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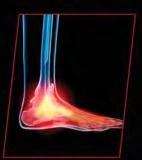




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#### ON THE COVER



Justin and Krystal Coffman hold their family together with ties of faith.

Photo by Amy Ramirez.

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#### Editor's Note

Hello, Midlothian!

"It was the honor of a lifetime to lead a country as brave and noble as the United States of America, and whatever challenges come before us, I will always believe that our country's best days lie ahead." That quote came from President George W. Bush at the dedication of the George W. Bush Presidential Center.

America is a wonderful country. It took phenomenal sacrifice and suffering to build it. There will be challenges ahead for all of us, and that is a good thing.

As a country filled with diverse cultures and opinions, there will always be a certain raucousness in our discourse. It has always been this way. It will continue to be so. However, the tests to come will somehow be endured, and we will all be stronger for it. You can only have a great country if you have great people. And we surely have that.

Happy Fourth of July!

#### Betty

Betty Tryon

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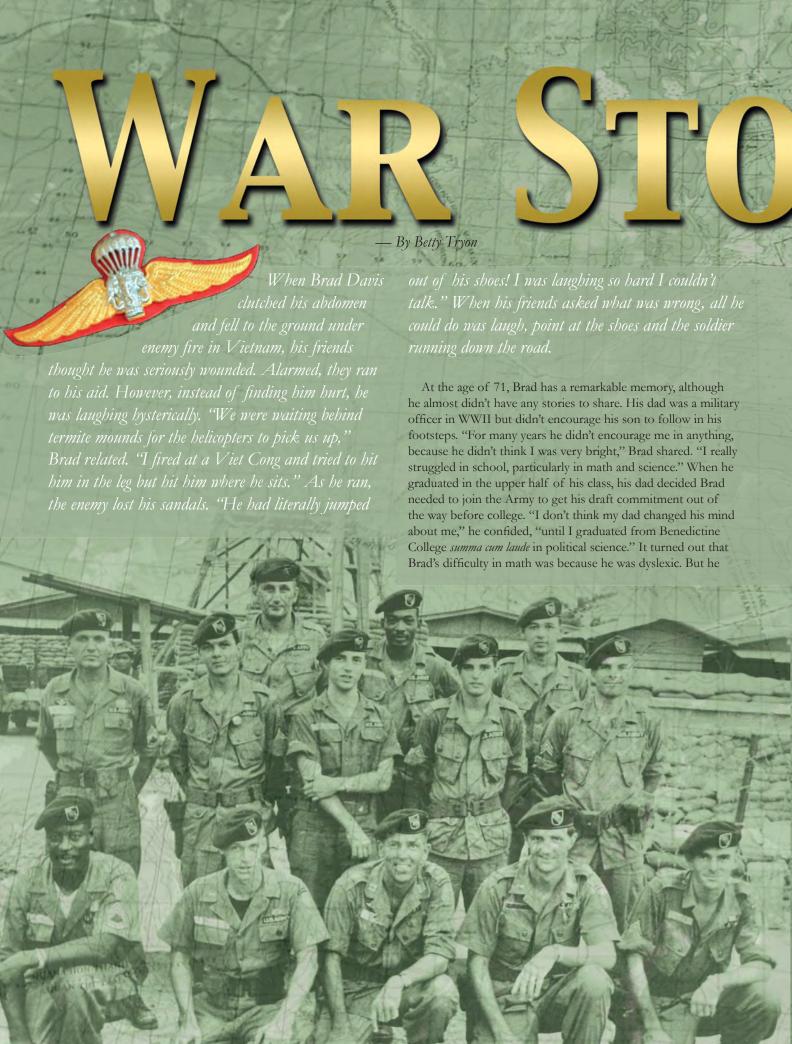
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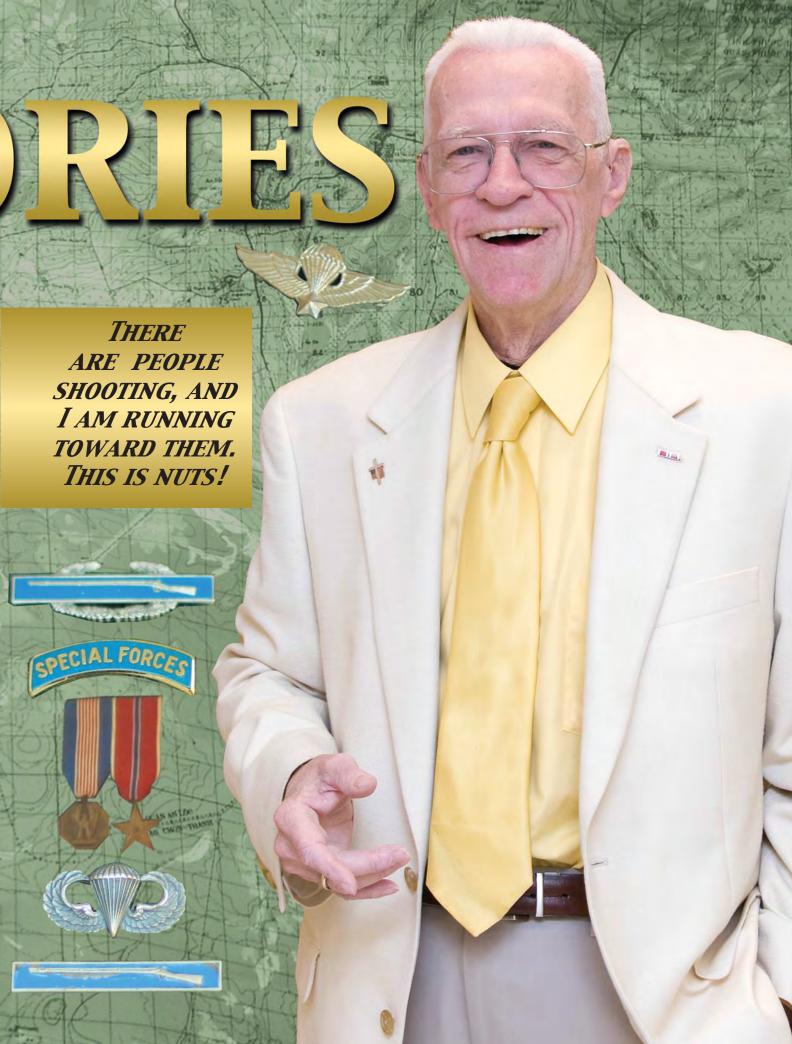
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learned how to cope and earned a Master of Science in computer science from University of Central Texas, now called Texas A&M University-Central Texas.

In the spring of 1961, Brad was sent to Korea. Assigned to the 51st Signal Battalion, he became a part of the radio relay team. In July of the following year, Brad attended Airborne Training, also known as "jump school," at Fort Benning, Georgia, where he was recruited for Special Forces. "Special Forces at that time were kind of a shadowy organization," he said. "Our mission was to drop into Eastern Europe and raise chaos. We made contact with





people who were already dissidents. Our job was to go to the satellite countries that bordered Russia, link up with resistance groups, form guerrilla units and then operate against the Soviet support structure by interrupting their flow of logistics, blowing up rail lines,



convoys and terrorizing support units." Brad never used this particular training, because America never went to war with Russia. "But, we were prepared if it happened," he concluded.





After making sergeant at 20, Brad returned to the states. There, at the U.S. Army Special Warfare Center at Ft. Bragg in North Carolina in 1964, he met his wife, Elizabeth. They were married a month before he was deployed to Vietnam in 1965. The war would be a close call for Brad. He remembered one night he spent on patrol with a Vietnamese lieutenant. They saw people moving across

the road with flashlights. The lieutenant insisted the people were Viet Cong, and they needed to kill them. Brad steadfastly declined. "They wouldn't be stupid enough to be walking around at night with flashlights!" he told his comrade. "Those are villagers. We are not going



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to shoot at them. The lieutenant insisted they were Viet Cong. I said, 'Maybe they are VC. But we don't shoot at maybe."

Three times Brad had to make a similar decision. "I was wrong twice. That was one of them," he confessed. "I just wasn't willing to chance shooting innocent civilians." Their mission, in addition to helping train the Vietnamese to fight, was to provide civic action. "We wanted the people there to not hate us and to align with us," he explained. "Shooting up a bunch of civilians does not help that mission. It was also morally wrong."

Another situation occurred on his first day of combat. Brad had been assigned to a Special Forces team near Ben Long. A Viet Cong agent and his group were reportedly operating in the area, and Brad's troop's job was to move through the jungle at night and capture or kill them. Brad and his Vietnamese counterpart decided that instead of skirting the wood line, they would take the road.

Brad remembers looking over the situation and telling his partner that walking on the road wasn't a good idea after all. "He said to me, You not here long enough.' Then the Viet Cong opened up on us with four or five shots. I got down behind a rice paddy dike real quick." Feeling vindicated, Brad took a wild guess that the enemy was in a stream below them. "I was blowing smoke," he confessed, "but he humored me and sent a squad to help us." All of a sudden gunfire broke out below. It turned out the enemy was right where Brad had guessed!

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The physicians and staff of Kessler Women's Healthcare are pleased to introduce Melodi Reese-Holley, MD, who joins Kessler Women's Healthcare in August, 2014.

A Houston native, Dr. Reese-Holley graduated magna cum laude from Xavier University of Louisiana, majoring in psychiatry with a double minor in chemistry and biology. She received her Doctorate of Medicine from University of Texas Southwestern Medical Center, Dallas, and completed her OB—Gyn residency at Methodist Health System, Dallas, serving as chief resident in her final residency year.

A mother of two young children, Dr Reese-Holley has special interests in obstetrical care and patient education that assists and supports women in making informed healthcare choices.

If you would like to make an appointment with Dr. Reese-Holley or any of the physicians at Kessler Women's Healthcare, please call our office at 214-941-7200.

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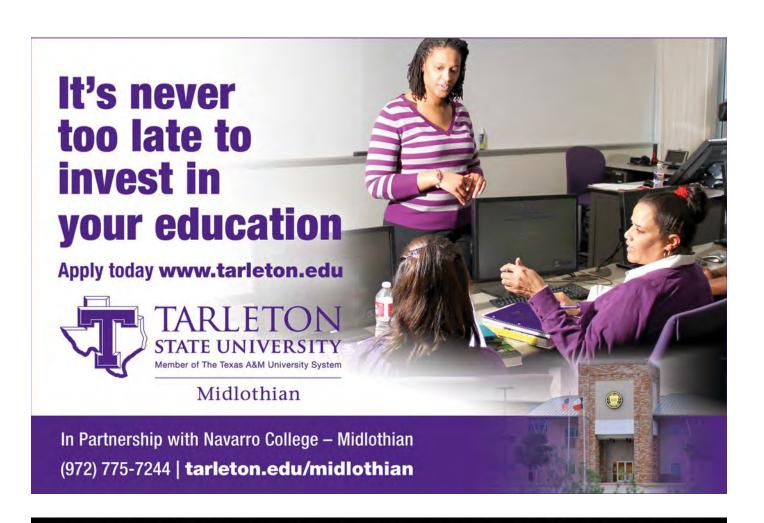
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In response, he and the others advanced toward the ruckus. "I remember thinking, Why am I running down there?" he recounted. "There are people shooting, and I am running toward them. This is nuts!" Nevertheless, Brad kept running even though the guy next to him was shot. After the enemy departed, the captain was pleased with Brad for the maneuver he had unwittingly orchestrated.

While in the jungle, Brad contracted malaria in 1966. He spent his last days overseas in the hospital. "I went to Vietnam weighing 165 lbs. but left weighing 114," he pointed out. "I was kept on an IV for 45 days and had an extremely high temperature." Brad's fever remained so high that one day when one of the corpsmen dropped a body bag next to his bed, in Brad's fevered mind he thought, This is more serious than I thought. I guess I won't be going home after all. Fortunately, the body bag was filled with ice and alcohol, and Brad was put into it to lower his temperature. "They don't do that anymore," he said. "It's considered barbaric."

Brad eventually served his country for 20 years. For the last 15 years, he has taught computer science at Navarro College and acknowledges that, other than being married to Elizabeth for 49 years, it has been the most fulfilling part of his life. "I have enjoyed teaching and working with students immensely and plan to continue doing so as long as I'm healthy and the college wants me." NOW





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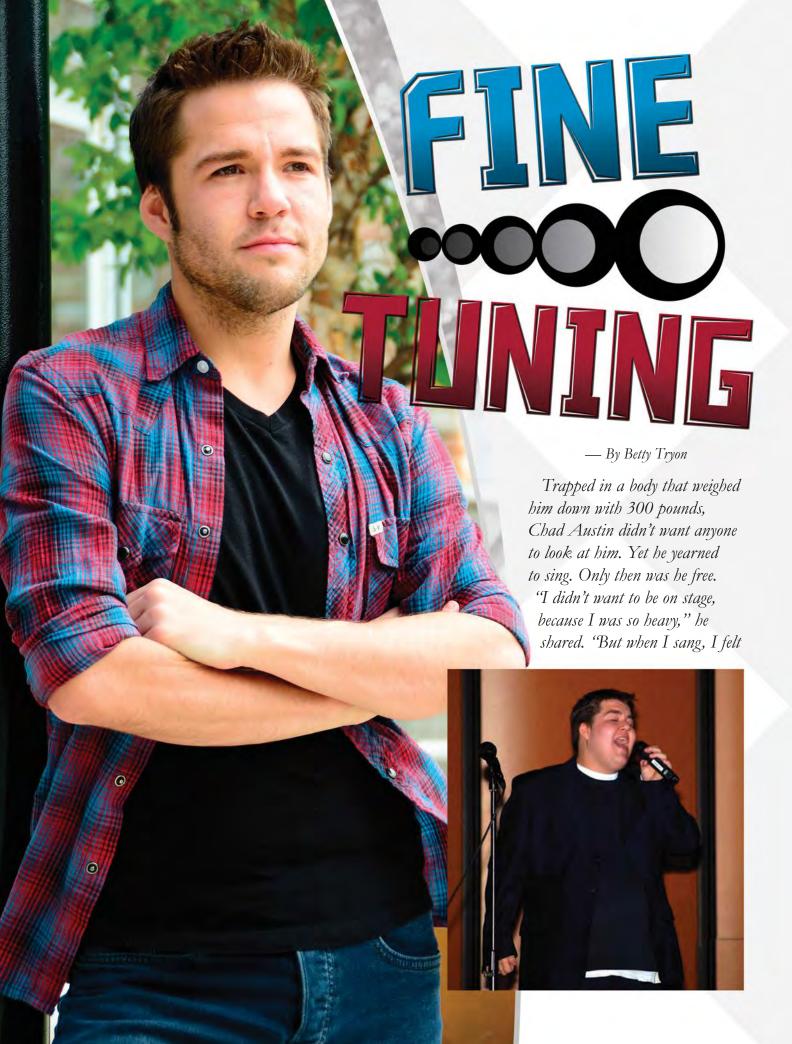


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like people listened to my voice instead of paying attention to my body. I found this release, a way to channel how I was feeling through my voice."

All his life, except for the last four years, Chad was overweight, and all his life he has loved to sing. Those have been the constants in his life. One would change, but the other would never falter.

Chad grew up the youngest of five children and describes his upbringing as one of poverty until age 10. "My parents did the best they could, and they did an awesome job with the help of my grandparents," he recalled. Since there wasn't much money for entertainment, to pass the time Chad would sing.

"You decide to be happy. You decide to be healthy. They go hand in hand."

"My sister and I would sing together and that was how we had our fun!" he continued. "I would sing for my family and put on shows for them. We have videos from that time but they are pretty embarrassing now."

In middle school, Chad joined the choir. "Because I was too heavy for athletics, singing was the only way I could express myself," he shared. "Mrs. Patty, the choir teacher, encouraged me to enter competitions. I didn't want to, but she kept pushing. So finally I did and went to All Region as an individual act." He won first chair in his initial

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competition. While in high school, he was a part of the Mobile (pronounced mo-bee-lay) singers, where participants danced and sang, and he was a member of A Cappella. Chad was accepted into A Cappella his freshman year, although it is a varsity choir. They also competed, and in his freshman year, Chad again won first chair. With his success, Chad found himself drawn more and more to singing and performing. "I had the classic pipedream of graduating, moving and getting famous, but I realized because I was heavy, it would be a hard, hard road," he said.

Chad went to Navarro after graduation, but the college did not have a choir. He felt stunted, so he enrolled in theater classes. "They found out I could sing. The teacher, Mr. Patterson, wrote some of the plays, and he started writing singing parts for me which was super neat," Chad enthused. "One part was of a singing Christmas tree in A Midsummer Night's Dream."

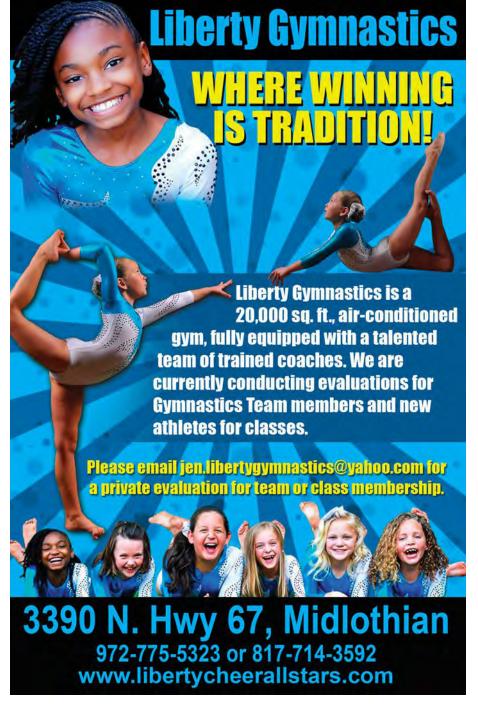
During his time at Navarro, in October 2008, Chad started his weight-loss regime. He reached his goal in August 2009, reducing from 307 lbs. to 127 lbs. His current weight is 133 lbs. "It has probably been the biggest thing that has happened to me in my life," he acknowledged. "It was tough going to the gym because, at my weight, people would stare. So, it took a while for me to gain momentum to really apply myself and commit, but once I did, I didn't stop."





People want to know how he accomplished his inspiring weight loss, and Chad admits there is no miraculous pill. "It took lots and lots of hard work," he confessed. "There really isn't a magic answer. I would say the same thing to somebody if they asked me, 'How can you be happy?' I would tell them that it's hard work and that it's really up to them. You decide to be happy. You decide to be healthy. They go hand in hand. I had a nutrition program I went through, and I was in a nutrition boot camp." Chad also purchased a gym membership and







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"I think using music to tell others how you feel is a gift from God and the greatest gift that has been given to me."

became an avid runner. He joined the Ft. Worth Running Club and loved it.

"Losing the weight was a complete change and shifted everything for me," he pointed out. After graduating from Navarro, Chad attended The University of Texas at Arlington (UTA) and majored in demography. When entering UTA he tried out for the choir and was accepted. However, life intervened, and he had to drop out. "My mom



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became ill, and I moved back home to take care of her," Chad remembered. "I was working full time and going to school full time. It became too much, and I couldn't do it even though I really wanted to."

Although Chad could not commit to the strict schedule of the choir, he managed to sing elsewhere. "I would pick up gigs at bars and karaoke," he said. "They would have headliners and, because I did karaoke so much, when someone didn't show up, they would call me. That was when I realized this was a passion with me." But Chad doesn't care about being famous anymore. "If it happens, it happens," he mused. Yet he plans to try out for American Idol this summer. "It would be an interesting experience," he added. "Even if I never make it past the first round, I could say I did that."

Chad considers his most inspiring performance to be the senior year solo he performed in A Cappella choir. "The theme was Disney, and I just really didn't want to sing a Disney song," he laughed. Instead, he decided on "Breakaway" by Kelly Clarkson from the Disney movie *The Princess Diaries.* "I'll never forget that night," Chad reflected. "It was the coolest thing ever. Walking out on stage is a huge rush. It's like cold water hitting you in the face. You really can't see everyone, because there is this bright light shining on you. It's you and that light, stage and piano."

Chad explained how he felt empowered while singing that song. "You open up, and everything you feel and want to convey about being more than what you are now, comes pouring out of you," he recounted. "I just remember I put everything into that song." When he finished, he was greeted with a standing ovation. In fact, Chad was the only act during the event to receive that honor.

"Having that moment of getting to sing, lay my heart on the line and bare my soul for others to hear, is probably one of the most amazing experiences for me," the young performer said. "I think using music to tell others how you feel is a gift from God and the greatest gift that has been given to me. Whether it's in front of an audience or just for myself, it's therapy. I wouldn't trade singing for anything in the world."



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Boy meets girl. Boy marries girl. Boy and girl live in the same town all their lives and rear a loving family. For Justin and Krystal Coffman, this simple love story has come true, culminating in a truly blessed home.

Justin and Krystal have known each other since they were in elementary school, having attended the same church for over 20 years. Justin grew up in Midlothian, while Krystal spent her youth in Cedar Hill. But they are all about Midlothian, with one exception. "When Midlothian and Cedar Hill play each other in football, I still wear red," said Krystal about the friendly rivalry the teams share. The pair met when they were 9, started dating in high school, and were married at the age of 22.

Justin, Krystal and their family attend Harvest Hill Church. They have four children: Brooklyn, 10; London, 7; Addison, 3; and their son, Jordan, age 5. They are very involved in activities at church, where Justin has served as children's and administrative pastor for seven years. "I worked for six years in medical management," Justin said, "but I felt called to go into ministry, so I made a change." He went back to school at Southwestern Assemblies of God University and began working full time for Harvest Hill Church.

Krystal graduated from The University of Texas at Arlington and currently works as a corporate accountant for a major health services company in Dallas.

Justin and Krystal have lived in Midlothian throughout their married life, but as Justin admitted, "We outgrew every home we lived in." The family had been looking for something a little bigger when they came across a home for sale on Craigslist. "We did all the negotiations and contracts through text messages," he continued. "We didn't even meet the owner until after we closed." In finding the perfect home for their family, Justin and Krystal moved into the Rosebud area just

At Home With

Sustin &

Rrystal Goffman

over a year ago.



Though they consider it a simple house, the way they use it tells an important story. "When we bought the home, we dedicated it to the Lord," Krystal explained. "We want our home to be a tool for ministry." Their loving abode has become "the house," so to speak, for their church family. "We host small groups for church each week here," she pointed out. "We really like being able to welcome people into our home."

"We want to be able to facilitate fellowship and friendship that can lead to spiritual growth," Justin added. The home is perfectly set up just for that purpose. Justin spends considerable time





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4470 E. Hwy 287 Suite 1200 Midlothian, TX 76065 www.longfamilydental.com in the yard to give the home a pleasing first impression. "The yard is kind of my hobby," he admitted. "I really work out there for fun." Justin keeps it freshly maintained at all times.

Once inside, the inviting feel continues. Instead of an overly formal sitting area, the front room serves as a relaxed gathering spot. The middle of the room features an oversized checkers game, and the family has a piano on which Brooklyn is learning to play. Across the fover is Krystal's office, where she works

Brooklyn is learning to play. Across the foyer is Krystal's office, where she works

perfect explandry relatively.

from home several days a week. The office also reveals several Pinterest projects she delights in completing. "Really, she likes to find things and have other people make them," Justin shared with a smile. A perfect example is the

laundry room table Krystal asked Justin

to build when they moved in. "She calls the laundry room a project, but having done the work, I think it counts as a remodel," he joked.

The living room is large and open, offering views from windows of both the front yard and backyard. There is a collage on the wall featuring photographs of the family, along with Bible verses and wise sayings. "I have a Scripture in every room of the house," Krystal said. "I'm very intentional about what

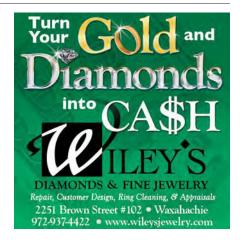


goes on the walls. I want my home to speak life to others and build them up."

Although on special occasions, they eat in the formal dining room, Justin and Krystal's kitchen nook has a large table where most meals are enjoyed. Granite counters give the kitchen a sophisticated look, while a floor-to-ceiling chalkboard with anything from schedules to the Ten Commandments gives the space the same family feel found throughout the house.

Justin and Krystal's master suite is the only bedroom downstairs, and uses seemingly raw wooden furniture to achieve a rustic ambience. They have plenty of open space, and more large windows overlooking the backyard. The bathroom is spacious, with a large















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bathtub and shower, as well as a split level double vanity.

Upstairs, a second living room is perfect for the young ones to watch television, play games or do homework or crafts at the table. More importantly, each child has their own room, which was a welcome change when they moved. "In the last house, we had kids sharing rooms," Krystal mentioned. "So it is nice for them to all have their own space."



frilly, with musical accents for Brooklyn, a Barbie playhouse for London and all things Disney for Addison. "You would never know that Addison is the youngest of the bunch, because she is normally the one in charge, a natural leader," Krystal said. Jordan's room stands out, as he opts for superheroes instead of princesses. A raised bed allows for a secret play area, and the walls are covered with pictures of his favorite characters. "He brings a



lot of life into the house," Krystal shared. "He says he's going to be a preacher when he grows up."

While they are very active at church, the older children are already involved in other activities, as well. Brooklyn participates in many school organizations, and she has started playing music with the hopes of joining their church's worship team in a few years. London



plays soccer, and is very interested in fashion. In fact, she and Brooklyn have made a business out of designing duct tape accessories, which they sell to benefit the Manna House.

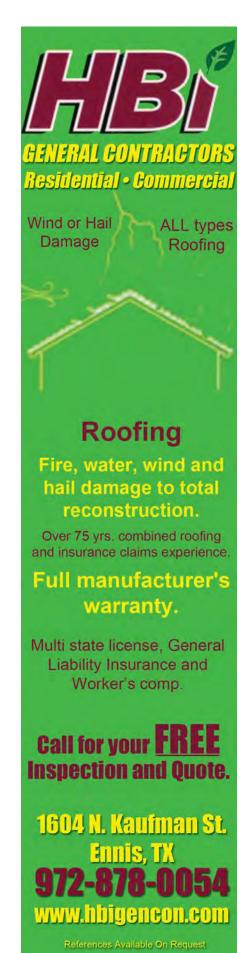
The girls' devotion to this ministry is no surprise, as Justin serves as chaplain for Manna House in addition to his duties at the church. "I have been on the board for years, and now I spend some time each week going to business meetings and pastoring the people who rely on Manna House for physical needs," he explained.



Family involvement sums up Justin, Krystal and their children perfectly. "We are all about ministering the Gospel and serving the community," Justin reiterated. "We want to help people grow, and we think that even our home can be a part of that." With rooms full of love, that's exactly what's happening in the Coffmans' blessed nest. NOW











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welcoming compared to a bolder black and white print. If you are looking for a more intense look, a high contrast stripe might be the choice for you. To achieve a calm, relaxed feel, lean toward lighter tones with less contrast between the hues of your stripes. The same theory applies to fashion. A softer color scheme will represent a lighthearted and relaxed look as opposed to a bold print, which will signify a larger, more obvious fashion statement. These bold prints have been seen anywhere from maxi dresses to handbags. They are especially popular during the summer months in both high contrast hues and tone-on-tone applications.















a complete transformation and quickly represent the essence of a relaxed environment. There is nothing more relaxing than the look of a navy-andwhite-striped rug nuzzled up against a bright white linen couch with some burlap trimmed pillows sitting atop. Ahh! I can hear the waves rolling across the beach right now and envision my toes in the sand! Just imagine, an aged driftwood coffee table supporting a beige-andwhite-striped storage basket and some scattered seashells to complete the look. Maybe it's just me, but that scenario sounds like sheer perfection. Without going too over the top with your theme, this beachy design can really create a peaceful and serene room with a casual, effortless elegance.

The nautical theme doesn't stop with home design either. We have been seeing this trend transition into fashion for quite



some time. Beginning with gold jewelry making its comeback a few years ago, it then became more obvious. Anchors became prevalent in jewelry, and stripes, while they have always been popular in fashion, began pairing up with the











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Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application.



nautical aesthetic, as well. The nautical stripe has been applied to many things such as nail art, handbags, shoes, shorts — you name it. Even pairing a classic striped sundress with an anchor charm bracelet or ring has become trendy. Pair that outfit with a neutral canvas wedge and red clutch and you've got yourself your next barbecue ensemble.

Aside from the nautical theme, stripes have many other ways of taking on a casual look. I call this the rustic stripe. You might see this in the French country design style, along with the shabby chic and cottage look. I've also seen this rustic stripe in the industrial style. You can find them printed on a kitchen towel, a grain sack pillow or even roughly painted

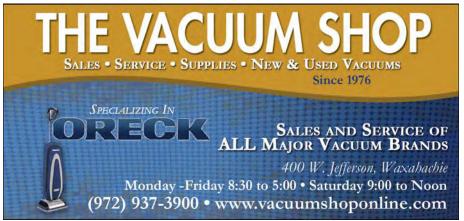




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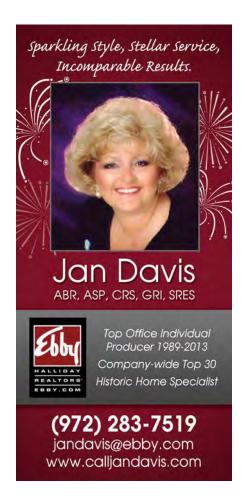
Wayfair.com Trimaran Striped Rug.

on a table or dresser as a charming accent. You won't find clean lines when observing this type of style, but the imperfect elements of the rustic stripe are where you find its true charm.

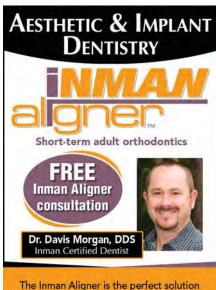
The rustic stripe can also be seen in the fashion world when applied to items such as the boyfriend jean, or even when printed on a summer scarf or canvas tote. I love pairing a bright and simple summer dress with a more rugged "rough around the edges" striped scarf. The contrast of those two elements creates interest and meaning behind an otherwise simple look.

It's hard to imagine that such a simple aesthetic can be applied to so many different design styles, but it's true. Whether you are going for the latest trendy look or the traditional classic look, stripes have the ability to take on many roles. What I find most appealing about stripes is their ability to never go out of style. They are timeless in so many ways and will always find a way to make a statement in both interior design and fashion.

Editor's note: For more information, please visit www.theblissfulbee.com.







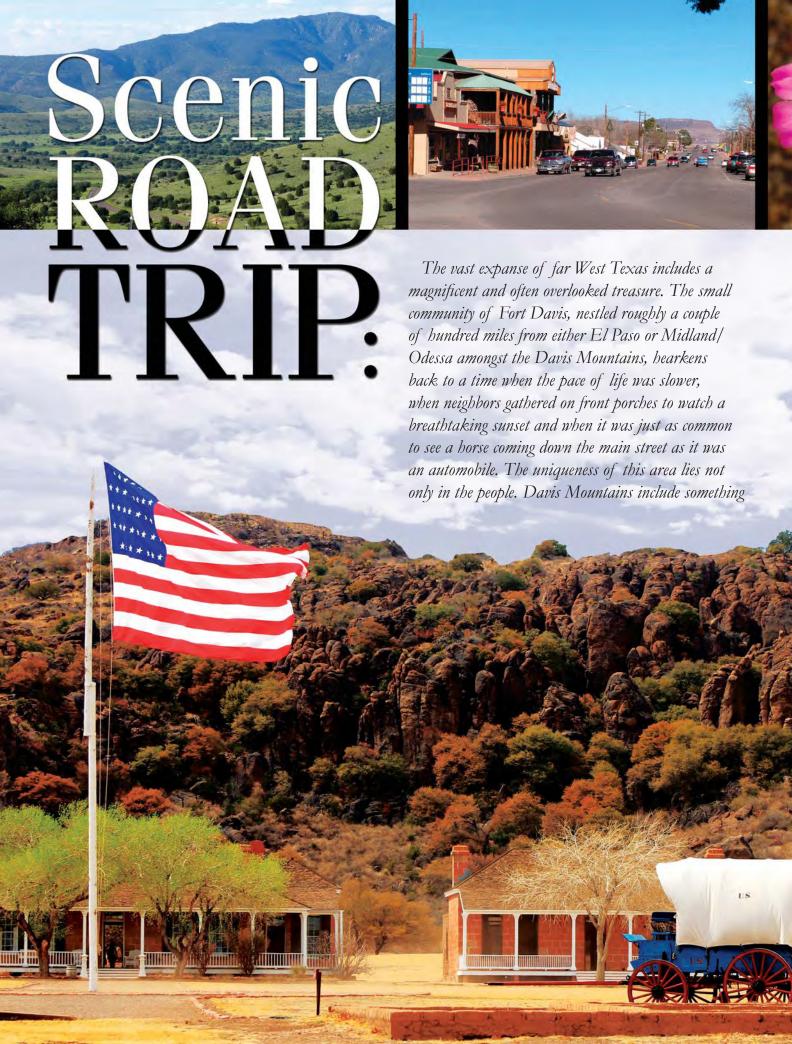
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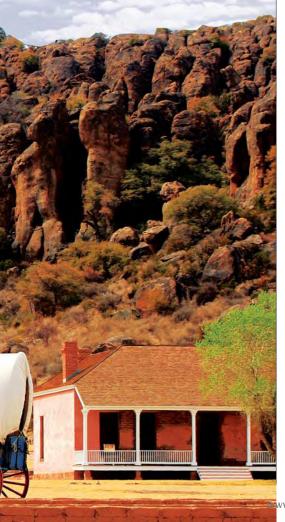






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Fort Davis sits at an elevation of 5,050 feet giving it the designation of "Highest Town in Texas." The climate of the area is pleasant year-round with average summer highs around 88 F and average winter lows hovering near 30. When visiting the mile-high town, hotels,











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bed and breakfasts and even cabins on a working cattle ranch are available to rest your head. The cuisine of the area will also tempt your palate at the many local restaurants, which are devoid of typical fast-food fare.

Warm and sunny days with little humidity give visitors an abundance of outdoor activities to pursue. Birders flock to the town that has been proclaimed the "Hummingbird Capital of Texas." Fort Davis serves as home to several varieties of the species including: Lucifer, Anna's, Black-chinned, Ruby-throated, Calliope and Broad-tailed hummingbirds. Hikers can take either an endurance test or a leisurely stroll when in the mile-high town. Trails run through several of the area attractions including the Madera





Canyon Trail on the grounds of the Nature Conservancy. Hunting excursions and jeep tours are even available through area ranches that offer everything from elk and aoudad to deer and antelope.

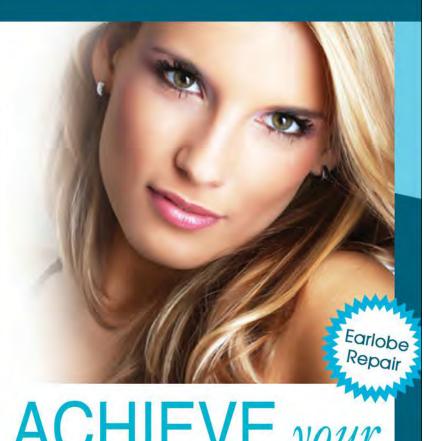
Beautiful days turn into incredible, star-filled nights when the sun sets in the Davis Mountains, With no major populated city within a hundred miles, very little gets in the way of stargazing and seeing the reality of the lyrics "the stars at night are big and bright," especially in Fort Davis. The University of Texas chose this area for its McDonald Observatory.

one of the major astronomical research facilities in the world. The Observatory Visitor's Center is open daily and has exhibits, a theater, a gift shop and cafe. Solar viewings and tours of the facility are also offered on a daily basis, but for those truly wanting the celestial experience, on Tuesday, Friday and Saturday nights, the Observatory holds its famous Star Parties. This outdoor extravaganza gives visitors the opportunity to look through multiple telescopes, view video presentations on astronomy and speak with experts who work at the Observatory — all under some of the darkest night skies in the continental United States.

The Davis Mountains State Park, considered by many to be the crown







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jewel of the Texas State Park System, is located just about five minutes from downtown. The park contains abundant wildlife, camping, RV hookups, mountain biking and miles of hiking trails along with a pueblo-style hotel complete with restaurant and pool right on the property. The Indian Lodge hotel was built in 1933 by the Civilian Conservation Corps and remains a visitor favorite among the many accommodations available in Fort Davis. The breathtaking views at the park offer photographers hundreds of opportunities to capture the essence of the area in print.

A visit to Fort Davis would not be complete without seeing the town's name sake, the Fort Davis National Historic Site. Established in 1854, the FDNHS remains one of the country's best examples of a restored frontier fort. Named after Secretary of War Jefferson Davis, the Fort played a major role in the protection of the Southwest along the San Antonio-El Paso section of the Southern Overland Trail. Buffalo Soldiers were stationed at Fort Davis from 1867-1885, and exhibits at the fort reflect the huge contribution they made in the settlement of western Texas and southeastern New Mexico. The self-guided tour takes you through the 474-acre site which offers hiking trails, a museum and visitor's center.

The flora and fauna of the area are highlighted at the Chihuahuan Desert Nature Center and Botanical Gardens located just four miles from downtown











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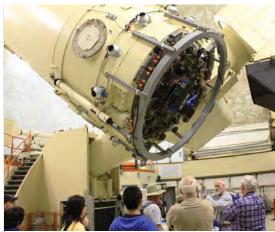
Bike Safety Rodeo - July 19 (FREE) 9:00 - 11:00am, CH Rec Center Parking Lot, Ages 5 - 14

Summer Outdoor Movie Night - July 31 (FREE) 8:45pm or dusk, CH Rec Center, Featuring Despicable Me 2

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Fort Davis. The educational programs and tours available give visitors a true feel for what exactly grows and lives in this part of Texas. The greenhouse contains over 200 species of Chihuahuan Desert cacti, and the Leaping Lizard gift shop has plenty of items to take a little piece of your experience home.

The 75-mile Scenic Loop takes travelers through the entire range of the Davis Mountains. This ride, a favorite of both motorcyclists and endurance bicyclists, has been called one of the most spectacular rides in the state. The majestic views are plentiful with areas along the way to stop and picnic or take advantage of the unbelievable photo opportunities.

Fort Davis may not have a single traffic light, but artisans and merchants abound. Handmade crafts, western art, custom cowboy hats and even homemade fudge can all be found, offered by a whole bunch of friendly people. The next time you are looking for a place to get away from it all, consider a scenic road trip to the Davis Mountains of West Texas.

By Robert Alvarez. Photography by Max Kandler.

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Laurie Trees and some of her dancers complete another recital season.

# Happiness Is Dance

Laurie Trees of Stage Door School of Dance makes self-expression fun.

— By Betty Tryon

Laurie Trees is easy to understand, if you can catch her. She seems to be in perpetual motion as she passes through her daily schedule, teaching diverse forms of dance to her students. "I'm into dance for self-expression," she smiled. "I have always wanted to dance and be a dance teacher." And she is uniquely qualified in the field, whether in her studio or in a public school. Laurie double majored in theater and dance with a minor in English at The University of Texas at Arlington. She became a certified teacher at various levels from K-12 in English, ESL, theater and dance, and worked in those departments for four or five years. In 1989-90, she taught drill team and dance at

Midlothian ISD. Laurie continued to add to her education in the arts by traveling several times to New York, taking classes from great dance masters.

Although she enjoyed teaching other subjects, dance is where her heart is. She credits her grandparents, D.B. and Jean Trees, for encouraging her interest by paying for her lessons. Beginning with new classes this fall, Laurie enters her 30th year of owning a dance studio. In preparing choreography for performances, Laurie has many different ways of composing the routine. But, like many artistic individuals, she admits she has to be in the right frame of mind to create.

#### Business NOW

That's not always easy as Laurie is busy all the time in her dance studio. Even after recitals are over — signaling the end of the dance season — Laurie is orchestrating the beginning of her summer season. "Regular classes are suspended until the fall," she said. "When school lets out, we have Summer Dance Camp until school starts up again." Since camp is an all-day affair, some parents take advantage of its value as day care or for just half a day. There is plenty of fun to be had with a new theme every week. From hip-hop, swimming and gymnastics to Broadway acting and performing in commercials, there is always some new training project. The classes also take a field trip every Friday.

Having fun is a running theme at Stage Door School of Dance. Laurie offers Parent's Night Out, where the kids demonstrate such activities as tumbling, sidewalk chalk and crafts. And as a group they head to Branded Burger to eat. In February, a big hit is the Valentine Lock In. Participants spend the night at the studio and are kept busy with bingo, pedicures, a makeup station and a pizza party.

Laurie also offers adult dance classes. Categories for instruction include: Country/Western, Latin, Ballroom and East Coast Swing (a kind of Jitterbug). "Sometimes couples use them as date night," she pointed out. "The classes are one hour for four weeks. Some come to prepare for Christmas parties or for going on a cruise." Other adult-themed activities are wedding-related, where a father and his daughter learn a dance they can do together at the reception. Couples also may learn a dance to share at an anniversary party.

Regular schedules at Stage Door School of Dance return when school starts back. It's a busy time, as the studio gears up for new classes in ballet, tap, jazz, tumbling, hip-hop and cheer pompom. "I have a wonderful street hip-hop teacher," Laurie added, "and a contemporary class which is really popular right now." The coming repertoire promises another dance season full of artistry, unique performances and fun for kids and adults alike.



#### Around Town NOW



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Midlothian Chamber of Commerce welcomes Heroes of Midlothian.



Nicole B., Arlington, TX

Since my early twenties, I have tried every 'fad' diet known to man. Even the diets that worked initially didn't last. As I got older, it seemed harder to lose weight, and harder to get motivated. I finally got to the point in my life when walking up the stairs left me breathless, and I told myself, "No more." I called DSC and the rest is history. In 16 weeks I've lost 52 pounds, feel great, have tons of energy, and have the self-confidence I never thought I would have again! Since the beginning of my journey at DSC, the staff has been my rock. Every week I walk in knowing that regardless of what the scale says I will walk away with the motivation I need to push myself for my next visit. I have completely changed the way that I look at, think about, crave, and prepare food. Although I am not quite at my goal weight yet, I cannot thank the DSC staff enough for their kindness, encouragement, motivation and friendship thus far. Because of No More their help, I will be 'High School Skinny' once again! **Belly Fat!** 

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Nicole lost 52 pounds in 16 weeks.

#### How Can I Gauge My Risk Tolerance?

Risk tolerance is an investment term that refers to your ability to endure market volatility. All investments come with some level of risk, and if you're planning to invest your money, it's important to be aware of how much volatility you can endure. Your tolerance for risk affects your choice of investments and the overall makeup of your portfolio.

If you are attempting to gauge your own tolerance for risk, consider the following factors:

**Personality:** Are you able to sleep at night knowing that you've put a portion of your hard-earned dollars at risk in a particular investment? Remember, it might be easy to tolerate a high-risk investment while it is generating double-digit returns, but consider whether you'll feel the same way if the market takes a downward turn with your investment leading the way. It's best to invest at a level of volatility that you are comfortable with.

Time horizon: The sooner you may need to use your investment dollars, the lower your risk tolerance. For example, if you plan to use the money to make a down payment on a house in two years, your risk tolerance is lower than if you're investing for retirement in 20 years. If you can keep your money invested for a long period of time, you may be able to ride out any downturns in the market (though time alone is no guarantee of higher returns).

Capacity for risk: How much can you afford to lose? Your capacity for risk depends on your financial position (i.e., your assets,

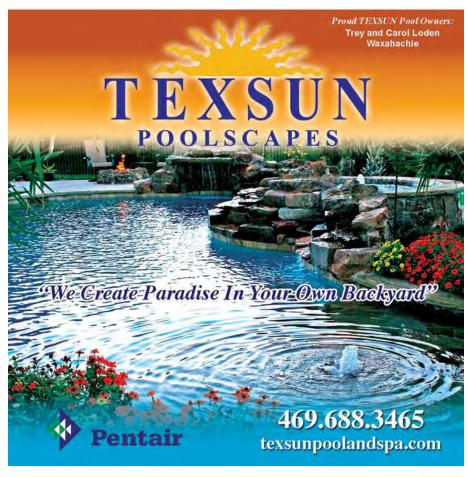
income and expenses). In general, the more resources or assets you have to fall back on, the higher your risk tolerance.

Many risk tolerance tests are widely available on the Internet and in books about investing. Most require that you answer a series of questions, and generate a score based on your answers. The score translates into a measure of your risk tolerance and may be matched with the types of investments that the author deems appropriate for someone with your risk profile. Although these tests may be helpful as a reference, your financial plan should be tailored to your unique circumstances. Don't hesitate to get expert help if you need it.

This information was developed by Broadridge, an independent third party. It is general in nature, is not a complete statement of all information necessary for making an investment decision, and is not a recommendation or a solicitation to buy or sell any security. Investments and strategies mentioned may not be suitable for all investors. Past performance may not be indicative of future results. Raymond James & Associates, Inc., member New York Stock Exchange/SIPC, does not provide advice on tax, legal or mortgage issues. These matters should be discussed with an appropriate professional.

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Jonathan Pope is a Raymond James Financial Advisor in Duncanville.





#### Taking a Vacation? Make It Easy on Your Feet.

Although rest and relaxation are the goals for most vacations, they usually involve a lot of walking. And a lot of walking usually involves sore feet and, in some cases, a visit to the doctor's office.

Walking is great exercise and one of the most reliable forms of transportation, but if your feet aren't in the best shape or you don't have the right shoes, too much walking can cause foot problems. Good foot care is essential if you plan to subject your feet to long periods of walking. Some simple foot care tips include:

- Wear thick, absorbent socks (acrylic instead of cotton).
- Dry feet thoroughly after bathing, making sure to dry between toes. Use powder before putting on shoes.
  - Nails should be cut regularly, straight across the toe.
- Bunions, hammertoes or any other serious foot problems should be evaluated by a foot and ankle surgeon.

The right shoe is also important to healthy walking. The ideal walking shoe should be stable from side to side, and well-cushioned, and it should enable you to walk smoothly. Many running shoes will fit the bill.

There are also shoes made especially for walking. Walking shoes tend to be slightly less cushioned, yet not as bulky, and

lighter than running shoes. Whether walking or running shoes, the shoes need to feel stable and comfortable.

Sometimes, the insert in your shoe may not be adequate for your foot type. If this is the case, you can see your foot and ankle surgeon who can dispense an orthotic which will fit your foot more appropriately than that supplied by your shoe manufacturer. The orthotics people buy over the counter at the store are many times not sufficient in providing the support which walking demands on the foot.

Performing warm-up exercises before walking can help alleviate muscle stiffness and pulled muscles. These exercises are also advised before walking to loosen up the heel cords (Achilles and calf) and thigh muscles. If you're not accustomed to long walks, start slowly and rest if your feet start hurting. And above all, have fun this summer.

Christopher Schmitt, DPM
Member of the American College of Foot and Ankle Surgeons
Southern Star Foot & Ankle
(972) 755-4620





#### July 3

Senior Citizen Food Pantry Independence Day Celebration and Fundraiser: 6:00-9:30 p.m., First United Methodist Church. Gospel singing, patriotic singing and children's activities will be provided. Hot dogs, hamburgers, chips and cookies will be sold. Bring your own chairs and sit around the church and parking lot to see fireworks at 9:30 p.m. after activities.

#### July 4

Midlothian 5th annual Independence Day Parade: 10:00 a.m., downtown Midlothian. The theme for this year is "Stars, Stars, Stars" in reference to the "DF"s Southern Star" tagline. Grand Marshal will be the Chris Kyle family. The Downtown Farmers Market will be held in conjunction with the parade from 8:00 a.m.-1:00 p.m. Stop by for a little shopping. Remember, the 200 Block of 8th Street between Avenue E and Avenue F is the "wet zone," and you will get wet!!

#### July 5, 12, 19, 26

Downtown Farmers Market: 8:00 a.m.-1:00 p.m., Heritage Park, 234 N. 8th St. Open air market hosted by the Midlothian Downtown Business Association held every **Saturday** morning from May through October.

#### July 12

Movie in the Park – *Frozen*: 8:30 p.m. Hawkins Spring Park, 1498 FM 1387. 2013 Movie from Disney Animation Studios tells the story of Anna's epic journey to find her sister Elsa and save the kingdom that is trapped in eternal winter. Rating: PG, Bring blankets and chairs. Concession stand will be open. Giveaways at every show.

Wildflower Walk: 9:00 a.m., Mockingbird Nature Park, 1361 Onward Rd. Guided walk led by members of the Indian Trail Chapter of the Texas Master Naturalists. Email information@itmnc.com.

#### July 16

The Ellis County Christian Women's Connection meeting: 11:30a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. Vouchers for mothers requiring childcare are available. This is a very positive, uplifting and refreshing time for women and includes a delicious lunch and featured guest speaker each month. For reservations, women can contact Margaret at (972) 825-3559.

#### July 18, 19

Ellis County Creative Quilt Show: 9:00 a.m.-5:30 p.m.

#### July 22

The Creative Quilters Guild of Ellis County: 7:00 p.m. Meeting location is the Waxahachie Bible Church, 624 N. Grand Ave., Waxahachie. Visit www.elliscountyquilters.com for more information.

#### July 25, 26, 27

Waxahachie Community Theatre presents the July Showcase-Kids production of *The Poisoned Apple:* Friday and Saturday, 7:30 p.m.; Sunday, 2:30 p.m., Gateway Church, 555 N. Walnut Grove Rd., Midlothian. Tickets are \$10 per person. Pre-school children are free with paid admission. For more information or to order tickets, visit www.waxahachiecommunitytheatre.com.

#### Ongoing:

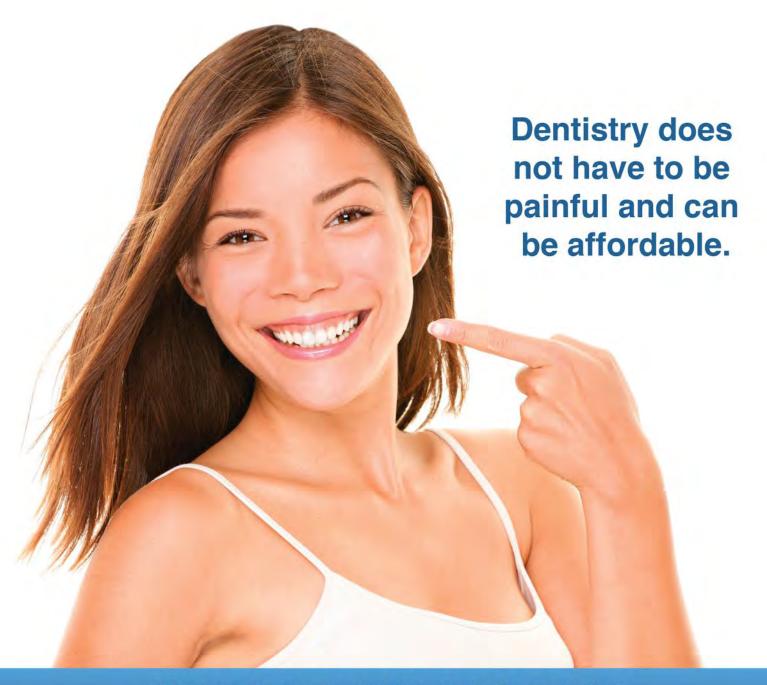
#### Tuesdays

Midlothian Rotary Club meetings: Noon, Midlothian Civic Center, 224 S. 11th St. Call (972) 775-7118 for more information.

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



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#### Cooking NOW



#### In the Kitchen With Mary Quintero

— By Betty Tryon

Reared in Alamo, Texas, Mary Quintero lived there for 27 years before moving to Midlothian. Once here, she started working for the Midlothian ISD food service and has fed the children in Midlothian for 19 years. Currently, she is at Walnut Grove Middle School.

As a self-taught cook, she admits to messing up many recipes before she finally got them right. "With Mexican dishes, you really don't need any recipes. It's a pinch of this and a pinch of that," she explained. "Some of the recipes I have used were from school recipes that I liked and tried at home." We get the benefit of her self-taught education as she shares some of her recipes with us. NOW

#### **Mexican Chocolate**

I cup nonfat milk 1 cinnamon stick I pinch ground cayenne pepper 1 Tbsp. unsweetened cocoa powder 2 tsp. granulated sugar 1/2 tsp. vanilla extract Pinch of ground cinnamon

1. Heat milk, cinnamon stick and cayenne pepper in a small saucepan over medium heat until simmering. Turn off burner. Let stand for 5 minutes. Discard cinnamon stick. 2. Whisk in the cocoa powder and sugar. Warm over low heat until hot. Remove from stove. Whisk in vanilla. Sprinkle with a pinch of ground cinnamon.

#### **Avocado Tomato Salad**

2 ripe avocados 2 large ripe tomatoes 3 tsp. chopped cilantro 2 tsp. fresh lemon juice Salt and pepper, to taste

- 1. Slice avocados and cut tomatoes into chunks.
- 2. Add cilantro, lemon juice, salt and pepper.

#### Chicken Taguitos

3 Tbsp. butter 2 tsp. Mrs. Dash Original Seasoning I tsp. garlic powder 4 oz. Philadelphia Cream Cheese 1/3 cup Frank's Hot Sauce 1/3 cup whole milk Salt and pepper, to taste 4 cups chicken, cooked and shredded 12 flour tortillas 2 cups mozzarella cheese, grated 2 tsp. vegetable oil **Kraft Blue Cheese dressing** 

- **I.** Preheat oven to 425 F.
- 2. In a saucepot, melt butter over medium-
- 3. Add Mrs. Dash and garlic powder. Stir to combine and cook for 1 minute.
- **4.** Add cream cheese; stir until melted and completely combined with butter and spices.

Whisk in hot sauce and milk. Simmer for 5-8 minutes. Add salt and pepper.

- 5. Combine chicken and sauce.
- **6.** Fill tortilla with about 1/4 to 1/3 cup chicken and 2 Tbsp. mozzarella cheese. Tightly roll up taquito and place on greased baking sheet. Repeat until chicken is gone.
- **7.** Brush taquito with vegetable oil on all sides. Bake for 15-18 minutes. Rotate every 5 minutes until golden brown.
- **8.** Serve with Kraft Blue Cheese dressing.

#### Classic Stuffed Bell

4 qts. water 4 large green bell peppers  $1 \frac{1}{2}$  tsp. olive oil I small onion, finely chopped 12 oz. ground beef 3 garlic cloves, minced 1/2 cup long grain rice 1 14 1/2-oz. can diced tomatoes. drained, reserve 1/4 cup juice 5 oz. Monterrey Jack cheese, shredded (divided use) 2 Tbsp. parsley, chopped

- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 cup ketchup
- **1.** Bring water to boil in a large pot over high heat.
- **2.** Cut tops off peppers and remove seeds. Set aside.
- **3.** Boil peppers for 3 minutes or until they begin to soften. Remove from pot and place cut side down on paper towel to drain.
- 4. Adjust oven rack to middle position and heat oven to 350 E.
- **5.** Heat skillet over medium-high heat and add oil. Add onions and cook for 5 minutes. Stir occasionally. Add ground beef and cook until no longer pink.
- **6.** Stir in garlic and cook for 30 seconds. Transfer mixture, rice, tomatoes, 1 cup cheese, parsley, salt and pepper into a bowl.
- **7.** Stir together ketchup and reserved tomato sauce in a small bowl.
- **8.** Place peppers cut side up in a 9-inch square baking dish. Divide filling evenly among peppers. Spoon 2 Tbsp. ketchup mixture over each filled pepper and top each with 1 Tbsp. of remaining cheese.
- **9.** Bake 25-30 minutes or until cheese is brown.

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

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