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MARCH 2013

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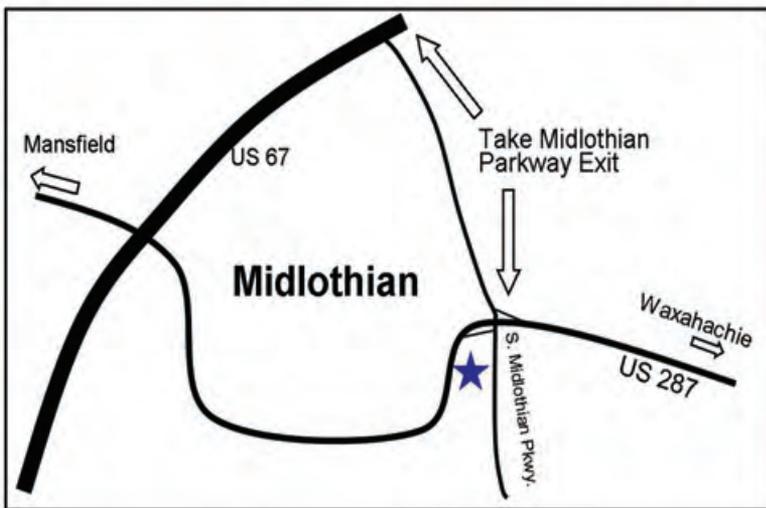
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ON THE COVER



Philip Tryon and Audrey Savins visit the Ellis County Courthouse.

Photo by Opaque Visuals.

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Editor's Note

Hello, Midlothian!

Even though the first day of spring is not until March 20, we all know that spring is here! You can see it across the nation, as the snow stops falling up north. The ice begins to melt and our streams, rivers and lakes begin to overflow with fresh water. Our trees with their budding leaves no longer look like overgrown twigs. This time of year, I look forward to sinking my hands into the earth as I visualize scrumptious meals prepared using fresh garden vegetables. Rejuvenation and rebirth are fitting words to describe what occurs when winter loses its battle to the surging springtime weather.

Remember that Daylight Saving Time starts March 10, so spring forward with your clocks! Many will treasure their time of worship on Easter Sunday (March 31), celebrating the resurrection of Jesus Christ.

Betty

Betty Tryon
MidlothianNOW Editor
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African American Repertory Theater
DeSoto Corner Theatre

Dallas Black Dance Theater | April 13
DeSoto Arts Commission | 3PM
Fred Nickles Auditorium

MAY

Hansel & Gretel | May 3-5
NIA Kids
DeSoto Corner Theatre

Fences | May 24-June 9
African American Repertory
DeSoto Corner Theatre

Richardson Symphony Orchestra
May 26 | 5:00 PM
DeSoto Arts Commission
DeSoto Amphitheater | Free

JUNE

Thurgood | June 21 -July 7
CrossOver Arts Theater
DeSoto Corner Theatre

JULY

The Three Musketeers | July 12-28
CrossOver Arts Theater
DeSoto Corner Theatre

DeSoto Art League Gallery
DeSoto City Hall

Movies in the Park
Madagascar III | July 19
Outdoor Amphitheater | Free

Little Mermaid | July 26
Dive-In Movie at Mosely Pool
\$3.00 Pool Admission

AUGUST

Wreck-It Ralph | August 1
Outdoor Amphitheater | Free

Holka Polka
August 7-18
CrossOver Arts Theater
DeSoto Corner Theatre

SEPTEMBER

Fiesta Latino DeSoto | Sept. 15
DeSoto Arts Commission
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(TACA New Works Grant Fund)
African American Repertory
The Corner Theatre

NOVEMBER

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DECEMBER

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MISD Citizens Academy

Learn more about your school district by participating in the 2nd annual MISD Citizens Academy. Participants are encouraged to attend both sessions held on April 16 and May 14 from 8:30-11:30 a.m. Midlothian community members will go behind the scenes and meet district staff, witness the day-to-day operations and learn how MISD creates a climate of success in both academics and extra-curricular activities. Space is limited so sign-up today at midlothian-isd.net or call (972) 775-8296.

Attention Local Realtors & Builders...

MISD 101 is an educational course for you. Get the facts, handouts and take a tour of MISD. Call (972) 775-8296 or email info@midlothian-isd.net and sign-up today!



Midlothian High School debate & speech team members Katelyn Pendley, Henry Champion, Haley Pierce, Jacob Wrobel and Josie Cyrus (front row) competed at the national qualifying tournament held at Trinity Valley Community College.

Congratulations to **Josie Cyrus** who advanced to the finals in International Extemporaneous Speaking and finished an amazing 4th place, which qualified her as an alternate for the national tournament in Birmingham, Alabama, in June.

MISD Closed for Spring Break March 11 - 15

Celebration Rally For TX Public Schools



Hundreds of parents, educators, elected officials and business leaders attended the education rally on February 21 promoting the value, impact, and truth about public schools. Student performers from Arlington, Grand Prairie, Kennedale, Mansfield and Midlothian school districts showcased their talents. View photos online at midlothian-isd.net.

MARCH

- 2 Rowdy Run 5K
- 11-15 Spring Break
- 25 School Board Mtg.
- 29 No School/ Bad Weather Day

APRIL

- 5 Elem. Report Cards Go Home
- 30 MISD KinderCamp



Download the MISD free mobile app for iPhone or Android devices. Details online.

Show your **PRIDE** and **SPIRIT** for Midlothian ISD. Here are 10 ways to get involved and stay informed.



The Walnut Grove Middle School Varsity Men's choir was selected as a State Honor Choir and performed for several thousand choral directors and music educators from Texas, United States, and all over the world at the Texas Music Educators Association convention in San Antonio. They also sang in the Texas State Capital Rotunda.

1. MISD 101 for Realtors & Builders
2. MISD Citizens Academy
3. Senior Citizen Gold Card Club
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2013-2014

Academic Planning Guide



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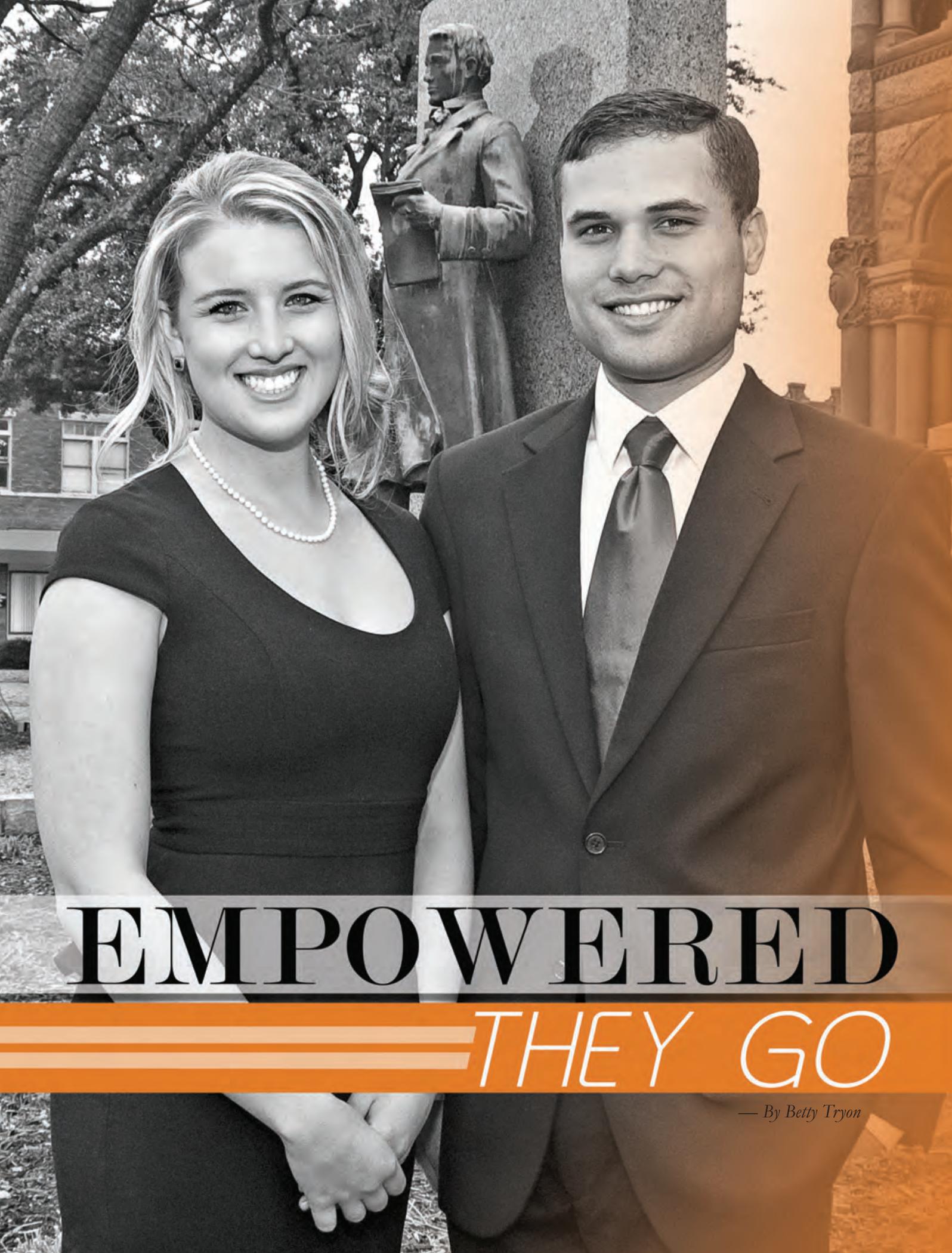
MEF's annual 5K has a new name, but is still the same fun and challenging race. Register online at 5k4kids.net.



KINDERGARTEN ROUNDUP

APRIL 8-12, 9AM-2PM

Any child who will be 5 years old on or before 9/1/13 is eligible to attend MISD's full-day kindergarten. Parents are encouraged to register their child at their attendance zone campus. Details about Kindergarten, Pre-K and Headstart program sign-ups are online.



EMPOWERED

THEY GO

— By Betty Tryon

Lightning struck twice in Midlothian in the most remarkable way. The University of Texas at Austin hosts a program founded to give a few of their students unprecedented access to the power seat of our nation as interns in Washington, D.C. The Archer Fellowship Program at UT gives them the key for career opportunities, cultural enrichment and an intimate insight into our government that few of us will ever know. From the Midlothian classes of 2008 and 2009, two students were accepted into this prestigious program for fall 2012
— Philip Tryon and Audrey Savins.

This program has nine participating campuses in the UT system, and acceptance into it is a long and arduous process, requiring multiple letters of recommendation from faculty members and others, a grade requirement, proven leadership ability, government classes, an essay and a tough interview with a panel of UT faculty members. Because of their acceptance into the Archer Program, Audrey gained the experience she wanted, and Philip continued a course he began to chart while on a trip to Australia.

Audrey knew before college that she wanted to be an Archer Fellow. “During my high school government class, our teacher told us about the Close Up program, where you go to D.C. for a week,” she explained. “I raised some money, went to D.C., fell in love with the city and knew I had to go back. I heard about the Archer Program in my senior year of high school. I knew I had to do it.”

Philip’s interest in the Archer Program stemmed from his political aspirations and was rooted in the idea of human rights and a desire to help people, specifically in the area of human trafficking. He first became acutely aware of human trafficking while living in Australia and saw the movie *Taken* in 2008. “I was appalled something like that could even exist,” he stated. “I became involved in a non-governmental organization called A21 Campaign in Australia. This organization works to eliminate human trafficking. I went to D.C. to lobby for the Trafficking Victims Protection Reauthorization Act bill. This was my first experience in D.C., other than childhood vacations. I loved it and wanted to go back. I learned about the Archer Program but never thought I could get into the program. It wasn’t realistic financially for me to do, but eventually, I decided this was

something I should do. I applied, got in and wanted to go to make a difference.”

Audrey and Philip took diverse paths to get to Washington, as their interests are totally different. Audrey did not want her internship to be a government job but wanted to work for campaigns. It was only natural, as her degree is geared toward communications with a focus on political communication, advertisement and government. “I’m a campaign girl,” she explained. During the application process for the Archer Program, her essay was about campaigning and ways campaigns can reach younger demographics. Her employment outside of school was all about the media. “I heard about Harris Media,” Audrey shared. “They do online advertising, build Web sites and e-mail marketing for campaigns and political action committees.” She had another job but wanted to work only for Harris Media. Audrey approached the company and convinced them that she was an asset. They recognized her potential, and she has been employed by them throughout her college years. While working for them, Audrey managed several digital campaigns including a state treasurer election, the College Republican National Committee and the Republican State Leadership Committee.

This experience proved invaluable for her work in Washington, which was to intern with the National Republican Senatorial Committee in the New Media Department. “I’m excited to be involved with online campaigning, because there is a lot of room for growth on my side of the political spectrum,” Audrey stated. One of her favorite moments was when she and seven other interns had lunch with Senator John Cornyn, who is the chairman of the National Republican Senatorial Committee. He took the time to get their pictures and bios the day before.

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“Oh, you’re the one from **TEXAS!**”

Audrey remarked, “I thought that was pretty cool. When we walked into his office, he said to me, ‘Oh, you’re the one from Texas!’ He was humble, relaxed and open with us, and I really admired that. Politics can be dirty, but I also learned how great our representatives are, and that gives me hope.”

Audrey spent some of her time at UT involved in the philanthropic activities of Zeta Tau Alpha sorority, of which she was a member. Their main focus is breast cancer education and awareness. She has run the Susan G. Komen Race for The Cure every year since her time in Austin.

During Philip’s time at UT, he was accepted as a member into the Texas Blazers organization. “This is a service,

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spirit and leadership group on campus,” he explained. His involvement with the Blazers was to initiate a project in one of the high-risk high schools called the Youth Empowerment Program (YEP) — a World Vision program designed to empower youth and enhance their opportunities. Philip’s double major in philosophy, international relations and global studies, while double minoring in European studies and German, served him well in an agency that serves the world.

While at World Vision, Philip expanded the model of YEP used in Texas to include college student

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participation. "This model will potentially be replicated in other universities throughout the country to engage high schools and empower youth," he explained. "World Vision is now seriously looking at my model to make it a national program."

Philip used his internship to his advantage as an activist. As an intern at World Vision in their Advocacy Department, "I had a lot of free rein and was able to work outside those boundaries," he shared. "I was able to lobby and attend coalition meetings."

"I was able to stand where Martin Luther King Jr. stood when he gave the speech 'I Have a Dream,' and I read a section of the speech. It was a powerful moment for me."

In keeping with World Vision's goal to help children, Philip traveled to New York to attend The Global Poverty Festival to assist in gathering the support of world leaders in making the health of children more of a priority. One of his favorite moments in Washington was when the Archer class went to the Lincoln Memorial. "I was able to stand where Martin Luther King Jr. stood when he gave the speech 'I Have a Dream,' and I read a section of the speech. It was a powerful moment for me," he said.



Audrey and Philip both want to return to Washington in the future. Audrey has a personal goal to work for a presidential campaign. Philip wants to run for a political office in the future. They both thank the Archer Fellowship Program for an extraordinary opportunity and a phenomenal experience. **NOW**

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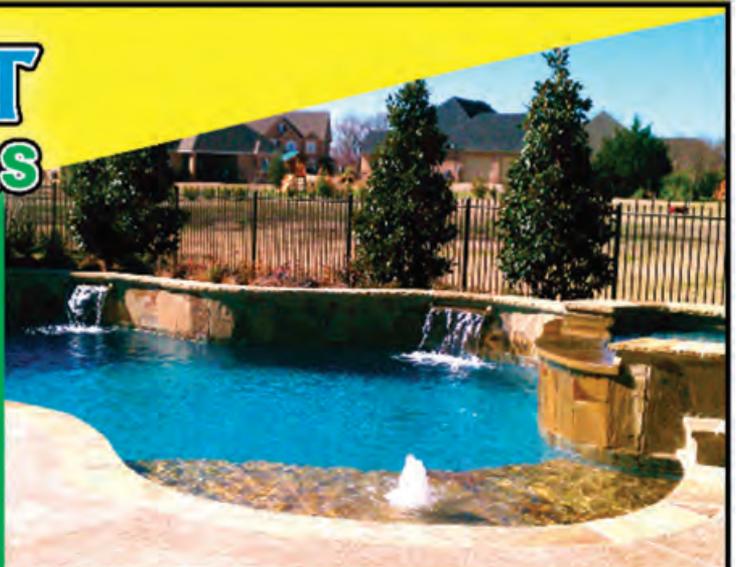




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Frank Seale Middle School coaches Reid Craft, Brian Garrison and Lupe Mendoza proudly serve as role models for the next generation.

Life COACHES

— By Alex Allred

The responsibility of coaching middle school football encompasses so much more than the rules of the actual sport and the lessons of sportsmanship. How to be a leader on and off the field, how to reach personal goals, achieve dreams and be a respectable young man are far more important than running a screen pass. And no one is more aware of that than the coaching staff at Frank Seale Middle School.

“First and foremost, I’m a coach,” said Head Coach Brian Garrison. For Brian,

this means much more than calling plays and running a practice. “How I am as a coach and the coaches I’m in charge of is the kind of men I want my own kid to have. Our athletes should have good, positive role models. We want to be the type of men whom these kids would love to emulate. They need to see that we are men of character and integrity, that we love our wives and children. It is not enough,” he said, “to only teach the rules of football.”

“We have to find different ways to motivate, because we have very different kids,” Coach Reid Craft said. Some of their greatest challenges are the images students see on TV, peer pressure, issues at home and inspiration, or lack thereof. “It is very important to us to let these kids know we care about them.”

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brings something very personal and very real to their young charges. "I always tell my students to hold on to what they believe in," Coach Lupe Mendoza said. "I always tell them it's important to remember where they came from." When he learns of a student who struggles with personal issues, "I can relate," he said. "I had both parents at home, but they were always working. My older sisters took care of me."

With parents who were first generation Americans, Lupe experienced what so many Mexican-American children do as he watched his parents work long, hard hours, struggling with the English language and stereotypes. It taught him discipline, dedication, commitment and determination, all attributes he expects to see in his athletes.

"That is one of the things we are always telling our students," Reid added. "Things happen that you can't control. Life is full of challenges, but you have to learn to fight through. Fight for what you want. It is," he said, "how to win in football and in life."

Coach Craft is best known to the team for his pep talks, both in and out of the locker room, as he pulls individual boys to the side and simply asks, "What do you want?" It is an open question. What do you want in life? What do you want from football? How far do you want to go? As he counsels the boys in attitude and perseverance, he also gauges what their interests are outside of football. In some, he sees an engineer or a scientist. He talks to others about short-term goals and character.

Reid played center at Howard Payne

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University. "I knew I was never going to the NFL," he said. Instead, he focused on education, knowing that he wanted to be a football coach and educator.

"But these kids don't always understand that," Lupe said. Young and impressionable boys see the money, the fame, the bling that NFL players have and forget the facts. The average life of a professional ball player is just three years, and many go bankrupt within the first two years of their sport. "I'm always telling them, 'Yea, sure, it seems like the pros have everything, but they also worked for it. They put in the hard work.'"

"And what do they know about finances or how to manage their money?" Reid asked. Once a first-round draft pick in the NFL, Vince Young is now bankrupt and without a job. He is also a lesson to a new generation of football players. "We talk to them about hard work and dedication, but also about education, finances and integrity. They have to understand they must create other avenues to be successful in life."

Finding that motivation, however, for a technology-driven generation can be difficult. Holding their attention can be even more challenging. "So, we play with them a lot," Reid said, easily the loudest of the coaches. By encouraging, congratulating and urging on their young athletes to be the best they can be, the coaches are molding better players and healthier young men. "We want them to know that we love them. We care about them," Reid added.

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problem,” Lupe said.

“I’ve been coaching for 18 years,” Brian commented, “and have seen what a coach can do for a young man. I don’t believe in cussing out kids or demoralizing them. We love them. We want the best for them. They see this in the way we carry ourselves — from our athletic director, Steve Keasler, to the high school head football coach, Lee Wiginton, all the way down to our middle school teachers, both here and at Walnut Grove. Of course, we want to win games, but we want to prepare them for life. What we teach them in athletics will prepare them for their futures.”

Before the football season even begins, Brian and his coaches discuss their own game plan. “We lay out each coach’s responsibilities and our expectations of both the coaches and the kids. We discuss what we, as coaches, can do daily to get the kids to meet those expectations. We want them to give their best daily, to be the best they can be. We tell them, win or lose, that they represent the Midlothian ISD all the time, with great character and integrity.”

In the four years that Brian has been with the Midlothian ISD, all of the coaches have enjoyed the greatest compliment an educator can receive, as former students repeatedly return to the halls of Frank Seale to visit their mentors, coaches and friends. As football coaches, their job is not done. With the words respect, perseverance and character emblemized on the school plaque, the coaches bring it to life daily as they walk the halls giving high fives and offering encouragement to every student they see. As they equate football to life, this game is far from over. **NOW**

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WAITING FOR *Perfect* AT HOME WITH Blake & Kristen Lepper

— By Sydni Thomas

Sunday afternoons for the Lepper family used to be spent driving around their favorite Midlothian neighborhood looking for a potential home. After almost a year of searching, Blake and Kristen spotted a partially obscured For Sale sign in the backyard of a house that sat on a quiet street of spaced out development homes.



“We looked at the house the following day,” Blake said. “By Tuesday, we had our offer accepted, and we were ready to move in.”

“It didn’t take us long to decide,” Kristen said. “We knew this was a great community with a good homeowners association. All of the neighbors participate in our community events, and we’ve become close friends.”

The house came in need of a few repairs. Blake and Kristen began by repairing bricks, cracked archways and completely re-landscaping the property. It took the couple a few weeks before they were able to move in with their two children, Addison, 4, and Cash, almost 2. The first major repair happened within an hour of signing the papers and getting the keys. That night they showed up and began ripping carpet out and throwing it into the yard. Addison is highly allergic to animals, and the previous resident had pets in the home. Luckily for Blake and Kristen, the entryways, kitchen and baths all consisted of hardwood and tile. The only areas where flooring needed to be replaced were the living, dining and bedrooms. All the carpet was replaced with a dark-stained concrete the couple had custom designed for the home. “We met all of our neighbors within the first week,” Blake said. “They showed up and saw that we weren’t wasting any time getting into the house. It was a great way to meet them.”



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“We were so ready to get into the house that we still hadn’t sealed the concrete,” Kristen admitted. “These floors are one of our favorite features of the home.”

Their house was designed and built with the intent that it would be a spec home. A few things changed, and the house ended up becoming a rental property, until the Leppers purchased it. The house was built with many special features including high-vaulted



and domed ceilings, large windows and a nursery connected to the master bathroom. Kristen consulted with The Salvage Sisters to help her tackle the house’s many custom features. Custom curtains and drapes were crafted to fit each window. “Whenever I need help figuring out a design plan for a room, I call The Salvage Sisters, and we work it out together,” Kristen explained. “I’ve been able to pick up some ideas from them along the way.”

Kristen designed and decorated Addison’s bedroom all on her own. The dream of most little girls, the room is full of patterns, splashes of pink and a big girl bed with black and white damask bedding as the focal point. Each detail was planned around Addison’s need for a hypoallergenic room. The concrete floors have a plush rug for a safe, kid-friendly environment. “Addison is highly allergic to animals,” Kristen said. “There can’t be pet hair anywhere near her without her

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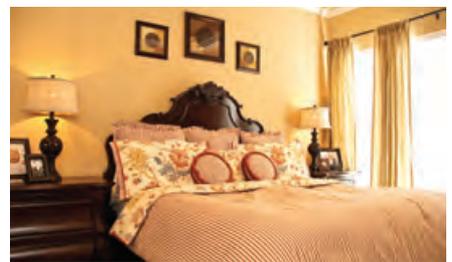
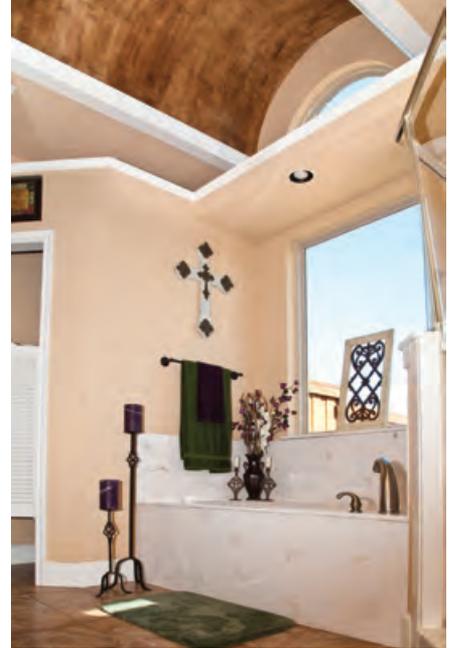
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getting sick. We try really hard to make sure it's a safe environment for her." But they also wanted Addison to experience having a pet, so they bought her a hypoallergenic puppy.

Next to Addison's girly room is Cash's all-boy room. Photos of trucks line the walls, but these aren't just any trucks. These are photos of trucks that have been restored by Blake. There have been so many truck remodels over the years that Cash's wall couldn't hold all of them. The closet walls are even covered in them.

Blake began lifting and restoring trucks when he was in high school and still finds time to do it today, despite running Custom Fence and Pergola Company, LLC. He has since found a new passion in turning old golf carts into new and improved, all-terrain, sporting vehicles. Most of Blake's restorations take place in his garage. While they were staining the floors inside the house, Blake had them finish and stain the concrete in the garage. Putting his everyday business skills to use, Blake had a custom wooden garage door installed to offset the brick exterior and added a pergola and matching fence around the property. "The garage is one of my favorite things about this house," he added. "I like to keep it well maintained."

While Blake has the garage, Kristen has her special room off the master bathroom. The original owners had this room built as a nursery, but the Leppers didn't need one. Kristen claimed the room as hers, turning it into a dressing and makeup room. The room has been a work in progress since they purchased the home, with the latest addition being a special wine refrigerator. At the end of the day, Kristen likes to have a glass of wine and soak in the garden tub in the master bathroom. This is one of the most relaxing rooms for the couple, so she has spent a lot of time updating it. A large window serves as the wall for the tub. When they purchased the home, the window had a faux fog finish. "I scrapped all the finish off the windows," Kristen said. "Once I did that, I realized that we could see the neighbor's porch from inside the tub. To add a sense of privacy, I repurposed old shutters over the window."

Blake works out of his home office, and Kristen stays at home with the kids when they aren't attending children's day out. To give the kids a space of their own, Blake and Kristen decided to make the upstairs bonus room into a playroom/family room. During the day, Kristen is upstairs playing with the kids, and at night, it turns into a family movie room, complete with a large flat-screen television and Netflix. "This room is great for keeping all of the clutter in a centralized location," Kristen said. "Before, we had toys all over the house, and now it's nice for the kids to have a space just for themselves."

Other than the occasional trip to their lake property, most of the children's entertainment is at home. Their neighborhood has many families, so there is no shortage of other children for Addison and Cash to play with. Oftentimes, Blake and Kristen will sit at the end of their driveway with their neighbors, while the kids ride their bikes up and down the road.

"If you would have asked us a few years ago what we did for fun, the answer would have been a lot different," Kristen said. "There's nothing more relaxing than hanging out with our neighbors and friends, while all of our children play together. We couldn't have picked a better place to live." **NOW**

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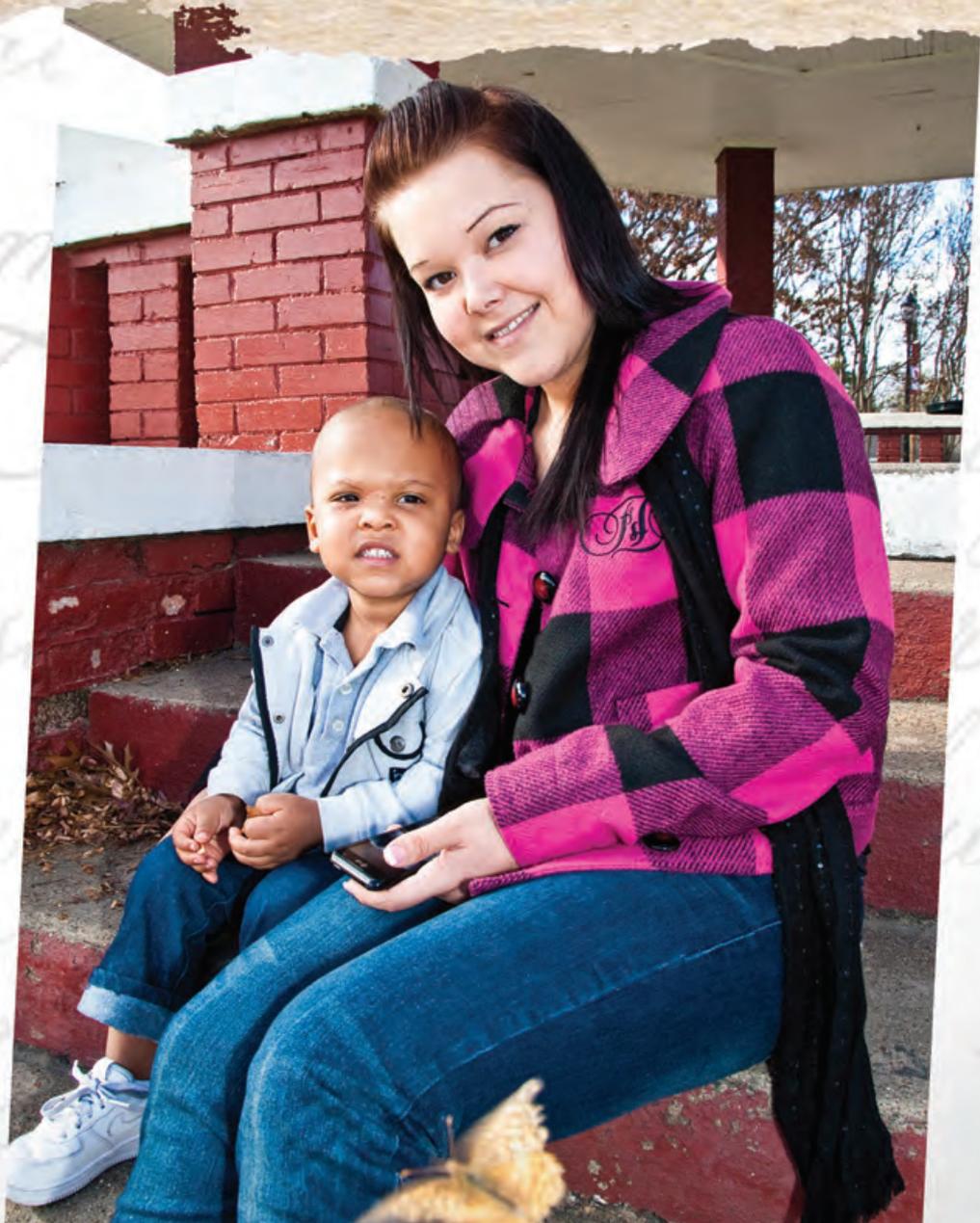
A series of events

Beauty in Pain

— By Betty Tryon

Out of tremendous pain, great beauty can flow. Nicole Gleason grapples with life's sometimes turbulent changes by putting her emotions into poetry. An excerpt from her poem "Bittersweet Rose" looks at the juxtaposition of beauty and pain in one object:

Tearing the pedals/ Of an innocent rose/ "He loves me, He loves me not."/ My weakness exposed/ The last petal swivels to the floor/ As I gaze upon the stick/ Deflowered, it's ugly./ No reason to live./ Grasping the stem/ A thorn pierced my finger/ Down fell a trickle of blood/ My emotions now linger/ A rose I ask?/ An object of love?/ So beautiful it is/ But see what it does?



“Writing has now progressed into something deeper and has become a part of me.”

Nicole has written poetry for as long as she can remember. In doing so, she takes her place in line with a heritage that goes back at least four generations in her family. “My great-grandmother, Agnes Matthews, was a well-published poet,” she said. “My mom used to write poetry, and my sister started to write when she found our mom’s poetry under her bed. I kept a journal like a diary, and then I had a separate spiral for my poems. I always enjoyed reading and writing. I’d read a full 30-chapter book in one day. I never really thought about taking advantage of my ability. I simply used it as a hobby. Every time I would start writing again, my words would come with even more strength, passion and meaning. As I go through my day, I look up definitions and sort through sentences in my head, expanding my vision until I feel a current inside me. Once I pick up that flow, it’s hard to stop, and I end up with poems two pages long! Writing has now progressed into something deeper and has become a part of me. I just take what’s in me and put it on paper. I write about things that mean the most to me and make me what I am. I may not be the best poet out there, but I feel if I’m putting myself on paper then I’m doing OK.”

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Since the beginning of her venture into poetry, Nicole has written many verses. Unfortunately, because she had to move so frequently, the work was lost. All of her poetry from earlier years is gone. She is enthusiastic about writing, however, and has not stopped pursuing her passion. She finds it easier now to record her poems on her cell phone. It is after all, never far away. "I keep my phone next to my bed in case I get inspired," she explained.

Like many writers, the motivation to write often feels unexplainable. And, sometimes, the words just do not come. "The feeling to write is very random," she said. "When I feel it coming, words just scramble up in my head, and then it will come pouring out like water. Something will pop into my head, and I'll look for my phone. When writing poetry, it needs to come from the heart. Only *you* can define, in the best possible way, the contents of your own heart. The poem 'River of Words' is my perception on poetry, how it's formed and what it feels like. It is simply a piece of me on paper." Here is an excerpt from that poem:

A river of letters/ So many words intertwined/ A sonnet of truth/ A beauty so sublime/ I let my heart flow/ As words come in sync/ So freely with grace/ My heart becomes ink/ ... My words are a piece/ Of the soul I claim/ The contents of my heart/ Too complex to explain/ So I let my words flow/ Through a current to my perception/ Writing what my heart tells me to/ A river of words, my obsession.

Nicole's inspiration comes from day-to-day living and its challenges. She



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recounts many challenges on her part but tries not to make her poetry sound gloomy. “I was in counseling and therapy when I was 18. That is when I really bonded with my poetry, because the therapist incorporated it with my therapy. It helps me to think more. She really helped me.” Nicole’s renewed focus on life is reflected in her poem titled “Life.”

*A series of events/ That takes place in time/
A piercing of the heart/ With a confusing mind/
We give this graceful lady/ A name only she can possess/ ... This world she reigns/
Possessing a peaceful radiance/
As she’s infinite to the human mind/ She brings potential to the world/ This beauty’s name is life.*

Now as a young woman of 23, Nicole has grown and matured. Just as her poetry helps her therapeutically, it also helps in communicating more effectively in her relationships. “Bittersweet Rose,” which is one of her favorite poems, was written to capture her emotions in explaining herself. “It just came straight off the brain and flowed out. It’s hard to understand me, so that’s why I write. Sometimes, my boyfriend will tell me I’m not looking at something from his point of view. I’ll write about it, go back and look at it and think, *Dub, now I understand.* He can also see my point of view in my words. It’s easier for me to write it out than talk about it.”

Although Nicole readily shares her poems with family members, she expresses nervousness about sharing her work with others. However, her reticence will not stop her as she moves forward with her plans of becoming a published author of poetry. “I already have the title of my book in mind — *Imperfect Words.*

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I also believe that life is too short to be afraid of success or failure. You have to get out there and take what's yours, or you'll always wonder, *What if?*"

I chose this title because in order to see something perfectly, you have to see its imperfections. My parents support me highly. I'm hoping to get a start on my book within the next year. I also believe that life is too short to be afraid of success or failure. You have to get out there and take what's yours, or you'll always wonder, *What if?*"

Nicole continues to add to her poems by chronicling her feelings through her life's journey. An excerpt from an untitled poem expresses her progress over some of her challenges. "I read this poem to my mom's best friend, and she just broke down in tears when she heard it," Nicole shared. "This poem was very deep for me, and I felt it was actually a part of me because I'd been through so much. This was my year to break free of everything." The poem ends with:

...Now living my proof anything is possible through/ Christ, just look at me today. NOW



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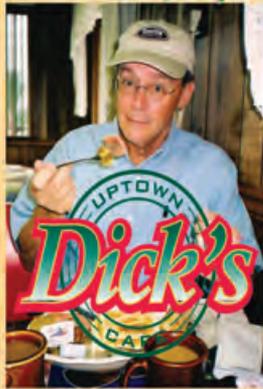
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AIMED FOR Happiness

— By Betty Tryon





The unconventional last wish of a dying 22-year-old man gave Stacy Stanberry a wish fulfilled also. It solidified the purpose he had always wanted in life. "I lost my mom to cancer. I knew I wanted to do something but didn't know what. I love to hunt and love to work with kids," he shared. With those two passions and with the help of others, Stacy started the organization Texas Hunt For The Cure.

Stacy heard about Derek Wade Cline, a lover of hunting and a friend of the family who was in the last stages of terminal cancer. He had expressed to his family that if he could make it to hunting season and have the opportunity to shoot a buck, he could die happy. "Everyone knew he didn't have much time left," Stacy remembered. "So I said to him, 'If you want to wait for hunting season to get a buck, I can take you. But if you just want to shoot something that has horns on it, I'll take you on a ram hunt.' Derek loved it so much, and it made such a difference to him. He only lived a month after that. On my way back from taking him hunting, I pulled over and had my cry. I thought, *This is something I really need to do.* I always wanted to do something with kids, and it was after helping Derek that I realized there were other kids who would want to do this but not have that chance."

In addition to Stacy, there were others who worked to bring about

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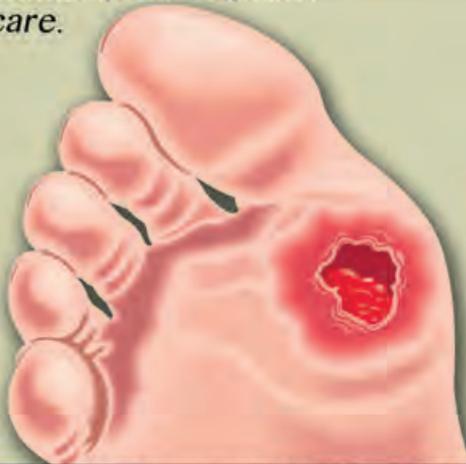
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Derek's last wish. Because of the joyful reaction the team received from Derek, Stacy collaborated with the others who expressed an interest in offering this gift to another child and together they launched the organization which is for children through the age of 21. They will consider up to the age of 25, with certain conditions. One of the team members is Andrea Sanford, who takes care of paperwork and administrative duties for the group. With her help, they became a 501(c)(3) nonprofit organization.

Andrea is not a hunter but is comfortable around guns because her husband hunts, and she has some experience with weapons. "As a child I learned to shoot at targets, but I chose not to kill anything. I love being outdoors and nature. My son has an interest in guns and shooting things but not animals. He enjoys the chase, sneak and the hunt," she smiled, "but I don't know if he is ready to shoot anything."

Stacy, unlike Andrea, is an avid hunter and this charity was a perfect fit for him. Since he was a baby, his stepdad, whom he called Dad, took him squirrel and rabbit hunting and fishing many times. "I remember being dressed in camo," he said. "I didn't start big game hunting until I was 25. When I started, that became my thing."

Along with Stacy's love of hunting was his love of seeing children who want to hunt get the opportunity to do so. He realized that taking children hunting carried the tremendous responsibility of

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teaching them about weapons. "I love taking kids out and letting them see nature and being a part of it. I can teach them how to take care of their weapons. They need to respect them, not fear them."

Stacy has taken children hunting before, and his son has been a big hunter since he was 7 years old. As a coach of a baseball team and being very close to the members in the team, Stacy took five of the players on their first hunt to shoot their first deer. "They were grinning from ear to ear," he said. "You can't buy that. I understand that not every kid wants to do this. It's not going to be for everybody. Eventually, I want to schedule some striper fishing for those who want to fish and not hunt."

The organization wants to give just as much focus on fishing as hunting. "Hunting is pretty much a cold weather sport with the season being November through January," Andrea stated. "You have the rest of the year for fishing trips that probably would benefit the younger children."

The organization currently uses the services and resources at the Wildlife Ranch, which reduces its fee for them. Stacy's goal is to arrive on a Saturday morning with the child and parents and stay through Sunday. "I like to drive around with them through the ranch, so they can see all the animals, enjoy nature and see what the ranch has to offer," he stated. "We want to limit the hunting trips to whoever is sick and their parents,

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so the child who is ill can get all the attention. We want it to be like a big picnic.”

In the future, Stacy wants to put together a package of items a true hunter would wear during the hunt. Understandably, parent’s finances are geared toward other expenses in dealing with the illness. “For a lot of kids who are sick like this, their parents are just trying to take care of them,” Stacy explained. “Their finances are usually low, because their insurance has gotten so high or medicine is so high or one of the parents has had to quit work. With the organization, we hope to reach more kids who aren’t financially able to do this kind of thing. Everything is paid for, so it’s like a big vacation for the parents and the child. We come in with something the child has always wanted to do but never had the opportunity. Or, maybe they’ve hunted a few times and never got anything and want to try one more time. When I see one kid smile, it makes it all worthwhile.”

One thing that is common with all children with a terminal illness is they want to be treated like any other child. They want to be treated as if they are normal. “I think that’s why they enjoy going on a hunt,” Andrea stated. “They don’t feel like a sick kid, but just another kid out hunting with their family and doing things other kids do. It sounds simple, but to put a smile on the face of someone who has endured so much and to give them something else to think about is a good feeling.”

Stacy agreed. “They change so much when they are out there. It energizes them. I just love to see the kids smile. That’s all I want out of it.” **NOW**

For more information, visit www.texasbuntheforcure.com.



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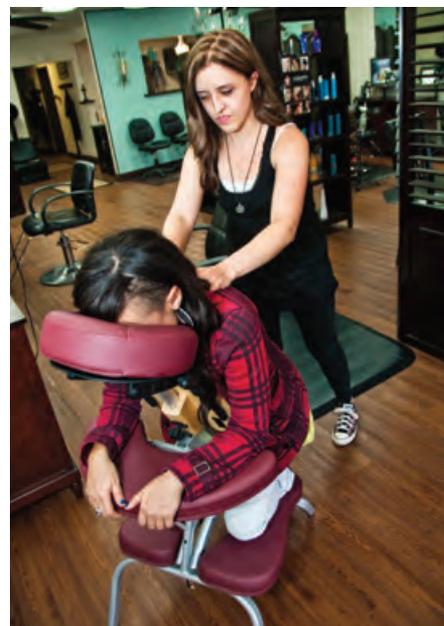


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— By Betty Tryon

It was no accident that the owners of Retreat Salon & Spa gave their business the name Retreat. Joanna Lopez, one of the proprietresses, remarked, “We want you to come in and be relaxed. When you come in, we want you to feel as if it’s a getaway for you — a time of relaxation and a time to pamper yourself.”

One way this is accomplished is by doing a client consultation on the first visit to learn the customer’s preferences and needs. All of the stylists do cutting, styling, deep conditioning, highlights and lowlights. “My favorite thing to do is special events such as weddings, fashion shows, quinceañeras and proms,” stated Joanna. Extensions and waxing of the face — lips, eyes and chin — are part of her specialties.

The other owner of the salon is Jane Cox. “One special area of service we offer is keratin straightening,” Jane said. Keratin straightening is another name for a safer Brazilian Blowout.

Joanna explained about the procedure. “Ours is the nonformaldehyde version of the Brazilian Blowout. Keratin penetrates the hair very deeply to the core and gets it board straight. Keratin straightening also lasts longer.”

Jane enjoys doing hair coloring, highlights and lowlights. “I have a customer who has salt and pepper hair. We highlighted it a little bit, but she wanted to go darker. It was a total transformation, and she loved it! People come in, and they can leave different. Color can change the way someone looks.”

Another service Retreat Salon & Spa offers to lessen stress is

Business **NOW**

a full-time massage therapist. She has her own room and cultivates a relaxed and nurturing atmosphere to aid in relaxation. She has a massage chair in the salon area for anyone who wants to drop by and take advantage of her professional services.

One of the elements the team cultivates with their customers is a high level of trust. "It's an added plus for us," Jane admitted. "We have a pretty good age range and know what they want done esthetically."

"If they need it done, I will do it. We always listen to our customers."

"We go from doing roller sets to doing pink hair!" Joanna laughed.

"We do the more mature lady's sets," Jane added. "Some salons refer them to us, because we will do roller sets. If they need it done, I will do it. We always listen to our customers."

Being a part of downtown Midlothian is something the business has enjoyed since its opening four years ago.

"We sometimes get customers from Campuzanos (the restaurant across the street). They look over and call to see if they can come right over. We love being downtown," Jane said.

Retreat Salon & Spa is a big supporter of being involved in the community. "It not only has been fun, but it helps business," Joanna remarked. "We have done the street bands all the way to the parades. It helps us interact with the community."

All of the stylists go to hair shows and educational classes to keep them current with all the new colors, cuts and trends. It gives them the opportunity to learn new procedures customers may want. Everything Retreat does is to make sure you leave refreshed and ready to take on your day. **NOW**

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COME EARLY FOR **COFFEE BREAKFAST & FAMILY PORTRAITS**

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Midlothians LARGEST EASTER EGG Hunt

30,000 EGGS SATURDAY, MARCH 30TH 2:00 PM AT LIFE CHURCH

620 N. HWY 67 Midlothian, TX • (469) 537-8651

Karen lost **101.8 lbs.** in a little over a year.

Karen ~ Mansfield, TX

"A little over a year ago, I made a decision to change my life. I wanted to get healthier and that meant I needed to lose weight. I had tried other ways, different diets and programs, but I never seemed to be able to stick to it. One day I saw Diet Solutions, not knowing what to expect, I decided to give it a try. What I found was a group of great people, all willing to help me as if I was their only client. The support and encouragement I received has been what I needed to reach my goal."



Before



After!

Individual results may vary.

- ✓ Medically monitored weight-loss system
- ✓ Natural and FDA-approved prescription appetite suppressants
- ✓ No prepackaged foods
- ✓ No contracts, no hidden fees
- ✓ No restrictive 500-calorie diet plan



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817-297-2100

www.dietsolutioncenters.com

March 2

Rowdy Run 5K: check in 7:00-7:30 a.m.; start time 8:00 a.m., Start/ Finish at Kimmel Park, 801 W. Ave. F and N. 2nd St. Parking. This is a residential area so please take care not to block driveways. Awards immediately following the race in many age categories for males and females. For more information, go to <http://tinyurl.com/RowdyRun>

March 16

Ellis County Master Gardner Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, Waxahachie. Adults \$5, children under 12 are free. Contact Ginger Cole at (972) 937-2440 or visit www.ECMGA.com for more information.

March 18

Master Naturalist Spring Training Class Applications: Due by March 18 and are available online at <http://txmn.org/indiantrail/>. For more information, contact the AgriLife Extension Service office at (972) 825-5175 or e-mail ellis-tx@tamu.edu or contact Paul Grindstaff at Training@itmnc.com.

March 20

Carson & Barnes Circus: 4:00 and 7:30 p.m., in the field adjacent to the Midlothian Conference Center.

March 23

Experience Midlothian Community Expo featuring a Taste of Midlothian: 9:00 a.m.-2:00 p.m., Midlothian Conference Center. Call (972) 723-8600 for more information.

Easter Egg Hunt: 10:00-11:00 a.m., Kimmel Park. Free community wide Easter Egg Hunt brought to you by the Midlothian Downtown Business Association.

Easter at the Ranch for Families with Special Needs: 2:00-4:00 p.m., Paws for Reflection Ranch, 5431 Montgomery Rd. A free event for families with special needs. Visit with the ranch animals. Bring a basket to join the Easter Bunny in an Easter Egg Hunt. Enjoy family games and activities. Cost is free, donations welcomed. For more information call (972) 775-8966

March 30

Midlothian's Largest Easter Egg Hunt: 2:00-4:00 p.m., Life Church, park at

Walmart and walk over. 30,000 Easter eggs, bounce houses, slides, face painting, snow cones, burger and cotton candy. Win free prizes.

March 31

Community Easter Sunday Service: 10:00 a.m., Midlothian High School Auditorium. Worship, service for children, an Easter message, free coffee and breakfast. Childcare available.

April 23

Brilliance-Fifth Annual Scholarship Event: 6:00 p.m., Navarro College, Midlothian. The event awards scholarships to Ellis County students who are pursuing their dreams of a college education. The event features a gourmet dinner, live and silent auctions and entertainment by the Dallas String Quartet. Advance tickets are required, due to limited seating: \$75 per person, \$600 per table. For reservations or information, contact Lynn Pike at (972) 923-6439 or lynn.pike@navarrocollege.edu.

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

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In The Kitchen With Stephanie Rye

— By Betty Tryon

For Stephanie Rye, as with most cooks, the act of preparing food is more than just satisfying hunger. “I enjoy cooking, because it seems to bring people together. We always enjoy having friends and family over, and that seems to center around cooking.” Like most little girls, she learned how to cook by helping mom in the kitchen. Cooking has become a bonding experience with the boys her husband coaches. “Since we moved to Midlothian in 2006, I mostly find myself cooking during football season. My husband is a high school football coach for Midlothian, and we enjoy having the players over for weekly meals during the season. Thankfully, football players are pretty easy to please!” **NOW**

Crock-Pot Barbecue Chicken Sandwiches

- 6 boneless, skinless chicken breasts
- 1 bottle barbecue sauce (your favorite kind)
- 1/2 cup Italian dressing
- 1/4 cup brown sugar
- 2 Tbsp. Worcestershire sauce

1. Place frozen or thawed chicken breasts in slow cooker.
2. Mix all remaining ingredients. Pour over chicken, and cook on low for 5-6 hours.
3. Shred chicken about an hour before serving; return to sauce to cook for the remaining hour. Serve on your favorite buns or on Hawaiian rolls.

Baked Spaghetti

- Nonstick cooking spray
- 3 Tbsp. olive oil

- 2 cloves garlic, minced
- 1 pkg. Owens Italian sausage
- 14.5-oz. pkg. spaghetti noodles, cooked
- 1 24-oz. jar of your favorite spaghetti sauce
- 2 cups mozzarella cheese, shredded

1. Preheat oven to 350 F. Prepare a 9x13-inch pan with nonstick cooking spray.
2. Heat olive oil in a skillet; add garlic.
3. Once garlic is cooked, add ground sausage. Cook sausage until browned throughout. Drain oil from sausage.
4. Place all of the cooked spaghetti in the prepared pan. Add sausage and garlic on top of noodles. Pour spaghetti sauce over sausage; top with shredded cheese.
5. Bake for 20-30 minutes, or until hot and bubbly.

Bean Dip

- 2 cups Monterrey Jack cheese, shredded (divided use)

- 2 16-oz. cans fat-free refried beans
- 1 pkg. taco seasoning
- 1 8-oz. pkg. fat-free cream cheese
- 1 8-oz. container fat-free sour cream

1. Set aside 1 cup of shredded cheese.
2. Mix all remaining ingredients together in a baking dish. Top with remaining shredded cheese.
3. Bake at 350 F for 15-20 minutes, or until warmed throughout and cheese is melted.

Banana Pudding Supreme

10-12 servings

- 1 8-oz. pkg. cream cheese
- 1 14-oz. can sweetened condensed milk
- 2 cups regular milk
- 1 6-oz. pkg. instant vanilla pudding
- 1 8-oz. carton non-dairy whipped topping
- 1 12-oz. box vanilla wafers
- 4 bananas, sliced

1. Cream the cream cheese until smooth.
2. Add sweetened condensed milk, milk and pudding mix; blend well.
3. Fold in half of the whipped topping. In a large bowl, layer pudding, cookies and bananas.
4. Top with remaining whipped topping; garnish with cookies. Chill.

Homemade Big Red Ice Cream

- 1 2-liter bottle Big Red soda
- 1 14-oz. can sweetened condensed milk
- Ice
- Rock salt made for ice cream makers

1. In the cylinder of your homemade ice cream maker, pour soda and sweetened condensed milk and stir.
2. Assemble freezer for freezing. Layer ice and rock salt in the bucket of the ice cream maker surrounding the cylinder.
3. Follow your specific ice cream maker's instructions for freezing. Once your freezer stops turning, your ice cream is frozen and ready for serving. This makes 3 quarts. Adjust your ingredients to accommodate the size of your ice cream freezer.

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

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CRYO-WHAT?

Whole Body Cryotherapy is a hyper-cooling process that lowers a person's skin temperature to approximately 40° F for a period of up to three minutes.

HOW IT WORKS

The cryosauna is a tall, cylindrical chamber inside which the client stands. Within the chamber, the body is surrounded by hyper-cooled air at an average temperature of -220 F for two-and-a-half to three minutes.

Cold sensors in your skin send a signal to the brain causing blood to rush to your core. As blood is circulated through the core, toxins are flushed, and the blood becomes enriched with oxygen and all the necessary enzymes. The temperature levels in the cryosauna are brisk but tolerable. Many compare the sensation to standing in front of a freezer door.

During and immediately after Whole Body Cryotherapy, all crucial life processes are accelerated. Any deficiencies in the performance of organs and muscles are remedied as much as possible by this enriched blood. Recovery time is shortened and energy levels are dramatically increased, which lead to higher performance and a competitive edge.

Muscles are rejuvenated, and fatigue and soreness are significantly reduced or eliminated. Also, lost time due to injury is greatly reduced through the acceleration of the healing process in the body. Many feel significant benefits after just one session. For continued benefits, one session per week for one month with continued sessions one to two times per month is recommended. For relief of significant pain or skin disease, 10 sessions in close succession is recommended for maximum results.

Cryotherapy accelerates the body's ability to restore and recover. The process is now being used by numerous chiropractors, medical professionals, dermatologists, athletic trainers, rehab clinics and professional sport franchises around the nation. Everyone from elite athletes to the average person looking for pain relief or recovery is using Whole Body Cryotherapy for its therapeutic effects. Midlothian Spine & Sport is proud to feature this innovative process designed to support the body's natural and unique ability to heal. Decades of studies from numerous institutions have shown cryotherapy to be safe and effective for treatment of a staggering variety of conditions.

SOME BENEFITS OF CRYOTHERAPY:

PAIN RELIEF:

Including arthritis, tendonitis, fibromyalgia and migraines.

IMPROVED PERFORMANCE:

Enhance muscular endurance, increase speed and strength, speed recovery and train more intensely.

INCREASED METABOLISM:

Burn calories quicker, increase immunity, lose weight and increase energy.

IMPROVE SKIN:

Reduce cellulite, tighten skin, treat dermatitis and psoriasis and repair tissue.

ASSIST ENDORPHINS:

Improves depth of sleep, resolves stress and PTSD and relieves depression and anxiety.

JOIN THE LIST OF ORGANIZATIONS THAT USE CRYOTHERAPY:

USA Triathlon, Dallas Cowboys, Houston Rockets, Dallas Mavericks, CrossFit Dallas Central, Phoenix Suns, New York Knicks, Nike, Texas Rangers, New York Rangers, USA Track & Field, SMU, TCU Toronto Raptors, Minnesota Timberwolves, San Antonio Spurs and ESPN Wide World of Sports.



CONTACT US TODAY ABOUT HOW TO MAKE WHOLE BODY CRYOTHERAPY WORK FOR YOU.

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