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June 2008

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Comes Down**

On Track

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Midlothian Fire Captain, Jeff Silva in full gear for our protection.

Photo by Ivey Photography.

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Midlothian NOW

Editor's Note

Dear Readers,

"Anyone can be a father, but it takes a real man to be a dad." The author of those words is unknown, but the words ring true. To be a dad is to have a connection, to care, to guide and protect. Dads work hard to give their children a life better than they had. Many times, children do not realize the amazing contribution their dad gives to the family until they are older and can appreciate his efforts. Father's Day is a great time to thank dad and show him how grateful you are.

In SportsNOW, 78-year-old Bob "Pops" Moore still builds competitive race cars. You can find him at one of the speedways in our area most Saturday nights. As one of two students in the state of Texas, Andy Rowell received the Al Neuharth Free Spirit Journalism Scholar Award for his thought-provoking work on the high school newspaper. We feature him in EducationNOW.

June traditionally begins the vacation season. Have fun and be safe out there!

Betty Tryon

MidlothianNOW Editor



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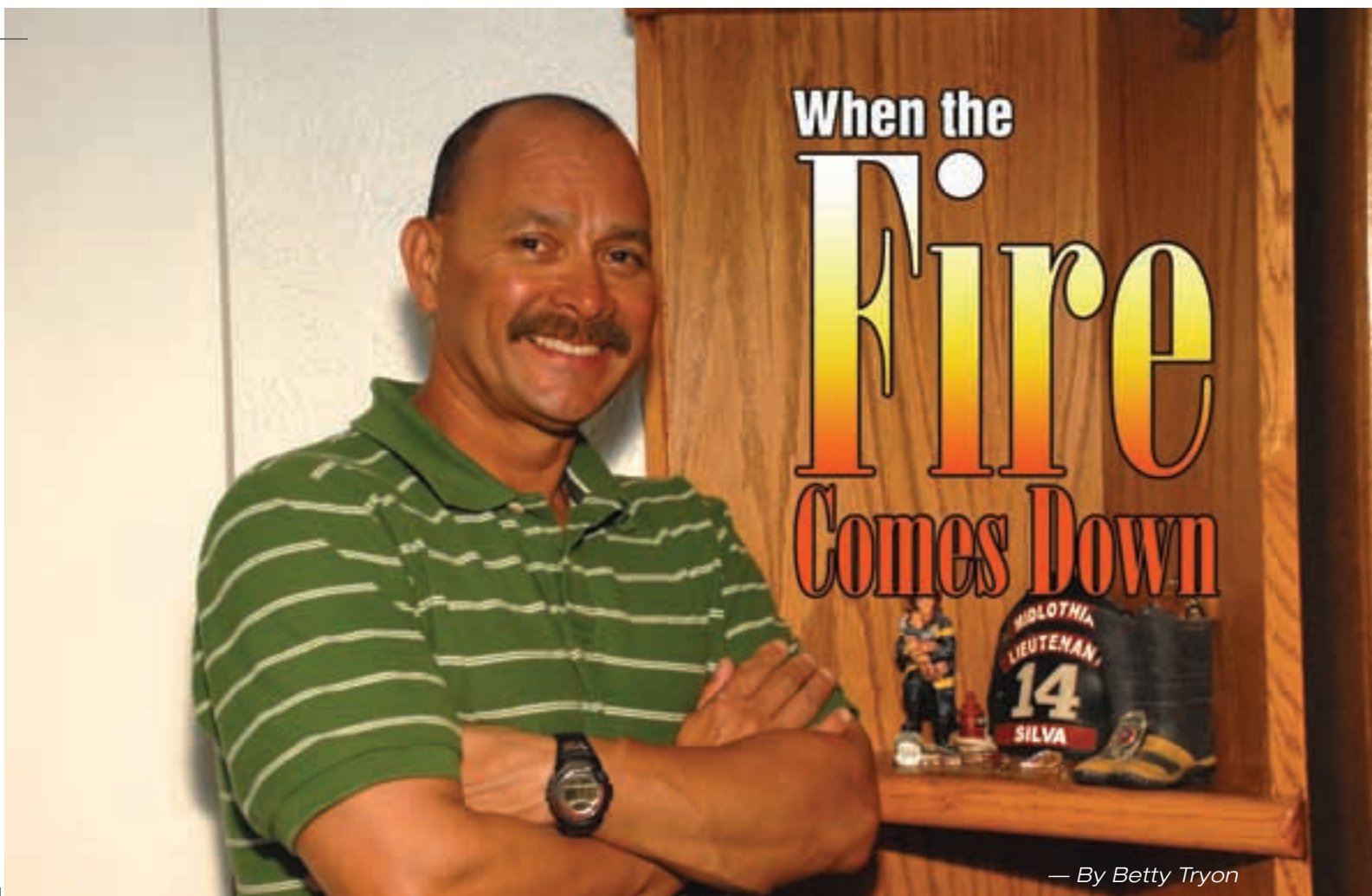
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— By Betty Tryon

The yellow flames insatiably devour the walls of the house. Hungrily, they eat up the furniture and inch ever closer to the walls and the attic, belching out bellows of black smoke the whole time. When it reaches the attic, the ceiling will fall in a downpour of fire. Jeff Silva, Fire Captain at the Midlothian Fire Department, has faced many such calamities like this. "I have been a fireman since 1992," he said. "I started out volunteering because being a fireman is something I have always wanted to do. I didn't know how to get into it. So, I sent myself to school and was able to get hired on full time in 1994."

Before Jeff became a volunteer firefighter, he worked at the electric company. However, he knew that working there was not to be his future. He stated, "I was lucky enough to get a buyout with the electric company, so I could get into fire service."

Seeking to gain the

knowledge necessary to become a competent fireman, Jeff entered Weatherford College in Weatherford, Texas, and majored in fire service administration and fire protection and safety technology. These two separate programs earned him the distinction of graduating with two degrees from college.

Jeff excelled in his studies and graduated with honors. Even he was surprised at his success. "I was shocked," he remembered. "I didn't know about it beforehand, and it ended up being a pretty big deal. My wife couldn't be there, so I invited my mother and brother, because I wanted

someone there for me when I graduated. I didn't know I was going to be honored." During the time Jeff worked to obtain his degrees, he also focused on receiving his





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Master Firefighter Certification with the Texas Commission on Fire Safety.

His admiration for firefighters began as a young boy. "I grew up in Everman, Texas, which is south of Ft. Worth. I used to see the Ft. Worth firemen when they came to the school. They were always so nice and professional. I remember my dad would take me up to the fire department to buy trash bags from the firemen. I think it was a fundraiser for them. I remember them being very friendly."

Jeff recalled a pleasant childhood memory of the firefighters flushing the fire hydrants, a maintenance procedure used to ensure proper operation of the fire hydrants, and it allowed the children to cool off. "We kids thought it was

"We don't shoot pool, play dominoes or eat all day long. We are always doing something — training, getting ready for the next alarm."

kind of neat that we could play in the water. A lot of my buddies from high school became firemen."

After Jeff became a firefighter, the department sent him to EMT (Emergency Medical Technician) school and paramedic school. He stated, "Every fireman here is a paramedic also. Midlothian is the place to be if you get hurt or sick. There is a lot of passion in our department for the job. We love to take care of the citizens of Midlothian. We have a passion [for] caring for the people and helping to protect property."

Jeff became a fire captain two years ago at station one. As part of his duties, he helps to oversee the shift's everyday operation, such as station maintenance, training, special programs and fire training. He is also responsible for the quartermaster duties of ordering equipment, uniforms and maintaining

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4811 Angela Circle - Midlothian \$274,900
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5851 Country South - Midlothian \$264,900
Unique split bedroom floorplan which not only has a master suite, but also a separate bedroom suite which includes its own bathroom-ideal for the live-in grandparent, teenager, or guests coming for a visit. This home sits on 1 acre, has hardwood floors, granite countertops, and bronze oil-rubbed fixtures. Call Sharon.



4840 Teresa Trail - Midlothian \$269,900
Texas charm and beauty on one acre. 4-3-3.5 with study or formal dining. Features include split bedroom arrangement, rock fireplace, large, bright windows, Jack & Jill bath in children's rooms. Outstanding master suite with oversized bath including his & her shower heads in walk-in shower. Large eat-in gourmet kitchen with island, solid surface countertops, and lots of taller than normal cabinetry for extra storage. Great landscaping, fenced & cross-fenced yard with 16 x 20 storage building. Bring your family and enjoy. Call Kathy.



214 Blake Lane - Midlothian \$122,900
Beautiful 2 bedroom garden home features incredible upgrades throughout including GE appliances, laminate flooring, solid surface countertops in the kitchen, ceramic tile in kitchen and extra spacious utility area, security system, sprinkler system, clear cedar stained privacy fencing and extra large covered patio with ceiling fan. Energy features include thermo-pane windows, storm door, heat pump and blown rockwool exterior wall insulation. Call Janet.



1508 Meadow Court - Midlothian \$112,900
Nested in the middle of a well located, established neighborhood! Very spacious three bedrooms in great condition only needing a little updating. Extra large living area and master bedroom, tons of cabinets in the kitchen, great covered patio and plant solarium off back patio. Great rental property potential, too. Call Janet.



4891 Whitehead Road - Midlothian \$195,000
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5430 Jennifer - Midlothian \$189,900
Great north side location! Three bedroom on one acre offers great landscaping and an extra large front porch. Other features include formal dining and large eat-in kitchen with ceramic tile, stone fireplace in the light and bright living area, split bedroom arrangement and bay window in the master. Unfinished bonus room upstairs is ready to finish out to give you 800 extra square feet. Call Kathy.



Willow Bend Dr. - Midlothian \$134,900
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inventory. Jeff is quick to say that it is not just him, but the whole team works together to get all of the tasks done.

Putting out fires is not the only responsibility the fire department assumes. They enjoy meeting the residents of this community and actively seek ways to make a connection. One way the department makes a connection is with The Citizen's Academy. This is a program set up to educate citizens about the fire department. Jeff explained, "It is pretty neat having people visit. You are always welcome at our station. We have a lot of groups that come through, but I think you can get more out of it in a one-on-one visit."

"A leadership group with the city comes to the station. We have them for one night, and we take them through search and rescue drills. To get them to experience what a fireman goes through, we blindfold them and have them crawl to get through the maze. They are blindfolded because in a fire, the smoke is so thick you can't see through it. We also have them put on our protective gear so they will know what it feels like. This is a way of satisfying their curiosity about the department. It helps get the word out about what firemen do. We don't shoot pool, play dominoes or eat all day long. We are always doing something — training, getting ready for the next alarm."

Educating children is also a part of their mission. In addition to conducting station tours, they visit schools — particularly in the month of October for fire prevention week. "We love kids.

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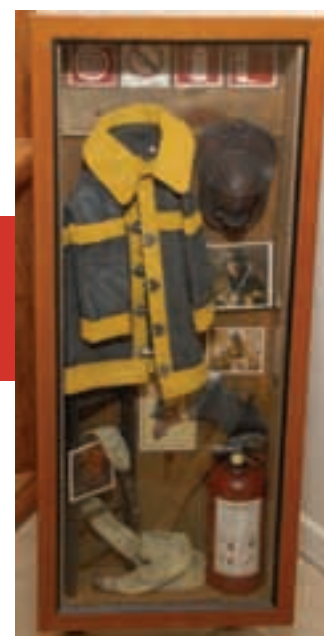
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We are all kids inside. We love teaching them. In elementary school, they can learn to dial 9-1-1 and help save someone. Several years ago, a young elementary child's home caught on fire. He got everyone out and called 9-1-1. He was recognized for that," Jeff stated. Jeff's best advice to those caught



inside when a fire breaks out is to "get out and stay out. I like to keep things simple. Some items can be replaced," he said. "I know it is hard because you want to go back and get something. It is the smoke that kills you. You can't see your hand in front of you. It is pretty neat when we stop a fire at someone's home and the people can still live in it. We do our best to salvage pictures. In instances where a house burns down, it's great that we can hand pictures of grandparents or kids [to the homeowner] and say, here are your pictures."

Jeff acknowledges that the camaraderie of the unit is very important. "The best part of working for the fire department in Midlothian is working with your brothers. They became my second family. I eat, sleep and train with them. There is a great sense of accomplishment with the team approach. Your guys are what make you. It is not about me; I am just part of the team" **NOW**



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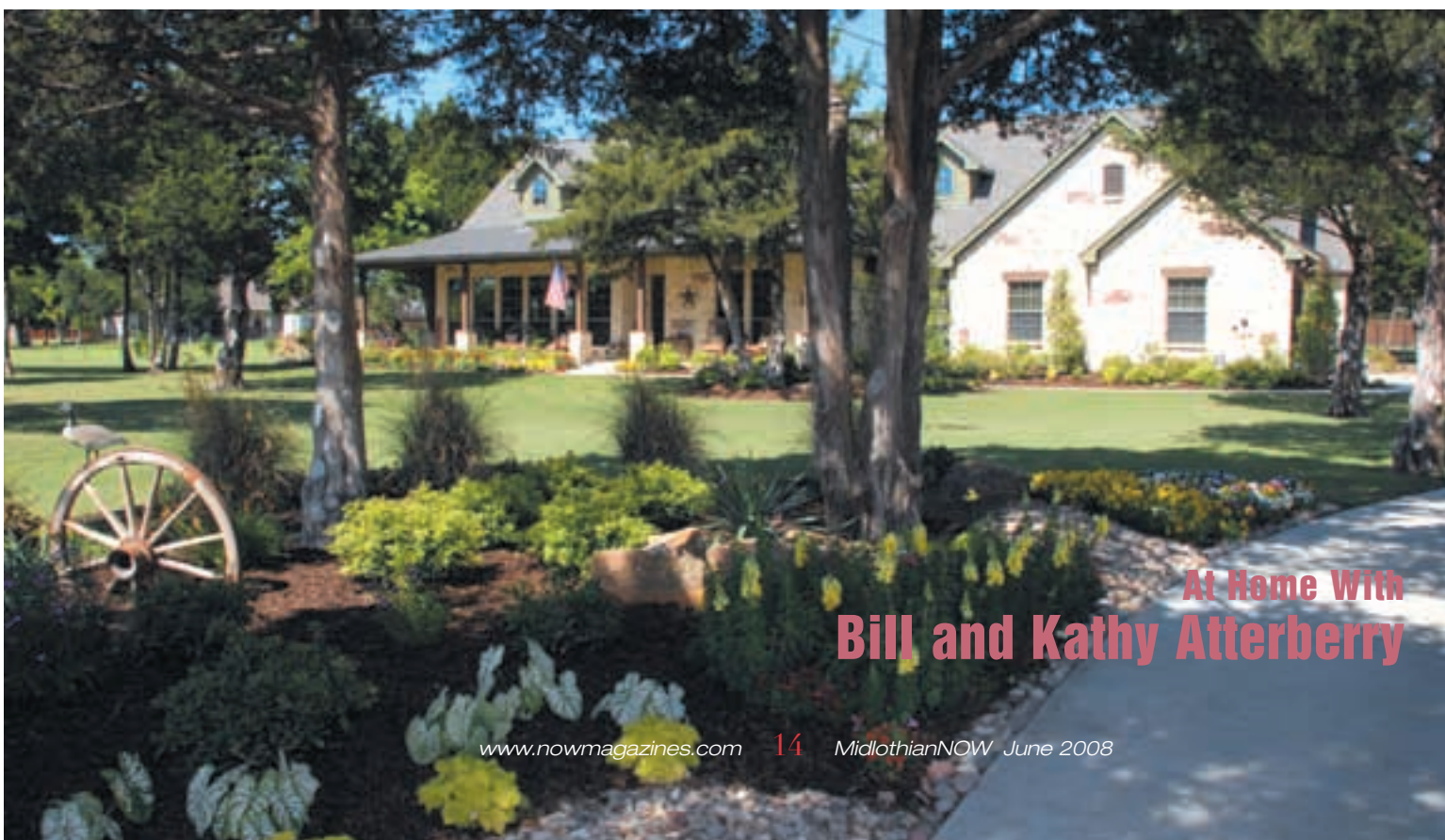


Remembering *Moments*

— By Sandra McIntosh

I guess it would be fair to say that Bill and Kathy Atterberry were high school sweethearts. When sitting across from them at the dining room table and listening to the easy banter between them, it is easy to see the love that blossomed between them so many years ago has grown ever stronger throughout their union. Soon to be married 37 years on August 2, the couple finds comfort in their oneness, making the art of laughter seem effortless. “We don’t remember days,” Kathy emphasized. “We remember moments!”

When reminiscing, the two begin to giggle. “I was a carhop at the Dairy Queen in Oak Cliff when Bill and his friend, Robert ‘King’ Bennett, pulled up,” she said, further explaining that Bill went by William when they first met and still does today when



**At Home With
Bill and Kathy Atterberry**



visiting his own family. "Bill was shy and quiet," Kathy interjected. "The type your mother warns you about." King was the total opposite. "King flirted with me, but I was interested in Bill," she said. Kathy did give King her phone number that day, hopeful that she would be able to stay in touch with Bill through his friend, if necessary. Several weeks later, Bill returned to the Dairy Queen. "We talked," Kathy remembered, "and then he finally asked me out on a date." After all these years, Bill is still able to recall their first date in vivid detail. "We went to the Astro Drive-In," he smiled. "We saw *The Texas Chain Saw Massacre*. The rest is history."

After a short courtship, Bill and Kathy married the summer following Bill's graduation from high school.



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After living in Duncanville and DeSoto, the couple decided to move to Midlothian. "Our first house was located on Plainview. That was six years ago. We were here two years on April 3," Kathy said, referring to their new three-bedroom, two-bath abode located in Crystal Forest Estates. "It's the second home we've built," Bill said. "We specifically designed it with our family and friends in mind." The design is open, yet cozy, warm and comfortable. The home's country style has a rustic ranch feel that invites guests to come in, take off their shoes and stay awhile. "We've always loved South Texas," Kathy explained. "We wanted a Hill Country-style home that was close to the city." Luckily, they found what they were looking for and so much more.



When asked about favorite places, Kathy did not hesitate with her answer. "I think I love the whole house," she said, as Bill shook his head in the affirmative. "One room only works with all the others." As a pool builder in charge of all pool designs and sales at Backyard Haven Pools & Spas, Bill is a very busy man. Thankfully, he has a wife who also loves digging in the dirt, cranking up the lawn mower and pulling the cord on the weed eater as evidenced by the lush green lawn, the flowers in full bloom and the uniqueness of several small vignettes in the front and side yards. "I just got a new blower," she said, with excitement in her voice. "My favorite part of the outdoors is the front yard. I love sitting on the front porch in one of the rockers, just watching the

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neighborhood children play and taking in the nature all around me." By the time Bill gets home in the evening, he is able to just sit back and relax thanks to Kathy's green thumb and passion for the great outdoors.

You may wonder where he goes to relax in a home where the kitchen, dining area and oversized gathering room are open to one another. Bill escapes to his media room, also known as the "man cave" upstairs. "It's my favorite room in the house," he said.

"It's great for football games, but it's also pretty good for naps, too!" Instead of several overstuffed theater recliners, the media room boasts of a sectional that also serves its purpose when the grandchildren come to visit. "We wanted to be able to sit together," Kathy said, "and the couch pulls out into a sleeper sofa for the kids." A bright red guitar, which Bill strums on a regular basis, rests on a stand in one corner. He quickly added he likes the music from the '70s.



To view the living room gives visitors an idea of the rest of the home's decor. Quilts that were handmade by Kathy's mother are draped over chairs, while a sepia-toned painting by local artist Carol Cull hangs over the fireplace mantle. A pillow with hand-stitched embroidery is quite valuable to Kathy. "It's my favorite decoration in the room," she said, with tears brimming in her eyes. "My son and daughter-in-law gave it to me." It reads, "The next best thing to having you as a mother is



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knowing my children have you for their grandmother." Wonderful sentiments indeed! A collection of roosters are found in the kitchen, as well as intermingled with Kathy's china in the antique china hutch along one wall in the dining area. "Everything is grandkid proof," she said, referring to the couple's three grandchildren ranging in age from 3 to 14.

"Things don't matter. What matters most is that the children are comfortable when they come to visit."

Bill and Kathy have always loved to travel. Until recently, it was quite common for them to climb

on their Honda Gold Wing or Harley Davidson to venture out with friends on the highways and byways. One experience Bill said he could share included a road trip to Wisconsin with a friend and a banana. "Everyone had a partner riding with them except for this one friend of mine," Bill said. "On



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the first stop, we bought a banana. Tina Bohlman, an artist friend of ours, was on the trip, so she painted eyes, a nose and a mouth on the banana." No longer was the friend forced to make the trip alone. "He named his banana Chiquita," Kathy added, laughing out loud. "He even went so far as to check her in at the hotel."

Words of wisdom are found in key locations throughout the home in framed wall hangings and tabletop artwork. Each one gives visitors a glimpse of the family who lives here. They include: "Gathering Place"; "Families are tied together with heartstrings"; and the one the Atterberrys live by, "Don't choose to



be right — choose to be happy!" You can choose to be happy or you can choose to find fault with everything in life. For Bill and Kathy, happiness is more than a mind-set; it is a way of life. "Like we mentioned earlier," Kathy said, "it's all about remembering the moments in life." **NOW**

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Drawing Comfort

— By Betty Tryon

When Linda Knight sits still long enough with a pen or pencil in hand, she starts to draw. Any type of paper will do. She even draws on detention lists. As an ISS (in-school suspension) teacher at the middle school, she sometimes finds herself with time on her hands. “The kids who are in ISS are the kids who get in trouble and [are] written up,” she said. “The teachers send the student’s schoolwork for them to work on while they are in suspension. If the student doesn’t understand something, then I help them. I also do lunch detention. The kids sit at the quiet table. Rather than sit there not doing anything, I draw pictures on my lunch detention lists.”

For as long as Linda can remember, she has found much pleasure in her craft. Smiling she said, “It is relaxing and peaceful to me when I draw. I have always liked to draw. When I was younger, I started drawing things on shirts, and I would give them to my nieces. Now, I like to do face paintings at the Fall Festival. It is fun to do, and it brings in a little extra money.” Linda joked that when her children were small she used them as guinea pigs until she perfected the art of face painting. She discovered that fabric paint is best for faces.

Drawing with pencils and coloring with markers on paper appear to be Linda’s preferred methods for creating. “I do use acrylic paint also,” she stated. “It is the type of paint I like the best because it will scrape off and I like the glossy color. With acrylic, I may have to put [on] three or four layers, because one is usually not thick enough. Mostly I work with the main primary colors — black, white, brown and a mix. Purple is my favorite color.”

Linda is especially good at looking at a picture and duplicating it. “Show me something, and I can draw from the picture. I always had coloring books, and I liked coloring with the kids, but I thought about how to make money doing this.” Linda took her talent and decided to paint wall murals part time. Her first job in that area was to draw a mural at her parent’s church. She stated, “I found a picture I liked of Noah’s Ark, taped it to the wall and drew it.”



ARTS NOW

Another opportunity to paint murals came at the request of a friend who asked her to paint her daughter's room. "I drew clouds with glitter on the ceiling, trees, squirrels and flowers. First I draw the mural on the wall using a pencil and then look to see if I have everything in proportion before I start to paint."



Oak Crest Baptist Church commissioned her to paint a mural in their church nursery. She said, "I did a forest scene with raccoons, squirrels, animals and trees. I also painted in the kid's bathroom and in the youth wing. I am in the process of drawing stuff on — like pictures of snacks, Coca Cola cans, Pepsi cans and pictures of pizza boxes. I would love to do caricatures. I do simple cartoons."

In addition to working full time at the middle school, Linda works most evenings at The Learning Station Day Care Center in Midlothian. Her talent graces the walls there with whimsical oceanic scenes of smiling dolphins, octopuses, turtles, fish and seahorses. Venturing away from murals, she contributed to the new decorating efforts at Frank Seale Middle School. "I was asked to draw a panther with lots of detail on the new podium at the school. At some point over the summer, someone will burn the sketch into the podium."

Linda used her talent to comfort her three children when she became a single mom. "I drew each kid a poster-size angel that looked like the Precious

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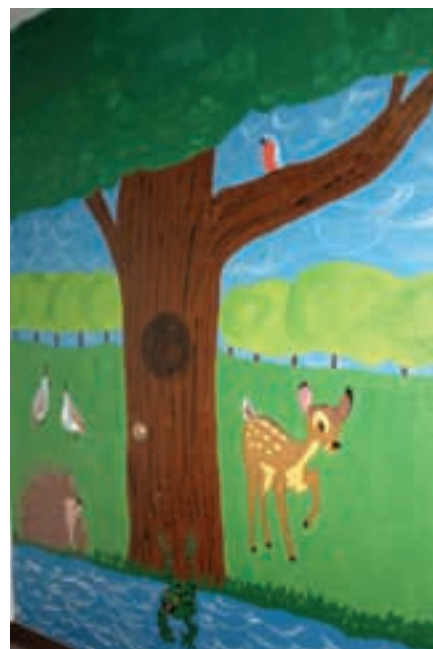
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Moment figurines, and hung it on the back of the door to their room. My oldest child is 22 years old, and he still has it."

Linda's artistic ability proved to be a great asset in a previous job. Working at AR Tech Lab in Midlothian, she helped create realistic-looking prosthetic hands. She explained, "I worked on the hands by grinding the seams off when they came out of the mold. I helped paint the hands by putting wrinkles back on, painting freckles and coloring the veins. We take a picture of the



other hand and match the prosthetic to the real one."

In addition, to painting, Linda's creative side expresses itself in piano playing and in singing. "I went to Central Baptist College in Arkansas for two years and majored in music voice. I had a voice scholarship. I have played the piano since age 5. I have been the pianist at our church for five or six years." She also sings at friends' weddings, as well as plays the piano at weddings.

Linda continues to learn and grow in her art. It gives her great peace of mind and benefits Midlothian, as we enjoy her work. **ARTS NOW**

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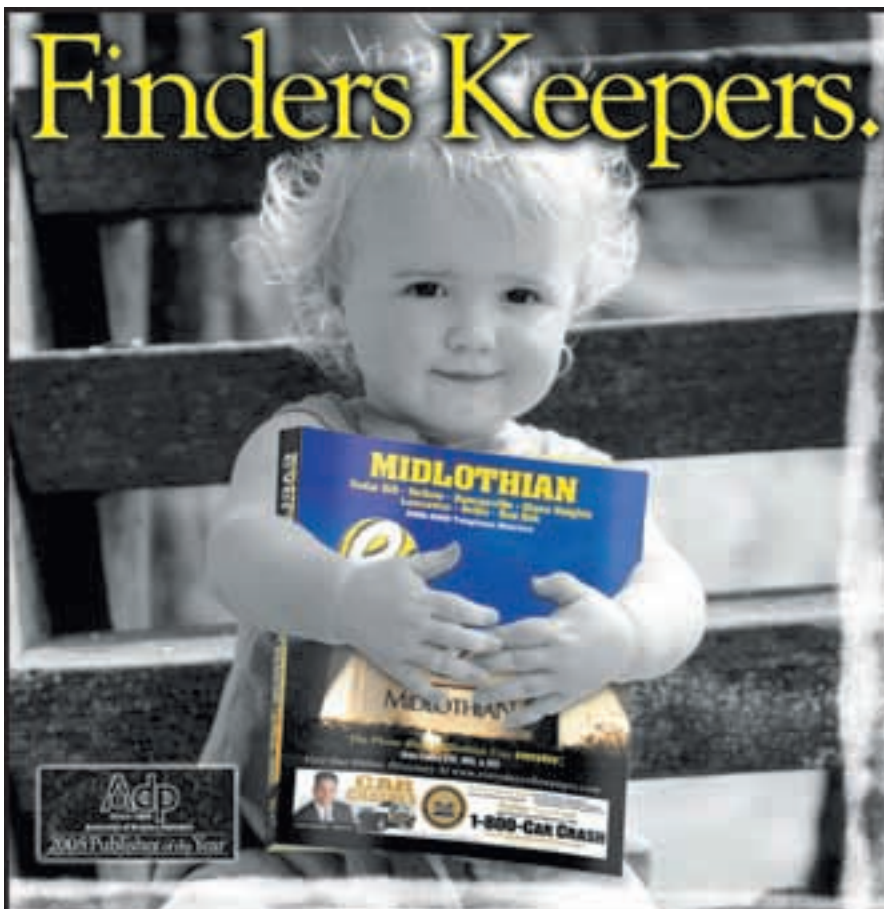
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On any given Saturday night, you can find approximately 200 cars at every oval racetrack within a hundred miles of Midlothian. To many of the participants and spectators at these tracks, one name is very familiar — Bob “Pops” Moore. Bob’s reputation as a builder of oval track race cars or stock cars has made him as much a part of the racing scene as the tracks on which his cars race. “It is not unusual for me to see four of my cars racing on the same track on any given Saturday. Believe me; my cars are always up front!” he stated with a grin.

Oval track racing is a motorsport where multiple cars, start racing at the same time around the track. The track can be as long as one-half to three-eighths of a mile. The tracks surface can be dirt, concrete or asphalt. Bob prefers to race on dirt. In 1984, Bob moved to Grand Prairie, Texas, from Virginia, and a year later, he and his family made their home in Midlothian. “I have raced cars on asphalt, but after our move to Texas, all of my activity has been on dirt. Dirt tracks



are the demanding thing in the Dallas/Ft. Worth area.”

Bob’s interest in race cars began in Virginia with his dad. In 1975, he started his racing career. Bob remembers well the first car he raced. “It was a NASCAR (National Association for Stock Car Auto Racing) sanctioned car I raced at Old Dominion Speedway in Virginia. A NASCAR sanctioned car is one that operates by the rules NASCAR set down. I raced maybe three different cars and they did win, but we were small-time and underfunded. It was weekend fun.” Bob

left racing to become a track official. He stated, “I got that job just by being at the track all the time. I inspected the

Sports NOW

cars for the track. Some people try to get by with an illegal fabrication. Every week, I found illegal cars. I would write a warning, and the driver would have one to two weeks to get the car straight or they just don't race." This rule enforcement is necessary for the safety of all on the track.


Bob became interested in building race cars after learning mechanics from his dad and in turn, taught his son. He stated, "Oval track racing is a family get-together. My son built his first car for a customer when he was 15-years-old.



We all went to the tracks. A lot of people will run two tracks a week. At the beginning of the season, you pay \$50.00 for the whole season." Quite a bargain for family fun! To add to the festivities, spectators are invited to purchase \$1 tickets for a chance to win 50 percent of the point fund at the end of a race.

Since Bob is employed as a pipeline welder, he considers his building of cars as a hobby. The first one was in 1960 and he promptly sold it. "I didn't have a buyer when I started building it. A man in the service came over, took a look at it and bought it before it was even finished."

Since moving here, Bob has seen the race cars he built, win at Cowtown Speedway, Ennis Speedway, Grand Prairie Speedway and North Texas Motor Speedway, to name a few. He owns a jacket he received from a 1996 Street Stock Champion in Ennis for top 10-point win. He added, "In the last



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10 years, I have built a total of 30 cars."

There is more than enough work for Bob's hobby even when the racing season is over. "There is lots of repair work during the winter months of October to March," he said. "All bumpers and kick rails have the most bent-up parts during the racing season. There is a lot of updating that needs to be done. Over the winter months, rules will change and you have to update the car to the new specifications." The chassis, which is the main frame of the vehicle that supports the engine and body of a motor vehicle, may get bent and has to be rebuilt. There are many factors to be considered when building a race car. Bob stated, "I

"I have raced cars on asphalt, but after our move to Texas, all of my activity has been on dirt. Dirt tracks are the demanding thing in the Dallas/Ft. Worth area."

build street stock [cars] more than anything else. The whole car, with the driver, has to have a minimum of 3,200 pounds. When you're building one, you take out what you don't need, add what you do, and place it so you have balanced weight."

For a sport with many possible inherent dangers, there are surprisingly few injuries. A driver may flip four or five times, but the roll cage protects him. The roll cage is a frame built in the cab and designed to protect the driver from injuries if the car rolls over. This is just one more thing the builder of the car has to take into account.

For someone who has retired, Bob's skill and accomplishments in the world of racing keeps his cars on track. **NOW**




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A Mystically Perfect Tan

— By Betty Tryon

Beth Handkins, owner of Sun Factory Tanning Salon, wanted more out of life. Last year, she found her answer. She explained, "I was working in the oil and gas business in Houston and needed a change. I am originally from the Ellis County area, so I returned here to work in Midlothian. The Sun Factory was owned by a lady who wanted more time with her family, so I purchased it from her." In the oil business, Beth worked primarily with men, but now her clientele is roughly 80 percent women. She enjoys the fact that she no longer has to travel in her job.

Since purchasing Sun Factory, Beth works diligently to make it a quality

establishment. She currently owns eight tanning beds with three different options. The different beds all vary in the number of bulbs each one contains. Her Ergoline Tanning Bed contains 64

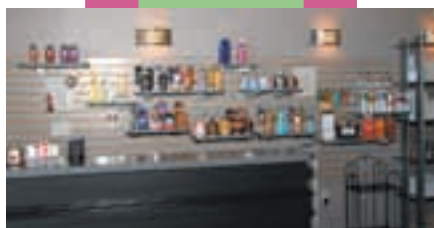
bulbs, with extra amenities such as a CD player, air conditioning, facial and shoulder

tanners. This bed will tan you in 12 minutes. The Ultra Tanning Bed has 40 bulbs and tans in 20 minutes. Her third bed, Premium Tanning Bed, holds 26 bulbs and also tans in 20 minutes. In cleaning the beds, Beth said, "I use a special product for cleaning acrylics. I mop and shine every night."

As another service to her customers, Beth offers The Mystic Tan booth, which presents another way to tan. Customers step into a private booth to receive tanning mist all over their body. Many patrons prefer it, because the end result is a smooth, even tan that covers the entire body. "The Mystic Tan is UV free tanning," Beth said. "I recommend it be on freshly showered and exfoliated skin. The mist adheres to clean skin better. It also tans better with clean skin. When through with the session, you are to towel dry yourself from the feet up. For four to six hours afterward, you should not shower or perspire. The tan lasts for about five to seven days. During the summer months, chlorine and salt water tend to fade the tan."



Business NOW



Mystic Tan is a great way to get tanned during the winter. Normal activities, such as showering or bathing, will not affect the quality of the tan. The pricing for tanning services depends on the tanning bed the customer chooses. During the week, Beth runs specials for her customers. "On Mondays, I call it Mystic Monday for a \$10.00 special to use the Mystic Tan. Thursdays are called Turbo Thursday for a tanning session to cost only \$9.00. Another special is on any bed you can buy [for] one month and get the second month one-half off." Beth carries a wide variety of skin care products, including Designer Skin, Supree and all of the Mystic Tan products. She has a product that will fit every budget.

Beth enjoys meeting people and working with them. She stated, "I have spent many years working with the public and do enjoy it. I am so eager to help you build the perfect tan. We have many exciting things coming up this year. I cannot wait to assist you in all of your tanning as well as mystic needs."

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Stand Up

— By Alex Allred

Andy Rowell is a most unusual teenager. While most American teenagers are savvy in the ways of fashion, hip-hop music and pop culture, Andy is hip to flat taxes, the border patrol controversies and a more focused view on domestic, rather than foreign policies. “The great thing about him,” Cindy Thayer said, “is he doesn’t care what other people think. So many teenagers will cave in to peer pressure, but Andy is his own man.” Beyond his ability to write, Cindy thought her former English student would make an excellent reporter for the *Panther Pride*, the official newspaper of Midlothian High School, because of his personality.

Today, the senior has his own column, “In My Arrogant Opinion,” which offers a perfect format for the budding writer. As the only child of Ward and Cathy Rowell, Andy grew up listening to talk radio and preferred local news over *Sesame Street*. While most of his peers have memorized the statistics of various professional athletes, Andy can offer the voting breakdown of U.S. Senators over specific issues. He does not download iTunes but would rather check the Dow.



Even at a very early age, Andy engaged in the adult world of politics, religion and literature.

In fact, without formal instruction, he began reading on his own at the age of 4. “We were driving home from the library,” Cathy said, “and he just started reading out loud. I couldn’t believe it. He was only 4 years old!”

“I’ve never talked to him about flat taxes,” Ward added, with a laugh. “I have no idea where he got that.” As a computer programmer and traveling pastor to a church in Waco and another in West Texas, the Rowell family has logged many hours together in the car on weekends. They

Education **NOW**

share and exchange ideas, debate politics and discuss local events, but "his ideas are his ideas," Ward said. "He's always had an opinion."

So much so that when Carol Richtsmeier, the advisor for the school paper, went in search of an opinion editor, there was just one obvious choice. "Andy is the kind of kid who is very, very bright, but he is also very opinionated. I just knew that being on a newspaper staff would be the perfect avenue to challenge his energy," Carol

"Andy is the kind of kid who is very, very bright, but he is also very opinionated."

explained. "I think the difference with Andy is that while a lot of kids might be very opinionated, they also tend to be a little shy about putting themselves out there. Scrutiny among peers," she said, "can be devastating to most teenagers. Andy is willing to put out an unpopular opinion. He enjoys the exchange of ideas back and forth. He has no fear." This "no fear" attitude has earned Andy recognition among his peers, as well as among educators looking for the next great talent.

Today, Andy is just one of only two students in the state of Texas to receive the Al Neuharth Free Spirit Journalism Scholar Award. In addition, he has been offered a scholarship from a major university and continues to be courted by others while he decides on his future in journalism and politics. What is most exciting about Andy is not his academic future, but his role as

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Education **NOW**

a great communicator.

In an age where more Americans are dialing up than tuning in to politics and policies, one teenager is acting as a voice for his generation. In fact, this attitude, however arrogant, was exactly what she wanted when Carol brought Andy on to the newspaper staff. "My goal," she said, "is that students understand how essential a newspaper is to a democracy. To be part of a newspaper, they learn to become communicators, to talk to people, to gather information and become productive members of a democracy." For Carol, as both an educator and an advisor, she wants her students to learn the importance of having a voice, speaking out and standing up to be counted.

Regardless of Andy's opinions and views, he is a role model. He is innovative, imaginative and daring. He is, as Carol termed it, a gatekeeper of information. When asked how he felt about the thousands of people who read his monthly column, the typically self-assured student gave pause for thought. "Wow, I didn't realize it was that many people," he said. Even his parents appeared alarmed by the idea of their son expressing his views to such a large circulation, but after a moment of consideration, Andy was back on track and quick to point out the issues that interested him. "I think our country should take more of an isolationist approach and focus more on domestic welfare than our international reputation. Oh, and the entire state of Minnesota should be turned into a *Star Wars* theme park."

Love or hate his opinions, his trademark sarcasm and self-deprecating humor have made him one to watch. It is his most ardent belief that if his opinion evokes debate, if he can create dialogue through an opinion page, then he has made change. Truly, he is one to stand up and be counted. **NOW**

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Around Town NOW



Mt. Peak students, top left, guessed how many candies were in each jar. Vitovsky Elementary student Jasmin Otero, top center, won the Hall of Fame Gold Medal at the Math Pentathlon Division I Tournament. The Future Problem Solving Team from WGMS, top right, competed at the State Future Problem Solving Bowl recently. Fun games with terrific prizes, second row left, were played during Mt. Peak's carnival. Members of the MHS Panther boys varsity football team, bottom left, were present at the Baxter Elementary TAKS Rally. A ribbon cutting, second row right, was held at Elite Realty. Community Problem Solvers from Walnut Grove Middle School and Frank Seale Middle School, bottom right, received their medals and awards during the State Bowl Competition in Austin.



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The J.A. Vitovsky Division II Mathematics Pentathlon Team, top left, competed in Austin where they earned an honorable mention and three medals. Sixteen art society members from J.A. Vitovsky Elementary, top right, entered their artwork in the Ellis County Youth Art Exhibit, where eight of them earned ribbons. Reece, second row left, experimented with some properties of matter at the science museum. Children, second row center, dug for buried treasure during the recent carnival. Mrs. Garrett, bottom left, enjoyed experiencing new things with students Trevor, Jarvis, Monserrat and Braden at the Dallas Science Museum during the Vitovsky first grade field trip. The Mathematics Pentathlon Division I Team, bottom right, traveled to Austin and did an outstanding job.

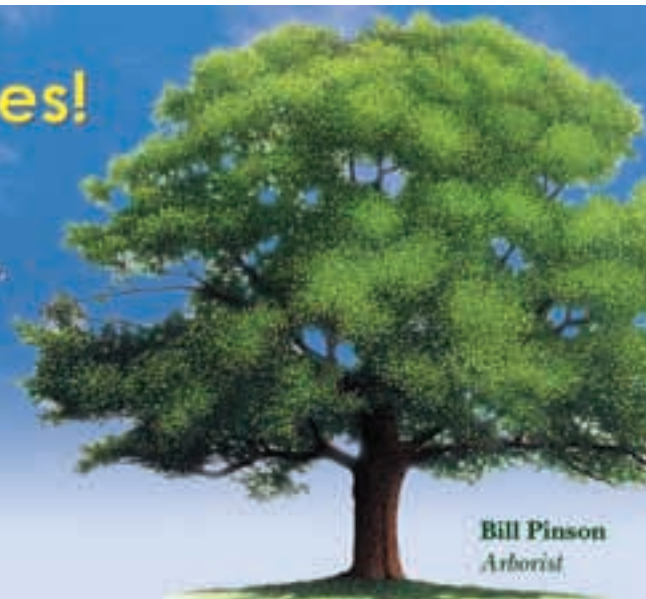
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— By Faith Browning

IN THE KITCHEN WITH ZANE SWANSON

CHICKEN AND BEAN NACHOS

- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1/4 tsp. black pepper
- 1/2 tsp. salt
- 1 tsp. seasoning salt
- 1/2 tsp. cumin
- 2 Tbsp. olive oil
- 1 1/2 lbs. chicken tenders (fresh or frozen)
- 1 12-oz. bag tortilla chips
- 1 12-oz. can refried beans
- 12-oz. shredded cheddar cheese

In small bowl, mix the first six ingredients. Heat olive oil in a skillet and add chicken. Sprinkle both sides of the chicken with seasonings and cook until the juices run clear (about 15 minutes). Shred or dice the chicken. Preheat the oven to 350 F. On a large cookie sheet, spread a single layer of chips. Top with half of the chicken, half of the beans and half of the cheese. Do the second layer in the same order. Bake for about 10 minutes or until both layers of cheese are completely melted. Garnish with shredded lettuce, diced tomatoes, sliced jalapeños, sour cream, guacamole and salsa.

BEEF LONDON BROIL AND SEASONED POTATOES

- 1 1/2 lbs. London broil

- 1 cup bottled Italian dressing
 - 1 tsp. garlic powder
 - 1 tsp. onion powder
 - 1 tsp. seasoning salt
 - 1/4 tsp. black pepper
 - 1/4 tsp. salt
 - 1/2 tsp. Italian seasoning
 - 1/4 cup extra virgin olive oil
 - 5 large potatoes, diced into 1/2-inch squares
- Place London broil in a large Ziploc bag and add Italian dressing. Zip closed and marinate in refrigerator overnight. Mix dry ingredients in a small bowl. In a 1-gallon Ziploc bag, add olive oil and half of the dry ingredients (reserve other half for meat). Add potatoes; shake until completely coated. Spread out on a baking sheet. Bake at 350 F for 20 minutes. Turn potatoes over; cook an additional 20 minutes. While potatoes are cooking, remove meat from the bag and season both sides with the remaining dry ingredients. Cook on a preheated grill for about 6 minutes on each side. Let stand for about 5 minutes and slice.

BEER BATTERED CHICKEN FRITTERS

- 2 cups flour
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder

When Zane Swanson is not enjoying his free time cruising on his Harley, hitting a few holes of golf or spending quality time with his four children, he can most likely be found in the kitchen or at his grill. He started cooking when he was 12 years old. "I learned out of necessity," he said. "My mom worked nights, and we had to fend for ourselves." Cooking out on the grill is his favorite way to cook, but inventing his own recipes in the kitchen helps fulfill his creative side.

Although his family and friends take pleasure in his cooking ventures, Zane's biggest fan is his wife, Kristen. "They love it when I cook," he laughed, "especially the part where they don't have to do anything." **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

- 1 Tbsp. cayenne pepper (may be omitted or adjusted to taste)
 - 1 tsp. seasoning salt
 - 1/4 tsp. salt
 - 1/4 tsp. black pepper
 - 1 egg
 - 1 12-oz. can beer
 - 1 1/2 lbs. chicken tenders, rinsed and patted dry
- Heat a deep-fat fryer to 350 F. In a large mixing bowl, combine all dry ingredients. Add egg and beer. Mix with a wire whisk until smooth (about the consistency of waffle batter). Add a little water, if needed. Using tongs, coat chicken with batter and slowly add to preheated oil. Cook 3 - 4 pieces at a time. Chicken is done when it floats to the top. Remove from oil and place on a paper towel covered plate in a warmed oven until ready to serve.

GROUND BEEF BAKE

- 1 lb. ground beef, cooked and drained
- 1/2 cup onion, diced
- 2 boxes Jiffy pizza crust mix
- 1 Tbsp. garlic powder
- 1 Tbsp. Italian seasoning
- 1/2 tsp. seasoning salt
- 1/2 tsp. black pepper

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Who's Cooking NOW

1/4 tsp. salt
2 Tbsp. corn meal
1 12-oz. can cream of mushroom soup
8-oz. shredded Colby Jack cheese
1 Tbsp. butter, melted
Preheat the oven to 350 F. Cook and drain ground beef and diced onion. Prepare pizza crust according to package directions. Mix dry seasonings in a small bowl. Sprinkle corn meal on a cookie sheet. Press out pizza dough on the cookie sheet into a rectangle. Spread ground beef on half of the crust leaving a 1/2-inch edge. Top with soup, cheese and 3/4 of the seasoning. Fold the crust over and seal the edges. Spread melted butter on top with a brush. Sprinkle with the rest of the seasoning. Bake for approximately 20 minutes, or until the crust is golden brown. Slice diagonally and serve.

CARAMEL ROLLS

Great-grandma's Recipe

BUN DOUGH:

2 packages dry yeast
3 cups warm water
1 cup canned milk (undiluted)
1/2 cup oil, butter or margarine
2 eggs beaten lightly
1 Tbsp. salt
enough flour to make a soft dough

FILLING/TOPPING:

Cinnamon-sugar mixture
1/2 cup sugar
1 cup brown sugar
3 Tbsp. heavy cream
Dissolve yeast in warm water; add milk, oil, eggs and salt. Add flour in small amounts; beat with a spoon or electric beater. Knead dough. Grease a large bowl; add kneaded dough and let rise until doubled in bulk. Knead down; let rise again until doubled in bulk. Cut dough in half; turn out on a floured board and roll one batch 1/2-inch thick. Spread melted butter or margarine on top; liberally sprinkle sugar and cinnamon. Roll the dough like jelly rolls and cut into 1-inch slices. Put a cube of melted butter or margarine in a greased 9 x 12-inch baking pan; sprinkle with a cup of brown sugar and pour on heavy cream. Put cinnamon rolls on top, let them rise 30 minutes and bake at 350 F for 30 minutes. *Note: Recipe will give you enough dough to make 2 pans of caramel rolls or one pan caramel rolls and one loaf of bread.*

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— By Clay Money, CLU

There are so many “rainy days” that people can experience — a sick child, a broken-down car or a late mortgage payment. But what about a lawsuit?

These days lawsuits are being filed, not just against big corporations, but also against people like you and me. In the blink of an eye, you could be involved in a car or boating accident, or have someone become injured on your property that could result in litigation against you seeking thousands or even millions of dollars.

Even though your primary insurance policies, such as auto, homeowners, boatowners, etc., may provide substantial liability insurance coverage, it may not be enough. A personal

liability umbrella policy provides additional amounts of liability coverage at an affordable price.

What is an umbrella policy?

A personal liability umbrella policy provides additional layers of liability coverage over the liability coverage of your underlying policies. Personal umbrella coverage amounts typically begin at one million dollars and can be increased in increments of one thousand dollars.

Here’s an example of how an umbrella policy could work: Let’s say your car is insured for liability with limits of \$250,000 per person. You pull into an intersection, strike another vehicle and severely injure the other driver. This insured person sues you and the judgment against you totals \$800,000. Your auto policy will pay the first \$250,000 but an umbrella policy would respond for the next \$550,000.

Also an umbrella policy often insures against some types of losses for which there is no coverage in the underlying policy. Examples of such loss include libel, slander and defamation of character.

Why have an umbrella policy?

The value of a personal liability umbrella policy is to provide higher amounts of liability coverage for an affordable premium. It can help protect the financial assets of your household when you need it most and can bring confidence knowing that you have the coverage needed to help protect your family. To see if this is a policy that can benefit you, talk to your insurance agent. **NOW**

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Health NOW

Exercise Can Have a Positive Impact on the Brain

Researchers See Benefits Beyond Traditional Thinking

— By Dr. Brad Collins

It has long been accepted wisdom that exercising several times a week has many health benefits — from weight loss to preventing cardiovascular diseases, osteoporosis and Type 2 diabetes. Now, researchers at the University of Illinois at Urbana-Champaign believe you can add better brain function to the list.

After reviewing clinical data from the past 40 years, the researchers established that regular exercise might help brain structure and function in the elderly to the point of delaying the onset of Alzheimer's disease and reducing mortality. They found that people who exercise several times per week for at least 15 to 30 minutes, may delay the onset of neurological diseases, age-related cognitive decline, brain atrophy, depression and dementia.

It is not surprising. Exercise increases neuroprotective molecules in the brain while physical and mental activity sustains the levels of cerebral blood flow. In addition, the research

concluded that the benefits of exercise could last for up to several decades — even for people predisposed to Alzheimer's disease.

The findings are encouraging. Vanity is not the only reason to lace up your jogging shoes.

Documentation regarding the long-term effects of a healthy lifestyle is a step in the right direction in the fight to prevent

Alzheimer's disease and perhaps other neurological disorders.

For those looking to partake in a wellness regimen, the Illinois-based researchers believe that aerobic exercise seems to have the most health benefits because it strengthens brain plasticity as well.

There is validity in comparisons of the human body and a fine automobile. The care and maintenance you provide often make the ride longer and more enjoyable. **NOW**

Source: Barclay, Laurie. "Exercise May Have Neuroprotective Effect." *Medscape* Aug. 11, 2006 (Edited and rewritten by Tekla Szymanski).

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June 2008

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Every Tuesday

Midlothian Rotary Club meeting, noon, Midlothian Civic Center, 224 South 11th Street. (972) 775-7118.

Second and Fourth Tuesdays

Midlothian City Council meeting, 6:00 p.m., City Hall, 104 West Avenue E.

First and Third Thursdays

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

June 2

American Business Women's Association Great Visions Charter Chapter-Midlothian monthly meeting, 6:15 p.m., Midlothian Conference Center. Dinner: \$10.00. www.midlothianabwa.com. RSVP to Kit Montgomery at (214) 333-5209 or kit@dbu.edu.

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Business Over Breakfast, 7:00 a.m., Midlothian Conference Center. (972) 723-8600.

June 5

MHS Graduation, 8:00 p.m., Multipurpose Stadium.

June 7

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In,

8:00 - 11:00 a.m. Breakfast tickets \$6.00. One child under 8 eats free with paid adult ticket. (972) 923-0080. www.midwayregional.com.

June 9 - 11

Longbranch Community Baptist Church 3rd Annual Sports Camp, 6:00 - 8:00 p.m. (972) 723-6442.

June 9 - 12

"Under the Big Top," a nightly Vacation Bible School kid's club at The Lighthouse, 7:00 p.m. Games, fun, prizes and friends! (972) 723-6197.

June 12 and 26

Leads to Success Group meeting, 8:00 a.m., Chamber offices.

June 14 and 16

Community Computer Classes, 10:00 a.m. - noon. Computer Basics: Formatting, Saving and Storage Files. Susie_Yarbro@Midlothian-isd.net (972) 775-3417, ext. 1061 or 1057.

June 16

MISD Board Meeting, 6:30 p.m., Administration Building.

June 18

The Ellis County Christian Women's Connection monthly luncheon at the Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East, Exit 401B, Waxahachie. Cost: \$13.00, inclusive. Nursery vouchers available. Reservations preferred, however,

walk-ins are welcome. Contact either Kay at (972) 937-2807 or Mary at (972) 937-9984, or e-mail Kay at windchime@charter.net by June 15.

June 21 - 22

Photo Expo 2008, Midlothian Conference Center. Sat. 10:00 a.m. - 5:00 p.m., Sun. 1:00 p.m. - 4:00 p.m. Contact (972) 723-7919 or e-mail midconfcntr@aol.com.

June 22 - 26

Vacation Bible School, 6:30 - 8:00 p.m., Longbranch Community Baptist Church. (972) 723-6442.

June 23

Creative Quilters Guild of Ellis County meeting, 7:00 p.m., Waxahachie Bible Church, 621 N. Grand Avenue, Waxahachie. www.cqguild.org.

June 24

"Triple Your Memory, Triple Your Sales," a memory seminar presented by international speaker and media personality Ron White. 10:00 a.m., 2nd @ Main Place, 717 W. Main St. Please RSVP. Space is very limited. (972) 723-0017.

To have your events posted on the community calendar, e-mail us at: btryon.nowmag@sbcglobal.net.

For more community events, visit our online calendar at www.nowmagazines.com.



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Join Us For Men's Health Day

Most guys like to take charge, be in control. That is, until it comes to their health. When was the last time you had a check-up? Do you know your cholesterol numbers? How about your blood pressure?

Baylor Medical Center at Waxahachie invites you to join us for Men's Health Day - a morning devoted solely to male health.

We have physicians giving a health talk at the top of each hour 9:00, 10:00 and 11:00. **Call 1-800-4BAYLOR to get more information and to reserve a spot.** Seating is limited so call today!

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**For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed.*

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