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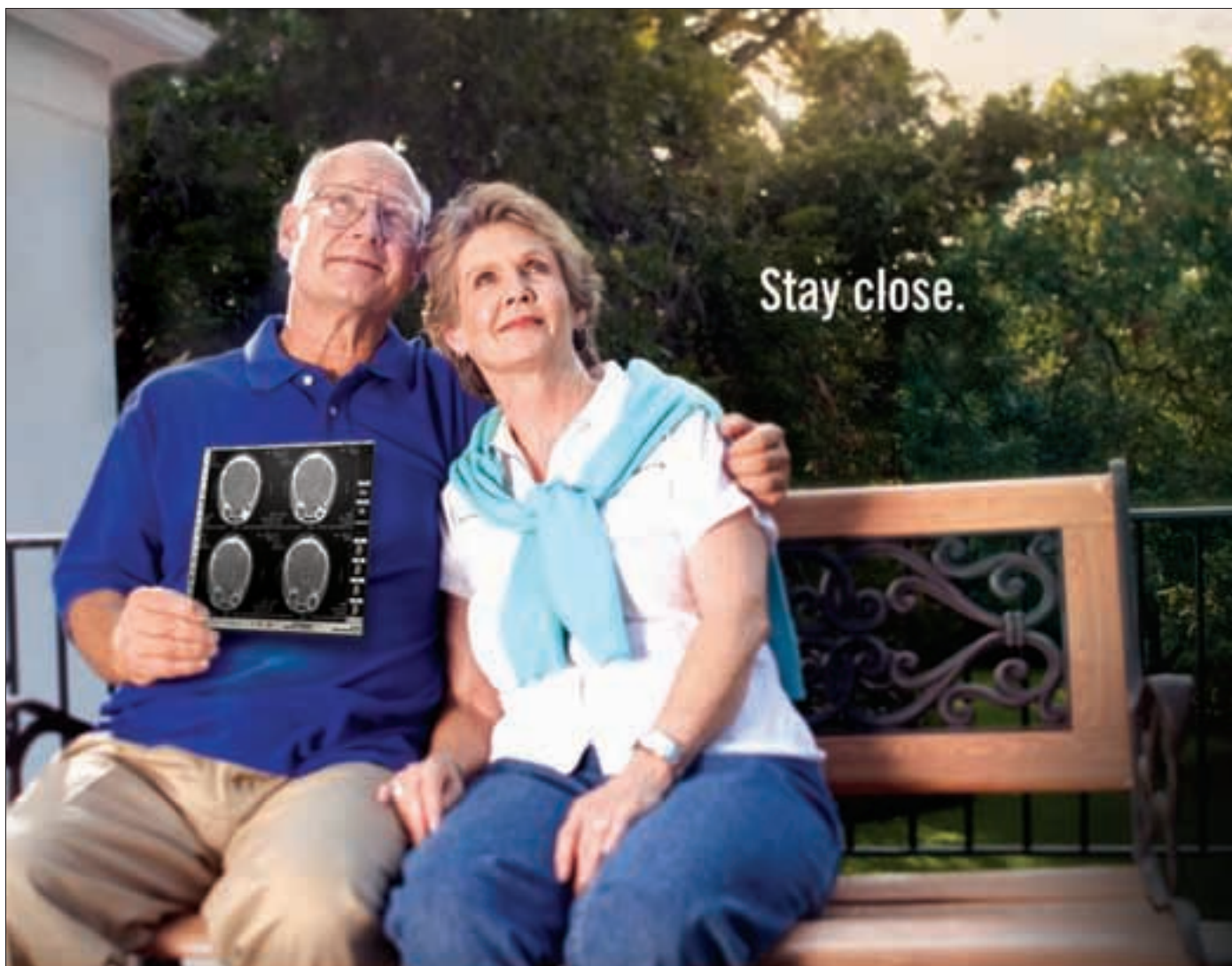
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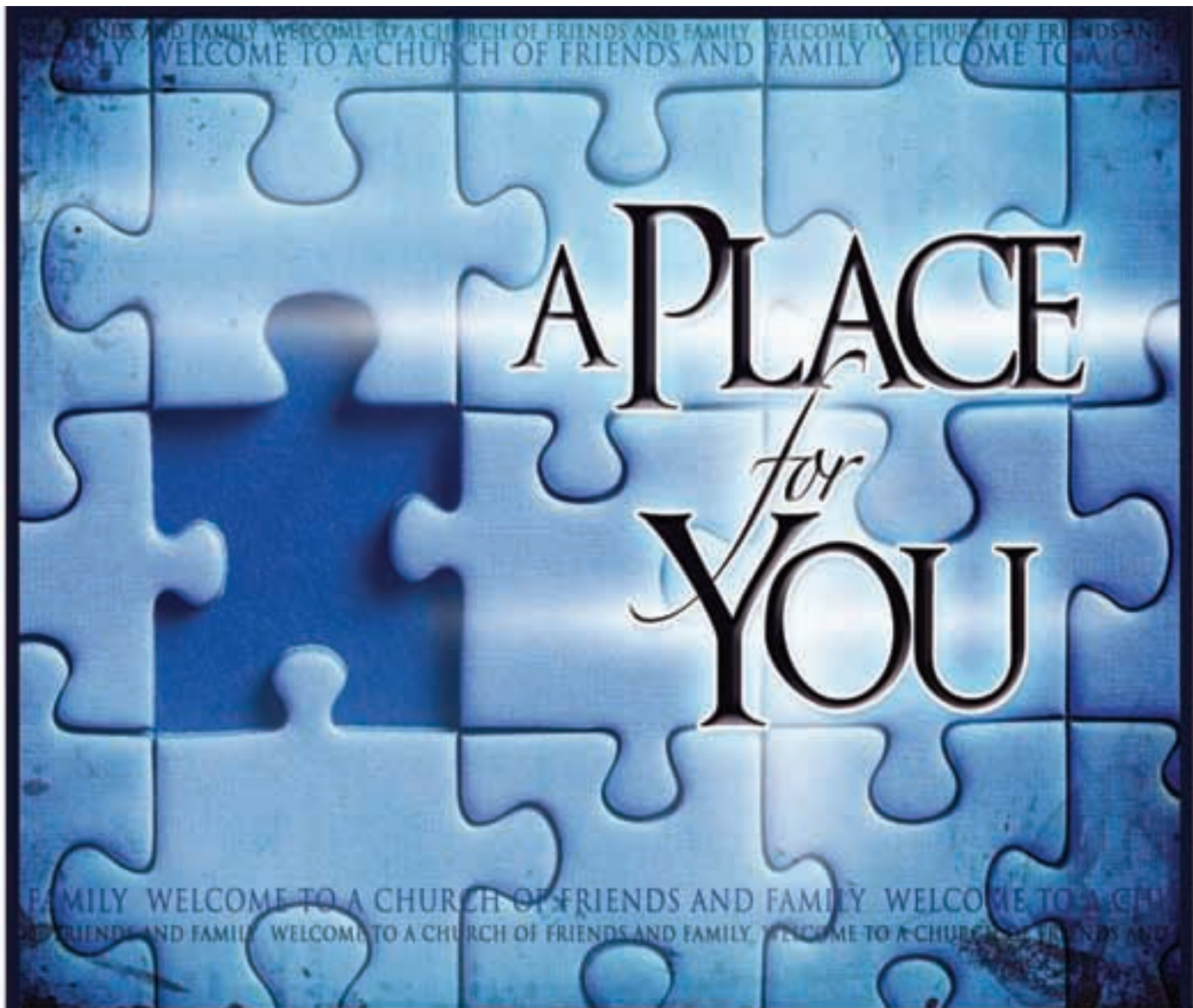
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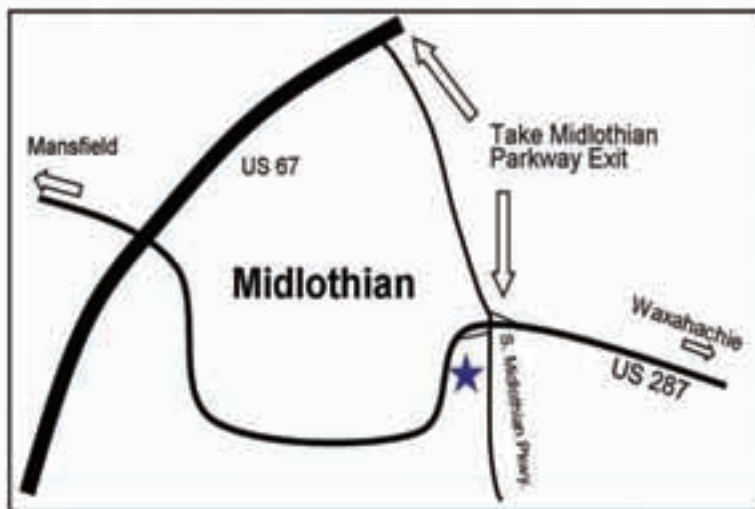
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her mind.*

*Photo by Terri Ozymy.*

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# Midlothian NOW

## Editor's Note

*Hello, Midlothian!*

Amid all the well-deserved gifts for Mother's Day, a mom knows that the best gift she ever received was the day you were born. No matter your age, she remembers you as the little warrior who kept the homestead free from alien space invaders or the sweetheart who gave every single doll a gazillion birthday parties. Honor your mom on Mother's Day, May 10.

The Educational Showcase for the Midlothian Independent School District will be May 4 from 6:30-8:30 at Midlothian High School.

On May 25, Memorial Day, we take time to remember those who fought so courageously for a future they never had a chance to see. Our gratitude remains deep and everlasting for their sacrifice and we will never forget.

Correction: In the April issue's story about Eric Wickliffe, the correct agency from which he received his beginning farmer loan was the United States Department of Agriculture, not the Department of Education.

Betty Tryon  
MidlothianNOW Editor



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# Happily Ever After

— By Betty Tryon

Asa and Billie Holleman, a married couple in their 80s, are what every newlywed couple wants to be — still deeply in love and committed to each other, after six decades of marriage. They are blessed with a large, healthy family of four children, 16 grandchildren, 14 great-grandchildren and soon a great-great-grandchild.

It all started when Asa was a student at Texas A&M. Asa explained, "During the Christmas holiday, my roommate, who lived in Ft. Worth, called and said there was a big A&M dance in Ft. Worth that night. I didn't have a date, but he told me to get one and come to the dance. Downtown is where the young people hung out, so I went downtown to see if I could find someone." Billie interjected with a laugh saying, "It sounds as if he went to pick up someone off the street!" Asa continued, "I saw Jodie, who was my best friend, in a platonic way, and who was also Billie's best friend. Billie was with her."

Smiling at each other, Billie picked up the story. "He told

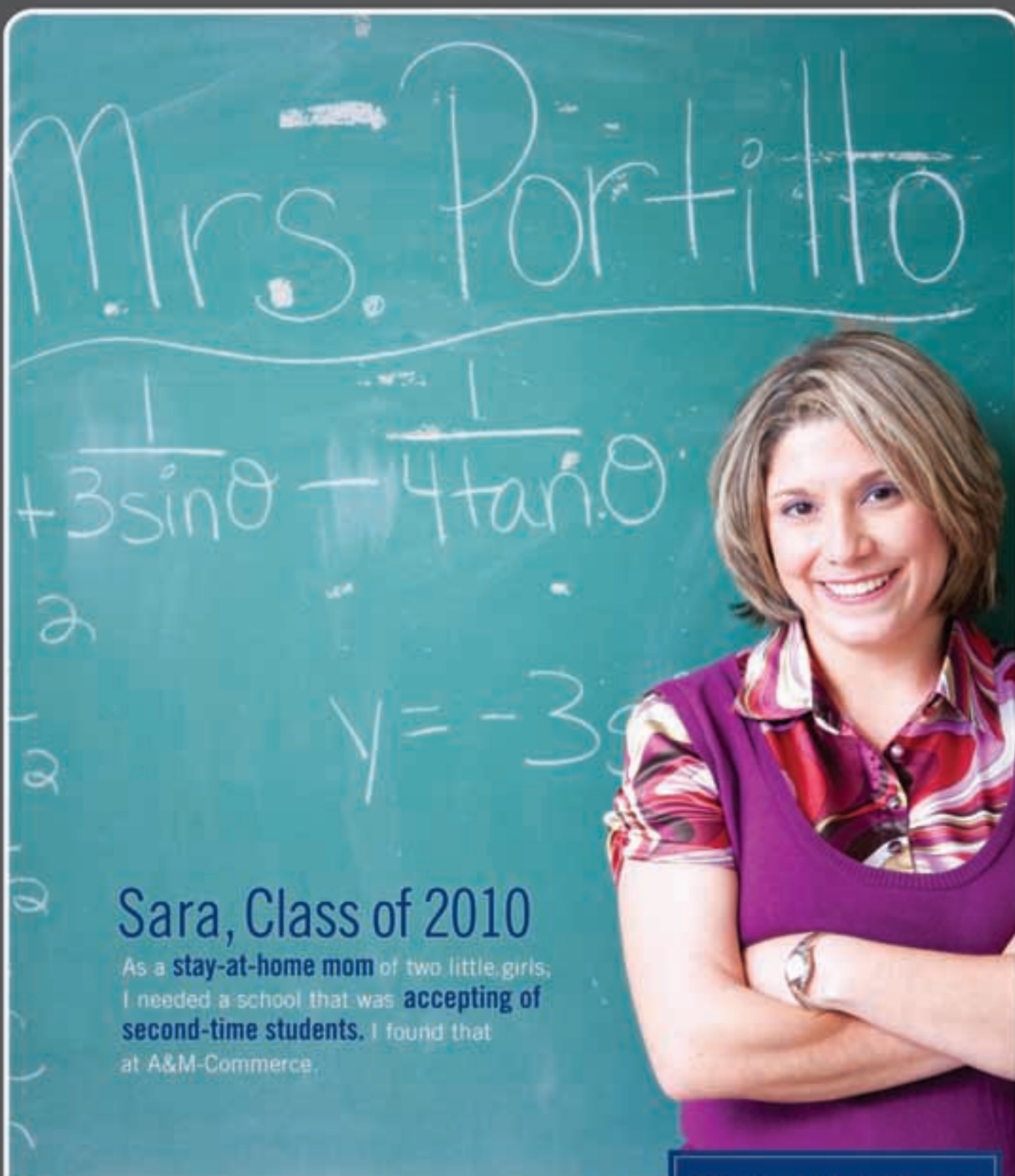
Jodie that he needed to get a date for the night, and Asa looked at me and asked if I had a date that night. I asked him where would we go, and he said to the A&M dance. I told him, 'You're on!'" That was over 63 years and many wonderful memories ago.

Billie remembers how smart Asa was in college. She stated, "He went to A&M at the age of 16 and graduated when he was 19 years old." Asa recalled his time at A&M by saying, "It was January 1945, when I went there as a freshman and

near the end of World War II. I remember during my last year that the number of students increased and the average age of the men was 28 years old because all of the veterans were coming back from war."



One of Asa's accomplishments at A&M was to be a yell leader as a junior and then head yell leader as a senior. Yell leader at A&M is similar to being a cheerleader at other schools, only the position is one of honor. He stated, "Being a head yell leader put me in as one of the four top student officers



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Danny Hemphill



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Cheri Feuerbacher has joined the company as our new manager. She brings years of sales, training and management experience to the firm. Cheri is very enthusiastic about the direction Coldwell Banker Americana Realtors, as well as the real estate market are taking. "Our agents are dedicated to fulfilling the needs and wants of our clients. I am dedicated to making sure the agents have the latest marketing tools, as well as stay informed of the ever changing market and trends". As a certified instructor, the training that Cheri is bringing on board will only enhance the skills and professional standards that the public has come to expect from Coldwell Banker Americana Realtors.

Beverly Woodruff and Jamie Wickliffe have been honored as members of the Coldwell Banker's International Sterling Society for 2008. This distinguished membership was awarded to the top eight percent of the more than 107,000 sales associates worldwide in the Coldwell Banker® system. Combined, Beverly and Jamie closed over 9 million dollars in volume in 2008.

We want to welcome two of our newest associates to the company, Micah Beck and Danny Hemphill. Micah has been in real estate for the past eight years and enjoyed tremendous success in the Dallas/Ft. Worth metroplex.

Danny joins us after seven years in the real estate industry, the last three concentrating on the senior market after earning the professional designations of Senior Real Estate Specialist and Accredited Buyer Representative. With his background in insurance and finance, he has the knowledge to assist seniors in life transitions.



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on campus. I was also president of my sophomore class." Asa likes to brag about Billie by mentioning she was a cheerleader in high school and was the dance club queen.

After Asa received his degree in chemical engineering, they were married and he went to work at Phillips Petroleum Company in Sweeny, Texas, where he worked for six years. "I like to tell our kids how we lived in this big frame house on company land and only paid \$36.00 a month for it," Asa said. After leaving Phillips, Asa began his employment in Bay City where a personal crisis challenged the family. Billie had back surgery and had to



endure a full body cast. At the same time, Asa accepted a position at Lummus in Houston, Texas. The entire household had to be moved from Bay City to Houston, with Billie in a body cast. Asa was up for the challenge. Billie said, "He packed up the house and moved every stick of furniture in that house to the one in Houston all by himself." At Lummus, Asa designed and built oil refineries for nine years. Houston is where they completed their family of three boys and one girl, affectionately referred to by Asa as "Goldilocks and the three bears."

The family moved to Dallas in 1964, at the request of Billie's dad who owned a construction company. Asa's employment there lasted until he decided to start his own construction



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company. He remembers having a difficult time finding anyone who would loan him the money. Billie remembers it as a time of trusting God. She said, "We wanted to start a church because we were not satisfied where we were. Asa had been struggling with the issue of starting his business and starting the church. He decided to just focus on the church. We got Faith Bible Church in DeSoto started with six other families. After we had the church going, two of Asa's business associates came up to him and offered to lend him the money necessary for his business." Asa proudly stated, "I



never had to borrow money again." Holleman Construction Company began in 1971 and has truly been a family business with all three sons working there at some point.

With the business prospering, Asa built a huge home in Oak Cliff reminiscent of Tara from Gone with the Wind, with 6,000 square feet and six bedrooms made with leftover material from other construction projects. Recalling one of her neighbor's comments, Billie laughed and said, "He came over and said if all of the homes on our street fell down, our house would still stand." During the early stages of the business, Billie was the secretary and worked out of their home. However, as the business grew, Asa





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hired a secretary and turned one of the downstairs bedrooms into an office. He wanted to venture into metal buildings, but didn't know that much about them, so he hired someone who did. He gave that person another bedroom upstairs for an office. By this time, Billie had enough and suggested he get a real office building, which he did. Billie stated, "We want to give God the credit for the business. A Scripture we used was 'Seek ye first the kingdom of God, and his righteousness: and all these things shall be added unto you'" (Matthew 6:33).

Part of the fun of having such a large family is all the memories you help create with the grandkids. Asa and Billie have traveled the world and have opened up a tiny bit of it for their



grandkids. They have taken them to Disneyworld, Disneyland and Hawaii, to name a few places. Since Asa's retirement 16 years ago, they no longer travel as much and their son, Chris, now owns the business. Billie and Asa both have continued to serve in Christian organizations, even after struggling through several surgeries. They moved to Midlothian over 30 years ago and are well-known in the community. Asa stated, "We are now members of Midlothian Bible Church."

It is inspiring to see a marriage which has worked for 63 years and counting. That is something to be celebrated as they look back on a life full of love, productivity and faith. **NOW**



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Triwanna Fisher, M.D. is board certified in family medicine and received her medical degree from Texas Tech University Health Sciences



Center School of Medicine in Lubbock. She completed her residency at John Peter Smith Hospital's family medicine residency program in Fort Worth. Dr. Fisher is interested in the management of acute and chronic disease, women's health, dermatology procedures, adult and pediatric medicine. Dr. Fisher enjoys reading, watching movies, and traveling internationally.



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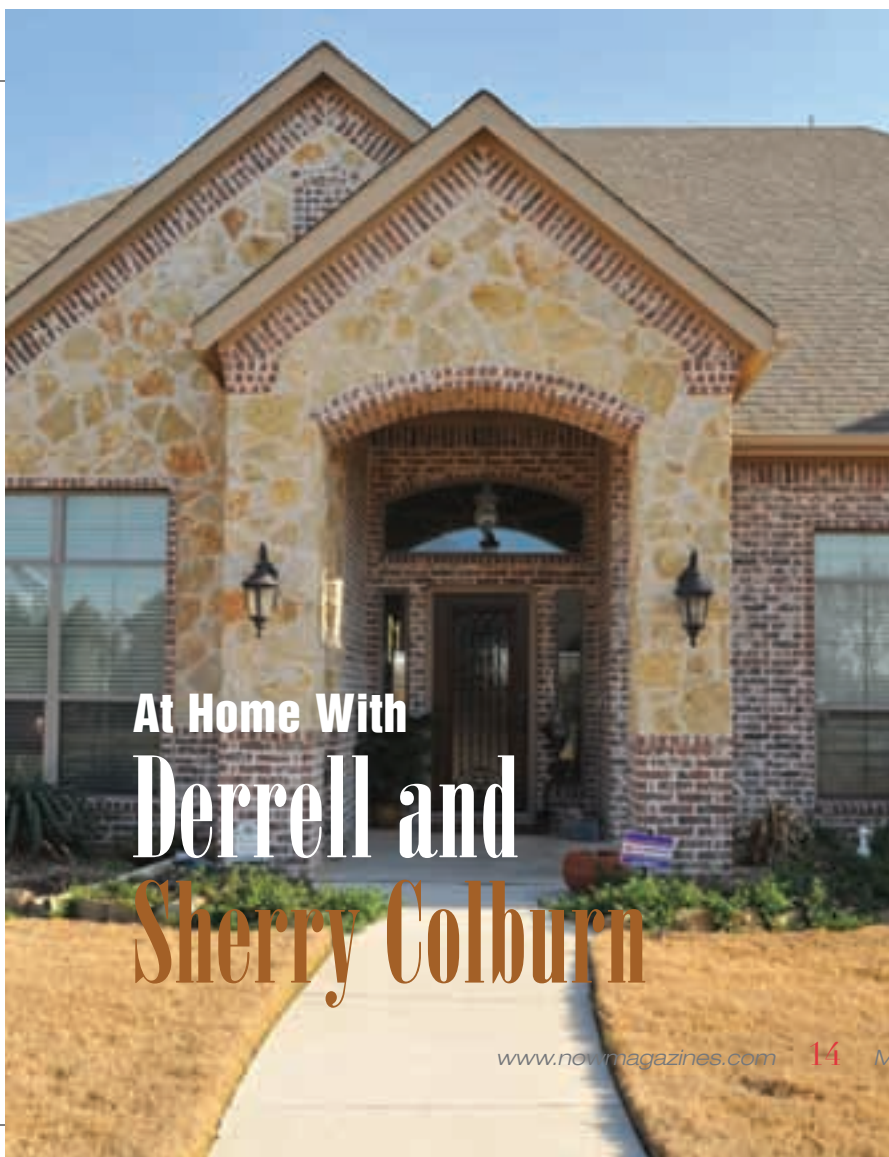


# A Pair *of Lovebirds*

— By Amanda Madden Pitt

Derrell and Sherry Colburn lived in DeSoto for over two decades until 13 months ago, when they found their dream home and moved to Midlothian. “Derrell told me on a Friday to go find a house,” Sherry said. “I found it on Monday. After I found it, there was nothing that could compare.” From the hand-scraped hardwood to the custom-textured walls, the home, designed and built by John Houston, is beautiful. It is 3,500 square feet of family fun, with a huge backyard of one acre. “We added the covered porch and outdoor fireplace when we moved in,” Sherry added. “It has just been our greatest joy.”

The couple designed only the outdoor living area; the rest of the home was already perfect for their lifestyle when they found it. Built in 2008, the house has four bedrooms and three-and-a-half bathrooms. The bedrooms form a semi-circle around the perimeter of the central living area, which opens to the kitchen.



At Home With  
**Derrell and  
Sherry Colburn**

www.nowmagazines.com 14 MidlothianNOW May 2009







Upstairs is a game room Mimi and Paw Paw say belongs to their seven grandchildren. "I have age 17 down to 1 year old," Sherry said proudly. "When they come over, they disappear to the room upstairs. They know it's their room."

The walls display custom paint and texture techniques, but the windows are the real focal point of each area. They are as unique as the carpentry throughout the rest of the home, since Sherry is a seamstress who creates her own window treatments, often following the design of fabric to cut scallops on a valance or add finishing touches. The thing that makes her talent stand out is that she never uses a pattern. She just measures, finds that perfect bolt of fabric and creates a unique look; all this on an old Singer sewing machine. Derrell used to complain about the short-term mess his wife's creativity requires, but



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when he realized the cost of purchasing custom window treatments, “He said I could keep the sewing machine,” Sherry laughed. “Somehow, I can sew in chaos.”

It is funny how creative people always know what they have in their piles. “Sherry knew where all of hers was, too. It just about all used to be on my pool table,” Derrell said. “We lived in our other house [in DeSoto] for nearly 25 years.” Now, with the newfound space they enjoy, the only remnant of sewing is Sherry’s machine, which sits on a small sewing desk against a wall in one of three spare bedrooms. Although she is talented enough to make a business of her interior decorating, Sherry prefers to design the decor only in her own home. “I do it for myself, because when you make it a business, it takes

the fun away,” she said.

This is their dream home, but there was nothing easy about moving 24 years of belongings to a new place. They both admit they still have not found

everything they packed into boxes last year. Beyond that, although their interests have stayed the same, many of their collections of little things have evolved or gone away completely. “I love birds, and I used to collect ducks. Those are all pretty much gone now,” Sherry said. “This house needed something different.”

With the help of her favorite shopping spots

— Canton and Harry Hines Boulevard fabric stores — Sherry believes in making the interior decor of a space harmonize with the structural design of a home. “We pretty much got new things when we moved here, to fit the rest of the



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house," she said, and what a fit! Sherry somehow managed to find the exact material for the windows her store-bought bedspreads are made of.

Behind every great woman, is a great man. Derrell still works for Coca Cola and has for almost 39 years. The upstairs game room shows off his collection of "Coke stuff," as he calls it, as well as a few hunting trophies, which include a badger, two bucks and a squirrel. His hobbies are fishing with his sons and

grandchildren, hunting, traveling and playing golf.

The Colburns enjoy having a kitchen open to the living area. The couple has three children, two sons and a daughter, their spouses and seven grandchildren. In their minds, there is nothing better than getting together and being able to spread out. In the old house, everyone would try to crowd into the kitchen to talk, just so they could all be together. Now, with a cooking area that literally

faces the main living room, Sherry can prepare a meal, without feeling crowded, while carrying on a conversation with the family who sits at the bar or on the couch near the television. Besides a main bar area and breakfast nook, with a full-sized table in their kitchen, there is also a formal dining room where Sherry designed a valance, curtains and seat covers for the chairs. Sherry has not had the opportunity to use the formal dining area much because the family

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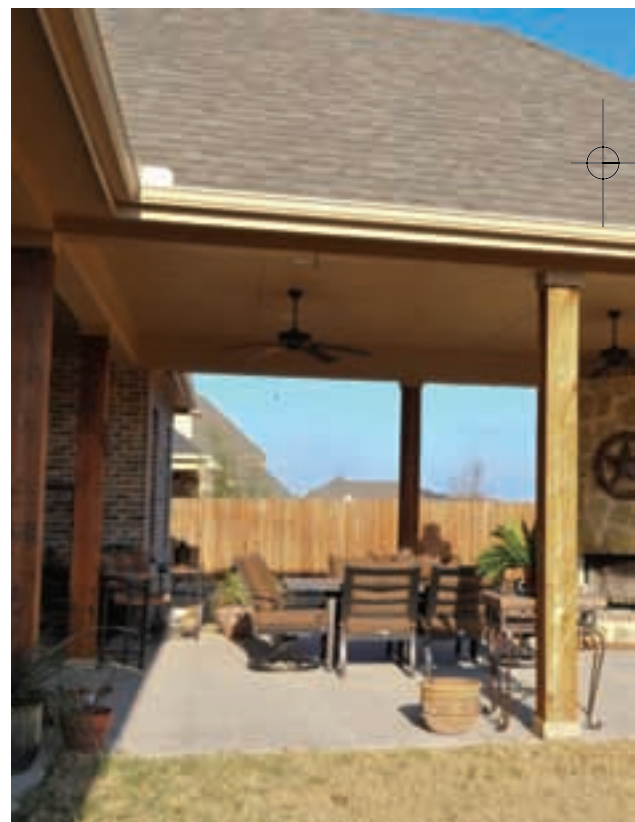
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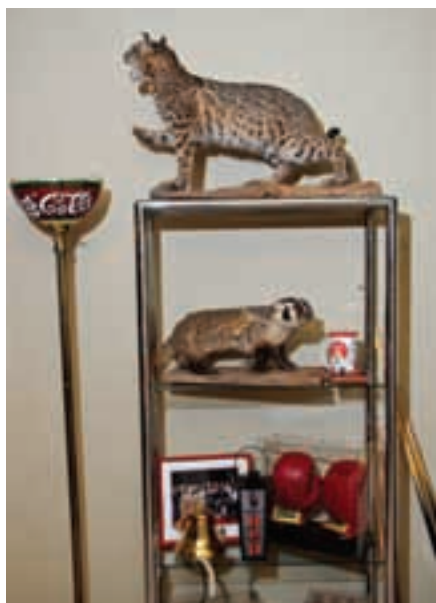
does not spend much time in it. "This is kind of my fun room," she added. "We shut the door so the grandkids don't get in here."

So what else does this young grandmother do? She does much more. When she and Derrell are not taking trips with the grandkids, she plays



tennis. "Tennis is my passion," she said. She is captain of the Thorntree Country Club team, as well as a member of the Dallas/Fort Worth Tennis Competitors. She has put all of the grandkids, who are old enough, through tennis lessons.





Sherry also has another interesting hobby — raising doves. Her grandfather raised parakeets, so she considers herself a third-generation bird lover, and the birds love her, too. Although the doves currently reside at her son's house, until a coup is built in the large backyard, Sherry enjoys teaching her



grandchildren about the family's love of birds. "Just call me the bird lady," she said, smiling with the family's pet dachshund in tow. Nothing makes this "Mimi" happier than to be surrounded by her family, her pets and her sewing, and it shows. **NOW**

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# Inspirational Creations

— By Katrina D. McNair



Many couples cannot fathom the idea of working alongside their mate day-in and day-out, but in the case of Donnie and Sue Bates, any other arrangement would simply seem wrong. Married for 36 years, they are the creative minds and loving hands behind beautiful hand-made pieces, which include throws, blankets and gift baskets.

Although Sue has always dabbled in artistic endeavors, it took a trip to her sister-in-law's home in Missouri to open Sue's eyes to what she could really do. "I didn't know I could do all of this stuff," she laughed, when asked how she got started. While in Missouri, Sue observed her sister-in-law crafting homemade candles. Sue discovered she had a knack and interest in creating her own designs.

Sue's sister-in-law used straight paraffin wax when creating her candles, but Sue decided to go a step farther. She decided to use blended waxes, getting the most for her money. By



chance, Sue created the first product on her candle journey. "I'd do fun designs like making the candles look like hot fudge sundaes, pies and cakes," she added. "I made them into really decorative items."

Sue, who is a bus monitor for special needs children, and Donnie, who is retired, share responsibilities in their hobby. Donnie, who does a lot of the sewing for different projects, likes to describe himself as the chief cook and bottle-washer. "I clean up a lot of stuff," he laughed. Throughout his life, he has held jobs as an electrician, mechanic and ranch hand, and is skilled at working with his hands. Though it may seem unusual that he does the bulk of the sewing, he does not mind mentioning his mother taught him how at a young age.

Sue and Donnie may have begun with the art of candle making, but they have added other fine crafts to their repertoire, including throws, Bible bags and fabric crosses,



## ARTS NOW

which are some of their favorite items to create. Sue has even created a candle she said lasts forever and is currently working on fashioning custom bibs for special needs children and adults. "I was shocked at myself," she said. "Now, I've been creating items six or seven years, and it's like nothing else."

One look at their creations, and one can tell that time and love do indeed go into every item. Their ability to create custom pieces is a central point

**"I've got so many ideas floating around in my head, I can't keep track of them all."**

of their passion. Even though the time it takes to create an item varies, no stone goes unturned and no fabric store unexplored in their effort to make that perfect one-of-a-kind item. "Anything someone wants, I'll stand on my head to get it for them," Sue said. Family and friends are able to select fabrics, colors, scents — anything to personalize the item for them.

Over the years, the couple has encountered a wealth of wonderful people. "It's the best part of doing all of this," Sue said. Donnie admits he is not much of a talker, but they both have stories of people who have touched them in one way or another. "We're both just soft-hearted," Donnie added with a smile.

The Bates, who own Sue and Donnie's Creations, plan to add elaborate gift baskets to their list of handmade items and hope to launch a Web site as well. A granddaughter is also in the beginning stages of helping them create their wares. As far as Sue is concerned, the



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## ARTS NOW

possibilities are endless when it comes to creativity. "I've got so many ideas floating around in my head, I can't keep track of them all," she said excitedly, when asked where she would like to see their passion for art go in the future. "We are definitely looking to grow."

Though they make light of it, a lot of hard work really does go into their artistic hobby. Lifting products, loading their car, the long drives to Dallas and surrounding cities to find materials, it



is not always easy. Their faith, along with a simple and pure desire to make quality, hand-crafted items for other people are what keep them bowed over sewing machines and out within the local community. "We put love into everything we create. We take our time," Sue said. "Faith is our inspiration, and God has put what we do on our hearts and in our hands." **ARTS NOW**



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**Sports**  
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# Peace and Flexibility

— By Betty Tryon

Christine Engebretson started yoga to pursue the most noble of goals — to touch her toes. She said, “I could do cardio all day long but it really bothered me that I couldn’t touch my toes! I wanted more flexibility and I couldn’t balance on one leg for very long at all.” Christine, who goes by Chris, definitely reached her goal of becoming more flexible and not letting her initial hesitancy on her first visit stop her. She stated, “I wasn’t sure I liked it on that first visit. The reason I went back to it was it was relaxing,” she explained. “At that time, I was a young mother with kids and not taking any time out for myself. Yoga gave me that one hour of peace and calmness. At least once a week, I was doing yoga and it started to grow from there. Now I do it every day. It gets the blood circulating and calms the mind. My flexibility and balance have improved dramatically. My strength and inner peace [are] also [a] major improvement.”

As an exercise enthusiast, Chris was familiar with the aches and pains, which

come with pushing your body physically. She shared, “Yoga is the type of workout you can do at any age. That was one of the reasons I decided to dive into yoga. I can’t do step programs forever, and I can’t do kick-boxing forever, but I can do yoga when I’m 100. As we get older, we lose balance and the metabolism slows down. It is harder to lose weight. Yoga is gentle, noncompetitive and nonjudgmental. Everybody can come as they are and not beat themselves up

because they can’t do what the person next to them is doing.”

Performing yoga takes care of a multitude of fitness concerns. Chris acknowledged that when doing yoga, she does not need to do other exercises. “Yoga gets my heart rate up; [by] doing a lot of different poses I get a cardio workout. I’m doing weight lifting, because of all the pushups and the muscle squeezing and contracting to help strengthen the muscles. Strength





## Sports NOW

training, weight loss and muscle gain are all the things you don't usually associate with yoga."

Chris has practiced yoga for 10 years. She now teaches yoga to eager participants wanting to be schooled in the areas of exercise and brings a sense of inner calmness to their lives. "Yoga has been around for over 5,000 years. Some say it is a science and some say it is an art. I think it is both. It is definitely a



science of the body. It is very well studied and the effects of it are well documented. For the artist in me, I am in touch with the grace of the movements."

Chris taught yoga for six years before she decided to enroll at Sunstone Yoga in Dallas for a more intensive look at the sport. Sunstone Yoga is known primarily for hot yoga. Hot yoga helps to make the muscles less tight; more flexible. The profuse sweating is believed to have cleansing effects. She explained, "My exercises were done in 98.6 degrees and 60-percent humidity. The training lasted for one year. I could live 10 lifetimes and still not understand everything there is about yoga. During my training there, I learned different branches of yoga, breathing techniques, meditation and the history and philosophy of yoga. I became certified, and once I had that certification, I thought I needed to deliver it to more people."

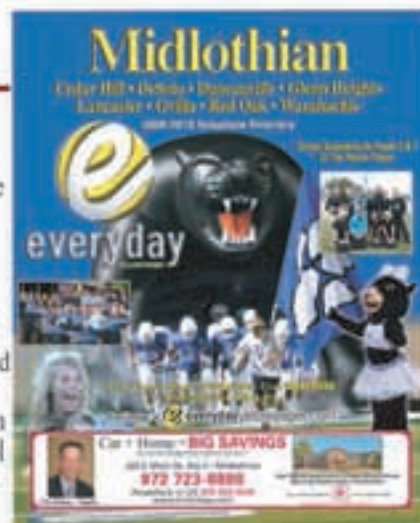
The teaching she received helped her determine the best positions for different body types, as well as learning how to avoid injuries. "I wanted to make it safer for everyone," she said. "For example, if

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someone is pregnant, there are some positions they can't do, such as lay on their stomach or do twisting moves. One pose for a skinny person might be easy for them, but if you are a larger person; telling them to pop up into a shoulder stand probably would not be safe."

One of the common misconceptions is that yoga is merely a bunch of chanting hippie types. Although there is a form of yoga that does involve chanting, the



benefits from the physical exertion of yoga cannot be underestimated. Chris focuses on the benefits to the body and mind. She stated, "I don't get into the spirituality or the philosophy of yoga in class. The mind/body connection is the most important aspect of yoga, especially in our society. We are bombarded with distraction, and it is very hard to stay focused. Yoga helps you to get focused and to connect in a world of so many disconnects in the business of life. It helps control your breathing and helps you focus on inner calmness. With women, we are trying so hard to be so much for everyone else that we forget who we are along the way. Make yourself a priority. Say, 'I am important enough to give myself this gift to try and make my mind and body feel better.' You can stay healthier and have enough nurturing left to give to others." **NOW**



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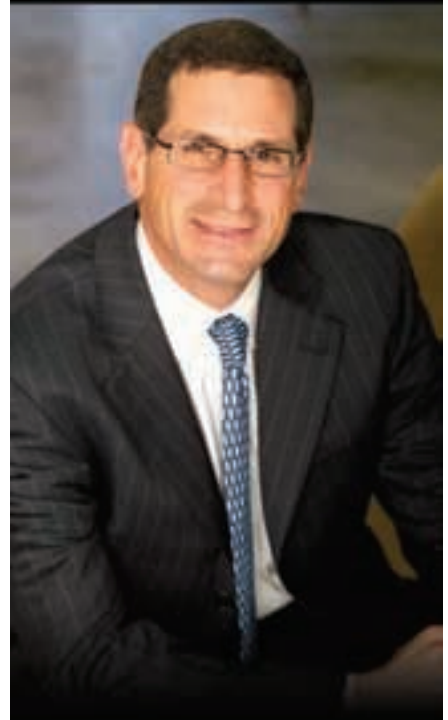


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## Business NOW



# Micro Gorgeous

— By Betty Tryon

Would you love to have a designer driveway of bricks or flagstone to complement your beautiful home? Many people do not even consider this because the cost would be prohibitive. Now there is a way you can have that refined curb appeal for your home at a price you can afford. Todd Graham, owner of Decorative Concrete of North Texas, specializes in decorative overlays. He stated, "In the industry, it is called micro overlay, because it is very thin — one-eighth of an inch. We can do a false finish to make it look like a flagstone pattern with individual stone. If you have a commercial property and you

have big heavy trucks coming in and out all the time, you couldn't have real stones because they would crack. This you can drive over because it has double the strength of concrete. It has compressive strength that gives it resistance to cracking."

There is no need to feel left out if you already have the traditional concrete driveway or walkway. The overlay can be placed over it with whatever design works for you. Todd added, "If you have concrete that is weathered with cracks or the surface has washed off and you can see the big rocks in it, we can come put an overlay on it and make it look like new for a fraction of the cost of tearing it out and re-pouring. If you are pouring new concrete and you want that look, you can get it with a stamp. Stamping the concrete would probably be more economical than doing the overlay once the concrete is dry. We can put a sealer on it to resist anything dripping on it, like oil or tree sap that would stain it. We also do regular concrete work for sidewalks, walkways or patios."

This amazing product also works inside the home. Todd can make your flooring look exactly like tile but without the worry of grout line hassles or the tile popping off. He said, "The benefit of micro overlay is you can do all of these patterns but not raise the height of your flooring. So, you can make your kitchen floor look like laid-in-place flagstone, but it is not actually flagstone but a concrete product that is very



## Business NOW

smooth and easy to mop. It is sealed so you don't get any stains on it, but get the look of flagstone, brick or slate. It is a neat product because we can go and do things where others can't because it is such a thin overlay."

Todd manages to conduct his business with reasonable prices. "My overhead is pretty low, so I can offer a good price. If you have a budget you are trying to work with and you want this type of floor, we will work and try to find something that is in your budget. I am not going to sell you something you don't



need, but something you want within your budget parameters," he stated.

Customer service is paramount to Todd. "I pride myself on following through with my commitments. I am there for every installation. I don't sell you a job, and someone else comes out to install it. I am there for every step of the process and am in constant communication with you throughout the process. I built this company with an honest handshake. I follow through and get the job done."

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# Education NOW



## Fortune Cookie Frogs

— By Betty Tryon

Do you remember dissecting those little frogs reeking of formaldehyde back in junior high school? Of course you do. It is one of those memories recalled when you fall prey to a certain sentimental wooziness about your school days.

Chances are after you cut into your frog you found ... well, frog stuff, but when a select group of seventh-grade students at Frank Seale Middle School (FSMS) started to dissect their frogs, they got something extra. Don Kirby, eighth-grade teacher of Integrated Science at FSMS, spoke of pulling light-hearted pranks occasionally. He explained, "A few years ago when the seventh grade was dissecting frogs, I went to the lab after school and typed up all of these sayings, such as eat more chicken, I love science, you go Frank Seale and this teacher rocks. I laminated them and put them down the frogs. When the students opened up the frogs during dissection, they saw the notes, told the teacher and she didn't know what was

going on. Kids need a sense of humor. I want them to enjoy science while they are learning it. I think they learn it better that way. That's my philosophy. If they enjoy my class, I think they will do better in it."

Another favorite activity for Don and his students involves the outdoors and getting wet. "I love watching the kids learn," he said. "I like to see them be able to relate real life situations to science. An example of this is something you see in physics called action reaction. I do a demonstration involving bottle rockets. I bring an air compressor up here and have the kids make bottle rockets. They can see that if you apply a little bit of air pressure to these water rockets, they will fly a long way. It is a real-life application, because it involves rockets and flying. I usually get wet and stay wet all day long."

Enjoying Don's class does not mean unrestrained amusement. He is very clear about his expectations for his students.

"Just because we have fun doesn't mean that I won't hold them accountable," he declared. "I still have rules in the classroom. They still have to raise their hand if they have something to say, still have to be respectful and stay focused in class. I treat them like young adults, with respect. It is important for teachers, in my opinion, to always say thank you. It is also important for me to listen to my students, not just to hear them. I try to be a very good listener and respond back to them. If they see me doing that, hopefully it will be a good model for them."

Don graduated from the University of Texas at Arlington with a degree in biology. He discovered teaching after 30 years of working at the Institute of Forensic Science in Dallas as a medical-legal investigator and performing forensic investigations. Sometimes he shares his experiences with the students. "If it is science-related and I can relate it to the children, then I do. It's real-life application." Don's venture into education as a career started when a friend encouraged him to get into the Coast Guard. He joined the Coast Guard Reserves and served for 26 years before he was ever activated. He was finally activated once for Desert Storm and once for post 9/11. After retiring from the military, he decided to look into teaching. He stated, "The military has a program called Troops to Teachers to encourage troops to go into teaching. I love science and have a background in it. You could call me a science nerd. I think it makes the world go around. I thought it was a good opportunity to share my enthusiasm with the kids."

Don enjoys sharing his passion for science with the students in Midlothian. The eighth-grade Integrated Science class at FSMS is a variety of different disciplines involving chemistry, physics, scientific method and genetics. "Midlothian has outstanding students," he said. "It has outstanding parental



## Education **NOW**

support. The Midlothian Independent School District encourages its teachers to build relationships with students and then engage them. You have to build these relationships for them to learn effectively in your classroom. My students have to realize that I care for them, and I will go that extra mile for them. That doesn't mean that I give them anything. I hold them accountable and treat them like young adults. They

**“I like to see them  
be able to relate  
real life situations  
to science.”**



understand that if they don't do their homework, lack focus in class or study for tests, then they won't pass science class. Eighth grade can be difficult for some students. Academically and socially, it can be challenging. Besides teaching them science, I try to teach them values about character, perseverance and for them to do their best every day.” To sum it all up, Don expressed the same emotion most good teachers experience. “When I see a student grasp a concept or understand something I said, then it makes it all worthwhile. I think that is the way most teachers here feel.” **XXXX**

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# Around Town

## NOW



Garrett Cornett, top left, was honored to win the coveted High Point Individual Award, a belt buckle, banner and a \$10,000 four-year scholarship by the San Antonio Livestock Show Scholarship Committee. Ribbon cuttings were held for: Edge Studio, top right; All-Safe Pool Barriers, second row left; and Earth Tones Greenery, second row center. J.A. Vitovsky Elementary kindergarten students, parents and staff went on a field trip to Green Meadows Farm. Isabel M., bottom left, got to milk a cow. Teachers from the Irwin campus, bottom center, participated in the Hula Hoops for Hearts competition. Miss Teen Ellis County, Austyn Rapp, bottom right, presented awards to the top hula hoop finishers.

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## IN THE KITCHEN WITH MICHELE ZIPP

### SPAGHETTI PIE

6 oz. spaghetti noodles  
2 Tbsp. butter  
2 eggs, beaten  
1/3 cup Parmesan cheese  
8 oz. small curd cottage cheese  
1 lb. ground beef, crumbled and cooked  
1 20-oz. jar spaghetti sauce  
1-2 cups mozzarella cheese  
Cook spaghetti; drain. In bottom of casserole dish, combine spaghetti, butter, eggs and Parmesan cheese; press slightly. Top with cottage cheese. Brown ground beef; drain. Add spaghetti sauce. Put meat sauce on top of cottage cheese. Bake at 350 F for 20 minutes. Top with mozzarella cheese; bake until cheese melts. Freezes well.

### STOPLIGHT SLAW

8 oz. coleslaw mix  
2 cups red, yellow and green bell pepper strips  
1/4 cup green onion, chopped  
1/4 tsp. salt

1/2 cup poppy seed salad dressing  
Combine first four ingredients in a large bowl. Toss with the salad dressing. Cover and refrigerate for up to two days.

### EASY PEACH COBLER

1 stick butter  
1 cup flour  
1 3/4 cups sugar, divided use  
2 tsp. baking powder  
dash of salt  
1 cup milk  
1 24-oz. can and 1 12-oz. can sliced peaches  
Heat oven to 400 F. Melt stick of butter in large baking pan. Sift together the flour, 1 cup sugar, baking powder and salt. Add milk; mix well. Pour batter over butter. Put peaches on top of batter. Do not stir. Sprinkle 3/4 cup sugar over top. Bake 20-30 minutes, until browned.

### CHEESEBURGER SOUP

1 1/2 cups water  
2 cups potatoes, peeled and cubed

**R**earing four children, ranging in age from 3 to 10, is the number one priority for Michele Zipp and her husband, Paul. She relishes her job of staying home and homeschooling their children. She finds this responsibility to be quite rewarding, for both her and the children. "I want my family to eat nutritious meals," she said. "I like casseroles, soups and other easy recipes — nothing fancy, just down-home cooking."

Michele thoroughly enjoys spending time with her children. It does not matter whether they are in the classroom or the kitchen. She acquires many of her recipes from magazines, cookbooks, friends and family. "I like to play music when I cook," she said, "or cook with other people." She also enjoys reading, dancing and cooking special meals with her friends. **NOW**

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

2 small carrots, grated  
1 small onion, chopped  
1/4 cup green bell pepper, chopped  
1 clove garlic, minced  
1 Tbsp. beef bouillon granules  
1/2 tsp. salt  
1 lb. ground beef, crumbled, cooked and drained  
1 1/2 cups milk, divided use  
3 Tbsp. flour  
8 oz. processed American cheese, cubed  
1/2 lb. sliced bacon, cooked and crumbled  
Combine first 8 ingredients in a large pot. Bring to a boil; cook 20 minutes, or until potatoes are tender. (If freezing, only boil for 10-12 minutes.) Remove from heat; add cooked ground beef. Stir milk into flour; add to soup mixture. Add cheese. (If freezing, let the soup cool and freeze in gallon-size Ziploc bags or jars, filled 3/4 of the way.) Cook, stirring constantly, until cheese is melted and soup is thickened. Garnish with crumbled bacon before serving.

### IN-A-HURRY CHICKEN CURRY

1/2 cup frozen chopped onion



Front:Carolynn, Megan, Brandi  
Back:Johanne, Hillary, Alicia, Denise, Jamie, Kristi

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2 12-oz. cans cream of chicken soup  
1 cup water  
3 cups cooked chicken, chopped  
salt and pepper, to taste  
1-2 Tbsp. curry powder  
1 12-16-oz. pkg. frozen broccoli  
2 - 4 cups rice, prepared  
Mix everything, except rice. Place in a casserole dish. Bake 350 F for 20-30 minutes, until heated through. Serve over rice.

### CHICKEN AND BISCUITS

10 3/4-oz. can condensed cream of chicken soup  
1/2 cup sour cream  
2 cups chicken, cooked, chopped  
16-oz pkg. frozen mixed vegetables, thawed  
1 cup mild cheddar cheese, shredded  
1 pkg. refrigerated whole-wheat biscuits  
Heat oven to 375 F. Mix soup and sour cream in an 8-inch square baking dish. Add chicken, vegetables and cheese; mix well. Place biscuits on top of chicken mixture. Bake 15 minutes; turn biscuits over. Continue baking for 15 more minutes, until biscuits are brown.

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# Is CD Laddering Right for You?

— By Tim Tobey

With the recent volatility in the stock market, people are hesitant to put their entire nest egg into the market. Additionally, with the economy creating tight times for families, it's often necessary to make sure funds are available if and when we need them. For those investors who are either reluctant to jump head first into the market or those who may have a need for cash, the strategy of laddering Certificates of Deposit (CDs) may be appropriate.

CD laddering is the process of structuring your investment into CDs to take advantage of the higher rates afforded by longer-term time deposits, yet maintaining liquidity by arranging it so that equal portions of the invested money is available periodically. To accomplish this, you begin by buying numerous CDs with various maturities.

For instance, let's say you have \$25,000 to invest. Rather than investing the \$25,000 in one CD that matures at a designated time, by laddering CDs, you may choose to invest \$5,000 in each of five separate CDs. In this example, you would then purchase a 1-year, 2-year, 3-year, 4-year, and

5-year CD in equal amounts of \$5,000. After one year, when your first CD matures, you would invest it in a new 5-year CD. Each year, a CD will expire and, if the funds are not needed, they will be reinvested in a new 5-year CD to take advantage of the higher interest rate typically offered by a 5-year CD as compared to the 1- or 2-year CDs.

This approach allows you the comfort of knowing that a CD will mature each year in case you need the money, yet still take advantage of the higher rates typically offered for longer maturities. Staggering your maturity dates also helps smooth out the volatility of the market.

If interest rates rise during the year, you will have money available to invest in a higher rate CD. Or, if rates fall, only a portion of your investment dollars will need to be reinvested at the lower rate.

CD laddering may be a strategy that's appropriate for your lifestyle. Plus, with the guaranteed interest rate offered on CDs, you will be able to plan your future with confidence. Talk with your insurance agent or financial expert for more information. **NOW**

*Tim Tobey is a State Farm agent based in Midlothian.*



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# Health NOW

## Think Fast!

— By Betty Tryon, R.N.

The month of May is designated for stroke awareness. It is a great time to focus on another aspect of your health. Throughout the month, various agencies, groups and medical personnel will endeavor to influence your awareness of the danger of having a stroke and inform you on how to recognize if you or someone else is having a stroke. Information will be available about how to become involved in your community and pass the word on to others.

There exist ample reasons why increased knowledge about strokes is important. As the third-leading cause of death and the number one reason for disability, the numbers are disturbing enough to warrant concern. A brief look at the breakdown of the numbers is even more alarming. More women die from stroke than breast cancer. African-Americans have double the risk of having a stroke than do Caucasians. Also, compared with Caucasians, the strokes suffered by African-Americans tend to be far more disabling.

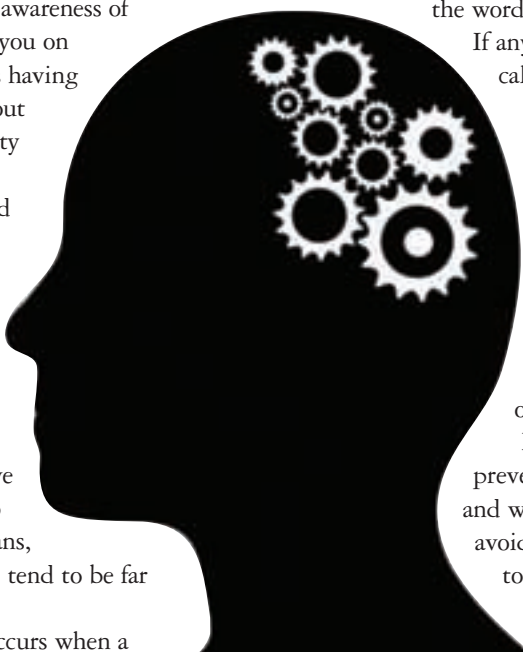
Strokes are so dangerous due to what occurs when a stroke takes place. When a blood vessel to the brain becomes damaged for any reason, and blood flow is disrupted, cells in

that area of the brain start to die and brain damage results. Whatever area of the brain is affected, those abilities will be severely compromised or lost. The earlier treatment is received for a stroke, the better. If medication is received within a three-hour window, you can diminish damage to those areas of the brain affected and improve chances for survival. One of the slogans used by the National Stroke Association to help educate the public is Act F.A.S.T., which stands for face, arms, speech and time. If a stroke is suspected, take a close look and determine if one side of the face is drooping. Determine if there is any weakness in the arms. Is speech difficult; is there any slurring of the words? Time is crucial.

If any of these symptoms are present, call 9-1-1.

Because the effects of having a stroke are so debilitating, and an option is available for diminishing many of those effects, it is critical for the public to have the correct information, hence, the reason for May being Stroke Awareness Month. You might notice bulletin boards in schools and health care facilities all raising the awareness of strokes.

Eighty percent of all strokes are preventable. Watching your diet, cholesterol and weight are a few steps you can take to avoid a stroke. Take advantage of this month to increase your knowledge and your chances of surviving a stroke. **NOW**



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

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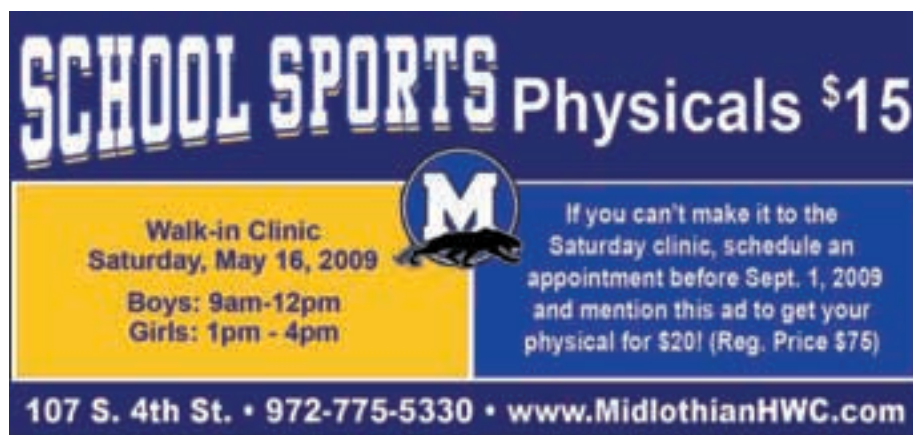
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# May 2009

## Community Calendar

### First and Fourth Mondays

School Board meeting: 6:30 p.m.

### Every Tuesday

Midlothian Rotary Club meeting: noon, Midlothian Civic Center, 224 South 11th St. (972) 775-7118 for information.

GED Class: 6:00 p.m., Midlothian High School Meadows Library.

### Second and Fourth Tuesdays

Midlothian City Council meeting: 6:00 p.m., City Hall, 104 W. Ave. E.

### First Thursday

Midlothian Area Historical Society: 7:00 p.m., Midlothian High School Meadows Library. Contact Kathy Robinson at (972) 723-2755.

ABWA Empowering Women Express Network monthly meeting: 6:00 p.m., Midlothian Conference Center, 1 Community Circle. [www.abwa-empoweringwomen.org](http://www.abwa-empoweringwomen.org).

### First and Third Thursdays

Midlothian Lions Club meeting: 7:00 p.m., Midlothian Civic Center, 224 S. 11th St. (972) 775-7118.

### Every Friday

Story Time: 11:00 p.m., Midlothian High School Meadows Library.

### May 2

Spring Fling: 10:00 a.m.-3:00 p.m., Heritage Park Downtown. Arts, crafts, food and entertainment. Free

admission. Contact Amanda Miller at (972) 723-8600 or [amiller@midlothianchamber.org](mailto:amiller@midlothianchamber.org).

### May 4

MISD Educational K-12 Showcase: 6:30 p.m. MHS.

### May 5

Joint Airport Board meeting: 4:00 p.m., Mid-Way Airport, 131 Airport Dr. (972) 923-0080.

### May 9

Movie in the Park: *High School Musical 3: Senior Year*. Location: Hawkins Spring Park Time: Dusk (8:30 p.m.). For information, call (972) 775-7777 or e-mail [james.berman@midlothian.tx.us](mailto:james.berman@midlothian.tx.us).

### May 15, 16

Midlothian Relay for Life: 7:00 p.m. Friday-7:00 a.m. Saturday, Don Floyd Stadium. For more information, contact Sheila Lock at (972) 723-6210 or Kristi Hurst at (214) 789-4632.

### May 16

Midlothian Tennis Association Block Party: May 16, 11:00 a.m.- 2:00 p.m. at Midlothian Sports Complex. Games, prizes and food.

### May 23

Annual 8th Street Dance: 7:00 – 11:00 p.m. featuring musician Joshua Atilano and Ira Bradford and the Bustin' Loose Band. For information call (972) 775-7777 or e-mail [james.berman@midlothian.tx.us](mailto:james.berman@midlothian.tx.us).

### May 25

Memorial Day. No school.

### May 26

Senior Awards Night: 7:00 p.m., Midlothian High School Auditorium.

### May 27

Ellis County Christian Women's Connection monthly luncheon at Waxahachie Country Club. \$13.00. Nursery vouchers available. Reservations preferred. Contact Kay at (972) 937-2807 or Mary at (972) 937-9984 or e-mail Kay at [windchime423@yahoo.com](mailto:windchime423@yahoo.com) before May 12.

### May 28

Midlothian Education Foundation Stars Banquet: 6:30 p.m. Contact Jana Hathorne at [Jana\\_Hathorne@midlothian-isd.net](mailto:Jana_Hathorne@midlothian-isd.net).

### May 31

Senior Baccalaureate: 8:00 p.m., Midlothian High School Arena.

### June 6

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m. Breakfast tickets: \$6.00. One child under 8 eats free with paid adult ticket. Event and parking are free. Classic airplanes and fighters, plane rides, remote control model flyers, The Classic Swing Band and more. For more information, call Tammy at (972) 923-0080.

For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).



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*Mother's Day - May 10*  
*Memorial Day Weekend - May 24*  
*Pentecost / Confirmation - May 31*

Sundays at 8:00 a.m. (traditional)  
or 10:30 a.m. (contemporary)  
Bible Class and Sunday School at 9:15 a.m.

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Squaw Valley Golf Course  
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8:30 Shotgun Start  
Lunch Served

- Awards Ceremony
- Announce Winning Teams
- Door & Hole Prizes

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