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Midlothian Editor, Betty Tryon

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Toni Engram

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Editors/Proofreaders, Pat Anthony

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GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Casey Henson

Martha Macias . Felipe Ruiz . Arlene Honza

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PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Vanessa Polozola

Amy Ramirez . Amanda Rooney

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The Busby family blends aspects of their home to make it "uniquely Midlothian."

Photo by Vanessa Polozola.

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Publisher's Note

What an amazing decade!

Ten years ago a dream became a reality. On March 1, 2004, NOW Magazines' first publication, *CorsicanaNOW*, made its debut. With a concept not yet attempted outside the larger metro areas, we launched this community magazine with the mission of combining positive, uplifting articles and well-designed, full-color ads into a direct mail advertising product that really works. And really work, it did! With steady growth, our publication group has grown to include 10 community magazines: *CorsicanaNOW* – March 2004; *WaxahachieNOW* – November 2004; *EnnisNOW* – December 2004; *MidlothianNOW* – August 2005; *MansfieldNOW* – March 2006; *North Ellis Co.NOW* – April 2006; *SouthwestNOW* – November 2006; *BurlesonNOW* – August 2007; *WeatherfordNOW* – February 2011; *GranburyNOW* – October 2012.

Today we distribute our magazines to over 260,000 addresses every month free of charge, and have a readership of more than 600,000 across the 10 markets. Our readers are so kind to express their enjoyment in reading about their friends, neighbors and the good things happening in our communities. Thank you all! And to our more than 650 monthly advertisers — many who have been with us from the very beginning — thank you! We couldn't do this without you! I'd also like to thank our wonderful NOW Magazines staff, whose hard work and dedication make this all happen every month!

It's been a great 10 years, and we look forward to serving you for many more years to come!

Connie

Connie Poirier
Publisher
NOW Magazines

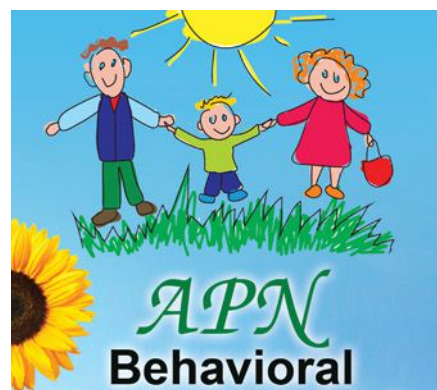
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- 9:30a.m. Warm Up - Swink Crossfit & Camp Gladiator
- 10:00a.m. 5K Starts
- 10:10a.m. 1 Mile Fun Run/Walk Starts
- 11:30a.m. Awards Presentation

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Save-the-Dates

April 18	No School
May 19	No School - Staff Development MISD Education Showcase 6:30 p.m.
May 23	School Day (Make-up for bad weather day)
May 26	No School - Memorial Day
June 6	Last Day of School MHS Graduation



Invitation to Coffees

Midlothian ISD parents and community members are welcome to attend any of the coffees hosted by the MISD administration. The purpose is to discuss the recent House Bill 5 graduation requirements, Midlothian Heritage High School update, and other topics that may arise. There will be time for questions and open discussion with the administrative team. Coffees are held from 10:30 - 11:30 a.m. at the following locations:

- March 5 J.R. Irvin Elementary
- March 21 Midlothian High School
- March 25 J.A. Vitovsky Elementary



MISD Rowdy Run 2014

March 29 at 9 a.m.
Midlothian Kimmel Park

Come out and support MISD's Rowdy Runners Elementary Running Club and run, walk, or jog your way to a 5K!

Register online <http://tinyurl.com/RowdyRun2014>

Kindergarten Registration is April 14-17



Any child who will be 5 yrs. old on or before 9/1/14 is eligible to attend MISD's full-day kindergarten. Parents are encouraged to complete

a kindergarten registration packet (available online early April) and to their child's attendance zone campus during week of April 14-17 from 9 a.m.-2 p.m. More details about Kindergarten, Pre-K and Headstart are online.

District Alignment for MHS

The Texas UIL released new realignments for 2014-15 and 2015-16. Midlothian moved up to 6A and is now in district 8-6A. MHS will continue to compete with Cedar Hill, DeSoto, Duncanville, Grand Prairie, Mansfield and South Grand Prairie.

MISD Calendar Approved for 2014-15

The first day of school will be August 25, 2014, Spring Break March 9-13 and the last day of school is scheduled for June 5, 2015. View all calendars online under the ABOUT menu.



Midlothian Heritage High School Update

View photos and more details at midlothian-isd.net/MHHS

Texas Honor Circle Award

MISD was recently named a recipient of the Texas Comptroller's 2013 Texas Honors Circle Award, which recognizes districts and campuses that achieve academic success through cost-effective operations. Award recipients achieve strong academic performance while spending relatively less compared to their fiscal peers. Texas Comptroller Susan Combs said that 55 Texas school districts and 317 school campuses received the Texas Honors Circle Award as a result of their outstanding performance in the 2013 Financial Allocation Study for Texas (FAST).

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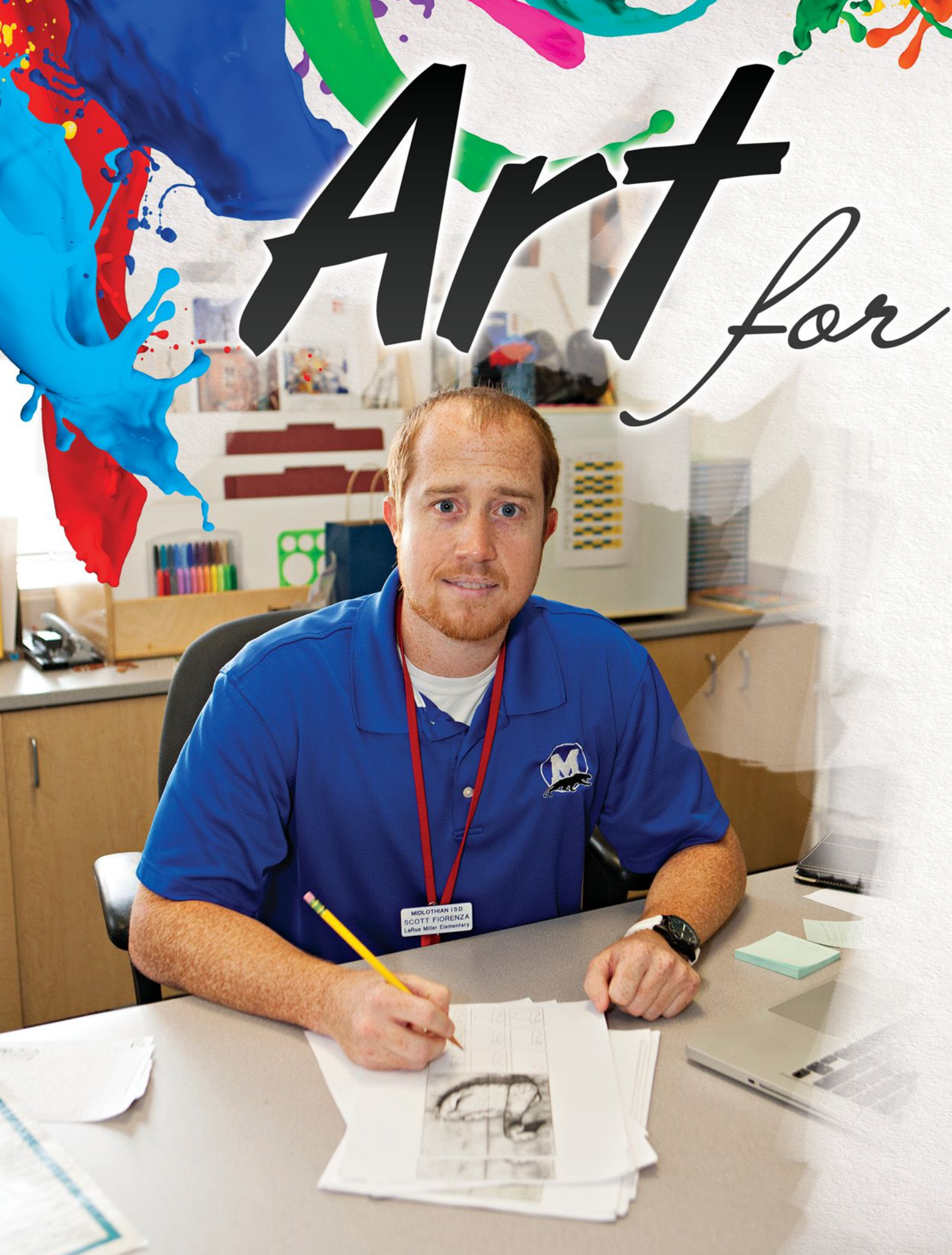


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Art *for*



Life

— By Betty Tryon

"All children are artists. The problem is how to remain an artist once he grows up." These words were spoken by the great artist Pablo Picasso. If the budding enthusiasm children exhibit for art when they're young could progress and endure throughout their lives, they might discover a fuller and richer future. Scott Fiorenza, art teacher for LaRue Miller Elementary School, recognizes the value of art programs. "I believe art is important," he said. "If the kids can come away with a love of art in the classroom, then that is important to me."

Art has been a part of Scott's life since he was a child. "I was always drawing as a kid," Scott laughed. "I would go to my grandparents' house, and my grandmom would draw me stuff. For example, I'd ask her to draw me a Ninja Turtle, and she would draw it while I watched. My grandmom could draw an especially good Ninja turtle!"

Scott's roots in Midlothian are deep. His family moved here when he was in first grade, and he graduated from Midlothian High School in 2003. From there, he attended Stephen F. Austin State University in Nacogdoches, where he earned his bachelor's degree in art education in 2007. Although Scott took two art classes in high school and really enjoyed them, he never thought he would pursue it as a career choice. "However, I started taking art classes in college and really liked them a lot. That is what got me on the path to being an art teacher. I enjoyed it more than anything else I was doing, and the fact that I could work at something I enjoyed was *everything*," he said.

After he graduated from college, Scott thought he would be a high school teacher. However, when he began



"Art is important to creativity. The ability to think creatively can take you a long way."



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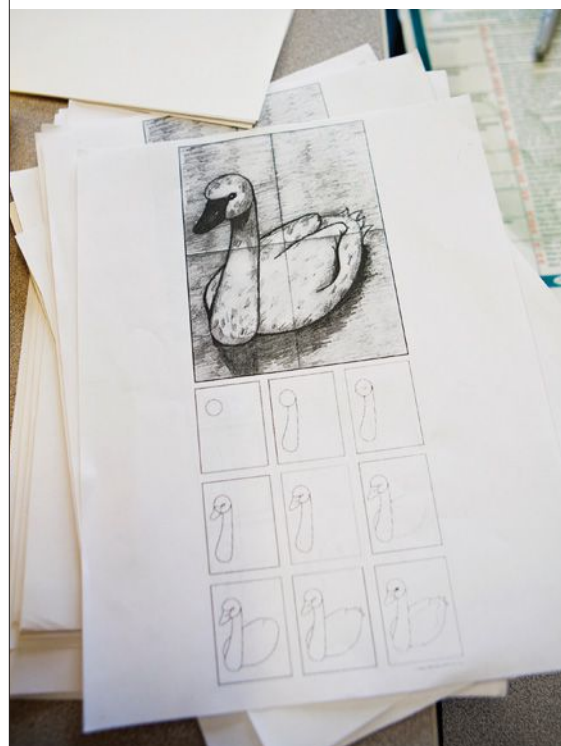
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to look for a job, an elementary school position was the only one available. This is his sixth year in education, and they have all been at LaRue. "I've been here since the school opened, and it's the best thing that ever happened to me," he shared. "I would never change to middle school or high school. I love the kids here. In elementary school, you have kids who want to be in school and in your class. That makes a huge difference for my day and for theirs."

The state requires elementary kids have art incorporated into their education, but it does not require that they have an art teacher. So, Scott really appreciates the value Midlothian ISD places on the arts,



including music and theater. "They put an emphasis on that, so we get 55 minutes a day with the kids," he said. "It's nice having an administration that cares. You might not see that support everywhere."

Scott teaches art to all students at LaRue Miller Elementary. "I see one class from each grade every day, which is a total of about 550 students. It gets easier to know the kids when you've taught them for five years," he smiled. "I get a lot of kids who say they can't draw or think it's going to be hard. I just try to help them remember art is just like anything else. If you practice at it, you'll get better. It's a learning experience, so I encourage them to do their best. Not everyone's art looks the same, so it doesn't have to be 100-percent perfect. There is no definition of perfect for art. For those who might have doubted their ability, I have always been impressed with the quality of work they can do."

Scott tries to introduce every aspect of art to his students throughout the school year. He covers drawing, the use of

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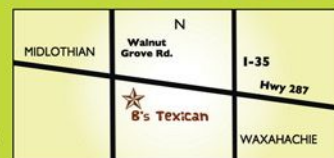


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markers, pencils, black and white drawing, shaded drawing, paint and clay at the end of the year. As the grades progress and students grow older, they add more complicated details to their work. Instead of just drawing a person, Scott has them draw that person standing on grass or with a background behind them.

At the beginning of the school year, Scott inherits a brand new group of budding artists. He makes a portfolio for every kindergartener, which holds all of their work for the school year. To get them started on the pathway to art appreciation and creation, Scott draws the child's name in block letters. Their assignment is to color their name with one color per letter. Each letter must be completely colored before they go on to the next letter. "This is just to see if they can stay in the lines and follow directions, such as using one crayon instead of 12 different colors inside the letter," he explained. "For the most part, the majority of them do a good job."

The second assignment is more complicated for the little ones. Scott has the children draw a landscape with specific instructions. "It's three trees, three hills, clouds and the sun. I try to

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stick to basics,” he stated. “When they draw landscapes, flowers or self-portraits, they turn out very well. If I can teach them the basics like that, then we can move on to other stuff. When you look at famous art, you see self-portraits, landscapes, flowers and trees. If the great artists of all time can do that and make it work, then it’s a pretty important lesson to learn.”

Every year, Scott hosts an art show for the students to exhibit their work to family and friends. He hangs their work along the walls of the school and turns the educational facility into an art gallery. “It’s one of the things we do each year that I feel is very valuable, not only for the students but also for the people who come to see the art,” he pointed out. “A lot of the kids might never have to take an actual art class once they leave elementary school, so for them it might be the only opportunity they have to showcase something they made. And for the audience viewing the art, it is a great way to see many styles and types of art. I get students who ask me all the time if we are going to do certain assignments, and it isn’t because I have already taught them the assignment. It is because they saw it in the hallway during the art show.”

Scott hopes people will understand that the arts are important subjects. “Because we stress projects and out-of-the-box thinking in Midlothian, those skills in the arts come in handy,” he said. “Art is important to creativity. The ability to think creatively can take you a long way.” **NOW**



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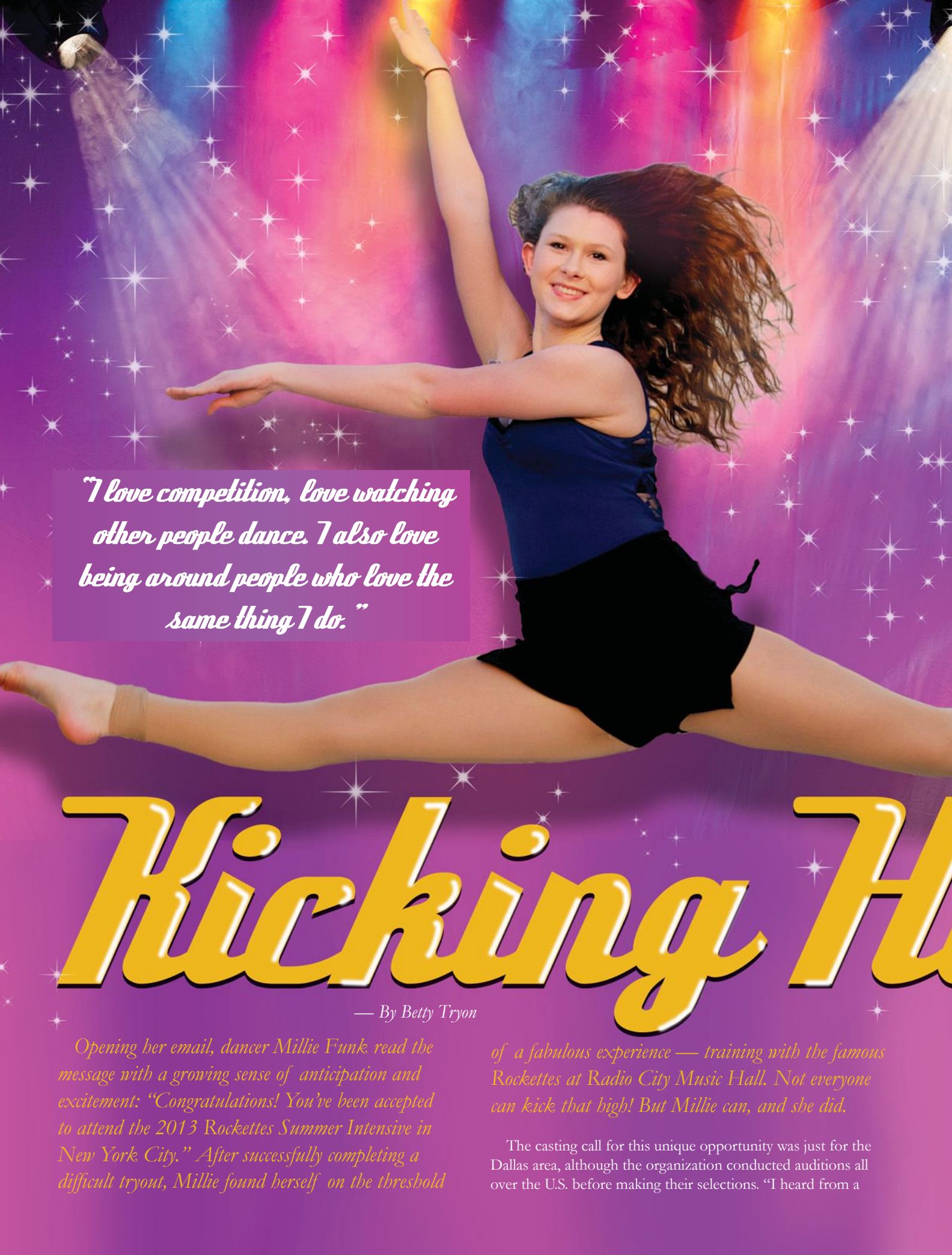
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"I love competition, love watching other people dance. I also love being around people who love the same thing I do."

Kicking H

— By Betty Tryon

Opening her email, dancer Millie Funk read the message with a growing sense of anticipation and excitement: "Congratulations! You've been accepted to attend the 2013 Rockettes Summer Intensive in New York City." After successfully completing a difficult tryout, Millie found herself on the threshold

of a fabulous experience — training with the famous Rockettes at Radio City Music Hall. Not everyone can kick that high! But Millie can, and she did.

The casting call for this unique opportunity was just for the Dallas area, although the organization conducted auditions all over the U.S. before making their selections. "I heard from a

friend that I could try out for the chance to train with the Rockettes in the summer, so I went for it," Millie remembered. "The try out was at a dance studio, and there were about 200 girls there."

The casting company divided the girls into groups of three at a time. They all had to perform a jazz routine, a tap routine and had to demonstrate their kicks. All of the routines were new to the girls, and they only had a short amount of time to learn and perfect the dances. "The jazz routine was quite hard to learn," Millie shared. "I also had a hard time with the tap, but eventually I learned it." But as a member of the Midlothian High School Pantherettes, her kicks were already perfected. "I feel as if I had to kick more in the Pantherettes," she declared.

After being accepted into the program, Millie headed to New York with her mom and dad. The program was for one week and included 72 girls from across the country. "I felt a little out of my element," she remarked. "There were a bunch of people from different States, and I was very Southern. I got called out on my Southern accent."

The Intensive would conclude with the girls performing at New York University's Skirball Center for the Performing Arts. Their teachers and mentors for the week

igh

were the Rockettes themselves. "They taught us the routines," Millie said. "It was quite an experience and very intimidating. The Rockettes are very tall. You have to be at least 5 foot 6 inches tall to be a Rockette. I'm 5 foot 7 1/2 inches. They are always in heels, always poised.

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They all seem like walking Barbies.”

The first day of the program, the girls were taught by the Rockettes’ creative



director. Dancing heels were required during practice. “They were about 3 inches high. It was my first time dancing in heels all day, so my feet were really sore,” Millie recalled. “We had eight-hour days and had to be in heels the whole time. The next day, we learned our second routine and cleaned up the routine we learned on day one. We had a Rockette teacher that day and from then on. During the practice, you have Rockettes walking around, correcting you and making sure you looked like everyone else. I really liked watching the routine and comparing myself to them to see what it was I needed to work on.”

One thing Millie learned in New York was discipline. This is a behavior Millie practices daily in her work with the Pantherettes. “As an officer, I have to make sure everyone looks the same with our movements,” she pointed out. “I learned how to do that more firmly and more effectively. Discipline with the Rockettes is basically discipline in your



movements and discipline in not giving up.” With the drill team that means constantly saying, “Yes ma’am,” being

polite and behaving like a lady. It also involves time management with schoolwork. The Rockettes stressed to the girls that the world is watching, and one’s reputation is always on the line.

Millie’s most memorable moment during the week with the Rockettes was performing

the final routine on stage. “The Skirball Center had a very nice auditorium,” she said. “There were a lot of people in the




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audience and performing gave us a taste of what being a Rockette feels like."

Millie's adventure wasn't all practice and work. At the end of the day, the Rockettes allowed a question and answer session, giving Millie and other interns the opportunity to get to know them better. "They told us how they got to be Rockettes," she added. "Most of them started out working on cruise ships, which usually take older and more experienced dancers who are able to travel more. The age range of the dancers was about 20 years old to after college age. You have to be physically fit and constantly training your body."

Training her body is something Millie understands well. She's been in dance classes since the age of 4 and started competitive dancing at age 10. "I went to the dance studio five times a week," Millie said. "I love competition, love watching other people dance. I also love being around people who love the same thing I do."

As Millie grew older and made it to middle school, she earned a spot on the school dance team. She eventually tried out for the high school dance team and now co-chairs the captain position for the Pantherettes. Being a part of that team gave her many opportunities to



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shine. The group went to Hawaii for the Hawaiian National Competition and took the competition by storm. Millie did a lyrical dance piece and won first place. The second and third places were also won by the Pantherettes. Besides Hawaii, Millie was able to visit both Disney theme parks. "I went to Disney World with the Pantherettes my freshman year, and to Disney Land with the Ultimate Dance company in elementary school," she said. "We placed first in the Modern Division at Disney World, and first at Disney Land overall."

For anyone interested in becoming a Rockette someday, Millie recommends serious training in ballet, tap and jazz. "It requires a lot of time working on your ability," she cautioned. "It requires looking at yourself in the mirror and being able to see what you need to fix. As you pursue your goal, remember to stop and enjoy what you're doing."

Millie's goals for the future are immediate. She plans on trying out for the Kilgore College Rangerettes Drill Team in July. The Rangerettes are considered the No. 1 drill team in Texas and have the distinction of being the first drill team ever created in Texas. She has wanted to be a Rangerette since middle school and has already been to their summer intensives twice. Whatever path Millie chooses in later life, high kicks are probably in the picture. **NOW**

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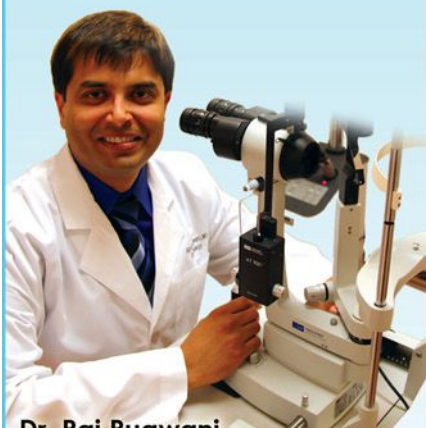
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Blended Styles

At Home With Mike & Patty Busby

— By Zachary R. Urquhart

Midlothian is a town with many identities. In places, it resembles many other mid-sized suburbs, with homes relatively close together and new tree growth signifying the age of the community. In parts, houses are acres apart, and residents spend days keeping their grass low. In rare spots, though, the rural and suburban come together to create something uniquely Midlothian. Mike and Patty Busby live in one such area in the southern part of town on an acre-and-a-half lot surrounded by trees and nature, yet their neighbors are only a few yards away.

Mike grew up in the Dallas area, living mainly around Arlington. Patty started life out in Richardson, but her pharmacist father bought a drug store in East Texas, so she went to high school in White Oak. "It was different moving from a bigger town to little old White Oak, but it was great," she said. "I did move back to Dallas once I started working though." It was in Dallas, while both worked for Zale Corporation, that Mike and Patty met. "We got married a year after we met, and now it's been 38 years," Patty shared. "That's pretty rare these days."

After living in Irving for a few months and Grand Prairie for over 30 years, Mike and Patty decided to move to Midlothian a few years ago. "It was time to move, and we wanted





to be closer to the kids and grandkids," Mike explained. "They live here." Their daughter, Amanda, and her husband, Charlie, have three children: Audrey, Sydney and Vincent. "We were looking at homes that had already been built," Mike disclosed, "but we didn't find anything we liked. We wanted trees, so we ended up using Gary Baker, a builder a friend of ours had used."

"Mike never could visualize this place coming together when he saw the design," Patty added. "Gary took a wooded valley and turned it into our home."

"This was considered a challenged lot because of the terrain and what they had to do to build on it," Mike continued. "We were one of the last houses in the neighborhood, because the land had a tough time selling."

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the driveway from the house is almost impossible, so we added the parking area,” Mike explained. “I still have to replace sprinkler heads along the driveway every year.”

The walk from the parking space to the home slowly reveals the front of the house, and one is drawn by several antique stained glass windows adorning spots spread across the façade. “There are a few things we wanted to make sure to include, and the windows were one,” Patty informed. “We actually have regular windows in front of the decorative glass.”

Inside, the front entryway encloses the most unique piece of the house, a working bell tower. “Originally, the plans called for an open bell tower, but we ended up putting it inside the raised ceiling in the front foyer,” Patty clarified. The bell rings loudly, and Mike and Patty may eventually hook it up to serve as the actual doorbell for the house.

Next to the entryway is another of Patty’s favorite features. “I always wanted columns, but they didn’t fit outside,” she said, “so I had two columns included right here.” The entry leads

into the central room of the house — an octagonal living room with comfy leather furniture and a gas fireplace. Among the wall’s embellishments are photos from Alaska, one of the destinations where Mike and Patty have traveled in the last several decades. “We love to travel,” Patty confessed. “We’ve been to Hawaii five or six times. I really want to go to Italy.”

“I had been in Alaska when I was in the Navy, but it was great to take a cruise up there,” Mike said. “Hawaii’s great, but I would have loved to see it before WWII. I really love historical places. My

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bucket list would probably include France so I can see Normandy.” Mike and Patty also went to Germany a few years back, encouraged by a foreign exchange student they housed a decade ago. They have some mementoes of her stay and their visit, including a German flag in Mike’s office and music room. Along with a typical computer and office set up, the room has two Gibson guitars and a large rug with a musical theme. “I don’t play as often anymore, but sometimes I will get inspired and pick them back up,” he commented.

On the other side of the house is a large, functional kitchen, perfect for Patty’s side business of pie making. “I am busiest during the holidays, but I make pies whenever people want,” she enthused. “I love the space and the large ovens, they are perfect for me.” Bookending either side of the kitchen are a quaint formal dining room and a casual kitchen eating area. The dining room is filled every Sunday with Amanda and the family, who come for dinner after all attend church at First Baptist. “I worked at our old church, but when we moved here, we knew we should get plugged in locally,” Patty said. “We go to church together and then have a big meal with the family every week.”

Down the hall from the kitchen are two guest rooms. Though they are both



simple in decor, one holds a special place in Patty's heart. "I call it Daddy's Room," she smiled. "I have signs from his drug store, and some of his certifications. He was a pharmacist for 50 years in Texas." The other guestroom features a picture of Patty's mom.

A description of the house would be incomplete without mentioning the amazing backyard. While the front of the house includes driveways and



walkways that are crafted around the natural setting, the back has more of a divide. Mike and Patty's pool with rocky landscaped waterfalls epitomizes the property's combination of development and nature. "I really didn't see how a pool would work in this spot," Mike explained, "but they made it work."

On the back end of the pool, they recently added a landscaped retaining wall with steps down to a creek and heavy woods. "Past the creek everything is in a natural state," Patty added, "and that's what we wanted." With a rare rural and suburban combination, Mike and Patty have found a way to blend the two styles that represent their lives together. **NOW**



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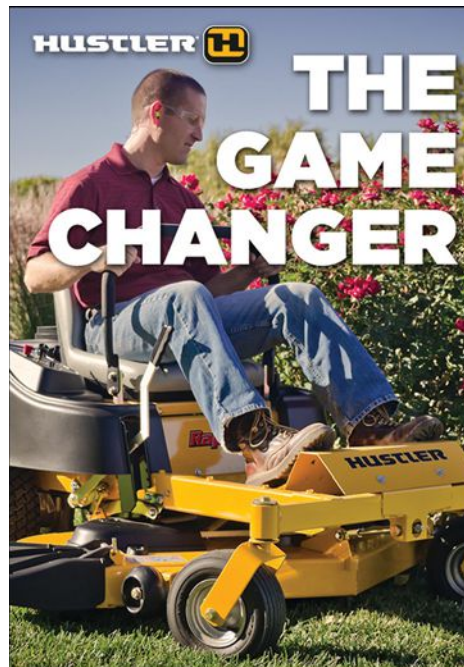
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So How Does Your Garden Grow?

— By Randy Bigham

Unlike contrary Mary of the classic nursery rhyme, you probably don't have silver bells or cockleshells in your garden. But as spring escapes winter's gloom, you're no doubt as ready as she for the bounty the season brings to your little patch of Mother Earth.

Robin Smith, an Ellis County Master Gardener, is poised to start her routine

fired with the enthusiasm brought on by warm, blue skies and green leaves sprouting. "At this time of year, I find it hard to contain my excitement," Robin admitted, "and I tend to get ahead of myself a bit. If you're like me, a bit of restraint is in order."

Robin insists a checklist is a good method for prioritizing time and effort in the garden, even for experts. "It will allow you to have fun but still get great results," she explained. Items on Robin's list include pruning evergreens, summer flowering trees and shrubs early in March. "For trees and shrubs that bloom

in the spring," she cautioned, "wait until they have finished blooming, and prune fruit trees before bud break." She also advocates cutting back all groundcover early in the month, so it "looks nice and tidy when it sends out new shoots later."

Raising vegetables in small city gardens is increasingly common, and Robin has useful tips for those just starting out. "Don't be in a hurry to put out young pepper or tomato plants," she cautioned. "Wait until close to the end of the month to be sure all chance of frost is gone. And be prepared to cover them if temperatures dip low one night."





Joseph Masabni, assistant professor and extension horticulturist for the Texas A&M University System, also has words of advice for new urban gardeners. "Home gardening continues to grow in popularity," he wrote in the *Texas Home Vegetable Gardening Guide*. "One of every three families does some type of home



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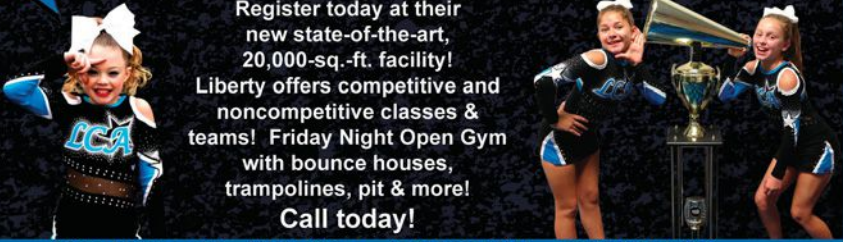
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gardening.” He ensures great results for vegetable and herb gardeners who observe basic, practical considerations. Joseph believes the following rules can make all the difference between a merely functioning veggie patch and one producing high-quality, delicious specimens year-round:

Choosing a Garden Site

The city offers limited space for growing herbs and vegetables, but a well-placed and tended garden can be a productive one. “The ideal garden area gets full or nearly full sunlight,” Joseph specified, “and has deep, well-drained, fertile soil. The garden should be near a water outlet but not close to competing shrubs or trees.”

Selecting Crops

Choosing vegetables suited to the size of the garden space is an important consideration. Vine crops like watermelon or squash require more room unless situated near a fence or trellis. For the small garden, beets, broccoli, onions, spinach, carrots and eggplant are ideal. For larger spaces, cantaloupe, cauliflower, pumpkin, okra and cucumber work well.

Garden Planning

The placement of long-term crops like Brussels sprouts or sweet potatoes, which mature in 80 days or more, shouldn’t interfere with caring for and harvesting short-termers like leaf lettuce or turnips. “When you plant a new crop, it should be totally unrelated to the crop

it is replacing,” Joseph cautioned. “This is called crop rotation. Crop rotation helps prevent the buildup of diseases and insects. For example, follow early beans with beets, squash or bell peppers.”

Preparing the Soil

For top production, make sure the garden soil is aerated and drains well. Adding organic matter can improve soil that has a heavy clay or sand component. “Never work wet garden soil,” Joseph advised. “And seeds germinate better in well-prepared soil than in coarse, lumpy soil.”



Fertilizing

“Heavy clay soils can be fertilized much more heavily at planting than can sandy soils,” Joseph pointed out. “Heavy clay soils and those with lots of organic matter can safely absorb and store fertilizer at three to four times the rate of sandy soils. For most soils, two to three pounds of 21-0-0 (ammonium sulfate) per 100 linear feet of row, applied in the furrow and watered in, is adequate.”

Planting

For successful production, plant vegetables in early spring or early fall.



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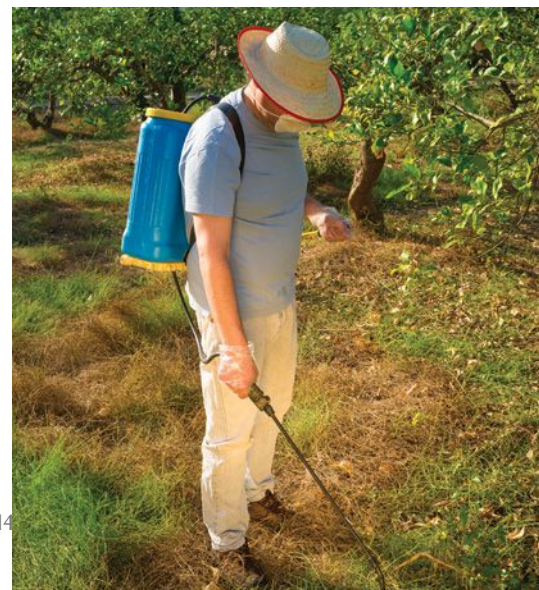
“Using transplants rather than seeds, when possible, allows crops to mature earlier and extends the productive period of many vegetable crops,” Joseph shared. Beets, lettuce and cabbage are among easily transplanted crops. Carrots and pepper plants require more care while sweet corn and peas are hard to transplant without the use of containers.

Watering and Mulching

“Apply enough water to wet the soil to a depth of at least 6 inches,” Joseph recommended. “For best production, most gardens require about 1 inch of rain or irrigation per week during the growing season.” Organic mulches like straw, leaves, peat moss or compost, applied to a depth of 1 to 2 inches, are commonly used.

Weed and Pest Control

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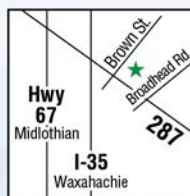
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"A vegetable's full flavor develops only at peak maturity," Joseph pointed out, "resulting in the excellent taste of vine-ripened tomatoes, tender green beans and crisp, flavorful lettuce. For maximum flavor and nutritional content, harvest the crop the day it is to be canned, frozen or eaten."

As home vegetable gardens continue to multiply, the influence of organic gardening methods has spread as well. That's a good thing, according to Robin. "The awareness of the environment," she concluded, "has opened up this earth-friendly approach, and it's another great way to enjoy gardening." **NOW**

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In a study published by the Savannah Historic Foundation, one of the most admired preservation groups in the country, more than 40 percent of 2,500 buildings inventoried in Savannah had architectural or historical significance.

Today, Savannah invites well-versed, inquisitive travelers to experience its splendor. Always alive with the arts, influences like the Savannah College of Art and Design and the City Market artist colony make Savannah's Historic District the perfect artist's muse. Antique shops, galleries and gift shops full of handcrafts pepper every corner of the district and River Street. Explorers find that Savannah is a city of romance.

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Most months, Savannah hosts festivals adding spice to life. The holidays are always spectacular in Savannah with events like the Holiday Tour of Homes and the Savannah Harbor Boat Parade of Lights. The city's Martin Luther King Jr. Observance Day Celebration and St. Patrick's Day Parade are legendary. Throughout March and April, the Savannah Music Festival features some of the best performers and vocalists around. Fall gatherings, like the Savannah Food and Wine Festival and Savannah Film

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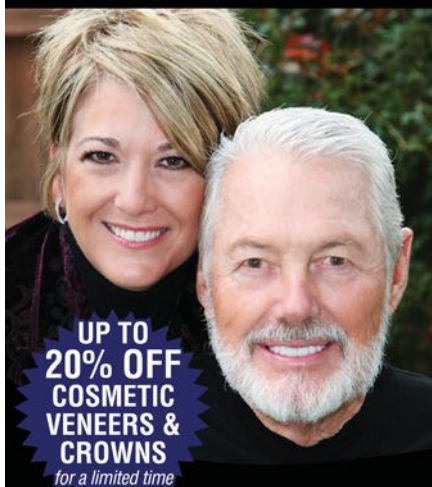
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Dr. Schmitt and his wife, Bekki, are a team dedicated to giving you the best care possible.

A Helping Hand for the Feet

Dr. Schmitt specializes in diagnosing and treating all ankle and foot problems.

— By Betty Tryon

Most people don't consider the importance of their feet until trouble arises. Considering how essential they are to the ability to stand, walk and run, it pays to give them the attention they deserve. Dr. Schmitt, podiatrist, specializes in every aspect of care for the feet and ankles.

In pursuing his goal of becoming a podiatrist, Dr. Schmitt earned his Doctorate in Podiatric Medicine at Podiatric Medical School at Des Moines University in Des Moines, Iowa. After completing his residency at St. John Hospital and Medical Center in Detroit, Michigan, Dr. Schmitt joined the practice of another physician. After a year, he left to open his own practice, Southern Star Foot & Ankle. "That year working with another physician helped me immensely in learning the day-to-day operation of how to run an office including the billing and insurance

information," Dr. Schmitt said. Assisting him in his work is his wife, Bekki. She has a master's degree in education but for now, she chooses to help her husband in their business. "From the moment a patient walks in, they are dealing with my wife or me," observed Dr. Schmitt. "We do our own bookkeeping, ordering of supplies, cleaning and inventory."

Dr. Schmitt, of course, is the one who examines, diagnoses and treats any presentation of foot and ankle pathology. Some conditions he treats are pediatric deformities, such as club foot. Other conditions Dr. Schmitt treats are: flat footedness, ingrown toenails, puncture wounds, nail fungus, bunions, hammertoes, ankle sprains, fractures involving the ankle or foot, high arches, diabetic foot care, diabetic wounds, gout and many other conditions. The doctor sees a mixture of problems but admits to

treating a high number of patients who have plantar fasciitis. He knows some types of shoes are not our friends and can lead to complications. "People buy cheap flip-flops, and those shoes don't help plantar fasciitis," he instructed. "Don't buy shoes that do not support the feet,

"From the moment a patient walks in, they are dealing with my wife or me."

or, purchase any kind of shoes that create pressure points, irritation or redness on the foot. Avoid pointed-toe shoes, especially people with Tailor's Bunion and hammer toes. Stilettos are also shoes to avoid." Dr. Schmitt suggests patients perform Google searches for X-rays of a woman in high arch shoes to see what it does to her foot on the X-ray.

One piece of equipment Dr. Schmitt is very proud of is a state-of-the-art, digital X-ray machine. "The images are available instantaneously," he explained. "When I take X-rays of patients, I review them with the patient standing next to me. I want the patient to know what's going on. I try to explain things to them and having a picture there helps to show what's bothering them and why."

Dr. Schmitt sells supplies related to podiatry at his office. He has a varied selection of diabetic shoes for those who qualify. There are selections for men and women, including athletic, dress and/or casual shoes. He offers these items for his patients' convenience. "Some of them are wheelchair bound and some are in their 80s," Dr. Schmitt pointed out. "If I can order the shoes here, then it saves them the inconvenience of going to another store miles away."

At Southern Star Foot & Ankle patients can feel confident about receiving care that is thorough, friendly and competent. Dr. Schmitt considers the opportunity he has to meet all kinds of people as one of the best things about his job. "I never rush patients through," he assured. "I always hated going to the doctor and being rushed." **NOW**

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Five MHS athletes signed letters of intent on National Signing Day.



Edward Cazares takes the wheels off his skateboard to make a snowboard near the Hunters Glen neighborhood.



Fifth graders at TE Baxter Elementary enjoyed Winter Hat Day and a No Zeroes Party!



Attendees at Midlothian Senior Citizens Center take time out to have a good time.



Brooklynn and her dad, Coach Blackwell, share a close moment at one of the first scrimmages of the season.



Aryn Walton meets Miss Teen Texas.



Four robotics teams represented Walnut Grove Middle School at the North Texas FLL Regional Qualifier Tournament.



Second graders in Mrs. Hoover's class practice fractions using Educreations on iPads.



Baylee Frederick, Ethan Hallmark, Tyler Rickett and Alyssa Hill hang out together at Midlothian Bible Church.

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The sciatic nerves are the largest (and longest) nerves of the body, reaching about the size of your thumb in diameter, and running down the back of each leg. When these nerves are irritated or affected by the inflammation of nearby soft tissues, doctors refer to this as sciatica.

One of the most common causes of sciatic leg pain is the vertebral subluxation complex. It can be accompanied by the bulging or herniation of the soft pulpy discs which separate each spinal bone. This can irritate or put pressure on the sciatic nerve roots as they leave the spinal cord. The result can be an intense pain shooting down either or both legs.

Sciatica, like other health problems that can be traced to the spine, often responds dramatically to the restoration of normal spinal function through conservative chiropractic care.

Pain is caused when the sciatic nerve roots are irritated, scraped, twisted, stretched or pinched as they exit the spine. Causes of the impairment may be chemical, physical or the emotional stress of everyday living. A full-blown sciatic flare-up can involve the entire sciatic nerve path, resulting in symptoms of lower back pain, burning, cramping or numbness that radiates into the thighs, legs, ankles, feet and toes. Pain may also be limited to various points along the nerve, such as the buttocks, knee area and calf.

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Urinary Tract Infections

— By Betty Tryon, BSN

“Just drink some cranberry juice, and you’ll feel better soon.” This little piece of advice has weaved its way between family members and friends for many years for urinary tract infections (UTI). But, does it work? The answer is a resounding — maybe. Research shows that cranberry juice inhibits bacteria from sticking to the walls of the bladder. This is most helpful for frequent sufferers of UTI. However, for infrequent sufferers, the findings are not so hopeful. In addition, not enough research has been done to determine how much to drink, how frequently and at what strength to get relief or even if cranberry pills would work just as well.


A UTI is an infection, usually bacterial, of the urinary tract system. The urinary tract system consists of two kidneys, two ureters, one bladder and a urethra. This system is the body’s way of producing, storing and eliminating urine. A UTI usually begins with bacteria entering the body through the urethra and traveling into the bladder. Normally when bacteria or other harmful organisms enter the urinary system, the body quickly takes care of it by flushing it from the system. However, the invasion can take hold and overwhelm the body’s defenses. Most of these infections occur in the bladder and are called bladder infections. If it is not resolved, the infection can travel up the ureters to the kidneys and cause a kidney infection.

Since cranberry juice is not a cure-all for a UTI, most patients must rely upon antibiotics, which are the best course of treatment for the infection. The type of antibiotic will depend upon the specific organism causing the problem. It is important to take all of your medication as prescribed. Increasing your fluid intake will help to flush out your urinary tract system. UTI can be painful, so your physician may prescribe an analgesic for comfort. Often a warm heating pad over the area can bring some relief.

One preventive measure that can help females avoid a UTI is to empty their bladder immediately after sexual intercourse. Females should also wipe themselves from the front to the back to avoid dragging germs from the rectal area to the urethra. Empty your bladder frequently throughout the day. In males, an enlarged prostate will limit the ability to empty the bladder, and surgery may become necessary.


UTI can be stubborn to treat. Due diligence in following medical protocol is important to limit the infection and also to prevent one. If you think cranberry juice can help you then by all means, drink up. **NOW**

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



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March 1

MISD's Got Talent Show Secondary Grades: 7:00 p.m., MHS Auditorium. A special performance by guest judge Brandon Chase from "The Voice."

March 5, 21, 25

Invitation to MISD Coffees: **March 5**, J.R. Irvin Elementary, 10:30-11:30 a.m.; **March 21**, Midlothian High School, 10:30-11:30 a.m.; **March 25**, J.A. Vitovsky Elementary, 10:30-11:30 a.m. Parents and Midlothian ISD community members are welcome to attend any of the coffees hosted by the MISD administration. The purpose is to discuss the recent HB-5 graduation requirements, Midlothian Heritage High School update, and other topics that may arise.

March 10 — 14

MISD closed/Spring Break

March 15

"Halloween in March" Saturday Social Dance: 6:00-8:00 p.m., Midlothian Civic Center, 224 S 11th St. (across from downtown Sonic on Main St.). A free children's inclusion dance hosted by For Maddie's Sake, Inc. Come in your favorite costume or come as you are. Adult supervision required. No drop offs. Donations welcome. Volunteers appreciated.

Visit www.formaddiesake.com or call Donna Dixon at (972) 571-6904.

March 16

World Tennis Playday: 2:20-5:00 p.m., Midlothian Sports Complex. Everyone is welcome. For more information on MTA lessons and leagues, visit www.midtennis.org.

March 19

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

March 21, 22

Waxahachie Junior Service League Spring Market Shopping Extravaganza and Preview Party: **Friday**, 6:00-9:00 p.m.; **Saturday**, 10:00 a.m.-5:00 p.m., Waxahachie Civic Center. Friday's Preview Party, \$15 per guest, will feature an exclusive shopping experience that includes catered refreshments, two drinks and re-entry into Saturday's market. Market tickets are \$5 each, children 10 and under are free.

For more information or to purchase tickets, visit www.waxahachiejsl.org.

March 22

2014 "Experience Midlothian" Community Expo Featuring A Taste of Midlothian: 9:00 a.m.-2:00 p.m., Midlothian Conference Center 1 Community Circle. The Midlothian Chamber of Commerce invites you to participate in the annual "Experience Midlothian" Community Expo. Come learn about businesses in the community and meet your neighbors!

March 29

14th Annual Master Gardeners Lawn & Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, 2000 Civic Center Ln. Over 100 exhibitor booths will focus on lawn- and garden-related products and services. Educational opportunities for the whole family will be available, as well as the always-popular plant sale area. Tickets at the door are \$5, children under 12 are free. For free ticket sponsors and more information, visit www.ecmga.com or call (972) 825-5175.

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In the Kitchen With Mindy Bell

— By Betty Tryon

Mindy Bell has taken several cooking and baking lessons but claims her husband and grandmother are the real cooking stars in her family. “Clint is a spectacular chef and cooking is a hobby we enjoy together,” she said. “My grandmother was an amazing baker. She taught me so much about baking. While Clint was in medical school, she would come to stay with me in Galveston and bring all of her baking supplies.”

Mindy cherishes those memories and is honored to pass along her traditions to her own children. In passing along traditions, Mindy shows her family that cooking doesn’t have to be a chore. Preparing and enjoying it is a great experience to be shared with friends and family. **NOW**

Chicken Tortilla Soup

1 onion, diced
1 Tbsp. vegetable oil
1/2 tsp. cumin
1-2 dashes cayenne
1/2 tsp. chili powder
5 cups chicken broth (divided use)
3 Tbsp. fresh cilantro, finely chopped
Juice of 1/2 lime
Pepper, to taste
1 15.5-oz. can pinto beans, drained and rinsed
2 Tbsp. taco seasoning
1 Tbsp. paprika
2-3 boneless, skinless chicken breasts
Vegetable oil, to taste
1 1/2 cups pico de gallo (divided use)
2-3 avocados, diced (divided use)
2 cups pepper jack cheese (divided use)
Tortilla strips
Cilantro and lime wedges (for garnish)

1. In a small skillet, sauté onion in oil until slightly soft. Stir in cumin, cayenne and chili powder; sauté.

2. Transfer seasoned onions to a small Crock-Pot or medium-sized saucepan. Add chicken broth, cilantro, lime juice, pepper and pinto beans to onions and simmer on low heat for at least 2-3 hours.
3. When bean mixture is almost done, combine taco seasoning and paprika.
4. Brush chicken with oil and rub with taco seasoning/paprika mixture. Grill chicken over medium heat until cooked through. Remove from grill and shred.
5. In individual bowls layer chicken, about 1/3 cup pico de gallo, 1/3 cup diced avocado and 1/3 cup pepper jack cheese. Ladle about 1 cup of chicken broth directly over layers. Top with tortilla strips and garnish with cilantro and lime wedges.

Italian Roast Beef Sandwiches

4 lbs. beef roast
1 12-oz. bottle Miracle Harvest Balsamic Vinaigrette Dressing
1 envelope onion soup mix
Italian seasoning, to taste
Hawaiian rolls

1. Spray slow cooker with nonstick cooking spray. Place roast in bottom of slow cooker.
2. In a mixing bowl, combine dressing, soup mix and Italian seasoning. Pour over roast and place lid on slow cooker. Cook on low for 8-10 hours.
3. After cooking, remove roast from slow cooker, shred and place back in juices. Serve on Hawaiian rolls.

Chocolate Cupcakes

Cupcakes:

2 cups all-purpose flour
1 tsp. baking soda
1 cup (2 sticks) unsalted butter, softened
1 cup granulated sugar
1 cup firmly packed light brown sugar
4 large eggs
6 oz. unsweetened chocolate, melted
1 cup buttermilk
1 tsp. vanilla extract

Chocolate Buttercream Icing:

1 1/2 cups (3 sticks) unsalted butter, softened
2 Tbsp. milk
9 oz. semisweet chocolate, melted
1 tsp. vanilla extract
2 1/4 cups, confectioners’ sugar, sifted

1. For cupcakes: Preheat oven to 350 F
2. In a small bowl, sift together flour and baking soda. Set aside.
3. In a large bowl, cream butter; add sugars, eggs and chocolate. Add dry ingredients. Add buttermilk and vanilla. Mix ingredients until incorporated.
4. Spoon batter into 24 lined muffin cups. Bake 20-25 minutes.
5. For icing: In a large bowl, cream butter. Add milk, chocolate and vanilla. Mix well. Gradually add sugar until creamy.

Peach Cobbler

1 15-oz. can sliced peaches, with juice
1 cup sugar
1 cup flour
1 egg
1 tsp. baking powder
1/8 tsp. salt
1/2 cup butter, melted

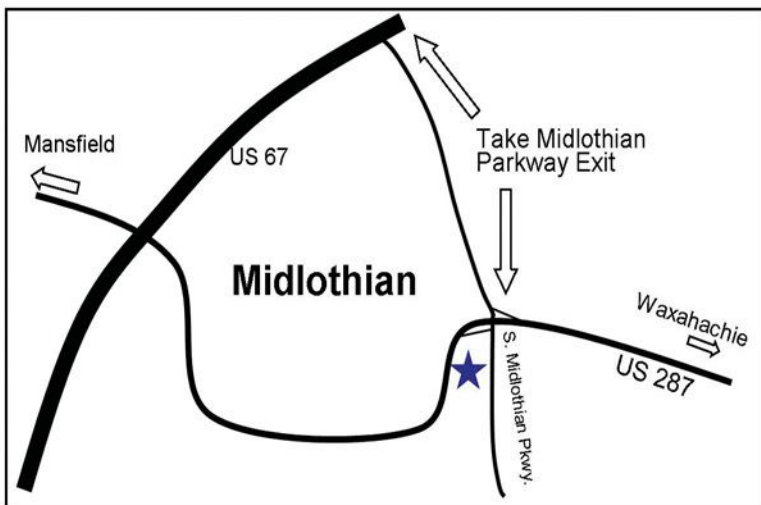
1. Preheat oven to 350 F
2. Pour peaches and juice into 8x8-inch pan. Mix sugar, flour, egg, baking powder and salt together and pour on top of peaches. Drizzle melted butter over mixture. Bake for 45 minutes.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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