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M A G A Z I N E

NOVEMBER 2013

# NOW

SPECIAL SECTION:  
2013 Holiday  
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Guide

## Settled Down

At Home With  
Terry and Lois Webb

## Building Culture and Community

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a small group to publishing its  
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# EAGLE EXPRESS



## CROSS THE LINE: Choose to be the BEST!



### District hosts *Principals for a Day*

On October 21, DeSoto ISD hosted ten officials and business leaders in the DeSoto ISD Principal for a Day program designed to allow participants to experience a day in school from the principal's perspective.

"Students are very well behaved – the classroom lessons are engaging, teachers are providing knowledge and students are learning," said second time participant Judge Sam Lindsay, U.S. District Court, who was at Curtistene McCowan Middle School with Principal Sissy Lowe.

"Greeting students over the school-wide public announcement system was exciting!" stated DeSoto City Councilwoman Curtistene McCowan who was at Cockrell Hill Elementary with Principal Arista Owens-McGowan. "But seeing the action and engaged learning in the classroom is the best."

"We hope to foster a greater understanding of education today which has changed from when many adults were in school," said DeSoto ISD Superintendent David Harris. "We want to provide a glimpse of today's schools from the principal's point of view."

#### DeSoto ISD Principal for a Day Participants

- Judge Scott Kurth, *DeSoto Municipal Court*
- Al Moten, *Community Affairs Director, Keith Orr Toyota*
- John Wiley Price, *Dallas County Commissioner*
- Judge Sam Lindsey, *U.S. District Court Judge*
- Art Martin, *General Manager, Solar Turbines*
- Curtistene McCowan, *DeSoto City Councilwoman*
- Maurice Wilson, *General Manager, Wal-Mart Distribution*
- Mayor Leon Tate, *City of Glenn Heights*
- Mayor Carl Sherman, *City of DeSoto*
- Rachel Proctor, *DeSoto City Councilwoman*

John Wiley Price (above); Mayor Leon Tate, Mayor Carl Sherman, Councilwoman Curtistene McCowan, Al Moten (left).

### Parent Engagement

When it comes to parent engagement, the research is clear - when schools, families, and communities support each other, students of all backgrounds and ability levels achieve at higher levels. Parent engagement is a core element of what we do as a district. The following are some planned activities for November 2013 in DeSoto ISD.

- **Parent Academy / Basketball Game**  
Saturday, November 9 (at DHS)  
Parent Academy - 9 a.m. to 12:30 p.m.  
Basketball Game starts at 12:45 p.m.  
Register online at [www.desotoisd.org](http://www.desotoisd.org)
- **Bring Your Dad to School Day**  
Elementary – Tues., November 12  
Secondary – Wed., November 13
- **National Parent Involvement Day**  
Thursday, November 21



### Calendar of Events

Tues., Nov. 5, 6:30 p.m. - DeSoto ISD 1st Tuesday Town Hall  
Thur., Nov. 7, 7 p.m. - Eagles Football vs. Mansfield  
Mon., Nov. 11 - Board Meeting, Board Room  
Sat., Nov. 16 - DeSoto ISD Seniors Prom (age 60 and up)  
Nov. 25-29 - Closed for Thanksgiving Break  
Mon., Dec. 9 - Board Meeting, Board Room  
Dec. 20 - Early Release; Last Day of Semester  
Dec. 23-Jan. 6 - Winter Break; School Resumes Jan. 7

## TOWN HALL

DeSoto ISD

**1st Tuesday TOWN HALL**  
Join us for a Town Hall - an open forum about DeSoto ISD!  
Start time - 6:30 p.m.  
**Tuesday, Nov. 5 - The Meadows ES**  
**Tuesday, Dec. 3 - DeSoto HS**



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## ON THE COVER



High school sweethearts Terry and Lois Webb live amidst a lifetime of memorabilia.

Photo by Amanda Rooney.

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## Editor's Note

*Hello, Southwest Friends,*

November always makes me think of cooking — tried and true traditional Thanksgiving fare, of course. I also like to experiment. But to be honest, I haven't done a whole lot of cooking in the past few years as my kids have moved on and out of the house. And I really enjoy my fruit and veggie smoothies. These drinks so satisfy my craving for fresh produce *and*, decidedly, curb my appetite for junk food, so I eat less. This probably isn't the most common Thanksgiving-themed editor's note you've ever read.

I think I'll make some stuffed mushrooms or even the little acorn treats I just saw on Facebook — made from donut holes with one end dipped in Nutella and rolled in chocolate sprinkles with a pretzel stick stem. Two will do my limited sweet tooth!

Whatever you make, enjoy being thankful with those you love!

## Beverly

Beverly Shay  
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## Elementary Schools Celebrate 10 Years



The 2013-2014 school year marks a decade of educational success for Duncanville ISD's newest elementary schools. Bilhartz and Hyman elementaries opened their doors in the fall of 2003,

and ten years later both schools have much to be proud of. From establishing strong Parent Teacher Association groups to community partnerships that help students gain leadership and civic involvement skills, Bilhartz and Hyman have added to the rich traditions of Duncanville ISD. We extend our thanks to the Duncanville ISD community for supporting and passing the 2001 Bond Program that provided the funding to build these two schools that now serve a combined 1,260 students in grades Pre-K through 4.



## District Partners with FEMA

*Students Learn Catastrophe Preparedness First-Hand*

Learning critical emergency information to prepare for any type of disaster including fires, earthquakes, tornadoes and floods can help save lives. That's what third grade students across Duncanville ISD learned at a recent "Preparedness Open House" event, featuring energy management professionals from several national and North Texas agencies who shared emergency preparedness tips and information.



FEMA (Federal Emergency Management Agency) staffers assisted the district in bringing together emergency experts from the American Red Cross, Best Southwest Community Emergency Response Team (CERT), and Duncanville police and fire departments. The event helped introduce a unit of study on catastrophes and their impact on communities. Students learned first-hand how to better prepare their own families for emergency situations and how to put together a preparedness kit of food, water and other essential items.

## DID YOU KNOW?

*Adopted Tax Rate Drops Two Cents*



The total adopted 2013-2014 tax rate for Duncanville ISD is two cents less than last year's rate, thanks to a decrease in the I&S (Debt Service Fund) rate. The total tax rate for this year is \$1.41; last year's rate was \$1.43. The average monthly tax bill for Duncanville ISD taxpayers under the newly-adopted tax rate will be about \$110. The average annual and

monthly tax bills for district stakeholders over the past six years have been less than 2007-2008 tax rates, demonstrating the district's fiscally prudent approach to providing quality schools.

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# Building Culture and Commun

— By Sydni Thomas





*Listening in on a group of regular morning diners at Whataburger struck a spark in DeSoto resident Glenn Currier one morning back in 2010. The self-confessed eavesdropper was having breakfast while trying to write a poem about birds when he began wondering what drew these regulars into the restaurant each morning to share a cup of coffee and conversation. His thoughts soon turned to curiosity about their thoughts on poetry. Glenn left that morning with a newly penned poem, "Archipelago," and an idea to unite the community in the art of poetry.*

"I left and went straight to the library," Glenn said. "I asked the librarian whether or not there were any local poetry groups around. I couldn't believe it when she said there weren't."

Glenn, his wife, Helen, and Lucille Dade, director of the DeSoto Public Library, began dreaming up ways to get the community

# ity

excited about poetry. Pleasant Run Poetry Night was born, and from there, the monthly poetry club, Poetry in Progress, was formed. A small group met for the first time in November 2010, and before long, community members started showing interest.

"I believe poetry is all about self-discovery," Glenn said. "Community is also about self-discovery, and we wanted to bring both together. Our goal in creating this group was to build culture and community through poetry."

Poetry in Progress meets on the first Monday of every month from 6:00-8:00 p.m. at the DeSoto Civic Center. Members come together to read poems they have written or those written by others, which they find inspirational. Some members have been writing for







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Dave Bates, Pamela Michelle and Glenn Currier encourage area residents to connect through lines of poetry.

decades, and others are still trying to finish their first poem. The group helps to encourage members in their discovery of poetry.

No poem is off limits. Between ballads, haikus, limericks and rhyming, there is something for everyone. A night of reading might range from light-hearted and hilarious to social issues and dealing with loss. Member Elizabeth Hobbs has a knack for getting meeting attendees laughing with her poems. In August, she shared her poem "Gordon's Travel," which follows the comical adventure of a man's cremated remains traveling down the coast in a bottle. Other readings like David Bates' "We Were Ready," a poem about his time as a member of a military missile crew, and Pamela Michelle's "Did I Do That," a poem about self-destructive habits, give the group a pensive atmosphere.

"I guarantee almost everyone in the group has brought a poem that was difficult to get through emotionally," David said. "We stand in and read those difficult poems for each other."

"We have a broad range of poetry in our meetings," Glenn added. "Our group is very diverse, and so are the poems."

The group has grown from a handful of people to over two dozen. Those in attendance are as diverse as their opinions on what classifies as great poetry. Glenn and David regularly disagree on what



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**“What a joy it is to see all of the different cultures come together and read poetry.”**



qualifies as poetry, but their passion to unite the community in poetry is the same. The group has seen attendees as young as high school students all the way to retirees. Their hope is local teachers will take an interest in their group and have students attend the meetings.

“What a joy it is to see all of the different cultures come together and read poetry,” David remarked. “Occasionally, we will get some youngsters. They fit

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right in, and it's beautiful to see how we've brought all of these different cultures together."

"When people get into poetry, it breaks down barriers," Glenn said. "We want everyone who has even the smallest interest in poetry to give it a try."

Members of the group encourage those who have little experience with poetry to come and try it out. Poetry in Progress takes a break occasionally from their standard member format of reading poetry and discussing group business in order to host an educational meeting. In the past, these special meetings have included visits from a lawyer who helped members learn about copyrighting laws, authors who gave insight into the publishing world and other poets who teach about the writing process.

"We are here to enjoy poetry," Glenn said. "If someone is hesitant about coming because they do not know much about poetry, they shouldn't let that stop them. We have had many members who started hesitantly but are now writing their own poems. There is nothing perfect about our poetry, but we are here to teach what we know. It's just something that brings all of us joy."

The DeSoto Public Library has been a huge supporter of the Poetry in Progress efforts. They are hoping to partner with them again and host a poetry night. The first Pleasant Run Poetry Night required that poems include the name of a main street in DeSoto, Pleasant Run. This time, they hope to attract a larger crowd. "Lucille has been a supporter since the beginning," Glenn said. "The staff at the library has also helped us, and a few of them are members of our group."

As the third birthday of the group



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approaches, the members of Poetry in Progress will complete one of their long-term goals. They have been collecting poems from members and will be self-publishing them as a book titled, *Poetry in Progress*. Member Pamela Michelle is an experienced writer and self-published author. When the group



first started entertaining the idea of publishing a collection of their works, Pamela brought her expertise to the group. She has since become a co-chair for Poetry in Progress, alongside Glenn. Members have been submitting their best poems, and the group has been deciding which ones to include. The book will hold about 50 poems written by locals.

"We are very excited about our book," Glenn said. "The plan is to have it out by Christmas. Our members have worked hard to get the book organized. We couldn't have done it without Pamela's experience."

The growth for Poetry in Progress has been natural and mostly through word of mouth. As the group continues to create and enjoy poetry, they hope their numbers will multiply and draw from a diverse population in area communities. They want many more area residents to discover how writing, speaking and listening can connect them through lines of poetry.

"It's a thrill to be a part of this group, as it has grown," Glenn said. "We are hoping word spreads about our group, so more people can discover the joy and fulfillment of poetry. We want to further our mission of building culture and community through poetry." **NOW**



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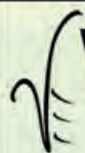
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# ◀◀◀ In Desperate Need of **CHANGE**

— By Beverly Shay

*Heather Martinez found herself at a place in her life, some seven years ago, in serious need of change. “I had pretty much given up hope of ever changing. I mean, when you weigh 250 pounds, what’s another 25 pounds? And another. And another. I knew I was out of control, but I had tried diets. I lost and gained it back. And gained some more — over and over and over,” Heather recalled. What prompted her weight issues? “I just liked food. Food was my friend. Food was my love. Food was all I thought about. Every morning, I woke up eager to plan what I would eat that day, all day.”*





And yes, there was a precipitating factor that brought Heather to a place of desperation. The desperation hadn't come when she could no longer go to the movies, because she didn't fit in the seat. Nor was it the fact that if she wanted to fly anywhere she had to purchase two seats. Nor was it the fact she had very high blood pressure and diabetes. "People who love food or use food as a coping mechanism need something to jar them. Until they 'bottom out,' they will continue to eat and eat and eat. Most overweight and obese people cycle through weight loss and weight gain just like I did — until something they see as unbearable occurs, and they finally decide things need to change," Heather paused, reminiscing, "I cannot believe how long I tolerated living so out of control," she said, shaking her head.

"I weighed 326 pounds. I was so big, I pretty much didn't go out much — except to eat. And work, I still worked, but walking and stairs and breathing had all become way too much work. I was really miserable. What tipped the scale for me was when I went shopping at Lane





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"I cannot believe how long I tolerated living so out of control."

Bryant, and I could no longer even fit in their largest size," she recalled. Heather left the store in tears, knowing she needed to change her life.

Since Heather had been the dieting route before, she decided to make some serious lifestyle changes. "My first decision was not to eat fast food anymore. I had been eating fast food for breakfast, lunch, dinner (a whole pizza and an entire two-liter bottle of soda) and snacks. Oh yes, lots of snacks, lots of ice cream. But now I was determined to only eat real food," Heather explained. Heather likes to study and learn things, so she began to research healthy ways to eat, studying which foods went together to best provide what her body would need to maintain nutritional wholeness while losing weight, lots of weight.

"The first week I cut out fast food, I lost about 10 pounds. And I kept losing. My next decision was portion control. I felt so much better just by eating real food that I found I didn't need as much. My body adapted to needing less food. And I began to feel up to including some





exercise,” Heather remarked. At first, Heather thought she would try swimming. Her parents had a pool, but the weather was still too cool. She figured she would walk around the small backyard pool. “I didn’t even have enough breath to walk around it once,” Heather admitted. But instead of getting discouraged, she

upped her determination.

Weight had always been an issue for Heather. “I was never naturally thin, and I was pretty sedentary by nature. Sitting in front of the TV was the perfect opportunity for a snack. My family is Hispanic, so we were pretty loud, pretty opinionated, and we ate. No one was home when I got home from school, so I ate. No one ever monitored what or how much I ate. As I got older and heavier, I became more reclusive, depressed, and although I am naturally an extrovert, I became more and more introverted,” she shared. All through high school in Arlington, Heather dieted, trying Slim-



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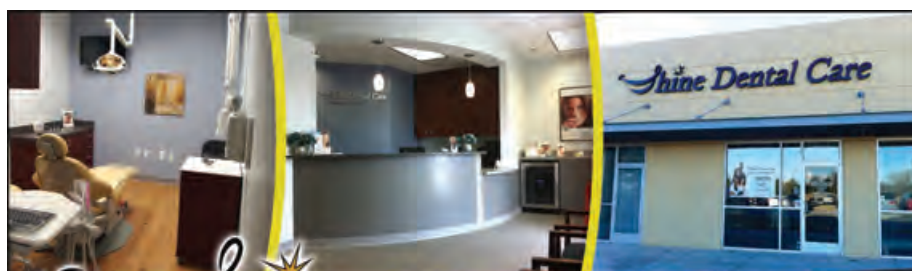
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“Sitting in front of the TV was the perfect opportunity for a snack.”

Fast, Jenny Craig, Nutrisystem. “They all worked. I lost weight, but I gained it all back, because my lifestyle hadn’t changed. I hadn’t changed my lifestyle,” Heather amended herself. “The more I gained, the more I hated myself, the more insecure and depressed I got.”

By college, she was definitely maintaining 200-plus pounds. Heather graduated from The University of Texas at Arlington in 1997 with a degree in public relations. “I really liked people,” she said. For 12 years, she worked in PR for Budweiser. “The job was amazing. It’s





only downside (which I did not recognize at the time) was we went out to eat all the time. I considered that a perk.”

With continual weight gain, walking up stairs became an impossibility, and Heather began to fall — a lot. She could no longer wear seatbelts. They weren’t big enough. “Needless to say, I was thrilled when I actually began losing weight and keeping it off,” Heather shared. “But when I reached the 100-pound weight-loss mark, I plateaued at about 225 pounds. I still wanted to lose another 100 pounds! I decided to join a gym and begin to work out.” For six months she worked with a personal trainer, who taught her how to exercise and do strength training, taught her to food journal, how to be accountable, how to listen to her body and balance out her life, so that exercise didn’t become her new out-of-balance lifestyle.

“As I gained confidence in my exercise classes and became less jelly-like, I moved closer to the front,” Heather shared, eyes beaming. “The really cool thing was I found myself, for the first time in my life, surrounded by people who were noticing my weight-loss, encouraging me — people with the same goals as I now had: health and fitness as a lifestyle. I really want people to know that it’s not about a number on the scale or reaching a certain size. It’s about changing your mind — your mindset is the most important thing. Losing weight, living healthy, staying fit — is about 80 percent mind and 20 percent working out.

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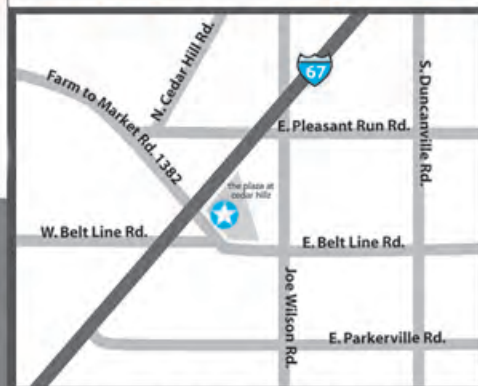
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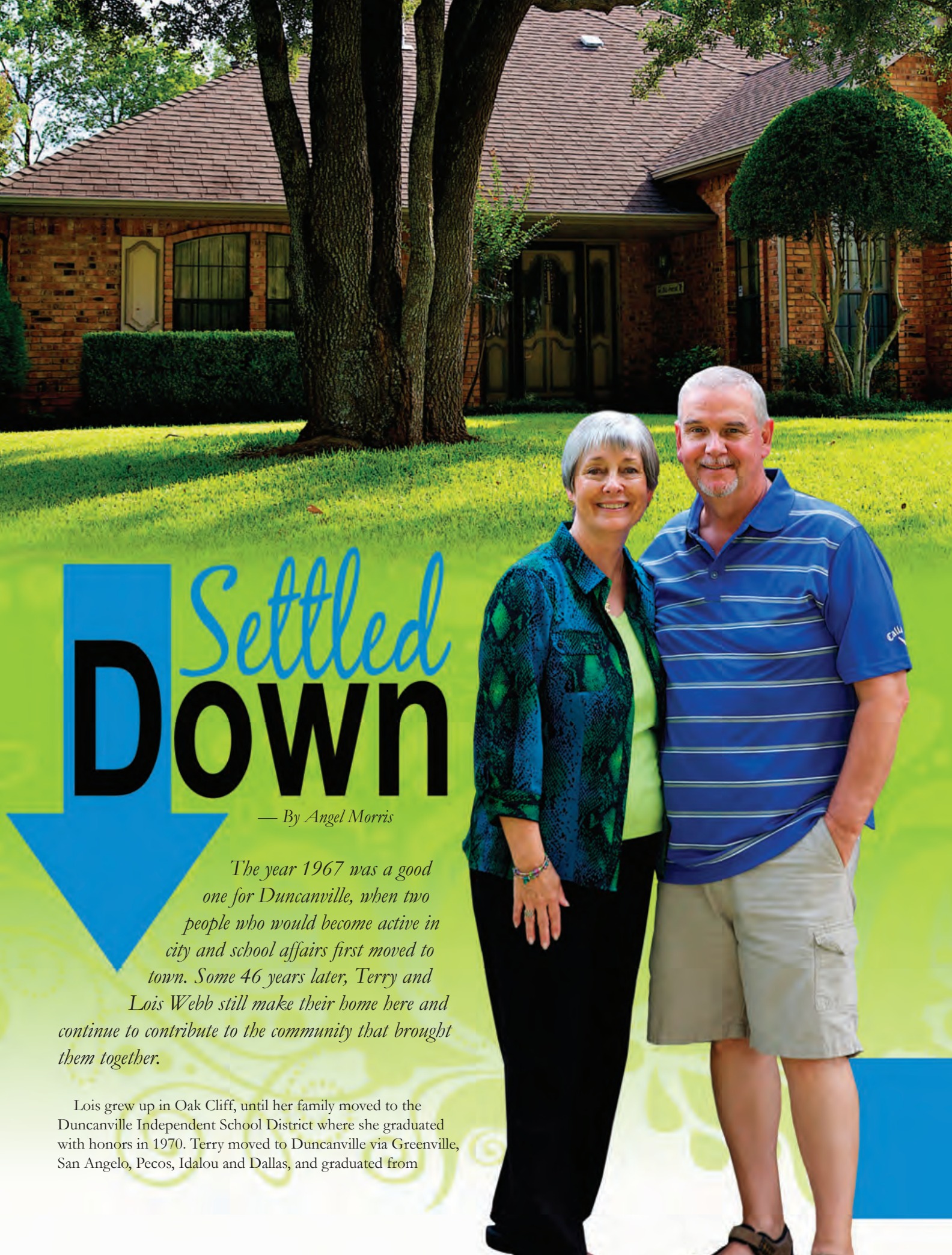
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# Settled Down

— By Angel Morris

*The year 1967 was a good one for Duncanville, when two people who would become active in city and school affairs first moved to town. Some 46 years later, Terry and Lois Webb still make their home here and continue to contribute to the community that brought them together.*

Lois grew up in Oak Cliff, until her family moved to the Duncanville Independent School District where she graduated with honors in 1970. Terry moved to Duncanville via Greenville, San Angelo, Pecos, Idalou and Dallas, and graduated from





Duncanville High School in 1971. He began working for Duncanville Fire Department in 1973, the same year he married his high school sweetheart, Lois. Their family expanded to include two children, Todd, born in 1977, and Lisa, in 1979.

"At that time, you had to live in the city in order to work for the fire department, so we just settled down and settled in," Terry explained.

But the duo did much more than that, with Terry serving the department for 34 years, advancing through the ranks as an emergency medical technician, paramedic, lieutenant, captain, assistant fire chief and, ultimately, fire chief. He has been an active member of many fire and civic associations and served as president of the Duncanville Lions Club, board of directors member for Duncanville Education Foundation and chairman of the board for Duncanville Outreach Ministries.

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Lois was active in Cub Scouts, Girl Scouts and the school district's band program, serving on the board during the first Duncanville Marching Invitational Band Contest, which has become one of the premier contests in North Texas. She has been on the board of directors of the Baby Sitting Co-op, Tennis Association and Duncanville ISD Alumni Association. She has been tirelessly involved in the Chamber, Lions Club and the Education Foundation. Not



surprisingly, the duo has been nominated for Man and Woman of the Year more than once and held the titles in 2001 (Terry) and 2005 (Lois). Today the couple shows no signs of slowing down.

"We were living in the home where we raised our kids, and Terry bought and remodeled a rent home that our daughter and son-in-law then lived in. When they had a son and needed a bigger house, Terry found a good deal on another home for us so Lisa and Brandon could raise our grandson in Lisa's childhood home," Lois explained.

So, rather than downsizing upon retirement in 2008, Terry very shortly thereafter went into makeover mode. "He remodeled our old home for our daughter, remodeled her old home to become a rental, then painted our entire new home in a minimum amount of time before we moved in," Lois said. "He's still working on things, and we hope to replace the floors in the bathrooms and kitchen after the first of the year. We're working on one project at a time, because, finally, there's no hurry!"

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custom windows and shutters and three bedrooms — their master retreat, a guest bedroom and one room set aside for their 2 1/2-year-old grandson, Toby. The formal living room houses a fireplace and custom cabinetry which, finally, provides a home to all Lois' many books.

Perfect for family entertaining, this living area opens to a large formal dining room where the entire Webb clan can fit for gatherings and meals. "We have a butterfly-leaf family dining room table that I refinished, and we can open it up for the whole family to have meals together," Terry said, noting Toby's high chair also fits in the dining room.

A large pantry sits between the dining room and tiled kitchen that opens into a breakfast nook with a perfectly sized, small antique table the couple found in Granbury. This area also features an atrium, where the antique Singer sewing machine, once belonging to Lois' Grandmother Yeager, has found the perfect corner spot leading to a sunroom that houses Lois' garden of plants. "I used to have a black thumb, but this room stays so humid, I've finally discovered my green thumb," Lois said.

Not surprisingly, firefighter memorabilia also has a special place in the study, den and sports bar, while other sentimental decorations are sprinkled throughout the house. "We have a mirror in our entryway that belonged to Lois' aunt from the 1960s, and a favorite grandfather clock," Terry said.

And Lois is equally proud of a photo collage from their trip with Toby to the Fort Worth Zoo. "It's something Terry's just gotten good at, and we hung it on Toby's door to use as a learning tool," she said. "Where's the lion? Where's Grandpa T?"

Never far from her roots with Duncanville ISD, Lois' office is located fewer than five minutes away in the





district's new administrative home base, The Plaza, formerly the Century 21 building. "We're still working on it, but they have done beautiful things," Lois said of the facility that opened this summer, and which will likely be her workplace until she decides it's time to retire. "It could possibly be in two years," she said, admitting she is looking forward to time to read and reread all the books on her new custom shelves.

While Lois is low-key, Terry admits home remodels and flipping houses is a way to put his nervous energy to use. Whispering Hills Church of Christ is their home away from home, where Terry is an elder, and Lois has taught hundreds of students in Bible class. The couple also enjoys golf, tennis, Texas Ranger games and the occasional three- or four-day trip within Texas.

With their active schedule away from home, the Webbs are happy to take their time in making their newest home their own. The possibilities are endless, and if Terry's need for movement is any indication, it won't be long before he finishes this home and sets his sights on another. In their new home, Terry only bemoans the absence of one prized possession. "I'm looking forward to moving the hot tub from our previous home, so we can start enjoying it again," he said.

For now, the Webbs appreciate being able to gather the whole family in one place, including their son and his wife, Loni, along with their daughter's family and the admittedly favored grandson. "Our friends would warn us about how much we would love a grandchild, but we really didn't listen. Now we know how true it is!" Lois said. "It's been great learning with Toby and having him be part of our favorite things about Duncanville, including our home, our church and our friendships." **NOW**

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# FALL FAMILY FUN

— By Sandra Strong

*Families have extra time to share in November as the sun sets earlier and the temperatures begin to drop. The fall craft ideas listed below are designed for the entire family and can help you fill a chilly evening or long weekend. We hope these activities will facilitate fun and laughter while you make lasting family memories.*

## FALL TREE

*Recycle a puzzle that's missing some pieces into a priceless work of art, while making memories with the youngest members of the family. Your fall tree can be kept for years in a scrapbook, or a magnet can be glued to the back to make the perfect fall decor for the family's refrigerator door.*

### DIFFICULTY LEVEL: EASY

- Child-safe scissors
- Cardboard
- Paint brush
- Black acrylic paint
- Blue craft foam
- White craft glue
- 36 small puzzle pieces
- Gold, red and brown acrylic paint
- Small brown lunch bag
- Green yarn



### HOW TO DO IT. ▼

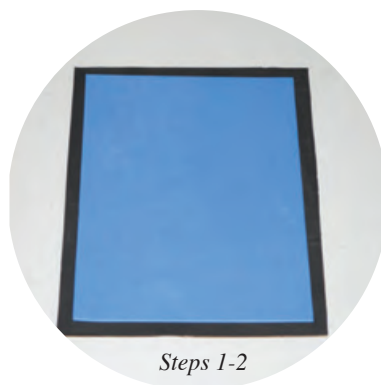
**1. Create frame** by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.

**2. Create background** by cutting foam into a piece measuring 7 1/2 x10-inches. Glue foam to cardboard allowing cardboard to frame the foam.

**3. Paint one** side of the puzzle pieces, alternating gold, red and brown until you have three equal piles of 12 to create fall leaves. Allow to dry completely.

**4. Cut bottom** off lunch bag and discard. Wad up remaining section of bag to form tree trunk. Set aside.

**5. Cut green yarn** into 1/2- and 1-inch pieces to represent grass. Glue bag to bottom edge of foam to make trunk.







6. **Glue yarn** pieces randomly along bottom edge of foam to make grass. Glue puzzle pieces haphazardly around bag to represent leaves on the tree, making sure to glue some in the grass around the bottom of the trunk to represent leaves that have already fallen. Allow to dry overnight before displaying.



Step 6

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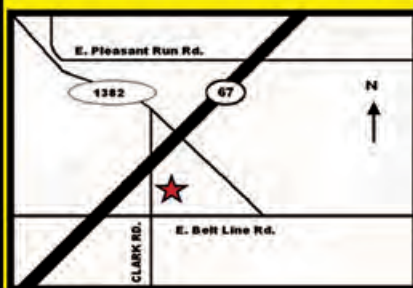
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*This three-dimensional hand turkey can be used annually as a holiday table topper or mantel decoration. More than one can be made and presented to those grandparents who can't get enough of their grandchildren!*

### DIFFICULTY LEVEL: MEDIUM

- Tracing pencil
- 2 squares beige felt
- Scissors
- 1 square each: red, orange and yellow felt
- Pinking shears
- White craft glue
- Cool melt hot glue
- Wiggle eyes, 2 each
- 3x2 1/2-inch piece of cardboard
- Brown acrylic paint
- Cotton balls

### HOW TO DO IT. ▼

1. **Trace hand print** on both pieces of beige felt. Cut both prints out.
2. **Using pinking shears**, cut 6 red, 6 orange and 2 yellow triangles (2 1/2 inches from top to bottom and 2 inches from side-to-side for adult handprint and 2 inches from top-to-bottom and 1 1/2 inches from side-to-side for child's handprint).
3. **Glue handprints together** with craft glue making sure to leave palm area and bottom unglued. Let dry. Reinforce with hot glue if needed.
4. **Using craft or hot glue**, glue 3 red triangles in between fingers on each side. Glue 3 orange triangles in the middle on each side. Glue 1 yellow triangle toward the bottom on each side. Let dry.
5. **Cut two very small triangles** from remaining yellow felt, gluing on each side to make turkey's beak. Glue eyes in place. Let dry.
6. **Paint cardboard brown.** Let dry. Stuff cotton balls into bottom opening to plump up the holiday hand turkey. Glue turkey to board before displaying.



Step 1

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### DIFFICULTY LEVEL: MEDIUM TO CHALLENGING.

- Sepia-tone photographs from nature that spell THANKS
- Scissors
- Holiday scrapbook paper
- Natural burlap
- Elmer's craft glue
- 12 clothespins
- Twisted jute twine, 5-foot length

### HOW TO DO IT. ▼

**1. Take photos in nature.** You can design them yourself to complete the project sooner, or you can hunt until you find the "letters" to spell THANKS. Have photos developed into 4x6 prints.



Step 1

**2. Cut holiday printed paper** into 6 5x7-inch rectangles. Cut burlap into 6 6x8-inch rectangles.



Step 2

**3. Glue paper to burlap.** Let dry. Glue photo to paper making sure to secure corners. Let dry.

**4. Trim burlap** from top allowing the paper edge to be your guide. Make fringe frame by shredding remaining edges of burlap by pulling strands until reaching edge of paper.



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Steps 3-4

**5. Glue clothespins** to front corners of photographs only. Let dry. Backside needs to remain unglued to allow for stringing.



Step 5

**6. Lay photos face down.** Thread twine through circular cutout on clothespin allowing you to hang pictures in the same manner you would hang clothes on a line. This trick also allows you to move photos freely on the twine, bringing them close together or stretching them farther apart.

**7. Tie loop knots** and cut excess from twine before hanging. **NOW**



Step 6



Step 7



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— By Beverly Shay

Dr. Martin Koonsman, a surgeon with Texas Oncology-Surgical Specialists, is just the kind of doctor you want on your side when you are facing breast cancer. He is on the team of experts who are involved in the multidisciplinary breast care team at Methodist Dallas Medical Center. They offer a sensitive, healing environment focused on their patients, with all of the sophisticated breast care and supportive services necessary in one location. No matter the type or stage of diagnosis, Methodist Dallas will coordinate and deliver the best treatment plan for each patient.

“When I was in fourth grade, a high school neighbor whom I admired, decided to be a doctor, so I did too,” Dr. Koonsman admitted. Originally reared in the Dallas area, he graduated

high school in Houston. “Because of a marginal GPA, my high school counselor didn’t encourage my intention to attend medical school, but I graduated *magna cum laude* from Texas A&M University with a degree in biology and earned my medical degree from Texas Tech University. I wanted to be a family practitioner in a small town, with two horses and two dogs,” Dr. Koonsman related with a grin.

During his studies with Texas Tech at El Paso County Hospital, a mentor pointed him toward surgery. The general surgery residency program at Methodist Dallas exposed him to many types of surgery through observing, assisting and eventually leading surgery one-on-one with an attending surgeon. “I was fortunate to have some phenomenal surgeons



as mentors. During my fourth year, I joined a growing practice that treated cancer, among other things. As the senior physician moved toward a teaching position, I picked up more of his cases. In 2012, I joined Texas Oncology," he said.

Dr. Koonsman considers it a privilege to care for and interact with patients at such a stressful time. He really *is* a caring person. His voice and calm presentation of the disease and treatment plan will definitely help a woman and her family face cancer with confidence. "When breast cancer is identified early, the treatment isn't easy, but the outcome is generally good," Dr. Koonsman stated. "One in eight women in the U.S. is diagnosed with breast cancer. Ten percent of cases are genetic. The other 90 percent are sporadic. When a woman has multiple family members who have had breast or ovarian cancer, the risk of breast cancer is significantly increased, only if there is a mutation."

Risk factors for breast cancer include: hormonally-related issues, such as early periods, late menopause, no pregnancies or not having children until after the age of 30, diet, exercise and body fat. The higher your body fat, the more estrogen your body produces, thereby increasing the risk. As chief medical officer at Methodist Dallas, Dr. Koonsman is especially proud of the dramatic changes occurring in medical care, as exemplified by Methodist Dallas and Texas Oncology. "High-quality medical care is provided in America, but it's been offered in a fragmented fashion. Usually a woman receives her diagnosis of cancer from an imaging center. Then her primary physician will refer her to a surgeon, who then sends her to an oncologist and/or radiologist. Methodist Dallas offers all of those specialists in one location, with a navigator nurse who oversees the coordination of each patient's process. The specialists all meet together to review each patient's needs and develop a personalized care/treatment plan.

"The good news is there is a 98-percent long-term survival rate when cancer is diagnosed at stage one," Dr. Koonsman reported. "So we have a lot of hope to offer." **NOW**

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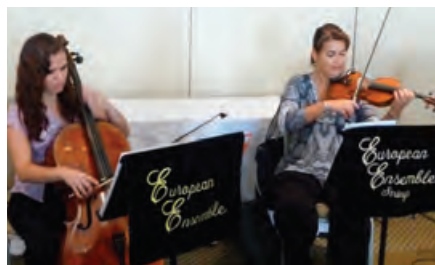
*Becky Hennesy co-chairs the Extravagant Hope Gala, a project near and dear to her heart.*



*Cedar Hill's David Pipkin serves Canterbury Episcopal School teacher Andrea Hawkins during a Teacher Appreciation Luncheon.*



*DeSoto's Olivia Arias and Olivia Thompson paint faces to promote their school at a local fall festival.*



*Duncanville Women's Club members are entertained by violinist Edina Pastyik and cellist Belinda Viasca, in grad school at SMU.*



*The Gospel/Bell Choir presents a Grandparents Day celebration at Hopkins Senior Center.*



*DeSoto High School JROTC Color Guard present colors during the national anthem at a 9/11 event at Cockrell Hill Elementary School.*



*Duncanville's Angel and Samuel Morris pose in Dallas Arboretum's Pumpkin Village.*



*West students and Intermediate Principal Rob Fleming accept a check from Cockrell Hill Assistant Principal Jackie Briggs-Vaughn, Dr. Gabrielle Polk and Ruby Young Principal Becky Sheppard and several DeSoto students.*



*Storyteller and guitarist Lucas Miller interacts with children during Kids on the Hill.*



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A simple way of looking at the value of a stock is to look at its price/earnings ratio and its annual earnings. For example, if the P/E ratio for Apple stock is 12 and its annual earnings per share is \$40, then its share price would be \$480 (i.e.  $12 \times \$40$ ).

So how could rising interest rates impact Apple's stock price or stock prices in general? One way, is rising interest rates would impact the P/E ratio. If the P/E ratio for the S & P 500 index is 18, then the earnings yield would be 5.5 percent (the inverse of the P/E ratio). The theory is that rising interest

rates would cause the earnings yield to rise. A higher earnings yield means a lower P/E ratio. The lower P/E ratio will put downward pressure on stock prices.

Should you sell stocks if interest rates are rising? Not necessarily. Recall that the stock price equals the P/E ratio times the annual earnings. If earnings are rising faster than the P/E ratio is declining, stocks will continue rising also. Often interest rates are rising because the economy is growing fast enough that the demand for credit is driving up interest rates. When interest rates start rising, it will likely be because the economy is growing strong enough to drive them higher which means earnings will be growing. This combination could drive up stock prices even though interest rates are rising. **NOW**

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# A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with

antibiotics. Treatment will lessen the symptoms fairly quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon! **NOW**

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

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# Calendar

## NOVEMBER 2013

### November 2

26th Annual Holiday Craft Bazaar: 9:00 a.m.-4:00 p.m., First Christian Church, 203 S. Main St., DV. Gifts, raffles, chair massages, Man Cave! (972) 298-2166.

### November 7

FourTwelve in concert (free): 7:00 p.m., First Christian Church, 203 S. Main St., DV. Call for child care: (972) 298-2166.

Astronaut Winston Scott shares his experiences in space: 7:00 p.m., CH library.

### November 8

Methodist Charlton Auxiliary's 3rd annual Wrap It Up Vendor Fair: 8:30 a.m.-4:30 p.m., main lobby. Holiday crafts, jewelry, goodies for sale. (214) 542-7452.

### November 9

Gobble Wobble 1M/5K run: 8:00 a.m., Canterbury Episcopal School, 1708 N. Westmorland, DeSoto. Bounce house. [www.CESGobbleWobble.com](http://www.CESGobbleWobble.com)

DeSoto Library Day: Friends of the Library fund raiser: 9:00 a.m.-3:00 p.m., 211 E.

Pleasant Run Rd. Games, crafts, books, raffles, music, cake walk.

Walk to Defeat ALS: check in: 9:20 a.m.; walk: 11:00 a.m., Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. To register: [walktodefeatalz.org](http://walktodefeatalz.org).

Do-it-yourself Fair: 11:00 a.m., Cedar Hill library. Craft jewelry and take photos.

Cedar Hill ISD Education Foundation Gala: 6:00-11:00 p.m., Midlothian Conf. Ctr.: dinner, dancing, casino, silent/online auctions. Tickets: [www.cedarhillef.org](http://www.cedarhillef.org).

### November 11

Family Fun Night: 6:30 p.m., Cedar Hill library: make Veteran's Day cards.

### November 12

Methodist Charlton Auxiliary meeting: 12:30-2:00 p.m., MCMC auditorium: pot luck lunch, gift wrap demonstration, business meeting. (214) 542-7452.

### November 14, 16

*Murder at Crooked House*, a murder mystery comedy musical: **Nov. 14:** 7:00 p.m.; **Nov. 16:**

3:00 p.m., Hopkins Senior Center, 206 James Collins. Tickets: \$10.

### November 25, 27

The Southwest Dallas County Parkinson's Group meeting: 6:30-8:00 p.m., Trinity UMC, 1302 S. Clark Rd., DV. (972) 298-4556.

### November 26

Children's Craft Time: 2:00 p.m., Cedar Hill library: make Christmas ornaments.

### November 29-December 22

3rd Annual German American Holiday Market "Christkindl": **Tues., Thurs. and Sun.:** Noon-9:00 p.m.; **Fri.:** Noon-10:00 p.m.; **Sat.:** 10:00 a.m.-Noon, Road to Six Flags and Ballpark Way: gifts, ornaments, entertainment and German food/drink.

### December 5

Southwest Lupus Support Group: 6:30-7:30 p.m., Trinity UMC, 1302 S. Clark Rd., Duncanville. (972) 291-8786 or [deheus@sbcglobal.net](mailto:deheus@sbcglobal.net).

*Submissions are welcome and published as space allows. Send your current event details to [beverly.shay@nowmagazines.com](mailto:beverly.shay@nowmagazines.com).*



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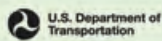
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## In The Kitchen With Kellie Fancher

— *By Beverly Shay*

Kellie Fancher has long enjoyed cooking. “Not all of my dishes are hits,” she admitted. “Once a week, when my son was small, was ‘experimental night.’ Not everyone was as excited about that as I was!” While the Fanchers have always been health-conscious, they now concentrate on eliminating most, if not all, meat and dairy products from their diet. “We do occasionally eat organic chicken or fish we have caught and eggs from a friend who raises organic, free-range chickens,” Kellie remarked. “As a result, we like to eat at home more than eating out.”

Kellie keeps a notebook with recipes from the Internet, her cousin and her husband, who is a chef. “He finds ways to make good ole home-style recipes plant-based.” **NOW**

### Creamy Vegan Roasted Sweet Potato Soup

**2 large red onions, quartered**  
**3-4 lbs. sweet potatoes, peeled and cut in chunks**  
**3 Tbsp. coconut oil (or oil of your choice)**  
**Sea salt, to taste**  
**8 cups vegetable stock**  
**1/2 to 1 cup raw macadamia nuts (plus some to garnish)**  
**Cilantro or coriander, chopped as garnish**

- 1.** Preheat oven to 300-325 F.
- 2.** Toss onions and potatoes in oil and salt.
- 3.** Roast in oven on low heat for about 1 hour, stirring several times.
- 4.** Bring stock to a boil; carefully add roasted vegetables; simmer for 10 minutes.

Cool slightly. Using a blender/food processor, blend mixture in batches with nuts. You can also reserve some of the vegetables so soup will be chunky. Return soup to stove top; simmer briefly. Season to taste. Serve garnished with whole nuts, cilantro and/or coriander.

### Deviled Potatoes

*A tasty alternative to deviled eggs.*

**6-10 small new potatoes**  
**2 Tbsp. olive oil**  
**4 Tbsp. vegan mayonnaise**  
**1 tsp. yellow mustard**  
**1-2 tsp. onion, finely chopped**  
**Dash hot sauce (optional)**  
**Dash garlic powder**  
**Salt and pepper, to taste**  
**Dash turmeric (optional, adds color)**  
**Paprika, for garnish**

- 1.** Preheat oven to 350 F.
- 2.** Peel (if desired) and halve potatoes; coat with oil. Place face down on greased cookie sheet.
- 3.** Bake for 45 minutes, until soft, but not mushy. (Can be broiled.)
- 4.** While potatoes are cooking, mix remaining ingredients, except paprika; chill.
- 5.** Once potatoes have cooled, use a melon baller to hollow out a hole in each potato half. Add scooped out potato to chilled mixture; blend well. Fill hollowed potato with mixture; dust with paprika.

### Vegan Chocolate Chip Cookies

*I usually double this recipe.*

**2 cups almond meal/flour (I make my own in food processor from raw almonds.)**  
**1/2 tsp. baking soda**  
**1/4 tsp. sea salt**  
**1/4 cup coconut oil (can use butter)**  
**3 Tbsp. pure maple syrup**  
**2 Tbsp. vanilla extract, or to taste**  
**1/2 cup vegan chocolate chips (I like tiny ones.)**

- 1.** Preheat oven to 350 F.
- 2.** In medium bowl, combine flour, soda and salt. Add oil, syrup and vanilla; mix well. Fold in chocolate chips.
- 3.** Drop by rounded teaspoonfuls onto cookie sheet. Bake 8-9 minutes. Cool on pan for 10 minutes. Serve warm or cooled with Homemade Almond Milk.

### Homemade Almond Milk

**4 cups water**  
**1 cup almonds**  
**5 dates**  
**Heavy splash of vanilla extract**  
**Shredded coconut (optional)**

- 1.** Combine all ingredients in blender, food processor or Vitamix until thick and white.
- 2.** Use cheesecloth to strain out almond chunks, if desired. If stored in glass container in refrigerator, the milk will easily last up to 2 weeks.

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