

# Midlothian

# NOW

M A G A Z I N E

JUNE 2013

## Expect a Miracle

At Home With  
Mary Ellen Lanoue

## Kangaroo in the Nursery

Premature babies have a better chance at life  
because of Kate McCasland's birth

Plus:

Like Father, Like Son  
Mastering the Brush  
Sculpting a Body  
Faith Works

In the Kitchen With Paula Binford



# WELCOME HOME FURNITURE

1411 N. Hwy 67 | Midlothian, TX | 972.775.7575

Tuesday-Saturday 11 am-7 pm | [facebook.com/WelcomeHomeFurniture](https://facebook.com/WelcomeHomeFurniture)





# Because *You* Want the *Best*

Family Owned, Locally, by Hobart Ambuehl.

You've known him for years as



Over 35 years of Experience in:

- Automatic and Standard Transmissions
- Foreign and Domestic
- Clutch Service
- Transfer Cases

- Free Towing w/major repair
- Senior and Military Discounts
- Financing Available
- Free Diagnosis



Hwy 67 Transmissions  
1602 N. US Hwy 67, Midlothian  
972-723-5300  
[www.hwy67transmissions.com](http://www.hwy67transmissions.com)  
M-F 7a-5p

I-35 Transmissions  
1462 N. I-35E, Lancaster  
972-228-9905  
[www.i35transmissions.com](http://www.i35transmissions.com)  
M-F 7a-5p



ACCREDITED  
BUSINESS





# Encore Plumbing co.

LIC:M-36931



**COMPLETE**  
**Plumbing Services**  
*Best Warranty in the Industry*

**FREE**  
**ESTIMATES**

**Senior Citizen  
Discount**

*June Special*

**\$25  
OFF**

**ANY SERVICE**

exp:6-30-13

**214.325.8046**

[encoreplumbingdfw.com](http://encoreplumbingdfw.com)  
[www.tsbpe.state.tx.us](http://www.tsbpe.state.tx.us)

**Family Owned & Operated**  
**Midlothian Based · Licensed & Insured**

**LEAK DETECTION**

**CAMERA INSPECTION**

**TANKLESS WATER HEATER**

**WATER HEATER REPAIR/REPLACEMENT**

**GAS LINES**

**TOILET REPAIR**

**CLOGGED DRAINS**

**SEWER & WATER LINE REPLACEMENT**





Publisher, Connie Poirier

General Manager, Rick Hensley

## EDITORIAL

Managing Editor, Becky Walker

Midlothian Editor, Betty Tryon

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Matthew Berchuck

Angel Morris . Sydni Thomas

Zachary R. Urquhart

Editors/Proofreaders, Pat Anthony

Pamela Parisi

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Casey Henson

Martha Macias . Felipe Ruiz

Arlene Honza . Brande Morgan

Shannon Pfaff

## PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Opaque Visuals

## ADVERTISING

Advertising Representatives,

Rick Ausmus . Teresa Banks . Linda Dean

Laura Fira . Bryan Frye . Melissa McCoy

Vicki Meeks . Lisa Miller . Carolyn Mixon

Jami Navarro . Lori O'Connell . John Powell

Steve Randle . Linda Roberson . Judy Trivett

Billing Manager, Angela Mixon

## ON THE COVER



*Mary Ellen Lanoue's home  
tells the story of her life.*

*Photo by Opaque Visuals.*

# CONTENTS

June 2013 • Volume 9, Issue 6



## 8 Kangaroo in the Nursery

Kate McCasland, with her mom's persistence, introduced a different way of caring for preemies.

## 14 Like Father, Like Son

Family inspires Christopher O'Teter to overcome tragedy.

## 20 Expect a Miracle

At Home With Mary Ellen Lanoue.

## 30 Mastering the Brush

An oil painting class changed the way Corine Ramsey saw the world.

## 38 Sculpting a Body

Competing in bodybuilding was a lifelong goal for Karyn Birdwell.



44 BusinessNOW

46 Around TownNOW

52 CookingNOW

*MidlothianNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2013. All rights reserved. *MidlothianNOW* is published monthly and individually mailed free of charge to homes and businesses in the Midlothian ZIP codes.

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





## Editor's Note

*Hello, Midlothian!*

My dad, the late Reverend Robert R. Williams, was a great man to me. I was asked why I felt that way. It was how he made me feel. Daddy was the symbol of authority, security and protection in our home. He was not overly demonstrative in his affections, but I knew we were loved.

My brother had a paper route as a child. Plagued by a ferocious dog on one street, his solution was to avoid that street. When Daddy found out about the undelivered papers, my brother was disciplined for not doing his job. The following morning, Daddy went with him to deliver papers. When the dog threatened them both, our dad scared him away, and the dog never returned. Tough but kind, he was always our protector. The world really needs strong dads today.

Happy Father's Day to all Midlothian dads! You deserve it!

## Betty

Betty Tryon  
MidlothianNOW Editor  
betty.tryon@nowmagazines.com

**ENCORE**  
Upscale Resale

**"Finest Resale Shop in Ellis County"**  
**Over 10 years in business**

**15% OFF**  
Clothing purchase with coupon only  
Exp: 6/30/2013

Women's & children's clothing & accessories  
Consignment & buyout options  
Baby Furniture & gear

600 Ferris Avenue  
Waxahachie • 972-935-1197  
Mon-Fri 10 AM - 6 PM • Sat 10 AM - 5 PM

WWW.DRMORRISSEY.NET

**ACHIEVE *your* GOALS**

Look and feel more confident and youthful

Tummy Tuck • Breast Augmentation/Lift  
Breast Reduction • Liposuction • Post Weight Loss Surgery  
Mommy Makeover Packages & Financing Available

**J. Michael Morrissey, MD**  
Board Certified, American Board of Plastic Surgery  
Plastic, Reconstructive and Cosmetic Surgery

Member  
AMERICAN SOCIETY OF PLASTIC SURGEONS

**Waxahachie Office:**  
Baylor Medical Center  
1505 W. Jefferson, Suite 120  
Waxahachie, TX 75165

**Dallas Office:**  
Methodist Dallas Medical Center  
221 W. Colorado Blvd.  
Pavilion II, Ste., 727 - Dallas, TX 75208

For A Complimentary Consultation  
**Call 214.943.9222**



# HANSON

## IRON WORKS

**ELLIS COUNTY'S  
#1 SOURCE FOR CUSTOM WROUGHT IRON  
FOR OVER 20 YRS.**

\* WROUGHT IRON FENCES & GATES \* AUTOMATIC GATE OPENERS \* STONE & BRICK COLUMNS  
\* WOOD & IRON FENCE COMBOS \* SERVICE AND REPAIR ALL GATE OPENERS \* BALCONY RAILINGS



**(972) 775-3091**

VISIT US ONLINE AT [WWW.HANSONIRONWORKS.COM](http://WWW.HANSONIRONWORKS.COM) FREE ESTIMATES



**FREE  
LUMINEERS  
Consultation**

## Family Dentist

Full Service Family Dental

**FREE  
WHITENING  
Consultation**

FREE Braces Consultation • Low Monthly Payments

*Friendly, Motivated Staff*

Preferred Providers:

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

*Walk - Ins Welcome*

GM Family Dental

**972-988-3333**

2507 Medical Row #104

Grand Prairie, TX 75051



Rose Park Dental

**817-473-1159**

217 N. Walnut Creek

Mansfield, TX 76063



**Open  
Saturdays**



**Grand Prairie Office Hours:**

Mon. - Wed. 9 to 6 • Thurs. 7 to 3

**Mansfield Office Hours:**

Tues. - Thurs. 9 to 6 • Fri. 7 to 3 • Sat. 8 to 1

Se Habla Español • Vietnamese Spoken

"Under Same Ownership"

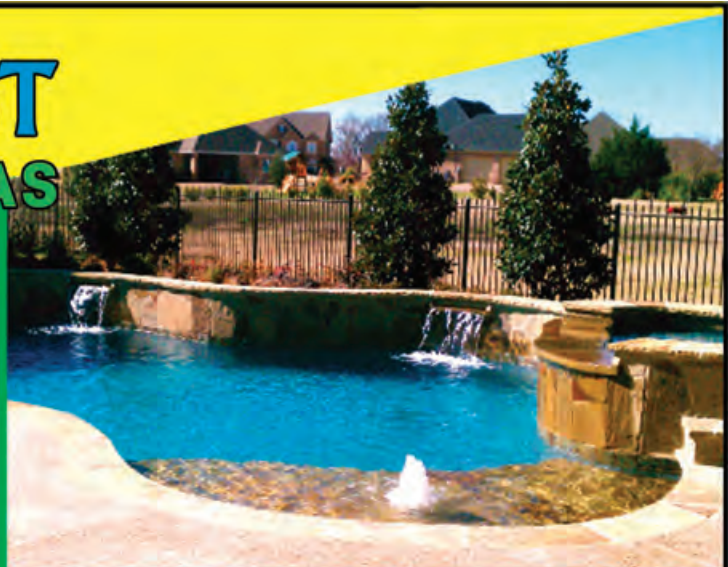


Like us on facebook and look for special promotions and contests!





# RIVERMIST POOLS & SPAS



SPECIALIZING IN:

NEW POOLS • REMODELS • OUTDOOR LIVING AREAS • CABANAS • ARBORS • FIREPLACES

**CALL RIVERMIST TODAY  
AND LET US PROVE  
THE DIFFERENCE!**

OFFICE 972-723-1441  
BILL ATTERBERRY 972-965-1530  
JEREMY ATTERBERRY 972-351-4218

**WWW.RIVERMISTPOOLS.COM**

## *Love Your Feet Again* *Safe, Effective and Close to Home*

HyperBlue 1530

### **Laser Treatment for Toenail Fungus:**

- FDA approved
- No side effects or drugs
- No liver enzyme test required
- No recovery time, just walk in and walk out
- Only 15 minutes required to treat toenails on both feet



**CALL TODAY TO SCHEDULE YOUR APPOINTMENT**  
**817.467.1990 • [www.footanklecenters.com](http://www.footanklecenters.com)**

**ARLINGTON/MANSFIELD  
FOOT & ANKLE CENTERS**

A Division of PMPT, PA

**Arlington**  
400 W. Arbrook Blvd.  
Suite 201  
Arlington, TX 76014

**Mansfield**  
2800 East Broad St.  
Suite 312  
Mansfield, TX 76063



# Where wounds heal better.

Healing hard-to-heal wounds is our specialty. We bring together some of the latest technology and the most caring staff of wound experts to prove that "non-healing" wounds can heal.

For more information, call 682-622-HEAL (4325) or visit [MethodistHealthSystem.org/WoundCare](http://MethodistHealthSystem.org/WoundCare).



John Willis, DO  
Internal Medicine



Joseph Caruso, MD  
Vascular Surgery



Mahesh Kottapalli, MD  
Infectious Diseases



Shelley Lenamond, DO  
Internal Medicine



Barry Bass, MD  
General Surgery



Randy Lew, DPM, and  
Bryan Molen, DPM



**Methodist**  
MANSFIELD MEDICAL CENTER

**Wound Care and Hyperbaric Center**  
2800 E. Broad St., Suite 308  
Mansfield, TX 76063  
**682-622-4325 (682-622-HEAL)**  
**FAX 682-622-4322**

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System, Methodist Mansfield Medical Center, or any affiliated hospital.

## Ross FENCE & CONSTRUCTION

Commercial & Residential

**Custom Work  
At Affordable  
Prices**



Call about our  
**JUNE  
Specials!**

- Fences •
- Vinyl, Wood & Wrought Iron
- Farm & Ranch •
- Fencing & Chain-Link
- Decks, Arbors & Pergolas •
- Covered Patios •
- Concrete Additions •
- Aluminum Patios •
- Gutters •
- Electric Gates •

Visit our newly updated website!  
**[www.rossfencing.com](http://www.rossfencing.com)**

**For FREE Estimates call 972-904-1904**  
1604 N. Hwy 67 • Midlothian (9th Street Exit, N. Bound Frontage Road)





# Kangaroo

## in the Nursery

— By Betty Tryon

*Unaware that her fragile life was about to play a part in changing history, Kate McCasland showed as much spirit and grit as her 1 pound, 7 ounce miniature body could muster. Late one night, she began to express perhaps a little too much spirit and went into distress. One of the nurses on duty that night in the Neonatal Intensive Care Unit (NICU) at Harris Methodist Hospital called Kate's mom, Jane, to the rescue. This was the first time Jane received permission to try a new method of infant care called kangaroo care, although it was not allowed in the NICU. After snuggling the delicate infant on her chest, Kate's heart rate went from 200 beats a minute to 155. From restlessness, she was able to fall sound asleep, and the biggie — she gained a whole ounce overnight! The nurse who allowed the unconventional method without the doctors' approval had to face unpleasant consequences the next day. However, when the doctors discovered Kate gained an ounce overnight, they took another look at the technique. Today, kangaroo care is considered standard practice.*

Jane learned of kangaroo care while watching a program about a Third World country. "I couldn't sleep," she said. "I saw a mom holding her baby kangaroo style. Babies in that country had a higher survival rate than we did. I started asking and asking to try it with Kate but was always told no. I made a pest of myself! The nurse called me that night, because she thought it would help. With kangaroo care, the most important thing was skin to skin contact with a blanket over Kate. She could only be held for an hour, because she was too fragile to be handled for long. My husband and I switched off days. Kate was in the hospital for three-and-a-half months and came home on her due date, March 14, 1995."

That night the wheels of change began, and with a new perspective, the physicians changed the policy to allow kangaroo care in NICU. As a symbol of the technique's success, Harris Methodist Hospital hosted a celebration for Kate on her 18th birthday with the medical and nursing team that took care of her in the NICU. "It was like, *Oh my gosh!* Some of them hadn't seen me since I left the unit," she enthused. "I think one of the sweetest things was my dad's dad went up to the doctor and said, 'I've waited 18 years to say this, but I want to thank you.' I looked out of the corner of my eye, and he was tearing up, even dad was, too!"



"I've waited  
18 YEARS  
to say this,  
but I want to  
THANK YOU!"



"My father-in-law was a man of few words," Jane said, marking the momentous occasion.

Harris Methodist Hospital wasn't the only institution noting the event. Two of the news stations in town covered it on their news programs. "They interviewed mom and dad on camera," Kate remembered. "He said Mom kept pestering them until they actually caved in and let her do it. She wouldn't shut up about it! I asked one of the nurses, if she really did that, and she said, 'Oh yes, she did do that. Sometimes you were the problem child, and sometimes she was.'"

While Kate was at the hospital for her celebration, one of the nurses took her back to the unit where she spent the first few months of her life. "I went back to the unit and saw a mother sitting in a rocker doing kangaroo care."

Kate has had physical challenges, because she was born so early. "Kate had a PDA (patent ductus arteriosus) ligation, where they go in and close the patent ductus at 8 days old," Jane







**NEW DAY SALON**  
HAIR • NAILS • MASSAGES • FACIALS • WAXING

**MESSAGE GIFT CERTIFICATES  
FOR DAD!**

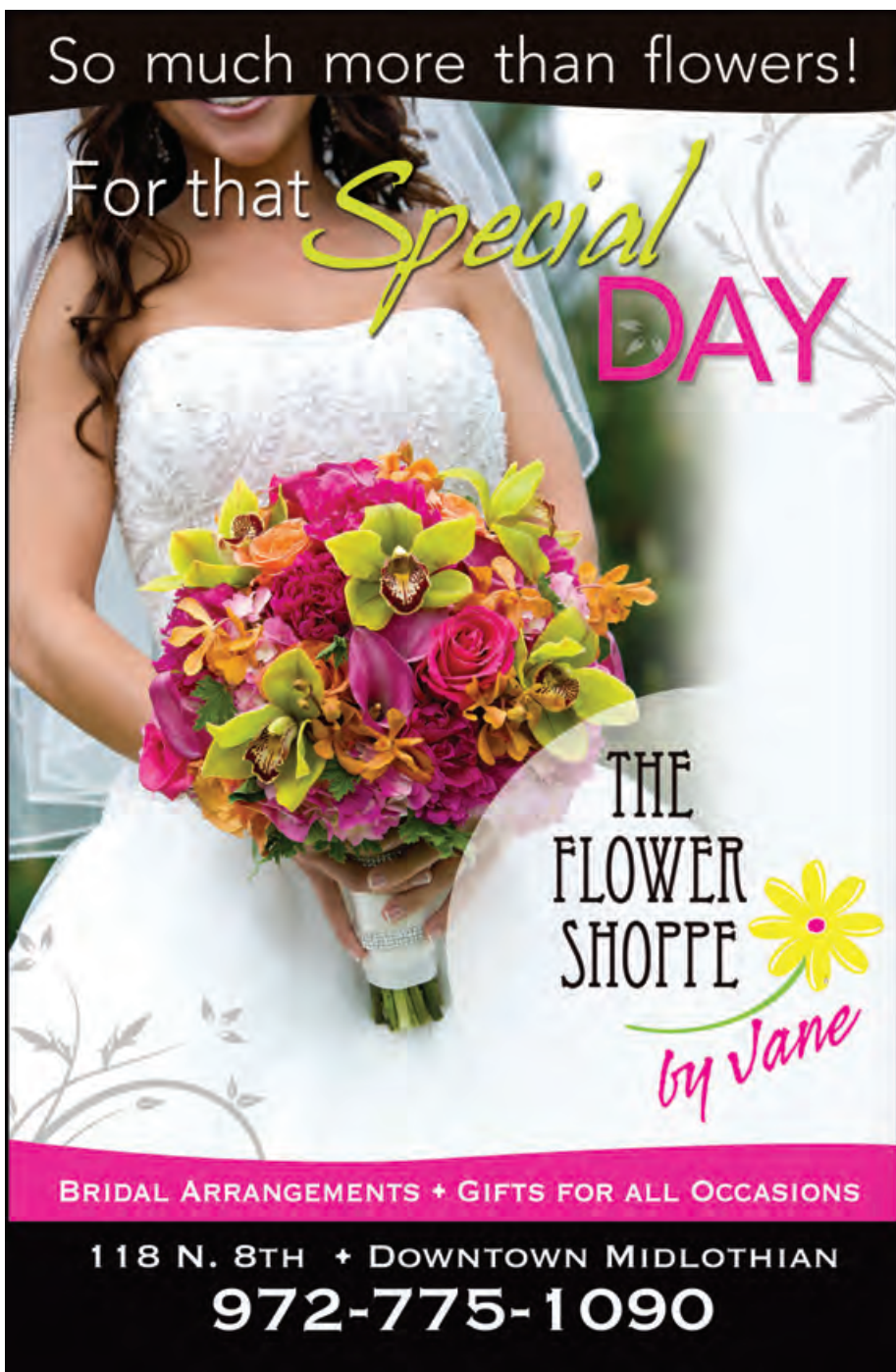
CUSTOM NAIL  
ART AVAILABLE!


[WWW.NEWDAYSALONANDSPA.COM](http://WWW.NEWDAYSALONANDSPA.COM)

972.775.6495 • 134 N. 8<sup>th</sup> St • Midlothian TX

So much more than flowers!

For that *Special* **DAY**



**THE  
FLOWER  
SHOPPE**   
*by Jane*

BRIDAL ARRANGEMENTS + GIFTS FOR ALL OCCASIONS

118 N. 8TH + DOWNTOWN MIDLOTHIAN  
**972-775-1090**

explained. “That procedure caused a paralyzed vocal cord. When you’re talking about an adult, that nerve would be bruised. When you are talking about a baby the size of a Barbie doll, it becomes paralyzed.” PDA is a corrective procedure necessary when the ductus arteriosus, which is part of the baby’s circulatory system before birth, does not close after birth. If left untreated, it can lead to serious complications.

Kate received vocal cord implant surgery at age 16 to correct the paralyzed vocal cord. “Her voice before the surgery was whispery and hoarse, sort of a cross between Marilyn Monroe and Lauren Bacall,” Jane smiled. Today, Kate’s voice still has a soft whispery quality to it that she uses with a rapid fire delivery.

As a Girl Scout looking for a project to earn her a Bronze Award, Kate chose to give premature babies something special, just as her mom did so long ago. She started making preemie hats for the infants in NICU. She made the hats with the same design, but in different colors. Her goal was to make a knitted hat for every day she was in the unit as a baby. She ended with 114 knitted hats.







When working toward her Girl Scout Silver Award, Kate wrote a program that taught Girl Scouts in different states how to make the preemie hats, so they in turn could teach others to make the hats for their local hospitals. To receive the honor of her Gold Award, Kate taught senior




**Office Hours**  
Mon-Thurs  
8:30-5:30  
Friday  
8:00-3:00  
Open Saturday

# DENTISTRY FOR Children

## WELCOMING NEW PATIENTS

**SHELLY K. CLARK D.D.S.**  
Diplomate, American Board of Pediatric Dentistry

**(972) 723-0111**

We accept most PPO dental insurance plans  
*Midlothian is now accepting CHIPs insurance*

211 W. Belt Line Rd. • Cedar Hill  
4450 East Hwy 287 • Midlothian [www.drshellyclark.com](http://www.drshellyclark.com)



**CLARK DENTAL GROUP**  
BRIAN CLARK, D.D.S.

# New Patients Are ALWAYS Welcome

**Free Whitening**  
three systems to choose from  
**ZOOM!, BOOST, or Take-home Whitening**  
to all new patients w/cleaning, exam & x-rays. Exp 5.31.13

**(972) 723-2300**  
211 W. Belt Line Rd. • Cedar Hill  
4450 East Hwy 287 • Midlothian [www.BrianClarkDDS.com](http://www.BrianClarkDDS.com)



# Swim Lessons



**Classes start June 10**  
 Levels I-VII • 5 sessions over the summer  
 American Red Cross Curriculum Taught

**Swim Town**  
 Daytime & Evening  
 Classes Available  
**972.723.8199**  
[swimtownmidlothian.com](http://swimtownmidlothian.com)



## Cole's Auto & Transmission Repair Offers Mobile Service in the Midlothian Area.

# We Come to YOU!

- Highest Quality at the lowest prices
- Our LOW Overhead = Your LOW prices!
- Family owned and operated
- Financing is also available
- Our Mechanic is ASE Certified Master with over 25 years experience.
- Call to schedule your appointment NOW!

### Services Provided:

<b>Diagnostics</b> <b>Electrical repairs</b> <b>Steering &amp; suspension repairs</b> <b>A/C repairs</b>	<b>Timing belts</b> <b>Tune ups</b> <b>Transmission repairs &amp; services</b> <b>Brakes &amp; much much more.</b>
---	---

**See how EASY our Mobile Service can be.**

# 469-253-8153

**[www.colesautorepair.net](http://www.colesautorepair.net)**

Serving Midlothian, Venus, Maypearl, Waxahachie, South Arlington, Mansfield




citizens how to make caps for NICU. She called her project Special Beginnings. "To receive the Gold Award, the project has to be for something other than Girl Scouts," Jane said. "In the 15 months she worked for the gold, they made 8,700 hats. It takes about three hours to make one hat. Last count a year ago, it was over 10,000 hats."

"After I distributed the hats to nine hospitals, we had 1,600 caps left over," Kate stated. "We got notice that a friend of the family was doing a mission trip overseas called Save the Children, and she asked if we had any hats left. I said, 'Oh boy, do we!' And now the hats are all over the world!"

For her efforts, Kate received a Visionary Award from The Texas Department of Aging and Disability Services. She is the only person under the age of 18 to ever receive the award.

Kate had to stop knitting baby hats because of the growing demands of school, however, her effort continues in senior citizens centers and in the Girl Scouts organization. Her future plans are to spend two years at Navarro College in Waxahachie to pursue her goal of becoming a NICU nurse. After that, she plans to transfer to Tarleton State University or The University of Texas at Arlington. When she finishes nursing school, Kate will have made the complete journey from being part of a groundbreaking practice to being a nurse and introducing other mothers to the same technique. **NOW**





# King Pools, Inc.

**New Pools • Gazebos/Arbors • Outdoor Kitchens • Fireplaces/Fire Pits  
Fencing • Remodels • Weekly Cleaning • Service/Repair • Retail Store**

## 972.723.2800

**104 N 8th St. • Downtown Midlothian**  
**www.kingcustompools.com**

*"Pools built for a king."* **A+**



## Our roots are deep. Our commitment strong.

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

For more information about our services, go to [BaylorHealth.com/Waxahachie](http://BaylorHealth.com/Waxahachie) or call **1.800.4BAYLOR**.

1405 West Jefferson St.  
Waxahachie, TX 75165

FOLLOW US ON:  
Username: BaylorHealth



**BAYLOR**  
Medical Center  
at Waxahachie

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie, or Baylor Health Care System. © 2013 Baylor Health Care System BMCWAX\_313\_2012 725 CE 04.13

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

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





# Like FATHER, Like SON

— By Angel Morris

*“Perform every job to the best of your ability as if you were working for the Lord.” This was the motto by which Christopher O’Teter’s family lived. As a child, Christopher was surrounded by people from all walks of life, but the ones who made a lasting impression were the ones who served the Lord, family, community and country. He attributes his strength of character and desire to succeed to his parents and other family members. However, his father, Patrick, was the one who gave him the desire to be strong physically and mentally.*

An early life goal was to physically protect the family and be able to provide financial and spiritual support. Christopher’s dad demonstrated these characteristics while being employed as an airline mechanic. He was known as someone who could work with and train any person. This demeanor helped Patrick in his role as father to two very different boys, as well as in politics and religion — two subjects about which he was very passionate.

Christopher had a strong foundation and bright future when life took a difficult turn. “When my dad died, the world lost something great. He was on fire



about politics and was proud to be an American,” Christopher said. Patrick’s unexpected death left 18-year-old Christopher feeling lost.

While struggling to find himself, to find meaning in life and to become a self-sufficient man, Christopher decided to leave home. He took a restaurant job “sweeping and mopping floors,” working his way up to wait staff and training other employees. Even working full time and overtime, he found himself in a continuum of struggle and desperation to make ends meet and find purpose.

Christopher began attending a nondenominational church. Being no stranger to religion, he embraced the



Christopher working one-on-one with Shelby Reese.

opportunity to counsel church youth. “Here I was suffering from the loss of my dad, and I was in front of kids even more lost than me,” Christopher said. “I started visiting their houses, and what I discovered was moms who were intoxicated or in abusive relationships or both. I was compelled to witness to these kids. I wanted to show them there was a better way.”

While Christopher had floundered for a couple of years after the death of his father, one area of his life was

# BEST BUY

## WALK-IN BATH TUBS



Mention this ad for  
**FREE LED Lighting System**  
or **Inline Heater Upgrade**  
with Purchase.

*Visit Our Showroom*  
4053 Action Hwy, Granbury  
**817-326-3003**  
[www.bestbuywalkintubs.com](http://www.bestbuywalkintubs.com)  
Granbury Chamber of Commerce Member  
Locally Owned And Operated



*Family Owned  
Texas-Built*

*Lifetime Guarantee  
Against Leaks*

*Great for circulation,  
arthritis, stiff joints  
and relaxation.*



## I'M PROUD TO INNOVATE FOR




**Jason Dunaway**  
with Falon Petty, Safety Manager

**2012 Innovation Award  
Safe Working Platform**

**Strength. Performance. Passion**



*"Your Complete Satisfaction is My Concern"*



**Chuck FAIRBANKS**  
CHEVROLET  
DeSOTO, TEXAS

Jeff L. Sorrels  
Internet Sales Manager

Mobile:  
214.532.2350

OFFICE: 972.223.7611  
1-35 South at Pleasant Run Exit (629 N. I-35 • DeSOTO)  
JSORRELS@CHUCKFAIRBANKSCHEVY.COM

# LONG family

A legacy of smiles. | DENTAL

## Dental Care for your family

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




Dr. Robert Long     Dr. Chris Long

*Get ready for a bright summer!*  
Free whitening for life.

with new patient appointment

*Most insurances accepted*

**CALL TODAY FOR APPOINTMENT**  
**972-775-3192**  
4470 E. Hwy 287 Suite 1200  
Midlothian, TX 76065  
[www.longfamilydental.com](http://www.longfamilydental.com)



always constant: the study of Shorinryu Kenshin-Kan Karate-do, the traditional Okinawan martial art.

"Ever since I was little, I had a passion to be strong like my dad," Christopher said. He began studying Shorinryu when his father was still alive, showing such skill that his parents enrolled him with renowned Athens, Texas, sensei, John Shipes.



"During my first year of training with Sensei Shipes, he invited me to a camp where black belts from around the world trained," Christopher recalled. At camp, Christopher would meet Grandmaster Fusei Kise, founder of the largest karate federation in Okinawa.

"I trained with Fusei Kise a couple of times on his trips to America and was even invited to train in Japan when I was





17. I was preparing to go — then my dad died, and I had to back out to support my family,” Christopher said. “I continued to train but refused to rank up from brown belt, in part because of depression and in part because that was the last belt my dad had seen me achieve.” Pushed by Sensei Shipes and the memory of his

dad’s pride and courage, Christopher eventually tested and acquired his black belt.

“It would normally take someone about three years to earn their black belt if they were consistently training and ranking up. It took me five, not because I wasn’t good, but because I sought Hanshi Shipes’ black belt, so my test had to be flawless,” Christopher noted.



Christopher, being financially challenged, did odd jobs and taught classes at the dojo to afford to train and test for his black belt. “I blew the audience away during my belt test. Even Grandmaster Fusei Kise complimented my performance. I felt like I not only made Sensei Shipes proud, but my father, mother and brother, as well. It was an inspiration to many.”

Even though Christopher was working, continuing karate, going to church and counseling youth, he never heard God’s

**MAKING SMALL BUSINESS WORK.**  
*Let me help you. Call today!*

**Bookkeeping** **QuickBooks Help**  
**Tax Preparation** **Payroll Services**

**RENEE PRINCE**  
 Certified Public Accountant and QuickBooks ProAdvisor

**972.637.3101 • renee@reneeprincecpa.com**

*intuit*  
 Certified  
 Professional  
 QuickBooks

**50% Off**

**Laser Hair Removal**  
 Lips, Underarms & Bikini Area.

Call for a FREE Consultation!  
 972-938-8200  
 Financing Available

120 S. Grand Avenue, Ste.3 • Waxahachie

**Millennium**  
 Laser & Medical Aesthetics  
 R. Paul Kare, MD  
 Botox Cosmetic  
 Physicians' Network Member

<b>Fotofacial RF</b>	<b>Elos Laser Hair Removal</b>	<b>Juvederm</b>
Rosacea	All Hair Colors	Physicians' Network Member
Broken capillaries	All Skin Colors	Wrinkle Filler
Sun Damage	Medical Microdermabrasion	Lip Enhancement
Red and Brown spots	Botox Cosmetic	Mesotherapy
Fine Wrinkles	Physicians' Network Member	Fat Reduction
Acne Scars	Wrinkle Reduction	Cellulite Reduction
Loose Skin	Brow Lift	Body Contouring
Polaris	Crow's feet	M.D. Forte
Wrinkle Reduction	Frown Lines	Chemical Peels
Pore Reduction	Mouth Lines	Obagi
Skin Tightening		Skin Care Product

**Gift Certificates are Available**



**FULL-SERVICE GROOMING**



**ALL ABOUT DOGS**

GROOMING • TRAINING • BOARDING

**FREE BLUEBERRY DOGGIE FACIAL**  
With All Full-Service Groomings  
Exp. 6/30/13

**972.775.7800**

840 E. Main St. • Midlothian, TX (IN THE BACK OF MIDLOTHIAN VET CLINIC)  
facebook.com/allaboutdogs.midlothian

**No one sells more  
Real Estate  
than  
RE/MAX®**



**Its a GREAT  
time to SELL!**

**RE/MAX®**  
Suburban South

**138 N. 8th St • Midlothian**  
**972-723-2553**

**Search the MLS at [www.suburbansouth.com](http://www.suburbansouth.com)**

call. "Then, all of a sudden, God was telling me, 'Seven days,'" Christopher recalled. Within the week, Christopher moved back in with his mother, received a vehicle and different college opportunities.

"I enrolled in Navarro Community College and began studying in Corsicana. My family decided to move back to Midlothian. Before we could find somewhere to live, my aunt and uncle graciously offered for me to move in with their family," Christopher recalled. This allowed him to begin the new semester at Navarro College's Midlothian campus. "Moving back to Midlothian and being

**"Ever since I  
was little, I had  
a **PASSION** to  
be strong like  
my **DAD**."**

surrounded by a family support system was the beginning of my healing. And all of a sudden, my life seemed to be back on track."

One of Christopher's dreams is to open his own dojo. In the meantime, he began volunteering as a karate trainer at Main Street Gym while studying business administration at Navarro. Influenced by his dad's political interests, Christopher successfully developed the Navarro College Republican Club, the first club to form on the Midlothian campus, and has also been invited to speak during various political events. Ultimately, he hopes to pursue a law degree and somehow put his patriotism to work.

"I want to honor my dad by helping Americans work together toward a common goal. Maybe that will be through law, maybe karate. But, let it be done by my heart's passion that was passed down from him to me," Christopher, now 22, said. "Mostly, I just want to help people. I know what it's like for your whole world to fall apart and to fight back from the bottom. If I can do it, anybody can. And if I can help someone do it — even better." **NOW**



# Afraid of the dentist?

## Come sleep through your dental work.

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



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

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

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

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

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

[www.FearlessDental.com](http://www.FearlessDental.com)

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



## Your Hometown Full-Service Residential & Commercial Builder

We Specialize in

*New Homes, Offices, Retail and Remodels*

### New Home Construction



#### Services Offered

- New Construction
- Remodels
- Outdoor Living
- Decorative Concrete
- Additions
- Work Shops
- Roofing
- Concrete

### Large Residential Remodels



### Commercial Construction



972-743-3139 • 214-850-6342

[www.ssconstructionsrvcs.com](http://www.ssconstructionsrvcs.com)



# Expect Miracle<sup>a</sup>

— By Zachary R. Urquhart

*People often love to tell stories about their houses. Occasionally, houses will tell the story of the people inside. With rooms that weave a fascinating narrative, Mary Ellen Lanoue's home tells her story, one miracle at a time.*

Mary Ellen grew up in New York as one of nine children. She met her husband as a child in an interesting way. "My father was a radio repairman, and Don's dad would bring his radios in to be fixed," she recalled. "So, we met and were married in 1957. I was only 17."

Don enlisted in the Air Force, and they moved several times. After Don retired from the service, he and Mary Ellen moved to Texas. "He decided on Southwestern Assemblies of God University (SAGU) in Waxahachie for college, so we ended up here," she said. Don and Mary Ellen had five children, four of whom still live in the area.

Don passed away in 1992, and it was then that Mary Ellen went back to school. "I attended SAGU and then seminary at Texas Christian University," she explained.



*At Home With*  
**Mary Ellen  
Lanoue**





"I always had a heart for ministry, and I felt called to minister God's Word." After losing everything financially when Don passed away, she began her career as a Methodist preacher, moving to Florida in 1993. She served at five Methodist churches during her 14-year career. But a few years ago, Mary Ellen began having trouble hearing, and she thought she might never preach again.

In 2009, Mary Ellen's hearing had gotten so bad she was forced to retire. "I got depressed when I had to retire,"



she recounted. "I was living in a world without hearing, all of a sudden. It was more than I could handle. I ended up in the hospital, but the doctors couldn't find anything wrong. I just had to turn to God for strength while I went through a tough time." With most of her family here, she decided to move back home to Texas.

Like most Methodist ministers, Mary Ellen lived in a parsonage while she was serving in her churches. When she retired, she had no home and not much retirement built up. At a time of need, though, members from her church intervened. "One couple offered to buy me a house," she said. "So the wife and I came to Texas to look, and they bought this place for me — insurance, taxes, everything." Mary Ellen knows that having a house purchased for you is nothing short of a miracle. "I always quote the Scripture, Matthew 19:26: 'With God, all things are possible.' That's why I always tell people to expect a miracle."



## Retreat Salon & Spa

**Help Dad Relax!**  
Don't get him another tie!

Buy him a 1 hr. Swedish Massage | **\$45**

GIFT CERTIFICATES • HI/LOW LIGHTS • COLORS • OMBRE'S • WAXING

Across from Campuzano's  
**972-723-7838**

111 N. 8th St. • Downtown Midlothian  
RetreatSalonandSpaMidlothian@yahoo.com

## NORTHWOOD UNIVERSITY MBA

Professional Transformations Begin Here!

# The proven MBA



**12-Month Daytime • 24-Month Evening • 24-Month Weekend**

The DeVos MBA is strategically aimed at transforming your managerial and leadership skills sets. We take you beyond the standard classroom environment and put you in the role of the decision maker through case study analysis.

► **MBA highlights include:**

- Learn from a case-study focused curriculum
- Strengthen your critical thinking and problem solving skills
- Enhance your professional communication
- Opportunities to engage in consulting and simulation projects

**On Campus Information Session**  
June 10th, 6:30pm

**Online Webinar Information Session**  
June 6th, 10:00am

Please register at [www.northwood.edu/graduate](http://www.northwood.edu/graduate) or call 972.293.5448 to schedule an individual appointment.



**DeVos  
GRADUATE  
SCHOOL**  
NORTHWOOD UNIVERSITY

[mbatx@northwood.edu](mailto:mbatx@northwood.edu)  
[www.northwood.edu](http://www.northwood.edu)  
1114 W. FM 1382 • Cedar Hill



Northwood University is accredited by the Higher Learning Commission and is a member of the North Central Association.  
(800) 621-7440; [higherlearningcommission.org](http://higherlearningcommission.org).





The front porch of her home is something from a movie. It's just a simple space with rocking chairs and a few decorations, but it immediately welcomes all who may gather. Moving through her beautiful home, the rooms tell stories of more blessings and miracles. To the side of the front entryway, Mary Ellen has her formal dining room. "The last church I served had me pick out a dining room suite for the parsonage," she admitted. "When I announced I was leaving, they told me to take it with me as a gift. I probably wouldn't have anything quite this nice in here if it were not for them."

Moving into the heart of the home, Mary Ellen has a quaint living room,

complete with a touch of her flair. "I used to want to be a cowgirl," she admitted, "so I have horses all over the house in decorations — angels, crosses and horses." Even the living room tells of the way people whom Mary Ellen has touched over the years have in turn blessed her. "A few years ago, one of the ladies from my church sent me a birthday card and a check she said was for furniture. The check was for \$12,000."

Mary Ellen has two guest rooms, one of which is clearly meant to be the kids' room. She has a few pictures done by the grandkids, as well as toys she keeps on hand for their visits. The other guest room is slightly more formal but is

decorated with a few things from Mary Ellen's past. "The old accordion was my dad's," she recalled. "He played at the dance halls until he was saved, and then he started playing it on the street corners while he and his friends witnessed." The accordion is an example of the simple and tasteful ways Mary Ellen has chosen to decorate her home.

In her garage, there sits one more story of miraculous blessing in Mary Ellen's life. "I used to take some of the older ladies at my church out to dinner during the week, but they had a hard time getting into my pickup truck," she explained. "I would go to their house and drive them in their own cars to make it

**Coach Steve Cross, US National Taekwon-Do Team**  
**2011 World Championships**

*Teaching the Art of Life*

**Family Plans • Private Lessons • NO CONTRACTS**

**3 months for \$199**  
 Includes uniform and t-shirt

3271 S. FM 663 • Midlothian  
 972-775-1857 • [www.crossktkd.com](http://www.crossktkd.com)

Check out our website for more details

**Cross Martial Arts Center**  
 Midlothian, Texas

**INTERNATIONAL TAEKWON-DO FEDERATION**

**Chameleon**  
 medical spa  
 Your Gateway to Transformation  
 CALL NOW (972) 296-2045

**SERVICES WE OFFER**

LASER HAIR REMOVAL (STARTING AT)	\$30.00
PER TREATMENT	
BOTOX/DYSPORT	\$7.00
PER UNIT	
ACNE SCARRING	\$150.00
PER TREATMENT	
MICRODERM + PEEL	\$60.00
MICRODERM + CO2 MASK	\$75.00
STRETCH MARK REDUCTION	\$200.00
PER AREA	
CELLULITE REDUCTION	\$899.00
PACKAGE OF 6 TREATMENTS	
BODY CONTOURING	\$899.00
PACKAGE OF 6 TREATMENTS	
SCAR REMOVAL	\$150.00
PER TREATMENT	
SUNSPOTS	\$100.00
PER AREA	
BODY WRAPS FOR SUMMER	\$65.00
PER TREATMENT	

941 York Dr, # 200  
 DeSoto, TX 75115  
[WWW.CHAMELEONMEDSPA.COM](http://WWW.CHAMELEONMEDSPA.COM)



Stop in to take advantage of our  
**FATHER'S DAY SPECIALS!**

**verizon**wireless  
4G LTE Premium Retailer



Free Wireless  
Account Analysis  
For Any Carrier

**15% OFF**  
Accessories

\*with this ad  
Midlothian location only



**CellularCentral INC**

910 E. Main St. Suite 700  
Midlothian  
Next to Subway

**972-775-3600**

## Ellis County Youth & Children's Treble Choir

**Ages 5th - 8th grades**

**Featuring Choral, Folk, Broadway and Worship music.**

*Our mission is to Glorify God, Strive for  
excellence and to have fun!*

Schedule your own audition with Jeff Todd, Minister of Worship at  
469-236-0710 or email [Jtodd@orbc.org](mailto:Jtodd@orbc.org) • Monday - Thurs 9:00-4:00pm  
Auditions continue until June 17th ... practice is Monday nights 7pm - 8:30pm

**Concert is Monday, August 12 at 7:00 pm**



**Directors Jeff Todd**  
Minister of Worship  
Ovilla Road Baptist Church



**Dana Sosebee**  
Music Teacher  
Red Oak Life School



**Melissa Todd**  
BA in Theater Directing

Sponsored by Ovilla Road Baptist Church  
3251 Ovilla Rd, Ovilla (972) 617-8544 | [www.orbc.org](http://www.orbc.org)

*Sparkling Style, Stellar Service,  
Incomparable Results.*



**Jan Davis**

ABR, ASP, CRS, GRI, SRES



Top Office Individual  
Producer 1989-2012  
Company-Wide Top 30  
Historic Home Specialist

**(972) 283-7519**  
[jandavis@ebby.com](mailto:jandavis@ebby.com)  
[www.calljandavis.com](http://www.calljandavis.com)

**Edge STUDIO**

Salon • Nails • Spa

*New  
Customer  
Invitation*

**Art  
Pedicure  
\$5 Off**  
with ad



**FREE  
Haircut**  
with any  
Chemical Service



*Edge Studio Welcomes*  
Carolyn Houser - Esthetician



**\$45 European Facial (\$20 Savings)**  
with ad

Gift Certificates  
Available

117 Ave. B & 8th • Midlothian  
972-723 EDGE (3343)

New! [www.edgestudiosalonandspa.com](http://www.edgestudiosalonandspa.com)






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

*1 Community Circle*  
 Midlothian, TX 76065  
[www.midlothiancenter.com](http://www.midlothiancenter.com)  
 972-723-7919

# Commitment to Quality





**A**pproved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant, Dallas counties and surrounding areas. We're locally owned and operated by hometown folks with over 50 years of combined home health experience.

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

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

**Call 972-723-2933 or email [info@approvedhhc.com](mailto:info@approvedhhc.com)**



easier. One lady used to ask me if I liked her car.”

Mary Ellen did not know what the woman had in mind when she agreed to take her to the dealership to get her car serviced. “I was planning on looking into selling my truck for something they could ride in, but the woman ended up buying a brand new car that day. A month later,



she gave me the title to her Cadillac that only had 38,000 miles on it. I had prayed about getting something the women could ride in, and that was a huge blessing!”

One of the biggest blessings in her life, however, was not of the material variety at all. Shortly after spending time







in the hospital with her depression, Mary Ellen heard about a seminar on cochlear implants. Her daughter took her, and it turned out she was a candidate for the implants. "It had been so hard being in a deaf world, all of a sudden, so to find out that I could get these implants and my insurance was going to cover them,



it was amazing," she confessed. "I was trusting God to help me, looking for sign language classes and things like that, and I was blessed to come back to a world where I could hear again."


Now that she has regained her hearing, Mary Ellen has even started preaching and teaching Sunday school, from time to time. "I attend a couple of churches but am not really looking to get back into full-time ministry, unless God wants me to do that," she shared. "I'll do whatever He asks me to do." For now, though, she is happy in her charming home, where she is daily reminded of all of her blessings. It only goes to reinforce her motto: Expect a miracle. **NOW**


dental center of midlothian



## Life is Good!

- Environmentally friendly office
- Invisalign teeth straightening
- Enjoy sedation dentistry • Implants
- Now in-network with PPO insurances



**Travis Spillman, DDS**

800 Silken Crossing, Ste 112  
adjacent to Ellis Co. BBQ • Midlothian

972.723.3567

dentalcenterofmidlothian.com

## FREE

### Teeth Whitening

For New Patients Take Home Trays

\*with purchase of X-Rays, Cleaning and Exam

Some restrictions may apply. Offer expires 6.30.13. Call Today!



# Midlothian ISD



**Jae Go, Valedictorian**

He will attend the University of Texas at Austin and major in biochemistry.

**CONGRATULATIONS!**



## **Graduation Ceremony**

Friday, June 7 at 8:15 p.m.  
MISD Multi-Purpose Stadium



**Rebecca Kahl, Salutatorian**

She will attend the University of Texas at Arlington and major in environmental engineering.

**eNEWS** MIDLOTHIAN ISD



Get connected during the summer months and school year. Sign-up today for MISD eNews, Mobil App, Facebook and Twitter. Go to [www.midlothian-isd.net](http://www.midlothian-isd.net) and click on "Social Media" directory.

MIDLOTHIAN ISD ATHLETICS  
**SUMMER CAMPS**

**for all ages!**

**June 10-13** Basketball, Football

**June 17-20** Baseball, Basketball, Soccer, Softball

**June 10 - July 18** Middle School Strength and Conditioning Camp

**July 29 - Aug. 1** Volleyball

**August 5-8** Football

Camp flyers and more information are online at [midlothian-isd.net/athletics/camp](http://midlothian-isd.net/athletics/camp)

## **Congratulations to the MISD 7th graders who qualified for Duke Talent Identification Program and received State Recognition**

Frank Seale Middle School students are Rachel Keener, Aubrey Walton, Ethan Tupper, Reese Alexander, (*top photo*); Walnut Grove Middle School students are Mashayla Marler, Carson Lansdowne, Hunter Elgin, (*bottom photo*).



Carson also earned National Grand Recognition because his scores were equal to or better than 90% of all seniors in the nation who took the same test.

The Duke Talent program identifies bright seventh graders based on standardized test scores achieved while attending elementary or middle school. Candidates are encouraged to take the ACT or the SAT college entrance exams as seventh graders, which allows them greater insight into their academic abilities.





The Panther Pride Newspaper staff returned from the state journalism convention winning a Silver Star for the MHS school newspaper, making the publication one of the top newspapers in the state.



Good luck to the MHS Family, Career and Community Leaders of America competitive teams that will advance to the FCCLA National Leadership Conference in Nashville, TN this summer.



Our mission is to develop in each student the character, confidence, knowledge and skills to be successful in life.

*Celebrate more MISD achievements online at [midlothian-isd.net](http://midlothian-isd.net)*



# Midlothian

**School starts August 26th**

100 Walter Stephenson Road • Midlothian, TX 76065 • (972) 775-8296 • Fax: (972) 775-1757 • [Midlothian-isd.net](http://Midlothian-isd.net) • Twitter: @Midlothian

## 2013-2014 SCHOOL CALENDAR

### GRADING PERIODS

**Elementary:**  
Aug. 26-Oct. 25  
Oct. 28-Jan. 17  
Jan. 21-Mar. 28  
Mar. 31-June 6

**Secondary:**  
Aug. 26-Sept. 27  
Sept. 30-Nov. 1  
Nov. 4-Dec. 20  
Jan. 7-Feb. 18  
Feb. 24-Apr. 18  
Apr. 21-June 6

### STAFF DEVELOPMENT

Aug. 20, 21, 23, Oct. 14, Jan. 6, & May 19 (Education Showcase)

### STAFF WORK DAY

Aug. 22 & June 7  
Comp. Days: Nov. 25 & Jan. 20

### HOLIDAYS

Sept. 2 Labor Day  
Oct. 14 Fair Day  
Nov. 25-29 Thanksgiving Break  
Dec. 23-Jan. 3 Winter Break  
Mar. 10-14 Spring Break  
May 26 Memorial Day

### BAD WEATHER/MAKE-UP DAYS

Apr. 18 & May 23

### EARLY RELEASE DAYS

Sept. 27 (Homecoming), Dec. 19, 20 & June 5, 6 (Graduation)

### LEGEND

[ Elementary Grading Period Starts  
] Elementary Grading Period Ends  
{ Secondary Grading Period Starts  
} Secondary Grading Period Ends  
■ Staff Development (No School)  
★ Staff Work Day  
⊗ Bad Weather Day\*  
● Holiday & Non-School Day  
● Early Release  
■ Comp. Day

\*Testing dates: Midlothian-isd.net/calendar

\*Should a school day be missed, May 23 will be the first midlothian-isd.net

### AUGUST 2013

S	M	T	W	Th	F	Sa
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### SEPTEMBER 2013

S	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### OCTOBER 2013

S	M	T	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### NOVEMBER 2013

S	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### DECEMBER 2013

S	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### JANUARY 2014

S	M	T	W	Th	F	Sa
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### FEBRUARY 2014

S	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### MARCH 2014

S	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### APRIL 2014

S	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### MAY 2014

S	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### JUNE 2014

S	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## MISD Welcomes New Leadership



**KayLynn Day**  
Assistant Superintendent  
of Human Resources &  
Student Services



**Shannon Thompson**  
Principal  
J.R. Irvin Elementary



**Krista Tipton**  
Principal  
High School #2



**Coy Tipton**  
Principal  
Frank Seale Middle School



**Ansonylon**  
 GREEN by nature • fashionable by design  
 by **Shaw FLOORS**

*Drive a Little...  
 Save a Lot!*

**Jerry's J&W Carpets**

Great Values Everyday Since 1971!

305 E. Main • Midlothian   

972-723-8312 • Metro 972-299-6106

Financing Available • 12 months • No Interest - Upon approval

**WANTED**



**A GREAT FITNESS PLAN  
 ...you got it!**

**FIT-N-TRIM FITNESS CENTER**  
EST. 2003

Find us on  Small mixed group classes,  
 beginners to advanced.

**50% Off First Month, First Time Client.**  
 Pool Exempt

**NO Contracts • NO Sign-up Fees**  
**SUMMER POOL WORKOUTS**  
 men, women & teens  
**MIDLOTHIAN**  
 Trish Donahue 214 • 718 • 8639

**Sardis**  
 Tires & Wheels 

*Come RE-tire before  
 you head-out on vacation*

Come see us  
 7 days a week.  
 In & out in  
 20 minutes!  
 Guaranteed  
 lowest prices!

631 Sardis Road  
**972-937-4177**  
[www.sardistiresandwheels.com](http://www.sardistiresandwheels.com)



(just off 287 between Waxahachie & Midlothian in Sardis)

**FREE**  
**Initial Exam**  
 with Farm Call and Spring Vaccines  
 For NEW CLIENTS. Redeem before 5-30-13



**CALL NOW** to book your appt.  
**972-935-3993**  
**HENDRICKS EQUINE**  
**VETERINARY SERVICES**  
 Rohn Hendricks, DVM, MS



**WE'RE SMALL ENOUGH  
TO KNOW YOU & LARGE ENOUGH  
TO SERVE YOU!**

**WAXAHACHIE**

972.935.0322

**DALLAS**

214.350.9957

**RED OAK**

972.617.9977

**MIDLOTHIAN**

972.723.3320

**TOLL FREE**

800.962.1245

TACL #A013190E

LIC # M-36775



**DIRECT SERVICE COMPANY**

AIR CONDITIONING • HEATING • PLUMBING

Residential & Commercial



The new degree of comfort.

[WWW.DIRECTSERVICEAIR.COM](http://WWW.DIRECTSERVICEAIR.COM)



**John D. Abdulian, M.D.**

Board Certified in Gastroenterology



- heartburn
- indigestion
- chronic diarrhea
- constipation
- abdominal pain
- colon cancer screening
- swallowing disorders
- liver disorders
- rectal bleeding
- poor appetite/weight loss
- anemia

For an appointment  
please call our office at

**(972) 875-1800**

Most insurance plans  
accepted

**Three Locations to Serve You!**

**Southwestern Digestive  
Health Physicians**

1441 Midlothian Pkwy., Suite 100A  
**Midlothian**

2800 E. Broad Street, Suite 318  
**Mansfield**

2200 Physicians Blvd, Suite C  
**Ennis**

**COLDWELL BANKER**

1817 S Duncanville Road S • Cedar Hill



GORGEOUS EXECUTIVE HOME ON 14 ACRES\*TOTALLY REDONE\*GRANITE ISLAND KITCHEN OR DESK\* DOUBLE OVEN\*TILE BACKSPLASH\* MARBLE & WOOD FLOORS THRUOUT\*5 SKYLITES\* ROCK FIREPLACE\*WOOD VAULTED CEILING\*FRENCH DOORS\*2 INCH BLINDS\*CUSTOM DRAPES\*JACUZZI\* MARBLE SHOWER\*CEDAR CLOSET\*WETBAR\* STEAM SHOWER\* POOL W AGGREGATE DECK BRICK COPING\*HOTTUB\*ROCK GAZEBO\*2-40x50 & 40x60 INSUL BLDGS\* 12X20 HORSE BARN\* FRUIT & PECAN TREES\*ROCK & IRON FENCE\*ELECTRIC GATE\* \$499,000



**Donna Lasater**  
Top Selling Agent

**972.569.7003**  
[www.dlasater.com](http://www.dlasater.com)






# Mastering the Brush

By Sydni Thomas

*Outside of family, church and work, Corine Ramsey had little time for leisure activities. As a successful real estate broker, she logged many hours trying to help people find homes. In March 1987, Corine began going with her friend, Mary Proffitt, to her oil painting class in Ennis once a week. Mary's husband, and the builder of Corine's home, had just passed away, and Corine worried about Mary making the weekly trek alone. Corine had no intention of learning how to paint, but Mary's teacher had other plans. Since then, Corine has gone on to paint dozens of pieces and sees the world in a much different light.*

Corine attended Crozier Technical High School in Dallas where she studied photography. She was hopeful that being a photographer was what she would do with the rest of her life, but after graduating, she took a job at the phone company, and photography took a backseat. Corine did not have any experience with painting or drawing and believed it was something she couldn't do, that was until she met Louise Howell. Louise, a tall, elegant woman, taught Mary's



**"Once  
you begin  
painting, you  
see the world in  
a different way.  
I'll never look at  
it the old way  
again."**





class and was known as “The Rose Lady” for her beautiful rose paintings. Corine admired the roses and knew they were what she wanted to paint more than anything else.

“I told Mary that I asked Ms. Howell to teach me how to paint roses like she does,” Corine said. “Mary told me that maybe I should wait until I had taken the class a little while because roses were difficult. During the next class, I didn’t say anything about it to Ms. Howell and got ready to paint something else. She walked up to me and said that she thought I wanted to paint roses that day. When I told her how difficult they were and that I should wait, she said in her elegant voice, ‘You said you wanted to paint roses, and today we are going to paint roses.’”

Corine has been painting roses ever since. Mary and Corine traveled to their class for a year. During their time together, Mary had a rule that this was their time — no work calls, no work talk and no working while they were together and at class. Painting became Corine’s time of relaxation and her journey back to the art world. Most of her paintings are of flowers, nature and buildings, the places and things she finds beautiful. With each painting, Corine began seeing the world differently. She could now see shade and light in everything.

“We learned a lot about shading and light during those classes,” Corine said. “That’s what makes a painting realistic. After learning about lighting and shading I began to notice it everywhere. A tree wasn’t just a tree anymore. It had depth to it.”

**Liberty Cheer All-Stars and Liberty Dance Company is moving!**

**NEW LOCATION in July!**

**20,000 sqft, 3 full-size floors, spring and non, in-ground tumble tracks and trampolines, pit, state-of-the-art dance studio, workout room, batting cages, birthday party packages and more!**

**LCA**

972-322-8363 or 972-775-5323  
1080 Dividend Rd Midlothian • [www.libertycheerallstars.com](http://www.libertycheerallstars.com)

**Paradise In Your Own Backyard**

**TEXSUN POOLSCAPES**

**469.688.3465**

**Pentair** [www.texsunpoolandspa.com](http://www.texsunpoolandspa.com)

**Father's Day Special**

**\$10 OFF**  
**3-Month Special**  
**Valid June 10-16**

**Cedar Hill RECREATION CENTER**

310 E. Parkerville Road • 972-293-5288  
For details visit [cedarhilltx.com](http://cedarhilltx.com)



# TURF-SCAPE

## LANDSCAPE MANAGEMENT

Proudly Serving Our Community for Over 20 Years

### Look familiar?



Contact Turf-Scape, Inc.  
Licensed by State of Texas Commission  
of Environment Quality - Lic. Irrigator #8552

- Irrigation System Installation & Repair
- Irrigation System Checks and Maintenance
- Water Conservation Specialists
- CAD Designed Irrigation & Landscape
- Backflow Preventor Testing & Repair
- Installation of Rain/Freeze Sensors

972-938-2956 • [www.turf-scape.co](http://www.turf-scape.co)  
[info@turf-scape.co](mailto:info@turf-scape.co)

Visit our website for our full range of services.

Backflow Prevention  
Assembly Tester #BP0013903

Like us on Facebook



Finding subjects to paint is not a difficult task for Corine. Each morning she goes outside and is surrounded by 50 acres of inspiration. From the pond out back to the cattle that once roamed her land, Corine never runs out of ideas. Putting her previous photography skills to use, Corine will take her camera around with her and capture the scenes that inspire her so she can paint them later. "I wake up each morning and go outside to see what God has painted for us today," she said. "That is what I think He does. It never looks the same and the view is always a masterpiece. I come back in and try to recreate it just the way He did."

Corine and her late husband, Weston, moved to Midlothian in 1981. They were living in Dallas and had been searching for the perfect piece of land. While Weston was away on a business trip, Corine found their future piece of Midlothian land, and after just one look at the pond, the fisherman inside of her knew it was the perfect place for their family. Moving to the country promised a slower way of living, but Corine learned that this was a myth. After her oldest daughter, Janet Calvert, graduated from college, she convinced Corine to become a real estate agent. Corine's business took off, and she convinced Janet to move to Midlothian to help her. After graduating with a degree in construction management, Corine's youngest daughter, Keri Turner, came to work with the family, too.

In 2007, Corine semiretired from the real estate business but wasn't quite ready



**Area Rug & Lighting**  
**CLEARANCE**  
**EVENT**  
*Starts June 1st*

**LONE STAR**  
  
**FLOORCOVERING**

Interior Design Showroom 

2203 W. Ennis Ave. in Ennis  
972-872-9811 • [lonestarfloor.com](http://lonestarfloor.com)  
Tues.-Fri.: 10-6 & Sat.: 10-3 or by appt.





to give up her broker's license. She had worked for most of her life and always said that she would never retire. Even though she is semiretired, Corine's life is far from slower. She has taken a few painting classes, dances with other senior citizens and attends a circuit of musical dinner parties. Activities at her church, Oak Crest Baptist, kept her calendar full. "I told everyone I was only semi-retiring," Corine said. "If I decide that I want to go back to work, then I am going



## Now registering for Summer camps & classes as well as 2013-2014 season!

### Competitive & Non-competitive teams available!

**Tap • Ballet • Jazz • Hip-Hop • Tumbling • Pointe • Cheer  
Mommy & Me • Adapted Dance • Zumba • Homeschool**

## Come join our family!

**Dance Camps**  
**June 17-21 & July 22-26, 9am-12pm**  
**\$90 per session includes tap, ballet, jazz, tumbling, t-shirt & FUN!**  
**Summer classes begin June 3**



## Contact us today!

**505 George Hopper Rd, Midlothian, TX (next to MidTowne Donuts)**  
 214.577.2636 • [www.allaboutdancetx.com](http://www.allaboutdancetx.com)

# JUNE is

## Sun Cancer Awareness Month

Ways to protect your skin from the Texas sun:

- Wear sunscreen with a minimum 15 SPF
- Minimize your time outside during the hours of 10 AM - 4 PM
- Wear a hat when outside that will shade your face, ears and exposed areas around the neck
- Children can wear swim shirts in pools that are made with SPF materials.
- Stay out of the tanning beds, this can greatly increase your chances for melanoma.



**Ovilla  
Medical  
Clinic**

**DR. STEPHEN TRAMMELL**  
 675 W. Main Street (Downtown Ovilla) (972) 617-6376  
 200 Dalton Dr. • DeSoto (972) 223-7575

Visit our website at [Dr-Trammell.com](http://Dr-Trammell.com)



Midlothian Chamber of Commerce  
1986 - 2013



MAY 16, 2013

# THANK YOU!

To the many sponsors and volunteers who helped contribute to this wonderful event:

Gerdau • Southern Welding • TXI • Mario Sinacola & Sons  
GDF Suez • IPS • Shermco • Ash Grove • Advanced Industries



MIDLOTHIAN  
**CHAMBER**  
of Commerce  
Connecting business and community

Follow Us On  
Twitter & Facebook





310 N. 9th St. • Midlothian, Tx. 76065  
Call 972-723-8600 for more info or visit  
[www.midlothianchamber.org](http://www.midlothianchamber.org) • [info@midlothianchamber.org](mailto:info@midlothianchamber.org)



**THE MARKET IS HOT!**



**If you are thinking about BUYING or SELLING Don't delay. Call your Elite agent today!**

 <b>Janet Calvert</b> 214-695-9079	 <b>Michelle Blakes</b> 817-939-4194
 <b>Gayla Tucker</b> 214-577-9876	 <b>Lisa Yarbrough</b> 972-839-1292
 <b>Linda Winfield</b> 214-460-8768	 <b>Keri Turner</b> 214-415-2765

**ELITE REALTY**  
GROUP OF TEXAS

972-72ELITE • 110 Roundabout Drive  
(FM 663 & the 287 bypass)  
[www.eliterealtytexas.com](http://www.eliterealtytexas.com)  
"LIKE" us on Facebook 

to go back. I love working, but honestly, I think I'll just retire. I have found it so rewarding and great fun. If you stay busy, your retirement can be a special phase in your life.

Corine took time off from painting for a while and is getting back into doing it regularly again. A painting can take two to three days or more to complete, but now that she is no longer managing a full-time job, she's learning it's OK to take her time. When she is finished, Corine gives her paintings to friends and family.

Friends are what got her into oil painting in the first place. Several pieces of Mary's work hang in Corine's entryway as a reminder of friendship and trying new things. Once she pushed all of the doubts about painting out of her mind, Corine mastered the brush and has brought God's paintings to life on canvas. "You do not have to know how to draw to be a painter," Corine said. "I want everyone to know that they can do it, too. Once you begin painting, you see the world in a different way. I'll never look at it the old way again." **NOW**



# You need more than a prescription. You need a doctor that cares.



*Dr. Cameron Smith*

Our doctors can detect and treat medical issues like diabetes and macular degeneration in the early stages when they can still be treated. You need more than a prescription. You need a doctor with the qualifications and experience necessary to protect your vision. At TSO Mansfield, rest assured that Dr. Smith and Dr. Prapta will help your vision be the best it can be.

**Treatment of Eye Infections & Injuries • Diabetic Eye Exams**

**Comprehensive Eye Exams • Contact Lens Fittings**

**A large selection of designer eyewear.**



**TEXAS STATE OPTICAL**

121 W. Debbie Lane, Suite 117 • Mansfield, TX 76063

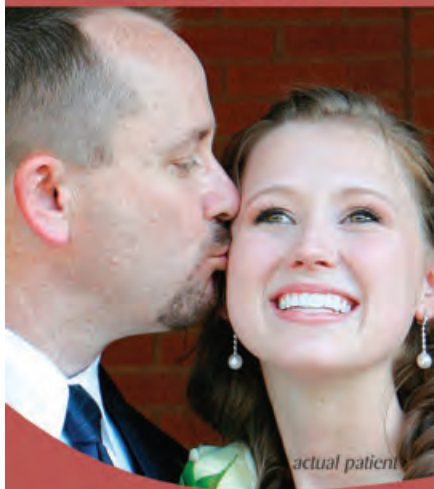
**682.518.1177 • www.tso.com**

*Dr. Shawn Prapta*



**Caring for the Eyes of Texas in the Heart of Mansfield**

## AESTHETIC & IMPLANT DENTISTRY



**Buy one Zoom!  
Whitening at  
regular price and  
get one for FREE!**

*See our website for details.*

**Davis W. Morgan, DDS 972.723.5544**

**WWW.DFWSMILEDESIGN.COM**

## Shouldn't Your Needs Be Your Investment Advisor's Top Priority?

- ✓ Meet with Client
- ✓ Listen to Client's Needs
- ✓ Develop Client's Investment Strategy
- ✓ Follow-up w/ Client

Let us help you create a retirement strategy that is designed to meet your individual goals and objectives, while maximizing your investment potential.

### **Why You'll Love Us:**

- Integrity & Trust
- Local Expertise
- Personal Service



*Richard Bolgiano*

**Get started on your financial  
future today!**

**(469) 537-7353**

200 S. 14th, Ste 150, Midlothian

[www.bolgianocapital.com](http://www.bolgianocapital.com)



*Kyle Ballard*



**BOLGIANO**  
CAPITAL MANAGEMENT



# ALL EYE & OPTICAL CARE

## New Patients Welcome

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

## Already have a Rx?

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

**We offer  
Competitive Pricing!**



**Dr. Raj Rugwani**  
Board-Certified Ophthalmologist

**972-937-4433**

800 N. Hwy 77 Ste 100 Next to HEB

AllEyeCare.com  
AllOpticalCare.com



## Need Gifts?

Host a Party to Earn  
Free & ½ Price Scentsy!

OR

Phone Orders Welcome  
Call for an Appointment!



Great Gifts for Dads & Grads!



## Need Cash?

Call Debi to Start Your  
Scentsy Business  
Today!

Debi Mangan

SuperStar Director

www.eFlameless.com

debimangan@sbcglobal.net

(972) 937-1440 Office (903) 258-3513 Cell



**& Everything Nice**  
208 n. main street  
Duncanville, Tx 75116  
f andeverythingniceTexas  
PHONE 972-296-6423  
www.andeverythingnice.com

**Wedding  
GIFTS**

**Father's Day**

**June 16, 2013**

Backscratchers  
Baseball Caps  
Mugs, T-shirts  
Duffle Bags  
Annacairs  
Ties  
And MORE!!!

**Monogrammed Towels**  
OURS or YOURS  
OURS just \$15.00  
We have LOTS of  
Colors & it's a  
great BIRTHDAY  
or Graduation  
gift... & HERE'S an IDEA  
grab some POOL TOYS and  
Let us package them...  
WITH Your Monogrammed  
TOWEL!

**PJ  
Night**

Girls Night Out... June 27  
Join us 6-8pm  
Wear your PJs for a FREE gift  
SNACKS? YES!!!

Vera Bradley  
Launch  
June 27!



**Chvron Tote  
With Monogram**  
PERFECT for Summer Outings  
for Shopping TRIPS, CRUISES,  
BIG enough for any OCCASION

**20% OFF**  
1 ITEM  
REGULAR \$ **Coupon**  
**EXPIRES 6/30/13**



# Are allergies or asthma affecting you or your child?



Scot Laurie, M.D.

Dr. Laurie is a Board Certified, UT Southwestern trained allergist who can provide immediate expert care in the diagnosis and treatment of children and adults with:

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

## Take control of your allergies today!

1305 W. Jefferson, Suite 115

At Baylor Medical Plaza adjacent to Baylor-Waxahachie Hospital

Waxahachie, Texas 75165

P: 972-217-9564 • F: 214-750-7204

Serving All of Ellis County

[www.waxahachieallergy.com](http://www.waxahachieallergy.com)



Allergy & Asthma Center  
at Waxahachie

ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits ...



Call today for  
**FREE**  
Consultation

Happy  
**Father's Day!**



**URBANOASIS**  
OUTDOOR LIVING & LANDSCAPING

817.453.3100

[WWW.URBANOASISOUTDOOR.COM](http://WWW.URBANOASISOUTDOOR.COM)

PayPal



LANDSCAPING • SPRINKLERS • LIGHTING

**RELAX IN THE BAR!**

**SHOOT POOL IN THE GAMEROOM!**

**WELCOME!**

**TIO TONY'S**

*fine mexican food*

**Starting June 17,**  
closed Mondays for siesta!

**HAPPY HOUR EVERYDAY**

4-7pm at Rosa's Cantina  
\$1.49 drafts  
\$1.99 wells & margaritas  
Sun 5-close 99¢ drafts & margaritas

**\$5 OFF**  
**any \$25 ticket**

Expires 6/30/13.  
Alcohol excluded. Must present coupon.

Ask for Wednesday's Senior Citizen Discount!

Breakfast tacos \$1.69 &  
8" burritos \$2.29 *any two items*

**972-775-2390**

**110 13th St.**  
Next to Tim Tobey Insurance behind Shell convenience store





# SCULPTING

## *A Body*

By Betty Tryon

*"Are you ready to do the workout?" challenged a perfectly trim and toned Jane Fonda from the workout video. Answering, "Yes," on the other side of the screen with her body poised to work her little heart out was 10-year-old Karyn Birdwell. "Growing up, I always struggled with my weight and self-esteem," she shared. "I had a fascination with the human body, anatomy and physiology. I loved working out."*

Karyn became interested in bodybuilding and started watching competitions such as Fitness America Pageant on ESPN, Fitness Universe and The Galaxy and reading *Oxygen Magazine*. While living in Ohio, at age 20, she earned her certification as a personal trainer and turned her eyes to the Arnold Classic. This is an annual competition for bodybuilding, fitness and figure competition. "In Ohio, the Arnold Classic is huge," Karyn stated. "It had always been a goal of mine to compete, so I found someone who trained competitors." Unfortunately, Karyn had to move to Texas before the competition and was unable to participate.





After returning to Texas, Karyn enrolled at Navarro College in Waxahachie to pursue her nursing degree. Her passion for bodybuilding continued, and she found a personal trainer and a posing coach to help her train. But, Karyn's goal of competition was thwarted again when she became pregnant with her first child. Her focus shifted to her new baby and school. She earned an associate degree in nursing and continued working out. "I truly have a passion for this," she smiled. "I enjoy lifting iron and weights. I'm in my element. I don't know why, but God gave it to me, and I appreciate it. I want to be a light in the world of bodybuilding. On the back of my jacket, I have the Scripture Matthew 5:16, which is about being a light in the world. I want to glorify God. He could easily take it all away."

Bodybuilding, particularly competing in the sport, is not for the faint of heart. About six to eight weeks before competition, Karyn's schedule for working out was somewhat restricted. She didn't get to work out as much as she wanted to because of her work schedule and her family responsibilities. She did cardio workouts once a day, five to six days a week for 45 to 60 minutes and weight trained three to four times a week for an hour. Her diet became increasingly more regimented and exact as the competition day drew nearer. When she first started training, her calories were at 2,000 per day, with an exact percentage breakdown — 20 percent carbs, 40 percent protein and 40 percent good fats. All of that eventually went to 1,200

**Inventory is low...  
call us today to get your home sold!**

**Your #1 Residential Agents in Ellis County for four years in a row!**



Great home in family friendly neighborhood! Nothing behind you but pasture!

**214 Brandi Ridge Drive  
Midlothian  
3/2/2**



UPGRADES GALORE within a cul de sac located in the family friendly community of Rosebud!

**701 Champlain Court  
Midlothian  
5/3.1/2**



Grand landscaping, towering trees, rose bushes and the HUGE covered back patio complete with fans.

**5821 Wimbledon Court  
Midlothian  
4/2.1/2**



A great neighborhood & schools. Perfect home for your growing family!

**918 N Carolina Avenue  
Midlothian  
3/2/2**



**Put us to work for you.**

**WWW.JHOUSTONREALTY.COM**

**202 N. I35 E. STE. C • RED OAK**



**Call about our builder buyback program.**

Call today for a free market analysis of your home in today's market!

Multi-Million Dollar Producers

**MICHELLE OZYM**

Broker/Owner

**(214) 534-8758**

michelleozymy@jhoustontrealty.com

**MELANIE BREWER**

Realtor®/Owner

**(214) 923-3104**

meleniebrower@jhoustontrealty.com



**Enrolling Now for  
Summer & Fall classes!  
Summer Dance Camp is July 8-11**

**Competitive & Non-competitive teams**  
Jazz • Tap • Ballet • Pointe • Lyrical • Clogging • Hip Hop • Cheer

***We are offering summer technique classes***

**1071 Eastgate, Midlothian • 972-775-3646 • www.otmdance.com**

**Unleash Your Inner Outlaw**

**Riding Boots  
Leather Chaps and Vest  
Goggles • Helmets  
And Much More**

**THE SHOP**

**315 W. Main, Suite 13 • Waxahachie  
972-937-9777** Tues - Fri 11-6, Sat 10-6, Sun 12-5

**BOUNCE ENTERTAINMENT**

- Tables and Chairs
- Trackless Train & More

**We Repair Bounce Houses!**  
**469-360-5427**  
**469-360-5428**  
**www.bounceent.net**



# got sleep?

Do you or a loved one suffer from snoring or sleep apnea?  
Are you unable to wear your CPAP machine every night?  
Oral appliance therapy may be for you!

**Give us a call today to set  
up your sleep consult!**

Medical PPO's accepted.



**Legacy**  
DENTISTRY

151 Walton Way, Suite 102 • Midlothian  
972.723.1148 • [www.legacydentistry.com](http://www.legacydentistry.com)



calories per day with 10 percent carbs, approximately 50 percent protein and 30 percent fat. A week before competition, there was even more manipulation of her diet and water intake.

With the stringent requirements of exercise and diet, Karyn acknowledged that the biggest component of bodybuilding is mental. "If you can get your focus, you'll be amazed at what you can do and what you can lift. People forever underestimate their potential, because they don't push themselves. I think a trainer is very necessary, if you have a goal and want to get to the next level. You need them to help you push past the hard



part. There is something I'd like to clear up for all women. I lift heavy, but I've not ever gotten heavy or masculine looking. You'll never look like a man, unless you take steroid substances, so women who are afraid to lift heavy need not fear. It's actually good for you!"

Karyn competed for the first time

You can be **PAIN FREE**

**We Can Help**

- Headaches & Migraines
- Back & Neck Pain
- Shingles
- Shoulder Pain
- Knee Pain
- Leg & Arm Pain



Adam G. Arredondo, M.D.  
Pain Management

521 N. Beaton St. ■ Corsicana 128 Hwy. 77 North ■ Waxahachie  
**903-872-4777** **972-938-7319**

[www.txapmi.com](http://www.txapmi.com) • [texaspaindoctors@gmail.com](mailto:texaspaindoctors@gmail.com)



**A1-PP**

**A1 PLUMBING & PIPING**  
RESIDENTIAL & COMMERCIAL  
REPAIR & SERVICE

**SATISFACTION GUARANTEED!**

Jeff Lindenmeyer (469)383-2866  
Emergency Service Available 24-7  
[www.a1plumbpipe.com](http://www.a1plumbpipe.com)  
Insured And License M17730





at age 33 in the NPC Lone Star Classic in the figure division. Bodybuilding competitions are divided into several categories: novice, which is for first timers; amateur; professional; and open, which is for anyone who wants to compete. There is also a teen division and a masters division, which is for anyone over the age of 35. The various categories have four divisions in which women display different body types: bodybuilding, figure, bikini and physique. Competitors are divided into height



groups for the figure competition. Karyn, who competed in the figure division said, "In figure, they want broad, rounded, almost hypertrophied shoulder muscles, slender waists, some hips, good musculature in the legs, nice rounded glutes and good muscle definition in the back. For figure bodybuilding, I do not have the genetics to build what they are looking for in that arena. My body type would be more successful in physique muscle building, because I can build muscle well. I have a hard time getting lean. I'm stockier."

Dr. Brad W. Collins  
Dr. Ross A. Ellis

**MIDLOTHIAN**  
—SPINE & SPORT—  
*You don't have to be a professional athlete to be treated like one!*  
**972.723.1155**

Chiropractic Care  
Sports Injuries  
Kinesiotape  
Muscle Aches  
Sprains, and  
Strains

**WWW.MIDLOTHIANSPINEANDSPORT.COM**

**I CRAVE my workout**  
"I crave Jazzercise because it makes me feel rejuvenated and stress free."  
—Piper, 35

**FIRST MONTH FREE**  
Offer valid at participating locations. Joining fee and auto-pay registration required. Other restrictions may apply. Expires 6/30/2013.

FIND A CLASS NEAR YOU  
jazzercise.com | (800)FIT-IS-IT

Jazzercise Midlothian Fitness Center  
220 W Avenue F (upstairs)  
Midlothian • 214.957.9395

jazzercise. real Results

Photo not retouched

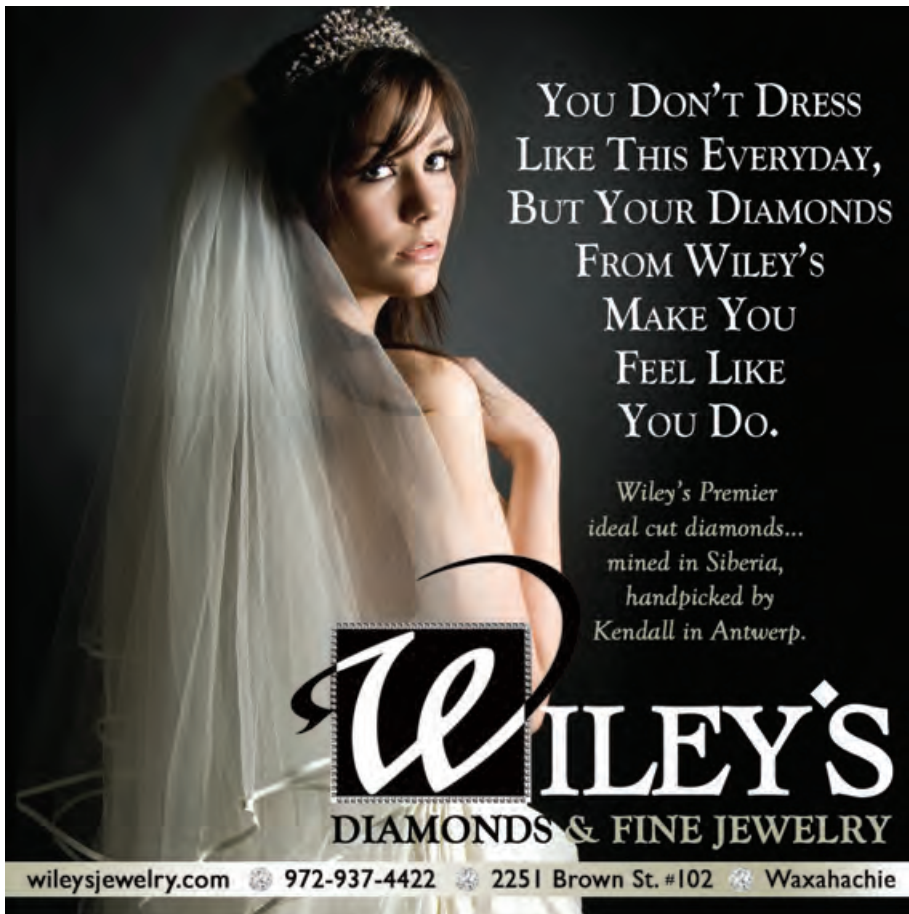
**Free**  
**Chicken Biscuit**  
with purchase of any side item and drink

**CHIKIN. CUZ  
CEREAL IZ  
A SNOOZ**

**Chick-fil-A**

**387 E. FM 1382 • Cedar Hill, TX 75104 • 972-293-0022**  
2009 CFA Properties, Inc. Good only at Cedar Hill Location. One coupon per person per visit. Coupon not valid with any other offer. Closed Sundays. Coupon valid from NOW magazines only. Valid 6am-10:30am. Please use by June 30, 2013.





YOU DON'T DRESS  
LIKE THIS EVERYDAY,  
BUT YOUR DIAMONDS  
FROM WILEY'S  
MAKE YOU  
FEEL LIKE  
YOU DO.

*Wiley's Premier  
ideal cut diamonds...  
mined in Siberia,  
handpicked by  
Kendall in Antwerp.*

**WILEY'S**  
DIAMONDS & FINE JEWELRY

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



Karyn's first venture into competition for bodybuilding did not go as well as she hoped. She planned on entering again, but her plans were once again derailed — this time due to a car accident. On January 30, 2012, she was hit by a drunk driver. Her injuries were very severe, and she was immobile for two months. She was unable to walk for four months. "I had to keep my foot elevated 24/7," she explained. "My heel was shattered, and a big chunk of my bone and tendon was ripped out. I broke my fibula and tibia. During surgery, I had a plate, nine screws and a pin put in. It is by far the most painful experience I have ever had. After the wreck, I've had to get my mind back into focus, because I felt so defeated. I can't run and jump like I could before. Normally, I'm a very optimistic and positive person, but it took the wind out of my sail, and I had to push past it. Once I started to see progress, then it was easier to get back into focus. I think most people give up too early. On the days I don't feel like going, I tell myself that if I can just get to the gym, walk in and start doing it, then before I know it, I'm done."

Karyn still has not given up on the possibility of competing again and wants to do so with her sister, who is now her training partner. "I would like to compete again in the future, Lord willing and only if my husband, Candon, is on board," she confessed. "I thank Candon for supporting me during my first competition. Training to compete and bodybuilding is an amazing journey. Anyone can do it. Family support is important, because you have to have razor-sharp focus all the time. I praise God for giving me the opportunity and the passion." **NOW**



**WALTON'S**  
MUFFLER, BRAKE & TIRE

Voted #1  
Automotive  
Repair Center  
in Ellis County

**TOTAL CAR CARE**

Computerized Diagnostics • Brakes • Tune-Ups • Tires • Hitches  
Ranch Hand Bumpers • Motor Home Service • Truck Accessories  
Shocks & Struts • Transmission Service • Flow Master Exhaust  
4-Wheel Alignment • **Air Conditioning** • Catalytic Converters

**WE NOW DO DIESEL ENGINE REPAIR!**

*We treat you  
like family!*

**972.938.9922**  
1530 Hwy 287 Bypass | Waxahachie, TX  
www.horsesunderthehood.com

**\$15 OFF\***  
**Any Service**  
\*Excludes Oil Change  
Expires 6-30-13



**Heath Mobile  
Veterinary  
Services**

Offering at-home &  
on-farm vet care  
Large &  
Small Animals

Dr. Susan  
Heath

**469-734-7978**



**Spiegel**  
Properties LLC

Property  
Management  
Specialist

*I bring owners  
and clients together.*

**214-497-8615**  
sixspiegels@aol.com

Kathy  
Spiegel



# Suzushii

Sushi & Grill

Lunch Bento Box Start at \$6.95

Served sushi roll over 70 items

**\$5 OFF**  
Any \$25 Order  
(Exclude Mix-Drink), Dine in Only  
One coupon per Table.

OPEN 7 DAYS  
Mon- Fri: Lunch 11am-3pm • Dinner 4:30 - 10pm  
Sat: 11-10pm Sun. 12:00-9:30pm

638 Uptown Blvd. Cedar Hill • 972 293-1009 • [www.suzushiisushiandgrill.com](http://www.suzushiisushiandgrill.com)

# ARBOR STORE

OUTDOOR LIVING AREAS CUSTOM MESQUITE FURNITURE

DFW's BEST ARBOR BUILDER

Arbors, Patios, Outdoor Kitchens, Furniture, Mantels & More!

**\$300 Off Any Arbor Or Outdoor Kitchen**  
(Minimum purchase is required)

Call James Fleming: 817.821.6142  
[www.TheArborStore.com](http://www.TheArborStore.com)



## APN Behavioral Healthcare, LLC

Child, Adolescent and Adult Psychiatry

*Barbara Miller*  
Nurse Practitioner

*Scott Layton*  
Physician Assistant

**Diagnostic evaluation and medication management for various psychiatric needs, including but not limited to:**

- Attention Deficit Hyperactivity Disorder
- Oppositional Defiant Disorder
- Depression
- Anxiety Disorder
- Bipolar Disorder
- Aspergers

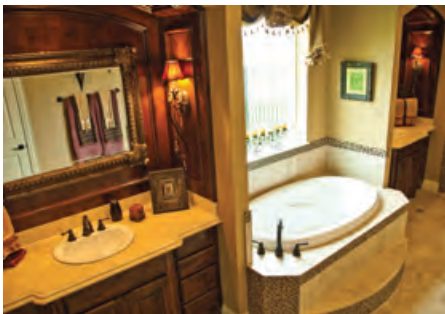
No alcohol/addiction treatment  
Accepting most insurance, excluding Medicaid/Medicare

**Call for an appointment.**



503 W MAIN ST  
WAXAHACHIE, TX 75165  
**972-937-5252**  
[apnbehavioralhealthcare.com](http://apnbehavioralhealthcare.com)





## John Houston Custom Homes

202 N. I-35E.

Red Oak, TX 75154

(972) 937-4085

info@johnhoustoncustomhomes.com

JohnHoustonCustomHomes.com

www.facebook.com/

JohnHoustonCustomHomes

www.twitter.com/JHcustomHomes

www.pinterest.com/jhcustomhomes

www.youtube.com/johnhoustoncustom

### Hours:

Monday-Saturday: 10:00 a.m.-6:00 p.m.

Models are open.

Sunday: 1:00-6:00 p.m. Models are open.

Some communities and homes are available by appointment.



Rob Poole and John Houston look over building plans. John Houston proudly stands in front of one of the many houses built by John Houston Custom Homes.

# FAITH WORKS

*John Houston Custom Homes builds houses and lifelong friendships.*

— By Betty Tryon

To understand John Houston and his approach to his business, you have to understand his heart for God and his desire to incorporate opportunities to share his faith and build friendships into his business. John Houston Homes is a faith-based company. “Our philosophy is we have to earn the right to be in people’s lives,” he explained. “You don’t get that opportunity just because you say you are a believer. We try to deliver an excellent product at a fair price and deliver excellent customer service. In our opinion, that gives us the right to be able to share the Gospel if someone asks us to; if not, then we at least know we’ve represented Christ in the right way. It doesn’t mean we’re perfect, but it does mean we do the

best we can to get there.”

John grew up with the benefit of generations of family members in the construction business. He has worked in the business since his high school years. “I knew God was calling me to do something, so I went to Southwestern Assemblies of God University (SAGU) and got a bachelor’s degree in general business and a specialization in administration and went to work for an investment company,” he shared. “That’s where I learned budgets, project management and schedules. Construction is customer service, having a blueprint and a road map to get the project completed on time and in budget. So, all the things I learned there were invaluable.”



## Business **NOW**

With decades of experience in construction, the education at SAGU gave John the foundation of putting his faith in action every day during the eight years he has owned his own business. John Houston Custom Homes has grown into a very successful business with over 2,000 homes built, and it has been the recipient of multiple McSAM

**"IT'S NOT JUST  
ABOUT THE SALE.  
IT'S ABOUT THE  
RELATIONSHIP."**

awards. McSAM is an industry award for "significant and creative contribution in residential marketing through specific achievements." John made the switch to home building because of his belief that God was leading him in that direction. "We know what we're called to do in this business," he shared. "We have a specific purpose to reach people for Christ and give to the kingdom. That's why we do what we do."

In order to accomplish this, John has a 60-touch point plan that everyone follows. "We train our staff and teach them the 60 opportunities we have from sales to construction to the office to closing. When we deliver on those touch points with excellence, integrity and righteousness, it gives us the chance to talk to customers about Christ. We can tell people we are believers all day long, but if we are not acting that way, and if we are not being men and women of integrity and living a righteous life to the best of our ability, then why would anyone want to be a believer? We don't get that opportunity with everyone, and we don't force it on anybody. It's just how we live life with people. We want to build lifelong relationships with them. For us, it's not just about the sale. It's about the relationship." **NOW**

The advertisement for John Houston Custom Homes features a large, two-story brick house with a stone archway over the front door. A family of five—a father, mother, and three children—stands in front of the house, accompanied by a black dog. The father is on the left, wearing a dark shirt and jeans. The mother is on the right, wearing a grey shirt and jeans. The children are in the center, dressed in casual clothing. The dog is on the far right. The background is a clear blue sky.

**JOHN HOUSTON  
CUSTOM HOMES**

**YOUR HOME. YOUR WAY.**

**Build your story with us**

Home is where your family grows, generations meet, and memories are made. A home is birthdays, holidays, and graduations. It is friends, neighbors and small groups.

At John Houston Custom Homes, we believe your family deserves a home built around your needs.

**BUILT FOR YOUR**

**~ The West Story**

**3 NEW COMMUNITIES**  
OPENING SOON - more info online

**JohnHoustonCustomHomes.com**

**866.699.6054**

**PRIMELENDING**  
A HomeLender Company

**YORK**  
It's time to get your hands dirty.





*Covenant Acres Ranch Ministries offers pony rides at Spring Fling.*



*Second graders enjoy using the map the LaRue Miller Elementary PTO made for the campus.*



*Sue Ballard purchases a gift from Paula Lowe at The Flower Shoppe By Jane.*



*D.J. Chapman of DJ's Window Cleaning washes storefront windows for downtown businesses.*



*Head Start friends, Kaidi, Cathryn and Lucas, go on a nature walk.*



*Midlothian's Pritul Sarker explains to classmates that he wants to be a doctor when he grows up during Career Day at Canterbury Episcopal School.*



*The Gryphons Motorcycle Club donates to the Midlothian Senior Activity Center.*



*Billy and Renee McElbeney kid around with a giant Etch-A-Sketch.*



*Nicole, Jaycee, Jarren and Jerimiah Welding enjoy lunch at Jimmy's Pizze Pasta & Subs.*



*Culinary students from Midlothian High School bake several cakes for Midlothian's 125th Birthday Bash.*



# OB/GYN

NOW OPEN IN  
TWO LOCATIONS


Dr. Paul Lansdowne, M.D.

COMPREHENSIVE  
HEALTHCARE  
FOR WOMEN

**WAXAHACHIE**  
1505 E. Jefferson, Suite 120

**MANSFIELD**  
1670 E. Broad St., Suite 101



 WOMEN'S HEALTH SPECIALISTS  
OF NORTH TEXAS

## Pregnancy Care

- Well Woman Visits
- Minimally Invasive Surgery

## Birth control

- Oral contraceptives
- IUD
- Sterilization Procedures

Se habla Español

[www.DrLansdowne.com](http://www.DrLansdowne.com)

**469-517-1813**



Facebook/drlansdowne



*Making  
your kitchen  
dreams a reality!*

FREE Estimates

Competitive Pricing

Up to 15-Year Warranty on Some Products

Granite, Marble & Quartz Fabricator for  
Kitchen & Bathroom Countertops

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

**SILESTONE**  
by COSENTINO



*Come see our wide selection!*

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

**FREE**

18-gauge Stainless Steel Sink  
(\$350 value)

Call or visit our Web site for details!  
[www.MTMCOUNTERTOPS.com](http://www.MTMCOUNTERTOPS.com)

**MTM** Countertops

2460 Hwy. 287 N. • Mansfield • For more info call 866-439-1935.

(Northbound service road - between Callendar Rd. & Turner-Warnell)





# Silver Summer Blowout!



**MANSFIELD**  
*Fine Jewelry*

**30 YEARS  
OF SERVICE!**

Custom Design Expertise  
2 Bench Jewelers on Premises



John Pressley, Thomas III and Alma

**817.473.4008**

1292 Hwy 157 N, Ste 104

(South of Debbie Lu towards downtown)

[www.mansfieldfinejewelry.com](http://www.mansfieldfinejewelry.com)

**50% OFF  
ALL SILVER  
JEWELRY**

With coupon offer  
expires 6/22/13.



**FREE** Registration

Enroll your child in June to take advantage of our  
**FREE REGISTRATION\***

Kumon Math & Reading Center of Mansfield North  
920 Highway 287 North, Ste. 208, Mansfield, TX 76063  
682.518.8668 • [kumon.com/mansfield-north](http://kumon.com/mansfield-north)

\*Offer valid at participating Kumon Centers only when you enroll between 6/1/13 - 6/30/13. Contact the center for promotional details.





*Happy*  
**FATHER'S**  
*Day*

**Waxahachie Family Dentistry**  
Scott Clinton, DDS, MAGD | Bobby Haney, DDS

- ◻ Cosmetic Dentistry
- ◻ Implants
- ◻ Wisdom Tooth Extraction
- ◻ Sedation Dentistry
- ◻ 3-D X-ray Imaging
- ◻ Invisalign
- ◻ Dentures
- ◻ Dental Sleep Medicine
- ◻ Digital X-rays
- ◻ State-of-the-art facilities
- ◻ Soft tissue laser treatment
- ◻ Convenient Location

**CareCredit** Patient Payment Plans



 **eco** PROST CERTIFIED

Hours: Monday-Friday 7am-5pm



**125 Park Place Blvd. • Waxahachie**

 **Call for appointment 972-937-4370**

Schedule your appointment online at [www.waxfamdent.com](http://www.waxfamdent.com)





## Call about Manager's Special Discounts

- Climate-controlled Units up to 10 X 25
- On-site Managers
- Video Surveillance
- Individually Alarmed Doors
- Your Lock, Your Key
- 24/7 Computer-controlled Access

Free Use  
of our  
Move-In Truck!



### ABBY'S STORAGE

1150 S. US Highway 67 (exit Mt. Lebanon)  
Cedar Hill, TX 75104 • 972-293-5880

Buying Silver, Gold,  
Diamonds and Any  
Unwanted Jewelry

## WILEY'S

DIAMONDS & FINE JEWELRY  
972-937-4422 • wileysjewelry.com

Design • Construction • Repair



Specializing In:

Green Houses • Decks • Fences & Gates  
Patio Covers • Trellises • Sheds • Chicken Coops

Since 1976

**(972) 351-0335**

www.wootendecks.com

# CAMPUZANO

mexican food

Voted Best Mexican Restaurant in Best Southwest

## \$5.00 off

## \$20.00 purchase

Coupon only good from  
NOW Magazine! NO Copies  
accepted. Expires 6/30/13

**CAMPUZANO**  
MEXICAN FOOD

### Summer Time, Margarita Time!

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

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

213 W. Beltline  
Cedar Hill, TX  
972-291-1053

## Miss Me ~ Best Selection & Best Prices



## 10% OFF

any purchase

\*with ad expires July 6th.

Exclusively at Broad St./Hwy 360

Mansfield, by Kroger

**817-453-4247**

## Madilyn's Boutique

*"The Latest Fashions" found nowhere else.*



# How to Recover From a Back Injury

Back pain is something you don't want to repeat. Recovering properly from a back injury and taking preventive measures can help you reduce your risk of going through it again.

## Note your symptoms

Minor back pain often resolves itself within a day or two. If your pain persists, however, talk to an orthopedic surgeon or your family doctor. He or she will examine you, note how your body moves, determine whether you have any pain down your legs and take a medical history.

Make sure you mention all your symptoms to your doctor, such as whether a fever or nausea accompanied your back pain. The pain may be secondary to another condition. Many back problems are caused by a muscle pull or strain. The usual treatment includes taking pain relievers and/or muscle relaxants and, perhaps, limiting certain activities until the muscle heals.

## Consider your options

"For more serious back injuries, such as a herniated or ruptured disk or a pinched nerve, surgery may be necessary. But, surprisingly, most disk injuries heal themselves without surgery. The only reason to have emergency back surgery is when the pain is accompanied by severe or progressive motor weakness or involves bowel or bladder problems. In these cases, it's crucial to relieve pressure from the nerves in order to

retain their function. If your pain is severe and persistent, your doctor may suggest diagnostic tests, such as an MRI or CT scan.

## Recover carefully

If you have surgery, your recovery regimen begins with wound healing, which takes about two weeks. During that time, you need to be careful. After that, ask your doctor about beginning a progressive walking program to promote muscle strength.

Walk short distances initially and make sure you don't walk so far you can't get home safely if you get tired. As your strength increases, your physician or physical therapist will suggest you supplement your walks with gentle back exercises.

Talk to your doctor if intense pain recurs. When a disk is removed, pieces of it may remain in the back and cause problems. For the first couple of months after surgery, it's important not to lift, twist or bend, all of which could re-injure your back.

## Back to exercise

The best predictor for future back pain is previous back pain, so once you're on the road to recovery, the best way to ensure a healthy back is to approach activity sensibly. **NOW**

*Matthew Berchuck, MD, is an orthopedic spine surgeon on the medical staff at Baylor Medical Center at Waxahachie.*



**Water, sewer and gas line  
repair and replacement!**

Fully licensed with the Texas State  
Board of Plumbing Examiners.

*Free estimates – Fully Insured  
Family Owned & Operated*

**We can handle any household  
plumbing problem!**





**Proudly serving Ellis County  
Waxahachie & Midlothian  
Chamber members**

**972-775-6688**



**\$19\***

**Adjustments**

no appointments  
convenient hours  
licensed chiropractors

**THE JOINT®**  
...a chiropractic place®

278 E. Ovilla, Red Oak, Tx. - 1 Mile East of I-35  
**(972) 617.7700**

Mon-Fri 9am-6:30pm  
Sat 9am-12:30pm  
Closed Sunday

Walk-Ins  
Welcome

thejoint.com

\*Offer valid for first visit only.  
Initial visit includes consultation,  
exam and adjustment.





### June 1

Annual Pancake Breakfast Fly-in: 8:00-11:00 a.m., Mid-Way Regional Airport. Event includes classic airplanes and fighters; helicopter, open cockpit bi-plane and DC-3 rides; full motion simulator instructional flights; skydivers; fly-overs; Midlothian Classic Wheels; Gold Wing Road Riders; live music and activities for the children. Breakfast tickets: 8 and over \$7, 7 and under \$3. Parking is free. For more information, call (972) 923-0080 or visit [www.mid-wayregional.com](http://www.mid-wayregional.com).

Waxahachie Downtown Farmers Market: 8:00 a.m.-1:00 p.m., 410 S. Rogers St. Fresh farm raised fruit, vegetables, eggs and plants. Also a wide assortment of jewelry, clothing, art and other gift ideas. [www.facebook.com/DowntownWaxahachieFarmersMarket](http://www.facebook.com/DowntownWaxahachieFarmersMarket).

### June 1 — July 31

Desoto Art League Annual Art Show: City Center, City of DeSoto, 211 E. Pleasant Run Rd., DeSoto. Artwork will be exhibited in the atrium during regular business hours. Open to all artists. Visit [www.desotoartleague.com](http://www.desotoartleague.com) for further details on the types of artwork accepted or contact Bryan Reynolds at (469) 337-8367 or at [dalspringshow@gmail.com](mailto:dalspringshow@gmail.com).

### June 2

Graduate Baccalaureate: 8:00 p.m., Midlothian High School Auditorium.

### June 3

Wildflower & Bird Walk: 9:00-11:00 a.m., Mockingbird Nature Park, 1361 Onward Rd. Indian Trail Chapter of the Texas Master Naturalist Program. Please bring drinking water and binoculars. If it rains, the free event will be canceled. Contact (972) 775-7177 for more information.

### June 6

Wells Fargo Small Business Appreciation Day: 5:00-7:00 p.m., Wells Fargo/Midlothian, 1177 N. 9th St., [wellsfargo.com/biz](http://wellsfargo.com/biz).

### June 7

MHS Graduation: 8:00 p.m., MISD Multi-Purpose Stadium.

### June 17

Wildflower & Bird Walk: 9:00-11:00 a.m., Mockingbird Nature Park, 1361 Onward Rd. Indian Trail Chapter of the Texas Master Naturalist Program. Please bring drinking water and binoculars. If it rains, the free event will be canceled. Contact (972) 775-7177 for more information.

### June 21

Launch of the 5th Annual 100th G.R.E.E.N. (Golfers Rallying to Erase the Effects of Neglect) Marathon: Noon, Thorntree Country Club, 825 W. Wintergreen Rd., DeSoto. Event will include a free lunch for prospective golfers, introduction of the organizations sponsored by the marathon, explanation and distribution of promotional materials and suggestions on fundraising, prize for bringing the most golfers and free Florida golf scramble with a 2:00 p.m. shotgun start.

### June 22

Sand Volleyball Tournament: 7:00 a.m., Midlothian Sports Complex, 1400 S. 14th St. 1st Sand Volleyball Tournament benefiting the Momentum Youth Track Club. Awards will be given to the top three teams. Come to play or just to watch. There will be a raffle, food, drinks and vendor booths. Cost \$125 entry per team. Call (972) 825-7961 for more information.

*Submissions are welcome and published as space allows. Send your event details to [betty.tryon@nowmagazines.com](mailto:betty.tryon@nowmagazines.com).*



**BLING QUEEN BOUTIQUE**

Quality Products • Great Service  
Custom Work • Fast Turnaround

blingqueenboutique@gmail.com  
[www.blingqueentexas.com](http://www.blingqueentexas.com)  
blingqueenboutique  
**817-874-0558**



**Stay & PLAY!**  
YOUR KIDS WILL LOVE YOU!

**RESERVE NOW FOR FAMILY FUN!**

- \* PLANNED ACTIVITIES
- \* KARAOKE
- \* CANDY BAR BINGO
- \* ULTIMATE BIRTHDAY PARTIES
- \* CABIN, CAMPER & RV SITE RENTALS
- \* GROUPS, SCHOOLS, CHURCHES WELCOME!

**PIRATES COVE**  
OPEN TO PUBLIC

**NORTH TEXAS JELLYSTONE.COM**  
**BURLESON, TX**

**Yogi Bessie Bear's**  
JELLYSTONE PARK  
CAMP-RESORT

**Rustic Creek Ranch**





## In the Kitchen With Paula Binford

— By Betty Tryon

Growing up in Arkansas, preparing food by frying was the norm for Paula Binford. Once when she was baking, a masterpiece went terribly wrong when a perfect cherry pie was dropped on the floor before serving! Today a different type of food is on the menu. “I had a gastric bypass, so I don’t bake too much anymore. We stick to healthier cooking styles and foods.”

Paula does not usually invent recipes, but she made one of her mother’s recipes for enchiladas more user friendly. She shares that recipe with the readers. Their family tradition is to bless their meal before eating — “even if we are eating out.” **NOW**

### Enchilada Casserole

Serves 4.

#### Pam Cooking Spray

- 1 can Old El Paso Enchilada Sauce, medium**
- 1 can Campbell’s tomato soup**
- 6 corn tortillas, crumbled**
- 1/2 cup onion, finely chopped (optional)**
- 1 lb. lean ground beef**
- 1/2 small can sliced black olives (optional)**
- 8 oz. Mexican blend cheese, grated (plus additional for topping)**

- 1.** Preheat oven to 350 F. Spray 8x8-inch casserole dish with Pam.
- 2.** Mix enchilada sauce and soup in large bowl. Stir in crumbled tortillas and let set.
- 3.** Soften onions in skillet. Add ground beef and brown.
- 4.** Spread 1/2 tortilla mixture into casserole

dish. Top with browned ground beef/onion mixture and black olives. Cover with cheese. Spread rest of tortilla mixture on top. Top with a little more cheese.

- 5.** Cook uncovered for 30 minutes or until golden brown.

### Crock-Pot Chicken With Black Beans and Cream Cheese

- 4-5 frozen boneless chicken breasts (for better results, use a bag of tenders)**
- 1 15.5-oz. can black beans, drained**
- 1 15-oz. can corn, drained**
- 1 15-oz. jar salsa, any kind (Roasted adds a great flavor!)**
- 1 8-oz. pkg. cream cheese**

- 1.** Put chicken breasts into Crock-Pot.
- 2.** Add black beans, corn and salsa; cook on high for 4-5 hours, or until chicken is cooked.

- 3.** Add cream cheese. (Just throw it on top!) Let sit for about 1/2 hour before serving.

### Pineapple Cranberry Relish

Serves 6.

- 20 oz. can crushed pineapple in its own juice**
- 6 cups fresh or frozen cranberries**
- 1 1/4 cups sugar**
- 1 cup walnuts, chopped**
- 1 Tbsp. fresh lemon juice**
- 1/4 tsp. ground cloves**

- 1.** Thoroughly drain the pineapple using a strainer (one made from a nonreactive material, such as stainless steel) set over a large measuring cup. Save juice.
- 2.** Add enough water to the juice to measure 2 cups of liquid. (Orange juice is an alternative to the water.)
- 3.** Pour the liquid into a large nonreactive saucepan. Add the cranberries and sugar. Stir mixture over high heat until sugar dissolves and liquid comes to a boil. Continue cooking it at a boil, stirring occasionally, until most of the berries pop open and the mixture is thick, about 10 minutes. Remove pan from heat.
- 4.** Mix in the pineapple, walnuts, lemon juice and cloves; transfer relish to a serving bowl and refrigerate uncovered until cold, about 2 hours.
- 5.** Cover the relish until you’re ready to serve it.

### Sunday Sour Cream Chicken

Serves 8.

#### Pam Cooking Spray

- 1 4-oz. jar dried beef**
- 8 slices bacon**
- 8 large chicken breasts, boneless**
- 1 10.5-oz. can mushroom soup, undiluted**
- 1 pint sour cream**

- 1.** Spray 8x12-inch baking dish with Pam; cover bottom of dish with dried beef.
- 2.** Wrap a slice of bacon around each chicken breast. Place on top of dried beef.
- 3.** Mix together soup and sour cream; pour over chicken breasts.
- 4.** Refrigerate 2 hours. Bake uncovered for 2 1/2 to 3 hours in a 275 F oven. Note: Do not add salt. For more gravy, double soup and sour cream. Serve with peas and mashed potatoes!



# Dental Implants & Orthodontics

making confident  
smiles

## Summer Specials

# \$39

**Dental and Specialty Exam  
all included with X-rays**



Dr. Yaritza Vazquez, Periodontist

Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surgeries and implant placements.

### Are you...

- ...Missing one or more teeth?
- ...Having trouble with dentures or partials?
- ...Unhappy with your bridge?

### Dental Implants with Certified Periodontics

Dental implants are replacements that look and feel just like your own. Gone are the inconveniences of unretained dentures, partials and missing teeth while eating and drinking whatever you like. They look and feel like real teeth for a flawless and natural smile.

### A Confident Smile with Certified Orthodontics

Orthodontic braces can align teeth, fix your bite, and create a more healthy, attractive smile. Contact us today to learn more about this process, which helps create a more confident smile for you in a relatively short time.

### General and Cosmetic Dentistry for All Ages

Dr. A. Reddy, DDS



## Picasso Dental

[www.myPicassoDental.com](http://www.myPicassoDental.com)

WAXAHACHIE, TEXAS

1540 Highway 77 North, Suite 7

Waxahachie, Texas 75165

(972) 937-7787

MANSFIELD, TEXAS

1811 Highway 287 North, Suite 160

Mansfield, Texas 76063

(817) 453-1001

**Call Picasso Dental Today for details and to learn  
about our amazing prices for these procedures!**





# WAXAHACHIE

## AUTOPLEX

DODGE

CHRYSLER

Ford

Jeep



- America's best selling truck for 36 years
- Integrated trailer brake control
- Exclusive eco-boost technology
- Outboard mounted rear shocks
- Best in class towing and payload



- 2013 Truck of Texas
- Best in class 25mpg hwy
- Class-exclusive torque, elite 8 speed transmission
- 5 year/100,000 mile powertrain limited warranty
- Class-exclusive link coil and air suspension

*Eggs are cheaper in the country, and so  
are the vehicles at Waxahachie Autoplex!*



**\$20**  
**Oil Change**  
Inc. tax+fees

**EXPRESS QUICK LUBE**

*Now Open on Sundays*

**Mon-Fri 8-5**  
**Sat-Sun 8-4**



**WAXAHACHIE**  
**COLLISION CENTER**



Free Estimates — All Makes & Models — Free Loaners

***We work with any insurance company,  
handling the hard work so you don't have to.***

Serving Midlothian and Surrounding Areas

**888-405-5606**

[WWW.WAXAHACHIEAUTOPLEX.COM](http://WWW.WAXAHACHIEAUTOPLEX.COM)