

Southwest NOW

Cedar Hill | DeSoto | Duncanville

MAGAZINE

OCTOBER 2016



Soaring Eagles

Larry Davis helps bring championships home

A Trip Through Time

At Home With Ron and Sandra Carlson

Uplifting Battle

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How to get involved in DeSoto ISD

1. COFFEE TALK WITH SUPERINTENDENT HARRIS

- Th., Sept. 29, 7:30 a.m. @ Woodridge Elementary
- Th., Dec. 8, 7:30 a.m. @ Cockrell Hill Elementary

2. GRAND CIRCLE OF SUPPORT - Grandparents Meeting

- Tues., Oct. 4, 6 p.m. @ Board Room

3. SUPER TUESDAYS - Forum & Parent Training at 6:30 p.m.

- Tu., Oct. 11 @ East MS - *Bullying Behaviors*
- Tu., Nov. 1 @ West MS - *Parents are Tutors 2*

4. DESOTO HIGH SCHOOL HOMECOMING - October 10-14

- Parade - Wed., Oct. 12, 5:30 p.m.
- Football Game - Fri., Oct. 14, 7:30 p.m.

5. PARENT ACADEMY/MAGNET SHOWCASE

- Sat., Nov. 12, 8 a.m. to noon @ DeSoto High School
- Breakfast, 40 sessions, magnet academy info., prizes

REPORT CARDS/PARENT CONFERENCES

- Report cards for secondary students will only be available through the *Parent Portal* online.
- All parents are invited to attend parent conferences with your children's teachers on Friday, October 21. Conferences are scheduled for the afternoon, however teachers will accommodate parents before school or another day if needed.

commotion IN THE OCEAN

DHS HOMECOMING WEEK

PARADE Wed., October 12 @ 5:30p.m.
Parade Form Due Sept. 30 - www.desotoisd.org

FOOTBALL Fri., October 14 @ 7:30 p.m.
Eagles vs. Irving Tigers at Eagle Stadium

Contact DHS at 972-223-6666 for details.

Calendar

Mon., Oct. 3 - All Closed, State Fair of Texas Day
Oct. 10-14 - Homecoming Week
Tues., Oct. 11, 6 p.m.- Super Tuesday, East MS
Fri., Oct. 14, 7:30 p.m. - Football vs Irving, Eagle Stadium
Fri., Oct. 21 - No School; Staff Dev. Day / Parent Conf.
Sat., Oct. 29, 11 a.m. - Female Leadership Forum, DHS

NEWS TO KNOW

Supt. Harris named Finalist

DeSoto ISD Superintendent of Schools David Harris, representing Region 10, was named one of five finalists for the 2016 Texas Superintendent of the Year.

The selection committee noted his proactive approach to the challenges and financial obstacles in the district and expectation that administrative staff be actively involved in the community.

The 2016 Superintendent of the Year was announced September 23 at the TASA/TASB Convention in Houston.



Outback Steakhouse is helping reward student attendance across the district. At the end of each grading period, every student who had perfect attendance (including no tardies or early dismissals) for the whole grading period will receive a special treat from Outback Steakhouse in DeSoto.

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ON THE COVER



*DeSoto Athletic Director
Larry Davis ensures he supports
all sports and athletes equally.*

Photo by Shane Kirkpatrick.

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Editor's Note

Bring on Autumn!

Fall is my favorite season. Even though a North Texas fall can whisk by with hardly any notice, I make sure when the leaves finally start their beautiful, metamorphic color change to take a drive along Spur 408. It brings me back to my childhood, between the ages of 3 and 5, when my family lived in a suburb of Washington, D.C. The sights and sounds of fall are still engrained in my mind — cool and even chilly weekends at home, playing outside in huge piles of leaves, walks through leaf-strewn pathways in the woods behind our backyard, mom cooking something hearty on the stove, pumpkins on porches and the anticipation of Halloween in the air. While I'm not a big seasonal decorator, besides decking out my house at Christmastime, I make sure to hang my one fall wreath and enjoy the smell of a quality pumpkin candle when the weather even hints at autumn approaching. Though it only lasts a short while, I will always anticipate its arrival.

Looking forward to telling your story!

Abby

Abby Rich

SouthwestNOW Editor

abby.rich@nowmagazines.com

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*Saturday, October 22, 10 a.m. – 2 p.m.
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Join us at this fun, informative event where you can learn about health, safety, education and career resources!



Customer Appreciation Day

*Monday, October 24, 4 a.m. – 9 a.m.
Camp Wisdom Station & UNT Dallas Station*

Celebrate the first day of service with refreshments from DART. It's our way of saying thanks to you, our riders!



Community Event

*Saturday, October 29, 10 a.m. – 2 p.m.
UNT Dallas Station*

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The Blue Line to UNT Dallas opens on Monday, October 24.

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SOARING EAGLE

They say in Texas, high school football is king. Movies are made, television shows are filmed and sports networks devote countless resources to covering athletes. Two decades ago, most schools' head football coaches also served as the athletic directors, so there was a clear emphasis on that sport. Today, schools are getting away from that model, so for today's athletic directors, like DeSoto's Larry Davis, the job is much more than making sure things are ready for Friday night bright lights.



Larry grew up in Norman, Oklahoma, which shaped his interaction with sports at an early age. "Being in a college town, there was always a heavy influence for tons of sports opportunities," he said. He played football, baseball and basketball before heading to Rose State College, where he continued part of his sporting life. "I played baseball for two years, but a bad car wreck ended my playing days," he detailed. He continued his education at Oklahoma University and graduated from Central Oklahoma in Edmond, with a degree in secondary education.

Larry met his wife, Traci, in college, and they moved to Texas to start their life together. "Traci got a job in Dallas, so we came, and I found a job in DeSoto," he recounted. "She's been my rock, getting me through school, and supporting me through a lot of career path changes." Larry started out

ES

— By Zachary R. Urquhart



LARRY DAVIS



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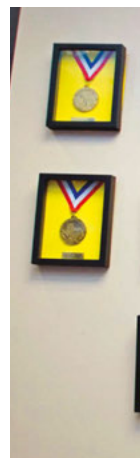


Naheed Shahid, M.D.
Internal Medicine



teaching at the alternative school and coaching football, baseball and girls' basketball in the district. He moved around the district, and early on, he was pegged for bigger things. "One of the district leaders, Judy Moss, advised me to get an advanced degree," he said. "So I went to Texas A&M University-Commerce for my master's in education administration, and a few months after I finished, I became the assistant principal at West Junior High."

Over the next 10 years, Larry bounced around the school administration ranks, eventually becoming the executive director of Human Resources in 2003. "I had the opportunity to serve in several different positions. With each position, there were new challenges that prepared me for my current role," he explained. In 2012, he made what will likely be his last move in the district, being named director of athletics for DeSoto ISD. "I was happy in HR, but with my sports background, I knew it was something I'd be interested in doing," he continued. "I wish I had stayed in the coaching field longer, but having the opportunity to work in administrative roles has really prepared me for this job. No matter the role, my main focus was to make sure that whenever people mention DeSoto, it's in a positive light."





Even though he only coached in DeSoto for a few years, Larry did continue his coaching through the years. "When my oldest son, Greg, was old enough to start playing sports, I started coaching his team," he explained. "And then my youngest son, Geoff, too. I coached their youth teams until they got to high school." As a coach, and a board member of those youth organizations, Larry had to work on scheduling, dealing with parents and resolving conflicts big and small. Between his work as an administrator, his investment in the community and his years working with local youth, Larry was an easy choice to take over as athletic director.

Being over every team and program, Larry has his hands full each day with his list of duties. "One of the things I have to do is make sure all of our facilities

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are up to standard — safe and friendly for athletes and spectators,” he said. In addition to overseeing fields and courts sprinkled around the entire city, Larry is intentional in being more than a name to the athletes. “There’s nothing worse than an athlete not knowing who I am, so I try to get out of the office as often as I can,” he added. “I’m not here to be their coach, but I am here to be a support piece. My favorite thing is when former students come to visit, and they make a point to hop over to say ‘hi’ to me in addition to their favorite teachers and coaches.”

With his administrative background in the district, Larry is very careful with how he allocates the department’s budget. “I want to make sure we are spending money wisely on facilities, equipment, signage and anything else.” One of his most important roles is working with over 80 coaches in the district. “I think all of our coaches know they can come to me with concerns, or just to bounce ideas off me. I have a great relationship with our whole staff,” he said.

With a quarter-century in DeSoto, public relations are engrained in Larry’s mind. “People need to know that our department is about more than just winning games. I try to make sure the public is aware of our service projects, our tutoring programs and the mentoring the coaches do,” he listed. “Our athletes are often the face of the school.

“Now, everyone knows about Von Miller and his success, but he’s actually just one in a long list of current or former NFL players we’ve produced,” he said. And football isn’t the only

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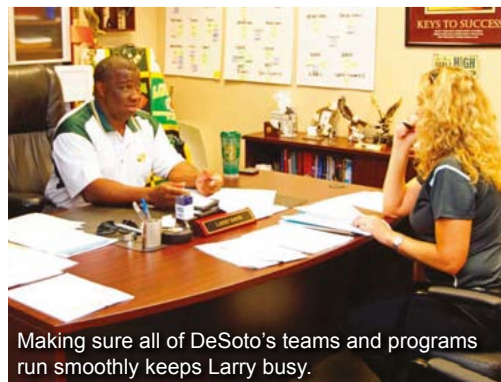
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Making sure all of DeSoto's teams and programs run smoothly keeps Larry busy.

DeSoto program producing elite athletes. DeSoto has representation in the WNBA, and they were also represented in the Rio Olympics, along with colleges and universities from across the nation. "Last year was a magical year for the district, winning state championships in boys' basketball and boys' and girls' track and field. We've just implemented a wrestling program at the high school along with middle school soccer to get more kids involved in more sports. We now have 50 different teams in the department."

As someone who has always been as concerned with character as he is with wins, Larry is also proud of the many examples of athletes and alumni who embody the things he hopes to instill in the district's student athletes. "Every year, we have at least a few athletes sitting on the stage at graduation because they're in the top 10 of the class," he continued. "And one of the coolest things is that we have about 20 coaches who are actually former DeSoto athletes that have come back to work here. That shows the loyalty we are breeding in DeSoto."

While he has many examples of success, Larry admits that there are also challenges to doing his job. "The hardest thing is figuring out how to help kids who might be coming from tough situations," he explained. "Sometimes they are from broken families, or we have the simple challenge of trying to make sure they are getting proper nutrition. This being a Title 1 area, we know some of their parents don't have money for participation fees, so we're always working on fundraising and things like that to let any kid who wants to play, play." Though he hopes to see more championships and accolades added to the athletic office "brag wall" he started when he took over, Larry's biggest goal is to prepare kids to be successful in life. **NOW**

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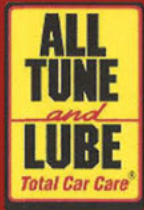
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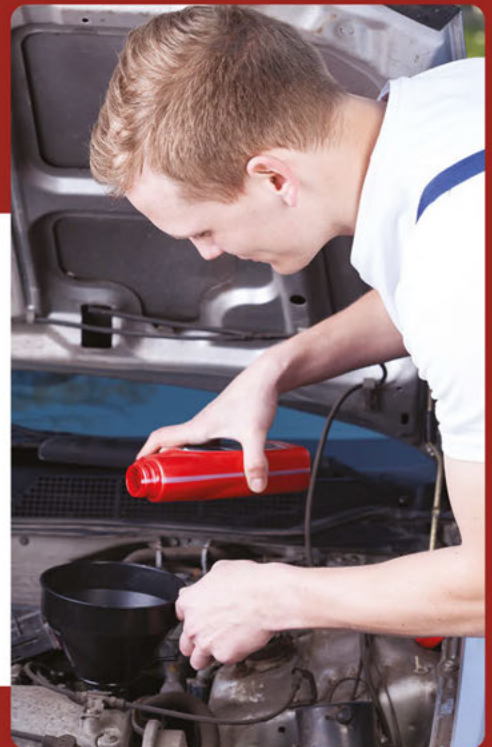
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She was diagnosed with Stage 4 ductal carcinoma HER2-positive breast cancer that spread to her lymph nodes and lungs. She did the chemotherapy, lost all of her hair, eyelashes and even her eyebrows, but one thing she never lost was her faith. "That's God. He totally took care of all that," she said. "He also called me to be a pastor during that time."

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Today, Marsha is cancer-free. She is also the director of Pampering & Hope Cancer Ministry at Crossroads of Life Assembly of God Church in Duncanville. She and other volunteers counsel and help women battling cancer. Marsha got the word that the cancer was gone shortly before New Year's in January 2013. "It's not in remission. The cancer is completely gone," she said. Her last chemotherapy treatment was October 12, 2012. "To God be the glory! The doctor called me her miracle child," Marsha admitted. "They wanted to put me on a poster, but God belongs on that poster."

Pampering & Hope consists of nine women. The work they do includes hospital visitations and delivering care bags that are uplifting. These include items, such as: booties, water, ChapStick, devotional books and journals. "It's very important to journal when you're going through something like this," Marsha said. In fact, she is in the process of writing a book. She is using her Facebook journals for recollections of her fight with cancer. She posted weekly updates for friends. "I work on it when I can. It's coming together," she said. "But first and foremost, I'm a wife and a mother."

The ministry group also makes mastectomy pillows and seat belt covers. These have proven to be a big hit. "They're just other ways to make their lives more comfortable," Marsha said. "And during this time, physical comfort can sometimes be hard to find."

Beverly Reed is a volunteer for Pampering & Hope. She has known Marsha for four years and commends her friend's deep love to help. "It's in her every day," Beverly said. "And not just



for people with cancer. She makes sure to help the caregivers, because they need special care, too."

An event this month highlights that. Pampering & Hope's fourth annual event will be held October 8 at Crossroads of Life Assembly of God, beginning at 10:30 a.m. It is a celebration for women with cancer, those who've had cancer and those who take care of others with the disease. The day will include testimonies, live music and lunch. There will also be door prizes and a chance to put aside the fight for a short time. Hence, the title, "Treasured." "The message is they are treasured. They are God's precious jewels," Marsha said. "It's a day to celebrate and focus on the women and not the cancer."

While Marsha beat cancer, she has had several people in her life who did not win the battle. She sat at her best friend's bedside as she passed. "I was going through my office the other day and



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found a note Rose wrote to me," Marsha said, fighting back a tear. "She was a friend to the end. I miss her dearly."

When Marsha was just 7 years old, she lost her grandmother to the disease. "I remember being at my grandmother's home and her having the hospice nurse," Marsha said. "I remember wondering, *Why doesn't she just get up?* A child doesn't understand. But later, I realized it was because she was sick and couldn't."

Marsha's personal story is the "hope" in her ministry's title. As patients meet with her, she reminds them that cancer can be defeated, citing her own victory — and being certain to invoke that God led the charge. "She brings the understanding of what it's like to be in their shoes and to have faced their unique struggles," said Toni Wood, a licensed counselor and volunteer for Pampering & Hope. "Her passion and belief, those things inspire me. You have to have her kind of passion to be good at this ministry. My mom is a cancer survivor. I'm a part of it because I believe in the ministry."

And though she knows she could experience more pain, Marsha lets herself get close to the ladies to whom she ministers. Otherwise, she said the hope and comfort they desire isn't genuine. "To sit down with someone and share your stories, it's a special time," Marsha said. "Some women are brave, some scared, and there are all sorts in between. But we all trust in God."

Marsha's husband, Richard, is a nurse. He was there by her side throughout the journey, she said, even joining her church. "He's a rock. When doctors and nurses were speaking in a different language, he deciphered it for me," she said with a smile. "I pray I never have to do that

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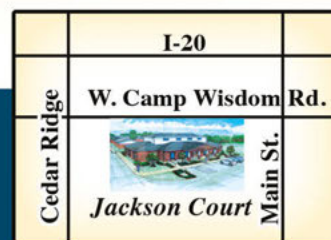
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for him. Friday I found out I had cancer. Sunday he started going to church and gave his life to the Lord.”

Marsha and Richard have two daughters. Ashley lives in Japan with their son-in-law, Angel, and their three children, 6-year-old Angela, 8-year-old Adam, and 10-year-old Abby. Their daughter, Meghan, lives in San Diego, California.

Marsha said there has been consideration regarding adding men to her ministry. After all, she acknowledged men also suffer from cancer and need prayer. “Men with breast cancer is on the rise,” she said. “It would be nice to raise them up, as well. We’d like for some men from the church to team up with us.”

Marsha is a licensed minister and is working on becoming ordained. And while she could someday lead a church, she said she will likely not. She will continue to do what God has called her to do today. “I believe God has a plan for all His children. God doesn’t cause things like cancer, but He allows them to happen in order to get us where He wants us.

“From the onset, I said to Him, ‘You have my full attention. Use me. What can I do?’ And He answered. My prayer is for God to eradicate this disease.” **NOW**

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A Trip Through Time

— By Rick Mauch



At Home With Ron and Sandra

Ron and Sandra Carlson don't really live in a museum. However, one could understand them charging admission for a tour. "If it's a collectible, there's a good chance I've got it," Ron said with a grin. One look around their home and you instantly believe him. From baseball to irreplaceable dining room furniture, the Carlsons' 5,007-square-foot home has a plethora of rarities.

To the left upon entering is a den filled with treasures. Visitors are immediately met with a stained glass window from a 19th-century New England church hanging in just the right place so as to brighten the room with a rainbow of colors. "The purples and greens are beautiful. The yellows really light up," Ron said.

A brown-stained planter was discovered on the sunken galleon ship, *San Diego*, which went to the depths on December 14, 1600, off the coast of Fortune Island, Philippines. If indeed the same planter, it was pictured in an article in *National Geographic* magazine. "This professor and his partner bought it in a government auction," Ron said. "So if that is true, it made it from the Philippines to San Francisco to Lewiston, Idaho, where we bought it."

A Chinese dowry box dates back to the 16th or 17th century. The box is about 18 inches by 18 inches in size with all sorts of compartments. "The family treasurers were all in it," Ron said. "It's a cool piece."





ra Carlson



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we bought this place there were vines up to the edge of the garage,” Ron said. “You couldn’t see the creek.” Today, a gorgeous backyard includes a play area for their five grandchildren, along with a pool and lots of shade. There’s an outdoor dining area

So is the 1910 Victrola that still works. Ditto for the antique Singer sewing machine — that also works. “It still has all the threads and bobbins,” Sandra said.

Ron and Sandra have been married 42 years. He is a pastor of 35 years, the past 20 at Grace Place Duncanville Church of Christ. She is a commercial mortgage underwriter and works from home. Originally from small Northern Idaho towns, they moved to the Dallas/Duncanville area in 1982 from Spokane, Washington. They moved into their current home three years ago because they wanted a place near a creek. “When

and plenty of places to sit and relax.

Two grandchildren are from their 38-year-old son, Mesa, who lives in Brentwood, Tennessee, with his wife, Katie; 9-year-old son, Zane; and 6-year-old daughter, Mia. Five-year-old twins, Ace (boy) and Faith (girl), along with 3-year-old son, Chapel, belong to Ron and Sandra’s 36-year-old son, Zane, and his wife, Jennifer, who live in University Park. Family photos adorn the wall of the stairway heading upstairs. Before going up, however, one has to stop by the dining room, perhaps the most valuable room in the house, featuring furniture that Ron

said used to be in a castle in Europe. Ironically, they found it in Duncanville. In the center is a huge rectangle dining table. It has a rare marble top, which is identical to the marble tops that are on the two side bars. “We’ve discovered it can’t be replaced, so we’ve been warned not to break it,” Ron said of the marble.


Above the center table is a chandelier made of 1920s iron that resembles bronze. It has gold highlights which, when combined with the gold from the yellow lights within it, cast a golden glow over the table. One of the side bars features three hand-carved panels of exotic African wood. Each panel tells



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part of the story of the Roman Empire. "It took five men and three days to get everything in here," Ron said.

Another downstairs den features antique newspaper and magazine racks lining one of the walls. When new guests arrive, Ron enjoys getting out a strange looking instrument resembling an animal horn. When he blows into it, it emits an even stranger shriek. "This is a shofar," he said with a grin, as Sandra jumped back surprised. "We got this on a trip to Jerusalem."

Also downstairs is a room offering a trip to all sorts of childhood memories. There's a Davy Crockett collection that includes a genuine coonskin cap and a Boy Scout collection that includes articles from as far back as 1910. Shadow boxes feature everything from old baseball memorabilia to items from the year Ron was born (1953). The room also features a stained glass depiction of The Lord's Supper, which Ron bought to celebrate finishing a book on that same subject. The nursery rhyme lamp collection on the other side of the room is only missing one thing to make it complete — Cinderella.

One of Ron's greatest passions is baseball. At the top of the stairs is a row of eight frames filled with what Ron says must be "the world's largest collection of baseball valentines."

At the beginning of the hall is a framed poodle skirt. Ron said the story behind it is that it was worn on the once-famous dance show, *American Bandstand*. "I had one as a kid," Sandra said.

To say the baseball room is packed would be the highest of understatements.

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But there is nonetheless a uniformity to the display that covers the floor, walls and ceiling. "I tried not to waste a square inch of space," Ron chuckled.

Ron pointed out a 1948 pinball machine with a most unique feature. "The significance is it has African-American players on it," he said. "Exhibit (the company) had the courage to do that in 1948." It was only one year earlier that Jackie Robinson broke Major League Baseball's color barrier as the first black player.

Ron has a large assortment of baseballs dating to the 1840s. He also has photos of many random teams, including the 1910 Lancaster High squad, and the 2000 USA National Team, on which his son, Zane, was a member on his way to a short career as a pitcher in the minor leagues for the Kansas City Royals organization. "Both of my boys were great baseball players," Ron said proudly.

Among his prized possessions is a shadow box featuring the Robert Redford movie, *The Natural*. It includes a glove worn by the player who is believed to have inspired the film, Eddie Waitkus, and signed by Robert Redford. "I traded 50 copies of *The Dallas Morning News* and their coverage of Mickey Mantle's funeral in exchange for him to sign that glove," Ron remembered.

Ron said he's not sure where they'd put much more. One or two things they are even considering getting rid of — but don't ask to buy any of the four antique funeral fans. The answer is no. "I've pretty much quit collecting unless I find something that's a jewel," he said. "I'm always looking for that jewel." **NOW**



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— By Zachary R. Urquhart

What seemed like it might be a passing fad 10 years ago, appears to be here to stay — energy-efficient upgrades to new and existing homes. With oil prices constantly in flux, homebuilders have started adding key improvements to energy efficiency in their construction process, and many appliance manufacturers offer models that can cut bills in half. Here are some things to consider including as you build a home, as well as simple upgrades you can take advantage of in a home that has already been built.

New Appliances

• **Do the math.** When appliances, such as refrigerators, washers, dryers or ovens start having problems, think about the potential monthly energy savings of a new model before pouring money into repairing an older, less efficient unit. If you are buying replacements, or completing a new build, make sure you know the monthly energy costs before simply picking the cheapest model. You can easily find the energy use specifications on manufacturer or retail websites.



• **Look for the logo.** For two decades, the government has sponsored Energy Star, an agency that tests products and reports on their energy efficiency. Products that meet the highest standards will have a small blue sticker with the word, "energy" followed by a star. When buying new appliances, it is usually worth spending a few dollars upfront for the savings over the life of your machine.

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• *Remember the "Big Two."* Draining your water heater allows you to get sediment out. This allows your heating elements to last longer and work better. For your air conditioning system, you can change your filters yourself, but it might be worth calling a professional for a yearly air duct cleaning to help the unit, and to give your family cleaner air. Preventative maintenance on your unit is important. When it comes to repairs, though they can be costly, many issues may lead to larger, more expensive problems if left unchecked. Contact your local plumber or HVAC serviceman to keep your equipment running smoothly.



Keep the Air In

• *Do not cool the outside.* The average Texas home uses more electricity on the cooling system than it does on anything else, and letting air out through cracks makes it worse. You can probably solve the issue with weather stripping, which is available at any hardware store or superstore. If that is not enough, you might need to adjust the door to square it in the frame and minimize air drafting to the outside.



• **Check your windows.** Air can also escape through cracks near your windows, and weather stripping and caulk should be all you need to correct this problem. If you have older, single-pane windows, getting an estimate from a local window replacement company may be worth your while.

Shield It Inside and Out

• **Think about shade.** While they are great for offering views of the yard and can be made to be very attractive from the outside, windows have a notable downside. During the hot summer months, heat comes in through the windows. If you are building a new home, try to include some trees or shrubbery close enough to shade some of the direct sunlight coming in through your windows. And if you need a quick fix or cannot add vegetation, consider solar screens instead.

• **Insulation is key.** Hot air comes into the house in the summer and flows out during the winter, and your main defense against that unwanted and expensive heat transfer is insulation. If you do not have adequate insulation in your walls and attic, you need to add it as soon as possible. There are pros and cons to options, such as batting, spray foam and radiant barriers, but the key is to have it installed properly, so be ready to hire a professional.



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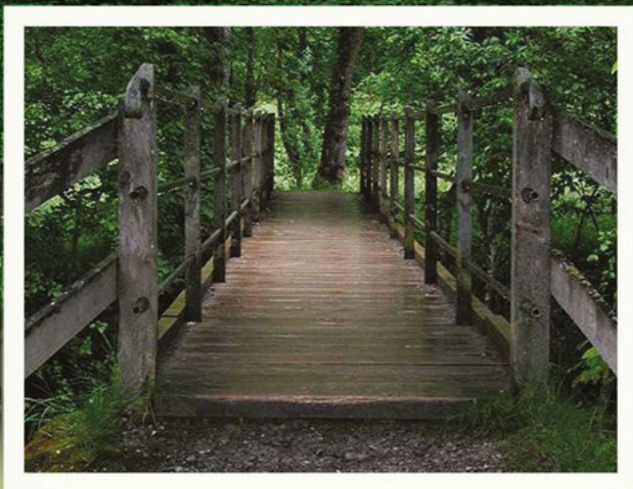
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Make Small Changes

• **Insulate your pipes.** Your attic and walls are not the only things that need insulating — your pipes do, too. The copper pipes for your central air unit undoubtedly have insulation already, but some people neglect to cover their hot water pipes. Insulation there will keep your hot water from cooling down as quickly, which means your hot water heater won't have to work overtime to do its job.

• **Invest in new bulbs.** You might have noticed that the light bulb section at the store has changed more and more over the last 10 years. Compact fluorescent lamps (CFL) and light-emitting diodes (LED) are replacing what used to be standard incandescent light bulbs, and for good reason. There is some fluctuation, but CFL and LED lights typically cut electricity by more than half, with some LEDs cutting cost by as much as 90 percent. While there is a bit of an upfront cost difference, the bulbs last much longer, and emit less heat, leading to less electricity being used in the home's cooling process.



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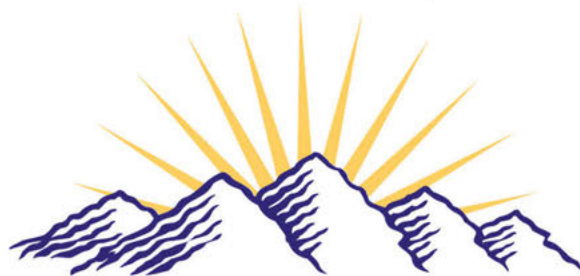
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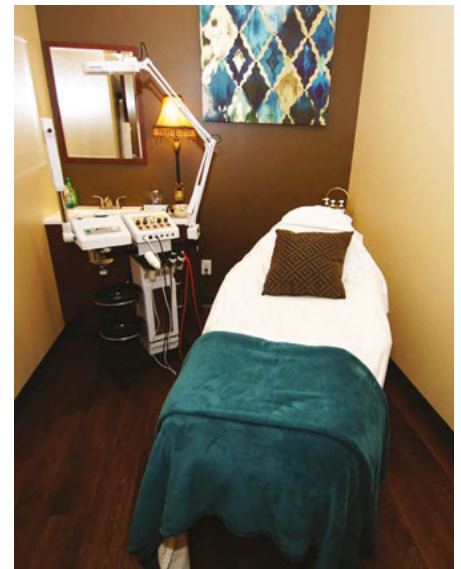


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You Deserve It

Amirah Boyo's goal is to help you take care of yourself first.

— By Sara Edgell

When Amirah Boyo opened her massage studio roughly 10 years ago, she had a very clear agenda — to help people take care of themselves. Her singular goal was to offer the health benefits of massage therapy to families in the southern sector of the DFW area at affordable prices. She wanted to broaden people's thinking, so that treating themselves to a massage wasn't just a periodical treat but an integral part of their lifestyles. "I have always had a natural knack for caring for people, and I have always been good with my hands," Amirah explained, remembering her childhood in New Orleans when she would offer free leg and back rubs to her aunts and friends. "So

I combined that with my genuine love for my fellow human beings' well-being, and here I am."

With eight licensed massage therapists on staff, I Need a Massage has the varied special modality knowledge and skills to treat whatever may be ailing you. Whether your needs are prenatal, trigger point, deep tissue or sports related, or perhaps you simply want to relax, the experienced team and their helping hands are ready and willing to get to work. "Either you pay for your health now, or you pay for it later," Amirah declared. "By investing in yourself now with regular massages, you are really taking care of yourself for the long run."

Business **NOW**

Unfortunately, many people think getting a massage is unnecessary or a frivolous expense. "That couldn't be further from the truth. Massages help improve a person's overall well-being and health," she explained. "Taking care of yourself isn't selfish, it's necessary."

"By investing in yourself now with regular massages, you are really taking care of yourself for the long run."

During a massage, endorphins and pheromones are released, which cause an individual to feel a "massage high" after-effect. Other beneficial outcomes of regular massage treatments may include: lowered blood pressure, increased flexibility, mobility, blood flow, and it even helps the libido. Better quality sleep, mental clarity and an improved immune system are additional benefits that individuals enjoy thanks to a regular massage regimen. "Having regular massages is a proactive approach to health care," Amirah said.

Massage is used frequently to treat depression, as well as to alleviate and manage stress. It's a powerful healing tool that has the ability to tap deeply into not only the physical body but, also, the emotional psyche. "People carry stress and pain so deeply that, sometimes, they don't even realize it until they are lying on my table. Multiple people have been so moved during a session that they cry. It can be a very emotional experience for many people," she explained.

Therefore, Amirah and her team of professionals have made it a point to ensure they have created a place where clients feel welcome and comfortable every time they visit. The calming, friendly space is adorned with modern and contemporary high-end design elements, and everyone is greeted with a warm smile. Clients of all ages, from around age 10 to age 99, are invited to maintain regular monthly, bi-weekly or weekly appointments to keep their bodies and spirits in good shape. A monthly membership, which offers discounted rates, is available for those who wish to take advantage of frequent massages.

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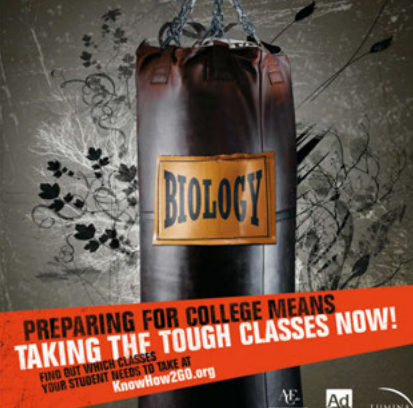
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7-year-old author, Saniyah McGren, reads to kids at Zula B. Wylie Library for Community Heroes & Helpers Month.



Olivia Cunningham of Clay Classical Academy wins a Kindle e-reader after completing a 25-hour summer reading log.



Winston Hutchinson is already teaching his grandson, Cason Malloy, the importance of fitness at the Got Body Gym in DeSoto.



Duncanville Chamber of Commerce members take a moment to pose during a networking lunch at Osaki Sushi & Hibachi.



The Hastings Elementary ribbon cutting ceremony highlights the grand opening of its new, state-of-the-art campus.



Duncanville firefighters show their strength at the Annual Fire Truck Pull.



With more than 400 members, the Duncanville High School band is the largest it's ever been.



Officer Nic Briston, Police Chief Joe Costa and Superintendent David Harris gear up to watch DeSoto High's first football game of the season.



Best Southwest Partnership breakfast series on healthcare panel listens intently to Sonja Gaines, associate commissioner of TX Health and Human Services.

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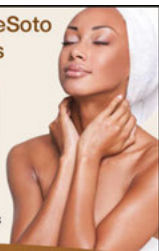
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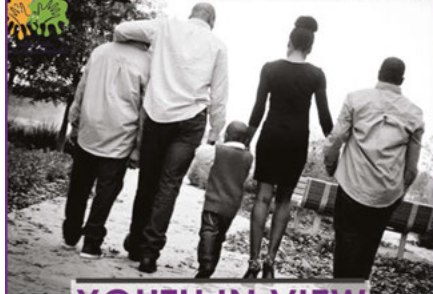
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A Breath of Fresh Air

— By Betty Tryon, BSN

For a group of empty air sacs, the sinuses can cause a lot of problems. They take their name from the bone in which they exist: frontal sinuses located in the forehead, maxillary sinuses behind the cheekbones, ethmoid sinuses in the area that separates the nasal cavity from the brain and sphenoid sinuses are found in the back of the skull.

Anything that interferes with air flowing into the sinuses and the ability of mucus to drain from the sinuses can cause inflammation or sinusitis. The sinuses may become swollen and filled with fluid contaminated with viruses, bacteria and fungi, which lead to the development of a sinus infection. Allergic rhinitis could also create the swelling and inflammation. Other conditions that block the pathway for proper drainage from the sinuses are having nasal polyps and a deviated septum. Polyps are growths within the lining of the sinus cavity, and the septum, if deviated at all, can make one side larger than the other, giving the smaller side a disadvantage in performing its function properly. Having immune system deficiencies also leads to an increased susceptibility to sinusitis and infections.

There are basically three types of sinusitis: acute, subacute and chronic. Acute sinusitis starts suddenly and may last a couple of weeks, unless a secondary bacterial infection develops. Acute sinusitis is most often caused by the common cold and results in

a stuffy nose and headaches. The sinus areas around your face may be tender to the touch and feel as if they are full. Subacute sinusitis may last up to three months. Chronic sinusitis has less to do with bacterial growth and more to do with structural problems, such as polyps and deviated septum and with allergic rhinitis. This type may last three months or even longer.

Treating sinusitis could mean using something as simple as a warm compress on your face or a humidifier in your room, or it could mean something more serious, such as surgery. Of course, much of it depends upon what type of sinus problem you have, what's causing it and the general state of your health. To target specific symptoms of a runny nose, thick mucus, stuffiness, headaches and face pain, over-the-counter medications, such as antihistamines, guaifenesin, decongestants, pain relievers and nasal steroids are beneficial. Your doctor may want to order prescription medication that may be more effective. If you have developed an infection, then you will probably be on antibiotics. If your symptoms continue, you might want to seek help from an otolaryngologist for more specialized care. **NOW**

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



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October 6

DeSoto Police Department and DeSoto Domestic Violence Advisory Commission's Free Lunch and Learn: 11:00 a.m.-1:00 p.m., The City of DeSoto Civic Center, 211 E. Pleasant Run Rd. October is Domestic Violence Awareness month. To register, visit www.eventbrite.com and search for the event.

October 8

The Pampering and Hope's fourth annual Treasured event: 10:30 a.m.-12:30 p.m., Crossroads of Life Assembly of God, 123 U.S. 67, Duncanville. Register at pamperingandhope.org or call (972) 400-1236.

3rd Annual Heart of Duncanville 5K: 7:30-10:30 a.m., Ben Franklin Apothecary, 302 N. Main, Duncanville. 1-Mile Fun-run, 5K and post-race concert by the Shane Bell Band. For more information, call (972) 298-1147 or visit www.HeartOfDuncanville5k.com.

October 15

Holiday Craft Bazaar: 9:00 a.m.-4:00 p.m., First Christian Church, 203 S. Main St., Duncanville. There will be vendors, baked goods and much more.

October 18

The CareVan Immunization Clinic: 5:00-7:00 p.m., Trinity United Methodist Church, Duncanville. Clinic will provide free vaccines for children with immunization records.

October 20

Hillside Village Wine Walk: 5:00-8:00 p.m., Hillside Village Green, 305 W. FM 1382, Cedar Hill. Participants must be at least 21 years old.

October 22

Dallas Area Writers Group (DAWG) Fall Workshop: 8:30 a.m.-4:00 p.m., DeSoto Civic Center, 211 E. Pleasant Run Rd., Pecan Rooms I, II & III. "Write to Publish: Climbing Toward Success" featuring *New York Times* Best-Selling Author Taylor Stevens. To register, visit www.dallaswriters.org.

October 27

Scare on the Square: 6:30-8:00 p.m., 600 Cedar St., Cedar Hill. Historic Downtown Cedar Hill on Main St.

October 28

Boo Bash and Duncanville Recreation Center/Duncanville Public Library's

Collaborative Halloween Party and Creative Writing Contest: 7:30 p.m. The contest is for fifth and sixth graders. The kids are asked to write a Halloween-themed short story. The winner will be announced at the bash.

October 29

21st Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., downtown Waxahachie. Join Bob Phillips for a day of arts and music, plus a free concert by Restless Heart. Free admission. For information, visit www.waxahachiecvb.com.

Ongoing:

Third Fridays

Senior Dances: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins, Duncanville. Cost \$5. For more information, call 972-298-0667.

Third Saturdays

duncanSWITCH Saturday Street Market: 8:00 a.m.-2:00 p.m., Main and Center streets, Duncanville. The event will include vendors, food and fun.

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In the Kitchen With Rosalie St. Andrew

— *By Rachel Smith*

Watching her mother and grandmother's Southern-style cooking, Rosalie St. Andrew learned to cook through dashes and pinches of tasty ingredients. "It is interesting that I have mastered their techniques and passed them down to my children as well," she said. Tweaking and improvising in the midst of a culinary project gets her creative juices flowing. "I always put my special touch in a recipe to make it my own," she added.

With hobbies from singing to event planning, cooking is near the top of her list. "I love cooking for family and friends. If they ask me how to make a dish, I would have to measure the ingredients for them as I make it to provide a detailed recipe," she admitted. "It's all in my head." **NOW**

Big Mamma's Creole Breakfast Mix-up

- 1 Tbsp. olive oil
- 1 lb. Owens Turkey Breakfast Sausage
- 3 Smokey Denmark's links, sliced (can be purchased at a local meat market)
- 4 slices cooked bacon (fry in pieces)
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup green onion, chopped
- 1 medium tomato, chopped
- 2 cups Jasmine rice, cooked
- 1/4 cup jalapeños, chopped and deseeded
- 6 eggs (beaten with 1/2 cup milk)
- 1 cup Sargento pepper jack cheese, shredded
- 1/2 cup Daisy's sour cream

1. In a large skillet, heat olive oil. Add breakfast sausage; cook until crumbly.
2. Add sliced links; cook until done. Add

bacon. Drain oil from skillet. (Leave a small amount to sauté vegetables.)

3. Add bell pepper, onion, tomato and rice; sauté. Add jalapeño and eggs; let cook for 5 minutes. Stir until eggs are almost done. Add cheese and stir well.

4. Remove mixture from skillet and place in serving dish. Add sour cream to mixture; serve.

Rosa's Potato Salad Supreme

- 8 medium Yukon Gold potatoes
- 6 hard-boiled eggs, chopped (divided use)
- 6 slices bacon, cooked and crumbled (turkey, Oscar Meyer or pork give best flavor), divided use
- 1 1/2 cups Miracle Whip salad dressing
- 1/2 cup Daisy's sour cream
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup green onion, finely chopped

- 1/2 cup celery, finely chopped
- Dash Louisiana Supreme Worcestershire Sauce
- Dash Louisiana Hot Sauce
- 1 4-oz. jar pimentos
- 1 cup sweet pickled relish

1. Wash potatoes before placing in a large pot; fill halfway with water; cook until tender. Cut potatoes into small cubes.
2. In a large bowl, add potatoes and eggs, setting aside one egg for later use. Mix together, but do not mash.
3. Mix half of the crumbled bacon into the potatoes. Add remaining ingredients, except the extra egg, one at a time, and mix.
4. Slice remaining egg and place as garnish on top of salad. Cover and refrigerate 2-4 hours.

Pinto Beans and Rice in a Box

- 1 lb. bag pinto beans (soak overnight in water)
- 1-2 ham hocks or turkey wings, smoked
- 1 cup white onion, diced
- 1 cup celery, diced
- 1/2 cup green bell pepper, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup orange bell pepper, diced
- 1/2 cup yellow bell pepper, diced
- 3 Tbsp. minced garlic
- 3 Tbsp. chili powder
- 2 large bay leaves
- 1 tsp. dried basil
- 1 tsp. thyme
- Salt and pepper, to taste
- 1 cup sugar
- 1 lb. ground beef or turkey
- 1 lb. smoked sausage (beef, pork or turkey)
- 1 cup Jasmine rice (per serving), cooked

1. Drain soaked beans; rinse thoroughly under cold water.
2. Add beans to a slow cooker. Fill cooker 3/4 of the way with water; add ham hocks or turkey wings. Cook on high until water is brown.
3. After an hour, add vegetables. After another hour, mix in seasoning.
4. Add ground beef or turkey and smoked sausage. Cook until beans are done. Serve over rice.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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