

Midlothian

M A G A Z I N E

MARCH 2011

NOW

Keeping Up With History

The Midlothian Historical Society specializes in unlocking the secrets of our community

Kid Whisperer Grabs a Dream

Also Inside

Acting Out a Role

Caring at Home

In the Kitchen

With Holly Hopkins

Whirlwind
From Heaven
At Home With
Raymond & Kenya Carr



See the bright side of medical imaging.

Midlothian Imaging Center consistently ranks among the best in the country for patient satisfaction.

If your physician prescribes a closer look at your health, give them the inside story on the best and brightest radiology services around. Methodist Midlothian Imaging Center provides convenient access to advanced imaging technology, so you can stay close to home with the friendly, expert care that most people prefer. Services include:

MIDLOTHIAN IMAGING CENTER



Methodist

CHARLTON MEDICAL CENTER

Where life shines bright.SM

- OPEN MRI
- CT SCAN

- BONE DENSITY SCAN
- EKG

From quality of care and cleanliness to ease of scheduling and complimentary transportation, the clear majority of patients were very satisfied with their experience and would recommend us to their family and friends. So have your physician refer you to the local imaging center of choice.

The imaging center more people prefer.

Methodist Midlothian Imaging Center¹ recently received a 95% overall satisfaction rating² from our patients!

972-775-7410 • www.MethodistHealthSystem.org/Midlothian
Highway 287 @ Plainview Road • Midlothian, Texas

¹Operating as Methodist Charlton Medical Center. ²According to Patient Impact[®], 95% of patients surveyed would recommend to others, and 95% of patients gave an overall rating of "most satisfied." Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff, including those practicing at Methodist Midlothian Imaging Center, are independent practitioners who are not employees or agents of Methodist Health System.

Citywide Neighborhood Block Party & Rec Center Anniversary

**Saturday,
March 5, 2011
10am - 2pm**

*The First
500 Guests
to arrive will
receive a FREE
T-shirt*

*Enjoy Games, Prizes,
Health & Fitness
Demonstrations,
Tours, Police K-9 Unit,
Fire Safety Presentations
and Much More!*

**Celebrating Six Sensational Years
of Food, Friends, Fitness & Fun.
Admission Is FREE**



Cedar Hill
RECREATION CENTER
A premier center for fitness, fun, and friendship

*Presented by: City of Cedar Hill, Parks
& Recreations, Neighborhood Services & The
Cedar Hill Neighborhood Advisory Board.*



972-293-5288

310 E. Parkerville Rd.

Go to cedarhilltx.com for more information.


CEDAR HILL



Not since 1900 has the female body been so *fully covered*.

What all women should know, from breasts to pelvic floor plus everything in between, presented free of charge by USMD Hospital at Arlington and participating specialists.

Reserve a seat by calling 888.444.USMD or register online at usmdarlington.com.

To Pee or Not to Pee? 6 p.m., Tuesday, May 10

Dr. Keith Xavier and Dr. Tracy Cannon-Smith focus on bladder health, including incontinence approaches such as pelvic floor reconstruction and slings.

Your Breasts, Your Life 6 p.m., Tuesday, May 17

Dr. Timothy Freer, Dr. Kory Jones and Dr. Richard Jones review the latest in breast health, screening, treatment and reconstructive surgery.

Everything to Gain 6 p.m., Thursday, May 19

Dr. David Dyslin and Dr. Augustus Lyons describe the two weight-loss surgery options available at USMD Arlington and answer your questions.

An Ounce of Prevention 6 p.m., Tuesday, May 24

Dr. Russell Dickey and Dr. Ronald Kline discuss the importance of yearly checkups for early detection/prevention of reproductive and lower GI problems as well as vascular disease.

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Midlothian Editor, Betty Tryon

Editorial Coordinator, Sandra Strong

Writers, Janice C. Johnson

Adam Walker

Editors/Proofreaders, Pat Anthony

Teresa Maddison . Angel Morris

Pamela Parisi . Beverly Shay

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Odle

Photographers, Natalie Busch

Shana Woods

ADVERTISING

Sales Manager, Carolyn Mixon

Advertising Representatives,

Rick Ausmus . Teresa Banks . Renée Chase

Linda Dean . Julie Garner . Melissa McCoy

Jami Navarro . John Powell . Steve Randle

Linda Roberson

Office Manager, Angela Mixon

On The Cover



This authentic log cabin
rests in downtown
Midlothian.

Photo by Shana Woods.

Contents

March 2011 • Volume 7, Issue 3



8 Keeping Up With History

Judith Howard and Karen Kay Esberger join the Midlothian Historical Society to preserve our past.

16 Whirlwind From Heaven

At Home With Raymond and Kenya Carr.

24 Kid Whisperer Grabs a Dream

Often called the "Kid Whisperer" when younger, Kelly Madden loves the interaction with the students.

30 Acting Out a Role

Savanna is in her element whether onstage or in a feature film.



36 BusinessNOW

38 Around TownNOW

40 HealthNOW

44 CookingNOW

MidlothianNOW is a NOW Magazines, L.L.C. publication. Copyright © 2011. All rights reserved. *MidlothianNOW* is published monthly and individually mailed free of charge to homes and businesses in the Midlothian ZIP codes.

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

Editor's Note

Hello, Midlothian!

For your reward in holding up so stoically through the dreariness of winter, nature now gives you color! Perhaps this year you will feel inspired to go outside and get your hands in the dirt as you coax something wonderful from the earth. If you do or do not happen to have a green thumb, the Ellis County Master Gardeners can give you helpful tips on growing a delicious vegetable garden this year or wowing the neighbors with your butterfly garden. March 20 is the first day of spring — a perfect day to start gardening!

The Experience Midlothian Community Expo will be on March 19 at the Midlothian Conference Center from 10:00 a.m. to 3:00 p.m.

It is time to shake up everyone's schedule, again, as we get ready for another time change on Sunday, March 13. Don't forget to set your clock forward one hour the night before!



Betty

Betty Tryon
MidlothianNOW Editor
btryon.nowmag@sbcglobal.net

Grooming • Boarding • Dental Care

CATS & Dogs



Bring your lucky dog to see us!

Free toothbrushing or re-moisturizing treatment
with full-service groom! a \$5 value
With coupon. Expires 3-31-11

1081 E. Main • Midlothian
(Across from KFC)
972-723-0404

Open 8 am Monday - Saturday
Early & Late Appts. Available
Walk-ins Welcome



Kenton
HOMES

Live Your Best!

Dedicated to Excellence
Innovative Architectural Design
Superior Customer Satisfaction

214-355-0334
www.kentonhomes.com

Come Join Our Team ...
Buie's Superkicks Karate

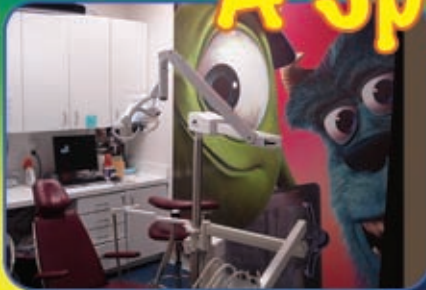


Two-Week Session \$29.95
Includes Uniform & T-Shirt
Exp. 3-31-11

EST. 1985 MMA

 **800 Silken Crossing**
Ste. 107 • Midlothian
972-775-8286
www.buiesuperkicks.com

Every Kid Needs A Special Dentist!



From wall murals of their favorite characters to Wii and DVDs playing above their chairs during their treatment, we make a trip to the dentist FUN!



just
for
kids.™

Jon S. Ousley, DDS, MSD & Associates

Dentistry for Infants, Children and Teenagers • Board Certified Specialists in Pediatric Dentistry • Most Insurance & Medicaid Accepted
1710 W. Bus. 287 • Suite 140 • Waxahachie • 972.351.9700 • www.justforkidsdental.com

SPIRITS DEPOT



**5% OFF
TOTAL
PURCHASE
EXCLUDING
TOBACCO**



Extensive Selection of
Liquor, Beer and Wine

Specialty Beers!
Build your own
6 pack from over
26 Specialty Beers!



972-274-1080
1551 S. I35 • Glenn Heights
Take Parkerville Exit and Cross Over to Southbound Side
15 Minutes from Waxahachie
Additional parking in back

Parkerville Rd.	
Willow Run Dr.	35E
Brookside Ln.	Bear Creek Rd.



Caves
Jewelry, Inc.

IN HOUSE, FULL SERVICE
Jewelry Repair
and Redesign Center

220 E. Pleasant Run Road
DeSoto • 972.230.0950
www.cavesjewelryinc.com

Mon.- Wed. Fri., 10am - 5:30pm
Thurs. 10am - 7pm, Sat. 10am - 4 pm



Simon G.



Evening and Weekend Urgent Care Now Available

To better serve our patients, we are now open
Monday through Friday, 8 a.m. until 8 p.m.
with urgent care from 4 p.m. until 8 p.m.
Our Saturday hours are from 8 a.m. until 8 p.m.

MOST INSURANCE ACCEPTED

**To schedule an appointment,
call (972) 723-1474.**

1441 S. Midlothian Parkway, Suite 100
Midlothian, TX 76065



BAYLOR
Family Medical Center
at Ellis County - Midlothian
A Baylor-HealthTexas Affiliate

Physicians are employees of HealthTexas Provider Network and are neither employees nor agents of Baylor Health Care System, Baylor Medical Center at Waxahachie or Baylor Health Care System's subsidiary, community or affiliated medical centers. © 2011 Baylor Health Care System. HTPN_1039 BID 2.11



Competitive Pricing

- Granite, Marble & Quartz Fabricator for Kitchen & Bathroom Countertops
- Extensive Color Selection Combines Beauty, Function & Elegance to any Bathroom or Kitchen!

Come see our wide selection! SHOWROOM HOURS: MON-FRI: 8AM - 5PM, SAT 10AM-2PM

ZODIAC
QUARTZ SURFACES

CAMEL
QUARTZ SURFACES

Vista
QUARTZ SURFACES

caesarstone
QUARTZ SURFACES

QUARTZ SURFACES

Silestone
QUARTZ SURFACES

Up to 15 Year Warranty on Some Products

MTM Countertops

2460 Hwy. 287 N. • Mansfield
(Northbound service road-between
Callendar Rd. & Turner-Warnell)
Call 817-477-8663



FREE Estimates



FREE

18 gauge Stainless Steel Sink
(\$350 value)

Call or visit our website for details!

www.MTMCOUNTERTOPS.com



Family Dentist

Full Service Family Dental



FREE Braces Consultation • Low Monthly Payments

Friendly, Motivated Staff

Preferred Providers:

- Aetna PPO • Delta Dental • Metlife PPO
- Guardian PPO • Cigna PPO • Fortis DHA
- United Health Care PPO
- Take all PPO Insurances

Walk - Ins Welcome

GM Family Dental

972-988-3333

2507 Medical Row #104
Grand Prairie, TX 75051



Rose Park Dental

817-473-1159

217 N. Walnut Creek
Mansfield, TX 76063



Open Saturdays



Grand Prairie Office Hours:

Mon. - Wed. 9 to 6 • Thurs. 7 to 3

Mansfield Office Hours:

Tues. - Thurs. 9 to 6 • Fri. 7 to 3 • Sat. 8 to 1

Se Habla Español • Vietnamese Spoken

"Under Same Ownership"



Keeping Up With *History*

— By Betty Tryon



*"We are so proud
that others want to
come here and live."*



"You don't know where you're going until you know where you've been," Judith Howard, recording secretary for the Midlothian Area Historical Society, quoted one of her favorite sayings to describe why she is passionate about preserving history. "It is a part of me," she said. "My great-grandparents from both sides of my family helped settle Ellis County. They owned land here and gave land for cemeteries. When you see your family's name on stained glass windows and on markers, you're tied to it. It's a visual thing, and you think emotionally, Wow! I am a part of this. It's just always there. My mother and great-aunt were savers of things that had stories behind them."

Karen Kay Esberger, historian for the Historical Society, expresses similar sentiments. "For me, it is genetics. I started work on the family tree when I was 12. I've always saved articles out of the newspaper," she said.

For both women, much of Midlothian's history played out in front of them as they grew up here. The Midlothian Area Historical Society, founded on September 6, 2007, is the latest historical organization in Midlothian attempting to preserve history. Because the club is so young, a permanent meeting place has yet to be established. Laughing, Judith said, "We are somewhat homeless, meaning we have no entity we can call our own, like a museum where we could meet. Right now, we meet the first Tuesday of every month at Citizens National Bank on Ninth Street. Our purpose is mainly to save Midlothian history. We have had several important buildings torn down over the years, and so we don't want that to happen again. We also work

with other organizations and with the city. One of the city's goals is to save history." The Historical Society works in harmony with the city's historical advisory board in preserving Midlothian.

One of the more interesting areas of Midlothian's history is the journey of the log cabin that now resides downtown. Judith recounted the story. "The log cabin started out as a home and became a school on its original location. It has been a barn, too. A private citizen moved it to his property, because he could see how it was deteriorating. He wanted to preserve it. For seven years, Mr. and Mrs. Jack Anderson collected authentic furnishings for it. That was in the late '60s when they retrieved it, and the building stayed on their property until the 1990s. When he died and she was going to move away from the property, Mrs. Anderson donated the cabin to the city because she wanted the building taken care of. That is when it was moved to its current site with all of its belongings. The roof needs work, but we will have to get more money before we can finish it. The gentleman doing the work is a noted log cabin authority in the state of

Texas. His name is Bill Marquis, and he's had to go to Louisiana and East Texas for the logs he is using to repair the cabin."

The Historical Society conducts interviews with some of the senior citizens in town to get their memories and real-life experiences in Midlothian. There was a unifying message heard in most of the interviews. Karen stated, "One thing most of the senior citizens mentioned in their interviews was the sense of community and working together here. The community as a whole worked together to get things accomplished." One example of the community pulling together to accomplish something is the Midlothian Civic Center located on Main Street. It was built by those who lived here.

"The men would come home from their jobs and go down there and clean brick," explained Judith. "The wives would make food and take it down there to them. Everyone contributed their time and labor in their area of expertise, like wiring or bricklaying."



DENTISTRY FOR Children

Now in network with Ameritas and Cigna

Shelly K. Clark D.D.S.
 Diplomate, American Board of Pediatric Dentistry
 4450 East Hwy 287 • Midlothian
 972-723-0111 • www.drshellyclark.com



“The saddest part is where those bricks came from,” Karen added. “When they were tearing down those schools, one of the board members bought all the bricks for one dollar. They took them down to the Civic Center to use.”

The bricks Karen refers to were from old school buildings demolished to make way for newer schools. Midlothian’s original school buildings were a high school, grammar school (six, seventh and eighth grades), a primary school and a separate school building for African American students. In the 1950s, the school district added a gym for athletic needs. Almost immediately after the gym opened, it was determined that the old grammar school needed to be replaced. The students from the grammar school moved into the gym for classes for one year, during which time the new grammar school was constructed. Then the razing of the high school was next, and those students went into the gym for a semester. The gym is still standing next to J.R. Irvin Elementary School. Because of its age, the gym needs to be renovated.

Judith acknowledged the Historical Society’s role. “The gym is one of the structures that we are working to save, because it is the first gym the city and school district had. It was built from material gathered at WWII sites at Camp Bowie and Camp Swift. It was such a good gym when it was first built that it was used for the regional basketball playoffs. The gym had a lunchroom, kitchen and a band room. Our grant writing committee is in conference

Healthy Teeth

CLARK DENTAL GROUP

FREE! ZOOM! Whitening
 to all new patients with purchase of cleaning, exam & x-rays.
 Expires 4-1-11

Another Reason to SMILE

Brian Clark, D.D.S.
 CLARK DENTAL GROUP
 4450 E. Highway 287
 Midlothian, TX 76065
 (972) 723-2300
www.BrianClarkDDS.com

Experience Midlothian!

A COMMUNITY EXPO FEATURING A "Taste of Midlothian"

*Food,
Door Prizes,
& Giveaways*

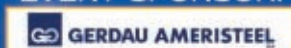
MORE THAN
80 LOCAL
BUSINESSES
UNDER ONE
ROOF!

PRESENTED BY



9 AM - 2 PM
SATURDAY,
MARCH 19

EVENT SPONSOR:



MIDLOTHIAN
CONFERENCE
CENTER

GOLD SPONSORS:



SILVER SPONSORS:

PEPWEAR • SHERWIN-WILLIAMS PAINT MIDLOTHIAN • TXI

www.midlothianchamber.org

FREE ADMISSION

The Paragon MED • SPA

- ◀ Laser Hair Removal Packages
- ◀ Laser Skin Resurfacing
- ◀ Breast Augmentation
- ◀ Medical Microdermabrasion
- ◀ Hair Restoration
- ◀ Photo Facials
- ◀ Tummy Tuck
- ◀ Tatoo Removal

WRINKLE REDUCTION **Wednesdays**

Botox \$9.00/unit 20% OFF All Injectable Fillers
Half OFF 2nd Syringe

Mark A. Bishara M.D.
Cosmetic Surgery & Hair Restoration

1830 E. Broad Street Ste. 102 | Mansfield, TX 76063

877-70-NEW-LOOK
www.markbisharamd.com
theparagonmedspa.com

Midlothian Owned and Operated since 1998

**WE SUPPORT
OUR TROOPS!**

All Official U.S. Military
Uniforms done

FREE of Charge!



DRY CLEAN SUPER CENTERS of MIDLOTHIAN

All Work done on-site

All Clothes stay on premise

Same-day Service (in by 9:00 out by 5:00)

Mon-Fri: 6:30am-7pm • Sat.: 8:00am - 3:00pm

624 E. Main St. • Midlothian • 972.723-2100



Tonia-10 Years, Heather-5 Years at DGSC

Tonia and Heather's
*"Don't tell the
Owners" Special*
**ENTER TO WIN
\$100 FREE
DRY CLEANING**

NOW MAGAZINES

\$100 FREE DRY CLEANING
Entry Form

Name _____



with the city and the district. They have determined that it can be repaired, and it is just a matter of appropriate funding at this time." The society solicited signatures from people who are anxious that the gym be saved, and they have over 1,000 signatures so far.

Another project the group is busy with is the restoration of the fence surrounding Kimmel Park. "That fence dates back to 1916. It still stands but needs help. Mr. Jim Berman, the current parks board director, is working diligently to get everything into place and back in shape within five years. He wants to celebrate the centennial of the park there in 2015," Judith stated.

Since the Historical Society does not have a building to permanently house items of historical significance, they are showcasing such items in display cases around town. "We want to get our name out, so we've started to ask people if we could put a display case in their building. We call them our mini museums," Judith explained.

The Historical Society works tirelessly to proudly preserve and maintain our history. Judith exclaimed, "We are so proud that others want to come here and live." **NOW**



WWW.JHOUSTONREALTY.COM

THE #1 RESIDENTIAL AGENTS IN ELLIS COUNTY FOR 2009 AND 2010!



PHILLIP GILBERT

Realtor®
Multi-Million Dollar Producer
(972) 766-5976
pgilbert@jhoustontx.com



MELANIE BREWER

Realtor®
Multi-Million Dollar Producer
(214) 923-3104
melanieb@jhoustontx.com



MICHELLE OZYMY

Broker
Multi-Million Dollar Producer
(214) 534-8758
michellozy@jhoustontx.com



976 Lowrance Road
This ranch-style home set on a beautiful .84 acre with tons of trees. Home needs some TLC, but is priced to sell. Large rooms, split bedrooms, ceramic tile and gorgeous brick fireplace.



526 Westminster
Fantastic 4-bedroom, 2-bath home. Many upgrades. Energy Star Certified, upgraded carpet and tile in all the wet areas, fully fenced with sod in the front and backyard. The 2nd living can be a formal dining.



3120 Pelican Way
Amazing custom home with beautiful upgrades. Wood floors, open floor plan, upstairs game room that is a 4th bedroom or media room. The lot is beautiful with trees and close-up views of the pond.



1330 Polo Run
A unique 4-bedroom, 3-bath home. 2 living rooms, upstairs game room, study, teen suite, large master and beautiful pool out back. Lots of storage and even a reinforced storm cellar under the stairs.



3520 Swan Lake Drive
Fantastic custom home in Shiloh Forest. 4 bedrooms, 3 full bathrooms, formal dining, hand-scraped wood floors, energy package, sod and sprinklers in front and side yards. Home is all electric.



441 Walker Court S
Custom home tucked away on one acre in a quiet cul-de-sac. Slate tile with hand-scraped wood, knotty alder cabinets, stainless steel appliances, crown molding, upstairs game room/media room.

202 N. 135 E. STE. C • RED OAK, TX 75154

THINKING OF SELLING? GIVE US A CALL FOR A FREE MARKET ANALYSIS AND STAGING CONSULTATION. WE HAVE THE TOOLS THAT MAKE IT EASY TO GET YOUR HOME IN TOP DOLLAR CONDITION!

LATEST TECHNOLOGY LOW COST LASER

Tattoo Removal



\$75 Per Treatment
up to 4" X 4" tattoo

Toenail Fungus Removal



\$100 Per Toe
No Charge for additional treatments

All treatments performed by a Certified Laser Technician

CREATIVE LASER TATTOO REMOVAL CLINIC, LLC 214-949-0972
By Appointment Only. Call for your FREE Consultation. Located near Historic
www.CreativeLaserTattooRemovalClinic.com Downtown Waxahachie

Lose
25-45 pounds
in 42 days
without exercising!

I know it may be hard to believe, but this is the average amount of weight loss in a little over one month. It doesn't matter if you're male or female, in your 20s or your 70s.

We are offering a **FREE CONSULTATION** to anyone who wants to take charge of their life and **FINALLY** take off that unwanted weight.

Please call **972-291-1992** to schedule your appointment and take back your life! Please mention ad. Offer Exp. 3.31.11

Gift Certificates Available

PROADJUSTER
Chiropractic Clinic, Inc.
405 W. Belt Line Rd. (at Main Street)

CAMPUZANO
mexican food

Voted Best Mexican Restaurant in Best Southwest

\$5.00 off
\$20.00 purchase

Expires 3/31/11

CAMPUZANO
mexican food

108 N. 8th Street
Midlothian, TX
972-723-2634

2167 N. Highway 77
Waxahachie, TX
972-938-0047

213 W. Beltline
Cedar Hill, TX
972-291-1053



KING POOLS, INC.

Designers & Builders of Fine Pools

Call us for weekly pool cleaning!

"Pools built for a king."
972.723.2800

Remodel • Repair • Service
104 N 8th St. • Downtown Midlothian
www.kingcustompools.com

ALL EYE & OPTICAL CARE

Dr. Rajiv Rugwani
Board Certified Ophthalmologist

We accept most vision and medical insurance including Medicare.

- Complete Eye Exams
- Contact Lens & Eyeglass Prescription
- Diabetes Eye Care
- Cataract Surgery
- Glaucoma Treatment

St. Patrick's Day Specials!
20% - 50% Off
Selected Frames and Sunglasses



Be sure to use your Health Spending Account before it expires!



All Doctors Prescriptions Welcome

All Eye Care, P.A.
972-937-4433
www.AllEyeCare.com
800 N. Hwy. 77, Suite 100 • Waxahachie • Next to HEB

All Optical Care, L.L.C.
972-923-3399
www.AllOpticalCare.com



America's On-Time Electrician™
We're on time you'll see or the repair is free!

We've got you covered

Spring cleaning?
Outdated panel?
Smoke detectors?
Pool Lights?
Spring storms?
Rolling blackouts?
Others?

Drug tested & background checked, our electricians are licensed & insured, clean & courteous.

Call Mister Sparky to claim your LUCKY SPRING SAVINGS

May your pockets be heavy & your heart be light, may good luck pursue you each morning & night — Irish Blessing

972-283-9700
www.mistersparky.com

<p>FREE Service call (\$39.95 value) When work performed at the appointment. Only one coupon per call. Expires 3-31-11.</p>	<p>Public Service Discount Additional 10% off for teachers, police, firefighters, military & clergy when work performed at the appointment. Combine with Free Service. Call for BKG savings. Expires 3-31-11.</p>
--	--

TECL # 26834
Financing Available

VISA MasterCard AMEX DISCOVER

BBB MEMBER

JOINTLY RATED BEST



Friday, May 13, 2011

6-8 p.m., Pasta Dinner and
Student Art Contest/Auction
MHS Cafeteria

Saturday, May 14, 2011

7 a.m. Registration
8 a.m. Race Start
10:30 a.m. Awards Ceremony
7 a.m.-7 p.m. Election Day Voting

www.eatandrun.org



Midlothian ISD Education Foundation

Join the Midlothian ISD Education Foundation for a pasta dinner and student art contest and auction on Friday evening. Then lace up your running shoes on Saturday morning. (Course is chip-timed and USATF certified.)

Pasta Dinner, 5K Race, & T-shirt - \$50

5K Race & T-shirt - \$25

Pasta Dinner Only - \$10

1 Mile Fun Run with T-shirt - \$10

1 Mile Fun Run - FREE

Admission to Art Contest/Auction - FREE

**Art contest entries are open to all MISD students.
Download guidelines from the MEF Web site.**

www.eatandrun.org

All proceeds benefit the MEF, a 501(c)(3) nonprofit, tax-exempt, philanthropic organization of volunteer citizens who share a vision of enhancing education in Midlothian ISD.

pccenter
Professional Certification Center
Accredited by ACCSC

Are you prepared?
PGCenter can help!

Career School
DeSoto

Programs we offer:

- Medical Assisting
- Medical Office Assisting
- Computer Technician

Financial Aid for those who qualify



Night Classes Starting Mar. 7
Day Classes Starting Mar. 28
972.224.9800
1229 East Pleasant Run Rd. #302
DeSoto (1 block from I-35 on Pleasant Run)
www.pccenterdesoto.com



120 W. Belt Line Road
Cedar Hill, TX 75104
972-291-NOVA



We Offer

- ✦ Gymnastics Classes
- ✦ Tumbling Classes
- ✦ Preschool Open Gym
- ✦ Homeschool Open Gym
- ✦ Fun Fridays
- ✦ Parents Night Out
- ✦ Birthday Parties!

GYMNASTICS Creates Winners!

10 Reasons Why You Should Enroll Your Child in Gymnastics

1. Develops strength
2. Develops flexibility
3. Develops coordination
4. Teaches listening skills
5. Teaches goal setting
6. Builds self-esteem and confidence
7. Provides social interaction with peers
8. Develops cognitive skills to help in the classroom
9. Develops skills to enhance other sports

10. It's FUN!

Free Enrollment With This Ad

Applies to any Rec Gymnastics or Tumbling Class
Must enroll by March 31, 2011 - One discount per family

Office Hours: Mon - Thu: Noon - 9 PM
Fri: Noon - 7 PM
Sat: 10 AM - Noon

www.nova-gymnastics.com www.facebook.com/NovaGymnastics

WHIRLWIND FROM HEAVEN



— By Janice C. Johnson



AT HOME WITH RAYMOND AND KENYA CARR

Kenya and Raymond had both graduated from DeSoto High School in the 1980s. Raymond, who started his career at Pearle Vision's corporate office in 1987, began dating Kenya in 1989. The following year, they married on the island of Kauai, Hawaii. A wedding photo in the couple's dining room shows Kenya in her gown, carrying a sheaf of calla lilies. Kauai had also been the location of her mother and stepfather's wedding, a link which epitomizes the warm connection between Kenya and her parents.

Kenya has been working with her mother, Donna, for over 17 years. Her mom is a Coldwell Banker real estate agent, while Kenya manages the office. "Mom's a 'people person,' and I'm a 'paper person,'" she confessed. "We're complete opposites — so it's perfect!" While the Carrs were in the process of designing their home, Kenya took advantage of her real estate license and visited vacant houses to collect ideas.

At the same time, Donna and Rob were working on a new home for themselves, living in a duplex during the construction. Then Donna sold the Carrs' old house before the new one was ready, so Raymond and Kenya moved into the other half of the same duplex. They have found the four-bedroom house, finished in 2004, to be worth the wait. Some of Rob's special touches include arched doorways, a "barrel" ceiling in the entry and white stone surrounding the fireplace and supporting the granite-topped kitchen bar.

A place for everything and everything in its place — that is how Raymond and Kenya Carr both like to live. Neat, methodical, organized. And when the DeSoto natives decided to build a new home in Midlothian, they had the chance to plan a spot for every single thing they owned. "We designed the house, and my dad built it," Kenya explained. Her dad, Rob Preston, brought her dreams and ideas to life, doing much of the work himself.



Many people would be intimidated at the prospect of planning a home from scratch. Where does one start? "It's a little embarrassing. We built the whole house around the TV in the living room," Kenya admitted. "We're just TV people." She did have some other preferences in mind, such as putting the laundry room next door to the master suite.

Raymond noted that the two

Often Imitated ... Never Duplicated

Downtown *Digits*
with Cathy, Ashley & Jessica Curry

I'm proud to work for



Holcim
Midlothian Cement Plant



Bart Mendoza & Jose Rodriguez
Production Technicians

Strength. Performance. Passion

www.holcim.com/us



contributed equally to the initial design process. "I had my ideas; she had her ideas, and we pretty much agreed on everything. It was easy!"

When it came down to the nitty-gritty details, however, planning and building a home turned out to be a more involved project than the couple expected. "It took us three days just to decide where to put the wiring and light switches," Kenya complained. "We're lucky we got out of it with friendships intact, but we all still

love each other."

The couple did not specifically plan their house with children in mind, though they thought they might want children "someday." However, they did adapt the home and their sleek, contemporary furnishings for the convenience of their dogs. Neo and Trinity, both friendly pugs, use a built-in doggie door leading through the breakfast room wall to the patio. The door was originally built for Gizmo, Raymond's elderly Pekingese, who lived

to be 17 years old and passed away only a few weeks after the move to Midlothian. When Neo and Trinity arrived, they got their own pillows on beds and sofas so they can make themselves at home — with a little help from low benches beside the taller furniture. But they never disturbed the neatly-placed art pieces or floral arrangements that grace tables, shelves and even the wide corner tub in the master bath.

Then, when Raymond and Kenya had



**Real Estate
Group**

972-723-0994

Shop for your new home at
RealLivingRealEstateGroup.com

Congratulations Bill Houston & Jim Owens



Bill Houston
2011 Chairman of the Board
Ellis Hill Association
of REALTORS®



Jim Owens
2010 REALTOR® of the Year
Ellis Hill Association
of REALTORS®

Welcome New Agents...



Kissy Day
REALTOR®




Randy Allred
REALTOR®

**Now Hiring
REALTORS®**
Come Join Our Team!

Thinking of selling your home?

Give us a call for your in home market analysis consultation.



Aesthetic & Implant Dentistry

- Restorative Dentistry
- Cosmetic Dentistry
- Dental Implants
- Sedation Dentistry

Davis W. Morgan, DDS
972.723.5544
www.dfwsmileddesign.com



"I don't ever want to move, partly because it's so sentimental."

**NOW OPEN!
NEW LOCATION!**

**WITH MORE
TANNING BEDS!**

507 N. Hwy 77 Suite 610
(Northgate Shopping Center
next to Rent-A-Center)
WAXAHACHIE
972-937-8340

SUN UP BUNZ
TANNING SALON

1403 W. Ennis Ave
972-875-6255 • Ennis

151 Walton Way Ste. 108
972-775-4666 • Midlothian



WOMEN'S HEALTH SPECIALISTS OF NORTH TEXAS

Waxahachie Office:

1505 W. Jefferson Street, Ste. 120
Waxahachie, TX 75165
972-938-3493

Mansfield Office:

1670 E. Broad Street, Ste. 101
Mansfield, TX 76063
972-938-3493



Kristin Williams, MD; David Morehead, DO; Paul Lansdowne, MD; Jason Brown, MD

Welcoming New Patients
Most Insurance Accepted
Normal & High-risk Pregnancies
In-office Procedures - Novasure Ablation & Adiana (Sterilization)
Complete Women's Health Care

LONE STAR
SIGNS
A LARGE FORMAT PRINTING COMPANY

Large Format Printing
Banners
Vehicle Magnetics
Yard Signs
Real Estate Signs
And Much More

Business Printing
Business Cards
Letterheads
Envelopes
Brochures
And Much More

10% OFF
With This Coupon

Call **214-505-3611** | **www.LStarSigns.com**

Reliable Custom Homes
Building Your Dreams by Design

We'll build on your land or ours!

Call 972-723-2860 for a Personal Design Session

www.ReliableCustomHomes.com

Reliable Custom Homes Welcomes Bob Way

Bob has helped over 150 families move into their one of a kind dream home in the Ellis County area. Why buy something that someone else built when you can custom design, pick your choices, get what you want. It does not cost any more to get what you want. To find out about building your dream home give Bob a call at 972-723-2860.

RELIABLE CUSTOM HOMES • 972-723-2860
When Attention to Detail Matters



been married for 18 years, they found out they were expecting a baby. Since neither have any siblings, both sets of parents had assumed by that time that they would have no grandchildren. Needless to say, they were all thrilled at the news. Kenya recalled, fondly, that she learned of her pregnancy on the birthday of her late grandmother. "It just seemed sent from heaven," she said.

Raymond also responded positively to the surprising news. "I thought it was wonderful. I just wished I were younger," he recalled.

In due time, little Kolton arrived, and the Carrs' careful organization seemed to crumble overnight. "What a whirlwind," Kenya remembered, smiling. Piles of stuffed animals began to take over some of the furniture, and bathtub toys appeared alongside framed photos and embellished towels. Before long, the carpeted areas of the house gave way to hardwood flooring for easier cleaning. A collection of artificial calla lilies, Kenya's favorite flower since her wedding, now shares their low window ledge with framed baby and toddler photographs of Kolton.

The backyard pool, built with the house, became a safety concern, so Kenya enrolled Kolton in swimming lessons when he was less than a year old. Although he can jump into the water and propel himself to the shallow end, she and Raymond still keep a close eye on him.

Needless to say, evenings and weekends are busier than ever for both parents. Outside their working hours, keeping up with Kolton takes up most of their time. The boy loves tractors, and his "G'pa," Rob, is quick to take him into the driver's seat with him. Rob has also put together a backyard play structure for Kolton, complete with swings and slides.



The chaos might overwhelm a less-mature couple, but the Carrs' stability helps them cope. Kenya still manages her mother's office, while Raymond has been at Pearle Vision for 24 years now. Asked about his unusually long tenure, he said, "It's just a great work atmosphere, and I really like the people."

After living in the house for six years, the couple still enjoys it immensely. They are adapting it to their changing needs, such as setting up an office in the fourth bedroom. "I don't ever want to move," Kenya said, "partly because it's so sentimental." Her top favorite features include the pool, with its shallow tanning



ledge, and the warm, open kitchen.

Parenting has been a good life-learning experience for both of them. Kenya remembers wanting her baby to be born before her 40th birthday, but Kolton arrived two weeks after. "It seemed important at the time, but once he was born, it really didn't matter. And now, I feel like I'm 30 again."

Raymond agreed, adding that parenthood has changed his life completely. "It's not about us anymore."

Kenya summed up the changes to their lives. "We didn't know we wanted a child until we had him. He makes our life beautiful." **NOW**



dental center of midlothian



**Now seeing patients in our
new Midlothian office.**

• **Zoom!** whitening in one hour • Invisalign teeth straightening
Implants • Enjoy sedation dentistry • Environmentally friendly office



Travis Spillman, DDS

800 Silken Crossing, Ste 112
adjacent to Ellis Co. BBQ Midlothian

972.723.3567

dentalcenterofmidlothian.com

Zoom!

**Free In-Office Zoom! Whitening
for all new patients with purchase
of X-rays, cleaning, and exam.**

EXP. 3/31/11

MISD The Journey To

BOND FACTS

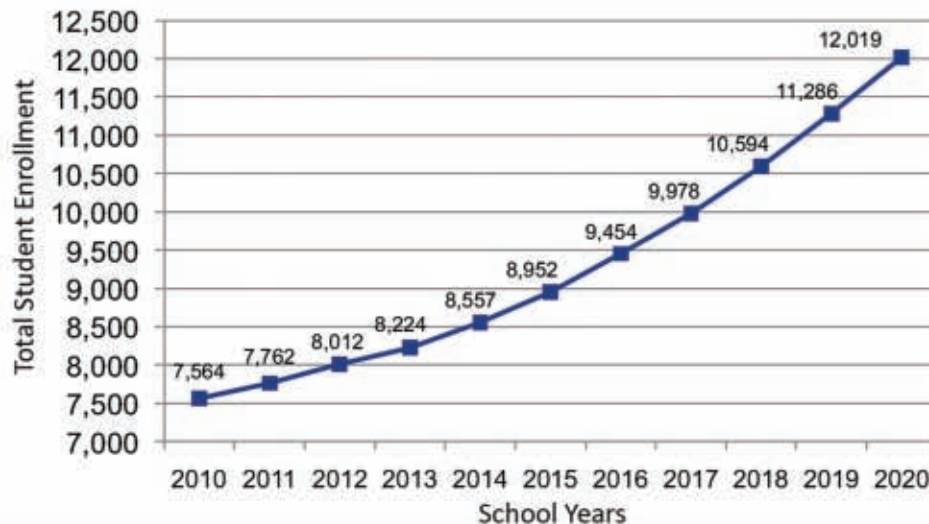
ELECTION DAY: MAY 14, 2011

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 meeting 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.

ward Success Begins Today!



MHS Team Sweeps District Policy Debate Contest



(Pictured L to R) MHS teams include Alexandra Pendergrass, Alexis Pendergrass, Ak Ved, Ryan Clark, Kristi Bogy, Dakota Parish, Eli Roden and Jacob Morgan (not pictured is Rachel Hurst)

MHS debate teams competed in their first 5A district policy tournament and were deemed the champions. The teams swept the top four positions and qualified for the state competition in March. Placing first, with an impressive 5-0 record, was the team of Ryan Clark and Ak Ved. The second place team consisted of Eli Roden and Dakota Parish. Alexandra Pendergrass was awarded the very prestigious Top Speaker award.



FFA Students Win Herdsman Award at Ft. Worth Stockshow

The Midlothian High School Future Farmers of America (FFA) team recently won the 2011 William Allen Memorial Herdsman Award at the Ft. Worth Stock Show. This prestigious honor was awarded for the third time in six years to the Midlothian FFA team for their best of cattle in the entire show. "It takes a tremendous amount of team work and dedication to receive this award," said FFA teacher, Greg Pruitt.

School Makeup Days Set for April 22 and May 3

Due to the inclement weather on February 1-4 and 9, MISD is required to use the two makeup days initially set for April 22 and May 3. However, the Texas Education Agency does allow for a waiver process for bad weather days that go beyond a district's selected two makeup days. The MISD administration has initiated the waiver process which is routinely approved by the Texas Education Agency (TEA). It is anticipated that students will not have to makeup any additional bad weather days other than April 22 and May 3.

Calendar of Events

March 14-18	Spring Break/No School
April 22	School Makeup Day
May 2	No School/MISD Educational Showcase, 6-8pm, MHS
May 3	School Makeup Day
May 30	No School/Memorial Day Holiday
June 2-3	2-hrs. Early Release at all Schools
June 3	Last Day of School

Attention Senior Citizens

MISD residents over 55 years of age.



On April 12 from 10am-2pm MISD will host its annual Senior Citizens Tour for Midlothian residents who are 55 years of age or older. The day will include tours of various campuses, student entertainment and lunch provided by MHS culinary arts class. Space is limited so signup today! Call 972-775-8296 or e-mail: communications@midlothian-isd.net

Kindergarten Roundup

Parents/ Guardians are encouraged to register their child at their attendance zone campus during the week of May 9-12, 2011 from 9:00 am to 2:00 pm. Any child who will be 5 years old on or before September 1, 2011 is eligible to attend the district's full-day kindergarten.





Kid WHISPERER GRABS A DREAM

— By Betty Tryon

You have all seen one — that one person whom all the children seem to gravitate toward with enthusiasm. Kelly Madden, principal of Longbranch Elementary School has been called a kid whisperer. If true, then she is in the right place at the right time. Kelly remembers her very early start toward a lifelong affinity for children



and a desire to teach them. “When I was 5 years old, I knew I wanted to be a teacher,” she said. “My kindergarten teacher, Mrs. Salmon inspired me. I looked up to her and caught a dream with her. I can remember what her classroom looked like. I know where her treasure box was, and I can see her alphabet strip on the wall. I caught a dream as a kindergartener, and I never changed that dream.”

Along the way, Kelly had many occasions to test that dream to see if it still fit. “As a young girl, I babysat or did Vacation Bible School and had youth opportunities in church. As a child, of course, I thought I was very old. I was only 11 when I was babysitting newborn twins. I loved it! I took a lot of pride in that responsibility. It was a mutual relationship because I loved being with them also. I always say that I have a job that fills my cup every day being around the children. It was like that when I was younger, too. I liked being around children. Even though I was a child myself, I liked being around babies.”

When Kelly started college, she started with the general intention of being a teacher. However, through her course work in college she decided to specialize in reading. “When I graduated, I went to Reading Intervention. I liked working with children in early childhood who had that area of struggle. I enjoyed working with at-risk children, and often their area of struggle was with

reading. Once they had the foundation of reading connected, they soared in all areas. So, assisting them was a privilege because it helped them long term, not just in the area of reading, but in all academic areas.”

Kelly took her love for kids and her knowledge about reading and experienced many opportunities in education — one of which was the accelerated reading program. She taught gifted and talented students in the second grade and gained experience in administration as an assistant principal and principal in Athens Independent School District (ISD) and



**“I CAUGHT A DREAM AS
A KINDERGARTENER,
AND I NEVER CHANGED
THAT DREAM.”**

as an assistant principal in Malakoff ISD. Being in administration takes her away from the cozy 20-plus students of one classroom to a building full of children. Kelly seeks opportunities to continue to interact closely with the students. “I was concerned that I would miss my close-knit class. I knew their families, their animals. I knew when something to celebrate happened in their families or if something tragic happened. I take that love for children into the classrooms I visit on my campus. I have an opportunity to see the passion teachers put into their lessons for children. I am able to go in, see the fruits of their labor and see how the children respond. Another opportunity for being with the children is when the teachers send their students to me when they have a success, when they completed an assignment, read a book, or completed a benchmark they’ve scored well with. They will send them to the office so I can celebrate with them. There



Richard Bolgiano

Income Taxes Are Complicated

Don't pay more tax than the law requires.
For accurate, stress-free tax preparation call
our office for an appointment today.



200 S. 14th Street Ste. 150
972-723-5200 www.bolgianotax.com



50% Off

Laser Hair Removal

Select areas ask for details.

\$500 Off

Fotofacials

When you purchase a package
of 5 treatments.

Call for a **FREE**
Consultation!
972-938-8200

120 South Grand, Ste 3
Waxahachie
www.drkare.com

Millennium

Laser & Medical Aesthetics

R. Paul Kare, MD

Botox Cosmetic

Physicians' Network Member

Fotofacial RE
Rosacea
Broken capillaries
Sun Damage
Red and Brown spots
Fine Wrinkles
Acne Scars
Loose Skin
Polaris
Wrinkle Reduction
Pore Reduction
Skin Tightening

Elos Laser Hair Removal
All Skin Colors
Medical Microdermabrasion
Botox Cosmetic
Physicians' Network Member
Wrinkle Reduction
Brow Lift
Crow's feet
Frown Lines
Mouth Lines

Juvederm
Physicians' Network Member
Wrinkle Filler
Lip Enhancement
Mesotherapy
Fat Reduction
Cellulite Reduction
Body Contouring
M.D. Forte
Chemical Peels
Obagi
Skin Care Product

Gift Certificates are Available



**Yeldell, Wilson
& Co., P.C.**
Certified Public Accountants
A Professional Corporation

Accounting Services
Auditing
Tax Planning
Tax Preparation

972-878-2611
611 S. Clay St • Ennis
www.ywcoepa.com

Now 5 acres of nursery products!

Spring is Here!

\$200 Off
Landscape Project
Job minimum \$2,000.00
Valid through March 31

Lawn Maintenance Now available!

Design • Install • Nursery

MULCH • SOIL • EDGING • ORNAMENTAL IRON • TREES • FLOWERS • ANNUALS
PERENNIALS • BULBS • STATUES • FOUNTAINS • POTTERY • STONE • BOULDERS
SHRUBS • DECOR • FIREPLACES • OUTDOOR FURNITURE • ORGANICS • CABANNAS

<p>Buy 3 Flats Seasonal Color Get 4th Flat FREE</p> <p><small>(Valid through March 31, only one per customer)</small></p>	<p>45-Gal. Red Oaks only \$225⁰⁰</p> <p><small>Reg. \$349.95 (nice 3" and 15" tall!) Offer expires March 31</small></p>	<p>30-Gal. Purple 6-8' Crape Myrtle only \$120⁰⁰</p> <p><small>Reg. \$199.95 Offer expires March 31</small></p>
--	--	--

Earth Tones GREENERY

Our designers are trained in landscape architecture. Have one of them out to help design your project today!

810 E. Main Midlothian • 972.723.0702

Check our website for details and specials at www.earthtonesgreenery.com

may be a child who's struggling, and the teacher has worked very hard to find what reaches that child. Then that magic key is unlocked, and the teacher will bring them down to share that."

During her time as principal, the need for discipline has occasionally occurred, and enforcing discipline was a concept with which Kelly initially struggled. She discovered through time and experience that good relationships can come from that. "Initially, when I was working on



Kelly M. with Kristen P. and Annabelle P.

"I ALWAYS SAY THAT I HAVE A JOB THAT FILLS MY CUP EVERY DAY BEING AROUND THE CHILDREN."

my master's, I was going to go into curriculum and instruction. I went the route of principalship because I thought that would be a closer connection to the kids. What concerned me a little bit was the discipline issue. In my mind, I thought discipline in administration would be the negative side of it, and I wanted that positive relationship with the kids. I learned my first year of being an assistant principle that a lot of my relationships were developed from the discipline. Because I had time to engage in conversations one on one with the kids, I learned more about their families, and I developed relationships with their families. What may have started as a negative that led them to the office was really an opportunity to build a relationship and invest in a family."

Gold & Diamond Buying Event

1 Day Only!

Saturday, March 5th
at the LifeStyles Expo - Waxahachie Civic Center
9 a.m. - 4 p.m.



Turn Your Gold & Diamonds into CASH!

WILEY'S
DIAMONDS & FINE JEWELRY

Before gold prices drop, now is the time to clean out your jewelry box and bring in all your old broken chains, worn out rings and anything you just don't wear any longer. We are paying top dollar, so stop by during this event for a free estimate for your gold, diamonds, and platinum no matter what the condition.

2251 Brown St. #102 in Waxahachie
972-937-4422 • www.wileysjewelry.com


ELITE REALTY
GROUP OF TEXAS

110 Roundabout Drive
(FM 663 & the new bypass)
972-72ELITE

It's time to make your move!

Whether buying, selling or leasing, give your Elite agent a call **TODAY!**



Janet Calvert
214-695-9079



Gayla Tucker
214-577-9876



Lisa Yarbrough
972-839-1292



Keri Turner
214-415-2765



Linda Winfield
214-460-8768



Debbie Phillippi
972-365-0382

eliterealtytexas.com Look for us on 

Portable oxygen concentrators ARE covered by Medicare!

Even if you are with another Oxygen provider, call us today to see if you qualify for a portable oxygen concentrator at no extra cost to you!



Breath of Life
Home Oxygen

1-866-777-3380 ext. 4143

Medicare and most major insurance accepted.

 **Superior**
Insulation

Insulation is the most cost effective way to lower your energy bills.

FREE ATTIC EVALUATIONS
FREE ESTIMATES

10% OFF TOTAL INVOICE
when you mention this ad

972-935-3810 



We have great rates on commercial, auto & home ...
we can find a policy to fit your budget!

Auto • Home • Health • Commercial • SR22 • DWI's

Carrington Insurance Agency
since 1985

972-937-9900 • 2693 N. Hwy 77, Ste. 1106 • Waxahachie, Tx

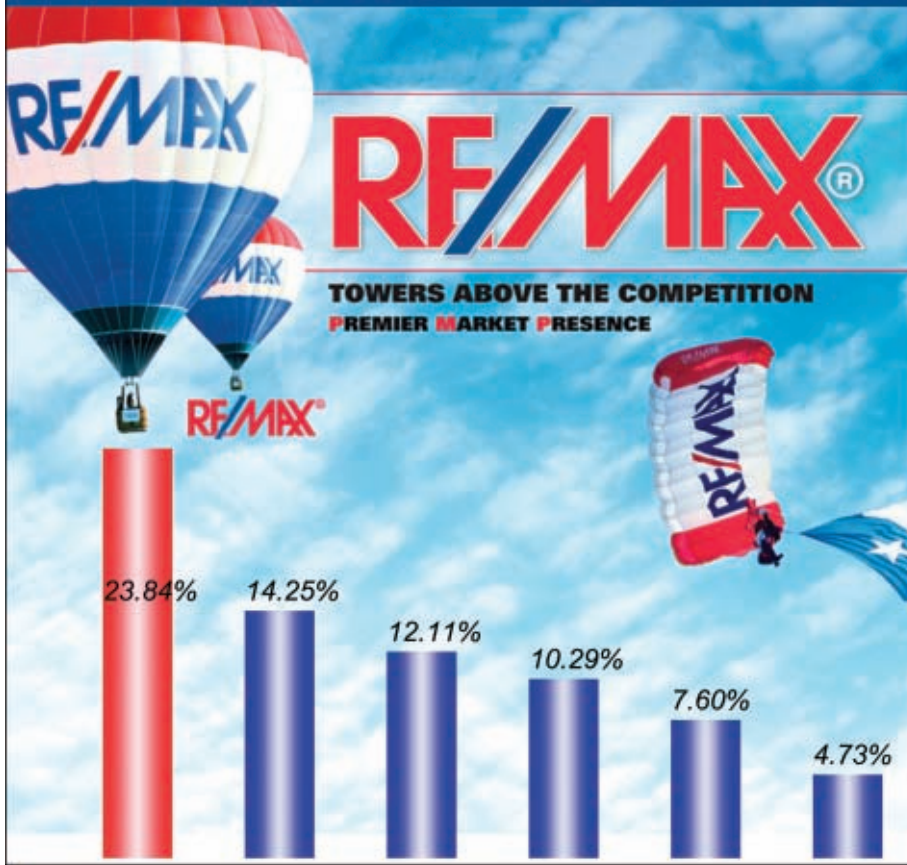
New! Free
Small Banana Pudding Milkshake!



Chick-fil-A 387 E. FM 1382
 Cedar Hill, TX 972-293-0022

2009 CFA Properties, Inc. Good only at Cedar Hill Location. One coupon per person per visit. Coupon not valid with any other offer. Closed Sundays, Coupon valid from NOW magazines only. Please use by March 31, 2011.

We sell Midlothian



Company	Percentage
RE/MAX	23.84%
Coldwell Banker	14.25%
Century 21	12.11%
Keller Williams	10.29%
Ebby Halliday	7.60%
HomesUSA	4.73%

RE/MAX SUBURBAN SOUTH

972.723.2553
138 N 8th Downtown Midlothian
www.suburbansouth.com

Listing Side Sold Volume

Based on data compiled from all Single Family Residential properties sold in the 76065 Zipcodes which were reported by the NTRIS MLS for the period from 1/1/2010 through 12/31/2010. These statistics represent the Listing of all office locations and independent offices of each multi-office or franchise or franchise organization identified, which listings were sold by such organization, according to the publications of the Multiple Listing Service for all Single Family Residential Properties (existing and new) in the NTRIS MLS areas for the time period indicated. Note: This representation is based in whole or in part on data supplied by NTRIS MLS. Neither the Association nor its MLS guarantees or is in any way responsible for its accuracy. Data maintained by the Association or its MLS may not reflect all real estate activity in the market. Each RE/MAX office is independently owned and operated.

Every year at Longbranch Elementary is an occasion to begin a new theme. This year their theme is Live, Laugh and Learn. Live focuses on a supportive environment. "We look at how we can provide one another and our students with what is best for our whole being and prepare our children not just for



Kelly M. with Zackary L.

this school year but to finish elementary, go to secondary, finish 12th grade and beyond. We want to make sure we build a foundation that gives the student the skills to do that.

"With Laugh, obviously, we want to smile, have a good time and enjoy what we're doing. That comes from the relationship, too. We want to know our students and our families so we know

"BECAUSE I HAD TIME TO ENGAGE IN CONVERSATIONS ONE ON ONE WITH THE KIDS, I LEARNED MORE ABOUT THEIR FAMILIES, AND I DEVELOPED RELATIONSHIPS WITH THEIR FAMILIES."

what does bring a smile to their faces and engage them through laughter.

"Our campus motto is: Reaching for the Highest Branch. With Learn, we want to be familiar with what our state standards are so we can prepare each student. We have a love of learning. The laugh and the love go together, and that is where we meet the students and build the relationships. We have children who may be sick, but they still want to be here. The lessons are engaging. They are relevant to the children, and so there is a desire to learn. I believe it all begins with building relationships with students, and by building those relationships with them, we are able to meet them where they are." **NOW**

be our guest this Sunday.

go south on fm 663
from the 287 bypass

worship: 8:30 & 11:15
sunday school 10:00

www.midlothianbible.org



John D. Abdulian, M.D.
Board Certified in Gastroenterology



- heartburn
- indigestion
- chronic diarrhea
- constipation
- abdominal pain
- colon cancer screening
- swallowing disorders
- liver disorders
- rectal bleeding
- poor appetite/weight loss
- anemia

For an appointment
please call our office at

(972) 875-1800

Most insurance plans
accepted

Three Locations to Serve You!

**Southwestern Digestive
Health Physicians**

Midlothian

1441 Midlothian Pkwy., Suite 100A

Mansfield

2800 E. Broadstreet, Suite 318

Ennis

2200 Physicians Blvd, Suite C

Improve your Luck with a New Look!

Edge STUDIO

Salon • Nails • Spa

Spa
Facial

\$10 Off



Deluxe
Pedicure
(with Mary)

\$10 Off

New Customer Invitation.

Free Haircut

with any Chemical Service

117 Ave. B & 8th • Midlothian

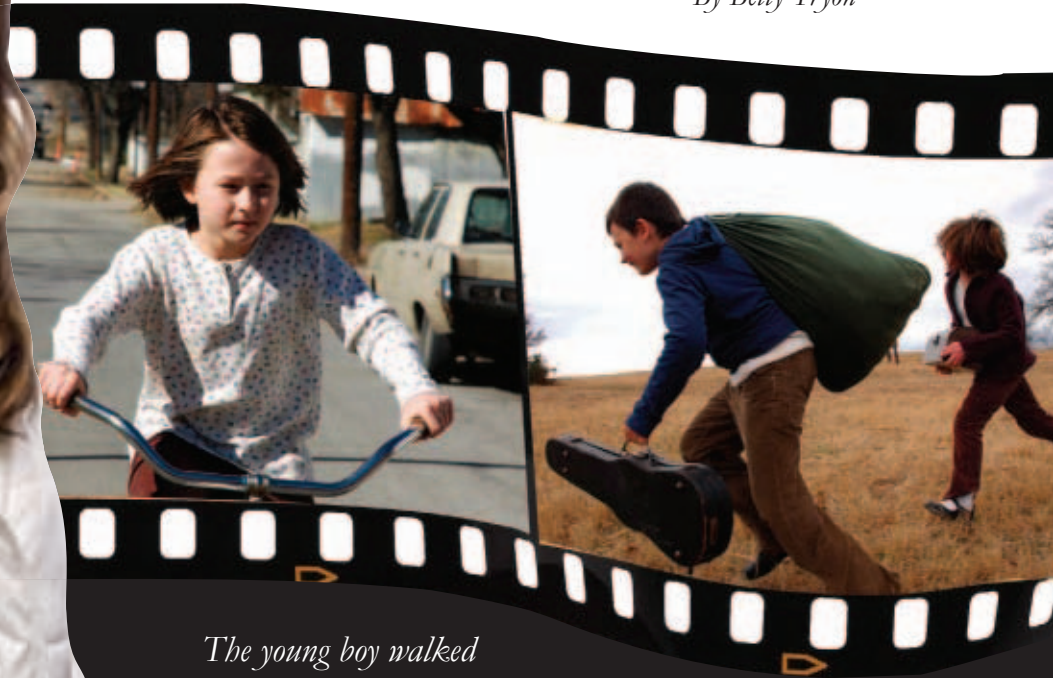
972-723 EDGE (3343)

New! www.edgestudiosalonandspa.com

*Gift Certificates
Available*

Acting Out a

— By Betty Tryon



The young boy walked with the weight of the world on his shoulders. Breaking into an abandoned house, he slowly walked through surveying the worn and missing boards on the walls with jutting nails and exposed wiring and flooring littered with broken glass. But, he is lucky because he found an iron stove, and the home will provide protection from the weather. Satisfied, he runs back to where his sister is sleeping on the ground. She sits up with a smudged, dirty face and wearily follows him to the house. The runaways have found a home, at least for now.

That is a summary of the opening 10 minutes of the feature-length film, *St. Nick*, starring first-time movie actors, Tucker and Savanna Sears, who were 11 and 9, respectively, at the time. After the movie filming ended, Tucker was done. Acting was just not his thing. For Savanna, however, it was just another glowing accomplishment on her résumé.

Savanna's mother, Amy, recalled, "When she was real tiny, she would watch TV and want to know when she could be on television." Savanna's first step onto the big screen in the film *St. Nick* proved to be successful. Amy recounted

how Savanna got the part. "*St. Nick* was an open call [generally an audition that accepts anyone wanting to act or model]. I saw it on the Texas Film Commission Web site, and the part sounded just like her. We went to the interview, and my son was along for the ride. He sat in on the interview with us. They cast her and kept bringing him back until, finally, they decided to cast him, too. So, they did the film together."

St. Nick has garnered accolades since its release. "It won Texas Grand Jury Prize at AFI (American Film Institute) Dallas in 2009," Amy explained. "Savanna

did that in the fourth grade. The film went to Thessaloniki in Northern Greece for the Thessaloniki International Film Festival. Normally they bring out the director, but this time they wanted the children there, so they invited us to come and paid our way. It was an amazing opportunity."

Being chosen as a lead actress in your first movie is an awesome break that happens for very few people. But, Savanna takes it all in stride. She actually prefers the stage to film. No doubt, her mom played a huge part in that decision. Amy, who is an art teacher at Baxter

Role



Elementary School, said, "I always tell people that I am a big believer in live theatre. I started taking Savanna and her brother when she was 2, and that's when she started asking when her turn was to go up there. It's not something I wanted for her; it's something she has always asked for."

Savanna began to make her dream come true as soon as she could. "I started acting when I was 6 years old," she explained. "My first part was *Fiddler on the Roof* at Grand Prairie Arts Council (GPAC)."

"She had been bugging me about

Now Open in Midlothian!

Welcome!

TIO TONY'S

fine mexican food

Daily Specials Every Weekday!

Mon	Enchilada Dinner	\$3.99
Tue	Fajita Special	\$6.99
Wed	Tacos al Carbon	\$7.99
Thur	Chile Relleno	\$7.99
WHILE THEY LAST		
Fri	Fried Catfish & Shrimp	\$6.99

NO SUBSTITUTIONS
DINE-IN ONLY

Happy Hour Everyday
4-7pm at Rosa's Cantina
\$1.99 wells, drafts & margaritas!

110 13th St. 972-775-2390
Next to Tim Tobey Insurance behind Shell convenience store
Join us for breakfast!...lunch & dinner too!

Kathy Spiegel
214-497-8615
sixspiegels@aol.com
Property Mgmt. & Leasing Specialist
20 yrs. experience in Midlothian

I bring owners and buyers together.

Great! 3-2-2 Custom House. Bright open floor plan with split bedroom arrangement. Texas sized master bath with sitting area. Landscaped yard with storage/workshop. \$134,900 Call today

COLDWELL BANKER
AMERICANA REALTORS®
Independently Owned & Operated

Storage 50% OFF 1st 3 months
Offer expires 3/31/11

- Climate-controlled Units up to 10 X 25
- On-site Managers
- Video Surveillance
- Individually Alarmed Doors
- Your Lock, Your Key
- 24/7 Computer-controlled Access

ABBY'S STORAGE
FREE TRUCK WITH MOVE IN
972-293-5880
SEE MANAGER FOR DETAILS
SE HABLEA ESPAÑOL

Free Use of our Move-In Truck!

ABBY'S STORAGE 1150 S. US Highway 67 (exit Mt. Lebanon)
Cedar Hill, TX 75104 • 972-293-5880

March is Colon Cancer Awareness Month

See if you are at risk:

- People age 50 and older
- People who smoke
- People who are overweight or obese
- People who are not physically active
- People who drink excessive amounts of alcohol
- People who eat a lot of red meat
- People with personal or family histories of Colorectal cancer or benign polyps
- People with personal or family histories of inflammatory bowel disease

There are many test options that can be considered for screening and the best time is to do screenings before you have symptoms.

Contact us and we will be happy to discuss your options.

Dr. Stephen Trammell



675 W. Main Street (Downtown Ovilla) (972) 617-6376

Visit our website at Dr-Trammell.com

TOTAL IMAGE

HAIR • NAILS • WAXING • MAKEUP

300 N. Bryant St., Suite 104 • 972.723.8267 • totalimagesalonmidlothian.com

Handy Man Crew

WE CAN DO IT ALL!

Maid Service!

- Fence Repair & Installation
- Paint - Interior & Exterior
- Custom & Rough-End Carpentry
- Tile Installation & Removal
- Wood & Laminate Flooring Installation
- Tree Trimming & Removal
- Tape, Bed & Texture

No Job Too Large or Small
We Honor Competitors' Coupons
Quality Service at Affordable Pricing

**Mention This Ad
for 10% Off**

469-569-5431

wanting to be on stage, so we found an open call for kids 6 and up," Amy remarked. "Savanna was able to be part of the children's chorus." Other plays at GPAC were *The Jungle Book*, with Savanna as the wolf pup; *Damn Yankees*, with her as part of the children's chorus; and *Robin Hood* as Baroness of beef. Her last play at GPAC was *The Music Man* as Amaryllis."

Most of Savanna's stage roles have been at GPAC, Theatre Arlington Youth Production, Waxahachie Community Theater, Cedar Valley College, Midlothian ISD and The Dallas Opera. In November 2010, Walnut Grove Middle School produced the play *Into the Woods*. Savanna explained the play. "It's about fairy tales that are mixed together. Each person has a different personality than their fairy tale

"I started acting when I was 6 years old."

character — like Little Red Riding Hood, she steals stuff and is a brat. Jack from *Jack and the Beanstalk* is a twit, and he's just stupid. Cinderella is a dumb blonde. She slips and falls a lot — very clumsy. I'm Jack's mom. I get to be really frantic and shaky, because he is always getting into trouble. I yell a lot. They have different stories at one time, but they all tie in together. I'm in every scene, and I sing and have a lot of lines; so, it's a pretty big role." It sounds like a most unique viewing experience.

Earlier in November of 2010, Savanna landed a plum role at The Dallas Opera's production of *Anna Bolena*. Out of all of her theatre work, opera is what she enjoys most of all. She said, "Right now I want to be an opera singer. I like that music better than regular theatre musicals."

"Two years ago, she was in an opera called *Roberto Devereux*," Amy added. "The director of that opera is the one who asked Savanna to come back and play Princess Elizabeth. I think the reason she likes opera the best is because the stars are very nice. They don't act like snooty stars, and they are teaching her some of the Italian words for the Italian opera. Her role is pretty substantial. The director has her character listening on the balcony at what is going on downstairs. It's like she is learning and absorbing for

COLDWELL BANKER

1916 Wood Dale Circle • Cedar Hill



Executive Elegance. Upgrades galore, lots of windows, lite & brite plantation shutters, soaring ceilings, wood flrs, open gourmet isl kit, granite countertops, tumbled stone bkspsh, custom cabs, SS appliances, MSTR suite, impressive MSTR bath, Jacuzzi tub, his & her sinks, skylite balcony, overlooks BKVD paradise, gorgeous pool & spa w/waterfalls, lush landscaping, lots of trees, security, will lease \$3000. **\$299,900**

137 Meadow Glen Lane • Ovilla



Custom features thruout, wood wrap windows, wood, tile & stone floors, 8' doors, rounded corners, art niche, antler chandelier, vessel sink, wide plank wood floors, window seat, huge covered cobblestone patio, rock waterfall, hand-painted murals, hot tub. **\$208,000**



Donna Lasater
#1 Sales Agent
469-567-1497
www.dlasater.com



Replacement Windows, Glass, Solar Screens

Save on your energy bills!

Lifetime warranty on replacement windows!

1ST CHOICE

Doors & Windows

Since 1996

Hours: Mon. - Fri. 8am- 5pm

FREE ESTIMATES! 972-723-1000



We're so
Lucky
to Have
Customers
Like You!

Happy St. Patty's



\$10 Off
any Gift Items
in the Store

with this ad
Expires 3-31-11



U.S. DRUG MART

310 W. Ave. F

972-775-1180

The Midlothian Conference Center

- + Weddings
- + Quinceañeras
- + Rehearsal Dinners
- + Baby Showers
- + Reunions
- + Corporate Meetings


STOP BY AND MEET OUR NEW DIRECTOR, CYNDI GOLDEN!



972-723-7919

WWW.MIDLOTHIANCENTER.COM

Introducing
BowenWork®
Resets the body for it to heal itself.




BowenWork® is a bodywork system that stimulates the body's healing process by activating the body's natural ability to heal itself. Consists of sequences of rolling movements of the practitioner's thumbs or fingers over precisely located sites on the body. These movements serve to signal the body to remember how to heal a variety of health issues.


Try BowenWork® today
Intro Offer
40% Off
 Regular \$65

Call to experience this unbelievable work!

Becki Gilliam ~ Owner, Certified Instructor
 972-775-6750 or 972-814-3597
 www.templewellnessstudio.com
 440 S. Walnut Grove Rd • Midlothian



The Lennwood

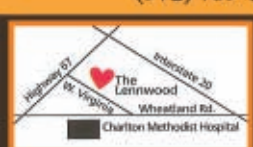


Get Back to Your Life

- 24-Hour Professional Nursing Services
- Short-term Rehab & Long-term Care
- Respite Care
- State-of-the-art Therapy Gymnasium with Physical, Occupational and Speech Therapies
- IV/Enteral Feeding Therapy, Wound Care
- Restaurant Style Dining
- Beauty & Barber Shop
- Podiatry, Ophthalmology, Audiology & Dental services available on site

Nursing & Rehabilitation
Privately owned and operated making a difference!

8017 West Virginia Drive • Dallas
 (972) 709-1112



Located in the Dallas/Duncanville/DeSoto area north of Chariton Methodist Hospital off of W. Wheatland



Ermatinger & Lundberg
 Attorneys at Law

Criminal Defense, Civil & Family Law
 215 W. Franklin Street, Suite 200, Waxahachie, TX 75165
 972-938-7303 www.EandLlaw.com

Swim Lessons



Classes start May 30
 Levels I-VII • 5 sessions over the summer
 American Red Cross Curriculum Taught

Swim Town Daytime & Evening Classes Available
972-723-8199

the future. Anne Boleyn sings a song to her about not being mesmerized by the throne. It's not worth the heartache."

Savanna chimed in with, "I want to be in another opera. Those are fun. I don't like film as much because I like getting to know the person. We have so many rehearsals and do so many shows



together that I just think it's more social. I like singing and dancing better than just speaking lines."

Of course, life in the arts is not all fun nor does it completely define Savanna. Amy stated, "She makes straight A's, but it's hard when you have rehearsals night after night and get home at 11:00 or 12:00 o'clock."

"My favorite subject in school is social studies, because I like learning about the past. I always have good teachers," said Savanna. At school, Savanna is seen as just one of the students — not an accomplished actress and singer — because "I don't really tell people that I'm an actress."

Savanna has big plans for any money she makes with her acting. "I will save my money so, when I get old enough, I can buy a Volkswagen." In the meantime, she spends her money caring for her pets — two miniature Dachshunds and two cats — all purchased proudly with money she has earned. As for her future plans in acting, she stated, "I love it and want to keep on doing it." **NOW**

Liberty Cheer All-Star Tryouts

APRIL 9TH, SATURDAY
AMERICA'S SWEETHEARTS
CHAMPIONSHIP

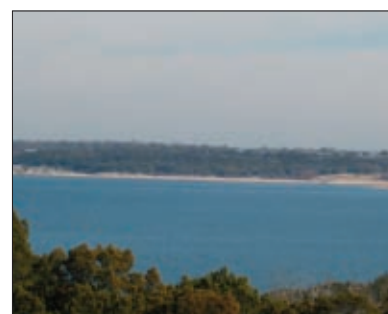
Athletes should use their age as of
August 31, 2011

10am-11am: 5 years and younger
 11am-12:30pm: 6 years old to 9 years old
 1:30pm-3:00pm: 10 years old-12 years old
 3pm-5pm: 13 years old to 18 years old

Just Show up!
\$20 for Tryouts with FREE T-Shirt!
 Level 1-Level 5 Available! Be there!
 Any questions: 972-322-8363, or 972-775-5323
 or e-mail: carrie@libertycheerallstars.com

Home of the 2011 National Champions!

LCA Liberty Cheer
 1080 Dividend Rd., • Midlothian • 972-775-5323
 For additional information visit our Web site at www.libertycheerallstars.com



Lake Whitney Retreat

Enjoy breathtaking lake and canyon views from every window in this beautiful home on 1/2-acre lot. Very secluded and private area surrounded by corps land in the Canyons subdivision on Lake Whitney. Walk or drive to the lake.

This home has 2 living areas, 2 bedrooms and 2 full baths in the main house with an additional bedroom and bath above detached 3-car garage. Completely updated in 2010 with polished travertine and marble tile, granite, designer carpet, stainless appliances, including a Viking professional 6-burner gas cook top, tankless hot water heater, whole house (bottled water quality) water filtration system, Jacuzzi 8-jet tub with heater and much more. Very energy efficient. Community boat ramp. Partially furnished.

**Purchase: \$299,500 or
 Lease: \$1400/month**

Additional 1/2-acre lot available with possible owner financing.

Riverplace Realty
 Jean Weinkauff (broker)
 Richard Chrisner (agent)
 254-622-8364 (office)
 512-468-3622 (cell)
 mls#11010461

Tree Trimming & Removal Services

Over 20 Years Experience

ARBORCULTURE
 For the Best Quality Services at Affordable Prices

Tree/Stump Removal • Diagnostic Consultation • Disease/Insect Control
 Injections/Feedings • Free Estimates • Insured for Your Protection

972-723-2476

WALTON'S
 MUFFLER, BRAKE & TIRE

Total Car Care

Air Conditioning • Brakes
 4-Wheel Alignment
FREE BRAKE INSPECTION

Diesel Pickup Exhaust • Tires
 Shocks & Struts • Ranch Hand Bumpers
 Flow Master Exhaust • Transmission Service
 Truck Accessories • Catalytic Converters
 Motor Home Service • Hitches

\$10 OFF
 Any Service
 * Excludes Oil Change

1530 Hwy 287 Bypass
 Waxahatchie • 972-938-9922
www.horsesunderthehood.com

FREE Brake Inspection

We treat you like family!



Approved Home Health Care

200 Silken Crossing
Suite 202
Midlothian, TX 76065
(972) 723-2933
approvedhhc.com
lponder@approvedhhc.com

Hours:

Monday-Friday: 8:00 a.m.-5:00 p.m.



From left:

Louis Ponder and his staff believe in treating each other and their patients like family.



Caring at Home

Approved Home Health Care brings the care you need to your bedside at home.

— By Betty Tryon

When Louis Ponder, owner of Approved Home Health Care decided to change his career, he wanted a business where the staff and the people they serve would be part of one big happy family. “That was kind of our thought when we did this,” he said. “We’ve seen family members grow old where they can’t get around anymore.” Louis decided to make a difference for the elderly in the community. “They essentially propped us up when we were young and unable to do for ourselves. We can make a difference for their families,” he said.

Approved Home Health Care provides health services in the home to patients who cannot move around without assistance. “Medicare is restrictive on that,” Louis explained. “They must

be homebound, or we cannot provide the service to them. We send a nurse in to do an evaluation of the patient’s needs on home health. One of the first questions we ask is, ‘Are you homebound?’ In other words, ‘Do you need to have someone drive you around or can you get around on your own?’ If they are able to get to a doctor’s office, we can’t come in and do what we do. But, if they are homebound and have a skilled nursing or therapy need, then we can start them on service.”

The agency not only provides nursing care, they also offer physical therapy, occupational therapy, speech therapy and medical social workers. The medical social workers try to meet the social needs of the patient. “If the patient doesn’t have

money for food or is unable to cook meals, they set them up with Meals on Wheels and things like that,” Louis said. “And, they will help them get assistance if they can’t make their utility bills sometimes. They help point them in the direction of different organizations that can help. We provide some supplies that Medicare requires, such as syringes for injections and things like that. We don’t provide equipment, but we will set it up. We take the initiative to contact the medical equipment company and let them know we have a patient on service, and they need a wheelchair. We ask if they can get it out to them.”

Because the nature of the work is so personal, the agency strives to send the same medical professional back to the

“Without our staff, we’re nothing. It’s not all about the dollar. We are a family here.”

client’s home. Their familiarity adds to the patient’s comfort level. “A lot of agencies may send a nurse this week and a different nurse the next week. Our nurses pretty much own their patients. It makes for a more consistent care, and it’s more comfortable for the patient. They know who is coming in, and they become friends. We insist with our therapy companies that we want the same therapist and therapy assistant to go see each patient. It’s better to have the same people for whatever discipline it is throughout the course of their care. It would not be very productive or efficient to have different therapists going out.”

Louis has high praise for his staff. “Without our staff, we’re nothing. It’s not all about the dollar. We are all family here. We opened this company as a family, and we treat our nurses, therapists and our patients as members of the family, as well.” **NOW**

Great Things Are Always Happening Here!

You don't need luck when you use ...

COLDWELL BANKER

AMERICANA REALTORS®
Independently Owned & Operated
Jamie S. Wickcliffe ~ Owner/broker

121 N. 8th St. • Downtown Midlothian • 972-723-8231 www.cbamericana.com

“We are excited that we are able to provide high quality, compassionate health care services with a home town feel for our community.”

COMMITMENT TO QUALITY

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.

CHAP **HOME HEALTH CARE APPROVED**



Nate Irby poses with his balloon.



Brad Tate takes a shot in a game of pool.



Miller Student Honor Council members help rally the students and staff for Rachel's Challenge.



Connie Cooper serves up popcorn.



Friends get competitive while playing a board game.

Tyler Candles

Candles, LOTIONS, Room Fresheners, Laundry and BODY WASHES ...New...

Release Fragrance... flameless!

Yes, we have candle warmers

...& Everything Nice... a gift shop

200 South Main
Duncanville, Tx
#972+ 296-6423

Store Hours:
Mon.-Sat. 9-5:30

...Hippity...Hopity... EASTER'S ON ITS WAY!

Ribbon Cutting:
March 31, 2011
11:30 am
HERE!

Join Us

Save SOME GREEN on St. Pat's Day

We do Embroidery (MONOGRAMMING) & Personalizing

Grace

Designer Quilted Handbags... coming soon!

Come in & give us your opinion... & we'll give you a 15% OFF Coupon!

25% OFF

ONE ITEM With this Ad Excludes Floral & Tyler Candles EXP 04-01-11

Spritz the bowl before you go and no one else will ever know.



Miller Elementary's CBI students participated in celebrating the 100th day of school by preparing a poster with 100 items on it.



The Midlothian Chamber of Commerce welcomes new member, Spirit Filled, with a ribbon-cutting ceremony at their new location.



MHS principal, Dr. Al Hemmle, poses with Christian Velasquez, MHS National Merit Scholarship Competition finalist.



Vitovsky second-graders, Marylou and Amanda, enjoy browsing the annual book fair.

HAWKEYE DISCOUNT
Siding, Windows & Solar Screens

\$250 OFF
Vinyl Siding

EXP. 3-31-11
Midlothian, TX
(972) 754-0515

Local Midlothian Company With 20 Years Experience
Quality at an Affordable Price
972-754-0515
www.hawkeyediscountsiding.com

Exquisite Handmade Soap
Bath & Body Products
Aromatherapy
Artisan Jewelry
Unique Gifts

Soap Goddess®
Handmade Soap Company

315 W. Main St. Suite 16 • Waxahachie
972-923-0766 • www.SoapGoddess.com

Nutritional Infrared
Liposuction

The
Tickle Lipo
Procedure

TICKLE LIPO

Find out why patients are calling this the TICKLE LIPO procedure

TICKLE LIPO - The leading minimally invasive liposuction technology which now makes awake surgery a safe and comfortable surgical option.

BEFORE **AFTER**

TICKLE LIPO ensures minimal downtime, little or no bruising and minor restriction of post surgical activities. Removes fat gently without damaging surrounding tissue. Liposuction has never been safer, more comfortable and aesthetically pleasing.

Ellis County Med Spa
800 W Lampasas St
Ennis, TX 75119
(972) 875-4700 or
metro 972-921-0567
Call for a free consultation!

Nurturing Nutrients

— By Betty Tryon, BSN

“Eat your vegetables!” Is there a mother on this earth who has not directed her reluctant child to do this? The reason for this universal plea is obvious. Vegetables are full of healthy nutrients our bodies need. Nutrients are nourishing substances in our bodies. They are the foundation for life, growth and health. They strengthen and support by providing necessary essentials for muscle and bones. Nutrients feed our cells and provide energy. Nutrients help regulate bodily functions such as digestion. They also repair and replace tissues to allow our bodies to be a powerful self-regenerating organism.

Nutrients are everything in nutrition. They come from a myriad of food sources regarded as proteins, fats, carbohydrates, vitamins and minerals. The more variety in your food selection, the more different types of nutrients you can ingest to benefit your body. Because of this, it pays to understand and manage your nutrition to its optimum level by eating healthy. Today, nutrition labels on food products can give you valuable information about its contents. Checking with your health care provider is always a good idea before making a significant change in your diet. They may have some suggestions about your daily intake of sodium

(salt) and sugar. Here is a hint: most of us eat too much of both every day!

A healthy eating plan with enough nutrients for you to function at your optimum level is relatively easy to make. With fruits and vegetables, look for the brightest and deepest color. Those foods will contain the greatest concentration of essential nutrients such as vitamins A, C, E and K, with minerals such as calcium, magnesium and zinc to name a few. Make an effort to eat a greater variety of fruits and vegetables. Aim for at least five portions a day. Look for different sources of protein other than red meats. Beans, seeds, nuts, tofu and fish are good examples. Protein provides structure for muscle growth and helps to maintain our tissues and cells.

Remarks about healthy nutrition would be remiss without cautioning against eating too much unhealthy fat. Some fat in your diet is actually healthy and required. Monounsaturated fats found in olive oil, nuts and avocados are good for you. Saturated fats in red meats, trans fats in fried and snack foods may taste good, but they increase your cholesterol and your risk of cardiovascular disease. Eating foods that are good for you is the only way to ingest proper nutrients for your health, and that is good enough reason to eat your vegetables! **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.



*At this office
our mission
is to improve
the quality of
your life. We
strive to have
our patients
reach their
fullest innate
potential.*

MIDLOTHIAN
— CHIROPRACTIC —

525 E. Main St. • Midlothian
972.723.1155
www.midlothianchiropractic.com

DESTINATION 76

A Denim Shop for Women
Jeans, Accessories, Belts
Sizes 0-20

131 N. Main Street
Downtown Mansfield
Mon-Sat 10 - 7
817.453.7425
Find Us on Facebook!

JEWELRY REPAIR SHOP

Watch & Rolex
Repair,
Remounts,
Restraining,
Appraisals,
Custom Design
& Batteries

WILEY'S
DIAMONDS & FINE JEWELRY
wileysjewelry.com

2251 Brown St. #102 • Waxahachie • 972-937-4422

HydraFacial
NON-SURGICAL FACIAL REJUVENATION

\$99
(reg. \$125)

www.edgesystems.com

- Eyelash Extensions
- Permanent Cosmetics
- Organic Facials
- Waxing

817-919-3849

WRINKLES AWAY SKINCARE

**1 Hour Facial
& 1 Hour Massage
\$99**
Mention ad for special!

March Madness Specials!

\$50 Hour Massage Reg. \$60

\$75 1 1/2 Hour Massage Reg. \$90

- Clinical/Medical Massage
- Pain Management
- Pre-Natal (Nationally Certified)
- Reflexology • Ear Candling

214-770-4480

Lona's Therapeutic Massage

2364 Hwy 287 N, Ste 107, @ Callender Rd.

Now Open!

Suzushii
Sushi & Grill

We Serve
Yakatori
NATURAL
CHARCOAL GRILL

Lunch
Bento Box
Start at
\$6.95

Served sushi roll
over **70**
items

\$5 OFF
Any \$25 Order
(Exclude Mix-Drink), Dine in Only
One coupon per Table.

HOURS OPEN 7 DAYS
Mon-Fri: Lunch 11am-3pm Dinner 4:30 - 10pm
Sat: 11-10pm Sun. 12:00-9:30pm

638 Uptown Blvd. Cedar Hill • 972 293-1009 • www.suzushiisushiandgrill.com

Dick's
UPTOWN CAFE

**Where Locals
Meet**

Just ask the locals!

Serving Breakfast until 2 pm every day

Monday ~ Friday ONLY PLEASE!
**Buy one Breakfast
Get one 1/2 price!**

Burger & Fries \$4.98
Every day price!
Does not include tax.

Teril's Takeout for dinner!

We have a great list of casseroles just right to serve 2, 4 or 6. We also bake many of your favorite desserts in-house, with only the best ingredients. Grab an order sheet while you're here or see what's available for you to take home with you today!

**Also offering personalized catering
at our place or yours!**

Members of the Cedar Hill, Duncanville and DeSoto Chambers of Commerce

In the office building at **610 Uptown Blvd.** 972-293-9944
Behind JCPenney & across the street from Edible Arrangements

Weatherford NOW | Mansfield NOW
Burleson NOW | Red Oak NOW
Ennis NOW | Corsicana NOW
Southwest NOW | Waxahachie NOW
Midlothian NOW

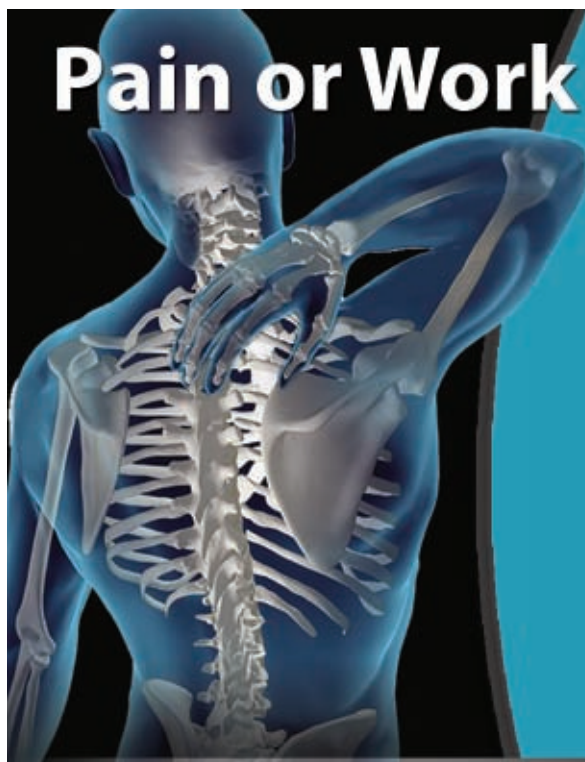
Advertise with us!

Reaching over 500,000 readers in nine markets, with interesting stories about the people living in those communities, NOW Magazines are the smartest choice for your advertising dollars.

NOW
MAGAZINES

Bringing the best of the community home
For more info. contact: 972-937-8447

Pain or Work Injury? *Call us ... we can help!*



Byron Strain, M.D.

Board Certified in Physical Medicine and Rehabilitation

- EMGs/NCVs (Muscle and Nerve Testing)
- Comprehensive Pain Management
- Physical Therapy (on-site)
- FCEs (Functional Capacity Evaluations)
- Impairment Ratings
- Worker's Comp Cases
(Including U.S. Dept. of Labor)



Sports & Work Related Injuries, Peripheral and Trigger Point Injections, PAIN (back, neck, elbow, wrist, shoulder, knee, etc.) Carpal Tunnel, Tendonitis, Arthritis, Fibromyalgia, Rehabilitation (Stroke, Amputation, Cancer & Multiple Sclerosis)

Only 2 min. from Desoto! (Hampton towards I-20 to (left)
Beckleymeade Ave (left) Autobahn (Left) into parking lot

We Accept Most Insurance
Se Habla Español

GO! REHAB

2550 Beckleymeade Ave • Suite 100 • Dallas, TX 75237
Office: 972-572-4040 • www.gorehabclinic.com

All Aboard for Thomas Wooden Railway Month

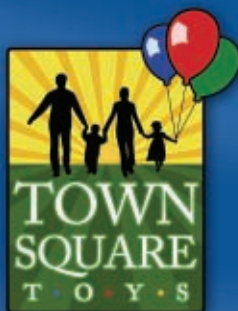


Specials all month long include:

- Receive a **FREE** Thomas whistle if you're in the store when the train whistle blows
- Purchase **ANY** Thomas Wooden Railway item in March and receive a **FREE** Thomas at Sea Engine Set *while supplies last



Come by anytime and play on our Thomas playtable.



215 N. Walnut Creek Suite 101 • Mansfield, TX 76063

817-453-TOYS (8697)

www.townsquaretoys.com



March 1

QuickBooks Simple Start Seminar sponsored by Navarro College Small Business Development Center (SBDC): 10:00 a.m.-noon, Citizen's National Bank, 310 N. 9th Street, Midlothian, 76065. Cost: \$20. To register, contact Navarro College SBDC at (972) 923-6425 or sbdc@navarrocollege.edu.

March 4

Empowering Seniors and Caregivers Conference: 8:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church, 380 Northwest Tarrant Avenue, Burleson, TX 76028. This annual conference is hosted by Meals On Wheels of Johnson and Ellis Counties (MOWJEC), a community benefit organization serving the homebound elderly and disabled residents throughout Johnson and Ellis counties for 33 years. This is free-to-the-community education for people caring for loved ones. A meal will be served. Please RSVP at (817) 558-2840 or register online at www.servingthechildrenofyesterday.org.

March 5

"Midlothian's Got Talent": 6:00 p.m., Midlothian High School (MHS) auditorium. This is a city-wide talent show presented by MHS Choir for all Midlothian Independent School District students.

For more information, visit midlotalentshow@gmail.com or www.midlotalentshow.blogspot.com.

March 19

The Experience Midlothian Community Expo: 10:00 a.m.-2:00 p.m., Midlothian Conference Center. Admission is free. Call (972) 723-8600 for more information.

March 26

Ellis County Master Gardeners' 11th Annual Lawn & Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. There will be over 100 exhibitors, children's gardening workshops, plant sales, door prizes, 4-H concessions and breakout sessions with Master Gardeners. Complimentary tickets are available from sponsors. For more information, visit www.ecmga.com or call (972) 825-5175.

Fabulous Forties Fling: 7:00-11:00 p.m., Texas Motorplex, located between Waxahachie and Ennis. Dancers and wallflowers are invited to celebrate the Greatest Generation, with clients and supporters of Meals On Wheels of Johnson and Ellis Counties (MOWJEC). This event, hosted by Waxahachie Autoplex, will raise over \$60,000 to provide meals to the homebound in our area. For sponsorship information or reservations,

contact the Meals On Wheels office at (817) 558-2840 or (972) 351-9943 or visit www.servingthechildrenofyesterday.org.

Ongoing:

Creative Quilters Guild of Ellis County: 6:30 p.m.-8:00 p.m., Waxahachie Bible Church, 621 Grand Ave., Waxahachie, TX.

First Tuesday

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

Third Wednesday

The Ellis County Christian Women's Connection, monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost: \$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.

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



NEW LOCATION
ecia
Ellis County
Insurance Agency
972-938-2801

**New Location -
Same Great Service!**

Kirk Davis, Owner
Joanna Ridlehuber, Agency Manager

ecia
ellis county insurance agency

103 Executive Court, Suite 3, Waxahachie
Give us a call at 972-938-2801

**YOUR MERLE NORMAN
BEAUTY
BONUS***

**FRESH FACE
FOR SPRING**
Refresh and renew skin with
trial-sized cosmetics in a clear
vinyl waterproof carry-all:

LUXIVA® Brilliant-C Cleanser
LUXIVA® Brilliant-C Toner
LUXIVA® Age Defying Serum
Moist Lip Color



CELEBRATING 80 YEARS OF BEAUTY
MERLE NORMAN®
MADE IN THE USA

401 N Hwy 77, Ste 8 972-937-9696 Mon - Fri 10am - 6:30pm Sat 10am - 6pm
www.merlenormanstudio.com/mn-9303

Facials, Skin Care, Make-up Lessons,
Bridal & Photography Make-up
Gift certificates available

Pam Peterson - Owner / Master Make-up Artist
Dennise - Beauty Consultant & Make-up Artist
Hilary - Facialist, Lash Stylist & Make-up Artist

*Free with the purchase of two or more Merle Norman cosmetic products. Cosmetic accessories not included.
Offer valid while supplies last at participating Merle Norman Cosmetic Studios beginning March 1, 2011. Limit one per customer.
Merle Norman Cosmetic Studios have been independently owned and operated since 1931.

© 2011 Merle Norman Cosmetics, Inc. MERLENORMAN.COM



In The Kitchen With Holly Hopkins

— By Adam Walker

Holly Hopkins cooks for her husband, Marcus, and their 3-year-old, Bailey. “Enjoying a delicious meal with the ones you love just makes it that much better,” Holly said. Southern cooking is her favorite. “My mother cooked a hot Southern meal almost every night growing up. That’s just the way it was,” she remembered.

She began cooking as a child, helping her mother in the kitchen. Now, she cooks with her daughter. “Bailey is getting to the age where she wants to help in the kitchen. She loves to be my helper!” Cooking is an old tradition for Holly. “Both my grandmothers were excellent cooks, making desserts that made your mouth water. I have their recipes, but it never tastes quite the same as when they cooked it!” **NOW**

White Chicken Chili

2 1/2 cups water
1 tsp. lemon pepper
1 tsp. cumin seed
4 boneless, skinless chicken breast halves
Oil for sautéing
1 clove garlic
1 cup onion, chopped
2 8-oz. cans white shoe peg corn, drained
2 4-oz. cans chopped green chilies
2-3 Tbsp. lime juice
2 14-oz. cans white or great Northern beans, drained
1 tsp. sugar
1 Tbsp. Worcestershire sauce
Crushed tortilla chips
Shredded Monterey Jack cheese for garnish

1. In a large saucepan, combine water with lemon pepper and cumin seed. Bring to a boil.
2. Add the chicken breast halves and return to boil. Reduce heat to low and simmer 20 minutes or until chicken is fork-tender and

the juices run clear. Cut chicken into small pieces.

3. In a medium skillet, add oil, garlic and onion. Cook, stirring over low heat until tender.
4. Add the chicken, onion and garlic mixture, corn, chilies and lime juice to the broth. Bring to a boil.
5. Add beans, sugar and Worcestershire. Simmer 30-45 minutes. Garnish with tortilla chips and cheese.

Apple Dumplings

2 Granny Smith apples
2 8-oz. cans refrigerated crescent dinner rolls
1 cup salted butter, softened
1 1/2 cups sugar
1 tsp. vanilla extract
Cinnamon, to taste
1 1/4 cups Mountain Dew soda

1. Preheat oven to 350 F
2. Peel and cut apples into eighths. Microwave apples on high for 3 minutes. Take each slice of apple and roll in a crescent

roll. Place rolls in a 13 x 9-inch buttered baking dish.

3. In a bowl, soften butter and add sugar and vanilla extract. Mix well. Spoon butter mixture over each roll.

4. Sprinkle with cinnamon. Pour Mountain Dew soda around the edges and between the rolls.

5. Bake, uncovered for 30 minutes or until lightly brown.

Southwest Roast

1 1/2 cups pinto beans
1 tsp. salt
1/2 tsp. pepper
1 tsp. garlic powder
1 3-5 lb. trimmed brisket
1 10-oz. can tomatoes and green chilies
2 10.75-oz. cans cream of celery soup

1. Rinse beans. Pour into bottom of a large roasting pan. Sprinkle with salt, pepper and garlic powder. Cover beans with water and set meat on top of beans.

2. In a mixing bowl, add tomatoes and green chilies to cream of celery soup. Pour mixture over brisket. Cover with foil and bake at 225 F for 15 to 18 hours.

Black Bean Soup

4 cups black beans
1 lb. bacon
2 tsp. salt
2 large yellow onions
2 large green bell peppers
3 Tbsp. olive oil
2 Tbsp. cumin
1 1/2 tsp. garlic, minced
1 tsp. pepper
1 22-oz. can stewed tomatoes
1 1/2 Tbsp. chili powder

1. Cover beans with ample water.

2. Cut bacon into 3-inch pieces and add to beans along with 1 tsp. salt.

3. Cook over low heat.

4. When beans become medium soft (about 4-6 hours), slice onions in half then cut in 4 slices. Repeat with bell peppers.

5. In a skillet, add olive oil, onions, bell peppers, cumin, minced garlic, remaining salt and pepper. Cook over low to medium heat approximately 30-45 minutes.

6. Add onion and bell pepper mixture to beans.

7. Add stewed tomatoes and chili powder. Cook another 3-4 hours before serving.

SPRING IS IN THE AIR! CALL NOW!



CUSTOM FENCING AT AFFORDABLE PRICES!

- Fence Repair
- Fence Staining
- Retention Walls
- Concrete Staining
- Outdoor Cook Areas
- Arbor, Pergolas & Decks
- Landscaping & Irrigation Systems

FREE ESTIMATES

VINYL • WOOD • WROUGHT IRON FENCES • ELECTRIC GATES CUSTOM OUTDOOR PATIOS • GUTTERS • CONCRETE STAINING

Ross FENCING

COMMERCIAL & RESIDENTIAL CONSTRUCTION

1604 N HWY. 67 • MIDLOTHIAN
(9TH ST EXIT, NORTH BOUND FRONTAGE ROAD)

972-904-1904

FREE WALK THROUGH GATE

with any fence purchase. \$150 Value
Expires 3/31/11

FREE TREE

with landscape package purchase
\$350 Value. Expires 3/31/11

Taste Our New Lunch Specials

\$5.99 & UP

Served Monday thru Friday - 11-4

10 Items for \$7.99 or less



\$2.00 Draft Beer

Mondays & Thursdays

HAPPY HOUR

Served Monday thru Friday - 4-7



RED HOT & BLUE

Buy any entree & two beverages & receive
2nd entree of equal or lesser value

FREE ENTREE

RED HOT & BLUE
Duncanville

One per table, not valid with any other offer, discount, coupon or special. Not valid with Ribfest Specials. Dine-in only. Maximum value \$9.99. Exp. 4-10-11

FREE ONION RING BASKET

w/any food purchase of \$5.00 or more.

RED HOT & BLUE
Duncanville

One per table, not valid with any other offer, discount, coupon or special. No cash value. Exp. 4-10-11

106 East Highway 67 - Duncanville, TX 75137 • 972-296-RIBS (7427) • www.rhnb.com



“Recognize me?”

“The biggest change is how I look at the world,” says Fercina Fudge, who had gastric bypass surgery at Baylor. “I walk into a room now, and I don’t have to look around to see if I’m the fattest person there,” she says. After struggling with weight most of her life, Fercina says, “I knew I had to make a change...it was affecting my blood pressure, my joints. There were so many things I couldn’t do.” Now, Fercina says, “not being recognized is a fabulous thing.”

For a physician referral or for more information about weight loss services at Baylor Waxahachie, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com.

1405 West Jefferson, Waxahachie, Texas 75165

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System. ©2009 Baylor Health Care System BMCW NOW CE 7.09