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ON THE COVER



Kasey Cheshier celebrates finishing the New York Marathon.

Photo by Amy Ramirez.

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Editor's Note

Hello, Midlothian!

"Welcome back to school!" Depending on the recipient, this greeting may be met with some trepidation. Trepidation is understandable, because the beginning of school is sometimes seen as the great unknown. If one could throw all the nervousness and apprehension about going back to school into the ocean, it would fill the Mariana Trench. However, it's important to return with a good attitude and willing

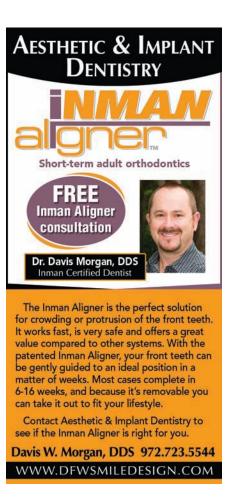
presence of mind.

Even if last year's academic pursuit was somewhat disappointing, the new semester provides one with all of the anticipatory opportunities to begin anew. Every day this school year you have a chance to reset your goals and rewrite your story. Don't waste time lamenting your mistakes. No one said this better than Mother Teresa, "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

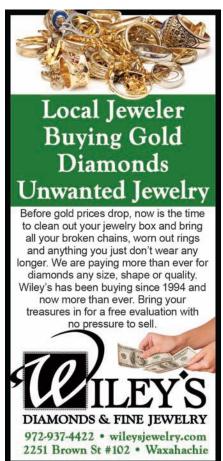
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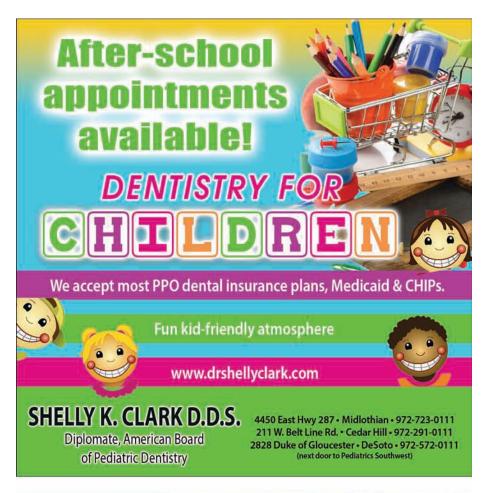


"I Didn't Know I Needed It Until I Had It."













running 13.1 miles in the half-marathon in Arlington. It was not easy.

"I finished the first half, and I thought it was the worst thing I had ever done," he laughed. "I vowed I'd never do it again! Now I've done four full marathons in Austin, Ft. Worth, Dallas and New York." It takes Kasey five to six months to train for a marathon. He spends most early mornings running along back roads in Midlothian. "It's God, the road and me," he shared. "If you had told me when I was as big as I was, that I would be running marathons, I would've laughed at you. Running marathons is an intense endeavor. It's not supposed to be easy. I've always been a competitive and driven person, so I was looking forward to that first competition."

He ran his first full marathon in the MetroPCS Dallas (formerly the Dallas White Rock Marathon) in December 2012. The day was warm and humid and many fellow runners were cramping because of the weather and possible dehydration. Kasey started having difficulty himself, experiencing cramping in his legs around mile 14. "With my first race, my time was terrible, but I was just trying to finish. It's a challenge, but now that I've run a few marathons, I can be more focused on getting to a certain time goal."

Kasey had always wanted to run in the New York Marathon, and in 2013 he got his chance. He applied, made it to the lottery selection and was accepted as one of 50,000 participants in the race. "I've had different sporting achievements," Kasey confessed, "but as far as a once-ina-lifetime opportunity, it was one of the coolest sporting events I've ever been a part of. The city was so supportive with millions lining the roads to cheer on complete strangers."





Kasey's starting time was 8:30 a.m., but the wave of runners he was with didn't cross the start line until an hour later. He considers the logistics of getting to the start line as nerve-racking as the race itself. He had to take a subway at 5:00 a.m. to Battery Park, and from there hop on a Staten Island ferry. Then runners were loaded on buses and taken to where the race started. At that point they walked about a mile to the start line. "Once the race starts you just soak it up and enjoy the moment and try to remember every second you are out there," he enthused. "It was amazing! I ran through all five boroughs in New York City. You get to see all the different personalities and different neighborhoods in each borough."

His experience in New York occurred after the attack on the Boston Marathon. Rather than feeling apprehensive about participating in the race, Kasey felt like he was in the safest place on earth. "They had so much security," he recalled.





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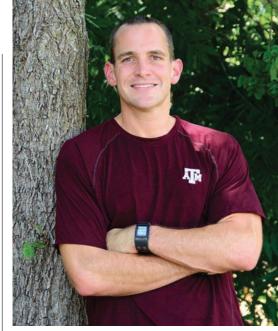


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"I knew it would be intense. They had bomb-sniffing dogs; bags were checked; and on each ferry on the Hudson there were two heavily armed Coast Guard officers on each side. The police presence was all around the marathon." Because of the bombing in Boston, Kasey felt even more motivated to participate in the marathon. "The roads are ours, and we shouldn't let an act of terror prevent us from doing things we love to do," he stressed.



Today, Kasey feels mentally tougher because of his experience. "Never in my wildest dreams did I think I could run 26.2 miles," he said. "There were a lot of people who encouraged me and gave me tips on how I could do it. Now if I have an obstacle that comes up in my life, I feel as if I can tackle it head on. If you put the right amount of dedication

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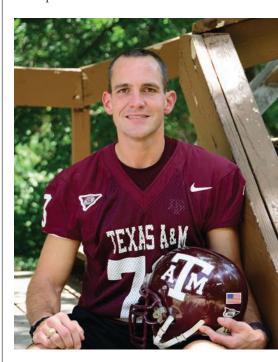






and hard work into anything, you can achieve your goals. I definitely think that running a marathon helps you in that mindset, because it is so tough."

Physically, he feels the extra challenge around mile 20. It's what runners call "hitting the wall." "There's always that point in the race where something starts to ache or hurt or you are having that mental block, and for me it has always been between miles 20-22. Every race is different, but you definitely hit it at some point."



Kasey gets through his races by keeping focused on the next destination. He believes the biggest obstacle to running marathons is getting started. "I encourage beginners to not focus on their time," he said. "It's important but not that important. Just get out there and finish!" NOW



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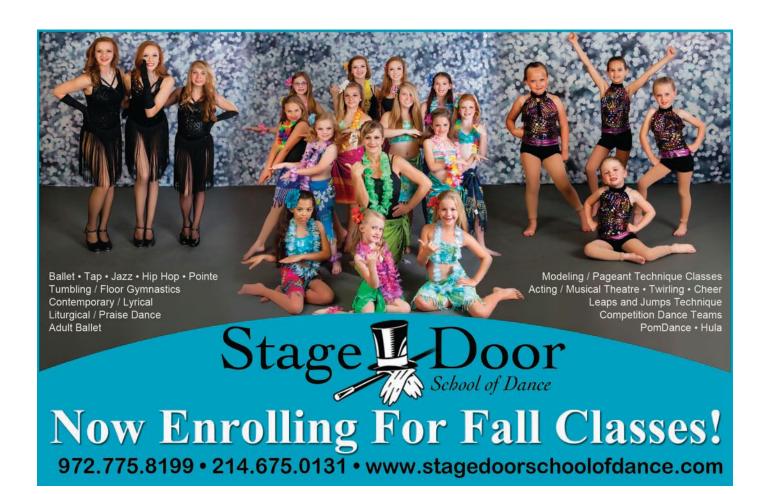
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Cammy Jackson, president of the Midlothian Chamber of Commerce, works to connect businesses to the community and strengthen the local economy. One way she accomplishes this is by leading a nonprofit campaign called Keep Midlothian Beautiful. Cammy, along with the chair of the Keep Midlothian Beautiful committee, Dawn Harris, strives to reduce littering and increase recycling to ensure the city's curb appeal. "As a business trade association, we want to make sure our city is kept beautiful so when people come to Midlothian, they say, "Wow, this is a great city! We want to come back here," Cammy said. The



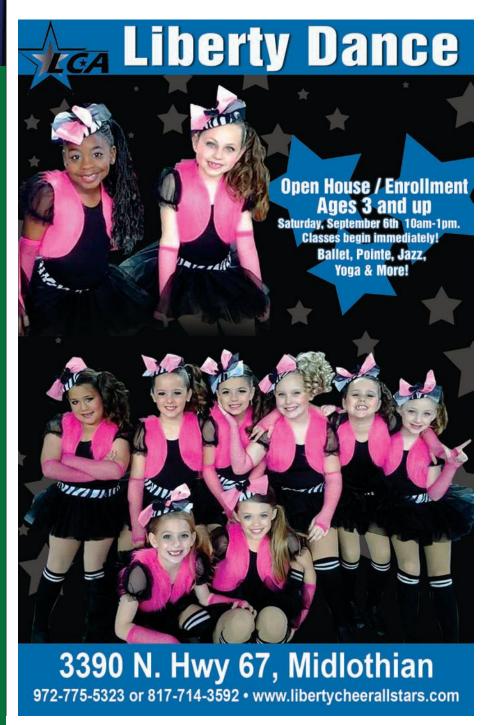


committee works closely with the city of Midlothian, Midlothian Independent School District, Republic Services and many other organizations to make that goal a reality.

Dawn has lived in Midlothian for 15 years and opened a yoga studio four years ago. "As a business owner, I wanted to adopt a street, which is how the program works," Dawn explained. "I came to a meeting as a visitor and got voted in as the chairperson." Dawn uses her leadership role to push for a cause she believes in. "Recycling and litter control have been a lifelong interest of mine," she admitted. "It doesn't make sense to me why we have fast-food bags thrown out by people at stop signs. I just don't get it"

Keep Midlothian Beautiful began in 2005 as a nonprofit organization run by volunteers. The program is intended to increase awareness about the importance of litter control and recycling in Midlothian. The group is now seeking to revamp the program with new volunteers, new beautification projects and increased cleanup efforts. "Midlothian is growing so rapidly many people might not realize we have a Keep Midlothian Beautiful program that's active," Cammy pointed out, mentioning that the initiative is affiliated with larger programs like Keep Texas Beautiful and Keep America Beautiful. "This is a statewide and nationwide effort to clean up."







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According to Dawn, Keep Midlothian Beautiful takes advantage of a variety of events and projects to get the community involved. "Our main campaign is the Adopt-a-Street Program," Dawn said. "We're trying to get people and businesses involved with that. We also work closely with the city in implementing





town festivals and hosting citywide

cleanups every year. "Midlothian is a big area, not just within the city limits, so we are trying to branch out," Dawn added.

The Adopt-a-Street Program is one of the most visible impacts Keep Midlothian Beautiful has on the community. Through this program, businesses, clubs, organizations and individuals take responsibility for keeping a certain street in Midlothian clean. To adopt a street, interested citizens simply fill out an application. There is no fee. Once the



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application is approved and the street meets requirements, it must be cleaned at least four times a year. "Once a quarter is the minimum, but some people do it every month," Cammy said. The efforts of cleanup crews are recognized by a permanent sign that marks their streets

> with their names. "Every street is adoptable," Cammy continued. "If the street in front of your house is dirty and you want to adopt it, go for it! We have vests, trash bags and gloves stored at the police station. Once you adopt a street, you will be told where to get your supplies." Participating in the Adopt-a-Street



get community service hours or just volunteer time in a valuable way that benefits the community.

However, the Adopta-Street Program isn't the only way to get involved with Keep

Midlothian Beautiful. "The main thing is curb recycling," Dawn said. "It starts at home by getting your family actively recycling. It's not that much of an extra effort, when they're picking it up at your curb, to have your recycling and your trash separated. The program is there, so use it. It just takes the extra effort, the awareness of whether garbage is recyclable or not." Another way for residents to help is to pay attention to their property and neighborhood by picking up strewn trash. "When you go





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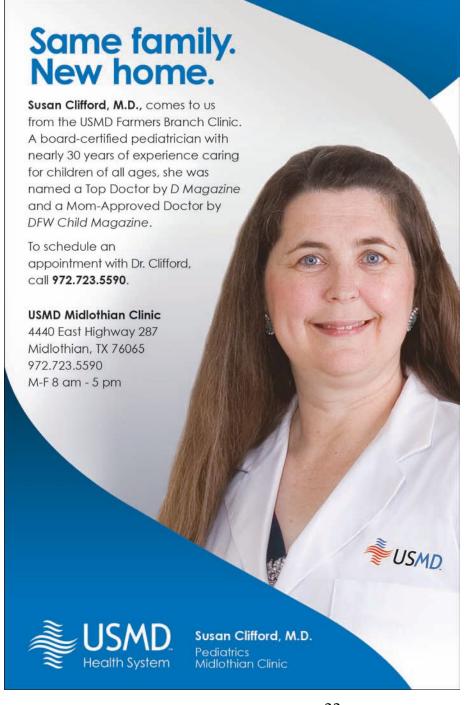
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on your walk, take a little bag to collect trash," Dawn suggested. "On Halloween, take a trash bag with you to collect stray candy wrappers."

The easiest way to aid Keep Midlothian Beautiful's mission is for citizens to simply pick up after themselves. "As you're driving around, don't throw your trash out," Cammy said. "There are trash cans everywhere downtown to use, or you can keep it in your car or purse. It takes everybody doing their part to make Midlothian a beautiful city." To Cammy, Keep Midlothian Beautiful is about maintaining a high standard of living for members of the community. "Nobody wants to live in a stinky, dirty, trash-filled city, but the city itself only has limited resources to clean up after people," she acknowledged.

Another positive outcome of Keep Midlothian Beautiful is increasing pride in the community and attracting new homeowners and businesses. "When visitors drive through your city and say, "Wow, this is the cleanest city I've been to," it makes them want to stop and shop here, or visit here for the day or even move here," Cammy explained.

The program has several short-term and long-term goals. "We're looking at ways to make recycling easier for people, so they actually do it," Cammy said. "One of the short-term goals is to have every business owner and resident take a few minutes every morning to clean their property. The businesses especially



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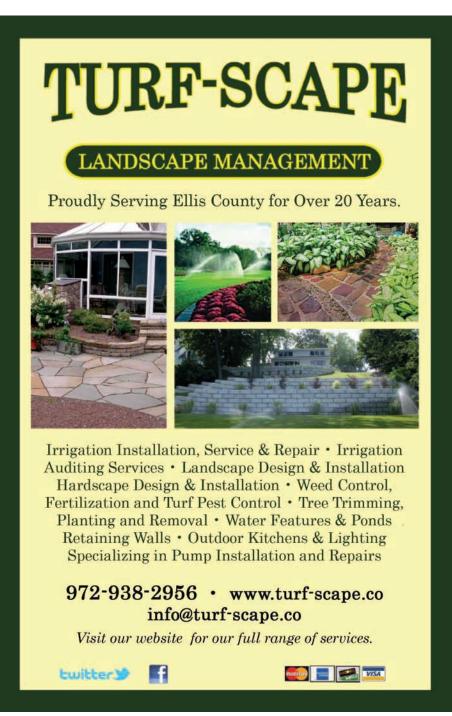




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should step up and make some effort to keep their areas clean."

According to Cammy and Dawn, most of the litter found around town is from fast-food restaurants. The group encourages all business owners in Midlothian to sweep their parking lots and sidewalks often to discourage excess litter. "One long-term goal would be to have every street in Midlothian adopted," Cammy added, describing her idea of a future Midlothian with no trash blowing around and beautifully landscaped medians and businesses. Many future projects will focus on beautifying the community by planting flowers or cleaning up parks. "The more volunteers we have, the more projects we can do," Cammy stated. "The more people feel pride in their city, it will just grow from there."

To get involved, contact Cammy at the Chamber of Commerce or follow Keep Midlothian Beautiful's Facebook page. Anyone is welcome to volunteer, including groups or individuals. Meetings are open to the public. Cammy and Dawn urge citizens to take responsibility and participate. "Don't leave it up to somebody else to clean up," Cammy said. "We all live here. We all need to take ownership of our city." NOW





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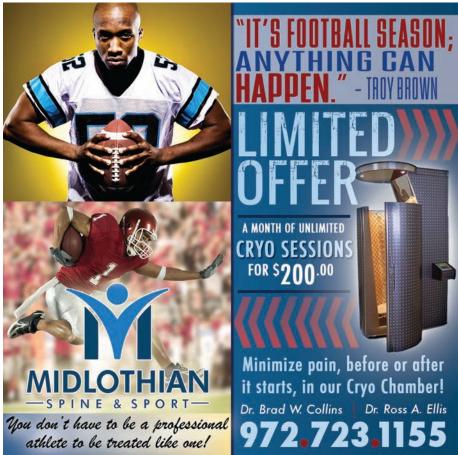
















Fit for a

— By Zachary R. Urquhart

Homes get their story in many ways. Some people build their dream house. Others find a home that already has decades of history built in, and add their own memories. Dave and Ginger Arnott have slowly written their unique account into the very steps of their astounding estate.

Dave grew up in South Dakota, and moved to Texas after college to work for the Association of Tennis Professionals. He had several business jobs in the first 15 years of his professional life. "By the time I was 35, I had already had a full career, so I went back to get a doctorate," he recalled. "I went from business trips and expense accounts to eating Ramen while I was back in school." A professor at Dallas Baptist University for 20 years, it was a shorter work commute that prompted his move to Midlothian from Rowlett in 2002.

Ginger grew up in the small town of Lawn, Texas, outside of Abilene. While in college, she started working at a nephrology clinic, and ended up making a career out of clinical

At Home With Dave and Ginger Arnott



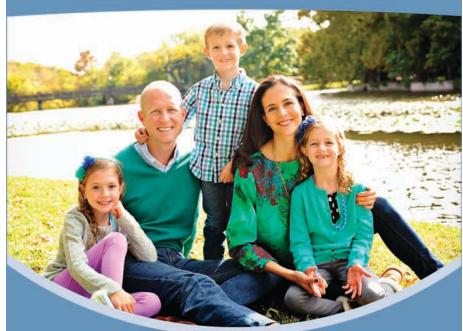
research for new kidney medications. "I was working at a kidney clinic, and a drug representative asked us if we would help conduct a study on a new product," she recounted. "Now I train other people to do their research studies." Ginger moved to Midlothian in 2000 to enroll her daughter in the excellent schools the city offers.

Dave and Ginger met in 2010 in a Sunday school class at Midlothian Bible Church. They began dating shortly thereafter and were married last November. Their blended family includes Ginger's daughter, Emilie, and Dave's kids, Lindsay and Lance. Between the three of them, there are five grandkids ages newborn to 3 years old. "We love having them over here," Ginger said. "We were really made to be grandparents." The home is the perfect place to host the grandkids, too, with plenty of space, and many options for the children's amusement.

Dave and Ginger's house immediately stands out in the neighborhood, though it rests somewhat back from the road.

Because he purchased a home on such a large lot, Dave was able to get several acres in front of the





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house. "They told me it was a French Country style house, but I don't know what makes that the case," he laughed. The walkway is lined with beautiful vegetation, notably the large rose bushes. "I was never a big rose person," he admitted, "but several years ago I learned about Knockout Roses. They are so pretty and really easy to take care of."



From the front door, a floating staircase greets visitors. On one side of the stairs is the simple but modern kitchen, and on the other side are the living area and home office. Dave and Ginger sometimes work from home, but the office is mostly noteworthy because of the memento collection from their international travels. "I have gone on a lot of trips with DBU," Dave explained. "And I took my students to

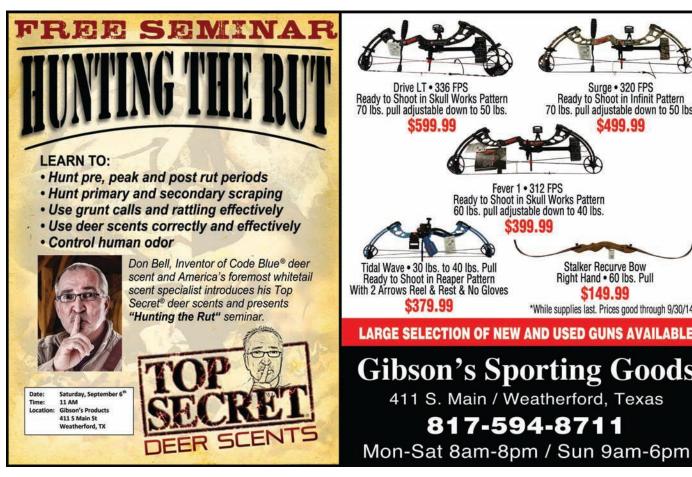
the 'BRIC' countries, Brazil, Russia, India and China."

In the living room, a bookshelf features more reminders of Dave and Ginger's globetrotting. Dave has a long history of seeing the world, and Ginger has enjoyed joining him. "We cruise several times a year," she shared. "We went to Chichén Itzá, a Mayan ruin, for our honeymoon." Among their favorite vacations are trips to Israel and Iraq, and



















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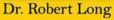
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other Mayan ruins as well as some of their numerous cruises.

Next to the shelves of travel keepsakes hangs what might be the most important souvenir in the house, a plaque from Mexico that translates "Welcome to Grandpa's house." While the item is just a plaque they picked up in Cozumel, it is surrounded by photographs of the five grandchildren, serving as a reminder of how much they love their current stage of life.

While Dave and Ginger confess most of the styling credit for the house goes to the architects, there are things that



show their own taste. "The staircase was carpeted, but I put in the wood," Dave said. "I call it 'gym floor wood." Dave also found the perfect thing to go above the stairs: a gigantic National Geographic map of the world. "When the kids come over," he noted, "I get my laser pointer out and show them where we've been on the map. It's great."

Upstairs there are four bedrooms, including the master as well as one outfitted specifically for the grandkids. "We have a little bed in the kids' room, since they are all still young," Ginger clarified. "But we haven't let them stay



in there alone yet, because of the stairs. When they visit, we bring the little bed into our room." Except for the kids' room, the bedrooms are decorated in Dave and Ginger's preferred rustic style. Light-stained woods and faux-suede adorns walls, windows and even beds throughout the house.

Downstairs, the kitchen table matches the rustic feel. "The table had a style we didn't like," Dave stated. "I stripped it, got a brand and branded it myself." From the kitchen, there is a great view of the back acreage. Just outside the house the couple enjoys a pool and small fruit orchard. "Sometimes, we don't get anything on the trees, but this season we had more peaches than we imagined," Dave said.

Farther away from the house, the pair has partitioned the land into a few sections. "We board horses for a few neighbors," Ginger explained. "It's perfect. The grandkids get to see them and pet them without us really having to do much upkeep." The Arnotts also look after cows, chickens, a tomato garden and a large stable that was unfinished until they built individual stalls for the horses. The land is covered with trees, all of which Dave has planted himself. "He cleared out an area in the back and put down bark mulch between some of the trees," Ginger said. "Our granddaughter, Lainey, has already started playing back there and calls it the Queen's Castle."

As Dave is a college professor, it's tempting to think he hires help to keep up with all the work on his land. But one of the reasons he wanted this house so many years ago was to work the land himself. He explained, saying, "Some days I just put on my boots and jeans. Ginger will ask what I'm going to work on, and I say, 'I don't know." Aside from their jobs, Dave and Ginger have plenty to keep themselves occupied, between traveling, spending time with their grandchildren and taking care of the land on an estate fit for a king and a queen.





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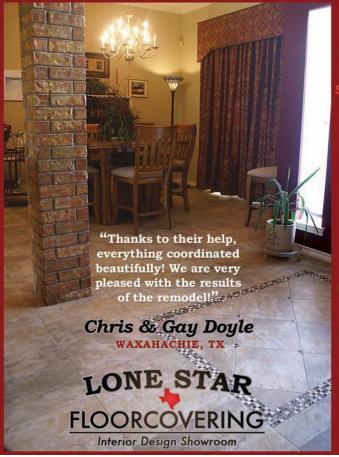
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Since then, Christen has won many awards and honors. She is the first vice president of the Midlothian Future Farmers of America, a junior lamb director for the TJLA, and has recently received her Lone Star Degree through FFA, which celebrates her business skills when raising livestock. She and her sheep have won numerous other competitions, including the Ellis County Youth Expo, in which she has been named the Overall Champion and Showman Champion numerous times. She also received the Sr.

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Christen competes in the market animal division of stock shows. She and her lambs are judged on a variety of factors. "It depends on the structure of the animal and how much meat quality they have," Christen explained. "They want to see which one is going to be the most valuable product once everything is said and done, and it finally makes it to the plate."

According to Christen, the judging criteria is very subjective. Just in case, she traveled with eight sheep to her stock shows last year to ensure at least one of them would please every type of judge. "It takes lots of hard work behind the scenes," Christen pointed out. "The show is never won at the show barn. It's won in your own barn months before." Christen spends months selecting promising lambs, raising them and training them with the proper diet and exercise. The other half



of the competition is showmanship.
"You walk the sheep in a ring and work it
every day until you get to the point where
they don't know how to do anything else
but show," Christen said. "It's basically
how well you've trained it, how well that
animal knows you and how well you work
that animal."



To win her state title, Christen traveled to 52 shows from July until January, winning 78 breed champions and 10 overall titles. "It took so much work," Christen remembered. "We traveled every weekend, shearing every week. You'd get home, rest for a day, and then go back again." Thankfully, Christen had the support of her parents, Clint and Carrie. She also has had the backing of reputable breeders from across the country, as well as members of the Midlothian High School Agriculture Department, including Greg Pruitt, JD Pruitt and Greg Pruitt Jr. "It's very hectic. You're running in and out of the ring constantly," Christen said. "No one person can do it alone." Sometimes, Christen would compete in four shows in one day. "It









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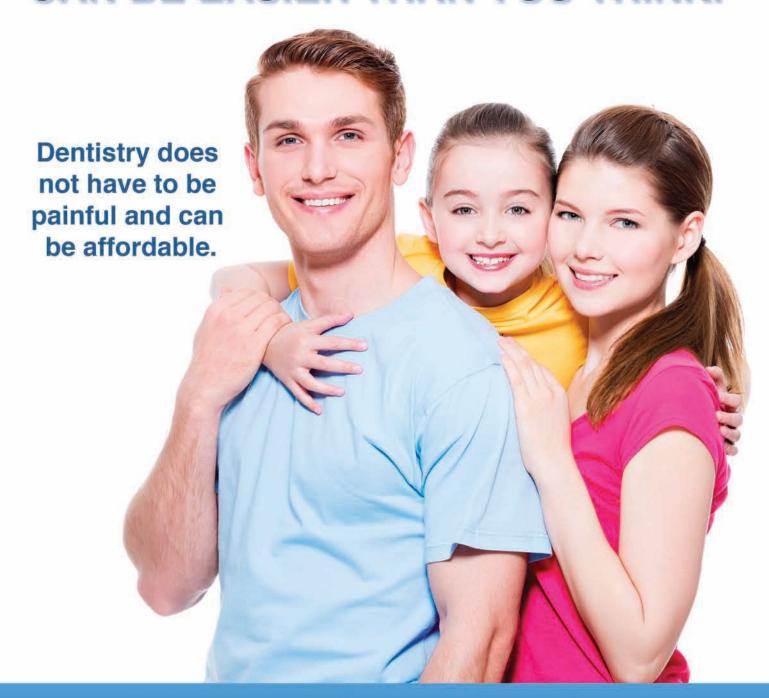


takes a little bit of, 'I want to do it, and I won't let anyone tell me I can't," Christen shared. The previous year, Christen placed third in the state. Last year, she set her sights on first, but to take the state title, Christen had to consistently win at every single show. Missing even one show would put her too far behind in points. "It came down to the last sheep in the last show," Christen said. In the end, she won the title with 7,045 points, breaking the state record by 95 points.

For Christen, participating in organizations like the TJLA and the FFA is more than just winning ribbons, jackets and belt buckles. "The purpose of the Future Farmers of America is to teach kids responsibility and give them hands-on experience in a workplace that will never run out of opportunities," Christen commented. "People will not always need CD players and all that — it will always change — but the food industry is one thing that people will always need." Raising livestock has taught Christen useful skills and has given her valuable on-the-job experience. "An animal can get any given sickness at any time, so you have to learn to think on the spot," Christen admitted.

She also builds her leadership skills

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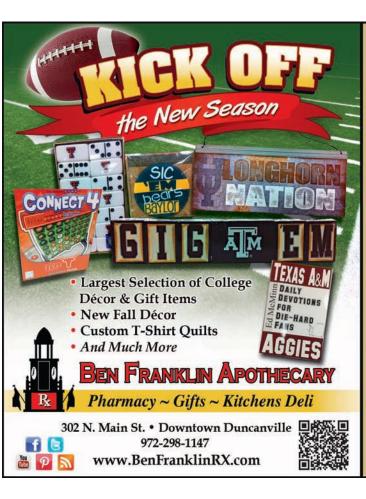




by working with younger students. "It's important to teach the next generation the skills you've learned, so they can build on to them," Christen said. "It just keeps growing. It makes me proud, because I can help the younger kids learn how to do this. I feel like I can actually leave something behind when I graduate." Christen hosts clinics where she teaches up-and-coming students showmanship techniques. She wants to help them learn the basics, so they aren't as confused or uninformed as she was when she showed her first sheep.

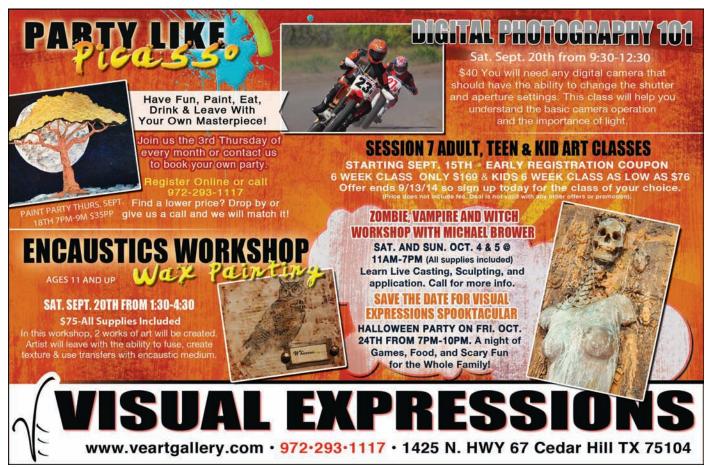
Since Christen has won her TJLA state title, she has her eyes set on the Houston Livestock Show, the world's largest livestock exhibition and a huge hurdle for Christen. "That's the next goal," Christen confirmed, adding that focusing on a major stock show is different from competing for a state title. By focusing on one show instead of 52, Christen will have to be very skilled and also incredibly lucky. "If you ever go to a major stock show, when you get to the top five in each class, they all look identical," Christen said. "It all turns into a showmanship battle."

All of Christen's hard work has helped her prepare for her future career. "My goal is to be a veterinarian," Christen stated. "And I want to specialize in genetics, so I can start my own breeding program and possibly help someone else later on down the road become a successful showman." She plans to attend Tarleton State University, Texas A&M University or Texas Tech University. Her competitions have provided her with scholarship opportunities, firsthand experience and memories to last her a lifetime.





And Many More





The expense of the event will also vary depending on the number of guests and any additional activities paid for by the bride and groom. Since you are requesting for people to travel for your wedding, it makes sense to plan some fun for you and your guests. Destination weddings tend to be more intimate affairs with a smaller guest list, which helps keep costs down. While the couple is responsible for the ceremony and reception expenses, wedding guests should expect to cover their own travel expenses. To help their traveling guests, the bride and groom can arrange a flight and room block to help guests with making arrangements. Some hotels offer group discounts when booking several rooms, which will help your guests save money. This is a great incentive to start the planning process early.

Because the party generally pays for their own accommodations, the bride and groom should choose their attendants as soon as possible. Once the attendants are chosen, the couple should inform them of their plans to have a destination



wedding. This gives each person in the wedding party time to set aside funds for their trip. Encourage your guests to book early as well, which will help them save money. Be prepared to make necessary changes if someone you ask cannot afford the trip. If you can afford it, you can always help someone who is in financial need, but this is not a requirement. Consider having a reception















later on to include those who could not attend your wedding.

If you are planning to travel out of the country, make sure your passport is up-to-date and that you meet all the necessary requirements to get married in that location. Some countries have residency restrictions, so it's important to plan ample travel time to meet the required number of days, if necessary. A wedding planner at your destination is a great tool to help you understand the country's requirements, communicate with vendors, set up travel arrangements and make your dream a reality. A wedding planner close to home is also a great source to help you coordinate your wedding. Whether they help you plan the entire event or just assist you in some of



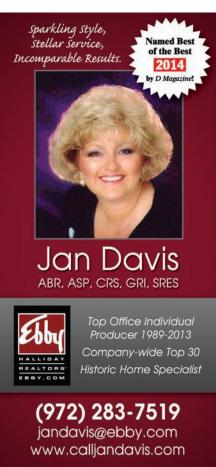


the details, they can help save time and money in the planning process.

Another wedding professional you should consider hiring is a travel agent. A travel agent can help simplify your travel arrangements. They can research destinations, compare prices, negotiate with hotels, as well as help plan excursions. It's best to select a local travel agent that you can meet personally. When selecting a travel agent, make sure you check their certifications. This will ensure they are certified with credible agencies. You will also want to interview the agent before selecting one. Ask them about their experience and their fees.

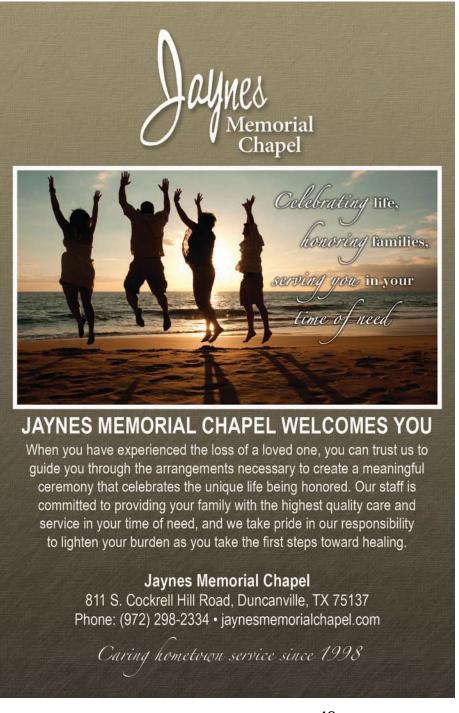
Selecting a destination is important in determining the wedding type, travel time and budget for the event. Some popular



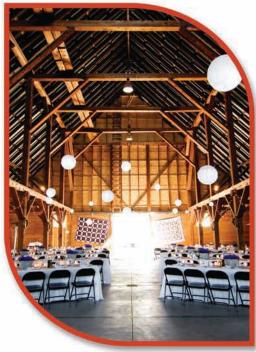








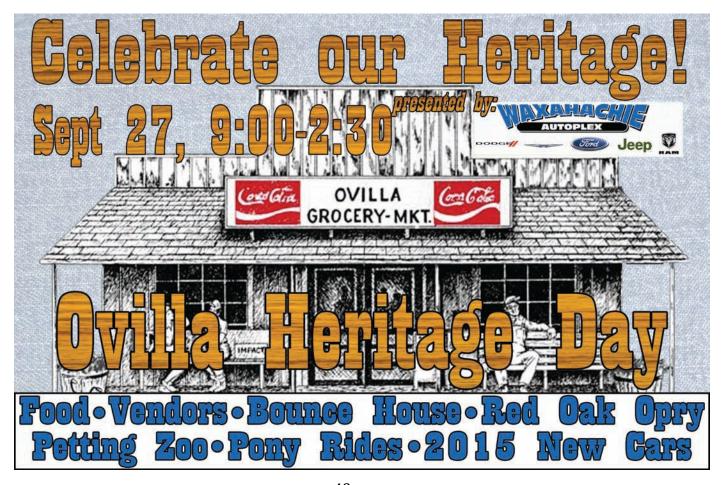


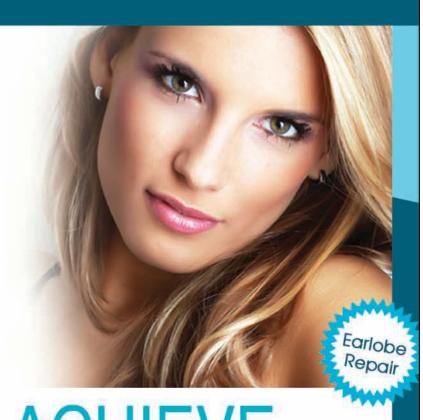


choices are Hawaii, Canada and Europe. If your budget is limited, consider traveling a little closer to home. There are several beautiful locations that are just a drive away.

Whichever location you choose, make sure you research the weather patterns when setting a date. Keep in mind that optimal weather conditions usually coincide with high tourist season, which will mean higher prices. Shoulder season is the best time to travel for good prices and great weather. This is the time that falls between high season and low season when tourists are few and the weather is on the edge of ideal. During this time, resorts are lowering their rates due to receding tourism. The Internet is a great source for understanding the best times to travel to various locations.







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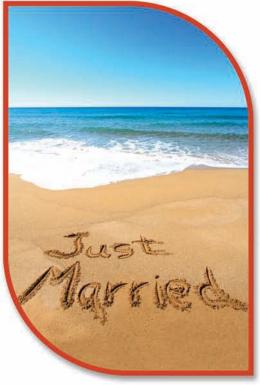


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Once you have chosen your destination, selected a date, advised your attendants and family, the fun truly begins in the planning process. With all of the major and more difficult decisions out of the way, you are free to think about planning your trip. There will be other wedding details to consider, but you should also think about some fun with your friends and family. Consider planning a welcome dinner when everyone arrives. A destination wedding is a great way for you to celebrate a significant moment in your life. You will be able to spend time with close friends and family and make memories that will be part of the foundation of your future together. NOW







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— By Betty Tryon

Anyone who owns a car has either been or will be in that uncomfortable spot when you need tires and you must wait and wait until your car is serviced. There is an alternative, and many customers have found it at Sardis Tires & Wheels. Tim Larkin, son of Bill Larkin, the original owner of the business, understands customers' need for quick service. "Dad doesn't like waiting," he said. "And, he doesn't want you sitting here all day. It only takes 10-15 minutes to set all four tires."

Before Tim settled into his role as the future owner, he attended Texas A&M University-Commerce, earning a degree in business management in 2011. He also studied accounting. During his time at college, he briefly considered going into teaching because of his desire to coach. However, Sardis Tires & Wheels is where he's making his future.

"This is a family business," Tim explained. "We have the quickest service and the cheapest prices. We can have the lowest prices, because we have a high volume of business." The company has a large inventory with many different sizes and brands of tires. "We keep nearly every tire size here," he added. "If we don't have it, we can get it pretty quick." And that can be almost immediately, since one of their suppliers is right

Sardis Tires & Wheels sells new and used tires. The shop can also balance customers' tires to prevent uneven wear. In assisting you with your purchase, employees can help clients choose the correct size for their vehicle. In order to keep tires in their best shape possible, rotation of them is recommended. This can extend their life and ensure safer driving. The company even

Business NOW

offers free rotations with the purchase of four tires. There are no hidden fees. The price quoted includes mounting, balancing and all taxes. Sardis Tires & Wheels also offers a National Road Hazard program and specializes in installing and programing a Tire Pressure Monitoring System, an electronic devise that gauges the air pressure inside your tires.

"We have the quickest service and the cheapest prices. We can have the lowest prices, because we have a high volume of business."

One of the successes Tim is most proud of is the honor of being voted Best Tire Shop of Ellis County by the 2013 Waxahachie Daily Light Best of Ellis County Reader's Choice Awards with the motto: "We are the cheapest and fastest around!" Sardis Tires & Wheels' reputation has gained a loyal customer following. "We have people come from all around the state," Tim enthused. And many are repeat customers. People discover the business mostly from "word of mouth advertising" he said. "They know we are here to give them great service. We are very honest and can fix any tire problem." In order to meet all the customers' needs, the business is open seven days a week.

One of the reasons Sardis Tires & Wheels can provide such excellent service is the knowledgeable staff. "We are pretty much a family here," Tim shared. "There are three brothers who work here, a father and son as well as my dad and me. Mike Smith, our manager has been here since day one. Everyone here has had 10-plus years of service." At Sardis Tires & Wheels, the dedicated crew works together to maintain cost-saving prices and deliver fast and efficient service.



Around Town NOW



Welsh Veterinary Clinic joins Midlothian's Chamber.



Allie, daughter of Michelle Wolf, CBI teacher at FSMS, enjoys swimming with her best buddy, Case the dog.



Katie Altman loves her farm animals.



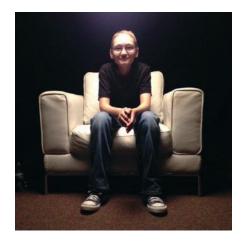
Jace Mathis, Jacob LaCroix and Alyssa Young have great fun together.



Midlothian Chamber of Commerce welcomes 1st Nail II.



Sarah, Bailey, Mallory and Alyssa have fun navigating through sabotage and antics at Midlothian Bible Church.



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How Can We Possibly Save for Retirement and Our Child's College Education at the Same Time?

It's seldom easy to achieve a balance between saving for your retirement and saving for the ever-increasing costs of a college education within your present income. Yet it's imperative that you save for both at the same time. To postpone saving for your retirement means missing out on years of tax-deferred growth and playing a near-impossible game of catch-up. To accomplish both goals, you may need to compromise.

The first step is to thoroughly examine your funding needs for both college and retirement. On the retirement side, remember to include the estimated value of any employer pension plans, as well as your Social Security benefits. This evaluation will likely prompt you to examine some deeply held beliefs about your financial goals. For example, is it important that you travel regularly in retirement, or is it more important that your child attend a prestigious Ivy League College?

If you discover that you can't afford to save for both goals, the second step is to consider some compromises:

- Defer your retirement and work longer.
- Reduce your standard of living now or in retirement.
- Increase the family income by seeking a better paying position in your
 present career, getting a second job or having a previously stay-at-home spouse
 join the work force. Beware, though, of potential drawbacks like day-care costs,
 commuting costs and tax disadvantages on the increased income.

- Seek out more aggressive investments (but beware of the risks).
- Expect your child to contribute more money to college. Some parents may find it difficult to accept, but the majority of college students finance a portion of their education with student loans.
- Investigate less-expensive colleges. You may find that some less-expensive state universities have more to offer in certain programs than their pricey private counterparts.

The third step is to re-evaluate your plan from time to time as your circumstances and wishes change. Remember, the important thing is to earmark a portion of your present income for both goals and do the best you can.

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Todd Simmons is a Raymond James Financial Advisor in Duncanville.





Fight the Flame: How Inflammation Wreaks Havoc on Your Health

Our bodies are quite impressive. We get a cut, let's say on a finger, and thousands of inflammatory cells rush to that area to begin the healing process. Key markers of this inflammation include redness, swelling and pain. And over the next few days or weeks, the inflammatory cells heal the wound, and that redness, swelling and pain gradually subsides.

Add 21st century living to the mix, and things change. We eat large amounts of foods that our bodies were never designed to eat in excess; like sugar, wheat flour and all things deep-fried. We work too much at indoor, sedentary jobs, when we should be constantly moving and spending time outdoors. Our busy schedules and high demands create worry and stress. We sleep too little or sleep poorly. Each one of these factors causes mild, low-level inflammation in our bodies. This is no big deal if it happens on occasion. The problem comes when we commit all of these minor health sins, all at once, and our bodies don't have a chance to recover. Unfortunately, it is so easy to compile these bad habits.

This low level, chronic inflammation shows up in different areas for different people. Many people get irritable bowel symptoms, while others get headaches or bleeding gums. For instance, it is possible to have impeccable oral hygiene and still struggle with bleeding gums and gum disease due to lifestyle choices. Still others battle more serious conditions, like heart disease, autoimmune diseases, cancers, Alzheimer's and diabetes. And a lot of these conditions are cyclical. For example, the more inflamed you are from eating too much sugar and flour,

the more weight you gain. The extra fat releases hormones and (you guessed it!) causes more inflammation.

What are we to do, then, to combat this continual flame? Well, in the same way that there are multiple inflammatory triggers that can cause health problems, there are also many anti-inflammatory habits, foods and supplements that can literally reverse disease. Correcting those bad lifestyle habits mentioned above are a good first step. Then, pay attention to what you put in your body. Below is a list of anti-inflammatory foods and supplements that you can add to your diet, as well as a list of pro-inflammatory foods to limit or avoid. Use these lists as a guide, and your body will become a flame-fighting machine in no time!

Anti-inflammatory: Fish oil/omega-3 oils; fish; turmeric/turmeric extract/curcumin; flax seed; colorful vegetables; vitamin D3 (or sunlight); and vitamin C.

Pro-inflammatory: Sugar; trans fats; omega-6 oils (includes peanuts/peanut oil, vegetable oil); beef raised in feedlots; and starches (wheat flour, corn starch, tapioca starch). **NOW**

Toni Engram, DDS Owner/Dentist Legacy Dentistry in Midlothian







September 1

National Free Day of Yoga: Crescent Yoga Studio; 8:15 a.m., Heated Power with Cassie; 9:30 a.m., Gentle Yoga with Dawn; 10:45 a.m., Acro Partner Yoga with Jen; Noon-1:00 p.m., Open House Celebration with door prizes, membership specials, boutique sales, chair massages (\$1.00/min.), healthy potluck, and fun with friends. Go to www.CrescentYogaStudio.com/events.

September 2

Midlothian Area Historical Society meetings: 7:00 p.m., Midlothian Civic Center 224 S. 11th St. For more information, contact Beverly Sink at beverlysink@sbcglobal.net or (469) 628-1907.

September 3

Test of the Outdoor Warning Sirens: 2:00 - 2:10 p.m.

September 6

Girl Scouts S.U. 253 presents a Spunky Spa Day: 11:00 a.m.-3:00 p.m., Midlothian FUMC. Open to all girls entering grades kindergarten through 12. For more information, contact girlscouts 76065@gmail.com.

September 6, 13, 20, 27

Downtown Farmers Market: 8:00 a.m.-1:00 p.m., Heritage Park, 234 N. 8th St., Open air market hosted by the Midlothian Downtown Business Association.

September 11

Asperger's Syndrome Community of Ellis County meeting: 7:00 p.m., 208 S. 4th St. Support group for adults with or living with Asperger's Syndrome.

September 13

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

September 19

Midlothian ISD Homecoming.

September 20

Pet Adoption Event: 9:00-11:00 a.m., Walmart in the Garden Center Entrance, 400 N. Hwy 67, Contact: (972) 775-7614

Sept. 20, 21

You're Invited National Back to Church Weekend: **September 20**, 5:00 p.m., Magical entertainer and keynote speaker David Hira; **September 21**, 11:00 a.m., National Back to Church Sunday, Longbranch Community Baptist Church Midlothian. For more information go to lcbcmidlothian.org.

September 27

Tim Zimmerman and the King's Brass: 7:00 p.m., Waxahachie Bible Church, 621 N. Grand Ave. Free concert is open to public. Doors will open at 6:15 p.m.

October 4

Second Annual Paws for Reflection Ranch Round up: 6:30 p.m., 5431 Montgomery Rd. An evening of dancing, music and a silent auction. Adults only, \$25 per plate. For more information call (972) 775-8966 or email pawsforreflection@att.net.

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









Elizabeth J., Mansfield, TX

I was very unhappy with my weight. I would go shopping and nothing would look good on me. My friend has been to DSC and I saw that she was losing weight so I wanted to try it. Everyone at DSC is great! The staff is very encouraging and always helpful. I love my new body. Thank you DSC!

Elizabeth lost 26.4 pounds in 16 weeks.

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Rhonda Watson, NP Dr. Sheila Horsley, M.D. M.P.H. www.dietsolutioncenters.com



*Individual results may vary.

Cooking NOW



In the Kitchen With Stephanie Phimm

— By Betty Tryon

If you're hungry at Stephanie Phimm's home, just follow her into the kitchen. "Sometimes I go to grab a snack," she said, "and 20 minutes later dinner is made!" Stephanie learned how to cook from the school of hard knocks, but making mistakes didn't keep her from trying again.

One such mishap when baking a cake was using water that was too hot while mixing the eggs. The result was scrambled eggs poking out of the cake! Stephanie's only formal teaching was in culinary class in high school. But she intends to continue her education all the way to getting her degree at the Culinary Institute of America in New York.

Red Velvet Cheesecake Brownies

Makes 16 brownies.

Nonstick cooking spray Parchment paper

- 1/2 cup unsalted butter, softened at room temperature
- I cup granulated sugar
- I tsp. vanilla extract
- 2 eggs
- 3 Tbsp. cocoa powder
- 1/4 tsp. salt
- 1 Tbsp. red food coloring
- I tsp. distilled wine vinegar
- 3/4 cup flour

Cream Cheese Filling:

8 oz. cream cheese, softened at room temperature

3 1/2 Tbsp. sugar

l egg l tsp. vanilla extract

- **1.** Grease an 8x8-inch square baking pan with nonstick spray and line the bottom with parchment paper making sure it goes up the sides of the pan. Preheat oven to 350 E
- **2.** In the bowl of a standing mixer, cream together butter, sugar and vanilla. Add eggs; beat well. Add cocoa powder; mix. Add salt followed by food coloring and vinegar, making sure to mix between adding each ingredient. Add flour last. Mix long enough to incorporate.
- **3.** Reserve 1/4 of batter and pour remaining batter into prepared pan.
- **4.** For cream cheese filling: In a different bowl, use a handheld electric mixer to cream together cream cheese, sugar, egg and vanilla until no lumps are left.
- **5.** Spread cream cheese on top of brownie layer. Using two small spoons, dollop the

remaining 1/4 cup of batter on top of the cream cheese filling. Use a butter knife to swirl the batter into the cream cheese

6. Bake brownies for 30 minutes or until fully cooked. Allow to cool completely before cutting and serving!

Oven-baked Fried Chicken

Serves 4.

2 lbs. chicken, cut up

1/2 tsp. paprika

2 tsp. seasoning salt

I tsp. garlic powder

1 tsp. onion powder

1/2 tsp. black/white pepper

1/2 tsp. Cajun seasoning

1 cup all-purpose flour

1 egg

1/2 cup milk

- 2-3 dashes hot sauce of your choice (optional)
- 1-3 Tbsp. butter, melted
- 2 Tbsp. olive oil
- **I.** Preheat oven to 400 F. Wash and dry the chicken.
- **2.** Sprinkle chicken with paprika and combine remaining spices in a separate small bowl. Sprinkle half of spice mixture over chicken. Reserve the other half of seasoning mixture. Use your hands to distribute the seasonings all over the chicken.
- **3.** In a separate bowl combine flour with the remaining half of the seasoning mixture; whisk to combine and set aside.
- **4.** In a small bowl, whisk together egg, milk and hot sauce. First dip chicken into egg mixture with one hand. Let excess drip off. With the other hand, place chicken in flour and coat. (Using different hands keeps the flour from becoming clumpy.) Shake off excess flour and place chicken on a plate.
- **5.** Let chicken sit for 5 minutes. Recoat in flour if desired.
- **6.** Generously grease a grill pan rack with vegetable oil. Place chicken on grill rack. Mix butter and olive oil and drizzle over chicken. Bake for 40 minutes.
- **7.** Broil for the last 3-4 minutes for crispier skin if desired. Let chicken sit before serving.

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

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

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

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