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So how do you get into a magnet program?

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

Th., Dec. 1 - Chamber State of the District, 11:30 a.m.
Sat., Dec. 3 - Eagles NEST for 5th gr., 8 a.m.-noon, each MS
Wed., Dec. 7 - Spelling Bee, 1 p.m., Board Room
Th., Dec. 8 - Coffee Talk, 7:30 a.m. Cockrell Hill ES
Th., Dec. 8 - Fine Arts Showcase, DHS
Mon., Dec. 12 - Board Meeting, 6:30 p.m., Board Room
Fri., Dec. 16 - Early Release all schools
Dec. 19-Jan. 3 - Winter Break, all closed
Mon., Jan. 16 - MLK Holiday, all closed
Sat., Jan. 21 - 8th Grade EXPO, 8 a.m.-2 p.m., DHS

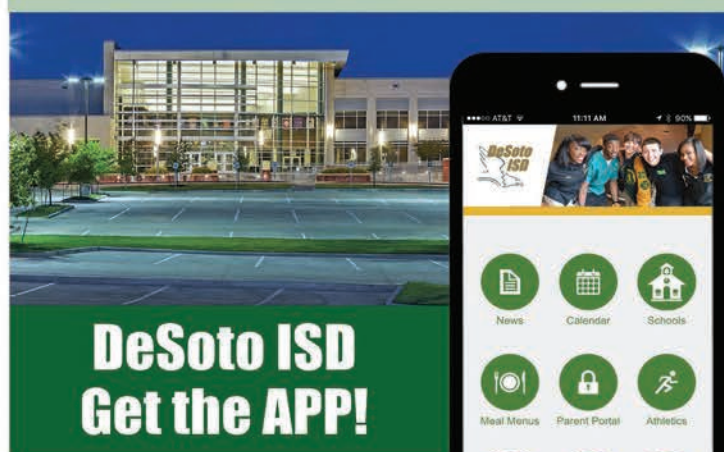
DESOTO ISD MAGNET PROGRAMS

MAGNET APPLICATION PROGRAMS

- Collegiate Magnet Program (Associate Degree)
- Early College High School (Associate Degree)
- International Baccalaureate Diploma Program (DHS)
- West International Male Leadership Magnet (Gr. 6-8)
- East Medical Magnet (Gr. 6-8)
- McCowan Fine Arts Magnet (Gr. 6-8)
- Northside Business and Law Magnet (Gr. 3-5)
- Ruby Young Medical & Environmental Sciences Magnet (Gr. 3-5)
- Woodridge Fine Arts Magnet (Gr. K-5)
- Cockrell Hill Linguistics Magnet (Gr. K-5)
- Frank D. Moates Blended Learning Magnet (Gr. 2-5)

iSTEAM MAGNET PROGRAMS (LOTTERY)

- DHS iSTEAM Magnet Academy (Gr. 9-12)
- iSTEAM3D Magnet Academies (All 3 middle schools)
- The Meadows iSTEAM Magnet Academy (Gr. 1-5)



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ON THE COVER



The holidays bring a special warmth to Laura Dooley's home with decked-out Christmas scenes in every room.

Photo by Shane Kirkpatrick.

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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

Christmas Is Coming!

While we're rushing around trying to get everything accomplished this season, let's remember to take time to enjoy the holidays. I know I need to shop for gifts for everyone — from family and teachers to those less fortunate — and make time for my own holiday traditions to share with my daughter, so she can pass them on to her kids one day. Recitals, school plays and parties will fill most of our time this month, but don't forget all the activities

that will be in our own backyard. For myself, I love Christmas musical performances by a chorale or symphony. There are also tree lighting ceremonies and other local events that are free. Duncanville will have its LEGO Christmas 2016 Parade & Tree Lighting on December 3. At the beginning of this month, the DeSoto Family Theatre will present *Meet Me in St. Louis* and Love Your City Theatre in Cedar Hill will perform *The Best Christmas Pageant Ever!* So make the time to create some new traditions and in turn new memories this holiday season.

Happy Hanukkah, Merry Christmas and Happy Kwanzaa!

Abby

Abby Rich

SouthwestNOW Editor

abby.rich@nowmagazines.com

P.S. The publisher and staff of NOW Magazines wish you and your family a very merry Christmas and the happiest of holiday seasons!

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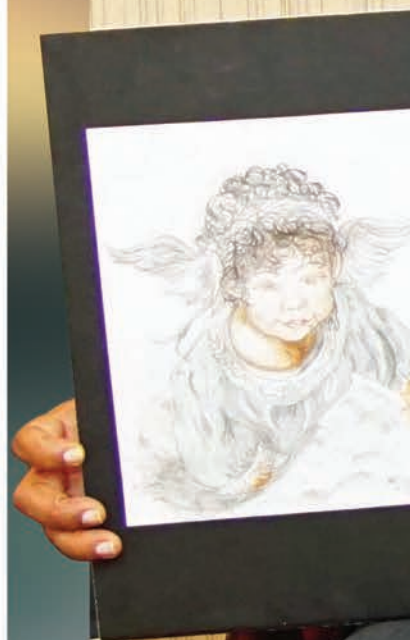
— By Abby Rich

Lesley “Les” Griggs grew up an Air Force brat. Though he has lived in numerous states, he’s always called Texas his home, which is where his dad’s side of the family is located. Even at a young age, Les gravitated toward all things art, including a God-given ability to draw actual pictures at the age of 3. This is how his grandma, Mary Griggs, ended up giving him the nickname “Scribbles.” He was always drawing something creative, and she loved his artwork the most.

With no formal training at an art school, Les continued to draw and paint. It was also around this time, at age 5, that he began drumming on an old parade drum his uncle, Thomas Griggs, gave him. He taught Les to play as well. In fact, his entire family plays some kind of instrument, including his dad, who plays clarinet; his mom, violin; and his uncle, who plays saxophone and drums. “My dad always wanted me to play clarinet

like him,” Les confessed. “One day, I was supposed to be practicing but instead was playing sock baseball with the instrument. When I told him I wanted to play drums, he said they were way too loud, so I practiced on that little drum for years until I saved up and bought a kit at age 15.”

When Les’ uncle asked him to paint a picture on the front of his drum kit, he unknowingly combined both his passions



the midst of the storm
John Coltrane (1991)



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— music and art. Ever since then he's been excelling at both art forms. Les is left-handed, and most drum sets are geared toward right-handed people. So, eventually, his uncle had to flip the drums in his new kit around. "Drumming for years with a right-handed kit actually made me a better player once we switched the kit around," Les said.

"I played in a band in high school called Magic Tower. When I started playing gigs I was only 15 or 16 in a band with older guys, so they had to make me look 18," he laughed. His first recording was with a country band, where he made a mere \$5 an hour as a studio musician.

In addition to his love of all things art, Les ran track as a teen. But when he wanted to play football, his mom put her foot down and said no because she didn't want him to get hurt. However, when he was a freshman in his California high school Les snuck and joined the football team anyway. He admits when his mom came looking for him she was really mad, since he had told her he was at cross-country practice and meets the entire time. But after she watched Les on the field, she became his biggest fan. He went on to play football and run track for Prairie View A&M University.

"Later, I came home and worked for Texas Instruments," he said. He stayed with the company for 20 years. However, with his love for art, he decided to learn



the technological side of it, including CAD and other graphic tools. With mentoring from his co-worker and friend, Michael Young, Les learned fast, and he quickly made his first grand doing logos and graphics for clients. "I owe Michael a lot since he encouraged me through it. I also owe a ton to Carlotta Wheeler and her faith in me to land my first corporate job with Southern Dallas Development Corporation, who I still do work for."

Les does a lot of art projects, including graphic design, artwork, interior design and event promotion for clients under the name, Exodus Productions. His eventual goal is to obtain a space where he can combine everything he loves regarding art and music. That



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would entail a large event center with performance space indoors and out, artistic space, an art museum and studio space where he can host classes. “It would be an all-inclusive art venue where kids in the community can come and participate in after-school camps, classes and other activities,” he explained.

He also creates paintings using a solution over a fused painting on two different prints. These pieces use prints in a unique way, where clients who can’t afford an expensive painting can still enjoy something beautiful on their walls, according to Les. “Drawing and combining pictures to make one-of-a-kind creations takes a lot of layering, especially if you don’t want it to look like a photograph but more like a painting,” he clarified. “I’ve painted with a brush, and now I paint with a computer and combine the two.”

One of his most interesting art pieces is displayed over a giant aquarium at the Inspiring Body of Christ Church, or IBOC. The mural, which he worked on with Michael Young, depicts a Dallas skyline with Jesus and his disciples gathered near the shore, which ties it with the aquarium below. “I took 117 pictures to make it one large mural that’s 16 feet in height and 72 feet long,” Les said. “I began working it out on the computer

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and then formatted it to the proper size before sending it to a printing company on canvas. Then I blended it all to look like one image.”

Les’ uncle said he should focus on one thing and drop the others. But his mom, Florence, said, “God gave him all these gifts so He can use him.” Les admits he has always been able to multitask and can get lost in his work, but he knows he needs people. He has found community through his church and pastor, Rickie Rush, for more than 30 years. “I like to get fed before anything else,” he said. “If I didn’t have that stability from my faith and IBOC church then I’d be all over the place. It’s my grounding, and I’m extremely thankful to Pastor Rush.”

Les still finds time to drum, whether it’s filling in for his nephews at churches around the area or independent drumming and touring with bands. In fact, on Sundays he can play or run sound for up to five different churches. He also played and toured with country singer Joe King, former Oakland Raider. Needless to say, Les’ days are filled with music and art, but he would have it no other way. **NOW**

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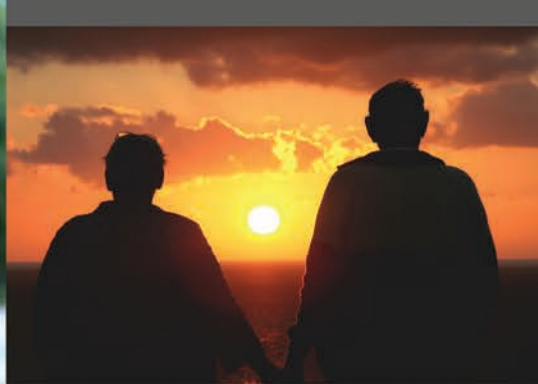
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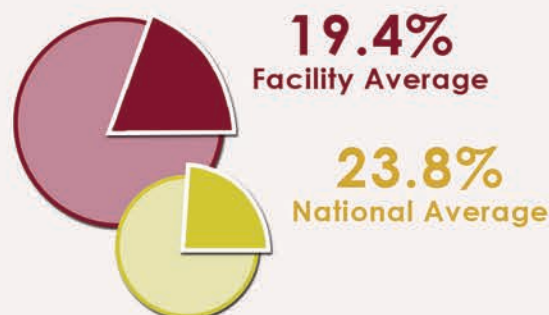
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BRANCHING OUT!

Football practice is over and Jalan McLin is ready for a little relaxation and a snack before hitting his homework. He heads to one of his favorite places. It's not a local fast-food restaurant or convenience store where he can hang out in the parking lot. It's not a mall. It's St. Mark's Lutheran Church, directly across the street from Duncanville High School.

— By Rick Mauch





Jalan, a high school senior, is attending The Branch, an after-school program held at the church on Monday and Wednesday afternoons from 3:00-6:00 p.m. He has been coming since Pastor Aaron Glaeske started the program three years ago. "I like it. I come here all the time," Jalan said. "I can come here and study. We get a snack, and we always have a lesson."

The Branch is an alternative for students. It gives them a place to relax, or to come hang out until their ride arrives to pick them up. Even for those with cars, it's simply a cool place to go. "It's an escape, a fun escape, as opposed to some of the other alternatives kids are faced with these days," Pastor Glaeske said.



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The program features about an hour-and-a-half of study hall, 15-20 minutes of spiritual discussion and Bible talk, and an hour or more of fun. There's a quiet area for studying, and the game area features a pool table, video games and board games. Snacks and drinks are also provided — and it's all free.

Jalan wants to go to the Air Force Academy, so studies are extremely important to him. He appreciates the time he gets at The Branch. "My favorite part, though, is the snacks," he said with a laugh.

"The kids who come here are good kids with dreams like this," Pastor Glaeske said. "They just want a chance to get somewhere in this world, and if we can help them just a little bit, that's a great thing."

Sophomore De'Braylon Carroll was visiting The Branch for the first time. He said he plans on making it a regular after-practice stop. "It's a welcoming place," he said. "I'll keep coming. It's fun."

Pastor Glaeske got the idea from a friend in Wisconsin, who has been running a similar program in inner-city Milwaukee for about 12 years. He has patterned The Branch after his friend's program. "They've actually changed that




section of the city. It's become known as The Lighthouse," Pastor Glaeske said. "He encouraged me to do something, even if it's just one family that benefits."

Pastor Glaeske, 50, his wife, Kristin, a high school English teacher in Irving, and their 8-year-old son, Lucas, moved to Duncanville three years ago from Escondido, California. They previously spent nine years in Nashville, preceded by a few years when he was a high school instructor at a prep school in Wisconsin.

Upon their arrival in Duncanville, Pastor Glaeske said he saw the instant need for a program like The Branch. He immediately went to work contacting school officials. "We had this huge high school right across the street. The principal encouraged us to do something," he elaborated. "He said, 'Even if you get 1 percent of my 4,000 kids, that's 40 kids not on the streets getting in trouble.'"

The program also has the endorsement of current DHS principal Tia Simmons. She is in her first year at the school, and loves what Pastor Glaeske and the church are doing. "Pastor Glaeske and St. Mark's Lutheran Church provide a partnership that can't be measured," Tia said. "The Branch gives our students an after-school




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"Pastor Glaeske introduced himself to me soon after my arrival, as he cares greatly about Duncanville High School students and wanted to ensure the partnership continued. I am excited about the community support St. Mark's Lutheran Church offers to our students and campus."

Upon entering the ministry center, visitors see a mural in the hallway. It's a Panther (the DHS mascot) and a football helmet under a tree in the moonlight. "Eventually, we want to start offering some courses, so students can have some marketing skills," said 2008 DHS graduate and program volunteer Ruth Jefferson. "As you can see, we have some talented students. When I went to Duncanville there wasn't a place to go after school."

Young people hold a special place for Pastor Glaeske and his wife, Kristin. They tried for eight years before having Lucas, in fact almost giving up and moving on to adopting, before, as Aaron put it, the miracle happened. "I'd actually gotten some paperwork from the county when my wife announced she was pregnant," he said. "Anything having to do with children touches our hearts, even a TV show will make us cry."

As part of the program, Pastor Glaeske has students fill out a questionnaire. It asks them about their likes and dislikes, how they like spending their free time, hobbies and things they've always wanted to try. And, the final question reads, "Just so we don't bark up the wrong tree, what are some things in

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"Not only does it make them feel more comfortable, but it also shows us ways we can help them," Pastor Glaeske said. "We're here for a lot more than for them to just have fun."

For example, during devotional time, students can open up about their personal lives. It's a chance to express themselves, which is something they might not be able to do elsewhere, even at home in some cases. "You talk about being open ... some of the things they're dealing with in their personal lives are profound," Pastor Glaeske said.

The response among the community has been one of great support. Folks simply like knowing young people have a positive place to go. "The parents I've met all appreciate us," he said. "They know their kids are going to be in a safe place."

As the program grows, they will likely add other days of the week. Pastor Glaeske said plans are also in the works to expand several rooms in the ministry center into a larger entertainment area. In the future, they may also add a sand pit for volleyball and a basketball court, along with more TVs and game tables.

The program has not been accepting donations so far, though Pastor Glaeske isn't ruling it out. With more growth, that is certainly a possibility. "It hardly costs us anything," he said, "but if people want to support it, we welcome them onboard. This is the age where these young people want to be respected as adults. It's a challenging time for them, and it's a great chance for us to make an impact and make lifelong friends. I'm still friends with some of the students I had 20 years ago." **NOW**



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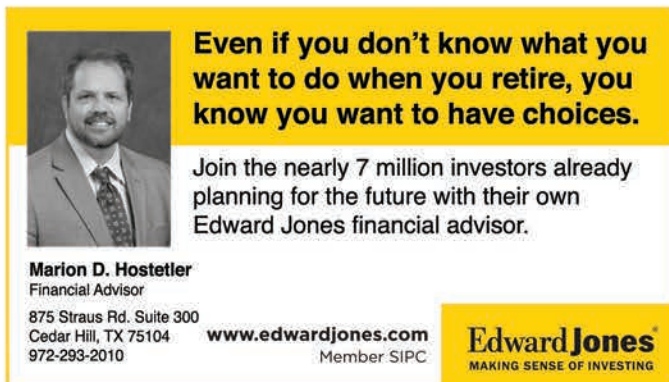
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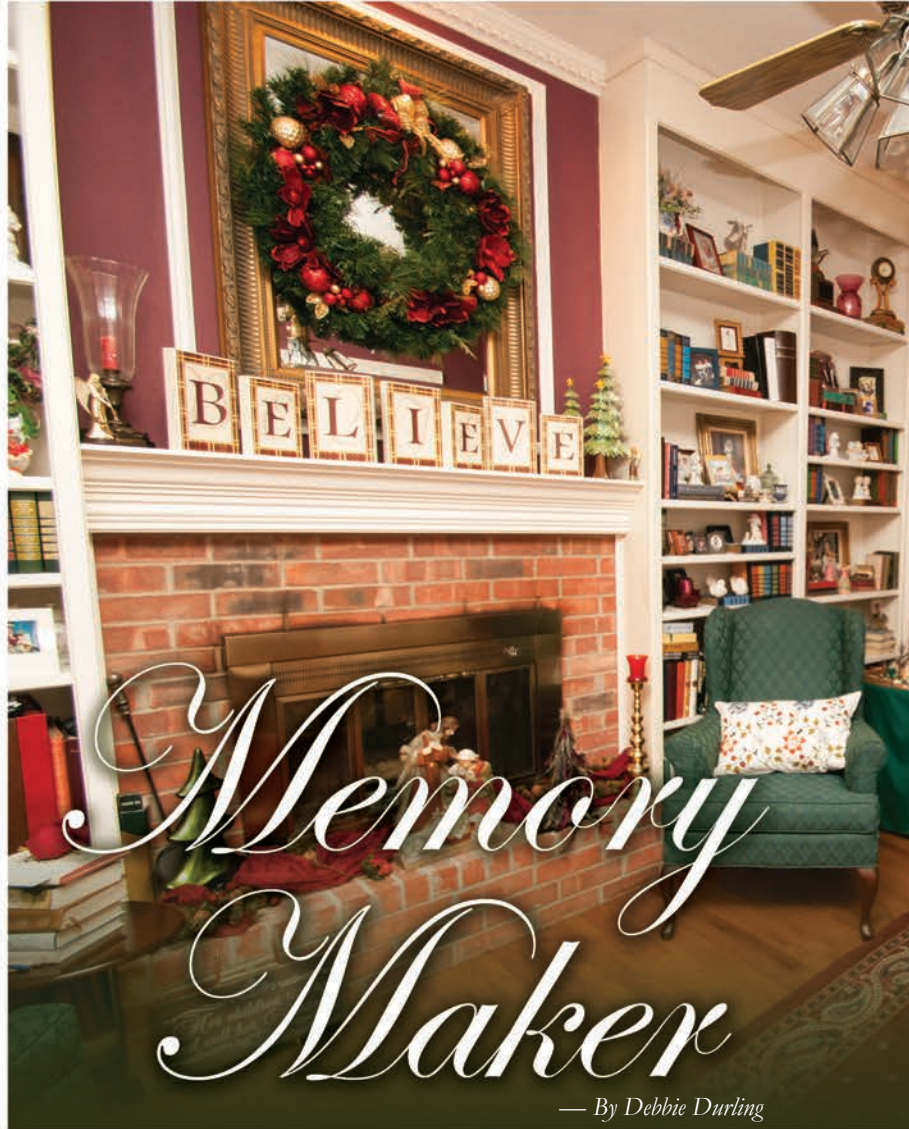
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In the elegant sunroom of Laura Dooley's Georgian Colonial home is a cozy, overstuffed chair with an accent pillow that reads, Moms Make Memories. This statement pillow captures the essence of life and Christmas in the Dooley household. "It's beyond my wildest dream to have a house like this," she said. She grew up in a modest, two room home. At only 8 years old, her mother passed away, leaving behind five children. Laura was the oldest and assumed the responsibility of helping her dad care for the others who ranged in age down to a 1-year-old. Laura's late husband, Tom, was raised by a country preacher. However, while they were poor in tangible things, they both grew up rich in family and togetherness.

Years later, she and Tom would move next door to each other and eventually date. She remembers visiting his hometown and family in Arkansas while they were dating. He said they would be going to a "musical." Delighted, she and a friend, who went with them, packed their fancy dresses and high heels only to find that a musical in his country town was much different from a musical in Dallas. It was a gathering of the men in town at someone's home with their musical instruments. They would sit on the porch and play music together while the ladies listened.



While it was nice, it was not what she expected. After 11 months of dating, Tom asked her to marry him.

Through the years of raising a family together in DeSoto, Laura made Christmas very special. She made each of her four children stockings every year until they became 21. Each stocking had something that commemorated some of the highlights of the previous year.

After their children were grown, she and Tom bought this house. It was the home of their dreams and a place she could entertain all of her family and friends. The beautiful yard that extends to the street in front and houses a spa-like pool area in the back is one thing they loved about the house. The large windows, which stream lots of light into the home and allow picturesque views to the lush gardens and trees around them, are also a favored feature.

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The front door opens to a traditional staircase that leads up to four bedrooms, one being the master suite. A tiled fireplace with a traditional white mantel divides the bedroom from the bathroom. A graceful garden tub sits in the middle of the square master bath providing a luxurious spa for the weary soul.

Plantation shutters, large closets and elegant crown molding accent the entire home adding touches of elegance. At Christmastime, these accents bring grandeur to the beautiful collections

lavishly displayed throughout the home. Christmas trees bring warmth to every room, each one bought through the years, representing memories of special events and collections. One tree was purchased when Laura's twin girls were born, and though somewhat worse for wear, it still appears each Christmas in one of the bedrooms. She also has trees with themes, such as an angel tree, a snow baby tree, a memory lane tree with ornaments collected or made by the kids through the years, a cardinal tree and many more.

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On each side of the front entry are rooms for dining to the left, and a formal sitting room to the right. The formal sitting room is home to the elaborate New England Christmas village and a wreath is placed above the fireplace. The mantel sports individual letters that spell *BELIEVE*. Following the hallway to the back of the home brings entry to another sitting room with a double fireplace that also opens to the formal living room. Solid oak flooring and light neutral carpet add to the traditional feel. Just off the back is a large sunroom with another sitting area and a patio table.

The 3,300-square-foot home was just what they needed to entertain her brothers and sisters, the McDonalds, as well as their own children's families, which include 10 grandchildren. She sets the tables with Lenox Christmas dishes and a collection of the hexagon-shaped Nikko Christmas Tree dishes, as well. "I make it an elegant event. No paper plates," she added. Place cards tell everyone where to sit, as she is quite the hostess, wanting everyone to feel special and celebrated. "Sometimes, they call ahead and tell me where they would like to sit," she giggled.






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It was only two years after they found this jewel of a home that Tom agreed to do a job for Perot Systems in London, England. He left on August 23, and upon arrival he fed a hungry woman at McDonalds. He went to his hotel room to await the evening performance of the Dallas Symphony, which he was to attend with Mort Meyerson. It was there that he passed away from a massive heart attack. "I didn't know how I could carry on for Christmas that year," she remembered. "Tom and I had been married for 35 years."

Laura decided that it would be important to carry on the memories and

traditions, especially during that time of great sorrow. "I sat an empty plate at the table for Tom that year, and we carried on, keeping the family strong and together," she said with tears.

Before Tom's death, she called herself a "professional" volunteer. She lived a life devoted to involvement in the community and was voted Woman of the Year 1981 by the DeSoto Chamber of Commerce. She was also elected into the DeSoto ISD Hall of Honor for her distinguished service to the district, including serving on the school board for 12 years and was a devoted PTA leader. She also enrolled in college in her 40s to pursue a law degree. She is a woman of generosity and courage.



Since losing the love of her life, she has been a Realtor, president and member of the DeSoto Book Review Club, and after breaking her ankle she ran a half marathon — 13 miles around White Rock Lake at the age of 65. "When things go wrong, take some time to grieve and get your footing, but then you have to go on for yourself and others," Laura admonished. Now in her 70s, she believes that people need to keep dreaming, finding a new vision and believing in themselves. "Water that doesn't move becomes stagnant," she said.

She is a woman of strong faith, which is evident in the plaques around her home and the large collection of Nativity scenes on display at Christmas. "When Mom died, Daddy gathered us all around, and we prayed that God would help us, which modeled who I should turn to when I needed help," she added.

Laura is not only a mom and grandma who makes memories, but one who keeps them and celebrates them, as well. She feels that her greatest accomplishment in life is to have raised four children who married Christians and are raising their children the same way she did — serving the Lord. **NOW**



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Christmastime is near, and you may already see adornment and trimming on your neighbors' houses. Many people have family heirlooms or other sentimental pieces inside their homes, but they are typically more open to trying something new on the outside of the house. Be creative, and let your house front be your pallet. If you are ready to change up how you dress your house for the holidays, here are some ideas to win your neighborhood decorating contest!

Lights, Decor, Action!

- *Know your options.* There are dozens of styles of light strings, with slight variations along the way. While regular





R AND

— By Zachary R. Urquhart

indoor lighting has been moving away from traditional incandescent bulbs in favor of more eco-friendly models, Christmas lights are still offered in any number of styles. You can buy strands relatively cheap that will have the same yellow “soft-white” you have seen for decades, or you may opt for new light-emitting diode styles that will cost more up front but save money on electricity for years to come.

- *Bulbs are not created equal.* The other side of having plenty of options is that you have to be careful when buying new strands. When it comes to LED’s, especially, every company will have slightly different hues, so buy enough strands. Lights are categorized by size,

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but even sizes can fluctuate between brands. When you find the color and style you want, consider buying several extra strands. Spending a little now will outweigh having to start over in a few years just because a few strands are dead.

• *Plan before you hang.* When decorating, it is a major source of frustration to reach the end of your last



strand just before you get to the edge of your house. Measure your edge, and factor in losing a few inches per strand for the slack you will inevitably have and the inches you lose at each strand connection spot. If you end up with extra lights, you can either hide them in the gutter, or you can take out a bulb to cut the power to the excess lights. A professional Christmas light installation company can assist you in creating the look you are dreaming of.

Use the Yard

- *Less is more, sometimes.* Somewhere between an empty front yard and a Griswold-style Christmas, there is a happy medium, displaying just the right amount of holiday cheer. You want to avoid crowding too much outside, but think about adding lights to your trees or bushes. Companies even make light nets that make it easier than ever to cover your shrubs and small trees.

- *Include a statement piece.* There is much more than lights available for decorating your yard. There is an ever-growing list of variety in inflatable decorations, so you can be the first on your block with the latest trends.



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Reindeer made of wire or cut out of wood are a great addition, and you can even use hunting decoys with a few accessories for a truly unique look. A Nativity scene is a popular choice with lots of options. You can display something as simple as Jesus, Mary and Joseph, or opt for the entire scene, complete with wise men, animals and a lit up Star of Bethlehem.

- *"Spruce" it up.* Most people put either an artificial tree or a cut-down real tree in their house for the season. One fun option is to plant a Christmas tree in your front yard. There are many varieties of pine trees, especially, that will grow well, and their increasing size lets each year be a new decorating experience. This is especially great if you have young children who grow older as the tree gets bigger each year.

- *Plan your power.* If you are adding lights to your trees, make sure to start the chord at the bottom, otherwise, you will have to run power up into your branches. Also, have an idea of where you will plug each chord running into your yard. You want to avoid too many possible tripping hazards, and if you can, try to hide the cords so as not to detract from the yard's beauty in the daylight hours.



Themes Bring Everything Together

• *Take it "light-ly."* There is no specific right combination of lights, especially when decorating the outside. You can go all white, colored or settle on a blend of the two. But, symmetry is usually more visually appealing, so try to have a pattern to your light and ornament setup. The key is to avoid one strand or section that looks out of place among the rest.

• *Your lawn needs focus.* If you have a hunting Santa next to a newborn Jesus, all behind a skeleton from *The Nightmare Before Christmas*, your display may be sending mixed signals. Pick a genre and fit your decorations within that theme. Some great options include: gingerbread men, toy soldiers, Santa and his elves or religious themes. You can also get creative and add lights, red hats and jingle bells to any lawn motif to make a theme of your own.

• *Plan with the neighbors.* If you can get people on your block to agree, consider having an entire neighborhood theme. One option is to do something simple like coordinating your light color and placement. For something really special, work together to put on the 12 Days of Christmas, or you can even create an entire Dickens' Christmas village.

Whether you want a simple yard with well-placed, coordinated lights, or you want to transform your entire neighborhood into a white winter wonderland, use these tips and start with a solid plan to ensure your yard is full of holiday cheer! **NOW**

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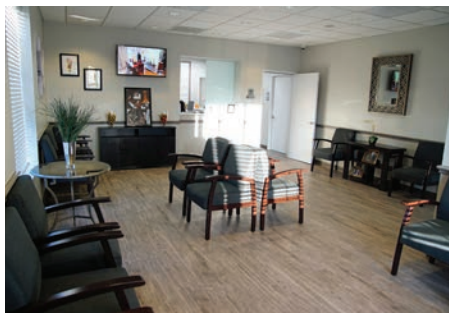


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— By Abby Rich

Dr. Parul K. Patel recalls memories of her sweet grandmother, Ba, agonizing over her own foot pain due to peripheral neuropathy. She was diabetic and had poor circulation in her feet. Before she could get the proper care for her condition, the neuropathy and circulation caused so much nerve damage that she lost her leg in the midst of her battle. This gave Dr. Patel a deep compassion for her grandmother's and others' feet and ankle problems, which then led her to seek out a career in podiatry.

"I've been seeing Dr. Patel at Infinity Foot & Ankle for diabetic foot problems," patient Kay Lewis of Waxahachie said. "In fact,

she's been taking care of my feet for the last 15 years, and she does a superb job. I also like her bedside manner," he admitted. He also explained how he loves to "chat up" the women in the office, and has followed them each time they've moved.

"We've been in the area for 14 years now, and the combined experience between our two doctors is 28 years in podiatry," Dr. Patel stated. "Recently, we've moved into a larger office so as to serve more clientele." The new office has digital, state-of-the-art X-ray, machines and is in the hospital district to provide more convenience to the community.

Business **NOW**

The rest of the team at Infinity Foot & Ankle includes Dr. Kelly R. Lawler, who has been with the team for two years and was Dr. Patel's roommate in college; Angela Witcher, the dedicated office manager for the past 10 years; nurse Erica Munoz, who has five years with Dr. Patel; and last but not least, Dr. Patel's cute, little dog, Sophia, who has been greeting patients at the office three days a week since she was 6 weeks old.

Clients include everyone from kids to elderly patients. "No matter their stage in life, everyone eventually goes through foot issues. And the toll on women with their affinity for high heels is always prevalent," Dr. Patel explained. Bunions, heel pain, ingrown toenails, fungus and diabetic-related foot issues are also treated at the office. One of the newer treatments offered is NeuroTherm, a noninvasive heel pain treatment for spurs and related issues, as well as laser treatment for fungal nails.

In addition, the winter is an ideal time to get fungal toenails, bunions and other cosmetic treatments taken care of before spring. "That way you can be beach ready and in time for showing off those feet in sandals or open-toe shoes," she offered.

"My love of shoes and others being able to wear the shoes they love while taking care of their feet is very important to me," Dr. Patel said. "That includes paying attention to the type of shoe you wear, listening to your feet and addressing any new pain immediately versus waiting."

Some of the best advice Dr. Patel gives is to stay away from cheap flip-flops and flat shoes, including flat boots. Boots should have a height of at least one or two inches within the heel. For men, cowboy boots have a heel, which offers good support. Women should wear wedges, or block heels, verses stilettos when they are able. Arch support in boots and flat ballerina shoes are also helpful.

Giving back to the community in which she was born and raised, Dr. Patel participates in diabetes awareness month, as well as an annual shoe drive during the holidays for kids within the community. The office also works with Soles4Souls and is currently conducting a shoe drive of gently worn or new shoes. Donations may be dropped off at the office through December 15. **NOW**

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Longtime friends, Travis Nosal and Tommy McGrath, spend the day at the 79th Annual Country Day On The Hill.



Members of Xi Rho Beta Chapter of Beta Sigma Phi International celebrate the chapter's Beginning Day to kick off the group's new year. Shown is the new executive board.

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A Multifaceted Jaw Problem

— By Betty Tryon, BSN

Do you ever think about your chewing mechanism? Probably not, because it is as natural and automatic as breathing. However, if something interferes with it, you will think about it a lot! The action that makes all this activity possible begins in the temporomandibular joint. Think of it as a hinge that connects the lower jaw, called the mandible, to the skull. Put your fingers in front of your ears and open your mouth. Now move your jaw up and down and side to side. This is what gives you the ability to chew on whatever you want. Because this joint is so multifaceted and complex, its actions can create challenges if there are problems.

When these problems occur, they are known as temporomandibular joint disorders, or TMD. These disorders are characterized by an aching pain and tenderness in the joint and surrounding area. Or, there may be no discomfort at all. Chewing, talking or opening the mouth widely can cause distress. Along with those symptoms, one might experience persistent headaches, limited function in the jaw, noises of clicking, popping and grating in the area or a feeling that your bite is off. Sometimes, the jaw area can lock or feel as if it's stuck when the mouth is open.

These symptoms are difficult to treat because the cause of TMD has not been established. However, there are factors that can increase your risk or exacerbate the condition. Someone with arthritis may experience the affliction in that joint. Extended periods where the mouth is open wide for a

significant amount of time, such as a long dental procedure, can precipitate the discomfort. Other possible causes are autoimmune diseases, injuries to the area and stress, which may cause grinding of the teeth or jaw clenching.

One of the goals for treatment is to alleviate the pain. Over-the-counter pain medications and, sometimes, prescription medications may be used. Eat soft foods that won't aggravate the condition. Try to consciously rest the jaw area and become aware of grinding or clenching episodes when awake. Bite guards at night may be a good option, if you tend to grind or clench in your sleep. If the muscles in your face feel especially tense, a massage of that area and a warm pack may provide some relief.

For some, the discomfort from TMD is temporary and not very severe. It may come and go as factors that affect it present themselves. For those experiencing significant discomfort that doesn't go away with home treatments, it may be necessary to see a health care professional for help. **NOW**

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

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Calendar

DECEMBER 2016

December 2

Duncanville's LEGO Christmas 2016 Parade & Tree Lighting: 7:00-10:00 p.m., Main St. and Wheatland Rd. This event will feature a Christmas parade, a tree lighting ceremony, a school concert, pictures with Santa and more. For more information, call (972) 780-5070 or email vwilliams@ci.duncanville.tx.us.

December 3

Back to Bethlehem: 6:00-8:00 p.m., First Baptist Church, 602 W. Belt Line Rd., Cedar Hill. Visit a live Nativity scene with goats, sheep and donkeys. Stop by the marketplace where you can experience what it was like during Jesus' day. Children will be able to make sandals, create their own spices, make a manger scene and paint Joseph, Mary and Jesus. Visitors will also be able to taste bread and olive oil.

DeSoto's 44th Annual Hometown Holiday Parade: 5:00 p.m. The parade will begin at the intersection of Seahawk Drive and Hampton Road, and will conclude at the DeSoto Town Center. Lady Jade of K104 will be this year's Grand Marshall and Langston University's Marching Pride Band will be performing.

December 3, 4, 10, 11

Waxahachie Candlelight Home Tour: 2:00-8:00 p.m. Visit six homes spanning from the Victorian era to

the 21st Century, all adorned in their holiday finest, including the historic Ellis County Courthouse and IOOF Building in historic downtown. For more information, visit www.downtownwaxahachie.com.

December 5, 12

Santa Paws at Hillside Village: 5:00-8:00 p.m., Hillside Village, 305 W. FM 1382, Cedar Hill. Bring your fur babies to get their picture taken with Santa. \$5 from the sale of each photo package will be donated to Tri-City Animal Shelter.

December 7

Duncanville Women's Club Luncheon: 11:00 a.m., at the Hilton Garden Inn, 800 N. Main St., Duncanville. The event will have Christmas music, a bake sale and grab bags. For more information, call (214) 732-2261.

December 10

Meet the Author: 2:00-4:00 p.m., DeSoto Library, 211 E. Pleasant Run Rd. Join Pamela D. Smith for a book signing. For more information, call (972) 230-9661.

December 10, 11

Community Gift Wrapping: all day, Hillside Village, 305 W. FM 1382, Cedar Hill, inside Suite 208 between H&M and Charlotte Russe. Grab those Christmas gifts or bring them from the store to the

Community Gift Wrapping Station. Gifts will be wrapped by the Cedar Hill Citizens Police Academy Alumni Association.

December 11

Family Christmas: 9:00 a.m.-1:00 p.m., Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. The Family Christmas weekend will feature a 600-voice choir, including children, youth and adults. The campus will be filled with carriage rides, train rides, a petting zoo, an ice skating rink, food trucks and more.

December 15

Red Cross Blood Drive: Noon-4:00 p.m., Duncanville Library, 201 James Collins Blvd. Give the gift of life or at least a pint of blood. For more information, call Stephanie Lott at (972) 780-5052 or email slott@ci.duncanville.tx.us.

December 16, 17

The Best Christmas Pageant Ever! **Friday**, 7:00 p.m.; **Saturday**, 2:00 and 6:00 p.m. This Christmas classic is a delightful comedy adapted from the best-selling Young Adult book. For ticket information, visit www.loveyourcitytheater.com.

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

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In the Kitchen With Stacy and Stephanie Bowers

— By Rachel Smith

Identical twins Stacy and Stephanie Bowers enjoy gathering family and friends to stay connected. Their parents, who served in the Armed Forces, expanded the family's knowledge of various cuisines. "Those worldly experiences and our everyday lifestyles have definitely influenced our style of cooking," Stacy said. "The more flavor in any recipe, the better, if you ask us!"

Although Stephanie's interest in modern Pinterest recipes keeps their plates full, traditions like the New Year's collard greens, black-eyed peas and chicken wings, still find their way to the table. "The collard greens represent dollar bills to come, and the black-eyed peas represent the extra coins that will fill our pockets," Stephanie explained. "The wings represent 'flying high' in prosperity for the New Year." **NOW**

Bowers Family Shrimp and Grits

Makes 4 servings.

- 1/2 cup red onions, finely chopped
- 4 garlic cloves, minced (divided use)
- 1/2 cup olive oil (divided use)
- 1 cup Dixie Lily Yellow Corn Grits (not instant)
- 1 cup tomatoes, diced
- 1 cup corn
- Salt and pepper, to taste
- 1/2 cup white wine (divided use)
- 3 cups water
- 2 lemons, juiced (divided use)
- 1 tsp. Old Bay seasoning
- 10 oz. fresh, medium shrimp, peeled and deveined
- 1 Tbsp. parsley, chopped
- 1 Tbsp. cilantro, chopped
- 8 cherry tomatoes, halved
- 1 1/2 cups mild cheddar cheese, shredded
- 1 cup avocados, sliced

1. In a pot, sauté onion and half of the garlic in half of the olive oil for 1 minute. Add grits,

tomatoes, corn, salt and pepper, half the wine and water; let simmer for 25 minutes.

2. In a bowl, mix half the lemon juice, remaining olive oil, Old Bay seasoning and shrimp. Let sit 15 minutes.
3. In a pan, sauté shrimp and remaining garlic on high heat for 3 minutes. Toss in remaining ingredients, except avocados.
4. In a bowl, place grits and top with shrimp; garnish with avocados.

Daddy Bowers' Boiled Peanuts Recipe

Makes 4 servings.

- 2 lbs. fresh peanuts with shells
- 1/4 cup salt
- 3 gallons water

1. Wash peanuts in cold water until water runs clear; soak for 20-30 minutes to loosen remaining dirt. Drain and rinse again.
2. In a large pot, add peanuts, salt and water; cover and boil for 4 hours until texture resembles that of a bean; add water as

needed so peanuts are fully covered. The peanuts should still hold their shape, but not crunch when bitten.

3. Drain peanuts; transfer to a large bowl and serve. Peanuts can be stored in a covered container in the refrigerator for up to a week.

Fried Pecan Okra

Makes 6-8 appetizer servings.

- 1 cup pecans
- 1 1/2 cups corn meal
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 lb. whole okra
- Peanut oil, enough for a depth of 2 inches in a skillet

1. Evenly layer pecans in a shallow pan. Bake at 350 F for 10 minutes until lightly toasted.
2. Mix pecans, corn meal, salt and pepper in a food processor until pecans are finely ground. Place in a large pan; add okra. Toss to coat.
3. Pour oil into skillet; heat to 350 F and fry until golden. Drain on paper towels.

Carolina Jell-O Pie

Makes 8 servings.

- 1 3-oz. pkg. Jell-O Strawberry Flavor Gelatin
- 2/3 cup boiling water
- 1 cup ice water
- 1 8-oz. tub Cool Whip topping, thawed
- 1 ready-to-use graham cracker crumb crust
- 1 can Reddi-Wip (optional)

1. In a large bowl, mix gelatin and boiling water for 2-3 minutes until gelatin completely dissolves. Whisk in ice water to cool mixture completely; add Cool Whip until smooth.
2. Refrigerate mixture for 15 minutes or until mixture has thickened enough to mound. Spoon into pie crust; refrigerate for 2-3 hours until firm.
3. Slice and serve. Add a dollop of Reddi-Wip to individual slices, if desired.

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



PRESENTS



Join us for our special Christmas Eve Services
December 24th, 2016

9am | 10:45am | 6pm

"Christmas is a season of hope in a world of need. Amidst the hustle and bustle, we invite you to reflect on the great love of the Father and His miraculous gift to the world. This Christmas Eve, come celebrate the birth of Jesus with us at Church on the Hill."-Pastor Adam McCain

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Christmas

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Night OF WORSHIP

Night of Worship

SUNDAY, DECEMBER 11 • 5:00 PM

Join us for a night of worship led by our Children's Ministry. Come be delighted as our children tell the Christmas story in their own special way.

Believe IN CHRISTMAS

Believe in Christmas

SUNDAY, DECEMBER 18 • 9:00 & 10:30 AM

Deeply embedded in the story of Christmas is a word that takes us from simply hearing about the birth of Christ to allowing our lives to be transformed by His love. It is with an expectant heart that we **believe**. With this belief we find hope and peace through the Son that God sent down to earth. Familiar carols and captivating new songs combine to make this a Christmas worship experience you won't want to miss.

Christmas EVE WORSHIP

Christmas Eve

SATURDAY, DECEMBER 24 • 5:00 PM

Make a special family memory this year and join us for our annual Christmas Eve Service. You'll experience a time of worship and prayer with family at Hillcrest Baptist Church, celebrating the birth of Jesus.

Christmas DAY WORSHIP

Christmas Day

SUNDAY, DECEMBER 25 • 10:30 AM

Celebrate Christmas morning with uplifting worship and an inspired message from Pastor Mike Simmons.

For more information about Christmas at Hillcrest,
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