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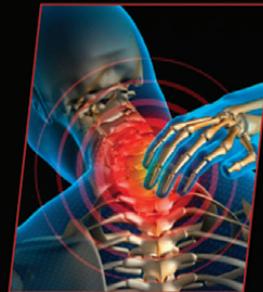
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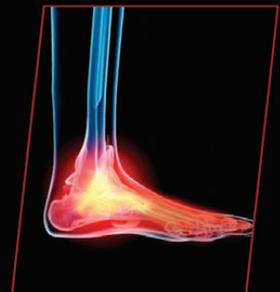
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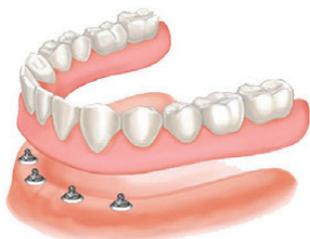
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Parents, community leaders and staff are studying enrollment projections, facility needs, technology needs and more to develop a long-range plan.

Did you know?

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The District boundary is larger than Duncanville ISD, DeSoto ISD & Cedar Hill ISD combined and larger than Mansfield ISD.

On the Grow

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Year 2025 = 13,000+

Source: MISD demographer

MISD to launch a new website summer 2016

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ON THE COVER



Justin Griffith's life is filled with instruments and songs.

Photo by Amy Dishman.

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Editor's Note

Hello, Midlothian!

One of my husband's favorite memories of playing football in high school is of his dad walking up and down the sidelines through the entire game following his every play. That image was his playbook when his own children began sports, and he was at every practice, game and recital.

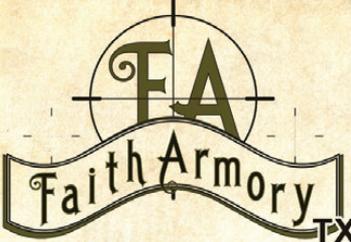
Sometimes, I think society forgets how important dads are. To a son, his father is the model of what it means to be

a man. For a daughter, he will be the first man who loves her and teaches her that she is worthy of love. Society needs engaged and active fathers in the home. Studies have shown that the presence of a father in the home reduces aggressive behavior in boys and psychological problems in girls. Thank you dads for everything you do!

Happy Father's Day!

Betty

Betty Tryon
MidlothianNOW Editor
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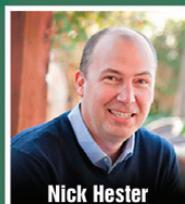
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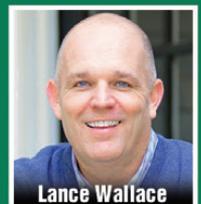
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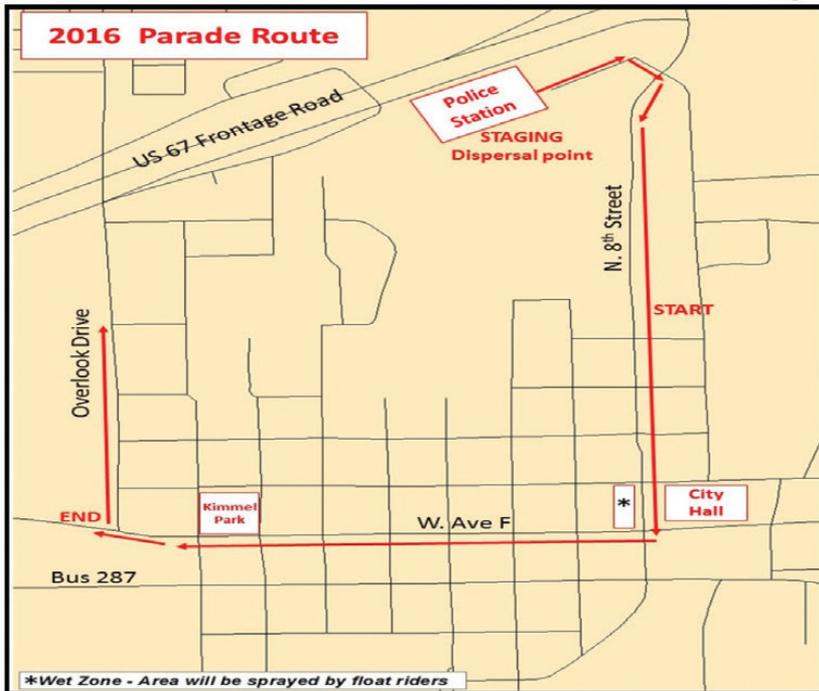
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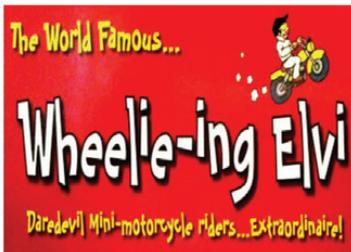
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Music With a Purpose

— By Betty Tryon



Mr. Griffith

As a young lad, Justin Griffith, future music teacher at J. A. Vitovsky Elementary School, felt his first stirrings of affection that turned into a lifelong passion. “When I was 13, I really started getting into guitar. That was my first love,” he admitted. “I had a childhood friend who I looked up to who started playing the guitar, so I jumped on the wagon with him. I ended up being in a number of bands with him in junior high, high school and some in college.”

His love for the guitar led him into a life of music to the point where he acknowledges everything he does is music related. “As a child I played in a few different bands — blues, rock ’n’ roll and heavy metal. My mom mentioned that, as a little child,

I recognized songs within the first couple of notes being played on the radio. I feel it’s always been an interest for me.” In addition to playing in a band with friends, he participated in school choir from seventh through 12th grade and continued in college.

When he enrolled in college, he wasn’t quite sure what his major would be. “Ever since I picked up a guitar, I knew I would do something with music in my life,” he surmised. It wasn’t until enrolling at University of North Texas that he made the decision to go into music education. “It made perfect sense to me because I’ve been obsessed with music my whole life, and I’ve always loved children and being around kids. I have a big family history of people teaching — sister is a teacher, aunt is a teacher, grandpa was a teacher, mom works in a school. That was influential to me.”

When Justin entered college, most of his musical knowledge centered around the guitar and vocals. Beyond that, he had to learn the piano and other instruments. In



"To learn something, you have to work at it. Build those skills until they become more natural, and that's when the fun starts happening."

college, he focused mostly on vocal technique and had to learn to sing in multiple languages. "The music program was a pretty shocking thing to my system because prior to that, it was more of an informal learning process," he admitted. "I hadn't focused a great deal of my energy on learning technical music reading and the theory behind everything you do. I was more focused on rock bands and playing and collaborating with players. I learned to play by ear." Even with the guitar, though he had a few formal lessons, they never felt too focused on the technical aspect.

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It was more about him learning songs he was interested in singing. But Justin finished out his college years at UNT with a degree in music and a minor in music education with a concentration on classical voice.

After graduation, Justin came to Midlothian and has been here 11 years. "I love it here and feel really blessed to be in Midlothian. It's had a really positive influence upon me as a person. There is



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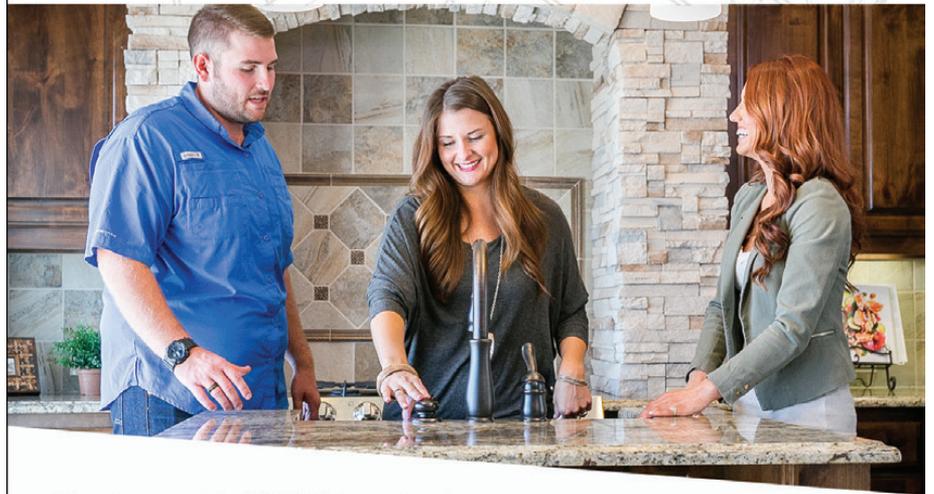


an amazing group of teachers and staff, and it's been an amazing experience to be around them and to learn from them. It has helped me grow as a teacher and a person, and I feel as if I've really changed in a positive way since I've been here."

As the music teacher for all the students in kindergarten through fifth grade, Justin carries a huge responsibility for Vitovsky. "I have regular classes for students, where we touch on a lot of music theory, deal with a lot of rhythms, lots of singing, hands-on instrumentation with non-pitch percussion and pitch percussion," he explained.

For his after-school classes, Justin has lessons organized so the first semester focuses on the choir and the second semester focuses on instruments. "The first half of the school year, we do the All City Choir with fourth- and fifth-graders as an after-school program." The All City Choir incorporates all of the

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music programs across the district. All six elementary schools have auditions at their campus and 25-30 students per school are chosen. All the teachers share the responsibility of it and choose a collection of songs together. In December, there is a big concert where the middle schools and high schools perform also.



“During the second half of the school year, I do Mission Musician. It’s an after-school program for third-, fourth- and fifth-graders and also an audition process,” he remarked. “They work with pitch percussion instruments, xylophones and metallophones.”

When Justin isn’t working at the school, his free time also encompasses music. He teaches mostly private guitar lessons and enjoys performing and writing music. “I’m still chasing a dream of my own,” he shared, “and staying busy on the weekends and in the evenings. I perform in the Metroplex and at a few out-of-town shows. It has always been my goal to teach during the school year, work on recording projects and travel and perform during the summer.”

As the music teacher, Justin gets a front-row seat to some pretty talented kids. “I’ve seen glimpses of what I think could be extreme talent at a very young



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age,” he marveled. “Doesn’t happen all that often, but it is pretty exciting when it does. One student who stood out is McKenna Cooper. She showed an amazing ability to hit pitches just dead on. She also had a passion for it at such a young age.”

Another amazing talent Justin remembered was a visually impaired student he had a few years ago. “One of the things that was so amazing to me was her voice recognition skills,” he described. “She was so inspiring to me that I wrote a song about that. I called it ‘Her Ear’s Eyes.’ It’s a powerful song, and we want to release it this summer and do a benefit show based around the visually impaired.”

Being community minded, in 2008, Justin started a collective called H4 which stands for Hip Hop Helps Heal. He tries to do two charity-based events a year based on specific concerns of the community. In reaching out to help others, he related, “Sometimes I feel like it’s selfish in an unselfish way because it makes us feel good about ourselves to do something. That’s one of the reasons I’m drawn to teaching because I have to feel good about what I’m doing.”

Justin looks at music as more than something that entertains. There is much discipline related to learning music. Students discover they have to work to be good. “A lot of us have this vision of being this amazing thing, but not too many people are willing to put in the work,” he said. “To learn something, you have to work at it. Build those skills until they become more natural, and that’s when the fun starts happening.” **NOW**

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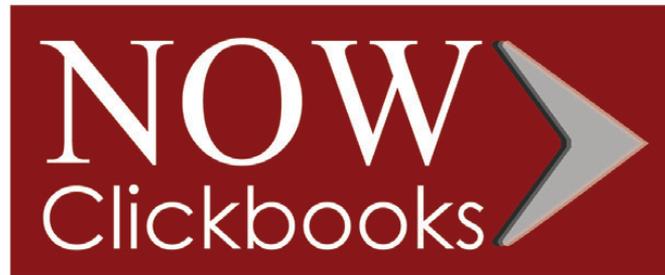
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— By Eric Taylor

Everything was going well until she was blindsided. This was not football, it was something far worse. It was cancer. Hearing that one word that tears worlds apart would be daunting for most, but not for Pamela Phipps.

The pure definition of a “hometown girl,” Pam grew up in Midlothian and watched the small town transition from open pastures and dairy farms to the suburbia it is now. Pam, who is co-owner of Sweet P’s with a childhood friend, who is also named Pam, was diagnosed with stage two cancer at a young age. She, like many others, found the lump herself and proceeded to have a mammogram. “Early detection is really important,” she stressed. “This May marked 12 years that the cancer has been gone.”



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“At the end of the day, it’s just a way to *give back*, do something positive and not think about yourself.”

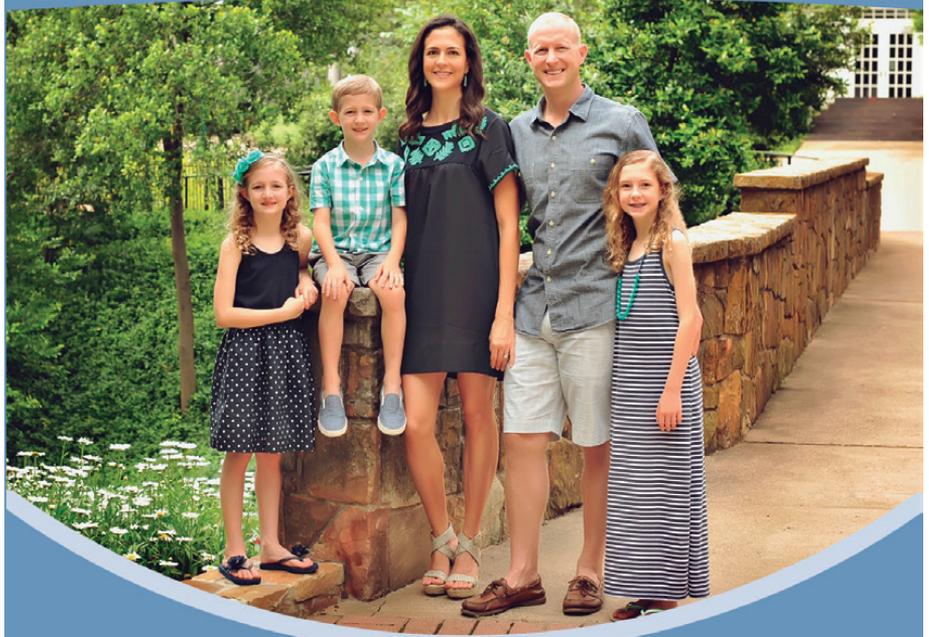
During the days before the cancer ended, Pam went through the rigorous treatments of chemotherapy and endured losing her hair, but she never gave up. She continued her unwavering fight against the malignant disease, and once it had been defeated, it became her passion — her mission — to do as much as possible for others in her previous predicament. Fighting cancer herself and watching others fight it allowed Pam to experience the countless stories and memories people have witnessed. “Everybody has a story with cancer,” she stated. “I lost my mom to it. I got it, and now my sister’s going through it.”

None of this deterred her from her goals and only made life that much easier. “I don’t sweat the small stuff,” she said. “Age doesn’t really bother me anymore, and it’s made me really aware of just how many people suffer from cancer. I wanted to see my two sons graduate, so I had reasons to want to get better and to do better.” This undying determination is what kept her fighting. Many believe the pain of the chemical treatments and the exhaustion placed on the body would be the worst of it, but the thought of quitting and not giving it her all would be a fate worse than death, or at least that is how Pam viewed it.

When deciding to give back, the former dental assistant knew whatever she was going to do had to involve cancer. This led her to eventually join the purple coalition of the American Cancer Society, Relay For Life. The worldwide community fundraising event originated in Tacoma, Washington, in 1985 and has grown exponentially in the past 31 years, raising millions of dollars and furthering the awareness of cancer. But that didn’t



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mean there wasn't a veil of mystery that Pam had to see past. "I didn't know what Relay For Life was when I was diagnosed. My mother had cancer in '99, and she had donated to Relay For Life before because people she worked with had participated in it," she explained. "I only learned about it after my own diagnosis."

From that moment, Relay For Life meant something special to Pam. "I had a friend who asked me to get involved with Relay, and that's how I got started," she admitted. "I didn't do it so much for myself, but more for my mother. It fit for me to do it in memory of her than in honor of myself. It was a way to give back."

While there are many types of cancer, the most well-known is breast cancer. During the month of October, it is easy to find pink anything, everywhere. Going from small rallies to full uniform changes in major sports, breast cancer affects a

grand number of people, whether they be female or male. But for Pam, it was still more than just about breast cancer. "When compared to the month of October, Relay is so much different," she explained. "Relay is through the American





Cancer Society and supports *all* cancers. And I didn't lose my mother to breast cancer. I lost her to a different kind of cancer. What goes on in October through the Susan G. Komen Race for the Cure is just for breast cancer."

The American Cancer Society has become so large that even the smallest of towns have chapters dedicated to Relay For Life. Most people who join start off as volunteers, and Pam was no different. "I started as a team member, then I was asked to become part of the committee and got the survivor's chair, in which we honor our survivors and caregivers by providing a dinner and gifts for them," she shared. "We had about 75-100 survivors and caregivers that we honored. Survivors are the heart of Relay, and that's the reason why people relay."

Pam started in the survivor's chair and was only supposed to serve a couple years, "But I'm going on seven years now," she said.

"I just help put it together, so I go out and help get donations because none of the money comes out of the Relay funds." Pam has had a lot of luck with the community and the businesses. "They all say,



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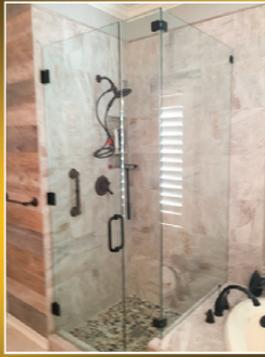
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“Yes,” she added. “Our community is very supportive in the fight against cancer.” Even with all the volunteers, there is always room for more help. Information can be found on the ACS website or by visiting your local chapter.

When the mum-making, cancer survivor is not out fighting cancer and taking names, she is spending time with



her furry friends. Cancer came into her life at a later stage in life, but animals existed from her formative years. “My other passion is dogs and animals and saving them in our community,” she admitted. Relay and the ACS also have an event called Bark For Life, in which the services of canine caregivers are honored. Bark For Life, this being its second year, is a walk and fundraiser with the focus on animals. “We learn a lot from our pets about cancer as they, too, can get it,” she stated. “Through the tests, medicines and research, we will learn

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even more. One helpful thing to come out of cancer research in recent years has been DNA testing.”

With technology advancing to a point where smart devices can scan retinas and read fingerprints, it was only a matter of time before genetic testing came to the forefront of modern medicine. Being able to test the genetic map of life to find out if a harmful disease is hereditary is key in preserving life by early detection. “At the end of the day, it’s just a way to give back, do something positive and not think about yourself,” Pam said with a smile. “You may never know what it does, but it’s doing something.” The selfless valor she exudes will no doubt be an inspiration and be used as a ray of hope for other cancer patients in the months and years to come. **NOW**

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— By Zachary R. Urquhart

Great things often come in small packages, and that's even true for houses. As Midlothian has continued to grow in recent years, there are new homes of all sorts and sizes. Mark and Judi Fiorenza knew they wanted to stay in Midlothian, but they also felt the time was right to find a cozier space. And with their Craftsman-style home in the Midtowne development, Mark and Judi have found ways to fit a lot into a small space.

Mark grew up in Dallas, graduating from Bishop Dunne High School before taking classes at The University of Texas at Arlington. “When I finished high school, I started working at DeFord Lumber in Duncanville,” he said. “I have been there for 38 years now, and I’ve had just about every job there.” He is currently in sales, where he works with builders throughout the



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Judi grew up in Duncanville. She took some junior college courses after high school, but when she met Mark, she took a break from school. "We met just cruising around and hanging out in Duncanville in July of 1982," she detailed. "He was really shy, but his friends got him to talk to me. We were engaged a year later, and we got married in May 1984." A few years after they married, they welcomed Scott, followed closely by Shannon, both of whom teach today at elementary schools in Midlothian. Jonathan was born several years later, and he just finished his sophomore year at Texas State University. "After our first kids, I went back to nursing school," Judi continued. "I worked mainly in pediatrics, and most recently I was the school nurse at Midlothian High School for 12 years." For the last several years, Judi



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has worked as a stay-at-home grandma, helping take care of Chloe and Chandler, their grandkids from Shannon and her husband, Chad.

Early in their life together, Mark and Judi bought a house in Cedar Hill. "It was the perfect starter home," Mark described. "But after a few years, we decided to move a little farther south." They had some friends who lived in Midlothian, and they used to joke that it seemed so far in the country. But in 1991, they built a home in Creekbend, and they have lived in several parts of town for 25 years. "We keep moving, but we love the town so much, we can't leave it," he joked.



They were in Plum Creek as Jonathan was getting close to the end of his high school career, and they decided they needed one more move. "We were ready for no yard and a smaller house," Judi noted. "With Jonathan headed to college, it was a good time to scale back, plus with less house to take care of, we have more freedom." In June 2012, Mark and Judi moved to Midtowne, where they found a perfect Craftsman-style home nestled into the perfect community. "We loved the design and the proximity to town, and the neighborhood really fit our needs," Judi said.

The home's beauty starts with a magnificent curbside image. Tiered shrubbery gives a small front yard a much larger feel, and a myriad of plant life dots exquisite landscaping. Moving inside past the inviting front porch, a small entryway gives way to a large office on one side and the living room on the other. "I work on a lot of house plans in the office," Mark said. "I am in there for hours on end in the evenings." The office is completed with many family photos, a quality that is seen throughout the house.

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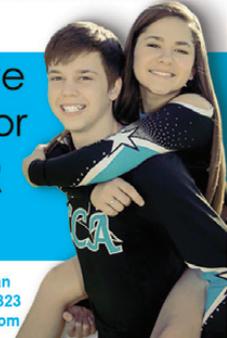


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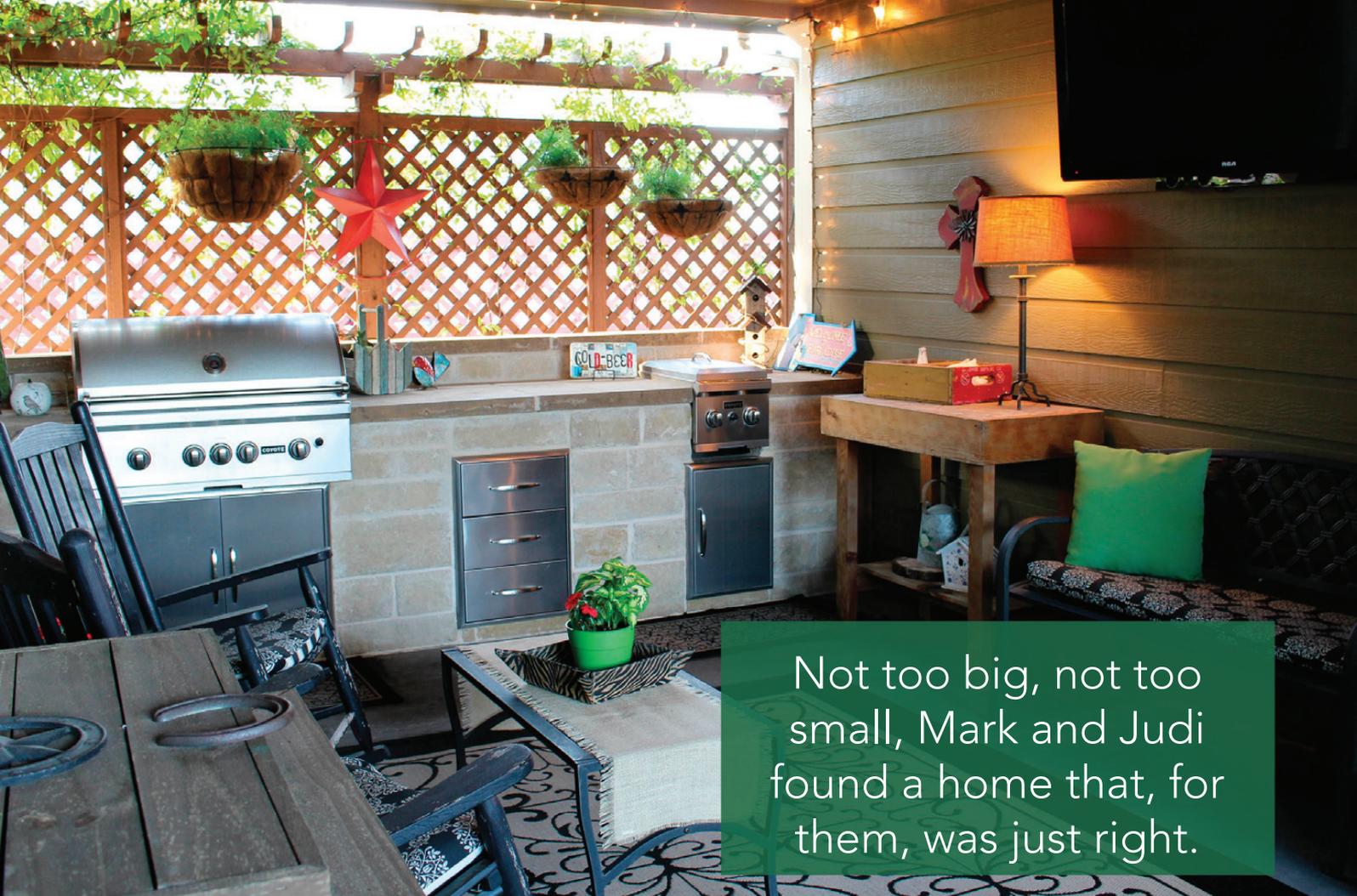


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The living room is fitted with large, rich leather furniture, while the walls are elegantly decorated, complete with a large wall dedicated to more family pictures. “That’s the thing that probably stands out the most,” Judi admitted. “One of the reasons we have lived here and have stayed here is because this is where our family is. We all get together all the time.” The partial wall separating the living room from the kitchen offers a view of a relatively small cooking area, but that allows the house a larger than average eating nook. A large, rustic table and metal kitchen hutch continue Mark and Judi’s simple but sophisticated style that flows throughout their home.

The master bedroom boasts of dark walls and honey-hued furniture. “This wasn’t our first bedroom suite, but we have had it for a long time,” Mark noted. “And probably the only old thing we have is this trunk that belonged to Judi’s great-grandfather.” The bathroom is spacious, with a walk-in shower and separate sinks on either side of the door. On the other side of the house, two bedrooms serve primarily as guest rooms and a play area for the grandkids. “Jonathan was the main one affected by us downsizing,” Mark laughed. “We live

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in about the same amount of space as we did, but he had his own suite upstairs in our old house. Now, he only has one room, and he shares it with the girls' toys."

Between the two rooms, the guest bathroom is remarkable. "Mark did this for me," Judi recounted. "I will say we should do something, and the next day Mark comes home



with supplies and does it." New cabinets and a shower curtain uniquely hung with what looks to be a window sconce help make the room one of a kind. "Mark can really make and fix anything. But that is the other difference with our smaller house. He used to have a three-car garage and a tool shop, but he doesn't get that much space here," Judi teased.

Now, he has a small building that is the final piece of an amazing backyard. "My one request was to have a pool," Judi said. After moving in, Mark and Judi redid their backyard, making it an oasis in the heart of the city. Mark made a custom cooking area, complete with patio seating and vintage signs. The pool is surrounded by attractive landscaping. It is clear from the space that Mark and Judi love spending time outdoors. They joke that by moving into a smaller space, they were able to get two houses for one. "Last summer, we bought a lake house in Gun Barrel City," Judi explained. "We just love being outside, whether we're here by the pool or out at the lake. And that's another great thing about the family all being so close." They knew they wanted to downsize after two decades on larger plots around the city. Not too big, not too small, Mark and Judi found a home that, for them, was just right. **NOW**

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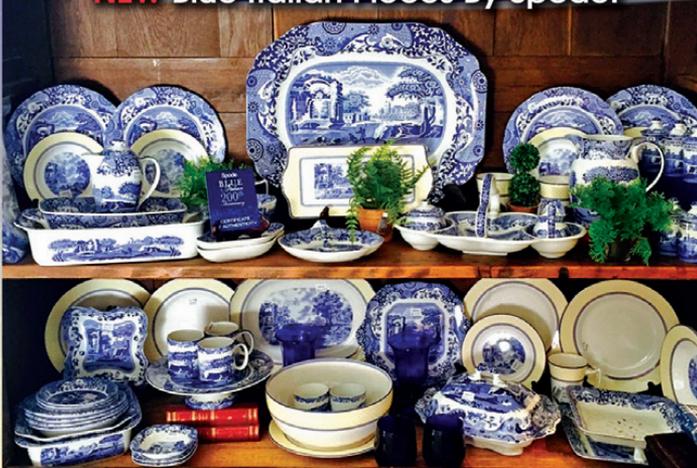


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Correct — and — Compass

— By Betty Tryon

The direction of Jerrod Ramirez's life completely changed with a few words to him from a perfect stranger. "We had an evangelist speaking at the church. After the service and most of the people had left, we stood at the back of the church. I didn't know him, and he didn't know me. He looked at me and said, 'God is calling you to full-time ministry, so stop running.' That was the catalyst for the change from law enforcement, which I knew and loved, to pursuing full-time ministry." He currently serves as a chaplain in the Federal Bureau of Prisons.

“The ministry I provide is more pastoral and to change mindset behaviors.”

ion sion

Jerrod's story begins in Dumas, Texas, where he was born, but he was raised in Amarillo. After college, he went into the Marine Corps and served four years of active duty in the military police. "I wanted to do firefighting but was unable to, so I signed up for military police. This was between my junior and senior year in high school." After his military stint was up, Jerrod pursued civilian law enforcement and worked for a year-and-a-half in his hometown of Amarillo as a patrol officer.

"It was in 1999 when I sensed a call of God for ministry. I shifted gears and began to pursue education to get into full-time vocational ministry. It really didn't seem to be that big of a stretch because I was a public servant, and as a minister, you are a servant. It wasn't that big of a leap." Jerrod completed his





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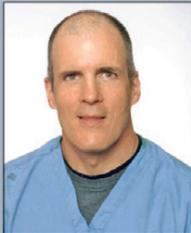
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undergraduate studies in Waxahachie at Southwestern Assemblies of God University. He went to Springfield, Missouri, to attend Assemblies of God Theological Seminary and earned his Master of Divinity.

His first job in ministry brought him back to Texas in 2005, and he worked as an associate pastor in Lubbock. He also served as a reserve chaplain in the Navy to a unit in Ft. Worth until he was honorably discharged last year. When he became a full-time chaplain in the prison system, he moved to Ft. Worth with his family. Later, the family made one more move, settling in Midlothian in January 2012. "It is very fulfilling work to help the inmates go from crime to contribution. Our mission is to preserve the inmate's constitutional rights for free exercise of religion, and that's all religions. Our vision is reaching, reconciling and restoring. I counsel, do crisis intervention, mentor and conduct a Christian service twice a month."

There are about 20 different religious groups in the prison with most of them under the Protestant umbrella. Much of Jerrod's time is spent doing program management and providing time and space for the different groups. "The ministry I provide is more pastoral and to change mindset behaviors," he explained. "I meet with about six inmates for one-on-one counseling every week. Part of our mission and vision is reconciling

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these men to God and restoring relationships. We want them to go from 'Me, me, me,' to, 'How can I serve someone else?' I remember an inmate who was in and out of trouble with the law. His faith is now very important in his life, and he no longer associates with gang members."

Having been a chaplain in prison and in the military, there are differences between the two positions. "In the pastoral role, there is always that professional line that has to be maintained, but it's not a hard line. In the military it's more of a relaxed sharing because they don't have to talk to you. Many of them have their own ministers and attend their own places of worship. In the prison, you have more of a captive audience. With an inmate, you always have to be on your guard for things like if an inmate has an angle. Is he trying to get away with something? We bring compassion and correction, so there is always that line in the institution."

Chaplains who work within the prison system must learn to balance correction and compassion, which at times is difficult. "There is tension constantly between the two," Jerrod admitted. "I believe that if we operate within that tension, we can maintain our integrity. If you don't feel that tension, then you've probably gone too far to one side or the other. There are some chaplains who are very correction-minded, and they are

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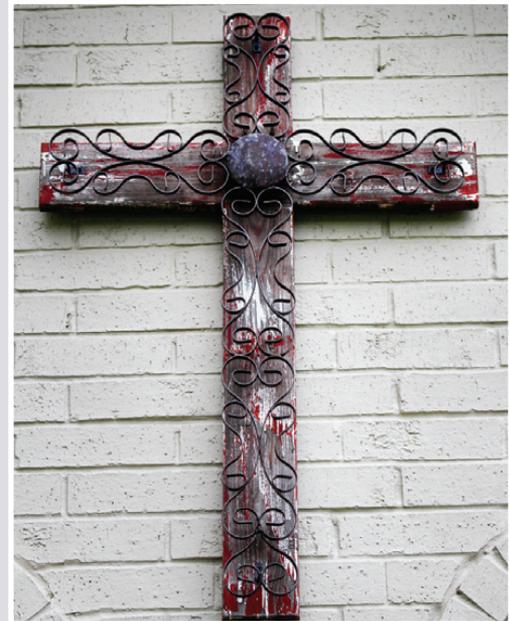
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missing that compassion. There are other chaplains who've moved so far to the compassion side that they lose respect in the institution. There are days when I do lean more to one side than another because we are always dealing with a crisis of some nature. As a chaplain, we don't always deal with black and white. We deal with gray, and we have to learn to operate within that gray and maintain that tension."

Part of dealing with that balance is when prisoners try to see what they can get away with. At this point in his four-year tenure with the institution, Jerrod is established and most of the inmates know him as the chaplain. Even though he is compassionate, he goes by the rules and that gets around. "We call it inmate.com," he smiled.

Another area in which chaplains must maintain that tension between correction and compassion is to not foster a close relationship with the inmates. This can involve marriages in prison. "The danger in conducting marriage ceremonies is we

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can become too familiar. We can facilitate marriages, but I don't use my license to sign marriage licenses. There is a code of ethics we have to follow for the safety and security of the institution. I think all helping professions have to balance this whether physician or psychologist or even drug treatment professionals."

The most fulfilling part of Jerrod's job is seeing the inmates develop a spiritual life and move away from their selfishness to a deeper faith. "Restorative justice is the foundation of chaplaincy for justice and mercy," Jerrod acknowledged. "You have to have justice for stability in society, but you also have to have the mercy component for decency in society. We are dealing with human beings not robots or animals. So, when justice and mercy are working together as they should, there are redemptive outcomes."

Although Jerrod is dedicated to his career, he is a husband and father first. He and his wife have three children and a grandbaby. "I've been married 18 years," he said proudly. "All three children are chosen, adopted and homeschooled. Because of my experience at the correctional facility and in law enforcement, I'm a little bit more protective as a parent. I know and have experienced firsthand the problems people have and the problems they cause."

In the future, Jerrod would like to help inmates who get out with their reintegration into society. "I love that I'm a part of helping inmates go from crime to contribution," he said. "It's very fulfilling." **NOW**

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Bountiful Harvest

— By Melissa Swedoski

The bounty of fresh fruits and vegetables during the summer is one of the great delights of the season. With a little effort and planning, you can enjoy flavorful fare at meals all year long with canning, which is fun and economical, but there are a few things to know to prepare for the process.

Acidity Levels and Canning

Knowing the difference between high- and low-acid foods determines the canning process used. Low-acid foods include meats and vegetables, with the exception of acidified tomatoes and pickled products. High-acid foods include fruits, pickled vegetables, relishes, salsa, pickles and sauerkraut.

Canning requires extreme heat to kill mold, yeast, bacteria or other organisms that cause spoilage. Low-acid foods require pressure canning to destroy the bacteria in temperatures that reach 240 F or higher. High-acid foods can be safely processed by boiling water canning. In general, boiling water canners take less time than pressure canners.



Choosing Produce

Fresh produce is best from a backyard garden, but scouring the local farmers market can yield real gems. Overripe fruit isn't recommended, but if the fruit is fresh, small bruises can be removed and discarded.

- Fruit – It is generally better to hot-pack fruit, including apples, pears, apricots, nectarines and peaches. Unless you are making a jam or jelly, berries should be frozen. Tomatoes are a popular item to can and should be cooked before canning.
- Vegetables – Asparagus, beets, carrots, green beans, okra, peas, peppers and potatoes are eligible for canning, along with cucumbers, beets, beans, turnips or bell peppers. Tender lettuces, however, can't stand up to preservation techniques.



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Jars and Lids

Mason jars are the best choice for home canning, since they come in pint and quart sizes and, if used properly, can be reused in future seasons. To pack whole fruit and vegetables, use a wide-mouth jar, which makes the process easier.



Two-part lids are necessary, as the screw band will secure the canning lid to the jar during processing. Screw bands can be reused as long as they aren't bent or rusty, but lids are designed for a one-time use since the sealing compound can lose effectiveness over time.

Jar lifters are good for moving hot jars, while jar funnels will help reduce spills during filling. A magnetic lid wand allows you to drop lids and bands into the hot water of the canner to sterilize them and soften the sealing compound, combining two steps in one.

General Guidelines

Make sure the food is thoroughly washed and trimmed and practice arranging produce in a jar. Once you've cleaned all the tools and sliced and diced the produce, use a large spoon or ladle to put the produce loosely into jars. Fill the jars with boiling water, pickling solution or sweet syrup. Use white grape juice for fruit.





Use proper headspace to ensure that all the contents reach the appropriate temperature for safety and sealing. Juices, jams, jellies and relishes need 1/4 inch. Fruits, tomatoes and pickles need 1/2 inch. Meats and vegetables need 1 to 1 1/2 inches.

Remove air bubbles with a nonmetal utensil, frequently found in a canning kit, by working down the jar sides. If the headspace changes as bubbles release, add more hot food or liquid to maintain the balance. Clean the jar's rim, put the lid on, screw the band on and tighten. Place the jars into the canner and position so they are not touching.

A boiling water canner resembles a big pot with a lid and a rack in the bottom. Fill the pot halfway with water and preheat to 140 F, for raw-packed foods, or 180 F, for hot-packed foods. Insert the canning rack and jars, cover and bring water to a slow, steady boil. Allow to process for the designated time.

Pressure canners use a heavy pot with a rack, tight-fitting lid with a vent, dial or weighted pressure gauge and a safety fuse. Heat foods to 240-250 F and hold that temperature for as long as necessary. Put 2 to 3 inches of water in the bottom, insert the jars, put the lid on and increase the pressure. When processing is finished, let the pressure drop before opening the canner.

Canning Shelf Life

Some foods don't require canning, including carrots, turnips and rutabagas, while green or lima beans, peas, okra,



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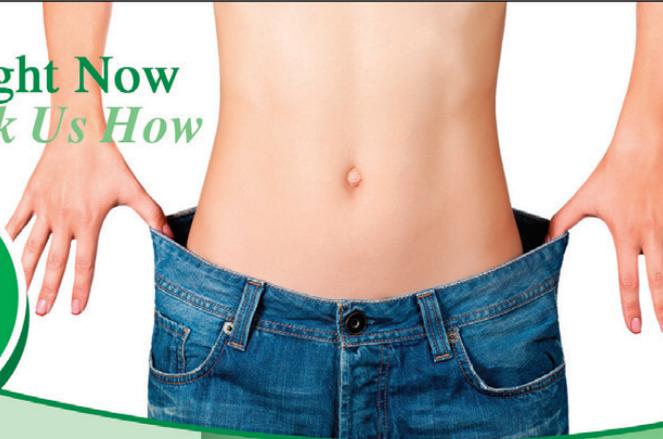
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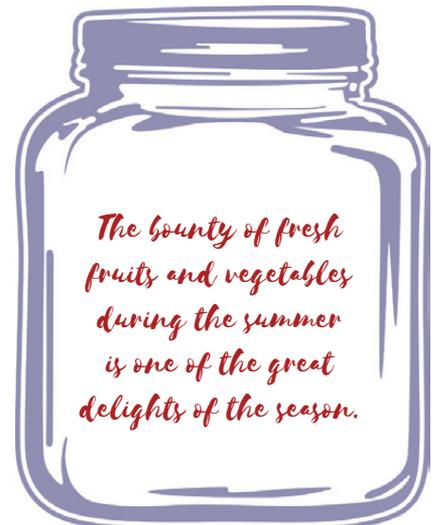
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cucumbers, eggplant, peppers, summer squash, green tomatoes and most fruit will remain good for about a month in dark storage. Other crops, such as kale, collards, parsnips, leeks and Brussels sprouts are hardy enough to survive cold weather and can be left in a garden into the winter. Kale, chard and spinach can be frozen, as can summer squash, but only after it's been baked.

Generally, canned items are good for a year and are best stored in a cool, dry place, ideally at 50-70 F. Items should also



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be stored in the dark, so if closed cabinets aren't available, jars can be stored in boxes. Always double check for any signs of spoilage before eating your canned items. Things to check for include:

- Popped lid, where the can lid is bulging, or obvious bubbles in the liquid
- Mold or a strange odor
- Broken seal, rusted lid or leaking fluid
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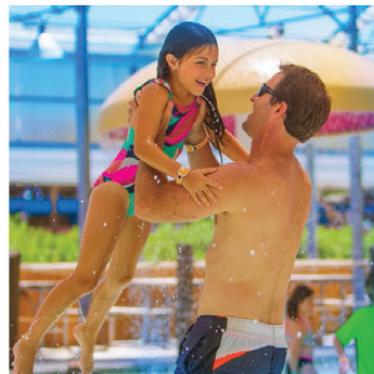
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Personal Doctor

Access Private Medicine gives you 24-hour direct care from your physician. — By Betty Tryon

As medical science continues to advance, so does the means of delivery. Dr. Travis Brown of Access Private Medicine's advancement is more toward the delivery of care by focusing on the personal aspect of the doctor/patient relationship. He's made it a priority in his practice to be accessible to his patients. His practice begins to convey that impression with the fact that his office is next to the waiting room. Half of one side of his wall is glass, where he is clearly visible. When you walk into the building, more often than not, Dr. Brown is the one who greets you.

As a board certified family doctor, he graduated from The University of Texas Southwestern Medical School in Dallas in 2006 and completed his residency at John Peter Smith Hospital in Fort Worth. Before practicing direct care, Dr. Brown was with a large multispecialty group practice, and they were seeing

30 patients a day. "I had an average of seven minutes of face time with my patients," he said. "About 30 percent of my time during the day was spent doing paperwork and dealing with the insurance groups. I can now spend 30-90 minutes with my patients depending on what they need and not have to feel like I'm rushing people.

"I think of direct care as blue collar concierge medicine," he explained. "I charge my patients a monthly fee, and they can come see me as often as they need. I don't charge for office visits. I don't collect co-pays. I don't charge for procedures. I take my own calls 24 hours a day and make calls after hours. It is not uncommon for me to see patients at 9:30 at night and on the weekend." Dr. Brown structured his practice this way because many of his patients don't have insurance and an emergency

room visit is expensive and may not even be necessary. "Most of what occurs in emergency is primary care after hours," he stated.

For all of this personal care, Dr. Brown charges his patients a monthly fee based on age. It starts at \$50 a month. He has couples discounts and family discounts.

When you walk into the building, more often than not, Dr. Brown is the one who greets you.

For patients over 60 it's \$100/month, but for couples it drops down to \$75 a month. He also makes house calls for his patients for the low fee of \$25. "In my opinion, you don't need to insure primary care. I encourage everyone to have insurance. You insure risks that you can't afford to take, such as cancer treatments and intensive care stays. Needing your cholesterol drawn once a year is not a risk because you know you need that. I charge \$5, and you don't have to take out a policy to insure that."

Dr. Brown does his own procedures, such as joint injections, laceration repair, toenail removal and lab work. "Primary care is 70-80 percent of someone's total health care experience. If you contract directly with your doctor to have the kind of primary care you want, you're in the driver's seat for the vast majority of your health care experience. My patients are my employers."

As a side interest, he authored a textbook titled *The Big Picture Pathology* in 2006. He is currently working on another book to be published sometime this year.

Dr. Brown's practice, Access Private Medicine, is new to Midlothian. They are ready to care for patients, by providing direct access to him. **NOW**

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The J.R. Irvin Elementary student council collect stuffed animals from students for The Joy Project at Cook Children's Medical Center in Ft. Worth and the Scottish Rite Hospital in Dallas.



Ryan Vanderberg entertains crowds in Midlothian.



Midlothian's Zoe Henley enjoys Ovilla Christian School's first Color Run.



Smiling faces welcome guests to the Courtyard by Marriott After Hours Networking Mixer.



Debra Bracey proudly displays her home-canned farm products at a networking business meeting.



Riley Greiten successfully competes at the San Antonio Stock Show.



Midlothian High School's production of Ville Du Havre was selected as District Champions.



The second grade students at J.R. Irvin Elementary use math cubes to measure how far they could jump.



MeLissa Boler, President and CEO of Bridges Training Foundation, gives a speech at the organization's luncheon.

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Happy Father's Day!

Five Tips for Eating Healthy on a Budget

The saying goes, “Pay the farmer, or pay the doctor.” The more fresh, healthy, organic foods we eat, the healthier we are, and the less we have to deal with chronic diseases like heart disease and diabetes. And while many of us can justify paying more for a nice salad than we pay for drive-thru, dollar-menu fare, we just can’t afford to shop exclusively at the health food store. If you’re one of the many people who want to eat healthier, but don’t think you can afford it, here are some tips to get you on the right track.

1. Get back in the kitchen. You’ll almost always pay more to eat out than you would to eat a home-cooked meal. Use larger cuts of meat, like a slow-cooked brisket, or a roasted whole chicken, and keep the leftovers to use in several meals throughout the week. Once a week, you can slow cook dried beans for an extra inexpensive source of protein. Use the cooked beans as a main dish, or to bulk up your meals to stretch your meat out even further.

2. Plan ahead. You get busy working, driving kids to soccer practice, going to church or all of the above. Planning for these “food emergencies” can eliminate the need for fast food. Keep some raw nuts, protein bars and packages of nut butter in your purse, in your car and at your office. If your desk or break room at work has some extra room, you can store some canned tuna, or other easy meals that can be made in a pinch. If you plan ahead for the times when you will inevitably need food on short notice, you’ll make sure your healthy eating stays on track without breaking the bank.

3. Shop the “clean 15,” and avoid the “dirty dozen.” There are certain

foods that absorb more pesticides because of their thin skins. These foods, including strawberries and celery, are worth the extra money to buy organic, or you should skip them altogether. The “clean 15,” on the other hand, refers to produce that either does not require many pesticides, or has a thick skin that does not absorb many pesticides. With these foods, like bananas and avocados, you can save money by buying traditional rather than organic. The full list, updated yearly, can be found at www.ewg.org.

4. Buy local and in-season. Local foods are not only better for the environment, but they are often less expensive, as you’re not paying for shipping or freight costs. It is also cheaper to buy produce that’s in-season. Tomatoes, watermelon and strawberries have to be brought in from other countries during the winter, driving up the price. You can insure you’re buying local and in-season by shopping your farmers market or ordering from www.fieldtomeal.com.

5. Make (and grow) your own. There are many healthy foods that are quite expensive in the grocery store, but can be easily made at home. There are numerous recipes online for almond milk, nut butter and yogurt. These recipes are not only easy, but the ingredients are usually a fraction of the cost of the finished product. And if you have the room, a small herb or vegetable garden can save tons of money over buying produce at the store. **NOW**

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Calendar

JUNE 2016

June 1, 8, 15, 22, 29

DivorceCare: 6:30-8:00 p.m., First United Methodist Church, 800 S. 9th St. For more information, call (972) 723-3993.

June 4

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Regional Airport. Breakfast tickets: adults and children 8 and over, \$6; children under 8, \$3. Event features airplanes, live music, children's activities, Midlothian Classic Wheels and Gold Wing Road Riders. Parking is free. Public is invited. For more information, call (972) 923-0080 or visit mid-wayregional.com.

June 4, 11, 18, 25

Downtown Midlothian Market: 8:00 a.m.-1:00 p.m., Heritage Park. Variety of vendors. Sponsored by the Midlothian Downtown Business Association.

June 10

Relay For Life of Midlothian: 6:00 p.m.-midnight. Midlothian Civic Center Youth Football Field, 224 S. 11th St.

June 11

Movie in the Park - *Inside Out*: 7:30 p.m.,

Hawkins Spring Park Outdoor Movie in the Park. Bring chairs or blankets. May bring snacks and drinks. Concession stand will be open. Don't forget insect repellent. Rainout Date: **September 10**.

June 14

On Your Mark, Get Set, READ!: 11:00 a.m., A.H. Meadows Public Library, 923 S. 9th St., Midlothian. Kick-off for Summer Reading Program with Amiee Pryor, the Balloon Lady. For more information, call (972) 775-3417.

June 15, 22, 29

Summer Movies at the Library: 2:00 p.m., A.H. Meadows Public Library, 923 S. 9th St., Midlothian. Free event is open to the public. For more information, call (972) 775-3417.

June 16

Science of Spin with Val Oliver: 11:00 a.m., A.H. Meadows Public Library, 923 S. 9th St., Midlothian. Demonstration of the spinning arts of yo-yo, spin top and Spinabolo. For more information, call (972) 775-3417.

June 18

Midlothian Opry Country Music Show, Midlothian Civic Center, 224 S. 11th St. Old

Country and gospel music with Goodtimers Band. \$5 admission. Call Davonna at (214) 676-1706 or go to Facebook Midlothian Opry.

June 20

The Writers' Circle: 6:30 p.m., A.H. Meadows Public Library, 923 S. 9th St., Midlothian. Group is open to the public to provide support, motivation and writing tips. For more information, contact Sarah at WritersCircleMidlo@gmail.com.

July 15, 16

Creative Quilters Guild of Ellis County, 10:00 a.m., Midlothian Conference Center 1 Community Circle. Admission \$7. Free parking. A judged show of 100 quilts, silent auction benefiting Hope Clinic, Red Oak Senior Center and the Bridge Network. Many vendors, scissor man, do or prizes and quilt appraisals.

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



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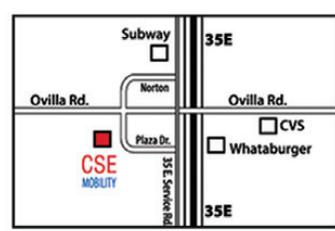


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In the Kitchen With Lory Ellis

— *By Betty Tryon*

In this busy, technologically advanced world, Lory Ellis holds true to the basics. “There are Google searches, websites, demos on YouTube, blogs, apps, social media posts and pictures, and best of all, buying ingredients online and having them shipped to your front door. Even with all of the advancements of our modern lifestyle, I go back to the basics to raise the food that I can at home (eggs, herbs, tomatoes) and buy from local farmers (honey, veggies, grass-fed beef).” Her family’s flock of chickens do their part in keeping fresh eggs on the menu. Lory encourages others to go back to basics and bring the freshest food to the table by growing vegetable gardens and/or supporting local gardeners. **NOW**

Perfect Hard-boiled Eggs

Water for boiling
6 large eggs, room temperature

1. In a large saucepan with a steamer basket and lid, bring 2 inches of water to a gentle, rolling boil.
2. Add eggs to the steamer basket. Cover and set a timer for 12 minutes. As soon as the eggs are finished steaming, turn off burner. Immediately remove eggs and place in a bowl for a 15-minute ice water bath.
3. Peel off shell and serve as desired.

Easy Homemade Mayo

1 large fresh home-raised egg

3 tsp. fresh-squeezed lemon juice
1 Tbsp. Dijon mustard
1/4 tsp. Himalayan salt
1 cup avocado oil

1. Add all ingredients into a narrow glass jar that exactly fits an immersion (stick) blender.
2. Set the stick on the bottom of the jar, turn on and watch the liquid ingredients emulsify into mayonnaise in less than 20 seconds. Store in the refrigerator in an airtight container. Label and date the jar. The homemade mayonnaise keeps for up to 2 weeks.
3. Feel free to change up your mayonnaise by adding Sriracha sauce or other favorite spices. Tip: If your ingredients fail to emulsify, do not throw it all away. Use it to make a salad dressing.

Honey Mustard Dipping Sauce/Salad Dressing

1/2 cup Easy Homemade Mayo
2 cloves garlic, minced
2 Tbsp. local raw honey
2 Tbsp. Dijon mustard
1/2 tsp. red pepper flakes

1. Combine all ingredients together and put in a jar.
2. Label and date the jar. Keep it only as long as the homemade mayo is fresh.

Homemade Tartar Sauce

1/2 cup Easy Homemade Mayo
1 Tbsp. onion, finely minced
1 Tbsp. capers, minced
1 Tbsp. dill pickle, minced
1 Tbsp. coconut vinegar
(or white vinegar)
1 tsp. lemon juice
1 tsp. pickle juice
1 tsp. dry ground mustard
Dash of cayenne pepper

1. Combine all ingredients together and put in a jar.
2. Label and date the jar. Keep it only as long as the homemade mayo is fresh.

Easy Salmon Patties

1 6-oz. can wild salmon, drained
1/2 onion, finely chopped
2 large eggs
1 Tbsp. plus 1 tsp. coconut flour
1/2 tsp. lemon pepper
1/4 tsp. salt
Dash cayenne
3 Tbsp. coconut oil

1. Mix all ingredients except coconut oil together; form into 5 patties.
2. Heat coconut oil in a skillet. Place patties in skillet; cook until golden on one side. Turn to complete cooking for the other side.
3. Serve patties with Homemade Tartar Sauce or Honey Mustard Dipping Sauce.

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

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