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Cedar Hill - DeSoto - Duncanville

M A G A Z I N E

May 2009

**Seeing in
the Moment**

**Financial
Building
Blocks**

**Excellence
Through
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**Overcoming
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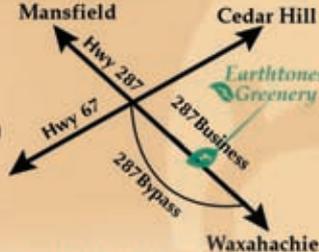
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Michael Moore reading haiku in the nature that inspires it.*

Photo by Terri Ozymy.

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Southwest

Cedar Hill - DeSoto - Duncanville

The Community Magazine
Serving Cedar Hill, DeSoto,
Duncanville and the
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NOW

MAGAZINE

Editor's Note

Greetings, Southwest Friends,

With all the March and April showers, we should have plenty of May flowers, so grab a bouquet for your mother. You might also want to see our art feature for some pointers on writing a haiku to add to your Mother's Day greeting or as part of your Memorial Day thoughts. How free would we be without the efforts of all our soldiers, past and present? Take time to honor them.

Join Dr. Timm England, local veterinarian, and his family as they welcome us to view their vista and home. You may have seen Elizabeth Scott on TV or in the newspaper; read our personal interview with her as she shares the story of her son's recovery from autism. Looking for a good way to get involved in your community? Check out Duncanville's Citizen Police Academy.

Lindsey Moreno shares some mouth-watering recipes perfect for picnics before it gets too hot!

Please send me your story ideas at bshay.nowmag@sbcglobal.net.

Beverly Shay

SouthwestNOW Editor





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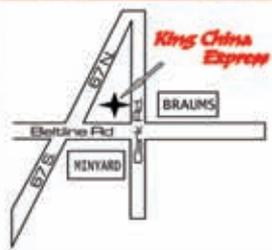
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OVERCOMING Autism

— By Beverly Shay

Elizabeth Scott, originally from Boston, moved to Texas to get away from the cold. She met her future husband, who hails from Buffalo, New York, at a restaurant in Dallas. Six months after they began dating, they married in 1999. They both love the Dallas area and plan to stay in Cedar Hill. “The people here are wonderful; there is a great quality of life, and we love the churches,” Elizabeth remarked. They have one precious son named Roman.

I went into labor on September 11, 2001, crying my way through the news reports of that terrible day, praying my child would not be born on what was sure to be a most tragic day for all Americans,” she recalled. Fortunately, Roman was born the next day.

Initially, all was normal for Roman and his mom. Around 2 months of age, however, he began to choke as he nursed. “He was such a happy baby, even though he would only allow his dad and me to touch him. At 8 months, he would

wipe away anyone else’s touch; at 18-21 months, he began to lash out if someone else touched him.”

Roman walked at 13 months, jogged a mile at 14 months and by 15 months was running laps around the living room, one of many repetitive behaviors to come. “He would begin to run, always in the same direction, around 6:00 at night; it was hard to get him to stop. Eating had already become an exercise in frustration,” Elizabeth recalled. His choking became gagging when she introduced him to level-one baby food. While he weighed 19 pounds at 9 months of age, by 12 months he had stopped gaining weight, even though she continued to nurse him. “He went from being in the 90-percent weight range down to eight percent at 18 months,” Elizabeth said, who found herself in tears every time she tried to feed him. “I thought his esophagus had not formed properly. When we were finally able to have a swallow test done, we were told Roman had a sensory process disorder and pervasive developmental delay (a code phrase for autism). We really did not understand what either of those meant; my ignorance actually kept me from falling apart,” Elizabeth remembered.

Elizabeth, whose background is in education, was determined to find a solution for Roman’s problems. “I wouldn’t have made it without a group who helps children ages 0-3, called Early Childhood Intervention. They began coming to our home for an hour three times a week when Roman was 18 months old, providing speech and occupational therapy for Roman and teaching me how to counteract negative and repetitive behaviors,” she said.

“Roman was fascinated with ceiling fans, screamed if we turned them off, but would not touch things like feathers, shaving cream, bubbles, Play-Doh, grass or beans. He was afraid of them. He was nonverbal, losing the few words he had mastered. He couldn’t sit still for 30 seconds. Before



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long I could no longer wash or brush his hair, brush his teeth or wash his face without him screaming. In total, I identified 45 behavioral problems to be tackled. I took what his therapists taught me and added to them until I came up with 78 skills and drills,



which we worked on one-at-a-time to overcome the things Roman was afraid of," Elizabeth stated. She calls them "turning on the L.A.M.P." She used Learning Activities and Meaningful Play to halt his repetitive and negative behavioral patterns, many of which she later learned were referred to as "stemming."

Many children with sensory issues cannot make abrupt shifts in activities or behavior, so for two years Elizabeth would count down transitions, alerting and enabling Roman to process change. "He fought me over everything, but I was determined to work with him until he overcame them. I incorporated the skills and drills into everything we did: getting up, bathing, eating, even while riding in the car. We had language drills; I didn't know that 40 percent of autistic children did not speak. I figured if he couldn't handle words, we would start with letters. I never left Roman to himself,



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because of the stemming. Whenever he got stuck on something, I would help him transition to cause his brain to focus on something purposeful and constructive. We had learning stations all over the house,” Elizabeth explained, “where we worked on arts and crafts (to overcome touch issues), fine and gross motor skills and language skills. Every five to seven minutes, we would transition to another activity to keep him from stemming and boredom. When he refused to learn, he had time out.”

Many times, Elizabeth guided Roman through activities he could not do by putting her hand over his. “My husband, Tom, worked nights, so he was able to give me an hour or two break; that was vital. Just taking a bath or going on errands by myself helped. I told myself, *This is your job for now; it is for a season. You can do this for two to four years,*” Elizabeth recalled. “While I

“I told God He needed to either show me a way Out for Roman or show me how to live with this.”



fixed dinner, Roman sat in his high chair and I gave him a letter a day to learn. At first, he said them all the same; but then [one day] he said ‘E,’ and so I gave him others and he learned them. We had alphabet shapes



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in the tub, animals and toys for the car. I never took him out without planning it. We went at his best time of day for no more than two hours. We lived by a strict routine, which included massage therapy twice a day to help him overcome touch issues."

By age 4, Roman no longer tested on the autism spectrum; all 45 symptoms had been overcome and he was reading words and sentences. He was no longer afraid to touch things or let people touch him. He was no longer receiving



special education, therapy or skills specialization. He is now in a regular first-grade classroom, excelling educationally and behaviorally. "For me, the key to Roman's recovery came through early diagnosis, persistent application of the L.A.M.P. skills and drills and prayer. I told God He needed to either show me a way out for Roman or show me how to live with this. I believe God revealed to me the different techniques and ideas beyond what the therapists had taught me; and I know He gave me faith. People ask me if all autistic children can recover. Not all will, but I think with early detection, one-on-one therapy and persistent counteractive skills and drills to interrupt stemming, there will be significant improvement and ground gained. I hope our story will bring hope to others," Elizabeth said sincerely. **NOW**

Editor's Note: Elizabeth has written a book entitled Raindrops on Roman, chronicling their journey to recovery from autism.

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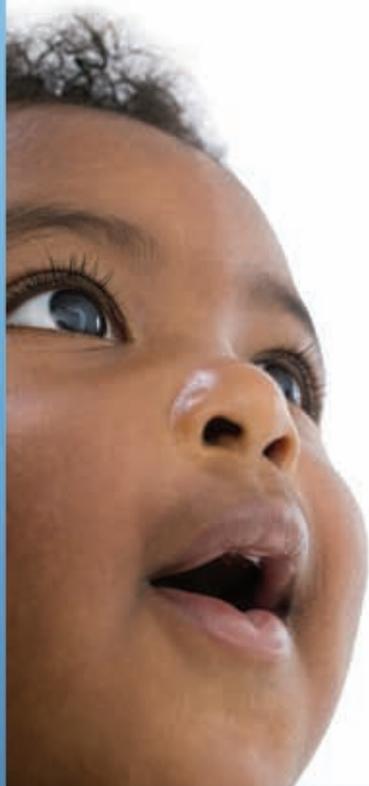
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Financial Building Blocks

— By Katrina D. McNair

Reading, writing and arithmetic are the foundation of education. In a time when even 16-year-olds have credit card accounts and the financial landscape is rocky at best, educators are finding it even more important to lay additional blocks in the foundation — ones which stress financial literacy and comprehension. For several students at DeSoto High School (DHS), teacher Natoscha Golightly and a program from a company called EverFi are the architects helping them build and secure their own financial futures.

A third-year teacher, Natoscha serves as the cheerleading coach and teaches business computer information systems, a Webmaster class, and is also now the teacher of DeSoto High School's Financial Literacy Program. "Last year, DHS was approached by company executives from EverFi," she said. "They extended an opportunity for me and a group of select students to participate in a pilot program designed to teach critical financial knowledge to the next generation."

EverFi, based out of Washington, D.C., was founded by entrepreneurs Thomas Davidson and Jonathan Chapman. Per its Web site, the founders are committed to "launching

businesses that address social needs," with a focus on "helping young adults navigate the financial world." The company provides participating public high schools an individual financial literacy curriculum and platform at no cost to the

school. The company's programs are geared to both high school and college students.

For Natoscha, there was no question as to whether or not she would sign on to facilitate the course. "I was one of those people who went to college and got the credit cards," she laughed. "I wanted them [the students] to know this information and to also build a relationship with them and impart knowledge that in school we normally don't get into." After accepting the opportunity, students were set up with IDs and passwords for their EverFi accounts before the class got underway last fall.

The program is very interactive, which is a big plus for today's tech-savvy students. Through 10 different online gaming modules, students have opportunities to learn about stock markets, critical financial thinking, credit card debt, 401(k)s





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DeSoto ISD

EAGLE Experience

Beginning in the fall of 2009, DeSoto ISD will offer a district-wide before- and after-school care program at each elementary campus. The EAGLE (Extended Activity Guided Learning Environment) Experience will be tailored to fit the needs of each school. The program will be financially self-sufficient – costs for participation will cover expenses – just as our previous contract programs. However, all programs will employ district staff as the district director, site coordinators and instructional captains. This allows for strengthened relationships with students and staff, as well as parents and staff, at each school. In addition, campus staff is uniquely aware of the DeSoto ISD curriculum scope and sequence, as well as individual student strengths and weaknesses.

"We found that our parents and teachers agree that an after-school program consistent with the school day curriculum, taught by the teachers with a vested interest in each student's achievement, will give us the most beneficial program for our students," said Assistant Superintendent for Student Support Services Levatta Levels. "The research-based program will focus on youth development in academics and personal / social skills such as leadership, teamwork, communications and character."

Parents can begin enrollment in EAGLE Experience during the Kindergarten Registration/Transfer Request Period of May 11-22.



DeSoto High School Principal Cheyrl Ensley holds the microphone while Gold Star Mom Dorothy Schafemocker speaks of her son Michael who died in Vietnam. The program was part of the American Veterans Traveling Tribute (AVTT) ceremony at DHS prior to the display set up at Grimes Park in DeSoto.

STIMULUS FUNDING

DeSoto ISD could acquire up to \$1.8M for various programs from the American Recovery and Reinvestment Act (stimulus funding). Districts must request funding through the state and determine how monies would be allocated within the federal guidelines.

DeSoto ISD's proposal includes new positions to support instruction and enhance student learning across the district. While the district is trimming positions through attrition from the operating budget, these positions would be for two years and funded through stimulus funds exclusively.

- May 4-8** - Teacher Appreciation Week
- Friday, May 8** - DeSoto ISD Eagle Olympics
- Saturday, May 9** - Board of Trustees Election
- Monday, May 11, 6:30 p.m.** - Board Meeting
- May 11-22** - Kindergarten Registration and Transfer Request Period
- Wednesday, May 20** - DeSoto ISD Early Release
- Monday, May 25** - Memorial Day Holiday
- Thursday, May 28, 8-10 a.m.** - Volunteer Breakfast
- Friday, June 5** - Make-up Snow Day; Last Day
- Saturday, June 6, 2 p.m.** - DHS Graduation

District Closed:

Fridays June 12 - July 31; Week of July 6-10

www.desotoisd.org

Summer School and Activities

Each summer DeSoto ISD provides various summer instructional programs for students in grades K-12. A comprehensive array of intervention, advancement and enrichment offerings are scheduled this summer to address a broad range of student needs and wants. While many academic programs are funded through grants or district objectives, enrichment camps may have a fee to cover equipment and extras.

Summer School Schedule

Elementary, Gr. K-5

June 9-July 2 from 7:30 to 11:30 a.m.
The Meadows Elementary

Middle School, Gr. 6-8

June 10-July 2 from 8 a.m. to 12:30 p.m.
West Middle School

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and IRAs, managing loans, the Federal Reserve, taxes and a wealth of other knowledge pertaining to money. Videos and diagrams are a part of the curriculum, but there are also avatars (electronic images/characters), which interact with the students as well. "Each module has a brief orientation, and there are three main characters that talk to them, like virtual reality,"



Natoscha explained. "It's a very interactive program; there are lots of sounds and animation and responding to questions, and clicking on appropriate images keeps them [the students] intrigued. Everything is interwoven to keep them interested," she said.

Another benefit of the program is the fact that there is no certain order for completion. Because of this, students are able to focus on concepts and questions that are challenging to them or on which they feel they need more work. The self-paced modules allow students to stop and start, ensuring all concepts are understood before moving on. "The students really liked that the program was self-paced," Natoscha shared. "If they had the knowledge, they could complete the test at the end of the module and move on. If not, they could always review the information and just self-pace themselves." The program can be completed in four to

six weeks, depending on the frequency and duration of class time.

Two games are also part of the program. "Life Situation Games are designed to challenge students," Natoscha said. The games are simulations, much like video games, that use characters in the high school setting; some characters are attending school at the college level and still others have graduated from college. "Using the knowledge they gain,

"A lot of times, it's something that's lost between school and home — how to make a budget, how to fill out a checkbook, even about renting furniture versus saving up and buying it on your own."

students are challenged with making financial decisions that in real life could greatly impact their financial futures," she explained.

Students who were selected for the program were chosen for their academic successes. All of the 23 participants are juniors and had passed all sections of TAKS (Texas Assessment of Knowledge and Skills), the state's standardized test. According to Natoscha, the students are predicted to be just as academically successful in the upcoming school year and made for good participants in the program. As far as Natoscha knows, DHS is the only school in the area to have the program. According to the EverFi Web site, a 2007 survey showed that only seven states required a personal finance course to be offered to high school students.

Natoscha has already seen the results of this program at work with her students. "The kids have discussions about the current economy," she said. "One of the kids helped his mom do her

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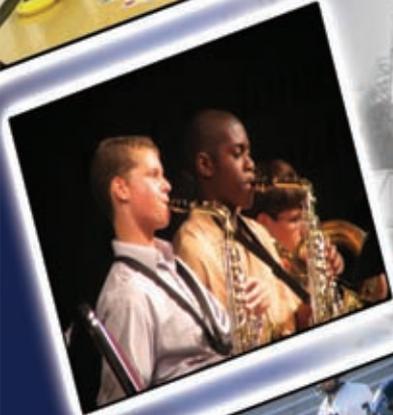
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taxes, and one explained information to his mom using vocabulary acquired from the program. You would expect to have the level of conversations that we do with college students; these are high school students. They are even able to assess risks with certain stocks and investments."

Most of her students have completed the program, Natoscha said. Company representatives from EverFi even flew in from Washington, D.C. and held a graduation ceremony for them. The students are considered EverFi Certified, a distinction that can assist them when they begin to apply for college admissions and may even aid them when searching for employment after their college graduations. According to Natoscha, the company will even write recommendation letters if asked to do so.

No matter what they decide to go out into the world and do, Natoscha feels the students are just that much more ahead of the game when it comes to finances, and the knowledge they have gained will stay with them for life. "I think that in today's society, it was really, really important to get a good base on how to handle finances," she expressed. "A lot of times, it's something that's lost between school and home — how to make a budget, how to fill out a checkbook, even about renting furniture versus saving up and buying it on your own."

Natoscha will teach another class next year and is more than ready. "We don't really have courses in school that deal with this," she said. "I think it gives the students a good starting point financially, and I was glad to give them that opportunity. A lot of times, you can only learn from your mistakes; these students will have a leg up. If they remember even only one, two or three things, it makes a big difference in the financial decisions they will be expected to make and be confronted with." **NOW**



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Excellence T h r o u g h Education

— By Jaime Ruark

For 19 years, Duncanville has been reaping the benefits of a class which allows the public to be actively educated and involved in the community. The police department is proud to offer citizens the chance to participate in the Citizen Police Academy (CPA). Duncanville was the third city in Texas to offer such a training program; officers just completed the 39th CPA training session and the response has been widely successful.

Officer Doug Sisk has worked in crime prevention for almost four years. Prior to his current position, he served in the K9 unit for 15 years. He has been around long enough to know an educated citizen is a huge help in law enforcement and is excited with the training the CPA offers, as well as the response from the public. “Our past chief, Chief Courville, is the one who began the program, and it has just taken off from there,” Doug said, explaining the program is enjoying a success which surpasses any other program offered by the



department in recent history. “Our motto is ‘Excellence through cooperative education.’”

Sixteen people completed the training of the charter CPA in September 1990 and the following November, the CPA Alumni Organization was formed by those students, clearly showing how important they regarded the education they received. “They created the alumni organization themselves, which shows how involved they still wanted to be,” Doug noted. “These classes teach citizens how and why we do what we do and dispel a lot of the myths regarding police work. It creates valuable awareness.”

The CPA course is 12 weeks long, usually meeting on Tuesday nights from 7:00 to 10:00 p.m. The alumni group brings snacks and breaks are taken on the hour. The officers are always open to suggestions for course subjects, as current events often create interest in certain topics. Classes include: criminal investigation, patrol procedures, police administration, Driving While Intoxicated (DWI) enforcement and laws, family violence, identity theft/fraud, accident investigation, tactical team analysis and traffic stop procedures. Doug is the course coordinator and he teaches the crime prevention class. “We try to have different officers teaching the classes who are more or less experts in that field, because they are knowledgeable on that subject. But also, we want the citizens to get to know the whole department and all of the officers,” he explained. “For instance, we have a detective who conducts





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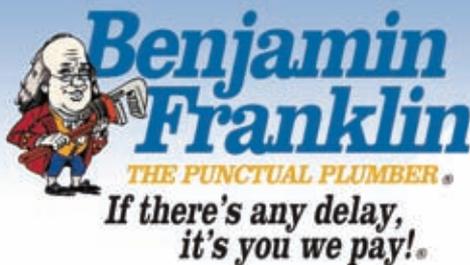
the identity fraud classes. He's perfect for that class because, unfortunately, he was actually a victim of identity fraud himself."

The first night of CPA is administration night. Students are given a tour of the station, and Chief Robert Brown talks about why they are taking the class and why it is important to be involved in the community. "We try to make sure the people are interested and having a good



time while they learn," Doug smiled. "The second class is typically the penal code and civil liability class, which is one of the most boring classes for officers because it's just reading a book of rules and legalities, but I actually heard laughter coming from the classroom!"

A new component of the CPA, initiated by Doug, is called practical nights, which have become a favorite among the students because they become actively involved in the learning process. "Our defensive tactics instructor will conduct the classroom part of the class, explaining how a taser gun is used, showing some defensive tactics and the mechanics of that, and then that following Saturday, we'll have an actual demonstration of things we do, like handcuffing. That way they get an idea of what we go through. We actually set up some building search scenarios or traffic stop scenarios. We'll have actors at a traffic stop scenario, and the students have to go up, make contact with them and go through the steps.



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It can get pretty interesting sometimes," Doug smiled.

The department has high hopes for those who complete the CPA training. "We hope that through these classes, citizens will eventually get involved in our Citizens on Patrol program," Doug said, explaining that one of the prerequisites for becoming a Citizen on Patrol (COP) is completing the



CPA. "We make sure they are never in harm's way, but they really become our ears and eyes on the streets. We can't be everywhere, but citizens can, and they know what does or doesn't belong in their neighborhoods."

COP's duties include patrolling neighborhoods and calling the department if they see suspicious activity. COPs also help with public activities like parades, helping to cut down on the actual number of police needed. "Parades take a lot of manpower. Where you may need 50 police officers to work, you cut that number way down with COPs. With 40 COPs helping out, it may only take 10 officers to work the main intersections. That frees up officers who may be needed elsewhere, and, of course, it saves the city money. In 2006, COPs traveled 14,470 miles, saving the city \$4,400 in gas. Also in 2006, we had 7,099 volunteer hours. If we had paid our officers \$15 an hour, those volunteer

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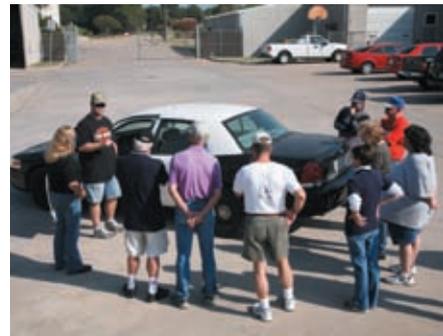
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hours mean we saved \$107,000," Doug pointed out.

Doug is clearly proud of the CPA and COP programs. He loves to tell stories of how COPs make his work just a bit easier. "When they were first installing the median lights on I-20, there was a problem with someone stealing the copper wiring — \$30,000



**"They're great resources for us,
and we really appreciate them."**

worth of copper every time. We put a COP up in the Hilton, watching, and ended up catching the thieves," he said. "They're great resources for us, and we really appreciate them."

One of the most recently completed CPA programs was revised into an advanced class, which went more in depth into the previous CPA class training. "Our class size is usually about 14 to 20 people. We had 42 people in this class," Doug enthused. "The response was great. People like to be involved."

As Doug said, there are many myths regarding policemen, which he and his fellow officers hope to dispel through the CPA. Perhaps the most important thing they hope to teach is that police are just people, too, and they truly are here to serve and protect, not badger or scare, the public. Proving he is human, Doug said with a laugh, "When I first started, I was not into public speaking at all! I did not want to get up in front of people. Now, I enjoy interacting with the people and having that kind of positive contact." **NOW**

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The project will feature approximately 38,000 square feet of office and retail space, 136 modern rental apartment units and parking. The one and two bedroom residential units, which range from 700 to over 1,300 square feet, feature 9' ceilings, modern kitchen cabinetry, GE® appliances, contemporary color schemes and an outdoor space for each unit. Building amenities include a Cyber Café, intimate courtyards with a swimming pool, water features, grilling and gathering areas, controlled access entry and covered parking. The Town Center is strategically located in an area rich with services, including grocery, dry cleaners, restaurants, coffee shops, etc. and has easy access to the City's extensive Civic Center, including a state-of-the-art fitness center, basketball and racquetball courts, a youth center and meeting rooms.

The site is currently home to DeSoto's City Hall and municipal complex, which are currently integrated in a former retail strip center. The public library, an amphitheater, an indoor performing arts center, and a weight training and recreation center are also housed in this facility. These public uses were supported by an underutilized parking lot, but now serves as the specific location of the DeSoto Town Center.



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At Home With **Timm and Kristi England**

Landed Gentry

— By Beverly Shay

He is a man of the land, a veterinarian. His wife loves land and animals, too, and they are passing this passion on to their children. On 53 acres overlapping the Cedar Hill/Midlothian border, Timm and Kristi England live as landed gentry. Timm, who grew up in Hastings,

Nebraska, as a country boy, knew what he wanted out of life from an early age. “I have moved 39 times in my lifetime. I wanted to raise my kids in the country, where I could be the closest to God. For me, that is in nature — with plenty of land and plenty of animals,” he stated.

Timm knew from kindergarten he wanted to be a veterinarian. “My best friends have always been animals. I began to volunteer at vet clinics or for anything that had to do with animals. My main interests were animals, plants and life,” Timm remarked with great simplicity. Animals are drawn to Timm, as evidenced by the Greater Swiss Mountain dog and the fat cat Timm brought home from clients who could not keep them. Another pet, an Australian cattle dog, was purchased from a breeder.

While in college, Timm worked at the U.S. Meat Animal Research Center in Clay Center, Nebraska, where some 6,000 swine in confinement delivered 12-14 babies each. He has also trained race horses at ranches, and oversaw a project teaching more than 50 embryo-raised, bottle-fed cows to drink from a bucket.

Timm and Kristi met when she worked part time at his vet clinic while studying to become a med-tech at a pathology lab in Dallas. After knowing





each other for two years, they married, making their first home in High Pointe. Rearing a family in the country was a big deal to Timm, but Kristi had been told when she was 18 that she would never have children. Timm wanted her, with or without children. They were both pretty excited when Kristi became pregnant with the first of their two boys, Joshua and Caleb, and decided she would be a stay-at-home mom.



"I knew my children needed to be raised in the country and taught about life — God's life in nature; somewhere where we could have horses and cattle and land. Kristi was a Waxahachie girl, so I was pretty certain Texas would be our home. When we found this land overlooking the quarry-pond, I knew I wanted to live here until I died, so I put everything I had ever seen and wanted in a home design into this one," he said, satisfaction and finality etched in his expression. Timm had observed and helped his dad with numerous building projects growing

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up; he saw what worked and what he liked and stored it away to be used later as he designed the plans for their “retirement” home on the Jericho Land & Cattle Company acreage.

The most commonly used entry to their home is from the carport between the house and garage; it sports four two-tiered lockers — a mother’s organizational dream — with plenty of room to hang coats, store muddy

shoes, sports gear and school things. “The boys are doing great with putting stuff up, but Timm ...” Kristi trailed off. The entry leads into the spacious kitchen with beautiful hickory wood cabinets, green countertops and bar stools. “I told Timm as he designed the house that I wanted a big pantry, a big laundry room, a big kitchen and a wrap-around porch,” Kristi mentioned. Her kitchen is open to the dining room,



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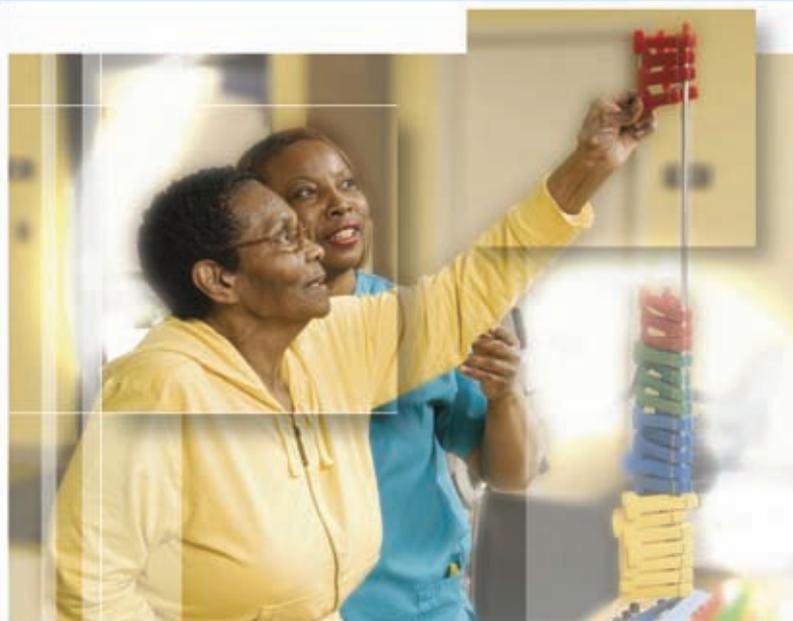
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with its built-in china cupboards, and the family room, with its Austin stone fireplace. The living areas in the house have deep ceiling and floor moldings with stars molded in. Hundreds of stars are scattered throughout their house, some hidden in glassware, some etched in the concrete floor of the entry or emblazoned on the walls in metal art, creating an all-over Texas Hill Country decor.

The guest bedroom, decorated in an understated burgundy and ivory, features a bed and chest from Timm's great-grandmother and a well-used traveling trunk brought from Germany by Timm's grandmother from the Urich side of the family. The arched window overlooks their front porch.

The two boys share a "play" room for entertaining their friends, complete with a comfy denim couch and Nintendo Play Station. "It gives the boys a place to entertain, while leaving us the family room. We decided we didn't want a formal living or dining room, so having



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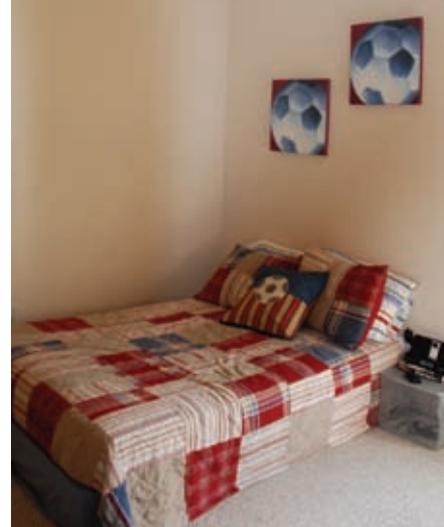
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two entertainment areas is great," Kristi shared. The boys each have their own bedroom. Thirteen-year-old Josh's room showcases his love for, and success at, soccer and his dragon collection displayed on shelves above his desk. The plaid window blind was made by Kristi's mom. Eight-year-old Caleb's room theme has morphed from cowboys to camping to football as his interests have shifted. The red bandana/tan denim curtains still reflect his cowboy stage.

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"My mom has made a lot of quilts; some are hand-quilted and some are machine-quilted," Kristi shared, indicating the machine-quilted blanket on the master bedroom's bed and a smaller hand-quilted version hanging



above the headboard. Burgundy cabbage roses on a tan background subtly blend with the natural, of-the-earth color scheme of their house. The gracious room opens to the house-wide back porch/patio overlooking the quarry, which always has water. Opposite the view is a large master bath with a separate faux stone shower, garden tub, his-and-hers sinks and closets. Another of her mother's quilts with their Texas star theme hangs where their entry hallway merges into the family room.

The whole house is merely an extension of the patio and the view of the land. "When we decided to have a carport between the house and the garage, I wasn't able to give Kristi her desired wrap-around porch," Timm related, "but we made the patio into one of our favorite places to be." Deep and roofed, the patio features several groupings of wicker furniture, swings, rockers, a picnic table, ceiling fans and a much-used large stone fireplace.

"When Timm said he wanted to have an outdoor fireplace, I just couldn't figure how that would work, but it's great," Kristi commented. "Timm cooks there and we spend a lot of time out here."

The vista from the house is pure Texas, breathtaking in its own way. Timm has worked on restoring native grass to his pastures for the cows, horses, pony and donkeys, as well as water and soil conservation. "The kids swim in the quarry and have a little boat; we can watch them from up here," Kristi remarked contentedly. **NOW**

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Seeing in the Moment

— By Beverly Shay

Michael Moore is known as the one to call if you are in need of haiku. He was a student in a Los Angeles elementary school the first time he heard a haiku read by a fellow student. The short poem about the universe in relation to a dot captured his attention. By the time Michael began writing haiku of his own, while living in San Antonio in 1990, he had already been writing other forms of poetry. He wanted to consolidate his thoughts to one sentence of poetry, which is essentially what haiku is. “Poems are better than short stories at getting to the point, but haiku does it best,” Michael remarked.

“Haiku, the ancient poetry of Japan, is an uncommon literary arts experience in the West ...” states a promotional brochure Michael Moore uses to introduce himself. “Traditional Haiku poetry consists of a short, three-line poem, seventeen syllables in length and Japanese in origin. The haiku contemplates the natural world. Contemporary Haiku, also known as free verse style, has fewer than seventeen syllables and can focus on emotions, dreams, fictional themes and other tangibles,” the brochure continues.

*Soft falling snow
punctuated by a crow
footprints in my ear.*

Within moments of time spent with Michael, his teaching gift is revealed. “Haiku is an interruption within the course of one’s daily activity,” he intoned with obvious respect and affection for his subject. “The experience of a moment can be



pleasant or shocking. To seize the experience of that moment and express it succinctly is the aim of haiku. Your topic can be whatever strikes you. The goal is to capture the emotion and report it. That’s one of the reasons I encourage students to write on an actual experience, to report it; to include the event, the anticipation and conclusion.”

One might suppose that haiku writers are writing haikus the moment they experience them, but Michael encourages them to experience, move through and see the totality of the event, to be aware of the moment and live in it, so as to be able to remember it and write about it later. “Once the students have grasped the concept and written several haikus, they find they don’t need to imagine anything, they can write reality. So much is going on around them,” he informed. “In a literary form like haiku, you find you don’t need to use so many words. It changes the value of words and how you evaluate them. A helpful hint is to develop a vocabulary list; this eliminates writer’s block. Much like a trip to the grocery

store is made easier with a shopping list, vocabulary lists provide focus and direction,” Michael explained.

*Trickling from bamboo
waters in water basin
share a point of view.*

Haiku is an excellent means of expressing art, culture and self, as well as enhancing creative writing through



literary and visual arts, which Michael custom-formats to classroom and students’ needs. “Moore juxtaposes traditional Japanese themes with images as diverse as bungee jumpers, cotton candy and a Navajo blanket. Haiku is an intuitive experience, and at times Moore’s deft touch results in a surreal leap. ... He mines the evocative power of the commonplace object: a lounge chair, a wheelbarrow, a collar button ...” states the brochure.

Michael’s first haiku teaching experience in Dallas came through the African American Museum. “Give me a half hour with the children,” Michael commented, “and they will have a haiku. I composed a one-page worksheet that provides a journey by the end of which they will have created a haiku. It’s an organizational format for creating haiku. I teach them to live in the moment, to see what is actually there. Haiku is very truthful. You don’t have to worry about punctuation. Haiku is writing what you see, so others will see the same,” remarked the teacher, who sticks with traditional haiku in most schools because students will be tested on it. The students compose a

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poem with a nature theme consisting of three lines; the first has five syllables, the second seven and the third five.

*Even the gecko
is moved by shadows walking
on the garden wall.*

“When I have traveled to Japan, Canada, Europe and Northern Africa, I take lots of photos and videos which I show to the students so they can see what the world is like. Photography is



a way to deal with the moment. The kids will pick out something that is relevant to them: flowers, sharks, panthers. After seeing the video, I have them make a vocabulary list of 1-20 words. They work on including some of those words, count the syllables and then we work on flow,” Michael remarked.

To sum up:

*Voices come and go
carried by the need to say
that which comes to mind. **NOW***

Editor’s Note: The haikus above were written by Michael Moore and can be found in his book, Haiku Landscapes: Traditional Western Haiku. His other books include Chocolate Chips (contemporary Haiku), Contemporary View of Haiku and Vista Contemporánea de Haiku, which is bilingual.

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Award-winning Solutions

— By Beverly Shay

John and Kelly Johnson inspire confidence and enthusiasm from the moment you enter their business, Kwik Kopy Digiprint Solutions for Business, located at 638 E. Centre Park Blvd. in DeSoto. Their family-owned and -operated business has been serving Dallas, Ft. Worth, the Best Southwest and beyond for 17 years, offering way more than mere copy services. John, who formerly worked as a mechanical engineer in the oil and gas industry, made the switch to the print industry just as it was becoming digitized. “Coming in on the cutting edge of the digital revolution was a big boost for us. Many of the area copy/print businesses were owned by families looking toward retirement rather than change. We were ready to plunge ahead,” stated John, exuding confidence and a can-do attitude.

His wife, Kelly, chipped in, “For us, failure has never been an option. John’s wheels are always turning, thinking up more efficient work flow techniques/strategies, as well as marketing ideas for our customers. We have worked really hard at eliminating the ‘dirty print shop with stacks of dusty files everywhere’ picture of a copy/print shop. We have not only come up with a cutting-edge image, we deliver cutting-edge

work.” In fact, they won *QUICK PRINTING* magazine’s Business Excellence Award.

Their business-to-business company, offers professional design, digital-savvy artwork and production, which turns your marketing concepts into reality in two- to four-color, high quality brochures, business cards, documents and even large-format marketing materials, such as posters, architectural/engineering plans and displays using various papers and vinyls. They offer spiral- and hard-bound bindings with tiered tabs or die-cut covers. Whatever you can or cannot think of, they can design, produce and deliver. “We offer design, print and targeted mail marketing solutions all in-house,” remarked Kelly.

“Our success is based on the kind of people we hire: talented, committed, long-term. The kind of work you put out starts with the people you bring in and the equipment you give them to work with,” John stated firmly. He had nothing but praise for their six employees, who work by this motto: “Our emphasis is on QUALITY. Every day. On every job.”

“Our graphic designer, with us for 16 years, does exceptional work. If we need to, we use overflow freelancers. Our lead

Business NOW

pressman (with us for 13 years) trained his own nephew on the press and bindery," John shared. They have experts in customer service, mailing, press and large-format production and estimates. "We keep our artwork archived at a separate location — just in case," John said.



"The change brought on by digital and Internet technology has really redefined the printing industry," John explained. "There are many spokes on the marketing wagon wheel: direct mail, newspaper/magazine advertising, chamber involvement, e-mail, word of mouth and integrity. To those we add a personalized theme, something previously not possible on the scale it now is with our new digital printer. People respond to personalized brochures and products."

John also maintains a personal touch with his customers by writing personal notes and thank yous each week. "Our business is personal," stated Kelly. "We do what we do for our four girls." Updated family pictures on their brochures have allowed the community to watch their girls grow up. "We put every nickel we had into this business; we have seen God's faithfulness and answers to prayer. And we refuse to participate in economic doom and gloom. We have what it takes to help businesses prosper," Kelly commented.

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Roderick Bond and his daughter, top left, posed for the camera during the Lions Club Pancake Breakfast. A ribbon cutting was held, top center, at Lane Bryant in Uptown Village. Two CHS students, top right, volunteered at the pancake breakfast. Don McBurnett, bottom left, enjoyed breakfast with his family. One of the Cedar Hill Lions Club members, bottom right, spent the morning flipping flapjacks.

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DeSoto ISD coaches for Success Mentors, top left, accepted a school supply donation from Metroplex Toyota and The Automotive Edge Radio Show. Canterbury Gala co-chairs Erika Hemphill and Amber James, top center, are pictured with the auction company of Charla Kitch and Murad Auctioneers. Superintendent Lloyd Treadwell and board president Don Gant, top right, congratulated Director of Communications Beth Trimble. The DHS boys basketball team, bottom left, posed with their trophies. Wanda Gardner and a friend, bottom right, were all smiles during Wanda's going away party.



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Addison Dedeluk, top left, attempted to build her own birdhouse during a recent workshop. Ribbon cuttings were recently held at: Advanced Services, top center, and Genghis Grill, bottom left. Jon Pennebaker, top right, spent quality time helping his grandson build a birdhouse at the Keep Duncanville Beautiful Spring Garden Workshop. Ciera Phillips, bottom right, was named the Chamber Student of the Month for February. She is shown with Sheila Casey, the education committee chairperson.

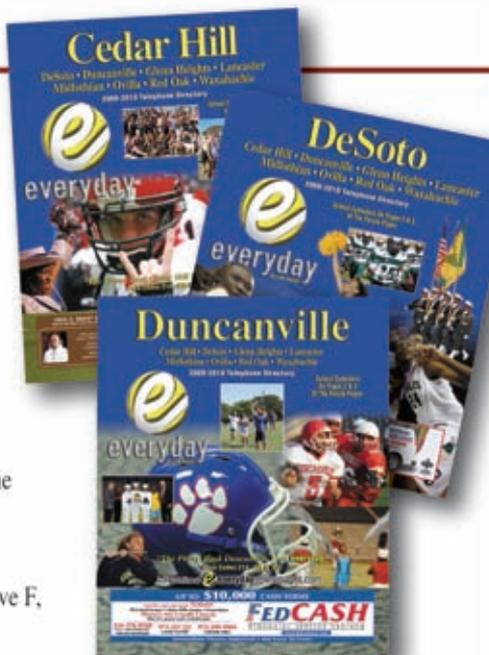


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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH LINDSEY MORENO

While growing up in West Michigan, Lindsey Moreno loved to help in the kitchen, especially baking cookies with her mom and grandma.

“I grew up in a primarily Dutch community with the normal Midwestern staples — meat and potatoes,” she explained. “Working as a server in fine dining in Dallas opened my eyes to the world of food and flavor. The Euro-bistro cuisine helped develop my palate to enjoy a variety of new things! I now try to create or replicate dishes with a more diverse flavor profile.”

When Lindsey is not being creative in her own photography business, she enjoys spending time with her husband, Beto, traveling, discovering antique treasures and grilling outdoors. “I love to base my recipes around the seasons and what is fresh,” she said. “Spring and summer are the perfect time for grilling light, refreshing dishes!” **NOW**

BLUEBERRY BUCKLE BATTER

2 cups flour
2 tsp. baking powder
1/4 tsp. salt
1/4 cup room temperature butter
3/4 cup sugar
2 eggs
1/2 cup milk
1 tsp. vanilla
2 cups fresh blueberries

TOPPING:

1/3 cup sugar
1/2 cup flour
1 1/2 tsp. cinnamon
1/4 cup cold butter

Preheat oven to 350 F. Combine flour, baking powder and salt in a bowl; set aside. Cream butter and sugar. Beat in both eggs; add milk and vanilla. Pour flour mixture over wet ingredients. Stir well, but do not over mix. Fold in blueberries. Spoon into bread pan or muffin tin. Combine dry ingredients of topping. Mix butter into dry ingredients with your fingers to create a crumbly topping. Sprinkle over bread or muffin batter. Bake at 350 F. For bread: 2 small tins for 50 minutes or 1 large loaf for 60 minutes. For muffins: 20-25 minutes.

GINGER'S SWEET BAKED BEANS

6 strips bacon, cut in half
48-oz. jar northern white beans (strain beans, reserving some canning liquid)
3/4 cup ketchup
3/4 cup light brown sugar
1/2 tsp. mustard
1/2 onion, chopped (or to taste)

Cook bacon on low until firm but not crunchy. Combine beans, ketchup, sugar, mustard and onion. At this point, you can add some of the extra canning liquid to ensure a moist mixture. Mix in bacon strips, reserving 3 for the top. Pour into baking dish. Bake uncovered for 2 hours at 300 F.

AUNT SALLY'S CHICKEN SALAD

DRESSING:

1/2 cup mayonnaise
1/2 Tbsp. mustard
2 Tbsp. sugar

SALAD:

4 eggs, boiled and chopped
2 cups cooked chicken, cubed (boil and salt, to taste)
3/4 cup celery, chopped
1/4 cup onion, chopped
1 box sea shell noodles, cooked
1 8-oz. can chunk pineapple

Combine dressing ingredients; mix well. Combine remaining ingredients in large bowl and toss with dressing. Chill before serving.

GRILLED SUMMER FRUIT

nonstick cooking spray
3 firm but ripe nectarines, halved and pitted
3 firm but ripe plums, halved and pitted
3 firm but ripe apricots, halved and pitted
6 metal or wooden skewers, soaked in water 30 minutes
3 Tbsp. sugar
vanilla ice cream (optional)

Spray grill rack with nonstick spray; preheat grill to medium-high heat. Thread one piece of each fruit on each of six skewers so cut sides line up and lie flat. Sprinkle sugar over cut sides of fruit. Let stand until sugar dissolves, about 10 minutes. Place fruit skewers on grill, cut side down. Grill fruit until heated through and caramelized, about 5 minutes. Serve with a scoop of ice cream.

SNOW-CAPPED PIE

Here's a Dutch treat from my table to yours. Not really a summer dish at all, but one that will soon become a family favorite!

3 egg whites, room temperature

1 tsp. vanilla
3/4 cup sugar
1 tsp. baking powder
1 4-oz. bar German Chocolate, chopped (reserve 2 Tbsp. for topping)
1 cup Ritz crackers, crushed
1/2 cup walnuts, chopped
Cool Whip, or fresh whip cream

Preheat oven to 350 F. Grease a 9-inch pie plate. Whip egg whites and vanilla to soft peaks. Gradually add sugar and baking powder; beat until stiff peaks are formed. Fold in chocolate, crackers and nuts. Spread in pie plate; bake for 25 minutes. Cool and chill for 6 hours. Prior to serving, top with whip cream and grated chocolate.

RASPBERRY CHIPOTLE BBQ CHICKEN

1 jar raspberry preserves
2 chipotle peppers (small can of chipotle peppers in adobo sauce found in Latino section of grocery store)
chicken stock
1 lb. chicken (I use boneless, skinless breasts.)
salt and pepper, to taste

In blender, combine raspberry preserves, chipotle peppers and small amount of chicken stock to thin the mixture; puree. Strain pureed mixture to ensure smooth consistency free from seeds. Divide mixture for grilling and dipping. Set aside. Preheat grill to medium-high heat. Sprinkle both sides of chicken with salt and pepper. Brush one side of chicken with sauce (if using skin-on chicken, start with skin side to ensure a crispy crust). Place brushed side down on grill. Grill on each side, approximately 5 minutes each, until cooked, brushing on additional sauce as needed to create a nice crust. Remove from grill and serve with summer vegetables or a spinach salad with raspberry vinaigrette.

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

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Time to Boost Your College Savings?

Do you have school-age children? If so, the end of the school year means that your kids are now one year closer to college. That means you have even more incentive to launch a college savings strategy—which is essential these days.

During a tough economy, states are scrambling to meet budget shortfalls. As a result, state legislatures may be forced to scale back their support to public colleges and universities, which in turn may raise their tuition. Furthermore, college endowments have been hit hard by the financial crisis; from July through November 2008, endowments suffered more than \$94 billion in investment losses, according to a survey by the National Association of College and University Business Officers and Commonfund Inc. Private colleges and universities, which are especially dependent on endowment income, are slashing budgets and warning that continued

endowment declines could lead to financial aid cutbacks.

Obviously, you can't control the economy, state legislators' actions or the fortunes of endowment funds. But here are some things you can do to help prepare yourself for those future college bills:

- Contribute to a Section 529 savings plan. In a 529 plan, you invest money in specific securities, managed by professionals. Contribution limits are high, and all withdrawals are free from federal income taxes, as long as the money is used for qualified higher education expenses. Withdrawals for other types of expenses may be subject to federal and state taxes plus a 10 percent penalty. In addition, contributions are tax-deductible in certain states for residents who participate in their own state's plan. Because tax issues for 529 plans can be complex, you will want to consult with your tax advisor.

Of course, if you already have a 529 plan, your savings probably took a pretty big hit last year and in the first few months of this year, as well. In response to the downturn in the financial markets, the IRS has ruled that, for 2009 only, 529 plan account owners can make investment changes twice in the calendar year, rather than just once. This gives you more opportunities to rebalance your 529 plan investments in a way that could help reduce the

effects of volatility.

- Open a Coverdell Education Savings Account. Depending on your income level, you can contribute up to \$2,000 annually to a Coverdell Education Savings Account (ESA). Your Coverdell earnings and withdrawals will be tax-free, provided you use the money for qualified education expenses. (Any non-qualified withdrawals from a Coverdell ESA may be subject to federal and state taxes, plus a 10 percent penalty.) You can fund your Coverdell ESA with virtually any type of investment — stocks, bonds, certificates of deposit, etc.

- Open a custodial account. You can place assets in a custodial account — a UGMA or UTMA account — for your child's college education. Although your child will own the account as soon as it is established, you have control of it until the child reaches the age of majority, usually 18. At that point, your child can collect the assets — which again can be in the form of almost any type of investment — and use the money for college.

Whichever vehicles you choose to create a college fund, start soon. In building your savings to meet the high costs of higher education, time is your greatest ally. **NOW**

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Call or visit your local advisor today.



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Helping Women Heal From the Inside Out

— By Dr. Gayle L. Smith-Blair

For women, being healthy means far more than merely getting a checkup. There is also a strong mental health component to superior health care. It is important to have a doctor who treats the whole person.

Many women suffer from mood disorders such as: depression, bipolar disease, PMS-mood related symptoms, post partum depression, psychosis, anxiety disorders and substance abuse. But there is also the “overwhelmed mom syndrome,” where women have overextended themselves with extracurricular activities.

Usually, you see this kind of overload when women get married, start having children, and are trying to balance career and family responsibilities. They become overwhelmed when they just cannot do it all. It is important to find out where things are missing and where more balance is needed.

Sometimes, it means letting some extracurricular activities go, spending some alone time or sometimes it means medications.

Mental health professionals hope to debunk the myth that women do not need help. Women have traditionally taken on the role of primary caregiver. They spend more time worrying

and caring about other family members than themselves. That is why it is so very important for women to realize it is not a weakness to ask for help.

Suggestions for Improving Women’s Mental Health

- Prioritize. What do you really value in life? Make a list of what’s important to you and then make a pact with yourself to let go of things that get in the way of attending to your priorities.
- Give yourself the “okay” to be less than perfect.
- Ask for help — not just from your partner, but from anyone that might be willing.
- Set aside time for yourself every week — even it is only an hour.
- Focus on things you like about yourself and your body and surround yourself with people who have a healthy perspective about food, weight and their bodies.
- Eat healthy foods.
- Get active. Women of all sizes can be active. Exercise can help you feel better about your body and give you more energy. **NOW**

*Dr. Gayle L. Smith-Blair
Trinity Women’s Center*

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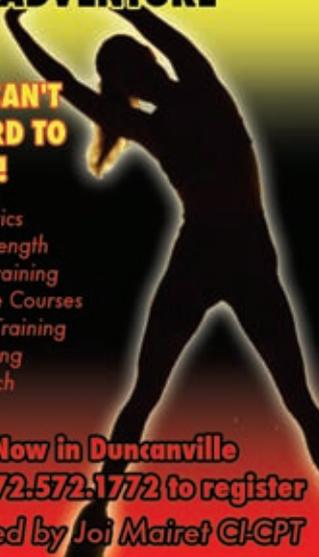
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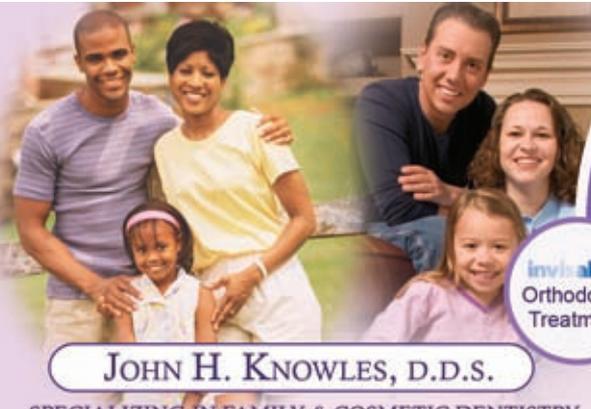
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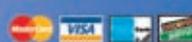


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May 2009

Community Calendar

Every Monday and Tuesday

Cedar Hill Recreation Center presents Caliente Salsa: 8:00-9:30 p.m. Monthly Fee: \$50, for ages 12 and older. Learn the Salsa, Cha Cha, Rumba, West Coast and Fast Step Swing, Lindy Hop, Latin Hustle and more.

Every Wednesday

Rotary Club of Cedar Hill: 7:00-8:00 a.m. at CH Recreation Center, 310 East Parkerville Rd.

Every Wednesday and Friday

Preschool story time at CH Library: 10:30-11:45 a.m. (972) 291-7323.

Every Saturday

Cedar Hill Recreation Center presents Star Force One, a dance program including tap, ballet, jazz, hip-hop, lyrical, song and dance and competition dance teams. Beginner to advanced classes for ages 2-adult. Ballet and tap classes available for special needs children. Register at Rec. Center.

First Mondays

Readers on the Hill Book Club: 7:00 p.m. at CH Library. (972) 291-7323.

First Tuesdays

Duncanville Education Committee: 11:30 a.m. at Chamber offices. (972) 780-4990.

First and Third Wednesdays

Duncanville Business Interchange: 7:30 a.m. at Chamber offices.

Fourth Mondays

Duncanville Board of Directors meeting: 5:30 p.m. at Chamber offices.

Fourth Tuesdays

Duncanville Chamber Champions Luncheon: 11:30 a.m. at various locations.

Second and Fourth Tuesdays

Cedar Hill City Council meeting: 7:00 p.m., 285 Uptown Blvd.

Second Tuesdays

Dallas Area Writers Group: 7:00 p.m. at CH Library. Elizabeth Scott will speak this month on her book about her son's recovery from autism. www.dallaswriters.org.

Second Wednesdays

Duncanville Monthly Luncheons: 11:30 a.m. at various locations.

Second and Fourth Wednesdays

Cedar Hill Business on the Hill: 7:30 a.m. at Chamber offices.

Third Thursdays

Duncanville Fun After Five: 5:00-7:00 p.m. at various locations.

Visual Artists of Cedar Hill (VACH): 7:00-9:00 p.m. from

September through May at the Z. B. Wylie Library, 225 Cedar St. Open to all artists. www.thevach.org.

Third Saturdays

Cedar Hill Star Party: sunset-11:00 p.m. at J. W. Williams Park, 1605 High Pointe Ln. (beside West Intermediate School). Free. Bring own telescope or use ours. (972) 291-1505.

May 2

Cedar Hill's Mother and Son Super Hero Dance: 2:00-4:00 p.m. at Cedar Hill Recreation Center, 310 E. Parkerville Rd. Cost: \$30 per couple or \$15 per person. Mothers and boys 4-9 are encouraged to dress as their favorite super hero. 5x7 souvenir photo included. Register online at www.cedarhilltx.com or at the Cedar Hill Recreation Center. (972) 293-5288.

DeSoto's 3rd Annual Mother and Son Black and White Ball at the DeSoto Civic Center, 211 E. Pleasant Run Rd. Doors open at 6:00 p.m. Dance: 7:00-9:00 p.m. Music, dancing and light refreshments. 5x7 portrait included. Cost: \$15/couple. (972) 230-9651.

May 2, 3

North Texas Kite Competition and Family Kite Fly at Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. Saturday: 10:00 a.m.-5:00

p.m. Sunday: 1:00-4:00 p.m. Kite making for the children on Saturday and AKA kite flying demonstrations/competitions both days. (972) 938-3954.

May 3

Arbor Day Tree Dedication: 1:00 p.m. at Valley Ridge Park Pond, 2850 Park Ridge Dr., Cedar Hill. (972) 293-5288, ext. 1571.

Youth Fishing Tournament: 1:00-4:00 p.m. at Valley Ridge Park Pond, 2850 Park Ridge Dr., Cedar Hill. Free for children 16 and younger. Texas Junior Anglers will provide loaner rods, reels, bait, tackle and prizes for the biggest fish. (972) 293-5288, ext. 1571.

May 4

Northwood University hosts prospective students for a day of class observations, campus tours and interaction with faculty and the campus community in a program called My Mondays. Register online at www.northwood.edu/forms/admissions/tw/mymondays/.

May 7

Eagle Olympics Gala (auction): 6:30 p.m. at MCM Grande, 151 N. I-35E, DeSoto. Hosted by Concerned DeSoto Citizens and Ellis Hobbs to raise funds for Ellis Hobbs Eagle Olympics for approximately 75 special needs athletes at DeSoto High School on May 8. Contact Rena Thomas for tickets at (972) 274-9795 or cdcdesoto@yahoo.com.

May 15

DeSoto's Canterbury School second-graders present *Live Museum* at 2:00 p.m. in the Chafin building.

May 18

Duncanville Chamber's 12th Annual Golf Classic at the Golf Club of Dallas, 2200 W. Red Bird Ln. Registration/warm-ups/contests: 11:00 a.m.-12:45 p.m. Lunch (provided by Cedar Hill Chick-fil-A): 11:00 a.m.-1:00 p.m. Florida scramble/shotgun: 1:00 p.m. Reception/cocktails/awards/dinner: 6:00 p.m. (972) 780-4990.

May 28-30

Zula B. Wylie Library Friends Book Sale. Thursday: 5:00-9:00 p.m. Preview sale for staff and friends. Friday: 10:00 a.m.-6:00 p.m. Public sale. Saturday: 10:00 a.m.-4:00 p.m. Items may include books, audio books, CDs, movies and music. Bring donations prior to sale dates.

June-August

Visual Expressions Creative Arts School is offering Summer Art Camps in Cedar Hill for children ages 5 and over and for teens. Explore mosaics, paint, clay, paper, drawing, water color, pastels, acrylic, mixed media and more. Contact Jennifer at (972) 293-1117 or info@veartgallery.com or visit www.veartgallery.com.

June 6

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m. Event and parking are free. Breakfast: \$6/adult; one child under 8 eats free with paid adult. Open to public. Classic airplanes and fighters, plane rides, remote control model flyers, The Classic Swing Band and more. Call Tammy at (972) 923-0080.

June 13

Best Southwest Juneteenth Celebration: 10:00 a.m.-2:00 p.m. at Lancaster Community Park, 11700 Veterans Memorial Pkwy., Lancaster. The Best Southwest cities of Cedar Hill, DeSoto, Duncanville and Lancaster join together to honor the oldest-known celebration of the ending of slavery. Featuring food, children's activities, entertainment, helicopter rides and much more. (972) 218-1305.

June 19-21

DPW Summer Balloon Classic, an Aviation Extravaganza, at Mid-Way Regional Airport, Midlothian/Waxahachie. Free admission. Parking: \$10. www.summerballoonclassic.com.

For more community events, visit our online calendar at www.nowmagazines.com.

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From left to right: Dr. Gayle Smith-Blair, Psychiatrist; Dr. Cealee Thomas, OB/GYN;
Dr. Catherine Thomas OB/GYN; Sharon Easter, WHNP; Gina Vincent, WHNP; & Dr. Donald Blair OB/GYN (behind)


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