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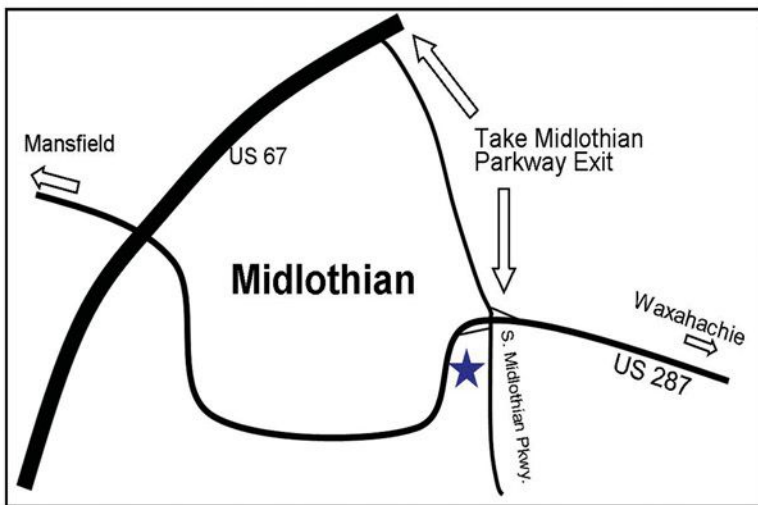
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The Tiptons bring proven leadership skills to Midlothian ISD.

Photo by Amy Ramirez.

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Editor's Note

Hello, Midlothian!

Easter has always been my clarion call to spring. However, this year it comes so late in the month that the bluebonnets will be in full bloom and my tomato plants will be healthy shoots by the time it gets here! I can't remember the last time Easter arrived on April 20. I mean, last year it was almost a month earlier! What's up with that? It has to do

with lunar cycles and the Passover, which are both too complicated to explain here. However, when Easter comes, as a woman of faith, I will continue with tradition and celebrate the resurrection of Jesus Christ with my family.

More than New Year's resolutions, the resurrection gives my life meaning and direction and the opportunity to start over, no matter what my circumstances. Whatever your faith, I hope you enjoy that day as one of joy and new beginnings.

Betty

Betty Tryon

MidlothianNOW Editor

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A Pair

He's a little bit laid-back. She's a little bit analytical, but together they form the dynamic duo of husband and wife Coy and Krista Tipton. Coy is principal of Frank Seale Middle School, and Krista is principal of the brand new Midlothian Heritage High School. "We function very differently," Krista shared. "He's global and much more about the big picture. I'm, by nature, more detail oriented."

Krista's grandmother was a teacher for 33 years in Indiana, and her mother was also a teacher. Despite her strong educational heritage, Krista went to college thinking she didn't want to get into education. "I remember saying, 'I'm not sure what I'm going to do, but I'm sure not going to teach!'" she laughed. "But here I have spent my life at the high school. The Lord has a funny sense of humor with that. I was very interested in the sciences, began doing some studies in genetic research and thought I was going into medical genetics." But Coy and Krista met and started dating in college. He was interested in being a teacher and a coach. She'd played basketball and volleyball throughout high school, so the thought of going into coaching and education began to appeal to her.

Coy's interest in education sprang from advice given by his grandfather, who suggested teaching because of its stability. "I knew in college that I wanted to work with

A Strange Deal

— By Betty Tryon

kids, and I wanted to coach,” Coy said. He described his student teaching as rigorous, while his buddies had easier teachers and assignments. “They got coaches, and I got K. Decurir, and she put me through my paces,” he laughed. “I thought, *Why do I get this lady when my buddies do not have to work as hard?* Now I know God was saying, ‘I’m going to prepare you for Midlothian, and you don’t even realize it.’”

Coy and Krista met at Angelo State University and married after graduation. Krista earned her degree in biology, and Coy earned his in history with a special education background. After graduation, they interviewed together in Cedar Hill, Waxahachie and Midlothian since they considered themselves a package deal. Within a couple of days, both had received job offers from all three districts. But it was the reaction they received from Midlothian ISD that swayed their decision. Krista remembered, “When we first came to Midlothian and visited with Joyce Hardy, she asked what my teaching field was. When I said, ‘Chemistry,’ I heard a voice around the corner say, ‘Chemistry!’ and it was Dolores McClatchey. She was just wonderful and introduced us to Jim Norris. We decided if those two folks were any indication of what Midlothian was like, then it was the place for us.” Twenty years later, the Tiptons are still at MISD. Krista has taught chemistry, AP Biology and coached girls’ basketball, volleyball and golf at Midlothian High (MHS). The last eight years she was assistant principal. Midlothian is where their two children were born. Lance is now a sophomore at MHS, and Karena is a seventh-grader at Frank Seale Middle School.

This is Coy’s first year as principal at FSMS, and he’s highly motivated. He wants the teachers and students to, as he calls it, “catch a dream.” “That is my theme for this school year,” he said. “I’m in my dream job. Catching a dream is more about





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Coy and Krista Tipton with their daughter, Karena, and their son, Lance.

family. I want my teachers to feel that, and when they do, it goes down to the kids." When kids are in trouble, many times they are more receptive to what adults have to say. There is some tough love involved, which has natural consequences, but Coy tries to make it not about that. "It's about those



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teachable moments," he pointed out. "So, hopefully, in those teachable moments kids catch a dream."

Another goal of Coy's is to encourage the community to become more involved with FSMS. A school fundraiser with the Harlem Wizards' basketball team gave him the opportunity to do that. Coy populated the school's team with people from the community rather than teachers from the school. "I didn't just want it to be about our school. I wanted it to



be about the community,” Coy stated. “I want parents to know that FSMS is a place that is open, friendly to them and very involved in their kids’ education and their lives. I’ll do everything I can to make sure the students have the best schools possible.” Coy discovered that Frank Seale (the school’s namesake) stated that he was very proud of the way Coy is carrying on his name. “That meant the world to me,” he admitted.

The current eighth-graders from Walnut Grove Middle School and FSMS



will be the first group of students to attend Midlothian Heritage High School when they enter ninth grade. “The kids at FSMS are really excited,” Coy asserted.



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"They realize that it will kind of be their school, and they are pretty pumped about that."

Krista qualified that, while MHHS will not open until fall 2014, she is busy laying the groundwork with staffing,

"He's global and much more about the big picture. I'm, by nature, more detail oriented."

furnishings, working with architects and the community. "I'm trying for a seamless transition from one high school to two," she explained. "Dr. Stewart and the administration have been very supportive of me being able to put the stamp of my



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vision on Midlothian Heritage within the framework of the district.”

That vision is to create a place where the kids want to be every day. “A place where there is a focus on collaboration, critical thinking, creativity, integration of technology and inquiry-based learning,” Krista continued. “That’s where you put more of the learning in the kids’ hands. The school is being built as a full ninth through 12th grade comprehensive high school with all the facilities it needs to be a full high school. The district made the decision to have the ninth grade only the first year. I’m excited about that,” she said. “Freshmen present such a unique challenge. I see it as a benefit to be able to focus all of our attention on them.”

Krista understands the community voted for a full high school and may have some concerns. But she wants to assure everyone that it will eventually house all grades, nine through 12. She encourages those with questions to go to the school website or feel free to call or email her. “We’re all in this together, and I need their support,” she stated. “Everybody who comes through those halls will have a small part in creating this magical thing we call a school. I want all the other communities to look and say, ‘Wow, Midlothian’s doing it right.’” **NOW**

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A Gem of a Rock

— By Betty Tryon

The rain pounded the mountainside of a gold mine in Silverton, Colorado, with nearly disastrous results. The torrent of water pushing the rocks and dirt down the hill made for a dangerous landslide. Nearly caught in its clutches was Jack Spinks, silversmith and lapidary.

“A group of friends and I went up 12,000 feet to gold mine tailings,” Jack explained. “Silverton is just below 10,000 feet, and we went up from there. The road is only one vehicle wide, and there is a 300-foot drop straight down. Our group was caught in the rainstorm, and I could see a surge of water coming down the mountain, pushing a lot of rocks ahead of it. The driver of the car I was in goosed it and was able to get out of the way before it caught us.” If the landslide had caught them, the group would’ve been pushed over the side of the mountain. There was nothing they could have done to stop it.

Jack’s hobby of collecting minerals and gems has led him to many interesting places and circumstances, but none as dangerous as that moment on the mountain in Silverton. Jack’s earliest memory of stone collecting is of having his interest piqued by his grandmother’s rock garden. “I started collecting rocks from all over,” he recalled. “I





couldn't find anyone who was interested in the same thing, so I started taking classes about seven years ago at Arlington Gem and Mineral Club to learn more about the craft. I am basically a stone cutter. I take large stones and turn them into smaller stones that are prettier!"

During that time, Jack had his first opportunity to fashion a piece of jewelry. "I'd been collecting silver rings for the fun of it, and my son wanted one because he was going to ask his girlfriend to marry him," Jack expounded. "He asked if I could get it resized, so I did what any good engineer would do."

Jack taught himself basic soldering and resized the ring.

While working on it, he decided on a different stone, a red one to go along with the amethysts already in the ring. "So I found a ruby from a rock and gem store," he recounted.

"But when I got it home, I found a big flaw in it." Buying a Tanzanian ruby online, Jack completed the ring the day before his son gave it to his fiancée. "She's now my daughter-in-law," Jack smiled. "Every so often, I make her another piece of jewelry."

Jack's jewelry is highly prized by family members, including other daughters-in-law for whom he has made several bracelets. His passion for making jewelry and collecting stones is shared by many in his family. His son manages a jewelry



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store. The grandchildren have become interested in rocks and gems. Jack even introduced his retired father-in-law to the hobby, often joking that he saved his



life by giving him something to do instead of following his wife around the house, telling her what to do. "He cut a stone pattern called the Aztec eye made from Arkansas quartz," Jack said. "The raw material costs 10 cents, but the finished stone is easily worth a hundred dollars or more."

But no one shares Jack's interest more than his wife, Beth. She is a metal smith and lapidary, but her specialty is working with glass and enamels. "I've been cutting a lot of opal and jade lately and she jokingly calls them my mistresses," Jack shared. "Her Christmas gift last year from me was a





whole set of enamels. I can actually get away with giving her tools, and she's happy! We both make lists a couple of months ahead of time of things we'd like to have but are too stubborn to buy. It's really great having a wife who is into a hobby as much as I am, maybe more so at times."



Jack's avocation leads him to collect stones from all over the world. Sometimes, he travels to gather them himself. Other times, he purchases them from reputable dealers. "When I went to the Colorado mines, I backpacked down 50 to 100 pounds of rock,"



he remembered. "Since you have to backpack down to get out of the mountain, you have to decide how risky



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your total amount of weight will be. I had to decide if the rock was worth taking a chance on."

When purchasing from others, Jack prefers slabs of stone, so he can vouch for the authenticity of whatever mineral or gem he wants. One such stone is lapis lazuli, a beautiful, deep blue semiprecious stone. "This stone is found in Afghanistan in mines that date back to King Solomon," he said. "It occurs at high altitudes." He explained that miners used to build big fires at the base of cliffs and throw water on them which would cause the stones to shatter.

"I am basically a **stone cutter**. I take large stones and turn them into smaller stones that are *Prettier!*"

They would then pick them up and haul them down the mountain. Through a friend, an Afghan national, who is now an American, Jack buys the material in the rough. "I have one chunk of it that is about the size of a football," he added.

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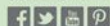


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into beautiful pieces of jewelry. He has four diamond saws, four grinders and a faceting machine — a device that cuts rough crystal into faceted gems. "I use it for making stones shiny and sparkly, like moonstone," Jack said. "It's white and has a blue flash of light. I get it from a supplier, who buys it commercially from India cutters." When inspecting these stones, Jack will examine every one of them for the piece that flashes when it lays a certain way. If it doesn't flash enough to be in an earring or necklace, it's worthless, he maintained. "You have



to pay attention to the orientation of anything that flashes with light or you can lose it when it is cut," he explained.

Jack always focuses meticulously on detail and lets his imagination guide his process of creating. "When I make something, if you want duplicates of it, you have to tell me early on," he specified. "Otherwise you may never see another one like it. It may have a different size, different shape or motif. I may have a stone that sits on my bench for months, finally have an idea and start tinkering. I just keep on creating." **NOW**

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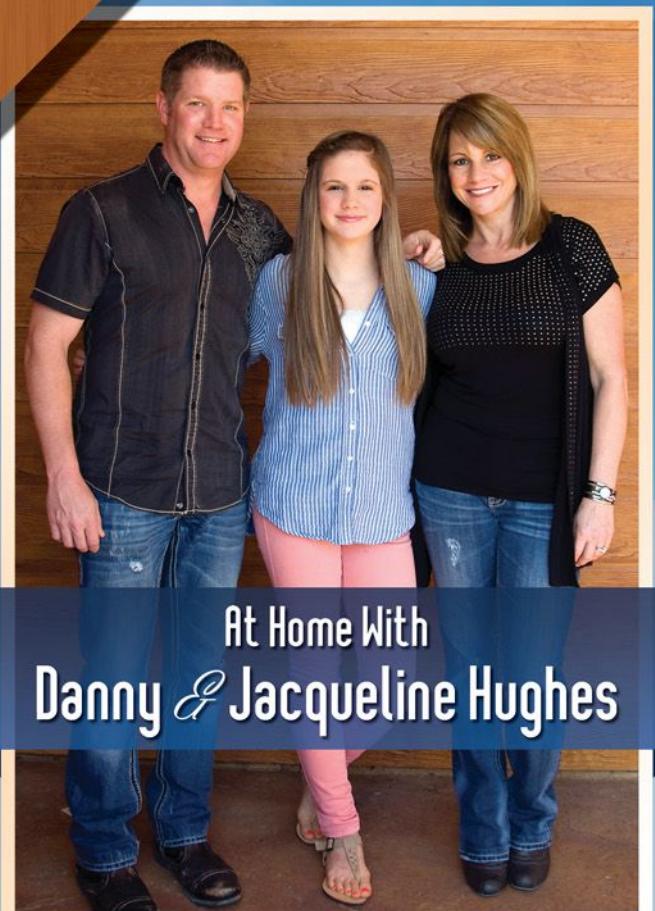
Our Relaxing *Retreat*

— By Zachary R. Urquhart

First impressions are often lasting ones, even for houses. Amazing curb appeal can overshadow crumbling foundations in an older home. Aesthetic abnormalities can belie the beauty inside a quaint house. But sometimes a residence's first great impression is justified as guests delve deeper. Danny and Jacqueline Hughes have worked hard to create a relaxing retreat at their Midlothian home.

Jacqueline is from the small town of Adirondack, New York. She moved to Texas when she was 17. "I loved everything country, and moved here as fast as I could," she explained. She began working as a hair stylist, which is how she met her husband.

Danny hails from McKinney, and became a customer of Jacqueline's at a salon in Carrollton. The couple maintained a professional relationship for years, until their connection took a turn for the romantic. "We were married in 1999, and moved to Mansfield," Danny said.



At Home With
Danny & Jacqueline Hughes

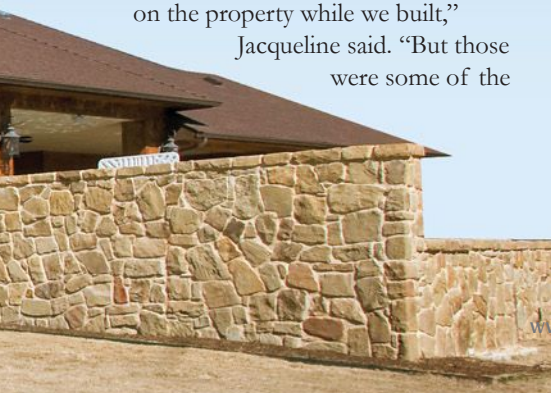




Danny had spent his life in the printing business, but 10 years ago his family sold their company. It was the perfect time for Danny to come on board with Jacqueline full time at her salon, Avanté Salon & Spa in Mansfield. "I retired from the printing business to join her in the salon industry," he clarified. They have owned it together ever since.

After a decade in Mansfield, Danny and Jacqueline decided to move again, this time to Midlothian. "It's more in the country, but still close enough to work," Jacqueline explained. "It's more relaxed, which is really what we wanted." Her father and brother being general contractors, Jacqueline had the know-how when it came to building a home. "We drew a floor plan on a napkin," she laughed. "Twenty napkins later, this is what we came up with." For about a year, they came from Mansfield to Midlothian on lunch breaks, looking for the perfect lot. One day, a handmade sign caught their attention, and that settled it. Their home in Mansfield sold sooner than they expected, so they built quickly. "The construction only took 88 days, because we were living in a camper on the property while we built,"

Jacqueline said. "But those were some of the





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greatest times, living literally so close.” They now live on several acres with their daughter, Lexi. The pair also has an older daughter, Kristen, who is finishing college while working as a receptionist in the family business.

In a neighborhood where most houses are situated near the street, Danny and Jacqueline’s property features a driveway that meets the road. From the moment of passing through the gate, the Hughes’ tree-lined drive welcomes visitors into a serene sanctuary where trees block out the busyness of the world. “We wanted to build it out in the woods to be more like

a retreat,” Danny pointed out. “We are in the thick of it, which keeps us guarded now from any new construction.”

Taking advantage of their space, Danny and Jacqueline built a tranquil patio. But instead of a traditional backyard, the pool and sitting areas are in the front of the home. The pool includes water fountains, LED lighting and even a swim up bar. “With the house built, we decided to go on vacation,” Jacqueline admitted. “We left the pool building to my brother, Don. When we came home he said, ‘I changed the plan a little, you have a swim up bar now.’” Don had lifted the idea from a resort in Mexico, one of many borrowed design elements Danny and Jacqueline used in conceiving their little getaway.

Inside, the home boasts oak and alder woods, stained so floors and walls flow freely from one room to the next. Rather than partitioning off spaces, the house benefits from an open plan, often without any particular end to one room or the beginning of another. The entryway offers views of vast hallways, a cozy living room and an open kitchen set

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off by a large island. Above the stove, Danny and Jacqueline included a simple tile inlay, whose bright colors show luminously against a natural background. “We actually ordered the tiles from Italy, and built the rest of the wall around it,” Jacqueline explained.

Danny and Jacqueline designed their home to have a peaceful, relaxing, resort-like ambience. “We took some ideas from places we had visited, and that’s how we ended up with our master bedroom,” Jacqueline explained. Down two steps from the bed is a luxurious, partially enclosed, bath area with a garden tub, loveseat and flat-screen TV. Danny and Jacqueline have separate closets, each as large as a small child’s bedroom, that meet in the middle in a shared, LED-lit steam shower. “Sometimes, when we’re getting ready to go to work, we barely see each other until we are both dressed and ready to go,” Jacqueline said with a smile.

On the other side of the home is an even clearer example of the ambience



Danny and Jacqueline have tried to create. The guest bedroom includes a restful king-sized bed, personal refrigerator and coffee pot, and even its own entryway to the front of the house. "We really want guests who come here to feel as if they are at a hotel or a resort," Jacqueline said. A hotel complete with exercise equipment, in fact. Surrounding the house is a quarter-mile jogging trail, which leads to a 400-square-foot weight room.

While such luxurious amenities are enough to create envy, two of the greatest features of the home are the simplest. Inside Lexi's room, there is no TV, no computer, none of the technology to which kids are so often attached. "Lexi mainly uses her room to sleep," Jacqueline explained. "At night, she will do her homework while Danny or I cook, so we spend that time as a family. Even if we have to go back to work afterward, we eat dinner together almost every night."

While they enjoy their meals at an elegant yet simple table in the dining area, the kitchen nook has a different table altogether. "We are big card players, so we have a card table there," Jacqueline said. By melding elegant design to the importance of family, a fancy card table is perhaps the perfect symbol for what Danny and Jacqueline have accomplished with this little piece of paradise. **NOW**



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Before

Margaret M., Mansfield, TX

I am so thankful I made the decision to call DSC. I had tried so many diets over the years and didn't find one that was 'livable' for me. Everyone's journey is different and personal, both in timing and needs. I had started the paperwork for gastric surgery, but just couldn't feel comfortable about that being MY path. So the call to DSC was my 'one last attempt' before completing that paperwork. Starting with the my very first interaction with their staff, I knew I had made a good decision. The support and very real caring I have found with the incredible ladies here are so much a part of why I am where I am today. They have encouraged me, supported me, taught me, laughed with me and cried with me all along the way. I haven't yet reached the weight I am aiming for, but know beyond a doubt I will because I know that I have found the path to a healthy me. DSC is not a 'diet' that I am 'on' or 'falling off of' again and again. This is now my path, my life.

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A CLASSY HOOD

— By Jill Rose

When it comes to home improvement, most people believe you have to spend a large amount of money to make much difference. The reality is, some of the projects with the most impact on your home have the least impact on your wallet. One such project around my house involved replacing an over-the-stove microwave cabinet with a custom hood for the range for less than \$50.

The inspiration for this project came from a beautiful range hood I saw online. As beautiful as this range hood was, the price was not. The cost of this particular range hood was around \$700. With a few materials, you can create a similar hood for a fraction of the cost.



What you need based on a 16-inch range hood:

- 1 4 ft. x 8 ft. birch plywood panel: **\$10.67**
 - 1 1 in. x 2 in. x 8 ft. support board: **\$2.61**
 - 1 1 in. x 3 in. x 8 ft. pine board (for top front facing): **\$5.43**
 - 1 1 in. x 4 in. x 8 ft. pine board (for bottom front facing): **\$8.64**
 - 2 8 ft. lattice pieces: **\$7.28**
 - LIQUID NAILS construction adhesive: **\$2.52**
 - 8 ft. trim pieces (quantity and style based on personal preference): **\$8.52**
- Vent: N/A

Total: \$45.67! *Note: The cost of the vent is not included in the project costs as it varies by make and model. Also, this cost doesn't include the crown molding. I was replacing all of that on my cabinets anyway, so I already had it on hand.*



Step 1: Determine and purchase the type of vent you need.

Depending on the type of venting currently provided by your microwave, you will either need a recirculating vent or an external vent. A recirculating vent takes air, steam or other materials, passes them through a filter and reintroduces them into the room as fresh air. An external vent takes these same materials and removes them to the outside of your home using a venting system. For my particular situation, I needed a recirculating vent. To determine the correct size, measure the width and depth of your space, subtract approximately 4 inches from the depth and width and use that number as a guide.

Note: You do not want a vent the width of your cabinet, because you will be unable to build a box to hold it.





Step 2: Remove the existing microwave and cabinet structure.

Note: Before beginning this project, move your stove so it does not get damaged.

After removing the microwave, remove the cabinet doors. Next, remove the bottom of the cabinet, as well as the front support piece. If your cabinets are individual units, you can simply take the cabinet off the wall. In my situation, the



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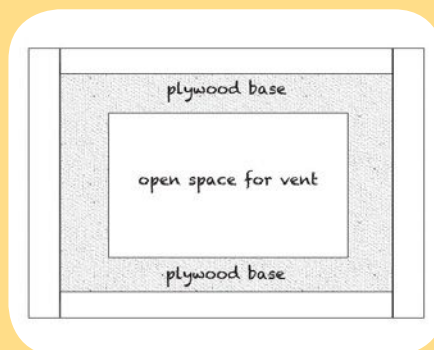
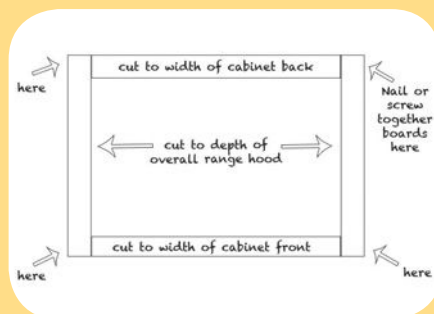


middle cabinet was a part of a single cabinet unit.

Step 3: Determine the depth of your range hood.

Most range hoods have a depth between 16 and 24 inches. The size you pick will be based upon your preference, but generally you want to make sure it extends far enough to partially cover your front burner.

Step 4: Build a box for your vent.



Measure the width of your cabinets in the front and the back. (They should be the same, but can be off by about 1/2 inch.) Cut two support beams to this width. Next, cut two support beams to the overall depth you decided on for the range hood. (For me it was 16 inches.) Attach the supports together, creating a box frame. Do this outside of the cabinet space (in your workshop).

Next, cut a 3/4-inch thick piece of plywood to the overall width and length of the finished box frame. Set the vent on top of the plywood and draw an outline. Cut out the outlined section. Attach the plywood to the bottom of the box frame.



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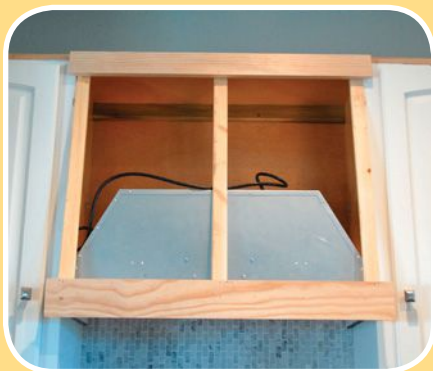
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Step 5: Attach the vent.

Attach the box frame to the cabinet. Attach the vent to the supports. (Your user's manual should suggest the best way to do this.) Install the vent, i.e. plug it in, attach the outside venting, if needed, etc.)

Step 6: Create the front facings and supports.

Using the 1 in. x 4 in. x 8 ft. pine



board, create the front facing for the bottom support. The front facing should be roughly 1/2 inch longer than the support and should be mitered to 45 degrees on both ends. Next, measure the amount of exposed supports on the side and cut front facing for each side (continuing to use the 1 in. x 4 in. x 8 ft. pine board). Miter the edges. Attach the facing to the support using a nail gun.

Using the 1 in. x 3 in. x 8 ft. pine board, create the front facing for your cabinet frame. (The top face front should be the same length as the bottom face front and should also be mitered at the ends.) Depending on how far the top face front sticks out, you will need to cut side face fronts for the upper section as



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well using the remaining 1 in. x 3 in. x 8 ft. pine board. Attach the facing to the support using a nail gun.

Measure the length between the top and bottom face front, and cut three support beams to that size using the 1 in. x 2 in. x 8 ft. support board. Attach them to the back of the face fronts using a nail gun. (I mitered the ends of the boards, so they can be attached just behind the face fronts.)

After adding the supports, measure the open area from the outside of the left support to the outside of the right support and from the top face front to the bottom. Using these measurements, cut out a plywood square. Attach the plywood to the supports using a nail gun. Because the hood is slanted, the plywood should sit right behind both the upper and lower face fronts.

Next, determine the angle of the side pieces. For lack of a better option, I folded a piece of cardboard over the side and then cut the cardboard to size. Trace out the pattern on a piece of plywood and cut. Attach side pieces to the supports using a nail gun.

Step 7: Add the finishing touches.

After attaching the sides, sand the entire range hood. Next, cut two pieces of lattice to the width of the center plywood area, making sure to miter them on the edges.

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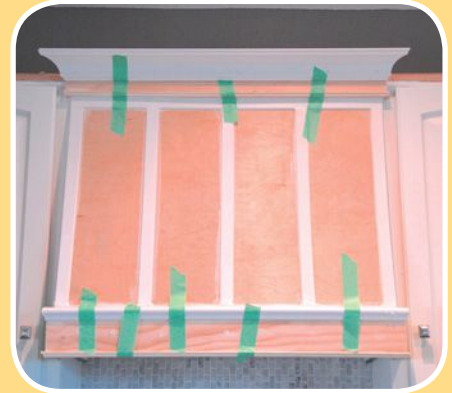


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Measure the length between the upper and lower lattice pieces and cut five pieces of lattice to this length. Attach in equally spaced segments across the front of the plywood. Make sure you have a piece of lattice on each edge — this will help disguise those imperfect side pieces.

After caulking and filling in the nail holes, sand, prime and paint. That's it! Total time, start to finish was about four hours. **NOW**

Editor's note: For more information, please visit: www.therozyhome.com/2013/09/26/custom-range-hood-for-less-than-50/.

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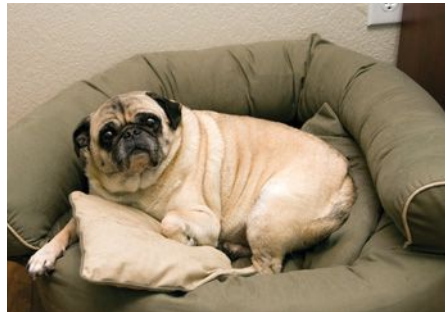


The Law Office of Vicki K. McCarthy

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Gina Shipman (legal assistant), Vicki K. McCarthy (attorney and counselor at law) and Ryann McCarthy (legal assistant) welcome clients to the law practice. Atticus Finch relaxes in his bed after greeting visitors.

Experience Says It All

The team at The Law Office of Vicki K. McCarthy is in your corner.

— By Betty Tryon

Ask Vicki McCarthy why clients use her services, and she will say simply and authoritatively, “Twenty years of experience. I passed the bar and graduated from Baylor Law School in 1986.” She’s been at her profession so long that she’s familiar with the judges and trustees. “We built up a rapport with them, and know what it is they look for,” she added. “It just comes with experience.”

An exceptional student, Vicki actually passed the bar before graduation. After that, she worked with another firm for three years before going into practice for herself. Her office was in Duncanville but, wanting to be closer to home, she moved it to Midlothian.

After researching the area, Vicki chose to renovate one of the older homes near downtown. “I got the idea from Austin,”

she explained. “Most of the law offices in Austin are in old, historic homes. They are also doing this in Waxahachie and in Dallas. The city has been wonderful to us in helping with the renovation process.” In her move to Midlothian, Vicki was able to keep her South Dallas, Duncanville, Cedar Hill and Lancaster clients. Her location now enables her to represent clients from all over Ellis County.

The Law Office of Vicki K. McCarthy specializes in two areas — personal injury and consumer bankruptcy. Personal injury representation includes people who have been injured in auto or truck accidents, under drunken driving circumstances and through construction site mishaps. With consumer bankruptcy cases, she represents individuals and small businesses. “We represent a lot of mom and pop businesses

Business **NOW**

that are having difficulty with taxes, having a downturn or trying to hold onto a house for which they may have gotten behind on payments.” Vicki acknowledges that people are afraid of the word bankruptcy and don’t realize there are different types of bankruptcy protection available. They can reorganize and pay back their debt at a no interest rate, so the companies

“We’ve been doing this for so long it’s nice to see people get back on their feet.”

they’re in debt to get paid. “They just don’t get paid any interest,” she clarified. “It’s a misconception that the people who file for bankruptcy are just trying to get out of their debt. That is not the case at all.”

There are many reasons for financial distress — illness, job loss or other life changes, such as seniors who may have to take on the financial burden of children or grandchildren returning home. Vicki noted that only a very small portion of bankruptcies are liquidations. Most of them involve reorganization. “We draw up a plan to reorganize their debt through the court,” Vicki pointed out. “In some cases they do need to liquidate, especially if they have been working and have become disabled, or they are ready to retire and can’t pay their debt.”

Vicki acknowledges that about 50 percent of her job is providing financial advice by working with clients’ budgets to find out what works for them and their situations. “You can actually make a difference in someone’s life,” she shared. “Our clients, once they are clients, are friends for life. And when we represent one member of a family, we end up representing others in that family. We’ve been doing this for so long it’s nice to see people get back on their feet.” **NOW**

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Justin and Heather Blackwell pose with Vic Williams, the MVP of the Panther football team, at their banquet.



Coach Hubbard and the Mavs celebrate their championship win in the MYBA tournament.



Eli A. gets into the exhibit at Perot Museum with the group from Miller Elementary.



LaRue Miller Elementary third graders share interactive biography reports in the Library Media Center.



Angelina Wells and her cheer team win National Championship at Cheer Power Nationals at the Alamodome.



Members of the Senior Citizens Activity Center enjoy their monthly birthday luncheon.



Irvin Elite students are treated to a lunch to celebrate making all As and perfect attendance.



Aryn Walton shows her team spirit.



The Destination Imagination team from Irvin Elementary compete in the Regional tournament and earn 7th place out of 16 teams in the "Going to Extremes" challenge.



The Blackmon family meets with Bryce Petty following a church service.

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2. Determine if you need to take required minimum distributions from your IRA (starting April 1 of the year following the calendar year in which you reach age 70 1/2) or employer plan (starting April 1 following the later of the calendar year in which you reach age 70 1/2 or when you retire) and factor this into this year's taxable income.
3. Think strategically about your charitable contribution options, such as donating low cost-basis stocks or highly appreciated assets rather than cash.
4. Maximize retirement contributions to take advantage of tax-deferred growth if you're still working.
5. Consider any life changes you may experience this year, such as a new addition to your family or to your house.

6. Review your overall asset allocation and make adjustments to realign with your goals.

7. Review and update your estate plan to take advantage of the higher lifetime exemption and annual gift exclusions to transfer wealth without triggering a gift tax liability. **NOW**

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Sleep Apnea: The Health Care Partner You Wouldn't Expect

"Mr. Smith, I think you should be tested for sleep apnea." Increasingly, this statement could be coming from your family dentist. As strange as it may seem, there are certain risk factors for sleep apnea that a dentist is actually more likely to see than your physician.

The first sign is called bruxism, or grinding your teeth at night. Dentists can see evidence of this in the wear patterns on your teeth. Occasionally, the cause of sleep apnea is the size and shape of the facial bones. If the roof of your mouth is very high and narrow compared to the average patient, you could possibly have a restricted airway. If you have any of these risk factors, your dentist may very well start asking lots of questions about things unrelated to your teeth. Behavioral signs such as snoring, excessive daytime sleepiness and the ability to fall asleep easily in the middle of the day, are all clues that we need to delve further. Medical warning signs include high blood pressure, type 2 diabetes, depression and waking up several times at night to use the restroom.

Just because you have several risk factors does not necessarily mean you have sleep apnea, and your dentist cannot definitively diagnose this condition. However, if your dentist finds reason for concern, he or she will likely refer you to a sleep physician for consultation and testing. If your dentist thinks you could possibly have sleep apnea, please follow up with your family physician, or a physician specializing in sleep medicine. Whether you notice the effects of this condition or not, untreated sleep apnea can have both debilitating and life-threatening consequences. It's simply too important to ignore!

You have been diagnosed with sleep apnea. Now what?

Your dentist could hold the answer yet again! Many dentists are trained in oral appliance therapy, where a mouthpiece is precisely fitted to your teeth to hold your lower jaw forward while you sleep. Holding the lower jaw forward effectively opens the airway of many patients, oftentimes just as effectively as a CPAP machine.

Many patients who have been diagnosed with sleep apnea have a hard time adjusting to the CPAP machine they were given. Many find it so cumbersome, that it winds up collecting dust in a closet somewhere. Not only is this frustrating for patients and doctors alike, it dangerously leaves the patient's sleep apnea untreated.

If you have been recently diagnosed with sleep apnea, or if you've tried unsuccessfully to use a CPAP machine, let your sleep doctor know. He or she will help guide the decision as to whether appliance therapy is appropriate for you. The American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine recently collaborated to provide some guidelines for oral appliance therapy. Visit www.aadsm.org for those guidelines, as well as a list of dentists in your area who have received some additional training on this therapy.

So, the next time you go to your dentist for a cleaning or filling, don't be alarmed if you are asked how you've been sleeping at night. Screening for, and treating sleep apnea is just one way your dentist can be a valuable part of your health care team! **NOW**

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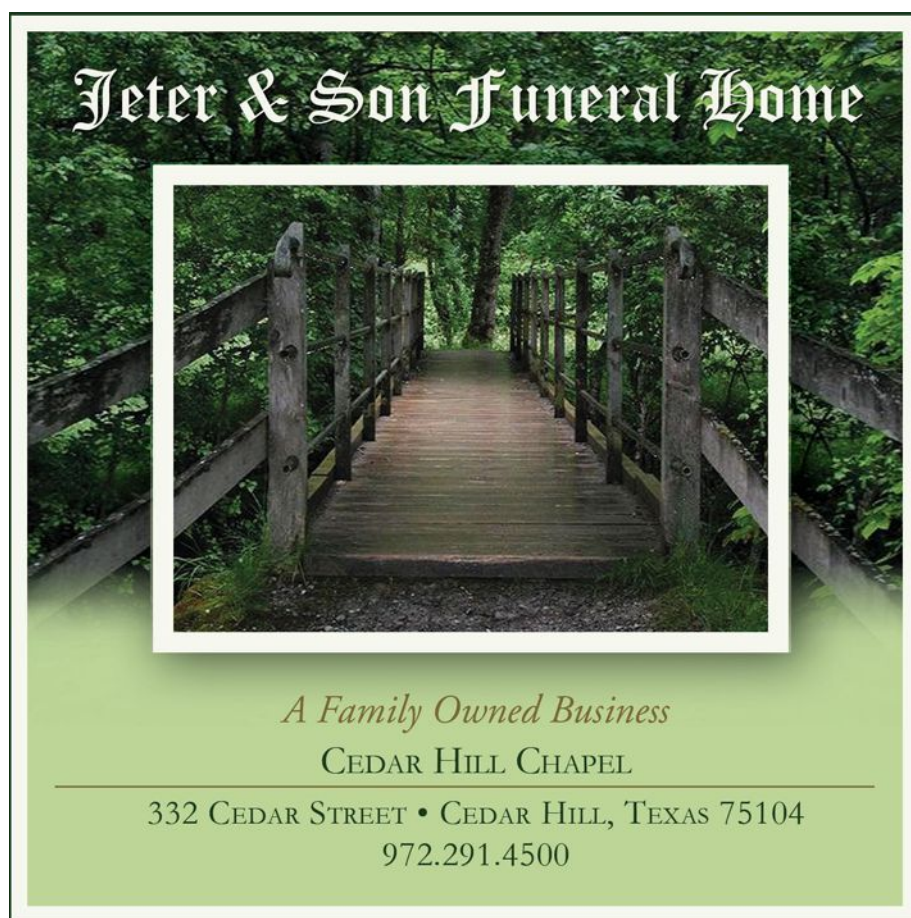
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April 5 — May 26

Scarborough Renaissance Festival: 2511 FM 66, Exit 399A on I35E. Open on the weekends only in April and May, plus Memorial Day Monday. For more information, call (972) 938-3247 or visit www.srfestival.com.

April 12

Citywide Spring Cleanup Event: 8:00 a.m.-noon, Public Works Service Center, 1050 N. Highway 67. Various services offered to residents of Midlothian only. Services are free unless otherwise noted. For more information call (972) 775-1083.

Easter at the Ranch: 2:00-4:00 p.m., 5431 Montgomery Rd. Hosted by Paws for Reflection Ranch for Families with Special Need. Bring a basket to join the Easter Bunny in an Easter egg hunt. Interact with ranch animals. Enjoy family games and activities. Cost is free but donations welcomed. For more information call (972) 775-8966, visit www.PawsForReflectionRanch.org or email pawsforreflection@att.net.

Johnson County Master Gardeners Spring Plant Sale: 9:00 a.m.-3:00 p.m., Cleburne's Sheriff's Posse Rodeo Grounds, 1315 S.

Main, Cleburne. Select plants for North Texas will be sold to support goals of the Master Gardener Program, designed to improve quality of life through horticultural projects. Plant Sale perennials can be viewed online at www.jcmg.org. Contact Johnson County Extension Agent Zach T. Davis at ztdavis@ag.tamu.edu or (817) 556-6370.

April 14 — 17

Kindergarten Roundup: 9:00 a.m.-2:00 p.m., all elementary schools. Contact elementary school of interest for more information.

April 21 — 25

Public School Volunteer Week.

April 26

5K4KIDS benefiting Midlothian ISD Education Foundation: 10:00 a.m., MISD Multi-Purpose Stadium, 1800 S. 14th St. Family friendly event. There will be a chip-timed 5K and a 1-mile Fun Run/Walk. Early registration includes a dry-fit T-shirt and SWAG bag. Register at 5K4KIDS.net or mail in/drop off form at MEF office 100 Walter Stephenson Rd. or P.O. Box 1906, Midlothian, TX 76065, 972-775-8296, ext. 1281

Fourth Annual Kids Fishing Derby: Minnow


Division, 8:30 a.m., Perch and Bass Division, 9:30 a.m.; Gifford-Hill Lake at Ash Grove, presented by the Midlothian Community Development Corporation with additional sponsorship from Texas Game Warden Association, Manna House and Chicken Express. Awards will be given. Registration open to all kids from 4 to 15 years of age. Register at midlothian.tx.us

Waxahachie Symphony Association presents the Classic Swing Band: 7:00 p.m., Waxahachie Country Club, 1920 W. Business 287, Waxahachie. For more information, call Sherry at (972) 938-1181.

April 28

Indian Trail Chapter, Texas Master Naturalist: business meeting, 6:00 p.m.; program 7:00 p.m., First United Methodist Church, 505 W. Marvin Ave., Waxahachie, Family Life Center Gathering Room. Program topic: Vines, speaker Dana Wilson,

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




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In the Kitchen With Max Wallace

— *By Betty Tryon*

For Max Wallace, the interest his family had in preparing meals captured his attention and caused him to consider becoming a chef. “As long as I can remember, my parents have been into cooking,” he said. “Seeing them in the kitchen all the time was interesting to me, so I took it up. Most kids wanted to be astronauts, firemen or police officers when they grew up, but I have always wanted to be a chef.”

Like most teenagers, Max loves pizza. “My favorite recipe is any kind of pizza, and we all know the base of a pizza is the crust, so my favorite recipe is probably the pizza crust recipe I use.” **NOW**

Thin Crust Pizza

- 3 cups bread flour, plus more as needed for work surface**
- 2 tsp. sugar**
- 1/2 tsp. instant or rapid rise yeast**
- 1 1/2 cups ice water**
- 1 Tbsp. vegetable oil, plus more as needed for work surface**
- 1 1/2 tsp. salt**

1. In a food processor, combine flour, sugar and yeast. With the machine going, add water through feed tube; process until combined and no dry flour remains. Let dough stand for about 10 minutes.
2. Add oil and salt to dough and process until dough forms a satiny, sticky ball. You will know when it is finished when it no longer sticks to the sides of the food

processor bowl. Remove ball and knead lightly on oiled countertop until smooth, about a minute. Shape dough into ball and place in lightly oiled bowl. Cover with plastic and refrigerate from 24 hours to 3 days.
3. When ready to make pizza, coat 1 ball with flour. Flatten into an 8-inch disc. Lightly knead dough into a 12-inch circle. Place toppings and sauce, bake pizza at 500 F on rack about 4 to 5 inches away from the top of the heat source, preferably on a pizza stone.

Green Bean Bundles

- 3 14.5-oz. cans whole green beans**
- 1 pkg. bacon, each piece cut in half**

Butter Sauce:
2 sticks butter, melted

- 1 cup brown sugar**
- 1/2 tsp. garlic salt**
- Dash of soy sauce**

1. Put 10 green beans into bundles and wrap them in a piece of bacon.
2. For butter sauce: Melt butter. Add brown sugar, garlic salt and soy sauce; stir until well-blended. Pour over green beans and refrigerate overnight. (Leave some butter sauce for brushing.)
3. Place bundles on a baking sheet and brush with extra butter mixture. Bake at 350 F for 30 minutes.

Broccoli Cheese Casserole

- 1 onion, chopped**
- 1 stick butter**
- 1 10-oz. bag chopped broccoli**
- 1 10.75-oz. can cream of mushroom soup**
- 1 bag of white rice**
- 1 jar Cheez Whiz**

1. In a skillet, sauté onions in butter until translucent. Add broccoli and mix until incorporated. Add cream of mushroom soup and mix until incorporated. Add rice and Cheez Whiz to mixture.
2. Mix thoroughly; pour into a casserole dish. Bake at 350 F for 45 minutes to an hour or until golden brown.

Polish Mistakes

- 1 lb. hot breakfast sausage**
- 1 lb. hamburger meat**
- 1/2 tsp. oregano**
- 1 tsp. Worcestershire sauce**
- 1/2 tsp. garlic salt**
- 1 lb. Velveeta cheese**
- 1 loaf of rye or pumpernickel party bread**

1. Brown sausage and hamburger meat until cooked. Add oregano, Worcestershire and garlic salt.
2. Cut Velveeta into small chunks and place on top of mixture. Cover skillet and let Velveeta melt into mixture.
3. Put party bread on a cookie sheet and spoon mixture on each slice. Place in oven at 350 F for 10-12 minutes.

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



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