

The Community Magazine Serving Cedar Hill, DeSoto, Duncanville and the Surrounding Area

# Southwest NOW

Cedar Hill - DeSoto - Duncanville

M A G A Z I N E

May 2009

**Seeing in  
the Moment**

**Financial  
Building  
Blocks**

**Excellence  
Through  
Education**

**Overcoming  
Autism**

*At Home With*

**Timm and  
Kristi England**





## Joining **Costco** is the smartest consumer decision you will ever make!

- Costco is the largest membership club chain in the world based on sales volume.
- Costco consistently ranks near the top in customer satisfaction ratings surveys.
- Costco is the fifth largest general retailer in the U.S.
- Costco is the #1 Wine retailer in the U.S.
- Costco is the #1 Diamond retailer in the U.S.
- Costco has 52 million members.
- Costco generally limits price mark-up on products from 8%-10%.
- Costco sells fresh produce, meat, dairy, seafood, fresh baked goods, flowers, clothing, books, computer software, toys, office supplies, cell phones, vacuums, home appliances, home electronics, solar panels, jewelry, tires, art, fine wine, beer, hot tubs, and furniture. Costco has tire garages, pharmacies, hearing aid centers, optometrists, photo processors, and gasoline stations.
- Costco sells most products individually, rather than in bulk.
- Costco acts as an investment banker and travel agent and members may purchase new cars at specially arranged prices as well as automobile and home insurance.

**Memberships available at the Costco Warehouse in Duncanville!**



**Duncanville**  
*City of Champions*

[www.duncanville.com](http://www.duncanville.com)

Sponsored by - Duncanville  
Community & Economic Development Corporation

**BE FIT AND TRIM  
FOR LESS THAN  
\$3.00  
PER WEEK\***



## **MEMBERSHIP SPECIALS**

### **Mother's Day Special**

Valid May 4-17

### **Father's Day Special**

Valid June 15-28

**\$10 Off**

**3-Month Membership**

Shape up for summer at the Cedar Hill Recreation Center. Whether you are a Cedar Hill resident or live nearby, you can take advantage of these low membership rates! Stop by and check out our state-of-the-art equipment, our extensive list of classes and on site child care.

#### **Membership Levels**

<b>Membership Levels</b>	<b>Annual Fee</b>	<b>3-Month</b>
Adult (18-54)	\$ 150.00	\$ 50.00
Youth (7-17)	\$ 100.00	\$ 40.00
Senior(55+)	\$ 100.00	\$ 40.00
Family of four*	\$ 300.00	\$100.00
Corporate (6 adults)*	\$ 500.00	N/A

Daily passes and monthly memberships available

\* Certain restrictions apply

**NO INITIATION FEES!  
FREE Drop-in Child Care  
with Annual Membership**





**Refer A Friend  
get \$25  
Cash!**

Sidekick 2008



**FREE**

(after \$50 mail-in rebate)

Samsung Behold



**\$99**

(after \$100 mail-in rebate)

Blackberry Pearl



**FREE**

(after \$50 mail-in rebate)

Blackberry Flip



**FREE**

(after \$100 mail-in rebate)

Nokia 5610



**FREE**

(after \$50 mail-in rebate)

Samsung WEP250  
Bluetooth



**\$25**

Motorola H680  
Bluetooth



**\$35**

Kingston 2 GB  
Memory Card



**\$9.99**

**Get 15% off your  
monthly bill!**

(for students attending these colleges: UTA, Tarrant County College,  
Dallas Community College, UNT, and UT Dallas). See store for details.

**TW TELECOM**  
WIRELESS SERVICES INC.  
642 Uptown Blvd Suite 150  
Cedar Hill, TX 75104  
Tel: 972-291-7118  
(across from Wal-Mart)



**verizon**wireless  
**T-Mobile**  
authorized dealer

# Huge Memorial Day Weekend Sale!

## Friday May 22 thru Monday May 25






**Just a few of our Memorial Day specials include:**

- 10% off all annuals, perennials, hanging baskets, palms and pottery
- Buy-one-get-one-free Plants Burford Hollies, Dwarf Yaupon Hollies, Plum Delights
- 20% off all framed art in showroom • 15% off all stone
- HUGE TREE REDUCTIONS! (Installation Available)** 15' Bradford Pears only \$199.00
- 95 Gal. Red Oaks: Reg \$799, only \$499 • 24" box Live Oaks: Reg \$249.99, only \$125
- 3-gal. Windmill and Mediterranean Fan Palms only \$19.95



*Find out why so many people come from all around to Midlothian  
for HUGE savings on awesome quality nursery products!*

Visit our website for details and pricing for the Memorial Day Weekend Sale!

[www.earthtonesgreenery.com](http://www.earthtonesgreenery.com)

**810 E. Main • Midlothian • 972-723-0702**





# Contents

May 2009, Volume 3, Issue 5

8



## Overcoming Autism

14



## Financial Building Blocks

20



## Excellence Through Education

28



## Landed Gentry

*At Home With Timm and Kristi England*

34

## ArtsNOW Seeing in the Moment

38

## BusinessNOW Award-winning Solutions



*On the Cover:  
Michael Moore reading haiku in the  
nature that inspires it.*

*Photo by Terri Ozymy.*

## 40 Around TownNOW

## 46 FinanceNOW

## 44 Who's CookingNOW

## 48 HealthNOW

**Publisher,** Connie Poirier  
**General Manager,** Rick Hensley  
**Managing Editor,** Becky Walker  
**Editorial Coordinator,** Sandra McIntosh  
**Creative Director,** Jami Navarro  
**Art Director,** Chris McCalla  
**Office Manager,** Lauren De Los Santos

**Southwest Editor,** Beverly Shay  
**Contributing Writers,** Faith Browning • Nancy Fenton • Katrina D. McNair • Jaime Ruark  
**Dr. Gayle L. Smith-Blair**  
**Photography,** Terri Ozymy • Natalie Busch  
**Ivey Photography**  
**Contributing Editors/Proofreaders,** Pat Anthony  
**Jaime Ruark • Beverly Shay**

**Advertising Representatives,** Linda Dean  
Steve Hansen • Rick Ausmus • Will Epps  
Carolyn Mixon • Linda Moffett • Steve Randle  
Linda Roberson • Shane Smith • Eddie Yates  
Terri Yates  
**Graphic Designers/Production,** Julie Carpenter  
Allee Brand • Cherie Chapman • April Gann  
Marshall Hinsley • Arlene Honza • Brande Morgan  
Pamela Parisi • Jennifer Wylie

*SouthwestNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2009. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville zip codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 283-1170 or visit [www.nowmagazines.com](http://www.nowmagazines.com).

**Southwest**  
Cedar Hill - DeSoto - Duncanville  
**NOW**  
The Community Magazine  
Serving Cedar Hill, DeSoto,  
Duncanville and the  
Surrounding Area  
MAGAZINE



## Editor's Note

*Greetings, Southwest Friends,*

With all the March and April showers, we should have plenty of May flowers, so grab a bouquet for your mother. You might also want to see our art feature for some pointers on writing a haiku to add to your Mother's Day greeting or as part of your Memorial Day thoughts. How free would we be without the efforts of all our soldiers, past and present? Take time to honor them.

Join Dr. Timm England, local veterinarian, and his family as they welcome us to view their vista and home. You may have seen Elizabeth Scott on TV or in the newspaper; read our personal interview with her as she shares the story of her son's recovery from autism. Looking for a good way to get involved in your community? Check out Duncanville's Citizen Police Academy.

Lindsey Moreno shares some mouth-watering recipes perfect for picnics before it gets too hot!

Please send me your story ideas at [bshay.nowmag@sbcglobal.net](mailto:bshay.nowmag@sbcglobal.net).

*Beverly Shay*

*SouthwestNOW* Editor





A little bit of the Hill Country in your own backyard!

# MAY

Special of the Month

## All Tyler Candles on Sale

- 22 oz. \$18.50 (reg. \$20)
- 11 oz. \$12.00 (reg. \$13.50)
- 3.4 oz. \$6.00 (reg. \$7.00)
- Votives \$2.00 (\$2.25)
- XL Glamorous Wash \$76 (reg. \$85)
- 32 oz. Glamorous Wash \$25 (reg. \$27)
- Luxury Hand Lotion \$12.00 (reg. \$12.95)
- Luxury Hand Soap \$10.00 (reg. \$10.95)

\*\*\*\*\* REMEMBER \*\*\*\*\*  
MOTHER'S DAY IS MAY 10TH

226 W Daniel St @ Santa Fe  
Duncanville, TX 75116 972.296.9898







Specializing in Adult Primary Care • Annual Screenings  
Weight Management • Management of Chronic Conditions  
Preventative Medicine & Wellness Promotion  
Medicare & Most Forms of Insurance Accepted

## CECIL C. BAILEY M.D.

*Board Certified Internal Medicine*

## ADRIENNE W. SMITH PA-C

*Family Practice*

200 Bryan Place • Cedar Hill, TX • 972.299.0003  
109 Tejas Drive, Suite 100 • Terrell, TX • 972.524.9393



# Now Open

## King China Express

Check Out Our New Menu

We use only canola oil, which is low in saturated fat and cholesterol, and is also sodium free.

We do not use any MSG in our cooking.

All entrees come with one egg roll and your choice of fried or steamed rice. With noodles add \$1.00.



### Best prices in town.

Open Fri. - Sat 11am-9:30pm  
Sun. - Thurs. 11am-9pm

125 N. Clark Rd. #100, Cedar Hill • For Pick-Up Orders Call 972-291-3188

Solar Nail Set.....\$30 & up  
Fill P/W.....\$22 & up  
Full Set.....\$15 & up  
Fill.....\$10 & up  
Spa Pedicure.....\$18 & up  
Manicure.....\$10 & up

Monday - Thursday Only

**Deluxe Spa  
Pedicure  
with Hotstone  
\$28**

With Coupon Only  
May Not be combined with any other offer

**Full Set French Tip  
\$20  
Spa Pedicure with  
French Tip  
\$20**

Special for students only. ID required.  
Must be 18 & under. With coupon only.  
May not be combined with any other offer.

# 1st Solar Nails & Spa

**Waxing • Facials • Nails  
Spa • Pedicure • Individual Eyelash**



## 972-293-3898

Hours: Mon to Thurs 10am - 7:30pm

Fri to Sat 9am - 7:30pm

Open Sunday 12pm - 5:30

125 N. Clark Rd. #102, Cedar Hill





Mrs. Portillo

$$\frac{1}{2} + 3\sin\theta - 4\tan\theta$$

$$y = -3s$$



## Sara, Class of 2010

As a **stay-at-home mom** of two little girls, I needed a school that was **accepting of second-time students**. I found that at A&M-Commerce.

**tamu-commerce.edu**

**903.875.7619** | FIND OUT MORE ABOUT OUR PROGRAMS!  
CONTACT STEPHEN AT OUR CORSICANA CAMPUS TODAY!

TEXAS A&M  
UNIVERSITY  
COMMERCE

A MEMBER OF THE TEXAS A&M UNIVERSITY SYSTEM





BEST BREAKFAST,  
BEST AMERICAN FOOD.



*After 24 years serving downtown  
Dallas, we have opened Dick's  
Uptown Cafe in our hometown of  
Cedar Hill. Come See Us!*

*Dick & Teril Woodward*

BREAKFAST 7 AM - 11 AM, LUNCH 11 AM - 2 PM  
MONDAY-SATURDAY

IN THE NEW 610 UPTOWN BLVD. OFFICE BUILDING!  
CALL: 972-293-9944, FAX 972-293-9988

Ask for your  
**FREQUENT  
DINER CARD**

RESTAURANT IS  
AVAILABLE FOR PARTIES  
AND MEETINGS  
AFTER HOURS

**FREE  
WI-FI**  
WHILE DINING

**FREE  
DRINK**

FOR SENIOR CITIZENS,  
MILITARY PERSONNEL,  
UNIFORMED POLICE &  
FIRE FIGHTERS.

**FREE**  
LUNCH ON  
YOUR BIRTHDAY  
DINE IN ONLY

**FREE**  
COFFEE WITH  
BREAKFAST  
PURCHASE

OFFER EXPIRES 5-31-09

**FREE**  
FRIES AND DRINK  
WITH PURCHASE  
OF LUNCH ENTRÉE

ONE COUPON PER PERSON.  
OFFER EXPIRES 5-31-09





# OVERCOMING Autism

— By Beverly Shay

Elizabeth Scott, originally from Boston, moved to Texas to get away from the cold. She met her future husband, who hails from Buffalo, New York, at a restaurant in Dallas. Six months after they began dating, they married in 1999. They both love the Dallas area and plan to stay in Cedar Hill. “The people here are wonderful; there is a great quality of life, and we love the churches,” Elizabeth remarked. They have one precious son named Roman.

I went into labor on September 11, 2001, crying my way through the news reports of that terrible day, praying my child would not be born on what was sure to be a most tragic day for all Americans,” she recalled. Fortunately, Roman was born the next day.

Initially, all was normal for Roman and his mom. Around 2 months of age, however, he began to choke as he nursed. “He was such a happy baby, even though he would only allow his dad and me to touch him. At 8 months, he would

wipe away anyone else’s touch; at 18-21 months, he began to lash out if someone else touched him.”

Roman walked at 13 months, jogged a mile at 14 months and by 15 months was running laps around the living room, one of many repetitive behaviors to come. “He would begin to run, always in the same direction, around 6:00 at night; it was hard to get him to stop. Eating had already become an exercise in frustration,” Elizabeth recalled. His choking became gagging when she introduced him to level-one baby food. While he weighed 19 pounds at 9 months of age, by 12 months he had stopped gaining weight, even though she continued to nurse him. “He went from being in the 90-percent weight range down to eight percent at 18 months,” Elizabeth said, who found herself in tears every time she tried to feed him. “I thought his esophagus had not formed properly. When we were finally able to have a swallow test done, we were told Roman had a sensory process disorder and pervasive developmental delay (a code phrase for autism). We really did not understand what either of those meant; my ignorance actually kept me from falling apart,” Elizabeth remembered.

Elizabeth, whose background is in education, was determined to find a solution for Roman’s problems. “I wouldn’t have made it without a group who helps children ages 0-3, called Early Childhood Intervention. They began coming to our home for an hour three times a week when Roman was 18 months old, providing speech and occupational therapy for Roman and teaching me how to counteract negative and repetitive behaviors,” she said.

“Roman was fascinated with ceiling fans, screamed if we turned them off, but would not touch things like feathers, shaving cream, bubbles, Play-Doh, grass or beans. He was afraid of them. He was nonverbal, losing the few words he had mastered. He couldn’t sit still for 30 seconds. Before





# CHUBBY'S



## Restaurant

*Breakfast · Lunch · Dinner,  
Breakfast served all day!*

*2009 Readers' Choice Award for #1 Home Cooking Restaurant*

*Catering Available!*

*Desserts made fresh daily.*

*Hours:*

*Sun. - Thurs. 6am. - 9pm.  
Fri. - Sat. 6am. - 10pm.*

*4 Locations to serve you!!*

*2 Convenient locations near you:*

*Duncanville, 7474 S. Cockrell Hill Rd.  
972-298-1270*

*Lancaster, 3307 W. Pleasant Run at I-35  
972-228-4101*



Dallas 11331 E. N.W. Highway at Jupiter · 214-348-6065 · Plano 910 W. Parker Rd. at Alma · 972-881-1348

[www.eatatchubbys.com](http://www.eatatchubbys.com)



**Storage 50% OFF 3 full months**  
offer expires 5/31/09

**Free Use of our Move-In Truck!**

**ABBY'S STORAGE**

FREE TRUCK WITH MOVE-IN  
972-293-5880  
1150 S. US Highway 67 (exit Mt Lebanon)  
Cedar Hill TX 75104 • 469-454-2976

**ABBY'S STORAGE**

1150 S. US Highway 67 (exit Mt Lebanon)  
Cedar Hill TX 75104 • 469-454-2976

\*not included

**Covered RV parking & boat storage COMING SOON!**

- Climate Controlled Units\*
- Resident Managers • Monthly Contracts
- Individually Alarmed Doors
- Your Lock - Your Key, 24/7 Access

**FRIED CATFISH**  
**• ALL YOU CAN EAT •**  
*Mondays Only.*  
We Throw in Waffle Fries,  
Hushpuppies and Slaw.  
You enjoy all this and pay  
only \$10.99 per person  
*Dine In Only.*

**DAVID'S**  
*Seafood Grill & Catering*  
Good Food and Friends

Southeast corner of  
1382 and Hwy. 67 South  
in Cedar Hill  
**972-293-0005**

**READER'S CHOICE 2009 AWARDS**

*Best Seafood!  
Best Catering!  
Best Desserts!  
Best Catfish!*

**Buy One Entree, Get One Entree  
Half-Off**

Must be an entree of equal or lesser value. One Coupon per table. Offer expires 5/31/09

## Cedar Hill **NOW**

long I could no longer wash or brush his hair, brush his teeth or wash his face without him screaming. In total, I identified 45 behavioral problems to be tackled. I took what his therapists taught me and added to them until I came up with 78 skills and drills,



which we worked on one-at-a-time to overcome the things Roman was afraid of," Elizabeth stated. She calls them "turning on the L.A.M.P." She used Learning Activities and Meaningful Play to halt his repetitive and negative behavioral patterns, many of which she later learned were referred to as "stemming."

Many children with sensory issues cannot make abrupt shifts in activities or behavior, so for two years Elizabeth would count down transitions, alerting and enabling Roman to process change. "He fought me over everything, but I was determined to work with him until he overcame them. I incorporated the skills and drills into everything we did: getting up, bathing, eating, even while riding in the car. We had language drills; I didn't know that 40 percent of autistic children did not speak. I figured if he couldn't handle words, we would start with letters. I never left Roman to himself,





because of the stemming. Whenever he got stuck on something, I would help him transition to cause his brain to focus on something purposeful and constructive. We had learning stations all over the house,” Elizabeth explained, “where we worked on arts and crafts (to overcome touch issues), fine and gross motor skills and language skills. Every five to seven minutes, we would transition to another activity to keep him from stemming and boredom. When he refused to learn, he had time out.”

Many times, Elizabeth guided Roman through activities he could not do by putting her hand over his. “My husband, Tom, worked nights, so he was able to give me an hour or two break; that was vital. Just taking a bath or going on errands by myself helped. I told myself, *This is your job for now; it is for a season. You can do this for two to four years,*” Elizabeth recalled. “While I

**“I told God He needed to either show me a way out for Roman or show me how to live with this.”**



fixed dinner, Roman sat in his high chair and I gave him a letter a day to learn. At first, he said them all the same; but then [one day] he said ‘E,’ and so I gave him others and he learned them. We had alphabet shapes



## A powerful magnetic force.

That's how we describe our outstanding nursing staff. In fact, Baylor University Medical Center at Dallas has once again earned the highest, most prestigious honor an organization can receive for nursing care—the coveted Magnet Recognition Program® designation from the American Nurses Credentialing Center (ANCC). Just five percent of hospitals in the country have earned the recognition and only about two percent have earned redesignation. Magnet status recognizes our “quality patient care, nursing excellence and innovations in professional nursing practices,” according to the ANCC.

Yes, Baylor attracts great nurses. That's just one reason we've been able to provide quality care to the North Texas community for more than 100 years.

1.800.4BAYLOR [BaylorHealth.com](http://BaylorHealth.com)  
3500 Gaston Avenue, Dallas, Texas 75246



Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community, or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center at Dallas, or Baylor Health Care System. ©2009 Baylor Health Care System. Nursing Magnet Award AD, BUMCO\_49\_FY09, MOD\_08229, Southwest NOW, 3/09.

The Magnet Recognition Program® and ANCC Magnet Recognition® names and logos are registered trademarks of the American Nurses Credentialing Center. Magnet™, Journey to Magnet Excellence™, and National Magnet Conference™ are trademarks of the American Nurses Credentialing Center. All rights reserved.



**Free**  
3 Count  
**Chick-n-Mini**  
with purchase of  
Hash Browns and Medium Drink.

Breakfast served 6:00am - 10:30am

**387 E. FM 1382 • Cedar Hill, TX 75104 • 972-293-0022**

©2009 CFA Properties, Inc., Breakfast not available at all locations. Good only at Cedar Hill Location. Coupon valid during breakfast hours only. One coupon per person per visit. Coupon not valid with any other offer. Closed Sundays. Coupon valid from SouthwestNOW magazine only. Please use by June 30, 2009.



**New location just opened near Charlton Methodist Hospital in DeSoto/Duncanville area. Servicing Dallas, Duncanville, DeSoto, Cedar Hill, Lancaster, Red Oak & Surrounding areas.**

**ALLTECH**  
ORTHOTICS & PROSTHETICS  
**O & P SERVICES**

*"A SURE FIT EVERYTIME!"*

UPPER AND LOWER  
EXTREMITY PROSTHESIS

KNEE/BACK/HAND/  
WRIST/ELBOW BRACING

DIABETIC SHOES  
AND INSERTS

MASTECTOMY  
FORMS/BRAS  
AND SUPPLIES

**OFFICES IN CLEBURNE AND GRANBURY TO SERVE  
YOUR NEEDS IN BURLESON, CLEBURNE, GRANBURY,  
STEPHENVILLE, GLEN ROSE, HILLSBORO AND  
SURROUNDING COUNTIES**

<b>CLEBURNE</b> 105 WESTMEADOW SUITE C CLEBURNE, TX 76033 817-556-3699 PHONE 817-556-3877 FAX	<b>GRANBURY</b> 306 S MORGAN GRANBURY, TX 76048 817-573-9333 PHONE 817-573-9353 FAX
---	---

**New Location: 7989 West Virginia, Suite 104, Dallas, Tx 75237**

★ **972-709-6070** ★

Most Insurance plans accepted. Visa, Mastercard, Discover. Payment plans available

## Cedar Hill **NOW**

in the tub, animals and toys for the car. I never took him out without planning it. We went at his best time of day for no more than two hours. We lived by a strict routine, which included massage therapy twice a day to help him overcome touch issues."

By age 4, Roman no longer tested on the autism spectrum; all 45 symptoms had been overcome and he was reading words and sentences. He was no longer afraid to touch things or let people touch him. He was no longer receiving



special education, therapy or skills specialization. He is now in a regular first-grade classroom, excelling educationally and behaviorally. "For me, the key to Roman's recovery came through early diagnosis, persistent application of the L.A.M.P. skills and drills and prayer. I told God He needed to either show me a way out for Roman or show me how to live with this. I believe God revealed to me the different techniques and ideas beyond what the therapists had taught me; and I know He gave me faith. People ask me if all autistic children can recover. Not all will, but I think with early detection, one-on-one therapy and persistent counteractive skills and drills to interrupt stemming, there will be significant improvement and ground gained. I hope our story will bring hope to others," Elizabeth said sincerely. **NOW**

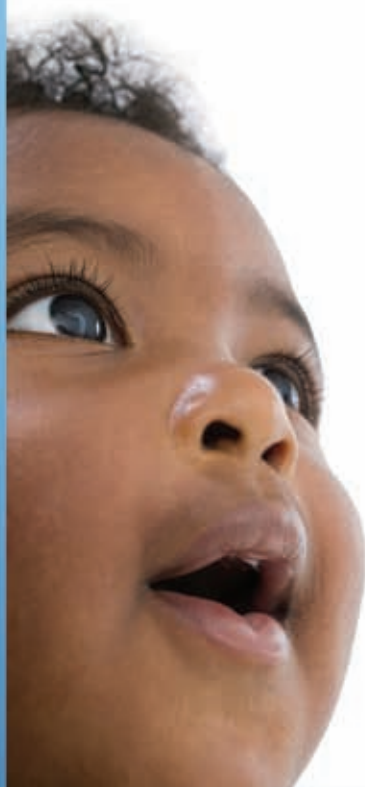
*Editor's Note: Elizabeth has written a book entitled Raindrops on Roman, chronicling their journey to recovery from autism.*





## Methodist Charlton is Among the Top 5% in the Nation for Maternity Care. **Again!**

For the second year in a row, Methodist Charlton Medical Center has been ranked among the leading hospitals in the country, and the only hospital in the Dallas area\*, to receive the prestigious "5-Star Rating and Maternity Care Excellence Award™" from HealthGrades®. It's recognition that our mommies and babies can expect better outcomes and fewer complications during childbirth. Two more reasons to choose Methodist Charlton first for your baby's birthday.



**Methodist**

CHARLTON MEDICAL CENTER

Where life shines bright.™



HEALTHGRADES®  
GUIDING AMERICA TO BETTER HEALTHCARE®

[www.methodisthealthsystem.org](http://www.methodisthealthsystem.org)  
214-947-0000 • 877-637-4297

The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System. \*Dallas Central Area as defined on [www.healthgrades.com](http://www.healthgrades.com). Award received for '07/'08 & '08/'09.





— By Katrina D. McNair

Reading, writing and arithmetic are the foundation of education. In a time when even 16-year-olds have credit card accounts and the financial landscape is rocky at best, educators are finding it even more important to lay additional blocks in the foundation — ones which stress financial literacy and comprehension. For several students at DeSoto High School (DHS), teacher Natoscha Golightly and a program from a company called EverFi are the architects helping them build and secure their own financial futures.

A third-year teacher, Natoscha serves as the cheerleading coach and teaches business computer information systems, a Webmaster class, and is also now the teacher of DeSoto High School's Financial Literacy Program. "Last year, DHS was approached by company executives from EverFi," she said. "They extended an opportunity for me and a group of select students to participate in a pilot program designed to teach critical financial knowledge to the next generation."

EverFi, based out of Washington, D.C., was founded by entrepreneurs Thomas Davidson and Jonathan Chapman. Per its Web site, the founders are committed to "launching

businesses that address social needs," with a focus on "helping young adults navigate the financial world." The company provides participating public high schools an individual financial literacy curriculum and platform at no cost to the

school. The company's programs are geared to both high school and college students.

For Natoscha, there was no question as to whether or not she would sign on to facilitate the course. "I was one of those people who went to college and got the credit cards," she laughed. "I wanted them [the students] to know this information and to also build a relationship with them and impart knowledge that in school we normally don't get into." After accepting the opportunity, students were set up with IDs and passwords for their EverFi accounts before the class got underway last fall.

The program is very interactive, which is a big plus for today's tech-savvy students. Through 10 different online gaming modules, students have opportunities to learn about stock markets, critical financial thinking, credit card debt, 401(k)s





*eagle express***DeSoto ISD****EAGLE Experience**

Beginning in the fall of 2009, DeSoto ISD will offer a district-wide before- and after-school care program at each elementary campus. The EAGLE (Extended Activity Guided Learning Environment) Experience will be tailored to fit the needs of each school. The program will be financially self-sufficient – costs for participation will cover expenses – just as our previous contract programs. However, all programs will employ district staff as the district director, site coordinators and instructional captains. This allows for strengthened relationships with students and staff, as well as parents and staff, at each school. In addition, campus staff is uniquely aware of the DeSoto ISD curriculum scope and sequence, as well as individual student strengths and weaknesses.

"We found that our parents and teachers agree that an after-school program consistent with the school day curriculum, taught by the teachers with a vested interest in each student's achievement, will give us the most beneficial program for our students," said Assistant Superintendent for Student Support Services Levatta Levels. "The research-based program will focus on youth development in academics and personal / social skills such as leadership, teamwork, communications and character."

Parents can begin enrollment in EAGLE Experience during the Kindergarten Registration/Transfer Request Period of May 11-22.



*DeSoto High School Principal Cheyrl Ensley holds the microphone while Gold Star Mom Dorothy Schafermocker speaks of her son Michael who died in Vietnam. The program was part of the American Veterans Traveling Tribute (AVTT) ceremony at DHS prior to the display set up at Grimes Park in DeSoto.*

**STIMULUS FUNDING**

DeSoto ISD could acquire up to \$1.8M for various programs from the American Recovery and Reinvestment Act (stimulus funding). Districts must request funding through the state and determine how monies would be allocated within the federal guidelines.

DeSoto ISD's proposal includes new positions to support instruction and enhance student learning across the district. While the district is trimming positions through attrition from the operating budget, these positions would be for two years and funded through stimulus funds exclusively.

**May 4-8** - Teacher Appreciation Week

**Friday, May 8** - DeSoto ISD Eagle Olympics

**Saturday, May 9** - Board of Trustees Election

**Monday, May 11, 6:30 p.m.** - Board Meeting

**May 11-22** - Kindergarten Registration and Transfer Request Period

**Wednesday, May 20** - DeSoto ISD Early Release

**Monday, May 25** - Memorial Day Holiday

**Thursday, May 28, 8-10 a.m.** - Volunteer Breakfast

**Friday, June 5** - Make-up Snow Day; Last Day

**Saturday, June 6, 2 p.m.** - DHS Graduation

**District Closed:**

Fridays June 12 - July 31; Week of July 6-10

[www.desotoisd.org](http://www.desotoisd.org)

**Summer School and Activities**

Each summer DeSoto ISD provides various summer instructional programs for students in grades K-12. A comprehensive array of intervention, advancement and enrichment offerings are scheduled this summer to address a broad range of student needs and wants. While many academic programs are funded through grants or district objectives, enrichment camps may have a fee to cover equipment and extras.

**Summer School Schedule****Elementary, Gr. K-5**

June 9-July 2 from 7:30 to 11:30 a.m.

The Meadows Elementary

**Middle School, Gr. 6-8**

June 10-July 2 from 8 a.m. to 12:30 p.m.

West Middle School

**High School, Gr. 9-12**

Two Sessions: June 15-July 2; July 13-July 31

7:30 a.m. to 1:30 p.m.

DeSoto Freshman Campus

In addition, the district offers an array of extra-curricular summer activities including sports camps, PreK-K extended year ESL, PSAT/SAT and TAKS prep programs, core academic and enrichment camps.

The complete summer programs listing is available online at [www.desotoisd.org](http://www.desotoisd.org).

*calendar*





**Family Meal Deal**  
 4 Reg. 1/4 lb Burgers  
 4 Reg. French Fries  
**\$10**  
 Expires 5-31-09

**Burger Deal**  
 1/4 lb Burger  
 Fries & Drink  
**\$3.99**  
 Expires 5-31-09

**HAV-R  
CHARBURGERS**  
 972-296-3663

**CALL IN ORDERS WELCOME!**  
 606 S. Clark Road  
 Duncanville, TX 75137

Building Champions with a  
***Future and a Hope***

**No Tuition!**



- Accredited by the State of Texas and the Texas Education Agency
- Low student-teacher ratio
- Gifted & Talented, Pre-AP, AP Courses
- State Science objectives including the exploration of creationism & intelligent design
- Teaching America's founding principles High School Bible elective, A Beka phonics-based reading program (K-2)
- 3 out of 4 of our sites were former private Christian schools
- Dual credit with local colleges
- CTE (Career & Technology Education)
- Character focused education with weekly character assemblies
- Certified and Degreed Teachers

**NOW ENROLLING**

**Advantage Academy**



Waxahachie (K-12) 972-937-9851 • Grand Prairie (K-12) 972-262-6944  
 Rowlett (K-8) 972-412-7761 • North Duncanville (K-8) 214- 276-5842  
[www.advantageisd.com](http://www.advantageisd.com)

## DeSoto **NOW**

and IRAs, managing loans, the Federal Reserve, taxes and a wealth of other knowledge pertaining to money. Videos and diagrams are a part of the curriculum, but there are also avatars (electronic images/characters), which interact with the students as well. "Each module has a brief orientation, and there are three main characters that talk to them, like virtual reality,"



Natoscha explained. "It's a very interactive program; there are lots of sounds and animation and responding to questions, and clicking on appropriate images keeps them [the students] intrigued. Everything is interwoven to keep them interested," she said.

Another benefit of the program is the fact that there is no certain order for completion. Because of this, students are able to focus on concepts and questions that are challenging to them or on which they feel they need more work. The self-paced modules allow students to stop and start, ensuring all concepts are understood before moving on. "The students really liked that the program was self-paced," Natoscha shared. "If they had the knowledge, they could complete the test at the end of the module and move on. If not, they could always review the information and just self-pace themselves." The program can be completed in four to



six weeks, depending on the frequency and duration of class time.

Two games are also part of the program. "Life Situation Games are designed to challenge students," Natoscha said. The games are simulations, much like video games, that use characters in the high school setting; some characters are attending school at the college level and still others have graduated from college. "Using the knowledge they gain,

**"A lot of times, it's something that's lost between school and home — how to make a budget, how to fill out a checkbook, even about renting furniture versus saving up and buying it on your own."**

students are challenged with making financial decisions that in real life could greatly impact their financial futures," she explained.

Students who were selected for the program were chosen for their academic successes. All of the 23 participants are juniors and had passed all sections of TAKS (Texas Assessment of Knowledge and Skills), the state's standardized test. According to Natoscha, the students are predicted to be just as academically successful in the upcoming school year and made for good participants in the program. As far as Natoscha knows, DHS is the only school in the area to have the program. According to the EverFi Web site, a 2007 survey showed that only seven states required a personal finance course to be offered to high school students.

Natoscha has already seen the results of this program at work with her students. "The kids have discussions about the current economy," she said. "One of the kids helped his mom do her

## Too much month & not enough money?

**I can help your dollars go up to 29% further. Call me first.**

These days, we're all looking for ways to save. Here's an easy one: protect both your home and car with Allstate. If you're a safe driver, you can save up to 29% on car insurance. Let me help you start saving today.



**BERT MAXWELL**  
972-224-9181

1510 N HAMPTON #280  
DESOTO  
bertmaxwell@allstate.com  
[www.allstateagencies.com/bertmaxwell](http://www.allstateagencies.com/bertmaxwell)



Discounts are subject to terms, conditions and availability. Actual savings will vary. Property insurance is subject to availability. Allstate Fire and Casualty Insurance Company, Northbrook, IL. © 2009 Allstate Insurance Company

## The perfect gift for Mother's Day!

Delicious Fruit Design®  
with Dipped Daisies®  
in Keepsake Watering Can,  
18" mylar balloon and RUS® Plush Bear

**Edible®**  
ARRANGEMENTS

To order, please call or visit:  
**972-293-2848**  
617 Uptown Blvd Suite 105  
Cedar Hill, TX, 75104

**Save \$3** On your order when you mention this ad!\*

\*Offer valid on select products. Cannot be combined with any other offers. Offer code must be used when placing the order. Offer expires 05/31/09 • Code: moth0929

**EdibleArrangements.com**

Copyright © 2008 Edible Arrangements, LLC Franchises Available. Call 1-888-727-4258





**972-296-8363**  
[www.louispools.net](http://www.louispools.net)  
 906 S. Cedar Ridge • Duncanville

**Let Us Get Your Pool Ready for Swim Season!**

- Remodels
- Service
- Weekly Cleaning
- FREE Chemical Delivery
- Salt Systems
- Retail Sales
- Authorized Polaris Dealer
- Competitive Pricing

Family Owned and Operated Since 1966




**Discover** Historic Downtown Waxahachie  
 Shop downtown Waxahachie for all your  
*Mother's Day Gifts.*

*Unique Shops ...  
 Exceptional Dining ...  
 Gorgeous Scenery ...*

**First annual Cinco de Mayo Festival—Saturday, May 2**  
**Lion's Club Mini Grand Prix — May 15 & 16**  
**Farmer's Market Grand Opening — May 30**  
**Ellis County Art Association**  
**"Quick Draw" Paint Out — May 30**



For more information call 972-937-7330 ext. 198.

## DeSoto

### NOW

taxes, and one explained information to his mom using vocabulary acquired from the program. You would expect to have the level of conversations that we do with college students; these are high school students. They are even able to assess risks with certain stocks and investments."

Most of her students have completed the program, Natoscha said. Company representatives from EverFi even flew in from Washington, D.C. and held a graduation ceremony for them. The students are considered EverFi Certified, a distinction that can assist them when they begin to apply for college admissions and may even aid them when searching for employment after their college graduations. According to Natoscha, the company will even write recommendation letters if asked to do so.

No matter what they decide to go out into the world and do, Natoscha feels the students are just that much more ahead of the game when it comes to finances, and the knowledge they have gained will stay with them for life. "I think that in today's society, it was really, really important to get a good base on how to handle finances," she expressed. "A lot of times, it's something that's lost between school and home — how to make a budget, how to fill out a checkbook, even about renting furniture versus saving up and buying it on your own."

Natoscha will teach another class next year and is more than ready. "We don't really have courses in school that deal with this," she said. "I think it gives the students a good starting point financially, and I was glad to give them that opportunity. A lot of times, you can only learn from your mistakes; these students will have a leg up. If they remember even only one, two or three things, it makes a big difference in the financial decisions they will be expected to make and be confronted with." **NOW**



Open house on June 2nd at 7pm

# Trinity

## Christian School

1231 E. Pleasant Run Rd.  
Cedar Hill, TX 75104  
972-291-2505  
[www.trinitychristianschool.com](http://www.trinitychristianschool.com)

*A Balanced Christian Education  
for an Excellent Future*



## Are your feet beach ready?

Ankle/Foot Pain	Nail Care	Hammer Toes	Infections
Corns/Callouses	Bone Spurs	Flat Feet	Heel Pain/Spurs
Fractures	Diabetic Foot	Bunions	Sports Medicine

### Metro Family Footcare

Dr. Parul K. Patel

*Conservative and surgical management for all foot and ankle needs.*

**Call for an appointment 972.274.5708**

Most Insurances Accepted      Diabetic Shoes Available



**2500 West Pleasant Run Blvd, #120 • Lancaster, Texas 75146** Offices also in Arlington and Mesquite



# Excellence T h r o u g h Education

— By Jaime Ruark

For 19 years, Duncanville has been reaping the benefits of a class which allows the public to be actively educated and involved in the community. The police department is proud to offer citizens the chance to participate in the Citizen Police Academy (CPA). Duncanville was the third city in Texas to offer such a training program; officers just completed the 39th CPA training session and the response has been widely successful.

Officer Doug Sisk has worked in crime prevention for almost four years. Prior to his current position, he served in the K9 unit for 15 years. He has been around long enough to know an educated citizen is a huge help in law enforcement and is excited with the training the CPA offers, as well as the response from the public. "Our past chief, Chief Courville, is the one who began the program, and it has just taken off from there," Doug said, explaining the program is enjoying a success which surpasses any other program offered by the



department in recent history. "Our motto is 'Excellence through cooperative education.'"

Sixteen people completed the training of the charter CPA in September 1990 and the following November, the CPA Alumni Organization was formed by those students, clearly showing how important they regarded the education they received. "They created the alumni organization themselves, which shows how involved they still wanted to be," Doug noted. "These classes teach citizens how and why we do what we do and dispel a lot of the myths regarding police work. It creates valuable awareness."

The CPA course is 12 weeks long, usually meeting on Tuesday nights from 7:00 to 10:00 p.m. The alumni group brings snacks and breaks are taken on the hour. The officers are always open to suggestions for course subjects, as current events often create interest in certain topics. Classes include: criminal investigation, patrol procedures, police administration, Driving While Intoxicated (DWI) enforcement and laws, family violence, identity theft/fraud, accident investigation, tactical team analysis and traffic stop procedures. Doug is the course coordinator and he teaches the crime prevention class. "We try to have different officers teaching the classes who are more or less experts in that field, because they are knowledgeable on that subject. But also, we want the citizens to get to know the whole department and all of the officers," he explained. "For instance, we have a detective who conducts







# Surface RENEW

Kitchen & Bath Resurfacing

***DON'T REPLACE... RENEW!***

**Call us today at (214) 662-6985!**

Ready for a  
***NEW LOOK***  
for your older  
surfaces at a  
***LOW PRICE?***

Let us resurface your old countertops, tubs, showers and other surfaces to look new again! Don't mess with the hassle and inconvenience of tear-out. We can resurface quickly, inexpensively and beautifully!

The PROFESSIONAL choice for surface renewal. We are a perfect solution for:

- Countertops
- Tile Surfaces
- Tubs / Showers
- Bathrooms

**BIG RESULTS ON A SMALL BUDGET!**

**[www.surfacerenewinc.com](http://www.surfacerenewinc.com)**



Your clinical partner in total healthcare and preventative medicine.



## **Dallas Adult Medicine**

***Dr. Abdurrahim, MD***

***Internal Medicine - Board Certified***

**3650 West Wheatland, Ste. C**

**(across from Charlton Methodist Hospital)**

**Dallas, Texas 75237 • 972-283-5998**

Medicare and most insurance accepted, does not accept Medicaid





# PARADISE COWBOY

The story of Pandora's Box just got a happy ending, without a doubt...

... MOM WANTS PANDORA !

**PANDORA™**  
UNFORGETTABLE MOMENTS

call **972-293-1483**  
for more details!

PRE-ORDER JUNE  
WINE CHARMS  
(HURRY, LIMITED SUPPLY)

"Life has it's moments!

The  
Greatest  
Gifts  
found in  
Paradise !



...MAKE THEM UNFORGETTABLE

Tommy Bahama for him....Pandora for her !

Hwy 67 in Cedar Hill next to LaQuinta • Wintergreen Exit

## Duncanville **NOW**

the identity fraud classes. He's perfect for that class because, unfortunately, he was actually a victim of identity fraud himself."

The first night of CPA is administration night. Students are given a tour of the station, and Chief Robert Brown talks about why they are taking the class and why it is important to be involved in the community. "We try to make sure the people are interested and having a good



time while they learn," Doug smiled. "The second class is typically the penal code and civil liability class, which is one of the most boring classes for officers because it's just reading a book of rules and legalities, but I actually heard laughter coming from the classroom!"

A new component of the CPA, initiated by Doug, is called practical nights, which have become a favorite among the students because they become actively involved in the learning process. "Our defensive tactics instructor will conduct the classroom part of the class, explaining how a taser gun is used, showing some defensive tactics and the mechanics of that, and then that following Saturday, we'll have an actual demonstration of things we do, like handcuffing. That way they get an idea of what we go through. We actually set up some building search scenarios or traffic stop scenarios. We'll have actors at a traffic stop scenario, and the students have to go up, make contact with them and go through the steps.



## Have a plumbing problem?

Benjamin Franklin Plumbing has the solution!

Contact us for repair, replacement or installation.

- We are there on time or we pay you \$5.00 per minute that we are late.\*
- 100% money back guarantee. You must be completely satisfied with our service or your money is refunded.
- Straight forward "No Surprise" pricing. You know exactly how much we charge before we start your job.
- Safe and courteous employees. Your complete satisfaction with both our service and plumbers is 100% guaranteed.
- Fully insured.

**972-283-6161**

1019 Explorer, Duncanville TX 75137  
www.benjaminfranklinplumbing.com





## Duncanville **NOW**

It can get pretty interesting sometimes," Doug smiled.

The department has high hopes for those who complete the CPA training. "We hope that through these classes, citizens will eventually get involved in our Citizens on Patrol program," Doug said, explaining that one of the prerequisites for becoming a Citizen on Patrol (COP) is completing the



CPA. "We make sure they are never in harm's way, but they really become our ears and eyes on the streets. We can't be everywhere, but citizens can, and they know what does or doesn't belong in their neighborhoods."

COP's duties include patrolling neighborhoods and calling the department if they see suspicious activity. COPs also help with public activities like parades, helping to cut down on the actual number of police needed. "Parades take a lot of manpower. Where you may need 50 police officers to work, you cut that number way down with COPs. With 40 COPs helping out, it may only take 10 officers to work the main intersections. That frees up officers who may be needed elsewhere, and, of course, it saves the city money. In 2006, COPs traveled 14,470 miles, saving the city \$4,400 in gas. Also in 2006, we had 7,099 volunteer hours. If we had paid our officers \$15 an hour, those volunteer

**DID SOMEONE SAY HAPPY HOUR?**  
**\$1 DRAFT BEERS**  
**ALL DAY EVERYDAY**

*Make your reservations for Mother's Day Now!*

**POOL TOURNAMENTS - MONDAYS**  
**KARAOKE FRIDAY NIGHTS**

Mon.-Thurs. 11am-11pm  
Fri.-Sat. 8am-12am  
Sun. 8am-9pm  
Happy Hour Daily 4pm-7pm

**RANCH STEAKHOUSE** *Absolutely Great Steaks & Seafood*  
1435 Hwy. 67 SUITE 200  
PH: 972-291-4530  
WWW.RANCHSTEAKHOUSE.NET

**visual expressions**  
creative art school  
1425 N. Hwy 67 Cedar Hill, TX 75104  
Ph: 972-293-1117  
veartgallery.com

session 4  
**New classes start!**  
**May 11<sup>th</sup>**

**DON'T FORGET SUMMER ART CAMPS!**

**Ask About Our Art Parties**

**Student Art Show**  
May 15<sup>th</sup> from 7-9 pm. Food, wine, art demos, and a drawing for a free art class & piece of art work @ 8 pm



LIFE HAS  
ITS MOMENTS...



...MAKE THEM  
UNFORGETTABLE

Design your  
unforgettable  
moments with  
PANDORA'S  
charms, rings,  
necklaces and  
earrings in  
sterling silver  
and 14k gold.  
Prices starting  
at \$25.00.



Now Authorized Pandora Dealer

220 E. Pleasant Run Road • DeSoto • 972.230.0950 • [www.cavesjewelryinc.com](http://www.cavesjewelryinc.com)

PANDORA™

## Duncanville **NOW**

hours mean we saved \$107,000," Doug pointed out.

Doug is clearly proud of the CPA and COP programs. He loves to tell stories of how COPs make his work just a bit easier. "When they were first installing the median lights on I-20, there was a problem with someone stealing the copper wiring — \$30,000



**"They're great resources for us,  
and we really appreciate them."**

worth of copper every time. We put a COP up in the Hilton, watching, and ended up catching the thieves," he said. "They're great resources for us, and we really appreciate them."

One of the most recently completed CPA programs was revised into an advanced class, which went more in depth into the previous CPA class training. "Our class size is usually about 14 to 20 people. We had 42 people in this class," Doug enthused. "The response was great. People like to be involved."

As Doug said, there are many myths regarding policemen, which he and his fellow officers hope to dispel through the CPA. Perhaps the most important thing they hope to teach is that police are just people, too, and they truly are here to serve and protect, not badger or scare, the public. Proving he is human, Doug said with a laugh, "When I first started, I was not into public speaking at all! I did not want to get up in front of people. Now, I enjoy interacting with the people and having that kind of positive contact." **NOW**

*Our Goal is to keep your  
Family Comfortable!*

**Serving Southern Dallas County  
and all of Ellis County**



*Family Owned  
& Operated  
Since 1987*



*For all your heating & cooling service needs!*

**Around The Clock Service Co, Inc.**

[www.AroundTheClockAir.com](http://www.AroundTheClockAir.com)

972-224-9795 • 972-937-3361

Licensed for your protection #TACLA011892C



**HOTEL  
SUITES™**  
*of America*



*Grand  
Restaurant*



Stay with us...

**Weekly Special**  
**\$199/wk +tax\***  
(For 2 persons)

27" TV - Iron & Ironing  
Board, Limited Room Service  
\*subject to availability



Club Texas Tux...

**FUN, FUN, FUN** - Party w/Angie &  
DJ Swamp Ratt - Karaoke  
Texas Hold'em  
7 days a week 3:30pm to 2am  
Must be 21 To Enter



Grand Restaurant...

Meetings • Special Events  
Banquet Room  
Birthday Parties • Weddings  
Quincineras  
**Call to Book Yours Today!**  
**972-298-8911**

711 E. Camp Wisdom Road • Duncanville • 972-298-8911  
972-298-8983 Fax • dallastx@hotelsuitesofamerica.com

**BLAZE**  
Preteen Impact  
An Overnight Camp  
for **PRETEENS** ages 10-12  
JULY 19-22, 2009  
www.kidsforthenations.com  
kfn@cfni.org  
214.302.6335  
**KEN PRETEEN IMPACT**  
A ministry of Christ For The Nations

Home of the **FREE A/C Service Call™**

Why spend money to have your system diagnosed when you can have that money to help fix the problem?

**972-617-HVAC (4822)**

Ask about our **ULTIMATE TEST DRIVE!**  
12 Months Money Back Guarantee

**Pre-Season SPECIAL SAVE \$2800**  
On Our 13 SEER Efficiency Home Comfort System  
(only 17 systems available at this price)  
Not Valid with other Offers. Expires 5/31/09

Protect the environments with a high efficiency, environmentally friendly Ultra Series A/C System and get up to **\$3000 OFF\* in 2009**  
\*Only 12 systems available at this discount.

Don't forget to ask about RUUD rebates, starting May 1st, 2009

**REPUBLIC**  
Heating & Air Conditioning, Inc.

License # TACLA26486C





In October 2007, High Street Residential, a subsidiary of Trammell Crow Company, broke ground on the 15-acre DeSoto Town Center, the City's first multi-use, urban development. This "new urbanism development" is a first for Southern Dallas County, designed to reinvent a dated suburban area into a vibrant, new focal point for DeSoto.

The project will feature approximately 38,000 square feet of office and retail space, 136 modern rental apartment units and parking. The one and two bedroom residential units, which range from 700 to over 1,300 square feet, feature 9' ceilings, modern kitchen cabinetry, GE® appliances, contemporary color schemes and an outdoor space for each unit. Building amenities include a Cyber Café, intimate courtyards with a swimming pool, water features, grilling and gathering areas, controlled access entry and covered parking. The Town Center is strategically located in an area rich with services, including grocery, dry cleaners, restaurants, coffee shops, etc. and has easy access to the City's extensive Civic Center, including a state-of-the-art fitness center, basketball and racquetball courts, a youth center and meeting rooms.

The site is currently home to DeSoto's City Hall and municipal complex, which are currently integrated in a former retail strip center. The public library, an amphitheater, an indoor performing arts center, and a weight training and recreation center are also housed in this facility. These public uses were supported by an underutilized parking lot, but now serves as the specific location of the DeSoto Town Center.



#### The DeSoto Town Center project features:

- The unique ability to live in an urban village environment in a suburban community.
- An extensive group of amenities, retail services, and activities, all within walking distance.
- A Civic Center, including a state-of-the-art fitness center, basketball and racquetball courts, a youth center and meeting rooms.
- The public library, an amphitheater, an indoor performing arts center, and a weight training and recreation center are also housed in this facility.
- Proximity to DFW area employment centers, attractions, dining, and cultural options.
- Bus transfers to the Ledbetter DART rail station to allow for convenient access to downtown and north Dallas.
- Convenient highway access (I-35E approx two miles), (I-20 approx four miles), (U.S. 67 approx four miles).
- Competitive rent levels.
- Strategically located on Hike and Bike Trail.
- An outdoor amphitheater and performing arts center within walking distance.
- Proximity to numerous institutions of higher education—UNT Dallas in particular.

#### The project supports environmental stewardship, from the inside out:

- All appliances in the residential units are ENERGY STAR rated
- Wood framing and Precast concrete materials were used from local sources.
- Energy efficiency exceeds ASHRAE 90.1.
- The project was positioned onsite with energy concerns in mind.
- Prevailing winds were incorporated into the design for natural cooling of the corridors.
- The project incorporates a construction waste recycling program.
- The designs incorporate daylight and views into 90% of the regularly occupied spaces.

## DeSoto Town Center

207 E. Pleasant Run Road • DeSoto, Texas 75115

**CALL LEASING TODAY! 972.223.8400**

desototc@lincolnapts.com • www.desototc.com



**Trammell Crow Company**



# Your Future is Bright in



**S**trategically located just 15 minutes south of downtown Dallas, TX, DeSoto offers ready access to Interstate 35E (NAFTA) and I-20. We draw from the skilled technology labor force, over 40 universities and medical institutions, cultural venues, sports activities, and transportation assets of the Dallas/Fort Worth Metroplex. DeSoto also offers:

# DeSoto!

## TEXAS

**Eagle Business & Industrial Park:** More than 400 acres of land are available for industrial and commercial development with immediate access to IH 35E (NAFTA) and IH 20.

**Hillwood's Crossroads Trade Center:** 1.8 million square feet of build-to-suit space is available for lease at Centre Park Blvd. and IH 35E.

**Pro-Business Environment:** Aggressive incentives including Triple Freeport are available in a supportive, pro-business community with a high standard of living and an excellent quality of life.

1.8 million sf of build-to-suit warehouse space



- ★ Access to IH-35E and IH-20
- ★ Up to 1.8 million sf available
- ★ 32 feet clear height
- ★ ESFR fire sprinkler system

# DeSoto

## ECONOMIC DEVELOPMENT CORPORATION



**Norma Nichols**  
Executive Director

211 E. Pleasant Run Rd. ★ DeSoto, TX 75115  
972-230-9611 ★ [nnichols@dedc.org](mailto:nnichols@dedc.org)  
[www.desototexas.com](http://www.desototexas.com)





# At Home With **Timm and Kristi England**

## Landed Gentry

— By Beverly Shay

He is a man of the land, a veterinarian. His wife loves land and animals, too, and they are passing this passion on to their children. On 53 acres overlapping the Cedar Hill/Midlothian border, Timm and Kristi England live as landed gentry. Timm, who grew up in Hastings,

Nebraska, as a country boy, knew what he wanted out of life from an early age. “I have moved 39 times in my lifetime. I wanted to raise my kids in the country, where I could be the closest to God. For me, that is in nature — with plenty of land and plenty of animals,” he stated.

Timm knew from kindergarten he wanted to be a veterinarian. “My best friends have always been animals. I began to volunteer at vet clinics or for anything that had to do with animals. My main interests were animals, plants and life,” Timm remarked with great simplicity. Animals are drawn to Timm, as evidenced by the Greater Swiss Mountain dog and the fat cat Timm brought home from clients who could not keep them. Another pet, an Australian cattle dog, was purchased from a breeder.

While in college, Timm worked at the U.S. Meat Animal Research Center in Clay Center, Nebraska, where some 6,000 swine in confinement delivered 12-14 babies each. He has also trained race horses at ranches, and oversaw a project teaching more than 50 embryo-raised, bottle-fed cows to drink from a bucket.

Timm and Kristi met when she worked part time at his vet clinic while studying to become a med-tech at a pathology lab in Dallas. After knowing







each other for two years, they married, making their first home in High Pointe. Rearing a family in the country was a big deal to Timm, but Kristi had been told when she was 18 that she would never have children. Timm wanted her, with or without children. They were both pretty excited when Kristi became pregnant with the first of their two boys, Joshua and Caleb, and decided she would be a stay-at-home mom.



"I knew my children needed to be raised in the country and taught about life — God's life in nature; somewhere where we could have horses and cattle and land. Kristi was a Waxahachie girl, so I was pretty certain Texas would be our home. When we found this land overlooking the quarry-pond, I knew I wanted to live here until I died, so I put everything I had ever seen and wanted in a home design into this one," he said, satisfaction and finality etched in his expression. Timm had observed and helped his dad with numerous building projects growing

## Ovilla Christian School

*Preparing Students for Life!*

- Grades K4-12
- Bible Based, College Preparatory Curriculum
- Dual Credit College Classes
- ACSI Accredited Since 1998
- Championship Academic, Arts & Athletic Programs (TAPPS)
- Mission & Academic Trips

**3251 Ovilla Road  
Ovilla, TX 75154  
972-617-1177 ext. 327  
[www.OvillaChristianSchool.org](http://www.OvillaChristianSchool.org)**

## MINIMALLY INVASIVE BARIATRICS

Visit our new Web site at [WLS-MIB.COM](http://WLS-MIB.COM)

### Are you considering Weight-loss Surgery?

#### Surgical and Non-surgical Treatments Available

- Gastric Sleeve
- Lap Band
- Gastric Bypass
- Revisions
- Physician Supervised Weight Loss
- Dietician
- Behavioral Therapist

**Glenn M. Ihde, MD**  
Author of  
*CONSIDERING WEIGHT-LOSS SURGERY*  
BOARD CERTIFIED  
BARIATRIC PROGRAM DIRECTOR

BEFORE AND AFTER PICTURE OF AN ACTUAL PATIENT

**Baylor Medical Center at Waxahachie**  
1305 W. Jefferson, Suite 120 • Waxahachie  
Call for appointment **972-230-2517**

**Arlington Office**  
515 W. Mayfield, Suite 402 • Arlington  
Call for appointment **817-467-3000**





up; he saw what worked and what he liked and stored it away to be used later as he designed the plans for their “retirement” home on the Jericho Land & Cattle Company acreage.

The most commonly used entry to their home is from the carport between the house and garage; it sports four two-tiered lockers — a mother’s organizational dream — with plenty of room to hang coats, store muddy

shoes, sports gear and school things. “The boys are doing great with putting stuff up, but Timm ...” Kristi trailed off. The entry leads into the spacious kitchen with beautiful hickory wood cabinets, green countertops and bar stools. “I told Timm as he designed the house that I wanted a big pantry, a big laundry room, a big kitchen and a wrap-around porch,” Kristi mentioned. Her kitchen is open to the dining room,



## DALLAS RENAL GROUP

The physicians at Dallas Renal Group are kidney specialists.  
All board certified



Dr. Sri Venkataranman

**TREATING:**

kidney diseases

high blood pressure

kidney stones

dialysis

transplant nephrology



Dr. Ratna Das

By appointment only

**2811 Duke of Gloucester Suite 103 DeSoto, TX 75115**

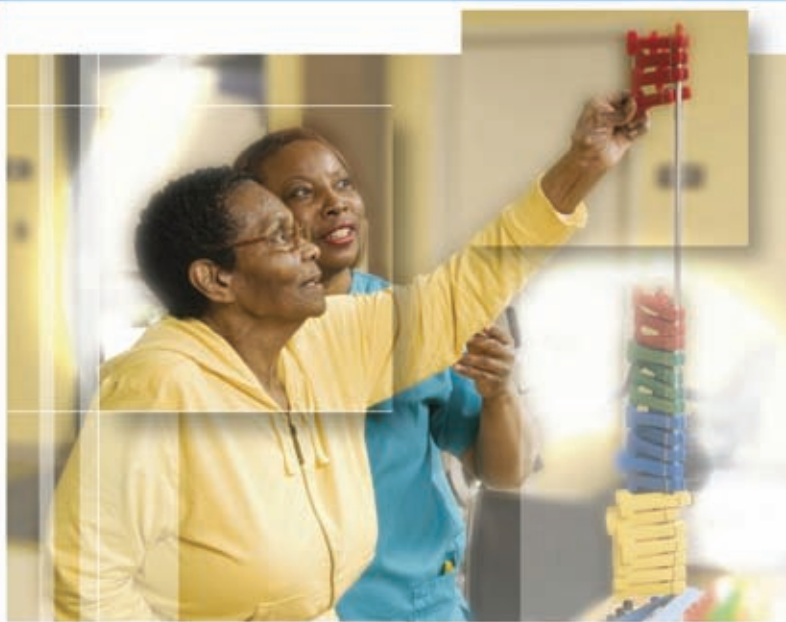
**972-274-5555**



with its built-in china cupboards, and the family room, with its Austin stone fireplace. The living areas in the house have deep ceiling and floor moldings with stars molded in. Hundreds of stars are scattered throughout their house, some hidden in glassware, some etched in the concrete floor of the entry or emblazoned on the walls in metal art, creating an all-over Texas Hill Country decor.

The guest bedroom, decorated in an understated burgundy and ivory, features a bed and chest from Timm's great-grandmother and a well-used traveling trunk brought from Germany by Timm's grandmother from the Urich side of the family. The arched window overlooks their front porch.

The two boys share a "play" room for entertaining their friends, complete with a comfy denim couch and Nintendo Play Station. "It gives the boys a place to entertain, while leaving us the family room. We decided we didn't want a formal living or dining room, so having



## Stroke \* Hip Fractures Neurological Conditions \* Amputations

Have you or a loved one suffered from one of the above conditions?

Did you know **Methodist Rehabilitation Hospital** provides free in-home or hospital assessments to determine the appropriate level of care for you or your family? You may qualify for inpatient or outpatient therapy services.

**Contact us today 972-708-8604**  
[www.methodist-rehab.com](http://www.methodist-rehab.com)

As an acute rehabilitation hospital we offer both inpatient and outpatient services. Our inpatient team of professionals provide intense one on one therapy, training and around the clock nursing care. Our number one goal is to get people back home and back to daily life.

We will partner with you, your family or caregivers to help achieve the highest possible level of improvement and independence.


Methodist Rehabilitation Hospital is affiliated with Centerra Healthcare and is accredited by the Joint Commission on Accreditation of Healthcare Organizations. Methodist Rehabilitation Hospital is an independent, legal entity separate from Methodist Health System, Methodist Dallas Medical Center, Methodist Children's Medical Center, Methodist Mansfield Medical Center, and Methodist Hospitals of Dallas. The physicians on the Methodist Rehabilitation Hospital medical staff are independent practitioners who are not employees or agents of Methodist Rehabilitation Hospital. Some of the individuals providing services at the Methodist Rehabilitation Hospital (physicians and nonphysician staff) are employees or agents of Methodist Health System, Methodist Dallas Medical Center, Methodist Children's Medical Center, Methodist Mansfield Medical Center, or Methodist Hospitals of Dallas.

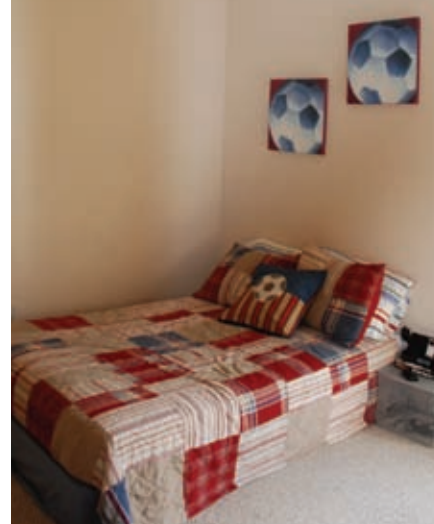


*"The Shape of the American Dream"*  
**Travel Trailers by**  
**Casita**  
 Aerodynamic - Sleek - Efficient

Call For  
 Free Brochure  
 1-800-442-9986

Family Owned & Operated Since 1983

3030 S. MCKINNEY OFF I-45 (Exit 237 or 238 in Rice) • 903-326-4717  
 email: casita1@airmail.net • website: www.casitatraveltrailers.com



two entertainment areas is great," Kristi shared. The boys each have their own bedroom. Thirteen-year-old Josh's room showcases his love for, and success at, soccer and his dragon collection displayed on shelves above his desk. The plaid window blind was made by Kristi's mom. Eight-year-old Caleb's room theme has morphed from cowboys to camping to football as his interests have shifted. The red bandana/tan denim curtains still reflect his cowboy stage.

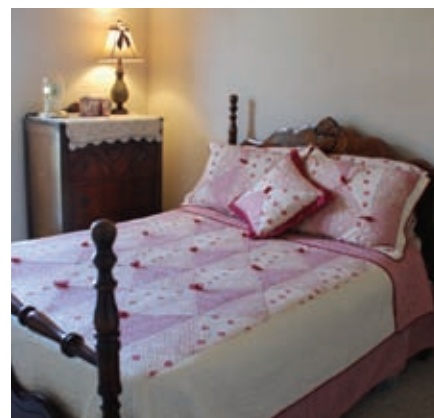
RETREAT ... RELAX ... RECONNECT  
**4 Weeks Free!\***

**Home Features**  
 9 ft ceilings & Crown Molding  
 Full Size Washer/Dryer in Home  
 Custom Cabinets & Countertops  
 Black-on-Black Kitchen Appliances\*  
 Built-in Microwave  
 French Doors  
 Lavish Berber Carpet  
 Spacious Closets  
 Oversized Bathrooms  
 Enormous Patios or Balconies  
 Linen Closets\*

**Site Amenities**  
 Limited Access Gates  
 Detached Garages  
 Reserved Covered Parking  
 Elegant Clubhouse with WI FI  
 Pets Welcome (certain restrictions apply)  
 Full Service Business Center  
 Billiards and Fitness Center  
 Media Center  
 Curbside trash Valet  
 Inviting Swimming Pool & Spa  
 Creek Views\*

**THE Parkways**  
 ON PRAIRIE CREEK  
 APARTMENT HOMES

2530 Sara Jane Parkway, Grand Prairie, TX 75052 • 972-988-3726  
 \*Restrictions may apply. With this ad



"My mom has made a lot of quilts; some are hand-quilted and some are machine-quilted," Kristi shared, indicating the machine-quilted blanket on the master bedroom's bed and a smaller hand-quilted version hanging





above the headboard. Burgundy cabbage roses on a tan background subtly blend with the natural, of-the-earth color scheme of their house. The gracious room opens to the house-wide back porch/patio overlooking the quarry, which always has water. Opposite the view is a large master bath with a separate faux stone shower, garden tub, his-and-hers sinks and closets. Another of her mother's quilts with their Texas star theme hangs where their entry hallway merges into the family room.

The whole house is merely an extension of the patio and the view of the land. "When we decided to have a carport between the house and the garage, I wasn't able to give Kristi her desired wrap-around porch," Timm related, "but we made the patio into one of our favorite places to be." Deep and roofed, the patio features several groupings of wicker furniture, swings, rockers, a picnic table, ceiling fans and a much-used large stone fireplace. "When Timm said he wanted to have an outdoor fireplace, I just couldn't figure how that would work, but it's great," Kristi commented. "Timm cooks there and we spend a lot of time out here."

The vista from the house is pure Texas, breathtaking in its own way. Timm has worked on restoring native grass to his pastures for the cows, horses, pony and donkeys, as well as water and soil conservation. "The kids swim in the quarry and have a little boat; we can watch them from up here," Kristi remarked contentedly. **NOW**



Begin construction by  
**June 15** and we will  
pay your pool energy  
and chemical cost, plus  
maintain your pool  
until Labor Day  
**Free of charge!**

We offer pool repair, chlorine to,  
salt, fencing, landscaping and pool  
maintenance.

**Stables Custom Pools**  
Great Quality. Great Service. Great Value.

**100% On Site Supervision**  
Chris Stables **972.834.6999**  
stablescustompools@att.net

## Your Good neighbor and State Farm Agent for more than 40 years.



**State Farm Insurance®**

**Jim McDonald**

314 North Main Street

Duncanville, TX 75116

972-298-4491

Fax 972-298-3005

Toll Free 1-800-250-9919

Jim.mcdonald.b4ee@statefarm.com

**Auto Insurance • Renters Insurance  
Life Insurance • Homeowners Insurance  
Health Insurance • Financial Services**

*Our Mission: State Farm's mission is to help  
you manage the risk of everyday life, recover from  
the unexpected and realize your dreams.*



**Office hours: Monday - Friday 9:00am to 5:00pm  
Other hours by appointment**



# Seeing in the Moment

— By Beverly Shay

Michael Moore is known as the one to call if you are in need of haiku. He was a student in a Los Angeles elementary school the first time he heard a haiku read by a fellow student. The short poem about the universe in relation to a dot captured his attention. By the time Michael began writing haiku of his own, while living in San Antonio in 1990, he had already been writing other forms of poetry. He wanted to consolidate his thoughts to one sentence of poetry, which is essentially what haiku is. "Poems are better than short stories at getting to the point, but haiku does it best," Michael remarked.

"Haiku, the ancient poetry of Japan, is an uncommon literary arts experience in the West ..." states a promotional brochure Michael Moore uses to introduce himself. "Traditional Haiku poetry consists of a short, three-line poem, seventeen syllables in length and Japanese in origin. The haiku contemplates the natural world. Contemporary Haiku, also known as free verse style, has fewer than seventeen syllables and can focus on emotions, dreams, fictional themes and other tangibles," the brochure continues.

*Soft falling snow  
punctuated by a crow  
footprints in my ear.*

Within moments of time spent with Michael, his teaching gift is revealed. "Haiku is an interruption within the course of one's daily activity," he intoned with obvious respect and affection for his subject. "The experience of a moment can be



pleasant or shocking. To seize the experience of that moment and express it succinctly is the aim of haiku. Your topic can be whatever strikes you. The goal is to capture the emotion and report it. That's one of the reasons I encourage students to write on an actual experience, to report it; to include the event, the anticipation and conclusion."

One might suppose that haiku writers are writing haikus the moment they experience them, but Michael encourages them to experience, move through and see the totality of the event, to be aware of the moment and live in it, so as to be able to remember it and write about it later. "Once the students have grasped the concept and written several haikus, they find they don't need to imagine anything, they can write reality. So much is going on around them," he informed. "In a literary form like haiku, you find you don't need to use so many words. It changes the value of words and how you evaluate them. A helpful hint is to develop a vocabulary list; this eliminates writer's block. Much like a trip to the grocery



store is made easier with a shopping list, vocabulary lists provide focus and direction," Michael explained.

*Trickling from bamboo  
waters in water basin  
share a point of view.*

Haiku is an excellent means of expressing art, culture and self, as well as enhancing creative writing through



literary and visual arts, which Michael custom-formats to classroom and students' needs. "Moore juxtaposes traditional Japanese themes with images as diverse as bungee jumpers, cotton candy and a Navajo blanket. Haiku is an intuitive experience, and at times Moore's deft touch results in a surreal leap. ... He mines the evocative power of the commonplace object: a lounge chair, a wheelbarrow, a collar button ..." states the brochure.

Michael's first haiku teaching experience in Dallas came through the African American Museum. "Give me a half hour with the children," Michael commented, "and they will have a haiku. I composed a one-page worksheet that provides a journey by the end of which they will have created a haiku. It's an organizational format for creating haiku. I teach them to live in the moment, to see what is actually there. Haiku is very truthful. You don't have to worry about punctuation. Haiku is writing what you see, so others will see the same," remarked the teacher, who sticks with traditional haiku in most schools because students will be tested on it. The students compose a

**NOW LEASING!!!**

**TURTLE COVE**  
APARTMENT HOMES

**Community Amenities**

- Elegant Community Center & Clubhouse
- Resort Style Swimming Pool
- Fitness Center
- Ample Parking with Some Carports Available

**Interior Features**

- One, Two & Three Bedroom Floorplans
- Light, Bright & Airy Interiors
- Mini Blinds
- Stylish Fireplaces\*
- Ceiling Fans\*
- Fully Equipped Kitchen with Top-of-the-Line Appliances
- Extra Large Closets & Storage Space
- Full Size Washer & Dryer Connections

\*In Select Homes

1600 N. Ninth St. Midlothian 972-723-3939

**Not All Mortgage Lenders are Created Equal**

Richard Whitman  
VP Mortgage Services

**TEXAS TRUST**  
MORTGAGE SERVICES

Stand Above the Rest  
With a Texas Trust Home Loan

NCUA  
EQUAL OPPORTUNITY LENDER

TexasTrustCU.org/myhome 972.595.1232



poem with a nature theme consisting of three lines; the first has five syllables, the second seven and the third five.

*Even the gecko  
is moved by shadows walking  
on the garden wall.*

"When I have traveled to Japan, Canada, Europe and Northern Africa, I take lots of photos and videos which I show to the students so they can see what the world is like. Photography is



a way to deal with the moment. The kids will pick out something that is relevant to them: flowers, sharks, panthers. After seeing the video, I have them make a vocabulary list of 1-20 words. They work on including some of those words, count the syllables and then we work on flow," Michael remarked.

To sum up:

*Voices come and go  
carried by the need to say  
that which comes to mind. **ARTS  
NOW***

*Editor's Note: The haikus above were written by Michael Moore and can be found in his book, Haiku Landscapes: Traditional Western Haiku. His other books include Chocolate Chips (contemporary Haiku), Contemporary View of Haiku and Vista Contemporánea de Haiku, which is bilingual.*

**REGIONAL ORTHOPAEDIC**  
SPORTS MEDICINE CENTER

**Robert P. Roye, M.D.**  
Diplomate-American Board of Orthopaedic Surgery  
Fellow-American Academy of Orthopaedic Surgeons

- Sports Medicine & Arthroscopy
- Joint Replacement Surgery
- Hand & Wrist Surgery
- Occupational Medicine
- Fracture Repair
- Reconstructive Surgery
  - of Elbow & Shoulder
  - of Hip & Knee
- Arthroscopic Rotator Cuff Repair
- Arthritis Surgery
- Pediatric Orthopaedics
- Carpal Tunnel Surgery
- Minimally Invasive Joint Replacement

Physical Therapy  
Sports Medicine  
Wound Care  
Work Conditioning  
Industrial Rehab  
Drug Testing

1324 Brown Street  
Suite 100  
Waxahachie  
972-937-8900

[www.regionalorthosportsmed.com](http://www.regionalorthosportsmed.com)

**Now offering** New Weight Program, Ideal Protein as seen at [www.idealprotein.com](http://www.idealprotein.com) or Medication Management Program for weight loss!

- 10+ years experience
- Annual/Sports physicals
- Well-child checks
- Immunizations/flu shots
- Bilingual office staff
- Serving all ages

Accepting new patients

Office Hours  
Monday-Friday 8am to 5:30 pm  
Offering same and next day appointments  
Most insurance plans accepted

**JENNIFER WEATHERLY, D.O., P.A.**  
Board Certified in Family Practice; Nurse Practitioners Also Available  
3250 W. PLEASANT RUN ROAD #160  
LANCASTER 972-274-5200





**WILLIAM BAREFIELD**  
barefiw@nationwide.com

**We help make sure the stuff  
you never think of is covered.**

*Get the right amount of home  
coverage with Nationwide®.*



**Nationwide®**  
**On Your Side**

Auto Home Life Business

**William Barefield Agency**  
707 N. Hwy 67  
Suite 120  
Cedar Hill, TX 75104  
(972) 291-2904



©2006 Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company. Nationwide Lloyd's and Property & Casualty Insurance Companies in TX. Home office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states.

# Mother's Day Indulgence

Chocolate & Cherry Massage  
**\$85**

Savory Chocolate Pedicure  
**\$50**

*All 100% Fat-Free*

Send Mom May 8 - May 16  
and we'll treat her to an array  
of scrumptious refreshments too!

Now at 214 S. Main St. #103  
Lone Star Place - Duncanville  
**972-572-1772**

*Remède Spa & Wellness Center*

*NEW Online Store, Instant Gift Certificates, and More at [www.remedespa.net](http://www.remedespa.net)*



## ADDRESS THE PROBLEM

*Don't just cover the symptoms!*

**We Provide Chiropractic Care For:**

Pregnancy • Birth Trauma • Pediatrics  
Accidents • Sports Injuries  
Falls • Overuse Injuries  
Stress • TMJ • Sedentary Lifestyles

**\$25 1<sup>st</sup> Visit Special**

Comprehensive Exam • Findings Consultation X-Rays (if necessary)  
New Patients Only

**Pittman Family Chiropractic Center**

104 W. Beltline Road, Ste. 9 • Cedar Hill

**972-291-6102**

(Minyard's Center next to Jewelry Box)

# Celebrating Nurse's Week

May 6 - 12

**Save 20%  
Storewide**  
entire month of May!

*"Of course it came  
from Dorothy's!"*

# Nurses Rock!

**Dorothy's Uniforms**

Waxahachie - 1408-A West Jefferson  
Across from Baylor Medical Center  
972-923-2606

Duncanville - 458 E. Wheatland Road  
972-296-1606

*Kim McMullin, RN*  
*Outfit courtesy of  
Main Place Music*





# Award-winning Solutions

— By Beverly Shay

John and Kelly Johnson inspire confidence and enthusiasm from the moment you enter their business, Kwik Kopy Digiprint Solutions for Business, located at 638 E. Centre Park Blvd. in DeSoto. Their family-owned and -operated business has been serving Dallas, Ft. Worth, the Best Southwest and beyond for 17 years, offering way more than mere copy services. John, who formerly worked as a mechanical engineer in the oil and gas industry, made the switch to the print industry just as it was becoming digitized. “Coming in on the cutting edge of the digital revolution was a big boost for us. Many of the area copy/print businesses were owned by families looking toward retirement rather than change. We were ready to plunge ahead,” stated John, exuding confidence and a can-do attitude.

His wife, Kelly, chimed in, “For us, failure has never been an option. John’s wheels are always turning, thinking up more efficient work flow techniques/strategies, as well as marketing ideas for our customers. We have worked really hard at eliminating the ‘dirty print shop with stacks of dusty files everywhere’ picture of a copy/print shop. We have not only come up with a cutting-edge image, we deliver cutting-edge

work.” In fact, they won *QUICK PRINTING* magazine’s Business Excellence Award.

Their business-to-business company, offers professional design, digital-savvy artwork and production, which turns your marketing concepts into reality in two- to four-color, high quality brochures, business cards, documents and even large-format marketing materials, such as posters, architectural/engineering plans and displays using various papers and vinyls. They offer spiral- and hard-bound bindings with tiered tabs or die-cut covers. Whatever you can or cannot think of, they can design, produce and deliver. “We offer design, print and targeted mail marketing solutions all in-house,” remarked Kelly.

“Our success is based on the kind of people we hire: talented, committed, long-term. The kind of work you put out starts with the people you bring in and the equipment you give them to work with,” John stated firmly. He had nothing but praise for their six employees, who work by this motto: “Our emphasis is on QUALITY. Every day. On every job.”

“Our graphic designer, with us for 16 years, does exceptional work. If we need to, we use overflow freelancers. Our lead



## Business NOW

pressman (with us for 13 years) trained his own nephew on the press and bindery," John shared. They have experts in customer service, mailing, press and large-format production and estimates. "We keep our artwork archived at a separate location — just in case," John said.



"The change brought on by digital and Internet technology has really redefined the printing industry," John explained. "There are many spokes on the marketing wagon wheel: direct mail, newspaper/magazine advertising, chamber involvement, e-mail, word of mouth and integrity. To those we add a personalized theme, something previously not possible on the scale it now is with our new digital printer. People respond to personalized brochures and products."

John also maintains a personal touch with his customers by writing personal notes and thank yous each week. "Our business is personal," stated Kelly. "We do what we do for our four girls." Updated family pictures on their brochures have allowed the community to watch their girls grow up. "We put every nickel we had into this business; we have seen God's faithfulness and answers to prayer. And we refuse to participate in economic doom and gloom. We have what it takes to help businesses prosper," Kelly commented.

To get started on a business solution you can confidently trust, consult with the team who keeps their promises. Call Kwik Kopy for your digiprint solutions at (972) 228-3344, e-mail [info@digiprintsolutions.com](mailto:info@digiprintsolutions.com) or visit [www.digiprintsolutions.com](http://www.digiprintsolutions.com). **NOW**

**Don't get stranded in a Marketing Desert!**

**<CompanyName>>**  
**<<City>> ➔**

**We can show you how to get <PERSONAL> with your customers!**

**digiprint Solutions for Business**

**Kwik Kopy**

**DESIGN • PRINT • MAIL**  
Serving Dallas/Fort Worth & the Best Southwest since 1992

**Ask us about Variable-Information Printing and One-To-One Marketing Solutions!**

638 E. Centre Park Blvd. • DeSoto • **972.228.3344** • [www.digiprintsolutions.com](http://www.digiprintsolutions.com)

*Making your kitchen dreams a reality*

**\$45 per square foot**  
5 colors to choose from  
**No hidden waste charge**

Visit our showroom to see our selection of beautiful granite slabs  
Free estimates available

**ZODIAQ** QUARTZ SURFACES  
**caesarstone** Quartz Surfaces  
**LaViatera**  
**SILESTONE**

**MTM Services**

2460 Hwy. 287 N. • Mansfield • 817-477-8663 [www.mtmcountertopservice.com](http://www.mtmcountertopservice.com)

Showroom Hours: Mon-Fri 8am - 5pm Sat 10am - 2pm





Roderick Bond and his daughter, top left, posed for the camera during the Lions Club Pancake Breakfast. A ribbon cutting was held, top center, at Lane Bryant in Uptown Village. Two CHS students, top right, volunteered at the pancake breakfast. Don McBurnett, bottom left, enjoyed breakfast with his family. One of the Cedar Hill Lions Club members, bottom right, spent the morning flipping flapjacks.



**Firestone**  
**American Discount Tire**  
**WE BEAT ANY TIRE PRICES!**  
**BRIDGESTONE**  
**TOTAL AUTO SERVICE**  
**110 N. Clark Rd • Cedar Hill 972-293-2222**



**Loreann**  
SPA CLINIC  
*Transforming your Mind, Body and Soul*  
4136 S. Carrier Pkwy  
Suite 400  
Grand Prairie, TX 75052  
(972) 266-5788  
Se Habla Español



**An excellent college preparatory experience ... close to home.**  
**Currently enrolling for the 2009-2010 school year. Call today for registration information!**  
*Open for Tours Every Tuesday & Thursday from 9:30 - 10:30*  
**THE CANTERBURY EPISCOPAL SCHOOL**  
1708 N. Westmoreland Road • DeSoto • 972-572-7200  
[www.thecanterburyschool.org](http://www.thecanterburyschool.org)  
Visit our website for summer sports camp schedule!  
*Grades K-12 • Small class size • Award winning athletic, academic & fine arts programs • Honors/AP Courses • Spanish K-12*  
*Over \$1,400,000 in college scholarships offered to 2009 graduating class!*

**Tired of waxing, shaving & tweezing? Try our laser hair reduction system, it's gentle & effective.**  
Laser Hair Removal • Laser Skin Rejuvenation  
Laser Vein Treatment • Deluxe Massage  
Customized Facials and Peels  
Permanent Makeup • Natural eyelash extensions  
**Ask about our Spring Specials**  
*Call us today and receive*  
**50% Off Laser Treatments!**  
**10% Off any Facial and Massage**  
[www.loreannspa.net](http://www.loreannspa.net)





DeSoto ISD coaches for Success Mentors, top left, accepted a school supply donation from Metroplex Toyota and The Automotive Edge Radio Show. Canterbury Gala co-chairs Erika Hemphill and Amber James, top center, are pictured with the auction company of Charla Kitch and Murad Auctioneers. Superintendent Lloyd Treadwell and board president Don Gant, top right, congratulated Director of Communications Beth Trimble. The DHS boys basketball team, bottom left, posed with their trophies. Wanda Gardner and a friend, bottom right, were all smiles during Wanda's going away party.



**RRR**  
1997

**WANNA GET AWAY???**

Celebrate Mother's Day, but after all that "family togetherness," come relax, recline, refresh or pick up a few for you and the guys cuz you have to smoke outside!!!

- Premium cigars, tobacco products & accessories
- BYOB Lounge

**FREE**  
1 Month Membership  
(New Members only)  
Valid 5/1 - 5/31/09

Make us your UFC Sports & Poker destination

100 S. Main St. Duncannonville  
949 N. Hwy 67, Cedar Hill  
**972-57-CIGAR**

**Want to learn to ride a motorcycle or enhance your riding skills?**

**Then give us a call today to schedule your class.**

**Basic Rider Course:** Motorcycles, helmets & student workbooks provided. 15-18 year old students must have either a learner's permit or valid Class C driver's license.

**Experienced Rider Course:** Students use their own motorcycle & DOT approved helmet. Recommended 3 months or 6,000 miles riding experience.

Our on-cycle training site is a controlled riding environment that has been approved by the Texas DPS & the Motorcycle Safety Foundation.

**The Smart Course for the Beginner and the Experienced Rider!**

Gift Certificates Available

**ADVANTAGE MOTORCYCLE TRAINING**  
ALERTRIDER.COM

www.alertrider.com

Cedar Hill | 972.291.5905 Local | 877.291.5905 Out of Area





Addison Dedeluk, top left, attempted to build her own birdhouse during a recent workshop. Ribbon cuttings were recently held at: Advanced Services, top center, and Genghis Grill, bottom left. Jon Pennebaker, top right, spent quality time helping his grandson build a birdhouse at the Keep Duncanville Beautiful Spring Garden Workshop. Ciera Phillips, bottom right, was named the Chamber Student of the Month for February. She is shown with Sheila Casey, the education committee chairperson.

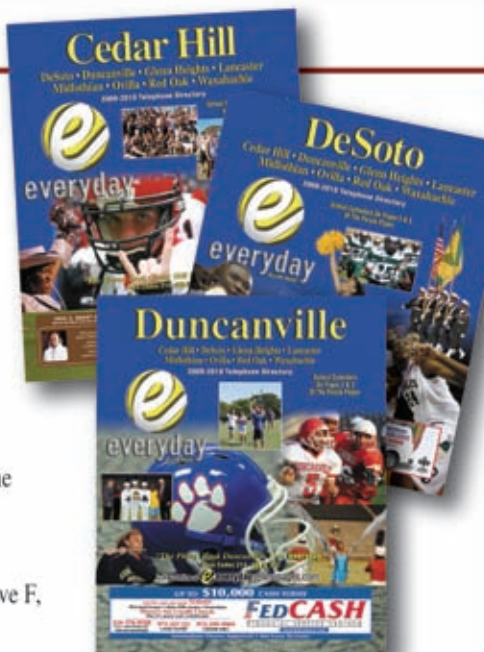


## Everyday Yellow Pages Being Delivered in Southwest

Established in 2001, Everyday Yellow Pages issued its first directory in Arlington, TX. The company has expanded its distribution to include six books covering twenty six cities. The Southwest Regional directory began last year covering Cedar Hill, DeSoto, Duncanville, Lancaster, Ovilla, Midlothian and Red Oak. Waxahachie has been added this year for a total distribution of 120,000 directories to be delivered in May. Everyday Yellow Pages has worked closely with each of the school districts to design the cover and include student artwork and school schedules. Our unique distribution provides the most complete, accurate and comprehensive directory for our whole region.

The Midlothian office, located at 218 West Ave F, services this area with a team of dedicated Multimedia Sales Representatives. Each team member helps business owners grown both through both our print products and through the Internet on [www.everydayyellowpages.com](http://www.everydayyellowpages.com) and search engines like Google and Yahoo. For more information on how to promote your business or get a directory call 888-775-1669.

 [everydayyellowpages.com](http://www.everydayyellowpages.com)



Most Separates **\$2.99**

New • Gently Worn • Plus • Misses  
**NOW Accepting  
Summer Consignments**

**Huge NEW Selection  
of Blouses**

- Business
- Casual
- Formal Wear
- Suits & Hats
- Shoes  
(sizes 6-12)
- Jewelry & Accessories



**Bailey's  
Upscale Resale**

[www.BaileysCedarHill.com](http://www.BaileysCedarHill.com)  
Hwy 67 & FM 1382 • Cedar Hill  
972-293-9992 • (next to Jo-Ann's Superstore)



YOU WATCH SPORTS. WE CUT HAIR. REPEAT EVERY 3 WEEKS.



**SportClips**

HAIRCUTS

GUYS WIN

NO APPOINTMENT NEEDED!  
OPEN EVERY DAY!

**213 N. Hwy 67**

CEDAR HILL  
IN FRONT OF J.C. PENNY

**972-291-6464**



Simply Skin Medical Spa

**SIMPLY SKIN**  
Medical Spa

**STIMULUS PACKAGE**

- \$40 OFF CHEMICAL PEELS & MICRODERMABRASION
- 20% OFF SCLEROTHERAPY (VEIN REMOVAL TREATMENT)
- 30% OFF LASER HAIR REMOVAL OR BUY ONE AREA GET ONE FREE (OF EQUAL OR LESSER VALUE)

FREE BOTOX ASK US HOW

**CareCredit**

Check out MORE SPECIALS online @ [www.simplyskinmansfield.com](http://www.simplyskinmansfield.com)

Join us for  
food, drinks & full correction  
May 7, 2009  
call us for details

*Restylane*  
redefining beauty

CALL TODAY 817.477.9191

121 W Debbie Lane Suite 115 Mansfield, TX 76063

Roderick P. Diggs III, MD. PA. FACOG  
Board Certified in Obstetrics  
& Gynecology



## ESSURE

Permanent Birth Control

- \*No Incision
- \*Quick Return to Normal Activities
- \*Performed In Doctors Office
- \*Hormone Free
- \*Confirmation Test

Accepting most insurances

Office Hours  
Monday-Thursday: 8:30 am - 5:00 pm  
Friday: 8:30 am till noon

**817-539-7240**



**GRACE**  
Women's Center

Located in the Mansfield  
Methodist Hospital Professional  
Building ste. 214

2800 East Broad St.  
Mansfield, TX  
[www.gracewomenscenter.com](http://www.gracewomenscenter.com)

*"Listening, Educating,  
Healing ... One Woman at a Time."*





# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH LINDSEY MORENO

### BLUEBERRY BUCKLE BATTER

2 cups flour  
2 tsp. baking powder  
1/4 tsp. salt  
1/4 cup room temperature butter  
3/4 cup sugar  
2 eggs  
1/2 cup milk  
1 tsp. vanilla  
2 cups fresh blueberries

#### TOPPING:

1/3 cup sugar  
1/2 cup flour  
1 1/2 tsp. cinnamon  
1/4 cup cold butter

Preheat oven to 350 F. Combine flour, baking powder and salt in a bowl; set aside. Cream butter and sugar. Beat in both eggs; add milk and vanilla. Pour flour mixture over wet ingredients. Stir well, but do not over mix. Fold in blueberries. Spoon into bread pan or muffin tin. Combine dry ingredients of topping. Mix butter into dry ingredients with your fingers to create a crumbly topping. Sprinkle over bread or muffin batter. Bake at 350 F. For bread: 2 small tins for 50 minutes or 1 large loaf for 60 minutes. For muffins: 20-25 minutes.

### GINGER'S SWEET BAKED BEANS

6 strips bacon, cut in half  
48-oz. jar northern white beans (strain beans, reserving some canning liquid)  
3/4 cup ketchup  
3/4 cup light brown sugar  
1/2 tsp. mustard  
1/2 onion, chopped (or to taste)

Cook bacon on low until firm but not crunchy. Combine beans, ketchup, sugar, mustard and onion. At this point, you can add some of the extra canning liquid to ensure a moist mixture. Mix in bacon strips, reserving 3 for the top. Pour into baking dish. Bake uncovered for 2 hours at 300 F.

### AUNT SALLY'S CHICKEN SALAD

#### DRESSING:

1/2 cup mayonnaise  
1/2 Tbsp. mustard  
2 Tbsp. sugar

#### SALAD:

4 eggs, boiled and chopped  
2 cups cooked chicken, cubed (boil and salt, to taste)  
3/4 cup celery, chopped  
1/4 cup onion, chopped  
1 box sea shell noodles, cooked  
1 8-oz. can chunk pineapple

Combine dressing ingredients; mix well. Combine remaining ingredients in large bowl and toss with dressing. Chill before serving.

### GRILLED SUMMER FRUIT

nonstick cooking spray  
3 firm but ripe nectarines, halved and pitted  
3 firm but ripe plums, halved and pitted  
3 firm but ripe apricots, halved and pitted  
6 metal or wooden skewers, soaked in water 30 minutes  
3 Tbsp. sugar  
vanilla ice cream (optional)

Spray grill rack with nonstick spray; preheat grill to medium-high heat. Thread one piece of each fruit on each of six skewers so cut sides line up and lie flat. Sprinkle sugar over cut sides of fruit. Let stand until sugar dissolves, about 10 minutes. Place fruit skewers on grill, cut side down. Grill fruit until heated through and caramelized, about 5 minutes. Serve with a scoop of ice cream.

### SNOW-CAPPED PIE

*Here's a Dutch treat from my table to yours. Not really a summer dish at all, but one that will soon become a family favorite!*

3 egg whites, room temperature

While growing up in West Michigan, Lindsey Moreno loved to help in the kitchen, especially baking cookies with her mom and grandma.

"I grew up in a primarily Dutch community with the normal Midwestern staples — meat and potatoes," she explained. "Working as a server in fine dining in Dallas opened my eyes to the world of food and flavor. The Euro-bistro cuisine helped develop my palate to enjoy a variety of new things! I now try to create or replicate dishes with a more diverse flavor profile."

When Lindsey is not being creative in her own photography business, she enjoys spending time with her husband, Beto, traveling, discovering antique treasures and grilling outdoors. "I love to base my recipes around the seasons and what is fresh," she said. "Spring and summer are the perfect time for grilling light, refreshing dishes!" **NOW**

1 tsp. vanilla  
3/4 cup sugar  
1 tsp. baking powder  
1 4-oz. bar German Chocolate, chopped (reserve 2 Tbsp. for topping)  
1 cup Ritz crackers, crushed  
1/2 cup walnuts, chopped  
Cool Whip, or fresh whip cream

Preheat oven to 350 F. Grease a 9-inch pie plate. Whip egg whites and vanilla to soft peaks. Gradually add sugar and baking powder; beat until stiff peaks are formed. Fold in chocolate, crackers and nuts. Spread in pie plate; bake for 25 minutes. Cool and chill for 6 hours. Prior to serving, top with whip cream and grated chocolate.

### RASPBERRY CHIPOTLE BBQ CHICKEN

1 jar raspberry preserves  
2 chipotle peppers (small can of chipotle peppers in adobo sauce found in Latino section of grocery store)  
chicken stock  
1 lb. chicken (I use boneless, skinless breasts.)  
salt and pepper, to taste

In blender, combine raspberry preserves, chipotle peppers and small amount of chicken stock to thin the mixture; puree. Strain pureed mixture to ensure smooth consistency free from seeds. Divide mixture for grilling and dipping. Set aside. Preheat grill to medium-high heat. Sprinkle both sides of chicken with salt and pepper. Brush one side of chicken with sauce (if using skin-on chicken, start with skin side to ensure a crispy crust). Place brushed side down on grill. Grill on each side, approximately 5 minutes each, until cooked, brushing on additional sauce as needed to create a nice crust. Remove from grill and serve with summer vegetables or a spinach salad with raspberry vinaigrette.

*To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).*



# FREE Home Security System

**\$850  
VALUE**

at NO COST to you for parts and activation with only a \$99 Installation Fee and the purchase of alarm monitoring services. Terms & conditions below.

**DFW's ADT Authorized Dealer**  
Locally Owned and Operated



## Benefits

- Peace of Mind
- Complete customized security solution
- Save up to 20% on your homeowner's insurance
- 24/7 Protection



**SecureX Protective  
SERVICES**

**888-TEXAS-70**

[www.securexps.com](http://www.securexps.com)



**This is the latest home security technology available!**



**Complete Wireless  
System Two-way  
Voice Capability**

- 3 - Doors/Windows**  
**1 - Motion Detector**  
**2 - Keychain Remotes**

**\$300**

**In Groceries\***

Activate your service within the next 30 days and we'll provide you a voucher for \$300 in groceries.

\*This incentive is offered exclusively by SecureX Protective Services & NOT ADT Security Services, Inc. Offer valid for new activations only. Offer expires 04/15/2009.

Promo Code: **HMAG 0309**



\$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$35.99 per month (\$1,295.64). Two-way Voice capability will incur an additional monthly charge. Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT Security Services, Inc. Other rate plans available. Cannot be combined with any other offer. TX License #B15465.

**↓ Did I set my alarm system today? ↓**

## Virtual Keypad



- Arm and disarm your system from any computer or internet enabled cell phone.
- Receive alerts via e-mail or text.

Packages start  
as low as  
**\$299**  
installed

**Call for a  
FREE  
Security  
Analysis!**



- Find out if and when the kids came home.
- See who's at the front door.
- See video of your home from any computer or web-enabled phone.



**Integrated  
security & video  
solutions for  
your home and  
business.**

FREE HOME SECURITY SYSTEM/UPGRADE with purchase of a Security Enhanced Package. \$199.00 Customer Standard Installation Charge. Standard Installation charge covers installation of security system, components for "Virtual Keypad" and basic camera package. Monitoring is provided by SecureX Protective Services via United Central Control. 36-Month Monitoring Agreement required at \$44.99 per month (\$1,619.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new customers only. Other rate plans available. Cannot be combined with any other offer.

**SecureX Protective  
SERVICES**  
TX License #B15465



# Time to Boost Your College Savings?

Do you have school-age children? If so, the end of the school year means that your kids are now one year closer to college. That means you have even more incentive to launch a college savings strategy—which is essential these days.

During a tough economy, states are scrambling to meet budget shortfalls. As a result, state legislatures may be forced to scale back their support to public colleges and universities, which in turn may raise their tuition. Furthermore, college endowments have been hit hard by the financial crisis; from July through November 2008, endowments suffered more than \$94 billion in investment losses, according to a survey by the National Association of College and University Business Officers and Commonfund Inc. Private colleges and universities, which are especially dependent on endowment income, are slashing budgets and warning that continued

endowment declines could lead to financial aid cutbacks.

Obviously, you can't control the economy, state legislators' actions or the fortunes of endowment funds. But here are some things you can do to help prepare yourself for those future college bills:

- **Contribute to a Section 529 savings plan.** In a 529 plan, you invest money in specific securities, managed by professionals. Contribution limits are high, and all withdrawals are free from federal income taxes, as long as the money is used for qualified higher education expenses. Withdrawals for other types of expenses may be subject to federal and state taxes plus a 10 percent penalty. In addition, contributions are tax-deductible in certain states for residents who participate in their own state's plan. Because tax issues for 529 plans can be complex, you will want to consult with your tax advisor.

Of course, if you already have a 529 plan, your savings probably took a pretty big hit last year and in the first few months of this year, as well. In response to the downturn in the financial markets, the IRS has ruled that, for 2009 only, 529 plan account owners can make investment changes twice in the calendar year, rather than just once. This gives you more opportunities to rebalance your 529 plan investments in a way that could help reduce the

effects of volatility.

- **Open a Coverdell Education Savings Account.** Depending on your income level, you can contribute up to \$2,000 annually to a Coverdell Education Savings Account (ESA). Your Coverdell earnings and withdrawals will be tax-free, provided you use the money for qualified education expenses. (Any non-qualified withdrawals from a Coverdell ESA may be subject to federal and state taxes, plus a 10 percent penalty.) You can fund your Coverdell ESA with virtually any type of investment — stocks, bonds, certificates of deposit, etc.

- **Open a custodial account.** You can place assets in a custodial account — a UGMA or UTMA account — for your child's college education. Although your child will own the account as soon as it is established, you have control of it until the child reaches the age of majority, usually 18. At that point, your child can collect the assets — which again can be in the form of almost any type of investment — and use the money for college.

Whichever vehicles you choose to create a college fund, start soon. In building your savings to meet the high costs of higher education, time is your greatest ally. **NOW**

*Contributed by the Edward Jones representatives in Cedar Hill.*



**Welcome Home**

Red Bird Village  
APARTMENT HOMES

Generous 50+ & Senior Discounts  
Neighbors Like You  
Lush Landscaping and Sparkling Pools  
Peaceful & Tranquil



**Utilities Included**

803 Link #11 • Duncanville • 972-298-5311

**What would YOU do with \$8,000?**


**Time is Running Out!**

For more details about the **First-time Homebuyer \$8,000 Tax Credit**. Please call the number below.



**Debra Jones**  
New Home Information Center  
Real Estate Agent, MBA, Notary  
[www.debrajones.com](http://www.debrajones.com)  
**469-658-6964**  
*"We Make Dreams Come True For You"*






**The Natural Choice**  
for  
*Natural Beauty*

**Mansfield Cosmetic Surgery Center**

**Popular Cosmetic Surgery Procedures:**  
Breast Augmentation  
Breast Lift | Breast Reduction  
Tummy Tuck | Abdominoplasty  
Liposuction | Body Contouring  
Face / Neck Lift | Blepharoplasty  
Hand Rejuvenation | Fat Transfer

**Aesthetic Services & Skin Care Products:**  
Botox® Cosmetic  
Injectables / Dermal Fillers  
Obagi® & SkinCeuticals®  
IPL / Photofacials  
Microdermabrasion  
Chemical Peels\*

\*Performed by our licensed aestheticians.



Michael L. Thornton, D.O., FACS  
Fellowship-Trained Cosmetic Surgeon

601 Strada Circle, Suite 108  
Mansfield, TX 76063

**MANSFIELD**  
cosmetic surgery center

817-477-9000  
www.mansfieldcosmeticsurgery.com

## YOU CAN'T CONTROL THE WORLD, BUT YOU CAN CONTROL YOUR DECISIONS.

Sometimes the market reacts poorly to world events, but just because the market reacts doesn't mean you should. Still, if current events are making you feel uncertain about your finances, you should schedule a complimentary portfolio review. That way, you can make sure you're in control of where you want to go and how you get there.

*Call or visit your local advisor today.*



**Darryl L. Fenton**  
104 W. Beltline Rd #10, Cedar Hill, TX 75104  
(In Minyard Shopping Ctr)  
972-291-6685

www.edwardjones.com



**Charles D. Peyton, AAMS**  
241 E. FM 1382 #318, Cedar Hill, TX 75104  
(In Kroger Shopping Ctr)  
972-293-2010

Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

**Grand Prairie and DeSoto  
Child Placement Agency is  
Now Recruiting  
Foster Parents**

Hours: 24/7

Reimbursement is \$1929.60 to \$4080.00 a month depending on # of kids and state level.  
(Foster Care reimbursements are for the Child's Room/Board and Care)

For more information call  
**Desired Qualifications**  
**469-487-0025**



Child placing Agency is recruiting Foster families interested to verify their license to care for foster children. (The Agency is Licensed by the Texas Department of Family and Protective Services)(TDFPS) for placement of children that are removed due to abuse/neglect)

**GET NOTICED!**

Trade Shows, Events, Fairs, Meetings, Golf Tournaments, You Name It!



Improve Image, Morale & Productivity  
Convenient location  
No Minimum orders  
Shocking quality  
Fast turnaround

**EmbroidMe**

Call 972.293.3003

140 W FM 1382 #177 • Cedar Hill



Screen-printing

**A Reverse Mortgage  
can solve your  
cash flow problems!**

**Call  
Cliff Boyd**

**Reverse Mortgage Specialist**

**972-780-0302**

**Split Endings Salon** **972.291.7883**

"Formerly the Hair Centre"

**Our Staff is Experienced in**

- Latest Cuts & Styles • Corrective Color & Highlights
- Heather is a Certified Great Lengths Extensions Stylist
- Walk-Ins Welcome • Up-Do's, Weddings, & Special Occasions

Men, Women & Children's Cuts  
NEW Clients Only

**\$5 OFF Haircuts • \$10 OFF Any Chemicals**



*Your Personal Image Is Our Success!*

Owners: Darla & Daniel Haydin

**Full Service Family Salon**

201 Bryan Place Cedar Hill • Corner of Straus Rd



## Helping Women Heal From the Inside Out

— By Dr. Gayle L. Smith-Blair

For women, being healthy means far more than merely getting a checkup. There is also a strong mental health component to superior health care. It is important to have a doctor who treats the whole person.

Many women suffer from mood disorders such as: depression, bipolar disease, PMS-mood related symptoms, post partum depression, psychosis, anxiety disorders and substance abuse. But there is also the “overwhelmed mom syndrome,” where women have overextended themselves with extracurricular activities.

Usually, you see this kind of overload when women get married, start having children, and are trying to balance career and family responsibilities. They become overwhelmed when they just cannot do it all. It is important to find out where things are missing and where more balance is needed. Sometimes, it means letting some extracurricular activities go, spending some alone time or sometimes it means medications.

Mental health professionals hope to debunk the myth that women do not need help. Women have traditionally taken on the role of primary caregiver. They spend more time worrying

and caring about other family members than themselves. That is why it is so very important for women to realize it is not a weakness to ask for help.

### Suggestions for Improving Women's Mental Health

- Prioritize. What do you really value in life? Make a list of what's important to you and then make a pact with yourself to let go of things that get in the way of attending to your priorities.
- Give yourself the “okay” to be less than perfect.
- Ask for help — not just from your partner, but from anyone that might be willing.
- Set aside time for yourself every week — even it is only an hour.
- Focus on things you like about yourself and your body and surround yourself with people who have a healthy perspective about food, weight and their bodies.
- Eat healthy foods.
- Get active. Women of all sizes can be active. Exercise can help you feel better about your body and give you more energy. **NOW**

Dr. Gayle L. Smith-Blair  
Trinity Women's Center

## Get the Largest Refund Allowed by Law!



- Over 25 years in business and 150 offices nationwide
- Personal and small business income tax planning and preparation
- Debt elimination
- Credit restoration

### Complete Professional Tax Consulting



613 Uptown Blvd  
Suite 102 • Cedar Hill, TX  
**972-782-2251**

325 S. Cedar Ridge Dr.  
Duncanville, TX  
**972-283-0503**



1126 S. Cedar Ridge, #102,  
Duncanville,  
South of Wheatland Rd.  
972-572-9191

**Complete Line of:**

- Uniforms
- Medical Scrubs
- School Uniforms & Dress Code Apparel
- Professional Apparel
- Industrial to Career
- Embroidery
- Silk Screening.

[www.absoluteuniform.com](http://www.absoluteuniform.com)

Expires 5/31/09

**20%**  
on your next purchase

## DO YOU HAVE ALLERGIES? NO DRUGS, NO NEEDLES

Call For your  
**FREE Consultation**  
**Dr. Glenn Dooley D.C.**  
630 N. Hwy 67 Suite 7  
Cedar Hill, TX  
**972-291-3466**  
[www.doctordooley.com](http://www.doctordooley.com)



# Hearing Solutions

## Ask About Our Payment Plans

- Latest in Hearing Instrument Technology
- Free Hearing Aid Demonstrations
- 30 Day Hearing Aid Trials
- Diagnostic Hearing Evaluations
- Hearing Aid Repairs
- Batteries and Hearing Aid Supplies
- Musician Earphones and Molds
- Hunter's Ear Protection
- Auditory Rehabilitation Therapy
- Insurance Welcome
- Medicare Accepted
- Satisfaction Guaranteed



Barbara J. Parker, Ph.D. CCC-A  
Audiologist

www.swshc.com



**Serving Your Community Since 1997**

2715 Bolton Boone, Suite C • DeSoto, TX 75115  
Near Charlton Methodist Hospital  
972-572-5582

*ChristWay is a non-denominational, primary and secondary, biblically integrated, college preparatory academy striving to produce well-rounded citizens and fully devoted followers of Jesus Christ.*



- K3 thru 12th Grade
- Athletics in elementary and secondary
- High School College dual-credit offered through Mountain View College
- A secure, caring Christian atmosphere
- Low teacher-to-student ratio
- CWA is a co-educational school, that offers children a college preparatory curriculum and bible-based education.

## Sign up today for the Christway Academy Summer Program!

We offer a fun-filled program  
for ages 3-10!

**Enrollment is \$90**  
Starts June 8 for 10 weeks



**ChristWay Academy**

*Mission Statement:  
It is ChristWay Academy's  
mission to educate children  
Christ's Way.*

419 N. Cedar Ridge Drive  
Duncanville, TX 75116  
972-296-6525

**PROADJUSTER**

**Chiropractic Clinic, Inc.**

Dr. Lesa G. Ansell, D.C., R.N.



**Do you suffer from:**

- Multiple tender areas
- Sleep disturbance
- Fatigue
- Body aches
- Chronic muscle pain or aching?

**Let us Help!**

405 W. BELTLINE RD. • CEDAR HILL  
(at Main Street) 972-291-1992

**Call about our New Patient Special**



**KFN**

www.kidsforthenations.com  
kfn@cfni.org/214.302.6335



KFN Camps are a ministry of Christ For The Nations

Summer Day Camp  
**for KIDS ages 5-12**  
**JUNE 29-JULY 3, 2009**  
**JULY 6-10, 2009**

**KFN**



**chameleon**  
medical spa

www.chameleonmedspa.com

Your Gateway to Transformation

**Want to...**  
Melt Fat? Reduce Cellulite?  
Tighten and Firm Skin?

Also, ask about our  
Mothers day special!

The LIPO-EX uses cutting edge radio frequency technology to achieve these results. It is safe and the most effective non surgical procedure in body sculpting. In Fact, LIPO-EX is such a relaxing treatment that it feels like a hot stone massage.

**BOTOX®** **RADIESSE®**  
A NATURAL LOOK THAT LASTS

- Mesolipotherapy
- LIPO-EX (RFAL)
- IPL/ FOTO FACIAL
- Laser Hair Removal
- Chemical Peels
- Medical Grade Skin Products
- Jane Iredale Mineral Make-up and more...

Call now for your free consultation  
**972 296 2045**

Now open Saturdays



**TAZAT**  
**Boot Camp**  
**4 WEEK OUTDOOR ADVENTURE**

**YOU CAN'T AFFORD TO MISS!!**

*Plyometrics  
Core Strength  
Circuit Training  
Obstacle Courses  
Weight Training  
Kickboxing  
& so much more!!!*

**Now in Duncanville**  
**Call 972.572.1772 to register**  
**Guided by Joi Mairret C-CPT**



Our goal is to provide you and your family with the best dermatology medical/surgical care as well as to ensure outstanding service and patient satisfaction.

Expert Treatment for: Acne, Skin Cancer, Moles, Eczema, Sun Damaged Skin, Fungal Infections of Skin & Nails, Psoriasis, Warts, Hair Loss, Wrinkles: Botox and Restylane Injections

**DERMATOLOGY INSTITUTE**  
Skin, Hair & Nail Diseases

Dr. Bill V. Way, FAOCD

706 West Center Street • Duncanville, TX 75116  
**972-780-0707 • www.dermatologyinstitute.us**  
Office Hours: M-F 8am - 5pm



**FREE Wine Tasting**  
**EVERY FRI. & SAT. 11AM-8PM**

*WineAlicious*

OPEN  
TUES. -THURS. 11AM- 7PM  
FRI. & SAT. 11AM-8PM

**POETRY NIGHT**  
THE 4TH SAT.  
OF EACH MONTH  
7PM

100 South Main  
Suite 112 at Main Station  
Duncanville 972.709.2100



**New Patient  
Specials  
Free Whitening**  
with completion  
of x-rays & exam

Accept most insurance plans

**invisalign**  
Orthodontic  
Treatment

**JOHN H. KNOWLES, D.D.S.**  
SPECIALIZING IN FAMILY & COSMETIC DENTISTRY

216 DALTON DRIVE  
DeSOTO, TEXAS 75115  
(972) 274-2900  
(972) 274-2024 FAX



**One FREE Cleaning Service**  
Specializing in  
House Cleaning  
Commercial  
Auto Detailing

Call for details.

Save time, money and frustration.  
**One Stop Shop Cleaning Company**  
Free Estimates!

**Elite Services**  
**469-272-7827**  
Mon. thru Sat.  
9am-5pm  
Licensed, Insured and Bonded





# Handy Man Crew

## WE CAN DO IT ALL!

- Fence Repair & Installation
- Paint - Interior & Exterior
- Custom & Rough End Carpentry
- Tile Installation & Removal
- Wood & Laminate Flooring Installation
- Tree Trimming & Removal
- Tape, Bed & Texture

No Job Too Large or Small  
We Honor Competitors' Coupons  
Quality Service at Affordable Pricing

**Mention This Ad  
for 10% Off**



**469-569-5431**



**Joe W. Potter, DDS, PA**  
**Brandon K Florence, DDS**

207 W. BELTLINE ROAD • CEDAR HILL, TX 75104 • (972) 291-1501



- General & Cosmetic Dentistry • Experienced Friendly Staff
- Digital Radiography • Whitening • Diagnodent (early decay detection)
- ViziLite (oral cancer screening) • Appliances (snore guard, headaches)
- Conscious Sedation • Most insurances accepted

**972-291-1501** [www.joewpotterdds.com](http://www.joewpotterdds.com)

**Dotson Radiator**  
4th generation entrepreneurs

**Receive 10% OFF**  
All Service & Repairs  
(one coupon per customer per service)

Complete Heating & Cooling Service  
Regular Maintenance  
593 Jealousy Way, Suite B & C  
Cedar Hill, Tx 75104 • 972-291-9925  
[www.dotsonradiator.com](http://www.dotsonradiator.com)



**SINCE 1939**  
OLDEST Air Conditioning - Heating Company in Dallas Co.

*Free Estimates* **Wolverton Air**

Heating & Air Conditioning  
Sales & Service



Over a century of total experience to serve you.  
Voted the Best A/C Co. in the Best Southwest 9 years in a row. Among the first 150 A/C Companies to be licensed in Texas.

**Ask Us About - Air Purification-UV Lights**

**972-296-2665 (COOL)**

Lic: TACLA000133C • [www.wolvertonair.com](http://www.wolvertonair.com)

**CHECK & SERVICE**  
of your  
Heating  
System

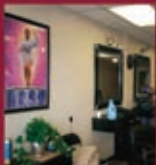
**\$10 OFF**  
per system

Residential Units Only. Not valid with any other offer. Exp. 5/31/09



If you're looking for  
A Comfortable Work  
Environment in a great  
location with heavy  
traffic and lots of walk-ins,  
then 211 Hampton Salon  
is the place!

Looking for Six Licensed Stylists  
with some clientele.



*211 Hampton Salon*

M.J. 972.223.2330 • Cell 972.375.1286  
917 N. Hampton, Ste 211 • Desoto  
Hampton/Pleasant Run Shopping Center

Prescription Eyewear • Sunglasses • Contact Lenses • One-hour Service Available

**CLARITY OPTICAL**

We carry designer brands such as: COACH, MICHAEL KORS,  
BANANA REPUBLIC, NIKE & HUGO BOSS, DKNY

**2 Pairs of Glasses \$99**

Some restrictions apply. With coupon only. Expires 5/31/09



Most Insurances Accepted: Spectera, EyeMed, SuperiorVision, DavisVision and many more ...

**140 W. FM 1382 Ste. 150 • Cedar Hill (in the Cedar Hill Town Center) 972.293.6444**



**TRADE DAYS  
OF WAXAHACHIE**  
**ELLIS COUNTY EXPO CENTER**  
**May 23 & 24**  
**Saturday 9-5 Sunday 9-4**

Handmade Arts & Crafts • Food Concessions  
Kids Activities • Clothing • Accessories and More!

**COME CELEBRATE  
MEMORIAL DAY WITH US!**

For vendor information call Les Clemons 972.617.8156  
**2300 W. US HWY 287 • WAXAHACHIE**

take the  
**plunge**

**Sunday  
9:00 &  
10:45 a.m.**

Trinity Church

1231 E. Pleasant Run Rd.  
Cedar Hill 972.291.2501  
[www.trinitychurch.org](http://www.trinitychurch.org)

**Are You Ready for Summer?**  
**FREE MONTH!**  
**with enrollment**

**snap**  
FITNESS • 24-7  
fast • convenient • affordable

**Call Now: 972-572-9993**  
723 W. Wheatland Rd. • Duncanville  
(Near Tom Thumb in The Village Shopping Center)

Ask about family specials. Limited time only! Offer expires 5/31/09.  
Some restrictions may apply. Stop by for details.

 =

**DISCOUNTS.**

See me today and get the discounts  
and service you deserve.

  
Walter Williams, Agent  
642 Uptown Blvd., Suite 190  
Cedar Hill, TX 75104  
Bus: 972-293-1300 Toll Free: 800-589-9483  
[walter.williams@statefarm.com](mailto:walter.williams@statefarm.com)  
See habla español



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.  
PHOTO BY  
[statefarm.com](http://statefarm.com)

# May 2009

## Community Calendar

### Every Monday and Tuesday

Cedar Hill Recreation Center presents Caliente Salsa: 8:00-9:30 p.m. Monthly Fee: \$50, for ages 12 and older. Learn the Salsa, Cha Cha, Rumba, West Coast and Fast Step Swing, Lindy Hop, Latin Hustle and more.

### Every Wednesday

Rotary Club of Cedar Hill: 7:00-8:00 a.m. at CH Recreation Center, 310 East Parkerville Rd.

### Every Wednesday and Friday

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

### Every Saturday

Cedar Hill Recreation Center presents Star Force One, a dance program including tap, ballet, jazz, hip-hop, lyrical, song and dance and competition dance teams. Beginner to advanced classes for ages 2-adult. Ballet and tap classes available for special needs children. Register at Rec. Center.

### First Mondays

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

### First Tuesdays

Duncanville Education Committee: 11:30 a.m. at Chamber offices. (972) 780-4990.

### First and Third Wednesdays

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

### Fourth Mondays

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

### Fourth Tuesdays

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

### Second and Fourth Tuesdays

Cedar Hill City Council meeting: 7:00 p.m., 285 Uptown Blvd.

### Second Tuesdays

Dallas Area Writers Group: 7:00 p.m. at CH Library. Elizabeth Scott will speak this month on her book about her son's recovery from autism. [www.dallaswriters.org](http://www.dallaswriters.org).

### Second Wednesdays

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

### Second and Fourth Wednesdays

Cedar Hill Business on the Hill: 7:30 a.m. at Chamber offices.

### Third Thursdays

Duncanville Fun After Five: 5:00-7:00 p.m. at various locations.

Visual Artists of Cedar Hill (VACH): 7:00-9:00 p.m. from September through May at the Z.B. Wylie Library, 225 Cedar St. Open to all artists. [www.thevach.org](http://www.thevach.org).

### Third Saturdays

Cedar Hill Star Party: sunset-11:00 p.m. at J. W. Williams Park, 1805 High Pointe Ln. (beside West Intermediate School). Free. Bring own telescope or use ours. (972) 291-1505.

### May 2

Cedar Hill's Mother and Son Super Hero Dance: 2:00-4:00 p.m. at Cedar Hill Recreation Center, 310 E. Parkerville Rd. Cost: \$30 per couple or \$15 per person. Mothers and boys 4-9 are encouraged to dress as their favorite super hero. 5x7 souvenir photo included. Register online at [www.cedarhilltx.com](http://www.cedarhilltx.com) or at the Cedar Hill Recreation Center. (972) 293-5288.

DeSoto's 3rd Annual Mother and Son Black and White Ball at the DeSoto Civic Center, 211 E. Pleasant Run Rd. Doors open at 6:00 p.m. Dance: 7:00-9:00 p.m. Music, dancing and light refreshments. 5x7 portrait included. Cost: \$15/couple. (972) 230-9651.

### May 2, 3

North Texas Kite Competition and Family Kite Fly at Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. Saturday: 10:00 a.m.-5:00

p.m. Sunday: 1:00-4:00 p.m. Kite making for the children on Saturday and AKA kite flying demonstrations/competitions both days. (972) 938-3954.

### May 3

Arbor Day Tree Dedication: 1:00 p.m. at Valley Ridge Park Pond, 2850 Park Ridge Dr., Cedar Hill. (972) 293-5288, ext. 1571.

Youth Fishing Tournament: 1:00-4:00 p.m. at Valley Ridge Park Pond, 2850 Park Ridge Dr., Cedar Hill. Free for children 16 and younger. Texas Junior Anglers will provide loaner rods, reels, bait, tackle and prizes for the biggest fish. (972) 293-5288, ext. 1571.

### May 4

Northwood University hosts prospective students for a day of class observations, campus tours and interaction with faculty and the campus community in a program called My Mondays. Register online at [www.northwood.edu/forms/admissions/tv/mymondays/](http://www.northwood.edu/forms/admissions/tv/mymondays/).

### May 7

Eagle Olympics Gala (auction): 6:30 p.m. at MCM Grande, 151 N. I-35E, DeSoto. Hosted by Concerned DeSoto Citizens and Ellis Hobbs to raise funds for Ellis Hobbs Eagle Olympics for approximately 75 special needs athletes at DeSoto High School on May 8. Contact Rena Thomas for tickets at (972) 274-9795 or [cddesoto@yahoo.com](mailto:cddesoto@yahoo.com).

### May 15

DeSoto's Canterbury School second-graders present *Live Museum* at 2:00 p.m. in the Chafin building.

### May 18

Duncanville Chamber's 12th Annual Golf Classic at the Golf Club of Dallas, 2200 W. Red Bird Ln. Registration/warm-ups/contests: 11:00 a.m.-12:45 p.m. Lunch (provided by Cedar Hill Chick-fil-A): 11:00 a.m.-1:00 p.m. Florida scramble/shotgun: 1:00 p.m. Reception/cocktails/awards/dinner: 6:00 p.m. (972) 780-4990.

### May 28-30

Zula B. Wylie Library Friends Book Sale. Thursday: 5:00-9:00 p.m. Preview sale for staff and friends. Friday: 10:00 a.m.-6:00 p.m. Public sale. Saturday: 10:00 a.m.-4:00 p.m. Items may include books, audio books, CDs, movies and music. Bring donations prior to sale dates.

### June-August

Visual Expressions Creative Arts School is offering Summer Art Camps in Cedar Hill for children ages 5 and over and for teens. Explore mosaics, paint, clay, paper, drawing, water color, pastels, acrylic, mixed media and more. Contact Jennifer at (972) 293-1117 or [info@veartgallery.com](mailto:info@veartgallery.com) or visit [www.veartgallery.com](http://www.veartgallery.com).

### June 6

Mid-Way Regional Airport Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m. Event and parking are free. Breakfast: \$6/adult; one child under 8 eats free with paid adult. Open to public. Classic airplanes and fighters, plane rides, remote control model flyers, The Classic Swing Band and more. Call Tammy at (972) 923-0080.

### June 13

Best Southwest Juneteenth Celebration: 10:00 a.m.-2:00 p.m. at Lancaster Community Park, 11700 Veterans Memorial Pkwy., Lancaster. The Best Southwest cities of Cedar Hill, DeSoto, Duncanville and Lancaster join together to honor the oldest-known celebration of the ending of slavery. Featuring food, children's activities, entertainment, helicopter rides and much more. (972) 218-1305.

### June 19-21

DPW Summer Balloon Classic, an Aviation Extravaganza, at Mid-Way Regional Airport, Midlothian/Waxahachie. Free admission. Parking: \$10. [www.summerballoonclassic.com](http://www.summerballoonclassic.com).

For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).



# DOUG STANLEY FORD

Great Deals. Great Service. It's all here!



*Our New Program Will Save You Thousands!*



## PROFIT PROGRAM



Excludes Speciality Vehicles.

**DEALIN'**  
IN  
**DESOTO**

(866)-YOUR-FORD  
515 N I-35 E SOUTH  
DESOTO

[WWW.DOUGSTANLEYFORD.COM](http://WWW.DOUGSTANLEYFORD.COM)





# *Celebrating Your Health For Women's Health Month*



From left to right: Dr. Gayle Smith-Blair, Psychiatrist; Dr. Cealee Thomas, OB/GYN;  
Dr. Catherine Thomas OB/GYN; Sharon Easter, WHNP; Gina Vincent, WHNP; & Dr. Donald Blair OB/GYN (behind)

  
**TRINITY**  
*Women's Center*

*Compassionate Care For  
Every Stage of  
A Woman's Life*

*visit us:* Monday - Thursday 7:00AM - 6:00PM  
Fridays 9:00AM - 3:00PM  
Ultrasound offered on Saturdays.  
Most insurance accepted. Se Habla Español.

221 West Colorado Boulevard, Suite 431, Dallas, TX 75208  
3450 West Wheatland Road, Suite 235, Dallas, TX 75237  
Methodist Dallas 214 948 7779 | Methodist Charlton 214 446 1240  
Please visit [www.twcforme.com](http://www.twcforme.com)