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Kelsey Rushing's self-portrait represents her most recent speed drawing venture.

Photo by Opaque Visuals.

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Editor's Note

Hello, my Southwest Friends,

OK, so I am thoroughly weary of the cold weather (and broken collar bones from man-eating trees on ski trips), and I'm hoping March will truly come in like a lamb and stay that way. I am ready to float down the Guadalupe River and eat guacamole on some balcony overlooking the River Walk in San Antonio.



Don't forget to wish dear old Texas a happy 175th birthday on the March 2. Some of the anniversary festivities can be found at <http://texasindependence175.org>. Visiting Washington-on-the-Brazos would be another Texas-loyal adventure you could plan. I am not a native, but I did contribute four Texan children, and yes, it is true — my dad was Tex Ritter! (Maybe not the Tex Ritter you are thinking about, but ... all the same).

March also features the first day of spring, the beginning of Lent and Purim and my grandson's second birthday — lots for everyone to celebrate!

Beverly

Beverly Shay
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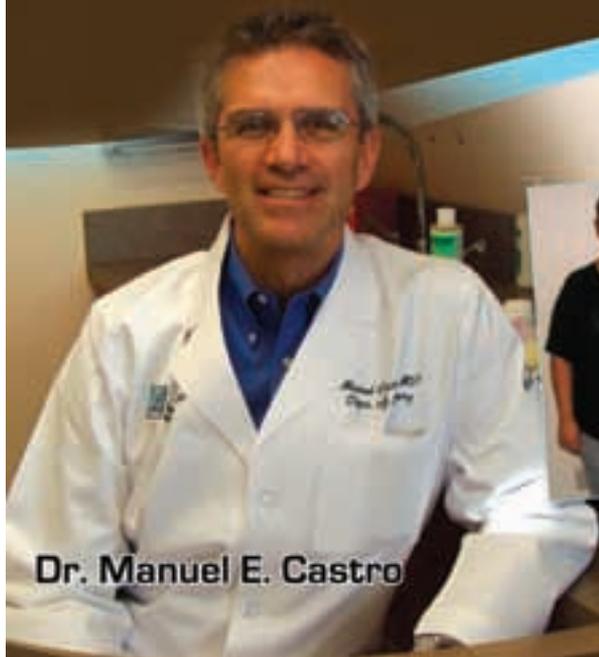
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Selfless Dedication

— By Virginia Riddle



Makalah Macias may not know what the words “selfless dedication” on her Certificate of Appreciation from Locks of Love mean, but this 7-year-old daughter of Anthony and Dalila Macias shows she knows how to put the needs of other people first in her life, daily. “She was thinking of others, and at such a young age,” Dalila remembered, proudly.

Little did this family know when Makalah watched an HBO Family documentary, *Locks of Love: The Kindest Cut*, she would take its message straight to her kind and generous heart. Madison, a friend in Makalah’s class at Saint Elizabeth of Hungary Catholic School, provided further inspiration for Makalah



when she talked about how her mother was planning to donate her hair to Locks of Love (LOL). Since Makalah was only 5 when she first asked her parents if she could donate her long hair, they were understandably hesitant to let her follow through with her idea. They felt she might not understand that once cut, her hair would be short. They feared that feeling the shortness of her hair and suddenly looking different, Makalah might have regretted the decision, resulting in a very unhappy ending.

Further family discussions and a trip to the Locks of Love Web site, www.locksoflove.org, gave Anthony and Dalila the information they needed so parameters could be given to Makalah. Locks of Love is a nonprofit organization, begun in 1994 by Madonna Coffman, a retired cardiac nurse. She saw a need for customized cranial prostheses for children who had lost their hair due to illnesses when her own daughter lost

hers due to alopecia areata, a hair-loss condition of unknown cause, but sometimes associated with autoimmune deficiency. Most wig shops carry wigs made for adults (who are not required to participate in recess), and the wigs are made more affordable by using synthetic hair. By making customized wigs and hairpieces from donated ponytails of human hair at least 10 inches long, LOL can assure child recipients they will be able to participate in sports, like swimming and gymnastics, without fear of losing their wigs. Moreover, the wigs look and feel real. Each child can receive and have repair work done free or on a sliding scale based on the financial need of the family.

Makalah's determination warmed her parents' hearts to the idea. "She's the one who kept asking us when she could do it," Dalila recalled. Not daunted by her parents' requirements to grow her hair for nearly two more years until it exceeded the required 10-inch length by nearly two inches, Makalah reached her goal in July 2010. Her parents used the two years to talk with Makalah and prepare her for the event.

Dalila also admitted she needed the time to prepare herself as well. "I always had long hair growing up, but Makalah was very persistent," Dalila said. "We were all very excited, and we all cried and smiled," she added. Makalah remembered thinking, *I'm free! I'm free!* as she enjoyed swinging her newly shortened locks around. She is now determined to grow her hair long again and also is working on influencing the people around her to do the same. Dalila has committed to the project, and other friends, as well as parents and children at their school, are interested.

Anthony, who has a position in law enforcement, believes his job may have a positive influence over his daughter's decision to help others. "Makalah sees the consequences of real life experiences," Anthony stated.

"I'm nice because it's the right thing to do," Makalah added.

Being nice is defined by Makalah's actions every day. An A and B Honor Roll first-grader, her favorite activity is school. "I like my school, teachers,

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friends and classes,” she stated. Spanish is her favorite subject. She also plays soccer on the school’s team. Saint Elizabeth, the school’s namesake, achieved sainthood for doing charitable acts, and an emphasis is placed on teaching the 70 virtues. Makalah has been recognized with a certificate for Compassion and Generosity and a Christian Witness Award by the teachers who pick one student from each grade whose daily acts



personify those virtues.

Giving is a virtue both Anthony and Dalila have stressed to Makalah and her little brother, A.J. When they decided to have children, these parents sat down and worked out what they wanted to do and not do as parents. “I want to teach my kids that they need to give to receive. We are really lucky because we can,” Dalila said. Together, the family has traditionally donated toys at Christmas to the city of Cedar Hill’s Abuse Center, Goodwill and their church and school.

Family is important to both Anthony and Dalila, who wanted their children to enjoy frequent visits with grandparents, godparents and their extensive families living in the Dallas and San Antonio areas. Anthony’s work had taken them to Arizona, where Makalah was born, but when an opening in law enforcement became available in the Dallas area, the

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family moved back to Texas. Family support was key in Makalah's donation to LOL. "She's really lucky she has a family that loves her. The relationships Makalah is building with family, school,



neighborhood and church are so important," Dalila said.

Another important element of parenting helped Makalah to donate without regrets at such a young age. Open communication between parents and then between parents and children is important in making most decisions together as a family. Anthony and Dalila listened to Makalah, talked together and returned to her with a reply. "The kids don't argue with us after that," Dalila stated.

Dalila stayed home with the children for the first six years of Makalah's life, which was a "small sacrifice" this couple decided to make. Now that Dalila has returned to the workforce, the couple shares more of the parenting tasks. However, her dad was challenged when Makalah's hair was too short for a ponytail. Responsible most mornings to get the children ready for school, Anthony found he had problems fixing her hair when it was short.

Makalah is old enough to understand the smiles on the faces of children featured on the LOL Web site after they have received their cranial prostheses. With all the ripples of generosity this one little girl is spreading, Makalah will never know just how many people have received their hair all because she selflessly gave hers with a smile. **NOW**

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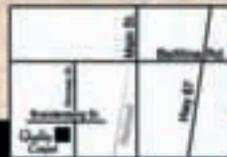


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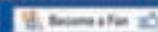
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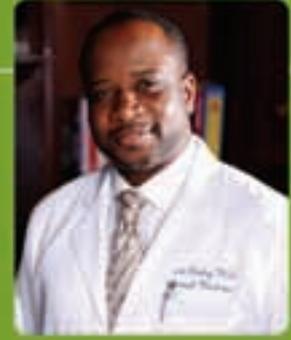
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THE RUSHING RUSH

— By Beverly Shay

In a six-minute YouTube video, Kelsey Rushing completes an amazingly life-like portrait of Emma Watson, giving her “audience” a taste of the Rushing rush. “I just set up the video camera and began to draw,” Kelsey calmly stated. “I drew for about two hours.” Six minutes. Two hours. The result is stunning. Portraits adorn Kelsey’s home “gallery,” and every one of them is the definition of a work of art.



“As a child, I was always pretty crafty when it came to school projects that involved making models or posters. But I really didn’t start drawing until I was a student at East Middle School. I had art in elementary school and one class in eighth grade, but in high school, I really began to draw seriously,” Kelsey reminisced. “My art teacher for all four years, three of which were AP classes, was Chuck Singleton. He was my biggest influence — he’s such a good teacher.” Mr. Singleton held off his retirement in order to teach Kelsey through her senior year at DeSoto High School.

Originally interested in becoming a zoologist, Kelsey has drawn a lot of animals. She works from photographs.

Some she finds online, some are photos she has taken. Her elephant took a long time — about 20 hours — but every wrinkle is worth it. You can almost *feel* each wrinkle oozing elephantine personality. Her gorilla, with the blue-green swath of color, contemplates your evaluation of him, just as he would in the zoo. The giraffe is so life-like, you expect him to start chewing any minute. Kelsey's Avatar, done in oil stick, took only one or two days: "It was easy to cover the large surface and blend the shades of blue," Kelsey stated.

"I work mostly with pencils and charcoal," explained the sophomore who is working on a drawing and painting major at University of North Texas (UNT). "I like portraits best. I am putting together a body of work, portraits,"



Kelsey remarked, "in the hopes of getting some scholarships.

"I can draw a lot faster now," she commented, referencing her elephant drawing. "Nothing about portraits is really hard. I guess you could say the 'hardest' part is the initial sketch, which involves proportions — getting the features in the right places, so it will look like the photo. I use pencil, so I can erase as needed." Kelsey's preliminary drawing becomes the portrait as she



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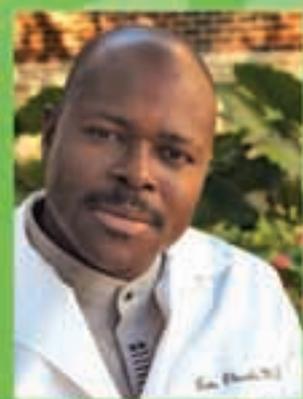







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moves from pencil to charcoals. “Eyes are my favorite part. They’re not challenging at all, but they are the most interesting part of a portrait.”

Awards she has won at the State Fair of Texas the past three years hang on the matting of many works of art: four 1st places, one 2nd place, two honorable mentions and one best of show. Kelsey has done about five commissioned portraits. One was from a 1948 photo of the mother of a lady at Kelsey’s church. Kelsey is still working on her self-portrait, which will become another speed drawing. “I saw speed drawings online and decided to try it. It’s a fun way to watch yourself draw. I’d like to send them to Ellen DeGeneres and see if I could get on her show,” Kelsey added quietly.

Not only does Kelsey draw, she is also an accomplished photographer, who is still learning and improving her raw, natural talent. “My mom showed me how to use her Canon film camera right before I began high school. After that, I began experimenting on my own. Now I am in a digital photography class in college. I like both film and digital. Mostly I take photos of flowers. I enjoy the color of photography, since most of my drawings are black and white,” Kelsey said.

Kelsey just got a macro lens for her camera. “I love taking close-ups of small things. I guess you could say I am kind of a detail-addict in both photography and my artwork. Details capture realism. I think it would be really cool to travel and be a photographer for something like *National Geographic*. That’s what I always wanted to be, but now I think my future might lie in my artwork,” Kelsey confided.

“I am not as good at painting. It’s a whole different medium, but I am learning. The color on my gorilla is acrylic paint, which is kind of unforgiving because it dries so fast. Oils dry slower, so you can blend them more. And oil pastels, like what I used for my butterfly, never dry, making it harder to get the details in,” Kelsey explained.

She has also created collage scratch boards — masonite boards covered with white clay and then coated with a very thin layer of black ink. “You actually



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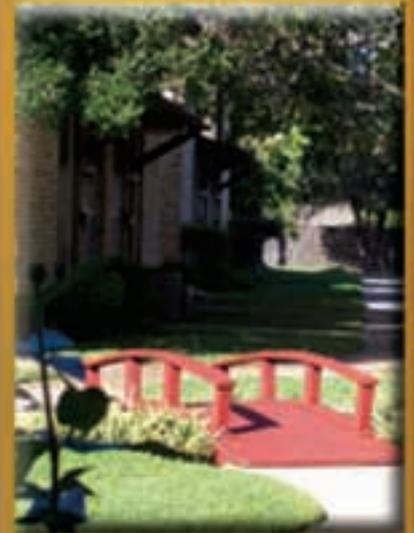
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scrape the black ink off with a metal tool. There is no 'second chance,' which makes it hard to do shading. I use some cross hatching," Kelsey remarked. Her collage is definitely another showcase of her amazing talent. It looks hand-drawn, with amazing depth, perspective and shading.

"I am pretty excited about my latest project. I have never done anything like this before," she shared as she unrolled a large drawing of a macaw. "This will be an appliqué quilt of over 100 pieces."



The beautiful colors of fabric mirror photos she has taken of macaws at the zoo. Kelsey began to sew quilts when she worked for Sew Southward Bernina. "I sewed sample quilts — three wall hangings from a pattern. This one I am designing myself and choosing all the fabrics myself. It's turned out a bit bigger than I had intended. I think it will be about 4 by 4 ½ feet," she shrugged somewhat sheepishly. "When I quilt it, I will change the thread color to match each piece of fabric, because I will stitch in the details on the feathers. I think this will take a lot of hours of work," Kelsey sighed with a mixture of anticipation and apprehension from which she quickly rallied. "I want to enter it in some quilt shows like the one in Ellis County.

"I guess you could say I came by my artistic talent honestly. My father does woodworking," she said, showing off his chess table and pieces. "And my mother is an amazing seamstress. So I have a lot to live up to, as well as my own artistic venue to pursue." **NOW**

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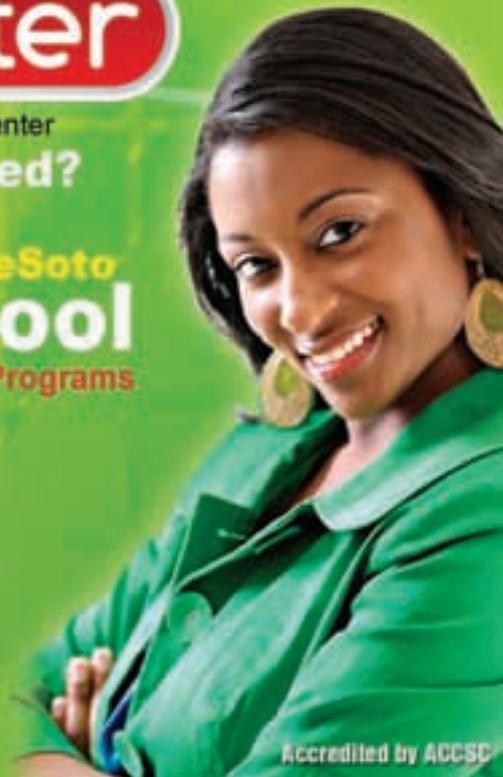
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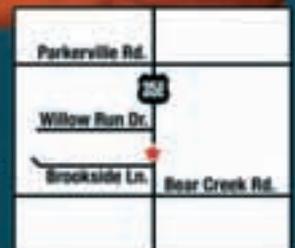
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Timeless *Beauty*

— By *Angel Morris*

To Paula D. Lee, pretty is as pretty does. This longtime hairdresser-turned-pageant-queen is on a mission to remind seniors of their beauty — inside and out.

The 44-year hairstylist, now working at Sessions Hair, Nails and Skin, enjoys making people feel good about themselves. “I love bringing out the inner beauty of a person,” Paula said. Decades ago, Paula helped young ladies put their best foot forward via pageantry. “I got started when I worked with the official hairdresser of the Miss Texas



Pageant. I assisted Miss Duncanville and then traveled with her to the Miss Texas Pageant and on to the Miss America Pageant,” Paula recalled.

Three years ago, Paula began focusing

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on senior women's beauty and was instrumental in forming a local pageant for mature ladies. "I helped Hopkins Senior Center stage the Ms. Classic Duncanville pageant when Lavern Parker was named our first queen," Paula said.

Shortly thereafter, Paula accompanied Ms. Texas Senior America 2008 to Atlantic City and met national crown contestants. She also became the official hairstylist for the Ms. Senior America Pageant in 2008 and 2009. "I found a tremendous group of ladies, each telling their own story with a sparkle in their eyes. When I returned from the national pageant, I contacted Mary Francis Hansen, director of the Ms. Texas Senior America Pageant, and told her that I wanted to be a part of this wonderful organization," Paula explained. "She encouraged me to enter the Ms. Classic Duncanville in 2009. I did and I won."

Backed by the city of Duncanville, Paula competed at the state pageant and was named Ms. Congeniality and first runner-up. "Contestants in Ms. Senior America must perform a talent. I prevailed on Joyce Hilman, of Ms. Joyce School of Dance, to come out of retirement to choreograph and train me for a number to 'Rock Around the Clock,'" Paula confessed.

The following year, Paula was eligible to enter the state pageant "at large." She was named Ms. Texas Senior America 2010 and Ms. Congeniality for a second time. "The response to my pageantry has been wonderful," Paula stated. "My clients have worked with me changing their appointments to work with my busy schedule, and my family is so supportive helping me to make appearances around the state."

Part of Paula's pageant responsibilities include performing with the ladies of the Cameo Club — past queens and contestants — who entertain at retirement centers, hospitals and similar venues across Texas. The work is not without reward, Paula said. "I enjoyed dinner with Governor Perry on February 7, 2011, and I was recognized on February 8, on Senior Day, on the steps of the Texas Capital as Ms. Texas Senior America 2010. Also, with the help of my Cameo Club sister, Pat Housel

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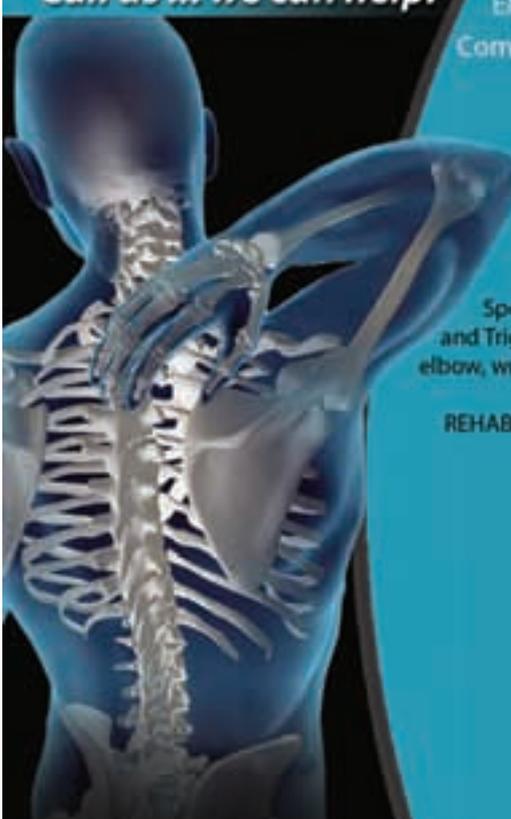
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(Ms. Texas Senior America 2006), whose brother is State Senator Jerry Madden, I was recognized on the floor of the Texas Senate Chamber," Paula said.

As the Ms. Texas ambassador, Paula and other state queens will participate in a showcase at St. Thomas in the Virgin Islands, the home of Dr. Kimberly Moore, Ms. Senior America 2010. More important than these perks for Paula, however, is what she is able to give back through pageantry. "I feel that I can be a role model to my peers, children, grandchildren and younger generations. I am an advocate for seniors, and I represent the positive image of aging."

That image has been solidified for Paula through pageantry. "The most interesting and unexpected thing I have discovered is how active seniors are. Seniors are the backbone of America," she said. "We do not give up. We are inspiring role models and mentors."

Even before pageants, Paula was no slacker. "Before I entered the pageants I wanted to be healthier, so I hired a trainer — Randy Nesuda. Randy encouraged me to enter competitive power lifting. I could bench press 95 pounds and dead lift 195 pounds," Paula noted. "I won first place in my age and weight group."

Paula and her husband, Jim, also exhibit a Harley-Davidson powered chopper trike and have earned multiple "best in show" honors. "I got my motorcycle rating on my driver's license at age 59. My trike and I even appear in a documentary on the senior woman," Paula smiled.

Perhaps Paula's childhood has inspired her active lifestyle. "In my early life, my family moved around a lot because of my father's occupation as project supervisor for interstate highway construction," Paula said. "I moved to Duncanville in 1988, so that my daughter could attend Duncanville High School, and I am happy to say that Duncanville is my home now ... it has been for the last 23 years."

This self-described "fighter" and "go-getter" had five children. Two daughters passed away from a neurological illness passed on by their father resulting from Agent Orange having been sprayed during his time in

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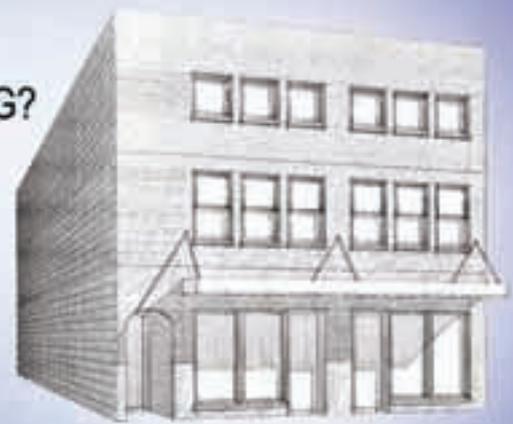
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the Vietnam War. Son, Steve Wakeland, is a firefighter-paramedic for Duncanville Fire and Rescue. One daughter, Darla Wakeland, is an engineer for Bell Helicopter. Another daughter, Sherri Henry, is a medical technician. Paula also has two stepsons, three daughters-in-law, one son-in-law, and "six beautiful grandchildren who keep me young," she said.

Loving her "grandmotherhood" is part of what makes Paula appreciate her age even more. "Sometimes we are so busy ushering in the new that we forget to appreciate what is not exactly new anymore. Isn't this exactly how society treats our aging population? The aging population then turns around and internalizes these messages," she said. "Women and men who are no longer 25 cringe every time a birthday rolls



around. They focus more on the fact they will never be young again, instead of embracing the wisdom of getting older."

Paula reiterated that embracing one's age is the best part of senior pageants. "The pageant is not hung up on the physical. We celebrate the unseen aspect of all stages of life. Our goal is to enrich and empower the senior woman," she said. "We champion healthy aging, wellness and mental well-being. If you want to make a difference in your life, I urge you to enjoy and experience what I have."

Paula's advice to everyone, young and old, is to focus on the truly beautiful things in life. "To me beauty is a matter of insight, not just eyesight. Inner beauty is where your heart is. You must have heart for others," Paula said. "You may be beautiful on the outside, but if you don't have the inner beauty it is for naught." **NOW**

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Life in a **BARN**

— By Beverly Shay



At Home With
**Joe and
Wanda Pitt**

The barn was never intended to serve as a permanent dwelling when the five-acre property was first purchased by Milton Pitt in 1945 for \$4,000. The family, with their three young boys, planned to live temporarily in the barn while they constructed their “dream home.” Joe, 3, was the youngest. With one thing and then another happening, including the arrival of the Pitts’ only daughter, the barn was made more habitable and eventually became the “dream home.”



“I was 11 the first time I ever stepped foot inside,” Wanda Pitt recalled. “I fell in love with Joe’s parents before I fell in love with Joe,” she chuckled. “And oh, how I loved this house. Still do,” she said quietly.

The two met at church in Duncanville when Wanda was 9 and Joe was 10. “We had our first date when I was 11. I sat next to him on the church hay ride. We



were an item for about one-and-a-half years — until my mother remarried, and we moved out to California. We both ended up marrying someone else and having families. Joe and I didn’t marry until 1988,” Wanda explained. “And later, I got to move into this beautiful barn where Joe spent his childhood.”

Their home is an old pole barn built around 1880. The poles are 30-inch round, 30- to 40-foot tall posts of red cedar, stripped of their bark, complete



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wrong,” Wanda remarked. Two stairways help navigate the multiple levels in the warren of rooms. “We have done our best to keep the original structure, walls and decor true to the character Milton and his wife, Christine, created,” Wanda proclaimed with evident pride and pleasure. “This barn has such beautiful bones.”

with knot holes where the branches once were. Spaced 10 feet apart, 16 of the 24 original posts remain, some exposed in the living room and corners, others behind or inside walls that have been added as the home periodically expanded. “There’s a saying we go by: ‘If you want to add on, enclose the porch and build another one,’” Joe stated. “It’s true. Four porches have become rooms over the years.”

Rooms once bedrooms became living spaces and then bedrooms again as the barn evolved into this over 3,000-square-foot home like no other. “Even describing its square footage seems

Wanda grew up in Duncanville. “Dad was in construction and built our house. I helped lay brick along the foundation of our house when I was 5. My rows looked like waves,” Wanda grinned. “Duncanville and Cedar Hill were small, separated communities back then. I remember driving from Duncanville to the Pitts’ barn. The only other house along the way was Gus Alexander’s.

Joe, a structural engineer, helped build several schools in Cedar Hill and served on the school board for many years. Wanda is a historian and genealogist. Both have been very active with the community. Joe, who just can’t quite retire, now serves

on the Appeals and Advisory Board, dealing with signs and building ordinances, variances and permits.

Perhaps his familiarity with all these types of papers assists them as they travel doing genealogical research. “My family heritage traces back to Jamestown,” Wanda remarked. As I search for documents in courthouse basements, Joe tells me all about the building, regaling me with history and architecture lessons, which keeps it interesting. Good thing we both like construction and architecture, considering all the building we have done here,” she said, referring to their barn.



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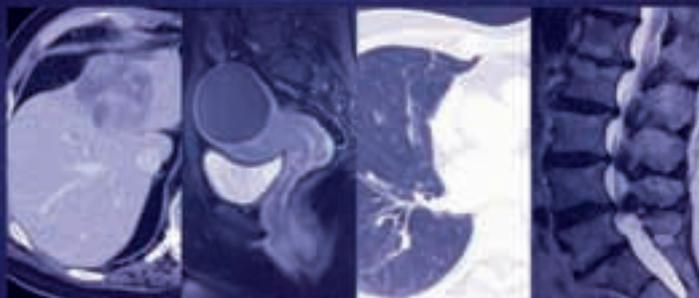


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“Most people either really like it or they don’t like it at all, but I love it,” Wanda said fondly. The barn, planked in vertical boards, was over 50 years old when Milton bought it. Some of the first renovations were turning the walk-through into a porch and siding the barn with horizontal boards and shingles.

“One of my youngest memories is nailing those shingles on the south side,” Joe remarked, showing where shingles still cover a now-interior wall of an added-on porch, which was converted into Wanda’s office.

The kitchen, where the corn crib once was, is the lowest level of the house. Wanda put in new countertops of hard rock maple, which she stained and varnished to match the original cabinets Milton had built. “Joe’s dad taught me to refinish furniture,” she explained. “I

agonized over what color to paint the kitchen and, finally, chose a buttery yellow. I was so pleased when I took down the molding strip and found Christine had used the very same shade of



yellow years ago,” Wanda admitted.

“Our bedroom used to be the living room, and what is now the dining room used to be the master bedroom,” said Wanda, who somehow manages to keep the history of their musical room adventure straight. “Upstairs, where Joe’s office now is, used to be the boys’ room — the perfect hideaway loft built under the slope of the original roofline.”

“We could jump from the loft right

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onto our parents' bed," Joe recalled with a mischievous grin. His parents' room is now a tiny guest room, furnished with an old iron bedstead Wanda scavenged. The room also features her grandmother's lamp and cedar chest and her great-grandfather's wash stand.

"I preserved all the original wallpaper, except in the bathrooms where the water pipes had to be replaced. We discovered seven layers of paper in there," Wanda explained. But most of the walls, like the staircases, are made of knotty pine installed in the '50s. Joe removed the worn, original oak flooring in the living room, replacing it with 2-by-10 pine planks.

Many downstairs rooms feature glass-fronted china cabinets filled with Wanda's collections of china, ceramic dishware,



celery vases and spooners, crystal, cut glass and pressed glass. "I have some ice tea glasses you could get in sacks of flour, sugar or in laundry detergent in the '40s and '50s, but most of my pieces are very old," Wanda said, displaying a cabinet of three shelves, one filled with green glassware, one with yellow and one with red. "Some are very rare, such as this ruby glass with the indentation on the inside." She is quite fond of grandmother's sandwich glass and depression glassware.

Photos of the home and family across generations compete with paintings and prints of paintings created by Joe's mom. "We found old negatives from photos Milton had taken of his wife's work and made up prints so all of us could either have the original or a print of it," Wanda said.

Both Wanda and Joe love the "oldness" of their cozy barn-house. Wanda, however, is pretty taken with her new side-by-side refrigerator, already covered with photos of their children and grandchildren, completing the generational parade displayed throughout the barn. **NOW**

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Photo top left:

Kasey Chesier, store manager, and Dan Jespersen, owner/pharmacist.

Photo bottom right: Staff members are ready to serve you.

A Family Plan

Ben Franklin Apothecary: where fun, food, friends and quality products mingle with a 47-year legacy of old-fashioned service. — By Beverly Shay

Remember five & dime stores? Old-fashioned pharmacies with soda fountains? Aisles of fabrics, gifts, knickknacks, toys, puzzles, coloring books, bobby socks, shoelaces and jewelry for mom that was affordable, even on your kid-allowance budget? Remember shopping in a store where people knew your name? Ben Franklin Apothecary is a flash from the past, with all the up-to-date conveniences, pharmaceutical products and knowledge you could desire.

Dan Jespersen, the owner/pharmacist, and his charming wife, Janice, have set the atmosphere of the store, deli and pharmacy to a barometer of family-owned, family-friendly service. “When we bought the store from Dan’s parents in 1999, we overhauled

and redesigned it with our own style in mind. We chose a light for the clock tower, rather than just a weathervane, because we want this store to be a lighthouse to meet people’s needs for food, medicine and togetherness,” Janice remarked.

Following their motto of providing a place where you can find merchandise not found anywhere else, store manager, Kasey Chesier, and his wife, Joy (Jespersen), buyer, fill the store with a great selection of practical and gift items. “We have continued to maintain and grow,” Kasey remarked. “Three years ago, we expanded the deli. When we were offered the building next door, we created our fabric, craft, design and quilting center. We continued to grow and prosper

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even with the slowdown in the economy?”

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The Jespersen family firmly believes in active participation in the community. “We provided school backpacks to 6,000 Duncanville pre-K through fourth-graders, as well as free vitamins each month,” Dan remarked. Dan, who served 18 years on the Duncanville school board, believes reading is a key part of education, so he rewards those who read (or have their parents read to them) 10 books, with a free ice cream cone. “You have to be able to read to do math and science ... and life. We feel part of impacting the community is to care for people and their children in all the events of their lives,” Dan said.

“In 1980, when I asked my dad to put in the pharmacy, my goal was to add two new customers a day. We do that by being good to our word and offering friendly, personalized service,” Dan said.

“Dan returned from a New England pharmacy conference in 1995 with the idea of adding a deli, complete with a menu of homemade soups, sandwiches and desserts, to increase income,” Janice explained. “He also mentioned that every square foot should be income producing. If not, we needed to rework our merchandise floor plan.”

“We are so blessed and honored to be able to come in and do this every day. We try to hit a home run each day, and if we don’t, we won’t quit,” Dan stated.

“Our desire is to touch or provide for someone to be touched each day,” Janice added. “Every day widows and widowers come in here, and friendships are made here. That blesses us because people are what make the world go.” **NOW**

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The advertisement for Ben Franklin Apothecary features a large image of the pharmacy building with a prominent steeple. A banner at the top reads "Spring is in full bloom!" and lists various seasonal products. Below this, a section for "KITCHENS DELI" lists menu items and contact information. A small inset photo shows the interior of the deli. The bottom of the ad includes the address, phone number, and website.



Trinity Christian School Jr. High cheerleaders show how they won their latest competition.



Cedar Hill swimmer Mei Nakagawa shows off her first place medal for backstroke at the District Meet.



In honor of MLK Jr. Day, Michael Thompson, adjunct professor at Northwood, holds a photo of his great-great grandmother, Lucinda Sanders, who was born in 1836 and had six children born into slavery and six born after the Emancipation Proclamation in 1863.



Dr. Kevin Fegan, provost of Northwood's Texas campus, with his Big Brothers Big Sisters "Little" at Plummer Elementary in Cedar Hill.

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Ronald and Donald Ballard with daughters, Jasmine and Asiah, at the DeSoto Annual Daddy Daughter Dance.



JROTC cadet Andrew Wilson receives his class ring from LTC Russell Hooper, his JROTC Commander.

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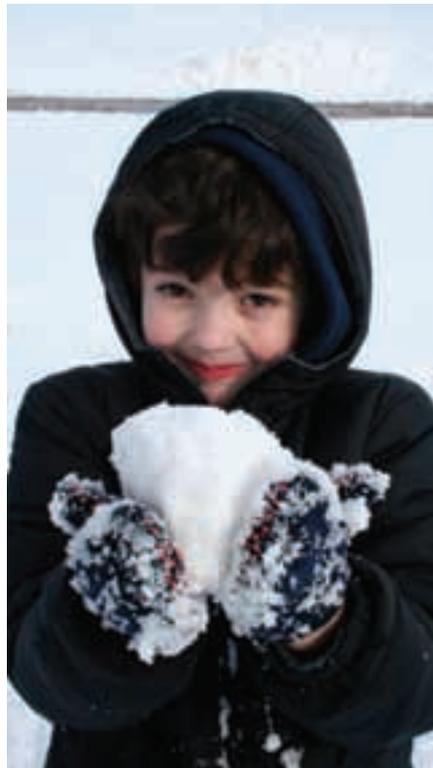
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Duncanville ISD's district-wide Geography Bee winners: Vicente Sanchez (left) - 1st place, Dale Walters (right) - 2nd place and Evelyn Walters (middle) - 3rd place.



Samuel Morris, age 7, shows off his jumbo ammunition as he prepares for a snowball fight.



Cub Scout Jake Reno collects canned food donations from Stan Hubbard to benefit the Dallas Food Bank.



Jimmy Moore tends to the flowers at Green Garden Nursery.



Methodist Charlton staff members hold some of the handmade designer bags donated for cancer patients.

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Understanding Chronic Fatigue Syndrome

— By *Leah Pittmon, B.S., D.C.*

Chronic Fatigue Syndrome (CFS) can be very frustrating not only for the person suffering from it, but also to family, friends, and co-workers who don't understand the syndrome. Many people affected by CFS find themselves isolated, misunderstood or not taken seriously about their illness. Chronic Fatigue Syndrome has eight primary symptoms in addition to fatigue: difficulty with memory or concentration, painful lymph nodes in the neck and armpits, unexplained muscle pain, migrating joint pain without redness or swelling, headaches, extreme exhaustion after exercise and not feeling rested after sleep. Many experience even more symptoms, such as nausea, diarrhea, bloating, chest pain, jaw pain, chronic cough, shortness of breath, dizziness, irregular heartbeat, chills, night sweats, depression, panic attacks, even ear aches. CFS affects women more often than men, and people in their 40s and 50s more than other age groups.

Many medical doctors misdiagnose their CFS patients as depressed. It is important to stress the importance of determining whether the physical symptoms of CFS came first. Cancer, infection, sleep disorder, problems with blood sugar and other lifestyle factors must also be ruled out.

No single cause of CFS has been identified. Research continues in the medical community and in alternative health fields. Possible causes of CFS include autoimmune disorder, viral infection, hormonal imbalance, low blood pressure, anemia, low blood sugar or a combination of any of these.

Although it is unclear exactly what causes CFS, the body's energy producing system is affected. ATP, the cell's "unit of currency" for energy, is in short supply. ATP production is decreased, and its breakdown is increased. Proteins needed for converting food into energy can't move efficiently between cells,



or into the powerhouses of the cells, the mitochondria. This has an effect on many body systems, including the musculoskeletal system, immune system, gastrointestinal system and more.

Traditional medical approaches often focus on medications for pain, depression, sleep problems, allergy-like symptoms, low blood pressure and anxiety and on experimentation with other drugs such as stimulants, steroids, antivirals and Alzheimer's medications. The effects and side-effects of these drugs are many and varied. NSAIDs can cause stomach bleeding and kidney damage, sleep aids can cause memory problems or suicidal thoughts, stimulants can cause high blood pressure or addiction, just to name a few.

Well-accepted lifestyle changes such as moderating daily activity and gradual, steady exercise should always be discussed with your health care provider. Alternative treatments such as supplements, acupuncture, meditation, yoga and chiropractic have been very helpful for many CFS sufferers. Dr. Edward Farinelli studied a group of 70 CFS patients and found those who received a course of chiropractic adjustments of the top two vertebrae of the spine reported improvement of CFS symptoms lasting several months. Chiropractic adjustments and rehabilitation offer a safe and effective initial course of care for CFS sufferers. **NOW**

Leah Pittmon, B.S., D.C.

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Benefits of a 401(k)

— By *Dennis Brock*

Do you want to reduce your taxes? How about building a nest egg for retirement? How does a wide selection of investment choices for your investments sound? You can get these and more when you sign up for your company 401(k) plan.

What is a 401(k) plan? A 401(k) plan is a retirement plan set up by your employer that allows you (the employee) to make tax-deferred contributions through payroll deduction.

How much can you contribute? For year 2011, you can make up to \$16,500 in contributions, and if you are age 50 or older, you can add an additional \$5,500 as part of your “catch-up” contribution. So, if you are 50 years or older, your maximum annual 401(k) contribution is \$22,000.

Tax-deferred growth. Contributions into your 401(k) aren’t the only thing that is tax deferred. Capital gains, interest and growth in your investments are also tax-deferred. Suppose you contribute \$500 a month into your 401(k) for a total of \$6,000. If you are in the 25-percent tax bracket, your tax saving would

be \$1,500. If your \$6,000 contributions grow to \$6,500, the \$500 in gains is not taxable until you withdraw the money from your 401(k).

Employer match program. Many employers will match your contributions dollar-for-dollar. For example, you contribute three percent of your paycheck each month or \$100. Your employer also matches you up to three percent and contributes \$100 a month. In this example, your \$100 contribution turns into \$200 a month.

What if I am self-employed? Can I set up a 401(k)? Yes, you may set up a self-employed 401(k) and enjoy the benefits of it.

As a business owner, why should you have a 401(k)? A 401(k) will help you attract and retain talented employees. **NOW**

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March 1

National Alliance on Mental Illness-Dallas Chapter Family Support Group: 7:00-8:30 p.m., Trinity United Methodist Church (Agape SS classroom), 1302 S. Clark Rd., Duncanville. Contact Madeline Kelley, (972) 298-9378 W/H; (214) 536-2703 cell or Evelyn Glass, (214)728-0637.

Cedar Hill library presents Women's History Program: Experience "Stories of Unsung Heroines" performed by Storyteller Elizabeth Ellis: 7:00 p.m.

March 3

Literary Café: 6:30 p.m., Bluebonnet room at DeSoto Town Center. Come explore local literary talent from all genres. No cost, but authors will have their books for sale. Come early for a library tour: 5:30 p.m.

March 4

Cedar Hill library story time and crafts (ages 2-5): Mardi Gras Party: 10:30 a.m.

March 5

Cedar Hill's annual citywide neighborhood block party and 6th anniversary of the Cedar Hill Recreation Center: 10:00 a.m.-2:00 p.m., Rec. Center, 310 E. Parkerville Rd. Children's activities, health fair, class information, city

services, entertainment and more. (972) 293-5288 or cedarhilltx.com.

March 6 and 7

The Corner Theatre presents *Broadway Rhythm* (a tribute to the past and a salute to the future): 7:00 p.m. All-star cast of singers, actors and dancers. General Seating: \$10; on-stage seating: \$25. www.desotoartscommission.com.

March 8 and 22

First United Methodist Church – DeSoto offers Job Seekers Ministry Meeting: 5:00-6:00 p.m., 310 Roaring Springs Drive. Prayer, job search skills training, career counseling, résumé review/assistance and networking in Christian setting. Open to all. Registration required by March 7th/21st. Contact Reverend Kenin Strempeke at office@fumcdesoto.org or (972) 223-6118.

March 10

Cedar Hill library presents Career Forum: Hear success stories and helpful tips regarding career choices and opportunities: 11:00 a.m.

March 10, 17, 24

A series of weekly classes: 6:30-9:00 p.m., Methodist Charlton Medical Center. Course is structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. No cost,

but must register with Marsha Rogers (214) 341-7133; www.namidallas.org.

March 14

Cedar Hill Library Dog Show. Meet friendly dogs of different breeds: 1:00 p.m.

March 26

DeSoto ISD Education Foundation Black, White and Red Gala and Auction: 6:00 p.m., Hilton Garden Inn, Duncanville. Cost: \$60/person.

March 29

Desserts with David Hira: 7:00 p.m., Trinity UMC, 1302 S. Clark Road, Duncanville. Cost: \$5, includes dessert, an evening of magical entertainment and silent and live auction. Proceeds go toward the Southwest Dallas County Aggie Moms Club's scholarship fund. Contact Kathy at krlynch54@gmail.com.

Free computer classes at DeSoto library. 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.

Submissions are welcome and published as space allows. Send your event details to bshay.nowmag@sbcglobal.net.

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In The Kitchen With Belinda May

— By Beverly Shay

Belinda May was born into a family of great cooks. She has enjoyed cooking since she was 9 years old. “I use recipes from various cookbooks and old family secrets, especially from my Aunt Katie,” Belinda remarked. “I have created my own special dishes. My favorite style is Southern home-cooking.” Being born in Georgia was a major influence on her cooking.

Belinda enjoys cooking to entertain and sharing a good home-cooked meal with family and friends. “Cooking is a great way to demonstrate how much we care,” she stated. “Cooking at home gives us the opportunity to eat healthier and have quality time with loved ones during table talk.”

Belinda is the COO of Home Care Network, Inc., a home health agency, and owns Kosmic Kids Learning Center and Real Time Sports and Entertainment. **NOW**

Old Time Fruit Salad

- 3 beaten eggs
- 3/4 cup sugar
- 3 Tbsp. butter, softened
- 1/2 cup lemon juice
- 3 each gold and red delicious apples, peeled, cored and chopped
- 1 bunch seedless green and red grapes
- 1 20-oz. can pineapple tidbits, drained
- 1/2 cup pecans or walnuts, chopped
- 1 1/2 cups mini marshmallows

1. Make dressing by combining eggs, sugar and butter in a saucepan. Stir in lemon juice. Cook over medium heat until thickened, stirring constantly (will thicken quickly). Refrigerate until cool.
2. Place fruits, nuts and marshmallows in large serving bowl. Pour dressing over mixture and mix well.

Sour Cream Pound Cake

- 1 8-oz. pkg. sour cream
- 1/4 cup sugar
- 1/2 cup milk

- 1/2 cup oil
- 4 eggs
- 1 box Duncan Hines yellow butter cake mix
- 1/4 cup flour
- 1/4 tsp. baking powder

1. Blend all ingredients in a large mixing bowl at low speed, until moistened.
2. Beat at medium speed until well-blended (about 4 minutes) and pour into a greased and floured tube baking pan.
3. Bake at 350 F for 30 to 45 minutes, or until done.

Old Fashioned Corn Bread

- 1 1/2 cups cornmeal (self-rising)
- 1/2 cup flour (self-rising)
- 1/2 cup sugar
- 2 eggs
- 1/2 cup milk
- 1/2 cup oil/shortening

1. Mix all ingredients together in a large bowl for 3-4 minutes and pour into a greased and floured tube baking pan.

2. Bake at 400 F for 30 to 45 minutes.

Chocolate Pie

- 2 cups sugar
- Pinch of salt
- 2/3 cup flour
- 1/3 cup cocoa
- 3 egg yolks, slightly beaten
- 1 stick butter
- 3 cups Carnation milk
- 1 tsp. vanilla
- 2 pie shells

1. In a large mixing bowl, mix sugar, salt, flour and cocoa together.
2. Add egg yolks, butter, milk and vanilla to dry ingredients. Cook until thickened, stirring constantly.
3. Pour into baked pie shells.
4. Bake in a preheated 350 F oven for 12-13 minutes.
5. Top with meringue (see below).

Meringue Topping

- 3 egg whites
- 5 Tbsp. sugar
- 1/4 tsp. vanilla
- 1/8 tsp. salt

1. In a mixing bowl, whip the above ingredients together, until stiff peaks form.
2. Spread on top of pie, sealing to pastry.
3. Bake in a preheated 350 F oven for about 12 to 15 minutes, or until meringue is golden. Cool.

Ugly Cake

- 1 box butter-flavored yellow cake mix
- 1 stick butter, melted
- 3 eggs, beaten
- 1 cup nuts
- Icing:
- 1 8-oz. pkg. cream cheese
- 1 box powdered sugar
- 1 stick butter, melted

1. Blend cake mix, butter and eggs in a large bowl until moistened (about 30 seconds); beat at medium speed for about 4 minutes.
2. Spread into a greased and floured 13x9x2-inch baking pan.
3. Top with nuts.
4. Make icing by mixing cream cheese, powdered sugar and butter in a separate mixing bowl, until smooth; spread over cake mixture and nuts.
5. Bake at 350 F for 40 minutes.

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From left to right: Dr. Cealee Thomas, OB/GYN; Dr. Cecily Jones, OB/GYN;
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Dr. Donald Blair, OB-GYN (behind); Sharon Roberts WIENP,
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