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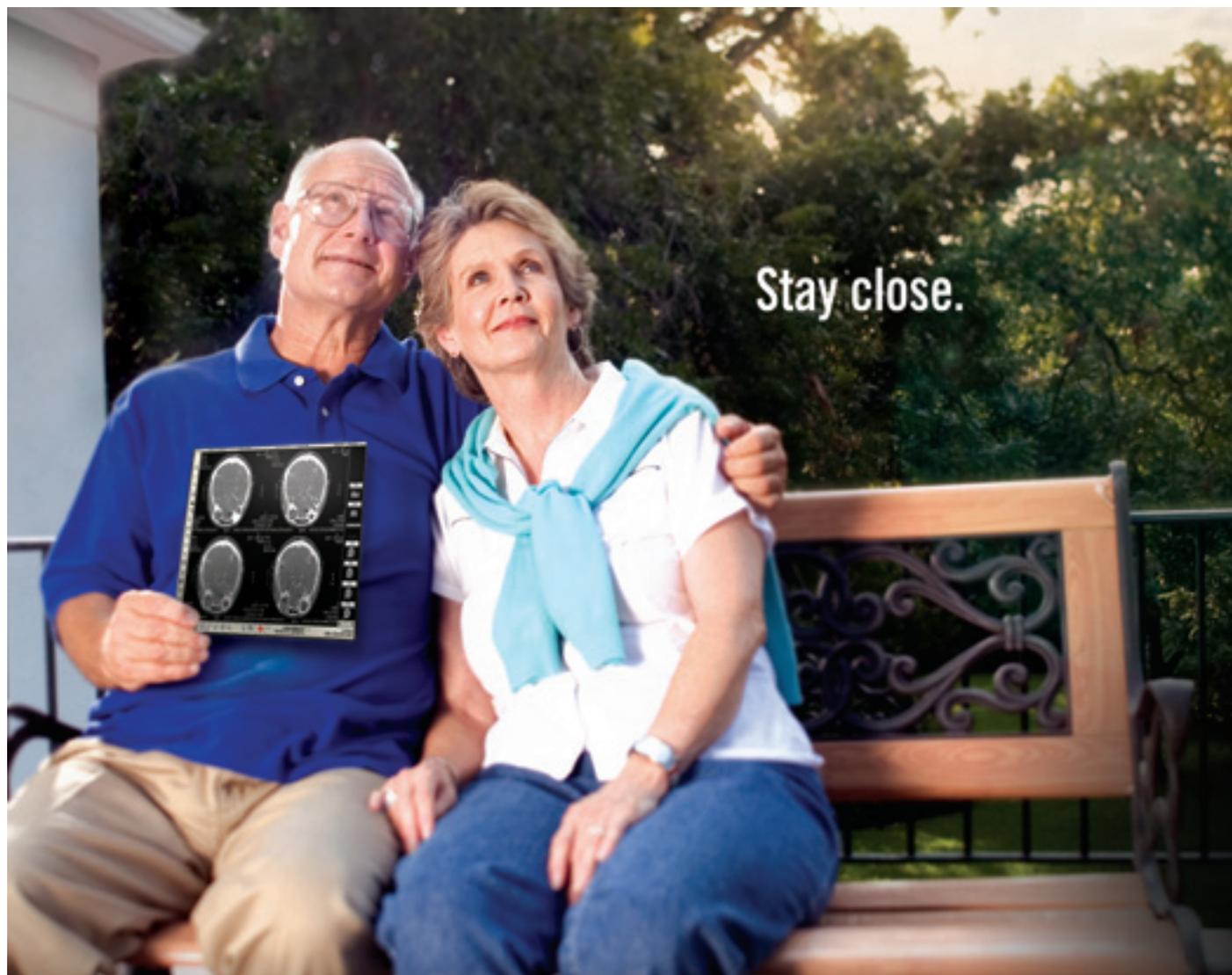
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On The Cover

The Mosley family gathers for a family photo in front of their beautiful home.

Photo by Shana Woods.

Editor's Note



Happy Valentine's Day!

Everyone's thoughts turn to love during the month of February. The sale of flowers, cards and candy will be at a fevered pitch until the 14th. This is the one day you have permission to be as syrupy and gushy as you want. As you touch the lives of those who mean the most to you, try to remember those who are often forgotten — the elderly man down the street, the widowed lady at church or the children who live in orphanages. Everyone benefits from good old-fashioned love.

Texans do not need the groundhog on Groundhog Day to tell us there will be more winter to come. As we snuggle down a little deeper into those warm blankets and look wistfully for the sun, we know it will soon come roaring back. Until then, get a hot cup of cocoa, this magazine and enjoy!

Betty Tryon
MidlothianNOW Editor

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Where Everyone Knows *Your Name*

Karen Cox, director of Midlothian Senior Activity Center, makes the center seem like home. — By Betty Tryon

Walking into the room, you feel as if you have stumbled upon an intimate family gathering. Not to worry — you are welcome! You only have to decide what it is you want to do. The round tables throughout the room are surrounded with chatting and smiling people. One table hosts a friendly game of cards. At a different table, a serious game of dominoes battles for the winner. In a quiet corner, a difficult puzzle is well on the way to its completion. Another table has all the makings of the next beautiful quilt waiting for its creators. Large windows open to a breezy patio and flood the room with light. This comfortable and friendly atmosphere comes to you courtesy of the Midlothian Senior Activity Center.



“We want this to have a very homey atmosphere,” said Karen Cox, director of the center. “People think this is an old age home. They might think this is like a nursing home and have a phobia about coming in here. When they do come in, they think, *Wow, this is nice.*”

The center has come a long way since its opening in July 2002. Karen already foresees the need for larger accommodations because the center does what it does so well. “The goal of the center is to help people be able to stay in their homes longer, to lead a healthy active lifestyle, to be able to stay out of the nursing home and to give them a place to be with their peers,” Karen



“The goal of the center is to help people be able to stay in their homes longer, to lead a healthy active lifestyle, to be able to stay out of the nursing home and to give them a place to be with their peers.”

said. She understands this well. “You’re sitting home alone because you’ve had to move in with your kids and everyone is at work. You’ve had to change your whole life and now what? There is only so much laundry you can do, and you can only be so helpful. You don’t want to be an imposition. You want to have a life. One of our seniors here is 93 years old, and she has a blast!”

The need for senior citizens not to feel isolated in their homes and for camaraderie is best met by the seniors themselves. According to Karen, “They have so much information to share with each other because they have all been through so much. You and I cannot even imagine what they have been through. A lot of them have lost a spouse, and they have health issues. Also, they have information about dealing with Medicare and Social Security. They have done it all. So, anyone new to any of that — they are the resource.”

No one need feel awkward about their first visit. Everyone at the center is a new friend waiting to say “hello.” Laughing, Karen declared, “New people are attacked! It’s someone new with stories



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we haven't heard yet. Everyone wants to hear their stories." If someone does not know how to play a game, no problem. There is always a willing participant to help. Karen enthused, "Everyone here is so patient with each other and so sweet. I am so proud of them. They are the ones who make the center. I may provide everything for them to do, but they make it work."

The city made it possible for any senior citizen to be able to come if they want to. The membership fee is only \$5 per year, and all activities are free. For those who do not have transportation to



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Everyone wants to hear their stories.

the center, a bus from the center will pick them up and take them home. "We try to provide everything at no cost so there is no barrier to people to come," Karen explained. "We do have a donation box so that people who want to can give. For those who can't, we don't want them to feel pressured. It's just there, and I never mention it."

The donation box does not provide for all of the necessities for the center. "The city provides for the personnel which is myself and one other person. Everything else is grant money, donations from corporations, small businesses and individuals," Karen added.

Karen makes sure that everyone gets a hot meal every day including a fresh green salad. She said, "We have snacks in the morning for breakfast. Panera Bread, Brookshires and Donut Haus donate the food for that."

One of the ways Karen connects with



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the seniors is driving the bus in the afternoon. She remarked, "It can take me one-and-a-half hours to get them home, but I don't mind because it gives me a chance to visit with them and see how they are doing. I keep tabs on them and make sure their home is still safe. We have a group of guys who will go help them fix up things such as loose railings, dripping faucets and other simple repairs."



Left to right: front row: Clarence Gladney, Loren Morris, Dale Brawner, Billy Thompson
Back row: John Dodd, John Strange

No organization that relies on the goodwill of others can overstate the importance of those who live in the community. Their support is very welcome. Karen acknowledged this by saying, "The people in this community are wonderful. They are so good to us. They call us when they have extra stuff. You have people downsizing and they will donate stuff. We do bingo once a week and have great prizes from the community. Our bingo prizes are leftover items from garage sales and people cleaning out their closets such as: pillows, cross-stitching, or maybe some perfume your kids gave you that you didn't like. Stuffed animals are popular because they give them to their grandkids. If you have something, send it up here and someone will like it. Another person's trash is someone else's treasure!"

In addition to playing games, cards and bingo, they take field trips. Trips to the movies, shopping or the occasional picnic all make for an enjoyable day. In addition, the seniors have the opportunity to take computer classes once a week. "Everyone gets their e-mail address so they can contact their kids. The computers are available all week for them to use and to practice." The Senior Activity Center has the companionship and fun to make life more interesting. It is worth the trip in to see. **NOW**



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Built on Love

At Home With Scott and Chris Mosley

— By Adam Walker

It was just one of those things most children say. Usually, nothing comes of it, but every once in a while words become reality.

Scott Mosley first saw Chris Morrison the summer between fifth and sixth grade. She was skateboarding, and he told his friends, “I’m gonna marry her.” But it took some time for Chris to warm to the idea. Throughout their junior high years, she found Scott annoying to the point she had her father call the school to complain about Scott’s antics. Then at the beginning of high school, Scott caught her eye. Chris said, “I asked my friends who that cute guy was. When they said it was Scott Mosley, I was surprised, but I decided I might just like that guy.”

During their senior year they eloped and married in the Waxahachie



courthouse, but they both finished high school. Now they have been married for 26 years and are rearing five daughters: Lauren, Meagan, Lacy, Matty and Libby, who range from graduate school to elementary school.

They have spent the last 12 years in the house they built on their five-acre lot in Midlothian. Chris is proud to show off her scrapbook album of the house while under construction, which

“You can’t leave here and not be homesick.”

includes photos of Scott carrying huge slabs of rock like the Husafell stone. All of the exterior stone on the house is rock that Scott hauled from their ranch in Meridian over a period of two years, so, understandably, the rock is one of Scott’s favorite features. “I brought in stone masons from Mexico to do the stonework. It’s all hidden joint so there is no visible mortar. It all looks like it’s just stacked. Those guys put the rock together like a jigsaw puzzle. The only rock they cut was the stones around the windows. Those had to be cut. The rest is natural.” The same masons from San Miguel de Allende built the fountains surrounded by river rock gracing the flowerbeds full of lantanas and jasmine.

The attention to detail and personal touches continue inside the house. Chris wanted to make sure the house flowed and had plenty of open space



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in her garden. They both grow tomatoes.

All the windows go from the floors to the eaves of the roof. Scott and Chris wanted lots of natural light in the house. In fact, Scott made sure every room in the house has natural light, even Chris' study which has no external walls. Natural lighting might seem difficult to achieve in such a room, but Scott solved the problem by having a three-story skylight put in. On clear days, the light provided is more than enough to enjoy the large collection of family photos Chris has lining the molded shelf that surrounds the room at slightly above head height.



for entertaining both of their large families. "I'm the youngest of eight," said Chris, "so when my family gets together we have 65 people in here. Scott's family is big, too. There are over 40 people here when we have them over." That is why they designed the kitchen for buffet-style serving. "We both like to cook," Chris added. "I'm the better baker, but Scott is the better cook. He likes to use a lot of spices." The girls claim they are immune to the peppers Scott grows in his garden along with watermelons and cantaloupes. Chris grows squash and basil and keeps hanging baskets

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Deena Moody is the newest member of the US Drug Mart "phamily." She became the afternoon clerk and delivery person in October of 2009. She moved to Midlothian in 1992 with her husband and three daughters, now 27, 23 and 21. She now has two son-in-laws and three grandsons. When not at work, Deena's time is filled with family, church and friends.

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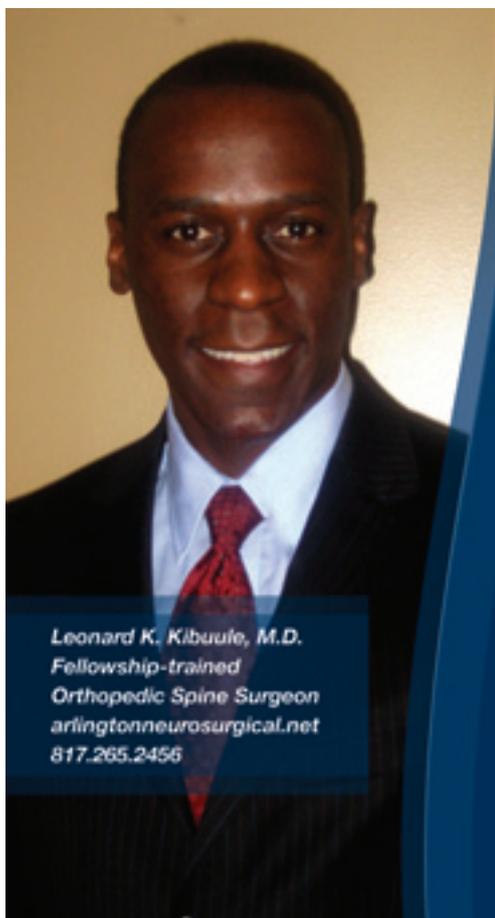
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The formal dining and music room is one both Chris and Scott get excited about. Scott wanted to be sure that the sound from the music room would carry throughout the house, so he designed it without a single square corner and angled the tops of the walls to reflect the sound. "You can hear a whisper in this room anywhere in the house," Scott bragged, "but the reverse isn't true. The rest of the house is quiet."

"It's really wonderful when our girls get together in here and sing," Chris said.

The music/dining room is also where Chris keeps her collection of



crystal ware, some of which are heirloom pieces from her mother and grandmother. The lighted curio cabinet, which houses the crystal, also contains numerous bouquets of dried roses. "I have every rose he ever gave me," Chris explained. "Even ones that didn't dry well — I saved the petals and made them into potpourri."

The rooms in the central area of the house have no doors. In fact, many have three walls or fewer. The living room, decorated in plum and gold, is defined by the recessed floor and open archways. Changes in

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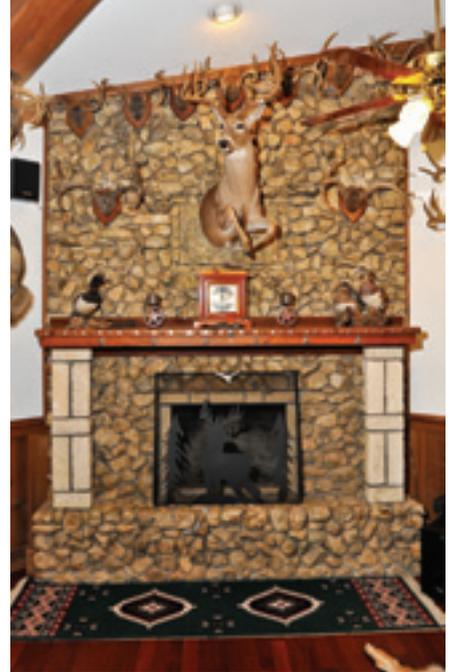


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flooring mark the various other living spaces as well. The branching front hallway is defined by its tile — the living room by slate. The music room by a hardwood border around the only carpet in the living area.

Chris and Scott had the furniture for the master bedroom built for them, since it was cheaper to get what they wanted that way than buying the pieces ready-made. The master suite includes original frescoes and tapestries by Jacques Lamay, and plaster medallions made by Scott's sister among its decorations. Pedestals made by Scott's sister, as well as Tiffany



lamps, find a place in this room and in other rooms, including the living room.

The girls' bedrooms are in a separate suite, which has its own wiring and air conditioning that can be turned off and the area closed off to save on utilities when the girls are not at home. The suite consists of four bedrooms and two bathrooms, surely a necessity with five daughters. Each of the bedrooms is painted and furnished to express the tastes of its occupant — from sedate



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lavender and white and a tropical island paradise to vines of morning glories and the youngest daughter's name painted boldly above her bed.

Each of the daughters also has her stamp on one other part of the house — the stairs to the attic. Years before Libby was born, Chris had let each of her then four daughters paint a step of the attic stairs, but when she laid out the pattern of steps for her daughters, she somehow skipped a step. Then Libby came along, and this summer she will get to paint her step and complete the pattern started by her sisters years ago. But Libby is quick to inform anyone who wants to know that it is the pool, not the attic steps or her bedroom that is her favorite feature of the house — that and the goats!

The other daughters agree they love their home. They call their parents old-fashioned, but claim theirs was the house all their friends wanted to come to. "They gave us freedom and noticed our interests," Lacy said. Lauren agreed and added, "You can't leave here and not be homesick." Now is that not what a home should be? **XXXXX**

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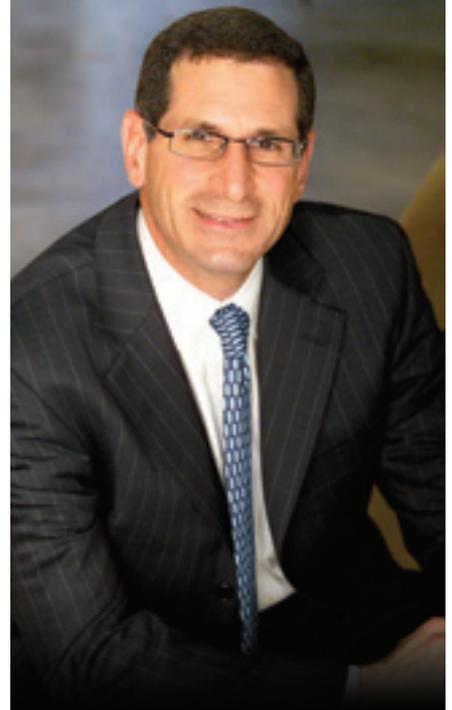
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Superintendent Search Process

MISD has a contract with Horn, Smith, Wood & Preston, a superintendent search firm, to assist us in locating our next superintendent of schools. A calendar was set detailing the information for Board members in regard to proceeding with the superintendent search. (Dates are subject to change.)

Dec. 17	Board set qualifications for superintendent candidates
Dec. 18	March 8 solicitation and recruitment of candidate
Jan. 18	Profile meetings with teachers, administrators and community
Mar. 8	Deadline for accepting applications
Mar. 22	Presentation of candidates to board
Mar. 29	April 2 interview candidates
Apr. 2	Name a lone finalist
Apr. 26	Announce new superintendent
Jun. 1	New superintendent begins

MISD Inclement Weather Our Commitment to Safety

Midlothian ISD is committed to providing a quality educational experience everyday for our students. Occasionally, the weather becomes a factor beyond our control and can cause changes in the daily schedule. Weather conditions are carefully reviewed before classes are canceled, started late or dismissed early. School personnel and transportation plans are in place to assure the well being of all students. School closings/delays are based on road conditions within the district.

Informing Parents, Students and Community

Decisions on closing or delayed opening of MISD schools will be posted on the MISD Web site, TV channels 4, 5, 8, and 11, radio stations KBEC 1390AM, WBAP 820AM, as well as Facebook, Twitter and ParentLink.

Sign up for MISD Connections E-News for notification of school closings. Also subscribe to flashalert.net to receive a text message directly to your cell phone. **Call the MISD Communications Dept. for more information at 972-775-8296.**

Catch the Transition Train



MISD Special Education Presents: Ellis County Transition Expo Resource Information Night

Parents, students, families, caregivers and professionals involved in the lives of students with disabilities are encouraged to attend the free expo night Thursday, February 25 from 6-7:30pm in the MHS Cafeteria.

Featuring:

- Lakes Regional MHMR
- Recreation/Leisure Opportunities --- Camp Summit, Music Therapy
- Dept. of Assistive & Rehabilitative Services --- DARS-Walgreens
- Exhibitors including ARC of Dallas, Special Olympics, Metro Care Services, Region 10 Education Center, ECI, Mosaic, Kids Care Therapy, Evercare,
- TX Fragile X, TWC and many more.
- Face Painting and a light snack will be provided for your enjoyment!

Breakout Sessions:

- Michael Deguchi - Texas Life Planning for Special Needs
- Texas Microboard - The ARC of TX

Bad Weather Make up Day

All MISD schools were closed on Jan. 7 due to icy road conditions. Students will make up that day on May 4.

MISD and All Campuses Meet AYP Standards

Midlothian ISD has once again met all requirements for Adequate Yearly Progress (AYP) standards established by the Texas Education Agency in compliance with the No Child Left Behind Act. Despite the increasing standards, MISD is proud that each campus also met the AYP requirements for 2008-2009.

All public school campuses, school districts and the state are required to meet AYP criteria in three measures: reading/language arts, mathematics and either graduation rate (for high schools and districts) or attendance rate (for elementary and middle schools).



Judy Walling, Assistant Superintendent for Learning says, "This is just one example of the hard work and achievements of our students and teachers."

AYP ratings for each campus are available on the MISD Report Card Web page or visit the Texas Education Agency Web site.

CONGRATULATIONS!

to Debanhi Garcia for being selected to the TMEA 4A All-State Band! Debanhi placed at the top of the Bb clarinets at Area D auditions.



Students Learn to be Money \$mart



The middle school Community Problem Solvers are teaching elementary students basic money vocabulary terms, as well as the history of money and banking.

The CmPS students have created a series of economic lessons to educate MISD 3rd graders on how to be money smart and how to save for their future. The subjects taught are "How Can I Earn Money As A 3rd Grader?"; "Being Organized, Managing A Budget And Setting Goals"; "How To Open A Savings Account"; "Savings vs. Spending and "How To Spend Money Wisely"; and "Wants vs. Needs and "How To Make Your Money Grow." These lessons will be taught by video lessons sent to the teachers, as well as Skyping with the classes each month.

They created fun characters such as: Bill E. Cash, Penny (She's #1), Nick the Nickel, George the Quarter, Diamond the Dime, "Fifty-Cent" and Mr. Moneybags the Banker.

"Successful Future"



"Love and Logic" program begins at Irvin



Love and Logic is a common-sense approach that provides educators and parents easy-to-learn skills which will create respect, responsibility and good decision-making in youth.

The free MISD parent seminar is based on the principles of love and logic. Classes will be from 7-9pm on January 11, 25; February 1, 8, 15, 22 at J.R. Irvin Elementary School. Contact Elizabeth Adkins, Irvin Counselor at 972-775-8239 for questions. *Free Childcare.

MHS Senior Wins Top Speaker Award

Tori Torbert is a dedicated MHS senior who has competed in debate for two years. She is the debate club president and also competes in Lincoln-Douglas debate, as well as persuasive speaking. Lincoln-Douglas debate is form of debate in which one person debates one other person about various values and current issues; last year's topic centered around the economic bailouts of banks and other companies. This year's topic is focused on humans vs. environment. Tori was awarded the very prestigious top speaker award among all of the 42 Lincoln-Douglas debaters competing. She also competed in a local Lions Club speaking contest which she won and will be traveling to the regional level to represent Midlothian and the Midlothian Lion's Club. Her speech centered around drug use and whether it would be beneficial to legalize drugs. She had to choose a side and defend it.



The Plan of a Successful High School Student

Although there standard requirements, MHS also offers various graduation plans, career paths and electives that meet the individual student's interest.

Each year, Midlothian High School administrators and counselors provide an Academic Planning Guide to assist students in preparing for their high school career. Parents of younger students may find it insightful to review the 2009-2010 guide online at www.midlothian-isd.net/mhs.

How many credits does it take to graduate?

Freshman (9th)	0-5.5
Sophomore (10th)	6 credits
Junior (11th)	13 credits
Senior (12th)	19 credits
Graduation	26 credits

To receive a Texas high school diploma, a student must complete all the necessary coursework for graduates and pass all parts of the exit level TX Assessment of Knowledge and Skills (TAKS) in four subject areas: English/language arts, mathematics, science and social studies.

MHS Program Opportunities

College Board Advanced Placement (AP)

Advanced Placement courses are those courses with specific entry criteria for highly motivated students. Courses are taught with a college level curriculum. Students may be expected to complete summer assignments and should plan to take the AP exam at the end of the course.

Dual Credit and Concurrent Enrollment

MHS and Navarro College offer high school students a variety of educational programs, services, and courses. Junior and senior students who qualify can enroll concurrently at MHS and Navarro College with approval from the principal. These students can receive high school credit as well as college credit for the Navarro College courses.

Career and Technology

The Career and Technology Education (CTE) program offers agricultural science, family and consumer sciences, business education, marketing education, information technology, work based learning programs, media technology, criminal justice, Courses offered at Waxahachie High School and electives.

Come Hear the United States Military Academy Band

West Point, New York

FREE concert on Sunday, February 14 at 3:30pm, MHS Auditorium

The Midlothian community is invited to hear the United States Military Academy concert band on Sunday, February 14 at 3:30pm at the MHS Auditorium. **Admission is free.**

The band is a direct descendant of the small Band of Musick that had assembled at West Point by 1817. The modest twenty-piece military band of that era has evolved into the 48-member wind band of today. Over the years, the Concert Band has earned the reputation of being among the finest of its kind in the world. The band's events attract thousands of visitors annually to the academy to hear the finest in new and traditional concert band literature. The most popular of these events are the summer concerts at West Point's Trophy Point Amphitheater. Annual 4th of July performances at the ruins of Fort Putnam (on the grounds of West Point) began in 1817, and more regular outdoor performances by the Concert Band occurred throughout the middle and later 1800s. By 1950, the summer concerts on the Plain (beside the cadet barracks) were very well attended by people from West Point and beyond.

Read more at www.usma.edu/BAND/ensembles/cb.htm

Get Connected to MISD



MISD would like to encourage parents and community members to join the MISD E-News online newsletter, MISD Facebook group and MISD Twitter network. Visit the district Web site at www.midlothian-isd.net to get more information.

Organically Beautiful

— By Betty Tryon



When one thinks of sculpture as an art form, usually one thinks of gentle, flowing lines on images of clay, or delicately chiseled marble. However, there is nothing delicate or gentle created in the sculptures of wood and metal by Larry Gentry. The impression that his art carries tectonic elements is by design. He explained, “While in high school, I learned how to weld and subsequently got into construction. So, all my sculptures are construction-like. You can mold clay or build things. I wanted to build things rather than mold. It is more of a constructive process. My work is a contrast between rigid architectural lines and organic lines. That seems to be the most consistent thing throughout my sculpture and drawing.”

Larry defines his organic lines as

anything not manmade. “The line is kind of free form and not rigid. Architecture is usually rigid. It’s all right angles. When anyone makes something, then it has all of those features about it — rigid and right angles. Then nature tends to break that down and cover it up. That is when the transition starts to happen. I admire that. Look at a Mayan sculpture for example. When first painted, it has a vivid red color. Then, with time, all the color seems to fade away. It gets all of this erosion to it. The erosion is what makes it beautiful, kind of collaboration between man, time and nature. That’s why I collect so much junk, because I find beauty in junk.”

One of his artworks, which Larry has hanging in his home, was justifiably called junk at one point in its life. Captivated

by the image of a large, aging sign barely holding itself together, Larry could hardly wait until it finally fell apart. He declared, "I watched that sign for a couple of years, and when it fell, I got it! This is only about 1/20th of the size of the sign. It was huge. It would take a lot of skill to paint that surface," he said. After retrieving his treasure from the heap, Larry cleaned it, cut an angle on it and embellished some of the natural elements on the sign. He said, "It was



"That's why I collect so much junk, because I find beauty in junk."

just beautiful to me. People forget signs, especially real estate signs, so they sit out for years and years much like a Mayan sculpture would in the jungle. They sit there and the wind and the sun beat it up, and finally it falls. When it falls, it's mine."

Of the many mediums Larry has conquered, sculpturing has been the most challenging. "I dream about sculpture," he said. "It is also the most frustrating, because it is so labor intensive. If you make a mistake after 10 hours of work, it's hard to fix it. I work on a pretty large scale, so often I don't see my mistake until I get away from it. Drawing comes

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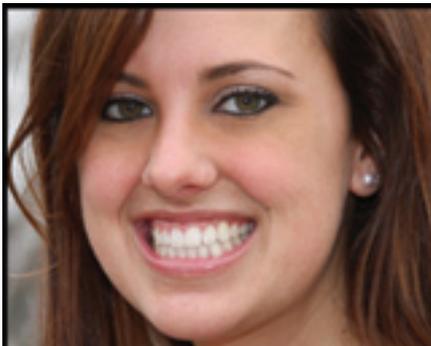
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very easily for me. I can finish a drawing in a couple of hours. It is very satisfying. It is hard to say which my favorite is because when sculpture beats me up, I always run to drawing and feel better about myself,” he smiled.

It is understandable that Larry would be interested in construction since he was in the home-building industry for 17 years and even built the home he, his wife, Dana, and their two daughters, Chandler and Callen, live in now. His many experiences in the construction business helped shape the artist he is today. His formal training solidified his craft and allowed him to experience other mediums. He attended art school at Stephen F. Austin State University in Nacogdoches, Texas, and studied printmaking, drawing, sculpture and painting. Larry earned his Master of Fine Arts degree from the University of North Texas School of Visual Arts in Denton, Texas, where he continued his study of sculpture and printmaking. He also taught drawing while a student there. Other students have benefited from his expertise for many years. Larry’s ability to connect with students led him to mentor gifted and talented students at DeSoto High School.

Several of them pursued art studies after graduation from high school and sought a career in art. He is currently teaching a continuing education art class at Cedar Valley Community College in Lancaster, Texas.

Larry’s enthusiasm for art inspires his students to excel. His vision of “taking something that is discarded and transforming it to make something beautiful” is appealing in its message for conservation and transformation. Another example of this also hangs in his home as a wooden, circular piece of art. This piece, compiled from recycled wood, is truly beautiful. Larry said, “I didn’t alter the color of the wood, just organized it and made a composition out of it. I respect the found object and try to use it and try not to alter it a lot because you diminish its importance when you do. Recycling is important. It’s easy to take trash and make it look like more trash, but to make it look like art — that is a challenge.”

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From left to right - Callie Bishop, Tess Voisard, Lindsey Sisco, Alex Furr, Tori Adamé



The Greater Good



— *By Alex Allred*

One by one, they filed into the locker room to see their coach. Each had been offered the ever-elusive athletic scholarship, but rather than give his opinion, Coach Austin Guest, head coach for the Midlothian High School soccer program, countered with a series of questions.

“Instead of telling us what to do, he made us make the decision ourselves,” said Lindsey Sisco, the girls’ varsity goalie.

“He asked me if I was willing to sit the bench for the first year,” Tori Adamé said. When the midfielder was given a chance to attend a larger school, “Coach gave a reality check. I knew I wanted to play my freshman year.” For her, Houston Baptist University was the answer, while Lindsey signed with Middle Tennessee State University. They were not alone. Forwards Tess Voisard and Callie Bishop signed with Louisiana Lafayette and the University of Central Arkansas, as defender Alex Furr, who looked at schools as far away as Washington, decided on Arkansas State University. The three remaining seniors on the girls’ varsity team have not yet decided how far they want to go with soccer.

For the five athletes offered scholarships, however, all of whom have been together since elementary school, the need to play far outweighed the prestige of a larger school. “I just really want to make a difference, make an impact where I play,” Tori said.

Undoubtedly, all five varsity players have already made an impact where they play today. Last year's performance was indeed impressive with a record of 20 wins, seven losses and one tie. They have been District Champions since the 2006-07 season, but Alex said that it is their collective hearts that make them a force to be reckoned with.

"We're going all the way this year," Callie said. "I really believe that. We've worked so hard and we want this so much. We have chemistry now!"

"We've learned to communicate better with each other," Alex said, noting



"I just really want to make a difference, make an impact where I play."

what a change this is from just one year ago. With a team of 20 girls with very different personalities, personal goals and agendas, "there was way too much drama," Callie said.

For those who truly understand the glory of sports, the long-term benefits of team play, the communal efforts and importance of acting for the greater good, the journey of the girls' varsity soccer team stands as a shining example. "It gets harder every year, to be successful because our young athletes are being told that the needs of the individual are more important than that of the group," Coach Guest said. "The importance of the team is secondary. The notion of the 20th century hard-nosed coach is gone. Today, a coach has to build up players, break down barriers and heal wounds — real or imagined. We have to treat the individual athlete, but it's always for the greater good."

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McDonald and Heather Fisk, Coach Guest, a man fond of such quotes as George Bernard Shaw's, "Be a force of fortune instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy," understood before there could be wins, there had to be unity. "As much as we practice after school and work together," Alex said, "it started to pay off. I wish more people would come out and watch us now. The games are a showcase to all our hard work."

"We really built a family," Tess smiled. And for the often shy Tess, this is a huge statement. "I've never really been very comfortable around coaches, but now I can be myself around them [Midlothian coaches]."

In fact, as hard as Coach Guest worked to create that sense of family among the team members, it was his knee that played a key role in making that happen. A shredded ACL led to surgery and, unfortunately, a dangerous infection a month later. Frighteningly close to having his leg amputated, Coach Guest was laid up for weeks. For the soccer community, however, it was a rallying point.

"Now," Lindsey joked, "he has no ACL, and he's got a better volley than we do!"

Whatever the methods, however the volleys, the girls' soccer program is a unified front. With a very difficult schedule ahead of them in the 2010 season, there are two strategies at play. The coaches are working the girls harder than ever. Where they once played more ball, scrimmaging against each other, they now lift more weights, run sprints and drills the majority of the time. "Oh, man! It's brutal," Lindsey laughed, yet no one is complaining — at least not within earshot of the coaches.

The athletes realize this is the end of something special. "This is our last year," Callie said. Determined to make it one filled with great memories as well as victories, the girls speak of being role models, mentoring freshmen, respecting one another and remaining friends and sisters well after graduation. "This ... all of this is so much more than soccer," Lindsey said. Indeed, it has all been for the greater good. **NOW**

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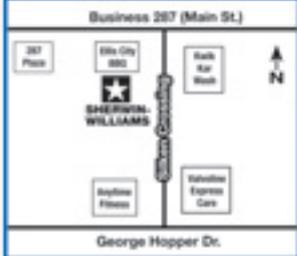
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From left:

The staff at Retreat Salon; interior of the salon; massage therapist/facialist Angela Freeman; clients can relax while waiting to be pampered.

Looking Good in Retreat

Making you feel special is the goal at this local salon.

— By Betty Tryon

One year ago, three friends working together in a hair salon decided to invest in themselves and opened their own business together. The new owners Jane Cox, Joanna Lopez and Debbie Hunt reached the name of their new business, Retreat Salon, almost simultaneously. Joanna stated, “We were all in Lowes and saw a sign with Retreat on it. We looked at each other and said, “That’s it! Retreat!” When you want to get away, the first word you think about is retreat without too much hassle. We wanted a salon where the atmosphere was very inviting. We service all age groups. It is a very mixed clientele. We wanted it to be comfortable to everyone who comes in — not just for one specific age group.”

Debbie added, “We offer everything with the spa feeling.

When you get your hair done, you want to feel relaxed. We do facials, massages, hair and nails. We offer everything from hair extensions, waxing, makeup and chemical peels to microdermabrasion.” Other hair services include chemical straightening, highlights, up styles, deep conditioning and of course, the latest in hair cutting and coloring trends. Joanna stated, “Sharlene Cazares does all sorts of nails with fiberglass, solar nails and nail art on toes. We also offer manicures and pedicures.” Another professional in the Retreat Salon family is Angela Freeman, a massage therapist and facialist. Many believe there is no better way to relax than under the management of someone who knows how to massage away the body’s stress. Part of her service is reflexology and hot stone massages. In

addition to body massages, she offers a full range of facials.

Retreat Salon prides itself in its customer service. Jane said, "We are more of a salon than a fast cut place. We work with you. When people come in, we listen to what they want. We take a lot of time with our clients in consultation. We look at the shape of the face to get the right cut, the right color. We want them to feel special and even make their appointments for them. A receptionist does not do it; we do it for our clients. It's all a part of the way we take care of them."

The owners of Retreat Salon place such value in getting it right for their customers' satisfaction that they offer a free consultation on the first visit. Part of

"We offer everything from hair extensions, waxing, makeup and chemical peels to microdermabrasion."

working with the client to ensure the best service for them is to be accommodating in the hours of operation for the salon. While a salon day typically begins at 8:30 in the morning, they are willing to open earlier and stay late in the evening dependent on a client's schedule. This works well for those who can only come in for service in the evening. The salon hours were set this way on purpose — to better benefit their clientele.

Another way Retreat Salon is unique is in its downtown location. Debbie Hunt, a Midlothian resident, knew of a salon that had closed down and the building was up for lease. To their advantage, this occurred near the same time they decided to go into business for themselves. Joanna said, "The building was in a good location and had a good small-town feel to it, and the downtown area has a welcoming atmosphere. We have had people sitting in Campuzanos [Mexican restaurant] and just come across the street, or they will call and say they are over there and ask to come in and get their eyebrows waxed! There is always someone coming by." So, come in, bring your friends and relax in an inviting atmosphere. **NOW**

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Brooke's BOOKS

— By Betty Tryon



Every now and then, you meet someone truly special who touches your heart in such a way that you know this is someone you will always remember. Brooke Ashton Cambron, former Midlothian High School senior was that type of person. Although she died in the spring of 2007, Brooke left her mark on many people she knew. Now, Brooke's Book Nook gives our community in Midlothian the opportunity to remember her. Brooke's Book Nook is the vision of two teachers, Amber Hale and Sherry Almand, along with the leadership of two former students, Jayelyn Johnson and Chelsea Jordan.

"We really loved Brooke and wanted

to honor her memory," Amber stated. "Brooke was very special to us personally because of our involvement with her. We made a promise to her parents Shawn and Donna, after Brooke passed away that we wanted to do something to keep her memory alive. So, Brooke's Books is what came out of that promise to the Cambron family."

Amber and Sherry had a vehicle to fulfill that promise as teachers of family consumer sciences at the high school, and sponsors of FCCLA (Family, Career and Community Leaders of America), the leadership organization that goes with that discipline of education. The FCCLA, formerly known as Future Homemakers of America, is an organization that focuses on family issues and consumer science education. Brooke became a member the first year it started. Amber stated, "She helped us write an MEF (Midlothian Education Foundation) grant for a project and because of her work we received the grant. It was hard getting kids when we initially started, but with all of the successes that first year we are now one of the largest chapters in the state of Texas."

Working with Susie Yarbrow, librarian at Meadows Library, the group researched projects it could do that would focus on children because Brooke wanted to be an elementary teacher. In their investigation, they discovered that in the communities surrounding Midlothian, there was a vast difference in the number of books for children. Sims Library in Waxahachie has about 50,000 children's books. Meadows Library in Midlothian has 3,600. It was clear that more books for the local children's center were needed. Amber elaborated, "We realize our library is different in that it doubles as a public and high school library. However, it was a great way to raise awareness about early childhood literacy and to see how important it is to get young children reading. Kids have grand ideas, and we like to tell them that if they are brave enough to dream it, then we will try to facilitate it."

Amber stated, "We felt like it was a good community service opportunity for our kids who were currently in FCCLA and would give them a personal

Education **NOW**

relationship to the project. That is how it all got started.”

“Jayelyn and Chelsea did the presentations in the community to places such as the Lions Club, the Rotary Club and the Chamber to raise money,” Sherry said. “They also sent out letters to raise awareness for the project.” Because of the efforts of the organization, there is now a special area in the library designated for books donated specifically for the Brooke’s Book Nook project. You can easily find them by the official logo designed by her aunt and one of her friends. The logo is two Bs with a little girl holding a book.

Within the FCCLA organization, there is the opportunity to enter competitive events that promote personal leadership and development. Brooke’s involvement in the organization was such that she was competing on one of the teams at the state level three weeks before she died. Brooke’s Book Nook was such an innovative and successful idea as a community service project that it was only natural for it to turn into a competitive event for FCCLA. It earned the distinguished National High School Community Service Award in May 2009. The chapter received a \$1,000 monetary award that went into the chapter account for more community service programs. In remembering one of her treasured students, Amber took a deep breath and said, “Brooke was special because she was a student who wanted to find a place to belong. At the beginning of that year, she was very quiet and timid. Through the project she did in FCCLA, I saw her smile and set goals for herself. She wanted to be a teacher. She knew where she was going and watching her grow through that process is what made her so special to me. Brooke is the reason this organization is what it is. She had the most tender heart for children and a heart for education. It was hard not to love her, so full of life and love. As a high school teacher, you do have kids who challenge you. I am here for them and that is what makes me go back every year. You can see someone start off just as a bud, and at the end of the year, they are this full blooming flower. That blooming flower was Brooke.” **NOW**



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In The Kitchen With Kristin Zastoupil

— By Faith Browning

As a young girl, Kristin Zastoupil was lovingly taught to cook by her mother and grandmother, NaNa. “Some of my first memories at my grandmother’s house are in the kitchen with her. She had an apron and step stool for me to help her at the counter,” she remembered. “My mom would make her famous pancakes, especially for dinner. For years I wouldn’t eat restaurant pancakes because they wouldn’t hold up to Mom’s.”

Now Kristin is creating traditions for her husband, Brendan, and their son, Bryton. She has established the tradition of pancakes for Bryton’s birthday and cinnamon roll Sundays. “Bryton loves cinnamon rolls. We’re all tired on Sunday mornings, so we bake Pillsbury cinnamon rolls or the microwave monkey bread and eat them in our pajamas,” she explained. “It’s not gourmet, but it’s a great family tradition!” **NOW**



BANANA-OATMEAL PANCAKES

- 1/2 cup oats
- 1 cup water
- 2 Tbsp. light brown sugar
- 3 Tbsp. canola oil
- 1 cup flour (may substitute 1/2 with whole wheat flour for healthier recipe)
- 1 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1/4 tsp. ground cinnamon
- 1/2 cup milk (may substitute with skim)
- 1/4 cup plain yogurt (may substitute with non-fat)
- 1 mashed banana (the more brown the banana, the more flavor it holds)

1. Combine oats and water in a large microwave safe bowl. Microwave about three minutes until tender and creamy.
2. Stir in brown sugar and canola oil.
3. In a separate bowl, combine flour, baking powder, baking soda, salt and cinnamon; mix with a whisk.
4. Add the milk, yogurt and mashed banana to the oats; stir until well blended.
5. Add flour mixture to the oats and stir until just moistened. The batter will be thicker than usual pancake mixtures.
6. Pour about 1/4 cup of mixture onto hot griddle for each pancake. Cook about 2-3 minutes for each side, until edges are lightly browned. Best when served with a sprinkle of cinnamon and powdered sugar. These may be frozen for up to a month and reheated in toaster. When substitutions are made, it is less than 100 calories per pancake.

CHICKEN SALAD

- 1 cup mayonnaise (regular or light)
- 4 Tbsp. apple cider vinegar

- 5 Tbsp. honey
- 2 lbs. chicken breasts, boneless, skinless cooked or 32 oz. of canned chicken
- 3/4 cup pecan pieces
- 3 stalks celery, diced (optional)
- Salt and pepper, to taste

1. Combine all ingredients in a large bowl.
2. Let cool in refrigerator for about 2 hours.
3. Place on favorite bread or top off a green salad to serve.

SPICY POTATO-CHEESE SOUP

This is a low-fat soup recipe with a kick.

- 1-2 Anaheim chilies
- 1 lg. onion, diced
- 2 garlic cloves
- 4 cups chicken broth
- 2 Idaho potatoes, peeled and cut into chunks
- 1 fresh tomato, chopped
- 1 Tbsp. fresh chopped oregano
- 1/4 tsp. salt
- Pepper, to taste
- 3/4 cup sharp cheddar cheese

1. Cut chilies and de-seed; cut into large pieces and grill or roast. Set chilies aside.
2. Dice onion and sauté in medium-sized pot until they are translucent.
3. Add garlic to cook with onions for a few minutes.
4. Add chicken broth, and bring to a boil.
5. Add potatoes and simmer until they are tender, but still hold their shape.
6. Add tomatoes, chilies, oregano, salt, pepper and cheese to the pot; simmer for 5-10 minutes.
7. Serve topped with cheddar cheese.

PIGS ON A BLANKET (APPETIZER)

- 5 slices bread (white or wheat)

- 1 pkg. cream cheese
- 1 small can black olives
- 1 small jar of green olives
- 1 pkg. bacon
- Toothpicks

1. Cut crusts off the bread.
2. Soften cream cheese in microwave, and spread on bread.
3. Cut each slice of bread into 3 or 4 strips.
4. Place olives in cream cheese.
5. Roll strips and wrap an uncooked bacon slice around the outside. Secure with a toothpick.
6. Broil at 450 F for 8-10 minutes until bacon is cooked.
7. Allow to cool slightly before serving. For an extra kick, serve with salsa.

NANA'S BUTTERMILK PIE

This recipe was passed down from my grandmother.

- 1 1/2 cups sugar (use 2 cups if you want it really sweet)
- 2 Tbsp. cornstarch
- 1/2 tsp. salt
- 3 eggs
- 3/4 cup buttermilk
- 1/4 cup butter
- 1/4 cup lemon juice
- 1 tsp. vanilla
- 1 piecrust, unbaked

1. Combine all ingredients in a large bowl. Stir until blended together.
2. Fill unbaked piecrust, and cover with foil.
3. Place on bottom rack of oven, and cook at 350 F for 50 minutes. Best if served warm. Can be stored in refrigerator until ready to serve, and re-heat in microwave.

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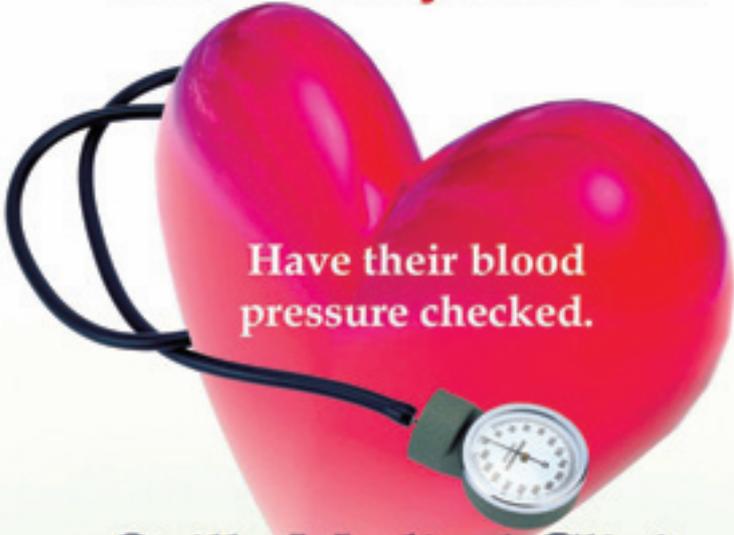



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Financing a Home in 2010; How to Prepare

— By TJ Henley

New Year's resolutions are freshly underway. One month into 2010 and we have all lost 10 pounds, are giving more to charity, are spending more time with family and have bought the right house for the next stage of life — or have we?

New Year's resolutions can come with a fair amount of stress if you don't prepare properly. When it comes to purchasing or refinancing a home, there are a few critical steps that can make the process less stressful.

Driver's License: Every few years, this primary piece of identification needs to be renewed. Take a look at yours and make sure it does not expire this year. If it does, take care of it quickly. Closings often have been delayed because a driver's license expired just before closing. Also, take a look at your passport and make sure it is current. If you don't have a passport, get one. You never know what adventure the New Year may hold.

Tax Returns: With lending guidelines tightening, everyone now needs all or part of their tax returns. Since you may have recently completed 2009's return, keep it in an easily accessible place. While you are at your accountant's office, ask if you can have a copy of 2008's return. You will need returns from both years. Additionally, ask your accountant if you qualify for any of the home buyer tax credits. The tax credits expire April 30, so you'll have to act quickly.

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statements and paystubs. Many of these online versions protect your identity by blocking information like your name or account numbers. While good for protecting your identity, it can make applying for a loan more challenging as lenders require this information on your statements. Be aware that a trip to the bank or HR department may be necessary to get a version of your statements your lender needs.

Credit Report: Your credit score may be the most important factor affecting your mortgage qualification and rate. Check your credit report annually for errors. Each year, you can obtain a free copy of your credit report by visiting www.annualcreditreport.com. If there are errors, you can work on your own to fix the errors or employ a credit restoration agency to help you. Improving your credit score even a few points may improve your rate and potentially save you thousands of dollars.

Budget: Having helped over a thousand families purchase new homes, I am amazed how many have not determined how much of a house payment they can afford. How much money a lender will loan you is not nearly as important as how much of your take-home pay you want to commit to a house payment. Your lender can calculate the amount of your home loan based on your desired monthly payment. To come up with an amount for a house payment that is good for you, create a budget so you understand where all of your money is being spent. Young or old, this may be the hardest step. A budget typically forces you to look at and evaluate your spending habits. Do this step and you will put yourself on the road to financial peace.

So, as I look into the remainder of the year, I will exercise more, visit my grandmother more often, give more to people in need and prepare — prepare for a future so bright, I have to wear shades. **NOW**

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A Woman's Heart

— By Betty Tryon, R.N.

Of all the things women worry about with or without merit, it seems another item should definitely be on the plate. The number one cause of death for women in America is not breast cancer; it is heart disease. This may surprise many because breast cancer is so prevalent in the media and receives a lot of attention. Surprising or not, the incredible statistic is that heart disease causes 45 percent of the deaths in women. Women and heart disease, to the public, is an anomaly.

Women produce the hormone estrogen and prior to menopause, it plays a beneficial role in providing some protection in women against heart disease. One function of estrogen is to help maintain the levels of good cholesterol — HDL, high-density lipoprotein. HDL contributes to good cardiovascular health. Recent studies show that after menopause, even with hormone replacement therapy, that benefit is lost. We now know women cannot count on the benefits of estrogen after menopause for protection from heart disease, whether the hormone is natural or synthetically made. Because of this information, women and their health care providers need to be more aware of possible complications to their well-being.

Many women die from heart attacks because it can be a challenge to diagnose. The symptoms women experience when having a heart attack are not necessarily the same ones that appear in men. The familiar complaint of crushing and debilitating pain in the chest that may radiate to other areas is not always present in women. When women present with symptoms of upper back pain, abdominal pain, shortness of breath, dizziness, sweating, fatigue and/or nausea and vomiting, their discomfort may be attributed to gastrointestinal problems,

anxiety, muscle injury or some other ailment. Precious time needed for proper diagnosis may be wasted, for example, if a woman thinks she is experiencing indigestion and treats her symptoms with antacids.

Awareness of risk factors and working to eliminate or minimize areas of concern is very important. As mentioned, menopausal women are at increased risk because of the decreased estrogen hormone. The risk for a heart attack increases substantially when combined with obesity, high blood pressure and diabetes. Women can improve their odds by following a healthy diet and maintaining a healthy weight by watching their intake of salt and fats. Exercising under your doctor's supervision will bring great benefits. Avoid alcohol and cigarettes. Becoming menopausal brings a list of challenges to a woman's life. Hot flashes are only a tiny part of it. A consultation with your health care provider before problems emerge can lessen a lot of worry later. **NOW**

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



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The Chamber welcomes Unique Catering and Party Planners with a ribbon cutting.



Sparkle the Tooth Fairy spoke to students about how to keep their teeth healthy and clean.



Mrs. Golden's Spelling Star Bethani C. and Ms. Tidwell's Math Geek of the Week Aubrey W.



Miller fifth-grade students had a BLAST learning about economics by playing Who Wants To Be A Millionaire.



Mrs. Hutchinson's class at Baxter Elementary celebrates the New Year.

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ELLIS COUNTY PRECINCT 4

Happening **NOW**

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. Marvin. For more information, contact Cheryl Bell at (972) 723-0341 or rb4cj@sbcglobal.net.

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: 7:00p.m., Midlothian High School Meadows Library. Contact Kathy Robinson at (972) 723-2755 for more information.

ABWA Empowering Women Express Network monthly meeting: 6:00 p.m., Midlothian Conference Center, 1 Community Circle. To RSVP, visit 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.

February 3

Fire department siren test of the outdoor emergency warning sirens.

February 8- March 8

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Happening **NOW** —

City Council Election Ballot may be filed from 8:00-5:00 p.m. at City Hall, 104 W. Ave. E.

February 9

Navarro College SBDC's free How to Start a Small Business seminar: 10:00 a.m. - noon, Citizen's National Bank, 310 N. 9th St. Pre-registration required. Contact Navarro College SBDC at (972) 923-6425 or sbdc@navarrocollege.edu.

Through February 18

Register for Expanding Your Horizons career day program to be held on February 27 from 8:30 a.m.-1:00 p.m. at Cedar Valley College. The program is for girls in grades 6, 7 and 8 and their parents. For more information, visit www.EYH.AAUW-SWDC.org or call (972) 709-1957.

February 23

Navarro College SBDC's Writing a Winning Business Plan seminar: 10:00 a.m.-noon, Citizen's National Bank, 310 N. 9th St. \$20. Pre-registration required. Contact Navarro College SBDC at (972) 923-6425 or sbdc@navarrocollege.edu.

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



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For a physician referral or for more information about sleep services at Baylor Waxahachie, call [1.800.4BAYLOR](tel:18004BAYLOR) or visit us online at BaylorHealth.com.

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