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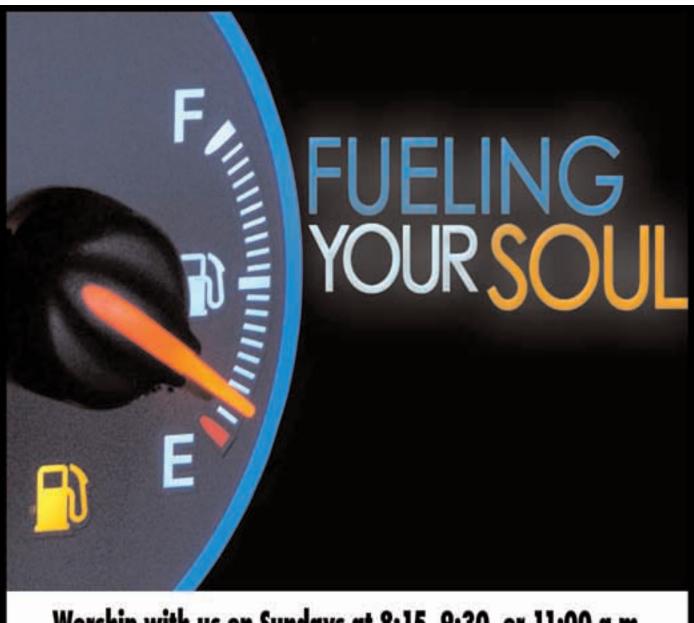
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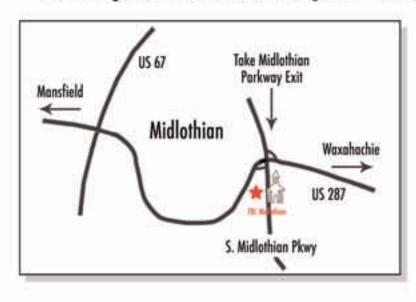
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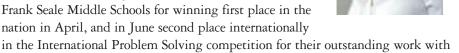


# Midlothian

#### Editor's Note

#### Hello, Midlothian!

Welcome to our back-to-school issue! Newcomers and those returning to the Midlothian ISD are entering a system filled with champions. Belated congratulations to the Problem Solving Team of Walnut Grove and Frank Seale Middle Schools for winning first place in the nation in April, and in June second place internationally



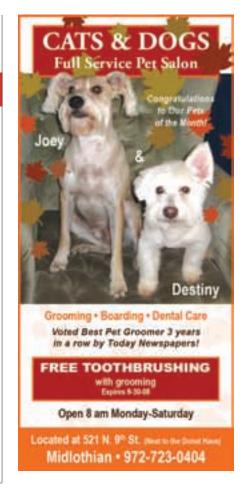
Project PANTRY. This community is so proud of you! Curious about what else is taking place on the campuses of our learning institutions? Read about how J.D. Kennedy, our school superintendent, looks to the future to make sure our children can compete. Stephen Garretson, Coordinator

of Academic Programs and Services at Navarro Community College, explains how you can receive your bachelor's or master's degree without ever leaving town. We

Betty Tryon MidlothianNOW Editor









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# "There is a continuous need for new facilities. **Our school district is 112 square miles and** is larger in land area than Mansfield." MidlothianNOW September 2008

# Into the Huture

- By Betty Tryon

You can lead a horse to water but you cannot make him drink. This popular folk saying, philosophizing how you can give an animal, or by implication a person, an opportunity but it is their choice to accept it, touches one of the ways the superintendent of Midlothian Independent School District, Dr. J.D. Kennedy, approaches education. "Teachers are to design and create lessons that will motivate children to learn, to create an environment where that will happen," he informed. "As superintendent, my job is to help them create that environment for learning."

Midlothian's school district is one of the reasons many newcomers choose to relocate to this area and it enjoys many supporters, but no one is as keen about the district as the superintendent. "I have been in some of the best school districts in Texas, and I can tell you that we are among the best in the state," he confirmed. "In my opinion, you would not find a better group of teachers and leaders than what we have here."

Considering the scope of the area, with a school district that has approximately 280 - 350 new students every year, J.D. has his hands full. "We are currently not growing as fast as previous years, but we are still growing," he said. "There is a continuous need for new facilities. Our school district is 112 square miles and is larger in land area than Mansfield. We will need more than one high school. We

now; growth is a big challenge." As many families face pressures during these trying economic times,

have 2,000 students in high school

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Dr. Fisher is interested in the management of acute and chronic diseases, women's health, dermatology procedures, adult and pediatric medicine. Dr. Fisher enjoys reading, watching movies, and traveling internationally.

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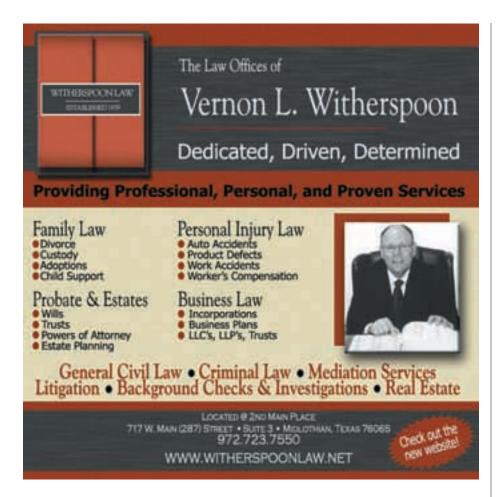


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the school district faces increasing challenges as well. "The district utility costs are higher and teachers need salary increases. Our school board wisely uses the tax money we receive and provides resources," J.D. acknowledged. "I feel proud of the leadership we have created. I feel proud of the principals, and the teachers feel valued. They are truly caring in this district. The community has supported [the schools] with bonds and the teachers have good working facilities. I am also proud of the Education Foundation with its



enhanced recognition of students and teachers. The Foundation allows for new ideas that they [teachers and students] would not have had the funds to implement."

J.D. brings many years of experience to the district,

including firsthand observation of his dad. "I grew up in West, Texas, and my dad was the school superintendent there for over 20 years," he stated. "I grew up with all of the challenges as a superintendent's son. I was proud of my dad, my mentor. If I could be half as successful as he was, I would be a good man. My mom was a teacher. Education was my world. I wanted to be a teacher, but became asuperintendent because I wanted to make more of a difference." In reflecting more about his decision to become a superintendent, he stated, "My faith guides me. We have been put here for a purpose, and we need to follow that calling."

J.D. attended Baylor University in Waco, and received his degree in 1975 in secondary education and a minor in social science with special education endorsements. He remains a huge Baylor fan, stating with a smile, "I

# Students need at least nine hours of sleep per night.



Midlothian ISD administrators and teachers emphasize that "back-to-school" is a great time to establish routines that promote health and happiness. A well-rested student performs so much better academically, socially and in activities.

Adequate nighttime sleep is just as important as healthy eating and exercise for children's development. The start of the new school year is a great time to establish a good night's sleep as a lifelong habit.

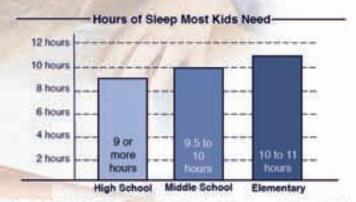
According to the National Center on Sleep Disorders Research (NCSD) kids need at least nine hours of sleep per night to do their best in school. Inadequate sleep in children can lead to attention difficulties, easy frustration, and difficulty controlling emotions.

School-age students, in general, need 9 to 11 hours. Adults need 7 to 8.

The modern American family — with after-school activities, mom and dad working away from home, TV, computers and text-messages tempting us all to stay up — faces a tough time getting to bed on time.



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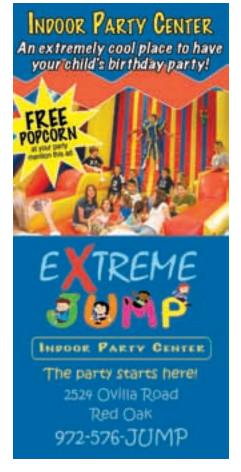


Source: National Center on Sivey Dountiers Research (NCSDR) at National Plant, Lung, and Blood Institute (NPLSI)

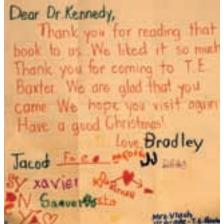
### Here are tips to help your family be well rested in 2008-2009:

- · Establish a bedtime and stick to it.
- Help students develop time management skills. Homework may be done before or after dinner, but waiting until just before bedtime brings problems. Students may underestimate the amount of time needed to do the job right, so talk in advance about how long a task might take.
- Students will need a well lit, comfortable place for homework.
   Supplies should be kept there so that study time is not wasted getting ready. Have pencils, pens, erasers, paper, a calculator, a dictionary, and any other supplies teachers suggest.
- Limit after-school activities.
- Avoid anything with caffeine less than six hours before bedtime. Also, heavy meats or vigorous exercise too close to bedtime can interfere with sleep.
- The bedroom should be dark and free of distractions. TV, video games, computers and cell phones stimulate kids and delay sleep.
- Everyone needs a routine for winding down a bath and reading works for many people. Students may like listening to audio books to ease into sleep.
- Sleep in on the weekend if you want, but not too late. Teens often use
  the weekend to catch up on sleep. But sleeping more than two hours
  past their usual wake up time makes it hard to go to bed on Sunday
  night setting them up for another week of exhaustion.







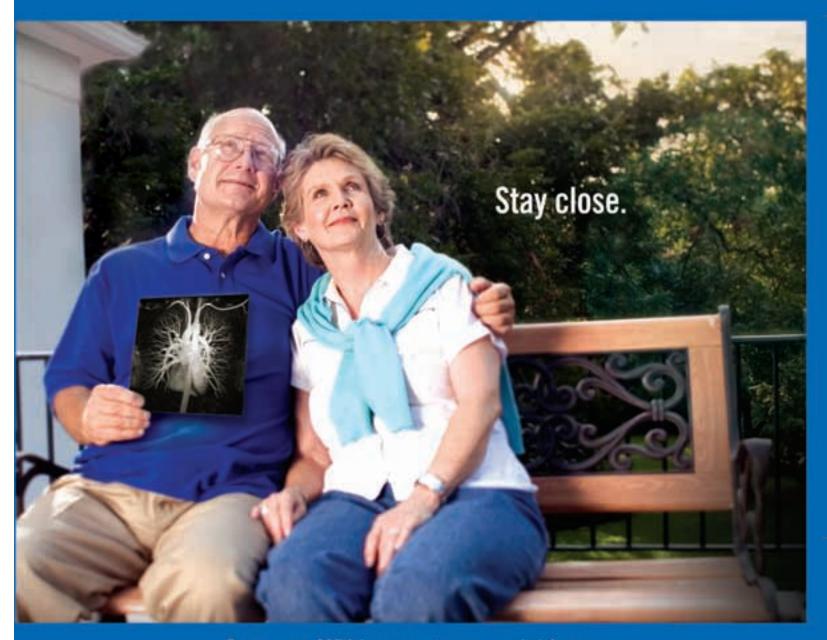


bleed green and gold." After graduating, he worked as a vocational adjustment coordinator in Southwest High School in San Antonio, helping severely handicapped students get jobs. He received his master's degree in counseling at the University of Texas in San Antonio.

J.D. spent the next four years as an elementary counselor at Aiken Elementary School. He stated, "I was next to the elementary principal and thought, I can do that and I can do it better. I fell in love with elementary schools and the relationships developed with the elementary kids and their parents."

J.D. returned to school at East Texas State in Commerce (Texas A & M) and earned his doctorate in education administration. Moving to the middle school environment as an assistant principal in Allen, Texas, he enjoyed the challenge of being a middle school administrator. Reminiscing, he shared, "That was a great time in my life. I had the opportunity to open a new school — Vaughan Elementary. I'm excited that Beth Van Amburgh, the principal of our new elementary school, LaRue Miller Elementary, will have the chance to do this."

After working in Allen, J.D. continued to stretch his educational wings when he moved to Waco and became assistant superintendent for instruction in the school district there. From Waco, he returned to North Texas, to Decatur, for his first superintendent's job. "I served as superintendent in Decatur for five



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years, but I wanted to be in a larger school district. This opportunity presented itself, so I moved to Midlothian and accepted the position. I have been in this position for five years," he said. Moving to Midlothian with J.D. is his wife, Pam, who currently works as a special education diagnostician in another district, and their two sons, Matt and Chris. Chris

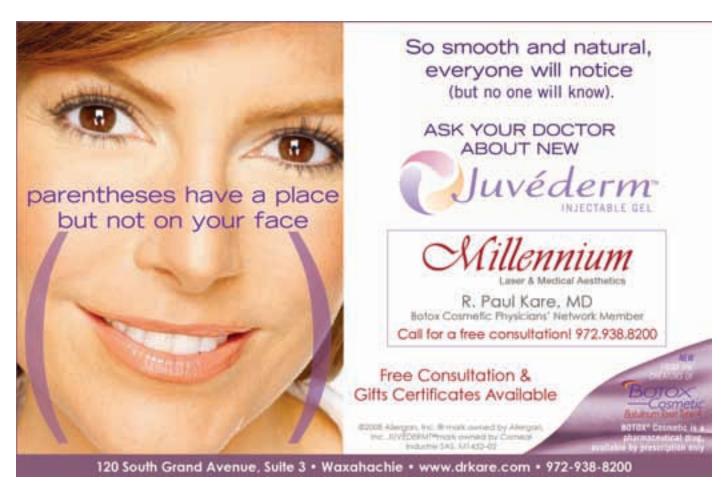
"I have been in some of the best school districts in Texas, and I can tell you that we are among the best in the state.

and his wife, Kelly, are blessed with a beautiful daughter named Norah Grace. Speaking as a proud grandfather, J.D. explained that the name Norah is an Arabic name that means "light of."

J.D. had the opportunity to meet some of the educators in this district before he moved here. "In the mid 1980s I headed a leadership workshop in Midlothian and met some of the leaders here," he recalled. "I was very impressed with the quality of administrators in Midlothian. I always thought Midlothian had a lot to offer."

With his many years of experience, operating and functioning on many different levels of the educational scales, J.D. proves himself to be qualified to usher our school district into the future. "I believe this country needs to be competitive on a global scale," he informed. "It is common to compare students to nearby districts, but we should be comparing them to students in other countries. We prepare students to be successful in a global economy. The workload for kindergartners today will be totally different in 12 years. It will be a new world for them, and we need to prepare for that. We are developing a quality school district."

Smiling, he added, "I pinch myself every now and then. You will never hear me say we have arrived because improving learning is a moving target. There is always room for improvement." NOW











# Footballs Piana Piremen

— By Jaime Ruark

When does a newly built, spacious three-bedroom, two-and-one-half-bath brick house, with 1.2 acres of trees and green grass, seem small? Only when the three Clark boys are bouncing and playing, running and throwing footballs, can such an expansive home and yard seem half its size. Cagen, who is 6 years old, 4-year-old Conley and Chaden, who is 1, easily fill their new home with spirited yells and laughter as only young boys can.

Midlothian has been home to the Clark family for the past





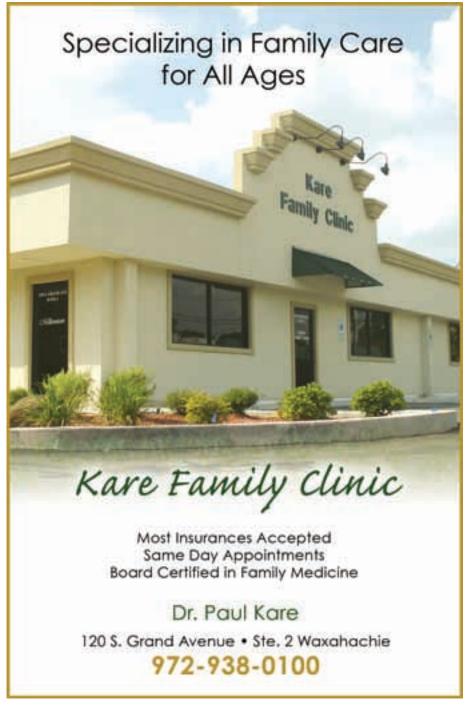
two years, and the Midlothian High School Panthers have been proud to have Robby as their head football coach. Robby, along with his wife of eight years, Jaime, who teaches algebra and pre-calculus at the high school, has been working hard to restore a consistent winning tradition to the team. He is excited to begin his third year because the team has grown from a roster of 26 to 50 players, and he is hitting the field with 35 incoming seniors.

The family of five enjoys spending their time at football games. The boys clamor to be with their dad and his



team, and they will not let their mom stay home. On nights when there is no game, however, the Clarks spend time with each other. "We love to be outside. When we first moved here, our backyard was pretty bad and needed a lot of work," Jaime said. The green lawn and play area are a testament to all the time she and her husband have spent working to make their yard a place their sons









can play. Robby added, "It's still a work in progress. It's such a great lot, with all the trees. We're trying to develop all of it. It's going to end up being a nice area to relax outside."

With three boys ready to follow in their daddy's football footsteps, Jaime had some definite wants and needs when it came time to buy a home. "The main reason we bought this house was for the game room, and our kids live in there," Jaime said. Robby also spends

much of his time at home in the game room with the boys. "We can go in there, the three of us — well, soon it will be all four of us - and close that door, and the rest of the house can stay pretty much intact," he laughed. "They have a place that is just theirs, where they can go be creative," he continued, as Jaime interjected with a smile, "Just as long as they don't get too creative. We've had to repaint in there because Conley colored pictures on the walls."

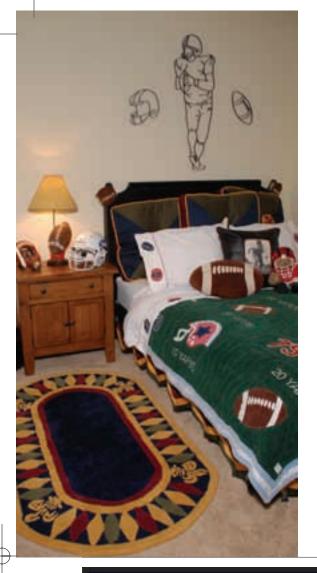
Having a stranger take a tour of the boys' special room caused a little concern from a confused Conley, who loves his new home. With a concerned little voice, he told his dad, "I don't wanna sell it!" Reassured by his dad that they were not moving, he and Cagen shyly began showing off their toys. The space is outfitted with all the things the boys love most — football helmets, a child-sized table and chairs decorated with fire trucks and stuffed bears in







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firemen outfits. "My dad is a volunteer fireman, and they are totally into firemen things. Their daily play routine usually includes putting out some kind of pretend fire," Jaime said. The red rug in the middle of the room provides a bright spot of color, and as Jaime explained, it serves a dual purpose: "I tried to put something in the middle of the room, a little table or something, but it doesn't matter what I do, they always move it because they have to have that space as their football playing field."

Jaime favors deep reds, vibrant blues and dark browns for her décor, and her choices give the house a cozy feel. "I want this to be a place that is lived in and cozy, where people feel at home. I keep saying I want a new couch, but we haven't gotten one yet because this one is the kind of suede I can take Wet Ones to and wipe things off," she explained, holding a possible messy

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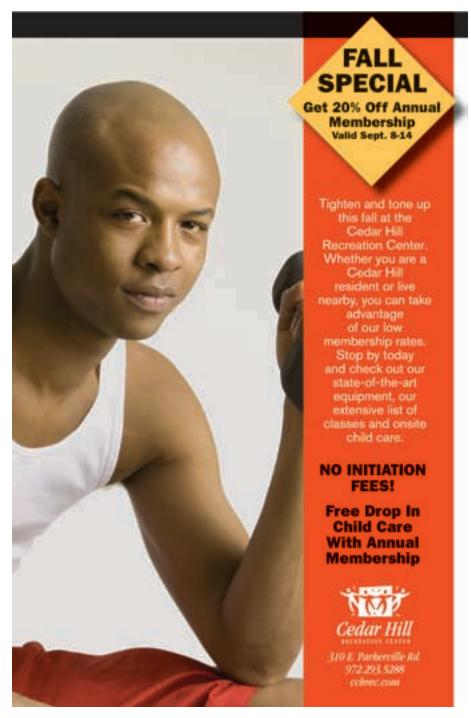


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culprit, Chaden, in her arms. "We have coaches' parties and Christmas parties, and people come with their kids and they're always worried about them making messes, but I say, 'Just let them go!"

Jaime's favorite room is her kitchen, because, as she said, "That's where I spend 90 percent of my time. With three boys, somebody's eating all the time. That's another reason we wanted this house." From her kitchen's vantage point, she can see outside as well as



into the living room and game room, so she is able to keep her eye on her playful little men. The creamy yellow-textured walls contrast beautifully with her dark wood cabinets and granite countertops, and the new stainless steel appliances help to keep her growing boys well-fed. "It's also a good place to be when we have friends over, because everyone always seems to end up there, snacking and talking," she added.



Cagen and Conley are eager to show off their shared bedroom, decorated in Midlothian blue; the boys are obviously proud to be part of the Panther tradition. "We had them separated, but then we had Chaden, so we put them back together in one room. They always sleep together anyway; they do everything together," she smiled, as the two boys tumbled and wrestled behind her.

Chaden's room is also accented in shades of blue. It sports a gorgeous dark brown crib as well as a corner full of stuffed animals, including Chaden's favorite — monkeys.

Truly, with three rambunctious boys, Jaime is a bit outnumbered as the only female in her household. "I had to get used to that, because I have two sisters. Robby came from a family of four boys, so he's used to it, but I'm not, and neither is my mom. She'll come over and see how they've banged up my walls, and I just tell her, 'It can't be helped.' We just have to repair it and move on," she laughed, pride in her brood apparent.

Robby and Jaime are glad to call Midlothian home, and the boys' Panther pride could mean Midlothian is in for some serious football winning traditions in the years to come. Jaime shared, "The boys love the players. That's the most important thing to me. They have guys who are role models they can look up to. The team is really full of good Christian guys who make my boys feel like they are important and a part of the team." WOW







# **Finding** - By Alex Allred



It has often been said that the spirit of a true writer cannot be contained. Mindy Tomlin is a perfect example of that sentiment. Just 20 years old, she has accomplished more than most people double and triple her age. She is studying Japanese, has served as a yearbook editor of her high school and danced on the Midlothian Pantherettes drill team for four years. She is a certified jazzercise and kickbox instructor, has earned her black belt in tae kwon do and fights competitively.

As her reputation has grown as a fighter, she has been invited to compete overseas with her entire family, all of

whom compete competitively. With a class load of an astounding 18 hours per semester, not only will Mindy graduate on time, she will earn her bachelor's degree from Texas Christian University in a meager three years, all while working in the university's library and continuing her martial arts training. Next summer she will study abroad in Japan and travel the world.

The awards and nominations Mindy has received are too numerous to count, but they include the Team Academic All-American Texas House of Representatives, the Congressional Student Leadership Conference and

National Society of High School Scholars. For four consecutive years, Mindy was selected as a Who's Who candidate for outstanding high school students. She was the recipient of academic scholarships and, once in college, she continued her pursuit for excellence, making the dean's list with a 3.93 grade point average.

For Mindy, there is still much more to be done. This attitude is both her driving force and her nemesis. In her writing, names, faces, places and events, all figments of her imagination, constantly roll around in her mind, all begging for her attention and to be put



on paper. "I was taking a creative writing course," Mindy recalled, "and I was so stuck. I didn't know how it [the writing piece] should end." During one of her regular treks from Midlothian to TCU, "I thought of the perfect scenario!" Mindy recalled, her eyes lighting up. She called her mother and began speaking so rapidly, so excitedly, that her mother could hardly understand her. "She said, 'Quit spazzing

### "With each testing and each new belt, Mindy found balance — literally."

out! You're going to have a car accident.' I stayed up half the night working on it." In fact, most nights are lost to ideas that speak to her and characters who seem so real she can hear them talking.

As a child, Mindy filled dozens and dozens of notebooks with stories and character development, "but most of them were never finished." By her own admission, this is a frequent occurrence and she relies heavily on her friends to keep her grounded. "They're always telling me to finish what I started," she shared. Through her Internet blogging, Mindy shares her short stories online and, as is often the case, frustrates her readers with incomplete works. Her style, described as dark humor, is engaging and fun, but the restless soul of Mindy is often off and running before any one story reaches its conclusion.

Mindy discovered her true passion for writing in the fourth grade. Already an avid reader, her vocabulary and sense of writing were extraordinary. "I don't remember a time when I didn't have a book in my hands," she said. By the time Mindy was in the eighth grade, she began working as a library assistant at Frank Seale and under









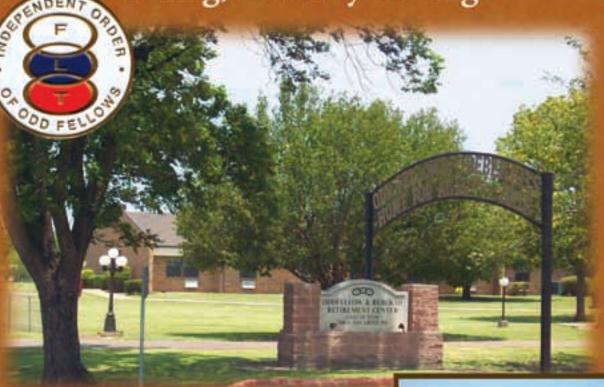
the guidance of Susie Yarbro, Mindy gained more and more confidence in her writing abilities.

After multiple rejection letters, the prospect of being published slipped away and Mindy eventually stopped writing. While she was published in local magazine and newspaper writing contests, it was impossibly difficult to break into the book industry. Utterly discouraged, she admitted, "I thought, What's the point? and stopped writing." Only when her stepmother signed Mindy up for the Institute of Children's Literature, because she and Mindy's dad saw her writing as a skill, did she pick up the pen once more. Like all good writers, inspiration often comes in the most unusual of circumstances. For Mindy, her inspiration was martial arts. "Stories have always run through my head," Mindy confided, explaining that as she trained and slowly rose through the ranks, headed toward the prestigious goal of black belt, a new sense of contentment, confidence and dedication developed.

Slowly, her purpose for writing changed. Becoming published was no longer the motivation. "I write for myself and my friends and family. Tae kwon do pushed me in a lot of ways," Mindy said. With each testing and each new belt, Mindy found balance — literally. "It's kind of cool," she said of earning a new belt. "When we get a new belt in tae kwon do, we tie it in a way that both of the ends are perfectly even to symbolize both a physical and mental balance."

Once a very shy little girl, books and writing allowed Mindy to express herself and slip away into a fantasy world created by her own hand. Through tae kwon do and strong familial support, she has become more bold and determined to add yet one more thing to her impressive résumé: The Completed Works of Mindy Tomlin. It is going to be a best-seller!

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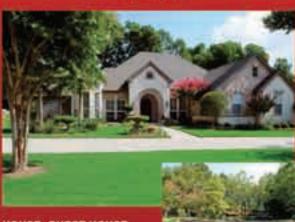
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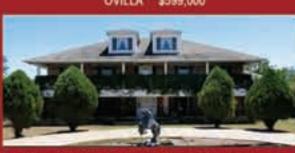
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know you can play. Most of them want to see how you interact with people, to see if they like working with you and if you like working with them. It's a big deal," he explained. His trips to the various camps resulted in the honor of being accepted at the University of Tennessee Volunteers football program.

This fall marks Bryce's last year as quarterback on the Midlothian High School football team.

"I depend on every one of our team members. People say it is a team sport, and it is all a team sport. No one person can do everything."

Head coach Robby Clark remarked that Bryce is heavyily recruited. Our Midlothian quarterback, however, is taking it all in stride, preferring to heap praise on his teammates rather than himself. "I depend on every one of our team members," he stated emphatically. "People say it is a team sport, and it is all a team sport. No one person can do everything."

Bryce hesitated to mention specific names because of his

respect for everyone on the team, stating that "all of the kids on the team have heart." He did have special praise for the offensive line. "The offensive line is a big deal. Without

them, nothing can get going. You can have [NFL New England Patriot's] Tom Brady as quarterback, but

without an offensive line, there is nothing. There are also the receivers that run the routes and the running backs. I don't like mentioning names because I know I will leave someone out. If I could mention the whole team I would," he added.

Bryce's journey with the Midlothian football team began when his family moved here from Cabot, Arkansas, the second semester of his freshman year. "We moved here because of

#### Sports Now



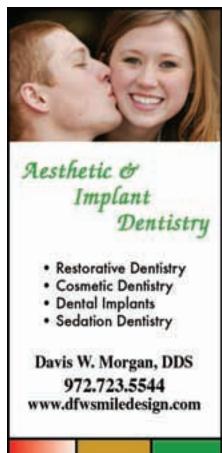


my dad's job," he shared. "My mom was looking around town and ran into Randy Bullock [who was the athletic director] and they talked a long time. He must have sold Midlothian to her so we moved here. Cabot was all about groups. If you weren't in football or a skateboarding kid, you had a hard time of it. Here, you have cliques but they are open. It is like everyone wants you."

Even though it was a huge adjustment, Bryce was gratified by the smooth transition. "It wasn't hard to do. Yeah, the first couple of days were weird, but after the first week, everything was fine," he recalled. "[The move] was during baseball tryouts so I made instant friendships. It was pretty cool. I didn't expect it at all. Everyone was real nice and welcoming. Caleb McEachern was in my first class so that was nice. My sophomore year was my first opportunity to play football. I have always played quarterback. I came from a run-base offense from Cabot. All we did was run stuff. I came here about the same time as Coach Clark. That was good in that there were no ties to the staff. It was every man for himself to get playing time."













## Sports

Bryce, like many other new players to the team, was pleasantly surprised by the camaraderie and cohesiveness found on the squad. He initially noted it during spring ball. "We worked really well together. Last year, we were so together with the care and the love that it can only get better. The coaching staff is unbelievable. They are all good Christian men. It is all positive," he expressed.

Bryce explained that some of the new guys on the team were as surprised by Midlothian's program as he had been at first. "They didn't have the type of chemistry that we have [at their previous schools], the chemistry that holds us together. During off-season, their [old] school may or may not dress out and they may lift one set. With us, we work out every day. You give it all you've got," he said. "Our workouts are hard and strenuous. It is understood that you will do your best. You know that your teammates will do whatever it takes to help you out, and it is understood that you'll do the same for him. It takes a team effort to achieve a win or first down or touchdown. It has to be everybody wanting the same thing."

Quarterback seems to be the position Bryce was born to play. Although he has participated in other sports, football is the one he enjoys the most. "I started playing when I was 5 years old, as early as I could. I was a pretty big kid when I was younger so my parents let me do it," he shared. "My dad started coaching me when I was in the third grade because the coaches I had earlier were teaching things wrong. It was awesome. I loved my dad coaching. When he started coaching me, he asked me what position I wanted to play and I said quarterback so that was the beginning."

Bryce's journey continues this fall, as our football team takes to the field again. With Bryce as quarterback, it is sure to be a fantastic season.









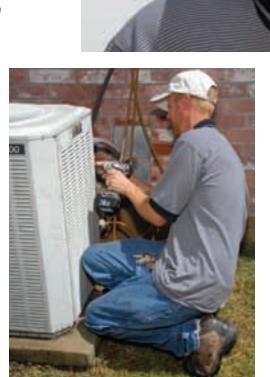
## Business

# A Good COOL Feeling

— By Betty Tryon

The temperature outside is sizzling hot and your thermostat keeps going up and up. Your cooling system no longer works. You need help, and Matthew Koehler Heating and Air Conditioning can bring relief. "It is a good feeling to go into a home that's hot from this Texas heat and leave with the unit working. It gives me a lot of satisfaction to help and to see the gratification on their face, or vice versa in the winter," Matthew explained, referring to the heating unit.

Matthew learned the business of heating and air conditioning through everyday experiences. "I had a cousin that had been doing this type of work for 30 years, and I wanted to do it because I wanted a good trade. I like to do mechanical stuff, and I like working with and helping people, so I started doing this 13 years ago," he said. Matthew worked for a well-respected local heating and air conditioning company and received valuable training during his time there. "I started



out working on a truck. In eight months, I was driving the truck. I got EPA [Environmental Protection Agency] certified and became the lead technician," he shared.

After becoming proficient in his chosen field, Matthew felt more comfortable being in business for himself and started Matthew Koehler Heating and Air Conditioning two years ago. He explained, "It was just easier to go into business for myself. I don't have the overhead the larger companies have, so I can

give reasonable prices. You can get the same or better quality service less expensively. I get to the people who are broken down with 24-hour service. I will come out anytime. ... I make sure everything is taken care of and treat everyone fairly." His territory is wherever he is needed, and some of his destinations have been Fort Worth, Stephenville and Denton.

Matthew will repair the air conditioner if warranted. He offers the same service for heating units. He states that it is,

# Business

"all part of the package." His qualifications extend to replacing and installing new units if necessary, and he offers service contracts for his customers. He said, "Having a spring checkup for the unit is preventative maintenance. For the heating unit, especially if it is a gas furnace, a checkup is very important. It's important to have the gas furnace checked every fall before you use it, especially the older units. The heat exchanger in them can get cracked and give off carbon monoxide. You can have headaches, nausea and it can be deadly."



For being a native New Yorker, Matthew Koehler speaks Texas twang just fine. Laughing, he said, "I am told all the time that I would never be pegged for a Yankee. I have spent the last 20 years in Texas." Attracted to Midlothian, he and his family moved here five years ago and plan to build Matthew Koehler Heating and Air Conditioning into a family business. "We love it here in Midlothian. It's a great little town. I am trying to build a company that my kids can work in when they grow up. I love what I do. It's like artwork. It is just like that saying that if you enjoy what you do, you never work a day in your life," he stated.

As Matthew continues to work and grow his business, you can benefit from his expertise by calling him at (972) 268-4763 or by faxing him at (972) 723-1255. **\*\*\*\*** 







### Education

# Full Speed

- By Betty Tryon

It is here, and Midlothian has it. Now there is no longer a need to leave this community to receive a four-year degree. Since Navarro Community College arrived in our town, it continues to move forward with more innovative programs to service the citizens here and in the surrounding area. Navarro Community College, in partnership with Texas A&M — Commerce, will give students the opportunity to earn their bachelor's or master's degree without traveling to the Texas A&M campus. Shepherding this new program is Stephen Garretson, Coordinator of Academic Programs and Services.

Explaining the new service, Stephen said, "We are part of the Texas A&M — Commerce system. Our actual main campus for this program is in Commerce, Texas. When we started this program, we were, at that time, unique in the state." It is not uncommon for universities to have partnerships with community colleges, but with most of those partnerships the students must travel to the university campus. The curriculum offered at Navarro eliminates that need.

"A lot of students cannot afford to travel where a college is because of family or job," Stephen stated. "We wanted to provide them with a way to get an education without having to travel so far. We looked at how to best

serve the students." The curriculum of Texas A&M -Commerce is particularly beneficial for students who work during the day, because all of the courses are offered at

night. Stephen added, "Our classes are Monday through Thursday and the students take two classes a night. We have students who are working as educational aides to the teachers and can't take off during the day but can pick up classes in the evening."

As with any new program, much time is required for it to become established. However, the launch of this program proved to be a great success. "I was told not to get my hopes up the first semester. The expectation was for about 15 students. The semester started with 42. In the two years we have been in Midlothian, the students have grown from 42 to 147 students. We started with education and that has been our biggest draw," Stephen said. Along with education, the school offers Bachelor of Applied Arts and Sciences degrees relating to business, marketing, accounting, information sciences, computer technology, fire academy, police, criminal justice and health



occupations such as nursing.

"The Bachelor of Applied Arts and Sciences is a total online program. It allows students to pick up 88 hours at the community level and the remaining 42 hours with A&M — Commerce. We will continue to add programs as we get larger," Stephen explained. "This fall we are adding two master's degrees. Students can get a master's in education with 18 hours of curriculum instruction and 18 hours in reading or early childhood classes to become master teachers."

There will also be a master's degree in special education for the diagnostician certification. The diagnosticians conduct testing in the schools for psychological services and special education services. There are 22 students in the program to date. There is also an integrated science program for teachers. "This is a combination of a little bit of physics, chemistry and life sciences to prepare teachers to understand how subjects are

# Education

taught in a classroom setting," he said.

For student teaching, the college offers a field-based program, which is one of the first in the state. "They get a full year of experience before getting a job," Stephen pointed out. "They know what to expect because they know what happens in the classroom from beginning, middle and in the end. They are better prepared because of this."

Stephen understands the art of teaching because it is something he has wanted to do since the fourth or fifth grade. "There were only two things I wanted to do: either teach or become a pediatrician," he recalled. "I chose teaching because when I got to an age to understand what teaching was all about, I felt I could affect people more. I love working [with] and being around kids. I love presenting them ideas and problems to work out."

Stephen attended East Texas State University, in Commerce, and earned his bachelor's degree in education. He received his master's in early childhood education from Texas A&M — Commerce and is currently working on his doctorate in child development at Texas Woman's University, in Denton. He is certified for K-eighth grade, with actual experience teaching every grade but first grade. His experience in the classroom gives him special insight into the world of education. "In a program like this, I am their advisor and problem solver. I help them with admissions and get them registered for their classes. At times, I am their instructor. They see me as someone who cares about them and wants them to be successful," he said.

"We recently graduated our first class. What really summed everything up for me was as they walked across the stage, some would stop to come over and shake my hand or hug my neck and say, 'Thank you,'" he added. "That's all the payment in the world to see them successful. It makes it all worth it." NOW

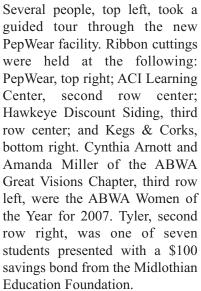






## **Around Town**





















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# Around Town











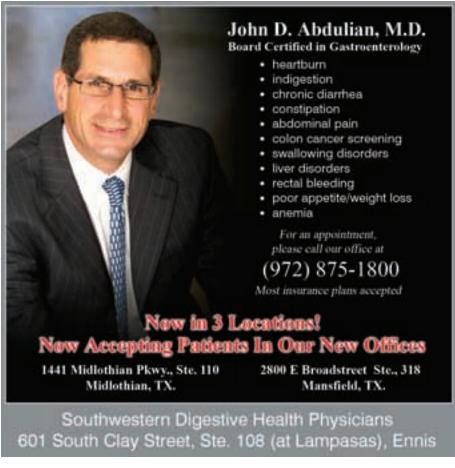


Sarah Tangama, top left, completed a sculpture of a creature she created during an art class at the Midlothian Bible Church vacation Bible school event. A ribbon cutting, top center, was held at Adler's Car Wash. Josh Sonnen, second row center, enjoyed pole vaulting success. Members of Midlothian's Family, Career and Community Leaders of America group, top right, posed for a photo during the leadership meeting held in Orlando, Florida. Mandi Adams, bottom left, learned some new tennis skills at vacation Bible school. A ribbon cutting, second row right, was held at County Concrete. Peter Curran, bottom right, made a reception over coverage by Will Austin in the football skills camp at vacation Bible school.













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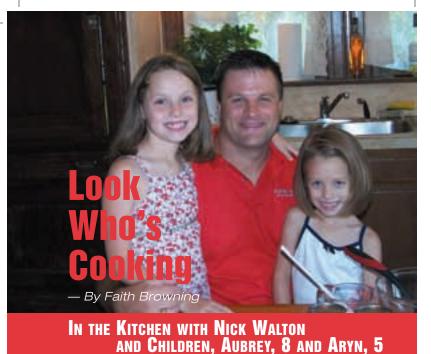
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amily time is top priority in Nick's family. In between their busy schedules of work, dance, soccer and gymnastics, it is difficult to share meals together. Nick stays very active coaching children's soccer, volunteering with the children's ministry at their church, helping his wife, Andrea, at her State Farm Insurance Agency and playing basketball and fantasy football, when he can fit it in.

You can usually find Nick at the grill and Andrea in the kitchen making casseroles, but on Saturday mornings, you can find all the Waltons in the kitchen. The tradition of Saturday morning pancakes is a Walton family favorite. "They love to read the recipes, crack the eggs and stir the batter," Nick expressed. "It creates good memories and keeps us connected." WOW

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

### **SATURDAY MORNING EASY PANCAKES**

2 eggs 2 cups Bisquick 1 tsp. baking soda (Add fruit if your children want it.)

Whisk together eggs; add Bisquick, baking soda and fruit; stir together well. Pour desired size in a skillet or on a griddle; flip when lots of bubbles appear. \*Must make Mickey Mouse-shaped pancakes. Children love them!

### **CATALINA CHICKEN**

1 dozen chicken tenders (frozen, from freezer) 1/2 bottle of light Catalina salad dressing In a casserole dish, place a dozen chicken tenders; add Catalina dressing. Cook at 350 F for 20 minutes. Add salad and green beans for a full meal children love.

### **SALMON**

1 large salmon filet (skinless) lemon pepper seasoning to taste 1 Tbsp. butter

Season salmon by lightly covering with butter and lemon pepper. Place in oven at 350 F for 20 minutes.

### **BREAKFAST PIE**

1 16-oz. package cubed ham 2 eggs

- 1 cup cheddar cheese, shredded
- 1 cup Swiss cheese, shredded
- 1 14-oz. can PET evaporated milk
- 1 tsp. salt
- 1 tsp. pepper
- 1 9-inch pie crust

Cook cubed ham in a pan until lightly browned. In a bowl, whisk together eggs; add ham and remaining ingredients. Stir all ingredients together; pour into piecrust. Cook at 350 F for 35 minutes or until golden. This warms well throughout the week.

### **KOOL-AID KUBES**

1 pkg. Kool-Aid (any flavor) fruit of choice — cut into small enough pieces to fit into an ice tray



# Who's Cooking

In ice tray, add Kool-Aid and a piece of fruit to each compartment. Freeze and use in a glass of water or Kool-Aid. Children love it!

### **FROZEN GRAPES**

one bag of grapes (red or green; your choice)

Put washed grapes in freezer. Good snack while outside or watching TV. Favorite for children, as well as adults.

### **LEMON PIE**

2 14-oz. cans Eagle Brand milk lemon juice to taste 1 graham cracker crust

Combine Eagle Brand milk and lemon juice; pour into graham cracker crust. Refrigerate for 1 hour. Makes for a yummy dessert any time of year.









# Finance

## **Home-Based Businesses Need Business** Insurance

By Tim Tobey

The dream of owning a business is becoming a reality for thousands of people each year. For many of these would-be captains of industry, that means starting the operation at home. However, your enterprise may be in jeopardy if you don't have business insurance.

You need business insurance because most homeowners' policies place limits on business-related exposures. For instance, a copier or fax machine used for business and damaged in a fire may not be fully covered because it is considered business property.

Also, the homeowners' policy does not cover business liability, loss of income, exterior signs and many other important items. If a client were injured at your home while conducting business, your homeowners' policy would not apply. Anyone who operates a home-based enterprise and does not have the proper insurance coverage is putting his or her business and personal assets at risk.

Business insurance may provide many or all of the coverages listed below:

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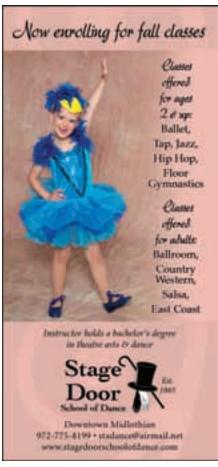
# Finance

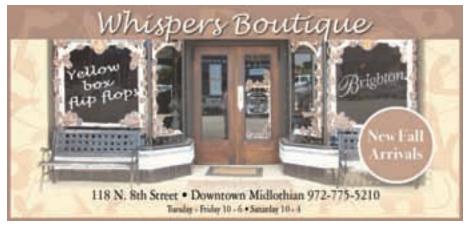
- ➤ Accidental direct physical loss coverage for business personal property.
- ▶ Broader off-premises property coverage
- >> Loss of income coverage
- >> Extra expense coverage
- >> Contractual liability coverage
- >> Liability of employees while acting within the scope of their employment.

Many entrepreneurs start their businesses on shoestring budgets and try to cut corners by keeping expenses at a minimum, but when you consider what you get, business insurance becomes a tool you can't afford to work without. WOW

Tim Tobey is a State Farm agent based in Midlothian.











### Health NOW

# **Cholesterol** Can be Good

— By Betty Tryon

Tim Russert, the successful moderator of the political talk show *Meet the Press*, died suddenly from cardiac arrest with a history of high cholesterol. Mr. Russert's death rang a serious wake-up call for many. High cholesterol gets its bad reputation with good reason. However, it may surprise many to discover that cholesterol is not all bad and it is in fact, necessary. It is so necessary for some of our bodily functions that not only do we receive this product from some food sources, our bodies naturally produce it.

Cholesterol, a fat-like substance and waxy in its texture, is found in all parts of the body. It is essential in producing certain hormones such as testosterone and progesterone. The use of Vitamin D and the production of bile acid to digest fats depends on cholesterol. It also assists in the production of cell membranes. Our body only needs a small amount of cholesterol to meet these needs. The excess cholesterol results in fatty deposits in the blood vessels and begins to build up and narrow the passageway of the arteries. When it starts to build up, it can harden and form plaque which can be a precursor to cardiovascular disease.

There are two types of cholesterol: LDL (low-density lipoprotein), commonly called the bad cholesterol and HDL (high-density lipoprotein), commonly called the good cholesterol. LDL cholesterol is the form that causes the

clogging of the arteries. HDL earns its sterling reputation because unlike LDL, it does not build up in the arteries and helps usher the bad cholesterol out of the blood vessels.

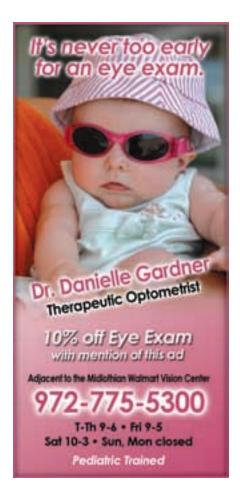
There are several factors to examine when determining risk factors. The most obvious is the diet. Foods that are high in cholesterol and saturated fats should be limited or avoided to lower your blood cholesterol levels. Exercise can increase your HDL which can help lower the bad cholesterol in the blood. An unhealthy weight can lead to increased LDL levels. The good news is that losing weight, moderate exercise and watching your diet can lower your blood cholesterol.

Some of the risk factors cannot be controlled. There is some evidence that some persons may be predisposed to higher levels because of genetics. If high cholesterol levels run in your family, have yourself tested in order to know your levels. Increased age can lead to higher cholesterol levels, particularly in women who have reached menopause.

The key to prevention is knowledge. Forearmed is forewarned. If you know you have high cholesterol, you can now work with your physician for the health care plan best for you. Whether it is a lifestyle change or medication, help is available.

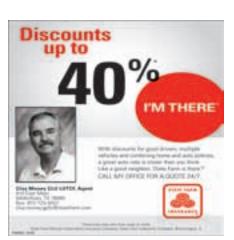
This article is for general information only and does not constitute medical advice. Consult your physician for questions regarding this topic.

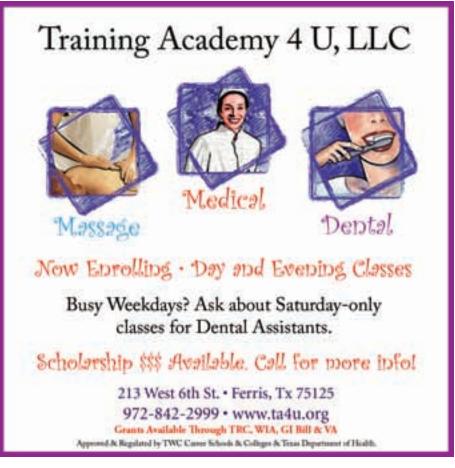




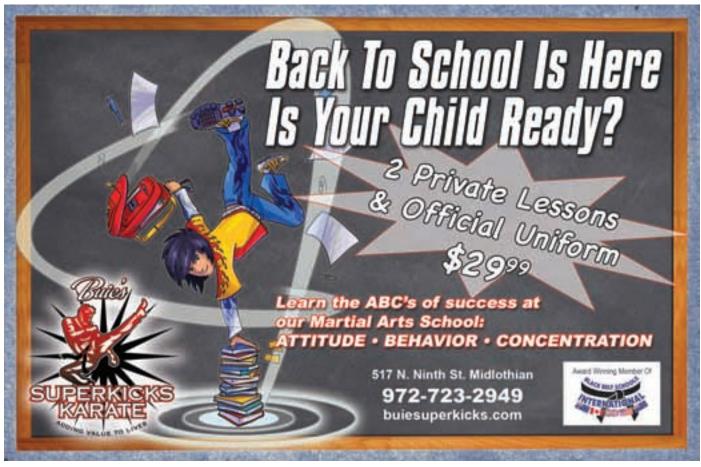














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# September 2008 Community Calendar

#### **Every Tuesday**

Midlothian Rotary Club meeting, noon, Midlothian Civic Center, 224 South 11th St. (972) 775-7118.

#### Second and Fourth Tuesdays

Midlothian City Council meeting, 6:00 p.m., City Hall, 104 West Avenue E.

### **First and Third Thursday**

Midlothian Lions Club meeting, 7:00 p.m., Midlothian Civic Center, 224 S. 11th St. (972) 775-7118.

### **Every Saturday in September**

Waxahachie Downtown Farmer's Market: 8:00 a.m. – 1:00 p.m., Franklin St. between Rogers and College. (972) 938-2101, ext. 198.

### Third Thursday

ABWA – Empowering Women Express Network will meet at 5:45 p.m. at the Midlothian Conference Center, located at 1 Community Circle. Please RSVP to Daphne Brewer at (972) 723-6551 or visit www.abwa-empoweringwomen.org for more information.

#### September 2

ABWA Great Visions Charter Chapter – Midlothian meeting, 6:30 p.m., location TBA. \$10 for dinner. Visit www.midlothianabwa.com. RSVP to Kit Montgomery at (214) 333-5209 or kit@dbu.edu.

### September 5 - 0

Ellis County BBQ Cook-Off at the Midlothian Civic Center. Lone Star BBQ Society Sanctioned Event. Call Robert Cunningham at (972) 824-1387.

#### September 6 - 7

Waxahachie Trade Days' "Tribute to Ellis County Armed Service Members." Saturday: 9:00 a.m. - 5:00 p.m. Sunday: 9:00 a.m. - 3:00 p.m. Visit www.waxtradedays.com. For vendor information, contact Dean at (903) 286-0183 or waxtradedays@yahoo.com.

### September 11

21st Annual Golf Benefit at Hidden Creek Golf Course in Burleson. Contact Amy Jackson with Meals on Wheels of Johnson and Ellis Counties at (817) 558-2840 or amy@mowjec.org.

### September 13

Mystery on the Nile. Chamber Dinner and Auction, 6:00 p.m., Midlothian Conference Center. \$35.00 RSVP required or \$40.00 at the door. (972) 723-8600. Midlothian Park and Recreation Department's Movie in the Park featuring *The Wizard of Oz.* (214) 596-1434.

### September 19

Midlothian Education Foundation Golf Tournament: 12:30 p.m. Tee Time, Mansfield National Golf Club, 3750 National Parkway. Call Jana Hathorne at (972) 775-8296 or Randy Denton at (972) 723-5522.

Midlothian Conference Center Arts Council Art Show entry deadline, www.MidlothianCenter.com.

#### September 22

Creative Quilters Guild of Ellis County meeting, 7:00 p.m., Waxahachie Bible Church, 621 N. Grand Avenue across from SAGU, Waxahachie. www.cqguild.org.

#### September 25

Leads to Success Group meeting, 8:00 a.m., Chamber offices.

### September 26 - 28

Art Show. Friday and Saturday: 10:00 a.m. – 4:00 p.m. Sunday: 1:00 p.m. – 3:00 p.m., Midlothian Conference Center, 1 Community Circle Dr. (972) 723-7919. www.MidlothianCenter.com.

### September 27

Midlothian Park and Recreation Department's Movie in the Park. Walt Disney presents *Grease* starring John Travolta & Olivia Newton John. Bring your chairs and blankets. Concessions will be available. (214) 596-1434.

For more community events, visit our online calendar at www.nowmagazines.com.





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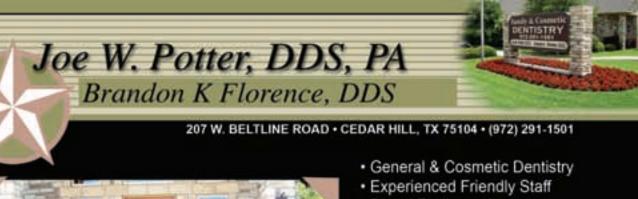
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