

# Southwest

Cedar Hill | DeSoto | Duncanville

M A G A Z I N E

NOVEMBER 2013

# NOW

SPECIAL SECTION:  
2013 Holiday  
Shopping  
Guide

## Settled Down

At Home With  
Terry and Lois Webb

## Building Culture and Community

Poetry in Progress grows from  
a small group to publishing its  
first collection of poems

## Fall Family Fun

Bring some color into  
your autumn with  
these seasonal crafts

In Desperate Need of Change

A Total-care Team

In the Kitchen With  
Kellie Fancher

# Put *relaxation* on your holiday list.



Looking for the perfect gift? Surprise everyone on your list with a Massage Envy Spa gift card.

#### UPTOWN VILLAGE AT CEDAR HILL

305 W. FM 1382 Suite 110  
Next to Black Eyed Pea  
(469) 272-3689

MassageEnvy.com · Convenient Hours · Franchises Available  
Open 7 Days: M-F 8am-10pm, Sat 8am-9pm, Sun 10am-6pm

INTRODUCTORY

\$49

1-hour\*  
massage

\$59

1-hour\* Murad\*  
Healthy Skin facial

Massage Envy  
SPA



\*Session includes massage or facial and time for consultation and dressing. Prices subject to change. Rates and services may vary by location and session. Not all Massage Envy locations are licensed to offer facial services. Check with the specific location or see MassageEnvy.com. Additional local taxes and fees may apply. Each location is independently owned and operated. ©2013 Massage Envy Franchising, LLC.

Exclusively  
featuring Murad.

HAVE A SAFE &  
HAPPY THANKSGIVING  
FROM



# Bear Creek Beverage & Spirits



**Dusse  
Cognac**  
\$39.99 750 ML



**Ciroc  
All Flavors**  
\$28.99 750 ML



**Crown Royal  
Whiskey**  
\$24.99 750 ML



**Twenty  
Grand**  
\$24.99 750 ML



**Jagermeister**  
\$19.99 750 ML



**Kru  
vodka**  
\$19.99 175 ML



**Malibu  
Rum**  
\$23.99 175 ML



972-730-3357



972-730-3357

**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.



# EAGLE EXPRESS



## CROSS THE LINE: Choose to be the BEST!



### District hosts *Principals for a Day*

On October 21, DeSoto ISD hosted ten officials and business leaders in the DeSoto ISD Principal for a Day program designed to allow participants to experience a day in school from the principal's perspective.

"Students are very well behaved – the classroom lessons are engaging, teachers are providing knowledge and students are learning," said second time participant Judge Sam Lindsay, U.S. District Court, who was at Curtistene McCowan Middle School with Principal Sissy Lowe.

"Greeting students over the school-wide public announcement system was exciting!" stated DeSoto City Councilwoman Curtistene McCowan who was at Cockrell Hill Elementary with Principal Arista Owens-McGowan. "But seeing the action and engaged learning in the classroom is the best."

"We hope to foster a greater understanding of education today which has changed from when many adults were in school," said DeSoto ISD Superintendent David Harris. "We want to provide a glimpse of today's schools from the principal's point of view."

#### DeSoto ISD Principal for a Day Participants

- Judge Scott Kurth, *DeSoto Municipal Court*
- Al Moten, *Community Affairs Director, Keith Orr Toyota*
- John Wiley Price, *Dallas County Commissioner*
- Judge Sam Lindsey, *U.S. District Court Judge*
- Art Martin, *General Manager, Solar Turbines*
- Curtistene McCowan, *DeSoto City Councilwoman*
- Maurice Wilson, *General Manager, Wal-Mart Distribution*
- Mayor Leon Tate, *City of Glenn Heights*
- Mayor Carl Sherman, *City of DeSoto*
- Rachel Proctor, *DeSoto City Councilwoman*

John Wiley Price (above); Mayor Leon Tate, Mayor Carl Sherman, Councilwoman Curtistene McCowan, Al Moten (left).

### Parent Engagement

When it comes to parent engagement, the research is clear - when schools, families, and communities support each other, students of all backgrounds and ability levels achieve at higher levels. Parent engagement is a core element of what we do as a district. The following are some planned activities for November 2013 in DeSoto ISD.

- **Parent Academy / Basketball Game**  
Saturday, November 9 (at DHS)  
Parent Academy - 9 a.m. to 12:30 p.m.  
Basketball Game starts at 12:45 p.m.  
Register online at [www.desotoisd.org](http://www.desotoisd.org)
- **Bring Your Dad to School Day**  
Elementary – Tues., November 12  
Secondary – Wed., November 13
- **National Parent Involvement Day**  
Thursday, November 21



### Calendar of Events

- Tues., Nov. 5, 6:30 p.m. - DeSoto ISD 1st Tuesday Town Hall
- Thur., Nov. 7, 7 p.m. - Eagles Football vs. Mansfield
- Mon., Nov. 11 - Board Meeting, Board Room
- Sat., Nov. 16 - DeSoto ISD Seniors Prom (age 60 and up)
- Nov. 25-29 - Closed for Thanksgiving Break
- Mon., Dec. 9 - Board Meeting, Board Room
- Dec. 20 - Early Release; Last Day of Semester
- Dec. 23-Jan. 6 - Winter Break; School Resumes Jan. 7

## TOWN HALL

DeSoto ISD

**1st Tuesday TOWN HALL**  
Join us for a Town Hall - an open forum about DeSoto ISD!  
Start time - 6:30 p.m.  
**Tuesday, Nov. 5 - The Meadows ES**  
**Tuesday, Dec. 3 - DeSoto HS**

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker  
Southwest Editor, Beverly Shay  
Editorial Coordinator, Sandra Strong  
Writers, Dennis Brock . Angel Morris  
Sandra Strong . Sydni Thomas  
Betty Tryon  
Editors/Proofreaders, Pat Anthony  
Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Casey Henson . Martha Macias  
Felipe Ruiz . Arlene Honza  
Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose  
Photographers, Amy Ramirez  
Amanda Rooney

ADVERTISING

Advertising Representatives,  
Linda Dean . John Powell . Jami Navarro  
Rick Ausmus . Teresa Banks . Laura Fira  
Mark Fox . Bryan Frye . Melissa McCoy  
Vicki Meeks . Lisa Miller . Carolyn Mixon  
Lori O'Connell . Steve Randle  
Linda Roberson . Judy Trivett

Billing Manager, Angela Mixon

# CONTENTS

November 2013 • Volume 7, Issue II



## 8 Building Culture and Community

Couplets, rhymes and sonnets bridge differences in DeSoto, one line at a time.



## 18 In Desperate Need of Change

Heather Martinez lost 185 pounds and gained a whole new outlook on life.

## 30 Settled Down

At Home With Terry and Lois Webb.



## 36 Fall Family Fun

Let autumn begin with crafting ideas designed with the family in mind.

42 BusinessNOW

44 Around TownNOW

48 HealthNOW

52 CookingNOW

### ON THE COVER



High school sweethearts Terry and Lois Webb live amidst a lifetime of memorabilia.

Photo by Amanda Rooney.

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2013. 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

*Hello, Southwest Friends,*

November always makes me think of cooking — tried and true traditional Thanksgiving fare, of course. I also like to experiment. But to be honest, I haven't done a whole lot of cooking in the past few years as my kids have moved on and out of the house. And I really enjoy my fruit and veggie smoothies. These drinks so satisfy my craving for fresh produce *and*, decidedly, curb my appetite for junk food, so I eat less. This probably isn't the most

common Thanksgiving-themed editor's note you've ever read.

I think I'll make some stuffed mushrooms or even the little acorn treats I just saw on Facebook — made from donut holes with one end dipped in Nutella and rolled in chocolate sprinkles with a pretzel stick stem. Two will do my limited sweet tooth!

Whatever you make, enjoy being thankful with those you love!

### Beverly

Beverly Shay  
SouthwestNOW Editor  
beverly.shay@nowmagazines.com

**HOLIDAY HAMS & TURKEYS**  
ORDER NOW BEFORE THEY'RE GONE!

642 UPTOWN BLVD. CEDAR HILL, TX 75104 972.291.3060  
106 EAST HIGHWAY 67 DUNCANVILLE, TX 75137 972.584.9099

**DICKEY'S BARBECUE PIT**

<p><b>\$5 OFF</b> HOLIDAY HAM OR TURKEY</p> <p><small>Not valid with other offers, discounts or coupons. Valid at Duncanville &amp; Cedar Hill Locations only. Coupon expires 12/31/13. Dickey's Barbecue Pit.</small></p>	<p><b>\$10 OFF</b> COMPLETE HOLIDAY MEAL</p> <p><small>Not valid with other offers, discounts or coupons. Valid at Duncanville &amp; Cedar Hill Locations only. Coupon expires 12/31/13. Dickey's Barbecue Pit.</small></p>
<p><b>GIANT STUFFED BAKED POTATO</b> With Choice of Meat and Small Drink</p> <p><b>ONLY \$6.50</b></p> <p><small>Valid at all participating locations. Coupon expires 12/31/13. Dickey's Barbecue Pit.</small></p>	<p><b>BUY ONE, GET ONE FREE!</b></p> <p><small>Buy one ham or turkey, get one free. Valid at all participating locations. Coupon expires 12/31/13. Dickey's Barbecue Pit.</small></p>

**Dramatic results**  
SALON AND SPA

Come and Experience The Difference  
**972-298-2559**

Certified in Non-surgical hair replacement,  
Seamless hair extensions, Micro-Fusion

Sew-in w/ Peruvian hair \$180.00  
Keratin smoothing treatment \$75

**Specializing in all phases of hair care.**  
[www.dramaticresultssalonandspa.com](http://www.dramaticresultssalonandspa.com)  
111 S. Cedar Ridge Dr., Ste. 101, Duncanville, TX 75116

The grass IS greener...

**Resource One**  
CREDIT UNION

Member owned. Not-for-profit.

**\$50 VISA Gift Card**  
When you open a savings and checking account.  
See branch for details.

Checking, Saving,  
Loan & Commercial Accounts.

[www.r1cu.org](http://www.r1cu.org) 800-375-3674

Federally insured by NCUA. Offer applies to new members only.



# Hormone Revitalization LAKEWOOD HILLS INTERNAL MEDICINE

## ***A DIFFERENT APPROACH TO HORMONAL WELL-BEING***

At Lakewood Hills Internal Medicine we employ truly unique approaches to obtaining and maintaining your hormonal well-being. Are you looking to rediscover your sense of health and vitality? Let Lakewood Hills Internal Medicine partner with you on your quest for wellness.

## ***Talk with Us About Hormone Revitalization***

This innovative protocol is devised to support your body in establishing or reestablishing hormone balance. It is different from most hormone replacement approaches that ignore or override your body's capabilities and just "do it for you." The protocol entails low dose prescription creams and/or over-the-counter nutritional supplements to stimulate and optimize your body's current hormone production capacity. Quarterly office visits and bloodwork are utilized to monitor safety and efficacy.



**Felicia Lewis, MD**  
Internal Medicine  
Board Certified

Are You:

Age 30-64 or older?

Perimenopausal or a male looking for renewed vitality?

Postmenopausal?

Unhappy with previous hormone therapy?

In possession of at least part of one ovary (even if you do not have a uterus)?

Revitalization is:

MD created and supervised care

Tailored to you as a unique patient

Monitored for safety & efficacy by regular blood work and clinical evaluations

Excellent quality medical care at competitive pricing

***Experience renewed hormonal well-being.***

Get started with Hormone Revitalization right away by scheduling your initial consultation. Appointments may be available as early as the same day you call:

***972-875-7770***

2203 W LAMPASAS St, Ste 111 • ENNIS, TX 75119  
972-875-7770 PHONE FOR APPTS • 972-875-7775 FAX  
[www.LHinternalmedicine.com](http://www.LHinternalmedicine.com)

# COMMITMENT TO CARE



## Cancer Institute of Dallas

 A Baylor-HealthTexas Affiliate

310 East Highway 67 • Duncanville, TX 75137  
505 N. Hwy 77, Suite 200 • Waxahachie, TX 75165  
301 Ovilla Rd., Suite 100 • Red Oak, TX 75154

Physicians are employees of HealthTexas Provider Network, an affiliate of Baylor Health Care System.  
©2013 Baylor Health Care System. BID HTPN\_1882 4.13

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 on-site diagnostic imaging center, Intensity Modulated Radiation Therapy (IMRT), HDR Brachytherapy, a full infusion suite and a complimentary, on-site, staffed fitness center.

*Maria Juarez, MD*  
*Maryada Reddy, MD*  
*Charles Lee, MD*

For an appointment or for more information call (972) 283-2389 or visit [www.CancerInstituteofDallas.com](http://www.CancerInstituteofDallas.com)



Midlothian

## Achieve success close to home

Tarleton State University offers affordable, high quality degree options conveniently in Midlothian at Navarro College.

**Bachelor's Completion Degrees:** Business, Psychology, Criminal Justice Administration, Manufacturing and Industrial Management

**Master's Degrees:** Counseling, Counseling Psychology

Proud partner in the Midlothian Higher Education Center

(972) 775-7231 | (855) 444-6432  
[tarleton.edu/midlothian](http://tarleton.edu/midlothian)



## Elementary Schools Celebrate 10 Years



The 2013-2014 school year marks a decade of educational success for Duncanville ISD's newest elementary schools. Bilhartz and Hyman elementaries opened their doors in the fall of 2003,

and ten years later both schools have much to be proud of. From establishing strong Parent Teacher Association groups to community partnerships that help students gain leadership and civic involvement skills, Bilhartz and Hyman have added to the rich traditions of Duncanville ISD. We extend our thanks to the Duncanville ISD community for supporting and passing the 2001 Bond Program that provided the funding to build these two schools that now serve a combined 1,260 students in grades Pre-K through 4.



## District Partners with FEMA

*Students Learn Catastrophe Preparedness First-Hand*

Learning critical emergency information to prepare for any type of disaster including fires, earthquakes, tornadoes and floods can help save lives. That's what third grade students across Duncanville ISD learned at a recent "Preparedness Open House" event, featuring energy management professionals from several national and North Texas agencies who shared emergency preparedness tips and information.



FEMA (Federal Emergency Management Agency) staffers assisted the district in bringing together emergency experts from the American Red Cross, Best Southwest Community Emergency Response Team (CERT), and Duncanville police and fire departments. The event helped introduce a unit of study on catastrophes and their impact on communities. Students learned first-hand how to better prepare their own families for emergency situations and how to put together a preparedness kit of food, water and other essential items.

## DID YOU KNOW?

*Adopted Tax Rate Drops Two Cents*



The total adopted 2013-2014 tax rate for Duncanville ISD is two cents less than last year's rate, thanks to a decrease in the I&S (Debt Service Fund) rate. The total tax rate for this year is \$1.41; last year's rate was \$1.43. The average monthly tax bill for Duncanville ISD taxpayers under the newly-adopted tax rate will be about \$110. The average annual and

monthly tax bills for district stakeholders over the past six years have been less than 2007-2008 tax rates, demonstrating the district's fiscally prudent approach to providing quality schools.

**Dville2Go Mobile App**  
Scan the QR code to the right to download our app, or use your mobile device to search your app store for Dville2Go.



# Building Culture and Commun

— *By Sydni Thomas*



*Listening in on a group of regular morning diners at Whataburger struck a spark in DeSoto resident Glenn Currier one morning back in 2010. The self-confessed eavesdropper was having breakfast while trying to write a poem about birds when he began wondering what drew these regulars into the restaurant each morning to share a cup of coffee and conversation. His thoughts soon turned to curiosity about their thoughts on poetry. Glenn left that morning with a newly penned poem, "Archipelago," and an idea to unite the community in the art of poetry.*

"I left and went straight to the library," Glenn said. "I asked the librarian whether or not there were any local poetry groups around. I couldn't believe it when she said there weren't."

Glenn, his wife, Helen, and Lucille Dade, director of the DeSoto Public Library, began dreaming up ways to get the community

# ity

excited about poetry. Pleasant Run Poetry Night was born, and from there, the monthly poetry club, Poetry in Progress, was formed. A small group met for the first time in November 2010, and before long, community members started showing interest.

"I believe poetry is all about self-discovery," Glenn said. "Community is also about self-discovery, and we wanted to bring both together. Our goal in creating this group was to build culture and community through poetry."

Poetry in Progress meets on the first Monday of every month from 6:00-8:00 p.m. at the DeSoto Civic Center. Members come together to read poems they have written or those written by others, which they find inspirational. Some members have been writing for



**DENTISTRY FOR Children**

**New DeSoto office is NOW OPEN!**  
**(972) 572-0111**

Office Hours  
Mon-Thurs 8:30-5:30  
Friday 8:00-3:00  
Open Saturday

Dino Dental Chair For Children  
**KID'S LOVE IT!**

**Dino Chair only available at the DeSoto office.**

We accept most PPO dental insurance plans, Medicaid and CHIPs

211 W. Belt Line Rd. • Cedar Hill • 972-291-0111  
4450 East Hwy 287 • Midlothian • 972-723-0111  
2828 Duke of Gloucester • DeSoto (next door to Pediatrics Southwest)

[www.drshellyclark.com](http://www.drshellyclark.com)



Dave Bates, Pamela Michelle and Glenn Currier encourage area residents to connect through lines of poetry.

decades, and others are still trying to finish their first poem. The group helps to encourage members in their discovery of poetry.

No poem is off limits. Between ballads, haikus, limericks and rhyming, there is something for everyone. A night of reading might range from light-hearted and hilarious to social issues and dealing with loss. Member Elizabeth Hobbs has a knack for getting meeting attendees laughing with her poems. In August, she shared her poem "Gordon's Travel," which follows the comical adventure of a man's cremated remains traveling down the coast in a bottle. Other readings like David Bates' "We Were Ready," a poem about his time as a member of a military missile crew, and Pamela Michelle's "Did I Do That," a poem about self-destructive habits, give the group a pensive atmosphere.

"I guarantee almost everyone in the group has brought a poem that was difficult to get through emotionally," David said. "We stand in and read those difficult poems for each other."

"We have a broad range of poetry in our meetings," Glenn added. "Our group is very diverse, and so are the poems."

The group has grown from a handful of people to over two dozen. Those in attendance are as diverse as their opinions on what classifies as great poetry. Glenn and David regularly disagree on what

**New Patients Are Always WELCOME**

**CLARK DENTAL GROUP**

**FREE WHITENING**  
three systems to choose from  
**ZOOM!, BOOST, or Take-home whitening**  
to all new patients w/cleaning, exam & x-rays. Exp. 11.30.13

**Brian Clark, D.D.S.**  
(972) 291-4281  
[www.BrianClarkDDS.com](http://www.BrianClarkDDS.com)

211 W. BELT LINE RD. | CEDAR HILL  
4450 EAST HWY 287 | MIDLOTHIAN

DELTA DENTAL PREMIER, HUMANA,  
CIGNA RADIUS, ASSURANT, DNOA

Glenn E. Clark D.D.S.      Brian G. Clark D.D.S.

**“What a joy it is to see all of the different cultures come together and read poetry.”**



qualifies as poetry, but their passion to unite the community in poetry is the same. The group has seen attendees as young as high school students all the way to retirees. Their hope is local teachers will take an interest in their group and have students attend the meetings.

“What a joy it is to see all of the different cultures come together and read poetry,” David remarked. “Occasionally, we will get some youngsters. They fit

**TRUSTED SINCE 1926**  
**BONIDE®**

**Four Locations For Your Convenience**

<p><b>Feeders Supply</b>          2703 S. Lancaster Rd.          Dallas, TX 75216          214-371-9413</p>	<p><b>Feeders Supply #2</b>          8422 S. Lancaster Rd.          Dallas, TX 75241          972-224-5559</p>
<p><b>Duncanville Feed Store</b>          219 N. Main St.          Duncanville, TX 75116          972-298-3404</p>	<p><b>T-Bar-T Farm Supply</b>          2836 E. Hwy. 175          Kaufman, TX 75142          972-962-7677</p>



# Cosmetic & Family Dentistry At *Its Finest!*



Use your  
dental benefits,  
before you  
lose them!

## Walnut Grove Dental



### Alternative To Dental Insurance The Walnut Grove Dental Plan

Annual Fee  
**\$249.99**

In an effort to assist our patients with the expenses of healthcare, we are instituting an innovative worthwhile discount program.

Unlike traditional dental insurance, this plan does not have a minimum or maximum. There is no deductible and cosmetic work is given at the same discounted rates. The plan is designed to be simple to understand, as well as an affordable alternative to traditional dental insurance.

- Two healthy mouth cleanings a year
- All Dental Radiographs (X-Rays) & Intra-Oral Photos
- All routine checkups and follow-up visits
- All emergency exams
- All consultation appointments
- All other dental work will be done at a discount of 10% off regular fee schedule

This plan cannot be used with any other insurance, discount plan or special offer

**972-298-4191**

403 W. Wheatland Road | Duncanville, Texas 75116

### Services

- Crowns & Bridges
- Bonding & Veneers
- Dentures & Partials
- Gentle Gum Care
- Implants
- Tooth Colored Fillings
- Will File Insurance



**Beverly Deacon, DDS**



**FREE**

**Initial Exam & Consultation  
Includes Bitewing X-Rays  
(Valued at \$145)**

May not be combined with other offers.  
Limited time offer.

**20% OFF**

**All Procedures Performed  
In The First Treatment Appointment  
(Excludes Cleaning Appointment)  
New Patients Only.**

May not be combined with other offers.  
Limited time offer.



right in, and it's beautiful to see how we've brought all of these different cultures together."

"When people get into poetry, it breaks down barriers," Glenn said. "We want everyone who has even the smallest interest in poetry to give it a try."

Members of the group encourage those who have little experience with poetry to come and try it out. Poetry in Progress takes a break occasionally from their standard member format of reading poetry and discussing group business in order to host an educational meeting. In the past, these special meetings have included visits from a lawyer who helped members learn about copyrighting laws, authors who gave insight into the publishing world and other poets who teach about the writing process.

"We are here to enjoy poetry," Glenn said. "If someone is hesitant about coming because they do not know much about poetry, they shouldn't let that stop them. We have had many members who started hesitantly but are now writing their own poems. There is nothing perfect about our poetry, but we are here to teach what we know. It's just something that brings all of us joy."

The DeSoto Public Library has been a huge supporter of the Poetry in Progress efforts. They are hoping to partner with them again and host a poetry night. The first Pleasant Run Poetry Night required that poems include the name of a main street in DeSoto, Pleasant Run. This time, they hope to attract a larger crowd. "Lucille has been a supporter since the beginning," Glenn said. "The staff at the library has also helped us, and a few of them are members of our group."

As the third birthday of the group

# ACHIEVE *your* GOALS

Look and feel more confident and youthful

Tummy Tuck • Breast Augmentation/Lift  
Breast Reduction • Liposuction • Post Weight Loss Surgery  
Mommy Makeover Packages & Financing Available



**J. Michael Morrissey, MD**

Board Certified, American Board of Plastic Surgery  
Plastic, Reconstructive and Cosmetic Surgery



**Waxahachie Office:**  
Baylor Medical Center  
1505 W. Jefferson, Suite 120  
Waxahachie, TX 75165

**Dallas Office:**  
Methodist Dallas Medical Center  
221 W. Colorado Blvd.  
Pavilion II, Ste., 727 - Dallas, TX 75208

For A Complimentary  
Consultation  
Call 214.943.9222

WWW.DRMORRISSEY.NET

Come see our center offering state-of-the art digital X-ray and Spinal Decompression machines.



**COMFORT REHAB**  
CHIROPRACTIC • MASSAGE  
PHYSICAL THERAPY

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, Fibromyalgia, Joint Pain, Sports and Auto Accidents, Work Injuries, Pain Management.

We offer the following services:

- Family Chiropractic Care
- Cold Laser Therapy
- Physical Therapy
- Therapeutic Massage
- Vibration Therapy
- Spinal Decompression

On-site: Pain Management / ESI Injection - Medical Doctor

Mention this ad for

NEW PATIENT EXAM, X-RAY & RESULTS. | \$59

SPECIAL! ONE-HOUR MASSAGE | \$40

Gift certificates available.



**Happy Thanksgiving**

from DR. BRYAN McCORMICK AND STAFF



Dr. Bryan McCormick



Mon 9-7pm  
Tue - Thur 9-6pm  
Fri 9-4pm • Sat 9-5pm  
Open Lunch

**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](http://ComfortRehab.com) or [DallasAccidentandInjuryRehab.com](http://DallasAccidentandInjuryRehab.com) to sign up for our newsletter, special offers and Facebook. Get a Virtual Consultation® and more.



# 1-800-PLUMBER

## Happy Thanksgiving

Emergency 24/7 Services - Nights, weekends and holidays at no extra charge. Free estimates and no trip charge.

1-800-PLUMBER / 1-800-758-6237  
972-299-8583

Financing opportunities available  
[www.1800plumber.com](http://www.1800plumber.com)  
TX Plumbing License #M19066

BBB

**\$50 Off Any Plumbing Service**  
Coupons may not be combined with any other offer. November 30, 2013

**\$200 Off Water Heater Install With Purchase Of A Water Heater**  
Coupons may not be combined with any other offer. November 30, 2013

Ask about our **800-Bio Drain Cleaning.**



## ...& Everything Nice...

NEW HOURS  
M-F 10-6 SAT 10-5  
PHONE 972+296-6423  
www.andeverythingnice.com

208 n. main duncanville tx 75116  
andeverythingniceTexas

**BEST SELECTION! PERSONALIZED GIFTS!**  
ORNAMENTS... PERSONALIZED FREE by Marilyn  
Including hard to find collegiate ornaments, any school even high school!!

**SAVE the DATE! HOLIDAY Open house**  
November 21, 22 & 23  
9 a.m. to 6 p.m.

remember:  
*Vera Bradley* and *Da Vinci Beads* make GREAT gifts

**Annaclairs**  
Yes... the ORIGINAL Wonderful Chocolates!  
#1 special order item... ORDER BY DECEMBER 1st

**Tyler Candles**  
new HOLIDAY scents... delightful

Coming soon!!!!  
New jewels just in time for the Christmas Holidays...  
"Forever In My Heart" coming mid-November.

**20% OFF COUPON**  
CHOOSE 1 item REGULAR PRICE IN STOCK ONLY...  
Expires: 11-30-13

## Annie Antiques, Inc.

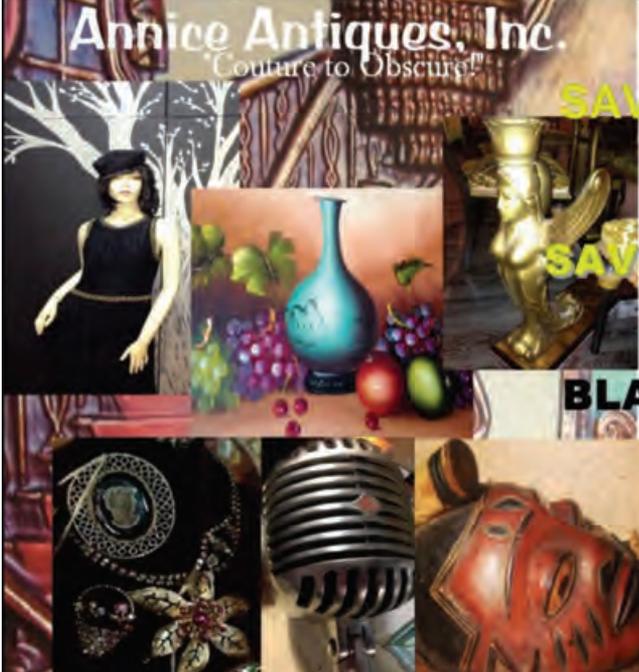
Couture to Obscure!

**SAVE 25% ENTIRE Purchase!!!**  
\*Till November 30th

**SAVE 50% BLACK FRIDAY**  
2 DAYS ONLY!!!  
FRI/29TH - SAT/30TH

Annie Antiques, Inc.  
206 N. Main St  
Duncanville, TX 75116  
(972) 572-1616

\*Coupon Not to be combined w/other offer



approaches, the members of Poetry in Progress will complete one of their long-term goals. They have been collecting poems from members and will be self-publishing them as a book titled, *Poetry in Progress*. Member Pamela Michelle is an experienced writer and self-published author. When the group



first started entertaining the idea of publishing a collection of their works, Pamela brought her expertise to the group. She has since become a co-chair for Poetry in Progress, alongside Glenn. Members have been submitting their best poems, and the group has been deciding which ones to include. The book will hold about 50 poems written by locals.

"We are very excited about our book," Glenn said. "The plan is to have it out by Christmas. Our members have worked hard to get the book organized. We couldn't have done it without Pamela's experience."

The growth for Poetry in Progress has been natural and mostly through word of mouth. As the group continues to create and enjoy poetry, they hope their numbers will multiply and draw from a diverse population in area communities. They want many more area residents to discover how writing, speaking and listening can connect them through lines of poetry.

"It's a thrill to be a part of this group, as it has grown," Glenn said. "We are hoping word spreads about our group, so more people can discover the joy and fulfillment of poetry. We want to further our mission of building culture and community through poetry." **NOW**

# Afraid of the dentist?

## Come sleep through your dental work.

Come meet Dr. Martin and the rest of the caring Fearless team.



Mention this ad and get **FREE WHITENING FOR LIFE** when you become a patient at Fearless Dental. **FREE** trays and then **FREE** whitening gel at every cleaning.

Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions, Invisalign. Sees children. Our hygienist Melinda does deep cleanings and laser gum treatments if gum disease is present. Years of dental needs can be completed quickly and with very few appointments all in our office.

Same day treatment available.  
No interest financing W.A.C. for up to 2 years.

Convenient Hours: 8am-6pm M-Th F 8am-1pm

In network with these major PPO plans: Aetna, Delta, Cigna, MetLife, Guardian, United Healthcare, Blue Cross Blue Shield of Texas, Humana, Principal, Ameritas, Dental Select, UCCL.

[www.FearlessDental.com](http://www.FearlessDental.com)

972-617-3322 · Red Oak, TX 75154  
101 Austin Boulevard · Suite 100



**St. PHILIP'S**  
SCHOOL & COMMUNITY CENTER  
YOU • BELONG

## SAVE THE DATE — AND — PLAN TO JOIN US

St. Philip's School and Community Center would like to invite you and your family to come see all the great and exciting benefits of our campus.

Upcoming Open House dates for the 2014-2015 school year.

**OCTOBER 16, 2013**  
**NOVEMBER 20, 2013**  
**DECEMBER 18, 2013**  
**JANUARY 15, 2014**

PLEASE VISIT OUR WEBSITE  
TO REGISTER.



[www.stphillips1600.org](http://www.stphillips1600.org)  
214.421.5221 ext.150  
1600 Pennsylvania Ave. Dallas, TX 75215

# CONGRATULATIONS

**To Dr. Larue and Dr. Patton on being named a D Magazine 2013 Best Doctor in Dallas!**

At Kessler Women's Healthcare, our goal is to deliver the best obstetrical and gynecological care possible in a compassionate and sensitive fashion. We believe in personalized patient care, education and communication. We are dedicated to providing you a lifetime of care, from adolescence through menopause. We welcome you to the Kessler Women's Healthcare family and are delighted to get to know you.



**Kessler Women's Healthcare - Here When You Need Us**

With convenient appointments available  
Monday-Thursday 7am-6pm  
Fridays 7am-5pm

Theresa M. Patton, MD Patricia LaRue, MD  
Kecia Foxworth, MD Sandra G. Lozano, MD



Call **214-941-7200**  
to schedule an appointment.  
1330 North Beckley Ave. • Dallas, Texas 75203  
[www.kesslerwomens.com](http://www.kesslerwomens.com)

Find us on Facebook

## PARTY LIKE PICAESO



Have Fun, Paint, Eat,  
Drink & Leave with  
your own masterpiece!

Join us the 3rd Thursday of  
every month or Contact us to  
book your own party.

Plan your Holiday Party with us today!

Register Online or call  
972-293-1117 Today!

PAINT PARTY THURS. NOVEMBER  
21ST 7PM-9M \$35PP

## ENCAUSTICS WORKSHOP Wax Painting

AGES 11 AND UP

**NOVEMBER 16TH FROM 1:30 - 4:30**

**\$75-All Supplies Included**

In this workshop 2 works of art will be  
created. Artist will leave with the ability to  
fuse, create texture, & use transfers  
with encaustic medium.



## DIGITAL PHOTOGRAPHY 101

Sat. November 16<sup>th</sup> from 9:30-12:30

\$40 You will need any digital camera that should  
have the ability to change the shutter and aperture  
settings. This Class will help you understand the  
basic camera operation, the importance of light.



Save the Date for Visual Expressions  
**Fall Student Art Show**  
Friday Nov. 15th from 7pm-9pm

Come join the party with us here  
at Visual Expressions and see  
the student art work from our  
many classes. Food, Wine,  
plus, a raffle for a 6 Week  
Art Class & Artwork.

Student Artwork  
will be displayed from  
Nov. 15th-Dec 2nd



# V VISUAL EXPRESSIONS

[www.veartgallery.com](http://www.veartgallery.com) • 972-293-1117 • 1425 N. HWY 67 Cedar Hill TX 75104

License# 123926

Thumbs up Great Southwest  
for making Arbor House your  
Memory Care of choice!



Schedule your  
Holiday Day Stay  
or Respite Care soon!

"Giving New Meaning to Life"

8027 West Virginia Drive · Dallas TX  
Across Wheatland from Charlton Methodist

www.arborhouseliving.com • (972) 298.1331

*Join Our Support Group*

*November 12th at 6:00PM • Free Day Stay While Attending*

**Thomas  
Deacon, M.D.**  
Board Certified



**Accepting  
New Patients**  
Birth - 18yrs



**Pediatrics Southwest**  
2828 Duke of Gloucester  
Suite 106  
DeSoto, Texas 75115  
**972-298-3888**  
pediatricssouthwest.com



Your Gateway To Transformation

**HOILDAY SPECIAL!**  
Gift Certificates Now Available For This Season  
In-House Financing Available

**LASER TREATMENTS**

Laser Hair Removal  
Starting At \$25 Per Treatment

Body Contouring  
Treatments  
\$110 Per Treatment

Sunspots & Brown Spots  
\$125 Per Treatment

Scar and Stretchmark Removal  
\$150 Per Treatment

**FACE TREATMENTS**

Botox \$8 a Unit

Fillers \$499  
PER SYRINGE

Microderm or Chemical Peel  
\$50 Per Treatment

Micro + CO<sub>2</sub> Mask  
\$75 SPECIAL

**CALL NOW (972) 296-2045**

THERE IS A LIMITED QUANTITY AVAILABLE.

941 York Dr, # 200 • DeSoto, TX 75115

**WWW.CHAMELEONMEDSPA.COM**

# ◀◀◀ In Desperate Need of **CHANGE**

— By Beverly Shay

*Heather Martinez found herself at a place in her life, some seven years ago, in serious need of change. “I had pretty much given up hope of ever changing. I mean, when you weigh 250 pounds, what’s another 25 pounds? And another. And another. I knew I was out of control, but I had tried diets. I lost and gained it back. And gained some more — over and over and over,” Heather recalled. What prompted her weight issues? “I just liked food. Food was my friend. Food was my love. Food was all I thought about. Every morning, I woke up eager to plan what I would eat that day, all day.”*



And yes, there was a precipitating factor that brought Heather to a place of desperation. The desperation hadn't come when she could no longer go to the movies, because she didn't fit in the seat. Nor was it the fact that if she wanted to fly anywhere she had to purchase two seats. Nor was it the fact she had very high blood pressure and diabetes. "People who love food or use food as a coping mechanism need something to jar them. Until they 'bottom out,' they will continue to eat and eat and eat.

Most overweight and obese people cycle through weight loss and weight gain just like I did — until something they see as unbearable occurs, and they finally decide things need to change," Heather paused, reminiscing, "I cannot believe how long I tolerated living so out of control," she said, shaking her head.

"I weighed 326 pounds. I was so big, I pretty much didn't go out much — except to eat. And work, I still worked, but walking and stairs and breathing had all become way too much work. I was really miserable. What tipped the scale for me was when I went shopping at Lane



**Have you tried that Crazy Wrap Thing?**

- Tightens, Tones & Firms in as little as 45 minutes
- Reduces the appearance of Cellulite
- Gives you fast & Lasting Results from an all natural formula

**CALL OR EMAIL ME FOR THIS MONTH'S SPECIAL!**

**It Works!**  
Skinny Wraps,  
Supplements  
and Skincare

**BEFORE**

**AFTER 2 MONTHS OF USING THE SKINNY PACK**

**Mindy Owen**  
**214-454-3733**  
wrapmeupdallas@gmail.com  
mindylynn.myitworks.com

Individual results can and will vary. These testimonials are not necessarily representative of all those who use our products. These testimonials are not intended to make claims that these products can be used to diagnose, treat, cure, mitigate or prevent any disease. These claims have not been clinically proven or evaluated by the FDA.

## Think You May Have a Hearing Loss?

- Small and Discreet
- Sleek Design

**Introducing Starkey's wireless hearing aids, designed to make listening easy & enjoyable again.**

Whether you are looking for small and invisible, high power for maximum hearing potential, or simply the latest technology with a sleek design, there is a Series that can be customized for you.

### PrescriptFit™ Assessment

- ❖ Free Hearing Test
- ❖ Lifestyle Assessment
- ❖ Acoustic Analysis
- ❖ Speech Demonstration

**214 North Main • Duncanville, TX**

## 972-296-1600

## \$150 Christmas Gift Card Drawing

Call Manager for Details



Free Use of our Move-In Truck!

Offer expires 12/15/13.  
Drawing will be held on 12/16/13  
Discount does not apply to climate-controlled.  
Bring in Ad to Qualify For Special!

- 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

[www.abbys-storage.com](http://www.abbys-storage.com)

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



# DeSoto Family Care and Surgery Center



Breast augmentation & butt lift

Liposuction abdomen with hourglass

Breast augmentation

Home of Hour-Glass, Wine-Glass, B-Cleft and 6-Pack treatments

## HCG Weight Loss

Arthritis pain and wound care treatment.

Now offering joint pain and wound care treatment with Platelet Rich Plasma.

Hyperbaric Oxygen treatment available.

Insurance and self-pay accepted.

Office hours 8:30-5:00

Se Habla Español.

Benedict Olusola, MD

1704 N. Hampton Rd., Ste. 201

DeSoto, Texas 75115

972-228-9600 or 972-228-3670 Fax: 972-228-3878

[aralilecosmetics.com](http://aralilecosmetics.com)



“I cannot believe how long I tolerated living so out of control.”

Bryant, and I could no longer even fit in their largest size,” she recalled. Heather left the store in tears, knowing she needed to change her life.

Since Heather had been the dieting route before, she decided to make some serious lifestyle changes. “My first decision was not to eat fast food anymore. I had been eating fast food for breakfast, lunch, dinner (a whole pizza and an entire two-liter bottle of soda) and snacks. Oh yes, lots of snacks, lots of ice cream. But now I was determined to only eat real food,” Heather explained. Heather likes to study and learn things, so she began to research healthy ways to eat, studying which foods went together to best provide what her body would need to maintain nutritional wholeness while losing weight, lots of weight.

“The first week I cut out fast food, I lost about 10 pounds. And I kept losing. My next decision was portion control. I felt so much better just by eating real food that I found I didn’t need as much. My body adapted to needing less food. And I began to feel up to including some



exercise,” Heather remarked. At first, Heather thought she would try swimming. Her parents had a pool, but the weather was still too cool. She figured she would walk around the small backyard pool. “I didn’t even have enough breath to walk around it once,” Heather admitted. But instead of getting discouraged, she

upped her determination.

Weight had always been an issue for Heather. “I was never naturally thin, and I was pretty sedentary by nature. Sitting in front of the TV was the perfect opportunity for a snack. My family is Hispanic, so we were pretty loud, pretty opinionated, and we ate. No one was home when I got home from school, so I ate. No one ever monitored what or how much I ate. As I got older and heavier, I became more reclusive, depressed, and although I am naturally an extrovert, I became more and more introverted,” she shared. All through high school in Arlington, Heather dieted, trying Slim-




Present this ad & receive

# \$5 OFF

of any appetizer

Present this ad to receive a free appetizer value up to \$5 with the purchase of an adult entrée. Not valid with any other offer or discount. Tax & gratuity not included. Expires 12/31/13. Only valid at: The Cedar Hill Joe's Crab Shack.

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



## BEN FRANKLIN APOTHECARY

Pharmacy • Gifts • Kitchens Deli

# HOLIDAY OPEN HOUSE

Nov. 21, 22, 23 • Thurs, Fri, & Sat

Monday-Friday 9am - 7pm, Sat. 9am - 6pm

Specials throughout the store, samples, door prizes and much more!



- Fall & Christmas Decorations
- Old-fashioned Candy Shoppe & Homemade Fudge
- Personalized Christmas Ornaments
- Trim-A-Tree
- Unique Stocking Stuffers
- Large Selection of Toys
- Custom Quilting and Monogramming



302 N. Main St. • Duncanville   

972-298-1147 • [www.benfranklinrx.com](http://www.benfranklinrx.com)

VIDEO

Let Kitchen's Deli Cater Your Holiday Event  
Holiday Pies & Party Trays Available!  
972-298-8698



# Dermatology Institute

Expert Treatment For:

- Skin Cancer • Acne
- Fingernail/Toenail Infections
- Psoriasis • Moles • Cyst • Hair Loss

Skin, Hair & Nail Diseases



We Offer Free Skin Cancer Screenings

Dr. Bill V. Way, FAOCD  
 Katie Heimer, PA-C  
 Kerbi Elsenbroek, PA-C  
 Shevonee Echtabu, PA-C  
 Teresa Martin, Licensed Esthetician  
 Se Habla Español M-F 8am-5pm

Dermatology Institute is staffed by fully licensed dermatologist, physician assistants and an esthetician who are dedicated to the highest quality patient care, education and research.

972.780.0707 [www.dermatologyinstitute.us](http://www.dermatologyinstitute.us)  
 706 W. Center St., Duncanville



“Sitting in front of the TV was the perfect opportunity for a snack.”

Fast, Jenny Craig, Nutrisystem. “They all worked. I lost weight, but I gained it all back, because my lifestyle hadn’t changed. I hadn’t changed my lifestyle,” Heather amended herself. “The more I gained, the more I hated myself, the more insecure and depressed I got.”

By college, she was definitely maintaining 200-plus pounds. Heather graduated from The University of Texas at Arlington in 1997 with a degree in public relations. “I really liked people,” she said. For 12 years, she worked in PR for Budweiser. “The job was amazing. It’s



## Shine Dental Care

Family and Cosmetic Dentistry



*We create smiles that shine in a family friendly, comfortable environment.*

**\$49.00**

Comprehensive Exam and X-rays

CAN NOT BE COMBINED WITH INSURANCE.

**25% OFF**

ANY SINGLE Dental Procedure.

CAN NOT BE COMBINED WITH INSURANCE.

**FREE**

Take Home Whitening Kit with Completion of Full Exam and Cleaning.

MUST PRESENT COUPON AT VISIT.

We accept most insurances including Medicaid and CHIP. Call for more information.

Be Sure To Use Your 2013 Benefits Before They Run Out! In network with most PPO insurances. Call today.

**Tonjolique J. Jackson, DDS**

972-293-8033 | [www.shinedentalcaretx.com](http://www.shinedentalcaretx.com)

950 East Beltline Road Suite 130 | Cedar Hill, TX 75104

Conveniently located in the Cedar Hill/Methodist Medical Plaza



only downside (which I did not recognize at the time) was we went out to eat all the time. I considered that a perk.”

With continual weight gain, walking up stairs became an impossibility, and Heather began to fall — a lot. She could no longer wear seatbelts. They weren’t big enough. “Needless to say, I was thrilled when I actually began losing weight and keeping it off,” Heather shared. “But when I reached the 100-pound weight-loss mark, I plateaued at about 225 pounds. I still wanted to lose another 100 pounds! I decided to join a gym and begin to work out.” For six months she worked with a personal trainer, who taught her how to exercise and do strength training, taught her to food journal, how to be accountable, how to listen to her body and balance out her life, so that exercise didn’t become her new out-of-balance lifestyle.

“As I gained confidence in my exercise classes and became less jelly-like, I moved closer to the front,” Heather shared, eyes beaming. “The really cool thing was I found myself, for the first time in my life, surrounded by people who were noticing my weight-loss, encouraging me — people with the same goals as I now had: health and fitness as a lifestyle. I really want people to know that it’s not about a number on the scale or reaching a certain size. It’s about changing your mind — your mindset is the most important thing. Losing weight, living healthy, staying fit — is about 80 percent mind and 20 percent working out.

“I had to give myself permission to be healthy, to be amazing, to be beautiful, to love myself — to be the absolute best me. And when I found my own value, I found I could also help others, so now I am a fitness coach, too. I no longer see myself as the overweight person I once was. I am strong and fit and valuable to others.” **NOW**

**No's**  
**ITALIA EXPRESS**  
 Authentic Italian Cuisine  
 THE BEST KEPT SECRET OF CEDAR HILL! 972.291.0530  
**\$5.00 OFF**  
**\$30.00 purchase or 15% off total bill**  
Expires 11/30/13. One coupon per person per visit. Not valid with any other offer.  
**CATERING AVAILABLE FOR ANY SIZE EVENT**  
 305 W FM 1382, Suite 410, Cedar Hill, TX 75104 (In Uptown Village Mall - next to play area)  
 www.italiaexpresscedarhill.com • facebook.com/ItaliaExpressCedarHill

EACH MOMENT *matters.*  
*Ravenel Franklin, Grace Resident and her daughters*  
**Free Lunch & Learn Seminar**  
**“Medicare 101”**  
**Thursday, November 14 11:30–1:30 p.m.**  
**(214) 413-4110 RSVP**  
**Open enrollment for Medicare 2014 is from**  
**10/15/2013 – 12/7/2013**  
 Learn the difference between traditional Medicare & Medicare Advantage & Prescription Plans  
 Have you made your decision??  
 Do you need to make changes??  
**Find out the answers that are right for you and/or your loved one.**  
 GRACE PRESBYTERIAN VILLAGE | 550 Ann Arbor, Dallas, Texas 75216 | 214.413.4123 | www.GracePresbyterianVillage.org  
  
 ALF#000541  
 COTTAGES • APARTMENTS • ASSISTED LIVING • NURSING • HOSPICE • DEMENTIA CARE • REHAB

Ask About Our Extended Hours



the best dentistry  
in Life is Free!

**Worry Free...**  
Dental plan available for those without insurance

**Ouch Free...**  
Gental Cleaning from our professional staff

**Hassle Free...**  
Walk-ins always welcome

We're a Preferred Provider for HMOs & PPOs.



**CEDAR HILL  
MODERN DENTISTRY**  
Dr. Gladys Stigger, DDS  
**972-291-6262**  
[www.CedarHillModernDentistry.com](http://www.CedarHillModernDentistry.com)  
**Happy Thanksgiving!**



**398 E. FM 1382 | Suite B  
Cedar Hill**

On the SE corner of US HWY 67 and FM 1382  
in the Ross Shopping center.

**GET TO KNOW US SPECIALS**

**\$59**  
Exam, Digital X-Rays  
& Cleaning\*

**Need Braces?**  
Braces for  
as little as **\$99** /mo

With a down payment of at least \$250, offer valid on new orthodontic cases only, offer only valid with participation in monthly automatic credit card or bank card program. DAC. Payments may extend beyond the period for treatment, cannot be combined with any other offer.

\* Regular value of at least \$290.00. In absence of periodontal (gum) disease. New patients only. Discounts may vary when combined with insurance and cannot be combined with other offers or discount plans.



**PRECISION  
EYE CARE**

*Happy Thanksgiving*

**Buy 1 complete pair of glasses and get the 2nd pair of glasses or sunglasses of equal or lesser value for 50% off**  
\*Restrictions apply. Expires 12/31/13

**\$15 off eye exam**  
\*Restrictions apply. Expires 12/31/13

**50% off self-tinting lenses on any complete pair of glasses**  
Introducing PhotoFusion® by ZEISS  
Expires 12/31/13

**Don't wait until the end of the year to use your vision benefits!**

- Accepting New Patients
- Walk-ins welcomed
- Spanish-speaking doctor & staff (Se habla Español)



Anthony Peterson, O.D.  
*Dallas native  
Member of Duncanville Chamber of Commerce*



Payments accepted:  
Cash, Debit, Checks  
**CareCredit**

We make it visible.

Hours: Monday-Thursday 9-6 | Friday 8-4 | Saturdays by appointment  
150 E. HWY 67 Suite 120 • Duncanville, TX  
**972-298-EYES (3937) ■ [www.pecdallas.com](http://www.pecdallas.com)**



**YOUR LAST EXCUSE...  
JUST GOT ON THE BUS!**

It's time for you to come to class and learn how to lose those extra summer pounds! Dr. Lesa Ansell have helped 100's of people implement this system and achieve their weight loss goals!

**Most people lost 20-35 pounds in just 6 weeks!\***

Get in touch with us today and find out how to get started!

**PRO ADJUSTER  
Chiropractic Clinic, Inc.**  
(972) 291-1992  
103 E. BELTLINE RD., STE. G, CEDAR HILL  
(BEHIND BRAUM'S ICE CREAM)

Follow us on  [www.proadjusterchiropracticclinics.com](http://www.proadjusterchiropracticclinics.com)

# 2013 Holiday Shopping Guide



UPTOWN  
AT CEDAR HILL  
VILLAGE

SHOP  
UP  
SHOP UPTOWN

Highway 67 at Pleasant Run Rd in Cedar Hill  
[UptownVillageatCedarHill.com](http://UptownVillageatCedarHill.com)

Find us



Follow us

Dillard's | Barnes & Noble | Dick's Sporting Goods | Old Navy

James Avery | Kay Jewelers | ULTA | Victoria's Secret | Simply Mac | Coldwater Creek  
Bath & Body Works | Chico's | Charming Charlie | Dallas Cowboys Pro Shop



ELEVATE YOUR HOLIDAY SHOPPING EXPERIENCE.

A special advertising section

# 2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



## Famous City View Tacos

10% Off when you mention church name  
\$1.00 Breakfast Tacos with this ad.

### City View Tacos

419 South Main • Duncanville  
972-780-6188



## Insulated Market Tote \$38

Keep it HOT or COLD.

A "Must" for the Holidays. FREE Monogram

### And Everything Nice

208 N. Main Street • Duncanville  
972-296-6423



## We have moved!

Come visit us in our new  
location in Red Oak!

### Sweet and Chic Boutique

600 Methodist Suite #3130  
972-576-077



## Thanksgiving Sale! 30% Off All Dining Sets

No Credit Check Financing

### Blucci Contemporary Furniture

949 N. Hwy 67 • Cedar Hill  
www.blucci.com  
972-293-6644



## Treat Yourself

To a new cut, color, hi-lites,  
a relaxing massage. Men & women

### Looking Glass Hair Studio

241 N. Hampton Rd. Ste. B • DeSoto  
972-223-3755

# 2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



## Personalized Ornaments

Wide selection to fit everybody on your list (\$6.95 - \$11.95)

### Ben Franklin Apothecary

302 N. Main St. • Duncanville  
972-298-1147



## Collin Street Bakery

Texas Pecan Pies starting at \$14.50  
World Famous Fruitcakes starting at \$18.50  
Classic Cheesecakes \$24.95

### Great Gifts! Will deliver worldwide!

Shop from one of our 5 area bakeshops or [collinstreet.com](http://collinstreet.com)



## 50% OFF with ad

Original vintage clothes  
Couture to Obscure! Expires 11/30/13

### Annice Antiques, Inc.

206 North Main Street • Duncanville  
[www.anniceantiques.com](http://www.anniceantiques.com)  
972-572-1616



## Pound Cake Cook Book

Recipes and instructions of successful baking for pound cakes

### Cakes by the Pound

972-230-1070



## Longhorn Spirit Gifts

Hoodies • Shirts • Hats • Beanies  
Decals • Shorts • Toys • Gifts

### CHISD Longhorn Central

425 E. Pleasant Run Rd.  
Suite 253, Cedar Hill, TX  
972-293-1732

# 2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.

## Eyebrow Arts Salon



Threading • Waxing  
Facials  
Henna Tattoo

**972-800-2644 CELL**  
**972-782-4230 SALON**

100 N Hwy 67 St.4  
Cedar Hill, TX 75104  
Located @ Hwy 67 & Belt Line Rd.  
@ Shell Station Complex  
www.ebrowarts.com • www.facebook.com/EyebrowArt

Open 7 days a week  
MON-SAT: 9am-9pm  
SUN: 10am to 7pm

**\$3 OFF** Brow Threading    **20% OFF** Student & Military ID

## SAFIANE BEAUTY & BRAIDS



**972.782.4230**

Senegalese Twists • Micros  
Cornrows • Singles • Weaves

Get \$15 OFF on any service \$60 and up

Expires 12/31/2013

100 N HWY 67, Suite 4 | Cedar Hill, TX 75104  
Same shopping strip as Shell, across from Bank of America

## Professional Photography specializing in:

Seniors  
Couples  
Family/Group  
Events



**Holiday cards and ornaments available!**

CALL FOR MORE INFORMATION  
**469-774-0299**  
DonGibsonPhoto.com

**DON GIBSON**  
PHOTOGRAPHY  
Visual Arts

## TRADE IN. TRADE UP. GET \$10



Be one of the first 100 to bring us the empty bag from a branded competitor's feed, complete the consumer reply card & we'll give you 10 bucks off our Purina® Horse or Poultry Feed.\*

Offer valid between November 1 - November 30, 2013

<p><b>Feeders Supply</b> 2703 S. Lancaster Rd. Dallas, TX 75216 214-371-9413</p>	<p><b>Feeders Supply #2</b> 8422 S. Lancaster Rd. Dallas, TX 75241 972-224-5559</p>
<p><b>Duncanville Feed Store</b> 219 N. Main St. Duncanville, TX 75116 972-298-3404</p>	<p><b>T-Bar-T Farm Supply</b> 2836 E. Hwy. 175 Kaufman, TX 75142 972-962-7677</p>

\*See store for details.

**Open the Door to Opportunity!**

Admissions Open Houses 2-4 p.m.  
 Sunday, November 10, 2013  
 Sunday, January 26, 2014  
 Sunday, April 6, 2014

5K Fun Run/Walk, Saturday, November 9  
[CESGobbleWobble.com](http://CESGobbleWobble.com)

Canterbury Offers:

- Grades Kindergarten-12th
- College Prep Curriculum
- Small Class Sizes
- No STAAR Tests
- Championship Athletics
- Art, Music, Spanish, Technology
- Advanced Placement and more!

**CANTERBURY EPISCOPAL SCHOOL**

972.572.7200 x109 [www.TheCanterburySchool.org](http://www.TheCanterburySchool.org)  
 email: [CharlesE@TheCanterburySchool.org](mailto:CharlesE@TheCanterburySchool.org)  
 1708 N. Westmoreland Road DeSoto, Texas 75115

THE LAW OFFICES OF  
**JOHNSON & RIVENBURGH, PLLC**

- Criminal Lawyers
- Traffic Tickets
- Early Probation Release
- Erase Criminal Records

EraseMyRecord.com  
 ProbationRelease.com

**Traffic Tickets \$75**  
**75Tickets.com • 214-422-4482**

**972-505-2217**  
 1700 N. Hampton Road, Suite 104 • DeSoto, TX 75115  
[JohnsonRivenburgh.com](http://JohnsonRivenburgh.com)

*Law Offices of Johnson & Rivenburgh, PLLC  
 Christian K. Johnson Esq. • Kris Rivenburgh Esq.*

**John D. Abdulian, M.D.**  
 Board Certified in Gastroenterology

- heartburn
- indigestion
- chronic diarrhea
- constipation
- abdominal pain
- colon cancer screening
- swallowing disorders
- liver disorders
- rectal bleeding
- poor appetite/weight loss
- anemia

For an appointment please call our office at  
**(972) 875-1800**

Most insurance plans accepted

**Three Locations to Serve You!**

**Southwestern Digestive Health Physicians**

1441 Midlothian Pkwy., Suite 100A  
**Midlothian**

2800 E. Broad Street, Suite 318  
**Mansfield**

2200 Physicians Blvd, Suite C  
**Ennis**



# Settled DOWN

— By Angel Morris

*The year 1967 was a good one for Duncanville, when two people who would become active in city and school affairs first moved to town. Some 46 years later, Terry and Lois Webb still make their home here and continue to contribute to the community that brought them together.*

Lois grew up in Oak Cliff, until her family moved to the Duncanville Independent School District where she graduated with honors in 1970. Terry moved to Duncanville via Greenville, San Angelo, Pecos, Idalou and Dallas, and graduated from





Duncanville High School in 1971. He began working for Duncanville Fire Department in 1973, the same year he married his high school sweetheart, Lois. Their family expanded to include two children, Todd, born in 1977, and Lisa, in 1979.

“At that time, you had to live in the city in order to work for the fire department, so we just settled down and settled in,” Terry explained.

But the duo did much more than that, with Terry serving the department for 34 years, advancing through the ranks as an emergency medical technician, paramedic, lieutenant, captain, assistant fire chief and, ultimately, fire chief. He has been an active member of many fire and civic associations and served as president of the Duncanville Lions Club, board of directors member for Duncanville Education Foundation and chairman of the board for Duncanville Outreach Ministries.

**At Home With**  
*Terry and*  
*Lois Webb*



## AMS Academic Solutions

AMS Academic Solutions provides one-on-one and group tutoring to students in the convenience of their home or a place near their residence at a time convenient to them.

AMS Academic Solutions:

- Offers the student the option of in-person tutoring or instruction via an online whiteboard.
- Provides tutoring in all levels of mathematics for all ages from elementary through college.
- Is expanding to include the following subjects: Chemistry, Biology, English, Reading, Writing, Social Sciences and Spanish.
- Provides afterschool activities, summer activities and standardized test prep.

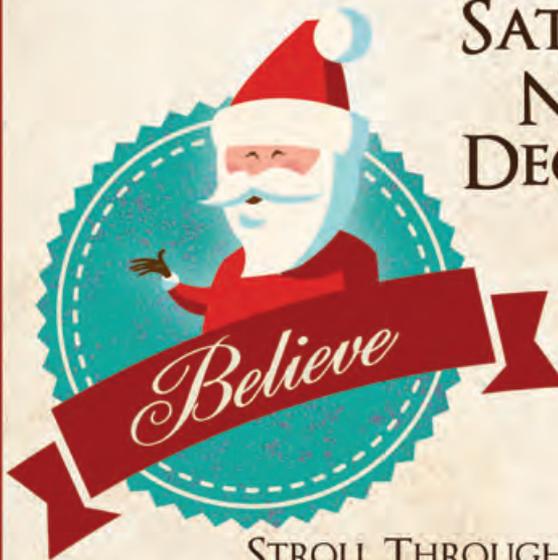
For more information, visit our websites below or call us at 972-755-1151.  
[www.amsacademicsolutions.com](http://www.amsacademicsolutions.com) • [www.alexismathservices.com](http://www.alexismathservices.com)



# Clark Gardens



SATURDAYS  
NOV. 30  
DEC. 7, 14, 21



STROLL THROUGH LIGHT DISPLAY  
SANTA, LIVE REINDEER, ENTERTAINMENT,  
HAYRIDE, SNOW TO THROW!

**clarkgardens.org**

Free Admission passes available at participating Chicken Express Restaurants.

For a list of locations go to [www.clarkgardens.org](http://www.clarkgardens.org)

PRESENTED BY:



Mineral Wells • Weatherford



For Schedule of Events,  
Times, and Reservations  
visit our website  
or scan QR code  
with your smart phone

567 Maddux Road, Weatherford, TX ♦ (940)682-4856



Lois was active in Cub Scouts, Girl Scouts and the school district's band program, serving on the board during the first Duncanville Marching Invitational Band Contest, which has become one of the premier contests in North Texas. She has been on the board of directors of the Baby Sitting Co-op, Tennis Association and Duncanville ISD Alumni Association. She has been tirelessly involved in the Chamber, Lions Club and the Education Foundation. Not



surprisingly, the duo has been nominated for Man and Woman of the Year more than once and held the titles in 2001 (Terry) and 2005 (Lois). Today the couple shows no signs of slowing down.

"We were living in the home where we raised our kids, and Terry bought and remodeled a rent home that our daughter and son-in-law then lived in. When they had a son and needed a bigger house, Terry found a good deal on another home for us so Lisa and Brandon could raise our grandson in Lisa's childhood home," Lois explained.

So, rather than downsizing upon retirement in 2008, Terry very shortly thereafter went into makeover mode. "He remodeled our old home for our daughter, remodeled her old home to become a rental, then painted our entire new home in a minimum amount of time before we moved in," Lois said. "He's still working on things, and we hope to replace the floors in the bathrooms and kitchen after the first of the year. We're working on one project at a time, because, finally, there's no hurry!"

The Webbs' new brick home features

Let us make you smile.

**Family & Cosmetic DENTISTRY**  
 Brandon K. Florence, DDS, PLLC  
 972-291-1501

Brandon K. Florence  
 DDS, PLLC  
 Call for an appointment  
 (972) 291-1501  
 www.LoneStarSMILE.com

Family and Cosmetic Dentistry  
 207 W. BELTLINE ROAD | CEDAR HILL, TX 75104

Are You Getting The **INTERVIEW**, but not getting **THE JOB?**

Do you find yourself saying "I'm a hard worker?"

*If your response is "yes" then you may need our help!*

**CAREER COACHING SERVICES**

- Job Interview Coaching
- Resume Services (Review and Creation)
- Career Coaching (one-on-one and group)

**CONTACT US FOR A FREE CONSULTATION**

(214) 614.8394 Message  
 (214) 944.1472 Office  
 www.christopherquinn.com

**THE CHRISTOPHER QUINN GROUP, INC.**  
 Helping You Make The HR Connection

# Commitment to Quality



Approved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant, Dallas counties and surrounding areas. We're locally owned and operated by hometown folks with over 50 years of combined home health experience.

The Community Health Accreditation Program, Inc. (CHAP) rewards agencies for their Core & Home Health Standards of Excellence. Approved Home Health Care continues to hold CHAP Accreditation status as we go into our sixth year!

**Best Little Home Care Agency in TX!**

*Family Owned and Operated Since 2005*

Call 972-723-2933 or email [info@approvedhhc.com](mailto:info@approvedhhc.com)



## DISCOUNT SALES AUTO & TRUCK STUFF

631 E. Hwy 67, Duncanville, TX  
972-709-6552 • [www.autoandtruckstuff.com](http://www.autoandtruckstuff.com)

### TIRES:

Major Brands to Private Label



**WE CARRY:**

- Auto body parts
- Custom parts and wheels
- Stereos
- Auto alarms
- Wood dash
- Rotate & Balance Tires \$29.95

**\$10 OFF**  
**\$100.00 PURCHASE**

With this ad. Expires 11/30/13

We match  
Ultra Product  
coupons  
(products only)

Focus News  
Readers' Choice  
Awards 2013  
*'Best Salon'*  
(4th yr in a row)

## Your Personal Image Is Our Success!

**Full Service Family Salon**  
• Heather is a Certified Great Lengths Extensions Stylist

Latest Cuts & Styles • Coloring  
Perms • Waxing  
Airbrush Tanning by appointment only  
**FREE WiFi**

**Holiday Gift  
Certificates Available**  
[www.splitendingsalon.com](http://www.splitendingsalon.com)

Find us on facebook.

**972.291.7883**  
Gift Certificates Available

*Split Endings* Salon  
201 Bryan Place Cedar Hill (Corner of Straus Rd)

# KUSI FORDJOUR, MD PA



FROM LEFT:  
OLIVA PACANA RN, FNP-BC  
KUSI FORDJOUR, MD  
KARLA SMITH, ARNP, FNPC

Personalized Care With A Compassionate  
Physician & Mid-Level Providers.

## WE SPECIALIZE IN:

- Diabetes • Hypertension
- Asthma • COPD/Emphysema
- Weight Management
- Employment Physicals
- Wellness Evaluations / Exams
- Thyroid Diseases • Heart Diseases

**WALK-INS & SAME DAY  
APPTS. WELCOME!**

**972.283.9100**

Board Certified  
INTERNAL MEDICINE  
ASK ABOUT SATURDAY CLINIC HOURS!

2505 Bolton Boone Dr., Ste 101 • DeSoto Texas, 75115

(NEAR METHODIST CHARLTON MED. CENTER)

**FLEXIBLE PAYMENT PLANS & MOST MAJOR INSURANCE PLANS ACCEPTED**



custom windows and shutters and three bedrooms — their master retreat, a guest bedroom and one room set aside for their 2 1/2-year-old grandson, Toby. The formal living room houses a fireplace and custom cabinetry which, finally, provides a home to all Lois' many books.

Perfect for family entertaining, this living area opens to a large formal dining room where the entire Webb clan can fit for gatherings and meals. "We have a butterfly-leaf family dining room table that I refinished, and we can open it up for the whole family to have meals together," Terry said, noting Toby's high chair also fits in the dining room.

A large pantry sits between the dining room and tiled kitchen that opens into a breakfast nook with a perfectly sized, small antique table the couple found in Granbury. This area also features an atrium, where the antique Singer sewing machine, once belonging to Lois' Grandmother Yeager, has found the perfect corner spot leading to a sunroom that houses Lois' garden of plants. "I used to have a black thumb, but this room stays so humid, I've finally discovered my green thumb," Lois said.

Not surprisingly, firefighter memorabilia also has a special place in the study, den and sports bar, while other sentimental decorations are sprinkled throughout the house. "We have a mirror in our entryway that belonged to Lois' aunt from the 1960s, and a favorite grandfather clock," Terry said.

And Lois is equally proud of a photo collage from their trip with Toby to the Fort Worth Zoo. "It's something Terry's just gotten good at, and we hung it on Toby's door to use as a learning tool," she said. "Where's the lion? Where's Grandpa T?"

Never far from her roots with Duncanville ISD, Lois' office is located fewer than five minutes away in the

## Duncanville's REALTOR® Real Estate Specialist for Seniors



Cary Efurd  
Real Estate Broker

I bring to each client:

- Knowledge and understanding of and empathy for 50+ age real estate clients and customers
- Knowledge of how life stages impact real estate choices
- Awareness of retirement, aging in place, independent living and counseling methods

*Serving Duncanville, Cedar Hill, Desoto*

**214-240-9198**

caryefurd@duncanvillesrealtor.com | [DuncanvillesRealtor.com](http://DuncanvillesRealtor.com)



district's new administrative home base, The Plaza, formerly the Century 21 building. "We're still working on it, but they have done beautiful things," Lois said of the facility that opened this summer, and which will likely be her workplace until she decides it's time to retire. "It could possibly be in two years," she said, admitting she is looking forward to time to read and reread all the books on her new custom shelves.

While Lois is low-key, Terry admits home remodels and flipping houses is a way to put his nervous energy to use. Whispering Hills Church of Christ is their home away from home, where Terry is an elder, and Lois has taught hundreds of students in Bible class. The couple also enjoys golf, tennis, Texas Ranger games and the occasional three- or four-day trip within Texas.

With their active schedule away from home, the Webbs are happy to take their time in making their newest home their own. The possibilities are endless, and if Terry's need for movement is any indication, it won't be long before he finishes this home and sets his sights on another. In their new home, Terry only bemoans the absence of one prized possession. "I'm looking forward to moving the hot tub from our previous home, so we can start enjoying it again," he said.

For now, the Webbs appreciate being able to gather the whole family in one place, including their son and his wife, Loni, along with their daughter's family and the admittedly favored grandson. "Our friends would warn us about how much we would love a grandchild, but we really didn't listen. Now we know how true it is!" Lois said. "It's been great learning with Toby and having him be part of our favorite things about Duncanville, including our home, our church and our friendships." **NOW**

# CAMPUZANO

mexican food

Voted Best Mexican Restaurant in Best Southwest

*Happy Thanksgiving!*

108 N. 8th Street  
Midlothian, TX  
972-723-2634

2167 N. Highway 77  
Waxahachie, TX  
972-938-0047

213 W. Bellline  
Cedar Hill, TX  
972-291-1053

**\$5.00 off**  
\$20.00 purchase

Coupon only good from  
NOW Magazine! NO Copies  
accepted! Expires 11/30/13

**CAMPUZANO**  
mexican food

**NOW OPEN!**

2618 Oak Lawn Ave  
Dallas, TX 75219  
214-526-0100



## DOGWOOD CANYON Audubon CENTER AT CEDAR HILL

**IS NOW ADMISSION-FREE!**



In honor of our  
2<sup>nd</sup> anniversary,  
fly into Dogwood  
Canyon for **FREE!**

Nature Store • Hiking Trails • Bird Viewing  
Voted *Dallas Observer's* "Best Nature Walk 2013"

1206 West FM 1382 Cedar Hill, TX 75104  
dogwoodcanyon.audubon.org • 469-526-1980

# FALL FAMILY FUN

— By Sandra Strong

*Families have extra time to share in November as the sun sets earlier and the temperatures begin to drop. The fall craft ideas listed below are designed for the entire family and can help you fill a chilly evening or long weekend. We hope these activities will facilitate fun and laughter while you make lasting family memories.*

## FALL TREE

*Recycle a puzzle that's missing some pieces into a priceless work of art, while making memories with the youngest members of the family. Your fall tree can be kept for years in a scrapbook, or a magnet can be glued to the back to make the perfect fall decor for the family's refrigerator door.*

### DIFFICULTY LEVEL: EASY

- Child-safe scissors
- Cardboard
- Paint brush
- Black acrylic paint
- Blue craft foam
- White craft glue
- 36 small puzzle pieces
- Gold, red and brown acrylic paint
- Small brown lunch bag
- Green yarn



### HOW TO DO IT. ▼

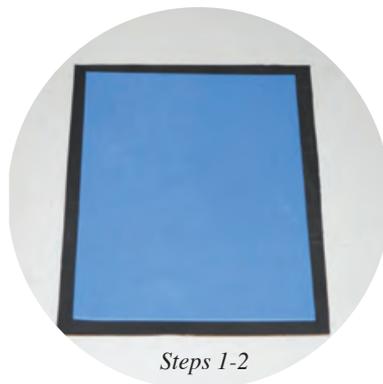
**1. Create frame** by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.

**2. Create background** by cutting foam into a piece measuring 7 1/2 x10-inches. Glue foam to cardboard allowing cardboard to frame the foam.

**3. Paint one** side of the puzzle pieces, alternating gold, red and brown until you have three equal piles of 12 to create fall leaves. Allow to dry completely.

**4. Cut bottom** off lunch bag and discard. Wad up remaining section of bag to form tree trunk. Set aside.

**5. Cut green yarn** into 1/2- and 1-inch pieces to represent grass. Glue bag to bottom edge of foam to make trunk.



Steps 1-2



Steps 4-5



6. **Glue yarn** pieces randomly along bottom edge of foam to make grass. Glue puzzle pieces haphazardly around bag to represent leaves on the tree, making sure to glue some in the grass around the bottom of the trunk to represent leaves that have already fallen. Allow to dry overnight before displaying.



Step 6

**LIABILITY FROM**  
 •Homeowners •Renters •Title bonds  
 •General Liability •Commercial Auto  
**GetAtlasInsurance.com**

**\$28\***

**atlas** Call for A  
 Auto Insurance FREE QUOTE

Hours: M-F 9AM to 7PM • Sat. 10AM to 5PM  
 No License • No Problem

Se Habla Español  
rates depend on age, sex, driving record, county

<b>Ft. Worth</b> 817 668 6736 6420 Meadow Brook Dr. #100	<b>Arlington</b> 817 668 6586 2104 N. Collins Ste. A	<b>Lancaster</b> 972 332 1942 908 N 135 E	<b>Irving</b> 972 843 5085 1420 N. Story Rd	<b>Buckner</b> 214 865 8103 1424 S Buckner #A
--	--	---	---	---



# 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 75203

To schedule an appointment at either site call 972-780-3414 (We also see patients in Corsicana, Ennis and Waxahachie)

1-888-864-I CAN (4226) • [www.TexasOncology.com](http://www.TexasOncology.com)

**TEXAS ONCOLOGY**

*More breakthroughs. More victories.®*

**HOW TEXANS FIGHT CANCER.**

# Dr. Emilio Lopez, DDS, PC

Family & Cosmetic Dentistry

## Why Choose Us?

Full Dental Exams Including Oral Cancer Exam  
Crowns, Bridges, Dentures, Root Canals, Whitening  
TMJ Treatment, Low Radiation Digital X-rays  
Intraoral Cameras: you see what we see  
10% Senior Discount.



In-network providers for these PPO Plans:  
Metlife, Delta, Aetna, Cigna, Guardian, Blue Cross Blue Shield, Humana,  
Principal/Ameritas, Assurant, United Concordia, Connection United Healthcare

972-291-2591 • cedarhilldentist.com  
103 E. Bellline Rd. Suite H, (behind Braum's Ice Cream) Cedar Hill, TX



## \$89 New Patient SPECIAL



Includes: Exam,  
basic cleaning & xrays  
(A \$222 value - not valid with insurance)

## NOT YOUR BASIC HAND TURKEY

This three-dimensional hand turkey can be used annually as a holiday table topper or mantel decoration. More than one can be made and presented to those grandparents who can't get enough of their grandchildren!

### DIFFICULTY LEVEL: MEDIUM

- Tracing pencil
- 2 squares beige felt
- Scissors
- 1 square each: red, orange and yellow felt
- Pinking shears
- White craft glue
- Cool melt hot glue
- Wiggle eyes, 2 each
- 3x2 1/2-inch piece of cardboard
- Brown acrylic paint
- Cotton balls

### HOW TO DO IT. ▼

1. **Trace hand print** on both pieces of beige felt. Cut both prints out.
2. **Using pinking shears**, cut 6 red, 6 orange and 2 yellow triangles (2 1/2 inches from top to bottom and 2 inches from side-to-side for adult handprint and 2 inches from top-to-bottom and 1 1/2 inches from side-to-side for child's handprint).
3. **Glue handprints together** with craft glue making sure to leave palm area and bottom unglued. Let dry. Reinforce with hot glue if needed.
4. **Using craft or hot glue**, glue 3 red triangles in between fingers on each side. Glue 3 orange triangles in the middle on each side. Glue 1 yellow triangle toward the bottom on each side. Let dry.
5. **Cut two very small triangles** from remaining yellow felt, gluing on each side to make turkey's beak. Glue eyes in place. Let dry.
6. **Paint cardboard brown.** Let dry. Stuff cotton balls into bottom opening to plump up the holiday hand turkey. Glue turkey to board before displaying.



Step 1

## LORENZO BROWN & ASSOCIATES

ATTORNEYS AT LAW

DIVORCE  
PERSONAL INJURIES  
PROBATE  
TERMS AVAILABLE

1700 N. Hampton Road, Suite 104  
DeSoto, TX 75115  
972.224.7555 - office  
214.237.6067 - fax  
214.621.0036 - cell  
lorenzobrown@hotmail.com



PHOTO ENLARGEMENTS  
Canvas Prints

Banners  
Same Day

B Printing  
& Shipping

Wall Crawlers  
Posters

214.388.0211  
512 N. Hampton Road  
DeSoto, TX 75115



Step 3



Steps 4-5



Step 6

## Fresh seafood and gourmet products!

Catfish	Halibut	Red Snapper
Frog Legs	Flounder	Catfish Fillet
Crawfish	Tilapia	Whole Catfish
Crab Legs	Shrimp	Trout
Buffalo Rib	Salmon	

**Family-owned  
and -operated  
business**



**OPEN NOW**  
Tues-Sat  
10am-7pm

**972-230-FISH (3474)**  
122 South Hampton Road  
DeSoto, Texas 75115

[DeSotoFishMarket.com](http://DeSotoFishMarket.com)

## Hearing Solutions

- Latest in Hearing Instrument Technology
- 30-day Hearing Aid Trials
- Diagnostic Hearing Evaluations
- Hearing Aid Repairs
- Batteries and Hearing Aid Supplies
- Hunter's Ear Plugs
- Medicare Accepted



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

[www.swshc.com](http://www.swshc.com)

**Quality and Experience  
You Can Trust**

Serving Our Community Since 1997

2715 Bolton Boone, Suite C • DeSoto, TX 75115

 Near Methodist Charlton Medical Center • 972-572-5582



*Redbird Village  
Apartment  
Homes*



**THIS IS THE PLACE** *to search for a new home.*  
**THIS IS THE PLACE** *to live, relax, refresh.*  
**THIS IS THE PLACE** *you will say YES.*

803 LINK DR. #11, DUNCANVILLE, TX 75116 • 972.298.5311 • RBV@ATT.NET

**THANKS FOR  
THE MEMORIES**

*One full day can easily be spent outdoors as your family hunts for natural alphabet letters in the world of fall colors around them. The completed project makes for a unique mantel or wall hanging. You can use this same idea for any occasion from special holidays to wedding and baby shower gifts. Your imagination is your only limitation.*

**DIFFICULTY LEVEL: MEDIUM  
TO CHALLENGING.**

- Sepia-tone photographs from nature that spell THANKS
- Scissors
- Holiday scrapbook paper
- Natural burlap
- Elmer's craft glue
- 12 clothespins
- Twisted jute twine, 5-foot length

**HOW TO DO IT.** ▼

**1. Take photos in nature.** You can design them yourself to complete the project sooner, or you can hunt until you find the "letters" to spell THANKS. Have photos developed into 4x6 prints.



**2. Cut holiday printed paper** into 6 5x7-inch rectangles. Cut burlap into 6 6x8-inch rectangles.



**3. Glue paper to burlap.** Let dry. Glue photo to paper making sure to secure corners. Let dry.

**4. Trim burlap** from top allowing the paper edge to be your guide. Make fringe frame by shredding remaining edges of burlap by pulling strands until reaching edge of paper.



For details or to register, visit [cedarhilltx.com](http://cedarhilltx.com)

**1-Month FREE**  
With purchase of  
**3-Month Membership**  
*(Valid in November only)*



**Cedar Hill**  
RECREATION CENTER

310 E. Parkerville Road  
972-293-5288



**Free  
Cookie Sundae**  
with purchase of entree and side item.



Breakfast Served 6am - 10:30am  
387 E. FM 1382 • Cedar Hill  
972-293-0022

2009 CFA 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 11/30/13.



Steps 3-4

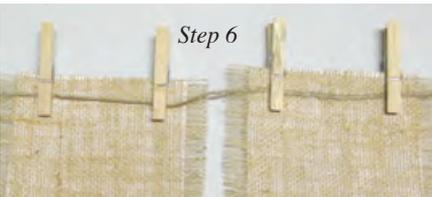
**5. Glue clothespins** to front corners of photographs only. Let dry. Backside needs to remain unglued to allow for stringing.



Step 5

**6. Lay photos face down.** Thread twine through circular cutout on clothespin allowing you to hang pictures in the same manner you would hang clothes on a line. This trick also allows you to move photos freely on the twine, bringing them close together or stretching them farther apart.

**7. Tie loop knots** and cut excess from twine before hanging. **NOW**



Step 6



Step 7



Ruth's Choice  
to cater to our client's needs with :

**COMPASSION  
DIGNITY &  
RESPECT**

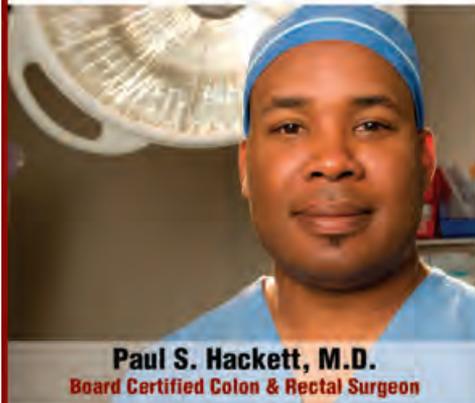


we provide care for seniors all within the comfort of the home, be it a private residence or other living facility. Our caregivers are available for as few as four hours and as many as 24 hours.

**(972)298-5555**

**WWW.RUTHSCOICE.COM  
HIRING COMPASSIONATE CAREGIVERS**

**Colonoscopies**  
prevent colon cancer in **men and women.**



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

**Conditions Treated:**

Hemorrhoids, Constipation,  
Crohn's Disease, Ulcerative Colitis,  
Colon Cancer

**Services:** Colonoscopy,

Minimally Invasive Surgery,  
Surgical & Non-Surgical Care



**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](http://www.trinitycolonrectal.com)

**Se Habla Español**

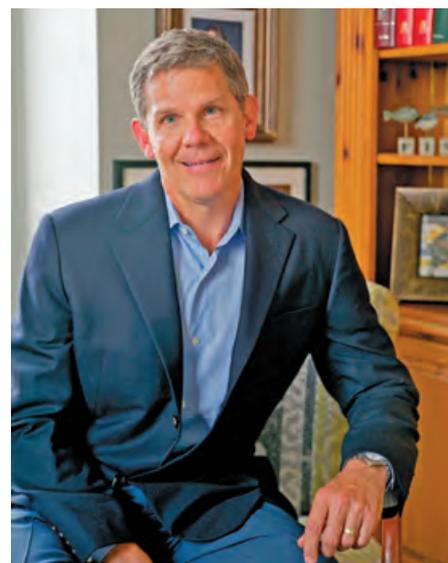


### Texas Oncology-Surgical Specialists

Dr. Martin Koonsman  
221 W. Colorado Blvd.  
Suite 532 Pavilion II  
Dallas, TX 75208  
(214) 943-8605  
www.texasoncology.com

#### Hours:

Monday-Friday: 8:30 a.m.-5:00 p.m.



Dr. Koonsman is one of the friendliest yet most competent doctors you will ever meet. His office team: Sybil Sanchez, Oralia Favela and Yessenia Arnaga happily assist him in providing sensitive care.



# A Total-care Team

*Texas Oncology-Surgical Specialists offer compassionate, complete breast cancer care and treatment at one location.*

— By Beverly Shay

Dr. Martin Koonsman, a surgeon with Texas Oncology-Surgical Specialists, is just the kind of doctor you want on your side when you are facing breast cancer. He is on the team of experts who are involved in the multidisciplinary breast care team at Methodist Dallas Medical Center. They offer a sensitive, healing environment focused on their patients, with all of the sophisticated breast care and supportive services necessary in one location. No matter the type or stage of diagnosis, Methodist Dallas will coordinate and deliver the best treatment plan for each patient.

“When I was in fourth grade, a high school neighbor whom I admired, decided to be a doctor, so I did too,” Dr. Koonsman admitted. Originally reared in the Dallas area, he graduated

high school in Houston. “Because of a marginal GPA, my high school counselor didn’t encourage my intention to attend medical school, but I graduated *magna cum laude* from Texas A&M University with a degree in biology and earned my medical degree from Texas Tech University. I wanted to be a family practitioner in a small town, with two horses and two dogs,” Dr. Koonsman related with a grin.

During his studies with Texas Tech at El Paso County Hospital, a mentor pointed him toward surgery. The general surgery residency program at Methodist Dallas exposed him to many types of surgery through observing, assisting and eventually leading surgery one-on-one with an attending surgeon. “I was fortunate to have some phenomenal surgeons

as mentors. During my fourth year, I joined a growing practice that treated cancer, among other things. As the senior physician moved toward a teaching position, I picked up more of his cases. In 2012, I joined Texas Oncology," he said.

Dr. Koonsman considers it a privilege to care for and interact with patients at such a stressful time. He really *is* a caring person. His voice and calm presentation of the disease and treatment plan will definitely help a woman and her family face cancer with confidence. "When breast cancer is identified early, the treatment isn't easy, but the outcome is generally good," Dr. Koonsman stated. "One in eight women in the U.S. is diagnosed with breast cancer. Ten percent of cases are genetic. The other 90 percent are sporadic. When a woman has multiple family members who have had breast or ovarian cancer, the risk of breast cancer is significantly increased, only if there is a mutation."

Risk factors for breast cancer include: hormonally-related issues, such as early periods, late menopause, no pregnancies or not having children until after the age of 30, diet, exercise and body fat. The higher your body fat, the more estrogen your body produces, thereby increasing the risk. As chief medical officer at Methodist Dallas, Dr. Koonsman is especially proud of the dramatic changes occurring in medical care, as exemplified by Methodist Dallas and Texas Oncology. "High-quality medical care is provided in America, but it's been offered in a fragmented fashion. Usually a woman receives her diagnosis of cancer from an imaging center. Then her primary physician will refer her to a surgeon, who then sends her to an oncologist and/or radiologist. Methodist Dallas offers all of those specialists in one location, with a navigator nurse who oversees the coordination of each patient's process. The specialists all meet together to review each patient's needs and develop a personalized care/treatment plan.

"The good news is there is a 98-percent long-term survival rate when cancer is diagnosed at stage one," Dr. Koonsman reported. "So we have a lot of hope to offer." **NOW**

Texas' Best Bar-B-Que!



**Soulman's BARBQUE**  
SINCE 1974 PROUD TO BE AMERICAN-OWNED!

**HOLIDAY CATERING** **PREORDER NOW**

*Holiday Offerings*  
Let us deal with the stress and the mess.

- Custom cooking
- Hickory smoked hams and turkeys
- Homemade pies
- Cornbread dressing
- Cranberry sauce and more!

Get your full holiday meal, with soul.

**Pulled Pork**  
PULLED PORK SANDWICH COMBO  
Served on a 4" round sandwich bun and comes with 2 veggies and a 16 oz. drink *Only ...* **\$5.99**

**\$2 OFF**  
all Family-style dinners  
Expires 11/30/13. Not valid with any other offers, specials, discounts or promotions. Limit 1 per customer, please.

Cedar Hill location only. Not valid with any other offers, specials, discounts or promotions.

12 Locations to serve you!  
Garland, Mesquite, Terrell, Dallas, Van, Lancaster, Richardson, Quinlan, Royse City, Greenville and Rockwall, too!

124 N. Hwy 67  
(Take exit for Cooper St./Belt Line Road)  
**Cedar Hill • 972-291-3400**  
WWW.SOULMANS.COM

**Saint Anne Episcopal Church**  
1700 N. Westmoreland Dr.  
Desoto, TX 75115 • 972-709-0691

**Our Annual Rummage Sale**  
November 2, 2013  
8am-2pm

Items for sale:  
Clothes for men, women and children  
Shoes for men, women and children • Baby Items • Toys  
Kitchen Items • Decorative Items • Electronics • Furniture



**Virajis Salon**  
411 Cedar Street, Cedar Hill, Texas 75104  
469.272.PHAT (7428)

**Black Friday Special, FREE \$20 gift certificate with services \$100 or more or \$10 off any service and FREE deep conditioner with hair style or FREE nail design with manicure.**  
*(One offer per customer only good Friday 11/29/13, New clients only)*

Now seeking professional licensed stylist and barbers. Please contact Chetavua Bell at 214-356-0548

**Tuesday-Thursday**  
Shampoo/Style \$30  
Relaxer \$45  
Sew-In \$75

New clients only. Offer expires 11/30/2013.



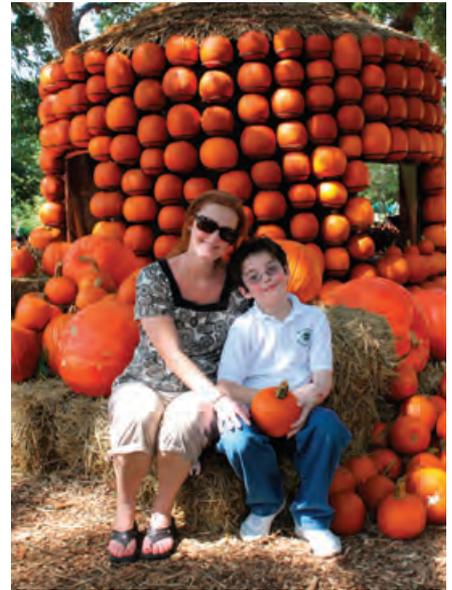
Demetra & Chetavua



Becky Hennesy co-chairs the Extravagant Hope Gala, a project near and dear to her heart.



Duncanville Women's Club members are entertained by violinist Edina Pastyik and cellist Belinda Viasca, in grad school at SMU.



Duncanville's Angel and Samuel Morris pose in Dallas Arboretum's Pumpkin Village.



The Gospel/Bell Choir presents a Grandparents Day celebration at Hopkins Senior Center.



Cedar Hill's David Pipkin serves Canterbury Episcopal School teacher Andrea Hawkins during a Teacher Appreciation Luncheon.



DeSoto High School JROTC Color Guard present colors during the national anthem at a 9/11 event at Cockrell Hill Elementary School.



West students and Intermediate Principal Rob Fleming accept a check from Cockrell Hill Assistant Principal Jackie Briggs-Vaughn, Dr. Gabrielle Polk and Ruby Young Principal Becky Sheppard and several DeSoto students.



DeSoto's Olivia Arias and Olivia Thompson paint faces to promote their school at a local fall festival.



Storyteller and guitarist Lucas Miller interacts with children during Kids on the Hill.

**COMING SOON!**

**REGISTRATION**  
for **SPRING 2014 CLASSES** starts  
**MONDAY, NOVEMBER 25**

Priority Registration begins November 19, 2013  
**Classes begin January 21st!**

*For more information, please  
call 972-860-8201 or visit our website:  
[www.cedarvalleycollege.edu](http://www.cedarvalleycollege.edu)*



Cedar Valley College

DALLAS COUNTY COMMUNITY COLLEGE DISTRICT

SMART STARTS HERE.

# How Do Rising Interest Rates Impact Stock Prices?

The Federal Reserve has maintained a very easy/stimulative monetary policy over the past four years. Their goal is to boost the economy by keeping interest rates low to encourage increased investment and consumer spending. While the current Fed policy is stimulative, at some point that policy will reverse and interest rates will start to rise. Given that interest rates will at some point return to more normal levels, what will be the effects of rising interest rates on stock prices?

A simple way of looking at the value of a stock is to look at its price/earnings ratio and its annual earnings. For example, if the P/E ratio for Apple stock is 12 and its annual earnings per share is \$40, then its share price would be \$480 (i.e. 12 x \$40).

So how could rising interest rates impact Apple's stock price or stock prices in general? One way, is rising interest rates would impact the P/E ratio. If the P/E ratio for the S & P 500 index is 18, then the earnings yield would be 5.5 percent (the inverse of the P/E ratio). The theory is that rising interest

rates would cause the earnings yield to rise. A higher earnings yield means a lower P/E ratio. The lower P/E ratio will put downward pressure on stock prices.

Should you sell stocks if interest rates are rising? Not necessarily. Recall that the stock price equals the P/E ratio times the annual earnings. If earnings are rising faster than the P/E ratio is declining, stocks will continue rising also. Often interest rates are rising because the economy is growing fast enough that the demand for credit is driving up interest rates. When interest rates start rising, it will likely be because the economy is growing strong enough to drive them higher which means earnings will be growing. This combination could drive up stock prices even though interest rates are rising. **NOW**

*Dennis Brock  
Haydin Insurance Group*

**JIM McDONALD**  
Agent

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

**STATE FARM**  
Auto  
Life  
Fire  
INSURANCE

**24 HOUR GOOD NEIGHBOR SERVICE**

**STATE FARM INSURANCE COMPANIES**  
HOME OFFICES: BLOOMINGTON, ILLINOIS

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

**Need Electricity?**  
**FREE \$25.00**  
Instant Credit

**Low KWH Rate** (save up to 25%)  
No Credit Check • No Deposit • No Contract  
**Call: 877-468-6842**

**Suzushii**  
Sushi & Grill

Lunch Bento Box Start at \$6.95

Now Open  
915 E. Road to Six Flags st. #103, Arlington, TX 817-459-2779

Served sushi roll over **70** items

**\$5 OFF**  
Any \$25 Order  
Exclude mixed drinks. Dine in only. One coupon per Table.

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

**Trinity Church**

VISIT OUR ONLINE CAMPUS!  
trinitychurch.org | 9am & 11am Sundays

1231 E. Pleasant Run Rd. Cedar Hill 972.291.2501

INTERNATIONAL MUSEUM OF CULTURES




**CYNTHIA ANN AND QUANAH PARKER EXHIBIT**

**A WOMAN OF TWO WORLDS AND A MAN IN TWO WORLDS.**

Traveling exhibit of rarely seen photos of Quanah and Cynthia Ann Parker. Photo exhibit that will be on display starting on November 6th for 8 weeks.

**Present this ad and receive \$1.00 OFF admission**

Call for additional information: 972.572.0462 or email: [info@internationalmuseumofcultures.org](mailto:info@internationalmuseumofcultures.org)  
**411 E. Hwy 67 • Duncanville**  
[www.internationalmuseumofcultures.org](http://www.internationalmuseumofcultures.org)

**A SIMPLE TOUCH**  
*day spa & salon*

**Full Service Salon & Spa**

Mark Davis & Kelly Pruitt both specialize in the "Award Winning" TIGI color, highlights, cuts, Brazilian blow outs, & updos for the whole family.

**Holiday special: hair & make-up \$65**  
 (Regularly \$80)

We offer wedding packages for on-site or in-salon. Check out our salon's Facebook page for monthly specials.

[www.asimpletouch.net](http://www.asimpletouch.net) • 469-272-3111   
 1431 N. Hwy 67, Suite 100, Cedar Hill, TX



**Ebby HALLIDAY REALTORS®**  
 EBBY.COM

**Rachel Pippin**  
 972-283-7585  
[rachelpippin@ebby.com](mailto:rachelpippin@ebby.com)




**1915 Greenbriar Trail**  
**\$185,000**

3 bedrooms/2.1 baths/ 1917 SF  
 Sits on 2 Lots  
 View nature from all windows  
 Gameroom upstairs  
 23x17 wood shop is a bonus!

Exclusive Community of Holly Lake Ranch

**Jaynes Memorial Chapel**

Caring Hometown Service Since 1998  
 811 S. Cockrell Hill Rd. • Duncanville  
 972-298-2334



[www.jaynesmemorialchapel.com](http://www.jaynesmemorialchapel.com)

**Bunions? Hammertoes? Tired feet? Can't wear your favorite shoes? *Let the healing begin!***

Dr. Patel provides the most up-to-date surgical treatments for all your foot conditions

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

Most insurances accepted

**Inwood National Bank Building**  
 1801 N. Hampton Rd., #340  
 Call for appointment: 972-274-5708  
[www.infinityfootandankle.com](http://www.infinityfootandankle.com)




**Infinity FOOT & ANKLE**  
 Dr. Parul K. Patel

Laser treatment of fungal nails

Take advantage of your paid 2013 Deductibles. You may have little to no out-of-pocket expense.

Duncanville community theatre proudly presents

**Run For Your Wife**  
 by Ray Cooney  
 directed by Elisa Guse

**November 14-16 & 21-23 • 8 p.m.**

A hysterical farce – one taxi driver, two wives, and complications galore!

**Reservations Recommended**  
 972-780-5707 or [boxoffice@dctheatre.org](mailto:boxoffice@dctheatre.org)  
 DCT located at 106 S. Main, Duncanville  
[www.dctheatre.org](http://www.dctheatre.org)

Offering great theatre since 1988!

We can help! **Urology care close to home.**

**Dr. Francis Nwafor M.D.**  
 Board Certified Urology

- Over Active Bladder
- Urinary Incontinence
- Urinary Tract Infection
- Kidney Stones
- Vasectomy
- Erectile Dysfunction
- Enlarged Prostate
- Low Testosterone

17 years experience  
 Accepting new patients

**Se habla español**

8067 West Virginia Dr. Dallas, TX 75237  
 Across from Charlton

802 W. Lampasas Ennis, TX 75119  
 toll free (866) 872-7131



# A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with

antibiotics. Treatment will lessen the symptoms fairly quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon! **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

**25% OFF ENTIRE PURCHASE**  
ONE COUPON PER PERSON • MAY NOT BE COMBINED WITH ANY OTHER OFFER EXPIRES 11/30/13

**Newhouse Furniture Warehouse**

**NOW OPEN • NOW TAKING CONSIGNMENTS**

**CONSIGNMENT HUTCH AND BUFFET \$299**

**NEW 7-PIECE DINING ROOM TABLE AND CHAIRS, \$699.00**

**QUEEN PILLOWTOP MATTRESS \$249.00**

**FINANCING LAYAWAY**

**633 US HWY 67 • DUNCANVILLE • 214-908-7221**  
**WWW.NEWHOUSEFURNITUREDUNCANVILLE.COM**

**Diamond Cutzz Beauty Salon**

**Black Friday Special!**  
**\$25 OFF**  
 Braids and Weave Extensions  
Exp. 11/30/13

**972.291.3950**  
 978 N. Hwy 67, Suite D, Cedar Hill, TX 75104  
 diamondcutzz@yahoo.com • www.diamondcutzzsalon.com

Imagination Experience Knowledge Faith

**BE A SAINT!**  
**Your Future Starts Here**

**St. Elizabeth of Hungary Catholic School**  
**Now Enrolling for 2013-14**

4019 S. Hampton Rd., Dallas, TX 75224  
 214-331-5139 • www.saintspride.com

**TEXAS Party Jumps**

State Inspected & Fully Insured

**SE HABLE ESPAÑOL**

**Call Now To Reserve Yours!!!**  
**(214) 542-1101**  
 www.texaspartyjumps.com



# Impressions Salon Etc.

**FALL** in love with your new color!

**FREE**  
Conditioner w/  
Cut & Blowdry

**\$10 OFF**  
Cut & Color  
New client only

**\$5 OFF**  
Any Product  
or Service  
with this ad

one coupon per customer, per month Exp 11.30.13

**AVEDA**  
THE ART AND SCIENCE OF FINE FLOWER AND PLANT ESSENCES

Cut & color specialist • Bridal parties  
Special event hair • Manicures / pedicures  
Skin care specialist

Hair, skin & make up products, bags, jewelry & accessories • 25 yrs experience

202 Suite B N. I-35 • Northbound Service Rd. between Ovilla & Red Oak Rds  
Red Oak • 972-617-6300 • Open at 8am Tues Thru Sat

**PREPARING FOR COLLEGE MEANS  
TAKING THE TOUGH CLASSES NOW!**  
FIND OUT WHICH CLASSES  
YOUR STUDENT NEEDS TO TAKE AT  
KnowHow260.org

Ad  
LUMINA

Where You Camp With Friends

**THE FUN NEVER STOPS AT  
NORTH TEXAS JELLYSTONE  
RESORT**

**RESERVE NOW  
FOR FAMILY FUN!  
817-426-5037**

- COZY COTTAGES W/ INSTANT FIREPLACES
- THEMED WEEKENDS
- PIRATES COVE FUN ZONE
- LASER TAG, "HEY, HEY, HEY" RIDES,  
FIRE TRUCK RIDES, INFLATABLE CORRAL,  
FISHING, CRAFTS, HUGE GAME ROOM, & MORE!
- SCHOOL, COMPANY, CHURCH, & FAMILY  
GROUPS

**NORTH TEXAS JELLYSTONE.COM  
BURLESON, TX**

**75% OFF**  
Stay 1 Night Sun - Wed,  
Get 2nd 75% OFF  
Cottage, Ranger Smith,  
or RV Site

**50% OFF**  
Stay 1 Night Thur - Sat,  
Get 2nd 1/2 OFF  
Cottage, Ranger Smith,  
or RV Site

TM & © Hanna-Barbera, LLC

**Where Kidz Connect  
Academy**

Bring this ad and your application fee will be waived.

[www.wkacademy.com](http://www.wkacademy.com)

Now accepting children 6 weeks to 13 years old.

Dallas • 214-821-4900  
Cedar Hill • 972-293-1872 • 972-293-6767  
Monday-Friday 6am-6:30pm

# Calendar

NOVEMBER 2013

**November 2**

26th Annual Holiday Craft Bazaar: 9:00 a.m.-4:00 p.m., First Christian Church, 203 S. Main St., DV. Gifts, raffles, chair massages, Man Cave! (972) 298-2166.

**November 7**

FourTwelve in concert (free): 7:00 p.m., First Christian Church, 203 S. Main St., DV. Call for child care: (972) 298-2166.

Astronaut Winston Scott shares his experiences in space: 7:00 p.m., CH library.

**November 8**

Methodist Charlton Auxiliary's 3rd annual Wrap It Up Vendor Fair: 8:30 a.m.-4:30 p.m., main lobby. Holiday crafts, jewelry, goodies for sale. (214) 542-7452.

**November 9**

Gobble Wobble 1M/5K run: 8:00 a.m., Canterbury Episcopal School, 1708 N. Westmorland, DeSoto. Bounce house. www.CESGobbleWobble.com

DeSoto Library Day: Friends of the Library fund raiser: 9:00 a.m.-3:00 p.m., 211 E.

Pleasant Run Rd. Games, crafts, books, raffles, music, cake walk.

Walk to Defeat ALS: check in: 9:20 a.m.; walk: 11:00 a.m., Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. To register: walktodefeatals.org

Do-it-yourself Fair: 11:00 a.m., Cedar Hill library. Craft jewelry and take photos.

Cedar Hill ISD Education Foundation Gala: 6:00-11:00 p.m., Midlothian Conf. Ctr.: dinner, dancing, casino, silent/online auctions. Tickets: www.cedarhillef.org.

**November 11**

Family Fun Night: 6:30 p.m., Cedar Hill library: make Veteran's Day cards.

**November 12**

Methodist Charlton Auxiliary meeting: 12:30-2:00 p.m., MCMC auditorium: pot luck lunch, gift wrap demonstration, business meeting. (214) 542-7452.

**November 14, 16**

*Murder at Crooked House*, a murder mystery comedy musical: **Nov. 14:** 7:00 p.m; **Nov. 16:**

3:00 p.m., Hopkins Senior Center, 206 James Collins. Tickets: \$10.

**November 25, 27**

The Southwest Dallas County Parkinson's Group meeting: 6:30-8:00 p.m., Trinity UMC, 1302 S. Clark Rd., DV. (972) 298-4556.

**November 26**

Children's Craft Time: 2:00 p.m., Cedar Hill library: make Christmas ornaments.

**November 29-December 22**

3rd Annual German American Holiday Market "Christkindl": **Tues., Thurs.** and **Sun.:** Noon-9:00 p.m.; **Fri.:** Noon-10:00 p.m.; **Sat.:** 10:00 a.m.-Noon, Road to Six Flags and Ballpark Way: gifts, ornaments, entertainment and German food/drink.

**December 5**

Southwest Lupus Support Group: 6:30-7:30 p.m., Trinity UMC, 1302 S. Clark Rd., Duncanville. (972) 291-8786 or deheus@sbcglobal.net.

*Submissions are welcome and published as space allows. Send your current event details to beverly.shay@nowmagazines.com.*

**Congratulations to the winners of the Country Day Chili Cook-off**  
**Competition Chili** - Teril Woodward, Dick's Uptown Café  
**Showmanship Award** - Jim & Cindy Keith  
**People's Choice** - Dr. Jeremy Vaughan, Cedar Hill Women's Center

**15% OFF Chili in November**  
 With this coupon

**Dick's UPTOWN CAFE**

610 Uptown Blvd, Cedar Hill • 972-293-9944 • www.dicksuptowncafe.com

**BOUNCE ENTERTAINMENT**

- Tables and Chairs
- Trackless Train & More

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

**Bring in this ad for a waived community fee.\* (\$250 value)**

**Champions Cove**  
 1600 South Main St.  
 Duncanville, TX 75137  
**972.298.5545**

**Voted #1 Senior Living Community in SW Dallas 8 Years in a Row**

\*Must tour before December 31, 2013.

**Fellowship Christian Academy**

**See Us In Action!**

**Tour & Breakfast**  
**Nov. 7 & Jan. 30**  
**7:30 to 9:00 AM**

**For more information, contact fca@ocbchurch.org**  
Serving students 18 months to 8th Grade  
**A ministry of Oak Cliff Bible Fellowship**  
**Dr. Tony Evans, Senior Pastor**  
Discover More at FCA80ars.org



## 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 very best.



**Darryl L. Fenton**  
Financial Advisor

104 West Beltline Road  
Suite 10  
Cedar Hill, TX 75104  
972-291-6685

**Edward Jones**  
MAKING SENSE OF INVESTING

PROTEC  
USA, LLC

**DANCE FITNESS**

103 E. Beltline Rd, Suite M  
Cedar Hill, TX

## Our Dance Instructors



Alma • Lisa • Joyce • Jean • Marseea • Diane • Ashlie

**GIVE US A CALL! GET MOVING! 972-293-2424**

.....FEATURING.....



**ZUMBA**  
fitness

**NO CONTRACT  
NO APPLICATION FEE**

As little as \$1 per class with  
monthly unlimited option  
The ultimate dance fitness party!

Zumba® and the Zumba Fitness logo are trademarks of Zumba Fitness, LLC.  
used under license.

# TOTAL CAR CARE CENTER

From tires to tune-ups & shocks to engine rebuilds, we can do it all!



Foreign and  
Domestic



**\$15 OFF**  
ANY SERVICE!

Excludes oil changes. Expires 11/30/13

**972-723-8467**

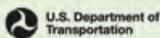
See our website for a complete list of services!

Rick's Radiator & Muffler • 5181 N Hwy 67 • Midlothian • [www.rickstotalcarcare.com](http://www.rickstotalcarcare.com)



**3 out of 4  
car seats aren't  
used correctly.  
Surprised?**

The LATCH system makes it easier to be sure your child's car seat is installed correctly every time. Just clip it to the lower anchors, attach the top tether, and pull the straps tight. To find out more, visit [safercar.gov](http://safercar.gov).



*Fall Into Color!*

Low Lights ♦ High Lights ♦ Grey Coverage

**Save \$12**  
on your first salon service!

New clients only. Not good for products. Certain restrictions apply.  
Results may vary. Participating stylists. Must present coupon. Exp 11/30/13

259 S. Cedar Ridge Drive  
Duncanville, Texas 75116  
**972.296.0640**

**goodHAIRday**  
SALON

[www.goodhairday.net](http://www.goodhairday.net)

*"Your Complete Satisfaction is My Concern"*

**Chuck FAIRBANKS**  
CHEVROLET  
DeSOTO, TEXAS

Jeff L. Sorrels  
Internet Sales Manager

OFFICE: 972.223.7611

Mobile:  
214.532.2350

1-35 South at Pleasant Run Exit (629 N. I-35 • DeSOTO)  
[JSORRELS@CHUCKFAIRBANKSCHEVY.COM](mailto:JSORRELS@CHUCKFAIRBANKSCHEVY.COM)



## In The Kitchen With Kellie Fancher

— *By Beverly Shay*

Kellie Fancher has long enjoyed cooking. “Not all of my dishes are hits,” she admitted. “Once a week, when my son was small, was ‘experimental night.’ Not everyone was as excited about that as I was!” While the Fanchers have always been health-conscious, they now concentrate on eliminating most, if not all, meat and dairy products from their diet. “We do occasionally eat organic chicken or fish we have caught and eggs from a friend who raises organic, free-range chickens,” Kellie remarked. “As a result, we like to eat at home more than eating out.”

Kellie keeps a notebook with recipes from the Internet, her cousin and her husband, who is a chef. “He finds ways to make good ole home-style recipes plant-based.” **NOW**

### Creamy Vegan Roasted Sweet Potato Soup

- 2 large red onions, quartered**
- 3-4 lbs. sweet potatoes, peeled and cut in chunks**
- 3 Tbsp. coconut oil (or oil of your choice)**
- Sea salt, to taste**
- 8 cups vegetable stock**
- 1/2 to 1 cup raw macadamia nuts (plus some to garnish)**
- Cilantro or coriander, chopped as garnish**

- 1.** Preheat oven to 300-325 F.
- 2.** Toss onions and potatoes in oil and salt.
- 3.** Roast in oven on low heat for about 1 hour, stirring several times.
- 4.** Bring stock to a boil; carefully add roasted vegetables; simmer for 10 minutes.

Cool slightly. Using a blender/food processor, blend mixture in batches with nuts. You can also reserve some of the vegetables so soup will be chunky. Return soup to stove top; simmer briefly. Season to taste. Serve garnished with whole nuts, cilantro and/or coriander.

### Deviled Potatoes

*A tasty alternative to deviled eggs.*

- 6-10 small new potatoes**
- 2 Tbsp. olive oil**
- 4 Tbsp. vegan mayonnaise**
- 1 tsp. yellow mustard**
- 1-2 tsp. onion, finely chopped**
- Dash hot sauce (optional)**
- Dash garlic powder**
- Salt and pepper, to taste**
- Dash turmeric (optional, adds color)**
- Paprika, for garnish**

- 1.** Preheat oven to 350 F.
- 2.** Peel (if desired) and halve potatoes; coat with oil. Place face down on greased cookie sheet.
- 3.** Bake for 45 minutes, until soft, but not mushy. (Can be broiled.)
- 4.** While potatoes are cooking, mix remaining ingredients, except paprika; chill.
- 5.** Once potatoes have cooled, use a melon baller to hollow out a hole in each potato half. Add scooped out potato to chilled mixture; blend well. Fill hollowed potato with mixture; dust with paprika.

### Vegan Chocolate Chip Cookies

*I usually double this recipe.*

- 2 cups almond meal/flour (I make my own in food processor from raw almonds.)**
- 1/2 tsp. baking soda**
- 1/4 tsp. sea salt**
- 1/4 cup coconut oil (can use butter)**
- 3 Tbsp. pure maple syrup**
- 2 Tbsp. vanilla extract, or to taste**
- 1/2 cup vegan chocolate chips (I like tiny ones.)**

- 1.** Preheat oven to 350 F.
- 2.** In medium bowl, combine flour, soda and salt. Add oil, syrup and vanilla; mix well. Fold in chocolate chips.
- 3.** Drop by rounded teaspoonfuls onto cookie sheet. Bake 8-9 minutes. Cool on pan for 10 minutes. Serve warm or cooled with Homemade Almond Milk.

### Homemade Almond Milk

- 4 cups water**
- 1 cup almonds**
- 5 dates**
- Heavy splash of vanilla extract**
- Shredded coconut (optional)**

- 1.** Combine all ingredients in blender, food processor or Vitamix until thick and white.
- 2.** Use cheesecloth to strain out almond chunks, if desired. If stored in glass container in refrigerator, the milk will easily last up to 2 weeks.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**

# GO AHEAD ...

## Eat what you want!

Visit Dr. William A. Brown, D.D.S.  
in the morning, have the "Mini-Implant System"  
placed in less that two hours, then go out and  
enjoy your favorite lunch.

This is a one-step procedure that involves  
minimally invasive surgery, no sutures,  
nor the typical months of healing.

**Call for your complimentary  
consultation**

**972-298-8515**

**WILLIAM A. BROWN, D.D.S.**  
**F.A.G.D.**

**GENERAL DENTISTRY**  
226 N. CEDAR RIDGE RD.  
DUNCANVILLE, TX 75116

**FAMILY & COSMETIC  
DENTISTRY**





**Where** to put your rest to the test.

## Sleep Diagnostic Center

Let's put your restlessness to bed at the Methodist Charlton Sleep Diagnostic Center. Experts at Methodist will perform a comprehensive, overnight sleep study, which can promptly reveal eye-opening results. A personalized treatment plan is then prescribed to help you get on the path to finally feeling rested. Whether you suffer from sleep apnea, insomnia, restless leg syndrome (RLS), narcolepsy, snoring, sleepwalking, or any other sleep disorder, you can turn to Methodist Charlton seven nights a week to help you get the rest you've been dreaming about.

**Where life shines bright.<sup>SM</sup>**



CHARLTON MEDICAL CENTER

[MethodistHealthSystem.org/CharltonSleepCenter](http://MethodistHealthSystem.org/CharltonSleepCenter)

