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Midlothian Editor, Betty Tryon

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Mira Rollins

Zachary R. Urquhart

Editors/Proofreaders, Pat Anthony

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Shannon Pfaff . Anthony Sarmienta

## PHOTOGRAPHY

Photography Director, Jill Rose

Photography Coordinator, Amy Ramirez

Photographer, Amy Dishman

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## ON THE COVER



*Dr. Lane and Penny Ledbetter stand with three of their reasons for moving to Midlothian.*

*Photo by Amy Dishman.*

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## Editor's Note

*Hello, Midlothian!*

How does one pass a swimming course and still not know how to swim? I remember the summer my sister and I took lessons at the park. Suspicious of the water, I spent most of my lessons clinging to the side. At the appointed time to swim to the deep end for the pass/fail test, I walked hand over hand along the rim of the poolside to get there.

When it was my turn, I closed my eyes and sunk like a rock to the bottom. Sitting there in the muffled silence I thought, *Now what do I do?* Well, fight or flight kicked in, and I did both and made it to the surface at the very second the lifeguard was halfway in to rescue me. Go figure, I passed!

Summer is not over and there are many hours of fun in the water to be had. Don't assume someone knows how to swim just because you've seen them splashing around. Never let your guard down when someone is in the water because every second counts.

Be vigilant and end the summer safely!

*Betty*

Betty Tryon  
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# A Strategic

# Impact

— By Betty Tryon



*Wanting students to reach their highest potential is an obvious requirement for any superintendent, and Dr. Lane Ledbetter, superintendent for Midlothian ISD, is no different. However, he has no intention of allowing the district to rest on its laurels. "We have a lot of people moving to this community who have very high expectations for their students," he said. "They move here because they know that, as a district, we have*





*high expectations consistent with theirs. We won't be satisfied with where we are. We will continue to look at what we do to expand what we offer our kids, how we challenge them and prepare them for their future."*

Like many educators, Lane grew up under the influence of family members who were invested in education. His mom was

a teacher and his dad a coach. "My life revolved around school activities and events," he shared. "As part of a coach's family, two to three nights a week we were at a game of some kind. On Friday nights, I was at a football game. That's just the way I grew up."

With a front row seat to life as an educator, Lane witnessed the positive impact his parents had on many of the students. "People I went to school with still call my dad for advice and look to him in that role. I realized early on the influence you can



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*strategic* in what we are  
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the same opportunities  
for *all kids*.”

have by being in the education business,” he acknowledged. After graduating from high school and trying to decide what he wanted as a career, Lane initially wanted to major in something different than education. However, after being in the college environment, he had a change of heart. “When I went to college, I realized I missed being surrounded by the educational system because that is what I knew. I loved biology, science, physics and chemistry and had thoughts of going to medical school, but once I got to college, I realized education was what I was supposed to do.”

Lane majored in education and earned his Bachelor of Science degree from Baylor University and his Master of Science in Education from the University of North Texas. He returned to Baylor University in 2004 to earn an Ed.D. in



# LOTHIAN I.S.D.



educational administration. His first year in teaching was challenging because he began in the middle of the year. "I have empathy for teachers we hire who come in when the kids have already been in class for a semester. The rules have already been established, and now the students have to adjust to the expectations of another teacher. The teacher coming in has to adapt to some extent to the way the previous teacher had done things. At the same time, they are trying to set their own expectations and management style."

After teaching and coaching for a number of years, Lane realized that although he could make an impact on his students, there were opportunities to make a greater difference for more students while working in administration. He worked as assistant principal, principal, assistant superintendent and superintendent before accepting the position to become superintendent of Midlothian ISD in June 2015. He and his wife, Penny, moved here with their three kids, Landon, Luke and Lauren. "I had heard of Midlothian and the growth this community is experiencing. I had to look at the job opportunity personally because I have three kids. It had to have a great school system for me to bring my own kids. As I talked to people here, I realized this community is a tremendous place with the way they support the schools and

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the strong values in the community. I am blessed to have been selected to be the new superintendent."

As he considered how to move the district forward, Lane sought input from all sides. He wanted not only communication from teachers and staff in the district but from the community also. "I wanted to work on a strategic plan that was something the community could get behind," he offered. "Along with the strategic plan is a communications plan for promoting what is going on in this district. When you look at the growth that's taking place and that people have choices in educating their kids, we have to market the great things taking place here. People are moving here because it is a destination district from a school perspective."

As wonderful as Midlothian ISD is, there is always room for improvement. "As we promote our schools, we can't be satisfied with just that," Lane mused. "We owe it to our community to continue to push and challenge our kids. As we get larger, we have to be strategic in what we are doing, so we are offering the same opportunities for all kids. At the same time, from a curriculum standpoint, we are trying to create curriculum alignment, so we don't have one thing taking place in this classroom at one campus and something else totally different on another campus. We have to create consistency. That's really the whole point of having a strategic plan."

Lane wants to ensure the district is teaching at the appropriate levels, monitoring the instruction and being consistent with the content. "We want to give the teacher the flexibility to deliver that instruction," he stated. "They are the ones who are the experts in that.



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They know how to reach our kids. We want to allow them to have creativity and flexibility.”

As the district moves forward in implementing the strategic plan, Lane wants to ensure the community he is still listening. “I visit with a lot of individuals when I go to events and am available for any concerns or questions. I want people to understand I have a true passion for this job, for this community and students. We want to provide the best, whether its facilities, opportunities, programs or staff. My priority is the students and providing the best learning environment. It’s so important to challenge them at high levels and to push them to do things perhaps they didn’t realize they could do.”

Acquiring a new superintendent for a school district is a big deal, and Lane feels blessed to be in Midlothian. “During my time here, I’ve been impressed not just by the passion our community has for our district, but also by the incredible number of people willing to volunteer in our schools,” he said. “You can do a lot of great things when you have parent support, community support and excellent teachers in the classroom. Our team will soon announce new opportunities for our residents to get involved with schools and help promote our many successes. Because we have that, we can do some amazing things.” **NOW**

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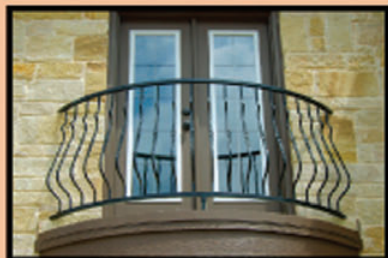


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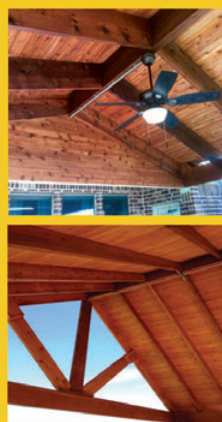
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*Third-grader Morgan Key knew this was an important moment. Showing her goat at the livestock show made all the work of handling and raising it worthwhile. Stepping into the ring, her world turned upside down. "I wasn't good at showing," she admitted, "and the goat was not very good. When I walked into the ring, the goat got startled, took off running and tripped me. I fell on the ground right in front of the judges. It was bad!"*

After that disaster, she wanted to quit and walk out of the ring, but her parents very wisely insisted she stay. Today, she proudly displays her awards of about 90 buckles, 35 banners and over \$20,000 in scholarships. It has not been easy. The family has racked up traveling miles nearly every weekend to stock shows during every school year between third and 12th grade. "Now I've won so many showmanship awards in Ellis County," Morgan exclaimed. "The first time I walked into the show ring, I would've never thought to have so much success. The second show was better because I decided I had to work more with my goats and teach them not to run



ONE OF  
THE LESSONS  
MORGAN  
LEARNED  
OVER THE  
YEARS AND  
WANTS TO  
PASS ALONG  
TO OTHERS  
IS TO NEVER  
GIVE UP  
ON THEIR  
GOALS, TO  
PERSEVERE  
THROUGH  
DEFEATS.

ESS

— By Betty Tryon

off. It eventually got better with all of the practice and hours I spent with them.”

When Morgan began to have success with the livestock shows, she decided to get more goats and go to bigger shows. To date, she has shown about 100 goats. “I recently made the sale at Ellis County Expo and have made the sale for the last eight years. I’ve made the sale at every livestock show in the state of Texas,” she said. Morgan has shown at the State Fair



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of Texas, Ft. Worth, San Antonio, San Angelo, Austin, Houston, Kansas City and Denver, Colorado. "It is an incredible time commitment. I've gone every weekend to either buy goats or show goats. I've had to miss a lot of school, especially when I showed at the major livestock shows."

Morgan went to jackpot or practice shows during the summer where she developed and perfected her skill for showmanship. These shows also offer the opportunity to accumulate points that will determine the all-around goat. The road to showing a winning goat is a year-long process. "We start in the summer shopping for the next year's goat," Morgan explained. "When we buy the goats, we look at the breeding pedigree to see if they have the potential to be good."

"It's the eye for looking at them when they are young that has helped Morgan," stated her mom, Tammy. "When most people or I look at goats they all look the same, but Morgan has the eye."



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The animals are only a few months old when she gets them and weigh 35-40 pounds. They reach their potential when they are about 11 months to a year. At the livestock show, owners have to demonstrate they have control of their goats. "They have to be able to walk on the chain and be used to the chain, so they don't choke," Morgan stated. "When setting the goat up, you have to make sure that all four feet are in a rectangle. You then lean into them, and they lean back on you. That flexes their muscles." Having them flex is important because they are judged on their conformation and muscles.

Another area that plays a part in how the goats are judged is showmanship. The more expertise in showmanship gives the judges a better opportunity to see the goat's potential. If the goat is not shown correctly or to the best of its ability, the judge won't see the amount of quality, muscle and overall look. "I take one goat to each show," Morgan said. "I have to leave it there and can't take it back to have additional success at another show. We've gone through so many goats that it's hard to get attached to them. I started out with names, but eventually went to the number tags on their ears."

Morgan's expertise with the goats is one of the reasons other parents in the Midlothian FFA ask for her help with their children. "I've helped a lot of kids in FFA and Ellis County 4-H with their showmanship," Morgan enthused. "I've also shown them how to properly train the goat to show it to its full potential, how to handle it and have full control over the goat when it is walking and setting it up."

"Morgan has helped so many kids," Tammy added. "I have tried setting up a

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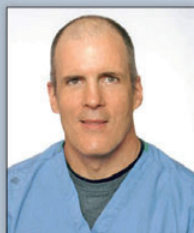


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goat, and it's difficult. So you can imagine a young kid of 60 to 75 pounds trying to show a 100-pound animal. Morgan has been able to help them. During her last show, a family made a point to tell her that when their son started showing goats, they told him to find a kid who knew what they were doing and watch them. The kid they chose was Morgan. Now they tell their son to be someone's Morgan."

Morgan's next step in life is to major in animal science at Tarleton State University. "I chose that major because of my livestock and agricultural background, and it just seemed like a good fit," she shared while musing about her future. "Eventually, I want to have a bachelor's degree from Texas A&M University." In considering her time at Midlothian FFA, Morgan was very grateful. "I wouldn't be where I am today without all the teachers who believed in me and told me I could do it even when I didn't want to. Sometimes, they don't get enough recognition for that."

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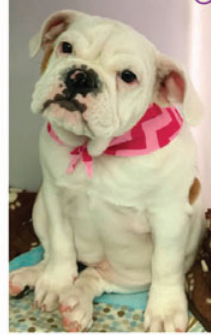


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"Sometimes, I wondered why we did this because it has been a huge sacrifice for the last nine years," Tammy shared. "There are times when I wondered if it was all worth it and realized that is was. It has not been just for the banners, buckles, money or rewards, but it's the friendships we've made over the years and the kids she has been able to help and influence."

One of the lessons Morgan learned over the years and wants to pass along to others is to never give up on their goals, to persevere through defeats. Perseverance is what got her past the humiliating performance of her first show to being the only Midlothian FFA student to ever make the sale with a goat at the Fort Worth Stock Show. Instead of being dragged down by defeat, she earned the right to walk in success. **NOW**



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— By Zachary R. Urquhart

## AT HOME WITH Brad & Lindsey Wellman

*If you want something done right, it is said, you have to do it yourself. With a charming house on a little land in one of Midlothian's newer neighborhoods, Brad and Lindsey Wellman have done most of the decorating themselves. With rustic wood and rooms adorned in shabby chic couture, their style puts a new spin on classic panache.*

Brad was born and raised in Midlothian, having graduated from Midlothian High School in 1998. He attended the University of North Texas, where he earned a business management degree. "I started working for Fastenal when







I was still in school,” he detailed. “Now I’m a project manager for National Accounts, and I’ve been there 16 years.” He stayed in Denton for a couple of years after college, but eventually moved back home to Midlothian.

Lindsey grew up in Liberty Hill, a town about 30 miles northwest of Austin. She went to Austin Community College for a while, and worked for Scott & White Health Systems. Mutual friends got the two together, and they dated long distance for several months. “We met in May 2009, because my sister and her husband were friends with some of Brad’s friends,” she explained. “We dated for about 15 months with one of us driving a few hours every weekend, then I moved up here that following August and began working for Dr. Julie Tomberlin.” They were married in May 2011, just after finding the perfect place to build their home, as well as their new life together.

While they were engaged, Brad and Lindsey knew they wanted to find a lot to build on in Midlothian, and they immediately started looking in the



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neighborhood close to the high school and the highway. "We bought the last lot in phase two of the development," Brad said. "It was perfect. We built the house, got the keys at the end of April, and were married a few weeks later." They made their house to suit their style, and Brad has slowly upgraded and changed things over their five years in the house. "I love DIY projects, so there are lots of things we have done in the house," he admitted.

As great as their house is, it was not complete until they welcomed their daughter, Elliot Rain, last December. "She's

our little miracle," Lindsey said. "We had been trying to have a child since we got married, and we decided to try IVF as one last chance, and now she's our everything."

The home's unique aspects begin with the curb appeal of a large plot of land relative to the neighborhood. "We have around 3/4 of an acre, which is a nice bit of space," Brad said. "We used to find wild animals or four-wheelers or who knows what in the yard, so we added a split rail fence." The front yard is nicely landscaped, with rows of boxwood shrubs lining the walkway. A small sitting area gives Brad and Lindsey a great

place to sit on cool autumn evenings.

Inside, wood flooring throughout offers the perfect canvas for Brad and Lindsey to display their sophisticated yet rustic style. The foyer looks into the living room on one side and a space that offers a relaxed take on the typical formal dining room. The tall square table in lieu of a more traditional piece is adorned with a tarnished white coat that leaves traces of bare wood showing through. A turquoise center piece and accents give the room the trendy style that makes it their own. Contrasting the shabby chic style of the table, Brad and Lindsey



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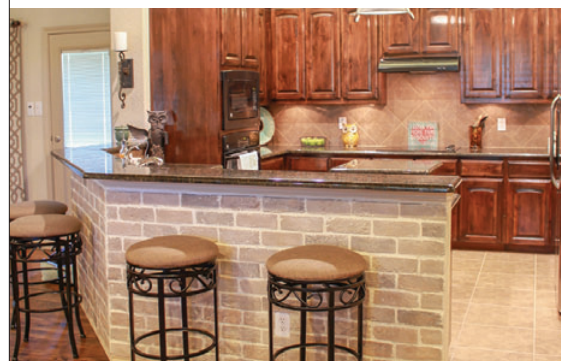
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have their only real piece of nostalgia in the corner of the room. "This piano was built in 1905, and it belonged to my grandparents," Lindsey said. In the center of the room, Brad fashioned a light fixture out of an old wooden bucket, bringing together the aged and artistic styles the room combines.

The living room is simple and classy, with plush leather chairs and stylish decorations highlighted by a great fireplace. "The mantel is stone that was painted the same color as our trim," Brad recounted, "but I sanded it down and gave it a stain to look like antique columns." The light colors of the living room stand firmly in contrast to deep, rich kitchen cabinets and counters. "I added the stonework on the bar. And there wasn't a light in the center, so we added a metal water pail fixture." The kitchen has an open feel. From it, one can look into the living room and the dining area. Behind the kitchen, Brad added



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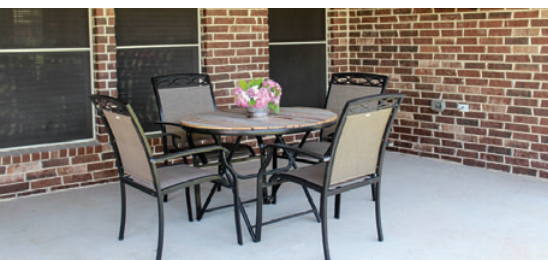
cabinets and a table-top inside the laundry room. He also moved a wall to give more room to the kitchen on the other side.

Featuring a split layout, Elliot's room is on the opposite side of the house from the master bedroom. Her room is painted a soft

white with mint and gold accents, featuring a wall of picture frames. "We added the chandelier, and I refinished the armoire," Brad detailed. The armoire, which is a salmon hue but has the same rustic, faded look as the dining table, currently serves as the changing table, but can easily turn into a regular dresser when Elliot gets older. The guest bathroom features another piece of handiwork — a light fixture made of black iron pipe and vintage-looking bulbs.

The master bedroom has a wooden "love" sign above the bed and limited shelving. The somewhat minimalist effect allows a picture from Brad and Lindsey's wedding day to stand out in bright contrast to the room's otherwise muted pallet. The threshold to the master bath is guarded by a sliding barn door that is not as antique as it seems.

"The doorway is offset, and the double doors that were there seemed odd," Brad explained. "Lindsey wanted a sliding barn door, and we had a perfect spot to hang one, thanks to Pinterest." With a mustard yellow color, the door is another notable talking point for their room. The master bath includes more pipe light fixtures, and Brad changed the towel hangers to include an industrial look throughout the space.



The backyard is simple and spacious, with a cute sitting area and dry garden in the corner. "One of our next projects will be extending the patio and putting an outdoor kitchen in," Brad said. If the rest of the house is any indication, the new and improved patio will be one more amazing addition to an already awesome house. **NOW**



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# Help, Hope — and — Healing

— By Mira Rollins

*Most agree that former athletes make the best coaches because they know firsthand the ups and downs of the sport. The same premise is the key to a thriving ministry at First Baptist Midlothian.*

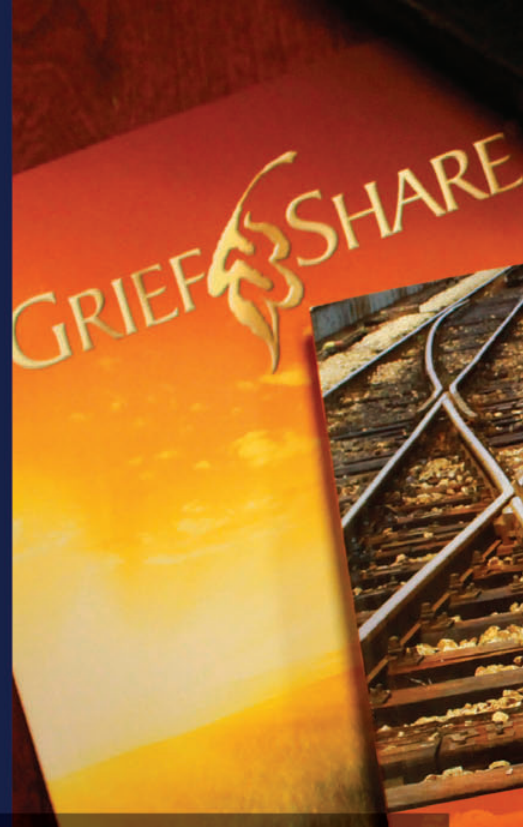
Woven into the fabric of the church is their Care Ministry. “The facilitators are the pulse of the ministry because they’re on the same journey,” Ben Condray, associate pastor, expressed. “We aren’t experts. We’re just a little farther down the road than some of the group members.”



Almost 25 years ago, Ben went through a divorce. “So I understand the complexities of recovering from that kind of loss,” he stated. Ben later remarried. He and Tammy have been together 22 years and have a total of four children.

When First Baptist began DivorceCare, Ben was one of the first facilitators. “Though it had been several years since my divorce, I experienced healing I didn’t even realize I needed,” he admitted.

Currently, there are three care groups. DivorceCare serves individuals who are separated or divorced. GriefShare supports those who have experienced the loss of a loved one. Lastly, Re-Engage targets



RECO





married couples looking to strengthen their relationship. Several more groups are being planned, including parents with children struggling with substance abuse, grandparents raising grandchildren, survivors of sexual trauma and those struggling with sexual addiction.

Mike and Sue Freshwater have been facilitators of the DivorceCare group for almost three years. They have been married for 33 years and raised five children together — Emily, Patrick, Stephen, Jeffrey and Michael. Though their three-decade-long marriage is healthy and thriving, they both know the pain of divorce from their first marriages and grief due to loss of loved ones. “There were no divorce care classes being offered 30 years ago, but I sure needed one,” Mike openly confessed. “As my wife and I share our own struggles and successes with the group, they begin to accept and connect with us. In session one of the class, we share our story, so they understand that we can authentically relate to the pain they are experiencing. This authenticity and openness gains immense credibility and trust.”



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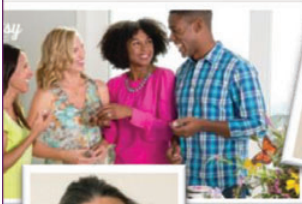
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Through their previous divorces, Sue and Mike Freshwater have had a chance to give back through DivorceCare.

CJ Sears, Ken and Rachel Clary and Sherry Watson facilitate the GriefShare group. Early in her marriage, CJ's husband suddenly became ill during what she expected to be a normal and joyful Thanksgiving holiday. Never recovering, he passed away when their son was only 18 months old. She has committed her life to ministry, both abroad as a missionary in Asia and now at home as she champions for those going through significant life loss. "We don't compare one another's grief to measure who is

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carrying the heaviest burden. No matter who you’ve lost, your pain is real and you are welcome,” CJ assured.

Both DivorceCare and GriefShare are 13-week programs. “If you think about the nature of the classes, nobody really wants to be there because no one wants to be walking through that kind of pain,” Ben said. “People don’t come because they want to, but because they need to. It takes a little time to establish trust in the group, and it takes time to heal.”

Each weekly session is strategically layered in three phases. Participants first discuss an individual home Bible study

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The GriefShare program has enabled Ken and Rachel Clary to help their community.

that is provided in their workbook. Then the group watches a topic-based video and follows it up with group discussion. The videos are packed with powerful instruction from experts including pastors and counselors. However, many participants often state that the most impactful video segment are the testimonials from actual survivors and thrivers. "It's amazing to watch the videos from week to week and see the progression of many of the people featured," Mike shared. "The class is inspired by the growth they see from the people in the video."

The videos serve as a natural transition to group discussion. "It's a safe place for people who are grieving, angry and confused. They can speak openly and honestly without judgement. Group members understand and commit to what is said in the room, stays in the room. Group discussions are a very healing time for everyone," Mike affirmed.

Re-Engage takes on a slightly different format than the other two groups. It's a 16-week-long course, layered with worship and testimony time, followed by small group discussion. Couples are encouraged to participate in at-home couples Bible study. Ben and Tammy attended the pilot group last fall. "During one of the sessions, Tammy and I had a small and unscripted disagreement in front of the class. It was awkwardly wonderful," Ben expressed. "We had permission to have a problem and be real. It demonstrated to the class that we were open and human."

Membership at First Baptist is not a prerequisite to join any of the classes. "All you need is a buck," Ben stated. The church only charges each participant \$1 per week, and past participants have confirmed the groups were well worth the price of admission. Most often,

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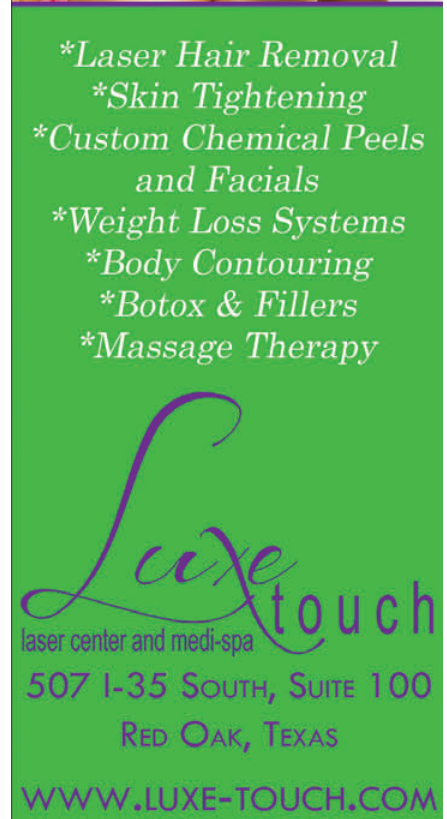
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participants achieve the goal of the class by the end of the course. "The goals for each of the courses is to provide hope and healing," Ben stated with simplicity and passion. "The groups provide participants with a new willingness to continue with life, and they help them survive a difficult life season. By the end of each semester, people leave with less bitterness, anger and anxiety. They have confidence and hope. They honestly begin the course crying, but leave rejoicing," Mike added.

The content of the course material provides tangible and practical application points that participants can implement. The material is also structured to be applicable to people at various stages of divorce, grief and marriage. "While Re-Engage follows a closed group format, it is never too early or too late to come to DivorceCare or GriefShare," Ben said. "We have actually had many people take the classes more than once because they are at a different stage of healing than they were the first time."

Ben, Mike, Sue, CJ, Ken, Rachel and Sherry and the team of Re-engage facilitators proudly walk alongside those people traveling the road of recovery they themselves have walked. As experienced coaches, they give tools for victory through biblical and practical teaching and encouragement. The Care Ministry at First Baptist Midlothian seeks to provide real healing to real people in real life circumstances. **NOW**

*Editor's Note: For more information, log onto [fbcmidlothian.org](http://fbcmidlothian.org) or call Ben Condry at (972) 775-9000.*



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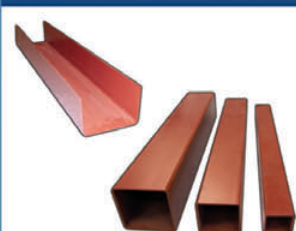


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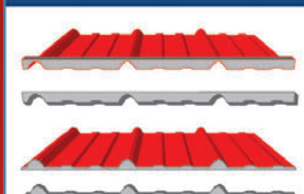


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## Cool Pools

*Ron King builds pools of every type for Midlothian.*

— By Betty Tryon

In the 16 years he has been in business, Ron King, owner of King Pools Inc., has been busy building swimming pools — over 1,300 of them. He turned to the business of building pools after he ran country clubs as a golf professional for 14 years. He had advanced in his career where a promotion required him to travel two to three weeks a month. Being a dedicated family man with young children, this was unacceptable, and he looked for another employment opportunity. A friend who built pools offered to teach him the business, and with Ron's business degree from Louisiana State University, he was able to start King Pools Inc.

"I looked for a business my family could own that we could work and build together, and I could hand over to them," he explained. "I wanted to be able to go to my son's baseball games

and daughter's cheerleading games. Owning your own business is challenging and you work a lot of hours, but it gave us the freedom to do that." Ron's daughter now attends Texas Tech University, and his son goes to Heritage High School.

Ron began King Pools Inc. exclusively as a pool builder, but as time went on, he added retail to his services. He also hired service techs for pool cleaning. In the last six years, he started a commercial division and began building swimming pools commercially in addition to the residential services. "We are a full-service, custom pool builder company and offer everything in the pool business. We can take care of your pool in every way," he stated. "That makes us a little different from most companies in the area." As a full retail store, King Pools Inc. sells



chemicals, goggles, floats, hot tubs and custom barbecue grills. They are also a licensed distributor and warranty center of Big Green Egg grills.

The company builds pools all over the state of Texas in places such as Austin, Athens, San Antonio and the Metroplex. "We don't want to just build your pool, shake your hand, say thank you and then move on. We provide full service in taking care of your pool because we want you as a customer for life," Ron acknowledged. King Pools Inc. employs service technicians who can repair pumps, motors and filters. They also furnish a weekly swimming pool cleaning service.

**"We are a full-service, custom pool builder company and offer everything in the pool business."**

Through the years, Ron has cultivated repeat business with his customers. He has built at least five pools over the years for some clients. "One thing we've learned is to treat all the customers like we would want to be treated," he shared. "I meet every customer when we build their pool because I think it is important that they meet the owner not a salesman. It's just one of my philosophies that our customers should meet me."

Having raised his family in Midlothian, Ron donates his time and finances to give back to the community. "We're very proud of Midlothian," he stated. "I'm very active in the community with sports and athletics and have sponsored the 7on7 football program for the last 11 years. We've donated about \$50,000 into all the programs we've sponsored. It's important because I love Midlothian so much. We are the biggest and oldest pool company around, and we appreciate everybody supporting us." **NOW**

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## A Sick Tooth

— By Betty Tryon

With your hand gingerly laid across your cheek and a grimace of pain on your face, you've just made the universal signal of a toothache. In the course of a lifetime, most of us experience a toothache at one time or another, whether the pain is from early childhood when teeth are growing, sensitive teeth in adulthood, foreign matter lodged in teeth, trauma to a tooth and/or an abscessed tooth. One thing is for sure: an aching tooth will not be ignored!

If the origin of the pain is from growing teeth or objects that become stuck between them, the situation can usually be resolved without medical intervention. However, an infection or periapical abscess that occurs at the root of the tooth needs the attention of a professional. An abscessed tooth is an infected tooth caused by a bacterial infection. Tooth decay is a major cause of the infection. Gum disease or some type of trauma to the tooth can set up the scenario for an infection to develop.

The most overwhelming symptom is pain. The pain can be sharp, throbbing or persistent and gnawing. There can be swelling of the face, fever, a foul taste in the mouth, sensitivity to the touch on the outside of the face and a feeling of malaise. If you have any of these symptoms, you need to be treated. If you begin to have difficulty breathing or swallowing, go to an emergency room right away. An infection in your mouth needs to be treated, or it will just get worse and cause additional problems — even

death. According to *Journal of Endodontics*, over 400,000 people have visited emergency departments because of infections in their teeth.

The first step in lessening the pain and beginning eradication of the infection is to drain the pus or the abscess. If the tooth can be saved, a root canal or endodontic surgery will be performed. If the tooth cannot be saved, it will be pulled. You may also be prescribed antibiotics for the infection.

Neglecting your teeth increases your chances of not only dental abscess but gum disease. Limit your intake of sugary foods and drinks and in-between meal snacks. Brush your teeth twice a day, and don't forget to floss! Replace that frayed toothbrush every three months. An old toothbrush cannot do the proper job of cleaning. A fluoride and/or antiseptic mouthwash may aid in giving you extra protection. Above all, visit your dentist regularly. It may add to your expenses, but having your teeth cleaned is a lot cheaper than treating an abscess and restoring your tooth. **NOW**

### Sources:

<http://www.sciencedirect.com/science/article/pii/S0099239910007971>

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



### Through August 31

Artist's Favorite Exhibit: **Tuesdays-Fridays**, 8:00 a.m.-9:00 p.m.; **Saturdays**, 9:00 a.m.-9:00 p.m., The Lighthouse Gallery, 1404 N. Ninth St.

### August 6

Annual Ice Cream Supper/Fundraiser for the Mt. Peak Cemetery: 6:00 p.m.; 7:00 p.m., auction begins, Mt. Peak Cemetery, FM 875. Ice cream, hot dogs and cold drinks will be sold. Bounce house and face painting for the kids. All proceeds are used for upkeep of the cemetery and grounds.

### August 6, 13, 20, 27

Downtown Midlothian Market: 8:00 a.m.-1:00 p.m., Heritage Park.

### August 8

Midlothian Rotary Club Luncheon: Noon, Midlothian Civic Center. Speaker John Capps. Friends of NRA will speak about their annual fundraiser.

### August 9

Evening Book Club: 6:30 p.m., A.H. Meadows Public Library, 923 S. 9th St. New group forming. Open to all readers who would like an evening option. For more information, call (972) 775-3417.

### August 12

Summer Moonlight Movies presents *Charlotte's Webb*: 9:00 p.m., downtown Waxahachie. Admission is free. Bring lawn chairs, blankets and bug spray. Concession stand on-site. For more information, call (469) 309-4111.

### August 13

Midlothian Texas Arrowhead Show: 8:00 a.m.-3:30 p.m., Midlothian Civic Center. Admission: \$5, children 12 and under are free. For more information on vendor table prices, set-up times and lodging accommodations, call Harold Hughes at (972) 921-8555.

Movie in the Park - *Kung Fu Panda 3*: 7:30 p.m., Hawkins Spring Park, 1498 FM 1387. Bring chairs or blankets. May bring snacks and drinks. Concession stand will be open. Don't forget insect repellent. Rainout date:

### August 20.

### August 16

Relaxing Coloring: 6:30 p.m., A.H. Meadows Public Library, 923 S. 9th St. Need a time to relieve stress? Join us as we unwind to relaxing music and creative coloring. Color sheets and pencils provided or bring your own. Open to adults 18 and older. For more information, call (972) 775-3417.

### August 20

Wildflower Walk: 9:00 a.m., Mockingbird Nature Park. Half-mile stroll to identify wildflowers and take a flora and fauna survey along the trail. Be sure to bring water and wear close-toed shoes and insect repellent. In the event of rain, the walk will be cancelled.

Pet Adoption Event: 9:00-11:00 a.m., Walmart Garden Center. Animal Shelter pets available for adoption are in attendance.

### August 22

Midlothian ISD: New school hours: Elementary, 7:45 a.m. to 3:15 p.m.; Middle School/High School, 8:25 a.m. to 3:55 p.m.

### August 26

Necessity Closet at One Way Church: Noon-3:00 p.m., One Way Church, 716 W. Main. To help people on food stamps or who have a low income by giving them paper products and cleaning supplies. For more information, contact Jean Burns at (972) 978-7210 or by email at mybrokee@aol.com.

### Ongoing:

### Second and Fourth Mondays

Rag-Tag Readers Book Club: 10:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. Join lively discussions of books chosen by the club members. For more information, call Sandy at (972) 775-3417.

### Third Mondays

School Board meeting: 6:00 p.m., MISD Administration Building.

### Fourth Mondays

The Creative Quilters Guild of Ellis County: 7:00 p.m., Waxahachie Bible Church, 624 N. Grand Ave., Waxahachie. Visit [www.elliscountyquilters.com](http://www.elliscountyquilters.com) for more information.

### Tuesdays

City Council meeting: 6:00 p.m., 104 W. Ave. E. Call (972) 775-3481 for more information.

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

### First Tuesdays

Midlothian Area Historical Society meeting: 7:00 p.m., Community Room of CNB, 310 N. 9th. For more information, contact Edwin Bateman (972) 743-2379.

### Third Tuesdays

Ellis County Veterans Networking Group

meeting: 6:30 p.m., Ryan's Steak House, Hwy 287 Bypass and 77, Waxahachie. Come join the group for dinner and listen to what the guest speaker for the evening has to share. For more information, call Mike Lamb at (214) 763-0378.

### Tuesdays, Thursdays

Rag-Tag Readers Book Club: 10:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. Join lively discussions of books chosen by the club members. For more information, call Sandy at (972) 775-3417.

Community Computer Class: 1:00 p.m., A.H. Meadows Public Library, 923 S. 9th St. Hands-on help with computer basics. Open to the public. For more information, call (972) 775-3417.

### Wednesdays

DivorceCare: 6:30-8:00 p.m., First United Methodist Church, 800 S. 9th St. For more information, call (972) 723-3993.

### Third Wednesdays

The Ellis County Christian Women's Connection meeting: 11:30a.m.-1:00 p.m., Waxahachie Country Club. Cost is \$13. Vouchers for mothers requiring childcare are available. This is a very positive, uplifting and refreshing time for women and includes a delicious lunch and featured guest speaker each month. For reservations, women can contact Margaret at (972) 825-3559.

### Third Thursdays

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center (County Farm), 2272 FM 878, Waxahachie. Talk-in on the 145.410 machines. All are welcome. For more information, visit [wd5ddh.org](http://wd5ddh.org).

### Fridays

Preschool Storytime: 11:00 a.m., A.H. Meadows Public Library, 923 S. 9th St. Story, craft and snack provided. For more information, call (972) 775-3417.

### Third Saturdays

Midlothian Opry Country Music Show: Midlothian Civic Center, 224 S. 11th St. Old Country and gospel music with Goodtimers Band. \$5 admission. Call Davonna at (214) 676-1706 or go to Facebook Midlothian Opry.

*Submissions are welcome and published as space allows. Send your current event details to [betty.tryon@nowmagazines.com](mailto:betty.tryon@nowmagazines.com).*



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## In the Kitchen With Gayle Wilkinson

— By Betty Tryon

Every cook has a disaster story. Fortunately, those disasters turn into good object learning lessons. Gayle Wilkinson remembers making a special dessert of strawberries and cream years ago that went awry. She put them in dessert glasses with a stem for a distinctive look when serving. “I put them in the freezer where I thought they should go,” she explained. “When I got them out to serve, they were frozen solid and impossible to eat, although we tried!”

When not making fancy desserts, she is a CASA of Ellis County Volunteer. Gayle retired in 2009 from her business, CPX Trucking, Inc. in Midlothian and now her son owns the business, leaving her plenty of time to volunteer. **NOW**

### Tortilla Soup

- 1/2 medium onion, diced
- 2 sticks celery, diced
- 2 cloves garlic, minced
- 1 fresh jalapeño, diced
- 6 cups chicken stock
- 1 14.5-oz. can tomatoes, diced
- 1/2 tsp. red pepper, crushed
- 3 corn tortillas, chopped
- 1 Tbsp. ground cumin
- Dash Worcestershire sauce
- Dash Maggi seasoning
- Salt and pepper, to taste
- 1 lb. cooked chicken, diced
- 6 corn tortillas cut in 1/8-inch strips and fried in oil
- 1/2 lb. Monterey Jack cheese, shredded
- 1 avocado, diced
- 1 lime, cut in 6 wedges

1. Sauté onion, celery, garlic and jalapeño in a soup pot.

- 2. Add chicken stock, tomatoes, red pepper, chopped tortillas and cumin; bring to a boil for 30 minutes. Put in a blender and puree until smooth. Add Worcestershire, Maggi and salt and pepper, to taste.
- 3. Place in bowls and garnish with diced chicken, fried tortillas, Jack cheese, avocado and lime wedges.

### Vermicelli Salad

Chop veggies small.

- 1 12-oz. package vermicelli, broken into pieces
- 1 Tbsp. Accent
- 1 Tbsp. Lowry's Seasoned Salt
- 3 Tbsp. lemon juice
- 4 Tbsp. Wesson Oil
- 4 oz. pimento, chopped
- 1 cup bell pepper, chopped
- 3/4 cup green onions, chopped
- 2 cups celery, chopped
- 1 small can ripe olives, chopped

- 1 1/2 cups Hellmann's mayonnaise (important to use Hellmann's)

- 1. Cook vermicelli in salted water according to package directions; drain. Add Accent, seasoned salt, lemon juice and oil. Mix, cover and refrigerate overnight.
- 2. The following day, mix together pimento, bell pepper, green onions, celery, ripe olives and Hellmann's mayonnaise. Combine with vermicelli and chill.

### Coconut Cake

Cake:

- 1 box Duncan Hines yellow cake mix.
- 2 eggs
- 1 cup water
- 1 20-oz. can crushed pineapple, drained
- 1 7-oz. can coconut flakes (divided use)
- 1 15-oz. can Coco Lopez Real Cream of Coconut

Icing:

- 1 12-oz. carton Cool Whip
- 1 cup powdered sugar

- 1. For cake: Mix cake mix, eggs, water, pineapple and half can of coconut flakes. Bake in a 9x13-inch pan according to cake mix directions.
- 2. Remove cake from oven. Punch holes in cake with a knife handle; pour can of cream of coconut over it while it's hot. Let cool for 3 or 4 hours.
- 3. For Icing: Combine Cool Whip, powdered sugar and remaining half can of coconut flakes. Spread over top of cooled cake.

### Pound Cake

Mother-in-law's recipe.

- 1/2 lb. butter
- 2 cups sugar
- 2 cups flour
- 5 eggs
- 1 tsp. vanilla
- Pinch salt
- 1 tsp. lemon extract

- 1. Mix all ingredients together and pour into a tube pan. You will need a covering of waxed paper for the tube pan or it will drop through before it sets.
- 2. Bake at 350 F for one hour. Can be used as the cake part of strawberry shortcake or just eaten alone.





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