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M A G A Z I N E

FEBRUARY 2012

A Level Head for Leadership

Police Chief Carl
Smith keeps his
identity and
cool in a
job full of
pressure.

Shelter Comes
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Also Inside:
Riding English
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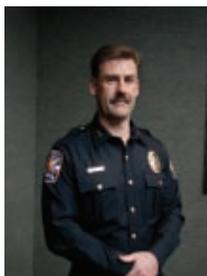
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On The Cover



Chief of Police Carl Smith leads the Midlothian Police Department.

Photo by Natalie Busch.

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Editor's Note

Hello, Midlothian!

As third- and fourth-graders, if we could scratch up a quarter between the two of us, we would walk to the store for candy. One particular time on our way home, my sister begged for my candy with the clincher, "Sisters are supposed to share." But when I asked for some of hers, she licked it and said, "You'll get germs." What could I do? After all, she was my big sister and I had just been snookered by one of the best. No hard feelings linger, at least none that I would admit. I love my sister.

So even though, historically, Valentine's Day is for lovers, I'm sending my sister a valentine. Love can be shared with anyone on this holiday. It is a wonderful thing, because it can never be wrong to tell someone you love them. Share your love with someone special this February 14.



Betty

Betty Tryon
MidlothianNOW Editor
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Jepsin Maliyil, M.D. has joined Baylor Family Medical Center at Midlothian. Dr. Maliyil is board certified in family medicine. She enjoys the full scope of primary care and sees patients of all ages. Some of her clinical interests include women's and children's health, preventive care, and management of acute and chronic diseases. Her goal is to provide safe, effective, and quality health care to families of Midlothian and its surrounding communities.



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A LEVEL HEAD FOR LEADERSHIP

— By Betty Tryon



As a young child, while watching the TV show Adam-12, Carl Smith, police chief for Midlothian, made the momentous decision that he never wanted to be a police officer. The actors on the show were always writing, and as a little boy who did not like to write reports, that was the deal breaker for him. However, the life of a police officer was his destiny, and it began to point in that direction in the early '80s. "I went to work as a manager in a food store chain in Oak Cliff," Carl explained. "We always had security. Back in the '80s, there was a lot of gang activity, and I found it intriguing to watch the law enforcement officers at night as they dealt with these kids. A friend of mine said, 'Look, you have the right attitude to be a cop. Why don't you try?' So, I took the entrance exam in 1987 and, as they say, the rest is history."



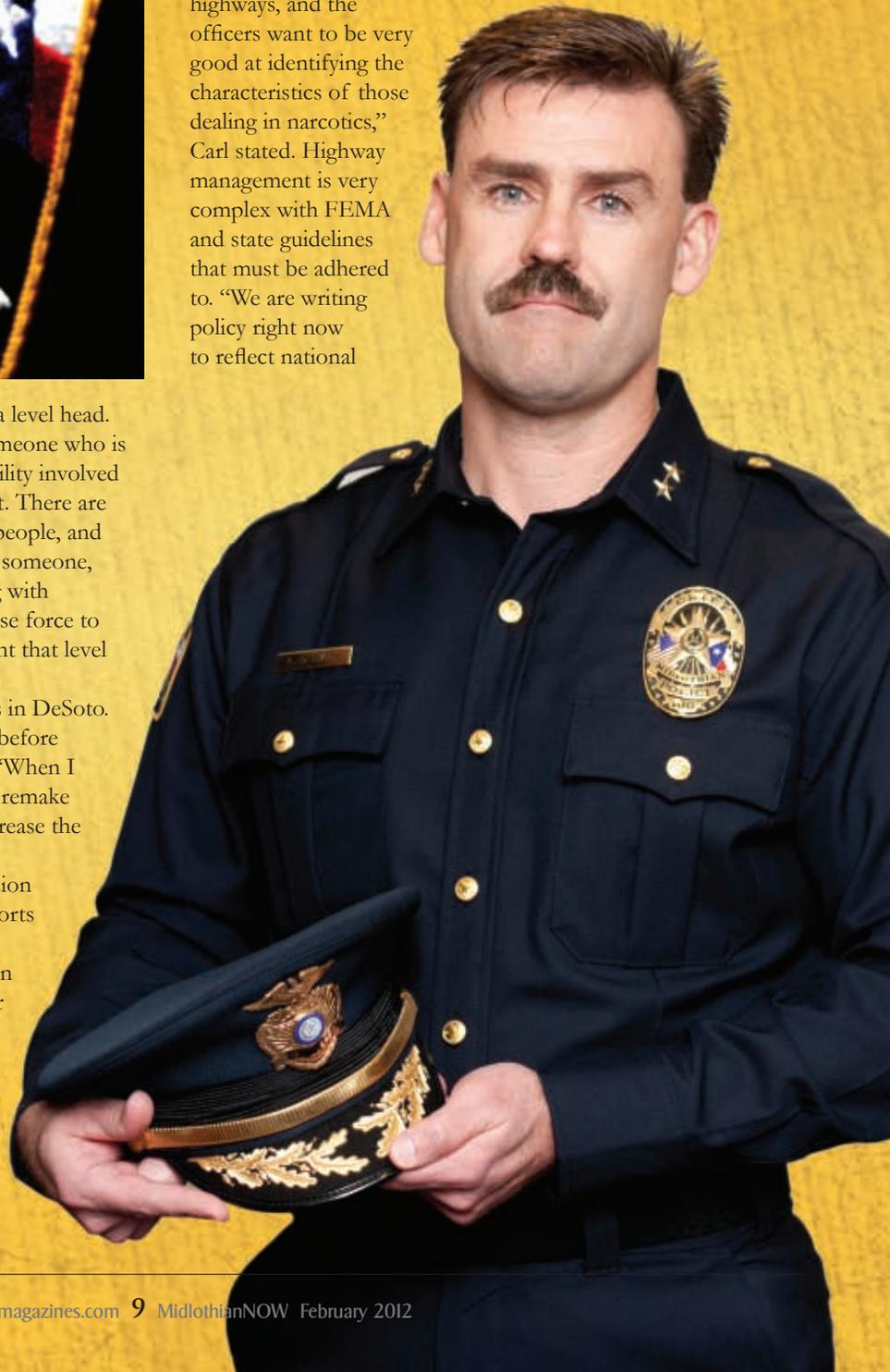
One of the chief's goals is to get every officer to the highest level of training possible within the department. The Midlothian Police Department not only does a great job training its officers, it is also a satellite training provider. "There are very few organizations out there that have training classification. We can bring in training to the police department, and we can host training," Carl explained. Many topics increase the officer's awareness and proficiency in the field. Force on force training or firearm training is one area.

Because both Hwy. 67 and Hwy. 287 cross Midlothian, the police department must deal with a variety of circumstances on the highways. Interdiction and DWI training are critical for law enforcement work on the highways. Interdiction is the concept of locating and intercepting illegal drugs. "Theoretically, we assume there are a lot of narcotics moving up and down the highways, and the officers want to be very good at identifying the characteristics of those dealing in narcotics," Carl stated. Highway management is very complex with FEMA and state guidelines that must be adhered to. "We are writing policy right now to reflect national

The right attitude, according to Carl, is having a level head. As he defined it, a person with a level head is "someone who is faced with a situation where there is a lot of volatility involved and keeps a calm head while thinking on their feet. There are always multiple routes to take when dealing with people, and when you can de-escalate a situation by talking to someone, then you have a well-rounded approach to dealing with conflict. On the rare occasion where we have to use force to make an arrest or intervene in a fight, you still want that level head prevailing."

Carl started policing in 1987 and spent 20 years in DeSoto. Five of those years were as assistant police chief, before coming to Midlothian four-and-a-half years ago. "When I came to Midlothian, my goal was to re-brand and remake the organization," he stated. "I also wanted to increase the standards of operation."

Carl was a perfect fit, notwithstanding his aversion to writing reports. He has proved that writing reports and policies is something in which he excels. "My history has been in policy making," he recalled. "In DeSoto, I was always one of the policy writers for the department. I had a strong background in an organization called CALEA (Commission on Accreditation for Law Enforcement Agencies). One of my goals was to come in and establish good, strong policy procedures for the officers that would be used on each shift. I also worked on training to increase their competency and confidence in the field."





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standards. With a small police department of 30 officers, many of the officers are wearing dual hats. They'll have an expertise in DWI enforcement and a strong training in interdiction because of time spent on the highway." Carl gives the staff and officers at Midlothian Police Department credit for high standards and professionalism. "If I am considered successful as a chief, they are the reason."

Police officers in Midlothian do a lot of community service. They make many visits to local school districts for exhibitions and career days. "We encourage our officers to be involved with Big Brothers Big Sisters," Carl said. "I've volunteered at Vitovsky Elementary School for the last three years as a mentor. We start new programs all the time with retailers, informing them of what they can do to protect themselves and their businesses. Our biggest outreach is our Citizen's Police Academy

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and our CERT program (Community Emergency Response Team). We try to equip our community not only with an understanding of law enforcement, but with how they can assist through volunteerism.”

Part of community involvement is awareness from the citizens of possible crimes being committed. “If you see something suspicious, call us. So many times, when a police officer catches someone in the act of committing a crime, it is because someone has called. People say, ‘I didn’t want to bother you.’ Well, bother us. We want that interaction,” Carl said.

Another aspect for necessary training is a realization that Midlothian is in a unique position for a massive emergency crisis. Carl recognizes the need for emergency preparedness. “Our ultimate goal, as always, is saving lives and protecting property. My concern for

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emergency management is probably more so than most municipal police chiefs because we have such large industry, major highways and major railways surrounding us. We have the potential for a perfect storm in the event of a catastrophe," he stated.

Working in law enforcement is one of the most stressful jobs there is. Officers must find healthy ways to relieve that stress. For Carl, it is his family. He explained, "Over the years, when I am not at work, I immerse myself in my family and other activities. I have always been athletic, so I do a lot of fitness activities. When I go home, I try to focus on my family. I've been involved with youth groups with a local church since the early '90s, so a lot of my grounding comes from just knowing that we are in public service. There are some people whose badge is their identity, but it's not mine. I occupy the position of being chief of police, but I'm still Carl Smith. As much as I like that position, and I enjoy being associated with it, I'm still Ginger's husband and my kids' dad." **NOW**



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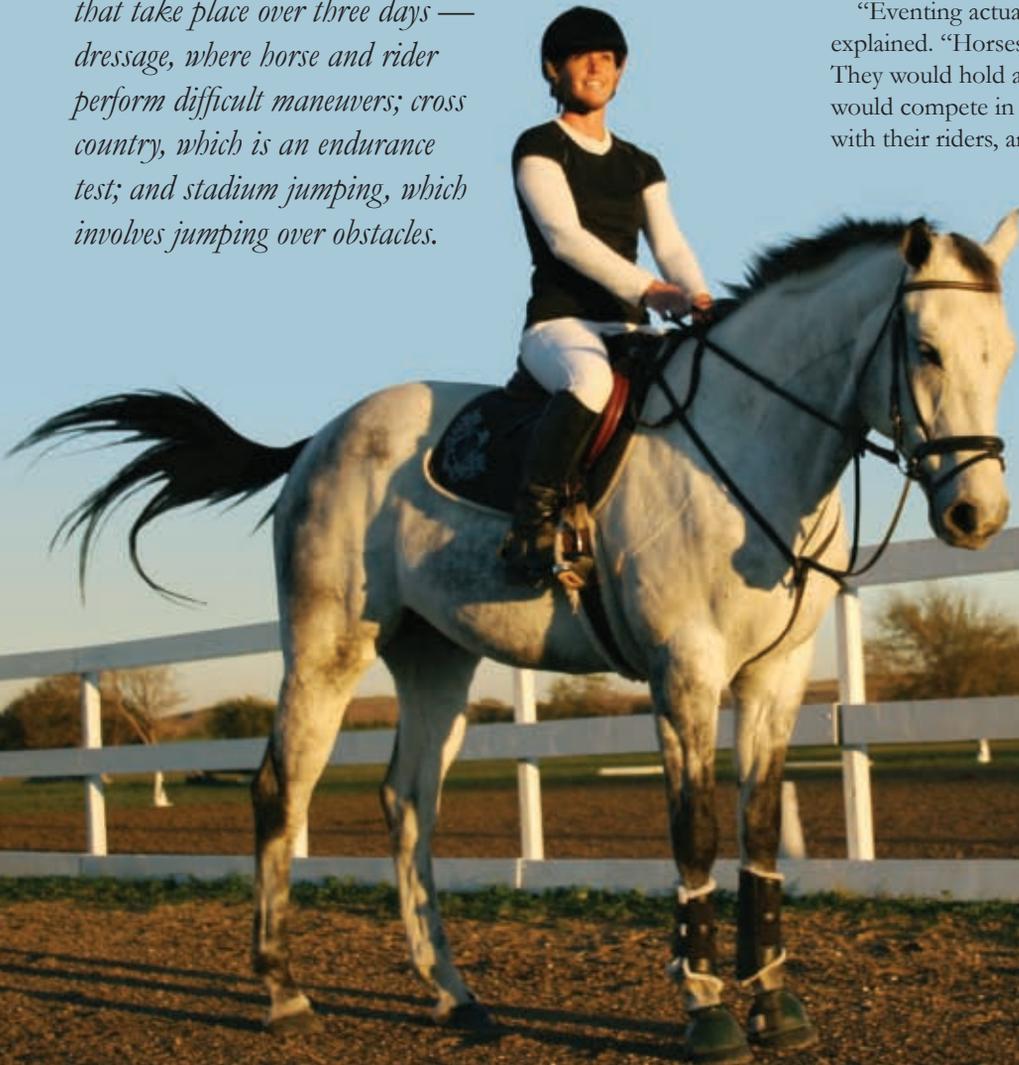
— By Betty Tryon

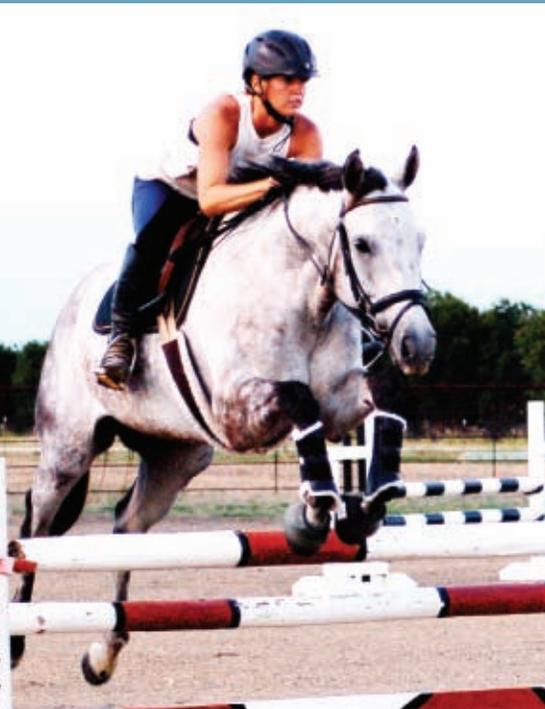
Tally-ho is probably not a phrase you are likely to hear at a Texas rodeo. However, an English phrase or two would be entirely appropriate at a horse competition attended by Emily Lock, an English riding instructor. She wants to share a different type of horse competition with Texans. Instead of jeans and cowboy boots, the attire is black jacket, white pants, velvet riding helmet and tall black boots. “I am an eventer,” she said. Eventing is a category of English riding. It is a triathlon for the horse world, involving three different phases that take place over three days — dressage, where horse and rider perform difficult maneuvers; cross country, which is an endurance test; and stadium jumping, which involves jumping over obstacles.



“Eventing actually has roots in the 13th century,” Emily explained. “Horses were valued for military purposes. They would hold an event every year where several horses would compete in dressage to show how well they worked with their riders, and then they would have a phase to see how far they could run over various terrains, different obstacles, different jumps and water. On the third day, they would see how high they could jump. Only the very best horses were kept for the king’s army.”

“Obviously, today we don’t need that, but it is still a developed sport. Eventing has been an Olympic event





since 1918, but they don't broadcast it very much." To qualify as a contender in the Olympics requires an incredible amount of skill and endurance from both the horse and its rider. Laughing, Emily remarked, "The sport is not on TV a lot, or it might be on the odd channel at midnight. But it is so amazing to watch the power of these animals and just the accuracy and precision it takes to get to that level. The jumps are 6 feet tall."

The movements performed in dressage proved to be beneficial to the military, but there was a more humane reason for the sport's beginning. "Dressage goes back to 800 B.C., and up until that time, horses were ridden very barbarically," Emily stated. "A military commander decided there had to be a better way to do this, so over the years, he started developing these different movements, which actually helped them in battle."

Dressage shows the accuracy of the movements performed by a horse and rider in front of the judges. The competition features various levels. The basic level includes diagonals, centerlines, how well the horse/rider team can perform a transition at a certain point and how round they can make a circle. "It sounds very simple, but when you are on a horse, they don't always want to walk in a straight line. At the higher levels, there are movements such as the leg yield, where the horse is crossing

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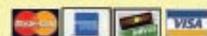
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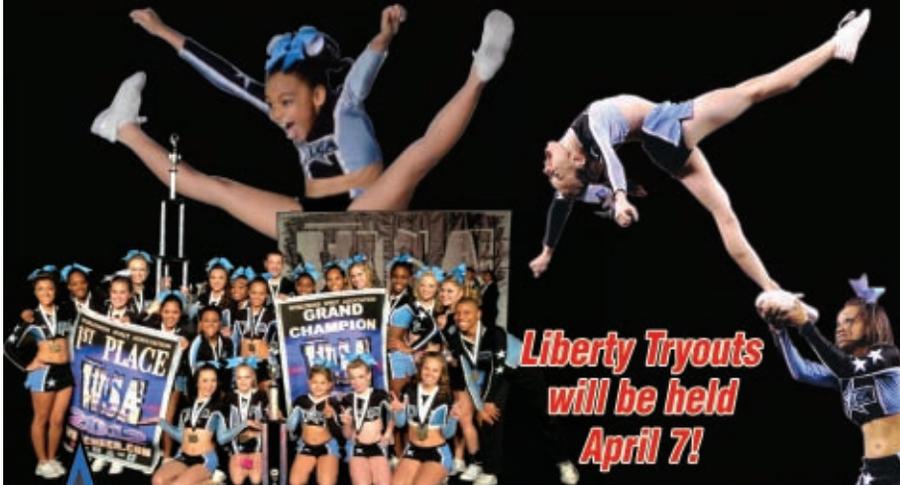
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its legs over to move sideways. There is also extension of the gait like a trot, and pirouettes, where they canter in place but are also turning in a circle rotating on their back end.”

Day two of the competition is the cross country phase. The course for the Olympic level is eight to nine miles long over natural terrain. “You are galloping a good 15 miles over solid obstacles. On the course, you see huge logs, banks down into water and water jumps. It’s a very daunting-looking course. The horse has to have endurance and bravery. It takes years to get a horse to that level.”

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eventing is stadium jumping, which is held in an arena. Stadium jumping is a tighter course and comes the day after the cross country run. After demonstrating endurance, the horse now needs to perform and demonstrate its agility. "There are different obstacles for the horse to jump over, and if you knock the rail over you are faulted for that. It's usually 15 jumps in a stadium with combinations and tricky footwork."

There are increasing levels at which to compete in the three phases. Emily has competed in lower levels, but has not competed at a higher level herself. "I have hopes to go higher, but I don't have a

horse I can do that with now," she explained. She has, however, schooled her students from Crossline Stables to compete up to the fourth level, which is the highest level you can go for dressage. She wants to make the public aware of the sport. "It's challenging, and you learn a lot about yourself more than anything. A small example of that is I



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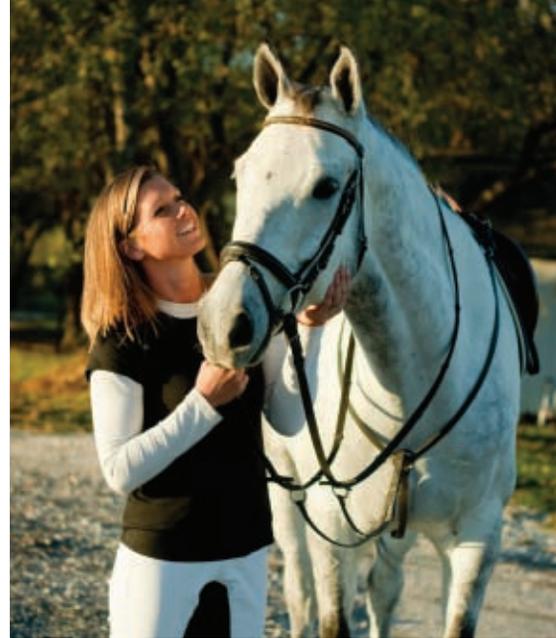
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tend to be left side dominant. A part of me tends to be too controlling of situations, and it shows up in my riding. I try to micromanage my horse and do too much, and my horse is saying, 'I've got this. I know what to do.' The more I do, the worse he does."

Emily acquires many former racing thoroughbreds. The horse she owns now was not fast enough on the track, so he was retired. "I take them and 're-career' them. I've been working with thoroughbreds since I was 15 years old. They've got a brain, and they have the ability. It just doesn't get any better than that." Emily also gets horses from the rodeo and currently has a horse that was a bucking bronco mustang. The horse had been abused, neglected and sent to a rescue center. "I was able to rehabilitate him and turn him into a lesson horse for my students to ride in shows. Being able to take something that wild and use the concepts of dressage with its good foundation, and now have 7-year-old girls ride him in shows and do really well, was great."

Eventing is a sport young children can participate in, as well as senior citizens. "I will go to events and see 60-year-old women making huge jumps," she noted. "Anyone who has horses could explain the uniqueness of having a teammate where there are no words spoken between the two, but there is a communication that goes further than words. You're sitting on a three-ton animal that could easily do anything to you if it wanted to. Eventing is very addicting, and there is just nothing else like it." **NOW**

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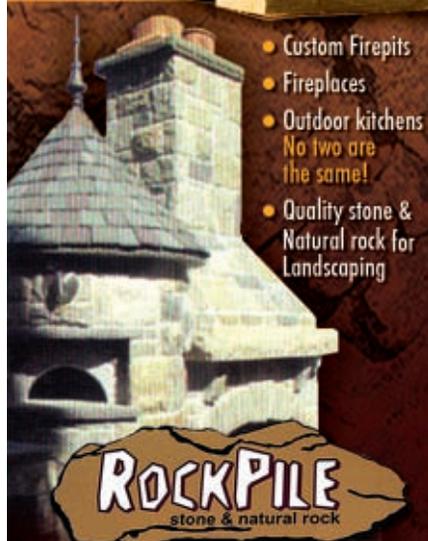
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She Comes From

— By Janice C. Johnson



At Home With George and Elizabeth Kent

When you enter the front door and walk through George and Elizabeth Kent's classic home, you find that one room leads into the next. You can tour all the main rooms and end up right back where you started without retracing any steps.

The Kents, who have owned the home for over 40 years, both grew up in Waxahachie. They lived one block apart during their school days but were never acquainted. After George finished college and began working in Dallas, two sisters who carpoled with George, suggested



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that he “check out that redhead, Liz Boswell. She’s a cute girl.” George heeded the sisterly advice, called Elizabeth, and the two ended up making a match.

By the time they married, George already had a start collecting antique furniture. At Scott Furniture in Waxahachie, he had found an old bedroom set, which an elderly couple had traded in because they were tired of “old stuff” and wanted modern furniture. “I always thought it was unusual that a young man liked antiques, while the older people wanted modern things,” George said. “Luckily, when we decided to get married, Liz liked the older pieces, too.”

George’s career was with Mobil Pipeline, while Elizabeth started out working for Southwestern Life Insurance



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Company. Later, Elizabeth decided to make a career change, which took her to the Farm Bureau in Waxahachie. Before their first child was born, they moved to Mountain Peak. Elizabeth left her job to make a home for their baby boy and for the two younger brothers who would later join the family. However, as George put it, "Here was this city girl stuck nine miles from nowhere."

Since none of their neighbors were home during the day, Elizabeth did feel isolated. After an unusually severe winter, the couple decided to rent a small house in town. As the family grew, they began looking for a bigger home, an older one with larger rooms that would

accommodate their antique furniture. Before long, a local agent put them on the track of a house that was not even on the market — a house full of history.

George and Elizabeth learned that Eula Bynum and her sister, both single, had the Craftsman-style home built in 1919. Not long afterward, another sister in Tennessee died in a flu epidemic, leaving two young daughters. The eight-room Midlothian house had ample room for the pair to take in their two orphaned nieces and raise them there until they married. One of those nieces, Christine Reese, stayed on in Midlothian and taught high school English for many years.

During World War II, because of the housing shortage, the house was divided into three apartments by way of

strategically placed partitions and new exterior doors. Builders also installed a temporary kitchen in the space where the central coal heater had stood. In this way, the building could offer shelter to three

families rather than just one.

Years later, Mr. Harley Fleming, who came out of retirement to oversee the TXI plant construction, bought the house. He had it restored to its original single-family layout, changing the temporary kitchen into a bathroom as part of the remodeling.

Mr. and Mrs. Fleming still lived in the home when George and Elizabeth began house hunting. "We came to

look at it and fell in love with it," George said. The Flemings, who by now wanted to move closer to their children, agreed to sell the home to the Kents.

Elizabeth's grandparents had lived in



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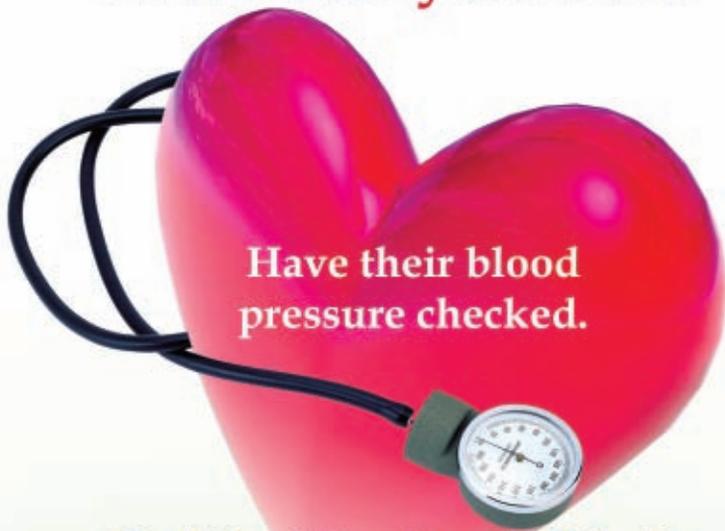
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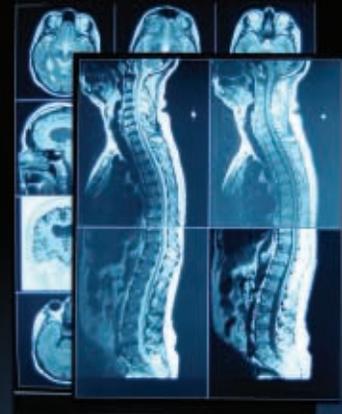
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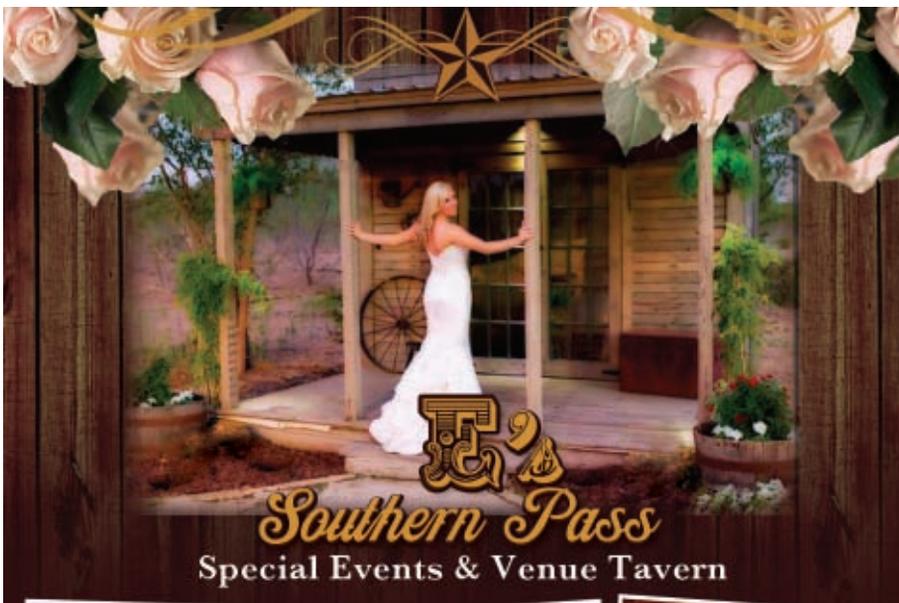
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Midlothian, Texas — July 7, 2010 — Community Health Accreditation Program, Inc., (CHAP) announced today that Approved Home Health Care has been awarded CHAP accreditation under the CHAP Core & Home Health Standards of Excellence. This is the beginning of the fourth year CHAP accreditation has been awarded to Approved Home Health Care.

Approved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant and Dallas counties, and surrounding areas. They are locally owned and operated by hometown folks with over 50 years combined home health experience.



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Midlothian, so old family friends quickly helped her and George feel at home. George was elected mayor and served for eight years. He went on to serve on the Mid-Way Regional Airport Board



and Midlothian Development Authority. Elizabeth served on the library board and helped establish the local library, despite opposition from some folks who felt that the Waxahachie library was close enough. She was also involved in getting the local and high school libraries combined.

The Kents' antique furnishings fit into the house as if it had been built for them. In the dining room, Elizabeth pointed out the ornate carved buffet and a china buffet with a wine service on the sideboard. Both had belonged to her mother and are now filled with cut-glass and Depression glass pieces. "We started collecting glass as souvenirs of our vacations," she explained.

The wall between the dining room and den has one unusual feature: tall windows that open by sliding up into the attic. "I tried keeping the windows closed and curtains on both sides, to save on heating," Elizabeth recalled. "But it didn't help much, and it made both rooms so dark that I finally took down the drapes. Now we just leave the windows wide open." Enjoying the openness, the Kents now keep their living room windows uncovered, as well.

The remodeling that Mr. Fleming began still goes on. "We're redoing it bit by bit," Elizabeth said. "These walls aren't Sheetrock, but old-fashioned plaster. We had a contractor fix one wall, and I watched him and then did the rest myself." Her daughters-in-law have joined in the project, painting the rooms in cheerful

colors. One of them finished the entire kitchen: walls, tile backsplash and cabinets.

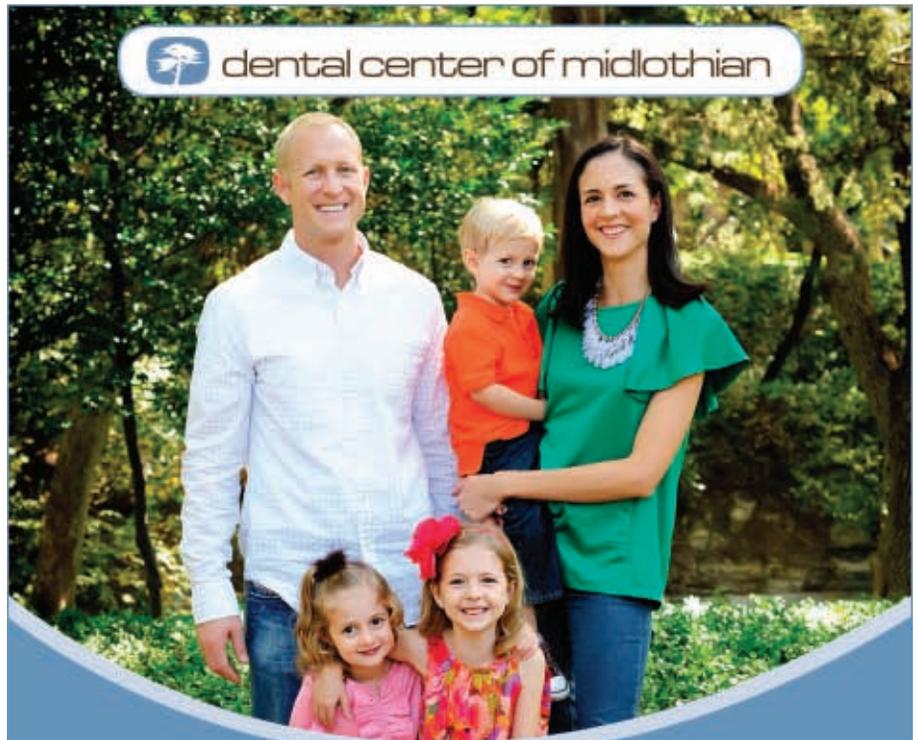
Visible from the kitchen, George's original antique bedroom furniture presides over the front guest room which, in turn, opens to the front entryway. Once you have toured the house and returned to the front door, you might notice a framed print of a girl with a large dog. George has treasured it since his own childhood. When he was small and sick with flu, his mother fixed a pallet in front of the fireplace to keep him warm. "I remember looking at that picture all day," he said. "We moved a few years later, and my parents left the picture behind. But when I asked for it, they went back to the old house to get it." In a way, the picture symbolizes the sense of shelter that his home and family provided.

The Kents' hearts and home are still open to family, which they count among their chief blessings. "All three of our boys have successful marriages," George said with satisfaction. Any of their five grandchildren (3-year-old twins through age 22) are welcome to stay for a night



or for months, as needed. A video game system, child-sized furniture and a playroom replete with dress-up clothes and toys help them feel at home.

The circuitous room arrangement delights George and Elizabeth's grandchildren, as it did their own sons. "Our boys remember riding their tricycles in this house, around and around," Elizabeth said. She added, "I love having our grandkids come over and playing with them." Like its floor plan, the house itself has come full circle, again extending shelter beyond its owners to a new generation. **NOW**



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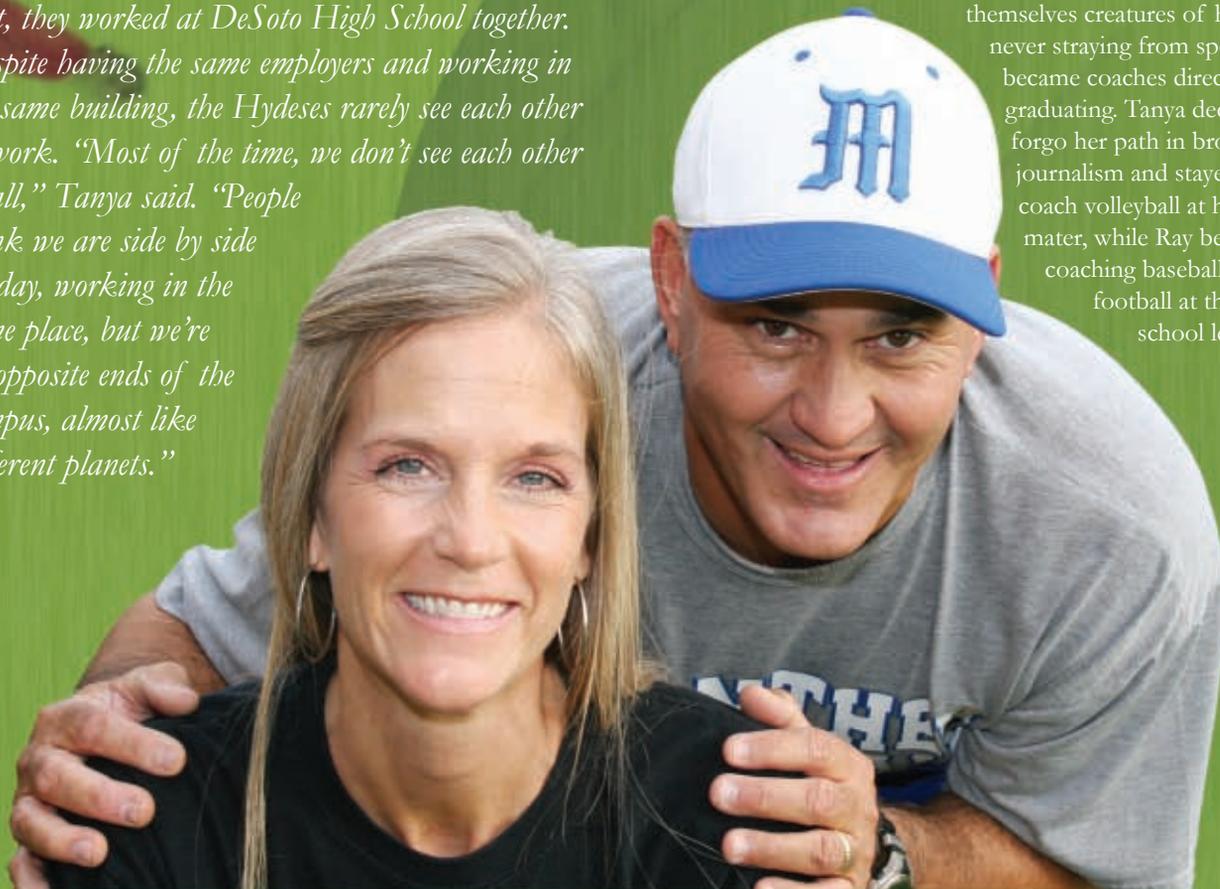
COACHING COUPLE

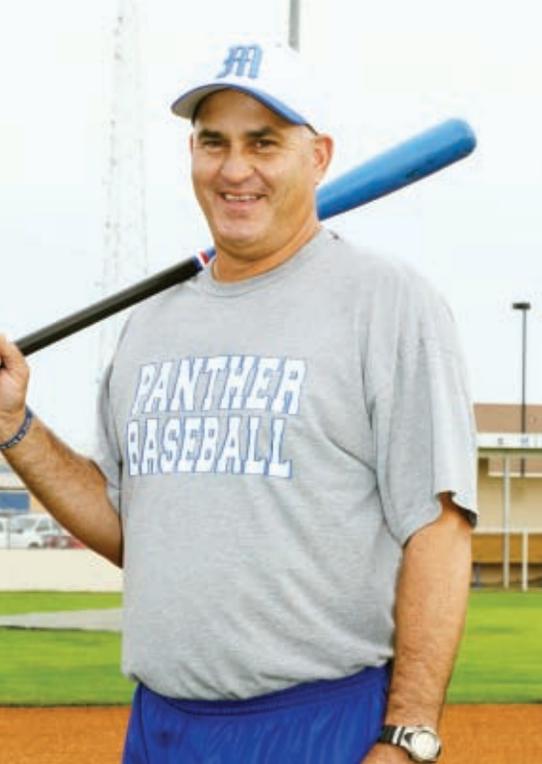
— By Sydni Thomas

For some, working with their spouse is a less than ideal situation, but not for Ray and Tanya Hydes. Their past two jobs have been coaching at the same schools. They have worked together at Midlothian High School (MHS) for the past 13 years, but before that, they worked at DeSoto High School together. Despite having the same employers and working in the same building, the Hydesees rarely see each other at work. “Most of the time, we don’t see each other at all,” Tanya said. “People think we are side by side all day, working in the same place, but we’re on opposite ends of the campus, almost like different planets.”

“At the end of the day, I look forward to coming home to my wife and daughter,” Ray said. “We may be in the same place all day, but none of our stories are the same. We often come home and share our stories of the day that seem worlds apart, making our life very interesting.”

Ray and Tanya met as students at Dallas Baptist University. Tanya played volleyball, and Ray played baseball. They call themselves creatures of habit, never straying from sports. Both became coaches directly after graduating. Tanya decided to forgo her path in broadcast journalism and stayed to coach volleyball at her alma mater, while Ray began coaching baseball and football at the high school level.





With volleyball and football being played the same time of year, the young couple often missed each other. After her volleyball games, Tanya would rush over to see the fourth quarter of Ray's DeSoto High School football games. "I know God called us both to teach and coach and, eventually, do both together in Midlothian," Tanya said. "This was an opportunity for our worlds to be closer together and where God wants us to be."

"I have the best job in the world," Ray said. "I get to spend all day working with kids and baseball. We get the best support here, and the kids are great academically and athletically. The school district is outstanding, and the leadership in the administration and athletic department is first class."

Since Ray coaches in the spring, he is available to see most of Tanya's volleyball games in the fall. When baseball season comes around, Tanya is in full swing track mode and only sees a portion of Ray's games. Quick and easy dinners and the occasional fast-food restaurant get the family through the busy season.

During off season, it's difficult for them to get home before 6:00 p.m., and during their sport's season, they get home closer to 8:00 p.m. Getting home at midnight on a game night is the norm. Luckily, the whole family is on the same calendar and can enjoy all the same holidays. Summer, however, only provides a short break due to summer camps, games and other coaching duties.

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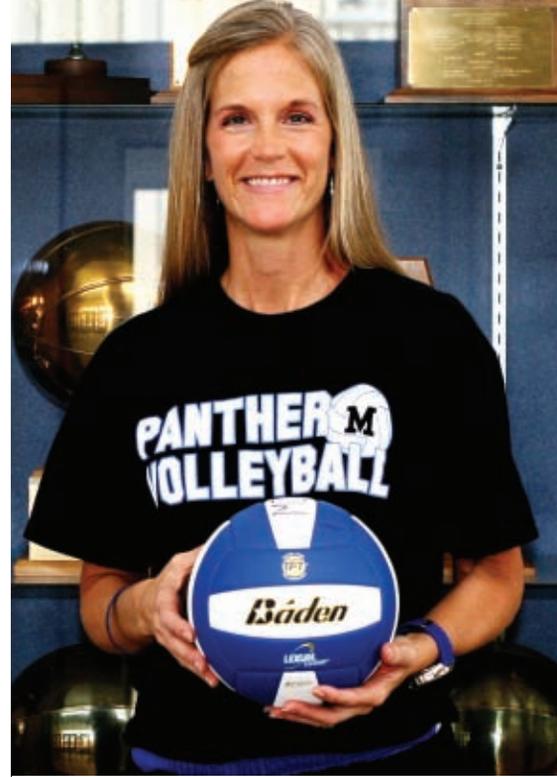
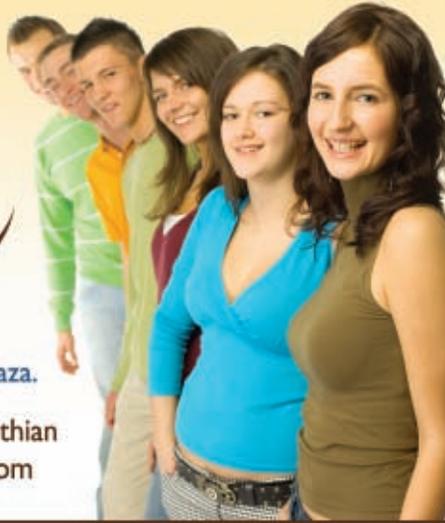
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Then volleyball starts at the end of July. Ray and Tanya make the most of it and enjoy family time with their daughter, Raegan. “Coaching is something that you have to love to do,” Ray said. “If you don’t love it, you won’t do it, because it’s time, time, time. This isn’t a 40-hour a week job.”

When Ray, Tanya and Raegan moved to Midlothian, the high school had a little over 700 students enrolled. Now there are more than 2,000 students, and as the school grows each year, the coaches and teachers face new challenges to inspire and motivate more students. Tanya teaches biology, and Ray teaches U.S. history. “As coaches and teachers, we get to see our students build character,” Tanya said. “They’re learning to balance responsibilities. We have a variety of



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students here, each with their own needs. It's a challenge to get them motivated to want to be successful and driven, but that is what drives me."

"There are a lot of changes that come with growth," Ray added. "There are good and bad aspects that come with being a big school, but it's been fun to be a part of it. In our classes, we share many of the same students, which connect us even more. We like to have fun with our kids, including plotting trouble between us. I often get in trouble with my kids when I tease about my wife in class."

Raegan is part of their daily work life now that she attends MHS as a sophomore. After Raegan was born, Tanya took a break from coaching to be a stay-at-home mom. She returned to coaching a few years later and began taking Reagan with her to the gym. During practice, Raegan would play in the ball cart while Tanya led drills. Always around sports, Raegan chose to participate in them as she got old enough. She is on the volleyball team and runs mid-distance in track.

Learning to be a mom and coach at the same time was an experience that Tanya anticipated would be difficult. "Coaching Raegan isn't as hard as I thought it'd be," Tanya said, "but I pray about it daily, and I've learned to leave it in God's hands. With my position, it makes it hard on her, so I try to keep a distance that allows her to find her own way. As a mom, I am her biggest fan, loving and supporting her completely, while expecting her best efforts and attitude at all costs. I help her only when she asks for it. She is very independent and sets a high standard for herself. I am grateful to simply be able to

be around her more often because of sports."

"Being in a gym all the time is nothing new for Raegan," Ray said. "She's been in one all of her life. We are sports fanatics in this family. However, our top priority is to serve God in whatever capacity He chooses."



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If the Hydeses aren't coaching, teaching or watching one of Raegan's games, they attend many other Midlothian school activities. Their students are involved in many other things, which makes it important that they show their support for all their students. Ray and Tanya are also involved in the youth ministry of their church, Hillcrest Baptist Church.

The couple loves working with students and they are passionate about teaching and coaching them into becoming young adults, full of strong character, who want good things for their lives. "We always end up being around kids because we feel that God has given us the opportunity to encourage them to work hard and never give up. Most importantly, we want our love for the Lord to be a witness and an open door for them to see that God loves them even more than we do," Ray said. "That's why we teach and coach for a living." **NOW**

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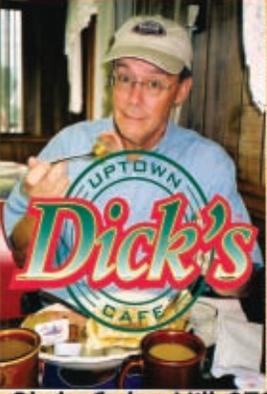
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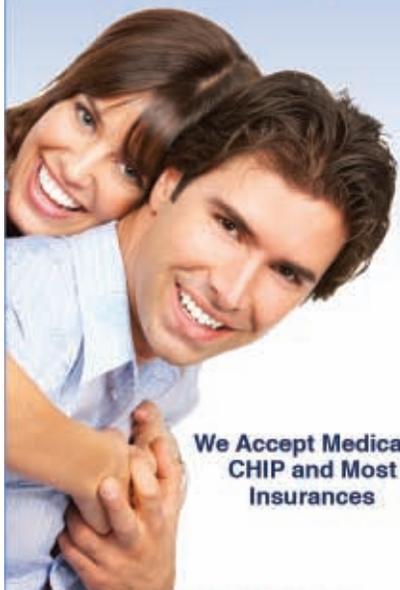
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Learning Comes Alive

— By Zachary R. Urquhart

It takes innovative, imaginative teachers to keep the attention span stretched to its limits in the classroom, regardless the students' ages. Sometimes, a teacher is able to get young students to learn by way of playing. By stressing the fun of learning, instructors can drastically shape the experience for their pupils. With hands-on work, songs and dressing up in costume, Midlothian ISD teacher Kristen McClure makes learning come alive.



Growing up in Duncanville, Kristen loved her school experience, most of the time. "I had this one class where my teacher would get up in front of the class and read from the book. There was a door that looked into another class. I would sit and listen, but I was really watching a young teacher across the hall dress up and have fun."

Though Kristen had seen the effect that different teaching methods could have, she was far from determined to go into a classroom for her career. "I started at Sam Houston State University as an environmental science major, but I had no plans to teach," she confessed. Kristen



moved from Sam Houston to Dallas Baptist University (DBU) for one simple reason. "I was feeling homesick, so I came back and graduated from DBU."

Kristen eased into her teaching career with her first taste being a matter of convenience. "While I was at DBU, I had Tuesdays off from class, so I started subbing in Duncanville," she explained. "It was a great job for my schedule, and I stayed in Duncanville because I knew those schools." As she began to consider teaching long term, Kristen made sure to sub at every age level, so she would know where she felt at home. "I didn't like working with the very young kids, or the high schoolers. Middle school kids are tough; they're going through all those changes, but I was kind of excited about the kids at this awkward time of life."

Kristen finished college with a degree in biology, as well as minors in both chemistry and biblical studies. She started looking for middle school science jobs and ended up at the DeSoto ISD Job Fair. "I was getting certification through Region X and was just looking for a chance," she said. "I met the principal

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from DeSoto West, had an impromptu interview, and I got my first teaching job.”

Working for DeSoto ISD was the best new-teacher experience for Kristen. “I learned so much about how to engage kids, how to handle the classroom and the value of building student relationships.” After two years in DeSoto, though, Kristen started yearning for a change in schools.

Texas’ certification levels are broken down into several-year intervals, so Kristen was looking for a job teaching between fourth and eighth grade. Unfortunately, most fourth-grade classes do not specialize in subjects, and many schools house their fifth grade in elementary schools. At a Midlothian Job Fair, Kristen seemed out of luck while looking for an opening. “Someone mentioned that even though the fifth-graders were at the elementary school, the kids were moving between classes. I interviewed, and I have been at T.E. Baxter Elementary ever since.”

Kristen teaches fifth-grade science, or more appropriately, she is the fifth-grade science teacher at Baxter. Whereas a true middle school typically has a team teaching any given subject, because of the size of the school, Kristen is the only

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teacher for her subject at Baxter. “There are times where it would be nice to have a team, but I get to do things that I might not be able to otherwise.”

Being the only science teacher, Kristen has had a lot of pressure in the past few years to help her students succeed on the TAKS test. It is in the face of that pressure that she has figured out how to reach students and teach them the information they need. “I didn’t have every kid passing the first few years. But my first principal here, Neena Challenner, helped me focus on the big picture. As the kids were learning more TAKS-applicable science in their early years, it started to make my task easier,” she explained. This year, all of her work translated into ultimate success; Kristen’s students had a 100-percent passing rate for the Science TAKS test.

As Kristen learned during her own high school education, keeping the students interested is the key to educating them. Several years ago, she received a grant from the Education Foundation that enabled her to purchase a series of *CSI*-inspired lab activities. “That first year, I actually went through it with them, only reading a day ahead to prepare. So I would be learning, too,” she admitted.

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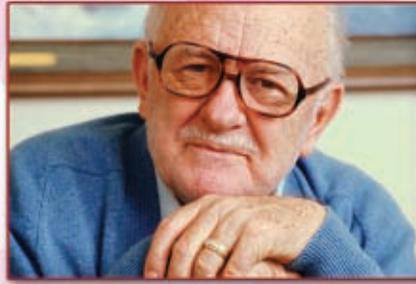
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Whether Kristen is leading the class through forensic investigations or going through a more "normal" lab experiment, she has noticed a substantial side effect of the fun activities her kids get to experience. "Whenever we are doing *CSI*, attendance isn't an issue," she said. "Behavior issues stop. The kids really want to be here. This is an easy subject to make fun. We get to play with stuff all the time."

Though they have fun, there are times where Kristen has to do some more old-fashioned teaching. What she has found, though, is that she can lecture in a different way than was modeled to her



years ago. "The biggest thing I've learned is to make it authentic. Whether I am teaching water displacement or talking about yelling in space, I try to relate it to them. I tell a lot of stories, and the kids may not think they remember the lesson, but they remember the stories I've told."

Teaching does not stop for Kristen when the bell rings. A huge part of what she does is to establish relationships and connections with the kids outside the classroom. "Anytime I can, I go to games, watch parades, whatever I can," she said. "Sometimes, the biggest benefit is that I can tell the kids, 'I'm going to talk to your mom tonight at the game.' That gets the kids motivated."

Kristen has made a habit of making sure that every student she teaches has fun, feels connected, knows the material and knows they are important to her. "I have had kids get mad at me early in the year, and by the end, they are coming to talk about what's going on with them." By engaging students with her sometimes unorthodox teaching style and methods, she has found increasing success through the past several years. As she "tries to be entertaining every day," Kristen makes learning come alive. **NOW**




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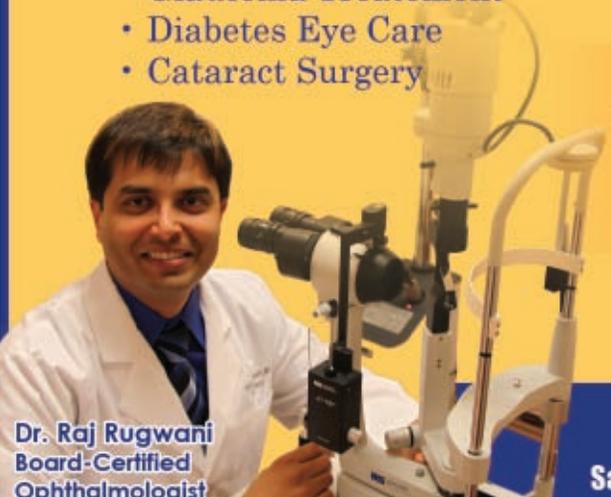
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— By Betty Tryon

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Nails are another area where the salon keeps up with the latest trends — doing shellac and gel nails. Shellac is the latest

hot trend in nails. It is a polish that will last 14 days or longer. It gives a mirror shine and is a great alternative to acrylic nails. “Our specialty nail art has really grown,” Tammy stated. “People bring in their nail designs, and we’ll copy them. We also have our own designs they can choose.” Tammy’s nail art is receiving high praise from unexpected places. “Someone brought in a Vera Bradley bag, and I copied her bag for her.” After getting her nails done, the customer ran into a Vera Bradley representative who took a photo to send to her corporate representative. They were very impressed.

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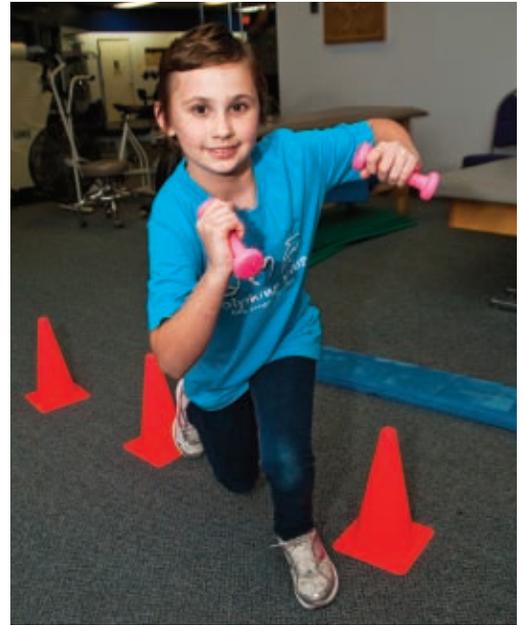
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Common Cold

— By Betty Tryon, BSN

It is that time of the year again. The common cold virus is everywhere. Even though viral upper respiratory infections can occur at any time, when it gets cold, we expect the sniffles to follow. Although it is easy to blame catching an infection on the change in temperature, the increase in colds during the winter is more likely from people being indoors together more and having more of an opportunity of passing germs between them.

Colds are caused by hundreds of viruses and are easily spread by direct contact. Anyone who is ill and sneezes or coughs in the air is releasing a multitude of viruses capable of infecting another person. Because there are so many viruses that cause the infection, you can become ill multiple times in a season. Your best course of action would be to try to prevent becoming sick.

High on everyone's list of prevention is to wash your hands frequently. If water and soap are not available, use a hand sanitizer. The cold virus can live on surfaces. If you touch an area that has been contaminated, you can easily transfer the virus to yourself. In that light, try to keep your hands off your face. If there is a member of the household who is ill, you can avoid getting sick by practicing good sanitation methods and disposing of contaminated tissues in the proper manner. Guard your health by drinking plenty of water and avoid smoking, even

secondhand smoke can be detrimental. Smoking irritates the nasal passageways, which interferes with its ability to filter out foreign substances. Try to get enough restorative sleep. Eat a balanced diet and take a multi-vitamin. Vitamins help your immune system. You cannot always tell if someone is sick so never drink after anyone. Just be on guard and avoid people who are sick.

If you do catch a cold, the bad news is there is no medication to make it go away. However, there are remedies to try to make your illness more bearable. Gargle with one-half teaspoon salt in eight ounces of warm water for your sore throat. Sucking on throat lozenges can help also. Drink plenty of fluids to help flush out impurities, to loosen mucus and to avoid dehydration if fever is present. Over-the-counter medications are usually sufficient for the symptoms of cough, runny nose, stuffiness and fever. A cold will usually last anywhere from 4 days to a couple of weeks. Although there are things you can do to feel better, try to not get sick by practicing good health. **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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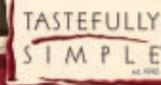
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Calendar

FEBRUARY 2012

February 10-12

Waxahachie Community Theatre (WCT) presents dinner theatre performances of the Pulitzer Prize-winning play, *Harvey*: Dinner theatre shows are **Friday and Saturday**: 6:30 p.m.; **Sunday**: 1:30 p.m., Park Meadows Baptist Church, Waxahachie. For pricing and more information, visit the WCT Web site, www.waxahachiecommunitytheatre.com or call the WCT Box Office at (972) 646-1050.

February 11

Saturday Social Valentine Dance Party: 6:00-8:00 p.m., Midlothian Civic Center (next to Dairy Queen), with music, dancing, photo booth, prizes and snacks. Cost: \$6.50 per person (cash or check only). Proceeds benefit For Maddie's Sake, Inc. — www.ForMaddiesSake.com. Girl Scout Troop 703 will be decorating. Midlothian High School (MHS) Pantherettes will be performing. DJ Carl of Fire Bird Entertainment will provide music. Contact Donna Dixon at dixonchick@aol.com

Share the Love Gala 2012 Dinner and Auction benefiting CASA of Ellis County: 6:00 p.m., Waxahachie Civic Center, 1950 North Interstate Highway 35 East, Waxahachie.

February 14

Valentine's Day

February 20

President's Day

February 26

Bridal and Special Event Show: 11:00 a.m.-4:00 p.m., Midlothian Conference Center. Cost: \$3. Call (972) 723-7919, fax (972) 775-4147, e-mail cyndi.golden@midlothiancenter.com or visit www.midlothiancenter.com for more information on the Bridal and Special Event Show.

Ongoing:

The Last House Group of Alcoholics Anonymous: **Sundays**: 11:00 a.m. **Monday-Saturday**: 7:00-8:00 p.m., 110 West Ave. F, Suite 100 in Downtown Midlothian (across the street from the log cabin and in the RE/MAX building). If you want to drink, that's your business; if you want to stop, that's *our* business!

Mondays

Celebrate Recovery: 7:00-9:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th Street. This is a Christ-centered support group for those recovering from hurts, habits and hang-ups.

Tuesdays

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

First Tuesdays

The Midlothian Area Historical Society meeting: 7:00 p.m., Community Room at Citizens National Bank, 310 N. 9th St. For more information E-mail midlothianhistory@hotmail.com.

Third Wednesdays

The Ellis County Christian Women's Connection, affiliated with Stonecroft Ministries, monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 and I-35 East (Exit 401B). Cost: \$13, inclusive. Reservations preferred. Vouchers for child care are available. Contact Kay at (972) 937-2807 or windchime423@yahoo.com, or Margaret at (972) 937-1016 or pmeststep@yahoo.com.

Third Fridays

Veterans Networking Group for Ellis County: 6:00 p.m., 1804 W. Hwy. 287 Business, Waxahachie. Please respond, if planning to attend. Contact Mike Lamb at (214) 763-0378 or vetsnetgrp@att.net.

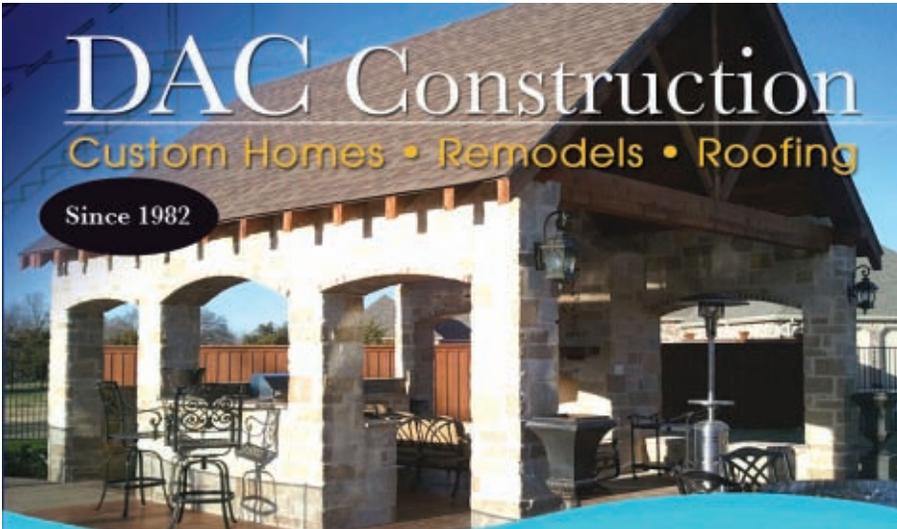
Submissions are welcome and published as space allows. Send your event details to btryon.nowmag@sbcglobal.net.

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In The Kitchen With Cindy Fearis

— By Betty Tryon

With 10 children between Cindy Fearis and her husband, Cam, cooking is a big deal at their home. “I enjoy cooking with my husband and any of our children who want to help. It is funny how most love to help cook, but they all seem to disappear when cleanup time is here!” she said with a grin. Cindy’s cooking style came from her grandmother. “I don’t measure much. My Namaw taught me to cook — just mix it until it feels or looks right.” One of the lessons was “how to fry chicken like a Southern lady should!” With this, Cindy gets an assist from Cam. “I batter, and he fries. I serve the chicken with homemade garlic mashed potatoes. This is definitely my comfort food.” **NOW**

Best Fried Chicken Around

2 Tbsp. lemon pepper
Salt, to taste
Garlic salt, to taste
Pepper, to taste
1 cup all-purpose flour
2 eggs
1/2 cup milk
1 Tbsp. sugar
1-2 lbs. chicken pieces

1. Mix together first five ingredients with a fork.
2. In a separate bowl, scramble together eggs, milk and sugar; set aside.
3. Dip each piece of chicken in egg mixture then in flour mixture. Coat both sides. Dip again in egg mixture and then in flour mixture. Fry in an electric skillet with a setting of 350 F, until done.

Potato Casserole

5-6 large baking potatoes
2 sticks butter
16 oz. sour cream
1-2 cups milk
1 1/2 bunches green onions, chopped
3 1/2 cups sharp cheddar cheese, grated
Salt and pepper, to taste

1. Wash potatoes; boil whole in their jackets. When you can put a fork in the potatoes, remove from burner. Drain off water and chill potatoes overnight.
2. In a large pan, heat butter, sour cream, milk, 1 bunch green onions and 3 cups cheddar cheese. Season with salt and pepper. Heat on low, stirring continuously, until mixed.
3. Grate chilled potatoes with their skins on.

Add grated potatoes in small amounts to mixture and stir. Add more milk, if needed.

4. Butter large casserole dish on all sides. Add mixture to dish and bake covered at 350 F for 45 minutes to an hour. During the last 5-10 minutes, uncover and add remaining green onions and cheddar cheese.

Aunt Hattie’s Cream of Coconut Cake

1 box white cake mix
1 can cream of coconut (usually found on the drink mixes isle)
8 oz. sour cream
4 eggs
1/2 cup oil
2 tsp. vanilla (divided use)
2 tsp. almond flavoring (divided use)
8 oz. cream cheese
1/2 bag or 1 box powdered sugar
1 14-oz. bag Baker’s Angel Flake Coconut

1. Make cake by preheating oven to 350 F. In a mixing bowl, combine cake mix, cream of coconut (reserving 4-5 Tbsp. to use in icing), sour cream, eggs, oil, 1 tsp. vanilla and 1 tsp. almond flavoring.
2. Beat on high until nice and creamy. Put batter into 2 round, floured cake pans. Follow directions on cake mix and bake until done. Cool on cake racks.
3. Prepare icing by mixing together cream cheese, powdered sugar, 1 tsp. vanilla, 1 tsp. almond flavoring and 4-5 Tbsp. cream of coconut.
4. Ice cake; cover top and sides with coconut.

Cheese Olive Balls

3 cups sharp cheddar cheese, grated
1 cup flour
Garlic salt, to taste
Cayenne pepper, to taste
Worcestershire sauce, to taste
Green olives with pimento in middle

1. In a mixing bowl, use your hands to combine all ingredients, except olives, and shape into a large ball. Pinch off a small amount of mixture and roll into a small ball.
2. Flatten small ball and place a green olive with pimento in the middle. Reform ball around olive. Repeat this procedure, until all the mixture has been used. Place small balls on cookie sheet and bake at 350 F for 10-15 minutes, until slightly brown.

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For a physician referral or for more information about sleep services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/WaxahachieSleep.

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