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DESOTO ISD K & PRE-K ROUND UP



DeSoto Town Center -
April 4-6, May 2-3

DeSoto ISD will host Pre-K and Kinder Round Ups on April 4-6 and May 2-3 at the DeSoto Town Center, 211 E. Pleasant Run Rd. for area students to register for the fall. All Pre-K and early childhood students will attend the Amber Terrace Discovery & Design Early Childhood Academy located at 224 Amber Lane! This facility houses ALL DeSoto ISD Pre-K and early childhood students; students will attend Kindergarten-Gr. 5 at their neighborhood elementary school.

A child is eligible for Pre-K if the child is age 4 on or before Sept. 1 and any of the following: on free- or reduced-meals; child is non-English speaking; child is homeless; a military child; or child of state conservatorship. A child is eligible for kindergarten if they will be 5 on or before Sept. 1.

Check the district website - www.desotoisd.org - for more information!

LINK-UP

A college night
for adults

Live, Learn, and Lead With Us!

Join DeSoto ISD for a night of opportunities for professional and personal advancements. Universities and other colleges will be on site to provide information on degree and certification programs for education positions and other related fields for working in schools.

Date: Tuesday, April 19, 5 PM-8 PM

Place: DHS Academy Cafeteria

Calendar

Sat., April 2, 8 a.m. to noon - 6th Grade Orientations, at each MS
Sat., April 2, 2:30 p.m. - Ma'At Step Show, DHS
Sat., April 9, 6 p.m. - Education Foundation Gala, Hilton Garden Inn
Mon., April 11, 6:30 p.m. - Board Meeting, Board Room
Sat., April 16, 8 a.m. to 3:30 p.m. - Male Leadership Symposium, DHS
Sat., April 23, 10 a.m. - DeSoto ISD Bowling for Autism, AMF DeSoto Lanes
Mon., April 25, 6:30 p.m. - Board Meeting, Board Room

NEWS TO KNOW

VON MILLER DAY

DeSoto ISD, City of DeSoto and community advocates are hosting a special **Von Miller Celebration** for the Super Bowl 50 MVP on Saturday, April 16, 1 p.m. at Eagle Stadium for the whole community. The FREE event will be followed by a VIP luncheon to raise funds for Von's Vision and DeSoto ISD. Miller will also speak to the Male Leadership Symposium along with fellow alum and NFL players Cyrus Gray and Tony Jerod-Eddie. For luncheon tickets call the City of DeSoto.

MALE LEADERSHIP SYMPOSIUM

DeSoto ISD will host a Male Leadership event for male students in grades 6-12 on Saturday, April 16 from 8 a.m. to 3:30 p.m. at DHS. The event will include guest speakers Terrance J, Romeo and Von Miller. Participants will also attend the Von Miller Celebration that day. Students must register online by April 11 to secure their spot and a free T-shirt! Visit www.desotoisd.org for details!

FOUNDATION GALA APRIL 9

Join the Education Foundation as they honor the top seniors of DeSoto HS and raise funds for future innovative instruction through grants to our teachers at the Gala on Saturday, April 9 at 6 p.m. at the Hilton Garden Inn. Tickets can be purchased through the Foundation office at 200 Belt Line Rd. or call 972-223-6666 for information.

HALL OF HONOR NOMINATIONS

Nominations will be accepted through April 1 for the DeSoto ISD Hall of Honor. Forms are online - www.desotoisd.org - for both the DHS Alumni Hall of Fame and Distinguished Service Award categories. The Induction Ceremony will take place Friday, May 6 at DHS.

COFFEE & CONVERSATIONS

Join Supt. David Harris for candid conversations about your campus and DeSoto ISD.

- Tuesday, April 5 - 7:30 a.m. @ NSE
- Tuesday, April 26 - 7 a.m. @ DHS

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ON THE COVER



It's time for good food and good music at the Big Red Smokin' Blues & BBQ Festival.

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Editor's Note

Dear Friends,

Wow, here it is April! For some odd reason, I thought I would look up all the national days in April, just for fun. Well, that was an interesting thing to do! For instance, did you know other than April Fool's Day, April 1 is also National Penny Day as well as National Sourdough Bread Day? The very next day, April 2, is National Peanut Butter and Jelly Day. As I looked at this, it became obvious that there is a national food day of some sort for each day of the month. There is a chocolate covered cashews day, a pineapple upside down cake day and a shrimp scampi day. So, have some fun with your family or friends each day in April, and by all means, celebrate National Oatmeal Cookie Day on April 30!

From my heart and pen,

Jo

Jo Monroe
North Ellis Co. NOW Editor
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FUNDRAISER FOR FUN

— By Jo Monroe

Have you or your children ever ridden a horse, a bike, traveled down a zip line, gone fishing or climbed a rock wall? Well, there are children from Duncanville and the surrounding areas, who are physically challenged that would never have the opportunity to do any of these things except for the sponsorship of the Duncanville Lions Club and the Texas Lions Camp at Kerrville, Texas.

On April 22 and 23, Armstrong Park in Duncanville will be the destination of competition barbecue smokers, blues lovers and families from all over Texas. The Big Red Smokin' Blues & BBQ Festival is a charity event in partnership with the Duncanville Lions Club, and the funds generated by this event will sponsor children with physical disabilities, cancer and type 1 diabetes to enjoy the Texas Lions Camp.

When Michael Douglas went to visit the camp, he did not return the same as when he left. There he met a little boy by the name of Lincoln, who

was enjoying the barnyard animals and horses and the things kids normally do in a gym, which he said was his favorite. Michael created a video of the day he met Lincoln. "I'm scared of horses," Lincoln said, then he smiled when Michael told him about a horse by the name of Freckles.

"I think he would like you," Michael said.

"I'm going to be a counselor here," was Lincoln's spontaneous response.

After Michael captured on video the children's can-do spirit, he realized they had captured his heart, and he was determined to do something more. "There needs to be an annual event to raise funds so more children will have the opportunity to attend this summer camp," Michael shared. "If you watch the video and are aren't touched, you just don't have a heart."

Out of this experience was born the Big Red Smokin' Blues & BBQ Festival. The event will be a gathering of some of the great blues artists from around the Dallas/Fort Worth area. The Friday Night Smokin' All Star Blues Jam will be hosted by Kerrie Lepai and her husband, Andrew "Jr. Boy" Jones, both locally and internationally known blues artists. They will bring the blues festival to a crescendo on Saturday night after five other great bands have performed.

The Big Red Smokin' Blues & BBQ Festival



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looks forward to becoming a statewide and regional event to benefit Lions Club charities. However, this April's event is focused on increasing the awareness of and sponsorship for more children to attend the Texas Lions Camp. Michael shared from the Lions Camp pamphlet that, "the camp is dedicated to providing, without charge, a summer camp experience for children with physical disabilities (including hearing and the vision impaired). The camp also serves children with type 1 diabetes and cancer." Michael added, "The Texas Lions Camp has served the needs of children since



The blues and barbecue, the working man's song and food, are natural collaborators in feeding the heart of the community.

1949, providing a 400-bed residential camping facility located on over 500 acres in the beautiful Texas Hill Country. It is designed to introduce the can-do philosophy to children dealing with special medical conditions."

Why the mix of the blues with a barbecue cook-off? The blues is about community. The genre originated within the African-American community in the Deep South, and is an incorporation of spirituals, work songs, storytelling and



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narrative ballads. The genre is all about life, community and overcoming.

Also assisting in the promotion of this charity event is Dave Pippin from the nonprofit radio station KNON 89.3 FM. Dave and KNON are on board to do their part to see Michael's vision for the kids come to fruition. "Not that he needs much help, because the community has been in a buzz about this festival since last October when it was rained out. Every band and blues artist signed back on to do this for the kids," Dave Pippin added.

The blues and barbecue, the working man's song and food, are natural collaborators in feeding the heart of the community. The blues tells the stories of people overcoming the troubles and struggles of life, encouraging the next generation to persevere with a can-do attitude. Musicians and the bands that are donating their time and talent to the success of this fundraiser are The Straight Street Blues Band, The Buddy Henderson Trio, Larry Lampkin, Mike Morgan & the Crawl, The Michael Lee Band and The Andrew "Jr. Boy" Jones Band & Kerrie Lepai. "It is all about the kids," Andrew "Jr. Boy" Jones and Kerrie Lepai agreed.

BIG RED

smokin' BLUES & BBQ FESTIVAL

APRIL 22-23, 2016
ARMSTRONG PARK • DUNCANVILLE, TX



FESTIVAL ACTIVITIES

Friday Night

Gates open 5:00 PM - 10:00 PM
 Smokin' Blues Jam 6:00 PM

Hosted by
 The Andrew "Jr. Boy" Jones Band
 & Kerrie Lepal

Saturday

Gates open 9:00 AM - 10:00 PM

All Day

Food Vendors

Arts and Craft Vendors

Kid Zone

Kids Cook-Off Competition 10:00 AM

ALL DAY MUSIC

10:00 AM to 11:15 AM
 The Straight Street Blues Band

11:30 AM to 1:00 PM
 The Buddy Henderson Trio

1:30 PM to 3:00 PM
 Larry Lampkin

4:00 PM to 5:30 PM
 Mike Morgan & the Crawl

6:00 PM to 7:30 PM
 The Michael Lee Band

8:00 PM to 10:00 PM
 The Andrew "Jr. Boy" Jones Band
 & Kerrie Lepal

TICKETS AND DETAILS

Friday Night Only Tickets

Tickets are \$10 per person 12 and older.
 Gates are open from 5:00 PM to 10:00 PM

2-Day Pass Tickets

Good for Friday and Saturday
 Tickets are \$20 per person 12 and older.

People's Choice
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Tickets at the Gate Saturday are \$20

ATM availability within festival • Children 11 and under are free

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First Christian Church - Main Street
 First United Methodist Church - Main Street
 Duncanville City Hall - Wheatland Road

Merrifield Elementary School - Wheatland Road
 Central Elementary School - Freeman Street
 Reed Middle School - Freeman at Wheatland Road

Benefiting Local Duncanville Charities such as Duncanville Outreach Ministry, Duncanville High School Scholarships and the featured Lions Club Charity, the Texas Lions Camp located in Kerrville, TX, which is dedicated to providing, without charge, a summer camp for children with physical disabilities (including hearing/vision impaired) Type-1 diabetes and cancer. Serving since 1949 the Texas Lions Camp (a 400 bed residential camping facility located on over 500 acres in the beautiful Texas Hill Country) is designed to introduce the "Can Do" philosophy to children dealing with special medical conditions.



OTHER INFORMATION CAN BE FOUND AT FESTIVAL WEBSITE
SMOKINBLUESBBQFEST.COM

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"It is with great enthusiasm that we welcome Big Red on board as a corporate partner for this inaugural charity festival," Michael Douglas announced. "We are discussing our efforts to make this a great event for years to come," he added. In addition, this event will include a 100-percent Payout IBCA-sanctioned BBQ Cook-off and the Kroger People's Choice BBQ Tasting for participants to judge which competition entry is the best. For two days, the community will enjoy the taste and aroma of smokers competing for top Big Red Smokin' Blues & BBQ bragging rights and raising funds for the kids to go to summer camp.

The city of Duncanville, the Duncanville Chamber of Commerce, the Duncanville Lions Club, Big Red, blues artists and bands, along with a grand barbecue cook-off, local businesses and individuals in the community are bringing Big Red Smokin' Blues & BBQ to Duncanville, with every vendor and band returning from the canceled event from October 2015. So bring your lawn chairs and blankets and enjoy the fun!

They say "it takes a village to raise a child," and in Duncanville there has always been a can-do attitude. Michael Douglas of the Duncanville Lions Club believes, that together we can do more than raise the spirits of a few physically challenged children — we can raise a village. **NOW**

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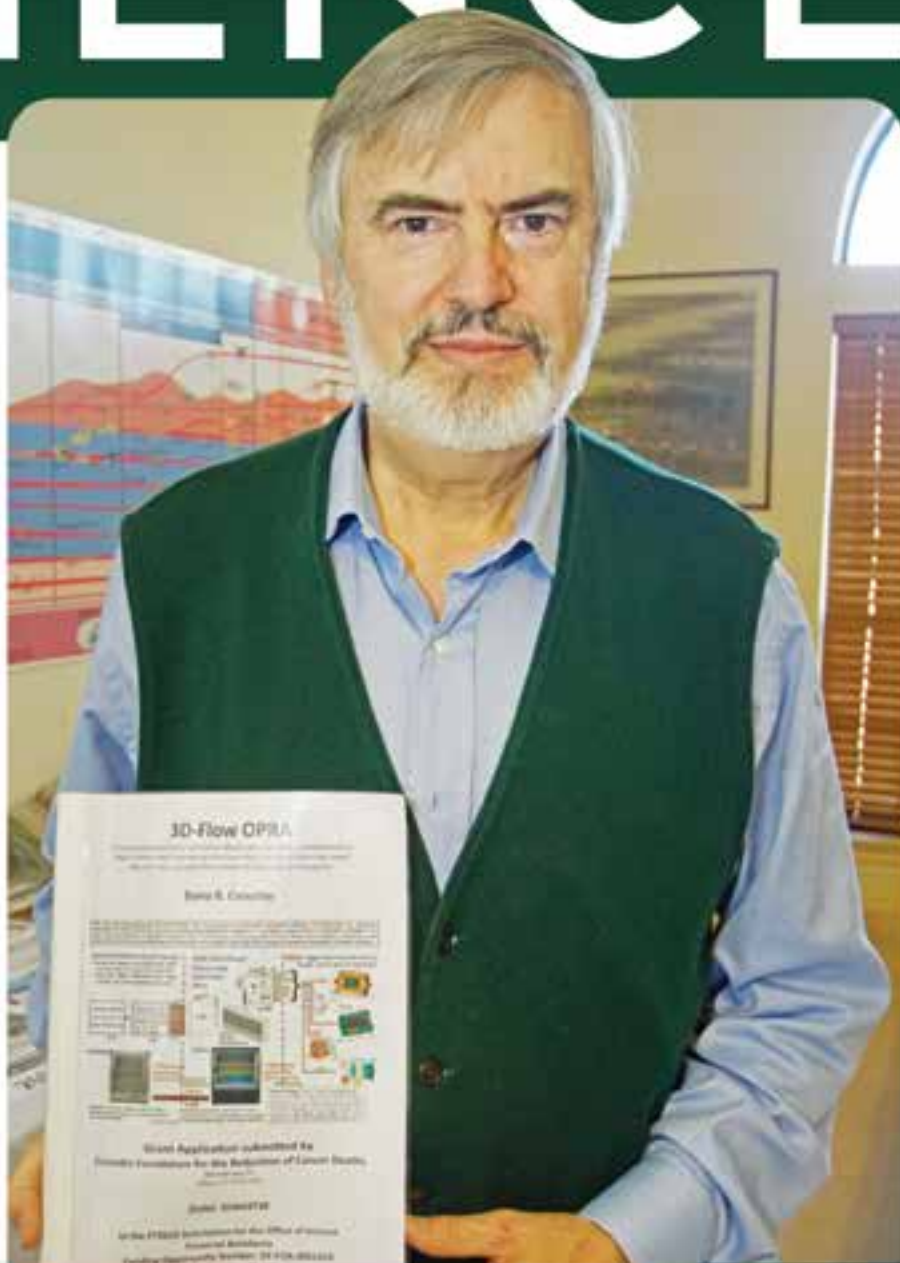
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A GIFT OF SCIENCE

— By Jo Monroe

Before American Field Service timelines, CERN and technological inventions, there once was a little boy, who lived in Monasterolo di Savigliano, Italy, who went to elementary school in a castle built in the 13th century. That little boy grew up and now lives in DeSoto. His name is Dario Crosetto.

He lived in a village that was known for carriages, which were built by his father. He built the light carriages, “Ferraris” for two passengers with rubber on the outer rims of the wheels, and heavier carriages to transport goods with metal rims. His father would heat up a metal rim “to the color of a cherry,” Dario remembered. While a circle of villagers helped shrink-fit the metal rim onto a wooden cartwheel, his father hit it to get it in place quickly, and Dario poured water over the rim before the wood burned. It was a matter of precision, timing and the collaboration of community. Dario loved to watch as his father and the villagers all contributed to the making of the wheels. From this experience, he gained a sense of teamwork, ingenuity and the value of life — that his gift was to make something beneficial to leave to humanity.



Dario still enjoys working with others and seeing the benefit cultural exchange has on the community. He often hosts DeSoto Dinning and Dialog events, making his famous homemade pasta dishes with recipes from his home in Italy.

In 1968, Dario earned an AFS scholarship to travel to Iowa City, Iowa, for one year. He was placed with a host family that was both similar and yet quite different from his own. His American “father” was a Presbyterian minister. “You can imagine coming from a place where nearly 100 percent were Catholic! My mother didn’t object,” Dario said. “I appreciated very much the experience.” Dario’s yearbook shows a photo of a friend carrying his books as he hobbled along with a football injury, a broken ankle, and another

Dario Crosetto is a gift to humanity, bringing us a gift of science.

photo of Dario hugging a replica of the Statue of Liberty on campus. "This is my favorite American girlfriend," Dario said. During the last month of the scholarship, he traveled throughout the United States, meeting with 3,000 AFS students at the White House and shaking the hand of President Nixon.

The AFS experience left a lifelong impression on Dario. In fact, he later spent a decade simulating his experience by coordinating a cultural exchange program between his home town in Italy and Texas.

Dario loves teaching and sharing his scientific knowledge. He was chosen by a CERN group leader to be part of a team offered by Nobel Prize-winner Abdus Salam, director of the International Centre for Theoretical Physics in Trieste, Italy. The goal was to bring practical technological knowledge to Third World countries rather than only theoretical knowledge. Beginning in 1980, Dario volunteered for one month per year to teach Ph.D. senior physicists and engineers in countries, such as Sri Lanka, China, Colombia, Ghana, Argentina and Mexico, about microprocessors.

What happened next in Dario's life not only changed his future, but it proposes



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to change ours and the medical world, as well. From 1973-1990, Dario worked at CERN in Geneva from the University of Turin, Italy. During his last two years, he was employed by CERN as a scientific associate. Dario's creativity and knowledge brought him fame in his field, and he began to have scientific papers published.

His work led to an invitation to join the Superconducting Super Collider (SSC) Project. Dario arrived in Texas on July 15, 1991. In less than one year, he invented the 3D-Flow technology to extract the "pearl" (all valuable information) from radiation to identify new particles. "I realized that this invention could provide advantages and benefit many other fields," Dario stated.

He presented his 3D-Flow invention at three international scientific conferences and published it that same



year, in three prestigious scientific peer-review journals. Dario's invention received letters of recognition from numerous prestigious universities, leaders of major research laboratories, scientists, even leaders of several experiments who were in competition. It was recognized valuable by the panel of a major international scientific review held at Fermi National Accelerator Laboratory on December 14, 1993.

In 2000, Dario wrote a technical/scientific book titled *400+times Improved PET Efficiency for Lower-dose Radiation, Lower-cost Cancer Screening*, and at the same time, he wrote a book for laymen with the teachers of the St. Alcuin Middle Montessori School in Dallas: *Understanding a New Idea for a Cancer Screening Device*. In June 2011, Dario was



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awarded the Leonardo da Vinci Prize at the University of Pavia (Italy) for the most efficient solution in particle detection for early cancer diagnosis that allows medical imaging devices like the Three-Dimensional Complete Body Screening (3-D CBS) to be built.

Four years later, his former supervisor at the SSC, Jim Siegrist, who is now director of the Office of High Energy Physics at the Department of Energy in Washington, asked him to submit a formal proposal to implement his invention to a DOE Funding Opportunity Program, supporting and proving feasibility for his invention to be most cost-effective. On September 25, 2015, President Obama wrote to Dario, stating: "... I am confident we can give our young people and our scientists, innovators and technologists the tools [power supply, computers, circuits, etc.] they need to think analytically..." On February 17, 2016, a two-page letter from Vice President Joe Biden reached Dario, stating: "... In his State of the Union Address, President Obama tasked me with leading a new, national mission. ... I've learned that research and therapies are on the cusp of incredible breakthrough. ... Thanks again for writing, and for the work you're doing on behalf of future generations."

Dario explained that his breakthrough invention, the 3D-Flow OPRA "is a revolutionary electronic instrument for multiple applications. One of these, the 3-D CBS, extracting all valuable information from radiation, has the potential to save millions of lives and reduce health care costs. It is a new PET/CT device designed to screen the entire body in a four-minute examination



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with 400 times the efficiency of current PET devices. It requires only 1/100 the radiation of current PET machines, providing an effective replacement of several cancer screening examinations (mammogram, colonoscopy, PSA, PAP-Test, etc.) at an affordable examination cost," Dario stated.

Currently, Dario is pursuing the funding for three of these 3D-CBS machines. He plans "to measure results by testing 10,000 people per machine per year in the age group 55 to 74." Dario added, "Based on the increased efficiency and the analytical and scientific evidence, first results in reduction of cancer deaths are anticipated three years from funding, 33-percent reduction in six years from funding and 50-percent in 10 years."

Dario agrees with Charlie Chaplin's words from *The Great Dictator*: "More than machinery, we need humanity. More than cleverness, we need kindness and gentleness. Without these qualities, life will be violent and all will be lost." If you can invent something to ease pain, bring joy, bring benefits and provide help, then life is not lived in vain. Dario Crosetto is a gift to humanity, bringing us a gift of science. **NOW**

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lity

— By Jo Monroe

John and Alysa knew Adam and Jami McCain, pastors of Church on the Hill. Though John had previously pastored a church, he brought the family to Cedar Hill not to take a pastor's position, but to enjoy friends they already had, to work and to make new friends.

With a reasonable amount of experience in the field, John was confident that he would start a flooring company. He and Alysa kept their faith focused and are now working and enjoying living in Cedar Hill. Alysa is membership director of the Cedar Hill Chamber of Commerce, and John just started his flooring business. Together, they have established a nonprofit and business enterprise with Purpose Coffee, and as they searched for a new home, one of their criteria included a space to roast coffee beans for distribution to churches

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that want to support their own missions program through coffee sales.

The couple's home was built in the late '70s. The teal front door opens to a foyer that draws eyes downward to the rich mosaic floor inlaid in spiced caramel-colored ceramic tiles. The design and colors are classic to the '70s style.

The large rounded fireplace that greets friends and guests in the living room echoes the foyer's cream brick. This room is central to the home and is the gathering place. Also pronouncing its presence and echoing in this room is a captivating cuckoo clock, which hangs with its own designated frame. Alysa had

always wanted to go to the Black Forest, so John took her to Germany. After finding all of the tourist shops had their clocks priced at \$200-\$300, they decided to return to a shop that was closed when they first began their search. The owner let them look around, guiding them upstairs to a room full of cuckoo clocks he had made himself. "The clocks were 100-percent hand carved — numbers and everything. The shop owner has a patent proving his clocks are one of a kind," John shared.

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stacked on the fireplace mantel is a very special group of books — first edition, personal journals of John Wesley, printed in 1737. John Wesley is John's most admired historical person. They even named their son, Wesley, after him.

Across the living room is the dining area, which serves a dual purpose. It was designed to embrace friends and family alike. When dressed with place mats, it is ready for informal family meals, but when suited with a linen tablecloth and china, it transforms into the setting for formal dining. John and Alysa's taste in decor is inviting, with mocha browns, rich espresso prints and a leopard print area rug that graces the wooden floor.

The architect blended the dining room into the living room and hallway through cream-colored brick archways. A print hangs in the dining room. Quite by coincidence, it replicated the color of the interior archways.

Just around the corner, is the galley kitchen, which serves as the workstation for meals and will at some point be redesigned for better use. Before entering the hallway to the bedrooms and baths, there awaits a gallery of family photos on canvas. One family photo in particular truly captures a precious moment, as this beautiful family paused to embrace



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each other. There is an additional photo of their daughter, Lily, now 11 years old, which bounces off the wall with energetic charm.

Throughout the home are treasured pieces of furniture. Each piece has a story to share, like the chair from Alysa's grandmother, now restored and covered in a velvety leopard print. It embraces the memories of when a little girl sat visiting with her grandmother. Alysa still has the dresser she used during her childhood. With lots of drawers and doors, it is now well used in Wesley's bedroom. His room is decorated in *Transformers* and super heroes. "Wesley's favorite hero is Flash," shared Alysa, who enjoys spending time with her son watching all of the *Transformers* movies.

Down the hall is Lily's room. "I love school and all my classes, but my favorite teacher is Ms. Stephenson, who teaches history and writing," Lily said in one breath. It is appropriate that Lily's room would have John's Uncle Lee's leather-inlaid desk for her use. Uncle Lee was born in 1888 and was a doctor. The desk was then passed to John's dad, who used it through high school and college. Now Lily uses it to write upon.

John and Alysa find merit in hospitality, and their home decor was chosen to emphasize a welcoming atmosphere. Sharing some wisdom he gained when he pastored, John reflected, "You don't want people distracted. You invite a friend into your home, while you will invite anyone into your office."

"We want the house to be welcoming and inviting," Alysa added. "We want people to come relax, stay, have a cup of coffee and be comfortable." **NOW**

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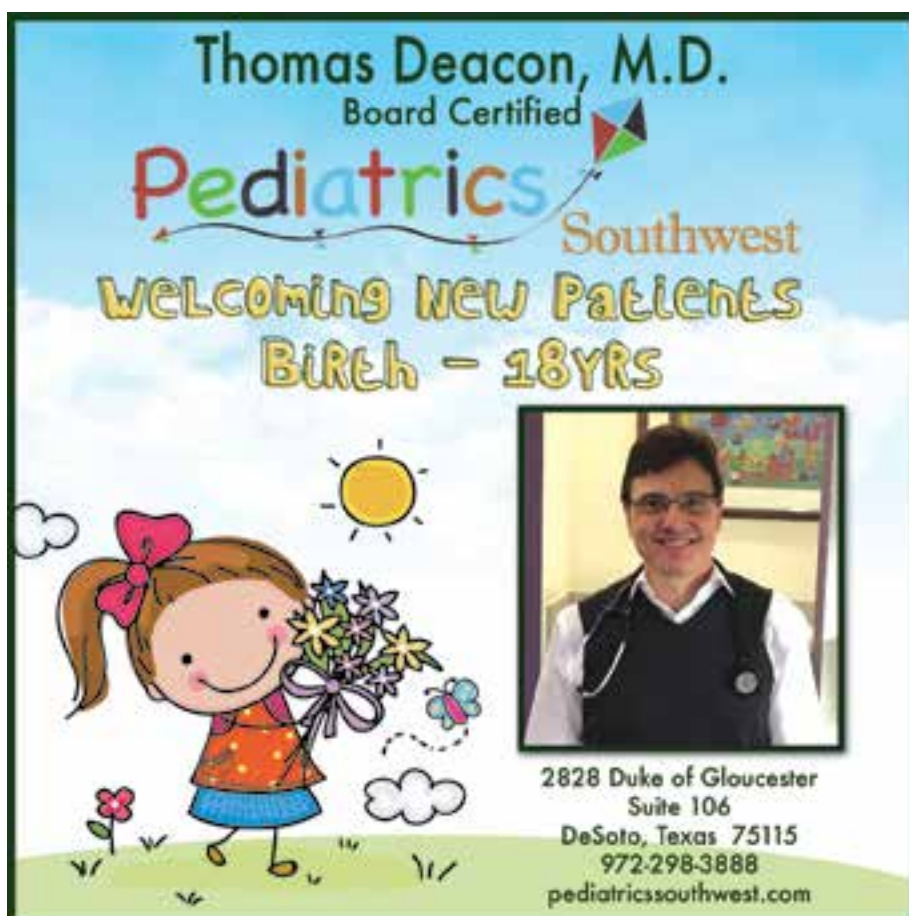
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Added Appeal

— By Carolyn Wills

How cool is it to add a pergola to a home? Potentially, very cool. With the right design, this time-tested outdoor structure can increase a home's curb appeal and useable living space, and when the time comes to sell, it might be the one "extra" that wins a buyer's heart.

The love affair between homebodies and pergolas began long ago. Earliest evidence traces back to a garden plan belonging to an Egyptian high court official around 1400 B.C. Initially, pergolas were perceived as elite structures reserved for the wealthy. In the mid-1600s, they were seen at European villas and majestic estates while, at the same time, in Eastern Asia, they were being treated to curved beams to match magnificent arched pagodas. During the Italian Renaissance, architects and garden designers upped the artistic aspect by using enormous and dramatic stone pillars.¹

Today, these structures are in reach of most homeowners thanks to modern technology and materials. Although, for the most part, not as elaborate as their forerunners, present-day pergolas offer function and affordability at a time when "at-home" outdoor living is high on the list for homeowners and buyers.

A recent preference survey by the National Association of Home Builders and *Better Homes and Gardens* shows that, in 2016, homebuyers of all ages want storage, energy efficiency and outdoor space. What's more, emerging homebuyers



known as Millennials especially want outdoor living places to entertain family and friends.²

This excitement is not limited to emerging buyers nor is the trend new. In 2014, Saber Grills surveyed 1,500 homeowners to discover 83 percent say outdoor living space is their favorite part of the home. Interestingly, Saber Grills calls Baby Boomers “super relaxers”

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who consider outdoor amenities as major factors in home buying and who are also very engaged in making those amenities comfortable.³

Across all ages, then, home ownership is sparking a desire for outdoor living spaces, be it a pergola, deck, patio, porch, pool, outdoor kitchen, garden, stand-alone fountain, fire pit or barbecue. On the simplest level, pergolas are practical and relatively affordable. On a grander scale, they can tie together multiple outdoor structures, lend definition to landscaping and upgrade a home's aesthetics.

If popularity inspires options, it's understandable that pergola styles, sizes and materials seem endless these days. As with any home addition, though, preplanning is the difference between loving or regretting a finished project. The following are essential "preplanning pergola" considerations:

Purpose

First, consider how the pergola will be used. Is it to shade a garden or passageway, cover a patio, extend entertainment space, tie together existing structures or, maybe, add a quiet spot for meditation or yoga? Will it need features like lighting and electricity?

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Budget

Today, pergolas are made of everything from vinyl and fiberglass to varieties of wood. Construction options range from “do-it-yourself kits” found at home improvement stores, retailers and manufacturers, to skilled do-it-yourselfers building from scratch, to hiring a professional designer and/or architect and contractor. Costs, then, vary dramatically.

Writing for the website, Landscaping Network, North Coast Gardening owner,



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Genevieve Schmidt, said, "Installation of a small open-roof pergola made of inexpensive wood can be as little as \$3,000 while more elaborate pergolas with solid cedar or redwood beams and a solid roof can run \$15,000 or more, particularly if engineering and permits are involved." She adds that Dan Berger of LandPlan's Landscaping, Inc. in Pleasanton, California, cites costs ranging from \$3,000-30,000 with the higher end reflecting large structures with a solid roof.⁴



Design

Typically, pergolas are square or rectangular with a slatted, latticed or solid roof supported by two or four beams. They require weather-resistant materials which are, most commonly, painted or stained cedar or redwood, and they can be free-standing or attached to a structure like a house or garage.

Optimum pergola size and design is best dictated by budget, anticipated use, sun patterns, landscaping, style and size of the home, property and any other outdoor structures. For example, a pergola that is 10 feet by 10 feet with at least an 8-foot ceiling height will comfortably accommodate two chairs and a small table. If the intention, then, is to entertain large gatherings and/or accommodate an outdoor kitchen, the project definitely calls for a bigger structure. Pergolas are adaptable to any width as long as they include the proper number of beams to support the roof.

Accessories are also important considerations. A simple garden or garage pergola is quite different from an elaborate dining/entertaining space with needs for lighting, electricity and climate control.

Lighting can be as simple as bulbs strung from an outside outlet or as

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complex as a mix of general, task, overhead and accent lighting. For safety's sake, all lighting or other electrical fittings in or near a pergola should be waterproofed to a rating of IP67 or better and, importantly, all electrical installations should be performed by a licensed electrician.⁵

Other possible pergola accessories include solar panels, misters, ceiling fans and heaters. Solar panels lend energy efficiency, while misters and ceiling fans (especially in Texas) provide comfort on hot days and nights. Free-standing or wall-mounted heaters serve warmth in colder times.⁶

When incorporating any accessory, it's important to hire experienced installers and licensed electricians. As an afterthought, accessories can be costly and time-consuming, so preplanning is critical. Pergolas are the answer to outdoor fun with the comforts of home. **NOW**

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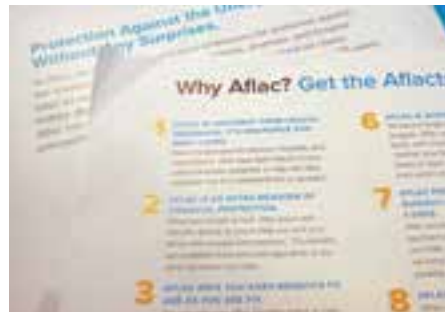
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Taking the High Road

Deshaundra Jones, an award-winning Aflac insurance professional, treats her customers the way she would want to be treated.

— By Jo Monroe

Deshaundra Jones once served as Councilwoman in DeSoto. She continues to serve her community in leadership as an Aflac Insurance Professional. After selling insurance for two years, she researched, finding a company that shared her core beliefs and values. Her office in DeSoto serves as a destination for meetings to educate about the importance of supplemental finances. “Aflac is different from health insurance. It’s insurance for daily living not just regular insurance,” Deshaundra shared, adding that her clients are friends, neighbors and business associates who understand the potential need to supplement finances should illness find them.

The biggest piece of Aflac is education. Agents are appointed, and then they are signed up to share the plans. In 2009, after 40

hours of intense education at the Aflac sales school, Deshaundra was appointed and then faced the challenge of a newfound experience — working on 100-percent commission. “I was extremely scared that with no base pay, I would be losing the quality of life I enjoyed,” she stated. She collectively employed her faith and the prior experience she had gained as a teacher and from owning an insurance business. Her base income has now been replaced and surpassed.

When selecting a new career and looking at Aflac, Deshaundra asked herself, who it helped. “Aflac mirrored my belief system, which is, ‘Do unto others as you would have them do unto you,’” she stated. Based on that belief and her past community

knowledge, she saw a big deficit in the area in which she lived.

Aflac is 60-plus years old. It was started because of three sons needing to find a way to care for their elderly mother when she was ill. They changed the insurance industry. Aflac was originally designed to offset the deductibles, co-insurance and co-pay (out of pocket medical expenses). Deshaundra makes sure her clients are aware that Aflac provides policies to cover accident, dental, heart, life and disability needs.

Deshaundra saw the power of Aflac become real when a neighbor chose a cancer plan, but later, decided she didn't need it, as cancer did not run in her family. "Cancer is one of those things that you don't have to claim. It will claim you," Deshaundra shared. Thirty days after dropping the policy, her neighbor picked the cancer plan back up. Shortly after, her neighbor had her regular medical exam, only to be diagnosed with cancer. Deshaundra walked with her neighbor/client through every process to see that her needs were taken care of and now can report, she is cancer-free.

Deshaundra's clients may be neighbors, community workers with families or individuals who have never been sick and may not have a need for Aflac now, but when they do, she is there to walk with them through the difficult times. No doubt, Deshaundra has high customer retention. She finds her support from her husband, retired U.S. Air Force Major Reginald Jones.

Her parents taught her to do and be her best, and to take the high road. That is exactly what Deshaundra does. She takes the high road. Her mother, Mary Lockhart, is one of the first African-American detectives to retire from the Dallas Police Department. Her mother also created the first Career Education Department for Ferris ISD. Deshaundra's father, John Lockhart, is now retired after 43 years of teaching history with the Dallas ISD. Both parents are trailblazers, and the fruit has not fallen far from the family tree. With faith, inspiration, dedication and determination, Deshaundra Jones is an extraordinary woman, an educator and an Aflac insurance professional. **NOW**

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Rotation Into Pain

— By Betty Tryon, BSN

A network of muscles concentrated in a small area of the body can literally bring your way of life to a halt. This is certainly the case with the rotator cuff. The rotator cuff is located in the shoulder area of the body as a network of muscles that come together to hold your arm in its shoulder socket. The health of this structure is what enables you to have full range of motion in your shoulder area. Because of this, if an athlete, such as a baseball pitcher, is injured in that area, the consequences could be dire.

Although an athlete's career could end because of trauma to the rotator cuff, a person not involved in sports can experience the same devastating results. Anyone, such as carpenters and painters, who use repetitive motions that involve the shoulder for extended periods of time, can be at risk. Even if the significance of the injury isn't severe, a person must still deal with the pain that can come from a rotator cuff injury. Something as simple as the ability to raise your arms over your head to reach for something can be impaired. Age also increases the risk of this injury due to repeated overuse and a decrease in blood supply to the area.

The most common presentation in a rotator cuff injury is pain. The level of pain varies and does not necessarily coincide with the severity of the injury. You may experience an ache that

is constant or a sharp pain when using your shoulder muscles. Many wake up with terrible pain in that area because of sleeping on the injured shoulder. A weakness in the arm that limits its full range of motion is another symptom of rotator cuff injury. You may experience a popping or snapping sensation with accompanying weakness and pain.

Repetitive overuse is not the only cause of damage to the rotator cuff. It can also occur from a sudden injury, such as a fall, or by lifting heavy objects. Whether the injury is from progressive degeneration or from a traumatic injury, you should visit a physician for an assessment of the problem and for diagnosis. Treatment could be as uncomplicated as resting the area and using ice and anti-inflammatory medication. Or treatment could be as invasive as surgery. In any case, physical therapy may be recommended to restore the area to its best-possible health status. A torn rotator cuff injury may be traumatic, but with proper treatment you can expect increased strength, less pain and more mobility. **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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Christopher Tidline receives the Appreciation Award at the DeSoto Senior Citizen Center.



Duncanville HS senior Caleb Griffith works with Mountainview College instructor Donald Morris to design an underwater robot for the Duncanville Fire Department.



One lucky door prize winner is Darla Shirley of Youth World.



Josh Okray enjoys being in Cedar Hill and eating ice cream on a warm winter's day.



Don Kingston, CEO of Glasfloss Industries, is welcomed to DeSoto by Dr. Chad Tucker.



EBJ-DeSoto officials attend an Emergency Operations Center tornado response debriefing.



Crystal Howell believes there are angels among us as evidenced by her artwork.



Dareny Sims shares Christian values and good sportsmanship with fourth graders at Trinity Christian School.



Mister James and Cedar Hill Chamber of Commerce President Amanda Skinner smile for the camera.

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April 2

North Ellis County Business & Community Expo: contact Red Oak Area Chamber of Commerce for more information by (972) 617-0906.

2016 Best Southwest Everything Teen Expo: DeSoto Public Library, 211 E. Pleasant Run Rd. For more information, call (972) 230-9663 or visit www.desototexas.gov/library/everythingteenexpo.

Guided Dogwood Bloom Hikes at the Nature Trails at Dogwood Canyon: 9:00 a.m.-noon. For more information, call (469) 526-1980 or visit www.dogwoodcanyon.audubon.org.

April 11

Earth Fest, An Earth & Arbor Day Celebration: 5:00-7:30 p.m., Cedar Hill Government Center, 285 Uptown Blvd. Free Event.

April 15

Senior Dance: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville. Cost \$5. For information, call (972) 298-0667.

April 16

Duncanville ISD Education Foundation 20th Anniversary Dinner and Auction:

6:00-11:00 p.m., Hilton Garden Inn, Duncanville. Contact Jim Richardson at (972) 533-3848 or email jim@duncanvilleisdeducationfoundation.org.

Spring Native Plant Sale fundraiser: Dogwood Canyon, 1206 W. FM 1382, Cedar Hill. For more information, call (469) 526-1980.

Walk the Light Creative Arts Festival: Noon-10:00 p.m., 600 Cedar St., Cedar Hill. Zula B. Wylie Library partners with the Cedar Hill Parks and Recreation Department for activities, food, live music and art demonstrations.

Forest Avenue High Alumni Association: 11:30-3:30 p.m., Brookhaven Country Club, 3333 Golfing Green Dr., Dallas. This will be the 100th and last class reunion. For more information on the reservation deadline, call Shirley Attaway at (214) 459-4720.

April 22

Dancing for Dollars Contest: 6:00-9:00 p.m., Rollin' C Ranch, 1916 N. Westmoreland Rd., DeSoto. Admission \$5. For more information, call (972) 765-2575.

April 22, 23

Big Red Smokin Blues & BBQ Festival: Friday,

5:00 -10:00 p.m.; Saturday, 9:00 a.m.-10:00 p.m., Armstrong Park, Duncanville. Lions Club Charity Event sponsoring physically challenged children so they can attend the Texas Lions Camp this summer. For more information, visit smokinbluesbbqfest.com.

April 23

ABWA (American Business Women's Association): 11:00 a.m.-1:30 p.m., Thorntree Country Club, DeSoto. DeSoto Charter Chapter, Sip and See Brunch and Style Show by Bealls. Ticket price \$25. Email faith.browning@airgas.com.

April 26

Beth Oakes Art Festival: 5:00-8:00 p.m., 3251 Ovilla Rd., Worship Center at ORBC. The event, hosted by Ovilla Christian School, is free. For more information or for details on submitted artwork, email Jami Navarro at jnavarro@ovillachristianschool.org.

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



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In the Kitchen With Carolyn Rachal

— *By Jo Monroe*

Carolyn Rachal and her husband, John, enjoy time together having someone else prepare breakfast. However, when there is time for this busy lady to step into the kitchen, she has an amazing sense for creating meals that add spice to life. Carolyn is truly a “pinch of this and a dash of that” kind of cook.

John and Carolyn recently celebrated their 17th wedding anniversary. “Together we have three sons, and one beautiful granddaughter, Mya, who is 8 years old,” Carolyn shared. Carolyn retired after 30 years in education and administration, and can often be found on the road visiting Mya in Baton Rouge.

“Being in the kitchen is therapeutic for me. I think food should look inviting, and it should taste as good as it looks!” Carolyn contended. **NOW**

Sausage Pie

Serves 8-10.

- 1 lb. regular pork sausage**
- 3/4 cup red bell pepper**
- 1/2 cup yellow bell pepper**
- 1/2 cup green bell pepper**
- 1/2 cup mushrooms**
- 1/4 cup green onions**
- Olive oil (optional)**
- 6 eggs**
- 1/2 cup half-and-half**
- 1/2 tsp. salt**
- 1/2 tsp. pepper**
- 2 pie crusts**
- 1 1/2 cups cheddar cheese, shredded**

- 1.** Preheat oven to 350 F. Cook sausage until browned. Drain and crumble sausage; set aside.
- 2.** Chop bell peppers, mushrooms and green onions; set aside. (Vegetables may be sautéed in olive oil for 3-5 minutes or used raw.)
- 3.** In a large bowl, whisk eggs. Add half-and-half, and stir mixture together.

- 4.** Combine sausage, bell peppers, mushrooms and green onions in a large bowl. Add salt and pepper or any other desired seasoning.
- 5.** Add eggs and half-and-half mixture. Stir together, and pour half of the mixture in each pie crust.
- 6.** Evenly distribute shredded cheddar cheese on top of each pie crust. Bake for approximately 25 minutes or until pie crust is browned and cheese is melted.

Carolyn's Million Dollar Salad

Serves 6-8.

- 6-oz. cream cheese**
- 6-oz. whipping cream**
- 1 pkg. miniature marshmallows (orange, strawberry, lemon & lime)**
- 1 6-oz. can crushed pineapple**
- 1 10-oz. jar maraschino red cherries**
- 1 10-oz. jar maraschino green cherries**
- 1 cup pecans, chopped**

- 1.** Allow cream cheese to sit at room

temperature overnight. Using a hand mixer on medium speed, whip cream cheese until smooth.

2. At slow speed, blend whipping cream, a little at a time, with cream cheese. Using a spatula or a spoon, add marshmallows.

3. Drain juice from crushed pineapple, and stir it into the mixture.

4. Drain juice from cherries. Halve them and add them to the mixture.

5. Add chopped pecans and blend into the mixture. Pour mixture into a dish with a lid and store in refrigerator.

7-Up Bundt Cake

- 1 cup butter**
- 4 cups sugar**
- 6 eggs**
- 2 cups Swans Down Cake Flour**
- 1 can 7-Up**
- 1 Tbsp. lemon extract**

Lemon Glaze:

- 2-3 lemons**
- 1 cup powdered sugar**

- 1.** Preheat oven to 350 F. Let butter stand in a bowl until soft.
- 2.** Gradually blend the sugar with the butter, adding 1 cup of sugar at a time. Blend until each cup is incorporated and mixture is creamy.
- 3.** Add one egg at a time, and continue to blend until each egg has been used. Mixture should be creamy.
- 4.** Add and slowly blend the flour into the sugar, butter and egg mixture.
- 5.** Slowly add a small amount of 7-Up, blending until all the 7-Up is used. The texture of the mixture should be light and fluffy. (It is necessary to mix each ingredient thoroughly for the cake to rise and bake properly.)
- 6.** Add lemon extract to the batter and mix.
- 7.** Pour the batter into a greased and floured Bundt pan. Bake for approximately 1 hour and 15 minutes. (Check for doneness with a toothpick.)
- 8.** For lemon glaze: Squeeze the juice from 2 or 3 lemons. Add the juice to 1 cup of powdered sugar. Pour the glaze over the cake while it is still warm.

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

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