

What's Your **BUCKET LIST?**



Everyone has a bucket list, some earlier in life than others. Tracy McBee has a bucket list, a rather large one. It is not like any ordinary bucket list that involves skydiving and climbing Mt. Everest, but a bucket list that involves owning her own dental practice, marrying a cowboy, having children, raising baby calves, being a fitness coach and writing a cookbook.

Tracy McBee grew up in Meadow, Texas, a small town 25 miles outside of Lubbock, Texas. She graduated from Angelo State University with a Bachelor of Science in Biology and a minor in Chemistry. Tracy then went to the University of Texas Health Science Center in San Antonio to their dental school to receive her Doctor of Dental Surgery degree.

Now, McBee owns her own dentistry, Dr. Tracy R. Henson-McBee, General Dentistry, in Lubbock, Texas.

"When I was in sixth grade, I decided I wanted to become a dentist," McBee said, "I set that goal at that time and was not going to stop short of achieving it." Her building was built in Nov. 2011 where she is she owner and manager of Dr. Tracy R Henson- McBee, General Dentistry (MCB DDS). McBee works with four other people in her office, including Erica Reyna, McBee's dental assistant and receptionist.

"Tracy truly is a down to earth, kind hearted, country woman," Reyna said, "I could not ask for a better woman to work alongside."

Shortly after graduating from dental school, McBee met her husband, James McBee, a working cowboy, at a San Angelo rodeo.

"I always envisioned marrying a cowboy, and I checked that off my list too," McBee said. She and her husband live near her hometown, Meadow, Texas, on a ranch and

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have two boys, Riley, who is 15-years-old, and Tate, who is 11-years-old.

McBee's husband owns a cattle company called 72 Cattle Co., where she is the bookkeeper and part-time nanny to many baby calves each year.

"One of my favorite things to do is bottle-feeding baby calves," McBee said. "I name each calf and become very attached to them, I call the pen with our babies my 'NICU' (Neonatal Intensive Calf Unit)." McBee said she loves that both her and her husband are blessed and fortunate to have jobs doing what they love.

After checking off owning her own dentistry, marrying a cowboy, raising cattle and having children, McBee decided it was time to knock, writing a cookbook, off her bucket list.

"I love to discover new things when I cook and it

has always been a dream of mine to write a cookbook," McBee said. Spurs and Smiles was founded in 2011 by Tracy McBee herself. "I put together a collection of recipes that are tasty, and well-liked, proven to be very helpful to a busy wife, mother and professional," McBee said.

After checking off Spurs and Smiles from her list, McBee became a Beachbody/fitness coach.

"I love helping others achieve their fitness and health goals," McBee said, "I love the Beachbody company and being a product of the product."

McBee said she loves to work out because it is her "me" time, and there are no interruptions. Every morning, the alarm goes off at 4:45 AM, where she starts with a workout, gets ready for the day, and then goes to work.

"It is the way I get my body going and my way of preparing mentally for my busy and stressful day," McBee said.

I have always been a very goal-oriented person," McBee said, "I really think that being a twin has a lot to do with it." McBee is from a small town, with a small school where her twin sister, Stacy, was in the same class from Kindergarten all the way through high school and participated in every sport and every activity available together.

"I had a built-in competitor under the same roof all those years," McBee said. McBee said her and Stacy competed in everything from sports to grades. Tracy was Valedictorian, and Stacy was Salutatorian of their graduating high school class.

"She pushed me and I pushed her," McBee said. "I thank God every day for giving me the desire, drive and dedication attributes that he blessed me with." McBee said. "I know, without a doubt, that God and my family are the reason I have been successful in achieving my goals."

Reyna says that she is a woman that is highly motivated and assertive, that it is almost like she wants to complete everything on her bucket list in one day. "I honestly do not know how she does it, she truly is an amazing, energized woman," her assistant, Reyna said. **T**



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