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JUNE 2011

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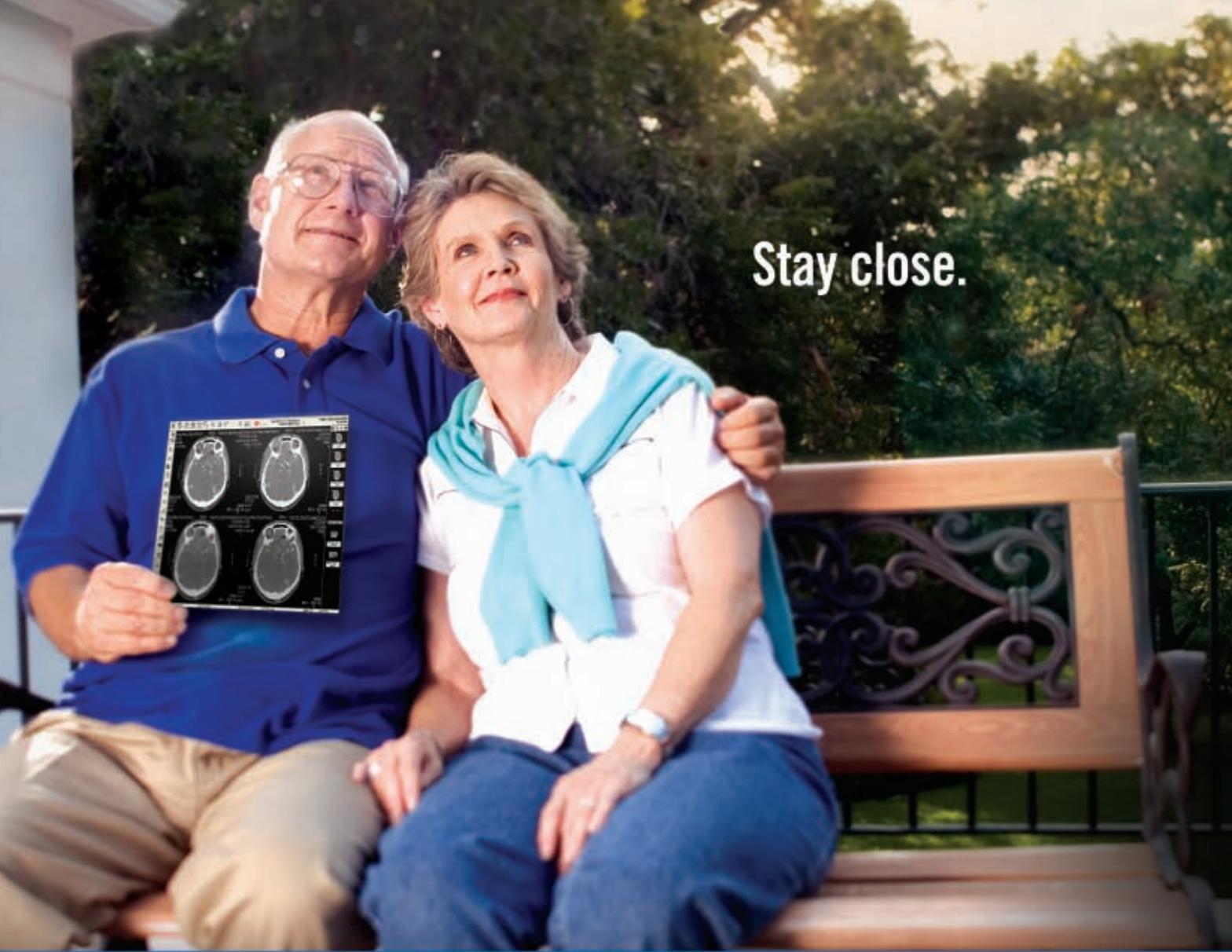
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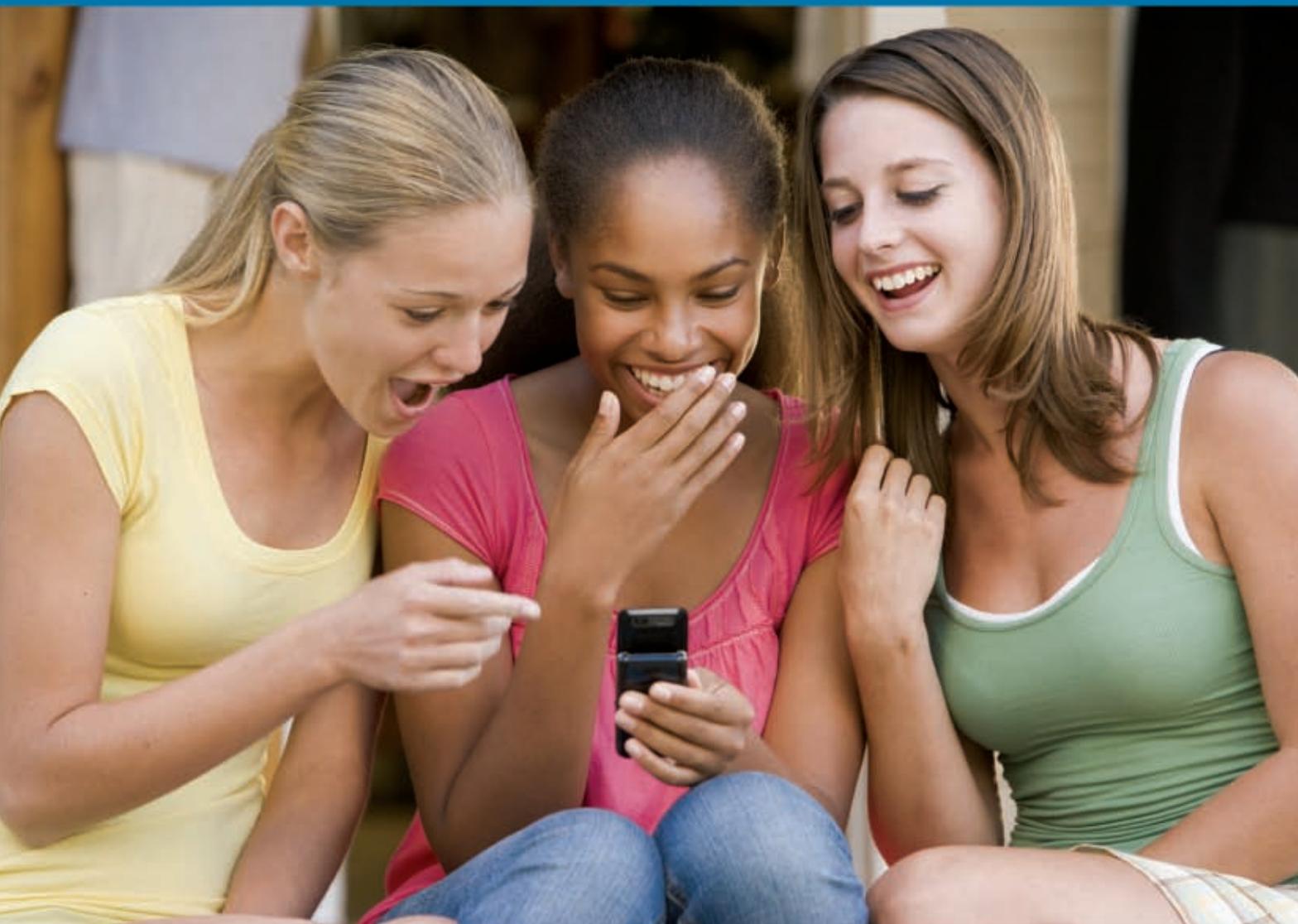
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## On The Cover



Helen Lundberg completes  
a painting of the Texas  
flag for her son's office.

*Photo by Natalie Busch.*

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# Editor's Note

When we lived in Arizona and my mom came to visit, she witnessed the kids, who were 2, 4 and 6 years old, greet their dad coming home from work. They tumbled all over each other while running to the door screaming, "Daddy's home!" Observing this, she later said to my husband, "I thought Jesus was walking through the door."

Greeting him with enthusiasm was a tiny, but effective, way the children had of letting him know he was wanted and appreciated. I wish my dad were still here for me to greet with enthusiasm. If you are still blessed to have your dad, give him two big hugs the next time you see him — one for all he has done for you and one to say you are glad he is still here. Happy Father's Day to all the dads!



Summer begins June 21, so have fun and stay safe!

## Betty

Betty Tryon  
MidlothianNOW Editor  
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# This is no place for a rookie.

It takes years to learn the intricate system of nerves, discs and vertebrae known as the spinal column. Fortunately, the neurosurgeons at USMD Hospital at Arlington have put in their time and then some. **Drs. Jeffrey Heitkamp, Jacob Rosenstein and Frederick Todd** all just passed quarter-century marks in their neurosurgery practices. Add **Dr. Carlos Acosta's** four decades, and the total comes to a combined **120 years of neurosurgery expertise.**



Carlos Acosta, MD



Jeffrey Heitkamp, MD



Jacob Rosenstein, MD



Frederick Todd, MD

# MISD *Congratulations*



## Celebrating MISD Student Success



### DISTRICT LEVEL

- Recognized District based on the 2010 TAKS performance & indicators  
Exemplary schools: Frank Seale MS, Baxter Elementary, Irvin Elementary, Miller Elementary, Longbranch Elementary, Mt. Peak Elementary and Vitovsky Elementary  
Recognized schools: Walnut Grove MS and Midlothian High School
- Gold Award for Financial Transparency
- Saved \$4.6 million on Bond Refinancing
- MEF awarded teachers \$209,000 in innovative teaching grants since 2005
- Met Adequate Yearly Progress established by the Texas Education Agency in compliance with the No Child Left Behind Act
- 36 Gold Performance Acknowledgements from Texas Education Agency
- 2 NCLB Distinguished Title I Schools: Irvin Elementary and Vitovsky Elementary

### CAMPUS LEVEL

- Aerospace Scholars: Jeffrey Lene and Dena Wood
- 21 Advanced Placement (AP) Scholars
- Choir: A Capella and Select Women Choirs win Sweepstakes Award
- Duke University Talent Identification Program: Four 7th graders awarded State Recognition
- FCCLA: 3 State Champion Teams
- FFA Students Awarded Herdsman Award at Ft. Worth Stock Show
- MHS and Middle School Problem Solvers are Texas Grand Champions and International Qualifiers
- National Merit Scholar: Christian Velasquez

- Panther Regiment students earn membership to the 2011 Region 20 All Region Band; Varsity Winter Guard are Class A State Champions
- Students selected to the Region 20 all Region Orchestra
- Panther Pride Newspaper wins National Awards
- Pantherettes: National Champions in Modern Dance
- Students selected to the Region 20 all Region Orchestra
- UIL Academic Teams Place at State Competition
- WGMS had 28 students make the All-Region Choir
- 5 FSMS 6th Graders advanced to the Region 20 Honor Choir
- 30 WGMS students selected for the All-Region Band
- 2 teams from the WGMS robotics class received commendations for their design

### ATHLETICS

- Baseball: 12 Academic All-District Players
- Basketball: 15 Boys/Girls Academic All-District; 3 Boys Academic All-State
- Cross Country: 11 Regional Qualifiers, One State Qualifier
- Football: 19 All-District Honors
- Golf: 7 Regional Qualifiers; Cody Taylor - All Region Team
- Powerlifting: 7 State Qualifiers; Lexi Ball - Individual State Champion
- Soccer: Girls Bi-District Qualifiers; Boys Bi-District Champions/Area Finalists
- Softball: Season 22-8; Bi-District Champions/Area Finalists
- Tennis: 2 Boys/1 Girl Regional Qualifiers (4 alternates)
- Track: 4 Individual Regional Qualifiers
- Volleyball: Bi-District Qualifiers
- Wrestling: 4 Regional Qualifiers; 1 State Alternate

# Class of 2011



## MIDLOTHIAN ISD BOND 2011

### Voters Approve \$97.3M Bond

Midlothian ISD voters approved a \$97.3 million bond proposal to build high school #2, elementary #7 and an addition to Frank Seale Middle School. The single proposition passed 2,263 to 1,838.

The vote indicates the support of the district's goal to meet existing and future facility needs. "I am grateful and pleased that our bond issue passed," Dr. Stewart, MISD superintendent, said. "Our community looked at the information that was presented and made an informed decision to support its school district and to build on its excellence."

Dr. Stewart also acknowledged the efforts of the Growth Management Committee, Community Advocates for Responsible Education, community members, MISD School Board and the district staff and faculty for their time and dedication to the passage of the bond. MISD administrators and the Board look forward to working with the community to build the three bond projects in a manner of which one can be proud.

Bond project updates will be available on the district website.

### MHS Alumni Website Now Online

The MISD Education Foundation partnered with Harris Connect to release the first printed MHS Alumni Directory last fall. Now, the online alumni site is also live. Alumni can visit [www.misdalumni.org](http://www.misdalumni.org) and sign up to receive updates about classmates, upcoming reunions and MISD events and other alumni news. Registration is free and only open to MHS alumni.



Sign up today for MISD eNews, Facebook pages and Twitter network. Be the first to know the MISD happenings during the summer months and school year. Go to [www.midlothian-isd.net](http://www.midlothian-isd.net).

Midlothian ISD has celebrated over 105 years of graduating senior classes. On June 3, Midlothian High School will hold its 2011 commencement ceremony at the MISD Multipurpose Stadium at 8:00p.m. Proud parents and family members will see 540 seniors graduate. This is documented as the largest graduating senior class.

# CLASS OF 2011



### VALEDICTORIAN

**Austin Hill**

*Plans to attend The University of Texas at Austin and major in mechanical engineering*



### SALUTATORIAN

**Andrew Peterson**

*Plans to attend The University of Texas at Austin and major in aerospace engineering*

A list of seniors who received awards and scholarships is posted on the MHS website.



# Painted Postcards

— By Betty Tryon

*The beautiful bass fish looked out at the world through long luxurious lashes. She was only one of many gaily decorated fish in a collection painted by Helen Lundberg. Helen explained the bass, “My friend and I were planning a trip to South America, and we were going to go down the Amazon. My husband said, ‘I’ve always wanted to go down the Amazon and go peacock bass fishing.’ So, I picked up a painting of a bass while I was down there. My daughter and her husband have peacocks, and she gave me a bunch of feathers.” Helen used her creativity with the feathers to design that extra-eye-catching look in the tail, gills and those lengthy eyelashes.*

Helen’s talent and skill with art was hard won, with many lessons behind her. Born and reared in a small town in northern Oklahoma, Helen has lived all over the country. She got into art when the family moved to Lubbock, Texas, from Los Angeles. “One of my neighbors encouraged me to take an art class with her. That was in 1980, and I have been taking classes ever since.

I had never done any artwork in my life. It was very intimidating, at first, because the other people in class knew how to paint. My neighbor was very encouraging, so I stuck with it. As we moved around the country again, I tried to take lessons wherever I was. I am still taking lessons.”

Although Helen did not grow up painting or creating art,



"I think one of the major factors in being able to do artwork is being able to see it."

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she still has a very important ingredient any artist must have. “I think one of the major factors in being able to do artwork is being able to see it,” she explained. “For example, to see a tree and not just see an object, but to look at it and say, ‘Oh, the tree is round. It has leaves on it. It has holes in it where you can see the sky.’ You can look at it and think it is a beautiful tree with the shapes of the leaves and of the branches. You look for those things when you are doing a painting. You have to be observant.” Helen learned to be more observant, with the assistance of her art classes. Another key point she learned was how to make a flat piece of paper look three-dimensional. “You do that with different colors and your light,” she said. “If you are working in pencil, then you do it with shading.”

When Helen first learned to paint, she started out with oil painting and then learned the other different ways to paint. “My favorite is pastels. I’ve been doing pastels since 1990.” Laughing, she explained why she enjoyed pastels so much. “You get in and get your hands dirty. It just seemed like a fun thing to do. I enjoy it a lot. I can do watercolors and acrylics — it just depends on the painting and what I want to accomplish. I’ve gotten a little back into oil, with water-based oil paint. I get bored with one thing, so I move on to the other mediums.” Helen’s art studio is a testament to her style of creating,

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with a different project going on in just about every corner. Implements for woodcutting are set up on one table. On another, she works on completing a painting of the Texas flag for her son's office.

Helen also enjoys pastels because that style "lends itself very well to portraits of people and object paintings where you have one subject in the painting." This has proven to be very effective with one of the ways in which she derives inspiration for painting. Many people collect postcards of different places they have visited. Bringing home a picture she took during a trip, to be painted later, is Helen's forte. "I've traveled extensively, and I take pictures in many places." Those pictures are the impetus for many of her paintings. One such example from her trip to Morocco is a painting of a man riding a donkey. From Peru, a pastel painting titled, *The Care Giver*, is of a striking little girl, holding a goat, dressed in a wide-brimmed green hat and a garment of vivid red, green and purple, who is holding a goat.

One of Helen's more creative works



of art is a water-based oil painting of a buffalo on handmade paper and mounted on Egyptian papyrus (an ancient form of paper-like material made from the papyrus plant). Each corner embellished with block printing adds another dimension to the painting. "I made the blocks out of wood that I dipped in paint and then stamped it onto the material," she stated.

One very interesting painting with a three-dimensional element is of a woman in the evacuation of New Orleans during the aftermath of Hurricane Katrina. "I saw this black and white picture in the newspaper of a lady misplaced from Katrina, and she was wearing this cap with all of these items pinned on it." In Helen's rendition of the picture, she



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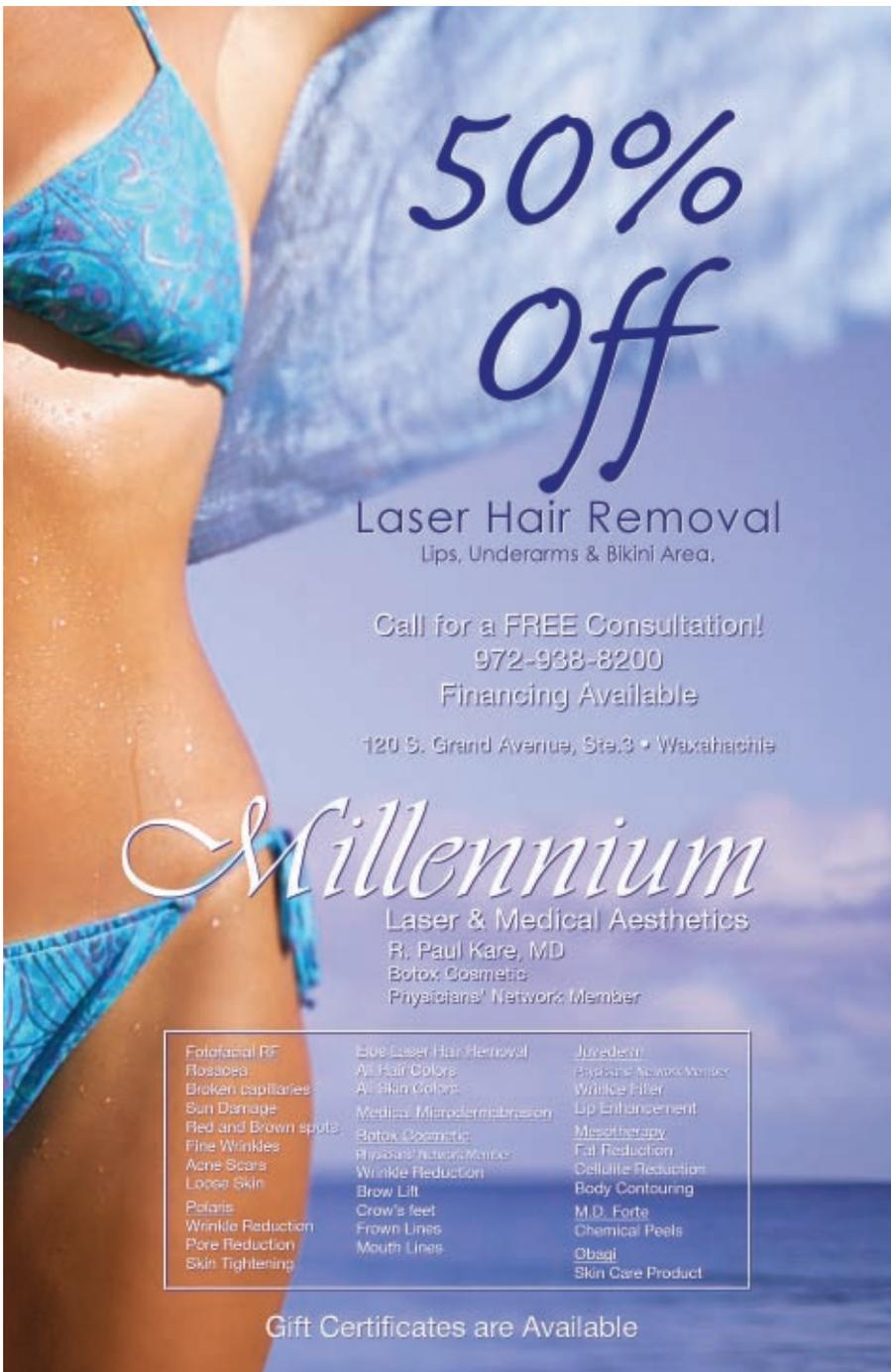
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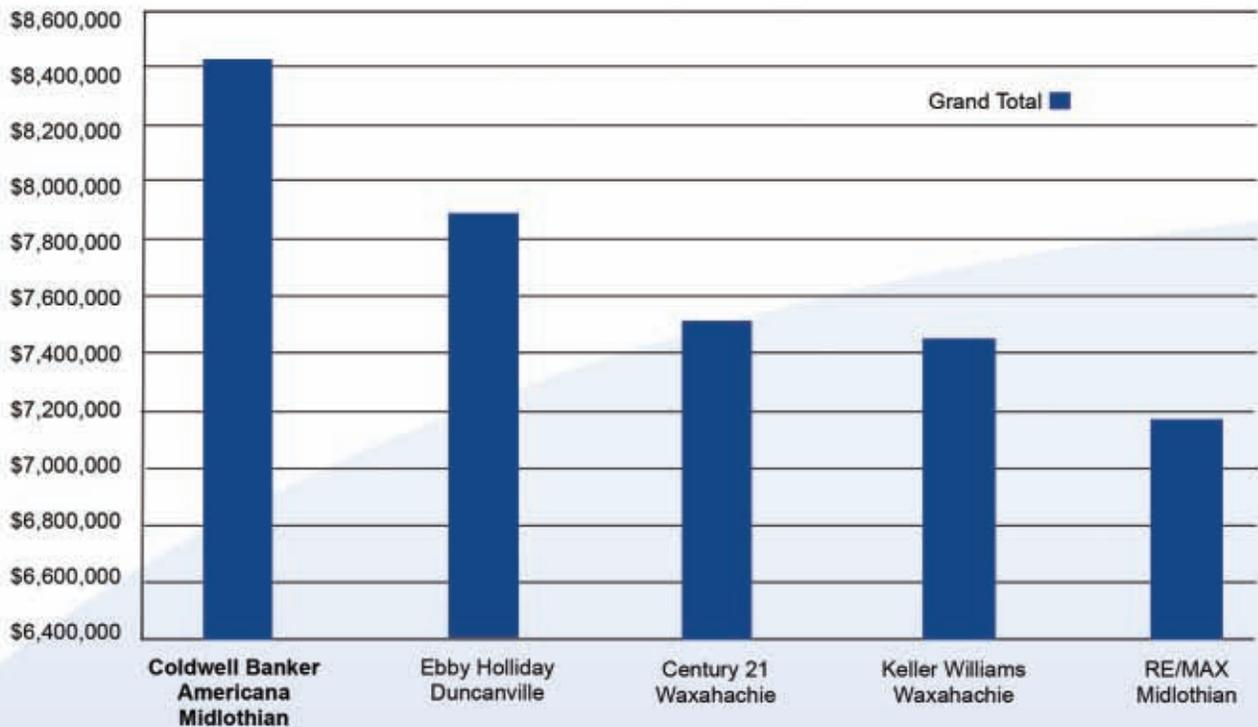
Painted the lady with her knitted cap and placed various miniature items, such as a guitar, duck, elaborate pins and buttons, onto the painting.

Not all of Helen's work is of photos from different places. "I am not fond of doing landscapes, so I tend to do things in series. Maybe I'll do a bunch of people or a series on Mardi Gras masks. I've done a lot of fish." In addition to the beautiful peacock bass displayed in her home, there are several different paintings of brightly colored fish. One koi fish grabs your attention, with its glitzy accents. Koi are naturally beautiful, just as they are, but Helen added grandeur to her artwork by painting the fish swimming to the bottom leaving a trail of swirling blue and gold. To achieve the multitude of rich colors in the painting, she used mixed media of watercolors, pastels and gold leafing.

Helen has also painted florals. One room in her home is brought to life with the painting of a flower in brilliant red, highlighted with bright yellow. The combination of yellow meeting red could be interpreted as a flower ablaze, but unconsumed by flames.

Helen stresses that she is not a professional artist. "I do this for fun," she said. "I don't try to sell them." Smiling, she pointed out that "her family has an obligation to hang her paintings." No doubt, that is a beautiful obligation to have. **NOW**

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# KICKS OF SUCCESS

— By Sydni Thomas

*From Bruce Lee to Jackie Chan, Hollywood's depiction of the martial arts has influenced many children and teens to pursue one of its many forms since the late 1960s and early 1970s. Jamie Raybourn, 12, and her brother Jack, 9, are the 21st century version of such tales.*

After seeing martial arts on television and having friends who participated in taekwondo, Jamie was ready to start learning at age 5. It was not long until Jack, too, was eager to step into the ring. Sam and Gina Raybourn, Jamie and



Jack's parents, were able to hold him off for a few years until he turned 5. They signed Jack up for classes at the studio where Jamie was already a student, and purchased his uniform without him realizing it. On his birthday, Sam and Gina left his white belt sitting out for him to find. "I saw a belt laying there and thought it was Jamie's," Jack said. "Then my parents surprised me and told me it was mine, and that I was going to get to start classes, finally."

"We were able to make it a surprise for his birthday," Gina said. "He was getting to do what the big kids were all doing. He loved putting that uniform on."

This brother and sister duo also happens to compete on the same team, the Double Dragon's Demo and Competition Team. Students ranging from 7 to 14 years of age are eligible to participate on the team, and each year, they travel to at least five competitions across the state and country. "I watched Jamie compete for a couple of years," Jack said. "She did



well, and I wanted to try it. Mr. Cross [the children's coach] asked me to come. I liked it, so I kept going."

Last June, six members of the Double Dragons Demo and Competition Team and their families traveled to Ontario, Canada, to compete at the Canadian-American Championship. The competition consists of two events —

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sparring and forms. Although it was the first time anyone on the team had been out of the country, they did not let the new terrain or competition stop them from being successful. "They all did a great job," Coach Steve Cross, a fifth-degree black belt and owner of Cross Martial Arts Center in Midlothian, said. "All of the students were awarded a medal. In sparring, both Jack and Jamie were awarded gold, Hunter Thompson silver and Katrina Allen bronze. In forms, Jeffrey Wright was awarded the gold medal, Cora Allen and Jamie the silver and Hunter, Jack and Katrina the bronze."

When participating in sparring, the students, clad in protective gear, face one opponent. Points received determine the winner of that match. First, they go to the center of the ring, bow to the judges and then each other. After getting into their "ready" stance, the judge signals them to begin. Punches to the head and the body are awarded one point each, while kicks to the chest and body are awarded two points each. Kicks to the head score three points. The competitor with the most points wins.

Forms competitors perform a series of traditional patterns and are judged on their accuracy and energy. The patterns are determined by belt color. Black belts choose one of three patterns to perform. "In toi-gye there is a move called W-shaped block, which looks like an angry Sumo turning and stomping one foot at a time while holding his fists head high," Jamie said. "A more graceful move is in yul-gok, called a high-section back fist, where you make a short leap and land in an X-stance. It's a very graceful move, like a dancer."

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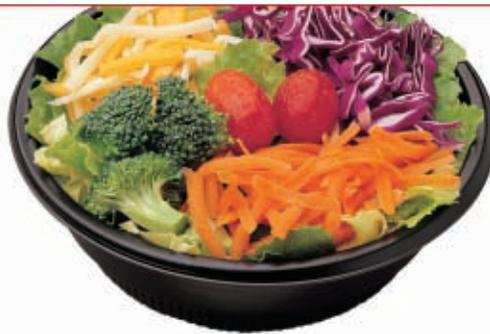



Each team member battled their way through a bracket system of matches in each event. They are categorized by age and belt color and can only face an opponent of similar ranking. Sometimes, a bracket will have 10 kids competing, and other times it will only have three. Girls and boys are put together in the same bracket a lot of the time because there are not enough to have separate groups. "We watched all of the competitions in Canada," Jamie said. "It was exciting to see teammates do the things they had been working on all year."

Katrina, Jamie, Hunter and Jeffrey are all black belts. Cora will be testing for her black belt this August and Jack will test for his a year later. It has taken, or will take, all of them at least four years to achieve black belt status. Some got started in taekwondo because of family members, while others were looking for a fulfilling way to spend their time. Cora quit dance lessons to join, and her previous dancing experience enables her to create some of the most beautiful kicks Steve has ever seen.

"Getting my first-degree black belt was exciting," Jamie said. "It was my first goal. As for testing, the actual physical part of it was not easy, but not hard, either. The 12 written tests before the physical test were the hard part. After you got through those, the rest was pretty easy."

The location of the Canadian American Competition alternates between the United States and Canada each year, and it will be a while before the team leaves the country together again. Until then, they have set new goals to achieve. "I can't get my second-degree black belt until I am 14 1/2," Jamie



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said. "After that, I will be able to go to a World's Championship Competition and compete. It's going to be in Spain in 2012."

"My first goal is to get my black belt," Jack added. "Then I want to get my ninth-degree black belt. There are three people in the world with a ninth-degree black belt, and I want to be another one."

Taekwondo is more than a physical outlet for these students. While each learns methods of self-defense, the main purpose of taekwondo is to build a strong character, promote peace and learn respect. Gina has seen how the discipline of taekwondo has affected both of her children differently. For Jamie, it has added confidence, discipline and made her more self-controlled and well-mannered. As for Jack, it has helped with concentration, focus and self-control. "Our main focus is not competitions," Steve said. "Our main focus is building character and creating a strong inner spirit. It's about being a good citizen, not fighting. We are learning from our experience and becoming the best people we can be." **NOW**

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Late one night, Laurie Reynolds was awakened by a bad dream. Not all that uncommon, except she dreamed she had breast cancer. Understandably startled, Reynolds immediately performed a self exam, and what she thought was a figment of her imagination turned out to be an eye-opening reality. "There in my bed, in the middle of the night, I found the lump," she says.

Test results later revealed that Reynolds had an aggressive type of breast cancer. Given that her mom and sister were both diagnosed with cancer, she was all too familiar with the situation in which she now found herself.

Reynolds' physician search led her to the healing hands of the doctors at Methodist Mansfield Medical Center. "The doctors made me feel comfortable. They were compassionate and thoroughly explained everything," Reynolds confidently recalls. Being a carrier of the BRCA1 gene (which increases the risk of getting both breast and ovarian cancers), Reynolds chose to follow her physicians' advice and have a double mastectomy, reconstructive surgery, and a hysterectomy — all at the same time.

"I chose to do a double mastectomy and hysterectomy because of the link between breast and ovarian cancers and the fact that my family is at very high risk for these."

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"They helped me coordinate all of my procedures," she says, referring to the OB/GYN and plastic surgeon — also on staff at Methodist Mansfield. "I feel I've been blessed with fantastic surgeons," says Reynolds. "And thanks to my doctors at Methodist Mansfield, I can honestly say that I've had a really good experience with cancer."

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Breast cancer survivor and Methodist Mansfield Medical Center patient



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# Pray Love

— By Alex Allred

*When Jon Galbraith met his future wife, Melanie, at Southern Nazarene University, a Christian liberal arts school in Bethany, Oklahoma, he knew he had found someone who shared his beliefs, his values and hopes for a loving family. After earning his Bachelor of Science degree, the Duncanville native went on to earn his master's, while Melanie, with her own degree in math/computer science, balanced motherhood and work. "One of the first things we looked for was a place where the standards were high and the values were in line with what we were teaching at home," Jon said of his children's education.*

At Home  
With  
Jon and  
Melanie  
Galbraith

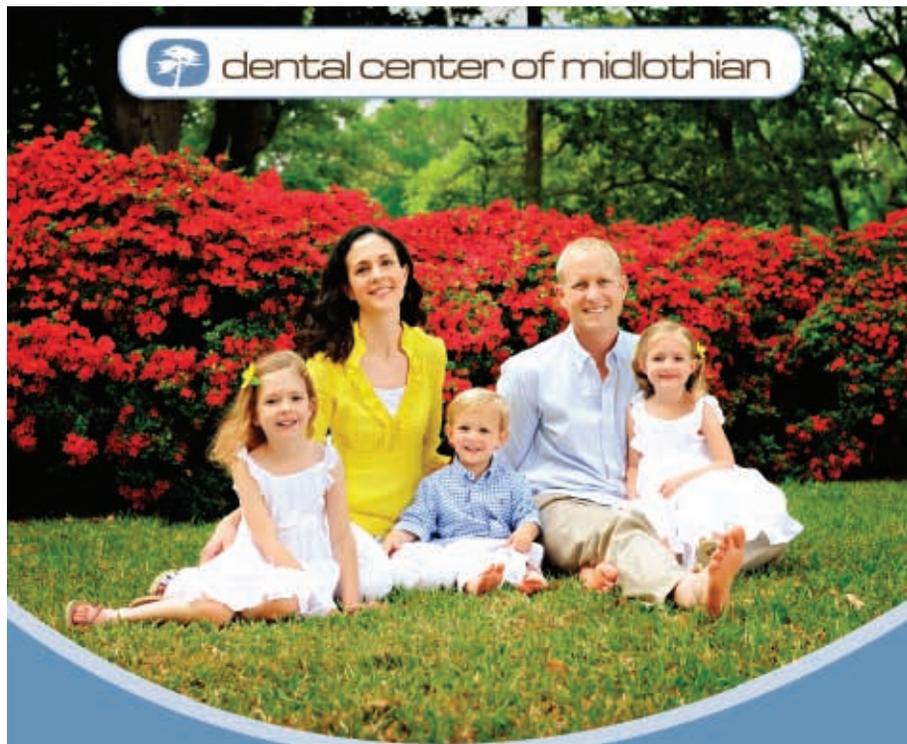


With three children in the household, education became a focal point for child rearing. The Galbraith family lived in Cedar Hill, in a home they designed, on a lovely two-acre lot, while their children attended Waxahachie Preparatory Academy. To the outside world, the Galbraiths seemingly had it all. They had a beautiful, healthy family with bright, wonderful children in what could only be described as their ultimate dream home. "When we told my parents that we were selling our house," Jon laughed at the memory, "no one could believe it. 'You're going to do what?' was what everyone said. That house was amazing." But Jon and Melanie made a decision that very few do today. They decided, in the interest of their children, to simplify.

They wanted to move closer to Waxahachie Preparatory Academy and closer to their church, the Shepherd's House, in Midlothian. They wanted to get the children into a smaller, more close-knit community, have a smaller yard and, essentially, spend more time with their children — Mary Jo, Jared and James.

The irony, however, is that in their quest to find simplicity in their lives, they found a much larger home. "We didn't plan that," Jon laughed. In fact, they had settled on a different, smaller house, but when they sold their home in Cedar Hill, they had to leave immediately. "We had one week," Melanie said. The result: a 4,300-square-foot home with vaulted ceilings, floor-length bay windows, "but with a very small yard!"

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their custom-built home, Jon and Melanie had decided they were not going to sweat the small stuff this time around. "We just knew we didn't need all the fancy finishing touches," Melanie said. Again, all emphasis was placed on family.

But they did invest in paint. "We had hired a guy for interior design for our house in Cedar Hill," Jon said, recalling how something as simple as paint can transform a room. "When we first moved in, all the walls here were white." Today, warm earth tones cover each wall, from the spiral staircase and sweeping archways to the backdrops in the formal dining and living rooms.

In the interest of simplification, there are sparse knickknacks in the home. Each vase, centerpiece or picture frame is carefully selected and color coordinated to match the furniture. Perhaps one of the most eye-catching pieces in the home is a large painting that hangs above the fireplace in the living room. Even from



the entrance, the warm colors from the picture beautifully highlight all the tones of the decor. The painting, by Melanie's niece, artist Natalie Walker, sets the theme of family.

While both Melanie and Jon call their decor more eclectic than orchestrated, it is undeniably lovely. In the entrance, a large, gold-framed mirror with a matching table has both an unusual appeal and story. "This was my grandmother's," Jon said. "Really, we have it because we had the room for it. The family wanted to keep it in the family, so now it's ours." Opposite the mirror/table set is an antique pump organ that now lives in the formal dining



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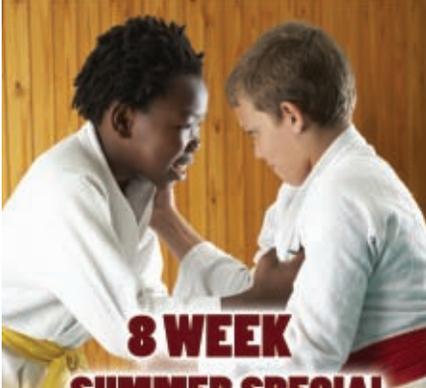


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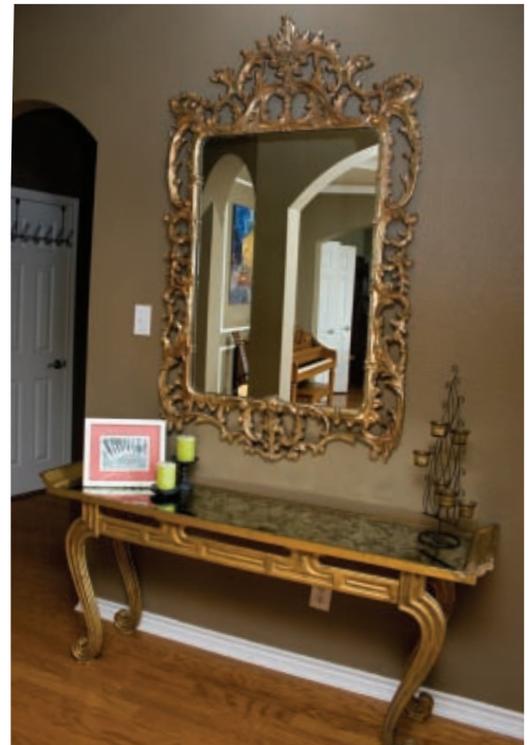
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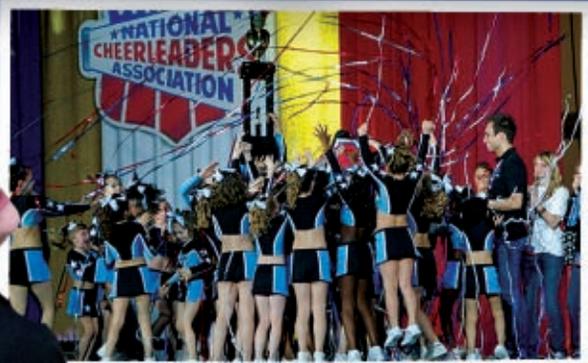
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room, alongside a table setting for eight. "This belonged to my aunt," Jon said, grinning, "We're babysitting this, too." One of their more modern pieces, a high set table, also known as a pub table,



sits in the breakfast nook. The heavy, dark table and chairs set is a centerpiece to the home. "We try to have evening meals together every night," Jon said. "Even if its 8:00 o'clock," Melanie added.

It is there that they are able to unwind, discuss school and work, and laugh. Mary Jo, 18, is a National Merit commended student with her eyes on either Texas A&M University or her parent's alma mater, Southern Nazarene University. Jared, 15, plays the bass, is on the golf team and, like the rest of the family, is an avid reader. Much of the laughter, one can imagine, comes from their youngest, 10-year-old James. An actor in the making, the *Star Trek* loving, taekwondo enthusiast is most definitely a product of an open, loving environment. In fact, Waxahachie Preparatory Academy is a university-model school which allows the Galbraith kids to attend campus classes Mondays, Wednesdays and Fridays and study at home on alternate days. More often than not, the family table serves as a work station, as well. But the height of the table is also relevant as Gordon, the family's ever-curious chocolate Lab, has



taken on the persona of Clifford, the Big Red Dog. Gordon weighs in on the side of gigantic but believes he is a lap dog.

Wooden plaque signs with inscriptions of “eat,” “pray” and “love” are throughout the five-bedroom, four-bath house, that includes an entertainment area the Galbraiths still have not decided just what to do with after two-and-a-half years of living in the house. An array of books and comfortable chairs, just perfect for reading, are set up in almost every room to encourage reading, learning and growing.

“I want this to always be home to them,” Melanie said of her children and of her home. “I want it to be warm, but it’s just a house. You know, last time, we thought everything had to be perfect, to look perfect.” Today, she says, it is about what is inside the house. “I want my kids to learn that the world doesn’t revolve around them.” They are loved, but they do not need the newest and grandest gadgets for love to be proven to them. They do not need expensive clothing or fancy, new cars. They need family dinners and invested parents.

While signs of this way of thinking can be seen throughout the Galbraith home, it



is the simple things, the simple signs, that most personify how they live. Above Jon and Melanie’s bed is a sign that simply reads, “Always kiss me goodnight.” **NOW**

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# Developing Strong Leaders

— By Alex Allred

*It is business as usual for the Midlothian Rotary Club which, by definition of its own mission statement, means, giving back to others and offering service above self. For Michael Van Amburgh, currently the education and youth services officer for the Midlothian Rotary Club, the “service above self” is immensely satisfying, “particularly as a parent,” he said. “I’ve seen the financial struggles to pay for college. Anything we can*



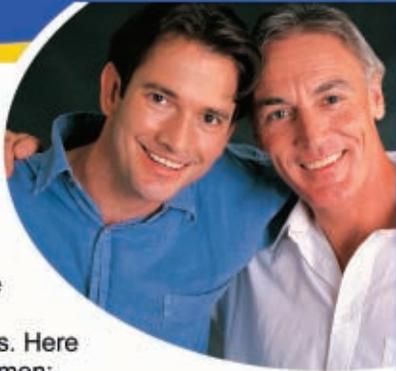
*do to help is important.” But it is the history of the Rotary Club, its commitment to community and its good works globally that attracted him to the international organization. It’s one of the largest not-for-profit philanthropic corporations in the world and is still growing.*

After moving to Midlothian in 1997, the Van Amburgh family settled nicely into the community, but Michael was commuting more than 100 miles a day while still working in Addison. It was not until 2005 that he was able to move his real estate appraisal business, VAVA, Inc., to Midlothian. He joined the Rotary Club soon thereafter. "Most people think of the Rotary Club as a networking group, but it is a service," Michael said. In fact, even he was happily surprised by the level of commitment the Rotary Club makes to each community it serves. During Michael's second year with the Midlothian Rotary Club, he served as president. "There's a three-day training program you have to take as president-elect," he explained. "They go over our responsibilities, the mission of the Rotary Club and its history."



It all began when Chicago attorney Paul P. Harris organized the first Rotary meeting in, of all places, the Unity Building in Chicago, with the goal of setting up the world's first service club. By 1912, the first Rotary Club outside the United States was established in Canada. By 1919, dozens of countries were involved when Rotary International President Arch C. Klumph created an endowment fund "for the purpose of doing good in the world." During World

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 115 males are conceived for every 100 females. The male fetus is at greater risk of miscarriage and stillbirth. Men suffer hearing loss at 2X the rate of women. Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol. Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women. By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-01)

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War II, the Rotary Club reached out to war victims and drafted its first human rights resolution. In 1943, it officially adopted the Four-Way-Test code of ethics for the club. It was a test code for conducting business but, as Michael explained it, "it was a guideline to how we apply decisions in our everyday lives." The idea being that every communal service project, every business deal and every Rotary Club should be driven by these four questions: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? And, will it be beneficial to all concerned?

Few know that the international Easter Seals organization was actually formed by a Rotarian in Ohio. After the tragic death of his son, Rotary member Edgar Allen began a fundraising campaign to build a hospital in his hometown. Because they were so lacking in medical services, his son could not be saved from the streetcar accident that took his life.

Quite unknowingly, Edgar began to face the Four-Way-Test code of ethics as he discovered that children with disabilities were often hidden from public view. Through his diligent work to raise funds for the hospital, he also began a successful awareness program about children and young adults with disabilities and illnesses. From this, the Easter Seals, an organization developed to help individuals with disabilities and special needs, was created. So successful were these efforts, it soon went global. "And we are committed to eradicating polio, too," Michael said. "Our goal is by the year 2020 to be completely rid of it throughout the world."

Rotary Clubs around the world have formed relief efforts following disasters,

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established educational and training programs, created medical facilities and offered wheelchair programs for children in need. "I had no idea how much we do for children," Michael said proudly. Locally, the Midlothian Rotary Club works with the Midlothian Problem Solvers and runs Camp RYLA.

Hosted at Camp Hoblitzelle, more than 1,000 students from 70 North Texas high schools compete for camp scholarships to the prestigious Camp RYLA. RYLA, the Rotary Youth Leadership Award, is a program that teaches leadership skills through teamwork, motivation and communication. During the weeklong event, students learn to listen, multitask and take on leadership roles, as well as learn how to take direction. "That is one of the more interesting things they learn at Camp RYLA," Michael said. "One of the most important things about being a leader is being a follower. Sometimes you have to let someone else be in charge."

The camp is designed for juniors who will return to school the next academic school year as seniors. But for Michael and his fellow Rotarians, "it is an opportunity to meet our future leaders. We go and have lunch with them during the week, listen to them, talk to them about what they are learning and what they want to do." For the Midlothian Rotarians, it is equally exciting to listen to our future leaders.

With the camp motto of, "Strong leaders are made, not born," the Midlothian Rotary Club is fully committed to the Four-Way-Test code in both business and life. Today, the club has established the first Midlothian Rotary Club Service Above Self

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Scholarship. “It was created to encourage community service among Midlothian students,” Michael said. With three \$1,000 scholarships to be given away, “we interviewed students who most exemplified the ideals of community service and leadership skills.”

Since the establishment of the club in 1969, Midlothian Rotarians have been deeply invested in their community. “But this is a first for us,” Michael smiled. These Rotarians believe that generations who develop a lifestyle of serving others at an early age will greatly enhance not only our community, country and world, but build a brighter future for all. With strict guidelines regarding the number of hours of community service to be performed, the Midlothian Rotary Club also looked for students who attended MISD school board meetings and meetings conducted by the City Council and Ellis County Commissioners Court with the hope that with a better understanding of community and civil service comes the Service Above Self attitude. “It is an opportunity for us, too,” Michael said of the entire interview and scholarship process. “It gives us insight as to how the recipients will lead in the future.” For Midlothian Rotarians, our business leaders of today, it is their way of paying it forward for our tomorrow. **NOW**

For more information about the Midlothian Rotary Club, future scholarships and Camp RYLA, visit [www.midlothianrotary.com](http://www.midlothianrotary.com).



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# Chefs in the Making

— By Betty Tryon

*This story comes with a warning. If you are not hungry when you start to read it, by the time you complete it, you probably will be! Jessica Zientek and Jamie Dill are two high school seniors with big, delicious plans for their future. Midlothian High School has a new culinary course for aspiring chefs. It was perfect for Jessica and Jamie. They both love to cook and each has her own specialty.*

“I’m more into pastry and want to be a pastry chef,” said Jessica. “I love sweets, and it’s fun to create different things. We bake a lot during the holidays, and that got me started around age 5 or 6. The *Ace of Cakes* people inspire me. Maybe someday I’ll make a fire breathing dragon cake!”

Jamie’s first memories of cooking came as a little girl wearing a pink apron and cooking with her grandmother and dad. “In the fifth grade, *Rachael Ray* was my favorite TV show,” she remembered. “I would

watch it all the time. I started cooking meals about fifth grade. I never follow recipes. I may look at it like an outline and then add stuff. I’ll follow the temperatures and how long to cook it, but I never make anything the same way twice. I always add something different.”

True authentic cooks present their own

**“Maybe someday I’ll make a fire breathing dragon cake!”**



creation when preparing a dish, but there are times when adhering to the basics of a recipe are crucial. Jessica concurred with, "I'll follow the recipes because with baking, if you don't have enough flour with the milk then your cake can turn out completely wrong. I'll use the basics on how to make your cake taste good and not come out as soup or like a rock. You can't really just throw things at it."

Every cook has at least one culinary delight they remember as one of their best. Jessica and Jamie, although young, have racked up their share of great dishes. This past Valentine's Day presented a great opportunity for



Jessica to show off her skill. She chose to pamper her parents and give them a special night. "I made strawberry shortcake with whipped cream, sprinkled with powdered sugar [and served] chocolate-covered strawberries on the side," she explained. "It was absolutely delish! I cooked dinner for them since they didn't go out. I cooked some steaks, potatoes, green beans, salad and the dessert. I had the table all made up with flowers and candles. Then, I told them to sit down and that I would be their waiter."

Jamie's family favorite is a meatloaf she makes called the Ultimate Cheeseburger Meatloaf. "It has cubed cheddar cheese, chunks of bacon, sautéed onions and sautéed mushrooms — everything you would put on a burger. The bacon is not completely cooked before using it because it will continue to cook inside the meatloaf. Use regular hamburger



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seasonings, onion powder, garlic powder and seasoned salt. The sauce for the top is a mixture between mustard, Worcestershire and ketchup.” Although her meatloaf is spectacular, Jamie’s specialty is pasta. “I make a lot of

**“I honestly think that every food in the entire world can be good if it is cooked the right way.”**

different pastas. That is my favorite,” she stated.

Everyone has a cooking nightmare story, and it is almost a relief to know great cooks have their moments of disasters, too. For Jessica and Jamie, their mishap occurred when they were trying to bake a cake for a school function. As they



were preparing it, Jessica had a feeling things were not going quite right. "The batter was way too soupy," she stated. "I knew something was going to happen to it. We put it in the oven, and when it came out, it didn't rise. It looked as if someone had punched holes in it. It was for a school thing, and it was horrible."

"It is hard to double cake recipes because it totally messes it up. But, we had to make a huge cake, so we ended up frosting over it," Jamie added

Commiserating with her friend, Jessica added sadly, "Yeah, it was bad."

Another snafu in Jessica's case occurred while she helped her grandmother bake a pie. Jessica's job was to prepare the filling. "My grandma kind of cheated on this pie and bought a premade pie crust. But, she forgot to remove the plastic. When it was cooking we all said, 'It smells like burning plastic.' We pulled the pie out, and my grandpa wanted a piece. But there was the plastic!"

Those who love to cook can usually figure out how to make dishes when the recipe or technique is unknown to them. However, to their consternation, some mysteries will never be solved. For Jessica, it was mashed potatoes. "My grandma passed away when I was in the sixth grade. She made the best, creamiest

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mashed potatoes. Nobody has been able to imitate those potatoes, and I've tried and tried. I'm not going to quit until I figure it out. I've even tried heavy cream, and it didn't work."

That story reminded Jamie of her great-grandmother. "Everyone loved her mashed potatoes, and we found out later that they were instant!" Both girls laughed at the very idea of a great cook fooling everyone with instant mashed potatoes.

Teenagers are not known for their enthusiasm in the kitchen. Jamie encourages others her age to get in the kitchen and try. "Try a few different experiments and, you never know, you might like it. I honestly think that every food in the entire world can be good if it is cooked the right way. Many people don't like asparagus or brussels sprouts, but I



believe there is a way to make them good."

This is the second year for the Restaurant Management and Culinary Arts Program at the high school taught by Lauren Fraga. The Midlothian Education Foundation recently gave a grant of \$2,840 to the class for a Point-of-Sales system to give students a practical advantage in the restaurant industry. "In Culinary 1, we learned the basics," Jessica said. "In Culinary 2, we do events for the school. For example, the administration may have a luncheon, and they will ask us to prepare it. We set it up, serve it and clean up the kitchen." The students are doing such a great job in catering the events at the school that they are becoming busier with planning events.

Jessica and Jamie hope more students hear about this class. Next school year students will be able to take the culinary class from freshman year through their senior year. According to Jamie, "This class is important because if you want to go to culinary school, it gives you a taste of what to expect." And, oh, what delicious tastes await them! **NOW**

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# Your Personal Pharmacy

*U.S. Drug Mart wants to meet all of your pharmaceutical needs.*

— By Betty Tryon

This year, U.S. Drug Mart celebrates 20 years of history and service in the Midlothian area. Owner Tom Jefferson remembers how it all began. “There was only one drugstore in town. I used to go to this gas station in Waxahachie where I met a lady who worked for American Greeting cards. She kept saying, ‘You don’t understand. They need another pharmacy in Midlothian! That town is getting too big, and it is a totally untapped market.’” Impressed with the urgency in her voice, Tom took a closer look at the city, decided she was correct and built U.S. Drug Mart in Midlothian.

Stephanie Frankiewicz, a certified pharmacy tech, gives a lot of the credit for the successful association between the pharmacy and the community to Dave Gambel. “He is our pharmacist-in-charge,” she said. “In this day of big pharmacies, he still comes out to discuss what you are taking, how you

need to take it and what not to take with it. You still get the counseling from the pharmacist and that personal focus.”

Being a part of the community for many years gives Dave, Stephanie and the other staff at the pharmacy an opportunity to get to know you and understand your personal needs. “In this space, Midlothian is still a little town,” Stephanie stated. “When you walk in the door here, it still has that feel. People know each other, and we know you.”

U.S. Drug Mart has a unique relationship with the community in that they are the only pharmacy in town that delivers prescriptions and compounds medications. Stephanie can appreciate the convenience and how important the service of delivering medication to someone can be. “As a mother, I was a customer before I was an employee, and I wish I had taken advantage of it,” she said. “We now can get prescriptions

electronically, so you don't have to have that piece of paper to bring in anymore. To be able to take your sick child home without having to go to the pharmacy would be beautiful, and it's only \$3."

The compounding of medications is done on site. "Compounding is when you take an active ingredient and make it into an appropriate strength and dosage form for each individual patient," explained Stephanie. "It is used to achieve a strength that is not commercially available."

This special segment of the business is becoming more specialized because the large pharmacy chains do not do this,

*"In this day of big pharmacies, he still comes out to discuss what you are taking, how you need to take it and what not to take with it."*

but you can have it done in Midlothian! "We do a lot of bio-equivalent hormone replacement therapy for women and men. We also do veterinary compounding." Laughing she stated, "We can add fish oil or something to make it taste good for your cat!"

The pharmacy has its own unique prescription formulas. Two of the more popular ones are a poison ivy preventative that does not require a prescription and Happy Hiney for baby's bottom. Happy Hiney is so effective that doctors specifically ask for it. Another service the pharmacy provides is doing Medicare billing for glucose testing.

"That is a really changing market because Medicare changed all the restrictions on who can now do that," said Stephanie.

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Baxter first-graders touring the Ballpark in Arlington meet Rangers outfielder Josh Hamilton.



Preston C. enjoys showing off his parakeet, Lemon-Lime, on a visit to JA Vitovsky.



Sara Austin races toward the Easter eggs.



The Caesar's Foundation donates a delivery van to Meals on Wheels.



Tatum Sneed, 13, Nick Fisher, 11, and Nataley Blankenship, 12, represent Midlothian ISD at the Spring Meet for Special Athletes in Burleson, where cheerleader Lindsey Mearns teaches the students a dance.

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Miller volunteers were honored by staff, teachers and students at the school's Volunteer Luncheon.



Mrs. Melichar's class grows praying mantis and lets them go into the wild.



Tom Filels sculpts a lighthouse.



The Midlothian Chamber of Commerce welcomes businesses with a ribbon-cutting ceremony. From left: Lillian Custom Homes, Tio Tony's and Hope Clinic of Waxahachie.

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# Stop Obesity in Children

— By Betty Tryon, BSN

Childhood obesity became a hot news item courtesy of First Lady Michelle Obama. Even though there is much political discussion about the government's role, an open dialogue about this subject is necessary. An alarming statistic of childhood obesity tripling in the last 30 years begs the question why.

Genetics and hormonal imbalances play a part, of course, but the truth is that today's youth are less active and have more access to high caloric foods than ever before. Fast-food restaurants in easy proximity filled with fattening, cheap food are easily accessible. You can even supersize a modest portion for mere pennies. Countless hours are spent watching TV, playing video games or social networking on the computer. When you look at how easy it is to gain weight in America, the question is not why are children becoming more obese, but why aren't more?

Unfortunately, although reasons for this trend abound, explanations do nothing to mitigate the damage of obesity in children. Children find themselves at risk for diseases that only used to be commonly found in adults. Diabetes, cardiovascular disease, bone and joint problems are just a few of the possible pathological and orthopedic complications. In addition, self-esteem issues come into play with overweight children. Societal pressures regarding a

specific body image of thinness can weigh heavily in an adolescent's mind. Bullying or harassing of children because they are overweight is common and tragic.

Now that childhood obesity has reached the national consciousness, many programs are in place to help reduce the number. However, a child does not need to go to a program to lose weight. The "fix" is within easy reach with thoughtful and considerate deliberation. Decreasing sedentary habits is crucial. Encourage children to limit their time in front of the television or computer and join a sport or club. Replace chips and candy with fruits and trail mix. Limit soft drink consumption and drink juice and water. Water mixed with a small amount of fruit juice is better than flavored water purchased at the store. Make a concerted effort to serve and eat less carbohydrates and fatty meats and replace them with leafy green vegetables, lean cuts of meats and whole grain products. Drink low fat milk and watch those meal portions. Be a great role model for your child with your food choices and level of activity. Do not put your child on a diet without the advice and guidance of your physician. The risks of obesity are great, but the good news is with work and determination, the remedy is within reach. **NOW**

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



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# Calendar

JUNE 2011

## June 3

Last Day of School! Midlothian High School Graduation, 8:00 p.m., football stadium. Christian Music Concert and Benefit for American Kidney Fund: 6:30-11:00 p.m. For more information, contact Jamie McLester at jamesmichael9@gmail.com.

## June 4

Larkin Newton Cabin dedication and ribbon-cutting ceremony for its re-opening: 9:00 a.m.-noon, Heritage Park, downtown Midlothian. Area craftsmen will be demonstrating. For additional information, please call (972) 775-7123.

Mid-Way Regional Airport will host its annual pancake breakfast and fly-in, 8:00 a.m.-11:00 a.m. There will be classic airplanes and fighters, flour drop and spot landing contests, helicopter rides, remote-control model flyers, classic cars, kids' trackless train and face painting. Contact Tammy Bowen at (972) 923-0080 for more information.

## June 10, 11

Brandon Palady Soccer Tournament, Hawkins Spring Park, 1498 FM 1387.

## June 11

Midlothian's Family Night at the Movies presented by Methodist Health Systems.

Featured movie: *Megamind*. Movie begins at dusk at Hawkins Spring Park. For more information contact: Midlothian Parks and Recreation at (972) 775-7777. Visit our Web site at [www.midlothian.tx.us](http://www.midlothian.tx.us).

## June 13-17

Yoga Camp for Kids at Crescent Yoga Studio, 11:00 a.m.-12:30 p.m. Customized yoga class for pre-teens and teens ages 11-15 to help promote healthy habits, fitness, nutrition and self-esteem.

## June 20-24

Kids College: 9:00 a.m.-3:00 p.m., Navarro College-Midlothian campus. Classes are structured for students entering first through sixth grades. For more information, please call (972) 775-7230.

## June 25, 26

7th Annual Photo Expo presented by the Midlothian Conference Center Art Council: June 25: 10:00 a.m.-5:00 p.m.; June 26: 1:00 p.m.-4:00 p.m., 1 Community Circle Dr. Photo entries accepted June 23 and 24. Photo pickup June 24 and 25. Call (972) 723-8058 or e-mail [maryfrustin@att.net](mailto:maryfrustin@att.net) for entry rules.

## July 3

Celebrate Independence Day: 5:00 p.m., MISD Multi-Purpose Stadium. 5:00 p.m. The

event is free with children activities, fireworks, singing, concession stands with ham, hot dogs, hamburgers and barbecue corn! Donations toward the Senior Citizen's Food Pantry are welcome.

## Ongoing:

### First Tuesday

The Midlothian Area Historical Society meeting: 7:00 p.m., Community Room at Citizens National Bank, 310 N. 9th St. Please e-mail us at [midlothianhistory@hotmail.com](mailto:midlothianhistory@hotmail.com) for more information.

### Second and Fourth Tuesdays

Midlothian City Council meeting: 6:00 p.m., City Hall, 104 West Avenue E.

### Every Tuesday

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

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

*Submissions are welcome and published as space allows. Send your event details to [btryon.nowmag@sbglobal.net](mailto:btryon.nowmag@sbglobal.net).*

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## In The Kitchen With Lori and Jansson Jackson

— By Betty Tryon

The cooking team of Lori Jackson and her son, Jansson, came up with an easy and delicious recipe for chili. Lori stated, “When the chili cook-off came to LaRue Miller Elementary, Jansson insisted we enter. He said our chili was the best! It actually starts from a package, and then we add our own little tricks to make it truly delicious.”

Their recipe won the contest. Lori was shocked because of the simplicity of the recipe. However, as a working mom — a reading specialist at Mt. Peak Elementary — Lori is “always looking for the easiest way to cook or bake.” She is proud Jansson likes to cook and is looking forward to the day when she comes home from work and he has dinner on the table! **NOW**

### Mom’s Parmesan Chicken

**1 sleeve RITZ Reduced Fat Crackers**  
**1-2 tsp. garlic salt**  
**1 tsp. pepper**  
**1/4-1/2 cup shredded Parmesan cheese**  
**6-8 chicken breasts**  
**Melted butter, enough to brush chicken**

1. Crush crackers in a large baggie.
2. Add garlic salt, pepper and Parmesan.
3. Shake bag to mix.
4. Brush chicken with melted butter.
5. Add chicken to baggie. Shake to coat.
6. Lay chicken pieces flat in baking dish.
7. Bake at 350 F for 45-55 minutes or until done.
8. Serve with brown rice and Mom’s Great Salad.

### Mom’s Great Salad

**Salad:**  
**3-4 heads Romaine lettuce, washed and dried (or 3-4 bags of prepared Romaine lettuce)**  
**1 triangle of Romano cheese, shredded**  
**1 pkg. slivered almonds**

**Dressing:**  
**2 pkgs. Good Seasons Zesty Italian Salad Dressing & Recipe Mix.**  
**1 1/2 Tbsp. Parmesan cheese**  
**1/2 tsp. garlic powder**

1. Mix salad ingredients in a large salad bowl. (I usually mix about 1/3 of the ingredients together at a time and put the rest to the side.)
2. Make dressing by preparing the Italian

- dressing according to the package directions. Add Parmesan and garlic powder to dressing mixture.
3. Shake well.
  4. Top salad with desired amount of dressing, toss and serve.

### Award Winning Chili Recipe

**3 lbs. lean ground beef**  
**3 pkgs. McCormick Chili Seasoning Mix**  
**6 8-oz. cans reduced-sodium tomato sauce**  
**Shredded cheese**

1. Brown meat in a large skillet. Drain fat.
2. Stir in seasoning mix and tomato sauce.
3. Put mixture in a large bowl and refrigerate overnight.
4. In the morning, place mixture in a Crock-Pot and cook on low for 8 hours.
5. Top with cheese. Serve with corn bread.

### Grandma’s Brownies

**Brownies:**  
**1 1/2 cups flour**  
**2 cups sugar**  
**7 Tbsp. cocoa**  
**1 tsp. salt**  
**1 tsp. baking powder**  
**1 1/3 cups shortening**  
**4 eggs**  
**2 tsp. vanilla**  
**2 Tbsp. corn syrup**

**Frosting:**  
**1/2 cube (stick) margarine, softened**  
**2-2 1/2 cups powdered sugar**  
**3-4 Tbsp. cocoa**  
**1 tsp. vanilla**  
**Hot water, enough for desired consistency**

1. Stir first five ingredients together in a large mixing bowl.
2. Add shortening, eggs, vanilla and syrup. Mix until well-blended. Do not beat excessively.
3. Bake at 350 F for 30-35 minutes. Let cool.
4. Prepare frosting by mixings together the margarine, powdered sugar, cocoa and vanilla.
5. Add very small amounts of hot water until frosting reaches desired consistency. Top brownies with frosting.

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*(in Northgate Shopping Center behind Applebee's)*

\*Fasting is required for screening results. You may take your regular medications as directed. Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Waxahachie or Baylor Health Care System. ©2011 Baylor Health Care System BMCWax NOW CE 5.11