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M A G A Z I N E

MARCH 2018

Gridiron Warrior

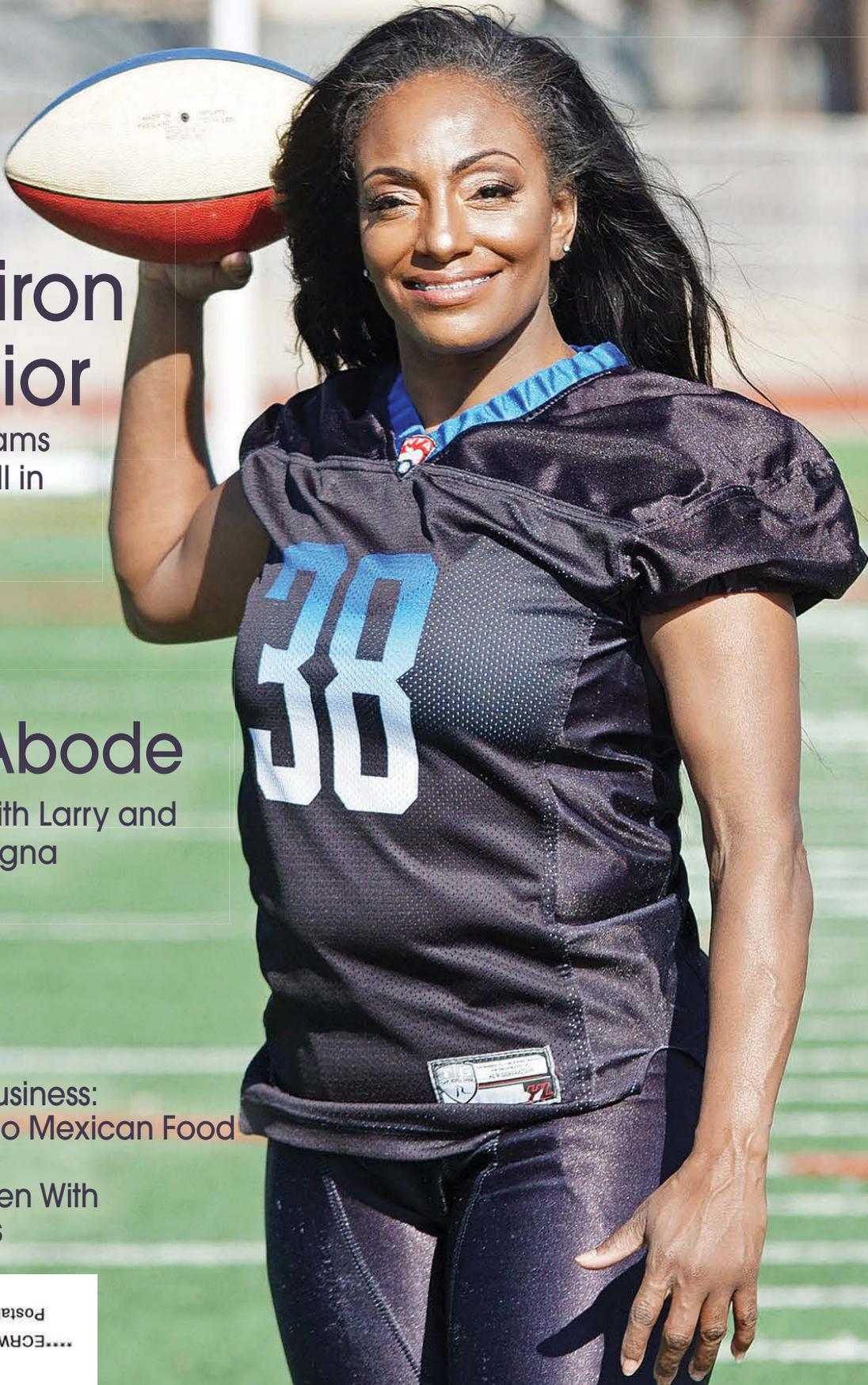
Tracie Williams has football in her blood

Irish Abode

At Home With Larry and Sheila Balagna

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ACCELERATING EXPECTATIONS 2020

DeSoto ISD Now Accepting Nominations for 2018 Hall of Honor Recognition

DeSoto ISD is now accepting applications to recognize alumni and those who have provided meritorious service to the district through March 30. Nominations are now open for both the DHS Alumni Hall of Fame category and DeSoto ISD Distinguished Service Award category.

For more information, nomination criteria, and to submit nominations for the 2018 class of the DeSoto ISD Hall of Honor, visit www.DeSotoISD.org/HallofHonor.

Texas Trust's DeSoto HS Branch Is Now Accepting Applications for Student Tellers

Texas Trust Credit Union is accepting applications for the Student Teller Education Program positions for DeSoto ISD.

2018-2019 seniors enrolled in a Business Practicum program can apply to gain real-world banking experience and develop skills in basic accounting, cash handling, product knowledge, and marketing.

Pick up an application at the TXTCU branch at DHS, or see a DHS counselor.

For questions contact **Michelle Carter-Pope** at 972-595-1726 or email mcarte-r-pope@texastrustcu.org.

District Seeking Workshop Presenters for Annual Male Leadership Symposium

DeSoto ISD is looking for Male Leadership Symposium presenters interested in sharing their professional journey and insights with teen and adolescent male scholars in the Best Southwest at the Apr. 21 event set to take place at DeSoto High School.

Interested or know someone who would make a great speaker for this incredible group of young men? **Contact Beth Trimble at BTrimble@DeSotoISD.org or call 972.223.6666 to register as a workshop presenter.**

UPDATE: The Apr. 14 PTA Council Fun Run & Walk and Wag Postponed to Spring 2019. Email pwallace@DeSotoISD.org for sponsorship opportunities.

CALENDAR

- **3/5-3/9:** Texas Public Schools Week
- **3/8:** Principal for a Day
- **3/12-3/16:** Spring Break
- **3/24:** Adv. Placement and IB Teacher Job Fair
- **3/26:** Regular Board Meeting
- **3/30:** Holiday: Schools/ Offices Closed
- **4/21:** Male Leadership Symposium

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Take control of what you eat by growing your own food.



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Atisha P. Manhas . Rick Mauch . Josh Thibodeaux . Zachary R. Urquhart
Editors/Proofreaders, Pat Anthony . Shannon Randall*

GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen
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*Photography Directors, Chris McCalla . Brande Morgan
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ON THE COVER

Tracie Williams takes her football seriously.

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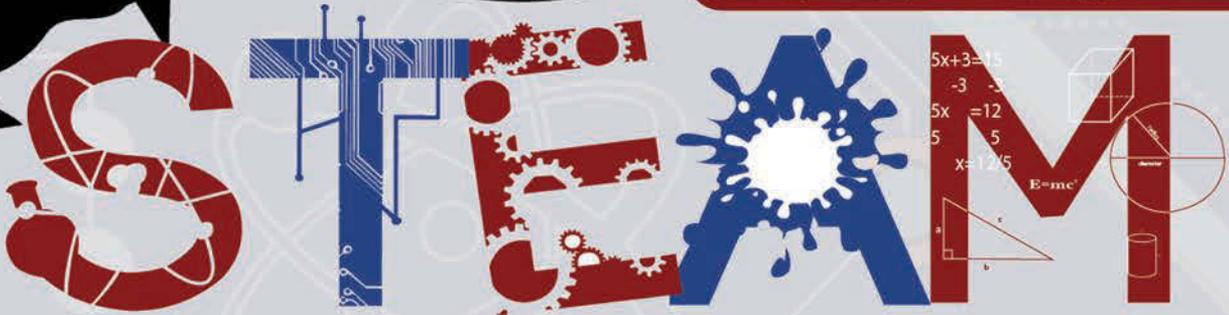
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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 283-1170 or visit www.nowmagazines.com.



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EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
adam.walker@nowmagazines.com
(469) 285-2008

Texas Our Texas ...

March 2nd is Texas Independence Day, and March 6th commemorates the Alamo. I love this state. Traveling or living abroad, I proudly answered the question, "Where are you from?" with, "Texas." My great-great-grandmother, Lucy Covington, married the nephew of a man who fought at San Jacinto. Scanning the names of those who signed the Texas Declaration of Independence and wrote the Constitution and those who fought and died at the great battles, you see names like Houston, Austin, Crockett, Travis and Bowie. Alongside them, you find others like de Zavala, Navarro, Ruiz, Esparza and Seguín. The defenders of the Alamo included freedmen like Hendrick Arnold, Deaf Smith's son-in-law; Pvt. Greenbury B. Logan; as well as a woman simply known as Bettie. We have come here from everywhere.

Other of my ancestors came here from England, Tennessee, Missouri and Mississippi. Texas has towns that speak German, Czech and French. Spanish has been here longer than English. On our reservations, Native American languages like Alabama, Koasati, Kickapoo and Tiwa are still spoken. This state has been built by Vietnamese and Taiwanese and Japanese. Nigerians and Ethiopians and Haitians have added to our state. Nepali teens and Russian grandmothers and Indian doctors have helped us become what we are. This is a big state with room to welcome everyone.

All hail the Lone Star State!

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Football is known far and wide as a rough-and-tumble sport, a hard-hitting, bone-crunching sport for a real woman. Woman? Yes, Tracie Williams, a self-described girly girl, who plays in full makeup, takes her football very seriously.

Tracie grew up in a football family. Her uncle, Lawrence McCutcheon, played for the Rams. Her cousin, Daylon McCutcheon, played for the Browns and works for the Jets. His son plays for the Seahawks. But Tracie was a volleyball and basketball player and ran track in high school and college. She hadn't ever considered playing football. Then one day, when she was in her mid-30s, Tracie was at the gym. "Jermaine Jones from the Cleveland Browns was working out at the same time. We got to talking. He told me, 'You know, they have women's football, and they hit pretty hard!' I said, 'Really?' So in 2007, I went for tryouts, and in April 2008, I started playing. Now every time I see him, I tell him, 'You started this madness!'"

GRIDIRON WARRIOR

ON OR

— By Adam Walker



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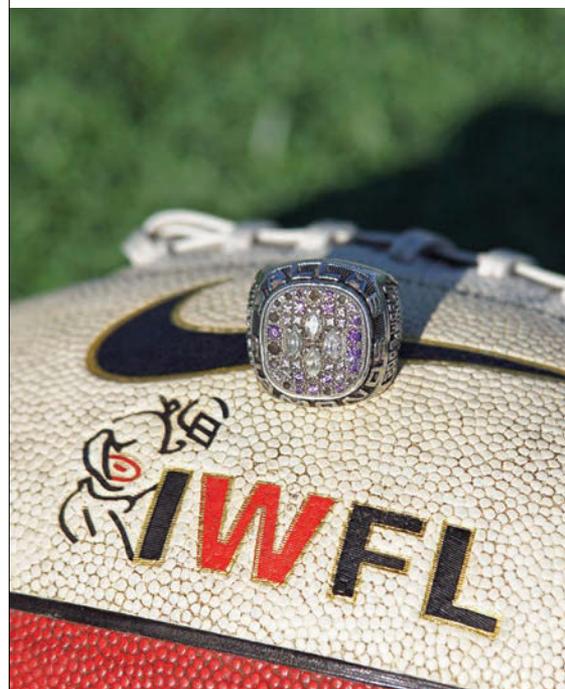


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It may be madness, but Tracie is having a blast and has found success in a whole different world from her day job as an RN for Dr. William Lumry. You may wonder why a professional woman like a nurse is playing full-contact football, but she's no different from many of her teammates. "Our quarterback is a doctor. We have a couple of software engineers, several entrepreneurs and a couple of police officers."

Tracie will be playing for the Texas Elite this season, in the Independent Women's Football League, which has about 40 teams. Last year, she played for the same team, but it was called



the Dallas Elite, and they were in a different league. Their seasons have 11 regular games, three playoff games and the championship game. “In 2015, we went to the championship game and lost by two points,” she remembered. “Then in 2016, we went again and lost by one point to the D.C. Divas. Last year, we played the Boston Renegades, and won!” she smiled. “We’ve been a good team. This year, we’ll be even better. We’ll be the world’s most hated team!”

You may wonder how real this women’s football is. “We play rough. I have to put the pretty girl to the back side when it’s game time. I can teach myself to do anything I want to do. And, I love being the kicker and DB safety. I used to play corner.” She’s had two broken ankles, one requiring surgery with a plate and 50 screws. “One of my teammates hit me with her helmet during a tackle. The doctor said I just had a bad sprain, but I was out of the game. The next morning, I had a swollen leg and purple toes! I used to be an ER nurse, so I got to the hospital. This African doctor looked at my X-rays and said, ‘I told you about that football!’” She was 40 years old at the time and thought her career was done. But after arguing the doctors into not putting her in a cast, she rehabbed herself, and six weeks later, she was on the practice field. A week after

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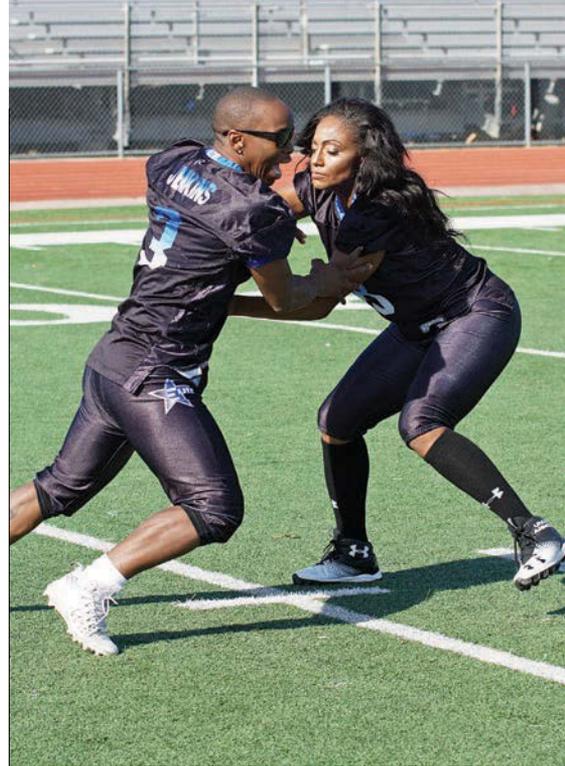
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that, she was in a game! The second ankle took longer to heal. The doctor called her “Humpty Dumpty,” and required her to accept a cast. But just eight weeks later, before the season was over, she was once again playing.

Maybe you're wondering what it takes to stop this woman. Her third big injury was a posterior dislocation of the collarbone. She went to the ER at Methodist Charlton Medical Center. They flew her to Methodist Dallas Medical Center, where she spent four days in ICU, while they tried to figure out what to do with her. Her dislocated collarbone was pressing on her jugular vein! She ended up at the Carrell Clinic where the Dallas Cowboys' players go for treatment. “I had eight or nine orthopedic surgeons all in my room discussing my case. They ended up putting me in a butterfly brace, to keep the clavicle in place, and telling me it would heal on its own.” And that's what she did!

“I don't know why God gave me the ability to heal like this,” she said. “I'm still almost as fast as I used to be. I don't get sore. Younger girls are always saying, ‘How do you keep going? I'm so sore. Are you?’ But I tell them, ‘Nope.’ They call me *granny*, and I *am* a grandmother. I have a

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2-year-old grandbaby. I'm the oldest woman on the team. The others come to me for advice. That's part of my purpose, mentoring the younger women.

"I don't want other women to think that just because they are a certain age, they have to lay down. I'm a grandmother, but I'm a young grandmother, at least that's what I tell myself! I encourage women to take care of themselves, eat right, do cardio." Tracie is living what she preaches. "My day starts at 4:00 a.m. I'm in the gym by 4:30 or 5:00, but by 7:00 or 8:00 p.m., it's lights out!" She's still going strong. "I have a couple of sponsors, because my age interests everyone. And, I help out with NFL football camps every summer. The girls of the Texas Elite get involved with feeding the homeless and Toys for Tots and other causes. People ask me what I'll do when football is over. I've thought about bodybuilding, but I'm just not *that* disciplined!"

"I think this will be my last year. I know it will be. Then I'll say, 'Just one more!' But it's time to get into grandmothering, and do some traveling. Still, the crowds, the fans cheering, family flying in to see me play — it's a lot of fun. But, I want to walk out on my own!" **NOW**



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- Dickey's Barbeque Pit
- D Squared Catering
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- David' Seafood & Grill
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AT HOME WITH LARRY AND SHEILA BALAGNA

Irish Abode

— By Adam Walker

The Balagnas proudly proclaim their Irish heritage in everything they do. Larry is a past president of the Irish-American Society of Dallas. Sheila has twice been president, and is the 2017 Dallas Irish Person of the Year. So, it's no surprise that Irish touches abound in this abode.

The Balagnas moved to Duncanville in 1995, when Sheila's job transferred her to their Dallas office. "Our youngest son was just starting college, so it was something we could do," Larry explained. Their three sons kept the house in Illinois, and Larry and Sheila left to start a new life.

"We didn't need a big house," Sheila said. "It was only the two of us."

A low-walled courtyard welcomes visitors to the front door. And just inside the door, the Irish celebration begins. On the entry wall, hangs a watercolor of an Irish thatched cottage that Sheila dreamed and got artist Olivia Howlett to paint for her. "When she did the sketch, I told her, 'That's exactly it!'" The half-doors on the cottages were a way to get around an English tax on windows. You could open the top half to let in light and air, but it was still a door, so no tax." Beneath the painting stands an old trundle sewing machine, and in the corner, behind the door, is Sheila's grandfather's butter churn. A round-front cabinet filled with tea cups



and glassware occupies the other end of the hall.

A step down brings you into the living room where African violets and an art glass bowl full of shells from Irish beaches greet visitors. "The day we were collecting those, I looked down, and there was this baby octopus struggling on the beach," Larry remembered. "I picked him up and tossed him back in the ocean."

Tucked in the corner behind the sofa is a 1916 Cable piano, which Sheila loves to play. The wooden ceiling beams and rich paneling give the room warmth, as does the fireplace with its mantel displaying peacock carnival glass. "Mom picked



that out and told Larry to buy it for me," Sheila remembered. An Irish harp and Celtic knot on the wall above ensure no one forgets who lives here.

"I love working with the IAS. I started a book club where we read books on Irish history and books by Irish authors," Sheila explained, while showing off a built-in bookcase filled with Irish books. "I've done a lot of research on Irish slavery, when the English, under Cromwell,

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would round up Irish people and transship them to the Caribbean and the American colonies to sell them as slave labor. They called them indentured servants, and there was a chance of working their way out. But it was slavery, and many of them died long before they could work their way free.” She also just finished a course from Trinity College, Dublin on Irish history from 1911-1923.

In the corner of the living room, behind the armchairs, is a glass cabinet filled with Waterford and Arklow china, but also her mother’s childhood tea set. Atop that is a glass pie safe, also filled with china, against which leans her grandpa’s violin.

In the dining room is where the third member of the household lives, their “grandbunny,” Holly, whom they inherited from one of their sons

when he moved and couldn’t keep the rabbit. A hutch on the sideboard houses Larry’s grandmother’s dishes and cut glass from the St. Louis World’s Fair, which Larry gave to Sheila. Another set of colonial-patterned dishes were a wedding present from Sheila’s grandmother to her mother in 1945. A *claddagh* door knocker on the garage door, reminds, once again, that this is a house where heritage is important, as does the Celtic cross with green glass.

The comfy kitchen boasts tiles with Irish blessings in the backsplash. “I like to be able to read them while



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I'm doing dishes," Sheila confessed. Other blessings and sayings, mostly of Irish provenance, are on cards and bits of paper tucked into the frames of mirrors and the corners of cabinets throughout the kitchen and elsewhere. On the refrigerator sit Sheila's grandmother's coffee mill and her grandfather's glass humidor with his smoking paraphernalia and spy glass within.

The front bedroom includes a shelf of Depression and milk glass above the window, and a wall rack made by Sheila's grandfather, which holds quilting materials. The day bed sports a quilt made by one of Sheila's grandmothers and pillows featuring "Sunbonnet Sue" and "Overall Sam," made by her other grandmother. Family portraits and a tiny rocking chair that belonged to a grandmother add to the cozy feel.

In the hall, leading to the room where Sheila's mother lived until recently, hang pictures of her mother's grandparents. Inside the room, Sheila honors her parents and the military members of their family. Her father's WWI blanket lies at the foot of the bed, which is draped with a quilt featuring red eight-pointed stars. Military pictures of Larry, their son, her father and grandfather adorn one pale green wall, along with her father's military flag box. Her mother's baby buggy, doll and baby clothes occupy a corner. This



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is also where Sheila keeps her great-grandmother's shawl.

The master bedroom features silhouettes of Larry and Sheila's three sons, more Irish paintings and her grandmother's cedar chest at the foot of the bed with its sage and burgundy quilt. The rosary hanging from a plaque of Jesus and Mary, and the palm fronds atop it are not unexpected, considering Sheila's deep involvement at Holy Spirit Catholic Church, but the tiara and sash need some explaining. It was at the North Texas Irish Festival held at Fair Park, and Sheila was wearing her Irish Person of the Year sash. "This boy about 15 walks up and says, 'Irish Person of the Year, you're so pretty you need this!' and he put this tiara on my head!" Irish lads start kissing the Blarney Stone young, they do.

Sheila writes articles on Irish history for the IAS website, and she and Larry stay busy with Irish cook-offs, Rose pageants and *ceilidh* dances hosted by the society, as well as traveling to events hosted by the Irish Consulate in Austin. Larry and Sheila visit Ireland often. "I've driven all over those narrow roads on the left side," Larry explained, "and I haven't lost a mirror yet!"

Sheila laughed. "He's a fabulous driver over there. We took 17 people last year. I don't think there's a county we haven't been in!" Ireland is in their home, and in their hearts. **NOW**



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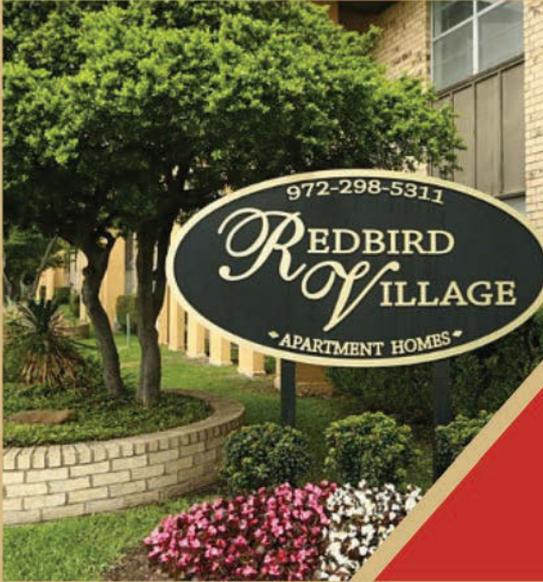
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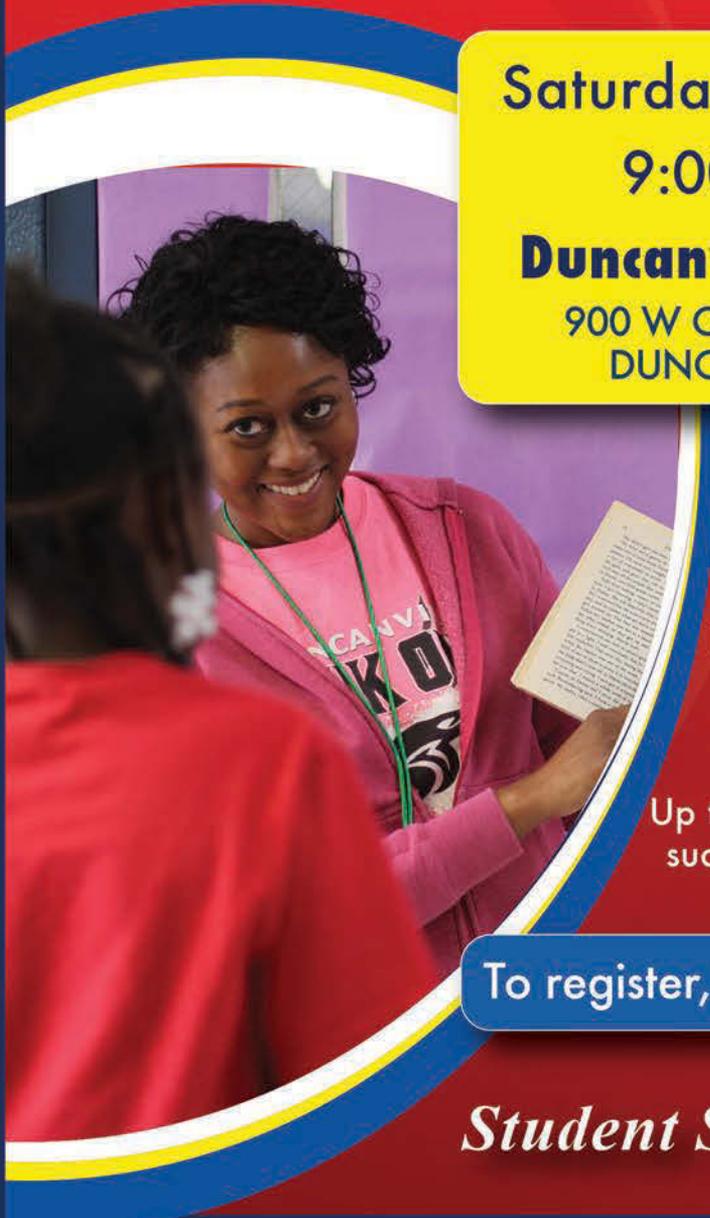
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Now That's Living

— By Rick Mauch

Laura Terhune knows how to throw a party. And, with the help of her friend and co-worker, Brittani Washington, she is hoping to put on one of the biggest events DeSoto has ever seen. Laura is the president and CEO of the DeSoto Chamber of Commerce. Brittani is her marketing director and event coordinator. Together, they are leading the way for the second annual DeSoto Living! Festival — a free public event to be held April 7 at DeSoto East Middle School.

“For several years the Chamber had done a health and wellness fair with a few vendors in a small, outdoor park,” said Laura, who is in her fourth year as president. “When I was hired, they wanted to make it bigger, so we put it in the civic center and got about 40 vendors with things such as chef demonstrations and Zumba demonstrations. We did that for a couple of years. It was successful for having a room full of vendors, but not so well-attended.”

Then, Brittani came forth with an idea. She wanted to add a bounce house and food trucks and make the event even bigger. But where could they hold it? “We wanted a place with high traffic,” Laura said. “That’s what made me think of East Middle School. It’s in a well-traveled area, right across from the police department. There’s a big grassy area. I could imagine a tent. We wanted a fire truck, and there’s room for all that.”

So, the move was made. This year’s event will feature the following areas and their highlights: DeSoto Drives — a car show and food truck lane; DeSoto Safe — police K-9 unit, robotics demo, fire rescue truck; Kid Zone — DeSoto ISD performance stage, face painting, Kong slide, child services; Market Place — monster truck bounce, cupcake wars; DeSoto Green — recycle display, energy savings; Wellness Zone — obstacle course, Lions Club Vision RV, gaming truck; and Pet Zone — pet parade, petting zoo, rock climb and pet adoptions.

“Last year’s event drew 110 vendors, 15 food trucks and an estimated 2,500 people,” Laura said. She equated it to the success of a third-year event in only its first year at the new location.

“We had a dump truck from Republic Services, and the kids loved it,” Brittani said. “It was one of our most popular things. You could touch it and get up on it.”

The goal of the festival is to promote local shopping, living, education, etc. Laura wants people to know DeSoto is safe and clean, and that folks know how to have a great time. “Oncor Electric will have a cherry picker. You know, what their guys get in to reach the top of the poles,” Laura explained.

“If they liked the dump truck, they’ll love the cherry picker,” Brittani added.

“Last year’s event drew 110 vendors, 15 food trucks and an estimated 2,500 people.”

Laura, with 23 years’ experience running Chambers, has much experience with big events. With the Salado Chamber, she ran an arts festival that featured more than 200 vendors. In Bastrop, she was on the planning committee for the city’s annual Homecoming for war veterans from the city to reunite. In Brownwood, she co-presented the Reunion Celebration for people who had moved away to come back for a special day. “We’d have 30,000 people come to Brownwood,” she said. “People would literally gather in the Chamber parking lot.”

Laura remembers how she got into working for Chambers. One day, a lady stopped by a business where she was working and asked her to renew her membership. Laura asked what she got in return. Now that she works for Chambers, Laura has never forgotten what she asked and what is required of a Chamber by its residents. She believes the DeSoto Living! Festival brings those things together.

“Our goal is for this to be our signature event,” she said. “We want people to immediately think of this when they hear our town’s name.” **NOW**

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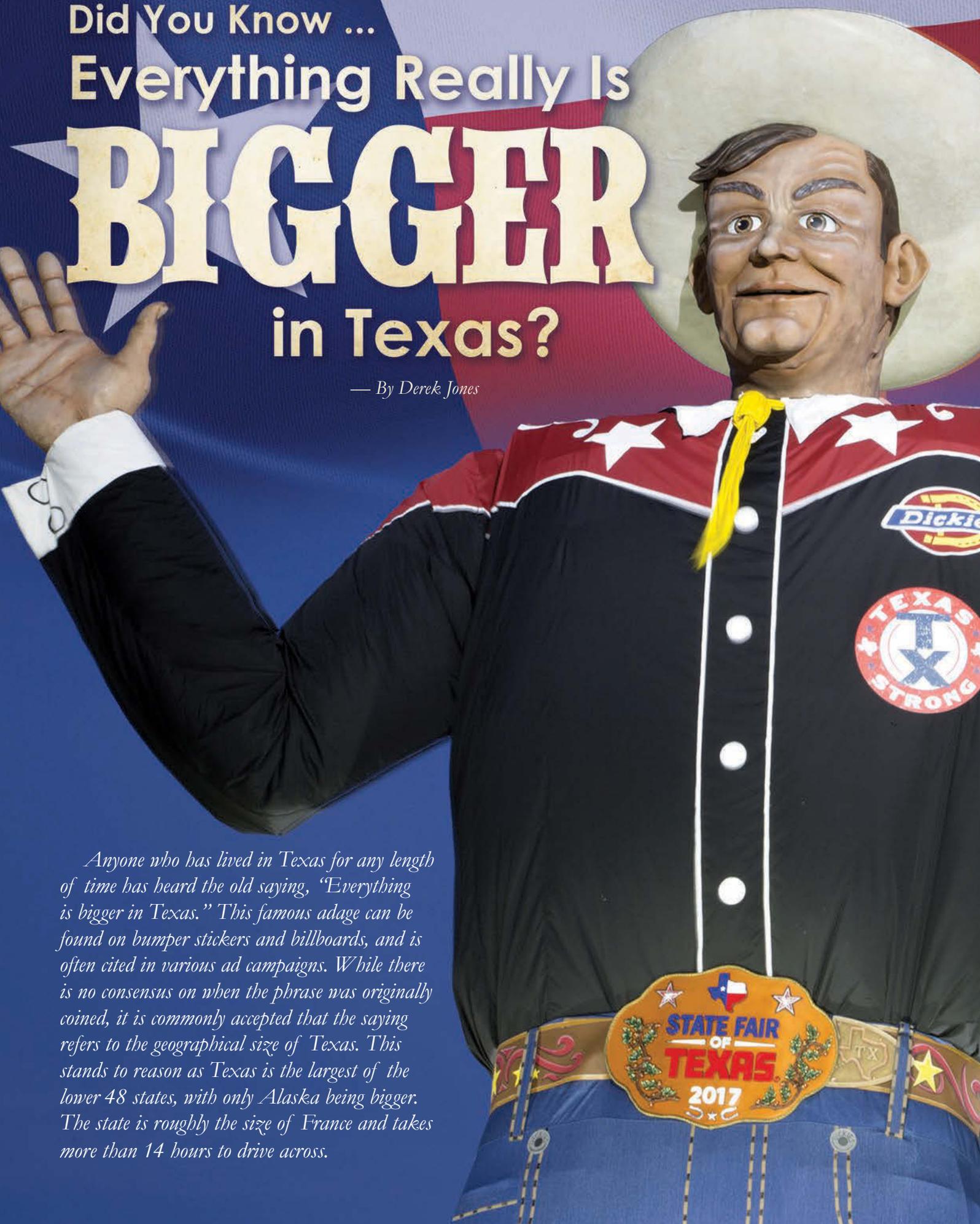
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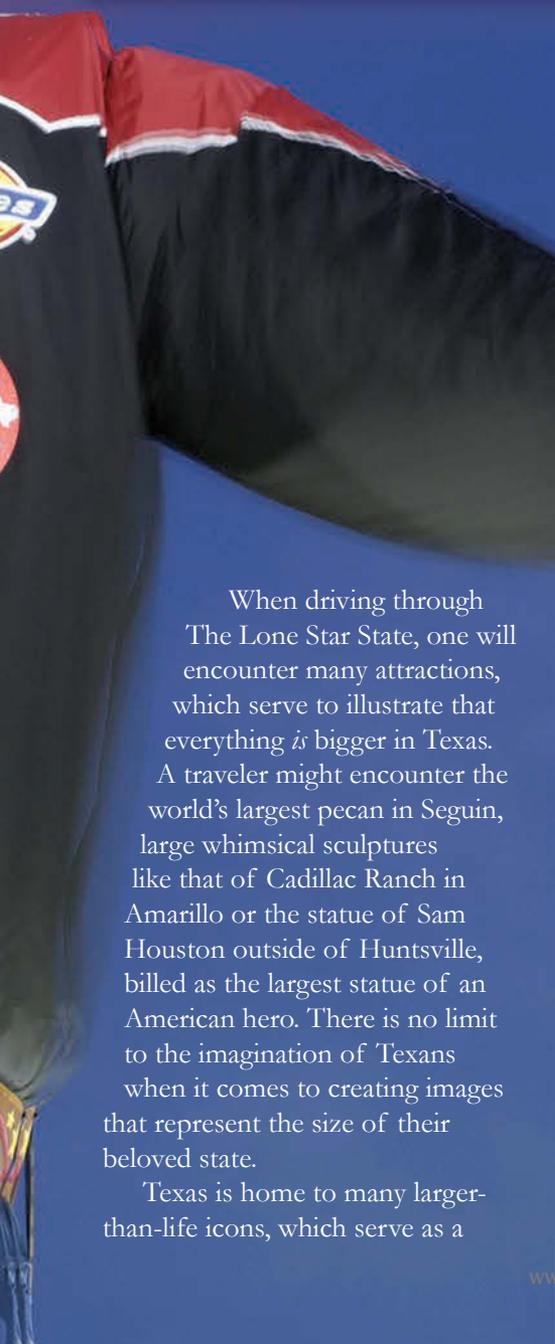
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Did You Know ... Everything Really Is **BIGGER** in Texas?

— By Derek Jones

Anyone who has lived in Texas for any length of time has heard the old saying, “Everything is bigger in Texas.” This famous adage can be found on bumper stickers and billboards, and is often cited in various ad campaigns. While there is no consensus on when the phrase was originally coined, it is commonly accepted that the saying refers to the geographical size of Texas. This stands to reason as Texas is the largest of the lower 48 states, with only Alaska being bigger. The state is roughly the size of France and takes more than 14 hours to drive across.





When driving through The Lone Star State, one will encounter many attractions, which serve to illustrate that everything is bigger in Texas. A traveler might encounter the world's largest pecan in Seguin, large whimsical sculptures like that of Cadillac Ranch in Amarillo or the statue of Sam Houston outside of Huntsville, billed as the largest statue of an American hero. There is no limit to the imagination of Texans when it comes to creating images that represent the size of their beloved state.

Texas is home to many larger-than-life icons, which serve as a

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source of pride and identification for Texas residents. For example, who can forget the image of Big Tex himself standing watch over the State Fair of Texas each year giving his customary cowboy greeting to guests? No one but Big Tex could fill his 95-gallon hat. The size of the famous cowboy is appropriate as the event draws some of the largest crowds of any state fair in the U.S., and what better place for the State Fair of Texas than the sprawling metropolis of Dallas, which is also referred to as *Big D*.

If size matters, then one only needs to look to the city of Austin — the home of the Texas State Capitol. From its entertainment industry to politics, Austin exhibits the big Texas spirit. The city bills itself as "The Live Music Capital of the World," and this is demonstrated





by Austin's many music festivals and venues. Even the State Capitol reveals the spirit of largeness by standing as one of the tallest state capitol buildings and one of the few which stands higher than the U.S. Capitol in Washington, D.C.

During the summer months, hundreds of people can be spotted in the evening by Congress Avenue Bridge (also known as Bat Bridge) waiting to see the world's largest urban bat colony emerge from under the bridge in a frenzy of flight in search of food. The robust atmosphere of Austin makes it the perfect location to serve as the capital of such a grand state.

When it comes to everything being bigger in Texas, perhaps the state's most prolific mark is in that of wide-open spaces that lend themselves to romantic thoughts of Texas cowboys roaming the range on horseback. Two national parks are located within the borders of Texas — Big Bend National Park and Guadalupe Peak National Park. Guadalupe Peak is home to the tallest mountain in the state, which rises 8,751 feet, and stands taller than famous El Capitan in Yosemite National Park. From its summit, a hiker can see the floor of Texas spread out beneath them.

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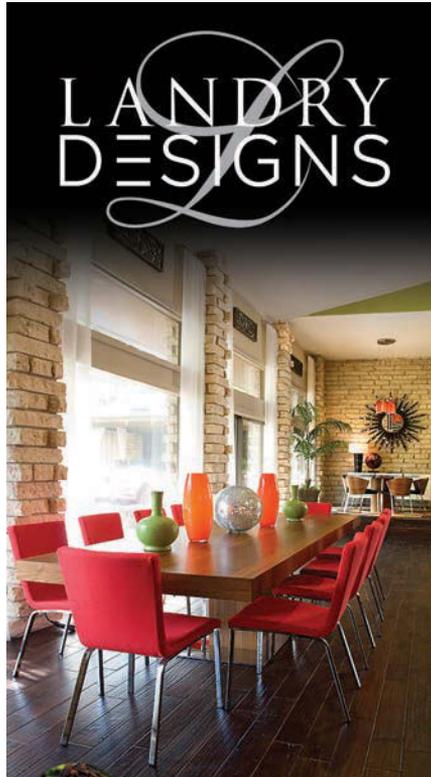


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Sometimes, however, bigger is not always better. In 2017, Hurricane Harvey, one of the largest and most costly hurricanes to hit the United States, made landfall on the gulf shores of Texas. Although government aid was essential during this crisis, it quickly became clear it would not be enough. As the extent of the destruction of the hurricane began to surface, so did incredible stories and images of regular people helping one another. Neighbor helping neighbor became a prominent theme emerging from news sources and demonstrated the true depths of human compassion and the size of Texans' hearts. Hurricane Harvey was no match for the size of the spirit of Texas.

Whether you were born here, moved here as quickly as possible or are just passing through, the uniqueness and grandeur of The Lone Star State is enchanting. The slogan, "Everything is bigger in Texas," is part of the state's tradition, and it holds true that many things really are bigger here. **NOW**



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ELYSE MORRIS

— By Adam Walker



Elyse Morris works at Methodist Charlton Medical Center. She developed an eating disorder growing up. “I ate only fat-free, sugar-free, low-calorie foods to maintain a low body weight. Yuck! In my recovery, and as a registered dietitian, I learned that all foods fit, even comfort food, so long as you’re mindful of your hunger and satiety signals.”

Elyse grew up in Austin with a mix of Mexican, Southern and New American influences. She enjoys spending time outside — rain or shine — and eating with friends and family. “I like sitting on the back porch after a big dinner, drinking a glass of wine, and laughing over old family stories, or playing cards and dominoes, while we wait for our food to settle and make room for dessert!” **NOW**

1. Heat oil in a large skillet over medium-high heat. Add onion and garlic; sauté until golden (about 5 minutes). Reduce to medium heat. Add ground beef; cook until brown, stirring occasionally. Drain excess liquid from pan.

2. In a 4-to 5-quart slow cooker, combine beef and onion mixture with remaining ingredients. Cover and cook on low heat setting for 6-8 hours. Serve hot over Fritos; top with cheddar cheese.

Grilled Cheese With Bacon and Tomato

- 1/2 tsp. olive oil**
- 2 large garlic cloves, thinly sliced**
- 1 large, ripe tomato, sliced**
- 4 thick bacon slices**
- 8 pieces focaccia bread (or other rustic Italian bread)**
- 1/2 cup shredded mozzarella cheese**
- 1/2 cup shredded fontina cheese**

1. Heat a large skillet over medium-high heat. Add oil; swirl to coat pan. Add garlic; sauté for 1 minute. Add tomato; stir until wilted. Remove tomato; set aside.
2. Return pan to medium-high heat. Add bacon; cook until crisp. Set bacon aside.
3. Top 4 bread slices evenly with cheeses, bacon and tomato. Top with remaining 4 slices of bread.
4. Return pan to medium heat. Add sandwiches to drippings in pan; weight down with a plate or second pan. Cook for

2 minutes each side, or until bread is toasted and cheese melted. Serve hot!

Old-fashioned Slow Cooker Chili

- 2 Tbsp. olive oil**
- 1 yellow onion, chopped**
- 2 cloves garlic, minced**
- 1 lb. ground beef**
- 1 28-oz. can chopped tomatoes, with liquid**
- 1 16-oz. can chili beans in sauce, with liquid**
- 1 15-oz. can tomato sauce**
- 2 Tbsp. chili powder**
- 1 1/2 tsp. ground cumin**
- 1/4 tsp. paprika**
- 1/2 tsp. salt**
- 1/2 tsp. pepper**
- 1/4 tsp. cayenne pepper, or more to taste (optional)**
- Fritos and shredded cheddar cheese, for garnish**

Cheesy Bacon Quiche

- 1 Pillsbury refrigerated pie crust, softened as directed on box**
- 1 cup half-and-half**
- 4 eggs, slightly beaten**
- 1/4 tsp. salt**
- 1/4 tsp. pepper**
- 8 slices bacon, crisply cooked, then crumbled**
- 1 cup shredded Swiss or cheddar cheese**
- 1/4 cup grated Parmesan cheese**
- 1/4 cup onion, chopped**

1. Preheat oven to 350 F. Place pie crust in a 9-inch glass pie plate.
2. In a medium bowl, mix half-and-half, eggs, salt and pepper; set aside. Layer bacon, cheese and onion in the crust-lined pie plate. Pour egg mixture over top.
3. Bake 40-50 minutes, or until inserted knife comes out clean. Let stand for 5 minutes; cut into wedges and serve.

Creamy Tomato Soup

- 1/4 cup extra-virgin olive oil
- 3/4 cup onion, chopped
- 1/3 cup carrots, chopped
- 6 large garlic cloves, crushed
- 2 Tbsp. tomato paste
- 2 15-oz. cans fire-roasted tomatoes
- 1 cup vegetable broth
- 1/3 cup half-and-half
- 1/4 tsp. salt, or to taste
- 1/2 cup finely grated Parmesan cheese

1. Heat olive oil in a large saucepan over medium-high heat. Add onion, carrots and garlic; sauté until onion is golden (about 5 minutes).
2. Stir in tomato paste; cook for 1 minute. Add tomatoes and broth. Bring to a simmer; cook for 6 minutes. Stir in half-and-half and salt.
3. Place hot tomato mixture in a blender; secure the lid. Remove center piece to allow steam to escape, and cover opening with a kitchen towel to avoid splatters. Blend until smooth. (Note: You can also use a hand-blender for this step.)
4. Sprinkle with Parmesan cheese; serve hot!

Impossibly Easy Chicken Pot Pie

- 1 cup cooked chicken, seasoned rotisserie (or frozen), chopped into bite-size pieces
- 1 2/3 cups frozen vegetables, thawed (I recommend pea/carrot/pearl onion mix.)
- 1 10-oz. can cream of chicken soup
- 1 cup Bisquick baking mix
- 1/2 cup milk
- 1 egg

1. Preheat oven to 400 F. Mix cooked chicken, vegetables and cream of chicken soup together; spread evenly into the bottom of a non-greased, 9-inch round glass pie pan.
2. Mix remaining ingredients; pour on top of chicken mixture.
3. Bake in oven for 30 minutes, or until top turns golden brown.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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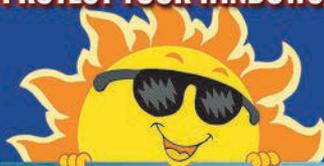
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Campuzano Mexican Food

— By Adam Walker

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Brian Harding started Campuzano, his chain of Mexican food restaurants, in 1999, when he opened his first location in Midlothian. He opened the Waxahachie restaurant in 2000, followed by Cedar Hill in 2002 and the Dallas location, on Oak Lawn, in 2014.

The Cedar Hill location has been managed by José “Chino” Morales since 2004, along with assistant manager Rufino Santos and Saul Jacinto, assistant manager of both the Dallas and

Cedar Hill restaurants. Their goal is providing a great dining experience. “I have an unbelievable, absolutely phenomenal staff,” Brian reported. “I could leave today and know the restaurants would be OK, because of the incredible employees. Nothing would change! I’ve never worked in a restaurant, and I had no idea what I was getting myself into. I’ve never cooked anything. These guys are living the American Dream.”

They are proud of their award-winning margaritas, and the food has become known around the globe. “My mother was visiting her cousin in Wales,” Brian remembered, “and she met her cousin’s neighbor who had been to Dallas. My mom mentioned I own some restaurants here, and the woman had actually eaten at Campuzano.” Brian tells a similar story of his stepmother in Italy. “Our food is great! People love us!” Brian enthused.

José has been working at Campuzano since the first

restaurant opened. "I worked for Brian before he opened the restaurant, in his landscaping business," José remembered. "I had always worked outside, so I didn't like it at first." Starting as a busboy, he moved from location to location as the chain expanded. José worked as a server at the Cedar Hill restaurant before becoming the manager. "We always try to have the very best service here," he said.

With the company since 2009, Campuzano was Saul's first job. "I was really nervous because of my English. I was busing tables. One day, Brian told me to take Sunday off and come to Cedar Hill on Monday to start as a server. I said I couldn't do it, but Brian said I could." Saul moved to the Dallas restaurant the day it opened and slowly became assistant manager there. "Sometimes, people come here for the first time, and they ask me what to order. Our fajita fiesta is incredible. When people see the size of the shrimp, they ask, 'Is that a shrimp or a lobster?'" Saul smiled. "We try to make everyone feel like they're at home."

Rufino's story is similar. Before working at Campuzano he worked construction. Then he worked his way up from busboy to assistant manager in 2012. He has a different recommendation when customers ask what to order. "I tell them the fish tacos are great. I love them, and I don't usually like fish!"

Whether you eat inside or on the patio, which is both heated and cooled, the staff strives to seat you quickly and serve you cheerfully. Endless chips and salsa tide you over while waiting for your meal. "We have the best servers ever," Brian boasted. "We also have the best guests, who come back again and again. Both our customers and our employees care about Campuzano. We've grown every year. And I say we are the best restaurant on the southern side of Dallas, and we will become the best in the whole Dallas-Fort Worth Metroplex!" **NOW**



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TravelNOW

An Ozark Haven for Art and Architecture

— By Linda DeBerry

A forested hollow in the Ozarks may seem like an ordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.

Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and

built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40 minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.

Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.

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Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a

permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little



to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

- *Organic Can Mean Simple.*

Depending on your location and soil quality, you may only need to put seeds in the ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.



- *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.

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- *Let Your Bees be Bees.* While there is more involved in the original setup for your beehive, once you get the bees in their hive boxes, they will do most of the work. Early spring is a great time to start a hive, but you should anticipate it taking several weeks before you can start collecting honey.

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A Duncanville High School student teaches Brandenburg Intermediate School students computer coding during Hour of Code day.

Zoomed In:

Darius and Christian Coleman By Adam Walker

Darius Coleman and his son, Christian Coleman, take advantage of a warm, sunny, winter day to get in some father-son time and do some fishing at the pond behind Cedar Hill's Alan E. Sims Recreation Center, right next to the Hidden Lakes subdivision. Darius said they were hoping to catch some bass. "They've got a few in there," he said.

"Last morning, daddy caught some!" Christian proudly confirmed, as he reeled his line back in to check on his bright yellow rubber worm bait.

Darius, a new resident of Cedar Hill, enjoys fishing with his son. "He takes fishing seriously. He'll drop everything to go fishing!" the proud dad explained while pulling his own line in to recast.



Rose Mosley from Cedar Hill searches for cool finds at Knick Knacks in Duncanville.



DeSoto is home of the No. 1 BMX racing track in Texas.



Duncanville ISD's Hall of Fame inducts Cathy Self-Morgan, Lori Sutherland, Sam Love, Tiffany Jackson (accepted by her mother and son), and Shelley Finger.



Cedar Hill High School students play at the State of the Schools event.



New CHISD superintendent Billy Snow and students at Bessie Coleman celebrate receiving a \$6.3M GEAR UP grant.



Entrust of DeSoto celebrates its grand opening and ribbon cutting.



Duncanville Community Theatre actors run through their lines for the next play.



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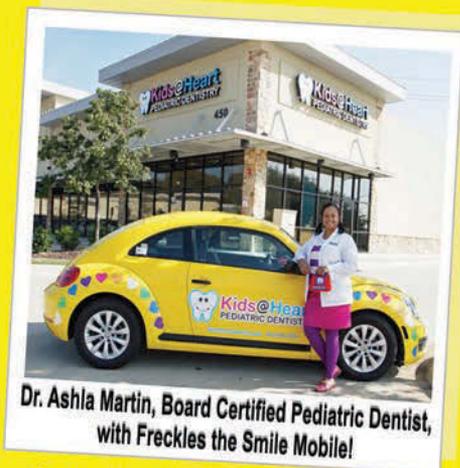
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Calendar

3

Rhoer Pancake Breakfast: 8:00-10:00 a.m., Applebee's Bar and Grill, 649 Uptown Blvd., Cedar Hill. \$10. This is a Sigma Gamma Rho Sorority scholarship fundraiser.

Neighborhood Block Party: 10:00 a.m.-2:00 p.m., Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Free.

Spotlight on Chameleons!: 5:00 p.m., Backyard Wildlife Resource Center, 406 W. Belt Line Rd., Cedar Hill. Free.



4

Man Up Rally: 6:00-8:30 p.m., Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. \$15. Speaker Reggie Dabbs, rock climbing wall, mechanical bull, indoor skeet shooting, boxing challenge, 3-point contest, putting contest, prizes. Dinner included.

10

Before and After I Say, I Do!: 10:00 a.m.-noon. Christ Kingdom Church, 719 Hampton Rd., DeSoto. Free. Pastor Jackie Alexander advises girlfriends, fiancés and wives.

11

Black Woman's Appreciation Event: 1:00-6:00 p.m., 211 E. Pleasant Run

Rd., DeSoto. \$5. Vendors, giveaways and guest speaker to celebrate and encourage black women. Call Antoine White at (314) 630-4465 for more information.

12 — 16

Spring Break Camp: 7:30 a.m.-6:30 p.m., Duncanville Recreation Center, 210 James Collins Blvd., Duncanville. \$65 (resident) or \$75 (non-resident), lunch and snack included. Ages 5-13. Call (972) 780-5070 for information.



17

Ladies' Hike: 2:00-3:00 p.m., Cedar Hill State Park, 1570 FM 1382, Cedar Hill. Regular park admission. For women and girls of all experience levels. Reservations recommended. Call (972) 291-5940.

18

St. Anne Episcopal Church Luncheon: 12:30 p.m. light lunch; 1:00 p.m. program begins, 1700 N. Westmoreland Dr., DeSoto. Dr. Nathaniel Strenger will speak on depression. Donations will be accepted for the event. Call (972) 709-0691 for more information.

22

Painting with a Twist at the Manderley: 6:00-8:00 p.m., The

Manderley Event Center, 2010 Hampton Rd., Ste. 700, DeSoto. \$45. Bring your friends or spouse to create a work of art and sip a glass of wine.

24

Easter Egg-stravaganza: 11:00 a.m. Zeiger Park, 400 Eagle Dr., DeSoto. Free. Ages 9 and under.

28

Discover Your Purpose Social: 11:30 a.m.-1:30 p.m., Tinity Church Heritage Room, 1231 E. Pleasant Run Rd., Cedar Hill. The City of Cedar Hill and Methodist Charlton host a celebration of Women's History Month. Speaker, Dr. Cynthia Mickens-Ross. Free, but need to RSVP by **March 14** at www.purposesocial.eventbrite.com.

29

Fashion with Flair: 11:30 a.m.-1:00 p.m., Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Luncheon and fashion show featuring food from the CHISD culinary arts program and fashion from New2You Thrift Store. \$25 per person.



31

There Is Hope 5K: 8:00-11:00 a.m., 100 James Collins Blvd., Duncanville. \$40.

Miracle Weekend Easter Egg Hunt:
11:00 a.m.-1:00 p.m., Virginia
Weaver Park, 631 Somerset Dr.,
Cedar Hill. Free.

Ongoing:

First Mondays

The Rotary Club of Cedar Hill: 6:00 p.m., High Pointe Baptist Church, 101 High Pointe Ln. The club consists of a diverse group of local business people and civic leaders who have completely embraced the essence of Rotary International's "Service Above Self" theme. The club is active the community, supporting many local non-profits and programs.

Third Mondays

DeSoto Public Library Book Club: DeSoto Town Center Complex, 211 E. Pleasant Run Rd. For more information, call (972) 230-9661.

Tuesdays

DeSoto Senior Center Golden Voices Choir: 9:00 a.m., Senior Citizen Center, 204 Lion St., DeSoto. For more information, call (972) 230-5825.

Baby Storytime: 10:30 a.m., DeSoto Public Library. For newborns to 2-year-old children.

Second and Fourth Tuesdays

Cedar Hill Lions Club meeting: Noon, Good Shepherd Church, 915 Straus Rd.

Caregiver Support Group: 2:00-3:30 p.m., Friends Place Adult Day Services, 1232 W. Belt Line Rd., DeSoto. For more information, call (972) 274-2484.

Thursdays

The Quilters: 10:00 a.m.-3:00 p.m., DeSoto Public Library. New quilters

are welcome. If you or someone you know has a quilt top they would like hand quilted, call (972) 230-9661.

Tiempo de Historias en Espanol: 5:30 p.m., Duncanville Public Library, 201 James Collins Blvd. For more information, call (972) 780-5050.

Second Thursdays

Business on the Hill: 7:30 a.m., Texas Trust Credit Union, 109 W. FM 1382, Cedar Hill. Networking and meeting new neighbors.

Third Fridays

Senior Dances: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins, Duncanville. Cost \$5. For more information, call (972) 298-0667.

Submissions are welcome and published as space allows. Send your current event details to adam.walker@nowmagazines.com.

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HealthNOW

Breast Cancer Screening Is Essential

In the U.S., one in eight women will be diagnosed with invasive breast cancer during her lifetime. While awareness of breast cancer has improved, the disease, unfortunately, remains the second-deadliest cancer among American women.

Early detection with regular mammograms remains the single most effective way for combating the disease. As physicians, we know that the earlier we can detect the disease, the more effective treatment can be. When detected early before it spreads, women have a 99 percent survival rate after five years. Mammograms can detect the majority of breast cancer in women, but they are not the only way to identify breast cancer.

Women should begin monthly breast self-exams in their 20s. Women in their 20s and 30s should have a clinical breast exam every three years. Women in their 30s and 40s should discuss their breast cancer risk level with a physician to determine the most appropriate cancer screening options. Women age 50 and older should have a mammogram and a clinical breast exam at least every two years and, if recommended by a physician, an annual MRI screening. If any changes in the breast are detected, contact a physician immediately to be evaluated.

A common myth is that only women who have a family history of the disease develop breast cancer. While the majority of cancer happens by chance,

about 5-10 percent of people with cancer have an inherited cancer. Women with a family history of breast cancer should discuss genetic testing with their physician. If genetic tests indicate a woman is BRCA-positive, there are a number of risk reduction strategies to discuss with her physician.

Age, diet and exercise can also impact risk. Approximately two-thirds of invasive breast cancer cases occur in women over age 55, though the disease can occur at any age. Being overweight and/or physically inactive increases your risk.

It's also important to watch for warning signs and symptoms. The signs for breast cancer are not the same for all women, and some women show no signs in early stages.

- A lump in the breast
- Change in breast size or shape
- Thickening of breast or underarm
- Nipple retraction
- Dimpled skin near the breast
- Tenderness
- Pain in breast or nipple
- Nipple discharge
- A lump under arm or around collarbone
- Irritation, redness, scaliness or swelling on the breast, nipple or skin near the nipple

Until a cure for breast cancer is found, regular screenings, awareness and healthy lifestyle choices, such as eating well and exercising regularly, are among the best tools a woman has to reduce her risk of developing the disease. **NOW**

Atisha P. Manbas, M.D.

Medical Oncologist

Texas Oncology – Methodist Dallas Cancer Center

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fridays

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Gospel Concert

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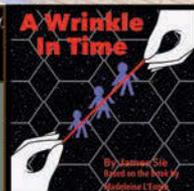
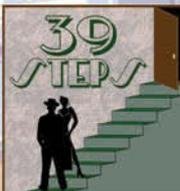
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Most people have personal items that are priceless. In some cases, their home insurance may not cover the full amount of their jewelry, furs, artwork or other valuable items. In addition, those items are subject to a deductible or other out-of-pocket expense prior to getting paid back in the event of a covered loss.

Many personal items mean more to people than just dollars and cents. It may benefit you to have a Personal Articles Policy in place for such items. Maybe it is an engagement ring, a musical instrument, a laptop computer, a bicycle or other sports equipment, but it's yours. Good advice would be to think about what you leave in your car or carry with you on a regular basis and consider if coverage beyond your home or renters insurance is necessary to replace those items if they were lost or stolen.

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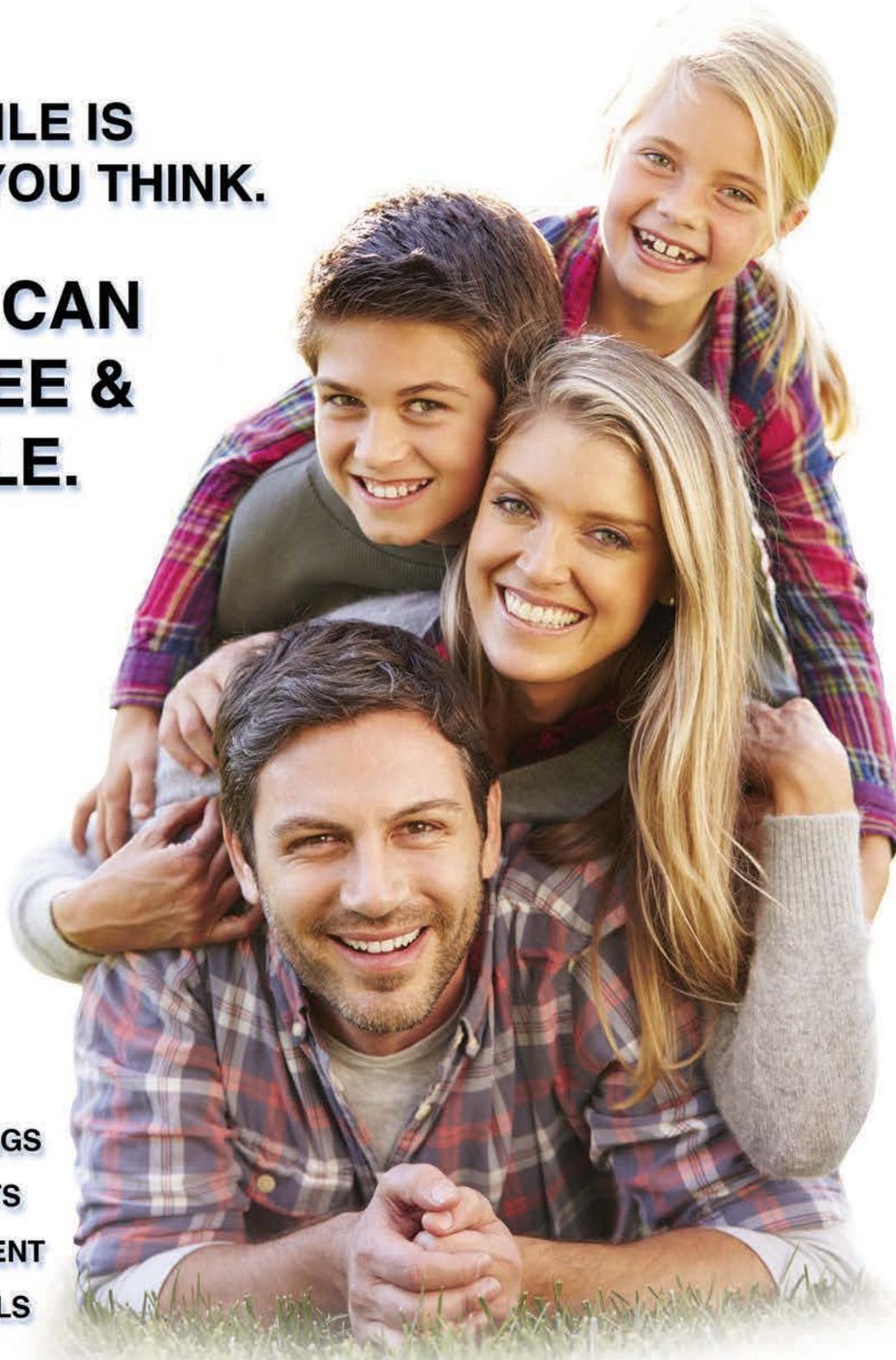
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