

DECEMBER/JANUARY 2024

ARISE & REJOICE

Positive Stories About Positive People.

MAGAZINE.

Beth Stewart is committed to...

healing bodies and hearts! 🙌!

www.ariserejoicemedia.com

please see page 4



3i

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Innovation
Information

Since the formation of the company in 2006, 3i has worked to exceed client expectations and transform vision into award-winning projects. 3i offers the broad expertise and financial stability of a mid-size General Contractor and Construction Manager while combining the personalized service and attention of a smaller firm.

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We have clients in many industries. Some select examples include DART; Parkland Hospital & Health Systems; John Peter Smith Hospital; Dallas ISD; Houston ISD; Garland ISD; Fort Worth ISD; DCCCD; TCCCD; UTD; UNT and many more. Through the organization formed by the owner of 3i, the 3i Team is committed to serving communities throughout the State of Texas...Mike Williams Assist 4 Life Foundation, because a lost kid is a lost opportunity for greatness.

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see how you can
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I
INSPIRING
A New Generation
of Leaders

The mission of our Foundation is to
" **TIP the Opportunity-Gap Scales** "
by assisting and supporting
students in the Southern
Sector of Dallas

P
PROVIDING
Options and Opportunities

Nurse Beth Stewart, left, leads a charity that provides free medical and dental care.



We Invite You to Visit These Features

Beth Stewart leads a medical charity committed to healing.

-Please see page 4

Harris Methodist (HEB) is one of the finest hospitals in Texas.

-Please see page 5

He molded the World Champion Texas Rangers!

- Please see page 11

Title XI changed the landscape for female athletes.

- Please see page 14

Each Sunday they serve the poor.

- Please see page 16

AR



KINDNESS

Be kind to everyone you meet! Give others the love and respect that they deserve as human-beings.

Introduce yourself to neighbors if they are new to you, or even if they are people you have lived next to for years but do not know.

If your neighbors are elderly or disabled take their mail from their mailboxes and place it in or near their front door.

These may seem like small things, but they will accumulate, and they will make a positive difference in the lives of people.

It will cost you very little to be kind! It will enrich you in so many ways and you will sleep better at night knowing that you have made a difference in another person's life. |AR

Called to Heal!



An important part of Ms. Stewart's life is helping children stay healthy.

As a night supervising nurse in the emergency department at Texas Health Harris Methodist Hospital in Bedford, Beth Stewart has witnessed monumental instances of compelling sadness, and intense pain.

Yet, Ms. Stewart, who became a nurse sixteen years ago, sees the work environment in which she leads teams of health professionals as a fountain of wellness where people frequently arrive in agony and depart with relief.

I love the dynamic of the emergency room, said Ms. Stewart whose husband, Daniel, is a firefighter and paramedic with the City of Bedford.

She was encouraged in 2016 by her supervisor at the very hospital where she now leads others to get involved in medical mission trips sponsored by "Global Hands of Healing."

My first trip was life-changing, said Ms. Stewart who traveled to Panama in 2016.

"I enjoyed the calm, simple manner in which our team of selfless and committed professionals addressed the needs of our patients in Panama," said Ms. Stewart who is now president of Global Hands of Healing, a non-profit organization.

"I love inviting friends, colleagues and family members to join us on medical mission trips," said Ms. Stewart who was accompanied on one trip by her daughter.

In addition to traveling three times to Panama, Ms. Stewart has provided healthcare to people in Costa Rica and Guatemala.



The dedicated participants on the health missions pay their own expenses, including airfares!

"There is a tremendous sense of personal fulfillment that we receive when we serve others," Ms. Stewart, the recipient of the 2023 DFW Hospital Council Employee of the Year Award, said JAR

CITY OF EULESS
PARKS AND COMMUNITY SERVICES PRESENTS:

Swim With Santa

DECEMBER 15

6-7:30PM

EFLC

NATATORIUM

\$5 PER PERSON

REGISTRATION IS REQUIRED AND SPACE

IS LIMITED

FOR MORE INFORMATION CALL

817-685-1666 OR VISIT

RECREATION.EULESSTX.GOV



Jared Shelton, third left, says that his hospital's employees are extraordinary!

In Pursuit of Excellence!

Mr. Jared Shelton, the president of Texas Health Harris Methodist Hospital (HEB), said that the fifty-year-old Bedford-based institution has exceptional services for patients.

Yet, Mr. Jared Shelton said that his institution and the twenty-eight others that comprise Texas Health Resources, a faith-based non-profit health system in North Texas, have a deep and abiding interest in helping people avoid having to visit hospitals for acute care.

"Our vision at Texas Health is to partner with people for a lifetime of quality healthcare," said Mr. Shelton. "We are focused beyond the four walls of our hospitals in a major effort to identify and understand the social determinants of health."

Once the relevant health issues are identified, members of the hospital staffs work with community groups and individuals to find solutions and practices that allow people to live their best and healthiest lives, said Mr. Shelton, who was raised in Plano.

Mr. Shelton lives in Dallas with his wife, Kathryn, and their children, Mackenzie, Caroline and Jack. He holds academic degrees from Wake Forest University in North Carolina, and Trinity University in San Antonio.

Key to the success of any hospital is the quality of its staff, Mr. Shelton said. "I believe that we have some of the very best professionals as members of our hospital team," said Mr. Shelton who followed his father, Denny, into healthcare administration.

Mr. Shelton said that he was inspired when he watched professionals at the hospital interact with patients and with each other. "The people who work here do not see their activities as simply jobs. They see what they do as a calling."

An administrator who spends much of his time listening, Mr. Shelton said that he enjoyed interacting with people who work at the hospital. "I enjoy spending time with members of the hospital staff, soliciting their professional opinions and watching their dedicated work," he added. *[AR]*



President Shelton said that the hospital's community partners include the Community Enrichment Center, Six Stones, the Hurst-Euless-Bedford Independent School District and the HEB Chamber of Commerce.

AVOIDING DRY EYES



Dry eyes can lead to eye infections, a trip to the doctor, inflammation of your eyes, and a procedure that would have been avoided if you had been more careful. Below are some eye healthcare tips you should follow:

- 1** **A**s best you can avoid tobacco smoke, harsh winds and stay away from air conditioners.
- 2** **I**f you sit in front of a computer screen for work or school, take breaks each hour and walk away from your screen. When you are working blink your eyes as often as possible.
- 3** **D**rinking water will help you. Aim for one eight-ounce glass each hour you are working at your computer.
- 4** **W**hen you are outdoors wear sunglasses that cover both of your eyes. Remember, the wind can be a problem. If you decide to use eye drops purchase those that are labeled "artificial tears," or "lubricants." |AR

CITY OF EULESS
PARKS AND COMMUNITY
SERVICES PRESENTS:
PARADE OF LIGHTS

DECEMBER 2ND

6:30PM

LOCATION:

WEST MIDWAY

DR. EULESS TX

**FOR MORE INFORMATION VISIT
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Arise & Rejoice is a publication that reflects the goodness and grace that abounds within all people. It seeks to bring all of us closer together, promoting understanding and reconciliation.

Arise & Rejoice believes in the development of a community of "we" where no one is seen as "the other" and where all people are acknowledged and respected!

RED PEOPLE!
YELLOW PEOPLE!
BLACK PEOPLE!
WHITE PEOPLE!
BROWN PEOPLE!
BLUE PEOPLE!
GAY PEOPLE!
STRAIGHT PEOPLE!
REPUBLICAN PEOPLE!
DEMOCRAT PEOPLE!
OLD PEOPLE!
YOUNG PEOPLE!

Need Each Other! ©



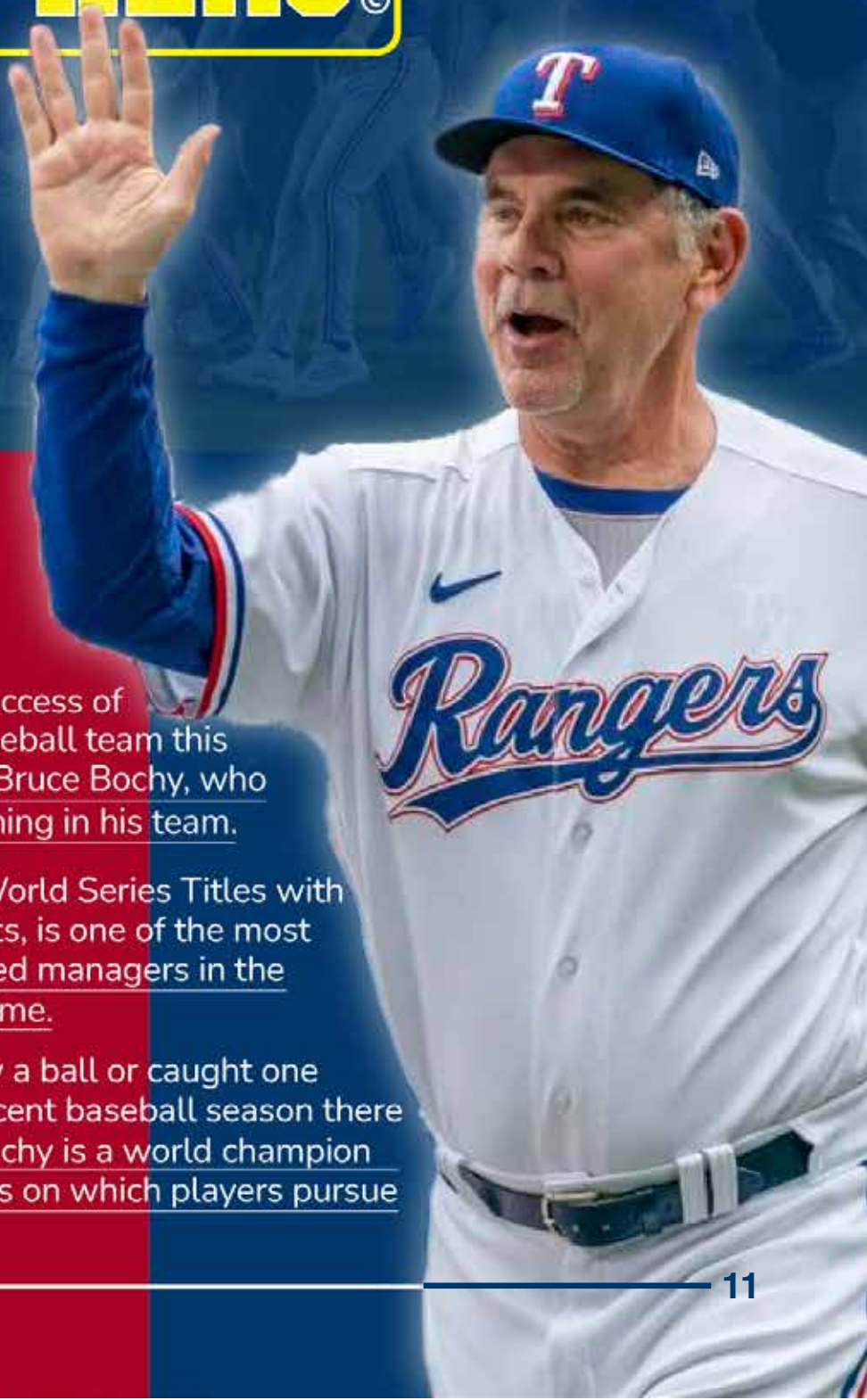
MORE THAN A SPORTS HERO®

BRUCE BOCHY IS WORLD CLASS

A major reason for the success of the Texas Rangers Baseball team this year is their manager, Bruce Bochy, who has planted the seed of winning in his team.

Bochy, who won three World Series Titles with the San Francisco Giants, is one of the most successful and respected managers in the history of the American pastime.

While he never threw a ball or caught one during the most recent baseball season there is no doubt that Bochy is a world champion who produces winning teams on which players pursue greatness! |AR



They Have Met in Heaven!



We must honor their memories!

Six-year-old Wadea Al-Fayoume, a Palestinian-American child, and forty-year-old Samantha Woll were killed recently in senseless acts of violence.

Wadea was just beginning his life and loved to do those things that most children his

age do, run on playgrounds, shoot baskets, kick soccer balls.

Samantha was the president of a Synagogue, and was known to promote peace, and multi-racial activities. Like Wadea, she had a good soul!

Both of their lives were precious, and

no one had a right to end them, taking two valuable human-beings away from our world.

While living they did no harm. They simply lived decent lives as most people attempt to do! We must never forget Wadea and Samantha. Let us always honor their memories. |AR

HEB SENIOR GAMES

WHERE EVERYONE WAS A CHAMPION!



Senior citizens in Hurst, Euless and Bedford searched for champions during the first annual "Senior Games" which were held on September 24th at the Euless Family Life Senior Center.

Two hundred determined seniors competed in activities such as dominos, bingo, bridge, volleyball (played in chairs) and Texas Hold'em, said Sonja Howard, who directs the Euless center. She said that next year's games will be held in Hurst or Bedford.

The seniors and the community are looking forward to the 2024 HEB Senior Center Games," said Ms. Howard who did not report any major injuries suffered by the participants. "It was great fun," she said.

Euless Mayor Linda Martin addressed the seniors during the event, and the gladiators were treated to a well-deserved lunch for their efforts, Ms. Howard added.IAR



Shared American Experience.®



TITLE 1X

The legislation known as Title X1 protects women from discrimination in educational programs that receive federal financial assistance.

Advocates for women's rights call its 1972 enactment a monumental achievement.

Because of Title 1X massive numbers of women today participate in high school and college athletic programs as players and administrators.

Title 1X regulations must be followed by all public and private elementary and secondary schools, high schools,

colleges, universities and school districts that are the recipients of public funding.

Title 1X compliant institutions must circulate written policies stating that they do not discriminate on the basis of gender. |AR

Celebrate the history of Euless and

JOIN US FOR
Heritage Park

CHRISTMAS

Saturday, December 9, 2023

201 Cullum Dr. Euless, TX

11am to 3pm

- Music
- Kettle Corn
- Ornaments & more!

GIVING UNTO OTHERS SOMETHING WE SHOULD ALL DO! ©

Once each week,

Thomas Adeyemi and members of the fellowship he leads search for people living under bridges and in homeless encampments in Houston, taking them food, personal care items and sharing words of encouragement while praying with them.

“We believe in

helping others and helping them to improve their lives,” said Mr. Adeyemi, who is president and principal owner of McCrory Engineering, a Houston-based firm. A professional engineer and pastor, Mr. Adeyemi, who personally finances the work of the ministry, said that assisting others was intertwined in his DNA.

“I grew up

witnessing poverty,” said Mr. Adeyemi who immigrated to the United States from Nigeria in 2013. His wife, Janet, McCrory’s vice president of business development, and their three children, Dolapo, Ayodeji and Ayokunle, are all professional engineers.



Thomas Adeyemi, second left, works to improve the lives of others.

“Our family has been blessed so we have a duty to bless others,” said Mr. Adeyemi whose engineering firm has ten employees. “In our business we develop mutually beneficial relationships with those who contract for our services,” he said.

In my personal

and professional lives, I have been motivated by an abundance of grace,” said Mr. Adeyemi, who started the ministry in 2016, three years after he purchased McCrory Engineering.

“There can be a

small distance between having everything and having very little,” said Mr. Adeyemi. “I believe in sharing what I have with others,” he said. “That for me is the essence of life,” he added. JAR



Professional excellence is the objective at the firm that Mr. Adeyemi, standing, purchased from Don McCrory, seated.



The Veteran & Widow's Benefit

If you are a veteran or a widow of a service member you may be eligible for a monthly benefit ranging from \$1400.00 to \$2600.00

The Veterans or widows must actually be in need of assistance that helps them with expenses and their care needs!

Veterans or widows who receive the benefit may live at home or in a care facility!

To see if you or your loved one is eligible call: **877 787 3434**

Pay Attention to Your Blood Pressure



Checking your blood pressure regularly is crucial to quality health. High blood pressure and low pressure can lead to problems that you don't want to encounter. Here are some things to consider to stay well!

UNDERSTANDING PAIN:

Persistent pain in parts of your body may lead to higher blood pressure.

If pain is constant see your health professional to determine the cause of the discomfort.

Do not try to beat the pain by being tough. Stubbornness can often land you in the graveyard!

EAT FRUITS AND VEGETABLES:

Do not grow weary of eating fruits and vegetables! They are good for you, and will help keep your blood pressure in order.

Stay away from salt if you can, and try to avoid canned foods. Also, try eating a grapefruit once each day. Some health professionals say that eating grapefruit will help normalize your blood pressure.

ALWAYS EMPTY YOUR BLADDER:

If your bladder is full and you have an urge to go to the bathroom check your blood pressure as it may be high.

If you are going to dinner or for a long car ride, empty your bladder first. When you are at your doctor's office go to the bathroom before the nurse gets started! |AR