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M A G A Z I N E

FEBRUARY 2011

No Fear

Tamara Metcalfe
faces the biggest
challenge of
her life.

Also Inside

Girl Power

Three R's
That Get Results

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the First Time

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Tamara Metcalfe believes
in living each day
to its fullest.

Photo by Shana Woods.

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Editor's Note

Hello Midlothian,

Valentine's Day is a welcome distraction from the winter blahs. The day is wonderful, but what about the rest of the year? Yes, I want the trifecta on Valentine's Day — flowers, candy and cards — but it is nice to get demonstrations of love all year long. I am blessed to have a husband who does not limit his flower and candy giving to one day. After all, what good is one day of proclamations of affection if it is lacking the rest of the year? I am reminded of a song written by Burt Bacharach called "What the World Needs Now Is Love." Perhaps if we all adopt the mindset of just loving one another all year long, there would be a seismic shifting of attitudes in our country for the better. Enjoy your Valentine's Day. But, do not forget the other 364 days in the year!



Betty

Betty Tryon
MidlothianNOW Editor
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The thump, thump, thump of the basketball hitting the driveway resounded up and down the street. Tamara Jolee Metcalfe, playing a game of one-on-one was setting her sister up — not for a spectacular play, but as a prop in her imaginary world where she was a professional sports reporter. After the game, the future analyst would stop and then report on what they just did.

{ “I never asked, ‘Lord, why?’
I just asked, **‘What’s next?’**”

FEAR

— By Betty Tryon

Considering Tamara’s background, it is not so unusual that she developed a hunger for reporting. “My parents never read us books,” she said. “They read us the newspaper every morning, and we had a rule that we had to read the news and business section before we could read the sports. My parents were big sports fanatics, so it is a big part of my life.”

The family moved to Midlothian during Tamara’s freshman year of high school. Eager to start her career of reporting, she found a radio station where she could dial in every day and give the Midlothian news. After graduating from high school, Tamara received a broadcast scholarship to Texas Tech. While there, she worked for a station in town on the overnight shift from midnight to 5:00 a.m. “I was just supposed to do the music, but I started doing the sports,” she said. Tamara performed so well that they promoted her to the day shift for a sports talk show. From there she became the sports anchor for the campus TV station. Smiling, she admitted, “Yeah, I was pretty much known as the sports girl and was on the front page of *The University Daily* as the sports girl.”

After Tamara’s graduation, she eventually worked in six different states and in Europe. She made impressive advancements in her career during her first year post college. In Tyler, she applied and was chosen for the job of a sportscaster in television on

The Show. She said, “It was in 13 different markets and reached an audience of 25 million people. They didn’t know if a female could carry a sports show, but it really grew. I was behind the producing of it as well. The station was a conglomerate of NBC and Fox. I had my sports show on Fox and my hard news on NBC. The first year, I won an AP [Associated Press] award. I was excited because no other female had been nominated. I was proud of that. I know awards don’t define you, but it is still something that says I was progressing.”

Tamara was definitely on the right track for her profession with many exciting and challenging assignments, until 2007. “I started having weird symptoms. There were days when, literally, I could not get out of bed. I’ve always been a 10-hour-plus worker. I went to my doctor and told him I had lost a lot of weight and had some swollen lymph nodes. The doctor said I was healthy, so I kept reporting. But it was very hard for me because I would literally work all day, go home and go to bed early — I was that weak and fatigued. I remember my last major story. I was outside in 100-something degrees, and I just collapsed. I went back to the doctor who kept saying I was working too hard.”

Instead of accepting his answer, Tamara went to another physician (in 2009), who ordered a cat scan. She had Non-Hodgkin’s

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Lymphoma, which had grown unchecked for two years. "My version of Non-Hodgkin's Lymphoma is incurable. It has already reached the bone marrow and the spleen," Tamara stated. "They know they can't get me into remission, so the chemo just prolongs my life. The doctors are pretty blunt with me about the prognosis, and they tell me to enjoy right now



because there will come a day when this type of cancer will come on strong and aggressive."

Upon learning her diagnosis, Tamara said, "I never asked, 'Lord, why?' I just asked, 'What's next?' I could've been angry with this other doctor, but I'm at peace with that. I use that passion, that fire in a positive way. Instead of being angry about it, I turn it around. I truly believe the Lord was preparing me all my life for this. I've always had this kind of attitude. I believe in being a true reflection of Christ. When I was first diagnosed, I never looked at myself. I started serving even more. I got involved with children who were going through cancer and watched how courageous they were.

"The Leukemia Lymphoma Society tells me that I've become the face of young adults with cancer. In many ways, I feel like that is my purpose. It is important for me to speak out, so doctors will remember this age and not overlook those symptoms. I meet young adults and teens who say their cancer was advanced because they kept going to the doctor and it was missed."

Tamara truly seems to be at peace with

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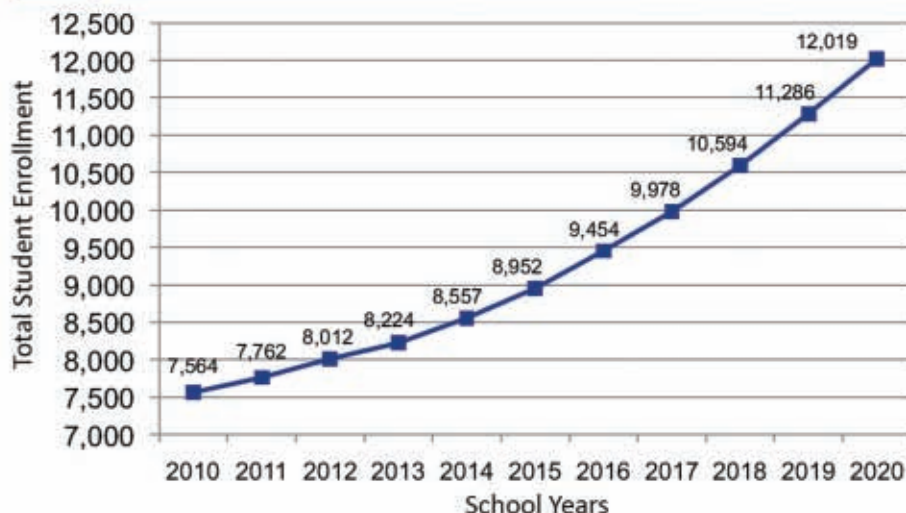
ELECTION DAY: MAY 14, 2011

The MISD School Board has called a bond election for Saturday, May 14, 2011. Early voting will be May 2-6 and May 9-10. The last day to register to vote is April 14.

Community Involvement

A Growth Management Committee (GMC) of about 30 community members and district administrators began meeting in January 2010. Their mission was to develop recommendations to the School Board of Trustees to meet existing and future facility needs for the next 5-10 years, while fitting within the current financial constraints and meet the educational needs of all MISD students.

Projected Growth



- Projected enrollment is 12,019 students for 2020 school year
- 4,455 additional students within 10 years

Student Enrollment Projections			
	Yr. '11	Yr. '15	Yr. '20
Elem.	3,539	4,220	5,897
Middle Sch.	1,806	2,079	2,792
MHS	2,417	2,653	3,330

Source: Enrollment projections based on Templeton Demographics

Components of the Bond Package

ONE PROPOSITION FOR \$97,300,000 INCLUDES:

High School #2: \$74,000,000

- Phase I for 1,000 students
- Core capacity of 2,500 students
- Estimated occupancy date is August 2014
- Located at corner of Walnut Grove and FM 1387

Elementary School #7: \$20,500,000

- 750 student capacity
- Estimated occupancy date is August 2014

Frank Seale Middle School addition: \$2,800,000

- Expand student capacity from 1,000 to 1,200 students
- Estimated occupancy date is January 2013

Tax impact and additional information is available on the MISD website.

Visit www.midlothian-isd.net/bond or call MISD at 972-775-8296. E-mail questions or comments to communications@midlothian-isd.net.

Get Connected

MISD offers various communication avenues for parents and community stakeholders to stay connected to MISD. Parents can view their child's current grades via Powerschool and access their homework online, as well. Social media is another way to get the latest district and campus news. Sign-up for the MISD e-News, Facebook and Twitter pages. Each campus has a Web page with campus news and events.

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her cancer. She explained, "People say, 'I'm praying for you,' but prayer is not necessarily to be healed. The praying is for the peace I have. There is no other way to explain it other than my faith. If the Lord takes my life five months from now or five years, I am completely at peace with that. Everyone who knows me knows I live life to my fullest."

Tamara enjoys sharing her faith and her story, so becoming an international spokesperson in the I Am Second campaign was a natural fit. She stated, "When I Am Second launched in 2008, I was working in professional sports. I heard some of the Dallas Cowboy players and the Rangers talking about it in their locker room. I became friends with Josh Hamilton and his wife, Katie. She and I were doing something together, and Josh



"I gave every little bit, every ounce I have to you Lord."

kept talking about I Am Second. I could see the passion in his eyes as he told his testimony. Katie said, 'You should really get involved with them.' The casting director heard about my story, probably through Katie, and contacted me. I got casted, did my video, and it took off from there. It's in 200 countries now and a great opportunity to share Christ."

As Tamara continued to tell her story, she commented, "I don't know what's next. Someone asked me what my five-year goal was and I said, 'I don't want to do that because I live each day.' When asked to define success, I define it as when I lay down at night and I can say, 'I gave every little bit, every ounce I have to you Lord.'"

We do not know how much time Tamara has left. But however much, it is sure to be filled with faith, friends, family and love for an amazing young woman. **NOW**



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A House Is a Home

— By Alex Allred

Love, it is said, is built on a foundation, but in the Prather home, the very foundation they built created an even greater love. Theirs is a story of high school sweethearts, finding lost loves and discovering new ones all under the same roof. Their story began when Paula and Wayne Prather met in high school in Waxahachie. They married in 1964 and moved to Midlothian in 1969, where they found a home in what was then the new housing development of North Ridge. “That was when we had a population of 1,100 people,” Wayne smiled.



At Home With
Wayne and Paula
Prather

“With just one flashing light,” Paula added, “when everything was in that one little strip.” That strip, known as the downtown business district, was once home to Massey’s Grocery, a bank, a cleaners and Hilley Pharmacy. Life was quiet and uncomplicated. That is, until their first anniversary. “We eloped on Halloween,” Paula said, shaking her head.

“We really didn’t think about it until that next year,” Wayne said. The irony is not lost on those who know the couple — their anniversary is on the very date that celebrates children, social gatherings, fun and festivities. Very little has changed in their lives — yet so much has. Together, they had a son, Greg, and daughter, Sandy. While Paula stayed home with the children, Wayne worked for a distributing company in Dallas, selling every kitchen and home appliance imaginable. Over time, the children graduated from Midlothian High School, eventually moving away, and Wayne went on to buy Paragon Distributing, the very



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After one year of working with an architect, they moved into their stunning 3,700-square-foot home in 2002. With many of the design ideas coming from Wayne, including Roman style columns, an impressive open floor plan with no less than three different French doors sweeping out to an extended patio, this is their dream home. They have hosted many gatherings, including large family reunions, Paula's class reunion, Christmas and New Year's parties, but none more special than the weddings of their own children.

When Greg returned to Midlothian and reunited with his first love, he and his bride-to-be, Heather, carried on the family tradition — marrying on Halloween in Wayne and Paula's house. For daughter, Sandy, the perfect new home had a plan for her as well. During the construction of the home, the couple had chosen white oak for the cabinets in the kitchen and family room and darker oak and cherry woods in the study, dining and guest rooms. They called upon custom cabinetry specialist Steve Walker and were so impressed with his skills that they recommended him to their daughter



for some work she wanted done in her own home. One year later, Steve and Sandy were married in Wayne and Paula's backyard.

The Prather home is perfect both for formal settings and everyday living. White tile runs throughout the home, making it "kid friendly" while providing an elegant contrast to the dark leather furniture and earth-tone colors Paula has chosen for fabrics and draperies. In the entrance and formal dining area, Paula displays a collection of china and Fostoria crystal. "It's my weakness," she confessed. The

company with which he had been employed.

When Wayne promised Paula, "I found the perfect place for us to build a new home," even he could not have known just how right he was. "My first reaction was, *I'm not moving*," Paula recalled. This, she said, was her home and she did not want to leave Midlothian. But that "perfect place" was only a few miles from their home.

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Approved Home Health Care is Awarded CHAP Accreditation

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

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




For additional agency information, contact
 Kelly Kavanaugh, RN, HCS-D, COS-C,
 Owner/Administrator at (972) 723-2933.

study, with dark woods and vaulted ceiling, is Wayne's sanctuary, but even there, the theme of family and friends is abundant in the vast array of portraits and pictures of family vacations and celebrations.

For Wayne and Paula's five grandchildren, what makes this three-bedroom, three-bath home most impressive are the guest room and play room. The play room features pull-down twin beds Steve designed into the bookcase. With a Jack-and-Jill bathroom situated between the two rooms, there is plenty of space to spread out, play games or spend the night. However, Connor, 15; Shelby, 12; Ashlyn, 11; and Hayden, 8, must all contend with 4-year-old, Mattie B., who believes the playroom to be exclusively hers. Not yet in school, she spends her



days with Nan, aka Paula. The playroom is also where Paula can “play” with her scrapbooking materials while Mattie B. naps.

Extended from the playroom and beside the sitting area and kitchen is a beautiful bar, complete with a freestanding wine cooler, which holds up to 36 bottles of wine. “We love the wine country,” Paula said, explaining the motivation behind the lovely mural on the wall. Local artist, “the Painted Lady,” brought the California wine country to Texas, making the overhead sign that reads, “Enjoy – Live – Relax” more motto than decorative. But it is the kitchen, the very center of the home and Wayne's pride and joy, that most encapsulates the feeling of this home. Between the amazing craftsmanship of their son-in-law's cabinets and the tile work of Wayne's brother, Mike Johnson, family is truly the centerpiece of the house. “This is Wayne's domain,” Paula laughed. Through his own company, Wayne handpicked the double ovens and two dishwashers — “one for the



clean dishes and one for the dirty dishes,” Wayne teased — a warming drawer and hidden refrigerator. “Of course,” he added, “I couldn’t beat the deal!”

Mike helped Wayne with the backsplash and tile work in the kitchen as well as the installation of the 15-foot-long granite counter piece, the two fire places and tiling throughout the house. Outside, through the double doors, is an oasis no less stunning than indoors. Electric wind drapes can be used, as needed, to section off the patio, and there is an elaborate grill accompanied with sink, refrigerator and built-in ice chest. For the comfort of their guests, ceiling fans are strategically hung throughout dining areas (for up to 24 guests) that surround an outdoor chimney. The attractive covered cushions were Paula’s creation. Though breathtaking, the arrangement is really a reminder of just who Wayne and Paula Prather are. Incredibly social and charming, they are focused on friends and family. While they are quick to praise the professionalism of their relatives’



craftsmanship, it goes beyond the quality of work in their home. Family and love resonate through every bit of the home, from its decorations and pictures to the very foundation upon which it was built. However majestic, this house is truly a home. **NOW**



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Three R's That Get Results

— By Betty Tryon

Sometimes an office can reveal a lot about a person. Stepping into the office of Beth Van Amburgh is akin to stepping inside a Norman Rockwell painting. All of the essential elements of ordinary people doing their best for others by using warmth, humor and nostalgia are there. As principal of LaRue Miller Elementary School, Beth strives to keep a positive and productive spirit at the new school.



"We talk a lot on this campus about building relationships and how important that is." Going into its third year, Beth guides and directs the school with its namesake, LaRue Miller, in mind. "I've known Mrs. Miller my whole life," she said. "She had a profound influence on me. She was never my personal teacher, but she worked and taught with my mom for several years. When I would go up to work in my mom's room, I'd spend more time in Mrs. Miller's room cutting out things and just listening to her. Her focus was always, you do the right thing because it's the right thing to do. You make sure that what you want and what you need fall in line with where you're headed, because the decisions that you are making now are truly important for your future. She was always very positive with students, and that is a legacy I hope we can continue. I always look at her as a catalyst to that. It makes a unique situation to be the first principal of her campus and to have her be a part of that experience."

Beth came to LaRue Miller School after 24 years in education. She started as a kindergarten teacher by taking over for someone who became ill. "I had student taught in that class for the fall. I was going to graduate in the spring," she explained. "The principal had enough faith in me to finish out the year for her. It was an extraordinary experience. Trial by fire!" Beth laughed. "The next year, they assigned me to second grade. I've taught everything from kindergarten to eighth grade." After working as a teacher for 15 years, she earned the opportunity to become assistant principal at Longbranch and eventually, became the principal before moving on to Miller.

Beth joins a group of principals who have had the pleasure of opening a new building. "It is something, I think, on every principal's list at some point to open a new building. It is a remarkable experience unlike anything you can imagine," she said. "There are a lot of unique features in this building that they will make the prototype for future buildings, such as natural sunlight. They are trying to be economically friendly with our thermal system. We put the instructional wings on one end of the building, and then we have what we call the high density areas where there is a lot

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of traffic. In gym, art, music, café and lunchroom is where you have got large groups of kids. It functions extremely well, so we are really proud of that."

Beth explained how opening a new school in a district, with the necessity of transferring students, teachers and staff from the other schools, requires a great deal of finesse. "I had staff and students from all five campuses. When you open a new school, you are bringing five campuses of learners, their parents and staff together. You have five different experiences to draw on. I talk about how important it is to build relationships. I talk to staff and to parents a lot about the relevance we provide in the work we do every day with the students. Rigor is a part of that. The state increases rigor on us for their standards each year, so we have to step it up each year. The equation keeps changing. But in the end, if you want results, then you have to follow those three R's. You have to have relationships, relevance and rigor to have results. The results are the students' success."

With so many elements to consider in a job of being the principal of a school, Beth never forgets that the students come first. "We believe that every child is the priority in every decision that we make, whether it is a safety decision or instruction decision," Beth acknowledged. "If we are going to have a certain program on campus, I think it is important to answer the questions of how it benefits students and why it benefits students and student learning."

When keeping your focus on the students and your goals, it helps to have words of wisdom from someone you respect. For Beth, those wise words came from her grandmother. "One of my favorite sayings from my grandmother



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was, 'Plan your work. Work your plan, and autograph your work with personal excellence daily.' When I go into classrooms and talk to learners about what they are learning, why they are learning it and how it relates to them, they say this is how I'm putting my stamp on today. It makes me smile because I think they are really listening to me. I try to help them understand that if they put their personal best into it that is all we can ask of them. They have a choice to make every day, and they can choose to make it a great day at Miller or not, but that choice is always theirs. I can't choose their attitude for them. They have to do that. I just hope I can be a catalyst for it.

"I was in a kindergarten classroom the other day — these are 5-year-olds — and there was a student teacher and a master teacher working with the group, and one child looked up and said, 'That's not what I personally wish to say about it.'" Beth laughed and then continued, "I thought, *OK, I've got to listen to this.* She got my attention! I went over to her, and



she said, 'Mrs. Van, here is how I think I am going to say this today.' And I said, 'I think that is fabulous.' It's that interaction with children and the fact that they get it. You're not sure sometimes if they really understand what you are saying, but they get it and they put their own personal spin on it. I want parents to know that we truly take a personal approach with each learner. We want parents to be our learning partners."

Beth wanted to continue the legacy of positivity with students, which were signatures of LaRue's experience with the school district. She is succeeding in accomplishing that goal. **NOW**



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Girl POWER

— By Sydni Thomas

Across the gate, boys start lining up for the beginning of their motocross race. As the racers take off at speeds of more than 50 miles per hour, one of the smallest riders starts to lead the pack. Four laps and 20 minutes later, a small streak passes the finish line. As the helmet comes off the winner's head, the face of a girl surprises everyone.

It may not be a big surprise anymore, because Midlothian sisters Taylor and Cami Samples beat their male opponents quite regularly. Though they are smaller than their opponents, they have learned how to use it to their advantage.

Taylor and Cami started motocross after they saw their uncle riding. Taylor, now 12, started riding and racing when she was only 8 years old. Cami started riding at the age of 2 and racing at 4.



Now 6, Cami already has three national titles. "A lot of pro racers look at Cami and think that when she is 16 she will still be racing the guys," their father Chris Samples said. "Cami has a leg up because she started out really young and learned the proper techniques without bad habits."

Women's motocross looks a lot different today than it did a decade ago. Taylor and Cami are riding in on the wave of a new generation of riders. At such a young age, they will be some of the first women riders to have been reared riding bikes. Many of today's female pros began racing in their late teens. It is still uncommon for girls as young as Cami to be racing, which is why she competes against mostly boys. Special racing events like the WMA's (Women's Motocross Association) Women's Cup are some of the only times Taylor and Cami face only female competitors. "When I used to race, there were just a few girls," Chris said. "Now there are professional groups for women. The biggest way to get paid is through sponsors, and with some larger companies like Red Bull, there are more women doing this professionally."

"Even though Taylor is 12, she races mostly boys," mom Shannon Samples said. "Age-wise she can fit in the girl's class, but size-wise she can't ride the bigger bike yet." The girls have learned their style and technique from their coach, who also happens to be their father. Chris coaches serious male motocross racers at a national level for a living. Training for both girls consists of going out to their land, which has been converted into a track in Maypearl, and practicing their technique and speed.

Even though she was young when she started, Taylor feels as though she is playing catch-up with the more advanced girls a few years older than she is. In two years, Taylor will have to move up classes and ride a bigger bike. When that happens, she will begin concentrating on building her strength by lifting weights and running. "We have had them train with pro riders like Elizabeth Bash, who is Cami's favorite female rider," Shannon said. "They are learning the proper techniques and how to ride safely. Safety is very important to us, and they are always wearing protective gear."

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to qualify for the Loretta Lynn Amateur National Motocross Championship the first week of August at the Loretta Lynn Ranch in Hurricane Mills, Tennessee. After Cami placed in the top 20 against the best guys in the nation, her parents got her a puppy. Ryder is a Jack Russell Terrier puppy and goes to almost every race with Cami. Taylor's attempt to qualify for the race was a personal trial. "I tried to qualify for the Loretta race this year," Taylor said. "I was one spot away from getting it. Next year I will go."

"She had a very severe arm injury that prevented her from going," Chris explained. "When her arm broke it was up high and hit some nerves. It has taken her a while to come back from that. After being out for almost a year, she came back and started having to ride a bigger bike against girls who are already driving cars."

With their busy racing and traveling schedules, going to public school would be very difficult. Neither Taylor nor Cami attend public school, but that was not a decision made based on racing and happened several years before either girl got interested in motocross. After second grade, Taylor was enrolled in BrainTrain, where she attends classes twice a week. Cami has always had a personal tutor and never went to public school.

Even though Taylor and Cami devote a lot of time to racing, their parents make sure that it is not the only thing they do. They love riding bikes and skateboarding, have taken gymnastics and are always playing with the neighborhood children. Taylor enjoys video games and technology. Through racing she has made many friends in other states, and she uses

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Skype to keep in contact with them. She is even teaching her dad how to use it.

The Sample family has a very active and busy lifestyle. The key for them is finding a nice balance between life and family time. It helps that they view motocross as a family event. While Chris coaches and maintains the bikes, Shannon is the family cheerleader. One of the girls' cousins also races. Grandparents, aunts and uncles are at every event. When a motocross race takes them across the country, they pack up the motor home and make it a family vacation. They have been to Disney World so many times they no longer need a map to get there.

Going "pro" is a dream the sisters share. If the actual racing dream does not come true, Chris and Shannon are not too worried about their daughters' futures. There are limitless opportunities within the motocross industry with the experience they are gaining. "They might have a choice in motocross, but when it comes to college there are no questions," Shannon said. "Both of them will go to college. Their education is important because you never know what's going to happen or what injury will result from riding."

The Sample sisters both love winning and almost always do. They are training for the long run and will be setting the bar high for future female racers. "The boys don't like it when the girls beat them," Chris said. "They've gotten used to it by now. We're not having them race against the boys just to say they beat them. We want them to train hard and be the best they can be. They chose to race, and we want to help them succeed." **NOW**



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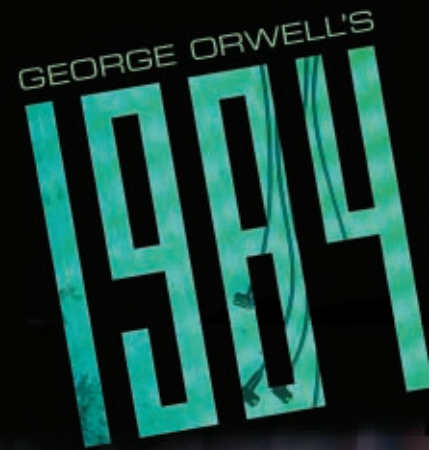
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Done Right the First Time

Don Garrett of 1st Choice Doors and Windows will take care of your doors and windows professionally and correctly.

— By Betty Tryon

Replacing a door or window may seem to be a simple task, but it only takes a few minutes of trying to install or repair one to realize the job is more complicated than it looks. Correcting what others do wrong with the installation is how Don Garrett of 1st Choice Doors and Windows became so proficient in his field of work. “When I started working in the window business in 1982, occasionally we would have a problem out in the field, and I was elected to go fix it. I learned how to install windows wrong before I learned how to install them right. I say that because when I got to the work site, the windows would be installed incorrectly, and I would have to correct it. I didn’t want to leave the customer with a problem.

“I got real popular that way,” he smiled. “That’s basically how

I learned how to install windows. A lot is involved in doors and windows, and a lot of people don’t understand that. The first thing for my business is to get it done right the first time. I just make sure I don’t have problems where I have to go back.”

In the business of doors and windows, much of the time the work is seasonal. “Sunscreens are more of a summertime sell. With windows, everyone wants to get it done before winter or before summer,” he stated.

His wife, Cathy, laughed, “They want it before it gets hot or before it gets cold!” Using insulated glass helps with temperature control during the changing of the seasons. Before the appearance of insulated glass on the market, it was relatively easy to replace windows. Things are different now. “You can’t go to Home

Depot to buy insulated glass,” Don explained. “It has to be ordered to custom size from a manufacturing facility that only sells wholesale. They would not take a homeowner’s phone call.”

Don stands ready to assist the customer however they need it. He can give an approximate quote over the phone if the customer can provide him the information of the size and the age of the window or house. “Over the past 10 years, there have been a lot of different types of insulated glass. Low E (low emissivity) is a metal-coated glass that reflects heat back toward its source. So, if the heat is generated inside, it reflects back inside. There are about five different exotic metals that they can coat the glass with. They have found the best metal

Using insulated glass helps with temperature control during the changing of the seasons.

for this area is silver. Now they are using silver-coated glass that meets the codes for the Energy Star Rating.”

Don and Cathy are happy to have a business here in Midlothian. This is home to them. “I’ve been in the Midlothian area a long time. I’ve lived here since 1965 and graduated from here. I’ve been around the world, and I came back home. I don’t plan on going anywhere else. I give good service and do a good job,” he stated.

Cathy agreed saying, “I don’t think there are many people with 28 years of experience in manufacturing and installation and 14 years of being in business. We get a lot of repeat business from commercial and residential.” That is a measure of whether a business is successful or not.

“I am sure to do a good job for you the first time,” Don reiterated. **NOW**

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Crystal Harris holds her five-day-old baby, Elijah.



Top-selling students from Baxter Elementary's fundraiser attend a Big Kahuna party.



Marcus M. put a bar of soap in the microwave as an experiment and shares the results with Mrs. Embry, principal of J.R. Irvin.



Longbranch Kindergarten acted out The Mitten to practice sequencing.



Baxter third-graders have fun looking through the telescope and studying the solar system.



Kelly Pacleb, Mike Marshall, Cari Nix, Betty Tryon, John Pearson and Roger Oliver participate in the Education Foundation's thank you breakfast for Longbranch Elementary teachers, which was donated by Atmos Energy.



Gabriel Fraide gets ready to take a shot.



Tom Lepper makes his next move in dominoes.



Shelby enjoys a walk with her owner, Wayne.



JAV first-graders learn to make snowflakes as they study science.



Mrs. Williams, MISD School Board Trustee, visits second-graders at LaRue Miller.



Gerdau Ameristeel presents a check to the United Way West Ellis County.



The Midlothian Chamber of Commerce welcomes Juice Plus+ Vivienne Kamp with a ribbon cutting ceremony.



Why is it important to know your family medical history?

As you gathered with your family over the holiday, did you think it might be a good opportunity to learn more about family health information? The easiest way to get information about family medical history is to talk to relatives about their health. And family gatherings may be a good way to begin.

A family medical history is a record of health information about a person and his or her close relatives. A complete record includes information from three generations of relatives, including children, brothers and sisters, parents, aunts and uncles, nieces and nephews, grandparents and cousins.

Families have many factors in common, including their genes, environment and lifestyle. Together, these factors can give clues to medical conditions that may run in a family. By noticing patterns of disorders among relatives, health care professionals can determine whether an individual, other family members or future generations may be at an increased risk of developing a particular condition.

A family medical history can identify people with a higher-than-usual chance of having common disorders, such as heart disease, high blood pressure, stroke, certain cancers and diabetes. These complex disorders are influenced by a combination of genetic factors, environmental conditions and lifestyle choices. A family history can also provide information about the risk of rarer conditions caused by mutations in a single gene, such as cystic fibrosis and sickle cell anemia.

Knowing one's family medical history allows a person to take steps to reduce his or her risk. For people at an increased risk of certain cancers, health care professionals may recommend more

frequent screening (such as mammography or colonoscopy) starting at an earlier age. Health care providers may also encourage regular checkups or testing for people with a medical condition that runs in their family. Additionally, lifestyle changes such as adopting a healthier diet, getting regular exercise and quitting smoking help many people lower their chances of developing heart disease and other common illnesses.

An easy way to begin gathering information about family medical history is to talk to relatives privately at family gatherings. Have they had any medical problems, and when did they occur? Additionally, obtaining medical records and other documents (such as obituaries and death certificates) can help complete a family medical history. It is important to keep this information up-to-date and to share it with a health care professional regularly.

Although the task may seem daunting, there are tools available to help you. The Surgeon General's Web-based tool helps users organize family history information and then share with their health care provider. In addition, the tool helps users save their family history information to their own computer and even share family history information with other family members. Access the My Family Health Portrait Web tool at <https://familyhistory.hhs.gov/>. **NOW**

Source: www.hhs.gov.

Contributed by Baylor Medical Center at Waxahachie. For more information, call 1-800-4BAYLOR.



February Is Rose Time

— By *Nancy Fenton*

Think of Valentine's Day, and getting roses for a special friend comes to mind. Roses are a sentimental favorite as well as a beautiful flower. A garden full of roses is truly a thing of beauty. You can have a rose garden that will grow, bloom and possibly outlive you, if you plan a bit and do the proper preparation. Ninety-nine percent of roses adore full sun, so when planning, look for a well-drained, sunny spot away from walls and fences. If the spot is not as well-drained as you would like, build it up. Compost and expanded shale will help, as will a soil test if you have not had one on the bed area in a while.

EarthKind roses have been tested all over the nation and found to be sturdy, as well as beautiful. Knock Out, one of the first EarthKind roses, has been cultivated to include pink, yellow, rainbow and blushing white varieties. Plan your color scheme and look around. Hybrids can be great roses, but they usually bloom only once a year whereas EarthKind roses bloom all

season. An attractive bed could include Sea Foam roses crawling over the edges and then a bed built with varying sizes and colors. With the white edging, an apricot yellow small shrub like Perle d'Or or a lilac pink one like Caldwell Pink would begin to show off the multi-color beauty. Depending on the size of the bed, medium and large roses of many colors can be added. They all require sun, careful watering and mulching.

Turn your lawn sprinklers away or off, and go to drip- or hand-watering for this bed.

EarthKind roses can be found at local nurseries. Buy small and leave extra room between plants for the air to get through after they mature. Damp leaves and poor air circulation are the primary causes of black spot and other rose diseases.

Any roses already in your beds should be cut back now. Any canes that cross should be evaluated and one of them cut severely. My two roses that struggle in the shade are cut back to 6-inch canes and come on like gangbusters until the trees leaf out!

For a brochure on EarthKind roses and hints for growing, call the AgriLife office at (972) 825-5175. **NOW**

Nancy Fenton is a Master Gardener.

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February 3

Midlothian Soccer Association 2011 registration: 6:00-8:00 p.m., Life Church. Late walk-in registration for youth soccer. You may also register online at the Midlothian Soccer Association Web site: www.midlothiansoccer.org.

February 3-27

African American Repertory Theater presents *Flyin' West* by Pearl Cleage at The Corner Theater, 211 E. Pleasant Run Rd., DeSoto. Preview: Feb. 3: 7:30 p.m.; \$10. Fridays and Saturdays: 7:30 p.m.: \$20. Saturday and Sunday: 2:30 p.m.: \$15. (972) 572-0998 or www.aareptheater.com.

February 10

Baylor Medical Center of Waxahachie joint replacement seminar: Registration: 6:15 p.m. Program: 6:30 p.m., Midlothian Conference Center, 1 Community Circle, Midlothian. Light dinner will be served. To register for this seminar, please visit www.BaylorHealth.com/WaxOrtho or call 1-800-4Baylor.

February 10-12 and 17-19

Duncanville Community Theatre presents *Mary, Mary*, a story of unlikely and reluctant love. For more information, (972) 780-5707 or e-mail boxoffice@dctheatre.org.

February 12

Midlothian Eastern Star Chili Cook-off at the Midlothian Civic Center. Entry Fee: \$10. Minimum of five-quart Crock-Pot of prepared chili for judging required and must be on-site by 10:45 a.m. Categories for judging will be "Taste" and "Heat." RSVP by Feb. 7 with entry fee. Bowls of chili and fixings will be \$5 for adults and \$3 for children. Serving from 11:00 a.m.-3:00 p.m. All proceeds support OES Scholarship Fund for Midlothian High School, USO Troop Fund and additional community needs.

"Share the Love" Gala: 6:00 p.m., Waxahachie Civic Center. Dinner, dancing, wine, roses, chocolate and shopping will be available at this dinner and auction benefiting CASA of Ellis County. \$50 per person. For more information, contact Rhodie Rawls at (972) 937-1455 or e-mail rlrawls@sbcglobal.net.

Ellis County SPCA Volunteer Orientation: Noon, Ellis County SPCA 2570 FM 878, Waxahachie. Event to welcome new

volunteers and keep all volunteers better connected to the organization. For more information, e-mail spcaevents@gmail.com.

February 14

Valentine's ABWA Women's Self-defense and Yoga Class: 6:00-8:00 p.m., Midlothian Conference Center. Enjoy an interactive and essential informative hour with Superkicks master instructor Wade Buie, 2nd degree black belt, owner of Buie's Superkicks Karate. Complete your evening with deep yoga postures, breathing and relaxation techniques through yoga with Lisa Ware, registered yoga teacher and owner of Dynamic Yoga and Fitness Studio by Yoga 4 Love. Don't miss out on this community event!

February 15

Deadline for entries in the Master Gardener Photo Contest. Entry categories include "single specimen" and "in the garden." Think about vegetables, summer gardens and fall and winter when taking pictures. There is no cost and individuals may enter as many as five photos. Prizes will be awarded. Enter online at www.ecmga.com.

February 22-24

Midlothian High School Choir Presents "Midlothian's Got Talent" auditions. Are you in the Midlothian ISD? Do you have talent? Do you want to show it off? Go to www.midlotalentshow.blogspot.com to download an entry form. Entry fee: sell 6 tickets or \$30. Performance time is three minutes. Rehearsals will be held on March 4, 2011 at 5:00 p.m. Talent show is March 5 at 6:00 p.m. at the MHS Auditorium.

February 23

African Children's Choir performance: 7:00 p.m., The Lighthouse Church, 1400 N. 9th St. The goal of the African Children's Choir is to change Africa's future by providing education and hope for today's children. For more information, call (972) 723-6197.

February 25

"A Night at the Canteen": 6:00-8:00 p.m., Texas Motorplex, located between Waxahachie and Ennis. A happy hour and swing dance lesson for "early bird" ticket holders and larger sponsors of next month's Fabulous Forties Fling, a gala dinner and dance open to anyone from the public who wishes to support Meals On Wheels of Johnson and Ellis

Counties. For reservations, contact the Meals On Wheels office at (817) 558-2840 or (972) 351-9943 or online at www.servingthechildrenofyesterday.org.

March 4

Empowering Seniors and Caregivers Conference: 8:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church, 380 Northwest Tarrant Ave., Burleson, TX 76028. This annual conference is hosted by Meals On Wheels of Johnson and Ellis Counties (MOWJEC), which is a community benefit organization serving the homebound elderly and disabled residents throughout Johnson and Ellis counties for 33 years. Because a meal will be served, please RSVP and get more information by calling (817) 558-2840 or downloading an RSVP form from www.servingthechildrenofyesterday.org.

Ongoing:

First and Fourth Mondays

School Board meeting: 6:30 p.m.

Fourth Mondays

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

First Tuesdays

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

Third Wednesday

The Ellis County Christian Women's Connection monthly luncheon: 11:30 a.m.-1:00 p.m. at the Waxahachie Country Club, located at 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost is \$13.00, inclusive. Reservations are preferred. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmestep@yahoo.com.

Thursdays

Open mike night at Lighthouse Coffee Bar: Sign up at 6:30 p.m. Start time: 7:00 p.m. Anyone can come and play as long as it is family-friendly.

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



In The Kitchen With Donna Sellers

— By Adam Walker

Donna Sellers started cooking as a young teen, watching her grandparents cook. She follows Gordon Ramsey's advice to keep it simple and use fresh ingredients. Her family heritage is a major influence on her cooking. "I learned to cook Middle Eastern foods from my grandfather, who came to America from Syria," Donna said, "and Cajun cooking and seafood preparation from my mother-in-law, who learned ageless recipes from the Cajun women along the bayous of Southern Louisiana." She has inherited recipes from both of her grandparents and her mother-in-law, but also created several recipes for her catering business. "I have always loved to cook, plan parties and bring people together," she confessed. Her second love, after her family, is theater. She also sings in her church choir. **NOW**

Bourbon-Glazed Salmon

- 1 cup brown sugar
- 6 Tbsp. Kentucky bourbon
- 1/4 cup soy sauce
- 2 Tbsp. lime juice
- 2 Tbsp. grated fresh ginger
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 cloves garlic, crushed
- 8 6-oz. salmon fillets
- 4 tsp. sesame seeds
- 1/2 cup thinly sliced green onions

1. Combine first eight ingredients in large Ziploc bag, seal and shake to mix.
2. Add salmon to bag and place in refrigerator for minimum of 30 minutes, turning once.
3. Remove from Ziploc and discard marinade.
4. Preheat broiler. Place fillets on broiler pan coated with cooking spray and place under broiler for 11 minutes, or until fillet flakes easily when tested with fork.
5. Sprinkle fillets with sesame seeds and green onions.

6. Serve with crescent rolls and Caesar salad for a light, heart-healthy meal that is tasty and filling. Serves 8.

Quick and Easy Cajun Jambalaya

- 1 large onion, chopped
- 4 cloves minced garlic
- 1 bell pepper, chopped
- 4 stalks celery, chopped
- 1 box wild rice
- 2 cups par-boiled rice
- 1/2 cup cooking oil
- 1 lb. smoked sausage (andouille, if you can find it at your local grocers)
- 1 Tbsp. Tony Chachere's Original Creole Seasoning
- Salt and pepper, to taste

1. Wash all vegetables thoroughly.
2. Pour both kinds of rice together in a saucepan and follow directions on box. Do not add extra water.
3. In another pan, add oil and sauté all vegetables together until tender.

4. Add sausage, cooked rice, Cajun seasoning, salt and pepper and continue cooking for 15-20 minutes to infuse all the different seasonings. Serves 4-6.

Rolled Grape Leaves

This is a traditional Syrian side dish, and my grandfather's recipe.

- 2 lbs. extra-lean ground beef
- 1 lb. rice
- 1 Tbsp. allspice
- 2 tsp. salt
- 1 tsp. pepper
- 16-oz. jar grape leaves

1. Place meat, rice and spices in a bowl and mix together thoroughly with hands.
2. Spread out single grape leaf on cutting board with stem pointing toward you. Cut and remove stem at beginning of leaf.
3. Place walnut-sized portion of mixture at center of leaf and flatten. Fold in both ends of leaf, and roll from bottom to top until it resembles a short, green cigar. Place in bottom of 4-qt. pot. Repeat until all mixture is used.
4. Flatten out any remaining grape leaves and place on top of the finished rolls. Fill pot with water to top of grape leaves and place a dessert plate inside the pot on top of grape leaves.
5. Cook on medium heat for approximately 40 minutes, testing one of the grape leaves to make sure the rice is cooked and not hard. Serves 15 as side dish or 8 as main dish.

Breakfast Coffee Cake

- 1 pkg. yellow cake mix
- 3 eggs
- 1/3 cup cooking oil
- 1 1/3 cups cooled coffee
- 1 cup brown sugar
- 2 tsp. cinnamon
- 1/2 cup coconut
- 1/2 cup walnut pieces

1. Preheat oven to 350 F.
2. Beat cake mix with eggs, oil and coffee in large bowl with electric mixer on medium speed, until blended.
3. Pour mixture evenly into 9 x 13-inch pan sprayed with cooking spray.
4. Mix brown sugar and cinnamon in a medium bowl. Stir in coconut and walnuts and sprinkle evenly over cake batter.
5. Bake approximately 30 minutes, or until toothpick inserted in center of mixture comes out clean. Serves 12-15.



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Custom home with open floor plan, beautiful upgrades including wood floors and an upstairs game room that is a 4th bedroom or media room. Beautiful lot with lots of trees and close up views of the pond.



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Join us for a free Joint Replacement Seminar

When: Thursday, February 10, 2011
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Where: Midlothian Conference Center
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Midlothian, Texas 76065

To register for the joint replacement seminar visit

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or call **1.800.4BAYLOR**.



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