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always ready to
tackle life head on.

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EDITOR'S NOTE

Happy New Year, Southwest Friends,

To make or not to make New Year's resolutions? I think not. Resolutions do not really seem to work for me. But I do like the idea of a fresh start, a new season or even guests coming seems to provide impetus to get something I have been postponing done.

Time passes so quickly ... I have already been with NOW magazines for four years. Our market has grown from Cedar Hill to include DeSoto and Duncanville, and so my circle of contacts and friends has grown as well. Many of my interviewees and business contacts are now great personal friends. I am continually amazed at the really cool people I meet and whose stories I get to tell.

If you are inclined to make a New Year's resolution, I wish you well with that. If not, may you find something fresh to inspire you as you turn a new page on your new calendar.

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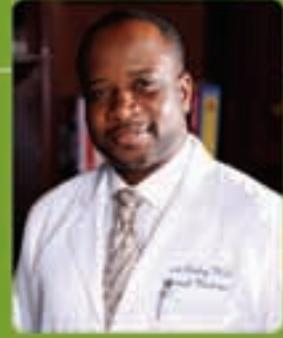
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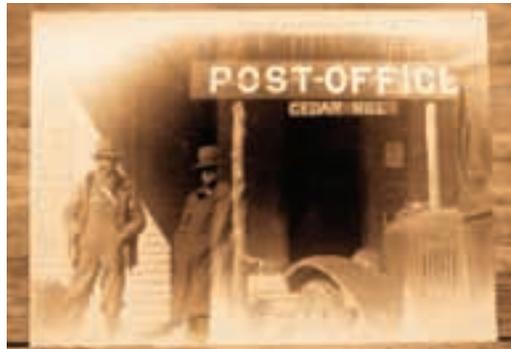
Keeping History Alive

— By Adam Walker

Brenda Raye has lived in and around Cedar Hill all her life, as have generations of her family, so it is only natural that she has become a local historian. “I became interested in my family’s history 40-something years ago, and from that I got interested in Cedar Hill history,” Brenda said. In her years of searching, she has gathered quite a storehouse of local lore.

Brenda has turned one room of her home into an archive of documents and photos detailing the history of her family and her home town, which overlap significantly. She has collected school photos and annuals, photos of early businesses and residences, surveys of local cemeteries, and all sorts of miscellaneous documentation of the early life of Cedar Hill and the surrounding areas. As a lifelong resident of the area, she also has an unending supply of stories — personal anecdotes and tales collected from old-timers, both living and long gone.

“I get excited about finding pictures,” Brenda said. “Pictures keep people alive.” She collects old school photographs from Cedar Hill, Duncanville and Midlothian and has examples going back to the 1800s. When she finds an old school picture, she does her best to identify





everyone in it. While that is not always possible, she still tries. When Cedar Hill schools started producing annuals in 1947, they inadvertently offered Brenda much better chances of tracking down those school photos and labeling the children and teachers in them. However, the annuals from 1947-1949 printed blurry copies of the class photos, so Brenda kept searching until she found people who still owned clear examples and would let her copy them.

Brenda will go to any length to find people willing to let her copy their photographs. Once she tracked down a man living in Oak Cliff who had a copy of an 1897 Onward School picture. The man had rescued the photo, which included Brenda's grandfather, from his sister-in-law's trash.

Brenda's father also went to school at Onward, instead of Cedar Hill. In those days, Cedar Hill schools did not have the higher grades, so students had to go to Duncanville, Lancaster or Oak Cliff, if they wanted to finish high school. But in 1935, Cedar Hill added the 11th grade and convinced Brenda's dad to come play football for his home town. Her uncle, Dan Raye, was there to choose the school mascot. They were the Bulldogs, and the team colors were orange and black. Then in 1941, the 12th grade was added, the mascot changed to the Dogies and the colors became maroon and white. However, during World War II the maroon dye was unavailable so the colors changed, once again, to red and

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white. In 1956, the mascot changed to the Longhorns and, even later, black was added to the school colors when a third color was required.

Cemeteries have been another focus of Brenda's efforts to document the area's past. "I have relatives in all the cemeteries around here," Brenda explained. "The Pickard and Switzer branches of my family are at Little Bethel. My dad's line is in Pleasant Valley. Five generations of my family are there, and that's where I plan to be buried. I helped get the historical marker for that cemetery, and I'm on its board. There used to be a lot of vandalism at Pleasant Valley, and some of the markers were stolen. I had photographed all the markers to document them, so when police in Lancaster and DeSoto found some headstones during a raid, I was able to identify them and return them to their proper places."

Brenda's detective work tracking down old newspaper stories and other references has helped in rediscovering another whole cemetery, which had long been lost. The so-called Tornado Cemetery, where victims of the 1856 tornado (which ripped through Cedar Hill) were buried, had disappeared into the mist of memory until quite recently, when some other concerned citizens were trying to preserve Cedar Hill's past.

The old city square holds a lot of memories for Brenda. Her grandfather "Cat" Switzer, who was the first volunteer fire chief of Cedar Hill back in 1941, used to own Cat's Ice House. His three sons worked at the ice house, and his wife, along with other wives associated with the fireman's auxiliary, sold pies for 10 cents to raise money for the fire department. Brenda recalled a story her mom once told, "A man from Lancaster would come to show movies

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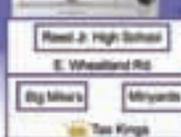


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Rochelle McKown, MD, sees tremendous advances in minimally invasive gynecologic surgery and feels that "the advantages are amazing." Dr. McKown graduated from Texas Tech University Health Science Center and has also served as a clinical instructor at Methodist Dallas Medical Center.

For Theresa M. Putton, M.D., "The challenges of adolescent and young adult care, as well as obstetrics," have always been of particular interest. Dr. Putton graduated from the University of Missouri-Kansas and is a former chief resident of Obstetrics and Gynecology at Methodist Dallas Medical Center.

Kecia L. Foxworth, M.D. knows what it's like to be a new mom. "Having recently given birth to two beautiful

children, I am very in touch with mom-to-be." Dr. Foxworth graduated from Meharry Medical College School of Medicine and is a former Chief of Obstetrics and Gynecology at Bayne Jones Army Community Hospital.

Sandra Lozano, M.D. says, "I am fortunate to work with such extraordinary women physicians. Being fluent in Spanish, I enjoy providing care for the Hispanic women in our community." Dr. Lozano is a former Chief Resident of Obstetrics and Gynecology at Methodist Dallas Medical Center.

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on the back wall of one of the buildings downtown. My grandfather would advertise Cat's Ice House during the movies using a cartoon cat that looked like Felix. It cost 25 cents." Times have changed a bit.

Cedar Hill has 15 parks today and one, Indian Park, which is gone. "We only had one park when I was a child," Brenda recalled. "It was right off the square. But we played in the streets. We didn't even have a police department or anything. One day some of us decided to ride our bikes out to Beltline Road where some people had a chinchilla farm. It was near where the TV tower, by the Ninth Grade Center, is now. Those people let us come in and look at the chinchillas. They looked just like big old hairy rats."

Another childhood story Brenda shared involved Jim Williams' grocery store on the square. "Times were hard then," Brenda told, "and they would let people buy on credit. Then you paid the bill off when you had the money. One day my brother and I went in to look around before going to the show. We decided to buy some candy and charged it to Mom's account. The next time she went to the store and checked her account she found out what we had done. We got disciplined for that."

Currently, Brenda is also working on documenting the old homesteads. Two of those have received special attention — those of Jackson Raye's barn and Mama Switzer's home — each of which Brenda has painted and framed with wood from her ancestors' homes. The frame for the painting of Mama Switzer's house even has bits of wallpaper clinging to it, paper Brenda may have helped hang.

"Once you get started on the history of Cedar Hill it just mushrooms," Brenda confessed. Since her passion is outgrowing her bookcases full of archives, she is active in preparations for the Cedar Hill museum. Plans for the museum building are on hold, at present, and have been scaled back to space in the future expansion of the library, but Brenda and her friends are still accepting items for the collections and exhibits. "This is our history," she said. "If someone doesn't do this, we're going to lose it." **NOW**

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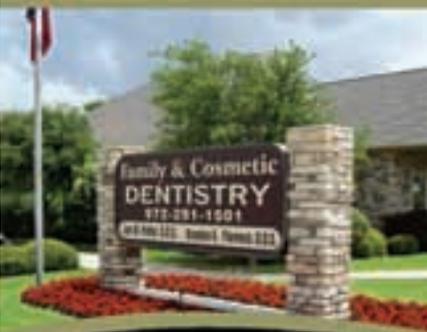
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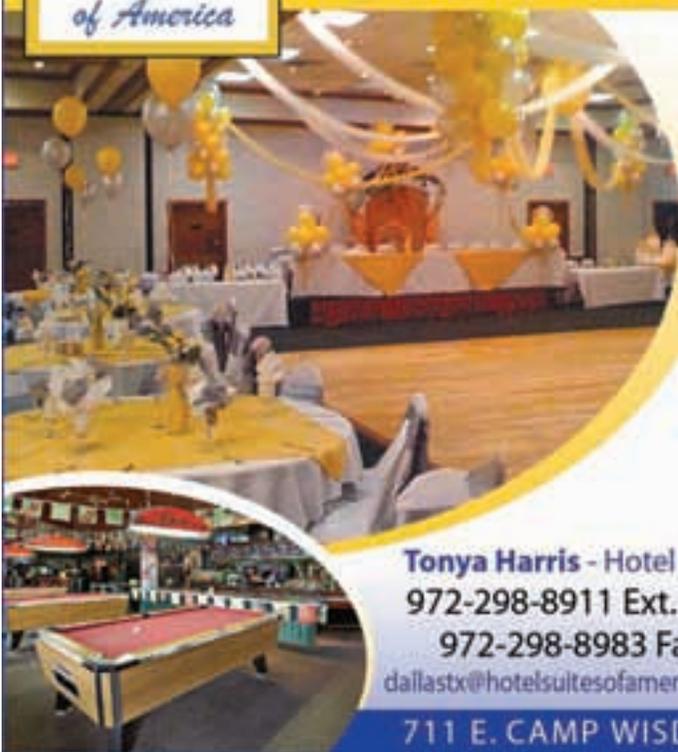
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TWO MEN, TWO V

— By Beverly Shay

Two men. Handsome. Successful. Rugged. Ready. The two winners, Tim, older by 32 minutes, and his identical twin, Terrance, have tackled life as partners, together right from the start. They seem to be able to take anything life throws their way and come out successful. They want to make sure every child who comes across their path, has that same opportunity for success, so they started Two-Wins Foundation five years ago.

Terrance and Tim Maiden grew up in inner-city Dallas, attended Carter High School, where they both played football — Terrance as line backer and Tim as receiver. Following graduation in 1996, both young men attended Texas Christian University (TCU) as bona fide Horned Frogs on full football scholarships. “We were expected to succeed in our studies, as well as in sports,” Tim remarked. “Athletics was part of our whole life, but it was assumed we would go to college. Our older brother played football at the University of Notre Dame.” Clearly, they had learned even though football was everything, it really wasn’t *everything*.

Terrance majored in business and psychology while Tim did his undergrad studies in sociology and business and his graduate work in liberal arts. Terrance works for Panera Bread as regional director of real estate for the central United States — 11 states in all. Tim is branch manager of First National Bank in DeSoto.

The twins were characterized as studious and fairly quiet by a fellow TCU classmate who had known them since elementary school, and their TCU head



WINS



coach, Dennis Franchione, described them as “hard workers, accountable for themselves and very disciplined,” back in 1999. Apparently, diligence and effort has marked not only their college years, but their current careers. They are both

married, Tim with three young children, Terrance with two. Both are active in their churches, Tim at Community Missionary Baptist in DeSoto and

Terrance at Concord Church in Dallas.

But perhaps the next biggest thrust in their lives is the foundation they started five years ago to leverage resources for the community with an emphasis on exposing youth to college life and giving them a goal to strive for. They named it Two-Wins, “because it sort of sounds like twins and because our mission is two-fold: building better communities and influencing the lives of those around us,” Tim stated.

“Our motto is building community, changing lives. Two-Wins Foundation is about pulling together individuals, organizations and communities to make a lasting difference in the lives of others,” Terrance remarked, easily picking up on Tim’s flow of thought. Their foundation creates or links with various programs focused on education for inner-city youth.

Tim calls their foundation a God-conceived vision to transform a community through partnerships and unified efforts to impact the next generation. He believes in commitment, fulfilling promises, establishing and achieving goals.

So how do they put feet to their

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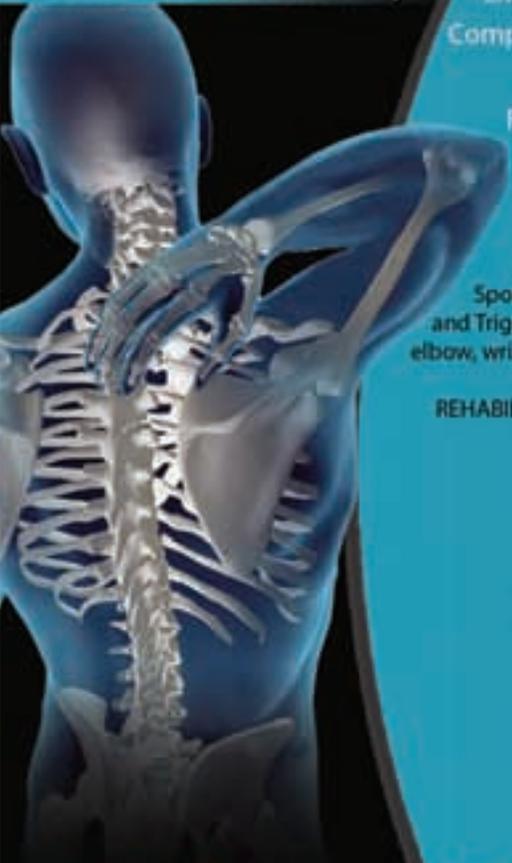


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ideas? They host about eight creative events/programs in conjunction with other nonprofit organizations each year for boys and girls of all ethnicities ages 12-15. These events are designed to expose young people to education as a means of moving their lives forward — to give them a vision higher than what they may have been exposed to in their environment. Their events have included a back-to-school day in Cedar Hill, where they partnered with Uptown Village to provide backpacks for more than 70 students, brought in musicians and encouraged kids to get ready for and



stay in school and graduate. Two-Wins has also partnered with Big Brothers, Big Sisters to put on Big Hoops, a celebrity basketball game/fundraiser.

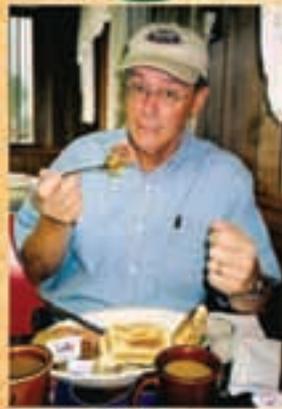
Frog for a Day is a collaborative event between Two-Wins and TCU where some 150 teens are taken to TCU for an entire day of exposure to college: a tour of the campus, watching a Horned Frog football game, plus the opportunity to interact with current college students. “A lot of these kids have never seen a college before, so we take them to a lecture hall, the dorms, where they can see students interacting, and it’s very important for these young kids to see college students studying during the weekend,” Terrance remarked. A similar event occurs in the spring at Southern Methodist University (SMU) where the kids attend a Mustang basketball game.

“Not only do we want to give them a vision for the future as far as their education goes,” began Tim, “we want them to see how community works and to plan on being an active part in their community as adults.” This is



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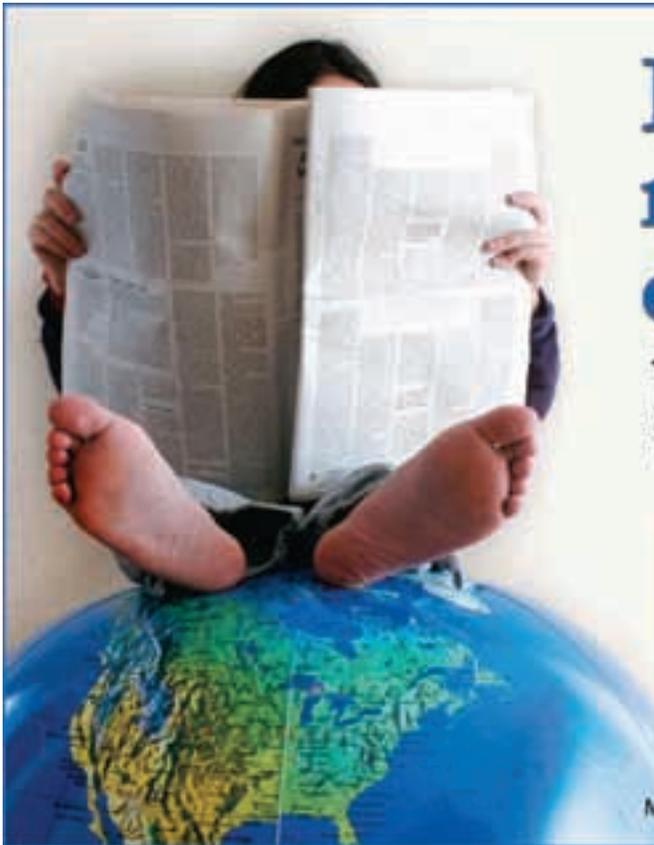
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accomplished through community days and the Nehemiah Project, which maximizes available resources and business relationships to address economic development challenges within inner-city communities through various redevelopment and renovation programs of existing parks, churches, schools, libraries and community centers, in partnerships with banks, development organizations and other community organizations.

Road to Success is an event where middle and high school students are paired with business professionals for a tour of historical landmarks and current community projects. The teens get to hear first-hand how college education set these professionals up for success. "By bringing the kids into business settings and more affluent communities, they are exposed to more than they have experienced so far," Terrance commented. "You know, most of the kids we work with have never seen a model of success in business from their parents. They see drudgery and often hopelessness, but not the concept of setting goals, making a business plan, sacrificing to work it through, step-by-step. So we try to provide actual demonstrations of that kind of planning and work ethic."

"And how pursuing higher education plays a role in that success," Tim added. "We want to show them they can dream big and realize those dreams — that there are other things to pursue in life than gangs or professional sports. They can become someone successful."

The core of their ministry begins with this value: every life has equal value. Terrance and Tim see themselves as funders and shapers relying on others to act and implement through partnership and strategy. They desire to deliver results with the resources entrusted to them, and they will make a difference by focusing on higher education for youth, especially those in underserved communities by exposing those communities' needs and aligning with nonprofits, companies and corporations, banks and universities — and by remaining relevant. **NOW**

Editor's note: To find out more on how you can participate with Terrance and Tim go to www.two-wins.org.

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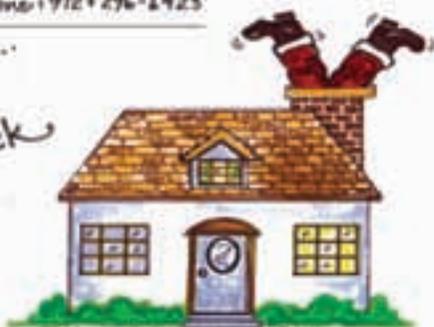
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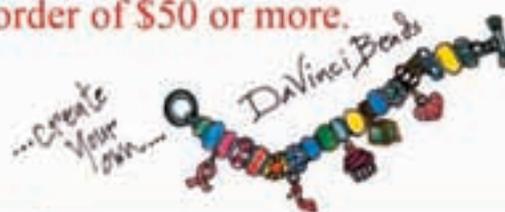


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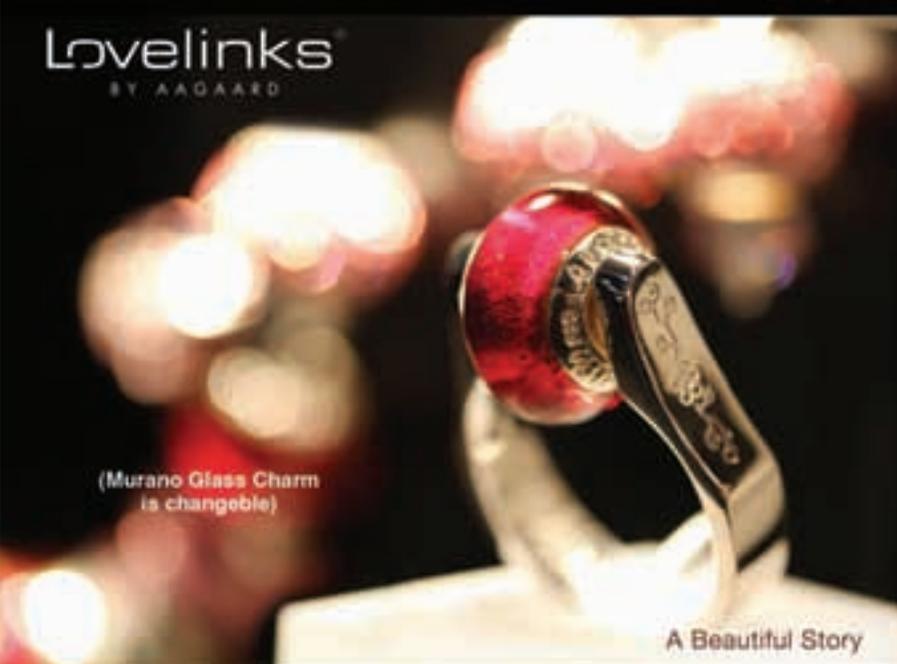
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Bona Fide *Flying Ace* — By Beverly Shay

Retired Captain Harold T. Barnaby has a lifetime of stories to tell and many medals, mementos and models to show. His years have been full of adventure and hard work. Harold's main story begins with enlistment in the United States Army on October 8, 1940. Military training took him to Illinois, Louisiana and Puerto Rico, and while in Puerto Rico — following the attack on Pearl Harbor — Harold applied for pilot training school. After a written and physical exam he was sent to Alabama, where he began the first of three flight training schools.

On November 9, 1942, Harold graduated from Class 42I and went to Tampa, Florida, for fighter transition; then on November 23, he sailed for Scotland on the *Queen Elizabeth* — the largest and newest passenger ship in the world. Upon arrival, he joined the 78th Fighter Group of the 83rd Fighter Squadron. “I flew P-47s — single engine planes with 2,400HP out of an old RAF (Royal Air Force) base in Duxford, Cambridgeshire,” Harold recalled with perfect clarity.

Harold has a one-inch thick, spiral-bound book, journaling his military career complete with documents, multiple photographs, letters and memorabilia detailing his commissioned service from December 21, 1942, through September 18, 1945. His book, entitled *A View from the Cockpit: 78th Fighter Group WWII*, has a DVD of dogfight footage shot from the gun mount of his P-51 Mustang on March 21, 1944. The footage shows him shooting one of the new German

Messerschmidt jets, a MA262, from which the pilot ejected and was later rescued by German compatriots. Harold shot down seven planes and received a Silver Star, three Distinguished Flying Crosses, an Air Medal with nine oak leaf clusters, an EAME (European African Middle Eastern) medal with six bronze service stars (indicating the number of campaigns served), one presidential citation from President Roosevelt and a letter of commendation from Winston Churchill during his two tours of service and 134 combat missions.

“In between my two tours, I served in mission planning at the eighth Air Force fighter command center, code named ‘Ajax.’ I served in many campaigns, including Normandy, Northern France, Rhineland, Central Europe and the Ardennes, among others,” Harold continued. When asked if he had been shot down or had to abandon a plane, he paused, grinned ruefully and replied, “The only plane I lost was one that had

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been in for repairs, which I took up for a test run; it was not completely repaired, and I crash landed it. My resulting injuries were the only ones I suffered during the war. I saw so many of my buddies shot down or killed. The worst day for me personally was the day my best friend and my roommate were both shot down the same day. I had to go back and pack up their things to send to their families.”

Like most soldiers, Harold quietly remembers the tragedies, but gives more attention to recounting the victories. “I have great respect for our German adversaries,” he mentioned, acknowledging their prowess and superior army and artillery. “Technically, they were ahead of us throughout the entire war. The Germans were the first to fly across the Atlantic; they had the best tanks (the Tiger and the King Tiger). Even in WWI, they had the finest artillery, like Big Bertha, which could take out any fortification, blasting 100 feet into the ground and decimating railroad cars. But we had a greater production capacity. Once we had the P-51 Mustang, the favored plane because of its exceptionally long range capacity — they could stay up for 10 hours, thus could cover all Europe, anywhere the bombers went — well, that is what allowed the Allies to defeat Germany.”



Harold was born in Waco; his half brother, Neel, was much older. Neel built naval bases in the Pacific with the Seabees. He also built warehouses in Italy, Alaska and Dallas, as well as the Naval Air Training base in Meridian, Mississippi. Harold’s sister, Clarine,

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worked as a school teacher, and Louis — one year older than Harold — worked in NT Aviation, now called NTAC, but he did not become a pilot. Instead, he became a gunnery trainer, remaining in the U.S. "My older brother influenced me, but what motivated me to join the Army was my family's need for funds. My father had been killed in an accident in 1938, and my mom had to sell the home my dad had built in '37," Harold recalled, again quietly addressing the tragedy.



After the war, Harold's life continued with the same dedication and attention to detail that had marked his combat missions. At Tulane University, he studied engineering, later working in petroleum engineering in Houston and Corpus Christi. Moving to Dallas, he shifted into design engineering, researching and developing equipment to enhance petroleum recovery from reservoirs and dealing with rock mechanics. During his years in petroleum engineering, he was awarded many patents — four of which are particularly well known. Many of his designs went unpatented although their use remains undeniable. "I can't think of anything I would have preferred doing. I worked in a cutting-edge field. Because

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In 1985, this war hero, engineering wizard and world traveler retired. Harold, who had already built his own home (“It took me three years,” he said), took up building museum-quality models of ships — about 14 in total. His replicas — all ships of reputation — are authentically built to scale and set on stands of rosewood, satinwood and other woods intricately inlaid by hand. His models include the *Wasa*, *U.S.S. Constitution*, *Sovereign of the Seas*, *Endeavor*, *H.M.S. Bounty*, *H.M.S. Victory* and *Apóstol Felipe*. Each knot on the tiny ropes is hand-tied, and there are canons and sails. Harold also built models of war aircraft and three grandfather clocks.

Although he can no longer see very well, due to a stroke last year which affected the optical receptors in his brain, Harold’s hands are as steady as ever; his hearing and ability to walk may be faltering, but he maintains, “Every day of my life has been the highlight.” **NOW**



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Style That Is Just Wright

— By Katrina D. McNair

Staircases, towering over marble-inlaid foyers, kitchens that rival those seen in any mansion, living rooms with sunken floors and a house of maybe 3,000 square feet. This is the standard idea of a home with style and taste — one which truly lets the homeowner make it their own. However, for Marilyn Wright, standard is just

At Home With Marilyn
Wright



not the case, and she has proven that any space can be made into your own and be, well, just right.



Marilyn has lived in Texas for more than 55 years and is originally from Sioux Falls, South Dakota. She lives in Champion's Cove, a Duncanville community for active seniors, where she has been a resident for almost three years. She is an active member of Gospel Lighthouse Church in Dallas, and she works for Christ For The Nations (CFN) as the headquarters receptionist and has been there for four years. Not one to rest for long, Marilyn retired four times before she began working for CFN. "They call me the Voice of Christ For The Nations," she joked. "I talk to everybody all over the world."

Marilyn moved to her current home after visiting friends who lived there. "I had friends who lived here, and they showed me the location," she explained. "I just felt like I could be safe, since I'm alone, and that it was private. There are people here who I can communicate with and talk to."

Visitors who come to see Marilyn know they are about to enter a happy space as soon as they reach her front door, where a cheerful welcome mat in the shape of a daisy greets them. Also outside Marilyn's front door in the interior hallway, are a whimsical birdcage, a bright red floral arrangement sitting in a decorated vase and a shiny oval mirror with a golden frame.

An open, airy entry allows one to take in the living room and dining areas, as well as all the bright colors and charming pieces spread throughout the room, hanging on walls and resting on shelves. Just beyond the threshold, a large shelving unit holds pictures of Marilyn's two great-grandchildren — and only the great-grandchildren. "Family is my

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whole life,” Marilyn said. She has photos of her parents, grandchildren and great-grandchildren throughout her living room.

One set of charming pieces Marilyn has collected rests on a baker’s rack. The teapots are in whimsical shapes and most are decorated in soft rose, mauve and white. Her favorite piece is not technically an honorary teapot, though it rests among the collection and has the most meaning to her. “There are stories to some of them,” she said, pointing to one in the shape of a birdhouse. “On my 70th birthday, Freda “Mom” Lindsay (co-

founder of CFN), who was 90-something years old at the time, came to my birthday party. This was two years before she died, and she gave me that. I’ve always liked teapots, even as a little girl. They’re just kind of feminine and make me feel like a lady,” she laughed.

The rack, which houses her teapot collection, sits just outside Marilyn’s kitchen. Not satisfied with the traditional white walls of most apartment units, Marilyn went to work making the space her own. “I just got bored and decided to paint,” she laughed. “I just one day



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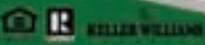
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thought, *How about putting that gold up there,*" she said, gesturing to the rich yellow gold paint in her kitchen. The kitchen is mostly decorated in shades of red and rich gold with fun pieces, such as a plant-holder that looks like a bicycle and ceramic roosters. A yellow tea kettle rests on the stove, tying in the color palette.



The living room is full of charming pieces, too. Marilyn has her own style and method to choosing them. Her living room is a mixture of items, which truly need to be seen to understand how seamlessly they all work together. A huge floral rug oddly complements the sprinkling of fabric pieces with a zebra print, including a reupholstered chair and a comfortable throw that rests on the back of a blue chair. Pieces that bring to mind exotic locations also find a home in this room.

A wall piece resembling a tapestry rescued from an ancient Asian locale shows an elephant, its trunk raised majestically on a fabric full of rich gold and deep black. A huge window, stretching almost from end to end on a back wall, allows an abundance of natural light that softens the room. This is Marilyn's favorite part of the house. "I have a real pretty view," she said. "In the fall, the trees turn, and when we had that big snow, it was just beautiful."

Her home decorating bug led Marilyn into places she had never been before,

and she has a newfound love for home decorating places like Ross. "I don't know, I just started doing a little bit here and a little bit there," she said. "I kind of shocked myself. I get ideas in my head. When you start decorating, things just fall into place."

Marilyn's bedroom is a true showpiece and exudes Victorian appeal. The walls are painted

a deep blue, accented that much more by the rich blues, whites and browns of her bedspread. An antique chair sits in a corner where a beautiful doll decked



out in frilly lace rests, and on a small console table stands a statue of a boy and girl who are casting coy glances at

one another, her skirt and his arms full of apples they have gathered from a tree. On one wall is a picture of Marilyn when she was in her 20s. The oil painting reminds one of classic Hollywood, her blonde hair curled and lips a bright cherry red.



Marilyn's

bathroom is a dedication to her love for pink, one of her favorite colors. Deep coral, the bathroom is accented by black and white zebra print. A black wrought-iron-looking cross, one of two in her home, rests on the wall. "I used to have a pink house," she said, "and I just loved it." Marilyn even has a pink throwback radio unit, with a tape deck, hidden behind a sliding door on her television stand in her living room.

When it comes to her decorating choices and as advice for others who want to make their place their own, Marilyn's rationale is simple. "When you get older, you get bolder," she laughed. "Just do it." **NOW**

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“I believe in treating people, not illness, by removing the cause of stress, so they can live symptom-free and pain-free.” — By Beverly Shay

In a world where stress has become the catchphrase of society’s ills, Dr. Glenn Dooley, owner of No Pain Chiropractic, acknowledges stress is the culprit of many ills and offers chiropractic treatment that does not hurt. “I don’t treat diseases; I treat people,” Dr. Glenn Dooley remarked. “People who call on chiropractors are looking for relief from pain, for ease of the symptoms they are experiencing — we call it dis-ease — but I look for the cause of the pain and work to eliminate that. Symptoms are just the tip of the iceberg. People experience three types of stress: physical — from trauma, such as an accident or an injury; chemical — from things they eat, drink or breathe; or emotional — life situations that affect them mentally.

“I became a chiropractor after receiving

treatment for a back problem stemming from my job as an elevator constructor for eight years,” Dr. Dooley said. “The relief I experienced led me to study alternative medicine at Parker College of Chiropractic, where I received my Doctor of Chiropractic degree in 1996, and a certification in Meridian Therapy Acupuncture,” said Dr. Dooley, who has spent five of his 14 years as a chiropractor practicing in Cedar Hill.

Dr. Dooley talks with and listens to his patients. Along with a thorough history and physical exam, he determines the major kind of stress interfering with his patient’s nervous system. “In our office we use applied kinesiology, the relationship of muscles to organ systems. By determining the weak muscles in connection with a patient’s symptoms, I

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can identify the area that needs help,” Dr. Dooley explained.

“There are six major interferences to the nervous system, which cause ill health: physical/structural, chemical, emotional, toxins, nutrition, electrical pollution and allergies/sensitivities. The nervous system is the master system, controlling all other systems in our bodies. By removing the interferences to the nervous system, the body is allowed the best chance to heal,” Dr. Dooley explained.

To remove allergies and sensitivities to foods and environmental allergens, Dr. Dooley uses a method called Nambudripad’s Allergy Elimination Techniques (NAET), a non-invasive, pain-free, drug-free, natural solution to eliminate allergies of all types, which can be used on anyone, even newborn infants. “Undiagnosed allergies are often the cause of common or chronic illness which, when left untreated, can become serious or critical. Patients usually notice a difference in one to six weekly



treatments, but they are also counseled on implementing an ongoing lifestyle change,” Dr. Dooley stated.

“Eventually, all my patients will become maintenance-only patients — patients who come for a regular checkup, where I remove the interferences to their nervous system. Treatments take 15-20 minutes. If necessary, I will also recommend nutritional supplements, including homeopathic, vitamin/mineral blends to address specific conditions; we call this target nutrition.

“So many people live with problems that can be changed. Dis-ease does not have to be a permanent part of your life,” Dr. Dooley emphasized. “I always tell patients, chiropractic is a way of life, allowing the body to heal naturally.” To quote Dr. James W. Parker, “The power that made the body heals the body.” **NOW**

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Cedar Hill High School basketball player, Thomas Gipson, signs a letter of intent with Kansas State University.



Northwood University's John Ferron and Keith Petty pose with the 41st class of Distinguished Women recently vested at a gala at the Ritz-Carlton Hotel in Dallas.



Harold Rogers of the Navajo nation performed in his ceremonial regalia during the Native American celebration at the Zula B. Wylie Public Library.



Waterford Oaks Elementary students play djembe drums from West Africa as part of A Week of Drumming celebration.



Chelsea Gardner and Coach Larry Goad pose in front of the DeSoto High School trophy case after Chelsea signed a letter of intent to play basketball at the University of Kansas.



Superintendent Lloyd Treadwell and his wife, Joan, take a turn on the dance floor at the 6th Annual DeSoto ISD Seniors Prom.



George A. Smith Jr. and Kitty Smith from Communities for Kids, host Fun Time Live at the DeSoto Rec. Center.



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Amber Terrace Elementary teacher, Darren Dodd, stands with Anyssa Hinojosa as she remembers fun times with her friend Kaylinn Ortiz, who died in a car crash in 2008.



Eagle Battalion Color Guard cadet Azucena Camargo salutes the U.S. flag at a Veterans Day program.



Carlos Fernandez and Melecio Macias spray fake snow at the city of Duncanville's Main Street Holiday display.



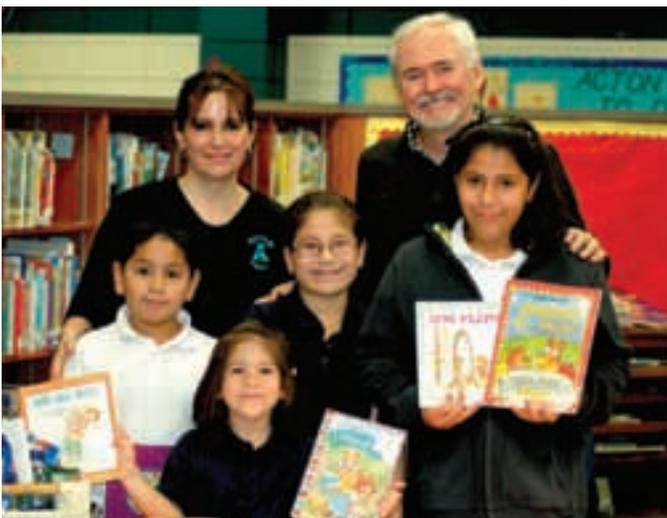
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Frances, Deja and Makayla admire jewelry selections at Knick Knacks' 18th Anniversary celebration.



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The Gonzales family poses with popular children's author/illustrator Marc Brown (author of Arthur) before getting his autograph.



Andrea Colin and Hannibal Course stand next to Merrifield Elementary's donation of more than 2,300 food items.

HCG for Weight Loss: Fantastic or Frightening?

— By Dr. Lesa G. Ansell, D.C., R.N.

It's that time of the year again — time to make resolutions and shed those unwanted pounds you picked up during the holidays. At this point, you wonder, “Can I get rid of those pounds as quickly as I seem to have put them on?” Well, perhaps there is a way, but is it safe?

Many patients ask about using HCG (human chorionic gonadotropin hormone) for weight loss, so what is the truth about this not-so-new weight-loss technique? HCG is the hormone that increases during pregnancy, but what you may not know is that it is found in both males and females.

This process, designed by Dr. A.T.W. Simeon, was developed in 1972 and uses small amounts of the hormone with a very specific dietary program. Dr. Simeon discovered abnormal fat could be mobilized from the body and then excreted through the kidneys. This hormone has actually been used for men and women's weight-loss programs since the 1950s, even before Dr. Simeon's ground-breaking work.

What are the benefits? The one which gets most people's attention is no exercise is needed. As a matter of fact, in Dr. Simeon's protocol, it is actually discouraged — because it will slow down your weight loss. Next, it teaches you proper portion

control and caloric intake, but don't worry, it is easy! Lastly, it can even be prescribed for maintenance, because it is considered to be safe over long periods of time — when Dr. Simeon's protocols are used.

What are the drawbacks? When used in large doses (10,000 IU — like those used for fertility), it can cause occasional headaches and pregnancy symptoms. The dosage for weight loss is much smaller. The diet is very low-calorie, therefore people think they will be hungry. Due to eating fiber-rich, nutrient-dense, low-calorie foods, this does not seem to be the case. Also, it resets the hypothalamus, so when you have completed your program, you can eat more and keep the weight off.

Additional benefits of the program include: lower glycogen levels, lower blood glucose levels, increased energy and about 1-2 pounds of weight loss expected per week. With all that said, there are a few cautions to consider. No weight-loss program should be started unless supervised by a doctor. Not all forms of HCG are equal. Choose either the injectable form or the pharmaceutical grade drops from your doctor. And finally, it should be a complete product with the other nutrients that are necessary to safely mobilize fat and support healthy weight loss.

Make sure the doctor prescribing it is reputable and has knowledge of the subject matter, Dr. Simeon's protocols and knows a lot about nutrition. Only then, can a doctor safely prescribe and supervise this type of treatment. Now that you are armed with information, good luck on your weight-loss goals! **NOW**

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The New Normal and How You Should Invest

— By *Daniel C. Haydin Jr.*

What is the new normal?

It seems that from the president to Pimco's Bill Gross to the Sunday morning shows, there is talk about a "new normal." The new normal refers to the new path the economy is currently on and is expected to be on, perhaps for years. The new normal means that the unemployment rate, currently 9.6

percent, will remain high for several years. (Many economists expect the unemployment rate to remain above 9 percent through 2011 due to a sluggish economy.) The new normal for the economy is for slower than normal economic growth, perhaps for years.

Investment Outlook:

In this new normal, expect a slow-growing economy to keep stock returns below normal. This does not mean you should avoid stocks, but rather rethink your investment strategy. If you invest in bonds, a slow-growing economy will keep interest rates low, which means your return will also be low. This also holds for bank CDs.

Investment Strategies:

How you invest in the new normal depends on the amount of risk you are willing to take. Stocks or stock mutual funds offer the greater return potential, especially if you reallocate assets from stocks/mutual funds that are doing well to those that are under performing the market. Bond investments will have challenges because interest rates are so low. One alternative to either bank CDs or bond mutual funds is annuities. Some fixed annuities offer a guaranteed return (perhaps three percent or more). Other annuities (Indexed annuities) offer lower guaranteed returns but allow higher returns based on stock market participation. This type of annuity would work for someone who believes the stock market is the place to invest, but cannot stand the risk of losing any money. **NOW**

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In The Kitchen With *Sandra Ferguson*

— By Adam Walker

Sandra Ferguson started cooking early. “I was cooking for a family of nine by the time I was 12,” she remembered. Her mother, father and grandmother from Louisiana all contributed to her education as a cook. “Food there is almost a ritual,” she explained. “You never leave home hungry.”

She enjoys passing this heritage on to her grandchildren. “My oldest grandson, Malik, has been cooking since he was 3. Now he is 15 and very comfortable in the kitchen. The new crop of 4- and 5-year-old grandchildren are learning now and love helping with pie crusts. The kitchen is an absolute mess when they finish, and they look like Pillsbury doughboys. But they have a great time and learn about the measuring process!” **NOW**

MARSHMALLOW FRUIT DIP

This recipe came from my friend, Gwen Asberry.

- 1 8-oz. block cream cheese
- 1 small jar marshmallow cream
- 1 Tbsp. coconut
- 1/2 cup chopped pecans
- Fresh strawberries
- Sliced apples

1. Beat cream cheese and marshmallow cream until well-mixed. Add coconut and pecans.
2. Serve as a dip with the strawberries and apples.

KOOL-AID PIE

This recipe came from LaKetra Davis via her uncle in Crossett, Arkansas.

- 3/4 cup confectioners' sugar
- 1 8-oz. block of cream cheese
- 1/3 cup presweetened strawberry or punch flavored Kool-Aid
- 1 large tub Cool Whip
- 1 graham cracker crust
- Strawberries

1. Cream sugar, cream cheese and presweetened Kool-Aid together.
2. Mix in Cool Whip.
3. Pour into graham cracker crust and refrigerate at least 4 hours.
4. Serve with sliced strawberries. NOTE: To class it up a bit you can serve with macerated strawberries — fresh sliced strawberries mixed with granulated sugar

and balsamic vinegar. Do this at least an hour before serving.

CHICKEN POT PIE

- 3 cups cold water
- 3 pkgs. chicken gravy mix (or make your own)
- 4 potatoes, peeled and diced small
- 1 small bag baby carrots, sliced
- 1 large onion, chopped
- 1 cooked chicken (seasoned with salt pepper and garlic to your taste), deboned and roughly chopped
- 1 8-oz. bag frozen green beans
- 2 cans corn, drained
- 2 store-bought pie crusts (or make your own)

1. Put water in large pot and stir in gravy mix.
2. Add diced potatoes, sliced carrots and onions.
3. Simmer for 7 minutes or until potatoes are almost done.
4. Add chicken, green beans and corn and simmer 4 minutes.
5. Line a 6x9-inch pan with one pie crust.
6. Pour in chicken mixture.
7. Cover with remaining pie crust and bake at 425 F until crust is brown and mixture is bubbling.

COUNTRY POT ROAST

- 4 lb. pot roast
- 3 cloves garlic chopped very fine
- 3 tsp. salt (or to your taste)
- 2 tsp. pepper

1. Rinse roast and pat dry with paper towel. Cut roast deeply throughout and stuff each opening with finely chopped garlic. Do the same to the underside of the roast. Sprinkle with salt and pepper.
2. Place in a covered roasting pan and roast at 350 F. Slow cooking will ensure a tender roast. Cook until fork can be very easily inserted into meat for well-done, falling-apart goodness (my favorite).

NO-BAKE CHOCOLATE PEANUT BUTTER COOKIES

This recipe came from Kweli Brown.

- 1 box Ritz Crackers
- 1 jar creamy peanut butter
- 1 pkg. chocolate almond bark
- Chopped nuts or white chocolate if desired

1. Make 24 peanut butter cracker sandwiches.
2. Melt chocolate in a glass bowl or double boiler.
3. Dip peanut butter sandwiches in melted chocolate until evenly covered.
4. At this point, you can dip cookies into chopped nuts if you like.
5. Place on waxed paper until completely cooled.
6. Once cool, you can drizzle with melted white chocolate.

To view more of your neighbors' recipes, visit our Web site at www.nowmagazines.com.

Calendar

JANUARY 2011

January 6 — February 19

Registration begins for girls of grades six-eight and their accompanying adult to attend the Expanding Your Horizons (EYH) career day: February 26 at Cedar Valley College. Get full details at www.EYH.AAUW-swdc.org. Any questions, call (972) 709-1957.

January 3 (and onward)

Register for the Daddy/Daughter Valentine Dance on February 5, 2011: 11:00 a.m.-1:00 p.m. (Ages 4-8); 2:00 p.m.-4:00 p.m. (Ages 9-12) at Cedar Hill Recreation Center, 310 E. Parkerville Road. Cost: \$30/couple or \$15/person. Each two-hour dance, featuring DJ Rudy, includes a professional portrait, a light lunch and a gift for each girl. Register online or at the Rec. Center. Bring your online receipt to exchange for tickets. For more information call (972) 293-5288. Dads attending more than one dance must purchase a ticket for each dance. Must attend the dance for which you have tickets.

January 5

The Duncanville Women's Club's luncheon meeting: 11:00 a.m. at the Golf Club of Dallas. Soup and salad buffet: \$14.00/person, featuring Rosemary Rumbley, speaker extraordinaire! For reservations contact Wilda Chancey: (972) 572-0608 or Jean Hamby: (972) 223-5713.

January 6

Duncanville Cliff Dwellers Dance Club is offering (ongoing) square dance lessons: 7:00-9:00 p.m. at Trinity United Methodist Church, 1302 South Clark Rd. First trial lesson: no cost. Twenty lessons: \$50 or \$25 for teens. Ed Graham (972) 352-0458.

January 8

SAT prep workshop for teens: 10:00 a.m.-2:00 p.m. at Cedar Hill Public Library.

Dallas Storytelling Guild's Winter Jam III family-oriented storytelling event in DeSoto: 4:00- 6:00 p.m. (doors open at 3:30) at the Corner Theatre, 211 E. Pleasant Run Rd. Tickets available online at www.dallasstorytelling.org or at the door: \$7.50/adults; \$5.00/children (12 and under). Call Leslie Buie at (972) 772-0415 for details.

January 15

Martin Luther King Jr. movie (all ages): 2:00 p.m. at Cedar Hill Public Library.

January 17

SAT prep workshop for teens (math): 1:00 p.m.-5:00 p.m. at Cedar Hill Public Library.

Martin Luther King Jr. program: 6:00 p.m. at Cedar Hill Public Library. Speaker: Commissioner John Wiley Price.

January 20

Cedar Hill Public Library begins Financial Peace program. Call (972) 291-7323 for details.

January 29

Chinese New Year/Teen Anime: 3:00 p.m. at Cedar Hill Public Library. Call (972) 291-7323 for details.

January 3, 10, 17 and 24

The Veterans Advocate Group of North Texas meets: 10:00 a.m.-12:00 p.m. at the community club house 1626 Old Hickory Trail, DeSoto. All veterans-related problems are welcome, if you are a veteran, surviving spouse, dependent and need assistance filing VA benefits papers in order to start receiving benefits. Contact: Vice Commander Robert Warren (214) 470-0648 or Assistant Commander Lambert Lewis (972) 780-5167 or Veterans125@yahoo.com.

Ongoing Events:

Beginning in January, DeSoto Library cardholders and Cedar Hill Library cardholders can have free library cards to check our materials in either library. Call or stop by either library for details.

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.

DeSoto ISD ACE After-school Program is now offering adult Spanish classes at Moates Elementary School, 1500 Heritage Blvd., Glenn Heights: Monday and Wednesdays, 5:30-6:30 and Saturdays, 9:00 a.m.-noon. Contact Wanda Gardener to register: (972) 230-2881 or (214) 537-8415 or wanda.gardener@desotoisd.org.

Cedar Hill Recreation Center is offering various classes: yoga, zumba, indoor spin and cooking with Kim. Call (972) 293-5288 for specifics on time, cost and registration.

DeSoto library Saturday series: 9:30-10:30 a.m. will cover computer basics and Word basics through level III. Thursday series: 6:00-7:00 p.m. will cover computer basics and Excel basics through level III. Both classes also offer instruction on using the library database.

Classes are free, but a valid library card must be presented for each class, as well as your own flash drive. Call (972) 230-9661.

Mondays

Rhyme Time: 10:15 at Duncanville Public Library.

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., Methodist Charlton. Cost: \$6. (214) 947-4628.

Homeschool Videos: 2:00 p.m. at Duncanville Public Library.

Second Tuesdays

The Dallas Area Writers Group: 7:00 p.m. at Cedar Hill Public Library. Visit dallaswriters.org

Wednesdays

Preschool stories: 10:30 a.m., Cedar Hill Public Library.

Thursdays

Parkinson's Group: exercise class: 1:00-2:00 p.m. at Trinity UMC, 1302 S. Clark Rd., Duncanville. (972) 298-4556.

Spanish story time: 5:30 p.m. at Duncanville Public Library.

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, in conference room 6. (214) 947-4628.

Toddler stories: 10:30 a.m., Cedar Hill Public Library.

First and Second Fridays

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

Third Saturdays

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



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Dr. Donald Blair, OB/GYN (behind); Sharon Roberts WHNP,
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