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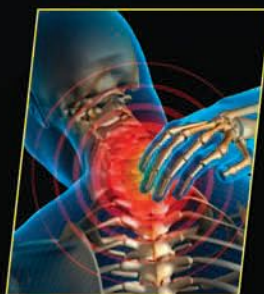
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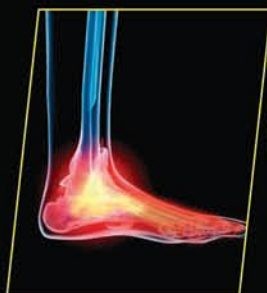
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ON THE COVER



As a board member, Scott Koelker provides legal advice for Heroes of Midlothian Foundation.

Photo by Amy Ramirez.

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Editor's Note

Hello, Midlothian!

When winter hands the torch to spring, the juxtaposition of the seasons illustrates so beautifully the concept of the circle of life. During winter the trees, shrubbery and flowers all drop their beauty and stand naked, forlorn and lifeless. Warm breezes and persistent rains slowly bring life back to the earth. Once again, the foliage appears and bushes fill out. The flowers grow into their loveliness as only they can. The grasses can't wait to shoot up and remind you that it's time to pull out the mower once more. As the earth renews itself, Easter reminds us of the beautiful part of life restored in the resurrection of Jesus Christ. On April 5, we celebrate knowing that no matter how desolate the circumstances, the sun will shine again.

Betty

Betty Tryon
MidlothianNOW Editor
betty.tryon@nowmagazines.com

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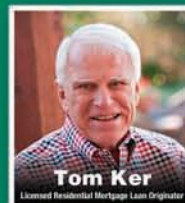
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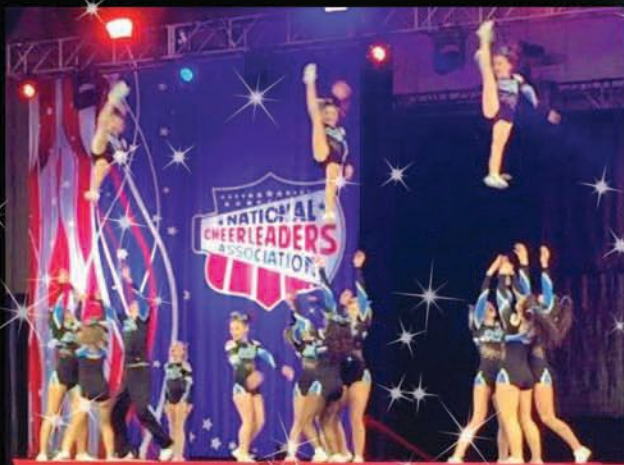
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HEROES AMONG US

— By Betty Tryon



Left to right, back row: Toby Gonzalez, Bryan Rury, Candi Wann, Stephanie Frankiewicz, Scott Koelker. Front row: Chris Daubitz.

The days had become nights and the nights were endless. The tiny baby was but a whisper of life. The tubing, tapes and frightening machines were all there to help this tiny life grow stronger. Unfortunately, life could not be suspended at the side of the incubator. Parents needed to eat. Other siblings and their needs had to be taken into account. The vehicle needed gasoline for the ferrying back and forth between the hospital and home. The family needed help, and the Heroes of Midlothian Foundation stepped in to bring that supportive element to the family.

The Heroes of Midlothian Foundation was organized to provide support to the families of fallen heroes. Scott and Megan Koelker along with Chris Daubitz, Bryan Rury, Candi Wann, Toby Gonzalez and Stephanie Frankiewicz are part of this nonprofit and all-volunteer corporation. "Our purpose is to give back to those who have given to us in terms of law enforcement, firefighting and military service," Scott explained.

As high school sweethearts, Scott and Megan began working together as a team early. They both attended Texas Tech University in Lubbock, Texas. Megan graduated with a degree in speech and Scott with a degree in history. After graduation, Scott went to law school at Washington University in St. Louis, Missouri. "I became a lawyer, because I was always good at arguing," Scott smiled. When the couple was looking for a home, they wanted something more rural and decided seven years ago that Midlothian fit perfectly.

The family became involved in the community. That involvement led them to want to do something when tragedy struck on February 2, 2013, and Chris Kyle and Chad Littlefield were killed. "Some people we knew got together to talk about what could be done to help," Scott shared. "They needed a lawyer to



"We desired to give back to people who are always giving. I've always felt thankful for our first responders, for our service men and women. We've gone through situations where we needed their help, and it was nice to be able to say thank you."





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The Patriot Guard Riders lead the racers at the beginning of last year's 5K race.

make sure everything was done correctly and invited me to a meeting. I went and became part of the organization of the Heroes of Midlothian Foundation.” It was the goal of helping those two families that originated the Foundation. However, the focus quickly extended to include those who serve in the community — police officers, firefighters and veterans.

“We desired to give back to people who are always giving,” Megan stated. “I’ve always felt thankful for our first responders, for our service men and women. We’ve gone through situations where we needed their help, and it was nice to be able to say thank you.”

The Heroes of Midlothian Foundation began raising funds in May 2013. “It was very successful,” Scott acknowledged. “The community really came out and donated. We had a 5K race with a festival and raised \$30,000. We will have our third annual 5K on May 16 of this year.”

The group wanted to have the money raised established as a lasting foundation in order to be ready for the next crisis. “We donated money to the Kyle and Littlefield families, and we want to be here if they need anything,” Scott said.



"But one of the things that distinguishes our organization is we did not donate all the money to them. We wanted to create a lasting foundation, not only for their future needs but for the next event."

"We want to help people in our community for years to come," Megan added. "We've had officers with babies in the NICU (Neonatal Intensive Care Unit), and

the Foundation gave them money and gift certificates for meals. Having their babies in the hospital required them to take off from work. So, we gave Visa gift cards in order for them to purchase whatever they needed to enable them to continue spending those valuable hours with their children."

Another crisis in the police department was a fallen officer. The police department was able to contact the Foundation and ask for their assistance. "We were able to provide the meal and work with Heritage House at the reception," Megan noted.

She thinks that was a turning point for the Foundation because, as a new organization, they were able to show the officers that they wanted to be there for them. "They received us so sweetly," Megan smiled. "The amount of support we have gotten in return from them has been immense. The police and fire department have both shared our banner on their Facebook page and tell others about us. At our booths at the Spring Fling, they come over and show their presence with a team type unity. We really appreciate that they've given us their support and respect."



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"Midlothian is blessed to have T.J. Henley serve as a Midlothian City Councilman."

- John Wray, State Representative.



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Last year, Heroes of Midlothian Foundation was asked to help with Midlothian's Veteran's Tribute Dinner. They answered the call and worked with the city to fund the banquet.

The Foundation's board consists of volunteers with no paid members. It is a 501(c)(3) entity, and they've qualified under that as a disaster relief fund. "We intentionally left the class of people we can help broad, so we can have the flexibility to help anyone," Scott clarified. "There may be a situation where someone has been in Midlothian for a very long time, something tragic happens and their family needs a little help. We have the flexibility to do that. The police officers, firefighters and military are our core, but technically anyone in the community can ask for assistance."



To meet these needs, the Foundation holds an annual fundraiser in the form of a 5K race, community festival and concert. "The community gets really involved," Megan elaborated. "Several of the churches come out and set up events for the kids. It's a great family time for everyone. We've never been disappointed with this community and how much people are willing to give of their time and effort. It makes us happy we elected to have all of our children here."

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HEROES OF MIDLOTHIAN
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As a charitable organization, Heroes of Midlothian Foundation realizes the responsibility of handling financial matters with transparency and honesty. "One of the harder parts of what we do is trying to be discreet and honoring people's privacy. We don't publicize how much we gave or who we gave it to," Scott shared. "Our annual tax form will be publicly available on our website. We have the typical checks and balances on our accounts with financial safeguards, and we all know the statement of the accounts."

One of the future goals of the Foundation is to establish a scholarship fund in the next year or two for a Midlothian graduate. "We don't do it for the thanks," Megan declared. "We are just grateful that we can meet a need and can be there for the community as a whole and help in any way we can." It is good to know if a tragedy happens again, the Heroes of Midlothian Foundation is here to give a helping hand. **NOW**

Editor's Note: For more information, visit Heroes of Midlothian Foundation's website, heroesofmidlothian.org.

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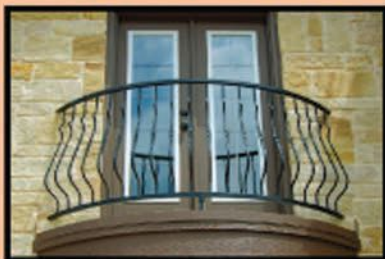
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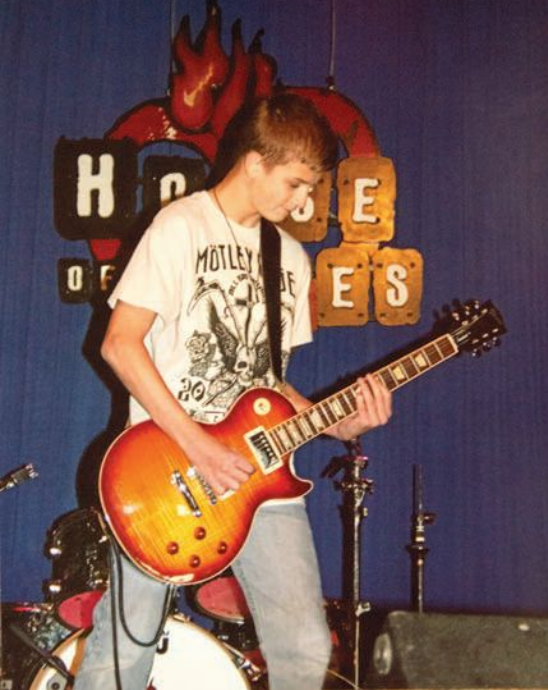




Guitar Magic

— By Betty Tryon

"He's trying to be the best he can be and practices way more than most other kids who have been playing a lot longer."



Mason Zacharias fiddled with the knobs on his sound system and the speakers screamed to life. Hunched over his electric guitar, his fingers worked their magic. His digits seemed to come alive as they strummed in total command of the guitar. Mason, so totally engrossed in his music, moved his body with every note as if he and the instrument were one.

This 13-year-old sixth-grader at Walnut Grove Middle School plays electric guitar as if he was born to do it, and maybe he was. Mason's music of preference is 1980s heavy metal. "My dad listened to those bands all the time," He recalled. "I loved the sound of the guitar — the instrument I heard the most in heavy metal. It spoke out to me the most, because it made what the music was. There wouldn't be heavy metal if there was no guitar."

Mason's musical abilities run in the family. His mom, Julie, is a singer, and growing up she sang at The Johnnie High's Country Music Revue in Arlington, Texas. His dad, Kenneth, played piano. In showing support for his talent, his parents allowed Mason to have the entire upstairs entertainment room for his music. "My dad is upstairs with me all the time," Mason shared. "We stayed up there one night until 6:00 in the



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morning. Dad was making a video of me playing the guitar. I remember my eyes were half closed, but I still played."

Mason first learned how to play by ear having taught himself since the age of 10. However, he started taking lessons during the summer of 2014 and was faced with a more formal way of learning chords on the guitar and learning how to



read music. "Now I'm used to the new chords," he stated. "I get better every week because of the lessons. On school days I practice for two hours a day, and on the weekend I practice for about 13 hours. I will stay up all night until 6:00 a.m. practicing and playing."

One might wonder if Mason's parents have soundproof bedrooms for those all night playing sessions. "We don't



have soundproof rooms,” Julie smiled. “We have learned to sleep through his practicing. We are so used to it we don’t even hear it.”

Although Mason’s musical preference is heavy metal, since he started taking lessons, he is also learning classical guitar. “I am learning classical guitar to become better at heavy metal,” he said. “Classical guitar is like transitioning your hands to different chords to get you faster. It’s all about the speed of your fingers.” Mason’s fingers find those classical notes on his guitar with quick efficiency and finesse.

“When Mason plays, he gets all into it,” Julie explained. “He’s very fast and plays very difficult things. He’s trying to be the best he can be and practices way more than most other kids who have been playing a lot longer. His idol is Randy Rhoads who is a heavy metal guitarist and played with Ozzy Osbourne. Rhoads also played classical music.” Mason is following in Rhoads’ musical steps, bringing classical music influences into heavy metal music.

Mason recently received affirmation of just how good he really is. The House of Blues music venue in Dallas presents School of Rock, which is an online event looking for very talented kids to perform



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at the House of Blues. "This event helps the kids know what it feels like when they perform in front of others," Julie explained. "House of Blues was searching for kids with talent, and so we sent them an email. They sent us one back saying they wanted to see a video and for us to either put one on Facebook or YouTube. Mason did both. Out of the 500 who auditioned, seven would be chosen to perform at the House of Blues. A month or so later, they emailed back saying he was one of the seven selected."

Mason remembers the day he found out about the results. "I really don't get that excited that much," he smiled, "but I was jumping up and down. My friends saw it on Instagram and Facebook. I love playing in front of people, but I am very shy in front of a lot of people. Music is the way I can actually be around a lot of them. I can talk through a microphone every once in a while but not over and over again."

On October 7, 2014, Mason made his debut at the House of Blues and enjoyed the experience. At 13 years of age, he also had the honor of being the youngest entertainer there. Mason was further lionized in Walnut Grove Middle School's WGMS *Cat Tales* with an article written by Principal Brian Blackwell.

School has always been something Mason has valued, although earlier in his school years he struggled with his education. Julie wants others to be inspired by what helped her son. "Mason was kept back a year in elementary school," she explained. "He cares about

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his grades and actually asked to be held back. We didn't know what was going on with his schoolwork, so we had him tested at Brain Train and discovered he has ADD (Attention Deficit Disorder)."

Mason was started on medication but the family did not see much of an improvement in his grades until he began to play the guitar. "We definitely know it was the music!" Julie exclaimed. "Now that he has learned how to play the guitar, his grades have skyrocketed. We've read several articles about how music is like fireworks going off in your brain, and it can actually help kids focus. It's amazing how he has improved and no longer needs help with his homework."

Julie hopes the information about Mason repeating a grade and finally improving in his schoolwork after he began to focus on music will help another child struggling with the same issue. "I didn't expect my report card to be so good," Mason declared. "When I got the first one this school year, it was A's and B's. Last year it was B's and C's."

Mason owns three electric guitars. His first one was an Epiphone Les Paul guitar. His second guitar is a Gibson Les Paul, and his Dean Dimebag Pantera guitar is a recent Christmas gift. Mason's future goals at this stage in his life are to play in a band someday and hopefully have music as a career choice. In the meantime, he continues to enjoy his private world of the electric guitar and all the magic he creates with it. **NOW**

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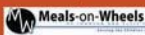
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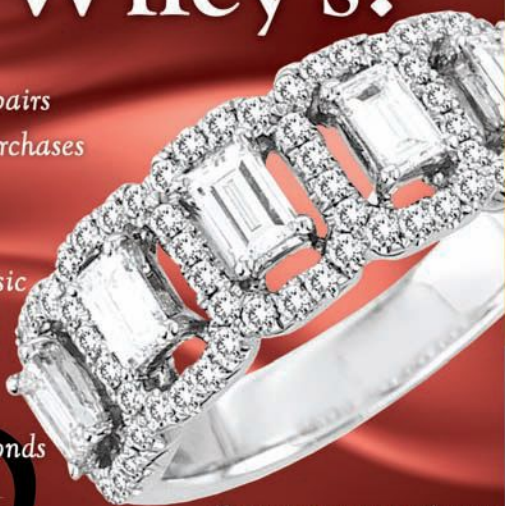
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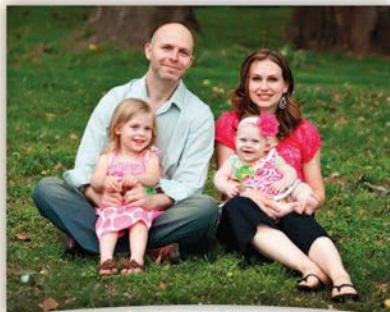
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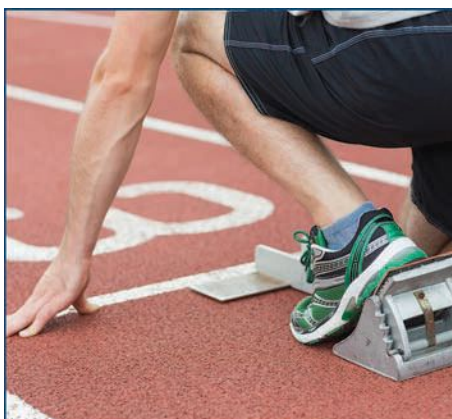


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Jason and Whitney Johns met on a blind date set up by a mutual friend in Olney, Texas, a little south of Wichita Falls. Jason grew up in Odessa, and then went to Angelo State University to play football. After graduation, he went to occupational therapy school at Texas Tech University. He realized after the first semester that his true calling was to be a coach. He has coached in numerous cities, moving between the high school and college levels, and even thought about doing something different at one point. "I took the Series 6 and 63 to become a financial advisor," he recounted, mentioning that he had been offered a business opportunity. "We were going to move back to Odessa, but then Coach Wiginton called and asked me to join his staff."

ce

— By Zachary R. Urquhart



AT HOME WITH Jason and Whitney Johns

Whitney had grown up in Olney, and Jason was coaching there at the time. "When we met, I was studying at Texas Tech," Whitney recalled. "He went back to Angelo State to work on his master's and be a graduate assistant for the Angelo State University football team. So, I transferred there and graduated with a degree in education." They will celebrate their 15th anniversary this summer, and they have two active young girls. Morgan is 10 and plays softball,

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basketball and cheers. Kennedy is 6 and plays basketball and soccer. Because of his coaching career, they have lived in several cities already. That call from Midlothian's head coach brought him to serve as defensive coordinator at Midlothian High School, and brought the family to their latest home sweet home.

As they had several times before, Jason and Whitney moved into a new home when they decided to move to Midlothian. "I have tried, but I never want to live in someone else's house," Whitney laughed. Her sister lived in Midlothian, so they had an idea that they wanted to move into the Rosebud

neighborhood. "We like being close to family. We like the neighborhood pool, and we like being in this style of homes. It was a great fit," she continued.

Jason appreciates the neighborhood, and he enjoys having family close by. "This is a great area, and having the cousins nearby is perfect for our girls. One of the most important things was having our girls be able to acclimate and build relationships," he said. He really loves the lot they were able to choose, adding, "I love to look out the back window at the land." The area behind their house is a flood plain, so it cannot be developed. That has given them a landscape of horses and pasture. "It is hard sometimes, because we have lived in areas where homes are in more of a town feel, and here everyone is in their own subdivision."


While Jason has continued a long


career of coaching football, Whitney has changed jobs a few times over the course of their marriage. "I taught elementary school for four years and then got into counseling," she detailed. "When we moved here, I started working as a counselor for Venus ISD. The past two years, I've been one of the special education counselors at Midlothian ISD."

The house almost seems to be a symbol of the family, even from the front curb. Landscaped beds accompany trees that are both newly planted, yet already growing and establishing roots, just as the family is itself. The vast archways bookend a front patio space large enough to decorate for any season, and with everyone in the family involved in so



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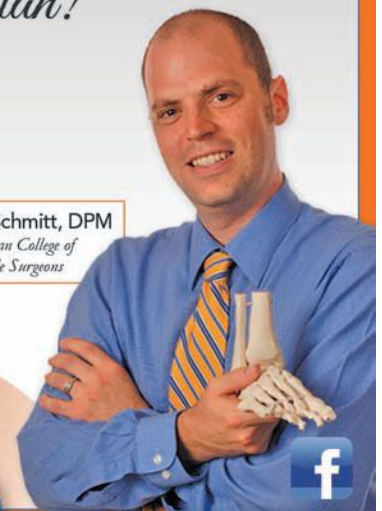


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many things, every year has its own array of seasons. Jason noted, "We spend a lot of time just keeping up with the kids. We vacation when we can, and we love to go snow skiing. We try to spend as much family time as we can."

Inside the house, hardwood floors throughout give a touch of rustic elegance. Family photographs and decorative pieces are mingled with



racks of clothing and bins of accessories for the online boutique, Cupcakes and Cheer, which Whitney recently began as a side job. "There is one sentimental picture in here that Jason makes sure I keep: a photo of his grandpa from decades ago," she said. "People have always said Jason looks and acts just like him, so we have this black and white picture on my desk." The living room is in full view past the office, and is decorated with comfortable furniture and large photos of the girls. The fireplace is beautiful, though not often lit. "We have another outside, so we don't use the one in here. We don't like the fire smell in the house," Whitney laughed.

On the other side of the entryway sits the formal dining room leading into the kitchen. An open feel is emphasized by a simple design that stays away from the sometimes cluttered spacing of an island and too many utensils and gadgets. Jason and Whitney eat many family meals at

the kitchen table, which offers the impeccable view of the backyard Jason loves so much, as well as access to the back patio. The seating area dons a green theme, and with good weather, the perfect place for watching games on a large flat screen. Many weekends I



will sit out here and watch football while the girls play in the yard or jump on the trampoline,” Jason said.

Back in the house, the girls each have a room that is all girl. Morgan’s room is light blue, with fuchsia accents including a large fuzzy rug in the center of the room. Her day bed gives the room a casual feel. Kennedy’s space is decorated in various shades of pink, complete with frills, polka dots and a pink armoire. Jason and Whitney actually painted almost the whole house when they were moving in. “Even though it was new, we wanted some different colors in spots, and we wanted to get away from the flat paint they had used,” she explained.

The most obvious example of their custom paint choices is in the master bedroom, where rich dark gray walls are offset by a brown ceiling that stands out compared to typical white. The room is adorned with fine wood furniture and a huge bay window behind the bed gives yet another view of the backyard. The photographs throughout the room are another reminder of how important family is to both Jason and Whitney.

The home itself is the perfect place for Jason, Whitney and the family in every situation. Whether they are playing outside, watching a game, sitting for a meal or just stopping in the middle of their busy lives, they have made a home that is perfect for them. **NOW**



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The self-evaluation test below will help you determine if you have symptoms that need medical attention.

If you answer yes to one or more of these questions, you may have GERD. To know for sure, see your doctor. If you need a doctor, call **1.800.4BAYLOR** to request a referral to a gastroenterologist.



Do you frequently experience an uncomfortable feeling behind the breastbone that seems to be moving upward from the stomach?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you frequently experience a burning sensation in the back of your throat?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you frequently experience a bitter, acid taste in your mouth?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you often experience the above problems after your meals?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you experience heartburn or acid indigestion two or more times per week?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you find that antacids only provide temporary relief from your symptoms?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you taking prescription medication to treat heartburn but you are still experiencing symptoms?	<input type="checkbox"/> Yes <input type="checkbox"/> No

This test is not a substitute for professional medical diagnosis and treatment management. If you have any concerns regarding your health, seek professional medical advice.

For a physician referral or more information about digestive services at Baylor Scott & White - Waxahachie, please call **1.800.4BAYLOR** or visit BaylorHealth.com/Waxahachie.



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Outdoor Living *Texas Style*

— By Carolyn Wills

Understandably it's no surprise Texans have long loved the joys of cooking and eating "out." Where else (OK, besides California) is the climate so conducive to outdoor living and the people so inclined to share great weather and food with family and friends? Texas is where perfectly prepared barbecue reigns as the undisputed goal for bragging rights, the governor's inaugural celebration fare and clearly the all-time favorite at holidays, family gatherings and Western-style weddings.



Even our original and beloved TV show, *Dallas*, is credited with affecting America's outdoor cooking. According to www.lagrillislands.com, when the Ducane Company, a grill manufacturer, was asked to create a special island grill for the wealthy oil-drilling and cattle-ranching Ewings, their prefab design, consisting of dual grills surrounded by spacious counters, not only fulfilled the Ewings' needs but resulted in a huge demand from homeowners, which in turn, led to a whole new product line for the grilling industry.¹ The original *Dallas* series aired from 1978 to 1991, and today, that special prefab grill remains a backyard standard for many outdoor cooks.



Dallas, though, is not alone in its influence. Today, broadcast channels like HGTV and DIY Network have introduced homeowners to the bigger, brighter, fancier world of fully functioning outdoor kitchens. Outdoor kitchens, aka patio or summer kitchens, have been around for decades, but according to www.outdoorkitchenfranchise.com, it took a collapsing housing market to spark their super surge in popularity. In

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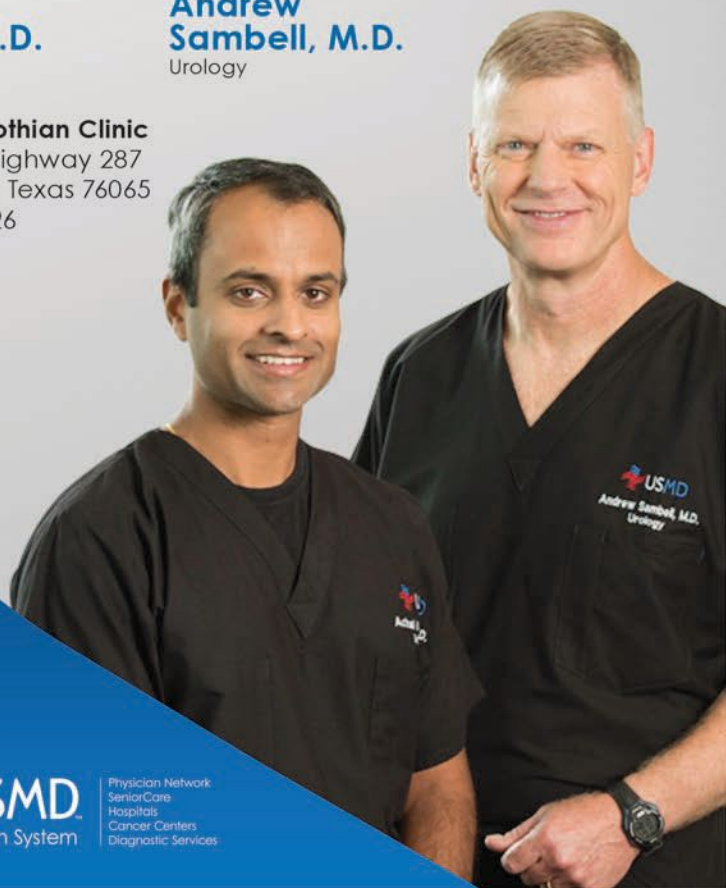
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the mid-2000s, the housing market plummeted and many homeowners saw the wisdom in and even necessity of staying home, remodeling. In the process, they realized the advantages of outdoor living, especially in climates like Texas.²

In a 2012 Residential Trend Survey, the American Society of Landscape Architects found America's infatuation with outdoor kitchens is continuing. So, what's it all about, then, this interest in cooking, dining and entertaining in the wide (or not-so-wide) expanses of the backyard?

First, the Downsides:

- An outdoor kitchen is forever linked to weather conditions.
- Kitchenware and appliances can suffer from exposure and, potentially, are also vulnerable to theft.
- Noise, smoke and odors might challenge neighbors.
- Depending on layout, materials and features, an outdoor kitchen can be costly to build, and without careful consideration of standards, values and market conditions, their end return could prove negligible.
- Costs are not declining. From a few simple features to a chef's dream, outdoor kitchens range in cost from \$3,000 to upwards of \$100,000. According to *The Wall Street Journal*, high-end outdoor equipment manufacturer, Kalamazoo Outdoor Gourmet, says their average outdoor kitchen built in 2012 cost \$40,000, up from \$30,000 in 2010.³

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Now, the Upsides:

- Outdoor kitchens are fun, which is the No. 1 reason to have one. They encourage time outside, cooking, relaxing with family and friends, swimming (if there's a pool), watching TV, having parties or intimate dinners and enjoying food that can only taste so good because it's cooked outside. Let's face it, nothing compares to the flavor of a grill or an outdoor pizza oven.
- They add to a home's livable space and entertainment options.
- They help equalize cooking duties and encourage group participation with meal preparation and cleanup.
- They engender a certain pride of ownership. With luck, when it's time to sell they become a hot selling point with potential profit on investment, or at the very least, an extra drawing card for potential buyers.
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What You Need to Know:

- Outdoor kitchens designed with homeowners' needs and budgets in mind offer the greatest return on enjoyment, investment and peace of mind.

- The grill must be the star attraction.

- Hiring a contractor is a good idea.

(Some projects may allow for do-it-yourself skills, but professionals are needed when plumbing, electrical and gas are involved.)

- Use wisdom: Be aware of neighborhood home values, stay close to that standard and beware of overbuilding.

- Permits, codes and standards vary by city. In Texas, permits are generally required for any home improvement beyond painting or simple cosmetics. Be aware and adhere to codes and standards (another advantage in hiring a contractor).

- When designing an outdoor kitchen, it's smart to complement the home's exterior, decorate for the comfort of the indoors and resilience for the outdoors and to pay attention to flooring, walls and ceilings.

- Within budget, it's advisable to buy top-of-the-line appliances starting with the best barbecue grill.



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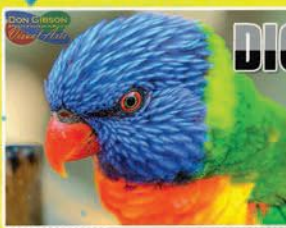


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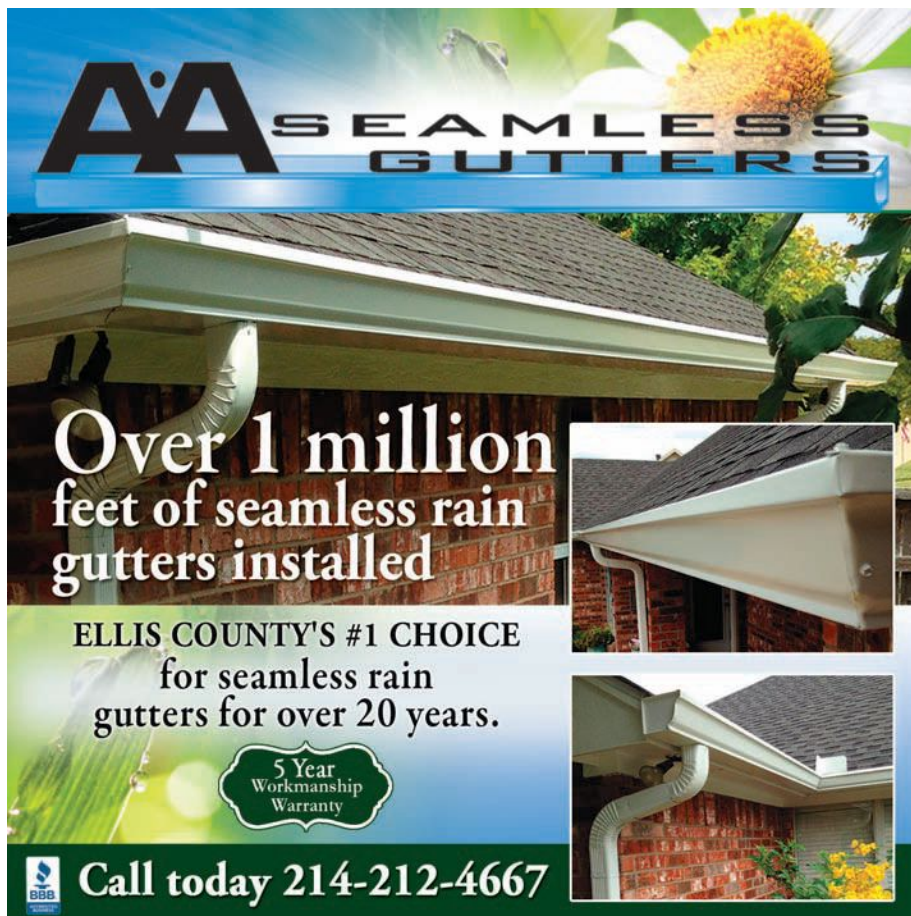
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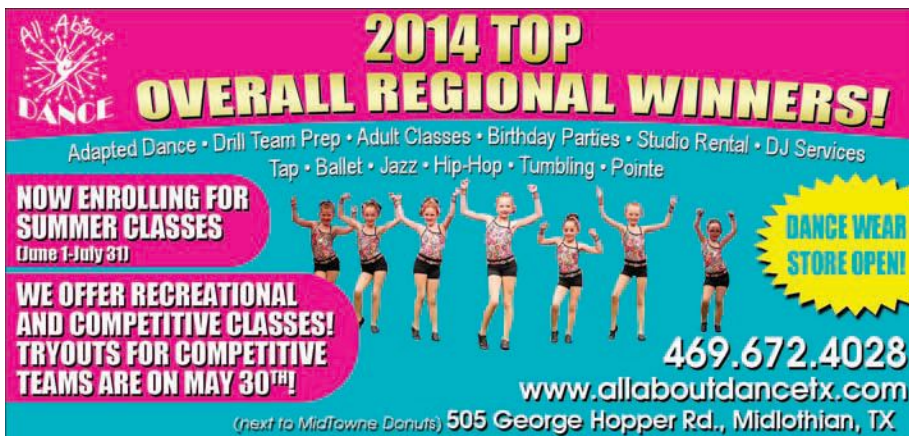
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Today, outdoor kitchens can be accessorized to the hilt with the likes of Sub-Zero refrigerators, stoves, pizza ovens, bread warmers, custom cabinetry, stone work, soaker sinks, trash compactors, barbecues, espresso makers, wine coolers and kegerators. They can be shaded by a pergola, canopy or finished ceiling and accompanied by sound systems, ceiling fans, flat screen televisions, sofas, outdoor rugs, cocktail tables, fire pits, water features and fancy landscaping.

For homeowners who love cooking, entertaining and the outdoor lifestyle, the upsides of having a personal outdoor kitchen greatly outweigh the downsides. Options are endless. Building can involve do-it-yourself, budget-conscious work and the whole process can be done in stages. Texans, other than the Ewings, can also afford the joys of an outdoor kitchen, since Texas is the perfect place to have one! **NOW**



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Sources:

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2. "Outdoor Kitchen Market Grows as the Housing Market Shrinks." Soleic Outdoor Kitchens. Outdoor Kitchen News, Outdoor Living Industry. Posted November 29, 2012. www.outdoorkitchenfranchise.com.
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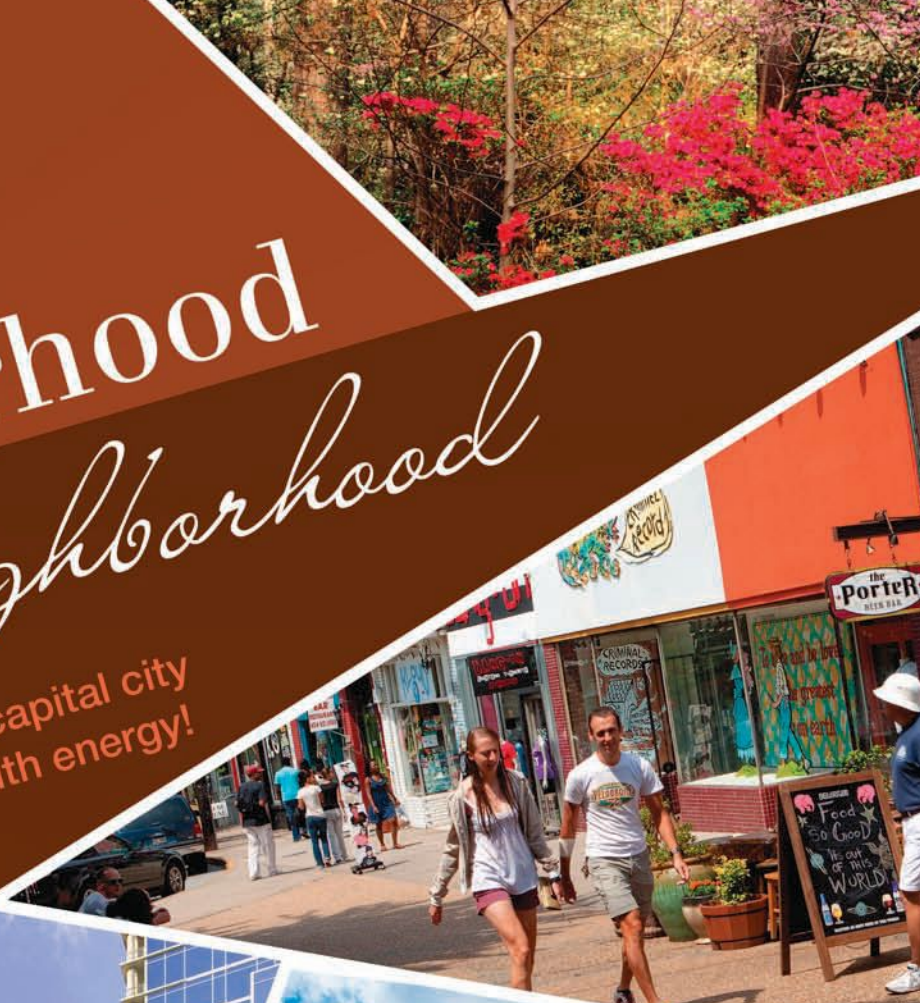
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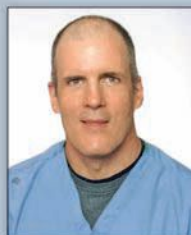


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Artist Enclave Castleberry Hill

Just southwest, Castleberry Hill etches out a space among former warehouses. Today, the community is made up of local artists and entrepreneurs, including the successful Atlanta Movie Tours, which offers tours of locales from *The Walking Dead*, *Hunger Games* and other popular films. Here, art galleries mix with organic garden spas, wine bars and tapas lounges. Locals and visitors enjoy lively 2nd Friday Art Walks, where businesses open their doors for wine, music and fun.

Atlanta's Heart of the Arts: Midtown

Style and substance take center stage in Midtown along Peachtree Street. The famed boulevard connects three major neighborhoods while cutting a swath of culture through this district known as Atlanta's heart of the arts. Midtown boasts the largest concentration of arts facilities and organizations in the Southeast, with 25 different arts and cultural venues, more than 30 permanent performing arts groups and 22 various entertainment facilities. Locals thrive on the tree-lined lanes just beyond Peachtree Street and congregate to play at Piedmont Park.

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Bold and brazen Buckhead cradles the bedroom communities of the up-and-coming, as well as the city's Fortune 500 families. A shopping mecca for fashionistas across the South, this upscale neighborhood is the Beverly Hills of the East. The new, ultra-lux shopping district combines the walkable, tree-lined streets of Paris with the haute shops of Rodeo Drive. From just about any point in Buckhead, you're within shouting distance of a memorable four-star restaurant where foodies get their kicks.

Trendsetting Westside

On the Westside, a blending of Georgia Tech culture with nearby loft communities has sprung into a focal point for a new design district in old industrial spaces. It's the go-to-place for interior design mavens looking for lighting, textiles, fabric and furniture. Like other Atlanta neighborhoods, the dining scene is thriving here. Long-time homesteaders Anne Quatrano and Clifford Harrison's famous Bacchanalia restaurant begat the city's best kitchen shop, Star Provisions, plus two other restaurants, Quinones and Abattoir. Nearby top-rated JCT. Kitchen & Bar, The Optimist, Miller Union and Antico Pizza Napoletana join the throngs of eateries catering to the city's sophisticated palate.

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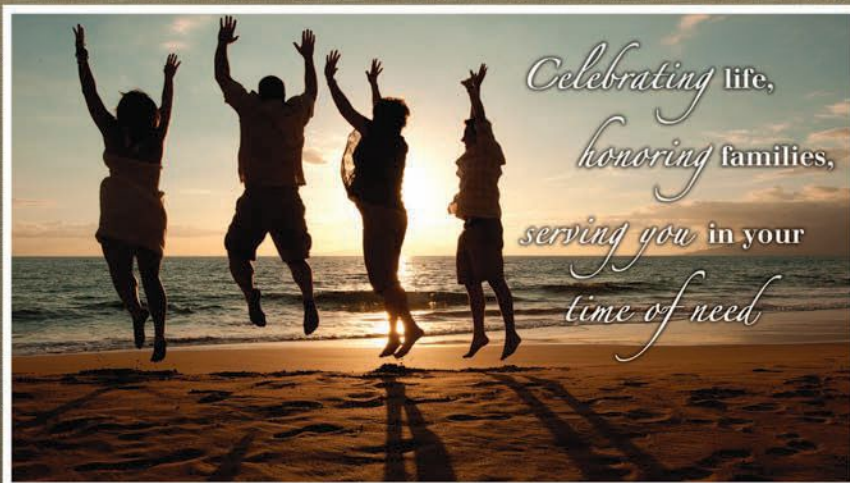
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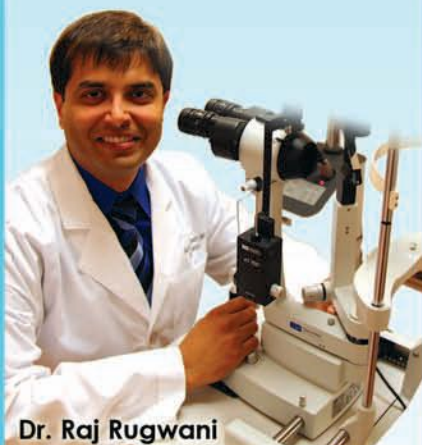
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and landscape designs jut up against the skyscraper backdrop. The scene edges into a Bohemian style in Little Five Points, where vintage dress matches the creativity of tattoos. While spots like Junkman's Daughter have become *de rigueur* for the young, others can't resist the kitschy places like The Star Community Bar and Little Vinyl Lounge, with a shrine to Elvis. But all is not grunge here. Performing arts venues such as 7 Stages Theatre, Dad's Garage Theatre and Variety Playhouse lend artistic authenticity to Little Five.

Old Meets New in Atlanta's Old Fourth Ward

What's old is new again in Old Fourth Ward, where this neighborhood continues to redefine itself. Edgewood Avenue has experienced a resurgence, transforming into a hotspot. This street has several options for enjoying the night, including Joystick Gamebar, Sister Louisa's Church of the Living Room & Ping Pong Emporium and The Sound Table. Once an epicenter of African-American commerce, the Sweet Auburn Historic District continues to flourish on the city's southeast side. Auburn Avenue, known in the 1950s as the nation's most affluent African-American street, houses a curb market, bakeries and clubs near the Martin Luther King Jr. National Historic Site and Ebenezer Baptist Church.

As you navigate Atlanta, neighborhood by neighborhood, you'll begin to buzz with its energy. Go to Atlanta.net for additional resources and to plan your visit. **NOW**

By Stacy Shade. Photos © 2015, Kevin C. Rose/AtlantaPhotos.com.



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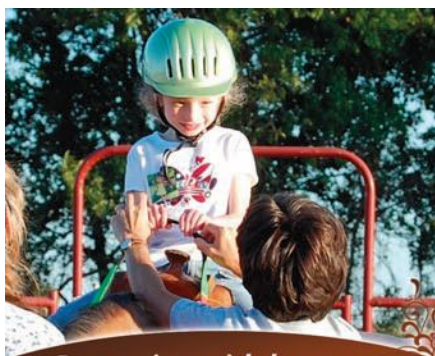
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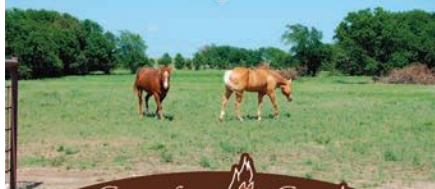
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Dancing for a Better Fit

Midlothian Jazzercise keeps you entertained as you move to get and stay in shape.

— By Betty Tryon

Jennifer Butler, owner of Midlothian Jazzercise, found herself in a predicament that unfortunately many women have faced. Her lovely wedding dress fit perfectly when she first purchased it. However, when she tried it on for her bridal photo shoot, alas, it no longer fit perfectly. Instead of wringing her hands in anguish, she did something about it and returned to Jazzercise.

Jennifer's first introduction to Jazzercise happened at age 19. "I had a friend who was an instructor there, and she invited me to come with her. I went and have loved it since I first walked in the door," Jennifer enthused. She loved it so much that becoming a teacher was a natural progression for her.

Because of her love for Jazzercise, Jennifer made it her career and bought into the franchise. Her first ownership was in another city before moving to Midlothian 10 years ago. She purchased her current business here in September of last year.

"It's not one thing that appeals to me about Jazzercise," she explained. "It's fun! I was active in high school, but I was never one to go exercise, because it didn't seem like fun. The more you do it and see results, the better you feel. It makes you want to push to do more. I have a passion for it. Jazzercise is half the reason I get up every morning. I get up for my kids, and I get up to teach class."

As a mom with two children, 4-year-old Ryan and 7-year-old Rylea, Jennifer understands the dilemma of moms wanting to exercise but having the challenge of child care. For the convenience of her patrons there is child care during the weekday morning classes and the Monday-Thursday afternoon classes.

"The more you do it and see results, the better you feel. It makes you want to push to do more."

She offers a variety of classes at Jazzercise. Participants can choose from Dance Mix, Fusion, Core, Strike, Strength 45 and Strength 60. Dance Mix is the original Jazzercise class but has a more modern take on it. "You get 45 minutes of cardio, dance and strength training as well," Jennifer explained. "Every class offers strength training." Fusion is interval training, but Jennifer stressed that you still get your cardio and strength training. For the Core class, every routine and movement uses your core muscles. The kickboxing class is Strike, so there is a lot of hitting, punching and kicking. The strictly strength training classes are worked with weights, tubes and resistance balls. Strength 45 and Strength 60 are distinguished by their time period with one running 45 minutes and the other one hour long. If you're looking for a class that gets you in and out quickly with a condensed and focused workout, then the Express Class on Friday is the one for you.

A huge plus for Jazzercise is that, as a global franchise, the classes are standardized. "The choreographed material has been checked to make sure it's safe, effective and doing what we say it's doing," Jennifer stressed. "Another benefit is if you have to go out of town and want to continue your exercise regimen, you will be able to continue your routine as if you are in your same class." With such an array of classes plus the element of fun, Jazzercise might be the program for you. **NOW**

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Cannon Exley puts his shovel in the ground.



Midlothian's Eric Grace earns the TAPPS DIII State Champion Boys 50 Freestyle title for Ovilla Christian School.



Sarah Martin and Dena Petty receive The Not for Profit Organization of the Year Award from the Midlothian Chamber.



J.A. Vitovsky Elementary teachers receive grant from Midlothian Education Foundation for \$2,995.19.



Marilyn Jones receives The Gene Rodgers Community Service Award from the Midlothian Chamber.



Abrahyn Rattan, Natalee Maddox and Peyton Amos enjoy a girls day out together.



LaRue Miller Elementary kindergarteners Brylee (Thing 1) and Emily (Cat in the Hat) celebrate Dr. Seuss' birthday.



Midlothian Youth Football League attends Volunteers In Parks Appreciation Dinner.



The Whitley Family have fun at Philly Cheesesteak factory.



Midlothian Leadership class tours Gerdau.

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- Are you considering surgery to alleviate knee pain?
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- Has a recent car accident caused you a knee injury?
- Have you had a direct blow to the knee from a fall?

Consider these facts before surgery.

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails, and the pain is too much, some feel that surgery is the only option. Before you put yourself through months of immobility, pain, rehab and hefty medical bills, consider something else.

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Convert to a Roth IRA or Not?

This is the Question. Only You Can Provide the Answer.

Even if you qualify to convert your traditional individual retirement account to a Roth account, it doesn't mean you should. The right answer is probably tied up in concerns about personal income tax rates, your plan for your estate, the current state of your finances and, in a sense, your best guess about your future tax circumstances.

Here are the principal differences between the two IRA plans:

Traditional IRA

Created in 1974, the traditional IRA allows qualified income earners to invest a pretax amount each year into an account that grows free of taxes until the funds are paid out in distributions that are taxed as regular income. After you turn 70 1/2, you must begin taking required minimum distributions (RMDs).

Roth IRA

The Roth IRA, in effect since 1998, turned the original idea on its head. Retirement savings contributions come from after-tax money, but your investments grow tax-free and distributions taken after attaining age 59 1/2 are tax-free if you've owned the account for at least five years. You are not required to take RMDs from Roth accounts, so switching traditional IRAs into Roth IRAs appeals to many investors.

Conversion Factors

Before you decide to convert, however, here are some important considerations:

- Do you have the money to pay the taxes due on conversion? In the year you convert, you'll have to pay the taxes due on the pretax contributions and earnings,

preferably without tapping into your IRA money. If you are under age 59 1/2, you may also have to pay a 10-percent penalty.

- Your traditional IRA withdrawal counts as regular income and may throw you into a higher tax bracket. One solution may be to convert small amounts over time.
- Is time on your side? Do you have enough years between the time you convert and when you retire to allow your new Roth to regenerate the income lost to taxes?
- Will you need to take distributions in retirement and will your post-retirement tax bracket drop (say from 25 percent to 15 percent)? If so, converting to a Roth may not make sense, because you'll be paying a lesser rate on your post-retirement traditional IRA distributions than you paid to convert.
- Do you plan to leave all your IRA money to heirs? If so, converting probably makes sense, because the Roth IRA doesn't require you or your surviving spouse to deplete the funds during your lifetimes by taking RMDs.

As is the case with so many financial decisions, converting to a Roth IRA makes eminent sense for some and little sense for others. If you would like to discuss the right course for you, please don't hesitate to call your financial advisor. **NOW**

Material prepared by Raymond James for use by its financial advisors. Investors should consult a tax advisor before deciding to do a conversion.

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



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Is Your Foot Fracture an Early Sign of Osteoporosis?

Do not ignore foot pain.

Unexplained foot fractures may be the first sign of osteoporosis, a bone thinning disease which affects over 28 million Americans and accounts for 1.5 million bone fractures a year. Osteoporosis is frequently referred to as the “silent crippler,” since it often progresses without any symptoms or isn’t diagnosed until a person experiences pain from a bone fracture. The porous nature of bones in people with osteoporosis makes them more susceptible to bone fractures, especially in the feet. Because the bones are in a weakened state, normal weight-bearing actions like walking can cause the bones in the foot to break. In fact, many patients visit their foot and ankle surgeon suffering from foot pain only to find out they actually have a stress fracture, without having experienced an injury.

While osteoporosis is most commonly seen in women over age 50, younger people and men are also affected. Early symptoms can include increased pain with walking accompanied by redness and swelling on the top of the foot. Oftentimes patients don’t seek treatment for their symptoms for weeks or

even months, thinking the pain will pass. The best advice is, don’t ignore foot pain of any type. Early intervention can make all the difference in your treatment and recovery.

Prevention and early intervention are key. Women should make sure bone densitometry tests are part of their wellness examinations when indicated by their physicians.

If you are diagnosed with osteoporosis, it’s important to protect your feet from stress fractures. Wear shoes that provide support and cushioning, such as athletic running shoes, to provide extra shock absorption and protection. Custom orthotics may also be recommended to protect the foot from pressure and provide shock absorption, particularly during exercise. **NOW**

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April 4

Community Family Fun Day:
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April 4, 5

First Methodist Mansfield Celebrate Easter:
Saturday, 6:00 p.m., Sunday, 9:00 a.m.
and **11:00 a.m.** Mansfield ISD Center for the Performing Arts, 1110 Debbie Ln., Mansfield.

April 7, 14, 21, 28

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

April 9

Career and Internship Expo Tarleton State University: 2:00-6:00 p.m., Midlothian Conference Center. Registration is \$30 per company and includes dinner and refreshments. Presented in partnership with Midlothian Economic Development, Tarleton will offer on-campus interviews to any companies wishing to interview potential employees and will extend its Hire a Texan recruiting system, available through the Tarleton careers website: tarleton.edu/careers.

April 11

5th Annual Kids Fishing Derby: All day event, Gifford-Hill Lake at Ashgrove, 900 Gifco Rd. Compete for prizes and trophies. Free registration, hot dogs and raffle giveaways, and of course, fun for the whole family. Let's go fishing!

Citywide Spring Clean-Up Day:
8:00 a.m.-noon, Public Works Service Center, 1050 N. US Hwy 67. City Residents will be able to dispose of bulk items and more. Contact: (972) 775-1083 for event details.

South Midlothian/Mountain Peak Community Garage Sale: 8:00 a.m. Visit these neighborhoods: Rosebud, Country South, Hill Crest, Valley View, Fox Run and other homes in the area. Come find great deals and new treasures. Rain or shine.

April 18

Rowdy Run 5K; 8:30 a.m., Start/Finish: Kimmel Park, 801 W. Ave F and N. 2nd St., USATF-Certified Course. For more information, go to misdef.org. Call (972) 775-8296, ext. 1281, Email: foundation@midlothian-isd.net.

For Maddie's Sake Saturday Social Inclusion

Dance: Superhero Theme: 6:00-8:00 p.m., Midlothian Civic Center 224 S. 11th St. Free dance for all children with and without a disability. DJ, games, prizes, food, photo booth, free admission, donations welcome. Dress up as your favorite superhero or come as you are. For more information, go to formaddiesake.com.

April 27

Creative Quilters of Ellis County: 7:00 p.m., Waxahachie Bible Church, 621 N. Grand, Waxahachie.

May 2 — October 3 Every Saturday

The Midlothian Market (formerly Midlothian Farmers Market): 8:00 a.m.-1:00 p.m. or until everything is sold. Every Saturday, Larkin Newton Cabin.

May 16

Heroes of Midlothian Benefit Run 5K Festival, Theme – Who's Your Hero: race, 8:00 a.m.; festival, 9:00 a.m.-2:00 p.m., Multi-Purpose Stadium. Dress as your hero. Free to the community.

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



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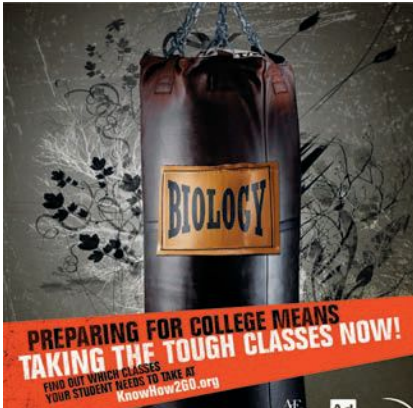
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In the Kitchen With Hilary Lee

— By Betty Tryon

Inside Hilary Lee's kitchen is a great treasure. It's a cookbook worth its weight in gold to her with recipes beginning in the '50s and continuing to the present. "My great-aunt composed a kitchen tips and recipes book for me when I married in 2008," Hilary shared. The recipes in that book are sure to bring up fond memories of food and family when Hilary prepares some of those dishes at family gatherings, daily dinners at home and when people from church have a need.

When she is not in the kitchen, Hilary can be found at her job as a hairstylist for Ferrante Hair Salon, where she enjoys exchanging recipes while making you beautiful! **NOW**

Banana Berry Oatmeal Bake

2 cups old-fashioned oats (or steel cut)
3/4 cup natural maple syrup
1 Tbsp. cinnamon
1 tsp. baking powder
1 cup raspberries (divided use)
1 cup walnuts, chopped
2 cups unsweetened almond milk or coconut milk
1 large egg
1 Tbsp. vanilla extract
1 banana, peeled and sliced

1. Preheat oven to 350 F In a large mixing bowl, combine the oats, syrup, cinnamon, baking powder, half of the raspberries and walnuts; mix well.
2. In a separate bowl, combine the milk, egg and vanilla. Stir until the egg and vanilla are totally beaten in.

3. Spray a brownie pan with cooking spray, olive oil or coconut oil, anything to keep this concoction from sticking to the pan. Spread the oatmeal mixture out evenly in the pan. It will seem super thin, but it will turn out fine.
4. Pour the milk-egg-vanilla mixture evenly on top. Shake the pan a little if you need to get the milk to settle in.
5. Top with the remaining raspberries and banana slices; put it in the oven for 35-40 minutes. Let it cool awhile before serving.

Ginger Chicken

1 Tbsp. coconut oil
1 small yellow onion, diced
1 piece fresh ginger, roughly 1-inch wide x 2-inches tall x 1/2-inch thick, peeled and sliced
1 1/4 lbs. chicken legs
1/2 tsp. black pepper (optional)

1/2 tsp. sea salt
2 Tbsp. red onion, diced
1 stalk green onion, chopped (optional)

1. Combine the coconut oil, chopped yellow onion and ginger in a skillet over medium heat and cook for 3 minutes.
2. Place the chicken legs in the skillet; add seasonings. Cover with a lid. Turn the heat to low and allow to cook covered for 35-40 minutes.
3. The chicken legs will release water creating a gingery sauce. Throw in the red onion for the last 3 minutes of the cooking time.
4. For more color on the chicken, remove them from the skillet and broil for 3-5 minutes and return to the pan.
5. Top with chopped green onion, if desired, and enjoy!

Pepperoni Pizza Tots

6 cups water
1 2-lb. cauliflower, remove leaves and cut into florets
1/3 cup coconut flour
1 Tbsp. dried Italian seasoning
1/2 tsp. garlic powder
1/2 tsp. sea salt
8 slices Applegate Pepperoni, diced
2 large eggs
1 24-oz. jar marinara or spaghetti sauce

1. Place the water in a large pan and bring to a boil; add the cauliflower and let it cook for 4 minutes.
2. Drain and let cool completely. Finely dice the cauliflower. Please note: You do not want to use your food processor, because it will make a puree which won't work for this recipe.
3. Add the diced cauliflower, coconut flour, the spices and pepperoni to a large bowl and mix.
4. Add the eggs and mix until well-blended. Scoop out a large spoonful of the mixture, and shape into tots. Place tots on a baking pan lined with parchment paper.
5. Place in your oven at 350 F for 45-50 minutes and serve with a marinara sauce.

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

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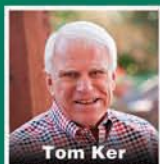
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