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Early College High School launches at DHS

Just a year after launching the Collegiate Magnet Program, DeSoto ISD announces an Early College High School - adding a second associates degree path for DeSoto students. Early College High School targets first generation, college-goers and provides both college courses and success skills for students. The program blends high school and college curricula into a simultaneous educational experience that gives traditionally underserved students the chance to earn up to two years (60 hours) of college credit while they finish high school. The program provides dual credit at no cost to students, strengthens the college-going culture and increases college success rates. Interested 8th graders will be able to apply this spring - criteria includes grades and test assessments from the past five years, an essay and family collegiate history. Program information and applications are online at www.desotoisd.org.

District hosts college night for adults

All DeSoto adults and district employees are invited to the district's Link-Up: College Night for Adults on Tuesday, April 22 from



5-8 p.m. at DeSoto High School. The evening will include opportunities for professional and personal advancements from universities, colleges, trade programs and financial experts. Attendees can learn about Bachelor and advanced degrees, education certifications such as principal, superintendent, educational diagnostician, school counselor, business programs, HVAC/electrician programs, and much more. Financial options include: student loan forgiveness, financial investments, home buying options and financially fit professionals. Join us for this unique opportunity to learn about your potential through professional and personal advancement.

Calendar of Events

Mon., April 14, 6:30 p.m. - DeSoto ISD Board Meeting, Board Room
April 14-18 - Volunteer Appreciation Week
Tuesday, April 22, 5 p.m. - Link-Up Adult College Night, DHS
Sat., April 26 - Education Foundation Gala & Auction, Arlington Sheraton
Mon., April 28, 6:30 p.m. - DeSoto ISD Board Meeting, Board Room
Fri., May 2, 5 p.m. - Hall of Honor Induction Ceremony, DHS
May 5-9 - Teacher Appreciation Week
Saturday, May 10 - Election Day (School Board Election)
Wednesday, June 4, 7 p.m. - DHS Graduation, Eagles Stadium

News to Know

STAAR Testing: Spring testing dates for STAAR include March 31, April 1-3, April 22-24. End-of-course tests will be taken over two weeks in May.

DeSoto High School students in several academic and extra-curricular competitions have **advanced to state** later this spring!

- Visual Arts Scholastic Education (VASE)
- Family, Career and Community Leaders of America (FFCLA)
- Twelve choir members and 23 band ensemble and 19 band soloist will perform at the Texas State Solo and Ensemble Competition
- Majorettes - 12 soloist and 2 groups

DeSoto ISD will host two **Pre-K and Kindergarten registration** events. Parents can come to register for next fall April 15-17 or May 6-8. Both events will be held from 7 a.m. to 7 p.m. at the DeSoto Town Center Bluebonnet Room. Parents will need to bring a photo ID and utility bill, plus student social security card, birth certificate and immunization record. For more details visit www.desotoisd.org.

DeSoto ISD Special Education department is hosting a Bowling for Autism event on Saturday, April 26 starting at 10 a.m. at DeSoto AMF Bowling Lanes. Registration is just \$25 per person or \$100 for a team of four. Contact Special Education at 972-274-8212 ext. 244.

The annual DeSoto ISD Education Foundation Gala will be held Saturday, April 26 at 6 p.m. at the Sheraton Arlington location. The Gala recognizes the top 25 seniors at DeSoto High School and their most influential teacher. The event is also a fundraiser for the Foundation which funds innovative teaching grants for the district. Tickets are \$60 per person. Contact the Education Foundation at 972-223-6666.

The district, along with the City of DeSoto, is offering students a unique opportunity to become **Mayor for a Day**. This spring, students in 5th, 8th and 11th grade can apply for Mayor for a Day. High school students interested in law enforcement can also apply for Police Chief for a Day.



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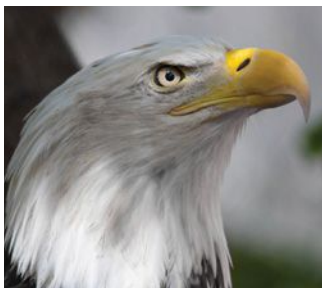
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ON THE COVER



Don Gibson considers capturing shots of a juvenile bald eagle his greatest photographic success.

Photo by Don Gibson.

CONTENTS

April 2014 • Volume 8, Issue 4



8 Eagle Eye

Don Gibson records nature from behind the lens.

16 Outgrowing the Old

At Home With Bobby and Maurica Sims.



24 She Cares

INSPIRE School Programs enable students to respond in a positive manner.



30 Whatever Gale Says

From high school seniors to senior saints extraordinaire, these friends know how to celebrate life.

38 A Classy Hood

Update the look of your kitchen with a simple makeover that won't break your budget.

52 BusinessNOW

54 Around TownNOW

56 FinanceNOW

60 CookingNOW

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Editor's Note

Here's to spring ...

I don't know about you, but after the roller coaster winter temperatures, I am glad spring has arrived. I hope it will stick around awhile. My April highlights will include a brief visit from my daughter who now lives in Israel. I will take every hour of face time possible with her.

Knowing me, I will probably attempt some gardening again this year. My husband has let me know I should not inflict my lack of gardening expertise on tomatoes this year. Whatever secret my dad employed in raising succulent tomatoes did not find its way down the gene pool to me. But I can grow some lovely green peppers! Having fallen in love with kale this past year, maybe I will try that. Hopefully, I won't kill the kale!

May the warmth of spring refresh and inspire you!

Beverly

Beverly Shay
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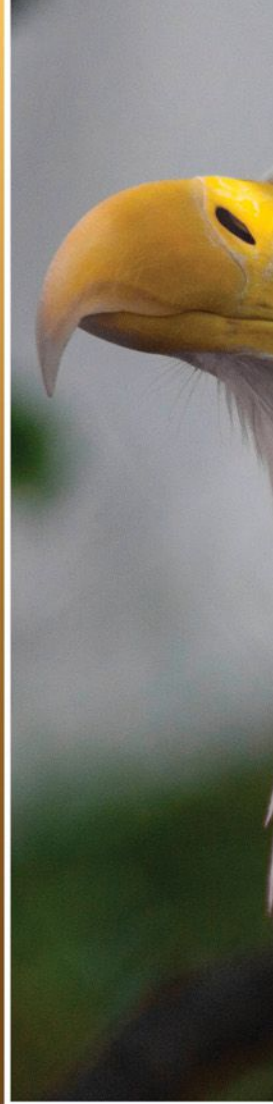
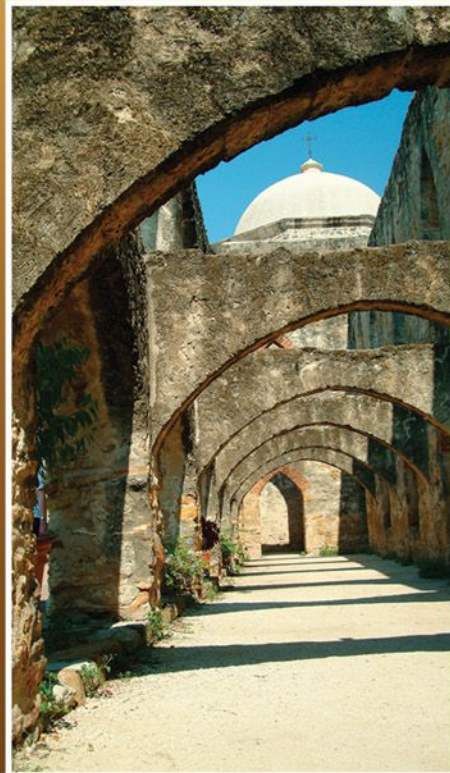
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EAGLE EYE

—By Angel Morris

Hailing from one of four founding families of the city of DeSoto, Don Gibson is no stranger to history in the making. However, his crowning glory is not in settling cities, but in capturing images that record history through photography. "My family moved to DeSoto back in 1967 and are direct descendants of the Bernhard family, one of the families that settled DeSoto. I attended Ruby Young Elementary, the old original middle school (now the administration buildings), the old high school (now East Middle School) and the new high school," Don said.

Shortly after high school, Don discovered an interest in photography. "My first real job was joining the Air Force in 1978. I bought my first camera then, because I felt a need to capture the moments I was coming into contact with through that service," Don recalled. "Mostly I photographed aircraft and equipment around the area where I was stationed."

Following military service, Don held a number of jobs, including: delivery driver, animal control officer (which sparked an interest in images of animals), water and sewer service, street repair, construction, EMT, shipping and receiving, traffic signs





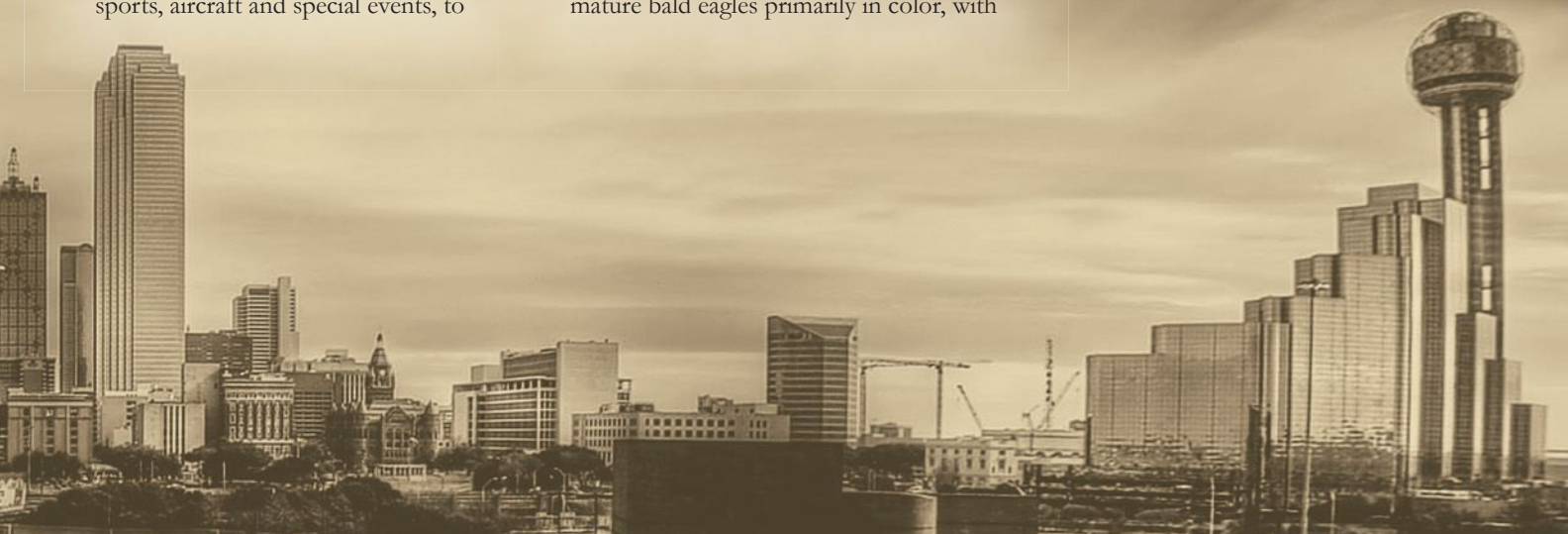
and signals maintenance. Don now works in IT for GM Financial. Over the last decade, he has also been able to return to his love of photography. “Today, I have two successful photography businesses: Flat-Out MotorSport Photography and Don Gibson Photography that, in part, showcases my landscapes and wildlife photography, as well as my portraiture,” Don said.

Don enjoys shooting a wide variety of subjects — everything from motor sports, aircraft and special events, to

wildlife and landscapes. “My favorite has to be wildlife. I enjoy photographing wildlife of any kind, but I have a special love for all the big raptors like eagles, hawks and owls,” Don said. “My biggest success through photography so far was being able to capture photos of a juvenile bald eagle at Joe Pool Lake in Cedar Hill. No one else has been able to capture images of this bird, and I only had about five seconds with him!”

The juvenile bald eagle differs from mature bald eagles primarily in color, with

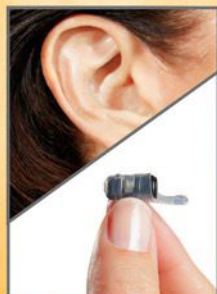
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**"I'M COMPELLED
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the juvenile bald eagle sporting mostly brown plumage and some white around the body, tail and beneath its wings. The signature bald head of white feathers develops after an eagle's first three to five years.

Don hopes to find time to capture the same elusive eagle again at Joe Pool Lake. "The nest is there, and the eagle will return to it for the duration of its lifespan. I'd like to see what it looks like now and continue to photograph all the other birds found at the lake," Don said, showcasing his portfolio of digital images from Joe Pool.

In the motorsport arena, Don shoots both cars and motorcycles, mostly on dirt tracks and has been published in the American Motorcyclist Association's magazine, *American Motorcyclist*. "Really, I just kind of fell into this type of photography. After giving up motorcycles decades ago to be safe when my daughters were young, I had started having an interest in them again. My dad and I went to some of the old tracks and discovered a need for someone to photograph the racers," Don said. "I love showcasing the movement, using depth of field to really catch the wheels in motion."



While Don cannot select just one favorite photo, 20 of his most impressive images line the walls of his home. They range from a landscape of Big Bend to an airplane flying over the Tom Landry statue at the AT&T Stadium. He has one wall dedicated to the vibrant images of an Indian powwow presentation in Grand Prairie.

Don also appreciates the works of photographic pioneers like Ansel Adams and Brassai (pseudonym of Gyula Halász), and there is even work of some newcomers that he finds inspiring. "Back in the days of film photography, you had to write down all the camera settings and compare every photo at each setting to get the image the way you most liked it. Digital photography changed all that, and I have seen some amazing images from amateurs," Don noted. "I look at other people's photography on a regular basis, and there are thousands of stunning images out there."

Digital photography has expanded Don's own photographic range, as well. "I kept saying I would never make the change, but since switching to digital photography 10 years ago, I have become more proficient in a much wider range of subjects. Without the cost of developing film, there's no excuse for not trying new things," Don said. "My wife is even



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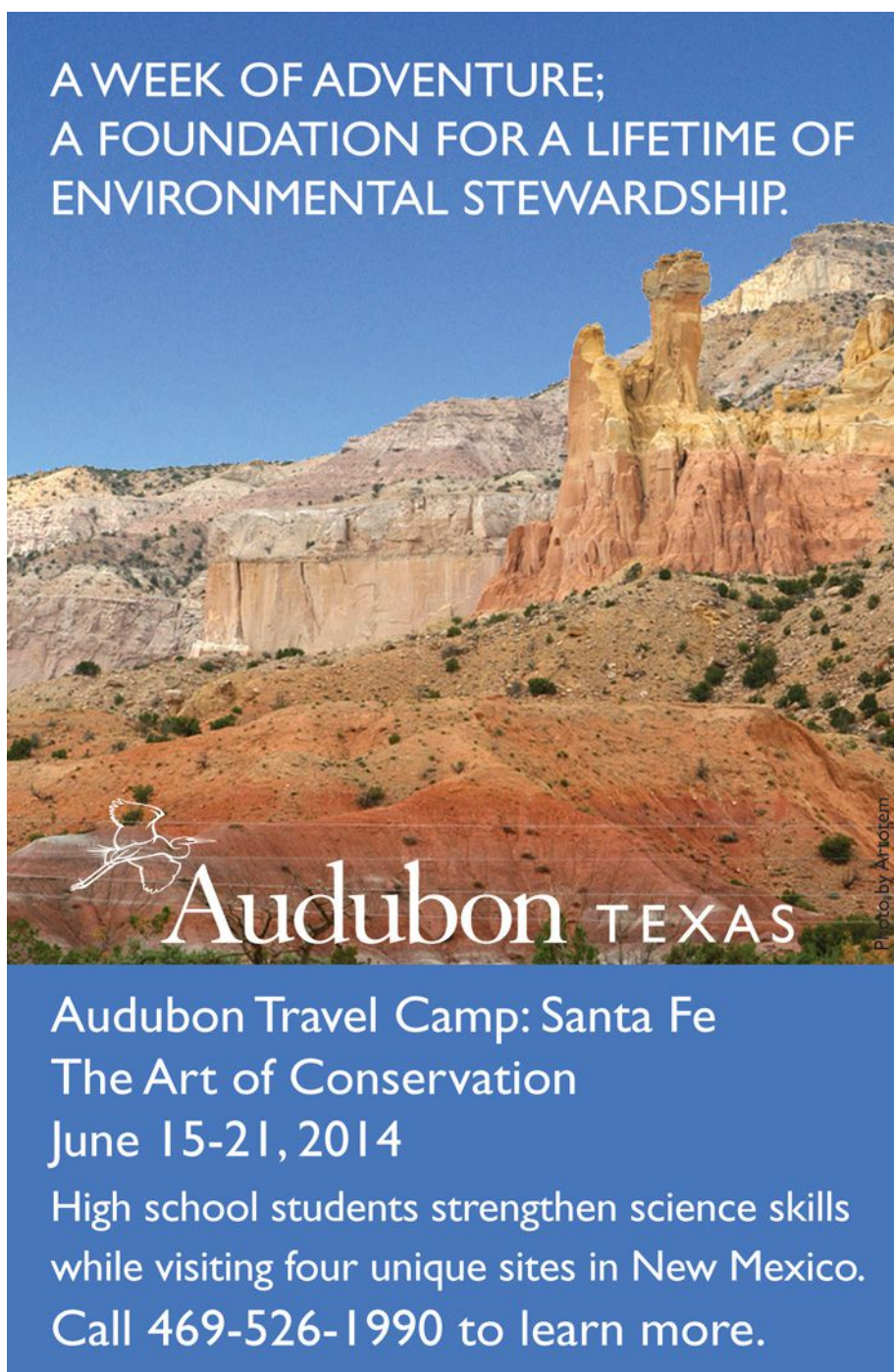


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starting to try her hand at photography, and I have to admit she's pretty good!"

Don hopes to expand his teaching of photography beyond basic camera use to the old-school techniques, which he believes can take a decent photo and make it magnificent. "Nowadays, everyone has a camera on their phone, and almost anyone can take a pretty good photo," Don said. "What I want is to preserve some of the old-school methods that are being lost. I want to teach people how certain tricks can really change the drama of a picture, if they will just take the time to use a few photographic techniques."

Besides photography, Don also enjoys graphic design, drafting and carpentry, as well as riding motorcycles with his wife, Lisa. The Gibsons have four grown children —daughters Katie, Hannah and Victoria, and son Cary — and four grandchildren — Micah, Lyric, Ariana and Jessica. "Of course, I love photographing my grandchildren. My grandson is my muse," Don admitted.

Fast cars, still birds or memorable family moments, regardless of the subject matter, Don is grateful to have discovered his photographic talents. "I'm compelled to tell a story through images and photography has allowed me to develop my artistic side. Honestly, I will photograph anything," Don said, showing off a recent photo of the family cat. "Photography fills my need to create images that tell a story." **NOW**



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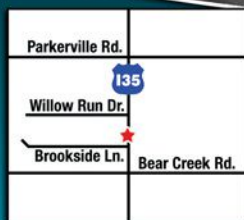
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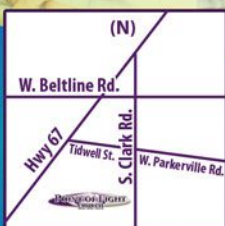
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OUTGROW

— By Sydni Thomas

After years of pouring sweat and love into their home, Bobby and Maurica Sims realized it wasn't growing with their expanding family. They put their house up for sale and began searching different neighborhoods across the Best Southwest. When they came across a house in DeSoto that met Maurica's need for a bright, open living space and Bobby's desire for a media room where the family could hang out together, the Simses knew they had found their next home.

Mississippi natives, Bobby, principal of Ruby Young Elementary in DeSoto, and Maurica, a computer and robotics teacher at Cedar Hill's West Intermediate, moved to Texas 10 years ago.

At Home With Bobby and Maurica




Flipping the Old

They met in fourth grade, became sweethearts in the seventh grade and have been together ever since. They have two children: Layla, 6, and Braylen, 3. Three years ago, when the search for the new house began, Maurica was pregnant with Braylen. They needed a house that was move-in ready, unlike their previous home, which was a foreclosure in need of some tender loving care. Finding a ready-to-go house was outside the norm for the pair who like to fix things up. "I repair houses," Bobby said. "I enjoy taking a neglected house and flipping it into something better. With this house, I didn't have that opportunity, because it was in great shape. But I have found ways to put my skills to use."


Although it really didn't need a


and Maurica Sims





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lot of work, the house was Bobby's blank canvas, and there was one room he couldn't wait to get his hands on. Upstairs, away from the bedrooms, was a space without windows. Bobby instantly saw it as the family's media center, so it became his first major project in the house. After living there for three years, the project is finally finished.

At first, Bobby priced having a company do everything for him, but that was too easy. He knew he could do everything at a fraction of the price, and he could move at a slower pace. Waiting for the media room was worth it for the family. They spend a lot of time there, watching movies and playing video games. "It took me two years longer than

it would have taken a professional, but I was able to finish it," Bobby shared. "My father came in and helped me wire things. A buddy came in and painted for me, and we purchased most everything off of eBay."

The large windows in the front of the house fill the entryway, formal dining and office area with natural light. The vaulted ceilings with crown molding make these rooms Maurica's favorites. French doors separate the office from the entryway and give Bobby and Maurica a space they can go when they have to bring work home. "I was really excited about this office, because I wanted a quiet place for Maurica to study,"

Bobby recounted. "She is working on her master's in school administration. We both share the office and are still working on making it a good place to work."

The open floor concept enticed Maurica instantly. With two young children running around, she has her hands full all the time. Therefore, having




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the kitchen open to the dining room and living room is helpful. While the family is too busy most of the time to watch TV in the living room, they do enjoy gathering there until dinner is ready. "In the old house, I would have to leave the kitchen to see what Layla was up to," Maurica admitted. "Now I can keep an eye on dinner and the kids. I do a lot of my studying in the living room, too, so it's a great place for all of us to hang out."

Upstairs is mostly a space for the children. A loft at the top of the second-floor landing serves as a playroom for Layla and Braylen. Both of their bedrooms are upstairs, too. Layla's pink room is "all girl," but that doesn't stop Braylen from wanting to come in and play with his best friend. Braylen's room is in transition from baby to toddler with a "big kid" bed on its way. "My dad and I built and painted the stepladder to my bed together," Layla said. "My bed was too big for me to get in without it."

The family gym is also on the second level for use when this active family is unable to venture outside to get their exercise. From bike rides in the park to camping adventures, the young family tries to be outside as much as possible. Layla was enrolled in a community tennis class when she was 4. After seeing how much she enjoyed it, they enrolled her in private lessons. When the weather is too cold for Layla to be outside practicing her tennis, she does cardio in the family gym. Braylen, almost old enough for sports, participates by boxing with his dad in the gym.

"I'm an outdoorsman," Bobby explained. "Sometimes I will set up a



tent in the backyard and camp out there with Layla. I hope we can do that a lot when it gets warmer this year. I also like to go fishing, and I sponsor a camping weekend for a group of boys from an organization I volunteer with.”

Bobby spends as much time giving back to his community as possible. He taught in the Dallas County Juvenile system for several years before leaving to teach at Clay Academy. He worked with students through a nonprofit drug prevention resource group, the Boys & Girls Clubs of America and with the children and youth at The Potter’s House. “I do a lot with our men’s group at church,” Bobby said. “I also spend a lot of time working with the children on Sunday mornings.”

After living in the house for three years, Bobby and Maurica have created a list of updates they would like to do. Maurica completes her master’s degree in May and plans to celebrate by putting new colors on the walls, while Layla has dreams of a fun mural painted on her bedroom wall. Bobby is ready to tackle the landscaping, and Braylen just wants to play more with trucks in his playroom. Moving into a well-maintained home had its advantages for the family, and now they are ready to put their personal stamp on their home. “Being seven months pregnant, having a child and then enrolling in school hasn’t left me much time to update things around here,” Maurica confided. “But this house has been great for our family so far.”

“We were sad to leave the old house,” Bobby said, “but, we outgrew it and knew moving was the right decision.” **NOW**

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SHE Cares

— By Carolyn Wills



Tara Conner-Parrales, Alisha Cole and Tara Bollinger invest their time to help young people make good choices.

Tara Bollinger cares about young people. She knows the importance of self-esteem and smart choices in a teenager's life. Traveling as Miss Missouri USA 2003, she reached over 100,000 students speaking on the subject of sexual health and choices. Today, she is founder/ director of INSPIRE School Programs, a nonprofit organization providing positive, character-building programs for middle and high school students. "I see a need in our country for quality school programs that foster character education," she said. "I'm thrilled to have introduced INSPIRE programs to the Cedar Hill ISD and excited that our efforts are being renewed. In addition to schools in the St. Louis area, we've now held classes and assemblies at Cedar Hill High School, Bessie Coleman Middle School, Trinity Christian School (2012-13) and the Ninth Grade Center. We are looking forward to adding more schools."

Interestingly, the connection between Cedar Hill and INSPIRE programs began when Tara was living in

Australia. Finishing her year as Miss Missouri USA, she married and moved to the “land down under” where she continued to work with young people. As follow-up and reinforcement to the assemblies, she spent a portion of her five years in Australia creating and piloting a weekly after-school girls’ program called Thrive. A few years ago, she moved back to her hometown of St. Louis, Missouri. Convinced that in-school programs offered the greatest benefit to students, she created and established INSPIRE School Programs.

Pastors Jim and Becky Hennesy from Cedar Hill’s Trinity Church visited Australia for a conference and learned about the school program. “They had the heart to do something in their community for the schools, but needed to find the right program,” Tara said.

At the invitation of the pastors, Tara came to Cedar Hill to meet with the school district to see if they would be interested in INSPIRE. The community at Trinity Church provided a grant to bring the programs to Cedar Hill. In September 2012, Tara

relocated to Grand Prairie. “Our programs encompass a variety of classes and assemblies tailored to grade levels,” she said. On Fridays at Cedar Hill High School, two classrooms are dedicated to the program. One is filled with girls who participate in a class called Radiant Girl, while the neighboring classroom is filled with boys who take the MVP program. Each week, about 700 students participate in the program during regular school hours.

“Radiant Girl encourages young women to gain mental and emotional strength,” Tara shared. “It’s important for girls to understand their own significance, to explore goals and develop confidence to pursue their dreams. With the help of women volunteers from a variety of backgrounds, we talk about the importance of self-respect, personal boundaries and positive choices.” In the course of a semester, students experience such projects as the runway walk, creating individual dream collages and listening to volunteers’ personal testimonies. “We also have fun,” Tara smiled. “Laughter, cheers, applause and music can help lighten serious lessons. Our goal is for these young women



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to discover what is in their hearts and to know they have the power to set and achieve goals."



Eleventh-grader, Versace Hicks-Butler, took the Radiant Girl class last year and again this year. "Radiant Girl makes you want to feel better about yourself," she said. "We write a paper about what we think of ourselves and what we want to change. We learn to focus on positive things. The teachers (volunteers) share their stories. Tara is genuine. We know



she really cares. Without question, I would advise younger girls to take the class. It's good information from a lot of great women." Versace plans to earn a college scholarship and major in psychology.

Trinity Church youth pastor, Jorge Parrales, is liaison between the church and INSPIRE and also oversees the boys' classes. "When the church learned about Tara's programs and ultimately partnered to bring them to Cedar Hill, I volunteered to lead the boys' classes and assemblies," Jorge said. "MVP stands for manhood, value and purpose. In this class, we explore a variety of topics with the focus

always returning to the issues of respect, personal choices and the reflection of a man's character. Cedar Hill High School boys are very honest and open," he added. "That openness has allowed us to have lively discussions about subjects like drugs and relationships. With many of our students lacking male role models at home, this class presents the chance to become aware of attitudes, consequences and possibilities. Cedar Hill's entire



school district is so special," he said. "I love being here."

INSPIRE Programs also include assemblies directed separately for girls and boys and, depending on the size of the school, seating as many as 800 students. "The program is always evolving," Tara said. "The most recent



assembly, UNBREAK ME – An Answer to Dating and Sexual Violence, is a 45-minute, multimedia presentation for girls offering education on the topic of sexual violence, hope for victims and ways to protect oneself from sexual violence, as well as a separate program

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for boys on the topics of respect and prevention of dating violence.”

Tara credits local volunteers and community involvement for much of the success of INSPIRE Programs. “Currently, in Cedar Hill, we have 30 volunteers on staff from a variety of backgrounds,” she said. “They receive training, and truly, the programs could not exist without them. Classes range from 20 to 30 students each. In the case of Bessie Coleman Middle School, some have had as many as 35 students.”

Community involvement is essential. “At the end of each semester, we celebrate the students’ successes with two big events,” Tara shared. “We host an MVP Boys Breakfast and a Radiant Girls Luncheon.” The school provides buses for transportation, and professional men and women are invited to host a table, so the students can enjoy the meal and the opportunity to hear national speakers. “The responses from Cedar Hill businesses and professionals have been amazing,” she smiled. “This is a great and caring community.”

Tara majored in mass communications, TV broadcasting and Spanish at Lindenwood University in St. Charles, Missouri. On the dean’s list all four years, she graduated *summa cum laude*. She has two children. “Adrian is 8 years old, and he’s in the third grade,” she smiled. “Elise is 6 years old and in first grade.”

Dynamic, determined and delightful, Tara inspires confidence. She is a gifted communicator, especially with teenagers, and has the heart, creativity and ability to make a difference in their lives. “Kids respond to caring,” she said. “That’s what INSPIRE School Programs is all about, and I am blessed to be a part of it.” **NOW**

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Whatever Gale Says

— By Beverly Shay

Being friends for 60-plus years means you know each other pretty well. Young and restless, newly married, crying babies, loss of children and parents, in sickness and in health, in times of leanness and in wealth, as young retirees and as AARP members — four local couples have done it all, and for the most part, they have done it together. “Most of us married young. Most of us grew up in Duncanville, and most of us knew each other from high school or earlier,” Gale Sliger remarked. “For a good part of our lives, we all attended Duncanville United Methodist Church. We used to be five couples, but Charles and Ramona Jordan are no longer with us.”





The five couples in San Antonio: Back row: Ramona, Charles, Hazel, Don, Gale, Bill and Jerry. Front row: Wayne, Marilyn and Eleanor.



Just this past fall, the four couples — Don and Hazel Shepherd, Eleanor and Bill Thrillkill, Wayne and Marilyn Key and Jerry and Gale Sliger — celebrated their 60th anniversaries together, much as they have other landmark anniversaries. The easy camaraderie, the unending jibes and stories all bear witness to people ultimately at ease with one another. Their secret? Every last one of them agreed their differences were minimal, because they all did whatever Gale told them to do. “It’s true,” Gale admitted. “But oh my, we have had a grand time of it!”

Graduating from Duncanville High School in the ’50s when the school was small enough that everyone knew everyone, Gale and Hazel had known each other from grade school years. “In fact,” Gale remarked, “Hazel and Jerry were an item for a while, but I got him in the end.” Jerry attended Arlington State Junior College (now The University of Texas at Arlington) and then SMU, where he graduated with a degree in mechanical engineering. He was deferred from the draft for the Korean War, because engineers were in demand. Gale worked as a secretary for a regional sales manager while Jerry was in school. “We thought we would go to New York where Jerry would work with Ingersoll Rand,” she shared, “but he ended up working here in Dallas.”

In 1959, they built the home they still live in. “It’s never had a crack in it,” Gale stated. “This home has seen many get-togethers, birthdays and graduations...” Her conversation trailed off as the others chimed in with stories of trips to



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Ruidoso, New Mexico, and Durango, Colorado, where Eleanor and Bill lived for a while. "Most of our gatherings involved food," Gale added.

"We've always been good at eating together," Eleanor quipped. Trips have included the Hill Country, San Francisco, San Antonio, hunting trips for the guys and shopping trips for the girls. "Most of our photos show us eating," said Eleanor, as she paged through several photo albums. "We ate our way through all of our trips!"

Hazel mentioned how they were all in the same Sunday school classes, and their kids had been in scouts together. "We've never had a cross word — well, except when Charles was cooking when Gale got cancer," Hazel reminisced. "He was a messy cook, but it was always good eating. Then when Gale got better, it became a competition. Really, we all love each other. Our feelings for one another are definitely more *love* than *like*." Hazel paused and then added, "Really, we all get



along so well, because we do whatever Eleanor and Bill say."

"Gale would plan all our trips," Eleanor recalled. "And sometimes the cost would just go on Bill's credit card. We have had so much fun together."

Some vacations were taken by just two of the couples, like the month Gale and Jerry and Bill and Eleanor spent in Europe. "We had a private audience with the pope," Eleanor remembered. The



Back row: Wayne, Bob Clark, Eleanor, Bill, Don and Gale. Front row: Marilyn, Sue Clark, Ramona, Hazel and Jerry.

foursome visited Germany, Greece and Turkey as well.

While they did indeed have their own separate lives, the couples always made time for each other — especially on birthdays, anniversaries and sometimes for holidays. “When Gale was working, I babysat for her,” Eleanor said. They watched each other’s kids grow up. Gale made cakes for the girls and all the boys were in the same Boy Scouts troop.

“We met Wayne and Marilyn at our church, First United Methodist in Duncanville,” Gale added.

Don and Hazel had an elegant house on Lake Texoma, where the friends wine and dined on a deck right over the water. The ladies wore long dresses and set the tables with crystal and china, and one time the candelabra almost blew away in the wind.

“Remember our tour of the wine country in California?” Wayne asked. Bill, who does not drink, is always the designated driver. “People

end up watching us, because we have so much fun together. And Gale can get people to provide whatever we need.” Even the telling of their escapades made the couples laugh so hard they nearly cried. “Young couples have remarked they can’t wait to be as old as we are, so they can have as much fun as we do!” Wayne commented.

Wayne and Marilyn, who is an artist, had a van in Chicago with a gorilla



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painted on the side of it. Other times, the couples took trips together in a motor home, where the AC only worked some of the time, but off they'd go. Memories are slung around between the eight friends, who gather to celebrate not only the 60 years they've spent as married couples, but the decades of friendship and life they've shared.



"Remember how hot it was the day Jerry and Dan (Gale and Jerry's son) built the gazebo for Eleanor's daughter's wedding?" someone asked.

"Of course, it was the weekend of the moon landing," another responded. If one of the friends had a need, all they had to do was call and ask, and the group would get together to meet the need.

Amidst laughter, yet another story was begun — this one of flying in fresh lobsters for Gale's birthday. The couples looked at each other, remembering how Gale started her party planning business with a chemo pump on her hip. She planned events for the likes of Ross Perot, Jerry Ford, the Hunts and the Horchows.

Even the couples' children and grandchildren, nieces and nephews — some of whom belong to more than one of the couples — recognize the role Gale has played in, well, everything. Lacey Treadwell, Gale's step-granddaughter, remarked, "Gale likes to make a scene — in a good way, you know. Jerry wears the pants in the family, but Gale tells him what color! She's a strong personality, but always ready to help anyone who needs help."

All 100-plus guests, including well-dressed children and children's children, at the recent joint anniversary party followed the lead of these extraordinary couples, none of whom have really slowed down in the least. Everyone was laughing, having fun and eating — just like Gale told them to! **NOW**

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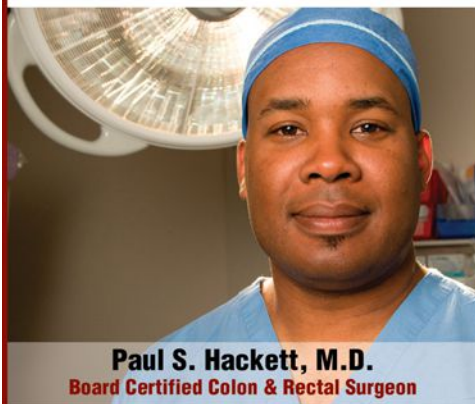
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A CLASSY HOOD

— By Jill Rose

When it comes to home improvement, most people believe you have to spend a large amount of money to make much difference. The reality is, some of the projects with the most impact on your home have the least impact on your wallet. One such project around my house involved replacing an over-the-stove microwave cabinet with a custom hood for the range for less than \$50.

The inspiration for this project came from a beautiful range hood I saw online. As beautiful as this range hood was, the price was not. The cost of this particular range hood was around \$700. With a few materials, you can create a similar hood for a fraction of the cost.



What you need based on a 16-inch range hood:

- 1 4 ft. x 8 ft. birch plywood panel: **\$10.67**
 - 1 1 in. x 2 in. x 8 ft. support board: **\$2.61**
 - 1 1 in. x 3 in. x 8 ft. pine board (for top front facing): **\$5.43**
 - 1 1 in. x 4 in. x 8 ft. pine board (for bottom front facing): **\$8.64**
 - 2 8 ft. lattice pieces: **\$7.28**
 - LIQUID NAILS construction adhesive: **\$2.52**
 - 8 ft. trim pieces (quantity and style based on personal preference): **\$8.52**
- Vent: N/A

Total: \$45.67! *Note: The cost of the vent is not included in the project costs as it varies by make and model. Also, this cost doesn't include the crown molding. I was replacing all of that on my cabinets anyway, so I already had it on hand.*



Step 1: Determine and purchase the type of vent you need.

Depending on the type of venting currently provided by your microwave, you will either need a recirculating vent or an external vent. A recirculating vent takes air, steam or other materials, passes them through a filter and reintroduces them into the room as fresh air. An external vent takes these same materials and removes them to the outside of your home using a venting system. For my particular situation, I needed a recirculating vent. To determine the correct size, measure the width and depth of your space, subtract approximately 4 inches from the depth and width and use that number as a guide.

Note: You do not want a vent the width of your cabinet, because you will be unable to build a box to hold it.





Before



After

Step 2: Remove the existing microwave and cabinet structure.

Note: Before beginning this project, move your stove so it does not get damaged.

After removing the microwave, remove the cabinet doors. Next, remove the bottom of the cabinet, as well as the front support piece. If your cabinets are individual units, you can simply take the cabinet off the wall. In my situation, the



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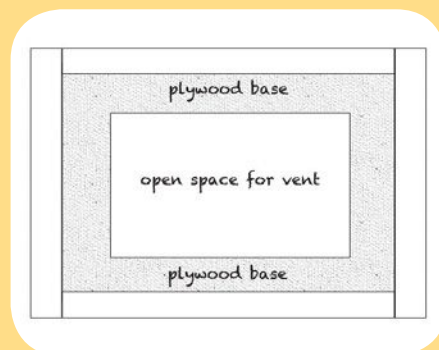
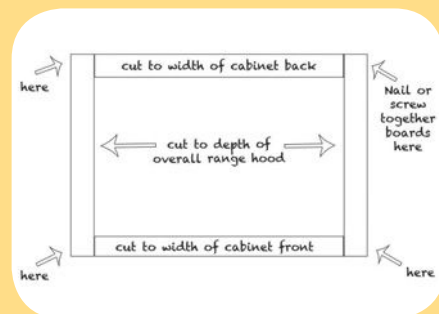
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middle cabinet was a part of a single cabinet unit.

Step 3: Determine the depth of your range hood.

Most range hoods have a depth between 16 and 24 inches. The size you pick will be based upon your preference, but generally you want to make sure it extends far enough to partially cover your front burner.

Step 4: Build a box for your vent.



Measure the width of your cabinets in the front and the back. (They should be the same, but can be off by about 1/2 inch.) Cut two support beams to this width. Next, cut two support beams to the overall depth you decided on for the range hood. (For me it was 16 inches.) Attach the supports together, creating a box frame. Do this outside of the cabinet space (in your workshop).

Next, cut a 3/4-inch thick piece of plywood to the overall width and length of the finished box frame. Set the vent on top of the plywood and draw an outline. Cut out the outlined section. Attach the plywood to the bottom of the box frame.

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Step 5: Attach the vent.

Attach the box frame to the cabinet. Attach the vent to the supports. (Your user's manual should suggest the best way to do this.) Install the vent, i.e. plug it in, attach the outside venting, if needed, etc.)

Step 6: Create the front facings and supports.



Using the 1 in. x 4 in. x 8 ft. pine board, create the front facing for the bottom support. The front facing should be roughly 1/2 inch longer than the support and should be mitered to 45 degrees on both ends. Next, measure the amount of exposed supports on the side and cut front facing for each side (continuing to use the 1 in. x 4 in. x 8 ft. pine board). Miter the edges. Attach the facing to the support using a nail gun.

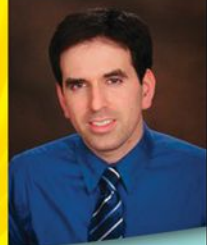
Using the 1 in. x 3 in. x 8 ft. pine board, create the top front facing for your cabinet frame. (The top face front should be the same length as the bottom face front and should also be mitered at the ends.) Depending on how far the top face front sticks out, you will need to cut side face fronts for the upper section as well using the remaining 1 in. x 3 in. x 8 ft. pine board. Attach the facing to the support using a nail gun.

Measure the length between the top and bottom face front, and cut three support beams to that size using the 1 in. x 2 in. x 8 ft. support board. Attach them to the back of the face fronts using a nail gun. (I mitered the ends of the boards, so they can be attached just behind the face fronts.)

After adding the supports, measure the open area from the outside of the left support to the outside of the right support and from the top face front to

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the bottom. Using these measurements, cut out a plywood square. Attach the plywood to the supports using a nail gun. Because the hood is slanted, the plywood should sit right behind both the upper and lower face fronts.

Next, determine the angle of the side pieces. For lack of a better option, I folded a piece of cardboard over the side and then cut the cardboard to size. Trace out the pattern on a piece of plywood and cut. Attach side pieces to the supports using a nail gun.

Step 7: Add the finishing touches.



After attaching the sides, sand the entire range hood. Next, cut two pieces of lattice to the width of the center plywood area, making sure to miter them on the edges.

Measure the length between the upper and lower lattice pieces and cut five pieces of lattice to this length. Attach in equally spaced segments across the front of the plywood. Make sure you have a piece of lattice on each edge — this will help disguise those imperfect side pieces.

After caulking and filling in the nail holes, sand, prime and paint. That's it! Total time, start to finish was about four hours. **NOW**

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founded in 1733, this coastal haven is classic but hip. From the elegance of the Landmark Historic District to the festivities of River Street, visitors delight in this coastal jewel's secrets.

Savannah was shaped from a wilderness by James Edward Oglethorpe and a group of English settlers. Five months after General Oglethorpe and the original settlers landed in Savannah, 42 Jewish refugees arrived from Spain — the largest immigration of Jews at one time to the New World during the Colonial period. Oglethorpe favored



Savannah with what has become her world-renowned claim to fame — the park-like city squares, havens for rest.

Warm hospitality mixes with the Old South's calm pace on strolls down cobblestone streets, where century-old live oaks shade magnificent homes and refined churches. The reoccurring haint blue color painted on doorframes, porches and windowsills of many of Savannah's grand homes is not only aesthetically pleasing, but the Gullah/




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Geechee culture of the Low Country teaches that the bluish-green hue represents water, over which spirits are said not to pass.

Savannah's magnificent architecture and 22 splendid squares beckon walkers to slow down. The Bull and Abercorn Street corridors take you past some of Savannah's famous landmarks. The heart and soul of downtown Savannah is verdant Forsyth Park. This 30-acre urban oasis has hosted outdoor concerts and spontaneous gourmet gatherings since 1840.

Nearby, Savannah's Historic River Street hosts casual and upscale dining. Seafood, steaks and family favorites can be found in these restored cotton warehouses now home to some of Savannah's favorite restaurants and pubs, some offering live music for a toe-tapping good time. Sampling fine restaurants in Savannah's City Market, it's possible to dine outdoors at a



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European-style cafe or eat in one of the Market's restored buildings, all special with their own quirky charm. The Pirates' House, a famous Savannah restaurant, was actually a tavern frequented by pirates who sailed the Caribbean in 1794. Events at the Pirates' House were the inspiration for Robert Lewis Stevenson's novel *Treasure Island*.

Savannah's quaint bed-and-breakfast inns and upscale hotels offer comfortable options for resting up before another day of exploration. Savannah grew up to be a bustling port famed for exporting cotton, and a city of culture whose architecture blended a variety of styles still in evidence — Federal, English Regency, Greek Revival, Gothic Revival, Italianate, Romanesque Revival and Queen Anne. In a study published by the Savannah Historic Foundation, one of the most admired preservation groups in the country, more than 40 percent of 2,500 buildings inventoried in Savannah had architectural or historical significance.

Today, Savannah invites well-versed, inquisitive travelers to experience its splendor. Always alive with the arts, influences like the Savannah College of Art and Design and the City Market artist colony make Savannah's Historic District the perfect artist's muse. Antique shops, galleries and gift shops full of handcrafts pepper every corner of the district and River Street. Explorers find that Savannah is a city of romance.

As one of only a handful of cities in America that allow al fresco cocktails, Savannah offers an unforgettable night out. If you're walking on foot north of Jones Street, any Historic District bartender will pour your drink to go. A moonlit carriage ride is the perfect beginning to a romantic evening of a candlelit meal followed by a musical, play,

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Most months, Savannah hosts festivals adding spice to life. The holidays are always spectacular in Savannah with events like the Holiday Tour of Homes and the Savannah Harbor Boat Parade of Lights. The city's Martin Luther King Jr. Observance Day Celebration and St. Patrick's Day Parade are legendary. Throughout March and April, the Savannah Music Festival features some of the best performers and vocalists around. Fall gatherings, like the Savannah Food and Wine Festival and Savannah Film Festival, are some of the South's most popular events.



Just 20 minutes from Savannah's Historic District is Tybee Island, Savannah's balmy beach. A day can be spent enjoying sea breezes, seeking eco-adventures on the myriad of rivers and creeks that meander through salt marshes, fishing, kayaking or watching dolphins or climbing to the top of Georgia's oldest and tallest lighthouse. If your taste is more classic, spend a day tracking wartime battles at two of Tybee's forts or golfing on challenging and brilliantly designed golf courses. After sundown, dine at one of Tybee's funky seaside bungalows or up-scale restaurants and then hit the Tybee strip for nightlife and entertainment.

Savannah mesmerizes with her unforgettable natural beauty and thrilling past. This much-celebrated destination has enticed visitors with her sultry ambience for centuries. If you're feeling tempted to discover her secrets, check out www.VisitSavannah.com to begin making plans to discover paradise. You'll feel at home in the streets of Savannah and remember her fondly. **NOW**

By Visit Savannah. Photos courtesy of
<http://www.VisitSavannah.com>.

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Training director Greg Webb joins assistant manager Sam Nunn and manager Shane David Ross in front of Soulman's Bar-B-Que, where cooking and eating meat are equal feats of pleasure.

Passionate About Bar-B-Que

When you're hungry for the taste of Texas, Soulman's Bar-B-Que will serve you a meal to remember. — By Beverly Shay

Shane David Ross is unequivocally passionate about barbecue. “Think of it this way, we take one of the hardest pieces of meat to cook and turn it into a work of art,” Shane enthused. “Brisket is not only good eating — when cooked with tender care — it’s the symbol of Texas!” Not only is this Soulman’s Bar-B-Que store manager a fan, but his assistant store manager, Sam Nunn, loves serving the food *and* interacting with the customers. “This is a fun place to work, and the customers help make it fun,” Sam said.

Soulman’s is celebrating 40 years of daily, made-from-scratch, good eating. The restaurant now has 12 locations and caters all over the Metroplex. The founder opened the first Soulman’s in Pleasant Grove with his mom helping develop family recipes passed down through generations. “Her recipes are still made

fresh every day,” confirmed training director Greg Webb. Side dishes include: potato salad, mashed potatoes and gravy, ranch house beans, spicy potatoes, fresh-cut fries, baked potatoes (with or without meat stuffing), fried cabbage, green beans, coleslaw, pinto beans (cooked from scratch), corn on the cob and mac ’n’ cheese. For dessert, buttermilk pie, pecan pie and banana pudding are served. Soulman’s sausage and hot links are made from a proprietary recipe found at no other restaurant. Ham, turkey, pork and beef — chopped, sliced thin or ribs — round out the menu at the restaurant known for “not being stingy with their meat.” Customers won’t want to miss Friday Night Fish Fry from 5:00-9:00 p.m. when fresh catfish, coated in their own “secret” cornmeal breading, is served.

Not only is the food good, showmanship is part of

the fun. Shane, Sam or even Greg will demonstrate how their tender, mouthwatering barbecue is cooked and masterfully carved with 14-inch blades into a pile of some of the thinnest sliced, meaty pleasure around. "Our brisket doesn't need fancy rubs or sauces, because we cook it over hickory," Greg pointed out. "We cook it low and slow for a long time. And we baby our ribs."

The restaurant offers one really good barbecue sauce. "We love talking different styles of barbecue and sauces with everyone who comes in," Sam stated. "Our sauce is a little sweet and a little tangy, and it does the trick."

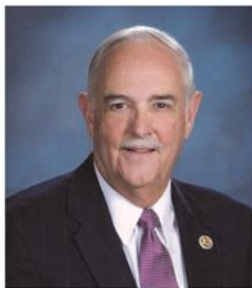
"This is a fun place to work, and the customers help make it fun."

"Our customers especially like the fried cabbage and the ranch house beans," Shane remarked. "We really want to be Cedar Hill's barbecue place. We'd like people to think of Soulman's Bar-B-Que when they think of Cedar Hill. I am very proud of the slogan on that wall," Shane said, indicating a lit sign that reads: *Winning recipe: Great BBQ, Great Service, Great God*, as well as a verse from Romans 7:25. "Faith is a big part of this company."

Catering is also a big part of the business. In fact, the slogan posted on its wrapped vehicles is: *We know catering*. Whether clients want to serve 10 friends, a party of 25 or 50, Soulman's has a catering package. Even if a patron has 200 to 3,000 wedding guests, it has a catering package to accommodate the request. The restaurant even offers off-menu catering. Just call one of Soulman's two caterers, and find out just how easy it is.

But before you even walk in the door, be aware of the risk. Notice the sign outside that states: *WARNING: Contents inside this building may be habit-forming due to its hickory smoked, lip smackin' goodness. Life is short ... Eat well.* **NOW**

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Jim McDonald and Natalie Nickerson are voted Duncanville's Man and Woman of the Year for 2013.



John Powell and Beverly Shay of SouthwestNOW fame enjoy their night out in Duncanville.



Members of the DeSoto Senior Center Golden Voices Choir did a medley of songs including the "Black National Anthem" and the Line Dance Steppers performed to Stevie Wonder and James Brown in honor of Black History Month.



Virica Johnson enjoys a special moment with her dad, Ritchie, at the DeSoto Daddy Daughter dance.



South Dallas Cultural Center Director Vicki Week poses with Texas State Rep. Helen Giddings.



Hope Mansion house dad and mom, Keith and Donna Bobb-Semple, and executive director Angie Hammond pose with Miss Black USA Ambassador Jazmine Scoggins.



Sons Nick and Alex help their dad, Chris, celebrate his 42nd birthday.



Norm Patten, president of the Cedar Hill Museum, and his wife, Susan, buy Legendary Locals of Oak Cliff from one of the co-authors, Gayla Brooks, at a museum membership meeting.



Cedar Hill's Katelyn Bagwell enjoys the stargazing station at Canterbury Episcopal School's recent Science Expo.

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Get a Jump on Tax Planning

As you prepare to file your 2013 tax return, consider moves that could help minimize your tax burden.

1. Determine whether you're likely to be subject to higher capital gains and dividend taxes.
2. Determine if you need to take required minimum distributions from your IRA (starting April 1 of the year following the calendar year in which you reach age 70 1/2) or employer plan (starting April 1 following the later of the calendar year in which you reach age 70 1/2 or when you retire) and factor this into this year's taxable income.
3. Think strategically about your charitable contribution options, such as donating low cost-basis stocks or highly appreciated assets rather than cash.
4. Maximize retirement contributions to take advantage of tax-deferred growth if you're still working.
5. Consider any life changes you may experience this year, such as a new addition to your family or to your house.

6. Review your overall asset allocation and make adjustments to realign with your goals.

7. Review and update your estate plan to take advantage of the higher lifetime exemption and annual gift exclusions to transfer wealth without triggering a gift tax liability. **NOW**

The information contained herein has been obtained from sources considered reliable, but we do not guarantee that the foregoing material is accurate or complete. Raymond James is not affiliated with any other entity listed herein. Please note, changes in tax laws or regulations may occur at any time and could substantially impact your situation. Raymond James financial advisors do not render advice on tax or legal matters. You should discuss any tax or legal matters with the appropriate professional.

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This article was prepared by Raymond James for use by its Financial Advisors. Donald Pope is a Raymond James Financial Advisor based in Duncanville.



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Damaged Joints

— By Betty Tryon, BSN

Nearly everyone is familiar with arthritis. Many people either know someone with it, or they have it themselves. That is because arthritis is not one disease but a term used to cover over 100 medical conditions. Statistics from the Centers for Disease Control and Prevention report, "An estimated 50 million U.S. adults (about 1 of 5) report having doctor-diagnosed arthritis. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030." Osteoarthritis is the most common form, and for the purposes of this discussion, the information relayed here refers to that disorder. Many of the symptoms experienced in osteoarthritis are found in the other conditions.

Arthritis damages the cartilage which protects the joint. The cartilage is the flexible connective tissue that covers the bone at the joint, allowing the joints to move smoothly and avoid friction. Cartilage also acts as a shock absorber. Without that intact and healthy cushion, bone would rub bone — something as painful as it sounds. Inflammation becomes a perpetual part of the problem. Other symptoms are swelling and stiffness, resulting in a decreased range of motion in the affected joint.

There is no one specific known cause for arthritis. Even though no cause has been recognized, researchers have identified risk factors that may predispose a person to the disease. No. 1 on the list is age. As we grow older, the stress on the joints increases because of constant use. Some sports and

occupations encourage the development of arthritis because of repetitive use of a specific body part. Weight plays a part in arthritis due to the added burden on the joints, and injury to the joint area can set the area up for constant inflammation.

In treatment, your goals are to prevent further joint damage and manage your pain level. Many pain medications such as acetaminophen and NSAIDs (nonsteroidal, anti-inflammatory drugs) like aspirin, naproxen and ibuprofen are sold over the counter. Other NSAIDs are only by prescription. However, there are many other options available to make living with arthritis a little easier. Applying heat, ice or massage can help. Another option is proper exercise to reduce stiffness, build strength and increase or maintain range of motion. Try to avoid repetitive movements that put stress on joints.

Arthritis may be in your future, but moderation in exercise and following your doctor's instructions regarding medication can help you stay active. **NOW**

Source:

www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm

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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April 5

Keep Cedar Hill Beautiful Spring Cleanup: register your cleanup group/location at cedarhilltx.com/kchb. Lunch: 11:30 a.m., Virginia Weaver Park. (972) 291-5100.

April 5, 6

Flowering Dogwood Hikes: 9:30 a.m.-12:30 p.m., Dogwood Canyon Audubon Center. Member-only guided hikes in isolated groves of Dogwood. To join: dogwoodcanyon.audubon.org; \$45; \$25/students or teachers. (469) 536-1980.

April 10

Free health and wellness screenings (for those eligible): 3:00-6:00 p.m., Ben Franklin Apothecary, 302 N. Main St., Duncanville. (972) 298-4936 or www.benfranklinrx.com or HealthMart.com/tour.

April 12

Hampton Road Baptist Church and DeSoto Parks/Recreation Department's annual Easter Eggstravaganza: 11:00 a.m.-1:00 p.m., Zeiger Park, 400 Eagle Dr. Bring Easter baskets for group egg hunts: ages 3 and under, 4-6 and 7-9. (972) 230-9651.

April 14

Cedar Hill Quilters Guild: 6:30-9:00 p.m., CH Rec. Ctr. Brenda Perry will present "Confessions of a Quiltaholic." www.cedarhillquiltersguild.org/

April 16

Christian Rock Concert: 6:30 p.m., Wayside First Christian Church, 203 S. Main St., DV: 7th Day Slumber, Consumed by Fire: \$12. (972) 298-2166.

April 18

Duncanville Senior Dance: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins. Featuring variety music by Bill G. Cost: \$5. (972) 298-0667.

April 19

Good Saturday 1M Walk: 8:00 a.m. and Rise Up and run 5K: 8:30 a.m., Duncanville First Baptist Church: promote health, goodwill and community pride; proceeds benefit Duncanville Outreach Ministries. (972) 298-1435.

Miracle Weekend Easter Egg Hunt: 11:00a.m.-1:00p.m., Virginia Weaver Park, 631 Somerset Drive, Cedar Hill. Free event for ages 10 and under!

April 21

Earth Day Cedar Hill: 5:00-8:00 p.m., Government Center, 285 Uptown Blvd. Free green event: self-guided exhibit tours, recyclable crafts and musical performances by Shades of Gray, Bray Elementary choir and Cedar Hill High School band.

April 24


Southwest Lupus Support Group: 6:30-7:30 p.m., Trinity UMC. (972) 291-8786.

April 26

DeSoto Elks Lodge Veterans Resource Fair: 9:00 a.m.-2:00 p.m. Job interview opportunities, products and/or discounts on products and services for veterans.

Annual Kids' Fishing Tournament at Briarwood Park: 9:00 a.m.-noon, 1625 W. Belt Line Rd., DeSoto. Cost: \$5 for children 14/under with an adult. Some rods, reels and bait will be available. Prizes by age groups. (972) 230-9651.

Submissions are welcome and published as space allows. Send your current event details to beverly.sbay@nowmagazines.com.



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In the Kitchen With Zolean Bruner

— *By Beverly Shay*

Zolean Bruner loves cooking and entertaining guests. “I cook to explore different recipes and use different types of ingredients and color design,” Zolean explained. Her family loves the different dishes and surprises. “Cooking gives me a sense of relaxed enjoyment, knowing my family is waiting for a tasty surprise,” she shared. “Their encouragement provides satisfaction.”

Zolean’s inspiration was born during junior high homemaking classes, where her teacher showed students techniques and designs for preparing great meals. “My mom also had a part in my love for cooking, by telling me that good seasoning and a meal plan create enjoyable dishes,” Zolean added. She likes home-style cooking and grilling and uses Mrs. Dash and lemon pepper more than salt. **NOW**

Sweet Potato Pie

- 2 cups sweet potatoes, cooked**
- 2 cups sugar**
- 1 stick butter**
- 1/4 tsp. vanilla**
- 1 egg**
- 1/2 pint heavy cream**
- 2 9-inch deep dish pie shells**

- 1.** Mix first 6 ingredients for 5-7 minutes or until well-blended. (There will be some lumps.)
- 2.** Pour into pie shells. Cook at 350 F for 45-60 minutes or until golden brown.

Broccoli and Rice Casserole

- 2 cups onion, finely chopped**
- 1/3 stick margarine (or butter)**

- 1 32-oz. bag of frozen chopped broccoli**
- 1 cup rice (brown or white)**
- 1/2 lb. Velveeta cheese, cubed**
- 1 26-oz. can cream of mushroom soup**
- Pinch of salt (optional)**
- Pinch of garlic powder**
- Accent seasoning, to taste (optional)**
- Grated Parmesan cheese, to taste (optional)**

- 1.** Sauté onions in margarine. Add frozen broccoli and cook over low to medium heat until broccoli is thawed.
- 2.** Cook rice for 8 minutes or until soft.
- 3.** Microwave Velveeta cheese in a large bowl until soft. Add soup; stir until well-blended. Combine all ingredients; season to taste.
- 4.** Pour mixture into casserole dish. Top with Parmesan if desired. Bake at 350 F for 30-40 minutes.

Strawberry Cake

Cake:

- 6 oz. frozen strawberries**
- 1 box Duncan Hines white cake mix**
- 3/4 cup oil**
- 3 Tbsp. flour**
- 4 eggs**
- 1 3-oz. box strawberry Jell-O**

Icing:

- 1 stick butter, softened**
- 2 oz. frozen strawberries**
- 2 cups powdered sugar, sifted**

- 1.** For cake: Place berries in blender; blend until fairly smooth.
- 2.** Combine next 4 ingredients in a bowl; add Jell-O powder.
- 3.** Mix strawberries into batter, beating for 4 minutes.
- 4.** Pour into a 9x13-inch pan. Bake according to cake mix directions. Cool.
- 5.** For icing: Mix all ingredients until well-blended.
- 6.** Ice cake when it is completely cooled.

Beef Stroganoff

- 1 lb. round steak**
- Salt, pepper and seasonings of choice, to taste**
- 1 pkg. dry Lipton onion soup mix**
- 1 cup water**
- 8 oz. sour cream**
- 1 4-oz. jar sliced mushrooms**
- 1 12-oz. pkg. wide egg noodles**

- 1.** Tenderize meat with wooden mallet. Season meat; brown briefly. Cut steak into strips or chunks, as desired; set aside.
- 2.** Put soup mix in pan, add water, sour cream and mushrooms; cook until thickened, adding more water if desired. Add steak to mixture; simmer on low for 20 minutes.
- 3.** Prepare noodles according to pkg. directions, cooking for 8-10 minutes.
- 4.** Serve meat over noodles; season as desired.

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



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A close-up photograph of a man and a woman embracing. The woman, in the foreground, has short dark curly hair and is smiling broadly, showing her teeth. She is wearing a yellow top and a silver hoop earring. The man's face is partially visible on the left, also smiling. The background is a soft-focus outdoor scene with greenery and a bright sky.

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