Keeping Up With History
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Kid Whisperer Grabs a Dream

Also Inside
Acting Out a Role
Caring at Home
In the Kitchen With Holly Hopkins

Whirlwind From Heaven
At Home With Raymond & Kenya Carr
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To Pee or Not to Pee? 6 p.m., Tuesday, May 10
Dr. Keith Xavier and Dr. Tracy Cannon-Smith focus on bladder health, including incontinence approaches such as pelvic floor reconstruction and slings.

Your Breasts, Your Life 6 p.m., Tuesday, May 17
Dr. Timothy Freer, Dr. Kory Jones and Dr. Richard Jones review the latest in breast health, screening, treatment and reconstructive surgery.

Everything to Gain 6 p.m., Thursday, May 19
Dr. David Dyslin and Dr. Augustus Lyons discuss the two weight-loss surgery options available at USMD Arlington and answer your questions.

An Ounce of Prevention 6 p.m., Tuesday, May 24
Dr. Russell Dickey and Dr. Ronald Kline discuss the importance of yearly checkups for early detection/prevention of reproductive and lower GI problems as well as vascular disease.
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Editor’s Note

Hello, Midlothian!

For your reward in holding up so stoically through the dreariness of winter, nature now gives you color! Perhaps this year you will feel inspired to go outside and get your hands in the dirt as you coax something wonderful from the earth. If you do or do not happen to have a green thumb, the Ellis County Master Gardeners can give you helpful tips on growing a delicious vegetable garden this year or wowing the neighbors with your butterfly garden. March 20 is the first day of spring — a perfect day to start gardening!

The Experience Midlothian Community Expo will be on March 19 at the Midlothian Conference Center from 10:00 a.m. to 3:00 p.m.

It is time to shake up everyone’s schedule, again, as we get ready for another time change on Sunday, March 13. Don’t forget to set your clock forward one hour the night before!

Betty

Betty Tryon
MidlothianNOW Editor
btryon.nowmag@sbcglobal.net
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Keeping Up With History

“We are so proud that others want to come here and live.”
“You don’t know where you’re going until you know where you’ve been,” Judith Howard, recording secretary for the Midlothian Area Historical Society, quoted one of her favorite sayings to describe why she is passionate about preserving history. “It is a part of me,” she said. “My great-grandparents from both sides of my family helped settle Ellis County. They owned land here and gave land for cemeteries. When you see your family’s name on stained glass windows and on markers, you’re tied to it. It’s a visual thing, and you think emotionally, Wow! I am a part of this. It’s just always there. My mother and great-aunt were savers of things that had stories behind them.”

Karen Kay Esberger, historian for the Historical Society, expresses similar sentiments. “For me, it is genetics. I started work on the family tree when I was 12. I’ve always saved articles out of the newspaper,” she said.

For both women, much of Midlothian’s history played out in front of them as they grew up here. The Midlothian Area Historical Society, founded on September 6, 2007, is the latest historical organization in Midlothian attempting to preserve history. Because the club is so young, a permanent meeting place has yet to be established. Laughing, Judith said, “We are somewhat homeless, meaning we have no entity we can call our own, like a museum where we could meet. Right now, we meet the first Tuesday of every month at Citizens National Bank on Ninth Street. Our purpose is mainly to save Midlothian history. We have had several important buildings torn down over the years, and so we don’t want that to happen again. We also work with other organizations and with the city. One of the city’s goals is to save history.” The Historical Society works in harmony with the city’s historical advisory board in preserving Midlothian.

One of the more interesting areas of Midlothian’s history is the journey of the log cabin that now resides downtown. Judith recounted the story. “The log cabin started out as a home and became a school on its original location. It has been a barn, too. A private citizen moved it to his property, because he could see how it was deteriorating. He wanted to preserve it. For seven years, Mr. and Mrs. Jack Anderson collected authentic furnishings for it. That was in the late ’60s when they retrieved it, and the building stayed on their property until the 1990s. When he died and she was going to move away from the property, Mrs. Anderson donated the cabin to the city because she wanted the building taken care of. That is when it was moved to its current site with all of its belongings. The roof needs work, but we will have to get more money before we can finish it. The gentleman doing the work is a noted log cabin authority in the state of Texas. His name is Bill Marquis, and he’s had to go to Louisiana and East Texas for the logs he is using to repair the cabin.”

The Historical Society conducts interviews with some of the senior citizens in town to get their memories and real-life experiences in Midlothian. There was a unifying message heard in most of the interviews. Karen stated, “One thing most of the senior citizens mentioned in their interviews was the sense of community and working together here. The community as a whole worked together to get things accomplished.” One example of the community pulling together to accomplish something is the Midlothian Civic Center located on Main Street. It was built by those who lived here.

“The men would come home from their jobs and go down there and clean brick,” explained Judith. “The wives would make food and take it down there to them. Everyone contributed their time and labor in their area of expertise, like wiring or bricklaying.”
“The saddest part is where those bricks came from,” Karen added. “When they were tearing down those schools, one of the board members bought all the bricks for one dollar. They took them down to the Civic Center to use.”

The bricks Karen refers to were from old school buildings demolished to make way for newer schools. Midlothian's original school buildings were a high school, grammar school (six, seventh and eighth grades), a primary school and a separate school building for African American students. In the 1950s, the school district added a gym for athletic needs. Almost immediately after the gym opened, it was determined that the old grammar school needed to be replaced. The students from the grammar school moved into the gym for classes for one year, during which time the new grammar school was constructed. Then the razing of the high school was next, and those students went into the gym for a semester. The gym is still standing next to J.R. Irvin Elementary School. Because of its age, the gym needs to be renovated.

Judith acknowledged the Historical Society’s role. “The gym is one of the structures that we are working to save, because it is the first gym the city and school district had. It was built from material gathered at WWII sites at Camp Bowie and Camp Swift. It was such a good gym when it was first built that it was used for the regional basketball playoffs. The gym had a lunchroom, kitchen and a band room. Our grant writing committee is in conference
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www.nowmagazines.com 11 MidlothianNOW March 2011
The Historical Society has partnered with the city and the district. They have determined that it can be repaired, and it is just a matter of appropriate funding at this time.” The society solicited signatures from people who are anxious that the gym be saved, and they have over 1,000 signatures so far.

Another project the group is busy with is the restoration of the fence surrounding Kimmel Park. “That fence dates back to 1916. It still stands but needs help. Mr. Jim Berman, the current parks board director, is working diligently to get everything into place and back in shape within five years. He wants to celebrate the centennial of the park there in 2015,” Judith stated.

Since the Historical Society does not have a building to permanently house items of historical significance, they are showcasing such items in display cases around town. “We want to get our name out, so we’ve started to ask people if we could put a display case in their building. We call them our mini museums,” Judith explained.

The Historical Society works tirelessly to proudly preserve and maintain our history. Judith exclaimed, “We are so proud that others want to come here and live.”
Midlothian ISD Education Foundation

Join the Midlothian ISD Education Foundation for a pasta dinner and student art contest and auction on Friday evening. Then lace up your running shoes on Saturday morning. (Course is chip-timed and USATF certified.)

- Pasta Dinner, 5K Race, & T-shirt - $90
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- Pasta Dinner Only - $10
- 1 Mile Fun Run with T-shirt - $10
- 1 Mile Fun Run - FREE
- Admission to Art Contest/Auction - FREE

Art contest entries are open to all MISD students. Download guidelines from the MEF Web site:
www.eatandrun.org

All proceeds benefit the MEF, a 501(c)(3) nonprofit, tax-exempt, philanthropic organization of volunteer citizens who share a vision of enhancing education in Midlothian ISD.

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Kenya and Raymond had both graduated from DeSoto High School in the 1980s. Raymond, who started his career at Pearle Vision’s corporate office in 1987, began dating Kenya in 1989. The following year, they married on the island of Kauai, Hawaii. A wedding photo in the couple’s dining room shows Kenya in her gown, carrying a sheaf of calla lilies. Kauai had also been the location of her mother and stepfather’s wedding, a link which epitomizes the warm connection between Kenya and her parents.

Kenya has been working with her mother, Donna, for over 17 years. Her mom is a Coldwell Banker real estate agent, while Kenya manages the office. “Mom’s a ‘people person,’ and I’m a ‘paper person,’” she confessed. “We’re complete opposites — so it’s perfect!” While the Carrs were in the process of designing their home, Kenya took advantage of her real estate license and visited vacant houses to collect ideas.

At the same time, Donna and Rob were working on a new home for themselves, living in a duplex during the construction. Then Donna sold the Carrs’ old house before the new one was ready, so Raymond and Kenya moved into the other half of the same duplex. They have found the four-bedroom house, finished in 2004, to be worth the wait. Some of Rob’s special touches include arched doorways, a “barrel” ceiling in the entry and white stone surrounding the fireplace and supporting the granite-topped kitchen bar.

A place for everything and everything in its place — that is how Raymond and Kenya Carr both like to live. Neat, methodical, organized. And when the DeSoto natives decided to build a new home in Midlothian, they had the chance to plan a spot for every single thing they owned. “We designed the house, and my dad built it,” Kenya explained. Her dad, Rob Preston, brought her dreams and ideas to life, doing much of the work himself.
Many people would be intimidated at the prospect of planning a home from scratch. Where does one start? “It’s a little embarrassing. We built the whole house around the TV in the living room,” Kenya admitted. “We’re just TV people.” She did have some other preferences in mind, such as putting the laundry room next door to the master suite.

Raymond noted that the two
contributed equally to the initial design process. “I had my ideas; she had her ideas, and we pretty much agreed on everything. It was easy!”

When it came down to the nitty-gritty details, however, planning and building a home turned out to be a more involved project than the couple expected. “It took us three days just to decide where to put the wiring and light switches,” Kenya complained. “We’re lucky we got out of it with friendships intact, but we all still love each other.”

The couple did not specifically plan their house with children in mind, though they thought they might want children “someday.” However, they did adapt the home and their sleek, contemporary furnishings for the convenience of their dogs. Neo and Trinity, both friendly pugs, use a built-in doggie door leading through the breakfast room wall to the patio. The door was originally built for Gizmo, Raymond’s elderly Pekingese, who lived to be 17 years old and passed away only a few weeks after the move to Midlothian. When Neo and Trinity arrived, they got their own pillows on beds and sofas so they can make themselves at home — with a little help from low benches beside the taller furniture. But they never disturbed the neatly-placed art pieces or floral arrangements that grace tables, shelves and even the wide corner tub in the master bath.

Then, when Raymond and Kenya had
“I don’t ever want to move, partly because it’s so sentimental.”
been married for 18 years, they found out they were expecting a baby. Since neither have any siblings, both sets of parents had assumed by that time that they would have no grandchildren. Needless to say, they were all thrilled at the news. Kenya recalled, fondly, that she learned of her pregnancy on the birthday of her late grandmother. “It just seemed sent from heaven,” she said.

Raymond also responded positively to the surprising news. “I thought it was wonderful. I just wished I were younger,” he recalled.

In due time, little Kolton arrived, and the Carrs’ careful organization seemed to crumble overnight. “What a whirlwind,” Kenya remembered, smiling. Piles of stuffed animals began to take over some of the furniture, and bathtub toys appeared alongside framed photos and embellished towels. Before long, the carpeted areas of the house gave way to hardwood flooring for easier cleaning. A collection of artificial calla lilies, Kenya’s favorite flower since her wedding, now shares their low window ledge with framed baby and toddler photographs of Kolton.

The backyard pool, built with the house, became a safety concern, so Kenya enrolled Kolton in swimming lessons when he was less than a year old. Although he can jump into the water and propel himself to the shallow end, she and Raymond still keep a close eye on him.

Needless to say, evenings and weekends are busier than ever for both parents. Outside their working hours, keeping up with Kolton takes up most of their time. The boy loves tractors, and his “G’pa,” Rob, is quick to take him into the driver’s seat with him. Rob has also put together a backyard play structure for Kolton, complete with swings and slides.
The chaos might overwhelm a less-mature couple, but the Carrs’ stability helps them cope. Kenya still manages her mother’s office, while Raymond has been at Pearle Vision for 24 years now. Asked about his unusually long tenure, he said, “It’s just a great work atmosphere, and I really like the people.”

After living in the house for six years, the couple still enjoys it immensely. They are adapting it to their changing needs, such as setting up an office in the fourth bedroom. “I don’t ever want to move,” Kenya said, “partly because it’s so sentimental.” Her top favorite features include the pool, with its shallow tanning ledge, and the warm, open kitchen.

Parenting has been a good life-learning experience for both of them. Kenya remembers wanting her baby to be born before her 40th birthday, but Kolton arrived two weeks after. “It seemed important at the time, but once he was born, it really didn’t matter. And now, I feel like I’m 30 again.”

Raymond agreed, adding that parenthood has changed his life completely. “It’s not about us anymore.”

Kenya summed up the changes to their lives. “We didn’t know we wanted a child until we had him. He makes our life beautiful.”

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EXP. 3/31/11
The MISD School Board has called a bond election for Saturday, May 14, 2011. Early voting will be May 2-6 and May 9-10. The last day to register to vote is April 14.

Community Involvement
A Growth Management Committee (GMC) of about 30 community members and district administrators began meeting in January 2010. Their mission was to develop recommendations to the School Board of Trustees to meet existing and future facility needs for the next 5-10 years, while fitting within the current financial constraints and meeting the educational needs of all MISD students.

Projected Growth

- Projected enrollment is 12,019 students for 2020 school year
- 4,455 additional students within 10 years

Student Enrollment Projections

<table>
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<td>MHS</td>
<td>2,417</td>
<td>2,653</td>
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</tr>
</tbody>
</table>

Source: Enrollment projections based on Templeton Demographics

Components of the Bond Package

**ONE PROPOSITION FOR $97,300,000 INCLUDES:**

- **High School #2:** $74,000,000
  - Phase I for 1,000 students
  - Core capacity of 2,500 students
  - Estimated occupancy date is August 2014
  - Located at corner of Walnut Grove and FM 1387

- **Elementary School #7:** $20,500,000
  - 750 student capacity
  - Estimated occupancy date is August 2014

- **Frank Seale Middle School addition:** $2,800,000
  - Expand student capacity from 1,000 to 1,200 students
  - Estimated occupancy date is January 2013

Tax impact and additional information is available on the MISD Website. Visit www.midlothian-isd.net/bond or call MISD at 972-775-8296. E-mail questions or comments to communications@midlothian-isd.net.

Get Connected
MISD offers various communication avenues for parents and community stakeholders to stay connected to MISD. Parents can view their child’s current grades via Powerschool and access their homework online, as well. Social media is another way to get the latest district and campus news. Sign-up for the MISD e-News, Facebook and Twitter pages. Each campus has a Web page with campus news and events.

100 Walter Stephenson Rd., TX 76065 (972) 775-8296
MHS Team Sweeps District Policy Debate Contest

(Pictured L to R) MHS teams include Alexandra Pendergrass, Alexis Pendergrass, Ak Ved, Ryan Clark, Kristi Bogy, Dakota Parish, Eli Roden and Jacob Morgan (not pictured is Rachel Hurst)

MHS debate teams competed in their first 5A district policy tournament and were deemed the champions. The teams swept the top four positions and qualified for the state competition in March. Placing first, with an impressive 5-0 record, was the team of Ryan Clark and Ak Ved. The second place team consisted of Eli Roden and Dakota Parish. Alexandra Pendergrass was awarded the very prestigious Top Speaker award.

School Makeup Days Set for April 22 and May 3

Due to the inclement weather on February 1-4 and 9, MISD is required to use the two makeup days initially set for April 22 and May 3. However, the Texas Education Agency does allow for a waiver process for bad weather days that go beyond a district’s selected two makeup days. The MISD administration has initiated the waiver process which is routinely approved by the Texas Education Agency (TEA). It is anticipated that students will not have to make up any additional bad weather days other than April 22 and May 3.

Calendar of Events

- March 14-18: Spring Break/No School
- April 22: School Makeup Day
- May 2: No School/MISD Educational Showcase, 6-8pm, MHS
- May 3: School Makeup Day
- May 30: No School/Memorial Day Holiday
- June 2-3: 2-Hrs. Early Release at all Schools
- June 3: Last Day of School

Attention Senior Citizens

MISD residents over 55 years of age.

On April 12 from 10am-2pm MISD will host its annual Senior Citizens Tour for Midlothian residents who are 55 years of age or older. The day will include tours of various campuses, student entertainment and lunch provided by MISD culinary arts class. Space is limited so sign up today! Call 972-775-6296 or e-mail: communications@midlothian-isd.net

FFA Students Win Herdsman Award at Ft. Worth Stockshow

The Midlothian High School Future Farmers of America (FFA) team recently won the 2011 William Allen Memorial Herdsman Award at the Ft. Worth Stock Show. This prestigious honor was awarded for the third time in six years to the Midlothian FFA team for their best of cattle in the entire show. “It takes a tremendous amount of team work and dedication to receive this award,” said FFA teacher, Greg Pruitt.

Kindergarten Roundup

Parents/Guardians are encouraged to register their child at their attendance zone campus during the week of May 9-12, 2011 from 9:00 am to 2:00 pm. Any child who will be 5 years old on or before September 1, 2011 is eligible to attend the district’s full-day kindergarten.
You have all seen one — that one person whom all the children seem to gravitate toward with enthusiasm. Kelly Madden, principal of Longbranch Elementary School has been called a kid whisperer. If true, then she is in the right place at the right time. Kelly remembers her very early start toward a lifelong affinity for children and a desire to teach them. “When I was 5 years old, I knew I wanted to be a teacher,” she said. “My kindergarten teacher, Mrs. Salmon inspired me. I looked up to her and caught a dream with her. I can remember what her classroom looked like. I know where her treasure box was, and I can see her alphabet strip on the wall. I caught a dream as a kindergartener, and I never changed that dream.”

Along the way, Kelly had many occasions to test that dream to see if it still fit. “As a young girl, I babysat or did Vacation Bible School and had youth opportunities in church. As a child, of course, I thought I was very old. I was only 11 when I was babysitting newborn twins. I loved it! I took a lot of pride in that responsibility. It was a mutual relationship because I loved being with them also. I always say that I have a job that fills my cup every day being around the children. It was like that when I was younger, too. I liked being around children. Even though I was a child myself, I liked being around babies.”

When Kelly started college, she started with the general intention of being a teacher. However, through her course work in college she decided to specialize in reading. “When I graduated, I went to Reading Intervention. I liked working with children in early childhood who had that area of struggle. I enjoyed working with at-risk children, and often their area of struggle was with...
reading. Once they had the foundation of reading connected, they soared in all areas. So, assisting them was a privilege because it helped them long term, not just in the area of reading, but in all academic areas.”

Kelly took her love for kids and her knowledge about reading and experienced many opportunities in education — one of which was the accelerated reading program. She taught gifted and talented students in the second grade and gained experience in administration as an assistant principal and principal in Athens Independent School District (ISD) and as an assistant principal in Malakoff ISD. Being in administration takes her away from the cozy 20-plus students of one classroom to a building full of children. Kelly seeks opportunities to continue to interact closely with the students. “I was concerned that I would miss my close-knit class. I knew their families, their animals. I knew when something to celebrate happened in their families or if something tragic happened. I take that love for children into the classrooms I visit on my campus. I have an opportunity to see the passion teachers put into their lessons for children. I am able to go in, see the fruits of their labor and see how the children respond. Another opportunity for being with the children is when the teachers send their students to me when they have a success, when they completed an assignment, read a book, or completed a benchmark they’ve scored well with. They will send them to the office so I can celebrate with them. There
may be a child who’s struggling, and the teacher has worked very hard to find what reaches that child. Then that magic key is unlocked, and the teacher will bring them down to share that.”

During her time as principal, the need for discipline has occasionally occurred, and enforcing discipline was a concept with which Kelly initially struggled. She discovered through time and experience that good relationships can come from that. “Initially, when I was working on my master’s, I was going to go into curriculum and instruction. I went the route of principalship because I thought that would be a closer connection to the kids. What concerned me a little bit was the discipline issue. In my mind, I thought discipline in administration would be the negative side of it, and I wanted that positive relationship with the kids. I learned my first year of being an assistant principle that a lot of my relationships were developed from the discipline. Because I had time to engage in conversations one on one with the kids, I learned more about their families, and I developed relationships with their families. What may have started as a negative that led them to the office was really an opportunity to build a relationship and invest in a family.”

“I ALWAYS SAY THAT I HAVE A JOB THAT FILLS MY CUP EVERY DAY BEING AROUND THE CHILDREN.”
Every year at Longbranch Elementary is an occasion to begin a new theme. This year their theme is Live, Laugh and Learn. Live focuses on a supportive environment. “We look at how we can provide one another and our students with what is best for our whole being and prepare our children not just for this school year but to finish elementary, go to secondary, finish 12th grade and beyond. We want to make sure we build a foundation that gives the student the skills to do that.

“With Laugh, obviously, we want to smile, have a good time and enjoy what we’re doing. That comes from the relationship, too. We want to know our students and our families so we know what does bring a smile to their faces and engage them through laughter.

“Our campus motto is: Reaching for the Highest Branch. With Learn, we want to be familiar with what our state standards are so we can prepare each student. We have a love of learning. The laugh and the love go together, and that is where we meet the students and build the relationships. We have children who may be sick, but they still want to be here. The lessons are engaging. They are relevant to the children, and so there is a desire to learn. I believe it all begins with building relationships with students, and by building those relationships with them, we are able to meet them where they are.”

“BECAUSE I HAD TIME TO ENGAGE IN CONVERSATIONS ONE ON ONE WITH THE KIDS, I LEARNED MORE ABOUT THEIR FAMILIES, AND I DEVELOPED RELATIONSHIPS WITH THEIR FAMILIES.”

Kelly M. with Zackary L.

“Because I had time to engage in conversations one on one with the kids, I learned more about their families, and I developed relationships with their families.”
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That is a summary of the opening 10 minutes of the feature-length film, *St. Nick*, starring first-time movie actors, Tucker and Savanna Sears, who were 11 and 9, respectively, at the time. After the movie filming ended, Tucker was done. Acting was just not his thing. For Savanna, however, it was just another glowing accomplishment on her résumé.

Savanna’s mother, Amy, recalled, “When she was real tiny, she would watch TV and want to know when she could be on television.” Savanna’s first step onto the big screen in the film *St. Nick* proved to be successful. Amy recounted how Savanna got the part. “*St. Nick* was an open call [generally an audition that accepts anyone wanting to act or model]. I saw it on the Texas Film Commission Web site, and the part sounded just like her. We went to the interview, and my son was along for the ride. He sat in on the interview with us. They cast her and kept bringing him back until, finally, they decided to cast him, too. So, they did the film together.”

*St. Nick* has garnered accolades since its release. “It won Texas Grand Jury Prize at AFI (American Film Institute) Dallas in 2009,” Amy explained. “Savanna did that in the fourth grade. The film went to Thessaloniki in Northern Greece for the Thessaloniki International Film Festival. Normally they bring out the director, but this time they wanted the children there, so they invited us to come and paid our way. It was an amazing opportunity.”

Being chosen as a lead actress in your first movie is an awesome break that happens for very few people. But, Savanna takes it all in stride. She actually prefers the stage to film. No doubt, her mom played a huge part in that decision. Amy, who is an art teacher at Baxter...
Elementary School, said, “I always tell people that I am a big believer in live theatre. I started taking Savanna and her brother when she was 2, and that’s when she started asking when her turn was to go up there. It’s not something I wanted for her; it’s something she has always asked for.”

Savanna began to make her dream come true as soon as she could. “I started acting when I was 6 years old,” she explained. “My first part was Fiddler on the Roof at Grand Prairie Arts Council (GPAC).”

“She had been bugging me about acting out a role ever since she was 2,” the actress said. “I started taking her and her brother to theatre performances when she was 2, and that’s when she started asking when her turn was to go up there. It’s not something I wanted for her; it’s something she has always asked for.”

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wanting to be on stage, so we found an open call for kids 6 and up,” Amy remarked. “Savanna was able to be part of the children’s chorus.” Other plays at GPAC were *The Jungle Book*, with Savanna as the wolf pup; *Damn Yankees*, with her as part of the children’s chorus; and *Robin Hood* as Baroness of beef. Her last play at GPAC was *The Music Man* as Amaryllis.

Most of Savanna’s stage roles have been at GPAC, Theatre Arlington Youth Production, Waxahachie Community Theater, Cedar Valley College, Midlothian ISD and The Dallas Opera. In November 2010, Walnut Grove Middle School produced the play *Into the Woods*. Savanna explained the play. “It’s about fairy tales that are mixed together. Each person has a different personality than their fairy tale character — like Little Red Riding Hood, she steals stuff and is a brat. Jack from *Jack and the Beanstalk* is a twit, and he’s just stupid. Cinderella is a dumb blonde. She slips and falls a lot — very clumsy. I’m Jack’s mom. I get to be really frantic and shaky, because he is always getting into trouble. I yell a lot. They have different stories at one time, but they all tie in together. I’m in every scene, and I sing and have a lot of lines; so, it’s a pretty big role.” It sounds like a most unique viewing experience.

Earlier in November of 2010, Savanna landed a plum role at The Dallas Opera’s production of *Anna Bolena*. Out of all of her theatre work, opera is what she enjoys most of all. She said, “Right now I want to be an opera singer. I like that music better than regular theatre musicals.”

“Two years ago, she was in an opera called *Roberto Devereux*,” Amy added. “The director of that opera is the one who asked Savanna to come back and play Princess Elizabeth. I think the reason she likes opera the best is because the stars are very nice. They don’t act like snooty stars, and they are teaching her some of the Italian words for the Italian opera. Her role is pretty substantial. The director has her character listening on the balcony at what is going on downstairs. It’s like she is learning and absorbing for...”
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the future. Anne Boleyn sings a song to her about not being mesmerized by the throne. It’s not worth the heartache.”

Savanna chimed in with, “I want to be in another opera. Those are fun. I don’t like film as much because I like getting to know the person. We have so many rehearsals and do so many shows together that I just think it’s more social. I like singing and dancing better than just speaking lines.”

Of course, life in the arts is not all fun nor does it completely define Savanna. Amy stated, “She makes straight A’s, but it’s hard when you have rehearsals night after night and get home at 11:00 or 12:00 o’clock.”

“My favorite subject in school is social studies, because I like learning about the past. I always have good teachers,” said Savanna. At school, Savanna is seen as just one of the students — not an accomplished actress and singer — because “I don’t really tell people that I’m an actress.”

Savanna has big plans for any money she makes with her acting. “I will save my money so, when I get old enough, I can buy a Volkswagen.” In the meantime, she spends her money caring for her pets — two miniature Dachshunds and two cats — all purchased proudly with money she has earned. As for her future plans in acting, she stated, “I love it and want to keep on doing it.”
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When Louis Ponder, owner of Approved Home Health Care decided to change his career, he wanted a business where the staff and the people they serve would be part of one big happy family. “That was kind of our thought when we did this,” he said. “We’ve seen family members grow old where they can’t get around anymore.” Louis decided to make a difference for the elderly in the community. “They essentially propped us up when we were young and unable to do for ourselves. We can make a difference for their families,” he said.

Approved Home Health Care provides health services in the home to patients who cannot move around without assistance. “Medicare is restrictive on that,” Louis explained. “They must be homebound, or we cannot provide the service to them. We send a nurse in to do an evaluation of the patient’s needs on home health. One of the first questions we ask is, ‘Are you homebound?’ In other words, ‘Do you need to have someone drive you around or can you get around on your own?’ If they are able to get to a doctor’s office, we can’t come in and do what we do. But, if they are homebound and have a skilled nursing or therapy need, then we can start them on service.”

The agency not only provides nursing care, they also offer physical therapy, occupational therapy, speech therapy and medical social workers. The medical social workers try to meet the social needs of the patient. “If the patient doesn’t have
money for food or is unable to cook meals, they set them up with Meals on Wheels and things like that,” Louis said. “And, they will help them get assistance if they can’t make their utility bills sometimes. They help point them in the direction of different organizations that can help. We provide some supplies that Medicare requires, such as syringes for injections and things like that. We don’t provide equipment, but we will set it up. We take the initiative to contact the medical equipment company and let them know we have a patient on service, and they need a wheelchair. We ask if they can get it out to them.”

Because the nature of the work is so personal, the agency strives to send the same medical professional back to the client’s home. Their familiarity adds to the patient’s comfort level. “A lot of agencies may send a nurse this week and a different nurse the next week. Our nurses pretty much own their patients. It makes for a more consistent care, and it’s more comfortable for the patient. They know who is coming in, and they become friends. We insist with our therapy companies that we want the same therapist and therapy assistant to go see each patient. It’s better to have the same people for whatever discipline it is throughout the course of their care. It would not be very productive or efficient to have different therapists going out.”

Louis has high praise for his staff. “Without our staff, we’re nothing. It’s not all about the dollar. We are a family here.”
Connie Cooper serves up popcorn.

Friends get competitive while playing a board game.

Connie Cooper serves up popcorn.

Friends get competitive while playing a board game.

Connie Cooper serves up popcorn.

Friends get competitive while playing a board game.

Friends get competitive while playing a board game.
Miller Elementary’s CBI students participated in celebrating the 100th day of school by preparing a poster with 100 items on it.

The Midlothian Chamber of Commerce welcomes new member, Spirit Filled, with a ribbon-cutting ceremony at their new location.

MHS principal, Dr. Al Hemmle, poses with Christian Velasquez, MHS National Merit Scholarship Competition finalist.

Vitovsky second-graders, Marylou and Amanda, enjoy browsing the annual book fair.

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“Eat your vegetables!” Is there a mother on this earth who has not directed her reluctant child to do this? The reason for this universal plea is obvious. Vegetables are full of healthy nutrients our bodies need. Nutrients are nourishing substances in our bodies. They are the foundation for life, growth and health. They strengthen and support by providing necessary essentials for muscle and bones. Nutrients feed our cells and provide energy. Nutrients help regulate bodily functions such as digestion. They also repair and replace tissues to allow our bodies to be a powerful self-regenerating organism.

Nutrients are everything in nutrition. They come from a myriad of food sources regarded as proteins, fats, carbohydrates, vitamins and minerals. The more variety in your food selection, the more different types of nutrients you can ingest to benefit your body. Because of this, it pays to understand and manage your nutrition to its optimum level by eating healthy. Today, nutrition labels on food products can give you valuable information about its contents. Checking with your health care provider is always a good idea before making a significant change in your diet. They may have some suggestions about your daily intake of sodium (salt) and sugar. Here is a hint: most of us eat too much of both every day!

A healthy eating plan with enough nutrients for you to function at your optimum level is relatively easy to make. With fruits and vegetables, look for the brightest and deepest color. Those foods will contain the greatest concentration of essential nutrients such as vitamins A, C, E and K, with minerals such as calcium, magnesium and zinc to name a few. Make an effort to eat a greater variety of fruits and vegetables. Aim for at least five portions a day. Look for different sources of protein other than red meats. Beans, seeds, nuts, tofu and fish are good examples. Protein provides structure for muscle growth and helps to maintain our tissues and cells.

Remarks about healthy nutrition would be remiss without cautioning against eating too much unhealthy fat. Some fat in your diet is actually healthy and required. Monounsaturated fats found in olive oil, nuts and avocados are good for you. Saturated fats in red meats, trans fats in fried and snack foods may taste good, but they increase your cholesterol and your risk of cardiovascular disease. Eating foods that are good for you is the only way to ingest proper nutrients for your health, and that is good enough reason to eat your vegetables!

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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QuickBooks Simple Start Seminar sponsored by Navarro College Small Business Development Center (SBDC): 10:00 a.m.-noon, Citizen's National Bank, 310 N. 9th Street, Midlothian, 76065. Cost: $20. To register, contact Navarro College SBDC at (972) 923-6425 or sbdc@navarrocollege.edu.

March 4
Empowering Seniors and Caregivers Conference: 8:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church, 380 Northwest Tarrant Avenue, Burleson, TX 76028. This annual conference is hosted by Meals On Wheels of Johnson and Ellis Counties (MOWJEC), a community benefit organization serving the homebound elderly and disabled residents throughout Johnson and Ellis counties for 33 years. This is free-to-the-community education for people caring for loved ones. A meal will be served. Please RSVP at (817) 558-2840 or register online at www.servingthechildrenofyesterday.org.

March 5
“Midlothian’s Got Talent”: 6:00 p.m., Midlothian High School (MHS) auditorium. This is a city-wide talent show presented by MHS Choir for all Midlothian Independent School District students.

March 9
The Experience Midlothian Community Expo: 10:00 a.m.-2:00 p.m., Midlothian Conference Center. Admission is free. Call (972) 723-8600 for more information.

March 19
The Experience Midlothian Community Expo: 10:00 a.m.-2:00 p.m., Midlothian Conference Center. Admission is free. Call (972) 723-8600 for more information.

March 26
Ellis County Master Gardeners’ 11th Annual Lawn & Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center. There will be over 100 exhibitors, children’s gardening workshops, plant sales, door prizes, 4-H concessions and breakout sessions with Master Gardeners. Complimentary tickets are available from sponsors. For more information, visit www.ecmga.com or call (972) 825-5175.

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Fabulous Forties Fling: 7:00-11:00 p.m., Texas Motorplex, located between Waxahachie and Ennis. Dancers and wallflowers are invited to celebrate the Greatest Generation, with clients and supporters of Meals On Wheels of Johnson and Ellis Counties (MOWJEC). This event, hosted by Waxahachie Autoplex, will raise over $60,000 to provide meals to the homebound in our area.

For sponsorship information or reservations, contact the Meals On Wheels office at (817) 558-2840 or (972) 351-9943 or visit www.servingthechildrenofyesterday.org.

Ongoing:

Creative Quilters Guild of Ellis County: 6:30 p.m.-8:00 p.m., Waxahachie Bible Church, 621 Grand Ave., Waxahachie, TX.

First Tuesday
The Midlothian Area Historical Society: 7:00 p.m., Community Room at Citizens National Bank, 310 N. 9th St., Midlothian, TX. For information, e-mail millothianhistory@hotmail.com.

Third Wednesday
The Ellis County Christian Women’s Connection, monthly luncheon: 11:30 a.m.-1:00 p.m., Waxahachie Country Club, 1920 W. Hwy. 287 at I-35 East (Exit 401B). Cost: $13.00, inclusive. Reservations are preferred. Contact Kay at (972) 937-2807 or windchime423@yahoo.com or Margaret at (972) 937-1016 or pnestep@yahoo.com.

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

www.nowmagazines.com 43 MidlothianNOW March 2011
In The Kitchen With Holly Hopkins
— By Adam Walker

Holly Hopkins cooks for her husband, Marcus, and their 3-year-old, Bailey. “Enjoying a delicious meal with the ones you love just makes it that much better,” Holly said. Southern cooking is her favorite. “My mother cooked a hot Southern meal almost every night growing up. That’s just the way it was,” she remembered.

She began cooking as a child, helping her mother in the kitchen. Now, she cooks with her daughter. “Bailey is getting to the age where she wants to help in the kitchen. She loves to be my helper!” Cooking is an old tradition for Holly. “Both my grandmothers were excellent cooks, making desserts that made your mouth water. I have their recipes, but it never tastes quite the same as when they cooked it!”

White Chicken Chili

2 1/2 cups water
1 tsp. lemon pepper
1 tsp. cumin seed
4 boneless, skinless chicken breast halves
Oil for sautéing
1 clove garlic
1 cup onion, chopped
2 8-oz. cans white shoe peg corn, drained
2 4-oz. cans chopped green chilies
2-3 Tbsp. lime juice

1. In a large saucepan, combine water with lemon pepper and cumin seed. Bring to a boil.
2. Add the chicken breast halves and return to boil. Reduce heat to low and simmer 20 minutes or until chicken is fork-tender and the juices run clear. Cut chicken into small pieces.
3. In a medium skillet, add oil, garlic and onion. Cook, stirring over low heat until tender.
4. Add the chicken, onion and garlic mixture, corn, chilies and lime juice to the broth. Bring to a boil.
5. Add beans, sugar and Worcestershire. Simmer 30-45 minutes. Garnish with tortilla chips and cheese.

Apple Dumplings

2 Granny Smith apples
2 8-oz. cans refrigerated crescent dinner rolls
1 cup salted butter, softened
1 tsp. vanilla extract
Cinnamon, to taste
1 1/4 cups Mountain Dew soda

1. Preheat oven to 350 F.
2. Peel and cut apples into eighths. Microwave apples on high for 3 minutes. Take each slice of apple and roll in a crescent roll. Place rolls in a 13 x 9-inch buttered baking dish.
3. In a bowl, soften butter and add sugar and vanilla extract. Mix well. Spoon butter mixture over each roll.
4. Sprinkle with cinnamon. Pour Mountain Dew soda around the edges and between the rolls.
5. Bake, uncovered for 30 minutes or until lightly brown.

Southwest Roast

1 1/2 cups pinto beans
1 tsp. salt
1/2 tsp. pepper
1 tsp. garlic powder
1 3-5 lb. trimmed brisket
1 10-oz. can tomatoes and green chilies
2 10.75-oz. cans cream of celery soup

1. Rinse beans. Pour into bottom of a large roasting pan. Sprinkle with salt, pepper and garlic powder. Cover beans with water and set meat on top of beans.
2. In a mixing bowl, add tomatoes and green chilies to cream of celery soup. Pour mixture over brisket. Cover with foil and bake at 225 F for 15 to 18 hours.

Black Bean Soup

4 cups black beans
1 lb. bacon
2 tsp. salt
2 large yellow onions
2 large green bell peppers
3 Tbsp. olive oil
2 Tbsp. cumin
1 1/2 tsp. garlic, minced
1 tsp. pepper
1 22-oz. can stewed tomatoes
1 1/2 Tbsp. chili powder

1. Cover beans with ample water.
2. Cut bacon into 3-inch pieces and add to beans along with 1 tsp. salt.
3. Cook over low heat.
4. When beans become medium soft (about 4-6 hours), slice onions in half then cut in 4 slices. Repeat with bell peppers.
5. In a skillet, add olive oil, onions, bell peppers, cumin, minced garlic, remaining salt and pepper. Cook over low to medium heat approximately 30-45 minutes.
6. Add onion and bell pepper mixture to beans.
7. Add stewed tomatoes and chili powder. Cook another 3-4 hours before serving.
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“The biggest change is how I look at the world,” says Fercina Fudge, who had gastric bypass surgery at Baylor. “I walk into a room now, and I don’t have to look around to see if I’m the fattest person there,” she says. After struggling with weight most of her life, Fercina says, “I knew I had to make a change... it was affecting my blood pressure, my joints. There were so many things I couldn’t do.” Now, Fercina says, “not being recognized is a fabulous thing.”

For a physician referral or for more information about weight loss services at Baylor Waxahachie, call 1.800.4BAYLOR or visit us online at BaylorHealth.com.

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