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1. Apply Online by deadline – one per student, you can prioritize your programs of choice
2. Be sure to upload your current report card and address verification.
3. Fine Arts auditions and interviews in February – prepare your audition based on your field of performance.
4. Watch for March notification of acceptance.

Applications for eleven (11) DeSoto ISD Magnet Academy programs open Monday, December 19, 2016. The elementary and middle school applications close January 23, 2017, at midnight. DeSoto High School applications – Early College High School, Collegiate Magnet Program, and IB – close on January 30, 2017, at midnight.

In addition, the iSTEAM3D Lottery Interest form for programs at The Meadows, all three middle schools, and DHS is online from December 19 to January 23.

DeSoto ISD is a Selective Enrollment district for elementary, middle and high school students. Students wishing to apply from outside the district must meet criteria and complete the Selective Enrollment paperwork if accepted into a Magnet Program.

Calendar

Dec. 19-Jan. 2 - Winter Break, all closed; Return Jan. 3
Sat., Jan. 7 - Pre-K Round Up, 8 a.m.- 1 p.m., Amber Terrace
Jan. 9-13 - STEM Week across DeSoto ISD
Mon., Jan. 9 - Board Meeting, 6:30 p.m., Board Room
Mon., Jan. 16 - MLK Holiday, all closed
Sat., Jan. 21 - 8th Grade EXPO, 8 a.m.-2 p.m., DHS
Th., Feb. 9 - Coffee Talk, 7:30 a.m. Northside ES
Mon., Feb. 20 - Staff. Development/Parent Conferences
March 13-17 - Spring Break
Fri., April 14 - Good Friday, all closed

NEWS TO KNOW

SPELLING BEE WINNER

Congratulations to Ruby Young Elementary fifth-grader Abiba Moncriste for winning the DeSoto ISD Spelling Bee! After 13 rounds of competition, Abiba correctly spelled 'multicellular' to finalize the win over the other eight competitors from other schools! She will now compete in the county-level spelling bee in February.



8TH GRADE EXPO JAN. 21

All DeSoto ISD 8th graders are invited to the special 8th Grade EXPO on Saturday, January 21 from 8 a.m. to 2 p.m. at DHS. The day is filled with activities to engage students in the program opportunities at DHS and build unity for the class of 2021! Registration will be online from Jan. 4-18 and includes free breakfast, lunch, and a T-shirt.

BOARD MEMBER ELECTION

The candidate filing and voting dates have been set for the 2017 DeSoto ISD Board of Trustees election scheduled for Saturday, May 6, 2017. Candidate filing dates for the election will be January 18 through February 17. Interested candidates may pick up and submit a candidate packet at DeSoto ISD, 200 E. Belt Line Road, from 7:30 a.m.-5 p.m. Elected board members will serve three-year terms.

Positions up for election:

- Place 3 — Karen Daniel (i)
- Place 4 — Jerry Hall (i)
- Place 5 — Aubrey C. Hooper (i)

HALL OF HONOR NOMINATIONS

Nominations will be accepted January 17 through March 31 for the DeSoto ISD Hall of Honor. Forms are online - www.desotoisd.org - for both the DHS Alumni Hall of Fame and Distinguished Service Award categories. The Induction Ceremony will take place Friday, May 5 at DHS.

COFFEE TALK WITH DR. HARRIS

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- Thursday, April 13 - 7:30 a.m. @ Ruby Young Elem.



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ON THE COVER



Terry Ottley's love of animals led her to found Gabby's Sanctuary Ark.

Photo by Shane Kirkpatrick.

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Editor's Note

New Beginnings!

It's the new year, and I'm looking forward to a fresh start. I always think how amazing it is to be blessed with the seasonal changes and weather throughout the year. Obviously, it was ordained to give us all a pick me up every three months, and specifically an entire fresh start in January. While the Texas seasons aren't exactly on time, I'm looking forward to winter settling in and taking stock of family needs, work and health with a capital "H." Mind, body and soul maintenance is imperative to help us all in terms of balance in our lives, and it's also important for our sanity. Whether it's getting the family out for a walk once or twice a week, or organizing that hidden closet no one sees but us, it's time to get moving. We're lucky the winter is so variant that we can actually go outside to exercise and take walks. Use this time of the year to take stock of things that need refreshing in your life, and I'll do the same.

Looking forward to telling your story!

Abby

Abby Rich

SouthwestNOW Editor

abby.rich@nowmagazines.com

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MORE THAN A RESCUE GROUP

— By Abby Rich

Terry Ottley of Cedar Hill wasn't born in Texas, but you'd never know it. She is the owner and hands-on manager of Gabby's Sanctuary Ark, a 501(c)(3) nonprofit corporation organized for the charitable and educational purposes of companion animal rescue, care and placement of those destined for premature euthanasia.



After her father's passing when she was only 5, Terry's mother took her and her three brothers and sister out of Chicago and moved them to Arkansas, where she knew they could grow up in a safer, more rural environment. "This is where it all started — my love for helping and working with animals," Terry stated. "After we moved, my brother and I started helping out our neighbor with his animals — pigs, chickens, horses, cows, you name it. Caring for these animals really gave me responsibility and self-confidence at such a young age." In addition, her own family always had cats or dogs around, so rescuing animals and taking them to get proper care from veterinarians was always in her blood.

It was later in life, and after moving to Texas in '84, that Terry admits she used to try to rescue people before she got into the business of rescuing animals. "But when people don't want to be rescued, it can be frustrating," she admitted. "My last human rescue was my brother, Julio." In 2008, not long after she came to the realization that not everyone wants to be rescued, Terry came to foster seven horses. This was before the 501(c)(3) nonprofit was founded, and she had to outright buy one of her first fosters, Billie Jean, in order to take care of her. Most recently, Addie, a registered thoroughbred in Stillwater, Oklahoma, was near death and scheduled to go to the slaughterhouse. Terry got the call from volunteer Staci Hamilton and then went to rescue her. Now, Addie is thriving, thanks to Staci and Terry's care. The magnificent animal is even participating in horse shows.

The name, Gabby, comes from the memory of Terry's cat who passed in 2008. Gabby's Ark is registered in Cedar Hill, where Terry had her first facility for the animals, but she is currently renting a facility in DeSoto for the upkeep and care of her rescues. In the near future,

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the horses will move to a location in Lancaster in order to partner with the ISD's FFA program, thanks to an introduction from Dr. Fann at Cedar Valley College. Yet, Gabby's Ark will continue the important rescue work they've been doing for years. "We are and will always be involved in the communities of Cedar Hill and DeSoto, in addition to our new Lancaster ISD partnership," she said.

Eventually, Gabby's Ark hopes to collaborate with Equest, which helps transform the lives of people with special and diverse needs through equine-assisted therapy. "They've offered to help us and come to our facilities, so we can offer services to our own community's special and diverse needs people."

Gabby's Ark works with the SPCA of McKinney's large animal rescue group and Dallas County Sheriff's Posse helps out with her animal feed. In turn, when needed, Terry's hoping her new facility can potentially be a haven for some emergency rescues with those groups. "I'm so thankful to all our volunteers, helpers and staff, as well as Dr. Ellis, veterinarian at Cedar Hill Veterinary Clinic, who is one of our biggest

supporters. If it weren't for them and their continued support, we wouldn't be where we are today," she said. "We're feeding up to 26 horses, dogs and cats a day — and God has found a way through those mentioned, and more, to provide for us all these years." Plus, Tri-City Animal Shelter has always helped Gabby's Ark with vaccinations, food and the lending of vet tech Dortha Baffour to take care of Terry's animals when she's out of town.

Terry admits she has taken on a lot of other people's horses because of her empathy and "bleeding heart" toward them. She's taken them in and nursed most of them back to health. A lot of her horses, including Star, a registered Tennessee Walker, who was boarded at Terry's stable, end up in her care because their owners can't take care of them any longer.



Terry Ottley is grateful for workers like Chelsey Groomer.

In fact, before becoming a 501(c)(3) nonprofit she was contributing to the cause with her own money. Four years later, she now has a board of directors and people who help her gain equity, as well as staff. But, at the end of the day, if she doesn't have donations she will help pay for upkeep and salaries out of her own pocket. "I'm committed to my animals. I didn't have children, but these babies are all like my own children," she stated. "I'm living my dream."

In addition to running a growing nonprofit, Terry has a full-time job as a corporate affairs manager with Regions Bank as a state officer. She oversees their Community Re-Investment Act, which includes affordable housing, economic development, job creation, stabilization and revitalization of neighborhoods and financial literacy. "But no matter how stressful my other full-time job gets, I know I can't come out here and project my stress onto



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these horses. Horses are so healing that they actually relieve my stress from work,” she added.

In 2010, Terry was injured during one of her horse rescues. She fell off the tailgate of a truck and winded up in the hospital. The injury caused her to receive two plates, 30 pins and a cadaver knee replacement. “It was interesting because afterwards I had to be rehabilitated for six months, and the physical therapist helped me relearn how to mount and dismount with my horses, so I could continue to do what I needed to do with them.”

All the work of the organization is achieved with volunteers and paid employees. Yet, Gabby's Ark always takes a conservative approach regarding their finances to keep overhead as low as possible, according to Terry. “Our aim is to use the majority of our funds for the care of the animals, educational programs for adults and youth, and remain fiscally solvent,” she explained.

Taking a very serious approach with the care and nurturing of her animals, Terry also makes sure her stables are always clean, the water refreshed and everything looks good so the animals can stay healthy and be visited by members of the community.

“A lot of people on this earth don't realize what they're destined to be or do,” she smiled. “I'm completely grateful I know what I'm meant to do, which is to put on my boots and jeans and help these animals.” **NOW**

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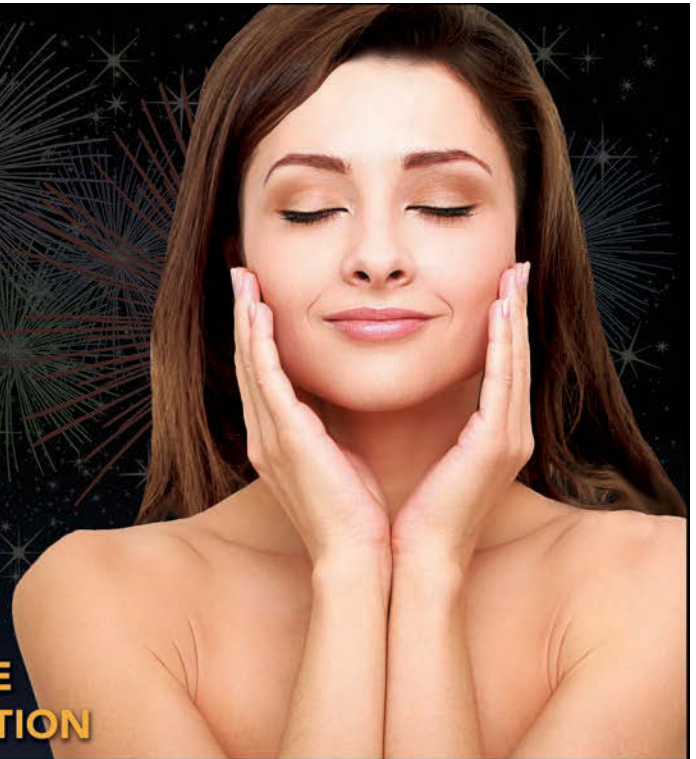
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Beside the door of this ranch-style home is a slight indication of the creativity that dwells inside. The letter "B" cut out of rippled tin hangs with dignity beneath the welcoming porch light. Upon entering the cappuccino brown door, accented by a large oval, inset glass, it only takes a moment to realize Leigh Bostwick is a woman of strength, character and immense creativity. The special features of this home reflect her taste and style.

A large, open living area invites family and visitors alike to stop awhile, fellowship and rest. Directly across the room in the far-left corner is a uniquely designed fireplace. Unlike most, which are flat, this one is rounded like a turret reaching through the center of the house. The various round and flat shapes of white stone cascade down, creating an earthy, yet elegant, display depicting an artful masterpiece that resembles the talents and energy of the owner.

Born and raised in Montana, Leigh relocated to Texas in hopes that she would find greater opportunities. Being

— By Debbie Durling

CREATIVE

AT HOME WITH LEIGH BOSTWICK

FLA



talented in music and the arts, she soon found herself working as a music teacher in the Ennis ISD. She wanted to find a house and get out of her small apartment. A Realtor friend soon told her he had found the perfect home for her. He led her to this neighborhood in the middle of DeSoto. It was older and established, racially and generationally integrated, and provided a welcoming place for her to raise her son. The only problem was the price of the house was a little more than she could afford as a single mom.

However, after some thought, she decided she would make it work. When she called the Realtor, he told her it was no longer available. She insisted he give the sellers a call. Thinking she was dreaming, he checked and sure enough the house had come back on the market. She told him to make an offer that was considerably lower than the first offer.

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He did not want to do it, but he did follow through with her request after she told him, "If God wants me to have this house, I will have it." Four other people had made offers higher than hers, but she had the best credit and got it.

Leigh knew it was the hand of God helping her come back from a difficult time. She hadn't planned to be a single mom, but through disappointments and struggle, she ended up alone with a baby to raise. She credits her family, her church, friends and colleagues for helping her rise above the situation that could have taken her under. "I journalled a lot," she remembered. "Then, through the times when I was having to make difficult decisions for me and my child, I would be able to go back and read the things we had gone through and think with a clear mind."

This home has been more than she even hoped. She and C.J., her son, have carved out a place to relax and a few places to work. The home is deceiving from the curb, as it has over 2,500 square feet of living space. A kitchen is off to the right with a tiled floor that Leigh

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had to cover with linoleum when she moved in because it was so slick that she fell several times. It's white to match the gorgeous fireplace. The cabinets surround the kitchen in a u-shape and sit below a uniquely vaulted ceiling.

The kitchen adjoins to a lovely nook for dining. In the dining room sits one of several pieces of furniture handcrafted by Leigh's dad. A high-rise table with matching chairs provides a cozy area for her and C.J. to enjoy their meals together.

The home has three bedrooms. One is a large master with a kind of "Jack-and-Jill" bathroom. Each end of the bathroom also has its own closet. "I love shoes," she said with a giggle. "Since I'm single, I have made the other closet my shoe closet." She has filled it with over 145 pairs of shoes.

The guest bath is off the hallway between the other two bedrooms. One of which belongs to C. J. The other is quite the surprise, especially for a lover of beautiful purses. Leigh loves to sew and create. She has always had a second job to help make ends meet. When she first came to Texas, she began sewing costumes for an old-time photo company, making hats and costumes for Carnival Cruise lines and Six Flags. She also sewed letters on T-shirts for another company.





When she realized how little she was making working for others, she decided to take a leap of faith and branch out on her own.

She began embroidering, quilting, appliqué work and alterations. This moved her into vinyl imprinting and screen printing. She remembers always going into stores and seeing expensive items, and she would think to herself, *I can do that*. So, she would. This led her into buying leather remnants and making patchwork handbags. She realized she had found something she loved to do: work with leather. Now, she designs and makes beautiful leather handbags.

The third bedroom is like a handbag closet, sporting the bags she has made. "C.J. goes to shows with me and helps me with the bags," Leigh said. Off the back of the house, she and her dad built a large room which serves as a little "handbag factory" where sewing machines and lots of leather can be found.

With a degree in marketing, teaching and vocal performance, Leigh has carved out a beautiful life for her family of two. And above all, she has kept her faith the center of all she does. She uses her talents in music to help in the services where she worships. "I knew I had found the right place when I came to Texas," she said. "I was raised in Ennis, Montana, and wound up working in Ennis, Texas." If you leave Ennis, Texas, and drive up Hwy. 287, you will eventually wind up in Ennis, Montana. Living in DeSoto has kept her central to the places that have helped her supplement her income. She loves the people and cherishes the school C.J. attends. Texas has truly become a place she now calls home. **NOW**



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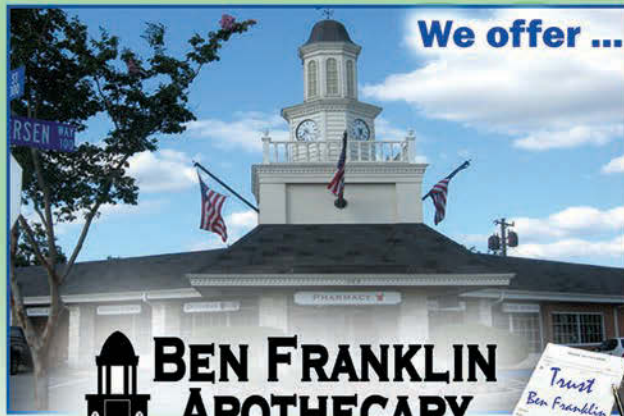


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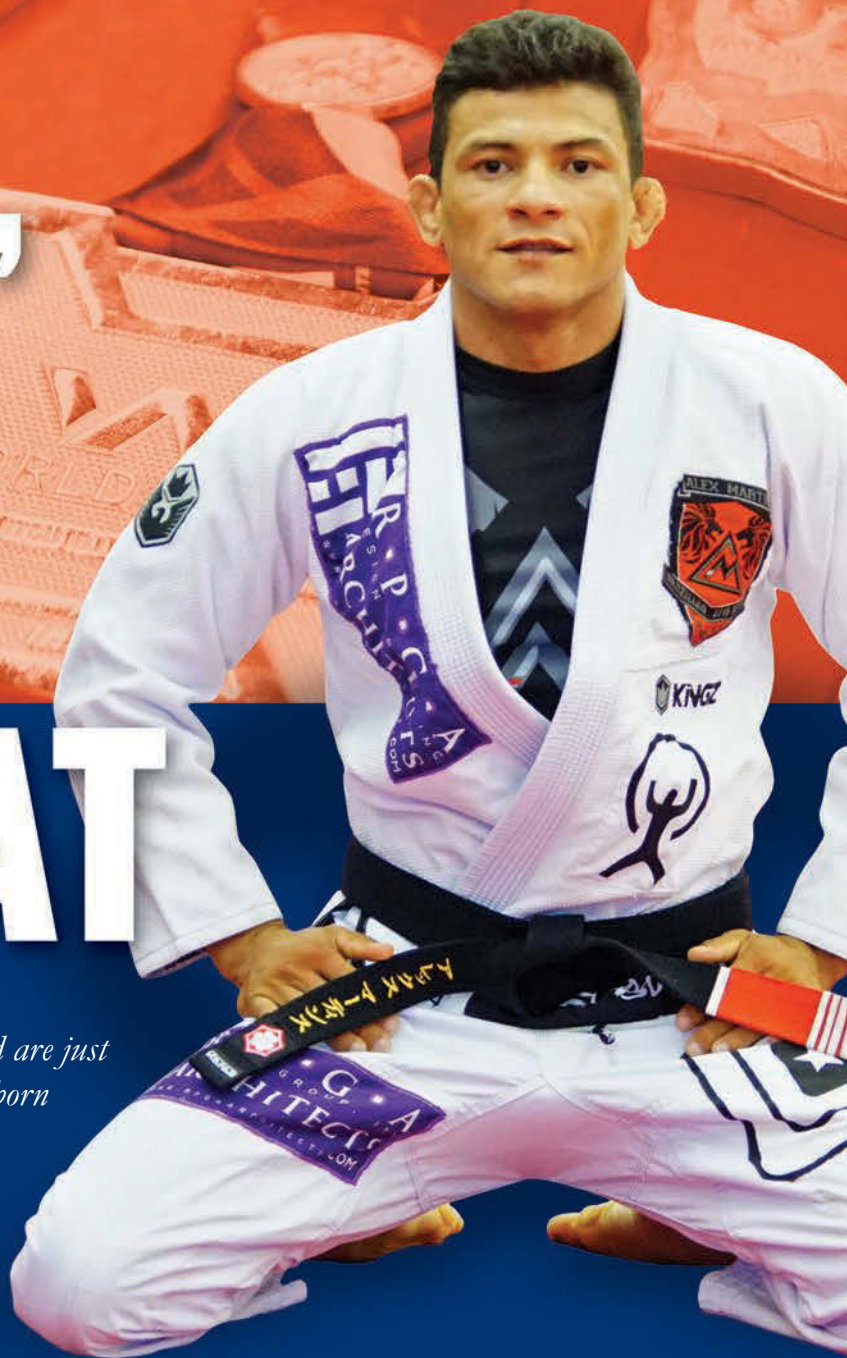


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TRAIN, EAT, SLEEP, REPEAT

— By Abby Rich

Energetic, full of life, disciplined and determined are just a few words to describe Alex Martins, Brazilian-born jiu jitsu pioneer and world champion. And with recent wins in the Atlanta, Dallas, San Antonio and Miami opens, as well as the Fight2Win Pro competition, he will continue to dominate in the sport.



“If a person has the best possible attitude and respectful behavior, he or she can better the world.”

Jiu jitsu equips individuals, sometimes smaller and weaker, to successfully defend against a bigger, stronger opponent through proper technique. They learn to take the fight to the ground and then apply joint-locks and chokeholds.

Alex’s journey began when he was 17 years old, living in Manaus, Brazil, which is in northern Brazil. He was invited to watch a jiu jitsu training class. “I immediately went home and told my mom I wanted to join. She said, ‘No way.’ It wasn’t a respectable sport at the time, and my parents didn’t want to contribute to the violence that it sparked,” Alex explained.

Though Brazilian jiu jitsu had a bad reputation in its beginning, Alex was hooked. He went to try out a class after school and made the decision to get involved and take it seriously. “I hid my desire to train from my parents for a while, and after I told them, they said they wouldn’t pay for classes,” he remembered.

After attending a competition, Alex was even more determined to find a way to train. His friend, Marcus, ended up giving him a hand-me-down Gi, which is the



uniform all students wear in practice and competitions. Alex went to talk with a professor at the jiu jitsu school about attending classes. He wanted his parents' permission, since he was only 17. So, Alex went home with the Gi and convinced his mom to let him train Monday through Friday, as well as Saturdays. His dad still didn't want anything to do with the sport. "He told me I had to get a job to pay for my training and membership to the school."

Alex found a job and jumped in full force. For the first six months, he immersed himself in jiu jitsu. The sport helped to make him humble, and he

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realized he wasn't as tough as he had thought on the mat.

His first tournament was the equivalent of a state championship, where he competed at his belt level, which was white. Alex won the tournament. "I had to fight five times with 36-38 athletes in my division, and win all five matches to get the title."

During this time, jiu jitsu street fighting was going on in Alex's neighborhoods, and the instructors/professors had a zero tolerance for students who were involved. If they heard a student was in any outside fights, they would be cut loose. "At the start and end of training, we were urged not to pick fights. They wanted to teach the sport's principles, which are discipline and respect," he said. "I saw a lot of friends get kicked out."

In the coming years, Brazilian jiu jitsu progressed to a more reputable sport due to the professors of the school, who were very strict with the students. Today, Manous is well-known for churning out the toughest "killers" in the practice of jiu jitsu. "When people say they're training out of Manous, they're seen as pretty fierce competitors," he stated.

A few years into Alex's practice, his father passed away at age 45. Right before then, his dad was beginning to respect Alex's decision to practice jiu jitsu more and more. His dad saw how

his attitude and focus was changing for the better. Everyone noticed. He was planning to attend one of his competitions before he passed. "The one regret I have is that he never saw me fight. But he did tell me that he was proud," Alex shared.

Alex went on to join the military and continued his training. "For five years I remember waking up at 5:00 a.m., for the military, studying for school and leaving the base to train past 10:30 p.m. I would get home by 11:30 p.m. and eat, sleep, repeat."



After winning most of the tournaments he entered in Brazil, Alex's friends, Tanner Rice and Carlos Diego Ferreira, convinced him to come to the U.S. to attend even more competitions in 2011. With Portuguese being his only language, Alex went to Los Angeles for a couple months on a visa, and then took a three-day bus ride to McAllen, Texas, after missing his flight. There, at Carlos' jiu jitsu academy, he was able to pick up English and eventually teach class while continuing to train and compete. In 2013, Alex was asked to be head instructor at an academy in Dallas. Now he has opened two academies of his own.

Alex is the head instructor for all classes at the Duncanville location where kids start training at 4 years old. "We strive to equip kids with skills



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to defend themselves and to develop valuable life skills and characteristics such as discipline, determination, respect, confidence, honesty, loyalty and self-control,” Alex explained.

He also continues to compete at the highest level. The International Brazilian Jiu-Jitsu Federation, or IBJJF, is the biggest competition in the sport in terms of ranking. In January 2016, Alex ranked No. 53 in his division. Shortly after, in November 2016, he rose to No. 3. With over 20 years of training under his 3rd degree black belt, Alex is a rising star in the sport.

When asked what he likes to do in his free time, his wife, Lacey, chimed in, “He lives and breathes jiu jitsu and never gets tired of it.” Lacey and Alex met when she was attending a kickboxing class at an academy in Dallas in 2012. They married in 2014. Lacey is a speech pathologist at Dallas VA Hospital, and she’s integral to the business aspects of Alex’s Brazilian jiu jitsu gyms in Duncanville and Dallas.

Alex has competed throughout the world to improve his skills and expand his knowledge in jiu jitsu. With titles that include but are not limited to World Master Champion IBJJF, 3rd Place Pan-American IBJJF and American National Champion IBJJF/Open Class, he is enthusiastic and motivated to step on the mat every day to encourage others to try something they’ve never done before. His demeanor in and out of the gym is a balance of energy and respect, according to Lacey.

“If a person has the best possible attitude and respectful behavior, he or she can better the world,” Alex proposed. In talking with Alex, from an outsider’s perspective, the most significant word to describe him is “humble.” **NOW**

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RESOLVE TO YOUR RESOLUTIONS

A new year means new goals for people all over the world. With each new calendar, though, many find it difficult to maintain their resolve and hit their goals. If your resolutions typically fizzle out before the winter has lost its cold, here are some simple tips to do better as you try to live healthier in 2017.

SMALL CHANGES MEAN BIGGER RESULTS

- *Make incremental goals.* Instead of trying to lose 15 percent of your body weight, make a real, attainable goal that you can meet in four to six weeks. Losing five pounds in a month should be motivation to lose five more. But if you are thinking 30 pounds or bust, that five-pound loss might become a disappointment. And when making those goals, be sure to increase and extend them as you start hitting your desired marks.

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— By Zachary R. Urquhart



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- *Take one step at a time.* If your current fitness level has you struggling to walk 1 mile without stopping, avoid resolving to run a marathon. Start with walking a length or time without stopping, and then add jogging or auxiliary exercises like pushups or jumping jacks. A good one-month goal for beginning runners is to complete a 5K run within six weeks of starting your training. The same principle applies for those who are already in better shape. If you can walk three miles without a problem, add incline runs or increase the distance to push your limits and increase your results, and try for a half or full marathon.

- *You do not have to overhaul your diet overnight.* Rather than cutting all sugar, fat and bread completely, start simpler. Substitute unsweet tea and black coffee for soda and a latte. Eat one less fast-food meal a week and opt for a homemade salad with a healthy dressing. If you cannot cut out dessert completely, make it a biweekly treat, and limit yourself to one helping. Instead of forcing yourself to eat nothing but kale and water, start with a smaller plate for portion control. As you get healthier, you can increase and adjust your goals accordingly.

MOTIVATION IS KEY

- *Have a partner.* Losing weight, eating right and exercising can all be difficult to do, especially when you go it alone. Whether it's your spouse, a sibling or just a friend in a similar life stage, have a partner as you start your journey. It is best to have someone who wants to lose around the same amount of weight or hit the same mile time. That way you can push each other, instead of one person being the model for the other.


- *Set up rewards.* In addition to setting incremental goals, you should treat

yourself when you hit those goals. You can give yourself a cheat day, a day of rest from running or even something like going to a movie or buying a new belt for your smaller waist. You do not have to break the bank, and you can write yourself notes or send yourself cards to encourage yourself along the way.

• *Include healthy competition.* Having someone you are competing against might make you more likely to reach your marks, but do not get upset if you lose a weekly weigh-in. Be sure to give yourself a fair game though. Women typically lose weight at a slower rate than men, and age often slows metabolism. So a 50-year-old woman probably should not compare herself to a young man just out of college.

• *Make it fun.* Find a local group of runners to make your exercise social as well as functional. If you hate running, try lifting weights, cardio-rich workout videos or alternate exercise like CrossFit training. Change up your routine times and locations, so you are not looking at the same scenery every time you work out. Most cities offer recreational sports leagues, so you can get the work in






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• *Take out the guesswork.* People often think running is running, but when it comes to weight loss, there is a science involved. With a good heart rate monitor, you will be able to maximize your workouts by staying somewhere between 55 percent and 85 percent of your maximum heart rate.

• *Work to scale.* If your plan hinges on losing a specific amount of weight, you will need to make sure you have a good scale. On the other hand, if you are simply trying to improve your strength and endurance, a scale may hinder progress. When your maximum lifts increase and your running times decrease, stepping on the scale and finding out you have not lost any weight can kill the momentum of your exercise success.

• *Have a plan and write it down.* When it comes to exercise, do not just throw weights around or run without purpose. There are varying ideas as to what the perfect workout regimen is, but you should use a workout journal no matter what plan you try. Have your workouts written down ahead of time, so you stay focused. Jot notes as you go to adjust intensity, as needed. The same goes for your food intake. You probably do not need a note to remind you how unhealthy donuts are, but keeping a record of calories, noting healthy recipes you want to attempt and listing what times you should eat each meal and snack will drastically improve your overall success. With these tips, you can make this the year you remain resolute. **NOW**



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Custom Comfort

New Dawn Health and Hospice provides excellent care with compassionate, individualized support. — By Melissa Rawlins

One day at a time, New Dawn Health and Hospice gives people hope for a comfort-filled future. Long before licensing their business over nine years ago, owners George and Deborah Jones found its name in Luke 1:78-79. "That Scripture talks about the dawning coming to those sitting in darkness to show them the way," Deborah said.

Both George and Deborah serve as principals of New Dawn and facilitate the agency from a biblical perspective. As administrator, George brings to the business 17 years' experience as an IT professional and 32 years' service in the United States Air Force, for which he currently serves as a chaplain at Carswell JRB in Ft. Worth, Texas. Deborah served 30 years in finance, and at New Dawn, she acts as CFO. Taking ministry into hospice, they begin an encouraging relationship with each family.

In addition to hospice care, Deborah has served as a community health worker (CHW) with the state of Texas for years. She knows how to help clients attain resources when they're struggling to buy necessary items and obtain whatever services they need. "Many individuals are unaware of services that are available to them," she said. "Medicare or Medicaid pays for hospice services 100 percent. Most private insurances cover hospice as well."

New Dawn's caregivers deliver care, supplies, medication and nutritional supplements to patients wherever they are — at home, in a skilled nursing facility or an assisted living facility. Often, due to New Dawn's quality of care, patients transition from hospice services to home health services. New Dawn strives to provide everything they need, from spiritual support to community resources to physical care and nutrition.

The physical, emotional and spiritual support the family receives enables them to endure the journey. "Hospice does not prolong death nor stave it off, but statistics indicate the people who acquire hospice services sooner live a better, quality-filled life," George said.

The 23-person New Dawn Health and Hospice team is overseen by Clinical Director Evelyn Linville, who manages the clinical department under the direction of the agency's medical directors, Doctors Keith Rigsby and DeAndre Brown. "Our nurses, nurse practitioner(s), certified nurse aides, medical social workers, chaplains and physicians," George said, "strive to provide a comprehensive picture of each patient's condition to the medical director."



Volunteers are an integral part of New Dawn's program, as mandated by the Centers for Medicare & Medicaid Services. Deborah and George welcome community members who will make friendly visits to patients living at home or in facilities, and relieve family members already giving 100 percent of their time to their loved one.

Special attention is taken to be consistent with staff and volunteers for the security of those receiving care in their home environment. Treating every patient with dignity, New Dawn's objective is to provide the kind of care they would want for their own parents. "Our heart's desire," Deborah said, "is to learn each patient, so we can provide care in a manner which is comfortable for them."

Understanding America's veterans struggle to share their challenges with people who have not worn a military uniform, George created a program called Vet Talk. Veterans reach out to veterans in facilities throughout the community, rekindling camaraderie through spending time with them, engaging with them in activities, listening to their concerns and helping resolve them.

If you have a heart to help, or if you need to schedule a no-obligation evaluation, call New Dawn Health and Hospice, where the owners keep excellent care as a standard, not a goal. During your initial consultation, you'll get your first taste of what George and Deborah call the "New Dawn Difference!" **NOW**



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January 4

Duncanville Women's Club luncheon: 11:00 a.m., Hilton Garden Inn, 800 N. Main St., Duncanville. This event will feature prominent speaker Rose-Mary Rumbley. Bring a friend and join the ladies for lunch. For more information, call Judy Casey at (214) 732-2261.

Chamber Champions Membership Development Team: 11:30 a.m.-12:30 p.m., Cedar Hill Chamber. Bring your own lunch. Champions donate their time to help build member commitment and raise awareness of the opportunities for success within the chamber. For more information, call Alyssa at (972) 291-7817.

January 5

MEET Cedar Hill Business for Breakfast/Dutch Treat: 7:00-8:30 a.m., Holiday Inn Express, 1007 N. Hwy. 67, Cedar Hill. Meet other business owners and community leaders in Cedar Hill.

January 17

CareVan Immunization Clinic: 5:00-7:00 p.m., Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville. Clinic will provide free vaccines for children with immunization records.

January 21

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Martin Luther King Jr., Community Peace March and Celebration: 3:00 p.m., Cedar Hill High School Performing Arts Center, 1 Longhorn Blvd. parking lot. This is a free community event in honor of Dr. King and his legacy to bring our diverse community together. The Grammy award-winning acapella group Sweet Honey in the Rock will perform. The celebration and tribute will follow at 4:00 p.m. inside the Performing Arts Center.

January 26

State of the Schools CHISD luncheon: 11:30 a.m.-1:00 p.m., Alan E. Sims Cedar Hill Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Superintendent Orlando Riddick will address luncheon attendees about the state of the Cedar Hill school district. Member price is \$20 or \$25 at the door. Non-member price is \$25 or \$30 at the door.

January 28

Encouraging Girls in Science Seminar: 11:00 a.m., International Museum of Cultures' conference room, 411 Hwy. 67, Duncanville. The seminar will be presented by Southwest Dallas County AAUW. For more information, visit www.AAUW-swdc.org.

Ongoing:

First Mondays

The Rotary Club of Cedar Hill: 6:00 p.m., High Pointe Baptist Church, 101 High Pointe Ln. The club consists of a diverse group of local business people and civic leaders who have completely embraced the essence of Rotary International's "Service Above Self" theme. The club is very active the community, supporting many local non-profits and programs through their annual fundraisers.

Third Mondays

DeSoto Public Library Book Club: DeSoto Town Center Complex, 211 E. Pleasant Run Rd. For more information, call (972) 230-9661.

Fourth Mondays

Living with Diabetes: 6:00 p.m., Zula B. Wylie Public Library in Cedar Hill. Learn life skills suggested in living with diabetes.

Tuesdays

DeSoto Senior Center Golden Voices Choir: 9:00 a.m., Senior Citizen Center, 204 Lion St., DeSoto. For more information, call (972) 230-5825.

Baby Storytime: 10:30 a.m., DeSoto Public Library. For newborn to 2-year-old children.

Duncanville Rotary Club: 7:00-8:00 a.m., D.L. Hopkins Jr. Center, 206 James Collins Blvd., located across from Duncanville Public Library.

Second and Fourth Tuesdays

Cedar Hill Lions Club meeting: Noon, Good Shepherd Church, 915 Straus Rd.

Caregiver Support Group: 2:00-3:30 p.m., Friends Place Adult Day Services, 1232 W.

Belt Line Rd., DeSoto. For more information, call (972) 274-2484.

Wednesdays

Pre-school Storytime: 10:30 a.m., DeSoto Public Library.

First Wednesdays

The Cedar Hill Citizens Fire Academy Alumni Group: Fire Station 211, 1212 W. Belt Line Rd. The Citizens Fire Academy began in 2006 and is a 10-week program designed to teach citizens about the inner workings of the Fire Department and the services they offer. For more information, call (972) 291-1011 or visit www.cedarhilltx.com/506/Citizens-Fire-Academy.

The Duncanville Women's Club: 11:00 a.m., Hilton Garden Inn, Duncanville. Members include women from Duncanville, Cedar Hill, Grand Prairie, Mansfield, Arlington, Desoto, Lancaster, Red Oak and Dallas. The Club also has Activity Groups for Club Members and supports various community projects throughout the Southwest Dallas County area.

Thursdays

The Quilters: 10:00 a.m.-3:00 p.m., DeSoto Public Library. New quilters are welcome. If you or someone you know has a quilt top they would like hand quilted, call (972) 230-9661.

Tiempo de Historias en Espanol: 5:30 p.m., Duncanville Public Library, 201 James Collins Blvd. For more information, call (972) 780-5050.

Second Thursdays

Business on the Hill: 7:30 a.m., Texas Trust Credit Union, 109 W. FM 1382, Cedar Hill. Networking and meeting new neighbors.

Third Thursdays

Zula B. Wylie Library Friends meeting: 7:00 p.m., 225 Cedar St., Cedar Hill.

Third Fridays

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

Third Saturdays

duncanSWITCH Saturday Street Market: 8:00 a.m.-2:00 p.m., Main and Center streets, Duncanville. The event will include vendors, food and fun.

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



In the Kitchen With Rachel Smith

— By Sandra Strong

Growing up, Rachel Smith remembers her dad being the cook in the family. Today, as the editorial assistant at NOW Magazines and a single adult living on her own, Rachel feels close to her dad when she does take the time to prepare a meal at home. She admits that the temptation to go out to eat is real and many times wins over cooking at home. “But when I do cook,” she shared, “I find myself thinking, *How would Daddy make this?*”

Rachel may not consider herself to be a talented cook, but she knows what ingredients she likes and how she enjoys preparing her food. “I’m more of a stovetop cook,” Rachel admitted. “To be honest, I don’t own a single baking pan!” **NOW**

“Guilty” Green Beans

Vegetable oil, enough to cover bottom of skillet
Salt and pepper, to taste
Garlic, to taste
1 bag fresh green beans, rinsed if needed

1. In a skillet, add vegetable oil and seasonings; mix and heat until bubbles begin to rise.
2. Add green beans; sauté until they are tender and have a shriveled look. (I prefer mine somewhat burned to add a crunch.)

Mushroom Patties Over Pasta

2 beef patties
1/4 onion, chopped
Salt and pepper, to taste
1 4-oz. can mushrooms (pieces and stems preferred)
1 10.5-oz. can cream of mushroom soup

2-3 cups rotini pasta (or your preferred pasta)
Olive oil or butter, to taste

1. Brown patties with onion, salt and pepper to preferred doneness; drain excess grease. Add mushroom pieces with the liquid and cream of mushroom soup. Mix thoroughly until smooth, about 10-15 minutes; let simmer.
2. Cook pasta per package instructions; drain. Drizzle with olive oil or mix with a dab of butter to keep from sticking.
3. Serve mushroom patty and sauce over pasta.

Daddy’s Authentic Banana Pudding

You must stir constantly to prevent scorching or lumps.

2/3 stick butter, softened
4 Tbsp. flour

2-3 cups milk
2 egg yolks
1/4 cup evaporated milk
 (use more, if needed)
2 cups sugar
4 bananas, sliced (ripe with no green spots)
2 Tbsp. vanilla extract
Vanilla wafers, enough to cover top of pudding

1. In a pan, melt butter on medium heat; add flour and mix to make a rue.
2. Stir in milk, yolks and evaporated milk, whisking constantly until there are no lumps. Add sugar, mixing until thickened. Add sliced bananas, mixing until bananas are soft and pudding thickens; stir in vanilla.
3. In a large bowl, pour in pudding mixture. Place vanilla wafers on top for a nice crunch.

Mashed Potatoes With Brown Gravy

Makes 2-3 servings.

Mashed Potatoes:

2 large potatoes, peeled
1/2 stick butter, softened
Salt and pepper, to taste
4 Tbsp. evaporated milk (or more, to taste)

Brown Gravy:

2-3 Tbsp. vegetable oil (can substitute with beef grease)
Salt and pepper, to taste
2-3 Tbsp. flour
Water, enough for preferred thickness
1 cube beef bouillon

1. *For potatoes:* In a pot, boil water; add potatoes. Cook until potatoes are soft when fork is inserted; drain. Thickly slice potatoes and place in a bowl; add butter. Mash with masher until lumps are gone. Add salt and pepper; mix. Slowly add evaporated milk, mixing constantly to desired taste and texture.
2. *For gravy:* In a skillet, add vegetable oil, salt, pepper and flour. Heat, stirring constantly, to form a rue.
3. Add water and bouillon until bouillon is dissolved; continue to stir until gravy reaches preferred consistency. Pour over potatoes.

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



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2016 Class 6A Division I Region I Semifinal Champions



Photo by Duncanville High School student Dillon Clarke



Photo by Duncanville High School student Jose Sanchez



Photo by Duncanville High School student Jose Sanchez



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