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April 2010

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Cedar Hill - DeSoto - Duncanville
NOW
The Community Magazine
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Surrounding Area
MAGAZINE

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On The Cover

Dean of Students Mike Anguiano brought the Community Emergency Response Teams (CERT) training program to Northwood University.

Photo by Jay Lamar.

Editor's Note



Hello, Southwest Friends,

This month we welcome spring and Easter. The winter snow was fun, but I am ready to bask in the warmth of the sun again. Bluebonnets are supposed to be outstanding this year, so get your cameras ready ... and send me some photos of your favorite bluebonnet babies.

Spring also calls us to outdoor physical activity, so plan to participate in the 16th Annual Cancer Awareness Day Race on May 1st at Lakeside Park in Duncanville, featuring a certified 5K run and one-mile fun walk.

Through the pages of this issue you can meet the Cedar Hill CERT team, which is ready to help in the time of need; find out about the great after-school classes going on in DeSoto; meet an amazing woodcarver from Duncanville; enjoy the family homestead of Allen and Tina Conley; and indulge in some healthy recipes from nutritional coach, LaShanté Williams.

Beverly Shay
SouthwestNOW Editor

P.S. Send your story ideas to bshay.nowmag@sbcglobal.net.

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CERTified to Help

— By Adam Walker

What happens when you bring together a fire department, a university and FEMA grants? You get the Community Emergency Response Teams (CERT) training program at Northwood University. This program offers a unique training opportunity to Northwood students while making the university, its staff and students a valuable resource to Cedar Hill, surrounding communities and potentially, the world. This program was brought to Northwood by Dean of Students Mike Anguiano with the support of FEMA grant monies and trainers provided by the Cedar Hill Fire Department (CHFD) at the suggestion of Fire Marshal Randal Jordan.

The idea for all of this started back in 2008 with Hurricane Ike. Cedar Hill received a number of refugees, who were hosted at the recreation center. “The city needed a place with the people and facilities to feed these folks,” Mike said. “Northwood University has a hotel and restaurant management program so we were just the place to help.” While serving large groups of people, the students gained real-world experience and were able to assist in a time of great need. While working at the recreation center, Mike found himself conversing with the fire marshal about further ways Northwood students and employees might be able to help. Soon thereafter, when the FEMA grant money

became available to the Cedar Hill Fire Department, Fire Marshal Jordan contacted Mike about setting up a CERT training program at Northwood. “When he asked me if I was still interested and offered to set up this program,” Mike remembered, “I said, ‘Absolutely.’ During Ike, Northwood became an integral part of the city’s disaster response; the campus became a resource for the city. We became a contributing member of the community.” This program will allow Northwood to continue to contribute as the student body and members of the staff and faculty of the university go through the training to become emergency responders, who will be able to offer first-on-scene aid wherever they go and thus become a pool of trained personnel the city can call on when needed.

Mike, as dean of students, has incorporated this unique program into Northwood’s leadership development training, since the skills learned — situation assessment, cool thinking in crisis situations, confidence to help, teamwork, communication skills, creativity with limited resources — are skill sets that will serve the students well in whatever field they enter. Mike said, “This training fits well with Northwood’s mission to develop future leaders for a global free enterprise society.” This training appears on the students’ permanent transcripts as useful non-academic skills they can offer to potential employers, setting Northwood students apart in a tough job market. And the skills learned will then be available to whatever communities these students later live and work in, making the reach of this program truly global as international students from Mexico and the Netherlands are already taking the training.

Meanwhile, the trained personnel make Northwood a safer environment. Only a couple of weeks into the first CERT class, some students put the training to use dealing with a fire



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in a campus trash barrel before it got out of hand — only one day after fires were covered in the curriculum. With Northwood's location on the outskirts of town, this is a definite security plus. The students knew where the fire extinguishers were, knew their proper use and did not lose their cool. The situation was dealt with before it became dangerous.

The training includes a whole range of skills from CPR (cardiopulmonary resuscitation) to how to shut off a gas main to determining if a building is still structurally sound after a disaster to dealing with mass casualties. "One thing



"This training fits well with Northwood's mission to develop future leaders for a global free enterprise society."

they'll learn," Mike said, "is how three guys who are just a buck fifty each can safely lift a ton of concrete," which, no doubt, is an experience that appeals to young college guys. Minor crisis situations come up at home, the office and in the community all the time. What employer would not want an employee who has been trained to keep his or her head in an emergency situation? What campus would not be safer when every resident assistant is trained in CERT and the whole student body is aware of safety protocols? What neighborhood would not be better off with a few level-headed residents on the day something goes wrong?

Mike's goal is for all of Northwood's employees to have the training forming a permanent resource to the community of Cedar Hill while each new class of students arrives, is trained and eventually graduates, taking their nationally valid

Cedar Hill **NOW**

certification with them wherever they go. "This makes sense for us. It matches what we already do as a university," Mike reiterated. The grant money CHFD received from FEMA has been used to provide the firemen, paramedics and CERT regional representatives who teach the class at Northwood, as well as 50 backpacks of emergency gear which the students who complete the training keep with them in their dorm rooms till they graduate, and the employees are encouraged to carry with them in their cars so they are equipped at home, on the road or on campus.

Community involvement is nothing new to Northwood. In addition to assisting with feeding the Ike refugees, the university opens its extensive, hilly campus to Cedar Hill's ERT (Emergency Response Team) and other emergency response personnel for training drills and has a history of encouraging volunteer activity in the community. The program Mike initiated simply takes the potential for involvement to a new level, and fits well with this former Marine's sense of duty to the community, a spirit he hopes to instill in the student body as a whole. His plan seems to be off to a good start with the first batch of 20 students and seven employees taking the training.

"You can't plan for disasters, but you can train individuals to respond when things happen," Mike said. He is in the first class taking the training himself, adding these skills to his previous military training. He has also been through the Citizens Police Academy and serves as the president of the police department alumni association. This is no passing fancy with Mike. He is committed to public safety, and being prepared — come what may.

This program provides the students with an invaluable skill set for the rest of their lives, makes Northwood a safer environment in which to live and study and provides the city of Cedar Hill with another pool of CERT-trained individuals to call on in time of need. "We are taking students who are interested and want to help," said Mike, "and training them with the skills to do what they naturally want to do." That sounds like a win, win, win situation. And that is what Mike intended from the very beginning. **NOW**

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AFTER SCHOOL & beyond

— By Adam Walker



What did you do after school? Did you hang out at the mall? Did you go over to a friend's house? Did you get into trouble? Well, you probably did not have an after-school program like the one today's students have available to them in DeSoto. Charlotte Berry, the director of DeSoto Independent School District's (DS ISD) Afterschool Centers on Education (ACE) program has put together a smorgasbord of surprises for all the students in the district, which at the current time includes 10 campuses for grade levels K through 12. But it is not just about having fun. "Our purpose," Charlotte said, "is to help with the curriculum, attendance and behavior, and to increase graduation rates."

The program activities have to tie back into schoolwork by offering enriching experiences and tutoring. The ACE program also hopes to increase attendance, since students will want to be at school so they can participate in the ACE activities, as well as improve behavior, since students must stay out of trouble to be involved.

Imagine being an aspiring dancer and signing up for the dance class being offered in your after-school program only to learn that the class is being taught by members of the prestigious, nationally recognized Dallas Black Dance Theater! That is exactly what is happening at DeSoto East Middle School. The opportunity for these young dancers is something most would never have access to without this innovative program. For their grand finale the students will get to perform with members of the Dallas Black Dance Theater. Can you imagine anything more exciting for a young, aspiring dancer than the chance to perform with professionals?

This may be the ACE program's most spectacular *coup*, but other programs are just as valuable. In addition to after-school homework help, there is Oops! I Forgot My Homework, a before-school program to help students get their work done prior to class starts on those rare occasions when a student forgets an assignment. Surely none of us ever did *that*! What an opportunity for the students — one last chance to avoid the consequences of forgetfulness.

There are after-school tutoring sessions for various classes. There are art classes for students who desire to learn more than can be covered within the curriculum. Spanish classes are not included in the curriculum for elementary grades, but students can get a head start in ACE. Cooking, jewelry making, gardening, math aerobics, mad science, tae kwon do, photography, chess, creative writing, charm classes, drama, computer classes, cultural awareness — the list goes on. There truly is something for every student, but even the parents can get involved in some of the Saturday classes like ESL, Spanish and Computer 101.

So how is the district paying for all of this? "We received a 21st Century Grant through the TEA [Texas Education Association] to set this program up," Charlotte explained. This grant will cover the first three to four years of the program. By the time the grant money runs out, Charlotte plans to prove to the community how effective the program is. To that end, she is already actively gathering the support from city officials, business leaders, educators and parents to insure the long-term success of ACE.

Before starting DeSoto's program, Charlotte had worked with a group of seven ISD's planning day programs for their students and was already involved with 21st Century and knew how the grant process worked. So when DeSoto ISD approached this 20-year



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DeSoto Independent School District

Academies launching at DeSoto High School

This fall, DeSoto ISD is launching a re-designed 21st century high school with courses based on career interest. The DeSoto High School Academies are magnet schools for every student without losing the traditional high school experiences and extra-curricular opportunities!

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"We are excited to offer our students a jump on their global competition while still enjoying their high school experience," said Superintendent Lloyd Treadwell. "And this is offered to every student in the district! No application required."

Current students and incoming sophomores have already begun course selections and are driving the curriculum based on their choices. Using existing facilities in a reorganized way, each academy will be held in designated section or a certain hall with core classes in the central area of the school.

All students, regardless of their academy, will still enjoy the vast array of extra-curricular opportunities at DeSoto High including all clubs, sports teams and spirit, band or music groups.

The district will now begin exploring expansion options to be incorporated into the existing facility with the \$45 million allocated in the 2005 bond program.



DeSoto recognized for outstanding efforts

DeSoto students and schools continue a steady rise to the top! Woodridge Elementary and the DeSoto Freshman Campus were named 2009 Higher Performing Schools by the National Center for Educational Achievement (NCEA) as part of the Just for the Kids Campaign. The Just for the Kids Campaign recognizes schools that grow their students' performance more than demographically-similar schools across the nation. Only 19 percent of Texas schools made this prestigious list based on three years of performance data.

Ruby Young Elementary was named a Texas Alliance of Black School Educators (TABSE) Exemplary School. Schools qualify for the award if they are a TEA Exemplary School, have 35 percent or more African American enrollment and/or have an African American principal.

The DeSoto High School Eagle Battalion JROTC underwent a major inspection in November, 2009, conducted by a team of evaluators from the 5th Brigade, United States Army Cadet Command. The Eagle Battalion received the GOLD STAR, Honor Unit With Distinction, the highest rank bestowed upon a JROTC unit.

The DeSoto ISD Communications Department received 12 2009 Texas School Public Relations Association Star Awards, including a State Best of Category, for excellence in school communications. TSPRA recognizes communicators in school districts, education foundations and education organizations for their outstanding work in both print and electronic media.

calendar of events

- April 2 - Teacher Preparation Day; No School
- April 6-7 - TAKS Testing, Gr. 5 & 8 Mathematics and Reading
- April 12, April 26, May 10 - Board Meeting, DeSoto ISD Board Room
- April 26-30 - TAKS Testing, see Web site for details
- April 30 - DeSoto High School Alumni Football Game and Dinner
- May 4, 4-7 p.m. - Volunteer and Mentor Appreciation Reception, Town Center
- May 3-14 - District Transfer Request Period (intra-district requests for 2010-11)
- May 31 - Memorial Day Holiday
- June 4 - Last Day of School; DHS Graduation, Dallas Convention Center, 7 p.m.

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resident in July, she jumped at the chance to come on board and set up this new offering. That did not give her much time to work, but she is such a dynamo that she just took that as a challenge. "I was still interviewing and hiring people for ACE on the 6th of September and we went live on the 8th!" she reported. "But everything has worked out. The district really supports the program. It has been very well received." She admitted, "It was hard work, but that's nothing new to me. I knew what I was getting myself into."

Seeing this program in action is really impressive. The students are enthusiastic and excited about the things they are learning, and the teachers are able to make good use of the time. Coach Simone Bond at DeSoto East pointed out, "If we didn't have this program, these kids would be out walking up and down Beltline or at home alone." Instead, they are under responsible supervision and being productive. Practically everything for the celebration of Black History Month was produced through ACE classes. For instance, the art classes made the African masks for the decorations. This freed up class time for other teaching experiences.

At Amber Terrace Elementary, Principal Nikeesia Ransom, teaches an exercise class through ACE to help her students burn off all that extra energy that can lead to misbehavior. Other staff and teachers, such as Sara Ferking, pitch in as well, offering the students extra art classes where enthusiastic future artists learn about making collages and making molds

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and painting. She teaches them to make art from everyday objects like marbles, straws and newspaper. In another room, students are learning to play the piano and hope to give a group performance later in the year according to their teacher Darren Dodd. The coordinator for the ACE activities at Amber, Kim Walker, said, "We give the kids opportunities to participate in activities not available to them in the regular curriculum. Without ACE, they wouldn't have access to Spanish, chess or computer classes. This is very enriching for our students."

Charlotte beams when she hears things like this, because that is exactly the purpose she had in setting up this program. But she is not finished yet. She has weekly meetings with her staff to explore what they have learned about what works and how to improve the program. "We discuss the lessons we learned for the week and plan how those lessons will come into play for next year."

One thing Charlotte is continually working for is more community involvement. "Part of the crux of the program is to bring the community in — as a bridge to the schools and vice versa. That benefits everyone. The schools get the support they need and the community gets better-trained future employees." For the upcoming summer programs, which are already being planned, Charlotte wants DeSoto business leaders to come and talk to students about careers and colleges, to send representatives to encourage students to further their education. She also wants her students involved in the community through community service projects.

This may sound like a tall order, and for anyone else it would be. But this is one lady who does not let obstacles stand in her way. If anyone can insure the success of this worthy program, Charlotte Berry is the one. **NOW**

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Raising Cancer Prevention Awareness

— By Beverly Shay

The Theta Pi Chapter of Epsilon Sigma Alpha (ESA) began their philanthropic organization in the Best Southwest area in 1965. Their motto is: Service to Others; their multiple service projects initially featured workshops for mentally challenged young adults of 16 years and over. ESA developed job contracts in which these young adults could be productive; as well as March of Dimes bike rides. “Now our main focus is cancer-related and our biggest project is the cancer awareness race/walk,” mentioned Glenda Kay Tankersley, treasurer, race chairman and 13-year ESA member. “We are involved with local cancer programs, such as the one at Methodist Charlton Medical Center, as well as raising funds for research concerning pediatric cancer through St. Jude [Children’s Research Hospital], and we maintain an emergency fund to meet any needs of those in cancer treatment locally who have no other funding available to them,” added Kathy Eddy, member of ESA for 28 years.

The race/walk for cancer awareness began when Duncanville High School’s legendary girls’ basketball coach, Sandra Meadows, was fighting her own personal battle with cancer. ESA was determined to both honor her and help raise funds for her treatment, but unwilling to take any funding for herself, the money went to others in need. Previously funds were gathered for needy area families, foreign travel for high school students and the Education Foundation and Teen Court. ESA also aids various other local nonprofit organizations.

For Glenda, involvement with ESA is very personal. “I joined the group because of their cancer-awareness emphasis and the race. I am a two-time breast cancer survivor. It’s been 21 years and 16 years since I had breast cancer. Just two years ago, I found out I am a BRCA1 carrier,” Glenda stated. “There are two genes, one which carries breast and ovarian cancer. At that time my sister had been fighting ovarian cancer for two-and-a-half years. My daughter, who worked for an OB/GYN, wanted to know if our family carried those genes. When I found out I did, I went ahead and had a hysterectomy, including removal of both ovaries. The BRCA2 gene is only connected to breast cancer,” Glenda further explained.

Lynn Noles, a three-year member and current president of ESA, is also a BRCA1 carrier. “I was 10 when my mother, then in her 40s, had breast cancer and a radical mastectomy. My grandmother and sister also had breast cancer. After much consideration, I went for genetic counseling, then testing and consulted with many doctors for advice. Every one of them told me it was a no-brainer to get a bilateral mastectomy, reconstruction and hysterectomy.



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It was a three-surgery process spanning seven months,” Lynn recalled. The support and help she received from her fellow ESA members was immense. “I have participated in the walk for 10 or more years, even before becoming an ESA member.”

“Just this past year, ESA was able to donate \$12,000 through the Methodist Health System foundation designated to provide prostate screening and mammogram testing at Charlton Methodist,” Glenda was happy to report. “We want to raise more funds each year so we can help more women at baseline level or those who do not have the funding for additional testing. Our organization

“The importance of mammograms is early detection.”

provides for those in the Best Southwest ZIP codes, some over into Grand Prairie and some Dallas areas — basically those areas served by Methodist Charlton.”

“We also include men,” Kathy was quick to add, “‘under-served’ men and women who fall between the cracks of other funding programs. Initially, I saw this as helping with another service project. Although I knew of many with cancer, I wasn’t close to anyone dealing with it. But in 1999, my niece developed non-Hodgkin’s lymphoma and died. Seeing it up close like that really opened my eyes to what people have dealt with. Now I have a personal reason to be involved,” Kathy remarked.

Proceeds from the race/fun walk provide mammograms for women without insurance, a mobile mammogram unit, a prostate program, donations to St. Jude and emergency funds for cancer patients in need. “One time we used the emergency fund when someone lost all their teeth during treatment; a dentist donated his time, and we paid for the new teeth,” Kathy recalled.

“It’s a big deal to suffer additional loss, such as hair or teeth, when you are already losing part of your body in the treatment of cancer. The more aggressive the treatment, the more likely you are to lose

—Duncanville**NOW**

hair. The importance of mammograms is earlier detection. My first round with breast cancer was when I was 34, well below the recommend age to start getting mammograms. My first lump was larger than what I had the second time, but it was only stage I. At age 39, I had no awareness of anything unusual, but what hadn't showed up in blood work two weeks earlier showed up in the mammogram: smaller than the time before, but already stage II and in the lymph nodes," Glenda related. "I did chemotherapy both times; the first time, since I wore a cold cap, which freezes your hair follicles and reduces hair loss, I didn't lose much hair. But the second time, due to more aggressive chemo, I did lose my hair.

"Faith made a big difference for me — my own faith and the faith of friends who prayed for me. Because of the cancer and my faith I opened a gift shop, where I could provide ministry to others, peaceful, hopeful, inspirational items, like crosses and other gifts," Glenda mentioned.

"As a result of what I have been through, I really want to encourage people to take advantage of what is available to detect and to protect. And I want to create opportunities for those who need them to be able to also take advantage of what is available," Glenda stated. In 2006, ESA was able to grant mammograms to 15 of the 20 women who applied. In 2009, they were able to help 86 of 193 women.

"Lots of work goes into planning the walk, which is our main fundraiser. We really need the community to get more involved. This is our 16th Annual Cancer Awareness Day; Methodist Charlton is our title sponsor, although many, many other businesses and individuals support, solicit support and volunteer. A one-mile fun walk (beginning at 8:00 a.m.) and a certified 5K run (beginning at 8:30 a.m.) are scheduled for Saturday, May 1 at Lakeside Park in Duncanville. Through these walks, we have been able to provide over \$175,000 toward cancer-related projects," Glenda shared.

Register for the race online at www.runontexas.com or use forms available at Glenda Kay's Gifts and Collectibles, 226 W. Daniels St., Duncanville, 75116 or call (972) 296-9898 for more information. **NOW**

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Family Matters

— By Beverly Shay

in Kerrville for two years and in 1992, they moved to Cedar Hill, where they lived for 10 years. “When we first moved to

Duncanville, we were living in a rent house we owned, but it was really too small. Selling the Cedar Hill house is what enabled us to buy our first Subway franchise, over on Cedar Ridge and Center. The previous owners were friends of ours; even though buying the franchise was a several-month process, our friends let us manage the Subway the entire time,” Allen acknowledged.

Besides making time for family and running two Subways, Tim is active in the community. He serves as chairman of the Duncanville Chamber of Commerce, a volunteer on the

economic development board, as well as serving on the Subway advertising board for North Texas and the national advisory board for Subway in North Texas.

“We knew we were going to need more room with the kids coming home from college for a while, and we wanted to have room for our parents,” Tina explained. “I was a Realtor with Ebby Halliday at the time, and I looked at every listing in Duncanville. We looked at this home in June, and the backyard was so pretty. But really, we have completely changed the backyard,” Tina grinned. “The crape myrtles and box shrubs had to go; they made it too hard to keep the pool clean.” The pool



At Home With

Allen and Tina Conley

A brief visit in the Conley's home is all it takes to realize family is the most important aspect of Allen and Tina's life together. Just about every feature of their Duncanville home elicits a purpose or a story revolving around family. They have a son and a daughter. Their daughter lives in Las Colinas, working in the IT department for American Airlines. Their son is a resident doctor in radiology at Scott & White, one of the nation's largest multi-specialty healthcare systems, located in Temple, Texas. Allen and Tina also have three young grandchildren, whom they completely adore.

The couple met just out of high school in San Antonio, when they were both employed at Pizza Hut. Six months later they were married. Initially, they lived in San Antonio, later



is a big draw for the grandkids and is surrounded by enough lawn to keep the children's three dogs happy, too.

The backyard is still a selling point for the house. Removing the trees opened it up, but there is still plenty of shade to be found on the recessed patio and under the covered walkway to the separate garage built by the previous owner. Allen pointed out his custom-made, hand-soldered smoker/grill. "It even has my initials on it," he said, with all the pride of a boy with his first bicycle. Another grill and a chiminea — a vase-shaped outdoor oven made of clay, originally designed for baking bread — along with patio furniture, a swing and lots of wind chimes add to the outdoor ambience.

"The original owner who sold us this house after living here for 29 years, built what he called his 'workshop,' as well as the garage with its finished attic, great for storage. Really, it's classier than a shed, with its cement floor, electricity and countertops, although we pretty much just use it for a shed," Allen remarked.

From the backyard, you can either enter the family room through the French doors or through the walkway



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into a wonderfully converted garage, which serves as an office/play room. "We call it Allen's room, because he is either working back here on the office side or entertaining himself or the grandchildren," Tina remarked. Built-in cabinets and desk area serve as a home office. Leather recliners face the entertainment center, which can be closed. Plenty of space, Berber carpet and an around-the-corner nook filled with toys declare this the playroom. "We try to keep our furnishings pretty unbreakable in here, so the kids can play freely," Tina remarked, including Allen

in her reference. The room has plenty of light from the windows overlooking the walkway and pool area.

Around the corner is the kitchen with its large bay-windowed breakfast nook. Ivory wallpaper with green ivy vines adds a pleasant color to the almond countertops. Most of the updates Tina has done involve painting. She textured and painted one wall in the dining room a deep burgundy, which offsets the dozen or so crosses hanging there. "They had already updated a lot, putting in ceramic floors. I was so glad the house didn't have the avocado and gold most houses built

in the same time period still featured!" A built-in hutch and window above the sink overlooking the family room/den, as well as an arched doorway complete the kitchen area.

The family room/den is slightly sunken from the kitchen, entryway and hallway to the bedrooms. A bricked fireplace nestles into the outside wall and the brown leather sofa, loveseat, overstuffed chair and ottoman blend nicely with the wood-paneled walls beneath the 12-foot ceiling. Accompanied by matching end tables, a square, glass-topped coffee table acts as a large

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picture frame for countless snapshots of their children, daughter-in-law and grandchildren. "I try to keep the photos current, so they are mostly of the grandchildren," Tina said fondly. "I often watch TV in here, when Allen is in 'his' room watching something else."

Guest rooms, like all others in the house, are designed for visiting family. The purple guest room is the grandma room with a purple and cream semipuff quilt. A slate shingle with a painting of the French Quarter in New Orleans was a gift from Tina's parents. Across the hall is the children's guest room, decorated

with a basketball, football and soccer motif and featuring trundle beds. More pictures are found under glass, as well as a black and white of their son, daughter-in-law and oldest grandson in an antique-looking frame.

Another guest room, formerly their daughter's, has an entire wall covered with a mountain scene. "It reminded her of Colorado where she worked as a ski instructor for a while," Tina stated. The iron bedstead and quilt give the room a chalet-feel.

More family pictures decorate the master bedroom done in browns, golds and burgundy. "You can't tell we like our family, can you?" quipped Tina. A rocking chair, cedar trunk and bookshelves invite you to get cozy.

Just before walking out the front door, your eye is captured by a slim volume of photos put lovingly together for "Grandpa." The book is filled with photos of dad and son, dad and daughter, granddad and grandkids — memories of good times together — promises of good times to come. "Family is what it's all about," Allen reiterated. **NOW**

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— By Beverly Shay

Dr. Sam Harvey has reproduced his vast memoir of scenic landscapes from the bayous of southern Louisiana in wood carvings of intricate detail and symbolism. “My first two years of life were spent on my grandmother and grandfather’s houseboat in a river community of squatters on the Atchafalaya River (near Morgan City). ... Then we moved to a two-room shotgun house of tar paper that housed seven of us,” Sam reminisced. “After the swamp was drained, houses sprang up around us, but we stayed right where we were.

“My father was brilliant — something of an electronics genius, even though he never went beyond the fourth grade,” Sam remarked. All five children in the family attended college, and three finished. “It was a rough and troubled upbringing,” Sam stated, somewhat enigmatically, partially explaining why he became a family and marriage therapist. “I was 6 foot tall by seventh grade; so, many assumed I was an adult and sought me out for counseling. I guess my quiet demeanor invited their confidences.”

Wood carving was not his first form of artistic expression. But art was not something males did publicly, so he pretty much kept it a secret. “My great-

grandfather had been an artist; he gave me the idea for a pencil sketch of a shed and melon vines with a tree and fence in the background, which was published in a national art anthology the year I graduated from high school,” Sam recalled.

Sam attended Nicholls State University in Thibodaux, Louisiana, as an art major, but changed to psychology. He was already teaching classes and counseling people in his senior year. Sam also earned his master’s degree there as the first graduate in a new general psych (guidance) and counseling program, with a minor in art. “I had some great art teachers, like Patrick Hughes, Joe Bova — a potter and artist, who also taught graphic arts — etchings,



line cuts. I learned painting, mostly oils and drawing,” Sam stated.

“I was privileged to work with some of the most amazing [psych] mentors,” Sam remarked. He worked at Nicholls for six years as a school psychologist for children from birth through 21, dealing with every kind of disorder, as well as gifted and talented children.



Before proceeding to graduate work, Sam spent a year attending an art school on Bayou Little Caillou run by Dottie Billou. “That was an incredible experience,” Sam stated enthusiastically. “I really learned painting and drawing; I studied under Henry Hensche, a renowned impressionist, who greatly influenced my art. Eventually, I chose graduate school over continued study under Henry. Henry gave me one of his original portraits — of me when I was about 29 years old.”

Sam completed his doctoral work at East Texas State University, now called Texas A&M-Commerce. “Theirs was the best of the three schools in the nation offering that particular graduate program.”

Sam’s photo album depicts his progression in art: a sketch of his three sisters on their porch, done when he was 18; pastel landscapes, replete with the bayous and swamps of his childhood; still lifes in oils, some done with a brush and paper towels — one is of the houseboat; and a pencil sketch of his friend’s young daughter getting her first kiss. Included is a drawing of a giant, snowy white egret in the swamp, from which he made his first, amazingly intricate wood carving.

“As a child, I made balsa wood toys with Barlow knives my half-German and half-Indian grandfather made. Not really knowing how to express the art

inside me, I kept working at it. I was even accused of copying, because no one thought any one as poor as I was could be so creative," Sam remarked, shaking his head.

"In 2000 I began to seriously pursue carving; I wanted to carve cypress, although it's not considered good for carving because it is so oily and won't hold an edge. My first carving, the swamp scene with the houseboat and egret, water hyacinths and an alligator, carved into the bed of a pirogue — a flat-bottomed Cajun dugout — was really a labor of love, encompassing all of my childhood memories," Sam explained, showing some of the tools used for undercutting



the three-dimensional scene, which took six weeks to complete.

His workshop includes wood of all kinds: mahogany, aspen, found wood, green wood, cypress, butternut, tupelo and, of course, bass wood — considered the best for carving. Swiss carving knives of varying lengths and sizes with all manner of tips are at hand, along with a massive sharpener and Kevlar gloves, denoting that very sharp knives are used to create all manner of cuts.

Sam studied under master carver, Jack Allen and world-renowned Bavarian master sculptor, Ludwig Kieninger, who also carved in Chile, before coming to America to teach in 1959. "Every wood-carver develops their own technique, a mingling of skills learned from the masters or developed on their own. My style and strokes vary depending on which hand I carve with as I try to achieve the proper perspective," Sam remarked. "I am just so passionate about my art." **NOW**

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Teril and Dick Woodward, owners of Dick's Uptown Cafe.



Where Locals Meet

Where locals love to meet and eat. — *By Beverly Shay*

While no one in Cedar Hill is looking for a “downtown feel,” everyone still wants shops, businesses, restaurants, products and services conveniently enough located to reduce time on the road and miles on the car. In Cedar Hill, that is happening. One restaurant is specifically located as centrally as possible, endeavoring to create a daring combo: hometown diner and local hang out for business people and everyone else — developing a place where the taste of Cedar Hill can be discovered and provided without an upscale price attached.

Dick's Uptown Café is located in a yet-to-be-completely filled business strip across from Walmart and midway between Uptown Village and the new city Government Center. Owners, Dick and Teril Woodward are no strangers to the food service

industry. Dick opened his first restaurant in downtown Dallas in 1985, although his restaurant career dates from 1972. His experience in managing some of the top name restaurants in the Dallas area prepared him for ownership and management. “What we are really after here in Cedar Hill is to provide a locally owned and operated restaurant for the locals — a place where they can meet, eat, hold events, whatever they need — close to where they live and work,” Dick emphasized.

While the restaurant's hours are limited to breakfast and lunch, the building and food is available evenings. “We want people to use our restaurant for their events, complete with table service and just about any menu item you'd like. We cater many things not on the menu. You can present your own menu ideas

or we can give you several to choose from — from home cooking to hors d'oeuvres and classy entrees served more formally,” Dick remarked. Should you choose to hold your event at home, Dick will be happy to cater his delicious food to your doorstep.

“We are learning the taste of Cedar Hill and encourage our patrons to let us know what they’d like to see on the menu. We haven’t quite yet found our ‘signature’ item for Cedar Hill,” Teril remarked. “Dick is a really great cook,” she added, “and our goal is to serve the food perfect every time.” Of their seven employees, three are cooks. “I tell our customers, ‘If you like our food, tell others; if you don’t, let us know.’ We want them to be happy.”

“I don’t see myself as a great cook,” Dick demurred, “but I do recognize good cooking. When I find a recipe I like, I

“What we are really after here in Cedar Hill is to provide a locally owned and operated restaurant for the locals — a place where they can meet, eat, hold events, whatever they need — close to where they live and work.”

follow it. Customers expect to get the same good food every time they come in. I have found a lot of good recipes over the years, which became signature items at our other restaurants, like our baked potato soup. Now that’s common on many local restaurants’ menus, so it wouldn’t become [our] signature item [here].”

Dick’s hometown outlook features free drinks with lunch purchase between 11:00 and 11:30 daily, drinks on Dick for all those 65 or older or in military or police uniform, a weekly drawing for a \$25 gift certificate from those who leave their receipt with their e-mail at the counter, and of course, very friendly help. “I really like working here, getting to know the customers, making new friends and, eventually seeing their kids grow up, as we did in our other restaurants. Repeat customers are so gratifying,” Dick stated. “We have lived in Cedar Hill since ’96 and plan to stay here the rest of our lives. That’s why I wanted to open a restaurant here — in my hometown.” **NOW**



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In The Kitchen With LaShanté Williams

— By Faith Browning

LaShanté Williams has devoted her life to ensuring that her family and friends learn to enjoy the natural foods our bodies require. “My family and the desire to leave a Christ-purposed legacy inspired me to cook,” she stated. “My grandfather encouraged it, but it was not until I truly understood ‘we are what we eat’ that I became passionate about empowering others through food.”

Sharing her knowledge with others inspired LaShanté to start her own consulting firm on health and wellness where she is a nutritional coach and personal cook. “The power of life and death is in the tongue,” she said. “I always knew that meant to be intentional about what you said; now I know it also means making healthy food choices will give you the power to live well.” **NOW**



BROCCOLI WALNUT SALAD

2 lg. broccoli heads
1/2 cup toasted walnuts, chopped
1/3 cup raisins
DRESSING:
1/3 cup plain yogurt
1/4 cup honey
1/4 cup lemon juice

1. Cut broccoli into bite-size pieces. Lightly steam broccoli; it should be on the crunchy side and still green. Place in a bowl and chill.
2. Combine dressing ingredients; add to broccoli. (Dressing will thin slightly as it is absorbed, so it is better for it to start out being too thick than too thin. If necessary add more yogurt a little at a time)
3. Stir in nuts and raisins.
Prep: 5 minutes. Cook: 4-6 minutes. Makes 4-6 servings.

SESAME-GINGER BARBECUED CHICKEN

1/2 cup plum sauce or sweet and sour sauce
1/4 cup water
3 Tbsp. Hoisin sauce
1 1/2 tsp. sesame seeds (toast if desired)
1 clove garlic, minced
1 tsp. grated fresh ginger
1/4 tsp. Oriental chili sauce or several dashes bottled hot pepper sauce
6 small skinless, boneless chicken breast halves

1. For sauce, in a small saucepan combine all the ingredients, except the chicken.
2. Bring to a boil over medium heat, stirring frequently; reduce heat. Simmer covered for 3 minutes; set aside.
3. Rinse chicken; pat dry.
4. Grill chicken on lightly greased grill or a stove top over medium high heat for 12 to 15 minutes or until tender and no longer pink, turning once and brushing with sauce.
5. Remove chicken and add more sauce if desired. Serve with broccoli walnut salad. Prep: 10 minutes. Grill: 12 minutes. Makes 6 servings.

CORN RELISH

3 Tbsp. lime juice

1 Tbsp. olive oil
2 cloves garlic, minced
2 fresh ears of corn, husked and cleaned (frozen corn optional)
1 tsp. chili powder
1 sm. avocado, seeded, peeled and cut up
1/2 cup chopped red sweet bell pepper
1/4 cup snipped fresh cilantro
1/4 tsp. sea salt

1. In a medium bowl, combine lime juice, oil and garlic.
2. Cut corn from cob and sprinkle with chili powder.
3. Heat a pan over medium heat and place corn and 1/2 of juice mixture in the pan for 10 minutes; stir occasionally.
4. Meanwhile, add avocado, sweet bell pepper, cilantro and salt to remaining lime juice mixture; toss well.
5. Remove corn from the pan and stir into avocado mixture.
Prep: 10 minutes. Cook: 12 minutes. Makes 4 servings.

VEGETABLE SUPREME SPAGHETTI

1 box whole wheat spaghetti (or pasta)
1 pint cherry tomatoes
3 Tbsp. olive oil
1 cup Italian dressing
Supreme Salad seasoning

1. Cook spaghetti as directed; drain.
2. Slice tomatoes (optional veggies: carrots, peppers, etc.).
3. Add dressing, olive oil, tomatoes and seasoning. Serve warm or cold.
Prep: 4 minutes. Cook: 8-10 minutes. Makes 6 servings.

SPICY SEITAN BUFFALO “WINGS”

A vegetarian and vegan substitute for traditional pub buffalo wings. Seitan (meat wheat) doesn't come with wings any more than buffalo do, but these meatless buffalo wings are cooked up with hot sauce and margarine for the same spicy flavor.

1lb. seitan, sliced into strips

2 tsp. garlic powder
1 tsp. onion powder
Olive oil for sautéing
1/3 cup honey
1/2 cup hot sauce


1. Coat the seitan with garlic powder and onion powder then lightly sauté in olive oil over medium high heat for 5 to 7 minutes or until done.
2. In a medium-sized bowl, mix together the honey and hot sauce. Place the seitan in the bowl and stir to coat well. Serve with carrots and side salad if desired.
Prep: 5 minutes. Cook: 5 minutes. Makes 4 servings.

TO-RIFIC CHEESECAKE

3 tsp. egg replacer
2 Tbsp. water
1 container Tofutti brand cream cheese alternative
12 oz. or one pkg. silken tofu
1/3 cup soymilk
1/3 cup cornstarch
1 tsp. vanilla
2 Tbsp. maple syrup (optional)
2/3 cup powdered sugar
1 Tbsp. lemon juice
2 Tbsp. vegetable oil
1 pre-made piecrust

1. Preheat oven to 325 F.
2. Mix the egg replacer with water in a small bowl until smooth; add to blender.
3. Blend together all ingredients, except for oil and crust, at medium speed until smooth. Mixture should be thick and creamy. Slowly incorporate oil by pouring in at low speed.
4. Pour into piecrust; bake 45-50 minutes or until just barely firm. The cheesecake will not change color or rise up, but do not be afraid to take it out of the oven! Allowing it to cool; refrigerate or freeze slightly before serving to firm it up to the proper texture. Enjoy your tofu cheesecake! Drizzle with chocolate syrup or garnish with fresh fruit as desired.
Prep Time: 15 minutes. Cook Time: 45 minutes.

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DECLARE YOUR “Financial Arbor Day”



The national celebration of Arbor Day happens on the last Friday of April, although some states have designated different dates for their own Arbor Day observances. Over the years, Americans have planted millions of trees on this day, improving the environment, reducing erosion and leaving an invaluable gift to future generations. But the concepts behind Arbor Day can also be transferred to other realms — such as investing. So, this year, why not take steps to establish your own Financial Arbor Day?

Here are some ideas to consider:

• Plant some “seeds.”

Even the mightiest trees started out small — and the same is true of the investment portfolios of many successful investors. If you’re just beginning to invest, put whatever you can afford, however minimal, into an IRA and a 401(k) or other employer-sponsored retirement plan. If you’ve been investing for a while but still need to move closer toward your goals, you may have to seek out some new fields of opportunity and invest in them.

• Nurture the “roots.”

To grow, tree roots need to be fed through water, oxygen and minerals. And once you’ve planted the seeds of your investments, they need to be nourished, too. So, for example, once you’ve opened your 401(k), boost your contributions whenever you get a salary increase. Also consider fully funding your IRA until you’ve reached the annual limits.

• Seek out variety.

If you look around your neighborhood, you will likely find many different types of trees. And that’s a good thing, because when Dutch

elm disease or some other ailment strikes one type of tree, you and your neighbors still have others that can thrive. And the same principle applies to investing — if an economic downturn or some other event primarily strikes one type of asset, and most of your money is tied up in that asset, you could run into trouble. That’s why you need to diversify your investment dollars among stocks, bonds, certificates of deposit (CDs), Treasury bills and other securities. While diversification, by itself, cannot guarantee a profit or protect against a loss, it can help reduce the effects of volatility on your portfolio.

• Be patient.

When you plant a seed, you know it will take many years for your efforts to reach fruition. Over time, your tree will lose some branches and bark, and it will be buffeted by heavy winds, scorching sun and driving rains. However, if it has a strong set of roots, it can survive and grow. You need to show the same patience with your investment portfolio, because it, too, will face a variety of challenges over the years, and at times it may appear beaten down. But if you follow a consistent strategy, supported by a mix of quality investments that reflects your risk tolerance, time horizon and long-term goals, and if you have the patience and discipline to ride out downturns, you can help yourself reach your objectives.

When people use their shovels and hoes on Arbor Day, they create something that will literally last a lifetime. And the same thing can happen when you declare your own Financial Arbor Day — so get out your investment “tools” and get to work. **NOW**

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— By Dr. Lesa Ansell, D.C., R.N.



Spring has arrived, following an unbelievable winter in North Texas, which caused great devastation to our landscapes. This could also be wreaking havoc on your body, especially your back. Back pain is frequently caused by over-use injury and could therefore be preventable.

Sure, you have to get those trees trimmed, the yards mowed and general spring cleanup done. However, there may be a better way to do it. Consider these activities as exercise. The things you need to do to get ready for exercise, during exercise and after exercise apply here, too. First, what do you do to get ready for exercise? You warm up your “cold” muscles.

To warm up your muscles, you should start with some ballistic stretching. This type of stretching involves moving through all ranges of motion of the spine and the extremities that you would normally be performing during the selected activity. You should also wear proper clothing, footwear and gear. If the weather is cold or rainy, dress appropriately. As a last step, make sure you eat something. Do not eat a heavy meal, but do not skip eating either. This can cause a drop in your blood sugar and cause you to pass out.

During your activity, you will need to make sure you are properly hydrated. You should be accustomed to drinking about half of your body weight in ounces of water daily to maintain proper hydration. (For example, a 200-pound person would need to drink 100 ounces of water daily.) What you might not be aware of, however, is that you should have an additional eight ounces for every 15 minutes of activity. Proper hydration can help prevent muscle cramping, which can contribute to injury.

Other considerations during activity are:

1. Monitor your activity level.

Take breaks when you need them. For many, these types of activities have not been done in years. Remember, Rome was not built in a day!

2. Watch for signs of heat exhaustion, heat cramping, fatigue and effects from the environment.

Just by being aware of these things, you could prevent some of the more serious medical concerns.

Congratulations, you have completed your spring cleanup! Now what? Now you have to give your body a “cool down” period. During this time, you are trying to get your heart rate and breathing to return to normal. Do not completely stop activity abruptly. Walk around at a slow pace for a few minutes first. Next, stretch again. This time, the stretches will be static. These are meant to elongate the muscles you just tightened up by doing the activity. Last, rehydrate and refuel. During activity you may have worked up a sweat. If so, you should use a recovery drink with sodium and potassium to replace the salts you lost during exercise.

With a little planning before and some wise considerations during and after, you will be well-poised to prevent injury. This year, try something new and maybe you will not see your old friend “back pain” again! **NOW**

Dr. Lesa Ansell, D.C., R.N. is the CEO of Pro-adjuster Chiropractic Clinic and a supervisory nurse specialist for Texas 4 DMAT.

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Fleas, Raccoons & Other Creatures

— By Nancy Fenton

Now that it is warming up, it is time to think about how to avoid all those insect and animal problems that can plague homeowners. Those of us with dogs or cats immediately think *fleas*! As the temperature warms up, the fleas really get going. We discussed the use of nematodes last year, and they are still

a good bet early in the year when we have damp soil and moderate temperatures. Nematodes do not do well in the heat, so start early and get your two applications on your lawn before it dries up and gets hot. Beneficial nematodes are available from several local nurseries and feed stores.

Raccoons and squirrels are another matter altogether. According to Texas A&M, there are four basic rules for controlling raccoon and squirrel damage. First, remove their food supply. Feed your outside cats and dogs in the morning and bring the food in at dusk. Second, remove the water supply. Third, modify the habitat with screens on chimneys and around foundation and attic access points. Fourth, trap them and relocate them a very long distance from the original site!

Insects that chew on your garden are yet another issue. "Companion plants," which have a strong scent (such as basil and thyme and/or silver foliage) repel some insects. "Trap plants" attract the offending insect until beneficial insects or birds gobble them up. Both repellent and trap plants can be used as long as they are close to their "companion" and can be seen or smelled easily. Other plants have special qualities, which enhance a "friend," such as basil and tomato and garlic and roses. For specific lists of plants call the Master Gardeners at the Texas AgriLife office at (972) 825-5175. Good luck with getting rid of all those pesky critters! **NOW**

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Parkinson's Group: exercise class: 6:30-7:30 p.m. first three Mondays of the month; last Monday: support group (programs/discussions): 6:30-8:00 p.m. at Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville. (972) 298-4556.

First Mondays

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

Second Mondays

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

Tuesdays

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

Wii games, chess, Cranium, dominoes and other games available for teenagers: 4:30-6:00 p.m. at CH Library. www.zulabwylielib.org.

Tuesdays and Thursdays

Sound Options Pregnancy Center parenting class: Tuesdays: 6:00-8:00 p.m.; Thursdays: 4:00-6:00 p.m. at 658 Big Stone Gap, Duncanville. Especially good for pregnant or new parents. RSVP (972) 230-8101.

Second Tuesdays

The Dallas Area Writers Group: 7:00 p.m. at CH Library. Visit dallaswriters.org.

Third Tuesdays

Free Immunization Clinic for ages 2 months to 18 years, sponsored by CareVan: 5:00-7:00 p.m. (no appt. necessary) at Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville. (972) 689-8285.

Wednesdays through April 14

AARP Tax Help at the DeSoto Senior Center, 204 Lion Street: 11:00 a.m.-3:00 p.m. Please bring last year's tax return, your Social Security card and all documents necessary for completing your 2008 tax return. Priority is senior citizens, but the preparers will help anyone as time permits. Call (972) 230-5825.

AARP Tax Help at the Duncanville Library: 12:00-3:00 p.m. (972) 780-5050.

First and Third Wednesdays

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

Second Wednesdays

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

Happening **NOW**

Third Thursdays

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

Fridays

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

First and Second Fridays

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

Second Saturdays

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

Third Saturdays

Cedar Hill Star Party: sunset-11:00 p.m. at J. W. Williams Park, 1605 High Pointe Ln. (beside West Intermediate School). Bring your own telescope or use ours. Call (972) 291-1505.

Ongoing

New classes (photography, spin, spring adult sports) are being offered at the Cedar Hill Recreation Center. Register online at cedarhilltx.com or at Rec. Center, 310 E. Parkerville Rd. (972) 293-5288.

CH Library has many more classes and events than we can individually list: parliamentary procedure, tracing family roots, family reading times, learning the art of storytelling, financial coaching for teens and adults: call (972) 291-7323, ext. 1318.

April 3

Easter Egg Hunt at Lakeside Park with over 12,000 eggs. Times: ages 1-3: 10:00 a.m.; ages 4-7: 10:15 a.m.; ages 8-12: 10:25 a.m. Bring your camera for photos with the Easter bunny.

April 6 and 13

AARP Tax Help: 10:30 a.m.-2:30 p.m. at CH Library. Bring last year's return, SS card and all documents necessary to complete 2009 tax return.

April 7

Duncanville Women's Club Luncheon: 11:00 a.m. at Golf Club of Dallas. Speaker: Mary Handley. Salad buffet: \$14. Call Wilda Chancey: (972) 572-0608 or Jean Hamby: (972) 223-5713.

April 10 and 24

Homebuyer Education Class through Homeownership Center of N. Texas Housing Coalition: 10:00 a.m.-1:00 p.m. at CH Library. Topics include: foreclosure prevention,

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April 10

Cedar Hill's Cheers to 50 Years 2010 Gala and Auction: 6:00-10:00 p.m. at the Plaza at Cedar Hill (former Old Navy), 386 E. Beltline Rd. Black tie optional; \$75/person. RSVP (972) 291-7817 or info@cedarhillchamber.org.

April 16-25

A Song for Coretta by Pearl Cleage: Fridays-Sundays: 7:30 p.m. Saturday and Sunday matinees: 2:30 p.m. Presented by the African American Repertory Theater at DeSoto Corner Theatre, 211 E. Pleasant Run Road, DeSoto. Tickets: \$10.

April 18

Texas Junior Angler Fishing Tournament: 1:00-4:00 p.m. at Valley Ridge Pond, 2850 Park Ridge Drive, Cedar Hill. For children through age 16; no cost. Fishing equipment and bait is provided; details at cedarhilltx.com.

Family Kite Fly: 1:00-4:00 p.m. at Valley Ridge Park, 2850 Park Ridge Drive, Cedar Hill. (no cost) details at cedarhilltx.com.

April 24

Arbor Day Celebration: 9:00-11:00 a.m. at Cedar Hill Recreation Center, 310 E. Parkerville Rd. Free event featuring tree education, children's activities and a free sapling for the first 50 participants. Details at cedarhilltx.com.

Cedar Hill Senior Citizens Garage Sale: 9:00 a.m.-2:00 p.m. at Cedar Hill Senior Center, 1740 Mansfield Rd. Call (972) 291-5353 for vender space; details at cedarhilltx.com.

Document shredding and recycling event: 9:00 a.m.-1:00 p.m., 809 W. Spinner Rd., DeSoto. Document shredding is free. Electronic recycling — some fees apply.

May 1

Mother/Son "All Sports" Dance: 2:00-4:00 p.m. at CH Recreation Center, 310 E. Parkerville Rd. For boys ages 12 and under and their mothers, participants are encouraged to show support for their favorite team. Each couple will receive a professional photo, light refreshments and enjoy dancing to the music provided by DeeJay Rudy. Cost \$15/person. www.cedarhilltx.com.

May 2 and 6

National Day of Prayer theme is "For Such a Time as This." Events: neighborhood prayer and passing out door hangers: May 2: 3:00 p.m. in your own individual neighborhoods. Prayer on May 6 at Hillcrest Baptist Church: noon; at Longhorn Stadium: 7:00 p.m.

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