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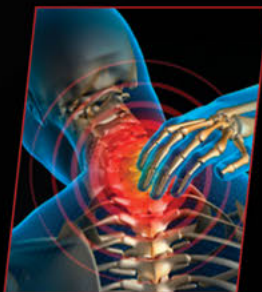
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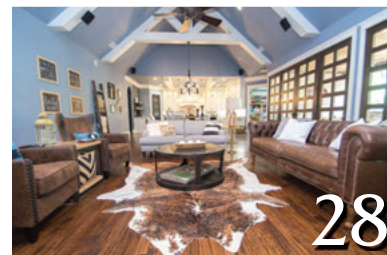
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*These are some of
Wanda Shaw's quilt making
tools of the trade.*

Photo by Amy Ramirez.

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Editor's Note

Hello, Neighbors!

This is the month when anyone connected to a school is bombarded with messages about the great day — graduation! From kindergarten to graduate school there is fanfare and lots of hustle and bustle as that day gets closer, and there *should* be! This is one of those defining moments in someone's life. I know I just can't be the only mom with kindergarten graduation photos displayed. This feeling of accomplishment is well warranted. It is hard work, and not everyone will make it. The idea is to keep moving forward. Motivational speaker Zig Ziglar offers encouragement with his words. "I move forward in my life every day, even if it's only a tiny step, because I know that great things are accomplished with tiny moves, but nothing is accomplished by standing still."

May 14th is Mother's Day, and for all who are still blessed to have a mom, take the extra time to let her know how very special she is to you. The hard work moms do is often underappreciated and unnoticed, but she does it anyway.

Happy Mother's Day to all the moms in Midlothian!

Betty

Betty Tryon
MidlothianNOW Editor
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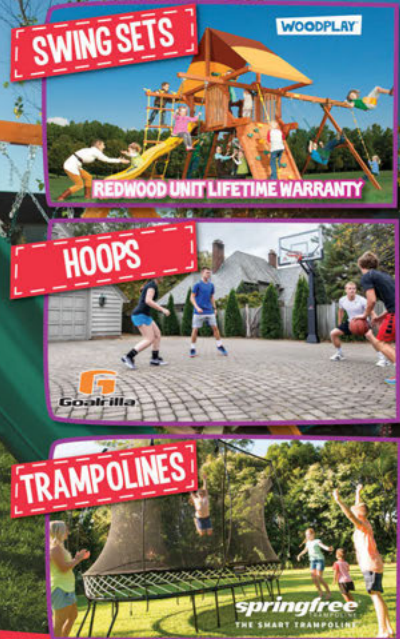
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Treasure Trove in STITCHES

Hands full of love and history moved with skill and knowledge over the squares of material. Each one painstakingly hand-sewn together into a treasured quilt, one stitch at a time. At the age of 86, for close to 30 years, Wanda Shaw shared and sold her cherished keepsakes to friends and relatives.

Quilting did not come naturally to Wanda. "My mother quilted and sewed. But she never taught me, so I had to learn myself. I remember mother having a quilting frame she hung from the ceiling. You don't hang things from the ceiling anymore," she laughed. "Back then you lived in a



IES

— By Betty Tryon

wooden house that had rafters where you could connect the frame. At the end of the day, she would roll the quilts up almost to the very top. She never sold her quilts because of being so busy making quilts for the family. I had seven brothers and one sister. Now I only have two brothers left: my oldest brother who lives in Ennis and my baby brother who lives in DeSoto.”

Wanda’s first experience at serious sewing was when she became employed at Haggar Slacks and worked with them for 25 years. “I was the utility operator and could make a pair of pants and could run every type of machine.” During her time at Haggar, Wanda married and had her family of one son and a daughter while living in Waxahachie. The family eventually moved to Midlothian where she and her husband built a home. “I’ve lived 40 years in the same home in Midlothian. Even after my husband died 19 years ago, I stayed and am doing just fine!” Her daughter is 70



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years old and lives in Houston but still drives to see her mom. The son is 55 years old and lives in Midlothian. "He calls me every day," she said proudly, "and drives me to wherever I want to go. He and his sister are 16 years apart, and I always said that God knew what He was doing when He gave my son to me."

After she retired, Wanda wondered what she was going to do. "My family knows I just go, go, go and am busy all the time. My sister-in-law suggested I



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make quilts, and I just love it! I would sit at the barstool,” she recalled, while gesturing toward the kitchen area, “then I would cut everything out. A lot of people have machines or a roller you cut with, but I cut it out by hand. Afterwards, I take all the pieces to my sewing machine.”

Wanda’s sewing machine is over 50 years old. She has a newer model but never learned how to use it and never wanted to, as she prefers her older machine. “There is a quilting machine, but I do not like quilting that way,” she informed. “The thread comes out of that machine so tight that when you get a quilt quilted, it’s just like covering it with a piece of cardboard. You can feel the difference in my quilts. They are much softer.”

For Wanda, quilting was serious business. She can no longer sew because she cannot fully use her right hand because of all the quilts she’s made. But when she did quilt, her attention was laser focused on it. She couldn’t have anyone talking to her. She would get lost in her work, and for her the time would just fly. “I would just start making quilts, one after the other. When my husband, Harold, was alive, I would sometimes work so hard that he would walk down the hall to my sewing room and suggest, ‘Why don’t you just come out, and we’ll talk about your quilting for a while.’” Wanda smiled at the memory. It was his way of turning her attention back to him for a short time.




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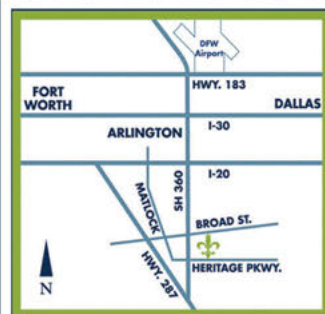


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She has hundreds of quilt patterns and several dozen books about quilts. When she first started quilting, she sold her products and had a very good business. She used to take orders on quilt making but had to stop because she couldn't make them all. "I would find a pattern I wanted to make and just make it. If someone wanted to buy it then that would be OK," she stated. "A lot of people would bring their quilt tops, and I would put them together — the cotton and lining and complete the quilt for them."

Although she has sold her quilts, Wanda would also give many of them away. "I gave 12 away for Christmas to family members last year," she shared. She does have a quilt that she will never sell. It's the one her husband called her \$1,000 quilt. It is huge and took over a year to complete. The entire quilt was handstitched in the pattern of Grandmother's Flower Garden. "It doesn't really cost \$1,000," she laughed. "He just said that because it took so long for me to make it, and I could never sell it for what it's worth." Indeed, the labor in the quilt is very evident, in that every piece of cloth sewn together in intricate

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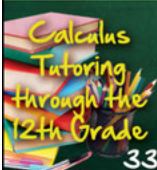


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patterns to make the top of the quilt is only about 1 1/2 inches wide for a quilt that would comfortably cover a queen size bed.

“Everyone asks me how long it takes to make a quilt, and I always give the same answer,” she declared. “Every quilt is different. With baby quilts, it doesn’t take any time to make them. They used to sell so fast that I would make four tops at a time and then start quilting.” She also has many lap quilts she made over the years that were relatively easy and quick to make.

Wanda’s quilts were made to have staying power. “Quilts stay with you,” she remarked. “They will last if you take care of them. Take care when you put them in the washing machine and don’t beat them to death. Wash them by themselves and when you put them in the dryer, watch them carefully. When the quilt is dry and fluffy, take them out of the dryer. Try not to let them spin and spin because that tears the threads.” That’s good advice from a woman who surely knows her quilts. When she first started quilting, Wanda had no idea she would stay with quilts so long. In 28 years of making them, she doesn’t have an accurate count, but has easily quilted over 2,000. Out of the 2,000, she still has 40 left waiting for a new home. Her beautiful quilts have blessed so many that it easily stands as an incredible legacy for her. **NOW**



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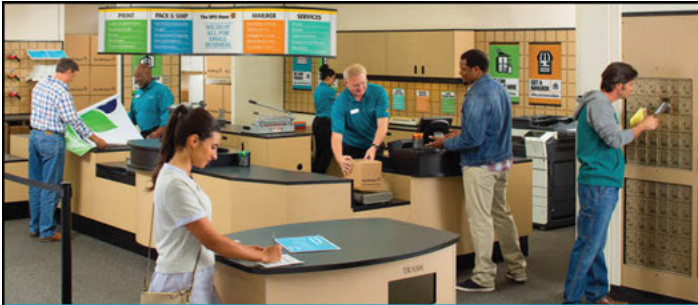


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MODEL *of a* WINNER

— By Betty Tryon

Roaring through the air, the giant scale model airplane racer named Miss Ashley, built and maneuvered by Jeff Powell, flew into the history books with the world record boasting a speed of over 200 mph. Handling model airplanes is second nature to Jeff. He started flying them with his dad when he was 5. As a young boy he and his dad, Charles Powell, went every Sunday after church to Thunderbird Field in Fort Worth to fly model airplanes, which they had built in the garage together. "It was a fun time," Jeff said. "My dad flew model airplanes long before I was born. He is a retired aeronautical engineer, so he has been involved with airplanes his entire life."

When Jeff graduated from high school, he wondered what he would do with his life. Following his passion for building and flying model airplanes, he decided to go to school and get a mechanic's license. While working at Lockheed Martin to get through school, he started flying aerobatics at age 20. He had a niche for flying well and was invited to a contest in 1995. "They invited the top 25 pilots to this contest, and I was one of them," he smiled. "I finished 10th, and after the contest, I started to get sponsorship offers from people who wanted me to fly their radios and engines in the airplanes. That led to racing."

When he got into racing, a friend called and asked him to race his plane. He raced for his friend for about 10 years, and then decided to go it alone. "When I started on my own, that's when I





“When I won the world record, it wasn’t my best race, but I’d rather have the world record and speed than win a race any day.”

started to get good. I built my own airplane and started off in the Class Formula 1.” In 2004, he won Formula 1, and his dad won it the following year. That prompted Jeff to leave Formula 1 and return to flying in the Unlimited Class, but this time on his own.

Jeff and other giant scale aircraft racers are a part of the Unlimited Scale Racing Association. The association follows the rules and specifications



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of the Reno National Air Races in bringing uniformity to the sport. Giant scale aircrafts are built by choosing a full-size airplane and crafting an aircraft that is identical to it but scaled down to look exactly like the real thing. Jeff's airplane is modeled after a modified P-51 Mustang,

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which was the third most popular airplane in WWII, and called *Miss Ashley*. “When we shrink the aircraft down to a scale version of the plane, we have to stay within the parameters of the scale,” he explained. “You can’t make it too small. You have to take it down to the smallest scale you possibly can according to the rules.”

When Jeff began flying for his friend, the expenses were born by his friend so the class or category he flew in was Unlimited. When he began to fly and race on his own, he had to fly in a class he could afford, and that was Formula 1. “The cost to fly in Formula 1 was half of what it would be to fly Unlimited,” he said. “That is the highest class. With Formula 1, the airplane was much simpler, and the cost was about \$5,000. It’s very expensive building the airplane and traveling to the races. *Miss Ashley*, the airplane that won the world record, cost \$10,000.” Another cost factor with Unlimited airplanes is you typically have to build a new one every year because their life span is so short due to midair collisions and airplane failure because of speed. Jeff’s expenses are helped in part since his sponsor, Horizon Hobby, supplies his radio equipment.

The airplanes are built of carbon fiber and fiberglass and weigh approximately



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25 pounds. What the aircraft looks like on the outside is one's personal preference but has to meet the design criteria for whatever class you're racing. "Airplanes are a giant shell of a plane that cradles the engine," he explained. "The outside of a scale airplane looks identical to the real size, but inside it is basically a flyable shell." Jeff's racer is a beautiful plane with a wing span of 9 feet. Some planes' wingspans exceed 11 feet. For such a large plane, it is deceptively lightweight. It has a radio controller that makes the plane go up, down, right, left, idle or full throttle engine power. It has retractable landing gear. Jeff can change the fuel mixture to make it slower or faster and has onboard GPS, so he can download the data. The racer doesn't fly inverted. It just goes straight and turns left. Jeff does have an aerobatic plane that can fly inverted. It took him a year to build it.

The races are held in California. For Jeff and his wife, Kevin, the trip is a fun family affair. He remembers from his childhood how much fun that can be. "Everywhere we went, mom and dad made a family deal out of it. We went to California all the time racing planes, and also to Kansas and Ohio." When Jeff's dad quit racing five years ago, Jeff became president of the Unlimited Scale



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Racing Association for four years, vice president for two. Kevin is the secretary and handles all the paperwork, including insurance. They have together hosted the race for the last three years in California. They've had people from Japan, Hawaii, Australia and from other states in the U.S. The sport now has a Sportsman Class for youth to encourage younger participants to develop a love for the sport. In the future, they hope to add another race during the year in Ohio.

Jeff competed against nationally sponsored teams in the recent national Race of Champions giant-scale aircraft championship held in California. The Unlimited Scale Racing Association (USRA) 2016 Race of Champions proved, once again, how exciting giant-scale pylon racing can be with fast action racing and speeds that routinely exceed that of NASCAR and Formula One motor sports.

In 2015 Jeff won the Unlimited world record of 1 minute, 9.4 seconds. In 2016 Peter Goldsmith beat that record with a time of 1 minute, 7.8 seconds flying 246.8 mph in the Unlimited heat 2. Jeff came back on Saturday to beat Peter's new record during heat 3 with a time of 1 minute and 6.1 seconds racing at 247.6 mph. Another first he accomplished was for the first time he brought his airplane home without a single scratch on it. The world record plane is still perfect. "When I won the world record, it wasn't my best race, but I'd rather have the world record and speed than win a race any day. I have the fastest propeller-driven model airplane ever made. *I have it!*" His dad is sure to be proud. **NOW**

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— By Zachary R. Urquhart

Shining BRIGHT

At Home With Chase and Ashley Bentley



Everybody needs a cause to fight for. Some spend their energy seeking justice and equality for groups that need help. Others advocate fiercely for children's welfare through adoption or the foster care system. In finding their own cause, Chase and Ashley Bentley are using a unique business model and their own beautiful home to give back and show God's love to the world around them.

Chase was born in San Antonio and grew up in Alvarado with his adoptive family. He spent his childhood playing sports and building homes with his father at his construction company. In 2002, Chase made his way to Texas Tech University where he earned his bachelor's and master's degrees in civil engineering. Since then, he's held various positions in structural, geotechnical, water/wastewater process and chemical/petrochemical engineering. Currently, he serves as partner/vice president of corporate development for NTACT Operations.

Ashley was born and raised in DeSoto and spent her days engaged in competitive cheerleading. She started at Texas Tech University in 2003 and earned her bachelor's and master's degrees in speech-language pathology. She's fulfilled her passion for helping children by working as a speech-language pathologist for various area school districts. As for her relationship with Chase, the couple met at Texas Tech, and the chemistry was less than immediate. Both Chase and Ashley were members of the Texas Tech cheerleading squad. "We were captains together, but we had different management styles," she explained. "We were 'frenemies.' For four years, we butted heads a lot, so when we started dating during graduate school, our friends were shocked."

They were married in 2009, and moved to Frisco, adding daughter, Callie, to their family in 2010. As they talked about growing their family further, they decided to move closer to family and came to Midlothian in 2012. A year later, they got pregnant again, and welcomed Zoey in 2014. "It made sense to get closer to our parents," she said. "Once we had Zoey, I became a stay-at-home mom, but the babysitting help is great." Chase and Ashley were pleased with their home in Shiloh Forest, but in 2015, they were given an opportunity to build their dream home in the same neighborhood they already loved.

"My dad has been a homebuilder for over 40 years, and I've been building with him for the past 20," Chase explained. "We bought a piece of land, but had no desire to build immediately. I've seen how that dynamic can put unnecessary stress on a marriage. However, after

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Shortly after groundbreaking, Chase and Ashley had the idea to provide this same experience for other people. They opened Augusta Custom Homes to help others build the home of their dreams, too. “Everything is open book — cost, schedule, fees, everything,” Chase shared. “At the end of each build, we give a

portion of our profit to each client to give to a nonprofit of their choice.”

Chase and Ashley’s home is lined by an expansive driveway that slopes downhill from the street toward a creek behind their property. Blue accents complement irregularly patterned rectangular stones for a façade that blends with

the neighborhood, while at the same time standing out as an artistic outlier.

Inside the house, they have a truly open space, flowing freely from kitchen to dining area to living room, capped off with an ornate fireplace big enough for the girls to stand inside. Ashley insisted on cathedral beams in the living room, which complement the overall look. The decor style immediately evokes a sense of elegance and ease. “It’s hard to describe, but I’ve tried to get a lodge-y cottage





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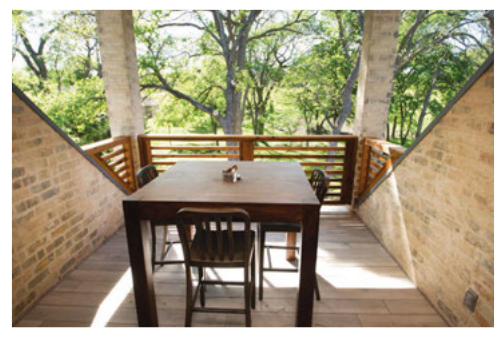
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feel while keeping a classic twist,” Ashley described. That dichotomy is seen best in the kitchen, where the largest single piece of marble available gives a formal feel, contrasting with the drink station’s rustic look and functionality.

From the comfort of their living room, Chase installed back patio doors with very little room for error. “We were going to have three sets of French doors, but we realized you would never really be able to open all of them due to the close proximity,” he explained. “So we put in ‘FOOF’ doors. That stands for fixed-operational-operational-fixed. Now, we can open both sets of doors and really open the space leading outside.” The back patio matches the flow of the interior, all the way from the kitchen to the fireplace, with dining and sitting in between. There is a beautiful view of the pool, and the back acreage filled with fun for the girls.

Chase and Ashley did not want any white walls, so the house is full of a soft blue hue, save for the girls’ rooms, which are pink with unique accents. Zoey’s room is full of stuffed animals and walls adorned with golden arrows. Callie’s room has a princess bed, hearts on the walls and features an Eiffel Tower. “We thought it was neat, but now she always tells us she wants to go to Paris one day,” Ashley laughed.

The master bedroom is simple at first glance, but heavy trim along the walls and



dividing the ceiling like the Sistine Chapel continue the dual feel throughout the house. "Trim work is very important to me," Chase relayed. "We used this step in the build to give the home a true custom feel." The master bath is beautiful, with its door-less shower and old-style soaking tub. Rustic vanities stand alone in their style, while also blending with a theme of unique pieces in every bathroom.

Upstairs, a billiards and media room offers retreat in a manner similar to the girls' playroom downstairs. "We wanted to make sure they had their playroom where they had space, but they were close to us," Ashley mused.

Chase's classically elegant office is also upstairs, but the crowning jewel is his personal balcony. "I can come out here to just relax," he said, "and enjoy the view, the trees and the quiet." **NOW**

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Summertime

Is Easy

— By Zachary R Urquhart



Every year, kids excitedly await the last school bell before vacation begins. And every year, a week after school is out, kids all around can be heard saying parents' least favorite two words, "I'm bored." But using this helpful guide, you can fill your summer with new, fun and, sometimes, free activities.

Sign up for camps!

- *Dance around town.* Every summer, there are dozens of local dance, cheer and art studios that offer one-week camps. These camps often double as a trial for prospective new patrons, so they are a great way to spend a week



and, at the same time, to see if there is long-term interest. Ask your friends what weeks they are signing up for, so your child will know some people when they arrive the first day.

- *Be a good sport.* Most high schools offer sports camps for youth up through middle school. These camps are a good way for high school coaches to meet future athletes, but they are also great for kids to learn fundamental skills,



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technique and strategy. While seeing kids that may eventually play for them is a bonus, schools do not limit attendance to those in their zones, so you can get football speed training from recent state champion coaches, or technical work from some of the most esteemed soccer coaches in the state.

- *Check dates.* With the number of studios, schools and private entities offering camps for all different ages and skill levels, you will want to spend some time looking for the right fit. Whatever else you do, though, make sure you know when the registration deadlines are. While some might extend registration with an added payment up until the day of the camp, staffing and equipment considerations may make others hold to a solid deadline, so do not let missing a postmark date keep your kid from the camp they want.

VBS, by many names.

- *Look for schedules.* With so many churches offering vacation Bible schools to the public, the first step needs to be looking for a calendar of the offerings. While you will not always find one codex with every option, you might call your city hall to see if they have something consolidated. You can also reach out on social media. There are Facebook pages where people throughout the area post

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their church's activities. VBS may be in the morning, afternoon or evening and, generally, goes for four to five days, with some churches using the following Sunday service as a grand finale.



• *Ask your friends.* There are literally hundreds of programs offered by local churches throughout the summer. It is not difficult to schedule a different vacation Bible school every week for a few months, if you are so inclined. Ask friends which ones they have tried, and find out what types of activities each one offers. Some churches do simple activities in the park, and you can show up for just a few days. Others, though, will require registration ahead of time, as they have professional instructors in various fields come to make the activity portion as great as possible.



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• *Figure out the code.* These days, different churches take different philosophies when it comes to VBS. VBX typically means the kids will have one specific activity that takes a lot of their time. Kids' Camp denotes more of a camp atmosphere, with varied activities mixed with the study portions. VBS in the Park is often an outreach seeking to bring in guests from nearby areas throughout the week. And traditional VBS normally blends Bible stories with songs, crafts and large group games.



Free is a great thing.

• *Movies in different places.* While many movie theaters offer cheap summer showings once a week, usually for films that have been out for a year or longer, cities often run special movie days and nights throughout the summer, sometimes in local parks or at other outdoor venues. Most local libraries show movies as often as once a week in the afternoons. Because these city events are planned well in advance, they are advertised weeks before showings, so a quick check of your city's website will give you all the details you need.

• *Libraries have more than just books.* In addition to family-friendly movie showings, most public libraries ramp up a full slate of summer activities. From bringing in magicians and other performers, to presenting informational sessions on a variety of topics, your local library is probably a great spot for



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free family fun, while you get out of the sweltering Texas heat. If nothing else, you can grab a summer reading log and have your kids earn treats and prizes for opening books during their months off from school.

- *Free events with memberships.* If you have passes for local zoos, botanical gardens or museums, be sure and check out their catalogue of events. While they always offer exciting exhibits, most places add a few seasonal specials to entice new families. If you are not a member yet, it may be worth spending \$100 or so for a yearlong membership that lets your entire family have access to special activities, concerts and, usually, even gets you passes to bring friends along for a visit.

The summer can be a great, relaxing time to break from the routine of school and work, but it can sometimes turn into an exhausting endeavor trying to keep your kids from the doldrums of too much free time. With trips to these great local spots, you can be sure your summer is one to remember. **NOW**

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K.I.D.S. Care Center intellectually stimulates children throughout the day. — By Betty Tryon

Kindness, Independence, Discipline and Self-confidence are internal stalwarts that every parent wants their child to develop. These are the words that comprise “K.I.D.S.” in K.I.D.S. Care Center. “They are the major building blocks as our name ‘K.I.D.S.’ implies, and the development in children’s social skills,” stated Kishani Mathiasz, owner of K.I.D.S. Care Center. “With these skills in place, we feel children can conquer anything. The learning center strives to inspire and teach these skills to the children. Children are precious, curious and need room to grow and learn. At K.I.D.S. Care Center, the focus is education and the well-being of the children.”

Born in Sri Lanka, Kishani currently holds a Montessori certification degree, CDA in early childhood education, Director Certification License, as well as other certifications in child care

administration, property management, accounting and train the trainer certification. Kishani’s desire for education led her to be a board member and VP for professional development for the Dallas Association for Young Children. “My husband, Zemen, and I have five children, three boys and two girls. Four of them are in college. The youngest one is 5 years old and attends K.I.D.S. Care Center and has been accepted to Newman International Academy next school year. Education is the key to me for my own children and for all the children we serve at our learning centers in Midlothian and Fort Worth.”

K.I.D.S. Care Center has been in Midlothian 14 years, with the last four being under Kishani’s ownership. They accept children from age 6 weeks to 12 years old. The center provides transportation to the elementary schools in the morning and

picks them up for K.I.D.S. Care's after-school program. In addition to the care provided during school days, the center has a summertime camp program. "We do three field trips a week and try to take them to interesting educational places," she informed. During the summers they've gone to places, such as the Perot Museum of Nature and Science, Fort Worth Botanic Garden, Fort Worth Zoo, Fossil Rim Wildlife Center, AT&T Stadium, movies, Peter Piper Pizza and Fort Worth Stockyards. K.I.D.S. Care Center also has special activities for spring break and Christmas break to make the children's time there extra fun.

"AT K.I.D.S. CARE CENTER, THE FOCUS IS EDUCATION AND THE WELL-BEING OF THE CHILDREN."

K.I.D.S. Care is currently enrolling. The center provides breakfast, lunch and a snack. "We are on the Texas food program, so parents don't have to pay," Kishani explained. "There are a few parents who prefer to have their kids bring lunch from home, but we still offer them milk, fruit and vegetables." Having the children well-nourished helps them have a good day of learning and fun.

K.I.D.S. Care Center is the only center in Midlothian that is a 3-star Texas Rising Star. "This is our third year," she said. "It's not easy to become certified, but it is about providing quality care for kids. It's going above and beyond for kids." The center is also on the Texas School Ready program. In the kindergarten class, there is a lot of preparation on the educational level for elementary school. "The kids are typically more advanced when they get to school. Many kids don't get that education at home because parents are so busy. This is where we give them those hands-on experiences to face the world."

Kishani owns a second learning center called Kids Rainbow Academy in Fort Worth that just completed its first year. They are Texas School Ready and will apply for Texas Rising Star. It also enrolls kids 6 weeks to 12 years and has a summer and after-school program. From Midlothian to Fort Worth, kids are being nurtured and inspired. **NOW**

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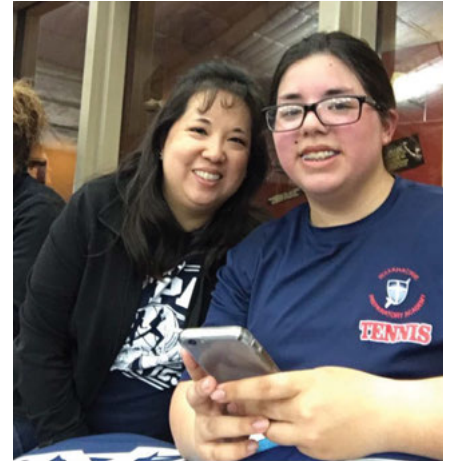
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Kenzie Mills' dad congratulates her win during her match party for Chopped Jr. on Food Network.



David Rivers, DDS and Mary El Rivers accept their chamber plaque from Cammy Jackson during their ribbon cutting ceremony.



Leah Austin supports her daughter, Sara, at a recent tennis tournament.



American Legion Post #0388 supports veterans at the Midlothian Marketplace.



Katie Bosley and Darci Davis pass out goodies at Brookshire's grand re-opening celebration.



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An Itchy Situation

— By Betty Tryon, BSN

A couple of days after some serious yardwork, you start to experience intense itching with a rash. Thinking back, you wonder if that bothersome patch of weeds you pulled was poison ivy.

Poison ivy is a plant that contains an oil or resin called urushiol. Poison oak and poison sumac also contain this oil, and all three of these plants together produce more than 300,000 cases every year of allergic contact dermatitis. The resin can be found in every part of the plant: leaves, stems, roots or flowers. The problem comes from direct contact with the oil on the plant. This is not transferred in the air through sneezing and coughing or by touching the fluid from the rash.

Within a few days after contact with the plant's oil, the skin develops an itchy rash. The rash, or hives, will progress to blisters. When the blisters burst, a crust forms over the lesion. You might also detect red streaks and swelling. Swelling in the face, mouth, eyes and/or difficulty breathing could turn into a serious condition. If this is a person's first contact with the oil, it generally takes longer for that first symptom to appear. If this is a repeated contact, then the rash appears within one to two days. Typically, the rash may last a couple of weeks but can last six weeks, if symptoms are severe.

Treatment for poison oak and poison ivy can usually be cared

for at home, if the rash is mild. Rinse the area with cool water for at least 10 to 15 minutes. Allow to air dry. Never use warm water as it causes your pores to open and more toxins could absorb into the skin. If possible, use an oil dissolving soap to clean the area. Do not scratch! If the oil is left on your skin, you can inadvertently spread it by scratching, thereby causing the rash to spread on your skin. Apply calamine lotion or hydrocortisone cream to help with itching. Change your clothes immediately. Wash them separately from other clothing, and don't forget to include any towels you may have used. With any swelling, contact your physician. Swelling in the face or airway requires an immediate trip to the emergency room.

The most effective way to avoid these complications is to stay away from these plants. Whether working in your yard or hiking through a wilderness, wear protective clothing, such as long pants, long sleeves and closed, sturdy shoes. Wear gloves when working on the ground. Learn to identify these leaves in all seasons to avoid contact, and remember a famous saying, "Leaves of three? Let them be!" **NOW**

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



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Meet Up With Phyllis: 6:00 p.m., A.H. Meadows Library, 923 S. 9th St. This is a class for English speakers and Spanish speakers with an interest in learning the art of conversation.

May 5 — 7

Once Upon a Mattress performed by Waxahachie Community Theatre: **Friday and Saturday:** 7:30 p.m.; **Sunday:** 2:30 p.m., Chautauqua Auditorium, Getzender Park. Tickets are \$12 for seniors and students and \$15 for adults. Tickets may be purchased online at www.waxahachiecommunitytheatre.com. For more information, call the box office at (972) 646-1050 or email wct.texas@gmail.com.

May 6

Arrowhead Show: 8:00 a.m.-3:30 p.m., Midlothian Civic Center, 224 S. 11th St., Midlothian. Admission is \$5; children 12 and under are free. For more information, contact Harold Hughes at (972) 921-8555 or haroldhughes@skybeanmail.com.

May 13

19th Annual Corsicana Airshow: Gates open: 8:30 a.m.; show begins: 11:00 a.m.,

Corsicana Municipal Airport, 9000 Navarro Rd., Corsicana. Rides for an extra fee will be available in several war birds both Friday and Saturday. Patrons may walk among the planes until the show gets underway. Vendors will be on-site with food, beverages and souvenir options. Cost is \$10 per person or \$20 per car. Admission is free to U.S. military veterans and active U.S. military personnel and their families. Bring lawn chairs, but no pets or coolers are allowed. For more information, visit www.coyotesquadron.org or call Dan Summerall at (903) 467-7170.

May 20

Mockingbird Nature Park Wildflower Walk: 9:00-10:30 a.m., 1361 Onward Rd., Members of the Indian Trail Chapter of the Texas Master Naturalist Program will be guiding Wildflower Walks. Please wear closed-toe shoes and bring water, insect repellent and sunscreen. Everyone is invited to join our stroll. Walks will be canceled in event of rain.

2nd Annual Veterans Benefit Horsepower Poker Run for Paws For Reflection Ranch's Veteran's Scholarship Fund: Registration: 10:00-11:30 a.m.: last bike out: 11:30

a.m.; last bike in: 3:30 p.m. The 100-mile motorcycle ride begins at the ranch. Live music, food, drinks, raffle and auction. For more information, call (972) 775-8966 or contact PawsForReflection@att.net.

June 3

Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Regional Airport. Breakfast tickets are \$6 for adults and children over the age of 8. Children under 8 are \$3. Parking is free. For more information, call (972) 923-0080 or visit www.mid-wayregional.com.

June 13

A.H. Meadows Library Summer Reading Program, Midlothian High School at 923 S. 9th St., There will be distribution of goody bags for children up to age 12. Please visit the website at misd.gs/domain/420 or call (972) 775-3417 for more information.

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

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In the Kitchen With Carolyn Reed

— By Betty Tryon

When Carolyn Reed wanted to start eating healthy, one of the books she read impressed upon her how the food you eat has a direct impact on your health. “Eating healthier does not mean less tasty or less satisfying,” she explained. “In fact, the food is delicious and easy to prepare. You can easily substitute some of the food items called for in the recipes for ones you like best.” She is writing a cookbook containing recipes her kids enjoyed when growing up. Before retirement, Carolyn was a veteran of the U.S. Air Force, Civil Service Employee, substitute teacher in DeSoto and Midlothian, and a part-time Mary Kay Consultant. **NOW**

Peach Ice Cream

Serves two.

- 1/2 cup vanilla, soy, hemp or almond milk**
- 3 large pitted dates**
- 1 cup frozen peaches**
- 1/2 small banana, frozen**

- 1.** Blend all ingredients until mixed.

Spaghetti Squash

- 1 medium-size spaghetti squash, halved lengthwise**
- 2 cups water**
- 1 15-oz. jar low-salt marinara sauce, homemade or store bought**
- Kraft Parmesan or Dairy Free Parmesan Cheese, to taste**

- 1.** Place two halves of spaghetti squash, cut side down, in a rectangular glass or ceramic dish; add water.
- 2.** Place in 375 F oven and bake for 45 minutes or until soft. Remove from oven and discard water.

- 3.** Use fork to scrape out the inside of the squash into a bowl. Pour heated marinara sauce of your choosing over the squash. Sprinkle cheese over the top and enjoy.

Blueberry Strawberry Salad

- 1 cup fresh spinach leaves**
- 1 cup baby kale leaves**
- 1 cup blueberries**
- 1 cup strawberries, halved**
- 1/4 cup red onion, chopped**
- 1/2 cup pecans or walnuts**
- 1/2 cup Red Raspberry Vinaigrette or Fruit Dressing of your choice**

- 1.** Mix first six ingredients together. Add dressing of your choice and enjoy.

Dr. Fuhrman's Banana Coconut Bars

Carolyn's favorite healthy food.

- 2 cups quick-cooking rolled oats (not instant)**
- 1/2 cup unsweetened shredded coconut**

- 1/2 cup raisins or chopped pitted dates**
- 1/4 cup walnuts, chopped**
- 2 large ripe bananas, mashed**
- 3/4 cup apple, finely chopped**
- 2 Tbsp. flax seeds, ground**

- 1.** Preheat the oven to 350 F.
- 2.** Mix all the ingredients in a large bowl until well-combined. Press into a 9x9-inch baking pan and bake for 30 minutes.
- 3.** Cool on a wire rack and cut into squares or bars.

Crunchy Flatbread Sandwich

- 2 Tbsp. hummus**
- 1 flatbread**
- 2 artichokes, chopped**
- 1/4 cup red bell peppers, diced**
- 1/4 cup tomatoes, chopped**
- 1 Tbsp. bean sprouts (optional)**
- 1 green onion, chopped**

- 1.** Spread hummus on flatbread.
- 2.** Mix vegetables together and spread on top of hummus. (For meat lovers, any kind of meat can be added.) Roll up, slice in half and enjoy.

Spicy Beef Stroganoff

- 1 lb. beef, cut into bite-size pieces**
- 3-4 Tbsp. olive oil**
- 1/2 cup mushrooms, chopped**
- 1/2 cup onions, diced**
- 1/2 cup carrots, chopped**
- 1 Tbsp. red pepper, crushed**
- 1 14.5-oz. can beef broth**
- 1 Tbsp. cornstarch**
- 2-3 Tbsp. water (or beef stock)**
- 1/2 cup sour cream**
- 2 Tbsp. Worcestershire sauce**
- Parsley, to taste**
- 1 12- or 16-oz. bag noodles, cooked**

- 1.** Brown beef quickly in olive oil; set aside.
- 2.** In a large skillet, cook mushrooms, onions, carrots and crushed red pepper until tender and add beef broth.
- 3.** In a small bowl, make slurry of cornstarch and water or beef stock and add to vegetable mixture. Let thicken and add sour cream and Worcestershire sauce. Stir; add meat. Sprinkle parsley on top and serve over cooked noodles.

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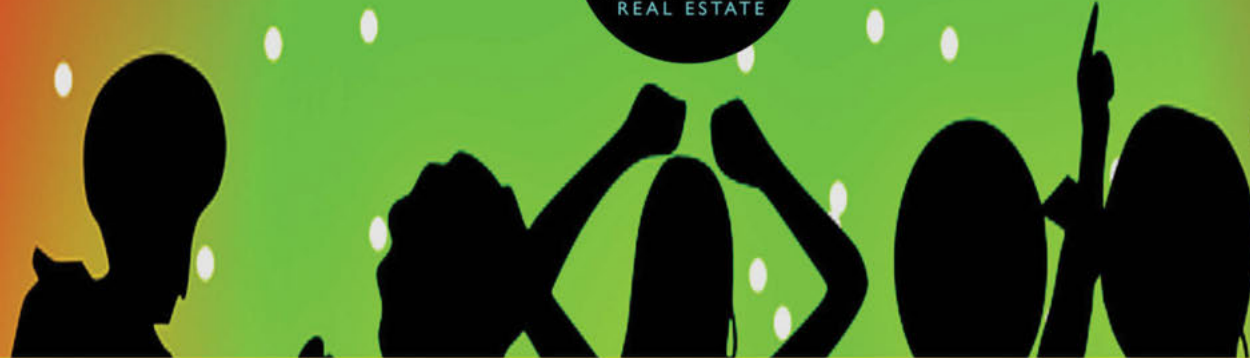
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