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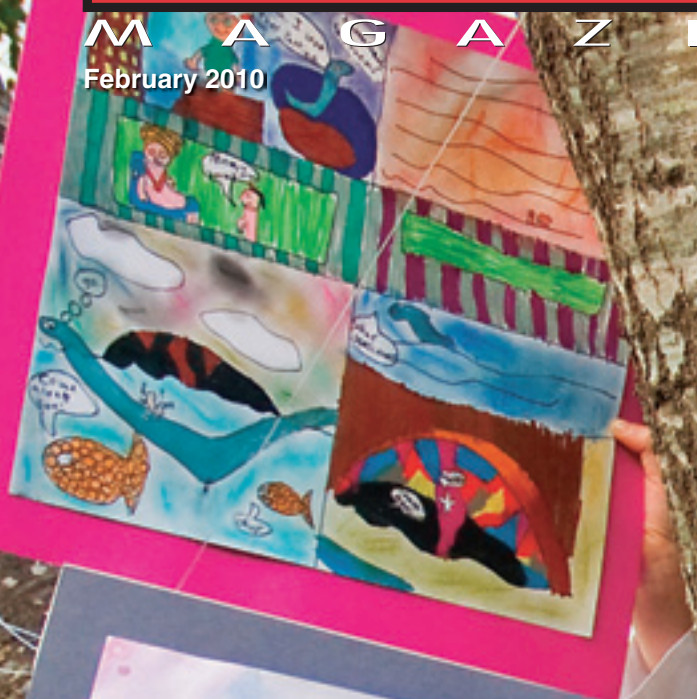
# Southwest

Cedar Hill - DeSoto - Duncanville

M A G A Z I N E

February 2010

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Managing Editor, *Becky Walker*

Editorial Coordinator, *Sandra Skoda*

Southwest Editor, *Beverly Shay*

Contributing Writers,

*Alex Allred . Faith Browning . Nancy Fenton*

*Cecily Jones . Adam Walker*

Contributing Editors/Proofreaders,

*Pat Anthony . Angel Jenkins Morris .*

*Melissa Rawlins . Jaime Ruark*

### Advertising Art

Art Director, *Chris McCalla*

Ad Artists, *Julie Carpenter . Allee Brand*

*Cherie Chapman . April Gann*

*Marshall Hinsley . Arlene Honza*

### Editorial Art

Creative Director, *Jami Navarro*

Production Artists, *Brande Morgan*

*Pamela Parisi . Jennifer Wylie*

### Photography

Photo Director, *Jill Odle*

Photographers, *Amy Ramirez*

*Shana Woods*

### Advertising

Advertising Representatives,

*Linda Dean . John Powell . Rick Ausmus*

*Teresa Banks . Will Epps . Carolyn Mixon*

*Steve Randle . Linda Roberson . Terri Yates*

### Billing

Billing Manager, *Lauren De Los Santos*

Office Manager, *Angela Mixon*

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Cedar Hill - DeSoto - Duncanville

The Community Magazine  
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Duncanville and the  
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**NOW**  
MAGAZINE

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## On The Cover

DeSoto artist, Juliana Simonfalvi, poses with some of her colorful collages.

Photo by Amy Ramirez.



# Editor's Note



*Hello again, Southwest Friends,*

With the year off to such a cold start, I hope February will be a bit warmer. February — month of love, Black History, President's Day, the beginning of Lent and the only month where the number of days change. To me, February has always signified the year being under way. For some, it is the month they re-evaluate the reality of their resolutions.

Personally, I think reading the *SouthwestNOW* magazine, cover to cover, is one of the resolutions you should hold on to. You probably already want to read our cover story (who can resist such obvious joy?) But you might also want to check out one of the newest preachers in town, some of our love-inspired neighbors and some women very interested in providing young girls with the motivation to pursue higher education and careers. You just have to love the people in our communities.

Beverly Shay  
*SouthwestNOW* Editor

P.S. Send your story ideas to [bshay.nowmag@sbcglobal.net](mailto:bshay.nowmag@sbcglobal.net).



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# Frick and Frack in Love

— By Alex Allred

*Tuesdays have always been special to Rod and Karen Kaufman. It was a Tuesday when Karen learned that she had ductal carcinoma in situ (DCIS), the most common type of noninvasive breast cancer.*

*"He drove me crazy about getting a mammogram," Karen said of her husband. "Every day he was calling me to ask if I'd made an appointment."*

When she did, she was in for a terrible surprise, but because of Rod's persistence, the cancer was caught in the earliest stage — stage zero. Certainly, the mammogram saved Karen's life, but so, too, did Rod. "Oh, but he wasn't done," Karen laughed. As soon as they learned about the DCIS, Rod immersed himself in research, telling his wife, "We will leave no stone unturned."

Indeed. Karen came home one day to discover Rod had made arrangements for the two to travel to the Tulsa Cancer Treatment Center of America. There, on a Tuesday, Karen began the aggressive treatment program that would leave her, to date, cancer free.

It was on a Tuesday they had their first date, and every Tuesday following, Karen would receive long stemmed red roses at work while Rod was courting her. While female co-workers were quite envious, Rod also set the bar very high for the men in Karen's office. "Then one day," Karen smiled, "I was driving home, and I passed a florist with a really big sign that read, 'Half price roses on Tuesdays!'"

Although they joke about "half price Tuesdays," Rod continues to bring flowers and cards to his now wife of 18 years. "Hey, I still got it," he joked.

Rod met Karen in Wichita, Kansas, in 1990. As the story goes, she was washing her car when Rod approached her, "and criticized how I was doing it," Karen said. Rod had been outside the apartment complex, where they both lived, ready to go on a date when he noticed Karen. In truth, Karen had noticed Rod long before. "I thought he was very intriguing — very handsome and so well dressed," Karen said.

Today, they are inseparable. They belong to the Dallas



MOPAR car club, and Rod, a lover of "muscle cars," still has the classic 1969 Charger he once rebuilt. More recently, Rod and Karen founded Frick & Frack Kustom Kreations, which creates promotional products for companies, organizations or individuals. The hope is that once Rod retires, they will be able to continue a home-based business together.

"My mother says that he's Frick," Karen said. "We don't know why." But family and friends agree it is the perfect name for the two, who are so seemingly different yet so perfectly matched to one another. When asked to describe how they are opposite, Karen did not miss a beat. "Well, I'm the nice one."

"Keep it up!" Rod retorted, and so it goes. The Frick and Frack routine is both amusing and constant. To the outside world, to those who do not know this couple, such comedic exchanges would seem unlikely. For more than 29 years, Rod has been a quadriplegic, the result of a motorcycle accident when he was just a teenager.

His hands are inoperable as a result of the damage suffered to his spinal cord. Today, his fingers are curled in, making light fists, yet he is able to use instruments to manipulate things and a voice-activated computer software system to manage the relocation of literally hundreds of families around the world each year, since he is the relocation manager for the Army and





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"I've only worked full time one year since we've been married," Karen said. "He has given me so much emotional support and takes such good care of



**He drives his own van, holds down a full-time job and has been taking care of Karen throughout their marriage.**

me." In response to those who wonder how she is able to handle the physical chores of lifting, dressing and caring for Rod, not to mention the emotional toll it would presumably present, Karen could not disagree more. Theirs has never been a marriage of just one taking care of the other. In every sense, this is a union of give and take, of love and devotion.

A sufferer of an immune deficiency, Karen must get intravenous feeds every four weeks. Initially, she said, the procedures were painful, leaving her exhausted. "But Rod was always there for me. He is my cheerleader. He'll always tell me, 'You can do this,' and I know I can. I see how much he can do each day, and he inspires me."

When Rod decided to learn how to drive, using a tripod system to control the steering wheel with his right

## BAYLOR FAMILY MEDICINE AT CEDAR HILL PROUDLY ANNOUNCES THE ADDITION OF VIVIAN JONES, M.D.



**Vivian Jones, M.D. has joined Baylor Family Medicine at Cedar Hill.**

Dr. Jones is Board Certified in Family Medicine. She received her medical degree from Meharry Medical College in Nashville, TN and completed her residency training with the Mount Sinai Family Medicine Residency Program in Jamaica Queens, NY. Dr. Jones treats patients of all ages and is currently accepting new patients. She has a special interest in nutrition and preventive medicine.

Dr. Jones is married and enjoys reading and traveling. She is also very involved in community service, especially through her local church healthcare ministry.

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hand while his left hand controls the accelerator and brake, Karen was his co-pilot. Even as they relive those first driving expeditions, they howl with laughter.

“Man, I was like a kid in a candy store,” Rod said. “The van was *Back to the Future* material!”

For the Kaufmans, each misadventure is an adventure. They often struggle to find a place to park their large van, because too many able-bodied citizens take advantage of the limited handicapped parking places. Daily chores such as dressing, brushing teeth and getting in the car can turn into time-consuming ventures, yet the Kaufmans take each day with gratitude and optimism.

“Honestly, I only have two regrets,” Karen said of her marriage to Rod. “I regret that I didn’t meet him earlier and that I didn’t marry him the first day I met him.”

While Rod can be described as strong-willed and stoic, a man who thoroughly researches everything, Karen is more



carefree. She has a remarkable sense of compassion and an infectious laugh. In fact, she loves to laugh.

“That’s how she is,” Rod smiled. “She is so caring and nurturing. If there is someone having a tough time, Karen is there ... with a meal.”

“And I can’t even cook,” Karen shot back.

And so goes the Frick and Frack routine. With obstacles that might seem insurmountable for many, Rod and Karen take it all in stride. Their relationship faces certain physical challenges, but their marriage is full of romance, hope and an intrinsic devotion so rarely seen today. **NOW**

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# Inspiring Girls to Dream Big

— By Adam Walker



Women of science encourage young girls to aim for science careers now.

*Have you ever wondered why there are not more women in science- and technology-related jobs? Well, Penny Ball and Patricia Gregory of DeSoto did too, but, unlike most people who just wonder (or maybe take the time to complain a bit) and then go on with their lives, these two women decided to do something about it. The result was that both of them became involved with a program called Expanding Your Horizons (EYH), which has the goal of getting young girls interested in science and opening their eyes to the rewarding and high-paying jobs available to women in science, technology, engineering and math.*

Penny was a woman of science herself. She was a computer database manager for Brookhaven National Labs in New York, one of the groups that designed the magnets for the Superconducting Super Collider (SSC) project here in Texas. Then she moved here to do the same job for the magnet division of the SSC — until government funding for the project dried up

and Texas lost its leading-edge science research facility. By that time, however, she had met other women of science at the SSC, who introduced her to the American Association of University Women (AAUW), the group which organizes EYH. “When I learned about this program to encourage more girls to look at the kind of careers I had enjoyed,” Penny said, “I knew I had found a cause.”

Patricia’s path to involvement was quite different. Patricia was an English teacher, who had never looked at a science career as an option when she was a girl, despite having an inventor for a father. “When I became a mother and sent my own daughter off to school,” Patricia remembered, “I knew my work would be cut out for me after my daughter came home from her third day of kindergarten and announced that she had learned all she needed to know and was finished with school!”

This daughter continued to dislike school, never achieving particularly good grades until she attended a workshop while in 10th grade similar to the goal-oriented programs at EYH. One of the workshops which particularly interested Patricia’s daughter was about police work. “When my daughter learned that she would need a B average to go into criminal justice, her grades came up,” Patricia said. “When she learned she would need an A average for the particular field that interested her, her grades came up again.” Now this same daughter is a crime



## SRC, PEG, TEA? Education acronyms explained

Jargon is often overused in education circles, which can lead to confusion for others. The media often spins results/stories to push their agenda. In this article, we hope to clarify acronyms for you and accurately break down their meaning.

**TEA** - Texas Education Agency; state oversight agency for all things education - public and charters.

**PEG** - Public Education Grant Program; identifies Texas school campuses that were (a) rated Academically Unacceptable (**AU**) in 2006-07, 2007-08, or 2008-09 OR (b) that had 50% or more students who did not pass TAKS a subject in any two of the three preceding years. DeSoto has three schools that are included as PEG schools because of previous performances that fell below the criteria. Meadows Elementary students may request an in-district transfer to another elementary during the Transfer Period - May 3-14; students at all three can apply to transfer to another district. Remember that based on the 2008-2009 scores, all DeSoto campuses are rated Academically Acceptable or higher and all meet or exceed state accountability standards.

- The Meadows Intermediate (per science TAKS scores 2007, 2008, and AU 2008)

TEA Rating: Academically Acceptable

- Freshman Campus (per AU 2008)

TEA Rating: **Recognized**

- DeSoto High School (per AU 2008)

TEA Rating: Academically Acceptable

**SRC** - School Report Cards; TEA rates each school and gives a report that includes their rating, student group performance and school characteristics. These are posted on the DeSoto ISD district Web site and each school's individual site as well. All 12 campuses meet or exceed 2008-09 required state standards - 1 exemplary, 4 recognized, 7 academically acceptable.

So what does this mean? Are DeSoto schools doing well? Yes! Are they improving? Yes! Are children being educated? Yes! DeSoto ISD has proactive initiatives in place that are producing ongoing visible measures of increasing performance at all our campuses. DeSoto ISD is executing the plan developed two years ago which includes interventions when needed as well as escalating goals for the next five years as the district strives to reach exemplary campus and district ratings. Please continue to work with the district to expand the excellence in DeSoto ISD by helping every child achieve!

## District invites community!

*Celebrate Texas Public Schools and Education: Go Get It!* weeks will take place across all DeSoto ISD campuses the week of March 8-12.

"The community is always welcome in our schools, but this week is most exciting because our children have planned many special activities to demonstrate the learning taking place every day," said Superintendent Lloyd Treadwell. As part of the week-long emphasis, schools will be inviting parents and community members to visit classrooms and participate in open house events.

The combined week allows DeSoto to celebrate our accomplishments and help students and families look forward to higher education. The district provides students with information about college options and guidelines on getting there including financial seminars.

DeSoto ISD has speakers for elementary, middle and high school programs. Many campuses also have poster and door decorating contests, create your college penant art classes, teacher talks about college choices and scholarship opportunities and parent programs.



The inaugural class of DeSoto HS CRP Future Pilots Flight School students took to the skies for their first solo flights in December!

## calendar of events

February 8 and 22; March 8 - Board Meetings

February 15 - Staff Development Day; No School

March 1, 3-5 - TAKS Testing

March 8-12 - Celebrate Texas Public Schools Week and Education: Go Get It! Week

March 15-19 - Spring Break

March 27 - Education Foundation Gala

April 2 - Teacher Preparation Day; No School

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scene investigator (CSI) in the Portland area, and Patricia is seeing to it that other daughters get the same opportunity hers received by helping Penny conduct the EYH workshops at Cedar Valley Community College.

Penny is quick to point out the girls do not need any previous knowledge of science, nor are there any grade requirements for the sixth-, seventh- and eighth-grade girls who are the target audience for EYH. The only requirement is curiosity to explore and a desire to have fun with a variety of science-related activities ranging from forensics to the science of cosmetics; from veterinary medicine to architecture and geology.

This month EYH will include 12 different workshops. The girls attending can choose any three in which to explore and have fun with the sciences they find interesting. Would your daughter enjoy making her own lotions? How about spending a Saturday morning with furry creatures and learning how to care for them? Maybe she would like to learn how a pediatrician cares for a sick child. Or maybe she dreams of skyscrapers and shuttle launches. Or is it motion detectors and alarm systems that sound really cool? Penny and Patricia have all sorts of adventures planned for your daughters and their friends.

Working throughout the year, Penny and Patricia gather donations from various individuals and organizations ranging from money, to free food for the breakfast at the workshop, to time donated by the Cedar Valley College students who help the girls find their way around the college campus. They do this so they can provide a unique and exciting experience for the girls at the lowest cost imaginable. After 17 years of conducting these workshops, they have it down to a science. They have built relationships with local women in science careers who come to present, many of them returning year after year to energize yet another group of girls about the rewards of careers like their own.

Besides the workshops, Patricia has organized a group of speakers to address the needs of the mothers and fathers who bring their daughters. This year she has planned an array of presenters including a financial planner,



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who will speak on how to plan for sending your daughter to college; a professor of sociology, who will speak on race relations and someone from Planned Parenthood, who will speak on adolescent sexuality.

So why do these two women put so much time and effort into this long-term project? "It's very satisfying to encourage girls to think about career fields that aren't traditional for women," Penny said.

Patricia agreed, adding, "It's the thought that we might reach another girl like my daughter."

You might think these two had always been in love with the sciences, but that would not be quite true. Penny admits she was so bored with the way science was presented in junior high that she chose not to take any science in high school; it was not until she was in college that she found her passion for computing. Patricia was even later finding her interest. She had finished her first career as an English teacher and taken a job with a long distance phone company in their billing department when she discovered she loved math.

Penny's concern is that America needs more women in science if we are to remain competitive in the world of tomorrow. Half our population is female, and science fields need more people. Why should girls not prepare for these lucrative, exciting careers?

And what do these dynamos want for the future? More! "We want more involvement from local schools, more public awareness, more parents bringing their daughters and more volunteers," Penny stated. They would also love more feedback from the girls and women who have attended the workshops in past years. They dream of being able to establish a scholarship fund for girls who have attended EYH.

When asked what advice they would give girls who might be interested, they got excited. Patricia said, "Give it a try! Find out if it's interesting."

Penny added, "Science education is never wasted. It is good background for thinking logically, which has value in all of life, not just science."

*Editors Note: Register through February 18 to attend the EYH Career day on February 27. (see calendar for details.)*

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# A Child to Love

— By Beverly Shay

*Say the word love, especially in February, and most people immediately have a picture or thought that comes to mind — almost always these include those we call or want to call family. We think of mothers, fathers, grandparents, favorite aunts or uncles, cousins and, of course, children. We think in terms of those who will love us, but even more so, those we can love: someone into whom we can pour all of our affection, wisdom and knowledge of the world; someone with whom we can share family traditions, heritage, recipes and so much more. While some choose not to marry or have children, many people, at one point or another in their life, think about and anticipate what it would be like to have a child of their own.*

Unfortunately, not everyone who wants to is able to have children (over two million couples are infertile), but there are children for them to love and make their own through the wonderful option of adoption. Stephanie Davis, licensed administrator of Chosen Heritage Christian Adoption Services, stated, “I’m adopted. My parents gave me a great outlook and upbringing. It has always been in my heart to work in adoption.”

“We see adoption as a strong biblical approach to mirror God’s love for us,” remarked Angie Hammond, executive director of Living Choice, Inc., the nonprofit Christian organization which includes the adoption agency. “After all,” Angie continued, “we



are adopted by God. Our agency has some unique perspectives. Our ministry priority is the birth mom. We provide a lot of family ministry while meeting her medical, physical, emotional and educational needs as she decides what will be best for her baby. We support her whether she chooses to parent or place her child with an adoptive family.”

“Together with the birth mom, we assess her needs,” Stephanie interjected. “Such things as: Is she in a healthy/safe environment? Should she be in a maternity home? (We have two.) Is she getting medical care yet? Does she need to be on Medicaid? Does she need food or maternity clothing? What kind of support is she looking for?”

The agency serves nine to 10 families a year wanting to adopt. “Our perspective is not to find babies for families. Rather, we help the birth mother find a family for her baby. So we accept families who are/will be strong Christian parents; strong fathers; stable, secure homes; parents who will be able to raise the child,” Stephanie added. “We require one of the parents to be at home with the child for their first five years; to have been married at least three years and be active in a Christ-believing church. We also require the child be informed from the beginning of their adoption, because that builds trust.”

Stephanie earned her bachelor’s degree in family psychology from Oklahoma Baptist University in December 2000 and her master’s degree in marriage and family counseling from Southwestern Baptist Theological Seminary in May 2009. She has worked with Chosen Heritage for six years and been licensed to run the agency for three years. “Following in-depth, home-





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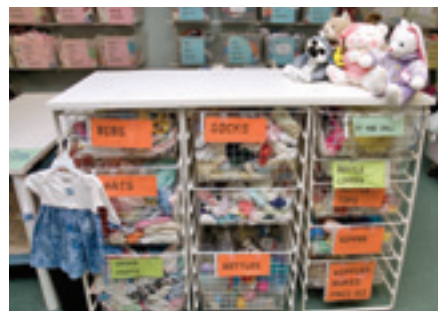
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study visits, the adoptive families await placement. The birth mother is the one who chooses which family out of several whom we feel will best match the birth mother's situation," Stephanie explained.

The families make scrapbooks and write letters to the, as yet, unknown birth mom. The birth mom then looks over the profiles and chooses one. "We arrange an informal face-to-face meeting



**"We see adoption as a strong biblical approach to mirror God's love for us."**

where the family and birth mom can get to know each other, discover hobbies, entertainment preferences, child-rearing strategy, etc. At a later meeting, more detailed things are discussed, such as the birth experience and names for the child. None of this takes place until the birth mother is at least seven months along and secure in her decision of this parenting plan. In nine years, Chosen Heritage has placed close to 300 children. Some families have adopted two or three children," Stephanie said.

The relationship between Stephanie, Angie and the birth moms seldom ends with the adoption. In a very real sense they become family, supporting these women through a rather intense decision-making time of their life. "We see everyone who walks through these doors as a gift to us. We are in it for the long haul, committed to follow up with the birth moms, and birth fathers if they are involved, as well as adoptive parents. It's a redemptive process for everyone involved. God's original design was families made up of mothers and fathers and children. By placing the child they may not be able to adequately parent into a childless family, these women



## —Duncanville **NOW**

sacrificially bless their own child and the family receiving him/her,” Angie remarked with quiet respect.

Twenty-one years ago Angie, president of the women’s ministry at her church, heard the Dallas Pregnancy Resource Center (DPRC) needed baby items. Angie invited the DPRC director to speak to her ministry group. “I knew I had to get involved,” Angie recalled, “initially, setting up a clothes closet for donations then sitting in on counselor training. I was asked to volunteer to help set up a center. My background in theater and public speaking came in handy as I spoke at fundraisers. I found myself volunteer assistant director from 1988-1992, when I was made executive director. Now, I pretty much see myself as a cross-cultural missionary.”

Living Choice offers free pregnancy testing and ultrasounds in specific situations under the care of their medical director, Dr. Donald Blair, or registered nurse manager, Lyn Ott. Over 40 volunteers oversee the other services for pregnant women: the baby boutique; classes on prenatal care, delivery, breast feeding and parenting along with post-placement classes; Bible study and other classes geared to helping these women return to a healthy place and a successful future. Attending classes earns the women the opportunity to “shop” in the baby boutique, overseen by Freda Brand, coordinator of client services. Counseling is available to the birth mom throughout her pregnancy and for as long as she feels the need.

“We supervise adoptive parents for six months to facilitate their bonding with their new child. The state requires medical history, physical appearance and health information of mother, father and siblings (if available) be given to the adoptive parents along with prenatal care and delivery records for the child,” Angie said. “We base the level of openness about the adoption on the birth mom’s desires. Adoptive families and birth moms often want to continue relating, which creates a love triangle between the child, birth mom and adoptive parents.” **NOW**

*Editor’s note: For more information, visit [www.livingchoice.org](http://www.livingchoice.org) or call (972) 296-5111.*

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# Texan to the Core

— By Beverly Shay

*“For me it was love at first sight,” Chris Allen confidently stated. Both Chris and his wife, Melissa, were born and reared in Wichita Falls, Texas, although Chris spent some time in Tahoka, south of Lubbock, on a cotton farm. They attended the same home church, Floral Heights United Methodist Church (UMC), but different high schools. They did not officially meet until Chris came to visit one of Melissa’s friend’s brothers. “I remember he had a can with a rat snake in it. I didn’t really like him, but he asked me out later, and I was bored, so I went*

*out with him,” Melissa recalled. Melissa was 16 and still in high school; Chris was 17 and starting college, when they began dating for four years.*

“I noticed her the first time I saw her,” Chris smiled. They have now been

married 32 years, and have two children. Josiah is 26, and has been married for three years to Wennie, originally from Shanghai. Josiah is a freshman football coach and world geography teacher; Wennie is a project manager and electrical engineer at Texas Instruments. The Allens’ daughter, Elspeth, is working on her master’s in urban Christian ministry.

“In 1976, I was running the family refrigeration business. We married in 1977, and I finished school at Midwestern University with a bachelor’s in history and English in 1978. Then I attended Regent College in Vancouver to work on a master’s in history, where I felt called to the







ministry rather than teaching,” Chris said.

Melissa was not initially enthusiastic at the change in calling. “I can’t imagine my husband being anything else, though,” she admitted. “I am so proud of him and his stand on the Word no matter what.”

“Although I was successful in business, God wouldn’t let me do anything else,” Chris remarked regarding his call to the ministry. Once back in Texas, Chris transferred to Texas Christian University



(TCU) because they accepted nearly all of his Canadian credits. He was ordained a deacon in 1986 and received his full ordination in 1989, serving in churches throughout his ministry education. “I have never had a day I regretted being in ministry,” Chris calmly stated.

Melissa is the secretary to the assistant superintendent of human resources and administration in the Irving Independent School District. “I am a detail person, a support person. It’s been a good job and enabled us to provide the children with a good education in private colleges,” she said.

Throughout his ministry career, Chris has pastored in many Texas churches:

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St. Jo, Forestburg, Wichita Falls, Van Alstyne, two in Irving, eight years at Tyler Street UMC in Dallas, and most recently, at First UMC in Cedar Hill beginning July 1, 2009. "We love Cedar Hill," Chris remarked. "It's very quiet here."

Melissa related how they chose their present home. "We really did not want to live in a white house, nor did we want to live on a corner lot. We almost didn't even look at this house," she recalled. "But we really fell in love with this home, as soon as we walked in. The more we saw of it, the more we liked it." The house, both white and on a corner, seemed ready-made for some of their favorite items.

The entryway is wide, opening into the living room. The semicircle transom above the door is repeated in the cut-glass, semicircular window in the wooden door. Immediately to the right as you enter is Chris' office with a semicircular stained glass window above the glass-paned French doors. "That window is from a church in New Mexico," Melissa said. His office is studious and peaceful with a comfortable overstuffed chair, an enormous desk with glass-fronted

cabinets, lots of shelves chock-full of books. Tucked behind the door is a large filigree metal cross, which draws your eyes to the many crosses hanging in the entryway. Wally, their 5-year-old English bulldog, sprawls snoring on the cool tile floor of the entry.

The living room leaves no doubt the Allens love all things Texan. From the cowboy boots perched on a stool next to the rocking horse (complete with a real saddle) setting in front of the metal fireguard with a large Texas star to the framed documents of various historical milestones and maps of the Territory of Texas in 1836 and the Republic of Texas in 1845, to the 3D bluebonnet tiles and a cross-stitch of the state of Texas, their pride at being Texans is evident. "Yes, we do love Texas," Chris stated, in his perpetually calm, unperturbed confident manner.

"We haven't really been here long enough to make many changes," Melissa commented. "But there isn't all that much we would change inside except maybe a few updates and to tone down the red walls in the bedroom. We just like so much about this house."



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leather campaign chairs with a stool from Orvis. Their dining room set is deep walnut, the chairs upholstered in pale gold brocade. "When we first went into the ministry, we learned we wouldn't be able to have our own furniture, so we stored the antique family pieces and sold the rest. The



The colors throughout are bold: various shades of tan/gold and the deep red of the master bedroom. The living

**"My goal is to promote growth, to see the transforming power of God to change things."**

room colors create a perfect backdrop for their comfortable leather furniture in butterscotch and brown and the two

donated furniture we had from others didn't really reflect our taste. Later when we were able to have our own things, we decided to get what we really liked, to go along with the family pieces."

The antique pieces are found mostly in the master bedroom: a chest and three-quarter-size spindle bed from Melissa's grandma and her great-grandmother's cedar chest. The antique cream and red roses of the quilt offset the deep red walls. The size of the room, the white recessed ceiling and a collection of paintings, one of which is a Graner, lend

an air of ease. The home, like the couple, seems comfortable with itself.

"Once I get a chance to work some landscaping into the yard, I will really feel at home," said Chris, who enjoys raising antique roses. "I love God's creation and getting outdoors, but my favorite thing is seeing people truly encounter God. I get to be with people at the most important events of their lives: births, baptisms, confirmations, graduations, weddings, anniversaries, divorces, deaths. My goal is to promote growth, to see the transforming power of God to change things." **NOW**

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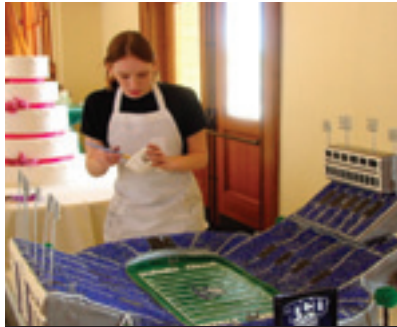
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Taylor Combs and Julius Jamerson pose with Lloyd Treadwell and Don Gant.



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Coach Dicus and Patrick Kenworthy smile for the camera.



A Duncanville resident happily shops for groceries at COSTCO.



Carrie Ingram and Dr. Donna Fuller snuggle with puppies up for adoption at Tri-City Animal Shelter.



Student of the Month Gilberto Arpero, Jr. poses with Sheila Casey.



Rosemary Rumbley is the guest speaker at a recent Duncanville Women's Club meeting.

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# Young at Art

— *By Beverly Shay*

"I could never live without art," Juliana Simonfalvi declared passionately. "I usually draw in black and white, making my drawings very creative and then go wild with color." Everything this bright 7-year-old says comes complete with exclamation points. Her friend and co-artist, Sky Broadway, is definitely more laid-back about the whole concept of art. Both children are homeschooled, which provides even more opportunity for them to pursue specific interests. For both of them, art ranks at the top of their lists, and their work was part of a display in the DeSoto City Hall Atrium this past October.

Sky wrinkled his brow as he thought back over his 11 years of life, "I have always been drawing. I drew one time, liked it and kept going. At first, I drew cars from my mind, then I began copying from pictures or drawing books. I took some art classes a long time ago; we did drawing and clay."

For Juliana, art was not an immediate interest. "At first, I never picked up a pencil or crayon. But when I was 3 1/2, I started coloring with markers. I love to draw monsters and dinosaurs — all from my mind," she confided. Juliana started taking various private and group art classes at age 4 at Studio Arts in Dallas, studying cartooning and clay wheel-throwing this past semester. "I made dinosaurs and candleholders of clay."

"I don't really care much for painting," Sky remarked. "But I love drawing, just regular pencil drawings."

Juliana's mother, Rebecca, is a flute teacher. Her self-created homeschool curriculum reflects her personality and



Juliana's flair for learning. "I shop various places for courses to fit Juliana's needs and interests. She began reading at 2; as she began education in preschool, I could tell it was not fulfilling her; she has a unique learning style," remarked Rebecca, who has a master's in education and is certified to teach at every level.

Sky's mom, Rachel, picks and chooses from classical curriculums available, "to suit my personality and his. I choose what I feel will provide the best education for him. I was homeschooled until I attended school in the 10th grade. We found the best private school for Sky to attend in preschool and kindergarten, but his personality was larger than their classrooms. Sky completed second grade in public school, but we felt it was time to homeschool. I believe parents can give the best education. Home is the best environment for learning," Rachel remarked, who has a bachelor's in psychology. "He gets one-on-one



teaching. Right now, this is my career." The Broadways have two other children: Seda, 4, who began reading at 3 and is also artistic, and Emrys, 10 months.

While art is Juliana's passion, she also enjoys playing piano and flute and has participated in swimming, ballet and gymnastics. "Other than art, I probably like geography best," she said.

Sky started playing soccer at age 4. "I did gymnastics, then soccer again. I would like to play football. I am in my first year of 4H," he listed, ticking things off on his hand.

"The 4H program is individually tailored by each family," Rachel explained. "The emphasis is on leadership and is reinforced through projects — academic, hobbies, performances, workshops, tournaments. This magazine interview will be part of his art project."

Sky admitted he would like to use his art in the future by becoming a designer. "I'd really like to be a Yu-Gi-Oh card



maker.” Yu-Gi-Oh cards are a type of Japanimation or anime cartoon playing cards with fantasy-like drawings. Sky also thinks of becoming an engineer, designing planes, “or an artist,” he remarked.

Juliana plans to “keep making more and more art. Probably cartoons; maybe I’ll publish my art or be a car painter.” Her mother confirmed she has always



been interested in painting cars. “I want to be a famous painter!” she proclaimed with her patent enthusiasm. She referred to winning the Caldecot Medal awarded annually to the artist of the most distinguished American picture book for children. “I will be an artist for the rest of my life. I will buy a house and live in my studio with papers all around.” She already has her mansion near White Rock Lake picked out.

Sky reacted to Juliana’s pronouncement by stating he would prefer to live outside with a sleeping bag, a gun and a tin can stove. He proceeded to display a pencil sketch of a dragon he drew “in about 30 minutes, years ago.” Other drawings took a few days and were inspired by Yu-Gi-Oh characters. Dragons, zombies and a baby with lots of muscles and hair (this one featuring color) were in his collection, as well as Mario (of Mario Brothers fame), doing what else — jumping.

Juliana’s art collection included her own Shutterfly book: *The Art of Juliana Simonfalvi*, full of photos of the many drawings she has created over her “career” as an artist. She won first prize at the State Fair of Texas when she was 6 for a watercolor entitled *Flowers for Grandma* which included an inset, “my study,” Juliana explained.

The two are unabashed Future Artists of America. **NOW**



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Brothers and owners, Jory and Joel DeLeon;  
fitting and adjustment area for prosthetics;  
Alltech office entrance; multiple products and  
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## Restoring Quality of Life

Jory and Joel DeLeon provide rehabilitative devices and customized replacement limbs to restore hope and aid in healing.

— By Beverly Shay

Providing orthotics and prosthetics was a natural career choice for brothers, Jory and Joel DeLeon, owners of Alltech O & P Services; after all, they often visited their father at his job as an orthotic technician, building braces. They apprenticed in the patient care side of the business. Both are state-licensed, certified prosthetists and orthotics fitters, continually updating their certification. Initially, they worked for a large prosthetics manufacturer before opening their own business 10 years ago. Joel's wife, Cheryl, works as office manager, and April, Jory's wife, works in business development, marketing and as a certified fitter of mastectomy.

"We welcome each client as family," April remarked. "We create an individualized plan with the client to custom select the device they need to meet their aptitude and ability, rather than providing one style, standard or functionality of prosthetic for everyone."

Orthotics are assistive or rehabilitative devices that aid or enhance an existing limb when stroke, polio or nerve damage renders a lack of control. Congenital or acquired misalignments, such as being bow-legged or most commonly, flat-footed, can be corrected. Also included as orthotics are fracture braces/boots, knee immobilizers, braces for wrist fractures/carpel tunnel syndrome, post-surgical bracing for back/spinal/hernia surgeries and pre-replacement bracing for knees. They also provide diabetic footwear. Most clients come on a doctor's referral/prescription or out of their own need.

Prosthetics involve limb replacement for upper and lower extremities, as well as all levels of mastectomy needs in prosthesis and clothing. "We take great pride in working with doctors and therapists to provide our clients with the best and most functional fit and providing continual adjustments for



comfort,” April stated. “Initially, we see clients once a week for up to six months, then once a month to make adjustments. We try to get involved as soon as possible, even before an amputation, so we can give them a realistic expectation, aid in emotional acceptance and begin building the lifelong relationship necessary to serve someone needing prosthetics.”

“For me,” Jory remarked, “this business is about helping people get back to a normal lifestyle. I like helping people. My dad was in this field for 30 years, so really, it is what I have always known. We had one 78-year-old patient, a bilateral knee (below the knee) amputee, who had been told he would never walk again; we had him walking in six months. That’s why I do this.”

**“We welcome each client as family.”**

Joel worked with a 58-year-old client who had a below-the-knee amputation on his left leg and a microprocessor knee on the right leg. “We customize our products to reflect upper body core strength and cognition. A lot of therapy and gait training are needed for leg prosthetics,” Joel remarked. “We get to restore hope and aid the progress of their healing and regaining a normal place in society. That’s why our goal is to increase their functionality by properly fitting them with a correct, individualized device.”

Alltech Orthotics & Prosthetics Services, located at 7989 W. Virginia, Suite 104, Dallas, also has offices in Granbury and Cleburne, where one of the two prosthetic-certified CADD labs in the state is located. Pre-fabricated components and hardware are combined with custom-made sockets. “Fifty percent of orthotics we use are pre-fab, while the other 50 percent are custom-made in our own lab,” Joel remarked. Their facilities and clinicians are licensed through the State Board of Orthotics and Prosthetics and certified through the American Board of Certification in Orthotics, Prosthetics and Pedorthics, as well as being members of Amputee Coalition of America and Dallas Amputee Network. **NOW**

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# In The Kitchen With Latasha "Peaches" Cummings

— By Faith Browning

Like many women today, Latasha Cummings, known as "Peaches" to family and friends, was inspired by her mother, Linda Variman, to love the art of cooking. "I have loved cooking since I was 8," she recalled. "I made my first casserole at 9." Today she enjoys creating special dishes for her husband, Todd, and their four children, Shadae, Aaliyah, Clifford and Tariq.

Latasha enjoys baking and cooking and

many of her recipes come from Costco cookbooks, gourmet cookbooks or from the Internet. She has had the good fortune of turning her love of cooking into a catering business where she can share her talents with others. Latasha enjoys combining her passion for cooking with her clients and with her staff. She said, "Our staff always has prayer before we start our events!" **NOW**



## PEACHES' FAMOUS 1-2-3 PUNCH

2 1-liter bottles peach soda  
1 1-liter bottle pineapple soda  
1 gallon fruit punch drink  
1 whole orange, sliced in rounds  
1/2 cup strawberries, sliced

1. Mix sodas and punch together, stir continuously until blended.
2. Drop in the sliced oranges and strawberries to add that fresh fruit taste, or just to add the wow factor.
3. Serve in your favorite punch bowl or beverage dispenser.

## PEACHES' VALENTINE CRANBERRY SPINACH SALAD

2 pkgs. fresh spinach  
1 pkg. spring salad mix  
1/2 cup cranberries  
1 pkg. cherry tomatoes  
1 cup roasted pecans  
1/2 cup feta cheese  
1 purple onion, sliced  
1/2 cup sliced strawberries  
2 cups shredded Parmesan  
Raspberry vinaigrette

1. Mix packages of spinach and spring salad together in a bowl.
2. Sprinkle in 1/2 cup of cranberries; toss in the cherry tomatoes, roasted pecans and feta cheese.
3. Garnish with the purple onions and strawberries; sprinkle with shredded Parmesan on top.
4. Cover with Saran™ plastic wrap; place in the refrigerator to chill.
5. Serve with raspberry vinaigrette.

## PEACHES' SAVORY GRILLED CHICKEN PASTA

*Served hot or cold.*

2 boxes penne pasta  
1/2 tsp. salt

4 Tbsp. of olive oil  
6 whole chicken breasts  
1 onion, diced  
1 can diced tomatoes  
2 cups roasted red peppers  
1/2 cup whipping cream

1. Boil penne pasta for 10-15 minutes until slightly firm; add salt and 1/2 teaspoon of olive oil.
2. Marinate the chicken breasts for about 10-15 minutes; then grill. Dice into strips or chunks.
3. Sauté the onions.
4. Combine the diced tomatoes, red peppers, salt, onions and olive oil; mix in the whipping cream a little at a time, until mixture becomes nice and creamy.
6. Add chicken to the mixture, toss and let cool.
7. Serve alone or serve as a cold pasta dish. Enjoy!

## PEACHES' AWESOME CHICKEN SALAD

1 cup Miracle Whip mayonnaise  
1 cup ranch dressing  
1/2 tsp. paprika  
1 tsp. seasoning salt  
1 1/2 cups dried cranberries  
2 cups celery, chopped  
2 Tbsp. honey  
1/2 cup pure cane sugar  
2 green onions, chopped  
1 1/2 cups pecans, chopped  
5 cups cooked chicken breast, cubed  
Ground black pepper, to taste

1. In a medium bowl, mix together mayonnaise, ranch dressing, paprika and seasoned salt.
2. Blend in dried cranberries, celery, honey, sugar, onion and nuts. Add chopped chicken and black pepper, mix well.
3. Chill 1 hour and serve with crackers as a dip or on buttery croissants.

## PEACHES' SENSATIONAL RED VELVET SUPREME CAKE

2 Tbsp. unsweetened cocoa powder  
2 oz. red food coloring  
1 cup buttermilk  
1/2 tsp. salt  
1 tsp. vanilla extract  
1/2 cup shortening  
1 1/2 cups white sugar  
2 eggs  
2 1/2 cups cake flour, sifted  
1 1/2 tsp. baking soda  
1 tsp. vinegar

### ICING:

1 cup milk  
5 Tbsp. all-purpose flour  
1 cup butter  
1 cup white sugar  
1 tsp. vanilla extract

1. Grease two 9-inch round pans. Preheat oven to 350 F.
2. Make a paste of cocoa and food coloring. Set to the side.
3. Combine the buttermilk, salt and vanilla. Set to the side.
4. In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs, stir in the cocoa mixture. Beat in the mixture alternating with the flour, mixing just until nice and creamy. Mix baking soda and vinegar together; then pour into the cake batter.
5. Pour batter into greased pans. Bake in the oven for 30 minutes.
6. To make icing: In a saucepan, combine the milk and flour. Cook over low heat until mixture becomes thick. Set aside to cool.
7. Cream together butter, sugar and vanilla until light and fluffy, then stir in the milk and flour mixture, beating until icing reaches spreading consistency.
8. Ice the cake and serve.



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# Time to Make Post-Recession Investment Moves?



**Like a tiresome dinner guest, the recession has long outstayed its welcome. But there are some clear signs that the economy has begun to turn around. If that is indeed the case, how should you, as an individual investor, respond?**

Before we get to that question, let's quickly review some of the key factors that suggest the recession may be ending. First, we've seen four straight months of gains by the Conference Board's Index of Leading Economic Indicators. Also, the job market is improving somewhat and bank lending is increasing. The Federal Reserve's efforts to stabilize the financial system have improved conditions in the corporate credit markets, as indicated by a dramatic increase in the amount of new bonds issued by companies thus far in 2009. We've also seen improvements in the

housing market and in industrial production.

Even if all this evidence indicates the recession is ending, does that necessarily mean that boom times for investors will follow? A look back in time shows reasons for optimism. In 10 recessions, extending from 1949 through 2001, the S & P 500 rose, on average, 9.5 percent six months following the recession's end date, and 15.5 percent after 12 months, according to Ned Davis Research. Of course, as you have no doubt heard, past performance is no guarantee of future results, but in years gone by, staying in the market rewarded long-term investors — those who could look beyond the recession at hand.

In any case, if the recession is ending, let's return to our original question: What investment moves should you make? As we've already seen, the most important step you can take is to remain invested — and if you're out of the market, consider getting back in. As exhibited by the strong market rally this summer, large gains can come quickly, but they only come to those who aren't on the investment sidelines.

In addition to staying invested, consider these other post-recession moves — which are actually pretty good moves before and during a recession, as well:

- **Look for quality.** In any economic environment, you'll be making a smart move by focusing on quality investments that fit your unique situation. You may look for the stocks of those companies with strong management teams and competitive products. And stick with investment-grade bonds, if fixed income is appropriate.

- **Diversify.** Build a portfolio containing a variety of investments, including stocks, bonds, government securities and certificates of deposit. While diversification, by itself, can't guarantee a profit or protect against a loss, it can help you reduce the long-term effects of volatility on your holdings.

- **Keep a long-term perspective.** It's not easy to overlook market fluctuations, especially severe ones, but if you can keep your eyes on what you hope to achieve in the future, you might be less likely to over-react to short-term events. While you may need to periodically adjust your investment mix in response to changes in the economy and in your own life, you'll be better off, in the long run, by establishing a strategy that's appropriate for your individual risk tolerance and goals — and sticking to it.

As individuals, we're all subject to the ebbs and flows of the economy. But by focusing on those things you can control — such as buying quality investments, diversifying and thinking long-term — you can become an investor for all seasons. **NOW**

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# Prevention, Protection, Gardasil

— By Dr. Cecily Jones, OB/GYN



Adolescent health is a very important topic. When we think of adolescents, typically what comes to mind are teenagers — usually these teenagers have received multiple vaccinations during their infancy and early childhood years. One vaccine, which at times may be overlooked, is Gardasil, which can be administered to female women aged 9-26 years of age. The Gardasil vaccine plays an important role in preventing and decreasing the spread of the human papilloma virus, commonly referred to as HPV.

HPV is transmitted via sexual contact. Gardasil contains four different viral strains (6, 11, 16 and 18). These strains are the ones most frequently associated with genital warts and cervical cancer. Gardasil is effective in preventing both cervical cancer and genital warts, and even offers protection in strains not specific to the vaccine. The importance of vaccination with Gardasil, however, spans beyond the treatment of women; by vaccinating our youth and adolescent women, we are also preventing the spread of HPV to the male population and therefore, future transmissions and infections.

Vaccination with Gardasil is beneficial to our younger population and does not imply that an individual is sexually active. The average age of intercourse among American adolescents is 16, but the age is much lower in certain populations, particularly inner-city youth. Screening for cervical cancer with pap smears should begin within three years of sexual activity or by the age of 21. It is important that parents and guardians are educated about Gardasil, and that vaccination with Gardasil be offered to all females at the appropriate age. Administration of the Gardasil vaccine in addition to cervical cancer screening at the appropriate times, will continue to prevent HPV infections and protect our loved ones from developing cervical cancer. **NOW**

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# Time to Cut Back — By Nancy Fenton

How many times have you told yourself, “It’s time to cut back”? Be it food, computer/game time or whatever, everything has its season. This is the season to prune, prune, prune. The roses, grasses, liriop (monkey grass), shrubs and even trees will all benefit from a few clips here and there. Most roses need a good chopping to stimulate new growth. The exceptions to the rule, of course, are the climbing roses. If you cut them now, you cut off the old wood that brings the new blooms. Wait to trim the climbers until after they bloom and then cut them way back.

It is a bit easier to know when to cut grasses. If they are brown, cut them to the ground. Lantana also likes to start over again. While it may look bare for a short time, you will be rewarded with

lush, green growth as spring approaches. I usually use a weed eater to trim border grasses like mondo and liriop down to one inch or so. As with pruning, it will stimulate growth and blooms for the coming season. Because this new growth is tender and very susceptible to the late hard freezes, it does not hurt to wait until the end of February to do major chopping.

Trimming is important to maintaining a healthy tree. All the little growth needs to come out of the tree, as well as the limbs that hang down. My rule of thumb is that “suckers” smaller than my thumb need to be removed, as well as limbs that cross and rub. Choose a tree professional to do the areas you cannot reach from the ground. The key words are *licensed arborist*. I use an arborist who will grind the limbs and leaves into mulch for me.



This is a great way to return the natural elements to the soil, and it does not involve a trip to the store or recycle station!

Cut back now for lush growth as the weather warms up. **NOW**

*Nancy Fenton is a Master Gardener.*



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## Happening **NOW**

### **Mondays**

Pool tournaments: 6:30 and 8:30 p.m. at the Ranch Steakhouse, 1435 N. Hwy. 67, Suite 200, Cedar Hill. \$20 buy in, 3-8 people. (972) 291-4530.

New Ballroom Dance: 7:00 p.m.-8:30 p.m. at Cedar Hill Rec. Center, 310 E. Parkerville Rd. Cost: \$80/couple for four sessions/month. (972) 293-5288.

### **First Mondays**

Readers On The Hill Book Club: 7:00 p.m. at CH Library (972) 291-7323.

### **Second Mondays**

Diabetes Support Group: 6:00 p.m. at Methodist Charlton. (214) 947-7262.

### **Tuesdays**

Senior Access Tai Chai classes: 8:00-8:45 a.m. at Methodist Charlton Medical Center. Cost is \$6 to learn ancient art of combining exercise, stretching and balance. (214) 947-4628.

Wii games, chess, Cranium, dominoes and other games available for teenagers: 4:30-6:00 p.m. at the Zula B. Wylie Library meeting room in Cedar Hill. [www.zulabwylieclib.org](http://www.zulabwylieclib.org).

Sound Options Pregnancy Center parenting class: 6:00-8:00 p.m. at 658 Big Stone Gap, Duncanville. Especially good for pregnant or new parents. RSVP (972) 230-8101.

### **Tuesdays and Thursdays**

Essence Dance: Tuesdays: 5:30-8:30 p.m. and Thursdays: 5:00-6:15 p.m. at CH Rec. Center. Beginner/intermediate/advanced for teenagers/adults. Private coaching available. Cost: \$65/month. (972) 293-5288.

### **Second Tuesdays**

The Dallas Area Writers Group: 7:00 p.m. at CH Library. Visit [dallaswriters.org](http://dallaswriters.org).

### **Second and Fourth Tuesdays**

Cedar Hill Lions: Noon-1:00 p.m. at Good Shepherd Church, 915 Old Straus Road. (972) 291-0651.

### **Wednesdays**

Rotary Club of Cedar Hill: 7:00-8:00 a.m. at CH Rec. Center, 310 East Parkerville Road.

### **First and Third Wednesdays**

Duncanville Business Interchange: 7:30 a.m. at the Chamber.

### **Second Wednesdays**

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



# Happening **NOW**

## Wednesdays and Fridays

Preschool story time at CH Library: 10:30-11:45 a.m. (972) 291-7323.

## Thursdays

Sound Options Pregnancy Center parenting class: 4:00-6:00 p.m. at 658 Big Stone Gap, Duncanville. Especially good for pregnant or new parents. RSVP (972) 230-8101.

## Third Thursdays

Visual Artist of Cedar Hill (VACH): 7:00-9:00 p.m. at the Creative Arts School, 1435 N. US-67 S (at The Ranch in Cedar Hill). Open to any artist 18 or older.

## Fridays

Walking program: 9:00-10:00 a.m. at Methodist Charlton Medical Center, conference room 6. (214) 947-4628.

Karaoke: Sign up: 7:30 p.m. at the Ranch Steakhouse, 1435 N. Hwy. 67, Suite 200, Cedar Hill. (972) 291-4530.

## First and Second Fridays

Line dancing in the Methodist Charlton Medical Center auditorium: 11:00 a.m.-noon. Reservation required: (214) 947-4628.

## Second Saturdays

Baby Boutique Resale: 9:00 a.m.-1:00 p.m. at Sound Options Pregnancy Services 658 Big Stone Gap, Duncanville. Formula and lots of gently-used baby clothes/items. (972) 230-8101.

## January 16-March 27

The Zula B. Wylie Library in Cedar Hill is offering free GED preparation classes to provide developmental tools needed for reading, math, writing, social studies and science. Attendees must be on an eighth grade reading level or above to enroll. Limited space: RSVP to Diane Rayburn at (972) 291-7323, ext. 1313.

## Through February 18

Register for Expanding Your Horizons career day program to be held on February 27: 8:30 a.m.-1:00 p.m. at Cedar Valley College. The program is for girls in grades six, seven and eight and their parents. Information available at [www.EYH.AAUW-SWDC.org](http://www.EYH.AAUW-SWDC.org) or call (972) 709-1957.

## February 1-15

Cedar Hill Recreation Center is offering a Sweetheart Membership Special: \$10 off a 3-month membership.

## February 5-27

*Having Our Say* presented by the African American Repertory Theater, DeSoto Corner

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### February 6

Daddy/Daughter Valentine's Dance at Cedar Hill Recreation Center, 310 Parkerville Road: 11:00 a.m.-1:00 p.m. for ages 4-8; 2:00-4:00 p.m. for ages 9-12. Event features DJ Rudy, light lunch/refreshments, professional portrait and gift for each girl. Cost: \$30/couple; \$15/person. Dads attending more than one dance must purchase ticket for each dance. (972) 293-5388.

16th Annual Daddy/Daughter Valentine Dance, DeSoto Civic Center, 211 E. Pleasant Run Rd. Red Carpet: 6:00 p.m. Dance: 7:00-9:00 p.m. \$30/couple; \$15 for each additional daughter. Ticket price includes a photo and refreshments. Tickets must be purchased in advance. No tickets will be sold at the door. (972) 230-9651.

### February 10

DeSoto Public Library presents Melody Bell, Griot-storyteller, musician, poet and singer, featuring African stories, educational tales, songs and musical instruments from various African cultures: 10:30 a.m. (972) 230-9666.

### February 12

Deadline to register for DeSoto Dining and Dialogue Dinner Event to be held February 27, 6:30 p.m. DDD brings together people of various ages and backgrounds to discuss important issues and to build a strong community regardless of color, culture or class. Topic for discussion: public transportation. To be a guest, fill out the registration form on the DDS Web site: desotodininganddialogue.org or call Kathy (Maples) Jones at (972) 230-9648. Once registered, you will be assigned to a dinner table and receive an invitation in the mail during the week of February 15.

### February 20

"Black History Month celebration: 2:00 p.m., CH Library. Featuring stories, music and an African dance performance by Mary Lois School of Dance.

### March 6

Joint Celebration of Cedar Hill Recreation Center's 5th Anniversary & Neighborhood Services' Annual Citywide Block Party: 10:00 a.m.-2:00 p.m. at CH Rec. Center, 310 E. Parkerville Rd. Free event featuring no-cost fun for the whole family: children's activities, a health fair, class information, entertainment, tours, free giveaways and more.



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Dr. Catherine Thomas, OB/GYN; Dr. Donald Blair, OB/GYN (behind); Sharon Roberts WMDP; & Gina Vincent WMDP

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