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July 2009

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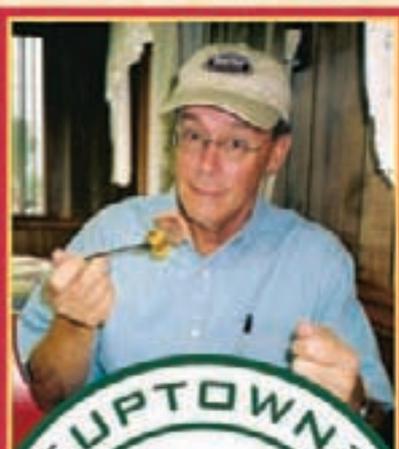
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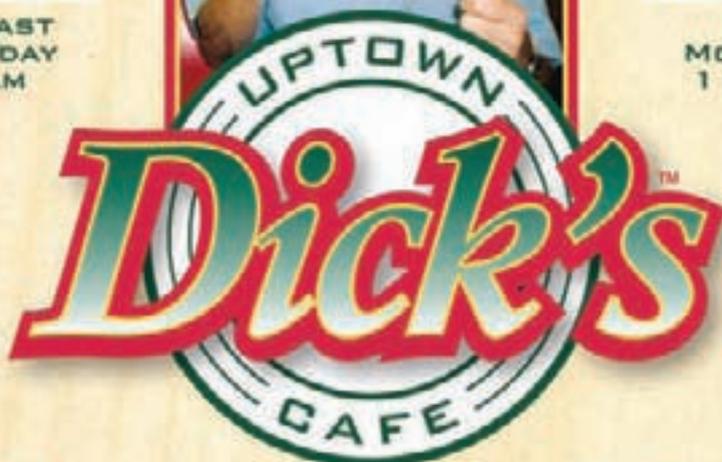
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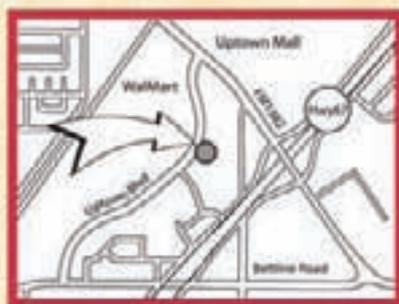
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MAGAZINE

Editor's Note

Greetings, Southwest Friends,

Happy Fourth of July! For me, that has always been the peak of summer, the essence of America — how blessed we are to live in this nation. We have come a long way as a nation in our comparatively brief history. Who of our founding fathers would have imagined our country as it is today or envisioned the role we would play in the world or the advancements of technology? May God, in His mercy, continue to grace us!

This month, we have quite a variety of stories: a jazz musician; homes of hope; mountain-climbing, weight-lifting senior women; an invitation to use your imagination; a visit with DeSoto's city manager and his wife in their home and mouth-watering Edible Arrangements to add to your holiday feasting.

Be safe as you celebrate and do not forget our troops.

Beverly Shay

SouthwestNOW Editor



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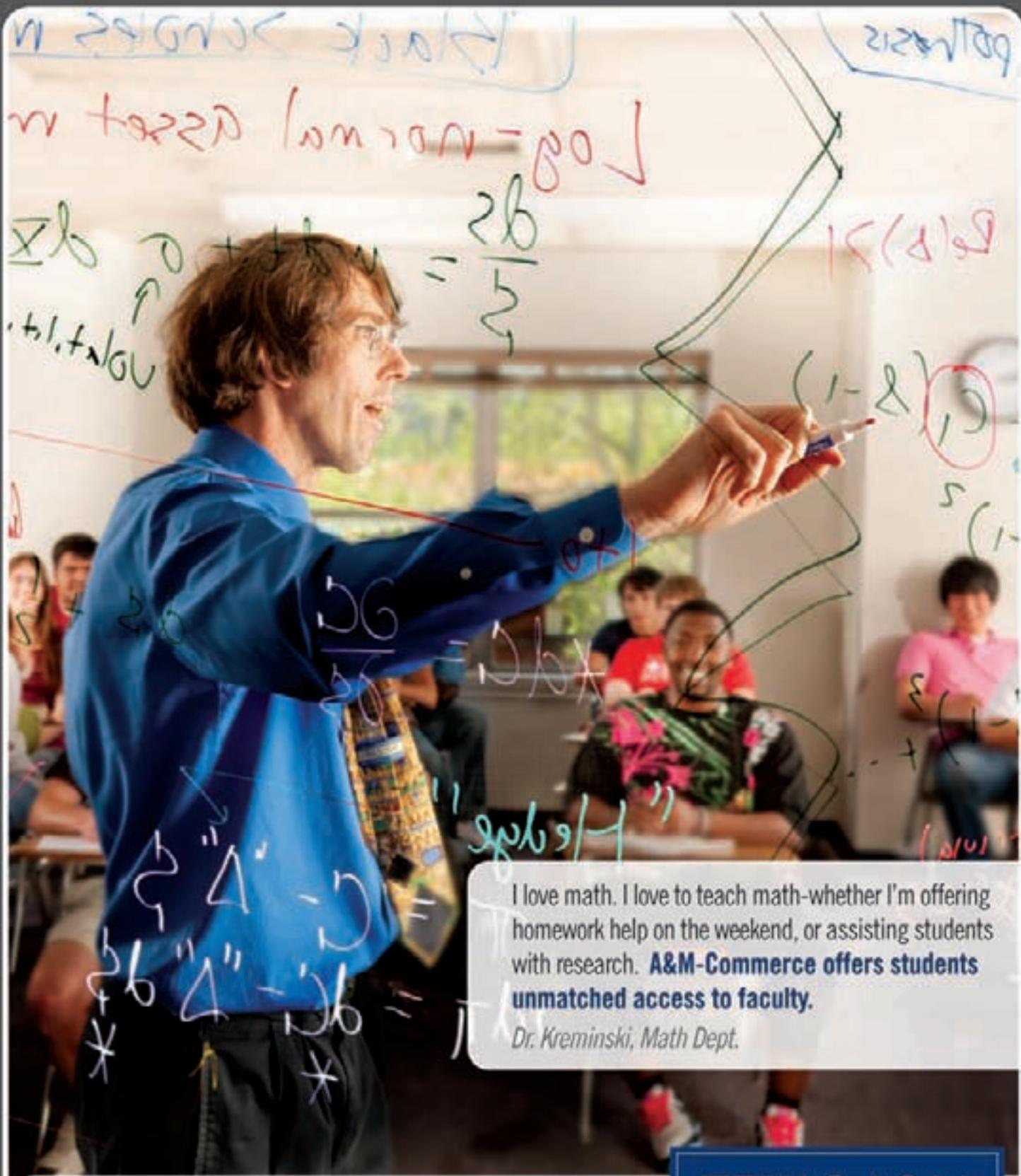
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Jack on Jazz

— By Beverly Shay

Music has always played a significant part in Jack Allday's life. By the time he was 12 years of age, he was playing by ear. "My mother was very musical; although she had no training, she played the piano, organ and ukulele. She was a marvelous, two-fisted piano player. To the very last, she could play that piano," said Jack. "And she played it well." Jack's mom passed away in 2001. "My dad was also interested in music. When we lived in New Orleans, during my childhood, we listened to an hour of jazz on the radio every Sunday evening. I guess that is when my love for jazz was developed," Jack reminisced. Jack was born in Atlanta, Texas, (near Texarkana) moved to Shreveport, Louisiana, where he lived until seventh grade and then moved to Highland Park, Texas, where he has lived ever since.

Jack was also an avid athlete, playing three sports. He played football for Highland Park High School, as a member of Team 57, who won the state championship under Thurman

"Tugboat" Jones. His interest in music, however, overrode his interest in sports. "I was given a set of used drums for my 15th birthday," he recalled. "I basically taught myself to play watching TV and other drummers at dances. Some friends and I formed a band in high school and were asked to play for a party. We got paid — not a lot — but it was an epiphany for me. I could get paid for having fun!" he smiled.

"My senior year, I became the drummer for a band called The Nightcats. In 1960, we recorded a hit album: *Wine, Wine, Wine*, which included the song, "Thunderbird," Jack stated. Unfortunately, they did not copyright the song. Robert Wilonsky



reported, in the February 2, 1995 issue of the *Dallas Observer*, "ZZ Top recorded the song for their 1975 live album *Fandango*. The Nightcaps, however,

had written and recorded "Thunderbird" 15 years earlier as a single and included it on their album *Wine, Wine, Wine*, and it stands as a definitive moment in Texas white-boy blues, having influenced a generation of musicians that included Stevie Ray and Jimmie Vaughan, Doyle Bramhall and even Steve Miller. . . . The Nightcaps' influence on a generation of Texas-bred blues performers

has long been documented, whether it was Stevie Ray Vaughan recalling childhood days spent learning Nightcaps songs or Jimmie Vaughan naming his Fabulous Thunderbirds after the Nightcaps' song."¹

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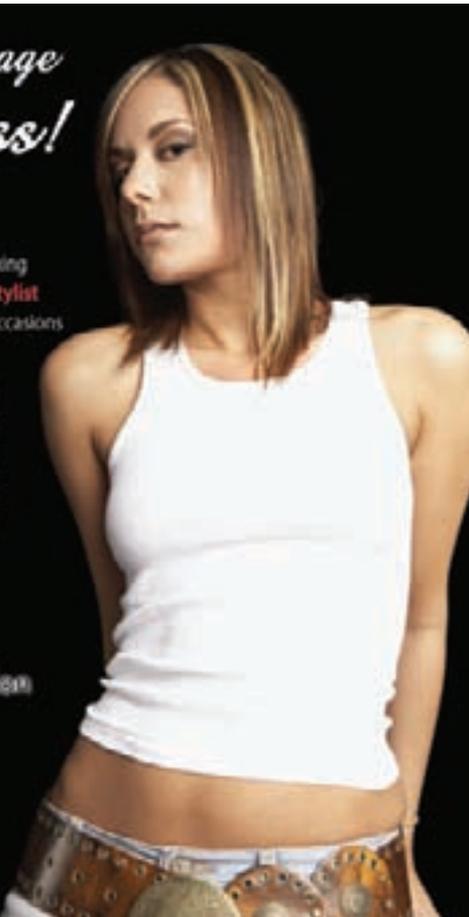
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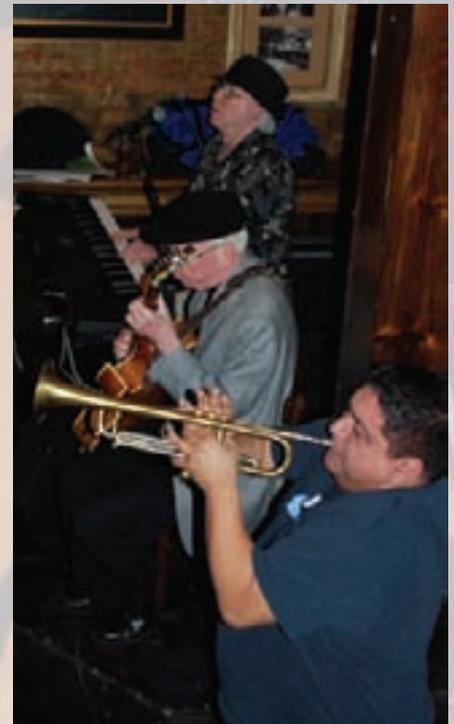
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locally, getting the band gigs and dances that paid Jack's way through Southern Methodist University (SMU), where he studied advertising. The Nightcaps played every weekend all over the Southwest. Jack continued to tour with various groups, playing big



band music in night clubs and country clubs throughout the Pacific Northwest one summer. He toured the next summer with Big Jim Lawrence around the South and with Kenny and The Volcanoes the following summer, traveling through mid-America.

The summer of '66 saw Jack enlist in the Army attending Officer Candidate School. Commissioned as a lieutenant, he volunteered to go to Vietnam, where he served as a convoy commander, moving anywhere from 30 to 150 trucks at a time through the central highlands for six months. The next six months were spent providing news releases as an information officer for the III Corps, a counteroffensive force of the United States Army based in Qui Nhon, Vietnam. He continued working for one more year at Fort Hood,



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Texas, as public information officer writing newspaper articles and speeches.

In 1969, following his time in the service, he married Sharlene Nixon, whom he had met while in college. Settling into his career track, he did not think he would be playing much music, but by the early '70s, he found himself really missing the music part of his life. "I heard Tommy Loy play at a nightclub. Tommy played as the National Anthem trumpet soloist for the Dallas Cowboys Football Club for 22 years. From 1975 to 1990, I was the drummer in his 'Dixieland-type' band. We played all over Dallas and were at Dick's Last Resort for several years and, before that, the Cirrus Lounge at the Doubletree Inn Campbell Centre. Then in 1990, I started my own band: Jack Allday's Swing Shift. I am really more of a leader-type; my management skills are stronger than my musical skills," Jack commented. Swing Shift, a jazz/blues quartet featuring piano, bass, guitar and drums, has played mainly in the Dallas area, but also in Sacramento,

"Of all the venues I have played, in some ways entertaining seniors is the most rewarding."

California, and Hot Springs, Arkansas.

"I could have been a pro-ball [football] player, professional musician or gone professional in advertising. I chose advertising, but being a 'moonlighting' musician is a good complement to ad work," Jack admitted. In 1993, Jack came to Northwood University in Cedar Hill as an adjunct professor. He



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became full time in 2002 and currently chairs advertising studies. He teaches ad classes, copywriting, creativity classes, lessons of the Vietnam War, freedom of expression (First Amendment) and a six-week course on terrorism. Many people glean from Jack's multiple talents, as faculty athletic representative and member of various Northwood committees. He is the recipient of Faculty Excellence and *Wall Street Journal* awards. He has also taught in Wuji, China, in May of 2006 and Kuala Lumpur, Malaysia, in June of 2007. As a consultant, Jack provides various marketing and promotional strategies.



Jack is also in a band called The Pacemakers, which plays predominantly in nursing homes, senior centers and assisted living facilities throughout North Texas. Jack finds connecting with senior citizens who cannot be reached as well on any other level extremely fulfilling. "Of all the venues I have played, in some ways entertaining these seniors is the most rewarding," Jack remarked. "Music has a way of reaching them when nothing else can."

Jack's group is sponsored by Texas Winds, which features over 30 musical groups. "The best place to hear us play is at Lakewood Bar & Grill for the Sunday afternoon jazz series," Jack commented. "For me, music is an avocation, as well as a counterpoint to business." **NOW**

1. Wilonsky, Robert. *Dallas Observer*, 2 February 1995, <http://www.observer.com/1995-02-02/music/case-dismissed>.



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Hearing Solutions

A New Start

— By Beverly Shay

“I have always wanted to give back to my community,” Jana Barker simply stated. The opportunity came 20 years ago, as Jana read about the start up of a shelter for battered women in the local newspaper. “I knew it was time to move from the mentality of, ‘Someone should do something about this,’ to ‘I should get involved with this,’” Jana said, explaining her initial involvement. “I am a giver; I can help.”

She began as a board member of Brighter Tomorrows, visiting and observing other shelters throughout the Dallas/Ft. Worth area. “We didn’t want to recreate those shelters, but rather glean from them,” Jana commented. Twelve board members began to provide services in Grand Prairie by creating a 24-hour hotline for women needing to break the cycle of domestic violence, sexual assault or abuse. “Back then, we all wore pagers. We would return calls, providing information and referrals to existing programs in the DFW area. Then we went before the Grand Prairie City Council and received a community development block grant of \$54,000, with which we could purchase or rehabilitate a property,” Jana recalled.

“A Grand Prairie Realtor donated a four-bedroom house for a year, but it took us six months to find volunteer staff on a 24/7 basis. We started with a husband/wife team with a baby, but quickly realized it was quite difficult for our clients to transition from violence to a happy home setting. We learned to listen to our clients and adjust our program to fit their needs,” Jana mused. “Rent was really more than we could afford on our own, so we found a three-bedroom Airstream trailer to place on property and an older single woman to live there. That first year, 92 women stayed there, thrilled to be there because it was safe. They would stay for a couple of weeks

“You know, when you are doing the right thing, the Man upstairs will provide and open doors.”



until we could move them into a better place,” Jana reminisced. “We needed to stay open for nine months before we could qualify for state and federal grant money and get into the HUD [Housing and Urban Development] Homeless Initiative, which allowed us to lease a single-family home for \$1.00 a year plus taxes.

“As time went on, we began doing garage sales to raise money. We had one shelter, but desperately needed an office and another facility. We found a fourplex, which had been empty for several years, with a leaky roof, damaged sheet rock and floors needing to be totally redone. Volunteers and board members rehabilitated the property in two years,” Jana remembered. “I learned to hang dry wall and made dear, lifelong friends.

Then we got a state grant, hired a case manager and began to grow. You know, when you are doing the right thing, the Man upstairs will provide and open doors. We spread the word among the police and social workers, as well as speaking at women’s groups, Lions and Rotary Clubs.”

Brighter Tomorrows now has three shelters capable of housing 90 women and children. “We came in contact with a DeSoto group called Citizens Against Domestic Violence,

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made up of concerned citizens and the police department, serving DeSoto, Cedar Hill, Duncanville and Lancaster. They were finding women and children in need of help and sending them to facilities in Dallas. So we got the word out to Realtors and opened an office in Cedar Hill to provide support groups,” Jana explained. “A chiropractor donated



land, but we wondered how would we be able to build? We didn't have a lot of money.”

Brighter Tomorrows became the first project for Home Aid, the nonprofit arm of Dallas Home Builders Association, set up to build shelters for the homeless. “It was so exciting,” confided Jana, “we got to design the home! Beazer Homes told us, ‘Go with your dreams,’ so we came up with the ideal housing and opened our DeSoto shelter in 2000. In 2008, we housed 726 women and children in our safe shelters and assisted 41 families in our transitional housing program. We answered 1,855 crisis hotline calls and provided counseling for 256 individuals in our nonresident advocacy center. Our food pantry and TXU Energy assistance helped 574 families,” Jana reported.

In the shelters, women with children are given their own “family” room and single women are housed dormitory style. Everyone is given a space where

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they can lock up their belongings. "The majority of women come in with three or four kids. We once had a woman with eight children. Witnessing domestic violence is traumatic; those who have are more likely to either replicate that behavior or get into drug abuse than children who have not," Jana noted sadly. "That's why

prevention is one of our big thrusts now. In January 2007, we launched a prevention program, funded primarily by the Texas Office of the Attorney General, to educate middle and high school students about healthy dating relationships. One out of three teens report having been abused by an intimate partner or knowing someone who has. Another outreach focus is the faith community through the Faith Coalition — a group composed of local clergy

seeking solutions to domestic violence and sexual assault, in partnership with Brighter Tomorrows," Jana explained, perking up.



The mission of Brighter Tomorrows is to empower survivors of domestic and sexual violence, by providing safe shelter, support services and to reduce

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violence in our communities. Their Web site states: "Brighter Tomorrows is the only agency providing supportive services for survivors of domestic violence in southwestern Dallas County. Without Brighter Tomorrows, survivors

"Without Brighter Tomorrows, survivors would have limited access to safe shelter, counseling and advocacy."

would have limited access to safe shelter, counseling and advocacy. They would have to travel across the county for these services or face the possibility of choosing between homelessness or the continued physical, emotional or sexual victimization of themselves and their children."

Brighter Tomorrows also provides a transitional program, in which women have to be willing and able to work; they have to get a job within three months. "We help them get into government programs, provide job education, teach them life skills, parenting, budgeting and require them to save 30 percent of their income in a highly accountable program where they show receipts and cannot date for 18 months," Jana elaborated. "One of our women went through the program twice, but when she left with her two children, she had a great job and \$17,000 in her savings. She made it. Many of them do. That's why we're here," Jana concluded. **NOW**

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The Traveling Trainer

— By Angel Jenkins Morris

John Tyree has led countless clients over the obstacle of physical fitness. Along the way, he has faced down personal challenges and become known for his training expertise with people of all ages. It all started at Duncanville Athletic Club in 1988. “I was a personal trainer to more than 1,000 trainees ranging in age from 8 to 85, including everyone from professional athletes to Special Olympians,” John said. Well-known clients included baseball players Steve and David Gibraltar, basketball player Greg Ostertag and Pro Football Hall of Fame member James Lofton.

In 1989, John started Team Fitness, which not only includes those he coaches for powerlifting competitions, but everyone he trains at any level. “I consider everyone I train a part of my team,” he explained. Powerlifting is not the only sport in which he conditions participants. Mountain climbing is at the top of his list as well.

Lately, the team has included some highly-motivated senior citizens whom John has coached from the gym all the way up some of the United States’ highest summits. Betty

Etessam and Sue Clark are two examples. “Betty is 67 years old. I climbed with her up Wheeler Peak, a 13,161 foot [mountain] in New Mexico,” John informed. Betty said she would always remember the moment she reached the summit, calling it a life-changing, confidence booster. “Sue was 68 and she also climbed Wheeler with me, [as well as] Mt. Elbert, Colorado’s highest peak at 14,440 feet,” John said.

“Betty and I started working [out] together a year ago. We began in April and



John Tyree coached Sue Clark to multiple championship titles at the state, national and world level.

by September, she was climbing with me,” John said. John’s next challenge for Betty was a Memorial Day hike at Guadalupe Peak, Texas’ highest peak. John has coached Sue, now 70, to five state powerlifting titles, three nationals and two world championships. “There’s probably no other 70-year-old in the world who can list those accomplishments, and I’m proud to be a part of that,” John said.

Through Team Fitness, John has coached 14 state champions and four national champs. He led the World Champion Powerlifting Team in 2001. For John, who got “addicted to climbing in 1999 at Pike’s Peak,” his job as a coach/trainer and the subsequent climbs are beneficial both to his trainees and himself. “Every climb I do is in preparation for Mt. Everest. That’s where I want to be,” he said. “I’m fit enough, but altitude affects me and climbing skills and fear are still factors.”

While not all of John’s older trainees are ready to climb mountains, they can all achieve greater fitness. “The key is to build a good, solid workout foundation with any client, young or old. That starts with a health analysis and a doctor’s



OK. Then I ask a lot of questions before we ever begin to train,” John said. “I interview them about their specific goals; what they want to accomplish and when they want to achieve it. I also want to know what activities they enjoy.”

Goals, abilities, level of fitness and fears are all things John considers when developing training routines. “Some people just like to walk, and I

“The key is to build a good, solid workout foundation with any client, young or old.”

can do that with them. They don’t need me there, but if it means they will get up and go when they otherwise wouldn’t, then that’s what I’m here for,” he said. “The simplest program puts the juice back into my clients, and at first, that’s all I’m going for.”

Initially, John said, he wants those he trains to walk away from a workout feeling like they could have done more. After the first session, he interviews them again about how sore they were and where their motivation currently lies. “At first, it’s more about having fun and being somewhat challenging. There is plenty of time for pushing to the next level,” John said. “Ultimately, I will get the best out of everyone I work with, but that always depends on the most they are willing to give.”

As a trainer, John said it is also important to keep challenging himself. A powerlifter since 1976, he said he is the only lifter he knows who still competes in his original weight class. “I’m still in the 165-pound category I first entered when I was 22. I just

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Initial TAKS results show improvement

After a year of hard work and perseverance by DeSoto ISD students and staff, initial 2008-09 TAKS results show improvement in 24 of 27 district cells - of the other three, two remained the same; one was a one percent decline.

Five cells increased in double digits - science grade 5 (+16), science grade 11 (+12); math grade 6 (+12), math grade 7 (+14), math grade 9 (+17). There was tremendous improvement in many subsets and stagnation in only a couple. DeSoto Freshman Campus has a preliminary 85% passing rate in grade 9 reading and 63% passing rate in grade 9 math (a 17% points increase over last year!). Both are the highest passing rates for grade 9 in the past 5 years!

DeSoto High School has improved in every grade and subject tested over last year's scores - grade 11 science by 12% points to a 73% passing rate; social studies is at a five-year high for grade 10 (84% recognized level) and grade 11 (95% exemplary level). ELA scores for both grades are also at the recognized level which is 75% or above. Grade 11 math and science are both acceptable levels - 55% passing for math and 50% for science. Grade 10 math and science are the areas of greatest concern and will be getting the most attention this coming year from specialists inside and outside the district. Both are just below the passing rate.

While many look at just the TEA rating, one must take into consideration the various subsets that affect a school's rating including ethnic breakdowns, socio-economic and special education mandates.

Final data used for accountability purposes will be received the first of August. Several campuses will rise in the TEA rating categories. Notably, The Meadows Elementary and Freshman Campus should no longer be on the unacceptable list and possibly three schools will rise to recognized. The reconfiguration of 2007 continues to impact our elementary schools. Without 5th grade science, up to five elementaries would be at or above the recognized 75% passing rates in all grades.

DeSoto ISD will continue to expand our initiatives and best practices to focus on student learning in all areas with emphasis on the problematic subsets.

The acceptable standard increased 5% points this year (2008-09 school year) in writing (70%), social studies (70%), math (55%) and science (50%); reading/ELA remained at 70%; recognized remained at 75% and exemplary at 90%.

2009 INITIAL DESOTO ISD TAKS SCORES					
	Reading 3	Math 3	Reading 4	Math 4	Writing 4
07-08	92%	79%	74%	74%	87%
08-09	92%	80%	81%	81%	91%
+/- Change	-	+1	+7	+7	+4
	Reading 5	Math 5	Science 5	Reading 6	Math 6
07-08	84%	78%	59%	82%	57%
08-09	86%	*%	75%	89%	69%
+/- Change	+2	*	+16	+7	+12
	Reading 7	Math 7	Writing 7	Reading 8	Math 8
07-08	78%	50%	83%	92%	68%
08-09	78%	64%	90%	93%	*%
+/- Change	-	+14	+7	+1	*
	Soc. Studies 8	Science 8	Reading 9	Math 9	
07-08	83%	56%	78%	46%	
08-09	85%	55%	85%	63%	
+/- Change	+2	(-1)	+7	+17	
	ELA 10	Math 10	Soc. Studies 10	Science 10	
07-08	77%	39%	78%	37%	
08-09	81%	44%	84%	42%	
+/- Change	+4	+5	+6	+5	
	ELA 11	Math 11	Soc. Studies 11	Science 11	
07-08	86%	61%	93%	61%	
08-09	89%	65%	95%	73%	
+/- Change	+3	+4	+2	+12	

* cumulative score not available.

Minor changes to affect 2009-10 year

As DeSoto ISD plans for the 2009-10 school year, some minor changes will be taking place that will affect students, parents and staff. Middle school hours will be extended 15 minutes at the end of the day, so school will now end at 3:45 p.m.

The district has added MP3 players and iPods to the list of unacceptable items on campuses. Items

found on campus will be confiscated and returned under the cellphone policy.

State laws continue to mandate student attendance and impose penalties on students and parents for excessive tardies and absences. Parents are also encouraged to adhere to the updated child booster seat law that has new age, height and weight requirements.

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- Current DeSoto ISD families will be verified by name and school
- New DeSoto ISD families - bring parent ID, a current utility bill and each student's birth certificate

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

District Offices and Schools Closed

Tuesday, July 14, 7 p.m. - Welcome Home,
at West Middle School

Saturday, August 8, 8 a.m. - 2 p.m. - DeSoto
ISD Back to School Fair, Freshman Campus

August 11-21 - Registration at schools

Tuesday, August 11, 6 p.m. - Graduation, DHS

Monday, August 24 - First Day of School

Monday, Sept. 7 - Labor Day Holiday

Monday, Sept. 28 - Student State Fair Day

November 23-27 - Thanksgiving Holiday

Dec. 21-Jan. 1 - Winter Break

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wanted to get stronger, not bigger. It has always been a way to challenge myself, by maintaining that class," he said. As a result, John is a seven-time World Champion, 12-time National Champion, 27-time Texas champ and has set more than 100 lifting records.

In April 2005, John was inducted into the Powerlifting Hall of Fame. Also a four-time body building champion, John makes training look easy. Personally, however, he has faced his own hardships. Divorced three times, John said training wore on his relationships and "finding the right girl" eluded him. Today, he is in a solid partnership.

Perhaps his biggest challenge was the closing of Duncanville Athletic Club (DAC) — his home office for 20 years. In December of last year, DAC shut down, and overnight John had to redirect his career. "Today, I'm the traveling trainer. My day starts at 4:00 a.m., with my first client at 5:00; I go

"I consider everyone I train a part of my team."

wherever they need me to be. Good thing I'm not much of a sit-down kind of guy," he laughed.

While training pays the bills, John said if he had it to do all over again, he might be a professional mountain guide. Since 2004, he has dabbled in guiding in Texas, New Mexico and Colorado. "I never want to see my career go downhill. I challenged myself in motocross for four years before I started powerlifting; then I began climbing," he explained. "I want to push myself to get better at new things.

Duncanville NOW

"I see so many older people start losing their motivation and end up sitting on the couch; what they need is something to strain and strive for," John added. "That's why I love my work — watching people getting stronger and better." If nothing else, John said, it is important for everyone — especially older people — to stay flexible. "Flexibility is probably the



most important thing. If you don't want an old person to move into your body, stretch. If there's a fountain of youth, flexibility is it."

Flexing himself in another new direction, John's latest project is a book for older people looking to get and stay in shape. *Super Fit Over 50* will be divided into three categories to meet everyone's level of interest, "from the gardener to weekend warrior to extremists," John said.

As it is with his day job, the book will express John's mantra that fitness is within everyone's reach. "Most people are overweight and under-strengthened. My goal for older people is for them to get lighter and stronger; to show them that no matter where you're at in life, you can always get a little better," John said. "It's true of everything that, if you don't use it, you'll lose it. If you're breathing, you should be doing some kind of workout." **NOW**

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At Home With
Jim and
Debby
Baugh

A Meeting of the Minds

— By Amanda Madden Pitt



Imagine the ruins of a small coffee shop on a corner, just across the road from the capital building in one of the nation's oldest cities. Now envision people crowding the streets dressed in 18th century clothing. This place, formerly the capital of Virginia, before Richmond, is referred to by patrons as Colonial Williamsburg. The coffee house is an icon, a meeting place of the minds at the site where our nation was formed. Stripped down by centuries of time, now only brick, mortar and imagination remain. However, to DeSoto City Manager Jim Baugh, the structure across from the old capital building where Thomas Jefferson and George Washington probably planned the nation's exodus from British rule is a place that still lives and breathes today. At least once a year, Jim and Debby visit this historical site. Gazing earnestly at its ruins, they try to imagine what it must have been like back then in relation to today. In a world of "thirty-second sound bites," Jim said, "there is a very cogent argument that democracy may have a rough time if we cannot figure out a way for ideas, thoughts and issues to be thoroughly discussed."

In keeping with their admiration of historical themes, the couple's choice of home decor features Federal-period furniture, most handcrafted by Jim over the last 30 years. A bed, a dresser, as well as living and dining room sets are a few of the pieces in their personal collection. The walls tell their own story — in color. "We've painted everything and changed the wallpaper. The house was all pastels, and I don't do pastels," Debby said. "They [the previous owners] did not have any landscaping. They had the requisite two trees. We put in another tree outside and painted

lots of colors inside. We have a red living room, a blue dining room and a green den," colonial versions of the colors, of course. Thanks to her gardening, a romantically dressed stairway of plumage leads up the front steps to the door, and the backyard has been transformed into a sitting garden.

Debby's perspective on life is simple yet profound. "The way that most of us understand our place in the universe is that we're supposed to work on making it better," she said. Before becoming heavily involved in the community, Debby was a teacher. "My favorite was sixth-grade math, but I taught everybody from kindergarten through eighth grade music. I finished up my teaching career here in DeSoto," Debby recalled.

In addition to hosting dinner parties such as First United Methodist Church benefit functions, Debby is heavily involved in a variety of community service roles. When she is not preparing amazing meals from hundreds of cookbooks collected over the years, she is busy working for charitable causes. "It's funny, because I thought, *How could anyone ever work for free?*" she said, "But I give back out of a sense of obligation and need. I feel like if I have encountered a need, then I can't ignore it." To name a few of her retirement interests, Debby has been chair and co-chair of Great Days of Service for four years and an active board member of the DeSoto Food Pantry since its inception in August 2008.

Currently, Debby is involved in the Storybook Project at the Dawson jail facility. "In a little closet they gave us, we store recorders, tapes, envelopes and brand new storybooks. Our current class is 23 mothers. They read onto tape a brand new storybook for each one of their kids every week and then the tape and the brand new storybook are mailed to that child at the caregiver's house for five consecutive weeks. The postage is well over \$100 a week, and then there are batteries, tapes and the brand new books. At the end of the book reading, we have what they call a

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literacy party for all the kids who can get there with their caregivers. We bring in cupcakes, lemonade and a whole bunch of used books,” Debby said. “The ostensible thing is that you’re promoting literacy for the kids. Of course that’s true, but it’s also to make that connection between the child and the incarcerated parent.”

Reading is at the hub of this couple’s life, enriching and solidifying their worldview. The nine bookshelves throughout the Baugh home and framed excerpts from timeless classics which line the walls are testaments to their love of the written word. “We’re in a book club that meets every month, and

Jim always reads that book first. Then he reads six or so more before we meet the next month. I read the book for the book club, and then I read mysteries or history,” Debby said. Needless to say, variety is the spice of their reading preferences which Debby describes as “very eclectic.”

To name a few general topics, Jim enjoys history, current best-sellers, philosophy and religious philosophy. “Jim and I do our own study together. Right now, we’re reading Huston Smith’s *The World Religions*,” Debby said. Another favorite they are covering together is *The Intellectual Devotional*, co-authored by David S. Kidder and Noah

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2009 Summer Themes

Week 1 - Silly Senseless Sport
Week 2 - Art & Nature
Week 3 - Back to the Future
Week 4 - America Past, Present & Future
Week 5 - Survivor Fever, Operation Cooperation
Week 6 - Circus, Circus
Week 7 - Entertainment Tonight
Week 8 - Down on the Farm
Week 9 - Super Stalks
Week 10 - Wacky Wild Science
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Oppenheim, which offers something new every day of the week. “Politics and leadership on Monday, war and peace on Tuesday, rights and reforms on Wednesday, business on Thursday, building America on Friday, literature on Saturday and the arts on Sunday,” Debby said. “Each one is a page. We do that if we can in the morning, and if we get behind we have to catch up.”

Now back to where it all began, with the little coffee house across the road from the old capital building. This year, it will finally be restored, as construction moves forward to revitalize the shop where Thomas Jefferson signed historical documents. “We’ve



been there a half a dozen times, but we can’t wait to go see it,” Debby said. For Jim and Debby, the historical coffee shop symbolizes a place where discussion and reason once produced collaboration, the essence of democracy. “It seems like many of the historical people that really made a contribution and impact were comfortable with themselves. They understood that they didn’t know it all, and they were willing

to collaborate,” Jim said. “Jefferson, Franklin, Washington and Adams appreciated different points of view, and though they had their own opinions, they really seemed to thrive on having those opinions tested. I think they saw how significant diversity was.” Valid conclusions, most would agree, from a city manager who lives by the Colonial Williamsburg slogan: “That the future may learn from the past.” **NOW**

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Imagine...

— By Beverly Shay

Being a child should include all sorts of imaginary adventures: traveling to the moon, being in the circus, flying like a bird, singing before great crowds, baking mud pies. When you are a child, there is no limit to what you can do or be or where you can go. Your imagination is the limit, or rather, the doorway to countless adventures.

Growing up in Dallas with a single mom, Rick Keeling found a complete adventure land in his backyard playing with marbles, rocks, socks, sticks, bricks and an occasional frog or two. “My mother was the most amazing woman, but I knew her first as my best friend. She was so encouraging, always telling me to try whatever I wanted. ‘You can do it,’ she would say,” Rick recalled with great love. “She got me piano lessons, even though we had no piano. I would practice on the kitchen table, hitting every note. She went from being a 16-year-old, single mom on welfare to retirement with a six-figure income at age 48. When she passed from breast cancer, I truly lost my best friend.”

After Rick completed high school in Dallas, he enlisted in the United States

Navy and was stationed in San Diego, California. He went on to serve in Operation Desert Shield and Desert Storm. Following his time of service, he and his wife made their home in San Diego for 14 years, adding two daughters to their family.

“In 2003, when my mother was ill and bedridden, I brought a children’s book to read to her. It was called *Love You Forever* by Robert Munsch. She knew my dream of writing children’s stories and asked if I had written it, because she believed I could have,” Rick recalled. “That moment was an epiphany for me. My mom believed I could write. It changed my whole perspective from dreaming and imagining I could to thinking, *I can do this now.*”

Rick, who soon after moved his family back to the Dallas area settling initially in DeSoto and later in Duncanville, turned to his uncle, Joe Bagby, who guided him through the sorrow of the loss of his mom. “Brother Joe,” a gospel legend, was considered the “godfather of gospel music,” according to news director, colleague and friend, Robert Ashley. Joe, “known as the spiritual

heartbeat of Dallas’ black churches,” was a religious talk-show host on KHVN-AM (970) having spent more than 50 years in radio at his recent passing.¹

“I brought stories I had written for my girls to my Uncle Joe. They weren’t even books yet, but he encouraged me to continue writing. For months, every day after work, I would go to the Barnes & Noble bookstore to figure out how to write and how to publish. Finally in January ’08, I got it all down. Then I wrote queries, got rejections — but some of those came with notes,” Rick reminisced.

“My goal was a book about imagination — something that would encourage kids to get off the couch, put down the game controls, leave the computer and use their imagination as a launch pad. My challenge was to maintain my ideas within an age-appropriate vocabulary and story line,” Rick mused. “I wanted to target ages 8-11, but also get parents to read it to younger children.

“You know we have a problem with obesity in children. I think that is due, at least in part, to the sedentary lifestyle that gaming engenders in children these days. When I was a child, we had a television set, but no video gaming system. So, I mostly entertained myself with books and my imagination — and that was plenty. Studies now show that the brain is still psychologically developing until 20 years of age; imagination is a good stimulator of development,” Rick stated emphatically. In fact, some MRI studies “demonstrate a pre-adolescent increase in cortical gray matter ... If the increase is related to a second wave of synapses, it may herald a critical stage of development when the environment or activities of the teenager may guide selective synapse elimination during adolescence.”²

Rick’s book, *It’s Just My Imagination*, published this year, is the first of at least seven children’s books he has been

writing. "It's so important to encourage imagination from a young age," Rick reiterated. Beyond the mere concept of imagining, the idea he wants to get across is using everyday things, like brooms, crayons, paper plates and chairs, to create an electric guitar, a book signing, a steering wheel in an 18-wheeler. "Kids need to create their own imaginary environment of space travel or car races instead of relying on



"It's so important to encourage imagination from a young age."

video game technology. Getting outside and playing will eliminate a lot of potential weight issues, while allowing a child to indulge in creativity that will enhance his brain development and thinking processes," Rick expressed. After all, imagination can be a pathway to self-discovery. **NOW**

Sources:

1. Diaz, Monika. "Joe Bagby, inspirational voice on gospel radio, dies at 70." 9 May 2009: http://www.dallasnews.com/sharedcontent/dws/news/localnews/stories/DNbagby_09met.Art.State.Edition.1.4c5940.
2. Geid, Blumenthal, Jeffries, Castellanos, Liu, Zijenbos, Paus, Evans and Rapoport. "Brain development during childhood and adolescence: a longitudinal MRI study." © 1999 Nature American, Inc. <http://neurosci.nature.com>.

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Good Enough to Eat

— By Beverly Shay

Looking for a gift that is good enough to eat? Edible Arrangements® is the place to find a sumptuous gift. No matter what the occasion, Edible Arrangements® can supply you with a delectable treat sure to please all your guests, employees or the host of a gathering. “We have put together approximately 6,000 arrangements since we opened in September 2008,” stated Carrie Ingram, manager of the Cedar Hill store located at 617 Uptown Blvd., Suite 105. Edible Arrangements®, based in Connecticut since 1999, began selling franchises in 2001 and now boasts nearly 900 stores, mainly in the U.S., with additional locations in Canada, Puerto Rico, the United Kingdom, Dubai, Qatar, Saudi Arabia and soon in Kuwait. Ron and Cecilia Bolar, local Cedar Hill residents, own the Cedar Hill franchise, as well as McCoy’s Photography in Duncanville.

“Much like the floral business, you can order any of our arrangements here to be made up fresh and delivered that same day to any ZIP code where we have a location. All our fruit is cut fresh and we add no preservatives. Our store delivers throughout the south Dallas area, anywhere south of the Trinity between Lancaster, Mansfield and Midlothian,” Carrie explained.

With eight full-time employees, they can have your order

ready within 45 minutes or less. “Our biggest holidays are Valentine’s Day and Mother’s Day; we hire up to eight temps to service the high demands. For example, for Mother’s Day, we made over 200 arrangements for three days in a row and 296 on Mother’s Day alone. That Sunday, when I arrived at 7:30 a.m., there was already a line out front. Of course, walk-ins are always welcome,” Carrie commented. On a daily basis, they usually make 20-25 arrangements. Their convenient hours are 8:00 a.m. to 5:00 p.m. Monday through Friday and 8:00 a.m. to 3:00 p.m. on Saturdays. “We feature a full-color gallery online at www.ediblearrangements.com and have a 24-hour call center (1-877-Do-Fruit), where you can have your order prepared at the Cedar Hill location or made fresh and delivered anywhere we service,” Carrie informed.

“We have something for anyone: women, men (sport themes), children or businesses. As a unique alternative to flowers, we feature 25 staple bouquets of fruit, along with seasonal treats in a variety of sizes, arrangements and containers. We have five new ones coming out in June; four of our summer offerings will be designed with watermelon, kiwi, mangos, as well as pears throughout the year,” Carrie explained.

For St. Patrick’s Day, they offered green chocolate-covered strawberries; Easter saw chocolate-covered pineapple bunnies;

in October, their creations are pink in honor of breast cancer awareness; patriotic holiday offerings come in red, white and blue. "Our most popular item is a delicious fruit design of honeydew, cantaloupe, strawberries, pineapples and grapes. Another favorite incorporates apples, chocolate-covered pineapple, strawberries and grapes. We can add chocolate to any arrangement," Carrie stated. "Chocolate-covered bananas are also a big hit.

"People order our arrangements for birthdays, family reunions, baby showers, condolences, 'pick-me-ups,' barbecues, 'just because' gifts, client appreciation or contract signings, new home welcomes, even as centerpieces for wedding receptions. We can prepare something for one person up to 65 people," Carrie mentioned. "Whenever we have excess fruit, we donate it to local nonprofit organizations, especially where they can give it to children. We donate to schools, businesses, Chamber fundraisers, the Taste of Duncanville and Taste of Cedar Hill. I am very excited that we are working out a fundraiser option for local schools," Carrie enthused.



I really love working here and getting to know our customers," Carrie shared. "We have a lot of return customers, and we love chatting with them, as we have time. Most people tell us why they are choosing an arrangement, and we are happy to help them personalize their gift, with just the right container for the occasion." For questions or to place an order, call (972) 293-2848. **NOW**

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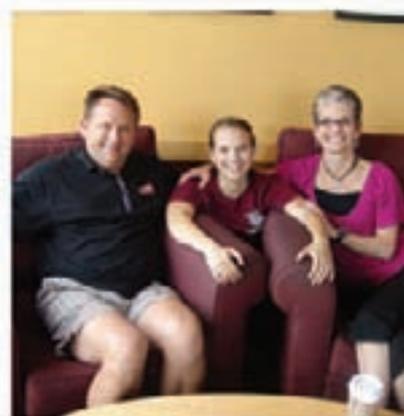
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- Ribbon cuttings were held at: Applebee's, top left; and the U.S. Army Cedar Hill Recruiting Station, top right.
- Co-authors Alan Elliott, Gayla Kokel and Patsy Summey, top center, were recently at Barnes and Noble signing their book *Images of America: Oak Cliff*.
- Madison Bonds, bottom left, won the award for perfect attendance at Lakeridge Elementary.
- Steve, Loren and Tina Hansen, bottom right, have all been students at Northwood University at one time or another.



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- A ribbon cutting, top left, was held at The Rose Garden Antique Mall.
- Moates Elementary teacher Vicky Waits, top center, reacted with great surprise over the grant she received.
- Chamber President Cammy Jackson and several ambassadors, top right, admired artwork displayed at the Ranch Steakhouse.
- Mayor Bobby Waddle, bottom left, commended Doug Stanley Ford owner, Tim Stanley and his family, for their 25 years of service to the DeSoto community.
- The sixth graduating class from Canterbury, bottom right, smiled for the camera.

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• Bishop T.D. Jakes, top left, posed with Methodist Health System President and CEO, Dr. Stephen L. Mansfield. • The Networker's Luncheon, top center, was held recently at Genghis Grill. • The Granlund Family Singers, top right, "wowed" those attending the Duncanville Women's Club meeting. • The Chamber May Student of the Month, bottom left, was Christian Estrada. • A ribbon cutting, bottom right, was held at Remede Spa & Wellness Center.





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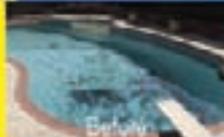
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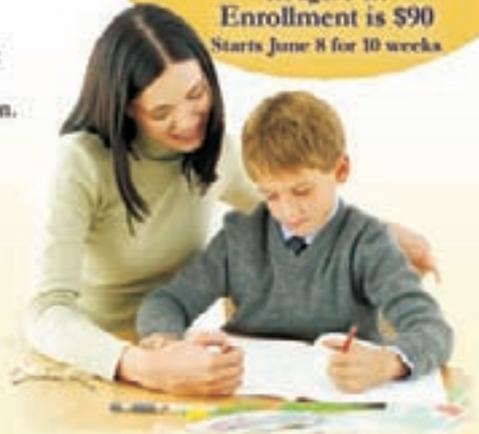
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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH MICHELLE RIED

HOMEMADE PICO DE GALLO

- 4 Roma tomatoes, chopped
- 1/2 medium yellow onion, chopped
- 1/2 tsp. olive oil
- 1 tsp. lemon juice
- 1 Tbsp. garlic, chopped
- 2 tsp. cumin
- 1 tsp. cilantro
- 1 tsp. oregano
- 1 tsp. basil
- 1/2 tsp. fresh ground sea salt

In a medium-sized bowl, toss together tomatoes and onion in olive oil. Add other ingredients and stir together until well mixed. Chill for 15 minutes, until cold or serve immediately. Excellent with tortilla chips, eggs, tacos or anything else that you might normally serve with salsa. It is also wonderful and really improves the flavor of store-bought salsa when mixed together!

REAL GARDEN-STYLE SPAGHETTI SAUCE

- 4 carrots, chopped small
- 4 tomatoes
- 1/4 cup water
- 2 Tbsp. basil
- 2 Tbsp. oregano
- 2 Tbsp. cilantro
- 1 Tbsp. rosemary
- 1 tsp. salt
- 3 Tbsp. garlic
- 1 green bell pepper
- 1 medium yellow onion
- 1 yellow squash
- 1 zucchini
- 1 cup mushrooms, chopped
- 4 Tbsp. olive oil

Steam carrots until very soft. Boil water in a small pot and add whole tomatoes (can substitute 2 16-oz. cans of tomato sauce).

Once water is boiling, remove tomatoes when skin starts to show signs of loosening and falling off. Remove ends and skins from tomatoes. Blend carrots and tomatoes until smooth. In Crock-Pot, add carrot and tomato mixture and 1/4 cup water; place mixture on high. Add all spices and garlic; mix together thoroughly. Chop and sauté all other vegetables in olive oil over medium-high heat until they are soft and begin to cook down. Add vegetables to Crock-Pot; set to cook throughout the day. Serve at dinnertime over spaghetti. This is best if allowed to cook all day, chilled in the refrigerator overnight and then warmed the following day. It is an excellent way to use summer vegetables and to get the children to eat them!

CHUNKY YUMMY MEATBALLS

- Pam cooking spray
- 1/4 medium yellow onion
- 1/4 green bell pepper
- 4 oz. block Monterey Jack cheese
- 1-lb. pkg. ground turkey
- 1-lb. pkg. ground turkey sausage
- 1/2 cup Italian bread crumbs (or crushed croutons)
- 1 egg
- 4 Tbsp. ketchup
- 2 Tbsp. mustard
- 1 Tbsp. oregano
- 1 Tbsp. sage
- 1/2 Tbsp. basil
- 1/2 Tbsp. cilantro
- 1 tsp. salt

Preheat oven to 375 F. Lightly spray cookie sheet with cooking spray. Chop onion, pepper and cheese into small chunks (about the size of your pinkie nail). In a large bowl, mix together remaining ingredients. Use your hands and get messy.

Serving our country in the Navy is how Michelle met her husband, Justin. Now she is serving her family by staying home and rearing their two young children, Zoey and Joshua. In her spare time, she attends college full time, pursuing a bachelor's degree in law. "I would ideally love to work at the DA's office and see the legal system in action, as someday I would like to be a Guardian Ad Litem," she explained.

Growing up, Michelle loved baking cookies with her mom. "Since my family is in New Hampshire," she said, "cooking, especially with my kiddos, makes me feel closer to my mom." Michelle began cooking meals after marrying Justin seven years ago. "I never really cooked before that," she recalled. "Love will make you want to do crazy things!" **NOW**

(The kids — with very well-washed hands — love this part!) Once all ingredients are mixed together well, roll into ping-pong-sized balls, packing them tightly together. Place on cookie sheet; cook for 30-45 minutes until they are no longer pink in the middle. Ground beef and pork sausage can be used instead, but there is far more grease, so use a deeper cooking pan to catch it all.

CHOCOLATE AND PEANUT BUTTER CHIP BANANA NUT MUFFINS

- 2 cups flour (white or wheat)
- 1 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup sugar
- 1/3 cup canola oil
- 4 ripe bananas, mashed
- 1/4 cup water
- 1 tsp. vanilla extract
- 1 cup walnuts, chopped
- 1 pkg. Nestlé's chocolate and peanut butter chips
- 2 Tbsp. butter or non-dairy butter substitute

Preheat oven to 350 F. Grease muffin tins or use paper muffin cups. In bowl, mix together flour, baking soda and salt. Beat sugar and oil together in separate bowl; add mashed bananas. Stir in water and vanilla; mix together well. Add flour mixture from other bowl; mix together until well blended. Add walnuts and chocolate/peanut butter chips. Stir well. Pour into muffin tins evenly; bake 20 to 30 minutes. The tops will be brown and a toothpick or fork inserted into the middle will come out clean once they are done. Remove from oven and brush tops of muffins with melted butter.

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Reverse Mortgages: As Easy as 1-2-3

— By Cliff Boyd

Obtaining a reverse mortgage is a very simple process, much easier than obtaining the mortgage you obtained to purchase your current home. There is no minimum credit score or income requirement. A reverse mortgage can save your home from foreclosure. It is truly as easy as 1-2-3.

1. You must meet the minimum age requirement of 62.

If married, the age of the youngest spouse will be used in calculating the amount of funds advanced. The rules of the reverse mortgage program calculate your age as one year older than you currently are when you are within 6 months of your birthday. If only one spouse is on the title to the homestead, then that individual's age will be used in the calculation of the advance. It is possible to have a younger spouse removed from the title, but certain other conditions must be considered.

2. You must receive counseling from a HUD accredited counseling service prior to completing the application process.

The counseling session can be accomplished over the telephone in the comfort of your home. FHA wants to ensure that all senior citizens understand the reverse mortgage process before they proceed.

3. You must have at least 40 percent equity in your

homestead. The amount of required equity goes down the older the applicant. The appraised value of your home is used as the second factor in determining your cash advance. The older the applicant, the less equity you need and the larger the advance. Any balance owed on the homestead will be paid from the advance and the balance remitted to the applicant. The payment of the existing mortgage balance will eliminate any existing mortgage payment. The applicants can remain in the home, without any mortgage payment, until the death of the last surviving spouse or the departure from the home by the remaining spouse for more than 12 consecutive months. With the death or departure of the remaining spouse, the house must be sold or refinanced.

The process of a reverse mortgage will take from six to eight weeks to complete. A reverse mortgage is a great vehicle that allows senior citizens to utilize the equity of their home to augment their income. These funds are tax free and can be used for any purpose. To better understand how a reverse mortgage relates to your personal situation, contact a reverse mortgage specialist. **NOW**

Cliff Boyd is a reverse mortgage specialist with Mortex Lending, LTD in Duncanville.



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Are Medications Causing **your** Headaches?

— By Dr. Lesa Ansell, D.C., R.N.

Your head is pounding ... again! You reach for a pain reliever ... again. But did you know that could be the cause of your headache tomorrow? Using pain medications more than three days per week is a frequent cause of rebound headaches. These occur when the medications wear off and are frequently a result of chronic use of medication to treat a more common form of headache known as a tension headache.

Tension headaches commonly present as a dull, aching pain across your forehead or the sides or back of your head. They are often accompanied by tenderness of the scalp, neck and upper back muscles. In rare instances, they may be accompanied by loss of appetite. These headaches can be chronic (more than 15 days per month) or episodic. People who have frequent episodes of headache are more at risk for developing chronic headaches.

Tension headaches differ from migraines. Migraines are usually one-sided, have visual disturbances and are accompanied by nausea, vomiting,

abdominal pain, weakness or numbness in the body and even slurred speech. Tension headaches are not typically aggravated by physical activities as are migraines.

Tension headaches are frequently caused by tension/spasms in the muscles of your head, neck or face, but may be caused by chemical changes in the brain, as well. Either way, these headaches have a physical cause. Treating the physical cause can help prevent them. Effective methods include: stress reduction, adequate sleep, regular exercise and eating on a regular schedule. Poor posture, eyestrain, anxiety and depression are also contributing factors.

If you experience frequent headaches, keep a diary. This can assist the doctor in diagnosing the type and cause of the headaches, thereby providing a successful treatment plan. Aside from medications that treat the symptoms, many natural therapies aimed at treating the cause of the headache are available.

Relaxation techniques (yoga, meditation) and homeopathic remedies can be effective in stress reduction. Counseling can be effective in treating

anxiety and depression. Chiropractic adjustments, acupuncture and TENS can be effective in treating the physical problems causing the muscle tension. With regular treatments, headaches can be significantly reduced, if not eliminated altogether. Your holistic practitioner can suggest a treatment plan using the right combination of these techniques for the optimum chance at successful treatment.

Chronic headaches or headache patterns that change suddenly should be evaluated by a doctor. These could be a sign of a serious medical condition. Signs that warrant immediate evaluation

include: abrupt, severe headache; headache accompanied by stiff neck, fever, confusion, seizures, double vision, altered speech, numbness or headaches occurring on one side; or a headache after a head injury.

As with any type of pain in your body, pain (or headaches) is never "normal." There is always a cause. However, with

proper diagnosis, the cause can be found and effective treatment prescribed so that your pain can be reduced and your quality of life improved. **NOW**

Dr. Lesa Ansell, D.C., R.N.

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Through July 31

Join the DeSoto Library's summer reading program at the library or log on to our Web site at www.ci.desoto.tx.us/library to sign up and print your reading form. A free "Reading with Ringling Bros." circus ticket for children ages 2 to 12 after five books are read. (972) 230-9666.

Through August

Cedar Hill's Visual Expressions Creative Arts School Summer Art Camps 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.

All Summer

For Cedar Hill Recreation Center summer programs, visit www.cedarhilltx.com. For Duncanville Recreation Center summer programs, visit www.duncanville.com. For DeSoto Recreation Center summer programs, visit www.ci.desoto.tx.us.

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 Tuesday

Senior Access Tai Chi classes: 8:00-8:45 a.m. at Methodist Charlton Medical Center. \$6 to learn ancient art of combining exercise, stretching and balance. Light refreshments included. (214) 947-4628.

Wii games, chess, Cranium, dominoes and other games available for teenagers: 4:30-6:00 p.m. at the Zula B. Wylie Library meeting room in Cedar Hill. www.zulabwylieilib.org.

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 Friday

Walking program: 9:00-10:00 a.m. at Methodist Charlton Medical Center, Conference Room 6. (214) 947-4628.

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: 8:00 a.m.-12:30 p.m. for ages 2-adult. Also ballet and tap 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 and Third Wednesdays

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

First and Second Fridays

Line dancing in the Methodist Charlton Medical Center auditorium: 11:00 a.m.-noon. Reservations required. (214) 947-4628.

Second Mondays

Diabetes Management Support Group: 6:00-7:30 p.m. at Methodist Charlton Medical Center auditorium. (214) 947-7262.

Second Tuesdays

Dallas Area Writers Group: 7:00 p.m. at CH Library. www.dallaswriters.org.

Second and Fourth Tuesdays

Cedar Hill Lions: noon-1:00 p.m. at Good Shepherd Church, 915 Old Straus Rd. (972) 291-0651.

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

Second Wednesdays

Cedar Hill/Duncanville Early Childhood PTA: 10:00 a.m. at Cedar Hill Hope Lutheran Church, 917 N. Straus Rd.

Duncanville monthly luncheons: 11:30 a.m. at various locations with various speakers. Open to the public; please call (972) 780-4990 to make a reservation.

Second Saturdays Through November

Monthly Classic Car Show benefiting Bridges Safe House in Cedar Hill: 4:00-8:00 p.m. at Sabor A La Mexicana Restaurant and Tortilla Factory in Duncanville, one block south of I-20 at Cockrell Hill and Skyline, directly behind Red Lobster. You do not have to be a member to enter. No age limits on the cars. Trucks and motorcycles welcome. Contact Bobby Kight at (972) 742-9233 or Toni Kight at (972) 742-3377.

Third Thursdays

Duncanville Fun After Five: 5:00-7:00 p.m. at various locations. Please call (972) 780-4990 for details.

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.

July 4

DeSoto's Fantastic 4th of July presentation: 4:00-10:00 p.m. at Grimes Park.

Fourth of July Parade sponsored by the Duncanville Lions Club: 9:00 a.m. The parade will begin at the corner of Wheatland and Main, travel west on Wheatland and then turn south onto Main Street.

Duncanville Stars and Stripes Celebration: 4:00-10:00 p.m. Face painting, water slides, train rides, food, *High School Musical* look-alike contest, music and fireworks after dark!

July 8

The public is welcome to join the Duncanville Chamber of Commerce for their monthly luncheon: 11:30 a.m. at Methodist Charlton Medical Center auditorium. Sponsored by Freedom Chevrolet. Keynote speaker is Bob Ortegale, Dallas Maverick's TV Analyst. Cost is \$20/person or \$200/table of eight. Reservations required, as seating is limited. (972) 780-4990 or Carmen@duncanvillechamber.org.

July 11-12

Trade Days of Waxahachie: 9:00 a.m.-5:00 p.m. at the Ellis County Expo Center, located on the north service road of U.S. Hwy. 287 bypass. Join the two-day event featuring unique arts and crafts, commercial items, produce and more. Contact tradedayswaxahachie@sbcglobal.net or call (972) 617-8156.

July 22

DeSoto Library presents "Magical Mysterious Suitcase Science Show": 1:00 p.m., 211 E. Pleasant Run Rd.

July 23

Heavy Machinery Petting Zoo: 10:00 a.m.-noon at the Zula B. Wylie Library in Cedar Hill. Kids of all ages are invited to meet the people who operate police cars and motorcycles, fire trucks, mowers, bull dozers and other heavy equipment and machines.

August 16

Colonial Hills Baptist Church, 820 E. Wintergreen, Cedar Hill, TX will be celebrating their 25th anniversary. Current and former members and guests are cordially invited to come participate in this memorable occasion and stay for lunch.

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;
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