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July 2007

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Midlothian
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The Community Magazine
Serving Midlothian and
the Surrounding Area
MAGAZINE

Editor's Note

Hello, Midlothian!

The saying, "Freedom isn't Free," inspires a stirring patriotic response. I do not have enough room here to express my gratitude when I think of the men and women in the military and what they endure for us; a simple thank you is not enough. As we celebrate Independence Day on the fourth, let us not forget those who have sacrificed to make our nation possible. Let us remember their families who live with the thought that they may pay the ultimate price for freedom — the life of their loved one. Our Main article this month honors the Patriot Guard Riders, who stand between bereaved families and trouble as they lay their loved ones to rest. Member Glen Carlisle tells their story.

As your Fourth of July picnic winds down and you are enjoying the fireworks, it is a good time to assess where we now stand. One hot dog, \$1.50; one bundle of fireworks, \$100.00; cost of freedom — priceless.

Betty Tryon

Midlothian Editor



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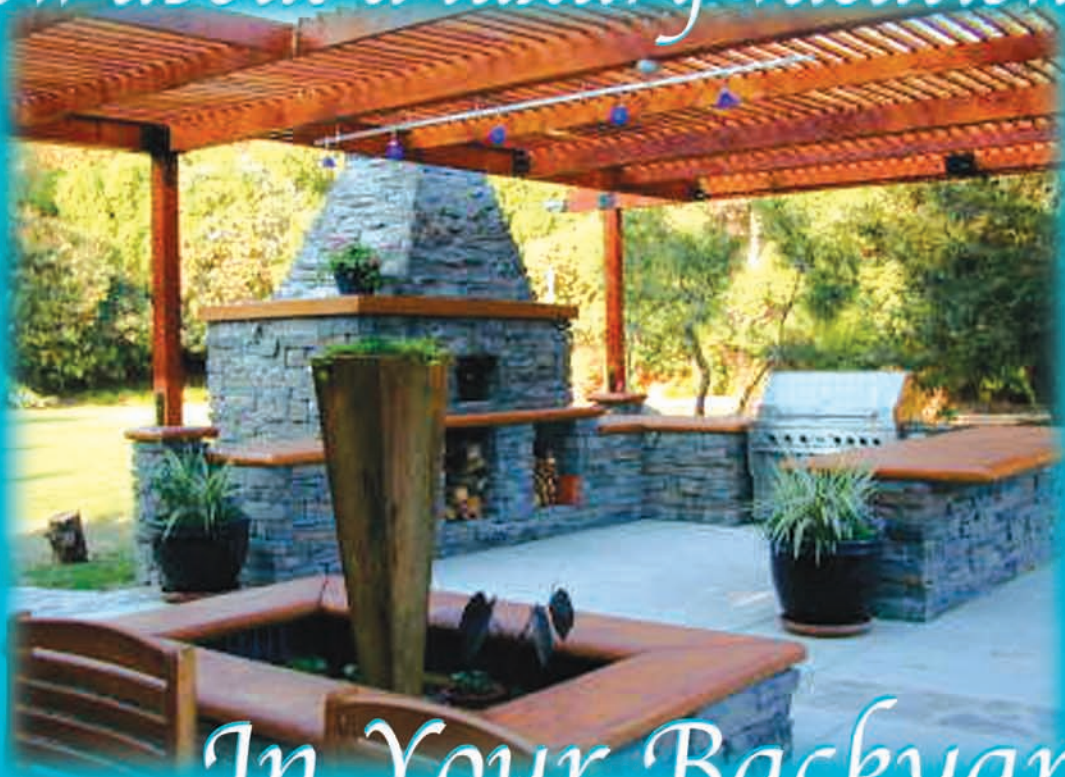
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Standing Tall and Silent

— By Betty Tryon

American flags, waving gently in the breeze, line the sidewalk. The men and women holding them are stoic and unyielding. They are the Patriot Guard of North Texas. It would not matter if the breeze were a gusty, bone-chilling wind or a blast from a furnace during one of Texas' hot summers. Nor would it matter if it were pouring rain, they still would stand there. Patriot Guard member Glen Carlisle said, "We stand tall and silent. Our motto is, 'We Stand for Those Who Stood for Us.'"

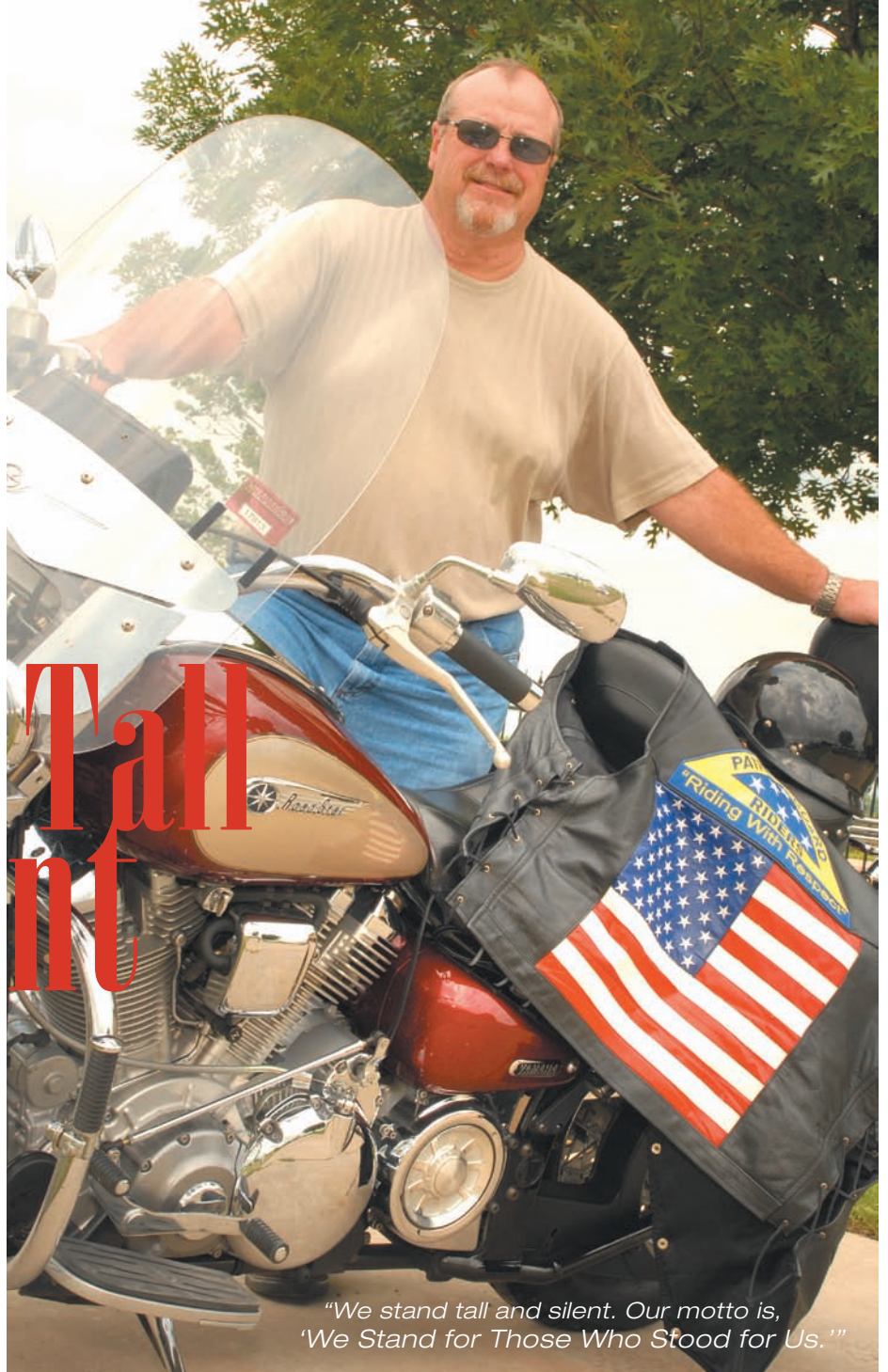
The Patriot Guard Riders is a nationwide group of patriotic citizens, uniting to show respect for the men and women in the military. Glenn explained the formation of the Riders:

"The Patriot Guard was started three years ago by a guy in Oklahoma; his motorcycle name is Twister. There was an incident in Kansas where war protestors started showing up at funerals. The American Legion would show up with a flag line so protestors could not disturb the grieving families," said Glen. The flag line shields the families, so they never have to see the protestors. They carry a hundred flags for every funeral.

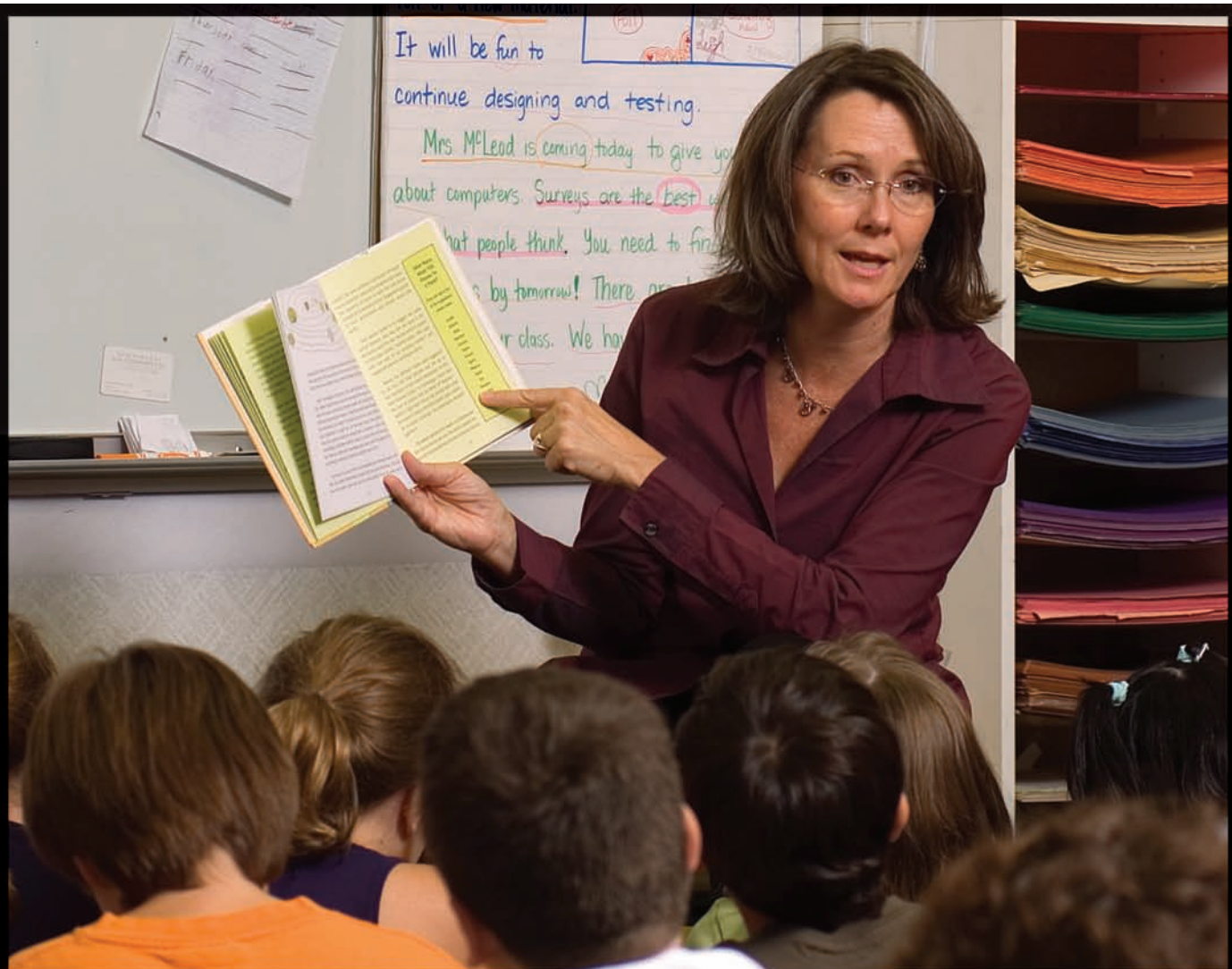
"The name was changed to the Patriot Guard Riders, because you

don't have to be a veteran to join. You have to be a veteran to be part of the American Legion. We are not a motorcycle club. We have members show up in vans, cars and trucks. We attend funerals of veterans by invitation from the family. Sometimes the parents will request an escort for the body from the airport to the funeral parlor, escort to the funeral and to the burial grounds.

"While we are there at the service, we don't speak to anyone unless someone speaks to us. Usually the



"We stand tall and silent. Our motto is, 'We Stand for Those Who Stood for Us.'"



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family will come over to us and shake the hand of every person in line, thanking us for being there. They tell us that the Patriot Guard made it better; we made it easier. Whatever it takes to get the family from one place to the next, we are willing to do. We



also assist the police during the procession from the funeral to the burial by helping them stop traffic." Glen wishes the public would respect funeral processions more by stopping and waiting until it passes.

"We have about 118,000 members nationwide," Glen said. "We don't wear a uniform, just a vest with a patch so the family knows who we are. On average, we do about three funerals a week. Casualties get the first pick. If there is a serviceman from another war and their family wants our services, we will go if we are not needed elsewhere. A lot of people want to help, especially Vietnam guys. They remember how they were treated when they came home and do not want the same thing to happen to these vets. Our goal is when this war is over; we don't have to go to the funerals of casualties anymore, just old veterans."

While at the service, the patriot guard is very careful not to engage any would-be protestors. Since the incident in Kansas, protestors are now rare. Glen explained, "The UGs (unwanted guests) know that the Patriot Guard is there. They know they will not be recognized. We don't want to give them the satisfaction of knowing they disrupted."


Glen acknowledges that sometimes, doing what they do, can be difficult emotionally. "When you finish a

"Thank you for standing up at home for what we fight for here."

mission, it's hard on your heart. Sometimes you meet the family on a Thursday at the airport and the funeral may not be until Tuesday. We will go to the funeral home the night before the service and are with them until the afternoon. You really get to know the family. It is amazing how strong and courageous the young wives and mothers are."


Not every member shows this level of participation for each funeral. They do what they can. Glen sometimes will go on his lunch break if he cannot get away any other time. The effort the Patriot Guard puts forth for the family members, many who are strangers to them, is extraordinary. They do not just give of their time and energy, but also of their emotions. It has not gone unnoticed by those who currently serve.

A Forward Observer Platoon Sergeant in Iraq wrote, "It was good to know that while we were fighting in Iraq and Afghanistan, someone was fighting for us, back home ... fighting for our respect, for our fallen and for the families of the fallen." A lieutenant in Camp Victory, Iraq, wrote, "More than anything, what your efforts



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represent is the country and values we fight for, and that gives all of us hope that the lives lost in this battle space are not in vain. Thank you for standing up at home for what we fight for here. ... Thank you for escorting those heroes on their journeys home and helping



the families feel that we are indeed a grateful nation for their sacrifice."

One of the subgroups of the Patriot Guard is the HOTF (Help on the Home Front). This group sends care packages to the soldiers, makes phone calls, and as Glen said, does "anything we can do to help."

Reared on a farm in Venus, Glen's family moved to Midlothian when he was a freshman in high school. "I met Cindy, my wife, in high school. We have two kids, Adam, age 27, and Kolby, age 23. They both went to Midlothian High School." Glen has worked at Chaparral for 32 years.

Although Glen has never served in the military, his respect and admiration for our military is unwavering. It is a great source of comfort for our servicemen and women in active duty to know that their families will be cared for and protected in the same manner in which they stand to protect us every day.

For more information on the Patriot Guard Riders, go to their Web site at www.patriotguard.org **NOW**

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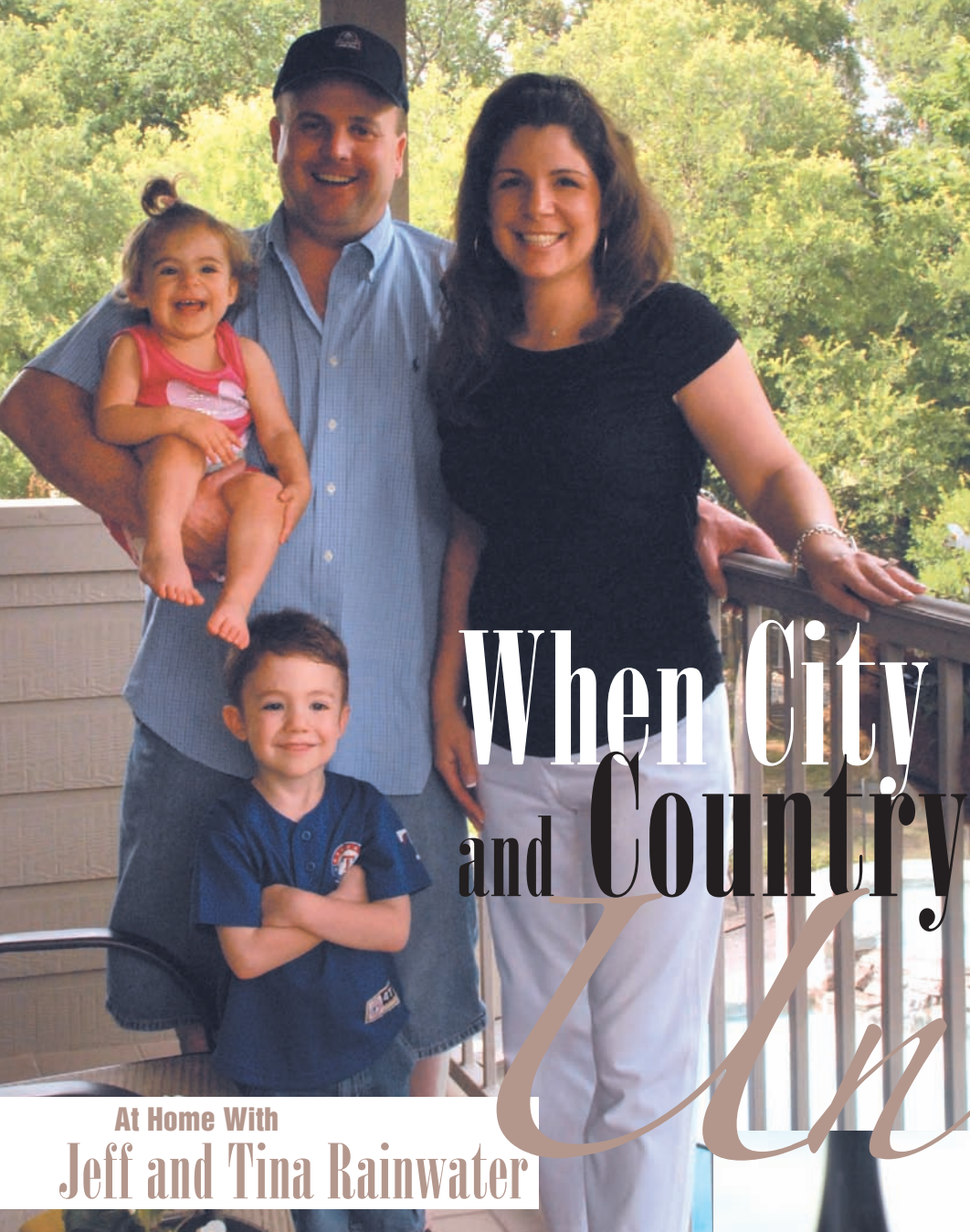


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When City and Country Unite

**At Home With
Jeff and Tina Rainwater**

— By Sandra McIntosh

Jeff and Tina Rainwater had been living in Irving when they decided it was time to start looking for a place outside the busy city limits in which to rear their family. Originally, they had their eyes set on a lot in Red Oak, where they could build the home of their dreams. That was until they drove by the structure on Jordan Street they are proud to call home today. “We were going to look at a house that was for sale further down the street when we saw the ‘For Sale by Owner’ sign in the yard,” Jeff said.

The four-bedroom, three full- and two-half bath abode was home to its builder, Troy Priddy of Custom Homes, for nearly four years before he and his wife decided it was time to down-size. “We talked to the seller on the phone not long after driving by,” Tina said, “but several months passed before



we called him back. We never thought we'd be able to afford such a home."

From the time Jeff and Tina first laid eyes on the house, they began to seriously talk about the cost of building versus buying a home that was already established. After crunching the numbers, they decided that the house situated on eight acres was worth seeing in person. That was the very least they could do. "As soon as I walked in the door, I saw the beams," Jeff said. "They reminded me of the home where I grew up. The pond and workshop in the backyard made it seem even more like home."

The selling point for Tina had a great deal to do with two of the three downstairs bedrooms. "We already had our son, Hunter, and I was pregnant with our daughter, Alicia, when we first saw the house," Tina remembered. "I saw those two bedrooms and knew the kids would be close to one another." The only space that separates the rooms that now belong to the Rainwater children is a Jack-and-Jill-bathroom.

As soon as the tour was complete, Jeff and Tina returned to Irving and once again put pencil to paper. "It seemed to be a better deal to move in a house that was already built," Tina



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said. "The aches and pains of building outweighed the feelings of anxiety we were having. This home is truly a blessing to both of us."

The couple made the decision to purchase the house in June 2005. Looking back, they can honestly say they made the right decision. Later

this month they will celebrate the two-year anniversary of living in the 5,100-square-foot home.

The desire to up-size at the same time the Priddy's were down-sizing proved to be even more beneficial to the Rainwaters than they could have imagined. "We bought the house pretty

much furnished," Tina explained. "The only furnishings we brought from our old home are the master-bedroom suite, the kids' furniture, the oversized bean bag chair and Jeff's large chair with matching ottoman."

All the other furniture and a few accent pieces were left in place at the

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Midlothian ISD is seeking input from community members to recommend names for the elementary school that is being built at 2800 Sudith Lane. To view policy guidelines and submit a nomination form, go to www.midlothian-isd.net and view the Elementary No. 6 School Name Nomination Form. Nominations can be submitted online or a form downloaded and mailed to Theda McGrew-Midlothian ISD, 100 Walter Stephenson Road, Midlothian, Texas 76065.



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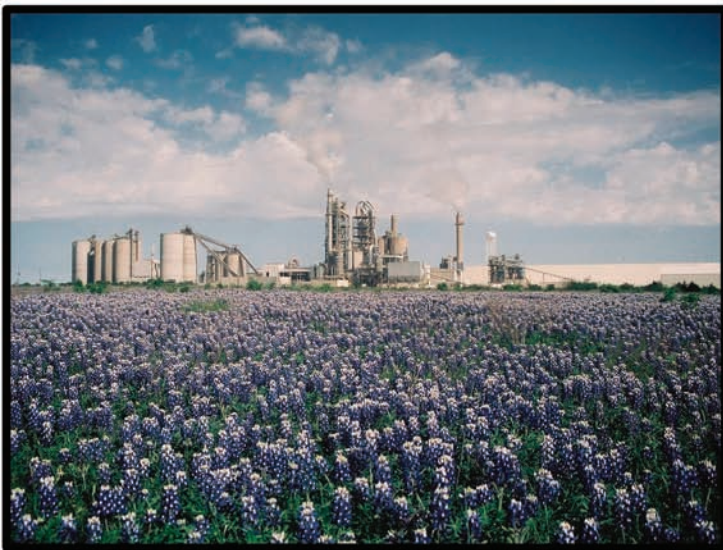
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time of purchase. Even though Jeff and Tina inherited so many pieces with the house the style fits them perfectly. "Jeff has always been the country boy," Tina said, "and I've always been the city girl." The home's style is a finely blended mixture of both country and city.

When ringing the doorbell, Hunter and Alicia are usually the first two

smiling faces to greet you, with Tina following close behind. Once inside, the size of the house at first glance is a bit overwhelming. Sitting down, you are quickly overcome by the warmth the home has to offer.

The great room, as Jeff and Tina call it, includes the formal living area, the den, the kitchen and the breakfast

nook. Each room opens into another with the den being the focal point of the overall space. All the wall colors have remained the same, except for the walls in the formal dining room. "I love the color red, so I wanted to bring it into the room," Tina said. "I painted the walls Rainwater red. Seriously, that's the name of the paint color."

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The floors are constructed of hickory in a light-to-almost-medium shade. The beams of dark fir and the large floor-to-ceiling white stone fireplace are the main accents adding the cozy feeling Tina desired to incorporate her personal style into the home.

The large windows in the den and breakfast nook lend a spectacular view of the backyard pool, pond and rolling acreage where Hunter plays baseball and catches what he calls "big fish." It is quite common to see Hunter outside while listening to Alicia in the center of the great room, pounding out a tune on her miniature baby grand piano.

It goes without saying that the Rainwater home is child-safe, as well as "kid-friendly." Hunter's room is painted with a rustic, cracked-faux finish that gives it the look of leather. "The cracks were made with torn poster board," Tina said. "Jeff handmade the hat rack in this room, as well as the lamp in the reading/time-out area; depending on the age of the person sitting in the chair."

When meeting Alicia, one might think her room would be pink, but that is not the case. Her room is rich lavender, with accents of pink and white. The master bedroom was probably the most difficult for Tina to get used to because of the window treatments that were left behind. "All I needed to do was add several dark brown pillows and a few dark

Life is fragile, handle with prayer.

brown accents to bring the room together," she said. "It all blends together so well now with the bedding I didn't want to part with."

When living in a home this size, there is always more to mention than could possibly fit in this article. Such is the case with the Rainwater home. The combination game room/workout room, as well as the guest suite, are located upstairs. The unattached guesthouse, the massive, unseamed granite island countertop in the kitchen and the view from the upstairs balcony are all worth pointing out. The large walk-in closet in the master bedroom includes a cedar closet that also serves as the family's storm shelter.

One day, Tina would love to add brighter colors to the master suite, as well as the laundry room. Until that time, Jeff and Tina remain satisfied and content with their new home. They will continue to take advantage of the fishing and swimming offered outdoors, while finding cozy, comfort indoors. "I've enjoyed adding my own city touches with the home's country feel," Tina said. "It finally feels like home." **—NOW**



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Just a Pickin' and a Grinnin'

— By Melinda Hines

Local musicians Patrick and Kathy Bouldin have combined their love for bluegrass with that of Austin Crehan and Bob Carabbio in the Texas Prairie Band. The band plays at standard bluegrass concerts, such as opries and private functions. They especially enjoy playing gospel music at churches. “We love to get the invite,” Patrick said, “and provided we can drive to a church within a couple of hours, we will jump at the chance.”

Each of the band mates brings their own history and talent to the group. Patrick and Kathy met about three years ago and married on March 10. “We both knew from the beginning that our chemistry was something special,” Patrick said. He had been experimenting with bluegrass music and Kathy loved the opportunity to pick up the guitar after so many years. From the beginning of their relationship, the couple has played music together at festivals and for anyone who would listen. “How many couples get to say they literally get to make music together?” Patrick asked. “It’s a bond that has made us the best of friends.”

The Bouldins met Crehan at a jam in Cleburne and Carrabbio at another jam in Red Oak. Although they played in their own group for a couple of years, Patrick and Kathy consider themselves newcomers to the genre and playing with Crehan and Carrabbio during the past year has been something special for the Bouldins. “Those guys have a lot of history with the genre,” Patrick said, “They know how to make a good sound, and they’ve provided us with a



“Our music is traditional bluegrass and bluegrass gospel, with an occasional folk song to diversify the music.”

heaping helping of bluegrass hospitality.”

Austin Crehan was reared singing lead and harmony on his front porch and in church before he knew what harmony was. He began playing the guitar when he was 12 years old. Austin said he feels privileged to have been born into a rather large family in which bluegrass music and singing were important. “Among my uncles, aunts and cousins are many, many musicians and singers,” he added. “No, they aren’t in or around Nashville, just family pickers and grinners.”

While in high school, Austin received some formal music training, played the trombone for a year or two and played the guitar and upright bass in church groups when he was 19, switching to the electric bass at about the age of 22. Austin, who is an engineer at Lockheed Martin Aeronautics, said he returned to his bluegrass roots when he was 45. “I enjoy playing the upright bass with the Texas Prairie Band,” Austin said. “Our music is traditional bluegrass and bluegrass gospel, with an occasional folk song to diversify the music.”

According to Bob Carrabio, he began playing a finger-picking, 12-string guitar, primarily "folk-style" with a United Methodist worship team in Marion, Ohio in 1973. "There was a fellow in that group that always wanted to 'play it country,' and since we used to play together often, I fell into his lead easily," Bob said.

After installing a timing gear in a friend's Gremlin, Bob was given a Sears and Roebuck \$48 banjo as



payment for the job. "About that time, I heard the *Carnegie Hall* album that Flatt and Scruggs made," Bob added. "I realized that I had to do that, so I bought a book and learned 'Cripple Creek' and 'Foggy Mountain Breakdown' and several hundred more over the years."

Bob has played in several bands throughout the years, including J.P. Miller's Yea Buddy bluegrass band, now called the Garland Square Pickers. Later, he joined a family from his church and a lady from Colleyville to create the Highlanders Band. The Highlanders were dissolved in 2004, due to sickness and job responsibilities. "After a long period of indifferent health, I started feeling better physically in 2006," Bob said. "I felt the need to re-integrate with the musical community and it's my great pleasure to play again for folks in assisted-living facilities, churches and just plain 'ole bluegrass concerts wherever we can find them."

Patrick, Kathy, Austin and Bob play off each other to create exceptional

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chemistry and a unique sound. "When Bob has a suggestion on what harmony will go with a certain tune, or when Austin has a suggestion on speed or song choice, we pretty much just go with it." Patrick said.

Patrick also said that bluegrass sound is difficult to explain. The orchestration of different instruments,



which is unlike most other genres, is appreciated best up-close-and-personal at a live session. "In bluegrass you have a guitar, of course, but also a mandolin, banjo, upright acoustical bass, sometimes a fiddle or two, sometimes a slide guitar, or maybe a dulcimer or autoharp," Patrick said. "In bluegrass, you can hear every instrument, which is difficult in other music genres."

The band feels that some people have an outdated view of how bluegrass sounds, and that if people will give the genre a chance, they will enjoy it. "Sure, there's the old stuff still out there," Patrick said, "but new grass is all about hard-driving, up-tempo, quick-pickin' harmony. We hope folks will visit the Web site at www.texasprairieband.com for some samples and try us out." **NOW**

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Finding *Her* Niche

— By Mary Pritchard

When Katie Money heard about power lifting as a freshman at Midlothian High School (MHS), she wasted no time signing up. “I did volleyball and basketball in middle school,” she said, “but I wanted to get into an individual sport. So when I heard about power lifting, I thought it sounded like fun; something I would be good at.”

True to her intuition, Katie is very good at power lifting. From the state power-lifting competition in Killeen in mid-March, the MHS junior brought home a third-place medal in her 4A weight class with a total of 815 pounds from three events.

Since Katie was in third grade, she and her family – parents, Terrie and Clay Money, and sisters, Abbie and Carlie – have called Midlothian home.

“My parents go to all the events,” Katie said. “My mom has to help me get my bench shirt on because it is so tight. They are both there to cheer me on.”

Enjoying sports seems to run in the family. Katie’s sister, Abbie, is active in volleyball, basketball and track at the middle school. “My dad trains

me,” Katie added. “He sets up my workouts for me.”

“My freshman year, we had two girls in power lifting, last year, just one and this year, we have six girls,” Katie said. “All are planning to come back next year. We’re hoping to recruit more girls. That way we’ll have a better chance to win team competitions.”



Anyone can sign up – there are no tryouts. This year, the girls competed individually to qualify for regional and state competitions.

Katie and the power-lifting team have two coaches at MHS, Coach Randy Thornton and Coach Stephen Door. “Katie is a great kid and really has her wits about her,” Coach Thornton said. “She is as dedicated and works as hard at her sport as any



“True to her intuition, Katie is very good at power lifting.”

athlete I’ve ever worked with.”

Power lifting came into being in the late 1980s, Randy explained, as primarily a male sport, but girls started power lifting about 10 years ago. Now, the sport has about 50 percent girls and 50 percent boys.

Randy has had previous experience at other schools with coaching girls in the sport of power lifting. “Katie is the third girl I’ve taken to a state power-lifting meet, and she placed the highest,” he said. “Power lifting is another opportunity for students to get involved in something, especially ones who don’t participate in other sports.” He hopes to soon have a full team contingent of 11 girls.

Power lifting consists of three

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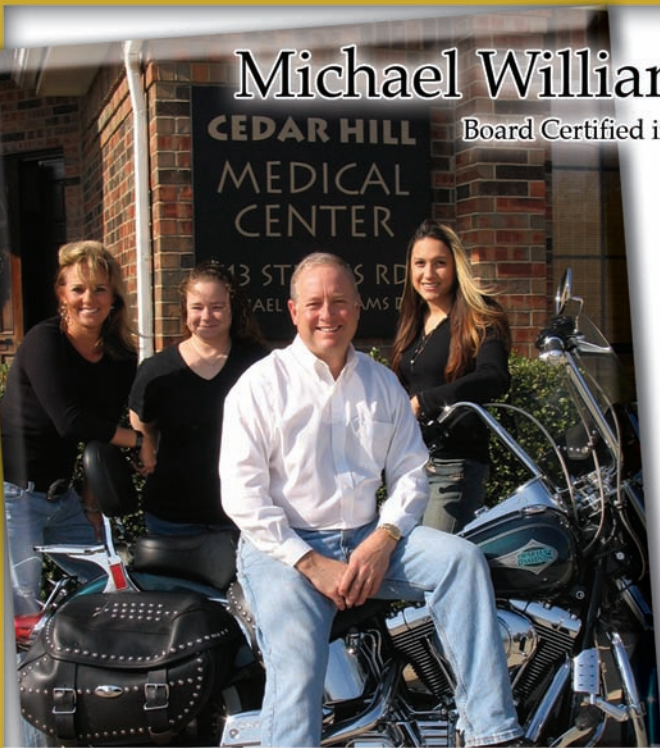


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events: bench, squat and dead lifts. In each event, the competitor gets three chances for one good lift. "To advance, you need one good lift in each event," Katie said.

Katie has several reasons for participating in power lifting. "It is rewarding to see the results of self-discipline and hard work," she said. "It also makes me stronger for other sports such as track, but power lifting is my main sport. I train



"She is as dedicated and works as hard at her sport as any athlete I've ever worked with."

year-round for that." In track, Katie competes in the shot put, so it is easy to see how power lifting helps in those events.

Learning to manage her time has been one result of self-discipline for Katie. Another is watching her weight in order to stay in her weight class. "Power lifting also prepares you for life," she added. "Nothing is going to be handed to you; you have to work for it."

Apparently, Katie's time-management plan for getting homework done is working. This year, she was inducted into the National Honor Society. In addition, she is involved in Future Farmers of America, the FFA Quiz



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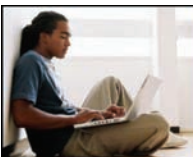
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Team, which placed first in district last fall, and the Farm Business Management Team.

Outside of school, Katie is an active member of Midlothian Bible Church and participates in its youth activities. Two years ago, her group went on a mission trip to the tiny town of Baggs, Wyoming, where they hosted a Vacation Bible School. She said another mission trip is being organized for the summer. Katie has not decided on a

Fatigue Makes Cowards of Us All

“Power lifting is another opportunity for students to get involved in something, especially ones who don’t participate in other sports.”

college or a major, but she expressed interest in meteorology.

Beginning late in May, Katie began training two hours a day in preparation for the next season. “We have to train for 10 months even though the power lifting season is only a month long in the spring,” she said. “Physically, I am shooting for state champion.”

Being able to compete individually is important to Katie, but “not everyone likes or is good at the same sport. There’s a niche for everyone. Do what you enjoy and don’t worry about what everyone else thinks or does,” she commented. ~~NOW~~

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Performance in Speed

— By Betty Tryon

Hobart Ambuehl turned his passion for cars and racing into a business, Hobart Performance Transmissions. “I grew up in the automotive business and loved to race cars. When you drive street cars and race cars, you tend to break things; so, I had to fix them,” he said. “My dad used to race. I was 15 when I first started to race. I have always been mechanically inclined.”

In junior high, Hobart took his first job in an automotive shop. He said, “I first started working after school at age 13 by doing oil changes. When I was 15, I was the lead mechanic after school. Cookson Transmission was my first job just working with transmissions. We did transmissions at other jobs, but they were mostly general automotive shops.”

Hobart was so good at repairing cars that he had his own side business for many years. “I worked on race cars. It got to the point that I was losing money by going to work, so I quit and started this business. Before I opened my business, I always felt the other shops didn’t do enough high-performance work for me. Here at this business, 80 percent of our work is on high-performance cars,” he remarked. “We also work on



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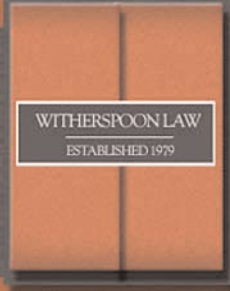
streetcars, you never know how long it is going to take. If it takes getting a part that is hard to get, it may take a little longer."

Hobart's family shares his fascination for racecars, but this is no family-operated business. He laughingly explained, "Have you ever seen the TV show *American Chopper*? Well, that's us!

"I grew up in the automotive business and loved to race cars. When you drive street cars and race cars, you tend to break things; so, I had to fix them."

We would fight a lot when working together." (*American Chopper* features a father and son working on various projects while constantly arguing with each other.) Hobart's 25-year-old son, Davy, works on aircrafts, and Jacob, 20, is a welder. Hobart is very proud of his sons, and said, "I trained both of them." Hobart's wife, Connie, does not miss out on the fun, either. She also shares the family's love of racecars. As a matter of fact, Hobart and Connie met while he was racing one night. The love of cars has now reached the fourth generation in the family. "My grandson, Jaxon, who is 3 years old, lives and breathes cars. He can come into the shop and can tell a Camaro from a Corvette and a '55 from a '67." Perhaps one day, he will be the family member to work with Hobart.

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Jan Myers' class, Community Problem Solvers, is full of champions. By winning the title of Texas Grand Champions for their class project, they have continued the tradition of excellence in Midlothian. Community Problem Solvers is all about making a positive impact in the community with lots of fun along the way. Kristy Hinton, one of the students, described the class as "performing community service through school."

"This class is only for eighth-graders. It is open to the gifted and talented students in that grade," said Mrs. Myers. "At the beginning of the year, we have guest speakers come in and

talk about a variety of things that need to be done in the community. The kids decide which project they will work on, and this year they chose to make improvements at the MISD Childcare Center at the Laura Jenkins Elementary School building. They came up with the acronym for the group, which is Project S.M.I.L.E. — Students Making Improvements in a Learning Environment."

Choosing which project to work on was easy for one student, Hannah Van Amburgh. She said, "I went to the day care center when I was younger. On our first class visit to the center, we looked at all the areas that needed

help. The building had been around a long time, and there were no bright colors. The playground equipment was rusty. So, we painted the equipment and for the story-time room, we painted a mural that just had grass, a fence and the sky. We just wanted the basics on the wall, so the kids could make up their own stories for the background. In the toddler's room, we painted a pink, red, yellow and purple dinosaur's mural. The bookshelves were white, so everyone painted them using primary colors."

Mrs. Myers pointed out that "the kids spent a lot of Saturdays doing this. The playground equipment could only be painted when the weather was

nice. Inside the foyer, the paint was peeling, so they painted the walls and the trim."

All of this activity on the building required funds to purchase the materials. Hannah said, "We earned our own money. All the money that was raised was to benefit Jenkins. Raising money

**"performing
community
service
through school."**

is a lot harder than it sounds. We raised money at the fall festival by painting faces and selling cookies that they could decorate on their own. We also had two school dances for fund-raisers." The students held a citywide talent contest, raising \$1,000 in that one evening.

"Our class sponsored the Midlothian Christmas tour of homes," Mrs. Myers commented. "One of the teachers knew people who would put their homes up for viewing. The kids sold tickets to the tour. They raised \$660 on that fund-raiser." Kristy remarked that one of the fund-raisers was to "sell tickets to students for one of the principals to dress up as Grinch." Principal Blackwell won the dubious honor.

The class has purchased new TVs and gates for the center with their earnings. Since the students are involved in their project for an entire school year, they are able to do more personal things for the children. Every month, the students make birthday cards for the children. The cards are authentic and original." Another fun project for the group was to record storybooks on CD for the children. Hannah said, "The kids are

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split up by age group, and we did stories according to age group, so we all read different stories."

The eighth grade Community Problem Solvers Class is held on both middle school campuses in Midlothian: Frank Seale and Walnut Grove. The dilemma for the instructor and the students is that the class time, with the same teacher, is the same at both campuses. They manage this with a polycam. The students learn the meaning of teamwork, in that they share the same project and have to divide up the work accordingly. Hannah said, "It is a big challenge. We can't debate on things, and if PowerSchool (a Web-based, cross-platform school management system) doesn't work, there is basically no communication."

Regardless of the challenges, there are many advantages to the program. "I had so much fun," Hannah said. "I had never had the chance to work with kids, and I enjoyed building a relationship with them. That was our goal. I also had a lot of fun doing this and getting to travel also." Kristy remarked, "Developing a relationship with the kids is probably the number one advantage. I want to be a pediatrician, and I enjoyed making a difference helping others."

Winning the Texas Grand Champion for their daycare center project is probably not the only honor awaiting these students. Mrs. Myers noted, "After winning the Texas Grand Champion, they are automatically entered in the international competition. This summer it will be in Colorado, and the district pays for the trip."

Future plans for the students and the daycare center involve strategy meetings with a master gardener to improve the outside of the building. Whatever they decide, they will accomplish good deeds and are sure to have fun doing it. **NOW**

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More ribbon cuttings and a ground breaking were held by the Midlothian Chamber of Commerce recently. Clockwise, from top left, are Crosspointe Church; Dena Williams, real estate agent at Keller Williams; GMAC Realty; Jack Adolph with Merrill Lynch and Custom Caregivers.



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Look Who's Cooking

— By Betty Tryon

IN THE KITCHEN WITH PAT HALL

BROCCOLI CORN BREAD

2 boxes Jiffy corn bread mix
3 eggs
6 oz. cottage cheese
10 oz. broccoli, cooked and drained
1 medium onion, chopped and sautéed in butter
1 stick margarine

Mix Jiffy corn bread, eggs and cottage cheese. Add drained broccoli and sautéed onions. While mixing corn bread, melt butter in 9 x 13 pan (I prefer to use my big, black-iron skillet). Pour batter in pan with melted butter and bake for 30 minutes at 400 F.

"My mom always made pork chops, big white lima beans and sweet potatoes to serve with the broccoli corn bread – my favorite meal as a child, and one my kids love today."

SEAFOOD GUMBO

ROUX:
2/3 cup flour

2/3 cup cooking oil (butter or bacon grease)

GUMBO:

2 quarts water
1 cup chopped celery
1 cup chopped onion
fresh finely chopped parsley
1 cup chopped scallions (white part only)
2 cloves fresh garlic, chopped extra fine
1 lb. pkg. frozen okra or equivalent amount of fresh sliced okra
2 lbs. shrimp
1 14-oz. can Swanson's chicken broth
1 10-oz. can Ro-Tel tomatoes
frozen crabmeat and oysters (Use fresh if available; add as much as you like.)
Kitchen Bouquet (liquid smoke) to taste
salt and pepper to taste
1 cup chopped scallions (green tops only)
1 Tbsp. Tabasco, if desired
Dash red cayenne pepper

All ingredients listed above can be increased. You cannot get too much in gumbo!

Roux: Place cooking oil in hot iron pot or skillet; the oil can be divided between butter and/or bacon grease. Blend in flour, stirring constantly. Continue adding flour and stirring for a minimum of 45 minutes. Do not burn! A good chocolate brown color is good. If the roux appears "loose," this is not bad. The roux can be thickened very carefully by adding more flour.

Gumbo: Chopped vegetables can be sautéed in the roux, shortly before roux is ready or sautéed separately. If sautéed separately, start with the celery using bacon grease and/or cooking oil. Cook to a good transparent stage. Add other chopped vegetables. Start with about 2 quarts water, bringing to a boil. Add roux, chopped vegetables and shrimp, cooking shrimp until pink. Reduce heat; add chicken broth, Ro-Tel tomatoes, oysters and crabmeat, stirring slowly. Simmer on low heat stirring occasionally for about 20 to 30 minutes. Add



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Kitchen Bouquet (liquid smoke), until desired darkness of gumbo is reached. "My late father-in-law, who gave me this recipe, always said he liked the color to be 'old fashioned ditch water black!'" Taste for salt, adding carefully and sprinkle with black pepper and dash of cayenne pepper. Add Tabasco if desired. Add partially sautéed green onion tops 10 - 15 minutes before serving over rice. Add more liquid if desired while cooking.

GRITS CASSEROLE

1 cup Quaker instant grits
4 cups boiling water
1 lb. bacon
1 lb. sausage
1 10-oz. can Ro-Tel tomatoes
1 egg
2 cups cheese
Dash of garlic salt

Slowly stir grits into boiling water. Reduce heat to low and cover. Cook 5 - 7 minutes or until thickened, stirring occasionally. Fry bacon and sausage until lightly browned. When grits are done add bacon and sausage. Drain juice from Rotel tomatoes and add to grits. Beat egg in a separate bowl. Add egg, cheese and garlic salt to grits. Stir mixture completely. Put mixture in 9 x 12 casserole dish. Bake for 35 to 45 minutes at 350 F. Remove from oven and let cool for approximately 5 minutes.

"There's nothing better than a big slice of grits casserole along with a Diet Coke!"

THE BEST CHOCOLATE CAKE

1 pkg. chocolate fudge cake mix
1 small pkg. chocolate pudding mix
1/2 cup warm water
3 Tbsp. butter, melted
1 cup sour cream
4 eggs
1/2 cup vegetable oil
12-oz. pkg. chocolate chips

In a large bowl, add ingredients in order listed; mix together well. Turn into a well-greased Bundt pan. Bake at 350 F for 50 - 60 minutes. Leave in pan for 10 minutes to cool before turning on to cake plate.

"I like to take a slice of the cake and pop it into the microwave for 10 seconds before eating to melt the chocolate chips."

QUICK AND EASY TACO SOUP

2 10-oz. cans pinto or ranch style beans
2 15-oz. cans whole kernel corn
1 10-oz. can Ro-Tel tomatoes
1 14-oz. can diced tomatoes
2 pkgs. taco seasoning
2 pkgs. Hidden Valley Ranch Dressing Mix
1 - 2 lbs. cooked ground meat

Mix all ingredients in large pot. Heat for approximately 30 minutes.

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— By Tim Tobey

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When you purchase a life insurance policy, your primary

thought is usually security for your family and beneficiaries. Knowing that there will be funds available for your final expenses, the mortgage and income replacement after you are gone, can be a great comfort to your spouse or loved ones.

The death of a family member can be devastating to survivors both emotionally and financially.

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the costs associated with maintaining your home, including childcare, home maintenance and extended care for a disabled child or elderly parent.

Life insurance is not for people who die, but for people who live. According to a study by LIMRA, 45 percent of widows and 37 percent of widowers said their spouse had been inadequately insured. Most households hit by a premature death saw a minimum 15 percent drop in income.

When you buy life insurance, you buy a promise of protection in the event of an untimely death. By planning for the inevitable now, your loved ones can be cared for in the future. **XYWY**

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

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Planning for BABY

Planning for a baby requires more than just picking out a name and nursery decor. Preparing your body to nurture your little bundle of joy is extremely important. David Morehead, D.O., obstetrician and gynecologist on the medical staff at Baylor Medical Center at Waxahachie, answers some of the most common questions women have when planning to conceive.

Before I become pregnant, are there any habits or activities that I should give up?

Dr. Morehead: "Yes. If you are a smoker, it's important to quit before you become pregnant and especially during your pregnancy. Smoking has been connected to a variety of problems for both mother and baby, including low birth weight, preterm deliveries, and lower IQ scores in children of smoking mothers. Also, studies have shown that smoking can actually

contribute to difficulties with conceiving. Currently, there are smoking cessation programs available in the community as well as new medications that can aid in smoking cessation. Consult with your physician to find out which options are best for you."

When should I begin taking supplements? Are there any nutritional guidelines that I should follow?

Dr. Morehead: "Most physicians recommend taking prenatal supplements after stopping any birth control methods, as they should ideally be taken for 30 days before conception. The supplements that have proven most beneficial to mother and baby contain folic acid, which is found in most kinds of prenatal vitamins. Folic acid can help protect your baby from some birth defects, including spina bifida and other spinal malformations. If you are not already taking prenatal vitamins, then once you become pregnant your doctor will usually prescribe them to help cover any nutritional deficiencies you might have. Many doctors also recommend an omega-3 fatty acid supplement (such as DHA) during pregnancy and breast-feeding. As far as nutritional

guidelines, it is a good idea to stay away from alcohol, caffeine and some types of seafood. Certain types of seafood contain mercury, which can be harmful to a growing fetus. Consumption of seafood such as: tilefish, swordfish, king mackerel and shark should be eliminated."

Are there any health conditions I should be tested for that might be harmful to the baby?

Dr. Morehead: "The American College of Obstetricians and Gynecologists suggests that women who are planning to become pregnant should see their doctor for a preconception visit. During this visit, your physician may test for any sexually transmitted diseases that can be linked to pregnancy complications and will make sure you have had the proper vaccinations. Women with preexisting conditions should see their obstetrician or specialist to determine what affect their condition will have on the baby during pregnancy. It is also important to let your physician know of any over-the-counter or prescription medications you are taking as some medications can be harmful to a growing fetus."



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I have been taking birth control pills for several years, will it be difficult for me to become pregnant?

Dr. Morehead: "For most women using oral contraceptives, it is possible to conceive within the first menstrual cycle after stopping birth control, but often takes two or three months. Using birth control does not lower the long-term chances of becoming pregnant after stopping — in fact, some women are more fertile when they first stop taking birth control pills. After stopping the pill, or any other hormonal birth control, it is best to wait until after the first spontaneous menses before trying to conceive." **WOW**

** 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.*



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A Mosquito-free Summer!

— By Nancy Fenton



Happy July! Now that our rainy season is somewhat over, we can “enjoy” our summer! How are the mosquitoes doing at your house? Despite our efforts at eliminating all the standing water, they are “doing well” here! Are you aware that there are hundreds of varieties of mosquitoes? They have been around longer than we have, and will continue to be. In Cuba in 1900, Dr. Walter Reed, for whom the Walter Reed Army Medical Center was named, did the pioneering work for understanding and learning to control the various illnesses caused by this pesky insect.

After learning that a female can lay up to 200 eggs every 10 to 20 days in standing water, it became critical that even

bottle cap sized pools be eliminated! Those little “wrigglers” in the water promptly grow into bloodsuckers. This knowledge has given me a whole new perspective on the water in the saucers under my plants! I now empty them if the plant has not taken it up within 24 hours! No baby mosquitoes for me! I have even searched under my porches for the odd pot or saucer that might hold even a tablespoon of water. It is amazing how even the shelves of my potting area can hold a tad of water as can the lids to the five-gallon cans I use

to store potting soils.

If you use five-gallon cans to catch and hold rain water, put screens over them until you are ready to use the water. A drop or two of bleach in the water will also kill the “wrigglers” and not hurt the plants. These early mosquitoes have not been observed to carry the really bad diseases we fear, but as the season progresses the “really bad guys” appear. It is better to try to prevent their breeding and biting than to worry about this age-old problem. Get rid of the standing water, and get out the insect spray for a mosquito-free summer! **NOW**

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Training Academy for Dental Assistants holds free informational sessions at 5:30 p.m. For details, call (972) 842-2999.

First and Third Thursdays

Midlothian Lions Club meets at 7 p.m. at Midlothian Civic Center, 224 S. 11th Street. For more information, call (972) 775-7118.

"Leads to Success" Leads Group I meets at 8 a.m. at Amy Foshee Holmes offices (2nd and Main).

Second and Fourth Mondays

Texas Ladies Networking meets from 11:45 a.m. - 1 p.m. at Fire Mountain Grill in Waxahachie. For more information, call (214) 587-1221.

Second and Fourth Tuesdays

Toasters meet at 6:30 p.m. inside Baylorworx, 507 N. Hwy. 77 in Waxahachie.

Midlothian City Council meets at 6 p.m. at City Hall.

Every Tuesday

Midlothian Rotary Club meets at noon at Midlothian Civic Center, 224 South 11th Street. Call (972) 775-7118 for information.

July 3

Midlothian Fireworks Display, presented by Citizens National Bank, begins at dusk at Midlothian High School.

July 7 - 8

Texas Motorplex O'Reilly Bracket Series #9, 10 & Good Guy #4. Visit texasmotorplex.com or call (972) 878-2641 for more information.

July 9 and 23

American Red Cross Swim Lessons provided by Swim Town, 1640 Twin Oaks, Midlothian (Mountain Peak Area). Visit stagedoorschoolofdance.com or call (972) 723-8199 for more information.

Methodist Health System's mobile mammography van will offer mammograms at Methodist Midlothian Imaging Center for women age 35 and older. Women with no breast implants or current breast problems are encouraged to be screened. Payment is due at the time of service and appointments are required. To schedule an appointment, call (972) 775-7410.

July 9 - July 26

Midlothian ISD summer school.

July 11

Business Member Luncheon begins at 11:30 a.m. at the Midlothian Conference Center, featuring guest speaker Scott Murray.

Navarro College will offer a software development certificate beginning in the fall 2007 semester to assist students in expanding their programming skill under the newly created Fast Track Software Development Program. Contact katy.long@navarrocollege.edu or (903) 875-7572

July 12

Leads to Success Group meets at 8 a.m. at 2nd at Main Place.

July 13

A six-week course in tumbling will begin at the Stage Door School of Dance for boys and girls ages 2-12. Visit www.stagedoorschoolofdance.com or call (972) 775-8199 for more information.

July 16

Rise and Shine Networking Breakfast begins at 7 a.m. in Cedar Hill. Contact the Midlothian Chamber for additional information.

July 19

Amateur Radio Club meets at 7:30 p.m. at the Waxahachie Fire Department station on Water Street. For more information, visit wd5ddh.org.

July 23

Creative Quilters Guild of Ellis County meets at St. Paul Episcopal Church, Hwy. 287 at Ovilla Rd., Waxahachie. 7 p.m. Visit CQGuild.org for more information.

July 26

Leads to Success Group meets at 8 a.m. at 2nd at Main Place.

August 5

Motorcycle Rally at New Beginning Bible Church. Free Barbecue and refreshments starting at 10 a.m. This event is free for all ages. Bring your motorcycles so you can participate in the games or just come and watch. Location: 1970 FM 983, Ferris TX. Call Kenneth Dunlap at (972) 842-2800 for more information.

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