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AUGUST 2019

Mr. Slider's Opus

Daniel Slider takes his
students on a music
appreciation journey

Joy in the Small Things

Chris McCalla puts his
love of action figures
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2019-20 Campus Leaders

School starts Monday, August 19, and our campus leaders are prepared to welcome you to begin a successful school year! Welcome back Eagles, let's get ready to SOAR!

The Meadows principal is not pictured as of the print deadline.

Back to School Fair

Back to school season is always bittersweet since it marks the end of summer fun and the start of a new school year. The 2019 DeSoto ISD Back to School Fair will be held on Saturday, August 3, from 9 a.m. to noon at DeSoto High School, 600 Eagle Drive. This year's event will again feature school supply give-aways as well as vaccinations from Dallas County Health and Human Services and physicals from Methodist Charlton Medical Center. Don't miss the fun!



CALENDAR

- Aug. 3 - Back to School Fair
- Aug. 9 - 11 - Tax Free Holiday
- Aug. 12 - Board Workshop
- Aug. 19 - First Day of School
- Aug. 26 - Board Meeting

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ON THE COVER

Daniel Slider keeps his students on beat.

Photo by
Shane Kirkpatrick.

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EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
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August is a great month ...

At least that's what the name would have you believe. The ancient Romans called this month *Sextilis mensis*, the sixth month. Creative, huh? You might be wondering about that number, since August is the eighth month on our modern calendars, but that's because the Romans decided to move January and February from the end of the year, to the beginning, but didn't bother with changing the number names of months like September, October, November and December (seventh, eighth, ninth and tenth)!

At the end of the Roman Republic and the beginning of the Roman Empire, there was this famous ruler named Julius Caesar. He was so popular and powerful that he got his name put on one of the months. Previously known as *Quintilis*, it was renamed *Julius* (July) in his honor. Well, the next guy to rule, who was the first real emperor of Rome, couldn't be outdone by his uncle Julius. So, Octavian started going by the title Augustus, meaning magnificent, majestic, noble. Humility was not a Roman virtue. But that means August is literally the "Great Month"! Isn't that magnificent? Oh, and Augustus couldn't let his great month be shorter than his uncle's month, so he messed up the regular alternation between 30-day and 31-day months, leaving us with two 31-day months in a row.

There really are a lot of good things that happen in August, especially if you're young, or if the heat doesn't bother you. But not everyone has such a high opinion of this month. The ancient Old English name for it (before we got fancy and borrowed all the Latin names) was *Weodmonað*, Weed-month, and that fits, too.

Go out and do something great!



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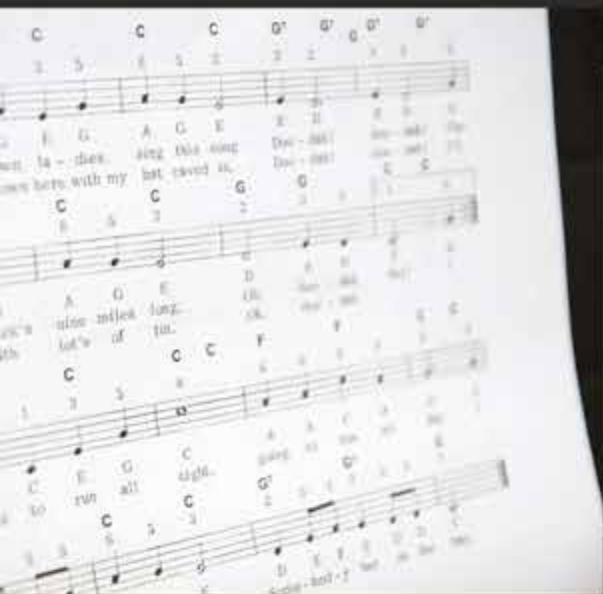
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— By Rick Mauch

MR. SLIDER'S OPUS

Music has a history of bridging generational gaps, and teaching from personal experience is always a plus. Daniel Slider is combining both while teaching elementary students at the Woodridge Fine Arts Magnet Academy in DeSoto. "I wanted to do music in my class that is more relevant to people today, especially today," he said. "There is a place for the traditional music. I haven't wiped that out."

Working with students in grades three through five, Daniel's drumline students are singing and playing a plethora of songs that "rock." They range from Rihanna's "Umbrella" to classic rock from Journey. "My keyboard player can handle that," Daniel said. And though these songs were released years before his students were even born, he's impressed with their recognition of them. "When I introduced the song, 'Eye of the Tiger,' by Survivor, the theme song from *Rocky III*, I didn't mention the movie to them, but some of them brought it up," Daniel said. "There's a Taylor Swift song I'm looking at adding," he continued. "You know the one, 'I Knew You Were Trouble.'"

Daniel, 33, plays a variety of instruments himself, and he's teaching his students a wide assortment, as

well. Their repertoire includes electric guitars, drums, keyboards and even a glockenspiel (a percussion instrument composed of a set of tuned keys arranged in the fashion of the keyboard of a piano). "I'll blend in the traditional instruments, even the Orff instruments," he said. "The kids like it more." Orff instruments include glockenspiels, xylophones, marimbas, metallophones and various drums.

Daniel's teachings are not only opening students up to a different culture before their time, they are also helping divert students from possible troublesome situations, according to former Woodridge Principal Deidre Hannible. "He is truly amazing, a godsend in what he's done," she said. "We had kids struggling behaviorally in the classroom, but them joining the rock band made all the difference. They're a



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part of something bigger than themselves. He's also a good role model. If he asks you to play drums, he can do it himself. Guitar, he can do that. He's quadrupled the number of students who want to be in the program. He's just a rock star."

Daniel began playing trombone in the high school band. Then he picked up piano through lessons, also becoming interested in guitar and drums. "My grandparents, wanting to support us, bought just about every instrument," he said. In high school, he started a band with his brother. They, like he and his students today, also drew from classic rock songs. "We were looking at the music of the time and decided there was not a lot of depth. We started looking back and found classic rock. The performers in that time were virtuosos with the instruments and their voices." He chuckled, "And, of course, there was *Bill and Ted's Excellent Adventure*. I said, 'Let's try to write something that sounds like that,'" he said, referencing the 1989 comedy starring Keanu Reeves.

Daniel continues to perform in a band, as he leads worship at a Celebrate Recovery program in Waxahachie. He has led at various places, and is set to join a friend who is worship leader at Rock City Fellowship in Midlothian.

The idea for an elementary drumline occurred about five years ago. "As a district, we decided to do a fine arts/social studies showcase. My school picked Japan. I love Japanese culture, and so did our art teacher. I did a little research and found the Kodo drumming troupe. They use taiko drums," he said. Taiko drums can range in size from as small as a snare drum to the size of a car. They can also be expensive, so Daniel got creative. "I took some tires and stretched some purchasing tape across them," he said.





"I taught the kids some taiko techniques on these stacks of tires. We ended up modifying with 55-gallon trash cans, light enough to carry, but still a deep sound."

Daniel taught students marching-style drum cadences to play at pep rallies and other school events. Then, keyboards and other instruments were slowly added in until they became the complete unit they are today.

The students have expanded their singing and playing experience, as well. Along with district events they have performed at Gospel Fest in DeSoto, and are regulars at the Pride of Texas Festival, which was held in Euless in May. They always do very well, drawing top scores when in competition. This enhances their confidence, a cornerstone of his plan. "The ones who just absolutely get it, I can tell they're going to go on and do something special. Music helped me to be able to relate to people better in my life."

Daniel's favorite part of his relationship with his students is the interaction, and seeing them accomplish something they might otherwise not have thought possible. "I thrive on people seeing music as hard and unreachable, but these kids are learning and doing well. I like opening up the world of music to my kids."

Daniel said he has thought about performing professionally. However, he always comes back to just wanting to be creative. "And I want to instill that in the kids," he said.

Meanwhile, the learning continues. There are many more songs to be taught, and as the students progress, the songs will become more challenging. How far back in the history of rock he will take them he hasn't decided. "Right now, we're learning songs I know, but I'm open to anything the kids will respond to."

So, will they be tackling the likes of Queen's "Bohemian Rhapsody" sometime soon? "That would be impressive," Daniel said. "But I have confidence they could do it if they tried." **NOW**

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JOY IN THE SMALL THINGS

— By Adam Walker

Remember back to your first action figure. Those little toys are a big part of childhood memories for a lot of boys, and not a few girls. Star Wars and G.I. Joe, if you're a little older. Just about anything imaginable, if you're a little younger. Most of us break, lose or throw them away somewhere along the road to becoming a grown-up. But some of us rediscover the joy and art of these little figures as adults. Chris McCalla is one of those who won't be told he's too old for toys.



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"I love the design and art of them," he explained. "I started collecting, mostly horror and sci-fi figures, little by little, in my early 20s. Now I'm in my late 40s, and still haven't slowed down. The figures that McFARLANE puts out have so much detail. They look so real. You can't even see the joints in the arms or legs. And a lot of the toys are limited editions, so they might only make 1,000 of one figure. They really increase in value. One of my *Walking Dead* action figures was only \$11 when I bought it, and that figure is like \$60 bucks now."

The collection he displays today may have started growing 20 years ago, but Chris' experience with action figures goes back further. "When I was a kid, my parents always bought me action figures. It started there, with *Star Wars* and *Battlestar Galactica*. I had one of those Viper ships from *Battlestar Galactica* that shot the little plastic laser bolts. They discontinued them because kids were shooting them in their eyes and throats and stuff. If you can find one of those today, they're so expensive I can't afford it. The same thing with the original *Star Wars* action figures if they're still in their packaging. Those things cost so much money now, and I had them all as a kid. I tore them all up or lost them. I even blew some up with firecrackers! I did the same with all my *He-Man* figures. I wish I hadn't now."

Toys of all kinds, and action figures in particular, can be big business, but Chris really focuses on the art. "It's not about the money to me. I just buy the ones I like. If there's a movie or TV show that I really like, I'll go online and see if they have action figures for that movie. If I like them, I'll buy them. Old-school horror figures are at the top of my list





— Freddy Krueger, Jason, Leatherface
— I love those movies. I also love cheesy old B-Movies and TV shows. If I can find figures for those, I'm happy. I have the Jetsons, because who doesn't like the Jetsons? I also bought some *Munsters* figures, because Anna, my wife, loves the *Munsters*. I still have a couple of those on my list I need to get! I have Anna's old, original Chuckie doll. And I've lost a few figures to my kids. I used to have a big Hulk figure, but my son, Cash, decided he really liked it, so it's in his room with his other toys now! I buy him lots of action figures."

Online is not the only place Chris scores his loot. "Discount stores are incredible. I've found McFARLANE figures for half price at some of those stores. A lot are limited editions, so when the stores can't get more, they treat them like discontinued items and send them to the discount stores. I love finding figures there."

He also has a growing collection of *Star Wars* figures from the prequel and sequel movies, new, in their original packages, in a row up at the ceiling of his man cave, where all his figures and other creative projects are on display. The *Star Wars* collection includes a massively detailed resin figure of a Tusken Rader giving his war cry, and several Darth Vader figures, including the famous scene where Darth reveals that he is Luke's father and a giant-size Darth that stands on Chris' desk. Oh, and then there's the Darth Potato Head. "My dad and I built this room for this purpose. When the kids got older, they took the room I had used for my collection and recording music. Building this room was a fun project," Chris shared.

Chris has found a little joy hanging out with Robocop, the Terminator and KISS. What more could a grown boy ask for? **NOW**

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— By Adam Walker

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has 20 years of experience, and the staff have about 11 years each. We have 62 years of combined experience in this office, and we keep up with all the newest developments. I’m new at this location, but the staff have been here a long time.”

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Dr. Marvel cares about more than teeth. “We like to look at the overall health of our patients. The medicines you take for other conditions can affect your mouth. Some cause dry mouth, which can make you more susceptible to cavities and gum disease. Because it’s a side effect of a prescribed

medication, we can write a prescription for a medical mouthwash, which will usually be covered by medical insurance, to address the problem.”

Dr. Marvel graduated from Texas A&M University in the first class after they bought out the Baylor College of Dentistry. “I attended both schools, and my diploma has both names on it!” Dr. Marvel is in the process of becoming a Fellow of the Academy of General Dentistry, which is only possible for the top 6 percent of dentists in the United States and Canada. “I take about 100 continuing education hours every year. I can do a lot of those online when a patient cancels or on my lunch hour, but I go to conferences and live training sessions several times a year to keep up with the newest equipment and procedures.” With all that, she still found time to play soccer for 30 years. “I’ve given that up now that I’ve taken up scuba diving,” she said.

“We like to look at the overall health of our patients.”

Dr. Marvel offers conscious sedation with pills and nitrous. Her office is latex free, because many patients have some degree of allergy to latex. “Patients like us because we’re educational. We take pictures and show you what needs to be done. We’re very thorough. If you haven’t been to a dentist for a while, we aren’t judgmental. We’re just glad you chose to come in. We try to keep a family atmosphere, because family is important to us. I have a husband who’s a retired colonel. He was a helicopter pilot. And I have three boys who are in college and high school. We see patients of all ages from young children to senior citizens, and all patients, and their teeth, are important to us.” **NOW**

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Zoomed In: Jasmine Graham

By Adam Walker

Jasmine Graham volunteers at Cedar Hill's Zula B. Wylie Public Library. "I just started working here as a volunteer a few weeks ago," Jasmine explained. "I help with shelving books and marking out logos, and I help clean up at closing time. It's a nice place. There's actually different people coming in all the time. There are all kinds of groups who meet here, like youth organizations and craft groups."

Jasmine is a student at Cedar Hill Collegiate High School, but she hasn't quite decided what she wants to study in college. "This is a great opportunity for me to earn community service hours for when I'm ready to go to college. I like it here, so I plan to keep doing this after the school year starts back up."



Brother and sister, Malik and Taylor Moore, enjoy some snow cone time.



Owner ThaiBin Ho celebrates the opening of Phở TháiBinh with Mayor Curtistine McGowan.



Keller Williams relaunches in DeSoto.



Kids cool down with popsicles at the Zula B. Wylie Public Library!



Cedar Hill Chamber members enjoy their experience at Akita Hibachi Sushi.



Michelle Barber has some fun with co-workers at her retirement party.



Mark Isaiah, season 12 top-10 finalist on The Voice, sings to a fan.



Cedar Hill's Sly Cat Gallery welcomes art enthusiasts to a show called Cliché.

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CookingNOW

In the Kitchen With

DEVRA CARMICAL

— By Adam Walker

Devra Carmical grew up thinking of cooking for hospitality as her “alone-together” time with her mother. “My favorite part was taking breaks, because that was when we’d talk, and it was just the two of us with no distractions,” she said. “The feeling of accomplishment was also pretty amazing when the aromas of her wonderful dishes filled the air. It was time to greet family and friends for a fun time and great food.”

Tradition is important to Devra. “One recipe that is passed down, though each generation makes changes, is potato salad,” she said. “My addition, as a busy, young, working mother, was using softer red potatoes and leaving the skins on. Now that I have more time, I’ve returned to peeling russets, which gives the best texture.” **NOW**

Nanny’s Potato Salad

5 lbs. russet potatoes
1 cup red onion, diced
7 hard-boiled eggs, 6 diced; 1 sliced
4 stalks celery, diced
1 cup Best Maid hamburger dill slices, drained, dried and chopped
3/4 cup salad olives with pimentos, drained, dried and chopped
1 15-oz. jar Hellman’s mayonnaise
1/2 small jar French’s mustard
3-5 Tbsp. “Brockle’s” Special Dressing
Paprika, for garnish

1. Boil potatoes in jackets until tender, but not soft, approximately 20-30 minutes. (You should be able to pierce with a fork to the center, but not without a little resistance.) Drain. Let cool; peel and cut into chunky pieces, about 1 cubic inch each.
2. Add potatoes, onion, diced eggs, celery, pickles and olives into a very large bowl; gently mix until you get consistent bits of color throughout. Don’t overwork it or the potatoes will turn to mush.
3. In a separate bowl, mix all or almost all of the Hellman’s with the mustard and 3 Tbsp. of the Special Dressing. The mixture

should be tart, but creamy. The mustard and Special Dressing cancel each other out, not the mustard and mayonnaise. Add a little of each of these until tart and the color is rich, neither white nor yellow.

4. Add the liquid to the solid ingredients, folding in until covered and moist. If you are serving the next day (best result), leave it wet, as the liquids will be absorbed overnight. Save any leftover liquid mixture to add as needed if the salad dries too much.

5. To serve, sprinkle with paprika and slice a boiled egg, top to bottom and use it to make a flower on top of the salad. You can get creative with a few sliced olives, too!

“Brockle’s” Special Dressing

Make ahead for Nanny’s Potato Salad.

1 pt. regular Hellman’s mayonnaise (Do not substitute other brands or varieties.)
4 Tbsp. sweet pickle relish, drained
2 tsp. paprika
1 1/2 oz. blue cheese, finely crumbled (You don’t taste this, but it affects the outcome, so don’t skip it unless you’re allergic.)
1 1/2 Tbsp. garlic powder

1. Mix all ingredients, adjusting to taste, if necessary. It should be a little tart.
2. This dressing will keep in the refrigerator for months and is good on many sandwiches and salads. If you need to thin it down, add a little buttermilk.

Grandma's Chocolate Cream Squares

- 2 cups flour**
2 cups pecans, chopped (divided use)
1 cup Parkay margarine
8 oz. Philadelphia cream cheese
1 cup powdered/confectioner's sugar
12 oz. Cool Whip (divided use)
1 4-oz. box instant vanilla pudding
1 4-oz. box instant chocolate pudding
2 cups milk
Chocolate chips or curls, or crushed cherries for garnish (optional)

1. Make a crust by combining flour, 1 1/2 cups nuts and Parkay; press into the bottom only of a 9x13-inch baking dish. Bake at 350 F until lightly golden brown, about 20-30 minutes. Remove; let cool completely.
2. Cream together cream cheese, sugar and half the Cool Whip; spread atop the cooled crust.
3. Mix both puddings with milk; spread atop the creamed mixture.
4. Top with remaining Cool Whip and remaining pecans. You can also add a few chocolate chips or curls or crushed cherries for a little color!

Mom's Lasagna

- 2 lbs. ground chuck**
1/2 large white onion
1 16-oz. box lasagna noodles
1 24-oz. jar Classico Tomato and Basil spaghetti sauce
1 10-oz. pkg. frozen spinach, thawed, chopped and dried on paper towels
8 oz. ricotta cheese
1/4 cup Parmesan cheese
16 oz. Mozzarella cheese slices

1. Brown beef; add onion after draining the grease.
2. Prepare noodles according to package directions for al dente results; drain, rinse and dry.
3. In a lasagna pan, ladle some sauce. Line out noodles on top of sauce.
4. In a bowl, mix the spinach with the ricotta; spoon and spread atop the noodles, using about 1/3 of the mixture.
5. Sprinkle some Parmesan cheese atop that; then add mozzarella.



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6. Repeat layers, starting with the sauce, until everything is used. End with sauce.

7. Bake at 350 F until hot and bubbly, about 45 minutes. Allow the finished lasagna to set for about 10 minutes before trying to cut for serving.

Mom's Nilla Wafer Cake

2 cups sugar

1 cup Parkay margarine, room temperature

6 eggs

2 tsp. vanilla extract

1 box Nabisco Nilla Wafers, crushed to oblivion

1/2 cup milk

1 1/2 cups pecans, chopped

1 16-oz. can Baker's coconut

2 tsp. baking powder

1. Put all ingredients in a large mixing bowl in order listed above; stir well.

2. Grease and flour a Bundt pan. Add mixture; bake at 325 F for about 1 to 1



Mom's Nilla Wafer Cake

1/2 hours, checking often after the first 45 minutes. This is a very rich cake, but it can be frosted if you want, using a blend of milk and confectioner's sugar.

Best-ever Christmas Fudge

4 cups sugar

1 stick butter (not margarine or olive oil)

1 large can PET evaporated milk

3 4-oz. HERSHEY'S chocolate bars, broken into pieces

3 6-oz. bags semi-sweet chocolate chips

1 lb. pecan halves

1 13-oz. jar marshmallow creme

1 Tbsp. vanilla extract

1. Boil the first 3 ingredients, stirring constantly, for 4-5 minutes; turn off the heat. This will be very thick and give your arm a workout!

2. Add remaining ingredients, stirring all along, to melt and blend it all together.

3. Pour into a very large pan (9x13-inch is not quite big enough), sprayed with nonstick cooking spray of your choice (probably

not olive oil). Place in refrigerator to cool. Once the fudge is set, cut into 1-inch by 1/2-inch pieces.

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ALWAYS SOMETHING

— By Rick Mauch

Snow falls. Lightly at first, then a little more, and even more. Soon, it's coming down in droves. Middle of winter? Hardly. Even in mid-April, snow isn't uncommon in Estes Park, Colorado.

In fact, nothing stops. Everything goes on as usual, despite a high temperature of 32 F. This includes the annual Bigfoot Days celebration in the town's main park. Every vendor booth, every food and beverage stand — they're all open as if the sun was shining and the temperature was 80 F.





ING

But whether it's snowing or the middle of summer, Estes Park, named after Missouri native Joel Estes who founded it in 1859, has a lot to offer folks who live there or are only staying for a short while. The small town of about 6,500 people (though that number is usually much higher when visitors are added) is nestled smack dab in the Rocky Mountains. From Denver, it's about an hour-and-a-half drive.

No trip to Estes Park is complete without stopping by the historic Stanley



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Hotel. Standing tall on a peak overlooking the city, this beautiful and majestic resort was the setting for the famous Stephen King novel *The Shining* and two versions of the film by the same name.

King was, in fact, a guest at the hotel before writing the book. It inspired him to change the original setting of his classic novel from an amusement park to the fictional Overlook Hotel.

The Stanley offers a variety of tours. The ghost tour is perhaps the most popular as the guide takes guests to numerous haunted sites throughout the property, including underneath the hotel through secret tunnels.

The large lobby is a great place to take a break. The restaurant offers some incredibly tasty — and large — dishes, so come hungry.

Downtown Estes Park is lined with a plethora of specialty shops. From novelty T-shirts to leather goods, and everything in between, it's a challenge to pass through and not leave with your arms full.

While in downtown, go along the Riverwalk. This is especially great during the spring thaw or after a heavy rain. Stop in at the shop with Bigfoot T-shirts and various paraphernalia in the window, and the proprietor will gladly tell you about the latest sightings of the big fella. It's a popular topic among locals, and sightings have been plentiful in the area over the years.

Many of those sightings have been in the nearby Rocky Mountain National Park. Numerous tours of the park are offered, either hiking on foot or in a vehicle, which provide a panoramic view for miles.

Trail Ridge Road, the highest continuous highway in the United



States, runs from Estes Park westward through Rocky Mountain National Park. It eventually reaches Grand Lake over the legendary Continental Divide.

While visiting the park, also stop by the YMCA of the Rockies. This is not your ordinary YMCA, as it is surrounded on three sides by the Rocky Mountain National Park and features almost 900 acres that offer lodging, chances to commune with nature, hiking, biking and a lot more. It even has its own post office.

Back in town, the Rock Cut Brewing Company is a craft brewery that produces a variety of unique beers in a family-friendly environment. There is no in-house kitchen, but a food truck from Two Chicks Wings and Henhouse is available Tuesday through Saturday for lunch and dinner — and you can always bring your own food.

The Snowy Peaks Winery features handcrafted wines from right at home in Estes Park in a family-friendly tasting room. Artisanal cheeses, gourmet foods and unique gifts from around the state are also available. Tours are also available. For those not old enough for the real thing, juice tastings and a playroom are included on-site.

So even if you're not looking for a Bigfoot, keep your eyes open while in Estes Park. There's always something going on. **NOW**

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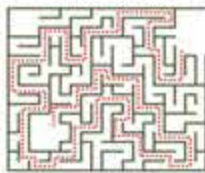
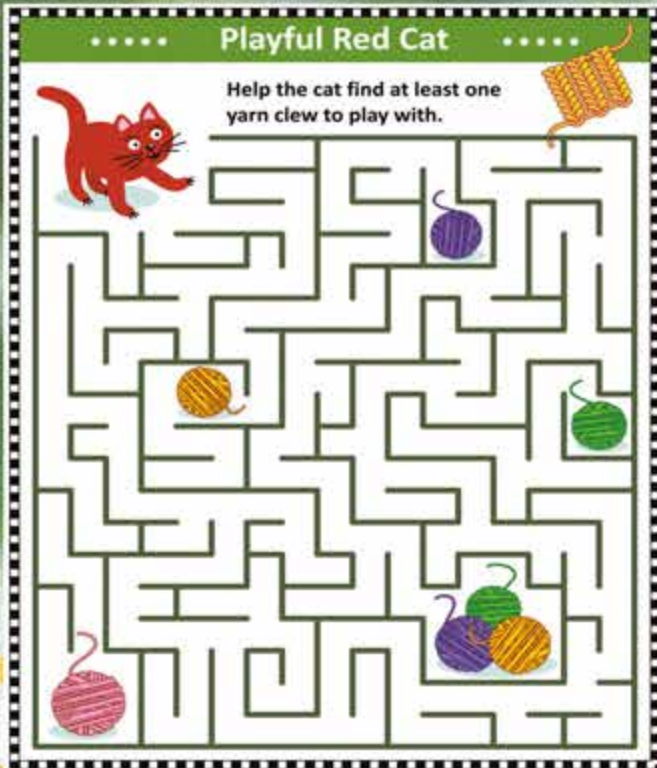
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Kids' Fun Page



ANSWER:



WORD SEARCH PUZZLE

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Isaiah 40:31

Friday, August 16, 2019
Musical Celebration
7:00 P.M.



Saturday, August 17, 2019
**Community Health
Information Forum
&
Youth Empowerment
Activities**

10AM - 2PM



Sunday, August 18, 2019
Morning Service
10:45A.M.

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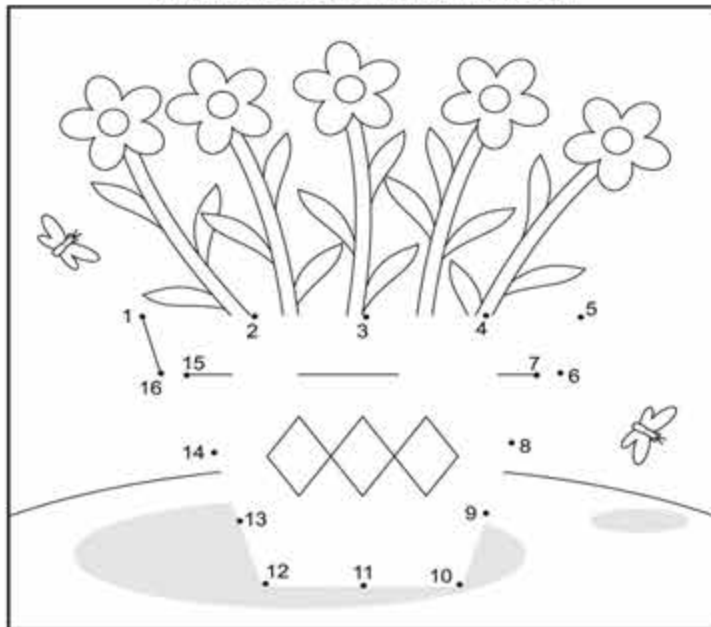
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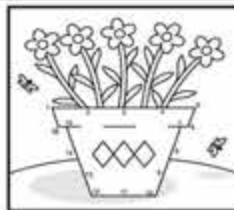
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Kids' Fun Page

Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!



ANSWER:



V	R	W	O	L	L	E	Y
A	I	B	L	A	C	K	I
E	N	O	Y	E	R	G	E
L	K	B	L	R	E	D	G
P	N	G	R	E	E	N	N
R	I	W	H	I	T	E	A
U	P	O	E	U	L	B	R
P	B	R	O	W	N	W	O

BLACK
BLUE
BROWN
GREEN
GREY
ORANGE
PINK
PURPLE
RED
VIOLET
WHITE
YELLOW

MYSTERIOUS WORD: _____

O	M	N	M	O	R	E	
S	B	L	A	C	K	I	
V	E	N	O	Y	E	R	
N	N	G	R	E	E	N	
S	B	L	A	C	K	I	
S	B	L	A	C	K	I	
I	K	B	L	R	E	D	
A	E	L	E	N	N		

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Cedar Hill Action Team (C.H.A.T.)

C.H.A.T. supports and develops high-quality youth educational programs, recreational activities, health and wellness, career development, coaching, training and community outreach efforts that are performance improvement driven.

Clara McGinnis, President
www.cedarhillactionteam.org
admin@cedarhillactionteam.org
(469) 630-2428 (CHAT), 445 E. FM
1382, Ste. 631, Cedar Hill, TX 75104

Duncanville Outreach Ministry

Duncanville Outreach is a food pantry, which can sometimes offer assistance with utilities, rent prescriptions and other needs, when funds allow. They also operate Thrifty Station thrift store.

Anita Davis, Executive Director
duncanvilleoutreachministry.com
dom202@prodigy.net,
(972) 296-4986, 202 E. Cherry St.
Duncanville, TX 75116

Let's Start Giving Foundation

Let's Start Giving provides persons at risk of, or experiencing, homelessness with essential day-to-day needs, such as water, food and toiletries.

Alaia Stinson, Founder
www.letsstartgivingfoundation.org
lsgfoundation16@gmail.com
(817) 703-6250

Straight Street Ministries

Straight Street is a six-month program for men leaving the prison system and struggling with addictions.

Mary Sorenson, Pastor and Assistant Program Director
www.straightstreetministries.com
admin@straightstreetministries.com
(972) 291-2988,
1452 S. Hwy. 67, Cedar Hill, TX 75104

Virtuous Queens Ministry

Virtuous Queens helps girls with mentoring and teaching etiquette and social skills. They also teach women self-defense and raise awareness about domestic violence.

Nikitha Pogue, Director
www.virtuous31.org
virtuousqueeninfo@gmail.com
(214) 997-3764



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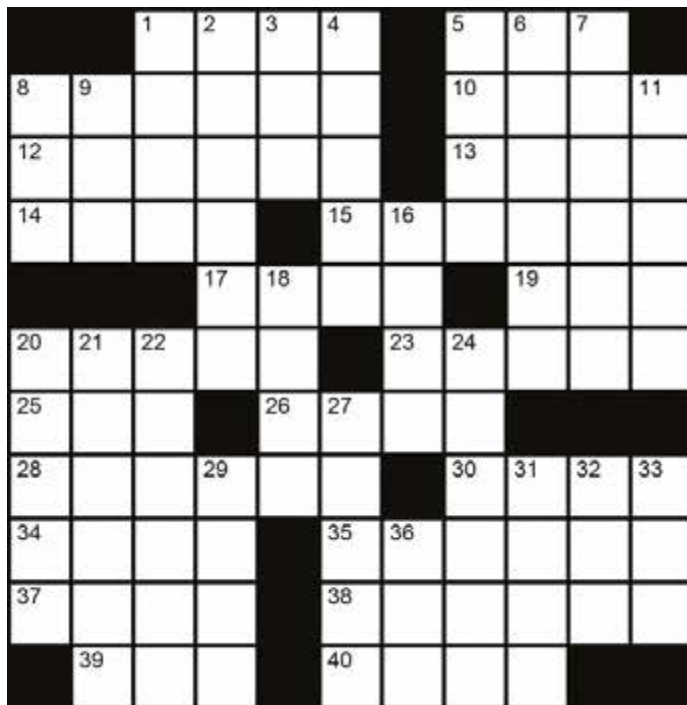
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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Competitor of Bloomingdale's
- 5 Annoy by persistent faultfinding
- 8 Bathroom
- 10 Conscious minds
- 12 Heart problem
- 13 "At what time?"
- 14 Communist leader after Mao
- 15 Revolve
- 17 Wind instrument
- 19 Rider Haggard classic
- 20 It is sold in bolts
- 23 Speak
- 25 Pastor, for short
- 26 Avoid
- 28 The most famous Waugh
- 30 React to something hilarious
- 34 Region of the Moon
- 35 Three-legged support
- 37 Finishes
- 38 Airs again
- 39 Nipper
- 40 Plumps

Down

- 1 Agree formally
- 2 Dismount
- 3 Range of vision
- 4 Whitewater figure
- 5 Water-loving salamander
- 6 Horrified
- 7 German writer and dramatist
- 8 Tiny bit
- 9 Unity
- 11 Scoff
- 16 Disagreeable necessity
- 18 Expression of alarm
- 20 Cupcake filling
- 21 East Mediterranean region
- 22 Try too hard
- 24 Vacation souvenir, maybe
- 27 Short beginning
- 29 In case
- 31 Literary work
- 32 Succeeded
- 33 Denom. of many Utahans
- 36 Agent, commonly

Solutions on page 44

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Haley A., Arlington, TX

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37 lbs. in
10 weeks***

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may vary.

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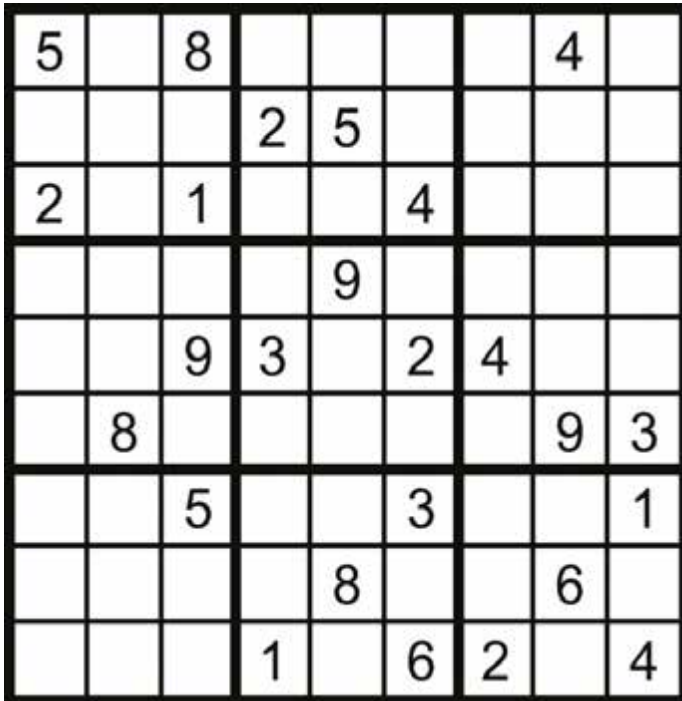
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Pantego, TX 76013

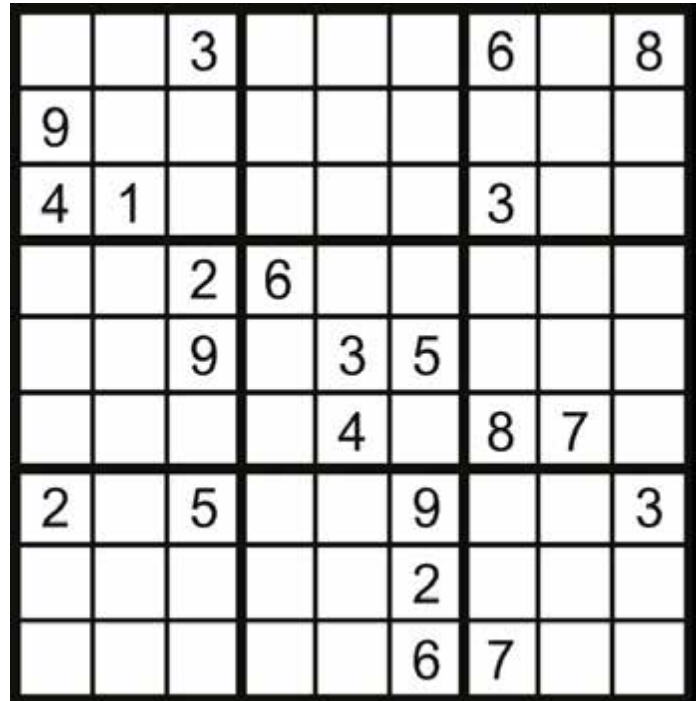
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Sudoku Puzzle

Easy



Medium



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Crosswordsite.com Ltd

Solutions on page 44



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BEFORE



AFTER



BEFORE



AFTER

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Welcome BACK TO SCHOOL

AUGUST

8/1

Mayor's Prayer Breakfast:

Come pray for Cedar Hill. Free.
7:30-8:30 a.m. Alan E. Sims
Recreation Center,
310 E. Parkerville Rd., Cedar Hill.

8/2

Elevation:

Enjoy the concert benefiting Art
and Beyond. Free, but donations
of drawing pads, colored pencils,
crayons, etc. accepted.
7:00-9:00 p.m., Hillside Village,
305 W. FM 1382, Cedar Hill.

8/3

Back to School Swap:

Gently used and new school
items available. Free.
10:00 a.m.-3:00 p.m., 201
James Collins Blvd., Duncanville.

8/9

Fingerprints:

Enjoy Motown and cool jazz
while benefiting Inspire School
Programs. Free, but donations
of new or gently used men's ties
or individually wrapped candies
accepted. 7:00-9:00 p.m.,
Hillside Village,
305 W. FM 1382, Cedar Hill.

8/10

Back to School Rally:

Cedar Hill ISD kicks off the
new year. 10:00 a.m.-1:00 p.m.,

Cedar Hill Ninth Grade Center,
1515 W. Belt Line Rd., Cedar Hill.

Paws in the Pool-ooza:

Let your puppers cool off
in the pool! 10:00 a.m.-2:00
p.m., Crawford Park Pool,
401 Strauss Rd., Cedar Hill.

Grease Fighting:

T-Babes vs. The Rink Ladies.
\$10; kids under 12 are free.
7:00 p.m., Cedar Hill Roller
Rink, 202 N. Main St.,
Cedar Hill.

8/11

Back-to-School Supply Drive:

Black Women's Wall
Street will be taking donations
for families of grade-school
children. 4:00-7:00 p.m.,
Hilton Garden Inn, 800 N. Main
St., Duncanville. JaCoi James,
(682) 268-1338.

8/12

Hotel Transylvania 3: Summer Vacation:

Get out of the heat, and enjoy a
movie with the kids. Free. 6:30
p.m., Zula B. Wylie Public Library,
225 Cedar St., Cedar Hill.

Author Meet and Greet:

Come out and meet some of our
local authors. Free. 6:30 p.m.,
Zula B. Wylie Public Library,
225 Cedar St., Cedar Hill.

8/16

92nd Roadhouse:

Come out for some Country &
Western music and dancing.
\$5. 7:00-9:30 p.m., Hopkins
Senior Center, 206 James
Collins Blvd., Duncanville.

8/17

Clear the Shelter:

Free adoptions all day.
10:00 a.m.-2:00 p.m.,
Tri-City Animal Shelter,
1150 E. Pleasant Run Rd.,
Cedar Hill.

8/20

3rd Annual Senior Information and Wellness Fair:

Come learn about all the
services available to seniors.
10:00 a.m.-2:00 p.m.,
Alan E. Sims Recreation Center,
310 E. Parkerville Rd.,
Cedar Hill.

8/22

Put the CARE into Lawn Care:

Learn the right way to care for
your lawn. Free. 6:30-8:30 p.m.,
City Council Chambers,
211 E. Pleasant Run Rd., DeSoto.

8/31

**Duncanville Police
Department Open House:**
Come meet your police officers

and learn how the department
works. Free. 10:30 a.m.-2:00
p.m., 203 E. Wheatland Rd.,
Duncanville.

Saturdays in August

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a.m., Hillside Village 305 W. FM
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Tuesdays

DeSoto Senior Center Golden Voices Choir:

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

Wednesdays

Toddler Storytime:

Ages 0-3. Free. 10:30 a.m.,
DeSoto Public Library,
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*Submissions are welcome and
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SAY GOODBYE TO JOINT PAIN!

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Have you ever wondered how different your life would be if you could significantly reduce your joint pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that joint pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating joint pain, we invite you to regain control of your life by visiting Complete Health Medical Center, a modern, holistic medical facility.

WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

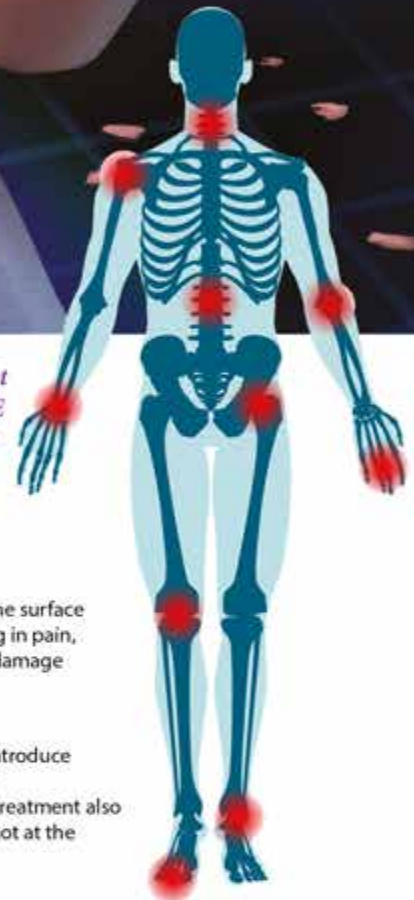
Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.



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Crossword - Sudoku Solutions



Easy

5	3	8	7	1	9	6	4	2
9	4	6	2	5	8	1	3	7
2	7	1	6	3	4	9	8	5
3	1	4	8	9	7	5	2	6
7	5	9	3	6	2	4	1	8
6	8	2	5	4	1	7	9	3
4	6	5	9	2	3	8	7	1
1	2	7	4	8	5	3	6	9
8	9	3	1	7	6	2	5	4

Medium

5	2	3	7	1	4	6	9	8
9	6	8	5	2	3	1	4	7
4	1	7	9	6	8	3	5	2
1	8	2	6	9	7	5	3	4
7	4	9	8	3	5	2	1	6
3	5	6	2	4	1	8	7	9
2	7	5	1	8	9	4	6	3
6	3	1	4	7	2	9	8	5
8	9	4	3	5	6	7	2	1

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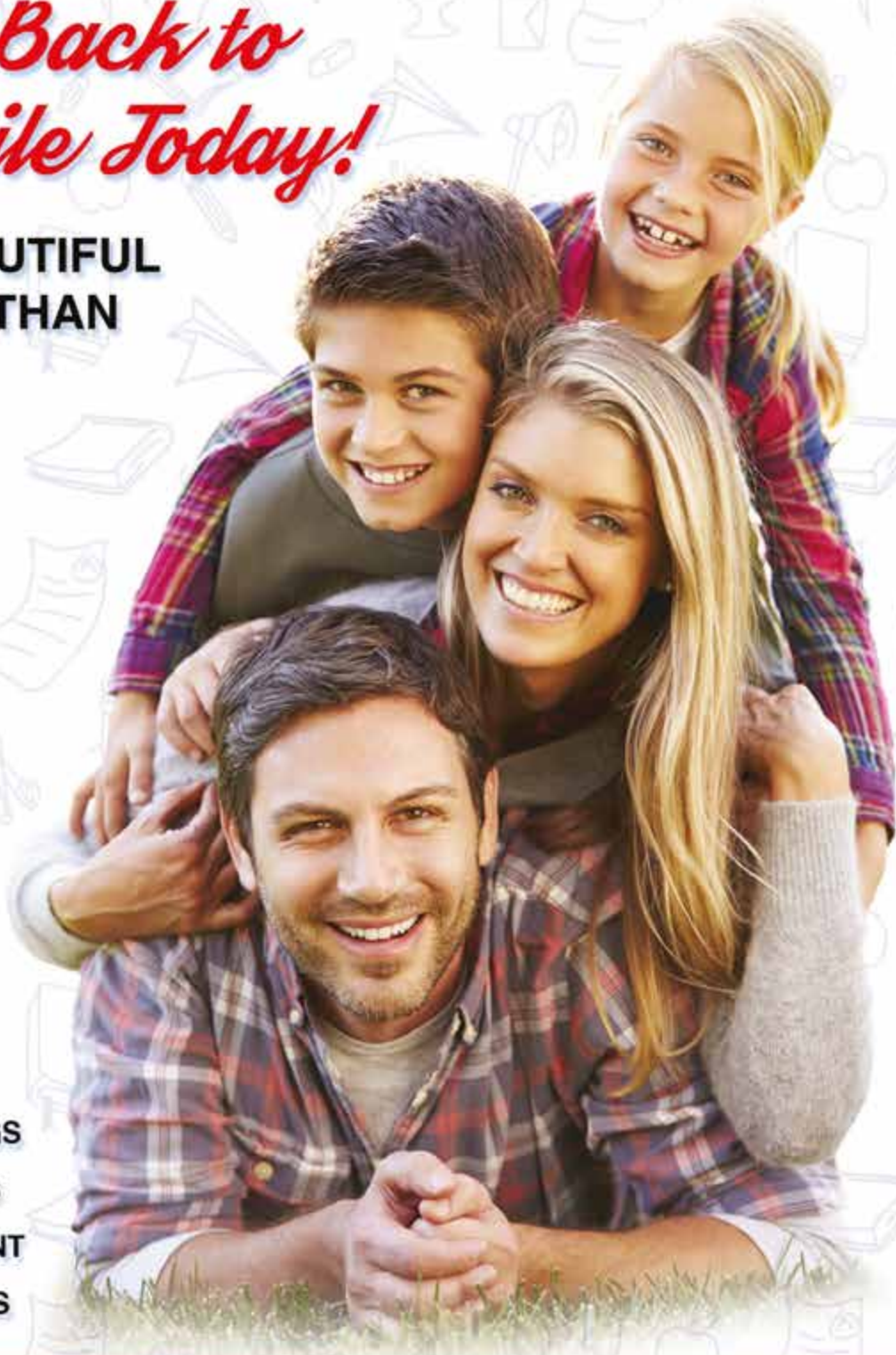
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