

The Community Magazine Serving Cedar Hill, DeSoto, Duncanville and the Surrounding Area

Southwest NOW

Cedar Hill - DeSoto - Duncanville

M A G A Z I N E

January 2008

Art, Always

**Living the
American
Dream**

**Changing
the Future**

**The Making
of a Young
Ice Princess**

PSRST STD
U.S. POSTAGE PAID
FT. WORTH, TX
PERMIT NO. 711

At Home With

**Bobby and
Sherry Waddle**



HOLIDAY MEMBERSHIP SPECIALS

Receive \$10 off any 3-month Membership level or
20% discount off individual and family

Annual Memberships

	<u>3-months</u>	<u>Annual</u>
Adult (18-54)	\$50.00	\$150.00
Youth (7-17)	\$40.00	\$100.00
Senior (55+)	\$40.00	\$100.00
Family of four	\$100.00	\$300.00
Corporate (6 adults)	N/A	\$500.00

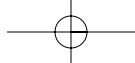
Daily &
Monthly
Passes
Available

Valid Dec. 17, 2007 - Jan. 12, 2008

Annual Memberships receive FREE drop-in Child Care!

310 E. PARKERVILLE RD, CEDAR HILL, TX
972-293-5288 - WWW.CCHREC.COM





Sales - Service - Design
Residential - Commercial



J & S AIR, INC.
Arlington, Texas
817-695-1840
jsair.com
TACLB009018E



DeSoto Recreation Center



Fun Time Live!
Fun, safe and supervised
entertainment for the youth
during the school year!
Call for details...

- Two competition-size gymnasiums
- Treadmills, stationary bikes, ellipticals, expresso upright bike with virtual reality internet capability, recumbent bikes, arc trainers, Jacobs Ladder, LeMond Spin Bikes, Hammer-Strength Equipment, Cybex Universal Machines
- All cardio equipment has individual cardiotheater televisions
- Three racquetball courts
- 1/12 mile walking/jogging track
- Dance room and Two multipurpose areas
- Corporate Membership Available
- Men and women's locker rooms

Coming soon: Youth/Teen room equipped with Playstation 3, Xbox, and Wii games.

DeSoto Civic Center



The DeSoto Civic Center offers meeting-style (Pecan) and banquet-style (Bluebonnet) rooms to accommodate groups as small as 10 or as large as 300. Each of the Pecan Rooms is equipped with a sink, counter and cabinets. A full kitchen is adjacent to the Bluebonnet Room #3 for catered events. Reservations may be made up to one year in advance. Residential/non-residential rates are available for citizens, community groups, and businesses.

For More Information about the DeSoto Recreation Center
 please call 972-230-9655.

For More Information about the DeSoto Civic Center
 please call 972-230-9650.

211 East Pleasant Run • DeSoto (Corner of Pleasant Run & Hampton Rd.)

www.ci.desoto.tx.us/parks

Contents

January 2008, Volume 2, Issue 1

6



Living the American Dream

10



You Could Not Meet a Nicer Couple

At Home With Bobby and Sherry Waddle

16

ArtsNOW
Art, Always

18

SportsNOW
The Making of a
Young Ice Princess

20

BusinessNOW
A Hospitality Hotel

22

EducationNOW
Changing the Future



On the Cover: One of the many wonderful pieces of art found at the Visual Expressions Art Gallery in Cedar Hill.

Photo by Terri Ozymy.

24 **Around TownNOW**

34 **HealthNOW**

30 **Who's CookingNOW**

36 **OutdoorsNOW**

32 **FinanceNOW**

37 **Community Calendar**

Publisher, Connie Poirier
General Manager, Rick Hensley
Managing Editor, Becky Walker
Editorial Coordinator, Sandra McIntosh
Creative Director, Jami Navarro
Art Director, Chris McCalla
Sales Assistant, Jessica Vasquez

Southwest Editor, Beverly Shay
Contributing Writers, Lesa Ansell • Stephanie Brewer • Amanda Pitt • Jaime Ruark
Photography, Dia Catalani • Rod Cordsen • Ivey Photography • Sandra McIntosh • Terri Ozymy
Contributing Editors/Proofreaders, Pamela Parisi
Jaime Ruark • Beverly Shay

Advertising Representatives, Jill Odle • Terri Ozymy
Will Epps • Lacy Hightower • Carolyn Mixon
Linda Moffett • Kevin Poirier • Steve Randle
Terri Yates
Graphic Designers, Julie Carpenter
Allee Brand • Dale Frie • Marshall Hinsley
Arlene Honza • Steve Koldjeski • Brande Morgan

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2008. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill zip codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscription and editorial correspondence should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates and other information, call (972) 283-1170 or e-mail us at: rhensley@nowmagazines.com.

Southwest
Cedar Hill - DeSoto - Duncanville

NOW
The Community Magazine
Serving Cedar Hill, DeSoto,
Duncanville and the
Surrounding Area
MAGAZINE



Editor's Note

Happy New Year, Cedar Hill, DeSoto
and Duncanville!

Rather than making resolutions I may not keep, I see the New Year as a fresh start ... looking backward and forward. Then I realign the direction I am headed.

From Cedar Hill, we provide Jolanta's dramatic story of a fresh start as she left Poland on a journey ... to Texas. Meet some amazing artists, eager to inspire you to try something new and release the creativity within!

From DeSoto, we bring you the former mayor, who shares some of his prize recipes; the current mayor – a true man of the land, and his wife, who welcome us into their home and share some of their history; and a science teacher impacting young teens.

In Duncanville, we found a sweet, talented, young girl whose goal is to skate in the Olympics some day. You will be warmed by her story.

Special thanks to all who have helped me expand our magazine with your gracious Southwest hospitality!

Beverly Shay
SouthwestNOW Editor



From the world's leader in women's fitness comes the next revolution: CurvesSmart.

Call for offer too good to print!

Over 10,000 locations worldwide.

972-224-2221
900 N Polk St., Ste. 104
Desoto, TX 75115

972-291-0249
108 W Beltline Rd Ste 1
Cedar Hill, TX 75104

curves.com

INTRODUCING
CurvesSmart




**JOIN NOW FOR
30% OFF PLUS
FREE WEEK* ON
CURVESCOMPLETE.COM**
our complete solution to
managing your weight.

Now make every workout your best workout. CurvesSmart customizes the Curves circuit to your body and fitness goals. It monitors your heart rate, giving you moment-by-moment feedback and adjusts intensity levels to make sure you get the most out of your workout, every time.

Curves
YOUR CURVES WILL
AMAZE YOU.™

*Offer based on select equipment. To see if it applies, call or visit curves.com. Not valid with any other offer. Offer at participating locations only. ©2010 Curves. Subscription required. Offer restrictions apply. Offer is void where prohibited. ©2010 Curves International, Inc.

FLYING GRANCH



- Riding Lessons
- Horsemanship Clinics
- Saturday Camps (Sept-May)

**AFFORDABLE WEEKLY
RIDING LESSONS
\$50 PER MONTH**

See our website
www.flyinggranchtexas.com

**2759 Patrick Road • Waxahachie
214-284-6425**

We have the degree you need for the career you want.



If you are interested in a teaching career, Texas A&M University-Commerce and the Navarro College Partnership in Midlothian offer courses leading to the Bachelor of Science in Interdisciplinary Studies for teacher education and the Bachelor of Applied Arts and Sciences. You will be taught and well mentored by world-class professors who inspire learning and encourage excellence. Find out today how affordable and convenient a great education can be.



www.tamu-commerce.edu

972-775-7231



Living the American Dream

— By Sandra McIntosh

Jolanta Bublewicz was born and reared in Poland. In 1964, she traveled to Buffalo, New York, with her parents, where they lived until 1970, at which time she and her mother returned to their home country. During this second time in Poland, she met Les, her husband of 31 years. "I met Les for the second time," Jolanta said, explaining that her husband had lived next door to her when she was growing up in Poland. "I didn't really like him when he was my neighbor. He'd chase me and pull my hair."

Upon her return, Les asked her out. After their first date, Jolanta quickly realized Les was no longer pulling her hair; he had pulled her heartstrings. "We went to see a French movie with Polish captions," she remembered, with an all-knowing smile on her face. "Les read the captions in my ear so I'd understand the movie." A few years later, they married and had two sons, Michael and Peter, before the Solidarity movement began in Poland. As Solidarity grew to encompass all of Poland, Jolanta and Les saw several of their friends and acquaintances arrested and put in jail. In October 1981, they felt it was time to flee the country. "We heard of a refugee camp in Austria," she said. "We decided at that time it was 'now or never.'"

Jolanta remembers this time with surprise and wonder. Over the years, she has come to realize just how lucky they were to have successfully gotten out of the country. "We were a young family of four. It was very unusual for a small group to leave together," Jolanta explained. "We looked as if we were going on a short vacation. We had \$500, our passports, the clothes on our backs and one change of clothes in the suitcase we carried." They left their families and all their belongings behind. "We left without telling anyone," she added.

As soon as they landed in Vienna, they began looking for the camp. Once they saw the long, long line they knew without a doubt that they had arrived. "The line was huge," she said. "There were Czechs, Poles and Turks of all ages. Everyone was fleeing." After turning over their passports, the family was fingerprinted and issued Austrian identification cards. "We also each received a wool blanket, a pillow and a tray for food," Jolanta said, further stating that they only had to spend one night in the military-like barracks with



Have you been diagnosed with

Anxiety, Bipolar, or Depression?

If yes, InSite Clinical Research would like to invite you to participate in one of our Clinical Research Studies. You will have the opportunity to try new, investigational Psychiatric medications. In addition, your contribution may help the Mental Health Community in the discovery and approval of more effective Psychiatric Medication for the future.

**If you or someone you know would like to participate, please contact Disha or Gabriel at:
(214) 477-5162 or (972) 365-4627.**

INSITE CLINICAL RESEARCH

"Serving the Community through Research"

941 York Drive, Suite 205 • Desoto, Texas 75115

STRONG CD RATE

with an even stronger guarantee.

With a fixed rate Certificate of Deposit from State Farm Bank® your money is guaranteed to grow.
For more information, give one of us a call today and talk with someone you can count on.



4.55%
APY*
90-DAY CD

4.55%
APY*
4 - YEAR CD



Bank.

Like a good neighbor, State Farm is there.®



P05012

*Annual Percentage Yields as of 11/14/07, rates subject to change without notice. Minimum balance to open an account and obtain the stated APY is \$500. A penalty may be imposed for a withdrawal prior to maturity. Certificates automatically renew at maturity at the then current rate for the same term. Some products and services not available in all areas.

State Farm Bank • Home Office: Bloomington, IL • statefarm.com®

01/05



Judy Howell CLU ChFC
606 W Wheatland, Suite 101
Duncanville, TX 75116-4570
Bus: 972-780-1576
www.judyhowellinsurance.com



Gary Rope
518 N Highway 67
Cedar Hill, TX 75104-2137
Bus: 972-293-7500
gary.rope.b4fj@statefarm.com



Tom Castleberry
1472 N Hampton Rd
DeSoto, TX 75115-3001
Bus: 972-228-8877
tom.castleberry.b35g@statefarm.com



Michael Williams, DO
Board Certified in Family Practice

CEDAR HILL MEDICAL CENTER

X-Rays
Outpatient Infusions
Pain Management
Surgical Procedures
Gentle Laser Hair Removal

513 Straus Road, Suite A • Cedar Hill, Texas 75104
972-299-6045



TEXAS MEDICAL INC.
Health Care Equipment Specialists

28 Years - Locally Owned and Operated
Rental • Sales • Service • Delivery

New Folding Rollator

- Narrow Doorways No Problem
- Lightweight
- Extra-Padded Seat
- Stands When Folded
- Ultra Compact
- Large Basket
- Cable Free
- 8" Wheels

\$10 OFF - Any Walker -
with ad. Limit one per customer. Cannot be used with any other offers. expires 1-31-08

Visit Our Showroom
1126 S. Cedar Ridge • Duncanville
972-780-0327



All-Safe®
POOL SAFETY BARRIERS

Fences-Nets-Covers
Curtis Coomes
214-457-9143
curtis@crosslogistics.net

rows and rows of metal bunk beds. "At about 4:30 a.m., we were transported to a small suburb in Austria about 50 miles from Vienna."

Settling into the gasthof, or what most in America would compare to a simple bed and breakfast, went quickly. The family was issued a room equipped with one sink, two bunk beds and the use of a communal bathroom down the hall. Jolanta remembers at least seven Polish families coming to live in this first gasthof. "We were given three meals a day, our room, toiletries, laundry items and 50 shillings per family member per month," she said, explaining that 50 shillings is equivalent to 20 American dollars. "We were able to move about freely, but we were not allowed to work. We were people without a country."

In December, marshal law took over in Poland — no one was allowed in or out. Now considered political refugees, the family applied for immigration. During this time, two more eventful things happened. "Les took \$400 of our money and bought an old Volkswagen Beetle from a nearby junkyard," she said. "He started transporting people to and from immigration for a small fee. He made enough to buy winter clothes."

The memory that still brings tears to Jolanta's eyes is the day her family was moved to the attic to accommodate those on holiday. "Just to go to the bathroom, I had to carry my babies down a stairway that was iced over and filled with river rats," she said, explaining the rats were the size of small cats. When this situation finally became too much for Jolanta, they were moved to a second gasthof that was nicer, more picturesque.

While all this was going on, they were still waiting to hear from immigration services. They had the opportunity to quickly relocate to South Africa or be patient a while longer and come to America. To make a long, beautiful story of hardship, strength, courage and victory somewhat shorter, the family made the choice to come to America, thanks in large part to their

sponsor, Monique Redding. Thinking that some elderly lady had sponsored them, they boarded a plane bound for the United States. "Up until a week before flying out, we still didn't know where we were going," Jolanta said. "When we were told we were going to Buffalo, New York, I didn't think anything of it." When living in Buffalo before, she had a best friend named Grace Antowski. "Who knew that Grace would change her name to Monique?" Jolanta said, with a laugh. "When we landed, all the people I'd ever known in Buffalo were waiting to welcome us, even Monique and my dad."

Remembering how cold Buffalo winters can be, they decided to pack up their rusted-out Pinto station wagon and drive to San Antonio, Texas. Nearly a year after their journey out of Poland first began, Jolanta was hired as a sales associate at Dilliard's, while Les worked his way up the corporate ladder. She soon took another job with an insurance company. After five years, they were able to take the oath to become American citizens under the presidency of Ronald Reagan. Two years later, Jolanta was offered a promotion that meant a final move to the Dallas area, landing the family in Cedar Hill.

Since that time in 1989, the family's determination for something better has not wavered. Les currently owns and operates a successful business, and both boys, following graduations at Cedar Hill High School, have moved on to bigger and better things. Michael is married now, pursuing a career in the medical field, while Peter is a pilot for Chituaqua Airlines in Columbus, Ohio.

Jolanta has survived the untimely death of her mother, a bout with breast cancer and the need for a pacemaker. "We didn't leave Poland for economical reasons. We left for political reasons," she said, referring to their determination to see firsthand what the United States had to offer. "We wanted a better life for our children, a better education. We truly feel like we are living the American dream. Poland is a place we visit, but Cedar Hill is home." **NOW**

Which service truck would you rather see in front of your home?



Each year many house fires are related to defective or dirty heaters & loose electrical connections at the heater.

Carbon monoxide poisoning can be deadly. Be sure to check your gas heater for this problem & get a carbon monoxide detector.

INDOOR AIR QUALITY is important to your HEALTH. AIRLAIRE FILTERS clean up the air & ULTRA VIOLET LIGHT kills molds, bacteria & viruses. FRESH AIR INTAKE may also be needed in some houses that are extremely tight to reduce toxic gas given off from carpet, wall paint & many other items in the house.

CALL US FOR MORE DETAILS.

972-296-COOL

Wolverton co. inc.

PROTECT YOUR HOME & FAMILY

Check & Service of your Heating System. **only \$68**

\$55 for each additional system.

Residential Units Only. Not valid with any other offer.








Methodist
FAMILY HEALTH CENTERS
Where life shines bright.™

A healthy home is just a heartbeat away.

Get a pulse on your family's health at your neighborhood Methodist Family Health Center. Whether you need treatment for colds and flu, childhood illness, cuts, sprains, sports injuries, chronic conditions such as diabetes and asthma, or preventive care exams, physicals, and immunizations, remember that Methodist Family Health Centers are conveniently close at hand.

Appointments are encouraged, but most patients can be seen the same day and most insurance plans are accepted.

 Mansfield 2800 E. Broad St., Ste. 318 817-473-7184 8 a.m. - 5 p.m. M-F	 South Grand Prairie 4116 S. Carrier Pkwy. 972-263-5272 8 a.m. - 5 p.m. M-F	 Central Grand Prairie 820 S. Carrier Pkwy. 972-262-1425 8:30 a.m. - 5 p.m. M-F	 Cedar Hill West 326 Cooper St. 972-291-7863 8 a.m. - 5 p.m. M-F	 Cedar Hill East (Open January 7, 2008) 950 E. Belt Line Rd., Ste. 100 972-291-7863 8 a.m. - 5 p.m. M-F
---	--	---	--	--

All Methodist Family Health Centers are staffed by independently practicing physicians employed by MedHealth.

You Could Not Meet a Nicer Couple

— By Beverly Shay

They say the longer you live, the more you become like those around you. That may or may not be true of homes, but Bobby and Sherry Waddle's more than 100-year-old farmhouse is as warm, gracious and accommodating as they are. The solid ambiance invites visitors to sit back and listen, hinting at the treat in store. Windows open, curtains blowing,



At Home With Bobby and Sherry Waddle



Bobby Waddle began the story of Great-grandfather Crawford Tree and the family's history, steeped in the land of DeSoto.

"My great-grandfather came from Illinois, settled here around 1845 and basically stayed here except for a few years pursuing the gold rush. Crawford married Anna Minerva Kimmel in 1846; their marriage license was the first one filed in Dallas County," Bobby disclosed.

The property surrounding the Waddle's home was acquired in 1891,

and the home built shortly thereafter. It has been moved around a bit to face one road or the other as the years passed. The prairie was transformed into farm and ranch land; growing up Bobby found himself becoming a man of the land. "I remember working the land here and over near where Joe Pool Lake is now, out on the tractor or some sort of farm equipment, watching the WW II flight training going on overhead. They

flew biplanes and various craft and I'd think to myself, *They've got a better deal going on flying up there than I do driving this tractor.*"



As a true man of the land, he graduated from Texas Tech in 1955, with a degree in agriculture. By August, however, he was off to San Antonio for Air Force basic training and then pilot training. "It was a completely different venue than college; it required a lot more than



just spitting out answers to questions. I had to produce; those airplanes had to be finessed. It took skill and knowledge to handle those planes ... it was humbling," Bobby confessed. "But I kept improving. Over the next year, I trained in T-34s and T-28s, finally moving to Big Spring for fighter jet training.

"I really learned to fly once I was assigned to Webb Air Force Base as a flight instructor. We taught, 'If you don't think you're the best fighter pilot in the world, then you don't have it,'" Bobby remarked, remembering his days in Vietnam, when being the best pilot could mean the difference between life and death — for you and the men depending on you.

"Camaraderie among servicemen is necessary for hard times and good times. Pilots, known for their competitiveness, also know how to work together when it counts," Bobby said, that glint of understanding still in his eyes. Thirty years in the Air Force included a year in Vietnam flying an F-4; two-and-a-half years in Colorado Springs teaching a

**Distinct
EDGE**

DECORATIVE LANDSCAPE CURBING

- Many colors, patterns, and styles to match your home.
- Custom curbs to enhance your landscape.
- Free estimates available.

WWW.DISTINCTEDGE.TX.COM **(817) 405-2291**

Training Academy 4 U, LLC

Massage **Medical** **Dental** **Clerical**

Now Enrolling • Day & Evening Classes
 213 West 6th St. • Ferris, Tx 75125
 972-842-2999 • www.ta4u.org
 Grants Available Through TRC, WIA, GI Bill & VA
 Approved & Regulated by TWC Career Schools & Colleges & Texas Department of Health.

cadet squadron; time posted at the Pentagon, in Montgomery, Alabama and San Antonio, where he completed his service career.

"By the time I retired in '85, my father had passed away and Mom was living here alone, so we settled here.

Once again, I was farming and ranching the land." He oversees over 4,000 acres of farming and ranching spread over several locations.

As could be imagined, the comfy farmhouse is surfeit with memorabilia of family, history, airplanes and travels. Much of the furniture comes from Sherry's family, hailing from Mississippi and Kentucky. Her grandfather was a physician and his secretary graces one corner of the den. There is a tall, narrow



wardrobe against one wall and a huge, old traveling trunk tucked under the stairs to Bobby's working office/loft for both his land work and his city job.

"Having my office up there keeps both me and my work out of Sherry's way," he grinned. It also serves as a personal display of Air Force mementos.

"This room is actually one we added on," Bobby commented as the tour began. "Most people come through the back door here by the church bench which comes from the Methodist church where I grew up. I like having it there; it reminds me of what I learned as a child," he grinned. The house is connected room-to-room, each room with its own amazing finds. Treasures along the den's back wall include: Crawford Tree's mantle-sized clock — now that is a real grandfather's clock; an eagle with wings spread in flight — a gift when Bobby left the



Academy; cabinets, crystal and, no doubt, more.

Stepping up into the bedroom (once a garage), two things compete for attention: the massive half-tester canopy bed ("We had to build the ceiling high enough to accommodate it,"

Are you a Club Remede member? Reward yourself with the spa lifestyle!
Call us to join 972-572-1772



**Happy New Year,
Happy New You!**

Myotonology® Facial Toning
Recapture your youthful appearance without surgery!

For optimum results schedule
Platinum Myotonology®
48 hrs before your
red-carpet arrival!

M'Li's Contour Wrap
Inch loss results
without dehydration!

*Experts in Age-Defying
& Wellness Treatments*



Lush Lash Extensions
The Celebrity Secret to
long, beautiful lashes!

**Join us for our
Wellness Program Seminar
in January. Call for information.**

Remede Spa & Wellness Center

972-572-1772

100 S. Main St., Suite 104 • Main Station in Duncanville
Instant Gift Certificates at www.remedespa.net

Moving Sale!

freemanhonda.net
I-20 East at Wheatland



Choose
**FREEMAN
HONDA**

866-471-8787

We're excited to announce that we will be moving soon. To better serve you, we are building a new state-of-the-art facility next door to our current location. Come in now and take advantage of this opportunity to save during our moving sale. Choose from more than 300 new and pre-owned cars, trucks, and sport utility vehicles.



Don't Replace...
Refinish!


*Bathtubs
Tile
Showers
Countertops*

682-465-6731

www.miraclemethod.com




Miracle Method
SURFACE RESTORATION

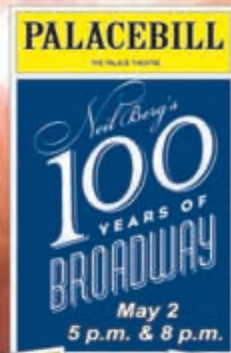


2008 Season


The Palace Theatre




PALACEBILL
THE PALACE THEATRE
MARVIN HAMLISCH
February 11
7:30 p.m.




PALACEBILL
THE PALACE THEATRE
Neil Berg's
100 YEARS OF BROADWAY
May 2
5 p.m. & 8 p.m.



PALACEBILL
THE PALACE THEATRE
The Spinners
September 20
5 p.m. & 8 p.m.



PALACEBILL
THE PALACE THEATRE
Barrage
November 6
7:30 p.m.



PALACEBILL
THE PALACE THEATRE
MICHAEL MARTIN MURPHY
December 16
6 p.m. & 8:30 p.m.

Box Office hours
9:00 a.m. - 3:00 p.m.

www.corsicanapalace.com

For tickets or
more information
call (903) 874-7792.



Bobby confided) and the wall of photos. There must be 40 or 50 photos: some ancient, stoic ancestral shots; some colorized, cherubic '50s shots of the Waddle's three daughters growing up; the requisite glamour shots of fashionable young women coming of age in the '60s; weddings and generations of grandchildren ... decades of history. Crawford would no doubt be plenty proud of his progeny.

Around a corner and up a few stairs, is the room Bobby and his brother shared. Next is the kitchen/family room, with a line of demarcation in the beautiful, hardwood floors where the "official" kitchen begins — the planks



of the original floor are wider and made of pine. Aerial photos of the land reinforce the "family of the land" theme.

Amazingly there is still more house to see. The formal living room has a three-dimensional floral picture made of hair, both human and horse. "It's not really my taste," confided Sherry, who had joined the tour, "but it's so unique and rare, you can't really get rid of it. Maybe we'll take it to the *Antiques Roadshow* to see if it's worth anything," she joked. Beautiful old china is



showcased. "I was the only child of an only child, so I inherited a lot. I don't really know what to do with all of it," Sherry remarked.

"There's a story to this carpet," Bobby said of the living room rug. "Shopping in an Egyptian bazaar, the shopkeeper kept showing Sherry more rugs. She liked this one. I said, 'No. No. No. There is no way we're going to get it home.' But [the shopkeeper] packed it into an old suitcase, shut it and we brought it home," he grinned.

Between generational roots, a solidly ingrained work ethic, patriotism and military service, it was a natural step for Bobby to then tackle local community civil service, first as a councilman and now as mayor. "I strive to be fair, listen to all sides, make the decision that benefits the community as a whole and implement my duties with integrity," Mayor Bobby Waddle said. **NOW**



John D. Abdulian, M.D.
Board Certified in Gastroenterology

- heartburn
- indigestion
- chronic diarrhea
- constipation
- abdominal pain
- colon cancer screening
- swallowing disorders
- liver disorders
- rectal bleeding
- poor appetite/weight loss
- anemia

For an appointment,
please call our office at
(972) 875-1800
Most insurance plans accepted

Now in 3 Locations!
Now Accepting Patients In Our New Offices

1441 Midlothian Pkwy., Ste. 110 Midlothian, TX.	2800 E Broadstreet Ste., 318 Mansfield, TX.
--	--

Southwestern Digestive Health Physicians
601 South Clay Street, Ste. 108 (at Lampasas), Ennis

HURRY IN!
Space Is Limited

CALL TODAY!



**Red Oak
Town Village**

200 South Ryan Drive
(behind Brookshires, South of Ovalla Road)

972-576-3330

Visit us at: www.redoaktownvillage.com



Free Seminar & Weight Loss Support Group



Your 24 Hour Fitness Solution!

Snap Fitness Red Oak

100 S. Plaza Dr., Ste. 500
Red Oak, Texas

At the corner of I-35 and Ovilla Rd.

Is sponsoring a weight loss surgery seminar and support group

January 12th @ 9:00 AM



Glenn M. Ihde, MD

Author of

"Considering Weight Loss Surgery"

Call to Attend

972-576-0388

Meet with a Bariatric Surgeon

- Board Certified
- Director of Bariatric Program in Arlington
- Review surgical and non-surgical weight loss

Insurance Information

- Will my insurance cover it?
- Do I qualify for surgery
- What are the other requirements?

Advice on Weight Loss Strategies

- Nutrition & avoiding excess calories
- Exercise
- Eating habits

Support Group Meetings included

- Talk with others that have had surgery
- Talk with others considering surgery
- Share ideas on eating right
- Handouts
- BMI and Ideal Weight charts
- Share recipies
- Nutritional guidelines
- Exercise guidelines
- Dietician presentations
- Personal trainers

BEFORE AND AFTER PICTURES OF ACTUAL PATIENTS



ARTS NOW



Open the door to the Visual Expressions Art Gallery at the Ranch in Cedar Hill and Chester the bulldog, resident door greeter and guard dog, saunters over to give a welcoming sniff. Bill Ingle, his wife and nationally known artist, Robin, and daughter, Jennifer, who is the gallery director have created a showcase for renowned artists' works. Locals, who have an artistic bent, can learn from some amazing and celebrated talents.

Watercolors and oils are native-Texan Robin's passion, her medium of choice. "I began working with oils when I was about 14; I never had any classes in school when I was young," she shared. She has worked with watercolors for 15 years, and for "every subject matter I'll decide which medium I want to use." Robin expressed, "I like to experiment. That's what it's all about. There probably aren't too many things I haven't painted on — canvas, walls, concrete, marble."

With her Indian family heritage (her grandmother was half Comanche), her work displays a predominant Western theme. That is, however, only one side of this multifaceted artist. With such extensive subject matter as her beautiful florals, stoic and regal eagles, broken-down wagons and even

soda cans, Robin's repertoire is vast.

Robin surrounds herself with other well-known artists. One such gifted craftswoman is Nan Phillips, who has been involved with art since she was young. "As a kid, I always did art projects. We always painted. My father was an artist on the side," she stated. Nan began working with pottery and glass, and, as she said, "just fell in love with glass." She has now been creating gorgeous pieces of dichroic glass and figurative sculpture for 14 years, having developed her own creative techniques.

Nan has been a part of many shows, such as the Jewish Arts Fest of Dallas and the Texas Sculpture Association 2007 Membership Show. She had a display in the Cedar Valley College Center Arts and Crafts Festival in Cedar Hill in mid-November. "I love to go to shows and set up my own booth, talk with the people, listen to the 'oohs' and 'ahhs,'" she said, with a modest smile.

Indeed, each work is beautiful,

dazzling and completely original. The vibrant hues of her jewelry beg to be worn, her cranberry cathedral glass shimmers for a table to adorn. Her eye-catching pieces are often both functional and beautiful, while others, such as her art-glass wands are simply fanciful in nature. "I taught myself my own technique. I like the glass to speak. Everything I do is one-of-a-kind," she pointed out.

Both Robin and Nan feel that artists should constantly experiment and create, learning from and using fellow artists' techniques as a starting place to enhance their own work. "I'm constantly pushing the limits. Don't copy; incorporate," Nan sagely advised. Nan plans to teach fused-, stained- and leaded-glass classes at Visual Expressions

Creative Art Studio opening January 7. She is confident she can impart her techniques to fellow artists, both novice and accomplished glassworkers alike. "I welcome all skill levels. We can always learn from each other," she said.



ARTS NOW

Pages could be devoted to another of Robin's fellow artists, Kelli Howie, yet never fully capture this bubbly "theater chick." From clever Indian and clown masks to calming landscapes to breath-taking synthetic clay flower pieces, Kelli is as multidimensional as her body of work. She started painting in preschool, and by the age of 13 was a workingwoman. "I won a citywide contest and was offered a job with Neiman Marcus," she smiled, sharing how she was actually their window display, working where people could see her as they walked by.

Each mask she has rendered has an interesting secret; it takes a discerning eye to see Kelli's process. "Look closely," she invited with a challenge. "Can you tell that each mask started with my own face?" Having created a mold of her own



features, she then worked the clay into the crazy and funny or stoic and beautiful faces of her masks.

Kelli, who also has an extensive background in stage herself, with a bachelor's in theater and art and a master's of fine art in design, plans on teaching theater to anyone who has the acting bug. "What I hope to show people is that theater influences all aspects of life," she said. "I can help you learn public speaking and poise, and instill confidence. I want people to learn that if you fall on your face, you just have to get right back up and say, 'Hey, I meant to do that!'"

The next generation of local artists cannot help but benefit from such talented artists as Robin, Nan and Kelli. For these ladies, art is their passion, as well as a way of life. Robin perfectly explained, "Art is sort of a high. It relaxes me. I think every artist who truly loves their work can say the same. I've done many things in life, but art, always." **ARTS NOW**



**VISUAL
EXPRESSIONS**

Art Gallery & Custom Framing

Grand Opening Reception
Fri., Dec. 21, 2007 @ 7:00 p.m.

**Meet the Teachers,
See Demonstrations,
Enjoy Food & Beverage**

& Creative Arts Studio

1435 N. Hwy 67 Ste 100 Cedar Hill, TX 75104 Ph: 972-293-7142

Young Artist Classes Painting

Glass **ALL** Pottery

Bookbinding Art Appreciation Sculpting

Jewelry **ABOUT** Drawing

Printmaking

Photography **ART** Clay

Theater Marketing Your Own Art Fiber Arts

Gift Certificates for Classes

Sessions I & II January - March 2008

Register Early - Space Limited www.veartgallery.com

Classes, Workshops, & Events
Beginning Intermediate Advanced

Sports
NOW

The Making of a Young *Ice Princess*

— By Beverly Shay

Many little girls dream of becoming a figure skater — gliding across the ice with the greatest of ease, pirouetting and executing impossibly perfect triple jumps — definitely the stuff dreams are made of. But what makes this kind of dream come true?

Coach Christy Malacrea said of her 9-year-old star-in-the-making, Caroline Rodriguez, “She’s a very hard worker and a dedicated skater.” Dedication means 15 - 18 hours of practice each week — quite a big commitment for the fourth-grader at Alexandria Elementary School, who has been skating for four-and-a-half years.

“I was scared at first,” admitted Caroline’s mother, Dolores. “My husband enrolled her when the rink [Dr Pepper StarCenter] first opened and Caroline told us she wanted to skate. I was afraid she would injure herself, so I withdrew her after two weeks.”

Dolores had Caroline try cheerleading (Caroline made a face) and gymnastics over the next year, but that was only worse. Without his wife knowing, Caroline’s dad, Elias, re-enrolled her. “It’s what she wanted to do,” Elias explained.

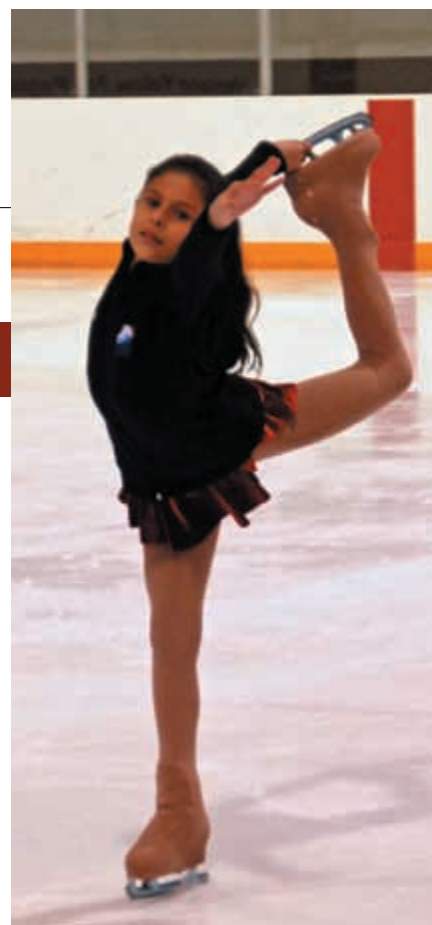
“She has made rapid progress,” Christy enthused. “She has learned all the single and double jumps and is beginning to learn her triple jumps. Caroline’s connecting steps and spins are very solid. As well, she is very artistic on the ice, with good presence and style. She’s very mature for her age.”



Caroline’s eyes moved from her parents to her coach, as she shyly explained, “I’d like to go to the Olympics. I want to skate like Sasha Cohen.” What is her favorite thing to do on the ice? “Spins,” she grinned.

Recently, Caroline participated in her first regional competition in Grapevine. She placed seventh out of 16 competitors ages 9 - 12, slightly intimidated by the skills of the other girls. “It was a learning experience,” Coach Christy remarked. “She learned she needed to fight and not just sit there.” Caroline nodded.

Most children’s first exposure to ice-skating is a party or public skate session. If further interested, they sign up for an eight-week Learn to Skate class. There are several levels of classes in figure skating. Advanced students move on to private lessons or take up ice hockey. Competitions begin in-house, advance to local teams and then high school teams. “Being a successful skater is a combination of talent, desire, work ethic and passion. Some kids are very passionate and work very hard, but may lack the talent or skill for higher levels of competition. What’s hard to see is someone with a lot of talent and



skill, yet [lacking] the passion or work ethic to succeed,” Christy commented. Apparently, Caroline functions in all of these categories.

“I like to skate to Spanish music,” commented Caroline, whose favorite outfit is sparkly blue and black. She feels like a princess on the ice.

“It’s financially expensive, but we see it as a good investment. We didn’t come into this thinking she’d be aggressive, but she really picked it up. It’s challenging at times,” her dad said, speaking of the time commitment. Every Monday and Wednesday morning, Caroline is at the rink for an hour-and-a-half of practice, beginning at 5:30 a.m. That means Mom is there, too. Saturday practice begins a little later — at 6:30 a.m. Four afternoons per week, practice commences once Caroline has finished her homework.

Caroline simply enjoys skating. “I think she has really identified with herself and is figuring out how she wants to pursue this. I guess I’ll just have to hit the lottery so we can continue,” Elias laughed. “Everyone has invested a lot of time in her. Once a coach recognizes interest, they will spend time developing that skater. We

Sports NOW

don't want to push her or see her burn out, but we plan to continue as long as she is interested, willing to work at it and still enjoys it," Elias stated.

"This is a sport not many Hispanics pursue. There are a few Mexican federations of skaters. For the summer, my wife will probably take her to Torreon, in Coahuila, Mexico, where they have recently built a new rink," Elias remarked.



"I'd like to go to the Olympics. I want to skate like Sasha Cohen."

"My father never went beyond the third grade, but he worked hard to provide for us five kids," Elias said. "I determined I would work even harder to give my kids the opportunity to pursue their dreams to the fullest extent."

"Our 17-year-old son is ranked number one in the state as a classical clarinetist," Dolores proudly added. He was featured in *Texas Monthly* in June 2007, as well as invited to perform at Carnegie Hall in front of 4,000 people. Talent, skill, hard work and performance apparently run in the family.

In addition to practice on the ice, Caroline has been in tae kwon do for three months to increase flexibility and arm strength. Off ice, she works on jumps and attends ballet class to develop strength and condition core muscles. At the end of the day, it comes down to one thing: "I just like to skate," Caroline said. **NOW**



RIGHT EQUIPMENT FOR THE JOB

- **Air Compressors and Tools**
- **Aerial Work Platforms** - Boom, Scissors, Personnel Lifts
- **Compaction Equipment** - Rammers, Rollers, Plate Compactors
- **Concrete and Masonry Equipment** - Breakers, Hammers
- **Dirt-Moving Equipment** - Backhoes, Skid-Steer Loaders, Trenchers, Excavators, Dozers
- **Electrical Equipment** - Tools, Generators, Light Towers
- **Material Handling** - Forklifts, Pallet Jacks
- **Water Pumps and Welding Equipment**



RSC Equipment Rental
320 Highway 67 - Midlothian, TX 76065
(972) 775-1190
www.RSCrental.com

ADDRESS THE PROBLEM

Don't just cover the symptoms!

We Provide Chiropractic Care For:

Pregnancy • Birth Trauma • Pediatrics
Accidents • Sports Injuries • Falls • Overuse Injuries
Stress • TMJ • Sedentary Lifestyles

Dr. Leah Pittmon, D.C.

Pittmon Family Chiropractic Center

104 W Beltline Road Ste 9 • Cedar Hill • 972-291-6102

(Minyard's Center next to Jewelry Box)

\$25

1st Visit Special

- Comprehensive Exam
- Findings Consultation
- X-Rays if Necessary

New Patients Only

ALLOYD

Service
As Solid As...

(972) 938-7774

Better Business Bureau Member

Residential Repair Experts

*GARAGE DOOR &
OPENER REPAIRS*



Family Owned, Operated and Insured
20 Years Experience
All Major Credit Cards Accepted

Business NOW



A Hospitality Hotel

— By Beverly Shay

When all you receive for the money you spend is a receipt and a memory, it is the quality and value of that memory that will inspire you to return. Creating good memories is the focus at the Duncanville Ramada located at 711 E. Camp Wisdom Road. “We are in the hospitality industry to serve the hospitality needs of the community and travelers,” explained Tom Hackney, director of sales. “We work hard to satisfy our customers, addressing any issue they need help with, so they have a happy memory to take home.”

The Ramada is a mid-tier, full-service, value-priced hotel. Mid-tier means they carry neither a five-star nor a one-star rating. Unlike most mid-tier hotels which have limited-service facilities (no bar, restaurant or banquet capacities), the Ramada’s full-service status allows them to offer the community affordable, budget-variable events, such as: company meetings, family reunions, sports banquets, weddings, receptions or graduation parties. Nine different meeting spaces are designed to accommodate anywhere from 25 to 350 for a sit-down dinner or 400 for a stand-and-mingle reception.

Tonya Bailey, the hotel’s food and beverage director, makes it her mission to assist you in planning a memorable, yet

affordable event. She is ready to give ideas on decorating and planning a menu, as well as offering a package deal where she takes care of all the details. “I keep up with current trends and tips on decorating and catering all manner of events, so I can help our clientele make the most of their time with us,” she stated.

Tanya desires to cater for all nationalities. “I have such a passion for people; I love all their different personalities. Growing up with 15 siblings, I have learned to take into

consideration many different tastes. It challenges me to hear peoples’ expectations and dreams, and then make it happen on their budget,” Tanya claimed.

“We see our hotel as a big house and our workers as a big family. Our goal is to make our guests feel comfortably at home during their stay with us — whether they are here for a

meeting, an event or an extended stay,” Tom stated.

The new owners, Dallas Partners LLC, are implementing community-friendly changes: they have joined the Chamber of Commerce and other groups. Extensive renovation is providing a “face-lift” on the exterior and a fresh look inside



Business NOW

under the oversight of Monty Cary, an amazing artist in his own right. "Originally this building was built for a paraplegic, so the design is extremely 'senior-friendly' with no stairs and very solid, 'anti-fire-spreading' construction," Tom confided. "So the physical changes are all cosmetic. We are also introducing



more service ideas, such as Trip Rewards®. Our desire is to present a hospitality center that appeals both to travelers and locals," Tom commented.

While some of their amenities are already known in the community, such as the Texas Tux Club and Tino's, their full-service restaurant, other new amenities feature a computer station near the lobby and the coming updated room décor including more pillows and beautiful duvets. "We offer good, clean, friendly, professional service. We welcome seniors who would like to take advantage of our daily, weekly or monthly rates, along with shuttle and van service for local outings. The Ramada also hosts Duncanville High School sporting tournaments," Tom divulged.

Visit the 123-room facility, boasting 8,000 square feet of banqueting space. Mention this article for a 20 percent discount on any banquet event, or stay two nights and get the third night free. Club hours are 11:00 a.m. - 2:00 a.m. Tino's hours are 6:00 a.m. - 2:00 p.m. and 5:00 - 10:00 p.m. Call (972) 298-8911 or e-mail ramada.dos@gmail.com for more information. **NOW**

Want Real Mexican Food?

Visit us for your next big party!






Bakery • Meat Market / Panderia • Carniceria • Taqueria

Carnitas Michoacan

1016 E. Broad Street • Mansfield 817-473-1059
Open 7 days a week 6am - 10pm

TIGHTEN AND FIRM SKIN WITHOUT DOWNTIME

The ReFirme Skin Tightening procedure, via wrinkle reduction, features revolutionary elōs technology that enables you to comfortably achieve a more youthful, tightened and lifted appearance without enduring downtime.

- Virtually Painless
- See Results Immediately

Special Introductory Pricing





ReFirme™

TIGHTEN AND FIRM
skin

Millennium

Laser & Medical Aesthetics

R. Paul Kare, MD
Botox Cosmetic
Physicians' Network Member

Syneron™

www.syneron.com

Call for a FREE Consultation!

1626 W. Hwy. 287 Business
Suite 102 • Waxahachie
www.drkare.com • 972-938-8200

Education NOW



— By Amanda Pitt

Changing the Future

According to Lolita Looney, eighth-graders at West Middle School might compare her classroom to boot camp — at least during the first six weeks. If her science classroom had a motto it would follow suit, “Be all that you can be,” because for this scientist-turned-teacher, helping students do their ultimate best is her main goal. “Even when you find a little bit of success, you don’t quit going until you reach your highest potential,” she said.

Lolita teaches six general science classes, three at the honor level. She is the sponsor for the National Junior Honor Society (NJHS) and has been teaching for eight years — six at Henry W. Longfellow Academy in Dallas and two at West Middle School in DeSoto. Each year in the classroom, Lolita scraps last year’s lesson plans and starts fresh. “Every class is different, because your kids are different,” she said. “To just keep doing the same things because it’s easier for me — I don’t even allow that to be an option.”

“Before you can teach students, you have to reach them [individually]. Once you reach them,” Lolita continued, “you can teach them anything.” She comes from a family of educators, but like her students, before she could teach, she had to be reached with a realization of her own calling.

Lolita graduated from the University of Texas at Arlington with a bachelor’s in microbiology. Fresh out of college, she was determined to be a scientist. She worked for the Dallas office of Smith Klein, now Quest Diagnostics. Even as a microbiologist, when new lab-technicians came aboard, Lolita was asked to train them. Eventually, she found herself training regularly, but it was not often enough, and her

trainees were not young enough. She began to feel that if she could just reach students at an earlier age, she could instill in them the desire to become lifelong learners. Eventually, lab work became routine in light of her growing aspiration to impart more than on-the-job training.

In 1999, in spite of a substantial pay cut, Lolita gave up her job and surrendered to teaching science. “Life is too short,” she said. “If I die tomorrow, I want to be able to say I’ve done what I wanted to do.” Her family was ecstatic at the decision. “It was almost like I joined the family sorority,” she said of fully yielding to the teacher in her blood.

In keeping with her passion to motivate greatness, improvement and innovation follow this teacher/scientist. Last year she developed and implemented Eighth Grade Week at West Middle School. It provides an activity for the big kids, while adding incentives and rewards for good behavior. The week ends with a Friday night ball. “Our behavior problems have gone way down, at least for the eighth grade, because everybody wants to go to the ball,” she said. West’s second year for the event is 2008, and Lolita is looking forward to increased community

publicity and involvement.

When asked to name one of her favorite things about teaching, Lolita said, “Every day is a new day.” Then she told the story of a 14-year-old student, whom most had given up on. He had a difficult upbringing in foster care, with two strikes against him seemingly from the beginning. Lolita remembers looking him in the eyes and saying, “Your past is something you can’t change, but your future is something



Education **NOW**

you can.' It seems like every year you get kids like that," she said. Watching them grow to become even one step closer to their goals is an extremely fulfilling experience for her. "Everything we learn, we've been taught," she explained, "and if we are not taught the proper way, or if nobody takes us aside and says, 'Hey, this is wrong; I'm not scared of you. There is a child inside of you that wants to do right, but just does not know how,' then how can we learn?"

"Sometimes the kids with deep-seated

"Before you can teach students, you have to reach them [individually]. Once you reach them, you can teach them anything."

hopelessness really need a teacher the most, because the harsh realities of life have not taught them well," Lolita said. Not only does Lolita teach science, but she also works to incorporate life-skills training, both in the classroom and in NJHS activities. She places high value on exposure to music, art and career options. Honors society activities include: volunteering with Dallas Life Foundation to help the underprivileged, trips to the Dallas Museum of Art and live theatrical performances. "We go to see *Lion King* and someone gets inspired to pursue the arts," Lolita said of the exposure the students are getting. She also gives students an online look at career paths in light of supply, demand, salary and education. Lolita's higher standard is worth the extra reaching when she sees students grasp the difference between opportunities with a high school diploma versus a college degree — a gift that, when given at a young age, can change the future in countless ways. **NOW**

Audiological Services of Ellis County The Hearing Center

*Celebrate the New Year
with Better Hearing!*



- Brand New State-of-the-Art Hearing Instruments
- Diagnostic Audiological Testing
- Hearing Aid Evaluations/Consultations—FREE
- Hearing Aid Repairs and Services
- Batteries & Battery Club
- Custom and Stock Earplugs
- Ear Wax Removal
- Financing Available thru Care Credit
- Seniors' Discount
- Gift Certificates Available

Try Before You Buy. Call Now to Schedule Appointment to Demo Hearing Aids.

Patient Recommended, Physician Referred
www.hearingcenterofec.com

1000 E. Main Street, Suite 303 • Midlothian, TX 76065
(Between Caroline's Cafe & Physical Therapy)

972-723-6181 or 888-251-6615





Red Oak Health & Rehabilitation Center




- Rehabilitation
- Skilled Nursing
- Long Term Care
- Alzheimers

Roy Miller, Administrator

469-552-0500
www.scc-texas.com

Located at Interstate 35 & Ovilla Road
101 Reese Drive, Red Oak



Most Separates \$5.99

New • Gently Worn • Plus • Misses

Now Accepting Winter Consignments

Now Hiring Part-Time Evening & Weekend.

- Business
- Casual
- Formal Wear
- Suits & Hats
- Shoes (sizes 6-12)
- Jewelry & Accessories



Bailey's Upscale Resale

Hwy 67 & FM 1382 • Cedar Hill
972-293-9992 • (next to Jo-Ann's Superstore)

Around Town Cedar Hill

NOW


The Storytime Theater at Zula B. Wylie Library, top left, presented *Harvey Slumfenburger's Christmas Present*. Crafts, top center, were a big hit at the library's annual open house. Library Friends, top right, are shown with the aquatic cube they donated to the children's area. Expressions Chiropractic Wellness & Rehabilitation and Expressions Salon & Spa, left middle, donated \$500 to the Cedar Hill Pantry. Trinity Christian Cheerleaders, directly above, show school spirit. The first place team at the annual golf tournament held at Tangle Ridge Golf Course, bottom left, happened to be the guys from Waste Management. Santa, bottom right, visited the library.



Valvoline

CEDAR HILL LUBE CENTER

105 W. Beltline Rd. • 972-291-7931
(Across from Minyard)
Mon - Fri 7:30 - 6 • Sat 7:30 - 4
Closed Sunday

**We are a full-service facility
Family owned & operated**

Tune-up (most cars), Diesel Oil Changes, Belts,
Batteries, Cabin Filters, Fuel Filters





**Check Engine Light
On Diagnostic
No Charge!**



\$8.00 Rebate
On any Valvoline
Premium Oil
Change



Rebate Available.
See Store for details and official
Valvoline forms. Expires: 2-15-08

**3 Part Fuel
System Cleaner**
\$59.99 Reg. \$69.99
With Coupon. Exp 2-15-08

Transmission Flush
\$94.99 Reg. \$99.99
With Coupon. Exp 2-15-08

Radiator Flush
\$74.99 Reg. \$79.99
With Coupon. Exp 2-15-08

Power Steering Flush
\$49.99 Reg. \$59.99
With Coupon. Exp 2-15-08

\$10.00 Rebate
On any one Valvoline
Professional Series
Service or \$15
rebate on two!



Rebate Available.
See Store for details and official
Valvoline forms. Expires: 2-15-08

CareNow®

Now with two southwest Dallas locations to better serve you!

**NOW
OPEN**



At CareNow, permanent full time board-certified physicians are available to take care of your entire family. From sore throats to sutures to x-rays, the physicians at CareNow are ready to care for all your primary and urgent care medical needs. Come to CareNow and see what a difference our great doctors make.

CareNow

Cedar Hill

345 N. Highway 67
Cedar Hill, TX 75104
(S. Beltline & N. HW 67)
(972) 956-5300

- 19 Convenient locations
- Open 7 days a week
- Weeknights until 10pm
- No appointment necessary
- Most insurance accepted

You can also visit our
Duncanville
location:
726 S. Cockrell Hill Rd
Duncanville, TX
75137
(972) 780-0802

Manager Special
15% OFF any delivery or pickup order over \$50 (within a 5 mile radius) Mon-Thurs.
No Delivery Charge
1 coupon per customer. Not good with any other offers or daily specials. Expires 1/31/08

FREE Sandwich
Buy 1 chopped beef sandwich, get the 2nd FREE
Dine in or pickup only. Valid Cedar Hill location only. Not valid with any other coupons/offers. Expires 1/31/08

DICKEY'S BARBECUE PIT
SINCE 1941

642 UPTOWN BLVD, SUITE 202
CEDAR HILL, TX
972-293-9662
(ACROSS FROM WAL MART)

Cedar Hill Imaging

The Quality Care Everyone Deserves

You Have a Choice,
Choose Open MRI,
Choose Cedar Hill Imaging!

318 W. Beltline Rd.
Cedar Hill, Texas 75104
972-291-6888

Open MRI • CT • X Ray • Ultrasound

Around Town DeSoto

NOW



The DeSoto High School Peer Assistance and Leadership (PALS) group, top left and top center, decorated the Book Angel Tree at the DeSoto Public Library. The annual Christmas parade brought out the holiday spirit in all those who were in attendance as evidenced by the four photos directly above. PALS, middle right, had a great time decorating the tree. Smiling faces, bottom right, are always found at a parade.



OLDE DOWNTOWN SHOPS & APARTMENTS

- 1000 sq ft retail move in ready
- UPSCALE 1 bedroom apts. Wood and ceramic tile floors
- Designer color schemes
- Marble shower
- Granite eating bar
- Upgraded light fixtures
- Ceiling fans and window coverings
- Appliances including washer/dryer

**Now
Leasing!**

119 South Hwy 342 - Red Oak

Call for Leasing information 972-842-8441

**Family Owned and Operated
for over 13 Years!**

**DALLAS
CARBOYS**

**Bank Financing
Available**

www.dallascarboys.com

**20-40 photos of each
vehicle on our website**

**Extended warranties available
on most units**



2001 BMW 330i

Extremely nice 1 owner 330 with premium package, sunroof, alloy wheels, leather seats, memory leather seats, Harmon Kardon sound and 17 \$14,995



2002 Cadillac Escalade

Extremely nice 2 owner Escalade. Sunroof, Park Assist, DVD with headrest TVs, OnStar, 3rd seat, etc. \$18,995



2005 Honda Accord LX 4 Door

1 Owner, 4 Cylinder, Automatic, All Power, New Wheels & Tires, Extra Nice!! \$13,995



2003 Chevy Silverado X-cab 4 Door

Custom Wheels, Billet Grille, Dual Exhaust, Cold Air Intake & Only 36,000 Miles!! \$15,995



2006 Chevy C1500 Silverado Xcab

1 Owner, spray-in-liner, all power, nerf bars, only 36k miles, Loaded!! \$16,995



2004 Hummer H2

1 Owner Flawless Red H2, Sunroof, 3rd Seat, Custom 20" Wheels with new Nitto All Tearing Bush & Tailpipe Guards, Nerf Bars, etc. \$28,995



2004 Infiniti G35 Coupe

1 Owner, Leather, Sunroof, New Tires, Automatic, Extremely Nice!! \$19,995



2005 Ford Escape XLT

Extra clean Escape with New Tires, V6, All Power!! \$11,995



2004 Ford Crown Victoria LX

Extra Clean Crown Victoria with New Tires, Leather, All Power, Only 56k miles!! \$10,995



2004 Lexus ES330

1 Owner, Leather, Sunroof, All Power, Memory Seats, New Tires, Loaded!! \$18,995



2003 Toyota Tundra SR5 Stepside Xcab Supercharged

1 Owner Supercharged V8 with only 74,000 Miles! Working Tires, Custom Custom Bumper, Custom Bed Extender, Sliding Rear Window, Nerf Bars, Keyless Entry, etc. This is a one truck and it is PRETUNE!! \$14,995



2007 Volkswagen Jetta 2.5

New tint on this 16,000 mile Jetta with plenty of factory warranty left! \$16,995



420 N I-35E • Lancaster, TX 75146
972-274-1122

Hours: 9am - 6pm Monday-Friday • 9am - 4pm on Saturday.

On the northbound I-35E service road just north of Beltline between Wal-Mart & Home Depot

Around Town Duncanville



Santa Claus, top left, made his entrance on a fire engine. A family, top middle, waits for the annual Christmas parade to begin. Senator Kay Bailey Hutchison, top right, addressed the Best Southwest Chamber of Commerce Partnership at their quarterly meeting. Floats, left center, and smiling faces, middle center, were in abundance at the parade. A Lakota Sioux tipi, right center, was recently erected by Larry Bessler, at the International Museum of Cultures. A clown, bottom left, smiled for the camera. Dallas Mayor Tom Leppert, bottom right, addressed no fewer than 300 Chamber members from the Cedar Hill, DeSoto, Lancaster and Duncanville chambers at a recent meeting.



What can your business do with

400,000 potential customers ?



Reaching more than a quarter-of-a-million readers throughout eight markets, with interesting stories about the people living in those communities, **NOW Magazines** are the smartest choice for your advertising dollars.

To find out more about the best move you can make for your business, call us today at 972.283.1170.

NOW

MAGAZINES

Bringing the best of the community home

RAMADA *New Year's Specials*



Stay with us...

***Daily 20% OFF** The Rack Rate
Weekly 30% OFF The Rack Rate
Monthly 50% OFF The Rack Rate
 Each room comes with a refrigerator, blow dryer, Coffee maker, iron and ironing board, color television with multiplex movie channel with HBO
 Call Sales at 214-293-0057 • Seniors Welcome
 *Daily discount good thru Jan. 08



Club Texas Tux...

Private Club
 Anyone 21 & Over Welcome
Karaoke
 Sun., Tues., & Thurs. 9 - close
 Open 4pm - 2am • 365 days a year
Happy Hour 4-7 everyday
 Sports on the Big Screen TV



Tino's Restaurant...

Book Your Event
FREE Banquet Room
 with 150 or more guests
 Saturdays only
Call Tonya at
214-200-6695

711 E. Camp Wisdom Road • Duncanville • 972-298-8911
 ramada.dos@gmail.com

THANKS TO YOU!
 We've Grown - We've Moved
 We've Expanded



Pro-adjuster Chiropractic Clinic, Inc.
 is proud to announce our new location...
 405 W. Belt Line Rd. (at Main St.)

NEW LOCATION SPECIAL

\$49.95 Offer Expires 1/31/08

- All new patients will receive...
- Case History/Consultation
 - Orthopedic & Neurological Exam
 - Computerized Spinal Analysis
 - Report of Findings to the Patient

PROADJUSTER

Chiropractic Clinic, Inc.

Come see us! We'd love to show off our new office!

972-291-1992

Forget Counting calories or carbs.
 NO SURGERY! NO PILLS! NO KIDDING!
Lose up to 20 lbs in 30 days!
 Call today for details or simply come by!
 Support Group Meets Fridays at 7pm.
 Holiday Inn • 984 W HWY 287 Bypass in Waxahachie
 972-617-5094 or 214-288-5094
Mary Jane Weight Loss Centers, Inc.
 3295 N Hwy 77, Suite 101
 Monday - Friday 10:00 am - 5:30 pm
*We make no claim that this result is representative of all patients on the program.
 For many dieters, weight loss is only temporary.

Planning a wedding?
Wedding & Party Guide
 Visit
 www.weddingandpartyguide.com
 or look for us at a location near you.

Dusti the Clown
 Balloons
 Face Paint
 Magic • Games
 Balloon Delivery
 txqueen@chilitech.com
972-617-6964



— By Stephanie Brewer

IN THE KITCHEN WITH MICHAEL HURTT

BEEF TENDERLOIN WITH MUSHROOMS

1 lb. fresh mushrooms, sliced
1 cup chopped green onions
1/4 cup butter or margarine, melted
1/4 cup chopped fresh parsley
1 (6 to 7 lb) beef tenderloin
1/2 tsp. seasoned salt
1/4 tsp. lemon-pepper seasoning
14-oz. pkg. crumbled blue cheese
1 8-oz. bottle red wine vinegar and oil dressing
crushed peppercorns, to taste

Sauté sliced mushrooms and green onions in butter in a large skillet until tender; drain. Stir in parsley and set aside. Trim excess fat from beef tenderloin. Cut tenderloin lengthwise to within 1/4 inch of other edge, leaving one long side connected. Sprinkle with seasoned salt and lemon-pepper seasoning. Spoon sautéed mushrooms and onions into opening of tenderloin; sprinkle with blue cheese. Fold top side over stuffing. Tie tenderloin securely with heavy string at 2-inch intervals. Place tenderloin in a large, shallow dish. Pour dressing over tenderloin; cover and refrigerate 8 hours, basting with marinade occasionally. Remove tenderloin from marinade. Press crushed peppercorns onto each side of tenderloin. Grill over medium-hot coals, covered or tented, 35 minutes or until meat thermometer registers 140 F for rare to 160 F for medium. Transfer to platter. Serves 8.

CANLIS' SPECIAL SALAD

SALAD:
2 Tbsp. olive oil
pinch of salt
large clove of garlic

2 peeled tomatoes, cut into eighths
2 heads Romaine lettuce, sliced into 1-inch strips

CONDIMENTS:

1/4 cup chopped green onion
1/2 cup freshly grated Romano cheese
1 lb. rendered finely chopped bacon

DRESSING:

1/4 cup lemon juice
1/4 tsp. oregano
1/2 tsp. freshly ground pepper
1/4 tsp. chopped fresh mint
1 coddled egg
1 cup olive oil
1 cup croutons

SALAD: In a large wooden bowl, pour approximately 2 tablespoons of good imported olive oil, sprinkle with salt and rub firmly with a large clove of garlic. The oil will act as a lubricant and the salt as an abrasive. Remove garlic, and place the tomatoes in the bottom of the bowl. Add Romaine, sliced in 1-inch strips. You may add other salad vegetables if you choose, but remember to put the heavy vegetables in first with Romaine on top. Add condiments. Pour the lemon juice and seasonings into a bowl. Add coddled egg and whip vigorously. Then add olive oil, whipping constantly. When ready to serve, pour dressing over salad. Add croutons. Toss generously. Serves 4 - 6.

FUNERAL POTATOES

6 medium potatoes
1/2 cup butter
1 10 3/4-oz. can cream of chicken soup
1 1/2 cups sharp cheddar cheese, shredded

Michael's memories of cooking stem from a strong background of great cooks. His grandmother was a chef and once owned a restaurant. Michael comes from a large family, the oldest of seven, so everyone helped! "I learned to do pancakes," Michael said. "I also learned to hate washing dishes, so I do the grocery shopping and cook, while my wife, Marilyn, does the dishes."

Michael has attended cooking classes from chefs such as Kent Rathburn and Stephen Pyles. While teaching of this caliber has been an influence, Michael's inspiration has stemmed from being a member of a family of great cooks and outdoor grilling. "The neighborhood requests include the popular barbecue brisket or prime rib," he said, "but my personal favorites are the flavorful dishes from southern Louisiana." **NOW**

1 pint sour cream
1/2 cup chopped green onion

TOPPING:

1 cup crushed corn flakes
2 Tbsp. butter, melted

Boil potatoes for 12 minutes. Cool and shred. Place them in a large drip pan. Mix butter, cream of chicken soup, cheese, sour cream and green onion. Pour mixture over potatoes. **TOPPING:** Mix lightly with fork so mixture can partly penetrate into potatoes. Mix corn flakes with melted butter and place over potatoes. Bake uncovered at 350 F for 45 minutes.

MICHAEL'S STUFFED MUSHROOMS

25 - 50 large mushrooms
1 stick butter
8 oz. crabmeat, more if desired
3 oz. whipping cream
3 egg yolks
2 Tbsp. lemon juice
4 oz. sour cream
bread crumbs

Take stems out of mushrooms and chop the stems. In a skillet, melt butter and sauté mushroom stems. Add crabmeat and then the whipping cream, egg yolks, lemon juice and sour cream. Then add bread crumbs to thicken. Fill mushrooms with the mixture. Heat at 350 F for 15 minutes on greased cookie sheet.

MEXICAN SEAFOOD COCKTAIL

1 1/2 cups chilled Clamato juice (or 1 cup tomato juice and 1/2 cup clam juice combined)

Who's Cooking **NOW**

1/4 cup ketchup
1/4 cup fresh lime juice
1 tsp. hot sauce (like Tabasco)
1 tsp. salt (or to taste)
1/4 cup finely chopped white onion
1/4 cup fresh cilantro
1 firm-ripe California avocado (peeled, pitted, cut into small chunks)
1/4 lb. fresh lump crabmeat, cleaned (about 1 cup)
1/4 lb. cooked baby shrimp

Stir together Clamato juice, ketchup, lime juice, hot sauce, salt, onion and cilantro in a large bowl, then gently stir in avocado, crabmeat and shrimp. May be served with oyster crackers or Saltine crackers if desired. Spoon into 6- or 8-oz. glasses or cups. Serves 4 - 6 as a first course or light main course.

KAHLUA CAKE

CAKE:

3/4 cup unsalted butter, softened
2 cups sugar
3/4 cup sifted cocoa
4 eggs, separated (For fluffy, high egg whites, have them at room temperature. Just as you start to beat them, add a pinch of salt.)
1 tsp. soda
2 Tbsp. cold water
1/2 cup cold coffee
1/2 cup Kahlua
1 3/4 cup cake flour
1 Tbsp. vanilla extract

GLAZE:

1 cup Kahlua
1/2 cup powdered sugar

CAKE: Cream butter and sugar well. Add cocoa and one egg yolk at a time beating well. Dissolve soda in water. Combine soda, coffee and Kahlua. Add liquids to creamed mixture alternately with flour. Stir in vanilla. Fold in stiffly beaten egg whites. Pour into a greased and floured 10 mm Bundt pan. Bake at 325 F for 45 minutes or until done. Remove cake from pan while warm. Pierce cake with fork. **GLAZE:** Combine Kahlua and powdered sugar blend until smooth. Pour glaze over cake. Cover and store in refrigerator. Garnish with whipped cream and strawberries, raspberries or drizzle with a berry coleus if desired. Yield: 8 - 10 servings.



Casa del Sol DESIGNS
Distinctly Rustic,
Uniquely Texas.
Large Selection
of Western Art
Check out our NEW website:
casadelsoldesigns.com
107 Main Street - Mansfield
817-477-8008
Open: Mon-Sat 10-7 / Sunday 12-6

**20% Off
Furniture & Chimeneas**

Sale ends 1/31/08



"Best Deal On Furniture - Top Quality - Dirt Cheap." \$25,000,000 Inventory 20,000 Items.

METRO FURNITURE SHOW
Quality Selection

50% Off all furniture, call for pricing 972.576.0033 or 888.828.1388!

Tuesday - Saturday 11 a.m. - 7 p.m. | 509 North I35E | Red Oak, Texas 75154 | www.metrofurnitureshow.com



Ivey
PHOTOGRAPHY

Ask about our senior specials!

Seniors Weddings
Children Families

402 E. Ave. G. - Midlothian, TX 76065 - 972.723.2464 - www.iveystudio.com



Dotson Radiator
4th generation entrepreneurs

**Receive 10% OFF
All Service & Repairs**
(one coupon per customer per service)

Complete Heating & Cooling Service
Regular Maintenance
593 Jealousie Way, Suite B & C
Cedar Hill, Tx 75104 • 972-291-9925
www.dotsonradiator.com



Tax Season Has Arrived
**Stop Renting!
Start Owning!**

- ✓ \$500 Total Move-In
- ✓ Lease Buyouts
- ✓ Bad Credit OK

Debra Jones
New Home Locators
Real Estate Agent, MBA, Notary
469-658-6964
"We Make Dreams Come True For You."

Finance **NOW**

Do Not Let Wall Street's "Mood Swings"

Upset Your Investment Strategy

Some investors were rattled by the recent volatility in the stock market. And it is hard to blame them. After all, one day, we are seeing record highs, and then, a few days later, we are on a losing streak — followed by a rebound. What will happen this week, next week or next month? No one really knows, but one thing is certain: stock prices often fall (or rise) for reasons that have little to do with why you invest.

To illustrate, let us consider two of the factors that investment professionals cite as responsible for the market's series of losses in early June:

• **Falling hopes for a rate cut**

Federal Reserve Chairman Ben Bernanke hinted that the Fed might not be cutting interest rates before the year ended. Because interest rate cuts often spur the economy and can boost stock prices (at least in the short term), Bernanke's statements took away some enthusiasm from investors.

• **Rising bond yields**

Bond yields rose significantly. At one point during the stock market's losing streak, the yield on the 10-year Treasury note hit 5.24 percent, its highest level in five years. When yields go over the 5 percent level, some stock investors believe they can cut back on risk, and still earn a reasonable return, by investing in

bonds. If many of these investors then pull back from the stock market, stock prices may fall.

As an individual investor, what should you take away from these apparent "mood swings" of Wall Street? Here is lesson number one: do not overreact to the mood swings of Wall Street. You will waste time, money and effort by constantly trying to adjust your investment strategies in response to events such as comments by the Federal Reserve chairman or a rise in bond yields above a rather arbitrary figure. When the market is volatile (and even when it is not), focus on the things you can control. Here are a few suggestions:

• **Invest broadly**

If you spread your dollars among a range of stocks, bonds, government securities and other vehicles, your portfolio may withstand market

downturns better than if you only owned one or two types of investments.

• **Buy quality**

Look for quality investments, including stocks of well-run companies with histories of paying dividends. These investments tend to hold their value better during market declines — and they usually bounce back faster when those declines run their course. (Keep in mind, though, that companies can increase, decrease or totally eliminate dividends at any time without notice.)

• **Follow an "all-weather" fixed-income strategy**

If you are investing part of your portfolio in bonds, do not try to outguess the direction of interest rates. Instead, take an "all-weather" approach by building a "ladder" consisting of bonds of varying maturities. Once you have created your ladder, you are



Finance NOW

prepared for both rising and falling interest rates. When rates are rising, the proceeds from your maturing bonds can be used to invest in new bonds at the higher levels. When market rates are falling, you will continue to benefit from the higher rates offered by your longer-term bonds even if the maturing bonds will be locking into the lower rates.

Above all else, keep your eyes on your goals. Your monthly investment statements may occasionally make you frown, but if you have done a good job of building a solid investment portfolio and you follow long-term strategies, you may eventually have a lot to smile about. **NOW**

Contributed by the Edward Jones representatives in Cedar Hill.



January Jean Extravaganza


\$25 Off Jeans

Bring In Or Mention This Ad During The Month Of January And Receive \$25 Off One Pair Of Jeans

Choose from DAVID KAHN, 7 FOR ALL MANKIND, NOT YOUR DAUGHTERS JEANS, ROZZIE & RAE, FRENCH DRESSING

Elements of Style

101 S. College @ Main
Across from the Historic Ellis County Courthouse
972-937-5112



Full Service Salon & Spa Offering
Hair • Nails • Massage • Skin Care • Waxing
Permanent Makeup • Electrolysis

A SIMPLE TOUCH
day spa & salon

1431 N. Hwy. 67, Ste. 100
Cedar Hill • 469-272-3111

Gift Certificates Available • Evening Hours Available



31 Years of Service

**Cruises & Tours
Vacation Packages
Business Travel Management**

972-291-9990
www.redbirdtravel.com

Experience Luxury

Red Bird Travel Plus
320 Cooper St. Cedar Hill TX



IS YOUR CHECKBOOK MORE BALANCED THAN YOUR 401(k)?

Most brokers will tell you that investing in a 401(k) is an important way to save for retirement. What few bother to say is that it's not enough just to have a 401(k).

To get the most from your 401(k) when you retire, you have to actively manage it now. At Edward Jones, we'll work with you to help ensure that your 401(k) portfolio accurately fits your goals. So your 401(k) can work for you, not the other way around.

To learn how Edward Jones can help you make sense of your 401(k), call or visit your local investment representative today.

 <p>Jonathan A. Pope, AAMS 1431 N. Hwy 67 #300 Cedar Hill, TX 75104 972-293-9609</p>	 <p>Darryl L. Fenton 104 W. Beltline Rd #10 Cedar Hill, TX 75104 (In Minyard Shopping Ctr) 972-291-6685</p>	 <p>Charles D. Peyton, AAMS 241 E. FM 1382 #318 Cedar Hill, TX 75104 (In Kroger Shopping Ctr) 972-293-2010</p>
--	---	--

Call or stop by today www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

The Woes of the Weekend Warrior

— By Dr. Lesa Ansell

The scene is set: free time, buddies and a challenge. The winner takes all, a no-holds-barred weekend warrior challenge. It is “just a game” you all say, but everyone knows it is a play-full-out championship game! The next day you realize, *I’m not a kid anymore!* Muscle aches, headaches and sprained ankles — *How did this happen? It never used to feel like this.*

It is easy to make jokes about being a “weekend warrior,” but it is really no laughing matter. These injuries can actually be quite serious. They can even have life effects, such as neck and back injuries.

Many times, we find that we have a “weak link,” an area that we seem to injure time and time again. One of the fundamental keys to preventing injury is to find the weak link. However, sometimes this is difficult to do. This is because it often is not located closely to the injured area. An example of this is seen in the ankle/foot/arch complex. When there is a problem in this area, it can affect the knee, hip or low back.

COMMON WEEKEND WARRIOR INJURIES

Sport	Commonly Injured Regions
Surfing	Neck, low back, shoulders
Volleyball	Shoulders, low back, ankles
Baseball	Shoulders, elbows, knees, ankles
Tennis	Elbows, wrists, knees
Soccer	Neck, knees, ankles
Swimming	Shoulder, low back
Weight lifting	Low back, shoulders, wrists
Hiking and Climbing	Legs, low back, shoulders, ankles
Football	Knees, ankles, shoulders, low back
Running	Low back, ankles, knees, hips

Other keys to preventing injuries include:

- **Arriving early** - to prepare for the game.
- **Warming up** - to elevate your body’s core temperature.
- **Stretching** - to increase blood supply to the muscles.
- **Hydrating** - dehydration is a major factor in injuries.
- **Dressing appropriately** - wear the right gear for the

right sport.

- **Do not overdo it** - use your head, not your ego to know your limits.

What do you do when you do get injured? You pay the PRICE! This stands for Protection, Rest, Ice, Compression and Elevation. This protocol can help prevent scar tissue formation and help you recover more quickly. For injuries that are more severe or pain lasting longer than 48 - 72 hours, always consult your doctor! **NOW**


Dr. Lesa Ansell is the CEO of Pro-Adjuster Chiropractic Clinic and is a member of the Texas 4 Disaster Medical Team under the direction of the Department of Homeland Security.



Buy • Sell • Trade
Classic and Antique Cars

1958 Ford Fairlane Retractable Hardtop Convertible
 Others available 1929 Model A thru 1967 Mustang Convertible

Bobby Butler
214.536.5624 • 254.622.2981



Robert P. Roye, M.D.
*Diplomate-American Board of Orthopaedic Surgery
 Fellow-American Academy of Orthopaedic Surgeons*

- Sports Medicine & Arthroscopy
- Joint Replacement Surgery
- Hand & Wrist Surgery
- Occupational Medicine
- Fracture Repair
- Reconstructive Surgery
 - of Elbow & Shoulder
 - of Hip & Knee
- Arthroscopic Rotator Cuff Repair
- Arthritis Surgery
- Pediatric Orthopaedics
- Carpal Tunnel Surgery
- Minimally Invasive Joint Replacement

REGIONAL ORTHOPAEDIC
 &
SPORTS MEDICINE CENTER

- Orthopaedics
- Podiatry
- Physical Therapy
- Sports Medicine
- Wound Care
- Work Conditioning
- Industrial Rehab
- Drug Testing

Jeffrey M. Parrett, D.P.M.
*Member-American Podiatric Medical Association
 Associate-American College of Foot & Ankle Surgeons*

- Foot & Ankle Fracture Care
- Achilles Ruptures
- Tendonitis
- Ankle Sprains
- Bunions/Hammertoes
- Ingrown Toenails
- Skin/Nail Infections
- Plantar Warts/Calluses
- Rheumatoid Arthritis
- Foot & Ankle Pain
- Heel Pain
- Wound Care
- Diabetic Foot Care

1324 Brown Street, Suite 100 • Waxahachie

972-937-8900 • www.regionalorthosportsmed.com



Proudly Serving Waxahachie Since 1995

Top Notch Personnel, Inc.

Where professionals come for people.

Need A Great Job?

- Get a Steady Paycheck Every Friday
- Vacation and Holiday Bonus Program
- No Hiring Fees to You Ever
- We Work Hard to Find the Right Job for You
- Eligible for Perm Hire After Only 6 Weeks
- State Workers Comp Insurance

Come By Our Office Today And Apply

602 Ferris Ave. Suite 101
 (Gingerbread Township Bldg.)
 Waxahachie, Texas
 972-923-9244

**Hours
M-F 8-5**

Why Employers Love Us.

- Fast, Friendly, Reliable Service
- Interview and Screen Each Employee
- Texas State Workers Comp Insurance
- \$1,000,000 General Liability Insurance
- No More Labor Law Compliance Hassles
- Free Drug and Background Testing
- 6 Weeks Temp to Permanent Hire
- "Try Before You Buy"
- We Handle All Injuries & OSHA 300 Log
- 1 Worker Or Your Entire Workforce

Call Tim Today at 903-872-6356

www.topnotchpersonnel.com

Great Outdoors

NOW

'08 Resolution — Save a Tree!

— By Nancy Fenton

Are you planning some remodeling or new construction for your home this year? Let us consider how to do it while protecting those big trees you love. If you are thinking about expanding your home or your driveway this year, consider looking at it from the tree's point of view. Our gracious, old trees have had a lifetime to put out those roots past the edges of their drip line using them to absorb water and

14 essential nutrients. When we pave or add soil, it really fouls up the absorption. Protect the tree from those big machines by creating a barrier with that ugly, but effective, orange fence as far out from the trunk as you can. A four- to six-inch layer of mulch over the area will protect it from the compacting of large machinery that knocks down your fence. Avoid the fill dirt around the tree as much as possible since it will slowly strangle the tree over a period of several years. Those pavers with holes in them offer some help in getting the moisture and air down to the roots if you must cover part of the area.

If you are putting in irrigation or underground lines, tunnel two to four feet below the surface rather than trenching. It will avoid most of the feeding roots. Root pruning is a last-gap measure, but necessary if you want a

level surface area. It will promote a rush of new growth and reduce the chance of root rot.

The tree canopy of the earth is quickly diminishing. We can see it as we drive down the highway and notice the dozers knocking down second growth trees in preparation for yet another shopping mall or housing addition. When the rains have no place to be absorbed, they tend to run into our homes, etc. Not a pretty thought! Less noticeable is the oxygen that those destroyed trees were producing and the CO₂ they were taking out of the atmosphere. Let us all do our share by planting trees, taking care of the ones we have, and encouraging the builders to think before bulldozing building sites with trees. **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

**JANUARY SPECIAL 10% OFF
RESTYLANE AND PERLANE**

SIMPLY SKIN
Medical Spa



**121 W DEBBIE LANE SUITE 115 MANSFIELD
817.477.9191**

WWW.SIMPLYSKINMANSFIELD.COM

NOW ACCEPTING CARE CREDIT

*Aesthetic &
Implant
Dentistry*



- Restorative Dentistry
- Cosmetic Dentistry
- Dental Implants
- Sedation Dentistry

**Davis W. Morgan, DDS
972.723.5544**

102 S. 7th St. • Midlothian

Smiles for all occasions!

January 2008

Community Calendar

Every Monday (except Jan. 7th and 21st)

Nursery Rhyme Time from 10:15-10:45 a.m. at Duncanville Public Library. *Head to Toe*: Jan. 14 - hands; Jan. 28 - heads.

Every Tuesday

Rotary Club of Duncanville meets at the Hilton Garden Inn at 7:00 a.m. www.duncanvillerotary.org.

Homeschool Movies from 2:00-2:30 p.m. at Duncanville Public Library. *Plant Life*. Jan. 15 - photosynthesis; Jan. 22 - structure & growth; Jan. 29 - biodiversity.

Every Wednesday

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

Every Wednesday and Friday

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

Every Thursday

Story Time from 10:15-10:45 a.m. at Duncanville Public Library. *Growing up With Books*. Jan. 10 - presented by Duncanville High School Family, Community and Career (FCC) students; Jan. 17 - things to do with baby; Jan. 24 - I can do it too; Jan. 31 - getting ready.

Lectura en Español by Tamara Knapp from 5:30-6:00 p.m. at Duncanville Public Library.

Every Saturday

Fun Time Live: 7:00 - 11:00 p.m. at Cedar Hill Recreation Center. Safe, exciting, supervised entertainment for children (3rd through 8th grade). Cost is \$10/child for four hours of fun, challenging activities supervised by adults with a police officer on site. Activities and themes change each week, but will include such things as: karaoke, live DJ, dance contests, football/basketball/dodge ball/soccer, relay races and tug-o-wars. Concessions are available for minimal charge. Call (972) 772-6000 or visit www.funlivelive.com.

First Tuesdays

Dad's Night Out With the Family from 7:00-7:40 p.m. at Duncanville Public Library. **This event is moved to the second Tuesday (Jan. 8) for this month only due to New Year's Day.**

First and Third Tuesdays

Training Academy for Dental Assistants' free informational sessions: 5:30 p.m. (972) 842-2999. **No meeting on New Year's Day.**

Second and Fourth Mondays

Texas Ladies Networking: 11:45 a.m. - 1 p.m. at Ryan's Grill, Waxahachie. (214) 587-1221.

Second Tuesday

The Dallas Area Writers Group at Cedar Hill Library. Visit dallaswriters.org.

Second and Fourth Tuesdays

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

Second Wednesday

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

January 8

Dad's Night Out With the Family from 7:00-7:40 p.m. at Duncanville Public Library. *Storytime* presented by Duncanville High School Family, Community and Career students.

January 9

Business on the Hill at the Cedar Hill Chamber: 7:30 a.m.

January 10

Cedar Hill Chamber Night Out: 5:30-7:00 p.m. TBD.

January 12

Free Wellness Fair presented by City of Duncanville and Duncanville Recreation

Center partnering with Methodist Health Systems: 9:00 a.m. - 2:00 p.m. at Duncanville Rec. Center, 200 James Collins. FREE — everyone is invited. (972) 780-5774.

January 15

Good Morning DeSoto! Morning networking event: 7:30 a.m. at MCM Grande Hotel/Fundome. Call (972) 224-3565 or visit: info@desotochamber.org.

January 23

Business on the Hill at the Cedar Hill Chamber: 7:30 a.m.

January 24

Cedar Hill Monthly Chamber Luncheon at Northwood University: 11:30 a.m.

January 26

DeSotoOpoly! - A Gala Night of Fun & Games (DeSoto Chamber's Annual Awards Gala & Auction): 6:00 p.m. at the MCM Grande Hotel/Fundome. Call (972) 224-3565 or visit: info@desotochamber.org.

January 28

Cedar Hill Education Council meets at Chamber Office at 4:30 p.m.

January 29

Good Morning DeSoto! Morning networking event: 7:30 a.m. at MCM Grande Hotel/Fundome. Call (972) 224-3565 or visit: info@desotochamber.org.

January 31

Zula B. Wylie Library of Cedar Hill is hosting a Dining for Dollars event at Applebee's in Cedar Hill from 5:00-10:00 p.m. Enjoy a great meal and support a nonprofit group that raises support for the library.

To have your events posted on the community calendar, e-mail us at: bshay.nowmag@sbcglobal.net.



Heating, Air Conditioning,
Indoor Air Quality

One Hot Offer

Right now, **Calverley Air Service Experts** is offering a complete furnace system check-up **and** our exclusive Home Health™ Report Card for **only \$29**. That way, you'll know the condition of your furnace before you start it up, and you'll know exactly what's in your home's air. You'll have to hurry, because this offer won't last long.

\$29 FURNACE
SYSTEM CHECK

- 20-point visual inspection and safety check
- A detailed analysis of your indoor air quality

Hurry, offer ends January 31, 2008



Call Calverley Air
Service Experts Today At
817.385.7052
www.CalverleyAir.com

WE SERVICE ALL MAKES AND MODELS, 24/7

© 2007 Service Experts Inc. Offers cannot be combined with any other offers.
Some restrictions apply. Licensed TACLA00025679C. Promo Code: NP11207

