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On The Cover



Dr. Patty McGill is excited about the opening of Dogwood Canyon Audubon Center at Cedar Hill.

Photo by Opaque Visuals.

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Editor's Note

Southwest Friends,

Nothing about August strikes me as particularly remarkable, yet I am bound to remark on it. Did you know August was the sixth month until about 700 B.C., when King Numa Pompilius moved January and February to the beginning of the year and gave August 29 days? Julius Caesar added two more days to the month in 45 B.C. Imagine – the powers that be playing with time. What havoc someone could cause if they decided to change the calendar now!



Of note: August is National Goat Cheese Month and What Will Be Your Legacy Month. So if you, like me, find August to be a hot, less-than-motivating month ... perhaps you can consider your legacy over a snack of goat cheese. Also, the Society for Creative Anachronism holds an annual event the first week of August ... no doubt due to the disruptive changes to the calendar all those centuries ago.

Have a great school year, kiddos!

Beverly

Beverly Shay
SouthwestNOW Editor
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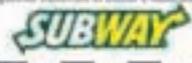
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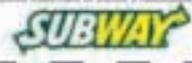


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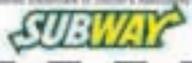


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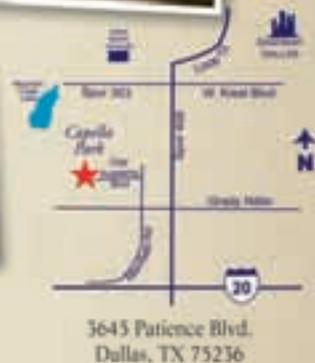
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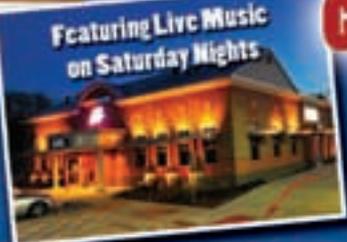


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Nature at Our *Fingertips*

— By Beverly Shay

Dogwood Canyon Audubon Center at Cedar Hill is pretty excited to be opening its 205-acre facility next month, and no one is more excited than center director, Dr. Patty McGill. “We now have the facilities to connect children and families with nature, providing an opportunity to appreciate animals and plants within their habitats. This area is unique for several reasons: Because of the pristine, intact ecosystem already in place, we won’t need to control many exotic plants. Really, this region is like no other in the United States,” Patty remarked. “Plant species from the North, South, East and West are mingled together here, attracting birds and animals to cohabit as they do nowhere else.”

Patty grew up in the Arlington Heights area of Chicago. Her father was a doctor, and Patty wanted to be a doctor also. A love for nature and the outdoors was instilled during her childhood, which was filled with camping and lots of physical activities. She received early acceptance to Newcomb College in Tulane, Louisiana, to study pre-medicine, but she had also applied elsewhere. When she

was accepted at Colorado College in Colorado Springs, she decided to go there so she could experience four seasons, a decision that changed the course of her career. “I met so many field biologists and was exposed to a variety of ecological and outdoor sciences that changed my interests. We had one three-and-a-half-week block class at a time, with lots of outdoor study. I majored in biology and completed grad school



at Cornell University, with a master's in wildlife science and a minor in science education," Patty explained. "I was looking for a project and ended up on an island marine biology station jointly owned by Cornell and the University of New Hampshire.

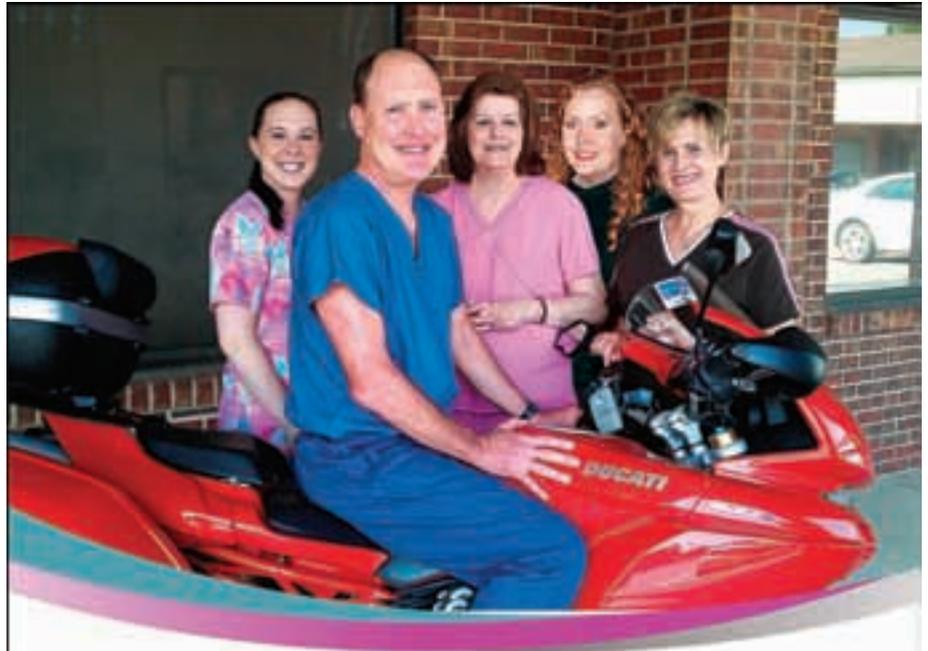
"Originally planning to study the muskrat population, I actually studied the competition between two species of gulls: great black-backed gulls and herring gulls. I did my thesis field work, taught lectures and worked in the kitchen," Patty said. She then began doing biological surveys with Fish and Wildlife Ecological Services in Southeast Alaska, including a study of molybdenum mining — a mineral used in steel production. This, in turn, involved a short stint in Colorado and New Mexico for further mining



education. Patty finished her Ph.D. at Cornell, which included more gull field study, with a slight diversion into hairy-nosed wombats. She spent summers in Maine and September to January in Tasmania, Australia, for three years.

"Although I enjoy teaching, I didn't want to pursue traditional academia, so I leapt at the opportunity to be the curator for birds at the Chicago Zoological Society (Brookfield Zoo) once I finished my doctorate. I worked with the zoo for 22 years, participating in disease studies and learning of birds' ability to see the ultraviolet spectrum humans cannot," Patty related. Because of her work with seabirds, she was also asked to manage the program for Humboldt penguins in the Americas, focusing on Chile and Peru. She still coordinates the census for Humboldt penguins every January.

Actually, Patty's work with the zoo indirectly led to her arrival in the Dallas area. "Zoo people meet other zoo people — which is how I met my husband, Lynn Kramer. Lynn was overseeing animal



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management at the Denver Zoo when we met. One of us needed to move, so I quit my job with Brookfield Zoo. Then we found out the Dallas Zoo was looking at privatization, and Lynn took a job with them as deputy director of animal conservation and science. So we were looking at a move,” Patty stated. Lynn’s job with the Dallas Zoo started in October 2009.

Finding the opening with the Audubon Society at Dogwood Canyon was perfect — not only because of the Dallas area location, but because it allowed Patty



to combine all of her experience with what she loves most but had never been able to combine before: conservation administration, project coordination and education and birds. “This is the perfect opportunity for me to use my own personal passion to serve the community and the center, while promoting the Audubon philosophy,” Patty admitted. She began working at the center in March 2010.

“I came in on the ground floor, so to speak. The land, purchased 10-12 years ago by David and Kim Hurt, was originally intended for a personal home site, but as David explored the canyon and discovered the mix of bird and plant species, he wanted to see it conserved,” Patty said. The Dallas chapter of the Audubon Society was able to secure options on some of the land, which opened the door for the National Audubon Society to purchase additional

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land and manage the center. Of the 300-acre canyon, some eighty or so acres are still privately owned. Another great partner in the project has been the city of Cedar Hill.

With no access roads into the property, the site for the center was up for debate. Creating this site, off FM 1382, seemed the most practical because the land had already been scarred by a satellite dish setup (no longer technically current) from the '70s or '80s. The cement depression, where the dish once was, is becoming a deck-lined area with various native trees, flowers and grasses where bird-watching will be taught. Behind it is the 6,000-square-foot center set on piers, so water can flow under it. The building was designed around a huge red oak, and the backside is mostly windows with views right up the canyon and overlooking a prime trout lily bed.

"I had no idea when I came on board I would be learning contracting and building specs and wearing a hard hat," Patty grinned, eager to show off the center, and even during construction, the area was abundant with bird calls. The center features two classrooms: the Cedar Elm Room and the Red Oak Room; a reception area; offices; a retail/nature store and information area; and an upstairs observation/canyon viewing room with slanted, floor-to-ceiling windows overlooking the creek. "Birdfeeders outside the window will bring the canyon almost right inside for those who are not able to hike it," Patty remarked. A large reception/gathering room, the Trout Lily room, can be rented for corporate retreats, showers or any number of public events. Seating for 70-75 at tables or 100 in chairs affords a clear view of many fine Texas plants and trees, judiciously managed, as well as the rare mix of the canyon's unique ecosystem.

"We will provide trails of various hiking levels and lengths, including a partial, handicap-accessible trail and children's areas," Patty said. "The front of the center will be restored to Blackland Prairie. Bird watchers and bird listeners (blind birders, who find bird species by ear) will all be delighted with the natural authenticity of the environment." **NOW**

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FIGHTING CRIME *Together*

— By *Jeremy Agor*

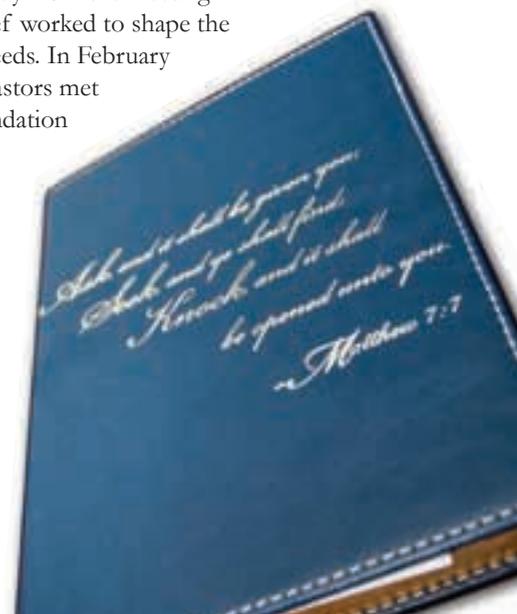


DeSoto is an All-America City, but like any city in America, it has underlying problems. The police force is dedicated to protecting the city's citizens, but its officers can only do so much. To help them, Mayor Pro Tem Denise Valentine set out just over one year ago to implement a program called DeSoto Police and Clergy (DPAC), which has already seen success.

“To engage a community, you have to be able to talk to the leaders, who then communicate with people who trust them and listen to what they say,” Denise explained. “DPAC allows us to address societal issues at their roots before they start, and the partnership that has developed with the police has given us a new way to communicate with our community.”

Denise first got the idea for DPAC at a League of Cities meeting in Fort Worth, which has a similar program. She spoke to Police Chief W. M. Brodnax about a simplistic idea of having pastors ride with officers in patrol cars. He was skeptical that her idea would work, but agreed to travel to Fort Worth to meet with the people in charge of their program to see if it could be adapted to DeSoto's needs. He took along Pastor Oscar Epps to allow DeSoto's pastors an opportunity to hear what the group had to say, since the pastors had expressed their reservations as well.

Both parties came away from the meeting impressed, and the Chief worked to shape the program to DeSoto's needs. In February 2010, a group of five pastors met with him to lay the foundation for what the program has now become. “We went to the different pastors and asked for their support,” Chief Brodnax recounted. “Historically, it had been difficult to get people together and keep everyone on track, but this group



is meeting regularly and growing.”

DPAC addresses two main areas: family violence and youth issues. In cases of domestic violence, the responding police officer provides the victim with contact information for an on-call pastor, who can provide immediate counseling and get to the root of the issues that caused the incident, hopefully working to prevent it from happening again. DPAC approaches youth violence through the presence of ministers at schools, events



and other locations in town where trouble starts, as well as by making churches' existing resources — tutoring, mentoring and gang ministry — available to youth in trouble.

“I first envisioned this program from the adult side, but as the ministers came on board, teens and teen violence emerged as a key component,” Denise explained. “When a crime is committed, a person is at his or her most vulnerable, and a police officer comes, does his job and leaves. If we can get a minister in there with the time to spend, we can begin to address issues like alcohol, drugs or financial problems that led to the issue in the first place.”

Pastor Otis Adams, who has been involved in the program from the beginning, has worked with DPAC on many of the city's youth issues. “The churches realized that they had youth ministries already in place and needed to reach kids before they got involved [in trouble]. There was a gang ministry, tutoring ministries, mentoring ministries, which we began to make available to the community, to reach out to youth and try to curtail their activities before they became a problem. We realized that the clergy, the police, community members and council members can tackle

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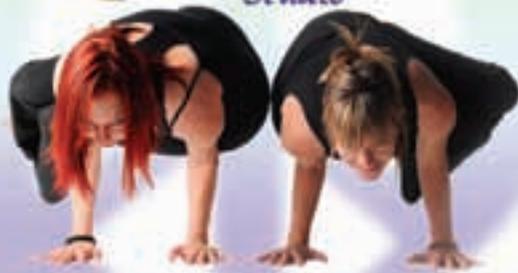
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problems from all angles and be more effective," he explained.

DPAC is part of an initiative called "force multiplier," which the Chief started about five years ago. "Force multiplier operates on the principle that if you rely on the police force alone to solve a problem, it won't be solved. However, with community involvement and ownership of the issues, we can work together and actually fix the problems that lead to crimes. We're making progress. As an example, we're catching more burglars because more people are calling in about suspicious activities," he said.



DPAC hosted its first major public event shortly after a 12-year-old boy was killed during a fight this spring. Dismayed that there were adults who stood by and watched and failed to call the police — which could have saved the boy's life — the clergy created a symposium called "No More." The symposium featured a panel of clergy, police, homeowners' associations, the school district and a youth representative discussing what causes the issues facing DeSoto. The discussion was followed by a fair showcasing the resources available to youth and their parents for help in solving problems and tackling some of those issues.

"We were able to talk about various approaches and insights to look at the sources of the problems and start to get to real solutions to those problems," Otis said. "We realized this was the start of a positive movement, and we're looking

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Eagles win 7-on-7 State Championship

Congratulations to the DeSoto 7-on-7 football team on winning the State Championship July 16 in College Station defeating Houston Lamar, 34-25. The Eagles will be part of the Kirk Heiberstreit Football Series at Cowboys Stadium on Labor Day! Come cheer on the Eagles in 2011!

2011-12 FOOTBALL SCHEDULE

Aug. 26	7:30 p.m. vs. Leander
Sept. 5	4:30 p.m. Douglass, OK @ Cowboys Stadium
Sept. 10	TBD @ Cedar Hill
Sept. 16	7:30 p.m. @ Stony Point
Sept. 23	7:30 p.m. vs. NOAH Homeschool (Tulsa, OK)
Oct. 7	7:30 p.m. vs. N. Mesquite
Oct. 14	7:30 p.m. @ Tyler Lee
Oct. 21	7:30 p.m. vs. Mesquite Horn
Oct. 28	7:30 p.m. vs. Mesquite
Nov. 4	7:30 p.m. @ Longview

Open Houses set for fall

The DeSoto ISD will open its doors to more than 9,200 students on Monday, August 22, the first day of classes for 2011-12. Fall Open Houses are a time for parents and students to meet the school staff, acquaint themselves with the school facility as well as go over campus and classroom procedures and expectations. Families can also receive district handbooks and other information about the upcoming school year.

OPEN HOUSE SCHEDULE

DeSoto ISD Elementary Schools	Thursday, August 18 5:30 - 7 p.m.
DeSoto ISD Middle Schools	Thursday, August 18 6:30 - 8 p.m.
DeSoto Freshman Campus	
DeSoto High School	Tuesday, August 25 6:30 - 8 p.m.

School starts August 22

SCHOOL HOURS OF OPERATION

Elementaries (K to 5th)	8:00 a.m. - 3:15 p.m.
(PreK: AM - 8-11:15 a.m.; PM - 12-3:15 p.m.)	
Middle School (6th to 8th)	8:00 a.m. - 3:45 p.m.
Freshman Campus (9th)	7:30 a.m. - 2:54 p.m.
High School (10th to 12th)	7:30 a.m. - 2:54 p.m.

REGISTRATION INFORMATION

New student registration at each campus from August 9-19, 2011 from 8-11 a.m., 1-4 p.m. A child must be age 5 on or before Sept. 1 to enter kindergarten and age 6 to enter first grade. DeSoto ISD offers Pre-K to qualifying students. Please visit www.desotoisd.org for documents needed for enrollment.

Returning students will need to provide updated immunization records and a current proof of residency such as a gas, electric or utility bill or signed affidavit of residency (forms available at each school).

BREAKFAST AND LUNCH INFORMATION

The DeSoto ISD makes nutritional breakfasts and lunches available for all students. Menus are available at each school and online. The free- and reduced-meal program is available for eligible students.

	<u>Breakfast/Reduced</u>	<u>Lunch/Reduced</u>
Elementary Students	\$1.25/\$.30	\$2.20/\$.40
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STUDENT DRESS GUIDELINES (UNIFORMS)

DeSoto ISD has a dress policy for students in all grades and at all campuses. In general, students must wear white, forest green, gold or black tops and khaki, black or DeSoto plaid bottoms. District administrative staff will have complete and final judgment on all matters concerning interpretation of the student dress code.

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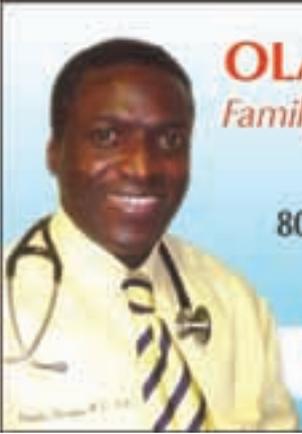
For more information, including school calendars, school supplies, attendance zones, transportation, student code of conduct and acceptable use policies, UIL and athletics requirements, state testing calendars, grading policies and more, visit the Web site at www.desotoisd.org or call 972-223-6666.



calendar of events

August 1-2, 7:30 a.m. - 5:30 p.m.	- Back to School Fair Pre-Registration, ISC
Saturday, August 6, 8 a.m. to 2 p.m.	- DeSoto ISD Back to School Fair, Freshman Campus - Free backpacks, supplies, immunizations, school clothing and more!
Monday, August 22	- First Day of School for 2011-12 School Year
Monday, August 22, 6:30 p.m.	- Board Meeting, Board Room
Monday, September 5	- No School - Labor Day Holiday
Monday, October 3	- No School - State Fair Day; Staff Development Day

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at future steps. We want to listen more to what youth have to deal with and be involved in education and find out what the issues really are.”

Denise has seen a positive change in the community’s views on crime because



of DPAC. “In our community, there’s been a general distrust of the police, and that includes some of the clergy. But Chief Brodnax recognized that and really went out of his way to open up the department to the clergy and show them how and why police operations work the way they do,” she said. “The more you know about people, the harder it is not to trust them. If the pastors say, ‘Let’s raise our standard,’ their congregations will trust them and do it. A lot of people here go to the same church, so if you come across a pastor involved with DPAC, it could be someone you know. That’s the ultimate, because it’s not just a pastoral relationship, but also the entire family knows.”

Denise, the Chief and Otis all have faith in DPAC and expect it to continue its growth and positive effect on the community. As more churches become involved, more community members become involved, and the ministries available through the program are becoming more widely used. The pastors also provide backup for the police department in cases that might otherwise be blown out of proportion, because they’re able to understand the truth about events that transpire. Perpetrators and victims of family and youth violence are being reached and given the support and counseling they need to escape a negative cycle. And teamwork, between the clergy, the police and city government, gives the movement strength to affect real change on the city. **NOW**



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MACHINES that MATTER

— By *Angel Morris*

For years, Harrold Andresen dreamed of building a facility where people with all types of physical disabilities, especially those who use wheelchairs, could get training to re-enter the job market. He wanted them to have use of tools and equipment to maintain their assistive devices and design new ones. In 2003, he founded the Innovation Institute, a 501(c)(3) nonprofit.

“It took over four years to remodel and set up the present 6,000-square-foot facility into a wheelchair-accessible vocational school. Many generous people volunteered their time, talent and money,” Harrold said.

With more than 30 wheelchair users involved in the remodeling process, the facilities were set up and operational by 2007. Then three years were spent seeking funding and getting the training program approved by the Texas Workforce Commission. “We now offer a course for the first time ever in the State of Texas, and probably in the world — Automotive Maintenance and Inspection

From a Wheelchair,” Harrold stated.

Owning and operating his own auto repair shop for more than 37 years, Harrold employs certified technicians with a passion to provide excellent automotive service and with a heart to serve the customer and meet their highest expectations. “I strive to give customers the best value for their automotive budget,” Harrold said.

People who use wheelchairs came to his shop for repairs on their adapted vehicles, and as Harrold serviced more and more of these, he discovered that the community of people who use wheelchairs was extremely under-utilized

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and under-served. "I also observed that wheelchair users are some of the most creative and resourceful people around," Harrold explained. "Putting these two concepts together, I decided to help these people explore their place in the automotive service industry by providing a specialized training program, accessible shop facilities and a place for customizing the tools they will need on the job."

In order to accomplish this, Harrold founded the Innovation Institute on his business property in Duncanville. The office is open from 8:30 a.m.- 5:30 p.m. Monday-Friday, and classes take place during the morning hours. Prospective students receive an application packet and tour of the facilities. Since the Department of Assistive and Rehabilitative Services (DARS) wants to help people with disabilities get the training they need for employment, prospective students should also make an appointment with their DARS counselor



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"The students we seek have mobility impairments including paraplegia, quadriplegia and amputation," Harrold said. "We've found a job niche for them in the automotive industry. We are not training students to do repairs, but to evaluate used automobiles and to estimate the needed repairs."

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In fact, the National Institute of Automotive Service Excellence has come out with a new certificate: Maintenance and Inspecting Program. All Innovative Institute students must take this online course and pass the test for graduation.

Harrold's shop, Mechanical Excellence, works with the Texas Workforce Commission and is an approved vendor for DARS. Both DARS and the Innovation Institute give financial aid to qualified applicants. The Institute



hosts the course taught by Mechanical Excellence and has community support with scholarships provided by the Lions Club of North America, the Rotary Clubs of America and private individuals.

"We've done this long enough to know we need all the help we can get. Because we're a nonprofit, we always have opportunities for people to increase our service to the disability community by donating time, money, expertise, durable medical devices, cars, trucks, RVs, mowers and tools," Harrold said. "Almost any mechanical device has value to us, working or not, because we can use them as training aids and as a source for parts to repair other things." Some vehicles are repaired and sold to help finance the program.

Additionally, Innovative Institute provides life skills training taught by a professional life coach. This training

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Ice cream, Blue Bell.....	.60/ .85/ 1.25
Mini Rice Krispies treats.....	.25

Please note: This is a partial list of available items, and all items may not be available at all locations. Prices are subject to change. For the first time in more than five years, meal prices (reflected above) have been increased to meet new USDA regulations effective July 1, 2011. More information is available online at the district Back to School website.

News and Information



Are you looking for the latest Duncanville ISD news including school, student, and staff accomplishments? Do you want to see photographs from special events and videos about programs we're

implementing? The Duncanville ISD Friday Informer is your one-stop shop for information. It's a free, weekly online newsletter sent right to your inbox - all you have to do is subscribe! To add your email address to the subscriber list, log on to www3.duncanvilleisd.org and click the "eNews Signup" tab. You can also get important information by "liking" the Duncanville ISD page on Facebook, following Duncanville ISD on Twitter, and subscribing to the Duncanville ISD Web channel on YouTube. We're committed to fostering two-way communication between our district and the community we serve!

Registration Dates

Registration for the 2011-2012 school year will be held the first two weeks in August. Students new to the district and all students entering grades 7-12 are required to attend. Returning elementary and intermediate students (grades K-6) are automatically registered and are not required to attend registration prior to the first day of school. Students will register at the campus zoned for their residence. Not sure which one? Find out now on our district website under "School Find." For a complete list of registration dates and times, please visit our Back to School website at www3.duncanvilleisd.org/BTS. Please Note: students in grades 7-12 must be in dress code at registration, as photos will be taken for ID cards.

Pre-K

Pre-K Round-Up will be held August 2 from 8:00 am to 3:30 pm at Reed Middle School and August 3 from 8:00 am to 3:30 pm at the Duncanville Education Center. Students must be four years old on or before September 1, 2011 to qualify for enrollment and must also meet certain other criteria. If you have any questions, please call 972-708-2075.

Important Dates

Report Card Dates for 2011/12
October 7, 2011 / November 18, 2011 / January 20, 2012 / March 2, 2012
April 20, 2012 / May 31, 2012 (mailed for grades 7-12)

Meet the Teacher Nights
5:30 - 7:30 pm

Elementary Schools..... August 18 (bring supplies)
Intermediate Schools..... August 25
Middle Schools..... September 1
DHS/PACE..... September 8

Middle School New Student/ Parent Orientation
July 28 - 6:30 pm

Duncanville HS New Student/ Parent Orientation
August 17 - DHS Alexander Auditorium, 6:00 pm

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aids students in finding emotional balance, fostering healthy relationships and helping them have a successful employment experience. Reflecting on the program's success, Harrold said, "One student became confident enough to freshen up his résumé and look for employment. Another saved his money to buy a used car so he could get to our program on his own. One student designed and built a bracket for a power wheelchair so he could get a job taking out the trash. Another student built a hands-free flashlight holder for inspecting used cars."

The program is especially meaningful for students because equipment is wheelchair accessible; training is specifically focused on students' abilities, rather than disabilities; and because they customize and build assistive devices to help them do the work themselves. "New product development is my favorite part of this program," Harrold said, "... having a person in a wheelchair come in with a unique idea scratched out on a wrinkled napkin, and leaving with a simple mechanical device that makes his life a little more normal."

As he prepares for the next 10-week program, beginning August 29, Harrold admits to a few other spare-time interests: camping, bicycle riding, building crafts with kids, leading a home group for church and tinkering with his 1933 Hupmobile.

For Harrold, it seems, the perfect life is making a difference through time, devotion and, of course, all things mechanical. He plans to continue serving the general community with excellent automotive repair and to keep expanding service to the disabled community through programs at his one-of-a-kind Innovation Institute.

"I love teaching and seeing people discover new things. I am fascinated with mechanical devices that really help peoples' lives. I've come to call these devices 'machines that matter.'" **NOW**

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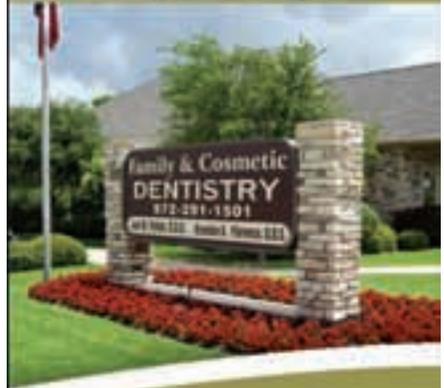
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At Home With Gary and Nita

A Life of COLLECTIONS

— By Beverly Shay

Gary and Nita Malone's DeSoto home won yard of the month in May, but in reality, their yard and their home provide a summation of their lives, their loves and their travels. This couple displays what they like, so they, and others, can enjoy it on a daily basis. For the Malones, art appreciation is a way of life. And they have lived life fully.

"A few years ago, I made a bucket list," Gary said, referring to a term popularized by a recent movie. Gary and Nita have been married for 59 years, lived in many countries and researched their family history all over the United States and Ireland, but Gary still has a "few" things left on his to-do list. "First, my brother and

I went on a phenomenal five-day Grand Canyon raft trip with nine others and two guides on a 12-by-15 raft," he remarked.

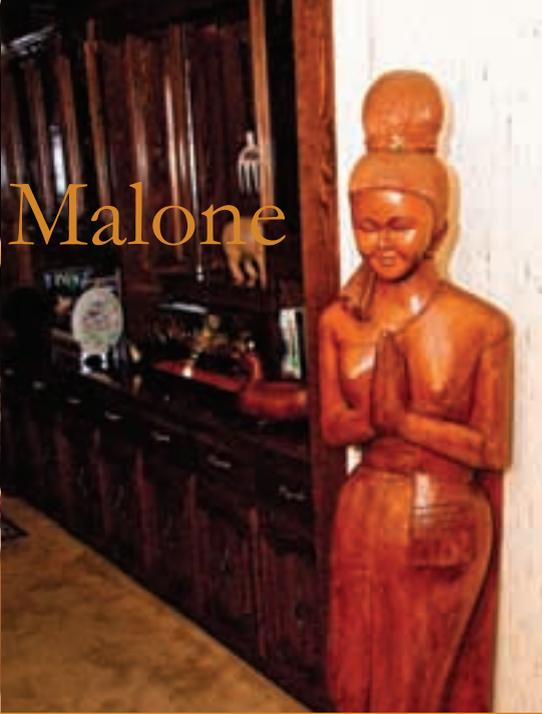
"Second on my list was a trip to St. Petersburg," Gary began. Traveling is no new venture for Nita and Gary, as their home testifies. From the moment you walk in the door, you are treated to

a veritable museum of treasures gleaned from the years they lived abroad in the Philippines and Thailand, as well as their many trips, all documented by country and dates in one of the back bedrooms. Whatever they do, they do fully and with great class.

"We chose this home because of the property width and the creek behind our lot with no development beyond it," Gary stated. Their backyard is also a museum — of plants, landscaped by Nita — an oasis with a large gazebo Gary designed and built. Spirit houses and elephants share space with colored bottles, baskets of bougainvillea and



Malone



hosta, as well as woodpeckers, doves, blue jays, cardinals, wrens and whippoorwills. Over 100 impatiens plants gracing the front yard drew the attention of those who nominated and chose their yard as yard of the month.

Like his bucket list and knowledge of his family genealogy, which Gary has traced back to 970, Gary ably rehearsed the story of his and Nita's lives, the adventures of which are illustrated by collections displayed throughout their home. Gary, born in Keokuk, Iowa, moved to Duncanville in the early '40s. "It was a small town then, with an Air Force airport where Center Street now

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in Dallas,” Gary said.

His work with AFES developed into a chief engineering role, landing them multiple-year stints in Hawaii, Thailand and the Philippines

is. Classrooms had two grades each. I graduated from Sunset High School in '47,” Gary recalled. Following two years of college at North Texas Agricultural College (now The University of Texas at Arlington) and two years as a Reserve Marine in the Korean War, Gary returned to Arlington, where he met Nita at First Presbyterian Arlington. “I picked her out from my position in the choir,” Gary grinned. They soon married, and he finished his architectural degree on the G.I. Bill at Texas A&M University. Their only daughter, Cathy, was born while he was a student. “For three years, I worked in Dallas, then opened my own office in Arlington and was contracted to design the world headquarters for AAFES (Army and Air Force Exchange Service)

and later, across the states. “I worked for three years in Saigon during the Vietnam War. Nita couldn't join me then. But we traveled to 10 other Asian countries before we returned to the states. Since his retirement 21 years ago, they have visited every state and Canada, mostly in their RV, as well as numerous trips to about 12 countries in Europe.

“We love to see the churches, castles and museums,” remarked Nita, who hails from Granite, Oklahoma, and worked for General Motors both before and after they lived overseas. Perhaps their love for museums has inspired their many

collections, one of which is of *santos*, carved and painted images of saints. Most of their collection consists of iconic-like statues of the Virgin Mary and Child from the Philippines, Russia, Spain, Paris, Athens and Thailand.



Some have had their hands stolen because they were made of ivory. They also have several bronze Buddhas and a replica of the Emerald Buddha. “We studied their beliefs, customs and holidays and learned about spirit houses, so we have several of those as well. The spirits are kept company by elephants, thus our many elephants. Nita especially likes elephants,” Gary explained. “Twenty beautifully painted ceramic elephants, large

enough to be used as plant stands or table bases, are found throughout the house, as well as the gazebo out back.

“I also really enjoy the hand-woven baskets and hats of Asia,” Nita admitted. Interspersed between the *santos*, baskets



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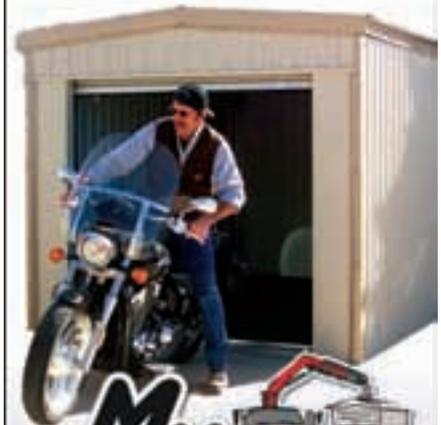
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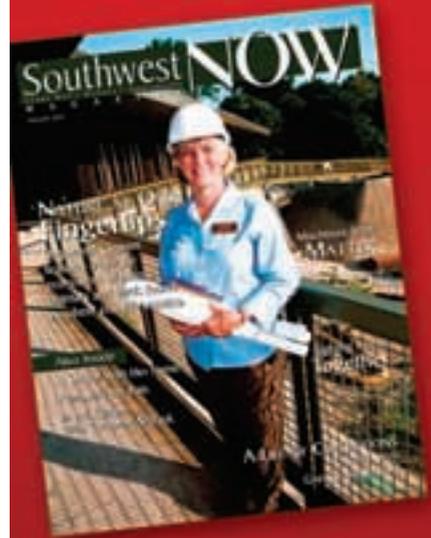
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and ceramic pieces are built-in bookcases and shelves in every room of the house containing fantastic collections of seashells, dolls and puppets, butterflies, Lenox and Dresden figurines, flowers and birds. Authentic Japanese screens, both painted and metal, vie with old trunks inlaid with ivory, a five-foot tall Thai woman carved from teak and several carousel horses that Gary has made.

Gary, who has also written several volumes of poetry, began making carousel horses to sell at the ballroom dance competitions their daughter and her husband conducted together until his death earlier this year. "I bought the

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horses while they were clear, and then I painted them and decorated them," he said of the gaily colored, gilt and flower-bedecked horses. He has kept two of the 110 horses he has decorated. One of them is Nita's — hers has gems fallen from various ballroom gowns.

They have been to many of Cathy's dance competitions, but Gary now accompanies her on each of the six yearly competitions throughout the states.

"We've managed to replace the floors in the kitchen and dining room, as well as enclose the porch," Gary said. Above the kitchen table is a unique, inverted, four-tiered ceiling that Nita calls "a turtle." The porch, aka exercise/hot tub room, is decorated with a carousel horse and most of the hats. The blue and white quilt Nita created with printed-on photos of all their trips hangs in the cozy guest room decorated in blue and white with



Delft pottery from Holland. Their dining room boasts blue onion Chinaware and matching embroidered linens handmade in the Philippines. The many treasures

viewed spawned many recollections of a life full of adventure for this well-traveled couple.

Next on the bucket list are Egypt, Krueger Game Park and Victoria Falls and Istanbul, Turkey. Perhaps they inherited their wanderlust from their ancestors. By tracing oral history, Gary has learned some of them were kings in Ireland, others traveled through the Mediterranean in 1350 B.C. and settled

in Turkey for a time, one of whom was King Miletus (said to be a descendant of Noah's middle son), who married an Egyptian princess. In some future record, no doubt a genealogist will ponder and note their arrival in DeSoto, Texas, at the turn of the 21st century. **NOW**





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— By Beverly Shay

Dr. Byron Strain has been a doctor since 1993. “When I was 10 years old, doctors saved my life when my appendix ruptured,” Dr. Strain recalled. “I was quite impressed with how doctors were in charge and, even more, how they were able to help people. I liked that — I wanted to help people and make their lives better. Coupled with my mother being a nurse, well, I knew early on I wanted to be a doctor.”

Byron grew up in Houston. He attended Meharry in Nashville, Tennessee, from which he received his medical degree. He completed his internship at Loyola University Medical Center in Maywood, Illinois, and his residency at Baylor University Medical Center at Dallas. Dr. Strain is a physiatrist — a doctor who

practices physical medicine and rehabilitation. “I work mostly with injuries: work, auto, sport, head, spinal cord, as well as strokes, amputees and multiple sclerosis (MS),” Dr. Strain enumerated.

“I have always held an interest in sports. I played college football and wanted to continue to be actively involved in athletics, so treating sport and spinal injuries was a natural choice,” Dr. Strain admitted. “In my last year of medical school, a close friend was in an auto accident that left him a quadriplegic. As I visited him at the rehab hospital, I was amazed at all they were doing to help him recover and raise his functional level. They used a special chair to relieve the pressure and decrease pressure wounds. He had a sip and puff device, which enabled

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him to use a TV, computer, phone and move his wheelchair. All that care and treatment appealed to my desire to help people, so I knew I wanted to specialize in rehabilitative care.”

Dr. Strain began his work at UTMB Galveston (The University of Texas Medical Branch), providing inpatient treatment for spinal, head and stroke injuries. Now he also treats musculoskeletal, work-related injuries, such as: muscle strains, cartilage/ligament tears, rotator cuff injuries, ankle sprains, knee problems, carpal tunnel and cubital tunnel elbow damage. “I provide physical therapy, peripheral joint and trigger point injections into muscle knots to loosen the tissue and aid in healing. Steroids can be used to shrink soft tissue swelling,” Dr. Strain explained. “I am not a surgeon, but I work closely with several surgeons: Dr. Ogunro, Dr. Shade and Dr. Ippolito.”

Dr. Strain offers physical therapy for people recovering from surgery, work, sports or car injuries. “Treatment time varies from case to case, but my goal is to get people back to work as fast and safely as I can,” Dr. Strain remarked. “Listening to their needs helps me know how to treat them.” Go Rehab specializes in the use of electrodiagnostic testing — electromyography — which identifies nerve damage to limbs and the spinal cord. “This is especially helpful in determining the severity of carpal tunnel damage, so we can decide if surgery is necessary or not.”

Indication of injury, or need for treatment, includes pain, numbness and dropping things. If you are limited in reaching or lifting or are unable to sleep on one side due to shoulder pain, that could indicate rotator cuff injury. “I like to prevent surgery if at all possible, so I recommend that people maintain good spinal posture, bend their knees when lifting and stretch legs and back often. Exercise to strengthen the abdominal core is always wise,” Dr. Strain advised. “When dealing with carpal tunnel syndrome, take frequent breaks from computer usage, use a brace at night and consider vocal/dictation computer aids. Be sure to see your doctor at the first sign of pain or injury, to avoid worsening the situation.” **NOW**



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Crawford Park Pool patrons Hilga Wilson, Linda Richardson, Joyce Beavers and George Shipley enjoy a refreshing swim.



Amber Hatley presents a welcome basket to Amber Wilson, Cedar Hill Medifast Weight Control Center manager.



Don Carty and Charles Pierson present Dr. Fegan, provost of Northwood University with the Big Brothers Big Sisters Board Member of the Year Award.



Everyone was having a good time at the Cedar Hill Chamber ribbon cutting for B & H Pad Pampering.



Cedar Hill Adult Day Care And Recreation Center is welcomed by the Cedar Hill Chamber with a ribbon cutting.



Fresh produce from Bridges Safehouse garden is given to Cedar Hill Food Pantry. From left: Bridges house mom, Jacqueline Shaw, Food Pantry director, Gene Sims and Janet Herbold from Bridges.

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Dawn Wulff and Larry Click work at the snack bar.



Atmos Energy employees Billy Ryan, Sherry May & Travis White enjoy a lunch break at Acapulco's Ameri-Mex Restaurant.



Henry Prikry with A-Sign Company prepares to hang a new sign for the new Watch Ya Fingas restaurant.



Jenna Hagy provides summer camp info for Natalie Nevot, Mariel Yimet and Hannah Ellis at Trinity Church.



Jan Marie purchases clothes from James Fowler at the Brighter Tomorrows Thrift Store.



Tony Winkler gets a refreshing shake courtesy of Lillian Glover at Hawaiian Ice Shake No.5.



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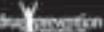


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Sherry Kennedy from Proforma shopping for glass beads at Missi Armstrong's And Everything Nice.



Members of the Duncanville Women's Club present a donation check to Amy Jackson (center), of the Duncanville Community Theatre.



Local comedienne provided light-hearted commentary on various women's health issues with fun, facts, food and girl talk at an event at Methodist Charlton.



Cory Spillman; Boy Scout, Juan Patlan; and Jonathan S. Davis pose at a fundraising event for Boy Scouts in the Best Southwest area.



Mia and Nathan Hawkins enjoy an afternoon of bowling at Red Bird Lanes.

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Emerging New Concepts in Healthcare Delivery

Have you been frustrated that you cannot get in to see your doctor for weeks at a time when you are hurting or sick? For many people, this reality continues to get worse and is causing them to seek alternatives to the way their health care is delivered. The astute health care providers are listening and changing to accommodate the new needs of their patients.

One “new” concept is actually quite old. This is the visiting doctor. As emergency departments, primary care clinics and doctors get inundated with heavier volumes of patients, emerging businesses are being created to meet the demand. The “old-fashioned” concept of delivering care at someone’s own home has become popular again. Now, you wait in the comfort of your home, which prevents you from being exposed to other potentially harmful pathogens.

Another concept is the “no-waiting waiting rooms” or “no appointment necessary” clinics. This allows patients to come in when it is convenient for them. Although, they may have to wait a few minutes (as opposed to sometimes an hour or more in a traditional clinic), it allows people to work with their ever-changing schedule and reduce their stress. Trends say this concept will become more popular as schedules become more demanding.

Patient-centered Medical Homes (PCMH) are centers that attempt to reduce testing and unnecessary hospitalizations by focusing more on preventative medicine. Although this is not truly a new concept, it is gaining in popularity again. These centers put the primary care physician

back in the driver’s seat for directing the care of a patient, instead of specialists.* One drawback is that it could become more difficult to access a specialist due to the possibility of a “referral” being required as noted in the health Policy Brief published by the Robert Woods Foundation.¹

One final concept is Direct Primary Care Models, which have some similarities to the PCMH, but they eliminate insurance companies as middle men. Patients pay a flat fee directly to the doctor to get unlimited access to their family doctors. This model focuses more on prevention and longer office visits. This promises to gain popularity in the future.

Regardless of which system you choose, educate yourself and speak up for what you want to experience. Patient input is being considered, and you could find yourself pioneering a new and better health care delivery system in which you can participate for your improved health! **NOW**

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¹ http://www.healthaffairs.org/healthpolicybriefs_pdfs/healthpolicybrief_25.pdf

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Mid-year Update on the Economy

— By Dennis Brock

Mid-Year Review

In December we wrote, “Most investors believe the economy is heading into another recession due to a depressed housing market, high unemployment and slow economic growth.” The good news is we are not in another recession, and the stock markets are doing well with the Dow Jones Industrial Average (DJIA) up eight percent. Unfortunately, the concerns of last year: depressed housing, high unemployment and sluggish economic growth are still with us. Even though the economy has “technically” been out of recession for two years, many Americans feel like we are still in a recession. If the Federal Reserve is correct, and the sluggish economy is temporary, then unemployment and housing should get better next year.

Investment Outlook

While economic growth in the first half of the year was slow, the second half of the year is expected to be better. One bright spot is corporate earnings. Earnings for 2011 are expected to be up by 15 percent for both the S&P 500 and the Dow Jones

(DJIA). Standard & Poor’s (S&P) has a target on the S&P 500 of 1350 for 2011 and 1400 for 2012.

Investment Strategies

Your investment strategy will depend on your expectations for the economy and your risk tolerance. If the estimates from S&P seem reasonable to you, then one strategy would be to add to your stock holdings when the S&P index is below 1350 and reduce your stock investments when the S&P is above 1350. You may want to add to your bond holding when the S&P is above 1350, maintaining short to intermediate term maturities on those holdings. For those investors who are unhappy with low-yielding bonds and do not want to risk their money in the stock market, one option is Equity Indexed Annuities. These annuities allow you to participate in the returns of the stock market without the risk of losing your principle. **NOW**

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Calendar

AUGUST 2011

August 1-12

There's still time to register for Sankova Players Teen Theatre Camp for ages 8-12: 6:30-9:00 p.m. Two-week camp fee: \$50 — scriptwriting, acting lessons and character development. Tasha Speed (214) 565-9026, ext. 301 or Jellani Jones, ext. 335.

August 1-5, 8-12, 15-19

Duncanville Parks and Recreation Basketball Camp: 8:00 a.m.-5:00 p.m. for boys and girls, 14/under at Duncanville Fieldhouse. Cost: \$85 (plus \$15/early drop off). (972) 283-6111.

August 3 and 5

Story time with Happi Tymes Clowns: 10:30 a.m., CH library.

August 4

Transformation Vision Breakfast: 7:30 a.m., CH Recreation Center.

August 11

CH Food Pantry Fashion with Flair luncheon: 11:30 a.m.-1:30 p.m., CH Recreation Center. Tickets: \$20 at New2You Clothing Store or Food Pantry.

Texas Dixieland Band Concert: 7:30 p.m., CH library amphitheater.

August 12

DeSoto Arts Commission Free Family Movies

in the Park: 8:30 p.m. — *Toy Story 3* at Outdoor Amphitheater at DS Town Center.

August 12 and 13

Volleyball Tournament of Champions at DV Sandra Meadows Arena. Call (972) 780-4990.

August 13

Evening of Soulful Jazz & Spoken Word: 7:00 p.m., Corner Theatre in DS Town Center, featuring Lu Nell Williams and others.

August 15

DV Education Foundation Championship for Children Golf Tournament: 1:00 p.m., Thorntree Country Club.

August 18

DeSoto Civic Academy's next 11-week session, hosted by different city departments/groups for hands-on experience of city operations. Register with Tracie Hlavinka at (972) 230-9689.

August 19

Duncanville Senior Dance (50-plus only): 7:00-9:30 p.m., DV Senior Center, featuring Leo Castillo. Cost: \$5. (972) 298-0667.

August 24

DeSoto Chamber's quarterly membership luncheon: 11:30 a.m., Bluebonnet rooms, DS Town Center. Mayor Carl Sherman will give

the state of the city address. (972) 224-3565 or admin@desotochamber.org.

August 25

Tribute to the Golden Age of Music: 5:00 p.m., Hopkins Activity Center, featuring Mike Courville, David Gregory, Betty Strain and Bill White. (972) 780-5073.

August 27

Kids' Annual Fishing Tournament at Briarwood Park in DeSoto. (972) 230-9651.

September 10

Cedar Hill Schools Class Reunion (open to everyone): 1:00-5:00 p.m., Old Bray Gym. Group photos: 2:00 p.m. 50th reunion for Class of 1961. Bring school photos for display. Eva Roberts (972) 217-0202 or Jettie Vincent (972) 291-4902.

September 10 and 11

Grand Opening Weekend of the new Dogwood Canyon Audubon Center at Cedar Hill.

September 10: 9:00 a.m.-5:00 p.m. September 11: Noon-5:00 p.m.

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In The Kitchen With Catherine Niblack

— *By Beverly Shay*

Catherine Niblack grew up in Stockholm, Sweden, where her parents entertained a lot. “My mom let me experiment with appetizers and desserts, but she did all the cleanup!” Catherine recalled. While she has never studied cooking, Catherine wrote down what she ate during her many years of travel, including 17 years with Scandinavian Airlines. She collected recipes from magazines and newspapers, as well as relatives.

Inspired by an uncle, who moved to America and baked Elizabeth Taylor and Richard Burton’s wedding cake, she developed a passion for baking. “Initially, I made cakes for my kids, friends and neighbors, but five years ago the *Dallas Observer* named me The Best Handmade Wedding Cake Baker in Dallas,” Catherine admitted. Her Vanilla/Chocolate Squares are a family “must” for Christmas each year. **NOW**

Swedish Melt-in-your-mouth Vanilla/Chocolate Squares

- 2 cups flour**
- 1/3 cup sugar**
- 1 tsp. pure vanilla**
- 2 sticks real butter**
- 2 Tbsp. cocoa powder**

- 1.** Mix all ingredients, except cocoa, together in a bowl with a pastry cutter (or fork); divide into two equal portions. Add cocoa to one portion.
- 2.** Roll each portion into two long rolls, 1 1/2-inch thick and 16-inches long. Cut logs in half for easier handling. Put rolls next to each other to form a checker pattern; flatten slightly on all sides with spatula; chill overnight.

- 3.** Cut 1/4-inch slices. Bake at 350 F for 8-10 minutes. When cooled, may be wrapped in plastic wrap and refrigerated or frozen.

Baked Corn Beef Brisket

Serve with Fried Peppered Cabbage.

- 3-4 lbs. corn beef brisket**
- 6 oz. brown sugar**
- 1/2 tsp. ginger**
- 1/2 tsp. cloves**
- 1/2 tsp. dry mustard**
- 2 Tbsp. honey**

- 1.** Boil corn beef brisket according to directions.
- 2.** When cooled, cut in slices; place in roasting pan.

- 3.** Mix remaining ingredients plus 1/2 cup liquid from cooking brisket. Pour mixture over brisket.
- 4.** Bake in preheated 375 F oven for 25-30 minutes.

Fried Peppered Cabbage

Makes 6 servings.

- 1 medium-sized head white cabbage**
- 1/4 cup butter**
- Salt, to taste**
- Freshly ground pepper, to taste**
- 1/2 cup sour cream**

- 1.** Cut cabbage, remove core; grate cabbage to size of coffee grounds.
- 2.** Melt butter in large frying pan over high heat; add cabbage and sauté, turning constantly for about 2 minutes, just until cabbage is heated through, but not wilted. Do not overcook.
- 3.** Season with salt and pepper, using more pepper than salt.
- 4.** Stir in sour cream and serve.

Flamed Cornish Hens

One hen serves two people.

- 2 Cornish hens**
- Lemon pepper**
- 16-oz. pkg. long grain and wild rice, prepared according to package directions**
- 1 cup dried apricots, chopped**
- 1 1/2 cups white wine**
- 8-oz can frozen orange juice, thawed**
- 3-oz. sliced almonds**
- 1/4 cup Grand Mariner, Cointreau or Cognac (optional)**

- 1.** Wash Cornish hens well; dry with paper towel.
- 2.** Sprinkle cavity of each hen with lemon pepper. Combine wild rice and apricots and fill hen cavities with the mixture.
- 3.** Sprinkle hens generously with lemon pepper; place in large/deep baking dish. Pour in wine and orange juice.
- 4.** Bake according to instructions on Cornish hen package; baste several times.
- 5.** Fifteen minutes before cooking time is complete, top hens generously with almonds; cook until lightly browned.
- 6.** Heat Grand Mariner, Cointreau or Cognac until just warmed; at table, pour heated liquor over hens, light with long match and enjoy the guests’ delight.

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