedoski

*The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.*

## Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.<sup>1</sup>







• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.<sup>2</sup> Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.<sup>3</sup>

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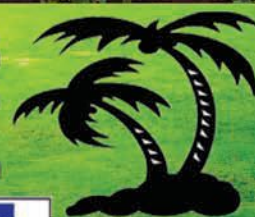
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Endurance runners have a unique set of needs, as gastrointestinal issues rule during long runs.<sup>4</sup> As you determine how much your stomach can take over 15-plus miles, you will also train it to handle more calories and fluid.



- **What to Eat:** Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.<sup>5</sup>

- **When to Eat:** For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.<sup>6</sup> Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.<sup>7</sup>

- **How Much to Eat:** When it comes to “carbo-loading,” the amount a runner





needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.<sup>8</sup> Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

## Losing Weight

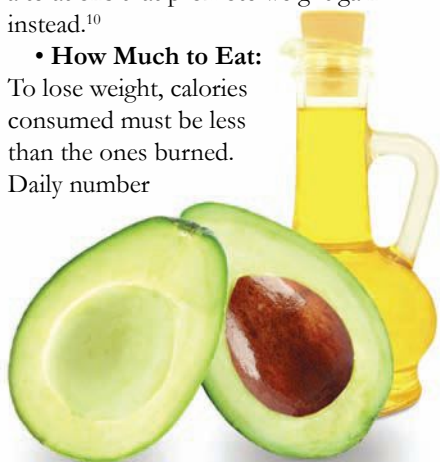
Internet searches for “how to lose weight” are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

- **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best. Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.<sup>9</sup>

- **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.<sup>10</sup>

- **How Much to Eat:**

To lose weight, calories consumed must be less than the ones burned.  
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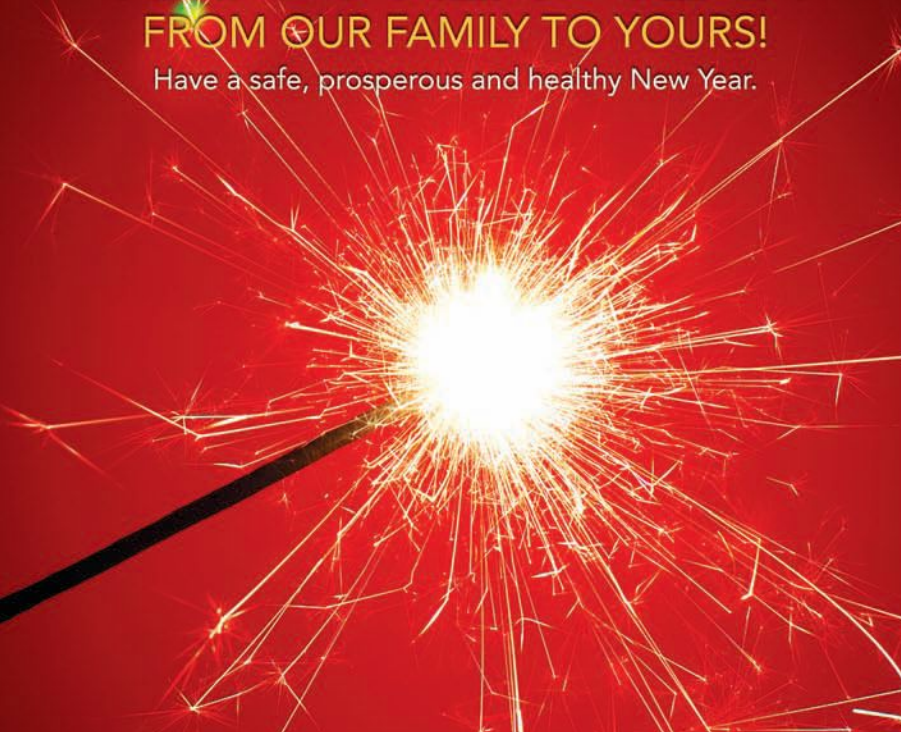


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Pat and Marilyn**



of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.<sup>11</sup>

## Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.<sup>12</sup>

• **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

• **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.

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• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.<sup>13</sup>

Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

## Sources

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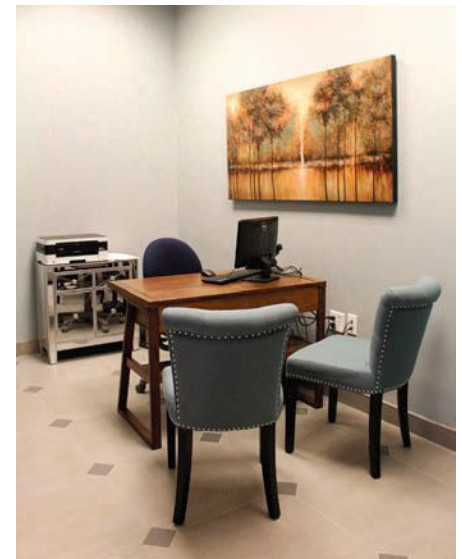
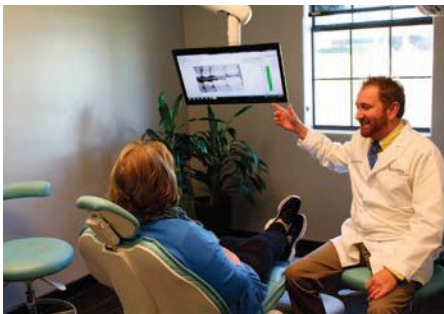


### Soothing Dental

1131 George Hopper Road  
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soothingdental.net

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Cecelia Aguillon, Dr. John Vinton and Candace Maxwell work together to bring you every comfort in dentistry.

# Spa Dental

*Soothing Dental gives you a relaxing atmosphere for your dental experience. — By Betty Tryon*

Your next trip to the dentist, if you go to Dr. John Vinton, dentist of Soothing Dental, may be the most comforting part of your day. “We truly offer a customized experience for the patient,” he explained. “If a patient is dental-phobic, we go very slowly with them. We offer them a complimentary glass of wine. They get to listen to the type of music they prefer. We have TVs that come overhead for them to watch. Over the years, we’ve come to offer almost a hybrid spa experience that’s customized to the patient.”

Born and raised in Midlothian, Dr. Vinton went to college at The University of Texas at Austin. He graduated from Baylor College of Dentistry in 2007. “I always wanted to be in the medical field,” he stated. “So, I went to several dental and physician practitioners and asked if I could shadow them.

Ultimately, one of the dentists became my mentor because she just had a zeal for life and loved her job. I could see immediately that it was what I wanted to do.”

In his senior year of undergraduate studies, Dr. Vinton worked as a dental assistant, even though he was already accepted into dental school. That experience proved invaluable because in some ways it made him more prepared than the other students. After graduation from dental school, he worked in several group practices before deciding to open his own private practice. He picked up vital experience while working with others and feels it made him a better dentist.

Also making him a better dentist was his time of working in over 200 dental practices. Those experiences have all enhanced his level of skill and perception. “It allowed me to know what I



## Business **NOW**

really liked and didn't like in practices," Dr. Vinton offered. "I could cherry pick what I wanted for the patient experience. I have taken a lot of continuing education after graduation and am self-sufficient to a point. We prefer to keep everything in-house because it's more convenient for the patient. It's also a lot cheaper. Specialists are going to charge specialists' prices." At Soothing Dental, Dr. Vinton does his own root canals, extractions, pediatric dentistry and many more services.

Dr. Vinton strategically schedules the appointments in a manner that would be the least stressful to patients. "Some people want to get in and out, and we can do that. But others want to be the center of attention at the dental office," he stated. "If you come in as a new patient, you will be the only one in the office. I don't do multiple people in chairs."

*"We truly offer  
a customized  
experience for  
the patient."*

He gives high praise to his office staff. "Dr. Billy Pat Maxwell used to be one of the only dentists in Midlothian, and my receptionist is Candace Maxwell, his daughter-in-law," Dr. Vinton said. "Cecelia Aguillon is the best assistant I've ever seen. She's smart, bilingual and adaptable, and she makes my job easier." His parents have also been an enormous help, with his mother taking on multiple roles and his father as financial backer.

Dr. Vinton began his private practice in Midlothian and will soon move to Midlothian with his new wife, Chelsea. They both want to raise their family here. "I've been all around the Metroplex, and sometimes they say there's no place like home!" he said.

For an experience tailored to your needs and comfort level, visit Soothing Dental. They are there to pamper you through your appointment. **NOW**

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# 2016

*Happy New Year*

*May you enjoy an abundance of health,  
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**LafargeHolcim**





Betsy Hillyard, pictured with Ranger, is the Volunteer of the Month for Paws for Reflection Ranch.



Midlothian community members celebrate the arrival of a Medication Drop Box located at the Midlothian Police Station.



Cliff, Charlie and Mel serenade a crowd at the Midlothian Senior Center.



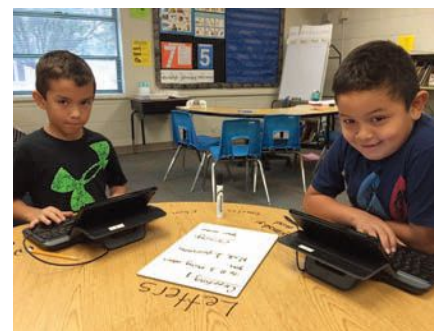
Tami Tobey and Cheryl McCurley stand in front of the new Midlothian Education Foundation Donor Plaque at MHHS.



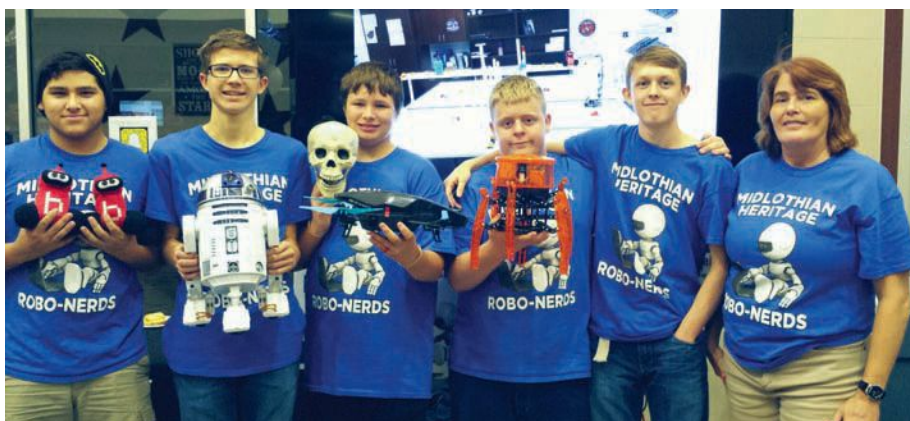
Rick Hensley, Howard Tryon, Becky Walker and Rachel Smith enjoy NOW Magazines' Christmas party.



Bryan Frye and Joyce Sebesta are ecstatic with their winning prize at NOW Magazines' Christmas party.



The ESL students at J.R. Irvin Elementary type friendly letters to their e-mail pals.



Sherry Wright and members of the Robotics Club display their robots at the MEF unveiling ceremony.



One Way Church members and Pastor Terry Vaughn celebrate their Chamber ribbon cutting ceremony.





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# Winning Tips for College Scholarships

The majority of American college students will graduate with some student loan debt. Help reduce your child's tuition burden by helping them find and apply for scholarships.

## In Preparation

Understand what will help your child stand out. Good scholarship candidates are:

- *Unique:* Encourage your student to pursue real passions, not to focus on “padding the résumé” with activities they don’t enjoy.
- *Driven:* Help your child set goals and work toward them. Goal setting can strengthen your child’s work ethic and help them think strategically. (Bonus: The lessons and achievements along the way might lead to an effective scholarship essay.)
- *Proactive:* Teach your child to take initiative. Applying to college and searching for scholarships early can help them take advantage of more opportunities.

## Application Tips

Help your student succeed during the application process.

- *Start early.* Students should start applying for scholarships after their junior year of high school.
- *Stay organized.* List all suitable scholarships by deadline to make sure not to rush applications or miss out completely.

## Where to Find Scholarship Opportunities

The following resources will help your child find suitable scholarships:

- Religious or ethnic organizations.
- Local businesses.
- Companies such as FastWeb, Cappex and The College Board.
- The U.S. Department of Labor’s scholarship search tool.
- Federal and state grants.

## Writing Good Scholarship Essays

Your child can make an impression by following these guidelines:

- Write about specific examples of achievement rather than generic aspirational statements, and highlight data — such as grade improvements over time — where possible.
- Explain why attending college would help reach specific goals.

Another easy way to help avoid college debt is by saving early! **NOW**

*Tim Tobey is a State Farm agent based in Midlothian.*





## Enjoy Pregnancy Without Foot Pain

“Oh, my aching feet!” is a phrase you hear often from pregnant women. But, are sore feet a symptom they must just deal with during pregnancy? The answer is, “No.” There are many remedies available to help alleviate foot pain.

Women often experience foot pain during pregnancy because of increased weight, foot instability and swelling. In the last four years, I’ve seen an increase in pregnant women with foot pain because more women than ever before are active, even running marathons, during their pregnancies. I recommend the following guidelines to help reduce foot pain during pregnancy:

- **Painful, Swollen Feet.** Pregnant women often experience throbbing, swollen feet due to excess fluid build up (edema) in the feet from the weight and position of the baby. To reduce swelling, put feet up whenever possible, stretch legs frequently, wear wide comfortable shoes and don’t cross your legs when sitting.

- **Arch Pain.** Pain in the arch can be due to both arch fatigue or over pronation (or the flattening of the arch). Over pronation causes extreme stress to the ligament (the plantar fascia) that holds up the arch of the foot. The best way to prevent arch pain is to stretch daily in the morning and before and after any exercise, don’t go barefoot and wear supportive low-heeled shoes.

- **Ingrown Toenails.** Excessive stress from tightly fitting shoes causes painful ingrown toenails. Give your feet a break. Wear wider shoes during the last trimester of pregnancy to avoid ingrown toenails. If you do experience an ingrown toenail, avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. It is best to seek treatment with a foot and ankle surgeon.

It is also not uncommon for women to experience a change in their foot size during pregnancy. A permanent growth in a women’s foot, up to half a size, can occur from the release of the same hormone, relaxin, that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing feet to spread wider and longer.

Pregnancy and pending motherhood should be a joy. If foot pain persists, your foot and ankle surgeon can provide relief with conservative treatments, such as: physical therapy, foot orthotics, supportive shoes and minor toenail procedures. **NOW**

*Christopher Schmitt, DPM*

*Member of the American College of Foot and Ankle Surgeons*

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### January 1

MISD Christmas break continues.

### January 5

Midlothian Business Breakfast: 7:00 a.m., Midlothian Conference Center. The Midlothian Chamber is pleased to welcome Annie Fairchild. The topic will be Looking into the Future: Tax Planning 2016. Advance registration by Jan. 5 is \$10. Reservations made after Jan. 5, non-members or walk-ins are \$15.

### January 6

MISD classes resumes.

### Jan 12, 19, 26

Youth Entrepreneurs Partnership: 4:30 -7:30 p.m., Swallow Student Union, Northwood University, 1114 W. FM 1382. Students receive practical, hands-on training from business advisors and local business leaders. If completed properly, student will have a registered business.

### January 14

Understanding Scams Seniors Face: 11:30 a.m.-1:00 p.m., 101 Austin Blvd., Suite 600, Red Oak. Are you concerned someone you know may be a target for fraud? Do you want to understand why seniors are more likely to become victims of fraud? Do you want to know what you can do to prevent senior fraud? During this session, we will discuss why seniors become targets of senior scams and learn ways to protect seniors from becoming victims. Call (972) 576-1100.

### January 15

44th Annual Awards Dinner: 6:00 p.m., Walnut Creek Country Club. Event is hosted by the Mansfield Area Chamber of Commerce and Bry Acker. For more information, go to mansfieldchamber.org.

### January 16

Martin Luther King Jr. Multicultural Festival: 3:30-5:00 p.m., Tarrant County College Southeast Campus, 2100 S.E. Parkway, Arlington. For more details, call Tarrant County College at (817) 515-3315 or email laurie.jensen@tccd.edu.

### January 17

11th Annual Dr. Martin Luther King Jr. Celebration: 5:00-7:00 p.m., Bethlehem Baptist Church, 1188 W. Broad St., Mansfield. Free. All are welcome. Call Victoria Dodd, (972) 467-9824.

### January 19

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

### January 21

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center (County Farm), 2272 FM 878, Waxahachie. Talk-in on the 145.410 machines. All are welcome. For more information: wd5ddh.org

Business After Hours with Welcome Mat Services: 5:30- 7:30 p.m., Mansfield Chamber office, free event.

### January 23

Midlothian Fire Fighter's Community CPR Class: 9:00 a.m.-noon, Midlothian Conference Center. \$20 deposit. If you show up for the class, the \$20 will be returned to you. Class is open to the public.

Annual 5K Run for Their Lives Round-up for Children: 8:00 a.m., registration; 9:00 a.m., race begins, Getzendaner Park, 400 S. Grand Ave., Waxahachie. \$30 per person; groups of four or more are \$25 per person. Proceeds help support the Texas Baptist Home for Children adoptions. For more information and to register, visit www.tbhc.org or email cbarber@tbhc.org for sponsorship opportunities.

### January 25

LaRue Miller Elementary Super-Outrageous Science Fair Week. Call (972) 775-4497 for more information.

### January 27

2016 Monthly Chamber Luncheons Schedule: Noon-1:00 p.m.

### January 28

Comprehensive Land Use Plan (CLUP) Review Committee: 6:00 p.m., Ovilla Fire Department Training Room.

### January 29

TX Life Investors' Celebration benefiting FirstLook: 7:00 p.m., Waxahachie Civic Center. This will be an evening of powerful testimonies, inspiring information and an elegant dinner featuring prolife comedian Mike Williams. FirstLook has several underwriting opportunities available for individuals and businesses that include premier recognition and advertising at the celebration. For more information on becoming an underwriter, email donna@txlifeinvestors.org. To register for the event, visit www.txlifeinvestors.org or call FirstLook at (972) 938-7900.

### January 29 — 31

Midlothian High School Musical Performance of *Cinderella*: 7 p.m., Jan. 31, 2:00 p.m. and 7:00 p.m., MHS Auditorium.

### February 27

Mayor's Winter Walk at Mockingbird Nature Park sponsored by Methodist Mansfield Medical Center: 10:00 a.m. One-mile trail walk with nature activities hosted by the Indian Trail Master Naturalists. Fantastic raffle prizes, giveaways and post event snacks. Online registration at www.midlothian.tx.us begins Jan. 27.

### Ongoing:

#### Fourth Mondays

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

#### Tuesdays

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

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

#### First Tuesdays

Midlothian Area Historical Society meeting: 7:00 p.m., Community Room of CNB, 310 N. 9th. For more information, contact Edwin Bateman 972-743-2379.

#### Third Tuesdays

Ellis County Veterans Networking Group meeting: 6:30 p.m., Ryan's Steak House, Hwy 287 Bypass and 77, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378 for more information.

#### Third Wednesdays

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

#### Fridays

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

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



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## In the Kitchen With Pamela Dean

— By Betty Tryon

Pamela Dean celebrates the cooking history in both her adopted and birth families. “I was adopted by one of the oldest families in southern Dallas County, and some of my earliest memories are playing on my Na-naw’s kitchen floor while she was cooking.” As an adult, her adoption records were opened, and she met her birth family in East Texas. “One of the first things they gave me was a homemade recipe book with some of my birth family’s recipes in it. I still have it and have added a lot of my adopted family’s recipes,” Pamela said. Her love for family brings her five boys, their wives and 12 grandkids together at her home for the holidays. **NOW**

### Na-naw Morris’ Banana Nut Cake

*Makes a large two-layer cake.*

*Cake:*

- 1 1/2 cups flour**
- 1 tsp. baking powder**
- 1 tsp. baking soda**
- 1 1/2 cups sugar**
- 1/2 cup butter**
- 3 eggs**
- 1 cup bananas, mashed**
- 1/4 cup buttermilk**
- 1 cup pecans, chopped**
- 1 tsp. vanilla**

*Caramel Frosting:*

- 1/2 cup butter**
- 1 cup brown sugar**
- 1/4 cup whole milk**
- 3 cups confectioners’ sugar, sifted**

- 1. For cake:** Sift the first three ingredients together.
- 2.** Cream sugar and butter well; add eggs

one at a time. Add bananas, milk and flour mixture alternating them. Add pecans and vanilla after everything is mixed together. Mix everything well.

**3.** Bake at 375 F for 25-35 minutes or until the cake is brown and springs back when you touch it.

**4. For caramel frosting:** Melt butter. Add 1 cup brown sugar. Boil and stir one minute or until slightly thick.

**5.** Cool slightly, and then add milk. Beat until smooth.

**6.** Beat in 3 cups of confectioners’ sugar or enough to make the frosting a good spreading consistency.

### Grandma Lucille’s Oatmeal Cake

- 1 1/2 cups hot water**
- 1 cup uncooked oats**
- 1 cup brown sugar**
- 1 cup sugar**
- 2 eggs, slightly beaten**
- 1 cup Crisco oil**

- 1 1/3 cups flour**
- 1 tsp. cinnamon**
- 1 tsp. soda**
- 1/2 tsp. salt**

*Icing:*

- 1 stick oleo**
- 3/4 cup brown sugar**
- 1 Tbsp. milk**
- 1 cup pecans**
- 3/4 cup coconut**
- 1/2 tsp. cinnamon**

**1. For cake:** Pour water over oats and let stand while mixing cake.

**2.** Mix together brown sugar, sugar, eggs and Crisco oil.

**3.** Add flour, cinnamon, soda and salt; mix together. Add the oatmeal/water mixture; mix well.

**4.** Pour batter into a 9x13-inch pan. Bake at 350 F for 35 minutes.

**5. For icing:** Boil oleo, brown sugar and milk for 1 minute. Add pecans, coconut and cinnamon. Spread over hot cake. Put under broiler to brown coconut.

### Kenneth’s Taco Soup

*This is my birth dad’s recipe.*

- 2 lbs. ground beef**
- 1 onion, chopped**
- 1 pkg. taco seasoning mix**
- 1 15-oz. can Ranch Style jalapeño pinto beans**
- 2 15-oz. cans Ranch Style beans**
- 1 16-oz. can stewed tomatoes**
- 1 10-oz. can Ro-Tel tomatoes**
- 1 4-oz. can green chilies**
- 1 16-oz. mild jar picante sauce**
- 1 pkg. ranch salad dressing mix**

**1.** Mix ground beef, onion and taco seasoning mix; brown together.

**2.** Add pinto beans, ranch style beans, stewed tomatoes, Ro-Tel tomatoes, green chilies, picante sauce and ranch salad dressing mix.

**3.** Bring to a boil and cook for at least 30 minutes.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



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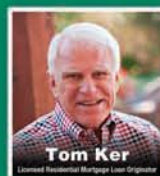
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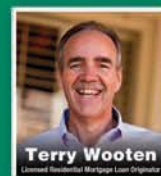
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