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JULY 2018

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**EAGLE EXPRESS**

JULY 2018

**ACCELERATING EXPECTATIONS 2020**

## DeSoto ISD Year-In-Review

During the past year, the district has seen increased academic achievement on STAAR, PSAT and SAT; made a deliberate effort to address culture and climate; clarified our position stating our ability to offer viable and competitive programs and educational offerings. With a renewed focus on building our leadership capacity, developing a stronger, more efficient organizational structure and developing systems to streamline and increase the efficacy of our efforts, the story of this success was one written by a team effort across the district.

Our highest priority in DeSoto ISD is preparing each student academically and socially to be a problem solver and productive citizen for a 21st-century global society. We aim to help our students find their paths and equip them to follow those paths as leaders. During the past few years, we have made significant investments in developing programs that support educational choice and a wider range of experiences for our students. From creating magnet programs at every campus to increasing the breadth and depth of our career and technical educational offerings, to preparing to open the first-of-its-kind K-5 Katherine Johnson Technology Magnet Academy, DeSoto ISD has accomplished much in positioning itself as a district of choice.

Thank you for being a part of the success story that is and will continue to be DeSoto ISD.

Interested in Keeping up with DeSoto ISD's Superintendent Search? Visit [www.DeSotoISD.org/SuperintendentSearch](http://www.DeSotoISD.org/SuperintendentSearch)

## Class of 2018 Graduates Boast More than \$14M in Scholarships

The DeSoto High School Class of 2018 is a class of champions on the field and in the classroom, earning more than \$14M in scholarships. This class has earned numerous athletic and fine arts awards over the past three years, including three straight state titles in girls track, the first state championship football team in district history, and additional titles in boys basketball, track and tennis. DeSoto High School also developed more than 29 academic all-state football players and multiple similar academic accolades for district student-athletes; UIL top rankings in band and choir and 20 Music Scholars; Ma'At Step Team National Champions; Eaglettes Drill Team National Champions and much more!

The DeSoto High School Class of 2018 also includes more than 20 military appointments.

## DeSoto ISD Names Secondary & Elementary Teachers of the Year

Congratulations to Anthony Woodson of DeSoto East Middle School and Kyria Moore of Ruby Young Elementary School on their recent naming as the 2018 Teacher of the Year.

**DeSoto ISD Back-to-School Fair:**  
9 am to Noon | August 4  
DeSoto HS

**First Day of School:**  
August 20, 2018

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## ON THE COVER

*These descendants of Revolutionary heroes serve their community.*

**Photo by**  
Shane Kirkpatrick.

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# PENNY SWAP



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More information available at: [duncanvilleisd.org/PennySwap](http://duncanvilleisd.org/PennySwap)



DUNCANVILLE ISD

# EDITOR'S NOTE



*Adam*

Adam Walker  
SouthwestNOW Editor  
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(469) 285-2008

*We all know the story ...*

But we don't know all of it. Everyone remembers Washington, Jefferson and Franklin's contributions. Most of us know the roles of Adams, Revere and Hamilton. But did you know that 5 percent of the troops who fought for American independence were African-Americans, mostly from northern states, who fought in integrated units? One of those units was 75 percent African-American.

Many of the soldiers from Pennsylvania, about one in four, were dirt-poor, recent immigrants. And the longer the war lasted, the more the army was made up of the poor, since the upper and middle classes were concerned with keeping their farms and shops running.

Foreign soldiers and officers from France, Poland and other countries came to help fight the English. And the foreign aid we received was important to winning the war.

At one point, the British declared Georgia, South Carolina and parts of North Carolina completely pacified, and the American army was defeated. A few weeks later, they were reporting home that South Carolina was in total rebellion, as bands of guerrilla fighters struck from the swamplands.

There's a lot more to the story than most of us realize. Not everyone was brave, noble and true. There were Loyalists who thought Britain was right. And there were traitors.

But enough were Patriots. Enough believed. This 4th, let's celebrate our country.

Let freedom ring!

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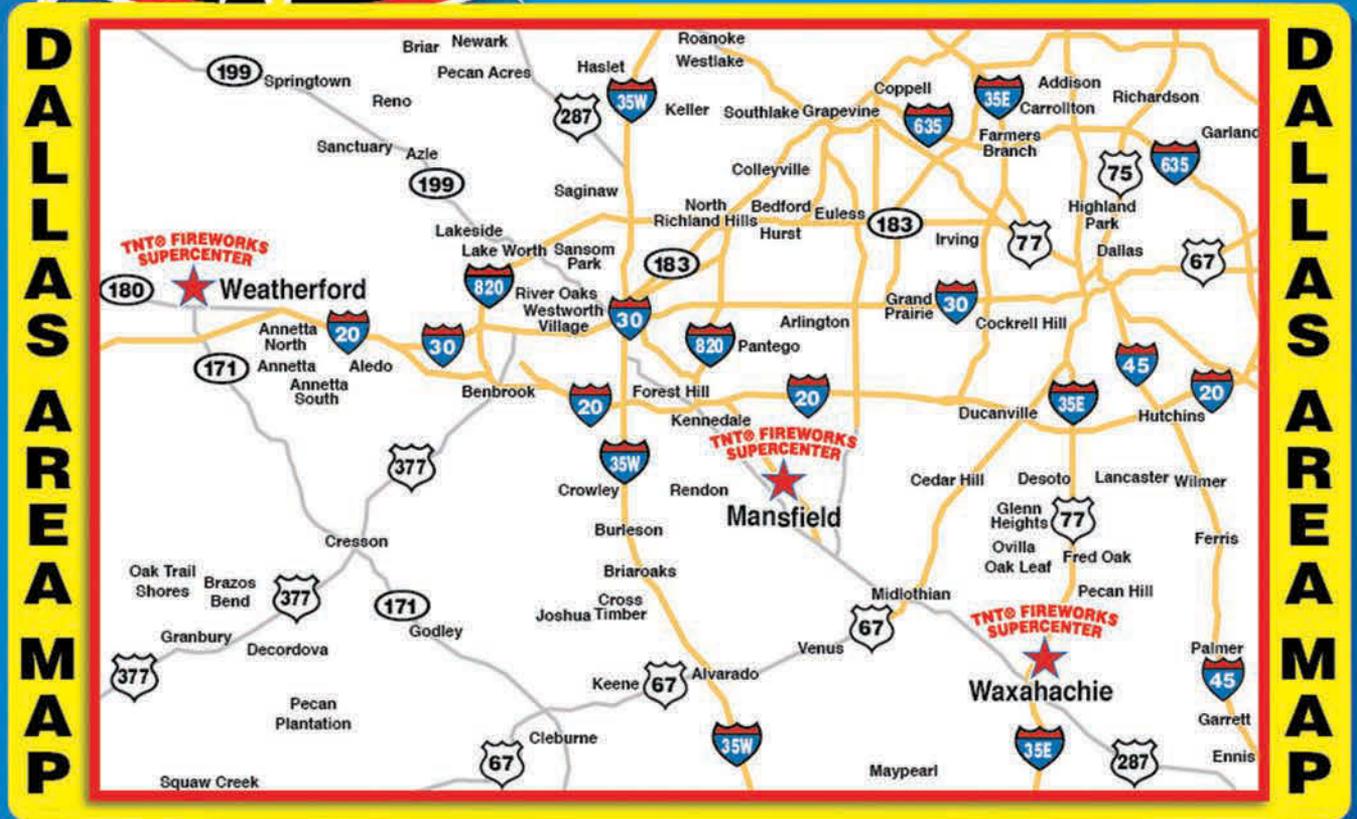


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# Patriot Daughters

— By Adam Walker



*Jo Ann Holt-Caussey and Bobby Hill are regent and vice-regent of the local Old Chisholm Trail Chapter of the Daughters of the American Revolution. If you've done any work on your family's genealogy, or if you've been to Fair Park and seen the DAR house there, you're aware of their existence. You may know them as a family history resource, and genealogy is one part of what they do, but there is so much more to the mission of these patriotic women.*

“I’m really not into the genealogy side of the DAR,” Jo Ann revealed. “My mother and sister did all the research. I never would have done it on my own. I wasn’t that concerned about our family history. If they hadn’t gotten me in, I never would have known what a great organization this is.” Her first impression wasn’t





Bobby Hill and Jo Ann Holt-Caussey lead the Old Chisholm Trail Chapter of the DAR.

***“We do our best to support and honor our military, past and present. We try to educate students about our history and teach people how to honor the flag.”***

so positive. “At first I thought it was just too formal. I saw all the white gloves and the receiving lines, and the ladies who are very partial to their pins,” she laughed. “My husband, who was a history teacher at Dallas Baptist University and Mountain View College, said they look like admirals. It just seemed like a tea party.” Once Jo Ann was in, though, her perspective changed. “I was impressed with all the volunteer work the DAR does. It’s a very civic-minded group. Being a member is a way to impact my own community.

“We do a lot for the veterans,” Jo Ann explained. “We show up to honor returning vets. My husband was a Vietnam vet, and he wasn’t welcomed when he returned. We work to make that different for this generation of vets.” The women of the DAR also attend the funerals of veterans who no longer have family to attend. They volunteer at the VA hospital, and they help maintain the Ovilla Cemetery.



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“Volunteers are very important,” Bobby agreed. “All the DAR chapters in America, combined, donated more than 1 million hours of volunteer work. We try to recognize the good work of our volunteers, and we look for needs we can try to fill. We publish cemetery records, record the stories of soldiers, promote literacy and deliver food to food banks.

“Another service project is collecting coupons for military families,” Bobby said. “Even at the on-base stores, it’s difficult for military families to get by, so we help by sending them coupons. Every little bit helps our men and women in uniform provide for their families.”

In addition to the DAR, there is a program for children of members called Children of the American Revolution, for kids up to 18 years of age. “The C.A.R. work on projects, too,” Bobby explained “They help at the Tri-Cities Animal Shelter. And they’re restoring the train at Fair Park. It’s wonderful training for young people.”

After age 18, the girls can go on to become juniors within the DAR proper. “The juniors are for members from 18-39,” Bobby informed. “They have a debutante ball at the state convention. Some of them serve as pages at the conference, in their



beautiful dresses and gloves, and they have page parties.”

“I feel like the DAR does a lot of good,” Jo Ann said. “The organization embraces values I believe in, like God, the sanctity of home and country and patriotism. And we believe in educating children about these things.”

Bobby agreed. “One of our recent educational programs was What You Never Knew About the Constitution. We were teaching the historical background of the Constitution and the Amendments. The organization recognizes outstanding teachers each year. One of the members of our Old Chisholm Trail chapter was just recognized as the Outstanding Teacher of History. There’s also an essay contest with cash prizes.”



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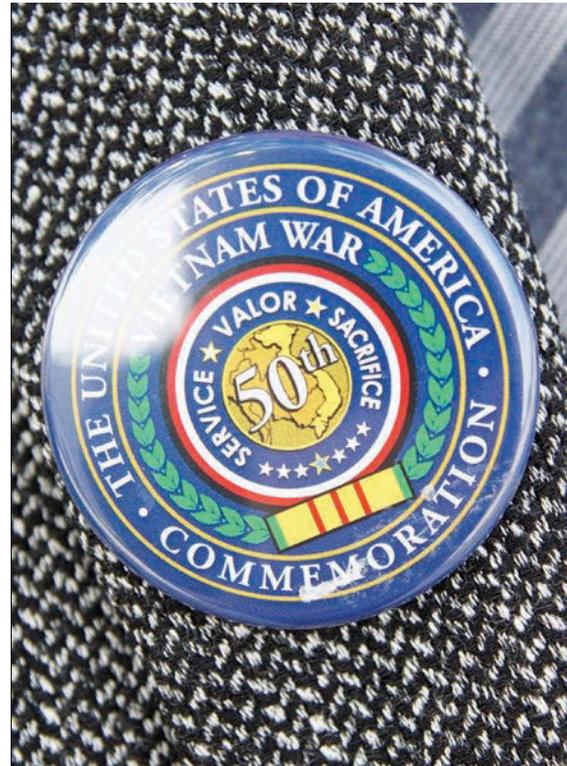
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“Another thing we do,” Jo Ann added, “is recognize ROTC members for their achievements on the recommendations of their commanders. And we have ongoing efforts to recognize Vietnam veterans.”

Today’s DAR is an active civic-minded organization for women of all ages who can trace their ancestry, on any branch of their family tree, to any of those who served in or assisted the Revolutionary War. “We hold periodical genealogy workshops to help potential members do the research to document their Revolutionary ancestors. Then once you’re in, when the girls get to be pages, they’re hooked. Many of them really enjoy learning the protocol. In addition to our local chapter meetings, we have the Fall Forum in Austin every year, and the State Conference rotates between Houston, San Antonio and Dallas. But the big meeting is the Continental Congress held in Washington, D.C. That’s where the big DAR Library is, and that’s the one time each year when the library is only open to members. The rest of the year it’s open to the public for research.”

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The DAR also provides scholarships and supports schools, including the Hindman Settlement School in Kentucky, as part of their education focus. The organization encourages members to do research on American history and publishes a whole list of magazines on American history, including one titled *Forgotten Patriots: African American and American Indian Patriots in the Revolutionary War*.

“This organization is open to any woman with ancestors who served in the Revolution or helped their cause,” Jo Ann explained. “We do our best to support and honor our military, past and present. We try to educate students about our history and teach people how to honor the flag.”

These Daughters do their best to make their community, their state and their country a better place. Uncle Sam would be proud. **NOW**

*Editor's Note: Anyone interested in joining should contact the registrar of the Old Chisholm Trail Chapter, who will gladly assist with documentation.*



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# KEEPING IT REAL

At Home With Scott

*Scott and Leigh Ann Strange do things their own way. Living in a hidden neighborhood in Cedar Hill with their five dogs, you might think you know a lot of their story. You don't.*

Laid-back is one word to describe Scott and Leigh Ann. In addition to Luna, their large female lizard, dogs and other animals are a big part of this household. Ladybug, Brian "Big Boy," Nadia and Sammy scamper about, getting into whatever enters their doggy minds. VooDoo, the Lab-Pit mix, is the biggest of the group, and has some special skills. "She used to play the chimes," Scott reported. Now the dogs are Leigh Ann's frequent dance partners.

Scott is a musician. Leigh Ann is a teacher. And they both like to have fun.

Leigh Ann grew up in South Carolina with a single mother and looked to her Christian great-grandparents for guidance. She later moved to the Dallas area and put herself through college at Southwestern Assemblies of God University. Now she teaches at a Leader in Me School called Village Tech. "My nephew is a student there and wanted me to come teach at his school. I had been teaching in DeSoto ISD and decided to give it a try for him. I love it there. It's a great environment. I'm working with the best team I've known in 20 years of teaching."



— By Adam Walker

# AL

and Leigh Ann Strange



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Scott is in two bands, Strange Brew and Mad Gravity. He does a lot of benefit concerts to raise money for people's medical bills. He describes himself as "just your typical, local graduate of Duncanville High School." He started playing drums at 13, which isn't surprising when you realize his dad played with Charley Pride. Bands have been a big part of his life since he started the first

version of Strange Brew in 1992. In fact, he and Leigh Ann met at one of his concerts. "I was at a show in Mansfield, and Leigh Ann was there in the audience. She was getting ready to move back to South Carolina. But she caught my eye. We complement each other. She's a guy's lady," Scott explained. "She's caring and mature, but she's real country."

"I grew up chopping wood," she confessed. "I can skin a deer and a bobcat. I like to garden.

"He had a gig the night before our wedding," Leigh Ann remembered with a laugh. "The video of that got to Eddie Money, and Scott got to open for him."

With that background to their relationship, it's no surprise that the garage is a practice room for the bands. It's a multiuse space that fills in as gym, pool hall, work bench and laundry room, as well. Instruments, tools and Strange Brew memorabilia cover the walls. The coffee table



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in front of the couch is one of the last things Scott's father built. "He was already sick when he started that table," Scott remembered. "We worked on it together.

The dining room features paintings of New York and Paris, as does the kitchen, but the dining room is also home to a china hutch that holds special meaning for Leigh Ann.

"Growing up, my great-grandmother had a hutch, and this reminds me of her. I've filled it with gifts and mementos," she explained. "A Korean friend gave me the tea set. Some of the cut glass was wedding gifts."

An item of special significance to Scott also has a place in the dining room — an old guitar. "That guitar is 75 years old. My grandfather brought it from Japan after World War II. There aren't many like it."

The living room and the den sort of flow together and share duty, with the fire place in the den hosting a seating area in full view of the living room seating. In between, the dogs have their "dog couch," a relaxation station, with a nice comfy bed. The mantel of polished stone and rough wood is home to a collection of angels in the den, where the sage green walls contrast with the mustard and red walls of the living room. A sectional and a glass coffee table ensure guests have plenty of room to sit and shoot the breeze.



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A set of French doors open out to the patio, inviting visitors outside. “After we moved in, we added the doors and this deck and roofed it,” Scott explained as he took in the view. A glass-bottle wind chime and a table-top herb garden add some flair to the outdoor seating. A trellis gate gives access from the yard to the rest of the land.

Upstairs, the master bedroom features a huge pillar bed with tapestry comforter and pillows. “It took six guys to get that up here and set it up,” Scott remembered. Leigh Ann shook her head, “I don’t know how we’d ever get it back out!” The matching wardrobe and marble-top dresser also give Scott war stories to tell about moving in.

The guest bedroom is decorated in earth tones. It features a leather and hide footlocker that Scott’s dad made and a giant teddy bear to keep visitors company.

The third bedroom hosts a menagerie of small pets and is referred to as The Bird Room. Two cockatiels, Honey and Sweetie, watch over Baby, the hamster. “We went down to Houston to rescue four hermit crabs from Hurricane Harvey,” Leigh Ann remembered. “We ended up coming back with the cockatiels, as well!”

“We’re just simple people who love life and love living here,” Scott explained. “We don’t care about money. We just want to pay the bills and hang out!” **NOW**

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# Making a Splash

— By Derek Jones

Texas is famous for hot summers. On a day when the concrete glimmers from the heat, and even the shade cannot provide refuge, what can be better than jumping into the cool waters of the community swimming pool? “We offer summer swimming programs here in Cedar Hill for a variety of ages and abilities,” John Jackson, recreation coordinator for Cedar Hill acknowledged. “Is there a better activity to cool off in the summer than swimming?”

John not only serves as the recreation coordinator for Cedar Hill, but he also coaches the summer swim team. The swim team is one of the summer programs offered through the city of Cedar Hill. “Last summer, participation numbers in the swim team grew by 200

percent, and we expect to see those numbers continue to rise,” John explained. “Currently, the number of people interested in our summer swim programs is at an all-time high.”

The swim team represents a wide range of skills. “Some of our participants are full-time swimmers and need a way to keep in shape through the summer for their school swimming programs,” John stated. “However, others play different sports and are just looking for a fun way to stay fit during the summer months.” The swim team meets Monday through Thursday to practice. Optional meets are held on Saturdays at multiple swim venues around the Metroplex. “This year, the state meet will be held at Texas A&M University, and people are excited about the possibility of competing at the Texas A&M natatorium,” John shared.

As to why anyone should join a swim team, John simply stated, “People discover through a swim team that they are capable of doing more than they ever

thought possible in the water.” John also encourages members of the swim team to acquire their lifeguard certifications. “I tell them they might as well get paid for doing something they already love to do,” he stated.

The city also offers summer swim lessons. “This is one of the most important programs we offer,” John explained. “For safety reasons, it is critical that children learn how to be comfortable around the water through their ability to swim.”

As with swim team, demand for swim lessons has been on the rise the last few years. Swim lessons begin for children as young as 6 months old. John clarified, “Our Water Babies program is designed for the parent to be in the water with their child. It is important for the parent and child to be comfortable in the water together, so they build a strong foundation for later swimming skills.” John described the basic objective for the swim lesson program. “Our ultimate desire is for children to learn how to be safe in and around the water.”

Currently, the swim team and swim lessons take place at Crawford Park in Cedar Hill. “You know, many people don’t even realize there is a community swimming pool at the park,” he said, “but the pool is there, and we are already gearing up for another exciting summer of swimming and fun.”

For those who wish to hone their swimming skills or compete, Cedar Hill’s swimming programs begin May 27 and run through August 10. As to why anyone should participate in the swimming activities, John offered, “It’s just fun, and it is never too early or too late to give swimming a try.” As the Texas summer heat begins to take its toll, the Cedar Hill Parks Department is offering the perfect way to cool off and rejuvenate. One just needs to be willing to take the plunge. **NOW**



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CookingNOW  
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**MARTIN GARCIA**

— By Amber D. Browne

“Some of the best memories are created in the kitchen,” said Martin Garcia, husband, father and Duncanville firefighter and paramedic. Martin and his firehouse “brothers” often gather together to prepare meals and share laughs around the table. “The same goes at home. Food makes people happy. It’s as simple as that!” he said.

With influence and guidance from his mother and grandmothers, Martin began cooking at the age of 12. “All of our get-togethers involved great food,” Martin shared. His father would fire up the grill, and the neighborhood children would stop by for a bite to eat. His Hispanic heritage is evident in many of his dishes. “We cook a lot of Tex-Mex food at the station,” he stated. “And, also, food with a ton of cheese!” NOW

### Charro Beans

- 1 16-oz. pack bacon, cut into small pieces**
- 1 20-oz. bag dry pinto beans**
- 1 clove garlic, chopped**
- 8-10 cups water**
- 2 tomatoes, diced**
- 1/2 onion, diced**
- 2 jalapeños, diced**
- 1 serrano pepper, diced**
- 1 bunch cilantro**
- Cumin, to taste**
- Salt, to taste**

**1.** In a large pot, cook the bacon over medium-high heat until slightly crispy. Add beans, garlic and water to the pot. Add

tomatoes and next 3 ingredients. (For extra flavor, broil the tomatoes, onions, jalapeños and serrano pepper several minutes until blackened; dice.)

**2.** Chop cilantro, separating stems and leaves. Add cilantro stems, cumin and salt to pot.

**3.** Cover; bring to a boil on high heat. Once boiling, turn to lowest heat. Crack the lid, so beans do not boil over. Cook for 1-2 hours, until tender but before beans begin to split. Add cilantro leaves; serve.

### Guacamole

- 6 avocados, pitted and peeled**
- 1/2 onion, chopped**

- 2 Roma tomatoes, chopped**
- 2 jalapeños, seeded and chopped**
- Juice of 1/2 lime**
- Garlic salt, to taste**
- Pepper, to taste**

**1.** Mash avocados. Mix in remaining ingredients. Serve with tortilla chips.

### Salsa

- 1 14.5-oz. can fire-roasted tomatoes**
- 1 14.5-oz. can diced tomatoes**
- 1 bunch cilantro, chopped**
- 1 onion, chopped**
- 3 jalapeños, chopped**
- 2 serrano peppers, chopped**
- 2 tsp. garlic salt**
- Juice of 1 lime**

**1.** Mix together all ingredients in a blender. Pulse until mixture reaches desired consistency. Serve with tortilla chips.

### Beef Enchiladas

- 1 lb. ground beef**
- 1 onion, chopped**
- 1 jalapeño, chopped**

- 1 1-oz. pkg. taco seasoning
- 1/2 cup corn oil
- 12 corn tortillas
- 1 28-oz. can Las Palmas Enchilada Sauce (divided use)
- 1 1-lb. bag Mexican blend cheese

1. Brown meat with onion and jalapeño. Once browned, add taco seasoning.
2. In a separate skillet, fill the bottom with corn oil to soft-fry the corn tortillas. Once oil is hot, add one corn tortilla; fry for about 10 seconds. Remove; repeat process.
3. Spread half of the Las Palmas Enchilada Sauce on the bottom of a 9x13-inch glass dish. Roll the browned beef into soft-fried tortillas; place them into the pan with the sauce. Once the pan is filled with the enchiladas, cover with remaining sauce; top with cheese. Cover the pan with foil; bake at 350 F for 40-50 minutes.

### Mexican Rice

- 1 Tbsp. corn oil
- 1 lb. long grain white rice
- 1 onion, chopped
- 2 tomato bouillon cubes
- 3 1/4 cups water

1. Heat oil in a pan on medium; add rice. Cook rice until transparent but not too brown. Add onion; sauté.
2. Add the tomato bouillon cubes and water. Stir until the cubes dissolve; bring to a boil. Place the lid on the pan; reduce to low. Cook for approximately 20-30 minutes.

### Bacon-wrapped Armadillos

- 2 lbs. chicken tenders
- Salt and pepper, to taste
- 10 jalapeños
- 1 8-oz. block cream cheese
- 1 16-oz. pkg. bacon

1. Season chicken tenders with salt and pepper or seasoning of preference.
2. Slice each jalapeño in half lengthwise and deseed. Apply cream cheese to both sides.
3. Place 1 chicken tender in each half; wrap with a slice of bacon. Grill at 350 F until bacon is cooked and juices run clear.

To search for more great recipes from any of the 10 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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BusinessNOW

# Suzushii Sushi & Grill

— By Adam Walker

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Sunday: Noon-9:30 p.m.  
Call-in for pickup orders ends 30 minutes before closing.

Suzushii Sushi & Grill sits in the heart of Cedar Hill's uptown area, offering a different dining choice for local foodies. Jamie Pisesnakornkit opened her first Suzushii in 2007 in Mansfield, with her second, the Cedar Hill location, opening in 2010. The name, Suzushii, is Japanese for "nice and cool." The restaurant serves both the sushi the name would lead you to expect and a selection of other Japanese dishes, alongside a few Thai offerings. "I worked

for a Japanese company back home in Thailand," Jamie explained. "Then they sent me to Japan for several years. That's where I fell in love with Japanese food."

The sushi menu includes various kinds of fish rolls, such as salmon, tuna and eel, as well as chicken or steak. But the menu also has a number of vegetarian sushi options like avocado, cucumber and tempura vegetable rolls. New items are highlighted seasonally. "We have limited-time, holiday-themed sushi for every holiday, like vampire rolls at Halloween," Jamie smiled. "We only advertise them on the board during that season, but we will make them, by special request, other times of the year." A full menu of soups and salads helps fill out the lunch-time bento boxes.

Teriyaki, sashimi and other seafood, including mahi-mahi and sea bass, and noodle dishes including udon, ramen and spicy noodles, fill out the Japanese menu. Beverages include a selection of Japanese beers and sakes and other liquor.

“Our food is great and fresh. The sushi chef is quick, and we do our best to provide great customer service. But the big difference is in our flavor.”

Jamie smiled. “The Thai dishes on the menu are authentic. They are spicy. I don’t tone them down. I think we’re the only Thai food in Cedar Hill, DeSoto or Duncanville.”

The trendy interior features orange walls. “This orange is a symbol of Suzushii, all of my restaurants use orange,” she explained. The Cedar Hill location combines it with red booths and a black teak-looking sushi bar, table tops and cabinets in the prep area. The blond wood floor sets up a color contrast and evokes the color of bamboo. Japanese paper lanterns coexist with glass shades on the overhead lights, reminiscent of a ’50s diner. The curtains leading to the back kitchen bear scenes from famous Japanese paintings like *The Great Wave off Kanagawa*.

**“Our food is great and fresh. The sushi chef is quick, and we do our best to provide great customer service.”**

If the regular menu doesn’t give you enough information, don’t worry. Suzushii features a video menu, displaying various menu items on a screen above the bar. That way, you can see the food before you order it.

The kid’s menu includes teriyaki chicken, steak, shrimp tempura and fried chicken, but if your little one is just not cooperative about new food experiences, Suzushii will allow outside food for the little ones, as long as you check first. “We want the parents to have a good experience, but we need to know first,” she informed. “And it’s only for the children.”

If you’re looking for something different for tonight’s dinner or your next date, Suzushii Sushi & Grill is waiting to serve you. They have something “nice and cool” planned. **NOW**

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## TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Savueur's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

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## Let's Get Physical

— By Zachary R. Urquhart

*There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.*

### Stretch It Out

• *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.



• *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better

results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

### Spin It Out

- *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



- *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by

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people who are pedaling faster and harder than you. Remember, every expert started out as a beginner.

### Cross It Out

• *It is more than just a fad.* Over the last decade or so, new workout methods and styles have become all the rage. Things like CrossFit and Camp Gladiator are great for getting a high-energy workout where you can work at your own pace, while being pushed by the people that can do just a little more than you. These high-intensity, body-weight or resistance-based workouts have proven results for people just trying to lose weight and those trying to get into the best shape of their lives.



Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**

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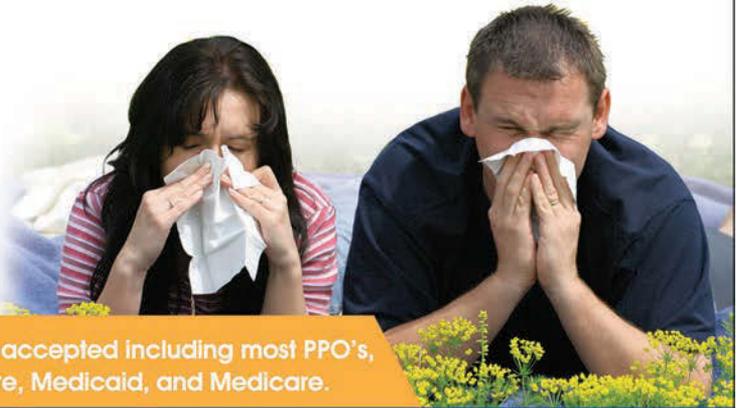
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## Zoomed In: David Castillo

By Adam Walker

David Castillo found a shady spot to rest for a minute while he and his daughters, Hailey and Sophia, waited for the snow cones to be made for the rest of the family waiting in the car. While they waited, David, Hailey and Sophia each sneaked a few sips of their own snow cones in an attempt to beat the heat.

“We’re just getting something to cool off! It’s really hot today,” David sighed. “It’s supposed to get over 100.” Nodding toward the girls, he explained, “Sophia likes strawberry, and Hailey likes strawberry kiwi.” Sophia and Hailey managed to shake their heads in reply, as they slurped their cold sugary relief, before collecting the rest of their snow cones and heading for the comfort of the A/C in the car.



*Crystal and Gracie Lopez cool off on a hot day.*



*The FamLife, Inc. basketball team holds a car wash for their tournament in Oakland.*



*The new director of Hope Mansion, Camille Gray, meets with board member Shelia Hood.*



*All-Star Dads encourage students to do their best on their STAAR test at Duncamville ISD's Hardin Intermediate School.*



*First Methodist School students and staff celebrate Cinco de Mayo.*



Sly Cat Gallery hosts *The Natural World*, an art show celebrating nature.



Duncanville High School's 2018 valedictorian, salutatorian and three seniors who received their associate degrees, along with their diplomas, celebrate graduation.



DeSoto ISD students and faculty celebrate Academic Signing Day.



Al Hernandez of Atmos Energy donates to All Pro Dads at their Crawfish Fest fundraiser.



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# Calendar

## 1 — 31

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## 3

Medieval Times Knight Storytime: 10:30 a.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. A knight and princess from Medieval Times entertain.

Goldilocks and the Three Dinosaurs: 3:00 p.m., Duncanville Library, 201 James Collins Blvd., Duncanville. Free.

## 4

Duncanville Lion's Club 4th of July Parade: 9:00 a.m.-10:30 a.m., Freeman, Wheatland and Main streets, Duncanville. Free.

Independence Day Celebration: 9:00 a.m.-10:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville.



## 5

Movie Day: 10:30 a.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. *The Secret Life of Pets*.

Throwback Thursday Movie Night: 6:00 p.m. Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. *Mr. Blanding Builds His Dream House*.



## 9

Blood Drive: 10:00 a.m.-4:00 p.m., Duncanville Library, 201 James Collins Blvd.

Famliy Fun Night — Old-Fashioned Picnic: 6:30 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill.

## 9 — 13

UTD Tween Tech Camp: Noon., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. For ages 8-12. Learn programming. Call to register (972) 291-7323 x1300.

## 10

All About Animals: Reptiles: 3:00 p.m., Duncanville Library, 201 James Collins Blvd. Duncanville. Free.

Andy Fancher: 7:00 p.m., Duncanville Library, 201 James Collins Blvd. Duncanville. Free. Mr. Fancher presents the stories of WWII vets.

## 11

All About Animals: Reptiles: 7:00 p.m., Duncanville Library, 201 James Collins Blvd. Duncanville. Free.

## 12

Perot Museum Super Hero Science: 10:30 a.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free.



## 14

Shifting the Paradigm of Business and Leadership: 9:00 a.m., Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. To register, call (972) 291-7323 x1313.

Make it @ the Library: 2:00 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. Learn to make ice cream in a zip-lock bag.

## 17

Tween Genealogy Program: 2:00 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. Ages 8-12 learn to research your family. Call (972) 291-7323 x1300 to register.

Mad Science: Sounds: 3:00 p.m., Duncanville Library, 201 James Collins Blvd., Duncanville. Free.

## 18

Grace Hula Dance Moana Princess Party: 7:00 p.m., Duncanville Library, 201 James Collins Blvd., Duncanville. Free.

## 19

Texas Firefighter Games Disc Golf Tournament: All day, Lester Lorch Park, 1823 Texas Plume Rd., Cedar Hill.

Library Talent Show: 10:30 a.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. To register, call (972) 291-7323 x1300.

20  
Discover the Arts After Dark: 6:30 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free.

24  
Lizza Connor Live Music: 3:00 p.m., Duncanville Library, 201 James Collins Blvd., Duncanville. Free.

24 — 27  
Rockin' Reading Camp: 1:00 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. Kindergarten-2nd grade. To register, call (972) 291-7323 x1300.

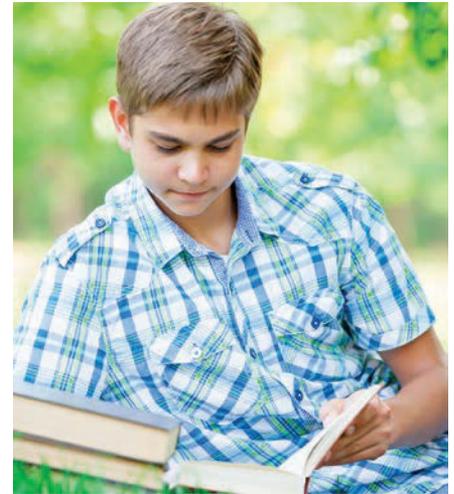
27  
BIFF Band: 8:00 p.m., Outdoor Amphitheater, 211 E. Pleasant Run Rd., DeSoto. Free.

28  
Teen Summer Reading Finale: 1:00 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. Winners will be announced.

Film Night: 7:00 p.m., International Museum of Cultures, 411 Hwy. 67, Duncanville. Free. *Loving Vincent* about Vincent van Gogh.

30  
Tween Fine Arts Camp: Noon, Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Free. Call (972) 291-7323 x1300 to register. Different focus each day. Runs through **August 3**.

31  
Anita N. Martinez Ballet Folklorico: Danza: 3:00 p.m., Duncanville Library, 201 James Collins Blvd., Duncanville. Free.



*Submissions are welcome and published as space allows. Send your current event details to [adam.walker@nowmagazines.com](mailto:adam.walker@nowmagazines.com).*

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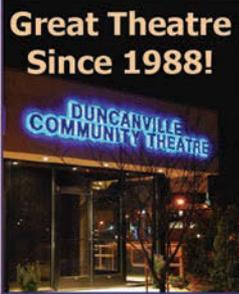
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## Little Library, Big Dreams

— By Adam Walker

You may have seen one of those little libraries in a park or in front of a church, looking like an outsized birdhouse perched on a pole, filled with books free for the taking. Former teacher Sarah Forster had seen them and was a fan of the concept, but she had an idea for doing just a little bit more.

“The Little Free Library movement started in Wisconsin, where my brother lives, so I was aware of it for a long time. I wanted to put one up, but I decided not to put it in a public place. I wanted it in our front yard, because we live in a culture where people don’t know each other. No one sees anyone. You can live in a place for nine years and never meet your neighbors. I saw this as a way to get to know our neighbors, to build community. It’s a way to love our neighbors well.”

Sarah’s Little Free Library is now part of her landscaping. Standing near the sidewalk, it is surrounded by benches, stepping stones, shrubs and roses. Her neighbor, Tina, helps keep the plants alive. It’s a place, not

just to grab a book and run, but to sit and read aloud to your children — a little rest stop. A mason jar at the foot of the library, labeled *Book Bags*, contains plastic grocery bags, so kids on bicycles can manage more than one book safely.

But even this isn’t the limit of the hospitality. Further in the yard, under a tree near the fence, sits a picnic table with a tin cup of roses and a sign inviting you to *Stay Awhile*. And the driveway is well supplied with chalk for budding local artists to leave some art behind.

“The basic idea is take a book, leave a book. But I want kids to fall in love with reading, so I’m always buying more books to keep it stocked,” Sarah explained. “This is a big part of what I loved as a teacher.” And promoting literacy has helped her toward her other goal — community building. “It’s a safe place for kids and their parents to gather. People get to know each other and build relationships. The neighborhood feels safer because we know and watch out for each other.

Kids ask, “Is the book fair open?”

Sarah smiles, “Yeah, it’s always open!” **NOW**

*Editor’s Note: Visit [littlefreelibrary.org](http://littlefreelibrary.org) to find an LFL near you.*

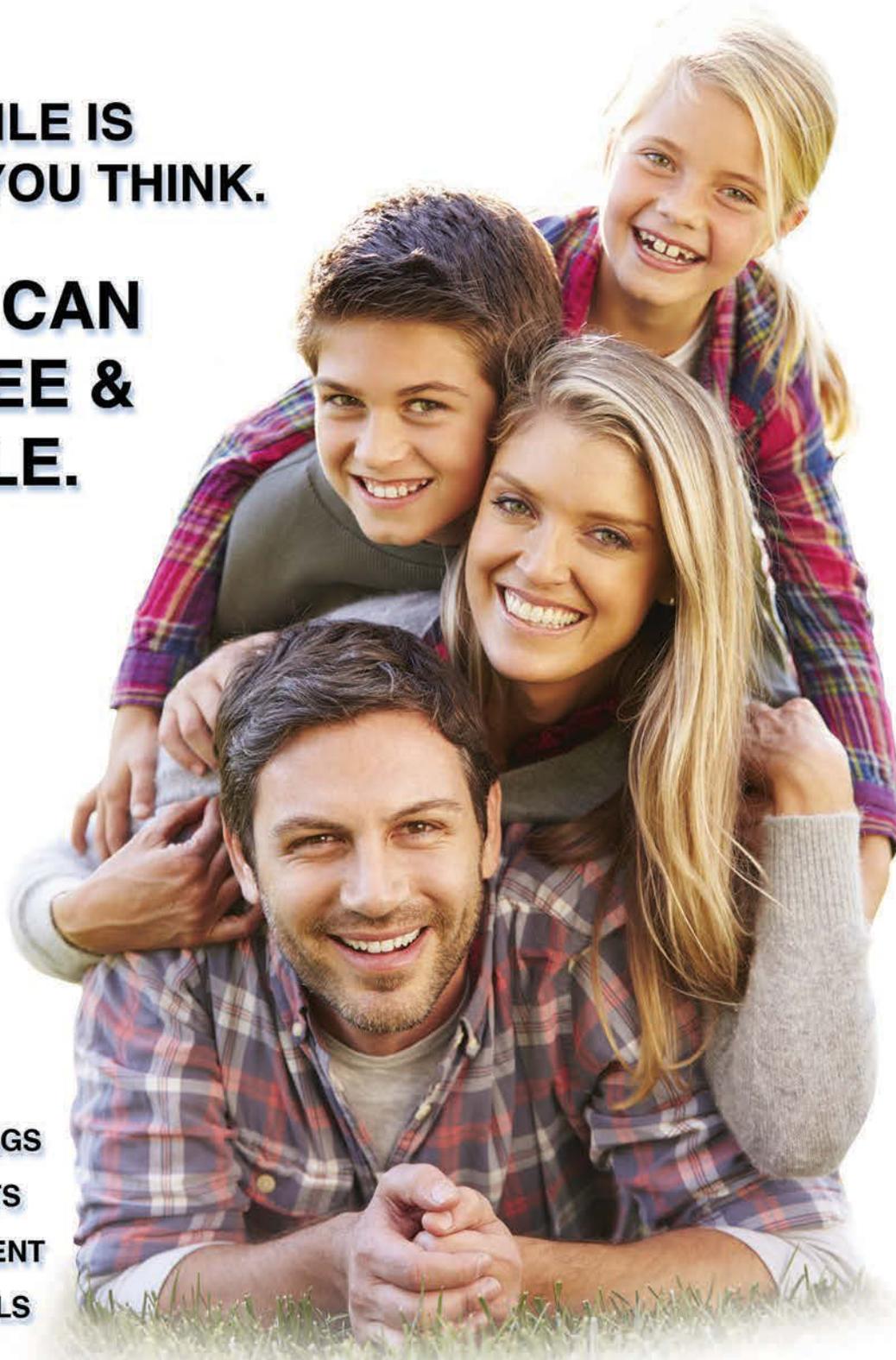
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