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MAGAZINE

OCTOBER 2017

A Growing STEM

Andrea Dagley's recent training is opening doors for many

Collecting Quality

At Home With David
and Nellie Porterfield

Staging a Show of Force
Chop, Crop and Grow
Medical Love for Pets

Dining Deals
In the Kitchen With
Alex Boerger



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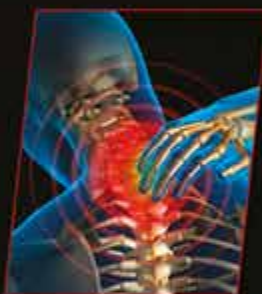
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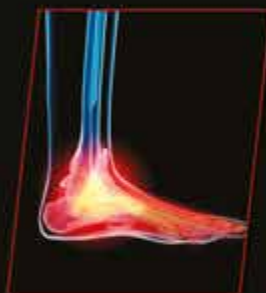
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Event Details:

8 am to 2:30 pm | 10.21.17 | DeSoto HS

For Female Leadership Forum updates and registration, visit

[www.DeSotoISD.org/](http://www.DeSotoISD.org/FemaleLeadershipForum)

[FemaleLeadershipForum.](http://www.DeSotoISD.org/FemaleLeadershipForum)

College Boot Camp & College Fair

DeSoto ISD hosted the district's annual College Boot Camp and College Fair the week of Sept. 9.

Hundreds of students and families received valuable college preparation information regarding college applications, college financial aid and financial planning, scholarships, and more!

Thanks to sponsors like Costco, Bank of DeSoto, UNT Dallas, DeSoto Parks and Rec and DeSoto ISD Gear Up for supporting college readiness in DeSoto ISD.

DeSoto ISD Family Academy & Magnet Showcase: Nov. 11

The DeSoto ISD Family Academy and Magnet Showcase is titled "It's a Family Affair: Where Innovation and Engagement Meet!"

Participate in interactive family workshops, learn ways to better support your academic scholar in family-focused info sessions and attend the DeSoto ISD Magnet and Innovation Fair where families can learn about the vast and diverse body of rigorous academic programs available to students and families in DeSoto ISD.

Event Details:

9 am to 1:30 pm | 11.11.17 | DeSoto HS

CALENDAR

- 10/02: Holiday/ Schools Closed
- 10/03: VB v. Irv. MacArthur
- 10/06: VB v. YWLA
- 10/09: Regular Board Meeting
- 10/10: VB v. Duncanville
- 10/13: FB v. GP (Homecoming Game)
- 10/17: VB v. Irving
- 10/21: Female Leadership Forum
- 10/23: Regular Board Meeting
- 10/20: VB v. Cedar Hill (Senior Night)
- 10/26: Early Release; Parent Conferences
- 10/27: Holiday/Schools Closed
- 10/27: FB v. Duncanville
- 10/30: Staff Development Day/ No Classes
- 11/09: FB v. SGP
- 11/11: Family Academy & Magnet & Innovation Showcase

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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Southwest Editor, Adam Walker

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Tim Maiden . Rick Mauch

Betty Tryon . Zachary R. Urquhart

Editors/Proofreaders, Pat Anthony

Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Shane Kirkpatrick

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Advertising Representatives,

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CONTENTS

October 2017 • Volume II, Issue 10



8 A Growing STEM

Andrea Dagley is one among a select few that attended classes in Washington, D.C.

16 Collecting Quality

At Home With David and Nellie Porterfield.

24 Staging a Show of Force

Age is no barrier to victory for Fran Monroe.

30 Chop, Crop and Grow

Landscaping now will enhance the beauty of your yard next spring.



36 BusinessNOW

40 FinanceNOW

44 CookingNOW

ON THE COVER



Andrea Dagley sees the future of science education.

Photo by Shane Kirkpatrick.

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Editor's Note

Trees ablaze with color ...

October is my favorite month. Fall is brief here in Texas, but dramatic. For that one instant, what was green a few days ago bursts into a riot of yellows, oranges and reds. It doesn't matter that my allergies are at their worst. The beauty of nature's last hurrah before the dead-stick days of winter has always inspired me. Robert Frost was speaking about the first leaves of spring when he penned "Nothing Gold Can Stay," but the sentiment holds at both ends of the growing season. Gold is nature's hardest hue to hold. And maybe that's why I love it. It's brief, like so many good and beautiful things, but that's what makes it wondrous. If the trees were dressed in fall colors all year, we wouldn't even notice.

Here's hoping you find the time to notice all the brief wonders in your lives and take a moment to enjoy the passing beauties on your path.

Adam

Adam Walker
SouthwestNOW Editor
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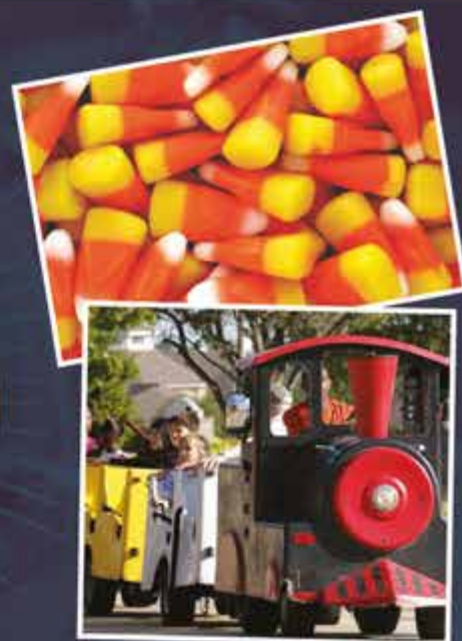
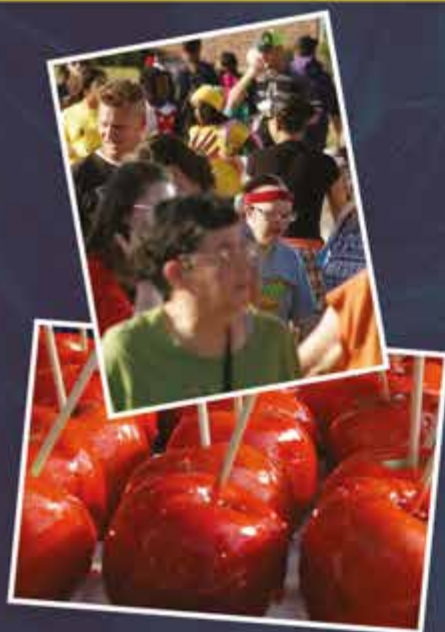
In addition to our Fall events, we meet weekly on Sundays.

Sunday School
9:00 & 10:30 AM

Traditional Worship
9:00 AM

Modern Worship
10:30 AM

Spanish Worship
11:00 AM



A Growing STEM

— By Rick Mauch



Andrea Dagley would go to the moon to further education. This past summer, however, she only had to go to Washington, D.C. Andrea, a seventh and eighth grade science teacher at Trinity Christian School in Cedar Hill, was accepted into a program that trained her to become an Essential Elements Certified Instructor. The program, sponsored by the Chemical Education Foundation in Arlington, Virginia, gave her training on how to conduct STEM — science, technology, engineering and mathematics — workshops. “The idea is to help educators bring the classroom to life, where kids are actually participating in their education,” Andrea said. “Hopefully, the children will want to get into a science career, especially the young women. We need more women in the technology field.”

Andrea, 34, has been teaching 13 years, including the last four at Trinity. She received her bachelor’s degree from Concordia University in Seward, Nebraska, and her master’s degree from Dallas Baptist University. She is one of only 30 educators in her field from across the nation chosen to be a part of this training. “It was the first time I’d heard of it. When I found out I had to tell someone right away, so I went down the hallway to my teacher friend and was so excited. I said, ‘I got picked!’” Andrea said, still giddy upon remembering.



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As thrilled as she was to be honored, Andrea was thinking more of her students and children everywhere. She wants them to have the same experience she had when she fell in love with science. Her passion for science grew from watching her maternal uncle, who is a former cancer researcher in Boston and is now with the University of Minnesota. She figured out early in high school in Rapid City, South Dakota, that she might be headed in this career direction. “I remember my freshman year of high school, my biology teacher got me interested in science. I liked the dissecting and learning,” she said. “I knew then that I wanted to be a science teacher. Now, my kids do about 10 dissections each year.”

Andrea and her husband, Roger, a home inspector, have two children. Grace is 4, and Grant is 1. Having never been to D.C. before, she and Roger turned the trip in mid-July into a mini-vacation. They arrived a day early and stayed a day later to take in the sights. “Nothing wrong with having a little fun while learning,” she said. “That’s how I am with my students.”

That’s a benefit of incorporating STEM into her classes. To educate, she uses the 5Es model: engage, explore, explain, elaborate and evaluate. “It’s much more engaging than what’s been done in the past,” she said. “The Essential Instructor program is based off this model. I’m very much a ‘Here’s the supplies. You tell me what you need

to do' kind of teacher. We're trying to develop critical thinking skills in junior high. Students need to learn not to expect everything to be handed to them. Every now and then a student will come back and say, "Thanks for what you made me do."

According to Trinity Christian Principal Shari Smith, when Andrea commits herself to a project, she will stop at nothing short of complete success. She expects the same from her training in D.C. "Andrea is dedicated to excellence in academics and in character. She's a great team leader and has great vision for our junior high," Shari said. "Last year, she dedicated herself to having joy, so she became our 'joy captain.' That meant she came up with ways for our staff to connect with each other and bring joy to our days."

Andrea's training not only benefited her, but will also help other educators. Her workshops will allow her to pass along her newfound knowledge to others in her field, even homeschool parents. In essence, she will be showing other instructors how to get the most out of STEM teaching with their students. "I think people have a different idea about STEM and what it does for students," she said. "It's so much more. It can be incorporated into every single classroom, not just science and math. Take English class, for example. You could start with the English Empire and bring in history. This is what they did for food, and bring in the science classroom. How did they build their homes? That's math and measurements."

Students can even bring their faith into it. They can research to find out what type of religions were in the English Empire. "STEM is all around us," she stated. "We need to grasp it and use it."

Andrea is fascinated by science for a variety of reasons. In fact, she calls her science teaching "life lessons." "Breathing, you don't think about it — you just do it," she said. "I teach my seventh-graders about the human body. There are so many things that are involuntary, just science doing its work."

Her friend and sixth grade science teacher, Janet Veracruz, introduced Andrea to the idea of STEM. The past two years they attended Kosmos Energy STEM Teacher Institute programs



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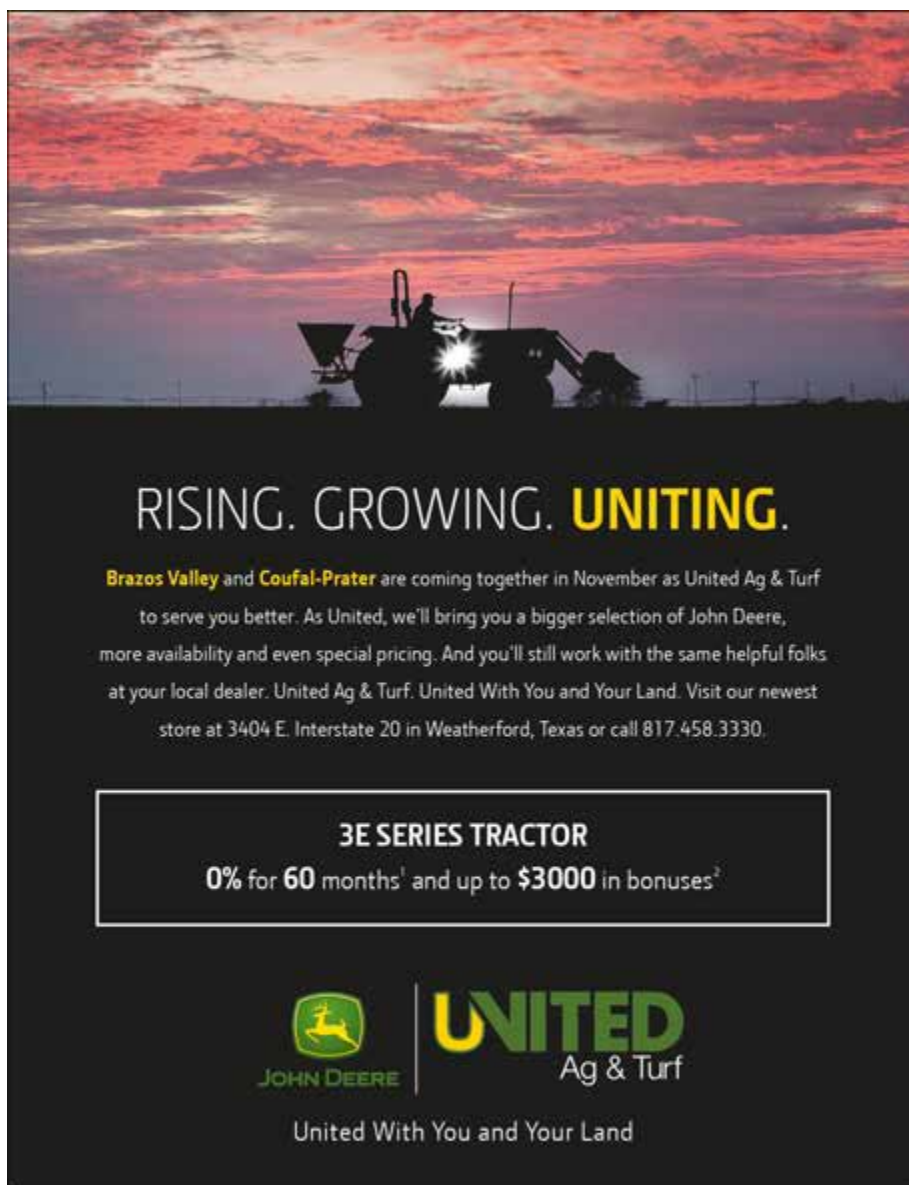
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through the Perot Museum of Nature and Science with a gathering of educators from all over the Metroplex. “This immediately took our teaching to a whole new level,” Janet said. “We continue to collaborate and continue to create out-of-the-box thinking for our students. Now, with the acceptance of a new challenge in STEM and Andrea’s field of teaching physics, it will bring innovative ways to integrate more levels of math and techniques toward science to our department and school.”

Andrea added about the Kosmos program, “We had pre-K through high school teachers there, and it wasn’t just science. We had history teachers there. We had resources that we brought back to our classrooms. It was great. I learned something new each time I went. Our minds were blown by how many things we thought we knew that we actually didn’t.”

And Andrea believes that is the beauty of science. That is what she is hoping her workshops provide for her fellow educators — and subsequently for their students. “As educators collaborate, it makes the kids collaborate,” she said, noting that the more people work together, the more they can learn from each other and ultimately advance the overall educational process.

Andrea hopes to hold her first workshop this fall. She is required to hold at least three, but would like to conduct even more. With the Dallas-Fort Worth Metroplex being so large, she figures there shouldn’t be a shortage of attendees.

And when they attend, she hopes they leave as enlightened as she is now. After all, there is so much to learn and to be excited about. “I don’t like to stay comfortable in my teaching position. I’m always trying to think of something different, more challenging,” she said. “Science has so many ways to challenge us.” **NOW**

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Collecting Quality

— By Adam Walker



At Home With David and Nellie Porterfield



A lamppost by the front sidewalk beckons visitors to the Tudor-glass door of the home of David and Nellie Porterfield, where the well-manicured lawn and colorful flowerbeds hint at the tidy kaleidoscope of decoration within. But their collections aren't just things. The Porterfields have a story to go with every object.

Just inside the door, at the end of the entryway stands an old floor globe, which boasts countries long forgotten like Manchukuo and Anglo-Egyptian Sudan. "That globe used to be in my church growing up. When they got rid of it, the pastor told



me "Take it, Nellie. No one but you cares about that old thing!" And so, like many another antique, that pre-World War II globe found a new home and new respect with the Porterfields, where it keeps company with a grandfather clock and an octagonal table from Denmark with beautifully striped woodgrain.

Only the arrangement of the furniture truly divides the entry from the living room, but the pops of color pull you in to sit a spell on the rust and teal sofa and loveseat, and to admire the baby grand piano or the blue-and-green Roseville pottery on the mantel. The teal is repeated in the rug under the glass coffee table, which displays Black Forrest pottery jewelry boxes and what appears to be a strapped bundle of school books, but is actually a cookie tin! A glass-fronted bookcase against the side wall holds a collection of things Texan and Scottish — tartan covered books and bagpiper dolls join wagons in a display of heritage.

More heritage is on display in the guest room where the spinning wheel of one of David's great-grandmothers shares the room with a framed portrait of his mother as a little girl with her dolls. Here is also where David keeps his collection of antique hand-sewn quilts in another antique, glass-front case. "These quilts have been on display twice in museums. It's the extreme quality of the workmanship that I enjoy. The precision of the stitching. You just don't see work like that today!"

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he took a job at Chance Vought, just in time to be drafted for the Korean War. "I hadn't transferred my draft papers from my parents' farm in Petersburg, Texas. If I had been on the farm, working, or had my papers here in Dallas, I might not have been drafted. But I was assigned to Rocky Mountain Arsenal, where I was one of the engineers on my assignment." When David finished his service, he returned to Vought where he worked for 48 years building many of the most advanced military aircraft through the years, including the B-2 stealth bomber,

which explains part of the decoration in his study. In among the Navajo blankets and pottery, which he prizes for the precision of their workmanship, stand models of some of the aircraft he worked on over the years. The nightstand by the daybed is actually an antique safe that Nellie found for sale in a field in Brimfield, Massachusetts!

The white and soft blue master bedroom features an unusual hand-painted chandelier. "I bought that at an estate sale near Red Bird," Nellie explained. "I've never seen another one

quite like it!" A small curio cabinet holds a collection of little porcelain dolls, needle point and embroidered coin purses and dance cards dating back almost to the Civil War! Another feature of this room is several pieces of Queen Victoria memorabilia, including a framed page from a magazine and a needlepoint piece of her christening one of her children.



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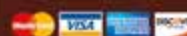
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The master bath has modern tile floors and countertops in a soothing beige. Plenty of English barbola mirrors and the mirrored closet doors insure the room is well lit. But there is also a French oil painting over the bathtub.

On the other side of the house, the dining room features a large Walter Henning oil painting of a boy and girl from 1870. It virtually fills one wall of the room. The chandelier that hangs from a medallion on the ceiling was originally a gas light. One of the china cabinets is filled with French Haviland, the other with pheasant china. A grandmother clock and several English landscapes also call this room home.

The kitchen hosts blue-and-white plates of various designs on the walls and an antique breadbox from the 1870s on top of the fridge. The wainscoting in the breakfast nook and simple farm table with its checkered cloth create a more relaxed atmosphere, and the child's cabinet and play dishes add a touch of whimsy.

Whimsy makes its most daring appearance in the den, where a giant pair of spectacles stare down at anyone sitting on the leather couch to watch TV. Above that couch is one of many paintings by local artist Lovita Irby. The sunset captured in this painting virtually glows. "That painting used to hang in the U.S. Embassy in Brunei," Nellie explained. "It was part of an exhibition to show American culture. I'm lucky to have that piece."

A large secretary in the den holds more of David's collection of Navajo pottery, much of it the striking, modern Maria pottery noted for its black-on-

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black decoration. Also on display are a selection of Alaskan Native carvings in walrus ivory and tiny, handwoven baskets from the Native American Medical Center Craft Shop in Anchorage.

Nellie and David have been married for 60 years, which no one would have suspected when they first met at a retreat at Mt. Lebanon. "I was 15 or 16," Nellie remembered. "He offered to give my younger sister and me a ride back home to Oak Cliff." Nellie was dating a boy from Texas Tech at the time, and David had become friends with that boy. When Nellie and her beau broke up, David asked her out. They dated until Nellie graduated from high school. Then they married. "David had asked for permission to date me, but when we decided to get married, my mother said, 'If I had known you'd get married at 18, I would have said no.'" Nellie worked for Southwestern Bell for a few years before raising her family. Then she became a real estate agent and found their home in Duncanville while David was on a long-term, out-of-state assignment. Now they keep the house colorful and filled with everything they enjoy. And if Nellie finds a stray globe or optometrist's sign in need of a home, there's still plenty of space! **NOW**

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DeSoto firefighters and paramedics help Harvey evacuees from a nursing home in Galveston return home.



Cedar Hill High School seniors Na'terra Hollie and Haley Taylor participate in Stuff the Bus.



Josh Graham, son of Duncanville's First Baptist Church's worship pastor, Wayne Graham, helps out in Houston, Beaumont, Port Neches and Port Arthur.



Dr. Speaks works with the Chiropractic Emergency Response Team in Beaumont, TX, to provide chiropractic care to the National Guard and first responders.



The Cedar Hill Air Force Recruiting Office helps restock Cedar Hill Shares Food Pantry.



Volunteers from Tri-Cities Animal Shelter set up a temporary shelter.



Duncanville High School Student Council members Jacqueline Villa and Angel Alonso donate blood for hurricane victims.



Cockrell Hill Elementary School students and staff collect donations for Hurricane Harvey relief.



Best Southwest Regional CERT members set up the Dallas Mega Shelter.



Texas Strong



The past few weeks have been emotional ones, as images after image of Hurricane Harvey's wrath have come across our TV and computer screens. But one thing has been evident, and beautiful, in the middle of the aftermath — the spirit of Texas, or should I say, the spirit of *Texans*. Neighbor helping neighbor. People from all over Texas and from all across the U.S. pitched in to help.

We at NOW Magazines had the privilege of seeing the generosity and compassion of people throughout all of our 10 market areas. From Corsicana all the way to Weatherford, from Duncanville down to Granbury, people just got to work. Without a second thought, they hitched their boats to their trucks and went to the rescue, assisting in any way they could. Medical professionals offered their services. Contractors offered their skills. Churches and civic organizations packed trailers full of needed supplies. School children had penny drives, collected canned goods, prayed, auctioned off their artwork and held blood drives. So much clothing was collected that a request was issued to refrain from giving more. Hotels opened their doors to refugees. Volunteers helped set up temporary shelters. Emergency response teams for various local communities

mobilized to assist. People loaded up grills and went to Houston over the Labor Day weekend to cook for first responders and those who had been displaced by the storm.

People from all walks of life and backgrounds, with different kinds of skills and abilities, looked for ways they could make a difference. It might seem like one person can't make that much of an impact. But we are all like the individual pieces of glass in a mosaic. When you step back, you can see the bigger picture. Each unique piece is needed and has a place where it fits. Not everyone had the training or strength of the first responders. But that's OK. They contributed with the skills they did have and gave what they could. And what a difference they made!

That generous spirit will continue to be needed. Federal agencies are gearing up, expecting the recovery effort to take years. Below are some different organizations you can contact to learn what still needs to be done and how you can help.

The staff of NOW Magazines counts it an honor to live and work in such giving communities. Let's keep showing the world we are Texas Strong! **NOW**

Becky Walker • Managing Editor • NOW Magazines

State and National Organizations:

Red Cross of North Texas • (214) 678-4800 • Facebook: RedCrossDFW
<http://www.redcross.org/local/texas/north-texas>
Text Harvey to 90999 to make a \$10 donation.
The Red Cross is accepting financial donations.

Salvation Army • helpsalvationarmy.org • 1-800-SALARMY • Text \$10 to 50555

North Texas Food Bank:
The North Texas Food Bank is looking for donations of food and funds to replenish their available food supply. Contact ntfb.org.

Save the Children Flood Fund • SaveTheChildren.org

The Texas Lions Foundation:
The Texas Lions Foundation has already sent disaster grants to the districts affected by Hurricane Harvey. Any person wishing to financially assist, may mail checks earmarked for "Harvey Relief" to PCC Bernie Gradel Jr., P.O. Box 64881, Lubbock, TX 79464.

SPCA of Texas • (214) 742-7722 • Financial donations requested.

Texas Baptist Men Disaster Relief • (214) 381-2800 • texasbaptistmen.org
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Catholic Charities of Dallas • 866-CCD-7500

ccdallas.org/donate (dropdown menu, choose Hurricane Harvey)
Donations of non-perishable food items may be made at 1421 W. Mockingbird, Dallas, TX 75247.

Trinity Church • (972) 291-2501

Jewish Family Service of Greater Dallas • (972) 437-9950
Speak with Jamie Denison or email j.denison@jfs.org for volunteer opportunities and other ways to help.

Dallas Baptist University
DBU is preparing for groups of students, faculty and staff to go to the Houston area during Fall Break (the first week of October) and probably during Spring Break, as needed. The DBU Responds Fund is helping DBU students who are impacted by the hurricane with tuition and other needs, as well as providing for supplies and support for the relief trips.
www.dbu.edu/dburesponds

Mayor's Disaster Relief Fund
It will provide relief grants to individuals/families for basic housing assistance & necessities for those in the city of Dallas affected by a federally declared natural disaster. In the coming months, the fund will support evacuees to Dallas from areas affected by Hurricane Harvey. Visit the fund to donate online.

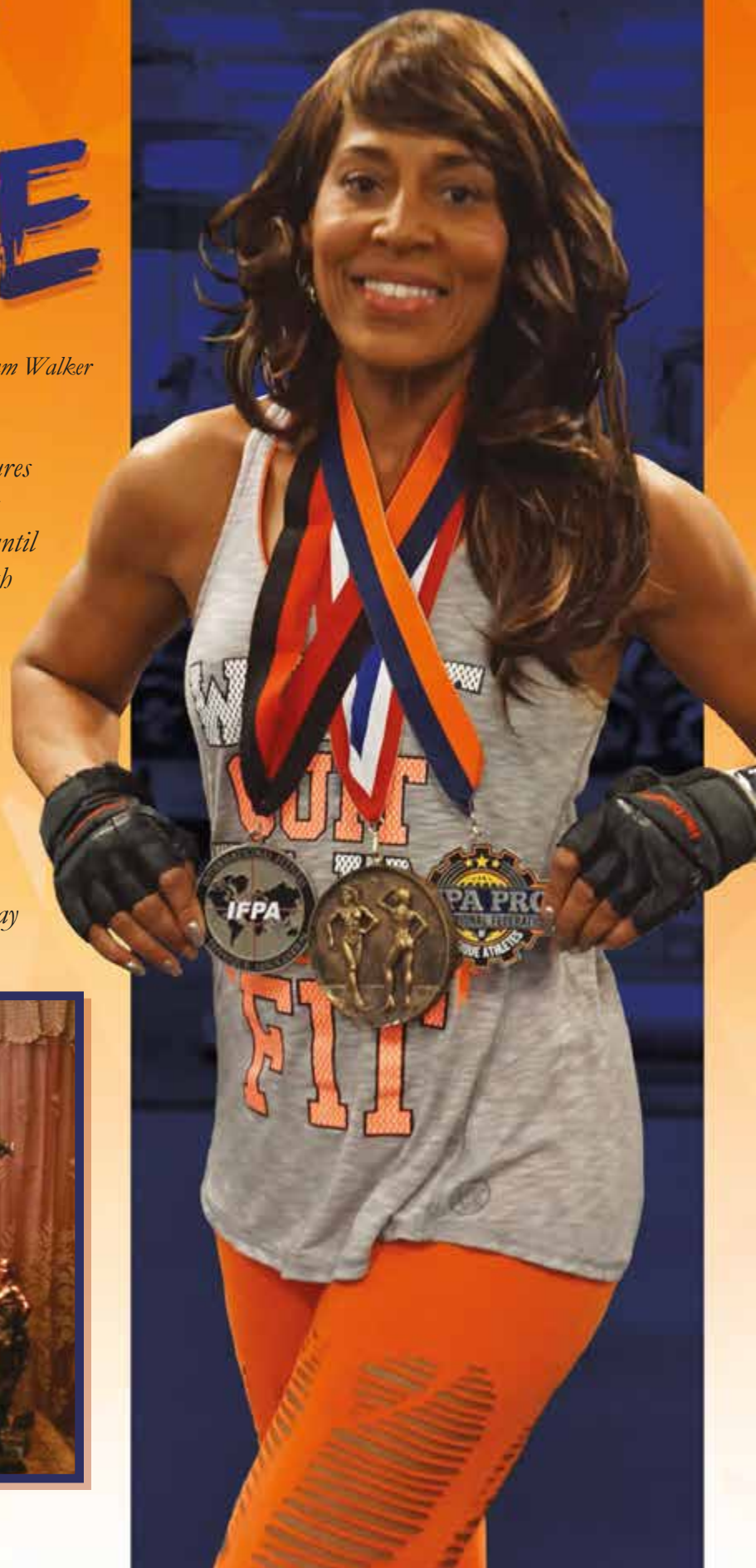
Trusted World
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Note: Be sure to do your research before making donations to ensure you know how your donation is being spent.

STAGING A SHOW OF FORCE

— By Adam Walker

The word, bodybuilding, probably conjures up images of men in their 20s and 30s, but Fran Monroe didn't even get into the sport until she was 55 when she was diagnosed with high blood pressure. Fran retired from the Air Force in 1997, at 43, after 21 years of active military service. "I'd always led an active life," reported this mother of two, grandmother of three. "After retiring, I became a fitness instructor at Langley Air Force Base. I taught aerobics-type classes, incorporating kickboxing and cycling, but I didn't start weightlifting until 2008. On May 9, 2009, I competed in my first show!"





What started as a way to maintain her health and fight back against a problem a majority of Americans face as they age has become a passion for Fran. "With the guidance of my friend, who is a naturopathic doctor and a fellow pro figure competitor, I started training. It was a lot of work, but when I got on stage, it was so much fun. It was nerve wracking at first, but the stage lights, audience enthusiasm and camaraderie of the competitors are amazing. I

was hooked." She also has a great cheerleader in her husband who is very supportive of his wife of 36 years appearing on stage in a bikini.

Now, Fran has competed in more than 40 shows in two different natural federations. That means staying in shape year-round. "I started out doing lots of shows pursuing my pro card. I got my masters' pro card in 2010, and my open pro card in 2011. For that, I had to be first in my class, and then win the show by placing first overall." Women's figure competitors are grouped by height and age. Fran competes both in the masters' class, for more mature competitors, and in the open class. The age qualifying for the masters' class varies from 35 to 50 in different shows. The open class is for any competitor, regardless of age, grouped by height. Fran regularly competes, and wins, against women less than half her age. "One of my most memorable shows was when my daughter and I competed in the same show and took first place in both of our categories."

Age isn't irrelevant, but Fran doesn't let it stop her. "As we age, our muscles don't do what they used to. Rest is

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important. And lots of water.” Fran believes in lifting heavy and competing in natural bodybuilding shows. “I have to use supplements to keep energized when I lift, to replace what my body doesn’t produce anymore. I only do drug-tested shows. I compete as a natural athlete. So there’s always a drug test or a polygraph to keep the competition honest.”

Fran’s competitive spirit keeps her in the gym training for the next show and the one after that. “It’s the workouts that I love,” she explained. “That and seeing the transformation of my body, seeing what my body can do.” Fran is in the gym lifting four times a week. “I like working out at the rec center. It’s nice because it’s quiet. There’s an older group





in the mornings, but it gets crowded like anywhere else in the evenings. I don't ever lift on Saturday. Sundays I only practice posing. And Wednesday is my yoga day. It's good for stretching. Bodybuilders need that class real bad." Fran is up before breakfast doing cardio on the treadmill or elliptical. Then she uses a roller to exercise her abs every day. After that it's a different heavy-lifting workout every training day, which is a principal to insure muscle growth. "I want to build muscle during my off-season training, and burn fat during the preparation for a competition. Heavy weights help with both," Fran said. "I don't try to train my whole body in one workout. I need time to rest and let my body repair the micro-tears from the lifting. That's when growth happens."

Eating and diet are big parts of Fran's training. During her off-season training, when she is trying to build muscle, she eats five meals a day, with snacks in between, focusing on lots of protein and clean carbs. When she is preparing for a show, she still eats four to five meals a day, but it's a lot more restricted. "Then I don't have any processed foods, and I cut out protein shakes and bars later on. I eat lots of tilapia, sweet potatoes and collard greens. Home-cooked and fresh is best." She's so strict with her diet that, early on, her trainer had to correct her. "I thought I had cheated on my diet. I went to my trainer and confessed, 'I'm sorry! I had a rice cake!' She looked at me and said, 'A rice cake Fran? Really?'" Now rice cakes with peanut butter are one of her treats during contest preparation.

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Backstage the competitors are lifting weights and doing push-ups to get their muscles pumped to show off. Eating something sweet helps their muscles become fuller. But they have to be careful not to overdo it or risk changing their physiques so much that it changes their classification. It all sounds like serious business, but Fran insists it's fun on stage. "You have to remember you're in a show. You put on your game face, and never drop your smile! You only get a few seconds to show what you've done all year! You do your posing to music, with a little personal flair. I always end my routine with a salute to the troops. It's a lot like being a runway model. You're smiling with Vaseline on your teeth, all while tired and hungry, in 5-inch heels!"

Once the stage time is finished, the competition is still far from done. "The awards can last till midnight or later at a big show. There are lots of donuts and cupcakes back stage! We go out to dinner and talk about the evening's performance. My favorite after-show treat is red velvet cake with vanilla bean ice cream. And I can eat a whole pizza by myself! But you have to be careful not to overdo it. Your body isn't used to consuming that much food at one setting after being on a strict diet."

Fran isn't stopping anytime soon. "I'm working toward the Yorton Cup stage in D.C. I'll turn 63 on October 5, and all glory to God, when I get there, I'll be the oldest figure competitor to appear on that stage! I'm training male and female competitors to be stage ready through FRANTastic Body, Fitness by Fran. One day, I'd like to become a promoter. That's a lot of work, but I'm up for the challenge!" Another dream she has is to become a trainer for the Dallas Cowboys Cheerleaders. "If you stop dreaming and reaching for goals, you die. Keep it moving. It's never too late!" **NOW**

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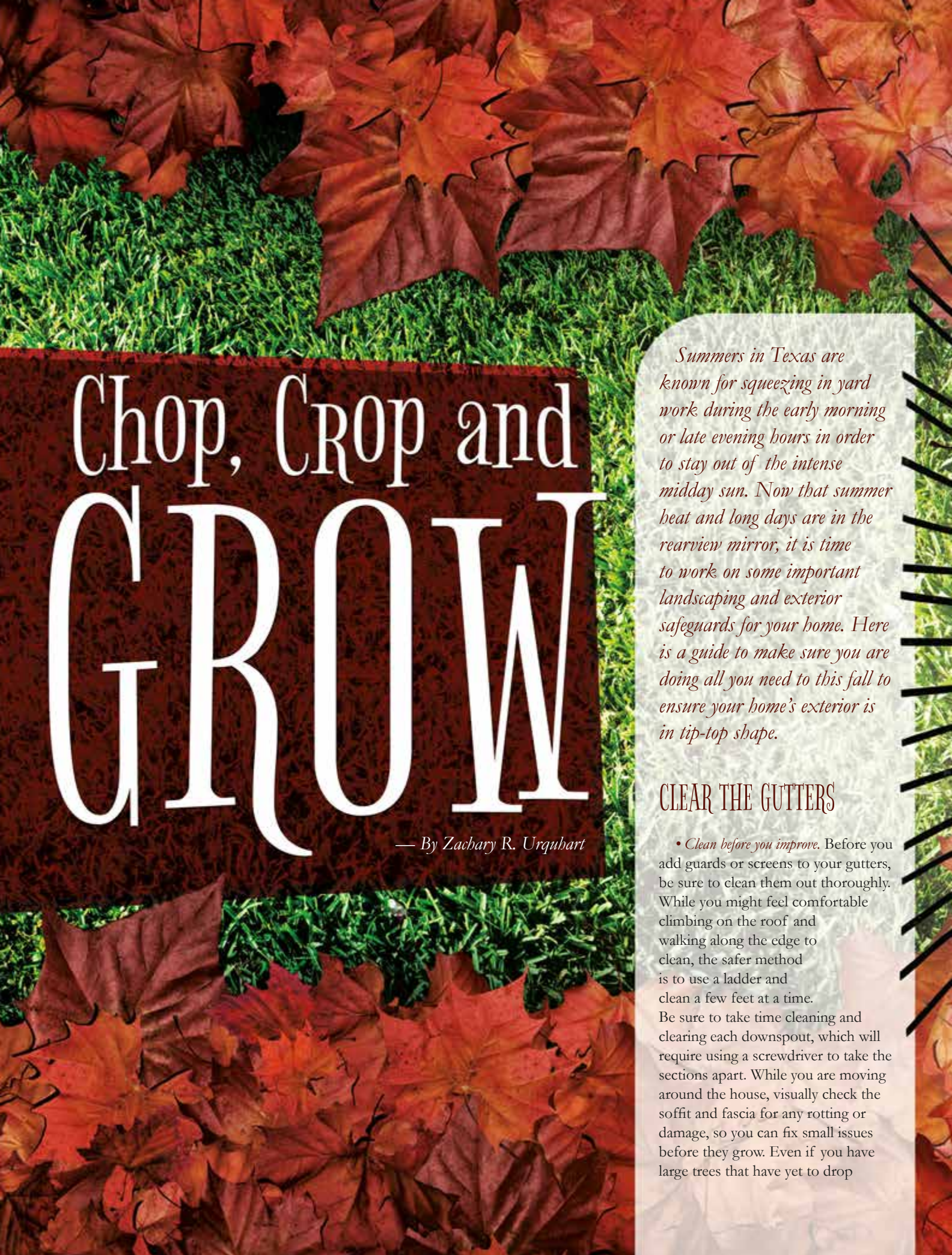
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Chop, Crop and GROW

— By Zachary R. Urquhart

Summers in Texas are known for squeezing in yard work during the early morning or late evening hours in order to stay out of the intense midday sun. Now that summer heat and long days are in the rearview mirror, it is time to work on some important landscaping and exterior safeguards for your home. Here is a guide to make sure you are doing all you need to this fall to ensure your home's exterior is in tip-top shape.

CLEAR THE GUTTERS

• *Clean before you improve.* Before you add guards or screens to your gutters, be sure to clean them out thoroughly. While you might feel comfortable climbing on the roof and walking along the edge to clean, the safer method is to use a ladder and clean a few feet at a time. Be sure to take time cleaning and clearing each downspout, which will require using a screwdriver to take the sections apart. While you are moving around the house, visually check the soffit and fascia for any rotting or damage, so you can fix small issues before they grow. Even if you have large trees that have yet to drop

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their leaves, think about clearing spouts, so that small blockages do not become bigger problems.

• *Make your gutters better.* There are two primary ways to make improvements to your gutter system. Splash guards in key spots are a quick and inexpensive fix for gutters that sometimes allow water to pour over, which can damage plants below. Usually, though, water coming over the gutters is a sign that you have blockage. Adding gutter screens, or guards, will cost anywhere from \$100 to several hundred dollars, but it should stop clogs, and that will allow your gutters to do their job more effectively.

TO TRIM OR NOT TO TRIM

• *Fewer limbs mean fewer leaves and more problems.* One of the most tedious chores each fall is raking and bagging fallen leaves. Some people may want to cut branches while foliage is full, so they can see trees in their fullest form. However, it can harm trees to cut limbs before the dormant winter season. While it does mean you will have the arduous task of raking and bagging leaves, your trees will be healthier in the long run. One suggestion is to mark limbs that you will cut with tags or spray paint. This way you are sure to trim the right spots come winter.

• *Know what to cut.* Though you are waiting to do any major pruning, figuring out what to cut can be difficult. Any limbs that look dead or dying should be removed, as they take energy away from the more thriving parts of your trees.





And if limbs are growing into each other, you will want to cut one to save the other. Aside from that, though, what you trim, how much you keep and how high you start the canopy is largely your choice. However, trimming a limb or two from your trees to ensure safety for kids in the yard or to prevent damaging property is an acceptable exception to the rule of not trimming in the fall.

- *Shrubs need time.* When it comes to bushes and shrubs, be sure not to cut in the late fall. Trimming in the summer allows shrubs to recover before the freeze season. Cutting limbs in the late fall can be detrimental to your plants. Major cutting is recommended for the dormant winter.

WHAT TO PLANT

- *Winter grass helps your lawn.* Whether your lawn is full of carefully maintained Bermuda or St. Augustine or is just full of wild grasses and flowers, the winter months can be harsh, making it hard to regain the green beauty you want in the spring. Rye is the most common winter grass, but you can also opt for bentgrass, bluegrass or fescue, if you desire. Just be sure to take into account different growing speeds, as well as the amount of shade you will have, as not all winter grasses are created equal. As Texas temperatures tend to be mild, you should be alright planting into the early winter, but you will want to be sure to get your seeds down before the coldest part of the season, for the best results.¹

- *Make this season count.* Aside from just maintaining your yard's health, you might be looking for some ways to keep it looking beautiful, even in the colder months. There are many varieties

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Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.

of plants specifically suited for this. Pansies are available in many colors, and can survive temperatures below zero. Snowdrop, winterberry and witch hazel are among the many plants that will continue looking vibrant through the cold and will pop even more against the infrequent Texas snow.²

• *Get ready for what comes next.* In addition to having a garden that looks good now, fall is the ideal time to plant some things that will pay-off several months later. Blue stars are a perennial that will give some yellow foliage in the fall, but their beautiful spring flowers are what you will love the most. Species, Darwin and Parrot Tulips should be planted in the fall, as should Dutch Irises, which will give you a deep purple flower in the spring.³

So, whether you are maintaining or making big changes to your lawn and garden, be smart about what you might chop, what you will crop and what you hope to grow. When spring comes, you will be glad you did! **NOW**

Sources:

¹<http://homeguides.sfgate.com/types-grass-can-planted-late-fall-early-winter-27552.html>

²<https://www.houselogic.com/photos/yard-patio/winter-plants/slide/flowering-quince-chaenomeles/#slide/4>

³<http://www.sunset.com/garden/flowers-plants/bulbs-to-plant-in-fall/view-all>

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The whole Willow Brook team shows their love for pets by caring for their medical needs.

Medical Love for Pets

Willow Brook Animal Hospital has the tools and skills to keep your pet healthy.

— By Adam Walker

Drs. Maya Barfield and Gregg Pippin love animals. They handle everything from preventative health care like vaccinations, wellness testing and parasite testing to sick appointments — even surgery and dentistry. Willow Brook has a waiting room for pets and their parents, lab facilities, an imaging room, a full surgery room with nitrous, kennels and isolation areas. They have separate examination rooms for dogs and cats. “The cats are more comfortable in a room that doesn’t smell like dogs. We have cat pheromones to calm them,” Maya explained.

Their lab is set up to test for intestinal worms, heartworms, feline leukemia and AIDS, giardia, parvo, pancreatitis and complete blood count. “If a pet needs to be tested for anything

more exotic, we have access to labs that can test for anything,” Maya assured.

“We’re different from a lot of animal clinics because we will handle more things on our own instead of referring,” Gregg said. “We have our own ultrasound. We do major surgeries. We can do chemo in-house. Recently, we had a cat in who was so infested with fleas that she needed a blood transfusion. We did it here.”

Maya handles much of the abdominal surgery on dogs. “Dogs will swallow anything, and sometimes what they swallow gets stuck. I’ve removed all kinds of things: rubber balls, crab shells, knee-high stockings, tarps, 1-inch steel ball bearings ... a box of staples.”

Both doctors emphasize their love for animals. “We’re not just a spay and neuter clinic. We want to educate owners about their pets’ medical needs, to keep them happy, healthy and active as long as possible,” Maya explained.

Gregg agreed. “We do a lot of tele-medicine, and we’re starting to do more alternative treatments — cold lasers for wounds and arthritis. We have a relationship with the chiropractor next door who is certified for treating animals.”

When a pet comes in for a well visit, Willow Brook wants to educate owners. “We need to understand what the animal needs, what the owner is willing to do and what they can afford,” Maya said. “We can teach owners about things like preventing parasites. We can advise them on their pet’s diet. Dogs don’t need kielbasa. Many pet owners don’t realize the importance of cleaning their pets’ teeth regularly, not just every month or two at the groomer. We can work with financial concerns, look for cheaper options, etc.”

When a pet in distress arrives, they want to provide the best care for the animal. “We have to be honest with owners about the true condition of their pets. ‘This is where your pet is. This is what can be done.’ That way owners can make informed decisions,” Maya explained.

“We try to calm pets with behavioral techniques, but sometimes they need a little pharmaceutical help to calm down,” Gregg said. “Sometimes, a pet and its human feed off each other’s anxiety. A dog may be in ‘guard mode,’ trying to protect its human and can’t calm down until its human is out of the room, so it doesn’t have a job to do.”

“Animals will hide their pain until it’s unbearable,” Maya explained. “A dog with a broken leg may only show a slight limp. If you show weakness or pain, predators notice you, your pack may leave you behind.”

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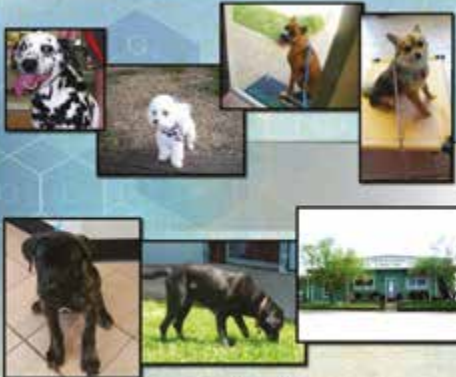
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Exit Strategy: Succession Planning for Your Small Business

You've worked hard, made sacrifices and overcome obstacles to build the business you dreamed was possible. While you've been focusing your energy on your customers and bottom line, you may not have given as much thought to the time when you will no longer be part of your business because you retire, you become disabled or you die. But, say small business experts, neglecting to plan your own exit strategy could be a costly mistake.

Making the transition from running the business every day to handing it off to someone else takes thoughtful preparation. Succession planning — making critical decisions about how that transition happens — puts your intentions into a formal framework that takes into account legal, financial, operational, human resource and personal and family issues.

Ideally, succession planning begins the day you establish your business. By creating a business structure that doesn't depend solely on you, its owner, you build a stronger, more resilient business that can continue to thrive when you hang up your hat. Beyond that first step, however, succession planning isn't an exact science. That's why you'll likely need help.

- **Assemble a team of professionals to guide you.** Planning a successful exit is a large task with even larger implications for your employees; your business's assets, stability and potential; your own tax obligations; and your family. Involve your attorney, tax advisor, CPA, banker, wealth advisor, even a business evaluation expert. Each can help you explore the options open to you.

- **Think through your long-term business goals.** Do you want a family member, a business partner or an employee to continue the business

in your place? If you have a successor in mind, is that person willing and ready to step into your shoes? Or do you need to sell the company to finance your retirement? What actions are necessary to get your business ready to sell? As you're considering your business' future, remember to include plans for your own life after work.

- **Develop and document your plan, then communicate it clearly.**

Formalize your goals with the help of your team of professionals and put the resulting plan in writing. Then, make sure key employees and family members know about, understand, and support your plan. **NOW**

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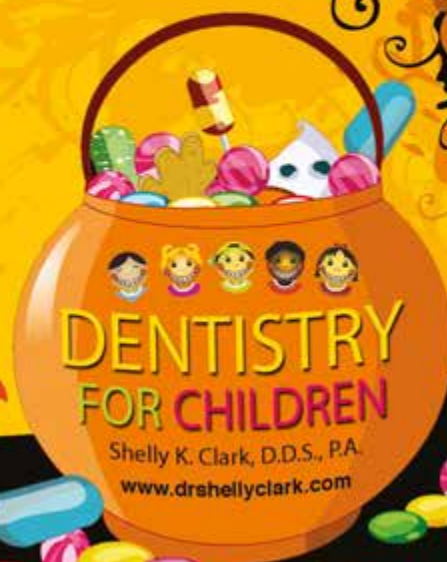
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In the Kitchen With Alex Boerger

— *By Adam Walker*

Alex Boerger grew up as a missionary kid on a remote island in Solomon Islands. “In the village, cooking was a more social activity than it is here. The locals cooked everything from scratch. For the most part, the food consisted of root crops, such as sweet potatoes, yams and taro mixed with various greens. But the one ubiquitous ingredient that made any dish better was coconut milk. Now it has become such a part of who I am that I still cook with it even though it’s not as good out of a can.” After living in other countries, including Korea, and eating with friends from around the world, he says, “My cooking ‘style’ could be classified as ‘Ethnic Fusion,’ but I just call it ‘What-the-heck.’” **NOW**

Island Cream of Potato Soup

1 sweet potato per person, peeled and cubed into 1-inch pieces

Water

1 tsp. salt per potato

1 can coconut milk per 2 potatoes (Do not use lite coconut milk.)

Additional seasoning of your choice (optional)

1. Add sweet potatoes to appropriately sized pot. Add water until sweet potatoes are all covered. Add salt; bring to a boil.
2. Turn down to medium heat, and gently stir every 2-3 minutes until potatoes are tender enough to pierce easily with a fork.
3. Drain off water approximately equal to the total volume of your coconut milk. Add coconut milk; bring to a boil.
4. Add any additional seasonings of your choosing, if desired. (Curry powder or

chipotle seasoning or find something you like and make it yours.)

5. Serve straight up, or over a bed of rice. (I prefer white rice.)

Spicy Szechuan Cashew Chicken

4 chicken breasts

Your choice stir fry vegetables (Avoid using frozen vegetables.)

Coconut oil

2 bottles House of Tsang Szechuan Spicy Stir-fry Sauce

Cooked rice

Unsalted cashews

1. Cut chicken breasts into stir-fry size bites. Prep any vegetables that you will use.
2. Heat skillet on high with oil coating the bottom until oil reaches smoking point. Add chicken pieces, stir-fry until slightly under

done. Add stir-fry sauce, heat until it starts to simmer.

3. Add vegetables in order of density, so they’re all finished cooking at the same time. Cook vegetables through, while stirring gently.

4. Serve over rice. Garnish with cashews.

Sweet & Spicy Honey Beef Stir-fry

Try to keep vegetables in a 3:1 ratio with the meat.

1/2 cup sesame oil, the darker the better (divided use)

2 medium yellow onions, minced

1/4 cup lemon juice

1/2 cup honey

1 Tbsp. salt

1/4 sambal olek Indonesian chili paste

1 tsp. coarse ground black pepper

2 lbs. stir-fry beef strips, or thinly cut beef made into strips

Carrots, to taste

Broccoli, to taste

Cauliflower, to taste

Bell pepper, to taste

Sugar snap peas, to taste

Coconut, canola or peanut oil

2 cans coconut milk (Do not use lite coconut milk.)

Cooked rice

1. Add 1/4 cup sesame oil to a large skillet. Heat until oil begins to smoke slightly. Add minced onions; sauté.
2. Pour sautéed onions into a mixing bowl; combine with lemon juice, remaining sesame oil, honey, salt, sambal olek and coarse ground black pepper. Mix well; fold in beef strips, coating evenly and refrigerate.
3. Prep vegetables.
4. Heat coconut, canola or peanut oil in a large skillet until it begins to smoke lightly. Add contents of mixing bowl to the hot skillet. Stir constantly until beef is brown on the outside. Add coconut milk; bring to a simmer.
5. Add vegetables in order of density, so they’re all finished cooking at the same time. Sample sauce to adjust seasoning. Cook vegetables through, while stirring gently.
6. Serve over rice.

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



DENTAL WORK DOESN'T HAVE TO BE **SCARY**

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GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116

October 31st

6-9:00 pm



Fall Festival

Admission

\$5 per person

(max of \$25 per family)

No Scary Costumes, please.

Trinity Church reserves the right to deny entry at their discretion.

Ages 2 and under are free

Events

Carnival Games

Bounce Houses

Glow in the Dark Theater

Tons of candy and MORE!

Hayride

Concessions

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For more info, contact Tiffany Garca: 469-523-2780

pumpkin Patch

October 16th-31st

Dates and Times vary | For more info, contact Michelle: 972-979-5737
trinitychurch.org/pumpkin

Trinity Church

1231 East Pleasant Run Road
Cedar Hill, TX 75104