

# Southwest

Cedar Hill | DeSoto | Duncanville  
M A G A Z I N E

# NOW

AUGUST 2012

## Education Dedication

Dr. David Harris enters his first year  
as DeSoto ISD superintendent

## Château d'Hospitalité

At Home With Jerry & Dana Edgin

Plus: The Sound of Her Music ·  
Swim for Life · Each Moment  
Matters · In the Kitchen With  
Alieh Kazemzadeh

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# EAGLE EXPRESS



## Academic Excellence by Design!

### School starts August 27

#### REGISTRATION INFORMATION

**New student** registration at each campus from August 14-17, 2012 from 8-11 a.m., 1-3 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](http://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). Also, all students must have current immunizations on file to return in the fall. **Incoming 7th graders have new shot requirements.**

#### BREAKFAST AND LUNCH INFORMATION

Nutritional breakfasts and lunches available for all students. Menus and prices are available at each school and online. The free- and reduced-meal program is available for eligible students. Families can apply online or pick up an application at 200 W. Parkerville Road.

#### 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.

#### NEW! MIDDLE SCHOOL - FLYING START

All 6-8 grade students are invited to *Flying Start* to pick up schedules, have ID pictures taken, receive back to school information and much more! Bring your shot records and proof of residency to receive your schedule (by last name).

Wednesday, August 15	A-F names - 9 a.m. to noon G-L names - 2 to 5 p.m.
Thursday, August 15	M-Q names - 9 a.m. to noon R-Z names - 2 to 5 p.m.

#### 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.

#### NEED MORE INFORMATION?

Call 972-223-6666 or visit [www.desotoisd.org](http://www.desotoisd.org)



#### New Appointments



**Dr. Thurston Lamb**  
Principal, DeSoto High School



**Wanda Randall**  
Principal, West Middle School



**Brandon Ward**  
Principal, Northside Elementary School

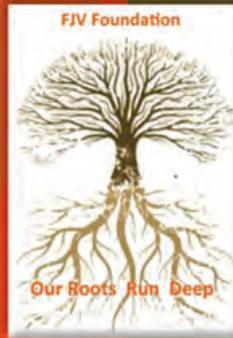


**Arista Owens-McGowan**  
Principal, Cockrell Hill Elementary School

### calendar of events

Sat., August 4, 8 a.m.-2 p.m. - DeSoto ISD Back to School Fair, DHS Academy Cafe  
Mon., August 6, 6:30 p.m. - Board Meeting, Board Room  
Tues., August 7 - DeSoto National Night Out  
August 14-17 - New Student Registration at each school  
**Mon., August 27 - First Day of School for 2012-13**  
Mon., September 3 - Labor Day; No School  
Mon., October 1 - Staff Development Day / State Fair Day for students; No School

# Family Joint Venture FOUNDATION



**FJV Foundation's founder, Tonia Granger, continues to thank her parents, Frank and Betty Granger, for their unconditional love and support.**

## Serving Our Community

Founder, Tonia Granger, recognized an additional need for various services in her community and decided it was time to stop talking and take action! FJV Foundation is a 501(c)3, non-profit organization and their mission is to support senior citizens, children and families in the community during economic hardships and continue work towards a greater good.

In the beginning, the organization focused on seniors (60 years and older) who were homebound and in need of additional services. Later, the organization began to offer youth outreach programs created to reach at-risk children and teens through leadership training and nutrition/health programs. Tonia Granger stated, "Children in the underprivileged neighborhoods we assist do not always see a future bright with options. Their scope can be limited to what they see immediately around them — such as poverty, unemployment, drugs and alcohol. FJV Foundation seeks to widen those horizons through a variety of hands-on relationship-building methods."

FJV Foundation recently had volunteers from Kohl's come out and volunteer at their facility and your organization can too!

The organization relies solely on the support of volunteers and donors. Please call, email or visit their website if you would like to volunteer and/or donate to their organization.

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Fax: 972-223-2142  
Email: [info@fjvfoundation.com](mailto:info@fjvfoundation.com)  
Website: [www.fjvfoundation.com](http://www.fjvfoundation.com)



**Founder of FJV shown with her son (Franklin Valsin) and Kohl's volunteers**



**FJV Foundation 2012 educational scholarship award recipient. Brianna h'Elan Jackson graduate from DeSoto High School with a 4.2 GPA has been accepted and will attend Texas Southern University in the fall 2012.**

Publisher, Connie Poirier

General Manager, Rick Hensley

### EDITORIAL

Managing Editor, Becky Walker  
Southwest Editor, Beverly Shay  
Editorial Coordinator, Sandra Strong  
Writers, Lesa Ansell . Dennis Brock  
Angel Morris . Zachary R. Urquhart  
Editors/Proofreaders, Pat Anthony  
Pamela Parisi

### GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Julie Carpenter . Martha Macias  
Casey Hansen . Connie VanderBeek  
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### PHOTOGRAPHY

Photography Director, Jill Rose  
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## On The Cover



Dr. David Harris is ready for school to start.

Photo by Opaque Visuals.

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## Editor's Note

*Dear Friends,*

August is kind of like a swinging door between summer and fall, between lazy vacation days and the organized pace of structured school days, between the heat of summer and the anticipated cool of fall. I guess we need these revolving doors of seasons and years to keep us from getting too boring and spur us on to productivity.

Another revolving aspect of life is when loved ones pass out of earthly life. I would like to add my brief tribute to Cedar Hill's Grand Dame, Jimmie Ruth White, known variously as Miss Jimmie and Miss Country Day on the Hill. She was well-loved, and she loved well. While we will miss her greatly, we will also remember her fondly. May we all be as diligent as she has been in touching those around us with love and encouragement.

Always yours,

*Beverly*

Beverly Shay  
SouthwestNOW Editor  
bshay.nowmag@sbcglobal.net



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# High Five - it's back to school for Duncanville ISD!



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## Online Registration - It's Finally Here!

Gone are the days of filling out dozens of registration forms by hand at the start of the school year. Duncanville ISD is making back-to-school easier for returning and new-to-district families with online registration. Parents will now go online to complete all forms digitally.

Online registration started in July for all Duncanville ISD returning and new-to-district students for the 2012-2013 school year. Visit [duncanvilleisd.org](http://duncanvilleisd.org) to learn more and get started today!

## Campus Document Review Calendar

All new-to-district students and their parents/guardians must visit the school that the student will be attending to complete the final registration steps in person. This process is called the Campus Document Review.

Parents of returning students may also be required to attend Campus Document Review if the school needs updated proof of residency, immunization records, or other registration documentation. Parents of returning students are contacted by email after the parent has completed the Returning Student Online Registration module.

More information can be found online at [BTS.duncanvilleisd.org](http://BTS.duncanvilleisd.org).



## Apply for Free/Reduced Meal Program Online

Duncanville ISD parents will be able to apply for the free and reduced meal program online using MEAL APP NOW rather than completing forms by hand. The new online feature is now available to families through the district website at [www.duncanvilleisd.org](http://www.duncanvilleisd.org). The free and reduced meal program is funded by the National School Lunch and School Breakfast programs. A new application must be completed each year; visit the district website to apply for the 2012-2013 school year.

### REGISTRATION

#### Campus Document Review Calendar

Grade Level	Date / Times	Location
Pre-K Roundup	Aug 3...12:00 pm – 7:30 pm Aug 6 ...8:30 am – 3:30 pm	Reed Middle School 530 E. Freeman Duncanville
Elementary & Intermediate Grade K & 5 Grade 1 & 5 Grade 2 & 6 Grade 3 & 6 Grade 4, 5, & 6	Aug 8... 8:30 am – 3:00 pm Aug 9 ... 8:30 am – 3:30 pm Aug 13...8:30 am – 3:00 pm Aug 14...8:30 am – 3:30 pm Aug 15...12:00 pm – 8:00 pm	Campus Campus Campus Campus Campus
Middle School	Aug 8... 8:30 am – 3:00 pm Aug 9 ... 12:00 pm – 8:00 pm Aug 10...8:30 am – 3:00 pm	Campus Campus Campus
Duncanville High School	Aug 7, 8, 9 10, & 13...8:30 am – 7:00 pm  Aug 7 - students with A-B last names Aug 8 - students with C-G last names Aug 9 - students with H-M last names Aug 10 - students with N-S last names Aug 13 - students with T-Z last names Aug 14.....8:30 am – 3:00 pm Make-up Day for all students	Campus  Campus

## Mark Your Calendar

Smith Elementary will offer Pre-K this year!

### Pre-K Roundup

Reed Middle School Auditorium  
(530 E. Freeman)  
Friday, August 3 from 12:00 - 7:30 pm  
Monday, August 6 from 8:30 am - 3:30 pm

### First Day of School

Monday, August 27, 2012

### Middle School New Student/ Parent Orientation

August 2 - at each MS campus, 6:30 pm

Duncanville HS New Student/ Parent Orientation  
August 22 - DHS Alexander Auditorium, 6:00 pm

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

Elementary Schools..... August 23  
Intermediate Schools..... August 30  
Middle Schools..... September 6  
DHS/PACE..... September 13

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Get the full story at [www.MethodistHealthSystem.org/DallasWomen](http://www.MethodistHealthSystem.org/DallasWomen)



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# The Sound of Her Music

— By Zachary R. Urquhart

*She cannot hear you. She may try, but she will likely not understand the words you say. She is relatively healthy for a woman who is 103 years old. Unfortunately for her, though, her hearing has long since diminished. This would seem an impediment that would keep her from her passion — playing beautiful music on the piano and organ. But when Velma White sits behind the array of black and white keys, her ears begin to cooperate just a bit more than usual. As she begins to pluck and play, she can either hear or feel the music she is producing. For Velma, the greatest joy, it seems, is in the sound of her music.*

Velma was born in 1909 in the small town of Cale, Arkansas. “It is really just a post office 16 miles away from Prescott,” Velma said. Living in such a remote place, she turned to music at a young age. “You didn’t really go anywhere much. You just stayed home. I remember going to pick





up the pump organ mother bought me when I was about 8 years old.” Velma taught herself on that pump organ and has not looked back in almost 100 years of playing music. She graduated from Cale High School at the top of her class, which was not too difficult. “I graduated alone. My husband and two others came the year after me, but I was by myself.”

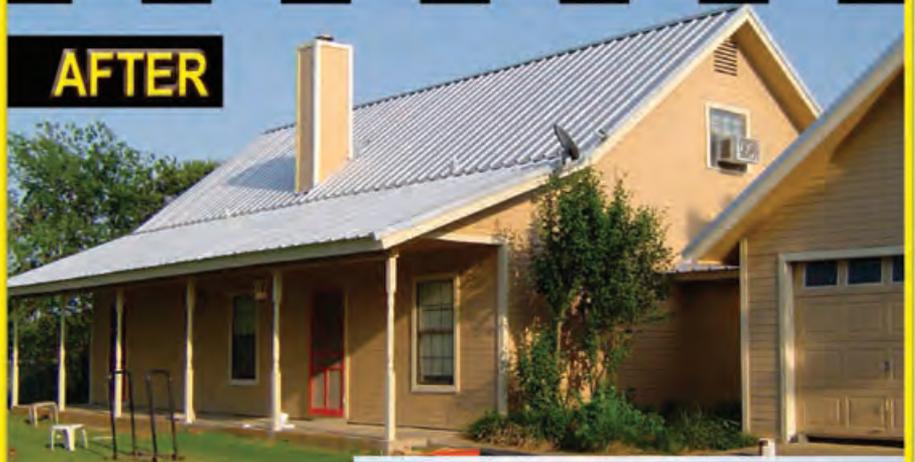
After high school, Velma became certified and taught school for one term in Arkadelphia. But soon, she gave that up and married Dale Clifton White. They stayed in Arkansas for several years, but eventually, they were drawn down to the Dallas area. “While World War II was breaking out, Dale got a job at the North American Defense Plant,” she explained. “We moved in December of 1941, coming to Dallas from Prescott.” Dale and Velma both worked at the plant during the war, building airplanes for the war effort. She was done after two years, but he made his career there until, eventually, retiring.

As a teenager, Velma started playing at the local Church of the Nazarene. When they were married, she and Dale went to the Nazarene church in Prescott. They moved their membership to Dallas First Church of the Nazarene when they relocated, and Velma began playing piano there almost immediately. By that time, they had a son, Jimmy Don (JD). “I was born in 1940 by kerosene lamp, 16 miles from nowhere,” JD remarked. He was only a child when they moved from Arkansas to Texas. He remained in the area, for the most part, working for Triple/S Dynamics, Inc. from 1965 until last year. Though he has lived in Duncanville for four decades, he has seen



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much of the world. "I have been all over the world many times with my work," he shared. "Finally, though, I had to retire to take care of my wife and my mom."

JD now spends much of his time taking care of Velma. "I am retired, so I can come over here to help out. I change sheets, do the laundry, make appointments for her and just spend time with her," he said. "I am over here most days." Dale passed away in 1976, and JD did not want his mom to have to feel alone, even before she needed help with her day-to-day life. "She drove until she was 93. Then one day, she handed me her keys and said, 'I'm done.'"

Throughout the last 70 years, Velma has continued playing at the church. "I started playing when we were at the first location, Tenth and Cumberland at Beckley," she smiled. While playing there, Velma took lessons for the first time. "It was sometime around 1946, and the church bought a large organ. I knew how to play, but I took lessons to learn the organ." The church eventually moved to its current location in DeSoto, which in time encouraged Velma to relocate as well. "After Prescott, we lived in Dallas from 1942-1995, that's when I moved to Cedar Hill."

Being a part of her church's music has been one constant through the various seasons of Velma's life. In addition to playing piano and organ, she also sang in the choir for about 55 years. JD explained that after a while, Velma was no longer the sole pianist for First Church. "When the church got bigger, they decided to hire a full-time music minister," he explained. "She still filled in sometimes when he was gone. But she stayed in the choir."

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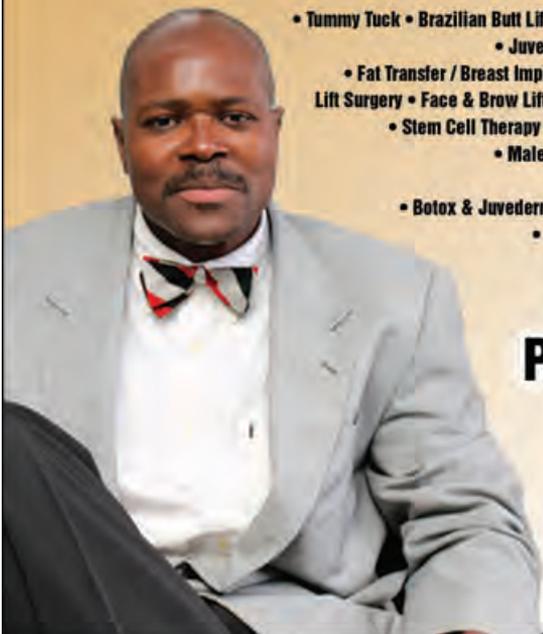
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After a long career of playing and singing, Velma had to cut her involvement for a simple reason: the stairs. At First Church's building, the choir room where they get ready each Sunday is downstairs. In many churches, the choir gets prepped and puts on their robes in the basement before ascending several flights to sing. As she got older, the climb became too much for Velma, so she no longer sings in the choir or plays for the congregation.

Although she no longer plays for the entire church, she does play piano for her Sunday school class. "My Sunday school teacher will call and tell me what songs he wants and in what key he needs them," she shared. Velma has a piano and an organ in her house, so she can practice for her playing engagement. In the last few years, even that has become harder. "Lately, I have missed a lot of Sundays. I have someone who fills in for me when I can't make it though." Velma loves playing, but it is getting harder even to play at her own house. "The piano is so old; it won't even stay in tune anyway."

JD is surprised his mom can still do as much as she does. "I guess you could say she's outlived her piano," JD stated. "Really, I would have thought she would be gone from this house by now. I figured it would be sold or rented at this point." JD is also amazed at how sharp Velma has stayed. "She really has a keen mind on her that helps her to play piano, and I think playing the piano has kept her sharp."

Even though Velma has had to limit her playing more and more as she has gotten older, the passion is still clearly there. "I don't know why I started. I just loved music, and I still do," she confessed. As she sits at her piano bench and plucks out one of the hundreds of hymns she has memorized through the years, a look of determination and joy spreads across her face. Like a child pleased with his or her latest artwork, as she finishes the song, Velma gives a grin that says it all. She can still hear the sound of her music. **NOW**

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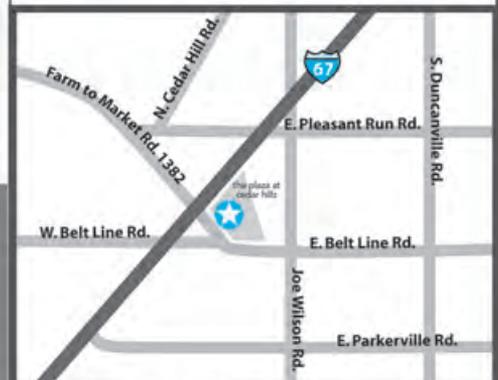


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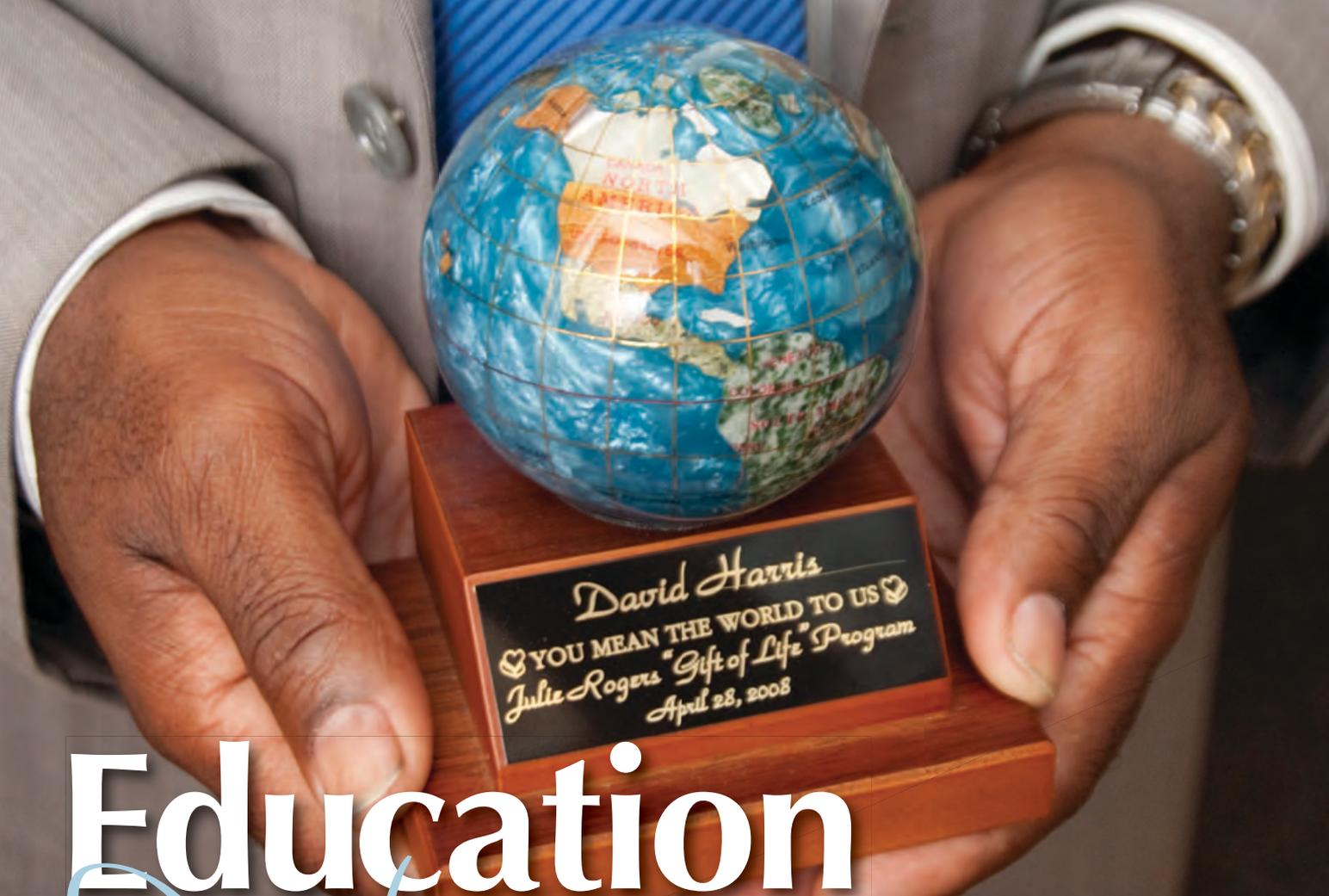
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# Education *Dedication*

— By Angel Morris

*Someone has said adversity introduces a man to himself. Dr. David Harris met adversity head on at a young age and, as a result, became fiercely protective of children. Today, he is putting his personal and professional life experiences to work as the new superintendent of DeSoto Independent School District. And while his history in administration and education will, no doubt, serve the district well, it may well be the hardships he faced growing*

*up that best qualify him to meet students' needs.*

"I lost my mother at a very young age. She was a victim of a senseless murder by her best friend. My stepfather at the time had no interest in raising four young boys," David recalled of a turning point in his and his three brothers' lives. "My mother's sister and her husband, who had no children of their own, adopted four boys and began the process of making us and, more importantly, me who I am today."

Reared on a farm, a young David developed an obsession for being the best at whatever he did. His competitive nature and desire to succeed earned him the nickname "Dedication." David



related, "What I remember the most about those years is interaction between myself and my teachers and coaches. They absolutely gave me no break and refused to let me make excuses for my situation. They demanded every day that I give my best."

Ultimately, those influences led to much success for David, who lists a master's in education from Prairie View A&M University and a doctorate in education administration from Lamar University, among his credits. "Earning my doctoral degree stands out among my accomplishments. I wanted to be a trailblazer for my children and others," David noted.

**"I want to start by convincing our teachers and students of one thing — that they are the best."**

David's résumé includes several years teaching and coaching at La Vega, Bryan and Fort Bend ISDs. In the late 1990s, he became assistant principal and then principal at Martin Elementary School in Beaumont. In 2003, as an associate principal at West Brook High School,



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he was awarded the Good Apple Award by the Beaumont Metropolitan Parent Association. "It was the first time an administrator had been awarded this recognition. My career expanded from that point on, and I believe it was a catalyst to where I am today," he said.

In 2005, David was appointed principal of Dr. Martin Luther King Jr. Middle School, and in 2008, he joined the BISD executive cabinet as assistant superintendent for secondary education. From there, David was unanimously hired as superintendent of schools by DeSoto trustees on March 26, 2012.

"I was interested in DeSoto ISD for many reasons. The student demographics were very similar to my previous district,



and I certainly saw an opportunity for personal and professional growth," David admitted. "I also appreciated the location of the district to a large metropolitan area. I wanted to expose my own children to more opportunities that are not always available in certain areas."

David is joined in his new hometown by his wife, Lesa; oldest son, Davion; middle child, Dacory; and youngest child and daughter, Dalesia. "I have a wonderful wife and three great children. My biggest success has been getting us as a family to the point where we are today. Parenting is no easy task, and I work on trying to be the best father I can be every day," David said.

The Harris children will enroll in DeSoto schools this fall, providing even greater incentive for their father to help the district achieve and succeed. "It excites me that the community is passionate about making the district the highest performing district in the state, and the district's vision to expand the high school into five career academies is incredible," David said of the new direction in DeSoto secondary education. "The academies will expose students to



*Leta Lassetter, Resident*

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opportunities that are beyond their imaginations.”

Establishing the five high school career academies as the leading learning centers in the nation tops David’s DeSoto goals. He also hopes to provide a budget that will allow for teacher raises for the next five years and significantly improve SAT and ACT scores for all students, as well as math and science scores at all levels.

David is the first to acknowledge the challenges in reaching these goals but says he will begin simply. “I want to start by convincing our teachers and students of one thing — that they are the best. If they can start each day in that frame of mind, everything else will fall into place,” David said.

Other challenges David acknowledged include providing one-on-one interaction between every student and his or her teachers, making technology available to all students and engaging parents to keep them involved in schools. More globally, getting senators and legislators to understand the need to have equitable funding for all schools is an obstacle. Still, David hopes to make headway one DeSoto school at a time.

“My typical, early morning starts with a visit to several campuses to talk with staff and students. Then I meet with parents and citizens, and then our leadership team discusses curriculum and any other hot topics,” David said.

On any given day, he puts one or more of his certifications — including ones in generic and secondary special education, secondary education, physical education, sociology and health education, principal and superintendent certification, as well as mid-management — to use. David is also an ordained minister and community volunteer with the Chamber of Commerce, the Ministerial Alliance, the Rotary and a host of other civic organizations. He has always believed in giving back to one’s community.

“That’s why I hope to offer a guaranteed job to one graduate in each class if he or she returns after college to teach math or science for DeSoto ISD,” David noted. “That’s one of the best things about careers in education — the opportunity to transform lives, especially in one’s own community.” **NOW**

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# Swim *for* LIFE

— By Beverly Shay

*To swim or not to swim has never really been a question for Teresa Chumbley, director of Duncanville ISD's natatorium. "A natatorium is simply a building that houses a pool," Teresa explained, "and ours is open to the public. That's the message I want to get out there." Pretty much everything about Teresa is clear and to the point. "Swimming is one of the best things you can do for yourself. It addresses getting your diet and weight under control. It improves your knees, back, bones and eases arthritis and is a great cardio workout. Swimming is an activity you can do year-round, that*

*will help you mentally as well as physically, because it incorporates exercise, play and relaxation. And it's not just for kids!"*

No one could ever question Teresa's confidence and dedication to all things swimming. She has been swimming her whole life. "I grew up in Indiana, where my dad was the parks and recreation director and a Boy Scout executive. We camped; we swam; we boated," Teresa stated. "I became a life guard at 15 and a swim instructor at 16, and that's how I worked my way through high school and college." Teresa majored in journalism and minored in health. "I wanted to be a sports writer. I wanted to be an EMT. I wanted to be a teacher and a coach. My first job was coaching track, and our principal asked if anyone knew



## Duncanville **NOW**

how to swim. And that's how I became a swim coach, which I have continued to do off and on for the past 30 years."

In fact, she met her husband through her first coaching position in San Antonio. They were both teaching English, and he was the head baseball



coach. His coaching jobs took them all over Texas. Not only did he coach, he gave private baseball lessons, which eventually provided a permanent situation in the DFW area. When the position of director at the Duncanville Natatorium opened up for Teresa, she knew it was the perfect fit. "My job includes coaching varsity, junior varsity and junior high swim teams, managing life guards, overseeing water aerobics instructors and promoting the pool. I absolutely love my job!" Teresa exclaimed.

Use of the Natatorium isn't limited to Duncanville students or even residents. Swim teams from DeSoto High School, Bishop Dunne, Cedar Hill High School, Ovilla Christian School, Dallas Baptist University and SWAT (Southwest Aquatics of Texas) train and practice here. The 330,000-gallon pool is 25 yards by 25 meters and divided into lanes both ways (regulated lap lengths for both types of competitions — high school and club). Public swimming lessons, water aerobics, lap swim only, open swim, even pool parties can be scheduled. Twenty-three life guards and six water aerobics instructors keep time at the pool safe and productive. "Some of our regulars have been swimming here for 25 years — ever since the pool opened. An underwater

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hockey team even practices here. And some private therapists bring their rehab clients. They pay the same amount we charge the public — by the day or varying monthly passes.”

Teresa can't really pin down which aspects of swimming and the Natatorium she likes best. “I just flat-out love it. I want to do this the rest of my life. I don't ever want to retire. I like working with screamers, taking them from uncertainty to confidence. I like working with young life guards, helping them see this as more than just a summer job, but as a way to



Teresa Chumbley stands with Daisy Young (left) one of their success stories.

serve the public. I love watching older people come in and use the pool to keep moving and fit, while making friends here. I just love this job! I'm just so grateful the school district has opened this up as a full-time position.” Scheduling employees and classes adds an administrative element, which limits her time in the pool, but she still gets to teach swim lessons and coach.

Teresa's passion is a life skill she wants to share with everyone. “I think kids need to learn to swim when they're young, but you are never too old to start. The majority of our swimmers are over 60. They love our pool because it's clean, 82 F year-round, with shower facilities, lockers and great activities,” Teresa enumerated.

Daisy Young is one local resident definitely taking advantage of the Natatorium. In 2007, a year after retiring from 33 years of service to the state of Texas and the Dallas ISD, she was

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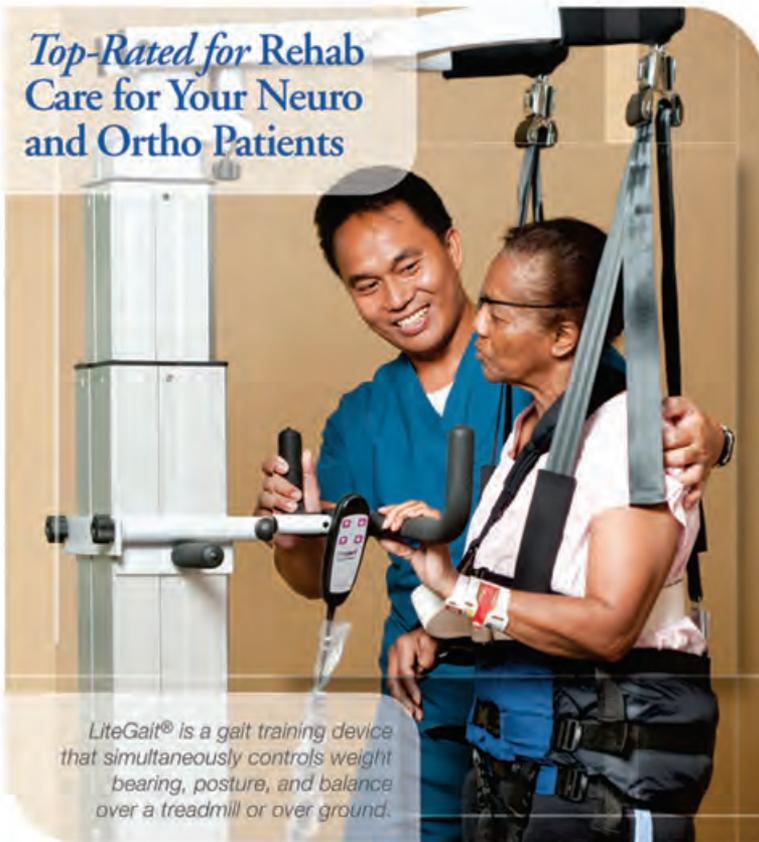
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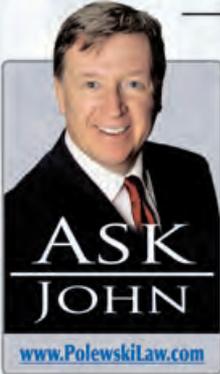
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depressed following her annual physical exam. Her doctor encouraged her to move. She began by walking every other day for two months and lost eight pounds. “Seeing that result motivated me to keep moving,” Daisy recalled. She joined a gym, hired a personal trainer, kept a diary of food intake and learned portion control and calorie counting. After a year with her trainer, she had steadily lost 40 pounds and was seeing changes in her body’s shape and size.

“When my personal trainer, also a water aerobics instructor at the Natatorium first suggested water aerobics, I told her I was afraid of being in a lot of water. I couldn’t swim,” Daisy said. With encouragement, Daisy not only overcame her fear and dislike, but she kept at it. “I was hooked, attending multiple classes a day, on evenings and weekends! In the first six months, I lost more weight than I had lifting weights and walking combined,” Daisy stated.

Having started with a weight of 350 pounds, Daisy was now down 90 pounds! And she was beginning to garner a lot of compliments. “It motivated me to want to reach my goal. I didn’t even know what that was at that time!

“Once I felt I had control of the water in my water aerobics class, I decided I wanted to learn to swim. I knew swimming laps would help to build lean muscles and tone my body. So at 55 years old, I started swimming lessons,” Daisy remarked. Thinking it would take forever, she was amazed to find after just four 30-minute classes she was swimming. “I am not the fastest swimmer, but swimming has made all the difference in the shaping of my body. When I began this journey my waist was 65 inches. Now it is 28 inches. My hips were 70 inches and now they are 38. My body fat was 50.2 percent, now it’s 20 percent. And I went from a size 24-26 to a size 8. I no longer take blood pressure medicine, and I feel great.”

Daisy is a perfect example of Teresa’s philosophy that people should swim for life. “It can change your life,” Teresa remarked. And it is this life-altering impact that Teresa intends to introduce to everyone who walks in the Natatorium doors. **NOW**

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— By Beverly Shay

*As blind dates go, theirs was a success. "It was a good thing she was at Austin College, in Sherman, and we could only date every few weeks, because that was all I could afford at the time," Jerry quipped. "We dated for a year, were engaged for a year and married in January of '65." Jerry and Dana Edgin have been married for 47 years. Jerry refers to himself as a gypsy, because he grew up rather everywhere, moving back and forth from California to Texas. Post-military life found him pursuing education at The University of Texas at Arlington. Even though he worked two jobs, he had no money for dating. Yet a friend set him up on a blind date. "When he opened the door for me on that very first date, he had my attention," said Dana, an Oak Cliff native who had just recently graduated from high school.*

AT HOME WITH  
JERRY and DANA  
EDGIN



Before they married, Jerry worked for the *Oak Cliff Tribune*, cutting and pasting at nights to get things ready for the offset printer, later selling ads. "I went on to become the managing editor of the *Duncanville Tribune*." Not long after, Jerry went into insurance work with Reserve Life, moving to Albuquerque, where their son was born. They moved to Dallas, then to Virginia and back to Dallas, where he retired. Dana, meanwhile, spent 10 years studying English and history, worked in the insurance world and also



had a catering business, besides being a mom. Jerry's next career was real estate. He and Dana bought and fixed up old houses to rent, at one time owning and managing some 34 houses. Neither of them ever suffered from idle hands.

Jerry's last career was a software company he began in 2004. He just finished a three-year term on the DeSoto council this past June, and now he claims all he does is golf and fish. And of course, dote on his three grandchildren, one great-grandchild and his beloved Tibetan Terrier, Raggs. Oh, and travel — and actively work with the Lions Club. Dana smiled quietly through the entire recitation, obviously having been



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in particular, stands out in their memories. “All the neighbors wanted to get together for a luau, so we made one long table down the middle of the street, so everyone could be at the same table. We must have had 400 people there to eat the two whole pigs we roasted,” Jerry smiled. Perhaps the

a collaborative partner throughout the many years and adventures of their lives.

Jerry and Dana had lived in Duncanville and Oak Cliff before they designed and had their DeSoto home built 37 years ago. “We were drawn to the schools for our son, Dale. We love the quiet here and the fact there’s not a lot of turnover in the neighborhood,” Dana remarked. “We have always entertained extensively, hosting 60 to 100 people at a time.” Once they hosted a Kentucky Derby party with real Kentucky hams flown in, mint juleps and beaten biscuits for 50 to 60 people. But one block party,

neighborhood wasn’t all that quiet on that particular day.

“Our house was and is exactly what we wanted, so it has worked out very well for us. The only changes we have made are pretty much cosmetic: new floors, new windows. We have updated the kitchen and bathrooms,” Dana detailed. “The design of the floor plan makes it easy to have lots of people in our home.” And lots of people they have had! Over the past 30 years, they have hosted 28 exchange students. “It all started with a call from a student exchange association. One of their host families had to



unexpectedly bow out, and they needed someone to host a young Frenchman. He ended up coming back six times. His sister has been here three times, and four of his cousins have come,” Dana explained.

But they have always had a special room for their granddaughters, which features 10 different quilts from various ancestors. On the wall hangs a hand-stitched Peruvian quilt with well over 30 dolls on it, minus the ones their 4-year-old great-

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granddaughter has absconded with.

"We definitely use the whole house," Dana stated. Jerry quipped that he'd only been in the formal living room three times, to which Dana replied, "You really should get out more often." They actually spend most of their time in the spacious den with its birch wood built-ins and family photos. But the louvered doors to the living room can be folded back to open the two rooms into one. The 100-percent silk rug in the living room took 18 months to be handmade in Turkey and can be laid out on either side to reveal the two different patterns. A hutch displays china from Dana's grandmother and brightly painted, mostly carved animals made in Bali, which they purchased in Mexico. Most of their antique furniture was also once Dana's grandmother's.

Jerry likes the sketches and paintings, chosen to record memories of their travels through Europe — London, Paris, Rome, Amsterdam, Budapest, Venice and Istanbul. Miniature replicas of Van Gogh paintings, egg cups once owned by the great-great-grandson of Napoleon are artfully strewn throughout the house, every wall and nook a treasure trove. They call their dining room the safari room in honor of the hand-carved elephants they received from a family they helped in Kuwait. A depiction of the Imperial Palace in Tokyo, painted by a 55-year-long friend of Jerry's, has its place of honor also. It's hard to know if their home's cosmopolitan, continental decor is responsible for the many exchange students, or if the students inspired the world travel. "One thing's for sure," Jerry stated with his trademark

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smirk emerging, “although we have tried various courses of study, we just can’t seem to learn French.”

While speaking French fluently may elude Jerry, cooking French seems to have stuck. He has been through several cooking schools, but he is proudest of his chef certification from Le Cordon Bleu Paris. His “graduation” menu is framed along with a sketch of Château d’Adoménil, which housed the school. Bar stools surround the wide granite counter between the eating area and the cooking area of the large, open kitchen where Jerry is quite at home. A steamer



trunk contains linens and crocheted items made by Dana’s grandmother, mother and aunts.

Jerry loves to work in the yard — he considers it his favorite room, and it really is an extension of Dana’s “gardening room” cum office. Their patio and deck, which include a hot tub, sprawl along the back of the house, with three separate seating areas shaded by large umbrellas and a tinkling fountain inviting one to sit and relax. “I don’t allow Dana to touch anything live,” Jerry teased. **NOW**



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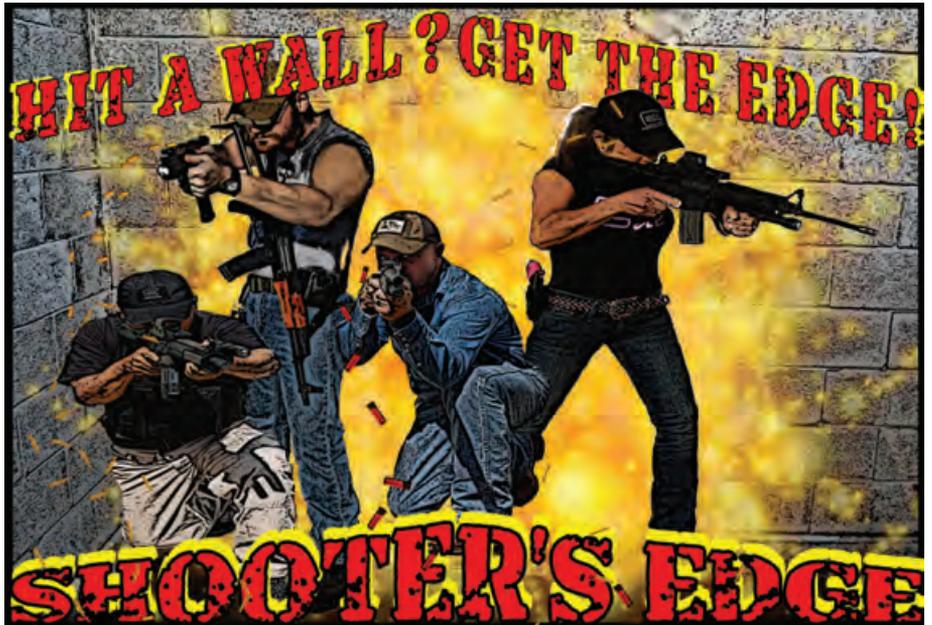
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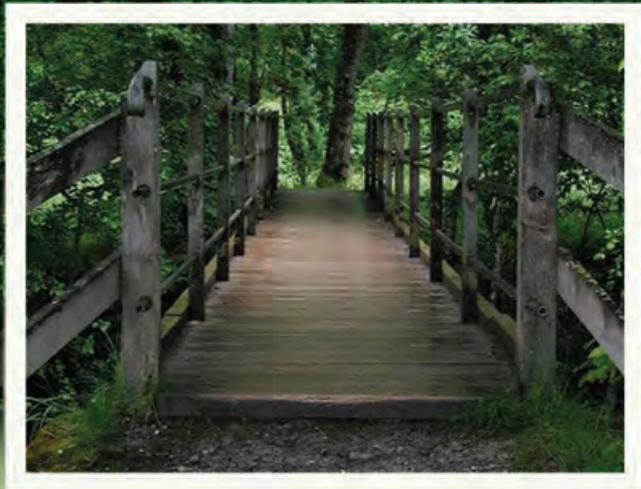
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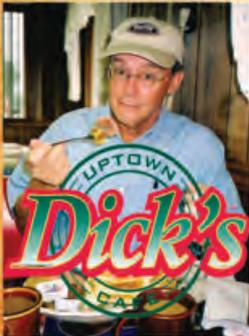


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preserved at the Pioneer Museum on Main Street, where you can tour and marvel at its studio-size efficiency. Some others have been converted into bed and breakfasts and are still enjoyed by visitors today. A few of Fredericksburg's newly built bed and breakfasts borrow from this popular design. There are more than 380 bed and breakfasts in the county surrounding Fredericksburg.

Among Fredericksburg's other historic and natural attractions are the National Museum of the Pacific War, the Lyndon B. Johnson State and National



Parks, Enchanted Rock State Natural Area and The Old Tunnel State Park, also known as the Bat Tunnel. Open nightly from May through October, this abandoned railroad tunnel just outside



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History buffs will enjoy the Lyndon B. Johnson State and National Parks, which offer a look at the 36th president of the United States and depict pioneer farm life. For students of our more modern culture, the National Museum of the Pacific War is a must-see. The museum complex is dedicated to everyone who served in the Pacific in World War II under Admiral Chester W. Nimitz.

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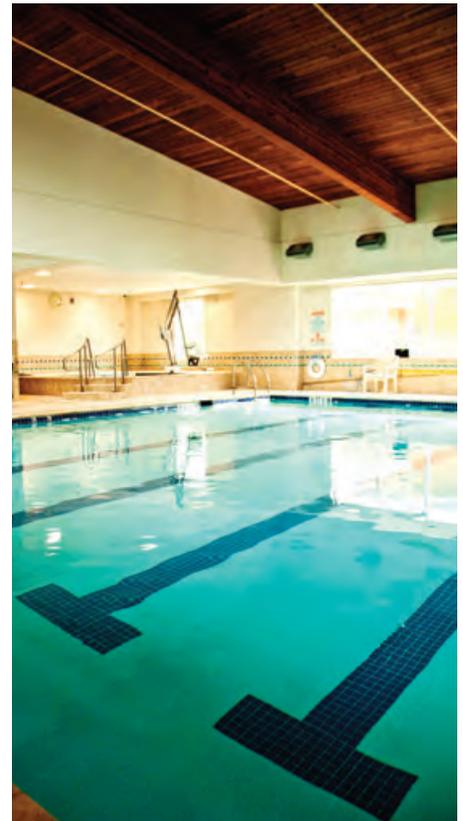


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Mark Lenhard enjoys visiting with residents, Peggy Madsen (left), and Inez Hendley (right).



EACH MOMENT *matters*

*Grace Presbyterian Village champions the needs of older folks through a full continuum of care and service in a faith-based setting.*

— By Beverly Shay

Mark Lenhard, executive director of Grace Presbyterian Village, has always been around older people, something he genuinely enjoys. “I have two loves, other than my family,” he confessed. “I love social service, and I love politics.” So, it didn’t come as much of a surprise that he found a way to blend them into a career. Not only has he worked in positions as diverse as serving front line in a nursing home to an administrator, he has also served for six years on the Health Policy Congress for Leading Age Texas, as well as representing the aging before various state and national committees. “I was even more excited by the opportunity to translate my calling to provide care and service in a faith-based, loving environment — especially in a proven venue like Grace Presbyterian, which has been around for 50 years now!”

Mark’s commitment to serving the elderly began as a child. His family was very close to a Carmelite nun, and Mark observed how the novitiates cared for her. He was impressed by the honor as well as the level of medical care. He earned his bachelor’s in psychology, his Master of Science in gerontology and holds both state and national licenses in nursing facility administration.

Grace Presbyterian Village, more commonly known as G.P.V., exists to provide a full continuum of care across an ecumenical spectrum, as well as for those who hold to no formal belief. Services include: wellness, exercise, socialization, fine dining, physical therapy, health fairs, nutritional and lifelong learning classes. More formalized services include: speech, physical and occupational therapy and fitness routines. In 2005, the Hillcrest Spa and Fitness Center was built to provide aquatic facilities and

amenities for the enhancement of the residents' health and activity. Across the 27-acre wooded campus, independent living can be found in individual houses, apartment living complete with one meal or all meals, along with two levels of assisted living, including the Camellia neighborhood for those with Alzheimer's and other dementia-related needs.

"We conduct an initial interview with those wishing to join our family," Mark explained. "We identify where they will

"AFTER ALL, WE ARE  
HUMAN BEINGS  
CARING FOR HUMAN  
BEINGS, AND  
EVERYONE HAS  
SOMETHING TO OFFER  
SOMEONE ELSE."

fit in and what needs they may have and what level of engagement they desire, as well as assessing their long-term or short-term medical or therapy needs." Mark further indicated that elder care is one of the most highly regulated services in the nation, "which is why we are building and maintaining a culture of excellence that includes day-to-day contact, sharing respect, faith and encouragement. My teammates and I practice what we call the 12-foot rule: greet anyone who comes within 12 feet of you. Ask. Answer. Listen attentively. After all, we are human beings caring for human beings, and everyone has something to offer someone else," Mark stated.

Mark has indicated some of his favorite things to do at GPV are rub elbows in the fitness area, sit down for lunch with the residents and overhear conversations between employees and residents. "We are quite a family here. I am proud to work here — because I am committed to creating a culture of successful aging, especially to allow those with particular needs to ebb and flow throughout our system of care," Mark said. "I like that husbands and wives, siblings and multigenerational families can remain together through the various levels of care we offer." **NOW**

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Larry Soria gets a trim from Ramon Dominguez at Cedar Hill Barbers.



The Cedar Hill Chamber welcomes Lisa Cantu, manager of Dunkin Donuts.



Hank and Rick Kaisers have happy faces at the Cedar Hill Youth Fishing Tournament.



Valerie Freeman with the cake she made for the Peace Through Business students studying at Northwood University.



Michelle White, Jennifer Otey and Amber Otey, dress up for Chick-fil-A Cow Appreciation Day.

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Friends and family gather together at the Best Southwest Fourth of July celebration in Lancaster.



Councilwoman Denise Valentine poses with founder of Nappiology, Dee Johnson.



The DeSoto Chamber welcomes Jeanette Berry and Operation Community Care, which provides youth mentoring and tutoring, counseling, developmental and leadership skills.



J Moss joins Carl Sherman and his family at the Juneteenth celebration in DeSoto.

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Duncanville Chief of Police, Robert Brown Jr. visits with First Methodist School's Summer Fun students.



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Margo Estrada, car hop at the Sonic on Main Street, delivers a tasty lunch.



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Duncanville High School's football program has had more players sign letters of intent this year than in the past 16 — 21 Panthers will play college football in the 2012-13 season!

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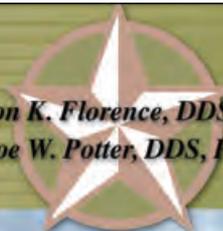
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# Is a Recession on the Horizon?

— By Dennis Brock

### Market and Economic Review:

The last recession officially ended three years ago, but many still believe we are in a recession. It's not hard to understand why, when you look at measures like economic growth (i.e., GDP) and employment growth (i.e., jobs), the current recovery is one of the weakest on record. The question is: Are we heading back into another recession? Some reasons the U.S. might be heading back into a recession are:

1. Low expectations for second quarter corporate profits.
2. A continued economic drag from Europe along with a slowdown in emerging markets, like China and India.
3. Uncertainty/concern about the "fiscal cliff" the U.S. economy will fall off in January 2013 if Congress does not act.

### Investment Outlook:

Current profit estimates for the S&P 500 are for eight-percent growth. However, with the economy slowing, these estimates may be optimistic. Since foreign profits make up approximately 40 percent of earnings in the S&P 500, a slowdown outside the U.S. will also impact profits. Given the weak economy, the Fed will likely keep interest rates low for some time.

### Bond Investments:

With the Fed maintaining low interest rates, returns for bond investors are likely to be limited. Intermediate-term bond funds may offer the best risk/return option. With high-yield rates rising, risk-tolerant investors may want to consider them.

### Stock Investments:

For stock investors, potential returns above 13,000 on the Dow Jones industrial average do not seem to warrant the risk. Investors should consider dollar-cost-averaging on market declines, especially if the Dow approaches 12,000 or lower. Investors willing to take additional risk may consider holdings in emerging markets, European or energy mutual funds, or exchange traded funds (ETFs).

### Annuities:

For risk-averse investors, annuities may be the answer. Some annuities allow you to participate in some of the gains in the stock market without the risk of the stock market. Annuities can also be used to generate income. **NOW**

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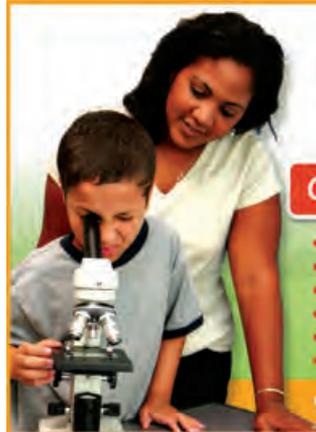
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# Functional Medicine – What Is It, and Why Does It Matter?

Every day you struggle, trying to find answers to your health problems. You try everything your doctor, family and friends suggest, but still, you do not get better. By now, you are frustrated and don't know where to turn or why no one has an answer. One option you might try is functional medicine, a specialized branch of alternative medicine, which endeavors to deal with prevention of disease and searches for the underlying causes of chronic disease. Different types of tests are done, looking at the ranges of what is normal for you versus normal for the population at large, since it is a patient-centered approach to health care. This patient-centered approach focuses on many pillars of health, which are aimed at restoring the body's normal homeostatic functions.

Some of the approaches used in functional medicine are: restoring balance of various hormones, determining what nutritional deficits exist, environmental factors that are affecting the health (such as pollutants, allergies, etc.), identifying lifestyle factors that can be altered to improve health and disease prevention. In most cases, a combination of all of these things is used to restore a person's health.

In addition to the methods listed above, functional medicine practitioners may use therapeutic modalities; comprehensive diagnostic testing, which includes both traditional and nontraditional testing; and many self-care approaches that hold the patient accountable for their own health, to develop a comprehensive, complete system for treating their chronic illness. This enables the health care

provider to look at each person's case individually and determine how their circumstances — nutrition, genetics factors, environmental factors and lifestyle factors — affect their health.

In this manner, all aspects that benefit or hinder one's health can be addressed and effectively altered to improve the health of the individual. Other factors that should be addressed are maintaining a healthy weight, maintaining an optimally functioning nervous and immune system and promoting anti-aging techniques. When factors such as obesity enter in, diseases like hypertension and diabetes frequently occur. Functional medicine attempts to stop these processes before they can even begin by analyzing the root causes of these diseases (and others) and teaching people how to prevent them or how they might be reversed.

As patients take a proactive approach to their health, they can prevent or effectively minimize the symptoms of disease. They can also prevent complications of disease and the medications used to treat them, maintain a healthy weight, slow the process of aging and age-related diseases, and help to ensure a healthier, longer life. If what you have tried so far has not gotten your health to the point you want it to be, you have alternatives. You owe it to yourself to check them out. **NOW**

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# Calendar

## AUGUST 2012

### Through August 18

Moseley Pool hours: **Monday-Thursday:** noon-7:00 p.m.; **Friday-Saturday:** 11:00 a.m.-7:00 p.m., 1300 Honor Dr., DeSoto. (972) 228-3553.

### August 2, 9, 16, 23, 30

Spanish story time: 5:30 p.m., Duncanville Library.

### August 3

Movie in the Park: *Surf's Up*: 8:00 p.m., dive-in movie, Moseley Pool. Cost: \$3.

### August 3, 10, 17

5th Annual Jam to Give summer concert series: 7:00-9:00 p.m., Uptown Village: **Aug. 3:** Joseph Vincelli, benefiting Friends of Tri-City Animal Shelter; **Aug. 10:** Buster Brown Band, benefiting Big Brothers Big Sisters; **Aug. 17:** Downtown Fever benefiting, Homeless Veterans Service of Dallas.

### August 7

DeSoto Night Out. Leave your outdoor light on: 7:00-9:00 p.m. Meet your neighbors for a block party, cookout or ice cream social; include kids, youth and elderly. To organize Night Out event: [www.nationaltownwatch.org/nno](http://www.nationaltownwatch.org/nno). For a visit from a city official, contact Officer Cindy Mendez at (469) 658-3055 or [cmendez@desototexas.gov](mailto:cmendez@desototexas.gov).

### August 7, 14, 21 and 28

DeSoto Library's free computer classes: 6:00-7:30 p.m. Register one week in advance of each class: (972) 230-9661: **Aug. 7:** Computer Basics; **Aug. 14:** Basic Word I; **Aug. 21:**

Basic Word II; **Aug. 28:** Internet Basics.

### August 10

"2012 Alien Invasion" Family Swim Night: 6:00-7:45 p.m., Crawford Park Pool, 401 Straus Road, Cedar Hill. Cost: \$2. [cedarhilltx.com/swim](http://cedarhilltx.com/swim).

Movie in the Park: *Tangled*: 8:30 p.m., Amphitheater@Town Center, DeSoto. Free.

### August 13 and 18

DeSoto Library's free catalog/collections classes: 10:00-11:30 a.m. Register: (972) 230-9661.

### August 14

Brett Robert's Magic School: 7:00 p.m., Duncanville Library. Limit: 48 participants.

### August 15 and 16

Duncanville Library's Tekkie Guys present two eBook clinics: **Aug. 15:** 7:00 p.m.; **Aug. 16:** 3:00 p.m., explain library's Overdrive program. Limit: 47 patrons. (972) 780-4956.

### August 21

Glenda Overstreet with Best Southwest Business Development Center presents "Small business Orientation": 7:00 p.m., Duncanville Library. Limit: 48 patrons. (972) 780-5052.

### August 22

Photo Fun: 2:00-4:00 p.m., Cedar Hill Library: Learn editing, displaying and sharing photos on screen/in print, free editing

software (Picasa and Shutterfly). Bring photos on flash drive. Registration required: (972) 291-7323, ext. 1311.

### August 25

Music in the Park: 8:00-10:00 p.m., Valley Ridge Park, 2850 Park Ridge Dr., featuring The Primary Colors with Matt and Luke Marantz. Come early for dinner. The Pink Pig will provide food concessions. (972) 291-5130 or visit [cedarhilltx.com](http://cedarhilltx.com).

### August 27 and September 24

Methodist Dallas Medical Center's Monday Night Mammos, spa-themed mammograms: free valet parking, aromatherapy, chair massages, hand rubs, light cuisine. RSVP: [www.methodisthealthsystem.org/mondaymammos](http://www.methodisthealthsystem.org/mondaymammos) or (214) 947-3441, option 1.

### August 29

Cedar Hill Library Health Information Online class: 2:00-4:00 p.m.: Find reliable information about diseases, medical conditions, wellness, treatments, drugs and supplements. Register: (972) 291-7323, ext. 1311.

### September 8

All Cedar Hill school attendees please join the Cedar Hill 1931-1981 Class Reunion: 1:00-5:00 p.m., Old Bray Gym. Eva Mae Roberts: (972) 217-0201 or Jetti Vincent: (972) 291-4902.

*Submissions are welcome and published as space allows. Send your event details to [bshay.nowmag@sbglobal.net](mailto:bshay.nowmag@sbglobal.net).*

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## In The Kitchen With Alieh Kazemzadeh

— By Beverly Shay

Alieh Kazemzadeh is inspired to cook by family and friends asking for their favorites from the Russian, Persian and Middle Eastern sweets she prepares. While most of her recipes come from her Russian mother, Alieh has invented some soup, salad, jam and pickle recipes. “I enjoy talking with people about my specialties,” she admitted.

Alieh has been a homemaker and the mother of four. She is now grandmother to eight and great-grandmother to four. Alieh believes good food makes people happy. “I like to learn to make something I have tasted at a friend’s house or a restaurant. Garlic and turmeric are my favorite spices for savory dishes, and I like to use rosewater and cardamom for sweets. Pictured are her Borscht, Piroshki meat pies and Pirokh apple cake. **NOW**

### Borscht by Alieh

**3/4 lb. bone roast or shank steak**  
**2 large onions (divided use)**  
**1/2 tsp. each cinnamon and cumin**  
**2 cups lightly salted water**  
**2 cups or 16 oz. Campbell’s tomato juice**  
**1 small can tomato sauce or 1/2 can tomato paste**  
**1/2 small cabbage**  
**1 can sliced beets**  
**1/2 cup parsley**  
**2 small potatoes**  
**2 carrots**  
**1 onion**  
**1 green pepper**  
**1 small turnip (optional)**  
**2 bay leaves**  
**Salt and pepper, to taste**  
**2 Tbsp. flour**

**1 Tbsp. butter**  
**Picante sauce, vinegar or lemon juice to taste (optional)**  
**Sour cream**

- 1.** Simmer meat in pan with 1 onion cut in quarters, cinnamon and cumin in salted water for 1 hour. Skim off foam as it rises. Strain broth into a large soup pan. Remove meat and marrow from bones; add to broth. Add tomato juice and tomato paste.
- 2.** Chop all remaining vegetables into julienne strips; combine with bay leaves and salt and pepper. Bring to a boil; reduce to medium low and simmer 1 1/2 hours, until potatoes and carrots are tender.
- 3.** To thicken soup, brown flour in butter over medium-low heat and let cool. Add small amount of water to browned flour and then add to soup. Add picante, vinegar or lemon, if desired. Serve with a dollop of sour cream.

### Apple Pirokh

#### Applesauce:

**1/2 cup sugar**  
**1 cup water**  
**5 apples (can use pears, apricots or quince)**  
**2 Tbsp. lemon juice**  
**2 big dollops apricot jam**

#### Batter:

**1 1/3 cups sugar**  
**1/2 cup butter or margarine**  
**1/4 cup canola oil**  
**5 eggs**  
**2 1/2 to 3 cups flour**  
**2-3 tsp. baking powder**  
**1/2 tsp. salt**  
**1 1/2 tsp. vanilla**  
**1/2 cup yogurt or sour cream plus 1/2 cup milk**  
**Zest of one lime or orange**  
**Juice of one lime or 2 Tbsp. lemon juice**

- 1.** For applesauce: dissolve sugar in water in saucepan. Peel, core and chop apples into saucepan. Add lemon juice and jam. Cook until almost dry.
- 2.** For batter: beat sugar, butter and oil until fluffy. Add eggs, one at a time, beating each time until smooth.
- 3.** In one bowl, measure 2 1/2 cups flour, baking powder and salt.
- 4.** In another bowl mix vanilla, yogurt and milk, zest and lemon juice.
- 5.** Mix half of flour mixture with half of wet mixture; beat until smooth. Add remaining dry and wet mixtures. Beat until smooth; mixture should be thick, but not hard. If too runny, add remaining flour. Set aside some of the batter for lattice work on top.
- 6.** Pour remaining batter into greased and floured 14-inch round pan. Baking parchment works best, but waxed paper also works (grease the waxed paper).
- 7.** Spoon applesauce onto batter; spread evenly.
- 8.** Roll remaining batter in flour to create ropes. Crisscross over applesauce.
- 9.** Bake at 350 F for 45 minutes or until golden brown. Cool. Cut into diamond-shaped pieces to serve.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**

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