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MAY 2012

NOW

Crowning Cause

Lacey Trevino pursues an international pageant title to honor her mom.

Seeing What Can Be At Home With Sandra Wheeler.

Also Inside:
Hoop Dreams
An All-around Outstanding Officer
Persistence Pays Off
Can You Hear Me Now?
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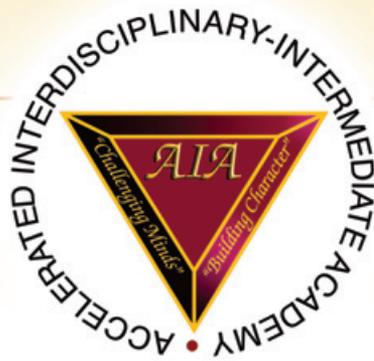
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On The Cover



Lacey Trevino, Miss Teen Cedar Hill International 2012 honors her mom in every pageant she enters.

Photo by Marty Gast.

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Editor's Note

Hello, Southwest Friends!

One of the fun things about my job is editing five of our other markets, which includes getting to read other editorial notes. Each editor has a unique voice and look on life, as they share personal anecdotes and community tidbits. For me, writing these editorial notes is a bit reflective — each month triggers an awareness of how rich I am in terms of my crazy, delightful family. I am also still in awe of the amazing people throughout the three very individual cities *SouthwestNOW Magazine* covers.

This May, as you honor your moms, your graduates and all of our past and present military heroes and make plans to dive into summer, please also consider how rich we are in the abundance of interesting and quality people among us. I don't think I will ever get tired of telling your stories.

Love you guys,

Beverly

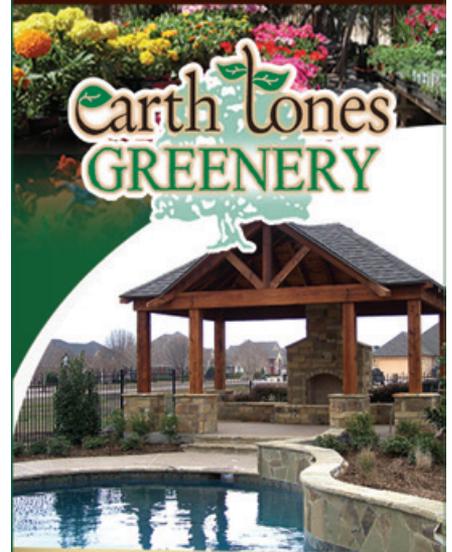
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Duncanville ISD is launching online student registration this summer, in time for parents to complete all the required back to school enrollment forms for 2012-2013 digitally. Starting next year, every

student must be registered through the online module, which requires parents to have Home Access Center (HAC) accounts. HAC is a one-stop web portal that allows parents to view student schedules, attendance records, grades, and academic progress through a secure web interface.

Only about 42% of current Duncanville ISD students have parent HAC accounts, so the district is starting to promote HAC signup this spring in preparation for Fall 2012 Registration. "Online registration will eliminate the need for parents to fill out numerous forms by hand year after year," said Tammy Kuykendall, Chief Communications

Officer. "We encourage our parents to set up HAC accounts before the last day of school, to ensure that when it's time to register their student this fall, they won't experience delays caused by a backlog of requests for new accounts."

At the start of the next school year, parents will still need to physically visit their child's school to complete the residency verification process that includes providing an original utility bill; however, the overall process of completing the necessary back to school paperwork will be easier. Parents who establish HAC accounts this spring will also be able to immediately begin accessing student daily information like grades, attendance, and academic progress.

Set up a HAC account TODAY! Download the form at www.duncanvilleisd.org, complete the form, and return it to the front office at your child's school. Forms are also available in the front office at each school.

Quality Teachers



Teachers are the single most important influence on the quality of learning that takes place within a classroom, and Duncanville ISD believes that it is vitally important to recognize and honor those who exemplify quality teaching. As part of the district's commitment to valuing teacher contributions, Duncanville ISD conducts an annual Teacher of the Year program in conjunction with the Texas Teacher of the Year program. Meet this year's recipients:

Annette Burnap, Duncanville HS
Carrie Gonzalez, Duncanville HS
Kimberly Holloway, Duncanville HS
Ty Shaw, Duncanville HS
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Douglas Foster, Summit
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Dolores Mills, Central Elem
Vimary Nieves, Fairmeadows Elem
Judith Figueroa, Hastings Elem
Jesi Flores, Hyman Elem
Broe Reeve, Merrifield Elem
Jada Gordon, Smith Elem

A Season to Remember

There's no doubt that the Duncanville High School varsity girls basketball team had an amazing season. With a 40-1 record, the Pantherettes were named the 5A State Champions after defeating Spring Dekaney 69-31 on March 3. It's the same season that gave Coach Cathy Self-Morgan her 900th career win on January 10. Coach Self-Morgan was also named the 2012 District 5-5A Coach of the Year, the Dallas Morning News Coach of the Year, the Texas Girls Association Coach of the Year, and a UIL Sponsor of Excellence Award recipient. Player accomplishments for this season included eight Academic All District 5-5A players, four Academic All State players, and two Texas Hall of Fame All Stars.



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Crowning Cause

— By Angel Morris

"My mother is in heaven now, but I know she is so proud of me."

When Lacey Trevino participated in her first pageant, she could not have known how the contests would eventually impact her life. When her mother, Angela, was diagnosed with breast cancer, it led to a ready-made platform for Lacey, who was named Miss Teen Cedar Hill International 2012.

"My platform, about which I am very passionate, is based on the early detection of breast cancer and breast cancer awareness due to how severely it has impacted my family with my mother's diagnosis," Lacey said. "I believe participating in this pageant will open up opportunities for me to help in the education of many women, as well as men, of the importance of early detection, and to heighten awareness about this disease."

Angela Trevino was well-known in Cedar Hill for her work with PTA and as parent liaison for the school district. She was diagnosed in January 2007 with stage 4 cancer. By that time, the



disease had spread to her lymph nodes, lungs and bones. She immediately started treatment and survived five years longer than expected, never losing hope, despite going blind in both eyes before her passing February 26 of this year.

“She was such a strong woman that she made such a big difference in our community. Everyone knew her, and she knew everyone!” Lacey said. “If her disease had been detected earlier, her survival rate would have increased by 85 percent. Some people’s survival rate goes up to 98 percent, with early detection.”

While grieving her mother’s death, 18-year-old Lacey said it also pushes her in her pageant endeavors. “I feel the pageant has kept me on my feet. It has occupied me, so I won’t dwell on my mom’s sickness and passing,” Lacey said. “My mother is in heaven now, but I know she is so proud of me and wouldn’t want me to give up on my dream to win Miss Teen Texas International 2012.”

To that end, Lacey must not only raise pageant participation funds, she must also refine her pageant skills to win over teen contestants from around the state. The full-time Northwood University student has learned to juggle her educational workload with the responsibilities of her pageant title.

“I have invested all hours of the day. Whether it’s at school informing my professors and fellow Knights about my pageant to help raise money for my expenses or going out during the week and weekends making appearances during community events,” Lacey said, “I’m determined to show that a small-town girl can make a difference, and how staying in school and making good grades can open up so many doors throughout your life.”

Involved in the pageant system since childhood, Lacey was Petite Miss Country Day 2005 and Little Miss Ellis County in 2006. Miss Teen Cedar Hill International is her most prestigious title to date.

“When I was selected Miss Teen Cedar Hill International 2012, I was tickled pink! I believe I was picked based on my community service, honors and academics, as well as my overall belief system — for what I stand for as a young woman,” Lacey said.

Admitting she is actually a shy person,



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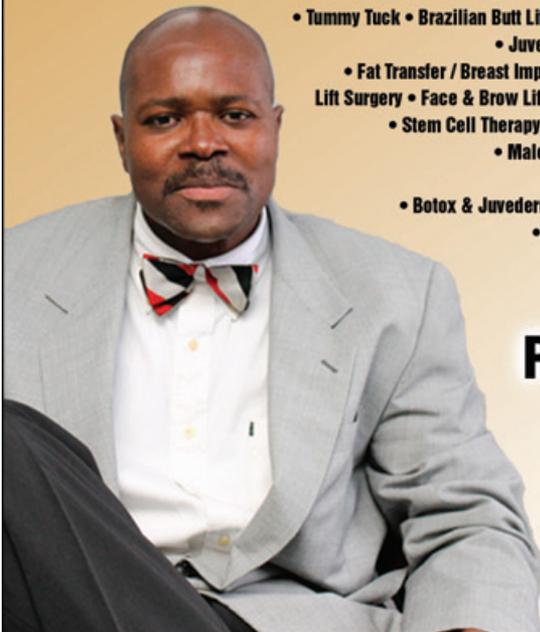


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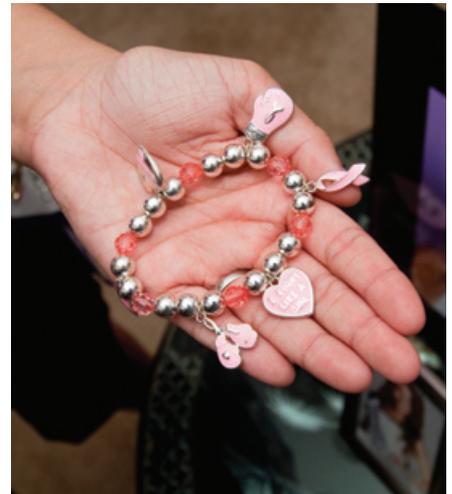
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Lacey finds pageant participation has helped her mature. “Even though I’m very passionate about breast cancer awareness, I didn’t always have the confidence it takes to step up and speak out for a cause. Pageants have helped me mature. I’m more responsible and poised because of these experiences,” Lacey noted.

The lifelong Cedar Hill resident fondly recalled other experiences in her hometown, including attending Bray Elementary, West and Joe Wilson intermediate schools, Permenter Middle School and Cedar Hill High School, from which she graduated on the A/B Honor Roll and as a Texas Scholar.

“One of my fondest memories is when my mom was room mother at Bray, and we would create jewelry or make gingerbread houses. That was my favorite part of attending Bray!” Lacey recalled. “I also remember staying up late when Country Day on the Hill ran until midnight. My sister and I would line dance and listen to all the great bands play.”

Country Day on the Hill and the Holiday Tree Lighting are two of Lacey’s favorite Cedar Hill pastimes, and she still loves the friendliness she feels when walking around town. She also admires the local library’s effort to involve residents in community events.

“Being in pageants teaches you the importance of community support. I’ve received so much assistance from the people of Cedar Hill, and I just want to give back as a role model and educator,” Lacey said.

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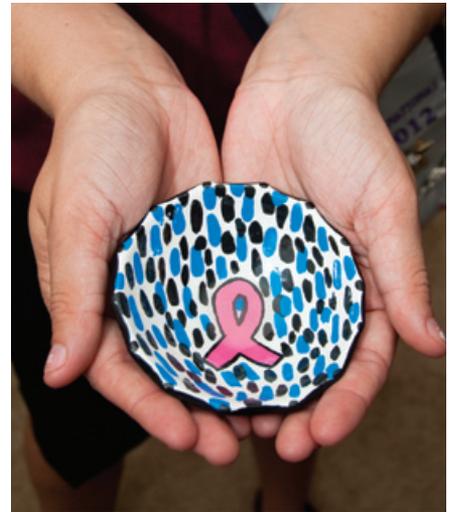
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Lacey suggests other young women consider pageantry as a way to develop poise, grace and etiquette. "I had no professional training in pageantry, although I model part time. I use my experience to entertain the audience and judges for pageants," Lacey noted. "I believe I've learned to represent myself very well in front of an audience, and that skill will benefit any young woman who wants to successfully communicate — for a classroom project, for a college interview or in their career!"



Lacey hopes to one day model full time. She sees pageantry as a stepping stone to that goal. When not preparing for pageants, she enjoys hunting and fishing, both of which allow her quiet time to reflect and plan. She is also a country music fan and likes making collages — a hobby she shared with her mom.

Lacey is excited about future pageants, which will allow her to share the early detection message, and give her a chance to meet contestants from all over. Most importantly, she is thrilled for the opportunities to honor her mother through pageant engagements.

"Pageants make me happy. I'm so grateful for the doors that have opened and for the chance to remind anyone and everyone why early detection is crucial to breast cancer survival. I can speak about this from a very personal perspective," Lacey said. "And through that, my mom is alive. That's a rewarding feeling." **NOW**

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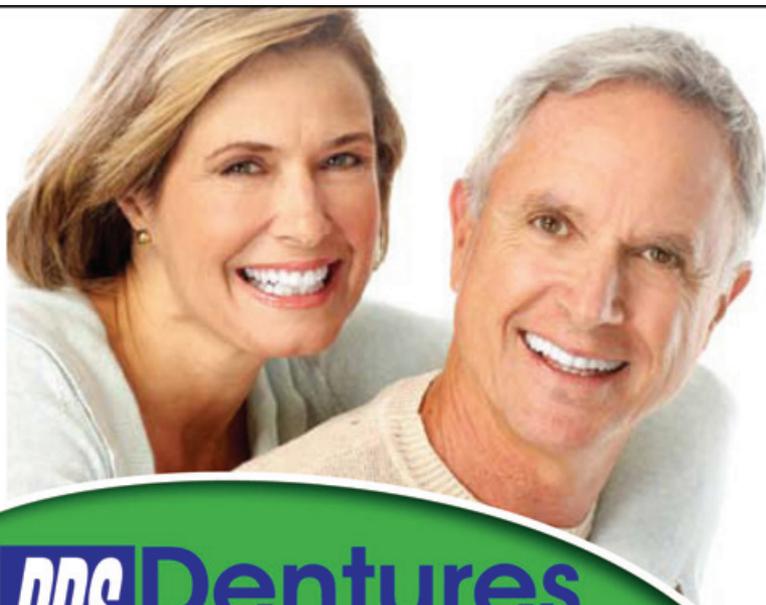
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District salutes Top 25 and Class of 2012

DeSoto ISD Education Foundation recently celebrated the Class of 2012 Top 25 DeSoto High School students at their annual gala. Students and their chosen distinguished teacher were applauded for their hard work and tremendous accomplishments.

DeSoto ISD and the community are extremely proud of the Class of 2012 for what they have done and where they are going! DeSoto outpaces many metroplex districts in percentage of graduates who attend college. Thus far, this DHS class has over \$6M in scholarship dollars and offers continue coming in daily! This includes over 32 student-athletes attending on full scholarship, seven TCU Community Scholars and one U.S. Naval Academy academic scholarship with plans to become neurologists, veterinarians, forensic scientists, orthopedic surgeons, engineers, teachers and much more!

To the approximate 550 graduates, we salute you and look forward to hearing about your many future accomplishments!

DHS Band Director Delton Brown (left) and Assistant Director Dave Addicks (2nd from right) pose with band students at the Education Foundation Gala on March 31. Students from left include: Ayobami Shoyinka, Taylor Arispa, Jasmine Toney, Corina Arevalo and Jalen Russell.

Summer school, camps and meals for kids

DeSoto ISD is offering a wide array of summer programs for students of all ages - including enrichment courses, sports camps and traditional summer school. Students needing academic summer school classes will receive a notice from the school. GT students can sign up for an enrichment camp. Students in all grades can participate in the ACE summer program and high school students can select from several test preparation, online or credit recovery classes. Child Nutrition will be providing FREE summer breakfast and lunch at select locations through state Summer Food Service Program.

The high school will be offering several sports' camps for many age groups including football, tennis, volleyball, baseball and boys and girls basketball with current coaching staff and players assisting.

For more information, visit the DeSoto ISD website at www.desotoisd.org.

calendar of events

- May 1-25 - District Open Enrollment Application Period for 2012-13
- May 2 - Early Release Day for all DeSoto ISD students
- May 5, 10 a.m. - Grand Opening and Ribbon Cutting, DHS College and Career Academies
- May 10, 3:30-5 p.m. - Welcome Reception for Dr. David Harris
- May 12, 7 a.m. to 7 p.m. - DeSoto ISD Board of Trustees Election
- May 19 - DeSoto ISD Math Olympiad, McCowan MS
- May 24, 4-6 p.m. - Volunteer Appreciation Reception, Belt Line Conf. Center
- May 28 - Memorial Day Holiday - No School
- May 31 - Last Day of School; Early Release Day

Second round of STAAR

STAAR Testing -

- April 24 - Math Gr. 3-4, 6-7
- April 25 - Reading Gr. 3-4, 6-7
- April 26 - Science Gr. 5,8
- April 27 - Social Studies Gr. 8

Open Enrollment

DeSoto ISD is accepting Open Enrollment applications May 1 to May 25. Students living outside of DeSoto ISD boundaries can apply to attend DeSoto ISD schools. Acceptance is based on academic and behavior criteria as well as available space. For more information, call Student Support Services - 972-223-6666 X214

Board Elections May 12

Below are the candidates for the 2012 DeSoto ISD Board Elections to be held on Saturday, May 12.

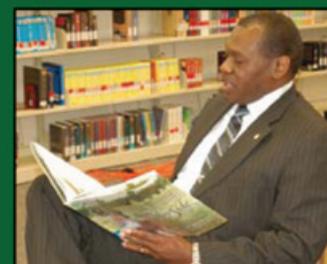
Place 6

- Beryl Eugene, Jr.
- Warren Seay, Jr.

Place 7

- Don Gant
- Jeff Sherels

Early Voting is April 30-May 8 at locations across Dallas County. More information at www.dalcoelections.org.



Dr. David Harris reads to students at East MS on DeSoto Reads! day April 5.



HOOP DREAMS

— By Katrina D. Lewis

For all of the attention the DeSoto High School junior has, and will, undoubtedly, continue to receive, Matthew Jones is very, for lack of a better term, normal. Exuding a humble, steady, grounded and polite aura, any indication of the fact that he is one of the country's most highly collegiate-recruited talents could easily be overlooked.

Reared in DeSoto by parents, Arolynn and Mark Jones, Matthew has made one of the most important decisions in his young life — to attend Duke University. The school is one of the country's most academically challenging schools with a legendary basketball history. Although Matthew is now committed to basketball as his sport of choice, when he was younger, basketball competed with pigskin, as he made his mark in football, as well. "It was football first," Arolynn said. "He excelled in football and started dabbling in basketball, around third grade."

"I think it was around his junior high years that he made the ultimate decision to focus on basketball," Mark added. And though both Matthew and his parents agree that liking basketball better was a major part of the decision, Mark believes the area's atmosphere had a little something to do with it, too. "It's hot here in the summertime," Mark laughed. "Practicing outside versus practicing inside — he chose air conditioning."

For Matthew, it was important to know the time was right, and he was ready to commit to one sport. But, that doesn't mean he didn't have his own doubts. "I

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didn't know," he said, pondering if he knew his skills were on a competitive level when he was younger. "I just hoped and prayed and knew I had to work at it."

His work ethic is one of the reasons Matthew has continued to excel on the level he has, and why Duke was amongst many who wanted him to play on their teams. Matthew works out with an individual skills coach and practices upwards of four hours a day, in addition to team practices and juggling schoolwork and being an honor roll



student. "My dad, you know, he makes sure I have workouts the day before," he said. "He helps me make sure my shot is prepared the day of the game." Matthew also plays on the Texas Titans, an elite basketball team of the Amateur Athletic Union (AAU).

Indeed, Matthew's parents, along with other supportive adults in his life, are part of the reason Matthew is so grounded and "hungry" and wants to "always improve" himself. "My dad reminds me every day that, in regard to the game of basketball and working your hardest, you don't have to punch anybody's else's clock. I can have my own hours, because Lord knows, I can get lazy sometimes," he said, smiling.

As Matthew's game grew stronger, and his reputation as an athlete and a student also grew, his mailbox began to spill over with a steady flow of recruitment letters, emblazoned with the logos from places like North Carolina, Kansas and Notre Dame, just to name a few. And as humble as the 6-foot, 4-inch (and still growing) player can be, he kind of knew the letters would be coming. Still, seeing that first letter was exciting, especially since he was only a freshman at the time. "It was

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from Notre Dame,” Matt shared. “I did expect it, to some extent, but I didn’t really expect it to be that big,” he said, musing aloud about his recruitment. “In the beginning, it was really overwhelming. I was in awe, but I’ve gotten used to it.”

Another reason for the excitement was that Matthew’s sister, Jordan, a senior basketball player, had started receiving her own recruitment letters. “He hadn’t started receiving his letters yet, so when he got that first one, it was like, ‘OK, they’re going to start recognizing me now,’” Arolynn laughed.

Although many collegiate recruiters were after him, Matthew’s decision to commit to Duke University had just as



much to do with how his life would be both off and on the basketball court. “It’s the education. It’s the fact that you can play for one of the greatest coaches who ever coached the game. And the people who are around me are happy with my decision,” he said. Matthew first noticed the Duke coaching staff watching his play after attending the LeBron James Skills Academy last year in Akron, Ohio, the NBA star’s hometown. “I was fortunate to play well there,” he said. Even though he didn’t get to have a one-on-one with LeBron, Matthew was still excited to meet him, and the picture of the two together that he brought home is not a shabby souvenir at all.

Like any basketball enthusiast, Matthew has players whom he admires and whose play he would like to possibly mirror someday. Not surprisingly, LeBron James tops that list. “I just like to watch



Peggy Madsen, Resident

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LeBron play. I like Ray Allen, too, and I see myself when I watch him play,” Matthew said. “We have a similar style of play.” Matthew’s dream team roster reads like today’s Who’s Who in basketball and includes LeBron James, Dwyane Wade, Chris Bosh and Mario Chalmers.



Despite having already committed to playing on the national stage, life still has to continue in DeSoto. Matthew could easily rest on his laurels and coast through his last years of high school, but that just isn’t the way he goes about things. Although his first days on the storied Duke campus are not quite upon him, the campus already feels like a second home. “I just try to go out there and get better for my teammates now and just pick up my intensity,” he said about his fellow DeSoto Eagles. “But, the atmosphere at Duke is crazy. I’ve never been around so many people who love basketball or their team. It was really overwhelming, but I felt like it could be my home away from home.”

“It’s the complete package,” Mark said, “and we feel good about him there. The coaches are great. They’re Christians. It’s a great atmosphere. It’s a family-oriented environment.”

Truly living a dream of playing ball for one of the country’s best programs, it would be normal and almost cliché for Matthew to mention dreams of hitting the winning shot during the NBA Finals or casually playing a game of pick-up with one of his idols. But, Matthew is not your normal high school recruit. “I take it one day at a time,” he said regarding himself in the future. “I’m not too worried about the NBA. Maybe one day I could have a career in sports journalism, but I’m good with where I am now.” **NOW**



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An All-around Outstanding Officer



— By Beverly Shay

Officer Doug Sisk of the Duncanville Police Department was interested in law enforcement from a very young age. He is a born and bred Duncanvillian and truly loves his community. Not only a well-recognized man about town, this past year, he was also recognized as Outstanding Crime Specialist Overall, as well as receiving the 2009-2011 Presidential Award from the Texas Crime Prevention Association. Officer Sisk was selected for “making the greatest overall contributions to crime prevention.”

Active on both local and state levels, Officer Sisk found the accolade surprising. “Winning the awards came as a total surprise, since there are so many crime specialist officers throughout the state, but I am honored to have received such an esteemed award from fellow crime specialist officers from across the state,” he remarked. “I love my job, and I really do work hard to make our city safer and our citizens and businesses harder to target for crime.”

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As a crime prevention specialist, Officer Sisk presents safety talks to various civic organizations, businesses and schools, as well as oversees citizens on patrol, neighborhood crime watches and coordinates special events, such as parades. Officer Sisk is quick to admit the two-percent drop in crime in Duncanville from 2010 to 2011 is the result of efforts of the entire department of 62 officers. "We all work together to reduce and deter crime, but when people become more aware of their surroundings and can move away from potential crime-related situations, they are better able to reduce the risk of becoming a victim," he stated.

You may have seen the posters around the area admonishing people to LOCK, TAKE and HIDE. Locking your car, taking your keys and hiding any valuables helps impede crime in parking lots where people often lurk, looking for an easy opportunity to steal. The same principle applies to residential and business properties. "Car burglaries and stolen cars are our main thorns in the flesh," Officer Sisk admitted. "For the most part, they are random, with no set pattern. And that is why people need to be aware of how they can protect themselves." To provide maximum aid and to keep his speaking engagements up to date, he frequently peruses other cities' crime prevention Web sites to glean new ideas on presentation and prevention.

Officer Sisk's experience within the police department is quite varied. He has worked with a K-9 partner and was one of the first SWAT officers in Duncanville, serving in that role for 10 years. "All the officers participate in ongoing defensive tactics training and in-service classes dealing with legal updates, as well as firearms training and certification. Fitness and agility training and expertise are important, especially for SWAT officers," he stated.

The Citizen Police Academy is one of the main avenues through which Officer Sisk affects the community. "This is an excellent way we can provide the public with an understanding of how and why we do what we do. For example, most people get frustrated if a patrol car approaches an intersection,



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suddenly turns on the siren and lights, so they can move quickly through the red light and then turns the lights and siren off. They tend to think the officer was ‘cheating’ and just wanted to get to a restaurant quickly. In reality, the officer is most likely on call where a burglary is in process and needs to get there quickly but doesn’t want to alert the criminals of his impending arrival,” he explained.

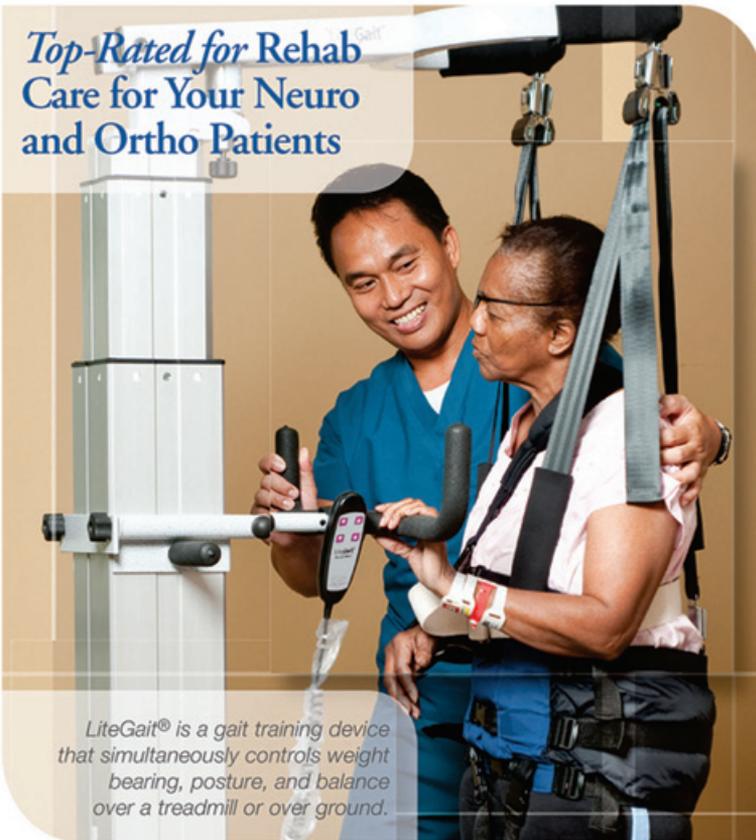


“Through the academy, word gets out to our citizens and rumors are dispelled. The citizens also educate us about issues or problems and even about public opinion. We really appreciate their input.

“We are starting our 44th Citizens Patrol class. We have two each year, with about 10-20 people per class,” Officer Sisk said. Classes last for 12 weeks, followed by two-three nights on patrol with an officer. Alumni classes are also conducted. One in particular was notable — an FBI instructor came and taught forensics. They have also had a DEA (Drug Enforcement Agency) instructor. “We also implement ‘suspicious scenarios’ in our classes, so we can teach them how to call information in. Our patrols extend our ‘eyes on the street.’ They don’t confront people or situations. Instead, they report what they see. Last year, they logged about 11,500 miles, providing 5,800 hours of volunteer service to Duncanville,” Officer Sisk commented. “That service saved the city of Duncanville \$145,000 in salary and \$6,000 in mileage costs.”

But addressing crime and crime prevention is not the only thing this all-around police officer pursues. Officer Sisk loves supporting the Law Enforcement Torch Run, which raises funds for the Special Olympics. Throughout the year,

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small runs provide funds (and practice) for the spring and summer games, which feature field and track events for Special Olympic contestants. "I know if I can get a new officer to just one Special Olympic event, they will be hooked for life," he stated with a smile. "There is just something so rewarding and so inspiring about being around those kids. We are often thrust into dealing with people in peak stress or frustration, so these games are a welcome change of pace and attitude. You think you are giving something to these kids, but you always walk away having received more than you have given," he said.

For the past four or five years, Officer Sisk has participated in a four-day event at The University of Texas at Arlington, along with 150-250 other officers from across the state. "The kids love it when the officers and team members dance on the field and volunteer to help with the summer games," he remarked. "I find it amazing that the kids seem more impressed with the beauty queens and police officers than they are with the professional athletes who come. But they sure know how to make us feel special, too!"

Other events that serve as fundraisers include the Polar Plunge and Tip a Cop. Police officers work tables in restaurants, sell T-shirts and join in fire truck pulls, where teams of 12 people can be sponsored to pull the dead weight of a fire truck. "Last year, 12 teams raised \$7,000 at a fire truck pull held in the Costco parking lot," Doug recalled. "We have a lot of fun to offset the more difficult issues involved in police work."

"I really like where I am and what I do. I find a lot of satisfaction in my job," Officer Sisk stated simply. "Every morning, when I am putting on my uniform, I, like most of my fellow officers, tell myself, 'I'm coming home at the end of the day.' It's good to come home feeling I have been a positive, effective influence in the community I call home." **NOW**

Visit www.sotx.org for information on the truck pull or Special Olympics. For information on Duncanville Police Dept. events or Citizens on Patrol or Citizen Police Academy, visit www.duncanville.com/police.



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Seeing What Can Be

— By Beverly Shay

Sandra Wheeler loves a challenge, which is a good thing — since she has faced and surmounted many. “I love helping people solve issues,” she calmly remarked. Somewhere in her youth, she knew she wanted to become a doctor, which she always thought would be in psychology. The Mesquite native attended North Mesquite High School for three-and-a-half

At Home With
*Sandra
Wheeler*

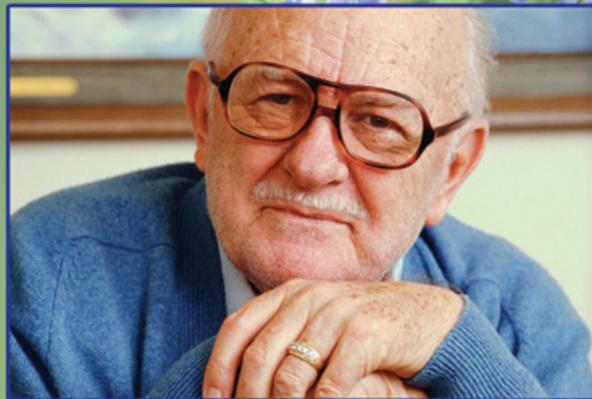




years but actually graduated from H. Grady Spruce High School in Dallas. Sandra then attended Eastfield College in Mesquite for a few years before transferring to Texas Woman's University, from which she graduated in '98 with a bachelor's in psychology. While she was in school working toward a degree in psychology, she worked as a physical therapist and with management in retail stores. She earned her master's in human resources from Amberton University in 2000.



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“You just don’t realize how all the different experiences you have will work together at some point in your life. At that time, I was still trying to figure out where I fit, and I knew I was good at human resources,” Sandra admitted. But needing to pay off her school loans, she became a firefighter, a job she really loved and worked at for seven years. “When I got caught in a really serious house fire, I knew that wasn’t how I wanted to go,” she confessed. “I was a mother by then, and that changed my perspective.”

Following her time with the fire department, she worked for two years

as human resource manager for Gap clothing stores. “I also worked four years for Walmart as human resource manager but also as operations manager, specifically as a liaison over the co-op program with the local schools. I loved working with the kids, as well as being in the community, which is probably why I ended up teaching school. In fact, after a year teaching science at South Grand Prairie High School, I taught science at Spruce for a year. I would never have imagined returning to my former school,” Sandra laughed.

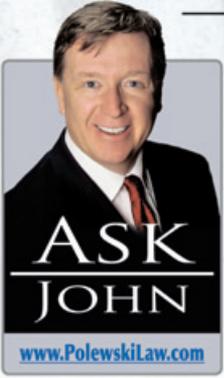
The year Sandra taught at Spruce, her

father’s health began to fail, so she didn’t go back the next year. He passed away in April 2009. Sandra then decided to go back to school, this time at Dallas Baptist University, from which she graduated *summa cum laude* with her certification as an administrator of education. “I now know that my doctorate, which I am just beginning to work on, will be in education leadership, since I hope to be a superintendent. Working on the DeSoto school board since 2010 has been a real pleasure for me,” admitted Sandra, who is always excited to work with people. “I believe our children are the fruit of DeSoto, and by planting healthy seeds in them, we help them grow. I firmly believe every child can be a high achiever at their level.”

The same dedication and perseverance that has marked her schooling and careers is evident in Sandra’s home. “I moved here one week before 9/11,” she recalled, marking events, as all mothers do, by happenings in her children’s lives. “This home fit my budget and gave both of my children their own space.

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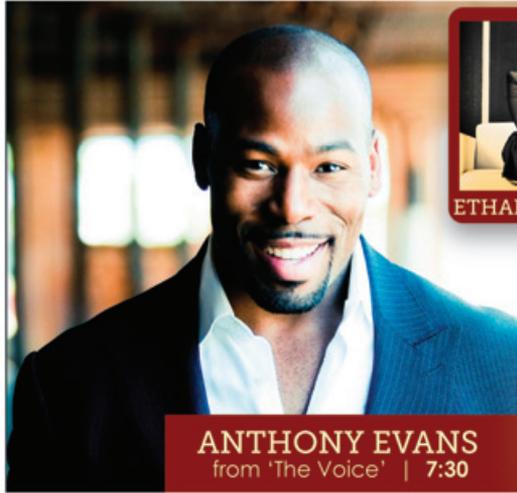
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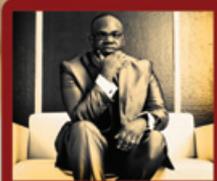
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Although the entire house was blue when we moved in, I could see what it could be and have been gradually implementing my taste. I gave this house color!" she said proudly.

Sandra has filled her home, much like her career, with those things that mean the most to her. Photos of family and pieces of artwork, both things she loves, are everywhere. "I love history — art history, family history and artistic depictions of history," Sandra said of her taste. Her home has some interesting angles, and with bold colors on single walls, the feeling is one of added space and dimension. Gold enriches the walls of the living room and provides additional glow to the bamboo flooring that looks like hardwood. "What I didn't realize is that bamboo flooring is soft — so no stiletto heels in here," she smiled. "Even the furniture has to sit on pads or area rugs."

Out of sight of the front door but open to the living room is the kitchen, with the last standing vestige of blue. "The cabinets and the 'ice blue' countertops are my next project," Sandra, a do-it-herself interior decorator, said. "I discovered I really enjoy painting. And I stripped down and refinished the dining room table and chairs, upholstering the seats. I am really proud of that." The back wall is olive green, one of Sandra's favorite colors. While the bamboo flooring carries over into the dining area, the kitchen flooring is a cream-colored stone. "The countertops will be granite, and I will refinish the cabinets, at least the fronts," she shared.

Sandra's house has three large bedrooms and two-and-a-half baths. The guest bathroom, found off the living

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room, has a slate floor with cranberry walls. "This mirror was left here, but it was gold, and I wanted something antique-silvery. So, I painted the frame silver and used a toothbrush to work black paint into the filigree design and then wiped the excess paint off with a cloth. It worked!" she said.

Sandra's son, Brandon, just recently returned from a tour of duty in Iraq, the culmination of a little over six years in the military. "I never really wanted to go to war. In fact, after basic training I was not sure I had made the right choice. But my mom always taught your word is your bond, that you must honor what you say," he paused. "My mom has never gone back on her word, so I followed her example. I know God is in control no matter what I saw there, and I believe he kept me, not only safe, but strong." Brandon and his new bride, Keira, are living with Sandra while he rests a bit and looks for a job.

"After Brandon went in the military, I updated his room a bit, staining the walls brown with furniture stain in two shades to give it a faux finish of sorts. It didn't take him long to turn it back into his 'cave,'



although now it's more of a man cave than the teen cave he left it," Sandra laughed.

Alasandra's room is pure teen with bold purple, green, hot pink and turquoise. Posters and photos and hand-drawn artwork cover nearly an entire wall, behind the flowered-covered bed. Books and assignments signify the domicile of the upcoming 2014 graduate of DeSoto High School. Gliding over the marbled-tiled entryway, eyes are drawn to the framed puzzle Alasandra and her mom worked together, rather summarizing the story of Sandra's life — challenges she has worked through to a beautiful rendition of clear meaning. **NOW**

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PERSISTENCE

Pays Off

— By Katrina D. Lewis

Vivianna Ruiz gives true meaning to the phrase “big things come in small packages.” A 17-year-old senior at Duncanville High School, Vivianna is diminutive in stature, but her artistic talents, work ethic, heart and faith, and better yet, her dreams, are much larger than life.

Never a shy spirit, as far as she and her parents, Michael and Sandra, can remember, Vivianna has always had a creative side she’s had to answer to. As a child, Michael recalls her crafting new ensembles for her Barbie dolls

and little purses for herself. Although active in theater in high school, Vivianna soon turned her eyes to another artistic challenge — fashion. “I had already gone as far as I could in theater,” she said. “It was fun, but I’ve always liked making things. I think God made me creative.”

Even though Vivianna had dabbled and dabbled in fabrics in the comfort of her own home, she had never taken a class in fashion, including the prerequisite beginner course to the class she wanted to take. With persuasive appeal, although she had no portfolio, Vivianna was able to enroll in an advanced, senior-level fashion design class. “I am very persistent. When I want something, I will speak up,” she shared.

After creating custom-made outfits

for her dolls, a skirt and other pieces, Vivianna was doing well in class when her teacher told her about a competition, which challenged students to make competition pieces in a variety of categories. Vivianna chose to participate in the recycle and redesign portion. “We were allowed to use anything recyclable,” she recounted excitedly. “I didn’t want to use fabric or cloth, but I didn’t know what to use. I even thought about Target bags.”

While brainstorming and researching on the Internet, Vivianna began to formulate a plan to create a dress out of good, old-fashioned newspaper. “They cheated,” she said, clearly displeased at some of the work she saw online. “They used patterns.”

Once Vivianna formulated her idea, the real work began. In spite of having an image in her mind, actually sitting down and constructing the dress, while trying to corral every thought she had for it, proved to be a big challenge. So much so, that she worked on the dress up until the day before the competition this past February. The competition, sponsored by the Family Career and Community Leaders of America (FCCLA) was held in Waco. "I like princess dresses," Vivianna confessed. "And I really wanted a corset too, because I've always liked how they look." The finished gown slowly became a reality, as Vivianna worked tirelessly for about three months to complete it, paying homage to her school by using copies of the school paper to bring her vision to life.

Occasionally seeking assistance and the opinions of others, Vivianna managed to keep a very close wrap on the dress, something her mother can laugh about now. "I didn't want to hear it, when she first brought the dress up," Sandra admitted with a smile. "I was like, OK, the paper dress. She wouldn't let us in her room! She was very 'top secret' with what she was in there making."





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Vivianna admitted she was secretive, but only because she was her harshest critic, and she wasn't sure what other people's opinions would be. But, she shouldn't have worried. She placed third in the recycle and redesign segment of the competition and qualified for the state competition in April. "It was a lot," she said. "Plus, I was working on another project and couldn't give all the time I probably should have to the dress. But people at school saw it and liked it, too. So, that was good."

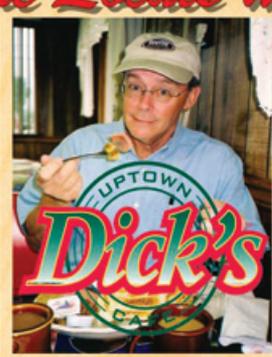
Surprisingly, Vivianna is not sure her future is in fashion, however obvious the choice would seem to others. Vivianna has chosen to not really reflect and make a hard decision regarding her future — all due to a battle with leukemia from her past. Diagnosed just shy of her seventh birthday, Vivianna fought what her father calls "simply a nightmare" for more than two-and-a-half years. "It was as awful as you can think," he said, "blood transfusions, spinal taps, everything. We honestly didn't know if she was going to survive it."

Vivianna's diagnosis came at a time when things were tough all around, including the family's finances and job outlooks for her parents. But with their united front as a family, while also going against an obstacle they couldn't see, the Ruiz family began to grow stronger in their faith. Despite not being the ideal catalyst, all of them believe Vivianna's diagnosis was a turning point in the family's walk of faith. "I was not living for the Lord then," Michael said. "But, we went to this church, and people were so welcoming. She was so sick,

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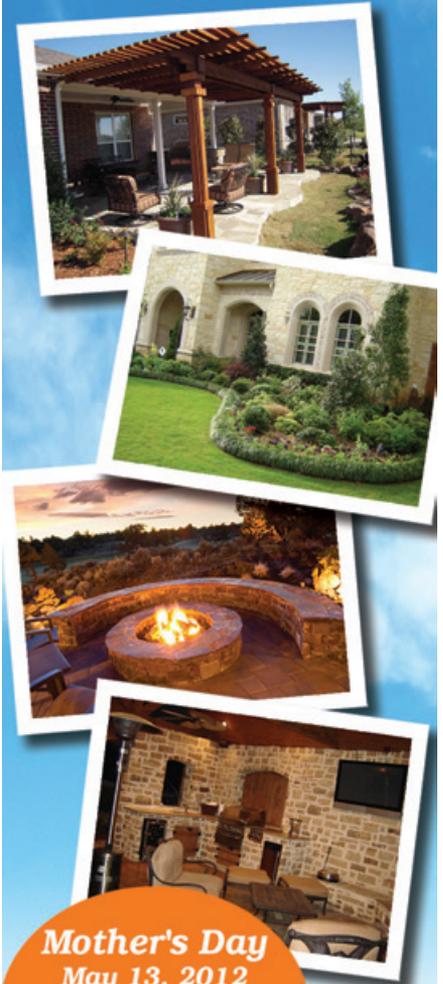
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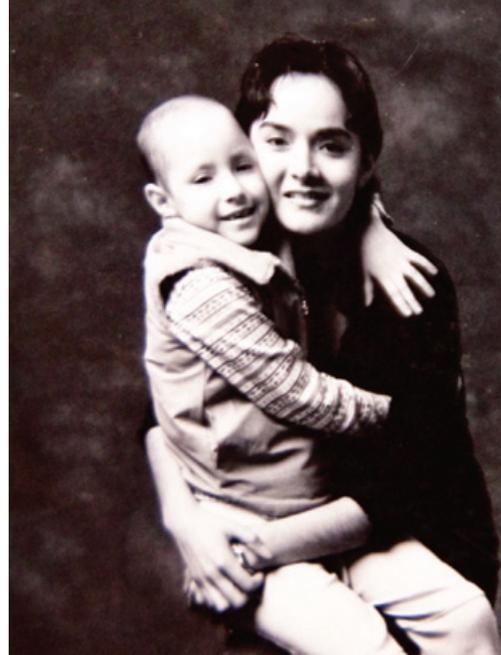
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and the whole church prayed over her.” The family still attends Mountain Creek Community Church, where Vivianna is very active with the youth group.

Vivianna’s illness was well-documented with photos, and even while she was very sick, most of the photos show a smiling, happy child during Make-A-Wish Foundation and Kidd’s Kids (organizations that provide vacations and other wishes for ill children and their families) trips and posing with local celebrities at various charity events.

Vivianna’s solid anchoring of faith began to take shape as she sought to get through her treatments. “It was hard, and it was tough,” she said, simplifying how she had to fight for life. “But, prayer brought me comfort. I used to ask my mom to just pray with me.”

Years later, her mom still truly marvels at the level of energy her daughter has. “Just to see her now,” Sandra said, “is exciting. We didn’t know if she was going to make it, but we prayed about this. We knew He kept her here for a reason.”

Perhaps the sensation of not being able to have full control over whether she recovered from cancer is what has given Vivianna the calm tone of voice, as she speculates on what lies ahead for her. Active in youth ministry in her church, she has considered becoming a missionary and has visited Honduras, a trip her father calls life-changing. “I don’t know, I’m just not sure just yet about a four-year school,” she said. “I’m not sure about fashion. I just know that whatever I do, I want it to bring glory to God. It’s wherever God wants me to go.” **NOW**



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Dr. Barbara Parker's mission is to provide or improve hearing through every means possible.

— By Beverly Shay

“Communication has always been integral to who I am and what I want to accomplish,” Dr. Barbara Parker admitted. “So to have this practice for 15 years now is perfect,” remarked the owner of Hearing Solutions. The Oak Cliff native pursued communications at Angelo State University having discovered communication disorders while working on her high school senior thesis at Callier Speech and Hearing Center, where she met several leaders in the field of audiology. She earned a Bachelor of Science in education from the University of North Texas (UNT), where she was licensed to provide speech pathology in public schools. Barbara works with oral motor skills and occupational aural rehab, and completed her master’s in audiology at UNT in 1981.

Audiology encompasses hearing disorders and aural rehab, more than mere provision of hearing aids and auditory devices. Barbara is a certified audiologist and speech language pathologist through American Speech-Language-Hearing Association (ASHA). She completed her doctoral studies at The University of Iowa in psycho-acoustics, the study of sound perception — how the brain processes sound. “I loved the cutting-edge research at their amazing labs,” Barbara shared. She worked as an assistant professor at the University of Oklahoma Health Sciences Center. “I loved teaching and received the outstanding junior faculty and research award.”

Barbara received national and state grants to develop a computer program called MAC AID to teach the hearing

impaired to use their hearing aids. She had the honor of serving as one of three ASHA-certified aural rehabilitationists in the country and five years on the board, with one year as president, of the Academy of Rehabilitative Audiology. Barbara also provided consumer information on rehabilitation and amplification referrals.

Most people take about five years to process hearing loss, which usually begins with a loss of consonant sounds. They hear vowels, but cannot understand dialogue and find themselves missing things. People will withdraw because it allows them to avoid responding improperly.

“At Hearing Solutions, we collect their history to determine if there is a medical issue, if their loss is work-related and they need protection or if it is a sudden loss. Most hearing loss is symmetrical, that is, between both ears. Loss of hearing in only one ear is not common to old age,” Barbara informed. “Next, we determine if they are looking to help themselves, their family or for their job. We test how soft of a sound they can hear with understanding and which tones they can hear to identify what part of the ear has been affected. If their hearing loss is conductive, we send them to a physician. For nerve damage, we provide hearing aids and rehabilitation.” Barbara carefully provides the technology suited to their individual need. “As an audiologist, I am licensed to diagnose and treat hearing loss. The goal is to help people communicate better and does not focus on any particular device or product.

“Some will need more noise reduction. Now, we even have Bluetooth compatible devices,” Barbara related. In rehabilitation, Barbara works both with the patient and their family members. “I teach them how to clue each other in on what is being said or not being heard. Less than a third of sounds are visible on the mouth. Even with a hearing aid, the brain has to adjust to handling additional input.” Barbara focuses on the process, not the product. “I work with the brain and consider all the different types of loss to provide restored hearing and processing.” **NOW**

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Michelle and Lonnie Burgess enjoy dinner on the Campuzano outdoor patio.



Juan Pablo Gonzalez, 2009 Northwood University graduate and Regional Export Manager USA and Latin America for Pascual Toso Winery, visits with Prof. Sabine Adams.



Northwood University Prof. Diane Feffer poses with Ana Cristina Reymundo, an award-winning journalist and editorial director of Nexos Magazine.



Faith Sample with her son, William, at the Early Literacy Station at the Zula B. Wylie Public Library.



Michael Lemon welcomes Brent Turley, owner of Sears Home Appliance Showroom, to the Cedar Hill Chamber.



Larry Soria gets a trim from Ramon Dominguez at Cedar Hill Barbers.





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Acey Spence receives her frozen treat from Sandra Mendiola at Hawaiian Ice Shake No. 5.



DeSoto ISD Superintendent David Harris looks over an East Middle School student's STARR testing goals.



Ready to assume his duties, DeSoto's new Chief Joseph Costa is sworn in by city secretary, Laura Hallmark.



Kyundrah Brewerold represents Troop #2512 at Kid Fish. The girls ruled this event!



Amber Terrace Elementary donated water, diapers and food to the residents of Lancaster after the tornados.



Cockrell Hill Elementary students raise their hands when asked if they read at least a book each week as the DeSoto Masons prepare to present a check to the school.

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Lupe Carson and Sandy Fox help Joyce DeSha's celebrate her 74th birthday.



Duncanville's Central Elementary staff encourage a love of reading by dressing up as characters from their favorite literary works.



Duncanville Women's Club members, Dee Stuckey and Eileen Sexton join Josh Glass (right) and Bill Glass, legendary Cleveland Browns player, prison minister and author of Blitized by Blessings.



Fairmeadows Elementary organized a food drive to benefit the North Texas Food Bank and collected 3,800 pounds of donations.



Methodist Charlton Cardiac/Stroke Coordinator Marilyn Clark, Clinical Nurse Supervisor Shamonica Kelley and EMS Liaison Dudley Wilcoxon share cardiac event information.



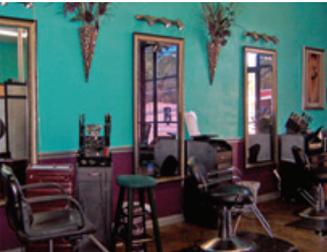
Hardin Intermediate School participates in the Fly, Lower and Gather (FLAG) program by holding a flag retirement ceremony and presenting the flag to veteran and DISD custodial coordinator, Butch Proctor.


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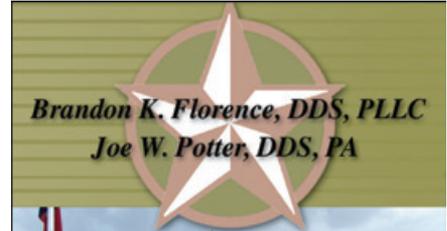


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This Mother's Day, Think of Lifetime Financial Moves to Help Kids

If you're a mother, you'll probably get some nice cards and flowers on Mother's Day. But of course, your greatest gifts are your children themselves. And since you want to see them happy and financially secure, perhaps you can use this Mother's Day as an opportunity to consider ways to help your children at various stages of their lives.

So, let's take a look at steps you can take:

When Your Children Are Young

- *Teach them to be savers* — Encourage young children to put away part of their allowance, or any money they receive for household jobs, in a savings account. Offer to match their contributions dollar for dollar.

- *Help them become investors* — Consider giving your children a few shares of stock in companies with which they are familiar. By following the movements of their stocks with them, you can explain how the markets work and how increasing share ownership is one key to helping build wealth.

- *Contribute to a college savings plan* — One of the best things you can do to boost your children's chances of success in life is to help them go to college. You've got several good college-savings vehicles available, such as 529 plans, Coverdell Education Savings Accounts and custodial accounts. Your financial advisor can help you choose the vehicle that suits your needs and objectives.

- *Maintain adequate life insurance* — When it was just you, it was a good idea to have life insurance — but now that you have a child, it's an absolute necessity.

When Your Children Enter the Working World

- *Encourage IRA contributions* — An Individual Retirement Account (IRA) is a great retirement savings vehicle. As long as your children have earned income, they can contribute to an IRA, so you may want to help them "max out"

on their contributions each year. While you can't directly contribute to a child's IRA, you can write a check to your child and encourage him or her to use it for funding an IRA.

- *Make long-term care arrangements* — If you needed long-term care, such as an extended nursing home stay, and you had inadequate financial preparations, the burden could fall on your children. Now is the time to consult with your financial advisor to begin preparing for possible long-term care costs.

When Your Children Reach Middle Age

- *Communicate your financial situation and estate plans* — Don't leave adult children in the dark as to your financial information. Share everything you can about how much you own, where you keep your assets and how you plan to eventually distribute them. By clearly communicating your situation and wishes now, you can avoid major problems later.

- *Create a durable power of attorney* — By creating a durable power of attorney, you can appoint another person, such as an adult child, to conduct your business and financial affairs if you become physically or mentally incapacitated. Such a move can help reduce stress your children may be feeling, while allowing them to make moves that can help preserve your finances.

Mother's Day commemorates the special bond that mothers have with their children. By following the above suggestions, you can help strengthen that bond throughout your lifetime. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Darryl Fenton is an Edward Jones representative based in Cedar Hill.



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Natural Therapies for Common Problems Women Face

For centuries, women have faced common problems such as infertility, menopause, hormone imbalances, menstrual symptoms and more. These problems, found worldwide, are treated very differently in other countries than they are here in the U.S. In most parts of the world, they are considered part of normal life processes and not diseases. In the U.S., both schools of thought exist and often even conflict each other. The purpose of this article is to offer some natural therapies for those looking for alternatives to traditional medical treatments and to offer a discussion point with your treating physician so as to reduce possible conflict.

Infertility is a heart-wrenching problem for any couple wanting to have children. A woman can do many things to naturally increase the probability of conception. One of them is to use herbal therapies such as: chasteberry, false unicorn root, red clover, shatavari and wild yam. These should be used under the direction of a naturopath or a doctor/chiropractor trained in alternative/functional medicine. Another consideration is proper functioning of the nervous system and the organs. If the spine is misaligned, this can cause function of the corresponding nerve to not function properly and thus, the organ will not function properly. Eating healthy foods and exercising also help prepare the body to be a healthy environment and increase the chances of conception.

Menopause, although a normal process of aging in women, can be a very difficult process physically and emotionally. In other parts of the world, supplements are widely used to abate the symptoms. Some of the supplements used are: soy, flaxseed oil, alfalfa, black cohosh, black haw, dong quai, fennel, Fo-ti, lady's mantle, red clover, sage and wild yam. Yoga, aerobic exercise and breathing exercises have calming

properties for the body and are often helpful in reducing the symptoms associated with menopause. Other helpful tips include avoiding caffeine and alcohol, which are diuretics that encourage dehydration and can increase menopause symptoms.

For **hormone imbalances**, blue cohosh, fennel and damiana are helpful. Also, make sure you get adequate rest, reduce stress, take a multivitamin, avoid caffeine and get plenty of sunshine. When your body does not have the necessary nutrients, many of the processes can be altered, interrupted or fail to happen at all. Also, consulting a functional medicine practitioner can be beneficial in finding ways to treat the imbalances naturally.

Menstrual symptoms, probably the most common of these conditions, is also one of the easiest to treat. Depending on the symptoms you can try: dandelion root, chaste tree-vitex, geranium oil, peony or lemon oil. Also try a heating pad on the abdomen or back, exercise, eating plenty of whole grains, fresh fruits and vegetables, and avoiding saturated fats and commercial junk foods. Limiting salt may help bloating. Reducing caffeine, sugar and alcohol intake may also be beneficial. Acupuncture/acupressure, chiropractic, yoga and meditation have also been found to be helpful.

The most important considerations are to maintain a healthy body. Also, if taking medications, discuss supplements with your doctor prior to starting them, as there can be drug-supplement interactions that could be dangerous in certain circumstances. **NOW**

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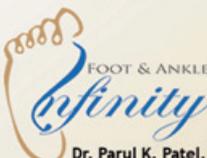
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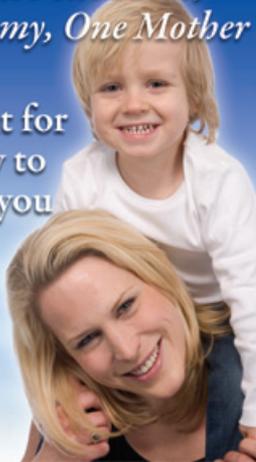


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Calendar

MAY 2012

All Month

Cedar Hill Adult (ages 16 and older) Sports Summer League registration. (972) 291-5130 or cedarhilltx.com.

Summer fun for third-graders at Canterbury Episcopal School, 1708 N. Westmoreland Rd. (972) 572-7200 or www.TheCanterburySchool.org.

May 2

Duncanville Women's Club luncheon: 10:30 a.m., Hilton Garden Inn, 800 North Main St. Cost: \$20/person. Registration: (972) 296-4601 or (972) 296-8986.

May 5

Cedar Hill Senior Citizens Garage Sale: 9:00 a.m.-2:00 p.m., Cedar Hill Senior Center, 1740 Mansfield Rd. (972) 291-5353 or cedarhilltx.com.

Hike on the Wild Side Hike-a-Thon, Cedar Ridge Preserve. Registration: 7:30. Robert Rinker (817) 881-2736 or info_CRP@yahoo.com.

DeSoto High School College/Career Academies Grand Opening: 10:00 a.m.-noon, 600 Eagle Dr.

6th Annual Mother and Son Dance: 7:00-9:00 p.m., DeSoto Civic Center. Advance tickets only: DeSoto Rec. Center: \$30/couple; \$15/additional son. (972) 230-9651 or ccampbell@ci.destoto.tx.us.

May 6

Open House: 2:00-4:00 p.m., The Canterbury Episcopal

School, 1708 N. Westmoreland Rd., DeSoto. (972) 572-7200, ext. 106 or TadlockL@TheCanterburySchool.org.

May 8 and 15

Job Seekers Ministry: 4:45-6:00 p.m., FUMC, 310 Roaring Springs Dr., DeSoto. www.fumcdesoto.org.

May 10-12, 17-19

Duncanville Community Theatre: *The Curious Savage*: 8:00 p.m., 106 S. Main. (972) 780-5707 or www.dctheatre.org.

May 11

Spring Student Art Show: 7:00-9:00 p.m., Visual Expressions Creative Arts School, 1425 N. Hwy. 67, Cedar Hill. (972) 293-1117.

May 12

DeSoto Public Library: catalogs/collections: 11:00 a.m.-noon. Registration required: (972) 230-9661.

May 19

DeSoto Public Library: Global Road Warrior (world database): 11:00 a.m.-noon. Registration required: (972) 230-9661.

May 20

Lancaster Chapter #934 Order of the Eastern Star Shooting for the Star shotgun golf tournament: registration: noon; tee-off: 2:00 p.m. \$60/player. Jackie Lemon (972) 951-0330.

May 26-28, June 2-August 28

Crawford Park Pool open daily 1:00-5:45 p.m.: cedarhilltx.com.

June 1-10

DeSoto Soljazz Music Festival: daily activities: www.desotosoljazzfest.com.

June 1-July 27

DeSoto Art League 2012 Annual Art Show, Civic Center, 211 E. Pleasant Run Rd. Per-entry fees must be paid by **May 30**: Bryan Reynolds: (469) 337-8367; bapared@yahoo.com.

June 2-August 18

Moseley Pool hours: **Monday-Thursday**: noon-7:00 p.m.; **Friday-Saturday**: 11:00 a.m.-7:00 p.m., 1300 Honor Dr., DeSoto. (972) 228-3553.

June 2

Kid Fish Tournament (for ages 5-16): 8:00 a.m.-1:00 p.m., Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. Bring poles; bait provided. (972) 291-5130 or www.cedarhilltx.com/special events.

Globalist Vision of God Festival: 11:00 a.m.-8:00 p.m., Celestial Haven Baptist Church, 7230 S. Hampton Rd. (214) 957-1486.

June 3-August 3

Visual Expressions Creative Arts School kids/teens summer art classes/3-5 day camps (ages 5-17). 1425 N. Hwy. 67 Cedar Hill. (972) 293-1117.

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



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In The Kitchen With Eloise Braun

— *By Beverly Shay*

“Cooking was never my thing, but I learned out of necessity when I got married!” admitted Eloise Braun, nicknamed “Auntie Mame” after a few years of hosting Christmas parties for as many as 125 people after her husband, Jeff, passed away. “Everything I made for those Christmas parties was from scratch. I started cooking from the day after Thanksgiving.” She learned to cook, garden and can from friends and neighbors in the many different places she lived with Jeff. “My mother-in-law, who had a restaurant, taught me how to make bread,” she said.

Eloise’s favorite thing to make is dessert, especially lemon and chocolate. “I always use real butter and whipping cream,” she confided. “I cherish my mother’s recipes that my father typed with an old manual typewriter on some index cards.” **NOW**

Lemon Jell-O Cake

- 1 4-oz. pkg. lemon Jell-O**
- 1 box lemon cake mix**
- 2/3 cup oil**
- 2/3 cup water**
- 4 eggs**
- 3/4 cup sugar**
- 3/4 cup orange juice**

- 1.** In a large bowl, combine Jell-O and cake mix.
- 2.** Add oil and water alternately with eggs; beat well. Pour into a well-greased Bunt pan; dust with sugar.
- 3.** Bake at 350 F for 45 to 60 minutes. Remove from oven; use a long pronged fork

to make holes throughout the cake.

- 4.** Mix sugar and orange juice; pour over cake into the holes. Put cake back in oven and bake until there is a crust on top, about 5 to 10 minutes. Cool in pan for 10 minutes.

Lemon Jell-O Salad

- 2 3-oz. pkgs. lemon Jell-O (or 1 6-oz. pkg.)**
- 2 cups hot water**
- 2 cups cold water**
- 1 20-oz. can crushed pineapple**
- Bite-sized marshmallows**

- Sauce:**
1/2 cup sugar

- 1 Tbsp. lemon juice**
- 2 Tbsp. flour**
- 2 Tbsp. butter**
- 1 egg**
- 1 cup heavy whipping cream**
- 1 tsp. vanilla**
- Sugar, to taste**

- 1.** Mix Jell-O with 2 cups of hot water in a 9 x 13-inch dish; add 2 cups cold water.
- 2.** Drain pineapple (save the juice for topping) and add to Jell-O. Place marshmallows on top; cover and refrigerate until set.
- 3.** For sauce: add water, if needed, to pineapple juice to make 1 cup; combine with sugar, lemon juice, flour, butter and egg in a saucepan. Stir while cooking until thickened. Refrigerate until cold.
- 4.** Once Jell-O and sauce are cold, whip cream until stiff; add vanilla and sugar to taste.
- 5.** Combine sauce and whipped cream; spread on Jell-O.

Beef Stroganoff

- 1 lb. ground beef**
- 1/2 cup onion, chopped**
- 1/2 cup sherry**
- 1 Tbsp. lemon juice**
- 1 can beef bouillon soup**
- 6 oz. egg noodles**
- 1 cup sour cream**

- 1.** Brown beef and onion in a skillet; add sherry and lemon juice. Cover and let simmer for about 15 minutes; stir occasionally.
- 2.** Push meat to sides of skillet; add the soup and noodles. Cover noodles with meat; simmer till noodles are done, adding more water if necessary.
- 3.** Add the sour cream and serve immediately.

Cinnamon Roll Icing

For use over your favorite homemade sweet rolls.

- 1 cup sugar**
- 1 cup heavy cream**

- 1.** Combine ingredients in a saucepan; cook over medium heat, stirring constantly until mixture comes to a soft boil. (It is done when you drop a pea-sized amount of icing in cold water, stir it a bit, and it forms into a ball.) Remove from heat; stir until thickened; pour over cooked rolls.

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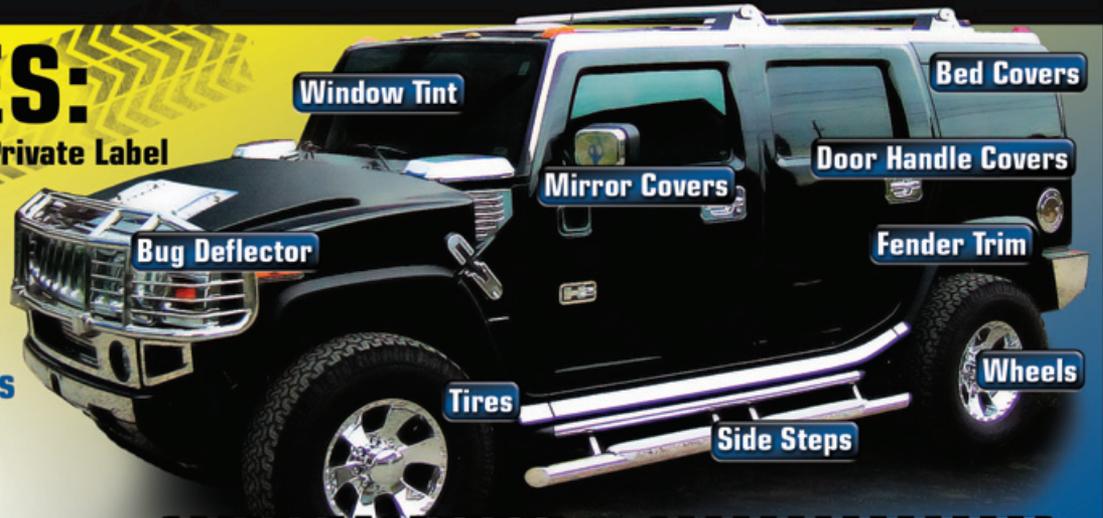
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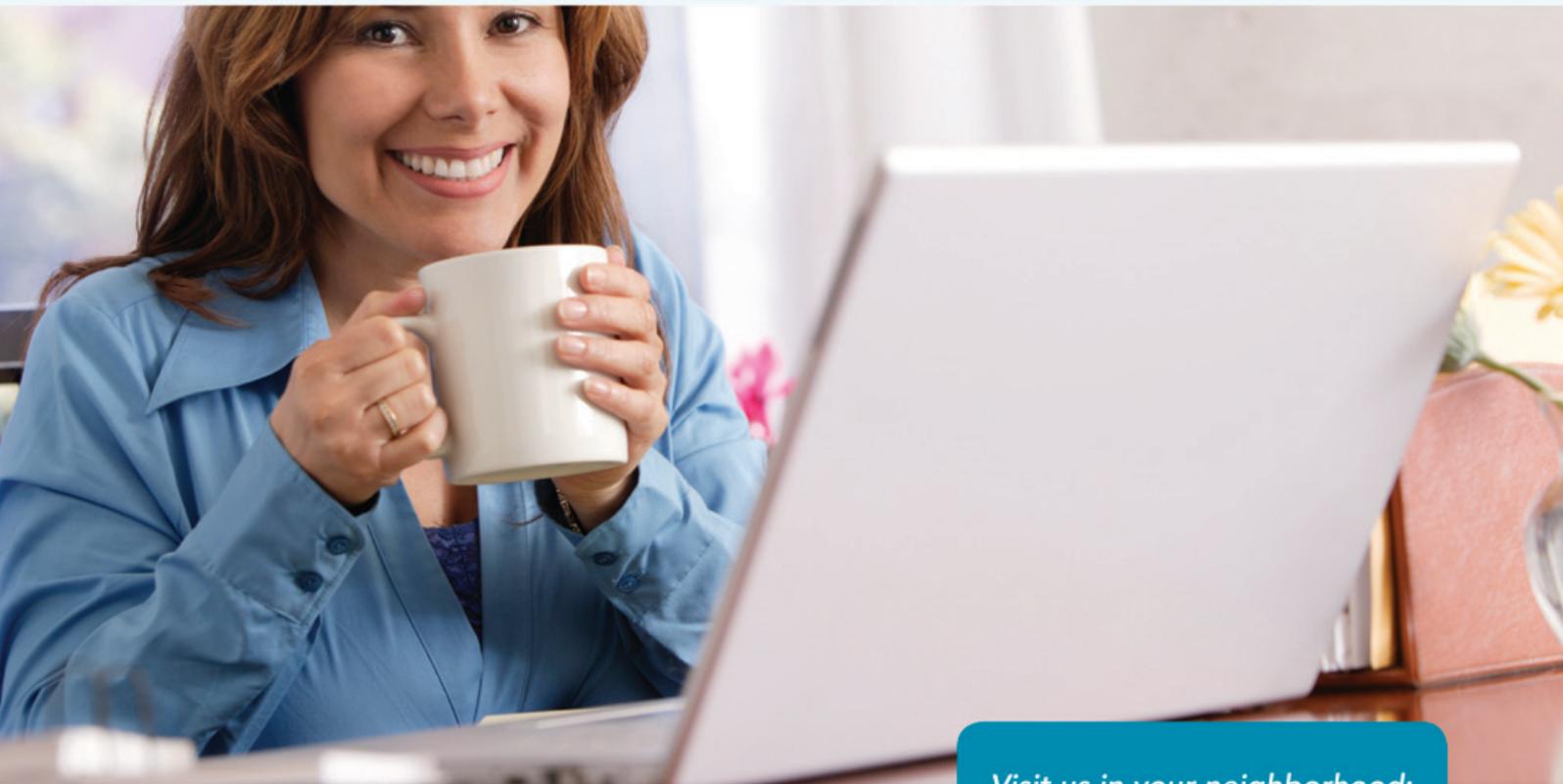
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