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October 2008

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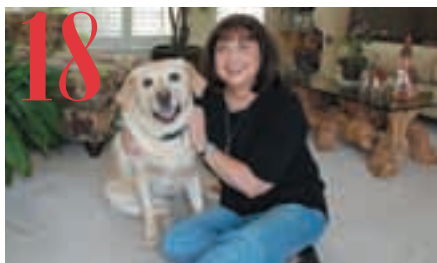
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Editor's Note

Greetings Southwest Friends,


October brings to mind cooler days and harvest festivals. This issue brings you a glimpse of those who man the 9-1-1 lines at the Southwest Regional Communications Center. Meet two women who are working to rehabilitate one previously neglected, but now lucky horse. Nikki Waltrowski tells about her haven of a home and Kelli Howie shares from her bounty of art. Dr. Peralta shows us the gift those in hospice/palliative care provide for their clients, families and friends as they celebrate the final days of a loved one's life. Be sure to check out our two backyard grillers who bring us some mouthwatering recipes that will have us all cooking outdoors as we enjoy the fall temperatures. Need a new hairstyle or some insurance updates? Read our business feature for a local double-header.

Beverly Shay
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Bringing Sassy Back

— By Katrina D. McNair

As she munched on grass, her shiny coat was warmed by the sun and an occasional small gust of wind blew her short mane. Sassy seemed to not have a care in the world, other than locating a new patch of sweet grass to eat. Looking at her, one would be hard pressed to imagine her being left neglected in a field, her ribs visible, hungry, dehydrated and her deceased foal lying on the ground near her.

Although thousands of metroplex television viewers saw these images of Sassy and the other horses flash across their screens, Kimberly Welsh, a local veterinarian, and her mother, Sharon Welsh, were completely unaware of the horse's plight. "We just happened to stop by the humane society one day and there she was," Sharon said.

A lifelong animal lover, Kimberly and her family relocated to Cedar Hill more than 24 years ago, after her father accepted a new job in the area. Growing up, their house was filled with a variety of animals — dogs, cats, fish and the like — but both women have always had a special affinity for horses. Sharon also raised horses while Kimberly was growing up. Their love for the gentle creatures led both women to volunteer with Therapeutic Riding of Texas (TROT), an organization that allows physically- and mentally-challenged children to ride horseback. "We were volunteering here," Sharon said, "long before we got Sassy."

Wanting to own a horse, or at least foster one in need of a



Sharon and Kimberly Welsh adopted Sassy and nursed her back to health.

temporary home, led both Sharon and Kimberly to check with the local humane society to see if there were any horses available. In July of 2007, they finally met Sassy. "They [the Humane Society of North Texas] didn't even have legal custody of Sassy or all the others that had been rescued at that point," Kimberly explained. "They had to win it." Despite her extreme condition, there was no doubt in either woman's mind that Sassy was worth saving. "There was no hesitation," Sharon laughed. "We said that's the one we want, right there."

Normally, a horse as neglected as Sassy would require housing at a foster home before being put up for adoption. However, with Kimberly being a veterinarian, officials were comfortable entrusting Sassy to her care. A few days after seeing her for the first time, Kimberly adopted Sassy on August 5, 2007. Though some animals in the same condition as Sassy reflect lingering effects of their abuse through their



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personalities, Sassy was not a skittish animal and showed no fear of humans. "She doesn't bite; she doesn't kick," Sharon said. "She was pretty gentle."

She was, however, severely underweight. "The biggest challenge was bringing her back," Sharon added. "She weighed about 643 pounds when we got her, and horses her size normally weigh between 900 to 950 pounds," Kimberly stated. Possibly due to her past neglect, Sassy has not, so far, met any food she does not like and has no problem getting treats for herself when her owners do not move quickly enough. "She's very food-motivated," Kimberly laughed. "If you aren't watching her, she'll come from behind you and snatch a carrot out of your pocket," remarked Sharon in a tone that lets you know she is speaking from first-hand experience. Though her food intake is carefully watched by Kimberly, Sharon and her caretakers at Gemini Farms in Cedar Hill, both ladies will treat Sassy to some of her favorite snacks, like peppermints and apples from time to time.

The two women manage to see Sassy three to four times a week and credit some very basic things for her recovery. "Food, time and love," Sharon interjected. "That was all she really needed." Though these are essential, taking care of Sassy is not free. It costs no less than \$400 a month to care for her, including food, medicine, hiring a farrier to trim and clean her hooves and other essentials.

Although Kimberly cannot imagine Sassy being anywhere other than freely roaming the pastures she now calls home, she acknowledges that adopting or fostering a horse is not easy and requires much from the owners, especially if the animal has been neglected or abused. "They are not pets," she said. After thinking for a second, she restated her comment. "Well, they are, but not in the dog or cat sense. They are big animals. They can unintentionally

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hurt you or even kill you. It can be time-consuming and expensive.”

“You have to show them respect,” Sharon said. “You have to read their temperaments — they’ll let you know.” Sassy’s temperament is excellent, which is very rewarding for those who remember the first images of her skeletal frame. “I guess since she was on the news and people found out we’d adopted her, they would stop by to see her and see how she’s doing,” Sharon said. “She has her own set of fans. People are always amazed at how far she’s come; how healthy and even-tempered she is.”

Even with all of her progress, Kimberly and Sharon continue to work with Sassy. Right now, they are getting her used to having a rider in her saddle. Kimberly hopes that one day Sassy may even be able to assist TROT and become a therapeutic horse. “We were just saying the other day how cool it would be if we could get her to the point where she could do that,” Kimberly enthused. “But kids move around a lot, and for the ones who are in wheelchairs, there’s a ramp that the horses have to stand next to for them to get on. Those horses are older and more trained — we’d have a ways to go with Sassy.”

Although she still has a long way to go before she is comfortable with full-sized or pint-sized riders, both women marvel at the progress Sassy has made in just over a year’s time. Gazing at her in the waning Texas sun, Sharon said, “She’s beautiful. I just like watching her. It’s very relaxing.”

For Kimberly, Sassy is only the beginning. Her goal is to one day own a piece of land for other horses with plights similar to Sassy’s. “I can’t own them all. If nothing else,” Kimberly said, “I’d like to foster some horses so they could be adopted out.” Judging from Sassy’s experience, her future brothers and sisters will be in very capable and loving hands. **NOW**

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Director Tim Smith, Sr., Secretary Twana Burrow, Communications Supervisor Brad Cox and Dispatcher Delajer Walker are dedicated to serving the community during emergency situations.

On Call to Serve

— By Katrina D. McNair

During the frantic and sometimes frightening moments when the decision to call 9-1-1 is made, callers can rest assured emergency dispatchers will be calm, proficient and able to make fast, and possibly, live-changing decisions. Those residing in Cedar Hill, DeSoto and Duncanville can be certain of this and more from the trained, professional and caring staff of the Southwest Regional Communications Center (SWRCC).

Located in a nondescript building in DeSoto, the SWRCC was formed in 1998, after the city managers of the three aforementioned cities decided to pool their public safety resources. This partnership allows each participating city to reduce its own individual operating costs by having one central location to handle their public safety issues.

Managing Director Tim Smith has more than 20 years of law enforcement experience, an aptitude for organization and a strong computer background, making him a natural for the job. Under his guidance, the SWRCC handles phone calls for six departments — each of the cities' individual police and fire departments. "I wasn't ready to leave public safety, so I started looking at this position," Tim said. "My role is to be the liaison between our organization and these departments. We provide not only dispatch services, but we also handle all of the administrative phone calls. We also manage the infrastructures of the cities' radio systems." In addition, the SWRCC houses each police department's computer servers.

What makes the SWRCC very unique is the relationship

among the partner cities. The cities, all approximately the same size with similar socioeconomic demographics, share similar philosophies regarding public safety service delivery. Each of the cities holds the distinction of being a "home rule city," as well, which is another binding element of their relationship. According to the history of the SWRCC in the language of "9-1-1," a home rule city provides its citizens 9-1-1 services rather than passing the task to a political subdivision.

Since Tim took over the helm in 2005, the SWRCC has been completely reorganized under his watchful eyes and has become a model for other cities to emulate. Cities like Southlake and Keller have taken tours of the SWRCC. After their visit, both cities created a regional call center. Tim also spoke at a Texas Municipal League annual meeting regarding benefits of communities combining resources for more efficient and cost-effective public safety services.

Through monthly meetings with the cities' police chiefs, assistant police chiefs and fire chiefs, Tim stays aware of each city's specific needs and works on figuring out how to make the jobs of their emergency response staff easier. "The purpose is to determine direction and major projects — the sort of things which touch everybody. I meet once a month with my three bosses. It's very easy to remember my bosses' names, because they all have the same name — Mr. City Manager, Sir," Tim laughed.

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stellar employees. With the ability to expand equipment and staff as needed, Tim is confident that the SWRCC could absorb similar workloads for neighboring cities. "Frankly, the professionalism here is so high that we could easily just absorb a whole other city with very little impact to our organization," he said.

One of the professionals who could be handling phone calls from a new partner city is Delajer Walker. The 35-year-old New Orleans native relocated to Red Oak after vacating her home city with her children, twins Taylor and Tyler, after Hurricane Katrina devastated the area. Delajer was a dispatcher and supervisor in a communications center for five years in New Orleans and on-call when Hurricane Katrina hit. As the first voice that 9-1-1 callers hear (the SWRCC handles about 600 calls a day, 200 of which come through 9-1-1), she knows firsthand her job is more than just a job — it is a calling. "I think someone could be trained, but you have to have that natural calmness about yourself. You're gonna feel your adrenaline pumping," Delajer said, "but you have to have that cool state to be able to think."

Though the setup of the SWRCC is different from the one she worked for back in New Orleans, she has adapted well to the atmosphere. "It feels more like a family," she added. "When you think about it, we spend so much time here with each other. We get along well."

Though the bulk of the SWRCC's emergency calls are received in the evening, Day Shift Communications Supervisor Brad Cox and his staff still stay busy. Brad is responsible for overseeing and assisting workers on the floor, making sure procedures are followed and answering questions. His shift handles the bulk of administrative issues, such as pulling files for court cases, assisting with warrants and

DeSoto NOW

answering questions for court systems.

Brad grew up in public safety service; an aunt, uncle and a grandfather served as a dispatcher, police captain and firefighter, respectively. Involved personally since the age of 17, Brad has been with the SWRCC since its inception. He believes the benefits of regionalization of public safety resources are immeasurable. "It's about pooling the resources and doing more together," Brad explained. All three cities are able to share the same information, distributed in the same format, which allows them to connect two and two together much more quickly — resulting in more solved cases. "One of our big things around here is when we do something or change something. We bring everyone in, and they say, 'Let's try it,' or not [to] try it," he said.

A key part of the SWRCC family is Senior Secretary Twana Burrow, known affectionately as Ms. T. Twana, who holds a unique position within the organization. Not only is she experienced as a dispatcher, but she also serves on the administrative team. Her experience in both areas supplies her with a unique advantage — understanding the needs of both dispatchers and administrators. Twana joined the staff in October 2005 and keeps her certificates and training current. This makes it possible for her to efficiently assist the staff when and if the need arises.

As the resident "mom" at the SWRCC, Ms. T. Twana works tirelessly to ensure that employees are comfortable, an essential part of keeping the well-oiled machine running. In the future, she would love to see the SWRCC grow and acknowledges her pride in being a part of a wonderful team that is revolutionizing public safety. "My passion is the dispatchers and officers. Serving the public is very important to me," she said. "I have a heart to serve and that is where my joy comes from." **NOW**

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Providing Peace and Healing



— By Beverly Shay

In life there are many highlights, occasions we all celebrate and milestones that mark our journey. Birth is the first of these and, in most cases, family and/or friends gather to celebrate the arrival of the new child and assist in the adjustment that comes with caring for a new life. First days of school, graduations, new jobs, first homes, birthdays, retirement — nearly all are celebrated to some extent with friends and family. The end of life is also a milestone in the journey and there are those who come alongside the person, their family and friends to make that final transition as peaceful and comfortable as possible for all concerned. They are called hospice and palliative caregivers. They are, for the

most part, a well-kept secret, until you need them. Then they are seen as a gift.

Dr. Alexander Peralta, an internist since 1981, became involved in hospice/palliative care in 1985. “I am a compassionate man and pain greatly concerns me. I realized I wanted to offer people a dignified and peaceful finish to their life in as pain-free an environment as possible,” he explained. In an online article that was posted on Pain.com for two years entitled: “End-of-Life Care: The Management of Pain in Palliative Medicine,” Dr. Peralta wrote, “The focus of hospice and palliative care is to provide comfort care to patients when cure is no longer possible.” He further explained that “palliative care continues to evolve as new palliative care services are implemented. In 1990, the World Health Organization’s (WHO) definition of palliative care was the active total care of patients whose disease is not responding to curative treatment. Control of pain and other symptoms, especially psychological, social and spiritual problems, is paramount. The goal of palliative care is achievement of the best quality of life for patients and their families.”

Dying is a natural process of life, and hospice/palliative care seeks to affirm this by neither hastening nor postponing death, by providing relief from pain and caring for all aspects of the person: body, soul and mind through a combined team of caregivers, family and friends. “Often, pain is not adequately treated either through a lack of knowledge or fear of addiction. I remember one 48-year-old mother of three children whose goal was to be pain-free between the hours of 4:00 p.m. and 8:00 p.m. each day. She told me, ‘Don’t just try; that is not good enough. My life depends on it. How well you manage my pain will provide a legacy for my children.’ Not only did she want to be able to spend quality time with her children as they came in from school, she wanted to be able to write letters for their graduations and weddings. We were able to help her celebrate life with her family for her last eight weeks,” Dr. Peralta recalled.

“Hospice/palliative care requires a holistic effort from an interdisciplinary team,” he explained. “A chaplain provides spiritual care, the social worker and nurse work together to address psychological and physical care, while the nurse and doctor work together to ease the physical pain. For me, the greatest miracle of life occurs when family takes care of family.”





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Dr. Peralta, who was one of six children born into a humble family on the west side of San Antonio, acquired the desire to be a “healer” from his family. “We had food, love and my parents worked hard to see to it we received an education. My father was a butcher, my mother was a nurse’s aid and my grandmother, of Aztec heritage, was a *curandera*, a healer,” Dr. Peralta commented.

As an internist, Dr. Peralta saw many patients die in settings not conducive to their quality of life. He looked for options and was drawn to the philosophy of pain management. “I wanted to excel in this and learned the molecular mechanisms of pain — how it affects one personally, emotionally, spiritually and physically — requiring that each of these areas be cared for.



“The beauty of hospice is it makes you realize how precious your health and your family are. Today is the best day of your life. We have no guarantee of tomorrow. It has taught me the rapture of being alive and that I must celebrate today to the fullest,” he proclaimed. “But even more so, I have seen firsthand that there is such opportunity for growth and development at the end of life.”

Dr. Peralta can speak with authority on the subject since he has cared for 8,000 hospice patients in 24 years and attended 3,000 of those at their moment of death in his work as president of Palliative Medicine Consulting Service and regional medical director for Trinity Hospice. “The greatest gift of love you can offer them is to accompany them in their final journey. It’s a time to share stories, pictures, favorite food

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and sacred moments of silence as you celebrate their life," he encouraged. Families should be honest, not trying to interfere or restrain their loved one's restlessness, but rather work at establishing a calm atmosphere, speaking in a quiet, natural manner, giving back rubs and simple touches, reading or playing music. Hearing remains to the end, so feel free to say whatever you need to, expressing forgiveness and giving them permission to let go. This is a great gift.

"If your loved one makes an unusual request ... he/she may be ready to say good-bye and [could be] testing you to see if you are ready to say good-bye. Accept the moment as a beautiful gift when it is offered. Kiss, hug, hold, cry and say whatever you need to say. It is an opportunity to share love and forgiveness," commented Dr. Peralta in a pamphlet he wrote called "The Process of Dying." Another observation he shares with family members and friends is that the dying person may wish to know if they have made a difference in the lives of his/her loved ones and if they will be remembered. "Tears are a normal and natural part of saying good-bye. These emotions are normal and should not be suppressed," he remarked.

"A good doctor will realize when he can no longer offer hope for a cure and will then offer the key of hospice and palliative care for the patient to receive what he cannot give," Dr. Peralta stated. "As we come in with ways to relieve the pain and keep the patient comfortable, I then ask questions that will enable the patient to contemplate and process where they are in their journey of life. Their answers help me learn the essence of who they are and what they need and how I can provide buoyancy as they transcend from the known to the unknown. It's an important work because most people will need this kind of care." **NOW**

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At Home With Nikki Waltrowski

"As soon as we pulled up to the front of the house, I knew it was my house," Nikki Waltrowski asserted with a grin.

"But you haven't even seen it yet," the Realtor protested.

"But I knew. With each room we walked through, I knew it was my house," Nikki remembered. Three weeks later, the paperwork was settled. The people needed a few months before they could move out, but Nikki had two trips already scheduled. "Moving day was so fun, as trucks and vans from various furniture stores delivered my recent purchases. I really got the chance to decorate my own home to my taste. My children say my house is all me; nothing their dad would have chosen. Well, that is true," Nikki admitted. "But this is my life now, and I love my beautiful home."

For the first time since her husband's death in a car accident, which also left Nikki with severe neck injuries, Nikki knew she had found a home — her home. "It has really turned out to be a place of restoration, of coming back into creativity; a place, not just to start over, but a place of new beginnings," Nikki reflected. Instead of moving to Poland to pursue mission work with her husband as had been planned, Nikki found herself rebuilding her life. Since she and her husband had sold their home and most of their belongings in preparation for the move to Poland, she was truly starting over.



decorate: Scattered throughout her home are plaques, pillows, stones, pottery, prints, even rocks emblazoned with the words believe, hope, rejoice, courage, vision, trust and faith.

Collections of crosses and miniature churches also remind her, and those who visit, of the source of her hope and restoration.

From the green wooden bench across from the front door, loaded with churches and pillows (one succinctly bearing the word *Peace*) on down either meandering hallway, this truly peaceful home beckons; that is, if you can get past Cody, Nikki's trained yellow lab and very protective house mate who "welcomes" each guest by inspecting them. "He's really very protective," Nikki stated, matter-of-factly. Once allowed through the front door, you see directly into the backyard through

the narrow foyer's windows, just above the green wooden bench from Canton Trade Days: the very view that welcomed Nikki home the first time she entered the house. "I bought a lot of things in

A Gift From God

— By Beverly Shay

"Each time I walk in the front door, I am struck all over again by what I saw that first time. The light pouring in the windows, the view onto my patio, with its flowers and lawn beyond, every room of this house — all of it together — has brought hope and life back into my heart. This home has been where I have learned to live again, where my courage, vision and patience have been restored,"

Nikki reflected. It is evident in the way she chose to





Canton over the years," Nikki confessed. To the left is her formal living room decorated in purple, plum and celery green. Nestled under new glass tops



are the uniquely twisted, grapevine table pedestals. "My mother had these in a shop she owned years ago, and I have always had them in every home we ever lived in," Nikki recalled.

She also has a very lovely china hutch filled with her tea cup collection. "Many of the tea cups came from my mother, while I bought others while traveling overseas or throughout the



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U.S. One of my favorite sets is the white Nippon with the gold design. My mother always had that serving bowl, and I really liked it; then I found the tea cups to match. Once I had them, Mom decided to give me the bowl," Nikki beamed.

Up the hallway is the cozy master suite with its luxurious four-poster bed and blue and white comforter. "This was the last room I decorated. I love the corner windows and how light it is in here," Nikki enthused.

She redid the master bath, removing the gold fixtures and softening the room with brushed silver fixtures, dark taupe walls and sea shells of all sizes. "Redecorating in itself was a process of healing. I was exploring what was within myself and finding life. I wanted to bring light into my bathroom. I was coming out of a place of darkness and I wanted light everywhere."

Nikki's entire house seems to flow in gracious semicircles, one room leading off the previous one along winding

turns. Retracing steps across the foyer, one winds toward the "other" end of the house. Five antique plates, hanging on the moss green damask wallpaper of the dining room, bridge the transition from cream delicacy to the Santa Fe/Southwest décor found in the rest of the house. A round glass table, with a burnished, wrought-iron chandelier above it, subtly introduces the change which escalates with a see-through china cabinet filled with bright Fiesta® Ware set into the wall and

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opening both to the kitchen and hallway. The hallway leads to a den dominated by massive brown leather furniture and a large, rectangular, wrought-iron coffee table from Mexico (via the downtown market) topped with striped wood. The walls of this room are hung with crosses — one particularly eye-catching one is made of barbed wire and turquoise. Also displayed here are pastel prints of horses, a soft contrast to her collection of some nine painted horses shown on the mantle and in the

buffet of the breakfast nook just around the corner.

The round, wooden breakfast table is covered with her latest hobby: stretch bracelets made of real stones, such as polished raw turquoise with its black veins, white turquoise and tiger's eye, mingled with sterling silver beads and, occasionally, pearls. "I started making these with my mother, as something to do while she recovered from foot surgery. No longer a hobby, I now sell to several small stores who buy everything I make.

I seem to get my designs from the Lord," Nikki commented.

The remainder of the house consists of a bright yellow and white guest room and bath and Nikki's office. Of course, the covered back patio is another favorite spot with its outdoor table and chairs, a grill, a small patch of petunias and monkey grass. "This house, indoors and out, is truly a sanctuary provided by God, as is the new man now making his way into my life," Nikki smiled broadly. **NOW**

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A Legacy of Art

— By Beverly Shay

Many artists pursue art as a hobby; some make a living at it. Few people, save curators, are as enveloped in art as is Kelli Howie. For Kelli, art is her life: she lives art — making, acquiring, displaying, revering it everywhere, seeking to preserve and pass it down like an Olympic torchbearer or a runner with a baton. Her art, collected and produced, is not limited to any one medium, but encompasses almost every form of visual art known to mankind. She is an arts magnet, a connoisseur, an artiste.

“In first grade, I was adept at drawing. By ninth grade I worked for Nieman Marcus as a ‘living art display,’” Kelli recalled. Although only 15 years of age, she worked both downtown Dallas and at NorthPark Center as a professional artist: creating jewelry, macramé and leatherwork. “I just knew how. Art came easily to me. When I saw something I liked or imagined something I wanted to create, I kept working at it until I got it figured out,” Kelli explained.

She has created pottery, paintings, masks, costumes, stage sets, props, etchings, paper and completely unique floral arrangements that nearly defy description. “My flowers are truly unique because I invented the technique. They [the flowers] are all handmade (you can even see my fingerprints on each petal) of synthetic clay,” Kelli remarked. “Each one is a minisculpture, created in a secret multistep process. The petals are movable and each flower has a looped stem, which I sew onto a pegboard with ties, creating a movable tapestry. My flowers are echoes of nature and are dedicated to my mom, Patsy, who was arts-and-craftsy and a wonderful gardener. Making the flowers, like all of my artwork, is a form of therapy, as well as the legacy I will leave behind.”

“Although I have a natural ability when it comes to art, I

am a true believer in taking art classes to learn and develop skills, and to learn art history. When you study art, you are analyzing history based on what people made at that time. Their art, architecture and drama reveal what was essential to them at the time they lived. While music and literature also portray those things, art provides an ongoing visual value retained across time,” Kelli explained. She further elucidated, “Artists are interpreters of people’s need to identify their feelings and usefulness in life. Good art produces a universal effect that can be identified by anyone from any culture/language over and over, engendering reactions, feelings and joy.”

Kelli not only creates art, she teaches others. “My goal is to allow people to learn from my skills and to enable them to find their talent and develop it. Schooling helped a great deal to develop me. Education and natural talent are both necessary to become a successful artist. Once you know the skills, you can play around to develop your own style,” Kelli commented. Kelli was invited to teach at the Arts Magnet school as part of an experimental program. Her tenure lasted for 13 years. She has also been an adjunct teacher of costume design, at the University of Dallas for seven years. As part of her fellowship at Southern Methodist University, in Dallas, where she earned a Master of Fine Arts, the equivalent of a Ph.D. in art, she taught freshman theater classes. Currently, Kelli teaches at the Visual Arts School in Cedar Hill, while also designing displays at the International Museum of Cultures, in Dallas.

Kelli has also won numerous awards and medals, including being listed by Cambridge Biographical Institute as one of 2000 top intellectuals of the 21st century. “I have achieved a lot of recognition, sold art and provided many art displays as a community service, but I am certainly not wealthy,” she

ARTS NOW

quipped. She is especially proud of her fluctuating art show in her dentist's office. "People need something to look at while they are lying there. I spent hours receiving restorative care, so these displays are a way to say 'Thank you.'" Kelli has also displayed her work at the Duncanville Chamber of Commerce; the Duncanville Library features her sculpture rendition of Dante's *Inferno* and the Duncanville Recreation Center has one of her photo displays.



"I have made signage for displays in museums and zoos, which included making replicas of animal footprints from impressions. I have built many props for the Dallas Children's Theater and designed countless costumes and even created functional art, like my water basket woven from longleaf pines. What I like about art is it takes you out of yourself, it's not static, it satisfies your curiosity and it's fulfilling," Kelli stated.

"To be a good artist, you need to be ambitious and have a thick skin. You simply cannot take yourself too seriously. Yet without artists, we wouldn't have civilization. If you live in this world, you have art in your life," Kelli postulated. "I like seeing art, but I also like making it. My Grandmother Moore used to say, 'Kelli, if you want anything pretty in your life, you better learn how to make it yourself.' I think she'd say I have," Kelli remarked. **NOW**



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Two in One

— By Beverly Shay



Daniel and Darla Haydin, marriage partners for 28 years, are also business partners. He has been in the insurance business for 30 years and she has been a hairstylist for 13 1/2 years. They moved to their new location March 1, 2008. "It is really very convenient for us to work in the same place," commented Darla, owner of SplitEndings Salon (formerly The Hair Centre).

"Really, I have been doing hair all my life; I was my own first client at 3," she laughed. "I have eight hand-picked stylists, including my two daughters. Everybody has to get their hair done, and our goal is to get them to love their hair. I have to admit," Darla stated confidently, "that we tend to make our clients happy. In fact, our stylists have a lot of fun — in and out of the salon."

Each stylist has been personally recommended by another stylist. "We like to get our stylists fresh out of beauty school. My daughter, Amber, an all-round great stylist, graduated in 2000. Heather graduated in 2002; she specializes in Great

Length Hair Extensions," Darla remarked. "Our motto is: 'Your personal image is our success.' To accomplish that, we provide chemicals of all kinds: perms, straightners, color and more. Some of our girls specialize in up-dos. All of them are on top of current cuts and styles, which we provide at reasonable cost."

Besides serving as their business manager, Daniel runs the Haydin Group — a full-service broker/consultant insurance agency for self-employment and individual plans, with a key focus on corporate employee benefit packages. They serve 80-plus businesses. "For the past 30 years, I have worked

the whole range of the insurance business. I still have clients I signed up in 1978, who are active in senior benefits now. I like to say we offer a one-stop shop for all life, health and disability needs," Daniel explained.



Darla and Daniel Haydin with the staff of Split Endings Salon.

Business NOW

While Daniel exerts his expertise in all aspects of small group to large corporate needs, he also has a partner, Dennis Brock, who is a Registered Investment Advisor (RIA). Dennis works in a fee-for-service capacity with their financial product. As a team, Daniel and Dennis work on investment portfolios.

"My motto is 'success through service.' To implement that, I have a team. Melanie is our office manager, but is also group-one licensed. She knows a lot about employee/individual technicalities, markets our group packages, conducts a census of needs, then acquires competitive quotes and services policies. Service is the most important part of what we offer. Mike Lemmon is our designated senior product specialist, as well as handling occupational/accident coverage for employers, meeting individual long-term care, life and health insurance needs through multiple packages tailored to need and budget," Daniel highlighted.

Daniel, an independent broker licensed with 63 insurance companies, said, "The key is providing service once the policy has been sold. That includes everything from billing to add-ons to continuation of coverage once a client has left employment, as well as administration of all facets of group policies."

Both the Haydin Group and SplitEndings Salon are located at 201 Bryan Place in Cedar Hill. To get there, travel west from I-67 on FM 1382, take a left on Straus Road. Bryan is the third street on the right; they are located on the southwest corner. Walk-ins are welcome at SplitEndings Salon between 10:00 a.m. - 6:00 p.m. Tuesday - Friday and 10:00 a.m. - 4:00 p.m. on Saturdays (hours are flexible). Call (972) 291-7883 for an appointment to get your new look arranged. The Haydin Group's hours are 8:30 a.m. - 5:00 p.m. Monday - Friday. Call (972) 299-5355 to find out how the Haydin Group can serve you. **NOW**



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Around Town Cedar Hill



Logan Rathbun, Julio Padron Jr. and Shayne Ray, top left, have acquired enough points in the northern region of the AOK karate tournament circuit to compete in Austin. A donation from Barnes & Noble, top right, put smiles on the faces of children's librarian Shanla Brookshire and reference librarian Diane Rayburn. Mike Anguiano, second row center, is the dean of students at Northwood University. Steve Meadors, Cedar Hill parks and recreation director, third row center, posed for a photo with Brian Lamoreaux after Brian received the 2008 Volunteer of the Year award. Children at Zula B. Wylie Library, second row right, enjoyed making smores. Everyone, second row left, looked for the fire marshal when the smore ignited. Wii was played, fourth row right, following the chocolate party. Seniors, bottom left, enjoyed an ice cream social at the Cedar Hill Senior Center. A ribbon cutting, bottom right, was held at Joe's Crab Shack.

Around Town DeSoto

NOW


The City of DeSoto Employee Picnic, top left, included hula hoop competitions. Children, top right, fed ducks and watched as fish were dumped in a local pond. Briarwood Pond, second row left, was stocked with fish just in time for the annual Kid's Fish event. Grace Moore of DeSoto Private School, second row center, got a little extra help from the Chick-fil-A cow. Inspector Guy, Inc. and Heartland Construction, Inc., second row right, celebrated their membership in the DeSoto Chamber of Commerce with a ribbon cutting following Good Morning DeSoto. Several new teachers, third row right, took advantage of the reception held in their honor. Even the smallest residents, bottom left, helped stock Briarwood Pond. A ribbon cutting, bottom right, was held at Trevino Group.

Around Town Duncanville

NOW


A ribbon cutting, top left, was held at Your Web Guys. Cliff Boyd, Duncanville Rotary Club president, top right, presented a \$500 check to Sydney Hill, representative for the Duncanville ISD Foundation for school supplies. Pedro Maldonado, second row left, took his dogs, Chocolate and Cleveland, for an afternoon ride. A large crowd, second row center, enjoyed the Fun After Five Open House at the Duncanville Chamber. Randy Cumberland of the Dr. Pepper Stars Center, Amy Stirman from the recreation department of the City of Duncanville, chairman Ken Weaver and Linda Dean, *Now Magazines* ad rep, second row right, smiled for the camera during the August Networker's Luncheon held recently at Hav-R Charburgers. Chamber staff, Sara Dedeluk and Carmen Partlow, third row left, worked on the upcoming Duncanville Civic Auction German Fest event coming up in November. A ribbon cutting, bottom left, was held for Trevino Group. Magician and motivational speaker, David Hira, bottom right, demonstrated how to make the impossible possible to Paul McComb, during the Duncanville Women's Club meeting.

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IN THE KITCHEN WITH GARY CHRISTOPHER AND MIKE CRAIG

BARBEQUE BEANS Gary Christopher

- 1 32-oz. can of pork-'n'-beans
- 1 medium onion, diced small
- 2 red bell peppers, diced small
- 1 1/2 cups sugar
- 1/2 cup white vinegar
- 1 Tbsp. vanilla
- 1 6-oz. can tomato purée (you can use ketchup or your favorite barbeque sauce)
- 1 tsp. cayenne pepper
- 2 slices bacon, thin sliced, uncooked

Drain pork-'n'-beans. In a bowl, combine all ingredients, except bacon; mix. You may want to vary the amounts of sugar and vinegar until you are able to get the taste you want. Once you are satisfied with the taste, put the mixture into a deep baking dish. Lay the pieces of bacon across the top. Bake approximately 2 hours at 350 F. You will be surprised at the taste of these wonderful baked beans.

WINNING CHICKEN Mike Craig

- 1 gallon water
- 1 cup salt
- 1 cup brown sugar
- 2 bay leaves
- 1 gallon ice cubes
- 2 quarts apple or peach cider
- 1 whole chicken
- 10 slices bacon, uncooked
- 2 sprigs rosemary

Early the day before smoking or grilling, cook your brine; start by mixing water, salt, brown sugar and bay leaves in a pot. Bring to a boil; make sure the salt and brown sugar dissolve fully. Let mixture cool; add ice cubes and cider. When mixture is cold, add the chicken (remove the innards and discard or use for another recipe before putting the bird in the brine). Leave the bird in the brine for 12-24 hours and keep it cold. One hour before grilling or smoking, remove chicken from brine; let it dry (pat the bird dry, if needed). Using your hand, slowly work your fingers under the skin at the opening of the breast cavity; work all the way across the breast and around to the legs and under the skin of the legs if you can get there. Try to not tear the skin. Now put bacon under the skin starting at the legs and working your way backward from the legs to the breast opening. You should use 3 to 5 pieces of bacon on each half of the chicken. Put a few rosemary sprigs into the cavity of the bird. Do not salt the bird; the brine has already added plenty of salt. Cook the bird as you wish (this

can be done in a 400 F oven also) until internal temperature reaches 160 - 165 F. Let the bird rest covered for 10 - 15 minutes before carving.

CUMIN COVERED PORK TENDERLOIN Mike Craig

(This is a dish that has two uses, one on a salad and another as sandwich meat, with some crusty Italian bread.)

- 3/4 cup cumin seeds
- 2 pork tenderloins (Since tenderloins usually come 2 to a package I usually do both tenderloins and serve them for two separate meals.)

Take 1/4 cup of cumin seeds and grind them in a coffee grinder or use a mortar and pestle to grind the seeds to a fine powder. Mix the ground seeds with another 1/2 cup cumin seeds. This may seem like a lot, but it will be fine. Clean the silver skin from the tenderloins; cover generously with the cumin mixture. Heat a large oven-proof skillet; add olive oil. Preheat oven to 350 F. Brown tenderloins on all sides in skillet; place in oven. Cook until internal temperature reaches 150 F. This should take 15 - 20 minutes, depending on how long they were in the skillet. Let tenderloins cool; refrigerate. To use in a Caesar salad, slice the tenderloin into 1/2-inch thick rounds and mix with romaine lettuce, croutons and Caesar dressing. Or, slice tenderloin to fit crusty Italian bread; use whatever condiments you like. This makes a great sandwich!

QUICK FISH Mike Craig

- 4 carrots cut into matchstick pieces
- 1 zucchini, cut into matchstick pieces
- olive oil
- 3 to 4 tomatoes
- 10 basil leaves
- 4 fish fillets (I like Orange Roughy or Tilapia.)

Place a 1/2 sheet baking pan in a 500 F oven as oven is preheating. Sauté carrots and zucchini in a little olive oil for about 10 - 15 minutes. (The zucchini will be soft; the carrots will still have some crunch.) Take the meat of the tomatoes (a tomato concasse) and dice into 1/4-inch pieces. Cut basil leaves into fine ribbons (to make a chiffonade). Put a little olive oil in the center of a large sheet of heavy aluminum foil; put 1/4 of the tomatoes on foil. Put your fish fillets on the tomatoes in a single layer. Cover the fish with carrots and zucchini mixture; top with remaining tomatoes and basil. Wrap the fish and vegetables in the foil tightly, but leave room for steam. Carefully take the hot baking sheet out of the oven and place

Five years ago, a friendship began when Mike and his wife, Corinne, built their home directly behind the home of Gary and his wife, Dorothy. Both men have backyard cabanas with grills, on which they take turns grilling for their families and friends. Gary's cabana/guesthouse is enclosed making it available in all types of weather. Mike's cabana is open to the outdoors making it ideal for those close-to-perfect days.

Both men admit they love to experiment with their recipes. "I have hundreds of cookbooks, and I read them as a reference," Mike claimed, "but while I use some of the recipes, I make a lot up myself." Gary prefers to create his own recipes. "I kind of cook by taste," he stated. "I add ingredients 'till it tastes right to me."

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

foil on the baking sheet; place baking sheet back into oven. When you put the foil packet on the baking sheet, you will hear it sizzle. Bake the fish for 15 - 20 minutes at 500 F, depending how much fish you use. Carefully open the foil while it is still on the baking sheet, since steam will come out of the foil packet and liquid may leak out of the foil. Serve fish with your starch of choice and the vegetables.

BARBECUED SPARE RIBS Gary Christopher

(This recipe is for smoked spareribs, not grilled spareribs. A covered grill or smoker with a thermometer is required.)

- 1 to 3 slabs pork spare ribs
- dry rub of your choice or you can use McCormick's Broiled Steak Seasoning
- black pepper

Wash your ribs to ready them for seasoning. Season the bone side or underside of ribs very lightly with broiled steak seasoning. This will be the last part to cook, and you do not want ribs to be salty. Season meaty side of ribs heavily with broiled steak seasoning; add a light coat of black pepper. Place ribs in your smoker, with meat side down (bone side up) at a minimum temperature of 150 F and a maximum of 185 F for approximately 4 hours. You must monitor temperature of smoker (not meat) to insure it does not exceed 200 F while smoking. Ribs will be cooking very slowly and the meat should turn red and look like ham. After 4 - 5 hours of smoking, increase temperature of smoker to a maximum of 300 F; turn ribs bone side down for approximately 30 minutes. Turn ribs from meat side to bone side until they are done.

This normally takes about 30 - 60 minutes. Ribs are done when the bones start to protrude from meat and meat turns golden brown. (You should also measure the temperature of the meat with the meat thermometer.) Add barbecue sauce after they are done, if desired. This recipe emphasizes proper seasoning, slow cooking to attain tenderness, and never allowing the temperature to exceed 300 F to insure meat does not burn or develop a crust. The cooking times could vary according to how much meat you cook and how meaty your ribs are. After the smoking and the last 45 minutes of cooking, cut a sample to insure the meat is cooked the way you like it. A good rule of thumb is that the meat between the bones in the ribs should be about 165-170 degrees. This recipe will provide you with some award-winning ribs. These ribs will be tender and taste like ham. Usually these ribs taste so good that you will not want to add sauce.

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Home-based Businesses Need Business Insurance

— By Tom Castleberry,
Judy Howell and Gary Rope

The dream of owning a business is becoming a reality for thousands of people each year. For many of these would-be captains of industry, that means starting the operation at home. However, your enterprise may be in jeopardy if you don't have business insurance.

You need business insurance because most homeowners' policies place limits

on business-related exposures. For instance, a copier or fax machine used for business and damaged in a fire may not be fully covered because it is considered business property.

Also, the homeowners' policy does not cover business liability, loss of income, exterior signs and many other important items. If a client were injured at your home while conducting business, your homeowners' policy would not apply. Anyone who operates a home-based enterprise and does not have the proper insurance coverage is putting his or her business and personal assets at risk.

Business insurance may provide many or all of the coverages listed below:

- ▶▶ Accidental direct physical loss coverage for business personal property.

- ▶▶ Broader off-premises property coverage.
- ▶▶ Loss of income coverage.
- ▶▶ Extra expense coverage.
- ▶▶ Contractual liability coverage.
- ▶▶ Liability of employees while acting within the scope of their employment.

Many entrepreneurs start their businesses on shoestring budgets and try to cut corners by keeping expenses at a minimum, but when you consider what you get, business insurance becomes a tool you can't afford to work without. **NOW**



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An Alternative for Hysterectomies

— By Donald L. Blair, M.D., OB/GYN

During their monthly periods, some women go into self-imposed exile due to excessive bleeding and cramping. Instead of hormonal therapy, a hysterectomy or a D&C — a scraping of the uterus — some are looking at a new, minor surgical procedure called Her Option® Office Cryoablation Therapy.

The procedure involves the insertion of a slender instrument about the size of a pen through the cervix, which destroys the inner lining of the uterus in less than 30 minutes. It offers an effective alternative to a hysterectomy for patients suffering from heavy or prolonged bleeding during their periods without a painful and often expensive hospital procedure. Her Option® involves the removal of the lining of the uterus, which is the source of the bleeding, often without cervical dilation.

Although hysterectomies are the most commonly performed surgery in this country — about 600,000 a year — more women are choosing Her Option®. Hysterectomies can require six weeks of recovery and cost between \$10,000 and \$20,000. Her Option® now offers a fast, nearly painless procedure at a fraction of the cost.

Candidates for the procedure

Only women who no longer desire to have children are treated in this manner. Once the procedure destroys the lining cells of the uterus, there is no place for a developing fetus to attach within the uterus. If some cells remain following a cryoablation, there exists the possibility of pregnancy occurring. However, termination would likely be recommended as doctors are concerned that without adequate cells lining the inside of the uterus, the placenta would grow directly into the muscle wall of the uterus and take hold like the roots of a tree. As a result, the placenta would not be able to separate at the time of delivery and hemorrhage could occur.

Women who have a malignancy or premalignant condition of the uterus are not candidates for this procedure. Women who have an active pelvic inflammatory disease or an IUD currently in place and those who have a history of previous cesarean sections or transmural myomectomy also cannot undergo the treatment.

Your doctor may perform Her Option® either in the office or in the hospital and will help determine which setting and sedation level is best for you. Most women feel Her Option® relieves problem periods, according to recent studies. In fact, 94 percent of treatments succeed, with many women finding their periods return to normal levels or that their bleeding is completely eliminated or reduced to spotting a few days per month. Your physician will take your medical history and perform a physical exam to see if Her Option® is right for you.

Risks


As with any surgical procedure, there are risks. A number of things can be done to reduce these risks. Some of the risks of endometrial cryoablation procedures are perforation of the uterus, absorbing excess fluid, bleeding, infection and injury to organs within the abdomen and pelvis and accumulation of blood within the uterus due to scarring. Another rare, but important, concern after any endometrial cryoablation procedure is that it might decrease your doctor's ability to make an early diagnosis of cancer of the endometrium. Abnormal bleeding should be evaluated whether or not you have had Her Option®. A small percentage of properly selected women having a cryoablation will

still eventually need a hysterectomy, but the vast majority will not. **NOW**

Donald L. Blair, M.D., OB/GYN is the president of Trinity Women's Center in Dallas.

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





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October 2008

Community Calendar

Every Wednesday

Rotary Club of Cedar Hill: 7:00 - 8:00 a.m. at CH Recreation Center, 310 East Parkerville Road.

Every Wednesday and Friday

Preschool story time at CH Library: 10:30 - 11:45 a.m. (972) 291-7323.

First Mondays

Readers on the Hill Book Club: 7:00 p.m. at CH Library. (972) 291-7323.

First Tuesdays

Duncanville Education Committee: 11:30 a.m. at Chamber office. (972) 780-4990.

First and Third Tuesdays

Training Academy for Dental Assistants' free informational sessions: 5:30 p.m. (972) 842-2999.

First and Third Wednesdays

Duncanville Business Interchange: 7:30 a.m. at Chamber offices.

Fourth Mondays

Duncanville Board of Directors meeting: 5:30 p.m. at Chamber offices.

Second and Fourth Tuesdays

Cedar Hill Lions: Noon - 1:00 p.m. at Good Shepherd Church, 915 Old Straus Road. (972) 291-0651.

Cedar Hill City Council meeting: 7:00 p.m. 502 Cedar Street.

Second Tuesdays

Duncanville Governmental Affairs meeting: 8:30 a.m. at Chamber offices.

The Dallas Area Writers Group at CH Library. Visit dallaswriters.org.

Second Wednesday

Cedar Hill/Duncanville Early Childhood PTA: 10:00 a.m. at Cedar Hill Hope Lutheran Church, 917 N. Straus Road.

Third Mondays

Duncanville Executive Board meeting: 4:30 p.m. at Chamber offices.

Third Thursdays

ABWA - Empowering Women Express Network monthly meeting: 5:45 p.m. at Midlothian Conference Center, 1 Community Circle, Midlothian. Please RSVP to Daphne Brewer at (972) 723-6551. Visit www.abwa-empoweringwomen.org for more information.

Visual Artists of Cedar Hill (VACH): 7:00 - 9:00 p.m. from September through May at the Z.B.

Wylie Library, 225 Cedar St., Cedar Hill. VACH is open to all artists and anyone interested in learning more about the visual arts. www.thevach.org.

July - October

Waxahachie Downtown Farmer's Market: 8:00 a.m. to 1:00 p.m. Located on Franklin Street between Rogers and College. Produce, plants, jams, jellies and other goods available. For information or to become a vendor, contact (972) 938-2101, ext. 198.

September - November

Cedar Hill Rec. Center is offering a rental special. Book a meeting or special event Monday - Thursday, between the hours of 8:00 a.m. and 4:00 p.m. and receive a 10 percent discount. (972) 293-5288.

Through Late October

Register your team to play with the Cedar Hill Men's Basketball League beginning the week after Thanksgiving. All games will be played Wednesday nights at CH Rec. Center, 310 E. Parkerville Rd. Signup is for teams only; however, a player call-in list is maintained for individuals looking for a team. (972) 291-5130.

October 4

Champion's Cove 4th Annual Fall Bazaar: 10:00 a.m. - 4:00 p.m. Collectibles, handmade jewelry, hand-painted art, holiday decor, food, beverages and more. Contact betsy@championscove.com or (972) 298-5545.

Duncanville's Annual Community Wellness and Safety Fair: 10:00 a.m. - 2:00 p.m., Duncanville Senior Center. Contact Joe Kyle (972) 296-6244 or kyle@alumni.utexas.net.

October 5-31

First United Methodist Church in Red Oak's annual Pumpkin Patch: Monday - Saturday 10:00 a.m. - dark; Sunday noon - dark. Annual Party in the Patch: October 10: 11:00 a.m. - 2:00 p.m. Annual Trunk or Treat in the Patch: October 31: 5:30 p.m. - 6:30 p.m.

October 6

Senior Access group of Methodist Dallas Medical Center (1441 N. Beckley Ave., Dallas 75203) will host a book discussion on *Water for Elephants* by Sara Gruen. In this thrilling, romantic story set in a traveling circus in the 1930s. Call (214) 947-4628.

October 11

Methodist Health Systems offers free prostate cancer screening and awareness: 9:00 a.m. - 2:00 p.m. at Minyard's, 112 W. Beltline Road, Cedar Hill. Contact Tim Upshaw (214) 947-4649

or visit www.methodisthealthsystem.org/psap.

October 12

One Sky One World International Kite Fly: 1:00-4:00 p.m. at Valley Ridge Park, 2850 Park Ridge Dr. This event is held annually around the world to promote protection of the planet, peace, friendship and understanding between all people. Bring kites, family, friends and a picnic lunch. Visit the Wind Dancers Kite Club at www.rainbows4sailkites.com or call (972) 293-5288.

October 16

The Young At Heart Adults (YAHA), senior group of Holy Spirit Catholic Church invites you to join them: 11:00 a.m. in the Holy Spirit Community Center at 1111 Daniieldale in Duncanville. Speaker will be author, Bill Womack, discussing his recent book *The Owls of the O.S.S.*, set in World War II, containing actual and fictional events. Men call it an action adventure story; women call it a romance. Everyone welcome, just bring your favorite dish to share. Contact Veronica Houston at (972) 298-4971.

October 22

The Zula B. Wylie Library Friends host a dining event at Red Robin: 5:00 - 9:00 p.m. A percentage of your bill total will be donated to fund programs, purchase books and other necessities for our public library.

October 25

Methodist Health Systems offers free prostate cancer screening and awareness: 9:00 a.m. - 2:00 p.m. at Minyard's, 550 W. Wheatland Road, Duncanville. Contact Tim Upshaw (214) 947-4649 or visit www.methodisthealthsystem.org/psap.

October 31

Cedar Hill Recreation Center's Fall Family Festival: 6:30 - 9:30 p.m. at 310 E. Parkerville Rd. Free family event offers a '50s & '60s crazy costume contest, bounce houses, games, contests, play station tournament, karaoke, spades & bid whist tournament and more. (972) 572-1986.

Visual Expressions Halloween Party begins at 7:00 p.m. at the Ranch in Cedar Hill. Featuring live music, trick or treating, pumpkin carving, costume contest and more for all ages. (972) 293-1117.

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