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ON THE COVER



Cherie Hibbs reflects on her lifelong love of horses.

Photo by Shane Kirkpatrick.

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Editor's Note

Let's celebrate all month!

I love Texas in July. Summertime living can be so easy. The weather is almost perfect, and there are lots of places to go and things to do. The kids play and families enjoy getting together. Which brings my thoughts to how we Americans celebrate the Fourth of July. This year, I plan to cook out — the first time in a long time. I'll make my favorite mustard potato salad, have a glass of raspberry tea and catch the fireworks from my balcony.

The best way for me to celebrate will be seeing my oldest daughter, Jennifer, take the day off from work and join me. I'll also celebrate knowing my youngest daughter, Angela, who lives in Michigan, will be resting with her feet up and her husband will be taking care of things. I will join them later in the month, as we celebrate the birth of their second child and my second grandson.

Whether in Texas, Michigan, or any other state, I hope July will be full of joy shared with family, friends and taking some time to count our blessings. We truly are blessed to live in a country where we are free to do so.

From my heart and pen,

Jo

Jo Monroe
SouthwestNOW Editor
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DOWN A DREAM

— By Eric Taylor

The 3rd Viscount Palmerston Henry John Temple has been credited as saying, “There is nothing so good for the inside of a man as the outside of a horse.” This quote rang true for equestrian lover Cherie Hibbs of Cedar Hill. “I’ve been doing dressage for 19 years, and before that, I was doing what they call hunter-jumper and trail riding in Maryland. Once we moved to Texas, I did western riding.” The term dressage is of French origin and means training. According to the United States Dressage Federation’s website, the purpose of dressage is to “develop the horse’s natural athletic ability and willingness to work making him calm, supple and attentive to his rider.”

As her horse, Twister, aged, Cherie began to consider doing a dressage test in a recognized show. “It’s called a Century Ride, and it’s when a rider and a horse’s combined ages equal 100 years,” she explained. “Less than 250 people in this country have ever done it. I decided a few years back that my horse was getting older, and I wanted to do this.”



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Cherie has had many trainers over the years, but a particular trainer, who is a coach, worked with her to do the ride. On March 26, the day after her birthday, Cherie and 26-year-old Twister traveled with a few others to Glen Rose, where the show was held and where Cherie performed the test.

Once the test is complete, the rider sends proof of the rider and horse's ages, the test score and a biography to the The Dressage Foundation, which is a nonprofit organization based out of Lincoln, Nebraska, dedicated to raising funds toward the development of the sport. "They then put your biography and a picture into a magazine for the Century Club that's printed annually, so you can see all those who have accomplished the ride," Cherie said. The Century Club was formed in 1996 as part of The Dressage Foundation. For Cherie, this is not so much a tale of where the story was going, but more about how it all began.

"I want a pony," was the sentence uttered by a 4-year-old Pennsylvania girl to her mother. It was not a surprise that a child would want something of this magnitude, but the journey to get said pony was a long process that took place over the next 39 years. Having spent time on her grandparents' farm, a young Cherie grew up surrounded by animals. In addition to her younger brother, she saw the animals as her siblings. One of her grandfathers had a horse he used



for farm work. The horse was older but allowed Cherie to, as she put it, “saddle him up and ride him down the driveway.” This was her earliest experience with riding horses. At each birthday and Christmas, she looked forward to receiving a pony of her own, but sadly the pony never came.

In 1985, all those birthday wishes and Christmas gifts could not compare to when her childhood dream of owning a pony came true at the age of 43. She was living in Baltimore, Maryland, and she worked for a dentist. “Both of my co-workers, the hygienist and assistant, were horse owners. They encouraged me to take riding lessons at a nearby event barn,” she explained. “It was there that I learned about jumping, cross country and dressage.” Through these lessons, she also learned how to take care of the horse, which helped her to realize the next step.

After some convincing, her husband, Doug, bought Cherie her very first horse. “My husband bought me a mare, but unfortunately, we had to return her to the seller because she had a skin condition that meant I never knew if I would be able to ride her,” Cherie stated. The woman the Hibbses had purchased the horse from offered to find a replacement, but it turned out to be unnecessary. “Our vet told us about a woman who was selling a Quarter Horse by the name of Fat Boy. She gave me a 100-year lease for



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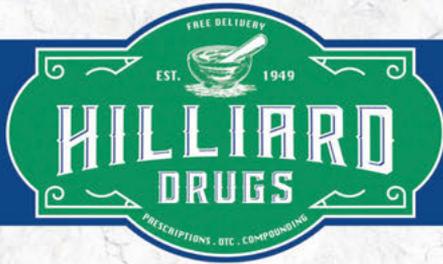
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free, with the only caveat being that he was used for trail riding and was not to be sold without her permission," said Cherie, who would eventually call the horse Solo.

Solo and Cherie were friends for nearly two years until tragedy struck. "Solo colicked and had to be put down," she shared. From there, Cherie and Doug bought an Arabian Gelding named Cass. Soon afterward, they moved, and Cherie met a farm manager named Kathy Beckley. The two began riding together on a regular basis. Cherie helped Kathy exercise the fox hunters and cared for two Selle Francais brood mares. "My time with Cass came to an end after he developed ringbone, which is sort of like arthritis, in his front legs," she said. "I gave him to a cattle rancher and proceeded to search for a new horse."

Dutch Chocolate was Cherie's next horse, whom she purchased from an Appaloosa breeder. She used him for judged pleasure rides, trail rides and even some fox hunts before Doug's job transferred them to New York in 1994. "Luckily, Dutch was able to come along with us," she remembered. "My husband was transferred to Texas just two years later."

While Dutch Chocolate was a good horse, there were still problems. "It seemed like dressage was right for me, but it was not right for Dutch, as he was not a real dressage horse," Cheri admitted. "So, I bought a 6-year-old dressage trained Appaloosa named Joe. At the barn, there was a young girl who was using Dutch to learn how to ride, and her mother wanted my help in picking her first horse as a birthday present."

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The horse Cherie helped pick was Twister. Cherie continued to ride Joe, even though she was told he was dangerous and should be sold. "Those words came true one day as Joe panicked," she added. "I had to make an emergency dismount. The exit resulted in a broken orbital bone which required a titanium plate to secure my right eye."

While she was recovering, Cherie learned the little girl was no longer riding the 16-year-old Quarter Horse, and her mother offered to let Cherie ride Twister. "After a few lessons, I bought him," she stated.

In July 2015, an automobile accident sidelined the pair for the nine months before they met the 100-year age requirement, but Cherie was determined to finish her rehabilitation, condition Twister and take the Century Ride test. After 10 years, Twister was still her close companion, and he did help her cross the most important item off her bucket list — the Century Ride. "Twister did not disappoint and granted my wish of completing the test and fulfilling a lifelong dream," she said tearfully. "A couple weeks after the milestone, Twister passed away after colic surgery. I guess he lived long enough to see 'our' dream come true." **NOW**



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Skating on to Victory

— By Debbie Durling

Racing for the gold just may very well be in young Keith Abney II's future. With a humble spirit and a smile that lights up his entire face, he shares his aspirations to someday be on the USA Olympic Team. It's clear he has a passion for skating as he remembers the races, but most of all, he has an appreciation for those who have helped him as he's climbed the ladder of success at such a young age.

One of five children, Keith began skating when he was 2 years old. "He would put on skates that were way too big for him, and he could do it. No one taught him. He was always a natural on skates," Tammi Abney, Keith's mom, shared. Soon, they began taking him to Redbird Skateland in Duncanville. There, Gil, the owner, recognized the special talent and skill in Keith. He recommended the family pursue training by contacting Ricky Brock at DFW Speed. They did, and at age 5, Keith became part of the team, which is coached by both Brock and Todd Hackney.

Practicing three days a week and competing in meets on a monthly basis keeps Keith in tip-top shape. "Since inline speed skating is a year-round sport," Tammi said, "Keith is already conditioned when he plays football, baseball and basketball." Practice is rigorous,



as he does 30 laps to warm up, drills with crosses, 1-foot rides and drylands, which are workouts off skates to get the muscles ready. When training for nationals, his practice time moves to six days a week.

Even though practices take place at the Arlington Skatium, Keith still loves to skate "sessions" at Redbird Skateland. He is quite the celebrity there. "Older teens and adults will challenge Keith to races," his dad, Keith Sr., said with a chuckle, "and Keith will even give them a head start, but he still wins." Keith kept

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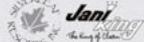












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Keith's success has been made possible through his family's constant support.

his head down and smiled in the most humble way possible at the accolades his dad shared.

Monthly meets are part of his regular routine. The season begins in the fall with meets happening around the United States. It then builds with local and invitational meets, culminating with a regional meet in May. Then, outdoor nationals take place in June and are held at the Olympic Velodrome in Colorado. Finally, the Indoor National Speed Skating Competition takes place in July, in Albuquerque, New Mexico. He has won many trophies and seen many places around the country. He participates in at least three invitational events each year, which draw skaters from all over. Florida, New Mexico, Virginia, Nebraska, Georgia, Kansas, Washington and Indiana are a few of the states he has



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been able to visit in order to compete. To even be allowed to compete in these types of events, a skater must qualify with a certain minimum time in the 300-meter race. Regional and national competitions consist of more than one race and can be a week in length. Stamina is necessary.

Keith was the National Juvenile Boys' Champion in 2015 for indoor speed skate racing. This was the overall award for the best scorer in all categories. Not only did Keith win the best score from all the categories, he was first in every race. Not only did he win every race, but he set a new national record in the 200-meter indoor skate — 19.4 seconds. It's no wonder Keith's coaches and those who come out to watch him compete have seen promise in him throughout the years.

2015 was a great year for Keith, as he also won National Champion Juvenile Boy's Division for outdoor inline speed skate racing. He won the 100-meter, the 300-meter, the 400-meter, the 500-meter and the 2,000-meter races. The 2,000-meter race takes a lot of endurance and grit. Racing outside on asphalt brings an added challenge in itself, but racing over a mile at full speed takes more than just a fast skater. It is also a mental race. At each lap of the race, the skaters are awarded points according to where they are among their competitors. He keeps up with his score as he is racing and knows the count when he crosses the finish line. "I try to focus on winning," he admitted. "My strategy is to stay in front of the other racers at all times." What keeps this young athlete pressing on when he feels like he is about to run out of gas? Keith just smiled, looked at both parents and said, "I think about my mom and dad and how proud they will be if I win."

There is a special bond between Keith and his family. Even though his parents both work and are raising five children, they manage to make time for each one and their individual interests. Many times one parent stays behind while the other accompanies Keith to his competitions.

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Coaches Todd Hackney and Ricky Brock believe in Keith's amazing skills.



Family vacations are usually created around an event a child has to be at, so the whole family can be present together. They also keep their children well-rounded, which adds to Keith's humble attitude and spirit for the sport he so enjoys. For instance, Keith has been an active member of the Dallas Chapter of Jack and Jill of America, Inc. for the past five years. During those years, he has participated in several community service opportunities including feeding and distributing socks, hats and T-shirts to the homeless; making blankets for the Children's hospital; providing hygiene kits to youth at the Promise House; and providing activity bags for the siblings of children who are receiving care at Children's Medical Center, so that they have fun activities. "Jack and Jill of America has made a significant impact on Keith's life," Tammi shared. "The educational, cultural, financial literacy and civic/service opportunities have been invaluable."



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Keith receives an award from meet official Joe Cotter.



Even with all this activity throughout the year, Keith still manages to make straight A's at Merrywood School. His teachers cheer him on and post media clippings in their classrooms. "I like school and enjoy my friends," Keith said with a grin. "Sometimes, they want to race."

Keith is hoping to make the USA Junior World Team and Senior World Team. He would like to earn medals at each of these world competitions. Eventually, just as Chad Hedrick of Houston did, he wants to transition to ice speed skating and compete at the Olympics. "I just want him to enjoy this time in his life while it is happening," Tammi stated. Keith Sr. nodded in agreement, and Keith sported the confident, humble grin of an athlete mature beyond his years. **NOW**

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Empty Nest, Full Hearts

— By Jo Monroe

Married 34 years ago, Louie and Teresa Bright are now embarking on a new chapter of life. Transitioning into a timely empty nest status, these two best friends are planning to do a little traveling and search for the greatest hamburger in the USA. They may find that it's as close as their own backyard grill, but they are up for the adventure anyway.

Louie is a strong-tower-of-a-man standing alongside Teresa. He is an expression of honor and courage. Recently, he retired from his position as chief of Dallas Fire-Rescue. He started with the fire department September 23, 1981. "During the last 16 years of my career, as chief officer, I was able to make decisions about what was going on with the department," Louie said. "At the end of the day, it's about the service you provide to the citizens, and being a part of that decision-making is nice."

Teresa retired in 2013 from Baylor University Medical Center at Dallas. "I went with Louie to some calls at the hospital. When he visited with a firefighter who was injured, I would visit with the wife and help her in whatever way I could," Teresa shared.

Teresa added that Hurricane Katrina had a big impact on Louie, and what he would talk about was the kids. "The kids had no parents. Going into Reunion Arena each day was very hard. He wanted to bring them all home, but he knew he couldn't," Teresa shared.

Louie worked 24- to 48-hour shifts while serving the fire department. "Teresa did dual duty. Now we are looking forward to doing some traveling and just enjoying having time together," Louie said. He now gets to do the kinds of things with Louie Bright V, their 9-year-old grandson, and their 10-month-old granddaughter, Ava Laryn



At Home With Louie *AND* Teresa Bright





Bright, that he missed out on when their own children were young.

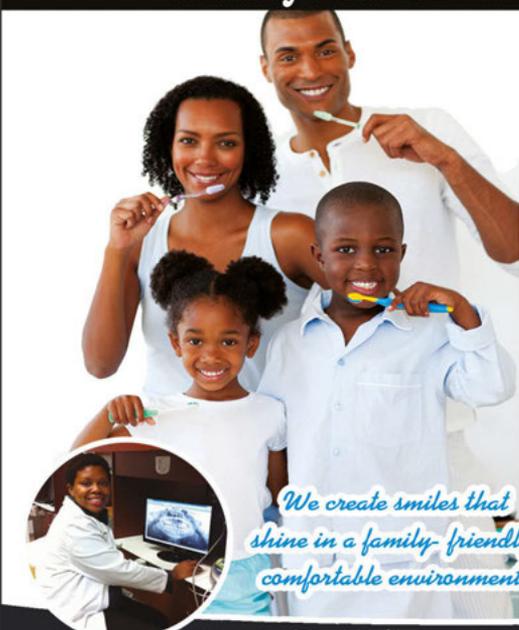
Teresa is a beacon to the family. Her smile lights up a room. She is certainly a guiding light to their children and grandchildren. It seems appropriate that the kitchen has a lighthouse theme to the decor. Nautical blue, Cape Cod curtains and the cushions for the captain's chairs, which are set to the table, help draw attention to the lighthouse centerpiece on the table. The true highlight of the room is the display of photos that wraps around the room above the bay window and the warm maple cupboards. A stop at the pantry door reveals photos where Teresa captured the moment each of the children received their first haircut and learned to walk.

What makes Louie and Teresa's house grand? Some would say it is the more



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than 4,000 square feet. Others might say, it's the curved staircase, the travertine stairs or the furnishings, such as the rich, midnight blue velour contemporary set that waits for guests just off the two-story foyer. Whether from the design or decor, this house became a grand home in which a grand family evolved. The beautiful staircase leads to their daughter, Taryn's, side of the house. In high school, she was in dance, and everything in her couture

suite is all about Paris — pink with black and white accents. The bedroom suite has a dressing area and a private sitting room, and is every little girl's dream. All grown up, Taryn is a college graduate and making plans for her wedding. The suite is going through a sorting of memories and maturity. Louie and Teresa's little girl is leaving the nest.

Louie and Teresa rarely go upstairs. "It seems to get occupied with guests and



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family. So, down the long hallway and around the bend, is a second living area with a theater room at the end. The living area is now a playroom, and two smaller bedrooms became a special room and a nursery. Their son, Louie Bright IV, and daughter-in-law, Jade, took a turn using the upstairs, while their own home was being built. Now that their home is ready, the second part of Louie and Teresa's nest will soon be empty, too.

Returning downstairs to the "grand room," a revelation awaits. This grand room is not grand because of a large-screen TV nor due to the beautiful, mountain white fireplace. Its worth isn't attributed to the massive, steel gray sofas nor the floor-to-ceiling windows. After taking in the two-story, grand wall, there on the carpet is the answer. The room is grand simply because Louie and Teresa are *grandparents*. They are enjoying the home where their family grew up, and even as their children are preparing to leave the nest, they are leaving the most important items in place. Several are found in the corner of the room — a large bin of LEGOs and another full of superheroes. These will be relocated soon, because little sister will soon learn to walk. Louie's retirement will not be sedentary, not with two grandchildren to enjoy.



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Returning to the front door and just to the left, French doors lead into Louie's office. On the bookshelves located to the right of his desk are books, photos, hats and helmets from years of serving the Dallas area. Behind his desk is a photo gallery of monumental moments. One such photo is positioned center wall — President Barack Obama shaking hands with Chief Louie Bright III. A presidential trip to Dallas included time to express appreciation for Louie's service. "Nine seconds. It was nine seconds — I counted them," Louie stated. Those nine seconds made a memory for a lifetime.

On Louie's desk rests a white brick, given to him at retirement from the crew at Station 27 for his contribution to the design of the three-level fire station. Perkins+Will won an architectural award for designing the amazing station with a



lower level. Additional awards on display are partly covered with trophies and photos from the years Louie coached his daughter's basketball team, the Lady Mustangs, and his son's football team, the Cedar Hill Bears.

No doubt, if all the stories of all the lives they have touched could be told, of all those who have stayed upstairs needing a little love, mercy and a place to rest over the years, it would prove that Louie and Teresa have demonstrated the essence of the sentiments found on a little plaque at the front door. "Prayer changes things," Teresa stated. And though Louie and Teresa may be empty nesters soon, their home will always be full of love. **NOW**

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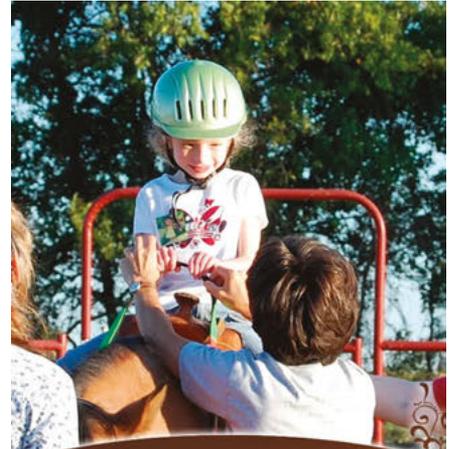


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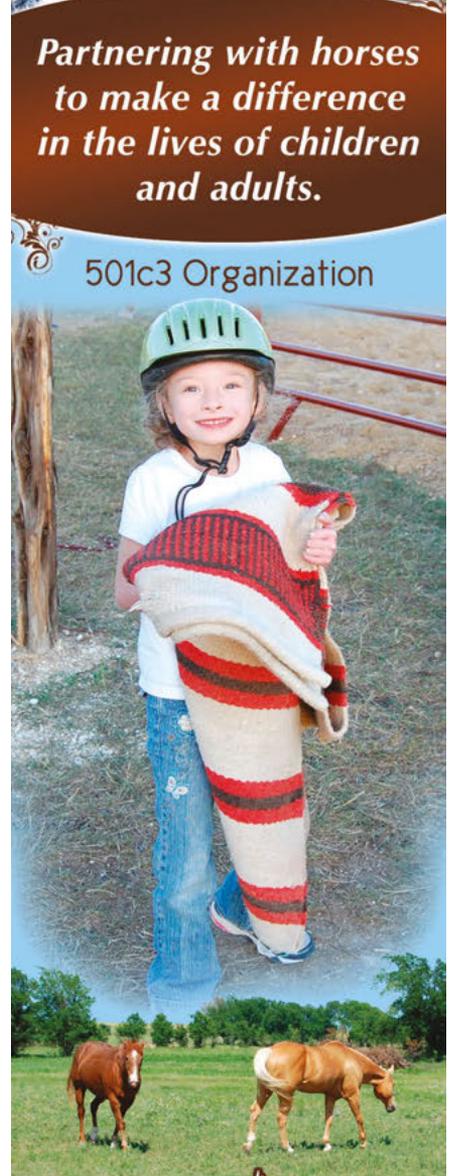
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Ready, Set, SHOOT

— By Zachary R. Urquhart

Summer is the time for making memories, and one of the best parts of making memories is capturing the perfect shot to commemorate the occasion. Whether your little ones jumped off the high dive for the first time, or you need a photo of your family pet fetching a Frisbee out of the water, getting the picture can be harder than it seems. These simple steps will help make sure you get an image to last a lifetime.

KNOW HOW TO USE YOUR EQUIPMENT

- Modern-day single-lens reflex cameras are amazing, as long as you know how to use them. If you have, or are buying an SLR, the manual should be your friend. Most SLRs, whether digital or manual, offer many features, but



the novice photographer often misses some of the features available. Specifics differ from one camera to another, but some common features include: changing shutter speeds, optional flash and the ability to take rapid-fire photos.

- Lenses have zoom capabilities for specific ranges, and bigger is not always better. For closer photos, a smaller lens gives a clearer picture, but shots from far away are greatly enhanced by lenses with a range of 55-300 mm.¹ Most companies also offer a lens choice that is branded “vibration reduction” or “image stabilization,” which steadies the subject but can also slow some camera functions.

IF YOUR CAMERA IS A PHONE

Phone companies have come a long way when it comes to their camera features, although a phone picture will

probably not have the quality of a stand-alone camera. Here are some things to remember when your phone is the only camera you can use:

- Use space behind the subject to make sure



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Focus on having fun.

they stand out as much as possible. This could include the sky, a field or even a solid-colored wall. Most phones will automatically enhance the subject of the photo, but even the smartest phone may not know whether the subject is your son or the celebrity on the poster behind him.

- Use the flash and zoom sparingly. Most camera flashes overexpose the subject and leave colors looking washed out. And if you have to take a picture from far away, crop it afterward instead of zooming. You will see a drastic reduction in quality when you zoom in on a subject that is far away. Instead, let the subject be far away and fix it in the editing stage.²

- Find the right editing app. Different phones will have different best options, so find out what apps are ideal for your use.³ Getting out red-eye, touching up lighting issues and adding enhancements



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it outdoors.⁴ Too much sunlight can be bad, but on a mildly cloudy day, just enough light means fewer shadows and rich colors for the photos. If you have to take a picture in the middle of a cloudless day, try to use trees with large openings to diffuse the sun, without completely putting your subjects in the dark.

- Make sure you and the subject are in the right spot. You may not be able to control the amount of light, but putting the light source to the side of the subject will decrease washout, if the light is behind them, and should eliminate the awkward squint that happens when your subject has to look into the sun. If you see shadows, you might consider adding a light source on each side of the subject, which will provide equal lighting for the photo.

- Learn how and when to use your flash. Make sure not to let the flash reflect off a mirror or window. On the other hand, using the flash when the sun is behind your subject can reverse the shadowing effect that typically ruins some pictures.



HOW TO CAPTURE YOUR LOVED ONES

Even with the right camera, the perfect light and complete understanding of how to use what you have, getting a great shot of a moving target can seem impossible. Remember these tips:

- Anticipate the movement, and use the shutter speed to your advantage. Aim your shot in the direction your subject is moving. It is better to get your child's



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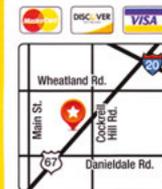


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face and the grass in front of him than the back of his feet.

- Be careful how you bribe. Offer the kids a treat for doing a good job, but do not hold it in front of them while taking the shot. You are likely to get a child with an unhappy look and outstretched arms.

- Use their energy and spunk. It may be messy, but getting a candid photo of your daughter joyfully eating an ice cream cone may be better than struggling to get a shot of her sitting just right. And for your pets, try action shots of them playing fetch instead of getting them to sit still for a photo.

This list can help you get a great photo of special moments this summer. But the most important tip is this: Focus on having fun. Do not let the stress of taking the perfect picture take away from making great memories with your loved ones. **NOW**

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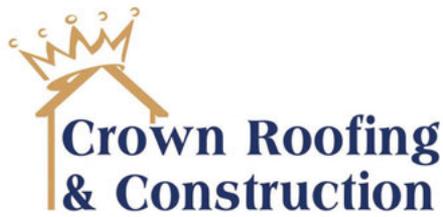
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Rudy Barron and his team at Crown Roofing & Construction offer free roof inspections and insurance claim assistance.



KEEPING YOU COVERED

Rudy Barron is building a great business to meet all of your roofing needs. — By Jo Monroe

Rudy Barron, owner of Crown Roofing & Construction, started roofing houses at the age of 18. Since that time, he has gained great momentum and experience. Working to serve his neighbors, friends and family kept him busy gaining business referrals in the Southwest territory, including DeSoto to the east and farther south into northern Ellis County.

Seven years ago, Rudy decided to supply the roofing and construction needs of homeowners. He made a few adjustments to his business plan, expanded his marketing strategy and demonstrated just what a gifted entrepreneur he is. Today, his crew of eight is a highly tuned team, organized and making Crown Roofing & Construction a successful business force.

In 2015 and 2016, the roofing business has been very busy. With the severe Texas weather, unpredictable hail days and

insurance companies offering the means to help homeowners, Crown Roofing is staying busy. “There is no way we are going to repair all the hail damage within this year,” Rudy admitted.

Crown Roofing & Construction keeps getting called back into the neighborhoods that need roofs to be done. “We have done a lot of roofs in DeSoto and the Southwest area. Even a new roof can have hail damage,” he said.

“2015 was our biggest year for referrals. It looks like 2016 will be a repeat. There is a lot of hail damage still out there. We did at least 300 roofs last year with a crew of eight,” Rudy stated. His commitment to produce quality work is not about having more crews, however. “I know that with more crews, we would make more money, but it could also bring on more problems,” Rudy added.

Business **NOW**

Rudy runs a tight ship at Crown Roofing & Construction. He requires his crew to work together, produce quality work and keep the referrals coming. "It is better to work steady," he said. "With the housing market doing better, Crown Roofing & Construction has expanded from doing add-ons to houses to building houses."

Rudy conveys confidence in himself and his crew. His hands-on knowledge, experience and marketing savvy help the homeowner move smoothly through insurance claims and offer the consumer more than just a choice in product, but a quality in the service.

Crown Roofing & Construction was created from Rudy's quick study while working for other contractors. "It didn't take more than approximately 90 days. Then I saw a business opportunity and the potential," Rudy admitted. Not seeing any reason to wait, he approached two friends to help get the business started with a small loan. "I don't like owing anyone, so as soon as I could, I paid them back," he added. He started the business on a total of \$12,000 and has grown it considerably. He has no partners and no debt. The business is licensed and insured and is an accredited business with the Better Business Bureau.

.....
Rudy runs a tight ship at Crown Roofing & Construction.

Crown Roofing & Construction offers free roof inspections and insurance claim assistance. When the Texas weather takes a toll on your house, Crown Roofing & Construction can fight back with services including upgrading the roof to a 3-tab roof, to a 30-year shingle or upgrading a 30-year shingle with a High Profile or Ridge Vent. In addition, they offer roof replacement, gutter replacement, painting, fence replacement, electrical and fire restoration. **NOW**

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Louise Alexander remembers her son, Lt. Infantry Commander Stamatios Gus Alexander Jr., at the Duncanville War Memorial.



Chaplain Betty White and Mr. Arthur Hunt of AAB Tax Services attend the Mayor's Breakfast and Prayer event.



Senior Class Officers await the final graduating student during the ceremony.



Tim and Timmy Walker share a special father-son moment at Timmy's elementary school graduation.



Ms. Hill and her dance team at the CHISD - STEAM Extravaganza smile for camera.



In an attempt to help students, Kasey Cheshire hits Steve Martin in the face with a pie.



Cheryl Scott, Jenaie Franke, Mayor Rob Franke, Erika Flores and Betty Mejia attend the 2016 Cedar Hill Chamber Derby at Lone Star Park.



The 1st place team at the Duncanville Chamber of Commerce Golf Tournament consists of Lauren Cathey, Billy Cathey, Chance Cathey, and Whitney Ludwick.



Desoto Mayor Curtistene McCowan speaks at the Top 5 Bar B Que ribbon cutting.

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Displaced Trouble

— By Betty Tryon, BSN

One of the latest fads among the trendy people is nasal septum piercing. Although it definitely gives the wearer a different look, the nasal septum is not there to be a supporting structure for a fashion accessory. It does serve a purpose, and if there is something wrong with it, your quality of health may be affected.

One of the things that can go wrong is having a deviated septum. The nasal septum is a structure consisting mostly of cartilage and is located inside your nose. Its purpose is to divide the nasal cavity in half. About 80 percent of us have a septum that is somewhat displaced or off-center, but if the displacement is significant, the deviated nasal septum, DNS, can cause problems.

As one side pushes into the territory of the other cavity, the function of that cavity is compromised, and you may have difficulty breathing through your nose. Other symptoms may be nasal congestion; headaches; postnasal drip; sinus drainage problems; allergic reactions; sleep disruptions, such as snoring; and frequent sinus infections. Symptoms can be more severe on the side of the blockage.

Treatment may be as conservative as antihistamine medication to prevent allergic reactions and reducing nasal swelling with decongestants. Always take the recommended dose of these medications, and seek the advice of a physician if your symptoms do not improve. Nasal corticosteroid sprays are

prescribed for the inflammation. If medication does not solve the difficulty or ease the problem, surgery is another option. Septoplasty is a surgical procedure that is performed inside the nose. When repairing the septum inside the nose, some surgical indications call for rhinoplasty (a nose job) to be combined with the septoplasty. These procedures are performed during outpatient surgery.

A DNS can be present at birth or occur from an injury to the face. Prevention involves being aware of possible situations that could cause harm, such as being in an automobile accident or certain sports activities. Always wear seatbelts to minimize your risks of injury to any part of your body and wear protective headgear when playing contact sports and riding bicycles, motorcycles and all-terrain vehicles.

Many of the symptoms with DNS can arise from other sources and difficulties. If you think your problems may be originating from DNS, see a medical doctor who is a specialist in diagnosing and treating ear, nose and throat disorders (an otolaryngologist) for a more definitive diagnosis. Together you can formulate the best plan for treatment and relief. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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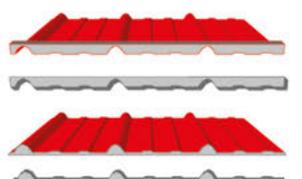
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Summer Camp 2016: Recreation Center – A Summer at the Movies: 201 James Collins Blvd., Duncanville. (Ages 5-14) For more information, call (972)780-5070.

July 1, 2, 3

Love Your City Theater – *Mary Poppins*: 1231 E. Pleasant Run Rd., Cedar Hill, **July 1**, 7:00 p.m.; **July 2**, 2:00 p.m. and 6:00 p.m.; **July 3**, 5:00 p.m. For tickets and information, call (469) 454-8456.

July 3

Plunge Party w/large fireworks show: 7:00 p.m., Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. For more information, call (972) 291-2501.

July 4

The Duncanville Lions Club Fourth of July Parade: 9:00 a.m. The parade will travel along Freeman to Wheatland Road and right on to Main Street.

Fourth of July Parade: 10:00 a.m., Cedar Park Center traveling down Discovery Blvd. to Cedar Park Recreation Center, Cedar Hill.

Fourth of July Celebration: 4:00-10:00 p.m., Milburn Park, 1901 Sun Chase Blvd., Cedar Hill. Live music, inflatables, free watermelon, carnival games and fireworks at dark. Free.

DeSoto Old Fashion Fourth Fireworks Celebration: 7:00 p.m., Lancaster Community Park, 1700 Veterans Memorial Pkwy. Fireworks begin at 9:00 p.m.

4th of July Celebration – The City of DeSoto and The City of Lancaster annual joint event: Meadow Creek Park, 1400 UHL Rd., DeSoto. For more information, call DeSoto Town Center at (972) 230-9650.

July 5 — 8

Camp Cedar Hill: 9:00 a.m.-4:00 p.m., Dogwood Canyon Audubon Center, 1206 W. FM 1382, Cedar Hill. For ages 6-10. For more information, call (469) 526-1980.

July 7

Tiempo de Historias en Espanol: 5:30 p.m., Duncanville Public Library.

July 8 — 10

Junior National Championship Softball Tournament: Valley Ridge Park, 2850 Park Ridge Dr. Cedar Hill will host the 10U

North group. For more information, contact tommy@fastpichsoftball.net.

July 9

Basic Digital Photography — A Discussion for Beginners and Those Looking to Improve: 1:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd., DeSoto. Rob Wilbourn will serve as the presenter. For more information, call (972) 230-9618.

July 11 — 15, 18 — 22, 25 — 29

Camp Cedar Hill: 9:00 a.m.- 4:00 p.m., Dogwood Canyon Audubon Center, 1206 W. FM 1382, Cedar Hill. For ages 6-10. For more information, call (469) 526-1980.

July 12

Ventriloquist Nancy Burks Worcester: 3:00 p.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville.

July 19

Goldyrocks and the Three Dinosaurs Puppet Show by Sandy Shrout: 3:00 p.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville.

July 20

Lego Maniacs: 10:15 a.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville. For children kindergarten-sixth grade.

July 23

Volunteer: Habitat Restoration Workday: 8:00-11:00 a.m., Dogwood Canyon Audubon Center, 1206 W. FM 1382, Cedar Hill. Volunteers invited to help on current needs. For more information, contact Julie Collins at (469) 526-1991 or email at jcollins@audubon.org.

Ongoing:

Third Mondays

DeSoto Public Library Book Club: DeSoto Town Center Complex, 211 E. Pleasant Run Rd., DeSoto. For more information, call (972) 230-9661.

Fourth Mondays

Living with Diabetes: 6:00 p.m., Zula B. Wylie Public Library. Learn life skills suggested in living with diabetes.

Tuesdays

Square Dance Lessons: 7:00-9:00 p.m., Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville. For more information, call (469) 644-0785 or email Ciff_dweller@aol.com.

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

Wednesdays

Cinema on the Square, Musical in May: movie starts at dark, approximately 8:00-8:30 p.m., Pioneer Park, Cedar and Houston streets, Cedar Hill. For movie listing, visit Cedar Hill Arts Council.

Thursdays

The Quilters: 10:00 a.m.-3:00 p.m., DeSoto Public Library. New quilters are welcome. If you or someone you know has a quilt top they would like hand quilted, call (972) 230-9661.

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

Second Thursdays

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

Third Thursdays

Ellis County Amateur Radio Club: 7:30 p.m., Ellis County Sheriff's Office Training Center (County Farm), 2272 FM 878, Waxahachie, Talk-in on the 145.410 machines. All are welcome! For more information, visit www.wd5ddh.org or contact Sharon Wrobel at (972) 978-8256.

Third Fridays

Senior Dance: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville. Cost \$5. For information, call (972) 298-0667.

Third Saturdays

duncanSWITCH, 3rd Saturday Street Market: 8:00 a.m.-2:00 p.m., Main and Center streets, Duncanville. Vendors, food and fun. For more information, call (972)780-4990 or visit www.duncanSWITCH.com.

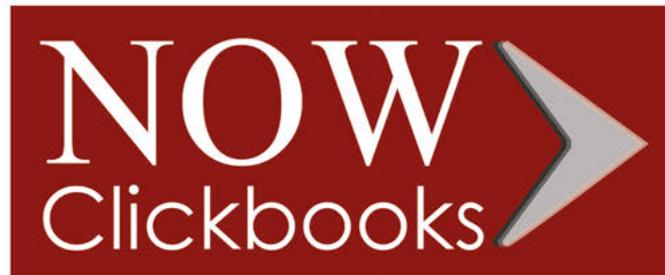
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In the Kitchen With Zoe Marie

— *By Rachel Smith*

Zoe Marie loves to show her creativity through delicious cooking. Each ingenious dish started with inspiration, which she received from cooking shows like *MasterChef* and *Hell's Kitchen* with Chef Ramsay. “I imagine myself there showing others what I am capable of doing,” she shared. “I’d love compliments from world famous chefs.”

Growing up in small-town Denison, Texas, she longed for the big-city life. With culinary education possibly in her future, she continues to perfect her cooking abilities by lighting up the stove for friends and family. “I have been cooking since I was about 6 years old,” she said. “I’ve always wanted to help in the kitchen, no matter what it was I was told to do.” **NOW**

Grilled Tilapia With Mango Salsa

Serves 4.

Tilapia Fillets:

- 2/3 cup extra-virgin olive oil**
- 2 Tbsp. parsley**
- 2 tsp. dried basil**
- 2 cloves garlic, minced**
- 1 Tbsp. lemon juice**
- 1/2 tsp. salt**
- 1 tsp. pepper**
- 24 oz. tilapia fillets**

Mango Salsa:

- 2 mangos, cubed**
- 4 Tbsp. purple onion**
- 1 red bell pepper, diced**
- 1 green bell pepper, diced**
- 2 Tbsp. fresh cilantro, minced**
- 3 jalapeños, minced**
- 3 Tbsp. lime juice**
- 2 Tbsp. lemon juice**
- Salt and pepper, to taste**

- 1. For tilapia fillets:** In a medium bowl, whisk all ingredients together, except fillets; pour into a plastic bag or Tupperware. Add fillets and let marinate for one hour in the refrigerator.
- 2.** Lightly oil outdoor grill or skillet; preheat on medium-high. Remove tilapia and grill until it is not translucent in the middle.
- 3. For mango salsa:** In a medium bowl, combine the first six ingredients. Add lime and lemon juice; season with salt and pepper. Serve over tilapia.

Shrimp Scampi

Serves 4.

- 2/3 lb. linguine**
- 1/3 cup extra-virgin olive oil**
- 5 1/3 tsp. garlic, minced**
- 2/3 lb. large shrimp**
- 2 2/3 Tbsp. butter**
- 2/3 Tbsp. lemon juice**
- 1/4 cup red cooking wine**
- 2/3 cup white cooking wine**

- 1 1/3 tsp. kosher salt**
- 2 2/3 Tbsp. fresh parsley**
- 1 1/2 Tbsp. lemon zest**

- 1.** In a large pot, bring water to a boil; cook linguine according to package instructions; set aside.
- 2.** In a wide sauté pan, heat oil over low-medium heat until hot. Add garlic and shrimp; sauté until fragrant. Add butter, lemon juice, wines and salt; stir for 3 minutes until wines reduce.
- 3.** Add linguine, parsley and lemon zest; toss to coat pasta. Add more salt if needed before serving.

Classic Homemade Lasagna

Serves 5.

- 2 1/2 lbs. ground beef**
- 2 1/2 tsp. dried thyme**
- 2 1/2 tsp. dried oregano**
- 1 1/4 tsp. garlic powder**
- 1 tsp. dried basil**
- Pepper, to taste**
- 3 eggs**
- 6 1/4 cups mozzarella cheese, shredded**
- 37 1/2 oz. ricotta cheese**
- 1 1/4 cups Parmesan cheese, grated**
- 1 1/2 Tbsp. dried parsley**
- 1 1/2 Tbsp. basil**
- 70 oz. tomato pasta sauce**
- 30 lasagna noodles**

- 1.** Preheat oven to 350 F. Lightly grease a 13x9-inch baking dish; set aside.
- 2.** In a large skillet, cook beef over medium-high heat. Add next 5 ingredients to the meat.
- 3.** In a medium bowl, mix eggs, cheeses, parsley and basil well; set aside.
- 4.** Drain beef and return to skillet; stir in pasta sauce. Spread 1 1/3 cups of sauce on bottom of the baking dish. Layer lasagna noodles, cheese mixture then sauce; repeat until pan is full. Top lasagna with any remaining cheeses.
- 5.** Cover lasagna with aluminum foil; bake 45 minutes. Remove foil and continue baking for an additional 15 minutes. Let sit 15 minutes before serving.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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