

Southwest NOW

Cedar Hill | DeSoto | Duncanville
MAGAZINE

NOVEMBER 2011

SCENE OF TRAGEDY

Mary Sue Bennett will never forget her up close encounter with President Kennedy.

Also Inside

A Doctor for Everyone
In the Kitchen
With Annell Buckner

HER GOTHIA
CUP OF TEA

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On The Cover



Sue Bennett poses in front of a photo of President Kennedy's motorcade in the Sixth Floor Museum in Dealey Plaza.

Photo by Opaque Visuals.

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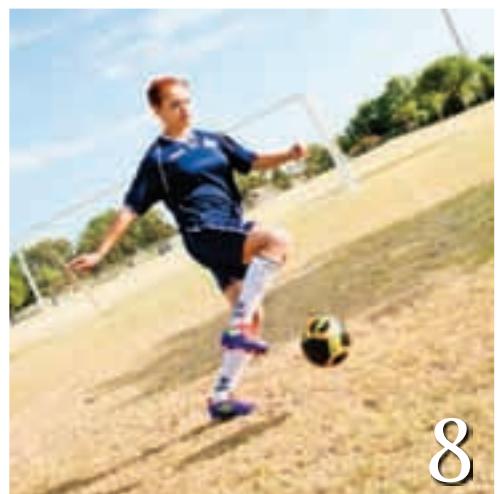
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Editor's Note

Happy Thanksgiving!

Thought I would share with you some of the things on my Thankful List: I'm thankful for hot and cold running water, and that I don't have to bathe in stagnant, tepid water. I'm thankful for coffee and the freedom to mix my own blend. I'm thankful for my most amazing children, their spouses and my delightful, adorable grandsons — every one of them makes me so darn proud. I'm thankful for a husband, who has endured 30-plus years with me and is turning out rather well, if I do say so myself. I'm thankful to be an American, thankful to be able to live so comfortably. I'm thankful God calls me His daughter and hangs my photo on His fridge, not terribly far from the top.

Congratulations to Errol Spence, featured last month in our DeSotoNOW article, for qualifying to represent the U.S. in the 2012 London Olympic Games!

Enjoy being thankful,

Beverly

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EAGLE EXPRESS

2011-12: The STAARt of something big!



DeSoto ISD major initiatives for 2011-12

Learning is taking place everyday across DeSoto ISD. Embracing change and learning to 'do' with less funding has become the new normal. The amazing staff and students spend the day engaging in academic rigor calculating mathematical equations, writing essays about various topics, conducting scientific experiments in state of the art labs, learning about our history and studying other cultures. DeSoto ISD students spend time exploring art, music, technology, and much more in electives and are often at school before or after the regular day for extra-curricular activities especially at the secondary level.

The whole community is watching as construction at DHS will provide new, expanded facilities for the College and Career Academies to move into next fall! Academy-style learning began this year with students enrolling in electives based on career interest as well as taking their core classes within their academy. Over 160,000 square feet of learning space is being added to the existing campus and will eliminate the existing portables as well.

It is easy to work day to day, but DeSoto ISD is also looking at the big picture to see where we can improve! The district is engaging American Productivity and Quality Center (APQC) for an effectiveness and efficiency study of organizational structure and procedures. Assessing and streamlining every function of the district will further increase savings while increasing productivity.

The district recently joined with *Education Is Freedom* to develop a culture of expectation that all students, starting with middle schools students, pursue higher learning.

The district began a series of Climate Surveys for staff, parents, students and community to develop future improvement plans and campus/district goals. Watch online for links for parents, students and the community to offer input on district topics.

The new Superintendent's Student Advisory Council recently had their first meeting of the year. The Council, with 40 students in grades 9-12, will have monthly meetings during the school year to gather input from the high school students on a wide array of topics.

As you can see, DeSoto ISD is starting something big! It is a transformation of a culture and raising expectations even higher for staff, students, parents and the community.



calendar of events

November 3, 7 p.m. – DeSoto Eagles Football at Longview (TV-FSSW)

November 5, 6 p.m. – DeSoto ISD Seniors Prom, age 55 & up

November 10 – DeSoto ISD Education Foundation Annual Drive Kickoff Luncheon

November 12 – Council of PTAs Parent vs. Staff Basketball Game

November 14-18 – DeSoto ISD Parent Involvement Week

November 14, 6:30 p.m. – Board Meeting, Board Room

November 21-25 – Thanksgiving Holiday, No School, Offices Closed

December 19-30 – Winter Break, No School, Offices Closed

STAAR is coming

The new state assessment, STAAR, will begin this year with still much to be decided by the state.

STAAR Assessments for Grades 3-8:

- 3-8 mathematics
- 3-8 reading
- 4 and 7 writing
- 5 and 8 science
- 8 social studies

12 End of Course (EOC) Assessments:

- English I, English II, English III
- Algebra I, Geometry, Algebra II
- Biology, Chemistry, Physics
- World Geography, U.S. History, World History

The new assessment will be more rigorous and timed (TAKS was not). Standards for EOC will be released in late spring. Gr. 3-8 will not be released until the fall of 2012.

STAAR will allow parents to view student scores through a data portal.

EOC Assessments will begin with this year's 9th graders. Current students in grades 10-12 will finish under the previous TAKS system.

The goal is for Texas to rank in the top ten among states in percent college-ready and the percent graduating under the recommended or advanced high school program, with no gaps by race, ethnicity, or socioeconomic status by 2019-2020.

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HER GOTTHIA *Cup of Tea*

— By Angel Morris

While improving her footwork was a goal for Zoe West's recent trip to a soccer tournament in Sweden, the 17-year-old high school senior came away with a much greater lesson. "I think the appreciation it gave her for a quality education surprised even Zoe," Julie Wright, Zoe's mom, said.

Zoe agrees participation in the Gothia Cup did refocus her attention — not only on the sport she loves, but also on learning as much as she possibly can through study and travel. "After the Sweden trip, I'd like to travel abroad again, and I'd love to play internationally," Zoe said.

A soccer player since age 7, Zoe has juggled school and

league play over the years. Two years ago, her skill landed her on a league team of girls three years older than her and got her noticed by Gothia Cup coordinators this spring.

"They will not release information on how they chose you, but we think I was scouted at a soccer showcase in San Antonio," Zoe suggested. "Ironically, that was one of the few times I didn't start for our team, and I didn't get a lot of playing time." Zoe made the most of



her limited playing time, however. In the final four minutes of play, Zoe scored to tie the game 1-1 then she passed to a teammate who scored the winning goal. Shortly thereafter, Zoe received her Gothia Cup invitation letter.

"I remember I'd just gotten home from school, and I got the mail. I opened it and I was like, 'Whoa,' ... then 'Wow!' Then I called everyone I know!" Zoe recalled. After that, the research and fundraising began.

For those unfamiliar with the event, Gothia Cup is a youth association football — better known as soccer here in the states — tournament held annually in Gothenburg, Sweden. Open for both boys and girls aged 11 to 19 years, Zoe was the only individual player from Texas to attend this year's event. One Texas team was invited and played, as well.

Players must raise their own travel and accommodation funds, to the tune of \$4,800, and Zoe immediately began the search for donors. "We wrote all of my Facebook friends and contacted local businesses, but, in this economy, it was really rough," Julie said. "It was actually my parents who made Zoe's trip possible."

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Former volunteers with Duncanville's Wycliffe Bible Translators — an organization responsible for Bible translation around the world — Zoe's grandparents were familiar with fundraising efforts for missionaries. The longtime DeSoto residents were hesitant, however, to allow their granddaughter to reach out to contacts who traditionally donated toward missions.

"They just didn't want to ask any more of these people who had already been so generous and with whom they had built personal relationships," Julie explained. "But in the end, they saw Zoe needed their help and put her in touch with some people who made all the difference."

Donations began to come — including help from the local Turner Brother's Barbecue — but Zoe still found herself short of her goal. "Then a \$600 donation from a great-aunt put her over the top," Julie said.

To prepare for Gothia, Zoe's family enlisted the assistance of Jordan Calhoun, a standout soccer player at Texas Christian University. Since Zoe taught herself to play at an early age, she wasn't used to the type of training Jordan presented.

"She brought me back to the fundamentals — a lot of basic footwork. I hated it, but I suppose it helped," Zoe admitted. Running, workouts and her usual healthy diet were all part of Zoe's Gothia prep. At the same time, Zoe had practice with the Cedar Hill High School squad, where she will be a four-year varsity letterman this year, along with her club team tryouts and practices.

Finally, the time came for Zoe's much-anticipated trip, which got off to a rocky start including a delayed, then canceled flight and an overnight stay in the Washington, D.C. airport. "The next day some of us were routed to London for a few hours, and some were routed on other planes. My team was split up and, although it cost us practice and bonding time, we all eventually made it to Gothenburg," Zoe said.

Once there, Zoe was surprised to find the entire city caught up in the event. "There were Gothia Cup banners everywhere, and people were meeting us

Happy Thanksgiving from

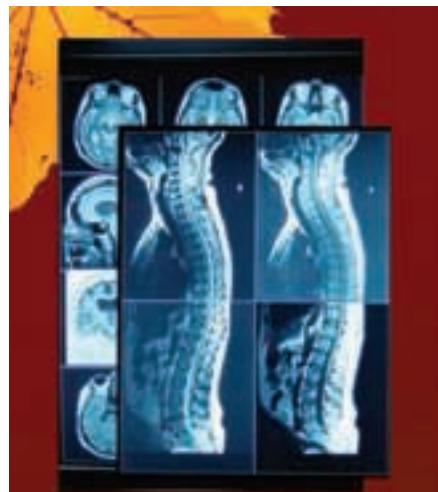
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in the streets," she said. This year's event featured a total of 35,200 players from 1,567 teams. When it started in 1975, the event drew 275 teams.

In Olympic fashion, the Gothia Cup began with representatives from the 72 participating nations marching into Ullevi Stadium July 15, with some 52,000 spectators cheering them on. Over the week, more than 4,000 games were played on 100 fields. Zoe played in five of these games.

"I normally play forward — only forward. But in Gothia, I played midfield. I never play midfield," Zoe said. Nonetheless, Zoe managed to score twice in the high pressure, high profile games. "I guess it turned out OK."

When not practicing or playing, Zoe and her teammates did some sightseeing and a lot of eating. Although she said she disliked most foods compared to American cuisine, the bread and gelato of an Italian café near her hotel managed to send Zoe home 10 pounds heavier. "And I never gain weight," Zoe grinned.

The trip also impressed upon Zoe the significance of learning other languages. "So many of the other players — from Belgium, France, Sweden and many others — spoke at least two languages. There were so many intelligent people, and they took their soccer very seriously," Zoe said.

Picking up several key phrases in a short time inspired Zoe to travel in the future and become more fluent in other languages. "I take Spanish now, but it is really a drawback how Americans don't learn more languages early on. That is really to our detriment," she said.

With her sights now set on graduating and then playing college soccer, Zoe also hopes to earn a degree in political or behavioral science. Her international soccer experience may give her a leg up, so to speak.

"Ever since I attended a U.S. soccer game when I was young, I've wanted to play internationally. Now I've experienced a bit of that, and I know I want to do whatever it takes to have the opportunity again," Zoe said. "The trip really gave me new discipline. It really inspired me to be bold and go big — in soccer and in my education!" NOW



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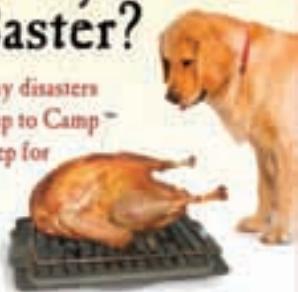
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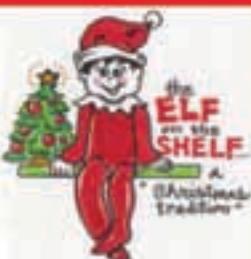
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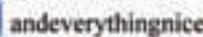
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Persistence Pays Off

— By Jeremy Agor



Reggie Gray — or “Reggie G” as he is known to his fans — navigates two very different worlds in his professional life. He is a successful rap musician who also works as a consultant in the music industry. Reggie holds a master’s degree in economics, which he teaches at local colleges. He’s also begun work toward a doctoral degree. “My music image is not me as a teacher,” he admitted.

Reggie grew up in Grambling, Louisiana, and was drawn to music after hearing Grambling University’s world-famous marching band. He bought himself a keyboard (which he still owns) and taught himself to play by ear. Then,

using a karaoke machine, he began to rap over his music and give mix tapes to his friends. “My older sister helped influence my style because she listened to rap music. In high school, I was part of a group called Da Trigga. We gained name

recognition and started recording in a real studio and sold a ton of CDs before I moved on after the business relationship soured," Reggie said. "Going to college was a step taken to get different opportunities."

After earning a bachelor's degree in advertising from Southern Methodist University (SMU), Reggie began his pursuit of a master's degree in economics, in part because of a challenge from his father. He stuck it out in spite of his struggles with calculus — he earned a C in his first



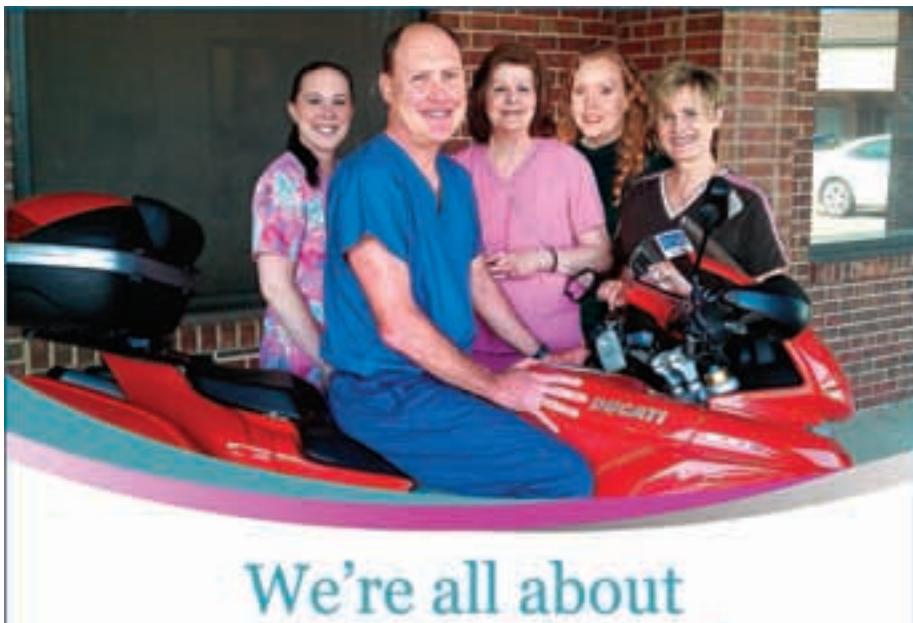
class, then dropped Calculus II, retook it and passed, then dropped Calculus III. Along the way, he also attempted a course called Real Analysis, which studies the correlation between math and philosophy. Essentially, it theorizes that if a person is sad, there is a mathematical formula which explains why. Once he finished his coursework, he stumbled into teaching and developed his own style of delivering the course content.

Reggie's mentor, Don Slottje, was his academic advisor at SMU. Reggie describes Don as a brash, bold, ex-athlete who does not fit the mold of a traditional economics professor. Don asked Reggie to consider teaching. At first, Reggie wasn't sure, but then he thought about the pros of a career in the classroom. He would have a lot of time to hone his



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craft, plenty of free time and the ability to set his own protocols. Soon after, Reggie decided to give teaching a try and was hired as an adjunct professor at Paul Quinn College. Eventually, he was hired full time for four years, after standing his ground and making his case with his supervisor for a more permanent position.

"A lot of people don't understand economics because they can't relate to it, but at the end of the day, it's about money," he explained. "When you open a textbook, you see language about



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Reggie enjoys the classroom, but he relates economics to his own music career. He's been an entrepreneur from his earliest days in the industry, and he continues to learn through his experiences. Part of that includes his work as a consultant. "I'm inspired by my rivalry with my dad; by showing him

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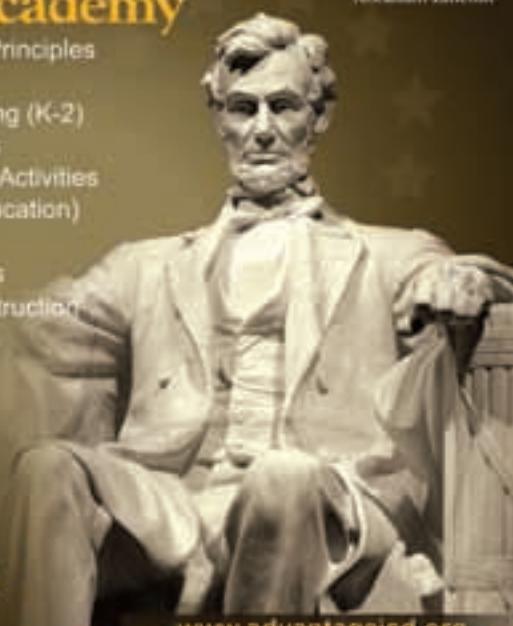
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I can do it. He's one of the few people who can push my buttons. I learned later on that I can do things for myself, not just to prove a point."

Four of his songs have earned placements in movies and television — including an episode of the hit TV show *CSI* and an offer to write a song for the movie *Wall Street 2*, which was not selected for use in the film. He collaborated with Grammy award-winning rap artist, Chamillionaire, on a song called "I Stay On It," which peaked at number 307 on the rhythmic chart and charted on the independent charts and Billboard Hot Rap Tracks 100. One of his proudest moments came at SMU's homecoming, when he had the opportunity to open a show for headliner, Young Jeezy, with his parents in the audience for the first time.

"Artists all over the music industry are losing money because they're careless. About three percent of people do any work. There are a lot of middlemen and people who don't want to work and expect things to just happen. If you work hard, are dedicated and learn from your experiences, you'll get something out of it," Reggie explained. "Hearing your music on the radio or TV is crazy! It makes you feel like you're doing something right. When I hear my song on *CSI*, I get a sense of satisfaction because I feel I've worked hard and I deserve it."

Reggie is proud that people can relate to his music. Each song is different and written based on his mood and experiences. He has been writing a lot of new songs and is working on a pilot for a reality show.

"If I had to start over, I could, because I learn from everything I do. I can build a Web site. I know how to build a fan base. I've learned what not to do. This didn't happen overnight, but persistence pays off. If I set goals and knock them down one by one, that's my definition of success," Reggie admitted with conviction. "I want to have my music on the radio and sell records. My next goal is to have a No. 1 record. At the end of 10-20 years, I want to look in the mirror and know I gave it my best. As long as I'm happy, that's what counts." **NOW**

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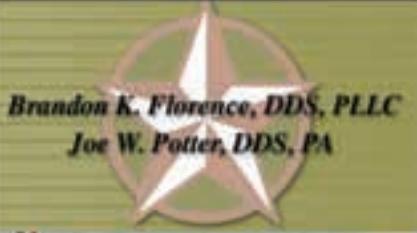
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Scene of TRAGEDY

— By Beverly Shay

How many times have you heard the question, where were you on ...? Mary Sue (Sue) Randall Bennett will never forget where she was on Friday, November 22, 1963. She was on the curb in front of the Texas School Book Depository in Dealey Plaza. She worked on the fifth floor for Allyn and Bacon Publishers, one of the many publishing firms in the building. "I was so excited to be on the street that day. And then," Sue paused, "the motorcade drove right in front of me, well us," she amended. "I was looking at the handsome, young president, admiring his lush hair, and he looked right at me! My heart fluttered, and I knew I was part of history in the making. I just didn't know how intently a part of history."



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As she was making eye contact with the president of the United States, several things occurred at once. She heard what she thought were fire crackers, which initially seemed so celebratory, but then he slumped forward. Sue realized something was very, very wrong, but her mind refused to process it. "People screamed and ran, but it all seemed to be in slow motion. I remember turning and walking back toward the building, noticing one of my associates was still standing near the front door as he had been when I came out. I don't know if it had even registered with me yet that the president had been shot," Sue stated, as dazed now as she had been then.

Sue's eyes teared even after all these years. "We didn't know what to do. I called my brother, but really, what could you say? It just didn't seem real. We weren't allowed to leave the building until we were questioned. The police came office by office, floor by floor, wanting to know what we had seen and heard and where we had been," Sue remembered. "Maybe that was when I realized I may have been the last person the president saw — he was looking right at me ..." Sue faltered to a stop. "I remember it like it was yesterday. Later, my friend, Mary Lee, and I went to the office where



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the shot had been fired. We saw the lunch bag on the floor. When they did the reenactment, we looked through the scope. You could see exactly where the president's car drove through. You could also see where I had been standing," she remarked soberly.

Sue was born in Ferris in November 1931. Two brothers were older and a younger sister came along six years later. "When I was 7, our house burnt. My daddy was badly burned around his head. We rebuilt," Sue stated simply.

"I grew up in Kaufman County, about four miles from Kemp. I graduated from high school when I was 16, and then, well then I eloped," Sue said. Somehow it was no surprise she ended up working for the Book Depository, since she always loved books. "I got my love for reading from my father. Before I even went to school, he taught me math and reading and writing — printing and cursive!" she emphasized with a smile.

Sue enjoyed a successful career as a businesswoman. She remembers well the days of IBM Selectric typewriters. "When I was first hired at the Book Depository, I knew it would be a happy place to work because of all the books. The Depository was a warehouse for school textbooks and other related items. The schools would place their orders through us. We would receive all the books and distribute them to the schools. The other publishers had their books shipped there as well," Sue explained, "and the Depository received a percentage of their sales."

Sue knew most of the people who worked in the two buildings that housed offices and warehouse space. Twenty-four-year-old Lee Harvey Oswald had been hired as a temporary employee in the warehouse. Although Sue knew him, she hardly ever saw him. "We were questioned by the police, the FBI and, later, the Warren Commission. Initially, they suspected my associate, whom I had seen near the door. Thankfully, I was able to tell them it couldn't have been him, because there wouldn't have been time for him to be outside, go up and shoot the president and come back by the door," Sue remarked with a sigh of relief. Undoubtedly, she has replayed that day and the days that followed over

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and over in her mind multiple times.

"Because I had been right there in front of the president when he was shot, I was questioned countless times, not only about that day, but also about anything I had observed in regard to Lee Harvey Oswald," she said, nearly out of breath.

"And then came the reporters and the book writers and, later, the film makers. Oh, the ideas they came up with and the theories! Even before the assassination, there was such a fear of communism — new authors of textbooks had to sign affidavits testifying they were not communists before we could use their textbooks in Texas. Not just anybody could even come into the Depository. Some people even thought everyone who worked for the Depository were communist. There was a lot of money involved in the bids. I guess that was considered suspicious," Sue reflected.

Sue felt the Warren Commission conducted a very thorough investigation. "My goodness, they interviewed just everyone. We were given a copy of our testimony and asked to make any changes and then verify and sign it. They wanted to know where everyone had been, who was inside and who was outside." She wanted to help, even though it was all very upsetting. "But not answering was considered suspicious, so I did my best. I just didn't want to remember seeing him slump forward. It was such a sad, sad situation."

When the Depository moved out of the building to Carrollton in 1970, Sue went with them and began working for D.C. Heath, another publisher. "I chose to work for them because they had newer equipment. I was even sent to school to learn how to use the computers — offices were just beginning to use them then, so I learned and then taught others in our office," Sue recalled.

Just last year, Sue made her first visit back to the former Depository, since her company moved away. "I hardly recognized the building; they have made so many changes. I went to the sixth floor museum — I had been told I could go anytime for free, but I had never had any interest. I don't need a museum to recall the events of that day. It's something I will never forget." **NOW**

Editor's note: The murals in these photos are in the Sixth Floor Museum at Dealey Plaza.



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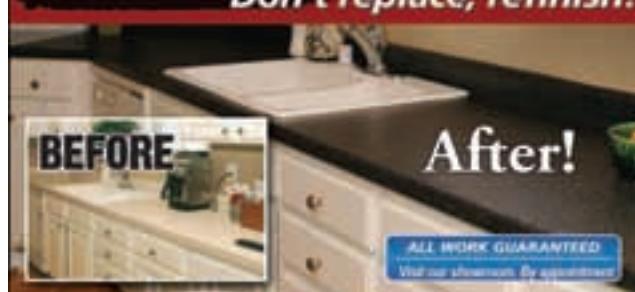
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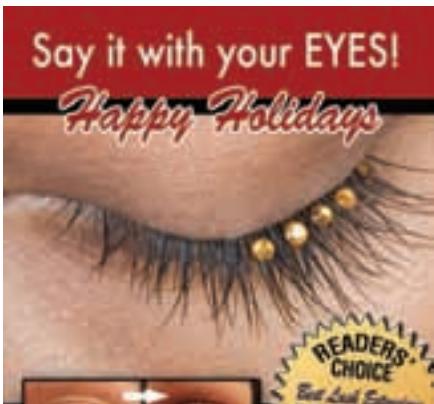
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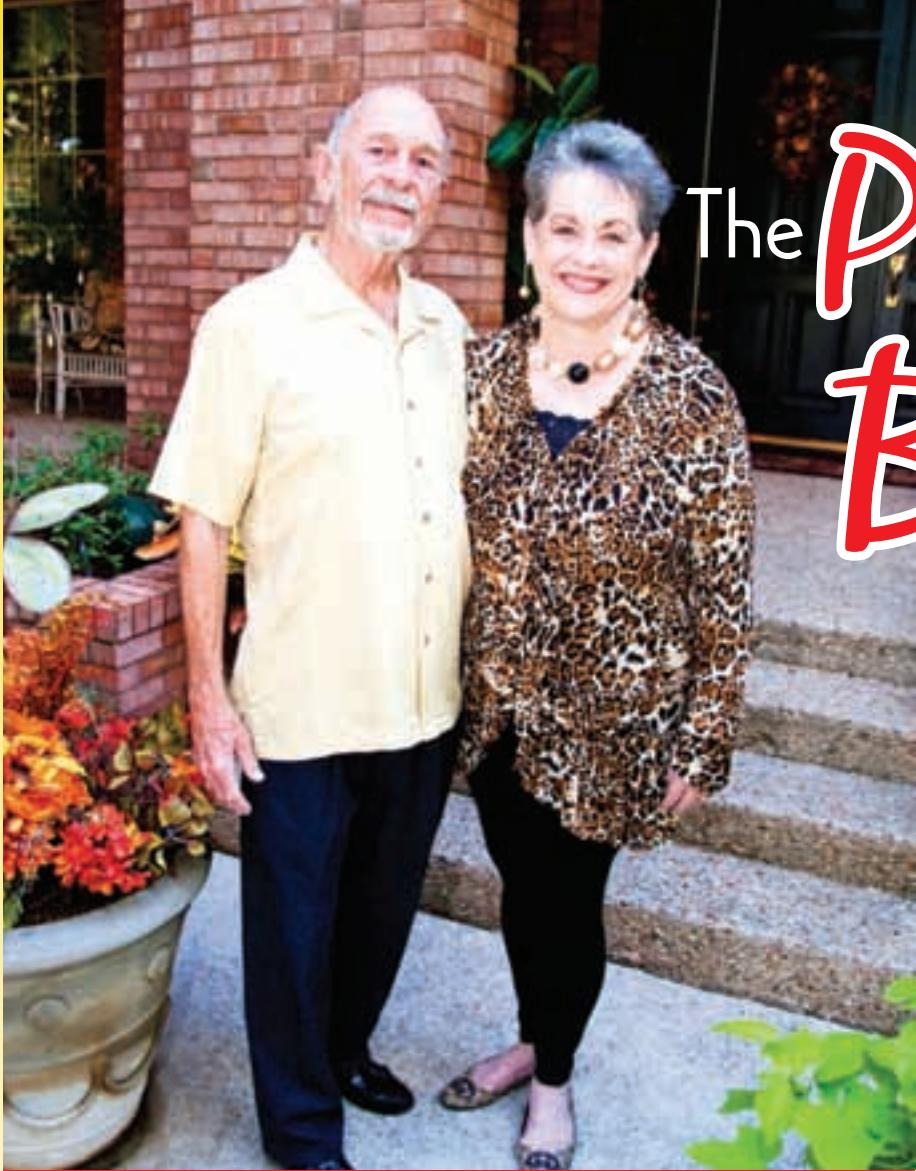
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AT HOME WITH Bob and Gayle Bailey

The Perfect Blend

— By Angel Morris

In spite of both The University of Texas at Austin (UT) and Texas A&M University-Commerce ties, Bob and Gayle Bailey's home is not a house divided. The DeSoto couple's custom-built, country French residence is a perfect blend of upscale and down home.

"One of the important aspects of our home is that it is truly a labor of love and a real passion for both of us. It is our sanctuary, and we love to share it with groups of people involved in our community and church and, of course,



with family and friends," said Gayle, who graduated from Duncanville High School and A&M University-Commerce.

A graduate of UT Law School, Bob is a retired attorney and CPA who was General Counsel and CFO of Kwik Wash Laundries following his role as vice president and director of international taxation for Rosario Resources, an international mining company. A retired interior design and parenting/child development teacher at Duncanville High School, Gayle keeps herself and her husband busy these days sprucing up their home. "We enjoy the different seasons and decorate for every holiday and party. I'm always dreaming up a new project, and Bob implements it!" Gayle explained.

Built in 1988, the Bailey home sits on two acres on Bee Branch of Ten Mile Creek, where the land is filled with some 150 native oaks, pecans, cedar elms and cedars. The home's entrance has a *porte cochère*, extra tall, double front doors with beveled sidelights and fanlight, marble flooring and a statue niche.

"The home's original design really was cutting-edge. Now we try to keep it updated by doing little things here and there without any major overhauls," Gayle said.

Entering the high-ceilinged home, guests are greeted by the Baileys' various collections displayed on tables, walls and shelves. Highlighted by original paintings throughout, the home tells a story of then and now. One canvas depicts the 1800s home where Gayle's family settled

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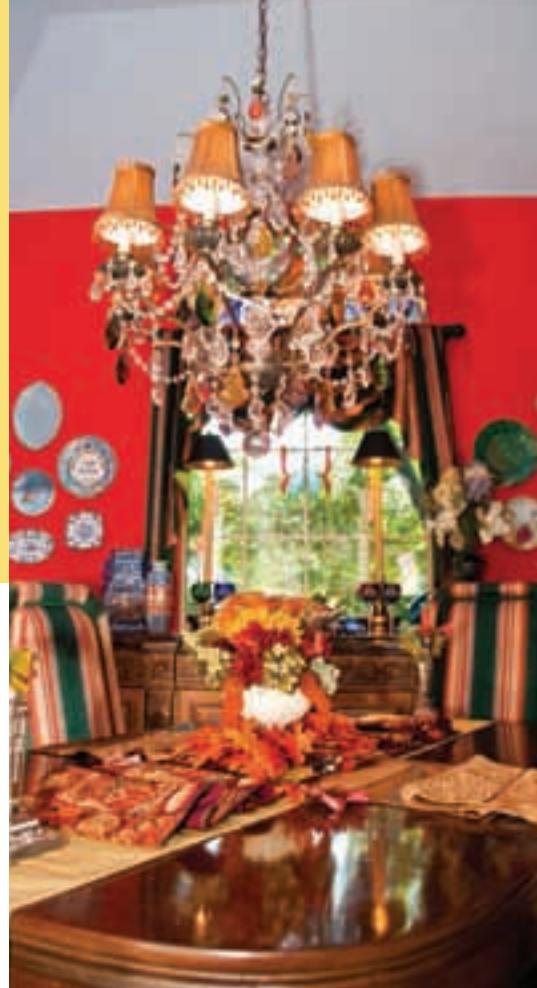
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in Dallas near the Duncanville city limits. The home still stands today. Another set of pen-and-ink works show Bob and Gayle's current home's exterior and various unique interior designs.

The living room features a pale blue ceiling (to mimic the sky) and a deep red accent wall. The color, Ablaze, was inspired by the fabric used to reupholster a 1940s couch and coordinating chair from Gayle's childhood home. "I remember having that furniture growing

up and wanted to repurpose it with a new silk fabric to bring it up to date," Gayle said. She also incorporated a few of her mother's most unique collectibles throughout. A coffee table purchased at auction is made from extra onyx used in the building of the Anatole Hotel in Dallas.

The dining room has a Venetian chandelier and is also painted Ablaze, while Gayle designed the kitchen walls to have a Tuscan feel. "Bob wondered about

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my design ideas when I said I wanted the walls to look old and cracked, but he loved the end results," Gayle said.

The kitchen ceiling is painted to resemble an outdoor atrium with wood beams, birds, butterflies and dragonflies, anchored by hand-scraped, dark-stained floors. Pendant lights make the granite countertops and eating bar sparkle. Above the kitchen's storage cabinets, glass-doored cabinetry provides lighted display space for more of the Baileys' favorite collectibles. "Our cabinets are built for maximum and unique storage," Gayle said.

While Bob acquiesces to Gayle's design expertise, his own collections fill the game room. From antique fishing lures to wildlife photos and wolf statues, Bob's interests are showcased on the deep green walls of the room where Gayle blends office, media, billiards and an entertainment bar. "This room serves a lot of purposes very well," Bob noted.

The master bedroom suite is a relaxing oasis with a sitting area and two custom-stained glass windows. The large tub features its own fireplace, TV and chandelier, all open to the bedroom. The suite features both tile and carpet and a dressing area with one mirrored wall and a large closet with many individualized storage nooks and glass blocks for daylight. "I spent as much time designing this closet as any other part of the home," Gayle admitted. "I can see everything at a glance, and I don't have to dig for what I want!"

The guest bedroom houses a beautifully carved bed and dresser from around 1870, which Bob's mother purchased from an estate in Palestine, Texas, in the 1950s. An old organ top bought at an antique store in Lancaster was installed to create a mirror above the guest bedroom vanity. "I like giving things new purpose and decorating in a unique way," Gayle said. "I've always loved design. As a young child I would ride my bike to new homes being built and go in to see what was being done." Gayle and Bob's eye for design doesn't end inside. Just as much attention is paid to the home's exterior, where a cozy, porch cottage includes not just functional storage and workshop space, but also a play area for the grandkids.

"There are swings by the cottage for the grandchildren, but also a swing for



the adults. I love to relax in the swing and knew that was something the grownups needed, too!" Gayle said. More than one dozen sitting areas have been created around the property.

"We like to tour them all in our daily walks around the property," Bob said. One challenge in designing the home was to not displace native trees, which accounts for some unusual angles. A deck off the master area is built around a large red oak tree, while a large terrace in back serves as an outdoor living area enjoyed many days of the year. Two Trax decks are cantilevered over the creek where a fire pit and wildlife watching are enjoyed, while other seating and tables are available around the yard for entertaining. Lighting in decades-old trees and around the home makes it inviting even at night.

A serene koi pond and water garden make a relaxing site in the front yard, setting the tone for the Bailey home, which has been on home tours and held hundreds of guests for community fundraisers and parties. Although the duo stays busy supporting local organizations, they also find time for hobbies — from Gayle's love of bridge, reading and sports to Bob's interests in fishing, wildlife photography and "fixing anything that needs fixing." Both love to travel and say a three-week trip to Greece was an all-time favorite trip. Nevertheless, there is no place like home for the Baileys. "We love our proximity to all of Dallas' wonderful activities, but we also love our quiet neighborhood," Gayle said.

Bob added, "And although we enjoy traveling, we are always joyous to return to our home. There is no place that we are happier." **NOW**

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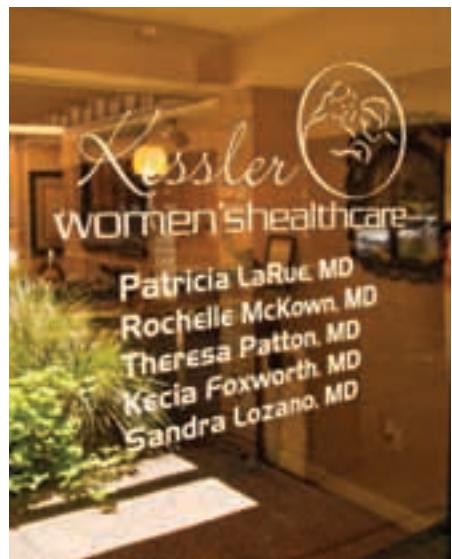


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A Doctor for Everyone

Five female doctors at Kessler Women's Healthcare provide outstanding care and encouragement for women of all ages.

— By Beverly Shay

The five doctors at Kessler Women's Healthcare have made it their goal to do things differently. Because they are women, they truly understand the type of care a woman needs throughout every season of her life. They provide extended hours — mornings, lunchtime, evenings and one or two Saturdays a month to accommodate work schedules and family responsibilities. "If a patient feels she needs to be seen, we will get her in and cared for," remarked Dr. Theresa Patton. "We have a true partnership. We look out for each other and all of our patients. Even if your regular Kessler physician is unavailable, you will still be seen by one of us."

Each of the doctors — Dr. Kecia Foxworthy, Dr. Patricia LaRue, Dr. Sandra Lozano, Dr. Rochelle McKown and Dr.

Theresa Patton — started out in general medicine, but following their obstetrical clinicals, decided to pursue obstetrics. "It's the happy part of medicine," remarked Dr. Patton, who is especially interested in adolescent medicine, reproductive health and minimally invasive gynecologic surgery. "I became a doctor because I remember my grandmother's experience with heart disease. I like to perform procedures and help people get well quickly." Her passion is changing the perspective on breastfeeding. "We, as women, need to teach our daughters how healthy and easy it is to breastfeed, both for the mom and the infant. I would like that to be my legacy," she remarked.

Dr. McKown, a recognized robotic surgery expert, teaches minimally invasive surgery using the DaVinci robotic surgical

Business NOW

system, "because often it's done today and you're home tomorrow." The doctors acknowledged that in their practice they have different strengths and experience, enabling them to help each other treat their patients more effectively. "We feel strongly about being advocates for women and their care, so we not only care, we educate," remarked Dr. McKown.

Dr. Lozano is very passionate about speaking, educating and mentoring medical students, especially within the Hispanic population. "We care for a lot of young girls," mentioned this Oak Cliff native, who is heavily involved in service within the community, as well as in international medical mission trips. Representing a range of ages, these doctors can relate with women of all ages. "More and more, we are becoming primary care physicians. We may be the only doctor these women see," Dr. Lozano stated. "We want them to come in regularly, so we can care for them before any problem has the chance to escalate."

Dr. LaRue related well with her female patients during her OBGYN clinicals. "I enjoy surgery, and I like the continuity of what we do. We provide lifelong care." Dr. LaRue has been voted a Texas Super Doctor by her peers for seven years in the *Texas Monthly*. "When I first became a doctor in 1979, it was considered too hard for a woman to be an OBGYN," she recalled. "My passion is treating women the way I want to be treated and informing people accurately about hormones and hormone replacement therapies."

Dr. Foxworth, whose great-grandmother was a midwife, is passionate about the whole array of women's health care. "Of course, pregnant moms are my favorite, along with fertility care. I want to see women taking care of themselves before they even get pregnant — so I urge them to come in before they are pregnant and make sure their blood pressure and weight are under control. I am a mom with two small children myself, so I love taking care of other moms."

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Her interests include menopause management, obstetrics and in-office surgery. She believes most major surgeries can and should be done with minimally invasive techniques, and actively utilizes the state-of-the-art DaVinci Robot Surgical System for most major gynecological surgeries.

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USPS mail carrier Patricia Subialdga delivers mail on her afternoon route.



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Northwood University students, Rita Nanhthavongsa, Cassie Carrillo and Tina Huynh pose for a picture at Wine Walk.



Bill and Vicki Watkins enjoy the beautiful weather at Country Day on the Hill.



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The Latino Peace Officers win the Cancer Charity Softball Tournament at Moseley field.



Dr. Chad Tucker (r) and Mrs. Kate Tucker pose with Tucker Chiropractic's first patient, Earl Finn, at the recent grand opening and ribbon cutting for Tucker Chiropractic, LLC.



Kenneth Govan (left) and Cammy Jackson pose with guest speaker, Mark Davis, at the September BSW Quarterly Luncheon.



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Duncanville High School Health Sciences students have an opportunity to perform everyday tasks as a person with disabilities.



Acton Elementary principal, Erica Reyes (middle), is interviewed by 33-TV News reporter, Amanda Salinas (right), as part of the station's feature story about Duncanville ISD's iPad and iPod Touch pilot programs.



Teachers at Mary E. Smithey PACE Learning Center dress up for the school's first annual celebration of Talk Like a Pirate Day.



Monica Mata and her children Miryann, Amber and Juan use the public computers in the children's area at the Duncanville Public Library.



Sheila Martin, Yvonne Caldwell, Harrye Morris and Yvette Adams shop for Christmas decorations at And Everything Nice.

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Health NOW

Sports Injuries in Adolescents – What Every Parent Should Know

— By Dr. Lesa Ansell, DC, RN-BSN

It's football season — especially in North Texas. But football is not all fun and games. Many times our children suffer significant injuries playing this and many other contact sports. Unfortunately, these often get passed over as minor injuries and, therefore, do not receive the proper medical attention.

Macro-trauma and micro-trauma are two types of injuries that can be sustained. Whereas macro-trauma is a sudden injury from major force, micro-trauma injuries are repetitive injuries that do not allow enough time in between for the body to properly heal. Some of the more significant injuries can become permanent if not properly treated or if they are not treated early enough. One of the most common adolescent injuries is a fracture, which could include a fracture of the growth plate. Should this happen, it could cause the extremity to stop growing, resulting in a short arm or leg.

Other extremity injuries include:

- **Osgood-Schlatters disease**, which causes pain below the knee cap. This repetitive-motion injury, usually caused from year-round participation in sports, will most often heal on its own given proper rest.

- **Osteochondritis dissecans** is usually caused by a macro-trauma followed by repetitive motion injuries causing a separation of a portion of the bone from its bed in the knee joint. This often serious injury may require surgical intervention if conservative care does not help.

- **Bipartite Patella** results from a growth plate failing to fuse. Too strenuous activity or repetitive motion injuries can contribute to this.

- **Meniscus/ligament injuries** are one of the most common injuries seen. They are seen in both contact and non-contact sports. As the adolescent grows toward bone maturity, these injuries take on a more adult-like nature and can become permanent.

- **Little League elbow** is similar to tennis elbow seen in adults. Although more common in throwing sports, it can be seen in any repetitive motion sport that uses the elbow frequently.

Spinal injuries include spondylolisthesis/retrolisthesis, which is a forward or backward slip of the vertebrae or sacrum bone. Although, this can be congenital, more often it is caused by macro-trauma. Although some of these injuries require surgical intervention, most respond well with conservative treatment, such as chiropractic adjustments. Sciatica is less common in children and adolescents than adults, but can be caused from inflammation to the sciatic nerve. This also responds well to conservative care.

Some considerations with sports injuries include knowing that swelling, inflammation, lack of motion, lack of feeling and pain are not normal. Frequently these young athletes are told to "toughen up" or push through the pain. Not only is this not a good idea, it can be dangerous as well. These injuries can become permanent when treatment is delayed or missed altogether. Also, when in doubt, keep him/her out! Missing a game won't be the end of the world, but failing to properly treat an injury could shorten an athlete's ability to play the sport long term. **NOW**

Dr. Lesa Ansell, DC, RN-BSN
Pro-Adjuster Chiropractic Clinic

Five Good Reasons to Create an Investment Strategy

Some people buy investments here and there, now and then. Others open an Individual Retirement Account (IRA), put some money in it, and then forget about it. But this type of haphazard investment behavior can lead to haphazard results. On the other hand, you've got five good reasons for creating and following a comprehensive, long-term investment strategy.

- **Reason No. 1:** You want to enjoy a comfortable retirement lifestyle. For most people, building resources for retirement is the most powerful reason to invest. As a key part of your investment strategy, you'll want to consider investments that have growth potential. The proportion of your portfolio devoted to these growth investments should be based on your individual risk tolerance and time horizon. And, as you move much closer to your actual retirement date, you may decide to shift some — but certainly not all — of your portfolio from growth-oriented vehicles to those investments that can provide a reliable income stream and incur less volatility.

- **Reason No. 2:** You need to stay ahead of inflation. Over the past few years, we've experienced relatively low inflation, but over time, even a low inflation rate can dramatically erode the value of your savings and investments. That's why you may want to consider investments that provide the potential for rising income.

- **Reason No. 3:** You need to help manage the unexpected. You can't predict what life will hold in store for you. To cope with unexpected

costs, such as a major car repair or a new furnace, you'll need to create an emergency fund containing six-to 12-months' worth of living expenses so that you won't be forced to dip into your long-term investments. And to deal with other major uncertainties of life, you'll need adequate life and disability insurance.

- **Reason No. 4:** You need resources for major life events. Your retirement may eventually require the bulk of your financial resources — but it's not the only milestone for which you'll need to save and invest. You may need a down payment on a house, or you may someday even want to purchase a vacation home. And if you have children or grandchildren, you may want to help them pay for college.

- **Reason No. 5:** You'll want to keep in mind investment-related taxes. Taxes, like inflation, can eat into your investment returns. You'll need to evaluate whether you can benefit from tax-advantaged investments and retirement accounts, such as traditional or Roth IRAs.

So there you have it — five good reasons to adhere to a unified investment strategy that's tailored to your situation. This type of "blueprint" may not sound glamorous, and it's certainly not a "get rich quick" formula, but it will help you stay on track toward your important financial goals. **NOW**

Contributed by the Edward Jones representatives in Cedar Hill.

HAPPY THANKSGIVING

Thanksgiving is a time to reflect on the things for which we're truly grateful. At Edward Jones, we're thankful to serve our clients and our community. During this holiday season and every day, we wish you all the best.

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Calendar

November 5

Keep Cedar Hill Beautiful: 9:00-11:00 a.m., Virginia Weaver Park, 601 Somerset Dr. Help pick up litter in designated areas. Participants will receive a free T-shirt, lunch and a chance to win prizes. (972) 291-5100, ext. 1094.

November 5 and 12

DeSoto Public Library presents Cool Science Investigators: 11:00 a.m. Experience interactive activities in science, and discover how fun science can be! Must register: (972) 230-9666.

November 12

The Cedar Hill Police Department is having a benefit garage sale: 8:00 a.m.-4:00 p.m., 601 E. Beltline Road. Proceeds will help defray medical costs for Wanda Jarvis, Community Service Officer, who is undergoing chemotherapy in her fight against colon cancer.

November 17

Poetry In Progress Birthday Celebration: 6:00-8:30 p.m., Ojeda's, 2109 N. Hampton Road, Desoto. Come listen and/or participate. Happy 1st birthday to us!

November 18

Fall Student Art Show: 7:00-9:00 p.m., Visual Expressions Creative Arts School, 1425 N. Hwy. 67 in Cedar Hill. See students' artwork, enjoy food, wine, art demos and raffle for 6-week art classes and artwork. Work will be on display through December 2. (972) 293-1117.

November 28

Southwest Dallas County Parkinson's Group support meeting: 6:30-8:00 p.m., Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville. Exercise and speech classes also available. (972) 298-4556.

November 28-December 16

Drop letters to Santa off at his mailbox in Duncanville City Hall. (You will get a letter back!)

December 1

Old Town Holiday on the Hill: 6:30-8:00 p.m., historic downtown Cedar Hill, 600 Cedar at Houston St. featuring annual holiday tree lighting, train rides, children's activities, live entertainment and a visit with Santa. Bring your own camera.

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December 2

Duncanville Parade of Lights: 7:00 p.m.

December 3

Annual Model Railroad Open House: Noon-5:00 p.m. at the home of Bob and Freda Brand, 2509 Lake Ridge Road, near the corner of Ovilla and Hampton roads, Glenn Heights. Bring the kids and grandkids for a free tour of this extensive model train collection in a 15x20 building. (972) 230-8101.

December 10

Penn Farm Family Holiday inaugural holiday celebration: 5:00-8:30 p.m., Cedar Hill State Park, 1570 W. FM 1382. City staff and state park employees partner to recreate traditional, historic holiday festivities: music, lights, historical traditions and Santa. Cost: \$5; 12 and under: free; Texas State Park passes honored. (972) 291-5130.

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

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In The Kitchen With Annell Buckner

— By Beverly Shay

Annell Buckner grew up in Oak Cliff and learned to cook at Adamson High School. "Although I had several food preparation classes while studying dietetics, I first learned about nutrition while my husband studied chiropractic. After I became a dietitian, we significantly changed our eating habits," she admitted.

Annell has recipes from her mother, publications and the Internet. She looks for recipes that are healthy, tasty and easy to prepare, adapting them by substituting low-fat, low-sodium ingredients. "As retirees, we have our largest meal at noon and eat lighter in the evening. We enjoy eating lean meats and fresh fruits and vegetables. I like to cook with olive oil, and my favorite seasoning for vegetables is tarragon. **NOW**

Savory Beef Stew*

2 lbs. lean stew meat
2 Tbsp. vegetable oil
1 can 50% less sodium beef broth plus water to make 2 cups
1 Tbsp. French's Worcestershire sauce
1 garlic clove, peeled
2 bay leaves
1 medium onion, sliced
1/2 tsp. salt
1 tsp. sugar
1/2 tsp. pepper
1/2 tsp. paprika
Dash ground allspice
3 large carrots, sliced
3 ribs celery, chopped
2 Tbsp. cornstarch
1/4 cup water

1. Brown meat in hot oil. Add beef broth, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika and allspice. Cover and simmer 1 1/2 hrs.
2. Remove bay leaves and garlic clove.

Add carrots and celery. Cover and cook an additional 30 to 40 minutes.

3. To thicken gravy, remove 2 cups hot liquid. In a separate bowl, combine cornstarch and 1/4 cup water until smooth. Mix with a little of the hot liquid and return mixture to pot. Stir until bubbly.

Broccoli Salad*

1 lb. broccoli, after trimming large stalks
1/2 cup raisins
1/2 cup green onions, both white and green parts, chopped
1/4 cup bacon bits
1/2 cup chopped pecans

Dressing:

1 cup mayonnaise (Hellmann's)
1/2 cup sugar
3 Tbsp. red wine vinegar

1. Wash broccoli; chop into small pieces. Mix with raisins, green onions, bacon and pecans.
2. Blend dressing ingredients. Add to

broccoli mixture and stir well.

3. Salad can be mixed a day ahead, if desired, except for the dressing. Add dressing and let flavors blend for a couple of hours before serving.

Easy Chili Soup

1 1/2 lbs. lean ground beef
1 medium onion, chopped
3 10 3/4-oz. cans Campbell's condensed minestrone soup
1 14 1/2-oz. can stewed tomatoes
1 10-oz. can Ro*Tel tomatoes
1 15 1/2-oz. can chili beans
3 10 3/4-oz. cans water

1. Brown ground beef and chopped onion. Drain thoroughly.
2. Add remaining ingredients. Mix together. Simmer 30 minutes.

Carrot Date Muffins*

2 medium carrots, peeled
1 cup pitted dates
1/2 cup walnuts
1/4 cup canola oil
2 eggs slightly beaten
1/4 cup plus 2 Tbsp. pure maple syrup
3/4 cup amaranth flour**
3/4 cup ground almond flour**
2 tsp. baking powder
1/2 tsp. ground cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt

1. Line 12 muffin cups with paper liners. Preheat oven to 375 F.
 2. In a food processor, chop carrots, dates and walnuts separately to desired coarseness. Transfer to a bowl; add oil, eggs and maple syrup, stir to combine completely.
 3. In a separate bowl, combine all remaining dry ingredients.
 4. Pour liquid ingredients over dry ingredients; stir until just combined.
 5. Spoon batter into prepared muffins tins and bake for 20 to 25 minutes, or until toothpick inserted in the center of a muffin comes out clean. Cool on a wire rack.
- **Specialty flours can be purchased at health food stores or at a market such as Cox Farms.

* Gluten-free recipes

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

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