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M A G A Z I N E

August 2009

**Blood, Sweat
and Cheers!**

**A Better
Way**

**Muscle in
the PTV**

**Precision
on Canvas**

At Home With

**Barry and
Evelyn Wilber**



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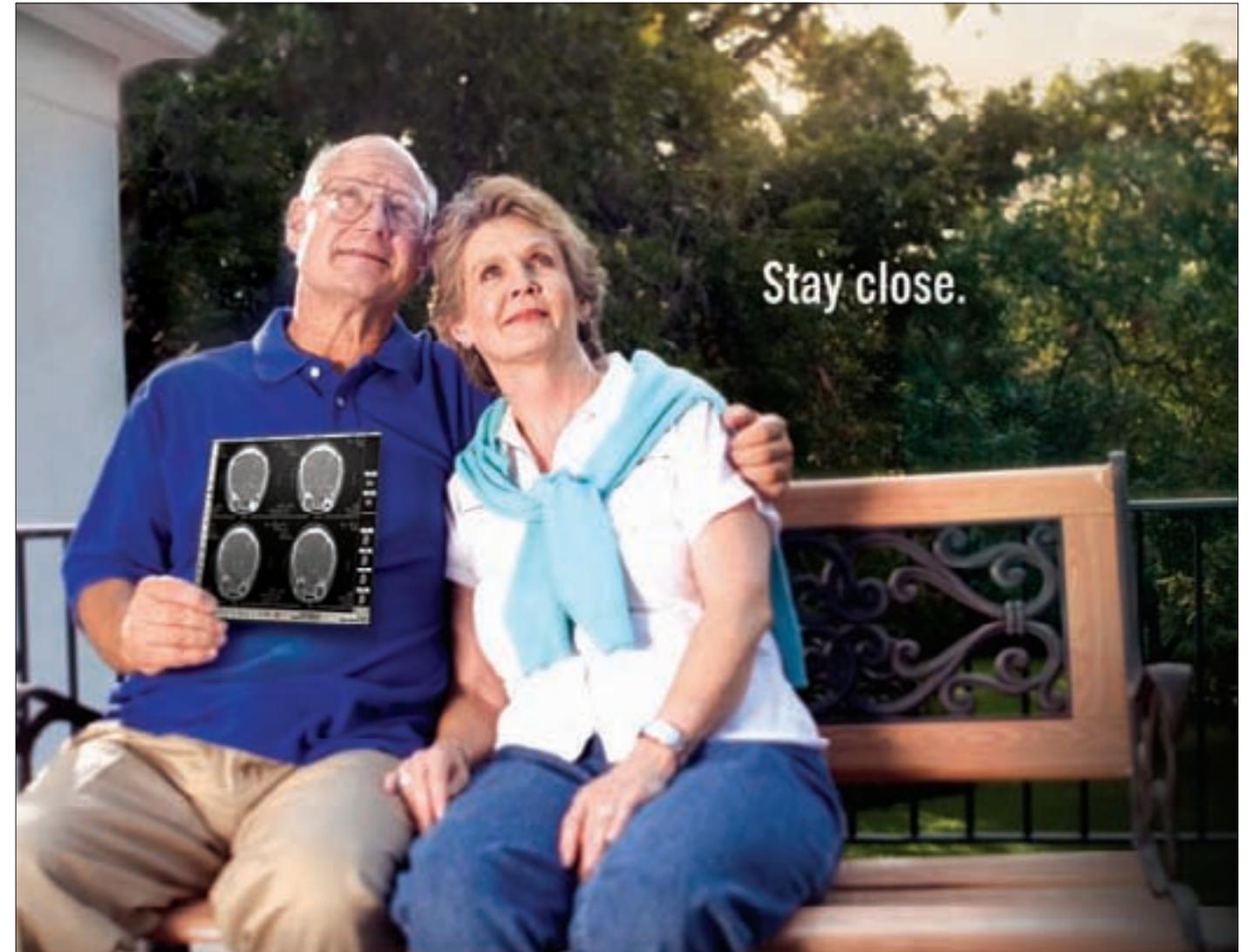
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Angela Kirkpatrick gears up
for a new season as a
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Photo by Jordan Mach.

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Editor's Note

Hello, Midlothian,

Tucked inside Meadows Library is a special place named Brooke's Books in honor of the memory of Brooke Ashton Cambron, a former local high school student. The FCCLA (Family, Career, and Community Leaders of America) of Midlothian High School won the National High School Community Service Award in May 2009 for creating the library project. This outstanding chapter raised money for a memorial scholarship in Brooke's name and encouraged children in the community to read. Congratulations for what you have accomplished!



As summer boils to an end and anticipation revs up for the coming school year, there is still plenty of time left for summer activities. Join the fun at Hawkins Spring Park on Saturday, August 8, beginning at sundown. The city of Midlothian is sponsoring another "Movies in the Park" night featuring *Willy Wonka and the Chocolate Factory* (original). Do not forget your chairs and/or blankets!

Betty Tryon
MidlothianNOW Editor

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A Better Way

— By Betty Tryon

One of the most horrific things that could happen to a community happened here. The words “something must be done” no doubt ran through thousands of minds in Midlothian back in October 1987. Two drug-using teenagers discovered the identity of an undercover police officer and murdered him. This story made international news and spurred the book *Innocence Lost*, a Pulitzer Prize nominee. This tragedy, however, was not in vain. Indeed, three concerned parents did do something. They started REACH Council Prevention Services in 1988 to find a better way to help young people stay free from drugs. The acronym REACH stands for resource, educate, activities, council and helping. This nonprofit program continues today and Suzanna Simonton, REACH program director, alongside Janice Carey, who was one of the three charter members, fights the good fight every day.

Children in the Midlothian Independent School District from sixth to eighth grade get the opportunity to hear the message of drug prevention. Before children will listen and take to heart the message, they must feel secure and safe within themselves and their environment. That opens up areas that may be troubling for many students, such as peer



Janice Carey, alongside Suzanna Simonton, REACH program director.

pressure or bullying. Some children may turn to drug activity in an effort to fit in with the group. Others may turn to drugs as a reaction to feeling isolated if they are the target of bullies. REACH teaches them about substance abuse to help them navigate through this minefield of avoiding drugs. “Kids really need good information about how to deal with life as they move to adulthood,” Suzanna said. “They learn coping skills such as how to make decisions based on consequences or what will happen. They learn how, if things are bothering them, to manage their own feelings and not keep them bottled up or take them out on other people. Kids learn it is OK for parents to have rules in the house. Kids want to make good decisions, but sometimes they are not getting support from parents. Parents are not parenting; they want to be friends. I see the anguish and hurt in kids when they don’t get that support or attention.”

The REACH Life Skills program presented in the middle schools in Midlothian is an interesting one because the students get the opportunity to evaluate the messages sent to them in the media. “We have them look at ads for a magazine and ask them, ‘What do you see?’ and then we discuss it,” Suzanna said. The students are savvy enough to recognize the

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message the advertiser is hoping to send. For example, in an alcohol advertisement, the advertiser may relate the drinking of liquor to themes of relaxation or having fun.

Some of the other topics included in REACH Life Skills are self-image, making decisions, coping with anger, social skills, assertiveness, resolving conflicts, and myths and realities of drug use. Janice described the course as “a comprehensive classroom program that teaches children social and coping

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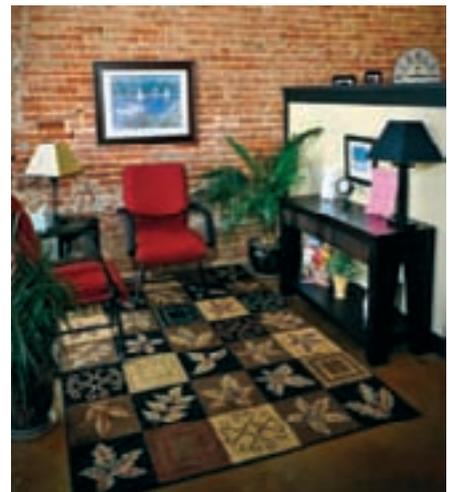
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skills they will need to be able to say ‘No’ to unhealthy situations. This program is taught to everyone in the class.” Suzanna added, “Sometimes we do skits about being passive-aggressive in their behavior.”

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is a program offered to students aged 12 years and up. “We talk to all of the kids in DAEP (Disciplinary Alternative Education Program) in sixth to 12th grade in Maypearl and Midlothian,” Suzanna said. “We present a curriculum to them about drug use, how to resist peer pressure and develop coping skills as well.”

Embodied in the REACH program named Kids Connection is the goal of learning coping skills. “This is an elementary program. They learn not to give in to peer pressure and how to be a good friend. We try to prepare kids how to stay off drugs and how to cope

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with life,” Suzanna explained. Janice added, “This is a curriculum-based support group. This is not a therapy session group but a learning session group where they are in groups of six to 10 students. They learn to make good decisions and set goals. Students are referred by teachers, their parents or school counselors.” REACH hopes to add this worthwhile program to Midlothian when funding becomes available.

These are weighty subjects, and REACH’s staff is well-qualified. All of

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the staffers in schools implementing the programs are licensed social workers. Suzanna graduated from the University of Oklahoma with a bachelor’s degree in social work. She went to the University of Texas at Arlington, earned her master’s in social work, and has been with REACH for four years. “I like social work,” she said. “I have been doing this for 20 years. I love working with teenagers and kids to give them knowledge to cope with life. Families need to talk to each other more. Not just in-depth, but everyday conversations. Don’t try to be a friend, and don’t let kids run the household. You have to start at a young age. It is very difficult if you start at age 15 or 16.” Suzanna acknowledges that children reared in the best possible environment can still go down the wrong path. “Even kids with rules and

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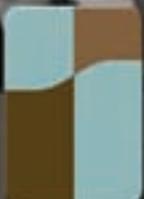
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regulations can make bad choices but are more likely to be reined back in," she added.

REACH also encompasses the entire family. Its Safe Homes Program reaches out to families in the community in an effort to eliminate the illegal use of alcohol and other drugs. The program looks for a commitment on the part of parents to furnish an alcohol- and drug-free environment. As part of Safe



Homes, activities are designed to bring the whole family together for fun. Suzanna stated, "We have family game night where we might go roller skating. The cost is only \$1 for the entire family. We think this program helps improve family bonding."

As with most nonprofit organizations, funding continues to be a challenge. The majority of its funds come from the state in the form of grants. Some assistance is given from the city of Midlothian and United Way. In addition, the school districts of Midlothian, Maypearl, Burleson, Joshua and Ennis provide assistance.

One of the hallmarks of humanity is when a tragedy occurs, with determination and diligence, something good and useful can come from it. The REACH Council Prevention Services saw a need, rose to the challenge and our community is better for it. **NOW**

Editor's Note: For more information about REACH, go to www.reachcouncil.org.



Colonial Hills
Baptist Church
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Colonial Hills Baptist Church celebrates its 25th Anniversary on Sunday, August 16, 2009. Former Pastor Weldon Doherty brings the message at the 10:30 worship service. Complimentary lunch will be served immediately following the service.



Rev. Weldon Doherty was pastor of Colonial Hills Baptist Church, in Cedar Hill, Texas, from 1992-1999. He and his wife Terry live in Nashville, Tennessee and Rev. Doherty currently works with Shelby Systems Inc. and travels the Northeast working with churches and denominational conferences. He and Terry have two sons, Darren and wife Shelly of Sugarland, Texas and Matthew and wife Sally of Lubbock, Texas. They have five grandchildren.

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— By Sandra Skoda

As a Southwestern Assemblies of God University graduate, Barry Wilber had a desire to return to Waxahachie. When the time came for him and his wife, Evelyn, to move from their home in Valley Ranch, their home sold much faster than they expected, so they moved into a rental property in Waxahachie. With due diligence, they continued to search for

AT HOME WITH BARRY AND EVELYN WILBER





land on which to build what they hoped would be their final dream home.

“About three months later,” Barry said, “we found three acres in Midlothian.” Knowing once they were settled they wanted to move Barry’s parents closer, they also made arrangements to buy an existing home for sale directly across the street.

When it finally came time to break ground and start the construction process of their traditional style, three-bedroom, three-bath home, Barry and Evelyn decided to duplicate a large portion of the floor plans they had enjoyed in their previous home. The main difference in the two — the old home had a second floor and this one does not. “The dimensions in the family room, kitchen and breakfast room are identical to the home in Valley Ranch,” Barry explained. “We already knew the plan worked for entertaining up to 50 guests easily and comfortably,” Evelyn added. The couple also decided to keep the dimensions in the master suite the same.

When it came time to choose the brick, Evelyn’s desire was to have something different. She saw what she wanted when she spotted the “Idea House” in *Southern Living Magazine*. Finding [the brick] was a journey all its own. “I had to research on the computer,” she remembered. “It proved to be a lengthy process.” The brick, known as general shale, was shipped to

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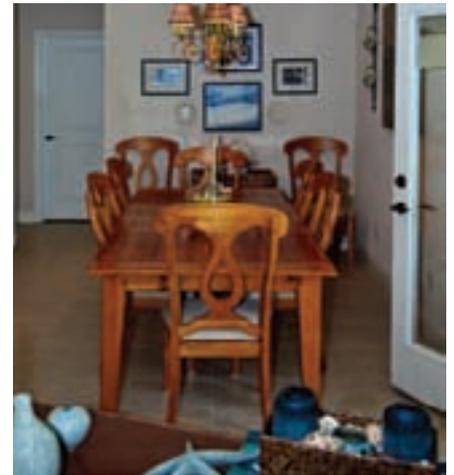


Ellis County from Atlanta, Georgia. "It's three-fourths the size of a regular brick," she explained further. "It's new brick that's made to look antique."

The three complementary colors, both interior and exterior, were chosen off a simple color card at Sherwin Williams named merino wool. The trim used throughout the home's interior is an antique white. "We couldn't be happier with the brick and color choices," she said. "They go perfectly together." The paving stones used in the front and back areas are

considered a very special find to the couple, as well. "We happened upon them one day while we were shopping at Lowe's," Barry said. "It was a style that was being discontinued, so we purchased it all." The couple looks at this find as a gift of sorts. "The paving stones were a blessing," Evelyn noted. "They match the brick perfectly."

The back of the home faces south, where a line of trees serves as a windbreak. The east side is referred to as the "fruit orchard," with its apple, peach, pear and plum trees. "Every afternoon, we



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enjoy walking around the house and seeing the new growth,” Evelyn said, as Barry nodded his head in agreement. “Last year, we didn’t have a single piece of fruit,” he confessed. “This year has definitely made up for last year.”

It has been 18 months since Barry and Evelyn spent the first night in their new home, and they could not be happier with what they have been able to create in such a short period of time. The tropical theme found throughout the home was inspired by the framed piece that hangs over the fireplace



mantle in the living room. “It was our inspiration piece,” Evelyn smiled. “It’s the Palm House, a tropical conservatory located south of London. It’s a copy of the original painting.” It was the driving force that started the theme that includes starfish, shells and tropical plants.

Framed opera posters found in the front foyer have sentimental meaning to Evelyn. “*Madame Butterfly* was the first opera Barry attended,” Evelyn said, as she pointed to the poster depicting the event. An antique Philco radio that Barry bought in 1981 for



\$20 is also displayed in the front entrance to the home. “He restored the cabinet soon after he bought it,” Evelyn mentioned. “He restored the radio portion about eight years ago.” As an amateur radio operator, Barry finds fun and relaxation in refurbishing antique radios. For proof of this fact, all one need do is visit his shop in the home’s garage.

The study, located just off the front entry, is home to memories from Barry’s younger years. The bookshelves are decorated with photos of his maternal

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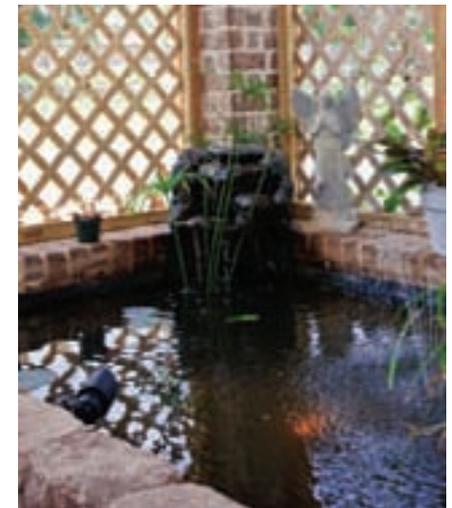
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grandparents, a black-and-white photo of Barry as a younger man playing the saxophone and an antique camera that once belonged to his father. Other collections worth mentioning include: Evelyn's Lladro porcelain pieces from Spain; her teapots that came from Europe and the United States; her modest collection of Willow Tree statuettes; Wedgewood china; and pottery pieces from her days at Louisiana Tech University, special because they were gifts from artists



with whom she once worked closely.

The dining room set, well over 100 years old, once belonged to Evelyn's maternal grandparents. The library table in the hallway, also 100 years old, was another acquisition from the same grandparents. The bedroom suite in the "grandkids' room" dates back to

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the time Evelyn was in the sixth grade. “The grandchildren range in age from 1 to 15,” she stated. “They love the room that we keep set up just for them because of the bright colors I used. It’s a fun, happy room.”

Animal print pillows by Check-It-Out and shell tabletop arrangements created by a local artist known simply as DeeDee, blend easily with the antiques, memorabilia and family heirlooms in the great room. The magical blend adds up to hospitality at its very best.

The kitchen is open to the family room and breakfast area. This space leads directly to the couple’s favorite room in the house — the sun patio. The floor plans allowed for this extra room where more than one family gathering has taken place. “We had a slab poured out back, had it covered and then we added the columns,” Barry said. Barry finished the room by framing it in Plexiglas and decorative lattice. The koi pond, also designed and built by Barry and stocked with four koi and four big, fat gold fish, offers beauty for the eyes and a soothing sound for the soul. “We spend no less than an hour a day out here unwinding and relaxing,” Evelyn said.

While they relax and unwind, they will no doubt be sipping Evelyn’s famous spiced tea. “We thoroughly enjoy our time out here,” Barry added. “We don’t want to go in for supper, but we know we must.” **NOW**

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“When painting close-up images, I can pretty much duplicate it.”

Precision on Canvas

— By Betty Tryon

Sparkling crystals have almost unrivaled beauty. The ability of their translucent nature to reflect light and change colors has transfixed many admirers. Artists try to capture that brilliance when painting things of glass. It is an elusive quality and only a few can even come close. Sharlene Cazares willingly takes up the challenge.

Sharlene’s *Crystal Sugar Bowl* painting made its public debut at the Midlothian Conference Center Arts Council Amateur and Professional Contest and Exhibition in 2008. Resting on a yellow cloth, the bowl is painted with such precision and clearness that it draws one to its uniqueness. The bowl looks as though it is simply waiting for

someone to pick it up out of the painting for use. She stated, “When painting close-up images, I can pretty much duplicate it. I have had some people ask me why I am framing this photo out of a magazine. I take that as a compliment. I like the way that my painting almost makes you feel it. There is something about it that you can feel with your eyes, so to speak. That’s why I like sharp, crisp images. I prefer to paint images that are close-up and sharp. I have a hard time painting things in the background, large areas like grass — that would be abstract.”

Other interesting aspects of the painting *Crystal Sugar Bowl* are the folds and creases of the yellow towel it

rests upon with two perfectly painted strawberries beside the bowl. The way material folds and shapes itself fascinates Sharlene. “I really like the old masters. When you look at their paintings, you can *feel* the fabric flowing and the skin and the shininess of the metal and the roughness of the wood. It is what I liked about the Renaissance paintings — the big gowns and the wrinkles and the darks and the lights that emphasize wrinkles. It makes you feel it.”

Although Sharlene does not prefer painting faces, she is very much capable of it. She demonstrated this in a mural she painted of wild animal babies, capturing the spirit of the baby monkey, elephant and tiger. Perhaps the closest one to perfection was the baby lion. She managed to paint in his little face all the curiosity and caution that would normally be present in a wild animal infant. “I wanted to paint it so

you can feel his little fur," she said.

Sharlene also painted a portrait of her grandfather. "I painted him from a photo and put it on his casket at the funeral," she recalled. "People were asking me for a copy of the picture, and I had to tell them it was not a picture but a painting. When I was painting it, I could put every wrinkle and every



expression on it. It was an odd sensation when I was doing that. It was as if I was memorizing his face forever. It is very, very hard to paint a face. If you are off [just a tiny bit], you are going to lose who they are. If you know someone, it's probably easy to paint them. I wouldn't paint someone's face I didn't know. I don't know if I could capture what other people see in them."

The only art course Sharlene ever took was a college drawing class taken while in high school. "I thought that

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MISD

First Day of School is Monday, August 24, 2009

Bell Schedule

Elementary 7:45am-2:45pm
Middle School 8:35am-3:40pm
High School 8:45am-3:45pm

Back to School Online www.midlothian-isd.net

Bus routes (available mid-August), dress code, new student enrollment, school supplies

5th Annual MISD Education Foundation
GOLF
Tournament

September 18, 2009
12:30 p.m. Tee Time
at Mansfield National

Tournament Details

Date: Friday, September 18, 2009

Time: 10:30am - Registration
11:00am - Lunch for all players
12:30pm - Shotgun Start
*Awards ceremony immediately following tournament

Location: Mansfield National Golf Club
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Deadline: Sponsorships and registration due September 4

All entry fees include: Green and cart fees, range balls, hamburger lunch and prizes. Prizes will be awarded for longest drive, closest to the pin and for the winning teams

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Midlothian ISD
Education
Foundation

The Midlothian ISD Education Foundation (M.E.F.) is a 501(c)(3) nonprofit tax-exempt philanthropic organization of citizens that share a vision of enhancing education in Midlothian ISD. It works to increase private support for educational activities at MISD which benefit students and personnel by supporting activities not funded by tax dollars. M.E.F. fosters creative approaches to education through private grants and involvement, and awards Foundation funds through a volunteer Board of Directors made up of business, community and educational leaders.

Elementary "Meet-the-Teacher" Night (PreK-5th) August 20, 2009

T.E. Baxter Elementary (PreK-5th) 6:30-7:30pm

J.R. Irvin Elementary (PreK-5th) 6:00-7:00pm

Longbranch Elementary (3rd-5th) 5:30-6:15pm; (K-2nd) 6:45-7:30pm

LaRue Miller Elementary (3rd-5th) 5:30-6:15pm; (PreK-2nd) 6:30-7:15

Mt. Peak Elementary (PreK-5th) 6:00-7:00pm

J.A. Vitovsky Elementary (PreK-5th) 6:30-7:30pm

Middle School Orientations (6th-8th)

All students will be welcomed by the middle school principal, receive their schedules and be able to tour the building to find their classes.

August 13, 6:30pm - 6th Grade

August 17, 6:30pm - 7th Grade

August 18, 6:30pm - 8th Grade

Walnut Grove Middle School *Located in the gym*

Frank Seale Middle School *Located in the gym*

Midlothian High School Orientations (9th-12th)

Students are to meet in the MHS Auditorium on their designated date and time where they will be able to pick up schedules

August 11

Sophomores - 1:30pm

Juniors - 11:30am

Seniors - 9:30am

Freshman Orientation Camp

August 13

Girls - 9am-noon

Boys - 1-4pm

(Lunch - Noon-1pm)

New School Immunization Requirements Effective August 1

Changes to school immunization requirements for five vaccines take effect Aug. 1 according to Texas Department of State Health Services officials. Changes affect mainly students entering kindergarten and seventh grade. All immunizations must be completed by the first day of attendance at public and private schools. Download the vaccine requirement form at www.dshs.state.tx.us or at www.midlothian-isd.net.

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was pretty cool, being with the college students,” she smiled. Although not formally trained in every aspect of art, Sharlene did learn helpful information from a friend. “She taught me techniques I probably never would’ve known about. She taught me about colors; when you want to deepen color, you never use black; it makes the color look muddy. To deepen it, you go to the color opposite it on the color wheel. You



deepen reds with green, which makes burgundy,” she shared. “She taught me about different types of brushes to use. She also taught me how to highlight wood. You don’t use white because that makes it look fake. Use purple or light blue.”

One of Sharlene’s paintings demonstrates her highlight method. Apples hanging from a single branch exhibit her technique. She used the color green for her shading and highlighted the apples with light pink. She prefers to use gouache watercolor as her medium. “It is a deep sediment watercolor, a water-based paint, almost like a cross between watercolor and acrylic. You get the intensity and depth of the color, but yet you can thin it out to a very sheer color,” she explained.

Sharlene uses her gift of creating at her Memory Creation scrapbook business in downtown Midlothian. She also paints nails in a salon downtown. Whether scrapbooking, nail painting, fine painting or decorating with murals, Sharlene keeps busy creating and re-creating her art. **NOW**

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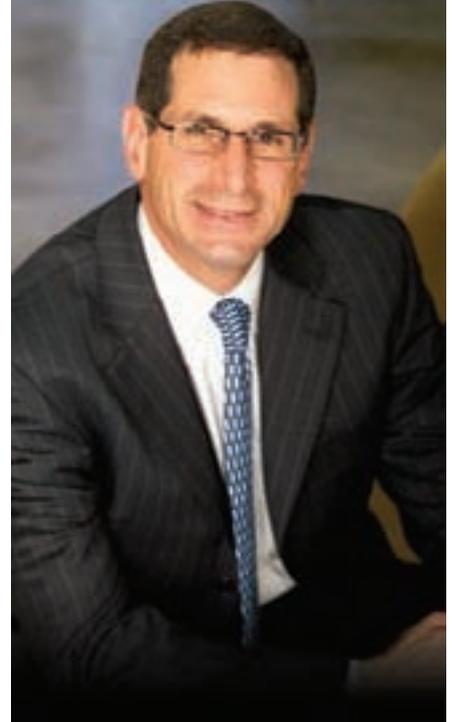
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Blood, Sweat & Cheers!

— By Angel Jenkins Morris



Midlothian High School sophomore Angela Kirkpatrick's motto says a lot about her: "I trade sweat for strength. I trade doubt for belief. I trade cheerleading for nothing." Having just turned 15 on June 28, Angela is not your ordinary cheerleader. Sure, she is friendly and perky, but it was a painful shyness that first attracted her to cheering. "I have always been very quiet and shy. To perform in front of thousands of people has given me confidence to overcome that," Angela said.

Angela first became involved with cheerleading at age 2. "I was already taking dance and tumbling. A family friend was director of Cedar Hill Pee Wee Cheerleaders and, after watching me tumble, she asked my mom to let me join. The day I put on my first cheerleader uniform, I was hooked," Angela said. "My first football game was at Texas Stadium. I was nervous, [but] the moment I stepped on that field and started to cheer, my wonderful journey began."

Three months later, Angela attended the Dallas Cowboys cheer camp led by some of the top dancers and choreographers in the Metroplex. Her mother received her certification and began coaching Angela's cheer squad for the next few years. Angela attended camps, tumbling and dance classes to continue improving her skills. "I changed classes and never seemed to find the right blend of tumbling, cheer and dance skills until we learned about a cheer gym in Arlington called Spirit of Texas. My best friend, Ani, and I went with our moms to visit. This competitive cheer gym was considered the elite of all cheerleading," Angela said. "Their goal is to train their all-stars — not only tumbling and cheer skills, but endurance as well. I still

remember dreaming of being a member of the Spirit of Texas All Star squad.”

Spirit of Texas (SOT) is known as having the most talented cheerleaders, winning more national championships than any competitive gym in the United States. “One of the head coaches evaluated our cheering and tumbling skills to decide on the correct level of tumbling to put us in. That was seven years ago and my dream continues,” Angela said.

With SOT, Angela has been on one level 3 team, three level 4 teams and is now on her second level 5 team. Competing and training on a level 5 team requires over 12 hours of tumbling and practice each week. Angela typically trains 16

hours weekly.

“The biggest challenge I face in this sport is the physical and mental stamina required to



keep myself conditioned to meet the demands of both school and competitive cheerleading. Competitive cheer requires an endless amount of dedication and commitment. I put in additional hours of practice and conditioning with school cheerleading,” Angela said. “It is also challenging coordinating both school and competitive practices, games and competitions along with my other school activities and keeping focused on my education.”

For school squads, Angela was named cheer captain at Walnut Grove Middle School in eighth grade and last year served as captain of the freshman squad for Midlothian High School. Now, Angela is on the MHS junior varsity squad. Between competitive and school cheering, Angela has earned a number of honors including: Pee Wee Best Jumper (four years), Best Tumbler (four years), MVP (three years), Cheerleader of the Year (two years); Spirit of Texas

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MVP (two years), Best Performer (three years), Overall Best Cheerleader for her squad — awarded at America's Best competition; and won the highest honor last year as The Spirit of Texas Award recipient. Through school cheering Angela was named a National Cheerleading Association All-American three years in a row and was one of the all-star spotlights in *American Cheerleader* magazine. She has won over 30 national titles and is "very proud of the four coveted leather NCA jackets" she has earned.

Angela hopes to continue cheering throughout high school, then try out for the University of Texas at Austin's acclaimed cheer squad. While the sport is something she cherishes, she also enjoys horseback riding, playing piano and racing her hot pink four-wheeler. She participates in student council and was just elected as an officer for this year, and is also involved in church and volunteering with local charities. "I also love my friends and hanging out and watching movies with my family. My brothers, Robert and Billy, spend endless hours helping me condition and train on our home trampoline. I love animals and have five dogs, two cats, a bunny and a turtle. I will race anyone on my four-wheeler and love snow skiing, swimming and sewing," Angela said. "I'm very blessed that my family supports my dreams and helps me keep organized and focused on my busy schedule."

For now, the busiest part remains cheerleading. "I can't wait for school to begin so my squad and I can cheer the Midlothian JV teams to victory. If I'm not proudly cheering for the mighty Panthers, chances are you will find me at Spirit of Texas," Angela said. "That will be me on the spring floor throwing my full, doing 100 standing backs or 25 triple toe backs, with a huge smile on my face. After all," Angela said, "if you're going to cheer, cheer hard!"



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Elegance Has the Edge

— By Betty Tryon

As you walk through the door of the Edge Studio Salon, Nail and Spa, a sense of style, from the gold-framed mirrors to the rich colors, is evident. That ambiance, created by owner Tammy Bentley, was intentional. Tammy and her husband, Chris, opened Edge Studio in Midlothian in September of 2008. “I felt there was a need for a luxury salon in Midlothian,” she said. “I wanted hometown luxury with personality and atmosphere.”

Tammy came to Midlothian with a history of running a successful salon in Cedar Hill for seven years. Her level of experience dates back 17 years to when she went to cosmetology school. “I feel this is my calling for sure. I love it, and I felt led to it,” she said. “We came to Midlothian because we heard that the schools are great out here, and we like the small-town community. It is also a central location for some of my clients. They come from Red Oak, DeSoto, Cedar Hill and, of course, here in Midlothian.”

Tammy and Chris’ move to Midlothian proved to be a tremendous growth experience

for them. “I had three stylists, and I now have nine. Junell Crawford is our esthetician who does corrective skin care. The products she uses are medical grade. She does peels, facials and European facials along with the peels. She has photos of children she worked with having their acne cleared up. She does a lot of work with reducing wrinkles and age spots,” Tammy stated, adding that Junell has over 20 years of experience in the business.

“Every stylist here has a minimum of three years experience. The majority have at least eight to 10 years experience. It’s not your typical gossipy salon. Everyone is very professional,” Tammy said. Chris added, “It was important for us to get the right mix because you have 14 people working together

every day with similar beliefs and similar family structure. They enjoy coming to work, and they are doing a good job. We have had people call us and say we had a good time at your place.” Tammy continued, “This is a Christian-based business. It is important to me that people know that.”

In addition to all types of hair care services including highlights, lowlights, perms and hair extensions as well as skin care, Tammy gets to exercise her creative abilities when doing nails. “We do acrylic nails, manicures and pedicures. I do the



art pedicures as well," she said. Tammy takes a great deal of pleasure in reproducing designs on nails for her customers. Clients can choose from designs she has on file or they can bring an image of their own choosing and Tammy will try to meet their needs. The salon also does ear piercing.

Other services you will find at Edge Studio Salon Nail and Spa are waxing (including full body), hot stone pedicures and Tahitian or chocolate mint foot facials. "All of the products I use are quality spa blends," Tammy said. "We have a rosemary mint pedicure that is about 1 hour and 15 minutes. You get a really good pedicure."



Pampering their customers is all a part of the service. "We offer special beauty packages. We did a Mother's Day special. A group of kids sent their mother here for an entire day of pampering. We foo foed her up! We like to make someone feel special and our prices are affordable. You can come to a nice place and still be able to afford it. We are not so high-end that you can't afford it. The average person can walk in here and have a nice day," Tammy said.

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MUSCLE IN THE PTV

— By Betty Tryon



It is a new day. Dads are here to take over the PTV (Parents, Teachers, Volunteers)! Ummm ... not quite. Even Scott Cotton, a new member to the PTV at J.R. Irvin Elementary School, thinks they need more dads participating but feels perfectly happy with what the wives contribute to the team. He stated, "The wives do all the coordinating and then tell us what to do, you know, kinda like real life." Jokingly he added, "Since I am willing to be bossed around by more than one woman at a time that is how I came to be in my position."

The PTV is the new PTA (Parent Teacher Association). With the PTV, everything is more informal. Scott explained, "We don't have Roberts Rules of Orders and can get things done a little quicker without getting bogged down in red tape." Usually, the PTV kicks into high gear the first week of school. Parents and students visiting their campus on Back to School Night are greeted by smiling volunteers behind a table filled with information about the PTV organization. They are

hopeful every year that more parents will join them. Such is not always the case. "We had the first PTV meeting the first week of school and we were going to choose the board at that meeting. I showed up and there were just enough parents to fill out the board, so everyone got a spot," Scott recalled with a good-natured laugh.

Scott wants to encourage more dads to join. "We have a lot of fun doing what we do in the PTV. You don't have to be an official member, just be the parent of a child in the school," he explained. "I would like to see more dads involved. The first week of school, we will try hard to get more people out. They can just come out to stuff; we need attendance. It's not a big leap [from] having fun going to movie night at the school to helping out there."

Scott likes to give credit to the dads they have in the organization now. "Nick Walton signs up for a lot of things and Alex Woodward helps just about every movie night. The other guys are Corby La Croix, Eric Zarate and Earle Jones. They come out to help set

up the concession stand," he said. "We do the burly, manly work like lifting ice chests. The kids get a real kick out of seeing their dads do stuff at the school. For me, that is probably the reason why I do it. I feel like my daughter gets something out of seeing me involved."

One of the events the PTV sponsors is movie night. According to Scott, "We generate about \$200 to \$300 dollars. We can't charge them [for the movie] so we make our money from concessions. Local businesswoman Andrea Walton donated a lot of stuff and acquired donations from other companies. We have done about four movies. We tie in movie night with what they are doing at school. The last one we did had something to do with Dr. Seuss so we showed *Horton Hears a Who!* We also did giveaways of books. The kids come wearing their pajamas and bring their sleeping bags — just like a sleepover without having to yell at everyone to go to sleep afterward."

There are many uses for the money the PTV raises throughout the year.

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“We try not to have any money left over at the end of the school year unless we are saving up for a big-ticket item. We bought a big electric sign for the cafeteria for announcements and other things. We want to purchase an electric sign for the front of school. We try to do something during teacher appreciation week to show our appreciation for them,” Scott said.

They also participate as volunteers in school-generated functions such as math and science night and field day. Scott’s official title on the PTV board is field day coordinator. He has volunteered in the event in previous years. “For field day, I get a water slide



and the kids who volunteer from the high school set up games that mostly involve getting wet. The teachers do a lot of it, too.”

Without the PTV, school would not be as much fun for the students. “A lot of the stuff is driven more by the school, like the book fair, but movie night would not have happened without the PTV,” Scott noted. “Our main focus is to augment whatever we can to make school better and more fun for kids and take some of the strain off of the teachers and administrators. They don’t need to work all day long and then be up there at night selling popcorn at movie night. We try to make school more fun and more community based. Then we are not just building educated kids but building community-aware kids who are more involved in their town.” **NOW**

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• Spartan cheerleaders, top left, taught gladiator lessons for upcoming spirit competitions. • Ribbon cuttings were held at 24 Hope, Inc., top right; and Technology and Beyond, second row left. • Ben Irby, second row center, played with a puppet he created from an envelope at vacation Bible school. • Carly Kitts and Vince Frawley, second row right, brought three gold medals home from the state track and field meet held recently in Austin. • Children, bottom left, made, decorated and planted flowers in pots that were later donated to nursing homes and senior citizens in the area.

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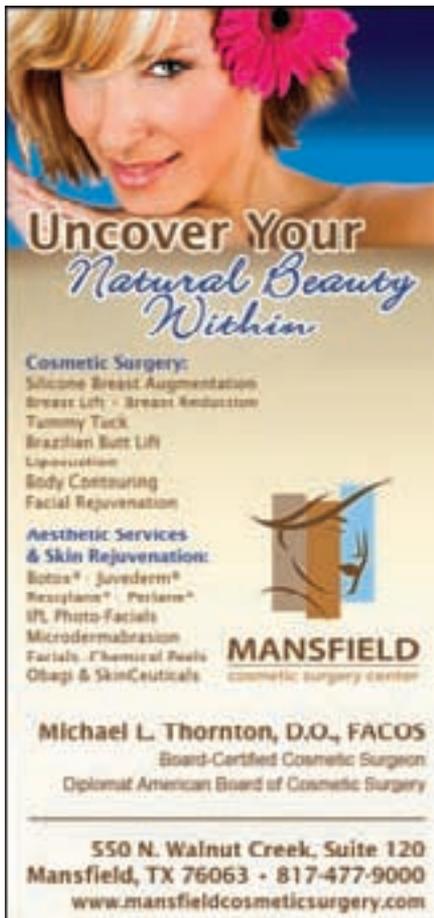
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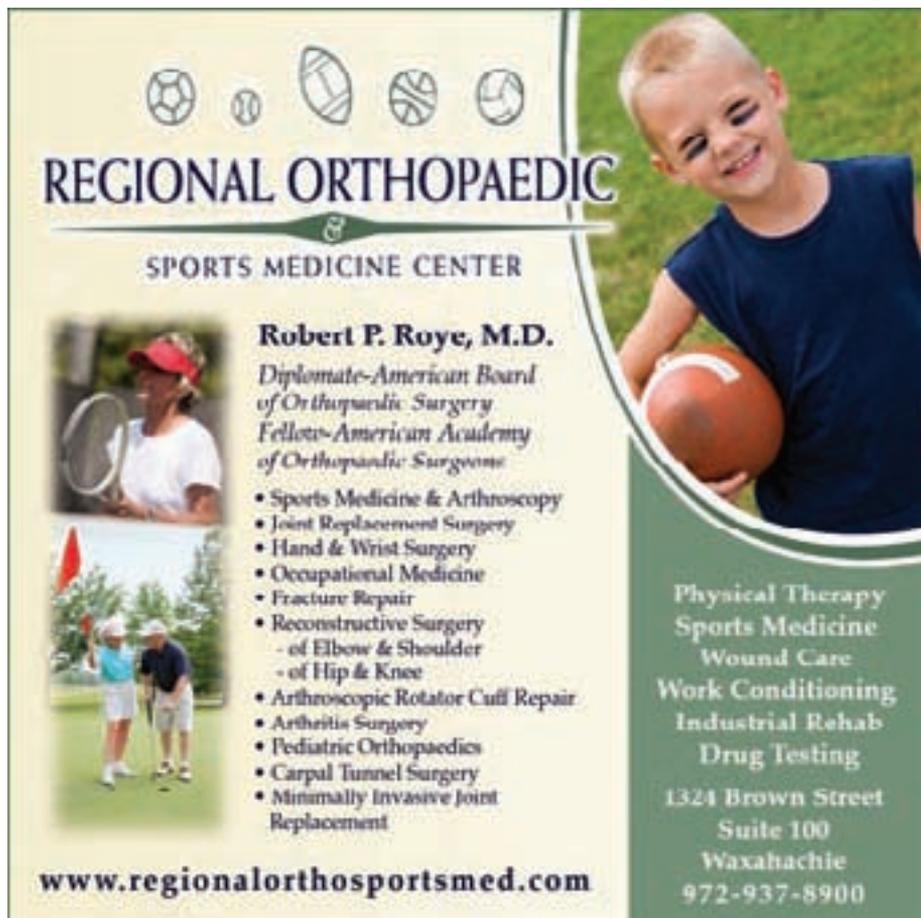
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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH CARI LACROIX

CROCK-POT BARBECUE BRISKET

1 lean beef brisket
 unseasoned tenderizer
 lemon pepper, to taste
 garlic salt, to taste
 Worcestershire sauce, to taste
 1 bottle barbecue sauce of your choice
 sausage of your choice (optional)
 sandwich buns

Lay two long strips of foil in an X-shape in your Crock-Pot. You will cook your brisket wrapped inside the foil. This will keep your brisket juicy and tender. (When you remove it from the Crock-Pot later, you can open the foil and use it as handles to lift the meat out and drain the juices.) Sprinkle thawed meat with tenderizer, lemon pepper and garlic salt, covering lightly. Puncture the meat with a fork or knife to tenderize further and allow juices to flow while cooking. If meat is cut thick, turn it over and repeat seasonings and puncturing on the other side. Put the meat on the foil in the Crock-Pot; drizzle Worcestershire sauce on top. Push the foil down, sealing the meat inside. I recommend cooking

slowly at low heat overnight, and serving for lunch. Other variations would be to cook on high for 4-6 hours or to cook at high heat for three hours or so, then switch to low heat for the remainder of time until done. It all depends on the size of your brisket. About an hour before serving, drain most of the juices. Remove the foil, and slice or shred the meat with two forks. Pour barbecue sauce on top. If desired, you can also add sliced sausage at this time. Serve plain or on sandwich buns.

CHICKEN DIP

3-4 boneless, skinless chicken breasts
 1 stick margarine
 2 jars salsa of your choice
 1 8-oz. cream cheese, softened
 2 cups shredded Monterey Jack cheese

Boil and shred chicken. Melt margarine over low heat; stir in salsa. Bring to a boil; mix in shredded chicken. Simmer for 10 minutes, stirring occasionally. Spread softened cream cheese in a baking dish. Pour chicken mixture on top. Sprinkle with shredded cheese. Bake 15-20 minutes or

until bubbly. Serve with tortilla chips or tortillas.

TRASH CAN SOUP

1 lb. lean ground beef
 16 oz. V-8 juice
 16 oz. Spicy V-8 juice
 1 16-oz. can each: corn, peas, carrots (do not drain)
 1 24-oz. can beef broth
 1 pkg. onion soup mix
 1 cup Monterey Jack cheese, shredded

Brown beef in a stockpot. Mix in all other ingredients except cheese. Bring to a boil; simmer 15 minutes. Serve sprinkled with cheese. Great served with corn bread.

TURTLE CAKE

1 box of German chocolate cake mix
 3 eggs
 1 1/3 cups water
 1/2 cup oil
 1/2 stick margarine
 1 14-oz. can sweetened condensed milk
 1 bag caramels



Names L to R: Johnnie, Hillary, Carolyn, Megan, Alicia, Denise, Brandi, Jamie and Kristi

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Who's Cooking **NOW**

Chocolate frosting or 1/2 cup chocolate chips, opt.

Preheat oven to 350 F. Grease and flour a 9 x 13-inch pan. Mix cake according to directions. Pour slightly more than 1/2 of batter in cake pan. Bake for 15-20 minutes. Meanwhile, melt 1/2 stick margarine over medium-low heat. Stir in sweetened condensed milk. Add caramels, stirring constantly. Pour caramel mixture over baked first half of cake. Spread remaining batter on top. If desired, sprinkle with chocolate chips. Bake for 15 additional minutes, or until cake appears done in center and has pulled away from the edges, caramel bubbling on the sides. If desired, lightly frost; it's very rich as is!

OREO ICE CREAM CAKE

1 carton chocolate or vanilla ice cream, softened
1 pkg. Oreo cookies, crushed
1 bottle chocolate syrup
8-oz. tub Cool Whip, thawed

Spread softened ice cream in 9 x 13-inch cake pan. Sprinkle crushed Oreos on top. Drizzle chocolate syrup over Oreos. Next, spread with thawed Cool Whip. Decorate top with more syrup, drizzling lightly. Freeze for several hours or, preferably, overnight. Variation: This is also great with strawberry ice cream, strawberry syrup and crushed graham crackers.

CHOCOLATE CHIP OATMEAL COOKIES

2 sticks margarine, softened
1 cup sugar
1 cup brown sugar
2 eggs
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
2 cups quick oats
6 oz. mini, semi-sweet chocolate chips.

Cream by hand: margarine, sugar, brown sugar, eggs and vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in oats, chocolate chips. Drop 1-inch spoonfuls on cookie sheet. Bake at 350 F for 8-10 minutes.

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Why You Need Auto Insurance

— By Tim Tobey

Each year, more cars and drivers hit the highways. With so many vehicles on the road, crashes will happen. Automobile insurance can be the difference between a minor inconvenience and a major hassle. But why do you need insurance and just how much should you buy?

Auto insurance protects you by paying for damage or injury you cause others while driving your car, damage to your car or injury to you or your passengers in your car from a crash, plus certain other occurrences, such as theft.

Auto insurance is required by law in all states and provinces. Without insurance, you risk having to pay the full cost of any harm you cause others or of repairing or replacing your car if it is damaged or stolen.

Coverage requirements vary by state/province but usually includes the following:

Liability: It pays for damages due to bodily injury and property damage to others for which you are responsible.

Bodily injury damages include medical expenses, lost wages and pain and suffering. Property damage includes damaged property and loss of use of property. If you are sued, it also pays your defense and court costs. State laws usually mandate minimum amounts, but higher amounts are available and usually recommended.

Personal injury protection: This is required in some states and is optional in others. It pays you or your passengers for medical treatment resulting from a crash, regardless of who may have been at fault, and is often called no-fault coverage. It may also pay for lost earnings, replacement of services and funeral expenses. State law usually sets minimum amounts.

Medical payments: This coverage is available in non-no-fault states; it pays regardless of who may have been at fault. It pays for an insured person's reasonable and necessary medical and funeral expenses for bodily injury from a crash.

Collision: This pays for damage to your car caused by collision.

Comprehensive: This applies if your car is stolen or damaged by causes other than collision, including fire, wind, hail, flood or vandalism.

Uninsured motorist: This pays damages when an insured person is injured in a crash caused by another person who does not have liability insurance or by a person who cannot be identified (usually a hit-and-run driver).

Underinsured motorist: This pays damages when an insured person is injured in a crash caused by another person who does not have enough liability insurance to cover the full amount of the damages.

Other coverages, such as emergency road service and car rental, are also available.

What you pay for auto insurance will vary by company and will depend on several factors, including:

- What coverages you select
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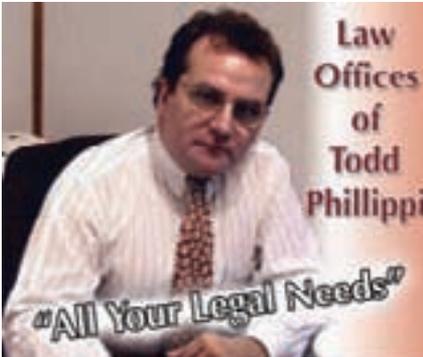
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Through the Fog

— By Betty Tryon, R.N.

On a foggy day, the car windows often look murky. It does not matter how hard the wipers work to clear the vision field; it remains cloudy. The world looks this way through the eyes of a person afflicted with cataracts. If left untreated, it can lead to complete loss of vision. Cataracts are the leading cause of blindness in the world. Although the condition is very common in America, total blindness from cataracts is rare here because treatment is so readily available.

Cataracts cloud the lens of the eye. Normally, light passes through the lens on its way to the retina. The retina then sends signals to the brain. In order for the retina to send clear, sharp signals, the lens must be clear. In cataracts, the clouded lens restricts the amount of light sent to the retina and results in a fuzzy image.

If you have cataracts, your first symptom may be awareness that you can no longer drive safely at night because of glare from oncoming car lights. Seeing double is another symptom. You may find yourself going in for frequent changes to your eyewear prescription in order to see better. The progression of the condition varies and not every case is

the same. When symptoms reach the point that vision is impaired, corrective action can be taken.

Diagnosis is simple and begins with a comprehensive eye exam. The visual acuity test is a routine eye exam that determines how well you can see from a distance of 20 feet. A dilated eye exam allows the practitioner to observe the retina and optic nerve. The tonometry test is a painless process of measuring the pressure inside the eye. These objective methods will determine if cataracts are present and the extent of the condition.

The natural aging process causes many cases of cataracts; but not every senior citizen is plagued with this condition.

Prolonged exposure to sunlight without protective eyewear is another risk factor in addition to aging. Some diseases such as diabetes can be a causative factor.

Treatment, depending on the degree cataracts have progressed is effective. Early cataracts may only call for a different prescription for your eyewear. Increasing the wattage of your lighting helps also. If the cataract starts to interfere seriously with your vision, you and your eye health specialists may decide that surgery is necessary. Surgery for cataracts is very

common and usually very safe. Cataracts need not lead to blindness. It is a condition that can be managed. **NOW**

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



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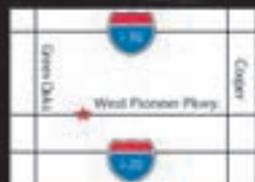


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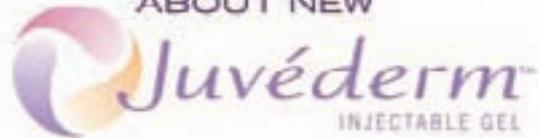




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August 2009 Community Calendar

All Month

Tickets now on sale for Barkin' Bow Wow Luau, benefiting the Ellis County SPCA. Come out to Hawaiian Falls Waterpark in Mansfield on Sept. 27 and play in the water with your dog. For ticket, event and sponsorship/vendor information, call (972) 935-0756. www.elliscountyspca.org.

First and Fourth Monday

School Board meeting: 6:30 p.m.

Third Monday

Ellis County Aggie Moms: 7:00 p.m., Waxahachie First United Methodist Church, 505 W. Marvin. For more information, contact Cheryl Bell at (972) 723-0341 or rb4cj@sboglobal.net.

Every Tuesday

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

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

Second and Fourth Tuesdays

Middlethian City Council meeting: 6:00 p.m., City Hall, 104 West Ave. E.

First Thursday

Middlethian Area Historical Society meeting: 7:00 p.m., Middlethian High School Meadows Library. Contact Kathy

Robinson at (972) 723-2755 for more information.

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

First and Third Thursdays

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

August 4, 6

Walnut Grove Middle School registration for new students: 8:00 a.m.-4:00 p.m. Lunch break from 12:30-1:00 p.m.

August 11

Middlethian High School Orientation. Students are to meet in the MHS Auditorium on their designated date and time, where they will be able to pick up schedules. Sophomores: 1:30 p.m. Juniors: 11:30 a.m. Seniors: 9:30 a.m.

August 13

Freshman Orientation Camp: MHS auditorium. Girls: 8:00 a.m.-noon. Boys: 1:00-4:00 p.m. Lunch: noon-1:00 p.m.

August 13, 17, 18

Walnut Grove Middle School Orientation for all students: 6:30 p.m., W6MS gym. All students will be welcomed

by our principal, Mr. Blackwell, receive their schedules and be able to tour the building to find their classes. August 13: sixth grade. August 17: seventh grade. August 18: eighth grade.

Frank Seale Middle School Orientation Night: 6:30 p.m., FSMS gym. August 13: sixth grade. August 17: seventh grade. August 18: eighth grade.

August 20

Elementary school "Meet the Teacher" Night. Pre-K through fifth grade. Time to be determined.

August 22

Community health and fitness event presented by Pro Health: 4:00-8:00 p.m. Free event includes a body boot camp, yoga/pilates, youth sports drills, children's exercise games, races, face painting and more. www.middlethian.ProHealthNational.com.

September 7

Free yoga classes, conducted by local yoga teachers, in Middlethian, Red Oak, Waxahachie and Ovilla. For class time and location, call Lisa Ware at (214) 532-0776 or visit www.elliscountyoga.com.

For more community events, visit our online calendar at www.nowmagazines.com.

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