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Cared For**



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The pumpkin crops are coming
in, reminding everyone that
Thanksgiving is just around the
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Photo by Terri Ozymy.

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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, DeSoto and Duncanville zip codes.

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

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The Community Magazine
Serving Cedar Hill, DeSoto,
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MAGAZINE

Greetings Southwest Friends,

Ah, the sweetness of fall weather and the chance to gather with loved ones to celebrate Thanksgiving. For myself, I am thankful for the privilege of living in America, for my wonderful family, for my health and a chance to write for a living. I am also grateful for the opportunity of meeting and telling the stories of so many fascinating people from the growing communities of Cedar Hill, DeSoto and Duncanville.

This month we have quite a variety of articles: we feature the DeSoto American Women's Business Association, the Duncanville Civil Air Patrol, a Cedar Hill wild life rehabilitator, recipes inspired by German cuisine, an amazing Nigerian doctor and his clinic, as well as one very talented Asian-American family in our Cedar Hill home feature.

Take time to express your thankfulness to those around you. Keep the story leads coming!

Beverly Shay

SouthwestNOW Editor

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Helping Hands

— By Beverly Shay



Photographer, teacher, humanitarian and wildlife rehabilitator Dawn Gold, simply cannot help helping others, whether they are students, people less fortunate than herself or injured or orphaned small animals. Her philosophy for animals is not all that different from what motivates her to help people. “If they can’t do what they were born to do, then what kind of life do they have?” Dawn postulated.

Her love for photography provides the perfect way to document her passions, especially caring for small animals that were born with defects, have been separated from their mothers or injured and are in need of helping hands. “It all started with a squirrel that plopped on the patio outside our kitchen window. I assumed it had fallen, so I found a box, got the baby squirrel into it and placed the box in the tree. Two more times the mother dumped the squirrel to the ground. What could I do, except bring it into the house and feed it? I did everything you’re not supposed to do, but it needed

rescuing,” she recalled.

After bottle-feeding the squirrel for a few days, it became perky and perched on Dawn’s head. “The squirrel decided I was its mother!” Dawn realized. Something wasn’t right, however; as she fed the squirrel, the formula would come out its nose. At the veterinarian’s office, they discovered the squirrel had a cleft palate (genetic) and a significant hole in the roof of the mouth — something the mother squirrel could not address. Surgery corrected the problem and the squirrel was good as new, albeit not quite wild anymore. “My nephew named him Tiny Tim, and I had him for several years until he escaped one day and we never saw him again,” Dawn added.

Hearing it was against the law to care for wild animals without a permit; Dawn investigated and found it true. Unstymied, Dawn completed the intensive one-day training to obtain her permit from the state of Texas to rehabilitate, foster and care for injured or orphaned small animals. She has

kept that permit current since 1996; her mom and sister are also licensed to babysit the animals she keeps in her home. “It is very time consuming to tend 15 baby squirrels who don’t even have their eyes open yet. I appreciate help with the nonstop feeding and clean-up schedule,” she confessed. The course trained her in triage, basic wildlife first aid, nutritional care specific to the various animals, as well as when and how to release animals back into the wild. “The goal is to release them back into nature, not keep them as pets,” Dawn cautioned.

Dawn bottle-feeds baby squirrels for 10 weeks, if necessary, and spends the next five weeks teaching them to forage. “I’m sure my neighbors must think I am nuts — scattering food in the yard and then foraging through the grass with my little companion, so he will learn to find his own food,” she laughed. In winter, she hides food in the house and wooden box where the squirrels nest. “I have had other animals, but I specialize in squirrels

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“I’ve had opossums, a bobcat,

with head and orthopedic injuries,” Dawn indicated. “I’ve had opossums, a bobcat, some bats and raccoons — but I am very allergic to them. I’m not much good with baby bunnies. To care for birds you have to be certified with federal agencies.”

Her animal photography led to the making of a video which can be seen at nowmagazines.com/media/dawngold.php. Her passion for cameras plays out in a college course she teaches on photography at Dallas Baptist University and Mountain View College, where she also teaches human development: a course on study skills, test skills and time management. Dawn is all about service and helping others achieve what may appear to be outside their grasp without help.

“My father always had a camera, and I took some photos as a child. But I fell in love with photography during my first photography class at Texas Woman’s University in ’93. I had the most wonderful teacher for a photo-journalism course the next semester,” Dawn enthused. “I wish I could go back and tell her that I find teaching photography is the ultimate privilege.”

Her photography courses are mostly intensive, fast-track classes, one- to two-weeks long with six assignments. “I want them to focus, to see outside the box, to look for what isn’t so apparent. Their first assignment is a focused study of hands from the wrist to fingertips and feet from the ankles down. One student photographed amazing artwork another student drew on himself. It was beautiful and lent a new view to hands,” she beamed. “They also do headshots, nature and action. One older guy shot a series of flags: American, Christian, Texas, and then imposed the photos of the flags over photos of tombstones at the DFW National Cemetery. The result was really awesome; I love such creativity.”

Cedar Hill **NOW**

some bats and raccoons."

Dawn's passion for photography led her to Nicaragua. "A friend of mine, who was passionate about photography and the children of Nicaragua, was always after me to accompany him on a group trip to Nicaragua. The timing never seemed to come together for me to make that trip until after he had passed from lung cancer," Dawn remembered. "Our church was going, and they asked me to be the photographer; somehow the money came in, and I made the trip this past April." The trip, done in part to honor this man and his love for the people, changed Dawn's life.

"The dump where many of the families and children live really impacted me, and the pictures I took there are some of my best. The children loved my digital camera, because they could stand behind me and lean against my blond hair (which they found fascinating) and see the pictures I had taken of them," Dawn smiled at the memory. "I've never been an extremely materialistic person, but now I really appreciate what I have, and I have quit worrying about what I don't have! I think about what is important in life," she reflected.

"What's important in life," Dawn continued, "is do these kids have food for themselves and their family? Do they get medical care or school supplies? I got to meet the 8-year-old, special-needs girl I now support through Christian Relief Fund, and we both have the photo I took of us together," she said, her eyes misty.

"I have taken this quote by Edward Abbey to be my mantra: 'May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view,'" Dawn commented. It sums up her desire to catch life through photography and expand others' views, as much as it describes her approach to aiding animals and people in need. **NOW**



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DeSoto
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The Perfect Fit

— By Sandra McIntosh

Active, hardworking members of the DeSoto ABWA, from the left, are: Vice President Faith Browning, 25-year member Mattie Crockett, secretary Evelyn Duncan and President Ann Field-Ferguson.

Looking back over what will soon be 60 years of ABWA history, it is amazing how one man's insight could birth an organization for the good of all women. Hilary A. Bufton Jr., founder and executive director of the American Business Women's Association (ABWA), recognized the role women had on the overall economy during the post World War II era. On September 22, 1949, he and three Kansas City businesswomen changed the way the workforce was viewed when the ABWA was incorporated. "Mr. Bufton was a visionary who realized a network was needed to support women in the workforce," said Evelyn Duncan, secretary of the DeSoto charter chapter and current Chapter Woman of the Year. "The organization began during wartime, but it has continued long after the war's end."

Hilary felt all women deserved business opportunities that were equal across the board. The business knowledge they gained during WWII, more from necessity than desire, prompted his idea to start a new organization for all businesswomen. His idea included the women in his own family. "One daughter, Carolyn Bufton Elman, is the current CEO," said Mattie Crockett, 25-year ABWA member and DACA (Dallas Area Council of the ABWA) Woman of the Year. "His other daughter, Sara Bufton Rosen, is over the national scholarship fund begun after Hilary's son passed away. It's the Stephen Bufton Memorial Education Fund (SBMEF)."

Today, the association continues to be made up of a group of diversified individuals, who come to the proverbial table

with much wisdom. Each member has a specialized skill, ability or advice they have gained from hands-on experience. "It's this experience that benefits the group," Mattie explained. The all-inclusive organization does not discriminate. "Women, as well as men, from all races, creeds, colors and age groups are encouraged to visit a meeting," Evelyn interjected, "to see just how easily their talent and experience will fit into the group." Over the years, the range of business diversity has run the gamut from PTA moms to CEOs of their own companies, as well as every job imaginable in between.

The mission statement is as follows: *To bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.* More simply stated, it is women helping women, one woman at a time. Once a woman joins, she is partnered with mentors specific to her individual needs. "If you are willing," Mattie said, "the beauty is to become a mentor yourself. What you put into ABWA is what you'll take away."

Evelyn had been with the same company for 20 years when the owners decided to sell. Although she was offered a severance package, Evelyn quickly understood she was going to be without a job. "I remembered the time I spent in ABWA back in the '70s," she said. "By becoming a member again, it gave me a support group where I was able to hone my skills. It helped make the job change less scary."





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Mattie's membership started long before she retired from Texas Instruments (TI). After her divorce, she was transferred from Sherman to Midland when TI began moving their military products from one location to another. "In this male-dominated field, I knew I needed support," Mattie explained. "I was a single woman who had to deal with several men. ABWA gave me the outlet I needed." She started her tenure in Odessa, but moved her membership to DeSoto after retirement.

Every woman involved in the organization has a story unique to themselves. The stories may be different, but the need after all these years has remained the same. "Women still need a nonthreatening environment where they can grow and learn to step out of their box," Mattie noted. "Or learn to feel more comfortable in their own box," Evelyn laughed. If you feel you are one of these women, ask yourself how a night out with the girls would sound. Do you think you might enjoy a dinner prepared by someone else? What about camaraderie with other busy women like yourself? "If you are looking for a place to meet once a month to network, gain knowledge and glean advice from a guest speaker," Evelyn shared, "then ABWA is the organization for you."

The opportunities to meet other women and continue the education process can be found by visiting different chapters until you find one that best suits your particular needs, and also by attending the spring and national conferences. The best part about the DeSoto charter chapter is its ability to build all its members up, usually with the simplest of things. ABWA anniversaries are recognized at each monthly meeting, as well as members' birthdays. "It's very personal recognition for everyone," Evelyn said.

Christmas in November has grown in popularity over the years. The silent

DeSoto NOW

auction and brunch are complemented with local entertainment and guest speakers, who always seem to give the ladies in attendance advice they can incorporate into their daily lives. The annual garage sale is usually held in September, thus allowing members to do something worthwhile with items that would normally be discarded otherwise. Proceeds from these two events go toward the operating and scholarship funds.

Evelyn and Mattie speak for the entire DeSoto group as they relate how proud they are to partner with Brighter Tomorrows, a local facility meeting the needs of battered and abused women and their children. "We are very big on donating brand new items," Mattie said. "We help with the baby clothing drive, back-to-school supplies and Christmas gifts." As the coordinator of the "shower of cards" in the Southwest area, Mattie realizes how much the sentiments mean to members and their families. "I send cards to everyone for every request," Mattie said, "even during illness. The word spreads and everyone is showered with cards, letters and e-mails from chapters all across the nation."

Giving back to the community is something the group also does on a regular basis. Since the DeSoto chapter started on July 28, 1977, the group has donated approximately \$73,000 to local scholarships and another \$10,000 to the SBMEF scholarship fund.

Representing ABWA and DACA is quite an honor for both Evelyn and Mattie. Granted, they have been dedicated, hard workers, but for them it has been a journey labored in love. Some members, like Evelyn, may choose to work behind the scenes, while others, like Mattie, are diligently moving forward on the front lines. Whatever your career and wherever you feel you may fit in, you will definitely find a perfect fit at the ABWA chapter of your choice. **NOW**

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Vigilant

— By Danielle Parker

"To serve America by performing Homeland Security and humanitarian missions for our communities, states and nation, developing our country's youth and educating our citizens on the importance of air and space power." To civilians, this mission statement may seem impossible, but members of the Civil Air Patrol (CAP) are confident this mandate is achievable by everyday people. A nonprofit organization, CAP is comprised of youth (cadets) ages 12 - 18 and adult volunteers, with one common goal — serving their community. Structured according to a military model, CAP is broken into divisions of national headquarters, regions, wings and squadrons. Each Sunday evening, the Redbird Composite Squadron meets at Dallas Executive Airport to further CAP's three missions of emergency services, aerospace and its cadet program.

With the motto "Always Vigilant," the squadron performs search and rescue missions and services in the case of an emergency situation. "In the general aviation world, when one of the smaller airplanes goes down, a CAP squadron throughout the nation will go and locate the emergency locator transmitter (ELT)," said Jerra Williams, Duncanville resident and deputy commander for cadets. "We are sent to go locate the ELT, with the intent of finding someone and saving lives."

CAP, soon known for its legacy of service, was originally established December 1, 1941, just days before the attack on Pearl Harbor. Throughout World War II, civilians contributed air support to the war effort during combat missions. "General aviation saw the need to use their aircrafts to help

defend the U.S. border," Jerra stated. "One plane actually did destroy a submarine."

When the war was over, CAP modified its mission to one of benevolence, never to be involved in combat situations again. On July 1, 1946, CAP became an auxiliary component of the United States Air Force. "We do interact with the military," Jerra said. "We are under the United States Air Force, so they fund our programs and assign our missions."

Since the switch more than 60 years ago, CAP has made every effort to provide benevolent service to the communities it serves. "CAP has been involved in numerous relief efforts," Jerra related. "On September 11, 2001, the first non-military plane to go up was a CAP aircraft. Local squadrons have provided emergency relief by aiding Katrina victims. In 2003, we searched out pieces of the Space Shuttle Columbia after its disintegration over Texas." In the early '90s, when a Southwest Dallas squadron was created by Concord Baptist Church, the Redbird Composite Squadron was originated, which is currently part of the Irving Composite Squadron.

Of CAP's main objectives for the future, Jerra believes the cadet program is most important. "We use a military structure to help cadets progress and give them a way to measure how well they are doing," she explained. "The adult members rank as officers, while the cadets start at a basic level and then move on to officer levels within the cadet program. It allows them to interact with adults with a level of respect. The program also increases leadership capabilities, because as cadets go through the ranks, they are given more responsibility."



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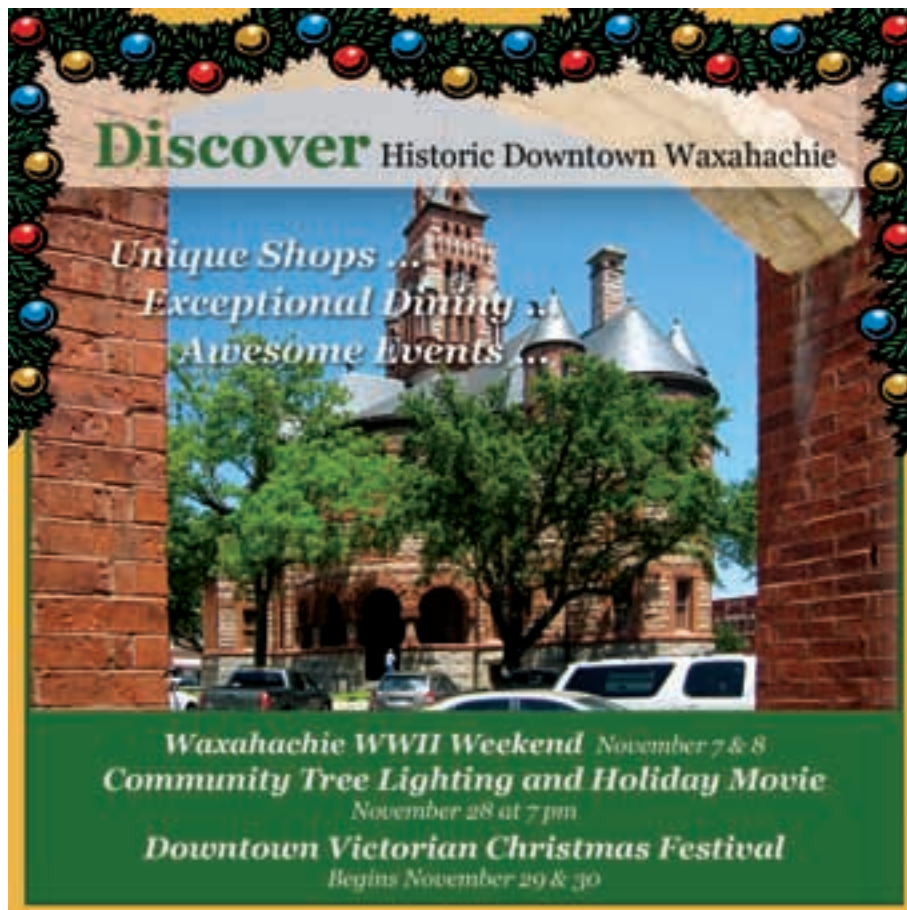
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In keeping with CAP's mission, cadets are trained in areas of aviation and relief, as well as professionalism and decorum. "Leadership is rotated so everyone is able to develop those skills," Jerra revealed. "It is an eye-opener for many who wouldn't volunteer because perhaps they are small in size or they are quiet."

Once Jerra's nephew, 14-year-old Shannon Williams, got involved in CAP, he was hooked. He believes the knowledge gained in the group is preparing him for his future. "My aunt and uncle invited me to a meeting," Shannon said. "I started coming back, and I keep coming back because I like to learn about aerospace and airplanes. I have learned so much about leadership, responsibility, discipline and how to be a better person in general."

Through weekly meetings and regular training, young men and women develop hands-on experience in first-aid, radio communication and military customs and courtesies, which make the program educational yet fun, according to Chris Nwosu, 14, of Cedar Hill. "My sister was a part of CAP, and when I was younger, I'd watch her do drill and wish I could do them as well," Chris said. "I enjoy the education and leadership skills development, but I also love to drill and do physical training games."

Jerra explained the cadets have not signed up for the military, but for a life-changing opportunity to grow and develop. "The cadets are developing life skills, learning to be responsible and how to be a part of a team," Jerra said. "For people that want to get a feel for the military, this might be a way of doing that; but regardless, cadets are accomplishing tasks they can continue as adults."

The cadet program focuses mainly on mentorship provided by adult officers. Cadets work side-by-side with CAP members during training sessions and some relief efforts, allowing them to

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get an inside look at aspects of the military, aviation and search and rescue. "Cadets get involved with the adults on assignments," Jerra commented. "They learn to assess damage and respond to tasks, so in the event of an actual emergency, they have something to bring to the table."

Orientation flights allow youth to fly a single engine. Under the instruction of senior members, they are allowed to control the plane, some before they have been behind the wheel of a car. "We provide an opportunity for young people to walk alongside adults," Jerra explained. "They have the chance to do the unusual. How many teenagers can say they have flown a plane solo before receiving their driver's license?"

"I have learned so much about leadership, responsibility, discipline and how to be a better person in general."

Chris, who would like to be a military engineer, has grown through these one-of-a-kind experiences. "I came to the cadet program a year ago really shy," he recalled. "Now, I'm more willing to communicate with others and loosen up to get to know people."

While the cadets learn and develop new skills, Jerra admits senior members learn just as much from them, making this a unique opportunity for the entire squadron. "I don't know of any other program for youth that offers this much variety and one-on-one time with adults on a regular basis," she remarked. "This is a leadership and mentoring role unlike any other. A young person can step away from the program a year later as a more confident and community-service-oriented leader." As they teach and learn from one another, the Squadron continues to pursue the mission of CAP, providing leadership today and training leaders for tomorrow. **NOW**

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**At Home With
Josh and
Hea Sook
Thompson**

House of Music

— By Beverly Shay

The two-story, multicolored brick home appears as unassuming as the family who lives there. But do not let that fool you. Having outgrown their smaller home in Oak Cliff, the Thompsons needed the 2,000-square-foot, four-bedroom, two-and-a-half-bath Cedar Hill house to rear their four children.

While Josh worked toward a music degree at Trinity University (San Antonio), his future wife, Hea Sook, did graduate work at the University of North Texas (UNT). They met in a summer music education course at UNT in 1979. "I asked him if he was a Christian. Our relationship grew around our common interests in faith and music. We did homework together and read through the Book of Romans that summer," Hea Sook related, her face crinkled into a pleased smile at the memory.

"I grew up in a treasured family environment," confided Josh. "The nurturing I received led me to a career in early childhood education. While at graduate school at Dallas Baptist University (DBU), I felt God told me His perfect will for me was to rear an American family, pursue early childhood

education (focusing on 3- to 6-year-olds) and educate parents to be parent educators."

For five years, Josh taught his own children in a Montessori/Christian classroom co-op, with help from parents and volunteers. Josh not only taught the children, he offered parent education and volunteer training. "We combined Montessori perspectives and materials in a constructivist format, teaching children to be creative," Josh explained. The atmosphere fostered in that Catholic Charismatic community then known as Prince of Peace and now called Mount St. Michael Catholic School, became the heartbeat of this family. "Our family got so much from the community; they loved us so much, even though we were Protestant members of Tyler Street Methodist Church," Josh remarked. "Many of the same kids who grew up with ours, playing sports and doing



Scouts, now come here to our sons' studio in the house and record music together," Josh stated. All three Thompson boys are Eagle Scouts.



You know music is the DNA of the family as soon as you walk in the front door. Immediately to your left, French doors open to the music studio, where Hea Sook gives some 20 piano lessons each week. A well-used, well-loved Steinway baby grand piano, belonging to Josh's dad since 1927, was given to Hea Sook when she graduated from UNT. "Music is more valuable than gold," Hea Sook informed in her lilting Korean accent. Some of her students have gone to Booker T. Washington (arts magnet school) and the Berkley College of Music. The decor is shelves of sheet music, piano books and a Larry Graeber still life painting.

The dining room to the right of the entry features "the Mary Anne" — a china cabinet Josh's grandmother purchased from a lady named Mary Anne. Inside is a tea service, which was made for Shipping Captain Josh Thompson in 1790 and brought back from the Indies. Red and white oriental Spode Demi Tasse tea cups are also heirlooms from Josh's family, as is the huge Heritage Family Bible printed in 1890, his grandparents' marriage Bible. Several water colors of irises and oil landscapes painted by Josh's father's sister adorn the walls.

To the back of the house is the family room overlooking a backyard garden of curved, brick-bordered flowerbeds and wind chimes. Above the brick fireplace is another painting by Josh's aunt of the river walk in San Antonio. Filled with books ("always," laughed Hea Sook), a wall of family photos and plenty of overstuffed couches, the family

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room, open to the kitchen, is very much the hub of Thompson family life. "Last week, we had 14 people [over] for lunch, from New York, Mississippi, Georgia and Mexico City, the spillover from John and Joe's 5th Annual Pandarosa Showcase Showdown," explained Josh. Two small plaques proclaim the family themes: "But as for me and my household, we will serve the LORD," (Joshua 24:15); and "By wisdom a house is built, and through understanding it is established," (Proverbs 24:3).

The house is quiet now; their four children off pursuing life. Their oldest son, David, and his wife, Alison, are expecting their first child in March. Joe, attending grad school at the University of Mississippi on a full-tuition scholarship, is engaged to Helen, an Australian girl he met at Thomas



Aquinas in California where he received his undergrad degree. John, son number three, studies anthropology at the University of Chicago and is attending a quarter abroad in Toledo studying Spanish and anthropology. "He's our systems guy," remarked Josh, explaining how John cannot get enough of people and their cultural interaction; the systems theme carries over into his computer and recording talents, as well.

"Our house is really quiet now that Mary Anne has moved to SMU on a full scholarship in music education," Josh commented. Her tidy room speaks of Mary Anne's absence, yet still portrays the personality of the Thompsons' youngest child with the bold blue dorm spread beneath a

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The room next door to Mary Anne's houses "the studio," a.k.a. The Pandarosa Recording Co., brainchild of Joe and John. Filled with gradually accumulated equipment, it is decorated with concert/band posters and pizza boxes. "We wanted a studio that fits the music we make: organic, down-to-earth Indie; music exhibiting the maker's mark, not yet fully polished, displaying individuality. The studio, like the



company, has experienced constantly changing dynamics: moving into a more stable, patterned system and space. Currently, the recording label is larger than the bands, but we can't wait for the bands to outgrow us," John elaborated.

"The name came from Ponderosa pines at the Philmont Scout Camp — with their orange/brown bark and vanilla scent — and our Asian-American heritage: panda, to become Pandarosa," John explained. "Our main piece of

equipment is this 30-year-old RAMSA 16-track mixing console, creating a viable workstation with four monitors. Many people have helped us get equipment, printing, artwork, promotion creating a system of people working together, as well as a system of signal-flow to move the music from analog to digital."

Many songs of the bands making up the Pandarosa can be downloaded from their Web site. "John is an excellent coordinator, bringing out the best in the bands and getting them to do something with the music they write," commented proud father Josh. "The two in-house studios don't conflict because preference is given to Hea Sook's studio schedule, and the musicians have to wind down by 10:30 at night; no drums after 11:00 p.m." Josh stated.

Their home truly is a house of music, a house of community, a house of mutual support, respect and love — a good house to grow up in and come home to. **XXX**

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Lending Legitimacy *to* Literacy

— By Beverly Shay

“Everybody learns more when it’s fun, when they’re happy, so I make it my goal to make learning fun,” said Joseph Jammer, aka Lyndale the Literary Lion. “Words are very powerful and can impact the hearer, especially a child, in a positive or negative manner, which will carry over into adulthood. Lyndale opens opportunities to impact children on a positive level by giving them something true and fun that they can then remember and bring into the difficult situations they face,” Joseph remarked.

Joseph did not initially set out to become a lion, but he did aggressively pursue an acting career. Born and reared in Houston, Texas, Joseph earned a B.A. in theater cinema from Texas Southern University (originally known as Texas College for Negroes) in Houston. He then went to Columbus, Ohio, on an internship with Living the Dream theater troupe. His time with the troupe not only advanced his acting skills and career, it afforded him the opportunity to travel, where he was exposed to the cinema-mentality of acting as opposed to the stage-mentality. “People tended to assume I should play the tough guy, the thug, because I was African-American, but I felt to portray, to create that image, would betray my understanding of history. You see, a large part of stage acting is *becoming* the words you speak,” he explained. After portraying an abusive father, “Some people told me they hated me,” Joseph recalled. “I said, ‘No, that was not me. It was only the character.’ So I chose not to portray those types of characters.”

When Joseph becomes Lyndale in his literacy program for children at libraries and schools, he speaks to them about the importance of words, specifically the words they accept into their characters. Lyndale was “born” in 2001 as the library was celebrating 100 years. Joseph had been working in outreach for the library throughout the city and noticed a lack of interest



in reading among children. “It was heartbreaking,” Joseph confessed. “I began to think of ways to interest children, to show them the fun, positive side of learning.” He shared his ideas with a co-worker, who then made him a Lyndale headdress, spats, tail and gloves.

“My goal is to give children the understanding that education and learning is power,” he confided. “Imagination is power. I tell the children to look around at their shoes, the carpet, the building. Someone imagined those things and then created them. I tell them, ‘You have the power to create and you can be powerful — if you want to be.’”

Joseph knows he cannot change everyone; not even Lyndale can. “But I look for those two or three children who really hear me and grab hold of what I am saying. I want to give them something better than the lesser values their lives may have communicated to them. Values have changed since I was a child,” Joseph observed. “Today, children see status as value: in clothing styles, which cell phone you have. It is sad that those things have replaced values like honesty, truth, loyalty and responsibility.

“So I talk about how great it is to open presents when you are with friends. I ask them if they are my friends, and then I open a present: inside are words like respect and courage. I tell them that these are gifts they can give to their friends,

ARTS NOW

gifts that convey value and worth. I tell them how books and education will give them understanding of how to become a better human being. If they learn their own value, they will see and communicate the value of others," Joseph explained.

"Am I my brother's keeper?" I ask them. "I am. I am responsible and able to help others find a better way to live," Joseph related. "I ask them, 'What are you preparing for?' Then I tell them our choices prepare us for something; it could be good or it could be bad. So what do they want to prepare for? Education, reading, words: all these can prepare us for something good."

Joseph uses music and songs as well as props to provide children ages 4-15 with catchy ways to remember the truths he seeks to communicate. He noted that even the older kids are attracted to fun learning styles. "I sing songs like 'I Love to Read.' When you communicate in a fun manner, you give kids the



permission to imitate you. Words have changed meanings, and society, at least the society of their peers, has declared that being smart is no longer cool. Being inarticulate and unable to relate to others is cool. So I work at making reading and learning cool, while telling them not to let society negatively influence their understanding of value and worth," Joseph admitted. Lyndale the Literary Lion is available through Jammer Time Express, for general and after-school programs to promote the arts and education. **ARTS NOW**

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— By Beverly Shay



Dr. Benedict Olusola is a doctor patients love to see because he makes no secret of his desire to help people. Dr. O., as he is often called, and his staff of 32 medical aids, therapists, technicians and even some specialists have spent the past five years expanding their onsite services. “My vision is for everyone to get all the care they need in the simplest, most affordable manner possible,” Dr. O. stated. “Many of our patients are elderly, poor and/or disabled. It’s not easy, and sometimes it’s impossible, for them to go to get the care they need. We not only offer transportation to our clinic, we provide everything they need for their health care here.”

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leave happy because they receive time with Dr. O. and don’t have to go anywhere else to complete their care regimen,”

Velesa Jones, business partner, administrator and 20-year veteran nurse, explained.



Velesa Jones and Dr. Olusola

“No one should go into a profession for what they can get out of it, but rather for what they can give,” Dr. Olusola indicated. “I knew when I was 6 or 7 years old that I wanted to help people. In Nigeria, extended family is the community. Everyone chips in to help care for each other. I decided to be a doctor, even though I was afraid to pass in front of hospitals.”

Nigeria follows the British pattern of specifying the educational track from high school, so Dr. O. focused on and excelled in biology, chemistry and physics, as well as

English. “Because the government still paid for higher education at that time, and there were 120 million people, only the best qualified for education within the country. That

Business NOW

explains why so many leave the nation and seek their education elsewhere," he explained.

Following three years of study in the sciences at the University of Lagos, he then received his M.D. in general medicine in 1984. He completed five years of surgery studies at the University of the West Indies in Jamaica and family practice residency at Prince Georges in Maryland. "In Jamaica, the people express their appreciation for the care you give them by having you come into their homes for a meal," Dr. O. recalled.

He has served as the chief of the emergency department in Lancaster and his practice in DeSoto began as a house-call practice, which grew to 400 patients, necessitating physician assistants and nurses to help. The clinic's philosophy is Dr. O.'s own. "We follow the American Academy of Family Practice's guidelines for preventative health care," Velesa explained. "But we have developed our own weight-loss, dietary program that enables people to achieve and maintain a healthy weight without having to buy specialty foods. We keep it simple by implementing a sports/medicine approach, emphasizing calorie loss through activity and the seven-inch plate rule, where you have your small plateful of starch, meat, fruits and vegetables (drinking eight ounces of water first and eating the fruit and vegetables before meats and starches). He is a dedicated athlete and uses his accomplishments to encourage his patients to incorporate healthy activities into their lifestyle."

Dr. O. simply stated, "If we don't give them this care, they won't get it elsewhere, so we swallow the additional costs of the services we provide, thereby keeping it affordable for anyone."

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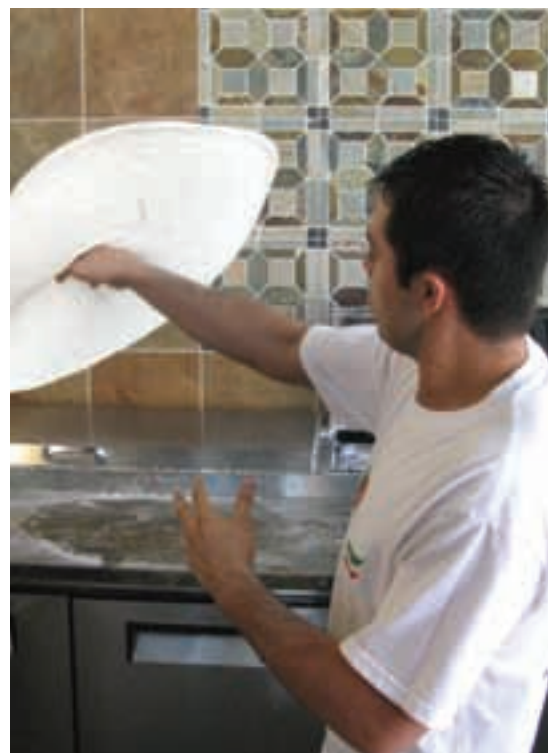
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Around Town Cedar Hill

NOW



A welcome basket was presented by Tom Kennedy and Adell Miller to Elizabeth Prado and Oscar Dominguez, top left, during a recent ribbon cutting at IHOP to mark expanded involvement in Cedar Hill with the Chamber. Stefanie Richard of Regions, top right, presented a welcome basket to Leslie Ganu, store manager of Eve Beauty Store. Ribbon cuttings were held at: Casa Barajas Mexican Restaurant, second row left; Italia Express, third row left; Diamond Voice Messaging & Information, third row center; Baylor Family Medicine at Cedar Hill, third row right; and Informed Choice Insurance Agency, bottom left. Victor Rivera, bottom right, was "throwing dough" at Italia Express.

Around Town DeSoto



Oreum Winston, top left, shows off her popsicle stick flag during the 9/11 Memorial Program held at Cockrell Hill Elementary. Folkloric dancers, top right, performed during the Viva DeSoto! event held recently. Anthony and Sara Garcia, second row left, performed in the rain. Madelon Qualls, second row center, won an MP3 player at *Viva DeSoto*. Whitney Walton and Gavin Johnson, third row left, held the U.S. flag close during the 9/11 Memorial Program. Local musician Forest Davis, second row right, performed a solo on his clarinet for those attending the memorial. Lauren Franklin, Jakaliyal Myers-Booker and Jayvion Hollinger, third row right, displayed the hand print replica of the U.S. flag they made in class. DeSoto ISD superintendent Lloyd Treadwell, bottom left, smiled at the popsicle stick flag given to him during the event. The DeSoto Rotary, bottom right, presented the DeSoto ISD with \$6,000 in funding to provide uniforms for students in need.



Around Town Duncanville



The Great Texas Longhorn Whall Society, top left, won the gold medal during the 2008 Games of Duncanville. Leadership Southwest 2008-09 First Class Communications Day, top right, included Lloyd Brumfeild, Jeff Crilley, Daphne Brown, Joshua C. Johnson, Charlotte Berry, Patricia Coleman, Ramona Logan and Oscar Martinez. Guests, second row left and bottom right, attended the Champions Cove October Fest held recently. Pet Medical Center's team of "Wild Things," second row center, won the bronze medal during the Games. ACT Security, second row right, were the silver medal winning team. The Pool Sharks from Pet Medical Center, third row center, won the award for most-spirited team. Duncanville firefighters, third row right, took in all the events at Celebrate America. The Red Bird Lanes' team, third row left, won best decorated car at the 2008 Games of Duncanville. Patrons, bottom left, came out to enjoy Celebrate America while also honoring Duncanville firefighters and police officers.

Holiday Shopping Guide

A look at the fine merchandise and offerings available here in our community.



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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH KEN WEAVER

While growing up on a farm in Idaho, Ken's mother taught him the art of canning, and his father, being a butcher, taught him how to work with meats. "She canned many things each year, but my favorite was dill pickles," he recalled. "My dad loved to do innovative things involving different meats. He made cooking and entertaining guests a lot of fun for all of us."

After living in Germany for six years, Ken now specializes in making sauerkraut from scratch. His wife, Pat, inherited her mother's soft pretzel recipe, which they use to create a unique event. "At least twice a year, we have a pretzel party, which involves each attendee rolling pretzels," he explained. "Then we eat sauerkraut, Wurst, hot-potato salad and marinated green beans!" 

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

MARINATED GREEN BEANS (GERMAN)

5 16-oz. cans green beans, drained
1/2 cup green pepper, diced
2/3 cup onion, diced
3/4 cup sugar (or Splenda)
1/2 cup cider vinegar
1/4 cup canola oil
seasoned salt to taste

Combine beans, green pepper and onions in bowl. Combine remaining ingredients in separate bowl; pour over the bean mixture. Cover and refrigerate for at least 24 hours.

FRIED CABBAGE (GERMAN)

1/3 cup canola oil
1/2 head cabbage, thinly sliced
1/2 cup cider vinegar
1/4 cup sugar
seasoned salt to taste

Put oil in a large saucepan. Heat on high until oil is almost smoking. Add sliced cabbage, stirring frequently to prevent burning. Add vinegar and sprinkle sugar over the cabbage. When cabbage is wilted, lower temperature. Use seasoned salt to taste. Turn off burner and cover for 5 - 10 minutes before serving.

FARMER'S BREAKFAST (GERMAN)

1 bag frozen hash brown potatoes
4 strips bacon, cubed
3 eggs
3 Tbsp. milk
1 cup cooked ham, cut into small cubes
salt and pepper to taste
4 slices American cheese
2 medium tomatoes, cubed
1 Tbsp. green onion, chopped

Fry hash browns in frying pan as described on package. In a separate frying pan, cook bacon until crisp. Drain bacon drippings; add crisped bacon to hash brown potatoes. Blend

eggs, milk, cubed ham, salt and pepper. Cook in frying pan until egg mixture is set. Put on top of hash brown potatoes. Lay cheese on top of the egg mixture and allow to melt. Serve with tomatoes and green onion on top.

HOT GERMAN POTATO SALAD

6-8 medium potatoes
1/2 lb. smoked bacon
3 medium onions, chopped
1 cup sour cream
1 cup mayonnaise
1 cup sugar
1/2 cup vinegar
salt to taste
white pepper to taste
1/4 cup parsley

Boil the potatoes with skins until tender, but do not overcook; cool potatoes. Peel and dice the potatoes into 3/4-inch cubes. Cook the bacon until crisp; remove bacon from pan. Eliminate some of the grease; add onions. Cook slowly until well done; add to potatoes. In a separate bowl, combine sour cream, mayonnaise, sugar, vinegar, salt, pepper and parsley. Cook slowly, stirring frequently until all ingredients are well blended. Pour the sauce mixture over the potatoes and onions; let stand until flavor permeates the potatoes. Crumble crisp bacon; roll lightly into potato mixture. Do not stir; allow potatoes to remain firm. Serve hot!

WEAVER SAUERKRAUT

1 jar fresh deli sauerkraut (Can be found in the refrigerator section of your store. Bush's or Hegstenburg recommended.)
1-2 cups apple juice
German mustard to taste
1 small onion, chopped
6 slices bacon

Open can and drain sauerkraut; put into cooking pot. Add enough apple juice to almost

cover sauerkraut; add brown German mustard to taste. Sauté onions; add to kraut. Fry bacon until crisp; drain. Add bacon to kraut. Warm sauerkraut until it is hot, but not boiling. Simmer for 1/2 hour and serve.

MUSTARD POTATO SALAD

8 medium potatoes, cooked, cooled and sliced
3/4 cup celery, chopped
1/2 cup onion, chopped
1/2 cup dill pickles, chopped
6 hard-cooked egg yolks
1-2 Tbsp. cider vinegar
3 cups Miracle Whip salad dressing
1/2 cup French dressing
1/4 cup mustard
1/3 cup cider vinegar
seasoned salt to taste
6 hard-cooked egg whites, chopped

Combine first four ingredients in bowl. Put the yolks from the eggs in another small mixing bowl and add 1 - 2 Tbsp. of cider vinegar; mix using fork to make a paste. Make dressing by mixing together all remaining ingredients except egg whites. Fold in yolk mixture. Add boiled egg whites to dressing mixture; fold into potato mixture until well blended. Refrigerate for 2 - 4 hours.

PIQUANT HOT SAUCE

2 16-oz. cans tomatoes
1/4 tsp. garlic powder
7 canned jalapeños, drained
1/4 tsp. oregano
1 4-oz. can chili peppers, drained
2 tsp. cumin
2 cloves garlic, crushed
2 tsp. salt
1 green pepper
3/4 cup vinegar

Blend all in blender to desired consistency. Keeps for months in fridge. Gets hotter a few days later. Makes 2 quarts.



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Don't Get Rattled by Wall Street's Bumpy Road

If you're an investor, you've probably been shaking your head in disbelief over the events of the past few weeks. Consider the following:

- On Sept. 29, after the government's financial bailout plan failed in Congress, the Dow Jones Industrial Average fell nearly 778 points — the largest one-day point drop ever, although, in percentage terms, still well below the more than 20 percent declines seen on Black Monday of October 1987 and the Depression.

- Facing huge losses, big names on Wall Street are selling themselves, in whole or in part, to other companies.

- The U.S. government has bailed out investment bank Bear Stearns, mortgage finance giants Fannie Mae and Freddie Mac and insurance behemoth American International Group (AIG).

What's behind this slew of bad news? Several factors are involved, but a key culprit is the subprime mortgage crisis, which resulted in enormous losses suffered by financial institutions. Yet, you shouldn't confuse the problems of certain financial services providers with the viability of our financial markets as a whole.

We still have the most powerful and resilient economy in recorded history, and investment opportunities still abound.

Nonetheless, as an individual investor, you'll find it hard to ignore the recent market turmoil. How should you respond to this level of volatility? Basically, you have these weapons at your disposal:

• **Patience.**

It's usually not a good idea to let short-term market movements dictate your long-term investment strategy. If the current market decline led you to take a "time out" from investing, you might feel better for a few weeks or months, but you wouldn't be helping yourself achieve your long-term financial objectives. In the past, the market has fallen sharply after a variety of events — wars, assassinations, terrorist attacks, natural disasters, corporate scandals and so on — only to regain its footing and move on to new highs. And since the biggest gains can occur in the early stages of a market turnaround, you could miss out on the possibility for considerable growth if you're sitting on the investment sidelines.

• **Diversification.**

If a market downturn primarily affects just one type of asset, such as domestic stocks, and your portfolio is dominated by that asset, you could take a big hit. But if you broaden your holdings to include international stocks, bonds, Treasury securities, certificates

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of deposit (CDs) and other investments, you can potentially reduce the effects of market volatility. (Keep in mind that diversification, by itself, cannot guarantee a profit or protect against a loss.)

- **Quality.**

During market downturns, even quality stocks can lose value. But these same stocks have the potential to recover when the market turns around. Look for good, solid companies whose products are competitive and whose management has enunciated a strategy for future growth.

The last few months have been difficult ones for investors, and we may still have some shaky times ahead. But by showing patience, diversifying your holdings and buying quality investments, you can build a strong investment foundation — one that can potentially withstand all sorts of market shocks. **NOW**

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**YOU CAN'T CONTROL THE WORLD,
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Sometimes the market reacts poorly to world events, but just because the market reacts doesn't mean you should. Still, if current events are making you feel uncertain about your finances, you should schedule a complimentary portfolio review. That way, you can make sure you're in control of where you want to go and how you get there.

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Health
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Freedom from Fibromyalgia!

— By Dr. Lesa Ansell

Do you suffer from relentless fatigue, chronic, generalized body aches and difficulty sleeping? Have you seen doctor after doctor, yet your case goes undiagnosed? This is the experience of so many. It is a frustrating road which seems to have no end. In this article, you will learn about the condition from which you may be suffering: Fibromyalgia.

Fibromyalgia is characterized by generalized, widespread pain in joints, muscles, tendons and other soft tissues. The American College of Rheumatology has identified 18 specific tender points that accompany this condition. To fit this diagnosis, 11 of the 18 must be present, along with a history of pain lasting longer than 6 months. These tender points include the muscles or fibrous tissues of the neck, shoulders, chest/rib cage, elbows, low back, buttocks, thighs and knees.

These tender points are unique and should not be confused with the trigger points seen in other pain syndromes. Tender points do not occur in isolation, nor are they a source of radiating pain. They occur in patterns and worsen under direct pressure. The pain experienced is similar to that of

arthritis. The soft-tissue pain seen in Fibromyalgia can be mild to severe and is typically a deep ache. Other words used to describe the pain are gnawing, burning or shooting. The pain also tends to be worse in the morning.

People who suffer from Fibromyalgia also frequently experience morning stiffness, headaches, depression and/or anxiety, and numbness in the feet/hands. They also have weakened immune systems so they experience more frequent colds and sinus problems. Their adrenal systems are typically shut down.

Fibromyalgia can develop on its own or as a condition secondary to another, such as systemic lupus or rheumatoid arthritis. The key to treating it lies in identifying all the contributing factors, including physical, chemical, emotional and mental contributors. A multifaceted approach is best. Medications are available to help control pain, inflammation and depression. Massage can help with muscle soreness and tender points if the person can tolerate the pressure on his/her body.

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Chiropractic care has also been very beneficial in reducing pain, boosting the immune system and addressing the neurologic aspects of the condition. Acupuncture can also help with pain. Some patients have found counseling, biofeedback or hypnosis beneficial for the mental/emotional facets of the condition. Finally, Functional Medicine, a branch of alternative medicine, can address the chemical causes. When you find the right blend, you will be able to look forward to the things you enjoy with more energy, less pain and a positive outlook! Keep seeking until you find the right blend for you — someone who will listen and coordinate a team approach to unlock the key to your health! **NOW**

Dr. Lesa Ansell is the CEO of Pro-Adjuster Chiropractic Clinic based in Cedar Hill.

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November 2008

Community Calendar

First Tuesdays

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

First and Third Wednesdays

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

Second Tuesdays

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

Second Wednesdays

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

Third Thursdays

Visual Artists of Cedar Hill (VACH): 7:00 - 9:00 p.m. from September through May at the Z.B. Wylie Library, 225 Cedar St., Cedar Hill. www.thevach.org.

November 1

Cedar Hill Library Friends reception celebrating Zula B. Wylie Library's 60th Anniversary: 2:00 - 4:00 p.m. Ye Merrie Old Players will provide music. Refreshments furnished by the Friends.

Duncanville's Civic Auction German Fest: 6:00 - 10:00 p.m. at the Ruthe Jackson Center in Grand Prairie. Featuring live and silent auctions, a German buffet with German Bier and music by Alpenmusikanten.

November 2

"Stand Because You Can," a benefit to raise money for roadside safety awareness and medical expenses for Chad Williamson, the 19-year-old Northwood University sophomore recently involved in a serious car accident: 2:00 - 6:00 p.m., David's Seafood and Catering, 350 E. FM 1382, Cedar Hill. Auction/raffle, live music, food and children's activities. Admission: \$5 minimum donation. (936) 546-1996 or e-mail murchiso@northwood.edu.

November 6

Basic Steps of Self-Publishing: 7:00 p.m. at Cedar Hill Library.

November 12

Canterbury Episcopal School's Fall Open House: 10:00 a.m. - 2:00 p.m. at 1708 N. Westmoreland Rd., DeSoto. Appointment required. Contact Eddie Medina at (972) 572-7200 or www.thecanterburyschool.org.

Duncanville Chamber of Commerce luncheon: 11:30

a.m. - 1:00 p.m. at 3500 W. Wheatland Rd., Dallas. Call (972) 780-4990 for tickets.

November 15

Single Parenting Discussion Group: 9:00 - 11:00 a.m. in the DeSoto ISD Administration Building BLC, Room A, 200 E. Belt Line Rd. Facilitator: Dr. Kristie Moore. To register, contact Nelda Chavez at nchavez@desotoisd.org or (972) 223-6666, ext. 221.

November 20

Young At Heart Adults (YAHA) senior group of Holy Spirit Catholic Church in Duncanville's monthly meeting: 11:00 a.m. in the Holy Spirit Community Center, 1111 Danieldale. Bring your favorite potluck dish to share with others. (972) 298-4971.

November 22

Grandparents as Parents Discussion Group: 9:00 - 11:00 a.m. in the DeSoto ISD Administration Building BLC, Room A, 200 E. Belt Line Rd. Facilitator: Dr. Kristie Moore. To register: call (972) 223-6666, ext. 221 or e-mail nchavez@desotoisd.org.

For more community events, visit our online calendar at www.nowmagazines.com.

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