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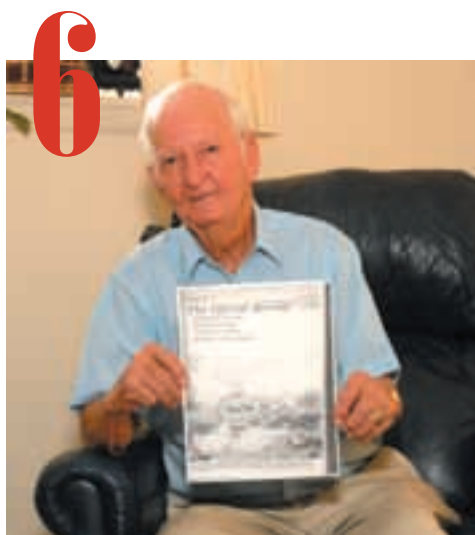


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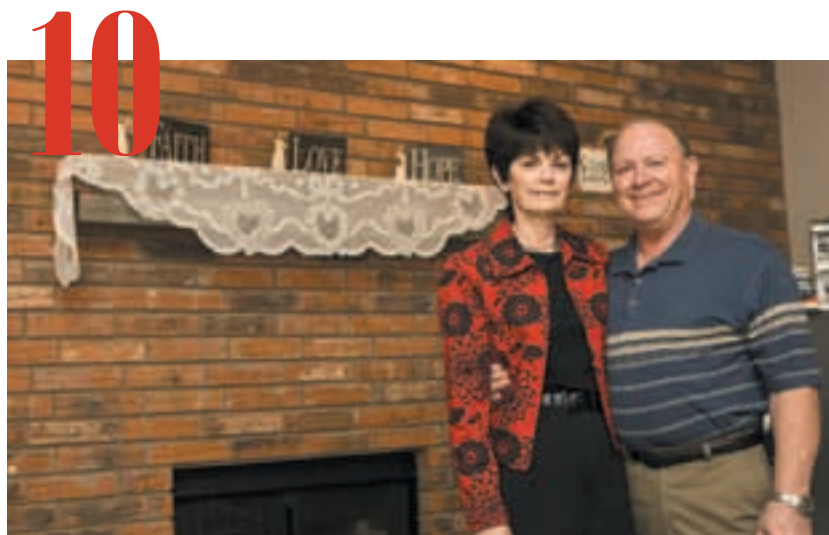
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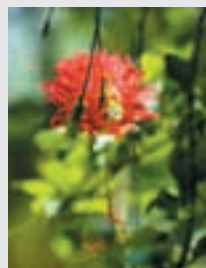
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At every turn, beautiful spring flowers
are brightening up the scenery!*

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Editor's Note

Greetings, Southwest Friends,

Happy April!

Springtime wakes us up, reminding us we are glad to be alive and ready to be outdoors. You never know who you might meet around town ... see whose stories we found this month:

World War II POW George Littlejohn tells how fortunate he is to be alive, having survived a grueling 87-day march following 48 successful missions.

Always seeking a tale to tell, BJ Billings shares from his life adventures and tells of his upcoming book about a man who has influenced three centuries of readers.

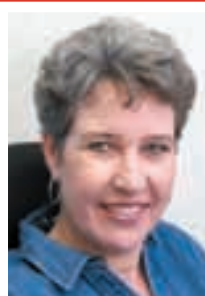
Kathy and Larry Goad are a couple of committed teachers, as well as a committed couple — as in married couple.

Speaking of couples: meet Danny and Linda Rhodes, high school sweethearts, who separated, re-met, re-fell in love and would not have it any other way.

Looking for some outdoor fun? Ultimate Frisbee may be the pick-up sport for you. I hope you enjoy the lovely spring weather we have coming up!

Beverly Shay

SouthwestNOW Editor



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On a March for Life

— By Beverly Shay



George Littlejohn was born in Bardwell, Texas, on January 15, 1921, but Palmer is his hometown. Later he moved to Dallas, where he worked at Sanger Brothers Department Store. One day on his way to the bus stop, he met four former high school classmates ready to join the Army Air Corps. He joined with them, but his dad had to sign because he was not yet 21. "I saw the opportunity to learn a trade or gain an education. Basic training was in Missouri. I became a radio-gunner so I could fly. Gunnery school was at Tyndall Field, Florida, and radio school in Salt Lake City, Utah," George remembered.

A radio operator learned tuning and radio frequencies, and how to send and receive messages quickly and accurately. Practice flights were held at an Arizona airfield dedicated by Charles Lindbergh, who arrived in his plane, *Spirit of St. Louis*, following his cross-Atlantic flight.

George learned all he could, knowing his life and those of his fellow crew members depended on each person's preparation and consistency.

"I was assigned to my permanent crew under George Fergus in Bruning, Nebraska. I liked my crew and grew confident as we trained and worked together. In Topeka, Kansas, we picked up our plane, *Two Ton Tessie*, which the citizens of Nashville, Tennessee, had purchased with war bonds," George animatedly recalled.

"Finally ready to go overseas, our route took us through Florida, Panama, Brazil, South Africa, North Africa to our destination: Grottaglie, Italy. We were assigned to the 719th squadron, 449th bomb group — The Flying Horsemen. Without barracks, we initially slept in our planes. Later, we received tents, heated by metal drums. But we were here to do our part for our country; we

flew 48 missions before we were shot down over Austria," George reported.

"The crew was in high spirits as we approached our 48th mission," George recalled. "Only two more missions after this one in our freshly overhauled plane and then we'd head home. Our target was an airplane factory in Wiener Neustadt, Austria, where we'd experienced heavy flak five days before."

George seemed to recall the scene, "Five hours in to the flight we lost the turbosupercharger on engine two and were forced to break formation. Within minutes we were nailed by some [German] FW 190s, and the order came to bail out." The hydraulic system was burning, George's parachute harness got hung up on his way out of plane; finally, he was drifting to the ground. A fighter plane circled him twice before George landed, but the pilot did not fire on him. "I have to

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say the Germans were clean fighters," George remarked.

George landed safely and wandered about until he was turned into the Gestapo the next day. Told he would be shot if he did not give them some information, he only gave them his name, rank and serial number. The guard escorting him to the train bought George two mugs of "the best beer I ever drank." Eventually he arrived at a German air base, glad to be reunited with his pilot.

"Although I told them nothing, the Germans pulled out a card file and told me all about myself: my parents, their business, where I had gone to school, my military training and the route I took to Europe. They seemed to know more about me than I did," George remembered. Crowded into standing-room-only boxcars, they traveled three days without food or water and then were escorted to a camp two miles from the train station.

George gave little detail about their "welcome" into camp life other than to say "the guards weren't too polite." He remained there from June 1944 until February 5, 1945. Wearing all he could find including an overcoat and two blankets, the group left before daybreak and walked until 11:30 a.m. "Cold as it was, I was wringing with sweat, and mistakenly discarded my blanket and overcoat," George said with evident regret.

Little did he know, they had begun what was to become an 87-day, over 600-mile march before their liberation on May 2, 1945. They walked until dark and slept along the roadside, having had nothing to eat. "My feet were so cold I didn't think I'd be able to walk. But we marched again the second day in the snow. Even though I had partnered with a fellow Texan for warmth, I woke with frozen feet the third morning. The Germans had a wagon for those unable to walk or crippled, but it was full. Anyone trying to get on, would be taken to the back of the line by a guard, we'd hear a shot and the guard would return alone.

"Among the prisoners was Tim McCarty, former pitcher for the St. Louis Browns, winners of the American League Series in 1944. For two days, Tim and his buddy let me swing on their shoulders until I could walk again, just so I wouldn't have to get on that wagon," George emotionally recalled.

Food and adequate clothing were scarce as they marched, but fleas, lice and illness were plentiful. Red Cross parcels sent from home often never arrived. When they did, the guards had rifled through them. Whatever did get through was shared among the men. To evade the Russians, they continued marching until the day they were rescued. Even then, they marched 16 more miles to get to the British camp where they were given food.

American trucks came, and they were driven to an American camp. Their clothes were burned while they were given hot showers, deloused, issued clean clothes, given haircuts and razors to shave. "All you could see of our faces was a hole where our mouths were — our beards were so long and our hair had grown to waist length. At the time of my release, my normally 130-pound frame weighed only 89 pounds.

"My brother, Billy Joe, was at this camp when we arrived and though some told him they had just seen me, we never connected before I was on a plane to Belgium. Then we went to France, where I met General Eisenhower who told us we, not he, had won the war," George remembered proudly.

Engaged before he left for the war, George married Jo, his wife of 62 years while on 90-day Prisoner of War (POW) leave. Then with the war over in Europe, George was sent to San Antonio, Texas, to be discharged. The couple lived briefly in San Angelo, before buying a two-bedroom house in Cedar Hill, a small rural community at the time. They lived there from 1947 until they had their present home built in 1960. "We had never heard of Cedar Hill before we bought that little house, but I guess we liked it well enough to stay," George smiled. **NOW**

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A Long, Winding Road

— By Jaime Ruark

A winding road lined with trees and bushes leads to Danny and Linda Rhodes' four-bedroom, two-and-one-half-bath home. Trees seem to hug this "country" home located in the middle of DeSoto. Two well-manicured bushes greet visitors, as steps draw family and friends toward the front door, where the beautiful paned-glass inset serves to beckon visitors inside. The couple truly has a welcoming home.

The Rhodes' story seems like a fairytale, complete with all the key elements of romance, tragedy and a



At Home With
**Danny and
Linda Rhodes**



happy ending, or rather, a happy new beginning. "I've told this story so many times," Linda laughed, and clearly it is a story that just gets sweeter with each telling. "We grew up together in a small town near Lubbock called Shallow Water. We started first grade together, went through school together, graduated together. We were what you'd call childhood sweethearts."

The young couple parted ways, each marrying and beginning families, a fact they now reminisce about with smiles, thanks to a 40-year class reunion that brought them back together. Linda was unable to attend the reunion due to work obligations. Danny noticed her absence and discovered she had been widowed. He promptly called his



estranged childhood sweetheart in September 2005. With both single at the time, many long phone calls followed. "Neither of us had ever planned on marrying again. We just weren't looking for that," Linda explained, as Danny nodded his agreement. "But when he called and we started talking, it was as though 40 years just melted away. We just knew immediately this was meant to be."

A wedding soon followed in January 2006, with the Rhodes' newly merged families as their wedding party. "We decided that we wanted a church wedding. Our faith is very important, and we felt this was God's plan, so we



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married in our church, the Trinity United Methodist Church in Duncanville,” Linda explained. “We like to say we aren’t wealthy in money, but we’re wealthy in friends. We had a huge diverse group of friends there that day,” she added. Everyone wanted to share in the happy couple’s celebration because, as Linda perfectly expressed, “It’s just a feel good, happy story.”

When Danny is not working part time for the Dallas county schools as a bus driver, he takes flight school classes toward his commercial license. He has been a private pilot since 1965. Linda, a banker for 40 years, is the current Branch President of First National Bank in DeSoto. They have combined



their lives and families together in the home currently being renovated. For 21 years, Linda has lived in the three-level, 2,400-square-foot house (3,300 if the basement is included). She and Danny have some happy changes planned.

The entryway is open, with rose-colored wallpaper, where some of Linda’s special friends give a warm feel to the space. “I have been collecting teddy bears for about 30 years, ever since my daughter, Lesli, was born. I collect them because they are cute and loveable and fuzzy and wonderful,” she divulged. Many of these plush and furry bears are artfully arranged along the stairs that lead up to the formal dining room. To the left of the entry, a wall is

decorated with a mosaic of crosses both small and large, hanging as a testament to their faith. “We try to buy a cross everywhere we go,” Linda said.

Stepping up to the formal dining room, the pastel-color theme continues, with ivory, blues and mauves coloring the walls. Hanging on the wall is a sweet cross-stitch, a wedding gift from Danny’s sister, with the lyrics to the song, “God Bless the Broken Road.” Linda explained. “It’s a work of love. The words are so fitting; we now consider it our song.” The dining table in the middle of the room is inviting, reminiscent of many shared holiday family meals. “We don’t really spend our time in this room, but we like to say it’s formal, but not,” she smiled.

The couple is currently in the process of remodeling their kitchen. The floors, countertops and backsplash boast an unusual, yet beautiful, gumbo tile in subtle pinks, blues, grays and yellows. “Our friend from church, Ray, talked us into the tile for the countertops

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instead of the usual marble, and we just love it," Linda expressed. The new black granite sink and black appliances compliment the tile in a striking manner. As Danny opened the door onto their balcony, the two spoke of their plans to paint the walls.

In the backyard, a true natural beauty of their home is revealed. "There are about seven other houses in the area that are unique. We all have daylight basements," Linda said, explaining how the basement is not completely underground because the house is on the edge of a canyon. The view from their balcony is a sight to behold during the fall, spring and summer months. "We love to come out here and share our breakfast together," she added with a smile at Danny. Eventually, they plan to convert the basement into two separate rooms. One will be dedicated as a playroom for the grandchildren and one designated as the office/hobby room, sure to be filled with music from Danny's guitar and the snip from Linda's scrapbooking scissors.

The spacious family room's brick wall has a fireplace as its focal point. The other walls are painted a serene, light mauve with a hint of gray; the paint color is aptly named Partridge

Wing. Comfortable saddle leather couches are grouped together around the fireplace. A sign over the mantle reading "Faith, Love, Hope" perfectly captures the ideals the couple holds dear. Linda's Willow Tree angels cluster together, most having been given to her by friends and family; each with their own special story and significance.

The master bedroom's Americana theme includes the mission style oak furniture set off by a décor of reds, blues and whites, along with the denim bedspread and curtains. A vaulted ceiling with decorative crown molding gives the room depth. The couple plans to renovate the walls and floor of the adjoining master bath with its garden tub.

Linda's mother, Lucille Reed, who recently celebrated her 80th birthday, has lived in the home for 17 years in her own wing, complete with a flower-print bedroom, private bath and sewing room. Family photos grace the walls of her room, as they do throughout the home. "Family is what is important," she expressed. Indeed, the Rhodes' eldest grandchild recently blessed them with their first great-grandchild. "We're too young for that!" she joked, as Danny laughed. **XXX**

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ARTS NOW



Searching for a Story

— By Beverly Shay

Robert Frost wrote, “In three words I can sum up everything I’ve learned about life: it goes on.” Not all of us are that succinct in our summation of our lives, ourselves or what we have learned. Writers in particular, seldom limit themselves to three words when recording the lessons of life they have experienced and retained. What causes a writer to write? Writers “see” life in such a way that it would be beggarly not to record it. In writing, the purpose and meaning behind the process of learning is found.

Like most of us, writer BJ Billing is the sum of many, many life experiences. “One of my earliest memories is visiting Leonard Bernstein’s house and being around the theater people with whom my parents socialized and worked,” BJ remembered. His parents were involved in the founding and forming of the Alley Theater in Houston until the theater went pro. BJ was exposed to graphics, commercial art, photography, theater and film production throughout his life. His wartime experience as a Marine in Vietnam left a lasting sensory impression within him.

“I seem to recognize when something is going to be a great story; something needing to be discovered, researched

and told,” BJ remarked, concerning himself. While yet in high school, BJ won a photo contest with a black-and-white photo of Paul McCartney, one of the founding members of The Beatles, taken early in their American debut. Over and over, he has met people who included him on the cusp of something great. Always drawn to men who are risk-takers and adventurers, BJ met Jack Grimm, a “wildcat oilman from Abilene, Texas” who was looking for someone to make a film of his search for the *Titanic*. Jack took BJ along to help with the film production on two search expeditions. BJ worked as liaison for public relations and logistics on films with Jacques Cousteau, and on other oceanography documentaries, including one of divers going deeper than they ever had before. He worked on a documentary of China

and Tibet and later spent half a day with the Dalai Lama. Perhaps BJ could be described as an adventure junkie.

One day while working on a screenplay, BJ was staring at his home library; suddenly he noticed he had seven copies of a book called *The Practice of the Presence of God* by Brother Lawrence. As his thoughts drifted away from the screenplay, BJ realized he had heard many people speak of this little book. Something great was here; something to be researched, discovered and reported. Like an adventurer, BJ began to follow the story of Brother Lawrence and found something he could sink himself into. With passion he began to unfold the story of a monk, whose life with God was what made him great.

BJ discovered the little booklet, first published in 1693, had been translated in to 87 different languages and, although not out of print in over 300 years, no one had written about Brother

Lawrence’s life.

Initially, BJ set out to write a script for a “one man show.” Financial backing fell through, so the research and the script notes became a book proposal. The book is based on the eulogy read at Brother Lawrence’s graveside by Joseph de Beaufort, who

later published Brother Lawrence’s book. Scheduled to come out this year, BJ’s book is a historical novel on the life and times of young Nicholas Herman of Lorraine, France, who became Brother Lawrence of the Resurrection.

“The edited version of my story is a



ARTS NOW

tight, tense, speculative biography with dialogue and several storylines," BJ declared. He did not want to write a devotional think-piece on Brother Lawrence's writings. BJ relates the untold story of this man's life: "... every turn, every event is documented history. A few speaking parts have been inserted to maintain continuity and insure a good read cover to cover ..." stated BJ.

"I seem to recognize when something is going to be a good story."

Several life events stalled the publishing of BJ's book, yet the burning desire to see this work completed and published remained foremost in BJ's thinking. He continued to hear preachers and speakers extol the message of Brother Lawrence's book. The late Dr. James Kennedy had preached extensively from Brother Lawrence's booklet on his television program. BJ is highly honored and pleased with the foreword Dr. Kennedy gladly wrote for his book. While BJ continues to work on screenplays (consideration for their production has been waylaid by the recent strike), he feels confident that this is the right time for his work on the hidden life of a well-known, yet humble man to be released.

People are the sum of their life's exposures, and while, as Frost wrote: "Life goes on," sometimes we get the chance to gather up those life experiences into one truly great deed, or as in BJ's case, a great story. All the digging, filming, researching, sensing "this is it" have culminated in a story no one has ever before written. *The Life and Times of Brother Lawrence* by William Billing is due to be released by TenderRock Press in conjunction with Brown Books of Dallas this summer. **ARTS NOW**



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Sports NOW



Having a Year-round Fling

— By Beverly Shay

The Wall Street Journal describes ultimate Frisbee as a sport that "... combines speed, grace and powerful hurling with a grueling pace." That is exactly what attracts the guys who play every Sunday afternoon at Lakeside Park in Duncanville. "It's a great form of exercise for a non-contact sport, so it's not so rough," commented Kenny Martins, who has played with this group for the past five years.

Ultimate Frisbee is an actual sport complete with rules, organization and even tournaments, but there are no referees in this self-regulated sport. All over the country, even internationally, groups of people gather, divide into teams, loosely measure out their playing field, decide how many scores make a game and begin throwing a Frisbee around.

"We use these orange cones to mark off our end zones," Kenny explained, pointing out the physical boundaries of fences to one side and the infield of the baseball diamond to the other. "Our field is about 60 yards long, or so. Team size depends on who shows up to play; sometimes we play 10 on 10, sometimes three on three," he shrugged. That day

it was seven on seven until one mom had to attend to a child for a few minutes.

Ken Zook, self-proclaimed oldest guy out there, was told he needed to come watch his son play some 10 years ago. "I had never heard of ultimate Frisbee before; initially, I went because it meant I could see my son play," Ken related. "I'm not really one to sit on the sidelines and watch, so I started playing with him and have continued for over 10 years now. It's great exercise; you run around a lot. It's sort of like soccer, in that you have two teams and you are trying to get the Frisbee through the goal. The difference is when you catch the Frisbee, you have to stop moving before you throw it," Ken explained.

Sitting in his living room, this linguistics/computer guru who has lived in the Philippines for a 20-year period and currently serves as a lead developer for language field works at SIL (Summer Institute of Linguistics), did not appear as aggressive as he did on the field a few days later. He may have 25 - 30 years on most of the guys out there running their hearts and legs out, but he gave them as good as he



Above: Mark Walker a.k.a. "Fat Man" makes a catch.
Below: Mr. Zook in action.



received. "We have played in a couple tournaments and have seen some pretty aggressively competitive teams," Ken remarked. "That's one thing I really like about our group; we play hard and have fun, but no one is out there solely to win. We are out there for the exercise and the fellowship; it's a great group of guys."

Player after player expressed the same sentiments. "It's a fun way to get in your exercise; we run a lot," said 24-year-old Mark Walker, who has been playing for about five years. The group is made of guys in their 20s and 30s, some of whom come from the local SIL International campus, a facility that trains and services Bible translators and missionaries the world over. Some come from churches or jobs with others who play and some come from a group that used to meet at the University of Dallas (UD).

A young couple got out of their car at the park, Darrell and Summer Zook, Ken's son and daughter-in-law, who met playing ultimate Frisbee. "I started playing with a group at Hillcrest High School; later we played at UD, where I met Darrell," Summer explained. Darrell, who has played with this

Sports NOW

group the longest, learned the sport from someone at church. "Originally we played on the SIL property, outgrew it and moved around," Darrell said. "We are pretty good together. We have played in competitions; we've never



Tim Walker evades a block to make a pass.

won a competition, but we finish in the top half and we have fun doing it."

For Summer, the biggest challenge is being the only girl most of the time. She did not appear too challenged on the field. Others say the biggest challenge is the shallow ditch on the near side of the end zone.

The rules are basic: as long as one team has possession of the Frisbee, it is their turn. The other team acquires the Frisbee by interception or if it hits the ground. To score, a team member must catch the Frisbee in the end zone. For this group, the game ends when one team scores seven. They usually play two or three games.

Frequent individual rest stops are made to grab a drink while catching their breath. During one such break, Gavin Jones explained that he had played for six years before leaving for Papua New Guinea, where he serves language translators as a bush pilot. Back for several months to acquire his helicopter license, he is enjoying the opportunity to play again. "No one really plays a certain position per se, we all do everything: offense, defense, run and laugh. It's the only group sport I am any good at. Probably because all you have to do is exercise and have fun," summed up Gavin. **NOW**

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Wolverton Co. Inc. is the oldest air conditioning business in Dallas County. “Dad started this company in his garage in 1939 to service heating and refrigeration needs,” stated Tommy, who grew up in the business. From the beginning, pleasing the customer and providing quality work was emphasized. The growing company settled in their present location at 118 W. Fairmeadows in Duncanville in the ‘60s.

Specializing in commercial refrigeration, Southland Corporation’s 7-Eleven was their first big client. As central air conditioning became standard in the housing industry, they met that need. Tommy left the family business for a time, studying at Arlington State College and working at Texas Instruments for three years. “Dad needed me back with the company though,” Tommy admitted. “I later became the owner and formed a corporation. We do about \$2 million in sales today.” Tommy is community-minded, having served on the board of directors with banks, homebuilders, the education foundation, the Air Conditioning Contractors of America, among others. He is a member of the Lions Club and three Chambers of Commerce.

“We now have two offices, a total of 30 employees — most have been with us 20-plus years. My son, Keith, runs the

Waxahachie office,” Tommy reported. They are proud to have been voted the Best Air Conditioning Company in the Best Southwest District by *Today Newspapers* readers for seven years.

“I have seen many changes in the industry, both in manufacturing and servicing,” he explained. “We used to assemble the units piece-by-piece on the job. Now they come pre-assembled, making them easier to install, but much more complicated to service. Digital equipment has replaced analog systems, requiring more training. Most manufactures offer courses specific to their product. We were one of the first 150 AC companies to be licensed when the state required it. Another change,” he remarked, “is mandatory background checks on employees.”

When it comes to differences in service costs, Tommy commented, “Customers should realize if they are getting a cheaper estimate, they could be dealing with a salesman rather than a serviceman. In today’s society you can’t license ethics, so unless they know the company, I advise a second opinion on service recommendations. Although our initial charge may seem higher, they only have to pay us once, because we will do it right from the beginning. Our favorite motto is: ‘The bitter taste of poor quality remains long after the sweet smell of low price has gone.’”



Business NOW



To insure maximum life from an AC unit, a homeowner should regularly clean air filters and invest in preventative maintenance. Have a serviceman check condenser vent coils and electrical contacts outside. "Investment in high density filters, especially ones with tiny pleats restrict the airflow, which may increase your air quality, but will force the unit to work harder, which in turn can cause it to ice up," Tommy explained. Servicemen will tell you what will keep your unit working most efficiently.

AC service providers joke that fire ants are "industry insects" and the cottonwood is the "industry tree," because they cause the most business. "If your unit is 15 - 20 years old, consider replacing it. Newer units handle heat exchange more safely and new coolants are more eco-friendly. AC units should last 10 - 15 years, while a heater will last 15 - 20 years. Life expectancy depends on variables such as how tightly a house is constructed. Wolverton offers many products and services to meet each customer's individual needs. Their office hours are 8:00 a.m. - 5:00 p.m. Monday - Friday, while service is available 24 hours a day at (972) 296-COOL. Visit them at www.wolvertonair.com. **NOW**

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Education **NOW**



For 23 years, the Goads have walked the halls of DeSoto High School as educators, role models, coaches in both athletics and life skills, mentors and friends. In that time, both Larry and Kathy agree that while the decades have changed, children have not. "It's true," Kathy agreed. "Children are children." When they began their teaching careers over 25 years ago, it was in Henrietta, Texas. "A small 2-A school in West Texas and you know what? The needs of the children were the same then, as they are now."

As a young man, Larry always knew he wanted to teach. "I knew from the get go that God wanted me to work with kids," he said. So, with a physical education degree in hand from Texas Tech University, he began coaching at a local YMCA in Oklahoma. It was there that he met his future wife and teaching partner. At the time, however, Kathy had no designs for teaching.

"She was dating my boss," Larry recalled of their first meeting, adding, "I didn't have the job long, but walked away with the best part of it." He got Kathy.

When Larry received word that the DeSoto High School was searching for a math teacher and a coach for track, girls' basketball and football, the Goads came as a package deal. Kathy began teaching home economics and, together, they had three beautiful girls. As Larry stepped away from the sport of football, he believes having three daughters was a gift that led him to a higher calling. Many male coaches shy away from coaching teenage girls, but Larry jokes that he is a seasoned veteran. Having survived three teenage daughters, he focused exclusively on the girls' basketball team and has

not looked back. Clearly, the plan is working. With an impressive coaching record, Coach Goad took his basketball team to state and was once ranked first in the state of Texas. Although he is very proud of his successes as a coach, he is quick to point out that it is the players and not the titles that matter most.

"It's important to be a role model for these kids," Larry said. "I'm an open book with them, and they are open to my family, my wife, our home. My team is like family." In that regard, the Goads again serve as role models.

"I've had kids ask me how long I've been married. When I say 31 years," Kathy said, "many question the number of marriages. They can't believe I've been with my husband, the same man, for that long."

On the subject of how children have changed, Larry is thoughtful. "It is true that kids today are bombarded by too many outside factors, but through sports and strong family values," he said, "kids aren't afraid to stand up for what they believe in. They can and do believe in themselves."

"That's one of the things I really like about Coach Goad," Vanessa Obafemi said. A senior at DeSoto High, the bright, articulate, gifted athlete is the perfect example of what Larry preaches and teaches. "He always believes in us," she added. "He always seems to lift us up when we need it most."

While many might wonder how the couple has remained so enthusiastic about teaching for 25 years, Kathy is nonplussed. "We do it for all the Vanessas out there." As Larry has dedicated himself to the young athletes, Kathy has been on a mission of her own. "Kids are so smart, so savvy, but then," she said,

Education **NOW**

"they can be so naive about life, and it's in that moment I say, 'Okay, that's why we're here.' We are here to help them, to teach them life skills." In fact, if Kathy had it her way, every state would require students to learn how to cook, sew, set up a budget and discuss family living. For Kathy, it seems reasonable that all the things which are a prelude to a young person becoming a functioning, responsible member of society should be taught in school, since they are equally as important as are math and science skills.

So passionate is Kathy about teaching her students, she created a PAL (Peer Assistance and Leadership) program, in which she takes team members to eight different elementary schools in DeSoto, allowing her students to mentor other children. For the last 16 years, her PAL students have also mentored the mentally handicapped with a focus on compassion and understanding. Four years ago, she became involved with the Big Brothers Big Sisters of Dallas. With the help of the national organization, Kathy gained access to grants for her school district. Kathy, arguably one of the most innovative and industrious educators in the district, is constantly bringing the best teaching tools to her students. For her, they are more than pupils. They are her children.

It is for this reason the Goads are so devoted to DeSoto. While their children are now grown, they remain deeply rooted in the community. "It's where we shop, where we go to church, where all our friends are," Larry said. It is also for this reason the Goads continue to receive letters from students, both current and former — birthday party invitations, wedding and birth announcements, job referrals and the always appreciated "thank you" card. "I just can't imagine being anywhere else," Kathy said. Nor can the thousands of young men and women whose lives they have forever changed. **NOW**



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Around Town Cedar Hill



Joseph Gonzales, top left, was named the Student of the Month from Waterford Oaks Elementary School. Ashley's School, along with many other area children, top right, attended Storytime at the Cedar Hill Public Library. New Chamber members, second row left, were honored during the February luncheon. Children had a great time, bottom left, during theater time at the library. Kendall Frazier, center, was named the Student of the Month from Plummeer Elementary School. Mary White, second row right, recruited Cedar Hill business volunteers for the Texas Scholars program. Recreation Center employee Mark Solis, bottom middle, attended a recent neighborhood block party. A ribbon cutting, bottom right, was held at A Touch of Texas.



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Around Town DeSoto

NOW



The Lady Eagles, top left, clinched the district 8-5A title under the expertise of Coach Goad. Three beautiful daughters at the Daddy Daughter Dance, top middle, posed for a photo. Jasmine Johnson, top right, snagged one of many rebounds. DeSoto ISD school counselors, second row left, were honored at a reception at McCowan Middle School. Wal-Mart, bottom left, presented a \$250 check to Omega Psi Phi Fraternity. Beth Trimble, DUSD Communications Director, and Melissa Starnater, second row middle, were honored at the 2008 annual Texas School PR Association Conference. Dallas County Commissioner John Wiley Price, third row middle left, spoke to students at the DeSoto Freshman campus. He is shown with teacher Clint Anderson. A dad and his daughter, third row middle right, danced the night away at the Daddy Daughter Dance. Unnice Alley, bottom right, spoke to the McGowan Middle School Soaring Eagles-Sisterhood Club about their inner beauty.



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Around Town Duncanville

NOW



PACE (Pursuing Academic and Career Excellence), top left, was recently renamed to honor district educator, Mary E. Smithey. The school is now called Mary E. Smithey PACE school. Democratic Presidential hopeful Barack Obama, top right, made a special visit to Duncanville during the Texas primary. The 9th grade class at Christway Academy, bottom left, recited a poem as part of a recent talent show to raise funds for a trip to Washington, D.C. The talent show also offered a sword fight, second row middle, between Andrew Clauser and Peter Morgan. Girls had fun dancing, third row middle, at the Daddy Daughter Dance. A ribbon cutting, fourth row middle, was held at Durango's Mexican Food. Bob Irvine, president of Share & Care; Keisha Edwards, director of Sound Options; and Beverly Irvine, bottom row middle, attended a baby shower hosted by Share & Care Site Council. The baby shower, middle right, provided "shower" gifts for distribution through Sound Options Pregnancy Service of Duncanville. Everyone, bottom right, had a good time at the January Best Southwest Rise and Shine event.



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Look Who's Cooking

— By Stephanie Brewer

IN THE KITCHEN WITH DEBBY BAUGH

Debby Baugh, a farm girl from Central Texas, discovered a love of cooking when she first met her husband. "I became enamored of all the ingredients, colors, textures and possibilities the first few months of our marriage," Debby said. "As I learned basic things myself and found a growing interest, I am now to the point that cooking is just about my 'default' position!" Debby learned from the way her mother enjoyed cooking. Her mother's handwritten recipes are her most treasured possessions.

Debby spends more time baking than cooking. "I love to cook casseroles and fresh vegetables, but I can't think of just one category I don't love to cook," Debby said. "Don't throw it away, let me make something out of it." **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

CABBAGE CASSEROLE

4 cups coarsely chopped cabbage
1/4 cup butter
1/2 green pepper, diced
1/3 cup flour
1/2 tsp. dry mustard
1/2 tsp. salt
1/8 tsp. pepper
1/2 cup water
2 cups milk
1 1/2 cups grated cheddar cheese
1 cup unseasoned croutons
2 Tbsp. melted butter for croutons

Cook cabbage in enough water to cover with 1/2 tsp. salt until barely done. Drain. Melt butter and sauté green pepper. Blend flour with other dry ingredients into butter mixture. In small increments, add the milk and cheese, stirring constantly. Cook until thickened. Fold the cabbage into the cream sauce. Turn into greased pan or casserole dish and top with crushed croutons which have been tossed in melted butter. Bake at 350 F for 20 - 30 minutes. I frequently add diced cooked ham with the cabbage, making the casserole a main dish.

MARINATED SLAW

1/2 cup oil
1/2 cup sugar
1/2 cup vinegar
1/2 tsp. celery salt
1 tsp. salt
1/2 cup sweet relish
1 tsp. prepared mustard
1 small onion, chopped
1 bell pepper, chopped
1 head cabbage, shredded
1 - 2 cups salad olives (or to taste)

Bring oil, sugar, vinegar, celery, salt and sweet relish to a boil. Pour dressing over chopped vegetables while hot. Toss and pack tightly into refrigerator container. Keeps nearly indefinitely.

POPPY SEED CHEESE BREAD

1/2 cup shortening, melted
2 eggs, beaten
1 cup milk
3 cups biscuit mix
1/2 lb. (2 cups) grated processed cheese (like Velveeta)
2 Tbsp. poppy seeds
2 tsp. minced onion (optional)

Combine all ingredients stirring no more than necessary. Bake in preheated cast-iron skillet greased just before filling or in greased muffin tins at 300 - 325 F for 25 minutes or until browned as you like. This bread freezes well.

EVERYDAY COOKIES

1 cup butter or margarine
1 cup granulated sugar
1 cup brown sugar
1 cup vegetable oil
2 eggs
1 tsp. vanilla
3 1/2 cups all-purpose flour
1 tsp. cream of tartar
1 tsp. baking soda
1 tsp. salt
1 cup crispy rice cereal
1 cup dry oatmeal
1 cup shredded coconut
1/2 cup chopped pecans

Preheat oven to 350 F. Cream butter, sugars and oil. Add eggs and vanilla; beat well so oil does not separate. Mix flour with cream of tartar; add baking soda and salt. Add to creamed mixture. Stir in rice cereal, oats, coconut and nuts. Drop by teaspoonfuls onto ungreased cookie sheet flattening slightly. Bake on lower shelf of oven 5 - 6 minutes. Move to middle of oven and finish baking until lightly browned for about 5 minutes. Watch carefully so they do not get too brown. Remove from sheets and cool.

GOURMET CHICKEN SALAD

4 chicken breasts (about 2 1/2 pounds)
2 carrots, quartered
2 stalks celery, quartered
1 medium onion, quartered
garlic clove
red pepper flakes and parsley to taste
1 8-oz. bottle Italian salad dressing
1 cup chopped celery
4 hard-boiled eggs, sliced
2 Tbsp. capers
salt and pepper to taste
1 cup mayonnaise

Combine chicken breasts, carrots, celery, onion, garlic, red pepper flakes and parsley. Cover with water in large saucepan and bring to a boil. Cover pan and reduce heat. Simmer 35 minutes or until chicken is tender. Drain; reserve broth. I always further reduce the broth, strain and use it in something else. Cool chicken; cut into large chunks. Combine chicken and dressing; marinate at least 12 hours or overnight. Drain; discard marinade. Combine chicken, one cup celery, eggs, capers, salt and pepper in a large bowl; set aside. Stir the mayonnaise into the chicken mixture and toss until well-coated. Cover; chill thoroughly. Yield: 8 servings.

APPLE MUFFINS

1 1/2 cups oil
1 tsp. cinnamon
2 cups sugar
1 tsp. salt
3 cups flour
1 tsp. soda
3 eggs
1 tsp. vanilla
1/2 can apple pie filling

Mix all ingredients together; pour mixture into muffin pans. Bake at 350 F for 20 minutes. Test for doneness as they burn easily. These freeze well. I recommend doubling this recipe to use the whole can of pie filling.

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Are You Taking Advantage of a Roth IRA?

— By Tom Castleberry, Judy Howell and Gary Rope

Simply put, contributing to a Roth Individual Retirement Account (IRA) may be a smart money move. The question then is, are you taking full advantage?

The benefit of contributing to a Roth IRA is that money you put into one of these accounts grows tax free and distributions may be tax free¹.

If you have not yet opened a Roth IRA, do it now. You have until your tax return deadline (typically April 15) to set up and make contributions for the previous tax year. Annual contributions are limited — currently

\$4,000 annually². That means you can invest \$4,000 for 2007, giving you a solid start to your savings. The contribution limit rises to \$5,000 in 2008².

If you are just getting started investing, the Roth should be one of your first stops — even before you open a regular, taxable account, or contribute to a workplace retirement savings plan. The only exception is if your employer offers a match on your 401(k) contributions. That is free money you do not want to pass up. Yes, you can invest in both a Roth as





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Not sure where to find the money to fund your account? Consider investing your tax refund. About 70 percent of Americans will get a refund this year, and last year the average check totaled more than \$2,000. That cash would make a great start to your Roth.

Contributions are limited based on a taxpayer's filing status and Modified Adjusted Gross Income (MAGI) as indicated below.

The MAGI ranges, for 2007, are:

Single filers: Up to \$99,000 (to qualify for a full contribution); \$99,000-\$114,000 (to be eligible for a partial contribution); above \$114,000, no contribution allowed.

Joint filers: Up to \$156,000 (to qualify for a full contribution); \$156,000-\$166,000 (to be eligible for a partial contribution); above \$166,000, no contribution allowed.

Married filing separately: \$0 (to qualify for a full contribution); \$0-\$10,000 (to be eligible for a partial contribution); above \$10,000, no contribution allowed.

Your exact contribution amount can be calculated using the worksheets found in Publication 590 on the IRS Web site at www.irs.gov. **NOW**

Notes:

1. Withdrawals are tax-free if you are over age 59 1/2 and at least five years have expired since you established a Roth IRA. Otherwise withdrawals of gain may be taxable (unless the withdrawal is "qualified") and may be subject to a 10 percent tax penalty.

2. An individual can contribute up to \$4,000 (or 100 percent of earned income, whichever is less) for tax year 2007 and \$5,000 for tax year 2008. If you are over age 50, you are allowed to make additional "catch-up" contributions of \$1,000 for tax years 2007 and 2008. Your adjusted gross income may limit your contribution amount.

Tom Castleberry, Judy Howell and Gary Rope are a State Farm agents based in Southwest area.

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Health NOW

Life Lessons for Improved Health and Happiness

— By Dr. Lesa Ansell

It is said that happiness is a state of mind. It is a choice we must choose day after day. So we will start here with lesson one:

Lesson 1:

Recognize what makes you happy. Ask yourself, “What do I like to do?” “What makes me laugh?” “What do I enjoy for relaxation?” Investing more time and energy into these things will guide you to a more happy, fulfilled life. Another key to this lesson is recognizing what you do not like, then removing it from your life. Frequently, people spend so much time being involved in helping others with their life that they forget to live their own. So do not let yourself get so caught up in life that you forget to live.

Pent-up emotions can cause a multitude of problems. Among them: anger, depression, upset stomach and ulcers. Therefore, managing your emotions is key. With this comes lesson two.

Lesson 2:

Learn to forgive yourself and others.

At times, we all do things that we are not proud of. Sometimes, we even do things that hurt another. We are not perfect. We make mistakes. No matter how much shame, guilt or pain we inflict upon ourselves, we cannot change what happened in the past. The sooner we learn to forgive ourselves, the sooner we will be able to move on. When we do move on, we may be surprised to find the other person has

too ... and already forgiven us.

Along with forgiveness, we need to love. This is equal to all of our basic needs such as food, clothing and shelter. This moves us to lesson three.



Lesson 3:

Give and receive love. Without love, a person can die. An everyday example of this is the health condition failure-to-thrive. This is where infants, despite adequate nutrition being offered, fail to gain weight properly and fail to engage with others. If no intervention is given, these infants will eventually die. Most of us are great at

giving love, but many are bad at receiving love. This can leave us feeling empty or drained. Give yourself permission to recharge your batteries and let someone love you.

Another important factor in health and happiness is not doing too much of anything. So with that, we will conclude with lesson four.

Lesson 4:

Learn to live in moderation. How many times have we failed to heed the warnings our moms gave us? She would say, “You can have one piece of cake; if you eat too much, it will make you sick.” But as soon as she was out of sight, we would sneak more. Well, we all know what happened. She was right! There are many diseases that come with lack of moderation. Among them are: obesity, diabetes, alcoholism and hypertension.

To sum it all up, happiness and health are about balance. Too much or too little of anything can be harmful. When we find how to be happy, how to forgive and be forgiven, how to love and be loved and how to find the balance between too much and too little, that is the point where we can have it all ... happiness and health! **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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How Hardy are Your Hibiscus?

— By Nancy Fenton

Those glorious, big flowers in pots that grace patios and porches are often hibiscus, but not the “hardy” kind. The tropical ones come in assorted colors and go with the first freeze. Rose of Sharon is one of the hardy relatives, but there are a lot more, such as those known as Rose Mallows or Swamp Mallows.

These mallows survive temperatures down to minus 30 degrees. They come back from the roots up, when temperatures hit 70 degrees, to bloom throughout the summer until the first frost. The many varieties can have blooms up to 12 inches (dinner plate size). Even though each bloom lasts only about a day, the profuse blooming habit of these hibiscus gives you blooms all summer long.

Lord Baltimore and Flare are both Texas superstars tested by Texas A&M University for our area conditions. They stand four to five feet tall with 10-inch flowers. There are

even some new hybrids, which have been created by hybridizers Jim, Dave and Bob Fleming. Kopper King has bronze leaves with pink and red-streaked flowers and Blue River II has blue-green foliage with pure white blooms. Their lemon-colored Old Yella and purple Plum Crazy make it easy to create colorful combinations. You can even go for shorter plants with two new series named Carafe and Cordial. The varieties in these series top out at three feet. Whatever the size of your hardy hibiscus, they need lots of sun, good soil, extra nitrogen to support the many blooms and regular water. Try them! Ask for them in local nurseries or go on the Internet. They will come back better and stronger year after year. No

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Nancy Fenton is a Master Gardener in Ellis County.




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April 2008

Community Calendar

Every Monday

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

Every Tuesday

Rotary Club of Duncanville meets at 7:00 a.m. at the Hilton Garden Inn. 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 a.m. at CH Recreation Center, 310 East Parkerville Road.

Every Thursday

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

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 CH Recreation Center. Safe, exciting, supervised entertainment for children (third - eighth grade). Cost is \$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.

Every Wednesday and Friday

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

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.

First and Third Tuesdays

Good Morning DeSoto morning network event. (972) 224-3565 or info@desotochamber.org. Also meets on the fifth Tuesday this month.

Training Academy for Dental Assistants' free informational sessions: 5:30 p.m. (972) 842-2999.

First and Third Wednesdays

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

Fourth Mondays

Duncanville Board of Directors meeting: 5:30 p.m. at Chamber offices.

Second Tuesdays

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

The Dallas Area Writers Group at CH Library. Visit dallaswriters.org.

Fourth Tuesdays

Duncanville Chamber Champions Luncheon: 11:30 a.m. at various locations.

Second and Fourth Mondays

Texas Ladies Networking: 11:45 a.m. - 1:00 p.m. at Ryan's Grill, Waxahachie. (214) 587-1221.

Second and Fourth Tuesdays

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

Second Wednesdays

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

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

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.

ABWA (American Business Women's Association) Express Network: 5:45 p.m. at the Waxahachie Civic Center. Contact Stephanie Kinnison at (972) 938-0703 or stephanie@customcaregivers.com.

April 1

Dad's Night Out With the Kids: 7:00 p.m. at the Duncanville Library. April Foolishness led by magician/comedian Brett Roberts.

April 3

DeSoto ISD Mentor and Volunteer Reception: 4:00 p.m. at DeSoto Town Center.

April 7

Keep Cedar Hill Beautiful reception: 7:00 - 9:00 p.m. at CH Recreation Center. Speaker: Ruthie Jackson. (972) 291-5100, ext. 1094.

31st Annual Double Eagle Golf Classic: 7:30 a.m. at Thorntree Country Club.

April 12

Keep Cedar Hill Beautiful hosts community litter pick-up day: 9:00 - 11:00 a.m. at City Hall. Hot dog lunch for participants provided by CH Lions Club. (972) 291-5100, ext. 1094.

Sweep It Off Saturday, hosted by Duncanville in conjunction with Texas Trash Off. (972) 780-5086.

Duncanville ISD Education Foundation presents "Rhapsody in Blues Gala," featuring Memphis Soul Live at the Hilton Garden Inn, 800 N. Main, Duncanville. Reception/appetizers: 5:30 p.m. Silent auction: 5:30 - 7:30 and 8:00 p.m. Dinner: 6:30 p.m. Memphis Soul Live: 7:15 - 11:00 p.m. Tickets: \$100. (972) 708-2053 for reservations.

April 14

Tickets go on sale for DeSoto's Mother & Son Black & White Ball, held on May 3 from 7:00 - 10:00 p.m. Cost: \$30/couple; \$15/additional child. Music, dancing, light refreshments and 5X7 photo. To purchase tickets, call (972) 230-9651. No tickets sold at the door.

April 21 and 22

55 Alive Defensive Driving Course, sponsored by AARP: 6:30 - 8:30 p.m. at Hopkins Senior Center in Duncanville. \$10/person. Call (972) 780-5073 for reservations.

April 23

DeSoto's Code Read presents Keeping Your Business in the Black: 8:00 - 9:00 a.m. at the MCM Grande Hotel.

April 24

Duncanville Chamber and Rotary Club presents the 2008 Candidates Forum: 6:00 p.m. at DV City Council Chamber, 203 E. Wheatland. Candidates will be discussing issues facing the Duncanville ISD and the city. (972) 780-4990.

May 8

Duncanville Chamber of Commerce invites you to welcome the world-renowned Disney Institute to the University of Texas for a one-day workshop on the "Business Behind the Magic." For registration information, visit www.keysdallas.com or call (877) 544-2384.

May 15

Mark your calendars now to attend the Miss Classic Duncanville 2008 Pageant to see who of our beautiful Duncanville women (60 years or older) will represent our town in the Miss Classic Texas 2008 competition.

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

For more community events, visit our online calendar at www.nowmagazines.com.

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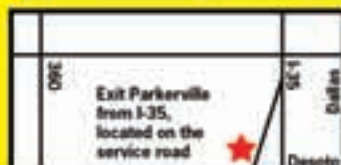
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