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*The Garcia family gathers to welcome others to their home.*

*Photo by Amy Dishman.*

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## Editor's Note

*Hello, Midlothian!*

Snapping my seatbelt closed, I settled down for the flight back to Texas. I was wishing my daughter had delivered her baby during my visit, when my cell rang. It was my son-in-law saying I needed to get off the plane. He was at the obstetrician's office with Lauren for her regular visit. Noting a concern with the pregnancy, a delivery was necessary. Thrown into an emotional frenzy, I left the plane

to a chorus of congratulations and smiles from fellow passengers.

Over 30 hours later, I was able to witness the birth of my first grandchild! I have never been more proud of my daughter, who in great distress, managed to say thank you every time someone assisted her and her husband, Keenan, who was the epitome of love and patience. Howard and I and Keenan's parents, Aubrey and Diane Smith, are so grateful to announce this little bundle of love — Kaidence Love Robinson.

*Betty*

Betty Tryon  
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# Redneck BARBECUE

— By Debbie Durling



*When entering the home of Raymond and Dotti Holman, the tantalizing aroma of barbecue beckons the taste buds to indulge in meat so tender it brings new meaning to the words “melt in your mouth.” Entering about seven competitions a year, the Holmans have mastered the art of barbecuing. It all started when Raymond’s nephew, Chad Dennis, helped him build a pit he could pull behind his motorcycle. “I didn’t know much about barbecue then, just how to cook a brisket,” Raymond recalled. They lost this first pit when the pin came out as they were driving down the road. Before they could get it towed, it was stolen.*





Raymond then decided to build his own barbecue pit. He now pulls his new pit behind his truck to wherever there's a catering event or competition. On this pit, he and Dotti began experimenting with various kinds of meats. Dotti developed her own, unique barbecue rub. Each competition has helped them strive to perfect the taste and tenderness of their meat. "We've met a lot of good cooks," Raymond recalled. "A man who was Top Nine in the State of Texas gave us some great tips because he was so impressed with Dotti's sauce and rub."

They named their business and pit Redneck BBQ after a favorite song of theirs by Blake Shelton, "Boys 'Round Here," which highlights being a redneck. Many times while at competitions, the pair will refer to themselves "as rednecking it."

Spending hours at each competition is commonplace because the meat has to be cooked from start to finish on the property where the event is being held. Raymond and Dotti bring their trailer, so they can stay by the cooker for long periods of time. "One time, a man who had won many competitions seemed to get upset with us when we won the competition," she remembered, referring to the fact that he came in a large rig and had a costly cooker, while they were competing with a self-built, less expensive cooker. The Holmans' grandkids were present and accounted for when they won the competition. It was a great time with family.

Raymond and Dotti are members of the International Barbecue Cookers Association, where they pay annual dues. They have competed in events from Arlington, Texas, to Durant, Oklahoma. They try to average about one competition a month. They placed third in the first competition where they had a big win. Needless to say, it was quite an award considering the level of competition that was around them. They hope to one day compete at the national level in Las Vegas. They have won monetary awards, as well as ribbons and plaques. Their home is a testament to the awards they've won and includes a beautiful cutting board.

"Competitions are very strict," Dotti said. First, the meat has to be brought to entry where it is inspected. Nothing can be done to the meat until it has been onsite. Entrance fees must be paid, and then each contestant is given the exact time to turn in their cooked entry along with three Styrofoam take-out trays with a ticket taped to the side. There can be no name on the outside. When it's time to turn in the barbecue, the size of each entry must be exact so every entry looks the same. No sauce can drip or be in the tray, it can only be on the meat. "This way, the barbecue is judged strictly by flavor and tenderness, not by the various ways it can be dressed," Dotti added.

One of the key ways to make sure meat is tender is to use a thermometer. Raymond and Dotti took a class on food



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safety, and from that class, they learned the correct temperature to cook all kinds of meats. "A lot of people overcook their meat, which makes it tough," she shared. "With a thermometer, you can tell when it has reached the correct temp without guessing."

One of Raymond's key elements to good brisket is to "wet age" it. To wet age means to leave the meat in a fridge below 40 F until it turns a little brown on the edges. "Of course, you must keep the temperature just right, or the meat would not be edible after 30 days," Raymond instructed. "Most of the top steak restaurants have that delicious, tender meat because they allow their meat to wet age." This is also why it may be so expensive.

They have competed by cooking chicken, pork spare ribs, brisket and beans. "We would like to begin cooking



steaks for competition in the future,” Raymond stated.

One of the most interesting creations Dotti has made is her smoked brownies. She actually cooks brownies on the pit. “They have a delicious, sweet, smoked flavor,” Dotti said. Her brownies have become a traditional feature of their competition life.



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Their granddaughters are following in the tradition. Both Brooklyn and London competed in the Mesquite Rodeo cook-off and placed fifth in the state. Jocelyn, just 8 years old, won first place in the IBCA competition at Traders' Village.



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Before recently moving to Midlothian, the Holmans lived one block from AT&T Stadium in Arlington. Raymond and Dotti would cook barbecue in their front yard. People who would park out and away from the stadium would stop and purchase the barbecue. They remember it being exciting to meet new people and see them enjoying the food. They even cooked deer meat outside the Super Bowl.

“Every competition we have entered has sponsored a cause or charity,” Dotti said. “The proceeds from the competitions we have entered have gone to causes such as veterans and children, and we participated in the Cops 4 Kids Cook-off.”

While Raymond works outside the home managing a transmission shop in Ft. Worth, Dotti is a homemaker and spends part of her time volunteering at Manna House, Midlothian Healthcare Center and at their church. They not only compete in cook-offs, they give back. Raymond and Dotti may call themselves “redneck,” but they are also “sweet country.” Their hospitality brings a special warmth to the delicious food they prepare. Friends and neighbors love it when they compete because they bring the food home and share it.

“I want my cookin’ to be the best every time I cook it,” Raymond confessed. They have already entered their first competition for 2016. It will be in Ft. Worth later this month. They have a dream of one day opening a restaurant where their “art of cooking” can be shared with many. **NOW**



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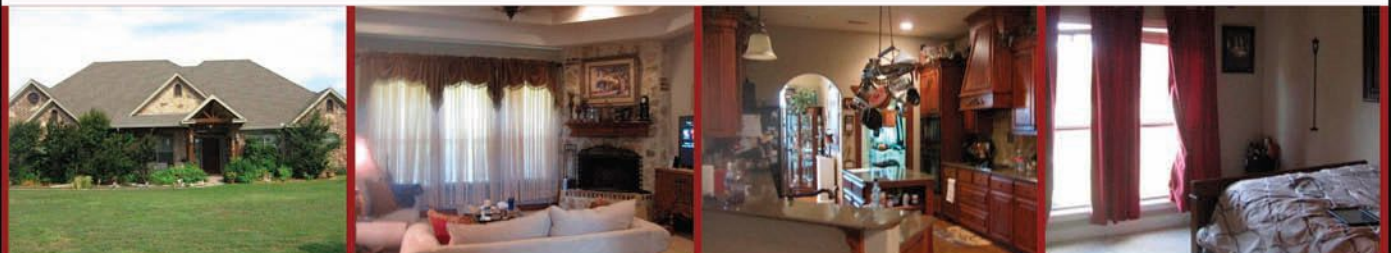
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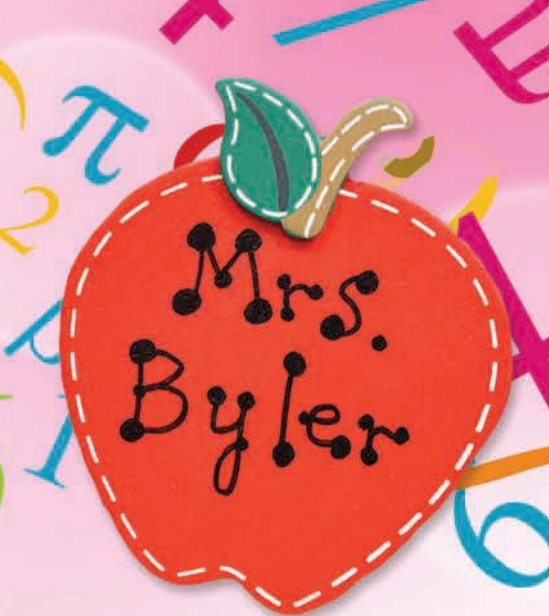
— By Mira Rollins

*When Rhonda Byler decided to change her profession to education, she was unaware that she was also changing her life. For the past 20 years, Rhonda has experienced joy she never imagined from teaching.*

As a young adult, Rhonda was convinced she would work in the agriculture industry. She was raised on a farm in Thorndale, Texas, near Austin. Everything about farming and agriculture came naturally. After completing high school (in a graduating class of 38), Rhonda left the farm to study at Texas A&M University. Exploring several majors including biochemistry and other programs within the department of agriculture, she landed on a bachelor's degree in entomology. "I became my dad's private consultant on the farm. He would send me out to check the crops for insect infestations," she remembered. "I would determine if Daddy needed to spend the time and money on spraying insecticides."

Rhonda did not continue to pursue this career, as life took an exciting turn. Soon after completing college, she started a family. Her sons, Joseph and Justin, were born, and she happily made the decision to be a stay-at-home mom. She was heavily involved in her sons' schools in many volunteer capacities. When her youngest son started kindergarten and she wanted to return to work, the decision to begin substitute teaching was an obvious transition for her.





Not only was she beginning to realize how much she enjoyed teaching, many others around her took note as well. Dolores McClatchey, a 46-year Texas public school educator and administrator, was one who noticed the exceptional job Rhonda was doing with the students. Dolores encouraged Rhonda to pursue her alternative certification license. "Next year, Midlothian is opening a school named after Dolores. It's an honor to know my teaching career was influenced by her," Rhonda said.

After obtaining her certification, Rhonda elected to teach special education. For 12 years, she specialized in working with children who needed customized learning strategies to most effectively learn. Reflecting on her days as a resource teacher she recounted, "It was very challenging work, but so rewarding. To see the look in one of my student's eyes when they finally 'got it' was awesome. Their whole demeanor changed. They would literally sit up taller and instantly become more confident in themselves."

Though she loved special education, over the past eight years, Rhonda has found her teaching happy place. "I love math," she said, almost blushing. "Some people read to unwind, but I do puzzles or something with numbers. To teach children math is one of my life's joys. I am passionate about making kids passionate about math, too."

She also expressed the joy of having found her age niche — fifth-graders. "They are just starting to come into their own," she said with a smile. "Their hormones are starting to kick in. They

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are just fun. Most importantly, this is the age when they first start to look toward their future. I am thrilled to be a part of that."

Rhonda's influence in the lives of her students extends far beyond the classroom. "I love to watch my kids perform their extracurricular activities. On evenings and weekends I love surprising them. I have been to swim meets, choir performances, rodeo competitions, agriculture shows,





football games, baseball games, softball games, soccer games, basketball games and cheerleader performances,” she explained. Running out of fingers to count, she ended the list and shared why she makes these events a priority. “When they walk in my classroom, I want them to know that I care, that I am interested and that I believe in them,” she admitted. “They are not just my students, they are my kids.”

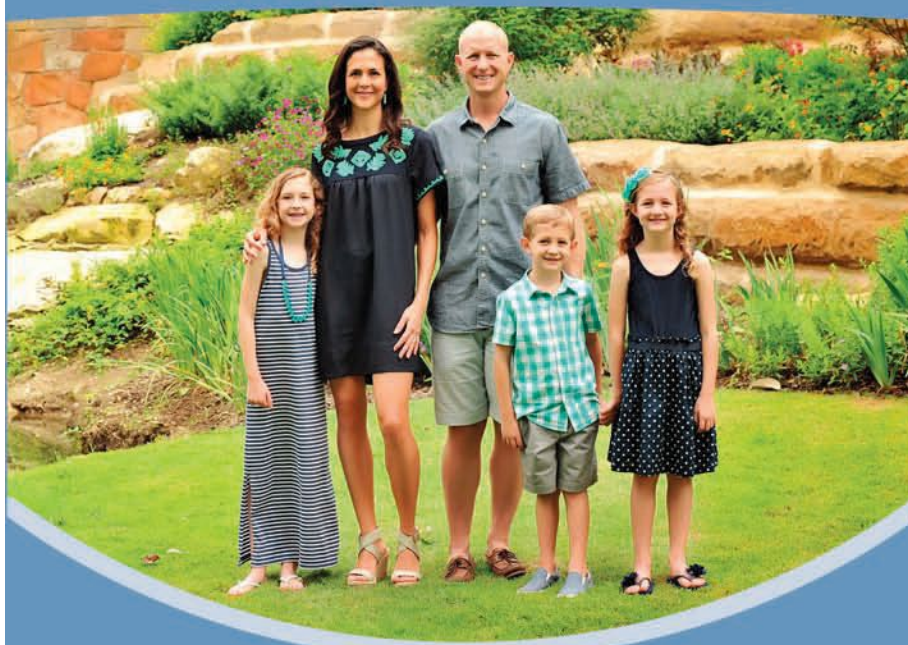
Not only does she consider her students family, but she also views her fellow teachers as part of her extended family, as well. Ten of her 20 years teaching have been at Baxter Elementary. “We are a tight-knit circle of friends,” she said with affection. “We care about each other and each other’s families. We pray with each other. It’s truly a family atmosphere. When you walk in the school, you can feel it.”

The joys of teaching overflowed from Rhonda in rapid-fire fashion. However, when asked to discuss a teaching challenge, it took her a little while to dig one up. After a little thought, she confessed that keeping up with technological advancements has not been easy for her. “Kids are moving toward technology faster than I am. I’m getting better, but it can be a challenge to come up with techniques that utilize technology into my teaching strategy.” She went on to express her resolve to prioritize the use of technology to ensure she uses the most relevant and effective strategies.

When discussing her greatest influence to become a teacher, she named her



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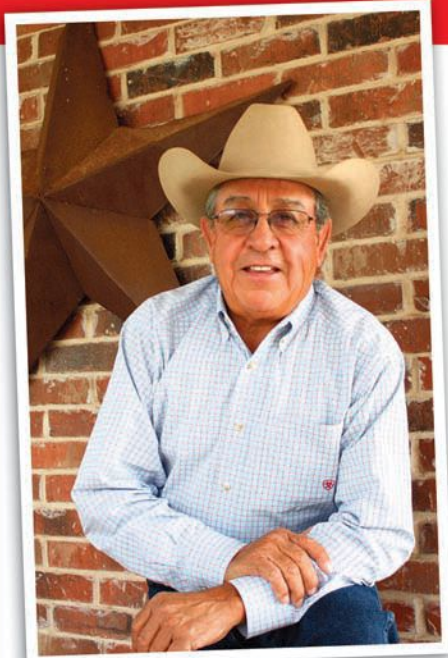
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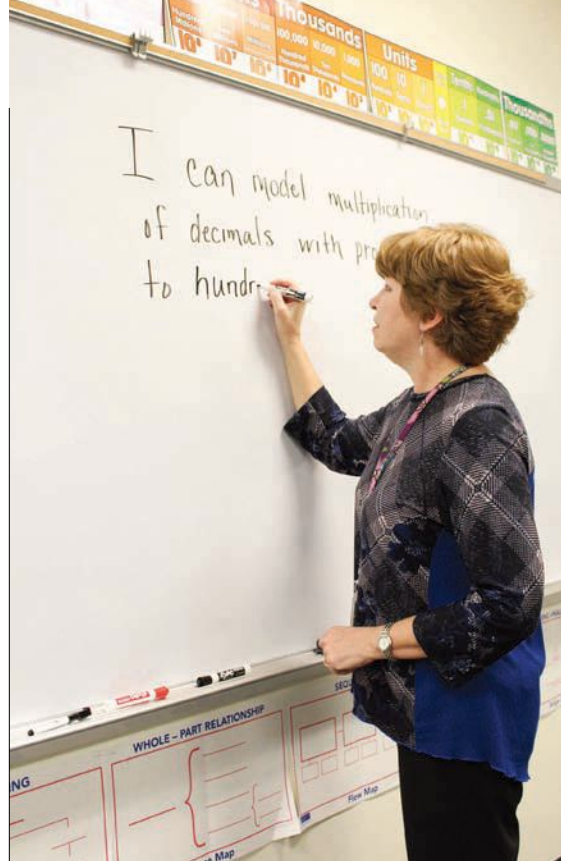
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high school science teacher, Linda Culp. "I loved her classes. She made learning fun," she shared. "We never knew what was going to happen from day to day. I hope my kids have that same feeling. I've had my students ice skate in the hall in their socks while learning a new decimal concept. I try to go back and think of the things Mrs. Culp did. All these years later, I still think about those classes."

During her time away from work, Rhonda bashfully admitted she is likely thinking about school. "I can't turn it off. At night, I lay awake thinking of what I could have done better that day. During Christmas break, I am thinking of what I am going to do different for the second semester."

She readily admitted to having three other loves in her life — her husband and two children. "I have never been

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happier,” she proclaimed. Her life is at a wonderful intersection where the trifecta of her career, children and husband collide.

Since remarrying 18 years ago to James Byler, she has become a self-proclaimed “biker chick.” She more affectionately refers to herself as “the princess on the back of the bike.” “I don’t drive,” she stated. “I sit on the back and usually nap.” She fondly described rides with James varying from long trips outside Texas to short trips to the Midlothian football stadium. “I get a kick out of seeing the kids react to seeing me get off the motorcycle.”

Rhonda has achieved one of life’s great conquests — contentment. This allows her to provide a comfort and confidence to students and parents. Her love and commitment to teaching and inspiring students is evident and overflowing. Teaching for Rhonda is clearly more than a profession. It’s a personal passion. **NOW**

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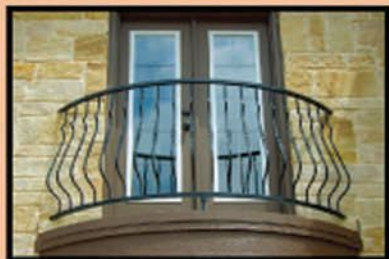
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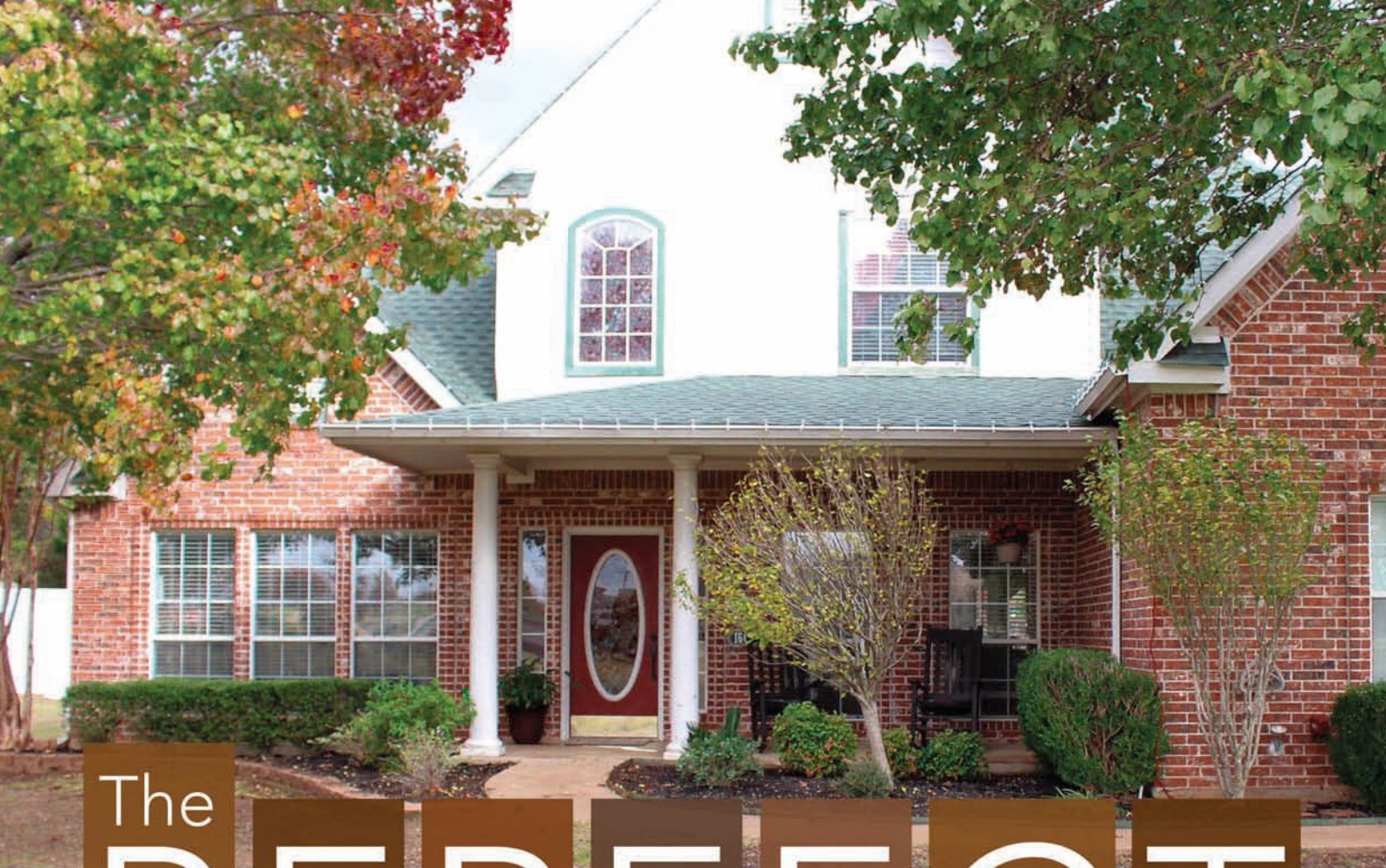
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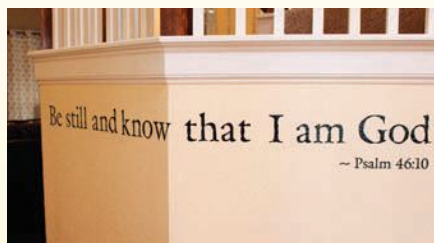
# The PERFECT House

— By Zachary R. Urquhart

## At Home With Andrew and Shelbi Garcia

*Andrew Garcia grew up in Robstown, a small town just outside of Corpus Christi. “It’s the kind of place where everyone knows each other,” he described. After high school, he studied kinesiology at Texas A&M University-Corpus Christi, which prepared him for a career in education. He spent a few years working for Sprint before being hired in Red Oak. He has spent the last seven years coaching football and teaching health in DeSoto.*





Shelbi grew up here, graduating from Midlothian High School in 2000. She also went to Texas A&M University-Corpus Christi, where she earned a degree in psychology. She was a social worker, and she still does home studies as a private contractor part time. Andrew and Shelbi met during their college years. "His fraternity and my sorority were close, so we were always hanging out," she explained. After several months, Andrew finally asked Shelbi out, and she welcomed the invitation. "I used to tell my friends, 'He's going to make some girl really happy one day,'" she added.



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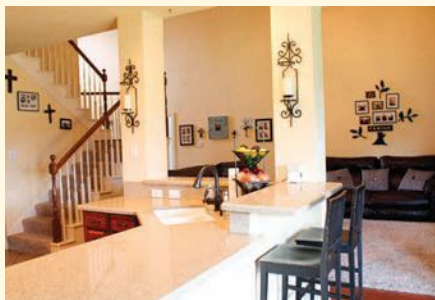
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Andrew and Shelbi were married in 2005 in a place not many people think of when they hear the word *wedding*. “I saw in a magazine that the Ballpark in Arlington did free tours of their private events rooms, so we took a tour,” Andrew said. After seeing how neat a wedding at the Ballpark could be, Andrew and Shelbi decided to get married there. “We aren’t necessarily huge baseball fans, but it was awesome. And for having the wedding there, we got free tickets the whole season,” he shared.

Shelbi has her own special memory from that day. “We went out to the concourse, so I could throw my bouquet,” she explained. “Right as I was throwing it, the Rangers hit a homerun onto the porch

in center field.” After getting married, Andrew and Shelbi lived in Grand Prairie, then they moved in with Shelbi’s parents to save money for a house.

Andrew and Shelbi have four children, and she homeschools the older two. Case is 9 and loves basketball and being outside. “We do math outside because it lets him do his least favorite subject in his favorite place,” she laughed. Alyssa is 6 and loves art and creating clothes. “I taught her how to sew, and she designed an outfit that we are working on,” Shelbi continued.



Four-year-old Amaya loves to perform and enjoys helping others. “My mom works at Heaven’s Attic, and Amaya goes to help there as often as she can,” Shelbi said. Caleb is almost 2, and he is just a happy toddler who loves playing with his siblings.

After a few years of marriage, Andrew and Shelbi bought their first home on 5th Street. “It was a great house,” he recalled. “But the family was growing, so we needed a bigger place.” They found the perfect place, and were blessed to be able to purchase it. “The previous owner needed to get rid of it, and even though it didn’t seem to make sense logistically, God opened doors,” he said.

They had to do several repairs and upgrades, starting with painting. “We did every surface in the entire house,” Shelbi laughed. “In some rooms there was wallpaper all the way to the top peaks of the ceiling.” With a fresh coat of paint, some landscape maintenance and updated fixtures, Andrew and Shelbi moved into what they knew was a house that God provided. After painting, they added Bible verses around the house,

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most prominently on a staircase that serves as the center of the home's floor plan. Shelbi has several favorite rooms, one of which is the school room in the front of the house. "It used to be a music room, and while some of the house needed work, this room was immaculate," Shelbi described. "And the best part is the previous owner didn't want to mess with moving her baby grand piano, so she let us keep it."

The formal dining room is not used frequently, and serves more as an entryway than anything else. "It ends up collecting our stuff more often than not," Andrew detailed. "Our kitchen is our spot. We love to host all sorts of get-togethers. We have family gatherings, the church youth come over, and it's our favorite thing to do." They host a summer bash where they do anything fun for the kids, from water balloons to throwing a pie in the parents' faces. "Last year, our church met here, and we had baptisms in our pool. That was one of the coolest things we've done," he admitted.

The baptisms took place in one of Shelbi's other favorite spots, the backyard. A large, kitchen bay window looks out to an expansive lawn dotted with a playhouse and toys. The pool has a beautiful, natural stone look, and it is used often. "Last summer, we had something all but one weekend," Shelbi recounted. "And the kids are out there all the time during the week."

Back inside, the living room features soft leather furniture. "When we moved

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in, we made a list of the things we wanted to change,” Shelbi said. “Andrew, his dad and my dad have done a lot of it. The last thing we did was update the tile around the fireplace.”

Past the den sits the master bedroom, a bright room decorated with white, highlighted with hints of yellow and gray. A large half-moon window high above the bed gives brightness, symbolic of the joy Andrew and Shelbi exude. The kids’ bedrooms are upstairs, and it is easy to see which room is which. “The girls have a big bed in the pink room,” Shelbi said. “They had their own beds, but Amaya would climb out of the crib to get in bed with Alyssa, so we let them share now.” There are plenty of dress up clothes and styling accessories in their room. Case’s room is blue and gray, with a sports theme on every wall. “Caleb is getting ready to move in, too. That way, we can keep my other favorite spot a guest room,” Shelbi explained.




The guest bedroom is a large, long room with its own bathroom and a bed with Scripture engraved into its headboard. “We have friends and family who stay here enough, so we like to give them their own space,” she remarked. Andrew and Shelbi live a life full of joy and love. The family spends a great deal of time cultivating a remarkable family bond. “I like to say we are intense in a good way about making sure our kids know the value of family,” Shelbi concluded. With a beautiful home great for hosting parties or spending quality family time, it is no surprise that Andrew and Shelbi feel they have been blessed with the perfect home. **NOW**



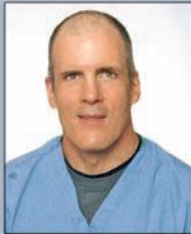
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# Detection Canines

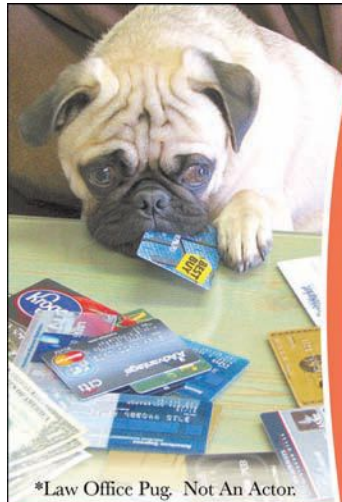
— By Carolyn Wills



*They could easily be a family pet or someone's best buddy. They have names like Moose, Bear, Levi, Tara and Turbo. Someday, when they retire, they will be beloved pets, but for now, these special dogs serve a greater purpose. They are highly trained professionals performing possibly the world's most pertinent, preemptive and protective jobs — bomb and contraband detection. "These wonderful dogs and handlers are the heart of what we do," owner Brenda Hayes shared. "Over the years, we've been blessed with exceptional staff, dogs, clients and, above all, family."*

Brenda and her husband, Matt, started their Interquest Detection Canines of North Texas franchise in 1999. By 2003, they had moved to a larger home with a barn and enough acreage to accommodate kennels, training grounds and an office. Amazingly, they soon discovered their new neighbor happened to be a talented dog trainer. "Her name is Mindy and, for years now, she's trained all of our canines and supervised the handlers," Brenda said. "She's a natural and truly a godsend."

Another blessing in the neighborhood arrived as Brenda stopped to buy lemonade from a group of 8-year-olds. "I asked if they would be interested in helping to keep the kennels clean, and they were overjoyed," she smiled. Ashley Black (one of the little girls) has



\*Law Office Pug. Not An Actor.



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grown up, graduated from high school in 2011 and is now a dog handler. "This sweet young woman works with our most stubborn dogs, as well as the bomb dogs," Brenda said.

Today, Ashley and her Golden Retriever co-worker, Kacy, particularly look forward to visiting Midlothian schools. "Ashley says everyone there, including the staff and students, is consistently interested and so friendly," Brenda said. "It's especially gratifying when a community invests in understanding and teaching about important and often difficult issues."

While Interquest Detection Canines serves all of North Texas, Midlothian is definitely an area of concentration. "It's close to home," Brenda said. "We've worked with the Midlothian Police Department, as well as all of the schools." Their first project with the ISD was in 2001. "Lisa Knight is director of special and federal programs," Brenda explained. "She is responsible for ensuring Midlothian ISD's commitment to the Safe and Drug Free Schools and Communities Program, and she's a joy to work with."

By 2011, Brenda's husband, Matt, was serving his second term as justice of the peace for Precinct 7 in Tarrant County and also teaching justice court clerks for Texas Justice Court Training Center. The time had come for Brenda to take over the business. "I have a master's degree in social work but, at that time, no formal business training so, initially, I was terrified," she said. Prayer, perseverance and innovation allowed her to prevail.

"We're up to 12 dogs now," she smiled. Two are bomb dogs, one a Labrador and the other a Golden

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Retriever, while the remaining 10 are trained in contraband detection.

Detection canines are rare. They have to possess very specific skills and personalities including tolerance and an unflappable passion for work. "Fun for our dogs is when they are working," Brenda said with a smile. "Take a favorite toy, throw it out-of-sight 100 times, and if he/she consistently begins to sniff and wants to fetch, that dog might be a candidate."

Sporting breeds, like Labradors and Golden Retrievers or mixes of such, are generally the most suited but, above all, detection dogs must have a natural drive to retrieve and hunt. Additionally, they need to be people- and dog-friendly, 6 months to 3 years old, weigh 40-80 pounds, comfortable indoors and out and travel well.

"Sometimes a dog needs extra training," Brenda said. Such was the case with Ashley's dog, Kacy, who loved to work but had trouble remaining in her down-stay. "It took work and the help





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of an outside trainer, but Kacy finally understood," she said.

After training, a dog is independently certified as either a contraband or explosives detection canine. "Bomb dogs are trained not to touch anything and only to search for bomb odors," Brenda explained. "Drug dogs might move or touch an item and are taught to sniff out a variety of substances like drugs, alcohol, ammunition, gunpowder and firearms and, importantly, when they detect a trained odor, they must respond passively by sitting."

Each dog is teamed with a handler and actually lives with their handler during the school year. "We work with handlers on an ongoing basis," she said. Not only is it essential for dogs and handlers to relate positively, but it's vitally important for handlers to instill trust and maintain clear communication with clients.

"We've touched well over 150 school districts across the Metroplex," Brenda shared. "Our canines have also cleared and secured areas for many industries and



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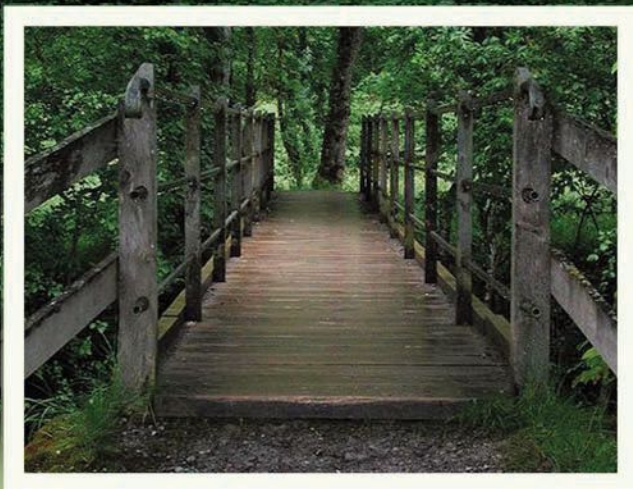


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Junior high and high schools contract for random, periodic contraband searches and/or seek help as needed, and all schools, including and especially elementary campuses, can benefit from demonstrations. “I worked in the field until we got too busy, but I still do demonstrations,” Brenda said. “Community groups as well as kids, are excited to see the dogs. It’s a great opportunity to share the importance of staying away from bad things in school and educating the community.”

Married for 37 years, Brenda and Matt have four children. “Our son, David, is with the Houston Police Department. Kevin just graduated from law school, and Michael works at Starbucks,” she said. “Our daughter, Angela, teaches gifted mathematics at a magnet school in the Houston Independent School District.” Through the years, the family has also welcomed a number of foster children.

“All the kids are grown now,” Brenda shared. “We do, though, have Duchess, our 100-pound Shiloh Shepherd, and Lil Bit, a 4-pound Poodle.” Lil Bit has a tiny couch on a counter in the office where she spends most of her day unless she’s sleeping on top of Duchess.

“The work we do is so important,” Brenda affirmed. She admits that, for her, life is always an act of faith. “I believe God has a plan to help us impact all those who have an active part in what we do,” she said. “He has assembled the most amazing team and, for me, it all boils down to D.O.G. — Depend on God, because he will get you through.” **NOW**

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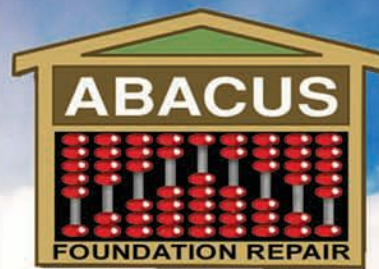
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— By Jo Monroe



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*overwhelmed with choices, and out of frustration, decides to do her own hair. On the day of the wedding, no matter the weather, a bad hair day can show up without an invitation. When everything needs to come together perfectly, having a stylist ready to create your predesigned hairstyle will get all those butterflies flying in order!*

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The wedding location and theme should be taken into serious consideration when selecting the wedding hairstyle. Whether the ceremony is located on the beach, on a bridge, in a field of bluebonnets, in a cathedral or in a cottage chapel, it is essential that you feel complete and comfortable. Whether you walk barefoot in the sand, in heels in the city or in boots in the country, your focus is to look beautiful as you reach your destination at the altar. Theme weddings can require a bit more creative work in order to reflect a time period or a historical event. Whether Victorian, Grecian, Bohemian or traditional, your hairstyle will give you confidence to walk down the aisle, feeling beautiful.

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Bridal hairstyles can be a failure, or they can be a grand success when created well in advance of the date. You need to consider your body and face shape, the gown style and neckline, and last but not least, the texture of your hair and your personality type.

A V-neck wedding gown embellished with the hair pulled up high, will give the face and neck a notably long appearance. If your face is already long, it is best to style your hair in a way that creates fullness at the cheekbones, making your



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face appear rounder. A V-neckline is best for someone with broad shoulders, a full bust and a short neck. If you have a wide, round or square jaw, this style is very flattering.

Depending on how low your neckline is and how high you style your hair, you could look inches taller than the groom — especially when wearing heels. When deciding the height of your hairstyle, take into consideration the neckline, the dress, the shoes and the groom's height.

Off-the-shoulder gowns are often made of lace or chiffon and softly reveal eye-catching shoulders. However, be

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aware this style can widen the appearance of your neck and broaden the look of your jawline. If you are a bride with a square-shaped face, you may already wear your hair in a short, bobbed cut. If your hair length is medium or long, it can be pulled up and away from your face, and this will give the appearance of width at the ears. Creating a soft, wispy style will bring a balance to the strong features. A tiara will create added charm, and with a long veil, your look will be absolutely chic.

If you are a modern bride, you may select the sweetheart neckline because it visually elongates the face and provides an overall proportioned silhouette. This complementary neckline is most preferred by all face shapes and body types. An updo will make you look elegant and feminine. A tiara with pearls placed high with a floor-length veil will make you look enchanting and regal.

A gown with a halter or high neck creates an illusion of a wider neck. This is a flattering style for those with long necks or faces, as well as for small-chested women. Wear your hair down, and keep it soft and tousled. Hair tucked behind one ear and a petite flower or jeweled comb really complete this sophisticated look.

If you are a bride with a heart-shaped face desiring a voluptuously soft and romantic look, wear your hair chin-length and pull it off the face to one side. If you wear your hair longer and flowing to the side with a little fringed bang, you will disguise the broadness of your forehead. Your gown selection should have a scooped neckline, which will elongate a short or thick neck.



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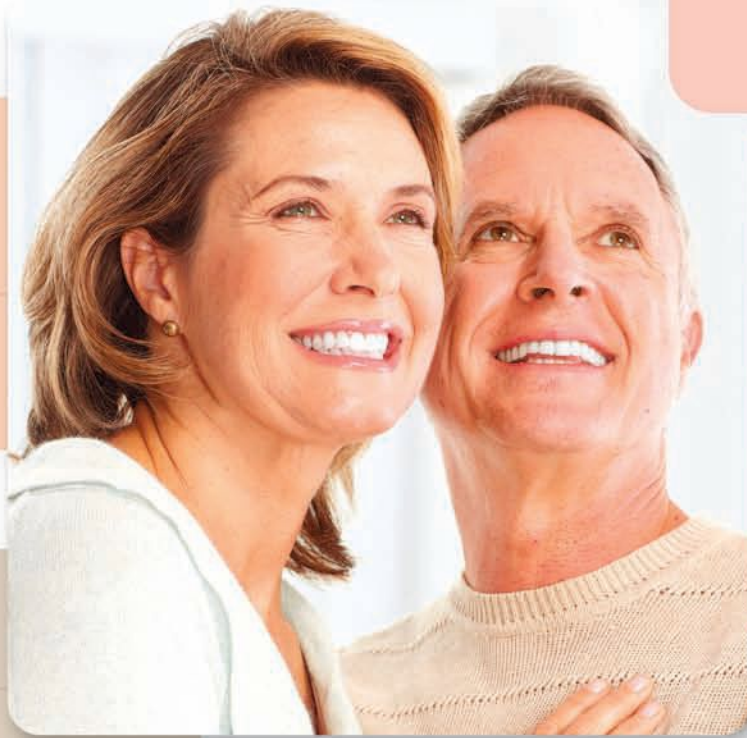
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Strapless necklines, sometimes referred to as tube tops, aren't flattering for most body types. However, on a petite figure, they can create a longer silhouette and neck. If you are a petite bride, don't overdo. Soft fabrics, soft flowing hair, delicate jeweled combs and whimsical veils give elegance to your total look.



Needless to say, your bridal hairstyle should be designed to reflect the image you desire and your personality. Your hair and neckline will be the frame for your beautiful wedding pictures. How do you want to be remembered — romantically royal or softly sophisticated? This is what you dreamed of, and as you slip into your gown, your hair should complete the once-in-a-lifetime look that takes your groom's breath away. **NOW**



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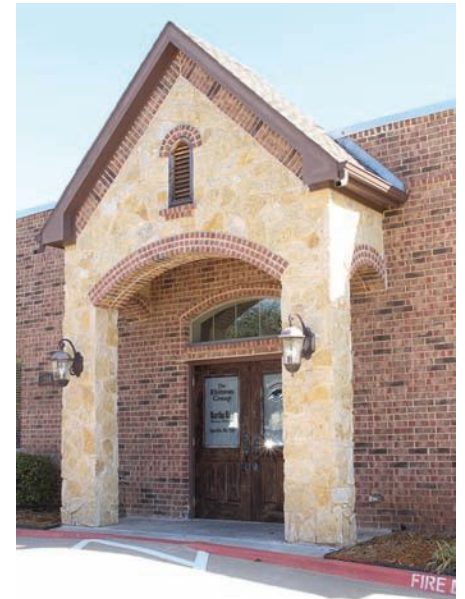


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# Helping Hands

*Martha Binz, Licensed Massage Therapist, uses massage to improve the health of her clients. — By Betty Tryon*

The alarm clock goes off and you roll over to get out of bed. Immediately you notice something's wrong. You slept somewhat askew and trying to turn your head hurts! You don't have to go through the rest of your day in awful pain. Martha Binz, Licensed Massage Therapist, can give spot treatment massages to help ease your misery. "Someone can come in for a 15-20 minute massage because they woke up with a crick in their neck," she said. "Some women come in for a foot massage. For \$1.00 a minute, those 20 minutes can change your outlook."

Since age 18, Martha has always wanted to do this. "Co-workers would have a stiff neck or headache, and I would help them," she confessed. About 15 years ago, she was at a crossroads in life and remembered a commercial about Austin School of Massage. "A lightbulb went off," she revealed. "The

school was in Austin, but I went to their satellite campus in Waco." Four years ago, she came to Midlothian and continued her business here.

"My business is therapeutic work," she shared. "For the most part, I work with people who are trying to manage their chronic pain. Some people, especially older people who've had injuries and surgeries, can come in here, and I can work with them. I can tell them things they can do to help themselves, so they can live without being constantly in pain." One of the massages Martha uses to help her clients is Swedish deep tissue massage. She does a lot of compression work with trigger points. Her Lomi Lomi massage is a Hawaiian massage with flowing, relaxing movements. A bamboo stick that is rolled over the muscles defines another massage. She also uses kinesiology taping for its

therapeutic benefits. It holds muscles in a specific posture, so surrounding muscles can be used instead of the one that is injured.

Martha's training has given her great insight into helping people who've been injured. "If you've messed up your hips, you are going to feel it in a lot of different places and not just in that region," Martha said. "The hips are the pivot point for the entire body. When muscles are too tight, toxins build up in the tissues. If the muscle is too tight, then the only way to get those toxins out is through exercise or massage. After someone who has had an injury or surgery has healed, our aim is to get a better range of motion through stretching, get the muscles more flexible and reduce pain."

*"For the most part, I work with people who are trying to manage their chronic pain."*

Since the Department of Health regulates massage therapy, they have regulations that massage therapists have to follow. "We do a full health assessment to see if there is any contraindication to giving them a massage, or if there is any type of massage we need to stay away from," she said.

Martha's methods are working for many of her clients. She keeps their written appreciations in a booklet. Some of the phrases used are: "Best I've felt in a long time," and, "Praise God for a healer." Perhaps most noteworthy is when her customers hug her when they leave. How can you not be gratified when someone helps release you from discomfort and enables you to have the best day possible? **NOW**

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*Rachel Heck, Danielle Komorn and Sarah Potter, Navarro College OTA students, share a moment on their first day back to school following the holiday break.*



*Chris and Robert with Global Awards offer their business products during a ceremony.*



*David Bostwick, Allen Roppolo and Joe Torres with Midlothian Wrestling take part in the Midlothian Festival.*



*Lucab Frye performs in the first concert of the year at MHS.*



*Kristy Jackson, the general manager of the Courtyard Marriott, is welcomed to the Midlothian community.*



*Kevin Locks and Missy Beavers accept Camp Gladiator's plaque at their Midlothian Chamber ribbon cutting ceremony.*



*Kindergarten students Serenity and Makayla enjoyed using the LEGO wall at J. A. Vitovsky Elementary.*

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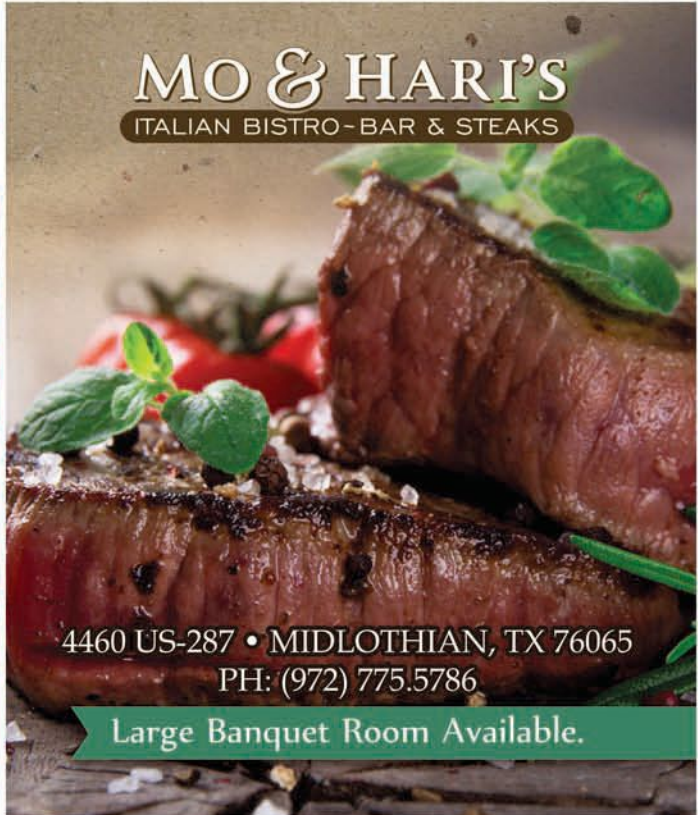
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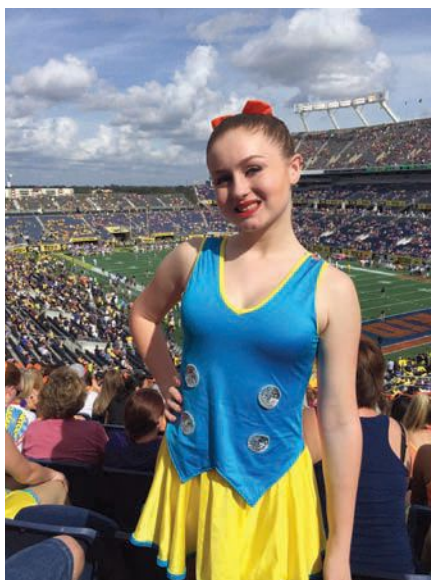
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MHS freshman, Piper Frye, earned her way to dance in the 2016 Buffalo Wild Wings Citrus Bowl.



Annie Fairchild presents information at the Midlothian Chamber of Commerce Biz Breakfast.



Kara Mack accepts her Chamber plaque at the Lucky U Boutique ribbon cutting.



Sandra Moreno, Thomas Bedrick and Elizabeth Mohler serve lunch at Texas Best Smokehouse.



Doolee's Bakery celebrates their grand opening.



Sard McClendon helps to collect donations for senior citizens.



Whitney Krupala with Right at Home helps seniors find in-home care and assistance.

# New Year, Renewed Beneficiaries

*This year, resolve to review and update your beneficiary designations.*

There is one resolution you can keep this year — and every year — that will improve your own well-being and state of mind. It will also help ensure the financial well-being of your loved ones well into the future.

## A Great Way to Start the Year, Every Year

A lot can happen in 12 months. Remember that every life event — births, adoptions, disabilities, deaths, marriages, divorces, even moving — should trigger a review and update of your estate documents. That's why it is important to review your beneficiary designations at least once a year to ensure your assets are properly passed down. You'll never regret reviewing your estate plan, and around New Year's is a great time to do it. Your financial advisor can help you coordinate with a qualified estate planning professional.

## Before You Bestow

Too often, issues arise during the transfer of assets simply due to lack of knowledge of estate laws. Learn and understand the laws that govern transfer of property in your chosen state, and be aware that beneficiary rules can vary from asset to asset. For instance, retirement and insurance accounts generally default to a spouse. If you want your children to inherit your retirement savings, you must name them on the appropriate documents and have your current spouse sign a waiver. Spousal laws vary by state, so be sure to consult your state's specific legislation.

## Avoid Uncertainties, Be Specific

Life events, such as divorce and remarriage (especially if you have children from both marriages), may muddy the waters for your heirs. Without explicit instructions and properly

documented beneficiaries, your family could end up in court to settle your estate. Asset titling is especially important when you and your partner are not married. Legally, your partner may not have the same rights a spouse would.

## Back up Your Beneficiaries

Beyond primary beneficiaries, you should also name one or more secondary ones. These are called contingency beneficiaries, and they are a good safeguard to have in place should something happen to you and your primary beneficiary at the same time.

## Make the Transfer

While retirement, insurance annuity and trust accounts require beneficiary designations, some, like a traditional brokerage account, do not. That's why you should consider placing a Transfer on Death (TOD) registration on your brokerage account. A TOD registration is a powerful tool that allows you to designate beneficiaries for your brokerage accounts, and it supersedes a will or trust. If you're married, a joint registration would allow the surviving spouse to receive the assets. Should both account holders pass away, the TOD would take effect, passing your assets down to your designated beneficiaries, often without a fee.

New home, new estate laws — moving? Make sure to review your new state's requirements when you relocate and update your estate plan accordingly. **NOW**

*Material prepared by Raymond James for use by its financial advisors. The information contained herein is general in nature and does not constitute legal or tax advice.*

*Jonathan Pope is a Raymond James Financial Advisor based in Duncanville.*



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# Healthy Heart

— By Betty Tryon, BSN

Imagine a pipe drain inside your bathroom. Over time, hair, soap residue and other gunk may stick together and start to collect on the internal walls of the pipe. Naturally, since the deposits are inside the pipe, the pathway for flowing water begins to narrow. In coronary artery disease, or CAD, the pipe is your blood vessel and the gunk is cholesterol. If the gunk in your pipes builds up enough, water flow will cease, and you'll have a clogged drain. If the cholesterol in your blood builds up enough, you could have a heart attack or stroke.

CAD is the buildup of cholesterol containing deposits called plaque in the arteries that supply blood to the heart. This plaque causes the arteries to become narrow and rigid, which in turn restricts the blood flow through the vessels. It often takes years to receive this type of damage. Some people may not be diagnosed with CAD until they have a heart attack. As the arteries narrow, it becomes more difficult for enough oxygen-rich blood full of nutrients to reach the heart.

One of the most common symptoms of this disease is angina, or pain in the chest. In women, especially, this pain can also be felt in the back, abdomen, jaw and arm. Angina may feel like indigestion, squeezing, pressure or aching. Another telltale symptom is shortness of breath. If your coronary arteries are compromised enough by plaque buildup, the proper amount of

blood cannot get through to meet your body's needs. This leads to breathlessness and fatigue.

Risk factors for CAD are interrelated and can exacerbate each other. Some of the factors are smoking, which can restrict the flow of blood vessels; high blood pressure; high cholesterol; being overweight; family history; and diabetes. Men are more likely to have CAD than women. But that statistic changes when a woman reaches menopause. A sad fact is that some risk factors now begin in childhood, with so many children being overweight and inactive.

CAD can be prevented and/or treated. There are medical procedures and medication to treat CAD, but there is a lot you can do for your health on your own. It begins with living a healthy lifestyle by watching your diet, keeping your weight under control and getting enough exercise. Much of what makes a healthy body is up to you. **NOW**

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



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### Throughout February

Lighthouse Gallery Art Exhibit: **Monday**, 8:00 a.m.-3:00 p.m.; **Tuesday-Friday**, 8:00 a.m.-9:00 p.m.; **Saturday**, 9:00 a.m.-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th St. This is a student show which features works from students in the SALT and DASCHE homeschool associations from across Ellis County.

### February 2

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.

### February 2, 9, 16, 23

Community Prayer meeting: 7:00-8:00 a.m., Midlothian Conference Center, 1 Community Circle Dr.

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

### February 3, 10, 17, 24

First United Methodist Church DivorceCare: 6:30-8:00 p.m., FUMC 800 S. 9th St. Each session will last 13 weeks with breaks for Spring Break and Ash Wednesday. Classes are every **Wednesday** for you or someone you know

who needs this support. For more information call (972) 723-3993.

### February 12, 13

Harvest Hill Church hosting the "XO Marriage Conference." **Friday**, 7:00-10:00 p.m.; **Saturday**, 9:00 a.m.-noon. Register today. Join marriage expert Jimmy Evans this Valentine's Day weekend for a special time of marriage building and romance featuring: brand new sessions from Jimmy Evans, surprise musical guests, and celebrity Q&A panel. Childcare is available but is VERY limited. Visit [www.harvesthillchurch.org](http://www.harvesthillchurch.org) for more information and to register.

### February 16

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.

### February 18

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](mailto:wd5ddh.org)

### February 20

Momentum Youth Track Club In-person Registration: 10:00 a.m.-noon, Community Room at Citizens National Bank, 310 N. 9th St.


### 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 raffles prizes, giveaways and post event snacks. Online registration at [www.midlothian.tx.us](http://www.midlothian.tx.us).

### April 23


Rowdy Run 5K: 8:30 a.m., Kimmel Park. USATF-Certified Course and Chip-Timed run/walk benefiting the MISD Education Foundation and MISD Rowdy Runners Club. Register online at [www.tinyurl.com/rowdyrun5k](http://www.tinyurl.com/rowdyrun5k). For more information, contact [chelsi\\_frazier@misd.gs](mailto:chelsi_frazier@misd.gs) or (972) 775-8296.

*Submissions are welcome and published as space allows. Send your current event details to [betty.tryon@nowmagazines.com](mailto:betty.tryon@nowmagazines.com).*



## Ellis County Women's Expo

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## In the Kitchen With Lori Miller

— By Betty Tryon

Lori Miller never has to come home from a long day at work and wrestle with the eternal question — “What’s for dinner?” She already knows the answer. “I plan my meals for two weeks, and I prepare all the meals in one weekend,” she said. “I freeze about 10 to 12 meals to use throughout the two weeks.” Thanks to this careful planning and forethought, Lori’s family can look forward to a delicious meal of either down-home cooking or a Tex-Mex feast, even on nights with activities. “We are usually busy in the evening with band or soccer, so if it is already prepared, then it helps,” she said. As a Pampered Chef consultant, she gets the opportunity to teach and share recipes with others. **NOW**

### Tuna Logs

- 1 12.5-oz. can tuna in water, drained**
- 1 12-oz. pkg. cream cheese**
- 1 small onion, chopped**
- 1 cup pecans, chopped**

- 1.** Combine tuna, cream cheese and onion in a bowl. Mix thoroughly, making sure the cream cheese is smooth.
- 2.** Divide mixture into two halves. Roll each half in the chopped nuts. Serve with Ritz crackers.

- 1/3 cup white sugar**
- 1/4 cup ketchup**
- 2 Tbsp. molasses**
- 1 tsp. dry mustard**
- 1/2 tsp. garlic powder or garlic salt**

- 1.** Fry bacon until it is limp. Drain and add to the rest of the ingredients.
- 2.** Bake, covered, at 350 F for 2 hours. Finish by baking, uncovered, for 1 more hour. (I suggest cooking this in a Crock-Pot on low for 6 hours. It has a really good flavor when it’s cooked slowly.)

### Western Baked Beans

- 1/2 lb. bacon**
- 1 16-oz. can butter beans, drained**
- 1 15-oz. can kidney beans, drained**
- 1 15-oz. can pork and beans**
- 1 onion, chopped**
- 1/3 cup brown sugar**

### Hash Brown Potato Casserole

- 1 30-oz. pkg. frozen country-style hash brown potatoes**
- 1 cup cheddar cheese, shredded**
- 1 16-oz. container sour cream**
- 2 10 1/2-oz. cans Campbell’s Condensed Cream of Potato Soup**

- 1/4 small onion, chopped**
- 1/2 cup grated Parmesan cheese**

- 1.** Combine all ingredients in a large bowl. Pour into a greased baking dish and cover.
- 2.** Bake at 350 F for 1 1/2 hours. Uncover and place under the broiler for 2 to 3 minutes to brown the top.

### Mexican Chicken “Lasagna”

- 1/4 cup lightly packed fresh cilantro leaves**
- 1 8-oz. pkg. cream cheese**
- 2 8-oz. cups shredded Monterey Jack cheese (divided use)**
- 1 medium onion (divided use)**
- 1 28-oz. can enchilada sauce (divided use)**
- 12 6-inch corn tortillas**
- 3 cups diced or shredded cooked chicken (divided use)**
- Additional fresh cilantro leaves, chopped (optional)**

- 1.** Chop cilantro. Place cream cheese in a bowl. Microwave on high 30-45 seconds or until very soft. Add cilantro and 1 1/2 cups of Monterey Jack cheese; mix well.
- 2.** Chop onion; set aside. Spread 2/3 cup of the enchilada sauce over the bottom of the casserole dish. Pour remaining enchilada sauce into a 4 qt. stainless steel mixing bowl; set aside.
- 3.** To assemble lasagna, use tongs to dip four of the tortillas into the enchilada sauce in the mixing bowl and arrange in the casserole dish on top of the enchilada sauce, overlapping as necessary. Scoop half of the cream cheese mixture over tortillas and spread. Top with 1 cup of the chicken and 1/3 of onion. Repeat layers one time.
- 4.** Dip remaining tortillas into the sauce, and arrange them over the second layer. Top with remaining chicken and onion. Pour remaining enchilada sauce over the lasagna and sprinkle with the remaining 1/2 cup of Monterey Jack cheese.
- 5.** Microwave, covered, on high for 12-15 minutes or until the center is hot. Let stand 10 minutes. Sprinkle with additional chopped cilantro, if desired. Cut into squares.

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