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M A G A Z I N E

October 2008

**Good
Morning
Texas**

**Class is
Going to
the Dogs**



AUTUMN
GREETINGS

**The Joy of
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**Tom and
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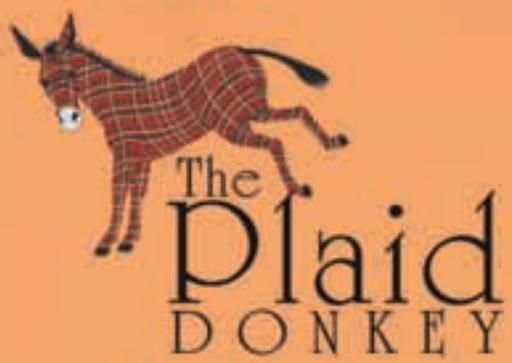
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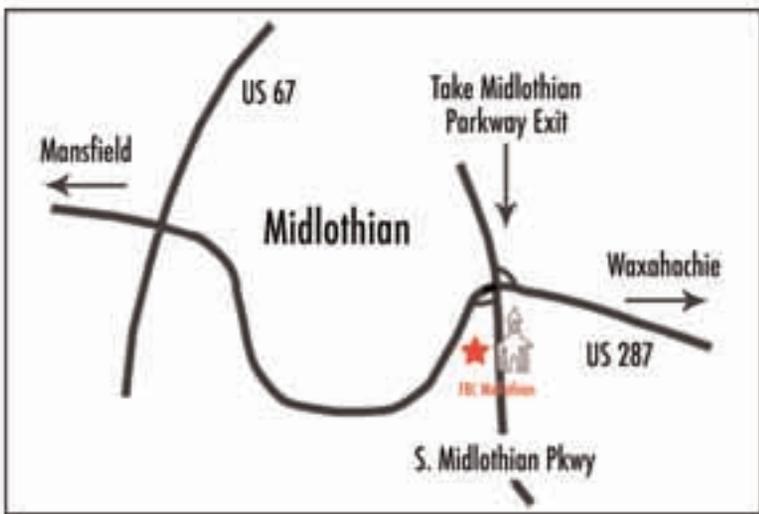
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The Moore family welcomes visitors
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Midlothian **NOW**

Editor's Note

Dear Readers,

Cooler temperatures turn our thoughts toward traditions, beginning with Halloween. Midlothian has a fun tradition of hosting the kiddos on Halloween evening with lots of treats downtown. Another tradition that we have all grown fond of is our local fall festival held on October 18. It is a wonderful chance to meet some old and new neighbors, while you enjoy the exhibits.

As the athletic programs at the high school kick into high gear this season, they follow an incredible 2007-2008 performance. Midlothian now ranks fifth in the top-10 athletic programs in the metroplex. We won our district (15-4A) in total points for all programs for the second straight year. We look for more excellence this year.

I am looking for some good recipes in Midlothian. If you have some, call me at (972) 775-5095. Remember, anytime you want to share story ideas or comments you can e-mail me at btryon.nowmag@sbcglobal.net.

Betty Tryon
MidlothianNOW Editor



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“At the time, everything was coming out of Nashville, and Texas is just a different country. Texas has its own thing going, not just with country music, but with blues or hip-hop.”

Groan! It is morning — again. You have to get up and go to work — again! You need help to get out of bed and start moving. Many turn on the radio to receive that first jolt of enthusiasm we hope will mark our day. For some, the good morning voice comes in the person of Mike Crow at radio station 95.9 FM in Ft. Worth. Mike gets us moving and takes us to The Ranch every morning from 5:30 a.m. to 10:00 a.m. His morning show called *The Morning Ride* with Crowman, Rebel and Heywood plays country songs from some of our best Texas artists, such as Jerry Jeff Walker and Robert Earl Keen. The Texas music station, pioneered by Mike, gave birth to many more stations specializing in Texas music. He stated, “In 1994, I started the KSCS *Honky Tonk Texas Show* and got to know Bill Mack who worked at our sister station, WBAP. He said I was really good, and in a couple of years, everyone will be doing what I’m doing (Texas music). Everyone did start doing it. People just wanted to hear something different. At the time, everything was coming out of Nashville, and Texas is just a different country. Texas has its own thing going, not just with country music, but with blues or hip-hop. Things are different here in music. They really are.”

Mike remembers his first time on radio at KBEC in Waxahachie. “When I walked in the station for the first time looking for a job, Ken Roberts, the manager, was doing the news. The sales manager met me at the door, and when I told him I wanted a job in radio, he said I may have come in at the right time.” The man who was supposed to be doing the news had called in sick and the manager was pretty irritated with him. “When I spoke to Ken, he asked me if I

Good Morning Texas

— By Betty Tryon

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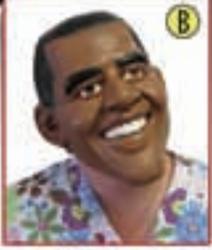
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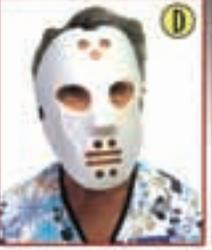
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could start tomorrow. I had not even applied at any other radio stations yet, and I got hired that same day. I was petrified the first time the microphone went on," Mike admitted.

Mike eventually became more comfortable with his on-air job, and within a couple of weeks, he built up a following. After several months on the job, he met Bill Mack from the WBAP radio station. He recalled, "Bill was a



**"I was petrified
the first time the
microphone went on."**

hero of mine, always encouraging. The first day I met him was at Knox Truck Stop in Red Oak. I said to myself, *I am going to go up there and meet him.* After hanging around on the edge for a while, I finally went up and introduced myself and said, 'I work at KBEC.' He said to me, 'Hello my boy, sit down here next to me. Come pull up a chair.' Then we went live on the air. There were some guys doing a re-enactment of a western shootout, and one came up to the table and called Bill out. Without missing a beat, Bill said, 'Well it looks like they are going to call me out. I'm going to turn the station over to my good friend Mike Crow!' I wanted to

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tell him, 'I've only been on the air for six months!' I had to wing it for about two minutes, but it seemed like an hour before he came back. That was just typical Bill Mack. I had people calling me about it the next day on KBEC."

Mike has come a long way since those early days. Now, he has a dual workload of being the director of programming in Ft. Worth for two stations: Country Legends at 92.1 FM playing the great classic country singers, such as Johnny Cash and George Jones, and The Ranch at 95.9 FM. The Ranch is the only station he hosts.



Looking back, Mike stated, "I have been fortunate to work with some really good people in the radio business. Hubcap Carter really helped me get into radio. I was his gofer at KLUV. I really enjoy being with the LKCM Radio Group. They are great people to work for."

Mike recalled always wanting to be in radio as a child. "When I was a little boy, I would pretend to be on the radio. I got sidetracked in life and decided to quit my job in hydraulic manufacturing and pursue my dream." He went back to school at Mountain View Community College and studied a course at Columbia School of Broadcasting.

Working in radio presents Mike with fantastic opportunities to meet many people, some of them famous. With the radio being online, some of his calls come from places like Florida, Alaska and a regular caller from



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Switzerland who loves Texas music. “I’ve met good people that I now call good friends. The best call I ever took was when I was doing a benefit one day and giving away sports memorabilia. The next call I got was a guy on speakerphone who identified himself as Mickey Mantle’s son and said, ‘My dad’s on the line with me.’ He said that he and his dad were just listening, and they heard us talk about the sports memorabilia. Mickey Mantle chimed in and said, ‘Yeah, Mike, we have some things to donate.’ He was talking like he knew me! After I hung up, I was just like vibrating, thinking, *I can’t believe that!* It proves one thing — you never know who’s listening. I have had the opportunity to meet almost all my heroes, some of the ones are Mario

“I have had a lot of fun doing this and love every minute of it.”

Andretti, George Jones, Merle Haggard and Garth Brooks. Willie Nelson is probably one of the nicest guys. He is never rushed when talking to you, and is always interested in what you are saying.”

In addition to receiving calls from famous people, Mike remembers receiving a call from Iraq that touched him deeply. “We got a flag presented to us that flew over a combat troop over there in Iraq. They all listen to us. Two or three of them were killed, so they gave us the flag. Those are the kind of connections you make here.

Mike works in Ft. Worth, but he and his wife, Jenny, call Midlothian home. They have a son named Vic, a daughter named Brianna and two grandchildren. “I have had a lot of fun doing this and love every minute of it. My grandpa always said, ‘Do something you enjoy, and you will be a success.’ I live by those words. Not everybody gets to do that.” **NOW**

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Finding Humor in Every Situation

— By Sandra McIntosh

At Home With



Tom and Cyndi Moore

When relocating, some families move from one state to the next, while others remain in the immediate neighborhood. Such is the case with Tom and Cyndi Moore and their two children, Hunter and McKynsi, 16 and 11 respectively. “In 1996, we built our home on Pecan Creek Drive,” Tom said. “A year later, Carl Neal, a local builder and friend, built his home right next door to us.” As time passed, the Moore family began to experience some growing pains. “We had purchased a lot out in Stonewood so we could build a larger home,” Tom explained. “At about this same time, Carl put his house on the market.”

Tom and Cyndi decided to make moving simple by relocating to the two-story, five-bedroom, four-bath home directly next door. “Family and friends thought we were nuts,” Cyndi laughed. “We were able to sell the lot and some good friends bought our old home.” While many rent moving vans to take household items from point A to point B, all the Moores had to do was load their “gator” over and over and over again. Finally, in October 2006, the move for the family of four was complete.

Even though the home was quite livable, Tom and Cyndi decided to make





several changes early on to personalize their new surroundings. All the walls were repainted, while several were also retextured to give the home the Old World European style with a strong eclectic feel they desired from the very beginning. All the cabinetry throughout was redone and a new backyard cabana was built. The master bath and the bath that serves the pool were also totally redone.

Structurally, only one wall was removed. "When Carl built the home, he added a garage apartment for his father," Tom said. "We wanted to make the apartment part of the main house,



so we removed one wall." In doing so, they now find comfort in knowing that Hunter has to come through the house to get to his room above the two-car garage. Also during that first year, trees were trimmed back and more detailed landscaping was added to the greenery and groundcover that was already well established.

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the Painted Lady, left her mark in the home, as she has done in so many other homes in and around Ellis County. The first room she painted was the pool bathroom with indoor, as well as outdoor, access. "She gave it a tropical, beachy feel," Cyndi said. "Tom painted the ceiling a sky blue and I added a grass skirt border."

The stairwell wall reminds the couple of their vacation to Italy. The trip was a "laid-back adventure" that Tom and Cyndi shared with another couple. The journey was much like backpacking through Italy as a college student, with one huge difference. "We traveled by car," Cyndi said, also stating that the car they drove held a close resemblance to the one

Chevy Chase manned in the first *National Lampoon Vacation* movie. "We flew into Venice and stayed a couple of days before renting the car." They reminisced about the beauty of the countryside and the friendliness found among the people they met along the way. "Julie painted exactly what we remember from our trip," Tom said, as Cyndi added, "We knew we wanted something special and Julie gave us that and so much more."

The tree adorning the wall in the den is the last thing Julie added with brush, paints and a great imagination. The inscription added under the tree's branches appears to have been hand painted, but in reality they are letters that Cyndi

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When moving to a home twice the size of their previous one, Tom and

Cyndi soon realized the need for new furniture. "When we put our old couch in the den," Cyndi remembered, "it looked like the room had swallowed it up." New, and much larger, furniture was purchased for the den while, thankfully, some items could still be utilized. The bedroom suite in McKynsi's room is one such example. It dates back to 1916. "At one time, it

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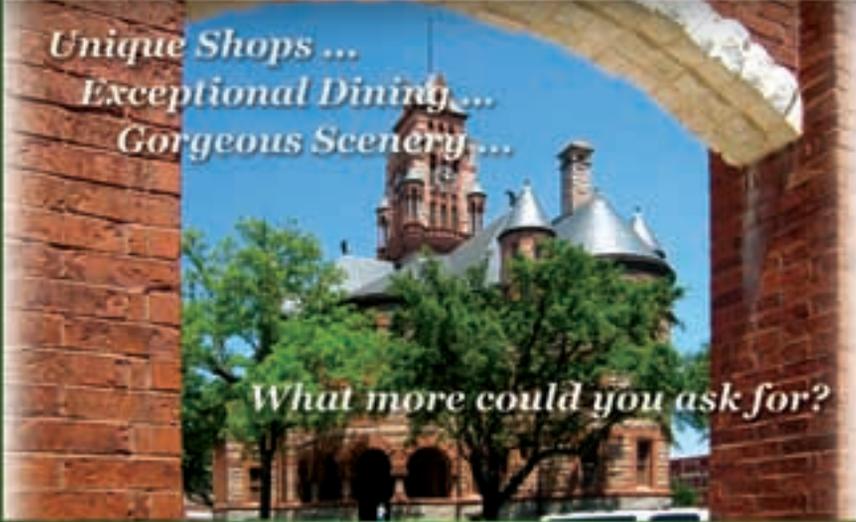




belonged to my Nana," Cyndi said. The antique bed takes its place among the zebra print curtains and bright colors of lime green, hot pink and turquoise that McKynsi chose when repainting her room. The grandfather clock in Tom's home office may not be as dated as the bedroom suite, but its sentimental value is the same. "The clock belonged to Cyndi's grandfather,"

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he stated. "It probably dates back to the 1950s."

Hunter's room is the typical young man's room painted in three distinctive tones of gray. As a defensive player for Midlothian High School's football team, it is only natural for athletic jerseys to hang from the walls, as well as the oversized bulletin board. And nothing in his room is dated. "We call him the



IKEA kid,” Cyndi said. “He’s modern. He uses a file cabinet the same way others would use a dresser.”

Each room definitely has its own story to tell. At one time, the master bathroom boasted of magnolia print wallpaper, and the buffet table Cyndi found in Canton was in need of a fresh coat of paint. Wallpaper was changed to a textured, earthy brown and the buffet is now displayed under a large mirror along one wall in the formal dining area.

With the holidays quickly approaching, the former teacher in Cyndi begins to come alive again. “I’ve always decorated heavy on the holidays,” she added. “I go all out!” Pumpkins and all the colors that represent the fall season greet visitors at the front entrance, while fall floral arrangements adorn the fireplace mantle as well as the tables in the formal dining room and the breakfast nook.

As parents, Tom and Cyndi believe in discipline, respect and education, first and foremost. For Tom, serving as a school board member only strengthens this belief, and teaching all three by example is something Tom and Cyndi have done throughout their 20-year marriage. Following at a very close second is humor. Funny stories they shared included the \$200 lobster Tom ordered in Italy and the live fish that landed on top of Cyndi’s feet while they vacationed in China. “Life should be lived with laughter,” Cyndi smiled. “You need to be able to find the humor in every situation.” **NOW**

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Janie Parks, Mickey Campbell, Mindy Schwam, Iris Stewart, Sheriff Ray Stewart, Holly Hayes, Callie Green, and Martha Ratliff welcome you to the museum in the Ellis County Jail lobby.

If there lies within the spirit of a person a desire to create, then it does not matter how austere the setting or the lack of supplies. Displayed in the lobby of the Wayne McCollum Detention Center, the Ellis County Jail, are perfect examples of this. A miniature museum on some of the history of Ellis County sheriffs, jails and jailhouse art decorates the lobby. Midlothian resident Iris Stewart, wife of Ellis County Sheriff Ray Stewart, introduced the collection. "My husband had all this stuff lying around in his office and wanted to do something

with it," she said. "We decided that it was time to showcase the talent of inmates. Even though they have made some wrong choices in their lives, their talent in most cases is remarkable."

Iris received assistance from many sources, but Martha Ratliff, the second woman named as chief deputy and who now works as evidence technician, was especially helpful. Iris remarked, "Martha helped by supplying old photos and information about each one of them [Ellis County Sheriffs]. There are so few people there that would remember as well as she did about the earlier days

of the sheriff's office." After much work of gathering and sorting the items, Deputy Ralph Golden and trustee inmates built the cabinets and display cases. The beautifully crafted wooden cases contain historical items about the many sheriffs of Ellis County, including Wayne McCollum, who is so revered in the county that he earns his own private spot along the wall. Sheriff Stewart stated, "I love history, which is why I wanted this. Wayne McCollum was the sheriff for 20 years. This jail is named after him." Some of the display cases contain information regarding the



Rose made from toilet paper.



Dominoes carved from soap.



Photo frame made from the foil inside a chip bag.

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The third case displays crucifixes. Some of the crosses look as though they were chiseled from wood, but the material may be the inside cover of a hardbound book, no doubt taken from a book located in the chapel. Coffee provides the brown stain for the Christ figures on the crosses made with material torn from T-shirts. The weaving material of bracelets and necklace chains come from inmate bath towels and pieces of inmate uniforms. Plastic trash bags are molded into crucifixes.

Still relying upon their imaginations to create things far different from the original intent of the items, the fourth case displays more alarming items. Examples of the contraband are realistic looking snakes and spiders made from tightly wound and moistened toilet paper and colored with coffee. These items scare or startle the prison guards when appearing suddenly. When no paper or cloth is available, there is always the canvas of the skin. Pens and staples make tattoo devices.

In the front lobby, some of the more original and beautiful artifacts are: a rose made from toilet paper and colored with the dye from hard candy, a set of dominoes carved from soap, and the inside of a chip bag twisted and shaped to resemble a silver picture frame.

Iris commented, "The art and creativity of the inmates is amazing to me. It's something that I feel could benefit each of them in their everyday lives once they are free to live outside the walls of the jail. While serving time, their imaginations have no limits, and it is unreal to see the things they are able to make with pieces of paper, bed sheets, plastic ware, candy, soap, aluminum foil and countless other things we can't imagine. I am proud to have been a part of this 'museum.' I would encourage anyone ... to go to the Ellis County Sheriff's Office and see for [themselves] just what these men and women are capable of doing." **ARTS NOW**

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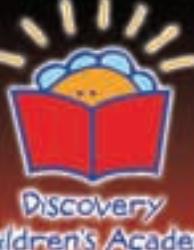


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October 16, 5:30-8:00 p.m., MHS Track

On October 16, Midlothian ISD will host a School Walk for Diabetes. This event is an educational fundraising program of the American Diabetes Association (ADA) that teaches students the benefits of making healthy life choices, including getting daily exercise and eating nutritious foods.

Community members are encouraged to participate by walking or making a donation. Money raised through School Walk for Diabetes will help the mission to **prevent and cure diabetes and improve the lives of all those affected by diabetes**. A percentage of the funds will be returned to MISD for medical supplies and PE/recess equipment.

For sponsorship opportunities, please call the School Walk for Diabetes Coordinator, Shelley Maxwell, RN at Irvin Elementary 972-775-8239. Learn more at www.diabetes.org/schoolwalk.

Bus Drivers Volunteer for Hurricane Evacuees

The MISD Transportation Department sent five buses to San Antonio to help with the Hurricane Ike evacuation on September 10. After a rigorous bus inspection by the Department of Transportation, the drivers were sent to Katy, TX. Although they were only on standby and did not actually transport any evacuees, the drivers were excited about the opportunity to lend a hand and would not hesitate to go back.



(l to r) Craig Kelley, Martin Haley, Ronnie Walker, Jerry Thompson, and Ron Garrett

Buses lined up near Houston, TX. School buses were on standby, while chartered buses evacuated those in need.



Super Senior Citizens Gold Card!

The Super Senior Citizen "SSC" gold card program provides FREE admission to all MHS Panther home athletic events for MISD residents age 65 years or older and to all MISD retirees, regardless of age.

Get your "SSC" gold card today and become part of the special Panther fan club. *Stop by the athletic office, located in the lobby of the MHS basketball arena or call 972-775-8174.*

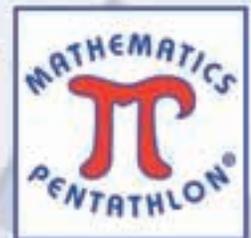
MHS Open House - Parent Meeting

Monday, October 6, 6:00-7:30pm

The MHS Open House will be from 6:00-7:30 p.m. on Monday, October 6. All MHS teachers will be in their classrooms so parents can come and go at their convenience. In addition, the MHS Guidance Team and the Administrative Curriculum Team will conduct an informative meeting for parents of Pre-AP and AP students in the auditorium at 6:15 p.m. Topics will include AP testing procedures for the 2008-09 school year, benefits of taking AP courses and tests, and incentives for striving for success in AP classes and AP tests. All parents who attend Open House and/or the Pre-AP/AP meeting are encouraged to park in the student parking lot.

Math Pentathlon

Math Pentathlon, a K-7th grade math club, is an integral part of the culture of MISD. All elementary and middle school campuses offer opportunities for students to participate in Math Pentathlon and ultimately compete nationally in Austin.



Students learn the five Mathematics Pentathlon games within the appropriate grade level-based divisions (K-1, 2-3, 4-5, 6-7). These games utilize math skills as well as interactive problem solving skills. In a recent study, MISD revealed that all students who participated in the Math Pentathlon program passed their math TAKS tests in grades 3-7.

Practices for the Austin tournament are held after school at each child's campus. In addition, practice game nights held at T.E. Baxter Elementary are open to all MISD families interested in Math Pentathlon in the district.

The first Mathematics Pentathlon Orientation Session will be held on October 21 at the L.A. Mills Administration Building from 6:30-8:30 p.m.

For more information, contact Shara Backus at Baxter Elementary at 972-775-8281 or visit the Math Pentathlon Web site at www.mathpentath.org.



Parents - Sign up today!

MISD's Food Service Department is excited to provide parents a convenient, easy and secure online prepayment service on the MyNutriKids.com Web site. Parents can also access this service on the campus Web sites.

Parents will have the ability to:

- view their child's account balance through a Web site called *MyNutriKids.com*.
- deposit money into their child's school meal account at any time.
- print out a copy of their child's eating history report showing dates and times the student has purchased a breakfast and/or lunch within the past thirty days.

As of mid-September, over 1,000 parents have taken advantage of registering their children in the convenient online meal pay. View the school menus at www.midlothian-isd.net/foodservice.



MISD Principals Welcome Over 7,000 Students

Opening the doors to many smiling faces and eager learners is the highlight of each principal's day. The role of MISD school principals is constantly evolving. They not only manage the day-to-day operations, but they must also play a key role in the improved performance of all students. Words such as leadership, collaboration, cooperation, and inspiration must be lived, not spoken, on a daily basis. It's a tough job but MISD principals are up to the challenge along with the support of parents, teachers and community members.

According to Demographer Bob Templeton, MISD has increased enrollment by 4% this year, which is approximately 250 students. Despite a slowing housing market, the Metro Study report verifies that Midlothian had 263 annual starts of new homes during the 2008 second quarter. By the 2011-2012 school year, the total enrollment projection will increase by 1,235 students. Undoubtedly, Midlothian ISD is "on the grow" with a continued challenge to accommodate students.



Nena Challenner



Jean Embry



Kelly Madden



Beth Van Amburgh



Karen Childers



Cherie Waggoner



Dee Arterburn



Brian Blackwell



Dr. Al Hemmie

MISD Homecoming 2008 Friday, October 24

- Two-hour early release at all campuses
- Homecoming parade to celebrate the Panther spirit. More details about the parade route, time, and participant information is available on the MISD Web site at www.midlothian-isd.net.

Panthers vs Waco University Trojans

October 24, 7:30 p.m.
Multipurpose Stadium

Current # of Students (as of 9-15-08)	
T.E. Baxter Elementary <i>Nena Challenner, Principal</i>	552
J.R. Irvin Elementary <i>Jean Embry, Principal</i>	288
Longbranch Elementary <i>Kelly Madden, Principal</i>	729
LaRue Miller Elementary <i>Beth Van Amburgh, Principal</i>	617
Mt. Peak Elementary <i>Karen Childers, Principal</i>	493
J.A. Vitovsky Elementary <i>Cherie Waggoner, Principal</i>	537
Frank Seale Middle School <i>Dee Arterburn, Principal</i>	773
Walnut Grove Middle School <i>Brian Blackwell, Principal</i>	916
Midlothian High School <i>Dr. Al Hemmie, Principal</i>	2,176
TOTAL	7,081

Sports
NOW

The Joy of the Hunt

— By Alex Allred

For Brian Bates, the sight of his dogs retrieving their quarry is an instant stress reliever from a demanding job and reminiscent of time spent with his father. After 25 years with the Arlington Police Department, he has seen more than he cares to discuss. In 1993, Brian astounded fellow officers and citizens when he helped rescue a drunk driver from a burning car while off-duty — the same man who had struck Brian's car almost killing his toddler son, Zach.

According to Brian, in 1996, he was the first police officer to respond to the infamous Amber Hagerman case, for which the Amber Alert system was later named. Again and again, he has proven himself to be a man of great integrity and heart. While he believes in the importance of what he does,

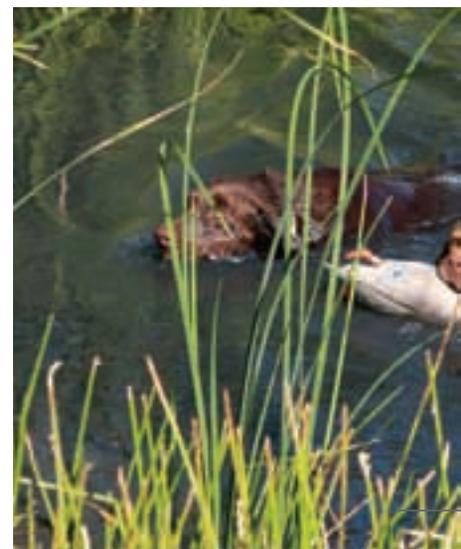
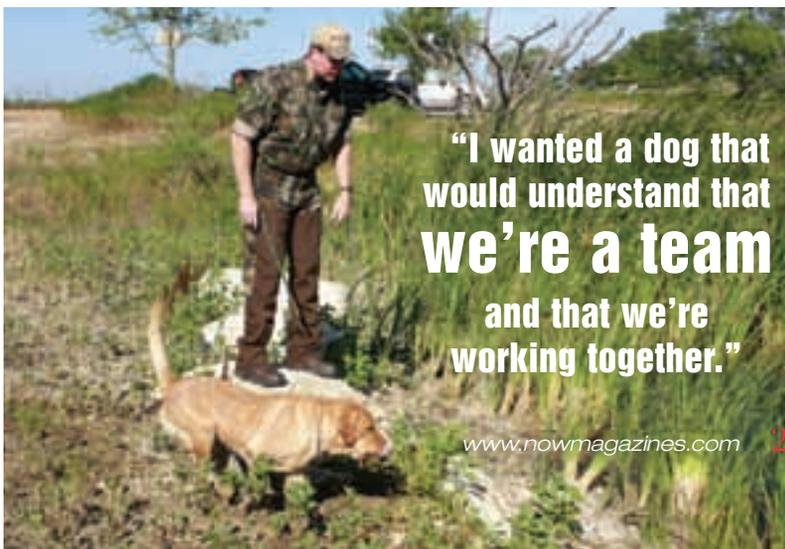
he does not want to bring his work home with him. So, when Brian learned that some Labrador retrievers were being sold, he was instantly intrigued.

"I still remember going out bird hunting with my dad when I was 7 years old," Brian recalled. "I loved it." After the passing of his father, Harry Bates, in 2005, his interest in hunting dogs increased, though he had not experienced much success with previous dogs. "I just really wanted a good working dog," he said. "I wanted a dog that would understand that we're a team and that we're working together." In truth, he set out only to buy Hunter, a yellow lab, but when Brian's daughter, Katie, laid eyes on Hershey, a chocolate lab, Brian was suddenly haggling a two-for-one deal.

He immersed himself in reading, began gun training with "popper guns and starter pistols" to acclimate the puppies to the sight and sound of guns and even had them eat their food next to the weapons. "I did it so they would get used to the noise and not flinch, and really, the guns excited them because they associated it with food." As the pups got older, it became more about the actual hunt.

**"I wanted a dog that
would understand that
we're a team
and that we're
working together."**

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Sports NOW

"Today, if you shoot a gun," Brian smiled, "they get really excited!" Admittedly, Brian said, they are not the only ones having a good time. "When you make that shot and the dog is geared into the bird and takes off, it is so much fun to watch."

Even when it is what Brian termed a "hard retrieve," the joy of watching his dogs work is his true motivation for hunting. "One time," he recalled, "during dove season in Corsicana, I made a shot on a dove. It did that death glide where it glided 150 yards into the plowed wheat field, and Hunter took off on the retrieve. I thought I'd missed and was

"When you make that shot and the dog is geared into the bird and takes off, it is so much fun to watch."

calling him back. Hunter would always come back." This time, Hunter did not and, initially, Brian was angry. He could only watch in astonishment as Hunter fixed on the gliding bird, and "he knocked it down with his paw and brought it back! That was a proud moment," Brian laughed. "It was like he was saying, 'But Dad! That bird's down, and I'm gonna go get it for you!'"

Later, Brian sent Hunter and Hershey away to work with a nationally ranked trainer. There was only so much he



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could learn from reading books, and working with the very different personalities of his dogs was a challenge. While Hunter is a natural retriever bringing back dummies or live game, “Hershey doesn’t have the same drive.”

Hershey is a natural tracker and a flusher. Working Hershey as his flusher and Hunter as the retriever, Brian hopes to hunt quail and pheasant in addition to duck and dove. Whatever they hunt, Brian is most proud of the fact that his dogs are trained by voice command, not electric collars. For him,

“It was like he was saying, ‘But Dad! That bird’s down, and I’m gonna go get it for you!’”

trust is as important as control, and trust will not come with an electric shock.

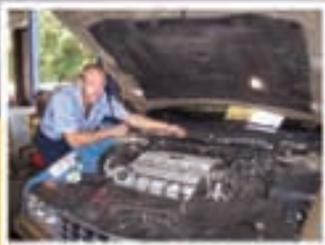
As a police officer, it can be easy to lose perspective, but alone in a field with his dogs, Brian embraces the very best of the sport of hunting. Not long ago, both Hunter and Brian searched for a duck Brian had shot. The search had gone on for some time over a large two-and-half-acre pond. “I was ready to give up, and I sat down. I thought, *Well, I’m just gonna sit here.* You don’t ever like to leave any animal if it’s wounded.” But when Hunter suddenly picked up a scent in the reeds, Brian came to his feet. “Suddenly, he bolts into the water and snagged the duck! Oh, man! He bolted into the water! You couldn’t ask for better effort! To him, if he goes out to make a retrieve and can’t do it, that’s a failure. He wants that game bird just as bad as you do!”

For Brian, however, failure is impossible when he is with his dogs. Though many decades have passed since Brian was 7 years old, the sense of wonder and awe, in both nature and animals, remains with him as does the spirit of his father. It is a sense of peace he could find no other place but on the hunt. **NOW**



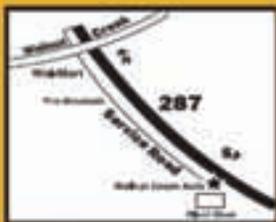
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Putting Your Best Foot Forward

— By Betty Tryon

What do you want when you seek medical help? Most people place competency high on their list of requirements from their health care provider. Almost as important is that intuitive feeling that your doctor should be compassionate and committed to giving you the best care possible. Here in Midlothian, if you have a foot or ankle problem, Dr. David Gardner easily meets your needs. As a practicing podiatrist with offices in Ennis, Waxahachie and Midlothian, he stated, “I practiced in Ennis for five years previous to moving here. The population in this area is growing exponentially, and we are very fortunate in this area of Ellis County to have a lot of good family practice and internal medicine physicians. These are the physicians I work with, my referral base.”

Dr. Gardner graduated in 1997 from Scholl College of Podiatric Medicine and then completed two residency programs, the first in Temple, Texas, and the second, a surgical residency in Mesquite, Texas. He now works in his own private practice after being an associate in three previous practices. Taking the good from those experiences, he applies that knowledge in his practice today. “I treat a wide variety of ages,” explained Dr. Gardner. “My youngest patient was two weeks



old and the oldest is now 101. The most rewarding part of my job is the ability to get to know my patients. Most of what I do is procedural in nature, so I get to spend time with them and visit with them. The one thing that I think is important in medicine generally, but especially in my practice, is listening to patients so all of their questions are answered. This allows patients to make better informed decisions regarding their healthcare. This creates a team approach to healthcare, with the patient being part of the team. I think if you involve patients ... you have better outcome. That is what I strive for.”

Dr. Gardner takes a conservative viewpoint in treating his patients. He explained, “Surgery is always an option, but it is not the only option. I try to give patients options that are realistic. I try, as best I can, to treat patients conservatively, but if surgery becomes necessary, then that is what we do.” Part of Dr. Gardner’s conservative treatment involves the use of orthotics and the Gait Scan System. Elaborating, he said,

Business NOW

"We use orthotics to treat many problems of the foot and ankle mechanically. The Gait Scan system that we use is one of the most technologically advanced in the country."

Dr. Gardner understands the importance of community and family. He volunteers at the Hope Clinic, a faith-based organization for uninsured and underinsured residents of Ellis County. Dedication to family played a significant factor in his decision to practice podiatry. "When I was younger, I thought about emergency medicine, but I will never forget what a friend of the family, an ER physician, said to me about it. He said, 'One morning you are going to look across the table and not even know those people, you won't get to watch your

"This is the best of both worlds; I get to treat patients and spend time with my family."

kids grow up." Dr. Gardner's chosen field of podiatry gives him a more stable family life. He said, "I am very big on family, so I thought, *This is the best of both worlds; I get to treat patients and spend time with my family.*" Family is his wife, Darla, 19-month-old Madalie, and 5-year-old Jacob who frequently spends time with his dad at the office. Dr. Gardner believes having children helps him understand the fears and anxieties of his younger patients. Whether young or old, his goal is to give every patient equal time to help them with their concerns.

To help you place your healthiest foot forward, you may contact Dr. Gardner at (972) 723-5400 or visit Ellis County Foot and Ankle at 1441 South Midlothian Parkway, Suite 120, Midlothian. You may also visit www.elliscountyfoot.com for more information. **NOW**



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Education NOW

Class is Going to the Dogs

— By Betty Tryon

The young student struggled to make friends and maintain his focus in class. Help came in the form of a wagging tail. Robin Vitullo, third grade teacher at J.R. Irvin, with her creative mind and compassionate heart, took the initiative to bring a new element to her classroom — therapy dogs. She said, “I brought the dogs to the classroom mainly for reading purposes, but it has helped the kids dramatically in other ways.”

Robin’s inspiration to bring dogs to class began with a trip to her riding class. One of the other members, a nurse at a middle school, brought her golden retriever, and Robin discovered the nurse took the dog to school with her. “She found that the kids would open up more with the dogs there,” Robin explained. “I have two dogs, so after getting permission from the principal, [I] researched it online and found a program called READ (Reading Education

Assistance Dog). I took my dogs for training and to receive their Good Neighbor certification.

They tested mostly for temperament and obedience.

You can get this certification at most obedience or dog training facilities.” Requirements for this

certification are simple, but firm. Dogs must be appropriate when greeting people and other dogs; obey the commands of sit, come, and stay; and they must have control of themselves when in a crowd.

Robin stated, “The READ program focuses on children with dyslexia. They can’t read very well and don’t want to read out loud because it is embarrassing. Dyslexic kids are very bright, and they understand they ... should be able to read. It hurts



their self-esteem. They can practice their reading out loud to the dog. I had done research that said just petting a dog can bring down blood pressure and stress levels.”

Robin also discovered she could use the dogs as part of a reward program in her classroom for good behavior from the students. “I told the kids in the beginning not to ask if they could walk the dog at recess, because I look for kids who are following directions.” This particular rule inspired a child with Asperger Syndrome, a form of autism, to become more interactive with the world around him. Robin recalled, “I used that to my advantage, because if he did what he was supposed to do, he could go pet the dog as much as he wanted. The third grade is when the TAKS test is introduced to the students. I asked the principal if the student could take the TAKS test with the dog in the room, because he just calms down with the dog. He would be taking the test by himself with another adult in the room. He would answer a few questions, pet the dog and then do some more work. He passed the test with flying colors. He really opened up that year. I don’t know if it was because of the dog, but the last few weeks of school, he began playing four square, and he found true friendships that year. Usually, kids with Asperger Syndrome do not know how to relate to others, but he became part of the group.”

Robin’s interest in dogs and her compassion in their fate began in childhood when she would bring home stray after stray, but her mother never allowed her to keep them. She remembers finding a stray when she was first married and, thinking she already knew the drill, told her husband, Roland, “I’ll put up signs and, if no one claims it, we can take it to the pound.” Shocked and elated, she heard her



Education **NOW**

husband say, "Well, if no one claims it, why don't we keep it?" She finally had the first stray she could call her own.

With her two children, Jakob, age 13, a student at Frank Seale Middle School, and Luke, age 9, a student at J.R. Irvin, the family has been through several pets. However, the two dogs they now have, which travel to school with Robin, are very special. She explained, "Allie is a lab-shepherd



Matt Mitchell, Brianna Frederick, Luke Vitullo, and Sam Dunegan visit with therapy dogs Allie and Heidi.

mix we adopted from the SPCA (Society for the Prevention of Cruelty to Animals) and Heidi is a corgi mix my sister found wandering around a parking lot."

Robin gives good advice to other teachers who might want to do this. "You need to get permission from your principal. They need to definitely make sure the dog has the right temperament, not be snippy or timid in any way and to be friendly, though not overbearing. The dog needs to have training and certification, and you need lots of patience!"

Robin's devotion to dogs is the same as her devotion to children. She said, "Just like I have always loved dogs, I have always loved kids." She received her degree in elementary education from the University of Texas at Austin and launched her career doing something that brought her pleasure. "I thought if I have to work the rest of my life, then I might as well do something I enjoy." Children and dogs in the classroom — what an entertaining way to make a living! **NOW**

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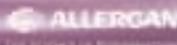
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Around Town **NOW**



A ribbon cutting, top left, was held at the City of Midlothian Mountain Peak Park. Mia Lichtenwalter, top right, completed a self-portrait in water color during the art class taught by Stephanie "Captain" Coody during vacation Bible school at Midlothian Bible Church. J.A. Vitovsky Elementary, second row left, held its opening ceremony for the 2008-2009 school year. Representatives from each grade level passed the "Flame of Learning" from kindergarten to the fifth grade. The troupe of actors and actresses at Midlothian Bible Church's vacation Bible school, second row center, were called "Skittles." They performed skits as Olympic athletes and reporters. Midlothian Chamber of Commerce president, Amanda Miller, bottom left, received the first place award in the marketing campaign from Diane Probst, chairman of the Texas Chamber of Commerce Executives. Ribbon cuttings were held at All About Dance, second row right, and Enchanted Rains Massage, bottom right.



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Around Town **NOW**



Jason Flanders, on the right at top left, is very proud of his new Chevy S-10 Blazer with 4-wheel drive and was more than ready to take his friend, Trammelle Shepherd, mudding. Skylar C., a fourth grader at J.R. Irwin, top center, learned about the different phases of matter. Kristen Jones, top right, shared a lovely day at the park with Jocelyn and Jacob Craft. Jessica Bushey and Ryan Slaton, second row left, took full advantage of a near perfect fall afternoon. Michael W., an artist at J.A. Vitovsky Elementary, bottom left, practiced writing his new Chinese name in the ancient tradition of "The Middle Kingdom." Pipo Briones, bottom center, enjoyed some quality bonding time with his son, Landon. On a beautiful fall afternoon, Fred Turner and Fred Welch, the first two uniformed city carriers in Midlothian, bottom right, took a break at Kimmel Park.

Megan, Hillary, Alicia, Jamie
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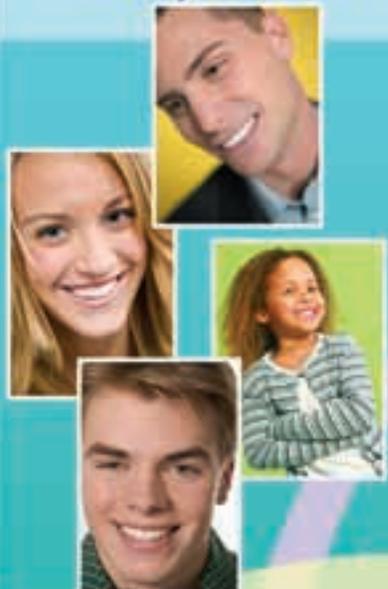
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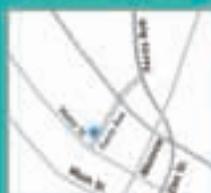


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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH KIT MONTGOMERY

Although their two children are married and have families of their own, Kit and her husband, Tom, are grateful they live nearby so they may spend many more memorable times enjoying their three grandchildren: Morgan, Hallee and Hayden. “My family is very precious to me,” she expressed. “I am very blessed.”

Kit has recently inherited her mother's recipe collection. She was amazed to find the recipe box her mother had compiled. It included recipes from her high school home economics class, recipes collected during her marriage and recipes handed down from Kit's grandmother.

Casseroles and soups are Kit's favorite things to prepare. “There is nothing more comforting than putting a big pot of soup together and having it simmering in the stove,” Kit claimed, “especially in the fall and winter.” **NOW**

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

POOR MAN'S PORK CHOPS

2-3 large carrots, peeled and cut into 2-inch chunks (or one small bag of baby carrots)
1 small onion, thickly sliced
salt and pepper to taste
2-3 medium potatoes, peeled and quartered
1 small head of cabbage, cored and quartered
4-5 pork chops, bone-in is best for flavor
1 chicken bouillon (optional)
1 beef bouillon (optional)

In your favorite Dutch oven or stew pot, spread carrots over the bottom. Spread onion on top of the carrots; add salt and pepper to taste. Place potatoes on top of the onion, salt and pepper. Arrange cabbage on top of the potatoes. Salt and pepper both sides of the pork chops, and arrange on top of the cabbage. Add water (pouring along the side of the pan) to about the middle of the cabbage. Put the lid on and cook over medium heat until done. This usually takes about 30-40 minutes after water has come to a boil. The only change I made to the recipe is to

add a chicken bouillon cube and a beef bouillon cube to the water for added flavor. Serve with low-fat margarine (on the vegetables) and horseradish or steak sauce (for the pork chops).

BARBECUE JACK POTS

This recipe came on a can of prepared biscuits 25 years ago. It is still a favorite of the family.

3/4 lb. ground beef
1/4 cup onion, minced
1 can of 10-count big biscuits
1/2 cup bottled barbecue sauce (or mix together ingredients below)
2 Tbsp. brown sugar
3/4 cup cheddar cheese, shredded
BARBECUE SAUCE:
1/3 cup ketchup
2 Tbsp. brown sugar
1 Tbsp. mustard
1 1/2 tsp. Worcestershire sauce

While browning the hamburger and onion, place one biscuit in each of the 10 ungreased muffin

cups pressing dough up the sides to the edge of each cup. When meat is brown, drain thoroughly; add barbecue sauce and brown sugar. Spoon meat mixture into the cups; sprinkle each cup with cheese. Bake 10-15 minutes at 400 F.

CORN BREAD SALAD

This recipe was given to me many years ago by a fellow member of the Midlothian Homemakers' Club, Cora Lee Matthews.

2 pkgs. corn bread mix (I use Jiffy.) cooked, cooled and crumbled finely
1 bunch green onions, washed well and chopped fine (blades and all)
3 stalks celery, chopped fine
1/2 cup pecans, chopped
1 large firm tomato, chopped
1 small jar pimentos, minced or chopped
1 pt. jar Hellmann's mayonnaise (There really is no substitute for the best flavor.)

Mix all ingredients well and place in refrigerator. This is best if made a day before.

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ANDREA'S BANANA PUDDING

- 2 bags Pepperidge Farm "Chessmen" cookies
- 6-8 firm bananas, sliced
- 2 cups milk
- 1 5-oz. box instant French vanilla pudding
- 1 8-oz. pkg. cream cheese, softened
- 1 14-oz. can sweetened condensed milk
- 1 12-oz. container frozen whipped topping, thawed

Line the bottom of a 13 x 9 x 2-inch dish with one bag of cookies; layer the bananas on top. In a bowl, combine the milk and pudding mix; blend well using a handheld electric mixer. Using another bowl, combine the cream cheese and condensed milk and mix until smooth. Fold the whipped topping into the cream cheese mixture. Add the cream cheese mixture to the pudding mixture; stir until well blended. Pour the mixture over the cookies and bananas; cover with the remaining cookies. Refrigerate until ready to serve.

PINA COCO CAKE

A former co-worker, Lee Sales, gave me this recipe.

- 1 box yellow cake mix
- 2 eggs
- 1 small or medium can crushed pineapple, drained (optional)
- 1 14-oz. can Coco Lopez cream of coconut
- 1 14-oz. can Eagle Brand Milk
- 1 8-oz. container whipped topping or prepare whipped cream from scratch

Prepare the cake mix as directed, adding the extra 2 eggs and pineapple. While cake is baking, mix together the can of Coco Lopez and can of Eagle Brand Milk. When cake is done, and while still hot, poke several holes in the top with the handle of a wooden spoon. Pour the liquid mixture of milk over the top, letting it run into all the holes. Let the cake cool thoroughly. Once cool, store covered in the refrigerator. Before serving, spread on the whipped cream as "icing."

SCOTTISH SHORTBREAD

This is a favorite holiday recipe and quite easy to make.

- 1 lb. salted butter, softened (no substitute)
- 1 cup brown sugar, packed
- 4 to 4-1/2 cups all-purpose flour

In a mixing bowl, cream the butter and brown sugar. Add 3-3/4 cups flour and mix well. You will probably find you need to knead by hand to get mixture well-blended, depending on the size of mixer you use. Sprinkle a board with some of the remaining flour to make a soft, non-sticky dough.

Roll to 1/2-inch thickness. Cut into 3 x 1-inch strips; place 1 inch apart on ungreased baking sheets. Prick about 4 to 5 times with a fork. Bake for 20-25 minutes at 325 F or until cookies are lightly browned. Yields about 4 dozen.

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Are Your Records Organized **for an Emergency?**

— By Clay Money, CLU, LUTCF

If you were incapacitated, would anyone be able to find your important records and take care of your family's financial or business matters? Having important papers organized and accessible in advance can be very important in an emergency or crisis situation.

Consider the following for organizing your important records.

Location.

Options for storage might include a home safe, fire-security box or off-site location such as a safety deposit box. The storage container should be securable and fire resistant. Shoe boxes or cardboard boxes in the closet or under the bed are not appropriate.

Who knows?

Does someone in addition to your spouse know where these papers are kept? Consider making a list of such papers and records, and on the list state where these documents can be found. Then advise a trusted third party — an attorney, CPA, relative, or family friend — where this list is kept.

The general idea is that someone not domiciled in your residence know about this list and how to access it. This decision requires a certain comfort level, and you alone are able to make that determination.

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organized records are always a plus. The following items might be part of your "important documents" list:

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- burial arrangements
- all other insurance policies (health, auto, home, etc.)
- birth certificates

Beyond however you decide to store your personal records, and whatever you decide to include, one fact is clear. If important legal, business and personal documents are organized and accessible, the handling of a crisis situation is made much easier. **NOW**

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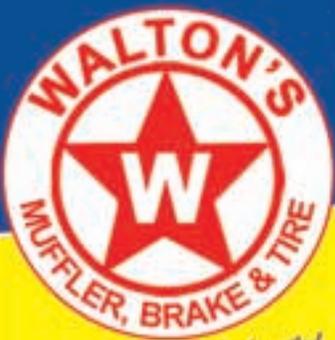


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Danger Lurking in Backpacks

Our Schoolchildren are Carrying Too Big a Load.

— By Brad W. Collins, D.C.

Who has not wondered whether small children lugging oversized, heavy backpacks to-and-from school might be risking serious injury to their growing spines and will one day suffer from serious back pain? Apparently, there is real cause for concern. According to a recent U.S. Consumer Product Safety Commission study, more than 75 percent of students ages 8 - 12 suffer from increasing back pain inflicted by carrying their schoolwork and supplies in backpacks or similar totes. Some of our younger elementary school students are literally carrying one-third their body weight for prolonged periods of time and distance. That puts a lot of stress on a body in the midst of development.

The heavy burdens are not just affecting those students small in stature. Student back injuries are now widespread. Ninety-six percent of the pupils monitored regularly haul much too heavy a pack on their back. In 2001 alone, 7,000 children went to U.S. emergency rooms for backpack-related injuries. And, 60 percent of orthopedic doctors contacted regarding the study reported that they have treated children suffering from back pain caused by their heavy bags.



The study alluded to this startling calculation: A child carrying a 12-pound backpack, and lifting it 10 times per day for the entire school year, has carried and lifted a combined load of 21,600 pounds — the equivalent of six mid-sized cars. Children should not carry backpacks that exceed more than 10 percent of their body weight — which translates into a five to 10-pound load for elementary students.

Even with the continued progression of electronic learning — which one would think leads to fewer books — the backpack has become a survival kit for the action-packed lives that today's children lead during and after school hours. Parents and teachers have to take an active role in limiting what we literally load onto these children. If we do not address it now, the picture of a child carrying numerous books — which many have seen as a sign for a bright future — could foreshadow a painful outlook as well. **NOW**

Brad W. Collins, D.C.
Midlothian Chiropractic Clinic

Source: "Backpack-Related Injuries Send 7,000 to ER,"
Ancaster News, Ontario, Canada, Sept. 1, 2006.

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

Dr. Tasha L. Taylor

D.C. Clinical Neurologist & Functional Medicine Practitioner

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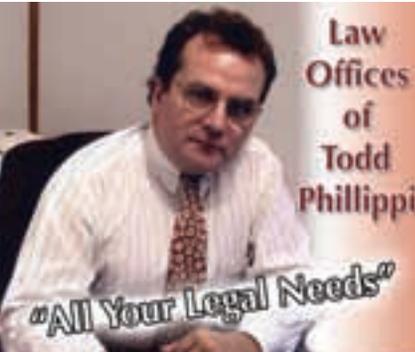
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October 2008 Community Calendar

Every Tuesday

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

Second and Fourth Tuesdays

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

First and Third Thursdays

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

Every Saturday

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

October 4

Christian Musical Festival. Children's activities, BBQ Dinner, performances by local talents and Roy West. All proceeds will go to the Samaritan House Transitional Housing Program. (972) 938-0103.

October 6

Last day to register to vote.

October 7

ABWA Great Visions Charter Chapter – Midlothian

meeting, 6:30 p.m., Citizen's National Bank, 310 N. 9th Street. \$10.00 for dinner. Guests are welcome! RSVP to Kit Montgomery at (214) 333-5209 or kit@dbu.edu.

National Night Out, a crime and drug prevention event, 6:00 p.m. - 9:00 p.m., Midlothian Conference Center. Sponsored by the National Association of Town Watch (NATW) and co-sponsored by the Midlothian Police Department. For additional information, contact Communications Officer Calder at (972) 775-3333. www.nationalnightout.org.

October 13

MISD student holiday and Teacher and Staff Development Day.

October 16

MISD School Walk for Diabetes, an educational fundraising program of the American Diabetes Association (ADA), 5:30 - 8:00 p.m., MHS Track and Field.

ABWA meeting, 5:45 p.m., Midlothian Conference Center. RSVP to Daphne Brewer at (972) 723-6551 or visit www.abwa-empoweringwomen.org for more information.

October 18

Fall Festival & Downhill Dash at the MISD Multi-Purpose Stadium. Family fun, food, crafts, children's activities and live entertainment from 9:00 a.m. - 4:00 p.m. Car Show: 1:00 - 4:00 p.m. Awards for Car Show and Day Time Entertainment Recognition: 4:00 - 5:00 p.m. Open Mike Talent Scout (first come first show basis): 5:00 - 6:00 p.m. Josh Atilano, singer and acoustic guitarist: 6:00 - 7:30 p.m. Kraig Parker, internationally recognized Elvis impersonator: 7:30 - 9:00 p.m. (972) 723-8600.

October 20 - 31

Early Voting Period

October 29

Midlothian Community Blood Drive, sponsored by Carter Blood Center, 8:00 a.m. - noon, Northwest corner of Midlothian City Hall. Anyone is welcome to donate. Please contact Tina L. Raz at (972) 775-7127 for more information.

October 31

Downtown Trick or Treating

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



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