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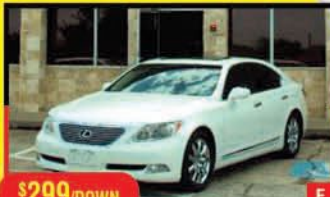
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ON THE COVER



The team from Paws for Reflection Ranch helps veterans with supportive programs.

Photo by Amy Ramirez.

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Editor's Note

Hello, Midlothian!

John Adams, one of the authors of the Declaration of Independence, wrote this letter to his wife referencing the event of signage. The date is incorrect, however, the spirit lives on.

"The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to

be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forevermore."

Some of the pomp has changed, but the illuminations are even more brilliant and the celebration just as loud and merry. Happy 239th birthday America! Enjoy your Fourth!

Betty

Betty Tryon
MidlothianNOW Editor
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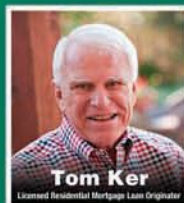
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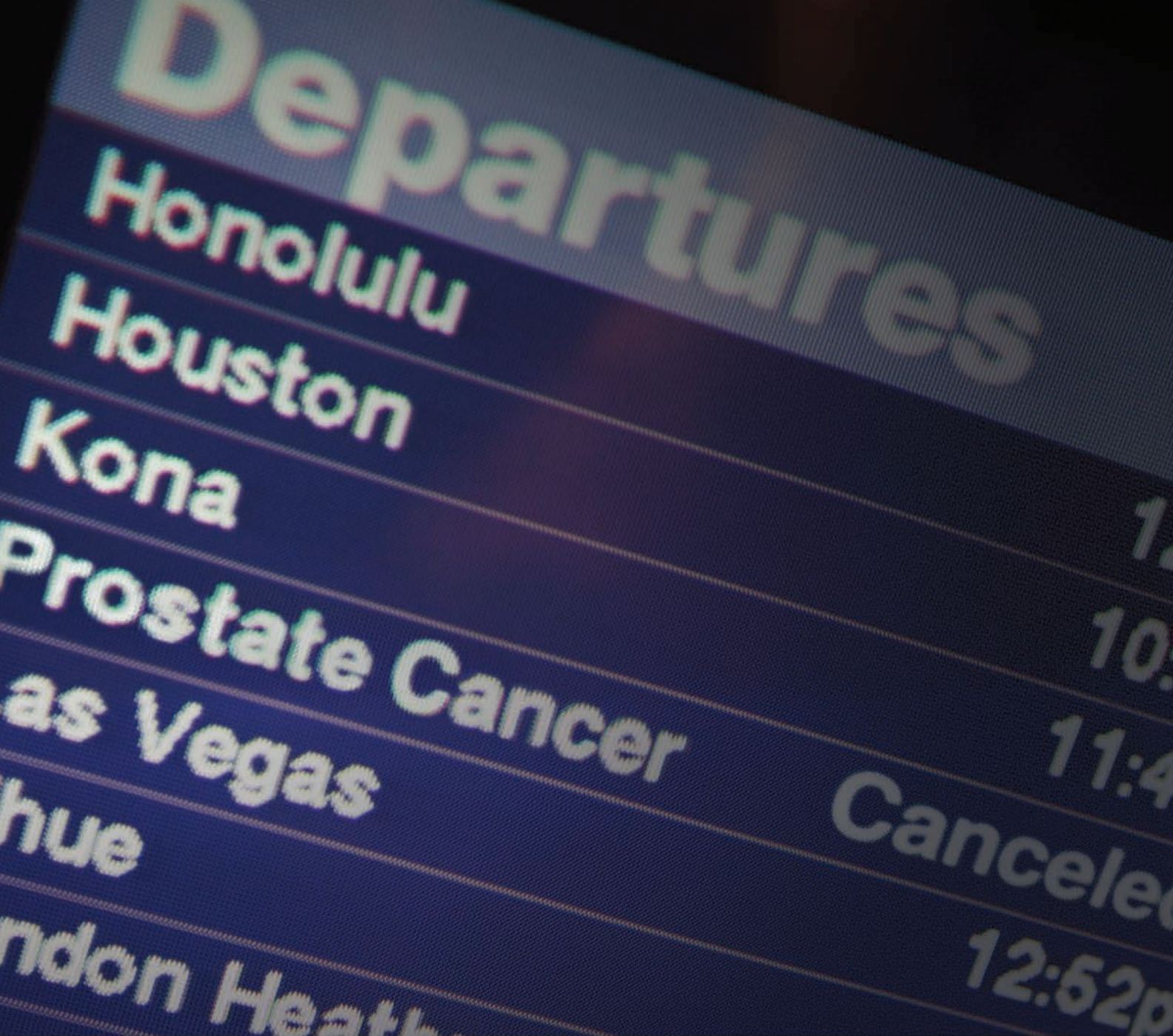
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— By Betty Tryon



True altruism comes in a shining moment, demonstrated in lives that are changed for the better. A young soldier who served valiantly in Iraq returned home with post-traumatic stress disorder and a traumatic brain injury. He had periodic suicidal ideation and treatment was illusive. He tried going to school and to hold a job but was unsuccessful. He did not want to return to the VA for help, and his situation seemed hopeless. That is, until he received assistance from a counselor in a unique program called Boots of Honor at Paws for Reflection Ranch.

The amazing transformation in this young man's life is indicated by the fact that today he holds two jobs, is married and no longer qualifies for a diagnosis of PTSD. This transformation was facilitated by the support of Melode Seremet, owner of

Paws for Reflection Ranch and president/executive director of the Boots of Honor program; Brooke Knox, clinical director and licensed professional counselor; and Kylie Heath, therapeutic riding director and horse specialist with a degree in therapeutic recreation. This exceptional program is designed with compassion, care and professional precision for a group of people in our population that many times do not get the best of what they need.

"Boots of Honor encompasses the other programs we do," Melode explained. "It's the umbrella for the veterans' services. I wanted to do this program, because veterans are an underserved population in our area."

"Military families sacrifice so much, and there are so many dark things they have to experience," Brooke said. "It's an honor to be trusted with their secrets." Brooke, a military spouse for 10 years, at one point had a high-risk pregnancy. Because of that, her husband at the time didn't get to deploy. She praised the military for their care of her and her baby. Because her ex-husband never got to serve, she sees her participation in this program as a way of giving back.





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For Kylie, it's all about horses and how they can be effective in helping others. She grew up in the suburbs but has always had a passion for horses. "It was a passion given to me by God," she expounded. "I just love to share that with other people, whether it be the kids with special needs I see every day or the veterans. If you are going to be around horses, you are going to keep learning. It's just like relationships. You're always learning and, hopefully, learning how to communicate more effectively."

Boots of Honor services are free to any current active military personnel or any veteran honorably discharged and their dependents. The comprehensive counseling program includes: equine assisted counseling, play therapy, therapeutic horsemanship, therapeutic riding and music therapy. A menagerie of animals is used for therapy — horses, chinchillas, hedgehogs, rabbits, pygmy goats, miniature horses and potbelly pigs. The ranch provided these services pro bono until they applied and received a \$75,000 grant from the Texas Veterans Commission Fund for Veterans' Assistance. They recently received their second grant for the same amount for another year. "We served veterans for free, because we thought it was the right thing to do," Brooke remarked. "With the grant, we can now help more veterans and their dependents per year. We have



"Working with the veterans is part of our mission, and it's very rewarding."



services from age 3 to seniors. They can come here privately for free and not have their military career affected. A lot of times, people will not seek treatment out of fear of losing their security clearance. We can be absolutely confidential and only report back to the VA with the client's permission."

As the therapeutic riding director, Kylie works mostly with the dependents in that group. "The therapeutic horsemanship group is for actual



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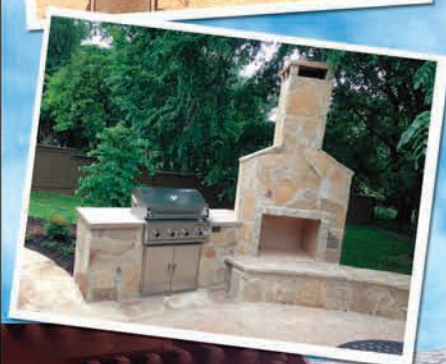
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veterans," she noted. "They come and learn horse skills from the ground up. First, they choose a horse, and then they learn how to build a relationship with that animal and work toward riding."

In the counseling program, the counselors do groundwork but no riding. The therapeutic horsemanship program is for individuals who are not interested or not ready for counseling but still want to do something that results in a therapeutic benefit. "It helps relieve stress, and they learn coping skills," Brooke noted. "It transfers into life, because anytime you're working with the horse and building a relationship with it, you'll naturally transfer the skills you learned into your relationships outside of the therapeutic environment."

With their clients, the counselors engage in a concept used in horse training called pressure and release. "Horses respond to pressure," Brooke said, "so, when you want to tell your horse they are doing the right thing, you release pressure. This translates into your relationships. We have an exercise where we ask clients to move their horse, but don't touch them. What we observe is what I think they do in their relationships. If they can't move their horse without



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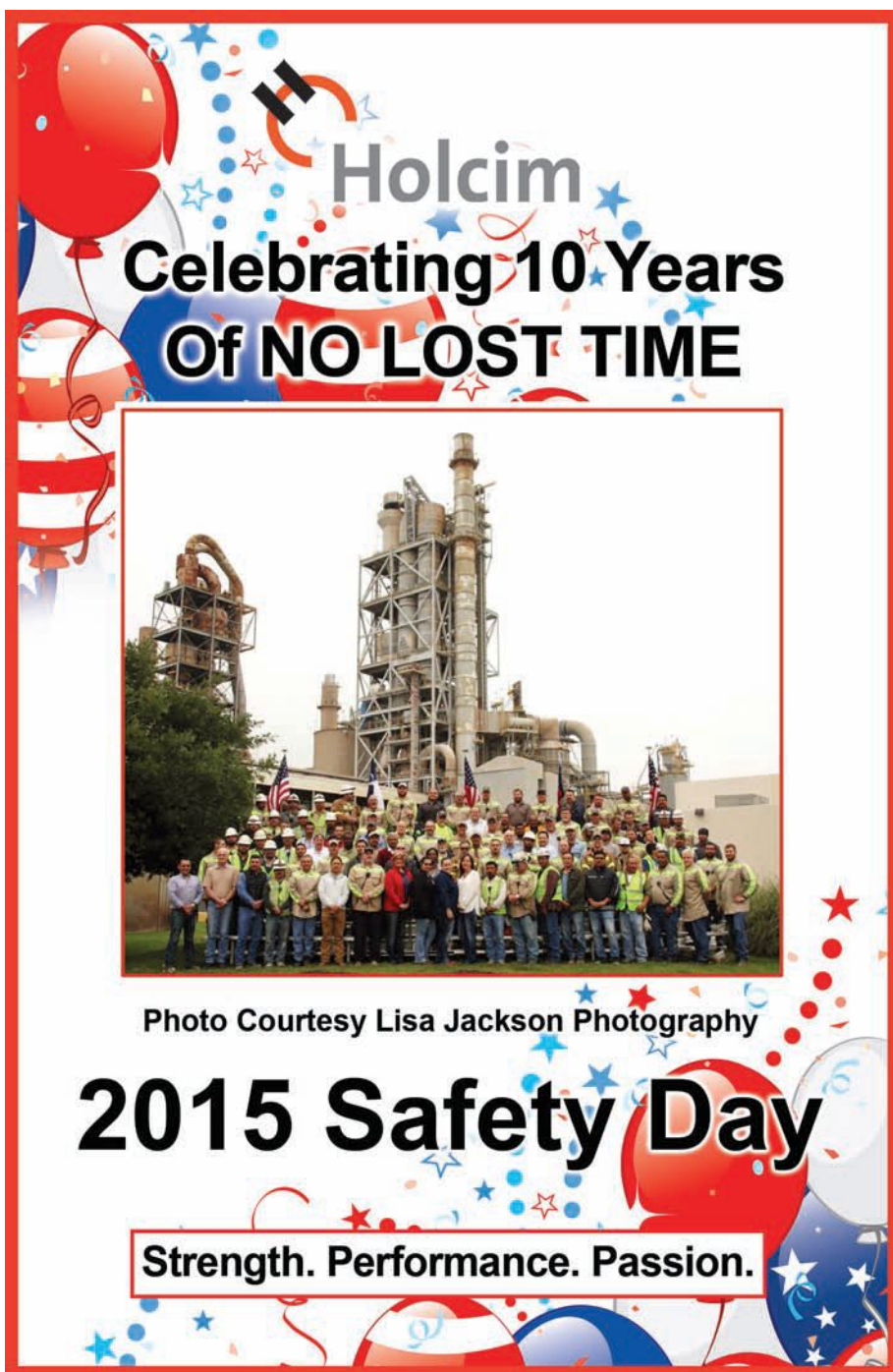


touching, the first thing they do is bribe their horse with grass. Then they try to force them in some way, and the next thing is giving up. When answers aren't easy to find, their problem-solving skills are minimal, so that's what we build on — giving them more options. Once they learn to do that with their horse, it naturally translates into their home lives."

"We have this illusion that we can control horses, just like we may think we can control other people," Kylie reasoned. "That's an illusion. If your horse doesn't want to get near you, then that's 1,000-plus pounds of wanting to get away. You have to be authentic with the horse, because they will always be authentic with you."

From their experiences with the horses, clients learn how to communicate more effectively with others in their personal environments. "For those who have PTSD, this is a place where they can turn off that hypervigilance," Brooke said. "They can take a deep breath and relax and feel safe. We're usually the first people they tell about any kind of combat trauma they've experienced."

Melode uses the resources of her ranch to help the veterans, because she believes they deserve it. She also has a dual mission to show others how helpful animals can be in their lives. "Animals have so much to give," she offered. "We have horses to hedgehogs, and I think it is good stewardship when people come here and learn to treat animals differently and better. I feel that part of my mission is to educate people about how all animals offer something. Working with the veterans is part of our mission, and it's very rewarding." **NOW**



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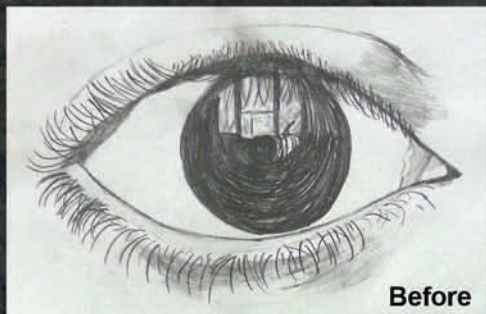
Dramatic Draw

— By Betty Tryon



The differences were startling. The drawing of the first eye clearly looked as though it was done by an amateur. The second drawing of an eye had the mark of a professional touch. Both drawings were made by the same person a school year apart. Jeremy Eggleston, art teacher at Midlothian Heritage High School,

challenged his students with the assignment. "I have them do a drawing at the beginning of the year and the same drawing at the end of the year. The students have to draw a picture of the same eye. You can always see progress. I give them an experience where they improve their technical skills at drawing and



Before




After

then show themselves how they've improved and progressed." Jeremy hangs the drawings in MHHS' hallway for everyone to see the dramatic difference.

Jeremy's path to this point in his life as an art teacher is something he did not foresee. "If you had told me I would be a teacher in high school, I would've said you were crazy," he laughed. "But I just loved the interactions with my teachers in the drawing classroom, and that's when I decided I'd like to teach art."

He grew up in Edgewood, Texas, where the population was about 1,200 people. His graduating class was only 75 students. It was a big culture shock when he came to Midlothian. "Becoming a teacher at a high school with 2,400 kids was massive to me," he shared. "Now it's more like family." Leaving Midlothian High School and becoming the art teacher at MHHS, he is back in an environment that is more familiar to him. As a growing campus, MHHS only has a fraction of the kids who will eventually attend school there, but Jeremy likes the smaller numbers while they last. However, he also sees how having large numbers of students can equate to having more talent.


Jeremy graduated in 2009 from Stephen F. Austin State University with



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a bachelor's in art education with an emphasis in drawing. As a young child, he was considered above average in drawing, but in junior high and high school his interests were in socializing, sports and computer science. When he went to SFA's computer science department to begin his college career in digital media, he was referred to the art department on campus. "The digital media major is where you learn to create artwork and do web design through the art department. So, I decided to become a digital media major and become a graphic designer,"

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Jeremy's drawings.

he explained. "I started taking art classes just to get the fundamentals of how to draw, and I fell in love with being in the classroom environment. I got serious about my artwork when I was in college."

Jeremy started taking painting classes his first week but became so frustrated he wanted to quit because he felt he wasn't good at it. However, surprisingly, it has turned into one of his strengths. He struggled originally, because he was working with oil paint and thought it was really hard to use. Throughout that semester, his skills increased, and he began to enjoy the medium. Although he actually draws more than he paints, and is mainly a portrait artist due to his interest in the human face, he actually finds painting more fun. "A lot of the time when I'm painting, I'm much happier than when I'm drawing," he shared. "Paint just sort of surprises me. You may be trying to do something, and then the paint does its own thing."






Jeremy remembers the joy he experienced in a classroom setting in college and still keeps that enthusiasm now that he is the instructor. He seeks



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to provide an atmosphere where his students can have a creative outlet to express themselves and progress in their art. "In Art I class there are the basic elements and principles of design, color, line, shape, value, texture and space," he explained. "My philosophy of teaching art, especially Art I, is I'm trying to give them an experience. Many of them think drawing is a talent — either you have it or you don't. That is not true. Drawing is a learnable skill just like shooting free throws. You learn it with practice like playing the guitar or piano."



Because he teaches his students that art is a learnable skill, Jeremy tells them it is OK if they are not that skilled or don't have confidence in themselves. "It's individual effort from them. It is a matter of how bad they want to learn it," he declared. "My goal is to get them to make at least one thing, and hopefully more than one, that they are really proud of. I want them to have at least one project where they surprise themselves and say, 'Wow, I can't believe I was able to make that!' and not because of me, their teacher, but because of themselves."

Part of giving the students an experience in art is allowing them freedom in an assignment. In math or science classes, students have a set

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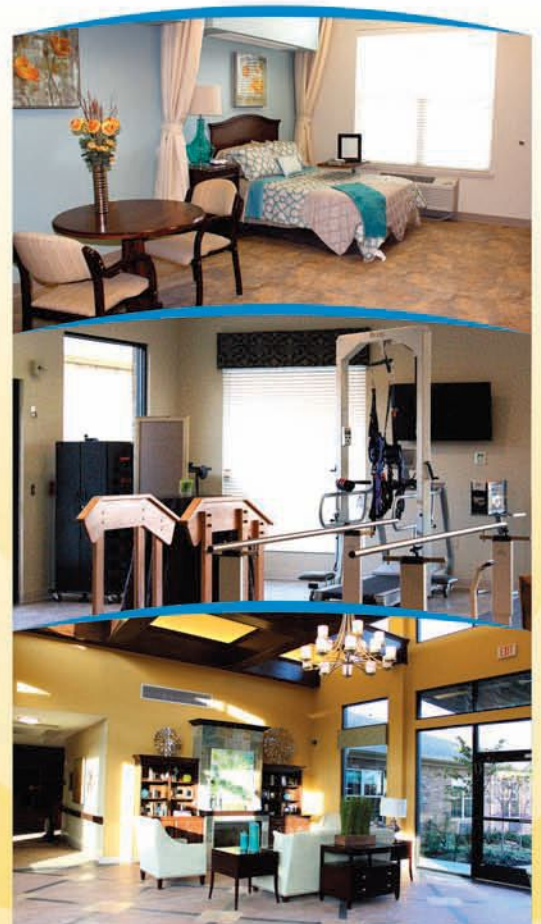
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of instructions to follow, but Jeremy's art class is structured differently. "The students are rule followers," he explained. "It kind of freaks some of them out if I give them an open-ended assignment and say, 'Create what you want.'" One such open-ended assignment he gave his students was in color theory — how colors can display different moods, such as red for anger and purple or blue for showing somber or depressing moods. For the assignment, the students were to draw a portrait and show an emotion through color. Jeremy gave them the choice of coming up with their own image to draw instead of everyone drawing the same thing. "For some of the students, that was a challenge," he said. "But others embraced the assignment."

In addition to drawing and painting, the students also learned the technique of scratchboard. "They have a sheet of claylike substance with black ink over it," he stated. "The students take a knife and have to scratch away the black and show the white underneath. So, basically, they are drawing in reverse where they show light areas instead of dark areas." Examples of scratchboard and images showing emotion with color are displayed along the hallway walls of the high school.

Jeremy appreciates his role as art teacher to the ninth-graders. "Art is something I've rekindled my childhood passion for. Being in a classroom every day creating, being creative and drawing is amazing!" **NOW**



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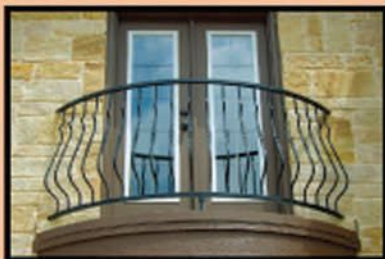
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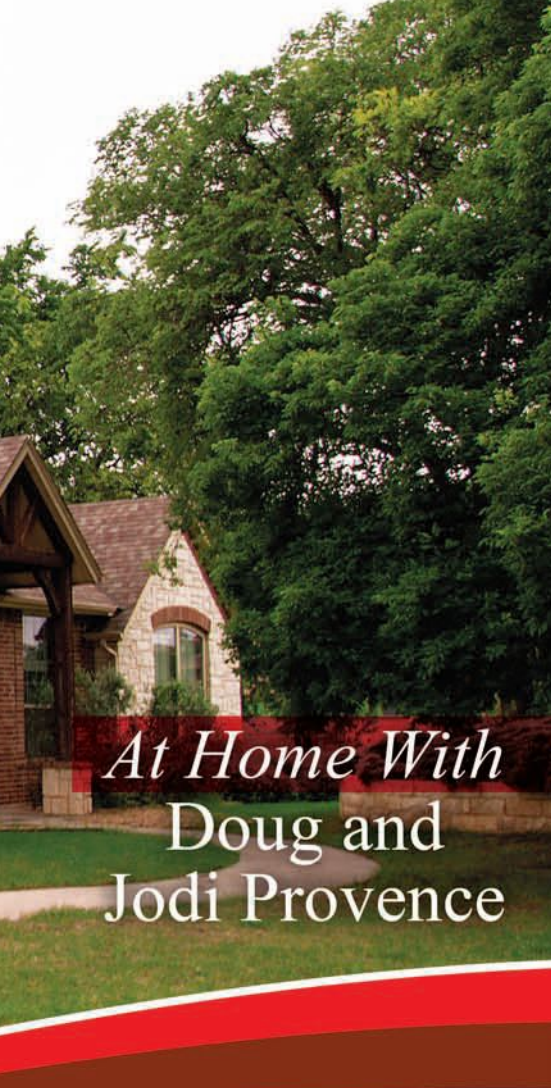
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There is no shortage of new homes in Midlothian. With so much building in so many areas, people have ample chance to create a home that is unique to their style and preference. Sometimes, though, it can be difficult to create that same distinctive feel in a home that is not new. Other times, the hassle or cost of change can prove too much. But for Doug and Jodi Provence, their “new/old” place has given them plenty of possibilities to have a home like no other. Truly, Doug and Jodi have made this house their own.



At Home With Doug and Jodi Provence

Doug grew up in the Texas Panhandle. "I wasn't sure what I wanted to do after school," he said, "so I did general studies in college and then served 20 years with the Marines." After boot camp in San Diego, Doug was stationed and served in about a dozen locations. "I had three deployments to Iraq and Afghanistan, and retired from Camp Pendleton in 2014," he detailed. He now works for a wood and wood alternative sales company as a continuous improvement coordinator.

Jodi grew up in California, graduating from high school in Orange County. "I started working at a really young age, so I was in the workforce right after high school," she explained. For the last 17 years, she has worked in the staffing industry and currently manages contract labor for a major banking company.

Almost 20 years ago, Doug and Jodi's paths crossed in Orange County, California. "I was stationed in Tustin, and one of my friends knew Jodi," he recounted. "There was a big pool



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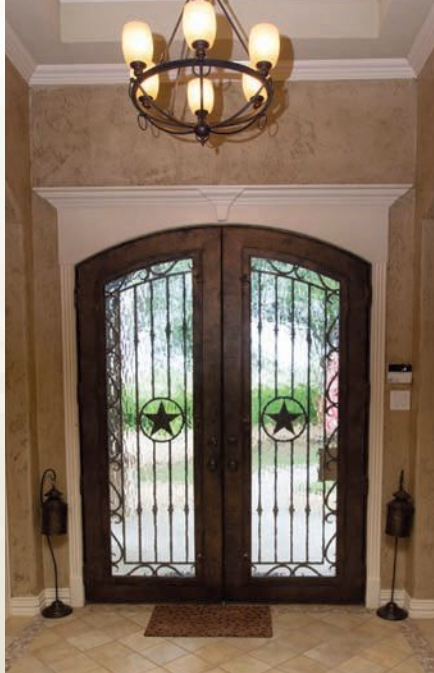
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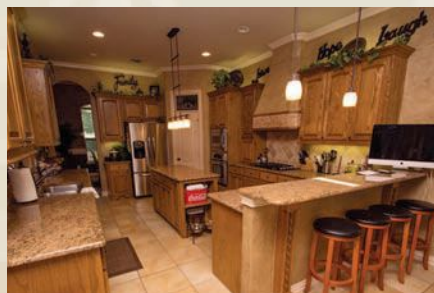


party, and we met.” Doug and Jodi started dating shortly after meeting at that barbecue, and they got married in November 1996. Including several military moves across the world, the two have enjoyed almost two decades of marriage, with two sons completing their family. Zachary is 16, and is on the Midlothian High School wrestling team. Matthew is 12, attends Walnut Grove and has started taking karate. “Both of the boys like playing video games, going to the pond — just doing normal boy stuff,” Doug said.

With Jodi working from home and Doug not knowing what his second career would be, their choices for settling after the military were wide open. But Jodi had

one thought. “We lived in Fort Worth for a while, and I would drive along 287 to visit my sister in Palmer,” she shared. “I always liked Midlothian, even though I never put much thought into it.” When it was time to find a home, though, they decided almost immediately to make the move to Midlothian. “On day two of looking in this general area, I had a feeling in my gut that Midlothian was it, even before we found our home,” Jodi added.

Once they decided on Midlothian, they quickly found the house they were looking for. From the street, it stands out among its neighbors because of enormous trees and an ornate front door. “This was one of the only houses we looked at that had a big, decorative front door. I fell in love with that,” Jodi explained. From the front entryway, views of a freshly painted dining room, office, living room and kitchen are all present. “When we bought the house, the walls were mainly mint green, which wasn’t our style,” she said. To make the home match their tastes, Doug and Jodi changed the colors to coffees and browns throughout the house. The dining room furniture





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Doug and Jodi have framed photos and jerseys of their own boys, as well as some famous athletes, to give the room the perfect feel for playing, or watching, a big game.



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belonged to the previous owner and was part of the purchase deal. Several other such pieces are found throughout the house. The living room and most of the house includes crown molding and window casings that are perfect for today's style. "Other than the color that we wanted to change, this house had everything already done. It was perfect," Jodi summarized.

While many homes boast split bedrooms, this house has the rooms separated three ways, which allows the boys to both have space of their own. Zachary's room has a few skateboarding posters, but is pretty minimalist. Matthew has a typical room for a middle-schooler, with posters adorning his walls. Both boys have a bathroom to themselves, though Zachary's doubles as a guest bathroom as well. The master bedroom is a dark brown, as Jodi thinks it makes the room seem warm. A large bathroom features a walk-in, two-head shower and ornate sink areas that extend the elegance of the house to an area that sometimes is overlooked.

Jodi likes the kitchen, which is big and open. "This is another example of the previous owner doing everything right," she said. Dark honey cabinets are accented by granite counters and beautiful stonework that even extends onto the vent hood. Doorways and open spaces give views and access to almost every other common area in the house.

While Jodi loves her kitchen, Doug is especially pleased with the game room. "We can shut the doors to give the kids and ourselves space when we need it," he explained. "And they have their own



door to the patio, so they don't have to come through the house from the backyard just to watch TV or play pool." Along with the entertainment aspects, Doug and Jodi have framed photos and jerseys of their own boys, as well as some famous athletes, to give the room the perfect feel for playing, or watching, a big game.

The heart of the home though, is what lies beyond those back doors. About a year ago, Doug and Jodi turned a decent-sized patio and backyard into a mecca of outdoor



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Doug and Jodi's acreage also includes a pond that is shared with neighbors on each side. "We asked and neither neighbor really cared what we did with the pond," Doug shared. "So we just had it set up to be stocked for fishing." Now the family can go out on a small boat and really get the country feel right in their backyard. With so many personal touches, both big and small, Doug and Jodi really made their house their own. **NOW**

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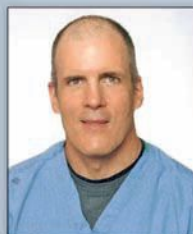


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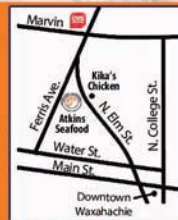
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FROM FATHERS TO

— By Zachary R. Urquhart



Texas used to be a hub for professional wrestling, or more aptly, wrasslin'. But no more are the days of the Sportatorium hosting the Von Erichs versus the Freebirds. In its place, a new pastime is developing, a growing love of amateur wrestling. Wade Biermann is a big part of growing that tradition here in Midlothian. As the head coach of the Midlothian Youth Wrestling Club, Wade is helping local kids get a hold on wrestling.

Wade grew up in Iowa, a state that has some of the richest amateur wrestling traditions. "We were a big wrestling family because of our Iowa roots," he said. When he was 4, the family moved to Arlington, where



SONS

wrestling was still in its early stages. But Wade was fortunate to join a club that was close enough. "Wrestling was new here, and there were only two clubs in the Metroplex. There was one in Dallas, and I wrestled with Poly America in Grand Prairie," he detailed. His parents were instrumental in his continued wrestling experience, as well. "My parents were really involved in getting high school programs in Arlington," he explained.

Beginning at age 8, Wade wrestled under club coach Tony Warren, who is a resident of Midlothian. "My freshman year, I was the only wrestler at Bowie High School. Arlington High School had an established team, but the rest of the Arlington schools had to combine





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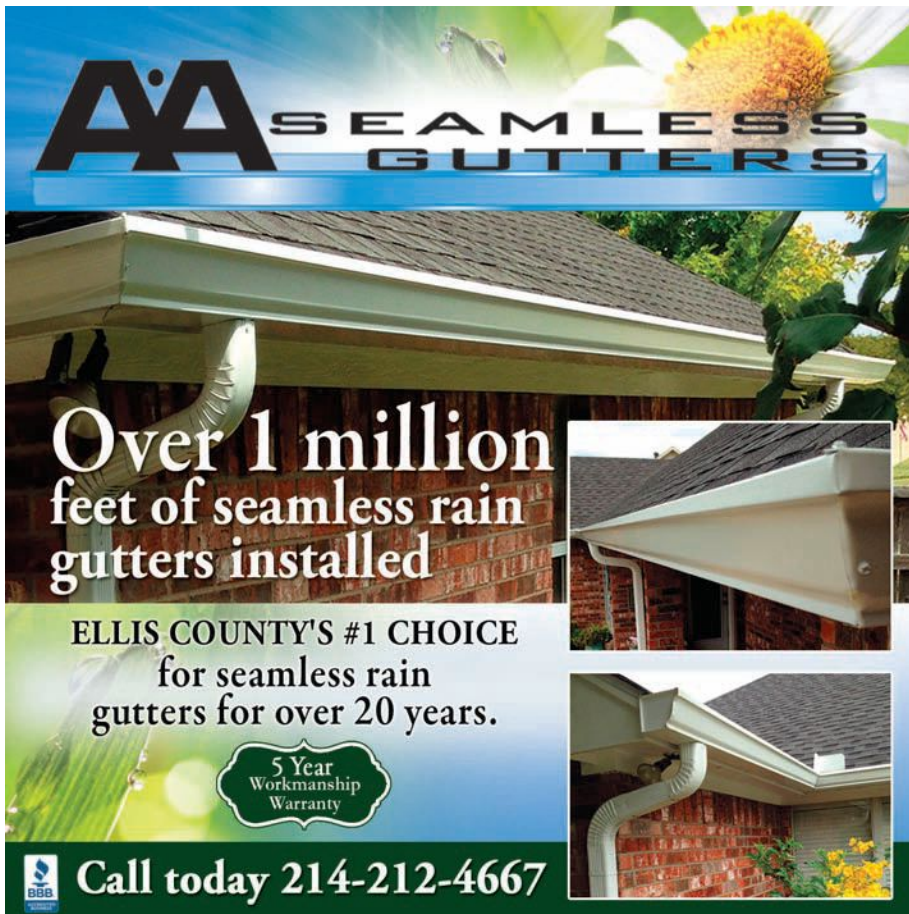
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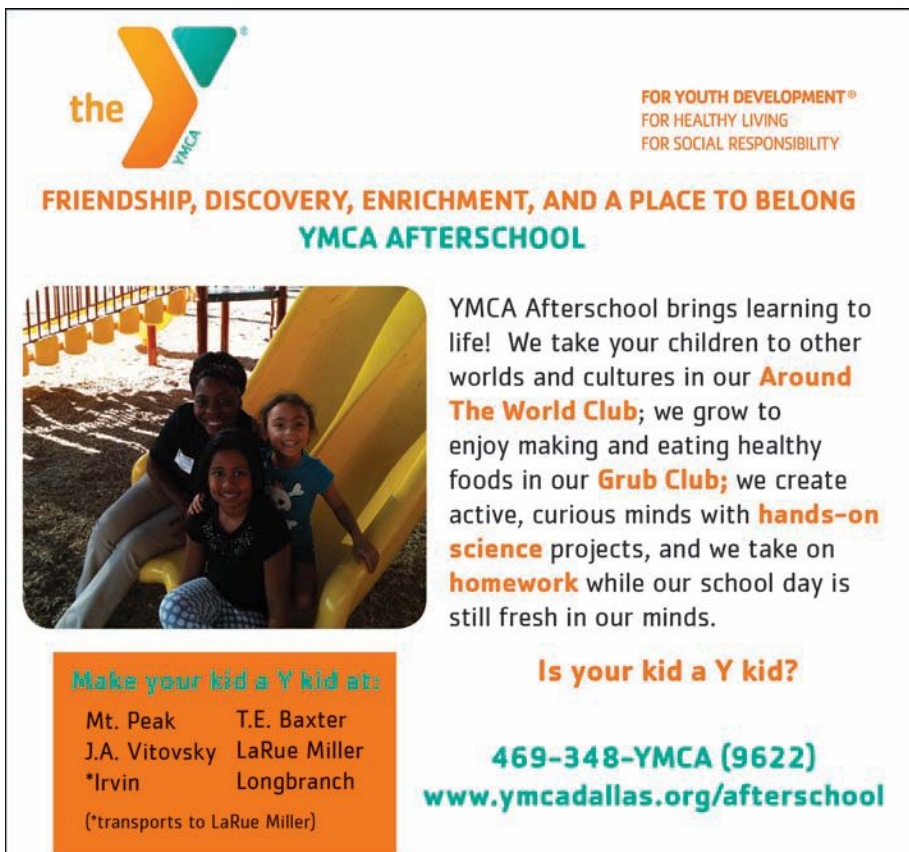
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Midlothian Youth Wrestling Club coaches: David Bostwick, Wade Biermann, Barry Hammonds, Joe Trevino and Brandon Allmon. Not pictured: Bo Wigington and Skip Mondragon.

to make one team," he recalled. Coach Warren took over that team, so Wade had the same coach from the time he was 8 until he was 15. "It was awesome having Coach Warren," Wade said. "We fish together. He's the head coach at South Grand Prairie now." The years of hard work with Coach Warren and his high school coach, David Mudgett, paid off, as Wade was a two-time state champion and went on to wrestle for the University of Central Oklahoma.



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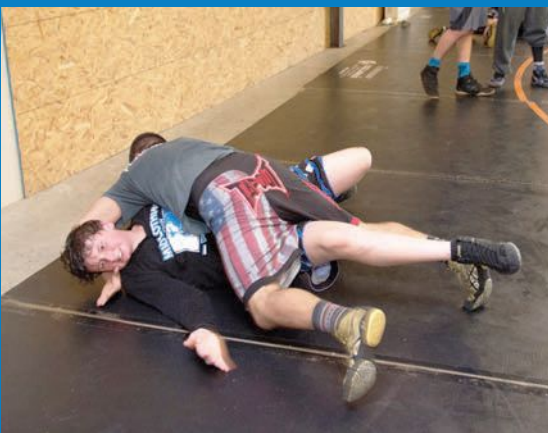
During his years at Bowie, Wade met his now wife, Jessica, and they have bonded around wrestling for over a decade. "I was a manager for the wrestling team," she remarked. "We were high school sweethearts and got married in 2003." Their sons, Eli and Zane, are both in the club, and that is part of what brought them to Midlothian a few years ago.

After a lifetime in Arlington, Wade and Jessica were ready to move, and having the boys be able to wrestle was part of what they considered in looking for a new home. "Midlothian has a



small-town feel and youth wrestling,” Wade stated. “Wrestling is a legacy sport. Fathers pass it on to their kids, and we wanted to be sure we could continue that wherever we went.”

When they moved in August 2013, Wade and Jessica immediately got involved with the Midlothian Youth Wrestling Club. Based on his experiences as both a champion wrestler and a coach with Eli’s previous club, Wade was quickly tapped as an assistant to



Head Coach David Bostwick. “I really just wanted to help out however they needed,” he recounted. “But a few weeks into practice, David called and asked if I would take over as head coach. I knew I was up for it, so I told him, ‘I got this.’”

The team ranges from kindergarten through middle school, so Wade has a tough task managing a practice that is optimal for all of the kids involved. “We had a lot of little ones this year. I get them running, because they listen better when they’re breathing hard,” he laughed. “So for the first several months, I spend an hour with the young



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beginners, and then do two hours with the older kids.” They practice three nights a week, so it is a busy schedule for Wade and the other families.

Jessica praises the parent involvement in the club. “You really have to have a wrestling family,” she detailed. “Practice times add up, even local tournaments are all day, and the parents have been great with fundraising.” Wade admits that the time commitment is probably the toughest part of his coaching. But Jessica knows it is worth it. “It doesn’t take away family time, it *is* our family time. And we have made a community out of it. The boys wrestle so hard and put a lot of time in, and part of the reward is spending so much time with their wrestling buddies,” she added.

In addition to the family involvement, Wade is grateful for the group of coaches who lead with him. “David Bostwick has done such a great job of growing this group,” he stated. “Skip Mondragon and Joe Trevino are awesome. Bo Wigington moved here from Florida and wasn’t going to coach, but he has experience, so we talked him into it. And I grew up wrestling with Barry Hammonds. He doesn’t even have a kid in the program. He just loves the sport so much that he helps.”

In two years, Wade has seen tremendous growth in both the size and quality of the team. “When I started, there were about 30 kids,” he said. “And this year, we had about 50 at one point.” While there are often kids who will come for a while and then decide wrestling is not for them, Wade is proud of his open

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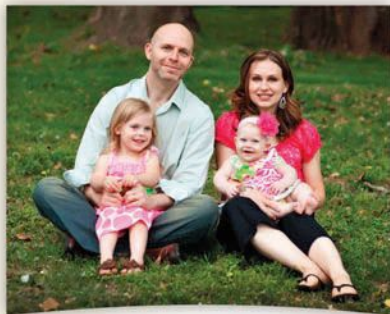


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door policy. "I want anyone who wants to be here to come. I even let wrestlers from other clubs come if they want," he explained. While some parents question letting the rivals see the competition, Wade knows that wrestling more and different opponents can only help.

This year, his coaching and the boys' work earned several accolades. "We had kids win medals across all divisions, and our team earned third in state for Novice State," he beamed. His own sons were both state champions, with Zane earning triple honors. "There are categories for rookie, novice and open wrestlers, and he ended up winning all three divisions," Wade explained. Coaching his sons is an interesting part of what he is doing. "Eli is easy, he responds really well to how I coach. But Zane is tough sometimes, he doesn't always do well if I yell at him," Wade admitted. "I don't yell a lot, but sometimes during Zane's matches I turn into one of those guys that everyone is probably looking at kind of funny."

Along with passing his love of the sport to his own kids, Wade's favorite part of coaching is seeing the kids' hard work equal success. "I spend a little bit of each practice showing techniques, and seeing them use the moves they learn is great," he recounted. "And probably the best part is seeing a kid win his first match or win a tournament." Based on how well his team has done lately, Wade has had plenty of opportunities to see the hard work both he and the kids have put in get results. **NOW**

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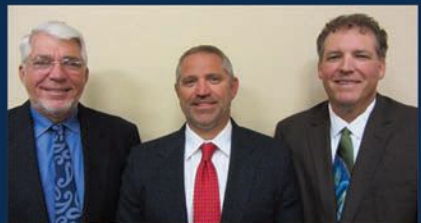
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Revamping the Kid's Room

— By Sara Edgell

The decor of a house is a direct reflection of the family that resides within, and the same is true of a child's bedroom. As children grow, their interests, hobbies and tastes change. What they find appealing from ages 4 to 7 will very likely be different from an 8- to 12-year-old and definitely different from a teen. Luckily, remodeling, redesigning and redecorating their personal space to encompass the things they love doesn't have to be an expensive undertaking.



Getting Started

Use the experience as an opportunity to work on the project together and bond. The very first thing to do is talk about the things your child would like to see in the space. Discuss current likes and dislikes, favorite colors, interests, hobbies and needs.

A wonderful place to start is with a theme, as this can determine color palette, accessories, bedding and even furniture. For example, if a 12-year-old girl is dreaming of a shabby-chic, vintage cottage bedroom, the colors will likely be soft pastels. The decor will include lots of floral fabrics and refurbished furniture pieces, such as a whitewashed, vintage vanity and nightstand. Repurposed picket fence planks could also be used to build a headboard and/or shelving units, or they



could be used to line the walls, starting at the baseboard and coming half way up the wall.

Assessing the project and what it will entail before developing a plan is important. Make a list of items to be purchased, as well as those that can be repurposed, determine “do it yourself” projects versus those requiring the expertise of professionals and, lastly, decide a budget and stick to it. Then, you are ready to begin.

Painting

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of hours. Because color can greatly influence mood, and since children are typically drawn to bright, bold colors, compromising on paint selections is crucial.

Take into consideration the size of the room. Lighter shades of blue, teal, purple and green can open up a smaller space, whereas darker, richer tones like plum, magenta, burnt orange and ruby can be overpowering, making the space feel even smaller and cramped. Lighting is another factor to consider. Natural light will show the truest color, whereas incandescent and florescent lighting will cast hues on the color, altering its appearance. Give your child the freedom to pick their paint color, with a bit of compromise considering these factors.

Personal Touches

Decorative painting techniques are also an option. Many craft stores carry a variety of stencils that could be used to create a slew of personalized wall graphics. You can also make your own stencil using a piece of cardboard, pencil and box cutter. Simply draw the design on the cardboard and carefully cut it out. From the popular chevron pattern to more specific designs like sailboats and anchors, cheetah print or a favorite quote, stencils — whether store-bought or homemade — make the job a breeze.

While stencils are helpful, they will not enable you to create the whimsical ambience only a custom-painted mural can deliver. From magical fairytale forests to vibrant cityscapes, nothing can top the work of a local artist or painter. These individuals are easy to find and can bring your child's vision to life like no one else can do.

Furniture, Storage and Lighting

Storage and functionality are two areas to consider. Understanding the activities the space will accommodate is key. For



example, is a desk needed for homework? Will a television and gaming system be kept in the room? Are there lots of toys or books requiring storage? All of these factors must be determined in order to decide the specific types of furniture the room will need.

You may be able to carry over large pieces of furniture, such as a bed or dresser, into the new room or update them with paint to fit the theme your child has chosen. However, in some cases, purchasing new furniture may be necessary. If your child wants a super-cool and highly functional loft bed complete with a shelving unit and desk underneath, or maybe they desire their own hidey-hole built into the window frame, hiring a carpenter is in order. These professionals can build custom pieces of furniture, shelving and closet organization, or even change the layout of a room by removing or building new walls.

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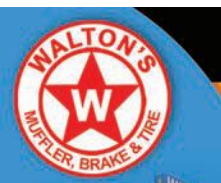
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or curtain rods. Jerseys could easily be transformed into curtain panels or bedding. The trick is to be creative and allow your child the power of choice when picking accessories for their new space.

In the end, a room redo is all about updating the space to be a true reflection of the child who occupies it. By revamping your child's room to fit their



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current interests and personality, you are not only acknowledging them as an individual but also providing them with a space all their own. **NOW**

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A colorful, fun setting invites youngsters to the dental office of Shelly Clark D.D.S. Dentistry For Children.



Happy Smile

Shelly Clark D.D.S. Dentistry For Children actively works to keep clinical visits fun for kids.

— By Betty Tryon

A goal of dentists is for their clients to be happy to receive dental care. Some of the professionals actively work toward that goal. Shelly Clark, dentist at Dentistry For Children, has Happy Visits for her youngest patrons. “I’m a pediatric dentist and provide care for infants, children and adolescents through college,” she explained. “Happy Visits are mainly educational. I talk to the parents about diet, flossing, how to care for the babies’ teeth, how to care for gums, how long to use the pacifier and when to use fluoride.”

Shelly received her education from Baylor College of Dentistry and has been practicing for 18 years. She

now has three offices located in Cedar Hill, DeSoto and Midlothian. While in dental school, part of her training specifically focused on treating children who were medically compromised with all kinds of conditions, such as cancer and severe asthma. “My two extra years of school were intensely focused on treating children. We learned proper technique for taking care of baby teeth, which is very different from care of permanent teeth. The anatomy of a baby molar is totally different from a permanent one.”

In addition to taking care of children with the usual dental concerns, Shelly is specifically qualified to treat special needs kids. “Part of my pediatric residency was at

Scottish Rite Hospital for Children in Dallas,” she explained. “The primary focus there was to treat the dental needs of special needs children, such as their positioning and airway. Special needs kids are not graduated out of pediatric dentistry. We keep them, because we are the only specialty in dentistry trained to see them.”

American Academy of Pediatric Dentistry sets the guideline regarding a child’s first dental visit. The recommendation is for children to come in by age 1, or when the first tooth appears. By starting early, they become familiar with the environment and instruments. “What we don’t want is to have our first encounter with a 3-year-old child who has a swollen face and toothache,” Shelly exclaimed. “It’s not ideal. We want that first encounter to be educational, exciting and fun. We use puppets, bubbles, let them hold the mirror and use one of our techniques called Tell Show Do. We tell kids what we are going to do, show them and then do it.”

Shelly encourages each family to have a dental home. In a dental home, each child has a pediatric dentist to provide continuous care, in case of an emergency, such as a broken tooth on a Friday night. The goal is to not end up in the emergency room with someone they don’t know. “We provide 24-hour emergency care because, unfortunately, accidents happen,” she explained.

In order to provide continuous care, the practitioner wants to see the kids every six months for checkup and prevention. Visiting the dentist doesn’t have to be stressful. Shelly Clark D.D.S. Dentistry For Children has waiting rooms with video games, stuffed animals and TVs above every chair. Parents are allowed in the room to be a part of the process. “We try to incorporate education into every visit for the child and parent, thereby empowering them to make treatment decisions,” Shelly stated. “We take very seriously every opportunity to encourage children, build them up and be a positive part of their lives.” **NOW**

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Claire Lynn's ribbon cutting ceremony with the Midlothian Chamber.



Sandra Strong, Chris McCalla and Rick Hensley participate in Now Magazine's luncheon at Palio's Pizza Cafe in Midlothian.



Piper Frye performs in "A Day in Infamy" with the Pantherettes at MHS auditorium.



The Hallmark family celebrates together at the memorial dedication for Ethan Hallmark at Frank Seale Middle School.



J.R. Irvin Elementary second graders won the chance to duct tape Principal Thompson to the wall for collecting the most box tops.



John Johnson, daughter, Ashley, wife, Kelly and family friend, Doug Heyerdahl, celebrate Ashley's scholarship award from the Best Southwest Partnership.



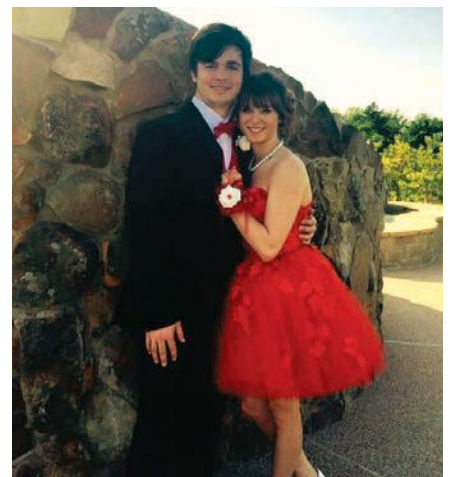
Carter, Cooper and Cade Arrington eat ice cream before heading out to watch a movie at Showbiz Cinemas in Waxahachie.



Bridges Training Foundation, which helps special needs young adults, has a grand opening in Midlothian.



Jason, Luke and Brian Tabak smile for the camera during a birthday party held in honor of their great-grandfather, Pappy Kite.



Mason Frye and Eron McCutcheon pose for a picture before MHS Prom!

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Family Values: When Your Parents Need Help in Their Retirement Years

The signs may be difficult to spot, because aging parents are seldom forthright about their forgetfulness or declining abilities to take care of their affairs, but when you see telltale signs — bills accumulating on the dining room table or confusion about when to take what medicines — you may realize it's time to repay in kind the assistance they once gave you.

On the assumption that you can diplomatically come to an agreement to help out — a delicate task because parents may not at first agree they need help, or may be embarrassed to be losing independence — here are some concerns you might address, especially if they are merely slowing down and are not yet plagued with major health problems:

Money Management

First, find out the facts about their expenses, income and savings. Then listen to their fears and their wishes. Use what you find out as a guideline on how best to help them. You'll want them to realize you're trying to assist on their terms, not take over their lives.

If they have more or less ignored the Internet, you might try explaining the advantages of having online financial accounts. Direct deposit of dividend payments, pension checks and Social Security will make frequent trips to the bank unnecessary. A joint online checking account, with you as an approved signatory, can prove useful. You can easily check whether bills have been paid, or pay them yourself. And you can show them or provide a printout of the account activity anytime they want to know what's going on.

If they can be persuaded to accept the fact that online payments are less likely to lead to identity theft than their paper counterparts — a fact, but one older generations tend to resist — set up automatic payment of utility, insurance and credit card bills.

Do they have investments with various institutions? You might suggest consolidation to reduce paperwork and make it easier to keep track of the entire portfolio and look for ways for their assets to work harder for them. Savings earning little interest can become more valuable if switched into a money market fund or short-term bond fund.

If your parents need financial assistance, arrange a family meeting to find out what costs may be shared with siblings or other relatives. Whatever the decisions, they should seem fair to everyone involved.

Vital Paperwork

Finally, ensure that your parents have their paperwork in order — wills, powers of attorney and other documents vital to the family. If they don't, urge them to have these documents drawn up. Then make sure you know where they're kept.

Family matters of this kind can be difficult to handle. If you have questions on what vital matters should be discussed, please don't hesitate to contact your financial advisor. **NOW**

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Todd Simmons is a Raymond James Financial Advisor based in Duncanville.



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Flip-flops Tied to Surge in Teenage Heel Pain

Many of us are welcoming the warmer weather sporting flip-flop sandals. However, their popularity among teens and young adults is responsible for a growing epidemic of heel pain in this population.

We're seeing more heel pain than ever in patients 15 to 25 years old, a group that usually doesn't have this problem. A major contributor is wearing flip-flop sandals with paper-thin soles every day to school. Flip-flops have no arch support and can accentuate any abnormal biomechanics in foot motion, and this eventually brings pain and inflammation.

Wearing sandals with reasonably strong soles and arch support is recommended instead. Thicker-soled sandals with supportive arches might not be considered stylish, especially for girls and young women, but if you want to wear sandals most of the time, you'll avoid heel pain if you choose sturdier, perhaps less fashionable styles. Also there are now a variety of newer companies that market flip-flops with an arch that are quite stylish, so this is not as much of an issue as it once was.

It is estimated that 15 percent of all adult foot complaints involve plantar fasciitis, the type of heel pain caused by chronic inflammation of the connective tissue extending from the heel bone to the toes. Being overweight and wearing inappropriate footwear are common contributing factors.

The pain is most noticeable after getting out of bed in the morning, and it tends to decrease after a few minutes and returns during the day as time on the feet increases. Not all heel pain, however, is caused by plantar fasciitis. It also can occur from inflammation of the Achilles tendon, bursitis, arthritis, gout, stress fractures or irritation of one or more of the nerves in the region. Therefore, diagnosis by a foot and ankle surgeon to rule out other causes is advised.

Initial treatment options for heel pain caused by plantar fasciitis should include anti-inflammatory medications, padding, orthotics and physical therapy. Patients should also stretch their calf muscles regularly, avoid wearing flat shoes and walking barefoot, use over-the-counter arch supports and heel cushions and limit the frequency of extended physical activities.

Most patients with plantar fasciitis respond to nonsurgical treatment within six weeks. However, surgery is sometimes necessary to relieve severe, persistent pain. **NOW**

Christopher Schmitt, DPM

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Common symptoms of sciatica include:

- Pain in the buttocks or leg that is worse when sitting
- Burning or tingling down the leg
- Weakness, numbness or difficulty moving the leg or foot
- A constant pain on one side of the buttocks
- A shooting pain that makes it difficult to stand up

If you are experiencing any of these problems, you may be suffering from sciatica. Sciatica affects everything you do, from work to play and ultimately your quality of life. If you are tired of taking drugs that only mask the problem, or you are facing surgery, we invite you to come in and find relief. We want you to know that there is hope. You can get rid of your sciatica pain and get your life back. We have helped hundreds of people just like you.

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July 3

July 3rd celebration for Senior Citizen Pantry Fundraiser: 6:00-9:30 p.m., First Methodist Church on 9th St. There will be bounce houses and face painting for the children. Gospel singing, hot dogs, chips, cookies and drinks. Will have chairs available to watch the fireworks.

Independence Day Fireworks Display sponsored by Citizens National Bank of Texas: 9:15 p.m., gates to the stadium open at 6:00 p.m., MISD Multi-Purpose Stadium Parking Lot, 1800 S. 14th St. Stadium will not be open to public, but firework display may be viewed from the stadium parking lot. In case of rain, the fireworks display will be held on **July 5**. Free to the public. For more information, call (972) 775-7777.

Crape Myrtle Festival & Fireworks: gates open at 5:00 p.m., Waxahachie Sports Complex, Waxahachie. There will be food vendors and children's activity vendors.

July 4

Independence Day Parade: 10:00 a.m., Downtown Midlothian. 2015 Parade Theme: Salute to Our American Heroes. Serving as the 2015 Grand Marshal is Air Force Veteran Cpl. Nick Bristow, WFAA Daybreak traffic reporter and DeSoto police officer.

Independence Day Parade: 10:00 a.m., Waxahachie. Starts on College Street near the post office, continuing south on College, right on Main and left on Grand, ending up at Getzendaner Park.

July 6, 13, 20, 27

Celebrate Recovery meeting: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th St. A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups.

July 7, 14, 21, 28

Community Prayer meeting: 7:00-8:00 a.m., Midlothian Conference Center.

July 11

Movies in the Park: *The Lego Movie*. Movie starts at dusk. Hawkins Spring Park, 1498 FM 1387. Bring your blankets and chairs. Giveaways at every showing. Concession stand will be open.

Summer Moonlight Movies: *The Sandlot*. 9:00 p.m., Downtown Waxahachie. Free admission. Bring lawn chairs or blankets. Concession stand on-site. For more information, call (469) 309-4111.

July 17, 18

Creative Quilters Guild of Ellis County Annual Quilt Show; "Quilts! Yesterday, Today, and Tomorrow": 10:00 a.m.-5:00 p.m., Midlothian Conference Center. The show benefits both the guild and Hope Clinic.

July 18

Pet Adoption Event: 9:00-11:00 a.m., Walmart Garden Center Entrance, 400 N. Hwy 67. For more information, call (972) 775-7614. Monthly adoption event for animal shelter pets which are available for adoption. Animals will be present.

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



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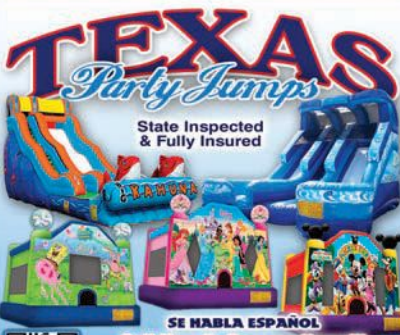
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In the Kitchen With Jennifer Miller

— By Betty Tryon

Growing up, Jennifer Miller had excellent role models for cooking in her mother and grandmothers. But, alas, like many young ladies, she did not become interested in cooking until necessity reared its head. “It was not until I married that I realized he required more than a jar of tomato sauce to survive!” Two daughters and many years later, she has found her niche.

One of her favorite spice blends is Johnny’s Garlic Spread & Seasoning. “This is universal and works on fresh veggies, Italian food, roast or with garlic bread.” She recently enjoyed making 500 Italian meatballs and 350 manicotti shells for a banquet with her mother. “We shared laughs, memories and dreams of catering weddings or parties.” **NOW**

Sour Cream Coffee Cake

- 1 cup chopped pecans**
- 1 tsp. cinnamon**
- 4 Tbsp. firmly packed brown sugar**
- 2 cups flour, sifted**
- 1/4 tsp. salt**
- 1 tsp. baking powder**
- 2 sticks butter**
- 2 cups sugar**
- 2 eggs**
- 1 cup sour cream**

- 1.** Mix top 3 ingredients together by hand and set aside.
- 2.** Combine flour, salt and baking powder and set aside.
- 3.** Cream together butter, sugar, eggs and sour cream completely. Add the flour mixture.
- 4.** Grease a Bundt pan and preheat oven to 325 F.
- 5.** Sprinkle 1/2 of the nut mixture on the bottom of the Bundt pan and add 1/2 of the batter. Sprinkle the remaining nut mixture

and add the remaining batter. Bake for 1 hour. Cool 5 to 10 minutes and enjoy!

Italian Meatballs

- 1/2 lb. lean ground beef**
- 1/2 lb. Italian ground turkey**
- 2 tsp. basil**
- 3 cloves garlic, minced**
- 1/2 large onion, finely chopped**
- 2 tsp. oregano**
- 1/4 cup parsley**
- 1/2 tsp. pepper**
- 1/2 tsp. salt**
- 1 cup Italian breadcrumbs**
- 1 cup Parmesan cheese**
- Heavy shake of Johnny’s Garlic Spread & Seasoning**

- 1.** Mix all ingredients together completely. Form meatballs to preferred size.
- 2.** Bake at 400 F for 20-25 minutes, turning the meatballs during cooking. Add to the sauce of your choice; continue to cook approximately 1 hour or freeze for later.

Homemade Italian Manicotti

Makes approximately 25 shells.

Manicotti Shells:

- 6 eggs, room temperature**
- 1 1/2 cups all-purpose flour, unsifted**
- 1/4 tsp. salt**
- 1 1/2 cups water**

Cheese Filling:

- 1 lb. ricotta cheese**
- 1 lb. small curd cottage cheese**
- 1 8-oz. pkg. Italian cheese, shredded**
- 1/3 cup Parmesan cheese, grated**
- 2 eggs, beaten**
- 1 tsp. salt**
- 1/4 tsp. pepper**
- 1 Tbsp. parsley, chopped**
- Heavy shake of Johnny’s Garlic Spread & Seasoning**

Sauce:

- Red pepper flakes, to taste**
- Italian seasoning, to taste**
- 3 24-oz. jars Classico Tomato & Basil Sauce, or to taste**
- Water**

- 1. For shells:** Using a mixer, beat eggs completely; add flour and salt; mix. Slowly add water mix on low speed. Avoid over beating or creating too many bubbles in the batter.
- 2.** Heat a small 5- to 6-inch pan. Spray with cooking spray; wipe out lightly. Pour 1 ladle of batter into pan (enough to lightly cover bottom). Heat about 30 seconds; flip to other side and heat another 30 seconds.
- 3.** Cool shell on waxed paper. (Can be made ahead and stored between waxed paper sheets in a freezer bag and frozen. To maintain freshness, do not store in refrigerator for more than 1 day.)
- 4. For cheese filling:** Combine all ingredients; mix well. Fill shells with a heaping spoon of filling; don’t spill out the sides. Tightly roll.
- 5. For sauce:** Add red pepper, Italian seasoning and a little bit of water to the sauce.
- 6.** Place filled shells on top of a thin layer of sauce in a glass baking dish. Lightly drizzle with sauce. Do not cover completely. Bake covered for 1 hour at 350 F.

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

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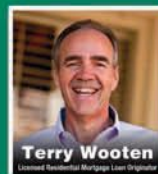
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