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MAGAZINE

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Elaine Schneider holds Benji, whom she got from Tri-City Animal Shelter, while posing next to her watercolor of Murphy, whom she got from the Dallas SPCA.

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## On The Cover

Buddy, Ron and Linda Cawthon's adopted King Charles Cavalier, enjoys a summer afternoon.

Photo by Opaque Visuals.



# Editor's Note

Hello, Southwest Friends,

Happy Fourth of July! I am grateful for the freedom we have as Americans and for the men and women who serve to preserve those freedoms for us. May God continue to watch over them and grant their leaders wisdom.

Summer always inspires me to enjoy the outdoors, preferably by a pool, lake or ocean, with something cool to drink and some good reading. I hope you choose to read this issue of *SouthwestNOW*, which I have planned with you in mind. Get an inside look at life in the Air Force Academy from 2nd Lieutenant Colleen Graska. Jaclyn Sugg will surely inspire young people with her tales of filmmaking. Renée Shreeves reveals secrets of interpreting music for the hearing-challenged. Ron and Linda Cawthon share the adventure of their remodeling project and Elaine Schneider unveils her art adventures. I know I'll be trying the recipes Mary White has provided.

Beverly Shay  
*SouthwestNOW* Editor



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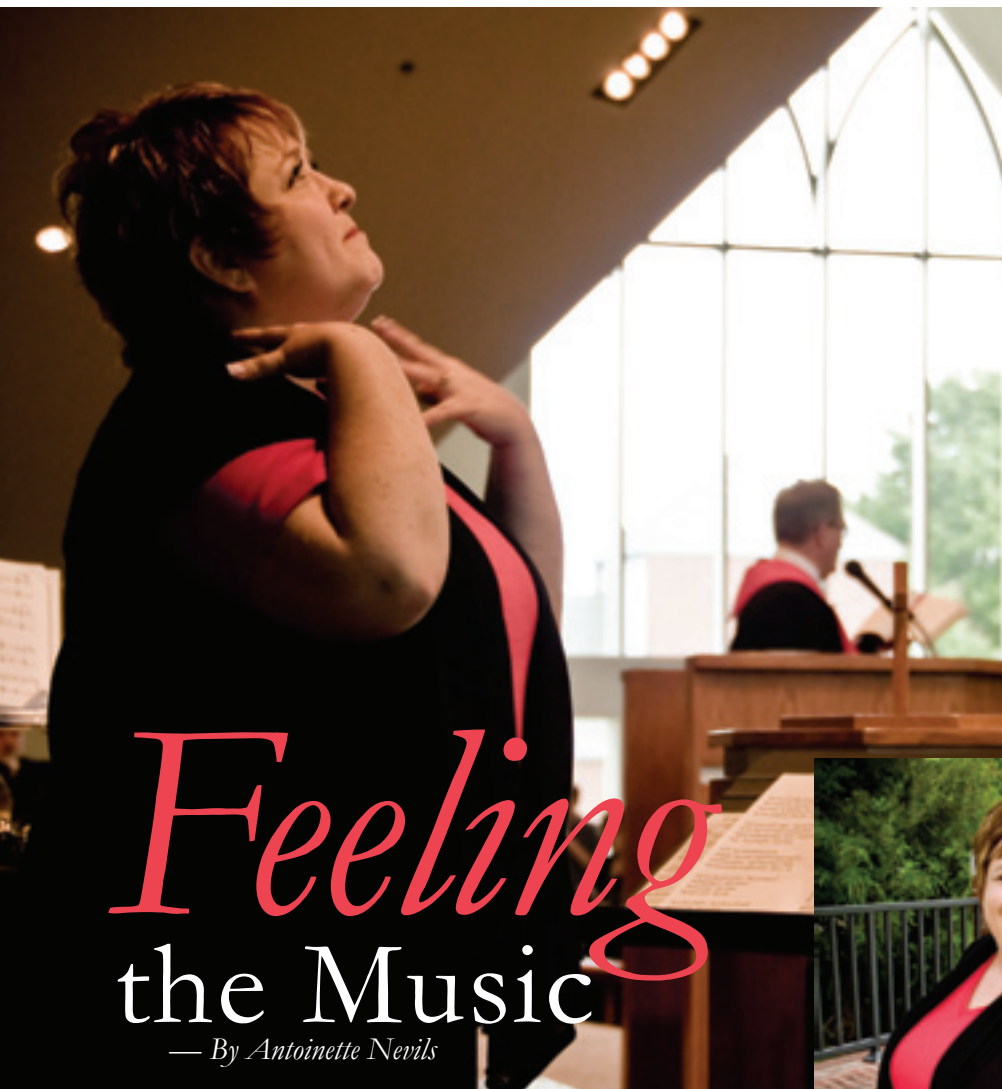
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# Feeling the Music

— By Antoinette Nevils

*Renee Shreeves was in junior high when she first encountered a girl who was deaf. Instead of shying away like most children would, Renee embraced her, becoming fascinated with learning about deaf disabilities. She took her first sign language class that year, and has not stopped signing since.*

Years later, when she was in her 30s, Renee moved to Texas seeking a fresh start from a life of corporate America in California. Realizing she wanted to do more in life by helping others, she began taking more sign interpretation classes, which slowly re-inspired her to mold this hobby into a passion. Eventually, it spurred into a voluntary lifestyle. "I just have a love for it," she said. "It's my passion." Once in Texas, Renee earned her sign language certification after completing a two-year program at Eastfield College in Mesquite. Renee felt she needed to develop the best skills she could because the Deaf she would work with deserved that.

Since 1992, Renee's training and experience has led her to

teach, mentor and share sign interpretation with others, both as a hobby and as a calling from God. She has great success with working with the Deaf and teaching others because she understands the need for it and understands the culture. "Learning the culture was beneficial," Renee confided. "It's not just about the learning [sign language], you have to understand their needs." She believes people must open their eyes to see the Deaf culture.

Renee continued her new journey of sign interpretation in Plano due to a need within a large Catholic church. She signed during church services and taught the choir sign language, so they could sign while they sang worship songs. Her specialty became signing music, a unique gift that requires feeling a connection to music and emotion. She said the hearing would come up to her and thank her for sharing her beautiful gift, which brought the worship melodies to life through vivid pictures of gestures

and emotions. "It is a beautiful language that conveys so much," she proclaimed. Even though the Deaf community in the church was not large, it still impacted the church as a whole. Members began taking sign classes Renee taught. She also mentored college students who were involved in sign language classes at universities.

For Renee, sign interpretation is more than just showing language, it is also



a way to bring music and voice from an unheard melody to a vision of song and worship for the Deaf. "We're conveying their language," Renee stated. She picks the right signs that will reveal the essence of the music. She knows it is not easy for some interpreters to sign music because it involves really feeling and showing the emotion behind it. "[You have to] put expression in signing," Renee explained. "Deaf people can't *hear* music, so it's important that they *feel* the music."

Melissa Herndon, Renee's best friend, roommate and fellow sign interpreter, explained how passionate and powerful Renee is when she signs during worship at church, calling her "the light" and describing her as a caring individual who gives 110





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percent. “[She uses] her whole body when she signs. She knows it inside and out, and puts in hours of preparation,” she narrated. “Her whole being is immersed in signing and interpretation.”

Reneé, humbled and flattered, agreed, “Church and interpretation are what I have been called to do. It’s so important to get the meaning across.”

After helping the church in Plano, Reneé moved to Cedar Hill and began attending the Cedar Hill First United Methodist Church at some friends’ invitation. One day during church service, a woman saw Reneé discreetly signing to herself while singing worship. The woman said it was beautiful to watch and asked if



she could do sign language for the entire congregation. During that time, a 12-year-old, hearing-impaired boy from Cedar Hill, who attended a hearing-impaired school in Austin, and his family started visiting the church. The parents wanted their son to learn about God, but needed help teaching him. Thus, Reneé began signing during the 11:00 a.m. service so the young boy, and others, could hear and see in their language the message of God. “It brings stories to life and people get tears in their eyes,” she said.

With only one known deaf ministry in the Southwest area at Trinity Church of Cedar Hill, Reneé’s next big goal is to seek out and identify the Deaf community in the Southwest area. She also desires to take sign interpretation to higher levels within the community. Coming from the north side of Texas, she hopes to increase



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deaf services and grow the ministry in the Southwest area. "I feel we've been given talents and gifts, which lead us down paths that can impact people's lives and change people," Renee explained. Melissa supports Renee's drive to reach out and bring growth to the Southwest Deaf community. She believes sign interpretation allows them to connect with people on a different level without judgment. They do not see the Deaf as "less than." Melissa feels this is especially important in sign interpretation ministry. "For someone to help [a person] in their walk with Christ is so beneficial to anyone at church," she explained. "The Deaf population can skip a hurdle by seeing the openness there."

The church has put ads in the paper and in deaf-assisted agencies and publications to raise awareness and hopefully attendance in the church. "It's an isolated world, so we have to bring the world to them," Renee stated. She believes the Deaf want people to communicate with them, which will necessitate their type of communication.

Soon they will start teaching sign language classes again at their church. "Even the hearing describe the signing as beautiful and want to learn more so they, too, can communicate with others," Renee explained. "People say they get so much more out of it."

Reaching the Deaf community will require the whole community. Renee and Melissa both hope spreading the word about this need will encourage people to get involved and learn more about the Deaf community and signing. "Bring help and understanding to people, find a place where it is used and they find fulfillment," Renee explained.

Melissa said their church's motto is "open doors, open hearts, open minds." This motto is exactly what they strive to be and give to the Deaf. They want to connect with them on a spiritual level where they can feel accepted, loved and comfortable in a church community. "The Deaf are our neighbors and we should reach out. They need us like we need them," Melissa explained. Renee believes this mentality will help connect the community as a whole, creating a happier and safer area. **NOW**

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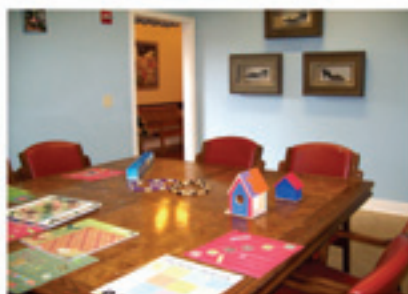


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Matt and Marina Graska



— By Beverly Shay

*2nd Lieutenant Colleen Graska, United States Air Force (USAF) has been assigned to Undergrad Air Battle Manager Training at Tyndall Air Force Base (AFB) following her graduation from the Air Force Academy on May 26, 2010. This DeSoto young woman's journey has been "tough, but I wouldn't trade it for anything," Colleen remarked recently. "I am so proud I have made it!"*

Colleen comes from a military heritage. Her father, Matt Graska, currently the tech supervisor for the DeSoto Independent School District (DS ISD), served in the Air Force for 10 years, most of which he served at Sheppard AFB in Wichita Falls, Texas. "Colleen's family line of steady military service goes back to the Civil War," stated Marina, Colleen's mom.

"The family currently represents four of the five military branches: my father retired from the Air Force after 26 years; my brother is a Marine; my nephew, Navy; a niece in the Army National Guard in Alaska; another niece in the Army and Colleen in the Air Force," Matt proudly intoned. Marina's family is also military: her father retired from the Air Force after 30 years, her brother served 12 years in the Air Force Reserves and her sister served 11 years in the Army Reserves."

"I was raised around the military, living at Sheppard AFB until I was 8 years old. From 8-12, I lived in Burk Burnett [not far from Wichita Falls] until we moved to DeSoto, where I

graduated from DeSoto High School in 2006," Colleen recalled. "Since I was 2 years old, I have wanted to be a pilot and fly jets. I began considering the Academy in my freshman year and then, as a sophomore, I received a letter from the Air Force Academy. I don't really know why; maybe because my dad had been Air Force. So I started the complex application process. They evaluate everything you have done. Grades are important; I graduated 11th in my class.

"Community service is also a big deal. I did visitation for the Dallas VA Medical Center and fundraisers. I was an elf for biker photos. The American Legion Post 81 helped me most by sponsoring me as their post cadet. I really love them; they are so supportive of young people in the military and always check up on me to make sure I am OK," Colleen remarked.

"The American Legion helped send Colleen to Junior War College in Virginia to add to her résumé for the Academy. It was pretty expensive; Colleen had raised all but \$700. The American Legion, Legion Auxiliary, Sons of the American Legion and American Legion Riders Chapter 81 put on a benefit fundraiser," Matt recalled.

"She also had to interview with Eddie Bernice Johnson and an all-military-person review board, rounds of physicals, and we had to verify all her health records, including every injury she'd ever had," Marina said.

"The hardest part of the application process was overcoming my lack of motivation. I would never have gotten my appointment to the Academy if my mom hadn't pushed me," Colleen admitted. "There were essays and a lot of fitness training. I used to hate running before the Academy, but my







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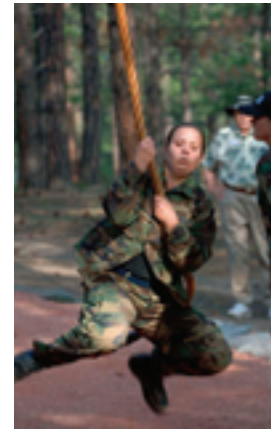
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mom ran with me. Now I love running.”

Once in the Academy, Colleen admits basic training was the hardest part. “The first impressions you make are hard to break. I was good at anything requiring knowledge, but the physical part was more challenging than I had imagined. Initially, I was seen as weak and really had to fight to re-establish my dependability to come through physically. That affected



me for eight months,” Colleen remarked. “They taught us through mentoring and guidance to work together as a group using each other’s strengths. The Academy is very big on

the team concept; I needed that to make it through. We were placed in an element of eight to 10 people — three freshmen, two sophomores, two juniors and one senior. The three freshmen were responsible to look after and care for one another.”

One of Colleen’s favorite parts about the Academy was jumping in the fountain at the completion of all her studies and training. “It sounds kind of funny, but it’s a tradition — you can’t do it until you have completely finished all four years. It felt really good to finally be doing that!” she laughed.

“I also really liked the parent weekends. My time here has given me a love and appreciation for my family; they have been so interested and supportive. I have grown so much. I really loved showing them around; showing them parts of my life there; showing them what the Academy was all about.”

Colleen also wants to acknowledge 2nd Lt. Bryce Johnson, who was her first-year element leader. “He put a lot of effort into helping me get in shape; he believed in me. I owe a lot to him, and I want to thank him for getting me through my first year.”

Colleen’s one regret is not taking every opportunity. “I was in the soaring

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program, where cadets taught other cadets to 'pilot' gliders and single-engine prop aircrafts. I thought I was going to be a pilot, but didn't sign up in time for a powered flight program and lost my chance to get into flight training at the Academy. I can still get my civilian license, but I won't be able to fly for the Air Force," she stated.

While Colleen is definitely looking forward and ready to "really" begin her Air Force career, looking back is bittersweet. "I loved my whole time at the Academy, the whole experience. I am sad to leave, but eager to put everything I have learned into practice. I plan to stay in the Air Force as long as they will keep me."

Colleen's future has her plenty excited. "I will be an air battle manager (ABM). It's sort of like being a quarterback for airspace," she explained. "I will fly in the back of AWACS." The E-3 airborne warning and control system (AWACS) built by Boeing Defense, Space & Security, provides airborne surveillance, and command and control and communications (C3) functions for both

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tactical and air defense forces. "We will be talking with various aircraft including F-16 pilots; coordinating refueling procedures, flight and ground support."

Overall, Colleen has matured in physical fitness and strength, applicable skills and knowledge, as well as in character and emotional fortitude. "I am much stronger than I thought, with a higher mental and physical threshold. I have learned to never give up, to push through, access strength, remain calm and develop a plan." In short, she has taken on the core values of the Air Force: integrity first, service before self and excellence in all she does. **NOW**





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# A Coming Attraction

— By Katrina D. McNair



*Jaclyn Sugg is the kind of fresh-faced young adult who knows the world is just one big place to explore, and the only limitations in place are those she creates. Her optimism, adventurous spirit and desire to embrace her artistic passions are some of the reasons she is one of the original founding members of a local film production company — all at the tender age of 19.*

A sophomore at Cedar Valley College, Jaclyn is a life-time Duncanville resident, and at 19, she is one of the youngest members of the Dallas Christian Filmmakers (DCFM). The DCFM is a production company that serves as a training ground

and resource for local producers, writers, actors, composers and anyone involved in film production.

Like most budding “Spielbergs,” the film bug bit Jaclyn at a young age. “When I was younger,” Jaclyn said, “my mom had me in some acting camps. I think pretty much every kid goes through a stage where they want to be an actor. I was super serious about it.” Going beyond merely wanting to be an actress, Jaclyn became interested in filmmaking after a trip to San Antonio, where she attended the San Antonio Independent Christian Film Festival. The festival is an annual event and seeks to motivate up-and-coming filmmakers, whose works focus on Christian-based ideas and biblical values. “The first time I heard about it was at a homeschool book fair,” Jaclyn said, who was homeschooled throughout junior high and high school. “They give you name tags to say where you’re from. Nobody knew where Duncanville was unless they were from the area. There were a lot of people from the Dallas area, so we just started talking. And someone mentioned we should [all] get together.”

This suggestion of “getting together” became the catalyst for the formation of the DCFM in January of 2007. “It started out with the people I met at the film festival. There were maybe seven or eight people in the group,” she said. “Now, there are 20-plus. At the beginning, it kind of changed a lot. Are we going to be

a resource group or are we going to be a production company? So, our goal now is to pretty much be a production company and potentially, to be able to make a feature film together.”

Jaclyn acknowledges her rookie status in the world of film production: “I was brand new at filmmaking,” Jaclyn laughed. “I was like, in prekindergarten.” Jaclyn had an opportunity to work and cut her teeth on one of the DCFM’s first productions, *The Call of Courage*.

*The Call of Courage* was shown at the 2007 San Antonio Independent Film Festival,

becoming a semifinalist in the Biblical Family category. The short film tells the story of young men during the Civil War; both are serving with the Union Army, one as a drummer and one as an officer. The film follows the growth of their friendship and decisions they both must make as they move toward a climactic battle scene. The film is based on a true story.

“It was our very first one,” Jaclyn proudly stated. “Our group







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started in January, and we filmed that in May. So, up to that point, I had mainly done secretary-type stuff. There wasn't a lot I had to offer. More of what I was doing, I was learning from the other people. I helped with costumes, behind the scenes, makeup — anywhere they needed an extra person for anything; even helping with lunch — just an extra pair of hands. I learned a lot."

Part of the reason Jaclyn has learned so much is because the dynamics of the group foster idea-sharing in a learning environment, which keeps ideas flowing and conflict to a minimum. The group shares common beliefs. "We work together really well," she said. "It helps a lot having the Christian basis. We can say, 'OK, we're supposed to be kind to each other' — that sort of thing. We do argue about some things, but just having that [basis] to fall back on, we can hold each other accountable. We've definitely had conflict in the group, but going back to

**"We work together really well. It helps a lot having the Christian basis."**

the Bible, we can say, 'OK, this is the one thing we have in common.'"

Other projects that Jaclyn has worked on with the group include a documentary entitled *The Measure of a Man* about Nick Vujicic, who was born with no arms or legs, as well as commercials for Hope Pregnancy Center in Bryan College Station. "I wasn't super involved with the documentary, but two of my friends were, and I always ended up at the meetings for moral support. You're limited to how creative you can be with a documentary. We ended up having the premier at this amazing theater in Houston, and it was great."

More than teaching the in-and-outs of filmmaking, being a member of the DCFM has given Jaclyn valuable insight into her role in film production and, "It's helped a lot, in finding out what you want to do and don't want to do," she said. "I'm still interested in filmmaking, but it's not a burning passion like it used to be. But I know to what extent I want to



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## —Duncanville**NOW**

be involved and to what extent I want to explore other interests. I definitely want to stay involved with the group. I've made such good friends, and I believe in what they're doing. If anything, I can offer ideas and moral support. I like to help people, so I can do that. I enjoy working behind-the-scenes."

Being in the group has inspired a new passion for Jaclyn — photography. Though they are a film production company, there are several photographers in the DCFM. "That's something that if you have one person or 10 people, you can do it," she said. "You can do it anywhere in the world, and you don't have to have a big budget."



Although she does not quite know what artistic direction her dreams may lead her, Jaclyn is very clear on the type of film she would make if given the opportunity. "Funny. I would want it to be funny," she confessed. "I love to laugh. I'd also want it to definitely be meaningful and probably based on a true story. I love crazy stories — something wildly adventurous."

That being said, it is easy to understand Jaclyn identifying with the character Jo from *Little Women*. "She's adventurous," Jaclyn said. "I love traveling, meeting people and just doing random things. That's how I want my whole life to be — just crazy and adventurous." **NOW**



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DeSoto Independent School District

## DeSoto wraps up an outstanding year!

DeSoto ISD reveals another significant year of progress in the district based on initial TAKS data! District and campus subject student groups show improvement in the majority of subsets, most notably the DeSoto High School jumps in math and science of 14-20 percentage points. In addition, the DHS Class of 2010 Graduates earned over \$3.5 million in scholarship dollars. DeSoto ISD is expecting outstanding ratings from the hard work in 2009-10.

Congratulations to DeSoto High School Senior Gabrielle McBay for winning the 2010 Black Enterprise Teenpreneur of the Year for the business development of her company, *Crumbs by Gabrielle*.

DeSoto ISD Board Member and DHS alum, Warren Seay, has been named to the *USA Today All-USA College Academic Team*. Seay earned a political science degree from SMU's Dedman College in May 2010 and will attend SMU's Dedman School of Law this fall. In May 2009, he won election to the DeSoto ISD school board, becoming the youngest elected official in Dallas County and one of the youngest in Texas history.

The DeSoto ISD Finance department was awarded two prestigious titles. In May, they received the *Meritorious Budget Award* from the Association of School Business Officials International (ASBO) for excellence in the preparation and issuance of the annual budget. In June, they earned a *GOLD Leadership Circle Award* from the Texas Comptroller for meeting a high standard of financial transparency online.

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## DHS College and Career Academies

DeSoto ISD is launching a redesigned 21st century high school with courses based on career interest starting this fall. The DeSoto High School College and Career Academies are unique in that ALL students have the opportunity to earn college credit and explore a potential career without losing the traditional high school experiences and extra-curricular opportunities!

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"We are excited to offer every DeSoto student a jump on their global competition while still enjoying their high school experience," said Superintendent Lloyd Treadwell.

Current students have already begun course selections and are driving the curriculum. Each academy will be held in a designated campus section as construction begins this fall. Expansion, attached to the existing facility, is funded by the \$45 million allocated in the 2005 bond program.

## Grant funded dropout recovery starts August 23

WINGS is the new dropout recovery program in DeSoto ISD. *Where I Now Gain Success* (WINGS) begins August 23. The program is free to any area dropout wishing to earn the credits and skill for a high school diploma. The flexible, self-paced schedule includes small classes, counseling, child-care and tutoring! Interested? Contact Lee Merryman at [lmerryman@desotoisd.org](mailto:lmerryman@desotoisd.org) or call 972-223-6666.





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**Saturday, August 7, 8 a.m. - 2 p.m.** - DeSoto  
ISD Back to School Fair, Freshman Campus

**August 10-20** - Registration at schools

**Thursday, August 19, 6:30 p.m.** - Summer  
School Graduation, DHS Auditorium

**Monday, August 23** - First Day of School

**Monday, Sept. 6** - Labor Day Holiday

**Monday, Sept. 27** - Student State Fair Day

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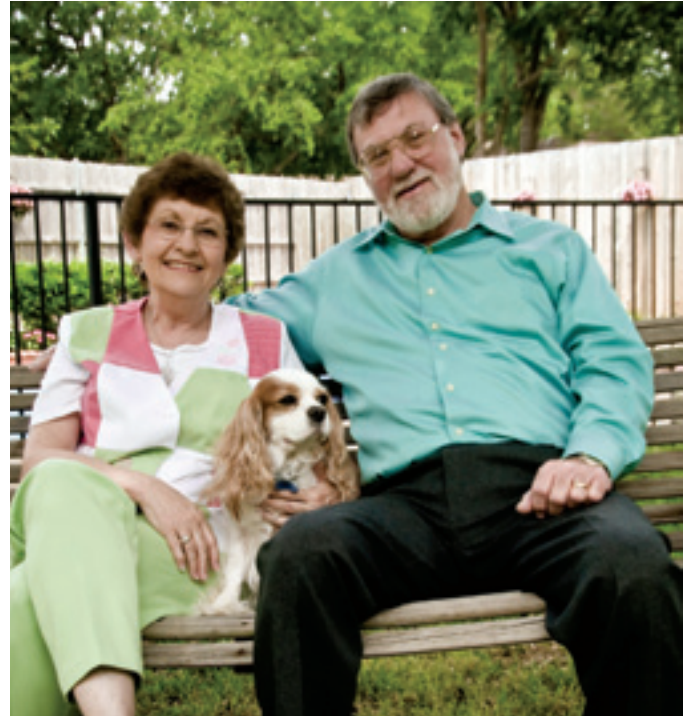
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# Light, Cheerful & Purposefully Decorated

— By Carolyn  
Wills



## At Home With Ron and Linda Cawthon

*Two years ago, Ron and Linda Cawthon discovered a house for sale on a quiet cul-de-sac in an established Duncanville neighborhood comprised mostly of distinctive homes built in the late '70s and early '80s. Ron and Linda had learned of the home from their longtime friends, Alan and E'Lynne Elliott, who lived on the same cul-de-sac.*

As the Cawthons approached the expansive two-story traditional brick, tall at the center and flanked by two

pitched eaves, it appeared to be a picturesque family home on a lovely tree-shaded lot; yet, its interior soon told another story. "It was a foreclosure," Linda said, "and needed a complete redoing. Everything in the kitchen and family room was dark, dark brown. The kitchen was closed off by low hanging cabinets, the walls were painted brown and the floors were really dark. In the family room, the wainscoting was dark wood paneling. Even though it was really pathetic," she explained, "Ron had needed a studio so, right away, he said this might be the house. It was so depressing and dark, I didn't know if I could live in it."





Ultimately, the couple decided the spacious 3,400-square-foot house with four bedrooms, three-and-a-half baths, formal living and dining rooms, kitchen and breakfast room, sunken family room, studio and backyard swimming pool was too good to pass up. After two months of debating, the home's layout finally persuaded them to tackle the project, and they purchased the house. "We felt the layout would lend itself to groups," Linda said. "We do all of the holidays at our house, usually with our kids, their spouses and my mother and brother."

As well, this was not their first remodel. "We had done the same thing with our previous place," Linda said. "Ron does most of the work himself and



subcontracts everything else. He loves having a project. I have to think seriously before I say anything about wanting something done because it will be done. I'm very, very blessed in that way. If he's never done it before, he'll figure it out."

"Linda is the decorator," Ron said, "I'm a jack-of-all-trades, and my motto is, 'I can fix anything but a broken heart.'"

Today, the Cawthons' home is a testimony to their know-how, design sense and creativity. The previous darkness has been replaced by light, cheerful and purposefully decorated rooms. The living room is elegant and peaceful, the kitchen is open and friendly and the family room is welcoming and comfortable. "We waited to finish the remodeling before we moved in," Linda said. "We had the rooms painted and that just transformed the house. We removed the overhanging cabinets in the kitchen, which were blocking the view to the family room and had pull-outs installed underneath the counter to make the bottom cabinets more useable. I love the fact that, on Christmas, everyone who wants to can watch the football game in the family room and the others can be in the living

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room,” she said. “And I love the openness of the kitchen. I like to cook, but I don’t like the isolated feeling when a kitchen is shut off. Our kids come a lot, and I enjoy being able to be in the kitchen and see what’s going on.”

The Cawthons are native Texans and both attended high school in Oak Cliff. They met on a blind date, fell madly in love and married when he was 20 and she was 17. “We’ve been married a long time,” Ron said. “And I still like her.”

The couple reared two boys and two girls, now aged from 45 to 23. “We had two boys,” Linda explained, “waited 14 years and had two girls. We did it on purpose. When we decided to have our daughters, I don’t know how we knew we would have girls, but that’s what happened.”

“There were seven kids in my family,” Ron explained. “We were raised in Oak Cliff and lived there until my older sister decided to move to Duncanville. For a while, two brothers lived here and my parents lived about six blocks away so we were all

in a pile. Some families move apart,” he smiled, “but we move in a cluster.”

“My mother lives here now, too,” Linda added.

Ron retired after years of building a successful auto parts business and then 11 years teaching in the Grand Prairie Independent School District (including five years as a teacher in Grand Prairie’s Alternative School). Yet, Ron’s studio reflects anything but a life of retirement. As part of his remodeling, he customized the existing studio in the house into the lab, office and workroom of MasterWorks Images, his photographic, video and digital services company. “I tell people I’ll take their picture from the cradle to the grave,” he said. “You know if you lose a moment it’s gone forever, so I like to capture the moment. I do baptisms, weddings and many other special events.”

After years of staying home to rear her family, Linda went to work in the dean’s office of the UT Southwestern Medical Center Graduate School of Biomedical Science. “I really enjoy

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it," she said, "And I have no plans to retire." Linda also likes to "fiddle" with flowers and is especially excited about her colorful roses this year. Her other love is the couple's dog, Buddy, an adopted King Charles Cavalier.

"Buddy wouldn't bite a biscuit," Ron said, "and he's devoted to Linda. Every afternoon, Buddy waits on the ottoman by the window next to the driveway, and when Linda drives up, he goes crazy with excitement that she's home."

Now that the four months of intense remodeling are history, and time has made their house truly a home, the couple can enjoy their moments. Linda's favorite room is the living room because it is relaxing and peaceful and, not surprisingly, Ron's favorite room is his studio. "Although we

actually spend most of our time in our bedroom," Linda said. "We have two recliners and a small TV in the bedroom, and we like to sit in there at night because it's cozy."

The Cawthons became acquainted with the Elliots about 35 years ago through their church, Tyler Street United Methodist Church in

Oak Cliff. They quickly became the closet of friends, and Linda is proud to say they reared their children together, making them more like family than close friends. On top of that, they are neighbors. "I really enjoy this neighborhood," Linda said. "Ron and I walk Buddy a lot, and this is the type of neighborhood where people spend time outdoors. Out of all the homes we've lived in, this is my favorite." **XXX**



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Residents enjoy the Heavy Equipment Petting Zoo at the library. From left: The kids love exploring the helicopter; everyone gives it a whirl in the hula hoop contest.

David Perez and James Barefield perform in Pioneer Park for Houston Street Outfitters' 'A Day Without Shoes' event.

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Senior Class President Clifton Abraham addresses the Class of 2010 before the turning of the tassels.



Members of the Canterbury Class of 2010 pose in their college shirts. Not pictured: Sai Chimata and Andrew Martin.



Adrian Cerpa poses after meeting Superintendent Lloyd Treadwell; Tyjuan Thiridgill introduces himself to Levatta Levels, assistant superintendent of Student Support Services.



Amber Terrace Elementary fifth-grade students and their chaperones pose in front of the White House.



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Elaine Schneider, Duncanville resident since 1976, has always been interested in art. She loved the few classes she had in school, but it was not until she and her husband were first married that she took specific art classes while he was in medical school. “My first class was an abstract oil class. I didn’t really appreciate abstract art back then, mostly because I didn’t understand the concept,” Elaine recalled. “I continued to dabble a bit on my own. After I met Patsy Newbolt, a recently retired third-grade teacher at Alexander Elementary, I knew I’d found a friend with whom to explore the world of art. We went to galleries together. And then we heard Cedar Valley College had a really good art department.”

Patsy and Elaine’s first art class at Cedar Valley featured drawing with Linda Ridgeway. “Linda didn’t limit us to drawing though; she exposed us to various mediums, such as oils. The smell of the oils and especially turpentine made me ill, so I switched to water-based oil. We also learned to do prints on a very

# Through the Eyes OF AN ARTIST

— *By Beverly Shay*

large press,” Elaine stated. “We used a lot of natural things, like leaves and grass combined with paper lace doilies. Each item or layer is inked with different colors and run through the press; as each color is added, it is again run through the press.” The result is very beautiful and unusual.

Elaine often combines various mediums, such as charcoal, ink and watercolor. Her current favorites are watercolors and acrylics, because they dry faster. “But watercolor is just about impossible to correct. I call the mess-ups ‘happy accidents’ and try to make the best.”

Because Elaine has been blessed to travel a lot, she often paints from her huge library of photos. Her favorite themes come from nature, including mountains, flowers, oceans and country settings. “Pretty much whatever is part of God’s handiwork,” Elaine explained. “I’ve had a condo in Red River, New Mexico, since 2007. My painting buddies and I often paint the wonderful view of the mountains beyond the Red River.”

Elaine and her painting buddies have traveled to North Carolina several times to attend art workshops at Wildacres Retreat along the Blue Ridge Parkway. They have also attended workshops in Texas. “I was very blessed to be able to attend a watercolor workshop in the Tuscany region of Italy. My travels to Kenya with people from our church in ’87 also influenced my painting,” Elaine

said. Her den is her African room, replete with her artwork and pieces she has purchased in Africa.

“Painting really is my favorite thing to do. I also studied watercolor with Lynn McClain in Sipapu, New Mexico. I actually studied with him in the ’80s as well. He is a photo realist and a very methodical teacher. I have sold most of the watercolors I did from his classes,” Elaine recalled. “I guess I came by my love of art and maybe even my skill in art from my family. My mother and

grandmother, in fact all four of her girls, painted once their kids were grown.”

While Elaine prefers painting nature, she has done some portraits: one of her mother-in-law and one of her sons; she is currently working on one of her cat and dog. “Actually, I have painted most of our animals, my babies; they bring me a lot of joy.” Besides portraits, Elaine has made collages of bark

from Aspen trees, leaves, bits of ribbon, old sheets of music and torn pieces of paper on which she has painted with oils or pastels. “I sell a lot of collages. I pick a color palette, a design and proportion — collages are free of boundaries — they can go anywhere. I like that freedom, that change of pace.”

For her next venture, Elaine would like to do pottery. She has already done sculpture; several busts decorate her home, the most striking being of her son with his college graduation mortarboard perched atop. “Sculpting is a multistep process involving PVC pipe, a tennis ball, pounds of clay on a wooden platform,





lots of measurements, gypsum plaster, shims and later, brass at the foundry.

Displayed throughout her house, her artwork depicts her forays into various mediums, as well as her trips around the world. She won awards in both photo competitions she entered; one photo was of two women in front of their



cave homes in Cappadocia, Turkey. Dogs and cats are done in oils, pastels and watercolors. An adobe church in New Mexico shows her love of Southwestern scenes. Other paintings include: a colorful door and steps in Italy and three paintings of Africa: giraffes, a zebra vase and a “negative” painting, which incorporates dark colors that are outlined by bold colors to create the silhouettes of people in thin acrylic. She has watercolors of irises and peonies, and an oil of a wild flower bouquet which sweeps from blues on the left to yellows and oranges on the right, creating the effect of shade and sunlight. “Art trains your eye to see the differences of light — the beauty and variety of color that surrounds you in nature.” **NOW**

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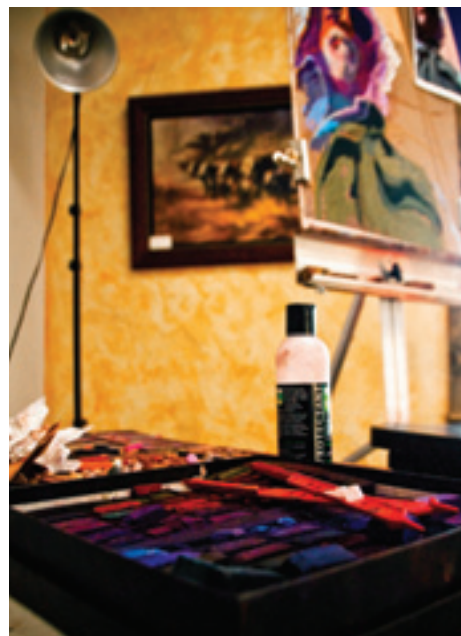
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**From left:**

L to R

Javier Tamez, Jennifer Tamez,  
Frank Marquez, Robin Ingle  
Bill Engle (inset)

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# Presenting Culture in the Best Southwest

*We have a strong desire for art in all forms to be experienced and appreciated here in the Best Southwest. — By Beverly Shay*

The Ranch in Cedar Hill, was conceived, designed and built by Bill Ingle, along with his wife, Robin, to promote experience and appreciation of art. “For years we traveled doing art shows with Robin’s art,” Bill recalled. “We’ve been to Vegas, Denver, Kansas City and Nashville, to name a few.”

“We decided, finally, to build an art gallery,” Robin remarked. Phase I was completed in August ’04, and included retail and jewelry shops, the gallery and

what was then called Fred’s Steakhouse. Phase II, completed in February ’08, featured the art school. With the retirement of the steakhouse owners, Bill took over as owner and manager of the restaurant, keeping the original grill side and opening into the gallery side for “finer dining.”

The restaurant, with 15-18 attentive employees and excellent Chef Eli Walton, offers sensational food, ambience, events, catering, great live



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music (Fri.-Sun.), happy hour, pool and Texas Hold'em tournaments, a jazz brunch on Sundays and an ever-changing view of artwork, including that of many local artists. "This is definitely a unique and quality experience for the Cedar Hill and Southwest locals. We want everyone to enjoy what we have created," Bill stated. "I recommend trying the steak, ribs, sea food, our specials — well, it's all really good food in a really great atmosphere," Bill smiled.

The art school, directed by the Ingles' daughter, Jennifer, and her husband, Javier Tamaz, has a palette just as excellent and varied as the restaurant's menu with classes for all ages, levels of experience and varieties of mediums provided by 20 or so teachers in private or group lessons; they even offer trial classes. They offer summer art camps and have began a nonprofit organization called Art & Beyond to raise funds for scholarships to art camp and after-school art classes. "Our art classes promote critical thinking, problem solving and self-confidence, as well as math, reading and science development. We want to offer people of all ages an education in art, but we are focusing on kids ages 5 and up, especially at-risk kids. We have even asked the city to sponsor kids to our week-long summer art camps," Robin explained.

Robin, who grew up in Oak Cliff, discovered art was in her from childhood. Basic art classes in school were followed by occasional workshops. "I was always doing something artistic. I did book covers part time for Taylor Publishing using oils, watercolors and acrylic," recalled this prolific painter. Bill, who *could* paint if he ever sat still long enough, has long loved art. He lived in Dallas through the sixth grade and then moved to Maine. After high school, he spent time in the military and then moved back to the Dallas/Ft. Worth area.

The couple believes to love and experience art and culture raises the level of a community. "We want to offer each person who comes here a positive experience, whether through dining, viewing artwork, having a picture restored or reframed, taking art classes or just listening to fine music," Bill concluded. **NOW**



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# In The Kitchen With Mary White

— By Faith Browning

Mary White began cooking around the age of 12. While her mother set out to pursue a college education, Mary was responsible for preparing dinner for her father. After Mary and her husband, Jerry, had their two children, Jim and Karen, she began to be a creative cook. "Having a husband who is forgiving of experiments that don't turn out just right and children who weren't picky eaters," she recalled, "encouraged me to try new

recipes or to make up my own."

Mary's "extra-curricular" activities include serving on the board of the CH Education Foundation, since its inception in 2002, and she was recently appointed to the CH library board. She also likes entertaining friends. "We enjoy having people in our home to share a meal," she said. "Food is often the 'excuse' to get together with others." **NOW**



## HOT FUDGE PUDDING

*My Mom's recipe and a favorite memory from childhood.*

- 1 cup flour
- 3/4 cup sugar
- 2 Tbsp. cocoa
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup milk
- 2 Tbsp. salad oil or melted shortening
- 1 tsp. vanilla
- 3/4 to 1 cup pecans or walnuts
- 3/4 cup brown sugar
- 1/4 cup cocoa
- 1 3/4 cup hot water

1. Preheat oven to 350 F.
2. Mix together first five ingredients. Add milk, oil and vanilla; mix till smooth. Stir in nuts.
3. Pour into greased 8 x 8 x 2-inch glass pan.
4. Mix together brown sugar and cocoa; sprinkle over batter. Pour hot water over entire batter.
5. Bake for 45 minutes or until toothpick comes out clean.

## SWEET POTATO-CHIPOTLE GRATIN

- 4 cups half-and-half
- 1 or 2 canned chipotle peppers, with some of the liquid
- 6 medium sweet potatoes, peeled and thinly sliced.

1. In a blender puree half-and-half and chipotle peppers with some of the liquid.
2. In a 10 x 10-inch casserole, arrange 1/4 of the sweet potatoes. Pour 1/4 of the half-and-half mixture over all. Repeat with remaining potatoes and half-and-half to make 4 layers.
3. Bake at 350 F for 1 hour, or until the liquid has been absorbed and the potatoes are browned.

## PEDRO SPECIAL

- 1 lb. ground turkey or ground beef
- 1 garlic clove, minced
- 1/3 cup onion, chopped

- 1 14.5-oz can crushed tomatoes
- 1/4 tsp. oregano or several springs of fresh oregano
- 2 Tbsp. chili powder
- 1 can dark red kidney beans, drained, reserve liquid\*
- 1 can black beans, drained
- 1 bag of corn chips

1. Brown meat, garlic and onion; drain all grease.
2. Stir in tomatoes, oregano and chili powder; simmer for 10-15 minutes.
3. Put 1/2 of the meat mixture in bottom of greased casserole dish. Top with drained kidney beans; cover with corn chips. Put remaining meat mixture on next; top with black beans. \*If mixture looks dry add a little of the reserved liquid from the beans.
4. Top with corn chips.
5. Bake covered at 350 F for 45 minutes. Uncover last 10 minutes. Serve with bowls of shredded lettuce, fresh chopped sweet onion and sour cream to put on top as taste buds desire.

## TUNA, CHICKPEA AND SMOKED CHEDDAR SALAD

- 2 6 1/2-oz. cans solid white tuna in water
  - 2 ribs celery
  - 1 15-oz. can chickpeas
  - 1 6-oz. jar artichoke hearts in oil
  - 1 4-oz. jar roasted red peppers
  - 1/4 lb. smoked cheddar or any smoked cheese, 1/2-inch cubes
  - 1/4 cup fresh basil, or 1 Tbsp. dried
  - 1/4 cup fresh parsley, chopped
- DRESSING:**
- 1/4 cup balsamic vinegar
  - 1-2 cloves garlic, minced
  - 1 tsp. Dijon mustard
  - 1/4 cup olive oil

1. Drain the tuna, empty into medium bowl and flake with fork.
2. Rinse and dry celery, cut into 1/8-inch angled pieces.
3. Drain the chickpeas. Rinse them and shake to remove excess water.
4. Drain the artichoke hearts and cut them into quarters.

5. Drain red peppers and chop them coarsely.
6. Pinch basil into 1/2-inch pieces
7. Add all of the prepared ingredients to the tuna in the bowl.
8. In a separate bowl, combine all the dressing ingredients except the oil; whisk for 15 seconds. Add the oil in a slow, steady stream, whisking continuously until it is incorporated into the dressing. Let this set in the refrigerator for at least an hour to blend the flavors. This dressing is good on lots of different kinds of salads and keeps well in the refrigerator.
9. Drizzle dressing on individual portions. Looks pretty served individually on a bed of lettuce.

## PORTOBELLO MUSHROOM CHILI

- 1 Tbsp. olive oil
- 4 green onions, white and some green parts, sliced
- 2 cloves garlic, minced
- 2 Tbsp. chili powder
- 1 Tbsp. Italian herb mix
- 1 tsp. crushed dried fennel
- 1 tsp. salt
- 1/4 tsp. ground red pepper
- Fresh ground pepper
- 1/2 cup Chianti or other red wine
- 3 portobello mushrooms, coarsely chopped
- 3 14 1/2-oz. cans diced tomatoes, with juices
- 2 15-oz. cans cannellini beans, rinsed, drained
- Shredded Parmesan cheese

1. In a heavy pan, heat oil over medium-high heat. Add onions and garlic, chili powder, Italian herb mix, fennel, salt, red pepper and black pepper to taste. Cook, stirring until fragrant, about 1 minute.
2. Add wine and mushrooms; cook, stirring, until mushrooms have softened slightly, about 2 minutes. Add tomatoes and beans. Heat to a boil; reduce heat to simmer. Cook, stirring occasionally for about 15 minutes. Garnish with Parmesan cheese.

To view more of your neighbors' recipes, visit our Web site at [www.nowmagazines.com](http://www.nowmagazines.com).



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## Financial Moves for Non-retiring Baby Boomers

If you're in one of the early waves of baby boomers, you may know some retirees who are now enjoying a wide variety of activities — possibly even including a new career. And you, too, may now have some choices about how to spend your time. Should you stay at your current job? Should you retire altogether and travel or pursue hobbies? Or should you “retire” and then start a new job, do some consulting or even open your own business? While you may have choices on how to draw an income, you'll also have some key issues to consider.

For starters, think about how your earnings might affect one source of retirement income: Social Security. As an early wave baby boomer, your “full retirement age,” from a Social Security standpoint, will be around 66. If you are younger than full retirement age during all of 2010, you will lose \$1 from your benefits for each \$2 you earn above \$14,160. But if you reach your full retirement age during 2010, you'll lose \$1 from your benefits for each \$3 you earn above \$37,680 until the month you reach that age. (Keep in mind that these figures are for 2010 only; for changes in 2011 and succeeding years, you'll want to check with the Social Security Administration.) Once you reach full retirement age, you can keep all your benefits, no matter how much you earn.

Deciding what to do about Social Security isn't the only move you need to make if you work during your “normal” retirement

years. You'll also want to contribute as much as possible to your IRA, 401(k) or other employer-sponsored retirement plan. During these years, with your children grown and your mortgage possibly paid, you may have more investable income available — so take advantage of the opportunity.

You'll also need to carefully review your portfolio to help ensure your investment mix is appropriate for your needs. To stay ahead of inflation, you'll still need to invest for growth, but since you're not that far from retirement, you'll also want to control risk and volatility as much as possible.

Furthermore, you're at the time of life when you may want to consider consolidating your investment and retirement accounts. If you have an IRA here, a 401(k) there and another account someplace else, you have a lot of paperwork to keep track of, both during the year and, especially, at tax time. But even more importantly, with all your accounts scattered, you might not be following one central, unifying investment approach — an approach that could help make it easier for you to pursue your long-term goals, including a comfortable retirement. By consolidating your accounts with one company, you can save time and possibly reduce administrative fees — while your accounts can work in harmony on your behalf.

This may be a good time to consult with a professional financial advisor — someone who can help you make those choices that can help provide you with the freedom to spend this next phase of your life doing as you please. After all, you've earned it. **NOW**

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# Happening **NOW**

## Mondays

Parkinson's Group: exercise class: 6:30-7:30 p.m. first three Mondays; last Monday: support group: 6:30-8:00 p.m. at Trinity UMC, 1302 S. Clark Rd., Duncanville. (972) 298-4556.

## Second Mondays

Diabetes Support Group: 6:00 p.m. at Methodist Charlton. (214) 947-7262.

## Tuesdays

Senior Access Tai Chai classes: 8:00-8:45 a.m. at Methodist Charlton. Cost: \$6. (214) 947-4628.

Sound Options Pregnancy Center parenting class: 6:00-8:00 p.m. RSVP (972) 230-8101.

Duncanville Library Family Entertainment Evening: 6:00 p.m. July 6: Scott Logan as Dr. Brainus (science program); July 13: Brett Roberts in Magic Reading Railroad (variety magic show); July 20: Doc Gibbs in You're Something Special (sing-along); July 27: Mark Shelton in Percussion Party (drumming stomp show).

## Second Tuesdays

The Dallas Area Writers Group: 7:00 p.m. at CH Library. Visit [dallaswriters.org](http://dallaswriters.org).

## Wednesdays

DS library free computer classes: 6:00-7:00 p.m. in the Venerable Training Room. July 7: e-mail and attachments; July 14: Internet searches; July 21: library databases. Library card and registration required. (972) 230-9661.

## Thursdays

Sound Options Pregnancy Center parenting class: 4:00-6:00 p.m. RSVP (972) 230-8101.

## Third Thursdays

Visual Artist of Cedar Hill (VACH): 7:00-9:00 p.m. at the Creative Arts School for ages 18-plus, 1435 N. US-67 S. (at The Ranch).

## Fridays

Walking program: 9:00-10:00 a.m. at Methodist Charlton, conference room 6. (214) 947-4628.

## First and Second Fridays

Line dancing in the Methodist Charlton auditorium: 11:00 a.m.-noon. Reservation required: (214) 947-4628.

## Second Fridays (July and August)

Flick-N-Float: 8:00-10:00 p.m., at Crawford Park Pool, 419 Straus Rd., Cedar Hill. Cost: \$2/person. Relax, swim, float on your raft and enjoy family-friendly movies; pizza and other tasty foods for sale. (972) 291-5130. July 9: *Shark Tales*; August 13: *Shrek I*.

## Saturdays

DS library free computer classes: 9:30-11:00 a.m. in Venerable Training Room. July 3: Microsoft PowerPoint; July 10: social

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# The Six Pillars of Healthy Living

— By *Lesa Ansell, D.C., R.N.*

So you made the resolution last New Year's Eve to get healthier. Well, I am just checking in. It has been six months, and I am sure you're reaching your goals, but just in case you want to step it up a notch, I am going to give you a checklist. Here are the six steps for healthier living:

First, you must eat right. For most, their diet leaves much to be desired. Everyone should eat a variety of foods every day, which includes: fresh fruits, vegetables, lean meats (think chicken, turkey and fish) and quality fats such as olive oil. You should take time to educate yourself about portion sizes, not package sizes. And if you want to lose weight, you have to feed your body! To speed metabolism, you need to eat six smaller meals each day.

To help cleanse your body, boost your energy and prevent many diseases, you need to drink water. Most of us were told drinking eight 8-oz. glasses per day is enough. But, since your body is 80-90 percent water, you really should be drinking half of your body weight in ounces of water daily.

Foods do not contain the same nutritional value that they used to. Years ago, crops were rotated so the nutrients that were drawn out of the earth into the plant would be replenished. Now they are not. Today, you would have to eat 25-40 bowls of salad to gain the same nutrients contained in that same bowl in the 1940s. This is

why taking a good quality multivitamin and multimineral formula is so important.

Proper rest is critical for good health. Your body heals as you sleep. Many chemicals (hormones) are produced at different times of day and in differing amounts according to the time of day. Also, studies have shown that lack of sleep actually contributes to shortened life spans and increased risk of many other diseases.

Stress contributes to many disease processes, among them hypertension, diabetes, depression and cardiovascular disease. It also contributes to lack of sleep because the circadian rhythm is interrupted or altered. Increased stress causes an increase in cortisol production, which is responsible for the circadian rhythm of the body and contributes to storage of fat, especially around the midsection. This helps contribute to an increased risk for cardiovascular disease.

The final pillar is good spinal health. This includes proper alignment and support of the spine. Every individual should be exercising regularly to keep their core muscles strong. They should get their spine checked for proper alignment. After all, the spine houses your nervous system and your nervous system controls everything else in the body.

Making changes in even one of these pillars could make a great difference in your overall health. Imagine the possibilities if you tried them all! **NOW**

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## Happening **NOW**

networking sites. Library card and registration required. (972) 230-9661.

### Second Saturdays

Baby Boutique Resale: 9:00 a.m.-1:00 p.m.  
at Sound Options Pregnancy Services  
(972) 230-8101.

### Third Saturdays

Cedar Hill Star Party: sunset-11:00 p.m.  
at J. W. Williams Park, 1605 High Pointe Ln.  
(972) 291-1505.

### Ongoing

DS library is offering free adult literacy classes in partnership with Oak Cliff Bible Fellowship (OCBF). One-on-one classes taught by trained volunteers at the library. Stop in or call (972) 230-9661. More volunteer instructors needed; call OCBF (972) 228-0872, ext.1600.

### All Summer Long

CH Rec. Center programs and camps: free summer food, sticks for kids' golf, mad science camp, modeling, basketball, beyond physical fitness, chess, teen design, art. (972) 293-5288 for details, dates, cost and registration.

Free summer food program (Mon.-Fri.) through August 13 for children 17 and under at the CH Rec. Center; breakfast: 8:30-9:30 a.m.; lunch: 12:30-1:30 p.m.; snack: 3:30-4:30 p.m.

### Weekly through August 9

Tennis lessons for children ages 4-16 at Crawford Park, 401 Straus Rd. (Mon.-Thurs. mornings). Fee: \$35/week (4 lessons). [www.cedarhilltx.com](http://www.cedarhilltx.com) or (972) 291-5130.

### Through August 22

Crawford Park Pool in Crawford Park, 401 Straus Rd, Cedar Hill is open: 7 days/week: 1:00-6:45 p.m.; senior swim: noon-12:45 p.m. daily. Cost: \$2/person per entry; \$50/individual season pass. Lessons/party rental available: (972) 291-5130.

### Through August 13

N.I.A. Kids Youth Service Organization, Inc.-sponsored free lunch and snack program (Mon.-Fri.) for children and youth ages 1-18 at 901 N. Polk, Suite 380, DeSoto (between Beauty Town and Dollar General). Lunch: 11:00 a.m.-12:30 p.m.; snack: 3:30-4:15 p.m. Groups of 10 or more must call ahead (972) 228-8381.

### July 3

Duncanville's annual 4th of July Lions Club Parade: 9:00 a.m. Theme is "America Shines in Duncanville."

### July 4

Red, White and Pool Celebration: 1:00-5:45 p.m. at Crawford Park Pool, 410 Straus Rd.

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## Happening **NOW**

Cedar Hill. Games will be played every 30 minutes, including diving board competitions, family-oriented and team-building games and pool basketball; slip-n-slide for everyone to enjoy and water slide for the little ones. Hot dogs, ice cream, snow cones and all the extras for sale! (972) 291-5130.

Duncanville's Stars and Stripes celebration: 4:00-10:00 p.m. at Armstrong Park, featuring face painting, train rides, water slides, inflatables and food (4:00-8:00); live band, Professor D (7:30-9:30); fireworks at dusk. (972) 780-5086.

DeSoto & Lancaster Old Fashioned 4th Fireworks Show: bring your lawn chairs and picnic baskets to Grimes Park, 501 East Wintergreen Road in DeSoto; entertainment: 6:00 p.m.; fireworks: dusk. Details at [www.ci.desoto.tx.us](http://www.ci.desoto.tx.us).

### July 10

Lancaster Chamber of Commerce presents 2nd Saturday on the Square: Best Southwest 1st Annual Kid's Got Talent: 11:00 a.m.-1:00 p.m. for kids ages 3-12. Looking for mimes, singers, dancers, actors, arts and crafts. Call (214) 912-6573 or (214) 774-7503. [www.2ndsaturdayyolasite.com](http://www.2ndsaturdayyolasite.com)

Cedar Hill library's Story Time Theater presents *The Little Engine that Could*, an interactive play for children: 2:00 p.m.

### July 11

Mansfield Cedar Hill Chapter of Kappa Alpha Psi presents 1st Annual Back-to-School Tournament benefiting youth in Cedar Hill/Mansfield area; school supplies provided for 2010/2011 school year: 8:00 a.m. Call Louis McClinton (214) 547-2904.

### July 15

Cedar Hill library hosts free diabetes workshop presented by MERCK: 6:30 p.m. on monitoring your blood glucose. Register one week prior to class at (972) 291-7323, ext. 1313.

### July 16

Free Senior Health and Information Fair: 10:00 a.m.-2:00 p.m. at Cedar Hill Senior Center, 1740 Mansfield Rd. (972) 291-5353.

### July 27

Cedar Hill library's Teen Finale Pizza Party for summer reading program participants; includes door prizes: 4:30 p.m.

### July 29

Cedar Hill library's all-day Summer Reading Club Finale with recognition of participants; includes door prizes; Ronald McDonald performance: 2:00 p.m.; ventriloquist/story teller, Nancy Worcester: 6:30 p.m.





# HERITAGE

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From left to right: Dr. Cezar Thomas, OB/GYN; Dr. Cecily Jones, OB/GYN; Dr. Gayle Smith-Blair, Psychiatrist (behind); Dr. Catherine Thomas, OB/GYN; Dr. Donald Blair, OB/GYN (behind); Sharon Roberts WNP; & Gina Vincent WNP

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