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Newborns at Methodist
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receive their first book
before ever leaving
the hospital.

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Editor's Note

Hello, my Southwest Friends,

More and more I find my thoughts and heart drawn toward our servicemen and women, those retired and active at home and on the front lines. As we celebrate our nation's birthday and revel once again in our freedom, we must not forget those who have kept us safe and free. Our nation is like no other. Though comprised of many nationalities and ethnicities, political viewpoints and faiths, socioeconomic and lifestyle vagaries, somehow, I believe, we are still the United States of America — a republic, one nation under God, indivisible, with liberty and justice for all. Are we perfect? No. But as we each govern ourselves, forsake our own selfishness and foolishness, forgive those who often unknowingly wrong us, pray for our leaders and love as we desire to be loved — we will continue to live in liberty and leave that same legacy for coming generations.

Trust you will have a blessed and safe holiday! Oh, and happy 30th birthday to my son, Peter!



Beverly

Beverly Shay
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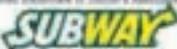
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A VIGILANT *Artist*

— By Beverly Shay

An artist is defined as one who works in or is skilled in any of the fine arts: painting, drawing, sculpting, etc., or a person who does anything very well, with imagination and a feeling for form and effect. Art conveys, via an aesthetically satisfying rendition, something valuable — a thought or emotion, a scene, a message — something that moves the heart and soul of the artist. Traditionally, we think of artists working with paints, pencils, pen and ink, charcoal or clay or stone. Yet we speak of musicians, lyricists, dancers and even some authors as artists. Art just seems to pour out of the soul of some more so than others.

For Jacquelyn Moore, former Cedar Hill art teacher, the motivation behind her art has always been a search for eternal truth. “My pursuit of truth has been the single most humbling experience of my life,” Jacquelyn revealed. “I focused my initial artwork on this experience. I created a project to portray my pursuit of truth. Unfortunately, some of those pieces were stolen.” Her pursuit included searching through myths, many religions and their histories, traveling to many countries to do so. After some time, she found herself returning to her roots of faith in the Father, Son and Holy Spirit of Christianity.

Creating a multimedia work of three pieces, she made a lattice with prayer beads surrounding a circle of three colors — blue, red and yellow — which she saw as the Trinity spinning toward her. “I felt God wanted to reveal Himself to me, and I tried to capture the advent of God’s revelation.” Jacquelyn describes her periods of creativity as vigils — a watch, often kept with prayers.

Much of her artwork is born out of periods of deep concern and prayer. Her thesis project for the departments of Religious Studies and Art at University of Montana is called *Gosben Revisited* and contains eight watercolor paintings. She used only red and green, mixing these colors to create the other colors she needed, forming geometrical squares made up of eight triangles in a particular mathematical sequence. “Some of the pieces have



bands and strips of brilliant color (still made of only red and green) to define abstract circles and triangles, some of which form a Star of David,” Jacquelyn explained. The workings of her mind are as intricate as her designs, thoughts flashing with rapidity, clarity and creativity mimicked in her artwork. As she speaks, explaining her intention and pointing out its fulfillment, the pieces leap to life with a meaning mysteriously held in check until Jacquelyn weaves her tale.

Even though these particular works are rendered in watercolors, they manage to convey texture and depth through tiny, minutely shaded triangles and squares, which in turn shape a three-dimensional theme of astounding precision and vitality — a story come to life. “The final piece has a red background with ‘blue’ circles, like the parting of the Red Sea,



with some ‘red tape’ being broken, one with a triangle and a tear drop painted with rich color that grows lighter as though fading,” Jacquelyn explained.

“Throughout the ages most beautiful architecture was created using the golden mean or the golden ratio — a divine proportion encountered when taking ratios of distance or measurement. It is most commonly recognized in a nautilus, a ram’s horn, DNA and the shape of the Milky Way. I have endeavored to follow this golden mean in my artwork,” Jacquelyn remarked. To do so, she meticulously plotted out her measurements using the mathematical formula, which Leonardo Da Vinci used in creating his *Vitruvian Man*. The formula is $\phi/1=1/\phi-1$, ϕ (phi) equaling 1.618 ... or in a more laymen-like formula: $a + b$ is to a as a is to b . “A more modern example of the golden mean are Palladian windows and architecture created by Venetian Andrea

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Palladio, used by Thomas Jefferson in Monticello and the University of Virginia,” Jacquelyn said.

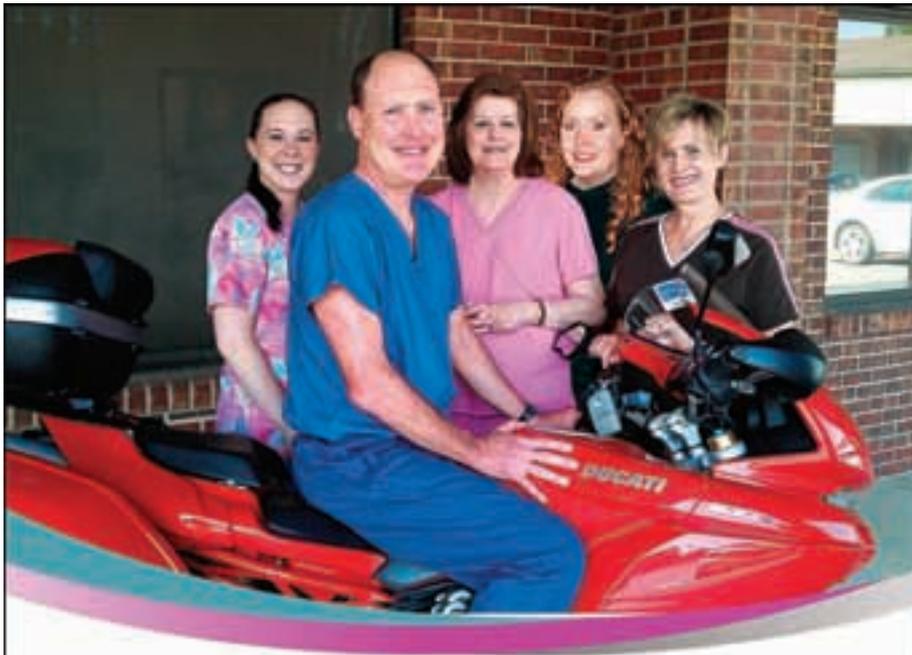
The result of her use of the golden mean is paintings and other art mediums of varied rectangular pieces incorporating the perfect curl of a nautilus. This is especially evident in the quilts she has most recently created. “It’s been very arduous trying to achieve a state of perfect communion. These are panels with two sides of a heart overlapping in the Fibonacci sequence,” explained Jacquelyn. The Fibonacci formula is $F(n) = F(n-1) + F(n-2)$, recognizable to math aficionados.



Over Jacquelyn’s mantel hangs a piece called *Hostage*, begun when two American soldiers were taken hostage in Kuwait on January 26, 1992. “This piece was birthed from my prayer vigil for their safety and release,” Jacquelyn revealed. “Terry Anderson was released on the very day I took the completed work off my art board.” The painting is of her mother’s iron bedstead, seemingly lost in a garden of baby’s breath and lilies. Jacquelyn submitted one of her three pieces about the first Gulf war to the State Fair of Texas, where the painting, bedecked in yellow ribbons, won honorable mention. “As I worked, I prayed against ill treatment and humiliation. I asked that returning vets from the Gulf would not be subjected to the treatment and stigma Vietnam vets suffered,” she remarked.

Jacquelyn’s first foray into the world of art came when her fifth-grade teacher asked Jacquelyn to draw a child sitting under a tree reading. “I used charcoal, and the drawing became the cover of a magazine for teachers. I liked the quiet, right-brain buzz of the contemplative state I found when thinking and drawing.”

The summer before she began college



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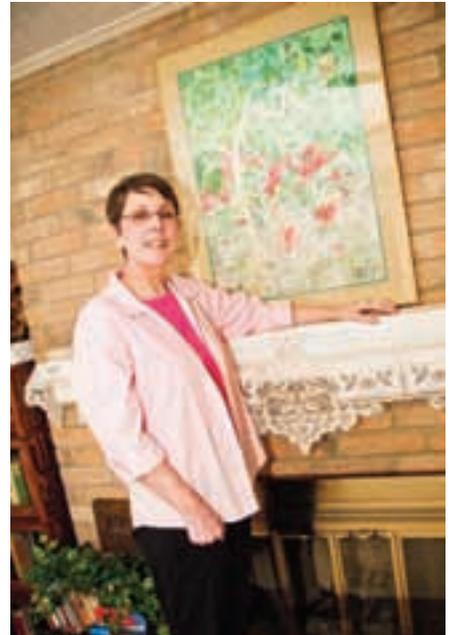
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in the late '60s, Jacquelyn took a course on watercolors in Montana from Robert Atwood of Tennessee. "I learned to create highlights by using mid-tones and shadowing, painting mostly landscapes." Jacquelyn's mind is finely tuned to the aesthetic world of beauty and the spiritual arena, something she believes



begin in the womb. She and her brother, John, are half-identical twins — a very rare thing indeed. "We are called half-identical, because we shared the same placenta. I think John and I are even more closely connected and aware of each other than other twins often are," Jacquelyn remarked.

Her faith is anchored in her understanding of the Word of God and her vivid visceral experiences portrayed in her art/prayer vigils. Not only has she created paintings and quilts, she has drawn a storybook on black paper, using pastels, and designed stained-glass windows, some with the constellations. Inspired by her brother, recently retired from the Montana National Guard, her latest quilt incorporates the digital camouflage colors of his uniform and an actual uniform of a woman, for whom she has prayed, who serves with a medevac unit, soon to be deployed on her second tour with the Montana National Guard. Truly, her unique artwork captures her intensity of proportion, prayer and passion. **NOW**

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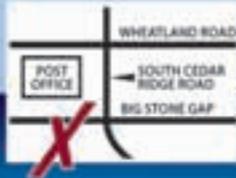
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GET READY, GET SET, GO

— By Beverly Shay

Even though it is the middle of summer and the b-word (boredom) may be in full use, lots of DeSoto locals are gearing up to be certain school starts off successfully. This year, members of the DeSoto Rotary Club, the DeSoto Independent School District (DeSoto ISD) and Dallas County Health and Human Services (DCHHS) will join to present the third DeSoto Rotary Back to

School Fair. “The fair has been a great success the past two years,” stated Beth Trimble, director of communication for the DeSoto ISD.

Beginning in the summer of 2009, some 40 planners had put together a Back to School Fair with the goal of providing 1,000 backpacks of school supplies. They had high hopes of providing the immunizations, without which children cannot start school. Seemingly, they were being thwarted on every side, but with just days before the fair, DCHHS called to offer the needed immunizations. The day before the fair,

Beth received word the immunizations would be free. Thirty vendors joined the fair, where 600 backpacks were given to elementary students and 400 secondary students received theirs. One hundred forty students received shots, and the fair was deemed a success.

“We were very pleased with the results of our first fair but are looking to improve and expand,” Beth stated. “In 2010, we were able to raise \$10,000 in sponsorship — half of that coming from the Rotary Club. So we set new goals and were able to provide 2,000 backpacks — 1,200 to elementary students and 800 for secondary students. And 278 students received 670 free immunizations.”

Any DeSoto ISD child can preregister on August 1 and 2 (2011) to receive a voucher to pick up their backpack on Saturday, August 6. “No vouchers are given the day of the fair. And no backpacks will be given without a voucher! Only the child whose name



is on the voucher can pick up their backpack. We don't give them to their friends, siblings or parents," Beth emphasized. Elementary backpacks contain: one 24-count box of crayons, one school glue and one glue stick, one package of notebook paper, one pair youth scissors, six pencils, four erasers and two pocket folders. Both elementary and secondary backpacks are flat, string backpacks. Secondary backpacks include: one package of notebook paper, two spiral notebooks, three folders, six pencils and four black pens. The group anticipates handing out 2,500 backpacks this August.

"This program is an excellent model for all school districts," commented Zachary Thompson, director of DCHHS. "I participate in a lot of health and school immunization events throughout the county, and I feel this particular one truly represents the community's care for students and their



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We thank the Duncanville Fire Department and are grateful for the tremendous outpouring of support and concern from this wonderful community of friends. Special thanks to our friends at David Clayton & Sons Funeral Home, whose kindness and generosity during this time has uplifted and ministered to us and our families.

*When you pass through the waters, I will be with you;
and when you pass through the rivers, they will not sweep over you.
When you walk through the fire, you will not be burned;
The flames will not set you ablaze. Isaiah 43:2*



DeSoto **NOW**

families. DeSoto's exemplary fair is user-friendly for parents, students and the community." While backpacks are only available to DeSoto ISD students, the immunizations are free to any child residing in Dallas County. The county brings personnel and computers to assist in determining which specific immunization each child is lacking. Once the child is immunized, record of those immunizations is electronically added to his or her school file, as well as the county database.

"This is so crucial, because unless each student's immunizations are current, they will not be allowed to attend school until they are. We don't want any child refused entrance on the first day of school," said Rhonda Dalfonso, nursing coordinator for DeSoto ISD. The fair opens at 8:00

"Our community really rises to the occasion to support our students and their families."

a.m. and will continue through 1:00 p.m., or until the last child in line has received his or her immunization shots.

"One of the popular features of the fair," continued Beth, "are the samples from the breakfast and lunch menus. Last year, we served about 4,000 adults and children fairly substantial portions. When the parents realize we are providing delicious, healthy meals with truly nutritious value, then eligible parents can sign their kids up for free/reduced meal plans." Vendor tables provide information on after-school programs and tutoring opportunities, which are provided through the ISD, churches and private centers. Blue Eagle spirit wear and football tickets are sold by the booster club. Local hair salons hand out a limited number of free haircut vouchers, and there will be a uniform swap room, where one gently used top and one bottom (jumper/skirt/short/pants) per child can be picked up. Big Brothers and



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2010-11 another successful year!

While DeSoto ISD will likely see some ratings change over 2009, the TAKS scores remained comparable with 20 of 27 district areas at or above 80% passing, including five areas over 90% passing. DeSoto ISD, like many other districts, expects to take a ratings hit as the state discontinues the controversial Texas Projection Measure (TPM). We predict most elementary schools will retain the Recognized rating, secondary schools Acceptable and the district Acceptable. Official results will come in late July. Next year students will start taking end-of-year tests called the State of Texas Assessments of Academic Readiness, or STAAR.

2010-11 Notables

- DHS seniors earned \$4M in college scholarships; 35 student-athletes signed to play in college
- Brianne Rodgers named a National Achievement Finalist recipient
- 2 Advanced Placement Scholars
- DHS A Cappella Choir earns UIL Sweepstakes Rating
- The Meadows Elementary earns National Honor Student Council of Excellence Award
- East Middle JCC earns National Color Guard Award
- Girls Track - 5A State Champions - 1st in long jump and 4x400 relay; June Villers named Texas Track Coach of the Year
- Kenneth Minkah and Girls 4x400 Relay Team named *USA Today* Top National Performers
- 3 Basketball, 1 Baseball players earned All-State
- Football to Quarterfinals - 4 All-State Team, 4 Academic All-State
- Boys Basketball Coach Chris Dyer earns 500th career win

DeSoto ISD

Back to School
FAIR!

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Thursday, July 14, 6:30 p.m. - Welcome Home event for charter / private families
Saturday, August 6, 8 a.m. to 2 p.m. - Back to School Fair, Freshman Campus
Thursday, August 11, 3:30 p.m. - Dr. Augustine Welcome, Town Center
Monday, August 22 - First Day of School for 2011-12 School Year

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DeSoto **NOW**

Big Sisters will be on hand to greet the students and help out in any way they can. "Our community really rises to the occasion to support our students and their families.

"The fair is manned by 100-130 volunteers, 10-12 DeSoto ISD nurses and 15-20 DCHHS staff," Beth remarked.

"Each year, we figure out how to process the immunizations, backpack lines and clothing and food distribution more smoothly. Everyone seems to enjoy themselves, and we have never had any complaints about waiting in line. Even though the shots are mandatory and the backpacks necessary, our main goal is to get the kids and families excited about returning to school."

"The Rotary has been involved in numerous projects with the DeSoto ISD over the years, such as WINGS (Where I Now Gain Success Dropout Recovery Program), sending students to leadership and business camps, the McMillan scholarships for JROTC students and awarding bicycles for perfect attendance. We are also a part of BUSS, which provides belts, underwear, socks and shoes as needed," remarked Sandy Repress, city councilman and Rotary president. "Due to an increase in funds, we were looking for a 'signature cause.' The Back to School Fair was a perfect fit. It goes right along with our philosophy. And business people in the community are willing to support our schools, especially in this time of education budget cuts," Sandy confirmed.

"When you see the children's faces light up as they open their backpacks and find new school supplies, all the work is worth it," Beth added. "By getting their immunizations current, they won't be singled out or set back by missing the first days of school either."

Of course, if you can't make it by the fair, your child will still need to have their shots current. Dallas County Health offices are located at 2377 N. Stemmons. Call (214) 819-2163 for information on requirements, hours and cost. **NOW**

Editor's Note: Anyone wishing to be a sponsor or volunteer at the fair can contact Beth Trimble at (972) 223-6666.

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LITERACY *Ladies*

— By Angel Morris

It's no secret that children who are read to are more likely to become good readers themselves. Having taken that theory to heart, Kappa Upsilon (the local chapter of teacher organization, Delta Kappa Gamma) has committed to providing first readers to every newborn at Methodist Charlton Medical Center this year. "My vision was for Kappa Upsilon to educate as many new parents in our community as possible about the enormous impact early reading has on a child's education. I looked for a book manufacturer or distributor to provide books to every newborn at Charlton, from here to eternity!" Kappa Upsilon (KU) president, Dianne McFerren, said. "I



have not given up on that idea, but having not found one, I settled for providing books for every newborn for one year."

Charlton's Web site indicated it had 1,200 newborns last year, so Dianne rounded that number up to 1,400 and went to work. "Early literacy bags are certainly not an original idea; in the past, members made 100 or 200 bags," Dianne noted. But her Read to Me bag vision required more planning, time and commitment from the group. "Kappa Upsilon's executive board approved the plan, and our membership enthusiastically voted in favor of the project. Early literacy is an easy sell to teachers," Dianne

Duncanville **NOW**

said, especially since this particular project fulfilled one of Delta Kappa Gamma's seven purposes: To stimulate and encourage member participation in appropriate programs of action.

Delta Kappa Gamma Society International was founded by 12 women teachers and professors at The University of Texas at Austin in 1929. Today, the



society can be found in 17 countries, has four recognized representatives to the United Nations and more than 100,000 members. Of its 2,703 chapters, 79 are in Texas, including one in Duncanville. "For many years, I only attended the required meetings because my job required hours of rehearsal before and after school, and I was a single parent of one extremely vivacious teenage girl and the sole caregiver of my invalid mother," Dianne recalled. "After retiring, I recommitted to the group."

Today she is a full-time grandmother, mother, mother-in-law and churchgoer. Dianne's involvement with Delta Kappa Gamma began while teaching at Byrd Middle School in the '80s. After 30 years of educating students in speech, drama and English, she readily recognizes the role of early literacy in the classroom. "Early literacy is perhaps the most important and appropriate program for furthering excellence in education because parents are the child's first teachers. Parents determine the quality and character of a child's receptive attitudes and abilities toward learning long before the child walks into the kindergarten classroom," Dianne explained.

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A nonprofit service group, KU's biggest Read to Me challenge was funding. "I sought out the then-current president of the Duncanville Rotary Club, the Rev. Jim Bowden (of Duncanville's First United Methodist Church), and presented our plan. Since early literacy is one of the rotary club's projects and Dr. Bowden personally knew many of our members, he willingly presented the idea to the devoted business men and women of the local rotary," Dianne recalled, and the rotary donated \$1,500. "This project would not have happened without them," Dianne added.

But funding was only step one. Step two: Ordering \$1,400 worth of books from Dollar Tree. Step three: Securing 170 yards of fabric for book bags. "Pursley Discount Fashions offered the fabric at a very affordable price, donated 70 yards of cord for the strings and delivered the two large bolts of material for us," Dianne said.

During the 2009-10 school year, KU accomplished the above goals, and members moved forward with a plan. Member and Duncanville High School special education teacher, Karen Cothran, volunteered her equipment and students to cut fabric and embroider bags. Member Sandra Burks funded the printing of a brochure of statistics of the importance of reading. KU secretary and chairman of the special projects committee, Lori Sutherland, die-cut 500 angel tags and was joined by members who individually cut, laminated and tied bows on the tags to accompany each bag. "I was in attendance at the meeting when Dianne first proposed this project, and all the members were enthusiastic and willing to contribute," Lori said.

This school year, progress on the project continued, with member Beverly Warren volunteering Cedar Hill's First Baptist Church sewing room for use on Saturdays, where members donated many hours to sew bags, insert drawstrings, attach angels and iron each bag. "When we were presented the challenge of 1,400 bags, I wondered how we could get that many done. I offered to check into using the Bray House at my church, since we would need to have many people working

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Duncanville ISD Principal Receives National Title



From the principal of Daniel Intermediate to a nationally-recognized leader among her peers, Dawn Smith received a new title on May 9: 2011 Texas Middle-Level National Distinguished Principal of the Year. It's an honor awarded by the Texas Elementary Principals and Supervisors Association (TEPSA). A distinction earned for innovative leadership. "She is one of the finest school principals I have ever had the privilege to work with," said Duncanville ISD Superintendent Dr. Alfred Ray in his nomination letter.

Dawn's educational career began 23 years ago, and she has spent the past 11 at Duncanville ISD. She joined the district in 2000 as principal at Brandenburg Intermediate. Two years ago Dawn took over Daniel Intermediate, transforming the school into a model 21st Century Learning institution. Dawn Smith also served as a mentor to other award-winning school leaders as a select member of the Texas Principal's Visioning Institute. Read more about this National Principal of the Year online at duncanvilleisd.org.

District Names Elementary and Secondary Teachers of the Year

Duncanville ISD crowned the 2011 elementary and secondary district teachers of the year last month at the annual employee appreciation and recognition event. These epic educators are known for their ability to grow students through innovative initiatives and teaching strategies.



Taryn Goulding

Elementary Teacher of the Year – Taryn Goulding, Brandenburg Intermediate

Science teacher Taryn Goulding joined the Brandenburg staff in 2006. She earned her bachelor's degree from the University of Texas at Arlington in 2000.

Secondary Teacher of the Year – Angela Banks, Duncanville High School

Freshman English teacher Angela Banks joined the DHS staff in 2005, and previously worked at the Ninth Grade School for four years. She earned her bachelor's degree from the University of Arkansas in 1993, and her master's from Dallas Baptist University in 2007.



Angela Banks

Teacher Named the 2011 iteachTEXAS Elementary Teacher of the Year



Cristi Uland

Cristi Uland teaches fourth grade at Bilhartz Elementary, and says she can't see herself doing anything else. Cristi recently earned her teaching certificate from the iteachTEXAS organization, a private alternative certification program based on distance learning. In her dream job with a new degree, Cristi's hard work and dedication did not go unnoticed. She has been named the 2011 iteachTEXAS Elementary Teacher of the Year. Chosen from a group of 1,200 teachers, Cristi is a shining example of a Duncanville ISD quality classroom teacher.

Engineering Academy Students Earn Over \$200,000 in Scholarships



For the past five years, a Signing and Scholarship Ceremony has recognized Duncanville High School Engineering Academy students who have been awarded academic scholarships and signed letters of intent with various colleges and universities. This year 27 graduating seniors in the Engineering Academy were honored, representing 13 colleges and over \$200,000 in scholarship money. Geovanni Meridez (pictured right) and Nathaniel Ramrattan (pictured left) received the two largest scholarships, totaling more than \$100,000. This year's scholarship awards bring the total amount awarded to DHS engineering graduates over the past five years to \$1.36 million.

Commencement Ceremony Celebrates Excellence

Over 700 students received their diplomas on June 2 during the Duncanville High School graduation ceremony. Students heard a keynote message from the 2011 Distinguished Alumna and Duncanville area dentist Dr. Natalie Nickerson (1988). Salutatorian Burhanuddin Ezzi and Valedictorian Trenell Mosley also addressed their peers. Approximately \$1.8 million was awarded in scholarships to 2011 graduates. Meet the DHS Top 10 Graduates and watch the graduation highlight video online.



Valedictorian Trenell Mosley (pictured right) will attend the University of Texas at Austin in the fall and study Biology. Salutatorian Burhanuddin Ezzi (pictured left) will study Biochemistry at the University of Texas at Dallas.



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on them together,” Beverly explained. The Bray House was built as a multiuse facility in 2004, to provide a place for a sewing ministry called the M&M’s ministry. “They sew, knit and crochet items for donations to children’s hospitals and other services. Since it has sewing machines and a large area with enough room for many to work, I knew it would help Kappa Upsilon get our project finished. I’m so thankful they were



willing to share their room.” The Justin Moving Company donated boxes for bag storage upon their completion.

Lastly, member Kristi Beaty, director of the Duncanville High Hats, volunteered her drill team to stuff bags with the books and brochure. “It was so nice to see the pride the special education students and the drill team took in participating in this with us,” Lori said.

Despite challenges in pulling the project together, all involved agree its simple mission was worth the effort. “Reading and talking with a child develops their language skills, which helps them make the connections needed to recognize the word in print and their own written language,” Beverly said. “It is so important for a child’s success in school to have a strong language base. Children have a much easier time learning to read when they have been exposed to many words before they come to school.”

Donated to Charlton on May 9, Read to Me bags will kick-start that exposure for more than 1,000 local babies in the coming year. “Almost every one of our 59 Kappa Upsilon members participated in the completion of this project. They share a potent love for education and the betterment of community,” Dianne said. “Our members are professionals with demanding jobs who have sacrificed personal, family time because they believe in the significance and impact of early education for infants and toddlers.” **NOW**



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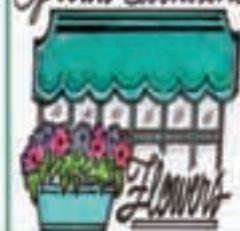
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A Creative Oasis

— By Sydni Thomas

Amidst strip malls and busy streets sits a home unnoticed by those who pass by. The earth sprouting up around the house creates a living wall that hides it from the world and gives it refuge from the busy city. The effusion of nature also provides daily inspiration to the two artists who call it home.

Tim and Anne Perry, Texas transplants, had never heard of Duncanville, nor did they have the desire to move there once friends told them about it. Reluctantly, they came down from Dallas, where they had been living and working, to look at a home the friends thought they would like. “When we walked in, we knew this was our home,” Anne admitted.

The Perrys were used to living in busy cities. When they met, Tim was living in California but had come to Chicago to work on a media project for the Baha’i



At Home With **Tim and Anne Perry**



Temple, where he met Anne, who was also working at the temple's media services. When Anne had the opportunity to attend The University of Texas at Dallas (UTD), Tim made up his mind to follow her there. "He gave up the ocean and all the great things of California to be with me," Anne said.

Tim and Anne packed up and moved to Dallas, and Anne earned her doctorate in aesthetic studies from UTD's humanities department. After graduating, she taught at The University of Texas at Arlington and then left there to teach creative writing and humanities at the Art Institute of Dallas.

Besides taking down the retro cloth plastered to the walls, not many changes had to be made before the Perrys moved in. The previous homeowner had been a



jewelry artist, and the house was laid out with plenty of studio space for Tim and Anne. Tim, a producer at Time Warner, set up a production studio in the house where he could work from home when needed, while Anne used the garage-converted-to-studio to dabble in jewelry-making and other arts.

Tim has worked on various professional projects and hopes to work on a feature film in the future. He also paints. "Tim is largely self-taught but has designed things for a long time," Anne said. "He's a visual thinker and is good at spatial awareness and design." Both Tim and Anne have made appearances on the popular PBS children's show *Wishbone* and choreographed a dance in *The Legend*

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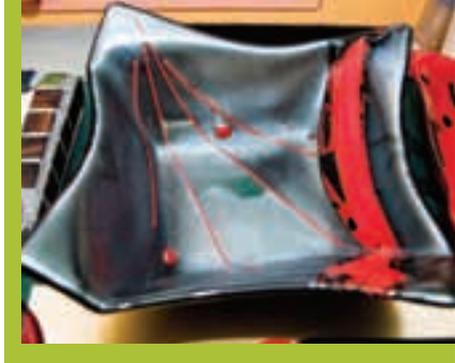
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of *Sleepy Hollow*. Tim also played the role of a warrior in *Henry IV*.

When Anne isn't working, she can usually be found in her studio creating new pieces or writing poetry and fiction. Anne continually learns new art mediums by taking classes. Recently, she took a local course on glass fusion and has been experimenting with colors and shapes. She has been working on a continuous project creating abstract human faces through art fusion to show the diversity and beauty every human face holds. "I have two excellent teachers — Nan Phillips, at the Visual Expressions in Cedar Hill, for glass fusion, and Deidre Hardin, at Park in the Woods Recreation Center, for jewelry," Anne said. "Both classes involve a community of creative women who learn from each other."

Pieces of her art are displayed in every room of the house. In the living room, natural light shines through glass pieces in the window, an abstract wall sconce lights the room and a four-panel lamp hangs from the track lighting system. Down the hall in the couple's bedroom, pieces of clay jewelry Anne made bring color to the room. Anne makes and



offers these jewelry pieces through her business, Anne-Made Creations. She routinely displays her latest pieces through her blog and tells the story behind each creation. "I always need to have a creative outlet," Anne said. "Mostly, it's been writing — fiction, poetry, essays, children's stories and so forth. I like to write stories about characters who have artistic or spiritual challenges."

The master bathroom even reveals the couple's artistic side. After a terrible case of termites, the bathroom had to be gutted and built from the ground up. Anne had previously worked with tiles in pieces of her art and decided to take on the challenge of tiling the shower. Piece-by-piece she created an intricate pattern out of slate tiles that took a lot longer than anticipated. "My brother helped us



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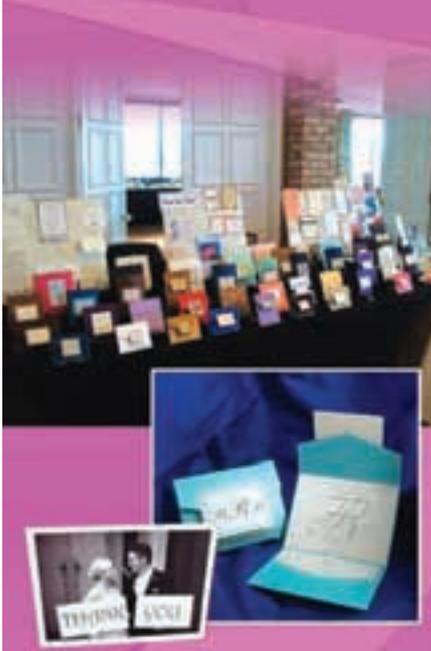
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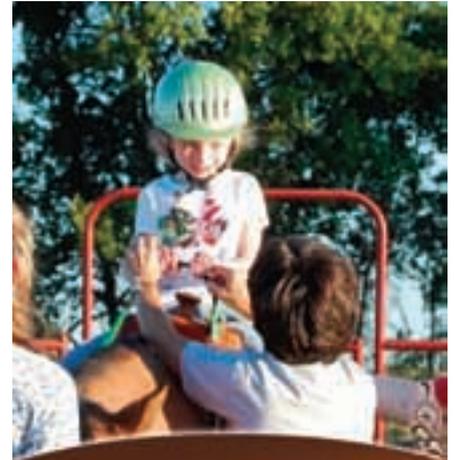
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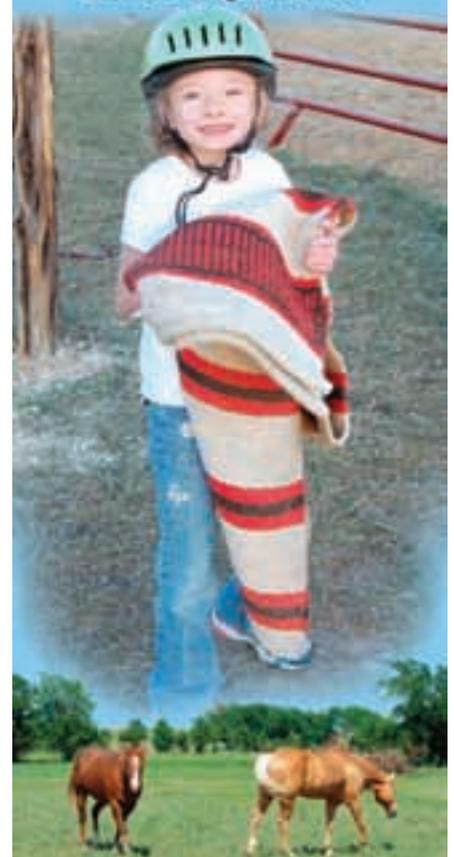
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design the shower,” Anne said. “It took me months to finish the tile work because I chose slate tile, and all of the thin set and grout stuck to the tile, and we had to use an electric sander to help remove it. I am proud of how it turned out, but I will never do a slate tile job again!”

In the living room and kitchen area, memories of Anne’s grandmother are prominent. Her depression era glass is always on display in the living room, and in the kitchen, her published cookbook, *Feasts of Eden*, serves as inspiration as

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Anne cooks. Ruby Thomas, Anne’s grandmother, lived on Eden Isle, a man-made island in Arkansas, where every home was built from natural products and was required to have a wood-burning stove. The Red Apple Inn on the island used many of Ruby’s recipes, because her specialty was holiday fare. Recipes for her gracious Southern cooking were in high demand, and that led to the publishing of her cookbook. Anne wrote the

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forward, her mother helped Ruby write the recipes and Anne's brother styled and photographed the food. Published in the early 1990s, *Feasts of Eden* is now out of print. "She was encouraged to publish the cookbook because everyone wanted the recipes," Anne said. "She had a flair when it came to flavors — spices, sauces, aesthetic touches — that elevated home cooking."

Anne enjoys recipes like the cheese grits from her grandmother's cookbook, but their methods of cooking are

opposite. Unlike her grandmother, Anne cooks by improvisation and rarely uses a recipe. She uses a lot of home-grown herbs from her garden, like peppermint, in her dishes and elixirs. In the warmer months, she puts a spin on iced tea by combining it with peppermint, sparkling water, lime juice and frozen fruit.

Friends and fellow artists visit the Perry house regularly for a meal home-cooked by Anne and to sit out on the back deck

with the couple and enjoy their private, city wilderness. Once skeptics of the southwest portion of the metroplex, the couple now calls it home. "Being outside is my favorite thing about this place," Tim said. "I enjoy spending as much time outdoors as possible."

"We love our home," Anne said. "It's an oasis for us, though we both have long commutes to work. Our backyard is like a sanctuary." **NOW**



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“To provide restoration of hope for those who have, for whatever reason, gotten behind financially is not only working, it’s hugely satisfying.”



From left to right: Shelia Hood, Becky Hennesy and Bruce Binkley

Eradicating POVERTY

— By Beverly Shay

With the devastation tornados have wreaked recently, it is hard to imagine anything more debilitating. Our nation has been blessed, and even in the midst of economic ups and downs, most people have stayed afloat. Yet, many have lost jobs during cutbacks or experienced crippling debt from hospital bills or even poor decisions. Losing financial solvency can feel nearly as overwhelming as losing a house, because it carries the same

potential risk of devastation. “To provide restoration of hope for those who have, for whatever reason, gotten behind financially is not only working, it’s hugely satisfying,” remarked Shelia Hood, who oversees the logistics of an innovative program called Eradicate Poverty.

Trinity Church of Cedar Hill has put into action a plan and program to teach people how to overcome poverty and debt. The vision and desire, now a reality, really began long ago in the

heart of Becky Hennesy. “My father was a minister, and from the time I was 7 years old, he worked for Teen Challenge. Naturally, I developed a heart for those whose lives were desperate,” Becky explained. “I grew up in Cleveland. From eighth through 12th grade, I traveled by bus to the projects, wanting to reach out to the poor of the inner-city. That type of work is really my passion, along with missions and orphanages.”

When Becky and Jim married 33 years ago, she was swept into the world of being a pastor’s wife. She assisted in her husband’s ministry, which focused on the people of the church. “Jim’s passion is the local church, so I changed my focus to blend with his,” Becky said. She

found plenty to do, because people of all socio-economic backgrounds have needs. But over the years, Becky found herself wondering if she was neglecting a part of the passion God had put in her own heart.

In November 2009, Becky found herself traveling with Cindy Jacobs, an international speaker. Earlier, Becky had watched the *Transformation*



Bruce Binkley and car recipient Illona Smith.

videos produced by George Otis, which recorded the reaction in certain cities when prayer for change became citywide. Prisons closed, Sunday schools were established to eliminate illiteracy, even the crops flourished as people forsook habits of alcohol and laziness. Becky told Cindy she wanted to see that level of transformation happen locally. So, Cindy Jacob's comment, "I have never seen a local church eradicate poverty in their own church, let alone in their community," resonated in Becky. She found herself thinking, *I want to do that!*

Cindy remarked that Becky would be a missionary for social justice, care for orphans, widows and the needy, and that their church would be a place of adoption. As Becky considered how this could happen, she realized it would take money to meet the needs of others, and she couldn't expect people from

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the congregation, who had serious needs of their own, to reach out until their own needs were met. Encouraged by a book she received from a pastor's wife in Virginia, Becky shared her thoughts and growing plan with her husband and the church elders. She wanted to see their church free from personal debt so they could bring in orphans and widows and, eventually, share with the community classes on money management and other topics that would enable them to become more successful in their jobs and lives. "Jim leapt at the idea," Becky grinned.

By January 2010, the church had a goal: to see as many in the congregation as possible become debt-free of all but their mortgages. Classes were led by the church elders and business-savvy men in



Classroom teacher, Ben Williams, helps church members learn how to become debt-free.

the church. People recorded their income, monthly expenses and debts. Videos by financial guru, Dave Ramsey, who teaches people to get and stay debt-free, were shown. The people began to work the principles into their plans and goals. Shelia, who also teaches development of healthy relationships and boundaries, made this observation: "Some people in the classes had lived well and wisely on their income, but as the economy plunged, they were laid off — some for extended periods. They could barely get by and were no longer able to pay off credit cards monthly, thus accruing rising debt. Even when they did find work again, they couldn't catch up. Others had lived way outside their means. Some had never learned to manage money or budget. Others had made some really foolish decisions. All were overwhelmed and hopeless. Our goal is to provide hope — a process to end the vicious cycle."

Is it working? "I believe it is," Shelia



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remarked, "because the people keep coming to the classes and working the program. They find it practical and doable. Furthermore, as the congregation began to take ownership of the idea as a group, without anyone asking them to, people began coming forward in the middle of the Sunday morning services, after the offering and laying money at the altar — ones, tens, twenties, coins." Sunday after Sunday without fail, people bring money, which is used to help out those already working at getting out of debt.

"Some had cars beyond repair and no transportation to work or to look for a job, so we bought used cars for them," Becky explained. "We've given eight cars and helped to pay off a credit card, pay down a medical bill or pay for certification tests. All together, the congregation has given over \$250,000, mostly in ones, tens and twenties, along with a few larger gifts. And they are so happy and excited about it!" Becky exclaimed.

Bruce Binkley, an elder and business owner who mentors couples in becoming debt-free, said, "We aren't simply paying off people's debts for them. We look at where they are and offer them a plan. When we see them working at changing their lifestyle, we will help to pay off a high-interest credit card in order to free up additional income to pay off other debts and get them living according to budget. They agree to not incur any additional debt for a set time period. The results are encouraging the whole church."

Partially in line with the program, the whole church was encouraged to "fast" from coffee, refreshments and eating out during Lent, and to contribute the money they would have spent to the self-generated Eradicate Poverty fund. The people gladly did so. The whole atmosphere of the church has changed. More people than before are becoming foster parents and reaching out to those in the community who are less fortunate or troubled in some manner. The church has played a crucial part in the purchase and development of Hope Mansion, a home for unwed mothers. "We wanted the congregation to become aware of the poor and needy. I think we broke the influence of greed and immediate self-gratification, both individually and corporately. People are eager to get debt-free and give," Becky concluded. **NOW**

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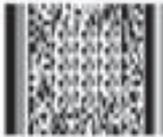
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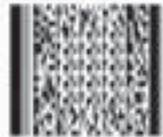
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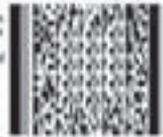
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Whether shopping for accessories, jeans, casual or dress clothing, Wesley Redwine is ready to introduce you to his East/West Coast line of confidence - boosting clothing.

Get Some *Swagger* in Your Step

Ready for a new look? Red's Swagger has an ever-changing collection of East Coast/West Coast fashions in which you can indulge!

— By Beverly Shay

Red's Swagger carries a unique line of clothing highlighting East Coast/West Coast styles but also includes designer clothing from the U. K. and Australia, as well as handmade clothing, shoes and jewelry. The clothing is trendy and moderately expensive, but many items are marked 50-75 percent off to keep the inventory fresh. "The quality of clothing we carry guarantees you get what you pay for," remarked owner/manager Wesley Redwine. "My goal is to personally assist each customer in finding clothing to boost their confidence and embrace and enhance their individual style. To accomplish that, we buy for our customers and carry sizes in fabrics to suit any body shape. Our women's sizes run from zero to 20 (XS-2X), and our men's

sizes are from 29-46, in pants, with tops and shirts from small to 8X. We outfit several of the Dallas Cowboy linebackers!"

Through interaction with customers, Wesley has learned to relate with men and women of all ages, ethnicity and taste in clothing. He is particularly pleased to offer a wide selection of trendy designer jeans in all of the most-loved brands made by some of the most innovative and creative fashion designers in the industry. "We carry so many different styles and sizes just so men and women can walk out of here comfortable with their own style and with their swagger in place," Wesley explained. Brands include MEK, True Religion, Joe's Jeans, French Connection, Hause of Howe and 7 Diamonds. They

Business **NOW**

carry skinny jeans, dress jeans and boot-cut. They also carry clothing designed by Cookie, Magic Johnson's wife, PZI, LRG, Robert Graham, Artful Dodger and local celebrities. You can also shop online.

Wesley buys to suit the community, which explains the difference in inventory between their two stores. The Arlington store is twice the size with its own unique style. "I shop for seasonal clothing, new styles fresh from each coast with a quality, style and price to meet nearly everyone's budget. Clothing can be altered to the exact length they like, off-site," Wesley remarked. Red's Swagger is committed to Go Green. "Much of our clothing is organic, and our jewelry is made from recycled material.



"The red in Red's Swagger comes from my last name, Redwine. And I chose swagger because of its definition — *swag'er: to walk with a bold arrogant or lordly stride; to strut*. Not a negative arrogance, but confidence. My goal is to help others be confident in who they are by offering them clothing and accessories that make them feel good about themselves," Wesley stated. Accessories include belts, purses, shoes, sunglasses, hats and some really unique watches: Storm, IDIGI and Nooka, as well as jewelry from Australia.

Wesley was born and reared in Oak Cliff and graduated from Bishop Dunne Catholic School. He credits his success as a young entrepreneur (he's only 22 and has been at this for three years) to his parents. His mom is an attorney and his father is a music executive who has done retail work. "In a sense, this is my father's dream — a way to provide fashionable, quality clothing locally for all types of people, including friends of his in the art and music industry," Wesley said. "I have found my niche here and love what I do. I am very grateful for this opportunity." **NOW**

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April and Haley Walker enjoy some splash time with Clark and Seth Roberts.



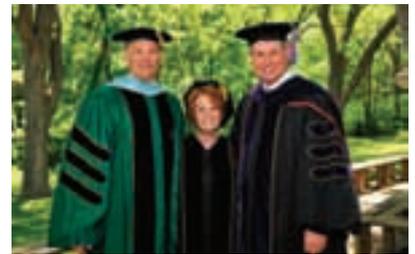
Ietierre Hamilton serves up something sweet at Candy World.



Tricia Bless works from the patio at Barnes & Noble.



Alfred Kite (318) was recently named the National Association of Intercollegiate Athletics' Men's Outdoor Track Athlete of the Week.



Dr. Kevin Fegan, provost of Northwood's Texas campus; Dr. Marti Carlin, Northwood's 2011 honorary doctorate recipient and commencement speaker; and Keith Pretty, Northwood's president, pose after commencement.

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5pm to 8pm
386 E. Beltline Rd.
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The Chamber welcomes Bill Nash of BeDazzled Cards with a ribbon-cutting ceremony.



DISD Mentor Liaisons and Volunteer Coordinators are thanked for their efforts to recruit and manage volunteers.



Felicia and Freddie Streeter of Streeter Construction Group, are welcomed to the Chamber by Cammy Jackson.



DISD Peer Assistant Leadership (PAL) Teen Mentors of the Year are Zariah Payne, Marcus Hutchins and Krysten Williams.



Woodridge second-grader, Xavier Augustus, makes the most of his ride to school aboard a DFD fire truck.



Local unit members of the Texas Retired Teachers Association meet for a luncheon in DeSoto.

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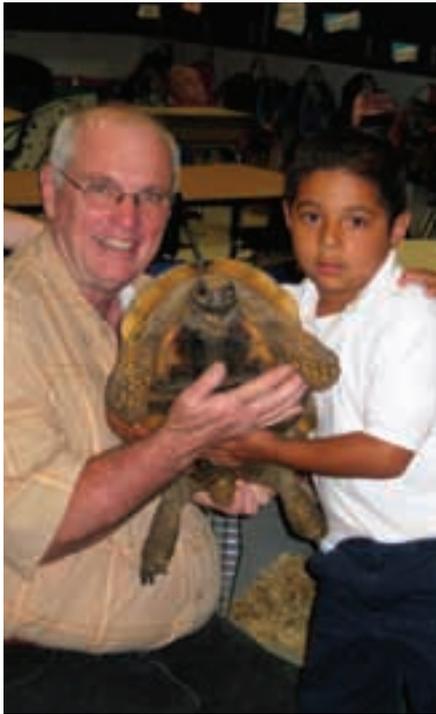
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Alexander Elementary students in Ms. Northcutt's kindergarten class enjoy a visit from Creepy Critters as a culminating activity in their study of insects and animals.



The "Japan Heroes" at Duncanville's Fairmeadows Elementary held a fundraiser and collected enough money to donate two shelter boxes to disaster victims in Japan.



Brandenburg Intermediate students research colleges and "recruit" their classmates with their findings during the school's Career and College Week.



Duncanville High School students took top honors in the 3-D Visualization and Animation category at the State Skills USA competition.



David Trombley is one of 27 DHS engineering students recognized at a scholarship and signing ceremony for being accepted into a four-year college and receiving an academic scholarship.

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Monday, August 15, 2011

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Ask about family specials. Limited time only! Offer expires 7/31/11. Some restrictions may apply. Sign up for details.

Summer Safety Tips

Summer is here, at last! Time to rest, to share with friends and family and to have fun. Picnics, parties, summer outdoor outings, pools, beaches — but summer is also a time to improve our health and instill good habits in our children.

Protect your skin from the sun

Who does not know it by now? The best way to prevent all forms of skin cancer is to protect yourself from the sun. We get up to 50 percent of our lifetime sun damage before we are 18. But it is never too late to protect ourselves. And sunscreen is only part of the picture.

Here are some skin safety tips from the National Cancer Institute:

- Avoid outdoor activities during the middle of the day. The sun's rays are strongest between 10:00 a.m. and 4:00 p.m. When you must be outdoors, seek the shade when you can and wear protective clothing.
- Protect yourself from the sun's rays reflected by sand, water, snow, ice and pavement. The sun's rays can go through light

clothing, windshields, windows and clouds.

- Wear long sleeves and long pants. Tightly woven fabrics are best.
- Wear a hat with a wide brim all around that shades your face, neck and ears. Keep in mind that baseball hats and some types of sun visors protect only parts of your skin.
- Wear sun glasses that absorb UV radiation to protect the skin around your eyes.
- Use sunscreen lotions with a sun protection factor (SPF) of at least 15. Apply the product's recommended amount to uncovered skin 30 minutes before going outside and apply again every two hours or after sweating or swimming.

Sunscreen lotions may help prevent certain skin cancers, when used properly. Keep in mind that most people use too little sunscreen. A typical bottle should last only for four or five applications. Also use a broad spectrum sunscreen with protection against both UVB and UVA radiation. But you still need to avoid the sun during the middle of the day and use clothing to protect your skin. **NOW**

*Maria I. Juarez, M.D. • The Cancer Institute
www.cancerinstituteofdallas.com*



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Work Toward Your Own Financial Independence Day

On July 4, we shoot fireworks, attend picnics, watch parades and otherwise celebrate our nation's independence and the many freedoms we enjoy. But as you go through life, you'll find out how important it is to work toward another type of freedom — financial freedom. That's why you need to put strategies in place to help you work toward your own Financial Independence Day.

And there's no way to "sugar-coat" this task, because it will be challenging. In recent years, a combination of factors — including depressed housing prices, rising health care costs, frozen or eliminated pension plans and the financial market plunge of 2008 and early 2009 — has made it more difficult for many of us to accumulate the resources we'll need to enjoy the retirement lifestyle we've envisioned. In fact, the average American family faces a 37 percent shortfall in the income they will need in retirement, according to a recent report by consulting firm McKinsey & Company.

But now that we've gotten the "bad" stuff out of the way, let's turn to the good news: You can do a great deal to work toward financial freedom during your retirement years. Here are some suggestions that can help:

- **Save and invest more.** Obviously, the younger you are, the greater the benefit you'll get by increasing your savings and investments. But whatever your age, you'll find that it pays to save and invest more. During difficult economic times, of course, it's not always easy to boost your savings and investments, but try to find ways that are as "automatic" as possible. For example, whenever you get a raise, increase your 401(k) contributions, which come directly from your paycheck. And whenever you get a "windfall," such as a tax refund, try

to use part of it for your IRA or another investment account.

- **Rebalance your portfolio.** It's always a good idea to periodically rebalance your investments to make sure they are still aligned with your goals and risk tolerance. But it's especially important to rebalance as you get older and you near retirement. At this stage, you'll want to decrease the volatility in your portfolio and lock in what gains you've achieved, so you may want to move some (but certainly not all) of your more aggressive investments into less volatile ones.

- **Cut down on debts.** It's easier said than done, but anything you can do to reduce your debt load will free up money to invest for your retirement. Work diligently to pay off whatever debts you can and examine your lifestyle to find areas in which you can reduce spending.

- **Consider working part-time during retirement.** Many Americans are now living longer and enjoying happy, healthy retirements. In fact, the concept of "retirement" has changed so that it now includes any number of activities — including part-time work in a completely different area from one's previous career. If you are willing to do even a little part-time work during your retirement years, you can greatly reduce the financial pressures you may face during this time of your life.

The 4th of July comes and goes quickly. So put strategies in place now to help you work toward your own Financial Independence Day. **NOW**

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Calendar

JULY 2011

July – August 12

Duncanville Parks and Recreation Shining Stars Day Camp: 7:30 a.m.-6:00 p.m.: ages 6-12. \$85/week: field trip, T-shirt, daily lunch and snack; \$75/additional child. (972) 780-5070.

July 1-31

“Adopt-A-Park” program: National Parks and Recreation Month.cedarhilltx.com or (972) 291-5130.

Register now: CH Adult Softball/Co-ed Kickball Fall Leagues. Softball: \$250. Co-ed Kickball: \$350. Games: Virginia Weaver Softball Complex. (972) 291-5130.

July 4

Red, White & Pool fun: 1:00-5:45 p.m., Crawford Park Pool. \$2/person: family-friendly competitions, games and water slide.

Duncanville’s Stars and Stripes Festival: 4:00-8:00 p.m.: food/inflatable water slides, Armstrong Park; Time Machine: 7:00 p.m., Poe-Hobden Amphitheater; fireworks at dusk.

July 5

CH library Adults 55+ Reading Club Social: 6:30 p.m.

July 5-8, 11-14

Coach Benjamin Basketball Camps: 1:00-5:00

p.m., CH Recreation Center: ages 6-17. \$100/camper; \$90/returning camper. (972) 293-5288.

July 5-28

CH Crawford Park Pool Aqua Zumba, Tuesdays/Thursdays: 8:00-9:00 p.m. \$25/month. Please call (972) 291-5318.

July 5-29

Session II: N.I.A. Kids ‘n’ Teens Summer Theatre Camp: ages 6-18: Monday-Friday, 8:30 a.m.-4:30 p.m. Register: www.niakids.org or 901 N. Polk, Suite 380, DeSoto. (972) 228-8381.

July 14

CH library children/teen talent show: 2:00 p.m. Register by July 11.

July 15

CH Senior Health Fair: 10:00 a.m.-2:00 p.m., 1740 Mansfield Rd. (972) 291-5353.

Duncanville Senior Center Dance with Sundown: 7:00-9:30 p.m. \$5/over 50 only. (972) 298-0667.

July 18-22, 25-29

Duncanville Parks and Recreation Fieldhouse Basketball Camp (boys/girls, 14 and under): 8:00 a.m.-5:00 p.m. \$85. All Sports Camp: 8:00 a.m.-5:00 p.m.: activities, games, sports and movies. \$100/week or \$25/day; \$175/two kids; \$250/three kids includes T-shirt/lunch/snacks/

drinks. (972) 283-6111.

July 19

CH library Teen (13+) Drama Workshop: 4:00 p.m.

July 21

CH library puppet show/stories: Toni Simmons: 2:00 p.m.

July 22-24

Summer Balloon Classic, Mid-Way Regional Airport. Events/times: Please visit www.summerballoonclassic.com.

July 29

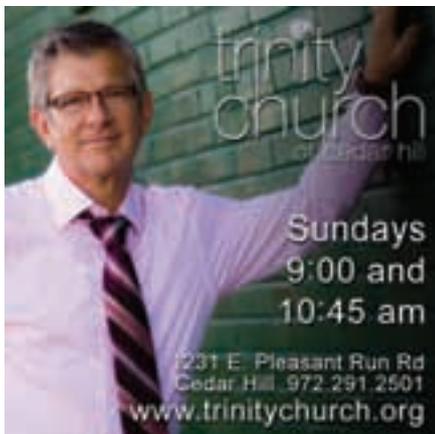
CH library children’s story time: Ronald McDonald: 10:30 a.m.

Duncanville Chamber Beans & Jeans: 7:00 p.m., Southern Cross Ranch. \$40/person: BBQ buffet/music/dancing with JD Monson & The Cactus Wine Band. www.duncanvillechamber.org.

Ongoing

DV library summer programs: For details visit www.youseemore.com/duncanville.

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



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In The Kitchen With Ernie Rainer

— *By Beverly Shay*

Ernie Rainer is a familiar face at the DeSoto Albertsons store. While helping customers with their groceries, he often shares recipe ideas. One customer asked for him to be featured in our magazine!

Ernie grew up in Waco, where his mom cooked the Wednesday night dinner for their church for many years. Inspired by helping his mom in the kitchen at home and at church paved the way to his cooking style, which he describes as down-home. “It’s hard to make mistakes when you combine tastes you already like,” he stated, adding he sometimes likes to try new things, adapting other’s recipes to his own taste. “My measurements are approximate,” he warned. Ernie enjoys sharing a great meal, such as his Teriyaki Chicken Fajitas, with family and friends. **NOW**

Ernie’s Teriyaki Chicken Fajitas

- 3 Tbsp. olive oil
- 2 large onions, thinly sliced (We like purple best.)
- 2-3 large bell peppers (all colors), thinly sliced
- 1 Tbsp. olive oil
- 3 lbs. boneless, skinless chicken tenders
- 1 tsp. lemon pepper
- 1 Tbsp. garlic powder
- 1/3 to 1/2 14-oz. bottle Kikkoman Roasted Garlic & Herbs Quick & Easy Marinade
- Tortillas
- Shredded cheese of choice
- Salsa, to taste
- Mahatma Spanish Rice, if desired

1. In a large, black, cast-iron skillet, cook the first 3 ingredients to desired doneness; remove from pan and place in microwave to keep warm.

- 2. Add oil, chicken tenders, lemon pepper and garlic powder to skillet. Cook until chicken turns white; turn chicken until done (no pink showing).
- 3. Pour marinade over chicken; stir. Turn off the heat and let stand for a few minutes.
- 4. Serve with onions and bell peppers on your favorite tortillas with cheese and salsa. Goes well with Mahatma Spanish Rice (Substitute 3-4 Tbsp. of salsa or picante sauce for the ketchup on package directions, if desired.)

Pat’s Savory Brown Gravy Meatloaf

- 2 lbs. lean ground beef (90/10 or 93/7)
- 2 small eggs or 1 jumbo egg
- 1 1/2 cups dry bread crumbs
- 1/2 cup evaporated milk
- 1 Tbsp. garlic powder, or to taste
- 1 regular can Campbell’s French Onion Soup

- 1 medium purple onion, finely chopped
- 1 tsp. salt, or to taste
- 1-2 Tbsp. Worcestershire sauce
- 1 tsp. yellow mustard
- Ketchup

Meatloaf Gravy

- 1 Tbsp. olive oil
- 1 regular can Campbell’s Cream of Mushroom w/Roasted Garlic soup
- 1 regular can Campbell’s French Onion soup
- 1-2 Tbsp. corn starch, stirred into 3/4 can of cold water

- 1. Mix all ingredients well, except ketchup; form into loaf shape, about 3-4 inches thick in center of cast iron skillet.
- 2. Bake in skillet at 350 F
- 3. After slightly browned (10-15 minutes), spread thick coat of ketchup over the loaf; return to oven for about 30-40 minutes. Meatloaf is done when you can insert a knife into center and only clear liquid (no blood) comes out.
- 4. Allow to sit for 10-15 minutes; remove from cast iron skillet and place on serving dish.
- 5. Make gravy by adding all the gravy ingredients to drippings (keeping meatloaf bits) in skillet. Stir constantly with fork or slotted spoon/spatula over medium heat several minutes until gravy reaches desired thickness. (It will thicken a little more when cooling.)
- 6. Ladle over slices of meatloaf and mashed potatoes or even dressing.

Slow-cooked Crock-Pot Chicken

- 1-2 Tbsp. olive oil
- 4-5 lbs. skinless chicken pieces (We use boneless, white meat, but bone-in or dark meat can be used.)
- 2-3 large onions, thinly sliced or diced (We use purple.)
- 3-4 large bell peppers (any color), thinly sliced or diced
- 2 packets McCormick’s Chicken Taco Seasoning Mix with 40 percent less sodium
- Garlic powder, to taste

- 1. Put oil in bottom of Crock-Pot or slow cooker. Layer all other ingredients (in order) so that all pieces of chicken are seasoned.
- 2. Cook on low 6-8 hours.

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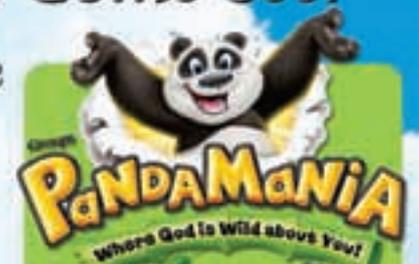
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Men's Bible Study - Tuesday 7:00pm

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Nursing Home Ministry 4th Tuesday, 7:00pm

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