

Midlothian

M A G A Z I N E

JULY 2011

NOW

THE MAGIC BEGINS

CRYSTAL HARRIS
BRINGS A TOUCH OF
BEAUTY INTO THE LIVES
OF LITTLE GIRLS.

Also Inside

Caring College Professor
Just For You
In the Kitchen
With Peni Andrews

Soul of a
Poet

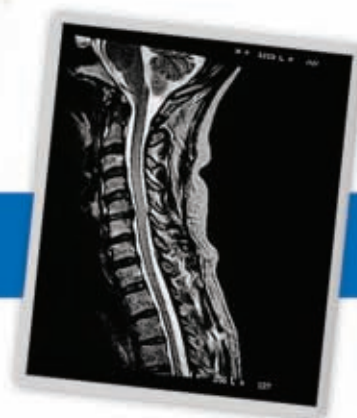
Fated Bliss
At Home With
Richard & Terri Doss





Stay close.

Advanced MRI Imaging here in Midlothian.



MIDLOTHIAN IMAGING CENTER



Methodist Charlton Medical Center Midlothian Imaging Center has a high-field open MRI system right here in the community. Designed to comfortably accommodate claustrophobic or larger patients, the high-field open MRI provides clearer, more precise images at three times the speed of other systems. For a quicker, more comfortable diagnosis, ask your doctor to refer you to your hometown imaging center.



972-775-7410 • www.MethodistHealthSystem.org/Midlothian

Highway 287 @ Plainview Road • Midlothian, Texas

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff, including those practicing at Methodist Midlothian Imaging Center, are independent practitioners who are not employees or agents of Methodist Health System.



We've Become the Center of Attention

The Cedar Hill Recreation Center has become the community's local center of attention. Here you can workout or have a wedding reception. Shape up with a fitness class or conduct a business meeting. Drop by today and become a member or take a tour of our premier facility. For more information, give us a call at 972.293.5288.



Cedar Hill
RECREATION CENTER

310 Parkerville Rd.
Cedar Hill, TX 75104
cedarhilltx.com

7th Annual Midlothian ISD
Education Foundation

GOLF Tournament

Friday, September 16, 2011

Mansfield National Golf Course

4-Man Scramble

10:30 a.m. Registration Opens

11:00 a.m. Lunch

12:30 p.m. Shotgun Start

Awards Ceremony to Follow

Join MEF for a day of great golf,
good food, new friends, great prizes
and supporting Midlothian ISD
students and staff.

All entry fees include green
and cart fees, range balls,
hamburger lunch, and prizes.

Prizes will be awarded for
longest drive, closest to pin
and for the winning teams.

For more information or
to register online visit:

www.misdefgolf.org

100 Walter Stephenson ★ P.O. Box 1906
Midlothian, TX 76065 ★ (972) 775-6296
www.misdef.org ★ foundation@misdef.org



Midlothian ISD
Education
Foundation

WHEN YOU WANT THE BEST...



PREMIER
ENTRY SYSTEMS, LLC

- Residential & commercial steel doors
- Service & repair on all doors, gates & operators
- Use one of our custom designs or design your own.

If we could make 'em any better, we would!

Highest
Quality
Guaranteed
Since 1997



972.345.2952 • PREMIERDOOR@GMAIL.COM



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, Alex Allred . Carolyn Wills
Editors/Proofreaders, Pat Anthony
Teresa Maddison . Angel Morris
Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Allee Brand . Cherie Chapman
Marshall Hinsley . Arlene Honza
Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Rose
Photographers, Natalie Busch

ADVERTISING

Advertising Representatives,
Rick Ausmus . Teresa Banks . Linda Dean
Laura Fira . Bryan Frye . Melissa McCoy
Carolyn Mixon . Jami Navarro
Lori O'Connell . John Powell
Steve Randle . Linda Roberson

Office Manager, Angela Mixon

On The Cover



Crystal Harris' daughters
twirl away in their
specially made tutus.

Photo by Natalie Busch.

Contents

July 2011 • Volume 7, Issue 7



8 The Magic Begins

Crystal Harris taught herself to make tutus and now uses them to offer hope to hurting children.

36 BusinessNOW

38 Around TownNOW

40 HealthNOW

44 CookingNOW

14 Fated Bliss

At Home With Richard and Terri Doss.

24 Soul of a Poet

Faun Franklin inspires others with her poems.

30 Caring College Professor

Good communication skills help you land a job, and then help you keep it.



MidlothianNOW is a NOW Magazines, L.L.C. publication. Copyright © 2011. 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.

Editor's Note

These Midlothian kids should be Texas Idols! Duke University conducted a search to identify academically talented seventh-graders across the United States. Of the students identified, those who scored highest on the Scholastic Aptitude Test (SAT) or the American College Test (ACT) are honored at a state recognition ceremony. Four Midlothian students — Carolina Caballero, Michelle Espinosa, Cierra Wolfe and Hannah Roark — will receive this honor. Congratulations to all of you!



Independence Day, July 4, is upon us. The best way to have a fun and safe celebration is to join your neighbors at Midlothian ISD Multi-Purpose Stadium on July 3 beginning at 5:00 p.m. for the annual Senior Citizens Food Pantry fundraiser. The event is free and will have children's activities, fireworks, wonderful singing and concession stands with ham, hot dogs, hamburgers and barbecue corn! Donations toward the food pantry are welcomed. See you there!

Betty

Betty Tryon
MidlothianNOW Editor
btryon.nowmag@sbcglobal.net



**Free Toothbrushing or
Remoisturizing Treatment**
With full-service groom!
A \$5 value with coupon. Expires 7-31-11

**CATS &
Dogs**
Grooming • Boarding • Dental Care

1081 E. Main • Midlothian (Across from KFC)
972-723-0404
Open 8 am Monday - Saturday
Early & Late Appts. Available • Walk-ins Welcome



**Kenton
HOMES**
Live Your Best!

Dedicated to Excellence
Innovative Architectural Design
Superior Customer Satisfaction

214-355-0334
www.kentonhomes.com



**2 Private Introductory
Lessons & Uniform
for \$19.95**
**First 10 to register will receive
FREE SUPERKICKS TEE**

**800 Silken Crossing
Ste. 107 • Midlothian**
972-775-8286
www.bulesuperkicks.com



The skill to operate on nerves. The experience to calm them.

Drs. Carlos Acosta, Jacob Rosenstein, Jeffrey Heitkamp, and Frederick Todd have devoted a combined total of 120 years to neurosurgery. That translates to professional mastery — and reassurance for their patients. And since they practice at USMD Hospital at Arlington, there's the added comfort level of a 1:5 nurse-to-patient ratio and patient satisfaction ratings in the high 90s. Good reasons to bring your aches, pains and frazzled nerves to us.



Call 888.444.USMD for physician referrals.

Blazing Hot Summer Sale!



Custom Fencing at Affordable Prices!

- Fence Repair
- Fence Staining
- Retention Walls
- Concrete Staining
- Outdoor Cook Areas
- Arbor, Pergolas & Decks
- Landscaping & Irrigation Systems

FREE ESTIMATES

VINYL • WOOD • WROUGHT IRON FENCES • ELECTRIC GATES CUSTOM OUTDOOR PATIOS • GUTTERS • CONCRETE STAINING

Ross FENCING
COMMERCIAL & RESIDENTIAL CONSTRUCTION

1604 N HWY. 67 • MIDLOTHIAN
(9th St Exit, North Bound Frontage Road)

Call 972-904-1904

FREE
Controller with
Sprinkler System

Hurry! Offer Ends 7/31/11

\$200 OFF
Full Fence Purchase

Hurry! Offer Ends 7/31/11

Transform your kitchen into something *beautiful!*

Competitive Pricing

- Granite, Marble & Quartz Fabricator for Kitchen & Bathroom Countertops
- Extensive Color Selection Combines Beauty, Function & Elegance to any Bathroom or Kitchen!

Come see our wide selection! SHOWROOM HOURS: MON-FRI: 8AM - 5PM, SAT 10AM-2PM

ZODIAQ
QUARTZ SURFACES

CAMELIA
QUARTZ SURFACES

Vinterra
QUARTZ SURFACES

caesarstone
QUARTZ SURFACES

QUARTZ SURFACES

SILESTONE
QUARTZ SURFACES

Up to 15 Year Warranty on Some Products

MTM Countertops

2460 Hwy. 287 N. • Mansfield
(Northbound service road-between
Callendar Rd. & Turner-Warnell)
Call 817-477-8663



FREE Estimates



FREE

18 gauge Stainless Steel Sink
(\$350 value)

Call or visit our website for details!

www.MTMCOUNTERTOPS.com

Evening and Weekend Urgent Care Now Available



To better serve our patients, we are now offering extended evening and weekend hours. Please call our office for more information.

Most insurance is accepted.

To schedule an appointment, call (972) 723-1474.

 **BAYLOR**
Family Medical Center
at Ellis County - Midlothian
A Baylor-HealthTexas Affiliate

1441 S. Midlothian Pkwy.
Suite 100
Midlothian, TX 76065

Physicians are employees of HealthTexas Provider Network and are neither employees nor agents of Baylor Health Care System, Baylor Medical Center at Waxahachie or Baylor Health Care System's subsidiary, community or affiliated medical centers. © 2011 Baylor Health Care System. HTPN_1287 5.11

Internal Medicine

Jeffrey Astbury, M.D.
Leigh Nordstrom, M.D.

Family Practice

Karen Yeh, M.D.
Chad Coleman, M.D.
Matthew Moreland, D.O.

Pediatrics

Shirley Joslin, M.D.
Kimberly Sweet, M.D.

Nurse Practitioner

Judy Davis, R.N., F.N.P.
Laura Van Winkle, MS, R.N., F.N.P.
Jessica Fenton, R.N., F.N.P.

Physician Assistant

Mamta Patel, MPAS, PA-C

OVILLA ROAD BAPTIST CHURCH



JULY 22, 23, 24 @ 7:30 P.M.

*A beautiful, spiritual, inspiring and
melodic sound you don't want to miss
performed by 11 beautiful, young
women giving glory to God!*

Reserve tickets over the phone: \$8.00
Tickets at the door: \$10.00
Call 972-617-8544
Coming soon! SELAH CONCERT
September 17

Produced by Jeff Todd



The M

Spinning and twirling in flowing colors of pink and baby blues, the little girl could practically see the imaginary twinkling of fairy dust as it fell softly and gently around her. When she puts on her tutu and begins to dance, the magic begins. She becomes a princess — one who is loved and adored. While she is in her tutu, she is in control of her own life, and that feels good! This little girl could be anyone, but Crystal Harris wants to put more little girls who have been abused into tutus and let them experience their own fairy tale.



agic Begins

— By Betty Tryon

New to tutu making, Crystal started in October 2010. “I was making tutus for my two little girls for Halloween,” she explained. “While making them I was thinking and praying and just felt the Lord was telling me to do it as a ministry and business. I thought I could make one for a little girl who has been abused, for every tutu I sell.”

Reaching out to abused children is not a topic Crystal just picked out of the blue. “I grew up in a bad situation,” she shared. “I was a victim of abuse from a very young age, so that has always been a big part of who I am and where my heart is.” In college, her misery continued with the bad choices she was making personally.

One very wonderful choice came in the form of her husband, Bobby, whom she met in college. Bobby is an ordained pastor. Crystal now feels very blessed to have a husband who is loving and caring





UPGRADE YOUR HOME?

AFTER



**2009
& 2010**
Midlothian Contractor
Of The Year

BEFORE



**Interior and Exterior Painting...
Roofing... Gutters...
WE GOTCHA COVERED!**

FREE ESTIMATES

Call Us For A Free Inspection.

972-723-8242

www.ktechroofingonline.com



and three beautiful children. She counts it as a miracle that she has a ministry like this. "My heart is so ministry oriented, with both of us being youth pastors, and our home is their home," she said. Crystal is still in counseling for what she has been through in her life, but has strong faith. "I went through everything I did for a reason, and I know God has a divine purpose for me," she shared.

Crystal remembers the night she made the decision to start making tutus. "I was thinking, *I don't want to do this as a business, but I have to have some sort of funding to bless these girls.* I talked to my counselors about it and my friends who are counselors. They thought that would be amazing. They see victims of abuse daily, and this would give the little girls a small bit of hope or freedom for just a little bit. I feel very strongly about it. I feel like a little kid at Christmas every time someone orders one because, yay! I have another order, and I can make one to give away.



For me it is not about the business but about the blessing behind each one I can give away.”

Crystal knows how the young girls she is trying to help feel. “You feel as if everything has been stripped away, like you’re not a whole person,” she stated. “With the tutus, it’s something very simple — some strips of tulle [a type of fabric with very fine netting] and an elastic band. But, my vision for the little girls is that they can put this on for a few minutes and feel like a little princess, like they are not in a bad situation or haunted by memories of horrible things. They can feel normal and run around like a little princess or butterfly or whatever for a moment of time when they’re not constantly surrounded by the negative things that have happened to them.”

Eventually, Crystal would like to do a little super hero cape with goggles for boys. The premise would be the same — to make one and give one. “I want little

DENTISTRY FOR Children

Now in network with Ameritas and Cigna

Shelly K. Clark D.D.S.
 Diplomate, American Board of Pediatric Dentistry
 4450 East Hwy 287 • Midlothian
 972-723-0111 • www.drshellyclark.com

Healthy Teeth

CLARK DENTAL GROUP

FREE! ZOOM! Whitening
 to all new patients with purchase of cleaning, exam & x-rays.
 Expires 8-31-11

Another Reason to SMILE

Brian Clark, D.D.S.
 CLARK DENTAL GROUP
 4450 E. Highway 287
 Midlothian, TX 76065
 (972) 723-2300
www.BrianClarkDDS.com

Often Imitated ... Never Duplicated



DowntownDigits

with Cathy, Ashley & Jessica Curry



“We are excited that we are able to provide high quality, compassionate health care services with a home town feel for our community.”

COMMITMENT TO QUALITY

Approved Home Health Care is Awarded CHAP Accreditation

Midlothian, Texas — July 7, 2010 — Community Health Accreditation Program, Inc., (CHAP) announced today that Approved Home Health Care has been awarded CHAP accreditation under the CHAP Core & Home Health Standards of Excellence. This is the beginning of the fourth year CHAP accreditation has been awarded to Approved Home Health Care.

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



For additional agency information, contact
Kelly Kavanaugh, RN, HCS-D, COS-C,
Owner/Administrator at (972) 723-2933.



boys to be empowered, as well.”

Although Crystal enjoyed doing crafts, making tutus was something she had not attempted before but felt as if it was something she could do. “I started researching online, put a few things together, testing things out and figuring out what I liked the best. I taught myself how to do it. It was a fun and definitely learning process.” So far, Crystal has been able to donate 15 tutus since December. She has not met any of the young girls who received the tutus and prefers to keep it that way for a while. “I would like to eventually have a few of my teenage youth girls be ‘tutus angels.’ I would like to have them pass out the tutus [and] interact with the little girls so they can see good role models.”

Since Crystal does not know the little girls receiving the tutus, she works with a couple of local counselors in the area and is in contact with the Dallas Advocacy Center. The center works to help abused children and provides leadership on child abuse issues. Crystal stated, “They are very interested in getting tutus to pass out.”

Everyone knows that simply putting on a cute outfit will not erase the sins of others or the sorrow of an individual. However, in life, even one filled with grief, there can be moments of pure joy. If a tutu coupled with imagination can bring a touch of innocence to an abused little girl — that is a wonderful thing. Crystal remarked, “For every one that I make, I pray over it that this little girl will have a different life, and it [the tutu] can bring her a little piece of hope.” **NOW**

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"



The Hottest thing this Summer

is rapidly approaching ...

Half Off
HALF THE STORE
event!

Excludes Pandora and Estate Jewelry
All Sales Final



Caves
Jewelry, Inc.

**July 15th
& 16th Only**
HURRY! DON'T MISS IT.

(the store can't take much more of this)

220 E. Pleasant Run Road
DeSoto • 972.230.0950
www.cavesjewelryinc.com



FATED Bliss

— By Alex Allred

When Terri first laid eyes on Richard Doss, she couldn't have known just how perfectly he would fit into her life. A single mother of two boys, she had become discouraged with finding "Mr. Right." Terri was looking for an honest, spiritual, loving man as interested in familial and communal affairs as she.

About that same time, Richard complained to a hair stylist that, "There were no good women out there."

"She [the hair stylist] was a friend of mine, and she told me about Richard. But I didn't want a set up, so I told her to just call me the next time she knew he was coming in for a haircut," Terri said. "When she called, I came in, sat down and started reading a magazine."

As soon as Richard walked in the door, "I knew. I knew he was the man I was going to marry."

Richard, a graduate from the



AT HOME WITH
RICHARD AND
TERRI DOSS





University of Arkansas with a degree in marketing, has family ties as far as California, and he and Terri traveled in different circles. Yet, by their second date, they discovered that his first cousin was best friends with Terri's sister, and that they both had grandfathers named John who had siblings named Thurman and Herman. They knew each other's extended family members, shared family names, old college friends and had even attended the same wedding years prior. "He had served the cake at that wedding!" Terri marveled, noting she had even stood in line for a piece of the cake. They were fated.

In 1999, Richard accepted a job in

Storage 50% OFF 1st 3 months
Offer expires 7/31/11

- 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

ABBY'S STORAGE
FREE TRUCK WITH MOVE IN
972-293-5880
SEE MANAGER FOR DETAILS
DE HOLA A ESPANOL

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

Kiss those lines goodbye!™

Ask your doctor about
Juvederm XC

One treatment lasts up to one year*
JUVEDERM® smooths out those parentheses lines along the sides of your nose and mouth—instantly.

Important JUVEDERM® Safety Information
JUVEDERM® injectable gel (including JUVEDERM® Ultra, JUVEDERM® Ultra Plus, JUVEDERM® Ultra XC, and JUVEDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Treatment side effects are usually mild to moderate, lasting 7 days or less, and include temporary injection-site reactions such as redness, pain, firmness, swelling, and bumps. JUVEDERM® is not for people with severe allergies.
For more information, please click on the About Safety link at www.juvederm.com or call the Allergan Product Support line at 1-877-345-5372. JUVEDERM® injectable gel is available by prescription only. Individual results may vary.
*With optimal correction.

Millennium
Laser & Medical Aesthetics
R. Paul Kare, MD
Call for a **FREE Consultation!**
972-938-8200
120 S. Grand Avenue, Ste. 3
Waxahachie

Gift Certificates are Available Juvederm.com

© 2011 Allergan, Inc., Irvine, CA 92618. ® and ™ marks owned by Allergan, Inc. JUVEDERM® mark owned by Allergan Intellectual Property, Inc. All rights reserved.



Waxahachie, Texas, and married Terri the following year. By 2002, the couple found their home in Midlothian. "A friend told me about Midlothian," Richard said, "so we drove out here to look around. This house was open, so we walked in."

"And we just knew," Terri added.

While his career in architectural design took off, Terri finished her degree in human services online through Arkansas Baptist College. As an ordained deacon, Richard helped establish a church in Arlington, became a mayor's appointee to the Midlothian Community Development Corporation or the 4-B board, and more than fulfilled his role as Mr. Right. Even after the honeymoon period was over, he continued to shower Terri with flowers. "He's always done that," Terri beamed.

Meantime, the house was hers. But no sooner had she, an avid HGTV viewer, put everything in its place, than Richard received a job offer in Chicago. Too good of an opportunity to turn down, the Dosses quickly rented their home to a friend and moved to Chicago. "I had told

Richard that I would follow him with his career," Terri said.

In Chicago, "I just got the walls painted the way I wanted them," Terri said, "when we came back." The architectural firm, Oldcastle BuildingEnvelope, called Richard to be their project manager while Terri was once again managing the Midlothian home.

Her decor embraces her family and heritage, a sentiment that is apparent upon entry to the Doss household. A prominent piece is displayed over the dual fireplace in the front entrance. It is a canvass painting of people wearing traditional African garb walking in a New Orleans-style funeral procession. It is both somber and beautiful, as it sets the tone for the home. "I want to celebrate

COLDWELL BANKER

120 Country Ridge Court • Red Oak



MAGNIFICENT JIM JOHNSON DESIGN WITH EVERY AMENITY. \$9,000 Wrought iron double door 9-foot with transom. 2x6 exterior walls. Radiant barrier. Skip trowell walls. Granite in kitchen & mstr bath. Stainless Steel appli. 24-inch tile with metal insets. Gas stone fireplace, with entertainment ctr. Frise Carpet. 42-inch custom cabinets. Mud room. Study or nursery off master. Rock exterior. 2 patios. Cul-de-sac. Tall doors, windows & ceilings. Decorators dream. Priced to Sell! \$299,900

325 W Willow Creek Drive • Glenn Heights



Immaculate & impressive updates. Granite* Decorator 2-tone paint. Unique ceilings & windows. Tile & wood floors. Tumbled marble backsplash. Wine rack. Bay window. Loft. Jacuzzi. Solar screens. Storm doors. Very dramatic. Have recently replaced roof & AC. \$116,000



Donna Lasater
#1 Sales Agent
469-567-1497
www.dlasater.com



Paying CASH for 1 ct. Diamonds and Larger

Any Size,
Shape
or Quality!



WILEY'S
DIAMONDS & FINE JEWELRY
Cash for Gold & Unwanted Jewelry
972-937-4422 • wileysjewelry.com

A to Z Cleaning Services



- Free estimates
- No contract

Sharon Hileman
817-235-2976
972-775-7937

We do the work
so you can rest!

Now accepting
new patients.
Call today to
make your
appointment.

NOW OPEN!

Between Midlothian and Waxahachie in the Presidential Plaza.

972.775.1249

888.775.1249

4470 E Hwy 287, Ste 1200

• Midlothian •

254.399.9925

888.399.9926

103 Burnett Court

• Waco •

254.399.9925

888.399.9926

3104 W. Hwy 22

• Corsicana •

**HEART
OF THE
BRAZOS**



Serving Navarro,
Ellis, Hill, Freestone,
McLennan, Johnson &
Tarrant Counties

Get to know us!
Visit our Web Site at
www.brazossurgery.com



SPECIALIZING IN THE FOLLOWING SERVICES:
Dental Implants • Wisdom Teeth Removal • Teeth Extractions
Anesthesia • 3D Cone Beam CT Scan



**Taste Our New
Lunch Specials**

\$6.49 & UP

Served Monday thru Friday - 11-4

10 Items for \$7.99 or less



**Featuring Live Music
on Saturday Nights**



HAPPY HOUR

Served Monday thru Friday - 4-7



Save Time - Carry Out!

\$2.00 Draft Beer
Mondays & Thursdays



Buy any entree & two beverages & receive
2nd entree of equal or lesser value

**FREE
ENTREE**

REDHOT & BLUE
Duncanville

One per table, not valid with any other offer,
discount, coupon or special. Dine-in only.
Maximum value \$9.99. Exp. 8-6-11

**\$5 OFF
\$20 or more**

Dine-in or Carry-out

REDHOT & BLUE
Duncanville

One per table, not valid with any other offer,
discount, coupon or special.
Exp. 8-15-11

106 East Highway 67 - Duncanville, TX 75137 • 972-296-RIBS (7427) • www.rhnb.com



“I AM MOST PROUD OF MY SAFARI ROOM.”



Anyone can get skin cancer, but the greater risk is those with:

- fair skin with freckles
- blond or red hair
- blue or green eyes

July is UV Safety month

The FDA just released new package labeling information for consumers. These new changes should give us, the consumers, better information when trying to decide what product is best for us. Look for new wording “Broad Spectrum” on the product and an SPF value of 15 or higher. This type of product protects us against sunburn, skin cancer, early skin aging when used correctly. Also, look for “Water Resistant” with a time limit to its effectiveness before reapplication is needed. Continue to limit time in the sun and try to wear protective clothing and hats. Restrict your time outside between 10 o’clock in the morning until 3 o’clock in the afternoon. This is when the sun’s rays are the strongest.



Dr. Stephen Trammell

675 W. Main Street (Downtown Ovilla) (972) 617-6376
Visit our website at Dr-Trammell.com



Aesthetic & Implant Dentistry

- Restorative Dentistry
- Cosmetic Dentistry
- Dental Implants
- Sedation Dentistry

Davis W. Morgan, DDS
972.723.5544
www.dfwsmiledesign.com



KING POOLS, INC.

Designers & Builders of Fine Pools

Call us for weekly pool cleaning!

"Pools built for a king."
972.723.2800

Remodel • Repair • Service
 104 N 8th St. • Downtown Midlothian
www.kingcustompools.com

jamiesmith
 PHOTOGRAPHY

July Special

\$75 sessions

complementary \$60 for all new clients

www.jamiesmithphotostudio.com
 9 7 2 . 8 3 4 . 3 6 4 0

{women & children}

112 N. 8th St. Suite A
 Downtown Midlothian



ELITE REALTY
 GROUP OF TEXAS

110 Roundabout Drive
 (FM 663 & the new bypass)
972-72ELITE

Don't let the heat slow you down!

Your Elite agent can help you make your move quickly and hassle free. Call today!

Look for us on 

eliterealtytexas.com

		
Debbie Phillippi 972-365-0382	Gayla Tucker 214-577-9876	Lisa Yarbrough 972-839-1292
		
Linda Winfield 214-460-8768	Keri Turner 214-415-2765	Janet Calvert 214-695-9079

Replacement Windows, Glass, Solar Screens

Save on your energy bills!
It's Time to Get Your
SOLAR SCREENS!

1ST CHOICE
Doors & Windows
Since 1996
Hours: Mon. - Fri. 8am- 5pm

FREE ESTIMATES! 972-723-1000

Energy Tax Credit
up to \$1,500!



my black heritage,” Terri said.

The two-story, four-bedroom house does just that, with antique furniture and traditional pieces. A three-piece bistro set from Terri’s grandmother, estimated to be almost 100 years old, rests in the combination sitting area and formal dining room.

“The only thing I’ve done is re-cover the seats,” Terri said of the dining table and chairs. The dark, heavy oak set also includes a china hutch and dressing table. Pictures of family, from grandchildren to great-grandparents, cover the table while small treasures from Terri’s grandmother sit inside the antique china hutch. “This,” Terri said proudly of one particular trinket, “is my great-grandfather’s shaving kit.” With the vintage mug and brush is her grandmother’s original china.

“But I am most proud of my safari room,” Terri said of the family room. Filled with masks, statues and pictures that family members brought back from trips to Africa, Terri also found animal print pillow covers, carpeting and pictures to bring about the “safari” look. Both exotic and warm, “This is my favorite room. When I finished it, Richard called me and said, ‘Babe! This looks great!’ And you know, men never notice stuff like that!”

Beyond the safari room is Richard’s home office which displays paraphernalia reflecting his love for sports, particularly college football and the Arkansas Razorbacks, but on the walls are more remnants of family history. Framed news stories and certificates highlight their family legacy. Terri’s stepfather, the Rev. J. Aaron Hawkins, was appointed by Governor Mike Huckabee to serve on the Board of Corrections from 2000 to 2006 and later had a women’s

No one sells
more
Real Estate
than
REMAX

*Outstanding Agents
Outstanding Results!*

Steve Crowe Robin Beaton Julie McKeever

Leisha Crowe Leslie Armstrong Beth Boles-Terminella Gary Morrow

RE/MAX
Suburban South

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

Search the MLS at www.suburbansouth.com

correctional facility named in his honor. Terri's mother was the first black director of nurses in two different hospitals, while Richard became the first African-American of the seven students named valedictorian in his graduating high school class and the first in his family to graduate from college.

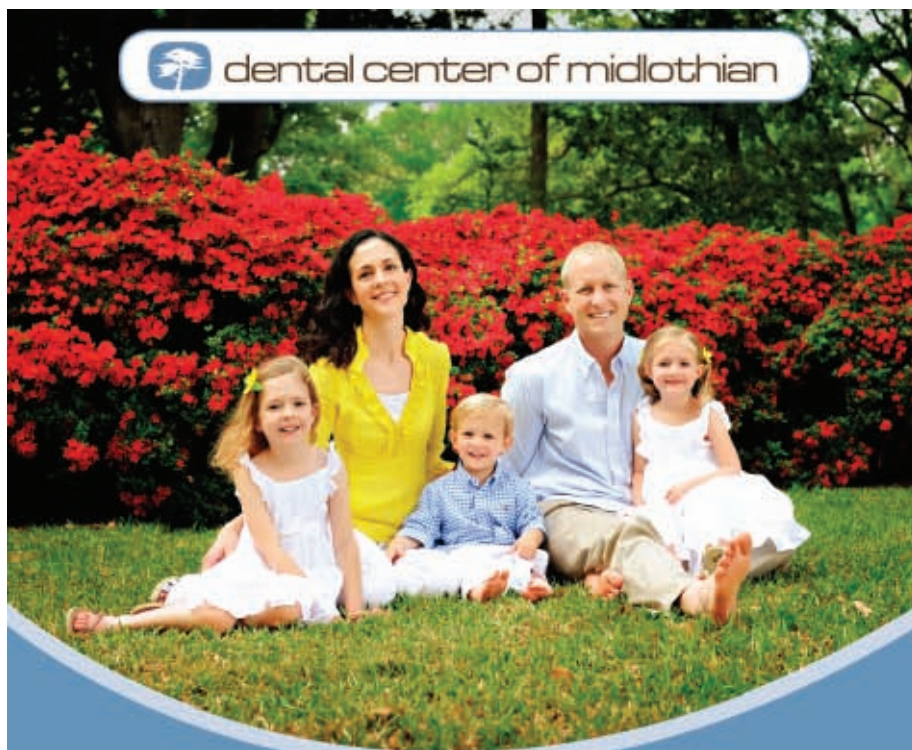
While Richard and Terri celebrate their personal family histories, they also look to their future together. "We like to travel and spend time together," Terri said. After 11 years of marriage, they are still newlyweds. The dozen long-stem roses sitting in the master bedroom are evidence of this. Like the window treatments and "Terri-touches" throughout the home, the master bedroom is a perfect blend of family heirlooms and rich, vibrant colors that Terri has put together. In this room, roses are a constant complement to her grandmother's bedroom suite and four-poster bed.

The best flowers, however, are a permanent fixture on the ledge behind the garden tub in the master bath. "Before we were married," Terri recalled, "he sent me flowers every single day,



Monday through Friday, for an entire year! When we told his florist we were getting married, she said, 'Oh, I have to make the bouquet for you!' It was her wedding present to us, and we've kept it ever since." Today, it is yet another piece of history they share together.

Throughout the home, pictures of family events, weddings and birthdays remind them of just how close they were to each other before they ever met. "I can't tell you how many times I would take him somewhere to meet my friends, and he would already know everyone there!" Terri laughed. How poetic that the dried flowers of their wedding bouquet are truly a reminder of their fated bliss. **NOW**



**Now seeing patients in our
new Midlothian office.**

- 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

ZOOM!™

**Free In-Office Zoom! Whitening
for all new patients with purchase
of X-rays, cleaning, and exam.**

EXP. 7/31/11

Hometown Chiropractic



Drs. David and Natasha Marcial

Sciatica

An All Too Common Health Complaint

The sciatic nerves are the largest (and longest) nerves of the body, reaching about the size of your thumb in diameter, and running down the back of each leg. When these nerves are irritated or affected by the inflammation of nearby soft tissues, doctors refer to this as sciatica.

One of the most common causes of sciatic leg pain is the Vertebral Subluxation Complex. It can be accompanied by the bulging or herniation of the soft pulpy discs which separate each spinal bone. This can irritate or put pressure on the sciatic nerve roots as they leave the spinal cord. The result can be an intense pain shooting down either or both legs.

Sciatica, like other health problems that can be traced to the spine, often respond dramatically to the restoration of normal spinal function through conservative chiropractic care.

Pain is caused when the sciatic nerve roots are irritated, scraped, twisted, stretched or pinched as they exit the spine. Causes of the impairment may be chemical, physical or the emotional stress of everyday living. A full-blown sciatic flare-up can involve the entire sciatic nerve path resulting in symptoms of lower back pain, burning, cramping or numbness that radiates into the thighs, legs, ankles, feet and toes. Pain may also be limited to various points along the nerve, such as the buttocks, knee area and calf.

Free initial consultation

Dr. David Marcial 112 S. McKinney, Ennis 972-875-8600
Dr. Natasha Maza-Marcial 607 Ferris Ave, Waxahachie 972-923-1003

Most Insurances, PIP, Attorney's Letter of Protection

All patients seen within 15 minutes • Hours: Monday - Friday 8:30 am - 7 pm

27th Annual



Sponsored By: **First** National Bank Weatherford

Arts • Crafts • Great Food and Produce • Children's Activities • Live Music

And The Famous Peach Pedal Bike Ride

Saturday, July 9th • 8 a.m. to 5 p.m.

• \$5 Admission, FREE Admission for Kids 12 and under! •



for more information visit **PeachFestivalTX.com**

Hot Summer Savings!

10% off all paint work
with this ad



- Fence Repair & Installation
- Custom & Rough-End Carpentry
- Tile Installation & Removal
- Wood & Laminate Flooring Installation
- Tree Trimming & Removal
- Tape, Bed & Texture

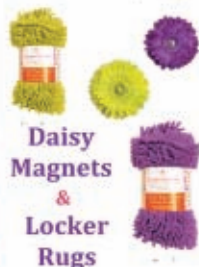
No Job Too Large or Small
We Honor Competitors' Coupons
Quality Service at Affordable Pricing

Handy Man Crew
469-569-5431

Become an Interior designer!
Decorate YOUR OWN Locker!!
Choose from our cool designs and adorable Accessories in colors You Love...



& Everything NICE
a gift shop
200 S. MAIN
DUNCANVILLE
#972-298-NICE
andeverythingnice.com



Daisy Magnets & Locker Rugs

Store Hours:
Mon.-Sat. 9-5:30



Vera Bradley

and, We have a SURPRISE
--- Just For You!
when you purchase a
(regular priced)

Vera Bradley
we GIVE you a
FREE GIFT!
...July 7-8-9 during
the Fall Color Launch

VERY SPECIAL!
Vera Bradley
BEACH TOWELS


YOU WILL WANT ONE!
...OR TWO...
SO BIG (33x66)
SO SOFT (cuddly)
SO BRIGHT & Sunshiny!
get 'em while it's HOT...

Tyler
CANDLES



...Create Your Own...

get an EARLY start on your
Back-to-School "stocking up"
we have so many essentials:
BOOK BAGS • Locker decorations
Backpacks • LUNCH TOTES •
Duffles • go-go bags • & more!
come + see what's HERE ...




and ... any way you get here...
for each \$50.00 you spend (!)
(on regular priced items) WE GIVE
you a \$5.00 GAS GIFT CARD!

Valid in Gift Shop
Thru July 31, 2011

Walnut Grove Dental

Joshua E. Foreman, DDS

Family, Cosmetic, and Sedation Dentistry

Dr. Foreman is an Invisalign Preferred Provider
Straighten your teeth with removable clear aligners

- Hours: Mon- Thurs 8:00 am - 4:30 pm &
Every other Fri 8:00 am - 1:00 pm
- Accepting New Patients
- We accept most insurance plans

SUMMER SPECIAL Coupon

FREE!

Sleep Dentistry
Non-IV Conscious Sedation
(comfort without the cost)

When scheduled for your Complete Accepted Treatment Plan! (This is a \$350 Value)
Please mention this offer when calling to inquire and/or schedule.
Please call us for details/ not to be used in conjunction with any other offers/ no cash value

Cool Summer Savings Coupon

COMPLETE EXAM & X-RAYS \$79
and a CLEANING \$49

(This is a \$310 value)

Please mention this offer when calling to inquire and/or schedule.
Please call us for details/ not to be used in conjunction with any other offer/ no cash value



403 W. Wheatland Road
Duncanville, TX 75116

972-298-4191

www.mywalnutgrovedental.com

We're looking for patients to join
us in caring about their health.





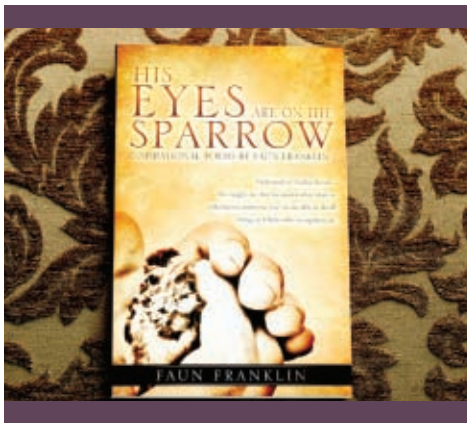
SOUL OF A *Poet*

— By Betty Tryon

Seven-year-old Faun Franklin stood next to her grandfather, scared and praying. He was recovering from a massive heart attack, and she was given the temporary job of watching him until her grandmother finished some chores. Although frightened, she did not



mind taking care of him. Faun's early years shaped and groomed her for her true calling in life. "Starting at age 7, I've been a caregiver," she said. "I'm a people pleaser, and my life has always been about people. My prayer life became very strong at this point." Loving and caring for people, even in the most difficult circumstances, led her to write a book of inspirational poetry titled, His Eyes Are on the Sparrow.



"My writing is about true events, miracles, family and hope," Faun explained. "I started taking life events and putting them into poetry." Life gave Faun plenty of events to sculpt into this art form — especially the last 10 years. "I have been a caregiver for my brother, who has cancer; my father, who has Alzheimer's; and my daughter's health issues," she elaborated. "In 2003, I literally lived in the hospital for three months because we had eight family members who died, were seriously ill or terminal."

Ten years before that very difficult year, she nursed her grandmother who had become seriously ill. Growing up in her grandmother's home, Faun had a special relationship with her and had the opportunity to witness and emulate the caring of others demonstrated by her grandmother. "She instilled in me that life was about people and loving them. She raised me to be the same way, and I

Walton's
MUFFLER, BRAKE & TIRE

Rated 4.7
Auto Service
Repair Center
in El Paso County

We treat you like family!

Total Car Care

**Air Conditioning • Brakes
4-Wheel Alignment
FREE BRAKE INSPECTION**

Diesel Pickup Exhaust • Tires
Shocks & Struts • Ranch Hand Bumpers
Flow Master Exhaust • Transmission Service
Truck Accessories • Catalytic Converters
Motor Home Service • Hitches

**FREE
AC Check-up**

**Don't let this
happen to you!
Get checked
out before you
HIT THE ROAD!**

1530 Hwy 287 Bypass
Waxahachie • 972-938-9922
www.horsesunderthehood.com

**\$10 OFF
ANY SERVICE***
*Excludes Oil Change

MARK A. BISHARA M.D.

Cosmetic Surgery & Hair Restoration

- ◀ Breast Augmentation
- ◀ Breast Lift - Tummy Tuck
- ◀ Mommy Makeover
- ◀ Stem Cell Transfer
- ◀ Fat Transfer with Cryobanking Option
- ◀ Liposuction
- ◀ Hair Transplant
- ◀ Laser Skin Rejuvenation
- ◀ Laser Tattoo Removal
- ◀ Laser Hair Removal
- ◀ IPL Photofacial
- ◀ Botox & Dysport
- ◀ Juvederm Ultra Plus EC
- ◀ Radiesse & Perlane-L
- ◀ Microdermabrasion
- ◀ Facials & Chemical Peels

◀ SkinCeuticals, Obagi, & iS CLinical Skin Lines

The Paragon

MED • SPA

50% off ALL Laser Treatments
including hair, tattoo removal and skin resurfacing

Body Jet Liposuction Special through July 31st
call for your COMPLIMENTARY Consultation

**Botox
\$9/unit**

877-70-NEW-LOOK
www.markbisharamd.com
theparagonmedspa.com
 1830 E. Broad Street Ste. 102
 Mansfield, TX 76063

Harvard Fellowship trained
in Aesthetic & Reconstructive
Plastic Surgery

Ruffle your feathers!
Hair feathers now available!

Complementary
 Men's straight
 razor neck shave
 with Stacy!

Facials
\$10 OFF 1st visit!



Retreat Salon & Spa

111 N. 8th St. • Downtown Midlothian • 972-723-7838
www.retreatsalonandspa.net




brought my daughter up that way." Faun's opening poem in her book is about her grandmother's last days. In an excerpt from the poem, "Grandmother's Last Days," Faun paid tribute to a life of servanthood:

*The cross that she carried
 never in strife,
 Was given in services
 all of her life.
 Her body was worn her face
 showed great pain,
 Still she praised Jesus for eternal
 things gained.*

One of the more powerful poems in the book tells of the miraculous healing of her daughter, Fallon. "My daughter was born with palsy. I was told she would never use her arm. His [the doctor's] exact words were, 'She will never be able to jump rope, and her arm will never mend.' He showed us an X-ray where the nerves were not connected. My grandmother asked me what was I going to do about this, and I said, 'Well, I'm going to pray about it.'"

At 3 months of age, little Fallon's uncle noticed she was beginning to move her arm, and in the next few days, she started lifting her arm all the way up. Delighted, Faun took Fallon back to the doctor's

I'm proud to work for



Robert Hinds

Safety Technician

**2010 Innovation Award Winner
 for Process Water Efficiency**

Strength. Performance. Passion

office, at his request. After taking another X-ray, he came back with startling news. "He said, 'I don't know how to tell you this, but we have witnessed a miracle.' He showed me the X-ray, and her nerve endings were as if it never happened. They were all connected! You can say you have faith, and you can hear things and wonder if that is really true, but I knew God had healed her." In the poem titled, "The Great Physician's Touch," Faun poured her heart into the words:

*The day she came into this world,
I loved my precious baby girl.
Because the doctor was not there,
Her little arm they
could not spare...
Then on a very special day,
On the couch our baby laid,
Her little arm she lifted high,
All of us began to cry!
The doctors could not understand,
The Great Physician's
mighty hand.
He has the power to touch
and heal,
If we but ask it be his will...*

Fallon was able to share her miracle story in front of millions of people when she performed on the television show *America's Got Talent*. There she sang, played guitar and shared that she can do everything the doctor said she would never do.

Faun's brother, who recently passed away, was the longest-living Glioblastoma multiforme brain cancer patient. He was stage 4 when diagnosed and given weeks to live. But, he lived eight years. Faun prepared meals for him and his family for the entire week, every week. In experiencing so much hardship, Faun looks upon it as a spiritual quest. "I think it made me stronger," she explained. "I have always been a person of faith. I saw God's hand in a lot of the adversity going on in my life. I finally came to the point that I was put here to be a caretaker because that is what I've always done."

Writing poetry is Faun's way of coping.

be our guest this Sunday.

go south on fm 663
from the 287 bypass

worship: 8:30 & 11:15
sunday school 10:00

www.midlothianbible.org



Midlothian Bible Church
BUILDING GOD'S FAMILY
Together!



**Yeldell, Wilson
& Co., P.C.**
Certified Public Accountants
A Professional Corporation

Accounting Services
Auditing
Tax Planning
Tax Preparation

972-878-2611
611 S. Clay St • Ennis
www.ywecpa.com

*It's All About
Me Boutique*

NOW OPEN

306 W. Ave. F
Midlothian

469-285-1085

Tues-Sat • 11am - 6pm



Swim Lessons



Classes start May 30

Levels I-VII • 5 sessions over the summer
American Red Cross Curriculum Taught

Swim
Town

Daytime & Evening
Classes Available

972-723-8199

Edge STUDIO
Salon • Nails • Spa

**SPARKLE UP YOUR 4TH
WITH HAIR FLAIR!**

*Now Available
Hair Flair
Tinsel & Feathers!*

*Summer
Time
Facial
Special
\$45*



*Deluxe
Pedicure
\$30
\$10 OFF
with Mary*

Gift Certificates Available
117 Ave. B & 8th • Midlothian
972-723 EDGE (3343)
New! www.edgestudiosalonandspa.com



Sugar Ridge
WINERY • BRISTOL, TEXAS

FRIDAY	12 PM-9 PM
SATURDAY	10 AM-7 PM
SUNDAY	12 PM-6 PM

tasting room hours

353 Sugar Ridge Road ★ Bristol, TX
From Hwy 31 take 660 to Bristol, then left on Sugar Ridge Rd.
214.557.1405
www.sugarridgewinery.com



Free
Grilled Chicken
Sandwich
with purchase of medium drink

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. Please use by July 30, 2011.

It became an outlet where she could be productive in another way that was positive just for her. "When you put your life on hold for years, you think, *OK, I can do this for a year*," she shared. "But when the year becomes five and 10 years, I think you have to have an outlet."

Caring for those who are ill requires a tremendous amount of effort. "I'm human, and sometimes I have a hard time dealing with what I've been given, but I have learned to be strong. It's been a long journey, but I feel blessed to be able to do the things I've done." Her husband is another reason she can be strong in that he supports and encourages her.

Just as many of the events in Faun's life are chronicled in her poems, so is the dedication of the book to a lady named Pauline Brooks. Faun got to know her



when she worked in a nursing home ministry. "My grandmother had died, and I just needed to take care of someone and God brought this lady into my life," she said. "The first year of working there in the nursing home was such a wonderful blessing. All of these different races of grandmothers who just adored me, and I adored them," she admitted smiling. "Mrs. Brooks had lost all of her children. She was a light to me, because in adversity, she pressed on; she endured. I loved that about her."

Faun pours her emotion into her poems to touch people's lives. "Whatever I write about, I want it to be inspirational. All of the proceeds from my book go to charity. Nothing comes to me. It's about touching someone in a way to make them happy. The creativity that God has given you ought to be used to bless other people with. It's not about me receiving recognition. It's about touching a life, helping a person. Being a servant is the greatest thing." **NOW**



6401 Quail Valley Drive
Great floor plan in sought-after neighborhood. 3-bedroom home features large rooms and open floor plan. Spacious kitchen with tons of counter space. Solar screens keep energy bills low. Fully fenced, sprinkler system. Playground in community, walk to elementary!!!



3433 Newgate Street
Great house for a growing family! Open floor plan featuring master and 2 bedrooms downstairs, family room, fireplace, a breakfast bar and large pantry in the kitchen, along with a fresh coat of paint. Upstairs features a large game room. 3-car garage.



1330 Polo Run
Unique and amazing 4-bedroom and 3-bath home in Midlothian. This large and well-laid-out home has every room your growing family needs. Lots of storage and even a reinforced storm cellar under the stairs. In great shape and move-in ready.



925 Texanna Trail
Gorgeous John Houston Custom Home on oversized lot in a beautiful gated community. Appointed with wood floors, granite countertops, stone fireplace, upgraded carpet, designer cabinets and all the amenities you would expect, along with an energy-efficiency package.

FREE MARKET ANALYSIS & STAGING CONSULTATION

We make it easy to get your home in top-dollar condition!



The #1 Residential Agents in Ellis County for 2009 and 2010!

WWW.JHOUSTONREALTY.COM

202 N. 135 E. STE. C
RED OAK



MICHELLE OZYM

Broker

(214) 534-8758

michelleozymy@jhoustonsrealty.com



MELANIE BREWER

Realtor®

(214) 923-3104

melaniebrewer@jhoustonsrealty.com

Multi-Million Dollar Producers



We still do.

20 years in Midlothian

Fast, friendly service

Delivery

Compounding

bariatriceating.com products



U.S. DRUG MART

\$10 Off

any new or transferred
prescription

With coupon. Expires 7-31-2011

310 W. Ave. F • Midlothian
972-775-1180

Liberty Cheer Youth Summer Camp!



Anyone ages 5-11 welcome!

July 18-21

9am-1pm

Cost: \$100 includes T-shirt!

16 hours of fun and instruction! Cheer technique, tumbling, dance, stunts, jumps, stretching exercises, crafts, games and more! Awards and Pizza last day of camp! Call today to reserve your spot!



Liberty Cheer

1080 Dividend Rd., • Midlothian

Visit our Web site at www.libertycheerallstars.com



Caring College Professor

— By Carolyn Wills

“I enjoy teaching communication skills because they are a must in today’s world.”

Dr. Steve Thompson might appear to be a formidable professor if not for his approach to teaching and a track record that suggests it more than works. “It takes about 30 years of change in the classroom to figure it out,” he smiled, “if you get it at all. I start my English classes with a writing assignment entitled ‘Who am I?’ Students describe themselves, and then I look for the one thing about each of them that connects the two of us. If a teacher cares about a student’s interest outside the classroom, that student, in turn, will show interest in the subject.”



He told a story of a gifted basketball player who had trouble making it to class. "He was a good athlete," Dr. Thompson said, "so I made the effort to show up at an out-of-town game about 30 minutes early so he would be sure to notice. The next time he was late for class, I told him, 'This isn't fair. I go out of town to watch you play, and you won't walk across the parking lot to come to my class.' He came to class on time from then on. It isn't necessary to go to such extent with every student. Do it with one, and the whole class will understand that you care," he said.

Tall and commanding with a sense of humor as dry as a harvested wheat field, Dr. Thompson teaches English and kinesiology at Navarro College in Midlothian. He is a contributing columnist for *The Progressive Farmer*, the magazine with a million-plus circulation, and he is a respected lecturer. What's more, he oversees at least 100 cows and grows wheat, corn and hay on his 1,000-acre farm. He is a specialist on hay baler tying systems and an expert on electronics and diesel engines. His favorite author is William Faulkner, all-time movie is *The Sting* and "Elizabeth" by the Statler Brothers is his favorite song. He has the heart of an entrepreneur and business owner, is a husband, father of two daughters, five-

At this office our mission is to improve the quality of your life. We strive to have our patients reach their fullest innate potential.

MIDLOTHIAN
—CHIROPRACTIC—

525 E. Main St. • Midlothian
972.723.1155
www.midlothianchiropractic.com

WHEN? WHY? HOW MUCH? WHAT IF?

When is the RIGHT TIME to Sell or Buy a home?
Why Now, will prices continue to drop?

COLDWELL BANKER
AMERICANA REALTORS®
Independently Owned & Operated

How Much can I save Buying now?
How Much will I lose Selling now?

What if interest rates continue to drop?
If You're not sure now is the time to Sell or Buy Real Estate, your Coldwell Banker Americana Realtor has answers for you. Give us a call.

121 N. 8th St. • Downtown Midlothian • 972-723-8231 www.cbamericana.com

Spirit Filled

Team Uniforms! Made in-house

You have creative control!

469-672-6340
www.myspiritfilled.com

TEMPLE
wellness studio

Pilates
BowenWork Therapy
ROM: 4-Minute Cross Trainer
972-775-6750

440 S. Walnut Grove Rd • Midlothian
www.templewellnessstudio.com



Legacy
DENTISTRY

Now
Accepting
New
Patients

151 Walton Way, Suite 102
Midlothian
(next to Game Stop near Wal Mart)
972.723.1148

Toni Engram, DDS

FREE Whitening!
with purchase
of exam, x-rays
& cleaning



Kathy Spiegel
214-497-8615
sixspiegels@aol.com
Member of Diamond Society for
sales and Property
Management Specialist

20 yrs.
experience
in Midlothian

*I bring owners and
clients together.*

FEATURED PROPERTY OF THE MONTH
Great Property for Lease! 3-2-2 Very well-maintained. Large
living-kitchen area for your family. Lovely backyard with
covered patio plus storage building. \$1200

COLDWELL BANKER
AMERICAN REALTORS®
Independently Owned & Operated



HAWKEYE DISCOUNT
Siding, Windows & Solar Screens

Summer Savings
10% OFF
REPLACEMENT
WINDOWS

With this ad. Expires 7/31/11
Midlothian, TX
(972) 754-0515

Local Midlothian Company With 20 Years Experience
Quality at an Affordable Price
972-754-0515
www.hawkeyediscountsidings.com



TEXAS INKHOUSE

Clean - Professional
Friendly Atmosphere
Licensed by the
State Board of Health

1702 W. Main (Bus. 287)
Waxahachie, TX • 972.923.4469



time grandfather and the proud owner of a dog named Jack.

Dr. Thompson is a “renaissance man” whose love for farm equipment and farming began with his first ride on a tractor, at the age of 6. “Farming is my hobby,” he said, “but it’s also big business that requires luck and good communication.”

Though his passion for teaching is not as traceable as a ride on a tractor, his educational achievements speak volumes. After graduating from Irving High School, he earned a bachelor’s degree at Texas A&M University-Commerce, a master’s degree at the University of North Texas and his Ph.D. at Texas A&M University-Commerce. He is first in his family to become a teacher, and he finished with a double major in English and physical education. “I enjoy teaching communication skills because they are a must in today’s world,” he shared. “Good communication skills will get you a job, but more importantly, they will help you keep a job.”

Sixteen years ago, Dr. Thompson was invited to join the faculty at Navarro College in Corsicana to head the new John Deere Program. By that time, he had invested several years in farming and ranching and had owned, operated and sold a successful lawn equipment dealership. His educational accreditations and technical knowledge of diesel engines, hydraulics and electronics made him especially qualified. “I started the technical program and also taught English,” he



said. "Years later, when the Midlothian campus opened, I transferred and have been teaching English Composition and Rhetoric I and II, technical and business writing and kinesiology. I also write a column for *The Progressive Farmer* called 'Ask the Mechanic.'"

As a working writer and someone accustomed to public speaking, Dr. Thompson has an inside perspective on the challenges facing his students. "College English is taught at a much higher level than high school English," he said. "When students master skills in high school, especially writing, they will find them to be helpful in college. One of the most difficult things for them to develop is the ability to limit a subject. If a subject is too broad for the length of the paper, it is impossible to write a good paper." Essay writing is stressed in Composition I while research, short stories, poems and drama are central in Composition II. "Often we will read a story and then watch a video of the same piece. We'll discuss the setting, and then write an essay describing the effectiveness from the written version and the video." He requires that some papers be written in class. "Sometimes we go to the computer lab, and sometimes we work with pen and paper. I always want to see examples of both."


The second and most challenging element of college English is rhetoric. "Students tend to struggle with speaking in front of people," Dr. Thompson explained, "yet having that skill is important in the work world." Students

GOD BLESS AMERICA!

TOTAL IMAGE

HAIR • NAILS • WAXING • MAKEUP

300 N. Bryant St., Suite 104 • 972.723.8267 • totalimagesalonmidlothian.com




Where Locals Meet...
Just ask the locals!

Serving Full Breakfast all day
Monday ~ Saturday 7-2, Sunday 9-2

FREE

Fresh baked cookie with purchase of an entrée.

Limit two free cookies per ticket please.

Monday ~ Friday ONLY PLEASE!

Buy one Entree

Get one 1/2 price!

Present coupon when ordering, before July 29, 2011

Personalized catering at our place or yours!

We will work with you to make your special occasion worry free and delicious!

Weddings, rehearsal dinners, anniversaries or birthday parties.

We can bring it to you or you can party here!

I will make a proposal tailored to your event and your budget.

Teril's Takeout for dinner!

We have a great list of freshly frozen casseroles just right to serve 2, 4 or 6.

They are available for you to take home with you today!

And we bake many of your favorite desserts in-house, with only the best ingredients

Members of the Cedar Hill, Duncanville and DeSoto Chambers of Commerce

In the office building at 610 Uptown Blvd, Cedar Hill 972-293-9944
Behind JCPenney & across the street from Carter BloodCare



RE/MAX®
SUBURBAN SOUTH

Julie McKeever
972-824-6017
www.juliemckeever.com





5421 Twin Creeks • Midlothian, TX
MLS#11594635

Beautiful 2-story house with wrap-around porch in luxurious Twin Creeks subdivision. 4 bdms, 2.5 bath, 2 car garage, media room, office/formal dining, mudroom, oversized laundry room with freezer space & sink. Beautiful inground pool with hot tub & diving board. Lots of trees on 1.1 ac. Screened-in porch. Master bath has jetted tub and separate shower. New carpet and paint!!!



4650 Plainview Road Midlothian, TX
MLS#11544187

Beautiful 4-bedroom, 3-bath home on a wooded acre. Large covered front and back porches. RV or boat parking, swimming pool with attached spa, storage building, fenced backyard, gutters, sprinkler system in front and back yards. Extra concrete in front for additional parking. Large kitchen is a chef's dream with double oven and island. Pool bath. Jack-and-Jill bath between kids' bedrooms. Study, master bath with garden tub and shower.


Expert Treatment for:
SKIN CANCER • ACNE • FINGERNAIL/TOENAIL INFECTIONS
PSORIASIS • MOLES • CYSTS • HAIR LOSS

FREE
Skin Cancer
Screening

The Dermatology Institute is a University-affiliated dermatology program, staffed by fully licensed physicians, who are dedicated to the highest quality patient care, education and research.

Dermatology Institute
SKIN, HAIR & NAIL DISEASES

706 West Center Street, Duncanville, TX 75116
972-780-0707 • www.dermatologyinstitute.us
Office Hours: M-F 8am - 5pm



We're Leading the Way in Pest Control
Here For-All Your Home & Business Needs




The Pied Piper

- Pests
- Termites
- Bees
- Bed Bugs
- Fleas & Ticks
- Rats & Mice Gophers & Moles
- Animal Control and Removal of Odors

Starting at **\$39.95**

817-875-1436
www.thepiedpiper.biz

are required to give presentations, often with the aid of PowerPoint. "A major accomplishment is learning to stop the habit of starting every sentence with the word well," he said. "I also encourage students to read their essays aloud in class as another opportunity to speak in front of an audience."

Dr. Thompson began his career as an English teacher and coach in the Irving Independent School District. "The classroom has changed a lot since then," he said. "Today, so much communication is through the Internet and electronic devices have added an abundance of flexibility." The Navarro College system has a network called



Blackboard, which allows students to participate in online and hybrid classes. "Hybrid classes generally meet once a week," Dr. Thompson explained. "Notes, assignments and resources can be posted through the network, and most of the work is done outside the classroom. Hybrid classes are especially good for students with outside jobs since they usually can arrange to attend one weekly class. With the online classes, it is possible to never see the students." He added that online classes are most successful for mature students who can and will make time to do the work.

"My typical class is about 25 students," he said. "I teach six classes a week, and, right now, they are all traditional with two hybrids." Navarro College is a commuter college and most of the students are local. "Midlothian ISD kids are great," Dr. Thompson said. "Their parents tend to have good work ethics, and the kids seem to have picked them up. For some reason, they work hard, are respectful and well-behaved. We don't really know why these Midlothian students are so great, but we love the fact that they are!" **NOW**

YOUR FREE GIFT*
PURELY MINERAL
Starter Kit



RECEIVE TRIAL-SIZES OF:
 Purely Mineral Cheeks,
 Bronzing Powder, Pressed Makeup,
 Eye Pencil and a Mini Kabuki Brush.

*Free with the purchase of two or more Merle Norman cosmetic products. Cosmetic accessories not included. Limited time offer, July 1-16, 2011. One per customer, while supplies last, at participating Merle Norman Gold Medallion Cosmetic Studios.

© 2011 Merle Norman Cosmetics, Inc.

SERVICE QUALITY EXCELLENCE
 GOLD MEDALLION®

"The Facial Room" Now Open
Beauty Treat offer with Service
See Studio for details
Expires July 31, 2011. Not combined with other offers.

401 N Hwy 77, Ste 8 Waxhachie, TX 972-937-9696
Mon - Fri 10am - 6:30pm
Sat 10am - 6pm
www.merlenormanstudio.com/mn-9303

MERLE NORMAN® MERLENORMAN.COM

A special thank you to my sons and all of America's sons and daughters who have proudly served in our military protecting our freedom and allowing us to celebrate Independence Day once more.



LONE STAR
FLOORCOVERING


Interior Design Showroom

FREE ESTIMATES
 Tues.-Fri.: 10-6 &
 Sat.: 10-3 or by appt.

Carpet
Hardwood • Tile
Laminate • Area Rugs
Lighting and more!

972-872-9811
2203 W. Ennis Ave.
in Ennis
www.lonestarfloor.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



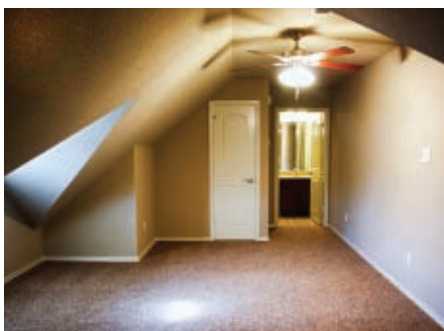
Reliable Custom Homes

(972) 723-2860

www.reliablecustomhomes.com



The staff of Reliable Custom Homes is ready to build you a home that meets your needs and preferences.



Just For You

Building your home with a focus on what you want is Reliable Custom Homes' specialty.

— By Betty Tryon

You are now ready to build your dream home. After months, maybe years of researching and gathering material, you know exactly what you want. Mike Houston of Reliable Custom Homes and his team have the experience and resources to make your dream a reality. "I work with my wife, Carrie, and my son, Brandon. All three of us are partners. Brandon is on-site every day at every home," Mike explained. "My family has been in the homebuilding business since the 1940s. I'm the third generation and my son is the fourth generation of homebuilders."

Mike started Reliable Custom Homes three-and-a-half years ago. To date, they have built about 80 houses. Last year, they built approximately 25 houses in Benbrook, Midlothian and

Waxahachie. They also did something special for the business last year. They brought a designer on staff, Rich Ean, a Texas A&M graduate. "We bring you in, listen to what you want, and he can design it," Mike said. "He is a very good listener and can design from scratch."

In designing homes, even their smaller tract-like homes are semi-custom and can be adjusted to your needs or built to suit your preferences. "It doesn't matter the size of the home or where you are building it; you will get full customization of it," stated Rich. "We don't turn anyone away. We also think about cost. If you have a room of a certain size, moving a wall 4 inches or 6 inches can save you hundreds of dollars on a room

depending on how the lumber lays out. That's an aspect most people don't think about during the design process."

All of their custom homes are energy efficient and have a modern plan design. Some of the energy-efficient features that can save you money are located in the heating and cooling units and the windows. "We've raised the standard insulation value in our attics," noted Rich. "A person can go beyond the standard if they want to exceed it. Everything is a possibility. Our biggest asset is flexibility."

Restoration is another service they offer. They have done more roofs and

*"We bring you in,
listen to what you
want, and he
can design it."*

fences because of storms. In addition, they can build a safe room in your home for shelter from a tornado. "We have the buying power and knowledge to get it done and are restoring a home built in the 1890s right now," said Mike.

Although they have a 7,000-square-foot showroom in Dallas that they utilize, they also have a local showroom for their customers' convenience. They have different selections of bricks, granite samples, custom wood floors, tile, marble and travertine [a form of limestone] to show the customer. "A lot of times people will look at two or three bricks, and we will give them an address of a home with that type of brick, so they can see what it looks like on a home," stated Mike. It is all a part of putting everything together to construct your dream home. "It's exciting when people bring in their magazine clippings, drawings and photos of how they want their home to look. We listen to what people want and make it work. The main thing with us is attention to detail. Our volume is big enough that we have buying power, but we are small enough to give customized, high-quality service. Whether it's a 1,400-square-foot house or a 4,000-square-foot house, we build every house like we are going to live in it." **NOW**

Let our family bring
your family home.

Reliable
Custom Homes

New Homes • Remodel • Plan Design



When Attention to Detail Matters

ReliableCustomHomes.com 972-723-2860

RENT TO OWN AN ALL-STEEL STORAGE SHED

Convenient. Saves money. High quality



8' X 12.5' (100 Sq. Ft.) Shed
7'5" Interior Height

- Payment plans available
- Fast Delivery
- Durable - Built to Last!

No assembly Required

RENT-TO-OWN
\$59⁰⁰
MONTHLY

Delivering Self Storage to You (866) 314-2454
www.mystoragetx.com

My
STORAGE

CAMPUZANO
mexican food

Voted Best Mexican Restaurant in Best Southwest

\$5.00 off
\$20.00 purchase

Expires 7/31/11 **CAMPUZANO**
mexican food

HAPPY FOURTH OF JULY

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
---	--	---



Eli Altman is up to his neck in summer fun.



Julia Vincent and her granddaughter, Cadence, enjoy lunch at Don Chano's Mexican Restaurant.



Meals-on-Wheels receives support for the AniMeals program.



Xavier Rojas holds a plane prop at the Annual Pancake Breakfast Fly-in at Mid-Way Regional Airport.



Visitors tour the airfield during the Annual Pancake Breakfast Fly-in at Mid-Way Regional Airport.

ELLIS COUNTY MEDICAL ASSOCIATES

ECMA MED Spa

is proud to be the first in Ellis County to offer

TICKLE LIPO

a new minimally-invasive liposuction technology that removes fat without damaging surrounding tissue. You can lose inches in a single treatment with little or no pain, bruising or downtime.

Learn more at www.ecmamedspa.com.

Call today for a free consultation!
972-875-4700 or metro 972-921-0567

Ask about summer
Laser Hair Removal Specials
and affordable **Botox** treatments!

Ellis County Med Spa 800 W. Lampasas St., Ennis, TX 75119

V.I.P. TAN

UV FREE
Airbrush Tanning

5% OFF
Airbrush Tan
With coupon

972.775.3408
(Behind the KFC)

FREE Carbon Monoxide Test
with furnace inspection (*\$65 Value)

OR

15% OFF
Service or Repairs
(All makes & models)

For discount mention this ad. Limited time offer.

Essential Services

Quality A/C & Heating Services
Call **469-371-5727**

Accredited Business
TAQAP 26624E



Main Street Gym's Midlothian Running Club represents at the 3rd Annual Fire Dept. 5k Fun Run.



Timothy K. and Bryan D. show everyone their great dance moves during field day.



Dr. Stewart, MISD superintendent, kicks off JAV's fifth-grade Dream Academy.



The Midlothian Chamber of Commerce welcomes businesses with a ribbon-cutting ceremony. From left: MidTex Machine Services and Millco Enterprises.



Ermatinger & Lundberg
Attorneys at Law

Criminal Defense, Civil & Family Law
215 W. Franklin Street, Suite 200, Waxahachie, TX 75165
972-938-7303 www.EandLlaw.com

Superior Insulation

Insulation is the most cost-effective way to lower your energy bills.

FREE
ATTIC EVALUATIONS
FREE ESTIMATES

972-935-3810

Welcome!

TIO TONY'S
fine mexican food

Daily Specials Every Weekday!

Mon	Enchilada Dinner	\$3.99
Tue	Fajita Special	\$6.99
Wed	Tacos al Carbon	\$7.99
Thur	Chile Relleno	\$7.99
Fri	Fried Catfish & Shrimp	\$6.99

WHILE THEY LAST
NO SUBSTITUTIONS
DINE-IN ONLY

\$1.69 Breakfast Tacos
any two items, for a limited time

Happy Hour Everyday
4-7pm at Rosa's Cantina
\$1.99 wells, drafts & margaritas!

110 13th St. 972-775-2390
Next to Tim Tobey Insurance behind Shell convenience store

Mary Jane Is Not the Same

— By Betty Tryon, BSN

"This is not your father's marijuana," intoned the narrator from a recent *National Geographic* documentary. It is no longer the same because it is now stronger. There has been a determined effort to grow the plant with higher concentrations of THC (Tetrahydrocannabinol), the substance found in marijuana. Many sources of marijuana come from agriculturalists who seek perfection in their crop. With the perfection, comes a stronger plant that produces marijuana with a higher degree of potency.

The scientific name for marijuana is *cannabis sativa*. Other names for the drug are: weed, pot, ganja and Mary Jane. With close to 200 million people worldwide smoking marijuana, it has the label of being the most widely illicit substance in the world. In America, possession of this drug is illegal in all 50 states, but that has not slowed its growth. A common misconception is that marijuana is harmless.

All of the effects and risks associated with this drug have risen over the years because of its increased potency. Long-term use of marijuana can lead to addiction and opens the door to experimentation with stronger and more lethal illicit substances. Marijuana affects the circulatory and respiratory systems. The drug is inhaled into the lungs, which absorb the chemicals in the smoke. Marijuana smokers hold smoke in their lungs as long as they can to

get a bigger hit or achieve a better high from the drug. That smoke can contain up to 70-percent more carcinogenic hydrocarbons. The amount of tar in marijuana that settles in the lungs has been estimated to be up to four times the amount of tar in an unfiltered cigarette. The blood vessels carry chemicals from the lungs to the heart. These chemicals cause the blood vessels to dilate, which gives the body a flushed, warm feeling and red eyes. The blood pressure starts to fall, which makes the heart beat faster and can lead to abnormal heart rhythms. A marijuana user's risk of having a heart attack quadruples in the first hour.

Mentally, the drug affects the parts of the brain that influence memory, thinking, concentration, coordination and perception. The effect on memory and difficulty in learning can last for weeks after the effect of the drug has worn off. This presents obvious problems for someone still in school because comprehension and thinking skills are impaired.

For those who smoke marijuana, it is wise to realize the risks to your health and mental capacity. Don't impair your future for a few moments of floating high. **NOW**

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

"The Shape of the American Dream"

Travel Trailers by

Casita

Aerodynamic - Sleek - Efficient

The Travel Trailer that's Compact, Cozy & Functional









Call For Free Brochure
1-800-442-9986

Family Owned & Operated Since 1983

3030 S. McKinney Off I-45 (exit 237 or 238 in Rice)
903-326-4717 • casita1@casitatraveltrailers.com
www.casitatraveltrailers.com

Getting Rid of That Itch

— By Nancy Fenton

Let's take a break from our specialty gardens series and look at all that glossy, three-leafed foliage coming up in our yards. *Toxicodendron radicans*, commonly known as poison ivy can strike fear into the heart of some of the stoutest gardeners. This year seems to be a really good one for poison ivy; at least it is in our yard. It's sprouting in ground covers and at the base of trees where I haven't seen it before. Master Gardeners tell me the birds are bringing it in through their droppings, but no matter how "natural" it is, I want it gone!

My first line of attack is to mow it as short as possible with the mower (being properly outfitted in long pants and sneakers with socks). I use the theory that the plant must have the leaf area to make the food it needs to survive. By cutting it at the roots or as close as I can get, I can effectively starve it out. Please note: It is not a good idea to use weed eaters for this step since they send the cuttings flying. (It would be my luck to catch a stray leaf in the face!)

For the poison ivy growing among the plants I want to keep, I take a different plan. I use what I call the plastic bag approach. Using regular storage plastic bags with ties (any size will do), I stuff the leading part of the vine into the bag,

give it a very hardy spray of Roundup and tie it off. A small square of paper toweling in the bag helps keep the poison in the bag as you tie it. The bag protects the surrounding plants, concentrates the systemic poison on the vine and increases the heat Roundup needs to work. I leave the bag tied on for several months and watch the poison ivy shrivel up and die all the way to the ground!

Be aware poison ivy can pop up almost anywhere the berries can roll or the birds can fly. Special care should be taken when collecting and bagging clippings. Any sap can start an allergenic reaction (i.e. the "big itches"). Smoke or ash in the air from burning poison ivy can also start a severe reaction. Be careful; glove up; and get rid of your unwanted ground cover!

For more information on the plants that cause the "itches," call the Master Gardeners at the AgriLife Extension office at (972) 925-5175 or ask a Master Gardener at their booth at the Waxahachie Farmers' Market. **NOW**

Nancy Fenton is a Master Gardener.

The best dermatology practice *just got better!*

Uptown Dermatology is proud to announce
our new dermatologist

Dornechia George Carter, MD

BOARD CERTIFIED IN DERMATOLOGY



DERMATOLOGY
ASSOCIATES
OF UPTOWN



KENT AFTERGUT, MD



SERVICES PROVIDED

Medical, Surgical, Cosmetic Dermatology

610 Uptown Boulevard • Suite 102,
Cedar Hill • 972-283-8979



Architectural Vignettes of New Orleans

New Orleans, with its richly mottled old buildings, its sly, sophisticated air and its Hispanic-Gallic traditions, has more the flavor of an old European capital than an American city. Townhouses in the French Quarter, with their courtyards and carriageways, are thought by some scholars to be related on a small scale to certain Parisian “hotels” — princely urban residences of the 17th and 18th centuries. Visitors particularly remember the decorative cast-iron balconies that cover many of these townhouses like ornamental filigree cages.



One of the truly amazing aspects of New Orleans’ architecture is the sheer number of historic homes and buildings per square mile. Orleanians never seem to replace anything. Consider this: Uptown, the city’s largest historic district, has almost 11,000 buildings, 82 percent of which were built before 1935 — truly a “time warp.”

The spine of Uptown, and much of New Orleans, is the city’s grand residential showcase, St. Charles Avenue. The St. Charles Avenue streetcar line represents the nation’s only surviving historic streetcar system. All of its electric cars were manufactured by the Perley Thomas Company between 1922 and 1924 and are still in use. Hurricane Katrina flood waters caused severe damage to the steel tracks along the entire Uptown and Carrollton route and had to be totally replaced and re-electrified. The cars themselves survived and are included in the National Register of Historic Places. New Orleanians revere them as a national treasure.

Creole cottages and shotgun houses

dominate the scene in many New Orleans neighborhoods. Both have a murky ancestry. The Creole cottage, two rooms wide and two or more deep under a generous pitched roof with a front overhang or gallery, is thought to have evolved from various European and Caribbean forms.

The shotgun house is one room wide and two, three or four rooms deep, under a continuous gable roof. As legend has it, the name was suggested by the fact that because the rooms and doors line up, one can fire a shotgun through the house without hitting anything. Some scholars have suggested that shotguns evolved from

ancient African “long-houses,” built here by refugees from the Haitian Revolution, but no one really knows.

It is true that shotguns represent a distinctively Southern house type. They are also found in the form of plantation quarters houses. Unlike shotgun houses in much of the South, which are fairly plain, New Orleans shotguns bristle with Victorian jigsaw ornaments, especially prominent, florid brackets. Indeed, in many ways, New Orleans shotguns are as much a signature of the city as the French Quarter.

New Orleans’ architectural character is unlike that of any other American city. A delight to both natives and visitors, it presents such a variety that even after many years of study, one can still find things unique and undiscovered. **NOW**

Photos and text courtesy of the New Orleans Metropolitan Convention and Visitors Bureau, 2020 St. Charles Avenue, New Orleans, LA 70130 • (504) 566-5019 www.neworleanscvb.com.



July 3

Independence Day celebration with the annual Senior Citizens Food Pantry fundraiser: 5:00 p.m., MISD Multi-Purpose Stadium. Join your neighbors for this free event with children's activities, fireworks, entertainment and concession stands. Donations toward the food pantry are welcomed.

July 4

Annual Independence Day Parade: Line up: 9:00 a.m. Parade start time: 10:00 a.m. The theme this year is "Let Freedom Ring." Visit City Hall at 104 W. Ave. E or visit www.midlothian.tx.us.

July 9

Movies in the Park: sundown, Kimmel Park, 801 W. Ave. F and North 2nd Street. Featured movie: *Polar Express*.

Household Chemical Waste Collection: 9:00 a.m.-11:00: a.m., Public Works Service Center, 1050 N. Hwy. 67. The Fort Worth Environmental Collection Center "Crud" Cruiser will be on hand to collect household chemical waste. Must purchase a voucher from Utility Billing. Residents: \$20; nonresidents: \$47. Call (972) 775-1083.

July 21

Rustlin' Up Grub: 10:00 a.m.-1:00 p.m., Paws for Reflection Ranch. A three-hour course led by a licensed dietician for ages 11-14, this event focuses on healthy eating, "teenager style." Teens learn how to make informed choices. Hands-on class includes food preparation and consumption. Class size limited. Cost only \$40, which includes all supplies. Visit www.pawsforreflectionranch.org or call (972) 775-8966.

July 22-24

Summer Balloon Classic & AirFest at Mid-Way Regional Airport, between Midlothian and Waxahachie off Hwy. 287. Friday: 4:00 p.m.-8:00 p.m.; Saturday: 6:00 a.m.-9:00 p.m.; Sunday: 6:00 a.m.-noon. Balloon flights at 6:45 a.m. and 7:00 p.m. on Friday and Saturday. Saturday Balloon Glow at 8:00 p.m. Mid-Way to Skies Air Show on Saturday: 3:00 p.m.-6:00 p.m. Free admission. \$10 parking per vehicle. Exhibits, vendors, food, aircraft flights available, kids' area, live music. Visit www.summerballoonclassic.com or call (469) 371-9218.

Ongoing: Tuesdays

Midlothian Rotary Club meeting: Noon, Midlothian Civic Center, 224 South 11th St.

Call (972) 775-7118.

First Tuesdays

The Midlothian Area Historical Society meeting: 7:00 p.m., Citizens National Bank Community Room, 310 N. 9th St. Please e-mail us at midlothianhistory@hotmail.com.

Third Wednesdays

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon: 11:30 a.m.-1:00 p.m. at the Waxahachie Country Club, located at 1920 W. Hwy. 287 and I-35 East (Exit 401B). The cost is \$13, inclusive. Reservations are preferred. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmestep@yahoo.com.

Third Friday

Veterans Networking Group for Ellis County: 6:00 p.m., 1804 W. Hwy. 287 Business, Waxahachie. Please respond if you plan on attending. Call Mike Lamb at (214) 763-0378 or e-mail vetsnetgrp@att.net.

Submissions are welcome and published as space allows. Send your event details to btryon.nowmag@sbcglobal.net.



BIOLOGY

PREPARING FOR COLLEGE MEANS TAKING THE TOUGH CLASSES NOW!

YOU DON'T KNOW CLASSES YOUR STUDENT NEEDS TO TAKE AT knowwhat200.org



Eliza Skin Care

Spritzing in:
Bikini & Brazilian Waxing for women

Facials
Microdermabrasion

We also sell
Advocare!

817-739-2501 By appointment ONLY
1003 E. Broad St. Ste. 105 (between Erma Nash & RR tracks)



Blue Lake Villas
Come Home To Quality

\$100.00 off per month on select units.
(For a limited time. Applies to available units only)

Extra \$100 OFF
Bring this ad in for an additional \$100 OFF current specials! Must present coupon with application. * Expires 7/31/11

155 Lakeside Dr. Waxahachie 972.937.3131
Mon-Fri: 9 am - 6 pm Sat: 10 am - 5 pm Sun: 1 - 5 pm



In The Kitchen With Peni Andrews

— *By Betty Tryon*

At the tender age of 10, Peni Andrews showed her competence in the kitchen by making an impromptu breakfast of homemade biscuits, eggs and sausage for her siblings. "Our parents had gone to town early, and we were hungry. The biscuits were lumpy, but they were good to us." Many years later, Peni continues to churn out tasty meals for her family and taught her son and his sons how to cook.

Along with cooking, Peni enjoys researching her family lines. "I love the challenge of finding them. It is like detective work, very interesting. I have been researching since 1993." Peni takes pictures of family members when they are all together. She challenges others, "Put names on your photos and get them out of shoeboxes!" **NOW**

Salmon Cheese Ball

1 can salmon, deboned
8 oz. cream cheese
1 Tbsp. horseradish
1 Tbsp. liquid smoke
1 tsp. lemon juice
Dash of Tabasco
Dash of salt and pepper
Parsley, to taste
Nuts of your choice, to taste

- 1.** Mix together all ingredients except parsley and nuts. Chill overnight.
- 2.** Put on waxed paper sprinkled with parsley and nuts.
- 3.** Roll into a ball shape and coat with remaining parsley and nut mixture.

Sopapilla Cheesecake

2 cans Pillsbury Crescent Recipe Creations refrigerated seamless dough sheet
16 oz. cream cheese
1 cup sugar
1 tsp. vanilla
1/2 cup butter or margarine, melted
1/2 cup cinnamon sugar

- 1.** Using a 9 x 13-inch baking pan, unroll one can of Crescent Creation seamless dough and line the bottom of the pan.
- 2.** Mix together cream cheese, sugar and vanilla.
- 3.** Spread over crescent rolls.
- 4.** Unroll the other can of crescent rolls and

place on top of cream cheese mixture.

5. Pour melted butter or margarine over the top and sprinkle with the cinnamon sugar mixture.

6. Bake at 350 F for 30 minutes.

Meat and Spanish Rice

1 1/2 lbs. ground beef
1 cup onion, diced
3/4 cup green pepper, diced
1 can mushroom stems and pieces
1 No. 2 can tomatoes
1 cup celery, diced
3/4 cup rice
Salt and pepper, to taste

- 1.** Cook ground beef in a large frying pan until brown; drain grease, if needed.
- 2.** Add remaining ingredients.
- 3.** Cover tightly and cook on low to medium heat until rice is tender, about 30 minutes.

Baked Beans

1 large or 2 regular cans of pork and beans
1 tsp. mustard
1 Tbsp. barbecue sauce
1 Tbsp. Karo Light Corn Syrup
1 small onion chopped
3 or 4 slices of bacon (or to taste)

- 1.** Mix all ingredients together.
- 2.** Put in a 9 x 13-inch baking pan.
- 3.** Put strips of bacon across the top.
- 4.** Bake 35-40 minutes at 350 F

Corn Casserole

8 oz. cream cheese
1 stick butter
2 cans shoe peg corn, drained
Small can of green chilies, drained

- 1.** Melt cream cheese.
- 2.** Beat cream cheese and butter together until mixed.
- 3.** Combine remaining ingredients with cream cheese mixture.
- 4.** Bake in a casserole dish at 350 F for 30 minutes.

To view recipes from current and previous issues, visit www.nowmagazines.com.

Celebrate Patient Success



Mrs. Bonnie Johnston was admitted to Pleasant Manor on February 2nd, following knee replacement surgery. She was referred by a local physician for short-term rehabilitation. She had been living in her own home prior to her hospitalization, but the pain in her knees made it difficult for her to complete tasks. The pain made walking and simple tasks difficult. Once she was admitted to the skilled unit at Pleasant Manor, she began a carefully tailored physical therapy plan to rehabilitate the function of her right knee and regain range of motion so she could walk freely with no pain. She also received occupational therapy, which assisted with compensatory strategies to complete dressing tasks and return to her activities of daily living. Mrs. Johnston was a hard worker and made significant gains during her stay. After only three weeks of fast-track rehab, Mrs. Johnston returned home to be with her loving husband. Pictured is Mrs. Johnston giving the thumbs up along with the Charlotte Pless, her physical therapist, and Crystal Collier, administrator. Mrs. Johnston stated, "Thank you all for the wonderful stay. The therapy department did a great job, and I am grateful to be home again."

Una Haynes was referred to Pleasant Manor Rehab following a right hip arthroplasty performed by a local orthopedist. Prior to her admission here, Mrs. Haynes lived at home with her husband, and she performed all her own homemaking tasks independently using a rolling walker. She participated in physical and occupational therapy five days a week up to three hours each day. Mrs. Haynes was extremely motivated and compliant with her intense training in rehab. With her family support and her frequent visits from her husband and her little dog, she was eager to return home. After only two weeks of fast-track rehabilitation, Mrs. Haynes returned home using a rolling walker and demonstrated increased range of motion in her right knee, the ability to walk up to 300 feet before requiring rest break and improved activity tolerance and muscle strengthening to prevent falls. Mrs. Haynes is joined by the therapy staff in her farewell picture.



Ms. Patty Foreman was referred to Pleasant Manor Health and Rehab after hospitalization in March 2011. She participated in physical and occupational therapy five days a week. Prior to admission, she lived at Sterling House Assisted Living in Waxahachie. Ms. Foreman depended on a wheelchair for her mobility and was able to dress and care for herself independently. Her goal while at Pleasant Manor was to restore as much function as possible to allow her to return back to assisted living. Ms. Foreman overcame several challenges during her stay, such as medication management and several health complexities, which enabled her progress with her rehab. After 30 days of intense rehab, Ms. Foreman was able to return to Sterling House and is independent with all activities of daily living and utilizes a rolling walker for her mobility versus a wheelchair. She demonstrated significant gains in all functional areas allowing her to return to the community. With the love and support of her sister, Sharon Wilf, Ms. Foreman was motivated and determined to reach her goals.

Best wishes to you Patty!

Mr. Agapito Trevino was referred to Pleasant Manor on February 11th following a total left knee replacement performed by a local orthopedist. Prior to his stay at Pleasant Manor he lived at home with his wife and family using a rolling walker to get around. The chronic knee pain he suffered, prior to his surgery, made tasks difficult to complete. After twenty days of intense rehab, physical and occupational therapy, he returned home with his wife and family. Mr. Trevino was a very hard worker and participated in rehab five days a week, twice a day, for a total of three hours each day. He made significant progress with his range of motion with his left knee and improved his strength by one grade. On the day of discharge, Mr. Trevino walked out the front door using a single point cane walking independently up to 300 feet and was able to safely go up and down steps, curbs and ramps. Mr. Trevino stated, "Thank you all for the great rehabilitation. I know exactly where I will be coming when they do my right knee. Save me a room!"



PLEASANT MANOR
HEALTH & REHAB CENTER
A Senior Care Centers Facility

3650 S. I H 35 • Waxahachie
972-937-7320 • Metro 972-935-0090

Baylor Waxahachie nationally
recognized for excellence in patient care.



Thanks to the quality care we provide to our patients, Baylor Medical Center at Waxahachie has been named one of the top 100 hospitals in the United States by Thomson Reuters, a leading source of intelligent information for businesses. The Thomson Reuters 100 Top Hospitals® study evaluates the performance of almost 3,000 hospitals in 10 areas, including mortality, complications, patient safety, patient satisfaction and dedication to following quality standards of care. We are proud of this award, and very grateful for the opportunity to provide excellent health care to the Ellis County community.

For a physician referral or for more information,
call **1.800.4BAYLOR** or visit us online at
BaylorHealth.com/Waxahachie.

1405 West Jefferson Street, Waxahachie, TX 75165

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. © 2011 Baylor Health Care System. BMCWAX_231 New CE 6/11



FOLLOW US ON:
Username: BaylorHealth

