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# Southwest NOW

Cedar Hill - DeSoto - Duncanville

MAGAZINE

October 2009

## *Adrenaline* **RUSH**

Librarian by Trade  
**Storyteller**  
**at Heart**

## **The Ladies of Amsbury**



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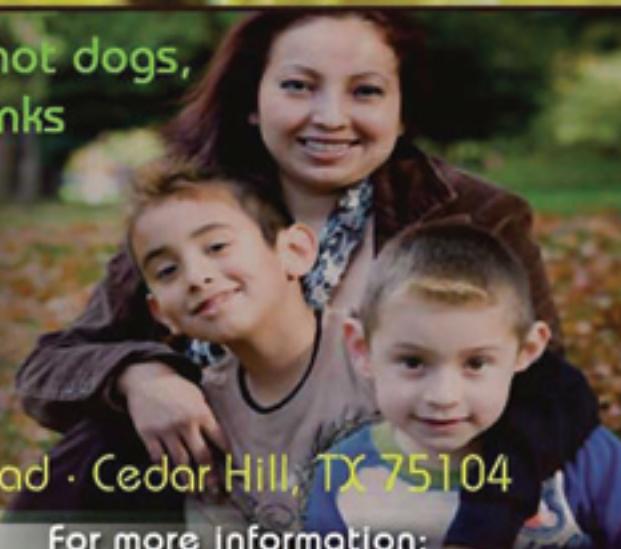
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MAGAZINE

## Editor's Note

Greetings, Southwest Friends,

I am sitting in the lobby of Emory Health Center, in Atlanta, Georgia, where my daughter has undergone successful surgery. I will be spending several weeks with her during her recovery. I am also marveling at the kindness and support I have received from the exceptional people at NOW Magazines, who willingly scrambled to cover interviews and ease my workload, so I could be with my daughter at this time. I am also grateful for the many prayers, which have successfully undergirded us.

This is a microcosm of what I have learned about community from serving as editor of *SouthwestNOW*. Like any relationship, communities have their ups and downs, times of unity or disunity and various "tugs of war." However, when the going gets tough or the need escalates, people gather round and support each other, working together to carry the load and share the burden.

Thank you all for being in my life.

Beverly Shay  
SouthwestNOW Editor



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# LIBRARIAN BY TRADE Storyteller at Heart

— By Amanda Madden Pitt

Toni Simmons is a renowned storyteller who has been practicing her craft for over 30 years. As the new children's librarian at Cedar Hill's Zula B. Wylie Library, she is on the schedule weekdays and evenings to perform animated tales from her repertoire of narratives. Her first book, *The Cheese Chase: Why Dogs Chase Cats*, won an I-Parenting Media Award, and her second book, titled *The Peanut Man*, is to be published next year by August House Publishers. Her collection also includes the DVD, *Stories Alive: African and African-American Folktales*, which won both Parents' Choice and Parent Council Awards. Toni has performed at the Texas Storytelling Festival and at the Texas Library Association Convention. Internationally, her gift has taken her to school-age audiences in Germany, South Africa, Mexico and the Bahamas.

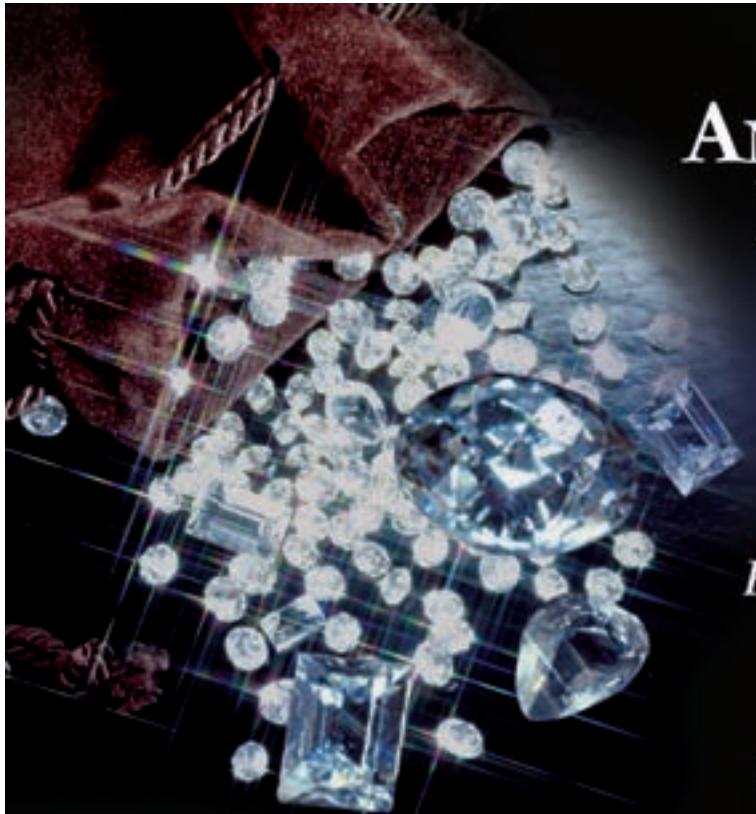
Each talented artist, who pursues storytelling, travels their own unique path. Some are motivated to pass along stories for reasons of culture, heritage and calling. Others enjoy the excitement it brings to their audiences or the traditions they are able to preserve. Toni's journey as a performing artist began quite naturally, especially since she felt this is what she was born to do. A trip down memory lane made her eyes smile as she recalled, "I was motivated to become a storyteller because I wanted to share stories with children. I thought the perfect way to do that was to become a children's librarian, which is what I did," Toni said. "From a child, I was in programs at

church or at school doing orations and acting out plays. I don't remember ever saying, 'I want to go to Broadway.' Even though I majored in drama, I still like the children's theater aspect, and I love working with children."

After years of being a librarian, teaching drama and performing locally, Toni's talents culminated in an adventure, which took her around the world. Eventually, the National Endowment for the Arts took notice and designated Toni as an American Masterpiece for the 2008-09 performing year. Through this designation, she was recognized for her global contribution to the arts. This prestigious honor also allows other organizations to apply for grants to bring the artist to their community organizations. "The one thing that makes me good at what I do is my love for what I do," she explained. "Many, many people have said, 'Oh it looks like you're having a really good time.' You've gotta love what you do, and that will make you great," she added.

When asked what she believes her most meaningful contribution has been, Toni said, "I love encouraging a child





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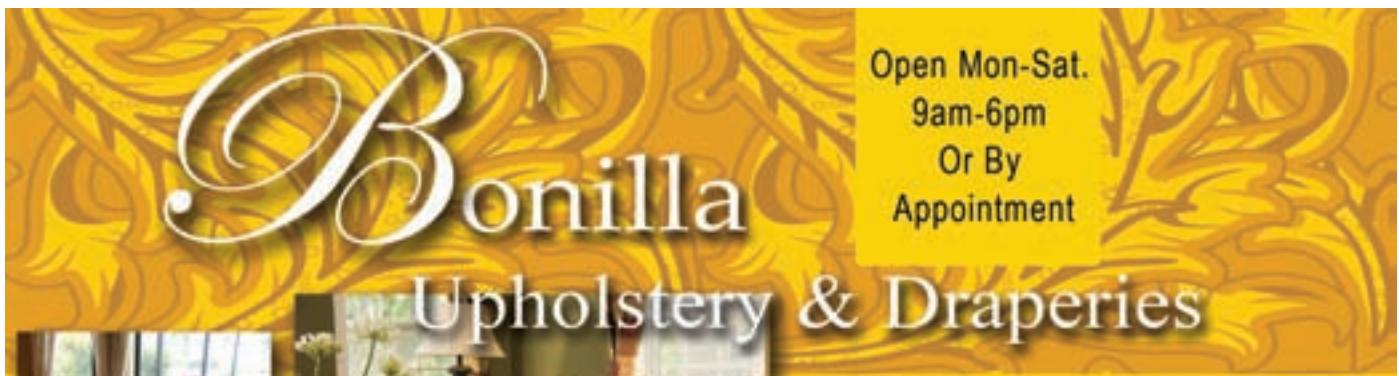


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to read or inspiring someone to pick up a book because they've heard a story." Although she rarely reads from a book, instead performing her tales using voices and movement to fit each character, one of her favorite compliments is when she is asked to read it again. "You can tell that they really feel like they are a part of the story, like they can see and experience it," she said.

Toni's personality is quiet and reserved in casual conversation, but as soon as she hits the stage, she comes to life. Whether she is playing a slow tortoise, a sassy cat or an unassuming farm boy, each role has its own persona and attitude that culminate to teach valuable lessons of culture and life. Sometimes, she takes participants through the jungles of Africa. Other times, journeys lead to actual historical events. Then there are the folk tales, a genre of their own. Imagine a dog and a cat, unlikely friends who are torn apart. What could have happened to drive a wedge between the two, and how does it apply to our everyday lives? To find out, you will have to read the book or attend a live performance. "*The Cheese Chase* communicates the message of friendship, trust, loyalty and sharing," Toni noted. "It's also an anti-bullying story."

Her work leaves lasting impressions on school-age patrons. Toni stated, "I always do at least one story that's interactive. So they can certainly get out of it oral expression of ideas, and because I specialize in multicultural stories, they get an awareness of other cultures which hopefully promotes diversity at an early age."

One of the best things about Toni's art form is that it not only shares the gift of reading, but it promotes creativity and imagination in audiences of all ages. Toni is often entertained and delighted at the comments children make after helping her act out a story. "I was at a school in Plano [performing], and this kindergartner came up to me afterward

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and said, 'You're really good.' And then she said, 'If you keep practicing, I bet you can go to lots of schools."

For older groups, Toni has performed at Southern Methodist University, and recently did a concert at Texas Women's University titled "Black Women: Standing Tall, Standing Proud." In addition to preschool and school-age audiences, Toni teaches workshops for teachers, librarians and other storytellers. She speaks at conferences across the United States and conducts workshops for speech and drama classes.

Toni's future aspirations for the Zula B. Wiley Library, which has a history of storytellers, include helping the organization become a premier institution in the area. She is currently working with library staff to start a storytelling club, which she hopes will get the attention and participation that it deserves. Currently, she is on the schedule for morning and evening performances to entertain teen, preschool and school-aged audiences. She is also a member of the Dallas Storytelling Guild, the Tejas Storytelling Association, the National Storytelling Network and the National Association of Black Storytellers. With her associations locally, at the state level and nationally, Toni has a head start on getting the community involved in promoting literacy, the performing arts and the new storytelling club.

On a personal note, Toni has lived in DeSoto for 15 years. Her husband, Frank, enjoys managing the business side of her work, and is the first to compliment his talented other half. The couple has two sons, Brian and Mark. After sharing memories of their first trip to a live opera performance and their first exposure to their mother's storytelling gift when she gave a live rendition of *Where the Wild Things Are*, Toni said, "They've gone with me to my programs since they were little. I hope it has inspired them to read to their children one day." **NOW**

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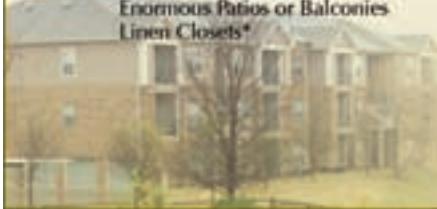
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# The Ladies *of* Amsbury

— By Beverly Shay

Oh my, what fun the fine Ladies of Amsbury have laughing and talking and catching up on news about everyone's children. To all appearances a family reunion is taking place with all the hugging and, well, slightly — ever so slightly — boisterous greetings. The restaurant manager decided to move them to the back room, ostensibly to give the group more room and more privacy, perhaps also to give the other patrons an opportunity to hear their own conversations. Whatever the reason, the Ladies did not mind. They had barely paused their conversations to gather their stylish bags as Monda held up hers (a classy flat bag in red alligator skin), proclaiming, "Two dollars, girls, two dollars!"

As can be imagined, Monda took the floor saying it was not the only bargain bag she had picked up that day. Purses were the topic for several minutes. One or two at a time, the Ladies trickled in until eight in all were gathered that day. Only Gevel and Yolanda were missing; Yolanda was at work and Gevel previously committed. She called later to add her input in the story of the Ladies of Amsbury.

"We met for the very first time in December '04," said

Stephanie Akon, the group's appointed spokeswoman. "It started as an off-shoot of the presently comatose homeowners' association. Once started, we discovered we really liked each other." From there it evolved into something much more fun than obligatory. "We meet every three months to celebrate birthdays, eat out, sometimes shop, sometimes to plan parties, just to spend time with each other," she continued.

All of the women live on a 10-home street named Amsbury Drive. All are career women with some pretty impressive jobs; one is retired; one is currently out of work, yet actively volunteering for the city of DeSoto. They are portfolio managers, consultants, researchers, review specialists, analysts working with transportation logistics, diagnostic imaging, software development, teaching and administrative training, staff training and financial aid. They are suave, lively, kind, humorous wives, mothers, sisters, one widow, neighbors and friends. Who would not want to be a Lady of Amsbury?

All but one are original owners of the lovely homes, six of which line one side of the street and four the other. "We are a bit competitive in that we do like to keep our yards up," said Sharon, who moved into her home in May 2002. "When one of our husbands goes out to mow the lawn, some of the others come out, too. Can't let his grass look better than ours," she quipped, as the others laughed along. Their husbands are friends, as well, but the women all claim their men have not achieved "Knights of Amsbury" status just yet.

Their camaraderie and laughter ebbs and flows from one end of the table to the other as they inquire about children off at college, or, with a slight drop in their voices, those who are back home again. They tease one another and commiserate, rejoice, admire and take time to include and welcome their newest neighbor, Gloria, who moved onto Amsbury this past March. Gloria is quite delighted to find herself, not

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only included, but part of a ready-made, established set of friends. "You always wonder what your neighbors will be like when you move. These women are beyond my expectation, and I am very grateful to have found my new home on this street," Gloria admitted.

The homes on this street were built between 2000 and 2002 in a pleasant DeSoto neighborhood. "We have had other women from nearby streets ask if they could join our group. We encouraged them to visit and then start a similar group on their street," Sharon said.

Monda remarked that having a group like this takes work; it is not something

## "Really whatever we do, we have fun."

which will automatically occur. "Someone has to plan an event and then pursue the others to get them to come. We take turns planning the outings," Monda stated, grateful they include her even though she is frequently out of town with her job.

Everyone commented about some of the more memorable gatherings, such as the time Kim wanted to throw a surprise 50th birthday party for her husband. When her co-planner had to back out, the Ladies of Amsbury came to the rescue. Several raided Kim's cupboards, found tablecloths, set out dishes and decorated, while others fixed food to bring. Together they whipped up a party to remember.

Sharon told of how three of the Ladies took her out to lunch and shopping at Northpark Center. Sharon had no idea why they were urging her to buy a special outfit, until she got home and found her husband had some special birthday plans in mind. "They even got me to change into my new dress at one of their houses to 'surprise' my husband. But I was the

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one surprised!" Sharon grinned.

"That was when we began talking about including everyone on the street," Sylvia related. "Some of us were already friends because we went to the same church." This invoked a round of discussion on who went to which church. Monda, of course, attends the church her husband pastors, Dallas First Church of the Nazarene. Apparently, faith is another common factor for these women.

The Ladies have chosen to patronize many local restaurants, such as: On the Border, Pappadeaux, Macaroni Grill, Saltgrass, Patrizio, as well as Cretia's, McCormick & Schmick's, Rose Garden Tearoom and Mimi's Café. They even had a high tea at The Adolphus and went to a play, *Crowns*, at the Dallas Theater Center. Gevel added they had thrown a baby shower for her. "I'm the only one with a toddler on the street," Gevel pointed out. Someone else mentioned a visit to the local playground dedication.

"Really whatever we do, we have fun. It's more fun to do things together every now and then," one of the women remarked, and they all agreed. Another common sentiment is safety. They look out for each other when they are home or watch houses if anyone is on vacation. And they appreciate that Linda and her husband are retired and often around throughout the day to "keep an eye on things."

"When you're home, you notice if the same truck or van is cruising the neighborhood, or if a different lawn care company vehicle is stopping where it shouldn't be. I hope I am not getting nosy, but ..." Linda trailed off to a chorus of appreciation from the others.

The Ladies of Amsbury seem content, successful and fulfilled in their friendships. "I think we should come up with a community service project soon," Linda mentioned.

The eager response? "Oh, yes, let's!" **NOW**

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# Adrenaline Rush

— By Beverly Shay



**“I hope for the best but more than that, I do the best.”**

“If you love something enough, you do whatever it takes to succeed; you work at it,” 18-year-old Kenneth Rodgers firmly stated. “I like a lot of sports: football, baseball, golf; they all come easily to me, and I excel at them. I am a quick learner and I give everything I have and do what it takes, but nothing has challenged or held my interest like racing motocross.” Clearly he has found his passion.

“I like all sports, but, man, the adrenaline rush you get as you start is like no other,” Kenneth shared. His father, who started racing when he was 16 and quit when he was 49, nodded his agreement. “He’s right,” he said. “There’s nothing like it. Right from the start, racers lined up next to you — the engines are loud and the adrenaline’s pumping.”

Kenneth’s current bike is a Yamaha 450, a YZF 450, to be exact. “I don’t even remember when I wasn’t riding,” stated Kenneth. “I started riding when I was 5, when my dad raced. He’s the one that got me interested. I guess it’s been 13 years now that I have competed. My first race was on a KTM 50cc at Village Creek in Fort Worth, where I came in sixth place on cross country/motocross race.”

While racing motocross is his first love, this young man is also pursuing a career. He is working to pay his way through North Lake College, where he is taking core classes. “Right now, I am pretty busy — working 7:00-4:00, going to school from 5:00-8:00 and racing/training every weekend,” he said. “While racing is 90 percent mental, you have to work out to build your strength. You have to keep a 225-pound bike upright

while you are riding across all kinds of terrain. It takes your chest, arms and legs muscles — mostly your arms — but you use your whole body. No matter how in shape I am, I feel it the next day. Even the insides of my legs are bruised from gripping the bike over jumps,” Kenneth said. Kenneth works out on weekdays, riding his bicycle and using free weights.

Races are timed, usually an hour long, covering four- to five-mile laps four to five times. Kenneth rides in TORN (Texas Off-Road Nationals) events all over Texas. The track is a combination of dirt and terrain with all sizes of jumps. Racers line up nearly shoulder-to-shoulder — 10, 20, 30 across — engines revving like hyped-up mosquitoes, sometimes colliding as they start out of the gates, each one wanting to win as much as Kenneth does. Racers are grouped according to skill level, something onlookers can readily discern. Kenneth’s intermediate status pits him against some very competitive racers.

“My dad always tells me to keep my cool, be smart, especially at the beginning of the race. Races aren’t won in the first lap. You have to discipline yourself to look ahead and not worry about what’s going on behind you. You have to look far enough ahead to know what you will do before you get there,” Kenneth remarked. “You really have to have good eyesight.” Balance, reflexes, strength and concentration play into it as well. “I watch the competition as they warm up and try to size myself up. But I don’t allow them to intimidate me. I go into each race open-minded; I hope for the

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## Schools Earn State's Highest Ratings

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Texas Education Agency has released new state ratings for Texas schools, and Duncanville ISD students continue to perform at high levels. Over 80% of the district's schools (13 of 16 rated campuses) earned the state's highest ratings of Exemplary or Recognized. The district attributes this success to the commitment of designing engaging learning experiences for students and actually moving away from a TAKS focus. The district believes purposeful engagement is the most effective long-term way to learn.

### Exemplary Schools

Action Elementary  
Alexander Elementary  
Central Elementary  
Bilhartz Elementary  
Brandenburg Intermediate  
Fairmeadows Elementary  
Hyman Elementary  
Merrillfield Elementary  
Smith Elementary

### Recognized Schools

Byrd Middle School  
Basler Intermediate  
Hastings Elementary  
Katherine Middle School

### Academically Acceptable Schools

Duncanville High School  
Ridge Intermediate  
Mary E. Shulber PAGE Senior  
Reed Middle School



## District Superior

Duncanville Earns State's Highest Fiscal Rating

Duncanville Independent School District has received a rating of "Superior" under Texas' Schools FIRST financial accountability rating system for the seventh consecutive year. The rating system measures the quality of a school district's financial management and reporting. This is the seventh year of Schools FIRST (Financial Accountability Rating System of Texas), a financial accountability system for Texas school districts developed by the Texas Education Agency in response to Senate Bill 875 of the 76th Texas Legislature (1999).

The primary goal of Schools FIRST is to achieve quality performance in the management of school district financial resources, a goal made more significant due to the complexity of accounting associated with the Texas school finance system. Ratings are determined on a scoring system that allows districts to earn a maximum of 85 points. Duncanville earned a score of 84 on the rating system.

"The Schools FIRST accountability rating ensures that Texas school districts are accountable not only for student learning, but also for achieving these results cost-effectively and efficiently," said Duncanville ISD Superintendent Dr. Alfred Ray. "We attribute our Superior rating to our core beliefs and commitment to collaboration and continuous improvement. As a team we examine our priorities and focus our dollars on instructional efforts while following sound financial practices of conservative projections, conservative spending, and staffing to enrollment."



## Making a Difference

Principal Receives National Title

Possessing a proven ability to help students find their niche as active learners, Byrd Middle School Principal Gabe Trujillo was named Texas' 2009 Middle-Level National Distinguished Principal. The announcement was made to 2,300 educators attending the Texas Elementary Principals & Supervisors Association (TEPSA) Summer Conference in Austin.

Along with his new title, Trujillo was also awarded a check for \$10,000 and will represent Texas at the National Distinguished Principals program held in Washington, DC this October. "Gabe is driven to continuously improve," TEPSA Executive Director Sandi Borden said. "His collaborative leadership, enthusiasm, and ability to build teams have been huge factors in the success of Byrd Middle School."

Taking Byrd Middle School from an assessment-focused campus, Trujillo has created an environment that personalizes learning opportunities and celebrates individual successes. Each teacher is equipped with the tools to understand levels of engagement, evaluation protocols, and coaching for design. Not only is classroom participation improving, but student achievement and positive behavior continues to rise at steady levels.

Few administrators possess the unique qualities necessary to challenge middle level students to think critically and understand their role as life-long learners. Trujillo has not only mastered that skill, he has succeeded in motivating the average student into becoming an active and successful citizen.

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best, but more than that, I do the best."

Kenneth not only races, he trains, studying the best racers on TV and at the track; he also attended motocross school when he was 9 or 10 years of age. "I have learned a lot by watching the best: what lines they are taking, how to brake, where to launch — but it takes actual training and practicing. Every race counts; losses hurt you. But you can never give up, because a race isn't over until it's over," Kenneth and his father spoke the last phrase together, obviously a well-rehearsed mantra. "My son has a lot of talent," Kenneth's dad stated definitively.

Some of his worst races have taught him a lot and hurt him a lot. Once he went over a jump and two guys landed on him, breaking his kneecap and tearing up his bike's back fender. Another truly devastating tangle occurred when his pelvis was fractured in a collision at the starting line; Kenneth was flipped into some thorns resulting in wounds which took a month-and-a-half to heal; but the broken collar bone took six months. "If I can get up from a wreck, I generally keep on racing; there's a lot of pressure to keep up the pace. I try hard to win because I hate losing, but I won't race dirty — that's just not who I am," Kenneth stated determinedly. "But the time I lost the championship by 10 points was pretty discouraging."

He has had several best races, among his multiple wins. "The one that stands out the most for me is the very first race I ever won. It was at Thunder Mountain, and it was a dead engine start. Normally, you kick start the bike and everyone is lined up with their engines running; they drop the flag and you go. Because of a penalty, I had to wait to start my engine when the flag dropped, so I started behind, but I still won," he said, his grin telling all.

Racing is an involved and expensive undertaking. Weekends at the tracks require more than just a dirt bike;

there's a truck with a trailer for the bikes, a four wheeler and, to quote Kenneth's mom, "a whole garage full of tools and parts" and the power washer. "It takes them a day-and-a-half to pack and go," Kenneth's mom

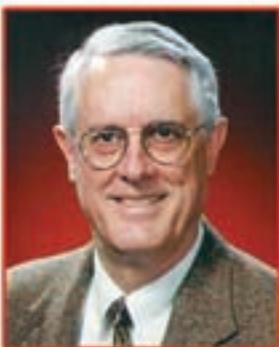


explained. "Kenneth pays for everything now. He works really hard at it; it takes work. That's the only way you get better is to ride and keep going." Every week, the bike is cleaned thoroughly and the oil changed. Like car racing, extra bike parts are essential if you don't want to get sidelined.

Kenneth also has sponsors — mostly equipment and clothing manufacturers — from whom he purchases helmets, boots, neck braces, knee pads, gloves and goggles at vastly reduced prices. "I want to thank Smith Optics®, DeCal Works, Tag Metals, Sunline, Filtron and SixSixOne, as well as all my family and my girlfriend for supporting me," Kenneth emphasized.

The work, as well as the passion, is part of the Rodgers' family life — something shared, pursued, conquered and desired over and over. Like his father before him, Kenneth simply stated, "I'll keep racing ... until I can't race anymore." **NOW**

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# COLOR

## She Can See

— By Jaime Ruark

A transplant from California, Kisha Morris has been living in the area since 2006. Kisha has a bit of a free spirit and believes that life can only be truly lived and enjoyed if chances are taken and fears are conquered. "You never know where life will take you," she said with a smile. "I think people should try to get out of their comfort zones. There's a quote I love that says, 'Do something every day that scares you.'"

Following her own advice, Kisha took a chance and moved to Texas after visiting Dallas with her best friend. "I'd never been to Texas. We stayed downtown at the Sheraton, and I remember looking out the window and thinking, *I could live here*," she recalled. "Three months later, I was here. I didn't even have a permanent job yet!" Kisha also spent over four years in Massachusetts, a move that took even more getting used to than her move to Texas. "It's a huge change moving from the West Coast to the East Coast. If you can do that, you can do just about anything," she laughed.

Kisha currently works for the city of DeSoto as the administrative assistant to the city secretary, Laura Hallmark, and the public records coordinator, a role she enjoys because of her love of the community she now calls home. "I work with the city



### At Home With KISHA MORRIS

council, so I've had lots of opportunities to meet people, and this is just such a friendly city, which was important to me as a newcomer," she expressed. "The city just feels so welcoming. It's got such a good small-town feel, and the people really seem to care about you."

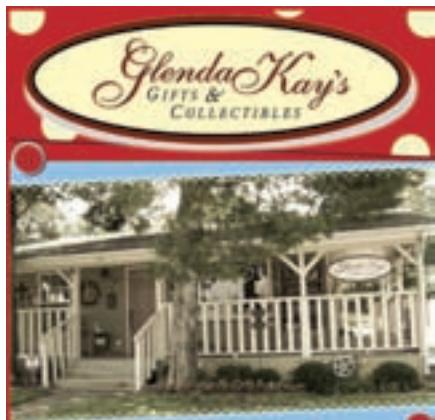
Kisha is proud of the three-bedroom, two-bath home she had built in November 2007. "I like this house. I got to build it from the ground up, so it has everything I wanted. The cosmetics of the house weren't necessarily as important to me as the feeling of the neighborhood. It feels safe here," she shared. Kisha's constant companion, a smart Chihuahua/Pug mix named J2, bounces from room to room with her. "I call her a 'chug.' She's my road dog," she laughed. The little, tan dog is her second canine named Justice — J2 for short — a name she picked out because it stands for "Just Us." J2 replaced J1 five years ago.

Friends are often surprised to find out that behind Kisha's mild temperament are some



impressive fighting skills. "I used to be in law enforcement, so I'm trained in self-defense," she said, explaining that she is skilled in the Japanese martial art of aikido. "People are always shocked to find that out. They say, 'But you're so nice! You're so sweet!' I just tell them, 'Don't let the smile fool you.' I also know how to shoot guns. I've shot a 38 revolver, a 9 mm, an M-16 and a 12-gauge shotgun. The 9 mm is my favorite."

Kisha's home was one of the first in a new development. "To me, that's kind of an advantage, because I get to be the one to go meet my neighbors," she smiled. An only child, Kisha had no other family in the area until her mother, Konstance Johnson, moved to Grand Prairie to be close to her daughter. "She decorated my whole house for me. I have to give her a lot of credit because I didn't have anything to do with the process, but I love it. I think she did a spectacular job," Kisha added. "When I was telling her about the kind of themes I wanted, I told her I wanted all my guests to know what is important to me as soon as they walk into my house."



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Thus in Kisha's guest bedroom, a Christian wall hanging proclaims, "And He shall be called Jesus Christ."

The house is decorated with an Oriental theme in one continuous color palette. Neutral walls, tile floors and carpeting are accented by dark browns, golds, black and red. A lack of curtains on all the windows gives the space an open, light and airy feel. "I got to pick my own color scheme, which was very important to me because I'm partially color blind," Kisha revealed. "I actually wasn't diagnosed until I was a senior in high

school. No one ever knew, although my mom would look at me sometimes and wonder why my clothes didn't match. I can't tell a difference in blacks, blues, greens and browns. I've learned to distinguish between them by memory, but I can't tell a difference by sight. Red is the color I can see the best, so that's why there's a lot of red in my house." The bedrooms illustrate this fact, with small China dolls, purchased in Chinatown in Los Angeles, resting on red bedspreads.

Ideas gleaned from Asian culture often reflect living simply and modestly.

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## District budget approved

DeSoto ISD continues to strive for a balanced budget, but will again dip into the fund balance to cover expenses this year after the 2009 Legislation did little to equalize the funding formulas across the state. For 2009-10, trustees approved a \$67.35M budget, with a projection of revenues at \$62.9M - thus a planned deficit of \$4.45M and end-of-year fund balance of \$5.62M. The adopted budget for 2009-10 included a \$95.00 per month raise for all returning teacher-contract employees - almost 60% of district employees - as mandated by Legislation. Unfortunately, budget constraints have left the district unable to pass any increases for other employees this year.

In 2006, HB 1 capped state funding for each district at the current amount received per student - for DeSoto that meant \$4,679 per Weighted Average Daily Attendance (WADA), approximately \$400 per student below the state average. The Legislature had several bills aimed to equalize the funding this past year, but all bills died and no changes were made.

The Board also approved a slight reduction in the tax rate. The Maintenance and Operations (M&O) portion, which covers district costs such as payroll, utilities and supplies, remains at \$1.04 per \$100 valuation while the Interest and Sinking (I&S) debt service was reduced to \$.45, down \$.02 from the previous year. The combined rate will now be \$1.49 representing an average savings of \$200 in school property taxes for DeSoto ISD residents.

## Change on the DeSoto ISD Board of Trustees

Following a change in the nepotism law for school board members and employees in the same district, Board Member Dee Trimble officially resigned Thursday, Sept. 17 so that his step-daughter, a DHS graduate, may be employed by the district. Trimble has been on the Board for seven years.

At a Special Board Meeting Sept. 21, Don McKinley, who stepped down from the Board in May, was appointed for the remainder of this school year. An election will take place in May, during the regular election time, for the last year of the current Place 5 term.

- October 6, 6:30 p.m. - Community Forum, DHS
- October 9, 7:30 p.m. - Eagles vs. N. Mesquite, CheerExtravaganza
- October 19-23 - Red Ribbon Week
- October 22, 6 p.m. - Homecoming Parade and Pep Rally
- October 23, 7:30 p.m. - Eagles vs. Mesquite, Homecoming
- October 30, 7:30 p.m. - Eagles vs. Mesquite Horn, Senior Night
- November 7, 6 p.m. - Seniors Prom (age 55 and up)
- November 16-20 - Parent Involvement Week
- November 23-27 - Thanksgiving Holiday, No school
- December 5 - Annual DeSoto Parade of Lights
- Dec. 21-Jan. 1 - Winter Break

## Community Forum

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Kisha appreciates that kind of simplicity, as is illustrated in her purposefully uncluttered home. Asian wall hangings, including one called *Nine Lucky Words*, greet visitors in the front hallway next to a heavy iron cast of a kimono. "I have two pieces that were actually purchased in China for me by a friend I have who is in the military," she said, pointing out two delicate shadow boxes, one containing a colorful geisha girl and the other an intricate wooden gazebo.

Another shadow box in the living room holds an interesting find. "My mother found this for me. It's called a

dragon dagger, and it dates back to the Sung dynasty," Kisha explained. "It was used by the Chinese warriors of that time. The hilt of the dagger is shaped like a dragon, representing fighting power." The weapon has vivid blue running behind the markings, but Kisha can only see the red background it rests upon.

Kisha's home is filled with greenery. A fragile bonsai tree adorns the window sill in her kitchen, baskets of plants reside over kitchen cabinets and exotic plants and flowers add color to the living area. With a laugh, Kisha

admitted, "I don't have a real plant in my house. Everything is artificial. I kill plants, so everything is either purchased or put together by my mom."

Kisha loves to write poetry, travel and live different places. She believes in experiencing life to its fullest. For her upcoming birthday, she plans on going indoor skydiving. "I love trying new things. My pastor recently said something I loved: 'In life, you don't have to be interesting, you just have to be interested,'" she said. "I just hope those who know me think of me as humble, thankful and blessed." **TODAY**

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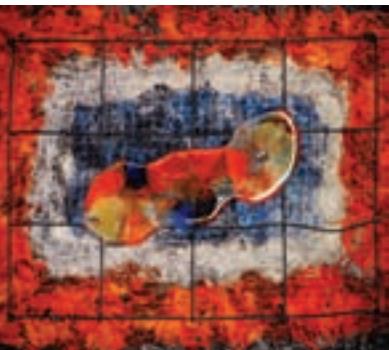
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# Fired Art

— By Beverly Shay

Linda Gilpin does not look like a woman who would know how to fire — in the sense of firefighters or pyromaniacs or removing people from their jobs. She does, however, fire ceramics and glass, and she most certainly knows how to handle a kiln.

After seventh grade, Linda did not take any more art classes in school. "I remember I passed," she remarked. However, for about one-and-a-half years, she has taken classes with Kelli Howie at the Creative Arts School in Cedar Hill. "Initially, I studied color theory and then design. Now I work with mixed media, learning techniques to apply to glass. I really like glass," Linda said enthusiastically.

About 20 years ago, a neighbor invited Linda to make ceramics. For several years, she created vases, bowls and Christmas ornaments. "Everyone got ornaments for a while," she smiled. "Then 10 years ago, I took classes on fusing glass at a craft guild in Richardson, where I used their kiln. I was thrilled to find out I could fuse glass in the ceramic kiln I already had."

By day, Linda is an administrative assistant at Bank of America, where she has worked for the last 20 years. By night and on weekends, she is an artist, molding creativity, experimenting with heat — almost playing with fire. Linda and her husband — an adventurer, who travels the world, climbing mountains, running marathons and assisting in charitable endeavors in Third World countries — live along with three cats, in a beautiful home. They have a terraced backyard and pool poised above a creek and three kilns in the garage.

Linda began making flat plates, which can be used as trivets, and draped vases, made of flat pieces of glass slumped over a mold in the kiln, which melt into the shape of the mold as they are fired. She has also made jewelry, glass balls, mixed



media wall hangings and her latest endeavor is woven glass pieces.

"Glass weaving begins with a mold I make from strips of clay. I lay solid strips of cold glass over the clay in such a way that ridges and valleys will form. Every other strip is upside down. Some of the strips have dichroic pieces overlaid. During the first firing, the strips will slump to form solid ridges and valleys, and the dichroic pieces will fuse onto their glass strips with a nice rounded/finished edge," Linda explained. "When they're cooled, I weave the strips and fire again to fuse it all together." The finished effect is stunning and quite unique.

Linda buys what she calls reptilian sheets of dichroic glass, already colored, which she then cuts into strips. She also colors glass with enamels. "Enamels are made from a powder mixed with cable-pulling lubricant I purchase from places like Home Depot. I use that type of lubricant because it burns clean in the kiln — no carbon to blacken anything. With a palate knife, I spread the enamel paste onto clear glass sheets," Linda elaborated. "Sometimes I top it with frit — chips of glass, which when fired at a low temperature will not completely melt or fuse, creating a textured surface." Obviously, Linda enjoys texture, color and shape, along with unique combinations of mediums. "I just love doing this," she confided.

One piece, entitled *Gentle Waves*, is a gold, turquoise and brass foil wall hanging. She began with a large piece of peg board, which she covered with handmade paper, painted with mica and acrylic and left to dry. Linda then randomly set varying shaped pieces of brass foil on a flat piece of turquoise glass and covered it all with a bubbling agent, another sheet

of clear flat glass laced with black stringers and fired it to fuse it all. The second firing was over a mold to slump it. Once cooled, she tied it to her peg board. The project involved two days of kiln time, but a couple of weeks overall.

One of her "fun" projects is making pot melts. "You put glass pieces into a terra cotta pot with a hole in the bottom, place the pot about two feet above the floor of the kiln and fire it at about 1,700 degrees Fahrenheit. The glass melts and pours out the hole, either onto a metal plate, a terra cotta dish or directly onto the ceramic floor of the kiln. You have no idea what it will look like as the colors melt together. You get a plate of glass with a high-gloss finish," Linda remarked.

Another mixed media piece is a collaborative work she made with Kelly Pevehouse of Red Oak. It features a triple pot melt mounted on a background of plywood, spackled for texture, painted with acrylics and varnished; then layered

**By night and on weekends, she is an artist, molding creativity, experimenting with heat — almost playing with fire.**

with Kelly's handmade fibers of yarn and fusible fabric, stitched together and fused to a metal grate. The end result is completely unique.

"I always say," Linda grinned, "a woman can never have too many shoes or too many kilns, and the shoes are optional." **NOW**

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# A Clear Vision

— By Beverly Shay



Steve Ponciano is no novice when it comes to providing eyewear for his customers. Steve and his father, Carlos, own Clarity Optical, located at 140 W. 1382, Suite 150, next door to CiCi's Pizza Buffet in Cedar Hill. They have been filling prescriptions for eyewear and contacts at this location since November 2008 and hope to open a second store next summer.

Steve got his start in the optical field as a lab technician for LensCrafters® at the age of 18 while attending community college in California. "I was good at it and found the work interesting," Steve remarked. For the next one-and-a-half years, Steve researched the field. He accepted a management position at Vision City in Walmart for the following one-and-a-half years. "I was interested in ophthalmology, which deals with the health side of vision: glaucoma and diabetes, as well as the relatively new field of LASIK. The ophthalmologist I worked for owned a pharmaceutical company where I further studied diabetic eye care and then moved into manufacturing gas-perm contact lenses, used for high prescriptions or higher-than-normal astigmatism," Steve said. "Wanting to learn more, I went back to the ophthalmologist to study newer technology available in LASIK." Up to this point, all of Steve's work and research experience was in California.

In January 2008, Steve's parents moved to Texas, following



his father's retirement. His dad wanted to invest in a business, and Steve felt he was now ready to open his own place, something too expensive to do in California. "My wife's family is from Texas and with my parents in Texas as well, my father and I decided to make opening an optical clinic a joint venture, and I moved my family here," Steve said. "Life in Cedar Hill is slower paced, and people are definitely more

friendly here than in California.

"Currently, my dad and I are the only employees. I oversee the daily activities, and we both do the lab work — making the eyeglass lenses in our state-of-the-art, in-store lab. We carry a large variety of frames from basic to high-end fashion," Steve explained. "Our main goal is to determine our clients' needs before we show them any products. I listen to them describe their visual requirements and then recommend various lens types. We have business lenses for everything from computer [use] to reading, and DriveWear® lenses, a polarized transitional lens which removes all glare and can transition even within a vehicle."

## "Life in Cedar Hill is slower paced, and people are definitely more friendly here than in California."

"Once we have determined a client's need and chosen the lens type best suited to meet their needs, we assist them in finding a frame appropriate to their taste and price range. Turnaround time is usually one to two days on any prescription. While we do not stock contact lenses, we can order them and have them available within three days," Steve said. "I recommend that those who wear contacts also have glasses, because people tend to overwear contacts, which can result in dryness or possibly eye infections. Removing contacts after eight to 10 hours of wear gives the eye muscles a chance to relax."

Steve recommends yearly eye exams for those under 18, because the sooner vision difficulties are diagnosed the sooner the vision can be stabilized. Adults should have exams every one or two years. Clarity Optical's hours are 10:00 a.m. – 7:00 p.m. Monday – Friday and 10:00 a.m. – 5:00 p.m. on Saturdays. Stop in or call (972) 293-6444. **NOW**

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Local children enjoy the books and toys at the Zula B. Wylie Library.



Alex Patrou, Amber Hatley and Laurne Alcarez of Chick-fil-A, pose at the August Chamber Night Out.



Chamber members Teresa Snyder and Dr. Leisa Howell present a welcome basket to Rita Yancy of Rita's Respite Care.



Cedar Hill Rotarians pack 250 bags of school supplies which were donated to Cedar Hill Food Pantry clients.



Local teens rock out to Guitar Hero in the Teen and Young Adults Zone at the Zula B. Wylie Library.

## Around Town

As summer comes to an end, the residents of Cedar Hill are enjoying indoor activities at the Zula B. Wylie Library while the Chamber welcomes new businesses and Cedar Hill Rotarians help others prepare for the new school year.

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Injured junior Corey Borner was the honorary captain for DHS in the recent game against the Plano Wildcats.



Cammy Jackson, DeSoto Chamber President, welcomes Turning Point Christian Academy to DeSoto.



Canterbury Episcopal School cheerleaders Rachael and Emily pose with Cougar mascot.



Woodridge Elementary students stop for a smile in the hall on the first day of school.

## Around Town

It is that time of year again — when sleeping in and relaxing by the pool is replaced by early morning alarms and football games. DeSoto began the 2009 school year with smiles, grand openings and lots of school spirit at sporting events.



Katie Fitzgerald, Mary Vaughan and Erin Matkis recently participated in a volleyball tournament.

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Morris Sutton spent a rainy day fishing at Lakeside Park.



Sisters Cybill and Zoe M. enjoyed a Labor Day picnic at Lives Park.



Yolanda Miller helps her daughter Clinique with her homework at the Duncanville Public Library.

## Around Town

The seasons are changing, but Duncanville residents find ways to enjoy life — come rain or shine! As the 2009 school year gets into full swing, students and parents alike ready themselves for a year of learning and teaching.



Middle school students at Byrd wait to go into class on the first day of the 2009 school year.



Duncanville soccer player Giselle Arana (in green) defends the ball to help her team to victory.

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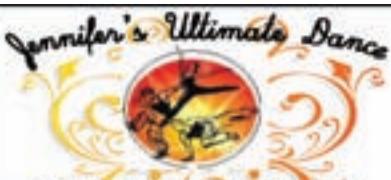
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## Look Who's Cooking

— By Faith Browning

### IN THE KITCHEN WITH LORETTA BATTLE

#### OKRA AND SQUASH MEDLEY

1 pkg. fresh okra  
1 yellow squash  
2 fresh tomatoes  
1/2 onion  
1/4 cup olive oil  
1 tsp. salt  
2 tsp. pepper  
1/2 cup water

Cut okra, squash and tomatoes into round shapes and place them in a medium skillet. Add onions and olive oil. Add salt and pepper. Pour in water, cover and let simmer for 30 minutes.

#### SWEET CANDIED YAMS

3 medium yams  
2 1/2 cups water  
3/4 cup sugar  
1/2 stick butter  
1 tsp. vanilla flavor  
1 Tbsp. nutmeg  
1/2 tsp. cinnamon  
Peel yams; cut into square shapes. Wash and pour into medium pot. Add water and boil for 10 minutes; drain water. Place yams back into pot; add sugar, butter, vanilla, nutmeg and cinnamon and stir them together. Place top on pot and simmer until tender.

#### TASTY COLLARD GREENS

1 Tbsp. vinegar  
1 smoked turkey leg or wing  
4 bunches collard greens  
2 Tbsp. olive oil  
1/2 onion, chopped  
1 Tbsp. minced garlic  
2 Tbsp. Creole seasonings  
Fill a large pot half full of water; add vinegar and smoked turkey leg or wing. Bring to a boil; let boil several minutes. Wash collard greens and add to pot; cover. Let collard greens cook for 15 minutes; stir. Add olive oil, onions, garlic and seasonings. Stir and let simmer on medium until tender. (You may have to add more water.)

#### HOT WATER CORN BREAD

4 cups water  
2 cups yellow corn meal  
1/3 cup flour  
1 tsp. salt

Loretta Battle spends many hours on the highway making her way to a rewarding job with Pedatrix Medical Group located at Baylor Health Care System, but coming home to see the smile of her beautiful angel, Briona, is what brings her the greatest joy. Cooking for others is her other passion in life. "I love to cook and make people smile," she said. "I find it a joy to cook and watch people eat and enjoy what I have prepared."

Like most women, Loretta learned to cook from a loving female role model. "My godmother inspired me to cook. She taught me how to cook without using measurements," she recalled. "I always stayed in the kitchen when the cooking was going on. I would always ask questions about what they were putting in the pot to make the food smell and taste so good." **NOW**

#### 1 Tbsp. sugar

#### 3/4 cup cooking oil

Bring 4 cups of water to a boil in a medium pot. In a separate medium bowl mix corn meal, flour, salt and sugar. When water is hot, pour into dry mixture (a little bit at a time) until all the mixture is completely wet and is like a thick paste. Preheat oil in a medium skillet. Wet hands with cold water, and scoop batter with a spoon. Pat into a round form and drop into hot cooking oil. Cook until golden brown.

#### SWEET LO'S PEACH COBBLER

2 16-oz. cans sliced peaches

1 1/2 cups sugar

1 stick butter

2 Tbsp. vanilla flavor

2 Tbsp. nutmeg

1 tsp. cinnamon

2 pkgs. Pillsbury pie crust

Preheat oven to 350 F. Pour peaches into a medium-size pot. Add sugar, butter, vanilla, nutmeg and cinnamon; bring to a boil. Let peaches cook for 15 minutes. Pour into baking dish or pan, unfold pie crust; cut into 4 pieces and place over cooked peaches. Place in oven; bake until golden brown.

#### SMOTHERED PORK CHOPS AND LUMP FREE GRAVY

#### 6 thick pork chops

Lawry's Seasoned Salt, to taste

Creole seasoning salt, to taste

black pepper, to taste

1 small onion, chunked

1 small bell pepper, sliced

1 Tbsp. garlic, minced

1/2 cup flour

1/3 cup oil

2 cups hot water

1/2 tsp. salt

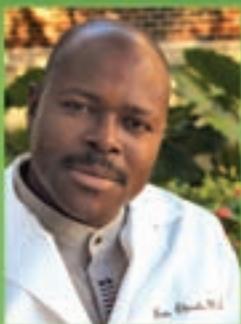
1 tsp. pepper

Preheat oven to 375 F. Wash pork chops; add seasonings on both sides of meat. Line pork chops in a baking dish with onions, bell pepper and garlic on top of meat. Cover with foil and place in oven for 45 minutes. Bring meat from oven and set aside. In a medium skillet, combine flour and oil; mix over medium heat. Stir continually until flour is golden brown and then add the water, salt and pepper. Bring to a boil; let simmer for 10 minutes. Pour over pork chops, cover with foil and bake for 1 hour and 15 minutes for the best tender chops on this side of town.

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# What Should You do With 401(k) After a Layoff?

**As you're no doubt aware, the long and deep recession has resulted in the highest unemployment rate in decades. But if you've been laid off, or if you fear a layoff may soon be coming, you're less interested in statistics than in your immediate financial future. How will you get by until you land a new job?**

This is a scary question, of course. And it can cause you to look at all your available financial resources — including your 401(k), which may well be the largest single financial resource you have.

But before you cash out your 401(k), make sure you understand what's involved. Your former employer is required to withhold 20 percent of your account balance to prepay federal taxes. Also, all your 401(k) proceeds will be taxed as ordinary income. And if you're under age 59 1/2 when you liquidate your 401(k), you may also be subject to a 10 percent penalty. And worst of all, the money may not be available to you when you retire.

Obviously, if you have no other financial resources, you may have no choice but to tap into your 401(k) plan. However, if you can find an alternative way to tide yourself over until you're working again, you may be better off in the long run by not cashing in your plan.

**If you decide against the "cash-out" option, what can you do with your 401(k)? Here are two possibilities:**

- Keep the money In your former employer's plan.**

If your former employer permits it, you may be able to leave your money in your 401(k). You won't have to pay any immediate taxes, and your money can continue to grow tax deferred.

**"A layoff is never easy — and it can force you to make some tough choices. But if you can help protect your 401(k) today, you'll be helping yourself tomorrow."**

But you may no longer be able to add funds to your account.

- Roll your money over to an IRA.** If you roll over your 401(k) assets to an IRA, you'll avoid paying immediate taxes, and your money can continue to grow tax deferred. Furthermore, you can fund your IRA with many types of investments, as opposed to a 401(k), which may offer only a handful of choices. And when you can afford it, you can make additional contributions to your IRA. Also, when you retire, you may find that an IRA gives you more flexibility in making withdrawals than a 401(k).

While there are some clear benefits to keeping your 401(k) with your former employer or moving it to an IRA, neither choice helps you answer the question of how you'll make it, financially speaking, until you're working again. If you've built up a cash cushion in the preceding years, you can turn to it now, of course. And if you've created an investment portfolio outside your 401(k), take a close look at it. You can consider adjusting your investment mix to add more income-producing investments, if appropriate. Keep in mind that your portfolio should reflect your risk tolerance, long-term goals and time horizon.

A layoff is never easy — and it can force you to make some tough choices. But if you can help protect your 401(k) today, you'll be helping yourself tomorrow. **NOW!**

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or email: [midconfcntr@aol.com](mailto:midconfcntr@aol.com)

# Back Pain . . . Part of the Human Experience?

— By Lesa Ansell, D.C., R.N.

If you suffer from low back pain, you are among the 80 percent of the population who, at one time during their lifetime, experience at least one significant episode of back pain. For the 30 percent who are even less fortunate, back pain will become recurrent or worse, persistent. With those statistics, it is no wonder that people believe this is a normal part of the human experience. However, this is not how it has to be.

Due to numerous causes, low back pain can be difficult to treat. Treatment should be aimed at identifying the origin (muscles, soft connective tissue, vertebrae, discs, blood vessels, capsular issues or cartilaginous problems) and appropriately treating the cause. Consider all options of treatment, not simply medicating the symptoms. The under-treatment of these conditions is believed to be a contributing factor in establishing a pattern of recurrence or causing chronic low back pain.

When discussing your case with your doctor, a detailed history should be recorded. Be sure to include the duration of the episode (acute or chronic), the severity (1-10 scale) and a description of the pain to include whether it is radiating or static in nature. Use descriptive words such as: sharp, dull,

stabbing, etc. to give an accurate picture of your condition. After the history is taken a physical exam should be performed. This will indicate whether any imaging studies are warranted. Ask what treatment will be prescribed and the goal of each treatment offered. Goals should be aimed at: promoting physical activity, reducing pain, improving posture and body mechanics, offering proper education for prevention of future episodes, learning appropriate exercise techniques and avoiding prolonged use of passive therapies or medications.

Exercise should be introduced early, but not during the acute pain phase. Exercise prescribed too early can cause further injury. It should be progressive and based on the tolerance of the individual. It should not cause increased pain. There are four exercises that are considered "standard" to centralize and reduce low back pain. These are: walking (on a level surface), standing back bends, lying face down and pressing up on the elbows (Cobra pose) and press-ups. Exercise programs should also include strengthening the core muscles, improving posture and increasing stamina. Also, the program should be aimed at moving the individual toward a home-based or personal gym-based program.

With any big lifestyle change, you should consult your chiropractor/doctor before starting anything new. Certain activities could be contraindicated. Also, with certain illnesses/injuries, recommendations to delay beginning an exercise regimen may be advised. Symptoms that should cause alert, and therefore quickly be reported, are: pain in the legs, weakness, difficulty with bowel or bladder control or pain lasting more than six weeks. With proper evaluation, treatment and exercise, you could quickly be on your way to a pain-free life! **NOW!**

*Dr. Lesa G. Ansell, D.C., R.N. is the CEO of Proadjuster Chiropractic Clinic and a supervisory nurse specialist for Texas 4 DMAT.*

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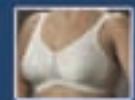
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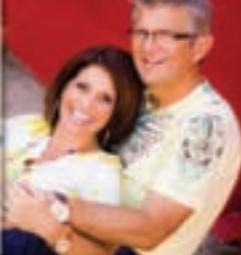
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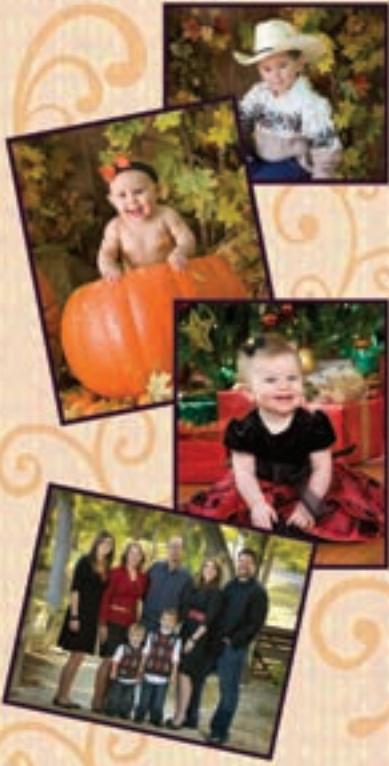
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# October 2009 Community Calendar

## Mondays

Pool tournaments: 6:30 and 8:30 p.m. at the Ranch Steakhouse, 1435 N. Hwy. 67, Suite 200, Cedar Hill. \$20 buy in, 3-8 people. (972) 291-4530. [www.the-ranch.biz](http://www.the-ranch.biz).

New Ballroom Dance: 7:00 p.m.-8:30 p.m. at Cedar Hill Rec. Center, 310 E. Parkerville Rd. Learn the Fox Trot, Waltz, East Coast Swing and Cha Cha. Cost: \$80/couple for four sessions/month. (972) 293-5288.

## Tuesdays

Senior Access tai chi classes: 8:00-8:45 a.m. at Methodist Charlton Medical Center. Cost is \$6 to learn ancient art of combining exercise, stretching and balance. Light refreshments included. (214) 947-4628.

Wii games, chess, Cranium, dominoes and other games available for teenagers: 4:30-6:00 p.m. at the Zula B. Wylie Library meeting room in Cedar Hill. [www.zulab-wylielib.org](http://www.zulab-wylielib.org).

Sound Options Pregnancy Center "Baby and Me" classes: 6:00-8:00 p.m. at 658 Big Stone Gap, Duncanville. Free and open to the public. For pregnant or new moms with babies up to 6 months. First timers receive a special gift. To RSVP, call Freda Brand at (972) 230-8101.

## Tuesdays and Thursdays

Essence Dance. Tuesdays: 5:30-8:30 p.m. Thursdays: 5:00-6:15 p.m. at Cedar Hill Rec. Center, 310 E. Parkerville Rd. Learn ballet, modern, contemporary, jazz, lyrical, liturgical and hip-hop. Beginner, intermediate and advanced levels offered to all teenagers and adults. Cost: \$65/month. Private coaching available. (972) 293-5288.

## Wednesdays

Rotary Club of Cedar Hill: 7:00-8:00 a.m. at CH Rec. Center, 310 E. Parkerville Rd.

## Wednesdays and Fridays

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

## Thursdays

Sound Options Pregnancy Center "Effective Parenting" classes: 4:00-6:00 p.m. at 658 Big Stone Gap, Duncanville. Free and open to the public. For pregnant or new moms with babies up to 6 months. First timers receive a special gift. To RSVP, call Freda Brand at (972) 230-8101.

## Fridays

Walking program: 9:00-10:00 a.m. at Methodist Charlton Medical Center, Conference Room 6. (214) 947-4628.

Karaoke at the Ranch Steakhouse, 1435 N. Hwy. 67, Suite 200, Cedar Hill. Sign up: 7:30 p.m. Sing: 8:00-midnight. (972) 291-4530. [www.the-ranch.biz](http://www.the-ranch.biz).

## Saturdays

Cedar Hill Recreation Center presents Star Force One, includes tap, ballet, jazz, hip-hop, lyrical, song and dance and competition dance teams. Beginner/advanced classes: 8:00 a.m.-12:30 p.m. for ages 2-adult. Also ballet and tap for special needs children. Register at Rec. Center.

## First Mondays

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

## First and Third Wednesdays

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

## First and Second Fridays

Line dancing in the Methodist Charlton Medical Center auditorium: 11:00 a.m.-noon. Reservations required. (214) 947-4628.

## Second Mondays

Diabetes Management Support Group: 6:00-7:30 p.m. at Methodist Charlton Medical Center auditorium. (214) 947-7262.

## Second Tuesdays

Dallas Area Writers Group Critique Night: 7:00 p.m. at CH Library. [www.dallaswriters.org](http://www.dallaswriters.org).

## Second and Fourth Tuesdays

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

## Second Wednesdays

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

## Second Saturdays – November

Monthly Classic Car Show benefiting Bridges Safe House in Cedar Hill: 4:00-8:00 p.m. at Sabor A La Mexicana Restaurant and Tortilla Factory in Duncanville, one block south of I-20 at Cockrell Hill and Skyline, directly behind the Red Lobster. No age limits on the cars. Trucks and motorcycles welcome. Contact Bobby Kight at (972) 742-9233 or Toni Kight at (972) 742-3377.

## Third Saturdays

Cedar Hill Star Party: sunset-11:00 p.m. at J. W. Williams Park, 1605 High Pointe Ln., beside West Intermediate School. Free. Bring own telescope or use ours. (972) 291-1505.

## Second Saturdays – December

Baby Boutique Resale: 9:00 a.m.-1:00 p.m. at Sound Options Pregnancy Center, 658 Big Stone Gap, Duncanville. Gently used baby items and clothing up to size 3, priced to sell. Open to public. Call Freda Brand at (972) 230-8101.

## October 3

Creekfest: noon-7:00 p.m. at DeSoto Town Center. Featuring Ivory Jean Band, Jeff Aycock on saxophone, salsa with Omar and Diana, Mayor's Cow Chip Competition, art show, food and craft vendors.

Crossing Over: 7:30 p.m. on the Cedarwood Bridge on Northwood University campus. Register at [www.northwood.edu/crossingover](http://www.northwood.edu/crossingover). The Great Feast: 5:00-6:45 p.m. \$5 prepaid or \$10 at the door. To RSVP, contact Pam Paris at (972) 293-4059 or [paris@northwood.edu](mailto:paris@northwood.edu).

## October 6

Vintage Barn will be sponsoring a free community shred-a-thon during the Waxahachie National Night Out Crime Prevention Night: 6:30-8:30 p.m. at Singleton Plaza, across from the Waxahachie Police Department on College Street near downtown. Cintas will shred up to 3 boxes/bags per person on site.

## October 10

72nd Annual Cedar Hill Country Day on the Hill: 6:00 a.m.-6:00 p.m. To honor our pioneers, we hold an "Old Settler's Reunion" on Friday, October 9, at 5:30 p.m.

## October 17

"A Dazzling Night in Duncanville:" 6:00-10:00 p.m. at Hilton Garden Inn. To make reservations, contact (972) 780-4990 or [steve@duncanvillechamber.org](mailto:steve@duncanvillechamber.org).

## October 19

Canterbury Cougar Golf Classic, benefiting the Canterbury Scholarship fund, at Thorntree Country Club in DeSoto. Registration: 10:00 a.m. Lunch: 11:00 a.m. Shotgun start: noon.

## October 23-25

Midlothian Arts Council Painted Art Show at Midlothian Conference Center. For entry and event information, contact (972) 723-7919 or [www.midlothiancenter.com](http://www.midlothiancenter.com).

## October 29

DeSoto Art League monthly meeting: 7:00 p.m. at DeSoto Presbyterian Church, 212 W. Pleasant Run Rd. Oil painting demonstration by James Spurlock. Contact Sandy Reese at (972) 217-1546 or [www.DeSotoArtLeague.com](http://www.DeSotoArtLeague.com).

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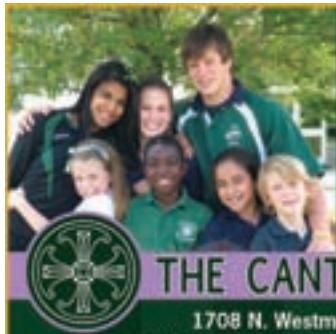


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# Know Your Risk for Breast Cancer

## Did you know ...

- A woman living in the US has a 1 in 8 lifetime risk of developing breast cancer?
- Breast cancer is the second leading cause of cancer death in women?
- Being overweight or obese has been found to increase breast cancer risk, especially for women after menopause?
- Evidence is growing that physical activity in the form of exercise reduces breast cancer risk?
- Use of alcohol is clearly linked to an increased risk of developing breast cancer. The American Cancer Society recommends that women limit their consumption of alcohol to no more than one drink per day?



From left to right: Dr. Ceasar Thomas, OB/GYN; Dr. Cecily Jones, OB/GYN; Dr. Gayle Smith-Blair, Psychiatrist (behind); Dr. Catherine Thomas, OB/GYN; Dr. Donald Blair, OB/GYN (behind); Sharon Roberts WHNP; & Gina Vincent WHNP

## Reduce your risks ...

\*Don't skip your annual mammogram, especially if you are over 40 years of age.

\*If you have a family history of breast cancer, get screened earlier.

\*To reduce your risk of breast cancer, the American Cancer Society recommends 45 to 60 minutes of physical activity above normal activities 5 or more days a week.

Visit [www.cancer.org](http://www.cancer.org) for any additional information

visit us: Monday - Thursday 7:00AM - 6:00PM  
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