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APRIL 2012

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Unmasking Ray

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2012
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MAY

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May 4 & 5 - 7 pm
Corner Theatre

Free Gospel Concert
May 27 - 4 to 9 pm
Outdoor Amphitheater
Town Center

JUNE

Warriors Don't Cry
May 25 - June 10
Corner Theatre

CDC's Broadway DeSoto Style
June 15 - 7 pm
Corner Theatre

Dance DeSoto
Salsa June 22, Swing June 29,
Line Dance July 6 - Civic Center

JULY

The Me Knowbody Knows
July 20 - August 5
Corner Theatre

FREE FAMILY MOVIES
Christmas In July
»see **HAPPY FEET II**
July 27 - 8:30 pm Outdoor
Amphitheatre/Town Center

Dive-In Movie at Moseley Pool
August 3 - 8:00 pm
(\$3 pool admission)
»see **SURF'S UP**

August 10 - 8:30 pm
»see **TANGLED**
Outdoor Amphitheater
Town Center

AUGUST

\$5 FRIDAY Concert Series
Corner Theatre
August 10, 17, 31 - 8 pm

Jazz & Spoken Word Concert
August 18 - Corner Theatre

SEPTEMBER

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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Southwest Editor, Beverly Shay
Editorial Coordinator, Sandra Strong
Writers, Dennis Brock . Cindy Malone
Angel Morris
Editors/Proofreaders, Pat Anthony
Angel Morris . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
Connie VanderBeek . Allee Brand
Marshall Hinsley . Arlene Honza
Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Rose
Photographer, Opaque Visuals

ADVERTISING

Advertising Representatives,
Linda Dean . John Powell . Rick Ausmus
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On The Cover



Ray Schufford is a bona fide HERO in more ways than one.

Photo by Opaque Visuals.

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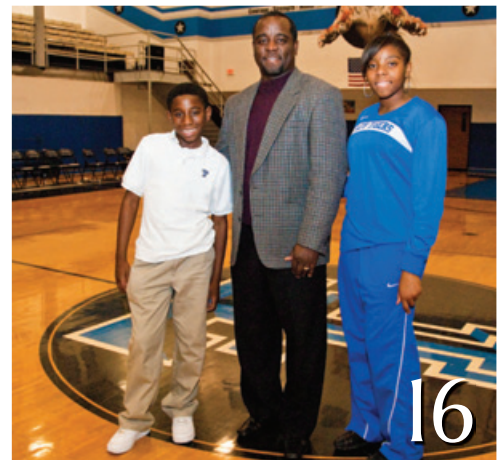
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Editor's Note

Hello all my Southwest friends!

Well, it's April ... I'm thinking Arboretum, where somebody else can grow beautiful flowers, and I won't need to feel guilty about the paucity of mine. I'm also thinking beach, where sand, sun, water and open space heal my soul. I'm thinking Bethany, my beautiful oldest daughter, whose birthday is this month. I'm thinking evening strolls with my husband and weekend grilling with my sons. I'm thinking Easter when I celebrate the resurrection of my Lord, one of the most pivotal events of all history ... and my history. In Germany you get to celebrate Easter two days in a row! Maybe we should do that, too!

Earth Day falls in April — I guess because of spring. And finishing your taxes is sort of like spring cleaning. What does April mean for you? Hope your month is full of goodness and light and ... joy.



Beverly

Beverly Shay
SouthwestNOW Editor
bshay.nowmag@sbcglobal.net

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EAGLE EXPRESS

2011-12: The STAARt of something big!



Board hires Dr. David Harris as new superintendent

The DeSoto ISD Board of Trustees selected Dr. David Harris as the lone finalist for the position of superintendent for DeSoto ISD on March 3. He was at the time an assistant superintendent for secondary education for Beaumont ISD. He holds degrees from Prairie View A&M and Texas A&M as well as experience in all aspects of education.

"This Board feels Dr. Harris brings to DeSoto exactly what this district needs to take us to the next level," said Board President Warren Seay, Jr. "The experience, skills and leadership ability

he will be bringing to DeSoto ISD will sharpen and challenge our students, teachers and even our Board. I look forward to working with Dr. Harris and believe the future is very bright for DeSoto ISD!"

"I am excited about DeSoto ISD," said Dr. Harris. "This Board is passionate about education and the community and I am excited to be joining the team. I look forward to working with the district staff and community to make DeSoto ISD recognized across the state. Graduates from DeSoto High School will be competitive locally and globally."

The Board is expected to officially hire Dr. Harris on Monday, March 26, after the mandatory 21-day waiting period.

College and Career Academies Grand Opening

The DHS College and Career Academies curriculum has been in place for two years, but, starting in the fall, each of the five Academies will be in its own section of the school as the district opens the expanded 160,000 sq. ft. facilities.

"We are excited about the future for all DeSoto students," said Principal Cheyrl Ensley. "We thank our community for their support and assure them that this expansion, along with the recent curriculum changes, are preparing every DHS student for college or a career. We invite everyone to come tour the building and learn more!"

The Academies Grand Opening and Ribbon Cutting will be held Saturday, May 5 at 10 a.m. to noon. All DeSoto parents, students, staff and the community are invited to attend this wonderful event. Guests can talk to students about the curriculum as well as take tours of the new facilities! Two Open House nights will also take place the next week on May 7 and May 10 from 6-8 p.m. DeSoto ISD is also accepting Open Enrollment applications from May 1-25 for student wishing to attend who live outside the district boundaries.

DHS College and Career Academies GRAND OPENING AND RIBBON CUTTING

Saturday, May 5 - 10 a.m. to noon
600 Eagle Drive, DeSoto TX 75115

calendar of events

April 2-6 - Celebrate Texas Public Schools and Education: Go Get it Week
April 5 - DeSoto Reads! program with the DeSoto Library
April 6 - Teacher Prep Day; No School
April 9-20 - District Transfer Request Period for 2012-13
April 9, 6:30 p.m. - Board Meeting, DeSoto ISD Board Room
April 25, 11:30 a.m. - State of the District - Chamber Luncheon
May 12, 7 a.m. to 7 p.m. - DeSoto ISD Board of Trustees Election

Celebrate schools and college prep

From April 2-6, DeSoto schools will *Celebrate Texas Public Schools and Education: Go Get It Week* across all 12 campuses. From open houses showcasing student work to collegiate seminars, families will learn more about what is happening in schools now and gain knowledge about encouraging students to pursue higher degrees. Visit the district Website for details or call you neighborhood school.

Seven earn TCU scholarships

Seven DHS seniors recently received Texas Christian University Community Scholars scholarships valued at \$180,000 each! Along with Dean's Scholarship recipients and two wide receivers on scholarship, almost 20 students are now at TCU on full scholarships!

Board Elections May 12

Below are the candidates for the 2012 DeSoto ISD Board Elections to be held on Saturday, May 12.

Place 6

Beryl Eugene, Jr.
Warren Seay, Jr.

Place 7

Don Gant
Jeff Sherels

Early Voting is April 30-May 8 at locations across Dallas County. More information at www.dalcoelections.org.



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UNMASKING RAY

— By Cindy Malone

Cedar Hill resident, Ray Schufford, is a master multitasker, juggling family, career, writing, upstart business and his charity. He is a firefighter and a paramedic for Dallas, a profession he truly feels blessed to have been able to do for the last 17 years. Twelve years ago, Ray met and married the love of his life, Terri. Together they have three children: Tommy, a 20-year-old student at Texas A&M University; Asia, 10, who attends Joe Wilson Intermediate; and Jade, 8, who attends Plummer Elementary.

Ray grew up in the Metroplex, graduating from Kimball High School in Oak Cliff. He spent two years at the University of North Texas before graduating from the University of Central Missouri. He attended UT Southwestern for his paramedic training. Because of his strong ties to this area and the people here, he strives to make a difference in communities around him that are struggling. “When I see something broken, I just really want to fix it. This is our world. If not us, then who will?” Ray asked. He began his journey with a simple book based on a simple, but powerful, story.

Ray’s first book, *Bells Beneath My Pillow: a Fireman’s Chronicle*, is based on his experiences with men in his life who have mentored him, given him direction and served as confidants when he was in need. “One of my good friends had a son who died as an infant. I used that baby’s name as the name of the main character,” Ray explained. “Although there are only two main characters, every one of their traits and life lessons were ones I learned from people in my life who have helped me.” For that reason, the story

has been called “touching, relevant and powerful.”

Ray recently published his second book, *Take it Off: Unmasking the Hero Within You*. This nonfiction book focuses on Ray’s idea of what truly makes a HERO: Hearing the call and doing something about it, Encouraging others in times of need, Relationship building and Obeying the opportunities when they present themselves. He believes everything that happens is meant to trigger something else, and it is each person’s responsibility to recognize what he or she is being led to do.

Ray had a moment of clarity when he was a teenager. He witnessed a man, shot and dying, and no one stopped to help. Ray offered the man a hand and watched the power of simply giving a man in need a little peace. “From that moment,” Ray said, “I realized it didn’t take much to make someone’s life better, just a presence




or a kind word." Ray has dedicated his life to giving those words, to being present when someone needs him.

Ray speaks to groups everywhere in hopes of helping everyday people find their inner hero and the courage to make a real difference in the world. He uses inspirational messages mixed with humor to make his point accessible to all who hear him speak. He has spoken to book clubs, high schools, colleges and corporate offices. Branching off from his motivational speeches, Ray is also starting an Internet television show where he will be interviewing everyday heroes. "I think there are ordinary people doing extraordinary things everywhere. Sometimes people want to be heroes,



but they have no idea how. I am hoping to provide them real life examples," Ray explained. He gave some examples of seemingly ordinary things that can make a huge difference. "Go to a shelter one day and just talk to people, play games with them. Go to a nursing home and play the piano for them. Absolutely anything that makes someone's life better is worth your time."



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With Ray's ideas in place, he and Terrence Chase started Mentoring Brother 2 Brother, Inc. (MB2B), a faith-based organization, 13 years ago. MB2B programs are designed to support the social, emotional and cultural well-being of youth who are often targets of peer pressures toward risky behavior, which can sometimes be life-threatening. Based out of the south Dallas area, MB2B works with minority young men who are in need of a positive male role-model by teaching skills like maintaining positive relationships, focusing on academics and making good decisions. From the conference room at Concord Church in Dallas, they also help the young men with job-search skills and college applications. "Last year, three of our boys went to college," Ray said.

The idea of MB2B came from a simple observation. "I saw these kids just had a need to have someone who believes in them and cares for them," Ray admitted. "That is what we offer." The kids and mentors also get the opportunity to do some team and morale building by going on outings together. Recently, they went to a Dallas Mavericks game, an activity several kids would not otherwise have the opportunity to do. He also has taken them to museums, and they work on proper etiquette in different social situations.

In 2011, for the first time, MB2B fielded an academic decathlon team



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Cedar Hill **NOW**

for a competition in Dallas open to public teams. They will have two teams competing in the 2012 Dallas Academic Bowl, an accomplishment Ray is very proud of. Right now, there are eight to nine mentors at a given time and, unfortunately, a waiting list for kids to get into the program. Training mentors is extensive, and Ray is hoping even more of the men who went through the program return as mentors.

"Sometimes I feel a little crazy," Ray said. "I love my job as a firefighter and paramedic. I could not imagine doing anything else. I also feel passionately about my HERO concept and the need that people have to hear about it. Mentoring is a calling — it is what I found within myself that I could do to be a hero myself."

**"I SAW THESE KIDS
JUST HAD A NEED TO
HAVE SOMEONE WHO
BELIEVES IN THEM AND
CARES FOR THEM
THAT IS WHAT
WE OFFER"**

Sometimes, Ray struggles with the financial part of it, wishing he could give everything for free to those who need it. Unfortunately, there is a cost associated with the books, speaking and mentoring. He works from donations. Not exasperated, but energized, Ray knows that this juggling act takes a team to keep everything in the air. His wife, kids, volunteers, co-workers and friends help Ray follow his dreams. "I feel like I can do anything at all. I can do so much more than I even think I can. I push myself every day to do more. I look around, see a need and want to fill it," Ray said. "My family and I thank God every day for our many blessings." Judging from the results of the thousands of people touched by his spirit, he is making a difference. He is their hero. **NOW**

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8:30 Traditional Service
9:00 Contemporary Service
11:00 Traditional Service

Holy Thursday, April 5
6:30 Seder Meal

Good Friday, April 6
7:00 Worship Service

EGGStravaganza, Saturday, April 7
Pancake Breakfast 7:00-10:00
Petting Zoo 9:00-11:00
Easter Egg Hunt 11:00

Easter Sunday, April 8
6:15 Sunrise Service Main Street East of Sanctuary
9:00 Contemporary Service
11:00 Traditional Service

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Interwoven Careers

— By Beverly Shay

Camiron Smith was born in Corsicana and grew up as “a city boy in the country.” The only child of a single mom, Camiron was an honors graduate from Corsicana High School, where he was active in sports and served as student council president in 1991, his senior year.

He started pre-engineering classes on an academic scholarship at Lon Morris College in Jacksonville, Texas. After transferring to Sam Houston State University, he ended up at The University of Texas at Arlington (UTA), studying his passion — math. In 1994, during his time at UTA, he learned his mom had been diagnosed with cancer.



"My mom and I were always close. I am so glad she was able to see me get married in 1995. That was very important to me," he said softly. "It was hard to balance college and caring for her. My wife, Tanisha, was such a support when my mom passed away in '96. My mom didn't see her first grandchild, but when we told her we were expecting, she told us we would have a girl. Our daughter, Kamryn Cherise, who resembles my mom a lot, was born in March 1997." Tanisha, who graduated from high school with Camiron, has a bachelor's in social work from UTA. In 2000, their son, CaMiron Tyreese, was born.

Camiron smiled as he recounted telling any girl he dated that he would always have two women in his life. "And I do — my wife and my daughter!" Camiron didn't finish his degree in business administration through the University of Phoenix until he was already into his career. "I wanted my kids to know I finished my goal.

"I am grateful a good part of my education was online, because it prepared me for electronic and verbal communication, which is so key today. I have always been good with oration, but I had to learn to communicate well through written posts where no one could see my facial expressions or hand gestures," he smiled.

Camiron found his career almost by accident. Due to the financial burden of his mom's illness, he took the opportunity to work full time with a survey crew for the city of Arlington in 1994, setting aside his math studies. "I had begun working part time in customer service and teaching basketball skills at the Arlington Recreation Center in '93. Within eight months working the surveying crew, I was promoted two times. By 1997, I was promoted to construction inspector," he recalled of his 11 years with the city of Arlington.

The city of DeSoto hired Camiron in 2005 as their construction manager overseeing projects such as, water lines and drainage, sewage, streets and public works in subdivisions before the houses are built. "I was constantly using math," he stated, telling how all his studies are interwoven throughout his career. From

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2007-2009, he moved his family to Chicago, where he worked in water and waste water management for Utilities Incorporated. "My position over six states proved to others, and myself, that I had good management skills.

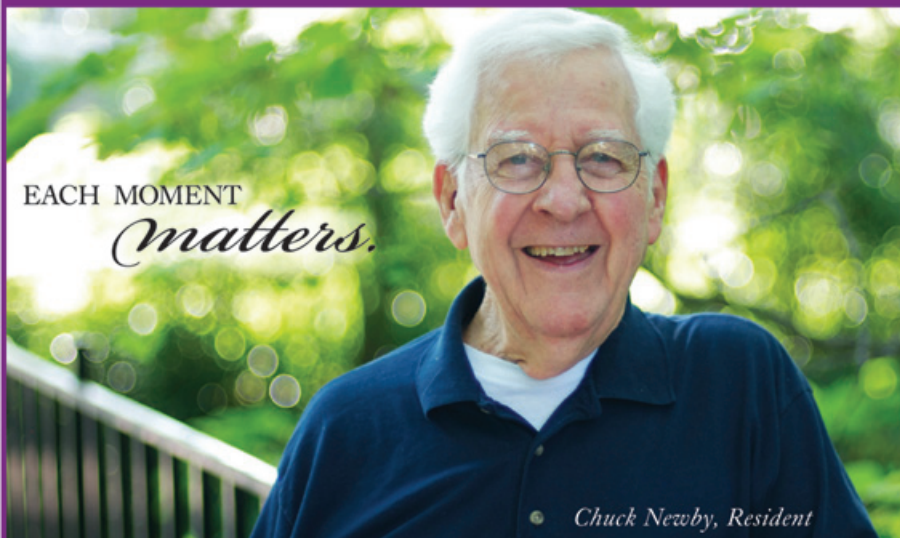
"But we are really glad to be back here in DeSoto, where I work as the parks administrator. I have been so warmly welcomed, and it feels like I have come full circle — working for the city and working for Parks and Recreation," Camiron acknowledged.

"I started coaching basketball in '93, coordinating and hosting summer league teams with AAU (Amateur Athletic Union) with my friend, Eugene Watts," Camiron explained. "We hosted tryouts, where coaches came to evaluate young ladies (13-14 years old) for play in leagues. The problem was only 25 percent of the girls would be chosen. So, Eugene and I decided to start our own teams made up of 15 girls who hadn't yet been recruited. Some of them were whisked away, but we ended up with nine girls. Even though we lost our first three games, we were successful enough to qualify for nationals that very first year."

Camiron knew right then that coaching, like math, was another of his deep passions. "Eugene has such a great knowledge of the game, as well as strong coaching skills with both boys and girls. He really mentored and motivated me, both physically and mentally. He taught me that coaching ought to be out of love. I think we are brothers from different mothers," Camiron said without apology.

Now, besides working for the city, Camiron coaches select teams of girls, ages 12 to 18, every March through August, making sure they get exposure to events certified by the National Collegiate Athletic Association (NCAA), where they are showcased and evaluated for recruitment for college-bound opportunities. He formed The Genesis Organization, through which he coaches four age levels of Team Genesis girls from all over the Dallas area, divided by age: 12, 13-14, 15 and 16. He hopes to once again work with Eugene by joining his organization to Eugene's, called Team *Ichiban*, which means No.1 in Japanese.

In 2010, Camiron was hired as head



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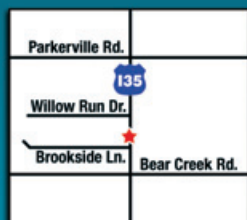
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girls' varsity basketball coach at Trinity Christian School in Cedar Hill. The two coaching positions vary because the select teams present higher competition and are geared toward preparing the girls for college scouts. The parents are very involved, traveling with the teams to tournaments in different states. He coaches the school team in basketball fundamentals and team skills.

Both Camiron's children play sports. His daughter is pretty good at volleyball and has played basketball since third grade, but is more of an intellectual. His son is the more athletic of the two, involved in football, basketball and track. At 9 years old, he was on the junior Olympic track team, running a 1 minute, 5 second quarter-mile lap, yet decided not to run the next year. "I try not to push them to achieve what I didn't," Camiron remarked. "But I do want them to be ready for the real world, knowing they have to work hard at everything they do."

Camiron is quick to acknowledge he picked the very best mom for his kids. "She's very strong and confident and never gives up. Even though diagnosed with lupus in 2001, she never complains and is always finding a way to beat it." Perhaps due to their parents' influence Kamryn is thinking of being a doctor, while CaMiron wants to be a professional athlete.

Within each life setting Camiron is committed to exemplifying how to live for the long haul, how to maneuver through adversity and never giving up. "I believe what is worth having is worth working for. I tell my kids and my teams tough situations don't last, but tough people do," Camiron stated. "Kids need to know what is real. They need to see difficult issues handled in a healthy manner." **NOW**

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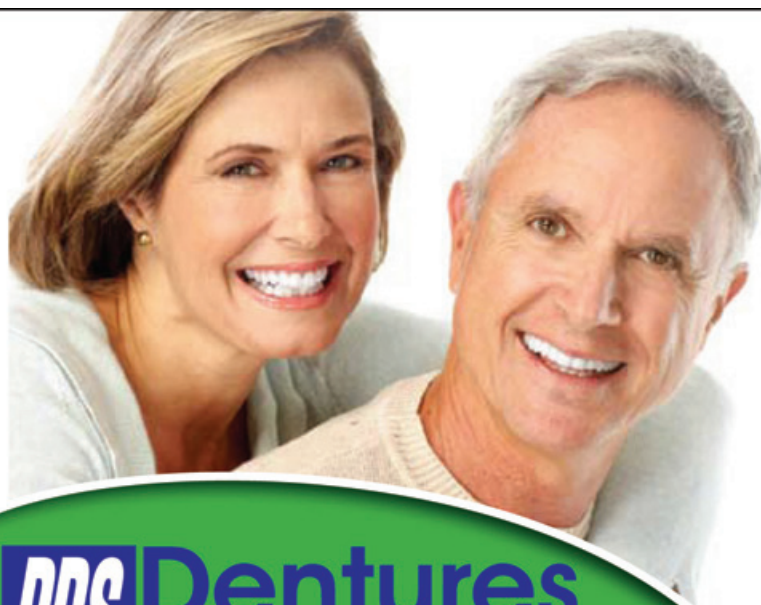
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Tail Waggin' Tutors

— By Angel Morris

Everyone knows you can't judge a book by its cover, but for National Library Week, April 8-14, the Duncanville Public Library wants you to know you also can't judge a tutor by his or her ... tail. That's because some of the facility's latest and greatest new learning assistants are dogs that are part of the library's new Tail Waggin' Tutor program.

"Usually, children left to their own devices in the library work puzzles or use books like adults look at magazines. When the dogs are here, beginning readers get down to the business of working hard, despite difficulties, in order to perform for their dog-audience," Children's Services Librarian Urla Morgan said. "For children who are accompanied by supportive family, this reading event becomes a way to showcase the glory of a kid's reading accomplishments."



Duncanville **NOW**

Urla learned about Tail Waggin' Tutors at a 2003 Public Library Association meeting in Seattle, Washington, but didn't know at that time how to actually implement such a program, with all the considerations the library might encounter from the public and city administration. The program is simply an opportunity for children to read one-on-one with a dog poised to listen beside its owner. The dogs and their owners are insured and licensed through the Therapy Dog International (TDI) organization.

"Kids just show up and read. The only requirement to participate is for the child



to have a book. Of course, there is no shortage of books in the library for them to choose from," Urla explained. "For nonreaders who have an imagination, there are picture books that can stimulate storytelling to dogs. Participants are welcome to use books they already own, too."

In association with TDI, Tail Waggin' Tutors' objective is to provide a relaxed, "dog-friendly" atmosphere, allowing students to practice the skill of reading. According to TDI, children who have difficulties reading may develop self-esteem issues and become self-conscious when reading aloud in front of others. On the other hand, reading to a dog bears no judgment. Children can pet their furry tutors as they relax and practice the skill of reading without fear of their mistakes being noticed. This builds self-esteem and helps children associate reading with something fun and pleasant.

Through the assistance of local animal lovers, Tail Waggin' Tutors became a reality at the Duncanville Public Library (DPL) last fall. "I first met Greg and Robin Quintana at the city-sponsored



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Bark-in-the-Park event June 4, 2011. After that, the Quintanas called me and introduced themselves as trained volunteers, who, among others, were ready to earn service hours for their dogs' recognition in TDI."

The Quintanas offered their first Tail Waggin' Tutors program at DPL on August 13, 2011. Since then, the programming room of the children's library has hosted a Rottweiler, a Sheltie, a Collie and a Beagle-Spaniel mix for tutoring sessions. Students have ranged from 4-12 years old in sessions that are from 3:00-4:00 p.m. the second Saturday of each month.

"Two or three dogs have listened to about six children in each of the sessions we've had so far. As many kids can participate as the hour will allow, for each one to have at least one turn," Urla said. "So far, no one has been turned away because of lack of time. Several children have had as many as three turns."

While benefits for its students seem obvious, Tail Waggin' Tutors also provides some unexpected perks for grown-ups, and the library itself. Dog owners get the satisfaction of volunteering in their community, and the library's image becomes a little more exciting. "Dogs? Dogs in the library? This news quickens steps, lights up faces and brings anticipation of a new adventure to young readers," Urla said.

Urla has witnessed participants carefully select books they think their tutors might enjoy and blossom under the approving eyes of their furry audience. While traditional tutor-student relationships have a clear hierarchy, Tail Waggin' Tutors is more like reading to a trusted friend. "This is not a test. Absent in this hour are eyes intent on judging and ears listening to correct, ready to ensnare the heart of the reader.

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Ironically, even the least tranquil of children seem to embrace Tail Waggin' Tutors. "I am repeatedly amazed at how a rambunctious child is transformed into a performing reader — forging ahead and oblivious to his or her struggling efforts."

Like the library and its young patrons, other facilities have witnessed the benefits of dog visits. Through TDI, therapy dogs bring joy and peace to



places like hospitals, nursing homes, schools and shelters. Dogs are used to ease stress during disaster relief efforts and even in hospice situations.

While using dogs as reading tutors might initially seem unconventional, pairing a child, a pet and a relaxed, educational atmosphere is simply another logical move for modern-day libraries. And in appreciation of library efforts, readers of all ages are reminded of other National Library Week events including National Library Workers Day, April 10; National Bookmobile Day, April 11; Support Teen Literature Day, April 12; and School Library Month throughout April.

Young readers are invited to share in the upcoming Tail Waggin' Tutors experiences at DPL, 201 James Collins Blvd., on April 14 and May 12, and, as far as Urla's concerned, for many, many dog years to come. "As long as there are TDI volunteers," Urla said, "they will have the Duncanville Public Library to use as a venue." **NOW**

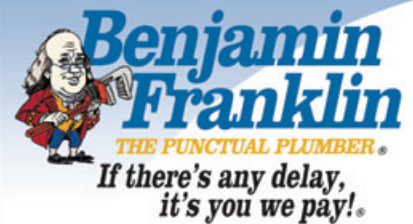


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Senior Living in a Village

— By Beverly Shay

When most people are ready to purchase their own home or buy another, they find the search for or the building of their next home adequate challenge. But for Bobby Fletcher, coming up with one new home wasn't enough. He was after a whole community of homes for people just like himself and his wife, Nancy. He wanted to see an entire gated neighborhood for senior living. He proposed and helped develop just that — a neighborhood called Cresthaven Village, which is located right behind Hillcrest Baptist Church in Cedar Hill.

"We love it here," the ever-enthusiastic Bobby admitted. "It's everything I dreamed it could be. The neighborhood is not owned

by the church, but it is a ministry of the church for widows, widowers and retired couples who want their own home in a very safe and secure environment, where they can live in community, yet maintain their independence." Eight plans or so are available, with the interiors being customized to provide individualism. "The homes are built on the concept of a condo, where each resident owns their home and the 'footprint' of land beneath the home. Homes range in size from 1,350 to over 3,000 square feet, on units for which they pay dues that cover all the community amenities, such as: grounds keeping, all private streets and a club house," Bobby explained.

If the Fletchers' home is an example, every home is gracious in this community. "One of the advantages of building a retirement home," Bobby remarked, "is you already know what you liked and didn't like in previous homes. So, we knew what we wanted most." And what they wanted most was open, usable, non-redundant space, so their home has no hallways or wasted space. All the rooms have 10-foot ceilings and doorways that can

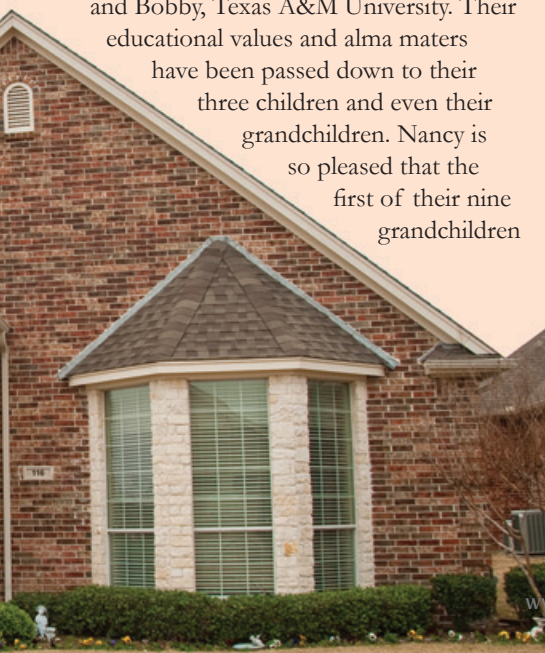




AT HOME WITH *Bobby and Nancy Fletcher*

accommodate wheel chairs, if necessary.

The Fletchers have not only blended their lives and tastes, they have also blended their educational backgrounds — Nancy having attended Baylor University, and Bobby, Texas A&M University. Their educational values and alma maters have been passed down to their three children and even their grandchildren. Nancy is so pleased that the first of their nine grandchildren





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(ages 16-25) will be attending Baylor in the fall, since several have already attended A&M. Both are quite proud of their 24-year-old granddaughter who is working on her doctorate in biostatistics at Vanderbilt University. Their decor also reflects their blended natures. "Even the rooms blend together," Nancy remarked of the living area that flows from the front all the way to the back of the house and contains the living room, a magnificent dining table, piano and another smaller game table overlooking the patio.

The great room flooring looks like hardwood planks, but it is actually ceramic tile. Their elegant, long dining table from Indonesia seats eight. The luxurious, solid mahogany top is

set on scrolled legs and surround by lovely chairs upholstered in shiny stripes of burgundy and gold, adding to the Old World feel.

The living room is defined by an area rug where a gold, black and burgundy tapestry couch faces a remote-controlled gas fireplace and is flanked by A&M-burgundy leather chairs. Ash wood built-in cabinets and shelving on either side of the fireplace contain some of Nancy's glass beauties in cobalt and ruby, as well as Oggetti and Murano glass birds and a state-of-the-art entertainment set up.

In fact, all of the rooms contain the collections of their lifetime together: beautiful glassware, including some Amberina,

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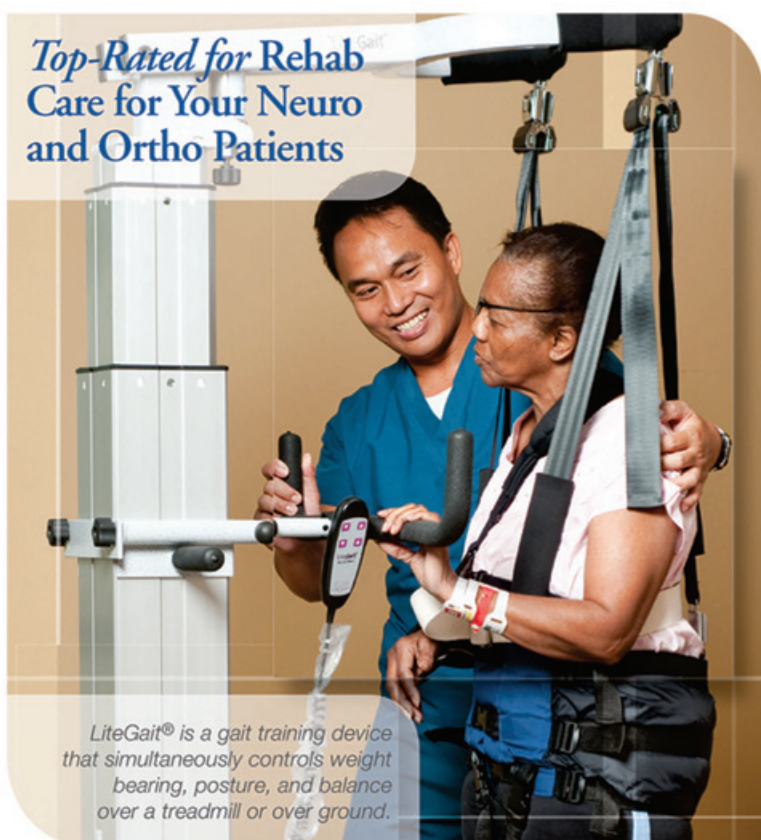
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figurines, a crocheted tablecloth “that must be over 70 years old, since my paternal grandmother made it,” Nancy said. She has beautiful pieces of Pembroke by Ansely from London and a lovely collection of Fostoria from Bobby’s mom. Her beautiful leaded and hand-cut crystal is often put to use, since both of the Fletchers love to entertain, and Nancy still enjoys cooking. “I love my kitchen,” Nancy remarked, adding, “it’s just the right size, and so conveniently laid out.” Once again, the space is completely maximized with amenities for seniors, like shelves that roll out, so every item can be accessed without bending.

The warm colors of muted sand, sage greens, gold and dull orange are brightened with hints of cranberry. “I chose the colors, and a friend helped with the decor,” Nancy admitted. Bobby’s office just off the kitchen nook looks well-used and functional, with built-in cabinets. The powder room, like all the rooms, is easily wheelchair accessible.

In the vein of designing a home to what they know they like, Nancy designed the perfect laundry room, with an amazing amount of space, ample laundry area, a side-by-side fridge and shelves for additional storage of serving ware, such as her slewed horseshoe punch bowl. The guest room, decorated in tans and moss with burgundy accents, shows off a temporary collection — a Kodak Brownie Box camera, with flash attachment and bulbs in its original box — which Nancy found for their photo-buff granddaughter. A wall of wedding photos, spanning the generations, includes their oldest granddaughter, Emily, wearing Nancy’s wedding dress. The room also features a Jack-and-Jill bathroom painted oatmeal beige with green and gold accents, a garden tub,

separate glass shower and his-and-her cultured marble vanity sinks.

In this gracious home with all its lovely amenities lies yet another collection, hidden, as it were, in the heart of the home. Their master bedroom is like a foyer, setting the stage for the collection. The bedroom is yet another subtly spacious room, with French Provincial furniture, which once belonged to her mother and daddy, as well as built-ins, a corner fireplace and a lovely bay window sitting area. The king-sized bed, with its red and gold brocade cover, has a very unique quilted family tree with each of their grandchildren's names and birthdates on leaves: rust for Karen's children, gold for Wayne's and tan for Paul's. The quilt also reveals that Nancy is a DAR, a Daughter of the American Revolution.

Although Nancy enjoys all of the lovely items and amenities accrued throughout their lives, she exhibits the most enthusiasm for her "hidden" collection she chose to reveal last, because it represents what she and Bobby treasure most: their family. Literally closeted in their master bedroom, is a multigenerational tribute to those they love. Their walk-in closet, virtually another room itself, not only hosts racks and shelves of organizational genius, but also dozens and dozens and dozens of photos of great-grandparents, grandparents, parents, siblings, children and grandchildren. "I love having them on display where I can look at them every single day," Nancy remarked with great delight, while Bobby pointed out similar poses of photos of Nancy and himself as children. Obviously, more than success and comfort, family is their pride and joy. **NOW**

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Dr. Bryan McCormick, front center, and his staff provide wholeness care for every patient. Dr. McCormick gives his newborn daughter, Emily, her first physical exam with spinal palpation.

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— By Beverly Shay

Doctors, who have suffered and need the same type of care they have been offering others, often improve and even extend the care they provide for those whose pain they now intimately know. Pain-management and wellness care are foundational with chiropractic treatment. In fact, those very foundational principles are what influenced Dr. Bryan McCormick to change his career direction from physical therapy to chiropractic care. “While I was a student at Texas Tech in Lubbock, I was very active in wrestling and body building,” Dr. McCormick recalled. “I injured my back while lifting weights and found myself in severe pain. The medication I received from my medical doctor wasn’t successfully treating the pain, so I looked for options. My mom recommended chiropractic care, and I was amazed at the benefits and relief.”

So much so that he changed his degree plan and took organic chemistry and physics, prerequisites for Parker Chiropractic College, from which he graduated three-and-a-half years later.

For two years, Dr. McCormick worked with friends who owned several chiropractic centers and partnered with medical doctors. “I learned a lot from them that has made me successful in my own practice,” he admitted. Dr. McCormick has had his own practice for nine years now, employing nine, including a massage therapist, chiropractic associates, office and billing staff, another chiropractor, Dr. Steven Kicinski, as well as a medical doctor who specializes in pain management.

“One of my goals is to give my patients knowledge along with treatment. I want to teach them how to care for their bodies

as a whole, to strengthen their bodies, so injuries are less prevalent and pain is managed, relieved and removed. If I'm not successful, I will refer them to a specialist in orthopedic pain management," Dr. McCormick stated. This native of Amarillo tells of a man who was a hard manual laborer, played golf and was very active. Eventually, this man developed a condition that caused weakness and numbness and led to a tear in his shoulder while playing golf, requiring shoulder surgery — seemingly unsuccessful. A different surgeon discovered a degenerated disc and provided surgical repair — this time successful. But for several months, this man, Dr. McCormick's father, had to sleep in a chair to find relief. "I believe early preventive chiropractic care would have slowed or even prevented this unfortunate disorder," he remarked.

With the goal of providing movement, which is the key to health, Dr. McCormick and his staff offer these services: chiropractic, physical therapy, digital X-ray, therapeutic massage, pediatrics, spinal decompression, cold laser, "Turbo-sonic" whole body vibration (WBV), manipulation under anesthesia (MUA), pain management, pain injections and fluoroscopy. "All of these treatments and services are geared toward keeping your mind and spine in line," Dr. McCormick remarked.

When Dr. McCormick's car, with several of his staff inside, was t-boned on the way to a chiropractic conference four years ago, he once again had the opportunity to see how effective chiropractic care can be — in a very personal manner. He took the full brunt of the 50-mph impact, resulting in two herniated discs in his neck and severe low back pain that left him a definite low back surgical candidate. Following nine months of physical therapy, chiropractic care, six epidural injections and spinal decompression, he was not only able to avoid surgery, but fully recovered.

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Cedar Hill swimmer, Claudia Bernier (left), edges out Mansfield's Alli Tipton to place first in the 100 Yard Butterfly at the district swim meet.



Northwood University Knights gather at Hilltop Super Bowl in Waxahachie to raise money for Bowl for Kid's Sake College/University Challenge sponsored by Big Brothers Big Sisters.





Amanda Hatley welcomes éclair Bistro owners, David and Lynn Gros, Aaron and Tarita Gros, Jordan and Zoey to the Cedar Hill Chamber.



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Kiersten Angton, pictured with her mother, Chestney (right), celebrates her first birthday with friends, family and a bounce house.



DHS head swim coach Theresa Chumbley addresses her team prior to the start of the district swim meet.



Lani Cadungog, Teri Wilkes and Beth Cain enjoy a reunion lunch at Toshio's.



Sonya Penny and Eileen Sexton, along with other members of Duncanville Women's Club listen as storyteller and humorist, Mae Hoover, relates challenges of the mission field and other languages.



Amy Maynard and Crest Whitaker enjoy a smoke and free WiFi at 3R's Cigar shop.

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Understanding Parkinson's Disease

— By Betty Tryon, BSN

Muhammad Ali, boxer, and Michael J. Fox, actor, are arguably the world's most famous people with Parkinson's disease. They have become the face of the disease, with all of its physical symptoms and controversial treatments. Parkinson's disease is a neurodegenerative disorder. Neuro, in neurodegenerative, refers to the neurological or nervous system. In Parkinson's, certain nerve cells malfunction. When functioning properly, these nerve cells produce a chemical called dopamine that transports signals to the brain regarding movement. When the level of dopamine declines because of problems in the nerve cell, movement is affected. This disease is the most common movement disorder.

Parkinson's most familiar symptoms are: tremors or shaking, bradykinesia, rigidity of muscles and instability in balance. Tremors or shaking usually begin in one finger and may progress to the hands, arms, face, legs and foot. Sometimes, this symptom is called resting tremors because when the muscle is put to use, the tremors cease. Bradykinesia means slow movement. In Parkinson's disease, there is a decline in voluntary or spontaneous movement. Walking can resemble a short shuffle. Simple tasks such as combing one's hair can become difficult if not prohibitive. Rigidity or stiffness can occur in any muscle and cause discomfort. When there is stiffness in the muscles of the face, the facial area can appear masked or unmoving. Instability in balance can be dangerous. A person with Parkinson's can very easily tilt backward and fall.

How one lives with Parkinson's will vary greatly. Not everyone will develop the same symptoms in the same order. Not everyone will experience the degree of symptoms in the same way. There is no known cure for Parkinson's, but there are medications to help alleviate the symptoms. Parkinson's patients must work closely with their physician, because the treatment is tailored to their specific needs. Treatment is determined by factors such as: which symptoms are present, severity of symptoms, general health condition and age. As the disease progresses, increased dosages of medication or a different medical and pharmaceutical regimen may be in order.

Physical therapy aims to improve muscle strength and muscle tone. This promotes greater flexibility, better posture, balance and increased movement. Some exercises such as yoga and tai chi are used to enhance these benefits. Patients who try to remain active appear to do better over the course of the disease than those who remain or become sedentary. Parkinson's disease comes with many challenges. Counseling and group discussions with others who are coping with the same issues can provide you with tips and strategies to meet the challenges head on. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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Buy High and Sell Low

— By Dennis Brock

Mutual Fund Cash Flows:

All investors say they want to buy low and sell high, but is that what they really do? There are several services that track the net flow of money going into or out of stock mutual funds (also bond funds). Think back to last year when we had tremendous stock market volatility and several sell-offs in the stock market. Interestingly, investors sold as much as \$100 billion in stock mutual funds, often at the low points. Investors did the same thing in early 2009, selling billions of dollars when the Dow Jones Industrial (Dow) was below 8,000. Now with the Dow crossing above the 13,000 level, investors may have a renewed interest in buying stocks.

Why do investors sell low and buy high?

Perhaps the main reason is fear. When markets are sinking, investors sell for fear of loss. In hindsight, those points where the selling is heaviest have tended to be great buying opportunities. Fear can also work when the markets are rising

dramatically. Here investors are fearful of missing the rally and are willing to pay any price to get in.

How do investors avoid buying high and selling low?

Perhaps the easiest way is to have a balanced portfolio and rebalance several times a year, especially after the stock market has a substantial decline. Suppose you had a portfolio of 50 percent in stock and 50 percent in bonds. If the stock market declines by 20 percent your stock portion would be down but your bond portion may actually be up. If you sold enough of your bond fund and bought enough of your stock fund to bring your balance back to a 50/50 weighting, you would have achieved a buy low and sell high strategy. Of course, if you don't think you can follow this strategy, then annuities may allow you to participate in the returns of the stock market without the worry of losing money. **NOW**

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Through April 15

African American Repertory Theater: *Jar The Floor* by Cheryl West, directed by Willie Minor, starring Irma Hall at Corner Theatre, 211 E. Pleasant Run Rd., DeSoto. Cost: \$20-\$25. (972) 572-0998.

April 2 and 7

Free classes: how to use the Learnatest study exam/career building database: **April 2:** 6:00-7:00 p.m.; **April 7:** 10:00-11:00 a.m., DeSoto Library. Limit 10; registration required: (972) 230-9661. Job searching skills, résumé writing, study exams (elementary-high school/homeschool) math, reading, writing, GED, PSAT, SAT, ACT, ASVAB, Police Fire and Real Estate. Spanish study exams available.

April 3

Southwest Dallas County Aggie Moms hosts AfterHours Improv Theater: 7:00 p.m., Trinity UMC, 1302 S. Clark Road, Duncanville. Tickets, dessert, family-friendly entertainment, silent auction benefits scholarship fund: \$10/adults; \$5/children at door. krlynch54@gmail.com.

April 5

Kids' Fun: DeSoto Library: 4:30-5:30 p.m.: (ages 5-12) Easter egg tree craft/games. Bookmark drawing contest (ages 5-12) through **April 9**. Bookmark template/pattern at children's

information desk; winner announced on **April 13**. (972) 230-9666.

April 10

Duncanville Library's Tuesday Family Night: 7:00-7:45 p.m. Slappy's Playhouse presents: Clowning Around.

Waste management/recycling forum: 7:00 p.m. at Cedar Hill Library.

April 10 and 17

Job Seekers Ministry: 4:45-6:00 p.m., FUMC, 310 Roaring Springs Dr., DeSoto. www.fumcdesoto.org.

April 14

Duncanville Area Retired School Employees hosts free retirement seminar open to all retired/retiring ISD teachers who are active members of TRS (Texas Retirement System): 8:30 a.m.-noon, Reed Middle School Auditorium, 503 E. Freeman. Speaker: Jonanne Holshouser, expert retiree advisor. Spouses welcome; register by **April 6**: marvern@sbcglobal.net (subject line: retirement/seminar).

Keep Cedar Hill Beautiful spring clean up: 9:00 a.m. and Arbor Day Tribute: 11:00-11:30 a.m., Virginia Weaver Park, 631 Somerset, Cedar Hill. cedarhilltx.com.

Concerned DeSoto Citizens Candidate Forum: 10:00 a.m., City Hall Council Chambers.

April 19

DeSoto Chamber Candidate Forum: 6:30 p.m., Town Center.

April 21

Earth Day Community Garden Celebration: 10:00 a.m., Cedar Hill Library.

April 24-26

Discover Tai Chi techniques/health benefits: 8:00-9:00 a.m., Cedar Hill Library.

April 25

Cindy Mendez, DeSoto PD Crime Prevention Officer, discusses use of personal information, social security number and credit card numbers without permission to commit fraud/crimes: 6:00-7:30 p.m., DeSoto Library (972) 230-9661.

April 30

Southwest Dallas County Parkinson's Group support meeting: 6:30-8:00 p.m., Trinity UMC, 1302 S. Clark Rd., Duncanville. Exercise/speech classes also available. (972) 298-4556.

Submissions are welcome and published as space allows. Send your event details to bshay.nowmag@sbcglobal.net.

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In The Kitchen With Luanne Alcaraz

— *By Beverly Shay*

Halfway through Luanne Alcaraz' college career, she traveled to Paraguay, South America as a Peace Corps volunteer. "My assignment was vegetable gardening, nutrition and English as a third language," Luanne recalled, mentioning she stored her English and German in the back of her brain, also learning Spanish and Guarani, the local Indian village language, and Portuguese. "But I communicated most fluently with signs!

"The Paraguayans are very hospitable and will cook their last chicken when you visit! We taught them to plant onions, tomatoes, peas, corn, green peppers and potatoes, and then had to teach them how to cook these new foods, mostly as soups and stews." Luanne, who has been married to a Paraguayan for 42 years, cooks food from both cultures. **NOW**

Paraguayan Corn Bread

- 2 medium onions, finely chopped**
- 1/4 cup melted butter**
- 1 cup corn meal**
- 1/2 cup flour, sifted**
- 1 tsp. salt**
- 3 eggs, beaten**
- 1 can creamed corn**
- 8 oz. cream cheese, crumbled**
- 1/2 cup cheddar cheese, grated**

- 1.** Brown chopped onions in butter until soft.
- 2.** Mix cornmeal, flour and salt. Add lightly-beaten eggs and corn.
- 3.** Combine with onions and cheeses. Stir well.
- 4.** Pour into a greased baking pan and bake at 300 F for 1 hour, or until a golden brown crust forms.

Sojo (Paraguayan Hamburger Stew)

- 1 lb. hamburger (93/7)**
- 2 1/2 quarts water**
- 1 cup diced tomatoes**
- 1/4 cup green peppers**
- 1/2 tsp. black pepper**
- 1/2 tsp. oregano**
- 1/4 cup onions, diced**
- 1 1/2 tsp. salt**
- 1/2 tsp. garlic**
- 2 Tbsp. olive oil**
- 2 large beef bouillon cubes (2 Tbsp.)**
- 1/2 cup rice**
- 3 Tbsp. fresh cilantro, chopped**

- 1.** Submerge hamburger in water; pull apart with fingers until completely separated. Let stand.

- 2.** Sauté next 7 ingredients in olive oil on medium heat, until tender. Add hamburger and water to sautéed vegetables and stir.
- 3.** Add bouillon cubes and rice. Cook over medium heat for 10 minutes, stirring occasionally; add cilantro and cook another 5 minutes until rice is done.

Empanadas (Meat Pastries)

Dough:

- 2 cups white flour**
- 1 tsp. salt**
- 1 egg, beaten**
- 1/2 cup lard**
- Warm water, as needed**

Meat Filling:

- 1 1/4 lbs. hamburger**
- 3 Tbsp. canola oil**
- 1 tsp. fresh garlic**
- 1/4 cup onion, finely chopped**
- 2 green onions, finely chopped**
- 1/2 small green pepper, finely chopped**
- 1/2 tsp. pepper**
- 1/4 tsp. oregano (and/or cumin)**
- 1 tsp. salt**
- 1/4 cup tomato sauce**
- Canola oil**

- 1.** To make dough: combine flour and salt on pastry board; make well in center.
- 2.** Work egg and lard together. Put into well; knead from the sides inward, adding warm water as needed to create soft dough. Cover with plastic wrap and set aside.
- 3.** To make filling: fry hamburger in oil; add garlic, onions and green pepper. Stir; add seasonings and tomato sauce. Stir and set aside.
- 4.** Pinch off small amounts of dough and form balls. Roll the balls into 6-inch circles. Put 1 large tablespoon of meat in the middle; wet the edges with water and fold in half. Seal edges with a fork or a ravioli roller. Submerge in 2 inches of hot canola oil. Fry each side, until golden brown; remove from pan and drain on a paper towel.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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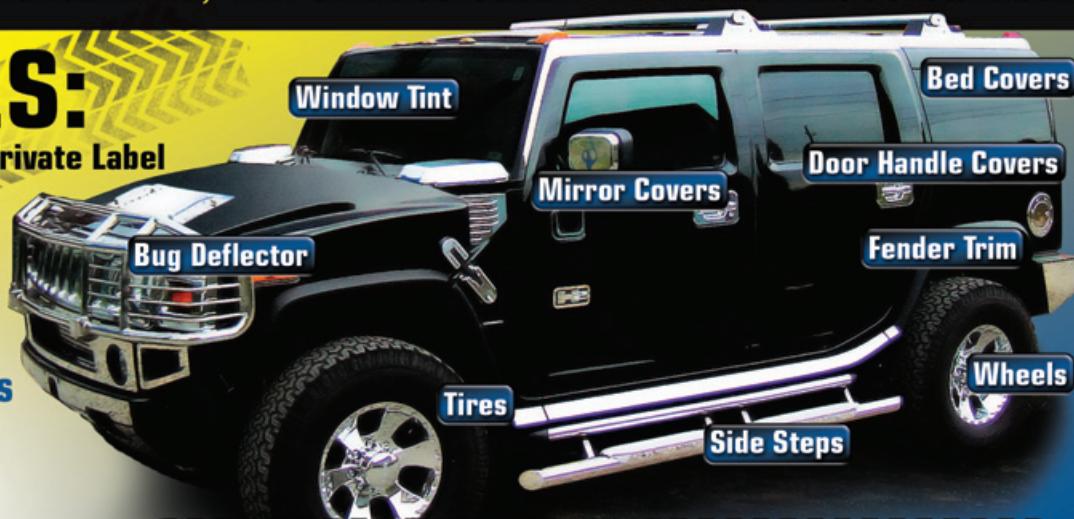
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