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M A G A Z I N E

September 2010

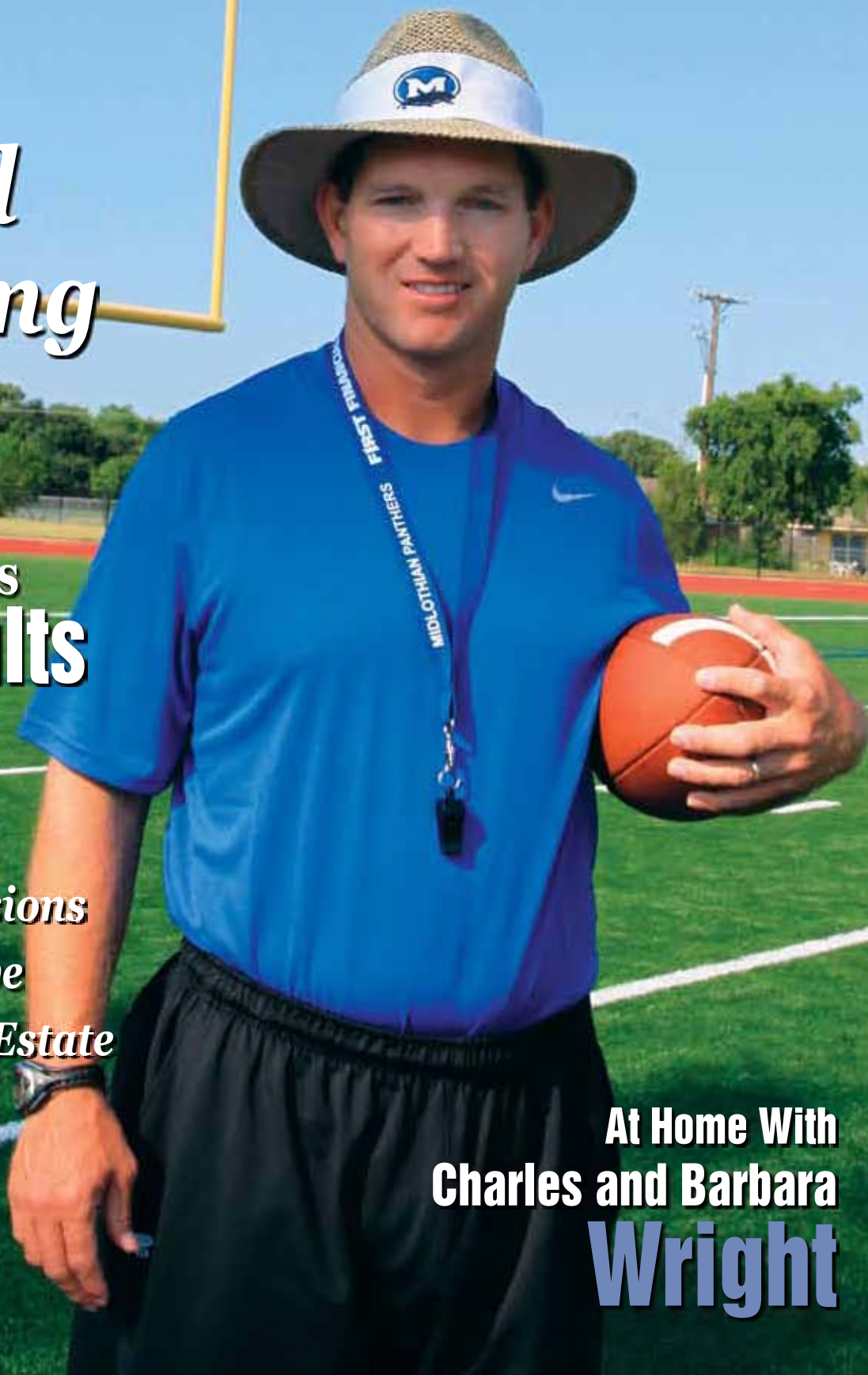
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Relationships and Results

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Charles and Barbara
Wright**





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On The Cover

Lee Wiginton stands ready to lead the football program to 5A victories.

Photo by John Riley.

Editor's Note

Welcome back to school!

After preparing a flawless lesson plan and delivering your communication superbly, no one stood to give you a standing ovation. After an extremely taxing and tiring day, you devoted even more time after school giving extra help, and no one was there to sing your praises. Much of what you do is away from the eyes of the public, and those who benefit seldom say thank you. To our teachers of every grade level — we appreciate your sacrifices, your hard work and your devotion to your students. Thank you for everything you do. I sincerely hope you and your students have a terrific year!


As Midlothian Independent School District gears up for another year, meet our new superintendent, Jerome Stewart, in this issue. Also, explore how Navarro Community College has what it takes to make your career take flight. Read about it in our education feature.

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Betty Tryon
MidlothianNOW Editor



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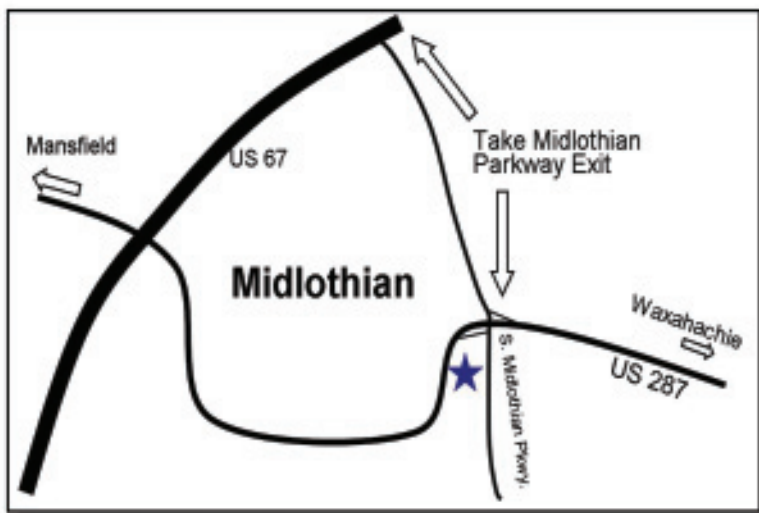
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To Do List

1. Buy school supplies for the kids ✓
2. Plan for Labor Day cookout ✓
3. Buy tickets for the football game ✓
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"I wanted to do what I trained to do and love to do, which is to be a teacher where I can build people up."

RELATIONSHIPS AND RESULTS

— By Betty Tryon



Texas means many things to many people, but one of the things it meant to Jerome Stewart, the new superintendent of Midlothian Independent School District, was a new life. Born in Iowa, he spent 29 years there. His childhood, as the oldest of five children, was a happy one. Later, he earned his undergraduate degree at Simpson College in Iowa and his Master of Science Education from Drake University in Des Moines, Iowa. It was at Drake that the wheels began to turn which eventually brought him to Texas.

At Drake University, Jerome noticed an editorial cartoon drawn by one of the students and thought he could do a better job of it. He explained, "I knocked on the door of the newspaper office and asked to speak to the editor.



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The person who opened the door said, 'You won't believe this, but the editor is usually gone on these days. But he just happens to be here, so come on in.' I went to the editor and said, 'I would like to be your editorial cartoonist.'" Jerome had never drawn before or taken any art classes. The editorial cartoonist had just quit, so Jerome was hired on the spot and started working on the paper. One year, he took second place in a small regional cartooning contest for student newspapers.

Because he enjoyed it so much, Jerome changed his focus from education to being a cartoonist. After graduation, he contacted newspapers with a circulation of above 100,000 with no success. Deciding to concentrate on the state of Texas, the only newspaper who was interested was *Amarillo Globe News*. He continued, "They said they would keep my information on file. A few weeks later, they called and said they wanted to hire me as their graphic artist/editorial cartoonist. I said, 'Yes.' When they hired me, my life changed dramatically, and I became a Texan — or at least someone who moved here as quickly as he possibly could! I drew cartoons on the third floor and met my future wife who worked in the basement. I fell madly in love with her, and I hope she fell madly in love with me," he said with a smile. "We married and all four of our children were born in Amarillo."

Jerome worked at the newspaper for three years and eventually became syndicated. On the verge of great success, he decided he no longer wanted editorial cartooning to be his life's focus. "I realized, as a Christian, I really didn't want to make my livelihood constantly belittling and knocking people down as an editorial cartoonist," he explained. "I wanted to do what I trained to do and love to do, which is to be a teacher where I can build people up. That is when I made the change, and ever since then, I have been in education. Being a cartoonist got me to Texas and, obviously, made a significant difference in my life. I met my wife, and we have had such a wonderful opportunity to be here in Texas. I have been asked if I ever want to go back to Iowa. I would love to go back to visit, but I absolutely love Texas and what it has meant to me."

Jerome began his teaching career at

Caprock High School in Amarillo as teacher and coach of the wrestling team. "It was one of the great blessings in my life to be in that school. I was eventually voted Teacher of the Year for that campus and won a state championship for wrestling. There were



"The next thing, on the academic side, is just to get a good understanding of those things that are already in place and produce those great results."

many wonderful memories and great relationships made." After teaching and coaching at Caprock High School for three years, he became assistant principal of the school. Following Caprock, Jerome spent two years as principal at Pamta Middle School. When he entered a doctorate program at Baylor University, Jerome moved to Waco and became the principal at Lake Air Middle School. Three years later, he became principal at Lago Vista High School. After another three years as superintendent at Yorktown Independent School District (ISD), then Canton ISD for five years, Jerome became superintendent of Midlothian ISD.

What impressed Jerome the most about Midlothian was the family atmosphere that was present in the school district. "If I had any one particular goal,

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




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it would be to certainly continue that, to ensure that it isn't lost as the district gets larger. You just don't want to lose that personal and family touch. The other thing is to continue the excellence in academics that has already been established.”

One of Jerome's first goals as he establishes himself as superintendent is to “get to know everyone as quickly as possible both inside the school district and within the community, so that I may get a good understanding of what that culture or family-like atmosphere is all about. The next thing, on the academic side, is just to get a good understanding of those things that are already in place and produce those great results. The most important first step of any superintendent, and certainly for me, is to get a good understanding of what is so special about Midlothian ISD.

“My basic philosophy boils down to a couple of things: relationships and results. So, it is very important in the school district that we establish the proper relationships with our students. Every child that comes across our threshold really has a right to expect that unconditional love will be presented to him or her and to expect it from every adult with whom he or she has an encounter. Not only do we want to be the most loving people the kids see, we also want to be the most engaging, so our kids are academically challenged to the degree that they want to take a hold of that challenge and do their best. They will have that opportunity.”

Jerome's plans for Midlothian ISD do not include an overhaul of the educational system or a lot of new programs. He is encouraged by what he sees. He acknowledged, “It's not a matter of me bringing something in. The beauty of this particular district is [that] it already has a great vision to be the leading learning organization in the nation. It already has some great programs in place. One of the benefits of being part of Midlothian is they already have a neat culture of success in place. It is a matter of making what is already present meet the expectations of the community. It is a real privilege and an honor to be a part of Midlothian ISD and to be chosen as school superintendent. I am just very blessed to be part of a great district and community.” **NOW**

Back Pain is Behind Her

Regular exercise is a big part of Debra Moody's life. So when increasing back pain threatened the certified public accountant's fitness routine, she set out to see why something just wasn't adding up.

Originally diagnosed with a bulging disk, the 46-year-old Mansfield resident recalls, "I was doing squats with too much weight about five years ago. I felt something was wrong, but managed to keep it under control with regular workouts and core strengthening."

"That seemed to work," she says. Until 2009 when the pain got progressively worse. "It was a herniated disk that had compressed a nerve root in my back. I was losing feeling in my leg. It was really crippling. Even the pain medicine wasn't helping," Moody painfully recalls.

After months of chiropractic therapy, steroid treatments, strength training, and even decompression therapy, "nothing helped because the disk was so damaged," she explains. Surgery was the next step, so Moody went to Methodist Mansfield Medical Center for her procedure.

"After surgery, I experienced immediate pain relief and didn't even finish my pain medication."

"The surgery was a very pleasant and trouble-free experience all the way around," she confides. "Plus, the nurses were great and very attentive." Afterward, Moody was advised to take it easy.

"No bending, twisting, or housework," she says. Admittedly a tidy housekeeper, "Not cleaning my house was the most difficult part after surgery!" Thanks to her successful discectomy, Moody resumed her fitness regimen—and housecleaning—in record time. "I'm back in the gym five to six days a week, although I'm more careful now," she smiles.

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AT HOME WITH CHARLES AND BARBARA WRIGHT

Not long after the Wrights were married those 50 years ago, they moved to Texas. “We came from within 10 miles of being native Texans,” Charles said. “We both grew up in Ryan, Oklahoma. I was raised on a farm and knew I didn’t want to be a farmer. I didn’t know Barbara from school because I’m three years older. I was on leave from the Navy when I met her; she was working at the local picture show, and it just developed from there.”

“I began working at that theater when I was 12 years old,” Barbara said, “selling popcorn. Charlie and I waited about a year for him to get out of the Navy

50 years

THE WRIGHT WAY

— By Carolyn Wills

Charles and Barbara Wright just celebrated their 50th wedding anniversary with a huge gathering of family and friends in the backyard of their Midlothian home. When the couple married, Barbara was 18 and the cost of her wedding was her dress; Charles was 22, and his cost was the price of the preacher. Organized by the

Wrights’ children, the milestone event featured tents, music, barbecue, many family and friends and the biggest wedding cake they could find. “We have a big family,” Barbara said, “three kids, six grandchildren, one great-grandchild and another on the way. And they all live in Midlothian, except for one grandson who lives in Waco.”



before we married and moved to Grand Prairie. For years, we both worked for different divisions of General Motors. I worked there for 22 years and, with so many others, I was laid off six months before retirement.”

Today the Wrights live in a traditional brick home with a tan tin roof in an area of Midlothian once known as Bluegrass Estates. They affectionately describe their house as “early marriage or family style.” A tongue-in-cheek street sign displaying their last name marks the entrance of their blacktop circular drive. The sign was a gift to Charles from the “Red Hat” ladies in Barbara’s Red Hat Society group.

The Wrights moved to Midlothian in 1976. They had lived and were still working in Arlington, but wanted a home in a less congested area. “Our two older kids were in high school,” Barbara said, “and right after we moved in, the Midlothian High School football coach called to meet the parents of his new student. We were so impressed.” As it turned out, their son not only played football for Midlothian, but made the All-State Team.

Legend has it that the Wrights’ neighborhood was once a racetrack, most likely for car racing, sitting on 185 acres that were eventually subdivided into three- to five-acre plots. “The street is a mile-and-a-quarter loop,” Charles said. “Our house was being built when we bought it and is on a pie-shaped lot about 600 feet in the front tapering to 11 feet in the back. The year we moved in, all the trees had been cleared and the



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houses to our right had not been built. We planted grass and, after a year of heavy rains, we ended up with very little grass, but the lot next to us had a beautiful lawn.”

The Wrights’ three-bedroom home started at about 1,700 square feet with dark-paneling and a dining room so tiny it barely fit their family. Charles had become an Arlington fireman and Barbara was still working for a trucking company. In addition to driving to Arlington each day, they were rearing three children and attending sports events, school functions and FFA projects. “Our son and daughter are a year apart in age, and our second daughter was born 10 years later,” Barbara said. “Now they’re married with children, and we have three grown and three younger grandchildren, and we’re all very close.”

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Over time, the Wrights adjusted their home to fit their style and family. Today, their house measures about 2,200 square feet and the dark paneling is gone. "We've added a large sunroom, cut the fireplace out so it opens to the living room and sunroom, completely remodeled the kitchen, opened up the dining room and replaced the wood-shingled roof," Barbara explained. "I wanted everything to be light."

And light it is. By opening up the

dining room and relocating the refrigerator, more cabinets were added, and thanks to the choices of milk-washed ash cabinets, light ceramic tile floors and backsplash with contrasting dark granite countertops and an etched-glass door allowing the front door to remain open, the updated Tuscan look is bright and light. The once cramped dining room is now the first space beyond the front door, and the tall, rich wood dining table is often the center of



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family activities. “Our family loves to play cards and board games,” Barbara said. The dining room also opens to the living area, which no longer sports dark wood paneling. “We covered the paneling and painted the walls and



ceiling white,” Charles said, “leaving only the dark wood ceiling beams.”

Barbara’s favorite addition is the large sunroom that runs the length of the living room and has a grand total of 15 windows. “She wanted to open the windows and hear the birds sing,” Charles said, “but this is Texas, so instead, she keeps the windows closed and listens to a CD with birds singing!” The big space accommodates a place for the grandkids to play, the double-sided fireplace and, maybe most importantly, a sewing area. “My granddaughter is 13 and has shown interest in sewing, so we’ve been making quilts,” Barbara explained. “I’ve finished one that will eventually be used as a fundraiser for cancer awareness and prevention. One side is for cancer survivors and the



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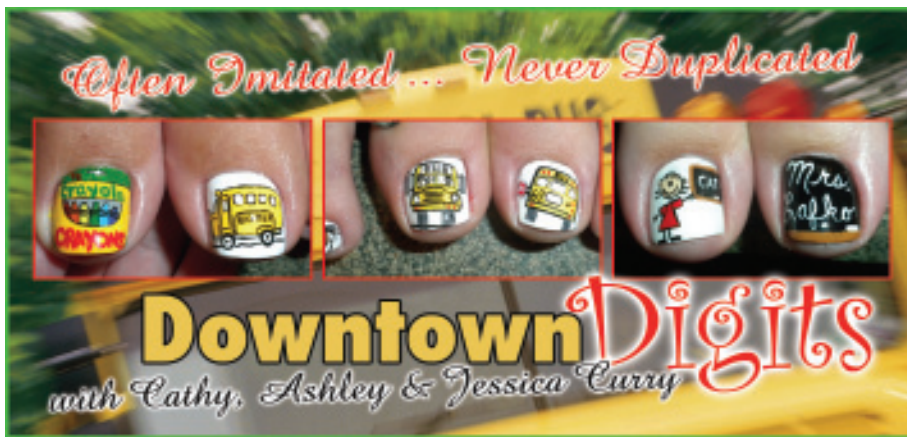


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memory of those who have been lost to the disease. Survivors and families are signing in the areas that depict the type of cancer they've encountered." A veteran survivor and volunteer for this cause, Barbara has survived the disease three times in her life.

"Charlie's favorite place is the living room with the remote-controlled propane fireplace, big chair and his huge flat-screen TV," Barbara said.

"We don't really need the acreage anymore, but the children and grandchildren see this as the home place," Charles added. "Two grandkids, 16-year-old Big Jeff and 13-year-old Becca stay here a lot, so we've named



their bedrooms after them."

Besides maybe sitting on a one-time racetrack, the Wrights' neighborhood is about a quarter-of-a-mile from a rock quarry, a fact that Charles has often been reminded of when gardening or fence-building. "We bought a piece of the rock, and that's what we got," he said. For this couple whose marriage has now lasted a half century, it is clearly not only their land that is rock solid. **NOW**



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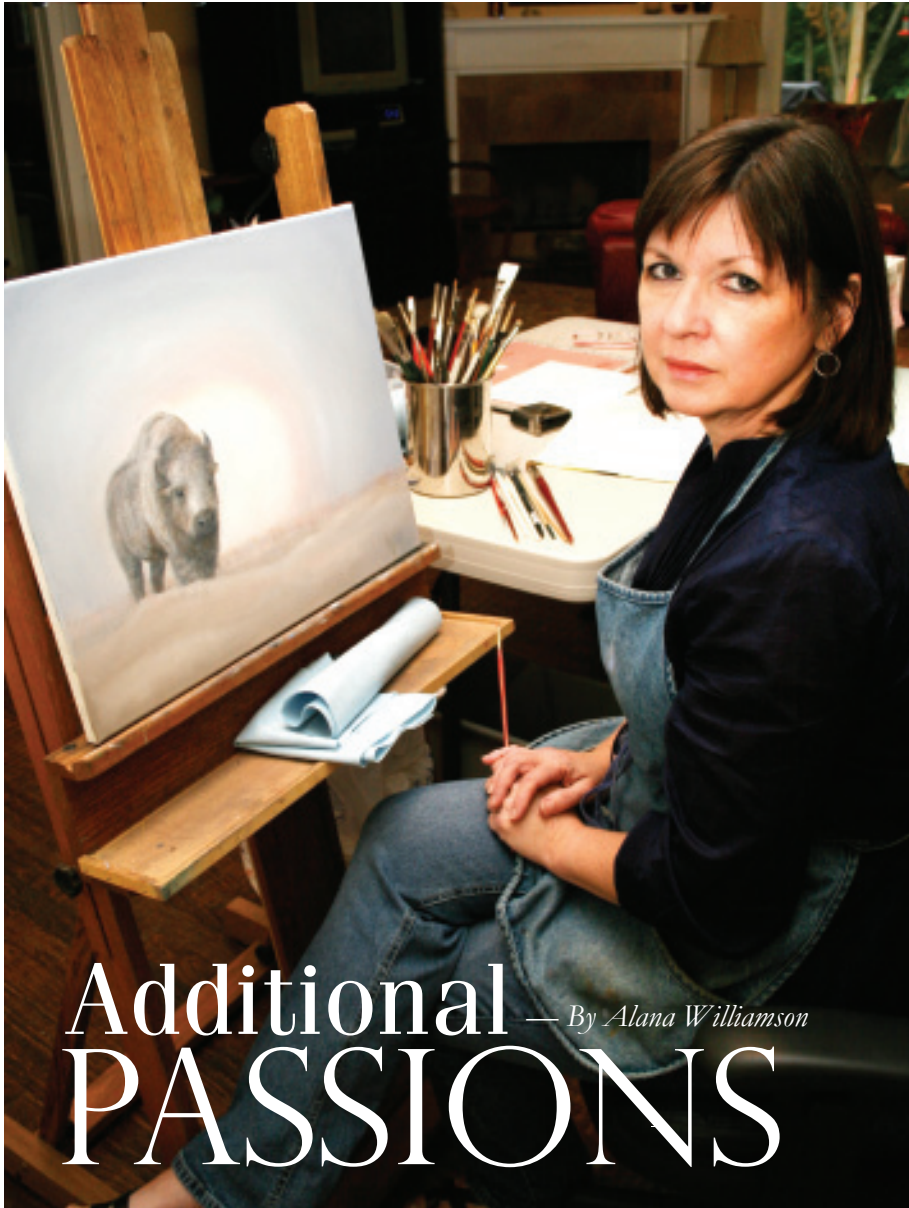
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Additional — *By Alana Williamson* PASSIONS

Pam Thompson has excelled at more than one passion in her life. She is an award-winning accounting professor at Northwood University, a business-oriented university located in Cedar Hill, and an accomplished artist. She decided to try her hand at art when her daughter, Leigh, began taking drawing lessons from a local artist 12 years ago. Leigh decided to pursue other interests, but Pam was inspired to continue her craft. "I started pencil sketching first because it was therapeutic," Pam said.

Pam then branched out into using colored pencils and took a year of oil painting lessons. She drew her first portrait using grids and was a quick

learner. "I was surprised when it suddenly started making sense," Pam smiled. "It just kind of clicked, but art is the process of continuous learning and improvement."

Since then, Pam has painted nearly 30 pieces. She uses a variety of methods, including water colors, but enjoys using pastels and colored pencils the most. Another preference of hers is the use of animals and landscapes. Her favorite piece is one of her earlier works created from colored pencils, and featuring a mother horse and her baby foal.

Pam usually begins each piece by sketching the outlines and filling them in. When using oils, however, she first prepares the canvas or Masonite board,



Her favorite piece is one of her earlier works created from colored pencils, and featuring a mother horse and her baby foal.

and then paints a background color. After this dries, Pam uses a colored pencil to do the light sketch. "I have ideas about what I want to paint before I start and what colors I want to use," she said. "Sometimes, I struggle to get the color right, especially with oil painting where I'm mixing my colors a lot of the time."

To come up with her ideas, Pam often uses photos for reference or inspiration. "I carry a camera with me everywhere I go. You never know when you're going to drive past something and want to take a picture," she said.

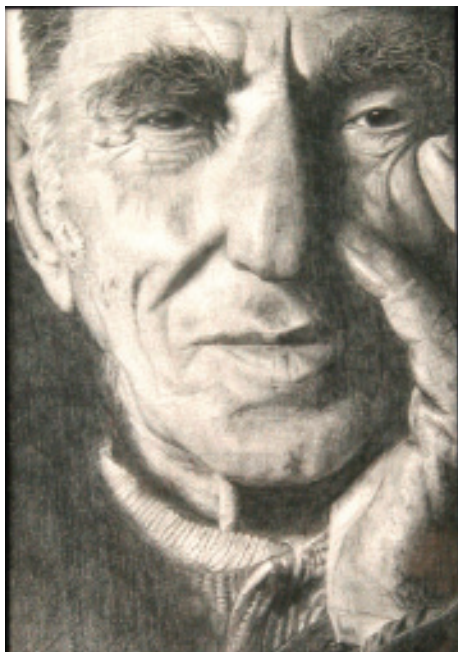
Each painting can take between 25 and 40 hours, depending on the size and amount of detail used. Her time spent painting varies and is dependent on her schedule. "Sometimes I will be very intense and spend days on it," she said. "I hardly ever feel it is complete, so I stop by putting it in a frame behind glass."

When Pam first started painting, she had her work matted and framed professionally, but now she orders frames from art supply stores and assembles

them on her own. "I started planning ahead to make the paintings a size that could fit a standard frame," she said.

Pam has a few styles that she prefers to use and believes that framing is an integral part of the painting process. "I've been known to repaint a frame, changing the color to complement the painting" she said.

Pam has painted in various rooms of her home in Midlothian that she shares with her daughter and husband, Charlie, but enjoys painting in the foyer the most because it has the best lighting. With the exception of giving away a few pieces to friends and family, at their request, Pam displays finished pieces throughout her



home adding to her collection as her schedule permits.

She recently had the opportunity to display her art for a wider audience of students and colleagues at Northwood.

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When a fellow professor joked that accountants lacked creativity, Pam showed him a few of her paintings. After problems arose with a scheduled campus exhibit, Pam's work was recommended to fill the void. Her entire collection of art hung on display at the campus for an entire semester.

Pam began teaching at Northwood eight years ago and served as chair of the accounting department for four of those years. She is currently division chair of quantitative studies. Pam received the 2009 Faculty Excellence Award, which is the highest professional award given at the university.

Pam, who holds a bachelor's degree in accounting and a master's degree in taxation from the University of Texas



at Arlington, said the feedback from her students helps her know that she is reaching them and making a positive impact. Several of her former students have later expressed to her the value of accounting in their career choices. Others give her updates on their new jobs and family life. "It's very rewarding to see them mature," she said. "My students teach me new things just as I teach them."

Pam admitted that teaching came as a bit of a shock to her at first. "It's harder than you think it's going to be, but also more fun," Pam said.

Her advice to any future accountants is to begin taking accounting courses in high school, recognize that accounting is hard work and be confident that they are entering a solid and diverse job market — especially since accounting is cited as one of the most desirable business career choices.

Pam continues to divide her time between her two passions — teaching and painting. And this is one formula that she will not be giving up any time soon. **NOW**

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5A and Counting

— By Betty Tryon



There is a new sheriff in town! Actually, it is our new high school football head coach — Lee Wiginton. He stands ready to take on the challenge of ushering the football program into the daunting prospects of 5A. He stated, “This will be the first time that Midlothian has been in 5A, so that is going to be an exciting time for everyone. The kids are excited about the challenge, and they view it as a great opportunity. They have been working very hard, and they are certainly not shying away from the challenge. There are a lot of people who fear 5A, but that is the farthest thing from the way we are approaching it. For us, it is just another number.”

Lee brings with him experience and a winning attitude by having gone to the playoffs at every school he has coached. His experience came from observing and, eventually, coaching with his dad. “Both of my parents are educators,” he added, “so I’ve grown up in the school business. My dad coached, so I’ve been around sports and athletics my entire life.”

Although interested in sports, Lee majored in mathematics at Angelo State University. After graduation, he and his dad coached together for six years. Lee moved to Bosqueville for his first coaching job as head coach and athletic director for four years. He went to Comfort for four years as head coach and athletic director and then to Mexia for two years in the same capacity. In February, he and his wife, Becky, came to Midlothian with their two children, Haydon 7 and Julia 3.

Arriving in February gave Lee enough time to prepare for spring ball in May. “I had three months to familiarize myself with the athletes, the school system and the community. I met

the varsity players and their families, and that was good to get to know them.” After spring ball, the coaches had a better idea who the starters would be. The players were challenged throughout the summer to either hold onto their role or try to knock someone from their top seat. Lee said, “I think that competition makes everyone better. We start with three non-district games, so we really feel like we have some room to get to know what the kids can do. We are looking at our season really beginning when we start district play. Our first district game is September 24 against South Grand Prairie. We want to make sure we have all the pieces in place by then.”

Lee was extremely impressed by the level of maturity he found among the players. “Coming in here I’ve asked an awful lot of them, as far as time

“My philosophy is we want to help every student athlete that comes to us become the best person they can be, the best student they can be, which ultimately will help us be the best team we can be.”

commitment and their willingness to come out and compete on a daily basis. When you come in as a new coach, there are some kids who have started on varsity for two years, and when I walk in here and say, ‘None of you have a position. None of you has earned anything at this point,’ that’s hard for a young person to understand. In their mind, they have earned their right to play, and they have earned the respect from their teammates. Every one of them accepted that challenge and came out every day to work hard to improve. Because of that attitude, it has been pleasant, as a coach, to watch them relish the opportunity to shine as they compete and earn spots again.”

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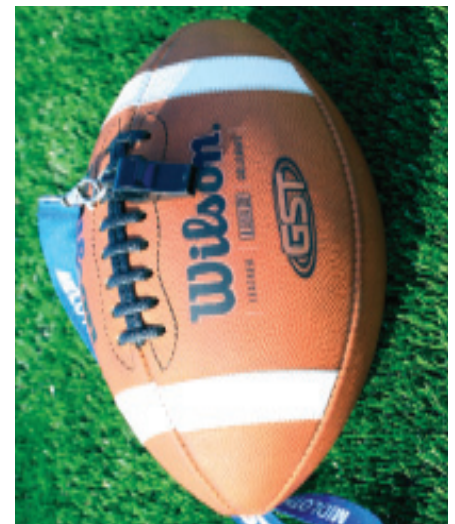


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Lee wants to continue to impress upon the students how important good character is. He acknowledged, "My philosophy is we want to help every student athlete that comes to us become the best person they can be, the best student they can be, which ultimately will help us be the best team we can be. I think coaches have a calling to do that. We have an opportunity to have a huge influence and impact on the lives of young people. That's something that I and all the coaches here take great pride in."



The main objective of football, however, is to win. "I know the team and community are hungry for a winner," Lee said. "As coaches, we know that the expectations for the team are there. I relish the opportunity. Whatever expectations anyone has of us as a team or the staff or myself doesn't compare to what we put on ourselves. We look forward to producing. I have a 100 percent open-door policy and every one of our practices is open door. If you are ever sitting at home bored, come out and watch these guys work. Come out and watch our games. We take great pride in putting student athletes on the field that are going to make you proud that they are representing Midlothian. If at anytime you want to be a part of football, come on. Whatever form or fashion you want to be involved in, as an outside spectator to a 'hands-on' person, there's an opportunity here for you." **NOW**



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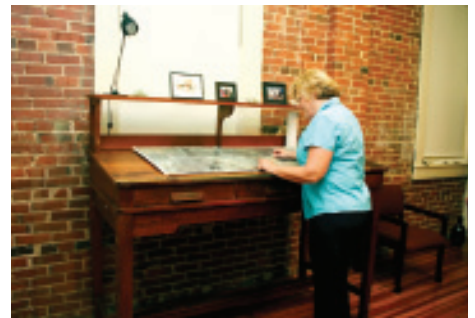
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For all of your real estate buying, selling and appraisal needs, Coldwell Banker Americana Realtors can help. — By Betty Tryon

Listening to Jamie Wickliffe of Coldwell Banker Americana Realtors recount stories about some of her clients or business ventures is like listening to a list of Who's Who. "We are able to build great relationships with incredibly impressive folks in the real estate business, who have hired us, such as The Staubach Company and T. Boone Pickens," she stated. Although she can deal with such key people in the real estate business, Jamie is homegrown with her feet planted firmly on the ground.

Born in Midlothian, Jamie is part of four generations of Midlothians, who

have made this city their home and three generations of business people. She explained, "My family is deeply rooted in downtown. I came to this location because my parents had businesses downtown, and I could spend more time with them."

Being in the real estate business was especially appealing to Jamie because her dad was in the business. She remembers saying in her high school annual that when she got out of school she wanted to be in insurance and real estate. "It seemed a phenomenal way to have an opportunity to make an impact in

From left:

Jamie Wickliffe enjoys helping people make their first big investment; Jamie looks over a map with Candice Quincnes.

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people's lives," she explained. Coldwell Banker Americana Realtors is a full-service real estate company which offers assistance with buying and selling. Jamie stated, "We are uniquely qualified to handle commercial and investment properties, as well as residential properties. Most real estate companies focus on buying and selling houses, and that is the majority of our business. But, I think what distinguishes us is I have background in commercial real estate and certainly have an understanding and background in real estate investment and development.

"I'm also a certified real estate appraiser, the only active real estate broker who is also a certified appraiser that I know of in town. In addition to helping people buy and sell houses and investments, my appraisal business allows us to work some very interesting projects. For instance, we helped with the American Airlines Arena, the ballpark in Arlington, the new Cowboy stadium and North Texas Raceway, as well. Most people don't know that we do that kind of work, but we do a ton of it. Major sports authority projects happen to be something in which we specialize."

As an appraiser, Jamie is also qualified as an expert in real estate evaluation in district, state and federal courts. "The things I know about appraisal help me on the real estate sale side, and the things I know about sales help me on the appraisal side. We are the oldest local real estate firm in the community as an established entity. What makes us shine is the people we have around us," Jamie remarked. "The team we've assembled is phenomenal. It's not all about me. I have the responsibility of what goes on here, but the success of this organization is directly attributable to the quality of people that we have.

"I love helping people make their first big investment or their first big commercial venture outside their job. It seemed like it was something that fit me well because I was willing to work hard. To be good in this, you have to care about the people you are working for. It gave me a chance to do both of those things, to be able to touch people and to use my work ethic to make a difference." **NOW**

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EXISTING TO SERVE

— By Betty Tryon

There is a beehive of activity at Navarro College in Midlothian. At the campus, a new building rising from the ground gives testament to the growing need and appreciation for this college. Cubie Ward, dean at the Midlothian campus of Navarro, supervises the latest addition to the recently built college. He said, “The new building will be strictly instructional. We have grown from 235 students in our first semester to 1,041 today. Our plans are to continue this.”

Cubie came to Navarro in 2004 from 10 years of working and teaching at the University of Texas at Arlington (UTA) with a bachelor’s degree in psychology, a master’s in history and a Ph.D. in Humanities all from UTA. Prior to that experience, he spent many years in Argentina and Uruguay in community development. In Texas, one of his greatest accomplishments was working with various community colleges in developing the Texas Two-Step Project. He stated, “The Texas Two-Step was getting universities to agree to accept some of our technical or vocational programs as part of their regular academic degrees.”

He brought that experience and spirit of cooperation to Navarro in Midlothian.

Navarro College has four campuses: Mexia, Waxahachie, Corsicana and Midlothian. Navarro has long been a part of the Midlothian landscape. However, in the past, the college met in a building on the campus of the high school. The new facility opened in spring of 2006.

Since then, the growth of students and academic programs has been phenomenal. Cubie attributes a part of that growth to the cooperation between the city and the college. Explaining he said, “I’m not sure that any city or community in Texas has supported its college like Midlothian has supported us. This is one of the most satisfying relationships between the community and Navarro. For one, it indicates that the people of Midlothian are interested in education and a place for their children to be educated. It also recognizes that industry and the business people here recognize that for their companies and their industries to succeed in the area, they have to have an educated workforce. Another reason we have such support is that Dr. [Richard] Sanchez and Dr. [Harold] Nolte have done a wonderful job back in the early years before I ever got here and created the basis of that relationship.”



One of the reasons this community college is so successful is the partnership it developed with Texas A&M-Commerce. This was completely by design from the very beginning. Cubie explained, “This is the only campus in Ellis County that A&M has a relationship with. The purpose, of course, is that A&M would like to have a presence here. They also have grown tremendously. They have more than 300 students in their programs, and we are excited about that relationship. They are also doing some master’s programs here in education. The program they have is 18 hours in education and 18 hours in a discipline. The other discipline may be in history, English or biology.”

In 2005 the Texas Legislature passed House Bill 1, which requires high schools to make at least 12 hours of college work available to students. The student does not have to take them, but the courses must be made available. These college courses in high school are of great benefit to the students. Students who meet the requirements can enroll in the dual credit program that allows juniors and seniors in high school to take classes that satisfy high school as well as

Education **NOW**

higher education requirements for that class. If the student enrolls at the college to take the class there while attending high school, then that is concurrent enrollment. Cubie expounded, "We have had several experiences so far where the student actually graduated from Navarro College before they graduated from high school. For those who can do that, it really saves the parents money. It saves the student money and time so they can get into their profession two years earlier."

One reason to encourage students in the dual-credit program is many of them will continue on to higher education. Cubie added, "A greater percentage of those students who start dual credit in high school will end up finishing college. It is one of the ways Texas is attempting to promote higher education and also increasing the number of people who complete a bachelor's degree."



Alyssa Volz, Midlothian High School junior (left), signs up to take dual credit classes at Navarro College as Dr. Ward and Office Administrator Renae Tribble assist her.

Ellis County celebrated its first graduating class last year. "I truly feel that if I have a mission in life, it is helping kids right out of high school make that decision about what they will do with their life. I enjoy being a part of that. I get to help build the system that creates a pathway from not knowing what they are going to do after high school to making a decision about what they are going to do for their college majors or their career. I do feel comfortable helping students make that transition. We would like people to know that we exist to serve the community. And, we think this is one of the best ways or [most] noble ways to serve our community." **NOW**

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In The Kitchen With Melissa Fairbanks

— By Faith Browning

Melissa Fairbanks' father was her cooking inspiration. "Cooking has always played a big part in my family," she explained. "My grandma had five boys to feed when my dad was growing up. She was always cooking and finding ways to be frugal all while creating interesting and tasty dishes. She passed on some of those skills to my dad, so there was always something cooking in our house."

Today, Melissa has found an outlet to be creative with cooking in a Midlothian coffeehouse. "I've always loved food and coffee because they seem to bring about a sense of community," she expressed. "I'm excited that by means of food and drink, I get to build relationships with people and have the chance to contribute to that sense of community here in Midlothian." **NOW**



HOBO DINNER

This recipe is a camping tradition in my family. There is no wrong way to prepare this foil dinner. Add any combination of ingredients you want and grill for an easy-to-clean-up meal.

1 lb. summer sausage, cut into 1-inch pieces
(You could also use ground beef.)
4 med. potatoes cut into ½-inch cubes
1 lg. sweet onion, halved and sliced
1 med. pepper, cut into strips
4 carrots, sliced lengthwise
1/2 cup butter, cut into eight cubes
Salt and pepper, to taste

1. Combine the ingredients in a large bowl, then divide the mixture placing equal portions on 8 heavy-duty foil squares (about 12-inch squares). Top each with a butter cube.
2. Fold foil around mixture and seal tightly. Grill covered over medium heat for 20-25 minutes or until meat is cooked and vegetables are tender. Carefully open foil to allow steam to escape. Season with salt and pepper to taste. Makes 8 servings.

BRAZILIAN BLACK BEAN STEW

This is one of my favorite soup recipes. It's colorful, a little exotic and has an unexpected combination of flavors.

1 Tbsp. oil
1 med. onion, chopped
2 cloves garlic, minced
2 1-lb. sweet potatoes, peeled and diced
1 lg. red bell pepper, diced
2 14.5-oz. cans diced tomatoes with juice
1 small hot green chili pepper, diced
1 1/2 cups water
2 16-oz. cans black beans, rinsed and drained
2 mangos peeled, seeded and diced
1/4 cup fresh cilantro, chopped
1/4 lb. sausage, sliced

1. Heat oil in a large pot over medium heat, place onion and garlic in the pot and

cook until tender. Mix in sweet potatoes, bell pepper, tomatoes, chili pepper and water. Bring to a boil. Reduce heat to low, cover and simmer 15 minutes, until potatoes are tender.

2. Stir the black beans into the pot and cook uncovered until heated through. Mix in the mango and cilantro.
3. Use whichever method you prefer to cook the sausage. (I use Earl Campbell's Hot Links; grill them first and then slice into pieces.)
4. Add sausage to the soup pot. Makes 6 servings. For an easy, no-hassle meal, you can cook the sausage first, then throw all the ingredients into a Crock-Pot® and cook together until the potatoes and vegetables are tender.

BLUEBERRY BREAKFAST BAKE

I've made this recipe a few times when preparing meals for women's breakfasts. It's so easy to put together and can be done the night before and popped in the oven about an hour before you're ready to eat. The beauty of this recipe is that it doesn't necessarily have to be precise. Add more or less blueberries, cream cheese or maple syrup; it's totally up to you.

1 loaf of bread, cut into 1-inch pieces
4 oz. cream cheese, cut into small cubes
(about 1 cup)
2 cups of fresh or frozen blueberries, divided
8 eggs beaten
1 1/2 cups milk
1/4 cup maple syrup plus more for serving
1/4 cup melted butter

1. Preheat oven to 350 F. Grease an 8- or 9-inch square baking dish. Place half of the bread cubes in the dish. Sprinkle cream cheese cubes and half of the blueberries over the bread. Top with remaining bread cubes and blueberries.
2. Combine eggs, milk, maple syrup and butter in a large bowl and pour over bread mixture.

3. Bake until knife inserted in the center comes out clean, about 1 hour. Cover with foil if you notice the edges browning too much during baking.

4. Let stand for 10 minutes before serving. Cut into squares to serve. Serve with additional maple syrup. Preparation time: 15 minutes to prepare, 1 hour to cook. If using frozen blueberries, defrost and drain first. Makes 9 servings.

S'MORE COOKIE BARS

1/2 cup butter, room temperature
1/4 cup brown sugar
1/2 cup sugar
1 lg. egg
1 tsp. vanilla extract
1 1/3 cups all-purpose flour
3/4 cup graham cracker crumbs
1 tsp. baking powder
1/4 tsp. salt
2 king-sized Hershey's Milk Chocolate bars
1 1/2 cups marshmallow crème/fluff (not melted marshmallows)

1. Preheat oven to 350 F. Grease an 8-inch square baking pan.
2. In a large bowl, cream together butter and sugars until light. Beat in egg and vanilla. In a small bowl, whisk together flour, graham cracker crumbs, baking powder and salt. Add to butter mixture and mix at a low speed, until combined.
3. Divide dough in half and press half of the dough into an even layer on the bottom of the prepared pan. Place chocolate bars over dough. Two king-sized Hershey's Milk Chocolate bars should fit perfectly side by side, but break the chocolate (if necessary) to get it to fit in a single layer, no more than 1/4 inch thick. Spread chocolate with marshmallow crème or fluff. Place remaining dough in a single layer on top of the fluff.
4. Bake for 30-35 minutes, until lightly browned. Cool completely before cutting into bars. Makes 16 cookie bars

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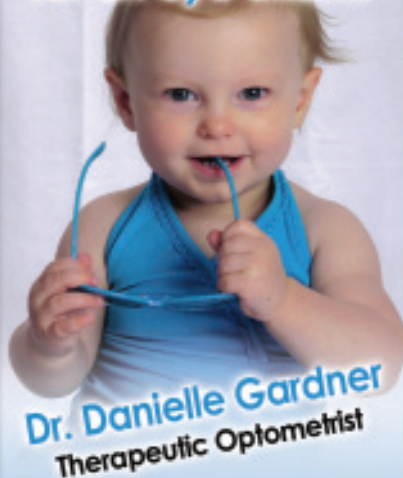
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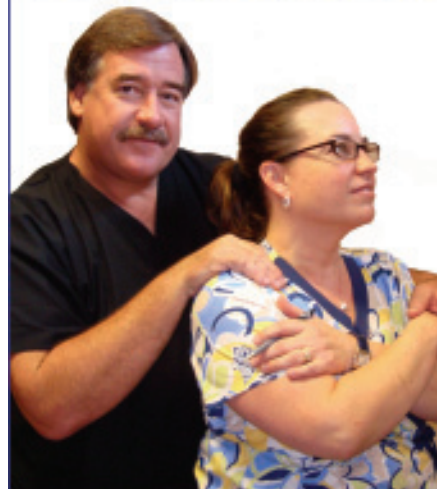
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PROSTATE CANCER – ACTIVE SURVEILLANCE

— By Rich Bevan-Thomas, M.D.



Prostate cancer is one of the most common cancers in men and is the second-leading cause of cancer-related death in males. In fact, according to the American Cancer Society, about 217,730 men will be diagnosed with prostate cancer and 32,050 will die of the disease in 2010. One man in six will be diagnosed with prostate cancer during his lifetime, and one out of every 36 men diagnosed with prostate cancer will die of the disease. Prostate cancer, however, continues to remain curable, especially if caught early and if it is a low-grade cancer.

Men are routinely categorized according to their risk of cancer progression upon their original diagnosis. Men can be classified as low-risk, intermediate-risk and high-risk. Recently, the National

Comprehensive Cancer Network (NCCN) embraced a new lower risk category called very low-risk for patients with low volume, lower grade prostate cancer.

After a man has completed his prostate biopsy, the pathologist evaluates the prostate for the prevalence of cancer and grades this according to the Gleason grading system, a grade of 1 – 5 (1 being the least aggressive and 5 the most aggressive). Patients with Gleason scores of 6 or less are lower grade, a Gleason score of 7 is intermediate grade and Gleason scores of 8-10 are higher grade. In addition to the Gleason score, the volume of cancer is important because the higher the volume, the higher chance that this cancer can grow and spread to remote areas of the body. The PSA blood test is also important in this process, as the higher the PSA, the higher chance that there is more cancer present in the prostate or potentially spread outside the capsule of the prostate and beyond.

Finding prostate cancer is similar to trying to find a needle in a haystack. Although prostate cancer is detected on a prostate biopsy in a majority of cases, studies have shown that patients with negative biopsies can actually have prostate cancer that was not detected in up to 20 percent of patients. This is exactly the reason patients will require a repeat biopsy as part of the protocol in addition to following the PSA blood test which should also correlate with further growth of the cancer. In addition, more advanced biopsy techniques utilizing scientific mapping and Doppler to detect

increased blood flow to suspicious areas in the prostate can improve the ability to find cancer.

Prostate cancer in 2010 continues to evolve. As part of this evolutionary process, prostate cancer detection continues to remain at the forefront. The ability to find the cancer and follow those patients with lower grade cancer with close monitoring continues to be explored. Patients should have an in-depth discussion with their physician regarding the best treatment pathway for their situation. **NOW**

*Rich Bevan-Thomas, M.D., USMD Cancer Center
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THE TIME IS NEAR!

— By Nancy Fenton

September is here, and it is time to think about fall fertilizers for lawns. Sometime around the end of September, the evening temperatures cool down to 50 degrees or below. That is the time to get out the spreader! Another great indicator that it is time to fertilize your lawn is when you do not need to mow for two weeks or so. It is important to fertilize the lawn in the fall to prolong fall color and increase winter hardiness. Also proper fertilizer helps maintain a dense turf that resists winter weeds.

Our alkaline soils have lots of their own phosphorous, so Texas A&M suggests fall fertilizers should be high in nitrogen (the first number) and very low in phosphorous (the last or third number). Usually the amount to be applied is one pound of nitrogen per 1,000 square feet of lawn. Most bags of fertilizer will tell you how much the bag will cover. Organic or chemical makes no difference as long as the numbers are the same.

Watering the lawn is the icing on the cake because it activates the fertilizer. Spray and soak will give you the best results, with the fertilizer going to the roots rather than running into our streams and lakes. This consists of several short periods of watering (the lawn, of course, not the street or drive) relatively close together, so the water soaks into the ground, rather than one long period when it runs off.

If you have more questions about lawns, call the Texas AgriLife Extension at (972) 825-5175. **NOW**

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First and Fourth Monday

School Board Meeting: 6:30 p.m.

Second Monday

ABWA Great Visions Chapter, American Business Women's Association Great Visions Charter Chapter – Midlothian: 6:30 p.m., Midlothian Conference Center. Cost: \$15. Our program will be "Business Budgeting" by Debi Choate. Guests are welcome! For ABWA membership information and to RSVP, contact abwainfo@gmail.com or (972) 723-0017.

Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, see our Web site: www.elliscountyyaggiemoms.org.

Fourth Monday

Creative Quilters Guild of Ellis County meeting: 6:30 p.m.-8:00 p.m., Waxahachie Bible Church, 621 Grand Ave. The September program is "Brown Bag."

First Tuesday

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

Every Tuesday

Midlothian Rotary Club meeting: noon at Midlothian Civic Center, 224 South 11th St. Call (972) 775-7118 for more information.

GED Class: 6:00 p.m., Meadows Library, located at Midlothian High School.

Second and Fourth Tuesdays

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

Third Wednesday

The Ellis County Christian Women's Connection monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B), Waxahachie. Cost is \$13.00, inclusive. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmstepp@yahoo.com.

First Thursday

ABWA – Empowering Women Express Network monthly meeting: 6:00 p.m., Midlothian Conference Center, 1 Community Circle. Please RSVP at www.abwa-empoweringwomen.org for more information.

Every Thursday

Open mike night at Lighthouse Coffee Bar: Sign up: 6:30 p.m. Start time: 7:00 p.m. Anyone can come and play as long as it is family-friendly.



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Happening **NOW**

Every Saturday through October

The Midlothian Downtown Farmers Market:
8:00 a.m.-1:00 p.m., in the City Hall (104 W.
Avenue E) parking lot by the log cabin. If you are
interested in being a vendor, please contact the
Midlothian Downtown Business Association at
(972) 441-4501 or visit www.midlothiandba.com.

September 6

Happy Labor Day! Midlothian ISD will be closed.

Crescent Yoga Studio 4th Annual DFW Free
Day of Yoga. Join them for three free classes
along with an open house starting at 10:45 a.m.
Located in MidTowne off George Hooper Rd. at
810 B Alex Lane. For more information, contact
Dawn Harris www.crescentyogastudio.com or
call (469) 285-3559.

Yoga 4 Love, community yoga class in
connection with the 2010 DFW free day of
yoga, sunrise to sunset. Location: Superkicks
Karate, 800 Silken Crossing, Midlothian.
Contact www.yoga4love.net or call Lisa Ware
at (214) 532-0776.

September 10

MISD Homecoming

September 18

Midlothian Girl Scout Service Unit Round Up:
2:00-5:00 p.m., First United Methodist Church.
Recruiting both new girls and leaders, contact
Johnnie Lipsius at johnniekay@sbcglobal.net or
(972) 754-1320.

September 25

Calling all volunteers! The UWWEC, cities
of Waxahachie, Midlothian, Red Oak and all
United Way agencies are in need of your help to
canvass the community. Volunteers will gather at
the Waxahachie Civic Center. Contact
Casey Ballard at (972) 723-9280 or
caseyballard@westelliscountyuw.org for
volunteer application forms.

October 2

First United Methodist Church's annual Lord's
Acre festival: This all day event features "Hearts
to Hands" country store, church wide garage
sale and bookstore with books, magazines, CDs
etc. Turkey dinner with all the trimmings from
11:00 a.m.-1:00 p.m. followed by an auction.
Contact Pam Lowe at (214) 392-0204 or e-mail
plowe2110@sbcglobal.net.

October 29

7th Annual O'Flaherty Irish Music Retreat: 5:00
p.m., Hoblitzele Camp and Conference Center,
Midlothian. There will be classes for various
Irish musical instruments and workshops for
music theory, singing, ABCs notation, sound
operations, etc. Tuition: \$200; \$120 for youth
ages 18 and under. For details, call (972) 798-7890,
e-mail info@oflahertyretreat.org or visit
www.oflahertyretreat.org.



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



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