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June 2010

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BEAUTY**

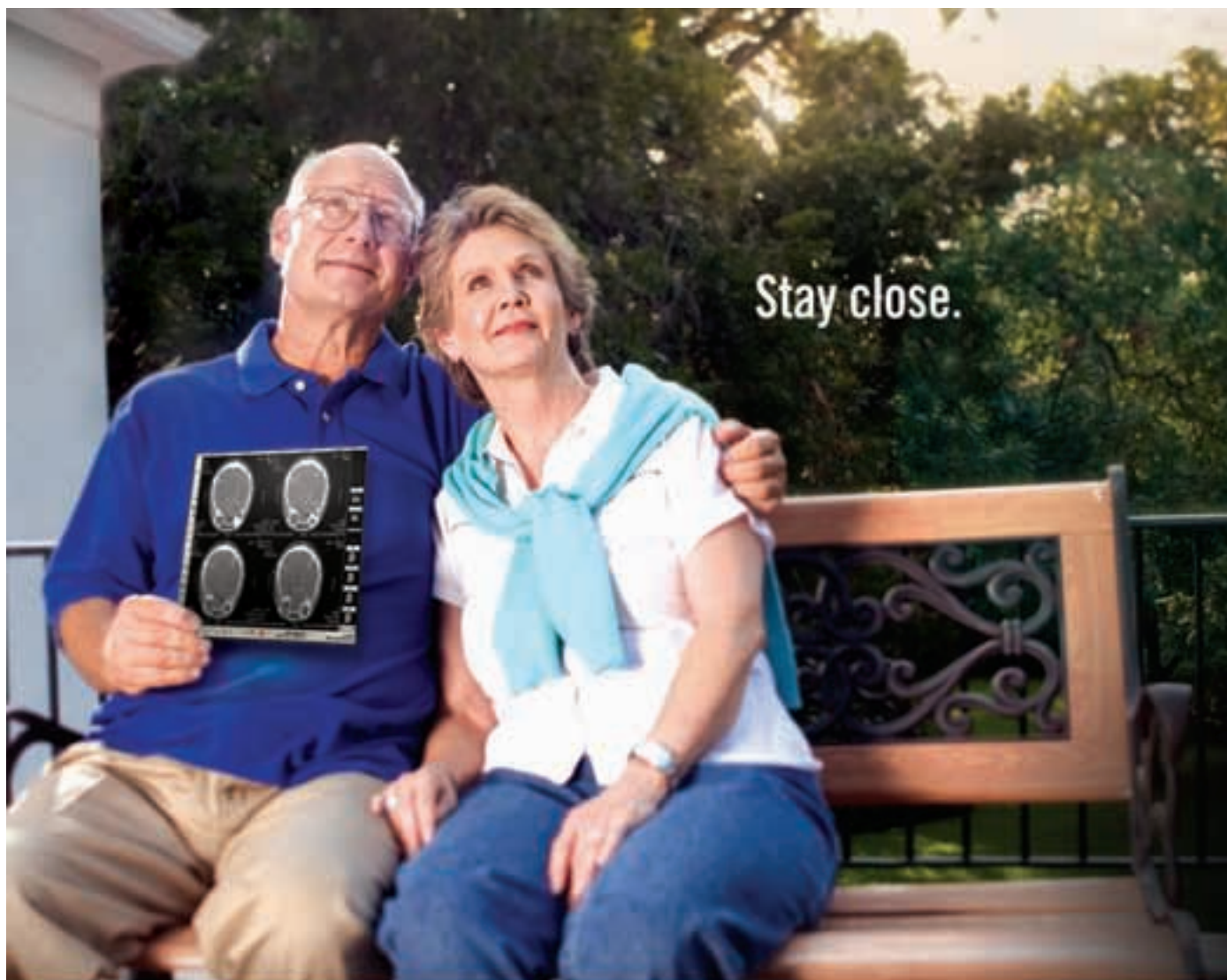
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# Contents

June 2010  
Volume 6, Issue 6



Markay and Larry Rister spend time in their beautifully landscaped backyard.

## 6 Grand Champion Beauty

## 12 A World of Their Own

At Home With Larry and Markay Rister

## 20 Around TownNOW

## 24 ArtsNOW

Simply the Best

## 28 SportsNOW

Training From the Heart

## 32 BusinessNOW

The Most Bang for Energy Bucks

## 34 EducationNOW

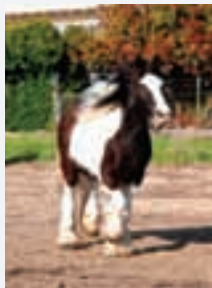
More Than Books

## 36 Who's CookingNOW

## 38 FinanceNOW

## 40 HealthNOW

## 43 HappeningNOW



## On The Cover

Wizards Spell Winstons Fiona, the beautiful Gypsy Horse, becomes a winner at the Ft. Worth Stock Show.

Photo by Shana Woods.



## Editor's Note



Dear Readers,

As a little girl, my daughter would use her dad as a substitute jungle gym. He would sit patiently while she climbed all over him and generally made a nuisance of herself until something else caught her attention. Occasionally, she would drag out her box of ribbons and hair clips and make Daddy "beautiful." Of course, as soon as she was done, he could not wait to get that stuff out of his hair!

Those little acts of patience and time probably contributed as much to her self-esteem today as a thousand *I love yous*. Little girls need to know they are important enough to warrant their dad's attention and time. They need to have demonstrated that the most important man in their life cares enough just to be with them. Remember your dad on Father's Day, June 20.

As summer starts, be careful, have fun and use sunscreen!

Betty Tryon  
*MidlothianNOW* Editor

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# — GRAND CHAMPION BEAUTY —

— By Betty Tryon

*Wizards Spell Winstons Fiona is a star and she does not even know it. With her impossibly long white mane and tail blowing in the wind, the 4-year-old Gypsy Horse is stunning and definitely destined for stardom. Her owners, Jennifer and Glenn Alexander, marvel at the attention she receives. Glenn stated, “With most horses you can walk around with no problem, but with these horses, because they are so new and flashy, it’s like walking a rock star around. Initially when you take them out, people are drawn to them instantly.”*

The Gypsy Horse is a new breed to the United States. Originally bred primarily in the United Kingdom (UK), they were brought to the United States in the 1990s. Glenn elaborated, “This breed was bred by the Romany (Gypsy) people in Europe to pull their wagons or *vardos* which are their houses. They had to have a horse that was gentle and laid-back because you don’t want an animal that is easy to spook and will take off with your house.”

That very gentle nature of the Gypsy horse drew the Alexanders to this particular breed. Jennifer

stated, “We originally bought her as a pet. They are small, draft horses with a disposition that people fall completely in love with. Some people call them Golden Retrievers with hooves. They are very sweet. They want to please you, be with you and are easy to train.” Glenn joked, “If we could let her in the house, she would come in and probably try to crawl up in your lap.”

Wizards Spell Winstons Fiona’s background is full of history,







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so naturally, her name reflects that. Jennifer explained, "The breeder's ranch was called Wizards Spell Ranch, so that part just came from the ranch name. Winstons is the sire or father of Fiona. The breeder always puts the stallion's name as part of the registered name of any of her horses. She always gives



**"If we could let her  
in the house, she  
would come in and  
probably try to crawl  
up in your lap."**

European names to her foals and that is why she is named Fiona." Glenn added, "Fiona was from the first foal the breeder had from her imported stock from the UK."

Although Glenn and Jennifer purchased Fiona as a pet, they decided to show her in competitions. "When I started showing her last year, I thought I would be nervous," Jennifer stated. Laughing, she recalled, "When we won last year, it got me hooked big-time. I wasn't expecting to win. We are trying to promote this breed and because she won, I started looking for other shows and found Ellis County Equine Association. That's how I won the buckle."

Jennifer also showed Fiona at the Ft. Worth Stock Show where they won a few



ribbons. This year, however, things really changed.

According to Glenn, this is the second year for showing Gypsy horses at the Ft. Worth Stock Show. "This is a world show, the big one for Gypsy horses and people come from all over the U.S. We had people from California. If the weather had not been bad, we would've had people from New York. Everyone wants to

---

**"I still can't believe it. I mean, we are just regular people."**

---

come show. Some people came from the UK to look at the horses and see how things are going here in America because they have a vested interest in what goes on. They fall in love with our Fiona because she meets the standard of what they want. The Grand Champion judge was from the UK."

Glenn recalled the day he stepped into the ring with Fiona on her second debut at the Ft. Worth Stock Show. "I always wanted to show in Ft. Worth. I had never shown a horse before. I had taken lessons on how to show and because of that, I had the confidence to walk into the ring with Fiona. The arena was full of people and we would have been happy to just earn a ribbon. But we won first place in her class! It became overwhelming pretty quick." Gesturing toward Jennifer he continued, "Neither one of us could believe what we had done. We didn't buy her to do this. That was never our intent. We never looked at her as a show horse. She was a pasture horse. We didn't pamper her at all, and Jennifer rides her."

The impressive win of the Grand Champion label is even more surprising because Glenn and Jennifer do not fit the typical profile of owners of a show horse that can win the top prize at the Ft. Worth Stock Show. Jennifer stated, "I still can't believe it. I mean, we are just regular people. She lived in the pasture. We kept her like a regular horse. She wasn't



The advertisement for John Houston Custom Homes features a warm, wood-grain border. At the top is the company logo, a diamond shape containing the letters 'JH', with the text 'JOHN HOUSTON CUSTOM HOMES' below it. The main headline reads 'The Choice is Yours with John Houston Custom Homes.' Below this is a large photograph of a two-story brick house with a gabled roof and a central arched entrance. Underneath the photo, a paragraph states: 'At John Houston Custom Homes, there are three easy ways for you to move into your dream home:' followed by a bulleted list: '• Let our team design and build your home, your way', '• Bring us your design plans and we'll build it on your lot or ours', and '• Purchase one of our completed signature custom homes'. Below the list are two smaller images: one showing the interior of a dining room with a wooden table and chairs, and another showing a smaller, single-story house. At the bottom, a paragraph reads: 'With the support and guidance of our experienced building team, we'll create a custom home that is affordable and build a relationship that is lasting. Because at John Houston Custom Homes, it's all about building your home, your way.' The website 'WWW.JOHNHOUSTONCUSTOMHOMES.COM' and phone number '214-552-0907' are listed at the very bottom.

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Glenn also continues to marvel over the win. He declared, “This is not like some little local show. For this breed, the Ft. Worth Stock Show is the premier show. It is something going forward that no one can take from us. It was pretty special because there were people out there who were professional handlers who handle horses for other people. I was competing against people who had



been doing this a lot of years, so it's not like I had a level playing field when it came to experience.” Experience does not matter that much when you look this good. Jennifer enrolled Fiona in eight different classes, and she walked away with 16 ribbons that weekend.









Gypsy horses are gaining ground in America and in Texas. The registry for the horses is in Springtown, Texas. Jennifer said, “The two ladies that run it are just awesome. They are doing it all as volunteers. They don't get paid; they just love this breed.” The Alexanders are doing their part in promoting the breed and keeping bloodlines clean.

Yes, Wizards Spell Winstons Fiona lives up to her notable name. In only two years, she moved to the top spot for Gypsy Horse mares at the esteemed Ft. Worth Stock Show. In another year, she gets to make more little Fionas. The Alexanders will breed her with semen from the U.K. to keep the line pure. In addition, she now gets to live in a manner more fitting of her station in life. Glenn and Jennifer built her a brand-new barn with all the comforts. The star will be a little bit more pampered from now on. **NOW**

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# A World *of* Their Own

— By Adam Walker

*Larry and Markay Rister have built their own little oasis in Midlothian. Sitting in their backyard one could easily imagine being miles from the demands of city life, but in reality, their neighbors are just feet away. The Risters have landscaped a rural getaway in their backyard complete with their woods, waterfall and koi pond. "We're almost isolated in our backyard," Larry said. "It's like being here by ourselves." Markay shares his affection for the backyard. "We're so busy. Sometimes it seems like the back porch is the only time we see each other."*



*At Home With Larry and Markay Rister*





The back porch is a place for breakfasts and relaxing evenings. It is also a place for entertaining guests and sharing the tranquility of their hidden treasure. The couple used the native limestone on their property to construct a waterfall separating the developed front section of their lot from the back section, which is reserved for future plans. From the waterfall a limestone channel runs



into the pond planted with rushes where 16-inch koi thrive. Recessed to the left of the pond, right at the property line, is a gravel area with wrought iron table and chairs and a short path cut through the trees from the Risters' backyard into their neighbor's front yard creating a perfect place for the two couples to meet for coffee and conversation.

One of Markay's favorite things



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about their yard is how green everything is. After they married, Markay and Larry moved to his native Aboca, a small town outside Abilene with a much drier climate than her native Houston. “When we were thinking about leaving Aboca,” Markay remembered, “I prayed to God, ‘Let me move to the mountains.’” And God answered that prayer — in an odd sort of way. All the important places in Markay’s life — her church work at Mountain Peak Baptist Church and even the roads she drives everyday — include the word mount or mountain in their names. “It may not be the mountains *exactly*, but I love Midlothian because it rains so much more than in Aboca. We have a lot of trees here.”

Travel and international exchange are themes that run through the Risters lives. Larry still travels back to Aboca frequently to

see his mother and to referee basketball games for which he travels a lot — from Abilene to Tyler and from the north side of the Metroplex to Austin. Markay is a visiting scholar, teaching writing at Mountain View in the Dallas County Community College District where she teaches students from all around the world. Together they have made many trips to Europe. “We took our first trip overseas in ’78,” Markay reported. “A big part of our lives has revolved around travel.”

But some of their international connections go much deeper than just friendly visits. Larry and Markay have hosted international exchange students in their home over the years — all boys. “We never had kids of our own,” Larry explained, “so we call them our sons.” They used to joke that they would host 12 boys and then, when they retired, they would go visiting

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and spend one month out of each year with each "son." They only made it to seven. The first student they hosted was from what was then West Germany. Then came students from Spain; the Netherlands; East Germany, only weeks after the Berlin Wall came down; Scotland; Colombia; and Hungary. Many of these boys' stays with the Risters overlapped each other, and they all have stayed in touch with the Risters and each other. This August, at least five and maybe six of the seven boys will gather in the Netherlands for a reunion with Larry and Markay, bringing wives, children and even parents along to meet and mingle at an unusual family reunion.

Their travels through Europe and their long friendships with their "sons" and their families have added much to the furnishing of the Rister house.



Old World touches abound and are scattered throughout the home. Swords, crossbows, maces and halberds from Assisi, Burgos and Toledo cover one wall of the entry hall. In the entry you will also find a curio cabinet filled with mementoes from their travels and gifts from their "sons" like painted eggs from Prague, a mug full of cigars from various celebrations in Spain, the hood ornament

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from the Rolls Royce they once owned and Markay's grandfather's railroad watch.

The dining room is painted Federal blue and trimmed with white baseboards, chair railings and crown molding, all accented with gold. This room, like all the others, has very low window sills which accommodate the Risters' dog, Tosca. The furnishings from the 1800s include a corner-mounted locking cabinet from Austria, an English sideboard and an Italian brass chandelier hanging from an ornate plaster medallion



above the dining table. The dining room also hosts the blue and white Russian porcelain tea service Markay gave Larry as a gift and the Czech wine goblets into which the intricate designs were cut while they watched.

The kitchen features poured granite countertops and rich-toned wooden cabinetry with spiral-column detail work, while the breakfast nook is furnished with an English trestle table from the very late 1800s surrounded by Egyptian cane-bottomed chairs on one side and a matching bench on the other from the 1910s. Both these rooms are painted a gently neutral sand color, as are most of the rooms, but the walls are enlivened with a collection of colorful plates from many stops in their travels. The breakfast nook also hosts their oldest antique — a nautical-styled French writing desk from the late 1700s.

One of Markay's family treasures is found in the living room — her



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grandmother's cedar chest which now serves as the coffee table. One of Larry's treasures, an old hand-cranked Edison disk phonograph, was "found in my father's garage filled with dirt dauber nests," and then restored with the help of one of his German "sons."

The bedrooms each have unique touches. The back bedroom is photo gallery to black and white framed photographs of Larry's grandparents and one of Markay's, flanking a spoon rack which displays the handkerchiefs of Markay's grandmother on the top row and of Larry's on the bottom. The front bedroom holds a floor vase emblazoned with Quetzalcoatl nesting among stylized flowers. "That was the first piece of furniture we bought right after we got married," Larry smiled. "We found it in Brownwood at a Mexican import market for \$35 or \$40," Markay explained. "It



seemed terribly expensive at the time."

This is a home perfectly matched to the Risters, blending their varied interests, past and present, into one exciting and harmonious whole. Indoors and out it is an expression of these two lively and energetic personalities. Markay summed it up when she said, "That's life at the Risters." **NOW**

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*Local paramedics honor Baxter's school nurse, Cheryl Chamberlain, for National School Nurses Day.*



*First-graders at TE Baxter learn about baseball from the MHS baseball team.*

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# MISD Celebrating



- UIL Academics: 15 Qualifiers
- AP Scholar – Brittany Stubbs
- Choir – All District Choir
- Computer Science UIL Meet: 1st place team
- Cross Country – Regional Qualifiers
- Future Community Problem Solvers: Texas At-Large Champions; International Qualifiers
- MHS Community Problem Solvers: Texas Grand Champions with Mission Midlothian Project
- Destination Imagination: 1st place at Regional Tournament
- Duke University Talent Identification Program: 3 students qualifield
- Family, Career and Community Leaders of America: State Champions representing our state at the Nationals in July in Chicago, Illinois
- Future Farmers of America (FFA): State runner-up in overall State Sweepstakes Award Contest; 2nd highest points earned in leadership contest
- National Merit Commended Scholars: Garrett Cornett and Courtney Lish
- Panther Pride Newspapers: Best High School Newspaper voted by *Dallas Morning News*. Shannon Auvil named Texas' photo editor of the year
- Panther Regiment: Superior ratings at UIL Region Marching Contest
- Pantherettes: National Champions in Modern and Novelty; Officers are Texas' State Champions; National Champion Trio
- Baseball: Area Finalists
- Boys Basketball: Area Champions
- Golf: Cody Taylor finished 4th Individual at the 2010 4A Golf State Tournament. Top 5 is 1st Team All-State.
- Powerlifting: Regional and State Qualifiers
- Soccer (Boys & Girls): Regional Semi-Finalists
- Softball: Regional Quarterfinalist
- Tennis: Regional Quarterfinalist
- Track: Regional & Qualifiers
- Volleyball: Two TGCA Academic All-State Honors for Volleyball
- Wrestling: 16 dual wins in the history of MHS; State Qualifier



Board member Cindy Williams and grandson Ty.

## Bring on the Whole Grains

The MISD Child Nutrition Services recently held an annual taste test for over 30 guests. Cafeteria items such as chicken nuggets, tacos, corn dogs, and spaghetti were compared to the same products made with whole grain. Surprisingly, half of the whole grains options were the selection of choice. Healthier options of whole grains and more fruits and vegetables will be offered next school year. The food service department's mission is to become part of the Healthier US School Challenge. Learn more about this initiative at [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/) or visit [www.squaremeals.org](http://www.squaremeals.org)

## Get Connected to MISD

Parents and community members are encouraged sign up for MISD e-News, MISD Facebook group and Twitter network. Visit the district Web site for more information.



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# Student Success



## Welcome Reception for New Superintendent

Community members are invited to a reception as MISD welcomes Dr. Jerome Stewart, Superintendent of Schools. The reception will be held Wednesday, May 26 from 4-6pm at the MISD Administration Building. Read more about MISD's new superintendent of schools at [www.midlothian-isd.net](http://www.midlothian-isd.net).



*Dr. Stewart enjoyed playing the student created board game at the 5th annual MISD Educational Showcase in May. Pictured here is J.R. Irvin Elementary students Blakey, Ty, and Benoit.*

At right: Eddie Johnson received a distinguished football award from the National Football Foundation & College Hall of Fame, Inc. The Scholar-Athlete Award is presented selectively to individuals displaying extraordinary achievement in their academic pursuits, athletic performance and community leadership.



At left: Cody Taylor finished 4th Individual at the 2010 4A Golf State Tournament, and was named 1st Team All-State. Cody is the 1st MHS boy golfer to qualify for the state golf tournament.

## Future Attorneys

Eight aspiring lawyers from Midlothian High School traveled to Baylor Law School, which exposed them to the pathway to becoming lawyers. There was a diverse collection of lawyers from the Texas Young Lawyers Association who spoke about the importance of civil rights, pathways to going into law, and the foundation of modern law. The students then participated in a mock trial regarding the Fair Housing Act and a debate about affirmative action.



*The eight students who attended the seminar are: Daniel Koons, Akshar Med, Eli Rodin, Tori Torbert, Laila Campbell, Alexis Pendergrass, Alexandra Pendergrass and D'Lexus Shied.*

## Midlothian High School

Over 450 Seniors will graduate on June 4 at the Multipurpose Stadium at 8:00pm. More details on the MISD Web site.



### VALEDICTORIAN

**Paul Walden**

*Plans to attend Oklahoma Christian University and major in biochemistry*



### SALUTATORIAN

**Brittany Stubbs**

*Plans to attend The University of Texas at Austin and major in chemical engineering*

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Barney Miller and  
Curtis McConnell  
of Alan Miller Band.

# Simply *the* BEST

— By Betty Tryon

It was an ordinary day with an extraordinary gift. Reading the good news first was Barney Miller, lead guitar player in the Alan Miller Band. The voice of the band, Curtis Alan McConnell, learned the news soon afterward. Their CD *Broken Hearted Way* and song with the same title were placed on the list to be considered for a Grammy nomination in the categories of Country Album of the Year and Country Song of the Year. Barney explained, “It was late at night or early in the morning when I saw it, and I started texting everyone.” Curtis laughed and said, “It was pretty loud around here the next morning. We really didn’t have any great expectations of being in the final

five, but just being nominated and being on the list was our excitement. When you get down to the final list you have names like George Strait, Lady Antebellum, large acts like that. Taylor Swift won both categories that our song and album were being considered for.”

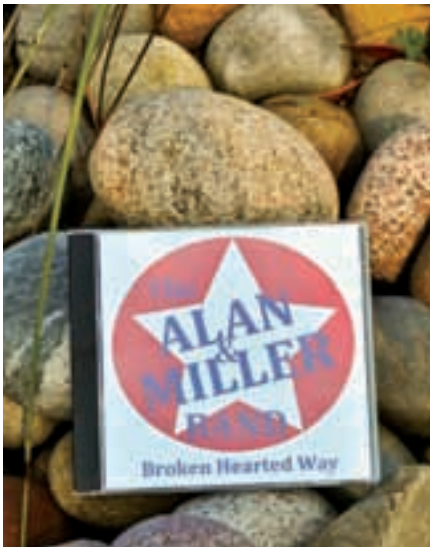
Curtis, a Midlothian resident, started singing publicly in the third grade by singing in the school talent show. “I did the talent show in the third, fourth and fifth grade. I won second place all three years. The ballerina who won first place all three years was my girlfriend. So, it was a love/hate relationship,” he laughed. Curtis’ earlier friends knew he could sing, but all are amazed at the turn his life has taken. He stated, “I never had a goal to become a singer or a musician. Some of my friends that I run into now are amazed because they had no idea in high school.” While in high school, the turning point for Curtis was a trip to a Steve Warner concert. “That’s when I decided country was really interesting and that was what I wanted to do. I had been to a couple of rock concerts, but that was my first one with a country singer.”

When Curtis graduated from high school in Corsicana, he decided he had enough of small town cities and went looking for the big times — all the way to Grapevine, Texas. However, to be fair, it was to the Grapevine Opry. “I went in there on a whim, auditioned and started singing there with no guitar. I used to twist the mike cable in my hand, and I remember being stuck a few times and couldn’t get it loose. So, I decided I needed



something to do with my hands. I took a few guitar lessons while doing the Opry circuit and the Johnny High Show. I got a call one night from a gentleman who had a band called Diamond J, and he asked me to come sing for him. The bass player that night was Barney, and that's how we met."

Curtis and Barney eventually got together, and Barney gave him guitar lessons. During that time, Curtis did



**"Their CD Broken Hearted Way and song with the same title were placed on the list to be considered for a Grammy nomination in the categories of Country Album of the Year and Country Song of the Year. "**

make it to the real big-time Opry stage — the Grand Ole Opry in Nashville, Tennessee. However, preferring Texas to Tennessee, Curtis wanted to build his musical career here. Together with Barney and other band members, they started The Alan Miller Band. *Broken Hearted Way* is the third album they have produced. "When I heard them [the songs] a long time ago, I liked them. Barney is a songwriter and has been for years. The first two albums were tunes we liked. The third album we wanted to do all originals."

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Barney stated, "We set out to do pure country. It is basically a dance with no real profound message. It's just country where you tell a little short story. Hopefully, we painted a little picture for the people." Painting a picture with words about real life in a simple way is something country music does best. "Broken Hearted Way" tells a story that is as old as the hills. These lyrics describe it best.

*"She just walked out on the man she planned to marry/ and told herself she's not going back anymore/ but he'll find her no matter where she's staying/ and tell her all those lies she's heard before/ in a lifetime she knows she won't forget him/ and probably thinks about him almost everyday/ she'll just go on living her life without him/ doing the best she can in her broken hearted way."*

Another song on the album, "She's on Her Own" is very touching in its realism, and almost tenderly tells the story of sadness and triumph of the human spirit. And, who has not been there in the lyrics of "To Say I'm Sorry"? You can feel the pleading and the pain when Curtis sings,

*"I just called to say I'm sorry/ I had to phone and say I care/ and don't you know how much I love you/ and how I wish that you were here."*

*Broken Hearted Way* is beginning to get more play on radio stations. They recently released the album in Australia, Germany and the United Kingdom. Curtis' consideration for a Grammy Award is an honor that puts him in a category with some of the greatest voices in country music. For Midlothians, he is simply the best. **NOW**



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# Training From the Heart

— By Cari LaCroix



Imagine beginning your day with your family of five, then arriving at work to serve an extended family of over 700 members! Such is the life for Greg Goerig, Head Athletic Trainer for Midlothian High School. He and his team serve student athletes of at least 12 sports, active in practices and competitions Monday through Saturday.

Athletic trainers are highly skilled health care professionals, with approximately 70 percent having achieved at least a master's degree. They plan and carry out comprehensive rehabilitation and reconditioning programs. They also

collaborate with physicians to optimize the activity and participation of student athletes.

Common misconceptions about trainers include being coaches, doctors or personal fitness trainers. Greg explained, "We don't coach any sports. We take care of the kids' injuries. They come first."

A typical school day "consists of evaluations of athletic injury, as well as treatment and rehabilitation. After school, the day is usually spent at our athletic events covering our sports." Other responsibilities include conducting physicals for student athletes in grades

six through 12, and keeping an eye out for preventative measures. For example, they closely monitor dangerous weather conditions such as lightening and high heat indexes. Outdoor field surfaces are kept level and free of holes. Indoor measures might include installing padding on walls. Student athletes are taught proper use of the exercise equipment. And once a year, an educational program is provided for all student athletes to learn first aid and injury-prevention.

Greg believes "the speed of athletics in high schools has increased, and the higher the speed, the higher the



risk of injuries.” His biggest concern is the prevention of ACL tears, a common injury among athletes. “We can prevent injuries by advising coaches on preventing ACL tears,” he explained. “For example, we suggest they increase core strength in the off-season, which has resulted in a significant decrease in ACL tears here in Midlothian.”

His job is shared with two assistant athletic trainers, Russell Wagner and Rebecca Ensley. They divide the athletes, often covering different events in one day. “It’s great to be on the same page.

**“I love the district; it’s a great place for me, and it’s a great place for my family as well.”**

It makes the job a lot easier when you have excellent assistants, excellent student trainers and excellent coaches; coaches that support you and back you up,” he said. “In my time here, we’ve never had a coach doubt our plan of action for the kids’ treatment.”

Some athletes arrive before school to receive a treatment, only to return later for another. Coaches receive an injury report describing the treatment plan. Once completed, coaches can put the athlete back in the game. This requires sensitive accommodation of the students’ athletic schedules, but it is made easier by the great communication with coaches that Greg believes his team has.

He is thankful for the strong support shown by parents in the district. In his near 16 years of professional experience, Greg believes coming to Midlothian is the best thing he has done yet. “Midlothian parents want to be involved; they want to know everything.” With Greg’s children now old enough for school athletics, he said, “It’s a dream come true to see my own child participating in sports.” He added, “I love the district; it’s a great place for me, and it’s a great place for my family as well.”

Greg also appreciates “having an athletic director, assistant athletic director and superintendent that are extremely

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supportive, particularly in the provision of needed equipment and facilities to provide treatment.”

Over 25 student trainers also provide vital support. Many hope to pursue a similar career. “They see firsthand the injuries that take place. They do a lot of grunt work: taping, wrapping, covering wounds, responding to asthma attacks. With them, we have a lot more eyes out there,” Greg explained. “We expect a lot from them — good attitudes, good grades and a willingness to work with lots of people.” All are required to become CPR and First Aid certified and to work two sports per school year, one in each the fall and spring.



Greg understands the student trainers’ desire to serve, with his own experience dating back to high school. First an athlete, an injury took him off the field, leaving him with a deep desire to contribute to his team. Witnessing a close friend’s life-changing injury that resulted in him becoming a quadriplegic, confirmed Greg’s desire. He continued as a student trainer/manager and committed to actively helping his friend, whom he remains close to today. “As much as I love sports and as much as I love kids, there was never any question that I’d do anything else.

“When you’re with an athlete who sustains an injury and you work with them in rehab and see them improve, you feel like you’ve made an impact,” Greg said. “It’s a good feeling that you’ve done something, a sense of accomplishment. My only job is to take care of kids in the district. We are here for the kids. We try to get them back on the field and on the court as quickly as possible.” Greg summed it up saying that as an athletic trainer, “If you don’t love kids, you’re in the wrong profession!” **NOW**



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David Harris, owner of Superior Insulation, will do a free evaluation of your attic to determine how much additional insulation is needed.

## The Most Bang for Energy Bucks

*David Harris wants to save you money on your electricity bills this summer. — By Betty Tryon*

As a firefighter for the past 11 years, David Harris spent most of his time caring about the physical needs of people. In addition to continuing to care about those needs, he wants his business, Superior Insulation, to care about your expenses for your energy needs. When he learned one of his firefighter friends had a business installing insulation and radiant barrier, David joined him on some of his jobs. David stated, "I saw that a lot of attics are lacking in proper insulation and ventilation, so my friend set me up with his suppliers. I worked with him for six months and then decided to go into business for myself. He works in Plano, Rockwall and East Texas, and I thought, *I can do this in Ellis County.*"

David does a free evaluation of your attic to determine

how much insulation you have and how much is needed. "The Department of Energy recommends that you have R-Value 49 which is 19 inches of insulation on your attic floor," he said. "You go in most houses and they have four to 10 inches. So, we add the additional insulation just to get them up to the R-49 value. You save more energy that way. Most cities require an R-30 on new houses built, which is 12 inches of insulation. That is just the minimum."

David uses Climate Pro which only settles 1 percent to 3 percent over 15 years. Another benefit of Climate Pro insulation is it is formaldehyde-free, greatly improving your indoor air quality. It is also thermally efficient and as an extra bonus, it provides sound control. It is fire resistant and will not



mildew or deteriorate in any manner.

David recommends radiant barrier in addition to Climate Pro insulation. He explained, "The radiant barrier is perforated foil that I staple to the bottom of the rafters of the house, and that blocks the radiant heat from the sun. It creates a six-inch air space in between the radiant barrier and roof of the house. The super heat stays in there and doesn't get into your attic. It blocks 97 percent of radiant heat and only 3 percent is coming through the roof and getting into your attic."


Another area David evaluates is the ventilation capacity of your attic. Because so much heat can be trapped in the attic, proper aeration is a crucial part of the process. David stated, "I make sure you have enough wind turbines or eyebrow vents and soffit vents on your house."

**"I treat customers like a member of my family."**

Builders will put 10 soffit vents around the house when they should really be spaced every 6 to 8 feet. We will evaluate and put in more vents and wind turbines. You have to have something to pull that heat out of the house."

David speaks from experience regarding the merits of having both insulation and radiant barrier in his home. "My electricity bill used to be \$225.00 and is now \$135.00. I keep the air conditioner on 75 degrees during the day and 72 degrees at night. A lot of people will do only the insulation because that's where you get the most "bang for your buck." But, the radiant barrier also helps because it holds the heat in during the winter and lets it out in the summer."

David's principles as a firefighter guide him in his business. He stated, "I treat customers like a member of my family. I do advertise that I am a firefighter because I believe firefighters are trustworthy; we are there to help people in their time of need, and I run my business this way. Energy costs are only going to go up, so anything you can do now to start saving on your energy costs is going to help you in the long run." **NOW**



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# More Than BOOKS

— By Betty Tryon

When one thinks of a library, of course the first thought is of books.

However, books are only a part of the story. The greatest resource in the library is not a book, but the librarian. Candace Teague, the library technician at Navarro Community College in Midlothian brings to the students and faculty not only her knowledge of operating a library, but a wealth of knowledge of living and learning herself.

"I assist students and the instructors with basically whatever they need, whether it's information research for a paper or intercampus/interlibrary loan. I can order things online from the main campus then contact students when their items come in and let them know they are available for pick up. We offer

instructional classes on how to use the library and research techniques. Being a librarian here is a unique experience because students come in for a lot of different reasons; sometimes, it's for research help and sometimes for registration questions. I also get the opportunity to work as a floater in the front office and in the bookstore."

Her flexibility allows Candace to observe firsthand how different areas within the college function. She also has knowledge of what goes on inside the classroom because she is a student at Navarro herself. She explained, "I think my opportunity has been a double blessing because I have been able to be here not only as a student, but as an employee; so I get the chance to see the

interaction in the classrooms between the students and instructors and also get to serve them in the library. One of the things I like best is the encouragement I get to give the students."

Candace remembers exactly how she felt those first few days in May 2007 as a student. "Honestly, I was terrified. We have younger students coming in, and we have older students that are returning to school after being out many years. I can relate to the older, returning students because that is my experience. It's just exciting to see them take that first step. A lot of the time, both groups of students are saying the same thing. The young students come in and they are nervous and apprehensive. They may go into a



classroom and see older students and be intimidated thinking these students are going to know everything. They don't realize that at the same time, the older student goes in, looks around and thinks, *These kids are so smart; they know everything.*"

Candace will graduate this spring with an associate degree in education from Navarro and an associate in library technology from Palo Alto in San Antonio. The course in San Antonio is online and that gives her yet another point of view when sharing her experience with others. "You will find as much variety in an online course as you will in the actual classroom atmosphere. Some online instructors are very communicative throughout the course,



## Education **NOW**

while others you may hear from only two or three times a year. You have to be very proactive. Probably one of the most important things I've learned is that you can't be afraid to ask questions. Once you start asking questions, you'll soon realize that people are more than willing to help. I always tell students that when they ask for something, if I don't know, I can sure find out for them."

In addition to Navarro's traditional library services such as check-out services, it includes approximately 40,000 electronic books online of primarily research material, some fiction and non-fiction, collections of music CDs, films on DVD and access to print and electronic periodicals. The bulk of material available to the students from the library is kept at the main campus in Corsicana. Candace stated that getting the books or materials from the main campus by courier usually takes no longer than 72 hours. They do have over 600 volumes of reference material on the Midlothian campus immediately available to the students.

One of the most attractive qualities about the on-campus library for the students is the peacefulness and quiet inside. Candace said, "As much as the students love to go to the student lounge area and visit or go to the computer room to do things on the computer, when it comes down to finding a place on campus that's quiet where they know they can focus — it will be the library."

Another benefit of the library according to Candace is "connecting students with information — whether it is information regarding research that they are looking for, information on a technology issue or information about a course. Sometimes it may be information about Midlothian if they are new to the area."

Candace enjoys her work at the library and plans to continue in the library sciences after she graduates. "I'm constantly learning. I'm learning in the library because everyone's requests are different. It's really challenging. Everyone is at a different level and, sometimes, I learn more from the students who are asking for help. It has been a real blessing and privilege for me."



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# In The Kitchen With Tiffany Lynn Cansler

— By Faith Browning

Until the last three years, Tiffany Lynn Cansler was never truly interested in cooking. It was during her time spent at home pregnant with her daughter, Blaine, that she started watching the Food Network. “Paula Deen and the Barefoot Contessa were my favorites,” she said. “I watched those cooking shows all the time, and I became interested in wanting to bake and try new recipes.”

Baking is Tiffany's favorite form of

cooking, and she gets most of her recipes from magazines, cooking shows and friends. She also enjoys spending time outdoors with her husband Brian, her stepdaughter, Sidney, and Blaine. “I’m a very outdoors person. I love fishing, hunting, lake sports,” she expressed. “I’m a big family person, always have been, so anything to do with my family brings me joy!” **NOW**



## CHICKEN TORTILLA CASSEROLE

**1/2 cup vegetable oil**  
**12-20 corn tortillas**  
**1 can chunk chicken**  
**1 can cream of mushroom soup**  
**1 can cream of chicken soup**  
**Jalapeño peppers, sliced**  
**1 cup grated cheese**

1. Preheat oven to 350 F. Heat vegetable oil in medium pan; keep on medium-high heat. Soften the tortillas by placing in the hot oil and turning a couple of times. Then place a small amount of chicken in the tortilla and roll up.
2. Place the enchiladas seam side down in 13x9-inch pan. Repeat steps until pan is full.
3. Once full, combine the soups and pour over the enchiladas.
4. Chop up the jalapeños and sprinkle over top, and follow that with the grated cheese. Place pan in oven and bake until cheese is golden brown.

## PEANUT BUTTER-N-MARSHMALLOW CRACKERS

**Saltine crackers**  
**Jiffy peanut butter**  
**Small marshmallows**

1. Set the oven to broil. Take a saltine cracker and spread peanut butter evenly on top. Place 5-6 marshmallows on top of the peanut butter.
2. Place about 3-4 crackers in a row on a baking sheet. Put baking sheet in oven until tops of marshmallows are golden brown. Watch carefully because it will burn easily. Take out and let cool.

## BLUEBERRY CRUMB CAKE

### STREUSEL:

**1/4 cup granulated sugar**  
**1/3 cup light brown sugar, lightly packed**  
**1 tsp. ground cinnamon**

**1/8 tsp. ground nutmeg**  
**1/4 lb. (1 stick) unsalted butter, melted**  
**1 1/3 cups all-purpose flour**  
**CAKE:**  
**6 Tbsp. unsalted butter, at room temperature (3/4 stick)**  
**3/4 cup granulated sugar**  
**2 extra-large eggs, at room temperature**  
**1 tsp. pure vanilla extract**  
**1/2 tsp. grated lemon zest**  
**2/3 cup sour cream**  
**1 1/4 cups all-purpose flour**  
**1 tsp. baking powder**  
**1/4 tsp. baking soda**  
**1/2 tsp. kosher salt**  
**1 cup fresh blueberries**

### Confectioners' sugar for sprinkling

1. For the streusel, combine the granulated sugar, brown sugar, cinnamon and nutmeg in a bowl. Stir in the melted butter and then the flour. Mix well and set aside.
2. For the cake, preheat oven to 350 F. Butter and flour a 9-inch round baking pan.
3. Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed for 4-5 minutes, until light. Reduce the speed to low and add the eggs 1 at a time. Then add the vanilla, lemon zest and sour cream.
4. In a separate bowl, sift together the flour, baking powder, baking soda and salt. With the mixer on low speed, add the flour mixture to the batter until just combined. Fold in the blueberries and stir with a spatula to be sure the batter is completely mixed.
5. Spoon the batter into the prepared pan and spread it out with a knife. With your fingers, crumble the topping evenly over the batter. Bake for 40 to 50 minutes, until a cake tester comes

out clean. Cool completely and serve sprinkled with confectioners' sugar.

## CHOCOLATE GOOEY BUTTER COOKIES

**1 8-oz. brick cream cheese, room temperature**  
**1 stick butter, room temperature**  
**1 egg**

1. Preheat oven to 350 F. In a large bowl with an electric mixer, cream the cream cheese and butter until smooth. Beat in the egg, then the vanilla extract, followed by the cake mix.
2. Cover and refrigerate for 2 hours to firm up so you can roll the batter into balls.
3. Roll the chilled batter into tablespoon-sized balls and then roll them in confectioners' sugar. Place on an ungreased cookie sheet, 2 inches apart. Bake 12 minutes. The cookies will remain soft and gooey. Cool completely and sprinkle confectioners' sugar on top for decoration.

## PEANUT BUTTER PIE

**8 oz. cream cheese**  
**1 cup powdered sugar**  
**1/3 cup milk**  
**1 cup peanut butter**  
**1 cup Cool Whip**  
**1 pre-made graham cracker or Oreo crust**

1. Blend together the cream cheese, powdered sugar and milk. Be sure to add the milk a little bit at a time, as you don't want the mixture to become sloppy.
2. Stir in the peanut butter and the Cool Whip. After mixing thoroughly, pour the filling into the crust. Chill for at least 2 hours. Add additional Cool Whip on top of pie when serving (optional).



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## Quality Claim Service Makes a Difference

— By Tim Tobey

Headaches, hassles and unnecessary strain in life can be reduced by researching the quality of claims service a company offers before purchasing an auto insurance policy. There are a few key areas to research when grading the quality of claim service provided by an auto insurer: customer satisfaction ratings, customer choices and professionalism of claim representatives.

Customer satisfaction is probably one of the easiest to research. Independent firms, such as J.D. Power and Associates, often rank customer satisfaction for entire industries. Auto insurance is no exception.

Quality claim service means prompt response and payment for what is owed for damage and quality repair work. But after an auto crash, some other intangibles can make the claims process much less stressful. Some questions to ask when shopping for auto insurance include:

- Is the person who sells me the policy, the same person I can trust to report a claim?
- Will there be someone who can answer my questions if I have one?
- Will I have my choice of body shops to repair my vehicle?

Another measure of quality claim service is customer choice — not



only choosing the auto body repair shop, but even the choices you have in communicating with the company. With today's hectic lifestyles, some companies offer options to report claims in person, on the phone or even online, 24 hours a day. Once the claim has been reported, you want to be kept informed and updated on the claim process. These multiple choice options for communicating can go a long way to making sure the claims process is as quick and easy as possible.

Finally, professional claim handling can eliminate the unnecessary stresses related to an auto crash. Professional claim handling requires special skills. Claim adjusters need to empathize with the client's situation to establish good communication and assist them in making a claim. The professional needs to turn the anxiety of a customer not knowing what to expect into confidence that the claim will be handled fairly and quickly.

At the same time, they also need

to investigate the facts of the claim. That means asking questions. This is where many customers can become uncomfortable. But if viewed in the right context, the questions a claim adjuster asks should be welcomed. Unfortunately, billions of dollars are lost each year due to claims fraud. Obviously, the people committing these crimes don't wear nametags that declare their intent. They look just like you and me. The questions asked by the claim adjuster can help keep your premiums lower, which is important to all of us.

A car crash is already a stressful time in anyone's life. But the quality of claim service can differentiate insurance company A from company B. Knowing that you've researched this before buying an auto insurance policy will give you an added confidence when the unexpected happens. Start by asking your agent about quality claim service. **NOW**

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

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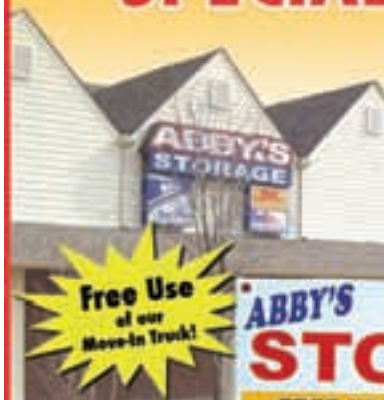
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## Making Necessary Adjustments for a Painless Pregnancy

— By Brad W. Collins, D.C.

This time of year, two things are occurring frequently and abundantly: weddings and babies! According to scientific studies, roughly one-half of all pregnant women battle backache. Simply the fact that pregnancy-related back pain is so widespread should motivate every expectant mother to focus on prevention. However, some women are at an even greater risk than others, according to a Swedish study of 804 moms-to-be. For example, a history of back pain doubles a woman's odds of backache during pregnancy. In addition, moms-to-be who have physically demanding jobs are more likely to have back pain than their peers with sedentary occupations. Younger women tend to suffer from pregnancy-related backache more than older women, and mothers who have had previous children are at an elevated risk, compared to first-time moms.

Although backache occurs with similar frequency in both pregnant and non-pregnant women, back pain during pregnancy tends to be more severe. Why does pregnancy provoke such intense discomfort? Scientific research shows that SI (sacroiliac) dysfunction is the primary cause of pregnancy related back pain.

SI joint dysfunction involves misalignment or restricted movement in the sacrum and two iliac bones that form the pelvic girdle. In preparation for delivery, the body increases production of a hormone called relaxin. This hormone softens the ligaments that hold together the pelvic bones. Although this process facilitates

delivery, it also undermines the alignment of the sacrum and adjacent iliac bones.

Spinal misalignments are a second significant cause of pregnancy-related backache. SI joint dysfunction can affect spinal posture in the mid-back and neck. Also, during pregnancy the abdominal muscles loosen, leading to abnormal posture. Postural misalignments lead to restricted spinal motion or spinal misalignments.

Why should expectant mothers choose chiropractic care to prevent and alleviate back pain? First, chiropractors are specialists in correcting the two main causes of pregnancy-related back pain. Also, pregnancy is a sensitive time to be taking medication and chiropractic can provide a drug-free approach to pain reduction. Most of all, in a 1991 study, women who received chiropractic care during pregnancy had shorter durations of labor. First-time mothers had 24 percent shorter labors and women with previous children had 39 percent shorter labors than those mothers not receiving the care.

Pregnancy should be an opportunity to reflect on your family's plans and dreams — not a time to struggle with pain. Preparing for a new baby is a daunting challenge for even the most organized mother-to-be. So, during this meaningful time, be proactive: work to prevent backache before it affects your peace of mind or distracts from you focusing on your family's well being. If a trip to the chiropractor helps you feel better and get more sleep now, then by all means, start storing up for those sleepless nights that will come once your bundle of joy arrives! **NOW**

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# Happening **NOW**

## First and Fourth Monday

School Board Meeting: 6:30 p.m.

## Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, see our Web site: [www.elliscountyyaggiemoms.org](http://www.elliscountyyaggiemoms.org).

## Fourth Monday

Creative Quilters Guild of Ellis County meeting: 6:30 p.m.-8:00 p.m., Waxahachie Bible Church, 621 Grand Ave. Guest Speaker: Kari Ott, "Repurchasing Vintage Fabrics."

## Every Tuesday

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

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

## Second and Fourth Tuesdays

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

## Third Wednesday

The Ellis County Christian Women's Connection, monthly luncheon from 11:30 a.m.-1:00 p.m. at the Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B), Waxahachie. All women are welcome. A special feature and positive, uplifting speaker. The cost is \$13.00, inclusive. Nursery vouchers available. Reservations are preferred. To make reservations, please contact Kay at (972) 937-2807 or [windchime423@yahoo.com](mailto:windchime423@yahoo.com) or Mary at (972) 937-9984 no later than Friday, June 11.

## First Thursday

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

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



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### First and Third Thursday

Midlothian Lions Club meeting: 7:00 p.m., Midlothian Civic Center, 224 S. 11th Street. For more information, call (972) 775-7118 or to RSVP call (972) 723-0017 or e-mail [julia\\_mainplace@sbcglobal.net](mailto:julia_mainplace@sbcglobal.net).

### Month of June

Paws for Reflection Ranch registration is now open for all summer events and camps. The ranch is located at 5431 Montgomery Road, Midlothian, TX 76065. Contact Melode Seremet, RVT, (972) 775-8966 or visit [www.pawsforreflectionranch.org](http://www.pawsforreflectionranch.org).

### June 5

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m. The public is invited. Event and parking are free. Breakfast tickets: Ages 8 and above, \$6; 3-7, \$3; and 2 and under are free. Classic airplanes/fighters, The Classic Swing Band, helicopter rides, Midlothian Classic Wheels and other attractions. Call Tammy for more information, (972) 923-0080.

### June 11-13

DFW Summer Balloon Classic will be held at Mid-Way Regional Airport. The event offers something for all ages and is free to the public. Visit [www.summerballoonclassic.com](http://www.summerballoonclassic.com) or call Debby Standefer at (469) 644-4576.

### June 17

The Navarro College Small Business Development Center (SBDC) will sponsor a workshop from 10:00 a.m.-3:00 p.m. at the Citizens National Bank Community Room, 310 N. 9th Street, Midlothian, TX 76065. The cost of the workshop is \$25.00 and pre-registration is required, as seating is limited. To register, call the Navarro College SBDC (972) 923-6425 or e-mail [sbdc@navarrocollege.edu](mailto:sbdc@navarrocollege.edu).

### June 26 and 27

Midlothian Mirror Midlothian Conference Center Arts Council: 10:00 a.m.-5:00 p.m. Twelve categories of entries in three divisions — professional, amateur, youth. Bring entries to the center June 24, 25. Contact Mary Rustin, (972) 723-7919, [midconfctr@aol.com](mailto:midconfctr@aol.com) or go to [www.midlothiancenter.com](http://www.midlothiancenter.com).

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