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ON THE COVER

From music to medicine, this Midtowne resident shares many memorabe moments.

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EDITOR'S NOTE



Angel

Angel Morris
MidlothianNOW Editor
angel.morris@nowmagazines.com

Hello, Midlothian!

In high school journalism I was taught everyone has a story. Some folks' stories are loud and readily shared, while others are quieter, less widely known. Most of our stories are somewhere between the two — we work and we play, and, if we're lucky, we share both with good people along the way. We probably don't consider our story of much interest, other than to those who know us best.

The truth is every story matters. In my years of writing for community newspapers and magazines, I've discovered that it's sometimes the simplest tale that touches people most. In unexpected ways, the anecdote you find mildly amusing gives someone else great joy. The solution you consider obvious is the answer to a problem for which someone has been searching.

When I write, I try to fill articles with words of meaning. To tell the stories of your neighbors in a way that touches or inspires you, brings you a smile or lets you know you're not alone — that you share some common opinions, goals and experiences with those around you. As the dust settles on this new year and we head into it for the long haul, I hope you find things here worth reading. More importantly, I hope 2018 adds good things to your story.

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In Breast Cancer Care, Communication Is Key

A breast cancer diagnosis can be overwhelming. Suddenly, there are appointments to schedule, terms to learn and unfamiliar treatments to consider, all added to a flurry of emotions.

This is why communication is critical to delivering quality care for breast cancer patients. It's also why Texas Oncology puts communication at the very center of its Multidisciplinary Breast Cancer Clinics.



In this approach, personalized cancer care incorporates the patient — making sure she or he is comfortable with the treatment every step of the way. The treatment itself results from a plan that a full team of physicians customizes to meet the patient's specific needs.

“All of the physicians involved in the care of that patient will evaluate the patient up front,” breast surgeon Martin Koonsman says. “We present the patients with a well-thought-out multidisciplinary treatment plan.”

One of the Clinics' essential resources is a “one-stop shop” appointment. A nurse navigator guides the patient throughout the cancer journey for moral support, starting with meeting the full team of care providers. In a casual, face-to-face discussion, the patient can ask the medical oncologist, breast surgeon and radiation oncologist any questions and discuss next steps for treatment.

The new approach is tailored to give patients a better understanding of what to expect. “It's not like the doctor says, ‘I'm going to refer you to another doctor,’ and you call — and wait — and try to make another appointment,” explains Linda Gage, a Multidisciplinary Breast Cancer Clinic patient. “They're talking, they're working together, and they coordinate things and get you through the process.”

Texas Oncology's Multidisciplinary Breast Cancer Clinics give patients access to complete breast health services, including high-risk screenings, hormone therapy, radiation therapy, chemotherapy and surgery. Patients can also benefit from full-service pharmacies on location, genetic testing, survivor support groups and much more. Patients also have access to social workers, therapists, dietitians and other specialists to help them — and their families.

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A breast cancer diagnosis can bring trying times, so Texas Oncology's Multidisciplinary Breast Cancer Clinics approach it with expertise and attention to each patient's needs. Texas Oncology wants patients to feel comfortable talking about their needs and encourages them to get involved in their care.

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DR. CO HAS HAD ENOUGH
AMAZING EXPERIENCES
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MORE THAN ALL RIGHT

— By Zachary R. Urquhart

His is a life worthy of note. From the happenstance way he moved to Texas from the Netherlands to a career in medicine, a life raising horses and marriage to his true love, his life truly is remarkable. But the calm with which he tells his story belies the exceptional nature of his life's journey. For Jacobous Westenburg, decades of adventure and excitement are summed up by a few simple words: "It's been all right."

Dr. Co, as he prefers to be called now, grew up in a small town in the Netherlands called Bloemendaal. He was a young man when the Nazis came during the Second World War, but it was not until the war neared conclusion that he had to be careful. "In the last two years, the Germans would come and round up young men to work in the factories," he detailed, "so, me and a friend would move around and change addresses to stay hidden. You were worried about your neighbors turning you in as much as you worried about the Germans."

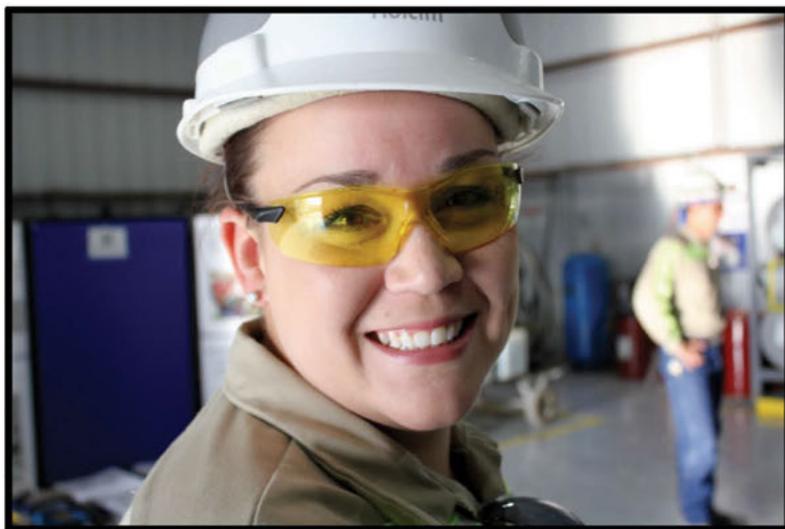


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After the war, Dr. Co went to medical school in Amsterdam. “After my training, I served as a battalion health officer in Indonesia from 1948-1950 when we were trying to get back our colonies,” he recounted.

Dr. Co signed up for an exchange program that allowed him to do his medical residency in America. “I came for what was supposed to be a year, first to Kansas City,” he said. “Then, I went to California for a while and met a friend who was coming home to Galveston. They let me extend my visa, and when I was there, I met a beautiful young nurse. We took to going steady, and I knew I wanted to marry her.” Dr. Co went home just to get his immigration paperwork in order, and he came back to marry Margaret Calhoun in 1953. “My mom wasn’t sure about me leaving for good, but her mom, my grandmother, met Margaret,” he recalled. “She put in a good word, and my mom was satisfied, so that was all right.”

Dr. Co met a doctor with an office in Childress, Texas, so he and Margaret moved from Galveston shortly after getting married. Dr. Co served as the primary doctor, while his partner was the surgeon for the practice. “Margaret wasn’t sure about living in Childress at first. But she loved it when we bought some land and a horse, so that was all right,” he explained. Margaret worked at the local hospital, and Dr. Co retired after 30 years at the practice. He and Margaret ended up with 150 acres and a stable of horses. After retiring, they traveled the country in a motor home, and they stayed in Bandera, Texas, four months out of each year.



Dr. Co developed some incredible friendships in Childress, and one of his best friends was the mayor of the town. "When he was getting sick before he passed away, he asked me to be his doctor, so he wouldn't have to go to the hospital," he related. "I still have my license, so I was able to take care of him so he could stay at home."

When Margaret's health started deteriorating several years ago, they moved to Midlothian to be near her family. "We kept our land in Childress, but we moved in with Margaret's nephew and his family for a few months," Dr. Co explained. "But I didn't want to be a burden to them, so we moved into the assisted living center." Margaret passed away about two years ago, after she and Dr. Co were married for 63 years.

For the last two years, Dr. Co has remained in the room he and Margaret once shared. He spends much of his time reading books about history and biographies of presidents and other notable citizens. "If I'm going to read, I want to read something good," he explained. He also leads an exercise time a few days



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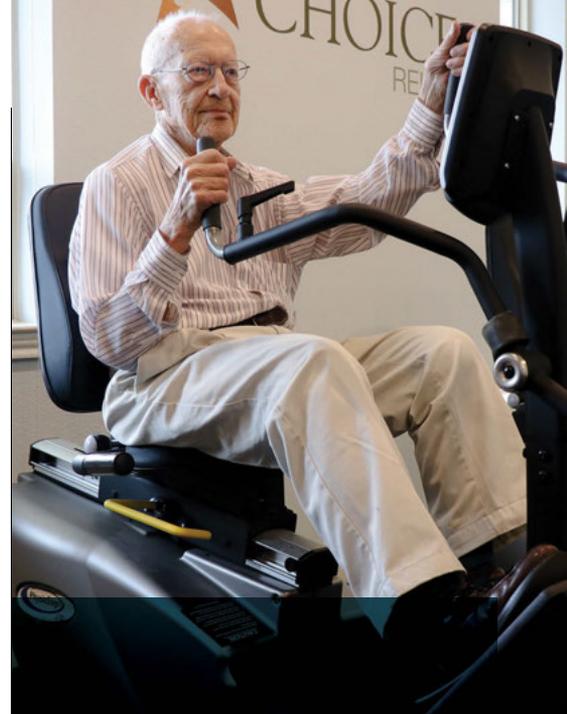


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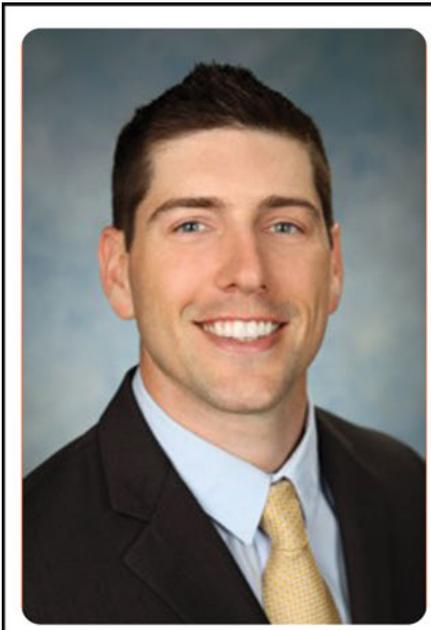
OVER 20 YEARS EXPERIENCE

THE CALM WITH WHICH HE TELLS HIS STORY BELIES THE EXCEPTIONAL NATURE OF HIS LIFE'S JOURNEY.

a week. "It's mainly just stretching, nothing too strenuous, but it keeps me active." Dr. Co is also active in the First Presbyterian Church, where he loves listening to the piano and sharing stories from his life. "When Margaret and I met, she was Nazarene, and I was Presbyterian. We got along just fine," he said with a smile. "And I used to play piano, so I love listening to the pianist each week."

Though Dr. Co cannot replicate the lifelong friendships he has from his days in Childress, he relishes the relationships he has grown during his time in Midlothian. "One of my



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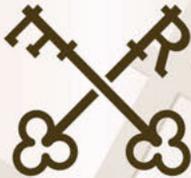
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favorites is when Dr. Williams comes by. I have him where I want him,” he laughed. “He comes once a month, or when I need him. But for being 96 years old, I’m in good health.” Dr. Co has also stayed in contact with some friends from home. “I’m helping a friend from home who is anxious about moving into an assisted living place,” he said. “And I’ve connected with some folks in New York, so I can practice my Dutch whenever I want.”

Meeting Dr. Co, one might never suspect the amount of adventure his life has seen. Despite his cool inclination though, Dr. Co has had enough amazing experiences to fill many lives. He survived years of hiding through a war. He served the Royal Dutch Army in a foreign land. He moved across the globe to pursue the love of his life. He had a full career in one field before spending three decades as a tried and true cowboy with horses, boots and all — and he had a marriage to be emulated, with more than six decades of loving the same woman. With that long, full life, there is so much more behind it when he says, “It was all right.” **NOW**

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Boat Load

At Home With Jeff and Diana Stanley

Jeff Stanley thought he and his wife, Diana, were preparing to enter a new phase of life after having their own six children. Diana, however, had other plans. “She asked what I thought about foster parenting,” Jeff recalled. “I said I thought I’d rather have a boat.”

Following Diana’s lead — which stemmed from watching her parents take in foster children — Jeff considered the possibility. After much prayer and attending foster care classes, he agreed to give it a try on one condition — no teenagers. “A few weeks after finishing foster care training, we got our first call. As we heard the child’s history, we wanted to help,” Jeff recalled. “Turned out, Josh was a teenager.”

Diana’s nurturing nature — and the promise of his own cell phone — motivated Josh over the next year, and he went from failing grades to



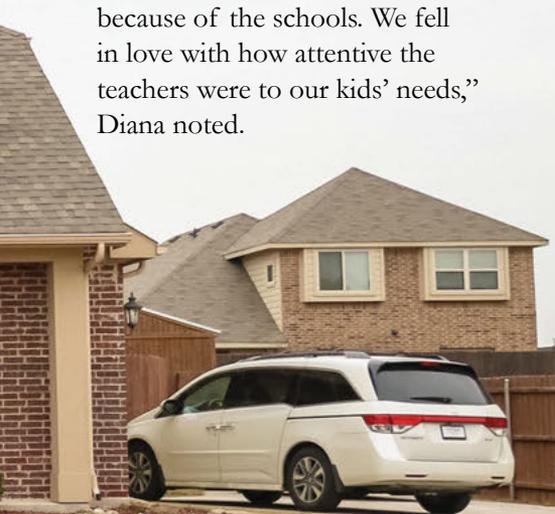
of Love

— By Angel Morris

straight A's. The Stanleys were also called to take in David, a child from Josh's previous foster care home, a developmentally disabled teen who had been walking five miles for visits with Josh at the Stanley home.

After Josh graduated and moved out, David stayed with the Stanleys, and more foster children joined the fold. "As foster parents, you never know when you might be asked to take in a kid, so our house has changed to fit their needs," Diana explained.

The Stanleys' biological children attended Midlothian schools while they lived in Ovilla, and the couple wanted the same experience for their foster kids. They built their current home in The Meadows of Longbranch near Longbranch Elementary. "We chose Midlothian because of the schools. We fell in love with how attentive the teachers were to our kids' needs," Diana noted.





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The new home features five bedrooms and five bathrooms for the second round of Stanley children. “We’d taken in David, knowing he’d probably be with us for a long time because of his developmental issues. Then we got a call that a 5-month-old



girl and her brothers, ages 1 and 6, needed a home,” Jeff recalled. “I will never forget that day.”

Just as Jeff and Diana settled into a routine with the three siblings, the agency called to place two preschool aged sisters into their family. “They headed straight to the toys when they got to our house, and we just couldn’t get over how cute they were,” Jeff remembered.

Nevertheless, the Stanleys knew the history of each of the five children, and that there would be challenges. Loving parents and a safe home were the best places to start. “We make it a point to have dinner every night together to help create a family bond. We have a unique dining room table, and it functions well for not only meals, but for art projects and games,” Diana said. “Our home has

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an open floor plan where the kitchen, breakfast nook and living area are all together. This entire area gets used a lot, and it is my favorite space because of the memories we create as a family.”



While they arrived with all their possessions in a single shopping bag, the Stanley children now have their own game room, personalized bedrooms and unique belongings. “The girls’ rooms have a ‘love you to the moon and back’ theme and animal displays. The boys share an upstairs bedroom decorated in a sports theme — with gaming consoles, of course!” Diana said.

The master bedroom is downstairs, providing mom and dad with some time away from the kids. But family photos spill into their private area, as well. “Photos allow our kids to reflect on where they’ve been and all that God is doing in their lives,” Diana noted.

One of the family’s biggest milestones was National Adoption Day in 2015, when the Stanleys adopted all five foster children. “We call them our fab five, and it has been incredible being parents to them,” Jeff said. One wall in the family home displays a plaque awarded to the Stanleys in 2015 as Foster Parents of the Year, as well as a collage of images from adoption day.

Now Jeff and Diana officially became not just dad and mom to Chase (26), Jaden (25), Colton (22), Jaret (21), Cooper (20) and Jacelyn (16); but added David (24), DJ (10), Julianna (9), Juliette (8), Caleb (6) and D’Maya (4) to their brood. They

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remain in touch with Josh (23), who started their fostering journey. “It’s funny how all their names start with C, D or J,” Diana noted, “but we didn’t name any of the seven kiddos that we added to our family.”

While juggling schedules and needs of six kids is no small task, Diana makes time to lovingly decorate their home in fresh peach and mint green shades throughout, offset by darkwood floors and rustic furniture touches. She makes the most of every room, including an unusual nook at the foot of the stairs.



“A woman was giving away a piano on Facebook, and although others said they wanted it, for one reason or another those people ended up backing out,” Diana explained. “The owner said it was mine if I wanted it. When I told her it was to help my adopted children she was ecstatic. She was adopted herself, and the piano had belonged to her adoptive mother. Prayers were answered with this piano!”

How future prayers will impact the Stanleys remains to be seen. “We just desire to be a home that blesses other people, open to anyone the Lord wants to bring through our doors,” Diana said.

In the meantime, Jeff and Diana are content to face the trials — and joys — parenting brings. “Parenting is hard whether it’s your biological, step, adopted or foster kids. But becoming a foster parent is one of the most rewarding things you could ever choose in life,” Jeff said. “And I’m so glad I didn’t buy that boat.” **NOW**

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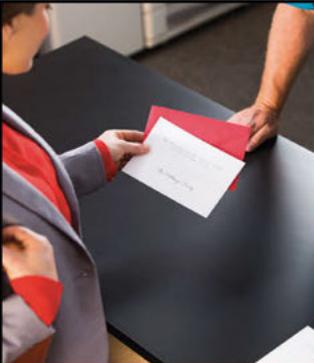
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Teaching With Heart

— By Virginia Riddle

Most teachers stand by their classroom doors while greeting students on the first day of a new school year. Robyn Crocker, however, isn't like most teachers. Next to her, blocking the doorway from those entering the room, is a table. Robyn still expects students to enter, but each must decide on his or her own method for doing so. Some go over. Some go under, and a rare few decide to leap over the table. However, they all eventually claim a seat in the room. "I want my students to know that it's the end result that counts. We all have different ways of approaching things, and we have to respect that. It's a great reminder as we begin working together in a new school year," Robyn, Midlothian's Secondary Teacher of the Year 2017-2018, said.

Her classroom at Frank Seale Middle School is more like a students' learning laboratory. Everything in the room is decided upon by students, so her seventh-

graders come in and feel welcome and comfortable. As a result, there are many opportunities for different learning styles to be met. "Language Arts should be fun, so we incorporate flexibility and imagination into how things are taught and assessed. We may learn to fence while reading Shakespeare or practice our word choice by reading two-sentence horror stories around a 'campfire.' I like the abstractness of reading and the structure of grammar. It reflects how life is. I enjoy the creative process," Robyn explained. "To see students chattering happily about a lesson just reinforces that God put me in the right spot. Twenty-three years in education, and I'm still going strong!"

It took some time for Robyn to find her perfect niche, however. She started her MISD career at T.E. Baxter Elementary. Then her husband was transferred to Mississippi. "I prayed to return to Midlothian, but I forgot to say Midlothian, Texas," Robyn joked. Her husband received another job transfer ... to Midlothian, Virginia!

The family was eventually transferred back home to Texas, where Robyn was inspired by mentor Dolores

McClatchey. “She encouraged me to jump into middle school,” Robyn said. “I was hesitant because I enjoyed elementary age students, but I decided to try it for a year. Dolores is a legend at MISD, so I put my faith in her suggestion. This is my 18th year in middle school. I love it!”

Robyn also credits her fellow educators, auxiliary staff members and administrators, Coy Tipton, Shorr Heathcote and Brian Garrison, with helping her find her perfect place. “Our administrators do a great job letting us teach how we think best benefits our kids,” Robyn said.

Four generations of Crockers have attended MISD schools. “We love our hometown, and I want my students to give to their community. We write letters to military veterans and make and write Christmas cards for residents in the nursing home next door. We also do a ‘thankful’ project for first responders. I want students to see they can make a difference,” Robyn explained. “Our kids need to know we have a strong community, and its members are compassionate. It’s not just about academics. Compassion and kindness can change the world!”

Robyn and her husband, Michael, love time with their family: Justin and his wife, Christina, have Caleb (7) and Adilynn (5); Cody has Aria (4); and Chase and his wife, Hannah, are expecting a child soon. “Spare time is filled with celebrations and adventures,” Robyn said.

Her philosophy for education is simple. “I don’t want to help kids learn to pick A, B or C on a test. I want them to develop their choices in life and set their goals high,” she said. “My job is like opening a Christmas present. Every day there’s something new and different to discover. I get to see the future develop, and I get to love them! How cool is that?” **NOW**

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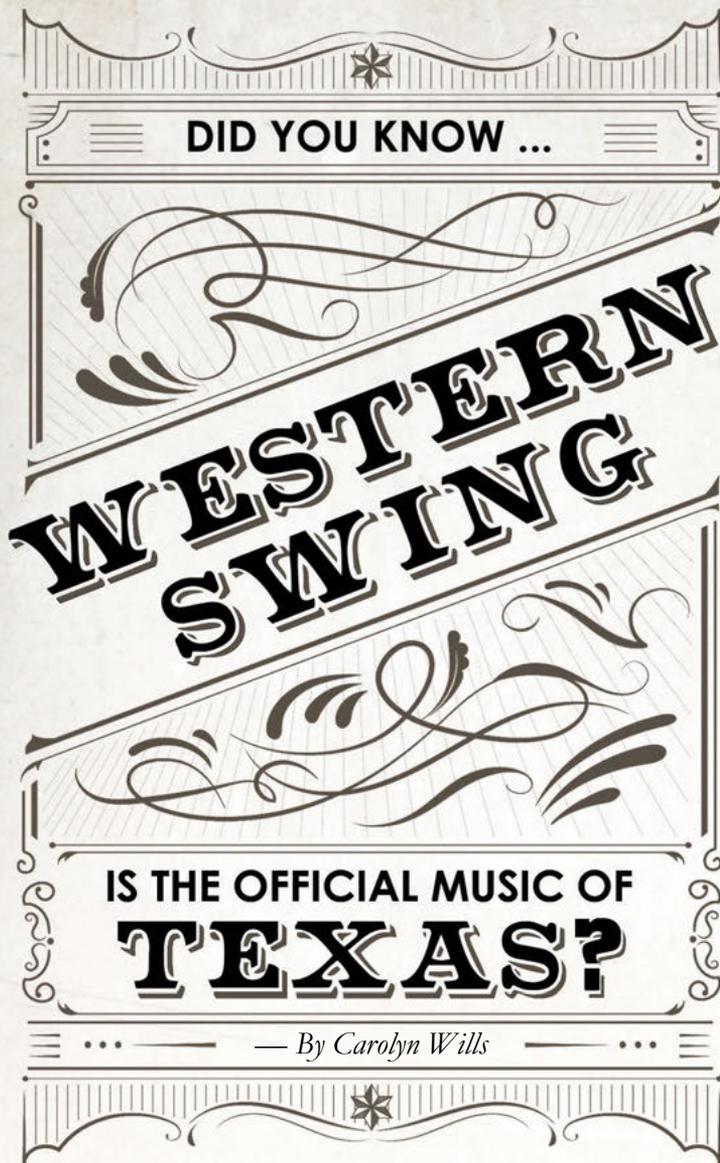
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Yes, that would be a resounding yes and a good ole Bob Wills holler. Officially, the designation happened June 17, 2011. That's when Governor Rick Perry signed Resolution #35, and the 82nd Texas Legislature got 'er done. Long before 2011, though, and even before its naming, Western Swing was playing in the hearts of two innovative Texans.

Those Texans were Milton Brown (1903-1936) and Bob Wills (1905-1975), both among the most influential swing artists of all time. They met in Fort Worth in the early 1930s, gained popularity as the original Light Crust Doughboys and, then, formed individual renowned Western Swing bands.

Sadly, bandleader/vocalist/guitarist Milton Brown died from a car crash at an early age. Although he missed the opportunities of time, as “the Father of Western Swing,” his is a great legacy. With the Musical Brownies, he often performed to packed houses at Fort Worth’s Crystal Springs Dance Pavilion with its 800-capacity dance floor and fabled reputation as the birthplace of Western Swing.

Bob Wills had a long, prolific career as bandleader, fiddler, composer, charismatic performer and one who created a rodeo, owned ranches and dancehalls, loved horses and appeared in black and white “shoot 'em up” Hollywood westerns. Among his many recognitions are inductions into the Country Music Hall of Fame, Rock & Roll Hall of Fame (with his Texas Playboys as Early Influences) and a Lifetime Achievement GRAMMY.



Top photo: Joey McKenzie of the Western Flyers performs the music of Texas.
Bottom photo: Bob Wills and his horse, Punkin, pose with his Texas Playboys.



What is it, then, about their music? Why, with beginnings in the 1930s, has Western Swing gained distinction as our state's official music?

A little history:

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Jason Roberts is joined by Texas Playboy Leon Rausch.

respect for those who come to listen and dance or, simply, to tap toes. It was born of frontier and Texas fiddling, of blues, jazz and gospels shared in cotton fields and country churches, of Mariachi influences and heart-pounding big band sounds.

Before transitioning to the city in the 1930s and to radio, recordings and Texas dancehalls, it was the music of ranch dances and country gatherings. During the Great Depression, it was the source of hope and release, and during World War II, the sound of home.

In 1969, Wills' "San Antonio Rose" traveled to space to be enjoyed by the crew of Apollo 12. In the 1970s, having just discovered Western Swing, a young Ray Benson formed his band, Asleep at the Wheel, to begin a long, successful career. Then, by the late 1970s and 1980s, as Willie, Waylon and "the boys" created a stir with "outlaw country," Waylon Jennings reminded the world that "Bob Wills Is Still the King." Later, when the Rolling Stones came to Austin, Mick Jagger made sure to perform that song.

Brown and Wills were superstars with unprecedented style and profound abilities to connect with audiences. They were gifted musicians who surrounded themselves with great musicians, who also knew how to touch the hearts of those who listened.

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“I love Western Swing because it incorporates different styles from jazz to blues to swing,” Jason Roberts, leader of the Jason Roberts Band, said. “The great musicianship of Western Swing players over the years remains unrivaled!”



The Light Crust Doughboys loved to entertain.

To this day, Texans tell tales of grandparents or parents who loved the Light Crust Doughboys or who met and fell in love at a Milton Brown dance or of a grieving family comforted by Bob Wills and his Texas Playboys, who often played funerals for free. The lore is colorful and stories endless but, importantly, this amazingly versatile music endures.

According to Ray Benson, Western Swing is alive and well. “Quite an achievement for music that began in the early 20th century,” he smiled. “When Bob and his contemporaries blended fiddle and string band music with big band and blues, original

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Joe Holley (left) and Bob Wills (right) play at the Bob Wills dance in the mid-1940s.

American music was born. That may be true. That our band and entertainers like George Strait and literally dozens of groups around the world are reviving and reinventing Western Swing shows that it still resonates with audiences."

So, it's true. With far-reaching implications, Western Swing is part of the fabric of Texas. "It was born here and is as much a part of our culture as oil derricks, longhorn cattle and chicken fried steak!" Joey McKenzie, leader of the Western Flyers, said. "If something was ever truly cool, I believe it will always be cool, and Western Swing is the epitome of cool," he added. "It has stood the test of time, influenced musicians from George Strait to the Rolling Stones and, thanks to the Internet, is enjoying increased exposure around the world. When the Flyers travel internationally, it amazes us how many passionate and knowledgeable fans there are. Yes ... Western Swing is the epitome of cool!"

So, here it is...

"Today, the foot-tapping tempo of Western Swing continues to be heard across our state. ... It is indeed a fitting symbol for the rich cultural heritage that is shared by all Texans; now, therefore, be it RESOLVED, That the 82nd Legislature of the State of Texas hereby designate Western Swing as the official State Music of Texas." **NOW**

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NELLAFAY ISOM

— By Rachel Smith



Aside from playing games and substitute teaching, Nellafay Isom also looks for new recipes to make her own. She enjoys cooking with others and helping them master their inner cooking skills. “I just love trying new things,” she said. “We have a huge garden, so we eat a lot of fresh produce in many different ways.”

Making homemade ice cream and donuts every Sunday when growing up, Nellafay has had her experience in cooking. “My dad sent me to the house from the cotton field when I was 10 years old,” she remembered. “I found Mom’s *Betty Crocker Cookbook*, which had pictures and step-by-step directions to help me, and made him a perfectly delicious lemon meringue pie. I’ve loved cooking ever since.” **NOW**

3. Add lemon peel, butter and juice; pour mixture into prepared pie crust.
4. *For meringue:* Beat egg whites and lemon juice together until stiff. Gradually add sugar, 1 Tbsp. at a time, to egg mixture while beating.
5. Place the meringue on the pie; put in oven at 350 F, cooking 12-15 minutes, until golden brown on top. *Note:* Make sure meringue completely covers pie filling.

Chilled Apricot Pie

1/2 lb. vanilla wafers
1/4 cup soft butter
1 1/2 cups canned apricots,
well drained
1/2 cup bananas, sliced
2 tsp. lemon juice
1 cup whipping cream
1/4 cup powdered sugar
1/4 tsp. vanilla
1/4 tsp. almond extract

1. Crush wafers in a blender; combine with butter, reserving 1/4 cup for the top.
2. Pat remaining crumb and butter mixture into the bottom and sides of a 9-inch pan to form crust.
3. Puree apricots, bananas and lemon juice in a blender. Whip the whipping cream; fold in sugar, vanilla and almond extract. Fold in apricot mixture.
4. Pour mixture into crust. Sprinkle with reserved crumb and butter mixture; chill.

Lemon Meringue Pie

Pie:
1 1/2 cups sugar
7 Tbsp. cornstarch
Dash salt
1 1/2 cups water
3 egg yolks
1 tsp. lemon peel
2 Tbsp. butter
1/2 cup lemon juice
1 baked pie crust

Meringue:
3 egg whites
1 tsp. lemon juice
6 Tbsp. sugar

1. *For pie:* In a saucepan, combine sugar, cornstarch, salt and water. Heat until slightly thick.
2. In a bowl, gently whip egg yolks; add half the sugar mixture to yolks and stir. Add egg yolk mixture back to remaining sugar mixture. Cook until thick.

Onion Bread

1 pkg. dry yeast
1/4 cup warm water
1 cup cottage cheese, heated until warm
2 Tbsp. sugar
4 Tbsp. dried onion flakes
1 Tbsp. oil
1/4 tsp. salt
1 unbeaten egg
2 1/2 cups flour
Melted butter, to taste (optional)

1. Mix together all ingredients, except butter; place in a greased loaf pan.
2. Cook in preheated oven at 350 F until brown and fluffy. Brush the top with butter.

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Doughnuts:
2 cups warm water
1 pkg. yeast

- 1/2 tsp. salt
- 3/4 cup sugar
- 1/3 cup oil
- 2 eggs
- 1/2 tsp. vanilla
- 1/4 cup flour, enough to make a soft dough

Icing:
Powdered sugar, to taste
Hot water, to taste
1 tsp. vanilla

1. For doughnuts: Mix water and yeast together; let set for a few minutes.
2. Add remaining ingredients. Knead several times; place in an oiled bowl.
3. Roll dough in oil; cover with a tea towel until it doubles in size. Roll out or pat down until about 1/2-inch thick.
4. Cut dough with a biscuit cutter. Poke a hole in the middle and place on a floured surface; allow dough to rise again.
5. Gently pick up dough and fry in a deep pot, turning once. Cook until golden brown; let drain.
6. For icing: Mix powdered sugar with warm water until creamy; add vanilla.
7. Dip drained doughnuts into icing; serve.

Hot Yeast Rolls

- 1 pkg. yeast
- 2 cups warm water
- 1/2 cup sugar
- Pinch salt
- 1/2 cup oil
- 1/4 cup flour, additional as needed
- 1 Tbsp. additional oil for coating bowl

1. Stir yeast into warm water in a big crock or glass bowl. Stir in sugar, salt and oil; mix well.
2. Add enough flour to make a soft dough that you can handle.
3. Put flour on pasty sheet and knead dough 5 to 6 times until smooth.
4. Put 1 Tbsp. oil in the same big bowl and add dough, turning over in oil.
5. Cover with a tea towel; let rise until doubled in size.
6. Make into any shape roll you want and let rise again until doubled in size.
7. Bake at 350 F until brown on top.

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



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BusinessNOW

Holcim Midlothian Plant

— By Virginia Riddle

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An international company with headquarters in Switzerland and France and cement silos that rise out of Midlothian soil, Holcim Midlothian Plant employees have been making cement around the clock every day, within a closely controlled environment, since 1987. The plant's product is used in small and large projects. "Cement is the glue that holds concrete together," Dan Carnes, environmental manager, explained.

Holcim recently merged with a French company,

Lafarge, to become LafargeHolcim. "We have a saying: 'The most important thing we build is trust,'" stated Michel Moser, plant manager. "We're a fuel-intensive business, but our company is committed to social and environmental sustainability. We're always looking for ways to reduce our carbon footprint and save money by using alternative fuels. We report to the environmental authorities and keep up with new regulations."

Metroplex wholesale customers can come to the plant and pick up cement, and the company also ships by rail to other areas, such as Lubbock and Houston, and Oklahoma. The cement is used in public works and residential and commercial projects. Chisholm Trail Parkway, Love Field Modernization Program, State Farm Insurance regional office campus, Perot Museum of Nature and Science, The Margaret Hunt Hill Bridge, Union Pacific Mesquite Intermodal Facility, Midlothian's Senior Citizen's Food Pantry parking lot, Dallas Water

Utilities Eastside (Sunnyvale) Water Treatment Facility and the Seymour Wind Farm were constructed using Holcim cement.

The company currently employs 134 people who work as welders, maintenance persons, electricians, chemists, engineers and in production and clerical positions. "Ours is a very diverse workforce from all over the world," Michel, a Swiss native, said. "It all starts with the chemists, but we work as one team. Our goal is to ensure the success of projects into the future, as well as the safety of our employees."

Michel, employed by Holcim for 24 years, has been at the Midlothian plant for 12 years. "We give employee safety and innovation awards," he added. "In 2013, our parent company recognized the Midlothian plant as the best performing cement plant and one of the best Holcim improvers. That's out of 90 facilities operating worldwide!" The facility has also received PCA Safety Awards and an EPA Energy Star Award, and it's a member of the Texas Association of Business, the Texas Aggregates and Concrete Association and the Midlothian Chamber of Commerce.

Tonia Barrix is the office administrator and serves as the head of the plant's CARE program. CARE stands for Community Activities Recycling and Environmental Sustainability. The CARE Committee determines donation recipients, and examples of recipients include education grants to Midlothian ISD, local youth athletic teams and the Heroes of Midlothian Foundation. Employees also throw their muscles into area projects, such as the Midlothian Cemetery Cleanup, the Mockingbird Nature Park, Manna House, Keep Midlothian Beautiful and in the planting of trees along Midlothian Parkway. LafargeHolcim also has its own corporate nonprofit foundation that supports the use of sustainable construction methods. "We're in every country, from A-Z worldwide," Tonia said, "but we CARE here." **NOW**

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Photos provided by Town of Silverton/Silverton Area Chamber of Commerce.



TravelNOW

Basecamp for Adventure

— By Lisa Branner

Nestled at 9,318 feet above sea level in Colorado’s San Juan Mountains, Silverton is a picturesque former mining town steeped in Old West history. Established in 1874 as Baker’s Park, the town was named a National Historic Landmark in 1961. Today Silverton has a population of 600, and has become a perfect basecamp for adventurous travelers of all stripes.

The San Juans boast some of the most rugged and beautiful terrain in the lower 48, and are home to 13 of Colorado’s “Fourteeners,” mountains so called because their peaks rise to over 14,000 feet. The range is dotted with alpine lakes and waterfalls, fields of wildflowers and historic ghost towns that are relics of a bygone era.

Train buffs can enjoy an unforgettable adventure on the Durango & Silverton Narrow Gauge Railroad, traveling by

coal-fired, steam-powered locomotive on the same tracks that miners, cowboys and settlers took over a century ago. Climbing nearly 3,000 feet, the train winds through spectacular canyons and remote wilderness. Travelers disembark on Notorious Blair Street, whose wooden sidewalks were once lined with saloons, gambling halls and bordellos.

The Million Dollar Highway, built as a toll road in the late 1880s by railroad magnate Otto Mears, is one of the most spectacular drives in the USA. This journey weaves through the mountains, clinging to tight curves and topping out at an elevation of 11,017 feet on Red Mountain Pass before dropping into the town of Ouray. In autumn, the abundance of Aspen trees makes this ideal for leaf peepers.

For the adventurous, a jeep or OHV tour along the Alpine

Loop provides a full day of thrills. This 65-mile, four-wheel-drive byway connects Silverton, Lake City and Ouray, climbing over two 12,000-foot passes. Along the way, stop for a visit to Animas Forks, a well-preserved ghost town. In its heyday, this bustling mining hub had more than 30 structures including hotels, saloons, a post office and a general store. Today fewer than a dozen buildings remain, restored by the San Juan County Historical Society.

Silverton is a mecca for winter recreation, too, with two ski areas and boundless backcountry. Kendall Mountain offers affordable family fun, with 240 feet of vertical drop, four groomed trails and one double chair lift. Ice skating, sledding and snowshoeing are allowed any time. For fat bikes and Nordic skiers, the Town Loop offers 2.5 miles of groomed cross-country trails accessed right from town. For the advanced skier, Silverton Mountain is a challenging big mountain experience with expert-only terrain and heli-skiing. The extensive winter trails on Molas Pass can be explored on your own or with a local snowmobile outfitter like Ice Pirates. Be sure to bring a camera to capture the impressive views.

Summer visitors seeking tranquility will relish Molas Lake Campground, rated "Most Scenic Campground in Colorado" by AAA. Just six miles south of Silverton, atop Molas Pass, the well-maintained campground provides unforgettable scenery, starry skies, a stocked 25-acre lake and hiking access to the Colorado Trail.

For year-round accommodations with historic flair, the Grand Imperial Hotel provides an upscale lodging experience in the heart of downtown Silverton. Built in 1882, recent renovations have returned this 135-year-old landmark to its original grandeur.

For more information or to plan your trip to the heart of Colorado's high country, visit www.silvertoncolorado.com. **NOW**

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The Sweetest Valentine

— By Zachary R. Urquhart

There is no bad time to open your heart to a new family member, but some people use Valentine's Day as the perfect reason to bring a four-legged friend into their home. If you have been thinking about adopting a pet, maybe this month is the time to make it happen. Here are some tips for selecting an animal for your family to love.

Choosing an Animal

- *Give it some thought.* There are dog people, and there are cat people. Probably the first thing you should do, if you think your family is ready to adopt a pet, is get an idea of what type animal you want to adopt. You might even decide that a bunny, bird or fish is what your family needs. There are so many animals out there that need a home. If you head into a shelter without any thought, you might be overwhelmed. Before heading out, a little research regarding animals, their personalities and needs may make your decision easier.

- *Be flexible.* Even though you should go in with a plan, do not assume the exact color or breed of dog or cat you want

will be there waiting to be adopted. If you are really wanting something specific, call the local clinics and shelters to see if they have what you are seeking. Because the size and temperament of dogs is so widely varied, if you are leaning toward a canine, there are some things you need to decide. Think about the size each breed is as an adult, how well they will interact with children and how much yard or house space you have to spare.

- *Start sooner rather than later.* If you are really set on a Valentine's Day adoption, you will want to get yourself ready within the first few days of the month. The actual adoption process at a clinic or shelter is relatively simple, but if there is any specificity in what you are looking



to adopt, you should give yourself a few days to find the pet that is just what your family wants.

Choose an Organization

• *There are many options.* Probably the most well-known pet adoption agency is the SPCA. But in any given area, there are typically dozens of adoption locations. If you are specifically looking for a canine or feline, veterinary clinics and city pounds will sometimes have pets that face a short future if they are not adopted. Different agencies will have varying services, fees and requirements, so your willingness to welcome a pet with an unknown health history may be a major factor in where you adopt.



• *There are online options.* In the last decade or so, many Internet pet-finder services have begun helping people find the pet that fits their family. If you have specific needs, or if you are looking for a less common breed or type of pet, using an online search engine may be your best bet. If you do find an animal this way, though, be sure to contact the pet's current home before leaving. Some sites are third parties, so there could be a lag from animals being adopted to websites being updated.

Get Ready

• *Make living arrangements.* If you are bringing a dog or cat into your home, you will need to have a place for them. With the relative cold this time of year, plan on having them inside the house, even if that means they are sleeping in a laundry room or other extra space. Have a litter box for your cat or a piddle pad if you have chosen a puppy. While you do not

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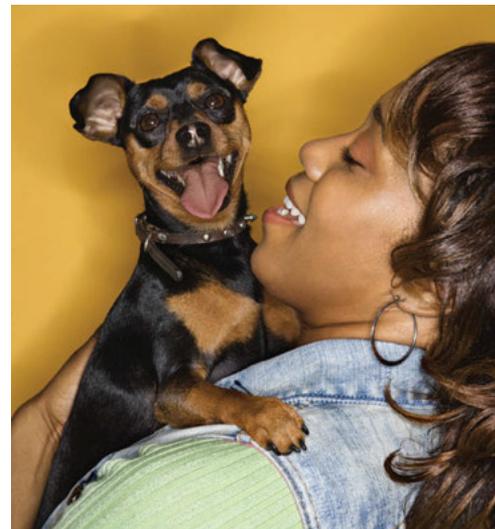
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need to safeguard your house the same way you would when bringing a baby into the home, you do want to put up anything a new pet could either hurt themselves with or anything that you do not want damaged. And if your pet is a more contained animal like a fish or reptile, be sure you have a safe spot for the bowl or terrarium that a young child would not easily knock over or break.



- *Buy supplies.* You should wait until you are sure of the exact breed of pet you are getting before buying food, in case the Chihuahua you think you want turns into a Golden Retriever that needs a heartier diet. Buying more neutral items — like a water bowl or chew toy — might help the rest of your family and any existing pets transition more easily.

- *Prep the paperwork.* For the most part, all you will need to complete the adoption will be a nominal fee and your ID. Before you head to the shelter, make sure there is nothing else required. While you are getting any pre-adoption paperwork in order, make sure you have identified a local veterinarian so that you have a plan for the first time your pet needs to go in.

Use Valentine's Day to make your pet adoption a big event. Bring your pet home to heart-shaped tags, or wrap your crate, kennel or carrier with a red bow. Whatever pet you are considering, February 14 is a special time to add to your family through adoption. **NOW**

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Zoomed In: Shelley Jones

By Angel Morris

Shelley Jones (far right) feels strongly about keeping etiquette and social skills alive, so much so, that she has made a career of it. She assisted in developing social etiquette training used for cadets of the U.S. Air Force Academy and has instructed training for Sewell Automotive and Jackson National Life Insurance in guiding employees in customer service.

She is excited to offer her expertise to local youth with the Midlothian Cotillion beginning March 19. “Courtesy, kindness and respect are becoming somewhat of a lost art,” Shelley said. “I encourage parents to seek structured activities that increase their child’s confidence in familiar and unfamiliar situations, and provide them with a tangible advantage in every aspect of their lives.”



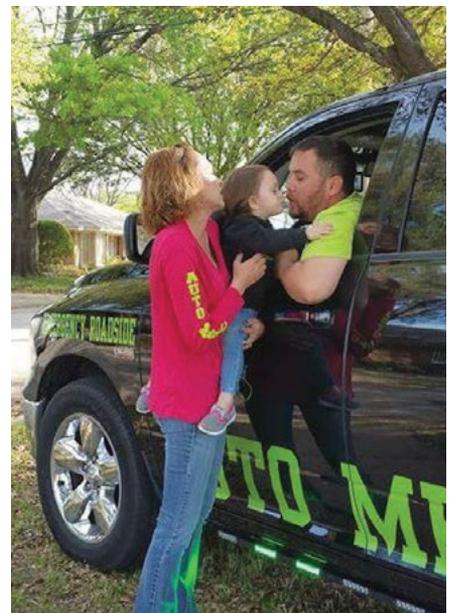
City leaders celebrate Methodist Midlothian Medical Center’s announcement that it will break ground in late summer 2018, opening in late 2019 on land along US-287 adjacent to MISD’s Multi-Purpose Stadium.



Dr. Phil Johnson (far right) donates custom mouth guards to MHS varsity basketballers.



In their first season together as a team, fifth and sixth graders of the MYFL earn the Super Bowl Champion title within their league.



Joe Carbajal, owner of ACE Award-winning Auto Medic Roadside, says goodbye to wife, Sherrie, and youngest daughter, Cecilia, as he heads to help a customer.



Kerri and Jeff Robinson pose between rounds at a Midlothian Cornhole League tournament. Winter play kicked off last month at Ugotem Sports.



Midlothian High School Fishing Team members prepare for a tournament in Lake Texoma Feb. 17. The team earned second overall in its first tournament of the school year.



Maddie Smith, a senior at Ovilla Christian School, visits Baylor University with her parents, Jeffrey and Karen. Maddie will study nursing in the fall.

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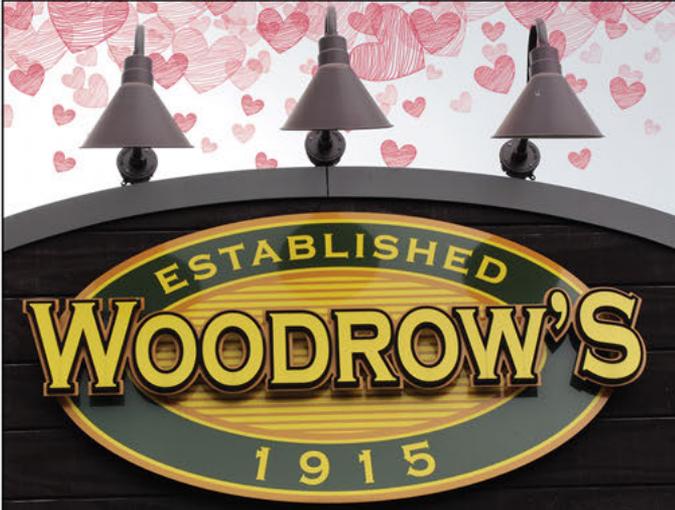
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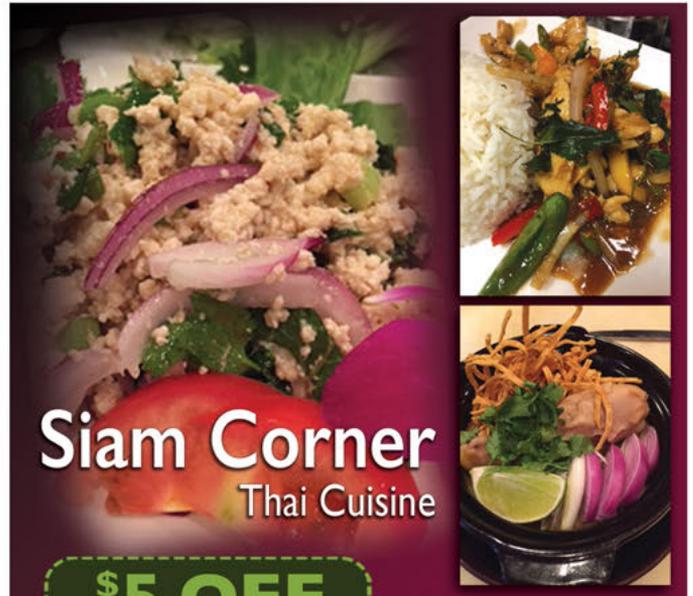
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Calendar

February:

1

Midlothian Soccer Association Spring Registration: Deadline is **February 16**. Season starts **March 17**. Visit www.midlothiansoccer.org for details.



Midlothian Cotillion Registration: Now through **March 2**, at www.cotillion.com or contact Nicole Blackmon at clearconnection@att.net. Open to 5th-12th graders, Cotillion is a course in social skills, dance and etiquette. Five classes will take place at Bella Woods, 1888 N. 9th St., between **March 19-May 14**.

Ellis County Master Gardener Scholarship Submissions: Deadline is 4:00 p.m. **March 14** at www.ecmga.com under the What's Happening tab. Ellis County students pursuing higher education in horticulture and/or life science disciplines, as well as former recipients of this scholarship may apply.

Heroes of Midlothian Scholarship Submissions: Now through **April 6**, at heroesofmidlothian.org. Anyone graduating from MISD and furthering their education — via traditional colleges to training academies— is eligible to apply.

8 – 11

Midlothian Fine Arts Department presents *Singin' in the Rain*: **February 8-10**, 7:00 p.m.; **February 11**, 2:00 p.m., Midlothian High School Auditorium, 923 S. 9th St. \$10 adult, \$7 student tickets at MHS front desk or midlodrama.com.

10

Cupid Shuffle 5K & Fun Run: 8:00 a.m., MISD Multi-Purpose Stadium, 1800 S. 14th St. Visit www.ReachCouncil.org/events for more details.

11

Kids Crew Valentine's Kindness Craft: 2:00-4:00 p.m., Dairy Queen, 1080 Hwy. 287 E. Preschool and elementary age focused; half-price kids' meals. For more information on this free event, email westfall.n@yahoo.com.

14

Bingo for Seniors: 10:30 a.m.-noon, Midlothian Senior Citizen Center, 4 Community Circle. Looking for some Valentine's Day fun? Call (972) 775-6401 or see all upcoming events at www.midlothianseniors.com/date/february.htm.



Midlothian Chamber of Commerce Annual Awards Luncheon: 11:00 a.m.-1:00 p.m., Midlothian Conference Center, 1 Community Circle Dr. Honoring the preeminent volunteers and businesses that helped the chamber succeed in 2017. Tickets at midlothianchamber.org.

19

The Writers' Circle: 6:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. For more information, contact Ashley at meadowwriterscircle@gmail.com.

24

Mayor's Winter Walk: 10:00 a.m., Mockingbird Nature Park, 1361 Onward Rd. Free for all ages on one-mile trail with prizes, snacks and more. Hosted by Indian Trail Master Naturalists and sponsored by Methodist Mansfield and Higginbotham Brothers ACE Hardware. Register at www.midlothian.tx.us/winterwalk.

Waxahachie Symphony Association: Best of Broadway: The Uptown Singers: 7:00 p.m., SAGU Hagee Communication Center Performance Hall, 1200 Sycamore, Waxahachie. For more information, visit www.waxahachiesymphony.org.

26

Plant Propagation with Ellis County Master Gardeners and Ellis County Extension Agency: 6:00-7:30 p.m., Waxahachie High School, 1000 N. Hwy. 77, Waxahachie. For reservations, call Melissa Cobb at (972) 923-4631.

March:

1

Citizen's Police Academy: 6:00-9:00 p.m., 1150 N. Hwy. 67, Suite 300. The academy gives citizens an opportunity to learn about police work in general and also gain insight into the Midlothian Police Department. Contact Scott Hughes for more information at curtis.hughes@midlothian.tx.us or (972) 775-7633. Through **May 17**.

16 – 18

Vintage Market Days presents Vintage Love: 10:00 a.m.-5:00 p.m., **Friday** and **Saturday**; 10:00 a.m.-4:00 p.m., **Sunday**, Ellis County Expo Center, 2300 US 287 Bypass, Waxahachie. Visit www.socentraltexas:vintagemarketdays.com.

Ongoing:

Second and Fourth Mondays

Rag-Tag Readers Book Club: 10:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. Join lively discussions of books chosen by the club members. For more information, call Sandy at (972) 775-3417.



Tuesdays

Senior Center Bingo: 10:30 a.m., 4 Community Circle. Learn more about bingo and the variety of other activities offered monthly at www.midlothianseniors.com.

Wednesdays

DivorceCare: 6:30-8:00 p.m., First United Methodist Church of Midlothian, Family Life Center, 800 S. 9th St. DivorceCare for Kids ages 5-12 meets at the same time, as well as child care for younger children. For more information, call the church office at (972) 775-3993.

Thursdays

Open Mic Night: 7:00 p.m., Lighthouse Coffee Bar, 1404 N. 9th St. A night to come and enjoy with family and friends. Play an instrument? Perform poetry? Comedy? Come along and join us! Sign-up starts at 6:30 p.m., and slots are 15 minutes each.

Fridays

Preschool Storytime: 11:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. Story, craft and snack provided. For more information, call (972) 775-3417.

Third Saturdays

Midlothian Opry Country Music Show: Midlothian Civic Center, 224 S. 11th St. Old country and gospel music with Goodtimers Band. \$5 admission. Call Davonna at (214) 676-1706 or go to Facebook Midlothian Opry for tickets and show times.



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Don't Run Into Pain

Both long-distance runners and casual joggers can improve their performance by keeping their feet in top condition and taking steps to control foot problems common in runners. The human foot is a biological masterpiece that amazingly endures the stresses of daily activity. For runners, the feet are more vulnerable to injury than any other part of the body, and these athletes should be on the alert for signs of foot problems that can slow them down if not treated promptly.

The most common complaint from runners is heel pain (plantar fasciitis), which is frequently caused by inflammation of the ligament holding up the arch. In athletes, heel pain can result from faulty mechanics and over pronation, in which pressure is unequally applied to the inside of the foot, or by wearing running shoes that are worn out or too soft. At the first sign of heel pain, do stretching exercises, wear sturdier shoes and use arch supports. In some cases, icing and anti-inflammatory drugs, such as ibuprofen, are helpful. Should heel pain continue, custom orthotics, injections and physical therapy might be required. Surgery normally isn't considered unless heel pain persists for more than a year and conservative treatment failed to bring relief.

Neuromas and tendonitis are other common foot problems affecting runners. A neuroma is a pinched nerve between the toes,

causing pain, numbness and a burning sensation in the ball of the foot. Overly flexible shoes are often the cause, and padding, orthotics or injections are usually effective. Sometimes surgery is the answer if the pain continues for more than six months. Serious runners can be sidelined with tendonitis if they ignore the warning signs of this overuse-related condition. Several forms of tendonitis can affect the Achilles and other areas, and all are treated with rest, icing, stretching and anti-inflammatory medications, and sometimes with orthotics and physical therapy. Over-zealous training usually causes tendonitis, especially among beginners who try to do too much too soon.

Remember the word RICE as an abbreviation for Rest-Ice-Compression-Elevation. If pain and swelling continues after following the RICE procedure for three or four days, you should see a foot and ankle surgeon for an X-ray and proper diagnosis.

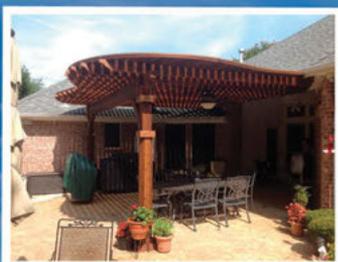
Runners often get blisters. Never pop blisters unless they are larger than a quarter or are painful or swollen. Use a sterile instrument to lance the corner, leave the top as a biological dressing, wash, apply antibiotic ointment and cover with a Band-Aid. Corns and calluses are caused by repeated friction, and should be treated by aseptically trimming the dead skin and eliminating the underlying cause. **NOW**

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