

# Southwest NOW

Cedar Hill | DeSoto | Duncanville

MAGAZINE

FEBRUARY 2016

## Full Circle

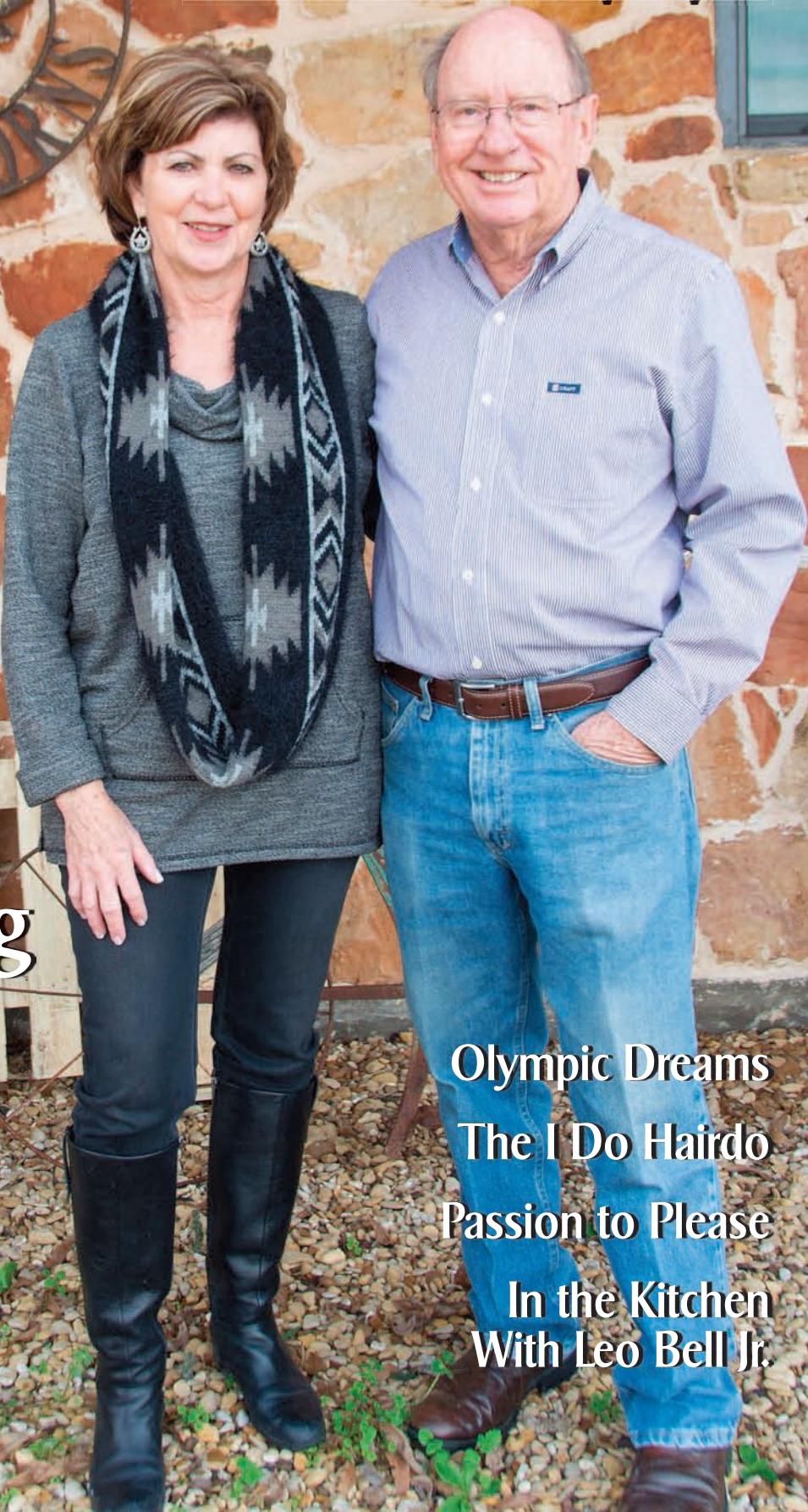
Dr. Ted Hamlin  
completes 50 years  
of service to his  
patients

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# EAGLE EXPRESS

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## DHS Dress Code change for Feb. 1

After several drafts and surveys to the students and staff, DeSoto High School will have a new dress code starting February 1, 2016. High school students will have more options along with expected responsibility to adhere to the new guidelines.

"DeSoto ISD is embracing the opportunity to teach how to dress properly for real-life," stated Board President Carl Sherman, Jr.

Under the new dress code, grades 9-12 students must wear clothing that is neat, clean, appropriately sized and appropriate for school. Students in grades PreK-8 are still under the existing dress code.

- **BOTTOMS** - DHS students must wear bottoms that fit the individual (pants, shorts, skirts). Material and colors do not matter, however clothing cannot be too big / sagging or too tight. Shorts and skirts must be no shorter than 5 inches from the knee.
- **TOPS** - All tops/shirts must be a solid color with a collar, or a college or spirit shirt AND must fit the individual. Crop tops showing a midriff or low-cut shirts showing cleavage are not allowed.
- **ETC.** - All shoes are permitting except slippers or those with wheels. Hair should be neatly groomed and not distracting.
- **NOT ALLOWED** - Students are not allowed to wear to school: PJs, leggings or tights as outwear (unless under a skirt), hats or caps, extreme jewelry, visible body piercing except ears, or any item lewd/ offensive in nature, gang-related or cut, frayed or with holes.

Complete guidelines online at [www.desotoisd.org](http://www.desotoisd.org).

## iSTEAM3D MS Academy Program

**Is your 5th grade student interested in hands-on, project-based learning?**

Don't miss the opportunity to learn about and submit your interest form for the iSTEAM3D Academy available at each DeSoto ISD middle school. All 5th grade students will hear about the program at school and take a field trip to learn about the program, then parents and students are invited to attend one of the information meetings in February to learn more!

- Tues., February 2, 6:30 p.m. at East MS, 601 E. Belt Line Rd.
- Th., February 11, 6:30 p.m. at West MS, 800 N. Westmoreland
- Wed., February 24, 6:30 p.m. at McCowan MS, 1500 Majestic Meadows

The interest form will be online from Feb. 15 to noon Feb. 26. The lottery will be held Feb. 26 at 6:30 p.m. in the Belt Line Conference Center.

## Calendar

Mon., Feb. 8	Board Meeting, Board Room, 6:30 p.m.
Mon., Jan. 15	Staff Development Day; No School
Tues., Feb. 16	Coffee & Conversation, 7:30 a.m., East MS
Wed., Feb. 17	National PTA Founders Day
Mon., Feb. 22	Board Meeting, Board Room, 6:30 p.m.
Fri., Feb. 26	Early Release for students / Parent Conferences
Feb. 29-Mar. 4	Celebrate Texas Public Schools Week
March 14-18	Spring Break, all schools / offices closed

## NEWS TO KNOW

### BOARD MEMBER ELECTION

The candidate filing and voting dates have been set for the 2016 DeSoto ISD Board of Trustee election scheduled for Saturday, May 7, 2016. Candidate filing dates for the election will be January 28 through February 26.

Positions up for election:

- Place 1 — Carl Sherman, Jr. (i)  
Place 2 — Vandous Stripling (i)

Interested candidates may pick up and submit a candidate packet at DeSoto ISD, 200 E. Belt Line Road, from 7:30 a.m.-5 p.m. Elected board members will serve three-year terms.

### HALL OF HONOR NOMINATIONS

Nominations will be accepted January 29 through April 1 for the DeSoto ISD Hall of Honor. Forms are online for both the DHS Alumni Hall of Fame and Distinguished Service Award categories. The Hall of Honor Induction Ceremony will take place Friday, May 6 at DeSoto High School. For more information, visit [www.desotoisd.org](http://www.desotoisd.org).

### 'PASS' RATING FOR FINANCIALS

Since 2001, TEA uses the FIRST system-Financial Integrity Rating System of Texas - to measure a district's financial performance. DeSoto ISD continues to excel scoring 28 of 30 possible points for a 'PASS' score based on the 2013-14 student data and district audit.

### STRATEGIC PLAN FOR 2020

A district team has been developing the future of DeSoto ISD since last fall and plans to present the DeSoto ISD 2020 Plan to the Board this spring. The team of roughly 40 community and district members has met for five full days to flesh out the objectives for the next five years and create an action plan to achieve the goals. "We held summits and surveys to gain input, then had a team design the plan to take us into the next decade," stated Superintendent David Harris.

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## ON THE COVER



Ted and Jan Hamlin  
enjoy ranching in retirement.

Photo by Shane Kirkpatrick.

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## Editor's Note

Hello, Friends!

February is the month we associate with all things related to the heart. Some have found the love of their life. Some of have a past love still treasured, and for some, there is a soul mate yet to be found. No matter what the emotional status is, it is important we take good care of our physical hearts.

The Heart Association warns that many are reaching a superman or superwomen stress status, and there needs to be a balance between work and fun. So, I encourage you to love yourself, take time to relax and de-stress. Take a walk. Just 20 minutes a day can improve oxygen to the brain, your metabolism and maybe the love in your life. Walking with a friend or your pet is a great way to start or end the day. Be heart healthy and have a happy Valentine's Day!

From my heart and my pen,

*Jo*

Jo Monroe

SouthwestNOW Editor

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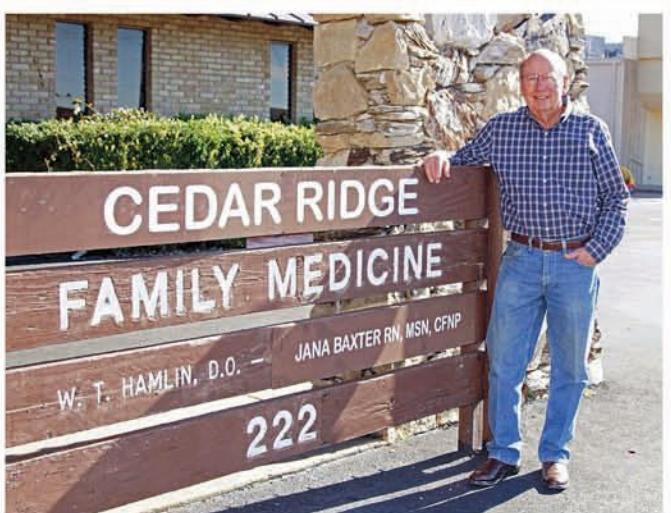
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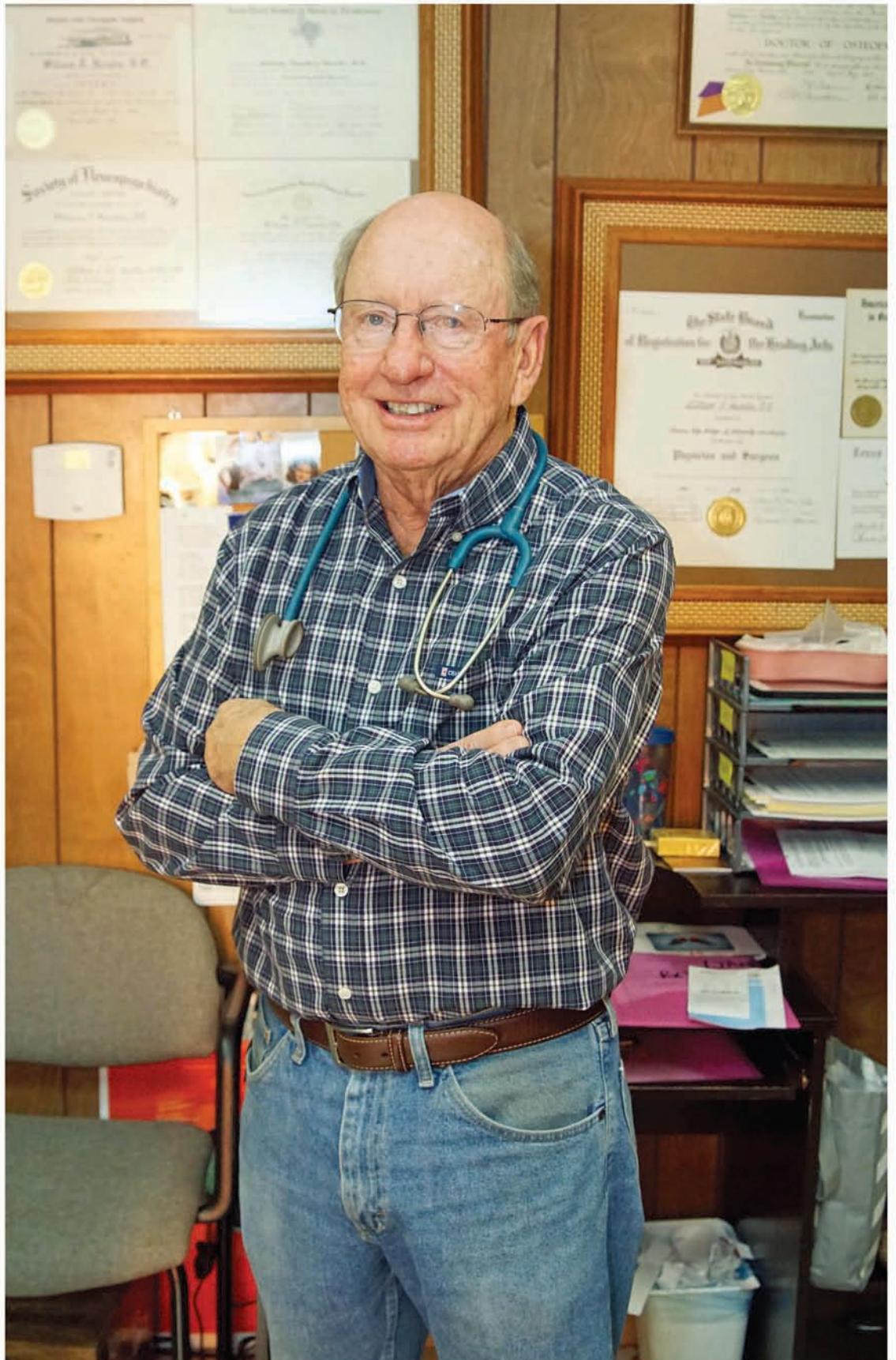
After celebrating 50 years in practice, Dr. Hamlin is now enjoying semi-retirement.



# FULL CIRCLE

— By Virginia Riddle

The year was 1965. Lyndon Johnson took the oath of office that January. By February, Martin Luther King Jr. was in Selma, Alabama. The war in Vietnam was escalating, and in July, NASA's Mariner 4 flew by Mars. The Twist was all the rage on dance floors, and the Beatles performed in Houston that August. But for Dr. Ted Hamlin and the community of Duncanville, that year marked his first year in medical practice. After celebrating 50 years in practice, Dr. Hamlin is now enjoying semi-retirement. "This retirement is all new now, so we will see which way it goes," Dr. Hamlin said.





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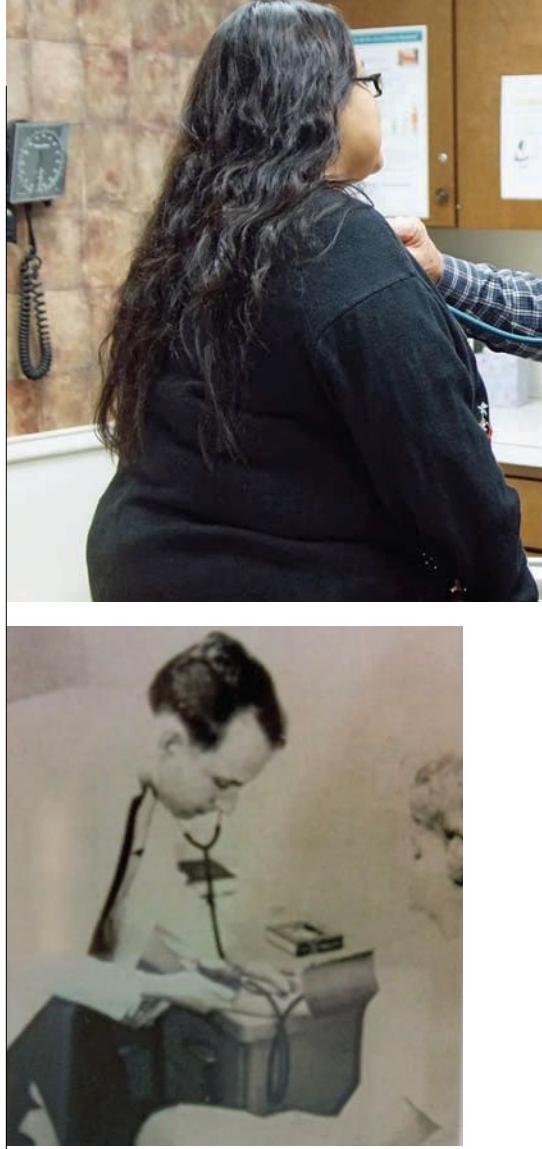
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For now, Dr. Hamlin is spending some days still involved in his longtime practice, Cedar Ridge Family Medical Clinic, which he sold to Nurse Practitioner Jana Baxter. Most of his time is being devoted to the Angus cattle ranching business that he and his wife, Jan, have been operating for the last 40 years. The couple is also thriving on spending more time with their daughter, Kimberly Rostmo, who is a pharmaceutical representative, and their grandsons, Luke and Logan, who live only 14 miles away from the ranch. "It sure is fun having them close by and spending time with them," Dr. Hamlin said with a twinkle in his eye.

This doctor, who delivered babies for 20 years of his practice, was born in Odessa, Texas, since his parents were living in an oil camp near Crane, Texas. "We lived there until I was in the second grade, and then my dad loaded us kids, the cow and my mom into a trailer, and we moved to Artesia, New Mexico.

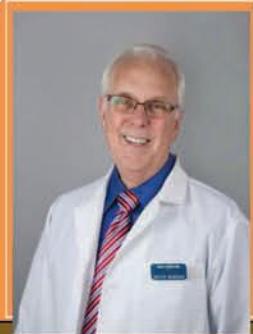


I remember setting blocks for houses with my dad in Farmington, New Mexico," Dr. Hamlin said. The family moved to Colorado where they bought a ranch. During those formative years, his parents decided their young son wasn't getting a good enough education, so the future Dr. Hamlin was sent to a boarding school in Maine, and he attended high school in Colorado.

It is said that a great teacher can inspire students in the direction their lives will take, and it was in a one-room schoolhouse with a student population of two that Dr. Hamlin's path crossed with that of Frank Oppenheimer, who was a substitute teacher at the time. The study of science was enhanced by Mr. Oppenheimer, who was a Colorado cattle rancher, a particle physicist and the brother of J. Robert Oppenheimer, the father of the atomic bomb. Mr. Oppenheimer later became a physics professor at the University of Colorado and the founder of the Exploratorium in San Francisco.

Right at the end of the Korean War, when he was 17 years old, Dr. Hamlin joined the U.S. Army. He was sent to Okinawa, Japan, for 14 months — a tour of duty that would stretch into 27 months. "I was the only one who could type, so I became the mail clerk," he recalled. "I wrote a letter home to my mother every day."

With a vision of becoming a veterinarian and eventually returning to Colorado to the family's ranch and old log cabin to open a veterinary practice, Dr. Hamlin enrolled in Texas Wesleyan University in Fort Worth as a premed student. With a 4-point average and



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degree in hand, he applied to Texas A&M College of Veterinary Medicine & Biomedical Sciences only to find out that he was considered to be an out-of-state student due to his family's residence in Colorado. "They only took six out-of-state students, and it was a very political selection process," he explained. Dr. Hamlin then applied to dental school and medical school and was accepted, but his entrance was going to be delayed for a year. "I wanted to get started, and a friend's dad was an osteopathic doctor who encouraged me to choose osteopathy. I graduated from the Kansas City College of Osteopathic Medicine in Missouri in July 1964. I went on the GI Bill and worked as a tutor through school," he remembered. Due to a mistake at TWU on his degree program, Dr. Hamlin actually graduated from that institution in August 1964, a month after having become a doctor.

After serving a residency in Dallas, Dr. Hamlin opened a practice on Main Street in Duncanville with a partner, Dr. Hill, becoming one of three doctors in town. Dr. Christianson came to the practice about five years later, and they were partners for 40-plus years. Dr. Hamlin became associated with Charlton Methodist Hospital where he met Jan, a scrub nurse, in 1975. The couple married in 1978. "Delivering babies was joyful then, and we delivered a lot of them. But I got where I didn't want the 4:00 a.m.

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# RETIREMENT

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a fond farewell after 50 years!!!  
July 15, 2015 3-5 p.m.

calls. I've seen the kids that I delivered grow up and go to college," Dr. Hamlin said. He's also been involved for 50 years in Duncanville ISD sports since the practice has run clinics at the schools, and Dr. Hamlin has conducted physicals for the various teams' athletes.

Over the 50 years, much has changed in the world of medicine from the advent of vaccines for childhood diseases to transplants, pacemakers, shorter stays in hospitals, laparoscopic surgeries and technological advances. "Staying current and keeping up with changes has been challenging. We have to do continuing medical education classes, and the hospitals are good about education, especially when doing rounds," he explained. "I've had many mentors who were on staff at Charlton, and they have become close friends."

Dr. Hamlin has been honored by the American Osteopathic Association as a lifetime member after 50 years of service. He has also been the author of several published professional articles.

Dr. Hamlin has now come full circle back to the ranching life he had planned so long ago. The ranch covers about 225 acres with another 150 acres located nearby. "We are running about 100 head of Angus cattle," Dr. Hamlin said. "Jan has run the ranch, and we built our home on it about seven years ago. I enjoy being outside with the cattle, even though in the winter with ice and with the recent rains it can be challenging." He herds the cattle with a golf cart loaded with feed. "Everything is computer programmed, so it's easy to stay on top of things," he explained. Relaxing pastimes include a recent pheasant hunt in South Dakota with family.

His advice to young people interested in becoming doctors is well founded. "I encourage them to follow their dreams and to remember that it's not all about the money, especially in family practice," Dr. Hamlin said. For this doc, it's always been about his patients. **NOW**

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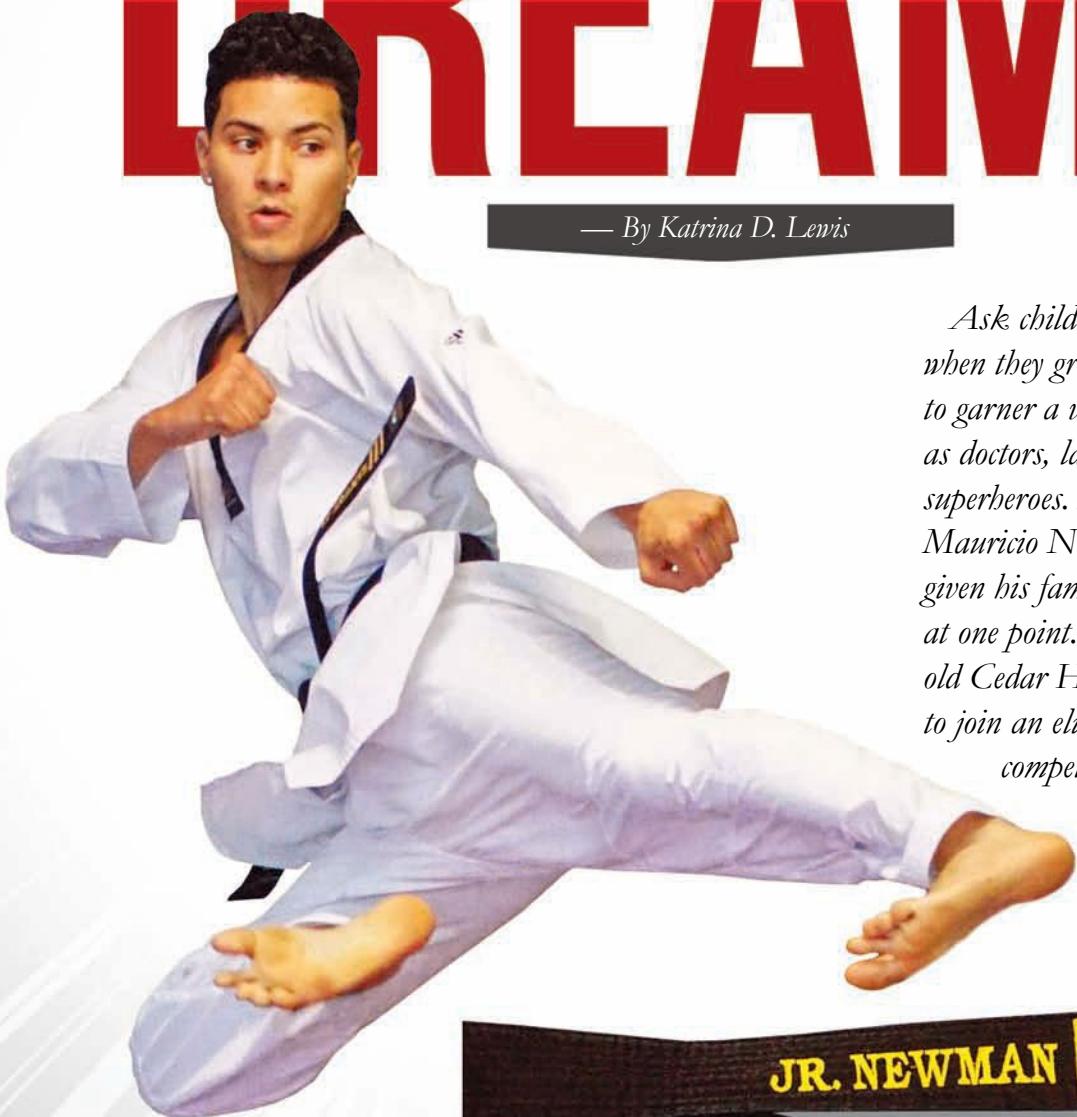


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# OLYMPIC DREAMS

— By Katrina D. Lewis



*Ask children what they want to be when they grow up and you're bound to garner a variety of answers, such as doctors, lawyers, teachers and even superheroes. And quite possibly, Mauricio Newman Jr. may have given his family an answer like that at one point. Now, the 24-year-old Cedar Hill resident is aspiring to join an elite group of athletic competitors at the 2016 Summer Olympics.*

JR. NEWMAN III

CHANG LEE'S  
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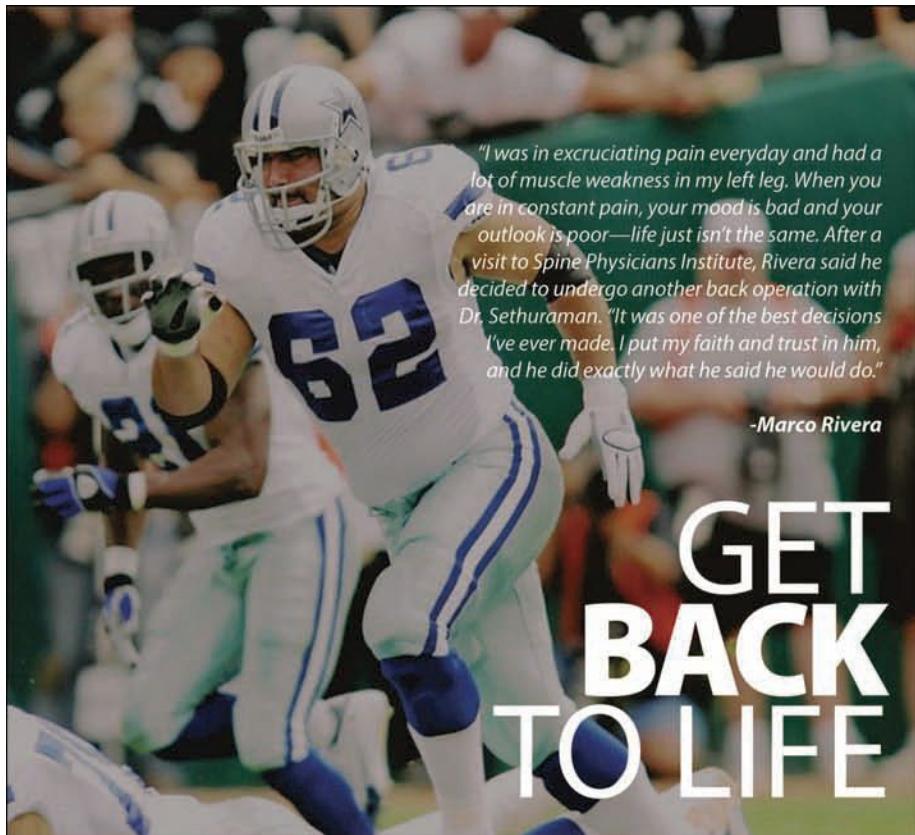


# "I'LL DO AS I ALWAYS DO – TRAIN HARD."

Born and raised in Dallas, Mauricio's path to the Olympics started two decades ago when he was in elementary school. "I was in the fourth grade and a local rec center was passing out flyers, as they always did, at the beginning of the school year," Mauricio recalled. "I received one of the flyers, and I saw karate on it. I asked my mom if I could join, and she said, 'Yes.' She even joined with me."

Transitioning from karate to taekwondo, Mauricio said he fell in love with the sport immediately. Though this would be his introduction to martial arts, even then, Mauricio and his mom knew he was destined for more. "After about two or three weeks, my mom decided we should find a place of higher quality," he said. "She called several places, and only one answered. The rest is history."

Mauricio's "history" began in the training studio of Dong Lee. Under his keen tutelage, Mauricio's skills and focus have grown tremendously. "He [Dong Lee] is soft-spoken, but he is a very intense type of coach," the third degree black belt said. "He is highly recognized, in the sport of taekwondo, for his past career, his teaching methods and style. Some say he is the best technician in taekwondo. He is demanding and an excellent coach."



*"I was in excruciating pain everyday and had a lot of muscle weakness in my left leg. When you are in constant pain, your mood is bad and your outlook is poor—life just isn't the same. After a visit to Spine Physicians Institute, Rivera said he decided to undergo another back operation with Dr. Sethuraman. "It was one of the best decisions I've ever made. I put my faith and trust in him, and he did exactly what he said he would do."*

-Marco Rivera

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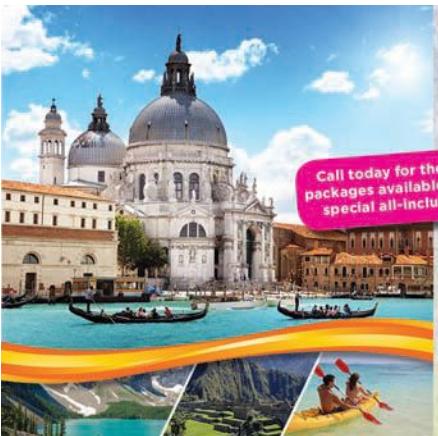
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Aiming for Olympic gold, it only makes sense for Mauricio to train with the best of the best. And train he does. Although no one training session is the same, high-level intensity is a guaranteed part of every session. "There isn't an actual set schedule, but there is a lot involved in my training. Running in the morning, weights in the afternoon and then taekwondo in the evening," Mauricio explained.

After years of training, it's easy for Mauricio to speak casually on his training regimen, but it calls for him to push his body to the limits — and beyond — as he prepares for the 2016 Summer Olympic Trials in Reno, Nevada. Training includes hours of not just the previously mentioned cardio but footwork, "fast twitch" training and, of course, "a lot of kicking. I don't have to cut much weight," Mauricio, who competes in the senior welterweight class, shared. "So, I eat what I want. But I do try to eat cleaner as the competition gets closer."

Like most athletes, Mauricio has an intense and focused competitive spirit, dating back to childhood. Naturally, this helps him when the

crowd is roaring around him, and he is face-to-face with his next opponent. "I've been competitive since I played Monopoly with my sister and cousins as a kid," he said, laughing. "But participating in taekwondo helped me harness my competitive nature and take it to new levels."

So far, Mauricio's dedication, passion and drive have taken him to countless states and several countries, including: Korea, Germany, Canada, Trinidad and Tobago, Costa Rica, California, New York and Georgia. However, the road to Rio de Janeiro, home to the 2016 Summer Olympics, began just a short drive down Interstate 35 in Austin.



Austin was the site of the 2015 Taekwondo U.S. National Championships, one of the competitions where Mauricio had to have good standing — and earn qualifying points — to advance to the Summer Olympic Trials. There, Mauricio finished in the top three spots for his weight class. "It was really fun," Mauricio said. "I really enjoyed it. My performance was excellent, and my goals were reached." Mauricio has also placed at other tournaments, as well, including the 2014 Costa Rica Open.



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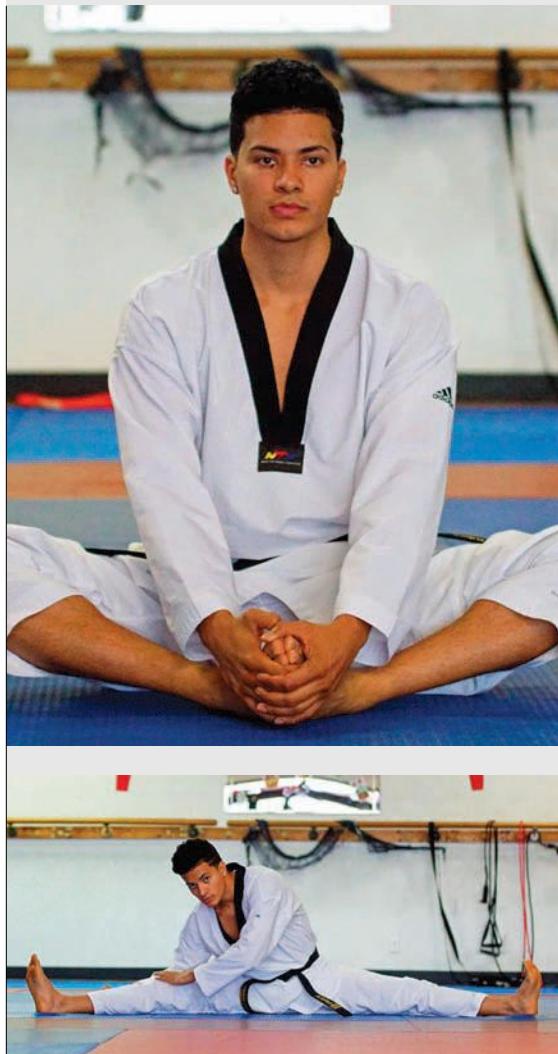
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If Mauricio advances to the Olympic Games, his training will accelerate, as he will have less than six months to prepare for the competition of his lifetime. But, with the confidence of a true champion, he's prepping, but not obsessing.

"Prepping for the Olympics — I don't look at it any differently than any other competition," he shared. "I treat this as another competition. I'll do as I always do — train hard."

Mauricio is accustomed to facing tough challenges, including some he had to battle back from to reach the level he

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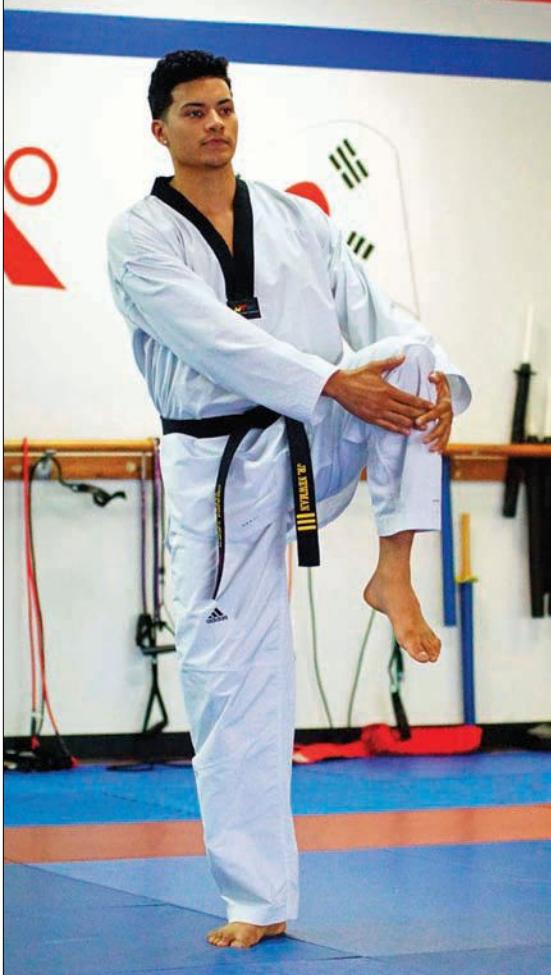
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has. "My toughest challenge wasn't really in taekwondo. It was in life," he admitted. "I took a break from intense competitive training for almost two years. When I came back, there were many changes, and my abilities decreased tremendously. I had to almost start over from scratch. But, I overcame this task, as I do with any other challenge I'm faced with. I put my mind to it and used my athlete morals of discipline, dedication and hard work to guide me through."

Mauricio's high self-standards and tenacity push him to try for the Olympic Team and, hopefully, they will help him stand at the center of the podium to hear the playing of the national anthem. Whatever may happen, taekwondo is a part of his spirit and his heart. "I actually would like to open my own taekwondo gym," he said. "Along with other types of training, I'd move forward with the idea of making a good athlete into a great athlete. Above all, I'd encourage young athletes to find their faith, never lose hope, train as hard as ever and believe in themselves." **NOW**

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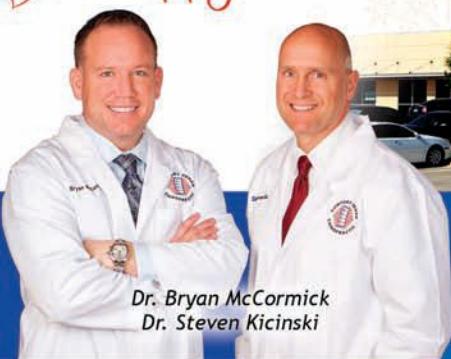
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# A Gathering Place

— By Callie Revell

AT HOME WITH  
**Dotti Pennebaker**

*Dotti Pennebaker has been a resident of Duncanville for most of her life. She was born in San Francisco, where her father was stationed with the Navy during World War II, but she wasted no time in getting to Texas! Dotti and her husband, John, grew up in Oak Cliff, where they both attended South Oak Cliff High School. John was a class favorite and cheerleader, and Dotti was a member of the Golden Debs drill team. The Pennebakers were married soon after they graduated, and John attended The University of Texas at Austin on an engineering scholarship.*



With a growing family, they decided to move to Duncanville in 1977. "We chose Duncanville as our future home because it was a vibrant community with a quality school district," Dotti said. What they found in Duncanville seemed perfect. "Little things you see, like how you can picture your family in the home," Dotti explained. The Pennebakers had five children, so they needed a good-sized home. After a lot of looking, they chose a house in Greenway Estates. John and Dotti knew it was a done deal as soon as they saw the master bedroom and bath. The focal point of the master bedroom is a large, four-poster bed. Being a petite lady, Dotti needs a step stool when it's time to snuggle up in her retreat.

As the children grew, Dotti transitioned from a stay-at-home mom to working mom to business owner. She attributes much of her success to her husband's support. The Pennebakers' home was built in 1973, so it has required some updates over the years. Dotti is

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a licensed real estate appraiser and owns Pennebaker Appraisal Group in Duncanville. As such, she knows the importance of keeping a home up to date. Things like granite countertops, Italian tile and a koi pond are just a few of the improvements that have been made to the home over the years. Dotti originally wanted a pool, but John reminded her about how they met! When he was a senior in high school and she was a freshman, John was a lifeguard at a local pool. He jokingly threw her in the deep end. Imagine his surprise when he saw Dotti couldn't swim!



That's when they decided a koi pond might be a better choice for creating the peaceful ambience they desired in their backyard.

The evolving dynamics of the family also dictated some other changes to the home. Dotti has created a home office space in what was once a front bedroom by removing the wall between the bedroom and entryway. They also closed off the bedroom's access to the hall and Jack and Jill bathroom. The front entry now opens up to the dining room, living room and office. A beautiful grandfather clock sits in the entryway, a gift from John to Dotti.

"This is a home that grew with us and changed as we did," Dotti said. "We thought about moving, but where would we move that offered all of the great things we adore about

Duncanville? We loved the house and decided to make a few other changes to make it more comfortable." Other major changes to the home include opening up the wall between the dining room and the living area. This allowed more natural light into the home and gave it a better flow. John did a lot of work on the landscape, including a beautiful paver walkway in the front yard. He found working in the yard relaxing and enjoyed the feeling of accomplishment the projects provided. The backyard is a wonderful place to relax or read a good book. The gazebo provides protection from the

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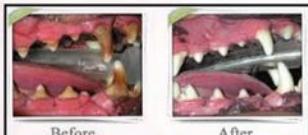
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elements and the sounds of the waterfall whisk your worries away. There is a TV on the patio and a heater to make it comfortable for the Texas Exes members when watching their beloved University of Texas Longhorns. Other features in the backyard include a redwood privacy fence, flagstone patio, arbors and trees planted to mark milestones in their lives.

Dotti is very active in Duncanville happenings and events. She is very proud of having been selected as The Woman of the Year by the Chamber of Commerce in 2011. Dotti is a member of the Chamber of Commerce and has served on its board of directors. She is also involved with the Education Foundation and serves on the board there. She is a member of the Lions Club, and she is also a board member of Keep Duncanville Beautiful. Dotti is a woman of faith and serves as a deacon at First Christian Church of Duncanville, as well. She is extremely proud of her appraisal business and the fact that John and all five of her children have been involved with the company, which celebrated 30 years in business in September 2015.

The Pennebaker home has been a gathering place for family and friends for many years. Every Thanksgiving and Christmas they enjoy the stories, love and laughter that fill the air. At times, as many as five generations have gotten together

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for these special holidays. Whether it is bent over a hot stove, eating way too much turkey or watching the games on TV, the love is always present. Dotti is a staunch supporter of the 4 F's — food, family, friends and football!

As John endured his battle with cancer, he found rest and peace on their patio by the pond. Sadly, he lost his battle with the disease in 2011. His laughter,



his smile and his guidance are still very much missed. Since John's passing, Dotti has made sure to preserve their original focus on their family and their work. The Pennebaker family is firmly entrenched in Duncanville. "We love this beautiful community," she said, "and hope we can continue to contribute to its growth for years to come." **NOW**

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— By Jo Monroe



*With today's busy schedules, many couples hire a wedding planner, or at the very least, the bride enlists the help of her best friend to coordinate many of the needed appointments. There are timelines to meet and decisions to make, such as: scheduling the ceremony and rehearsal dinner; planning the reception; selecting a caterer and the music; finding the venue, a photographer, the cake decorator and the florist; and arranging the transportation to and from the wedding. Often, in the stress of planning, the bride gets*



overwhelmed with choices, and out of frustration, decides to do her own hair. On the day of the wedding, no matter the weather, a bad hair day can show up without an invitation. When everything needs to come together perfectly, having a stylist ready to create your predesigned hairstyle will get all those butterflies flying in order!

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If you are planning to use a professional photographer, ask him or her for recommendations on stylists they have worked with before.

The wedding location and theme should be taken into serious consideration when selecting the wedding hairstyle. Whether the ceremony is located on the beach, on a bridge, in a field of bluebonnets, in a cathedral or in a cottage chapel, it is essential that you feel complete and comfortable. Whether you walk barefoot in the sand, in heels in the city or in boots in the country, your focus is to look beautiful as you reach your destination at the altar. Theme weddings can require a bit more creative work in order to reflect a time period or a historical event. Whether Victorian, Grecian, Bohemian or traditional, your hairstyle will give you confidence to walk down the aisle, feeling beautiful.

## Hairstyles and Necklines

Bridal hairstyles can be a failure, or they can be a grand success when created well in advance of the date. You need to consider your body and face shape, the gown style and neckline, and last but not least, the texture of your hair and your personality type.

A V-neck wedding gown embellished with the hair pulled up high, will give the face and neck a notably long appearance. If your face is already long, it is best to style your hair in a way that creates fullness at the cheekbones, making your



face appear rounder. A V-neckline is best for someone with broad shoulders, a full bust and a short neck. If you have a wide, round or square jaw, this style is very flattering.

Depending on how low your neckline is and how high you style your hair, you could look inches taller than the groom — especially when wearing heels. When deciding the height of your hairstyle, take into consideration the neckline, the dress, the shoes and the groom's height.

Off-the-shoulder gowns are often made of lace or chiffon and softly reveal eye-catching shoulders. However, be

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aware this style can widen the appearance of your neck and broaden the look of your jawline. If you are a bride with a square-shaped face, you may already wear your hair in a short, bobbed cut. If your hair length is medium or long, it can be pulled up and away from your face, and this will give the appearance of width at the ears. Creating a soft, wispy style will bring a balance to the strong features. A tiara will create added charm, and with a long veil, your look will be absolutely chic.

If you are a modern bride, you may select the sweetheart neckline because it visually elongates the face and provides an overall proportioned silhouette. This complementary neckline is most preferred by all face shapes and body types. An updo will make you look elegant and feminine. A tiara with pearls placed high with a floor-length veil will make you look enchanting and regal.

A gown with a halter or high neck creates an illusion of a wider neck. This is a flattering style for those with long necks or faces, as well as for small-chested women. Wear your hair down, and keep it soft and tousled. Hair tucked behind one ear and a petite flower or jeweled comb really complete this sophisticated look.

If you are a bride with a heart-shaped face desiring a voluptuously soft and romantic look, wear your hair chin-length and pull it off the face to one side. If you wear your hair longer and flowing to the side with a little fringed bang, you will disguise the broadness of your forehead. Your gown selection should have a scooped neckline, which will elongate a short or thick neck.

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Facebook: Suzushii Sushi & Grill – Cedar Hill

### Hours:

Monday-Friday: 11:00 a.m.-3:00 p.m.;  
4:30 p.m.-10:00 p.m.  
Saturday: 11:00 a.m.-10:00 p.m.  
Sunday: Noon-9:30 p.m.



Suzushii Sushi and Grill employees like Benny Nguyen go above and beyond to provide customers with great service.

# A Passion to Please

*Diners come in hungry and go out happy at Suzushii Sushi & Grill.*

— By Virginia Riddle

Shrimp tempura, crab meat, cream cheese topped with crab meat and a tri-colored sauce and hot sauce are the ingredients in the popular Incredible Roll at Suzushii Sushi & Grill. “I love to cook and eat. I want people to love my cooking the same way, so I make my own sauces and recipes,” Jamie Pisesnakornkit, owner and manager, said.

Diners can custom order their choices from an extensive menu. The food can be served raw or cooked and spicy or mild. There are low-calorie and low-carbohydrate choices. “If people are new to sushi or our restaurant, I talk to them and make recommendations. Whatever they choose, it will be fresh, tasty and tangy,” Jamie said. Substitutions that can be made are noted, and if a diner has an idea for a new menu item, Jamie will

prepare it and possibly add it to the menu and name it for the customer, as she did with Ann’s Roll. Holidays bring special rolls, such as the Sweetheart Roll, which will be offered this month in honor of Valentine’s Day.

Since December 2010, the go-to eatery has focused on providing great service and the training of the 20-22 staff members, as well as on using fresh and quality ingredients. “Our staff has to be trained well and understand that food has to be good every time. I want them to put their hearts into the job. Presentation to customers is very important. We try hard to make this a great dining experience,” Jamie said.

“Our teriyaki sauce and house salad dressing is made from scratch, and I’m very particular about my wholesalers. We don’t

## Business NOW

have walk-in freezers, so we rotate stock through our refrigerators in two days. We can assure diners that ingredients are fresh," Jamie said.

Diners may also be pleasantly surprised at the quantity of the food served for the price. "We are very competitive. Diners can get a cooked meal for \$6.95," Jamie revealed.

The atmosphere is reflective of the restaurant's name, Suzushii, which means "cool and refreshing" in Japanese. The color theme is orange and red, lending a cool and elegantly relaxing mood to diners. Flavors are blended to reflect a harmony between land and sea. "We offer tea, wine and sake beverages," Jamie added.

**"Presentation to customers is very important. We try hard to make this a great dining experience."**

Jamie and her husband, Tom, co-own two other locations in Mansfield and Arlington. A native of Thailand, Jamie graduated from college with a degree in humanities, but she trained as an engineer and lived in Japan in the electronic world for two years. Tom's family had been in Japanese food preparation for a long time, so Jamie agreed to try her hand at a new career. "I didn't know anything about sushi until Tom started teaching me from the ground up — first as a dishwasher, then server and now as manager. I was free labor," Jamie quipped.

When not at work, Jamie relaxes by riding her thoroughbred horse. "I have been jumping since I was in college and love dressage," she said.

Diners find Jamie a welcoming hostess. "I visit and ask if everything is fine, just as I expect the servers to do," she said. "I do this work because I find joy in providing happiness to customers and enjoy meeting and making friends. It's now my passion." **NOW**

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# Around TownNOW



Grandma Jean wishes her Princess and everyone a Happy Valentines.



Dr. Dong Lim attends the monthly Cedar Hill Chamber Networking Luncheon.



Mike Thorpe, APM, and store manager Monica Salas at the new Wal-Mart Neighborhood Market.



Kathy Jones, public information manager, and Kerry McGeath, managing director of library services, enjoy the Desoto Art League Show.



The fun group at Duncanville Senior Dances invites visitors to join them.



Larry Peregury and Jim Locke enjoy a shake at Ben Franklin's in Duncanville.



Betty Womach from Lancaster attends the Duncanville Senior Dances.



A DeSoto Library associate welcomes visitors.



Cedrick Logan joins Belinda Henderson with Bee My Love Creations in congratulating E. Calloway Management and Tucker Chiropractic at their open house event.



Wal-Mart associates prepare for the grand opening on Belt Line Road, Cedar Hill.



Bobby Cutler Hill attends the Old Chisholm Trail Chapter of DAR - Duncanville meeting.



Fran Laukaitis, a lady with a big heart, is the president of Methodist Charlton Medical Center.



Mayor Carl Sherman presents DeSoto ISD School Board Award.



Cedar Hill turned out to honor David C. Wilson Sr. with the Lifetime Achievement Award.



Full dining room at Suzushii Sushi & Grill.



Members of the Golden Voices Choir perform at the Senior Center in DeSoto.

# New Year, Renewed Beneficiaries

*This year, resolve to review and update your beneficiary designations.*

There is one resolution you can keep this year — and every year — that will improve your own well-being and state of mind. It will also help ensure the financial well-being of your loved ones well into the future.

## A Great Way to Start the Year, Every Year

A lot can happen in 12 months. Remember that every life event — births, adoptions, disabilities, deaths, marriages, divorces, even moving — should trigger a review and update of your estate documents. That's why it is important to review your beneficiary designations at least once a year to ensure your assets are properly passed down. You'll never regret reviewing your estate plan, and around New Year's is a great time to do it. Your financial advisor can help you coordinate with a qualified estate planning professional.

## Before You Bestow

Too often, issues arise during the transfer of assets simply due to lack of knowledge of estate laws. Learn and understand the laws that govern transfer of property in your chosen state, and be aware that beneficiary rules can vary from asset to asset. For instance, retirement and insurance accounts generally default to a spouse. If you want your children to inherit your retirement savings, you must name them on the appropriate documents and have your current spouse sign a waiver. Spousal laws vary by state, so be sure to consult your state's specific legislation.

## Avoid Uncertainties, Be Specific

Life events, such as divorce and remarriage (especially if you have children from both marriages), may muddy the waters for your heirs. Without explicit instructions and properly

documented beneficiaries, your family could end up in court to settle your estate. Asset titling is especially important when you and your partner are not married. Legally, your partner may not have the same rights a spouse would.

## Back up Your Beneficiaries

Beyond primary beneficiaries, you should also name one or more secondary ones. These are called contingency beneficiaries, and they are a good safeguard to have in place should something happen to you and your primary beneficiary at the same time.

## Make the Transfer

While retirement, insurance annuity and trust accounts require beneficiary designations, some, like a traditional brokerage account, do not. That's why you should consider placing a Transfer on Death (TOD) registration on your brokerage account. A TOD registration is a powerful tool that allows you to designate beneficiaries for your brokerage accounts, and it supersedes a will or trust. If you're married, a joint registration would allow the surviving spouse to receive the assets. Should both account holders pass away, the TOD would take effect, passing your assets down to your designated beneficiaries, often without a fee.

New home, new estate laws — moving? Make sure to review your new state's requirements when you relocate and update your estate plan accordingly. **NOW**

*Material prepared by Raymond James for use by its financial advisors. The information contained herein is general in nature and does not constitute legal or tax advice.*

*Jonathan Pope is a Raymond James Financial Advisor based in Duncanville.*

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# Calendar

## FEBRUARY 2016

### February 1

Desoto ISD Fine Arts n Display: DeSoto Public Library, 211 E. Pleasant Run Rd. For more information, call (972)274-8212.

Southwest Children's Chorus: 6:30 p.m., Hampton Road Baptist Church, 400 N. Hampton Rd., DeSoto. This is the deadline date for accepting new singers. Contact Michael King, artistic director, at (214) 649-3231.

Health Coverage Free Application Assistance: 4:00-7:00 p.m., Zula B. Wylie Public Library. To schedule an appointment, call Enedelia Flores at (214) 301-1521 or Linda Goodson at (972) 598-5815.

### February 2

Cedar Hill Chamber of Commerce Networking Lunch: 11:30-12:30 p.m. Contact the Chamber at (972) 7817 for the luncheon location.

### February 6

Starry Night Daddy Daughter Dance: 6:30-9:30 p.m., Alan E. Sims Cedar Hill Recreation Center, 310 E. Parkerville Rd. \$40 per couple/\$10 additional daughter. Final registration is **February 3**. Register online at [cedarhilltx.com/specialevents](http://cedarhilltx.com/specialevents) or in person at the Parks and Recreation Administration Offices located at 285 Uptown Blvd.

### February 6, 7

Cedar Hill Race Festival: Cedar Hill State Park, 1570 FM 1382, Cedar Hill. Pre-registration ends on **Feb. 4** at 10:45 a.m. Five races in four disciplines in 35 hours. Pre-register at [bikereg.com](http://bikereg.com).

### February 11

Business on the Hill: 7:30 a.m., Texas Trust Credit Union, 109 W. FM 1382. This is a Cedar Hill Chamber of Commerce morning networking event. \$2 members/\$5 general.

Daddy Daughter Dance – A Glass Slipper Event: 6:00-9:00 p.m., Waxahachie Civic Center. Tickets are \$15 each. Tickets went on sale January 1 and must be purchased in advance at the Waxahachie Civic Center. Tickets will not be sold at the door. For more information, call (469) 309-4040.

### February 13

“Cupid Shuffle” 5K & 15K: 7:30 a.m., 15K begins; 8:00 a.m., 5K begins, Getzendaner Park, Waxahachie. Register online at [reachcouncil.org/events](http://reachcouncil.org/events). For more information, email: nisa.hurd@reachcouncil.org.

CASA Fundraising Gala: Waxahachie Civic Center. For details and starting times, visit [www.casaofelliscounty.com](http://www.casaofelliscounty.com).

### February 16

Storyteller Esther Malone performs Voices: A Black History Celebration: 7:00 p.m., Duncanville Public Library.

### February 19

Senior Dance: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville. Danny Romo Band (Country and Western) will perform. Cost \$5. For more information, call (972) 298-0667.

### February 19 — 21

15th Annual Chili Cook-off: Ellis County Youth Expo Center. For more information on the daily events, call (972) 937-1870 or visit [www.elliscountycac.org](http://www.elliscountycac.org).

### February 20

duncanSWITCH Street Market: 8:00 a.m.-2:00 p.m., Main and Center streets. Event includes vendors, food and fun. For more information, call (972)780-4990 or visit [www.duncanSWITCH.com](http://www.duncanSWITCH.com).

### February 25

Cedar Hill Chamber's Annual Celebrating Businesses Awards: 5:30-7:00 p.m., Alan E. Sims Cedar Hill Recreation Center, 310 E. Parkerville Rd. Man and Woman of the Year will be honored. For information on sponsorship or to reserve seating, call (972) 291-7817.

### February 27

The International Museum of Cultures 15th Annual RUN FOR THE HILLS 5K Run and 1-mile walk: 8:00 a.m., 411 E. Hwy 67, Duncanville. Register online at [www.internationalmuseumofcultures.org](http://internationalmuseumofcultures.org). For more information, call (972) 572-0462.

Tail Waggin Tutors: Duncanville Public Library, 201 James Collins Blvd. Children practice reading skills in a relaxed, dog-friendly atmosphere with Certified Therapy Dogs International. For more information, call (972)780-5050.

### April 2

North Ellis County Business & Community Expo: Contact Red Oak Area Chamber of Commerce for more information by calling (972) 617-0906.

### Ongoing:

#### Mondays, Wednesdays, Fridays

Story Time at the Library: 10:30 a.m., Explorers: **Mondays**; Adventurers: age 3-6, **Wednesdays**; Discoverers: age 2-3, **Fridays**, Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Contact the library at (972) 291-READ for more information on library offerings.

### Tuesdays

Tai Chi for the Older Adult Senior: 8:00-8:45 a.m., Access/Methodist Generations, Methodist Charlton Medical Center Auditorium. \$5. For more information, call (214) 947-4628.

Baby Storytime: 10:30-11:30 a.m., DeSoto Public Library. Enjoy sing-a-longs and playful story time.

Baby Rhyme Time: 1:30 p.m., Zula B. Wylie Public Library. Designed for ages birth to 2. Kids will enjoy books, music and movement.

### Wednesdays

Preschool Storytime: 10:30 a.m., Zula B. Wylie Public Library.

### Thursdays

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

### Saturdays

Anime Club: 3:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. For teens ages 12 and up.

Reading Advocacy Program: DeSoto Public Library. Gain the tools needed to help your young reader. Space is limited. Mandatory parent meeting date. See librarian for more information or call (972) 230-9666.

Tail Wagging Tutors: 1:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Children are invited to read aloud to friendly, trained dogs from the Dog Training Club of Dallas County.

### Weekly

Cedar Hill Genealogical Society: Zula B. Wylie Library, 225 Cedar St. Monthly meetings are the second **Thursday** of each month. For information on daily offerings and times, e-mail Vicki Torres at [vickigtorres@hotmail.com](mailto:vickigtorres@hotmail.com).

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

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## In the Kitchen With Leo Bell Jr.

— By Beverly Shay

Leo Bell Jr. loves to cook because he enjoys eating what he prepares! He loves creating food items, smelling the aromas and pleasing the folks who eat with him. "I first cooked at age 5," Leo shared, remembering his childhood days as if they were just yesterday. "If breakfast was to be had, I had to do it. That meal was grits!"

Leo and his wife, Elaine, have varied tastes, so their meals are eclectic. "She likes seafood, and I like meats, but neither of us fries anymore. We sauté, broil and bake," he said. The recipe he loves to pass on, Bell/Jackson Family Tea Cakes, comes from his mom's grandmother. "Many have asked me for it," Leo shared, "and I freely and gladly surrender it!" **NOW**

### Bell/Jackson Family Tea Cakes

**1/2 cup butter, softened  
1 1/2 cups sugar  
1 tsp. baking soda  
1/2 cup buttermilk  
1 Tbsp. pure vanilla  
1 egg  
3 cups brown whole wheat flour  
1 heaping tsp. baking powder  
1/2 tsp. salt**

1. In a large bowl, cream butter and sugar.
2. In a separate bowl, add soda to buttermilk. Add buttermilk, vanilla and egg to creamed mixture; blend thoroughly.
3. In a separate bowl, combine flour, baking powder and salt; slowly add 1/2 cup at a time to the first mixture.
4. Roll out the dough on a floured surface and cut with a round glass. Place on a baking sheet.
5. Bake at 375 F for about 12 minutes, or until just browned. Cool before eating.

### Leo's Breakfast Casserole

Serves 6.

**Several cooked yeast rolls, cubed  
1 lb. ground pork sausage**

**1 lb. link pork sausage, cut into pieces  
6 eggs  
1 1/2 cups Swiss cheese, shredded  
1 1/2 cups cheddar cheese, shredded  
1 1/2 cups half-and-half  
1 tsp. sweet and spicy mustard**

1. Spray a flat baking dish with cooking spray and spread out roll pieces.
2. Cook pork sausage; add in link pieces; cook. Pour over roll pieces.
3. Beat eggs and pour over sausage. Top with both cheeses. Mix half-and-half with mustard and pour over eggs.
4. Bake at 350 F for 40 minutes. (To increase recipe, add 1 more egg per person.)

### Easy Oven Julienne Sweet Potato Fries

**2 medium sweet potatoes  
1-gal. Ziploc bag  
2 Tbsp. steak seasoning  
3 Tbsp. extra-virgin olive oil**

1. Wash sweet potatoes and cut into Julienne strips by machine or by hand. Allow to dry in the open air for at least 1 hour.
2. Place strips in the Ziploc bag, add seasoning and oil. Shake vigorously until strips are covered with seasoning.

**3. Pour out in one layer on a flat baking sheet. Bake at 425 F for 30 minutes, turning after 15 minutes. (If desired, strips can be browned for 1 minute or more on low broil before removing from oven.)**

### Leo's Simple Broiled Salmon

**2 8-oz. salmon fillets, thawed  
Sweet and spicy mustard, to taste  
2 Tbsp. light soy sauce  
2 Tbsp. extra-virgin olive oil**

**1. Place salmon on a foil-covered baking sheet, skin side down. Coat fillets with mustard. Pour on soy sauce, and then the olive oil.**

**2. Place the baking sheet on the center rack of the oven on low broil for 28 minutes. Move to the top rack for 1 additional minute to brown the edges. If desired, spoon any remaining liquid over the fillets.**

### Leo's Momma's Lemon Meringue Pie

**1 pack graham crackers  
1/4 cup butter, melted  
1 14-oz. sweetened condensed milk  
1/3 cup lemon juice (fresh makes smoother, milder pie)  
2 eggs, separated  
Up to 1/2 cup sugar**

1. Grate graham crackers until fine. Add butter to graham crackers and mix well. Press mixture evenly into an 8-inch pie pan.
2. In a bowl, combine milk and lemon juice. Add egg yolks and mix until smooth. Pour into graham cracker crust.
3. Whip egg whites, adding just enough sugar to stiffen. When firm, spread over pie filling.
4. Place in the oven on low broil just long enough to brown meringue. Cool and serve cold.

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



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