

Southwest

Cedar Hill | DeSoto | Duncanville

M A G A Z I N E

SEPTEMBER 2011

NOW

A SCHOOL WITH HER NAME

Curtistene McCowan has a school named for her, due to many years of volunteering in the DeSoto ISD.

Also Inside

Golden Oldies

From Chief to Comedian

A Nice Little Niche

In the Kitchen

With Patricia Seifert

AN ARTIST'S VISION
AT HOME WITH
BILL & ANITA HALL

Open late.

Because your
care can't wait.



Sarah Holder, DO
Medical Director, Methodist Charlton QuickCare Clinic

The new QuickCare Clinic at Methodist Charlton Medical Center is open evenings and weekends when your health just can't wait. Get the expert non-emergency care you need with no appointment required! Walk-ins are always welcome and most insurance plans are gladly accepted. Plus after hours and on weekends, it's comforting to know that you and your entire family—from newborns to seniors—have a place to turn for immediate care. Conveniently located on the Methodist Charlton campus, the physicians at the QuickCare Clinic will see you now—and even later.

1-855-75-QUICK • www.MethodistHealthSystem.org/QuickCare



Open Evenings and Weekends

9 a.m. to 8 p.m. Monday - Friday
11 a.m. to 6 p.m. Saturday • 1 p.m. to 6 p.m. Sunday

3500 W. Wheatland Road • Dallas, TX 75237
Outpatient Center



FALL SPECIAL

**Get \$10 Off a
3-Month Membership**

Valid September 12-18, 2011

Shape up for fall at the Cedar Hill Recreation Center. Whether you are a Cedar Hill resident or live nearby, you can take advantage of these low membership rates! Stop by, check out our state-of-art equipment and our extensive list of classes.

Membership Levels	Annual Fee	3-Month
Adult (18-54)	\$150.00	\$50.00
Youth (7-17)	\$100.00	\$40.00
Senior (55+)	\$100.00	\$40.00
Family of four*	\$300.00	\$100.00
Corporate (6 adults)*	\$500.00	N/A

*Certain restrictions apply

NO INITIATION FEES!
FREE Drop-in Child Care
with Annual Membership



The best dermatology practice *just got better!*

Uptown Dermatology is proud to announce
our new dermatologist

Dornechia George Carter, MD

BOARD CERTIFIED IN DERMATOLOGY

Starting September 12, 2011



Kent Aftergut, MD



SERVICES PROVIDED

Medical, Surgical, Cosmetic Dermatology

**610 Uptown Boulevard • Suite 102,
Cedar Hill • 972-283-8979**



Professional Orthodontic Associates

BRING THIS AD TO RECEIVE YOUR

FREE iPod

with start of treatment

As of 2.18.11. While supplies last.

Licensed Orthodontists on staff
MEDICAID APPROVED
Most Insurances Accepted

Up to **\$800 Discount**
for Patients with **CHIP**

Se Habla Español

701 N. Hampton Rd. • DeSoto, TX 75115
(972) 230-0155

Find us on Facebook:  Search for Harry Kizer
www.desotoortho.com



Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Southwest Editor, Beverly Shay
Editorial Coordinator, Sandra Strong
Writers, Jeremy Agor . Angel Morris
Leah Pittmon
Editors/Proofreaders, Pat Anthony
Teresa Maddison . Angel Morris
Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Allee Brand . Cherie Chapman
Marshall Hinsley . Arlene Honza
Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Rose
Photographer, Opaque Visuals

ADVERTISING

Advertising Representatives,
Linda Dean . John Powell . Rick Ausmus
Teresa Banks . Laura Fira . Bryan Frye
Melissa McCoy . Carolyn Mixon
Jami Navarro . Lori O'Connell
Steve Randle . Linda Roberson

Office Manager, Angela Mixon

On The Cover



Curtistene McCowan and her husband, Leon, sit in the school named after them.

Photo by Opaque Visuals.

Contents

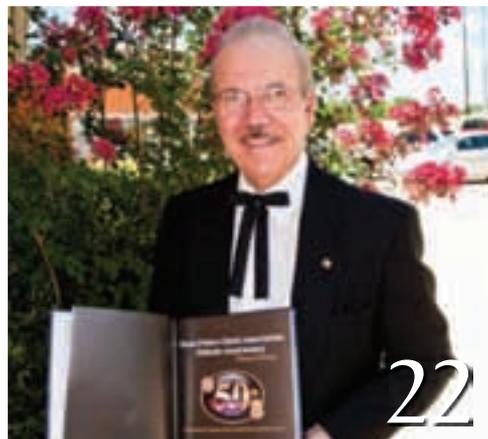
September 2011 • Volume 5, Issue 9



8 Golden Oldies
Silver-tongued seniors show talent through song.

28 An Artist's Vision
At Home With Bill and Anita Hall.

16 A School With Her Name
Curtistene S. McCowan Middle School is named after a woman dedicated to volunteering.



22 From Chief to Comedian
The former Duncanville police chief goes Cajun!



36 BusinessNOW

38 Around TownNOW

41 HealthNOW

42 FinanceNOW

44 CookingNOW

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2011. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville ZIP codes.

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.

Editor's Note

Fall is here!

Hopefully, that means cooler temperatures. I imagine most people are settling back into routines made up of school schedules, carpools, fundraisers and all the things that make for structure after the busy summer "lull."

Fall makes me think of apples, scenic mountain road trips to see the aspens and the urge to cook again. I only like to cook when it's cold ... pleasant aromas equate warmth to me. Fall is a good time to re-evaluate and restructure habits. Other people must think so, too, because September is Better Breakfast Month, Classical Music Month and National Courtesy Month. September 6 is Fight Procrastination Day and the 30th is National Mud Pack Day.

I'm not much of a breakfast fan, unless it includes a Dutch Baby and fresh-squeezed orange juice. But I do like classical music and courtesy. I will probably put off fighting procrastination though.

Wonder what your fall will bring?



Beverly

Beverly Shay
SouthwestNOW Editor
 bshay.nowmag@sbcglobal.net

Oil & Gas in Our Region



Chautauque Assembly-September 24, 2011

- 12:00 PM Opening Ceremony
- 1:00 PM Ken Morgan, Ph.D. Director of Energy Institute of TCU
Geology of 39th County and Surrounding Area
- 1:30 PM WWS Jazz Band
- 2:15 PM Tommy Stinger, Ph.D. Navarro College
A Short History of Oil and Gas in Our Region
- 2:15 PM Old Fashioned Slogans
- 3:45 PM Howard Gorman, Dean of Academic Affairs TCU
Geology of our Region
- 4:30 PM Wausatchie Community Theater
Musical in the spotlight
by F.S. Rogerson
- 6:15 PM Panel Discussion on the pros and cons of the oil industry
- 6:15 PM Dinner Break
- 6:45 PM SAGU Jazz Band Performance

Chautauque Auditorium - Getzlander Park, Wausatchie, Texas

All Day Tickets \$20 Adults - \$12 Students

Purchase tickets at:

www.ChautauqueCulture.org

Stoner's Warehouse Events (201 North College, Wausatchie, TX)

39th County Museum (201 S College Street, Wausatchie, TX)

No additional information contact: Amy Chapman, 972-723-1291

Proceeds from this event will be used to fund new exterior lighting which will enhance events held at the Chautauque Auditorium



Let the *healing* Begin

- Ankle/Foot Pain
- Corns/Calluses
- Fractures
- Hammer Toes
- Flat Feet
- Bunions
- Nail Care
- Bone Spurs
- Diabetic Foot
- Infections
- Heel Pain/Spurs
- Sports Medicine

We are your foot and ankle specialists
 Conservative and surgical management
 for all foot and ankle needs
 Call for an appointment
972.274.5708

Dr. Parul K. Patel, DPM
 Inwood National Bank Building
 1801 N. Hampton Rd #340
 Desoto, TX 75115
 Offices also in Sunnyvale and Uptown Dallas
 Most insurances accepted

www.infinityfootandankle.com

BOUNCE ENTERTAINMENT

- Tables and Chairs
- Trackless Train & More

We Repair Bounce Houses!
469-360-5427
469-360-5428
www.bounceent.net

your wireless solutions

Say Goodbye to dropped calls ... ask us how!

amplifiers & antennas

972-576-3872
 Hwy 342, just south of Red Oak Rd
www.yourwirelessolutions.com

It's your season to shine.



Reducing your waistline will expand your horizons.

So let the Methodist Weight Management Institute help you weigh all of your weight-loss options. From lifestyle change to minimally invasive surgery, Methodist provides an all-encompassing approach to weight loss. We will customize as few or as many resources as you need to drop the weight and pick up a healthy new life.



Methodist

WEIGHT MANAGEMENT INSTITUTE

Where life shines bright.™



Follow celebrity chef Carol Ritchie's life-changing weight-loss journey in the To Life!™ weight-loss program at www.MethodistHealthSystem.org/Carol.

**www.MethodistHealthSystem.org/WeightLoss
214-947-0004**

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System, medical staff, including those practicing in connection with the Methodist Weight Management Institute, are independent practitioners who are not employees or agents of Methodist Health System.



With everything you have to do, Don't forget about YOU.

The lazy days of summer are often a woman's busiest time of year and your annual wellness exam may be the last thing on your mind. Now is the time to schedule your appointment with one of the five women physicians at **Kessler Women's Healthcare**. We are experts in gynecologic and maternity care, in-office and minimally invasive surgery, incontinence and contraceptive management and menopausal care.

Convenient before and after work, lunchtime and Saturday appointments

Call today and let us take care of YOU! 214-941-7200

Weekday appointments available from 7am - 6pm, Saturdays by appointment until noon!



Find Us on Facebook.



1330 NORTH BECKLEY AVE. • DALLAS, TEXAS 75203 • KESSLERWOMENS.COM

Come Home to Capella Park!

Redefining Dallas with private, hilltop living at its finest

David Weekley Homes is proud to offer our award-winning homes in the beautiful, hilltop community of Capella Park — the best kept secret in Dallas!

In Capella Park you'll enjoy:

- Homes with classic exteriors and timeless appeal
- Nostalgic front porches and dramatic interiors
- Nearby Downtown — only 9 miles away!
- A location overlooking Dallas Baptist University and Mountain Creek Lake
- Open space and great views

Enjoy private, hilltop living
at an unbelievable price in Capella Park!

Capella Park 55'
Homes from the \$175s

Capella Park 70'
Homes from the \$205s



3645 Patience Blvd.
Dallas, TX 75236

DavidWeekleyHomes.com

Prices, plans, dimensions, features, specifications, materials or availability of homes or communities are subject to change without notice or obligation. Illustrations are artist's depictions only and may differ from completed improvements. Copyright © 2011 David Weekley Homes - All Rights Reserved. DALA41199 Dallas, TX



NORTHWOOD UNIVERSITY MBA

Early Decision Scholarship ■ Deadline October 16
Spring Cohort begins January 16



Discover the leader in you.

Expand your performance capabilities, executive potential, and career options.

► MBA highlights include:

- 12 and 24-month program of study
- Interactive case-based learning
- Team-oriented learning environment
- Prominent industry-experienced faculty
- Classes meet one evening per week
- Integrated management concentration

Learn more at our next information session
on Tuesday, September 6 at 6:30 p.m.
Application fees will be waived at this event.
Please RSVP to: 800.927.9663



NORTHWOOD UNIVERSITY

Northwood University is accredited by the Higher Learning Commission and is a member of the South Central Association. (800) 621-7442; higherlearning.com/northwood

mbatx@northwood.edu
www.northwood.edu
1114 W. FM 1382 • Cedar Hill



Ribwich

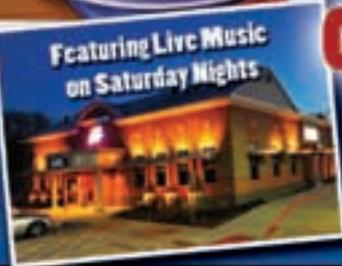


All-In Burger



Catfish & Shrimp

Featuring Live Music
on Saturday Nights



Great BBQ and MORE!

\$2.00 Draft Beer
Mondays, Thursdays & Saturdays

HAPPY HOUR
Served Monday thru Friday • 4-7

Save Time - Carry Out!

Buy any entree & two beverages & receive
2nd entree of equal or lesser value

**FREE
ENTREE**

RED HOT & BLUE
Brewery

Time your table, not valid with any other offer.
Alcohol, cigarettes or special. Please see menu.
Maximum value \$9.99 Exp. 10-3-11



RED HOT & BLUE

<https://www.facebook.com/RedHotandBlue>

Buy any entree & two beverages & receive
2nd entree of equal or lesser value

**FREE ENTREE
- Bonus Offer -**

RED HOT & BLUE
Brewery

Time your table, not valid with any other offer.
Alcohol, cigarettes or special. Please see menu.
Maximum value \$9.99 Exp. 11-3-11

106 East Highway 67 - Duncanville, TX 75137 • 972-296-RIBS (7427) • www.rhnbc.com

Golden Oldies

— By Angel Morris



While called the Silver Serenaders, many members of this senior adult choir are well into their golden years. A concert at Dallas' Meyerson Symphony Center September 18, in fact, marks the 30th anniversary of performances by the group whose members' average age is 74.

“We will perform a marvelous new work by composer Charles F. Brown entitled “I Shall See Thy Face,” written especially for our choir,” artistic director, Jim Palmer, said. “The second half of the concert will be lighter fare featuring all the styles of pop music the choir has sung during the last 30 years.”

The Silver Serenaders of Texas was established September 17, 1981, at Cliff Temple Baptist Church in Dallas, when only a few other senior adult choirs existed in the U.S. Jim and his wife, Betty, approached their church with the idea of forming the group, after attending a Southern Baptist

Convention conference where Jim heard his first senior choir perform.

“At that time, we called them the Sunset Serenaders because the church was on Sunset Street, Sunset High School was just up the street and because ‘sunset’ represented our senior years. We had 52 people come out for our first rehearsal,” Jim recalled.

In 1995, the group changed its name to Silver Serenaders, as it evolved from a church to a community choir, inviting

members of all denominations, with Jim remaining at its helm. A singer since his days at Sunset High School, Jim had been in glee club at Baylor University, where he earned a master’s degree in history. He later earned a master’s of church music from Southwestern Baptist Theological Seminary.

“During this period, I became minister of music at a church in Richardson, where I remained for seven-and-a-half years,” Jim said. After a move to Oak Cliff brought him to Cliff Temple



“We’re a nonprofit Christian choir and, on purpose, we sing all kinds of music.”

Baptist, Jim led the junior high choir, the college and career choir and then the Templos Junior Choir for a decade. "Then we started the Sunset Serenaders, and I really found my niche."

Joining the choir involves "showing up, filling out a card and being faithful to rehearsals," Jim said. Rehearsals take place each Monday from 4:00-6:00 p.m. at Hillcrest Baptist Church in Cedar Hill. There is no audition involved. "Just give me a warm body and a willing, dedicated person, and I do the rest in teaching music," Jim explained. "We invite those who have never sung in a choir and, of course, those with vast musical experience and all those in between."

Even following this loose format, Jim said the group continues to improve. "When people realize we are a serious choir, not an 'old folks' choir," he explained, "they want to be a member. We attract more and more seasoned musicians," he continued. "Secondly, those who joined years ago have grown in confidence and become fine musicians."

Perhaps it's the three-fold mission that affords the group continued success: to witness for Christ through musical arts, to promote U.S. patriotism and to encourage community service. "We're a nonprofit Christian choir and, on purpose, we sing all kinds of music. Our concerts consist of 50-percent sacred music and the other half is patriotic or jazz, country or pop, classic western or rock — whatever our mood is," Jim said.

This eclectic style seems to please patrons. "Our audiences are usually



Aralile Cosmetic Surgery & Weight Loss Center

Call us today and learn what we can do for you!

Ask About Payment Plans



Benedict Olusola, MD PA

- Tummy Tuck • Brazilian Butt Lift
- Breast Augmentation/Breast Reduction
- Juvederm • Botox
- HCG Weight Loss Program
- Fat Transfer / Breast Implants
- Face Lifts & Butt Lifts using Thread Lift Surgery
- Face & Brow Lifts
- Lifts of the Upper & Lower Extremities
- Stem Cell Therapy
- Facial Rejuvenation
- GYN Cosmetology
- Male Cosmetic Enhancement
- Blepharoplasty
- Dark Circles under the Eye Treatments
- Botox & Juvederm Fill Treatments
- Spider Vein Treatment
- Microdermabrasion
- Laser Hair Removal

***Free Consultations**



Breast Augmentation



Butt Lift



Liposuction with Hour Glass Treatment



Abdominal Lipos



Butt Lift

Anti-Aging, Antioxidant Skin Toning Creams Available

Adult Stem Cell treatment now available for joint pain.

aralilecosmetics.com

7108 Envoy Ct., • Dallas, TX 75247 • 214-920-1618

1700 N. Hampton Rd., Ste 100 • DeSoto, TX 75115
972-228-3670 • Fax 972-228-3672

1704 N. Hampton Rd., Ste 202 • DeSoto, TX 75115
972-228-9600, 972-748-3555 • Fax: 972-228-3878

SouthLake: 627 W. College St., Grapevine, TX 76051 • 972-228-9600

Plano: 1110 E. Parker Rd. #101A, Plano, TX 75074 • 972-228-9600

Office Hours 8:30- 5:00 • Se Habla Español

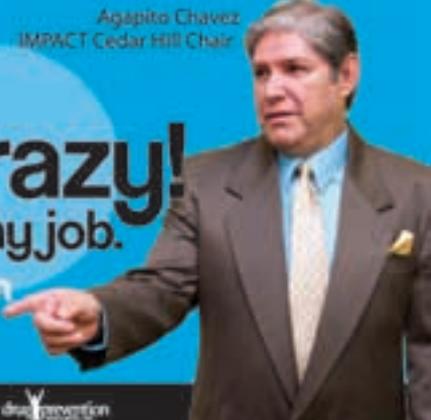
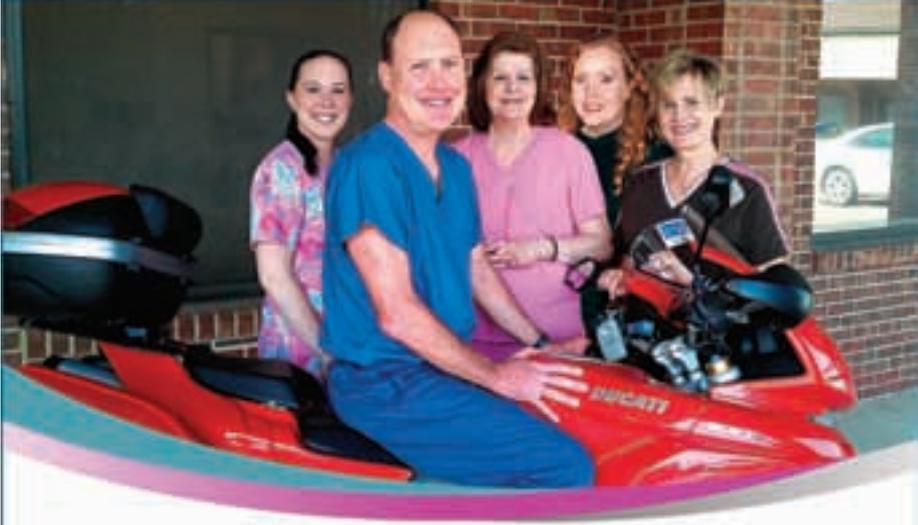
crazy
mamas
& dads

Agapito Chavez
IMPACT Cedar Hill Chair

yeah, im crazy!
i'm your dad. it's my job.

www.crazyformykids.com

IMPACT Cedar Hill and Crazy Mamas and Dads are programs of 

**We're all about
making people smile**

Mark C. Santamaria D.D.S.

Now accepting new patients

New services provided!

Payment plans to qualifying persons

Children welcome

Most dental insurance accepted

• Now accepting Medicaid & CHIP

For new patients:

Exam, checkup x-rays
and basic cleaning **\$72**

Not applicable with any other insurance or coupons. Must present coupon to redeem.

Call today for your appointment (972) 223-5500

712 N. Hampton Rd. • Suite 130 • DeSoto

Cedar Hill **NOW**

astonished to see our choir of older members sing an hour-and-a-half concert completely from memory," Jim said.

Audiences from New York to Israel, have responded with standing ovations, including one lasting nine minutes following the group's premier performance of a senior adult musical called *More Than Ever Before*, showcased at a conference of choirs.

"That was one of my proudest moments — to be applauded by 2,000 of my peers," Jim recalled. "But it's a rarity



for us not to receive a standing ovation wherever we might perform."

Notable performance sites include New York's Carnegie Hall; the National Christian Church in Washington, D.C.; Carpenter Hall in Irving; and Hawaii's largest Catholic senior center. The list also includes a number of hotels, more than 100 churches and at least 10 colleges and universities.

"But one of my favorite performances was at a small church in East Texas, with no choir loft and seating for 100 people. We decided to surround the audience by making a circle around the four sides of the little sanctuary," Jim recalled. "I stood in the middle directing and our sound enveloped the audience. It was surreal."

While their songs bring listeners to their feet, Jim notes that a number of choir members sit during every concert. "Some are on walkers or in wheelchairs and are unable to stand for any length of time ... so they sit," Jim said. "This inspires me to give my all for these seniors who have overcome physical issues and continue to be faithful and make genuine contributions to our group."

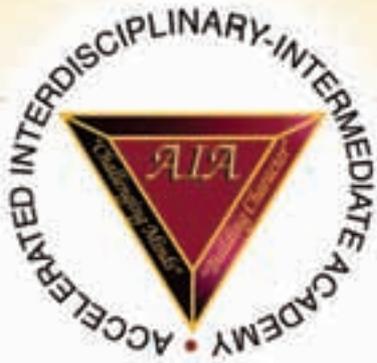
One particular inspiration is 96-year-old choir member, Jean Clardy, who

FREE TUITION Kindergarten thru 5th Grade

Enroll your child in the school that will build a successful future: AIA Lancaster

REGISTER NOW, OPENING FALL 2011!!!

- Unique Interdisciplinary Instructional Program
- Early Literacy Instruction
- Accelerated Mathematics
- Hands-on Scientific Inquiry
- Developing Students of Outstanding Character and Academic Excellence
- TEA Certified, "Recognized" Houston Campus!
- ESL Instructors



Challenging Minds and Building Character

AIA provides a variety of instructional settings for students with disabilities.

Interviewing highly qualified teachers for all grade levels ... 4-year degree required.

Submit all resumes and inquires to (human.resources@aiahoutx.com)

901 E. BELTLINE RD, LANCASTER, TX 75146 • (972)227-2105 • WWW.AIACHARTERSCHOOLS.ORG



If you live or work in Dallas County, you can join. What's more, if you bring in this magazine to our Cedar Hill branch and join today, get a **\$50 Visa Gift Card** when you open a savings and checking account with Resource One! Visit us for more details.

Internal Code: Branch Ad

**755 N. Hwy 67
Cedar Hill, TX 75104
800.375.3674
www.r1cu.org**



Is urinary incontinence affecting your day-to-day activities?

Dealing with loss of bladder control can be frustrating and embarrassing. You don't have to live with these problems any longer. There are many treatment options available to get you back to doing the things you enjoy.

Get back to living life with confidence and control. Call and schedule an appointment today.



K. Corlinton Mizeal, DO

Alan C. Van Horn, MD

Michael G. Wells, FA-C

Atthey C. Rodes, MD

Robbath G. Jan, MD



**SOUTHWEST
UROLOGY
ASSOCIATES**

1411 N. Beckley Ave.
Pavilion II Suite 464
Dallas, Texas 75203
214-948-3101

2705 Prince George Ave.
DeSoto, Texas 75115
972-780-0480

Accepting most major insurance plans. Hours: Mon- Fri 8:30-5
www.southwesturologydallas.com

T3's Home Cooking

Come on in for some Real Home Cookin'

Chicken Fried Steak • Smothered Pork Chops, Baked Chicken • Pot Roast • Fried Catfish Gumbo • Beef Tips • Chicken Fried Chicken • Meatloaf • and more!

All Food Cooked Fresh Daily. Catering is available.

Buy 1 Combo Get 2nd Combo 1/2 OFF

****Daily Lunch Specials: Mon - Sat 10:30am - 3:00pm****

418 N. Main Street • Duncanville • 972-283-9600
(located next door to the movie center stand)

Monday - Saturday 10:30am - 7:00pm, Delivery 11:00am - 4:00pm • Sunday 1:00 pm - 4:00 pm

FIGHT CANCER

When I was diagnosed with cancer, I chose to partner with Texas Oncology. They're part of the largest network of cancer specialists, researchers and treatment centers in the country, yet they're right here in my hometown. In fact, Texas Oncology has more than 100 practices and 300+ physicians across the state. With the support of my care team, my family and my friends, I can fight this disease. And I'm glad Texas Oncology is on my side.

METHODIST CHARLTON CANCER CENTER
3555 W. Wheatland Rd.
Dallas, TX 75237

METHODIST DALLAS CANCER CENTER
1441 N. Beckley Ave., Suite 101 & 102
Dallas, TX 75263

To schedule an appointment at either site call 972-705-3414. (We also see patients in Corsicana, Ennis and Waxahatchee)

1-888-864-I CAN (4226) • www.TexasOncology.com

TEXAS ONCOLOGY
Move breakthroughs. More victories.™

HOW TEXANS FIGHT CANCER.

Cedar Hill **NOW**

was at that first meeting in 1981. “She is almost always present for rehearsal and never fails to memorize our music. She is an example of dedication and love for the Silver Serenaders that is unsurpassed,” Jim reflected.

With the advanced age of many in the choir, the group has shared some 100 members’ deaths. The deceased are



dubbed Golden Serenaders by remaining group members, who insist the departed now sing in “our Father’s heavenly choir.”

“More than one member has chosen to be buried in their choir uniform,” Jim noted. “I will never forget the first time this occurred, and it led me to believe the Silver Serenaders Choir was a most important part of their lives. I knew then that my work was not in vain ... that we really made a difference.”

For his dedication to the group, Jim has never taken remuneration. “To be paid for my loving hobby,” he said, “would have spoiled everything.” October 1, he will retire as Serenaders’ artistic director but continue on as a choir member alongside his wife. He calls Betty “the real musician of the family” and notes she has performed on keyboard at every Serenaders’ concert. “She is the reason I have been able to direct this choir all these years,” Jim said, encouraging others to be part of the group that has brought them both such joy.

“The Silver Serenaders of Texas Adult Choir is a wonderful, friendly, loving organization. If you have wanted to be a part of a group like this, do not delay,” Jim said. “Join us, and before long a spark will ignite in you, making you a living flame of performance and a choir member of merit and joy. It will change your life!” **NOW**

Bear Creek Beverage



Crown Royal Whiskey 750ml \$24.99	José Cuervo Tequila 750ml \$19.99	Jim Beam Whiskey 1.75L \$24.99	New Amsterdam Gin 1.75L \$18.99	Smirnoff Vodka 1.75L \$21.99	Seagrams 7 Crown 1.75L \$19.99	Bacardi Rum 1.75L \$21.99	Courvoisier V.S. Cognac 750ml \$29.99	Ciroc Vodka 750ml \$27.99
---	---	--------------------------------------	---------------------------------------	------------------------------------	--------------------------------------	---------------------------------	---	---------------------------------



972-217-1118

shawn@bearcreekbeverage.com

1350 East Bear Creek Road
Glenn Heights, TX 75154

Follow us on Facebook and receive special offers and promotions.



Prices subject to change.

Wholesale Available

1st Solar Nails & Spa

Waxing • Facials • Nails
Spa • Pedicure • Eyelash Extension

Solar Nail Set	\$30 & up
Fill P/W	\$22 & up
Shellac Nails	\$35 & up
Full Set White tip	\$20 & up
Full Set	\$15 & up
Fill	\$10 & up
Spa Pedicure	\$18 & up
Manicure	\$10 & up
Eyelash Extension	\$150 & up
Eyelash Individual	\$25 & up
Bikini Wax	\$40 & up

Monday - Thursday Only

Eyelash Extension
\$150 for Full Set

Deluxe Spa Pedicure with Hotstone **\$28**

With Coupon Only
May Not be combined with any other offer

972-293-3898

125 N. Clark Rd. #102
Cedar Hill

RENT TO OWN AN ALL-STEEL STORAGE SHED

Convenient. Saves money. High quality



- 8' X 12.5' (100 Sq. Ft.) Shed
 - 7'5" Interior Height
 - Payment plans available
 - Fast Delivery
 - Durable - Built to Last!
- No assembly Required**

RENT-TO-OWN
\$59⁰⁰
MONTHLY

(866) 314-2454

Delivering Self Storage to You



www.mystoragetx.com

Come see how you can remove your pain with chiropractic care.



COMFORT REHAB
CHIROPRACTIC • MASSAGE



Dr. Bryan McCormick

Our patient-centered approach has been successful in treating problems once believed to be untreatable, using the most advanced non-surgical methods to treat pain:

Back and Neck Pain • Headaches • Carpal Tunnel Syndrome • Joint Pain • Sports and Auto Accidents • Work Injuries • Pain Management

We offer the following services:

- Family Chiropractic Care
- Weight-loss Program
- Physical Therapy
- Therapeutic Massage
- Vibration Therapy
- Spinal Decompression

Follow us on Facebook



CEDAR HILL MEDICAL PLAZA
950 E. BELT LINE ROAD, SUITE 180 • CEDAR HILL
(Next to Methodist Family Health Center-East) • 469-272-7000

Visit ComfortRehab.com or DallasAccidentandInjuryRehab.com to sign up for our newsletter, special offers, and Facebook. Get a Virtual Consultation® and more.

Mention this ad for
FREE CONSULTATION
1 HOUR MASSAGE \$40

Most Insurance Accepted

WIDE BRIM HAT CO. HUDSON STORM Home Rock Revival WEST HAST MIC DESIGN Photo Credits

Back To COOL

REDSWAGGER

MEN'S & WOMEN'S APPAREL & ACCESSORIES

Arlington Highlands | Uptown Village Cedar Hill | www.redswagger.com

EAGLE EXPRESS



2011-12: The STAARt of something big!

DeSoto ISD launches 'STAARt of something big' campaign with new testing

On August 16, DeSoto ISD launched "2011-12: The STAARt of Something Big" at the annual employee Convocation! The theme, a play on the new STAAR testing which replaces TAKS testing this year, also launches the district into a new era with a feel of confidence and unity. The district continues to push toward exemplary learning for all students! While ratings change, budgets change, leaders change, curriculum changes and even teachers change - students remain the same! As educators, and a district, we must meet them where they are and then push them to new heights!

In addition to the new campaign, DeSoto has some changes in leadership. With the voluntary exit agreement being decided by the Board and Superintendent Kathy Augustine, the 2011-12 school year was launched with Acting Superintendent Levatta Levels at the helm. In addition, three cabinet members retired this past year and, as a cost savings, their duties have been absorbed by other current cabinet members and staff.

The 2011-12 annual budget will not use the district fund balance for the first time in over five years. The balanced budget includes savings in health insurance, custodial expenses, job attrition, frozen longevity pay, utility expenses, reduced budgets, secondary staffing ratio changes, elimination of signing bonuses and closing the tax office and one administration building. The savings, combined with the federal Edujobs funding of \$1.5 million, will offset



Acting Superintendent Levatta Levels leads the district Convocation.

both the previous budget deficit of \$2.9 million and state reduced funding of \$3.2 million this year. We were able to do all this without mass position cuts, salary reductions or furlough days!

We have built a solid foundation in DeSoto ISD - one where Eagles soar in academics, athletics and extra-curricular activities! But, we and our community expect more! Our goal is to deliver more! Monday, August 22 - the first day of the 2011-12 school year - we welcomed back the 9,200 students of DeSoto ISD.

District scores stay high, ratings hold for two years in transition

Based on the 2010-11 TAKS scores, after the state discontinued the projection and growth measures used the last two years, DeSoto ISD earned the Acceptable rating as a district. Achievement levels were consistent with 73% of district cells even or increasing passing percentages over 2009-10. Of the seven cells that decreased - all were within three percentage points and four of those cells are still at the recognized level or above. The district completion rate increased to 92.5% and the district dropout rate is 0.1%. The district would have remained Recognized had the state not removed the projection measures. Campus ratings will also remain until 2012-13.

The new STAAR tests will include the same grade level tests for grades 3-8, but grades 9-12 will begin taking end-of-course tests while grades 10-11 will continue with TAKS until they graduate. For more information, visit the STAAR Portal for Parents online.



2010-12 TEA Ratings

Exemplary School	Cockrell Hill Elementary
Recognized Schools	The Meadows Elementary Northside Elementary Ruby Young Elementary
Acceptable Schools	McCowan Middle School DeSoto Freshman Campus
	East Middle School West Middle School DeSoto High School

calendar of events

September 5 - Labor Day Holiday
October 3 - State Fair Day; Staff Development
October 10 - Early Release
November 21-25 - Thanksgiving Holiday
December 19-30 - Winter Break; School resumes Jan. 2

A School with *Her Name*

— By Beverly Shay

Curtistene McCowan has been involved in almost everything in DeSoto. She has been such an amazing volunteer in the community and within DeSoto Independent School District (ISD) for so many years that a school bears her name. "I would have never sought such an honor," Curtistene was quick to remark, yet she is most definitely pleased and honored. Curtistene S. McCowan Middle School is the first DeSoto school to be named in honor of a volunteer, but then few have volunteered within an ISD for 30 years.

Curtistene is not the only member of her family constantly involved in volunteer work. She and her husband, Leon, were founding members of Concerned DeSoto Citizens (CDC), both have served as president at various times over 22 years. They are quite involved in their church, Kirkwood Temple Christian Methodist Episcopal Church, where Leon chairs the board of stewards and coordinates CIT (communication, information and technology). Curtistene is on the church board of trustees and serves as volunteer coordinator. "Our faith is very important to us," she remarked. Curtistene was charter president for the DeSoto Education Foundation and still serves on the board of directors "to promote other leaders." Promoting others is a particular passion of Curtistene's. "Through the Education Foundation, you can touch every school in the district," she succinctly stated.



Curtistene is understandably proud of being the first African-American to be elected to public office — board of trustees — in DeSoto, and equally proud of her appointment to the Texas Southern University’s board of regents by Governor Rick Perry, in 2007, and reappointed in 2009. Leon also served on the board of trustees for Texas College in Tyler for 20 years.

Not surprisingly, school was where it all began for Leon and Curtistene. Leon lived in Jefferson, Texas, in town, and Curtistene lived in the country in the community of Smithland, but they attended the same high school. Leon admitted it was probably love at first sight. “She was so smart and outgoing, as well as being an athlete and a star on the basketball team.” What really drew them together was being in marching band. Leon played clarinet, and Curtistene was the majorette. They began dating in the 10th grade and have been married 45 years.

“Leon was very studious and disciplined, yet kind. He was such a gentleman, respectful of young ladies and everyone. He loved to work, and because he was such a high achiever, he managed to balance full-time work, family and school,” Curtistene inserted.

Curtistene earned an associate’s degree in business at El Centro College and her bachelor’s in business administration at Dallas Baptist University. “She’s not the late bloomer she thought,” Leon declared. “She just waited until I had finished my education in 1975.” Leon’s education includes a B.A. in sociology from Wiley College and a master’s from North Texas State (now the University of North Texas) in public administration.

They are justifiably proud of both of their sons. Danny Sebastian, now 44, works for the FAA as an electronic technician in engineering services. He and his wife, Angie, live with their daughter, Taylor, 11, in Cedar Hill. Danny also has two daughters, Tiana and Kirsten, from his first marriage to Felicia. “Tiana and Kirsten’s maternal grandfather also has a school named after him,” Curtistene remarked.

Leon Curtis, now 36, is married to Stephanie. He serves as RCRA waste

Suzushii
Sushi & Grill

We Serve **Yakatori**
NATURAL CHARCOAL GRILL

Lunch **Bento Box**
Starts at **\$6.95**

Served sushi roll over **70** items

\$5 OFF
Any \$25 Order
(Excludes Mis-Oshi), Dine in Only
One coupon per Table

HOURS OPEN 7 DAYS
Mon-Fri Lunch 11am-3pm Dinner 4:30 - 10pm
Sat 11-10pm Sun 12:00-9:30pm

638 Uptown Blvd, Cedar Hill • 972-293-1009 • www.suzushiisushiandgrill.com

Your Cadillac Dealer
is 15 minutes South

2011 CTS
0% APR for up to 60 months
Plus \$1,000 Bonus Cash*

Carlisle Cadillac
I-35E at US Highway 287 Bypass in Waxahachie
972.938.8000 | CarlisleCadillac.com
New and Certified Pre Owned

THE NEW STANDARD OF THE WORLD

*0% APR for 60 months for qualified buyers on select models. Some customers will not qualify. Take delivery by 09-06-2011. Residency restrictions apply. See Dealer for details.

Your Personal Image Is Our Success!

Back-to School Special

\$5 OFF Haircut
\$15 OFF Hilites
New clients only.



Natural Feather Hair Extensions In-Stock - Assorted Colors

Split Endings Salon

972.291.7883
"Formerly the Hair Centre"
201 Bryan Place Cedar Hill
Corner of Straus Rd

Full Service Family Salon
Our Staff is Experienced In:
 • Latest Cuts & Styles • Color & Highlights • Perms
 • Facial Waxing • Airbrush Tanning • Walk-ins Welcome
 • Heather is a Certified **Great Lengths Extensions Stylist**
 • **Need an Updo for a Wedding or other special event?**
Call now to schedule your appointment!



manager for Texas Military Forces in Austin and director of adult ministries at St. James Missionary Baptist Church, while also working on his doctorate in servant leadership studies and ministries.

Leon and Curtistene initially lived in Houston, where Leon was a management specialist with Reynolds Metal. "I thought we would stay there, when Leon was recruited to bring in more minorities by the U.S. Department of Agriculture. After six months, in 1970, we decided Leon should work with the USDA in Dallas, where he provided management training in food and nutritional services," Curtistene recalled. In 1976, he transferred to U.S. Health, Education and Welfare (now called U.S. Health and Human Services). Since 1991, Leon has been regional administrator, responsible for the administration for children and families in Region VI, a five-state region in the Southwest. He provides executive leadership for program funding, oversight of their technological systems, as well as leadership coordination and collaboration for some 68 programs, such as: Head Start, child welfare, fatherhood and child-support programs and the youth agency. Obviously, he is very good at doing so.

"We believe if you invest in people, they will invest in you," Curtistene commented.

"Currently, our target is to provide families with the means to develop their

Call before noon ... Clean by 6pm!

ACE Steam-R-Dry, L.L.C.

Pro-Chem Truck Mounted Equipment



Deluxe Carpet Cleaning 5 Rooms & Hall \$159.95*
Includes:
 1. Pre-Cleaner
 2. Enzyme Deodorizer
 3. Carpet Protector
 4. Steam Deterger
 5. One Year Warranty Available
 *Call us • Offer Expires 9/30/11

Tile & Grout Cleaning 300 s.f. \$99.95*
Inc: Hand Scrub Tile & Grout Power Rinse & Extraction
 *Call us • Offer Expires 9/30/11

Cleans better, dries faster ... That's the bottom line!
Emergency Water Extraction

972-293-7442
www.AceCarpetCleaningDallas.com

CAMPUZANO
mexican food

\$5.00 off \$20.00 purchase
Expires 9/30/11

CAMPUZANO

Voted Best Mexican Restaurant in Best Southwest

Cool off with one of our great margaritas!

108 N. 8th Street Midlothian, TX 972-723-2634	2167 N. Highway 77 Waxahachie, TX 972-938-0047	213 W. Beltline Cedar Hill, TX 972-291-1053
---	--	---



BEN FRANKLIN APOTHECARY

Pharmacy ~ Gifts ~ Kitchens Deli



T-Shirt Quilts

Bring in your t-shirts and we can customize a t-shirt quilt for your special someone. **Monogramming Available!**



KICK OFF

the New Season

Bring the Family, Shop, Dine, and Have a Good Ole Time...

Sept. 8, 9, & 10th (Thurs., Fri., & Sat.)

Hours: Mon-Fri (9am-7pm), Sat (9am-5pm)

25% OFF

1 Reg. Priced Item

Cannot be used for prior purchases, sale priced items or combined with another sale. Coupon excludes Jan Show, Kitchens Deli, and Pharmacy. Additional exclusions may apply. See store for details.



Catering for that special party or tailgate party?

We have trays and box lunches available!

WE DELIVER!

Hours: Mon-Fri (9am-6pm), Sat (9am-5pm)

302 N. Main St. • Duncanville • 972-298-1147 • www.benfranklinrx.com • Find us on Facebook 

Lose

25-45 pounds

in 42 days

without exercising!

I know it may be hard to believe, but this is the average amount of weight loss in a little over one month. It doesn't matter if you're male or female, in your 20s or your 70s.

We are offering a **FREE CONSULTATION** to anyone who wants to take charge of their life and **FINALLY** take off that unwanted weight.

Please call 972-291-1992 to schedule your appointment and take back your life!

Please mention ad. Offer Exp. 9.30.11



PRO ADJUSTER

Chiropractic Clinic, Inc.

405 W. Belt Line Rd. (at Main Street)





"customizing your credit needs"

Get your credit back on track.

Purchase a home, car, get a lower interest rate, better insurance premiums, better employment opportunities and savings.

Items we have removed:
 Bankruptcies, Late payments
 Charge-offs, Collections
 Judgments, Foreclosures
 Repossessions

At MSI Credit Solutions we pride ourselves on a **76% Deletion Rate** of negative items

Call us today and schedule your **FREE CREDIT CONSULTATION**

Toll Free: **866-217-9841**

www.msicredit.com *Se habla español.*

Mention Now Magazines and receive

15% OFF

Registered with the Secretary of State (800749182) Bonded (41096259)



GRACE
Women's Center

817-539-7240
www.gracewomenscenter.com
2800 East Broad St. • Mansfield, TX
Located in the Mansfield
Methodist Hospital Professional
Building, Ste. 214



• **ESSURE** Permanent Birth Control
• Normal & High Risk Pregnancies
• Treatment of Heavy Bleeding with Endometrial Ablation
• In-office, Minimally Invasive Surgeries

Roderick P. Diggs III
MD, PA, FACOG
Board Certified in Obstetrics
& Gynecology



"Listening, Educating, Healing ... One Woman at a Time."

HOMES by HANES  972-938-2311
Custom Homes for Ellis County

Over 65 years of quality home building in Texas, 25 in Ellis County!



David Hill & Gaylord Hanes
Continuing a Tradition in Building
"Affordable Green" Homes
Graduate Master Builder & Certified Green Professional

Visit our web site today and experience
the "Hanes Difference"

www.homesbyhanes.com • 972-938-2311

*If you've ever dreamed about moving to the country,
let us help you realize your dream!*

Christopher's
Smokehouse Barbeque

BBQ Ribs, Beef Brisket, Chicken, Sausage, Pulled Pork

Giant Smoked Turkey Legs \$5.99

All Meat smoked a minimum of 6 hrs, Brisket & Pork smoked 16 hrs+

Catering in our Specialty

The Best Barbeque known to Man

772-293-3303
107 S. Main Street, Cedar Hill, TX 75104
www.christopherbbq.com

OPEN WED - SUN
Wed & Thur 11am - 9 pm
Fri & Sat 11am - 10 pm Sunday 12 - 8 pm



DeSoto **NOW**

assets through educational training in jobs, home ownership and savings plans. Our goal is to get them off government assistance and into an independent lifestyle. Since 1999, we have seen an 85-percent success rate," Leon stated.

Once in Dallas, Curtistene found a job as a thrift store cashier for Continental Baking Company. She soon transferred to a new store as a supervisor. By 1972, she worked temporarily as a clerk/typist at the Federal Trade Commission. She was soon promoted to consumer protection assistant. "As I gained experience and proved myself, my career path advanced incrementally to investigator and then to top position as senior investigator, from which I retired in 2005. I investigated fraudulent business activities. Some of my work involved anti-trust concerns and even some undercover jobs," she explained. "But I also did consumer and business outreaches, which involved public speaking and training workshops concerning consumer protection matters. In addition, she worked as an Equal Employment Opportunity counselor."

Their move to DeSoto came in 1977. "We were looking for a quieter, sort of country place to live and good schools. Our oldest son was in the fifth grade, but our younger son had not yet started school. That was when I began to get involved in PTA. By the time Leon Curtis was in eighth grade, I was PTA president and, later, on the high school PTA board. Both Leon and I volunteered with the band and athletic booster clubs, although I had more time for it than Leon did," she remarked.

One reason for Curtistene's intense involvement within the school system stems from her childhood. "I saw educators and principals as an extension of my family," she recalled. "My dad died when I was 8, so our income was limited. But my principal and my teachers made sure my family was able to participate in everything, even when we couldn't afford to. They really cared. So having an opportunity to give back is really important to me. My mom always told us, 'Charity begins at home.' This community is our home. We love it here. And Leon is very supportive of my volunteer work, because he sees how happy I am." **NOW**

GRAND OPENING!
 & a **wild. special** place

Sept 10-11
Sat 9am-5pm Sun 12pm-5pm

Enjoy a FREE weekend of family fun and festivities with guided hikes + animal encounters + arts & crafts + children's nature play activities + guest speakers + building tours

www.dogwoodcanyon.audubon.org 469 526 1980
 1206 W FM 1382 Cedar Hill - Just 16 miles south of Dallas
 Parking and shuttle service provided
 Check our website for more information.

DOGWOOD CANYON
Audubon
 CENTER
 AT CEDAR HILL

Pain or Work Injury? *Call us ... we can help!*

GO! REHAB

We Specialize in
REHABILITATION
 and offer **PHYSICAL THERAPY** on site!

Se Habla Español
 We Accept Most Insurance

2550 Beckleymeade Ave • Suite 100
 Dallas, TX 75237
 Office: 972-572-4040

Dr. Byron Strain, M.D.
 Board Certified in Physical Medicine and Rehabilitation
www.gorehabclinic.com

Brandon K. Florence, DDS, PLLC
Joe W. Potter, DDS, PA

Family & Cosmetic DENTISTRY
 972-291-1501
 207 W. Beltline Road, Suite 100, Cedar Hill, TX 75104

General & Cosmetic Dentistry

- Experienced Friendly Staff
- Digital Radiography
- Whitening
- Diagnodent (early decay detection)
- Oral cancer screening
- Appliances (snore guard, headaches)
- Conscious Sedation

Before
 After

Most insurances accepted
 Call for an appointment
(972) 291-1501

**207 W. BELTLINE ROAD
 CEDAR HILL, TX 75104**

From *Chief* to Comedian

— By Beverly Shay

These days, when people retire, they just aren't as old as they used to be. Some retirees are moving on to their next career or their third career. Or, they kick back and become more of what they have always been, but had to keep slightly under wraps, while maintaining their professional image. Perhaps in the case of former Duncanville Police Chief Michael Courville, now known simply as Maurice the Cajun, his propensity for entertaining others with his Cajun humor has always leaked out.

Michael, whom we will refer to from here on as Maurice, was born in Carencro, Louisiana, now a suburb of Lafayette, the Cajun capitol. He and three brothers and two sisters were reared in the Sunset area, about eight miles away, by his stay-at-home mom, who kept their home filled with an entourage of women, whose hair she did. His dad was in construction. Sadly, when Maurice was 14, his mom died. He left to join the Air Force at the age of 18. Four years of service in the Air Force Police brought him from Lackland Air Force Base in San Antonio to New Mexico, Alaska, Spain, Canada and Nebraska, where he met his wife.



Perhaps it was inevitable that Maurice would end up both as a Cajun humorist and a law enforcement officer. His next door neighbor in Sunset was the chief of police. "I saw all the people who went to him for help after dark," Maurice related. "He never turned anyone away. He tried to help everyone."

Maurice, smitten with a young Nebraskan woman named Sandy, married her and stayed on in Lincoln where he worked for the police. "I got three parking tickets while I was taking my civil service exam," he recalled with a grin. Obviously, those tickets hindered neither his desire, nor his qualification for police work. He and Sandy stayed in Nebraska for four years.

"What ended up getting us to Dallas was a trip through the South we took over Christmas and New Year's. On New Year's morning, we woke up in Dallas — it was 70 degrees!" Maurice exclaimed, with amazement etched on his face. "I went home, gave my notice and came down here in April of 1970. On May 1, I started with the Duncanville Police Department, even though I didn't have that job when we came down here. "Most police departments hire in October at the start of their fiscal year. So what began as a temporary position became the very job I retired from 26 and one-half years later, in June 1996."

So what draws someone into law enforcement? For Maurice it was two-fold: "I like helping people, and I like telling them what to do. You see, when the police are called, it's because things have gone wrong, and people need to be told what to do next," he explained. "I see people at their worst and get to help bring them back."

Although Maurice started out as a patrolman, he retired as a police chief, a position to which he was appointed in 1979.





“I still remember the car ride Marcus Harrington, city manager at the time, asked me to take. The former police chief had died unexpectedly. Everyone was wondering what would happen. Marcus took me to see Dr. Peel, the pastor of the Duncanville First United Methodist Church. Upon entering Dr. Peel’s office, Marcus requested that the reverend pray for the new police chief,” Maurice related, noting it was a humbling experience.

As police chief, Maurice enjoyed joining others in impacting the community through church, the Chamber, school and PTA involvement. “Both my wife and I were acknowledged with lifetime PTA awards,” he stated simply. He was part of implementing Project Graduation, a program to provide a safe, chaperoned, post-graduation party for seniors. He has also been active in the Citizens Police Academy and Citizens on Patrol.

With retirement 17-and-a-half years after his appointment as police chief, Maurice had the opportunity to be involved in the Police Chief Association. Never one to do anything

BE A SAINT!
ST. ELIZABETH OF HUNGARY CATHOLIC SCHOOL
"NOW ENROLLING"
 Join us for a Tuesday tour to see for yourself how easy it is to become a Saint! PK3 through 8th Grade
 For reservations please call:
 Sandy Walkley at (214) 331-5139 Ext 24




4019 S. Hampton Rd.
 Dallas, TX 75224
 Phone: (214) 331-5139
www.saintspride.com



CAMP EL HAR
Mill of God

Make Your Next Event Your Best Ever

- Horseback Riding
 - Fall Riding Club
 - Private Lessons
 - Group Trail Rides
- Church Retreats
- Family Reunions
- Wedding Receptions
- Christmas Parties
- Birthday Parties
- Banquets
- Camp Facilities
- Lodging for Overnight Retreats
- Swimming
- Zip Line
- Hiking Trails
- Hay Rides
- Challenge Ropes Course
- Trail Rides
- Mini-Golf
- Archery
- Petting zoo
- Volleyball
- Basketball



5218 Kiwanis Rd, Dallas, TX 75236
 (972) 298-3873 www.elhar.org

Tuition-FREE!

Advantage Academy

"The philosophy of the schoolroom in one generation will be the philosophy of government in the next."
— Abraham Lincoln

- Teaching America's Founding Principles
- High School Bible Elective
- A Beka Phonics - Based Reading (K-2)
- Dual Credit with Local Colleges
- UIL Sports, Fine Arts and Club Activities
- CTE (Career & Technology Education)
- Character Education
- Certified and Degreed Teachers
- Innovative and Brain-based Instruction
- Online High School AP & More
- Developing a Student's Gifting
- Rachel's Challenge

ENROLLING NOW!
2011-2012

www.advantageisd.org

Grand Prairie (PreK-12) 214-276-5800	Waxahachie (PreK-12) 972-937-9851	Rowlett (K-8) 214-276-5800	N. Duncanville (PreK-8) 214-276-5800
---	--------------------------------------	-------------------------------	---

Duncanville **NOW**

halfway, Maurice became the executive director, started, managed and edited the association's biannual magazine, *Texas Police Chief*. He also authored *Texas Police Chiefs Association Fiftieth Anniversary Pictorial History* covering 1958-2008. His work as executive director with the association took them to the Austin area for four years, but then they returned to Duncanville.



Maurice is justifiably proud to have a son in law enforcement, as well. Not only is his oldest son, Marc, a Frisco police officer, he founded and is president of the Dallas Defenders Football Club, a semipro football team, which plays in the National Public Safety Football League. The mission of the Dallas club, comprised of police officers, firefighters, EMTs and detention facility personnel, is to provide monetary support to families of police officers and firefighters who have been killed in the line of duty in the Dallas/Ft. Worth area, to raise funds to benefit youth in our surrounding communities and to increase community awareness through sports, in order to deter youth from gang involvement.

\$10 OFF

Double Layer Cake

700 North Clark Rd #124 • Duncanville
972-296-CAKE
www.thecakeguys.com

Offer expires October 1, 2011. Offer only good with coupon.

THE CAKE GUYS

the knot best of weddings

Stop by Chick-fil-A on the way to School and receive ...

Free Chicken Biscuit

CHIKIN IS BRAIN FOOD

Chick-fil-A

We open at 8am! Breakfast Served 8am - 10:30am

387 E. FM 1382 • Cedar Hill, TX 75104 • 972-293-0022

©2009 CIA Properties, Inc. Good only at Cedar Hill Location. One coupon per person per visit. Coupon not valid with any other offer. Closed Sundays. Coupon valid from NOW magazines only. Please use by September 30, 2011.

thecancerinstitute
OF DALLAS



Life.Science.Hope



A cancer diagnosis can be overwhelming. At The Cancer Institute of Dallas, our experienced and trained medical staff will be there to help every step of the way. We opened our first office in Southwest Dallas in 1996 and believe that cancer care is best delivered in a multi-disciplinary environment. The Cancer Institute of Dallas has an onsite diagnostic imaging center, IMRT Radiation, HDR Brachytherapy, a full infusion suite and a complimentary, on-site, staffed fitness center.

Please call 972.283.2389 to schedule an appointment.

The Cancer Institute of Dallas
310 East Highway 67
Duncanville, TX 75137

The Cancer Institute of Dallas
810 N. Zang Blvd
Dallas, TX 75208

Phone (972) 283-2389

www.cancerinstituteofdallas.com

Our Medical Team:

Maria Juarez, M.D.
Maryada Reddy, M.D.
C.K. Wang, M.D.
Neelima Maddukuri, M.D.
Gilberto Jimenez, M.D.
Edward Middleman, M.D.
Charles Lee, M.D.

Call me today for
the attention
you deserve.



Bert Maxwell
(972) 224-9181
1510 N. Hampton, #280
Desoto
bertmaxwe@allstate.com



Insurance subject to availability and qualifications. Allstate County Mutual Insurance Company, Irving, Texas. © 2010 Allstate Insurance Company.



Visual Expressions

creative art school, gallery, & custom framing

1425 N. Hwy 67 Cedar Hill, TX 75104 Ph: 972-293-1117
www.veartgallery.com

New Classes

kid, teen, & adult
Session 7 starts Sept. 19th
Pottery Design Watercolor
Mix-Media Stained Glass
Pop-Art Photography
Kid's Pottery Pastel Drawing
Oil Acrylic

Gift Cards
are available



Come and visit us at
Country Day
on the Hill

On Sat Oct. 8th From 9^{am} - 6^{pm}

Don't Forget
to mark down on
your calendars

**VISUAL EXPRESSIONS
HALLOWEEN
PARTY**

ON FRIDAY OCT. 20th

Early Registration

**6 WEEK CLASS ONLY \$169 &
KIDS 6 WEEK CLASS AS LOW AS \$76**
Offer ends 9/18/11 so sign up today for the class of your choice. (Price does not include fee. Deal is not valid with any other offers or promotion).

Storage 50% OFF 1st 3 months
Discount does not apply to climate control units. Offer expires 9/30/11.

- Climate-controlled Units up to 10 X 25
- On-site Managers
- Video Surveillance
- Individually Alarmed Doors
- Your Lock, Your Key
- 24/7 Computer-controlled Access

ABBY'S STORAGE **FREE TRUCK WITH MOVE IN** **Free Use of our Move-In Truck!**

972-293-5880

ABBY'S STORAGE 1150 S. US Highway 67 (exit Mt. Lebanon) Cedar Hill, TX 75104 • 972-293-5880

Duncanville **NOW**

Maurice is equally proud of his son, Craig, who is with an accounting firm in Lewisville. Maurice and Sandy enjoy their 11-year-old twin granddaughters, Haley Jean and Loryn.

In 1987, Maurice found himself at a banquet in Galveston, where the project director wanted Cajun humorist/chef, Justin Wilson, to be the speaker. Maurice related well to his humor and his stories. Justin challenged Maurice to begin telling his stories in a more public forum. In 1995, Maurice found himself back in Opelousas, one of the oldest cities in Louisiana, at an international Cajun joke-telling contest. With nine competitors, Maurice took the championship. He's been telling his Cajun tales ever since.

"The secret is the dialect," he confided.



"I have it down." Stories come from his background, but also from the Internet. I have to tell a story every Friday at the Lions Club, so I let them know that everything I tell was told me as the truth." Maurice's tales are just another reflection of who he is. Maurice has also made three CDs and a DVD, so others may enjoy his Cajun humor at their leisure.

"I have always loved everything I did every day," he reflected. These days that enjoyment involves caring for his wife, who is in advanced stages of multiple sclerosis, with some help from Sandy's mother, Yvonne Engstedt, and caregiver Christine Velasquez Jones. His selfless service, which impacted so much of the community, is now flowing in-house toward the love of his life. Yet he still sparkles with good humor, *joie de vivre* and service toward others and the ever-present story or two about some hapless soul in the bayou. **NOW**

Editor's Note:

For more information about Maurice the Cajun, e-mail mauricethecajun@aol.com.

EACH MOMENT *matters*

Frances Dennis, Grace Resident

Peace of mind is a gift you give to yourself. And to your children.

You want to live life your way. That's the beauty of Grace Presbyterian Village. With a full continuum of services, you can enjoy the independence of your own home within our beautiful 27-acre community. You're free to pursue your interests, take part in a wide variety of activities and get involved in a vibrant community of friends, knowing that enriched care is available when and if you need it. Health care needs may change, but your neighborhood doesn't have to. Visit us at GracePresbyterianVillage.org or call us at 214.413.4123 to learn more.

Join us on Thursday, **September 22, 2:00 pm - 3:30 pm** for
"What Seniors Need to Know Today"
 presented by senior living expert, Rick Hunsicker.
 Space Limited. RSVP to 214.413.4123.

 **GRACE PRESBYTERIAN VILLAGE** | 550 Ann Arbor, Dallas, Texas 75216 | 214.413.4123 | www.GracePresbyterianVillage.org

ALF000041

COTTAGES • APARTMENTS • ASSISTED LIVING • NURSING • HOSPICE • DEMENTIA CARE • REHAB

PARADISE COWBOY
 Your Source for Tommy Bahama
 Cedar Hill • Hwy 67 • Wintergreen exit
 Next to Veracruz Cafe
 972-293-1483

VOTED BEST GIFT SHOP

ANNIVERSARY SALE
 Bring this ad to receive
\$20 Off your purchase

- Silk Shirts • Shorts
- Belts • Watches
- Shoes • Sunglasses
- Turquoise Jewelry
- Story Bracelets

\$20 Off
 purchase of
\$100 of more

lovelinksamerica.com
The Greatest Gifts found in Paradise.

www.theparadisecowboy.com
 Valid with coupon only. Expires 10-31-2011

OPEN HOUSE

National Gymnastics Day
 September 17, 2011

NOVA GYMNASTICS
 120 W. Belt Line Road
 Cedar Hill, TX 75104
 972-291-NOVA

Saturday September 17th 11AM - 3PM

- Free Admission
- Open Gym
- Prizes
- Face Painting
- Balloon Artist
- Silent Auction
- Concessions
- Cedar Hill Police Dept will provide child fingerprinting

NGD2011
 The Year of the Handstand

Join in the Handstand World Record Attempt at Noon.

Everybody is welcome! Participants will have "Teal up" at the same time across the country.

At Nova, We Offer

- Y Gymnastics Classes
- Y Tumbling Classes
- Y Home School Classes
- Y Preschool Open Gym
- Y Parents Night Out
- Y Birthday Parties
- Y Fun Fridays
- Y Field Trips
- Y Day Camps

Office Hours: Mon & Wed: Noon - 8 PM
 Tue & Thu: Noon - 8 PM
 Fri: Noon - 7 PM
 Sat: 10 AM - Noon

www.nova-gymnastics.com
 www.facebook.com/NovaGymnastics

SUPERSTAR
Collision Center

We offer:

- Wi-Fi access • Free Estimates
- Free local shuttle service
- Family-owned and -operated
- All insurance claims accepted
- Lifetime warranty on ALL repairs
- Direct billing with most insurance companies
- **OVER 50 YEARS EXPERIENCE IN THE INDUSTRY**

We also have an on-site Enterprise Rent-A-Car
 For your convenience, we provide a 24-hour emergency response to handle your needs immediately.

The ONLY Honda-Certified repair center south of I-20

Due to our relationships with the nation's largest insurance companies and having a convenient Enterprise rental car service on-site, we strive to provide a hassle-free repair experience for you!

1260 South Highway 67 (Mt. Lebanon Road exit)
(972) 299-6900

WWW.SUPERSTARCOLLISION.COM

**“The BEST address in town...
 Come see for yourself!”**

972-298-5311

REDBIRD VILLAGE
 APARTMENT HOMES

803 Link Drive #11
 Duncanville, TX 75116

rbv@att.net
 972-298-5311

An Artist's Vision

— By Jeremy Agor

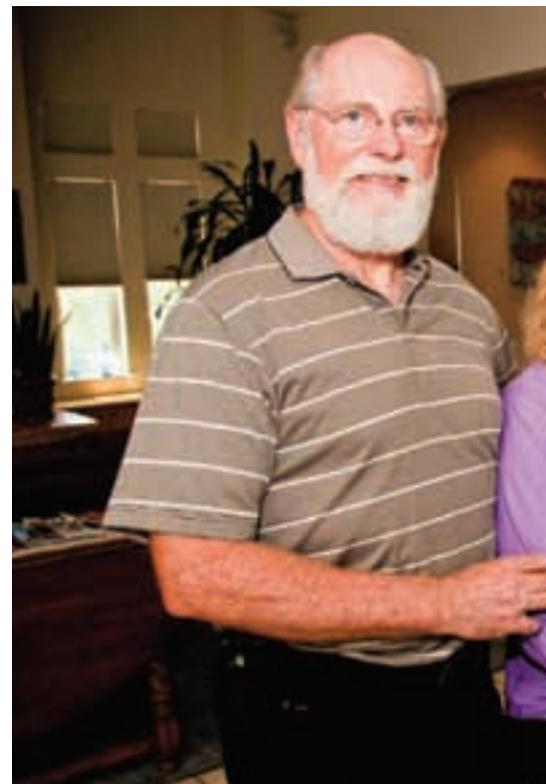
AT HOME WITH Bill and Anita Hall

For 30 years, Bill and Anita Hall lived in a cozy home in Arlington, close to their commercial art business and well-suited to rearing their family. With them approaching retirement and their home being paid off, they had a desire to wind down their business so Bill could focus on creating and selling fine art pieces, which had always been his passion. To do this, they decided to sell their home and find one that better suited their tastes. “We didn’t want a “cookie-cutter”

home. We wanted it to fit our needs and our own personalities. We wanted an office, a fine art studio and a place for Bill’s mother,” Anita explained. “We spent a year looking at houses and became aware that nothing we looked at had the features we wanted, so we started talking about building a house that would have those features.”

“When we first got married, we saw the towers out in Cedar Hill and rode out one day to find them. We hadn’t been out here before, and we loved it,” Bill said. “We couldn’t afford it then, but when we could, we started looking out here again. We fell in love with this lot and bought it. All of a sudden, we had to design and build a house, so we started budgeting like mad.”

Bill and Anita began building in 1999, with Bill doing the design work and much of the construction himself. Unfettered by the constraints of architecture training, he designed the





UGLY COUNTERTOPS?

Don't Replace, Refinish!
 • FAST, 2-DAY PROCESS
 • THOUSANDS LESS THAN REPLACEMENT!



BEFORE



After!

Please call for appointment to visit our showroom

\$75 OFF

Counter top refinishing with 25 sq. ft. minimum.

Limit one coupon per project. Valid only at participating locations. Coupon expires 9/30/11

\$35 OFF

Bath tub refinishing

Limit one coupon per project. Valid only at participating locations. Coupon expires 9/30/11

We Also Repair and Refinish:

- Bath tubs
- Tile Showers & Walls
- Sinks & Vanities
- Fiberglass Tubs & Showers

All Work Guaranteed

Call for a FREE Estimate!



Miracle Method[®]
SURFACE REFINISHING

181 S. Watson Rd., #306
Arlington, TX 76010

Please call for appointment **817.201.2774**

Each Miracle Method franchise independently owned and operated. See our work at MiracleMethod.com/



JIM McDONALD
Agent




314 North Main Street
 Duncanville, Texas 75116
 Office # (972) 298-4491
 Fax # (972) 298-3005
jim.mcdonald.b4ee@statefarm.com

STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

"Like a good neighbor, State Farm is there™"



MASON'S

CHICKEN & SEAFOOD GRILL

702 N Hampton Rd. Desoto (972) 223-0111 | 3950 S Carrier Pkwy #126, Grand Prairie (972) 262-SEAFOOD (7323)

50% OFF

ANY ITEM

with purchase of item of equal or greater value. Offer expires 10/15/11

Visit our website for our menu at www.masonsfoods.com



home as an artist would, including building a scale model of his vision so Anita could better visualize how the home flowed. The contractors they hired even used it as a reference. The full-size result of Bill's vision, completed in 2001, is a bright, spacious home designed to be comfortable and functional as a gallery for Bill's fine art pieces.

The four-bedroom, three-and-a-half-bathroom home sits on a large, wooded lot, located in the lowest point in the neighborhood, which gives it a secluded feel. The lot has plenty of trees and a small creek running through it. The home has an open floor plan and is wheelchair-friendly because Bill's mother, who lives with them in her own space in the finished basement, has arthritis and may need a wheelchair someday.

The first thing visitors see in the spacious entryway is a soaring ceiling with niches on the facing wall. Several of Bill's large art pieces grace the walls and nestle in the niches. The couple maintains an office filled with a lifetime's worth of awards, artwork and photographs. They wanted to be able to use the entryway, so they added a door that leads out to the garage. "We put our office near the front of the house because it creates a natural separation for us. When we leave the office, even though we're only going to a different part of the house, we feel like we're



Cedar Hill Design Center Inc.

- Home & Professional Office Design
- Remodeling
- Staging
- Retail Showroom: Furnishings, Accessories, Lighting, Window Coverings, Fireplaces, Reupholstery
- Numerous Awards
- Registered Interior Designers

"We shape our dwellings, thereafter our dwellings shape our lives."
Winston Churchill

1001 S. Hwy 67 • Cedar Hill, TX 75104
972.291.2070 • cedarhilldesigncenter.net

Thursday 9/15
11am • 2pm • 7pm
Tips & Treats
Meet your new designer
at our Insight! Events

A fully equipped Pilates Studio featuring comprehensive Pilates training.

Group Mat Classes
Private Equipment Classes

Call Studio For More Information

Up STAIRS PILATES

712 N. Hampton #210, Desoto, Tx
972-223-0011 www.upstairspilates.com

Arbor House

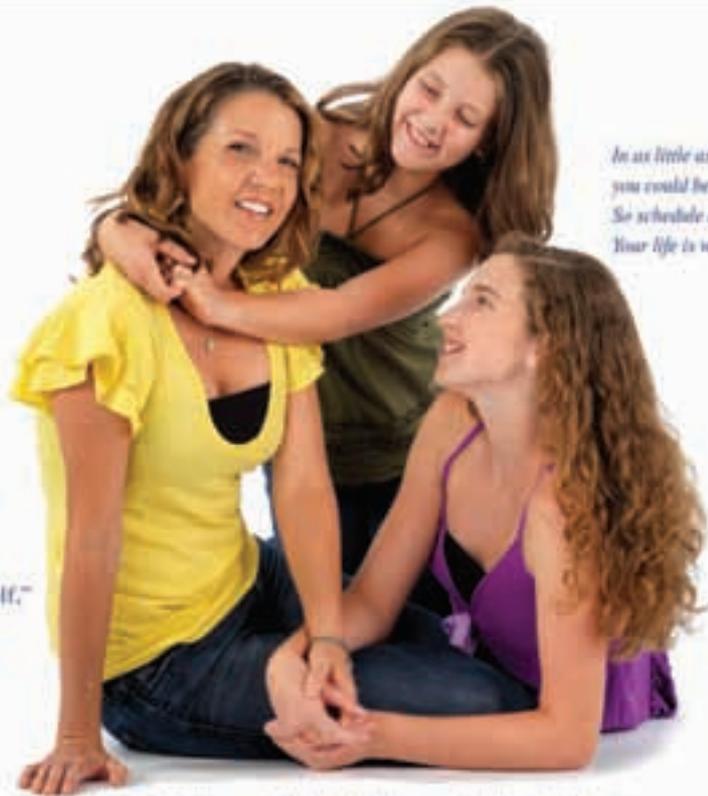
Giving New Meaning to Life

Specializing in Dementia & Alzheimer's Care

8027 West Virginia, Dallas, TX 75237
972-298-1331

“A 20-minute mammogram gave me a lifetime with my family.”

At age 37, Angie Viscuso got her first mammogram – and a breast cancer diagnosis. “The cancer was so small that I wouldn’t have found it by myself,” she says. Treated at Baylor, and now cancer-free, Angie’s a big believer in early detection. “The mammogram really did save my life.”



In as little as 20 minutes, you could be screened for breast cancer. So schedule a digital mammogram today. Your life is worth the time.



Presented by
Tom Thumb

Call 1.800.4BAYLOR - Visit www.BaylorHealth.com/CelebratingWomen

In addition to helping prevent your own breast cancer, join us in our cause to prevent breast cancer in all women. Come to the Celebrating Women luncheon to fight breast cancer on October 28, 2011.

Are you ready for some football?

Bring your dog to camp for big game weekends!



FREE BATH or FREE POOP SCOOP for boarding stays/pet services during football game weekends

Coupons must be presented at time of purchase. Not valid with any other discounts. Expires September 30, 2011.



Camp Bow Wow / Home Buddies SWDallas
972-296-WOOF
519 E Highway 67- Duncanville, TX 75137
swdallas@campbowwow.com
www.campbowwow.com/swdallas

Scentsy
INDEPENDENT CONSULTANT



Do you know someone that would like to earn extra cash? Be your own boss & work the hours you want! Or try Scentsy Fundraising for your Organization!



Call Debi today to Book Your Party and Earn Free and 1/2 Price Scentsy!



Debi Mangan
Super Star Director
www.eFlameless.com (972) 937-1440 Office
debimangan@sbcglobal.net (972) 258-3513 Cell



“I work with cement. It’s a mix of painting and sculpture. When we were building the house, I learned how cement takes different forms. I buy all my art supplies at Home Depot.”



**NOW ACCEPTING
NEW PATIENTS**



ADRIENNE W. SMITH, PA-C
Family Practice



CECIL C. BAILEY, MD
Board Certified Internal Medicine

SPECIALIZING IN
ADULT PRIMARY CARE

ANNUAL SCREENINGS

WEIGHT MANAGEMENT

MANAGEMENT OF CHRONIC CONDITION

COST-EFFECTIVE HEALTH SERVICES

MEDICARE & MOST MAJOR FORMS
OF INSURANCE ACCEPTED



HERITAGE
MEDICAL & WELLNESS

200 BRYAN PL • CEDAR HILL, TX • 972.299.0003

Fabylous
Pet Salon

Specializing
in all breeds.

115 South Broad St.
Cedar Hill

Located in the historical downtown
at 547 E. 30th St.

972-293-8080

Early Bird 10% & Late
Pick up available

Dress: Fabulous Extravaganza



Buy 3 personal training sessions

**GET ONE
FREE!**

SNAP
FITNESS-PH.D.

Test • convenient • affordable

Call Now: 972-572-9993
723 W. Wheatland Rd. • Duncanville
(Near Tom Thumb in The Village Shopping Center)

Ask about family specials. Limited time only! Offer expires 9/30/11.
Some restrictions may apply. Tap for details.

Transform your kitchen into something *beautiful!*

Competitive Pricing

- Granite, Marble & Quartz Fabricator for Kitchen & Bathroom Countertops
- Extensive Color Selection Combines Beauty, Function & Elegance to any Bathroom or Kitchen!

Come see our wide selection! SHOWROOM HOURS: MON-FRI 8AM - 5PM, SAT 10AM-2PM

ZODIAC Caesarstone ilestone Caesarstone ilestone

Up to 15 Year Warranty on Some Products

MTM Countertops

2460 Hwy. 287 N. • Mansfield
(Northbound service road-between
Callendar Rd. & Turner-Warnell)
Call 817-477-8663



FREE Estimates



FREE
18 gauge Stainless Steel Sink
(\$350 value)
Call or visit our website for details!
www.MTMCOUNTERTOPS.com

"Come as Ladies ... Leave as Queens!"

CAPELLA PARK SALON
Full Service Salon
Servicing ALL Hair Types
Walk-ins welcome
NO OVERBOOKING!
Online scheduling available

New Client Special
\$10 Off Hair Care
or
Mani/Pedi Combo Service
With ad. Offer expires 10/31/11

3713 Pallence Blvd. E.
Dallas, TX 75236
(972) 803-8868
www.capellaparksalon.com
Find us on Facebook!

Over 45?
Don't wait, get screened!

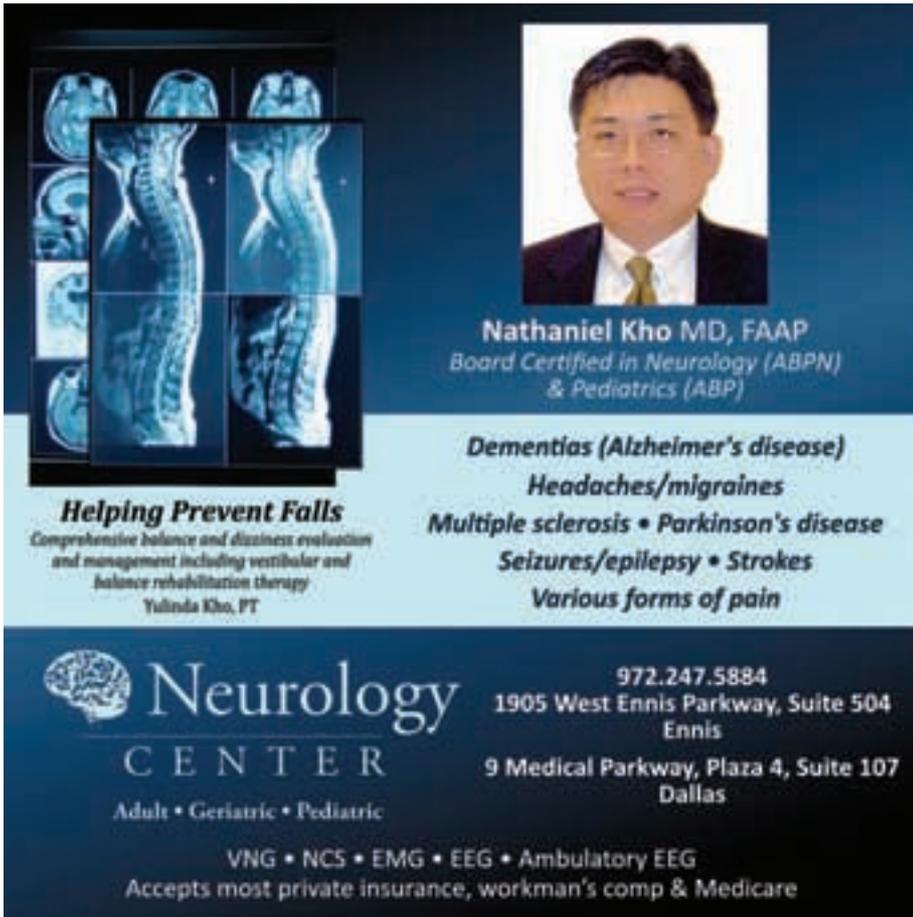
Conditions Treated:
Hemorrhoids, Constipation,
Crohn's Disease, Ulcerative Colitis,
Colon Cancer

Services: Colonoscopy,
Minimally Invasive Surgery,
Surgical & Non-Surgical Care

Paul S. Hackett, M.D.
Board Certified Colon & Rectal Surgeon

TRINITY
colon & rectal surgery clinic

Office Hours: Mon-Fri 9am - 5pm
777 E. Wheatland Road, Ste. 105
Duncanville, TX 75116
972-709-9300 • www.trinitycolonrectal.com
Se Habla Español



Nathaniel Kho MD, FAAP
Board Certified in Neurology (ABPN)
& Pediatrics (ABP)

Helping Prevent Falls
Comprehensive balance and dizziness evaluation
and management including vestibular and
balance rehabilitation therapy
Yulinda Kho, PT

Dementias (Alzheimer's disease)
Headaches/migraines
Multiple sclerosis • Parkinson's disease
Seizures/epilepsy • Strokes
Various forms of pain

Neurology CENTER
Adult • Geriatric • Pediatric

VNG • NCS • EMG • EEG • Ambulatory EEG
Accepts most private insurance, workman's comp & Medicare

972.247.5884
1905 West Ennis Parkway, Suite 504
Ennis
9 Medical Parkway, Plaza 4, Suite 107
Dallas



Accepts CCA (formerly CCMS) from the following counties:
Dallas, Tarrant and Denton
accepting children from age 6 weeks to 12 years old
Curriculum taught: High Reach Learning
Hours of operation: Monday-Friday 6:00am - 6:30pm • Military discount offered
Before- and after-care • Tutoring Offered

Where Kidz Connect Academy

Bring this ad and
your application fee
will be waived.

Offer good until July 2012

513 Straus Road Cedar Hill, TX 75104 • Phone: 972-293-6767
Fax: 972-293-6768 • www.wherelidzconnectacademy.com



Catfish Fridays
Fish & Shrimp Lunch
Combo is BACK!

\$1 OFF ANY DINNER

Offer not valid on lunch specials.
Limit one coupon per customer. Exp. 9/30/11

107 N. Cedar Ridge Dr.
Duncanville (972) 283-3030

Hours: Tues Thurs: 11am-8pm
Fri & Sat: 11am-9pm

www.CatfishFridays.com



leaving work behind,” Bill explained.

Bill and Anita put a lot of effort into making their home energy-efficient. The home office features narrow, low-E windows that break up the space but allow plenty of light and make it easier to insulate. The house’s walls are six inches thick and filled with rigid foam and wood sheathing, which adds structural strength, while sealing the outside of the home. Cool ply decking for the roof and a radiant barrier in the attic keeps the highest parts of the house cool no matter how hot it is outside.

The open kitchen invites family and friends to gather there. Bill painstakingly cut and carved a curved pattern into the tile backsplash, which continues onto the front of the breakfast bar, though he chose to use broken tile on the bar because the kitchen backsplash was so difficult. He and Anita chose to use tile throughout because it is easy to clean and will last longer than carpet. Bill even chose to build the supports for a table in the informal dining area near the kitchen out of tile. The tile on the floors is a neutral color, but there is a twist. “I hate monotony, so Bill cut out arrows from darker tiles and broke up the lines with them,” Anita laughed.

Beyond the kitchen is a modern, yet cozy, living room, the focal point of which is a floor-to-ceiling fireplace, television and sound system, and artfully built clock. Upstairs is an unfinished loft area, which will house a library and more art and be accessible via a spiral staircase. Off the living room is a formal dining room.

The master bedroom is a place of solitude and has a large master bath with a handicap-accessible, no-threshold shower and cabinets built into the walls to make the best use of space and maintain the aesthetic appeal.



In the finished basement is a large room that features a dance floor made of Italian porcelain tile, complete with a disco ball. There are smaller rooms at either end of the space: one is a spacious home gym and the other is Bill's mother's bedroom, which she decorated herself. One side of the dance floor has a large kitchen and wet bar. The other side opens to Bill's art studio — large, very bright with large doors to the outside to allow Bill to move his art effortlessly. The studio also has plenty of storage for his supplies and completed works. "I work with cement. It's a mix of painting and sculpture. When we were building the house, I learned how cement takes different forms. I buy all my art supplies at Home Depot," Bill admitted with a laugh. "I pour the cement on Hardie Board, then add pigment and shape it, carve it and polish it."

A final feature in the master bedroom, on the first floor well worth mentioning, is a narrow piece of old Sheetrock, framed and mounted on the wall among the art — a piece of Bill and Anita's former home. On it are the lines they drew when measuring the heights of their children — now ages 33 and 34 — as they grew up. While the Sheetrock is the only tangible reminder of their Arlington home, there's still an emotional tie to it: "The layout of our new home is almost exactly the same as our first house, just bigger and multistory," Bill said.

"We've been commercial artists since 1970," Anita added, "but Bill has always had fine art in his heart. He was one of the founding members of 500 Expo — an exhibition space for up-and-coming artists in the Dallas area," Anita said.

"And now that our business is winding down," Bill said, "I can devote the majority of my time to fine art." **NOW**

Your Hearing Care Specialists

- Latest in Hearing Instrument Technology
- 30-day Hearing Aid Trials
- Diagnostic Hearing Evaluations
- Hearing Aid Repairs
- Batteries and Hearing Aid Supplies
- Custom Swim Molds
- Insurance Welcome
- Medicare Accepted
- Satisfaction Guaranteed



Barbara J. Perker, Ph.D. CCC-A
Audiologist

www.swshc.com

Hearing Solutions

Serving Our Community Since 1997

2715 Bolton Boone, Suite C • DeSoto, TX 75115

 Near Charlton Methodist Hospital • 972-572-5582 



Bridgette Levine
Insurance Professional



FARMERS
Bridgette Levine Agency

1619 N. Hampton Road, Suite 130

DeSoto, TX 75115

Bus: 972-296-4300

blevine@farmersagent.com

Auto • Home • Life • Business

Providing
compassionate,
high quality care
24 hours a day,
7 days a week

 *Animal*
Emergency
Hospital
of Mansfield



www.mansfieldanimaler.com

817-47ERVET (817-473-7838)

301 N. US Hwy 287 @ Broad St.
(2 miles north of S.H. 360 and 287) MANSFIELD 76063



And Everything Nice

200 S. Main St.
Duncanville, TX 75116
(972) 296-NICE (6423)
Web site: andeverythingnice.com
E-mail: andeverythingnice2010@yahoo.com
Become friends on Facebook.

Hours:

Monday-Friday: 9:00 a.m.-6:00 p.m.
Saturday: 9:00 a.m.-5:00 p.m.



The employees at And Everything Nice are eager to show their many gift items. For that extra special nice touch, have your gift monogrammed or personalized.

A Nice Little Niche

Believing everyone is someone, Missi Armstrong strives to have something nice for each person who comes into her gift shop.

— By Beverly Shay

For a little over a year, a nice little gift shop has been expanding its way into the heart of Duncanville, offering all manner of enticing gifts. “I wanted to provide gifts, particularly unique customized items, something different and personal,” confided Missi Armstrong, owner of And Everything Nice. Missi spent years learning the retail world, beginning with her degree in marketing from Baylor University. “I have worn every hat in retail: buyer, assistant manager, store manager, district manager, merchandise coordinator, human resource manager and payroll clerk,” she recalled.

Missi mostly grew up in Grand Prairie. She met a young man named Danny on a blind date while she was attending Baylor,

“even though he was an Aggie,” she revealed. “My sister’s boyfriend was determined to find a date for me, so he could date just my sister.” Although the attraction was immediate, Danny had to wait 15 years for Missi to explore the world of her retail career dreams, before they married nearly 10 years ago. Her dreams took her to Allentown, Pennsylvania, where she worked for Hess’s Department Stores as a designer dress buyer. Working in New York was a dream come true. Later, while working in Nebraska, she returned to the Dallas area for a class reunion, where she “re-met” Danny and decided to move back. More retail experience included working for Old Navy, Victoria’s Secret and the Bombay Company. Missi also served as

Business **NOW**

the Women's Initiatives director with the American Heart Association.

Missi opened her gift shop in August 2010 and has built up a broad range of items. Examples of items found in the store include: ladies accessories, such as Vera Bradley and DaVinci beads; housewarming gifts, such as Tyler candles, dip chillers and mixes from Country Home Creations; and baby and wedding gifts and accessories. Many items can be personalized or monogrammed in-house, often with a one-day turn-around. Custom designs can be machine-embroidered. And Everything Nice carries a small selection of men's gifts, including monogrammed ties, as well as a line of hand-drawn invitations, cards, stationary, crosses, T-shirts and quilts. Many items are under \$20. Every item purchased receives a free one-letter/one-name monogram.

Second only to providing fun, quality merchandise is Missi's desire to ensure very personal customer service. "We know most of our customers by name. If we haven't met them before, by the time they walk out the door, we know them, and their families, as friends by their next visit. I really want to help them find just the right gift," Missi stated. Her 1,400-square-foot shop is chuck full of all kinds of goodies to guarantee a browsing-good time. "If we don't have what you're looking for, we certainly will make every effort to get it."

Missi's faithful sidekick in the shop is Pat Whitten, a former school teacher (for 17 years), who promotes Missi as much as she does the merchandise. Other nice cohorts include Vickie Hunt, Sharon Rodgers, Sondra Wilcox and Marilyn Alden, who is the dedicated personalizer. "No one can personalize like Marilyn," Missi boasted. "She adds her special touch to wedding gifts and accessories and her famous one-of-a-kind Christmas ornaments, which will be available the first week of September. Marilyn drives down from Rowlett three days a week, just to work here!"

So, whether you are looking for home decor items, a unique and personal gift, jewelry or just a good time browsing, check out And Everything Nice. You will probably find they live up to their name. **NOW**



GRACE BUFFET
DINE-IN OR TAKE-OUT

Mon-Thur 11:00am - 10:00pm
Fri-Sat 11:00am - 10:30pm
Sun 11:00am - 9:30pm

700 S. Cockrell Hill Rd.
Suite 180 • Duncanville
Tel: 972-283-8881

ALL YOU CAN EAT BUFFET
CHINESE FOOD, Hibachi Grill AND SUSHI

10% Off
Adult Buffet
One coupon per table. Dine-in only.
not valid with any other offer.
Offer Exp. 9/30/11



Store Hours:
Mon-Sat. 9-5:30

Kids back in school... yeah. Take some time for yourself! Come see the new winter VERA BRADLEY COLORS Sept. 22.. And enjoy lunch with us!

Cozy Stadium Blanket
White supplies last...

Follow us on facebook:
Andeverythingnice

Look... Ornaments arrive in early September!
(apologies for rushing the season, but we try to avoid long waits)
Look for them right after Labor Day...
Old ones - New Ones.
Every - occasion - ones
& All beautifully Personalized
Just 4 U!

NEW! DaVinci
of Colors, a Beautiful & Meaningful

Locker Lookz

20% OFF!
A REGULAR PRICED item expires October 31st



A group of kids hang out and have a blast at the park.



Crawford Park Pool WSI Meredith Davis teaches a swimming lesson to Chaitan Ravi and Olivia Vittrup.



Cedar Hill Chamber members hold a ribbon cutting to welcome BT Studio, the gentleman's barbershop where Old World tradition meets contemporary style.



Big John's Nursery employee Raymond Morales waters the bougainvillea bushes.



USPTA Coach Martha Franklin with a group of summer youth tennis students.



Derek Palizay receives his favorite cup of joe from his wife, Jordan, at White Rhino Coffee.

**Renaissance Village
Apartments AND Duplexes**

★ **PRAY FOR OUR TROOPS** ★

Now Leasing
1, 2 Bedroom Apartments
and
1, 2, 3 Bedroom Duplexes

Prices starting at
\$495
per month

Centrally located in Duncanville, one block from Merrifield Elementary School, Reed Middle School, Armstrong Park, Randy's Supermarket (formerly Minyards) and more...
Family Owned and Operated.

308 Fouts Ave. • Duncanville, TX 75137
972-298-3352

Making a Difference, One Boat at a Time

Family Owned
And Operated

• Boat Repair
• Boat Sales
• In Shop Or At Your Dock
• 12+ Years in The Boat Business

LoneStar
marine service

Call Terry with any questions or needs 972-670-9692
Call For Appointment • Located In Cedar Hill

Lessons
Weddings
Special Events

Violin playing can be one
of the greatest experiences in life

682-552-0530
www.bernhardsviolin.com

Krazy Kustomz
powder coating

Nobody gets it on like we do!

Powder Coating
Sandblasting
Polishing
Small Engine Repair & Maintenance
Bikes ~ ATV's ~ Hot Rods ~ Classics

kkustomz91@yahoo.com ~ Red Oak, TX
972-814-2765 ~ www.krazykustomz.org



LaJauta Dauda talks on the phone while getting a shampoo from Raw Cut's Tiffany Cuington.



Dr. Olusanya, owner of Charter Medical Center, recently celebrated 35 years of service to his patients.



Keaton Speaks and Todd Sims beat the summer heat and bowl a few games in the A/C at AMF DeSoto Lanes.



Star Car Wash employee Jamelle Johnson puts the finishing touches on a blue Mustang.



Representative Christine A. Horne, GLA (pictured) cuts the Chamber ribbon for America's Business Benefit Association, a nonprofit association that endorses specific Health & Life Benefit plans.



USPS mail carrier Victor Dunn makes deliveries in the brutal summer heat.

BURRITOS Xpress
1486 N. Hampton Road
972-224-1084

Buy 1 Taco Get 1 Taco FREE <small>with coupon. Exp. 9/30/11</small>	Buy 1 Burrito Get 1 Burrito 1/2 OFF <small>with coupon. Exp. 9/30/11</small>
---	--

Dick's Where Locals Meet...
Monday - Friday ONLY PLEASE!
**Buy one Whole Mess
Get one 1/2 price!**
Present coupon when ordering. before September 30, 2011

610 Uptown Blvd, Cedar Hill 972-293-9944

**LATEST TECHNOLOGY
LOW-COST LASER**

Affordable Treatments! Yes!

**Stretch Mark Removal
CALL FOR FREE CONSULTATION
214-949-0972**

CREATIVE LASER TATTOO REMOVAL CLINIC, LLC
Located near Historic Downtown Waxahachie
By Appointment Only.
www.CreativeLaserTattooRemovalClinic.com

**New Patient
Specials
Free Whitening**
with completion
of a x-rays & exam

**align
Orthodontic
Treatment**

JOHN H. KNOWLES, D.D.S.
SPECIALIZING IN FAMILY & COSMETIC DENTISTRY

216 DALTON DRIVE
DE SOTO, TEXAS 75115
(972) 274-2900
(972) 274-2024 FAX



Nicholas Alvarez enjoys his first time at the circus with his cousin, Kennedy Williams.



Duncanville police officers and department veterans, Ross Dobelbower and Jeff Etesam, compete in the annual Texas Police Games and earn top prizes in the pistol competition.



Stuart Boston, Jed Urban and Timothy Revette stop for a photo on their way to the Public Library and Recreation Center.



The Villa at Mountain View residents, Richard Shearer and Gladys Jefferson, fish at Lakeside Park with Marquis Ross.



Diego Mireles changes the gas prices at the 7-Eleven on Main Street.

OLADELE OLUSANYA, MD
Family Practice, Pediatrics and Obstetrics

Charter Medical Center
 8067 W. Virginia Dr • Dallas, TX 75237
 972-230-5601

A Higher Standard of Care

AFFORDABLE KITCHEN REMODELING
 QUALITY AT THE BEST PRICE

\$ Save Thousands By Refacing Your Old Cabinets \$
 Cabinet Refacing, New Cabinets, Countertops - Granite & Laminate

FREE IN-HOME ESTIMATES
 Mention this ad for 10% Off!

469.232.8690

HVAC
 SERVICE & REPAIR

T&S Heating & Air Conditioning
 Service and Repair • Replacement

(817) 269-6531
 1210 Mineral Wells Hwy. • Weatherford

Earn Bonus Bucks On Repairs & Referrals
\$50 Value
Must have reason. Offer Expires 9/30/11

Super Summer Saver!
A/C SERVICES SPECIAL
ONLY \$69⁹⁵
Must have reason. Offer Expires 9/30/11

Expert Service & Repair
 New Installation
 Residential & Commercial
 TACL#B24144E

THE STUNT GYM
The Christian Gymnastic School

Enroll Now!
HALF OFF
1st Month Tuition

When you enroll. With ad. Other requires \$30/11

621 Jealousy Way
 #107, Cedar Hill, TX
 469-744-4471

Healthy Aging Month

Americans are living longer. Life expectancy in the U.S. is now 78.7 years, as compared to a life expectancy of only 47 years in 1900. Almost three-fourths of Americans live to be elderly. Can life expectancy be improved further? Other countries, such as Japan, already have higher life expectancies than the U.S.

But are American seniors healthy? Among the aged in the U.S., seven of every 10 deaths are from heart disease, cancer or stroke. These are followed closely by respiratory diseases, most attributable to smoking. Despite declines in these diseases over the last 20 years, there is still significant room for improvement. Prevention of disease through healthy lifestyle choices, such as: better eating habits, exercise programs, smoking cessation and stress reduction, could not only improve longevity but also productivity and well-being.

Quality of life is an important consideration in any discussion of lengthening life span. Few people would consider a longer retirement full of debilitating ailments as progress. That situation would place high demands not only on the person who is ill, but on their loved ones, as well as on the American health care system. Among *The National Report Card on Healthy Aging* indicators still needing improvement are reducing obesity, eating enough fruits and vegetables, getting enough exercise and improving oral health. Other areas of focus are preventing cognitive decline, reducing falls and reducing ethnic disparities in chronic disease and treatment.

For most Americans, getting enough food to satiate hunger is not a daily problem. Nine percent of poor families report “sometimes” not having enough food, and only two percent of poor families report “often” not having enough to eat. Understanding the importance of a well-balanced meal is often a greater health issue. Increasing fresh fruit and vegetables, decreasing fat and refined grains in the diet increases vitamin and mineral content and decreases empty calories.

Physical activity greatly improves overall health. Not only does it help curb obesity, but it also improves memory and concentration and elevates mood. A 20-minute walk improves mood for two hours! Exercise also improves sleep, increases energy levels and improves the quality of sexual experiences. Most experts agree that 30 minutes of exercise per day should be a goal for almost everyone. Areas to focus on include: strength, endurance, balance and flexibility.

Chiropractic care has a lot to offer seniors. It can lower blood pressure, reduce the aches and pains of arthritis, restore joint mobility and improve sleep. Your chiropractor can help you start an exercise routine that’s right for your joints, muscles and nerves.

Take charge of your own health. Jack LaLanne put it best: “I don’t care how old I live; I just want to be living while I am living!” **NOW**

Leah Pittmon, B.S., D.C. • Pittmon Family Chiropractic Center

Free Seminar on Healthy Aging

Monday, September 19, 2011
at 7 pm at the office

Light refreshments provided.
Call to reserve your seat.

Pittmon Family Chiropractic Center
103 E Beltline Road, Ste G - Cedar Hill
(Behind Beaux's Ice Cream & Dairy)

Call 972-291-6102
Complimentary consultation by appointment

Part time • Full time • Occasional • Frequent • Last Minute

SeekingSitters
Easy, Safe Babysitting Solutions

Our sitters don't just sit!
All of our sitters:

- Actively with age-appropriate activities
- Are over 18 years of age
- Have extensive child-care experience with all ages of children
- Have successfully completed an intensive background screening process
- Are personally interviewed and selected
- Are insured by CPR and First Aid

SeekingSitters-Downer: *Leah Pittmon*
"As owner of SeekingSitters® and as a mom, I know personally how important and sometimes challenging it can be to find reliable child-care that is flexible around your family's busy schedule. SeekingSitters® is continuously recruiting and certifying experienced and professional babysitters to ensure a qualified sitter is available for your specific request. We look forward to referring a Certified Professional Sitter to your family soon."

DFW Southwest 972.853.7448 • www.seekingsitters.com Find us on: [Facebook icon] [Twitter icon]

735 NORTH HWY. 67
CEDAR HILL
(972) 293-9612

JOE'S CRAB SHACK

PRESENT THIS AD & RECEIVE A FREE APPETIZER
WITH THE PURCHASE OF AN ADULT ENTREE

Not valid with any other offer or discount. Tax & gratuity not included. 1 coupon per party of 4. Value up to \$7.99, no cash value. Offer only valid at the Cedar Hill location. Expires 12/31/11.

Be Aware of Key Benefits of Life Insurance

You may be unaware of it, but September is Life Insurance Awareness Month. And while a whole month may seem like a long time to focus on life insurance, it's actually a good opportunity for you to realize the important role that life insurance can play in your life.

Unfortunately, many people don't have sufficient insurance. A recent report by LIMRA, a research and consulting group, shows the following:

- Individual life insurance ownership among U.S. households has reached a 50-year low.
- Three out of every 10 households (about 35 million households) currently have no life insurance — an increase of 11 million households since 2004.

These figures help explain why the nonprofit LIFE Foundation coordinates Life Insurance Awareness Month each September. Simply put, many people don't realize how many ways that life insurance can help them and their families.

To be specific, life insurance can:

• **Educate your children** — If you were to die prematurely, your life insurance policy can pay, in whole or in part, your children's college education. And if you live a normal life span, life insurance can help to pay for your grandchildren's college education.

• **Pay off your mortgage** — If you have sufficient life insurance, the death benefit can pay off your mortgage, so your family wouldn't have to move.

• **Help pay for your spouse's retirement** — Your spouse might be counting on sharing some of the money you eventually withdraw from your retirement plans — such as your 401(k) and IRA — to help with his or her own retirement. If you were to die early, your spouse, as beneficiary, would receive the

existing account balances in these plans, but your future contributions would, of course, die with you.

• **Help pay for your retirement** — You don't even have to die to reap some benefits from your life insurance. If you've purchased some form of permanent life, you have the opportunity to build a cash balance. And through policy loans or withdrawals, you can tap into this cash to help you pay some of your expenses during retirement.

• **Help you leave the legacy you desire** — Life insurance can be an important part of your estate plans. To use life insurance properly for estate planning, consult with your legal advisor.

Of course, one big question that you may ask is this: How much life insurance do I need? You've probably seen those estimates that say you should have insurance that's worth a certain number of years times your annual income. While this might not be a bad estimate, it's not a hard-and-fast rule for every single individual. The amount of insurance you need will depend on a variety of factors: your age, income, size of family, value of home, employment situation and so on. Your financial advisor can help you determine the level of insurance that's appropriate for your needs.

Now that you've seen how life insurance may help you over the years, and you've got a sense of how to determine the amount of coverage you need, you can appreciate the message behind Life Insurance Awareness Month. So take it to heart, and make sure you've got the proper insurance plan in place. **NOW**

Contributed by the Edward Jones representatives in Cedar Hill.

Guns SHOOTER'S EDGE
www.SEguns.com

THE PREMIER HUNTING AND SHOOTING STORE IN ELLIS COUNTY
Guns • Ammo • Accessories
Weapon Cleaning

We Offer **CHL CLASSES**

1037 W. Highway 287 Bypass
(By El Fenix) (972) 938-2800
Open Tues - Fri: 10am-6pm
Sat: 9am - 4pm. Closed Sunday & Monday

FALL INTO YOGA!
JUST \$20

Special Mini Fun, Fit & Flex Membership, (5 weeks Reg \$70)
All locations
ENROLL ONLINE!

Free Day of Yoga 9/5 Labor Day!
Dynamic Yoga & Fitness Studio
Hot Yoga • Chill Yoga
Zumba® • Hip Hop • Toning

Yoga4Love.net • 469.437.1334 • Red Oak

trinity church
of cedar hill

Sundays
9:00 and
10:45 am

1231 E. Pleasant Run Rd
Cedar Hill, 972.291.2501
www.trinitychurch.org

September 4

DeSoto, DeSoto ISD and Youth Football pep rally: 7:00 p.m., Grimes Park, 501 E. Wintergreen Rd. Meet Coach Mathis and his Eagles, hear Don Diego and see Independence Day fireworks. (972) 230-9651.

September 8

Music in the Park (free): 6:30, DeSoto Town Center amphitheater. Gospel and jazz artists: Andrea Dawson and Paul Ramsey. (972) 230-9651.

September 10

Cedar Hill Schools Class Reunion: 1:00-5:00 p.m., Old Bray Gym in Cedar Hill. Group photos: 2:00 p.m. 50th reunion for class of 1961. Eva Roberts (972) 217-0202 or Jettie Vincent (972) 291-4902.

September 10, 11

Grand Opening: Dogwood Canyon Audubon Center at Cedar Hill. September 10: 9:00 a.m.-5:00 p.m. September 11: Noon-5:00 p.m. Explore the Best Southwest's newest outdoor attraction: guided hikes, building tours, guest speakers, animal encounters and children's activities. Details at www.dogwoodcanyonaudubon.org.

September 11

3rd Annual Friends of Tri-City Animal Shelter Gala: 2:00-6:00 p.m., Enchanted Memories on the Hill, 1331 S. Cockrell Hill Rd. Tickets: \$55: lunch,

silent /live auctions and entertainment. Call (972) 291-5335 for more information and ticket locations.

September 12

DV Education Foundation Championship for Children Golf Tournament: 1:00 p.m., Thorntree Country Club.

September 17

Lela Evan's Googling for Genealogists: 11:00 a.m.-12:30 p.m., DeSoto Public Library. Free. Details: (972) 230-9661.

September 19

First Annual DeSoto City Manager's Corporate Golf Challenge at Thorntree Country Club benefiting DeSoto Parks and Leisure Services youth programs. Register: (972) 230-9648 or www.ci.desoto.tx.us/golf by **September 9**.

September 20

Louis Lamar's Plan for Your Future — Understanding Long Term Care Insurance: 6:00 p.m., DeSoto Public Library. Details: (972) 230-9661.

September 22-24

DeSoto Arts Commission presents Indiefest at the DeSoto Town Center. Tickets/details: www.desotoartscommission.com.

Music in the Park (free): 6:30 p.m., DeSoto Town Center amphitheater. Country and blues: Joe King. (972) 230-9651.

October 1

9th Celebrating Life Foundation Sister to Sister Festival and 5K Run/Walk: 6:00 a.m.-noon, CH Recreation Center. Breast cancer education and 5K Run/Walk. (972) 501-9981, ext.110 or www.celebratinglife.org.

Music in the Park Concert — Vocal Trash: 6:30-8:30 p.m., Valley Ridge Park Amphitheater, 2850 Park Ridge Drive. Band uses instruments recycled from trash; environmental booths; demonstrations and info on going green.

Bridges Safehouse Inc.'s annual pancake breakfast: 8:00-11:00 a.m., Ninth Grade Center on W. Beltline Rd. The public is invited. Cost: \$10/adults; \$5/children 12/under.

October 8, 9

Cedar Hill's 74th Annual Country Day on the Hill. **October 8** Old Settlers Reunion: 4:30-8:00 p.m. Cost: \$5. Schedule for **October 9** at www.countrydayonthehill.org

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



Aesthetic & Implant Dentistry

- Restorative Dentistry
- Cosmetic Dentistry
- Dental Implants
- Sedation Dentistry

Davis W. Morgan, DDS
972.723.5544
www.dfwsimiledesign.com

KEEP YOUR RETIREMENT ON SOLID GROUND EVEN IF THINGS AT WORK ARE UP IN THE AIR.

few things are as stressful as worrying about work. Because it's easy to feel like things are out of your control, it's essential to consider any financial decision carefully. Especially, when it comes to your retirement savings.

Edward Jones can help. We'll start by sorting through the options regarding your employer's retirement savings plan. Then we'll work with you to develop a strategy that can meet your investment needs, helping to make sure that a bump in the road doesn't upset everything you've worked for.



Charles D. Peyton, AAMS
 Financial Advisor
 875 Straus Rd., #300,
 Cedar Hill, TX 75104
 972-293-2010



Victor Sobers, AAMS
 Financial Advisor
 810 Uptown Blvd., #2400
 Cedar Hill, TX 75104
 972-293-8022



Darryl L. Fenton
 Financial Advisor
 104 W. Beltline Rd., #10,
 Cedar Hill, TX 75104
 (In Maynard Shopping Center)
 972-291-6685

To make sense of your retirement choices call your Edward Jones financial advisor today!

www.edwardjones.com Member SIPC

Edward Jones
 MAKING SENSE OF INVESTING



In The Kitchen With Patricia Seifert

— *By Beverly Shay*

Patricia Seifert, a teacher at Canterbury Episcopal School, defines cooking as “a way to relax, while doing something with a definite start, finish and immediate reward. Leftovers extend the pleasure.” She is self-taught with guidance from her mom in her early years, a cooking class with Joanne Weir during a week in Italy, along with inspiration from cooking shows and cookbooks. “I like to buy what looks good and fresh. I grow basil, which seems to find its way into many of my recipes.”

Patricia loves trying different cuisines, such as Indian, Thai, Italian, Moroccan and German. “I cook for my vegetarian daughter, carnivorous son and easygoing husband, who will eat anything I prepare!” she shared. Other hobbies include reading, swimming, travel and online chatting with international pals. **NOW**

Aunt Mary’s Italian Plum Cake

- 1 cup butter**
- 1 cup sugar**
- 4 large eggs, beaten**
- 1/2 cup nonfat Greek yogurt (optional)**
- 2 cups flour**
- 2 tsp. baking powder**
- 1/2 tsp. salt**
- 12 Italian plums, halved lengthwise, pitted**

Topping:

- 1 tsp. ground cinnamon**
- 1 cup sugar**

1. Preheat oven to 325 F (350 F for metal pan).

- 2.** Lightly grease a 9 x 13-inch pan with butter.
- 3.** Cream butter and sugar; beat in eggs and yogurt. Stir in flour, baking powder and salt. Spread batter in pan.
- 4.** Arrange plums, skin sides down, evenly over the batter.
- 5.** Mix the cinnamon and sugar; spread mixture evenly over cake.
- 6.** Bake for 40 minutes, until topping is melted and fruit bubbles. Serve warm.

Baked Tilapia With Lemon Herb Crust

- 2 slices whole grain bread or 1 large roll**
- 1/4 tsp. salt**
- 1/8 tsp. ground black pepper**

- 1-inch-long strip of fresh lemon peel, white part (pith) removed**
- 1/3 cup loosely packed, mixed fresh herb leaves: flat-leaf parsley, dill, basil, thyme, tarragon or cilantro**
- 1 clove garlic**
- 2 Tbsp. light mayonnaise**
- 2 Tbsp. nonfat plain Greek yogurt or reduced fat sour cream**
- 4 tilapia or barramundi fillets (1 lb.)**
- 2 tsp. fresh lemon juice**
- Cooking spray**

- 1.** Preheat oven to 425 F
- 2.** In a food processor, pulse bread with salt, pepper and lemon peel until small crumbs form. Set aside.
- 3.** Pulse herbs, garlic, mayonnaise and yogurt in processor until a paste forms and the garlic disappears.
- 4.** Line a baking pan with foil; spray with cooking spray. Arrange fillets on foil; sprinkle with lemon juice. Evenly spread top side of fillet with mayonnaise mixture; cover with bread crumbs. Spray with cooking spray.
- 5.** Bake 15-18 minutes, until crumbs are golden and fish flakes easily. Serve immediately.

Corn and Fennel Sauté

- 1 Tbsp. canola oil**
- 1-inch chunk fresh ginger, peeled and minced**
- 1/2 sweet onion, diced**
- 1 leek, pale green and white only, diced**
- 1 bulb fennel, white only, diced**
- 2 ears fresh sweet corn, removed from cob**
- 1 dried red chili pod, broken up, or 1 tsp. crushed red pepper flakes**
- Salt and pepper, to taste**
- 1 Tbsp. butter**
- 1 tsp. fresh lemon juice**

- 1.** Heat oil in a large nonstick skillet. Sauté ginger and onion 1-2 minutes on medium-high heat, stirring frequently. Add leek; reduce heat to medium. Cook, stirring frequently, until leek and onion begin to caramelize. Add fennel and cook another minute, letting moisture from the leeks emerge.
- 2.** Add corn and dried chili; stir corn gently. Cover, raising heat if necessary, to release the corn’s moisture. Sprinkle with salt and pepper. Remove from heat when corn is tender crisp. Dot with butter and squeeze lemon over all; stir.



Creating Beautiful Smiles

Walnut Grove Dental

Joshua E. Foreman, DDS, and Associates
Family, Cosmetic and Sedation Dentistry

- Hours: Mon- Thurs 8:00 am - 5:00 pm & Fri by appointment
- Accepting New Patients
- We accept most insurance plans



10% OFF

Athletic mouthguard/football guard

Please mention this offer when calling to inquire and/or schedule. Please call us for details/ not to be used in conjunction with any other offers/ no cash value. Exp. 10/15/2011



FALL SPECIAL

FREE!

**Sleep Dentistry
Non-IV Conscious Sedation**
(comfort without the cost)

When scheduled for your Complete Accepted Treatment Plan! (This is a \$350 Value)

Please mention this offer when calling to inquire and/or schedule.

Please call us for details/ not to be used in conjunction with any other offers/ no cash value. Exp. 10/15/2011

NEW PATIENT SPECIAL

COMPLETE EXAM & X-RAYS \$79 and a CLEANING \$49

(This is a \$310 value)

Please mention this offer when calling to inquire and/or schedule.

Please call us for details/ not to be used in conjunction with any other offers/ no cash value. Exp. 10/15/2011

403 W. Wheatland Road
Duncanville, TX 75116

972-298-4191

www.mywalnutgrovedental.com

FREE
WHITENING
for all
NEW PATIENTS
*Please call for details**



Like us on Facebook

PULLIAM POOLS

would be honored to build your
outdoor stay-ca-tion destination!

Named Top 50
Pool Builder
by Pool & Spa News
for nine consecutive years.

Named
Weatherford Chamber
Big Business
of the Year in 2008

New Pool Construction
Renovations • Outdoor Kitchens
Fireplaces • Waterfalls • Fountains



Pulliam Pools

Responsible Pools Built on Experience Since 1968

817-346-4778 www.pulliam.com
2725 Altamesa Blvd. - Fort Worth, TX 76133



1-800-PLUMBER®



Available 24/7

Complimentary
Estimate - No additional
charges for nights,
weekends or holidays

Friendly Professional
Technicians -
Background checked
and drug screened

1-800-758-6237
www.1800plumber.com

Follow us on 

LOCALLY OWNED AND OPERATED


\$50 Off Any
Plumbing
Service

Coupons may not be combined with any other offer.
Expiration date 11/30/11