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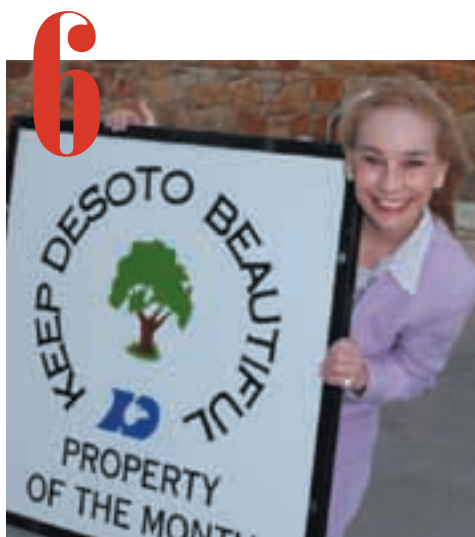
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*Photo by Natalie Busch.*

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**Publisher,** Connie Poirier  
**General Manager,** Rick Hensley  
**Managing Editor,** Becky Walker  
**Editorial Coordinator,** Sandra McIntosh  
**Creative Director,** Jami Navarro  
**Art Director,** Chris McCalla  
**Sales Assistant,** Jessica Vasquez

**Southwest Editor,** Beverly Shay  
**Contributing Writers,** Lesa Ansell • Nancy Fenton  
Melinda Hines • Amanda Madden Pitt  
**Photography,** Natalie Busch • Rod Cordsen • Ivey  
**Photography •** Sandra McIntosh • Terri Ozymy  
**Contributing Editors/Proofreaders,** Pamela Parisi  
Jaime Ruark • Beverly Shay

**Advertising Representatives,** Jill Odle • Terri Ozymy  
Will Epps • Carolyn Mixon • Linda Moffett • Kevin  
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**Graphic Designers,** Julie Carpenter  
Allee Brand • Dale Frie • Marshall Hinsley  
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MAGAZINE

## Editor's Note

*Greetings, Southwest Friends,*

I imagine you are all as ready for spring as I am! What a good time to clean out and gear up for summer inside and out. Speaking of cleaning out, read our main feature for tips on recycling and going green. I know we would like to keep each of our communities beautiful!

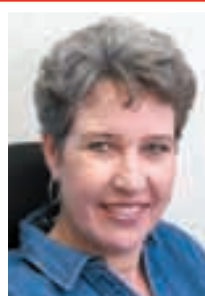
While you are reading, visit the home of Freddy and Bekka Boswell, world travelers, committed community servers and all-round good people.

If you have a flair for drama, you will enjoy our art feature about Rayanna Fields and her Kaleidoscope team, who have also seen quite a bit of the world. You can even join in the drama!

In our education feature, Tina Hill, Cedar Hill High School senior, provides a student's perspective on school and the future. Meet more outstanding high school students, and their coach, in our sports feature on the DeSoto girls' track champions.

Get outside and enjoy the fresh air while reading about your communities.

*Beverly Shay*  
SouthwestNOW Editor



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## Turning Mountains Back Into Mole Hills

— By Sandra McIntosh

DeSoto has been referred to as the All-American City in many board rooms, media reports and sidewalk conversations over the years. To Linda Zander, it is that and so much more. "Beauty to me means so much more than the visual aspects," Linda said. "It's not just about aesthetics. It is learning a better way in which to dispose of our trash." As chairwoman on the Keep DeSoto Beautiful (KDB) board, Linda is striving to turn the city "green." She is making great strides toward her goal with the help of her fellow board members and those at the city administrative level. "It's all about a new way of thinking," she said. "Granted, it's a lifestyle change, but it's one that can save DeSoto, and the world, for many generations to come."

The KDB organization began in March 1999 with an appointed board. The current board is comprised of seven adult members and four student members chosen from among several applicants from the high school campus. "We felt the organization would profit from having high school student involvement," Linda explained further. "Students

can influence their peers, as well as anyone they may come in contact with. It was, and still is, important to include them."

In those early years, the organization's goal was to plant flowers in key locations around town, as well as designating special days for citywide cleanups. For the past three years, the goal behind KDB has radically changed. "The goals just evolved over the years," Linda added. "We knew we needed to focus on the education of our future citizens of DeSoto, our area youth, if we were going to be successful in implementing this new way of life." In order to refocus, Linda went before the KDB board and asked them to rethink their goals and move forward in another direction. The direction was simple — go green and begin the action of recycling.

When explaining the dilemma we all face as Americans in an ever-growing world, Linda begins by talking about the area landfills that no longer go unnoticed

by those passing by. As a society, we have turned mole hills into mountains. Linda's facial expression becomes serious as she talks about a future without recycling. "People seem to be a bit apathetic," she said. "People seem to think that if they throw something away, it's gone forever. That is definitely not the case. If we continue to behave as if it doesn't matter, we are all going to run out of resources at the same time. People just need some direction and education on how to proceed. That's what KDB is working diligently to provide."

Statistics show that the "20/80 rule" governs the way in which







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Americans currently recycle. "Twenty percent are actively recycling right now," Linda said. "My goal is to see that percentage change to 100 percent." Her first stop on her mission was City Hall. She used the shape of a circle and the idea of a pie cut into several slices to explain the plans being implemented to the DeSoto City Council. "The KDB board is located in the center of the circle," she said. "We attempt to encourage, educate and assist in the best way we know how. The first slice, or target, was the municipality." Linda had many meetings where she went before the city to plead her case. Her philosophy was quite simple. "We need to lead by example from the top down," she said. "So, we started with the city and hopefully the act of recycling will work its way down to every home in DeSoto."



The example Linda shared of a simple plastic water bottle hits close to home and gave those in ear-shot a much better understanding of the overall importance of recycling. "The plastic water bottle is the nemesis of landfills because they are not biodegradable," she informed. "Most people put the lid back on the water bottle before disposing of it, which causes a pocket of air to build up in the bottle. This means the bottle takes up more space in the landfill." Linda is not asking people to leave the caps off and then discard the bottles. Her heartfelt request is that consumers take the cap off and recycle. "The same goes for aluminum cans," she quickly added. "I'm radical for a change that will cause a positive outcome."

Renee Johnson, managing director of Parks and Leisure Services, works in tandem with the KDB board. Since City Hall was the first area to be targeted, Renee has assisted Linda on most of her endeavors concerning the issue of going green. The first recycling implementation consisted of large blue containers that can be requested by



homeowners at no expense. "DeSoto residents are fortunate they don't have to separate their recyclables into three or four categories," Linda said. "All they have to do is throw all items that can be recycled into the blue bins and set them out every Wednesday for pickup. It doesn't get much easier than that."

Linda also stated that when in doubt, look for the triangular marking usually found on the bottom of most recyclable items. Linda is proud to report that the city went a couple of steps further. "Each desk in the city offices now has a desk-side recycling bin where plastic and aluminum cans may be discarded," she explained. "They have also made the commitment to provide a recycling container at any city event."



The next slice of the recycling pie will be the schools, followed by the business community and then the total population of DeSoto.

Linda is hoping for a chain reaction of sorts. "I truly believe everyone wants to do the right thing. We've just been throwing it all away for so long that we need to change our way of thinking. Diverting unnecessary items from area landfills is a good choice financially, as well as environmentally." Linda feels confident that the youth involvement may have the biggest impact on the community as a whole. "When youth are educated, they begin to hold their parents accountable for their futures," she explained further. "What they learn can take them into adulthood, whether it is in DeSoto or Oshkosh. It's up to parents to follow the example of their children when it comes to recycling."

To say Linda is passionate about going green would be a huge understatement. She has been known to fill in whenever and wherever possible as the need arises. On occasion, she has even been known to don the KDBee mascot uniform. One minute she may be the "velvet hammer," while other times she may be running around acting silly for a cause that means the world to her. **XXX**

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# Transplanted Islanders

— By Beverly Shay

"We grew up one mile from the same freeway 300 miles apart," began Freddy Boswell, Duncanville resident since 1998. Freddy, whose father was in the Air Force, was born in Georgia, lived in Hawaii, Ft. Worth, Oklahoma and Alabama. Bekah Boswell grew up in Huntsville, Alabama. Although both had traveled Highway 231, they did not meet until they were students at Oral Roberts University in Tulsa, Oklahoma, where he studied theology and she studied nursing. "Bekah already knew she was called to missions. I got my call when Bekah told me she was going," quipped Freddy.

Their first home was in a suburb of Atlanta, Georgia. Freddy preached and Bekah nursed. In 1986, they took their first mission post in the Peruvian jungle, where Freddy, along with four local pastors he was training, evangelized along the river. Bekah remained in the village with their 1-year-old son, John. "We did everything wrong," Bekah lamented, albeit with a grin. "It was a disaster: We couldn't get the correct visas; the most formidable rebel movement in Latin America (during the '80s), 'Shining Path,' was terrorizing the countryside; bouts of hepatitis, giardia and fatigue sent us home after just a few months. We left everything there, thinking we would return shortly once our health improved. We never did go back.



**At Home With  
Freddy and Bekah Boswell**



"As Freddy struggled, trying to rid his body of sickness, we began to think maybe we weren't cut out for missions after all," Bekah confessed. "Recognizing better the value of experience and now humbled by our 'adventures,' we were suddenly eager to train under Wycliffe, an agency with more knowledge and proven success."

Freddy picked up the narration, "We ended up in Dallas for 11/2 years of SIL (Summer Institute of Linguistics) training beginning in 1986, where our second son, David, was born." Headed for the Solomon Islands, they first spent six months in Papua New



Guinea. For the next 10 years they worked on Bible translations in the *Cheke Holo* language. *Cheke Holo* means 'talk of the interior of the island' or, more commonly, 'talk of the bush.' Freddy served as the translation team advisor. Translation had begun 10 years earlier; after a total of 16 years of diligent labor the *Cheke Holo* New Testament was published and then released to the public in 1994.

While in the Solomon Islands, the Boswell family lived like the local people. "We had a leaf house, well, the roof was made of Sago palm leaves and the walls were woven bamboo, some of



which Bekah wove herself. Bekah came back to the States to give birth to her third child, Kathryn, but they were back in the Solomon Islands by the time Kathryn was 5 weeks old. It was an ideal place to rear a family. Bekah worked on a literacy book based on Bible stories. Even though they left the islands, they have not really left the work behind. Freddy recently completed a 400-page *Cheke Holo* grammar as part of his doctoral thesis.



"A funny thing happens among linguist/Bible translators when you try to take a furlough, especially if you give up the directorship when leaving for a year. Immediately, everyone thinks you are available, since you are not 'doing anything' and they try to recruit you for their projects," Freddy mused. Already consulting internationally, he began serving as international translation coordinator, necessitating that Dallas become their home base.

"We were all excited at the prospect of a new home, so we concocted a list of things we wanted. The Realtor thought we were nuts and wondered where in the world we had been living," Bekah laughed. "Our list included: (with great hesitancy) two bathrooms with hot water, if at all possible. Oh, and a bathtub would really be luxurious. We sincerely hoped

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we weren't asking for too much."

After looking and looking, they found a 2,300-square-foot home built in 1978 on the curve of a cul-de-sac with an extended backyard lot, more than adequate for friends and football. Not wanting a pool (how can you replace the Pacific?), they got one, just beyond the large, covered back porch. "The double garage had been converted into a perfect game room. Well, perfect except for the shag carpeting on the wall. Freddy tore that out and replaced it with floor-to-ceiling bookshelves for most, though not all, of our books," Bekah explained.

The open design has been put to continuous good use for entertaining — over 100 people at once on several occasions. "We wanted a home where

those visiting from developing countries could be just as much at home and comfortable as some of our wealthier friends," Bekah said. The harvest gold, avocado and blue decor was removed as they updated. Freddy and his father-in-law redid the countertops

in the kitchen and renovated the bathroom (they kept the tub). Bekah and Freddy put in new tile floors and faux stained glass windows in the entryway "so the dog wouldn't tear down the curtains," Bekah commented.

Throughout the home are souvenirs and memoirs of their island life. The converted, family room features an entire wall of artifacts: a baby sling called a *bilum* made by an islander, which Bekah used to carry David; shell money used to buy brides (they never bought one); and boar teeth given to them by the chief when they left — a high honor indeed, since only



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chiefs are given boar teeth. Comfy furniture and an ongoing “mystery” jigsaw puzzle invite lingering.

The four bedrooms, one of which is now Freddy’s office/study, were furnished with antiques and hand-me-down furniture from their grandparents. Bekah and Freddy stripped the solid wood pieces and beautifully refinished them. When Kathryn (now 17) got her own room, she painted it blue and hung playbills from the many theater productions she has been in. She



played the lead in *Beauty and the Beast* and *Cinderella*, as well as being a Radio Disney voice actress. “I’d like to do Broadway,” she calmly stated.

Their oldest son, John, shares a

room with brother, David, when home on leave from the Air Force where he is 2nd Lt. Boswell, soon to be stationed in the Pacific. David is in his second year at Harvard. “Along with exceptional grades/test scores, a good work and community service record, you have to have ‘a story’ to get into Harvard,” explained Bekah. “David had to write an essay on how he could add diversity to the campus. His essay/story included overcoming a



serious stuttering problem, as well as his early years in the Solomon Islands.”

“For now, home is still in Duncanville,” confided Freddy. “But we’re ready to go anywhere in the world.” **NOW**

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# ARTS NOW

## Kaleidoscope: Beautiful Form

— By Beverly Shay

Duncanville resident Rayanna Fields grew up influenced by drama. Her great-grandfather came to America from Italy, where he had learned the arts while studying for the priesthood. No longer pursuing the priesthood, he started his career as a drama coach for the Metropolitan Opera in New York, made silent movies and eventually moved to Arizona, where he bought land and built a movie studio/sound stage called Cudia City. There he created the TV program *The Twenty-six Men*. He was also a painter, a sculptor and a musician. "His gifts and passion for the arts was passed down to me," explained Rayanna.

"I have always read a lot and written a lot," confessed Rayanna, whose first dramatic role was in a play at Walnut Grove High School in Mississippi in 1965. With an undergraduate degree in music, she became a music educator. "My friend, the second grade teacher at the school where I taught for eight years, convinced me to help her with a school musical. *The Little Red Hen* was the first of many musicals I wrote for the grade school, junior high and high schools," she remembered.

"I also wrote musicals for the Methodist church. One, we performed

that I didn't write, was called *The Clown*, which we presented while traveling through Florida and Mississippi. It was a very fulfilling outlet for me," Rayanna reminisced.

Moving to Phoenix as a single mom, Rayanna taught music at the Valley Cathedral School and directed a children's choir of 90. "We put together a Christmas musical with 400 school children. It was as if God gave me a download — I 'saw' the entire musical in my mind and wrote out what I saw," Rayanna enthused. Performed as a theater-in-the-round, *The Gift Goes On* was a huge success, beginning with a mime of the creation set to Haydn's "Creation."

In 1987, Rayanna traveled to Dallas to study at Christ For The Nations Institute (CFNI). There Rayanna was mentored and instructed in piano by Anna Jeanne Price. As a child, Anna Jeanne studied piano alongside Van Cliburn — both were instructed by his mother. In 1991, Anna Jeanne was asked to develop an evangelistic drama. "Together, Anna Jeanne and I wrote four dramas entitled *Testimony Time in Heaven*. The newly formed Creative Musical Drama (CMD) class staged those dramas. Based on real testimonies of life-changing encounters with God,

the dramas were set in heaven, where people gave 'accounts' of their lives on earth," reported Rayanna.

"Each year, as we wrote a new script for *Testimony Time in Heaven*, we added new stories from different nations and new props, using light, laser and video-Mylar techniques that my husband, Tom, provided. It was such a successful evangelistic medium that the [then] director of the institute, Larry Hill, told us to take it to the nations in 1995." Rayanna created an outreach team called Kaleidoscope; they used the drama, as well as human video, improvisation, dance, flags and hip-hop routines. "Our first trip was to Jamaica. We went to orphanages, schools, churches and two prisons. The inmates in the maximum security unit broke my heart; they seemed so hardened, yelling obscenities at us from their zoo-like conditions. But at a minimum-security facility, 24 people received Christ as we prayed with them following the presentation," Rayanna recalled.

Rayanna now had a vision for the world; so did her arts students. Year after year, the team, made up of new and returning students, as well as some alumni, traveled across the U.S. and to





## ARTS NOW

different countries including: Mexico, West Europe, Australia and Fiji, Poland and the Ukraine, France, Germany, Italy, England and Brazil, using the arts to effectively communicate despite language and cultural barriers.

"I am not an artist for art's sake as my great-grandfather was. For me, art is the tool to reach today's society with physical and emotional healing, because our world is a sight/sound oriented society. Many of our team members experience healing as well. The Polish CMD team at CFN Poland we helped to start in 2001 is now radically impacting Poland and Europe," Rayanna commented.

In 2006, Rayanna left her teaching position at CFNI to work part-time as an outreach and drama pastor with CFN Church and full-time with Kaleidoscope. "The name comes from the Greek; *kalo* meaning 'beautiful,' *ido* means form and *scope* is an instrument; so we are an instrument for revealing the beautiful form of God and His plan for the nations," she proclaimed. At this point Rayanna brought out an exquisite kaleidoscope purchased in Japan. "Looking through it with ordinary light it is pretty enough; but when a light shines through it, true beauty is revealed. We are artists, communicators; each of us contributes variable art forms. When combined with the light of the Gospel, the arts reveal the compelling truth of God," Rayanna declared.

The Lublin Kaleidoscope arts team travels throughout Europe and were invited to minister in a Polish Catholic church during the Easter services. Kaleidoscope has also prepared videos to teach choreography, team and ministry development. The multimedia interaction is designed to relate to those outside a church setting as well. "The arts are a powerful tool for communicating with young people all over the world," Rayanna stated. **NOW**



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## Sports NOW



# Running Toward Their Goals

— By Amanda Madden Pitt

"I believe running is a great way for a young person to learn work ethic, dedication and teamwork. Our kids know that these three things are what it takes to win a state championship," said June Villers, DeSoto High School's head track coach. Last year, the Lady Eagles' hard work paid off when they took first place overall at the state competition. Their trophy is displayed in the school's athletic office for all to see, and the 2008 team has high hopes that another will soon join their collection.

Competition is strong, and last year the Lady Eagles' top competitors included Skyline and Cedar Hill, but "it changes year to year," Coach Villers said. The DHS girls' track team was 42 strong in 2007 and has 45 team members this year. Among those with outstanding placement, who helped the team obtain 54 out of 58 possible points to win state last year, were senior Gayla Cloud, who placed second in the 100 and 300 meter hurdles, and '07 junior Skylar White, who placed first in shot put and first in discus. The Lady Eagles took a team-first in the mile relay.

When asked what the best thing

was about winning state, Skylar said, "Being able to have that title for that year and for the rest of my life, and letting everyone know that anybody can win state if they work hard and really want it." Skylar also said that throwing has made her more confident — with a discus score of 158'7" and a shot put score of 45'8", she has a lot to be confident about. To qualify for state again this year, the team must be in the

## Ethic, dedication and teamwork.

top three at district, then in the top two at regionals. Coach Villers' goal for 2008 is to win district and qualify as many girls for regionals as possible.

The day begins at 6:00 a.m. for Coach Villers, and often finishes 12 hours later, following the second practice of the day during heavy training season. Sometimes, when it is too cold for the girls to run outside, they have to resort to an indoor track. A word to the wise about training from team member Hayley Shade, "Never eat nachos 10



minutes before you run!"

Although it is Coach Villers' first year as varsity head coach for the Lady Eagles, she is not new to the role or the sport. She spent four years as head coach at Palmer High School and served as varsity assistant coach for five years at DeSoto High. She accepted the varsity head coach position at DeSoto when her predecessor, Brent Jones, retired in 2007, after 31 years of service. Coach

Villers said it is an honor to fill Jones' shoes. Not only was Jones a major influence for the Lady Eagles, he was also Coach Villers' high school track coach.

Today, with a 1 1/2-year-old son and an understanding of the impact that sports can have in a young person's life, Villers is glad that she chose her profession. "Track is my love," she said. Her favorite things about coaching are helping the girls improve their coordination and technical ability and seeing her team progress through the



## Sports NOW

day-to-day routine. She also admitted that the most challenging part of her job is the rigorous daily regimen the team goes through to prepare for competition. "During the fall, we do general conditioning, which includes a lot of aerobic work," she said. "The girls must run a two-mile, timed trial to make the team. As the year progresses, the runs get shorter but more intense. It's not just the sport we focus on, grades are important to us as well," she added. Good grades accompanied by amazing track skills really paid off for Gayla, a hurdler and senior in 2007, who received a full-ride track scholarship to Southern Methodist University (SMU).

Track is important in ways that go beyond just running a race. "It has taught me to push myself and strive to be the best at all times, not only in track, but in life in general," said Roshunda Pierson, a mile-relay team first-place winner.

"Track gives structure to my day and gives me something to look forward to when I wake up every day. Plus, I have an insatiable compulsion to run," Hayley said.

"You have to be self-motivated. You can have the best coaches and the most motivational parents, but when it comes down to the race, your work ethic is what makes you win or lose," said Diamond Richardson, also a mile-relay team member. Monica Dunn, a mile-relay first-place team winner said the best thing to her about winning state is, "getting a lot of recognition and making history for DeSoto."

Of course, we cannot forget the behind-the-scenes people who make it possible for the girls to compete. The Lady Eagles definitely do not go without community support, as moms and dads travel to track meets to show their school spirit and support the girls. "We have great parents," Coach Villers said. "They are always willing to volunteer." **NOW**



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## Business NOW



## Providing the — By Beverly Shay WOW Factor

Imagine an entire store dedicated to making little girls' dreams come true. Imagine a store filled with hundreds of costumes and play clothes; real beauty stations where hair, make-up and nails are done ... just like models have. Imagine mini-chandeliers, glittery pink walls, a stage with a full-size disco ball, alcoves set for a luau, a ball or hip-hop contest. Now imagine your daughter or granddaughter, along with five or more friends, celebrating her birthday at that very place. There is no doubt "It's a Girl Thang!"

"We have created a theme-party facility," explained co-owner Laura Espinosa. Her business partner/sister-in-law, Julie Molina added, "We call it the 'Ultimate Party Experience.'" Inspired by the hugely successful, well-accoladed, themed birthday parties Laura designed for her own daughter, Laura finally confessed to her Cedar Hill friend, Kim May, "I have this dream ..." We thank Kim for all her creative ideas and incredible input in this venture."

The dream was to build/create a safe, private party place, with customized

party themes where everything was done and all a mom had to do was bring the birthday girl and her friends. "We cater to girls ages 3 - 15 and require a minimum of five. We actually had 24 for a party once. We customize the party to the customer's budget and the child's personality," Laura explained. "For ages 3 - 5 the 'Belle of the Ball' theme is the most popular with princess dresses, up-dos, make-up and coronation

just as much fun creating the ultimate party for these young girls as the participants have partying. "When they walk in here and just stop, looking all around, unable to even move, and you hear them say, 'Wowwww!' that's when we know we have achieved our goal of creating the 'wow factor,'" Julie confided.

Other themes include: Heavenly Angels, Old Fashioned TeaParty, Hawaiian Luau, Butterfly Princess,



ceremony. Everyone is a princess! For ages 7 - 9, 'Bust-A-Move' is the hands-down favorite. They get to be rock stars in hip-hop outfits and learn a choreographed dance."

Dialogue skipped back and forth between Laura and Julie, their animated faces conveying the truth: They have



Hippy 50's Shake, Hollywood Red Carpet and Spa Party. The basic party starts at \$25/person and includes: costumes during party; hair, make-up and nails, a theme-inspired, take-home craft, party favors and a gift for the birthday girl. Popular add-ons include: a theme cake (\$25 - 35), balloon bouquet



## Business NOW



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Only one party at a time (lasting one-and-a-half to two hours) is held at It's a Girl Thang, located at 818 N. Hwy. 67, Suite 102 in Cedar Hill (on the northbound 67 service road between 1382 and Pleasant Run). Parents love the fact it is not in a mall. Supervision is plentiful with junior hostesses (ages 15 - 17) chosen for their fun, bubbly, high-energy personalities and their previous experience and love for children. A five-girl party includes two junior hostesses, along with the owners. Ten-girl parties include three hostesses. The hostesses work directly with the girls throughout their entire party experience, doing their hair, make-up and nails, teaching them dances or playing games and helping them with crafts. Each of the hostesses have been taught how to include each child, how to encourage them and draw attention to each person's inner beauty. "We teach them to look for inner beauty in others. Everyone is a winner. And we slip in manners in fun ways as often as we can," Julie explained.

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## Education **NOW**

# One Focused Senior

— By Beverly Shay

She is planning to attend Texas A&M for premed, followed by time in the United States Air Force before returning to school to become an OB-GYN doctor. Miss Tina Hill, Cedar Hill High School senior, is one very ambitious, very focused and very accomplished young woman. How did she get this way?

"My success is probably based on having a good family and upbringing. I was given an awareness of consequences to your choices," confessed Tina, as her grandmother hovered nearby, eager to fill in any missing details. Her grandmother, Mary Ellen Richardson, not only reared her own children; she currently has two "grands" and two "great-grands" as she calls them whom she is rearing, even during a bout with breast cancer in 2003. "I only took three days off work," she stated. "Even through the radiation and chemo treatments, I wasn't really sick."

The family moved to Cedar Hill from Mt. Vernon, New York, in 1997. Tina has been educated in Cedar Hill public schools from second grade onward. She appeared to be a quiet, laid-back young woman, but her calm exterior of the moment abruptly changed as she began to describe her activities.

"I am involved in ROTC [Reserve Officers' Training Corps], National Honor Society, student council, drama, AAU [Amateur Athletic Union] summer league basketball — I played basketball from fourth - 10th grade," she paused for breath, as she considered other things she enjoys doing. One of Tina's favorite activities is the mime team, which she joined. "They are a professional group called The Wandering Mime Ministry; they came to our church (St. Mark African Methodist Episcopal Zion Church, pastored by John C. Morris Jr.) to teach and later asked me to join. I have been involved with them [Wondering Mime Ministry] for one year now," Tina confided. She has participated, either with a team or on her own, in various competitions for three years, competing or ministering in Mississippi, Arkansas, Kansas and Louisville, Kentucky.

Her grandmother prodded her to tell of other places she has traveled in recent years. "I went to a women's retreat in Arizona," Tina added. She has also been to New Orleans for a four-day youth conference where she taught various dance



classes and participated in two projects: building a foundation for a house and stocking and distributing food for a food pantry.

As the conversation moved back to her ROTC involvement, Tina became animated again. "ROTC is my favorite part of school," Tina admitted. "My sister was in ROTC and my aunt and uncle were in the Air Force and my grandfather served in the military." Tina is a cadet captain. "That is sort of like a flight commander; I lead a 20-student awareness presentation team. We speak in schools encouraging kids to be aware of the dangers of drug and gang involvement.

"In the summer of 2005, I got to do flight training!" she enthused. "It was through the DFW administration of the FAA [Federal Aviation Administration]. I got to fly an AF-6. That was really cool!" Tina also flew a Cessna airplane in New Mexico because she had been selected to attend ROTC Honors Camp, something

only one percent of ROTC students get to do. "We went for one week last summer (2007). The focus was on leadership skills; we played trust games and did a lot of physical fitness things, as well as flying!"

Most of Tina's classes at Cedar Hill High School are honors classes. "In an honors class, the students have different attitudes than in regular classes; there is less talking, the whole class flows better and more work is done. There is definitely more drive in the honors students. Science is my favorite subject. Cedar Hill High School has a pretty good ethnic diversity.





## Education **NOW**

The positive side of that kind of variety of people is you get to interact in a realistic world setting. The negative side with that kind of variety of people is you have so many different mindsets present. When those mindsets are negative, a group as a whole can be penalized for the actions of a few," Tina observed.



Master Sgt. Richard Tomme and Tina Hill pose for a photo during ROTC class.

"You can't change people's attitudes or personalities. People are influenced by how they were brought up and you can't change that either. But I do think our principal has brought some positive changes; for example, in the dress code," she commented.

Tina said the most difficult thing for her right now is staying focused because of time demands and her job. She works at the International House of Pancakes as a server approximately 30 hours a week. This young woman certainly challenges some people's stereotypes of teenagers being lazy. Tina hopes her dance abilities will provide a college scholarship.

Tina's favorite teachers are Ms. Wright, her English teacher and Coach Terry. She also credits Sister Marcela Morris as her mentor. Tina, who likes to watch the television program *House*, said she is most grateful for life. "I want to bring life into the world. I thought about being a pilot or even a lawyer. But happiness, making people happy, bringing life — that's why I want to be an OB-GYN. If that doesn't work out, I'd probably be a basketball coach," Tina concluded. **NOW**

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## Around Town Cedar Hill

**NOW**



Dr. Lesa Ansell, top left, was the winner of the Gift Basket of the Year during a recent chamber event. Jim and Teri Kordsmeier, top center, enjoyed the slide at Pump It Up. Chamber members, top right, enjoyed the food served by Panera Bread during the January Cedar Hill Chamber Night Out. JoAnna Gutierrez, second row left, was the Student of the Month for December from Bessie Coleman Middle School. A ribbon cutting, third row left, was held at CareNow. The Trinity Christian School handbell choir, bottom left, entertained during the Chamber's December monthly luncheon. Mr. and Mrs. Steve Thomas, second row center, are the owners of Chicken Express. Steve Keller, second row right, showed off his Christmas earring. Salina Lopez, shown at bottom right with her parents, was named the December Student of the Month from Permenter Middle School.



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## Around Town DeSoto

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Cyrus Gray and Tony Jerod, top left, showed off their newly-signed Texas A&M spirit after signing letters for the Aggies. DeSoto High School football players, top right, posed with Coach Dave Meadows after signing their letters of intent. The Easter Eggtravaganza will be held on March 22 at Zeiger Park. Hunters, second row left, are shown during last year's event. Rebekah Evans, second row center, smiled after winning the DeSoto ISD Spelling Bee. Cockrell Hill fourth graders, bottom left, helped Big Sister Iva Broadus celebrate her 99th birthday. Warren Adams and Gwen and Don Chamiller, second row right, posed for a photo during the Kwanzaa Celebration. New England Patriots' fan Wanda Gardner, third row right, holds DeSoto police officer and New York Giants' fan Rodney Sneed up with a banana. Ryann Nicole Campbell, bottom right, recently graduated from the University of Arlington with a bachelor's degree in business communications. She is shown with her mother, Carolyn Campbell.



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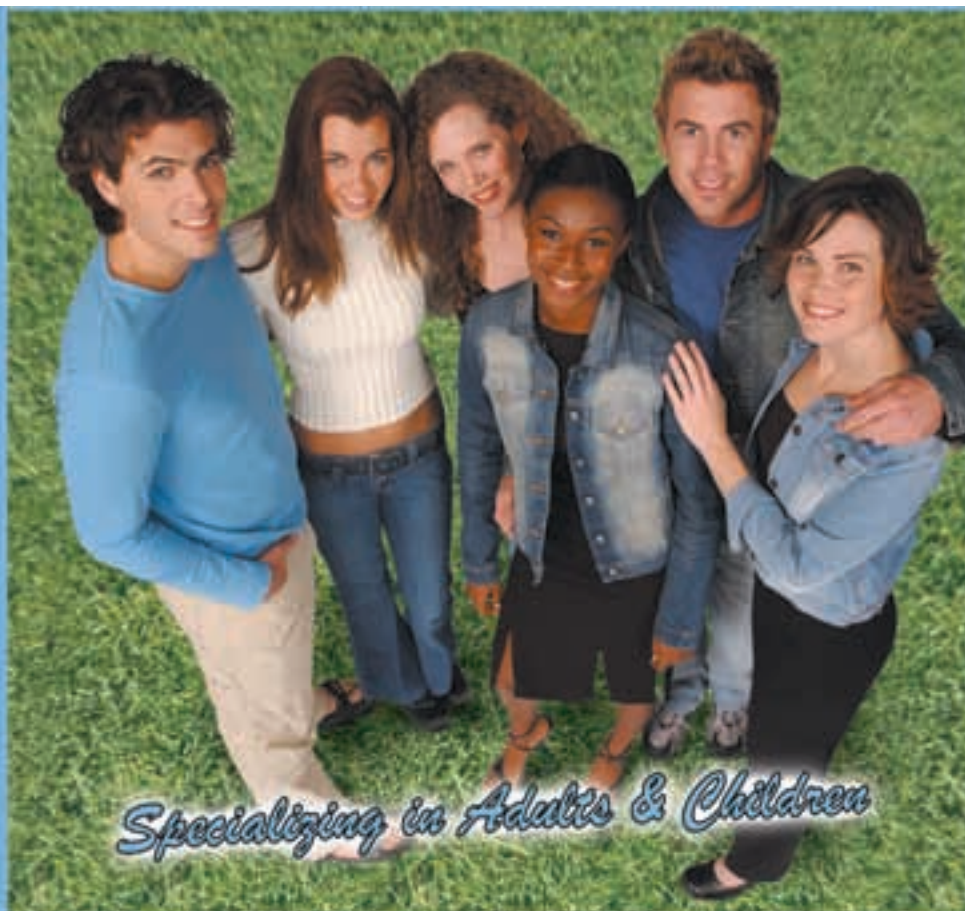
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## Around Town Duncanville

**NOW**



Costco employee Mary Riley and Duncanville Police Officer Doug Sisk, top left, enjoyed food and fun at last year's Taste of Duncanville event. The 2007 Man of the Year Award was presented to Mayor David Green, top center. William Covington Jr. (top right) recently entertained the Young at Heart Adults of Holy Spirit Catholic Church. The Chamber Ambassadors Luncheon, second row left, was held at Toshio's Taste of Japan. McCoy's Photography Studio, second row center, took part in last year's Taste of Duncanville, as did Benjamin Franklin Plumbing, bottom left. Duncanville Police Chief Robert Brown and his family, bottom right, smile for the camera with Mayor David Green, also known as "Recycle Man." Amy Jackson, third row center, was named the 2007 Woman of the Year. A ribbon cutting, bottom center, was held at FASTSIGNS.

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## Look Who's Cooking

— By Melinda Hines

### IN THE KITCHEN WITH LESLIE MORELAND

**L**eslie learned how to cook from the women in her family including her mother, two grandmothers and aunts. "I have been cooking since I was 8 years old. My grandmother and I spent a lot of time making pies and cooking meals together," Leslie said.

Leslie also enjoyed spending summers in Wichita, Kansas, learning how to make preserves, pies, casseroles and much more. "My grandmother taught me to make the sweet potato pies when I was 10 years old," Leslie said. Her specialties include barbecuing, homemade enchiladas and various pies. Leslie also enjoys cooking for her loved ones. "I cook for my children and my fiancé all the time. I also cook for my elderly parents who live in Cedar Hill," Leslie said. **WWW**

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

#### SWEET POTATO PIE

8 large yams  
1 whole lemon  
dash of salt  
2 sticks butter  
2 1/2 - 3 cups sugar  
3 large eggs  
1 cup Pet milk  
1 Tbsp. nutmeg  
2 tsp. butter flavor  
2 tsp. corn starch  
2 deep dish pie crusts

Peel and boil your yams until tender. Squeeze the lemon over potatoes before you boil. Also add salt to potatoes as they boil. Let the yams cool and then mash them. Next add melted butter, sugar, eggs, Pet Milk and all the other ingredients. Pour into pie shells and bake for 1 hour at 350 F or until golden brown.

#### MISSISSIPPI MUD CAKE

**CAKE:**  
4 eggs  
2 cups sugar  
2 sticks butter, melted  
1 1/2 cups sifted flour  
1/3 cup cocoa  
dash of salt  
1 tsp. vanilla  
1 cup coconut  
1 - 2 cups nuts  
1 jar marshmallow crème

**FROSTING:**  
1 stick melted butter

1/3 cup cocoa  
1lb. box powdered sugar  
dash of salt  
6 Tbsp. milk  
1 tsp. vanilla  
1 - 2 cups nuts, chopped or halves

**CAKE:** Combine eggs and sugar and beat until thick. Combine melted butter, flour, cocoa, salt, vanilla, coconut and nuts. Mix well and add to egg and sugar. Pour into greased and floured 13 X 9-inch pans and bake 30 minutes at 350 F. When you remove from oven immediately spread top of cake with marshmallow crème. Let set in ice box about 10 - 15 minutes while making frosting. **FROSTING:** Melt butter and remove from heat. Add all ingredients except nuts and heat well. Spread on cake in swirls and sprinkle nuts on top.

#### CORN PUDDING

1 15-oz. can whole grain corn  
1 15-oz. can cream style corn  
2 eggs  
1/2 cup sugar or syrup, sweeten to taste  
1 Tbsp. flour  
1/2 stick butter  
dash of salt

Combine ingredients. Pour into well-greased dish or pan. Cook about 45 minutes, or until firm at 350 F.

#### POTATO SALAD

10 large potatoes  
salt, to taste

1 onion  
4 celery stalks  
6 - 8 eggs  
1/2 cup sweet pickle relish  
1 cup Miracle Whip  
1/2 cup mayonnaise  
1 tsp. mustard  
Lawry's seasoning salt, to taste  
onion powder, to taste  
garlic powder, to taste  
cayenne red pepper, to taste  
paprika, for color

Put potatoes in pot of water, add salt and bring to a boil. Boil potatoes until they are tender. Let potatoes cool and peel. Then cut potatoes into small chunks, cut onion, celery and eggs. Add relish, Miracle Whip, mayonnaise and mustard. Add the seasonings; stir lightly so you do not mash your potatoes too much. After you finish mixing, slice an egg across the top and garnish with paprika. Refrigerate and serve.

#### BAKED BEANS

8 15-oz. cans pork & beans  
2 Tbsp. butter  
2/3 cup ketchup  
1 tsp. mustard  
1 cup brown sugar  
1/2 cup onion  
2 apples

Put all ingredients in pan except apples. Mix together then peel and slice apples across the top. Bake in oven for 1 hour on 325 F.





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## Finance **NOW**

# Will Presidential Election Year Affect Investors?

As you are no doubt aware, 2008 is a presidential election year. As a citizen, you may well have a great deal of interest in the election. But how about as an investor? How does an election year affect the investment climate? And — again from the perspective of an investor — does it matter who wins?

To begin with, let us examine how the stock market reacted in the past to the selection of a president. The Dow Jones industrial average rose in nine of the past 11 presidential election years, with an average gain of slightly more than nine percent. So it is clear that, for the most part, the market has done pretty well when America goes to the polls.

Does the election or re-election of a president just make us more optimistic, leading us to invest more heavily and thereby drive up the markets? Probably not. In reality, many factors — such as corporate profits, geopolitical concerns, interest rates and inflation — drive stock prices. This is true in all years, whether an election is held or not. Consequently, stock returns from past presidential

and performed poorly — under both Democrats and Republicans. Of course, candidates of both parties will have different priorities and try to enact different economic agendas, and these priorities may have some impact — although one that is notoriously hard to predict — on different market sectors. In short, no one can accurately forecast the



election years, while impressive, cannot serve as a reliable predictor of what the market might do in 2008.

Now, let us turn to the next question: As an investor, how will the outcome of the election affect you? There is not really a simple answer. In the past, the stock market has performed well —

effect of this November's election on the financial markets, and that will not change even after the nominees are known.

Instead of pondering the “what-ifs” involved in a presidential election, you are much better off following some tried-and-true investment strategies.

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## Finance NOW

Here are a few to consider:

- **Keep on investing.**

World events may be good or bad, and the stock market may be up or down — but no matter what happens, the most successful investors stay in the market. Look for quality investments and hold them until either your needs change, or the investments themselves undergo some type of transformation.

- **Know your risk tolerance.**

If you are losing sleep at night over your investments, you are probably taking on more risk than the amount with which you are comfortable. At the same time, if your investments are putting you to sleep, they may be too conservative, which could mean they are not providing the growth necessary to help you meet your goals. Strive for a balance that fits your investment personality.

- **Think long term.**

If you are constantly adjusting your investment mix in response to short-term events, you will probably rack up big commissions and you almost certainly will not make the necessary progress toward your important objectives, such as a comfortable retirement. So, train yourself to ignore daily or weekly or monthly price fluctuations and keep your eyes on the far horizon. If you have chosen the right investments, they should be designed to help you work toward your goals in exchange for your patience.

This November, do not forget to vote. But before and after Election Day, cast your ballot for solid investment technique. **NOW**

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Health  
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# The Weight Loss Tool

— By Dr. Lesa Ansell

A fantastic tool is now available to help with weight loss. It finally is possible to know the actual calories burned in a day and how many were consumed so that you know your daily status. The tool is called the GoWear™ Fit Armband. This band uses a blend of technologies to accomplish what nothing before it could.

A component of the band is an accelerometer. The accelerometer measures the rate of speed and direction by utilizing a dual axis Micro-Electric-Mechanical Sensor (MEMS) to quantify motion. It accounts for gravity and motion to contribute vital information necessary

to determine the true level of physical exertion. The by-product of physical exertion is heat. The heat flux sensor measures the amount of heat dissipating from the body and indicates the amount of calories burned through physical activity.

Energy expenditure is also influenced by emotional stimuli, which is assessed by the Galvanic Skin Response sensor. This is the same technology used in polygraph testing. Skin is also assessed for temperature changes. The thermistor sensor contained in the GoWear™ Fit Armband System provides vital information about the body's core temperature. Core temperature is influenced by physical exertion (or lack of physical activity) and other factors.

Since skin temperature can drastically be affected by environment factors, it is important to monitor the near body ambient temperature. This will account for changes that occur although there is no change in the level of physical activity.

With the summer season nearing, one big concern people have is, "How do I lose the extra weight I have not been able to ever lose before?" This question has plagued many people for a long time, but now there is a solution. The solution lies in knowing the amount of calories we consume, how many we expend and whether this results in a deficit (weight loss) or excess (weight gain).

Until now, it was a lot of guesswork, tedious calculations

or buying specially packaged "diet foods." In fact, most people underestimate their caloric intake by 20 - 40 percent. People also tend to overestimate the amount of calories expended through exercise and routine daily activities. To correct this problem we either need a degree in nutrition and exercise physiology, or a system to do this for us.

The GoWear™ Fit Armband is a new, portable technology that utilizes a patented process for analyzing caloric burn called sensor fusion. This is the only band that uses multiple (not single) physiological data points to measure total energy expenditure. These data points include an accelerometer, heat flux, Galvanic Skin Response (GSR), skin temperature and near-body ambient temperature.

The true power of the GoWear™ Fit Armband tool lies in its simplicity and flexibility. Individuals can eat and do what they like, in proper proportions. With the knowledge gained with this easy-to-use tool, people are able to understand simple lifestyle changes that are needed to sustain a calorie deficit. This calorie deficit is what is essential for weight loss.

Lifestyle changes will differ for each individual. For some, it may be exercising 30 minutes per day. For others, it may be a consistent reduction in calories. In a short period of time, people can see how their lifestyle choices are affecting their success and make the modifications necessary to achieve their goal. **NOW**

*Dr. Lesa Ansell is the CEO of Pro-Adjuster Chiropractic Clinic and is a member of the Texas 4 Disaster Medical Team under the direction of the Department of Homeland Security.*





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## Great Outdoors **NOW**

### When is a **Rose** Not a **Rose?**

— By Nancy Fenton

One of the best long-blooming plants for our area is a “rose” that is not really a rose! The common name is Rose of Sharon or Althea and it blooms continuously from spring through fall. This six to 15 foot, small shrub can be trimmed up into an attractive small tree with a festive topknot of blooms or left to its upright, but sprawling, natural shape. One of its best attributes is that it can take the extremes of our finicky

weather in stride and do quite well with little water. Of course, a wide choice of colors does not hurt either!

The single lavender and single white are the most common, but the doubles are more than twice as pretty. As a relative of the hibiscus family, it has large circular, ruffled blooms in striking colors, but with none of the temperamental need for “hothouse treatment.” Rose of Sharon goes into the ground and happily stays there to thrive through our hot summers and cold winters!

With a long European heritage starting in the 16th century, Rose of Sharon was brought to American soil by the colonists as a favorite plant, and has come into the national interest once more. The originals probably were “pass a long” plants given to family as they set out across the world on their quest for new horizons.

Hybridization in the 1960s and '70s expanded the size and the color choices. Some of the newer varieties such as Lavender Chiffon, Blue Satin and Olana, may be available in the nurseries. The standard double white and pink as well as the single purple will be available at the coming Ellis County Master Gardener Spring Expo scheduled for Saturday, March 29 in the Waxahachie Civic Center.

All of these hardy plants tolerate our alkaline soils and prefer compost rather than heavy doses of fertilizer. They bloom on new wood so should be pruned lightly in late winter, while still leafless, to stimulate that topknot of bright blooms. Find a place with full to partial sun and give these beautiful, hardy “roses” a try! **NOW**

*Nancy Fenton is a Master Gardener in Ellis County.*

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# March 2008

## Community Calendar

### Every Monday

Nursery Rhyme Time from 10:15 - 10:45 a.m. at Duncanville Public Library.

CH Rec. Center offers Cooking With Kim: 7:00 - 9:00 p.m. (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

### Every Tuesday

Rotary Club of Duncanville meets at the Hilton Garden Inn at 7:00 a.m. [www.duncanvillerotary.org](http://www.duncanvillerotary.org).

Homeschool Videos from 2:00 - 2:30 p.m. at Duncanville Public Library.

### Every Wednesday

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

### Every Thursday

Story Time from 10:15 - 10:45 a.m. at Duncanville Public Library.

CH Rec. Center offers Decorative Candle Making: noon and 6:00 p.m. (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

Lectura en Español by Tamara Knapp from 5:30 - 6:00 p.m. at Duncanville Public Library.

### Every Saturday

Fun Time Live: 7:00 - 11:00 p.m. at Cedar Hill Recreation Center. Safe, exciting, supervised entertainment for children (third - eighth grade). \$10/child for four hours of fun, challenging activities supervised by adults with a police officer on site. Activities and themes change each week. Concessions are available for minimal charge. Call (972) 772-6000 or visit [www.funlivelive.com](http://www.funlivelive.com).

### Every Monday and Thursday Evening

CH Rec. Center offers: Chang Lee's Tae Kwon Do; Acro Gymnastics (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

### Every Monday and Wednesday Evening

CH Rec. Center offers Aikia Karate; Ballet for Kids (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

### Every Tuesday and Thursday Evening

CH Rec. Center offers CH Martial Arts (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

Free Bible seminar open to public beginning February 19 - end of March: 7:00 - 8:00 p.m. at God's Final Warning Ministries, 1400 West Main Street, Lancaster, 75246. Child care provided for those attending. Call Primrose Verdine at (972) 227-1407.

### Every Wednesday and Friday

Preschool story time at CH Library: 10:30 - 11:15 a.m. (972) 291-7323.

Every Monday, Tuesday, Thursday and Saturday CH Rec. Center offers Twister Spirit Athletics (dance and cheerleading). (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

### First Tuesdays

Duncanville Education Committee: 11:30 a.m. at Chamber office. (972) 780-4990.

Readers on the Hill Book Club: 7:00 p.m. at CH Library (972) 291-7323. *March 6 Manhunt: the 12-day Chase for Lincoln's Killer* by James L. Swanson.

### First and Third Wednesdays

Duncanville Business Interchange: 7:30 a.m. at Chamber offices. Admission: \$1 and business card.

### Fourth Tuesdays

Duncanville Chamber Champions Luncheon (White Hat Luncheon): 11:30 a.m. at various locations.

Friends of the Duncanville Library: 7:00 p.m. in library program room.

### Second Tuesdays

Duncanville Governmental Affairs meeting: 8:30 a.m. at Chamber offices.

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

### Second Wednesdays

Duncanville Monthly Luncheons: 11:30 a.m. at various locations.

### Second Wednesday

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

### Second and Fourth Tuesdays

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

### Third Mondays

Duncanville Executive Board meeting: 4:30 p.m. at Chamber offices.

### Third Thursdays

Duncanville Fun After Five: 5:00 - 7:00 p.m. at various locations.

Visual Artists of Cedar Hill (VACH): 7:00 p.m. in meeting room at Z. B. Wiley Library (972) 291-8056.

### March 1

Keep Cedar Hill Beautiful joins CH Rec. Center for their 3rd Annual Celebration & Citywide Neighborhood Block Party "One Big Day, Two Reasons to Celebrate Three Great Years": 10:00 a.m. - 2:00 p.m. at the Cedar Hill Rec. Center. Join us for food, games, prizes, tours, live entertainment and more. Admission: free; first 500 guests receive free T-shirt. (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

DeSoto ISD Education Foundation Gala at the Renaissance Hotel in Dallas.

### March 4 and 18

Good Morning DeSoto! Morning networking event: 7:30 a.m. at MCM Grande Hotel/Fundome. Call (972) 224-3565 or visit [info@desotochamber.org](mailto:info@desotochamber.org).

Cedar Hill Ambassador's Luncheon: call (972) 291-7817 for details.

Dad's Night Out With the Kids: 7:00 - 7:45 at the Duncanville Library. Musical Puppetry Review presented by Kathy Burks Keenan.

### March 5

Duncanville Business Interchange presents guest speaker from AAFES (Army & Air Force Exchange Service) speaking on how to do business with AAFES: 7:30 a.m. at Chamber office.

Join Duncanville's Biggest Loser, Glenn Carter: 11:30 a.m. to walk toward his goal of losing 140 pounds in 2008. Call (972) 230-7000 for more information.

### March 10

DeSoto ISD board of Trustees meeting: 6:30 p.m. in the Board Room.

### March 10 - 14

DeSoto Education. Go Get It Week! (promotion of careers and higher education for students in the DeSoto ISD) Texas Public Schools Week: Lift Off to Learning celebrations of public schools in Texas. (open houses at various school campuses in the evenings)

### March 12

Business on the Hill: 7:30 a.m. at the Cedar Hill Chamber offices.

### March 13

Cedar Hill Chamber Night Out: 5:30 - 7:00 p.m. Region's Bank is hosting (743 N. Hwy. 67) and Wal-Mart is catering.

### March 15

Cedar Hill Annual Gala at Waxahachie Civic Center, 2000 Civic Center Lane, Waxahachie.

### March 18

Cedar Hill Small Business: noon at the Chamber office.

### March 20

DeSoto Rise & Shine: 7:00 a.m. at MCM Grande Hotel/Fundome. Call (972) 224-3565 or visit: [info@desotochamber.org](mailto:info@desotochamber.org).

Best Southwest Luncheon: 11:30 a.m. at Hilton Garden Inn hosted by Cedar Hill Chamber.

5th Annual "Taste of Duncanville and Community Spotlight" at Duncanville High School, 900 W. Camp Wisdom Rd. Senior Citizen Hour: 4:00 - 5:00 p.m. Open to public: 5:00 p.m. - 8:00 p.m. Tickets on sale now at Duncanville Chamber offices: adults/\$8; students/\$5; seniors/\$5; 5 and under/free. To purchase booth space call (972) 780-4990.

### March 17 - 20

CH Rec. Center offers Carlton Dixon's All Star Basketball Camp: 9:00 a.m. - 3:00 p.m. (972) 293-5288 or [www.cedarhilltx.com](http://www.cedarhilltx.com).

### March 17 - 21

DeSoto ISD spring break.

Duncanville ISD spring break.

### March 22

Keep Cedar Hill Beautiful hosts Household Hazardous Waste Event: 9:00 - 11:00 a.m. at Cedar Hill High School.

DeSoto Easter Eggstravaganza: 11:00 a.m. at Zeiger Park. Join the Easter bunny and Park & Leisure Services staff for Easter egg hunt. Free admission; bring your own basket. (972) 230-9651.

### March 24

Cedar Hill Education Council: 4:30 p.m. at the Chamber office.

### March 25

Friends of the Duncanville Public Library: 7:00 p.m. in library program room. This month's meeting will discuss upcoming programming and elect officers, as well as kick off Duncanville Read Campaign.

### March 26

Business on the Hill: 7:30 a.m. at the Chamber office.

### March 28 and 29

5th Annual Best Southwest Bookfest will be held at Cedar Hill Rec. Center. This is the area's largest library event co-sponsored by Cedar Hill, DeSoto, Duncanville, Lancaster and UNT Dallas campus. The following authors will be present: Diane Fanning, Travis Hunter, Lori Hayes, Carlton Stowers, Paula LaRocque, Janis Susan May and Sandra Glahn, along with publishers and many more. For more information, visit [www.bestsouthwestbookfest.org](http://www.bestsouthwestbookfest.org).

To have your events posted on the community calendar, e-mail us at: [bshay.nowmag@sbcglobal.net](mailto:bshay.nowmag@sbcglobal.net).

For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).



**Papa Murphy's**

TAKE 'N BAKE PIZZA

# Celebrate Our Success

Thank you for helping make us the best pizza chain in America 5 years in a row! As a way of saying thank you, please join us for our celebration weekend March 7-9 and receive a **FREE** medium 1-topping pizza. See for yourself why Papa Murphy's was voted the best pizza chain in America.

**FREE**

**Medium  
1 Topping Pizza**

**Papa Murphy's**

TAKE 'N BAKE PIZZA

Offer is valid March 7, 8, and 9 2008 at the Cedar Hill location only. Original coupon only. No copies or facsimiles will be accepted. 1 coupon per customer per visit.

## Papa's Pizzas

### Papa's Cheese Pizza

### Pepperoni or One-Topping Pizza

1/2 Pepperoni

1/2 Hawaiian

### The Hawaiian

Canadian Bacon & Pineapple

### The Rancher

Canadian Bacon, Pepperoni, Ground Beef, Mixed Onions

### The Vegetarian

Mushrooms, Black Olives, Mixed Onions, Green Peppers, Tomatoes

### The Cowboy

Pepperoni, Italian Sausage, Mushrooms, Black Olives, Herbs & Cheese

### Papa's All Meat

Salami, Pepperoni, Canadian Bacon, Italian Sausage, Ground Beef

### Papa's Favorite

Pepperoni, Italian Sausage, Ground Beef, Mushrooms, Black Olives, Green Peppers, Mixed Onions

### Murphy's Combo

Salami, Pepperoni, Italian Sausage, Mushrooms, Mixed Onions, Black Olives

**Papa Murphy's**

TAKE 'N BAKE PIZZA

### Papa Murphy's Meal Deal

**\$19.99**

**2 Large 2-Topping Pizzas,  
1 Side, 2 Liter Drink**

Original coupon only. No copies or facsimiles will be accepted. 1 coupon per customer/per visit. Good at Cedar Hill Location. Expires 4/30/08.

**Papa Murphy's**

TAKE 'N BAKE PIZZA

### Large Crowd Pleaser

**\$6.99**

**Half Pepperoni / Half Sausage  
with Mushrooms**

Original coupon only. No copies or facsimiles will be accepted. 1 coupon per customer/per visit. Good at Cedar Hill Location. Expires 4/30/08.

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## Half Off

**Buy 1 regularly priced Family Sized  
pizza, get a second for 1/2 OFF**

Original coupon only. No copies or facsimiles will be accepted. 1 coupon per customer/per visit. Good at Cedar Hill Location. Expires 4/30/08.

**Additional Toppings & Pizzas Available**  
See restaurant for complete menu options.

**642 Uptown Blvd - Across from Wal-Mart in Cedar Hill • Call 972-293-1717**