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FEBRUARY 2018

**ACCELERATING EXPECTATIONS 2020**

## **DeSoto ISD Selective Enrollment Now Open to K-12**

DeSoto ISD's selective enrollment option, previously open to 6-12 grade scholars, has recently been extended to K-12 scholars for district admissions consideration.

Prospective scholars who reside outside of the DeSoto ISD attendance zone can apply for admissions consideration to DeSoto ISD through Selective Enrollment via [www.DeSotoISD.org/SelectiveEnrollment](http://www.DeSotoISD.org/SelectiveEnrollment).

Selective enrollment opportunities are ongoing throughout the year in DeSoto ISD.

For more information about DeSoto ISD's Selective Enrollment opportunities, contact DeSoto ISD's Student Support Services at 972.223.6666

## **DeSoto ISD PTA to host April 2018 Fun Run and Walk & Wag**

DeSoto ISD welcomes area families and their pets to mark their calendars for the April 2018 Fun Run and Walk & Wag event.

The event will raise money for DeSoto ISD student scholarships, teacher grant projects, and special PTA projects.

Join in the fun run, and enter your pet in special events for "Cutest Dog," "Best Dressed," and "Fastest Competitor." Enjoy food, music and other outdoor activities. For more information, visit [www.DesotoISD.org](http://www.DesotoISD.org).

## **DeSoto ISD to Begin Accepting Nominations for 2018 Hall of Honor Recognition**

DeSoto ISD developed the DeSoto ISD Hall of Honor in 2012 to recognize alumni and those who have provided meritorious service to the district. The criteria listed on the website will be used to measure candidates for the Hall for both categories - DHS Alumni Hall of Fame and DeSoto ISD Distinguished Service Award.

For more information, nomination criteria, and to submit nominations for the 2018 class of the DeSoto ISD Hall of Honor, visit [www.DeSotoISD.org/HallofHonor](http://www.DeSotoISD.org/HallofHonor).

### **CALENDAR**

- **2/6:** GBKB & BBKB at Duncanville HS
- **2/9:** BBKB v. Irving at Dyer Gym
- **2/12:** Regular Board Meeting
- **2/13:** BBKB at SGP
- **2/15:** Early Release
- **2/15:** Parent Conferences
- **2/16:** Staff Development Day/ Student Holiday
- **2/19:** Holiday; District Closed
- **2/20:** Girls Soccer v. SGP at Eagle Stadium;  
Boys Soccer at SGP
- **2/26:** Regular Board Meeting
- **2/27:** Girls Soccer v. McArthur at Eagle Stadium;  
Boys Soccer at McArthur

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Silverton, Colorado, beckons travelers of all stripes.

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## ON THE COVER

Bob and Linda Lydia put decades of service to work, creating the future.

Photo by  
Shane Kirkpatrick.

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# EDITOR'S NOTE

---



Adam

Adam Walker  
SouthwestNOW Editor  
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There's plenty to celebrate in February!

Black History Month, St. Valentine's Day, Ground Hog Day ... National Bagel Day? I can get behind that!

But *my* favorite holiday happening this month is Chinese New Year. In college, I had dozens of Chinese friends from multiple countries. Then I lived and worked in Taiwan for three years. I love this celebration. The dragon dances, lion dances and fireworks make for a lot of excitement. The kids all look forward to their *hóngbāo*, red envelopes filled with money — but only in even amounts. And a 13th month's worth of salary doesn't hurt either!

However, my favorite part is the food. I love Chinese food, and the festival foods are the best of the best. If it looks like money — round coins, traditional ingots, golden or silvery — or sounds like another word that has a good meaning — it's probably on the menu. New Year has lots of traditional foods: steamed fish for good luck; long noodles, the longest you can find, to wish everyone a long life; oranges; melon seeds; and taro cakes. All of them are delicious, but the most delicious of all is *jiǎozi*. These are steamed dumplings filled with pork, or vegetables, or both. I'll be on the hunt for the good stuff!

Whatever you are celebrating this month, enjoy it to the fullest.

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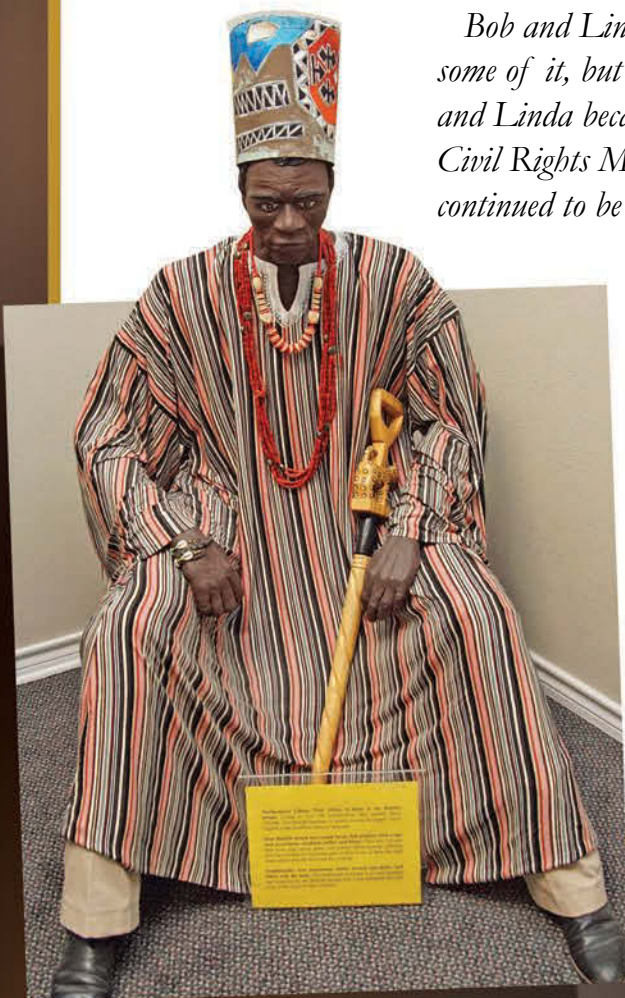
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# Leading History Into the Future

— By Adam Walker

*Bob and Linda Lydia have lived a lot of history, and helped make some of it, but they are still working hard to build the future. Both Bob and Linda became involved with the NAACP in the early days of the Civil Rights Movement, and that commitment to justice and equality has continued to be a central part of each of their lives, and their life together.*



For Bob, his involvement with the NAACP goes back to memories of Juanita Craft, the first African-American woman to vote in Dallas County. “I lived in Tyler back in the ’40s, but I would come to Dallas to work during the summer months. I had heard about Ms. Craft. I started working with the NAACP’s Youth Council, and since I was one of the oldest in the group, and I had a car, I got to drive her and others around. Then I went away to the Air Force, but when I came back, I continued working with the Dallas Branch.”

Linda was from Tennessee, where her mother ran a restaurant and crafts store. She was an excellent student, so when integration started, her local NAACP tapped her as a pioneer. She was chosen to be the first black student at her new all-white high school. “I have been involved with the NAACP since high school. I participated in sit-ins during





"It really bothers me when people think what we do is only for black folk, but we've done a lot for Hispanics, Jewish people and white folks, too."



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college. And then, after college, I moved to Texas. I got involved in the Dallas Branch, and that's how I met Bob. We had a lot in common, the same passion for Civil Rights and similar backgrounds."

Bob and Linda continued to be involved in the NAACP at every level. One or both of them have participated at the youth, young adult, adult, regional and national levels for decades. Bob was instrumental in integrating the coffee shop at El Centro College, which meant working with the FBI. "I called them, but they showed up with these badges as big as tables! I was scared to death, but we put an end to segregation there." Names like Thurgood Marshall show up in their conversation, not as great heroes to look up to from afar, but as people they have worked with. Bob worked with voter empowerment efforts, employment complaints, statewide training of other NAACPers, housing and education issues.

"Bob held national office for years," Linda reported. "But he was always first or second vice president, so he could stay in the background. But one year, it was at the Little Rock conference, someone called to tell Bob that he was now the president of



the Dallas NAACP. Victor Smith, the previous president, had taken a fall at a banquet months earlier, but he got a blood clot and passed away. Bob finished out that term as president, then ran for a second term."

When Bob and Linda moved to Duncanville, they decided it was a good idea to try to revive the Tri-Cities Branch of the NAACP, which had been chartered back in 1988 by Kirk and Marian Hemphill and Gerald Johnson, but had gone inactive. "We had always been active in Dallas," Linda explained. "But we live in Duncanville."



Bob remembered, "When we started thinking about reactivating Tri-Cities, to serve Duncanville, Cedar Hill and DeSoto, we started thinking about who would make a good leader for the new branch. Carmelita Pope-Freeman's name kept rising to the top of the list. She'd been involved since way back."

"We were looking for stability in leadership. Bob knew Carmelita, and had heard she was retiring. We knew we wanted her. Once she was on board with the idea," Linda



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explained, “it was just a matter of selling memberships until we had the 50 members required, getting letters of recommendation and organizing everything. We had our first meeting to elect officers at Acapulco’s in DeSoto, over three years ago.”

Then they found Janice Dunn at a health fair that they were doing with her sorority, Delta Sigma Theta, and she came on board to run the youth programs. “When Bob and Linda asked me to help, I had just moved here from Grand Prairie,” Janice explained. “I had been working with the youth through my sorority. I was passionate about making sure young ladies had the resources to go to college. I saw the ACT-SO program





awarding high school students with significant scholarships, and I was on board. Mr. Lydia and another national board member helped me get started, and I even got permission to start a culinary arts program, for the youth, a few years early.”

Bob currently serves as the labor and industry chair for the Tri-Cities Branch, Texas State NAACP 1st vice president and is a member of the NAACP National Board of Directors. Linda is the membership chair for the Tri-Cities Branch and Texas State NAACP secretary.

“People ask if the NAACP is still relevant,” Linda explained. “It really bothers me when people think what we do is only for black folk, but we’ve done a lot for Hispanics, Jewish people and white folks, too. In college back during the Civil Rights Movement when legislation was being passed, I thought, *The NAACP isn’t needed. It’s over.* But the truth is, it’s needed now more than ever. We fill a need in the community. We’re still growing. Somebody has to say something. It’s not always a comfortable place to be, but it’s the best place to be.” **NOW**

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The new approach is tailored to give patients a better understanding of what to expect. "It's not like the doctor says, 'I'm going to refer you to another doctor,' and you call — and wait — and try to make another appointment," explains Linda Gage, a Multidisciplinary Breast Cancer Clinic patient. "They're talking, they're working together, and they coordinate things and get you through the process."

Texas Oncology's Multidisciplinary Breast Cancer Clinics give patients access to complete breast health services, including high-risk screenings, hormone therapy, radiation therapy, chemotherapy and surgery. Patients can also benefit from full-service pharmacies on location, genetic testing, survivor support groups and much more. Patients also have access to social workers, therapists, dietitians and other specialists to help them — and their families.

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# Creative Living

— By Rick Mauch



*James and Dona Mitchell are one busy couple. Though they are empty nesters, their home is anything but empty. It's filled with love, warmth, much positive energy and memories — and many more are yet to be created.*

Take, for example, Dona's office, or "Dona's Playground," as it is called. On the walls are some posters of shows she's written, directed, produced or helped bring to life in one form or another.

There's one special poster of a one-woman show called *Rising Above All*, a show starring their daughter, Johnique, which was performed in 2014 at the Dallas Convention Center. Dona choreographed her in the production that benefited her study abroad trip to Europe. "It was really great to watch her perform it. She did such a sensational job," Dona said proudly. "I loved working with her on that show." Johnique, 25, now holds a master's degree from Penn State University and plans to go to New York and break into professional show business.

Their 31-year-old son, James, is a coach, mentor and also performs rap songs. He sang a moving number in a film Dona created about the 30th anniversary of the world being introduced to AIDS.



At Home With James and





Youngest daughter, Joslyn, is the subject of her mom's upcoming documentary, *Sculpture of a Miracle*. Joslyn, now 23 and a journalism major at the University of North Texas, was diagnosed at age 3 with Kawasaki disease, a rare condition that causes inflammation in the walls of medium-sized arteries throughout the body and can lead to serious heart damage. "We're getting a team together, and we're going to make it happen," Dona said. "We're going to start filming in 2018. Johnique is going to play me."

Dona's creations often tackle tough subjects to raise awareness, such as AIDS and the aforementioned Kawasaki disease. She and James have also worked with incarcerated youths through a project named Locked, giving them an outlet while locked up and an opportunity upon their release.

Hanging on a clothes line (she loves hanging photos on clothes lines) are some photos of her and

and Dona Mitchell

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James and their creation, Project Under. They deliver bottles of water to homeless people during the summer, and the project is so named because many of these people seek shelter from the sun under bridges. "We must have collected 5,000-6,000 bottles of water to hand out," James said. "It's not much, but it can sure make a person feel better."

Next door is James' man cave. On the door is a sign that reads, *For*

*Cowboys fans only.* However, that is not entirely true, as James has a small poster of the Philadelphia Eagles on one wall. "I have a couple of friends who are Eagles fans, but make no mistake, this is a Cowboys room," he said with a chuckle.

Of that there is no debate. On one wall are some photos of him and Dona in Cowboys jerseys, celebrating their 26th anniversary. There are a variety of Cowboys

jerseys on an adjacent wall. A few other items include Mavericks, Penn State and North Texas paraphernalia, and there's a football from their son, James', indoor football team, Texas Revolution, that won its league championship.

There's a TV to watch Cowboys games with family and friends. And there's workout equipment. James recently became a basketball official, so staying in shape is important to him.

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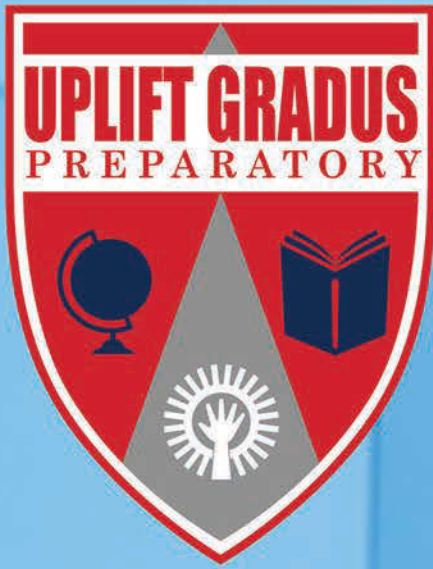









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In fact, James and Dona have worn a lot of different hats in their lives and throughout their 26-year marriage. Along with being a playwright, screenwriter, actress and artist, Dona is an award-winning poet and a talent scout. She is also first vice president of the International Association of Truancy and Dropout Prevention and works with the Lancaster ISD truancy office and is a 2017-2018 Life Changer Nominee. James has been a building engineer and football coach and continues to motivate young men through a group called 33 Men's Bible Study.

Often, he and Dona will work together to help others. For example, they mentor newlyweds and young married couples, sometimes using skits.

James and Dona still have date night at least twice a month. They say they are, even today, always learning something new.

Family is important to James and Dona, and the kitchen is a place to accent that love. The big center island is filled every holiday with everyone's favorite food, and there is a clear view of the large TV in the den to not miss a minute of his beloved Cowboys. In the den is a love seat recliner with a matching reclining sofa. The wall across from them is left clear for when they want to project a movie or one of Dona's productions. The mantel above the fireplace is filled

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with trophies and awards. Many were won by their children. "That's just part of them. There's a lot more in storage," Dona said.

The hallway is filled with family photos, many in Cowboys jerseys. There are a couple of framed family photos, but most are hanging on a clothes line. "It's creative and a lot easier to put them up that way. I think it looks pretty neat," Dona said. "It's something different."



Modern art can be found throughout the home, particularly in the living room. Dona, however, loves to create her own art, such as the apples she painted that hang on the wall in the kitchen or the single vines hanging below a plaque that reads *believe*.

"She's the most creative person I know," James said. "I'm talking people I see on TV, anywhere. I'm the speaker between the two of us, and she's the creator. And between us, we're a long way from finished when it comes to helping people with our work." **NOW**

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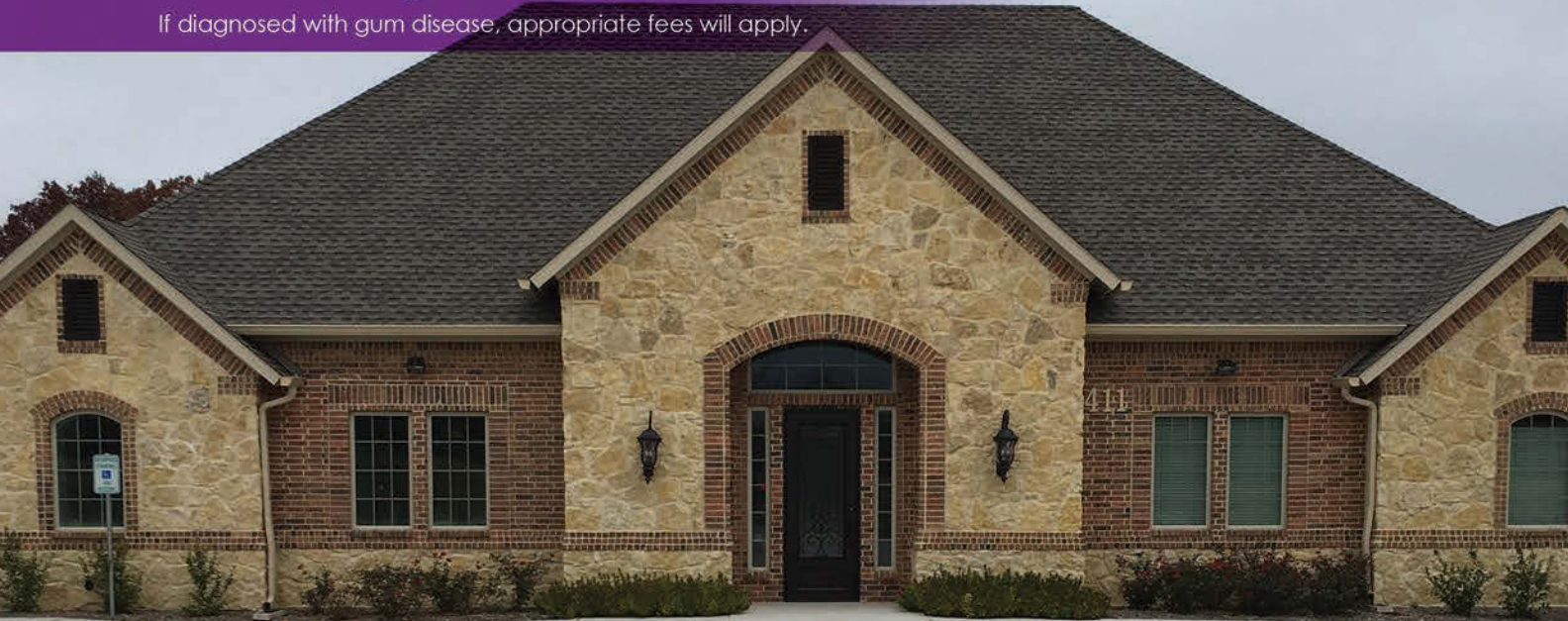
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## Scoring High

— By Adam Walker

Good things are happening at The Canterbury School, where John Lage and Rainelle Nevers, two seniors, just scored 1460 on the SAT. Both of these students are highly motivated and have big plans for their futures.

John has applied to The University of Texas at Austin, where he is interested in pursuing a career in medicine. He comes from a family of doctors and really enjoys biology class. "I'm a perfectionist," he admitted, "but I try to only compare myself with myself. I don't want to compete with other students. I just want to keep improving." John is also president of the school chapter of the National Honor Society, is the yearbook editor and is on both the soccer and basketball teams. By all reports, he is also a *very* competitive dodgeball player. John was responsible for starting a journalism club for the upper elementary students, who are now producing a campus newspaper.

Rainelle is no less ambitious. She also comes from a family of doctors and has followed her mother on house calls. She has applied to The University of Texas at Austin and Vanderbilt University, where she hopes to study neurology and psychology because she finds psychopaths interesting. "The brain is fascinating. I'm interested in how people think, and how that influences their behavior." She considers herself a relaxed person. She is the secretary for the school chapter of the National Honor Society and is chief of staff and captain for the Canterbury debate team. She has also participated in Model United Nations, which gave her the opportunity to interact with students from all over the world, as they explored real-world problems and learned how politicians try to achieve workable solutions through compromise. "Last year, in Philadelphia, over 2,000 students attended. One of the sessions was a debate about 'Who Owns Outer Space?' It gave us an opportunity to understand political issues and meet students with different perspectives." She is a good enough soccer player that several colleges have tried to recruit her, but she says she is focused on her academics.



“For Rainelle, everything comes easy,” John confided. “She’s just great at soccer. And I’ll be having a hard time with some assignment, but she’ll say, ‘Oh, I’m going to start that tomorrow!’”

Canterbury admissions director Elizabeth Charles agreed. “Rainelle is really humble, but she’s a great athlete and very intelligent,” she said. “She’s always trying to help the lowest man up!”

Rainelle sees the other side. “John always knows things in class. Everyone else is struggling, but John just has the answer out of nowhere.”

College adviser Kimberley Dillard added, “John has a talent for leading without taking over. He may have an idea for how to do things, but he sits back and lets everyone have their say first.”

John credited the fact that Canterbury students take the PSAT every year, starting in eighth grade with helping them feel comfortable with the test. Both students claimed that Canterbury’s small class size and emphasis on English was important to their high SAT scores. But then, if you’re spending all year developing a topic and writing a 20-page paper so you can stand up and give a one-hour presentation about it, PSATs or SATs may not seem like such a big deal! “I really feel like all the writing we do is great preparation for college. Canterbury is one big community,” Rainelle explained. “You learn to appreciate others’ ideas. And you learn that leadership means helping others reach their aspirations. The small class sizes mean lots of individual attention, so you really grasp the material and how to apply it.”

John agreed and added, “You get to interact with other students, not just the teacher. We get together after class and help each other.”

These are two students to watch out for. John Lage and Rainelle Nevers are names likely to be heard again. **NOW**



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## CookingNOW *In the Kitchen With* CHEF RASHEEDA GILLIS

— By Adam Walker

Rasheeda Gillis discovered her love of cooking at the early age of 7. Both her mother and grandmother encouraged her passion. “I have a few family recipes,” she explained, “but the cooks in my family don’t really share recipes.” She pursued her love to a degree in culinary arts at El Centro College, where she also earned various certificates in culinary and hospitality topics.

Rasheeda now leads the culinary arts program at Cedar Hill High School. She loves teaching others how to cook. “My goal is to educate, inspire and expose young adults to the benefits of and truths about the culinary industry. I love my job.” She enjoys creating flavors and plating food in new ways, and she makes recipes her own by playing with the spices. **NOW**

### Glazed Seafood Trio

**2 5-oz. salmon fillets**  
**Lemon pepper, to taste (divided use)**  
**Italian seasoning, to taste**  
**1 large lemon (divided use)**  
**6 3-bite prawns**  
**Seasoned salt, to taste**  
**1/2 cup clarified butter (divided use)**  
**1 cluster fresh steamed crab**  
**3 Tbsp. honey**  
**1 Tbsp. soy sauce**  
**1/2 tsp. cayenne pepper**  
**3 cloves garlic, minced**

**1.** Put broiler on low. Wash salmon; season to taste with the lemon pepper and Italian seasoning. Squeeze the juice from half of the

lemon on the fish. Wrap the fish with plastic wrap; place in the refrigerator for 15 minutes.

**2.** Devein and wash prawns. Season with seasoned salt, lemon pepper and 1 Tbsp. of clarified butter. Wrap the prawns with plastic wrap; place in the refrigerator for 15 minutes.

**3.** Remove crab from shells; place in a bowl with 1 Tbsp. butter and lemon pepper. Wrap the crab with plastic wrap; place in the refrigerator for 15 minutes.

**4.** While the seafood is resting, make a glaze by mixing the honey, soy sauce, remaining lemon juice, cayenne and garlic. Stir all together; set aside.

**5.** Put fish on a sheet pan; broil for 7-9 minutes. Add 3 prawns to the top of each fish; broil for another 4-6 minutes on high.

**6.** Add the glaze; add the crab to the top. Broil 2-4 additional minutes.

### Strawberry and Cream Sorbet

**1 lb. frozen strawberries**  
**1/4 cup cold water**  
**1/8 cup cream**  
**1 tsp. vanilla**  
**1 tsp. orange zest**  
**1/4 cup, plus 2 Tbsp. sugar**

**1.** Add frozen strawberries to a blender; pulse for 30 seconds. Add all the remaining ingredients; blend until smooth with light chunks.

**2.** Pour into a glass bowl. Place parchment paper over the bowl; wrap in plastic completely.

**3.** Freeze for 10-12 hours before serving.

### Cheesecake Stuffed Strawberries

**4 oz. cream cheese**  
**1/2 Tbsp. vanilla extract**  
**1 tsp. almond extract**  
**1/2 tsp. lemon zest**  
**6 large strawberries**  
**1/8 cup graham cracker crumbs**

**1.** Mix the first 4 ingredients in a bowl until smooth. Rest in refrigerator.



2. Remove stems and cores from the center of the strawberries.
3. Once removed, pipe cream filling inside. Dust the bottoms of the strawberries with graham crackers.

## Ribeye With Herb Butter

- 2 nice marbled ribeye steaks
- 2 cups red wine
- 3 Tbsp. EVOO
- Salt, to taste
- Coarse black pepper, to taste
- 6 garlic cloves, halved
- 6 sprigs thyme, or more to taste
- 1 bundle fresh sage
- 2 sprigs rosemary, or more to taste
- 2 dried bay leaves
- 1 large white onion, cut in medium slices

### Herb butter:

- 2 cloves garlic, finely minced
- 1 tsp. thyme leaves
- 1 sage leaf, chiffonade
- 1 tsp. rosemary leaves, chopped
- 2 sticks salted butter, room temperature

1. Take a steak and place it on a cutting board. Cover the steak with plastic wrap; lightly tenderize it with a meat cleaver. Flip the steak over and repeat. (Repeat this step with second steak.)
2. Place the steaks in a pan deep enough to be covered by wine. Pour wine and EVOO over steaks; gently massage both sides.
3. Season the steaks with salt to taste; cover with the remaining ingredients.
4. Wrap with plastic wrap; place in the refrigerator for 2-4 hours.
5. For herb butter: While steaks are resting, make herb butter by placing all ingredients in a bowl and mixing until completely smooth.
6. Scoop herb butter onto plastic wrap. Roll into a log on the plastic. Wrap securely; place in freezer.
7. Preheat oven to 400. Preheat a heavy cast-iron skillet to medium heat. Sear both sides of each steak 2-3 minutes. Return steaks to the pan with the marinade. Cover with foil; bake 6-8 minutes for medium, 10-12 minutes for medium-well or 15 minutes for well done. (These times are based on the thickness of your steak, 3 inches or thicker.)
8. In the last 2 minutes of cooking, add 3 or more slices of the frozen herb butter to the center of each steak. Remove foil; allow to finish cooking uncovered.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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# AMS Academic Solutions

— By Adam Walker

## AMS Academic Solutions

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Alexis Scott, founder of AMS Academic Solutions, wants every student to succeed. Her education service center is tucked away in The Ranch at Cedar Hill shopping center, at the far north end of town, and provides tutoring for math, reading, writing, biology, social studies, economics, physics and chemistry. They also have test prep for all of the major standardized tests from STAAR, ACT and SAT to GRE, GMAT, ISEE and GED. They can even provide tutoring for Spanish on an as-needed basis.

“We focus on foundational skills. We don’t teach to the test. We know that if you have the basic skills for any subject, you can succeed on any test, because you know how to do the work, not just how to take a particular test.” Alexis helps students toward that goal using the 5 C’s of success: Connection, Conversation, Comfort, Courage and Confidence. “A lot of times students know more than they think they do. They just need some help firming up their grasp of the basics, a little extra help and attention. But we can help students at any level of need. Every student is different, and we structure our lessons according to each student’s individual needs, whether that’s re-teaching a concept they haven’t yet grasped or brushing up old learning.”

While the focus at AMS Academic Solutions is on one-to-one tutoring, they do have online options available, and they have had students drive in from as far away as Little Elm for the kind of individualized help they provide!



They also offer some group classes for standardized test prep, which can be found on their calendar on their website. "Private tutoring sessions are \$45 per hour, and we cap the sessions at one hour each, because trying to concentrate on one subject any longer than that is counterproductive. But we offer discounts for buying multiple sessions at the same time."

"Every student is different, and we structure our lessons according to each student's individual needs."

Alexis calls herself a "triple-E," meaning she is an educator, an entrepreneur and an engineer. She has both a B.S. and an M.S. in math and has been teaching for 30 years. "I work as an engineer dealing with cybersecurity in the daytime and as a teacher in the evenings. It all started when co-workers started talking about their kids struggling with math. They knew I was also a college math professor. I helped a few of them out, and it sort of grew by word of mouth. Then I started getting requests for other subjects, so I started looking for people qualified to tutor those areas." And that's how AMS Academic Solutions was born 11 years ago. Alexis saw a need and a way to fill it.

AMS Academic Solutions has continued to grow in the kinds of assistance they offer, and they have plans of offering even more types of student support in the future. "Students come in defeated, thinking they can't learn. Their parents are frustrated, and don't know where to turn. We want to show them they can succeed. We're here. We're available, and we care about students. We can help you learn the material." **NOW**

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# TravelNOW

## Basecamp for Adventure

— By Lisa Branner

Nestled at 9,318 feet above sea level in Colorado's San Juan Mountains, Silverton is a picturesque former mining town steeped in Old West history. Established in 1874 as Baker's Park, the town was named a National Historic Landmark in 1961. Today Silverton has a population of 600, and has become a perfect basecamp for adventurous travelers of all stripes.

The San Juans boast some of the most rugged and beautiful terrain in the lower 48, and are home to 13 of Colorado's "Fourteeners," mountains so called because their peaks rise to over 14,000 feet. The range is dotted with alpine lakes and waterfalls, fields of wildflowers and historic ghost towns that are relics of a bygone era.

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coal-fired, steam-powered locomotive on the same tracks that miners, cowboys and settlers took over a century ago. Climbing nearly 3,000 feet, the train winds through spectacular canyons and remote wilderness. Travelers disembark on Notorious Blair Street, whose wooden sidewalks were once lined with saloons, gambling halls and bordellos.

The Million Dollar Highway, built as a toll road in the late 1880s by railroad magnate Otto Mears, is one of the most spectacular drives in the USA. This journey weaves through the mountains, clinging to tight curves and topping out at an elevation of 11,017 feet on Red Mountain Pass before dropping into the town of Ouray. In autumn, the abundance of Aspen trees makes this ideal for leaf peepers.

For the adventurous, a jeep or OHV tour along the Alpine



Loop provides a full day of thrills. This 65-mile, four-wheel-drive byway connects Silverton, Lake City and Ouray, climbing over two 12,000-foot passes. Along the way, stop for a visit to Animas Forks, a well-preserved ghost town. In its heyday, this bustling mining hub had more than 30 structures including hotels, saloons, a post office and a general store. Today fewer than a dozen buildings remain, restored by the San Juan County Historical Society.

Silverton is a mecca for winter recreation, too, with two ski areas and boundless backcountry. Kendall Mountain offers affordable family fun, with 240 feet of vertical drop, four groomed trails and one double chair lift. Ice skating, sledding and snowshoeing are allowed any time. For fat bikes and Nordic skiers, the Town Loop offers 2.5 miles of groomed cross-country trails accessed right from town. For the advanced skier, Silverton Mountain is a challenging big mountain experience with expert-only terrain and heli-skiing. The extensive winter trails on Molas Pass can be explored on your own or with a local snowmobile outfitter like Ice Pirates. Be sure to bring a camera to capture the impressive views.

Summer visitors seeking tranquility will relish Molas Lake Campground, rated "Most Scenic Campground in Colorado" by AAA. Just six miles south of Silverton, atop Molas Pass, the well-maintained campground provides unforgettable scenery, starry skies, a stocked 25-acre lake and hiking access to the Colorado Trail.

For year-round accommodations with historic flair, the Grand Imperial Hotel provides an upscale lodging experience in the heart of downtown Silverton. Built in 1882, recent renovations have returned this 135-year-old landmark to its original grandeur.

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# The Sweetest Valentine

— By Zachary R. Urquhart

*There is no bad time to open your heart to a new family member, but some people use Valentine's Day as the perfect reason to bring a four-legged friend into their home. If you have been thinking about adopting a pet, maybe this month is the time to make it happen. Here are some tips for selecting an animal for your family to love.*

## Choosing an Animal

- *Give it some thought.* There are dog people, and there are cat people. Probably the first thing you should do, if you think your family is ready to adopt a pet, is get an idea of what type animal you want to adopt. You might even decide that a bunny, bird or fish is what your family needs. There are so many animals out there that need a home. If you head into a shelter without any thought, you might be overwhelmed. Before heading out, a little research regarding animals, their personalities and needs may make your decision easier.

- *Be flexible.* Even though you should go in with a plan, do not assume the exact color or breed of dog or cat you want

will be there waiting to be adopted. If you are really wanting something specific, call the local clinics and shelters to see if they have what you are seeking. Because the size and temperament of dogs is so widely varied, if you are leaning toward a canine, there are some things you need to decide. Think about the size each breed is as an adult, how well they will interact with children and how much yard or house space you have to spare.

- *Start sooner rather than later.* If you are really set on a Valentine's Day adoption, you will want to get yourself ready within the first few days of the month. The actual adoption process at a clinic or shelter is relatively simple, but if there is any specificity in what you are looking





to adopt, you should give yourself a few days to find the pet that is just what your family wants.

### Choose an Organization

• *There are many options.* Probably the most well-known pet adoption agency is the SPCA. But in any given area, there are typically dozens of adoption locations. If you are specifically looking for a canine or feline, veterinary clinics and city pounds will sometimes have pets that face a short future if they are not adopted. Different agencies will have varying services, fees and requirements, so your willingness to welcome a pet with an unknown health history may be a major factor in where you adopt.



• *There are online options.* In the last decade or so, many Internet pet-finder services have begun helping people find the pet that fits their family. If you have specific needs, or if you are looking for a less common breed or type of pet, using an online search engine may be your best bet. If you do find an animal this way, though, be sure to contact the pet's current home before leaving. Some sites are third parties, so there could be a lag from animals being adopted to websites being updated.

### Get Ready

• *Make living arrangements.* If you are bringing a dog or cat into your home, you will need to have a place for them. With the relative cold this time of year, plan on having them inside the house, even if that means they are sleeping in a laundry room or other extra space. Have a litter box for your cat or a piddle pad if you have chosen a puppy. While you do not

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need to safeguard your house the same way you would when bringing a baby into the home, you do want to put up anything a new pet could either hurt themselves with or anything that you do not want damaged. And if your pet is a more contained animal like a fish or reptile, be sure you have a safe spot for the bowl or terrarium that a young child would not easily knock over or break.

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After

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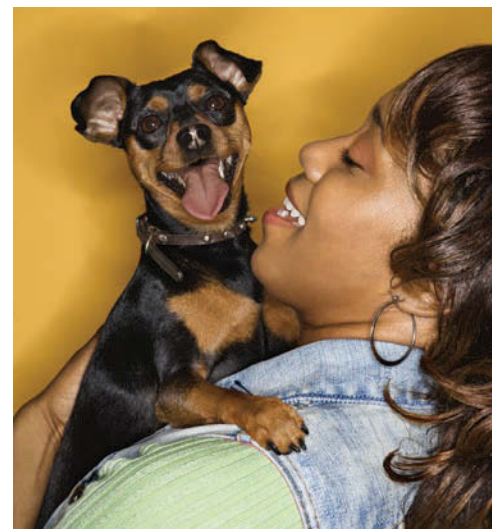
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Dr. Maya Barfield



• *Buy supplies.* You should wait until you are sure of the exact breed of pet you are getting before buying food, in case the Chihuahua you think you want turns into a Golden Retriever that needs a heartier diet. Buying more neutral items — like a water bowl or chew toy — might help the rest of your family and any existing pets transition more easily.

• *Prep the paperwork.* For the most part, all you will need to complete the adoption will be a nominal fee and your ID. Before you head to the shelter, make sure there is nothing else required. While you are getting any pre-adoption paperwork in order, make sure you have identified a local veterinarian so that you have a plan for the first time your pet needs to go in.

Use Valentine's Day to make your pet adoption a big event. Bring your pet home to heart-shaped tags, or wrap your crate, kennel or carrier with a red bow. Whatever pet you are considering, February 14 is a special time to add to your family through adoption. **NOW**



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## Zoomed In: DorothyAnne

By Adam Walker

Local singer-songwriter DorothyAnne sang songs she wrote for the crowd at her release party for her debut EP, *Always Hope*. “My mom organized the event. I was on cloud nine!” DorothyAnne is originally from the Philippines and uses her singing to raise money for Food for the Hungry and encourage people to sponsor children.

Her album is a mixture of pop ballads and worship songs. “I’m passionate about telling stories. My lyrics talk about life’s journey and hope in the midst of struggle.” Her songs encourage and inspire her listeners. When not recording original albums, she homeschools her five children, leads worship at her church and serves as a mentor for other artists.



*Cedar Hill kids join a drumming circle at an Arts After Dark event at the Zula B. Wylie library.*



*Coulaj Eans of DeSoto West Middle School wins the DeSoto ISD District Spelling Bee and poses with his parents, Dr. Latasha Bassette and Dr. David C. Harris.*



*Dr. Jerry Hatley of Duncanville gives this happy young patient an adjustment.*



*Kids enjoy an afternoon of fun at Altitude Jump Park in Cedar Hill.*



*Art lovers take in an exhibition at Duncanville's Inner Space Gallery.*





At the BSW Luncheon, Chair Maranda Augenne passes the huge gavel to incoming Chair Dr. Cynthia Mickens Ross.



A stylist at Great Clips in Cedar Hill finishes up another satisfied customer.



First Methodist School students present food to Duncanville Outreach Ministry representative Tony Davis.



Raymond Beck celebrates turning 10 with Remember the Giants event planners at the DeSoto Rec Center.

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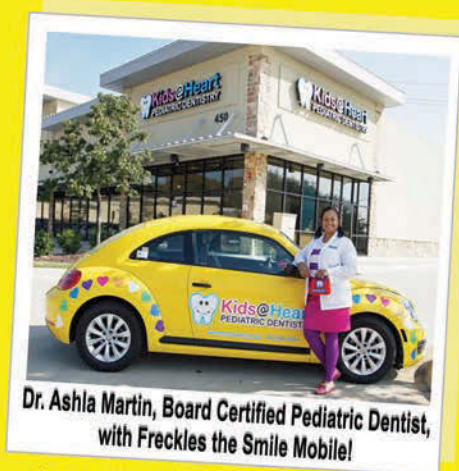




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# Calendar

3

Respect My Pretty Workshop:  
Noon-2:00 p.m., DeSoto Public  
Library, 211 E. Pleasant Run Rd.,  
DeSoto. Call (972) 230-9662 to register.

*Beauty and the Beast* Daddy Daughter  
Dance: 6:00-9:00, Alan E. Sims  
Recreation Center, 310 E. Parkerville  
Rd., Cedar Hill. Call (972) 291-5130  
for ticket information.

Daddy and Daughter Dance: 6:30-  
9:30 p.m., DeSoto Civic Center, 211  
E. Pleasant Run Rd., DeSoto. \$35 per  
couple. \$15 each additional daughter.

9

Little Cupid's Corner: 10:00 a.m.-  
noon, Hillside Village, 305 W. FM  
1382, Space #715, Cedar Hill. Come  
and go crafting for pre-school to  
elementary kids.



Respect My Pretty Workshop: 4:30-  
6:00 p.m., DeSoto Public Library,  
211 E. Pleasant Run Rd., DeSoto.  
Call (972) 230-9662 to register.

10

I'm Pretty Like Me Extravaganza:  
4:30-6:00 p.m., DeSoto Public  
Library, 211 E. Pleasant Run Rd.,  
DeSoto. Call (972) 230-9662 to  
register.

Daddy Daughter Dance "Find Your  
Golden Ticket": 6:00-9:00 p.m.,  
Duncanville Recreation Center,  
210 James Collins Blvd., Duncanville.  
\$50 per couple, \$15 each additional  
daughter.

Valentiene's Carriage Rides: 6:00-9:00  
p.m., Hillside Village, 305 W. FM  
1382, Cedar Hill. Free, but donations  
accepted for The American Heart  
Association.

11

Valentiene's Carriage Rides: 3:00-6:00  
p.m., Hillside Village, 305 W. FM  
1382, Cedar Hill. Free, but donations  
accepted for The American Heart  
Association.

14

Valentine's Pancake Breakfast: 9:00 a.m.,  
D.L. Hopkins Jr., Senior Center, 206  
James Collins Blvd., Duncanville. \$5.



16

Smooches for Pooches: 6:00 p.m.,  
Visual Expressions Art Gallery,  
1425 N. Hwy 67, Cedar Hill.  
Benefiting Tri-Cities Animal Shelter.

17

Emotion Art Exhibit: 6:00-9:00 p.m.,  
Sly Cat Gallery, 206 S. Broad St.,

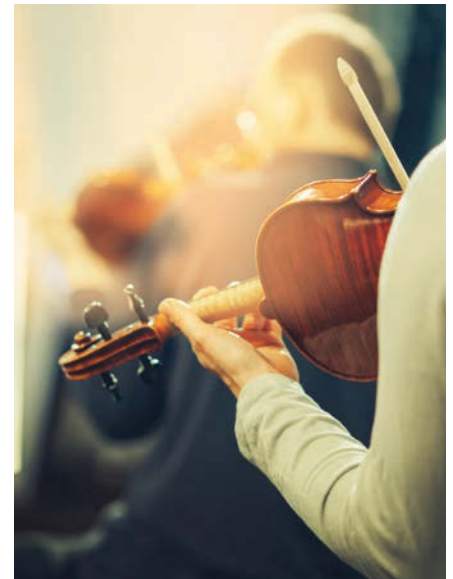
Cedar Hill. Artwork entwined with  
sentiments. Opening reception.

18

Gospelfest 2018 "The Art of Praise":  
4:00 p.m., Faith Bible Church,  
1437 W. Pleasant Run Rd., DeSoto.  
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24

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Ongoing:

First Mondays  
The Rotary Club of Cedar Hill:  
6:00 p.m., High Pointe Baptist  
Church, 101 High Pointe Ln. The  
club consists of a diverse group of  
local business people and civic leaders  
who have completely embraced the  
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"Service Above Self" theme. The  
club is active in the community,



supporting many local nonprofits and programs.

## Third Mondays

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

## Second Tuesdays

Dallas Area Writers Group (DAWG), 7:00 p.m., Zula B. Wylie Public Library, Cedar Hill. DAWG meetings are open to all writers. Free to attend. [www.dallaswriters.org](http://www.dallaswriters.org)

## Second and Fourth Tuesdays

Pokémon Trading Card and Video Gaming: 4:00 p.m., DeSoto Public Library. Free. New players welcome. Call (972) 230-9666.

## Thursdays

Tiempo de Historias en Espanol: 5:30

p.m., Duncanville Public Library. For more information, call (972) 780-5050.

## Hats and Hugs: 10:00 a.m.-noon.,

DeSoto Public Library. Make hats for various causes. Call (972) 898-7919 for information.

Everything Teen Talk: 5:00-7:00 p.m., Radio Show sponsored by DeSoto Public Library. Call (972) 230-9663 for information.



## Second Thursdays

Genealogy: 6:30 p.m., Zula B. Wylie Library, Cedar Hill. Learn more about finding your ancestors.

## Third Fridays

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

## Second and Fourth Saturdays

V-Men Empowerment Program: 3:00-5:00 p.m., DeSoto Public Library. Call (972) 230-9661 to register.

## Third Saturdays

Duncan Switch Saturday Street Market: 9:00 a.m.-3:00 p.m., Main and Center streets, Duncanville. The event will include vendors, food and fun.

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