# Midlothian

MAY 2014

# Juxtaposition in Paint

Beauty and intrigue collide in Alex Teale's art

### Cape Cod Quaint At Home With Fred and Gail Gersch

Bringing Back Decorum Child's Play Cool Air and Friends In the Kitchen With Victoria Sotelo



#### Our New State-of-the-Art Facility Includes:

DR Panel Digital X-rays • DRX 9000 Spinal Decompression Lipo Lite Laser for Medical Weight Loss • Therapeutic Electrotherapy and Physical Therapy units

#### WE OFFER ALL UNDER ONE ROOF:

Medical, Chiropractic, Physical Therapy / Rehab, Massage Therapy, Spinal Decompression, Medical Weight Loss, Durable Medical Equipment

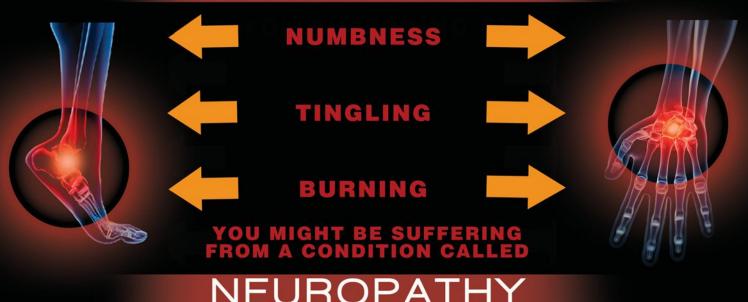
#### CONDITIONS WE SPECIALIZE IN:

- > KNEE PAIN / OSTEOARTHRITIS
- > NECK PAIN
- BACK PAIN
- SHOULDER PAIN
- HIP PAIN

- > SCIATICA
- HEADACHES/MIGRAINES
- BULGING DISCS
- NEUROPATHY

#### ARE YOU EXPERIENCING





Our New FDA approved treatment options have an amazing success rate in relieving Neuropathy symptoms. Treatment is Safe and Easy, with NO Side Effects, and Requires NO SURGERY. Treatment is covered by most insurance companies, including Medicare.

MON - FRI 8:30-6:30



UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE, TX 75165 VISIT US AT WWW.VCAREHEALTH.ORG

# **INSTANT ALERT:** OUR BANKING APP DOES A LOT MORE THAN SEND ALERTS.

The First Financial mobile banking app not only has standard features like sending text alerts and transferring funds, it's loaded with advanced ones too. Whether it's depositing checks with the snap of a picture, setting debit card limits, turning debit cards off and on, or paying bills with Picture Pay<sup>™</sup>, it's like having a personal banker in your phone. For a complete list of features, look us up in the App Store or Google Play.

101 Northgate Dr. Waxahachie, TX 75165 972-723-7155

1490 E. Main St. Midlothian, TX 76065 972-723-7121

firstmybank.com



**YOU FIRST** 

MEMBER FDIC



cubcadet.com

#### EXPERT ADVICE. **BEAUTIFUL RESULTS. ONLY** AT YOUR CUB CADET DEALER



#### **SERIES 1000**

LTX KW LAWN TRACTORS

Premium features only available at your dealer including: professional-grade engines by Kawasaki<sup>®</sup>front burnper, and high-back seat for all-day comfort. You'll enjoy the Cub Cadet Signature Cut,<sup>®</sup> plus an ultra-tight turning radius for remarkable maneuverability, and a fully welded steel frame and cast-iron front axle for lasting durability.

#### LTX 1042 KW

18 HP <sup>†</sup> professional-grade	SALE PRICE:	
V-Twin OHV engine by Kawasaki	\$1,79999*	
42" heavy-duty mowing deck	-1,199	

#### LTX 1046 KW

 215 HP<sup>†</sup> professional-grade V-Twin OHV engine by Kawasaki 46\* heavy-duty mowing deck

#### LTX 1050 KW

• 23 HP<sup>†</sup> professional-grade V-Twin OHV engine by Kawasaki • 50" heavy-duty mowing deck



CubCadet

SALE PRICE

1.99999

#### SMART FACTORY FINANCING AVAILABLE. AVAILABLE ON SELECT MODELS TO QUALIFIED CUSTOMERS



#### SERIES 2000 GARDEN TRACTORS

- Fingertip control with Electronic Power Steering provides maneuverability and a more enjoyable ride (GTX 2000, GTX 2154 only)
- · Legendary shaft drive means no belts to the drive system to slip, stretch or break, for maximum power and performance
- Variety of mowing decks from 42" 54," stamped and fabricated, deliver the beautiful Cub Cadet Signature Cut



Deck sold separately — Starting at \$500\* GTX 2154 Shown Starting at \$5,49999\*



Z-FORCE<sup>®</sup> SZ SERIES FOUR-WHEEL STEER COMMERCIAL ZERO-TURN RIDERS

- · Only Cub Cadet has steering wheel control and four-wheel steering to conquer diverse terrain with ease and confidence
- 23 HP++ or 23.5 HP++ professional-grade Kohler® engines with heavy-duty air filter
- 48" or 60" heavy-duty, triple-blade slopednose fabricated deck delivers the Cub Cadet Signature Cut





TANK<sup>™</sup> L SERIES COMMERCIAL ZERO-TURN RIDERS

- Kawasaki<sup>®</sup> FX Series commercial-grade engine delivers higher horsepower and maximum torgue for enhanced performance
- · Electronically applied dual-layer corrosion coating provides twice the protection against unforgiving environmental conditions
- 54" or 60" heavy-duty, fabricated mowing decks deliver the beautiful Cub Cadet Signature Cut



**Classic Turf Equipment** 2201 FM 1187, Ste 101, Mansfield, TX 76063 817-459-0521 • www.classicturfequipment.com M-F 7:30a - 5:30p • Sat 8a - 1p

(1) Subject to credit approval on a Cub Cadet credit card account. Not all customers gualify. Additional terms may apply. Please see your local Cub Cadet dealer for details.

\* Product Price — Actual retail prices are set by dealer and may vary. Taxes, freight, setup and handling charges may be additional and may vary. Models subject to limited availability. † As rated by Kawasaki, horsepower tested in accordance with SAE J1995 and rated in accordance with SAE J2723 and certified by SAE International. † As rated by Kohler, all power levels are rated at 3600 RPM per SAE J1940 gross. Specifications and programs are subject to change without notice. Images may not reflect dealer inventory and/or unit specifi-2014\_LTX\_KW\_Q © 2014 Cub Cadet cations. Cub Cadet commercial products are intended for commercial use.

Publisher, Connie Poirier

General Manager, Rick Hensley

#### Editorial

Managing Editor, Becky Walker Midlothian Editor, Betty Tryon Editorial Coordinator, Sandra Strong Editorial Assistant, Beverly Shay Writers, Valerie J. Gorman Ionathan Pope . Zachary R. Urouhart Editors/Proofreaders, Pat Anthony Randy Bigham

#### GRAPHICS AND DESIGN

Creative Director, Chris McCalla Artists, Eduardo Barajas . Kristin Bato Casey Henson . Martha Macias . Felipe Ruiz Arlene Honza . Brande Morgan Shannon Pfaff

#### PHOTOGRAPHY

Photography Director, Jill Rose Photographers, Amy Ramirez

#### Advertising

Advertising Representatives, Rick Ausmus . Teresa Banks . Linda Dean Laura Fira . Mark Fox . Bryan Frye Melissa McCoy . Lisa Miller . Carolyn Mixon Jami Navarro . Cleta Nicholson Lori O'Connell . John Powell . Steve Randle Linda Roberson

Billing Manager, Angela Mixon

#### ON THE COVER



Alex Teale shows her enigmatic style in this painting.

Photo by Amy Ramirez.

# CONTENTS May 2014 • Volume 10, Issue 5



8

#### Juxtaposition in Paint

Alex Teale's wit brings her canvases to life.

#### 18 Bringing Back Decorum

Steve Martinez spearheads Modesty Matters at Hawaiian Falls Waterpark.

28 Cape Cod Quaint

At Home With Fred and Gail Gersch.

#### 36 Child's Play

From reading to camping, kids can take their pick of summer fun.



52 BusinessNOW54 Around TownNOW60 CookingNOW

*MidlothianNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2014. All rights reserved. *MidlothianNOW* is published monthly and individually mailed free of charge to homes and businesses in the Midlothian ZIP codes.

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



#### Editor's Note

Hello, Midlothian!

When my oldest son, Stephen, was 3 years old, he had a remarkable vocabulary. Once, I had just retrieved baby formula prepared in a glass pitcher from the fridge. Turning toward the sink, the pitcher slipped out of my hands into a milky, shattered mess. Stephen, standing safely behind the child safety gate, slapped his hand in disgust. "That does it! I'm getting an accident injury protection lawyer!" I'd just been rendered incompetent

by a 3-year-old. I could have felt insulted, but I was laughing too hard.

Motherhood, full of angst and delight, is easily the hardest and most fulfilling role of my life. I know many Midlothian moms, and you are all awesome! Enjoy your special day.

To all the graduates, we at NOW Magazines congratulate you on persevering and getting the job done. We wish you great success in your future endeavors!

Betty

Betty Tryon MidlothianNOW Editor betty.tryon@nowmagazines.com





#### Roofing

Fire, water, wind and hail damage to total reconstruction.

Over 75 yrs. combined roofing and insurance claims experience.

## Full manufacturer's warranty.

Multi state license, General Liability Insurance and Worker's comp.





References Available On Request

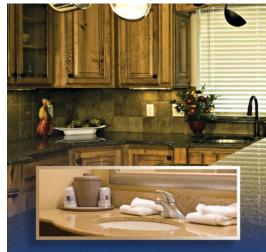
# BEER & WINE BEER & WINE MOW OPEN BRAND DPENNON BRAND DPENNON BAND DPENNON BAND DPENNON

ULTRA



**972-435-1978** HOURS: Mon-Sat 10am-9pm

FM 66 Liquor Beer and Wine 700 N. Main Street, Suite B Maypearl, TX 76064



Granite, Marble & Quartz Fabricator for Kitchen & Bathroom Countertops

**Extensive Color Selection Combines** Beauty, Function & Elegance for any Bathroom or Kitchen!



Come see our wide selection!

SHOWROOM HOURS: MON-FRI: 8AM - 5PM SAT 10AM-2PM

www.kingcustompools.com

Making your kitchen dreams a reality!

> FREE Estimates Competitive Pricing Up to 15-Year Warranty on Some Products

18-gauge Stainless Steel Sink (\$350 value) Call or visit our Web site for details! www.MTMCOUNTERTOPS.com

Countertops

2460 Hwy. 287 N. • Mansfield • For more info call 866-439-1935. VISA CONTRACT DISCOVER (Northbound service road - between Callendar Rd. & Turner-Warnell)

**MARINE DE LA COMPANI** New Pools • Gazebos/Arbors • Outdoor Kitchens • Fireplaces/Fire Pits Fencing • Remodels • Weekly Cleaning • Service/Repair • Retail Store 104 N 8th St. • Downtown Midlothian "Pools built for a king." A+ BBB



#### SATURDAY MAY 17TH MISD STADIUM 8AM - 2PM

#### Run, Shop, Chill

Benefit 5K Run/Walk Craft & Food Vendors Free Concert & Music Family Friendly Fun

PRESENTED BY Heroes of Midlothian Foundation A COMMUNITY NON-PROFIT

Foundation and Event Information At: www.HeroesOfMidlothian.org



FREE Braces Consultation • Low Monthly Payments

#### Friendly Motivated Staff

#### Preferred Providers:

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

#### Walk - Ins Welcome

#### GM Family Dental

972-988-3333 2507 Medical Row #104 Grand Prairie, TX 75051



Rose Park Dental 817-473-1159



Open

turdays

Actual patient

**F** facebook. Like us on facebook and look for special promotions and contests!



Grand Prairie Office Hours: Mon. - Wed. 9 to 6 • Thurs. 7 to 3 Mansfield Office Hours: Tues. - Thurs. 9 to 6 • Fri. 7 to 3 • Sat. 8 to 1 Se Habla Español • Vietnamese Spoken "Under Same Ownership"

VISA



"My stuff is either super bright or super dark. I can do very realistic or traditional style. But I like to add something that's attention getting,"



- By Betty Tryon

With long, brunette hair flowing gracefully across her shoulders, the model in the painting wears a lovely, green velvet gown accentuated by a huge bouquet of matching flowers. Everything about the picture seems perfect except for one thing — the rat sitting amid the blossoms. This is one example of artist Alex Teale's quirky view of life, as expressed in her paintings. In a flawless setting, there is always something unexpected. "I like juxtaposition in my paintings," she said. "I always wanted to do a realistic painting with something ridiculous in it." Alex got her chance to do that when she agreed to paint a portrait of a friend. He wanted a stately, gentlemanly painting of himself, wearing a smoking jacket and holding his brandy. Alex painted him looking sufficiently dignified in an elegant chair with his dog, a Chihuahua. But her typical touch of the ridiculous in the painting is the pooch, who has an under bite and wears a top hat. The realism of the man's fingers shows Alex's skill as an artist. "I like to have neat details," she clarified. "My friend works in a lab and is always getting nicks, burns and scrapes, so I included it on the painting."





# Wallace Lott General Contractor LLC is ready to serve all your contracting needs.

We do things right, and do what we say.

**Residential & Commercial** 

Roofing • Remodeling Bathroom • Kitchens Replacement Windows Painting • Cedar Patio Covers Fences • Outdoor Kitchens

**Hometown Trusted Builder** 

- ★40 years experience
- ★ Fully insured/bondable
- Insurance negotiation specialist for property claims
- ★ Licensed insurance adjuster







# 972.679.6781 팩

Hail Season is here! Call for FREE inspection and estimate of your roof.

Don't trust your insurance repairs to anyone until you have spoken with us! You cannot know how much help we can be until we review your claim.





This creative soul can't remember a time in her life when she was not drawing or painting. It is as much a part of her as breathing. "I was always sketching," she said. Art is even a part of Alex's heritage. Every summer she would go to her grandmother's home, and together they worked on a craft project. She also introduced Alex to watercolor paint. Her other grandmother designs stained glass. An aunt sculpts, and her mom used to paint.

Alex's family has lived in Midlothian for 10 years. While attending high school she experimented with different mediums in art class and discovered she really liked working with acrylics. She especially remembers how her teacher, Donna Smith, encouraged her. "I like using acrylics, because I can use it the same way most people use oil paintings," Alex explained. "It dries a lot faster, and there is less to clean up. I also didn't like the fumes from the oil paint."

When painting, she thinks in mental pictures. "I take what I see — that idea or feeling — and transfer it on to canvas," she pointed out. Alex is influenced by stories, songs or some abstract idea. She used to write a lot when younger and still draws inspiration from those

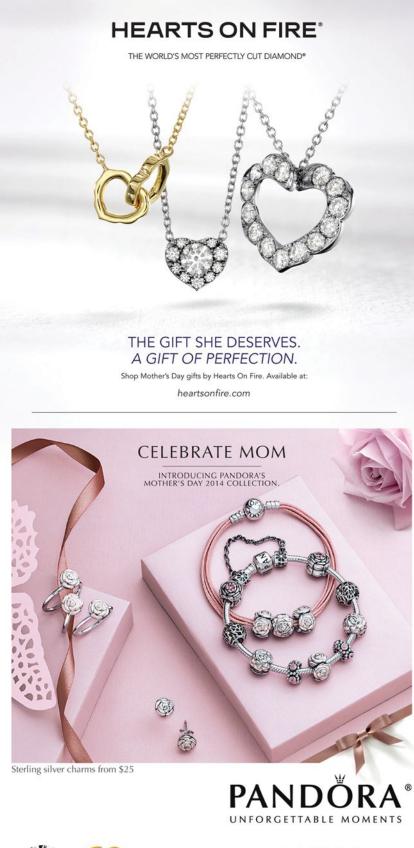


sources. "My poetry was very abstract and reflected the turmoil I felt earlier in my life," she admitted. "I look at it now and wonder what I was thinking! I have no idea what I was talking about in some of those poems." But there are others that remain full of meaning for Alex, and she uses them to underscore some emotion or thought. "Some are geared more toward illustration or just for fun," she added.



Alex is particularly influenced by fashion design and photography, and it shows in her work. One of her paintings comprises the faces of two models next to each other. Alex placed them on top of a splash of dripping black color outlined in pink. The images are on canvas covered with newsprint. "I have a weird affinity for dripping ink or paint," Alex shared. "I like how, before it dries, it's very liquid and moves wherever it wants. It was an aesthetic decision to do the painting that way. You have a realistic painting, but then you've got this almost 'graffiti in a subway' style painting. It's messy and raw."

The artist's range of emotions are on full display in the majority of



972-230-0950 220 E Pleasant Run Rd. DeSoto, Texas 75115 Visit us at www.cavesjewelryinc.com

Jewelry, Inc.





### Build Your Story WIth US

At John Houston Custom Homes we believe in building more than homes, we believe in building lifelong relationships.







her paintings. "I like contrast," she commented. "My stuff is either super bright or super dark. I can do very realistic or traditional style. But I like to add something that's attention getting." A painting that expresses many of these elements is the first large piece of work she completed. Wanting to show it in an upcoming show, she completed it within two weeks. "I saw a photo in a magazine and thought it was cool, because it's kind of creepy. But, the woman in it has this very bright, clean, angelic face with blossoms in the background." In Alex's painting, even though the model has an innocent look, she also has a mysterious glint in her eye. The darkness of the colors in the background, clashing with the flaming red of her hair, makes for an interesting look.

Alex's paintings seem to have a hidden meaning. "My friends come up with their own stories about my paintings,"



# Congratulations

To the following MISD teachers and staff members who have been honored by students, parents and peers for your hard work and enthusiasm for education. You have made a difference in someone's life!

#### Administration

Jana Pongratz, from Chelsi Frazier KayLynn Day, from Chelsi Frazier

J.R. Irvin Elementary Christine Dobbins, from The Goldsmith Family Leah Sanders, from The Goldsmith Family

#### LaRue Miller Elementary

Shannon Williams, from The Lietz Family Sherrie Gunter, from The Lietz Family Karyn Story, from The Drake Family Michelle Spradley, from The Drake Family Judy King, love The Turners Jane Crisp, love The Turners Vanya Worley, love The Turners Robin Bass, love The Turners Beth Van Amburgh, love The Turners



#### Mt. Peak Elementary

Judith Gilmore, from Adam and Dawson Motley Christy Warren, from Jen Gomez Elisabeth Pearson, from The Spencer Family Brianna Campbell, from Jan Armstrong Judith Gilmore, from Jan Armstrong

T.E. Baxter Elementary Leighann Stewart, from The Swize Family Cristin Flaherty, from Mike and Donna Tucker Kimberly Boehringer, from Lexi Chandler & Family DeAnna Edmister, from The Wickliffe Family Becky Wiginton, from Lexi Chandler & Family

#### Walnut Grove Middle School Jan Stovall, from Sharon Mooring

Carolyn Kelm, from Destiny Chandler & Family

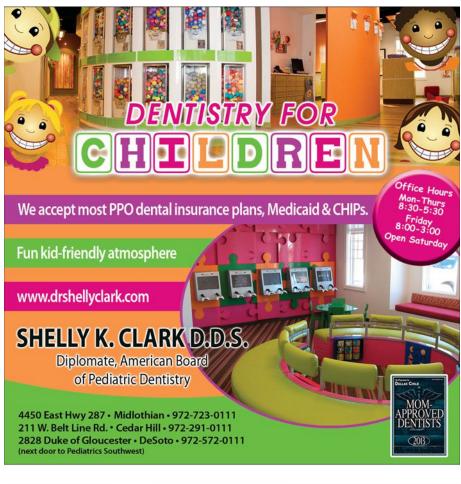
#### Frank Seale Middle School Gina Sutton, love The Turners Leslie Rector, love The Turners

Thank You to our community partner, Midlothian Insurance Agency for sponsoring this year's HATS Program! Longbranch Elementary Terrie Money, from Peggy Van Wunnik Carol Savins, from Eva Jacobsen Christi Howard, from Jenna Jacobsen Cay Cowell, from Mike and Donna Tucker Shari Dawson, from Mike and Donna Tucker Jennifer Walling, from Mike and Donna Tucker Martha King, from Mike and Donna Tucker

#### Midlothian High School

Greg Pruitt, from The Wickliffe Family Dennis Mann, from The Wickliffe Family Eric Janszen, from The Wickliffe Family Cheryl Holt, from The Wickliffe Family Jeremy Eggleston, from The Wickliffe Family Sharon Zabloski, from The Wickliffe Family Jeremy Schrodt, from Dawne Barber Sharon Zabloski, from Leigh Ann Phillips









she stated. "It's kind of funny listening to their interpretations. People can say what they want about my paintings, but it's all very personal to me. I know what's behind them, so that's how I deal with it." Two paintings that do tell an obvious story are named *Fight or Flight*. They are diptych — two paintings that are made as a pair. The first canvas reveals a female with her face turning into the wind. The other is a flying blackbird holding onto a string with a razor attached to it. "The female in the painting has a choice to face the issue the bird symbolizes or run away," Alex explained.

Alex doesn't usually talk about the feelings behind her paintings, but she had much to say about one of them. The picture is a follow up to the diptych. She named it Only in Remission. It depicts a beautiful woman with a visible heart on her chest with an iris growing out of it. "I had a friend who I thought was in remission from her disease, but she turned out not to be," Alex confided. "The heart with the iris represents how it can be bruised and broken, but it is still able to grow and become something beautiful. I did a color scheme with coal and embers inside the heart. It has the potential to relight and burn again, or it's going to die out."

One of her more colorful paintings is of a fair maiden lounging elegantly, if somewhat impertinently, in a billowy red dress. Clearly the gown is European in style. However, the background sports Japanese lanterns and cherry blossoms. The painting is just another extraordinary example of Alex being true to her style, which is to present the beautifully unexpected. **NOW** 



4 BR. Living has WBFP open to kitchen-dining area. Dining has window seat & lots of natural light. New kitchen countertops. Smooth top range, built-in micro, pantry, & lots of cabinets. Ceramic tile & carpet. Roof replaced in 2012. Nice backyard w/covered patio. Updates thru-out.



4 BR, 3 both w/study & gameroom. Ceramic tile throughout living areas, dining, kitchen. Kitchen has granite, stainless appliances, breakfast bar & huge pantry. Open floor plan. Lots of windows. Large Master. Two bdrms & hall bath down. Covered

patio & nice sized backyard.



Huge trees, large lot! Needs updates but has wonderful features. Granite countertops, tile backsplash in kitchen. Double ovens, cooktop & built-in microwave. Built-in desk in breakfast area. Living area has laminate floors & beautiful brick fireplace & nice wood paneling. Large patio & side-entry garage.



Lovely entry w/ dark wood trim & high ceilings. Gameroom w/full bath, closet & attic access. Master w/seating area & huge closet. 3 other bdrms down. Open kitchen, living, dining area. Lots of windows for natural light. Wonderful stone fireplace. Kitchen has granite, island & stainless app.

#### The Midlothian Real Estate Market is HOT!

FREE Information on Real Estate Activity in Your Neighborhood Available via Email.

Quality Service Pinnacle Award Winner 2009-2013 and Master Emerald Production Award 2013.



Contact me for a no-obligation meeting! 214-536-2790 JudyMcGraw@judgefite.com



#### Come Check Out Our Amazing Dancers At Our Spring Recital Sunday May 18th at 2:00 and 5:30, Cedar Hill High School

Now accepting enrollment for summer and fall classes! Call or email today for more information or visit our website at otmdance.com.



Jazz • Tap • Ballet • Pointe • Lyrical • Cheer • Clogging • Hip Hop • All-Boy Hip-Hop • Contemporary • Technique • Dance Company
 1071 Eastgate, Midlothian 972-775-3646 • www.otmdance.com





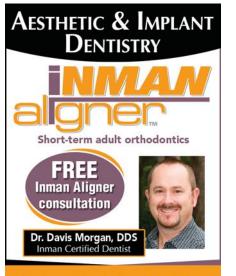
# ELLIS COUNTY ABSTRACT AND TITLE CO.

Your friends & family have chosen us for over 80 years!



# ENTIRE STORE IS 40% OFF IN MAY!\*





The Inman Aligner is the perfect solution for crowding or protrusion of the front teeth. It works fast, is very safe and a great value compared to other systems. With the patented Inman Aligner, your front teeth can be gently guided to an ideal position in a matter of weeks. Most cases complete in 6-16 weeks, and because its removable you can take it out to fit your lifestyle.

Contact Aesthetic & Implant Dentistry to see if the Inman Aligner is right for you.

Davis W. Morgan, DDS 972.723.5544 WWW.DFWSMILEDESIGN.COM

# **TURF-SCAPE**

#### FERTILIZATION & WEED CONTROL

Proudly Serving Our Community for Over 20 Years





Contact Turf-Scape, Inc. for your FREE Lawn Analysis We also offer Core Aeration, Tree Fertilization Injections, Surface Insect Control (*Fire Ants, Grub Worms, Fleas & Ticks*) and Fungus Treatments. 972-938-2956 • www.turf-scape.co • info@turf-scape.co Licensed by Texas Department of Agriculture, TDA # 0513565 Like us on Facebook

# Bringing Back

— By Betty Tryon

Steve Martinez thought he'd figured it all out. His goal in life was to join the L.A. County Sheriff's Department and become a homicide detective. But life has a way of intruding on one's plans, sometimes dramatically. Little did he know that many years later, he would be the driving force behind a campaign to restore modesty in public.



When he went to the University of California-San Diego, Steve's major in political science with a minor in economics reflected his goal of joining law enforcement. "Solving crimes and helping people is something I've always been interested in," he shared. "My plan was to go to undergrad and then law school."

After graduation, Steve needed a temporary job. One of his friends worked for a sports agency and invited him to apply. Steve showed up but found there was no opening. However, on the way out of the building he ran into the president of the company who invited him back to his office to discuss a potential position. Steve took him up on the offer and discovered a whole new industry.

"I enjoyed being a part of the creative process and got to work with people like Mike Ditka and Walter Payton," he enthused. "They were the childhood heroes I looked up to. To be able to now sit down and talk to them and listen to their stories was very cool!" It was while working his temporary job that Steve began to rethink the career of homicide detective. Another concern pressed him to reconsider. He recognized how difficult it would be for the family of a law enforcement officer. With that realization, he turned his focus on a career in sports entertainment. "When I combined my job with my desire to have a family, that's when my life took a dramatic turn," he related.





#### Our roots are deep. Our commitment strong.

It is exciting to be a part of a hospital that has served the citizens of Ellis County for nearly 100 years. Our dedication to this beloved community continues to grow. In fact, our centennial year will see the building of a brand new hospital with an even broader range of health services including expanded women's services and the Baylor Charles A. Sammons Cancer Center at Waxahachie. We're looking forward to another century of care.

#### YOUR NEW HOSPITAL OPENS IN THE FALL OF 2014. New location at I-35 East and US Highway 287

Plans include expansion of Women's Services (including Labor & Delivery), General Surgery, Imaging, Neurosciences, Orthopedics, Oncology, Digestive, Cardiovascular and Emergency Services.

For more information about our services, go to BaylorHealth.com/Waxahachie or call 1.800.4BAYLOR. 1405 West Jefferson St. Waxahachie, TX 75165 BAYLOR Medical Center at Waxahachie

hysicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents those medical centers, Baylor Medical Center at Waxahachie, or Baylor Health Care System® 2013/Baylor Health Care System BMCWAX\_313\_2012 Now CE 04.14





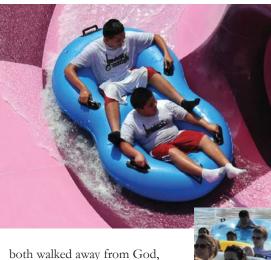
- FREE service calls
- . Detailed FREE estimates
- . Licensed, dependable & insured
- . Always clean & professional

protectpainters.com

any job of \$2,000 or more. or \$100 off any job between \$1,000 and \$2,000. shold. Available at participating locations only. No valid with am



When Steve turned 29, he married his wife, Jen. "We both had similar backgrounds in that we grew up in Christian homes," he said. "We also had



but eventually we returned to the Lord together." When that happened, Steve said it changed the way he conducted business. Now he accomplished his work with integrity, more patience and understanding. "I was not as cynical," he added. "I started prioritizing and putting my family first."

Steve's conversion propelled him to Texas to help establish Rock Community Church in Red Oak, a church plant from California. While looking for a home, he and his family fell in love with Midlothian. "The people here are great," he smiled. "There is a real authenticity here."

In rearing their children, Steve and



Jen believe in taking the initiative in their parenting style. "There are two paths of parenting," he stated. "There is one where you take what comes and



be reactive to it, or you can be proactive and intentional about it. We envision the type of character traits we would love for our kids to have — integrity, a hard work ethic, diligence, perseverance, a desire to honor God and the love of virtue."

Virtue, specifically in the area of modesty, is a conversation Steve wants to have, not just within his family or church but with the community at large.



"We are trying to teach our kids that by loving our neighbor as ourselves, we are to respect and honor them and ourselves," he pointed out.

Steve remembers when he first had the idea to put his belief in modesty into action. It was on a trip home from Six



Waxahachie Family Dentistry and Dental Sleep Medicine LLP Scott Clinton, DDS I Bobby Haney, DDS



- Cosmetic Dentistry
- Implants
- Wisdom Tooth Extraction
- Sedation Dentistry
- 3-D X-ray Imaging
- Invisalign
- Dentures
- Dental Sleep Medicine
- Digital X-rays
- State-of-the-art facilities
- Soft tissue laser treatment
- Call Us About Our Free Lifetime Whitening Program!

Let Us Help You • Improve Your Health • Improve Your Smile

CareCredit Hours: Monday-Friday 8am-5pm

972-905-4945



125 Park Place Blvd. • Waxahachie Schedule your appointment online at www.waxfamdent.com





Weddings | Rehearsals Showers | Quinceañeras Family Reunions | Trade Shows | Meetings + more!

JOHN DEERE

**SPRING SEASON IS** 1025R Package SPRING SAVINGS HAVE \$15,785 + 25hp 4x4 Tractor H120 Front Loader Financing **ARRIVED AT BRAZOS** 4-ft Rotary Cutter Availah 4-ft Box Blade VALLEY EQUIPMENT CO. **Z915B** Commercial Zero Turn Mower 48-inch Commercial 1/4 inch Steel Deck **Tractor Package** - Smooth Controls John Deere 32 HP 4x4 Tractor - Powerful Engine - John Deere Front Loader Starting at - 5-ft Frontier Rotary Cutter \$6,799\*\* - 5-ft Frontier Box Blade 16-ft Trailer 3-year 1200h \$20,750 and Great financing available\* <u>equipment co.</u> Sales. Service. Superior. www.BrazosValleyEq.com Cleburne Waco Hillsboro

 1601 LaSalle
 1520 S. Abbott Ave.
 3319 North Main
 4839 N. I-45

 254-756-5467
 254-582-2572
 817-641-7861
 972-878-9691

 Special rates and terms may be available, so see your dealer for details and financing options. Applicable taxes and delivery fees are additional, some residency restrictions apply. \*\* Applicable taxes and delivery could affect the final selling price.



Flags in San Antonio when he thought about how much he had loved water parks as a kid. "At many swimming areas, you can run into situations where there are people who hardly have anything on," he said. "It becomes a challenge, because we want our kids to respect and honor their privacy. That led me to consider the virtue in modesty. We know there is great value in that. So, we should think about things like how we dress."

Steve voices his concern about the permissiveness of modern culture. "[The world] feels free to show everything without discretion, especially what is being promoted in television, film and music," he reflected. Even our social



media is built that way where people, especially young people, reveal their lives to the world."

Jen is similarly straightforward about what she sees in today's children. "They are growing up in a sexualized culture, and we see evidence of this all around us," she explained. "For some young people, they've developed a callousness

#### Sparkling Style, Stellar Service, Incomparable Results.



ABR, ASP, CRS, GRI, SRES



Top Office Individual Producer 1989-2013 Company-wide Top 30 Historic Home Specialist

(972) 283-7519 jandavis@ebby.com www.calljandavis.com









Come see our NEW sales & design center! 1000 E. Main St. #104 · Midlothian 972-775-1444 (Midlothian Plaza Shopping Ctr)

#### WWW.RIVERMISTPOOLS.COM



#### I'M PROUD TO WORK FOR



#### And, being back at Holcim Midlothian Plant is icing on the cake!



#### Joel Neniel Production Manager

Strength. Performance. Passion.



and insensitivity to immodesty and inappropriateness. Promoting modesty helps to bring attention to a matter I believe people would want to discuss and explore further, if provided the opportunity."

Alarmed at the direction society seemed to be taking, Steve discussed with his wife about the possibility of renting a water park. "We knew families who were just like us in their thinking and faith," he shared. "We wondered if we could pool our money, rent a water park and teach the public about this while we all had fun."

He came to an agreement with Hawaiian Falls Waterpark to host the event there. Steve wanted to make the event as welcoming as possible to the general public. "We didn't want it to be a Christian or church event but more of an event that has a message for everyone," he confirmed. "Everyone who went would get a free T-shirt. That way we would not have to worry about whether someone's dress was appropriate or not." The event was named Modesty Matters and first held in September of last year at Hawaiian Falls. Over 500 people showed up for the festivities. Some celebrities spoke at the event, including Leah Darrow, a former contestant on America's Next Top Model who is now an advocate for modesty, and Steve Borden, a professional wrestler. Also on board with the message was Frank Reed, a radio host for the program Frankly Speaking on KLTY.

Steve hopes to have another Modesty Matters event in the future. "Modesty is a quality that extends from appearance to character," he remarked. "It's about caring for others by refusing to entertain conceit or impropriety, whether in how we dress or how we live in general. Modesty does matter, so let's make a change together!" **NOW** 



#### Even If You Lose Your Job, You Still Have Choices.

During difficult times, it's easy to feel like things are out of your control. So it's essential to consider every financial decision carefully, especially when it comes to your retirement savings

Edward Jones can help. We'll start by getting to know your goals. Then we'll sort through your current situation and work with you face-to-face to develop a strategy that can help you keep your retirement on track

To make sense of your retirement savings alternatives, call today.

> Shawn M Malley, AAMS® **Financial Adviso**



Mansfield, TX 76063 817-473-0006 www.edwardjones.com ward **lones** 

MAKING SENSE OF INVESTING

#### CAMPUZA \$5.00 off \$20.00 purchase CAMPUZANO Happy Mother's Day! Voted Best Mexican Restaurant in Best Southwest 2617 Oak lawn Ave. Dallas, TX 214-562-0100 213 W. Beltline

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

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

Cedar Hill, TX

972-291-1053

#### COLDWELL BANKER

2625 Tall Meadows Drive • Midlothian





MAGNIFICENT GRAND ENTRANCE W SWEEPING WROUGHT IRON STAIRS\*REAL HANDSCRAPED WIDE PLANK FLOORS\*FAUX FINISH WALLS & UNIQUE CEILINGS\*2 STORY STONE & WOOD FP IN LIV RM & DEN\*KITCHEN 4X4 ISLAND, GRANITE & SLATE BACKSPLASH\* CUSTOM ROPE CABINETS W BALL & CLAW FEET\*2 WINE RACKS\* ART NICHES & WINDOW SEATS EVERYWHERE\* STAINLESS STEEL APPLI\* GRANITE IN BATHS & WETBAR\* EVERY HI END AMENITY\* POOL W SLIDE\* OUTDOOR KITCHEN & FP. AVAILABLE FOR LEASE AT \$4,100 MONTH.





1 PETER 5:6-8 GOD STILL CARES

Come Join Us For a 13 -Week Bible Study Each Wednesday Night this Summer at 7:00 p.m.

JUNE  $4^{TH}$  - AUGUST  $27^{TH}$ 

Presented by **THE CHURCH OF CHRIST** in Downtown Cedar Hill 332 W. Cedar St., Cedar Hill, TX

### 972-291-0087

June 4 • Richard Stevens God still cares that He is known as The Creator Gen 1:1

June 11 • Robert Stapleton God still cares about Mankind 2 Peter 3:9

June 18 • Ivie Powell God still cares that we obey (only) Him 1 John 5:3

> June 25 • David Rechtin God still cares that many teach false doctrine *Titus 1:9-11*

July 2 • Robert Dodson God still cares WHEN we sin against Him Isaiah 59:1-2

> July 9 • Jim Laws God still cares about repentance Acts 17:30

July 16 • David McElwain God still cares about forgiveness Colossians 3:13

July 23 • Mike Bonner God still cares that we love one another Ephesians 5:30-32

> July 30 • Hubert Smith God still cares about marriage 1 Corinthians 7:1-2

August 6 • Mike Crosby God still cares that we worship Him AS HE DESIRES John 4:21-24

August 13 • Willie Alvarenga God still cares about the Lord's Church Matthew 16:18

> August 20 • Bob Moss God still cares about baptism 1 Peter 3:21

God still cares about our salvation Romans 5:8

# **KNEE PAIN SUFFERERS FIND NEW** HOPE IN FDA APPROVED TREATMENT

Treatment Covered by Most Major Health Insurance Plans – Including Medicare

#### Who is a good candidate for this treatment?

- Have you been diagnosed with Do you take medications for osteoarthritis?
- Do you wake up with knee pain?
- Does your knee pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees?
- Do you have difficulty going up and down stairs due to knee pain?

#### Consider these facts before surgery

- knee pain?
- Are you considering surgery to alleviate knee pain?
- Have you suffered a knee injury during a sporting event?
- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee injury?
- Have you had a direct blow to the knee from a fall?

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.

#### How do I know that this is right for me?

In most cases, if you have knee pain, this is a great solution. Our doctors will give you an honest and fair schedule your FREE Knee Consultation. Now is the time to take control of your life and say goodbye to knee pain the non-surgical way!

– Dr. Natasha Maza Marcial D.C. - Dr. David Marcial, D.C. Clinic Director - Dr. Michael K. Shrader, M.D. Medical Director April Morgan Family Nurse Practitioner

Hometown Physical Medicine		Surgery
Cost	Covered by most insurance plans including Medicare	Deductible, co- pay, medications, time off work, etc
Risk	No known side effects	Complications, poor outcome, addiction to pain medications
Pain	Little to none	Can be severe for months
Recovery	Immediate	Months/years

all now to change your life. You can live pain free.



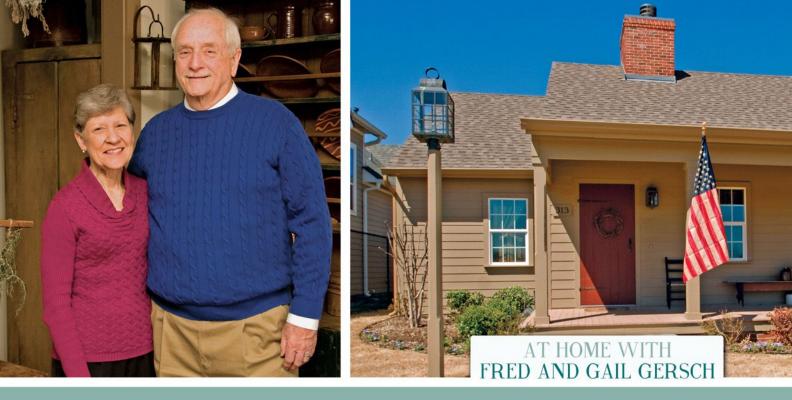
CALL TODAY TO

HOMETOWN PHYSICAL MEDICINE 607 Ferris Ave. • Waxahachie

Disclaimer: Due to Federal Law some exclusions may apply. Copyright © Epic Marketing 2013

www.hometownchirotx.com

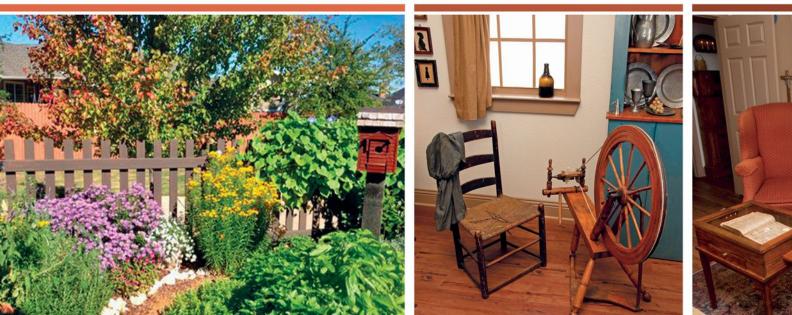
CALL TODAY TO SCHEDULE YOUR FREE KNEE CONSULTATION.



# CAPE COD Quaint – By Zachary R. Urqubart

In an age where bigger is seemingly better, homes are rarely built with a minimalist mindset. But there are some people in Texas who have tried to recapture the quaint feel of homes from centuries ago. Fred and Gail Gersch have built such a home, replicating an 18th century Cape Cod house from New England. Fred grew up in Dallas, earning an English degree from The University of Texas at Arlington and a Master of Divinity from Concordia Theological Seminary in Illinois. He retired from his career as a Lutheran pastor over a decade ago. Gail is from New Jersey. She met Fred when he was an intern in her congregation. "He was a vicar," she recalled. "I had just graduated from Wilson College and was teaching fourth grade. After about a year, we were married, and he received his first church call." Fred and Gail have three children. Terri and her husband, Dale, and grandsons, Seth and Ryan, live in Midlothian. David and his wife, Sheryl, live in Tyler. And Danny lives in Austin.

As a pastor, Fred led churches in Michigan, Ohio, Nebraska and throughout Texas. His congregations ranged in size from 100 to more than 3,000. As a newly married couple, Fred and Gail had little money, and even less furniture. "There was a couple





who would take us to auctions," Fred explained. "It was partly something to do, but we would usually buy pieces to furnish the house. We just liked the simplicity of their lifestyle, so we were drawn to it."

Gail's interest was slightly different than Fred's, as she recalled. "The ingenuity of what our friends were able to make with just the tools they had was amazing." Inspired by their example, Fred and Gail furnished their entire home with antiques or reproductions of late 1700s New England pieces. Now, they just needed the perfect house to complete their collection. "We subscribe to a magazine that features Saltboxes and Cape Cods," Gail shared. "In 1999, we read a story about what would have been





# LONG family

A legacy of smiles.

#### DENTAL

#### Dental Care for your family

Preventive care - Professional cleanings, laser gum therapy Restorative care - Implants placed, fillings & crowns Comfort care - IV sedation & oral sedation Financial care - Customized financial arrangements, including Care Credit





Spring!

Time to start wearing white!

Free whitening for life.

Dr. Robert Long

Dr. Chris Long

with new patient appointment

Most insurances accepted CALL TODAY FOR APPOINTMENT 972-775-3192 4470 E. Hwy 287 Suite 1200 Midlothian, TX 76065 www.longfamilydental.com



our dream home." Three years later, that very house was for sale, so their dream came true.

After several years in their Saltbox home in Weatherford, Fred and Gail realized one problem. Weatherford wasn't very convenient for driving to Fort Worth for Fred's part-time job at Log Cabin Village and Gail's part-time job at James Avery Craftsman, nor for trips to Dallas for church and to Midlothian to see their grandsons. "We used to say, 'If we lived



in Ft. Worth, we'd be home already," Fred joked. So they moved to Ft. Worth, where they had a normal house, which they decorated with their beloved antique furnishings. But the stay there was short lived. "It was always in the cards that we might move to Midlothian," Fred recounted. "Dale is an assistant fire chief here, so he knew about Midtowne before it was developed. It made sense to build this place."

Fred had studied architecture in

college, so he sketched the floor plan for a new dream home in the Midtowne neighborhood. "The architect was so excited to do something new and different," Gail added. "He really backed our design and plans." The construction took about eight months, and Fred and Gail moved into their home in July 2012.

The uniqueness of the house starts at the curb. Keeping with typical Cape Cod homes, Fred and Gail's house is noticeably smaller than some surrounding homes. The quaint front porch offers a sitting area that's ideal for watching passing traffic, both vehicular and pedestrian. Fred built a reproduction New England-style plank front door, though there's a second, more functional door to ensure that heat and cold stay in or out, depending on the season.

Once inside the entryway, the charm of late 18th century living takes over. The "keeping room" is at the center of the house. "In the old days, this would have been the first room built," Fred explained. "It would have included a bed, and would have served as the kitchen." A large, open fireplace provides warmth,

OM

APPROVED

ITH C

# Commitment to Quality

Approved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant, Dallas counties and surrounding areas. We're locally owned and operated by hometown folks that really care and is supported with a lifetime of home health experience

The Community Health Accreditation Program, Inc. (CHAP) rewards agencies for their Core & Home Health Standards of Excellence. Approved Home Health Care continues to hold CHAP Accreditation status as we go into our ninth year!

**Best Little Home Care Agency in TX!** Family Owned and Operated Since 2005

Call 972-723-2933 or email info@approvedhhc.com

#### Medical • Surgical • Cosmetic Dermatology





www.guardianjiu-jitsu.com 214-577-4285 3221 Robinson Rd • Midlothian



www.embroldme-waxahachie.com Award Winning Customer Service Custom Ts • Screen Printing Lettermans • Polos • Caps • Banners Personalized Gifts • Promotions

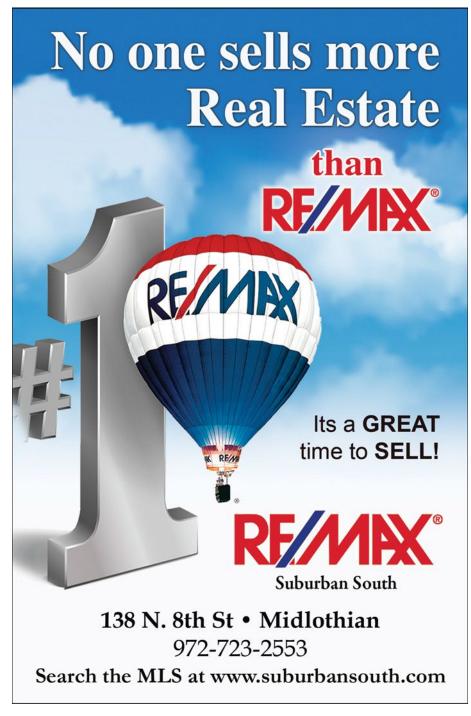




Nasal allergies • Food allergies • Asthma
• Sinus headaches • Sinus infections
• Hives and skin allergies • Bee, wasp and ant allergies

2800 E. Broad St, Suite 514 Mansfield, TX 76063 972-217-9564-office 972-938-0508-fax On the campus of Methodist Mansfield Professional Bldg.. www.mansfieldallergy.com 1305 W. Jefferson, Suite 115 Waxahachie, TX 75165 972-217-9564-office 972-938-0508-fax At Baylor Medical Plaza Adjacent to Baylor-Waxahachie. www.waxahachieallergy.com







and in Colonial times would have served as the cooking area. "We have taken open hearth cooking classes through the years, and sometimes we cook right here in front of the fire," Fred added.

The keeping room's theme runs throughout the house. Every piece of furniture and decor has a story and a purpose. There are silhouette pictures, antique cabinets and several authentic light fixtures. "We have collected light fixtures throughout the years," Fred commented. "The builder really worked with us, so we could make our home as authentic as possible." The lights are generally kept low with dimmer switches, adding to the feel of antiquity throughout the house. Fred and Gail even took steps to make sure light switches don't detract from the illusion of an earlier era. "We hang linens and put decorative pieces in front of the switches," he joked. "The kids call it our big cover up."

Next to the keeping room is a cozy parlor. Fred's dad built the central piece in the room. "I would draw up plans, and he would build the reproductions for us," Fred remembered. "In here, he built a Bible box that is a copy of an old Shaker piece." The box contains one of the oldest things Fred and Gail have, a German Bible from Fred's great-greatgrandfather, dated 1792. The room also features some of Fred's creative ideas. "We built bookshelves behind the doors," he said. "We like to use dead spaces like that."

The bedrooms are smaller than typical rooms, and include several items from times gone by. "The trundle bed in the





#### Spring is in the air ... ENJOY IT WITH A NEW BACKYARD RETREAT!



guest bedroom is an actual rope bed where you can tighten the ropes," Gail pointed out. "That's likely where the phrase 'sleep tight' started. And we have an antique spinning wheel in the guestroom."

In the master bedroom, along with bed hangings Gail hand sewed, there are two desks. "One is a piece we have collected, but the other was my mother's desk," Fred explained. "We have quite a few family pieces throughout the house." The bathrooms are modernized, but Fred built shelving and cabinetry to keep to the traditional look as much as possible.

One clearly up-to-date room is the kitchen, where Fred and Gail do the bulk of their cooking. "Open-hearth cooking is fun, but it is a lot of work and takes time," Gail admitted. "My parents and grandparents were butchers and cooks, so rolling pins and butcher blocks have been passed down through the generations." Filling out the kitchen are dried herbs from the couple's garden and dried fruits, used for cooking and decoration. From the grand front door to the smallest string of rosemary, Fred and Gail's home takes guests from modern to modest as they step back to a simpler time. **NOW** 



L.L.I. Construction

**Residential & Commercial Quality Workmanship** 

#### CALL FOR SPRING SPECIALS TODAY! 682-232-6030

20 YEARS OF EXPERIENCE Locally-owned



- Covered Patios
- Outdoor Kitchens
- Paver/Flagstone
- Patios
- Cedar Arbors
- Fireplaces
- Fire Pits

#### Afraid of the dentist? Come sleep through your dental work.

Come meet Dr. Martin and the rest of the caring Fearless team.



Mention this ad and get FREE WHITENING FOR LIFE when you become a patient at Fearless Dental. FREE trays and then FREE whitening gel at every cleaning.

Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions, Invisalign. Sees children. Our hygienist Melinda does deep cleanings and laser gum treatments if gum disease is present. Years of dental needs can be completed quickly and with very few appointments all in our office.

#### Same day treatment available. No interest financing W.A.C. for up to 2 years.

#### Convenient Hours: 8am-6pm M-Th F 8am-1pm

In network with these major PPO plans: Aetna, Delta, Cigna, Metlife, Guardian, United Healthcare, Blue Cross Blue Shield of Texas, Humana, Principal, Ameritas, Dental Select, UCCI.

#### www.FearlessDental.com

972-617-3322 · Red Oak, TX 75154 101 Austin Boulevard · Suite 100

# WE CAN HELP!

Our Professional Team Can Help to Manage or Rent your Property



760 N. Highway 67 • Cedar Hill, TX

Rentals Available!

Call Today! 972-291-0900 MOST IMPORTANT THING WE DO. BUILDING RELATIONSHIPS IS.

BUILDING PORTFOLIOS ISN'T THE

The POPE FINANCIAL GROUP of RAYMOND JAMES®

**Donald R. Pope, CFP®, WMS** Senior Vice President, Investments

Jonathan A. Pope, AAMS® First Vice President, Investments

Todd A. Simmons, AAMS® Vice President, Investments

222 E. Wheatland Rd. Duncanville, TX 75116 www.PopeFinancialGroup.com 972.780.0533 888.230.1558

2013 Raymond James & Associates, Inc., member New York Stock Exchange/SIPC. Raymond James is a registered trademark of Raymond James Financial, Inc.

## "Serving the Needs of Our Communities, One Patient at a Time"

Our facilitiy helps people restore strength, function and independence following surgery or a hospital stay. Individualized plans of care are delivered on a short-term basis. Our vision calls for quality and outcome-focused post-acute care that meets individualized patient needs.

- Specialized Rehabilitation
- Outpatient Rehabilitation
- Cardiac & Pulmonary Care
- Private & Semi-Private Rooms
- Fine & Private Dining
- Diabetes Management
- Orthopedic Care
- Club & Garden Rooms
- Intravenous Therapy
- Chronic Tracheostomy Care
- Beauty Salon & Spa

- Stroke Rehabilitation
- PT/OT/ST
- Recreational Therapy Programs
- Pain Management
- 24/7 Admissions
- Movie Theater & WiFi
- Wound Care
- Post Surgical Recovery
- Transportation
- Cancer & Bariatric Care

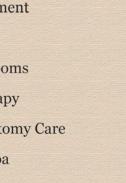
**TRINITY MISSION HEALTH** & **REHAB OF ITALY** Another Covenant Dove Community 220 Davenport Street Italy, TX 76651 972-483-6399

ACCEPTS: Medicare, Medicaid, Private Pay and Private Insurance

Visit us on our website: www.covenantdove.com/italy

ime" endence e are ient needs.







With summer around the steamy corner, moms and dads everywhere are considering ways to keep their kids cool, entertained and challenged until school activities rev up again. Busy parents, especially, want safe options for amusement and education they can depend on for their children during workday hours.

#### Summer Camps

For many parents, grandparents and guardians, the tried-and-true youth camp offers an ideal solution to boredom and inactivity for their kids. As schools close their doors for summer break, camps around North Texas open theirs, drawing children of all ages to the same games, sports and campfire sing-alongs, which have provided fond memories for older generations. But, as the website for Ultimate Camp Resource makes clear, "there's more to camp than kickball or four-square." Modern summer camps offer a wide variety of both age-appropriate and inclusive outings, games, art projects and theatrical skits. "We



encourage you to plan all activities using the 'everybody plays, everybody wins' philosophy," the site suggests, adding by changing the rules to give a personal touch and not keeping score helps make competitions upbeat and fun.

Susan Merrill, director of programs for Camp Fire Camp El Tesoro in Granbury, believes in the importance of reaching children through activities for all tastes and skills. In her 25 years in the camp industry, Susan has observed the positive effect the interactive enjoyment of work, play and team building has had on young campers. "Going to camp should be a part of every child's life," she said. "The experience develops their independence and confidence, and it provides the opportunity for children to learn decision making."

At large camps, some extraordinary features include: horseback riding, canoeing and kayaking, hiking,





LIC:M-36931 COMPLETE Plumbing Services Best Warranty in the Industry

Encore

Plumbing co.



Senior Citizen Discount

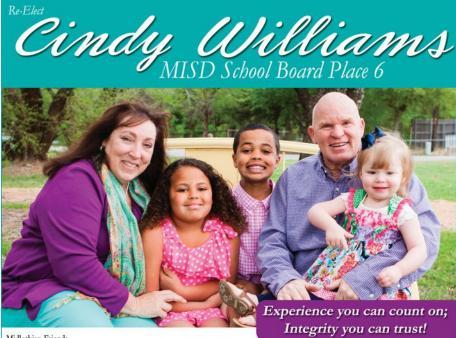


### 214.325.8046

encoreplumbingdfw.com www.tsbpe.state.tx.us FAMILY OWNED & OPERATED • MIDLOTHIAN BASED • LICENSED & INSURED

LEAK DETECTION CAMERA INSPECTION TANKLESS WATER HEATER WATER HEATER REPAIR/REPLACEMENT GAS LINES TOILET REPAIR CLOGGED DRAINS SEWER & WATER

LINE REPLACEMENT



Midlothian Friends.

It has been my great privilege to serve as your trustee for the past 5 terms. Over those years, we have continuously focused on excellence in all areas and a culture of accountability to those we serve. As a district, we all have much to take pride in and to celebrate. I'm asking for your support in this year's election for another term of service. As in the past, I promise to be an advocate for the success of our students, staff and community.

Please vote — May 10<sup>th</sup> (early voting April 28<sup>th</sup> — May 6<sup>th</sup>)

Political advertising paid for by Cindy Williams Campaign - Cindy Williams, Treasurer



children's interests might be, Misty Luttrell, director of overnight and family camps at Camp Fire, recognizes a common denominator: togetherness. "With all the electronics out there, kids spend more time plugged in and less time interacting face to face," she pointed out. "But camp fosters an atmosphere that allows kids to build relationships with peers and their counselors."

basketball, tennis and soccer. Whatever

#### Vacation Bible Schools

Another staple, yet ever diversifying, alternative for meaningful summer activity for children is Vacation Bible School. Nearly every church sponsors a program blending faithbased instruction with challenging amusement, covering a range of ages.

Nora Beane, a contributor to the online clearinghouse Yahoo Voices, cites five good reasons for parents to consider VBS as a viable outlet for kids' entertainment and education:

1. Scheduling: "The majority of VBS programs run for a single week and many only operate for a half day during that week. Almost every family can plan around that."

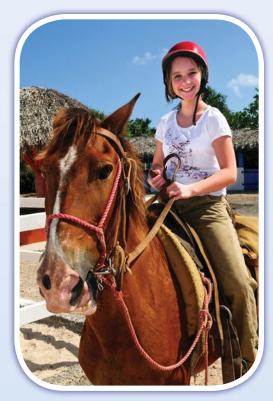
2. Content: "There are a million sites where kids can go to learn how to play baseball, but considerably fewer places where kids can learn to respect others and have faith in God."

3. Quality companionship: "Parents can guess that their child will be



separate shower & double vanity. Office beautifully finished. Marble entry w/ winding stairway

Upstairs Jack/Jill bath w/double sinks.



attending VBS with other kids who come from families where values are important and faith is central."

4. Engaging entertainment: "Kids at VBS don't just spend time reading the Bible. VBS programs have curriculums built for and around kids that are full of adventure."

**5.** Economic value: "Because they are church based, most VBS programs are not set up to make a profit. They are set up to share a message."

#### Library Programs

An increasingly varied venue for parents seeking relief from the heat for their kids this summer is the local



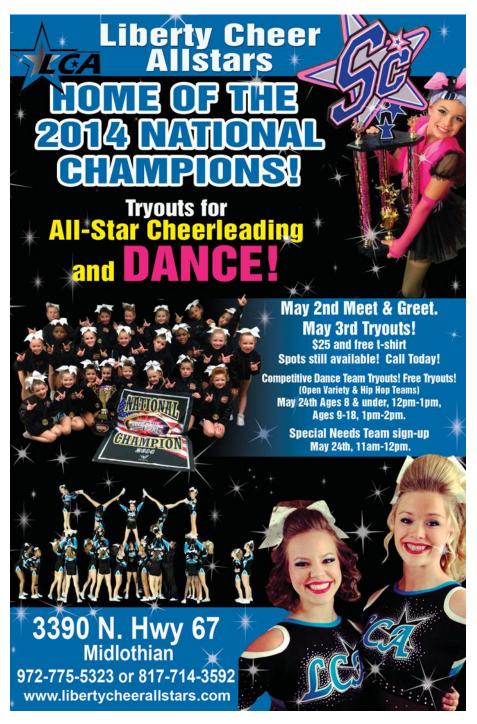


Complimentary Jewelry with any new client hair service!

#### Gift Certificates Available!









# MPG

ALL-ASPECTS CAMPS: encompass everything from hitting, fielding, base running, pitching, catching, mental training, fun games & much more!

### 9:00am-2:00pm

(break for lunch from 12pm-1pm) Players may bring their lunch with them in the morning, or parents may drop off

### WHAT TO WEAR:

shorts or baseball pants, T-shirt & tennis shoes or turf shoes (NO CLEATS PLEASE)

### WHAT TO BRING: baseball glove, bat & lunch

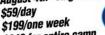
SUMMER CAMP #1 June 9th - July 3rd

\$59/day \$199/one week \$479 for entire camp

SUMMER CAMP #2 July 7th - July 31st \$59/day \$199/one week \$479 for entire camp

CONTACT US: 972.845.7053 INFO@GEARUPBASEBALL.NET

JULY 4TH July 4th - July 5th \$129 BACK TO SCHOOL August 4th - August 15th



f 🖪 🐨

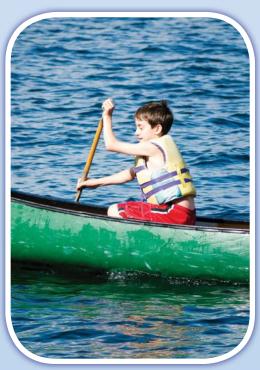
\$349 for entire camp Extended Camp Hours 8am-6pm Only \$39/day or \$99/week

**Members** get 25% OFF!



library. Not only can the little ones (and the older ones, too) hone their reading skills, but they also acquire valuable social sensibilities and teamwork through contests and other interactive programs. From talks by authors to magic shows and clown acts, children learn to associate books with fresh new experiences and exposure that will aid their future reading development and desire for knowledge.

According to the American Library Association, 95 percent of public libraries offer summer reading initiatives for children, so there's no shortage of programs for which parents can sign their kids up. Many





Offer good thru May 30, 2014

**Fitness Progra** 

## BURR OAK RANCH

Weddings • Reunions Birthdays • Photo Shoots

/BurrOakRanch Midlothian, TX • 214-533-9047





libraries select themes each summer for their programming, which involves not only literature but special events. Local themes for summer reading programs in the recent past have included tie-ins to popular family movies, cartoons and comic books.

The ALA lists the three main benefits for youth-geared summer reading programs as:

**1.** Maintaining reading skills between grades.

**2.** Attracting reluctant readers by activity-oriented events.

**3.** Encouraging reading as a lifelong habit.

#### YMCA and Community Recreation Centers

More fun in the sun opportunities for kids this summer at local YMCA centers or other community recreation facilities include: basketball and football, swimming, outdoor art installations, tie-dyeing T-shirts and numerous other craft projects.

One North Texas area YMCA craft idea proved especially popular last summer with young children returning from a field trip to a popular water park, and it promises to entertain many again this year. Boys and girls created a souvenir of their outing by gluing sand and shells onto a wooden or particle board backing in the shape of a starfish or dolphin. These were then affixed to a painted stick or straw, which girls in particular enjoyed waving around, calling the toy their "mermaid wand."

Whether camping out or taking a dip, curling up with a new book or displaying artistic creations, the summer sky's the limit. There are plenty of choices available for exciting recreational and educational opportunities for your kids this year!



www.mansfieldfinejewelry.com

# ACHIEVE your GOALS

Look and feel more confident and youthful Tummy Tuck • Breast Augmentation/Lift Breast Reduction • Liposuction • Post Weight Loss Surgery Mommy Makeover Packages & Financing Available

## J. Michael Morrissey, MD

Board Certified, American Board of Plastic Surgery Plastic, Reconstructive and Cosmetic Surgery



arlobe Repair

Waxahachie Office: Baylor Medical Center 1505 W. Jefferson, Suite 120 Waxahachie, TX 75165 Dallas Office: Methodist Dallas Medical Center 221 W. Colorado Blvd. Pavilion II, Ste., 727 - Dallas, TX 75208

For A Complimentary Consultation Call 214.943.9222

WWW.DRMORRISSEY.NET







## Saratoga Springs shares its secrets of health, history and horses.

As with certain people, some places work a kind of magic. Such is the special grace of Saratoga. Nestled in the foothills of the Adirondacks, Saratoga Springs combines Old World charm with modern day conveniences. Health attracted people to Saratoga as early as the 1700s, when the area was sacred ground to the native Iroquois Nation. In the early 1900s, the wealthy came from near and far to take in the healing waters in America's European-style bathhouses. Today, visitors still enjoy The Queen of Spas' natural, flowing waters at local spas or on a walking tour.

Decades ago, the city embraced its slogan: Health, History and Horses. Taste-testing the healing water is just one attraction for the hundreds of thousands who come

### ••••••

back to Saratoga year after year. Victorian streets — lined with specialty boutiques, art galleries and studios, exquisite cuisine, cozy coffeehouses, jazz hot spots and so much more — are walked yearround by visitors content to enjoy the charm of Saratoga Springs.

Horses and Saratoga go hand-in-hand. The Saratoga Race Course, named one of the Top 10 Sporting Venues in the World

by Sports Lunstratea, celebrated its 150th year of racing in 2013. Some of the finest and greatest thoroughbred horses have raced on Saratoga dirt and turf. Saratoga hosts a 40-day meet from mid-July through Labor Day. The meet's first and final weekends are marked by two free music festivals, Hats off to Saratoga and Final Stretch. Horses are also found at the Saratoga Casino and Raceway with one of the most beautiful harness tracks in





the country — as well as on local farms, in horse sculptures throughout town, at the National Museum of Racing and Hall of Fame, in national horse shows, at the Fasig-Tipton Sales Pavilion and in every store offering Saratoga memorabilia.



Tap • Ballet • Jazz • Hip-Hop Tumbling • Pointe • Cheer • Adapted Dance Drill Team Prep • Adult Classes • Birthday Parties Studio Rental • DJ Services © ZVMBA

## NOW ENROLLING FOR SUMMER SESSION AND DANCE CAMP!



214.577.2636 www.allaboutdancetx.com • 505 George Hopper Rd, Midlothian, TX (next to MidTowne Donuts)



1441 S. Midlothian Pkwy, Ste 120 · Midlothian, TX 76065 located behind Vintage Bank in Baylor complex phone 972-755-4620 fax 972-755-4622 southernstarfootandankle.com

## **GUY BURKETT** PERSONAL TRAINER

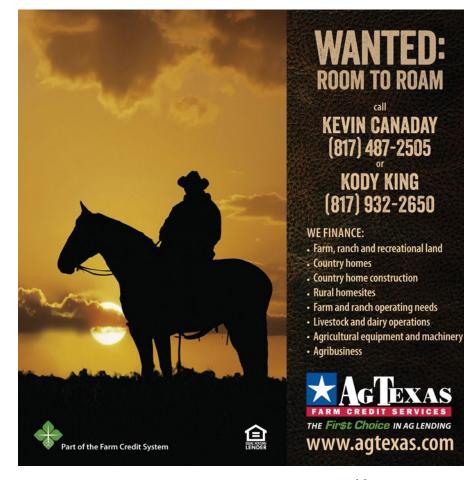




NATIONAL ACADEMY of SPORTS MEDICINE Corrective Exercise Specialist Performance Exercise Specialist Nutrition Specialist

- Conditioning
- Strength
- Endurance
- Cardio
- Weight Loss
- Body Contouring

## WWW.GUYBURKETT.COM



ET'S GET TO

In-home or on-site service available

ALL FOR YOUR

214.282.9741



The city's rich history is apparent while strolling Broadway or quiet side streets filled with grand Victorian and Gothic buildings and homes. Registered historic districts within Saratoga city limits ensure preservation of over 1,000 existing structures. Museums celebrate horse racing, dance, military and automobiles. Saratoga National Historical Park marks the spot where heroes fought the Battles of Saratoga and American rebels overtook the British military forces. The park's over 3,000 acres offer breathtaking landscape, virtually untouched since the 1700s. Saratoga has been fondly noted as the birthplace of the potato chip, the first bottled water and the oldest, continuously operating coffeehouse.





## SARATOGA

graces every visitor with the amenities of a big city in an intimate setting.

One glimpse of Broadway and downtown makes it easy to see why Saratoga was named one of "America's Best Small Towns" by Money magazine. While searching specialty shops for treasures, take time to taste Saratoga's grace. Dozens of eating establishments suit every palate, from award-winning cuisine and wine from around the globe, cozy coffeehouses and jazz clubs to scrumptious bakeries and ice cream treateries. Culinary events include Saratoga County Restaurant Week in early December, and the Saratoga Chowderfest warms visitors every winter in early February.



Saratoga's fabulous art scene rounded out by a designated art district, a dedicated arts center, numerous artist studios and galleries featuring local artists — hosts ever-growing and popular festivals, including the four-



\*Free in the U.S. and available for one cent in Canada with the purchase of two or more Merle Norman cosmetic products. Cosmetic accessories not included. Offer valid while supplies last at participating Merle Norman Cosmetic Studios beginning May 1, 2014. Limit one per customer. We reserve the right to substitute individual components of gift. Merle Norman Cosmetic Studios have been independently owned and operated since 1931.





2203 W. Ennis Ave. in Ennis 972-872-9811 • lonestarfloor.com Like us on **f** acebook Hours: Tues.-Fri.: 10-6 & Sat.: 10-3 or by appt. **FREE ESTIMATES** 

Wishing your family a legacy of healthy smiles!



DEN

FLOORCOVERING

Interior Design Showroom

Patient-centered care

- Wellness-focused
- Comforting environment

Let Dr. Engram and her team be your family's dental home!

151 Walton Way, Suite 102 Midlothian (next to Game Stop near Wal-Mart) 972.723.1148 A general dentistry practice



day SaratogaArtsFest at the beginning of June and First Night Saratoga, an alcohol-free, family-friendly New Year's Eve celebration. Saratoga is home to the prestigious artist retreat, Yaddo, recently awarded as a National Historic Landmark for its significant and tragic past. Skidmore College, located at the north end of town, offers not only a liberal arts education, but also the first-class Frances Young Tang Teaching Museum and Art Gallery along with the state-of-the-art Arthur Zankel Music Center.



Locals and visitors enjoy year-round entertainment, education, outdoor recreation and fun in Saratoga, a place of grace easy to get to from anywhere. The closest commercial airport is Albany International Airport (ALB), which is about 30 miles south of downtown Saratoga Springs. Bus services, taxis, limousines and rental cars offer daily service to the downtown. Private pilots make use of the Saratoga County Airport, and Amtrak serves a station in Saratoga Springs (SAR) only about one mile west of Broadway.

When exploring downtown, visitors are awed by Saratoga Spa State Park, a 2,200-acre park just off Broadway. This National Historic Landmark is filled with classical architecture, two golf courses,



Beautiful 4/4 1/3 custom, deluxe office w/custom desk & credenza, medianoom, gameroom. High ceilings, crown molding,hand scraped wood floors throughout. Prestigious Eagles Nest community. Kitchen wigranite counter, breakfast bar and vegetable sink is open to family room w/gas fireplace. Huge Master has saferoom, adjoining aundry & master bath wi jettled tub, double walk-in shower w/massage jets. Separate vanities & large linen storage. Energy efficient construction, tankless water heaters, radiant barrier, heat pumps. 3,000 sq ft. hanger. Robin Beaton 469-658-5025 Cell www.robinbeaton.com rbeaton01@yahoo.com RE/MAX Suburban South 138 N. 8th Street Midlothian, TX 76065

## DOGWOOD CANYON Audubon

### Camp out with us!

Thanks to a new partnership with Audubon Dallas and the Cedar Ridge Preserve, we are now offering overnight tent camping for groups and families. Experience true tent camping in Cedar Hill without the hassle of packing your own campfire, tents, or meals.

### Girl Scout Camper & Night Owl Overnight Badge Programs

Earn up to 3 badges \$45 per person without dinner and \$50 with dinner Minimum 15 campers; tents provided

### Families and Youth Groups

Camping 101 with educational activities \$45 per person without dinner and \$50 with dinner Minimum of 15 campers; tents provided

To register, call 469-526-1980 or send an email to dcac@audubon.org



Find us on Facebook

dogwoodcanyon.audubon.org



## New Patients Welcome

- Eyeglass & Contact Lens Prescriptions
- Glaucoma Treatment
- Diabetic Eye Care
- Cataract Surgery

## Already have a Bx?

We gladly accept outside prescriptions! Come browse our selection of eyewear from budget packages to designer names.

## We offer Competitive Pricing I





Theresa Patton, MD now certified to perform Single-Site Robotic Gynecologic Surgery





March, 2014: Theresa Patton, MD, partner at Kessler Women's Healthcare, Dallas, announced as the first area OB-Gyn certified to perform Single-Site robotic surgery. Robotic surgery is minimally invasive with several small incision sites instead of large incisions, reducing patient risk and allowing a faster recovery time. While many OB-Gyn specialists now perform da Vinci robotic surgery in the area, advances in technology have now made it possible to increase the already remarkable benefits of robotic surgery. Dr. Patton was the first general OB-Gyn in Dallas certified in Single-Site Surgery, reducing incision sites to one!

If you would like to schedule an appointment with Dr. Patton or any of the physicians at Kessler Women's Healthcare **call 214-941-7200** 1330 N. Beckley Ave., Dallas, TX 75203

www.kesslerwomens.com



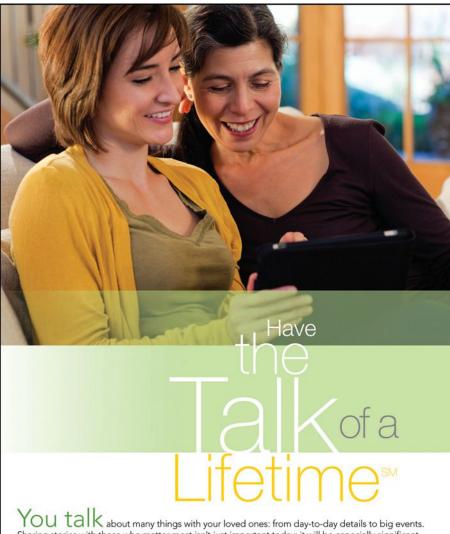
two swimming pools, a Georgian hotel circa 1930s, an exquisite spa, two museums including the National Museum of Dance and Hall of Fame, nature hiking trails, pavilions with picnic areas, playground, geysers and mineral springs — plus a stocked creek! The nationally known Saratoga Performing Arts Center is also hosted there as the summer home to the NYC Ballet in July and Philadelphia Orchestra in August, along with dozens of pop concerts and festivals, including Freihofer's Saratoga Jazz Festival the last weekend in June and Saratoga Wine & Food Festival and Concours D'Elegance every September. Hidden in the park is the intimate Spa Little Theater that hosts Saratoga's own theater company, Home Made Theater, as well as the Saratoga Chamber Music Festival in August and Opera Saratoga in June and July.



Surrounded by horse farms, apple orchards, corn fields, peaceful lakes, rivers, preserve lands and national and state parks, Saratoga Springs is an outdoorsman's paradise. Year-round adventures are easy to arrange, whether hiking, biking, kayaking, fishing, skiing, cross-country skiing, snowshoeing or ice fishing. Affectionately known as the city in the country, Saratoga graces every visitor with the amenities of a big city in an intimate setting. For more information, visit www.saratoga.org.

By Erin Klein. Photos courtesy of Stockstudiosphotography.com.





IOU LAIK about many things with your loved ones: from day-to-day details to big events. Sharing stories with those who matter most isn't just important today; it will be especially significant when it's time to honor and commemorate your lives.

Memorialization at the end of life is more than it used to be. It can reflect a person's life story and be transformative, healing and comforting.

Meaningful memorialization starts when loved ones talk about what matters most: memories made, lessons learned and how they hope to be remembered.

Download a free brochure and Have the Talk of a Lifetime today. It can make the difference of a lifetime.

Memorial Chapel

Call today for

Consultatio

URBANDASIS

817.453.3100

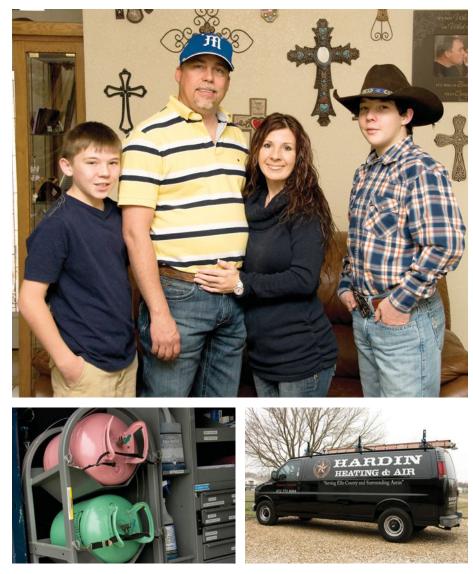
www.UrbanOasisOutdoor.com

PayPal 🐖 🌨 🏧 💶 L19335

ANDSCAPING • SPRINKLERS • LIGHTING

www.jaynesmemorialchapel.com | 972-298-2334 811 S. Cockrell Hill Rd. | Duncanville

## Business NOW



## Hardin Heating & Air, Residential and Commercial

Midlothian, TX 76065 (972) 775-8084 hardinheatingandair@gmail.com hardinheatingandair.com

#### Hours:

Monday-Friday: 8:00 a.m.-5:00 p.m. Emergency calls accepted after 5:00 p.m. and on weekends.



The Hardin family is the heart of Hardin Heating & Air with Tim (above) handling the mechanics.

Cool Air and Friends

Hardin Heating & Air can help keep you comfortable year-round. — By Betty Tryon

It's another blistering day in the Texas summer heat. You think things couldn't get worse when your air conditioning unit goes on the blink. Luckily, Tim Hardin, owner of Hardin Heating & Air is on call 24/7. "We can be people's heroes sometimes," Tim said. "When it's 100 F in your house and you have your windows open, but there is no air flowing through, it can be unbearable. If you need someone, call us and we'll get someone out there."

Tim and his wife, Wendy, started their business four years ago. However, Tim's experience in heating and air conditioning began 14 years ago when he worked for another Ellis County company. Liking the work, he attended Lincoln College of Technology in Grand Prairie. There he studied heating, air conditioning and refrigeration and earned his contractor's license. Tim feels a special bond with Midlothian because his mother has lived here for 27 years. "I plan on being here the rest of my life," he said. "My kids are in good schools. They like it here. My wife and I like it here and want to provide the community with a service that at some point in time everybody will need."

Developing personal relationships with other businesses in the community as well as with the residents is a big focus for Tim and Wendy. "Getting to know everyone around town at football and baseball games and other activities is very important to us," Tim pointed out. "We are hoping people get to know us and can use our business."

One of the benefits Hardin Heating & Air offers the community is the immediate service the company provides. Instead of reaching out to a Dallas business for help, relief is

## Business NOW

practically next door. When customers call, they can expect Wendy or Tim to answer the phone personally. "We don't have an answering service," Wendy confirmed. "Since we are a smaller company, you get more owner one-on-one time."

That one-on-one time is a plus Tim cultivates. "It's about the relationship," he stated. "I like to keep the relationship going even after the service is completed."

"That's something I really like about this company," Wendy agreed. "Tim has no problem doing a service call and getting his hands dirty while making what might be a lifetime friendship with our customers."

"Early spring is when you should get your unit checked for summer before it gets really hot."

Another asset of Hardin Heating & Air is the preventative maintenance contract it offers. "Most people take their air conditioning for granted until it breaks down," Wendy said. "Early spring is when you should get your unit checked for summer before it gets really hot."

"It's kind of like your car," Tim added. "How many people keep their car for 20 years? You have to take care of your air conditioner just as you do with your car." Another reason to maintain one's unit is the savings customers reap. Tim expounded that roughly 60 percent of homeowners' utility costs are for heating and air conditioning. "They run daily," Tim said. "So it's important to have an efficient system."

As much as Tim wants to help clients with their air conditioning and heating system issues, equally important to him is the trust he builds with customers. "Making people realize they are more than just somebody we do business with is key. For us, customers become friends and extended family."



Serving sushi roll

items

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

Any \$25 Order

Excluding mixed drinks. Dine-in only

One coupon per party

over

www.nowmagazines.com 53 MidlothianNOW May 2014

**OPEN MEMORIAL DAY** 

## Around Town NOW



*Emma Claire Stephens, 9 years old, takes home five first-place ribbons at the Black Star Sport Horses dressage show.* 



Janice Carey, Dolores McClatchey and Shelley Hemphill, as members of the Midlothian Education Foundation Executive Board, discuss grants for the schools.



Briley Blackmon, Kenna Buchanan and Jayden Blackmon enjoy The Lego Movie in 3D on opening weekend.



Members of the Middle School Movement Project at Frank Seale Middle School say thank you for the MEF grant they received.



Daddies and daughters enjoy a beautiful day full of sunshine.



Destiny Wells places fourth with her goat, Captain Jack, at the local Midlothian FEA Show.



Fifth graders at LaRue Miller Elementary participate in an owl pellet lab where they dissect pellets to discover the diets of owls.



Head Start friends work with art teacher, Mr. Fiorenza, to paint and prepare their recentlyfired ceramic bowls.



Aubrey Walton shows her team spirit before a basketball game.



Katy Altman and Jerilyn Caldwell prep for the Stock Show parade.



Botox \$8.99/unit (minimum 20 units)

Buy One Juvederm or Radiesse Syringe, GET THE SECOND 50% OFF

SkinCeuticals Skincare Products

20% Off

Laser Hair Removal Packages BUY 3, GET 3 FREE

Expires May 30, 2014

Breast Augmentation
 Robotic Hair Transplantation
 Exposurction
 Mini Facelift
 Body Contouring after Massive Weight Loss
 Laser 360/Paragon Liquid Laser Lift

~ Laser Treatments/Hair Removal ~

• Photofacials • Skin Resurfacing • Microdermabrasion • Botox/Fillers • Laser Hair/Tattoo Removal

Wrinkle-Free Wednesday 9am-5pm • Botox & Xeomin \$10/unit

> ~ Above Offer Available at ~ 1101 Matlock Rd., Mansfield, TX, 76063

Wrinkle-Free Rush Hour Thursday 3pm-7pm • Botox & Xeomin \$10/unit

 Above Offer Available at ~
 1203 S. White Chapel Blvd., Ste. 150 Southlake, TX, 76092



Mark A. Bishara, M.D. Harvard Fellowship trained in Aesthetic & Reconstructive Plastic Surgery

New Location Now Open!





1101 Matlock Rd., Mansfield, TX, 76063 • 817-473-2120 1203 S. White Chapel Blvd., Ste. 150 Southlake, TX, 76092• 817-473-2120

www.markbisharamd.com

www.theparagonmedspa.com

## Finance NOW

## Taking Stock: Have You Recovered Financially?

We often read news stories about how the United States is recovering from what is now known as the Great Recession. But what about your own finances? Have you taken stock recently to see if your financial situation has fully recovered?

According to the Federal Reserve, the average American household lost the equivalent of about \$142,900 in wealth between the 2007 peak and early 2009. The average household recovery of inflation-adjusted wealth, as of the third quarter of 2013, was only 87 percent, or approximately \$124,600 of recovered wealth.<sup>1</sup>

The degree of wealth recovery varies significantly among households. This is due in part to the variance in how well housing values have rebounded in different areas. While some metropolitan areas have experienced price upswings due to smaller inventory, on the whole housing prices and homeowner equity remain below previous peak levels.

Overall, wealth recovery has been uneven — disproportionately favoring wealthier households. Home equity gains have been higher for more expensive homes, and stock market gains have tended to favor higher-net-worth families.

As a general rule, this is why older families with more assets tended to fare better during the economic downturn. And among more mature households, those headed by someone 70 or over fared slightly better than those headed by someone between the ages of 62 and 69. Part of the reason is because older families were less likely to experience the loss of a job and health insurance benefits and were receiving more stable sources of income. Because the recession took a greater toll on younger generations, the Fed speculates that baby boomers and members of Generation X are presently on track for lower income and wealth in old age than those born in the 1930s and 1940s.

Have you taken stock of how your savings and investments have fared since the economic downturn? Perhaps now it's time to get back on track with your retirement savings plan. The following strategies are just a handful of things to consider. Discuss these and other strategies with your financial advisor to see what may be best for you.

 Increase your level of contributions to your retirement plan at work. Many people reduced or stopped contributing when money was tight. Now is the time to resume your income deferrals — preferably maxing out your contribution limits.

 Maximize retirement plan contributions if you're age 50 or older. The additional catch-up amount is \$5,500 for 401(k) plans and \$1,000 for IRAs.

• You may want to add more funds to your mortgage payment each month so that you can retire mortgage-free.

• Reassess your current asset allocation strategy to make sure you're still on track to meet your financial goals, tolerance for risk and investment timeline.

• Consider whether you should rebalance your investment portfolio in light of the stock market's impressive gains last year. Your allocation may currently be out of whack, and rebalancing offers the opportunity to reinvest your earnings more conservatively in 2014.

St. Louis Federal Reserve, In the Balance, Issue 6, December 2013.

©2014 Raymond James & Associates, Inc., member New York Stock Exchange/SIPC.

Asset allocation and rebalancing do not guarantee a profit nor protect against loss. The information contained berein has been obtained from sources considered reliable, but we do not guarantee that the foregoing material is accurate or complete. Raymond James is not affiliated with any other entity listed herein.

This article was prepared by Raymond James for use by its Financial Advisors. Jonathan Pope is a Raymond James Financial Advisor in Duncanville.



## Direct Mail Advertising Works!

Let *MidlothianNOW* magazine present your advertising message to

over 13,900

Home & Business addresses in the Midlothian ZIP codes



Call for more information 972-937-8447



## When It Comes to Colorectal Cancer, Put Facts Over Fears

Nobody likes getting a colonoscopy. But the fact remains that it's the best way to prevent colorectal cancer or catch it in its earliest stages. If you are over the age of 50 and have never had a colonoscopy — or if you are 60 or older and it has been 10 years since your last one — it's time to talk to your physician about getting a colonoscopy.

Likewise, men and women with a digestive disease, such as: inflammatory bowel disease, ulcerative colitis or Crohn's disease, or who have a family history of colorectal cancer, should talk to their physician about colonoscopy much sooner. The procedure typically is not as bad as most people think, and it's the best way to stop colorectal cancer early, or before it even starts. **Knowing the Facts** 

• A leading cause of cancer deaths. According to the National Cancer Institute, colorectal cancer is the second leading cause of cancer-related deaths in the United States.

• Equal opportunity offender. Unlike some cancers, colorectal cancer impacts both men and women in nearly equal numbers. In 2013, the American Cancer Society estimates approximately 73,000 men and 69,000 women were diagnosed with a form of the disease.

• No symptoms doesn't mean no problems. Unfortunately, most people won't experience any symptoms of colorectal cancer, such as pain and bleeding, until it's already in its later stages, often making treatment more difficult.

• Prioritize prevention. By removing precancerous tissue called polyps from the colon during a colonoscopy, you can prevent them from ever becoming cancer.

#### **Overcoming Your Fear**

Here are three common fears (or excuses) physicians hear for not getting a colonoscopy, and why they shouldn't hold you back anymore:

• The day before: Preparing for a colonoscopy usually involves fasting and drinking a

laxative to flush your system before the procedure. In the past, patients often complained about the taste of the laxative. However, depending on where you're having the screening done, the laxative may just consist of a powder mixed with Gatorade, so it tastes much better.

While there is no way to sugarcoat the diarrhea that accompanies a laxative cleanse, keep in mind that for most people a colonoscopy is a once-a-decade screening, and it could save your life.

• Pain and discomfort: Patients are under sedation for the duration of the procedure, which usually only lasts 20 to 30 minutes. Normally, patients come out of sedation with no memory of it. Even if polyps are found and removed during the procedure, it doesn't hurt.

In addition, advances in colonoscopy over the last 10 years have improved the procedure. For instance, often  $CO_2$  is used instead of air to access the colon with the scope, which is absorbed much quicker by the body. So the gassy feeling that some patients were once left with after a colonoscopy is normally much less now.

• An abnormal finding: Some people fear medical tests because of what might be found. But that should serve as motivation. Especially with a colonoscopy, since it is one of the few screening tests that can also eliminate potential troubled tissue at the same time, all while you're sedated. And not only is cancer, if found early, more treatable, the treatment is usually a lot easier. **NOW** 

Valerie J. Gorman, MD, is chief of oncology, chief of surgery and a general surgeon on the medical staff at Baylor Medical Center at Waxabachie.



Calendar

### MAY 2014

#### May 2 — 4

Waxahachie Community Theatre presents Dirty Rotten Scoundrels: Friday and Saturday, 7:30 p.m.; Sunday, 2:30 p.m.; Chautauqua Auditorium, Getzendaner Park, Waxahachie. Tickets are \$12 for seniors and students; \$15 for adults. Preschool children get in free with a paid adult admission. Purchase tickets online at www.waxahachiecommunitytheatre.com and also available at the Waxahachie Chamber of Commerce, The Ellis County Museum and the offices of Jerry Ellis DDS in Midlothian. For more information, call the box office at (972) 646-1050 or email at www.wct.texas@gmail.com.

#### May 3, 4

Relay for Life Midlothian: Noon- midnight, Frank Seale Middle School Track Field, 700 George Hopper Rd. Contact information, Beth Anne Underwood (817) 560-0611 or (817) 560-0611, Email: bethanne.underwood@cancer.org

#### May 3, 10, 17, 24, 31

Downtown Farmers Market: 8:00 a.m.-1:00 p.m., Heritage Park, 234 N. 8th St. Open air market hosted by

the Midlothian Downtown Business Association held every Saturday morning from May through October.

#### May 5

School Board Student Recognition: 6:30 p.m. Midlothian High School Auditorium. 923 S. 9th Street, Contact Theda McGrew, Jana Hathorne (972) 775-8296.

#### May 10

Movies in the Park by Midlothian Parks and Recreation: at dusk, Hawkins Spring Park. Monsters University, a 2013 Movie from Disney/Pixar tells the story of how Mike and Sully first met. Rating: G. Bring your blankets and chairs for a free movie. Concession stand open. Giveaways at every show.

#### May 15

MHS Spring Band Concert: 6:30 p.m., MHS Auditorium, 923 S. 9th St. Contact Larry Doran, (972) 775-8237.

28th Annual Midlothian Chamber of Commerce Golf Tournament, for more information, call (972) 723-8600.

#### May 16, 17

Drill Team Spring Show: 7:30 p.m., MHS Auditorium, Contact Nicole Butler, (972) 775-8237.

#### May 22

Spring Choir Concert: 7:00 p.m., MHS Auditorium, Contact David Vehon, (972) 775-8237.

#### May 23 - 25

48th Annual National Polka Festival: Friday, 7:00 p.m., King and Queen Dance Contest, Sokol Hall, 2622 Hwy 34; Saturday, Parade, 10:00 a.m., downtown.; Sunday, Noon.-4:00 p.m., vendors, music, activities. Among attractions at Sokol, KC and KJT Halls are performances by 14 bands and authentic Czech cuisine.

#### May 29, 30

Everything

Student Directed Theatre Performances: 7:00 p.m., MHS Auditorium. Contact Stephanie Jarrell, (972) 775-8237.

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

– May 8th, 9th, 10th –

Half the

Store

**DIAMONDS & FINE JEWELRY** 

2251 Brown St. #102 🏶 Waxahachie wileysjewelry.com @ 972-937-4422

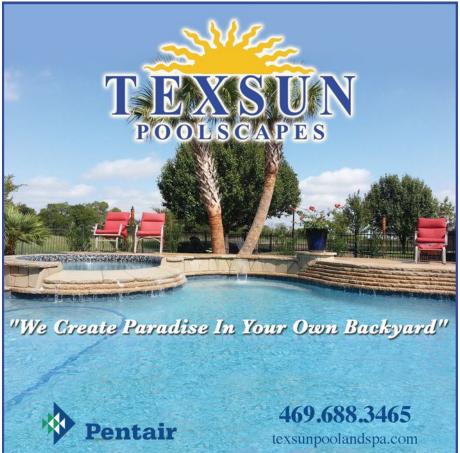
Items

We Buy Gold, Diamonds

& Jewelry







Need Cash?

Start Your Business Today! Call me to talk about Scentsy's great compensation plan!

Phone Orders Welcome Call for an Appointment Today!





Love Scentsy?

Host a Qualifying Party to Earn Yours Free & ½ Price!



**Debi Mangan** (972) 937-1440 Office (903) 258-3513 Cell www.eFlameless.com debimangan@sbcglobal.net

## Cooking NOW



## In the Kitchen With Victoria Sotelo

#### - By Betty Tryon

People cook for enjoyment, sustenance and fellowship with others. Sometimes, a life changing event awakens the desire. A terrible illness stirred Victoria Sotelo. "I found my inspiration for cooking through my battle with Lyme disease," she shared. "For two years, I didn't have the strength to even mix anything for more than a few seconds, and I had to do it with assistance while sitting." Now Victoria's passion for cooking is stronger than it ever was. She is with Midlo Bistro, and was accepted into Le Cordon Bleu's Applied Science in Pastry Arts program in August 2013.

"I am a huge baking and pastry fanatic," she confessed. "I love being creative, and baking gives you so many possibilities."

#### White Chocolate Cream Pie

- 6 1-oz. squares white chocolate
- (divided use)
- 3 Tbsp. heavy cream
- 1 3-oz. pkg. cream cheese, softened
- 2/3 cup confectioners' sugar
- I cup whipped cream
- 1 9-inch pie shell, baked

 In a large, bowl, microwave 5 squares white chocolate and cream on high for 1 1/2 to 2 minutes, or until the chocolate is almost melted, stirring halfway through heating time. Stir until white chocolate is melted and mixture is smooth.
 Beat in softened cream cheese and confectioners' sugar. Gently fold in whipped cream until no streaks remain. Spoon into crust. **3.** Melt remaining 1 square of white

**3.** Melt remaining 1 square of white chocolate in microwave. Drizzle melted chocolate on top of pie. Refrigerate overnight.

#### Chicken and Penne in Vodka Cream Sauce

- 2 Tbsp. butter, unsalted
- 4 small shallots, minced
- 4 medium garlic cloves, minced
- 1 28-oz. can whole peeled tomatoes in juice

- 2 Tbsp. tomato paste
- 1/2 tsp. red chili flakes
- 6 Tbsp. vodka
- $1 \frac{1}{2}$  tsp. salt
- I tsp. granulated sugar
- 3/4 cup heavy cream
- 1 lb. boneless, skinless chicken breasts, sliced crosswise against the grain into 1/2-inch thick strips
- I lb. dried penne pasta
- Salt and pepper, to taste
- 1/3 cup chopped fresh basil leaves

**I.** Bring a large pot of salted water to boil over high heat.

**2.** In a large skillet over medium heat, melt butter. Add shallots and cook. Stir until shallots have softened and begin to brown, about 8 minutes. Stir in garlic and cook until fragrant, about 30 seconds.

**3.** Transfer shallot mixture to blender. Add tomatoes with juice and tomato paste. Blend until smooth.

**4.** Transfer tomato mixture back to skillet; stir in chili flakes, vodka, salt and sugar. Bring to a boil over medium heat. Reduce heat to medium-low. Simmer, stirring occasionally, until slightly thickened and flavors are melded, about 15 minutes.

**5.** Stir in cream and season to taste. Stir in chicken and cook until just cooked through, about 2 minutes. Keep warm while pasta cooks.

**6.** Cook pasta according to package directions; drain, reserving 1 cup of pasta water. Toss pasta with sauce; add pasta water as necessary until sauce reaches desired consistency.

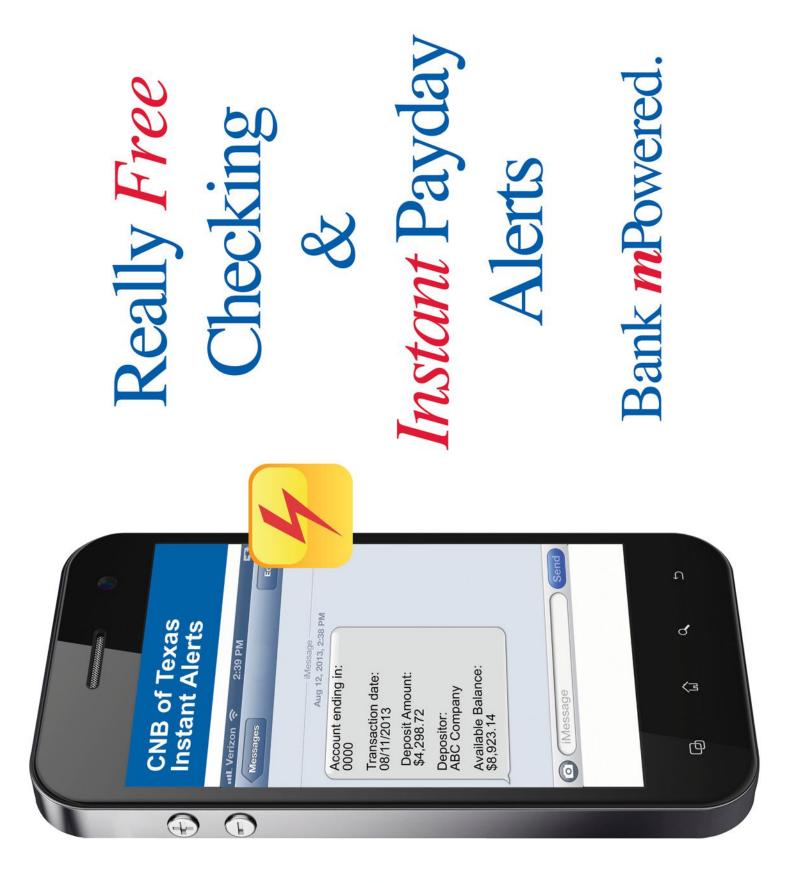
**7** Season to taste with salt and pepper. Stir in basil. Serve immediately.

#### Fresh Whipped Cream

- I cup heavy cream
- 1 Tbsp. powdered sugar
- I tsp. vanilla bean paste or vanilla extract

**I.** Combine all ingredients in a stand mixer or a bowl; beat until cream thickens, about 5 minutes. (Begin on low speed and gradually increase to prevent splattering. Using a chilled bowl will make your cream lighter and fluffier.)

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





972-938-4300 I-877-938-4300 www.cnboftexas.com



888-405-5606 www.waxahachieautoplex.com