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*Publisher, Connie Poirier | General Manager, Rick Hensley*

## EDITORIAL

*Managing Editor, Becky Walker | Midlothian Editor, Angel Morris  
Editorial Coordinator, Sandra Strong  
Editorial Assistant, Rachel Smith | Writers, Katie Kubitskey  
Virginia Riddle . Zachary R. Urquhart  
Editors/Proofreaders, Pat Anthony . Shannon Randall*

## GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen . Martha Macias . Brande Morgan . Anthony Sarmienta*

## PHOTOGRAPHY

*Photography Directors, Chris McCalla . Brande Morgan  
Photographers, Kobbi R. Blair . Hannah Chartrand*

## ADVERTISING

*Advertising Representatives, Joyce Sebesta . Cherise Burnett  
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## ON THE COVER

*Founded locally, Craft Hope and its followers have created and distributed more than 100,000 items for people in need.*

**Photo by**  
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# EDITOR'S NOTE



*Angel*

Angel Morris  
MidlothianNOW Editor  
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*Hello, Midlothian!*

The older I get, the hotter these Texas summers seem to be. This month's forecast has us waking up to temperatures in the upper 70s, with daytime degrees hovering near 100. I don't know about you, but it's hard to keep my cool in more ways than one this time of year.

This got me thinking about the word *temperature*, with which we measure a degree of hotness or coldness but that can also express the climate of our emotions. Based on zero evidence other than the environment in my own home, our moods can often be chilly, warm or stormy in direct relation to the weather. Isn't it ironic that as temperatures go north on the thermometer our temperaments often go south?

Our July issue showcases some folks who, despite the heat, are doing cool stuff. Whether it's crafting items for those less fortunate, volunteering with local youth or picking up litter around the city, our featured residents make a difference. Read about a Veteran family living and building businesses in the community, and another Veteran known for his creativity in the kitchen. These subjects give back year-round, regardless of weather conditions. Perhaps they will inspire us to find our own way to change the atmosphere for the better.

Stay cool and be cool!

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# CRAFTING HOPE

— By Zachary R. Urquhart

*Many people are battling cancer every day, but some find ways to fight against more than their own diagnosis. They fight against cancer's ability to ruin a life and take away joy. Midlothian resident Jade Laswell was fighting other people's challenges long before she ever received a diagnosis herself. In caring for people who are dealing with everything from sickness and poverty to natural disasters, Jade crafts hope every day.*

Jade grew up in Arlington and earned a speech degree while playing basketball at Tarleton State University, before her career path fell into her lap. "After college, I was working as an admissions counselor at UTSA [The University of Texas at San Antonio]. A friend convinced me to apply for a teaching job," she explained. "Now, 18 years later, I've taught everything from speech communications to engineering."









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After starting as a speech teacher, Jade spent seven years staying home with her kids before getting back into the classroom almost a decade ago. She and her husband, Dustin, have four kids: Julia, Makena, Keegan and Chloe. They both work for Arlington ISD, where Jade teaches at a middle school, and Dustin is a teacher and football coach.

Aside from a life of teaching and raising a family, Jade got into blogging about a decade ago. "I would read blogs about craft projects people were doing, and I realized we could do more with our crafting. I prayed about it and got the idea for Craft Hope," she detailed. "So, in 2009, I put out a challenge for us to make pillowcase dresses to send to an orphanage in Mexico. That first







project, we sent 29 dresses with a mission team, and we kept going from there.”

After that first project, Jade and her online friends made 400 handmade dolls to send to Nicaragua, and Craft Hope picked up momentum. “I created a website, plus Facebook was really taking off, so I started growing a network of people who would make items that we could send to people who were in need,” she recounted. “In addition to making items myself, I coordinate people creating everything from bracelets and scarves to care packages to send to people who need them. Often, we can get church groups, Scout troops and even schools to get involved in helping others.” As large as Craft Hope has become, Jade still has everything sent to her house, where her family and friends stuff items into packages to be sent around the globe.

Jade used her voice online and in the community to unite people for the purpose of bringing hope where it seemed to be missing. She even wrote a book that expanded her audience. “A friend knew someone in the business, so I was approached by Sterling Publishing about writing a Craft Hope book,” she said. “I wrote the copy, and then we included 26 different craft projects that people could make.”



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## **2018 Summer Intern**



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Within just a few years, people around the world were crafting hope for others, all thanks to a simple idea Jade got while blogging herself. After years of spreading hope, Jade received her own cancer diagnosis. “At my first mammogram, they discovered something,” she shared. “It was very early, so the doctors said we had options, but I wanted to do all we could. I had surgery and chemotherapy, and after a few months, they said I was cancer free.”

During the days of chemo, she was encouraged in a way that helped her attitude. “When I was diagnosed, I prayed a lot, but I was mad,” she admitted. “I was in the waiting room, and they gave me a little care package, just like something Craft Hope would make.”

Jade had done projects for cancer patients before, but it took on a new meaning after she had to start her own treatment. “I can’t do quite as much, but my children and husband help me keep going. Honestly, Craft Hope is therapy for me,” she explained. “My motto has always been: ‘When things get hard, craft hope.’”







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Earlier this year, Jade went in for what was supposed to be one of her last reconstruction surgeries, but they discovered that the cancer had returned. "I'm having to do radiation, since I didn't do that last time," she detailed. "I teach in the morning, then go to treatment in the afternoon. And I got connected to the Dallas Cowboys, who have made me part of their family," she continued. "Last year, I was named one of their 'Star Survivors,' so we got to go to the Star, watch the Cowboys practice and spent a day getting spoiled by the Dallas Cowboys. We were even recognized at their survivor football game in the fall. I've gotten letters and an incredible care package from Coach Garrett and the Dallas Cowboys family and Cowboys PR rep Emily Robbins expressing their support while I fight."

Although projects may have decreased slightly in the last two years because of treatments, Jade has no plan to stop the momentum Craft Hope has built over the last decade. "With me as the sole person leading the charge, we've been able to send over 100,000 items to people all over the world," she said. "It hasn't been God's plan yet, but I'd love be able to travel abroad on a trip to hand deliver our goodies. I have been able to see it grow into a massive global charity that sends hope to thousands of people." **NOW**



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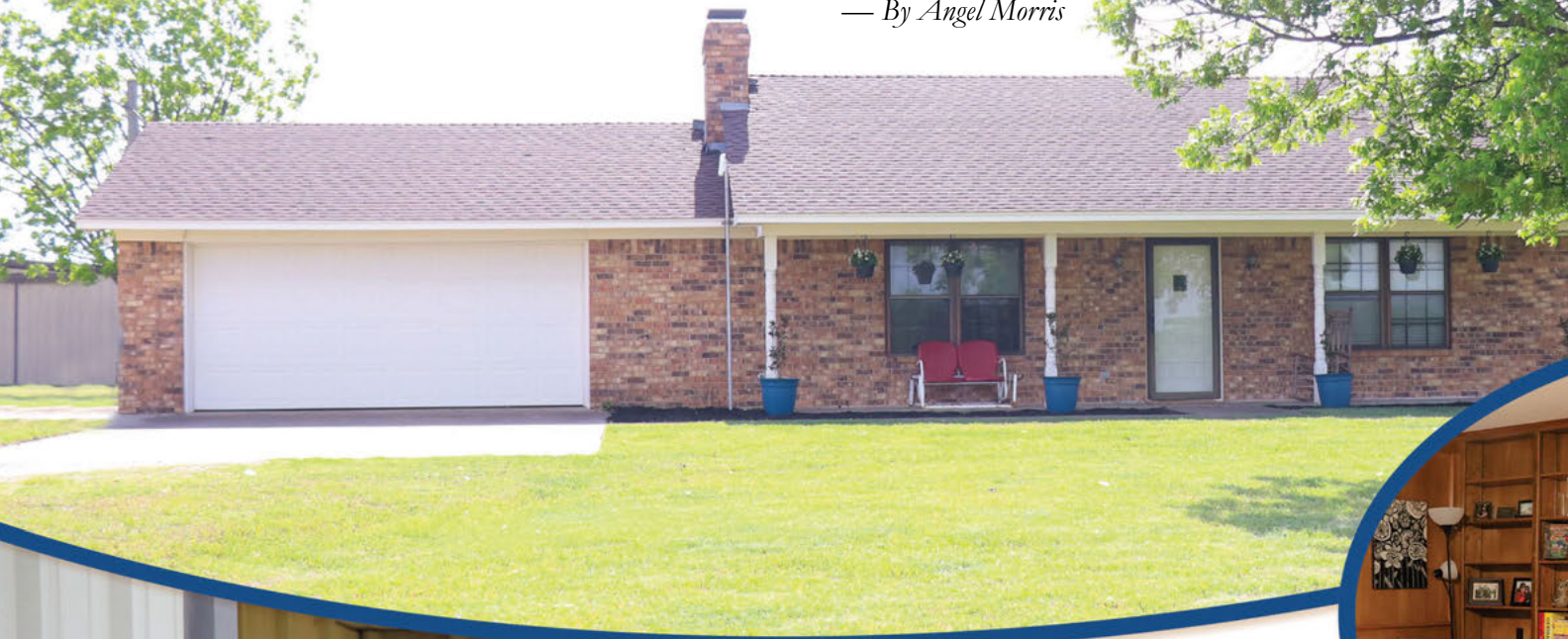
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# Operation Family Time

At Home With Pete & Emily Bartosek

— By Angel Morris



*After years of moving from station to station via military life, Pete Bartosek and his wife, Emily, were ready to put down roots. Two years ago, Midlothian was the place they decided to call home. “Pete had been on active duty for 13 years, first infantry and then special operations. We had a lot of great experiences in different locations, but we wanted our children to finish growing up the way we did — in Texas,” Emily explained.*

Pete left active duty in order to be more involved in his children's lives, and the couple moved to Midlothian, where Emily's







great-grandparents and grandfather had lived. "Our neighborhood actually selected us. Our last duty station was in Key West, where Pete was an instructor at the Special Forces Underwater Operations Schoolhouse. We were looking for a home but had been having no luck," Emily recalled. "My mom came across an available home, and we signed the papers, sight unseen."

That was the Bartoseks' first Midlothian house, which they rented for two years while wondering



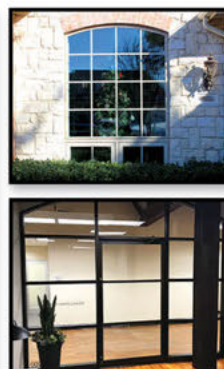
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where they would find their forever home. Ironically, the answer to that question was just five houses away. In 2017, they bought a three-bedroom, 2,600-square-foot home just down the block from their rental.

"I really loved the driveway. It sounds silly, but it's always what I dreamed of having when I got to move home," Emily admitted about finding their dream house on its 5-acre lot. "It's very long and set back off the street. I think it sets the tone for the peacefulness that we feel when we get to our property."



Peacefulness is important to Pete, too, who still serves as a Green Beret in the National Guard. "When I'm at training or gone for deployment, I know my family will lack for nothing, because of the amazing people in this town," Pete said. "I know I don't have to worry about them."

A mixture of comfort and tradition, the Bartosek home is intended to feel welcoming. "I've always loved pieces with history,

while still maintaining a comfortable home that we actually live in, and not tiptoe through," Emily described. "Our favorite room as a family is definitely the living room. We spend a lot of time together there, in front of the fireplace."

While their former lifestyle did not lend itself to building large collections that had to move from place to place, the Bartoseks did manage to keep a number of family heirlooms. "With







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a lot of moves under our belt, there's not been much collecting, although antique furniture pieces from both sides of the family are throughout our home," Pete noted.

Thanks to Pete's decision to end his enlistment so his family could settle in one place, the Bartosek children are better able to consider building collections in their new home. Daughter, Elliot, entering eighth grade at Walnut Grove Middle School, and son, Abel, an incoming sophomore at Midlothian Heritage High School, showcase their personalities within their rooms. "Their rooms are their space, so they've each got their own spin on things," Pete said.

Elliot has her room completely organized and decorated to her own taste. "She has her volleyball memorabilia up and is into special effects makeup, so she has a little vanity and practice area in her space," Emily described.

Abel plays baseball for MHHS, so several bats and memorabilia from when he was little through present-day are displayed. He also plays guitar and has several guitars in his space. Abel enjoys spending time with Pete in a workshop on their land. "It's their happy place," Emily said.

In their home for less than a year, the Bartoseks still have many goals for the property. "We want to add a pool and another large living space. We've always been the house where all the kids' friends come to hang out, so adding a pool is important to us," Emily admitted.



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Pete added, "One day we will remodel, but we spend so much time outside, that that's really more of a priority for us right now."

With their home locale settled, the Bartoseks were able to focus on building their own businesses. "We own Veteran and Son, a property improvement business. We have contracts with homeowners' associations, do property preservation for investors, do individual lawns every season, and we have a roll-off dumpster rental business," Pete noted.

In addition to staying involved in their children's activities, Emily is a founding member of Ellis County Women in Business, and she and Pete are involved with the Midlothian Chamber of Commerce. Pete also volunteers with Special Operations Wounded Warriors — for veterans dealing with traumatic disabilities and PTSD — taking hunting trips, supporting operator spouses and children and connecting wounded operators with highly trained service dogs.

The couple believes the decision to put down roots in Texas was the best thing they could have done for their family. "Our favorite thing about the city is the people. From the old-timers to the newcomers, everyone has a story to be told. I think that everyone in this melting pot has so much value to add to our lives and the children's lives," Emily said. "We feel extremely lucky to come home to Midlothian after so many years of service to the nation." **NOW**

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# Reel Deal

— By Angel Morris

Casting lines on serene waters is how those who enjoy fishing like to spend a day. For Gilbert Miller, the sport became more than a hobby, however. The U.S. Army veteran made it a second career, then agreed to share his knowledge with students interested in the lessons the sport offers. “I know two things: The Army and fishing. I think I can make a positive impact with the skills both gave me,” Gilbert said.

Gilbert began serving as boat captain for members of the Midlothian High School fishing team last year, after a neighbor noticed him working on tackle outside his home. “They drove by many times, then decided to stop. Their son came to talk to me about helping with the fishing program,” Gilbert explained.

As a result, Gilbert joined the program, which doubled to 10 teams of two this year and is expected to increase in members this fall. “Last year, I saw the team got tired quickly. Now they

know what food and drinks to bring to stay energized, and they come with their tackle prepped,” Gilbert noted.

Originally from Philadelphia, Pennsylvania, Gilbert believes 21 years in the Army made him suited to serve as boat captain for aspiring anglers. He got serious about bass fishing while stationed in Hawaii, where he joined his first bass club. Transferred to Ft. Hood, Texas, there he became a boat owner. Now on boat number four, he has countless tournaments and fishing successes under his belt. The sport even became a side business through which he sells tackle and gear at fishing shows, tournaments and online.

These industry connections allow Gilbert to pursue sponsors and schedule workshops for the team. “I’ve brought in a professional — Gary Klein — for demonstrations and sponsors to help some with team expenses,” Gilbert said.

Not a UIL sport, fishing is not funded by the district, according to Gilbert. While students must meet grade requirements and make up work missed due to absences for tournaments, they also are required to secure their own boats, pay for tournaments, jerseys and tackle. “Several volunteers are involved already, but we’re always in need of more, or



any additional Midlothian businesses willing to sponsor with money and/or supplies,” Gilbert said.

Some recruiting has begun at the middle school level, with hopes of growing the program even more. While the MHS team was all boys this year, Gilbert said girls are encouraged to participate as well. “In the military and in fishing, I found that females are excellent listeners. That’s important in fishing, where you really have to pay attention to a lot more than people realize,” Gilbert explained.

While modern boats are equipped with technology that helps track the best waters, Gilbert said aspiring anglers must do their homework. “You study maps and weather. You learn stages of fish life. You follow patterns of fish movement. You practice in relation to all this information,” Gilbert explained. “Like anything, there is some luck involved, but it’s not just luck. And it never hurts to listen to someone who knows what they’re talking about.”

From fishing with his grandfather as a child to creating a business from the sport, Gilbert is happy to use his knowledge helping local youth. “This gives kids another outlet besides traditional sports, and some colleges are even offering scholarships. Fishing is something people actually make a living at. It’s a billion-dollar industry,” Gilbert said.

When not assisting the team, Gilbert enjoys time with his wife, Rhonda, winemaking, grilling and tinkering with tackle. “I guess growing up where there was no grass or trees, now I enjoy everything about being outdoors,” he admitted.

And Gilbert is glad he has fishing to share with the next generation. “It teaches you problem solving, patience and adaptability,” he said. “I’ve been really impressed with this generation’s interest in creating change, and thinking outside the box can help them with that goal.” **NOW**

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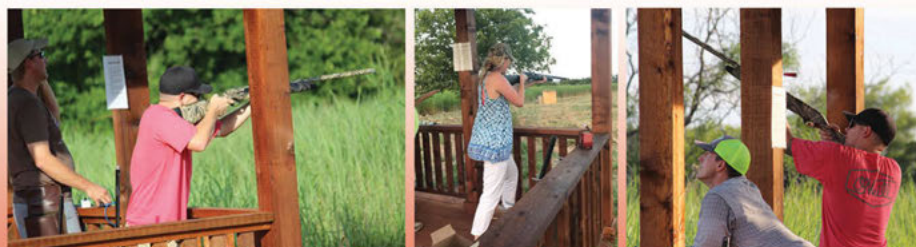


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# Queen of Green

— By *Angel Morris*



*Krystal Hughes has always been environmentally conscious, and her dedication to planet earth is Midlothian's gain. This lifelong local has taken to her hometown streets, quite literally, developing the group Midlothian Goes Green. "Around Christmastime last year, it clicked that we should stop theorizing on ways we can do better as a worldwide society and start making an action plan that starts where we are, with what we have. That's when Midlothian Goes Green 2018 really started taking shape," Krystal recalled.*

Krystal sat down with her husband, Thomas, and thought about changes from the smallest individual level, all the way up to local government and beyond. "Phase One is raising awareness and encouraging individual participation. This is where our Litter Pick Up Parties came into play," Krystal said. "If everyone understood that making change can be as easy as spending half an hour outside in the sunshine picking up loose trash, I don't think it would take long for everyone to join in."

Making litter control cool has been one of MGG's main objectives, which is why, with the help of Keep Midlothian Beautiful, the City Wide Clean Up Day became a party-atmosphere event this spring. "It's been so encouraging to see how many families, groups and individuals have gone out to do their part without any prompting simply because picking up litter has gotten a lot of positive attention in our town lately," Krystal said, noting that some residents had taken to social media, asking who should pick up the city's roadside trash. "Now, I think people are realizing that it's everyone's responsibility, that we all need to get


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off our digital pedestal and get out there and do our part."

Krystal's first cleanup effort began accidentally, while walking to the post office with her mom. "We realized that there was an insane amount of cans along the path. So, we grabbed them on the way, and it sparked a flame that has turned into a burning passion for keeping Midlothian beautiful!"

Krystal has since focused on cleaning the stretch of Hwy. 1387 between the S-curve and Heritage High School. "My husband comes out to join me. It's been a lot of fun! We go out any time the weather and our schedule allow, even if it's just for an hour or so," she noted.



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The next phase of Midlothian Goes Green 2018 is getting local businesses and organizations involved in reducing litter before it begins. "This means encouraging restaurants to give straws, condiment packets, to-go silverware, etc., only when they're requested, or using biodegradable to-go containers and supplies that won't float around for the rest of eternity," Krystal explained. "We'll also be encouraging businesses to go paperless, or to make changes to their internal workings to reduce their environmental impact."

A little bit of education goes a long way, and Krystal believes locally owned businesses will be on board. "Plus, what a great selling point! Being green is so hip right now, and it really helps set your business apart if you can say not only are you providing a great product or service, you're also doing so responsibly."

Afterward, MGG will move on to schools and local government with ways Midlothian can be a more ecofriendly place to live and work. "It has been so encouraging to join forces with Keep Midlothian Beautiful, as well as see the formation of Midlothian's Clean Coalition, and all of the individuals who are itching to join in. The more people out there trying to tackle the same issue, the

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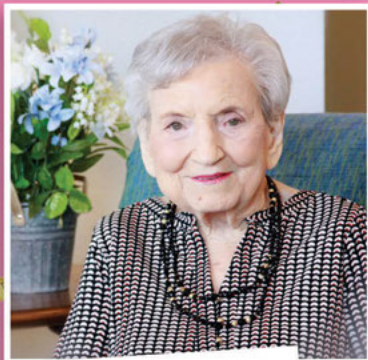
  
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more progress we're going to make," Krystal said. "When Midlothian Goes Green transitions into other phases, there will be a strong group to keep the previous phases going and thriving. It's going to be a truly sustainable system!"

Krystal is dedicated to her part in that system, even beyond litter pickup. "I always knew that when my business, Jane Dough Bake House, became a storefront, that it needed to be as sustainable as humanly possible," she said. "My husband and I have been brainstorming ways to use solar power, renewable containers, using the landscape to provide edible ingredients, as well as be a place to sustain the bees and boost carbon absorption."

The Hugheses know there is much that can be improved to make the world more livable for future generations, starting in their own community. "I've watched Midlothian grow and become this exciting little hub of activity. I believe there is an undiscovered well of potential for being a green city here, too," Krystal said. "How cool would it be to say that we are the most sustainable city in the DFW area, as well as having these awesome new developments, like Founder's Row and the Farmstead?"

To that end, Krystal ensures she and the Midlothian Goes Green movement will do their part. "We've got some great things on the horizon, and I believe that we can be the best version of ourselves if we all make the conscious decision to put our best, most green foot forward."

To participate, one need only pick an area and get cleaning. Posting one's efforts on city social media is also encouraged. "I love to look online and see how someone went out on their own and picked up three bags of litter," Krystal said. "It's been great to see such a big shift in people's attitudes in such a short amount of time!" **NOW**

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# CookingNOW

## *In the Kitchen With*

### CHRIS BROWN

— By Virginia Riddle

Smiles, excitement and satisfaction are what motivate Chris Brown's cooking, whether the delightful dishes are prepared for family, friends or customers of his catering service or Super Sliders food truck. Hungry crowds don't daunt Chris. "My wife and I have five kids and a grandson," he said. "We host an annual Fourth of July party. Last year, we fed 145 people!"

An Ellis County native, Chris learned to cook at age 12 with his grandmother, worked in restaurants after his military service and received a culinary degree. He cooks Italian, French, Mexican and Southern American regional dishes, but loves the creative freedom of experimenting with recipes. "I really enjoy grilling and smoking meat," Chris shared, "and I love being able to take ingredients and create something amazing." **NOW**

### Buffalo Chicken Pinwheels

Makes 35-40.

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- 1 cup cheddar cheese, shredded
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- 2 Tbsp. sour cream
- 1/2 cup buffalo wing sauce
- 2 cups cooked chicken breast, chopped into 1/8- to 1/4-inch chunks
- 3 10- to 12-inch tortillas, softened
- 1/2 cup chives or green onions, sliced

1. Combine the bleu cheese, cheddar cheese, cream cheese, sour cream and wing sauce. Mix thoroughly; add chicken.
2. Divide the mixture into thirds; spoon each 1/3 into 1 of the 3 tortillas. Spread evenly over the tortilla; tightly roll each tortilla from one side to the other until it looks like a rolled enchilada.
3. Refrigerate rolls for 4-6 hours. Remove; slice each roll into 1/4- to 1/2-inch slices. Do not crush or misshape the pinwheels.

4. Lay the pinwheels on a platter; garnish with the chives or green onions.

### Red, White and Bleu Cheese Coleslaw

- 3/4 cup real mayonnaise
- 1/2 cup sour cream
- 1/2 cup bleu cheese crumbles
- 2 Tbsp. apple cider vinegar
- 1/2 tsp. kosher salt
- 1/2 tsp. coarse ground black pepper
- 1/2 head white cabbage, shredded
- 1/2 head red cabbage, shredded
- 1 small Vidalia onion, sliced

1. In a large bowl, mix the mayonnaise, sour cream, bleu cheese, vinegar, salt and pepper.
2. Add the white and red cabbage and onion; fold together until ingredients are coated well.
3. *Tip:* Use fresh, clean rubber gloves to mix by hand to get an even coating.

### Fettucine Alfredo

Serves 4-6.

- 1 lb. fettucine pasta
- 4 Tbsp. unsalted butter
- 2 tsp. garlic, minced
- 2 tsp. chicken base
- 3 cups heavy cream
- 1/2 tsp. kosher salt
- 1/2 tsp. white pepper
- 1/4 bunch fresh parsley, chopped
- 1/4 cup Parmesan cheese, grated

1. Cook pasta in boiling water for 10 minutes. Immediately drain; cool. Pasta must be al dente (soft, but still slightly firm in the middle of the pasta).
2. In a 12-inch skillet, melt the butter; add garlic and the chicken base. When the garlic is heated, add the heavy cream, salt and pepper; simmer.
3. Add parsley and Parmesan cheese, whisking until mixed well and mixture begins to thicken.
4. Add pasta. Toss; serve in a bowl.

### Hatch Chile Queso

Makes 10-20 servings as an appetizer.

- 5 Tbsp. unsalted butter
- 10 Hatch chiles, roasted and chopped
- 1 shallot, finely diced
- 5 Tbsp. all-purpose flour
- 2 1/2 cups whole milk
- 20 oz. Monterey Jack cheese, grated
- 1 tsp. salt



**1 tsp. pepper**

**Tortilla chips, to taste**

1. In a stockpot, melt the butter; add the chiles and shallots. Cook until the shallots are translucent.
2. Add flour; mix to form a roux. Slowly whisk in the milk; mix well, leaving no lumps in the roux.
3. Add the cheese, salt and pepper, stirring constantly until the cheese is melted to prevent sticking to the pan's bottom.
4. Serve in a bowl with tortilla chips on the side.

## Meatballs

*Makes 16 2-oz. meatballs.*

- 2 Tbsp. extra-virgin olive oil
- 2 lbs. 85/15 ground beef
- 2 eggs
- 1/2 cup white onion, finely diced
- 1 Tbsp. garlic, minced
- 2 tsp. dried basil
- 2 tsp. dried parsley
- 2 tsp. dried thyme
- 2 tsp. dried oregano
- 2 tsp. dried fennel seed
- 1 Tbsp. garlic powder
- 1 tsp. crushed red pepper
- 4 Tbsp. Worcestershire sauce
- 1 tsp. kosher salt
- 1 tsp. black pepper
- 1/4 cup Parmesan cheese, grated
- 1/2 cup fine breadcrumbs
- 1 8-oz. can tomato sauce (divided use)

1. Preheat oven to 400 F; coat a baking dish with olive oil.
2. Combine all ingredients, reserving 4 oz. of the tomato sauce; mix well.
3. Using rubber gloves, roll out 16 meatballs; place in the prepared baking dish.
4. Using a spoon or brush, top each meatball with the reserved tomato sauce.
5. Bake for approximately 20 minutes, or until internal temperature reaches 165 F.

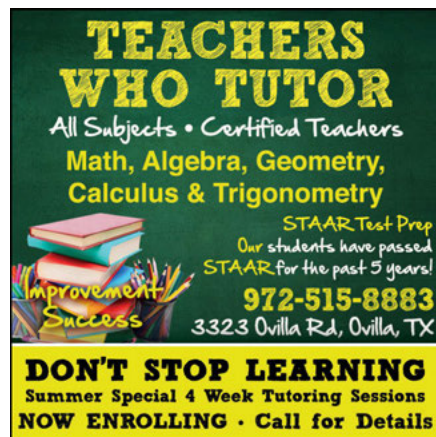
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## BusinessNOW

# Access Self Storage and Truck Rental

— By Angel Morris

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**Hours:** Monday-Saturday: 9:00 a.m.-6:00 p.m.  
 Sunday: 1:00-6:00 p.m.

Access Self Storage and Truck Rental celebrated its first anniversary in Midlothian this summer. Its owners are excited about helping unite businesses and residents here as they do in neighboring locations.

Since opening its Red Oak location in 2009, Access has assisted the Red Oak Education Foundation, including serving as presenting sponsor of the first Bingo for Purses Gala, for which Access owner Doug Hunt also provided a Louis Vuitton purse as the grand prize. This spring, Access sponsored Midlothian Marketplace, a gathering of more than 100 businesses, retailers and organizations offering

shopping, services and food samples to residents. “We will continue our company’s tradition of community service,” Doug said.

Access provides varied-size storage units with state-of-the-art security. A longtime real estate professional, Doug has sought to provide customers a new standard in storage. “I’ve learned the self-storage business as I’ve been doing it for 30 years,” he noted.

Customers range from those moving and in need of temporary housing for their possessions, to those clearing their homes from infrequently used items and keepsakes. As a result, units as large as 10-by-25 or as small as 5-by-5 are available by month or long term. Customers can also choose climate-controlled spaces.

Credentials are required to access the gated facility, which is kept watch over by on-site resident managers Sharon and Foree Bitner. “We have managed for several other storage companies but were really amazed at the quality and enhanced security aspects of Access locations. And since we live here, we pay attention to what goes on around the property,” Sharon said.



Perhaps it's attention to detail that makes Access Storage a fan favorite, including its shredding station, so clients can dispose of personal papers; on-hand packing and moving supplies; and even a conference room for customer use. U-Haul trucks can be rented for local or cross-country transport, helping Access live up to its motto: "Your one-stop moving and storage solution."

Founded with Doug's father, Bill, in 1972, and maintained with his brother, David, Access Storage is the recipient of recognition awards, including the Consumers Choice Award received every year for a decade. The brothers seek ways to give back through their business, such as college and camp scholarships.

In times of tragedy — like when tornadoes hit Access Storage cities in recent years — the Hunts have provided free storage for victims. "Life changes can come quickly. We offer services people need when life hands them transitions," Doug commented.

A five-term Ovilla City Council member, Doug is no stranger to community service, having earned the Red Oak Masonic Lodge Volunteer of the Year Award, the Lancaster Chamber Golden Gaither Award and the Man-of-the-Year title from DeSoto Chamber of Commerce in years past. Doug and David are also co-chairs for fundraising with Texas Self Storage Association. "We've raised over a million dollars for the Shriner's Hospitals for Children," Doug said.

The Hunts even raised awareness of the storage auction trend after being featured on the TV series, *Storage Wars: Texas!* Access has monthly unit auctions open to the public. "As one of the premiere storage companies in Texas, Access Self Storage was on the short list of places for filming when *Storage Wars* came to DFW," Doug explained.

Midlothian's Access Self Storage adds to the list of Hunt-owned facilities in Red Oak, Garland, East Dallas, Pleasant Grove, Oak Cliff, Lancaster and the newest facility in nearby DeSoto. "We're growing and giving back to our communities," Doug concluded. "We're here to help at all our locations." **NOW**

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## TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,



collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.


It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Saveur's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

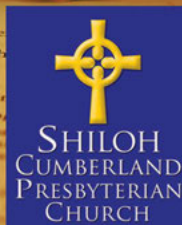
Louisville's also easy to get to. It is within a day's drive of nearly half the U.S. population, and the Louisville International Airport is serviced by nearly every major airline, with nonstop service to 23 destinations and convenient connections to cities worldwide. Help planning your getaway to this Southern star is one click away at [gotolouisville.com](http://gotolouisville.com). **NOW**

*Photos courtesy of Louisville CVB.*

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## Let's Get Physical

— By Zachary R. Urquhart

*There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.*

### Stretch It Out

- *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.



- *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better



results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

## Spin It Out

- *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



- *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by

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## Cross It Out

• *It is more than just a fad.* Over the last decade or so, new workout methods and styles have become all the rage. Things like CrossFit and Camp Gladiator are great for getting a high-energy workout where you can work at your own pace, while being pushed by the people that can do just a little more than you. These high-intensity, body-weight or resistance-based workouts have proven results for people just trying to lose weight and those trying to get into the best shape of their lives.



Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**





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# SERVICE

## WITH A SMILE

— By Zachary R. Urquhart

*Kids these days. For decades, those words have typically preceded a list of all that is wrong with the next generation. Sometimes though, what comes next is a glowing report of all the wonderful things that young people are accomplishing in the classroom, on the field or in the community. Aubrey Walton is one of those young people who does so much good, she is a reminder that often kids these days are simply amazing.*





**“It was so surreal to realize how many lives you can touch just by being a servant.”**

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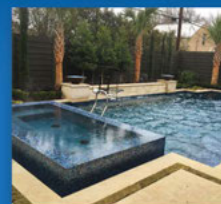
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Aubrey has grown up in Midlothian, attending five of the 11 current campuses in the district. “My dad actually grew up here, so I’ve been in this community all of my life,” she added. At first glance, Aubrey may be thought of as an athlete, having played volleyball her entire secondary school career. “I played club, and started playing for Coach Fish in seventh grade,” she detailed. Her on-court performance and off-court leadership earned her captains honors this past school year, the second in a row where the team had postseason success. “My brightest memories are probably getting deep into the playoffs the last two years, since we hadn’t done that in a long time,” she said.

After ending her volleyball career, she decided to start a new chapter



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in her athletic life, joining the tennis team this past spring. "I had not played before, but I knew the team and the coach, and I wanted a new challenge for myself," she explained. Aubrey talked to coach Sam Wrinkle, and he had her try out. While her on-court skills were commensurate with someone who had only recently picked up the sport, her attitude, leadership and work ethic earned her a spot on the team.

"Aubrey is a competitor," Sam said. "Having someone who will always fight and who will always try to find a way to win is great for the team." Aside from the intangibles she has that directly helped the team, Sam also saw an all-around good kid and knew she could be an asset.

With her accomplishments as an athlete, as well as being in the top 5 percent of the 2018 graduating class, it should come as no surprise that Aubrey was selected as the February Wingstop Scholar Athlete of the Month by NBC 5. It was, in fact, only a surprise to Aubrey herself. "I showed up for what I thought was a community leadership meeting," she outlined. "But then, it turned out I was being recognized for this award. It was so surreal to realize how many lives you can touch just by being a servant."







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The volleyball and tennis courts are not the only places Aubrey serves, as she has been highly active in service to her school and to her community. During her time at Midlothian High School, Aubrey was in service organizations like Student Council and National Honor Society, and one of her favorite classes was working with special education students. "I was in Partner PE, which is where you get paired with a student, and you help them learn and play sports like basketball and bowling. It's so humbling, but also exciting, to grow close with them while they do new things," she said.

Aubrey's love for serving the community is nothing new, though, as she has spent a good portion of her life helping people and giving back to the community. "My family has always done a lot to help people," she detailed. "In middle school, we would go with our youth group to homeless shelters all the time."

While some young people might think of serving as a chore they have to do to make their parents happy, Aubrey has a heartwarming outlook on the work she has done. "I serve so much because it is the best way to give back," she said. "I've been given so much. It just feels good to give to others, and it makes me feel like part of a bigger family." Along with feeding the homeless, being a part of school organizations and regularly helping clean a stretch of





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road in town, Aubrey had a unique opportunity that has given her a new perspective on one of the tenets of democracy — voting.

“I was a page for a day in Austin last summer,” she said. “Our duties were mainly delivering papers and things like that, but just to be able to see and listen to everything that goes on was a really awesome experience.” Seeing the government in action reinforced how important voting is in Aubrey’s mind, which is why she has tried to help spread the message. “I helped register seniors to vote at the high school,” she recalled. “After seeing how much the government does and how big of an impact we have, I just think it’s so important for everyone to have their voice heard.”

Aubrey’s story is not over, but she is getting ready to start a new chapter in a new place. “My family all went to Texas A&M University, so I always knew I’d go there, too,” she laughed. “I grew up going to games, and I met Reveille when I was a kid. It was the only school I applied to.” As someone who loves math and science, she is planning on majoring in mechanical engineering. Whatever her future holds, there is no doubt that Aubrey’s attitude, outlook and desire to help others will serve her well. **NOW**



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## Zoomed In:

By Angel Morris

## Tyler Walker and Kathryn Adkins

Tyler Walker and Kathryn Adkins achieved a unique milestone earlier this year, graduating with 13 years of perfect attendance. Next month, Kathryn — who ranked fourth in her MHS class — begins college, where she will prepare for a pediatric oncology career. “Classes will be difficult, so attendance will be more important than ever. I plan on continuing my perfect attendance at Baylor University,” Kathryn said.

Tyler, who placed in two state track and field competitions for MHHS this year, also plans to pursue perfect attendance in college despite the challenges it can bring. “Waking up at 5:00 a.m. for track practice or going to my grandmother’s house to administer her insulin was a hard task, but if I had to do it again, I’d do it all over, just the same,” Tyler stated.



*A group of Midlothian High School students pose with Superintendent Lane Ledbetter and Trustee Andrea Walton before graduation.*



*Joined by Downwinders at Risk and MISD representatives, DAR's Sue Pope presents Melissa Wolfe, MISD executive director for specialized learning, with a donation.*



*Lamar Seago, Collin McDonald and Ryan June show off their specially modified AR-15 golf ball launchers.*



*Hardesty Law Office celebrates its new offices with a ribbon cutting ceremony.*



*QT Distribution Center makes a donation to Paws for Reflection Ranch.*





Kathie Andrews visits the Oscar Mayer "wienermobile" during its stop in Midlothian.



Superintendent Dr. Lane Ledbetter and some Midlothian Heritage High School students stop for photos before graduation.



Tommy Blake presents Jason Thompson, owner of Pestek, with his Chamber membership plaque.

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# Calendar

3

Fireworks Display: 9:15 p.m., MISD Stadium Parking Lot, 1800 S. 14th St. Sponsored by Citizens National Bank of Texas, Midlothian Community Development Corporation and the City of Midlothian. Rainout day **July 5**.



9 — 12

Vacation Bible School: 6:00-8:30 p.m., FBC Midlothian, 1651 S. Midlothian Pkwy. Message [info@fbcmidlothian.org](mailto:info@fbcmidlothian.org) for details.

10

The tRICKster Magic Program: 10:30 a.m., A.H. Meadows Public Library, 922 S. 9th St. Tricks by magician Rick Morrill. For more information, call (972) 775-3417.

12

Disney Music Celebration: 10:00 a.m., A.H. Meadows Public Library, 922 S. 9th St. Dress as a Disney character. For more information, call (972) 775-3417.

14

Movies in the Park: 7:30-9:30 p.m., Midlothian Community Park, 3601 S. 14th St. Watch Disney's *Cars 3* drive-in movie style.

15 — 19

Vacation Bible School: 6:30-8:00 p.m., Calvary Baptist Church, 1591 S. 9th St. Message [justin.owens@calvarymidlothian.com](mailto:justin.owens@calvarymidlothian.com) for details.

16

The Writers' Circle: 6:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. Open to the public to provide support, motivation and writing tips. For more information, contact Sarah at [writerscirclemidlo@gmail.com](mailto:writerscirclemidlo@gmail.com).

17

Cool Sax with Cody: 10:00 a.m., A.H. Meadows Public Library, 922 S. 9th St. Come chill out with cool jazz during this saxophone demonstration. For more information, call (972) 775-3417.

20, 21

Ellis County Quilters Guild Quilt Show: 9:30 a.m.-5:00 p.m., **Friday**; 9:30 a.m.-4:00 p.m., **Saturday**, Midlothian Conference Center, 1 Community Circle Dr. Garden Party theme. Tickets for quilt raffle are \$1 each or six for \$5.

21

Wildflower Walk: 8:00-9:00 a.m., Mockingbird Nature Park, 1361 Onward Rd. Nature hike guided by Indian Trail Chapter of the Texas Master Naturalists.

Pet Adoption Event: 9:00-11:00 a.m., Tractor Supply, 890 N. Hwy. 67. Adoptable pets from the Midlothian Animal Shelter. Contact (972) 775-7628 for more details.



24

DJ Demo: 10:00 a.m., A.H. Meadows

Public Library, 922 S. 9th St. Local deejay demonstrates coordinating a show. For more information, call (972) 775-3417.

28

Steady Warriors Yoga Class: 10:00-11:00 a.m., Crescent Yoga Studio & Eco-Boutique 812 Alex Ln. Trauma-sensitive yoga free for veterans and first responders. Contact Dawn Harris at (469) 285-3559 for details.



Ongoing:

JOY of Midlothian Service Efforts: More than 100 student volunteers available for serving the community. Email [JOYofMidlothian@gmail.com](mailto:JOYofMidlothian@gmail.com) for information.

Mondays

Celebrate Recovery meeting: 7:00-9:00 p.m., The Lighthouse Church, 1400 N. 9th St. A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups. For more details, email [jason@dfwlighthouse.org](mailto:jason@dfwlighthouse.org).

Second and Fourth Mondays

Rag-Tag Readers Book Club: 10:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. For more information, call Sandy at (972) 775-3417.

First Tuesdays

Midlothian Area Historical Society meeting: 7:00 p.m., Community Room of CNB, 310 N. 9th St. For more details, contact Edwin Bateman at (972) 743-2379.



First and Third Tuesdays  
Bluegrass Jam Session: 7:00 p.m.,  
Lighthouse Coffee Bar, 1404 N. 9th  
St. Everyone's invited to join in —  
bring your instrument or simply relax  
and enjoy.

Wednesdays  
Movies at the Meadows Library:  
1:00 p.m., A.H. Meadows Public  
Library, 923 S. 9th St. Bring a blanket.  
Children 12 and under must be  
accompanied by an adult.

DivorceCare: 6:30-8:00 p.m., First  
United Methodist Church Family Life  
Center, 800 S. 9th St. DivorceCare  
for Kids ages 5-12 meets at the same  
time. Care for younger children  
available. For more information,  
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Second and Fourth Wednesdays  
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Klub: 7:00-9:30 p.m., Western  
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Thursdays  
Scrabble Club: 10:30 a.m., A.H.  
Meadows Public Library, 923 S.  
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# Hometown Home Run

— By Angel Morris

“Help me, help you,” might well be the motto for Joey McAteer, a 2012 Midlothian High School graduate who was impacted by growing up the son of a single mom. Back in the day, he was the manager for the basketball team, and some nights, he might still be seen at the scores table at local games.

Upon graduating from MHS, he attended Navarro College in Midlothian, then transferred to Southern Methodist University. Originally, his dream was to be a sports agent like the movie character in *Jerry McGuire*, and he studied sports management. But in 2016, he graduated from SMU with a master’s degree and a new career goal.

“My mom is a single mom, and growing up, it was either pizza or fast food every night, since she was often too tired to cook, understandably,” Joey recalled. “An entrepreneurship class in college helped me develop a new career goal.”

After several class critiques, Joey honed in on a business plan that would provide quality food delivery to smaller communities like Midlothian. He entered and placed first in SMU’s Business Plan Competition, receiving \$5,000 to kickstart his career. Then he had to research, develop and

create his own website and app, and, in January 2017, Home Run Deliveries was born.

“Technically we are a courier service, but the focus is bringing restaurant-quality meals to your doorstep,” Joey explained. But, as customers can attest, food is hardly all Joey offers.

Today he regularly visits homebound and hospitalized residents just to check on them, and he is often called on to help people in need. For instance, during Hurricane Harvey, he heard about a volleyball team stranded at a nearby Holiday Inn and delivered a cart full of necessities that were purchased for the team.

Joey also believes in employing young adults to give them a head start, or stay-at-home moms trying to help with the family’s income without losing too much time with their children. Focusing on serving his hometown, he is thankful for local restaurant partnerships, whose menus are available on his website.

Joey supports Manna House through canned food drives via his website as well, and he is open to most suggestions that help him help Midlothian. “I started the company with the sole intention of giving back to this awesome community that has contributed so much to me. I felt it was my duty to give back any way I could,” Joey said. “I can think of so many people who can be helped through a business like this, and I’m excited for all the possibilities!” **NOW**

*Editor’s Note: Visit [www.homerundeliveries.com](http://www.homerundeliveries.com) to learn more.*



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