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# SouthwestNOW

M A G A Z I N E

FEBRUARY 2019

## Art of Marriage

At Home With  
Frank Morris  
and Winston  
Baker-Morris



Also inside:  
Kids' Fun Pages  
Crossword/Sudoku  
Featured Business:  
Vcare Health Services

Old Steps,  
New Tunes  
The Cliff Dwellers dance  
their cares away

In the Kitchen With Anika Just

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FEBRUARY 2019

**ACCELERATING EXPECTATIONS 2020**

## DeSoto ISD to host first-ever Super Science Family Fun Night



The DeSoto ISD Education Foundation will host the first-ever Super Science Family Fun Night at 6 pm, Thursday, March 7 at the DeSoto High School Academy Cafeteria located at 600 Eagle Drive in DeSoto. Super Science Family Fun Night is an opportunity to bring science to life through fun and engaging activities for scientists of all ages. Start spreading the word and mark your calendars! Super Science Family Fun Night is sure to be a hit!

## Board Candidate Election Filings Open Through Feb. 15

DeSoto ISD Board of Trustees candidate filing and voting dates have been set for the 2019 Board of Trustees election scheduled for May 4, 2019. The candidate filing period is open from Jan. 16 through Feb. 15. **For more information or to obtain a candidate filing packet, contact DeSoto ISD Board Secretary Myra Rand at 972.223.6666.**

## Feb. 14: Parent Conference Night

Parents and families are reminded that Feb. 14 is Parent Conference Night! Make plans to meet your child's teachers and principals and talk about academic progress and goals. Feb. 14 will also be an Early Release Day in DeSoto ISD.

## Barbershop Talk with Dr. Weaver set for Feb. 23



Barbershop Talk will take place from 10:30 am to noon on Saturday, February 23 at the All-Star Barber Shop located at 917 N. Hampton Road, Ste. 231.

## CALENDAR

- Feb. 11: Regular Board Meeting
- Feb. 14: Early Release & Parent Conferences
- Feb. 15: Student Holiday
- Staff Development Day
- Feb. 18: District Closed for President's Day
- Feb. 23: Barbershop Talk with Dr. Weaver

# CONTENTS

## 8 ART OF MARRIAGE

At Home With Frank Morris and Winston Baker-Morris.

## 14 OLD STEPS, NEW TUNES

Dancers square off for a round of fun.

## 30 ADVENTURE THROUGH HISTORY

A visit to Israel prompts meditations on destiny.



18 BusinessNOW

20 Around TownNOW

24 CookingNOW

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## ON THE COVER

*Frank Morris and Winston Baker-Morris have collected art of all sorts.*

**Photo by**  
Shane Kirkpatrick.

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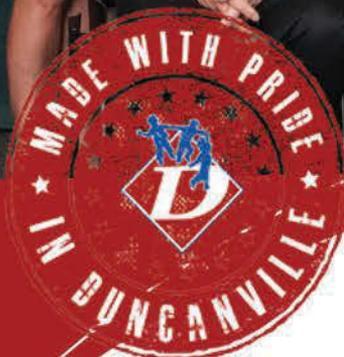


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# EDITOR'S NOTE



*Adam*

Adam Walker  
SouthwestNOW Editor  
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(469) 285-2008

*Genealogy can connect you in surprising ways ...*

I've been working on my family tree for decades. And I've found a lot of things I hadn't suspected, but recently DNA testing has become common and accessible. I took a DNA test a few years ago and found some surprises. I hadn't expected to find genes from Spain and Portugal, but there they were. I also hadn't expected genes from the India-Pakistan region. I suspect that could mean I have some Roma blood back in Europe. When Mom took the test, we confirmed a story that placed one branch of the family in Finland for a few generations. But when Dad took the test, there was another surprise.

Dad's test turned up a few genes from Senegal in Africa. That DNA test has led to connecting with an African-American woman in East Texas who shares those same genes from Senegal. We're cousins. We've figured out which branch of our families we share, and we may have even found the specific ancestor we share.

At some times and places, that would classify me as a black man. I grew up with a different cultural experience as a white man. I have always believed that African-American history is important to all Americans, because it's an important part of who we are as a nation. This year, African-American History Month is even more special, because it's now part of my personal history in a new way. We are all one family, and we share each other's triumphs and tragedies. Celebrating our differences and our similarities makes us all stronger.

May you learn something new about history this month!

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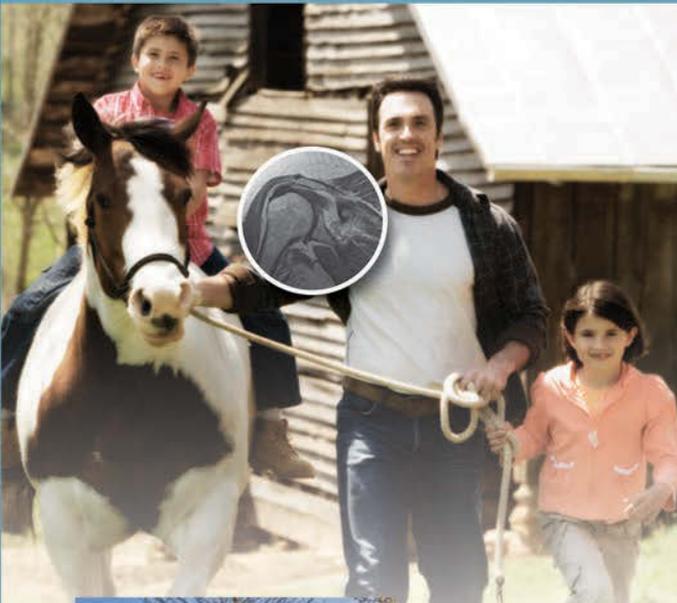
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# AARP

## OF MARRIAGE

— By Angel Morris

### AT HOME WITH FRANK MORRIS AND WINSTON BAKER-MORRIS

*Sixty years ago, Frank Morris and Winston Baker-Morris wed, and they have since lived in service to each other and their community. Their adventures include living abroad, collecting art, teaching and ministering, not to mention volunteering with the likes of CASA and AARP. “We were both in college at a party. I saw her dancing and wanted to give her a ride home. Fortunately for me, she wanted to get away from the guy she was dancing with,” Frank recalled.*

The Morrises have made their home in DeSoto’s Estates of Briarwood for 24 years. “We’re both from Massachusetts, and he has dragged me all over,” Winston reflected on the couple’s moves between their home state, through New York; Evanston, Illinois; Tacoma, Washington; and Washington, D.C., not to mention a five-year stay in Jamaica, West Indies. “We’ve lived in this home longer than anywhere else.”

Their current home displays artwork and collectibles, starting with antique furniture including a Victorian desk from the 1850s, twin mahogany curio cabinets circa 1880 and an American Empire flip-top card table from the 1820s.

Two antique Victrolas can still play Frank’s impressive collection of albums, which the couple might enjoy while sitting in their 1910 Morris chair, a carved wooden seat featuring slanted, retractable arms that extend for resting one’s feet. “We had to have it. It shares our name,” Frank noted.

Walls are lined with original works acquired during the Morrises’ travels in the Caribbean and Africa, as well as a few from American artists. Favorites include paintings from Jamaicans Christopher González and Ken Spencer, South Africa’s Lionel Davis and Richard Russell, who owns a New Orleans’ gallery, as well as unique pottery from Washington state artist, Elinor Maroney. U.S. painter Jolly Sue Baker’s oil, *We Three Kings*, is the first piece the Morrises owned. “It was a gift from the artist,” Winston noted.

Among their collection are two paintings depicting Haitian village life, and Jamaican works range from realist to abstract paintings and clayworks. There are three-dimensional pieces from Africa including carved gourds, staffs, masks and textiles throughout the home, too. “I also collect African-American memorabilia, dolls and old toy trucks,” Winston noted of the dozens of pieces throughout the home.



The couple's art collection is second to an impressive list of academic accomplishments by Frank, who received his bachelor's degree with high honors from Colgate University; a Master of Public Administration from The Maxwell School of Syracuse University; and completed all requirements for the Master of International Affairs from Georgetown University before transferring to complete his doctorate in political science from the Massachusetts Institute of Technology.

Winston earned degrees in sociology and music education from Boston State College, (now known as University of Massachusetts at Boston) then landed a job with New England Telephone Company as one of the first five African-Americans hired in management. She also served as an assistant dean while working on her MBA at Kellogg School of Management at Northwestern University. She later worked with project HOPE while living in Jamaica. She received an award from

the American ambassador during the visit of President Ronald Reagan. After that, she earned her teaching credentials and taught in Baltimore for five years.

Frank made his mark as an educator at five universities, retiring from The University of Texas at Dallas as a visiting professor in the School of Social Sciences. Prior to that role, Dr. Morris served in various roles at Morgan State University in Baltimore, the University of Maryland at College Park, Colgate and Northwestern universities.

Frank's career includes roles as executive director of the Congressional Black Caucus Foundation, senior foreign service officer for the Agency for International Development in the U.S. State Department; chief of planning and policy analysis for the Federal War on Poverty Agency; and special assistant to the director of the National Institute for Education. "My areas of expertise were international management and development



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policy analysis with specialization in immigration, poverty, environmental and educational policies, which have differential impact upon African-Americans and other low-income Americans,” Frank explained.

Frank has testified many times before U.S. Congress and received three awards from NAACP chapters; earned the Superior Honor Award from the U.S. Department of State; and was even named father of the year by the *Chicago Defender* newspaper. “He was also president or board member of notable organizations like the Council of Historically Black Graduate Schools and the NAACP National Educational Advisory Board,” Winston noted. Frank is listed among the History Makers included in the archives of the new African American History Museum.

Frank stressed that Winston made his success possible. As she juggled working, earning her college degree and raising their four children, he primarily focused on education before beginning his illustrious career.

Throughout their lives, the couple's pattern has been to lift those less fortunate, whether that has been serving as foster children's advocates through Dallas CASA or addressing civil rights issues. Winston volunteers as a Stephen Minister — a trained lay caregiver available to mentor others





during crises such as divorce, grief, job loss, loneliness, hospitalization and terminal illness. "With CASA, we are looking out for the best interest of the children assigned to us, and with Stephen Ministers, I get to be an ear for those who need someone to listen during life's most trying circumstances," Winston explained.

Joining Frank as an AARP chapter volunteer and DeSoto Bowling League participant, Winston is also a member of multiple bridge card clubs, while Frank performs with the Silver Serenaders and volunteers for DeSoto Food Pantry. "I involve CASA kids at the pantry when I can. People love pulling up to get their food and seeing these young African-American men opening their car doors, saying, 'Yes sir,' and learning respect," Frank said. "And Winston shines through her involvement with CASA adoptions. She devotes an incredible amount of time to researching families and determining placement. We have really developed empathy for foster families through this work."

Today the Morrises are proud grandparents to seven grandchildren and two great-grandchildren, who were among more than 150 guests attending the couple's recent 60th wedding anniversary celebration. "We purchased our anniversary clothing in New York and Dallas," Frank said of the couple's traditional Nigerian attire based on Frank's DNA.

Like their home, the celebration was a display of the couple's love and commitment to a purposeful life. "We couldn't pick a favorite piece of art if we tried," Frank said. "Each one represents a special memory from wonderful moments in our lives." **NOW**

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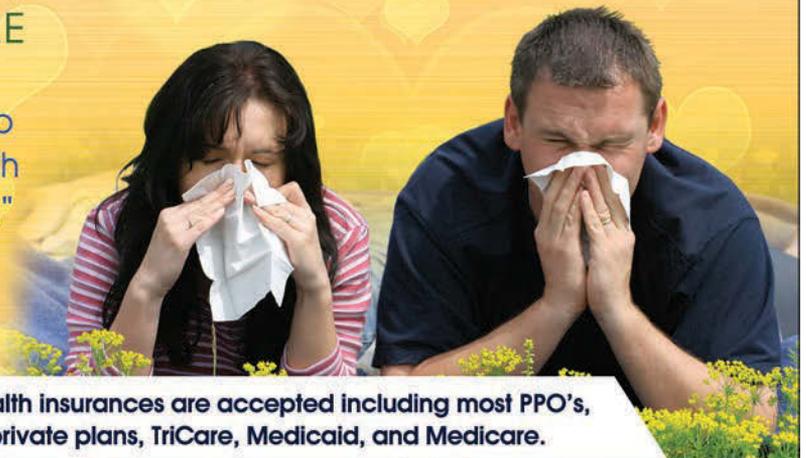
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*What do you think of when you hear “square dancing”? Maybe a barn dance in Oklahoma! or life on the dusty prairie in days of yore? Well, Michael Lowe and the members of the Cliff Dwellers would like to change your mind about that. “Square dancing is a fun community activity,” Michael explained. “And it’s choreographed, so it doesn’t just involve the body, but the mind, too. It’s very intricate, but not so hard that anyone can’t learn.”*

Penny Ball has been dancing with the Cliff Dwellers for years. “I started in 1993 — back then I was working at the Superconducting Super Collider, and I needed to find some kind of exercise I could enjoy. I wanted a fun activity, and there was a group in DeSoto that was offering lessons. This is more fun than being a spectator at anything. It’s a good way to forget your problems, because you have to listen to what the caller is saying!” Penny danced with them and another club for a while, but neither of those clubs exist anymore. When she found out about the Cliff Dwellers, she enthusiastically joined up. “I do other kinds of folk dancing as well, but square dancers are really nice people who want to help new folks learn.

# OLD ST NEW T



# EPS, UNES

— By Adam Walker



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Thomas Larson comes from the other end of the spectrum. He's one of the younger dancers, but not the youngest, since the members of the Cliff Dwellers range from 12 to more than 90. "I started 4 or 5 years ago, shortly after returning from living in Guatemala. My next-door neighbor, who was in her 90s, invited me and my sister to go. We decided to see if we liked it. The first lesson was free. That was the best deal ever. I'm a definite introvert, so that first day I just hung around with my sister, but we decided to take more lessons.

"I got more and more interested. Learning how to chain the moves together felt like a puzzle, discovering which pieces fit where. I got interested in becoming a caller, so after I finished the lessons, I joined the club. Then I forced my brother to take the lessons the next year, and he enjoyed it, too. There were only two or three young people in the club at that point. Then a lot joined, but some of those have gone off to college now. I started practicing calling, by getting kids from the neighborhood together and teaching them. Then mom invited a bunch of international students from Dallas Baptist University over. I got to teach them this piece of American culture, and called a dance for them. They were the best students ever!"

Michael Lowe, the current president of the Cliff Dwellers, is actually one of the more recent recruits. "My wife, Shirley, used to square dance as a young woman in South Texas. After her husband died eight years ago, and my wife died five years ago, Shirley and I met on the Internet. She suggested square dancing, but I didn't think my knees would hold up to it. But I agreed to go. I was a little anxious about meeting new people, but I've never really met a stranger. The lessons were very easygoing, and the steps were easy. I went on to take the 'plus' lessons to





learn the more difficult moves. We use a lot of modern music to dance to, pop and all kinds of stuff, not just country and western. You can wear anything — jeans, shorts, whatever, and it's good cardio, like walking. You don't have to know what to do, because the callers tell you which move is next. Callers tend to have patterns of calls they like. Some of the callers are just characters. They make it fun. If they see dancers starting to anticipate their calls, they'll change the pattern completely, just to keep you on your toes!"

The club is a nonprofit, but they ask for a door donation of \$7 to cover the expenses of renting facilities, hiring the callers and buying the food. Eating is part of the socializing at modern square dances. "It's not cost prohibitive. You can't get dinner and a dance for that anywhere else. It's a safe, fun environment. We welcome everyone. It's not just a bunch of chewing, spitting cowboys," Michael explained.

"In fact, tobacco and liquor aren't allowed at all," Penny agreed.

The Cliff Dwellers started in 1973 in Oak Cliff, before moving to Duncanville many years ago. After more than 45 years, the club is still going strong, averaging about 55 people at their monthly dances. "We had to have our anniversary dance in a bigger facility in Fort Worth, because we had more than 150 people come," Michael said. Not every square-dancing club has fared as well. "There used to be more than 150 clubs in North Texas, but I've been to all but five of the 37 that are left," Michael reported.

This group of enthusiastic dancers is keeping a part of American culture alive, by giving it a new twist, and keeping it fun. They'd love to welcome you to do-si-do with them. They all issue a hardy, "Y'all come!" **NOW**

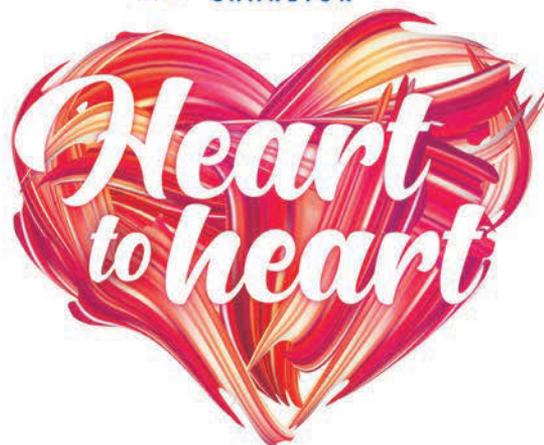
*Editor's Note: The Cliff Dwellers will host beginner square dance lessons on Thursdays, February 14-June 27. For more information, call (972) 935-7790.*



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BusinessNOW

# Vcare Health Services

— By Virginia Riddle

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When injuries or ordinary wear-and-tear occur, the pain and disability can affect a person's quality of life, work and mental and emotional states. "At Vcare Health Services, our staff believes in living life pain free, so we do everything we can to enable patients' success," Vik Reddy, DNP, NP-C and clinic owner, stated.

The state-of-the-art clinic offers a relaxing, family-focused atmosphere where patients can watch TV, have a cup of coffee or just hang out. "We offer DR panel digital X-rays, DRX9000



spinal decompression, Lipolite Laser for medical weight loss and therapeutic electrotherapy and physical therapy equipment," Dr. Reddy stated.

The clinic offers many medical specialties under one roof focusing on conservative, non-surgical pain management, family practice, physical therapy and rehabilitation, medical weight loss and diagnostic testing. "We are committed to the highest quality of service to restore our patients' health and well-being by working to correct the cause of their pain non-surgically and with FDA-approved natural medications and therapies," Dr. Reddy explained. Conditions that are treated include neck, back, knee and other joint pains, with special focus on conditions like fibromyalgia, headaches and neuropathy.

Apart from Dr. Reddy, this clinical practice has three other attending consultants: James Galbraith, M.D.; Syed Jamal, M.D.; and Patricia Roberts, D.O. The administrative team of six full-time employees is led by Mary Boggan, CMOM, the clinic's office manager.

The clinic accepts most health insurance plans, Medicaid, Medicare, cash, major credit cards and bank transfers as payment. Care Credit is available for patients who wish to finance their treatments. New patients are being accepted. "We try to get any person who is in pain into the clinic with a same-day appointment, and we offer second opinions and consultations," Dr. Reddy added.

**"AT VCARE HEALTH SERVICES, OUR STAFF BELIEVES IN LIVING LIFE PAIN FREE, SO WE DO EVERYTHING WE CAN TO ENABLE PATIENTS' SUCCESS."**

Dr. Reddy has a master's degree in nursing from the University of Miami and received his doctorate in nursing practice from Chamberlain University. He also has a master's degree in public health from Loma Linda University. Dr. Reddy has experience in pain management, emergency medicine and family practice. He left his position at Corsicana's Navarro Regional Hospital to open Vcare Health Services in Ennis and was there for three years before moving his clinic to Waxahachie five years ago. "I developed this concept of pain management doing research for my doctorate degree," Dr. Reddy said. He holds memberships in the American Academy of Nurse Practitioners and the American Academy of Healthcare.

His face lights up when he speaks of times spent with his 1-year-old son. Dr. Reddy also enjoys playing golf and has traveled to many countries. "I'm fascinated with other cultures," he admitted.

The clinic gives back to the community by sponsoring events for the area schools, the Waxahachie Family YMCA and the academic clubs of Waxahachie. "This community is growing, and we're growing. Now we have patients from other areas, too," Dr. Reddy said. "That's the direction we're heading by giving patients back their health and pain-free lives." **NOW**



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Lewis Lopez makes "Monster Face Lunches" at the DeSoto library.

## Zoomed In: Officer Doug Sisk

By Adam Walker

Duncanville's Officer Doug Sisk stopped for a photo with Governor Greg Abbott, who was sporting his Duncanville letterman jacket, and Senator Royce West, who serves this district. "It was just before the game. I had been helping the school district officers escort the team to the stadium for the game," Office Sisk said. "I know the governor a little bit from our time working together on Special Olympics when he was Attorney General." Officer Sisk is still deeply involved with Special Olympics, organizing yearly fundraising events for the organization.

He expressed his pride in Duncanville's Panthers. "It was a great game, and it was all good until the last three seconds. Kudos to the Duncanville players. They played their hearts out and gave us the best season in 20 years!"



First Methodist School students presents food from the school's food drive to Duncanville Outreach Ministry representative Tony Davis.



The Cedar Hill City Council awards Sheila Hood the key to the city for her years of service.



The Lady Longhorns win the 68th Annual Sandra Meadows Classic.



Ellen, Evelyn and Yasmin Robinson enjoy a warm day at the park.



Top 5 BBQ hosts members of the DeSoto PD.



Yolanda McKnight, Cynthia Plummer, Naimah Mumin and Jackie Rabb-Denton discuss business at DeSoto Market Place.



Girls from Duncanville High School's construction class assemble bird awnings at the Dallas Zoo.

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ANIKA JUST

— By Adam Walker

Anika Just views cooking as a form of stress relief. “With three small children, a full-time teaching job, and four small businesses between my husband and me, there has to be an outlet. Thankfully, baking and cooking agree with all the mouths under my roof.”

She learned to cook from her mother, great-grandmother and mother-in-law. “I remember spending vacations at my great-grandmother’s house, sitting at the bar top, watching her and my mom whip up the best spread around. And my mother-in-law, Cathy, demonstrates from-scratch cooking at its best.”

Anika also loves teaching her children to cook. “I spend quality, one-on-one time with each child in the kitchen. This undivided attention instills a love of pouring, measuring, stirring, whisking ... and eating our hard work together.” **NOW**

the egg yolk to make 1/2 cup of liquid. Add to the flour, a little at a time, mixing at each addition; chill.

6. Roll out into a rectangle large enough to cover the casserole. Place on top of the chicken mixture. Poke a few holes in the crust; bake 30-45 minutes.

**Salted Chocolate-caramel Rounds**

- 2 3/4 cups all-purpose flour
- 3/4 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 cup butter, softened
- 1 cup sugar
- 1 cup brown sugar, packed
- 2 eggs
- 2 tsp. vanilla
- 36 ROLO milk chocolate-covered caramel rounds

*Caramel Drizzle:*

- 12 vanilla caramels, unwrapped
- 1 Tbsp. whipping cream, half-and-half or light cream
- Coarse salt

**Mimi’s Chicken Pot Pie**

*Filling:*

- 6 Tbsp. butter
- 6 Tbsp. flour
- 3/4 cup chicken broth (may need extra)
- 1 cup half-and-half
- 1-2 stalks celery, chopped
- 1 medium onion, chopped
- 3 cups cooked chicken, diced
- 1 medium bag mixed frozen vegetables
- Salt, to taste

*Piecrust:*

- 3 cups flour
- 1 tsp. salt
- 1 tsp. baking powder

- 1 cup shortening
- 1 egg yolk
- 1/2 cup cold water, less volume of egg yolk

1. *For filling:* Preheat oven to 425 F. Make a roux with the butter and flour. Cook over medium heat until golden and smooth.
2. Add broth; add half-and-half. This should be slightly thick.
3. In another pan, sauté celery and onion, adding chicken about halfway through. Add chicken mix and frozen vegetables into the sauce; add salt. Pour into a casserole dish.
4. *For crust:* Sift together dry ingredients; cut in shortening.
5. Beat egg yolk; add enough cold water to

1. In a medium bowl, stir together flour, cocoa powder, baking soda and salt; set aside.
2. In a large mixing bowl, beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar and brown sugar; beat until combined, scraping sides of bowl. Beat in eggs and vanilla until combined.
3. Using the mixer, beat in as much of the flour mixture as you can. Stir in any remaining flour mixture. If necessary, cover and chill for 1 hour, or until dough is easy to handle.
4. Preheat oven to 375 F. Shape dough into 1 1/2-inch balls. Press a chocolate-covered caramel into each ball; shape dough around caramel to enclose.
5. Place cookies 2 inches apart, on an ungreased cookie sheet. Bake for 8-10 minutes, or until edges are firm. Transfer cookies to a wire rack; cool.
6. For *caramel drizzle*: In a small saucepan, combine vanilla caramels and whipping cream. Heat over medium-low heat until caramels melt and mixture is smooth. Drizzle over cookies; sprinkle with coarse salt. Let stand until set.

## Monkey Bread

- Nonstick cooking spray**  
**1/2 cup pecans (divided use)**  
**1 tsp. cinnamon**  
**1/2 cup sugar**  
**2 cans Southern style biscuits**  
**3/4 cup butter**  
**1 cup brown sugar, packed**

1. Preheat oven to 350 F. Spray a Bundt pan with nonstick cooking spray; sprinkle half of the pecans on the bottom of the pan.
2. In a Ziploc bag, mix cinnamon and sugar. Quarter each biscuit; drop about 3 pieces at a time into the sugar mixture. Shake to coat; place pieces randomly into the Bundt pan.
3. When 1 can of biscuits have been placed in the pan, sprinkle remaining half of pecans over the biscuit pieces. Continue coating and placing remaining biscuit pieces on top of the pecan layer.
4. When all biscuits have been placed in the pan, melt the butter. Pour brown sugar into butter; stir until a thick liquid forms.
5. Pour over entire Bundt pan; bake for 32-35 minutes.

## Mimi's Sweet Potato Casserole

- Casserole:**  
**3 cups mashed sweet potatoes**  
**1/2 cup milk**  
**1/2 cup sugar**  
**2 eggs**  
**1/3 cup melted butter**  
**2 tsp. vanilla**

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Red Beans and Rice

- 1 1/2 lbs. yellow squash, sliced
- 1 medium onion, chopped
- 1 egg, beaten
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 cup melted butter (divided use)
- 2 cups round butter crackers, crushed (approximately 44)

- 1 onion, chopped
- 1 green pepper, seeded and chopped
- 1 rib celery, chopped
- 2 cloves garlic, minced
- 2 1/2 cups chicken broth
- 2 15.5-oz. cans red beans (or red kidney beans), drained and rinsed
- 2 cups instant rice
- Creole seasoning, to taste

*Topping:*

- 1 cup nuts, chopped
- 1 cup coconut
- 1/2 cup dark brown sugar
- 1/4 cup flour
- 1/3 cup melted butter

1. *For casserole:* Preheat oven to 350 F. Combine all casserole ingredients; pour into a 9x13-inch baking dish.
2. *For topping:* Combine dry topping ingredients. Add butter; mix. Sprinkle over top of potatoes.
3. Bake 20-30 minutes or until lightly browned.

### Mimi's Squash Casserole

- 1 1/2 lbs. zucchini, sliced

1. Preheat oven to 350 F. Cook zucchini and squash in boiling, salted water until tender, about 12-15 minutes; drain and mash.
2. Add onion, egg, salt, pepper and half of the melted butter. Spoon mixture into a greased 9x13-inch baking pan. Sprinkle with cracker crumbs. Drizzle with remaining butter.
3. Bake, uncovered, for 30 minutes. Loosely cover with aluminum foil to keep the crackers from overcooking; bake for another 30 minutes.

### Red Beans and Rice

- 1 Tbsp. vegetable oil
- 1 lb. beef kielbasa, andouille or other smoked sausage, sliced into 1/2-inch pieces

1. Add the oil to a large Dutch oven over medium heat. Add sausage; cook 4-5 minutes.
2. Add onion, green pepper and celery; cook 7-8 minutes, or until onion is translucent. Add garlic; cook until fragrant, about 1 minute.
3. Add broth; bring to a boil over medium-high heat. Stir in beans and rice. Reduce heat to a simmer; add Creole seasoning.
4. Cover; cook for 12-15 minutes, or until rice is tender.

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# ADVENTURE

T H R O U G H

# HISTORY

— By Melissa Rawlins

*Lift your glass for a toast: To life! And give three cheers for destiny — a concept Americans hardly discuss anymore. Since accomplishing our manifest destiny, we tour distant places on a roundtrip ticket, sure that our final destination is home sweet home.*

Yet, there is a spot on this planet that has been and will be home to countless generations. And its doors are open to visitors year-round. Israel's heartland, otherwise known as Samaria and Judea, has welcomed intrepid travelers ever since Abraham left Ur Kaśdim (commonly translated as Ur of the Chaldees) for Canaan. But the 40-mile-wide swath of land, with Jerusalem in its center, is especially popular now that agritourism is trendy.

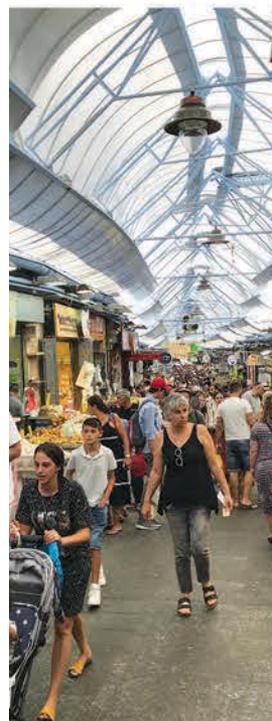
Participating in farm activities while touring this part of the Middle East provides a balanced approach to travel. Seasonally, there are grapes to prune in the winter and harvest in the summer — when figs are also easy to find — and olives to pick in the fall. Organic olive orchards, planted near vineyards equidistant between the Dead Sea and Jerusalem, experience pure sunshine throughout the year.

One reputable organization that has developed relationships with multiple local farmers is HaYovel.com, based in the United States. Since Israel's Hebrew-speaking populace rests every Saturday, and prepares for the Sabbath on Fridays, agritourists only work a few days per week and then give their bodies a rest while investigating various aspects of the region's art, archaeology and appetite.

Health nuts can smell, taste and hear the story of the Saboneto family of organic soaps after driving northeast of Jerusalem to Kochav HaShachar. Foodies will be fascinated by the cuisine throughout Israel. Small cafés with spicy, healthy meats and vegetables are usually ensconced near museums, synagogues, marketplaces and gas stations.

In Jerusalem, larger restaurants like Ima's cater to tourists visiting Israel's center of government, the Knesset. Throughout the day, kiosks pressing juices from fresh pomegranates make a nice alternative to the ubiquitous coffee break. And it's always a treat to start mornings with a visit to the *shuk* (fresh market) in Jerusalem, where cheeses and candies unlike any other are bought in the thousands by people who plan to share them in their own restaurants or homes.

Afternoons and evenings are perfect times to visit the wineries that are popping up throughout the country. Sixteen years ago, Samaria and Judea had only a few small vineyards serving individual families. Now, more





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than 350 acres are planted with fruitful vines, and a million bottles of wine are produced annually. This is partly because volunteer agritourists are empowering the wine industry's growth. Psagot Winery, close to Beit El (Bethel) northwest of Jerusalem, is a modern gem boasting wide-open views of rock-studded mountains. Kabir Winery, farther north in Elon Moreh, feels a bit more "ancient." Maybe that is because its vintner, Eliav Hillel, is also a scribe. Nearby, the settlement of Itamar, established in 1984, is at the forefront of Israel's organic agriculture.

Forty miles north, you can wine and dine in Tiberias, where a 10th-century crusader castle now hosts a nightclub. Not far up the shore of the Sea of Galilee, viewing fine and modern art in Ginosar's Museum of the Galilee can precede an invigorating swim in the harp-shaped lake. A little farther north, Capernaum provides history buffs an abundance of beautiful ruins to study. And the beaches of Ein Gev invite families and individuals to simply chill.

No matter how much you enjoy traveling independently, you'll glean more of the depth and breadth of Israel's nature, history and culture by traveling with a guide who lives in the land. Michael Bar-Neder (annbn@012.net.il) specializes in guiding mentally and physically challenged people, as well as families, on tours of biblical Israel. Maayan Usva Cohen (pathsofisrael@gmail.com) guides both on contemporary political issues and in the biblical landscapes of Judea and Samaria, and can also take you on off-road adventures in her jeep. Ask for recommendations when you start planning your trip to the heartland of Israel with the Shomron Regional Council at [www.tourshomron.org.il](http://www.tourshomron.org.il).

Israel awaits with much to learn and see. *L'chaim* — to life — and to destiny! **NOW**

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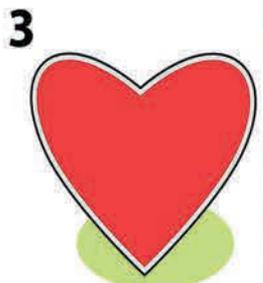
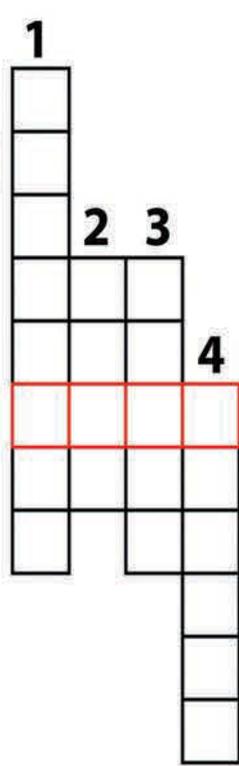
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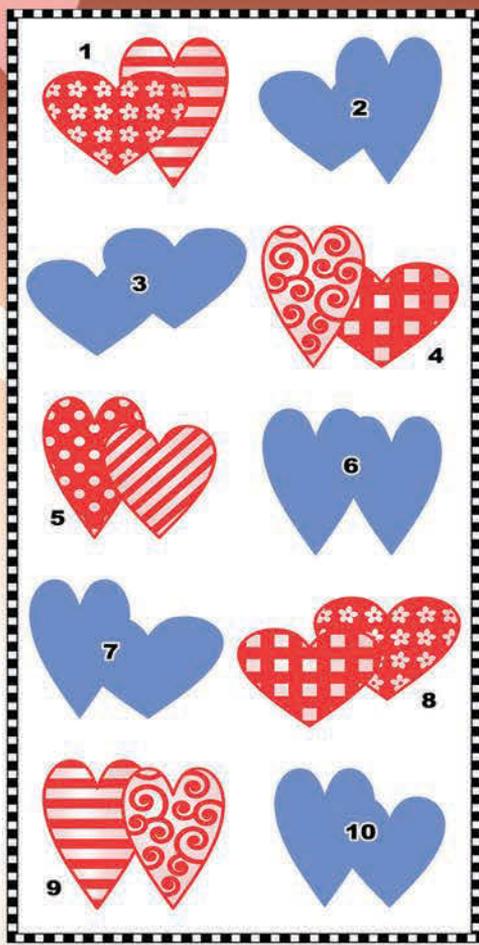


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# Kids' Fun Pages



Solution



Match the pictures to their shadows.



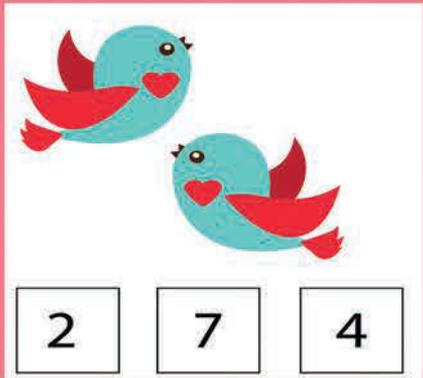
ANSWER:

1-2, 4-7, 5-10, 8-3, 9-6

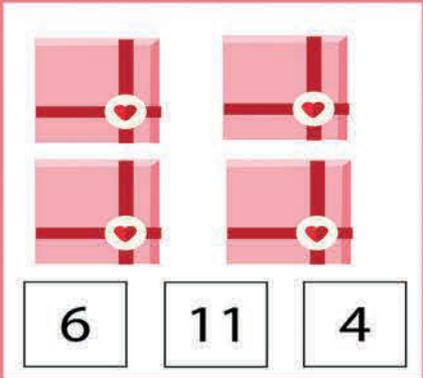
## How many...?



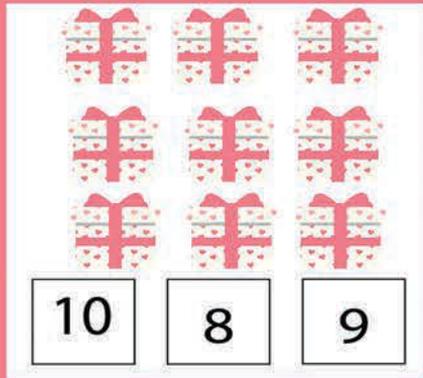
4    3    5



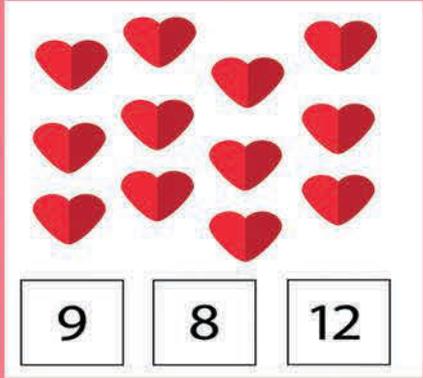
2    7    4



6    11    4



10    8    9



9    8    12



7    3    1



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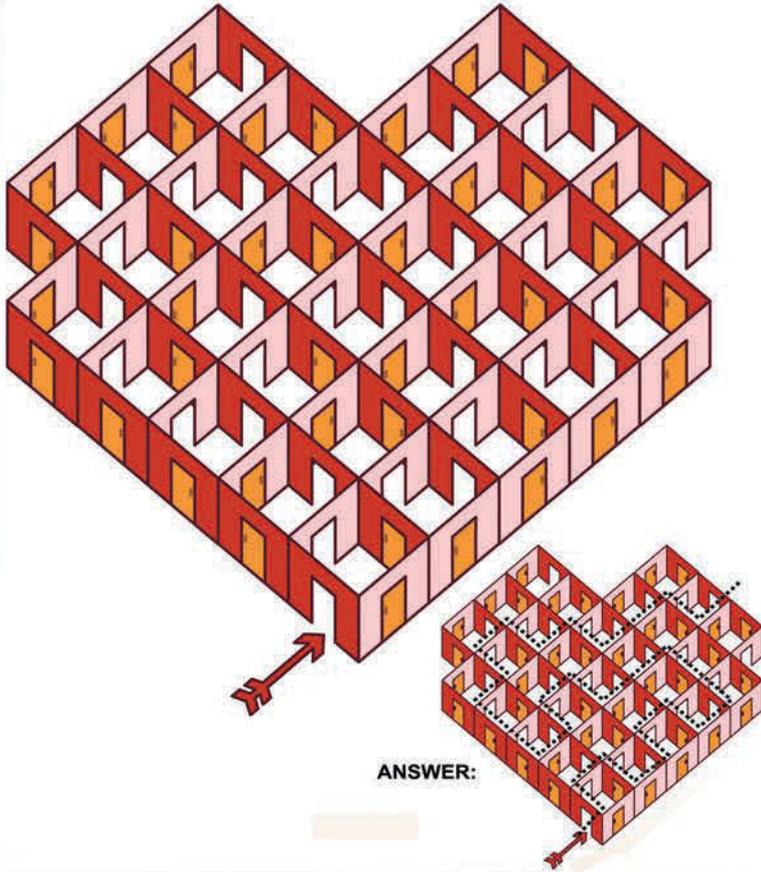


**JOINT PAIN**

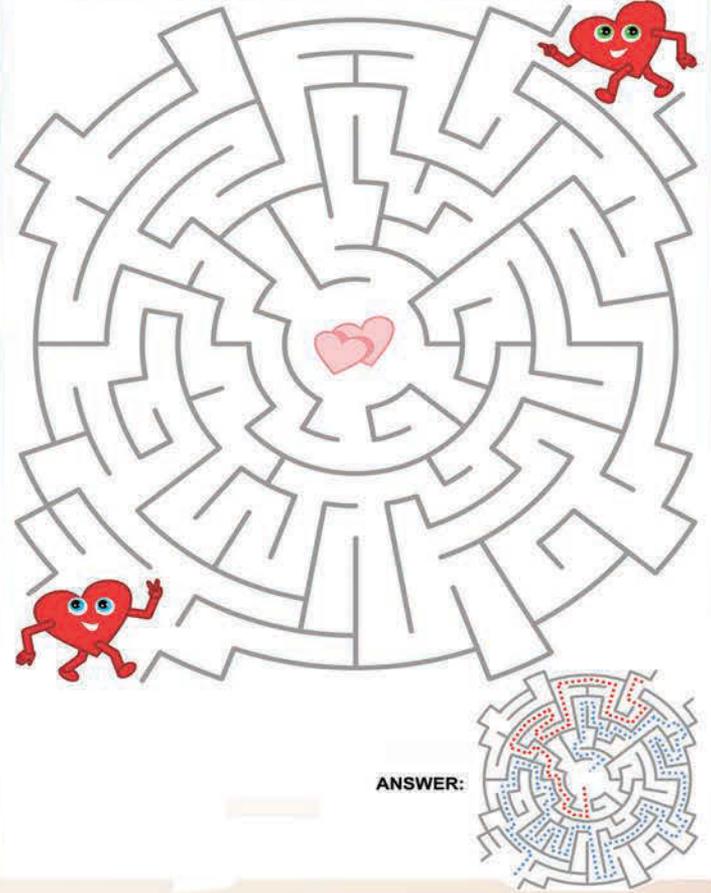
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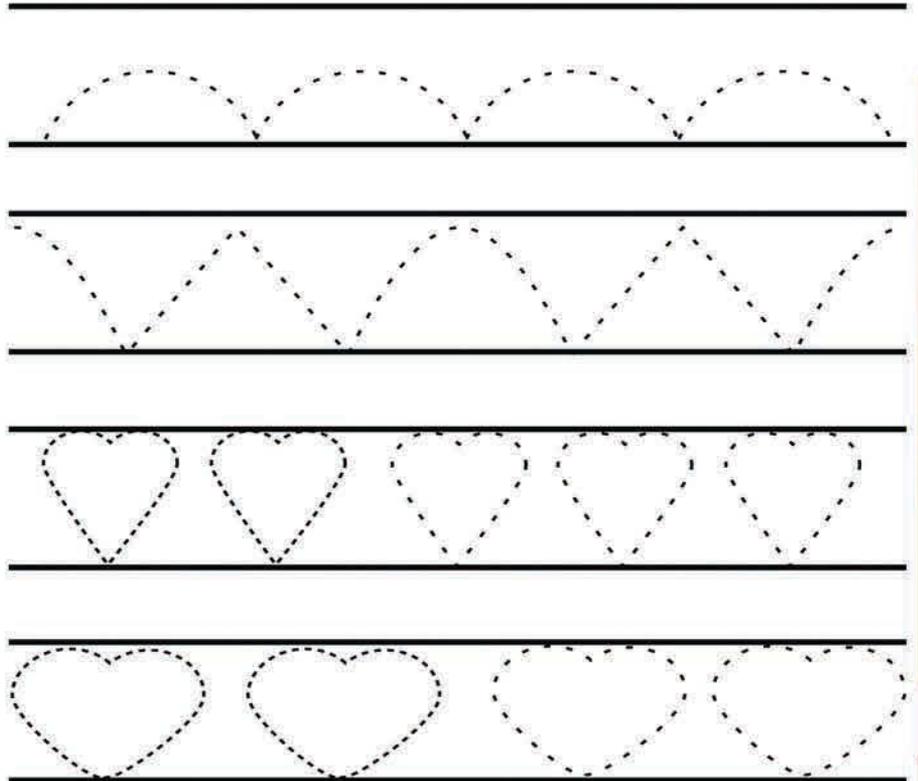
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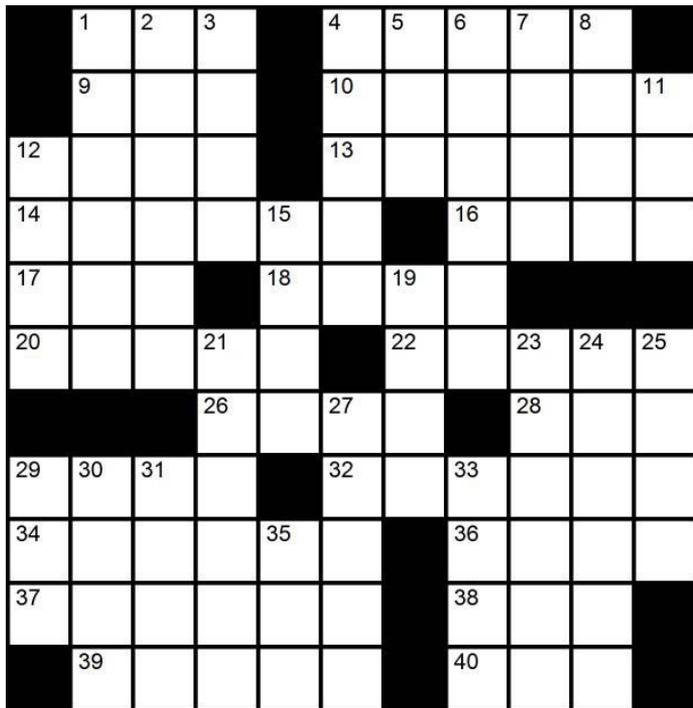


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# Crossword Puzzle



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## Across

- 1 " --- now or never"
- 4 Hard on the nose
- 9 Vast amount
- 10 Arranged for voices
- 12 Pie-crust ingredient
- 13 Only state with two official lang
- 14 Puncture
- 16 Caltech, for ex.
- 17 Sparse fluid
- 18 P --- puzzle
- 20 A freckle past ---
- 22 Once more
- 26 Exultation
- 28 Attempt
- 29 Comedienne née Molinsky
- 32 Commuter computer
- 34 Taking the place
- 36 Outer covering
- 37 Softened
- 38 "Halt, --- fire!"
- 39 Prolonged blockade
- 40 Advent mo.

## Down

- 1 Prophetic Bible book
- 2 Blessed Mother
- 3 --- City (Baghdad district)
- 4 Pains
- 5 Half a dance, perhaps
- 6 Quarreling
- 7 Pakistan neighbor
- 8 Politician's stand?
- 11 Snockered
- 12 Where to find swinger Michelle Wie
- 15 Songwriter --- Perkins
- 19 UN nuclear watchdog
- 21 Set on fire
- 23 What one goes around in
- 24 Subtly sarcastic
- 25 Big Apple corps
- 27 Cleverly avoid
- 29 Dandy beginning?
- 30 Singles
- 31 Slimming drug
- 33 Urge along
- 35 Brain surgeon's test equipment

Solutions on page 44

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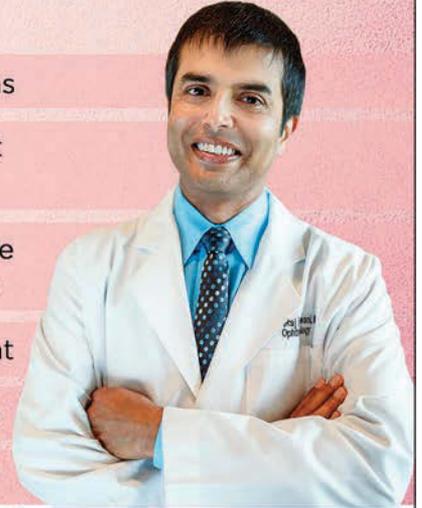
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Easy

4		9	7		2		6	
	2		4					
	8	2	3					
6								1
		4			5	6	2	
		6		5		2		9
	4	5		1		7		
				3				

Medium

5								
			6	8			3	
	9					1	6	
							5	1
		4	7	2	1			6
7								
		6		1	2	4		
		1		5			7	
						8		

Crosswordsite.com Ltd

Solutions on page 44

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### Duncanville Outreach Ministry

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duncanvilleoutreachministry.com  
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Duncanville, TX 75116

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## FEBRUARY

2/2

**Daddy Daughter Dance:**  
This year's theme is Hollywood: Lights, Camera, Action. Price includes, dancing, dinner and photo. \$45/couple, \$20/additional daughter. 6:00 p.m., Alan E. Sims Rec Center, 310 E. Parkerville Blvd., Cedar Hill. Cedarhilltx.com/ddd.



2/2 — 2/3

**Cedar Hill Race Festival:**  
Five different races in four different disciplines for junior high and high school students and multiple adult categories. \$15-\$50. All day. Cedar Hill State Park, 7000 FM 1382. www.bikereg.com/cedar-hill-race-festival.

2/7

**Mayor's Prayer Breakfast:**  
Free. 7:30 a.m., Alan E. Sims Rec Center, 310 E. Parkerville Blvd., Cedar Hill.

**Enter the Dragon:**  
Watch Bruce Lee at his best. Free. 6:30 p.m., Duncanville Public Library, 201 James Collins Blvd.

2/11

**Family Fun Night Black History Month Celebration:**  
Have fun and learn something new. 6:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

2/14

**Carrie:**  
Come for a Valentines antidote. Free. 6:30 p.m., Duncanville Public Library, Lobby Meeting Rooms, 201 James Collins Blvd.

2/15

**Falling in Love with Business:**  
Cedar Hill Chamber of Commerce's annual awards banquet. \$75. 6:00 p.m., Hilton Garden Inn, 800 N. Main St., Duncanville. Cedarhillchamber.org

**Discover the Arts After Dark:**  
African Drumming Night: Come for the rhythms. 6:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

**92nd Roadhouse:**  
Enjoy some Country and Western music and dancing. \$5. 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville.

**Sweetheart Skate:**  
Wear neon pink for the special

glow party. \$7 includes skates, games and prizes. 8:00-11:45 p.m., Cedar Hill Roller Rink, 202 N. Main St.

2/16

**Roller Derby Mashup:**  
The Avengers host a double-header with the South Central Roller Girls from Oklahoma. \$10 standing or bring your own chair, \$15 VIP seating. 6:30 p.m., Cedar Hill Roller Rink, 202 N. Main St.



2/21

**Mamma Mia 2:**  
Enjoy a comedy. Free. 6:30 p.m., Duncanville Public Library, 201 James Collins Blvd.

2/22

**Dallas Black Dance Theater:**  
They will be joined by DeSoto High School A Capella Choir. \$10/\$5 for seniors and students. 7:00 p.m., Fred Nickels Auditorium, 600 Eagle Dr., DeSoto. (972) 230-9648 or ArtsDeSoto.com for tickets.

2/28

**Avengers: Infinity War:**  
Review your superhero movies before the next one comes out. Free. 6:30 p.m., Duncanville Public Library, 201 James Collins Blvd.

2/28 — 3/2

**Charlotte's Web:**  
Love Your City Theater presents the classic tale on stage. Various times. Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. Loveyourcitytheater.com.

Tuesdays

**AARP Tax Help:**  
Get help preparing your taxes. Free. 11:00 a.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.



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

Second Tuesdays

**Super Seeders Garden Club:**  
Free. 10:00 a.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill.



2/5

**Chinese New Year:**

Celebrate the year of the earth pig. 6:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

**DAWG-Dallas Area Writers Group:**  
Free. 7:00-8:30 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill.

**Thursdays**

**Hats and Hugs:**  
Knit, crochet and loom hats to donate to various causes. 10:00 a.m.-noon, DeSoto Public Library. Call Precious Davis (972) 898-7919.

**The Quilters:**  
New quilters are welcome. If you or someone you know has

a quilt top they would like hand quilted, call (972) 230-9661. 10:00 a.m.-3:00 p.m., DeSoto Public Library.

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

**First Thursdays**  
**Connected! Special Needs Parent Support Group meeting:**  
Join us as we provide support and share resources for

parents of individuals with intellectual and physical differences. Monthly meetings include speaker workshops, information about community resources, parent-to-parent networking, social events, education advocacy and more. 6:30-8:00 p.m., DeSoto Public Library.

**Second Thursdays**

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

**Fridays**

**Duncanville Lions Club Lunch:**  
Cost of lunch is around \$12. 11:45 a.m., Lions Club Building, 210 Lions Trail.

**Third Saturdays**

**Duncan Switch Saturday Street Market:**  
The event includes vendors, food and fun. 9:00 a.m.-3:00 p.m., Main and Center streets, Duncanville.

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

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# Crossword - Sudoku Solutions

	1	2	3		4	5	6	7	8					
	9	S	E	A	10	C	H	O	R	A	11			
12	L	A	R	D		13	H	A	W	A	I			
14	P	I	E	R	C	E		16	I	N	S			
17	G	A	S		18	A	S	19	I	N				
20	A	H	A		21	I	R		22	A	G	23	24	25
					26	G	L	E	E		28	T	R	Y
29	J	O	A	N		32	L	A	P	T	O	P		
34	I	N	L	I	E	U			36	R	I	N	D	
37	M	E	L	T	E	D			38	O	R	I		
	39	S	I	E	G	E			40	D	E	C		

## Easy

7	6	3	5	9	1	4	8	2
4	1	9	7	8	2	5	6	3
5	2	8	4	6	3	1	9	7
1	8	2	3	4	6	9	7	5
6	5	7	9	2	8	3	4	1
9	3	4	1	7	5	6	2	8
3	7	6	8	5	4	2	1	9
8	4	5	2	1	9	7	3	6
2	9	1	6	3	7	8	5	4

## Medium

5	6	3	1	9	7	2	4	8
1	2	7	6	8	4	5	3	9
4	9	8	2	3	5	1	6	7
6	8	2	9	4	3	7	5	1
3	5	4	7	2	1	9	8	6
7	1	9	5	6	8	3	2	4
8	7	6	3	1	2	4	9	5
2	4	1	8	5	9	6	7	3
9	3	5	4	7	6	8	1	2

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