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MAGAZINE

JANUARY 2016

NOW

The Path That Led to Faith

Medical technology
turned Faith Hagler's
difficult diagnosis around

Living Amidst the Sparkle

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International Baccalaureate Diploma Program (IBDP)

After seeking candidacy for over the past year, the district expects the International Baccalaureate Diploma Program (IBDP) to be fully accredited in early 2016.



Simultaneously, we are seeking candidacy for the middle years and primary years programs – at West Middle School and Cockrell Hill Elementary, respectively. Both programs could gain accreditation and come online as soon as fall 2016. The IB Diploma Program is a world-renowned, academically challenging, integrated instructional program that will make our students well-prepared for the academic challenge that college requires in the 21st century.

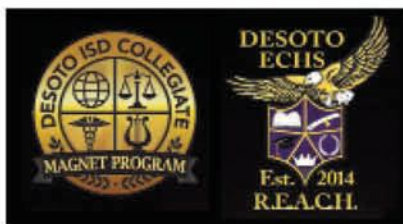
The application process for the first IB cohort is now open online through January 29, 2016. Only 100 current 10th graders will be accepted to start the program next fall based on an admissions rubric which includes grades and test scores, recommendations, an interview and essay. The complete weighted rubric is also online. IB courses are for juniors and seniors. Application at www.desotoisd.org; deadline February 5.

Collegiate Magnet Program and Early College High School

The DHS Collegiate Magnet and Early College High School programs are also accepting applications online for students interested in earning an Associates Degree while still in high school - for FREE! The extremely competitive Collegiate Magnet Program allows students to earn up to 60 college hours while still in high school through an agreement with Cedar Valley Community College. CMP is for those students who are self-motivated and accelerating through traditional high school. The students, while still enrolled in high school, take classes both at DHS and CVCC towards their Associate's Degree.

The Early College High School, geared toward 1st generation college-goers. Through this program, students can also earn an Associate's Degree, however students are guided and provided with additional support resources to succeed.

Applications for both programs are now open online at www.desotoisd.org through February 5.



NEWS TO KNOW

SPELLING BEE WINNER

Congratulations to Ruby Young Elementary fifth-grader Royce Texada for winning the DeSoto ISD Spelling Bee! After nine rounds of competi-

tion, Royce correctly spelled 'kitsch' to finalize the win over his eight competitors from the other schools. He will now compete in the county-level spelling bee in February. East Middle School's Lauryn Piggatt will be the DeSoto ISD alternate for the county bee.



PROGRAMS OF CHOICE AND APPLICATIONS

DeSoto ISD now offers 15 programs of choice ranging from elementary through high school that fulfill spots on an application basis. An event on Saturday, January 30 from 10 a.m. to 2 p.m. at DHS will allow families to explore all 15 innovative programs offered and learn about the application process.

Grades 9-12 (open now to Feb. 5)

- Collegiate Magnet Program
- Early College High School
- International Baccalaureate Program

Grades 6-8 (Magnet Academies) (open Jan. 22 to Feb. 5, 2016)

- iSTEAM3D (each MS)
- West Male Leadership MA
- East Medical
- McCowan Fine Arts

Grades K-5 (Magnet Academies) (open Jan. 22 to Feb. 5, 2016)

- Northside Business & Law
- Ruby Young Medical & Environmental Sciences
- Woodridge Fine Arts
- Cockrell Hill Linguistics
- The Meadows STEAM
- Frank D. Moates Digital Arts & Technology

Calendar

Dec. 21-Jan. 4 Winter Break - Early Release Dec. 18;
Teacher Prep Jan. 4; Students return Jan. 5

January

Board Appreciation Month

Mon., Jan. 11 Board Meeting, Board Room, 6:30 p.m.
Tues., Jan. 12 Coffee & Conversation, 7:30 a.m., The Meadows ES
Mon., Jan. 18 Martin Luther King, Jr. Holiday
Fri., Jan. 22 DHS Library Renovations Ribbon Cutting, 10 a.m.
Sat., Jan. 30 Innovative Program Choices Event, 10 a.m., DeSoto HS

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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Southwest Editor, Jo Monroe

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Jonathan Pope

Beverly Shay . Melissa Swedoski . Betty Tryon

Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photography Coordinator, Amy Ramirez

Photographers, David Graf

Shane Kirkpatrick

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ON THE COVER



Faith Hagler was dubbed a poster child for in utero spina bifida surgery.

Photo by Amy Ramirez.

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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.



Editor's Note

Happy New Year, Everyone!

Here we are stepping into the new year of 2016. How time has flown! Seems like just yesterday some of us were watching our children at play, and now it is our grandchildren. I think you might agree there are special moments we have memorized about our children. One of my memories is captured in a photo of my youngest daughter, Angela. She had just caught sight of her Pooh bear, and the amazement in her eyes expressed such joy and wonder. She looked at Pooh, as though it was for the very first time.

My hope for this year is that we will assess each day with an amazement, as though it were for the first time. As you allow me the honor of coming into your homes and businesses, my desire is to bring some laughter, hope and joy!

From my heart and my pen,

Jo Monroe

Jo Monroe

SouthwestNOW Editor

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The Path That Led to Faith

— By Beverly Shay

Four-year-olds are usually very energetic and either very talkative or very shy. Faith Hagler is really no exception. She is a bundle of happy energy and alternately shy and extroverted. And she does a really good Beyoncé imitation! She's also a miracle and an inspiration, as well as a total joy, to her parents and her older brother, Matthew.

When Ivan and Colette Hagler went to the doctor on April 6, 2011, they were eager to find out their baby's gender via sonogram. The doctor told them they were having a girl, but asked them to stick around for a consultation. Realizing something was probably not normal, they waited — anxiously. The doctor informed them they would need to see a specialist because the sonogram showed their little girl had a tumor on her lower spine.

"We scheduled an appointment at Tom Landry the next day," Colette remembered. "The whole situation was overwhelming and scary, but we kept turning it over to God. We were believing we would go in and everything would be just fine." As they waited to be seen, Ivan recalled a TV program he had watched about in utero surgery. He even taped it, so Colette could watch it later, never knowing what was ahead. From Dr. McGee, the specialist, they learned the "tumor" was actually a water-filled sac due to a condition called spina bifida. "We were devastated," Colette admitted. "We had heard that term before and knew it meant something serious,





***"She has
not only
increased our
faith, she has
increased our
joy!"***

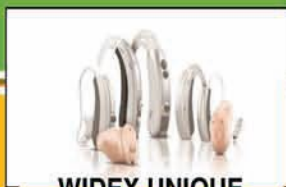


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but we really didn't know what it meant or what would happen."

Spina bifida, the most common permanently disabling birth defect in America, is a condition where the baby's spine does not fully close. Although, the cause for this is unknown, taking folic acid during the first three months of pregnancy is believed to aid in complete development of the spine. As might be expected, potential complications abound, such as club feet, hip dislocation, scoliosis, even bowel and bladder dysfunction, impaired mental and vision capacity. "We were completely overwhelmed," Ivan remarked. "But the specialist had a friend in Houston at Texas Fetal Center at Children's Memorial Hermann Hospital, where they were conducting spina bifida trials." Ivan and Colette went there for a two-day consultation and met Dr. KuoJen Tsao, a fetal surgeon and associate professor in the department of pediatric surgery at The University of Texas Health Medical School at Houston. They also met Dr. Stephen Fletcher, an associate professor in the division of pediatric neurosurgery at the same school. These men, who made up the surgery team, spent considerable time explaining the whole process of in utero surgery, informing the Haglers the optimum time



frame for the surgery would be between 19 and 26 weeks gestation. As with all surgeries, there were significant risks to both the baby and the mother, including death. But there had also been some very positive outcomes in other states.

"We were hopeful and nervous and excited, but not pressured. They left the decision to us," Colette remarked. Following their decision to move forward with plans for the surgery, Colette underwent two days of testing. "We were the first qualifying candidates for the surgery in Texas. I knew I couldn't let fear hinder me," Colette added. In the 24th week of Faith's development, on May 9, 2011, the two doctors used very tiny instruments to repair Faith's spine, closing the spine by stretching the skin over it, before tucking her back in her mother's womb, where the fluids would wash over her spine, and she would safely grow until her birth.

The doctors wanted Colette to stay at the hospital in Houston on bed rest because of the risk of premature labor. "We developed such close relationships with the doctors and nurses. In fact, we still keep in touch," Colette said. "Even with no guarantee of the outcome, we were told the location of the tumor — so close to her tail bone — probably meant she would experience fewer



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complications. Ivan was able to stay for two weeks following the five-and-a-half-hour surgery.

"It was a tough time because my dad also went through cancer surgery during that time," Ivan recalled. "I had to return to work, but drove down every Friday evening and drove back on Sundays. I am so grateful to the caring hospital staff who looked after Colette." Throughout her time at the hospital, many sonograms were taken, but Faith never showed her back again.

Because of the risk of infection, the doctors didn't want Colette to carry little Faith beyond 34 weeks. So Faith's birth was tentatively scheduled for July 18. Family and friends joined Ivan and Colette in praying for a safe, uncomplicated delivery. But Colette added some extra prayers of her own. "I really wanted Ivan to be there for Faith's birth. Ivan was just getting ready to return to Dallas on July 4th when I went into labor, so my prayer was answered," Colette recalled. "I went through my second C-section within a nine-month period. Faith was born at 32 weeks and whisked off to NICU for her first 30 days of life. The little 3-lb. 9-oz. baby girl was dubbed a poster child for in utero spina bifida surgery! "Her heart rate was



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monitored constantly, but the doctors were so impressed with breathing and eating. She sucked immediately and never needed oxygen,” the proud mama shared.

Dr. Tsao declared that the experience and process of Faith’s surgery and working with the Haglers has been a great resource for both the doctors and other parents facing spina bifida surgery. “While we did travel back and forth to Houston numerous times so she could have some foot surgeries, Faith never went through most of the common issues spina bifida babies face — no neuro problems, no heart/breathing issues, no loss of sight. Really, her only obstacle has been balance,” Ivan stated. Although, she started out really small, having been born premature, now at 4 years of age, she is physically/developmentally equal to kids her age. Mentally she is bright and engaging. She wears a plastic shin brace, which is affixed to her shoes. But it certainly doesn’t slow her down as she dances and runs around, singing and captivating her audiences.

“We named her Faith on purpose because not only is she an answer to prayer, she’s part of the advancement of surgery and encouragement for other children with spina bifida,” Colette remarked. “Going through that in utero surgery kept Faith from needing a permanent shunt to let off cerebrospinal fluid. I am so grateful for the advances in surgery, so Faith can live a healthy, productive life. She has not only increased our faith, she has increased our joy!” **NOW**

Accepting Applications January 4 - February 5

Cedar Hill Independent School District



COLLEGIATE PATHWAY

Cedar Hill ISD offers the Collegiate Pathway for students and their families who aim for college early in the academic career. The Pathway includes three innovative schools of choice. Our first in 2008 was Cedar Hill Collegiate High School, which grew rapidly, flourished academically and earned national recognition. Collegiate High led the way for expansion of two new schools in August, 2015: Collegiate Prep, which serves students in pre-kindergarten through fifth grade; and Collegiate Academy, for students in grades six through eight.



Meetings @ Collegiate Prep ES &
Collegiate Middle/High School

January

- 5th - 6:00PM
- 13th - 6:00PM
- 21st - 6:00PM
- 30th - 6:00PM

February

- 1st - 10:00AM

DUAL LANGUAGE ENRICHMENT

Cedar Hill ISD's Two-Way Dual Language Enrichment Program offers native Spanish and English speakers opportunities to acquire language skills and academic concepts in both languages. This innovative program of choice is offered at Highlands Elementary School in kindergarten through fifth grade, with students entering into kindergarten or first grade. The program aims to develop bilingual and biliterate students. Research shows that cognitive development in dual language students continues long after they've graduated from the program.

MANDATORY INFORMATIONAL MEETINGS

Meetings @ Highlands ES for fall
2016 kindergarten applicants

January

- 21st - 6:00PM

February

- 18th - 6:00PM

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— By Beverly Shay



As a child, did you ever think about being a city manager when you grew up? If you watched The Magic School Bus, you might have wanted to be an engineer or work in a submarine. Although Duncanville's newly hired city manager, Kevin Hugman, didn't quite think of these careers as a child, his life has been filled with powerful submarines and public service. Kevin's military interest was sparked early, since his father served in the Army, and

he himself was in the Junior ROTC in high school. His undergrad work at The University of Texas at Austin earned him an engineering degree, and as a Navy ROTC student, he was commissioned an ensign in the U.S. Navy upon graduation.

Kevin served as a main propulsion assistant/machinery division officer and a sonar division officer on a submarine. "Being at sea for months at a time and working long hours when in port was definitely challenging," Kevin shared. He highly credits his wife, Susan, for always supporting him and his

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ventures throughout life. "We initially met a few years before through mutual friends, but didn't begin dating until my senior year at UT," he added. Kevin graduated in 1980, and Susan graduated in 1981.

"I was studying chemistry and premed because I really wanted to be in the medical field helping people," Susan remarked. "I took the entrance exam for medical school twice but didn't do well enough to get accepted. Since Kevin was in nuclear power training with the

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Navy, we decided to get married later that year in October. Our son was born while we were stationed in Charleston, South Carolina, in '84, and things were put off. But I still found myself wanting to be in the medical field." Support in the Hugman family goes both ways. Kevin encouraged Susan's desire to return to school. By now the family was living in Cleburne, and Susan was seven months pregnant when she interviewed for the physical therapy program at UT Southwestern in 1986. She was chosen as an alternate.

Following their daughter's birth in January, Susan received a call in May telling her a spot in the program had opened. Kevin, who had joined the Reserves following his initial four-and-a-half years of active duty, had been sent to Guam. "It was kind of hard. I had to get daycare for the kids and drive from Cleburne to UT Southwestern for a year-and-a-half, but I love what I do," Susan admitted. She has worked mostly in rehabilitation hospitals, mainly with adult and geriatric patients, who have suffered strokes, head, hip or spinal cord injuries. "I do a lot of encouraging, both physically and emotionally."

After 22 years in the Reserves, Kevin retired from the military in 2007. He had worked for seven years at Comanche Peak nuclear power plant (TU Electric) as a test engineer of mechanical systems, specifically in acceptance testing of AC/ventilation equipment. In the early '90s, the electric industry was going through deregulation, and the number of employees was being reduced. Thus, it was a good time to accept a severance package and change careers. "I had held a variety of positions in the Navy and loved problem solving on both the

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technical and personnel sides. I wanted to use all those skills in a field where I could make a difference,” Kevin shared.

While it certainly wasn’t a midlife crisis, Kevin definitely pursued a midlife career change. “I had long been interested in city management and public administration, so I was ready for something completely different from engineering,” Kevin stated. “I thought about an MBA, and then learned UTA offered a master’s program in public administration. The professor encouraged me to visit several city managers and that clinched it for me.” With Susan’s full



support and encouragement, he began attending school full time and procured a part-time, one-year internship with the city of Southlake. When he graduated, he was hired full time into the city manager’s office, later working as an administrative assistant to the city manager and interim parks and recreation director, then fully becoming the director. He spent four years in parks and community services and seven years as human resource director, ending up with 16 years of employment with Southlake. “The most challenging aspect of those years was finding funding and resources to accomplish what we wanted to do,” he said.



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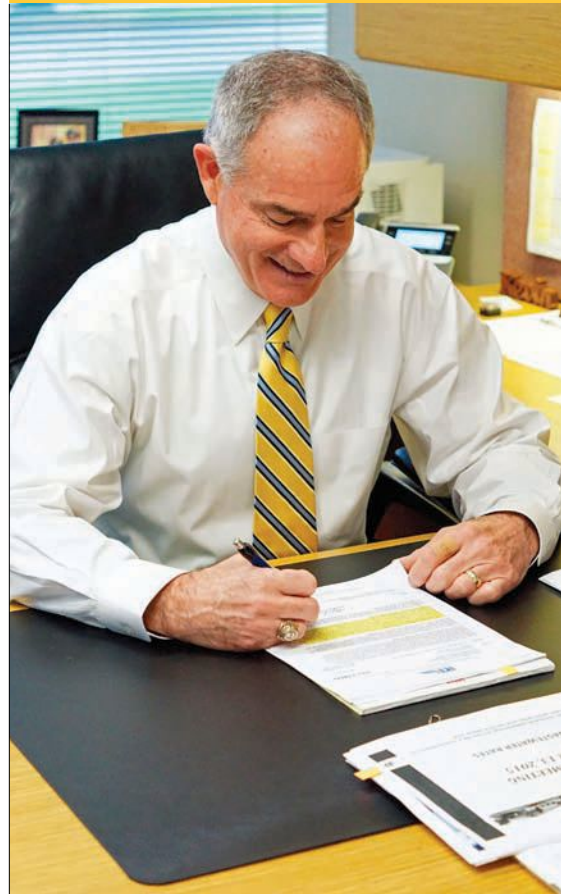
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When the assistant city manager position opened in Wichita Falls, population 105,000, Kevin saw it as a move toward his ultimate goal: city manager. "The kids were grown, making the move more feasible," Kevin commented. "Wichita Falls is a stand-alone city, not a rambling Metroplex, yet has a lot going on. Sheppard Air Force Base, located just 5 miles from the business district, provides international jet pilot training and teaches other Air Force skills, such as aviation mechanics. Several heavy industries are located in Wichita Falls including PPG, a plant manufacturing flat glass and glass fiber for fabric and nonwoven uses. With the addition of oil industry and Midwestern State University, Wichita Falls provides a full range of city services: bus, airport and health.

"I came on board in 2010 just before the exceptional drought began to drain the previously abundant water supply," Kevin said. "By 2013, we had to ban all outside irrigation. Although the community responded well, delving into rain barrels and conservation, the watering restrictions definitely affected the economy, leaving it flat and not

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really growing. When I left less than a year ago, the reservoirs were only at 20-percent capacity."

Kevin was still looking to serve as a city manager, and he and Susan were ready to be back in the Metroplex. Kevin heard about the position opening in Duncanville and came to visit. "Duncanville has a great sense of community, and like me, the city is eager to move forward, developing goals to meet the challenges. I want to be a part of that growth and movement," he remarked. Although the city might be close to being built out, with community involvement, economic growth can come through repurposing areas, such as what has been and will continue to be accomplished within the Main St. area.

"I like challenges, and I like setting goals," Kevin reiterated. His plans include bringing more businesses to the Main St. area, continuing to improve city organization and staff development. "I want to see each person develop individually and as a team, so we, in turn, can also develop the next generation of leaders," Kevin shared. "I love making a difference, so I want to see our neighborhoods viable and vibrant even if they're aging. I believe in serving people and trying to make their lives and the community they live in better. I am not here to maintain, but to improve." **NOW**

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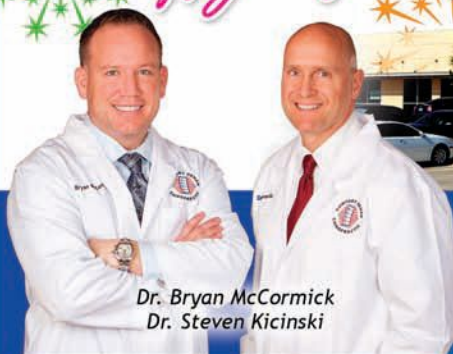
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BACK TO ART

Sunday, January 31, 2016 4 to 7pm

The DeSoto Arts Commission presents *Back To Art*, a free event featuring information on programs offered by our 2016 grant partners, DeSoto Art League, Concerned DeSoto Citizens, International Museum of Cultures, Texas Winds Musical Outreach, the DeSoto Choral and Instrumental Music Series, Texas Blues Museum Youth Program and Dallas Area Writers Group, as well as a preview of what we have planned for 2016. Visual artist, Tyra Goodley, will unveil an exhibit and demonstration of her unique style. The public is invited to browse the art display, meet our grant partners, and enjoy music, food and fellowship with the DeSoto Arts Commission.

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Living Amidst *the Sparkle*

— By Beverly Shay

Patricia Coleman describes her house as pink and purple and sparkle. No surprise there. Most people in DeSoto know this effervescent, sparkly woman who has never met a stranger and truly loves people. But there is a bit more to the home she shares with her husband, Oswald, whom everyone simply calls Oz. Folks might be surprised to know Oz is the one behind the decor. "When you travel as much as I do," began Oz, who has been a cameraman for sports events for over 40 years now, "you just want to come home to comfort." So the modern furniture and taste of the Coleman home is all Oz. Of course, the colors are all Patricia.

Oz and Patricia make a really good couple. In fact, you might say they are really kind of cute together. Although calling a man who has hustled heavy cameras along the sidelines of all manner of football, basketball, wrestling, X Games events, etc.



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cute might be stretching him a bit. You have to be rather burly to carry cameras while at risk of being clobbered by an out-of-bounds mega-athlete. "I am quite grateful to be cart camera #5 right now for the college games I cover for ESPN," Oz stated. Over the years, the cameras used have changed from analog to HD to 3-D to 4-D, and using each one has been a thrill.

"This job has been very much a high," Oz shared. "And it still is. You live it, eat it, sleep it. I still have the same passion as I did when I started." Oz grew up with a single mom in Arlington Park in northwest Dallas and graduated from L.G. Pinkston High School. He played semi-pro ball with the Dallas Outlaws. When his mom died, he admits he lost the will to play. He knew Wilbert Will Tyler who was a cameraman for TV 39. "I thought doing camera was something I would like to do, so I went down [to TV 39], met the manager and was hired on the spot," Oz recalled. "I began editing commercials and filming church remotes at the Bronco Bowl for Pastor Howard Conatser of Beverly Hills Baptist and

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Bob Tilton at Word of Faith World Outreach Center Church."

For 11 years he covered "wrassling — there's just no other way to pronounce that" at the Sportatorium in Dallas. Oz has worked for ABC college football, NBA and NFL playoffs. His work has been seen on all networks and has included coverage of the Olympic gymnastics in Atlanta, Super Bowl XXXI and XXXIII, MegaFest and Barney, that purple

dinosaur. He has been a cameraman for Jimmy Carter, Bill Clinton and both President Bushes. "Man, the Secret Service clearance process is so in depth!" Oz said, shaking his head at the memory. "Not just me, but they vetted my entire family, even looking into where and from whom we purchased things!" But



as his mentor and director Michael Ireland taught him, the goal in being a cameraman was to go to television greatness. "He'd say, 'Finish strong.'"

Oz hasn't finished yet. He still loves what he does. But he also loves coming home to Patricia, whom he met when

she was a receptionist at TV 39. "I asked God to pick me out a wife, because I didn't know how to pick," Oz smiled. They met in 1981 and married in '83. "I asked her to quit working there because I didn't want to date someone I worked

with. When it came down to it, I was really to the point. I gave her \$500 to get an apartment, telling her we couldn't live together — we would have to get married." Regarding Patricia, Oz simply told her, "God put me on this earth to take care of you and protect you."



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And regarding their DeSoto home, Oz remarked, "Patricia picked out this home. I was attracted to her loving it." In 1990, Patricia and Oz became the second owners of the home built in 1986. Oz began decorating their home about 17 years ago. He has filled it with very contemporary furniture — lots of leather and curves, and lots of mirrors, glass and chrome. The living room's color scheme is orange, purple, burgundy and tan. Dried floral arrangements are tall and eye-catching above the hardwood floors, which replaced the carpet early on. In a corner, reflected by mirrors, is a truly beautiful, geometric sculpture with 18 squares of dichroic glass in all the rich jewel-toned colors Patricia loves.

Their formal dining room is so well-appointed. "We have never eaten there," Patricia admitted. But, as with all rooms of the house, she loves it. A very unique, tall and narrow V-shaped glass china cabinet displays her mother's

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glass cross, an exquisite cup with a ruby in the handle, a glass shell and unusual copper pieces. Patricia's kitchen simply makes guests smile — it is so her! "This is my favorite room," she admitted. The otherwise ordinary kitchen is anything but due to Patricia's decor. Iridescent curtains cover the corner windows above the counter. On top of and inside the glass-fronted oak cabinets are multiple pieces of Patricia's crystal collection. "I do love crystal," she said. "My daughter, Oschuwa, has always told me, 'Don't ever let your sparkle go out.'"

Seated on its own red pedestal between the kitchen and the cozy breakfast nook is an old, silver rotary-dial phone. A small, rectangular glass table, seated atop a striped rug, is surrounded by upholstered chairs, each one a color from the rug — green, yellow, blue and red. And on the table is a large, red-glass tea decanter, which Patricia uses frequently



when her girlfriends come over. In the corner is a tall bookshelf topped with a red TV — yes, a red one — and shelf after shelf of framed family pictures. "This way I am surrounded by family," Patricia smiled contentedly.

Oz likes to hang out in his designated "man-law" room, which Patricia says is all for Oz. The room has a man-sized flat screen TV, turquoise carpet, tan and rust rugs, modern red leather chairs and tons of memorabilia, including a large painting, which was at one time displayed in the lobby of TV 39. Several framed black-and-white photos of Oz over the years are featured next to caricatures of Ray Charles, Louis Armstrong, James Brown and Kerry Von Erich and autographed footballs, baseballs and helmets. On one wall is a plaque from Pat Robertson for 10 years of service with CBN. The room is a virtual historical tour of his life, as well as being a den of comfort in the home he shares with the love of his life, Patricia. **NOW**

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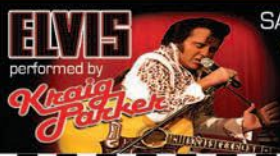
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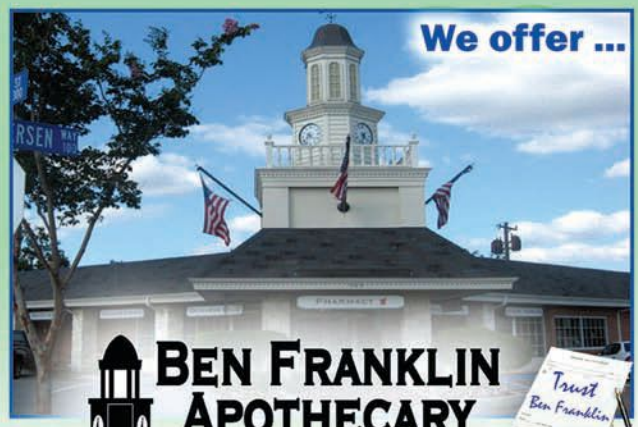
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Nutrition With a Twist

— By Melissa Swedoski

The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.

Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.¹





• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.² Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.³

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• **What to Eat:** Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.⁵

• **When to Eat:** For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.⁶ Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.⁷

• **How Much to Eat:** When it comes to “carbo-loading,” the amount a runner



needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.⁸ Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

Losing Weight

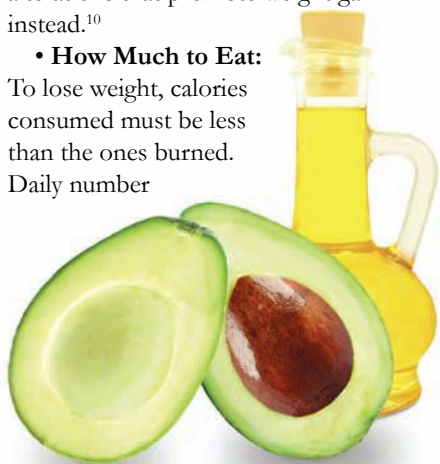
Internet searches for “how to lose weight” are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

• **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best. Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.⁹

• **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.¹⁰

• **How Much to Eat:**

To lose weight, calories consumed must be less than the ones burned. Daily number



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of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.¹¹

Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.¹²

• **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

• **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.



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• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.¹³

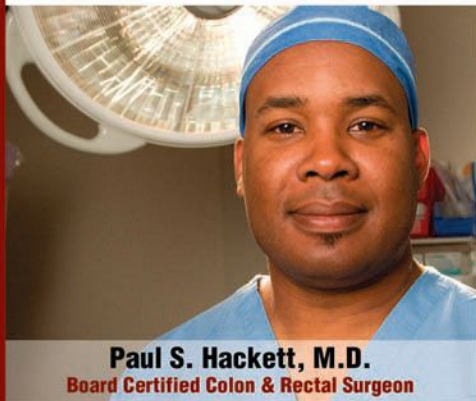
Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

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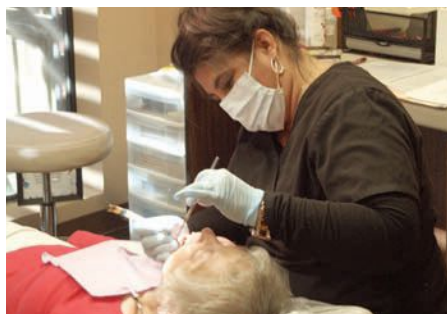


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Still Loving It

The patients at Family & Cosmetic Dentistry are friends and treated like family. — By Beverly Shay

After 44 years as a dentist, Dr. William A. Brown still loves what he does. “We have always lived by the Golden Rule, which is also how we treat our patients,” Dr. Brown remarked. “And I think it is working,” he added with a twinkle in his eye, “because that is how we would like to be treated.” Another high priority in this dentist office is quality service. They really want their patients to get the best possible service in the least possible time without cutting any corners. “We don’t like our patients to have to sit here waiting for long periods of time. That’s why we have a reception room, rather than a waiting room,” Dr. Brown stated. “We honor their time with prompt service.”

With thousands of hours of training under his belt, Dr. Brown is confident his office can provide the most current care available. “Crowns are back in the office generally in less than a

week,” Dr. Brown stated. “Over the last 10 years, we have been doing increasingly more implants than we used to because the procedures are more innovative. And they’re as permanent as or even more so than a bridge or crown.” Dr. Brown explained how implants allow people a more secure eating experience, which plays into better health and a longer life span. With old dentures that didn’t fit as well, people wore them less, ate more poorly and thus lived in poorer health. “Today many people have implant-supported dentures and really like that,” he shared.

Dr. Brown is assisted in his business by his wife, Vicci. “We have been working together for 18 years now,” Vicci said. “We work well together and have the same goals in caring for our patients.” The camaraderie is something you notice from the moment you walk in the door. All their employees exude the

same kindness and caring desire to serve. Cindy Goleman is the cheery voice found at the receptionist's desk and on the phone. Belinda Lee, their hygienist, graduated from Duncanville High School in '87 and Patty Ruffin, the dental assistant, has been living in Duncanville for 12 years. She is a graduate of School of Health Professions at Yvonne A. Ewell Townview Center. Together the team multitasks to efficiently meet the needs of each patient.

“We have always lived by the Golden Rule, which is also how we treat our patients.”

“We really do have a family practice,” Vicci noted. “Normally, children begin coming in around the age of 4, although we have seen many 2-year-olds. I think our oldest current patient is in his 90s. Some of our patients have been coming here for 40 years!”

“And we are seeing third- and fourth-generation patients,” Dr. Brown added with a smile. “I have watched their moms and dads grow up, and now I am seeing their families!” They also have patients who come from as far away as Europe to have their dental needs met. “Some of our AAFES patients have been transferred all over the world, but they still come back here,” Dr. Brown explained. “Because we have offered such good service and come to be friends with many, if not most of our patients, they will come back here from Florida, McKinney, Allen, Southlake and Frisco for their six-month checkups. We just love that.”

The Browns' five children and six grandchildren live in Japan, Singapore, New York City and north Dallas. “We love our family, and we love our patients,” Vicci smiled. “In fact, we have been accused of spoiling our patients, and I'd say that's right!” **NOW**

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The Duncanville Elementary Drumline enjoy the Christmas in the Stars Parade.



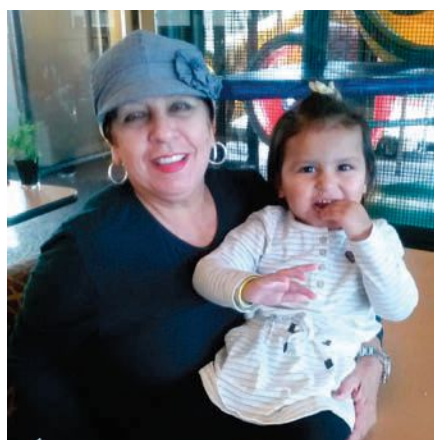
Mary Jo Barrett, Annette McGee and Lee King at the Fall Fest at First United Methodist Church.



Duncanville Chamber of Commerce President Steve Miller, right, honors Ballet Master Ceyhun Ozsoy.



Cedar Hill Mayor Rob Franke and Minister Thelma Wells, aka MaMa T, share a blessing at the Mayor's Prayer Breakfast.



Frances Lopez and her daughter enjoy an outing at the Cedar Hill Chick-fil-A.



DeSoto ISD Spelling Bee winner Royce Texcada is congratulated by Principal Bobby Sims.



Several DeSoto High School 2015 student athletes are named to Academic All-State teams.



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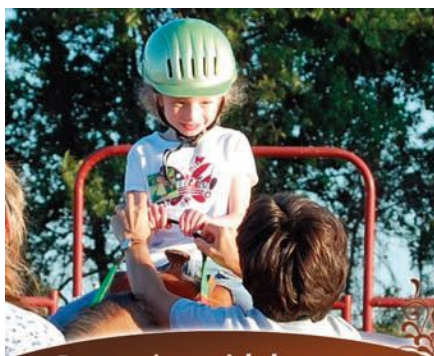
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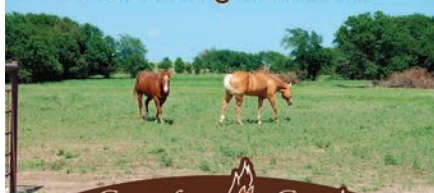
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Diversify Your Income

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There are many factors to consider when it comes to planning for a secure and fulfilling retirement — from how you'll fill your time to where you'll live and how you'll pay for it all. One solution is diversifying your retirement income.

Similar to asset allocation among your investments, this approach advocates establishing independent streams of income that could provide needed cash flow under a variety of circumstances. The big idea is to put your eggs in several baskets, since none of us know what the markets will do over 20 to 30 years of retirement, much less how long we'll need our money to last.

With the Core Sources

What streams of reliable retirement income will serve as your main source of cash flow? Keep in mind that essential retirement needs and expenses will be different for every retiree and can include mortgage payments, groceries, utilities, insurance, transportation and health care.

Reliable income sources to cover necessary expenses include: social security benefits, pension payments, employment income and annuity payouts.

Graft on the Reserves

If your needs aren't quite covered by your main sources of income, you may have to turn to other income to fill the gaps. If your needs are covered, you can use the extra bounty to pay for the good stuff — the wants and wishes that reflect your personal vision of an ideal retirement.

Assets specifically set aside to fund retirement and supplement reliable income include: employer-sponsored 401(k)s, IRAs, checking and savings accounts, CDs, dividends and interest from investment accounts.

Then Branch Out

After you start making withdrawals, you may wonder if you have enough planned retirement

income to cover both your needs and wants. Your financial advisor can help you uncover forgotten assets, such as an old 401(k) or inheritance, and they stand ready to help you determine how more reliable income sources will perform in "normal" markets, recessions or periods of high inflation. By analyzing each source, they can help you gain confidence in the ability of each to withstand a long haul. If you're not sure you'll have enough, you and your advisor should look at all the pieces that make up your net worth for a plan to help get you closer to your retirement goals and help ensure you're optimizing the most tax-efficient way to draw from your accounts. The key elements for a long, and hopefully prosperous, retirement — reliable income, retirement assets, needs and wants — work together to create a clearer understanding of your financial picture and the income sources that will be used to cover retirement expenses. Talk with your financial advisor about how to best structure your assets in a way that manages risks, diversifies your investments as well as your income, and seeks to provide a reliable retirement paycheck — one that has a greater chance of lasting as long as your retirement will.

Forgotten assets and creative ways to diversify further include: profits from selling a business, cash value of selling a business, part-time work, additional fixed income investments and high-quality dividend payers. **NOW**

Investing involves risk including the possible loss of principal. Past performance may not be indicative of future results. Asset allocation and diversification do not guarantee a profit nor protect against loss. Dividends are not guaranteed and may fluctuate.

Material prepared by Raymond James for use by its financial advisors. Jonathan Pope is a Raymond James Financial Advisor based in Duncanville.



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January 4

Holiday Weight Loss Competition, 2nd Weight-In for Team Wellness 2016: City of DeSoto, H.R. Department. For more information, call (972) 230-9602.

Teach Yourself a New Language: 7:00 p.m., Zula B. Wylie Library. Discover a free self-study resource that will help you learn a new language. Call (972) 291-7323.

January 5

Cedar Hill Chamber of Commerce Networking Lunch: 11:30-12:30 p.m. For location, contact the Chamber at (972) 291-7817.

January 8

Firefighter/Paramedic Test Date: City of DeSoto Civic Center, 211 E. Pleasant Run Rd. For more information, contact Human Resources at (972) 274-2489.

January 12

Tail Wagging Tutors: 1:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Children are invited to read aloud to friendly,

trained dogs from the Dog Training Club of Dallas County.

January 12, 14

Reading Advocacy Program: DeSoto Public Library. Gain the tools needed to help your young reader. Space is limited. Mandatory parent meeting date. See librarian for more information or call (972) 230-9666.

January 15

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

January 16

Anime Club: 3:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. The meeting is for teens ages 12 and up.

January 21

Night of the Open Door: 6:30-8:30 p.m., DeSoto High School. Learn about the diverse choices for the elementary and middle school magnets. More detailed information is available at www.desotoisd.org.

Man & Woman of the Year Awards and Installation Dinner: 6:00 p.m., Hilton Garden Inn. For more information, contact the Duncanville Chamber of Commerce at (972) 298-9370.

January 22

New Member Breakfast: Chamber 101: 8:00-9:00 a.m., Cedar Hill Chamber, 300 W. Houston St. For more information, call (972) 291-7817.

January 24

Peace March and MLK Celebration: 3:00 p.m., march begins, Cedar Hill High School. Any group interested in participating is encouraged to call (972) 291-7323, ext. 1310.

Dr. Martin Luther King Jr. Celebration and Tribute: CHHS Performing Arts Center at Virginia Weaver Park, Cedar Hill. Local school choirs and dance companies will perform. For more information, call (972) 291-7332 or email Aranda Bell at aranda.bel@cedarhilltx.com.

Submissions are welcome and published as space allows. Send your current event details to joanne.monroe@nowmagazines.com.



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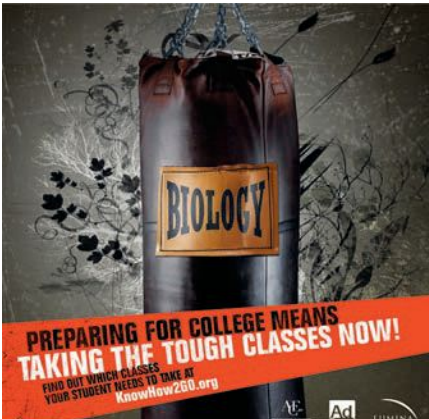
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In the Kitchen With Sabrina Porter

— *By Beverly Shay*

Sabrina Porter loves cooking sweet goodies. “I love seeing how happy my family is with them!” she admitted. “I don’t have a favorite spice, but I do love Nestlé Chocolate morsels!” In fact, when it comes to making recipes her own, Sabrina does so by adding chocolate chips.

Many of her recipes for sweet treats come from those she serves through the Juliette Fowler Communities as the president and CEO, where she is well known for her love of people. Family traditions at the Porter house revolve around providing enough sweets and desserts for her kids and their friends. When it comes to cooking other than sweets, Sabrina stated, “I decided not to cook by watching my papa do it ‘right.’ I didn’t want to work *that* hard!” **NOW**

Oatmeal Chocolate Chip Cookies

1 cup sugar
1 cup shortening
2 eggs
6 Tbsp. milk
2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 cups oatmeal
12 oz. chocolate chips

1. Cream sugar and shortening. Add eggs and milk; mix well. Add next 5 ingredients; mix well. Stir in chocolate chips.
2. Drop by spoonfuls onto cookie sheet. Bake at 350 F for 10-12 minutes.

Peanut Blossoms

1 3/4 cups flour
1 tsp. baking soda
1/2 tsp. salt
1/2 cup shortening
1/2 cup peanut butter
1/2 cup sugar
1/2 cup brown sugar
1 egg
2 Tbsp. milk
1 tsp. vanilla
1 bag chocolate stars or kisses

1. Sift first 3 ingredients. Cream next 4 ingredients. Add next 3 ingredients to creamed mixture. Gradually add dry ingredients to creamed mixture.
2. Form into 1-inch balls; roll balls in sugar. Place on ungreased cookie sheet. Bake at 375 F for 8 minutes.

3. Remove from oven; press 1 star or kiss into each cookie. Return to oven and bake for 2-5 minutes.

Peanut Butter Cups

1/2 cup butter
1/2 cup peanut butter
1 cup crushed graham crackers
1 1/4 cups powdered sugar
1 cup milk chocolate chips

1. Melt butter; add next 3 ingredients. Mix well and press into the bottom of a 9x9-inch pan. Sprinkle with chocolate chips.
2. Set in a warm oven (200 F) for a few minutes to soften. Remove from oven; spread chocolate chips around. Cool to room temperature before cutting into squares.

Gammi’s Famous Banana Pudding

1 5.1-oz. box instant vanilla pudding
2 cups milk
1 14-oz. can Eagle Brand Sweetened Condensed Milk
4 oz. cream cheese, softened
1 large Cool Whip, thawed
1 box vanilla wafers
3-4 bananas

1. Using an electric mixer, combine pudding mix with milk according to package directions. Add condensed milk and cream cheese; mix well. Fold in Cool Whip.
2. In a 9x13-inch pan, layer wafers, bananas and pudding mixture. Top with broken wafers and serve.

Fudge Pie

1 cup sugar
1 stick butter, melted
2 eggs
1/4 cup cocoa
1/4 cup flour
1 tsp. vanilla
1 unbaked pie shell

1. Combine first 6 ingredients. Mix well and pour into the pie shell.
2. Bake at 350 F for 30-40 minutes.

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



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