# Midlothian

MAY 2012

Also Inside: **Mothering Keegan** A Full Slate Journey Through Life Together The Bus Stop All Star Champions In the Kitchen With Margie Brown Protect, Honor, erve

After years in the military, Robert Cato returned home to be a father.

Child's Play At Home With Keith & Kelly Huber.

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### YOU'RE INVITED TO FOUR SEMINARS: SATURDAY, MAY 12

9 – 9:50 am Your Breasts, Your Life

Dr. Kory Jones reviews the latest in breast health, screening, treatment and reconstructive surgery.

10 – 10:50 am The Pelvic Floor Show

Dr. Tracy Cannon-Smith focus on bladder health, including incontinence approaches such as pelvic floor reconstruction and slings, and

robotic prolapse surgery.

11 – 11:50 pm Robots – A Woman's Best Friend

Drs. DeEtte Vasques and Russell Dickey talk about the latest in minimally invasive gynecological surgery with a special focus

on the benefits of robotic surgery.

12 – 12:30pm Hospital Tour & Refreshment Break

12:30 – 2pm Losing Can Mean Winning

robotic team in Texas.

Dr. Russell Dickey will focus on medically supervised weight loss options. Drs. David Dyslin and Augustus Lyons will share the latest in surgical options, including robotic bariatric surgery. A nutritionist and counselor will share tips regarding how to maintain weight loss for life.

## Presented free of charge

by USMD Hospital at Arlington and participating specialists. Reserve a seat by calling 855.55.ROBOT or register online at usmdarlington.com.



Publisher, Connie Poirier

General Manager, Rick Hensley

#### **EDITORIAL**

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#### On The Cover



Robert Cato's service to our country is a reminder that freedom is not free.

## Contents May 2012 • Volume 8, Issue 5



Protect, Honor, Serve With the war behind him, Robert Cato still owns a soldier's heart.

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Lucinda Able mentors teenagers through difficult times.

The Bus Stop Wyatt Snider hopes you catch a ride with him.



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#### Editor's Note

Dear Friends.

I never knew, until recently, that when my parents dropped my sister and me off at college, our mom cried all the way home and into the night. I'm surprised that I am surprised! I am a mom, and I intimately understand why she cried.

Our children do not belong to us, and we only have them for a short time — and sometimes, that knowledge is painful. We imprint within our consciousness their scent, mannerisms, personality, what makes them happy and what makes them sad. We know we must let go someday, but the letting go is only physical. My husband's mom told him that with her dying breath, she would have the names of her children on her lips. Psychologically and emotionally, our children stay with us until our last day. Happy Mother's Day to my beautiful mom, Beatrice Williams, and all the mothers in Midlothian!



Betty Tryon

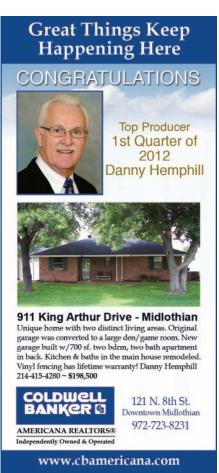
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# SUMMER CAMPS

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June 4-7 Baseball, Basketball (Boys), Soccer (Boys/Girls) June 11-14 Basketball (Girls), Soccer (Boys/Girls) and Football

June 18-21 Softball
July 30 - Aug. 2 Volleyball

#### **MISD Calendar**

- May 21 No School / Staff Development Day Educational Showcase, K-12 student work displayed at MHS, 6-8pm
- May 22 No School / Inclement Weather Day
- May 28 No School / Memorial Day
- June 1 Last Day / 2-hr. Early Release
  MHS Graduation at Multipurpose Stadium, 8pm

#### MISD 2011 Bond

Project details and Q & A available at www.midlothian-isd.net/bond



#### High School #2 (Phase 1)

- · Located at FM 1387 & Walnut Grove Rd.
- Projected to open 2014-2015 school year

#### Frank Seale Middle School Addition

- Expand student capacity to 1200
- 12 classrooms & fire lane expansion
- Project completed by 2013-2014 school year

#### Elementary School #7

This project is temporarily postponed. Bonds will not be issued until conditions warrant it









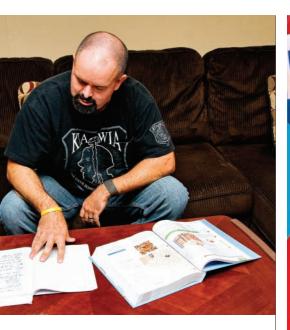
himself doing things he never thought possible. He became one of the best at removing bullets from soldiers, while under gunfire and en route to a military base. He ran into streets, while dodging bullets, to drag back a fallen comrade to start an IV while under assault from rocketpropelled grenades.

But it was when Robert went back to Iraq to fly with a battalion of Marines that he expanded his résumé from flight "Doc" to tail gunner. "This time our primary job was to control the Iranian border to keep smugglers from bringing weapons in for the enemy," he explained. Robert was logging more than 16 hours a day, six days a week, "and I got very good, as a noncombatant, at using a 50-caliber machine gun at the rear of the large assault helicopter and hitting my target."

Under the Geneva Convention Code, a medic is not to bring harm to another person. "But these are different times," Robert said somberly. "We were constantly under fire, and the enemy was getting smarter and smarter about the shoulder-mounted rockets." He went on to explain that he rode in the military's largest helicopter, the MH-53. "It's big and loud. There's no hiding it."

During Robert's second helicopter crash, the pilots were able to maintain control, despite a hit to the tail. While he reportedly felt a numb sensation in his elbow, an injury that would later prove to be quite significant, Robert once again counted himself lucky and continued to volunteer.





"One of my dearest friends from Midlothian, Lyle Gordon, was a pilot killed in Iraq in January 2005. He was a captain in the Marines. I felt privileged to be part of what he had been doing and, in a sense, helped complete his mission."

But in 2009, Robert conceded. "I had tempted fate enough." It was time for



Hospital Corpsman First Class Robert Cato to come home, "be with my kids and be a father to them."

The irony is that his final deployment was not in the air, but on the ground. "Our unit wasn't involved in daily combat. We weren't tasked with looking



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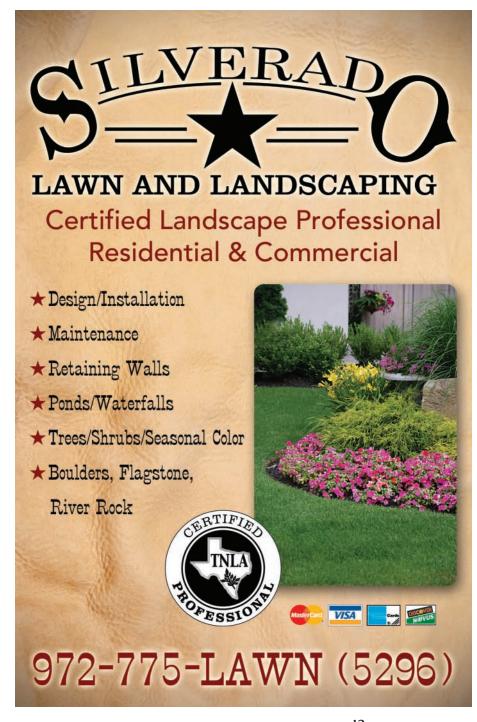
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for the enemy but were to provide escort to high-ranking officials or injured soldiers," Robert explained. Still, the welltraveled roads were littered with IEDs (improvised explosive devises) that were hidden in dead dogs, potholes or random mounds of dirt. Unlike the other crashes when Robert had warning, he never saw this coming, and it was the most devastating to him and his crew.

While Robert has been credited for saving countless lives and has been given awards for bravery and valor, his body is racked with permanent injury and devastating images that forever haunt him. After 16 years with the Navy, he was declared medically retired. "They had no use for an old, broke down man anymore," he joked.

#### "I'm a firm believer that everyone has a calling in life. You may not figure out what that is until later in life."

Robert returned to Midlothian with his family, declaring, "I'm just a smalltown boy," but he is so much more. He is a stay-at-home father, football coach, husband and a music and sports enthusiast, thanks to his seven children, ranging in ages from 1 to 16. Today, he is focused on his most important role as father. "But I have a five-year plan," Robert said of his goal to earn a nursing degree. "When our youngest starts school, I want to go back to work as an RN." NOW



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went, and they told me they had a double life. We had these big mango trees in the back of our house, and they would tell me that they climbed the mango trees and said, 'When we get to the top, we become beautiful birds. We have an amazing life up there. If you want to become one of us, you have to do this and that for us!' I was so little and short, I could never climb, so I would do chores for them and anything I could think of to get up the trees. But there was no way I ever could," Lu laughed. "Who believes that?"

Many such games stopped for Lu when her father died of cancer when she was only 10 years old. "In Brazil, kids can go to school from 7:00 to 11:30 a.m. or in the evening," Lu said. She attended school in the mornings and babysat for a lawyer's family from noon until 8:00 p.m. every weekday until she was 14 years old. "Then, I worked as a salesperson in a shoe store and went to school from 6:45 to 11:00 p.m. every night. But it was great because it made me who I am, and I was able to help my mom."

Many years later, after Lu graduated, a tall, "beautiful" American missionary knocked on her door, and it was love at first sight. Lu traveled to California, although she spoke no English, and they married in 1993. She and Mike had a









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son, Macaulay in 1993, then a daughter, Kendra, in 1997. When Kameron was born in 2001. Lu knew she was not done. She had three beautiful, healthy babies but, "We still had to have Keegan," she said.

"I always felt I would have a special needs child," Lu said matter-of-factly. So, when she and Mike learned Keegan would be disabled, she was not deterred. When she was told to get an abortion, "We, of course, said no."

In fact, Keegan's condition was so severe, he was not expected to survive the pregnancy. When he was born on January 3, 2004, he was not expected to live but a few hours, then just days. There were less than 100 such cases of severe chromosome problems in the world. The only thing the doctors were sure of was that he would not survive. But they did not know Lu.

Lu lived at the hospital for over a month. Then, even though it meant driving 280 miles, she took him to the hospital and home again every day for over six months. Lu knew that if Keegan were at home, he would thrive. While Mike supported the family, Lu worked an incomprehensible schedule around Keegan and her three older children, always making sure she was there for them after school and at bedtime. She never stopped. She never slowed down.

When doctors told the Kartchners that Keegan could never go to Disneyland



or fly in a plane because of germs and his oxygen tank, "I looked at Mike and said, 'Next year, we're going to go to Disneyland.' And we did."

No medical doctor had ever been very optimistic about Keegan's condition, but he continued to thrive. Little by little, Lu began to wean Keegan from his oxygen tank, allowing him to build his lungs. She took him to parks, shopping and restaurants. "We went everywhere," she shared, "me, Keegan and his [oxygen] tanks!"

Keegan and Kameron are not only brothers, they are inseparable playmates.



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"Kameron was about 3 years old," Lu recalled, "and I was standing in the kitchen when I heard the baby monitor beeping like crazy!" Lu ran back to see what was happening to Keegan and found Kameron hoisting his little brother onto a blanket in preparation of dragging him to the play room. Lu recalled, "He would pull, stop, rest, pull, stop, rest." And Keegan was thrilled. "He's a boy! He likes to be held upside down. He loves loud noises, and he loves to play."

While the moment was very cute, there was also great satisfaction for Lu. "I never wanted my children to resent Keegan," Lu stated. Rather, she wants everyone to see what a blessing he is. "I have always felt that the only way to truly love someone is to serve them. Serving Keegan, to me, is an honor."

When the family moved to Midlothian in 2009, they were blessed to be surrounded by people with the same belief, but the greatest blessing has come from her own children. "Keegan is my role model," Kendra, Lu's daughter, said. "I know that sounds weird because he's vounger than me, but he's so innocent, so loving and gives me an empathy factor that I can relate to others. I love special needs kids." In fact, Kendra hopes to become a physical therapist. "I know a lot of kids who are resentful of their disabled sibling. But I've seen how my parents treat Keegan, and I want to be there for those kids who aren't treated like my brother. It does take a lot of work, but it's all worth it. You just can't not love Keegan!"

"By serving him," Lu added, "he's doing us a favor because he's making us all closer."

But in serving him, touching him, singing to him, constantly taking him places, asking him to stand and play, Lu has also pushed beyond medical expectations for Keegan. For the little girl who once wished she could climb the mango trees with her sisters, the ridiculous premise that she could fly does not seem so impossible. With Keegan, she has learned to soar.

#### "HATS" Off to MISD Teachers and Staff! "Thank You!"



Dolores McClatchey, From Ken & Joyce Thompson

#### District

Brian Schwagart, From Cameron & Carlee Poole

#### J.R. Irvin Elementary

Ashley Golden, From the Medinas Blaire Fleeman, From the Medinas Brandy Kemp, From Rahcel Hockford Emily Rogers, From the Medinas Naomi Simpson, From Rachel Hockford Nikki White, From the Medinas

#### LaRue Miller Elementary Heather Cooper, From Beth Woodall

Amy Sears, From Syndey Gardner Angela Hendrix, From the Gunn-Carter Family Carol Savins, From the Gaul Family Anita Day, From Ken & Joyce Thompson Anthony Dorris, From Syndey Gardner Deanna Edmister, From the DeRoucheys Donna Cole, From Cameron & Carlee Poole Donna Cole, From the Gunn-Carter Family Erica Hardegree, From Takatoshi Mii Gina Larue, From Syndey Gardner Lindsey Bass, From Syndey Gardner Rachel Eidson, From Syndey Gardner Rachel Eidson, From the DeRoucheys Stephanie Thigpen, From Takatoshi Mii Tammie Moore, From the Gunn-Carter Family Martha King, From the Gaul Family Vicki Storm, From Syndey Gardner

#### Franke Seale Middle School

T.E. Baxter Elementary

Lupe Mendoza, From Imelda Mendoza

#### Walnut Grove Middle School

Carly Woolery, From Leigh Ann Phillips Gorden Butler, From Leigh Ann Phillips Kathleen Miller, From the Gunn-Carter Family Kim Rawlinson, From the DeRoucheys Laci Wischnack, From Leigh Ann Phillips Mary Davis, From the Gunn-Carter Family

#### Longbranch Elementary

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#### Midlothian High School

Erick Hernandez, From the Dromey Family Jennifer Ferranti, From the Dromey Family Stephanie Prewitt, From the Dromey Family

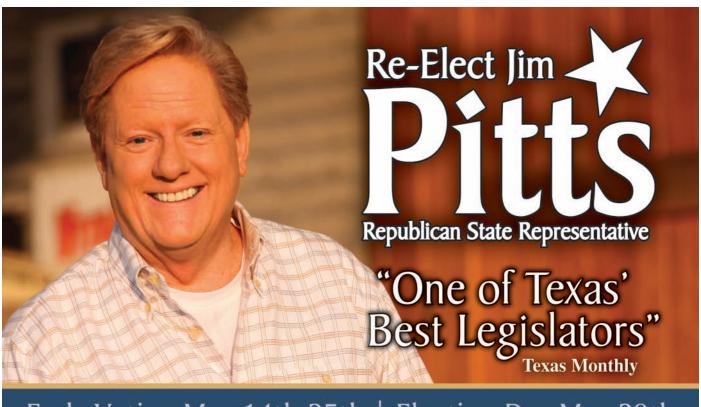
#### Mt. Peak Elementary

Breeze Daniel, From Caelin Whitley Brenda Terry, From Caelin Whitley Briana Campbell, From Eric & Melissa Cupp Briana Campbell, From Paul & Jackie Campbell Brianna Campbell, From the Spencer Family Elizabeth Pearson, From Eric & Melissa Cupp Karen Childers, From Ken & Joyce Thompson La-shea Slaydon, From Ken & Joyce Thompson LeaAnn Miller, From Ken & Joyce Thompson Lisa Mitchell, From the Spencer Family Kristina Chapa, From Macy, Gabe & Will Bell Margo Hughson, From Ken & Joyce Thompson Marilyn Hopkins, From Ken & Joyce Thompson Michelle Steinfeldt, From Caelin Whitley Mrs. Kunn, From the DeRoucheys Nancy Robertson, From Ken & Joyce Thompson Robin Mayer, From the DeRoucheys Robin Mayer, From Dalton & Garrett Wolf Sheri Hartgraves, From Caelin Whitley Terrie Money, From Macy, Gabe & Will Bell Sheri Hartgraves, From Aslyn Rowland Sheri Hartgraves, From the DeRoucheys Shirley Horsley, From Ken & Joyce Thompson Stacy Sims, From Caelin Whitley Tama Garrison, From Ken & Joyce Thompson Tracy Xavier, From Ken & Joyce Thompson Windy Fulmer, From Ken & Joyce Thompson Windy Fulmer, From Caelin Whitley

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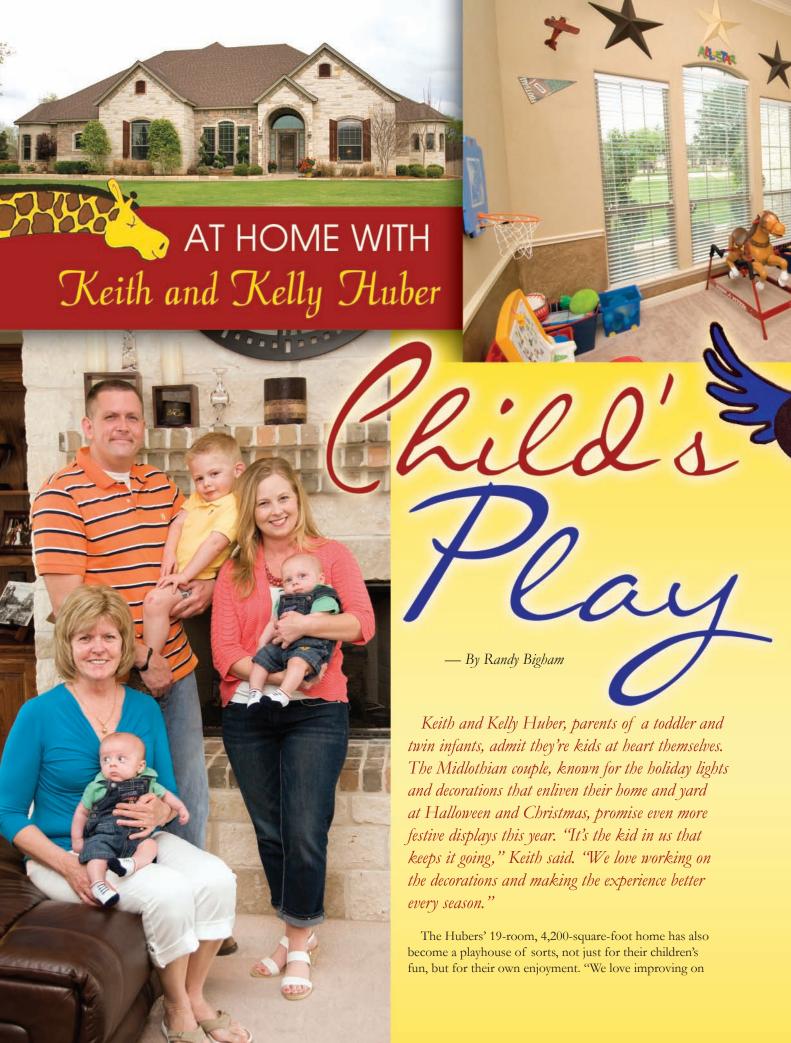
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the house," Keith explained. "We have added something every year, it seems!" He and Kelly insist they aren't extravagant in other ways. "We enjoy our house and love making it a home for all," Keith pointed out. "We just like making our home better."

Concentrating their love of design and comfort on their living space has resulted in one of the most beautiful modern houses in Midlothian, constructed of Austin stone and French country brick, with fine wood-trimmed interiors. The couple credits their builder, Roland Klein of Klein Custom Homes, for the outstanding quality of the work performed inside and out. "When we bought the house, it was one story," Keith said. "Klein put in the second floor, and they did an excellent job."

"They went to great lengths to get it right," Kelly added, "from the hand-crafting to finding the right brick to match."

With five bedrooms, four baths, a study, a gym, a game room and a swimming pool, the Hubers have plenty of space to love life, and they do. Keith and Kelly dote on their children





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Midlothian, Texas — February 3, 2012 — Approved Home Health Care announces the promotion of Karen Torti to Administrator/Director of Nursing. Karen has been an RN, Case Manager with Approved since Feb 2011. We are proud to have Karen leading our team! Congratulations, Karen!

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— son, Bailey, age 2 1/2, who attends Cobblestone Learning Center, and twin sons, Austin and Hunter, barely 22 weeks old. The family includes Keith's mother, Joyce, who has moved in to help care for the babies, and rounding out the happy nucleus are three dogs, Madison, Brendle and Katy.

Keith and Kelly's life together began romantically enough. He proposed to her in a castle in Germany. That palatial start led to their 2007 marriage and many other exciting journeys abroad. The pair has toured the Caribbean, Switzerland and Prague, which they appreciated for its history and architecture. "The people are

amazing," Kelly said. "It's a place where freedom is still new, and you get that feeling in everyone you meet." The young couple also relished state-side trips to Nashville and Tulsa, but with the arrival of their three sons, they have settled into a cozy domesticity. "We have our hands full with the boys," Keith said. "But we are enjoying this time of watching them grow up."

The Hubers have built busy careers around their kids. Keith, originally from Maryland, is a detective with the Dallas Police Department, and Kelly, reared in Louisiana, is corporate controller for a telecommunications company in

Lancaster. They both love their jobs because, despite the hard work, they know they're helping people.

In Keith's case, his work isn't just difficult — it's dangerous. Kelly is always concerned for his safety but, coming from a law enforcement family, she's more proud of him than worried. Bailey is also proud. "Daddy gets the bad guys," he said.









To better serve our patients, we are now offering extended evening and weekend hours. Please call our office for more information. Most insurance is accepted.

Jepsin Maliyil, M.D. has joined Baylor Family Medical Center at Midlothian. Dr. Maliyil is board certified in family medicine. She enjoys the full scope of primary care and sees patients of all ages. Some of her clinical interests include women's and children's health, preventive care, and management of acute and chronic diseases. Her goal is to provide safe, effective, and quality health care to families of Midlothian and its surrounding communities.





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#### Family Practice

Karen Yeh, M.D. Chad Coleman, M.D. Matthew Moreland, D.O. Jepsin Anat Maliyil, M.D.

#### Pediatrics

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Keith finds his work rewarding. "It makes it worthwhile when the public shows they care," he admitted. "Maybe it's a stranger who offers to pay for lunch or someone in a case you worked who sends you a thank you card." He was recently touched to see an article in the *Dallas Morning News* commending him for helping an elderly man and his wife who became lost trying to find a local hospital.

Before coming to Texas, Keith was a bomb dog handler for the federal government, being appointed to security detail for President Clinton, Vice President Gore and Secretary of State Madeleine Albright. During his assignments in Washington, he also met foreign leaders like Yasser Arafat and Benjamin Netanyahu. Beaming mom, Joyce, said that Keith was handpicked from the Air Force for his position with the government. His impressive brush with political bigwigs may make for interesting dinner conversation, but Keith prefers to brag about his family. "It's to make life better for them that I put so much time into home improvement," he admitted.

If the beauty of the Huber house is any gauge, Keith loves his family very much. A warm, easy elegance pervades the home from the foyer and main living room to the bedrooms and office. Cream, beige, brown and black in fine linens and leather are used in upholstery, pillows and curtains, evoking a sophisticated, if generally masculine, mood throughout the residence. The children's rooms are an exception, with brightly painted details. Bailey's room is mostly red, befitting its firefighter theme, and the babies' room is full of color and



character, as well. Its safari premise is underscored with enchanting murals of toucans, giraffes and hippos designed by local artist, Kerri Allred, who is now attending Texas A&M University.

But it's the upstairs game room that best interprets the Huber clan's upbeat spirit and taste. "This is where we can all be kids and have fun," Keith said. There's a full bar, a kitchenette, a scrapbooking and crafts counter, a ping pong table, a dart board, slot machines and a vintage rocking horse made by Kelly's granddad. When the family isn't having a good time here, they're gearing up for the holidays, which are more than a tradition they're a production. For Halloween, the front lawn and trees are entwined with purple and orange lights, and red and white for Christmas. They also open their home to trick-or-treaters and carolers alike, transforming the front rooms into an exhibit of miniature villages of papier-mâché structures and characters. For Halloween, there are haunted houses and hearses, witches and Dracula. For Christmas, Santa and his elves, snowmen and a train packed with goodies bring vuletide cheer. "My mom instilled in me a love of make believe," Keith said. "She always went all out during the holidays especially, even making costumes, and she still does."

The Hubers are looking forward to more fun times with their kids and insist they couldn't have found a better place than Midlothian to live and play. "It's the best," Kelly said. "It's a tight-knit community. We have great neighbors and the best day care in town. What more could we ask for? We wouldn't want to be anywhere else than right here."



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much growth in any other grade level. Kindergarten is the foundation."

Candace was determined from her very first day that her classroom would look cheery, colorful and inviting. "I was determined to have my room not look like a first year teacher's room, so my husband and I really broke the budget," she confessed laughing. "We spent a lot of money making the room look nice. Kindergartners need all the print around the room."

Remembering how she felt that first day as a kindergarten teacher, Candace recalled, "I had my room all set up, and it was like I was meant to teach. My first year of teaching was the best year I've had. My kids came in and were ready to go, and I had awesome support. I started at Longbranch, and Kim Buttgen was a great mentor to me. She helped mold the way I am today as a teacher."

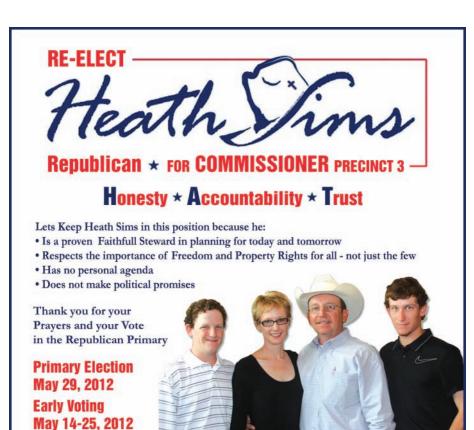
As natural as teaching comes to Candace these days, education was not her first choice out of high school. "I just wasn't ready for college after graduation, because I wanted to travel. I went into the military." She joined the Navy in 1995 and, subsequently, traveled to Japan,





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Guam, California and lived in nine states. As an aviation electronic technician, she worked on S3B airplanes and was a part of squadron BS33.

Candace did, in time, earn her Bachelor of Science in workforce education in short, a degree in adult education from Southern Illinois University Carbondale. When her family moved to Midlothian, she started volunteering at Longbranch Elementary School. "I had my degree in adult education," she explained, "but I didn't want to teach adults. When I helped at the school, it seemed like a lot of fun, and I thought I would rather teach kids. There weren't any teaching jobs available, so Mrs. Van Amburgh [principal] hired me on as a P.E. aide in 2005. I was happy to be able to be an aide for one school year."

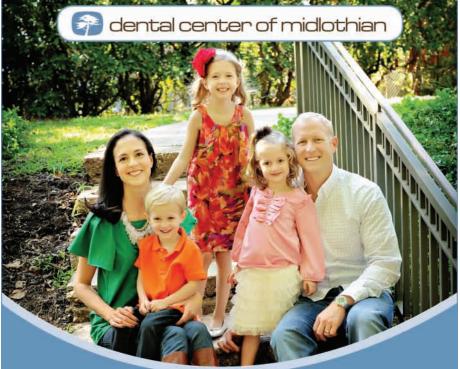




The next year, Candace was hired as a kindergarten teacher. "I was nervous on my first day of teaching. I didn't want to let Mrs. Van Amburgh down. I had applied to many districts, and nobody wanted to take a brand new teacher. And, I had alternative certification because my degree is in adult education, so no one wanted to go out on a limb for me. But Mrs. Van Amburgh said that I had worked here for a year, I'd volunteered in classrooms, and she could see what I was capable of doing." Candace performed so well that she has been the lead kindergarten teacher for the program the past three years.

Candace is comfortable knowing that she is sending her students off to the next grade level with the best beginning possible. "I pride myself on getting them





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as far and as deep and wide as I can. Some people think that kindergartners play all day." With this, she shook her head and gave a long emphatic no. "We do a lot of writing and reading. So, much more is expected of kindergartners than ever before." It takes much creative effort to keep the attention of squirming 5- and 6-year-olds. One of the ways Candace does it is by having the children act out their lessons. For instance, in February when teaching U.S. History and Black History, they acted out Betsy Ross' historic contribution. "A parent gave me the costumes three years ago. One is of Betsy Ross, and the other is of Washington. They acted out her coming up with the idea for the flag."

In addition to plays, Candace keeps school interesting by playing games, doing group activities, singing and dancing. "I don't really like the traditional worksheets while just sitting at a table," she said. "We have many stations, and I do a lot of one-on-one. My kids will be at one station, and I'll have a couple working with me at another table. That's why I don't have a desk! I would never get to sit at it, and it would just take up space."

Candace takes a positive approach to maintaining discipline in her classroom. Instead of having the students follow a list of don'ts, for class rules, her list is Class Can Do. "I use behavior management techniques I learned in counseling. They learn: I can raise my hand. I can speak softly. I can keep my hands to myself. If you tell a kid they can't do something, that's what they are going to do," she explained.

Now that Candace is a teacher, her own personal journey in learning has not ended. In 2008, she earned her master's degree in general counseling, with elementary certification in 2008. She wants to return to school to pursue her doctorate but still wants to teach. "One day I might want to go into administration, but right now, I just enjoy teaching," she said. "I try to teach the kids to be lifetime learners. You can never know too much. I believe that children have the ability to learn, and you just have to find what their little niche is." I always tell the parents that we work together. We're partners in their child's education. I do my work here, but it doesn't stop here. It continues at home." NOW



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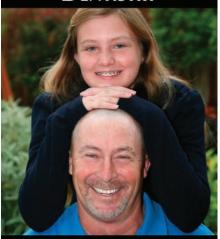
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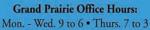
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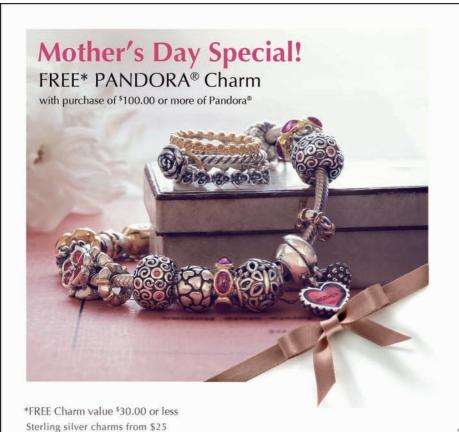
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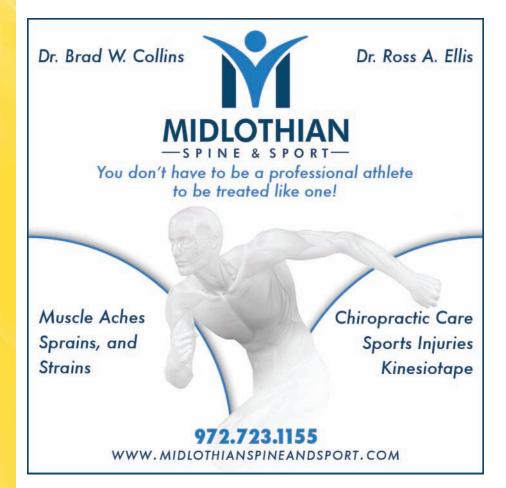


their boys have played soccer since early childhood. "I was blessed to be able to be more involved in our sons' lives. I was their soccer coach," Lucinda said. Both of their sons attend Baylor University and still play soccer.

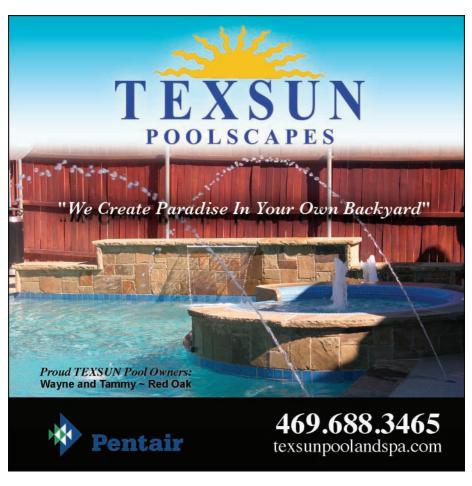
Lucinda's involvement in the community also extended to her church, where in 1988, she started teaching seventh through 12th grade youth. "They would literally become my girls," she explained. "I developed mentoring roles that went beyond seeing them on

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heart is. I have
a passion
for walking
through life
with people."















just Sunday mornings. They would call me when in crisis and ask my advice." Lucinda worked with the girls during one of the most vulnerable time periods in their lives — adolescence. With their frequent mood changes, teenagers can at times prove challenging.

Lucinda remembers one of her students, who was not quite sure she wanted Lucinda's help. "I love teenagers," she exclaimed. "I think they are wonderful, and I really have a passion for them. Each girl I've taught has a special place in my heart. When I started teaching sophomore girls, there was one who was resistant to change. She just didn't like it. She had loved her former teacher and didn't want to change. I got lots of glares and some short answers to questions, but I didn't take it personally. I didn't let it pull me down. I just kept pursuing her, letting her know she could be whomever she needed to be in the Sunday School class, even if that meant she didn't want to talk. That meant if she wanted to glare at me across the table,

she could glare at me across the table," Lucinda smiled at the memory. "It was fine, and eventually, we did talk about it. In time, she became one of the ones who went away to college, and when she was in crisis, I would hear from her."

Trouble is not the only thing that drives the girls back to Lucinda. She has such a strong relationship with some of them that, sometimes, the girls will contact her because they need a different perspective. "One of those girls who went off to college was making big decisions in her life. She called and said, 'Hey, can I come over and talk?' I said, 'Sure, you can come over."" They spoke together for such a long period of time that the girl's mother became alarmed at not knowing where her daughter was. All was eventually straightened out, with Lucinda telling the young lady to tell her



mom when they were going to hang out together.

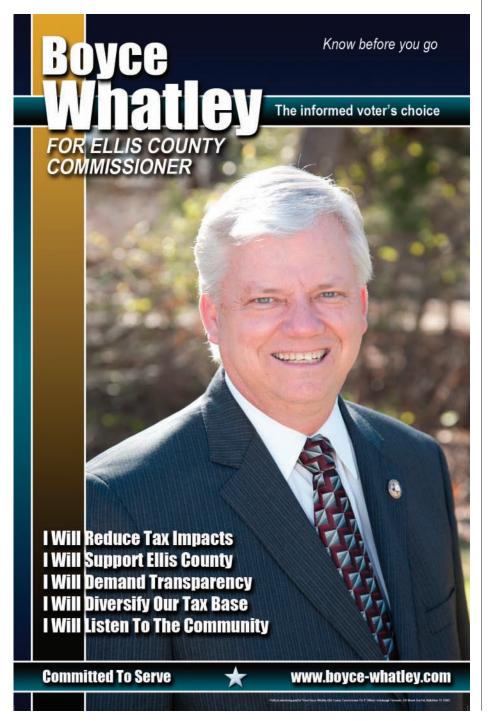
Invariably, during times of sharing or counseling, Lucinda will hear things from the girls that their parents need to know. She acknowledged that, as a parent herself, she would not want that type of information kept from her. "I would want to know. Their parents need to know. I offer to go with them if they need moral support. I have to respect the fact that their parents love them and that's usually what we go back to. I tell











them, 'Your parents love you, and they adore you. They want the very best for you and, yes, this will be hard for you to talk to them about.' I ask how we can figure out a way to bring their parents into the situation. I offer to go with them when they speak to their parents. I let them know that I'll go the journey with them."

Many people want to make a difference in the lives of others and often go the extra mile to help. Sometimes, all it takes to let someone know you care is to give them the gift of your time. Lucinda recognizes that and looks for opportunities to connect with the girls. "When they are in high school, besides teaching them in classes, I'll do things that build relationships," she stated. "I'll have them over to my house to talk and laugh. I try to go to their events when I can and be involved in their lives."

Lucinda makes a special effort to encourage her students and to be real with them. "We develop a friendship over the year they are with me and, typically, I will extend an invitation to do one-on-one Bible study that is more in-depth than Sunday morning. The message I try to get through to them is I love them unconditionally. They are safe, and I very much want them to know the Lord in a way that is more than just casual."

In addition to mentoring adolescent girls, Lucinda and her husband also teach a young adult class at First Baptist Church. "The class is called Growing Families. It literally lives up to its name because every time you turn around, someone in the class is pregnant," she smiled. "But, that is a fun journey for me, too. We are with them at the very beginning stages of their families. I firmly believe in marriage, so I encourage people in their marriages." Lucinda helps couples recognize there are no perfect marriages, parents or children. When challenges come in life, she encourages them "to lean into the Lord and their friends, to be willing to ask for help and to keep fun and laughter a part of their days," she stressed. "We journey through life together, and seeking others to go through life with you is so healthy and positive. I really feel blessed. I feel like it is an opportunity that God has provided for me, and it makes my life fuller and richer." NOW



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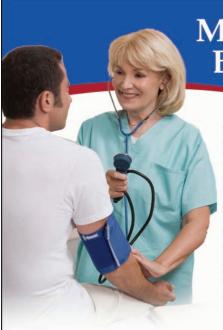
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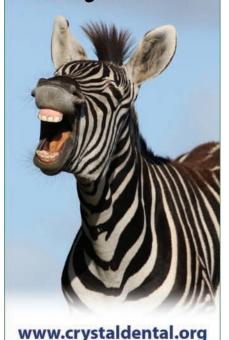
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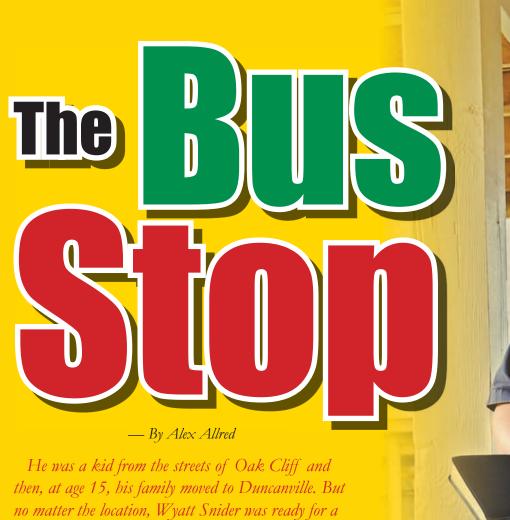
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He was a kid from the streets of Oak Cliff and then, at age 15, his family moved to Duncanville. But no matter the location, Wyatt Snider was ready for a fight. So when a baseball smashed through the window of his house and Wyatt stormed outside to see who was responsible, everyone scattered. Everyone, that is, except a young lady who had been talking to the neighborhood kids about a vacation Bible school.





As Wyatt described it, it was love at first sight. For weeks, he attempted to court her, but her family would not have it, until he attended church with them. "I heard from the Bible about a God and his Son who loves me," he said. "I realized I wasn't living the way God wanted and accepted him as Lord of my life."

Wyatt began going to summer camps, attending youth groups and was a regular in church. In fact, he was in Colorado at a Bible retreat when he felt a calling of sorts. "I went to the pastor and told him I knew the Lord wanted me to do something," he said. "I just didn't know what."

This single statement marked the beginning of a new life. Wyatt married Debbie, the pretty girl who introduced him to church. After many successful years in ministry, Wyatt began an outreach program unlike any other. He drove buses to the inner cities, to neighborhoods where children were unable, or uninspired, to attend church. Playing music and speaking from a speaker system, Wyatt's calling drew great attention. Over the years, he has broken up knife fights, been shot at and threatened. But Wyatt wanted to reach the children he described as "throwaway kids," the children who were neglected, forgotten, deprived and otherwise alone. Just as he had learned from the Bible and from the teachings of Jesus, no matter the size, age, skin color or socio-economic position in life, no soul should be lost.



Wyatt was working in the streets of Dallas and Fort Worth as a minister saving children when he received a long distance call. "A pastor heard of me in West Virginia," Wyatt said. "He called asking us to move there."

But Wyatt is a Texas boy, from Oak Cliff and Duncanville. The idea of

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leaving his state was a difficult one. In addition to his ministry, Wyatt worked as a bus mechanic, welder and driver trainer and even did inspections. Times, however, were lean. The offer of a paid position within a church was a blessing they could not say "no" to, so in 1990, Wyatt and Debbie moved their two young children to West Virginia.

Just as Wyatt had done in Texas, "We were scooping up the latch-key generation and giving them a chance." The bus ministry and children's outreach doubled, despite the rural and scattered lives of the Appalachians. Wyatt was doing what he did best. He was reaching children with the message of Christ.

In 1997, tragedy struck when Wyatt's daughter, Shelley, drowned. For the first time since he met the pretty girl who stood on his front lawn with the message of God, Wyatt lost his way. "I didn't want to have anything to do with it," he said, referring to the bus routes and his calling. The tough street kid, who had always been in check with his emotions, was suddenly fragile.

"Growing up, all I ever wanted to be was a NASCAR driver, kick up dust and make big money," Wyatt laughed. Instead, he drove buses and cared for hurting kids. When the church called Wyatt back, promising him the same routes through the Appalachians, Wyatt agreed to stay so his son, Mark, could graduate from high school and so he could continue doing what he felt called to do.

In 1999, Wyatt and Debbie returned to Texas, eventually settling in Midlothian to establish Gloryland Express, Inc., a bus ministry that covers Duncanville, Cedar



Hill and Midlothian. In association with the First Baptist Church of Midlothian and the Freedom Community Church, Gloryland is far more than a bus ministry. While Wyatt and his volunteer staff offer counseling and guidance, prayer and hope, they also feed families, offer clothing and blankets, have after-school programs, provide mobile chapel programs, gang intervention and drug prevention. Volunteers from area churches, Sunday schools and businesses, as well as family and friends, teach, drive buses, visit, build, counsel and help tirelessly in all areas of the ministry. Mark and his family direct the Takin' It to the Streets food distribution and counseling ministry.

With the buses, Gloryland and its ministry partner with Ellis County emergency services, serve as a first responder with Victim Relief Ministries and even help train workers to begin their own bus ministries. After 37 years of ministry, however, Wyatt and Debbie's grandest effort is Gloryland itself. Sitting on almost two acres, it is truly a tribute to their ministry, with an outdoor worship pavilion and dining hall. A snack bar, a Sunday school project, playground and volleyball sand pit surround the chapel and the two bunkhouses are large enough to house 38 children. Like the six standing showers in a remodeled school bus, everything is divided between boys and girls with a ranger (or counselor) as a constant chaperone. Barrel train cars, more slides and a monument to the early ministry — the front grill of a 1962 Ford bus — are projects in the making, but Gloryland is here to stay.



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"Right now I'm at one of the happiest points in my life," Wyatt said.

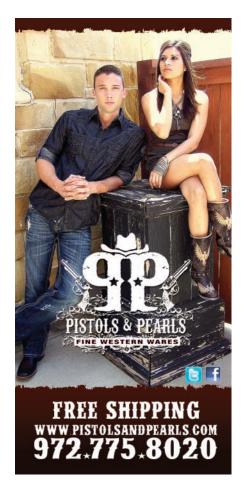
With an attendance of over 100 bus riders and growing every week, 500 subscribers and sponsors to the *Gloryland Express* newsletter, Wyatt and his fellow bus ministers are reaching more people than ever. This summer as the Gloryland Wilderness Expedition kicks off two three-day summer camps, they also hope to offer character building and respect exercises.

Teaching children respect and honor, Wyatt believes, is the first step to teaching them to respect their own lives while honoring God. "After our daughter's accident, I needed something to hang on to. That's how bad it was. Once I crawled back up, I realized everything else is just junk. God broke my heart again for these bus kids, and I'm here to serve," Wyatt shared.

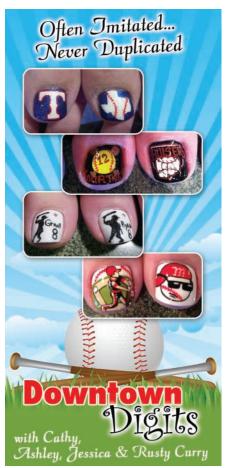
The beautiful thing about Gloryland is that Wyatt's calling has not just been to serve others. The bus kids, as he calls them, have served him as well. They feed his soul and fill his heart. They remind him of the teachings of Jesus and why our time here is so important. While he looks to heaven in the future, he glorifies what we have here today. NOW

For more information on the bus ministry, visit www.glorylandexpress.org.











# Business NOW





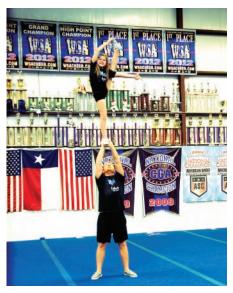


### **Liberty Cheer All-Stars**

1080 Dividend Rd. Midlothian, TX (972) 775-5323 or (972) 322-8363 libertycheerallstars.com carrie@libertycheerallstars.com

#### Hours:

Call for private evaluation. Spots are available for beginners through advanced teams.



### From left:

Ashley Brown, Lyndsey Rose, Carrie Smith and Michael Wright take pride in training cheerleading champions.

# All Star Champions

The tradition of excellence continues year in and year out at Liberty Cheer All-Stars. — By Betty Tryon

Liberty Cheer All-Stars loves to share with others its history of winning championships! Carrie Smith, Lyndsey Rose and Ashley Brown are the owners of Liberty Cheer All-Star Gym. With over 145 first-place wins in six years and over 45 national championship titles, they deserve to be proud. They are also honored to have received the IEP Award (Integrity, Enthusiasm and Protocol). This prestigious good sportsmanship award is only given to one team per year. "We are a competitive all-star cheerleading program in Midlothian that offers training from coaches who are nationally recognized," Carrie said. "We are all certified judges, so we know what they are looking for."

They are greatly assisted in training winning teams by Michael Wright. Michael is their in-house choreographer. "Having an in-house choreographer gives Liberty Cheer a leading edge in

the industry, because I am working with the teams every day," Michael explained. "We won the award four years in a row for best choreography." This level of excellence in routines is available for everyone at Liberty Cheer All-Stars, regardless of their level.

Carrie added, "This is not a recreational sport. It is a select sport. We believe in discipline and hard work but also believe that through our coaching and discipline, the kids will learn lessons that will remain with them throughout their life. We're big on morals and family. We are all Christians, and this is a Christian gym."

The coaches at Liberty Cheer are confident in their ability to teach anyone, regardless of their skill level, how to be a cheerleader. "Everybody will be put on a team, whether it's a

# Business NOW

competitive team or show team," Carrie stated. "We believe we are strong enough coaches that we can make anybody a cheerleader."

"Everybody who walks out of this facility is a good cheerleader," Michael agreed. "We make sure they know the techniques. They know how to jump. They know about timing, and they know the routines."

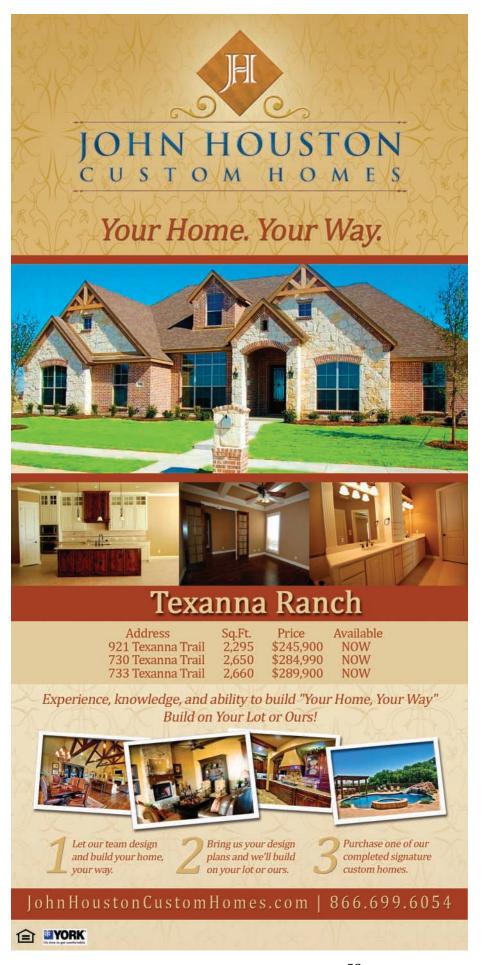
The students who come from Liberty Cheer prove how strong the program is by competing and winning spots on cheer squads. "We have a very strong rate of students becoming college cheerleaders," Carrie stated. "In fact, everybody who has graduated from us and tried out for a college team has made that college team. We spend a lot of time with them to make sure of that. Our rate for getting on Midlothian middle school and high school teams is very high."

# "We will never be too big to care about every person who comes in this building. You're not just another number here."

Liberty's success is now prompting the owners to consider larger quarters in the future. For now, needs are being met in the 8,000-square-foot gym. It contains two full competition spring floors, air conditioning and heating, a tumble track and parent viewing room. Although their numbers are growing, the coaches insist on maintaining their high standards. "We believe that with quality you get quantity," Michael exclaimed. "No matter how big we grow, we will always have quality. We will never be too big to care about every person who comes in this building. You're not just another number here."

The gym holds tryouts in April, but for those who missed that date, a private evaluation can be done. "We take kids at all different levels, from beginner level to advanced," Carrie explained. "We care about our kids and are close to all of them. Competitive cheer is a true commitment that not only builds character but confidence and a great work ethic." NOW









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# Around Town NOW



A grant from the Midlothian Education Foundation helps purchase Rosetta Stone for Mrs. Fleeman's fourth-grade students.



JAV fifth-grade teacher, Stacee Johnson, and Title I Math teacher, Kim Cavender, receive a grant for their "Flipped Out Classroom."



Jeannie Baucum (second from right) celebrates her birthday with family and friends.



Fifth-graders participate in theater and learn about Harriet Tubman and the Underground Railroad.



Kindergartners perform "Bebopping Through Kindergarten."











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# Good Night

— By Betty Tryon, BSN

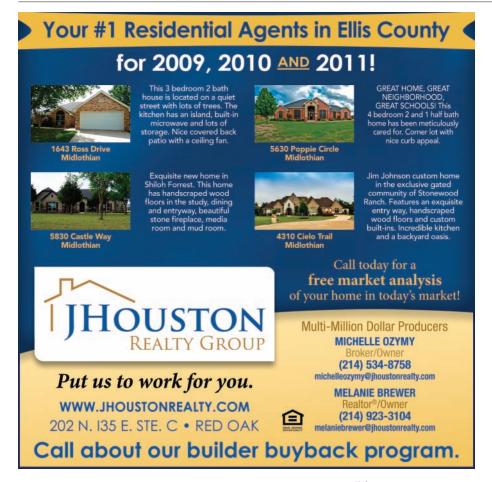
You have been here before, and the familiarity is depressingly tiresome. After a long day, you climb into bed needing a good night of restorative sleep. Instead, you get hour after hour of watching time pass on the clock, or the sleep you do receive is short and sketchy. You may have insomnia. Insomnia is difficulty getting to sleep or difficulty being able to stay asleep.

Numerous causes for insomnia can be found. Perhaps it could be from something as easily diagnosed as not being able to unwind because of a stressful day, being physically uncomfortable because of room temperature, too much noise, being hungry or too full or due to illness. Anything stimulating before bedtime, such as: some illegal drugs, cigarette smoking, alcohol intake, coffee drinking or exercise may hinder your chances of falling immediately to sleep. Because of physical ailments, certain medications may interfere with your sleep pattern. Your mattress may not be conducive to a good night's sleep. Medical conditions, such as: breathing problems, obesity, fibromyalgia, menopause and urinary problems can be killers of a good night's sleep.

Whatever the reason, insomnia can take a toll on your life with impaired function of your everyday activities. Inattentiveness and drowsiness with physical and mental fatigue can create problems at school, work and certainly while operating a vehicle. There

are things you can do to alleviate or abate insomnia. If the cause is from a physical condition then efforts to ease that condition may solve the problem. If the cause is mechanical, such as a poor mattress, changing it may help. Avoid caffeine and nicotine in the evening. Sometimes a glass of warm milk helps. Try to go to bed at the same time every night and get up at the same time in the morning. Though it may be tempting to oversleep on weekends, doing so could disrupt your sleep pattern. Keep your strenuous exercise earlier in the day. Make your bedroom a comfortable cozy place to be. Try eating your heaviest meal at midday rather than in the evening. Sometimes, just a warm, relaxing bath could be just the ticket to take you to dreamland. If medication is warranted, follow your physician's instructions, and do not fall into the trap of increasing the medication to fall asleep quicker or stay asleep longer. Perhaps a different type of sleep medication may solve the problem. An estimated 30 to 50 percent of the population suffers from insomnia. You can do something other than counting sheep to avoid being part of this statistic. 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.



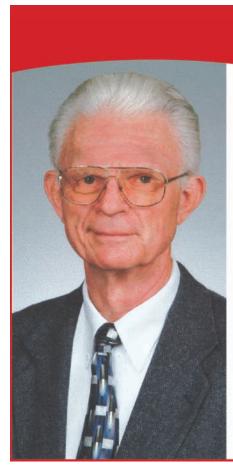












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## **Family and Faith**

Married 45 years to Mary Two married daughters Four grandchildren First United Methodist Church

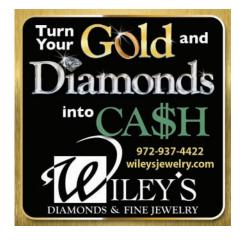


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# Calendar

### All Month

Summer Fun Enrollment: Sign up for courses ranging from visual and performing arts to science and technology, Canterbury Episcopal School, 1708 N. Westmoreland Rd., DeSoto. Open to students entering third-eighth grades in surrounding school districts. Call (972) 572-7200 or visit www.TheCanterburySchool.org.

### May 1-8

Early voting for City Council election on May 12.

### May 4-6

Waxahachie Community Theatre presents South Pacific: Friday: 7:30 p.m.; Saturday: 7:30 p.m.; Sunday: 2:30 p.m., Chautauqua Auditorium, Waxahachie. Advance tickets are \$10 for seniors/students and \$12 for adults and can be purchased online beginning April 1 at www.waxahachiecommunitytheatre.com. NOTE: A service charge will be added to the price of each ticket for online purchases. Advance tickets are also available at the Waxahachie Chamber of Commerce, The Ellis County Museum on the square in Waxahachie and at the offices of Jerry Ellis, D.D.S. in Midlothian. Tickets at the door are \$2 more. Contact the WCT box office at (972) 646-1050 or via e-mail at wct.texas@gmail.com.

### May 5

Ellis County Barbeque Cook-off: 9:00 a.m.-4:00 p.m., Getzendaner Park, Waxahachie. For entry forms, rules and information, contact Maria Urias at (972) 937-4477 or Rhonnie Tompkins at (972) 935-9188. All proceeds benefit Daniel's Den.

Annual Cinco de Mayo Fiesta: 11:00 a.m.-8:00 p.m., downtown Waxahachie. Contact Julissa Martinez at (817) 781-9532 or visit www.waxahachie5de5.com.

### May 12

Movies in the Park presented by Methodist Health System: Dusk, Hawkins Spring Park. Featured movie: *Happy Feet Two*. Bring your blankets and chairs; concessions available.

Election Day for City Council.

### **May 19**

5th Annual 8th Street Dance: 7:00 p.m.-10:00 p.m., downtown Midlothian. Live performance featuring musical opener Breaking Southwest and headliner The Clay Wilson Band.

### May 20

Third Sundays FREE Acro Partner Yoga in the Park: 1:30-3:30 p.m., Red Oak. For

more information, see yoga4love.net.

### May 21

MISD Educational Showcase: 6:00 p.m., Midlothian High School.

### May 24

Midlothian Education Foundation's 8th Annual Stars Banquet: 6:30 p.m., First United Methodist Church. Call (972) 775-8296, ext. 1281 or e-mail foundation@midlothian-isd. net. Tickets/reserved seating will be accepted through **May 18**.

### lune 2

Mid-Way Regional Airport Annual Pancake Breakfast Fly-in: 8:00 a.m.-11:00 a.m. Event and parking are free. Breakfast tickets: ages 8 and above, \$6; ages 3-7, \$3; 2 and under, free. Classic airplanes/fighters, helicopter rides, Remote Control Model Flyers, Midlothian Classic Wheels, Gold Wing Road Riders, The Classic Swing Band, kids' trackless train and face painting. Call Tammy at (972) 923-0080.

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











# In The Kitchen With Margie Brown

— By Betty Tryon

Growing up in New York City with a Puerto Rican family, Margie Brown's comfort food comes from Caribbean fare. "My grandmother was always in the kitchen cooking Puerto Rican food. The smell stimulated my senses, and it made me feel safe and loved. I grew up eating a variety of Puerto Rican food, which consists of a lot of rice, beans, bananas and pork. We always ate a lot of garlic and onions. I suppose this is why, when we greet each other, we always kiss on the cheek," she said laughing. When not working as a hairstylist and colorist at The JC Penny Salon in Waxahachie, Margie is busy introducing her family to many ethnic dishes.

# Arroz Con Pollo Puerto Rican Caribbean Style

- 1 3-lb. medium chicken, quartered
- 3 cups water, divided use
- 5 garlic cloves, smashed
- 1/2 medium yellow onion, coarsely chopped
- 1 Tbsp. ground cumin
- 2 1/4 tsp. salt
- 3/4 tsp. ground black pepper
- 1 Tbsp. olive oil
- 1/4 cup fresh cilantro, finely chopped
- 1/2 green and 1/2 red pepper, coarsely chopped
- I packet Sazon Goya Con Culantro Y Achiote (Sold in any grocery store
- where Goya products are sold.)
  2 Tbsp. Goya Sofrito Tomato
  Seasoning paste
- Goya Adobo All-purpose Seasoning, to taste
- 2 cups long grain white rice 1 cup chicken stock

- **I.** Wash chicken in cool water. Cut into cube-like pieces. There is no need to remove the bone. Warm up a 6-quart saucepan with 1 cup water. Bring to medium-high heat.
- **2.** Put all the ingredients in saucepan, except Adobo Seasoning, rice and chicken stock. Stir until the chicken is mixed with all ingredients. Sprinkle Adobo Seasoning mix over the chicken while it is heating. Be careful that there continues to be enough water to cook the chicken with the ingredients. Cook uncovered for 20 minutes, until chicken becomes tender.
- **3.** Pour rice into pan; add 2 cups of cool water and 1 cup of chicken stock. Stir well on high heat for 10 minutes. Once water has evaporated, bring heat to a low temperature and, with a large cooking spoon, stir from the bottom up to be sure it doesn't stick to bottom of pot. Cover; set on low for 12 minutes.
- **4.** After 6 minutes, stir rice and cook another 6 minutes.
- **5.** Turn off stove; let it sit for 5 minutes before serving.

# No-Bake Rice Pudding Puerto Rican Style Dessert

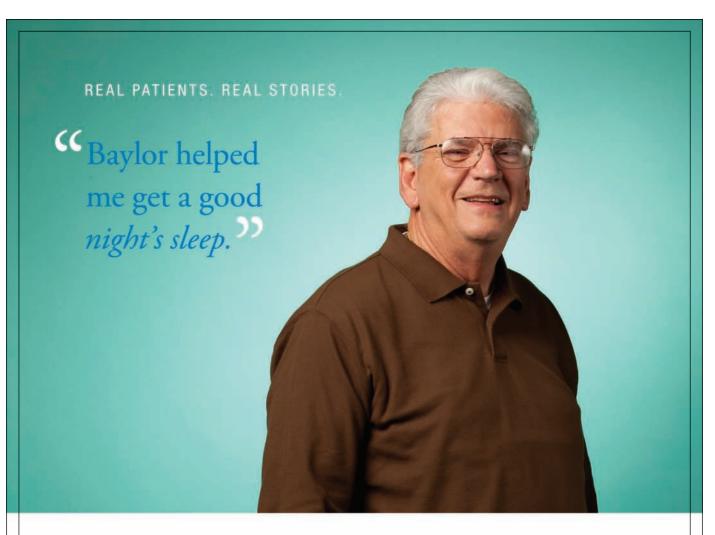
- 2 cups water
- 2 pinches salt
- 1/2 cup long-grain white rice
- 1 cup whole milk
- 1/2 cup coconut milk
- 1/4 cup golden raisins
- 1/4 cup sugar
- 2 Tbsp. coconut, flaked
- 1/8 tsp. nutmeg, grated
- 1/4 tsp. cinnamon, ground
- 1/2 tsp. vanilla extract
- **I.** Bring water to a boil in a large saucepan over high heat. Add salt and rice; stir to combine. Reduce heat to low. Cover and simmer, stirring occasionally, until rice is tender 20 to 30 minutes.
- **2.** Add milk, coconut milk, raisins, sugar, coconut, nutmeg and cinnamon. Cook uncovered, stirring often until most of the milk is absorbed, for 20 minutes.
- **3.** Remove from heat and add vanilla; stir to blend. Serve warm or chilled.

## Caribbean Puerto Rican Banana Dessert

- 3 bananas, peeled and sliced in half lengthwise and crosswise
- 1 Tbsp. unsalted butter
- 1/2 cup light brown sugar
- 1/2 tsp. ground cinnamon
- 1/4 tsp. freshly ground nutmeg
- 1/2 cup fresh orange juice Vanilla ice cream
- **1.** Position rack in center of oven. Preheat oven to 350 F.
- **2.** Place bananas cut side down in the bottom of an 11 x 7-inch baking dish. Set aside.
- **3.** In a small saucepan over medium heat, combine butter, brown sugar, cinnamon and nutmeg. Stir until sugar begins to melt. Add orange juice; bring mixture to a boil for I minute, until slightly thickened.
- **4.** Using potholders, carefully pour warm sauce over bananas. Transfer to oven and bake for 10 minutes.
- **5.** Remove baking dish from oven and, using tongs, carefully turn bananas over so that the cut side is facing up. Return dish to oven and bake for an additional 10 minutes. Allow bananas to cool slightly before serving. Serve the warm sauce and bananas over delicious vanilla ice cream and enjoy!







Gene Sollberger's snoring frequently woke his wife at night. He also started to experience high blood pressure and periods of irritability. At Baylor Medical Center at Waxahachie, Gene participated in a sleep study, which showed he had sleep apnea, a potentially life-threatening condition. He stopped breathing 61 times per hour. He now wears a CPAP machine that helps him breathe easier. "The doctor, nurses and staff at Baylor are the most caring people I've ever met. They were quite thorough in explaining what would happen during the study, and I felt very at ease after that." Gene now gets eight hours of sleep every night, and his doctor has been able to reduce his blood pressure medication. "I wake up refreshed. The sleep study at Baylor changed my life."

For a physician referral or for more information about sleep services, call 1.800.4BAYLOR or visit us online at BaylorHealth.com/WaxahachieSleep.

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