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M A G A Z I N E

October 2009



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**A Reflection
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Full Throttle

**Awareness
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At Home With
**Scott and
Tracy Brown**

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The Midlothian ISD Education Foundation (MEF) is a 501(c)(3) nonprofit, tax-exempt philanthropic organization of citizens who share a vision of enhancing education in Midlothian ISD. We work to increase private support for educational activities at MISD, which benefit students and personnel by supporting activities not funded by tax dollars. MEF fosters creative approaches to education through private grants and involvement, and the Foundation awards funds through a volunteer board of directors made up of business, community and educational leaders.



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With M&M's®



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gears up for more football.

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Editor's Note

Hello, Midlothian!

The excitement of fun and tradition begins this month with our wonderful Chamber of Commerce hosting the annual Fall Festival on October 10 at Midlothian Independent School District Multi-purpose Stadium. Go enjoy the food, a return of the 5K, family fun and get some early Christmas shopping out of the way by visiting the vendors. Visit www.midlothianchamber.org for more information. October is also a special month of recognition and consciousness for breast cancer survivors since it is Breast Cancer Awareness month. The Midlothian conference center will host their annual art show this month. Contact Mary Rustin at (972) 723-7919 for more information.



The Midlothian Downtown Business Association along with our Chamber generously kicks off Halloween on October 30 from 4:00 p.m. until 6:00 p.m. downtown, with treats for the asking. Keep your eyes open for the kiddos, and let us make this a happy and safe time of trick or treating for everyone.

Betty Tryon
MidlothianNOW Editor

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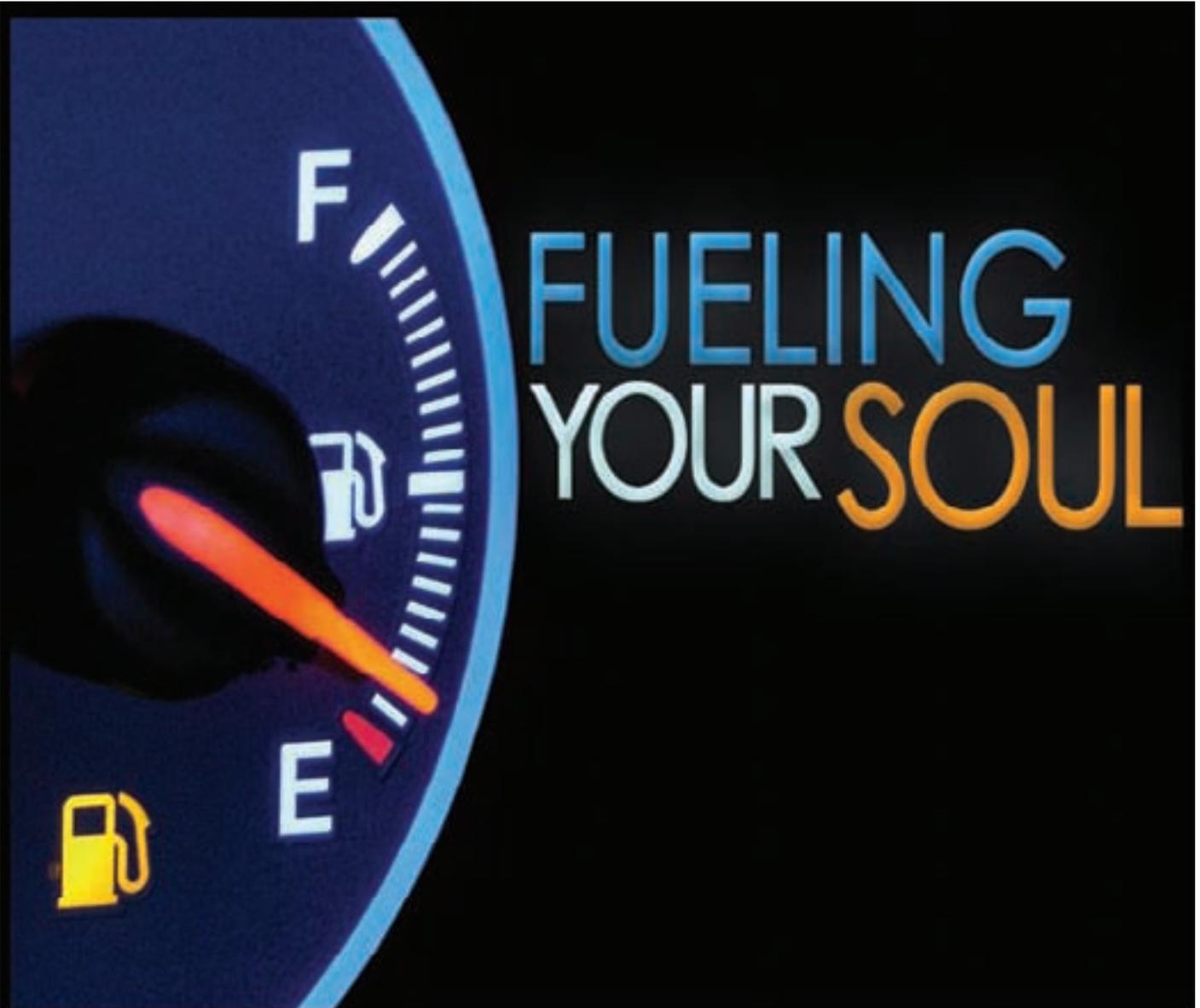
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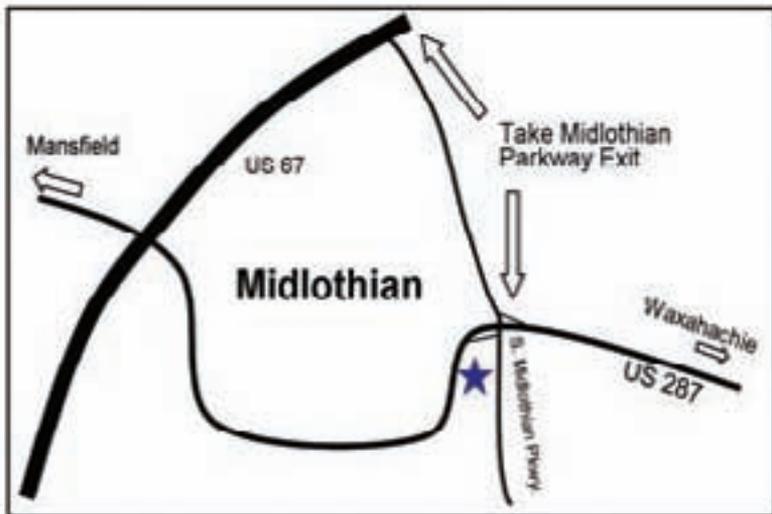
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Awareness Goes Personal

— By Betty Tryon

“Dear Lord, let me keep my eyebrows.” A seemingly trivial request but monumental in the life of Julie Brooks. As a breast cancer survivor, she can now laugh and joke about her prayer, but at the time, it was very important to her. “You hear about everyone losing their hair on chemotherapy and you really don’t know what that’s like. I could deal with being bald, but when you don’t have the eyebrows, it is a different look. With the eyebrows you can wear hats and still look OK.”

Julie’s knowledge of breast cancer is up close and personal. She is the eighth person in her family to be diagnosed with the disease. Her mom was diagnosed at the age of 52, while Julie found out she had cancer one month before her 37th birthday. She stated, “All the time I was growing up, I knew there was a big chance for me to get breast cancer

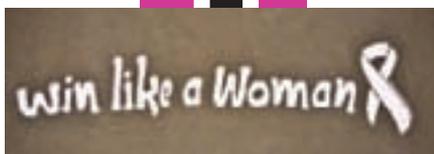
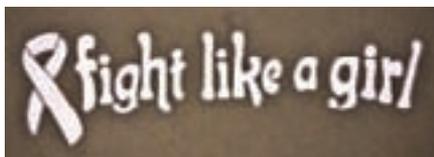
but I thought I would get it when I was older.”

Julie realized the need for regular mammograms but, somehow with the busyness of life, she forgot about it. Upon hearing that one of her cousins was recently diagnosed with breast cancer, Julie went in for her test. She recalled the day her doctor called with the news. “I was at school when he called. I had told everyone that if I got the news at school, I would be crying and upset and would have to leave. I remember when I left school that day; I called my mom and cried.”

The initial biopsy of Julie’s cancer showed it was in its very early stage. Her doctor diagnosed it as lobular carcinoma in situ meaning the cancer had not spread beyond its initial site. She explained, “That type of cancer is a mirroring type of cancer, so the chances

of the other breast having it were very, very high. My doctor recommended a double mastectomy. Since I always knew this would be something I had to face, I chose the double mastectomy for my sanity and health.” With the original diagnosis, Julie thought she would go in, have her double-mastectomy, reconstructive surgery and that would be it. Real life seldom goes according to plan, and Julie’s journey with cancer took a dangerous turn.

“When the breast tissue was removed, they went through it with a fine-tooth comb,” Julie explained. “What was next to the site that was biopsied and showed carcinoma in situ, was cancer that was already in stage 2. So, all the plans changed. Now I had to go through chemotherapy.” However, chemotherapy



would have to wait. Two weeks after the surgery, Julie developed an infection in her wound and had to return to surgery. She lamented, “Because of the infection, they didn’t close up the wound. I had a wound vac and a nurse had to come tend to me on a daily basis. That lasted many months. I couldn’t start my chemotherapy until my wounds healed.”

The healing of her wounds was not the only problem hindering the chemotherapy. She found out that a return to surgery was necessary to have her lymph nodes removed. Thankfully, her lymph nodes were biopsied and found negative. Julie’s cancer was estrogen and progesterone positive; therefore, the specialists recommended a full hysterectomy as well. Julie commented, “I had my mastectomy done at the very end of May in 2007. I had to go through all of my surgeries and all of my chemotherapy before I

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could have a hysterectomy. I had to wait until my white blood cell count went back up before I could go into surgery. So, I didn't have it [hysterectomy] done until December 2007." During the time of her chemotherapy treatments, Julie talked of being led into a room with four chairs that were all occupied by cancer patients receiving their treatments. She remembered that the senior citizens around her spent their time knitting while she sent text messages.

To go through so much in such a short amount of time can make one reflective. Laughing Julie said, "I'm a very bubbly, outgoing person who enjoys friends and life. Everyone says, 'Cancer taught me this,' or, 'This is what I've



Julie Brooks poses with her sons, Colby and Connor.

learned from it.' I kept thinking, *When is it going to come to me what I've learned from it?*" Becoming introspective, she continued, "I think it [cancer] changed me a little. During the school year 2007-2008, I did not come back to school [to teach] at the beginning of the year. My doctor recommended that since I worked in an elementary school that I not teach or be around young sick kids because my blood count was so low. I also had one infection after another and it was just not a good thing. I did not return to school until the end of January 2008. I missed half of the school year. It is very difficult being away from your friends and life and feeling secluded," she said.

Throughout her struggle with cancer and all the infections and additional surgeries, Julie is immensely grateful for the incredible support shown by her mother, her friends and other family members. "I entered a three-day breast

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cancer walk for myself, my mom, my relatives and anyone affected by breast cancer. I knew if I joined, it would be a place where I would find common ground with other people like me sharing the same experience.” Her family helped her raise the money, as did the school in which she worked — Mt. Peak Elementary School. “My school did a Jeans for Julie coupon. They sold the coupons for \$5 each, and for every coupon the kids had, they could turn them in to wear jeans to school for that day.” To show solidarity for Julie, the day before the walk the staff and some of the students wore pink to school.

Julie wants to help others in her situation. Texas Christian University has a “Pink Out,” which raises funds for breast cancer by selling pink T-shirts,



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and survivors can come on the field for some type of recognition. Julie explained, “I started thinking that having a Pink Out would be something I could bring to my own community.” Julie and several other volunteers received approval from Midlothian Independent School District Athletic Director Steve Keasler to have a Pink Out at Multi-purpose Stadium in September. It was a fitting beginning to Breast Cancer Awareness Month, which is in October. “I want to reach out to others about health awareness, and the Pink Out and 3-Day Walk are ways I can do that,” she said.

By the way ... Julie kept her eyebrows. 

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Paulette Culver has been a member of the US Drug Mart family for seven years, but has lived in Midlothian all of her life. She has been married to her high school sweetheart for forty-one years. She has one daughter and two granddaughters. She enjoys spending time at the lake with her husband and her little dog.



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At Home With
**Scott and
Tracy Brown**

Living the *Simple* Life

— By Amanda Madden Pitt

“We’re going to sink our souls into Midlothian,” Tracy Brown said, referring to her family’s new life, which they hope will be simple. Tracy and her husband, Scott, along with their 6-year-old son, Truman, live on an acre corner lot in a quiet Midlothian subdivision, and though their dreams of an uncomplicated existence have come to pass in a field of Texas charm, those dreams have been fostered by years of travel across the country and unique life experiences. “We moved here four months ago. My husband is from Ellis County and we lived in Arlington for 20 years. We just decided we’re young, we can move again,” Tracy said. “We really had a desire to get back to a small town. We chose Midlothian because it was kind of





back to where Scott was from.”

To fully appreciate the Brown family’s four-bedroom, 4,100-square-foot, art-filled home, it helps to know a little about their upbringing. Scott was reared in Ovilla, and his mother dabbled in art. Tracy was reared in Branson, Missouri, where her father was a land developer. The couple met in college and was married for 15 years before having Truman. When Tracy talks about what gave her the desire to settle down in a small town, it is in conjunction with a childhood memory that lives on in Truman’s life today. “My family has a beach house on the Washington coast, so we get to spend some time there in June,” Tracy said. “We are big fans of the beach. I love to look at water; my son and husband love to play in the water.” The beach house is located in Seabrook, just two-and-a-half hours from Seattle and three hours from Portland. It is a favorite getaway spot for the entire family — the Browns, Tracy’s



parents, her sister, brother and their children. They return to it every year.

Like travel, adventure is never far from this family's fingertips. They love sports. Tracy has played tennis all her life, and Scott, Internal Affairs commander at the Arlington Police Department for the past 18 years and police security coordinator for the Texas Rangers for

seven seasons, seeks out new challenges on the weekends.

The Brown home reflects contemporary style, with glimpses of traditional uniqueness. Tracy is an art collector, a hobby she comes by naturally as the daughter of artist Dee Wescott. "My mother is an artist and very free spirited, and my father is conservative — a land



developer in Branson. I love traditional, but it has to be unique," Tracy said. Uniqueness is a virtue that was born in her through years of travel and exposure to art, beauty and originality, a trait that both Tracy and her mother share. It comes across in Dee's paintings and in Tracy's nostalgic reactions to her mother's mark on the world. A proud tone is evident in her voice, as she describes the moods portrayed in the windows to the soul that hang on her walls. The paintings are special to Tracy,

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Sofanie Carreon, N.P.

Triwanna Fisher, M.D. is board certified in family medicine and received her medical degree from Texas Tech University Health Sciences



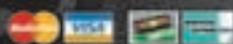
Center School of Medicine in Lubbock. She completed her residency at John Peter Smith Hospital's family medicine residency program in Fort Worth. Dr. Fisher is interested in the management of acute and chronic diseases, women's health, dermatology procedures, adult and pediatric medicine. Dr. Fisher enjoys reading, watching movies, and traveling internationally.

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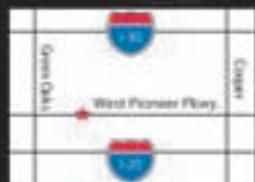


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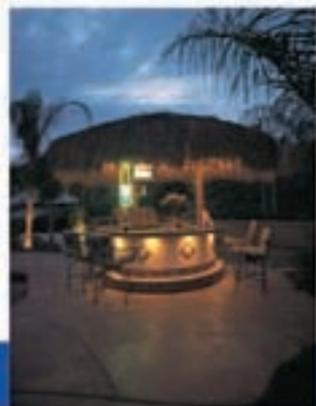
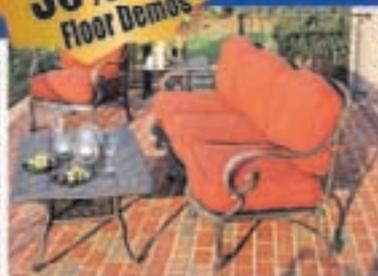
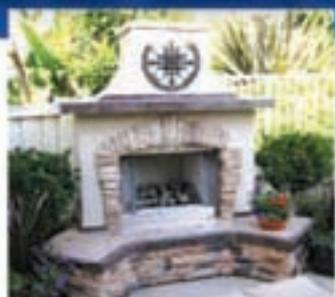
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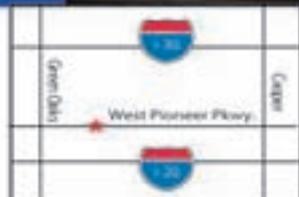
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not just because her mother created them, but because Dee's work tells stories, and shows emotion frozen in moments. Tracy jumps at the opportunity to collect an original of her mom's work one piece at a time. "I really like something that has some sort of meaning," she said. One piece of significance is a mixed media, self-portrait. It is called *Circle of Life*, and it features Dee as a baby, her now and how she feels she will look when she is older.

Another interesting piece that

currently awaits its new home, possibly as a coffee table or an outside patio counter, is an old weathered door, cracked and peeling with a bit of its original paint showing through. "This used to be our kitchen table," Tracy said, "at the rental home where we stayed for four months while we decided what we were going to do with our lives." Complementary to the rustic table, are red chairs that feature decoupage prints of Dee's artwork on the backs and seats. In the kitchen, hanging face

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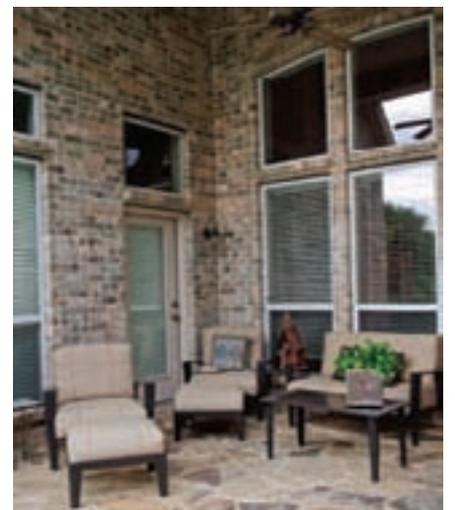
Located in the rear of the Midlothian Veterinarian Clinic Building

down above the center island — similar to the way a pot rack hangs — is an antique stained glass window that serves as an eclectic point of interest and conversation piece. There is, however, one work of art that really takes the show for Tracy, as she loves anything with a story behind it. It is a print of *War's End Kiss*, photographed by Alfred Eisenstaedt, and it hangs in the master suite above the couple's bed. It is special because it is signed by Glen



McDuffie, the soldier in the photo who is kissing the nurse.

Just before selling a business created by Tracy and her sister, a Web designer in Austin, called Give Simple, Tracy



learned what it meant to suddenly have a very hectic and complicated life. "We were really doing it for fun and family, but it became something huge," Tracy recalled. "You have to be careful what you wish for. My life changed forever in one night." Her garage bustled



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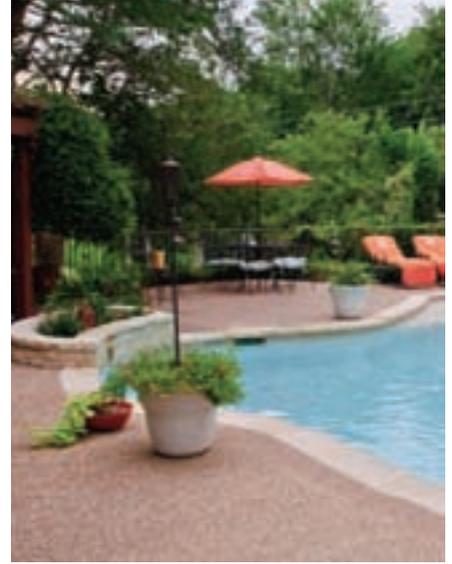
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with merchandise and close friends who shipped out truckloads of Internet orders across the United States. "It was a wonderful experience that I shared with my sister, and I would not trade it for the world." But selling the business actually led to more opportunity, as Tracy acquired some writing opportunities. Today, she loves her contract job and is elated to have her life back. "There comes a point, especially with kids, when you want to do what you want to do. I want to enjoy our son while he grows up," Tracy said.

With a "loving life" attitude, Scott and Tracy hope to get involved in the

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Midlothian community. "We love to celebrate anything that's worth celebrating. There are not enough reasons," Tracy said. With that philosophy in mind, the Browns move forward in their decorating, art collecting and community involvement. If this is just the first several months, imagine what the coming years hold. **NOW**

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MISD *The journey to*

School Walk for Diabetes

October 15, 5:30-7:30 p.m., MHS Track

Midlothian ISD will host a School Walk for Diabetes on October 15 from 5:30-7:30 p.m. at the MHS track. This event is an educational fundraising program of the American Diabetes Association (ADA) that teaches students the benefits of making healthy life choices, including getting daily exercise and eating nutritious foods.

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

There will be live music and face painting. The Dallas Stars Street Squad will bring a 57-foot trailer containing the FanZam, a music-playing Zamboni, video games with HDTV consoles and an inflatable slap shot cage.

For sponsorship opportunities, please contact the School Walk for Diabetes Coordinator, Shelley Maxwell RN, at Irvin www.diabetes.org/schoolwalk.

TYPE A FLU (PRESUMED H1N1) LETTER TO PARENTS

MISD needs help in tracking the number of students who have either Type A Flu (presumed H1N1) or Type B (Seasonal Flu). Neither Ellis County nor our local doctors' offices are obligated to report to our nurses, so we rely on parents for up-to-date information on their child.

MISD now has confirmed Type A Flu (presumed H1N1) cases at multiple campuses. The school nurse offices are equipped with masks for students with flu-like symptoms as they wait to go home. Hand sanitizer and facial tissues have been provided for teachers to use in their classrooms.

What parents can do:

- 1) Keep your child home if they are sick. Students may return to school when they have been fever-free for 24 hours without the use of fever reducing medications.
- 2) Teach your children to wash their hands with soap and water. Hand washing needs to last 20 seconds.
- 3) Teach your children not to share personal items like food or drinks.
- 4) Teach your children to cover their coughs and sneezes using the elbow, arm or sleeve instead of the hand.
- 5) Know the signs and symptoms of the flu: fever greater than 100.5, cough, sore throat, body aches, runny/stuffy nose, headache.

A weekly nurse's report on Type A flu incidences are available on the district Web site www.midlothian-isd.net. For the most current information and tips, please visit www.flu.gov.

WGMS Student Saves Another Student's Life

On September 4, immediately after lunch, a Walnut Grove Middle School 7th grader, Basilio Rocha, performed the Heimlich maneuver on 7th grader Christian Espinoza, who was choking on a chocolate muffin. Basilio's quick action and remembrance of what he learned in health class helped save Christian's life. Basilio was featured on Channels 4 and 11 and was selected as the CBS Radio Network "Texan of the Week" for his heroic actions. WGMS also designated September 10 as Basilio Rocha Day.



Math Pentathlon

Math Pentathlon, a K-7th grade math club, is an integral part of the culture of MISD. All elementary and middle school campuses offer opportunities for students to participate in Math Pentathlon. Students learn the five Mathematics Pentathlon games within the appropriate grade level-based divisions (K-1, 2-3, 4-5, 6-7).

These games utilize math skills, as well as interactive problem solving skills. Practices for the Austin tournament are held after school at each child's campus. In addition, practice game nights held at T.E. Baxter Elementary are open to all MISD families interested in Math Pentathlon.

The first Mathematics Pentathlon Orientation Session will be held on October 6 at the MISD Administration Bldg. at 6:30 p.m. For more information, contact Anthony_Dorris@midlothian-isd.net or call 972-775-8281. Learn more at www.mathpentath.org.

ward success begins today.



Bus Transportation GOING GREEN



MISD now has one hybrid bus and six propane buses among its sixty-six bus fleet. In an effort to meet the federal clean air standards, the district has replaced seven older buses with cleaner- emission buses. A recent \$221,000 donation from the Sue Pope Foundation allowed MISD to purchase a Hybrid-Electric powered bus, which reduces the overall fuel consumption, when compared with diesel and traditional gas-powered vehicles. There are only two hybrid school buses in Texas, one located in Midlothian ISD and one in Austin ISD. In addition, through a partial Railroad Commission grant, the district purchased six propane buses that provide a cleaner, more reliable and safer advantage when compared to standard buses. "MISD is committed to reducing our NOx emissions," said Dr. Kennedy, superintendent of schools. The MISD transportation department documented over 556,000 miles transporting approximately 2,800 students during the 2008-09 school year.

Panther Pride Newspaper Earns National Top Ratings

The *Panther Pride* newspaper recently received the highest rating from the National Scholastic Press Association and the Columbia Scholastic Press Association, the top two high school press associations and rating services. The *Panther Pride* newspaper received a Gold Medalist rating from CSPA. In addition to receiving the top rating, CSPA also awarded the *Panther Pride* all four All-Columbia Honors in coverage, writing and editing, graphic presentation and business operations.

The National Scholastic Press Association awarded the *Panther Pride* its highest rating — an All-American rating. In addition, the newspaper received four out of five marks of distinction for coverage and content, writing and editing, photography, art and graphics, and layout and design.*



We are extremely pleased with our critique," said publications adviser, Carol Richtsmeier. "The judges affirmed what our readers know. The *Panther Pride* newspaper staff produces an excellent publication."

MISD Selected as "Best Place to Work"

Midlothian ISD employees voted for our district as "Best Places to Work" in the Dallas/Ft. Worth metroplex through a recent Dallas Business Journal survey. Rankings were revealed at a celebratory awards luncheon held September 17, where MISD was ranked 4th within its category. MISD is the only school district ranked in the top five Best Places to Work. More than 400 companies were entered into the survey process.

To earn the prestigious DBJ Best Places to Work designation, companies had to earn a national best practice score for their category. MISD earned a score of 90.99 which was based on its work environment, innovations/new ideas, people practices, personal growth and development, leadership, employee recognition and the structure of the day-to-day operations.



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Marilyn Eyring of Kellie Williams became the 100th fan of the Midlothian Chamber of Commerce on Facebook and received a free ticket to the Chamber luncheon featuring guest speaker Congressman Joe Barton.



Miller kindergartners practice learning the letters of the alphabet using the keyboard and computer.

Around Town

As summer comes to an end, the residents of Midlothian are enjoying pleasant days outside and spending time with good friends. Midlothian ISD students begin the 2009 school year with learning, friendship, and sporting events.



Pete Lewiston of Lewiston and Sons Painting took a break while working on the Lighthouse Coffee Bar.



Mrs. Maxwell's students conducted an experiment called Bubble Busters.



Two friends take a nap after a hard first day of kindergarten in Mrs. Spawley's class.



The Midlothian Panther third and fourth grade pee wee football team take the field to practice hard for an upcoming game.



Bobbie Mason of the Ovella Garden Club smiles with Denise Butler of North Ellis County Outreach.



Employees of VLK Architects, the Special Platinum Sponsor of the 5th Annual Midlothian Education Foundation Golf Tournament, take a moment to pose for the camera.



Third-graders in Mrs. Bly's class are learning more about their classmates by interviewing one another.



Firefighters with the Midlothian Fire Department enjoy a rain-free day.



The Saturday break truck visits the girls at DryClean SuperCenters.



Members of the Joga Bonito's Boys 14U Select Soccer team practice their moves before a game.



Florist Angel Henson is hard at work preparing one of several mums for the Midlothian homecoming game.

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A Reflection of Peace

— By Betty Tryon

“I dream my paintings and then I paint my dreams,” a quote by Vincent Van Gogh, a 19th century painter, was gently spoken by Allison Ingels. Allison works at Paws for Reflection, a ranch owned by Melode Seremet. The ranch uses horses and other animals to heal the mind, body and spirit of people who need help. Allison is a professional transformational coach and Equine Experiential Learning Facilitator and incorporates the unique assignment of painting designs on horses into her therapy sessions as people paint their dreams.

Allison stated, “When you put people together with horses, horses give them an opportunity to see themselves. Horses mirror people’s energy and they are so authentic.” In order to understand the healing bonus of painting on horses, it is necessary to grasp the concept of what gets someone to the point where the therapy works. Allison continued, “We have a number of exercises of being with the horses. They [our patients] just stand and look in the eyes of [one of the horses]. They are given an assignment to tell me the personality

of the horse, and they are always able to do it. People find a sense of confidence and peace in themselves. In establishing communication with the animal, they will notice their own fear. I show them their own fear and give them the opportunity to move their fear out of the way and open their hearts to that love — instead of fear. Once people do that, then the horses want to be with them. When they send out fear, horses don’t want to be with them. It happens that way in life. So, people get to see that what they are doing with the horses they are also doing with people.”

When the people Allison is working with feel comfortable with the horses and the horses feel comfortable with them, she leads them through some exercises. During the therapy session, she explained, “They may want to look at an area of their business or their life that may not be working right now. We have them set up a replica of their life with toys I put out in a big area outside. Then, they take the horses and walk them through, around or over what they set up. They can’t halter the horses, so they get them to walk through

what they have set up with their own energy. The last thing is a guided meditation. Then, they paint on their horses. It is a visioning thing where they visualize a new future and then paint it into reality.”

Allison explained, “That’s what we do here,” in referring to the quote by Van Gogh. “My experience has been that when people do this, whatever they paint generally comes true. A lot of times I see people paint hearts, sunshine, flowers and something that

“It is a visioning thing where they visualize a new future and then paint it into reality.”





describes peace. They may also paint a new future with people holding hands. They may paint someone they are in love with. The horses like it and stand perfectly still. We use washable paint. I have never had an ending with someone where they didn't feel good about it." The colors they use are colors they are drawn too, or as Allison said, "whatever resonates with them, because this is an artistic creation." After painting on the horses is completed, everyone shares what they painted and why. Allison added, "If the painting is really good, we might leave it there for two or three days."

The hard work of emotional healing during therapy is already reaping



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benefits; but the added plus of standing in the sunshine with a living, agreeable, not-to-mention hairy, live canvas attributes to the atmosphere of the therapy. It is harder to hold onto your hurt and pain with a paintbrush in your hand and a horse in front of you, as you paint your way to freedom.



Allison stated, "The experience people have when painting the horse can be a release. One lady, who was a minister, experienced becoming closer to God. She said it was the best experience of her life. She painted all kinds of hieroglyphics and symbols she'd never seen before. It was inspirational for her. For most people, it is a release of creativity, freedom and connecting to the horse."

Melode concurred. "When you think about it, most physical illnesses stem from emotional issues. With the targeted clientele Allison has, those people may be dealing with physical issues that can't be resolved, whether it is a smaller illness or a major illness. When you are around animals, it is documented that you relax, your blood pressure goes down and your body reacts in a positive way. You won't be so guarded. When you are standing out there leaning on a rail watching the horses graze, the setting makes it so much easier to talk and get to thoughts that you are struggling with. Partnering with animals for counseling helps you unearth the challenges quicker," Melode said. After you unearth those challenges, you can then paint the dreams you dream. **NOW**

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Full

Throttle

— By Jaime Ruark

Jason and Cheri Matthews have watched as a whole new world has opened in the past few years for their 14-year-old daughter, Kaytlyn, and their 11-year-old son, Dylan. Cross country motocross racing has become a family event, and phrases such as “wide open,” “creeping the line” and “kick start” are sprinkled throughout every conversation. Without a doubt, the Matthews are a family that is quickly learning to live their lives “full throttle.”

Prior to being racers, Kaytlyn was a soccer player and Dylan was looking to find his sporting niche. “Then we went to an arena cross race at Reunion Arena about two-and-a-half years ago and Dylan really liked it,” Cheri recalled. When Jason and Cheri realized this was something Dylan was interested in, they began to search out avenues to get him involved. “We knew some local families, like the Michalkas and the Schmidts, and they raced, so when Dylan decided this was what he wanted to do, they really helped us figure everything out,” Cheri added.

Alan Michalka had recently purchased two new KTM motorcycles for his sons and worked out a deal with the Matthews for the old bikes, Kawasaki 65s. “Alan is a really giving guy and he really helped us out,” Cheri shared. When

Alan started explaining the bike to Dylan and demonstrating how to ride, Kaytlyn’s interest was piqued. “She jumped on the other bike, and pretty soon Alan was chasing behind them in his front yard,” Cheri smiled. The Matthews children threw themselves into their new sport, surprising even their parents at their tenacity, fearlessness and natural abilities.

Kaytlyn and Dylan began hitting local riding tracks and practicing on the trails of their newly acquired racing friends’ fields. Their first official race was February 2008 in Gordon, Texas. “I was a bit of a nervous wreck,” Cheri admitted. “It was an experience watching them take off on that starting line for the first time.” Dylan has no memory of how he was feeling at that moment, while Kaytlyn, who prays before every race, remembers saying over and over, “God, get me through this.” They now race every month in the Texas Off-Road Nationals (TORN), a local Christian motocross organization.

Kaytlyn started the season on her Kawasaki 65 but soon

outgrew it. A bigger bike means bigger trails. Peewee racing tracks are one-and-a-half to two miles long; the track Kaytlyn was preparing to move up to, the Ladies Amateur, is four to five miles long. "On the longer tracks, they go through creek beds, there's a lot of hill climbs and going straight up, over walls — it's basically an obstacle course," Cheri explained, as Jason added, "She's usually the very first one out of the start. Once she gets going, there's no stopping her."

"They go as high as they want, as fast as they want."

The courses always have an alternate route that is easier yet takes more time, but Kaytlyn is never one to pass up a challenge, even when it meant riding with a broken collar bone. "The doctor told her she could roll the track, not race it, so she could still get points, because they get points for every race they're in," Cheri said. "I was nervous, but not too scared, until I saw her coming around a curve, and it's Kaytlyn racing, and in first place in her class." Her daughter managed to add insult to injury when she wrecked right in front of Cheri. "She got up and kept going; then she looked back and saw her mom. She just threw her a thumbs up!" Jason laughed.

By the end of Dylan's first season, he was also leading his pack, despite his own injuries. A wreck in a race in Maypearl caused him to go from first to last. "He was second or third at the start, but when he got to the first hill, he wrecked," Cheri said. "He got caught in the back tire of the bike next to him and it sucked

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him up between the tire and the fender.” Dylan untangled himself and somehow managed to finish eighth from the last out of 18 riders.

Jason, who participated in motocross until he recently blew out his knee in a race, is his children’s biggest fan, next to Cheri. “I enjoy riding with the kids, but I won’t get back on the race line,” he said. “I can’t keep up with them now, anyway.” For his children to pursue the sport, he has garnered support from family members and



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many local businesses, including Total Image Salon, Dairy Queen, Hyperion Hydraulics, Integrity Automotive, Jyro Signs, Main Street Gym and more. “We couldn’t do this without so much local help,” he added.

People often ask Jason and Cheri how they can allow their children to participate in a sport that has such possible danger. “We make sure they have the right protective gear and the knowledge they need. Then we just sit back and let them go for it. They go as high as they want, as fast as they want. They have to reach their own potential,” Cheri added. “It’s like life. One of the best lessons you can learn is that when you get knocked down, you just gotta get back up, dust yourself off and keep going.” **NOW**

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Just Part of the Group

— By Betty Tryon

Sometimes you want to relax, be with family and allow someone else to pamper you. If so, Brandi Roland, proprietress of Total Image Salon, created her business just for you. She wanted a personal atmosphere where customers felt comfortable and important. She stated, “When they [customers] walk through the door, we know who they are and know their story. They just become part of the group. We have been told that is the reason why people love to come here. They feel as if they belong, even if it is their first time. We provide service for men, women and children of all ages.”

This is exactly what Brandi had in mind when she took the

bold step to open her own salon. Like many new graduates from high school, she was not quite sure what path she would take. “After I graduated from high school, I thought, *I’ll either do hair or I’ll be a teacher,*” she remembered. “I thought, *I’ll learn how to do hair and that will pay my way through college, or at least a portion of it.* Once I started doing it, there was no going back. I loved it.”

Brandi’s decision to become a stylist may seem surprising to those who know her. “I am a total opposite of what you expect a stylist to be. I am very conservative with my hair. I love to be creative, but I keep it pretty subtle. I tend to work with people [customers] who are like that, too. They come in, and they don’t want the crazy hair.”

Brandi worked in several salons before her decision to open Total Image Salon. She recalled, “I felt that opening my own salon was the next step. I had my own vision of what I thought it would be. I was looking to open a place where the technicians who worked here could come in and feel comfortable doing what they enjoyed doing and to know that I was here to support them. We have a good group here, with eight stylists, nine including myself. I spent a lot of years

getting people who work well together. All my technicians grew up in Midlothian and the majority of them have more than 15 years experience; two have more [than] 25 years. I also have two former salon owners. Our ties to the community and level of experience are unmatched.”

Total Image Salon offers a wide range of services for hair, including extensions. Make-up for special occasions is available, as well as make-up for everyday living. The salon provides specialists for nails and waxing according to your needs. Brandi pictures the day she will have a larger facility to offer the additional services she wants for her customers.

“I just think that when you need a service, you might need it on your time, and not on their [the business] time.”

In keeping with Brandi’s vision for her business, she remarked, “The best thing we offer here is customer service. I just think that when you need a service, you might need it on your time, and not on their [the business] time. We make exceptions. We come in early, if you need us early. If you need to come in late, we stay late. I sometimes come in on days I don’t work, if that is what is best for you. We will do what you need the best that we know how. You are number one to us. I think anyone who comes in here would agree with that. We keep the price reasonable, and we are willing to go the extra mile for you.”

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Movin' On Up With M&M's®

— By Betty Tryon

Over the past two years, if you saw students on Tuesday or Thursday clamoring to do math, it might have been Greg Stover's class at Frank Seale Middle School (FSMS). He stated, "At the end of the school year, we became involved in other things like TAKS. After a while the kids became upset and asked, 'When are we doing the M&M® math?' They never got tired of it."

At FSMS, Greg was the special education resource math teacher for sixth, seventh and eighth grades as well as basketball coach. He looked for a way to make learning fun. "I started rewarding kids with M&M's® when they learned their multiplication facts and called it M&M® math." Everyone's progress was monitored on a huge board in the classroom. Watching their classmates move up the board with M&M's® marking the journey sparked the competitive spirit in each child. "This gave them internal as well as external motivation. The kids were learning, but I don't think they thought of it as learning because there was a prize for them at the end. We [Greg and his teacher's aide, Alfee Fryer] went through a ton of M&M's®," he recalled with a laugh. "We probably spent \$500 on M&M's®, and it came out of my pocket and hers."

Greg's system for motivating the students with treats may be an old idea but it was effective for learning multiplication. He explained, "At Easter and Halloween, there are mini packs of M&M's®. So if they learned their twos they got two packs of M&M's®. If they learned their threes, then they got three packs, and so on. When they got to their fives, they got M&M® ice cream. When they reached their 10s, they got to eat lunch with us. With their 12s, Mrs. Fryer would get them a basket full of things they liked and needed, such as pens, pencils, markers and, of course, M&M's®!" Perhaps one of the reasons the kids were learning their multiplication tables was the



entertainment that occurred every time a student passed and moved up a level. According to Greg, "We put on the song 'Movin' on Up' from *The Jefferson's* TV show and made them dance with Mrs. Fryer. It was so funny. When they finished the chart, we would play 'We Are the Champions.'"

Greg's plan for teaching multiplication motivated the students so well that he began to use it in other areas of math. "These kids struggled mightily with multiplication facts and that is the foundation, especially when you get to higher levels of math. If they can't do that, then they can't do division. I had one student who could hardly do multiplication and she almost made it through to the end. Another kid in class would never study for anything. It didn't matter what class it was. He had a notebook he was writing in, and I looked and saw he was studying for his multiplication facts because he wanted to get his M&M's®. That was the first time I'd ever seen him take the time and study anything. Everything else in that notebook was pictures of characters he drew, and then there started to be pages of multiplication facts. That is what the M&M® thing did. It gave him motivation to do well. Some of the kids, I was getting through with them so fast that we went back and did the same thing with division and did the chart and M&M's® again."

M&M's® provided another purpose in the classroom besides motivation for learning. Greg learned he could use

them to raise money. "We went online to the M&M® site to make characters for each student. We were just trying to do something fun for Halloween because we were weighing pumpkins and measuring them, just doing mathematical stuff. I saw someone paint a pumpkin and got the idea to make M&M® pumpkins and integrate it into the class. All the kids brought pumpkins to decorate any way they wanted. I made a scarecrow and a Midlothian football player. We auctioned them off to the teachers and raised \$100. We used the money to buy more M&M's® and some other things we needed in class."

Greg recalled how much joy teaching special needs children brought him. "I loved working with special ed. I got

.....

"The kids were learning, but I don't think they thought of it as learning because there was a prize for them at the end."

.....

that from my mom. She taught special education for 37 years. I liked it so much because I have been around it all my life and those kids are great. Just seeing them grow is rewarding. They don't have the confidence other kids have ... but they are very intelligent. You have to teach them differently because they learn differently."

Greg has entered his third year of teaching in Midlothian with a move to the high school to teach history and coach the junior varsity girls' basketball team. His method of motivating them will be in keeping with his philosophy of making learning fun. Capturing a child's interest to set the stage for learning is one of an educator's biggest challenges. Greg meets the challenge in a fun and delicious way. **NOW**

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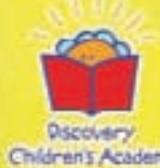
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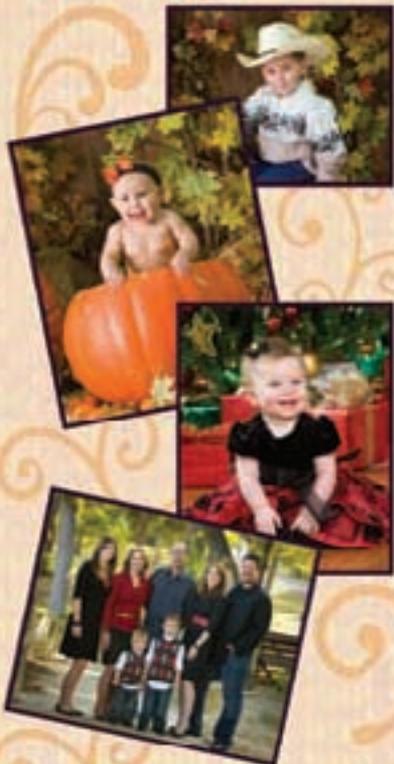
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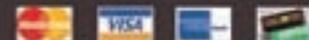
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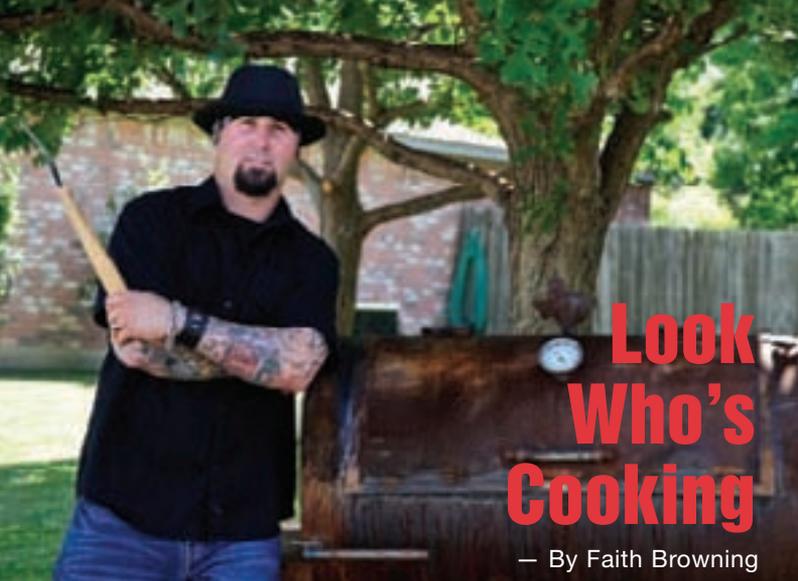
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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH DUSTIN SLAYTON

Fifteen years ago, Dustin Slayton's grandmother, Marie Slayton, inspired his interest in cooking. Now he enjoys cooking for his wife, Erin, and their children, Drew, Derek and Dacy. His favorite forms of cooking are creating casseroles, Crock-Pot meals and grilling outdoors. "I like smoking briskets in my new smoker," he said, "but Sunday breakfasts and eating meals with my family every night are my favorite traditions!"

Although Dustin spends many hours working at TXI — Midlothian Cement, he does know how to make the most of his off time. "I enjoy riding motorcycles, playing softball, fishing, getting tattoos, volunteering and coaching my kids' baseball teams," he explained. "I really enjoyed spending my 30th birthday party with all of my friends and family!" **NOW**

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

COWBOY CASSEROLE

- 1 lb. ground meat
- 2 18-oz. cans ranch style beans
- 1/4 cup brown sugar
- 1/4 cup ketchup
- 1 medium onion, chopped
- 1 8-oz. bag shredded Colby Jack cheese
- 1 can home-style biscuits

Brown the meat; drain. Combine all ingredients, except cheese and biscuits, in skillet. Heat for 10 minutes on medium heat. Place into a 13 x 9-inch casserole dish; sprinkle with cheese. Place the biscuits on top of cheese. Bake as instructed on biscuit can or until golden brown.

CAPTAIN CRUNCH FRENCH TOAST

- 1 tsp. vanilla extract
- 3 eggs
- 1/2 tsp. cinnamon
- 1/2 cup milk
- 1 box Captain Crunch cereal
- 6 pieces Texas toast
- chocolate syrup

1 can Reddi-wip whipped cream

In medium bowl, whisk together vanilla, eggs, cinnamon and milk. Crush the cereal; place in medium bowl. Dip the toast into wet mixture; coat with the cereal. Put the butter in pan; cook the toast until golden brown. Top with chocolate syrup and whipped cream.

HOT SAUCE

- 2 jalapeño peppers
- 1 Sareno pepper
- 1 medium onion
- 1 28-oz. can whole peeled tomatoes
- 2 Tbsp. minced garlic
- 1 tsp. garlic salt
- 1 tsp. black pepper
- juice from 1 lemon
- 1/4 cup cilantro

Boil peppers in small saucepan for about 10-15 minutes or until soft. Cut onion into chunks. Combine all ingredients into a blender or food processor. Blend until all ingredients are mixed.

NO GRILL RIBS

- 2 racks spare or baby back ribs
- Williams Rib Tickler seasoning
- 1 can beer
- 1 cup water
- 1 bottle Stubbs Smokey Mesquite BBQ Sauce

Preheat oven to 350 F. Cover ribs with rib tickler seasoning. Place in a large deep aluminum foil pan; add a can of beer and water. Cover with aluminum foil; bake 2 to 2 1/2 hours. Remove and let cool for 15 minutes. Cut and cover with BBQ sauce.

PORK CHOPS AND RICE

- 3 lbs. pork chops (bone in or out)
- 2 bell peppers, chopped
- 1 medium onion, chopped
- 2 24-oz. cans tomato sauce
- 3 Roma tomatoes
- 1 tsp. black pepper
- 1 tsp. Zatarans Creole Seasoning
- 1 tsp. Italian seasoning
- 1 tsp. garlic salt

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Who's Cooking **NOW**

Minute Rice

Combine all ingredients, except rice, in large Crock-Pot. Cook on low for 6-8 hours. Prepare rice as instructed.

STUFFED GREEN BELL PEPPERS

- 1 lb. ground meat
- 1 medium onion, chopped
- 4 large green bell peppers
- 1 Tbsp. black pepper
- 1 Tbsp. garlic salt
- 2 15-oz. cans tomato sauce
- 2 cups 5 Minute Rice
- 1 1/2 cups ketchup
- 1 cup water

Boil meat with onions; drain. Cut tops off green bell peppers; remove insides. Combine remaining ingredients and meat mixture in large bowl, except ketchup and water. Stuff the mixture into the bell peppers. Place bell peppers into large Crock-Pot; add 1 cup water. Top with ketchup. Cook on low for 6-8 hours.

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Time to Make Post-recession Investment Moves?

— By Jaime Holland

Like a tiresome dinner guest, the recession has long outstayed its welcome. But there are some clear signs that the economy has begun to turn around. If that is indeed the case, how should you, as an individual investor, respond?

Before we get to that question, let's quickly review some of the key factors that suggest the recession may be ending. First, we've seen four straight months of gains by the Conference Board's Index of Leading Economic Indicators. Also, the job market is improving somewhat and bank lending is increasing. The Federal Reserve's efforts to stabilize the financial system have improved conditions in the corporate credit markets, as indicated by a dramatic increase in the amount of new bonds issued by companies thus far in 2009. We've also seen improvements in the housing market and in industrial production.

Even if all this evidence indicates the recession is ending, does that necessarily mean that boom times for investors will follow? A look back in time shows reasons for optimism. In 10 recessions, extending from 1949 through 2001, the S & P 500 rose, on average, 9.5 percent six months following the recession's end date, and

15.5 percent after 12 months, according to Ned Davis Research. Of course, as you have no doubt heard, past performance is no guarantee of future results, but in years gone by, staying in the market rewarded long-term investors — those who could look beyond the recession at hand.

In any case, if the recession is ending, let's return to our original question: What investment moves should you make? As we've already seen, the most important step you can take is to remain invested, and if you're out of the market, consider getting back in. As exhibited by the strong market rally this summer, large gains can come quickly, but they only come to those who aren't on the investment sidelines.

In addition to staying invested, consider these other post-recession moves, which are actually pretty good moves before and during a recession, as well:

- Look for quality. In any economic environment, you'll be making a smart move by focusing on quality investments that fit your unique situation. You may look for the stocks of those companies with strong management teams and competitive products. And stick with investment-grade bonds, if fixed income

is appropriate.

- Diversify. Build a portfolio containing a variety of investments, including stocks, bonds, government securities and certificates of deposit. While diversification, by itself, can't guarantee a profit or protect against a loss, it can help you reduce the long-term effects of volatility on your holdings.

- Keep a long-term perspective. It's not easy to overlook market fluctuations, especially severe ones, but if you can keep your eyes on what you hope to achieve in the future, you might be less likely to overreact to short-term events. While you may need to periodically adjust your investment mix in response to changes in the economy and in your own life, you'll be better off, in the long run, by establishing a strategy that's appropriate for your individual risk tolerance and goals — and sticking to it.

As individuals, we're all subject to the ebbs and flows of the economy. But by focusing on those things you can control — such as buying quality investments, diversifying and thinking long-term — you can become an investor for all seasons. **NOW**

Jaime Holland is an Edward Jones representative based in Midlothian.

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Public Safety Workers Find Comfort With Their Chiropractor

— By Brad W. Collins, D.C.

A study of public safety personnel placed under chiropractic care reveals an improvement in the overall health of these workers. “Changes in Physical State and Self-Perceptions in Domains of Health Related Quality of Life among Public Safety Personnel Undergoing Chiropractic Care” — authored by Spartanburg, SC, Drs. Wesley McAllister and W.R. Boone — was published in the *Journal of Vertebral Subluxation Research*. The firefighters, emergency and public utility workers who took part in the study averaged 5.5 months of chiropractic care. The patients ranged in age from their mid-20s to their late-60s. They were assessed on a weekly basis and adjusted when necessary.

The research demonstrated that chiropractic care coincided with a decrease in back pain and other physical ailments after a relatively short period of time. The research also revealed that the patients themselves gave their general health and well-being a higher rating following care.

Even in the short term, chiropractic care benefited the health of the study group. The study depicts the workers’ significant physical improvements and enhanced self-perceptions of their overall wellness — combining one’s physical, mental and emotional status.

This is more research that defines

decreased. Most importantly, all participants assessed their overall health and wellness to be much better than before they underwent regular chiropractic care. And, the subjects reported an improvement in their job performance and a substantial decrease in stress.

Even in the short term, chiropractic care benefited the health of the study group.

the chiropractic profession. Chiropractic in itself is not a cure, but a means of allowing the human body to operate as it was designed. And, when operating at peak efficiency, the human body can do great things — as these public safety workers came to find out.

Before the first physical assessment (cervical and lumbar range of motion, spinal balance, leg length, orthopedics, motor strength, reflexes and sensory tests) by their chiropractor — and then again at the end of the trial study — each patient was asked to rate his or her overall state of health. They were also asked to assess physical and mental well-being, stress level, quality of life perception and overall life enjoyment.

The report found that, as a group, the individuals’ physical discomforts

We have a vested interest in the well-being of our emergency and public safety personnel. Regular chiropractic care can have tremendous positive effects on a patient’s performance level, which translates into fewer sick days, a decreased risk of injury and, with that, substantially lower medical expenses.

Public safety workers endure stress and stress-related injuries — both physical and emotional. But, in this case, the chiropractic care they were afforded allowed their bodies to operate at a higher level. It just goes to show you that if you treat your body right, your body will take good care of you. **WOW**

Brad W. Collins, D.C.

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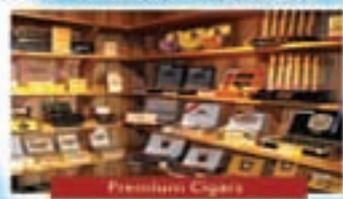


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October 2009 Community Calendar

First and Fourth Monday

School Board meeting: 6:30 p.m.

Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marwin. For more information, contact Cheryl Bell at (972) 723-0341 or rb4ej@sbeglobal.net. www.elliscountaggieamoms.org.

Every Tuesday

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

GED Class: 6:00 p.m., Midlothian High School Meadows Library.

Second and Fourth Tuesdays

Midlothian City Council meeting: 6:00 p.m., City Hall, 104 W. Ave. E.

First Thursday

Midlothian Area Historical Society: 7:00 p.m., Midlothian High School Meadows Library. For more information, contact Kathy Robinson at (972) 723-2755.

ABWA Empowering Women Express Network monthly meeting: 6:00 p.m., Midlothian Conference Center, 1 Community Circle. www.abwa-empoweringwomen.org.

First and Third Thursday

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

October 2

MISD 2009 Homecoming Parade: 3:15 p.m., with pep rally immediately following. Community organizations that involve students are invited to participate. For more information on parade route, visit www.midlothian-isd.net.

October 10

Fall Festival: 9:00 a.m.-4:00 p.m., MISD's Multi-purpose Stadium, 1800 South 14th St., on the corner of 14th St. and the Highway 287 bypass. Arts and crafts, food, children's activities, live entertainment and more. In addition, the Fall Festival will be the location for several local events including the Chamber's 5K Race, the Christelle Moser Memorial 5K Run. Registration forms can be obtained at the Chamber office, by calling (972) 723-8600 or visiting the Web site at www.midlothianchamber.org.

October 12

ABWA Great Visions Chapter presents a stress free holiday season with expert event and party planner Kristin Zastoupil: 2nd @ Main Place, 717 W. Main St. \$15. To RSVP, contact (972) 723-0017 or abwainfo@gmail.com.

October 19-30

Early voting for the November 3 City Council Place 1 election. Monday-Friday, 8:00 a.m.-5:00 p.m., Midlothian Conference Center.

October 22-25

Midlothian Arts Council Painted Art Show: Midlothian Conference Center. Registration is October 22 from 1:00-8:00 p.m. For more information regarding the event and entry requirements, contact (972) 723-7919 or www.midlothiancenter.com.

October 30

Trick-or-Treat, sponsored by Midlothian Downtown Business Association and the Chamber of Commerce: 4:00-6:00 p.m., downtown.

October 30-November 1

Bob Noel Tennis Classic, Walnut Creek Country Club, 1151 Country Club Dr., Mansfield, TX. This event benefits the Alzheimer's Association and the Feed the Kids Program. All players receive a tournament T-shirt. Saturday lunch provided by the Kiwanis Club of Mansfield. For more information, please call (817) 473-1311.

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

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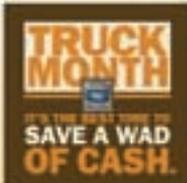
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