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June 2009

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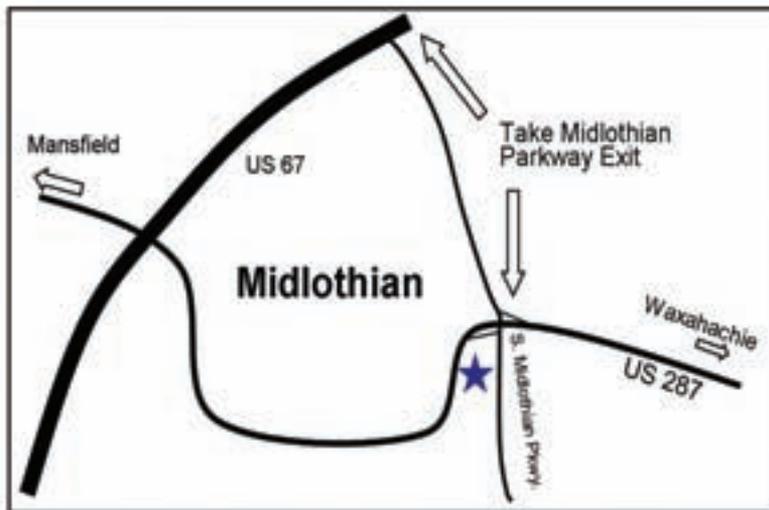
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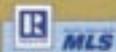
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A Koi pond in the backyard
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leads to many tranquil
hours of relaxation and
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Editor's Note

Dear Readers,

In a fit of teenage bravado and stupidity, I swung the car into our driveway and sideswiped our tree. Sitting in my room afterwards, I waited for what I knew would be a slow, tortuous death. I could hear Mama in the kitchen, and she was not happy. Daddy came to the door, took a long look and asked, "Are you alright?" After saying I was fine, He said, "Don't you worry about anything; I'll take care of it."

I do not think I have ever loved him more than in that moment. Dads have a way of cutting through the emotions, bringing clarity and solutions. Dads have a way about them that makes their children feel safe. My dad is gone now, but I think about him often and every day I am so grateful I had him for the time I did. Tell your dad thank you on Father's Day. He deserves it.

Betty Tryon
MidlothianNOW Editor



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Mike's devotion to the helicopter jokingly earned it the nickname "The Other Woman" from his wife, Joni.

The Ride of Your Life

— By Betty Tryon

Imagine this, although unable to do the simplest repair on your car, you decide to build a helicopter; that is, a real helicopter — one you can fly — in the air. It does not matter that you have never attempted to build anything this grand before or that you do not know how to fly one. Owning a helicopter is your dream, and it is less expensive to build a chopper than to buy one. Impossible?

This is what Mike Sidler accomplished while cherishing every minute of it, jokes and all. One of the more frequent sayings he hears is, "You can build a helicopter, but can't do this?"

"Yeah, I've heard that more than once," he smiled. "I can change the oil on my car, but that is about it. My profession is software." Mike has a degree in computer science and engineering from the University of Texas at Arlington.

Mike's devotion to the helicopter jokingly earned it the nickname "The Other Woman" from his wife, Joni. She stated, "Whenever I was looking for him in the house, I always knew where to find him — outside, working in the hanger." Mike said, "Another name for the helicopter is 'Redo.' I rebuilt it eight times. I learned a lot of ways *not* to build a helicopter."

Working on his helicopter has also been therapeutic for him. Their son, John, was in a serious car accident, spent 17 days in a coma and three months in intensive care. During his son's miraculous recovery, working on the helicopter was, at times, a restorative measure that helped Mike.

Mike's odyssey to get his helicopter was spurred into action with the awareness that time may be slipping away. He explained, "My dad always wanted to get a private pilot license, but because of children and working, he was unable to do so. When he became ill and died, I came to the realization that I wasn't getting any younger; so, I decided to find a way. I could not afford a new one, but I could possibly buy a used one. There was a guy in Florida who built his own helicopter, became bored with it and decided to donate it to Wings of Hope in St. Louis. Wings of Hope is a nonprofit organization that gives airplane rides to medical people. The helicopter is too small for medical rides. They couldn't use it, so I bought it for \$30,000. A new helicopter kit would cost \$70,000. I got a really good deal."

One of the advantages of building your own helicopter is you get a repairman's certificate from the FAA (Federal Aviation Administration). This allows you to do your own



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repairs. Since Mike bought the helicopter already assembled, the repairman's certificate did not apply to him. In order to get the certificate, he tore the chopper apart — down to the frame — and rebuilt it! Doing this also designated him as the official manufacturer of that aircraft. As the manufacturer, he could make changes to the unit. He stated, "Another reason I wanted to rebuild it is I didn't know the gentleman who built it, so I did not know the quality of his work. I also wanted to modify the body by raising the roof. Being 6 feet 3 inches, I had a



hard time getting in it. I wanted to make it safer and more accommodating. Everyone thinks you are smart because you built a helicopter, but there are videos that walk you through it. There are instruction manuals and schematics that come with the kit."

After building the helicopter, Mike had to make sure it was safe. "There is a process you go through to get your aircraft an airworthiness certificate from the FAA. This is necessary before you can fly. RotorWay, the name of my helicopter, has a school with three phases to it. I started Phase One with a guy in Alabama. I took the helicopter on a trailer to him because I wanted someone who was an expert to go over

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it. He went over the entire helicopter with me, made sure the blades were the right side up, all the bolts were in the right place and things like that. He is also a certified flight instructor; so, I was able to get an airworthiness certificate from him.”

Phase One from RotorWay’s flight school is learning how to lift off the ground, hover in one spot and then to hover 3 feet off the ground. Phase One also covers learning how to go forward, backward, right, left and to turn around, while maintaining the aircraft 3 feet off the ground. Mike elaborated,



“I learned a lot of ways *not* to build a helicopter.”

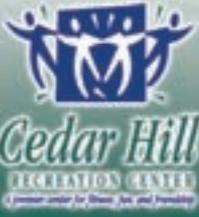
“Until you are in the situation, you don’t appreciate what a helicopter can do. In an airplane, when you fire up and engage the gas, it is going to go in one direction, whichever one it is pointed. You do the same thing with a helicopter, and it can go up or down, right or left, forward or backward. It can spin to the right or spin to the left. All of that can happen immediately, as soon as you get off the ground. I found out it was always me overcorrecting myself. It is a challenge because all of the controls are connected. You make a change in one, and it affects the others. It is analogous to riding a bike. You have to pedal, balance and turn. Once you learn it, then it becomes second nature. Getting to that point with the helicopter is the challenging part. There

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	<p><u>Summer Art Camp</u> - Ages 4-12 June 15 - June 19 8:00am-12:00pm June 22 - June 26 1:00pm-5:00pm July 20 - July 24 8:00am-12:00pm July 27 - July 31 1:00pm-5:00pm</p>
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Triwanna Fisher, M.D. is board certified in family medicine and received her medical degree from Texas Tech University Health Sciences



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

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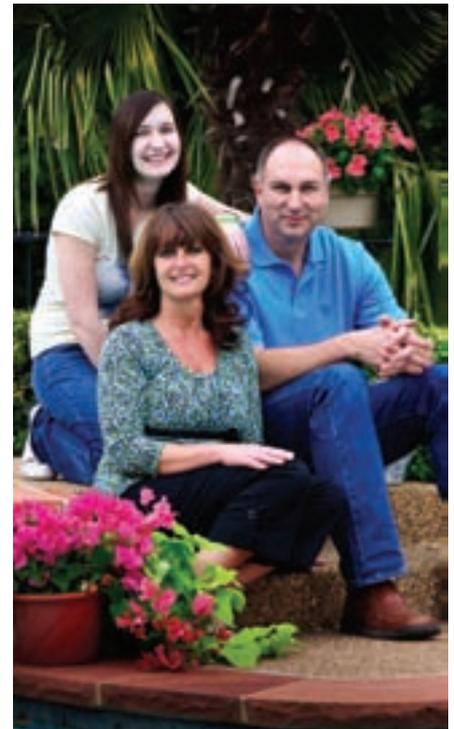


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were times in Alabama where I felt totally stressed out and so tense. When I came home, I was able to call a buddy to come help me out until I became comfortable with hovering and taxiing."

Mike is currently completing Phase Two of his training. He is using private instructors rather than going to RotorWay. He explained, "If you go with RotorWay, you only get a limited couple of hours, but if you go with another instructor you get one-on-one training. Phase Two consists of takeoff and landing, how to fly at altitude, steep approach and some emergency procedures." Mike is preparing for the final phase of training, so he can then



Jone and Mike Sidler with daughter, Victoria.

have a passenger with him when he goes up. His daughter, 16-year-old Victoria, affectionately named his engineer for all of her assistance helping him build the helicopter, is the most likely first candidate for the honor.

Mike's determination to accomplish the dream of owning a helicopter is inspirational. Too many people give up, because what seems impossible is merely hiding behind a lot of hard work. Mike made his dream possible because he did not give up. **NOW**



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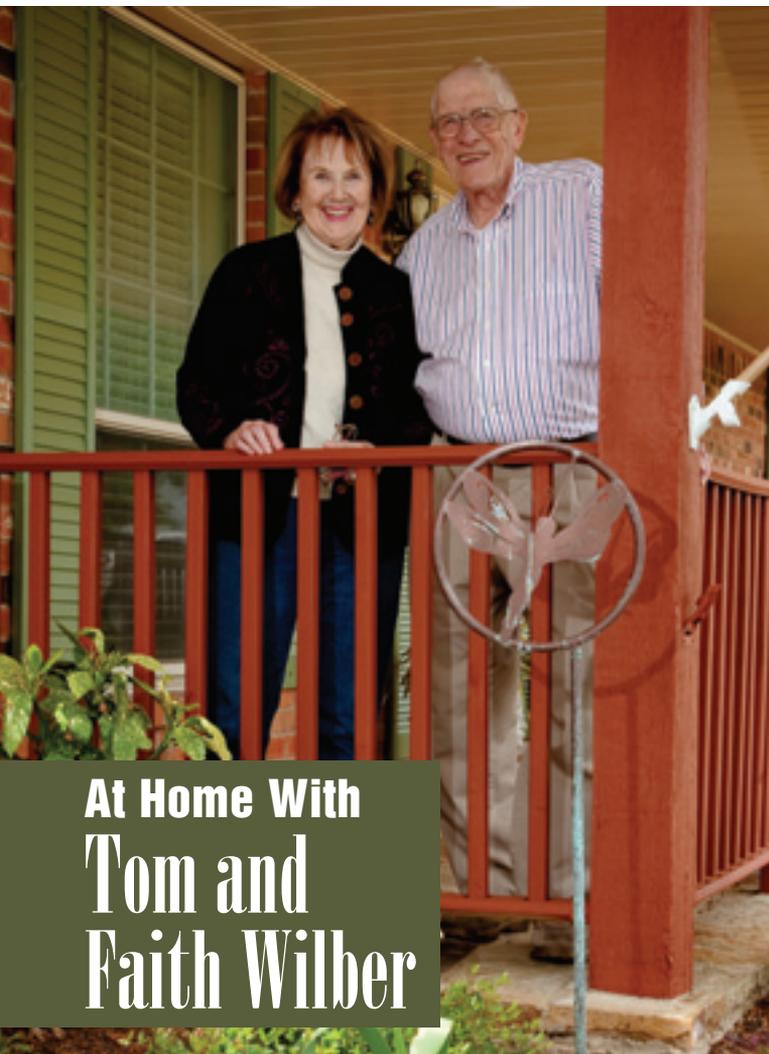
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Coming to the

Promised *Land*

— By Sandra McIntosh



**At Home With
Tom and
Faith Wilber**

Tom and Faith Wilber were married on August 8, 1944. During their soon-to-be 65-year union, the couple has called many places around the world home. Tom was drafted into the Navy in 1943, just one year before the couple married. In 1945, he became a member of the Army Air Corps and in 1947, Tom was a member of the original group known as the United States Air Force. He retired as a Lt. Col. from the Air Force in May of 1975. Tom and Faith lived what many called the “military lifestyle.” They moved all over the United States; north, south, east and west. “We even lived in other places around the world,” Faith added. “I loved the moves and all the traveling. I wanted to be with



him always, but sometimes the family wasn't allowed to come along."

After retirement, the Wilbers settled in New Mexico. When their son, Barry, relocated to Texas, they soon decided to follow. "Our son moved to Midlothian," Tom explained, "and it wasn't long before he asked us to move here so we could be close." In fact, Tom and Faith agreed it was by accident that they ended up with the four-bedroom, two-and-a-half-bath abode on one full acre they call home today. Their son had purchased three acres on a dead end road and once the building started,



Tom and Faith made the decision to come for a visit. Once here, they began to look for a home in the Waxahachie area, but were never successful in finding exactly what they wanted. "We noticed that this home was for sale," Faith said, referring to their home just a short distance from their son and his family. "It was 'For Sale by Owner.'"

Needless to say, Tom and Faith took

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a look at the house that very same day. "I instantly fell in love," Tom said. Selling their home in New Mexico took nearly a full month, but once the paperwork was complete they wasted no time in getting back to Texas. The Wilbers moved into their new ranch-style home in June 2007. "We got the mortgage over the phone," Tom shared. "Everything went so smoothly." Because of the ease of the selling and buying process, Tom and Faith feel the move was meant to be. "We're supposed to be here," Faith said. "Our son was

looking for a quiet place for us to retire, so we came to Ellis County. We followed our son and his family to the promised land of Midlothian."

While Tom and Faith were packing for their move to Texas, their daughter-in-law, Evelyn, was closing on the new home. "She closed on June 8 and had all the repair work done before we got here," Faith said. The paint color in the hall was changed from red to the more sedate neutral color visitors see today. Evelyn made sure the wood floors were laid in place of the carpet that was



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removed. "We couldn't have moved in so easily without her help," they both agreed. Not long after getting here, Tom and Faith decided to turn the swimming pool into a backyard oasis complete with their own personal koi pond with fountain. "We love to spend time out here," Faith added. "The sound of the water is so relaxing."

The home's interior takes on an eclectic style all its own. It is a display of the life Tom and Faith have shared. Four chairs from an officer's dining room take their rightful place in the

couple's living room. "They came off a ship at a reclamation center in Hawaii," Tom said. "We ended up getting four of the six that were available." Several pieces of furniture including a one-of-a-kind coffee table came from their time in Norway. Another table of sorts, a camphorwood barrel table, rests alongside one of the officer's chairs. "The barrel table was purchased in Taiwan. It's actually a drum. All you have to do is remove the glass top," Faith explained. A green marble candy dish displayed on another table was also a special Taiwan find. "Tom always brought nice things home from his travels," Faith said. "The jewelry from Thailand was fabulous."

Looking around the home, visitors immediately realize the love the Wilbers have for fine artwork. "We've bought art from all over the world," Tom laughed. The watercolors are Faith's favorite, while the little drawings in Tom's bathroom are close to his heart. "My daughter drew those at least 40 years ago," he said. "I just love them."



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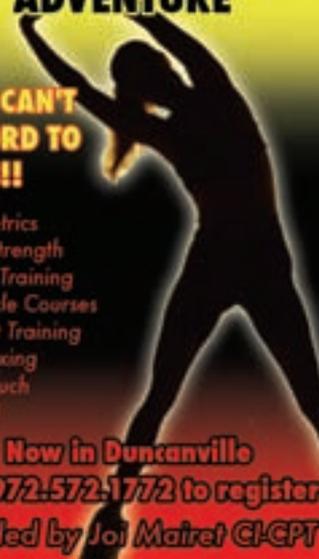
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Until Faith tired of dusting, the couple had lots of collectibles. One such collection, which Faith fondly remembers were books written by P. G. Wodehouse. "I probably had at least 80 of his books," she said. "My daughter

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has the collection now." Japanese pre-World War II china, still commonly known as Lustreware, is also displayed throughout the home. The colors are still vividly bright and the detailing has yet to fade. Special pieces include a boat that holds salt, pepper and jam, as well as Betty Boop salt and pepper shakers. "They all say 'Made in Japan,'" Faith said. "It must say this to be the real thing." Most of the china displayed in the Wilber home was found during treasure hunts in antique shops worldwide. "Searching was always

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the name of the game,” Tom said, “but I’m done shopping, unless it’s for food.”

Faith’s collection of Depression Glass is still in mint condition. She loves the Daisy and Button design in blue. She cherishes the six dessert dishes, the bowl they found in Roswell, New Mexico, and the sugar bowl that was a gift from one of her close friends. Tom also remembers the jade grapes he purchased in Taiwan while serving with John McCain’s father during the time John was being held captive at the Hanoi Hilton. “The entire military team bought grapes that day,” he recalled. “It was in the early ’70s, and I think we each spent \$5.”

The home is filled with family history — college diplomas earned by Tom and Faith in the early ’80s, several dated photographs of camp meetings held in the days when both Faith’s grandfathers were preachers and a framed reproduction of a painting, which is displayed at the Metropolitan Museum in New York City. Tom’s original birth and social security certificates, his enlistment papers and the couple’s marriage license are framed and hang in the home office.

Their good health enables Tom and Faith to remain in their own home, while also allowing them to spend quality time with their six grandchildren and 10 great-grandchildren. The Wilbers truly have found their “Promised Land” right here in Midlothian. **NOW**

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Through Artistic

— By Amanda Madden Pitt

Eyes



“My greatest satisfaction comes from creating an illusion of reality. Up close you know it’s a painting, but from a distance there is the effect of reality,” said Midlothian resident and artist Linda Wacaster, also known as a “painter of life.” Stacks of photographs from around the world line the perimeter of her studio; walking into the room produces a feeling of creative wonder. Hanging on the wall is a collection of ribbons, medals and trophies. One specific award of which Linda is especially proud is the gold medal award won in 2004 at the Bosque Conservatory’s 19th Annual Art Classic for a piece called *Navajo Shepherdess*.

Linda has a quiet and witty nature, an ever-searching eye; she is an adventurer at heart. “My sense of purpose comes from the story I tell with my piece. The eyes tell it all — whether it be a lynx cat, wolf or tiger that is observing you, yet, at the same time asking you, the viewer, to approach with caution,” she said.

This artist developed a love for art as a young child, but

began painting after she got married. “My earliest memory is waiting for the Sunday paper to come, so I could spend all afternoon drawing the characters in the funny paper section,” she recalled. “My husband bought my first paint set and has been my biggest encourager ever since.” Linda’s husband, Jerry; along with her daughter, Jennifer Lyman; son, Matthew Wacaster; their spouses and Linda’s five grandchildren have all been involved in her work — some as subjects — but all as supporters.

“My first love is wildlife, but typically, I paint western-themed paintings. I feel that I can reach a wider audience with the story I want to tell,” she said. Her mediums of choice are oil, pastel and acrylic with which she creates mysterious shadows and emotion-filled faces. The pictures that inspire her work come from around the world. In fact, she is her own photographer, and has traveled across the U.S., and to Russia, Italy, France and Switzerland for missions and to pursue her work. She is looking forward to traveling to New Zealand, China and Australia next year. “Everywhere I go, I see a potential painting,” she said. “I used to carry bags full of 35 mm film — heavy bags, because I didn’t want to miss anything.”

Linda’s inspiration comes while reviewing the hundreds of photographs and remembering her emotions when, “I walked

down the road with a coyote in Yellowstone National Park, watching him eat, or saw a Russian lady selling vegetables as we pulled into the train station. This is very inspirational, but can be overwhelming," she recalled.

Through her paintings, Linda gives viewers an opportunity to see the world for a moment in time, to read what is written on the faces of her unassuming subjects. One time, in Russia, she encountered a beggar at a train station. "He kept his head down and his hand outstretched. I stepped off the bus, and from a distance, with my 300 zoom lens,

"My sense of purpose comes from the story I tell with my piece."



I kept my camera ready to capture him if he looked up. Some Russian men came up to me and started trying to distract me saying, 'Tourist, tourist,' but I kept the beggar in focus. He must have heard the commotion the men were causing and he looked up. As I snapped the photo, I felt like he was looking right through my camera lens and into my soul. I couldn't wait to get home

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and paint this piece that told a story of one man's hard life," she said.

In another painting, entitled *The Gunslinger*, Linda brought to life the aged hardness in the skin, hair and hands, yet tender vulnerability in the eyes of a gun-sliding cowboy of the 1800s. Her art has been her career only for the past 15 years, and it is a gift she now strives to pass along. "Painting is 10-percent talent and 90-percent determination," she likes to say. Linda



teaches classes for adults and children at the Ellis County Art Academy. She is also a member of Oil Painters of America; Outdoor Painter's Society; a signature member of Women Artists of the West and Artist's Craftsman Association; and the resident artist for the Ellis County Art Association.

Recently, she has shown her work in Denver, Colorado, at the Saks Gallery and at the Midlothian Conference Center. She also paints for a publishing company that makes prints to sell to home decor companies. She is a success at her art form, not just because of her talent, but because of her depth. She has learned to express the stories of life as they occur around her. The paintings allow viewers to go where the artist has been. "I always say I won't live long enough to paint all that I want to paint," Linda expressed. **NOW**

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Bring It On!

— By Betty Tryon

Members of the Lady Panther's Wrestling Team: Sarah Stewart, Jessica Lemmer, Elyse Mims and Erica Gafken.

The arms go up, the head goes down and the dance begins. This is no moonlight stroll, gliding gracefully across the floor, but a physical battle between two warriors that will yield only one winner. They start to circle each other looking for an opening to press their advantage. Physical contact is made with much twisting of arms and legs. To the untrained eye, it may appear to be a jumble of limbs, but to those in the know, every move is a strategic placement for a desired result. Wrestling is a common sport; however, girls' wrestling is not. The Lady Panther's Wrestling team has changed that notion here in Midlothian High School (MHS).

History was made for the first time in Midlothian when Jessica Lemmer, senior at MHS, went to the mat for state competition in February of this year. Joining her as an alternate was Erica Gafken, sophomore for MHS. Other members of the team, Sarah Stewart and Elyse Mims, both seniors, represented the school well by becoming our first district champions in girls' wrestling along with Jessica.

Out of all the sports available, why would a female choose wrestling? The answers vary from family influence to the desire to be stronger mentally and physically and to be self-reliant. Jessica said, "My older brother did it and it caught my attention. He told me to come to one practice, and I just loved it. It was the sport for me. I've done everything [relating

to other sports] and wrestling is special to me because you are part of a team, yet it's all on you. There is no one else to play for you if you can't."

Sarah joined the sport of wrestling because of her family. She stated, "My whole family is wrestling-oriented. My older brother wrestled, my younger brother wrestled and my dad



"You can feel confident about yourself — about going out there on the mat."

was the coach of the youth team. I wanted to join when I was younger, but my parents wouldn't let me until eighth grade." Elyse remarked, "Wrestling seemed interesting. It's a sport where you can actually earn a medal. You can feel confident about yourself — about going out there on the mat. You say

to yourself, 'I can get this,' and when you do, you feel good about yourself, because you went out there and tried. There is no one out there to take your place if you're hurt. You have to suck it up and do your thing."

Erica looked at her body type and decided wrestling was the sport for her. "I'm a bigger girl," she said. "Jessica



was telling me about her great practice in wrestling, and I asked if you could get in shape that way. She said, 'Sure,' and it just clicked for me — and it is for my size. Wrestling is for every shape and every size. For example, tennis is not for a bigger person. In wrestling, you are matched up by weight. A smaller boy, who can't compete in basketball or football, can compete in wrestling." Another advantage for girls to take wrestling is their ability to defend themselves and also to take on the occasional pesky brother. Elyse laughed and said, "My younger brother is bigger and stronger than me, but I say, 'Bring it on, little brother!'"

Being in a sport not traditionally associated with females sometimes evokes curious responses from others. Lifting their voices in unison to exclaim in a chorus of "Oh yeah!" and "Oh my goodness" when asked about whether they get comments from classmates,

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Jessica stated, "Guys think it is either super weird or hot." The other girls laughed in agreement. Being successful groundbreakers sometimes means standing alone but definitely not defeated.

One of the advantages of wrestling which is inherent in all sports, is the building of character. Sarah said, "I just keep on trying. With a loss, I think about how I can do better. It challenges you. You have to want it and have passion. How far do you want to push yourself?" Elyse remarked, "No matter how many times you lose, don't give



up. Wrestling teaches you to never give up. You feel pressure, but don't worry about whether you are going to win. Wrestling made me a better person, to stand up for myself." Jessica thought more along the lines of not letting someone else get the better of her. She remarked, "There is nothing more humbling than losing. When I lose, I think it's time for payback."

Even though females in the sport of wrestling may seem like a new fad, the sport dates back to Roman rule and continues to gain in popularity. The girls at MHS are in the perfect state to excel, as Texas holds the distinction of having more female wrestlers than any other. Coach Bill Smith informed, "Girls' wrestling is the fastest way for girls to get to the next level in college wrestling or even Olympic training. Other states are coming here and recruiting our Texas girls." The bar has been set, and the MHS female wrestlers to follow have big shoes to fill. Bring it on! **NOW**

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— By Betty Tryon



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Raina's business, Enchanted Rains Massage, opened in July 2008 in Midlothian. However, her services are not new to this community. "I have been doing massages for about 10 years with a chiropractor here and also in some of

the beauty salons," she stated. Currently, Raina has two massage therapists working with her: Martha Vinz and Stephanie Kimbell. After opening in July, she is already looking to expand her business to a larger site. "I want to offer more modalities, such as acupuncture. To my knowledge, there is no acupuncturist in Midlothian."

Raina takes a unique approach to massage and provides it from the health care point of view. She explained, "With the health care system we have now, any kind of preventive health care, anything that is going to boost your immune system 98 percent, boost your white blood cell count and have your energy go through the roof is good. Those who come in on a regular basis, not only feel better physically, but they don't have the aches and pains they normally

have. They also say they haven't been sick and haven't been to the doctor in a year. That, to me, is confirmation that I am doing what I need to be doing."

Stressing the healthful benefits of massage, Raina shared, "I have a bachelor's degree in business and a master's degree in human resources. I am a very strong A personality; so, for me to be in this business is almost like a quirk, but it is my bliss. I think I can bring something positive to the field. Making this a clinic and focusing more on the medical aspects of massage is where my mentality is. I focus on a different market area than a spa per se, even though we have things that could be considered like [a spa]: hot rock massage or the spa facial. Ninety-nine percent of my patients are here for medical reasons, like chronic pain sufferers."

Making an appointment will ensure a therapist will be available for you when you get there, but walk-ins are also welcome. Speaking further about her business, Raina commented, "Any massage is wonderful anytime you get one, but if you could do it on a regular basis, you would really see a difference in your life. That is why I offer a maintenance program for our patients. They come in on a set schedule for \$10.00 off the price of the massage."

Raina's services include her Heavenly Massage, which is a full-body massage

"Making this a clinic and focusing more on the medical aspects of massage is where my mentality is."



lasting for 90 minutes; a Relaxing Massage for 60 minutes; Quick Break Massage for 30 minutes on the back and neck; Sinus Massage and Ear Candling. The Reflexology offered is the ultimate foot massage. There is also the Hot Rock Massage, Massage with Spa Facial, a Pregnancy Massage and the chair massage. Gift certificates are available. Come on in and you will become enchanted!

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Supportive **STRENGTH**

— By Betty Tryon

Teachers are the leading performers on the classroom stage. However, every great performer relies on a supporting cast. In most school districts, that supporting cast consists of aides, parents and the administrative team. At Longbranch Elementary School in Midlothian Independent School District, one of those cast members is Arlene Sutton, CBI (Community Based Instruction) aide for the Special Education CBI class. As a former Sergeant First Class/E7 in the Army, she took her 20 years of experience in training and teaching other soldiers to the field of education. She explained, "Teaching is a part of me, and I didn't really know that until I became an ordained minister and was in the military. Being a senior enlisted person, you are always teaching and mentoring. I started to realize that maybe I have a knack for this. Once I retired from the military and began to substitute teach, I thought, *Maybe this is my fit.*"

Arlene enjoyed substitute teaching so much she willingly volunteered for

extra assignments at the schools, such as volunteering for field trips or any other event where adult supervision was needed. While she was looking for more assignments, she was offered the job as CBI aide at Longbranch. Arlene, who had only recently retired from the military, was not quite sure if she wanted to jump back in to a full-time commitment. However, the teaching bug had bitten, and she joined the team in October 2008. Her workload, as well as that of other aides who work with the special needs students, is varied and vast. "I assist the teacher with the curriculum for the kids and with their life skills," she stated. "My responsibility is to meet the special needs for each child and use life skills to integrate teaching opportunities."

The designation of jobs helps the students learn certain skills and responsibility. "The students have different jobs they complete before classes begin," Arlene said. "The job is for one student daily for six weeks. Some of their jobs listed are cafeteria table and nurses' towels. With the

nurses' towels, they learn how to wash the towels, dry and fold them. These are skills they can use in everyday life. Some students need help and some can work independently." Another important area of life that is reinforced in the classroom with these students is personal hygiene. One such emphasis is on making sure each child knows how to use a toothbrush properly. Hygiene is emphasized as a regular part of their day.

Students in the Special Education CBI class learn the same curriculum general education students learn. According to Arlene, "In their academics, they learn math and language arts. Each student has a different learning ability, so it is simplified to its lowest level where they can learn, comprehend and retain what they are learning. In going over the math with them, for example, if a child is learning to count from one to 10, we may have them count 10 objects. We can integrate the vocational aspect and make it a learning opportunity. For a child who has the nurses' towels job, we make it a learning opportunity by counting out 10 towels for the nurse. It gives them a chance to practice. We simplify it for each child so they can comprehend one task at a time, and we will do it several different ways."

The lead teacher in the classroom meets with the parents, doctors, counselors and other people to determine the skill level of each child. Each child has their own personalized IEP (Individual Education Plan). Arlene explained, "The teacher will set up an IEP with tasks. All IEPs are different and based on the student's learning ability. We try to keep our kids on a general education schedule and integrate them. If first grade is having PE (physical education) that day, then we take all the first-graders to the gym. I think it is awesome. I

am amazed to see the different ways you can teach anyone. There are so many opportunities to teach them; even when you have to correct them, that's teaching. Telling them you can't hit someone or you can't cry and get upset when you can't have your way — that is a teaching opportunity.”



As newcomers to Midlothian, Arlene and her family —husband, Beachey, and sons, Beachey [Junior], a ninth-grader, and Keion, a fifth-grader —have settled in and made a place for themselves in the community. Arlene in particular feels gratified every day she works with the CBI students. She stated, “I like to work with the special-needs kids, because it gives me a sense of purpose. Subbing [substitute teaching] is a



different ball game every day, one day at the high school and the next you might be with kindergarteners. I like it [CBI classroom] because it gives me something to build from. I can learn what they need and begin to help them do better. I have a chance to work with them every day and impact them each day.” **NOW**

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Midlothian residents, top left, spent a fun afternoon in a paintball battle which was enjoyed by all. • Macie G., top center, finished lunch at Midlothian Bible Church Daycare. • Tristin Young and Philip Tryon, top right, palled around after school. • Students in Mr. McKinney's science class, second row left, modeled the phases of the moon using sandwich cookies. • Gianna and Esthela, second row right, enjoyed making things in the construction center at LaRue Miller Elementary. • J.A. Vitovsky kindergarten students, bottom left, went on a field trip to Green Meadows Farm. • Coaches and winners of the MHS XC State Championship race, bottom right, smiled for the camera.

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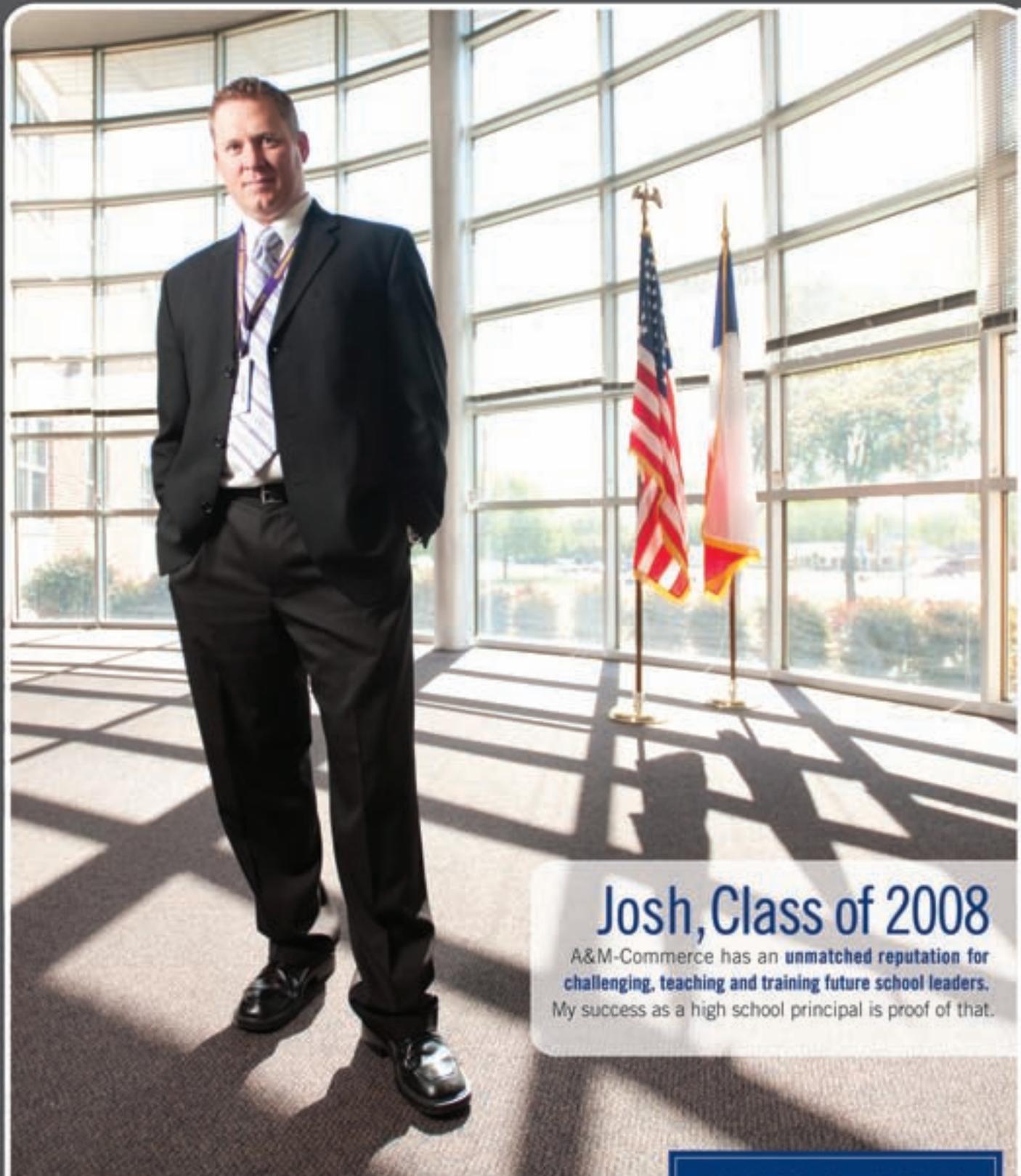
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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH LINDA HESS

Linda Hess' love for cooking began while growing up in Canada. "When I was a young girl, I wanted to help my mother in the kitchen," she reminisced. "I watched my mother cook and serve her family with a passion and love that was expressed in her meals. I wanted to be just like her!"

Linda has enjoyed years of food service as a restaurant cook, camp cook and serving her own family and friends. It has barely been a year since Linda lost her husband, Gerry, to cancer. Their sons, Kevin, Nolan and Eric, give her comfort and strength to recall special memories. Linda fondly recalled, "Gerry loved to cook, too, and we had lots of fun in the kitchen." **NOW**

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

LEMON SPONGE PUDDING

This recipe is from the Lancaster County area — a favorite in the Hess family.

- 3 cups water
- 4 egg whites, yolks separated
- 1 cup sugar
- 1/4 tsp. salt
- 4 Tbsp. lemon rind
- 4 Tbsp. lemon juice
- 4 Tbsp. butter, melted
- 6 Tbsp. flour
- 2 cups milk
- 1/2 cup sugar

Boil water while preparing recipe. Beat egg whites until peaks are soft. Add sugar and salt gradually; set aside. In separate bowl, combine eggs yolks lemon rind, lemon juice and butter. Add flour, milk and sugar to lemon mixture. Fold egg whites into lemon mixture. Pour into greased 2-qt. casserole dish. Place dish into a larger pan; pour boiling water into larger pan up to 1-inch. Bake at 350 F for 1 hour uncovered; test by inserting knife, and if it is clean when removed, the pudding is done. Chill before serving.

CHICKEN BORSCHT (SOUP)

A recipe from my German heritage.

- 1 small cabbage, chopped fine
 - 1 5-lb. whole chicken
 - 1 medium onion, chopped
 - 1 chicken bouillon
 - 1/2 tsp. pepper
 - 2 tsp. salt
 - 2 tsp. dill weed
 - 2 Tbsp. parsley
 - 1/2 cup poultry seasoning
 - 4 medium potatoes, cubed
 - 2 carrots, shredded
 - 26-oz. can tomato soup
- Chop cabbage fine; add to hot water. Bring to a boil; remove from heat and drain. Set aside. Cook chicken in large pot in 1 gallon of water until meat falls off bones; remove chicken and debone. Add remaining ingredients to chicken broth except the tomato soup. (The acid in the tomato will stop the vegetables from cooking.) When the vegetables are cooked, add tomato soup and equal parts water and cooked cabbage. Chop chicken meat; add to soup. Heat

thoroughly and enjoy. (More spices may be added if desired.)

BUTTER TARTS

This is the recipe that caught Gerry's heart.

- pastry for pie (homemade, or store bought)
- 1 cup raisins
- 3 eggs
- 1 cup corn syrup
- 2/3 cup brown sugar
- 1/3 cup melted butter

Roll out pastry and cut into circles to fit your muffin tin. Sprinkle raisins in bottom of each tart shell. In mixing bowl beat eggs. Add syrup, sugar and butter; whip. Pour mixture into tart shells until shell is 2/3 full. Bake at 375 F for about 20 minutes (The pastry should be golden and the filling puffed up.) Cool for 5 minutes; remove from pan. Makes 1 dozen.

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- 1 avocado
- 2 green onions



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 2 Tbsp. Newman's Own Italian dressing
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CHICKEN ENCHILADA SOUP

4 boneless chicken breasts
 2 cups chicken broth (organic)
 1 12-oz. can Ro-Tel
 1/2 onion, chopped
 2 cloves garlic, chopped
 3 green onions, chopped
 chili powder (a few shakes)
 1 cup water
 1 10-oz. can tomato sauce
 1 12-oz. can cream of chicken soup
 1 14-oz. can kidney beans
 1 14-oz. can pinto beans
 1 14-oz. can black beans
 Cook first eight ingredients until chicken is done. Remove chicken, dice and return chicken back to soup pot. Add rest of canned ingredients; heat. Serve with tortilla chips. Top with shredded cheese, avocado and sour cream as desired.

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Get Moving With an \$8,000 Tax Credit

— By TJ Henley

Haven't owned a home in the last three years? You may qualify for the First-time Home Buyer Tax Credit.

Buying a home during this recession may be counter-intuitive, but if you're a first-time homeowner, the time to buy is now. An \$8,000 tax credit and historically low interest rates are two big incentives to get into the market. But don't let the phrase "first-time homeowner" stop you. As long as you haven't owned a home in the last three years, you may still qualify for the credit.

The First-time Home Buyer Tax Credit was part of the Housing and Economic Recovery Act of 2008 signed into law by Former President George W. Bush in July 2008. The original bill established a tax credit for first-time home buyers of up to \$7,500. For homes purchased in 2008, the credit is similar to a no-interest loan — homeowners are required to pay the credit back.

In February, President Barack Obama increased the amount of the credit to \$8,000 and extended the credit to homes purchased through December 1, 2009. He also did away with the repayment requirement. For homes purchased between January 1, 2009 and December 1, 2009, the credit amounts to 10 percent of the home's purchase price and is

capped at \$8,000. If the buyer lives in the home for three years without selling it, he does not have to pay the credit back.

Single taxpayers with incomes of up to \$75,000 and married couples with incomes up to \$150,000 qualify for the full tax credit. If married, both spouses must be first-time home buyers.

Since the tax credit comes after the purchase, buyers still need some up-front cash to purchase their home but FHA loans require as little as 3.5 percent down. To save additional money, buyers can negotiate the closing costs with the seller.

You may be able to take advantage of the tax credit this year, even if you have already filed your 2008 tax return. Check with your tax advisor about filing an amended 2008 tax return after closing. You could receive the tax credit this year, instead of waiting until next April to receive the benefits of your home purchase.

If the tax credit isn't enough incentive to get you moving, rates are at historically low levels, hovering in the five percent range. In recent weeks, however, rates have been ticking upwards, so now is the time to act.

Unlike home values in other markets across the U.S., Midlothian's home values are holding steady making them relatively sound investments. However, with fewer buyers in the local marketplace, some sellers are anxious to make a deal.

The recession has created unprecedented opportunities for first-time home buyers to get into a home at a reasonable cost. With the right mortgage lender on your side, you can take advantage of those opportunities and buy the home of your dreams. **NOW**

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Fun in the Sun!

— By Lacye Jo Crumpton, Pharm. D.

June is finally here; school is out and we all know what that means — “hot fun in the summertime!” The delights of summer are rapidly approaching, and days will soon be filled with warm sunshine, picnics, swim parties, baseball games, gardening, camping and sunny vacations. Unfortunately, along with the summer sun, also comes the risk for sunburns, heat exhaustion and emergent heat strokes. So, this year, instead of letting it catch you off guard, prepare yourself by following these simple steps:

First, protect yourself from the sun. This is important because short-term exposure can cause extreme burns and long-term overexposure can cause skin cancer, wrinkles, freckles, age spots and skin aging. The sun emits ultraviolet rays. UVB rays are the main cause of sunburn, while UVA rays penetrate the skin more deeply and contribute to skin aging; both types can cause skin cancer. An effective sunscreen should block both UVA and UVB. Look for these ingredients to ensure broad spectrum coverage: avobenzone, ecamsule, menthyl anthranilate, octyl methoxycinnamate, octyl

salicylate, oxybenzone, sulisobenzene, titanium dioxide or zinc oxide. Sunscreen should be applied to dry skin 15-30 minutes before going outdoors and re-applied at least every two hours or after swimming or perspiring heavily. Even so-called “water-resistant” sunscreens may lose their effectiveness after 40 minutes in the water. Another important preventative measure is wearing sunglasses, wide brim hats and long-sleeves while in the sun.

Along with sunburns, the sun also contributes to heat exhaustion and strokes. Symptoms of heat exhaustion include: nausea, vomiting, fatigue, weakness, headache, muscle cramps and dizziness, which may persist prior to progressing to a heat stroke. Some common symptoms of a heat stroke include: high body temperature; the absence of sweating with hot, red or dry, flushed skin; rapid pulse; difficulty breathing; hallucinations; confusion; agitation or disorientation. Mild cases of heat exhaustion are safe to treat at home by resting in a cool, shaded area, drinking water, loosening clothing and applying cool water to the skin.



If you or someone you know falls victim to a heat stroke, call 9-1-1 immediately, move to a shaded area and moisten the skin with cool water. A few important tips to prevent heat exhaustion and strokes are to stay hydrated; avoid vigorous physical activities in hot, humid weather; take frequent breaks and wear loose clothing.

Additionally, now that summer is here, it's officially poison ivy season. In order to prevent the bothersome rash and painful blisters, protect yourself with poison ivy desensitization drops.

Contact your local pharmacist with any questions you may have. Be safe and have fun in the summer sun! ☀️

*Lacye Jo Crumpton, Pharm. D.
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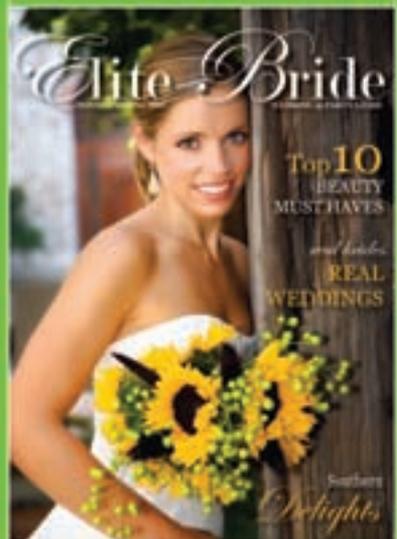
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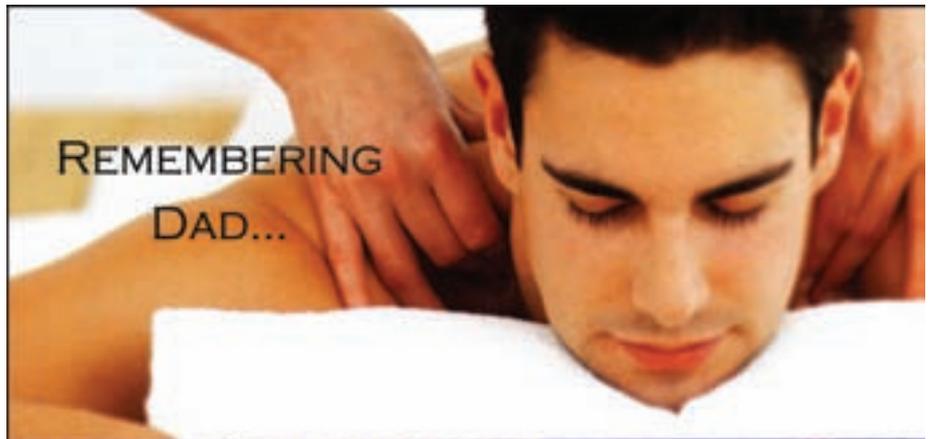
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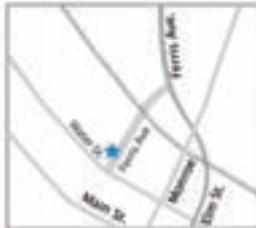


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June 2009 Community Calendar

First and Fourth Monday

School Board meeting: 6:30 p.m.

Every Tuesday

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

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

Second and Fourth Tuesdays

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

First Thursday

Midlothian Area Historical Society: 7:00 p.m., Midlothian High School Meadows Library. (972) 723-2755.

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

First and Third Thursday

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

Friday

Story Time: 11:00 a.m., Midlothian High School Meadows Library.

June 2

Navarro College SBDC's How to Start a Small Business free

workshop: 10:00 a.m.-noon, Waxahachie Chamber of Commerce, 102 YMCA Dr., Waxahachie. Pre-registration required. (972) 923-6425. sbdc@navarrocollege.edu.

June 4

Midlothian High School graduation: 8:00 p.m., Multipurpose Stadium.

June 5

Teen event: The Glorious Unseen concert at The Lighthouse: 7:00 p.m., 1400 N. 9th Street. \$10 at the door.

June 6

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m. Breakfast tickets \$6; one child under 8 eats free with a paid adult ticket. Event and parking are free. (972) 923-0080.

June 13

Movie in the Park: *Raiders of the Lost Ark*. Location: Hawkins Spring Park. Time: Dusk (8:30 p.m.) For information, call (972) 775-7777 or e-mail james.berman@midlothian.tx.us.

June 15-18

Vacation Bible School at The Lighthouse: 7:00-8:30 p.m., 1400 N. 9th Street. This year's theme is "Kid's Campout." For more information, call (972) 723-6197.

June 15-19

Vacation Bible School: 9:00 a.m.-2:00 p.m., Midlothian Bible Church. For more information, contact Tom Curran at

(214) 734-0508 or visit tomhcurran@sbcglobal.net or www.midlothianbible.org.

June 19-21

Summer Balloon Classic Hot Air Balloon Show: Mid-Way Regional Airport. Free admission. \$10 parking. Aviation Extravaganza during the day features airplanes, helicopters, military aircraft, gliders, skydivers, powered parachutes, RC aircraft and more in-flight and static displays. Some flights available to public. www.summerballoonclassic.com.

June 23

Navarro College SBDC's Writing a Winning Business Plan workshop: 10:00 a.m.-noon, Waxahachie Chamber of Commerce, 102 YMCA Dr., Waxahachie. \$20. Pre-registration required. (972) 923-6425. sbdc@navarrocollege.edu.

June 27 and 28

Midlothian Conference Photo Expo: Saturday: 10:00 a.m.-5:00 p.m.; Sunday: 1:00 p.m.-4:00 p.m., Midlothian Conference Center. Bring entries to Center on Thursday, June 25, from 1:00 p.m.-4:00 p.m. or Friday, June 26, from 8:00 a.m.-noon. (972) 723-7919. midconfcntr@aol.com.

For more community events,
visit our online calendar at
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We have physicians giving a health talk at the top of each hour 9:00, 10:00 and 11:00. **Call 1-800-4BAYLOR to get more information and to reserve a spot.** Seating is limited so call today!

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**For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed.*

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