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JULY 2013

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Curtis and
Cherrie Clarke

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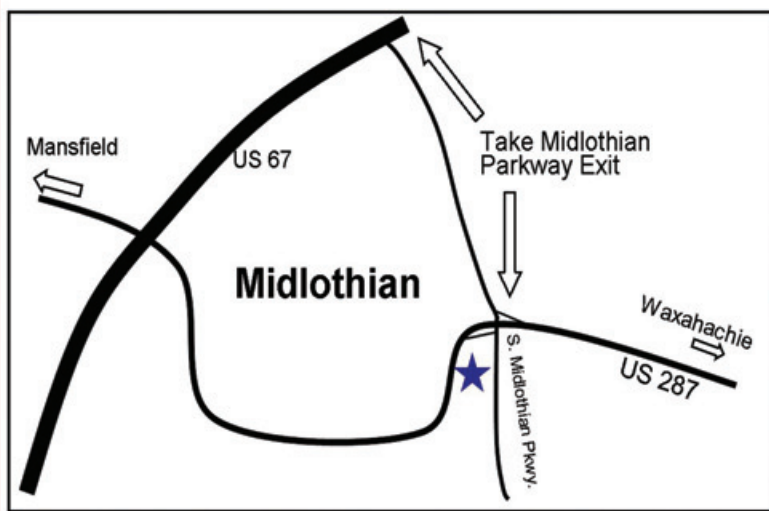
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ON THE COVER



Tools of the beekeeper's trade help Tim Wallace tend his hives.

Photo by Opaque Visuals.

CONTENTS

July 2013 • Volume 9, Issue 7



8 A Peaceful Buzz

As a local beekeeper, Tim Wallace is doing his part to keep bees happy.

16 Caring Connections

Dena Petty moves students toward a better future.

24 Winding Roads

At Home With Curtis and Cherrie Clarke.

30 Living the Unexpected

Ray Miller weaves a fascinating story.

38 One Mile at a Time

Michelle McKinney is always training for the next race.



44 BusinessNOW

46 Around TownNOW

52 CookingNOW

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Editor's Note

Hello, Midlothian!

It is almost the middle of summer, and I bet you are feeling a little cabin fever about now. Fortunately, Midlothian is here for a little relief and fun. On July 3, there is the Fourth of July celebration, which raises funds for the Senior Citizens Food Pantry with lots of food, fun and fireworks. On the Fourth, the annual Midlothian Independence Day Parade will delight everyone.

The fun continues with many interesting learning opportunities for the entire family at A.H. Meadows Library, which is located at the high school. At dusk on July 13, our city's Parks and Recreation Department is showing *The Lorax* at Hawkins Spring Park. Quilters from near and far will amaze you with their skill and creativity at the Ellis County Quilt Show at the Midlothian Conference Center on July 21 and 22. While you are out and about, don't forget the sunscreen and bug repellent.

Now, go have fun!

Betty

Betty Tryon
MidlothianNOW Editor
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A

Peace BU

— By Betty Tryon

On a windy, sunny day ripe with opportunity and promise, it was time to visit the bees. One does not just jauntily walk up to bees in their home. Great care and respect is in every cautious step in their direction. Voices are kept at a low and moderated tone. A mere few feet from the hive one can see them being, well, busy as bees! The bees buzzing, wildflowers blowing in the wind and even the drone of cars on the nearby freeway give this bucolic scene a sense of harmony and relaxation. "It is so gratifying to keep bees," said local beekeeper Tim Wallace. "When I



hear the buzz of bees, it is very peaceful to me. When there are thousands of bees flying around you, I think it helps in your approach to life to say, 'Yes, there can be calm in the storm.'"

Tim Wallace learned about bees from his parents, as they owned beehives. While living in California, he returned to Texas to visit his parents. During the visit, a rainstorm blew all of their hives over. He remembers the mess it created. "It was raining and honey was everywhere. I helped my parents get the hives set back up. It was not a good introduction to beekeeping, but it did fascinate me. When I returned to California, I took a beekeeping course in 1976 at one of the local colleges."

Soon after the hives mishap, Tim returned to Texas. His folks had five to six hives by then, and he helped with their care. After his dad passed, he continued to help his mom take care of the bees, until she eventually sold the hives. For many years, Tim's odyssey with bees was over.

Two to three years ago, Tim became interested in bees again and joined a beekeeping club, Metro Beekeepers Association (MBA). "By default, last year I was elected vice president," he smiled. "That's one of those things where if people don't step up and volunteer, then our volunteer organizations are not





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going to be. We cover the four-county area of Ellis, Johnson, Tarrant and Parker. We have the southern part of the Metroplex with about 100 people at our meetings. About two years ago, when I started going to the club, there were only 25 members."

The MBA focuses on education about bees and funds scholarships for students who want to learn about bees. In 2012, the association had eight scholarship recipients. The club provides scholarship recipients with a colony of bees, all the wooden ware, free membership in the club for a year and books for beekeeping classes. "They go from knowing nothing about bees to having us provide them with a hive, which is the home for the bees," Tim explained. "The white little box that you see out in the field is the hive, the physical home. The colony is the family of bees — the queen bee, several thousand workers and a few drones. The queen of a hive is just like the mother in a home. She sets the pace, and if you have a good, strong queen, you'll have a good, strong hive. The only purpose of the drone bees is to mate with the queen. Heading into the winter months they will be kicked out of the hive. The worker bees are all girls. Worker bees have the job of guarding the hive, grooming the queen and foraging. When a lot of beekeepers see one another they will say, 'How are your girls doing?'"

Beekeepers must have a sense of the sensitive nature of bees. Bees must keep their hive at a constant temperature of 92 degrees year-round. "I don't like to open my hives up too much, because it stresses them out," Tim said. "If it's chilly, I won't



**“When I hear
the buzz of
bees, it is
very peaceful
to me.”**

open the hive, because they really have to work to keep that temperature at 92. During cold weather, the bees will cluster around the queen to keep her warm. In the summertime, when it's 110 degrees outside, they bring water in and fan their wings to cool it down to 92 degrees.”

Another behavior of bees is swarming. That is when the queen leaves with a large group of workers. This usually occurs in the spring. “Swarming is a natural phenomenon, and bees will do it for various reasons,” Tim explained. “If there is not enough room in the hive or if a queen is not performing well, then they begin proceedings to make a new queen. The new queen takes over the colony, and the old queen will split off or swarm, and that's what people see. They gorge themselves with honey and fly out looking for a new home.”

It is the honey that many creatures crave. Honey purchased at the local grocery is a lot different than honey from a beekeeper. “That honey has all the good stuff and pollen filtered out. It's been heated, and that kills the



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enzymes. If you want to be assured of real honey, buy from a local keeper. Honey gets its taste from the source of the nectar such as cotton, mesquite and citrus, to name a few. Honey never spoils, because the bees get the water level down to about 17 percent. When the water gets down to that level, it's going to stay good. Honey has been found in Egyptian tombs, and it still tastes good." Tim does sell some of his honey, if he has a surplus. Sometimes, he leaves it in the hive to keep the colony strong.

Bees have a much more important function for humans than making great-tasting honey. One-third of all the food we eat comes from pollination by bees. For a creature so necessary to the food chain, it is noticeable if a problem ensues. Tim refers to them as the canary in the coal mine. They are a warning sign. If they start to show distress, a crisis may be coming. It is documented that bees are in decline all over the world for many reasons. One theory that receives much attention is the amount of pesticides in the environment. Another is a phenomenon not fully understood called Colony Collapse Disorder, where an entire colony is decimated. "One out of every three bites of food is because the bees have pollinated that food," Tim stated. "When we lose the bees, we will be hurt. The bees may be trying to say, 'Take care of us, because we are taking care of you.' I'm not a tree hugger, but I love the bees!" **NOW**

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Loving Connections

— By Betty Tryon

Dena Petty makes handling teenagers look so easy. They move in and out of her office all day wanting a few minutes of love from her. One student dropped by to share his excitement at getting a job. Another popped in to bask in

her approval over a passed test. Still another student came to show beautifully hand-drawn sketches for Dena to gush over. As director of Movement Toward A Future Mentoring Program at Midlothian High School, these are just a few calm minutes out of Dena's crisis-packed day.

The mentoring program is, in Dena's words, a "true grassroots effort." Dena was asked to write a mentoring program for at-risk kids. "That's where my heart is, because I was an at-risk kid," she said. Dena grew up in a troubled home where her parents eventually divorced. She remembers returning home one day to an empty house and a frightening note from her mother threatening her life. "That was the day I made up my mind that I was going to get out of the home," she revealed. "With nowhere to go, I slept in



Dena Petty poses with student, Trevor Lemke.

my car while I hung wallpaper to support myself the summer after graduation.”

During this time, she met her future husband, Todd, who was attending college. Because of his influence, Dena decided to continue her education also. With her meager savings and help from financial aid, she was able to attend college and experience a somewhat normal life. She brings all of her personal experience with helplessness to the mentoring program in assisting the kids.

This school year, there were 70 volunteer mentors. “Students are identified as at risk to not graduate for varying reasons that run all the way down to homelessness,” Dena shared. “Their parents may be dead or incarcerated. You just meet the need, whatever it is, so they can be successful in school and get a high school degree. Some have great parents but have gotten off track, so we partner with the parents and reiterate what they are saying at home.”

Because some of the children do not have food to eat, Dena keeps a stash of donated ready-to-eat and nonperishable food items and snacks in her office. “Some of the kids fit in the middle gap

“We agree that we are all on the same team about helping these kids have a *life*.”

where they can’t get the free or reduced lunches, because either the parents are not filling out that information or they make just enough that they don’t qualify,” she explained. “Many kids don’t eat breakfast or lunch. Getting food over the weekend is a problem for about eight of the students. So, Sardis UMC prepares and donates the food each week for backpacks that students take home for the weekend.”

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with teenagers. That is why Dena makes sure the mentors are properly trained and equipped. Since some things that occur in the students' lives can be alarming, she can help navigate the problem. Some of the kids and mentors have become very good friends. Dena explained, "Most people hear things from their parents such as: respect, showing up is half the battle, give it 120 percent, don't



do anything halfway. Those are things kids like me never heard. If they are not passing, the mentor sees the daily grades. It's not to come down on them or get them in trouble but to encourage them and find out what's going on in that classroom. It's called Movement Toward A Future because it's helping the student understand the importance of an education and to have a goal for the future."

Many times Dena must visit the student's home to locate them or deliver necessities, such as food and clothing, and finds deplorable conditions. "I have to be careful, because I'm dealing with people's lives," she stated. "I want to respect the positions of people in their family. But, if you see a child inhibited from an education or a future, that's when I get busy. I have a great relationship with the police department and with several attorneys I can call. We

agree that we are all on the same team about helping these kids have a life.”

Dena stepped into a heartbreaker of a situation with a student who was not attending class regularly. Dena recalled his words to her: “We have no money. My dad spends all of it on meth. My mom is dying of cancer. I took food to the home, and the conditions were one of the worst I’d ever seen,” she



said sadly. “They were eating the food while we were trying to put it away. The dad was clearly on meth, and the mom was very ill. I asked permission to pray, and everyone, including the dad, held hands and prayed with me. The mom appreciated it so much. She wanted to return to Chicago where her family lives, and I was able to get train tickets for the whole family, except the dad.”

Dena understands that when children fall into such difficulties, thinking about education or a future can seem daunting. She remembers a set of sisters whose mom was incarcerated and left the girls alone. When she was released, instead of going home to her girls, she went to stay with her boyfriend. “I remember one of the girls crying in my office saying, ‘I just can’t do this anymore.’ Their electricity had been off for three weeks. They had no food or water and had an eviction notice on their door. I was able to get



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a family to take the girls, who reared them through high school. Both girls graduated. The youngest girl beat all the odds and just graduated from Corsicana Navarro.”

Not all situations off campus are dire. Dena and one of the mentors went to a student’s home to persuade her to return to school. Seeing the two ladies at the front, the student fled out the back door. “We went to the back and told her she wasn’t in trouble. We just wanted her to come back to school!” Dena laughed.



“Connecting caring adult mentors to students who need a friend and cheerleader is a dream come true for me,” Dena shared. “I get to see students learn from their mentor and look forward to a better life or a future they never thought of before. This program does not exist without the involvement of a lot of people through mentoring, prayer, churches, monetary donations and clothing, food and school supplies. It’s a community effort, with the help of churches and businesses in the communities. Recruitment for the school year starts in August.” Students in crisis are at a crossroads, and with Dena’s help and the assistance of many volunteers, hopefully, they will choose the right path. **NOW**

Editor’s Note: For more information, go to www.movementtowardafuture.org.

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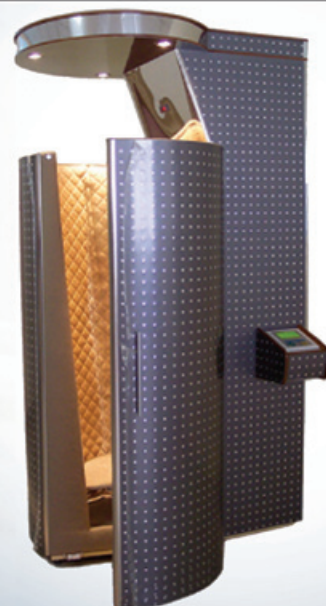
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Winding ROADS

— By *Angel Morris*

AT HOME WITH *Curtis and Cherrie Clarke*

The paths of Cherrie Hillyard and Curtis Clarke, though winding, intersected at crucial moments that eventually led to their happily ever after. The story began with Cherrie, her husband and young son, Kenny, moving to Grand Prairie in 1972 for Cherrie to take a teaching job. Curt, his wife and young daughter, Jessica, had moved to Grand Prairie in 1969 to be closer to his job with Acme Brick Company of Fort Worth. In 1970, Curt left construction for a position as an economics professor at Eastfield College, one of seven campuses in the Dallas County Community College District.



The families' paths crossed when their children ended up attending the same elementary school where Cherrie taught. Not long after, Curt's wife took a job alongside Cherrie, where the women taught kindergarten for 24 years and became close friends.

"In 2001, I retired after 31 years as a college professor and bought a home in Cloudcroft, New Mexico, and moved there with my wife. The plan was to play golf, write, read, hike, fish, learn to paint, drink wine and enjoy the beauty of the Sacramento Mountains," Curt explained.

Shortly after moving to Cloudcroft, however, Curt's wife passed away of cancer. Meanwhile, Cherrie, who had been divorced for 15 years, was still teaching, although at a different elementary school in Grand Prairie. In early 2005, Curt's youngest daughter, Heather, provided the incentive that brought Curt and Cherrie together. "Heather had some of her mother's keepsakes that she wanted Cherrie to have, and she asked me to take them to her," Curt said.

From there, Curt and Cherrie's paths quickly became intertwined again, and on August 3, 2005, they decided to elope. "It was a hot New Orleans evening, and we stood in front of a fountain in the yard of 'The Court of Two Sisters,'" Curt recalled. "I was 62, had known my beautiful bride for more than 30 years, and it just felt right."

After a two-week honeymoon in France, the couple sold Curt's New Mexico home and settled in Cherrie's home in Grand Prairie, but within months, they got the itch to design a home of their own. "My son owned property, with the intent to build in the Midlothian subdivision called Jordan Ranch. Being close to Kenny, away from



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the urban sprawl of Grand Prairie, yet close enough to enjoy amenities of both Dallas and Fort Worth, made Midlothian the ideal location,” Cherrie said.

Weeks of searching for land on which to build, old houses to rehab and move-in ready homes resulted in their choosing a new home, designed by Midlothian architect Roger Adamson and built by Midlothian builder Glenn Anderson. Located in the Twin Creeks subdivision, the home had been on the market for almost a year. Although well-designed and on a large corner lot, it was one of the smallest properties in the neighborhood, at 2,900 square feet.

“It was a blank palette. It was perfect,” Cherrie said, although friends were puzzled by the couple’s next move. “We bought a brand new house, and then we proceeded to totally remodel it.”

“We painted, repainted, tore stuff out, put new stuff in, replaced stuff and added on. We keep saying we’re finished, but we’ve been here eight years, and the fun continues. Every time the end seems in sight, we think up another project,” Curt admitted.

The home’s style can be described as “eclectic Hill Country.” “There are elements of five families reflected in the house: design and furnishing from each of their parents’ homes; Curt’s home in Cloudcroft; Cherrie’s home in Grand Prairie; and, of course, their joint home in Midlothian.

The home includes four bedrooms, three baths, large kitchen and breakfast area, den, dining room, utility room, mud room, oversized two-car garage, covered front porch and covered rear patio, all on a quarter-acre corner lot. Cherrie, a self-taught but accomplished designer and interior decorator, saw the home’s potential. “Before move-in, the interior of the house was repainted in deep, rich earth tones. Carpet throughout the house was removed and replaced with wide plank wood floors. Windows in the house, vacant of treatment at move-in, were adorned with high-grade plantation shutters. Many light fixtures and ceiling fans were upgraded,” Cherrie noted.

Then Curt and Cherrie were ready to move in and “get to the real work.” Essentials came first: a fence, not wood

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but iron; grass, more and better; and indigenous, colorful, yet heat-tolerant flowers and shrubs. A pool was rejected in favor of expanding the covered, 200-square-foot patio to an 800-square-foot, pergola-covered patio with outdoor stone fireplace.

Other features include: A large fourth mother-in-law bedroom remodeled into Curt's man cave, a combined office/media room decorated with photographs of Cloudcroft and the Sacramento Mountains. Also, a thousand-tack ceiling in the master bedroom, a unique treatment Cherrie did using faux ceiling tin wallpaper, 1,000 decorative tacks, paint and glaze.

An original painting, by Waxahachie artist Julie Law, graces the home's fireplace, depicting the beauty of one of the couple's favorite memories of the French countryside. A storage building in the backyard resembles a "bunkie," or small, charmingly decorated, sleeping cottage away from the main house. Curt and Cherrie report that passersby often stop and ask, "Who lives in that little house?"

Also of note is the home's wireless Control-4 system, allowing Curt and Cherrie to control indoor and outdoor lights, entertainment system, air conditioning and heating systems, door locks and security system from their iPad, iPhone or Control-4 remote.

"It's a wonderful home now, but we're still contemplating a stone outdoor kitchen, feature water fountain and hot



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tub. We are also, planning an enclosed studio for Cherrie in the over-sized garage and an expansion of the raised bed garden,” Curt said.

Whatever the inspiration, the Clarkes count on enthusiasm of family when new projects are unveiled. “Our biggest cheerleaders have been, and will always be, our children: Kenny and Betsy Hillyard of Midlothian, [Cherrie’s son and daughter-in-law]; Jessica and John Mauk of Concord, New Hampshire [Curt’s oldest daughter and son-in-law]; and Heather and Chris Wolfe of Frisco [Curt’s youngest daughter and son-in-law],” Cherrie said.

With their family’s blessing and the home of their dreams, the Clarkes believe the winding roads of their lives led them to the perfect front door. “The thing we love most about our home is that it is a warm, welcoming and loving place to live or visit,” Curt said. “It’s the perfect place for us, our family and our friends.” **NOW**

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Living the UNEXPECTED

— By Zachary R. Urquhart



When you go to meet a man who was brought up Mennonite, you expect to find simplicity. But, when that young man found a new life as a charismatic preacher, expectations fly out the window. Such is the case for Ray Miller and his wife, Loretta. With a vast collection of stories throughout his fascinating life, Ray may actually be one of the most interesting men in Midlothian.

Ray was born to a Mennonite family, and his parents predate the Spanish American War. "I like to say my parents were born in the century before last," he recalled. "They were both born in Indiana and then ended up in Kansas, where they met. My mom's family was new in town, and my dad met her when his family was welcoming hers." Ray's family moved back to Indiana, which is where he came of age.

His family moved to northern Ohio to find carpentry work when he was 14 years old. "My family has a long line of being three things: farmers, carpenters and preachers," he explained. "I went to school in Virginia, and I thought I would become a Mennonite preacher." But during the summer after his sophomore year of college, Ray had a life-changing experience. He and his oldest brother-in-law went to Hicksville, Ohio, to build a church building.

Ray had been through several faith-building moments in his life, but the summer he spent building that church would prove to be one of the most important even to this day. Though his belief was strong, he learned a new meaning of faith while constructing that building. "At night, the youth invited me to join their services. What I witnessed was the most on-fire-for-God group of kids ever," Ray said with excitement. Ray grew up reading the Bible, but the kids at this church showed him how little he really knew about God. "The kids didn't have the same knowledge as I did," he admitted, "but that night, I realized I was the dummy."

Among the kids Ray met that night, a

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certain young lady found a special place in his heart. "I ended up putting the finishing touches on that church for my own wedding a year later. I married the most radical one of the whole bunch," he said. Ray and Loretta have been married over a half century, and they have a large family to show for it. Their oldest, Tim, and their second, David, both are specialized carpenters. Becky is a nurse, and Nathan is a pastor. From their four children, Ray and Loretta have 10 grandchildren and 16 great-grandchildren.

Ray admitted that the change from Mennonite to Pentecostal was interesting. "They would say, 'God bless you, brother,' when I met them, and I would just say, 'Hi.' I was in a totally new world," Ray said. He quickly learned, though, and with Loretta, Ray embarked on a career path different from anything he would have guessed as a young boy. After almost becoming a Mennonite preacher, like so many had in his family, Ray instead entered the ministry with the Assemblies of God, where he pastored churches for nearly three decades.

In 1961, Ray and Loretta moved to Waxahachie so Ray could attend Southwestern Assemblies of God University. Over the next 35 years, they moved back and forth between Texas and





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Ohio several times. Ray clarified, "Our sons went to Houston to find work in the early '80s, and we followed them. They moved back, so we did, too."

If it seems Ray is very devoted to his family, it's because he is, though he was not always as dedicated. When the kids were growing up, Loretta often spent the bulk of the time with them. She chimed in, "Ray would volunteer at a radio station, and, of course, he had the regular workload of a pastor."

Ray acknowledged that he could have spent more time with his family during the kids' early lives. "There are not a lot of things I would do differently if I could. But the one thing I would do is to give more piggyback rides," Ray proclaimed. As often as he can, Ray advises young fathers to spend as much time as they can with their families. "It is especially hard for young dads when they are working at a place that doesn't make them go home," he said.

Ray's devotion to his family started when he was a child himself. He learned to play the guitar as a young man and has written dozens of songs throughout his life. "When you hear me play something I wrote, it doesn't take long to figure out how much I love my momma," he quipped. One of his favorite things to show is a book he compiled detailing his



family lineage. "With the Internet," he explained, "I have been able to trace my ancestors as far back as the 1600s in America."

When Ray retired from being a full-time pastor in 2008, he and Loretta came back to Texas to work at two Christian camps. For five years, they have loved living in Midlothian, calling it "the most

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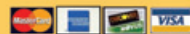
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fantastic city we've ever lived in." A year ago, Ray joined the Midlothian Police as one of their chaplains. "There was a call at a nearby home, and I met one of the officers and asked him about being a chaplain," he said. "Next thing I knew, Carl Smith called, and I was in."

Ray loves being part of a town where the leaders come together for things like prayer meetings. "All of my life I felt like I was in a war zone. Now that I've been sent here, it's like being in a paradise," Ray stated.

Along with serving the Lord both in career and life, one of Ray's favorite things is writing. "All of my life," he explained, "I've written songs, poems and stories." He keeps several notebooks filled with stories that span his life, and Loretta's, as well. One of his stories about Loretta's childhood has special significance to their family. "The train slowed down, and the crew threw candy to the children, who always stood by the tracks to pick up coal that fell from the train for their coal burning stoves. Loretta and her siblings were among those children," Ray explained. "That was the children's Christmas candy." That childhood lesson on the importance of giving influenced the way the Millers celebrate Christmas. One year, they had their own children give gifts to a young family who lost their father right around Christmas. Ray's ability to use words serves to amplify the amazing stories he tells. "I mainly write because I love doing it," he said. "Often, there are lessons in the stories, too." **NOW**



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ONE MILE AT A TIME

— By Sydni Thomas

Chasing after a 4-year-old boy is enough of a workout for most busy moms, but not Michelle McKinney, a stay-at-home mom, full-time student and member of two gyms. Michelle's fitness journey began when she wanted to get back in shape after having her son, Luke. Working out was not new to Michelle, but discovering her passion for running was. While trying to achieve her goal of losing the extra pregnancy pounds, Michelle discovered her love for running, racing and CrossFit.



With Michelle's love and commitment to health and fitness, it's no surprise that she met her fiancé, Cody McKinney, at the gym. Cody, a Midlothian police officer, and Michelle both worked out at The Lord's Gym in Waxahachie when they met in 2006. Working out together is something they still enjoy doing when they have the opportunity.

"Working out is how we met," Michelle said. "Cody has a great gym at work, but from time-to-time, we get to workout together. He is very supportive of my fitness goals and rarely misses my races."

Michelle and her two sons, James and Dominique, moved to Cody's hometown of Midlothian, at his request, in 2008.



When she and Cody were expecting their son, Luke, Michelle gained 50 pounds. After he was born, she knew she needed to get back into a fitness routine. She had always been athletic, but running was never something she had enjoyed. Once her doctor cleared her, Michelle went back to the gym and began exercising on the treadmill. It not only became a way for Michelle to get back in shape, but it also became her way of relieving stress. When she was not running at the gym, Michelle would put Luke in a jogging stroller and take him for a run.

"The treadmill was just the beginning," Michelle said. "It helped me realize running was something I loved. I went

A promotional advertisement for New Day Salon. It features a circular photo of five women smiling. The text on the right side of the ad reads: "NEW DAY SALON HAPPY 4TH! GET A BANG OUT OF OUR SPECIALS ALL MONTH! 1 HOUR SWEDISH MASSAGE WITH SAMME \$50 \$10 OFF MASSAGE COUPONS WITH SAMME FOR REFERRING A FRIEND ENJOY \$10 OFF DELUXE EUROPEAN FACIAL (ON YOUR 1ST VISIT) 972.775.6495 www.newdaysalonandspa.com 134 N. 8th St • Midlothian TX".

A large promotional graphic for "The Hunger Games Are Coming" event. It features a large, stylized white and black volleyball with orange and yellow flames erupting from the right side. Below the volleyball, the text reads: "Manna House presents BRING THE HEAT TOUR Grass Volleyball Tournament Fundraiser! Help Manna House Fight The War On Hunger. September 21, 2013 • Midlothian, TX Register at: www.BringTheHeatTour.com (972) 775-1800".



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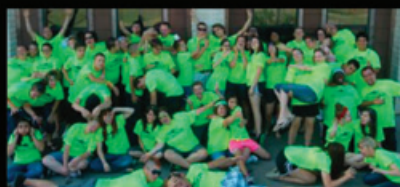
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from running inside at the gym to running outside. Once I discovered how much I enjoyed it, I set goals for myself and entered into races.”

Michelle reached her goal of losing the 50 pregnancy pounds just in time for the Midlothian Dash 5K. It was her first race, and she continues to come back each year to remember and celebrate her accomplishment. In December 2010, she achieved one of her biggest fitness goals — running a marathon. She trained alongside a group of local women, led by her friend Alex Allred, who mapped out the training routes and had someone following behind each



training session for safety. When the race began, Michelle knocked off one mile at a time in freezing cold temperatures. “Everything was fun, until mile 20,” Michelle said. “That is when I started feeling everything. I could never get my hands warm enough. When I reached the finish line, I was crying tears of joy.”

Michelle is a competitive person by nature, and running races allows her to feed that instinct. Additional full marathons are not in her foreseeable future, but Michelle has signed up for many 5Ks and half marathons throughout the year. She tries to run in as many local races as possible, like the Midlothian Dash, the Hometown Hero Run in Waxahachie and the Big D Half

Marathon. With each race, she challenges herself to not only beat the competition, but herself. She sets a goal of finishing half marathons under two hours, finds her pace and takes off.

"Sometimes I will finish a race only four seconds under the two hour mark," Michelle said. "But I still feel great about it. Every race is different, and if I don't do as well at one, I know I have another one coming up."

It has been a while since Michelle has trained with a running club. She used to run with a local club, until it disbanded. She would start running at 5:15 a.m. every day for a four-mile run with other women.

"I love running with a group of women," Michelle said. "Running with people is a lot different than running alone. If I can find great places for us to run, my goal is to create a local running club."

Michelle's fitness routine has stretched past running and now includes the popular CrossFit program — a

strength and conditioning program that combines weightlifting, sprinting and gymnastics. Michelle began the program a year ago and saw immediately that the workouts were going to be a big challenge. Each workout, she learns something new and feels like she has conquered something. CrossFit Midlothian provides Michelle with continuous inspiration in her fitness journey. Even though Michelle still races and runs on her own, these more difficult workouts have become her main source of fitness.

"As soon as you conquer one move, you go on to the next thing," Michelle said. "The best part, and what makes the new workout so different than anything



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I've done to date, is that you are in beast mode the entire time. I love the challenge!"

With an active 4-year-old keeping her busy throughout the day, Michelle has to get creative in finding time to work out and keep up with her college courses. Luke attends a mother's day out program twice a week, allowing Michelle to attend classes at Navarro College. Her goal is to start a nursing program this fall. Helping



people is one of her greatest passions. Previously, she worked at a nursing home to help care for patients. When Luke was a baby, Michelle became a Cooper certified trainer so she could help people achieve their fitness goals. "I love taking care of people," Michelle explained. "I want to be there for them when they need someone the most. Nursing opens up a world of possibilities for me, and I can't wait to experience them."

Fitness has become a large part of Michelle and Cody's life. Their dedication to fitness and keeping healthy has even inspired Luke to value its importance. One of Luke's favorite times at school is when he gets to participate in yoga. Making time for a healthy lifestyle has not been the easiest between college and mom duties, but Michelle makes sure to find a way to squeeze it in. "Things happen, and we get busy," she said. "No matter what is going on, I always go back to running. It's a part of me now." **NOW**

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The instructors at Cross Martial Arts Center take an interest in their students. Left to right: Jason Allen, Jeffrey Wright, Steve Cross, Jaime Raybourn and Jaycee Allen.

INDOMITABLE SPIRIT

Cross Martial Arts Center develops character as you learn a disciplined sport.

— By Betty Tryon

Steve Cross of Cross Martial Arts Center shows you how it is done in impressive martial arts style. As a fierce competitor in taekwondo, he battled his way back from cancer, and with his last performance in competition, he came away as Grand Champion of Taekwondo at the University of Texas State Taekwondo Championships. "It was a long road back for someone of my age, and I've been cancer free for four years," he stated. "I had not been able to compete since I was diagnosed. This year was my farewell competition."

That spirit to compete is reflected in the many wins his students have amassed in taekwondo. Recently, one of the students won three gold medals at nationals and made the

national team to compete in Benidorm, Spain, at the world championships in October. Steve was chosen as coach.

Cross Martial Arts Center teaches international taekwondo. "It is very black or white, right or wrong. We strive to be always right. One of the last terms we say in our tenet is indomitable spirit. The definition of indomitable spirit here is that you can never be perfect. It's an unobtainable goal, but that doesn't mean we can't strive to be perfect."

In striving to be perfect, apart from the regular classes, Steve offers classes on the fundamentals of the art. These classes are open to anyone, regardless of their level of training. "There are certain fundamental techniques that we like to make sure

everybody is doing the correct way. Occasionally, I'll tap someone on the shoulder and say, 'I need to see you on Friday to clean up some of the technique.' We are very technical here."

For those who want to compete, Steve has competition classes on Saturdays. They go through many sparring drills, learn fighting strategies and learn why those movements are necessary.

The Little Tigers Class is for ages 4 to 6. "The main thing we focus on with them are things their parents teach them at home, such as: how to behave, how to keep still when they need to be, to tell the truth and using good manners," Steve remarked. "We have balance drills to keep up with their physical development. They think they are having fun, and that's OK, but they are learning something."

"My business is a student-centered and family-oriented school."

There are two beginners' classes. One is for juniors from age 7 to 11. Age 12 through any age of adult is the second class. "Tweens and preteens need someone to look up to," Steve reflected, "and it's better for them to have an adult to emulate, because they see the proper way to behave. I offer a family class for all ages and all levels. I have a lot of parents who want to train with their kids."

Taekwondo is not merely a sport. It is a full-function, self-defense system. Steve reaches out to the women in the community, specifically graduating seniors going off to college, and offers a free class on self-defense during the summer.

"I've been here in Midlothian for 10 years, and I've been teaching for more than 20 years," Steve said. "My business is a student-centered and family-oriented school. We treat people fairly and with respect. I like to share things I've learned with my students and give them the best we have to offer." **NOW**

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Nicholas shares a valuable learning moment with Mrs. Roberts.



Alexis Eversmann and Madeline Young collect donations for their charity.



Benjamin Keener receives Best Southwest Scholars Scholarship presented by Midlothian Mayor Bill Houston and MISD Superintendent Dr. Jerome Stewart.



Colette Allred and Carol Richtsmeier celebrate as honorees at the Midlothian Education Foundation Showcase of Stars banquet.



Sergio Garcia and Lyn Jones share an outdoor lunch at Frank's Holy Smoke BBQ in Ovilla.



Gladys Colvent enjoys a night at the high school.



MHS junior Josiah Holland learns leadership skills and civic duties from the American Legion.



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Understanding Ulcerative Colitis

— By Betty Tryon, BSN

After going to the bathroom for four to 10 times a day for the second straight week with painful bloody stools, the afflicted person may wonder if they will ever get their life back. They suffer from the disease ulcerative colitis (UC). There are two states of being with this illness — flare-ups and remission. Flare-ups are when symptoms are present and the disease is active, and remission is when there are few to no symptoms. UC is a chronic disease that is classified as being one of the forms of inflammatory bowel disease (IBD). The other form is Crohn's disease. With many of the same symptoms, the most defining difference between Crohn's disease and UC is that the latter primarily affects the lining of the large intestine (colon). It becomes inflamed and develops ulcers or sores.

Symptoms may become severe in about half of those afflicted with UC. The condition may at times require hospitalization, or it may go into remission for a time. The most common symptoms of abdominal cramping, persistent and urgent diarrhea containing blood and/or pus should be monitored by your doctor. During flare-ups, too much blood loss can lead to anemia and weakness. Some patients must receive blood transfusions, because they have lost so much blood from the colon area. The constant diarrhea with the loss of many valuable nutrients and fluids leads to fatigue. Loss of appetite and weight loss are common.

UC has no definitive cause, but research has yielded a few theories. Although no clear line of inheritance exists, there is a distinct familial tendency for developing UC. Some discussion has taken place regarding the role bacteria and viruses may play in this. Another possibility is the immune system may be functioning abnormally. While stress does not cause UC, stress will aggravate the situation.

A varied range of treatment modalities for UC are available depending upon the severity of the illness. The goal is to reduce symptoms and aim for remission. Medications are prescribed to help reduce inflammation and improve the immune system. Diet and good nutrition play an important role. Although certain foods do not cause UC, there are some that might trigger symptoms, such as spicy food, raw veggies, popcorn, caffeine and alcohol. Dietary counsel and awareness of what you eat is necessary. If conservative treatment does not work, surgery may be necessary with the removal of the colon. The type of surgery will depend upon many factors your surgeon will discuss with you. UC can affect every area of your life. For your emotional health and coping strategies, support groups can be a great resource, as is receiving encouragement from family and friends. **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.





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July 3

CNB Presents Midlothian's Annual Independence Day Fireworks Display: 6:00-10:00 p.m., MISD Multi-Purpose Stadium, 1800 S. 14th St. Admission is free. Donations welcomed to benefit the Midlothian Senior Citizens Food Pantry. Parking lot to stadium opens at 1:30 p.m. Gates for inside the stadium open at 5:30 p.m. For more information go to, www.midlothianchamber.org or call (972) 723-8600 or call Vicki Massey at (972) 743-1730.

July 4

Fourth Annual 4th of July Celebration Midlothian Independence Day Parade: 10:00 a.m., downtown area. Event is presented by the Midlothian Park Advisory Board and Midlothian Parks & Recreation Department. For more information, go to www.midlothian.tx.us or call (972) 775-7777.

July 6, 13, 20, 27

Midlothian Downtown Farmers Market: 8:00 a.m.-noon, Heritage Park by the Larkin Newton log cabin, 234 N. 8th St. Open air market sponsored by the Midlothian Downtown Business Association.

July 13

Summer Moonlight Movie – *The Blind Side*: 9:00-11:00 p.m., 100 block of E. Franklin St., Waxahachie. Free to the public. Bring a blanket or lawn chair. Concessions on site. For more information, call (469) 309-4111.

July 15

Members of the Indian Trail Chapter of the Texas Master Naturalist Program Wildflower & Bird Walk: 9:00-11:00 a.m., 1361 Onward Rd. Please bring drinking water and binoculars.

July 15 — 19

Kingdom Rock VBS: 6:30-8:30 p.m., Calvary Baptist Church, 1591 S. 9th St. For more information, call (972) 775-8722.

July 19 — 20

Creative Quilters Guild of Ellis County A World of Color - 2013 Quilt Show: 10:00 a.m.-5:00 p.m., Midlothian Conference Center, 1 Community Circle Dr. For more information, go to www.elliscountyquilters.com or e-mail Rhonda at cornersq@att.net 2013. Raffle quilt drawing will be on **July 20** at the quilt show. Tickets are available from Guild Members or at the show.

July 26 — 28

Annie the Musical: **July 26**, 7:00 p.m.; **July 27**, 2:00 and 7:00 p.m.; **July 28**, 7:00 p.m.; Trinity Church of Cedar Hill, 1231 E. Pleasant Run Rd., Cedar Hill. The weekend event benefits Hope Mansion and Bridges Safehouse. For tickets, URL //tinyurl.com//nhxjbqw.

July 27

Fifth Free Dance Party: 6:00-8:00 p.m., Midlothian Civic Center (across from downtown Sonic on Main or Hwy Bus 67), 224 S. 11th St. Children of all abilities are welcome to attend the event held by For Maddie's Sake, Inc. Donations are welcome. For more information, visit www.ForMaddiesSake.com or contact Donna Dixon at (972) 571-6904 or dixonchick@aol.com.

Benefit Golf Tournament honoring Kyson Daniel and Karter Henley Montelongo: 8:30 a.m., Old Brickyard, Ferris. Four-man scramble, \$75 per person. Contact Linda Bruton at (972) 351-4521 or Dusty Montelongo at (972) 268-1954 for more information.

Submissions are welcome and published as space allows. Send your event details to betty.tryon@nowmagazines.com.

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In The Kitchen With Sara Moreland

— By Betty Tryon

“For many years I really didn’t enjoy cooking,” Sara Moreland said. However, when she became creative with it and took cooking classes, she began to appreciate cooking. “I love to take something that looks difficult and prove that it can be done. I have come to realize it can be a very relaxing hobby, and I love it when people love what I have made,” she enthused.

Part of offering meals her family enjoys includes providing Chinese cuisine. “We adopted our youngest child from China. I try my best to at least keep the food of China in her life. I’ve taken a class on Chinese cooking and hope to take more in the future.” **NOW**

Dumplings With Pork Filling

Filling:

1/4 cup Napa cabbage
3/4 tsp. coarse salt
1 egg
8 oz. ground pork (not sausage)
1 Tbsp. rice vinegar
4 tsp. fresh ginger, minced
1 Tbsp. ketchup
1 1/2 tsp. sugar
3/4 tsp. black pepper
1/2 tsp. white pepper
1/4 cup panko
30 gyoza wrappers
Non-stick cooking spray

Sauce:

1 cup Chinese plum sauce
1/4 cup water
2 Tbsp. orange zest

1. For filling: Wash cabbage; lay on paper towel to dry. Sprinkle coarse salt over leaves. After 5 minutes, rinse again and chop coarsely.
2. Beat egg in small bowl. Set aside.
3. Mix remaining ingredients, except gyoza wrappers, with the cabbage.
4. Fill each wrapper with about 1 tsp. of filling. Once filled, dip your finger in beaten egg and apply to two adjacent sides of the wrapper. Fold into triangle and seal.

5. Place dumplings in a bamboo basket that has been lightly sprayed with nonstick spray.
6. Place in wok with water filled to about an inch. Heat over medium-high heat and steam dumplings for 5-6 minutes.
7. For sauce: Mix all ingredients and serve with dumplings.

Spice Roasted Pork Tenderloin With Cherries

Sauce:

2 Tbsp. butter
1/2 cup onion, thinly sliced
1/2 cup dry white wine
1 cup chicken broth
1 cup dried cherries
1/4 tsp. ground allspice
1/4 tsp. ground thyme
1/4 cup dried sage
2 Tbsp. packed brown sugar
2 Tbsp. white wine vinegar
Salt and pepper, to taste

Pork:

2 tsp. coarse kosher salt
1 tsp. ground allspice
1 tsp. paprika
1/2 tsp. ground black pepper
1/2 tsp. ground thyme
1/2 tsp. rubbed sage
2 lbs. pork tenderloins
1-2 Tbsp. olive oil

1. For sauce: Melt butter over medium heat. Add onion and sauté until very tender and golden brown, about 12 minutes.
2. Add wine and simmer until liquid reduces, about 5 minutes. Add broth, cherries, allspice, thyme and sage and simmer until cherries are tender and liquid reduces to 2 Tbsp.
3. Stir in brown sugar and vinegar. Season with salt and pepper.
4. For pork: Mix the salt, allspice, paprika, pepper, thyme and sage in a small bowl. Coat the tenderloins with the herb mixture.
5. Baste a roasting pan with olive oil and place pork inside. Roast at 450 F until meat thermometer reads 140 F, about 20-25 minutes.
6. Slice pork into 1/2-inch slices and pour sauce on top.

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



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