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APRIL 2026

Discipline in the Dojo

Caleb Lewis' résumé
includes Team USA
and World Cup

In the Kitchen With
Kenzie Lowman

Also inside:
Scavenger Hunt

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April 2026
Volume 22, Issue 4



Angel Morris
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ON THE COVER

Perseverance and priorities have taken Midlothian's Caleb Lewis far in the sport of taekwondo.

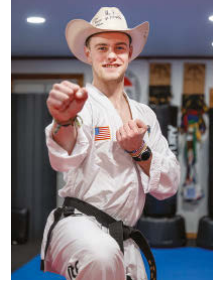


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DISCIPLINE IN THE DOJO

— By Angel Morris

From a child in need of structure to a Team USA competitor with a first-degree black belt, Caleb Lewis' journey through taekwondo and kickboxing is a testament to the power of perseverance and priorities. A Midlothian resident for most his life, 19-year-old Caleb's athletic interest has been defined by an unwavering commitment to a sport he started at just 4 years old. "I was a wild child in need of discipline," Caleb recalled.

While too young to remember his first class, that initial pursuit of order morphed into a passion for high-level competition when the opportunity arose to compete at the 2022 ITF Taekwondo World Cup in Koper, Slovenia. It was the "love of the fight and training" that took hold, pushing him to become better and better.

Caleb's dedication led to a rigorous training schedule. At his peak, he was training a minimum of two hours a day, much of it sparring, focusing on boxing, kickboxing and taekwondo techniques at his studio. His regimen also included daily runs of at least a mile, plyometrics and footwork, with only Sundays reserved for rest.

This intense focus propelled Caleb onto WAKO USA Kickboxing Team USA multiple times. He represented the United States on the world stage, competing in the Junior Pan-American Championships in Brazil and the Junior World Championships in Budapest, Hungary. Caleb specializes in sparring, where he excels, alongside his "flying techniques" — skills that earned him the opportunity to be one of five adult male competitors to attempt setting the official flying high kick world record.

Balancing school with his athletic pursuits meant sacrificing a typical teenage social life and losing much sleep. Early mornings for seminary class and late nights for work and practice were the norm for this homeschooler who spent his last year at Midlothian High School, where he graduated through the MISC LEAP program. "I had to sacrifice many nights hanging out with friends in order to practice in the gym," he said.

Caleb's path to the top of taekwondo, however, was far from smooth. He identified "laziness and complacency" as his toughest internal obstacle, a challenge exacerbated by physical setbacks. Multiple injuries



led to an intense period of inactivity and the creeping return of idleness for Caleb. "I had two back-to-back concussions, and after finally recovering from those through much rehab, I broke three bones in my right hand," he explained.

To overcome these challenges, Caleb relied on the support of his family. Working with his brother and father, both also taekwondo practitioners, he pushed forward, preparing for the World Championships in Croatia.

Despite not feeling at his peak, Caleb coped with the pressure of competition utilizing a unique warm-up ritual: "I use music, and I try to remain fluid, moving almost like a bad dance," he noted.

Other rituals for Caleb were born from recognizing, "there is always someone better," he said. "Discipline means to consistently show up to practice even when you

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don't feel good, when you're tired or hurt, and still putting in as much effort as you can. I learned later, it's a matter of self-control and being humble, not jumping the gun and thinking you know everything."

Caleb said he calls on the moral aspects of taekwondo — respect, integrity and perseverance — in all facets of his life. "My life professionally, with family, friends and even strangers is better because I use the morals of taekwondo in every day," he shared.

"I'd also like to give credit to Poteet Martial Arts, run by Mr. Chris

Poteet and his wife, Mrs. Annette Poteet, because I have been with them so long. They are good friends, and they have taught me much of what I know, helping create these opportunities in taekwondo."

Caleb's ultimate goal as a martial artist isn't just about winning titles. It's about continuous improvement and "to become as good as I can across different styles while avoiding permanent brain damage," he quipped.

Caleb's advice to other young athletes reflects the hard-won

wisdom of his journey: "Your sport shouldn't be your first priority. This is coming from someone who learned the hard way by prioritizing it over everything," he admitted. "Making your sport the No. 1 thing in life can bring success, but the rest of your life will suffer."

Caleb emphasized a hierarchy that puts God first, then relationships, health and, finally, the sport itself. He views the dedication to these other life pillars as training for a balanced, fulfilling life beyond the mat. "You can think of these other things as training, too. They're just training for the rest of your life — because without God, people and your own good health, the extent to what you can achieve is limited," he said.

Caleb attributes future accomplishments to the sport that took him from wild child to disciplined black belt. "It gives me confidence," he credited, "and moves me forward in my ultimate goal to become the very best I can at whatever I do." **NOW**

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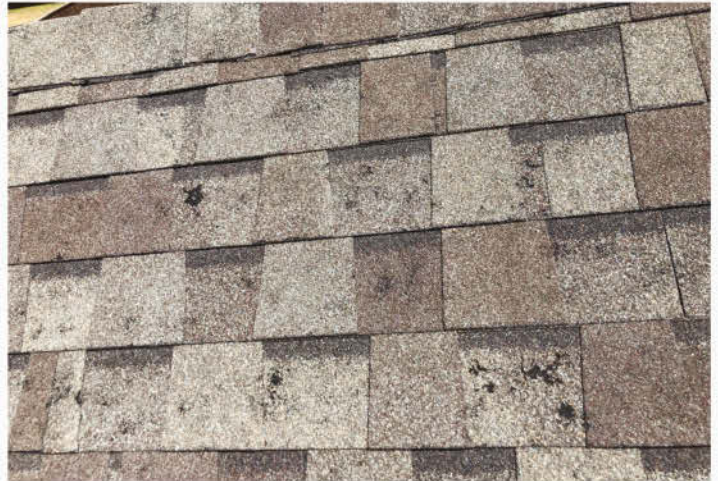
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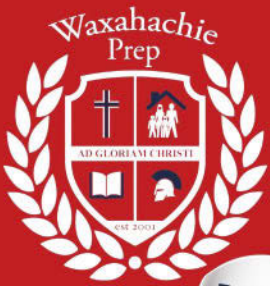


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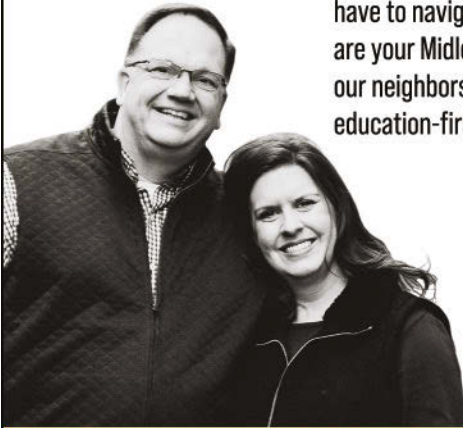
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Zoomed In: The Hillman Family

By Angel Morris

Levena Hillman, known to her family as “Mamaw,” hand-painted 40 matching T-shirts for the group’s recent Caribbean cruise. She personalized many of them to reflect each person’s interests and unique characteristics, including favorite colors or sports teams. “We all had such a wonderful time, and even the ship’s staff and crew were impressed by her creativity and attention to detail,” Levena’s daughter, Kristin Schor, said. “Mamaw is truly talented and loves creating special keepsakes for our family. These shirts are not only fun but also serve as a meaningful souvenir of our cruise together.”



T.E. Baxter Elementary second grade teacher Kelsy Lopez and Assistant Principal Shanna Malone dress for the weather at a rainy school dismissal.



Chaiden Rios and Lily Johnson spend time preparing a family meal during college break.



Paws for Reflection Ranch Executive Director Melinda Goff and Lindy Beaty, Ellis County and District Attorney, attend A Night United hosted by United Way of West Ellis County.



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Zoomed In: Robin McCarty

By Angel Morris

During dangerously low temperatures earlier this year, Bridges Training Foundation's 42-year-old heating and air conditioning system needed replacement in order to continue serving individuals with intellectual and developmental disabilities. Local attorney Robin McCarty established a GoFundMe campaign, personally seeding the account. TX Air Assurance then sourced the required HVAC equipment at cost and donated the labor required to remove the old system and full installation of the new unit.

"When I learned that Bridges was facing the very real possibility of losing heat during one of the coldest stretches we've experienced, I knew this was something our community could not ignore," Robin said. "I challenged my friends, clients and neighbors to step up — because protecting the people Bridges serves is a responsibility we all share."



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CookingNOW

IN THE KITCHEN WITH KENZIE LOWMAN

— By Angel Morris



Kenzie Lowman's love for baking began in childhood. "My mother cooked and baked everything homemade for our huge family, and it wasn't until I was an adult that I truly began to appreciate it," Kenzie noted. "Although she still helps me every time I call her in a panic in the kitchen, I wish I could go back to watch everything she had to teach."

In her 20s, Kenzie embraced baking. "Whether it's cookies, a sheet cake, or anything sourdough related," she shared.

Kenzie also appreciates exploring anything cozy, like soups and casseroles. "I'm so thankful for a husband willing to be my guinea pig taste tester, and for my mother who inspired her daughters to love and serve others well through the food we make!" **NOW**

Chicken Pot Pie

Puff Pastry:

- 2 cups all-purpose flour
- 1/4 tsp. salt
- 1 1/4 cups very cold salted butter, cubed (divided use)
- 1/2 cup very cold water

Egg wash:

- 1 egg
- 1 Tbsp. water

Pot Pie:

- 3-4 chicken breasts, cubed (or a rotisserie chicken)

Olive oil

- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 stick butter
- 1 yellow onion
- 1 Tbsp. minced garlic
- 3-4 whole carrots, chopped
- 2-3 sticks celery, chopped
- 1/2 cup frozen peas
- 2-3 Tbsp. flour
- 2 cups chicken broth
- Splash of heavy cream

1. For the pastry: Using a food processor, add the flour, salt and 3/4

cup cubed butter, pulsing until the butter is absorbed (10-12 one-second pulses).

2. Add the remaining butter, pulsing 2-3 times (no more). Add the water; pulse 4-5 times just until the dough comes together to form a ball. (Do not over process.)

3. On a lightly floured surface, gently knead the dough about 10 times. With a lightly floured rolling-pin, roll into a 12x18-inch rectangle. Fold into thirds, then in half. Wrap in plastic; refrigerate 2 hours.

4. For the egg wash: In a small bowl, beat together the egg and water.

5. For the pot pie: (If using rotisserie chicken, skip to step 6). Preheat the oven to 425 F. In a medium-sized bowl, lightly coat the chicken in olive oil; season with salt, pepper, onion powder and garlic powder. Mix well; add to the baking dish, and bake 15-20 minutes. Reduce heat to 375 F.

6. Add the chicken, along with the juice from the baking dish, to a stand mixer. On low, slightly shred the chicken. (Don't over mix; chicken should remain a little chunky.) Add the butter and the next 5 ingredients to a 12-inch cast-iron skillet; sauté over medium heat until tender and fragrant.

7. Add the flour 1 Tbsp. at a time until

everything is lightly coated; add the chicken broth. Mix well; let sit for 3-5 minutes, stirring occasionally.

8. Add the chicken and its juices along with the heavy cream; stir well. (Add a little more broth if it soaks up too much liquid.) Let it sit while cutting pastry into 4x2-inch strips. Assort the strips atop the mixture, covering everything by pastry.

9. Brush the egg wash evenly across the pastry strips. Bake 35-45 minutes until golden brown. Wait a few minutes to let it settle, but enjoy while it's still hot!

Lemon Texas Sheet Cake

Cake:

- 2 cups cane sugar
- 1 Tbsp. lemon zest
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs (room temperature)
- 1/2 cup sour cream (room temperature)
- 1/4 cup lemon juice
- 1 tsp. vanilla extract
- 1/2 tsp. lemon extract
- 1 cup salted butter
- 3/4 cup water
- 1 cup fresh or frozen blueberries or other fruit of choice (optional)

Glaze:

- 1/2 cup salted butter
- 3 Tbsp. milk
- 1 Tbsp. lemon zest
- 3 Tbsp. lemon juice
- 4 cups powdered sugar

1. For the cake: Preheat the oven to 350 F. Grease a 13x18-inch pan. In a medium bowl, add the sugar and lemon zest, rubbing together with your fingers to help it become fragrant. Add the flour, baking soda and salt; whisk together.

2. Add the next five ingredients; whisk together.

3. Add the butter and water to a medium saucepan over medium heat. Bring to a boil, then add to the cake mixture.

4. Pour the batter into the prepared pan. If adding fruit, sprinkle evenly across the batter. Bake 18-22 minutes, or until light golden brown around the edges/top of the cake.

5. For the glaze: Add the butter and milk to the same medium saucepan. Bring to a boil over medium heat. Remove from heat; add the remaining ingredients. Mix with an electric beater, ensuring it's smooth.

6. Spread evenly over the cake with a spatula; cool before cutting.



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newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

Serenity Advanced Dentistry

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If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives.

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency — working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training"

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the



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