

The Price of Freedom

The Trip of a Lifetime

Military war veterans are honored for their service and sacrifice

Well-blended and Happy

At Home With Thomas and Terri Bush

H. HENDERSON FOWLE FOWLE FOUNTE FOUNT

EZELLE O, SAULY | 10 HEGDORE R. CURBY | 10 L. MURRILL GOGGIGE | 80 BENNY L. WILSON | 10

KOREAN W

EARE M. SEAY
FERNERIN D. BARTON
CALVIN L. MODNEYHAM
LINEY A. HONZA
JAIK B. RICHARDSON
ANLOLM M. BOND
DWIN M. GURFCKY
DNZO BATES
NYMOND I. TAYLOR
HARLES G. HONGNEY
LINER D. AMERIKA

2015
Mother's/
Memorial Day
Special Section

A Mindset for Speed The Accidental Actress

Summer Fun!

Exclusive Runway-bound Couture

In the Kitchen With Linda Higgins



FREE ½-hour upgrade*

with \$100 in gift card purchases

Massage Envy Spa gift cards: Good for massages, facials and one great mom. Offer ends *Mother's Day-Sunday, May 10*. Hurry in to your local Massage Envy Spa today!



UPTOWN VILLAGE AT CEDAR HILL 305 W. FM 1382, Suite 110, next to Black Eyed Pea (469) 272-ENVY (3689) *DISCLAIMER: Participating locations only. Not valid online or for previous purchases. Offer expires 05/10/15. Min. \$100 per transaction. Cannot be combined with other offers. A promotional voucher will be issued for a free ½-hour upgrade at time of purchase and must be redeemed at participating locations by 7/31/15. See clinic for details. Other rules may apply. Prices subject to change. Rates and services may vary by location and session. Each location is independently owned and operated. ©2015 Massage Envy Franchising, LLC. ME2675

EAGLE EXPRESS



Choose to BE in DeSoto ISD!

Summer offerings across DeSoto ISD

DeSoto ISD offers a plethora of summer school, enrichment programs and camps for students of all ages.

Grades 9-12 June 10-July 1 - AM/PM Summer School; Credit Recovery

for Acceleration and EOC Preparation

\$125 per session; breakfast & lunch included

Grades 6-8 June 10-25 - Advanced Math (6th only, invitation), Free

June 10-25 - SWAG - Fine Arts Camp, \$100

June 10-July 2 - Grade Replacement, \$125 or 2 for \$200

June 10-July 2 - STAAR SSI 8th Gr. Reading, Free

June 15-July 2 - GEAR UP Bridge, (6th only, invitation), Free

July 20-23 - Bridge Lacrosse, Free

Grades K-5 June 15-July 3 - Camp Explore, \$50 per week; \$75 for full day

Student, Father Male Leadership Event

DeSoto ISD, with support from organizations in the area, will host a Male Leadership Symposium for young men in



grades 6-12 on Saturday, May 2 from 8 a.m. to 3 p.m. at DHS. Simultaneously, a Father's Symposium will take place with workshops geared toward dads.

The day - **A Blueprint for Greatness** - is designed to provide content to male, minority students in grades 6-12 for development in leadership, college readiness, community development, social justice issues and STEM careers. The event will include keynote speaker Lamman Rucker along with a professional athlete panel and social justice panel.

Our goal is to increase, encourage and support our young men as they pursue their dreams through attaining a degree from college or a trade school, contributing to society and learning how to go through life earning respect by respecting themselves first.

Calendar

Friday, May 1, 5 p.m. - DeSoto ISD Hall of Honor Induction Ceremony, DHS Saturday, May 2, 8 am to 3 pm - DeSoto ISD Male Leadership Symposium, DHS May 4-5, 7 a.m. to 7 p.m. - Pre-K and Kinder Round Up, DeSoto Town Center May 4-8 - Teacher Appreciation Week

Saturday, May 9 - Math Olympiad, McCowan MS

Thursday, May 14 - 3rd Annual Elementary Rabbit/Chick Competition

Friday, May 15, 7 p.m. - Fine Arts Showcase at DeSoto HS

Tuesday, May 19, 7:30 a.m. - Coffee & Conversation, West MS

Thursday, May 21, 5:30 p.m. - Volunteer & Partner Appreciation Reception

Monday, May 25 - Memorial Day HOLIDAY

NEWS TO KNOW

END OF YEAR MAKE-UP DAYS

DeSoto ISD was closed February 23-24 and March 5 due to dangerous weather conditions. The new end of year schedule will be:

- Thursday, June 4 Regular day of school
- Friday, June 5 Regular day of school
- Monday, June 8
 Last day of school;
 Student early release /
 Teacher workday
- Tuesday, June 9 -Teacher workday

HALL OF HONOR INDUCTION

The Hall of Honor Induction Ceremony will take place on Friday, May 1 with a reception beginning at 5 p.m. followed by the ceremony at 5:30 p.m. in the DHS Academy cafeteria.

Alumni Hall of Fame Award:

- Rachel Proctor (1999)
- Mike Humphreys (1985)

Distinguished Service Award:

- Kitty Hickerson
- Bill Hickey
- Sissy Lowe
- Dr. Peggy Trammell

MOATES ELEMENTARY MUSIC AWARD

Frank D. Moates Elementary was awarded the 2015 NAMM Foundation SupportMusic Merit Award (second year in a row to receive this award) for assuring that every child has access to music in their school.

ART STUDENT ADVANCES TO STATE

DeSoto High School Visual Arts Scholastic Education (VASE) students recently competed in the UIL Regional Art Competition and Vicky Yeung was selected to compete at state for the second year.



MUSIC IN THE PARK SERIES



ALL CONCERTS ARE FREE!



NO COOLERS PLEASE



Don Diego Thursday, May 14th 7:00 P.M. Town Center Amphitheater 211 E Pleasant Run Rd DeSoto, Texas 75115

Don Diego is a contemporary jazz fusion saxophonist, vocalist and keyboard player who mixes instrumental covers of modern and classic R&B with rap and pop vocals.



R. L. Griffin
Saturday, May 16th
7:00 P.M.
Town Center Amphitheater
211 E Pleasant Run Rd
DeSoto, Texas 75115

R.L. Griffin is a major figure on the Dallas blues scene. Not only is he a fine entertainer and recording star, but he owns the R.L.'s Blues Palace #2. He is also a disc jockey on KKDA 730 AM where he spins classic blues and R&B tunes.



Candy Williams with Rob Holbert, Linny Nance and the Band Thursday, May 21st 7:00 P.M. Town Center Amphitheater 211 E Pleasant Run Rd DeSoto, Texas 75115

Candy Williams is a jazz funk vocalists with a strong back beat groove and electrified sound. Rob Holbert, Linny Nance and the band delivers the integration of funk, soul, R&B music and stylish jazz.



CREEKFEST ★
Headliner: Top Band
Opening Act: Black & Blue Band
Saturday, June 6th
4:00 - 10:00 P.M.
Town Center Amphitheater
211 E Pleasant Run Rd
DeSoto, Texas 75115

This free festival includes food, vendor booths, children's activities and great entertainment. You'll want to bring your lawn chair and get a good spot to enjoy the free entertainment.



DESOTO TOWN CENTER / 211 EAST PLEASANT RUN ROAD DESOTO, TX 75115 / Ph: 972.230.9650 / Fax: 972.230.5796

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker Southwest Editor, Beverly Shay Editorial Coordinator, Sandra Strong Writers, Dennis Brock . Amber D. Browne Sydni Massey . Dianne Reaux Callie Revell . Betty Tryon Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla Artists, Kristin Bato . Julie Carpenter Morgan Christensen . Martha Macias Brande Morgan . Shannon Pfaff . Felipe Ruiz

PHOTOGRAPHY

Photography Director, Jill Rose Photographers, Amy Ramirez Amanda Rooney

ADVERTISING

Advertising Representatives, Linda Dean . John Powell Teresa Banks . Mark Fox . Bryan Frye Melissa McCoy . Lisa Miller Carolyn Mixon . Cleta Nicholson Lori O'Connell . Steve Randle Linda Roberson . Joyce Sebesta Shelby Veldman

Billing Manager, Angela Mixon

ON THE COVER



Cecil Smith and his son-in-law, Gregory Morris, enjoyed many special moments while in Washington, D.C.

Photo by Amy Ramirez.

CONTENTS May 2015 • Volume 9, Issue 5



8 The Trip of a Lifetime

Cecil Smith had the opportunity to visit famous military memorials in Washington, D.C.

16 A Mindset for Speed

Zach Polley is grateful for the fundamentals he learned at Ovilla Christian School.

22 Well-blended and Happy

At Home With Thomas and Terri Bush.

34 The Accidental **Actress**

Mary Love gives back to the town she adopted a little over two years ago.

42 Summer Fun!

Whether inside or out, families are making precious memories together.

50 BusinessNOW

52 Around TownNOW

54 FinanceNOW

60 CookingNOW

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2015. 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.



Editor's Note

Hello, Southwest Friends!

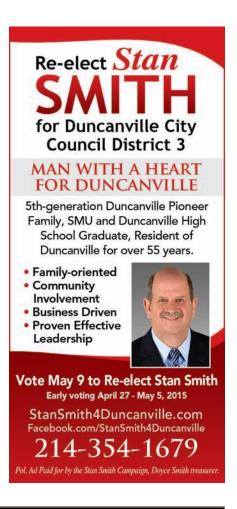
The other day I was thinking about names and their meanings. My oldest son has a strong, solid first name, and his middle name means guileless. My oldest daughter is named after a town, where Jesus was loved and served without demands or censure. Her middle name is a character trait. My younger daughter is named after one

of the women who loved Jesus in that town. Her middle name means Christ-bearer. And then there's my youngest son ... we named him after a martyr. His middle name (I just discovered) means man or manly. I think the kids have grown into their names nicely (except for the martyr part!).

The best part about names is ... God knew mine before it was given to me. Maybe our names give us goals or describe who we are. I am not really sure. I just know there's one name above all others.

Beverly

Beverly Shay SouthwestNOW Editor beverly.shay@nowmagazines.com





FREE TUITION PreK 3 thru 12th grade **REGISTER NOW FOR 2015 - 2016**



Small Class Sizes Full Day Pre K Extra Curricular Team Sports & Clubs **Bus Transportation TEA Accredited** www.gatewaycharter.org

> Elementary Campus (Pre K - 5th grade) 6103 University Hills Blvd. Dallas, TX 75241 (214) 375-2039

Middle/High School Campus (6th - 12th grade) 1015 E. Wheatland Road Dallas, TX 75241 (214) 375-1921

Interviewing highly qualified teachers for all grade levels ... 4 year degree required Please apply via Teacher Job Network - https://www.teacherjobnet.org

Afraid of the dentist? Come relax during your dental treatment.

Come meet Dr. Martin and the rest of the caring Fearless team.



Mention this ad and get
FREE WHITENING FOR LIFE
when you become a patient at
Fearless Dental. FREE trays and then
FREE whitening gel at every cleaning.

Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions, Invisalign. He sees children. Our hygienist, Melinda, does deep cleanings and laser gum treatments, if gum disease is present. Years of dental needs can be completed quickly and with very few appointments all in our office.

Same-day treatment available. No-interest financing W.A.C. for up to 2 years.

Convenient Hours: 8am-6pm M-Th F 8am-1pm

In network with these major PPO plans: Aetna, Delta, Cigna, Metlife, Guardian, United Healthcare, Blue Cross Blue Shield of Texas, Humana, Principal, Ameritas, Dental Select, UCCI.

www.FearlessDental.com

972-617-3322 · 101 Austin Boulevard · Suite 100 · Red Oak, TX 75154

Snap on Denture

Lower only with 2 implants \$6,995

\$292 /month *No interest for 24 months



Upper or lower with 4 implants \$8,995

\$375 /month *No interest for 24 months

*With Valid Care Credit

Call our office for more details and to schedule your complimentary snap on consultation.



3920 W. Wheatland Rd. • Suite 134
Dallas, TX, 75237
WWW.CAPSTONEPAIN.COM



NEW PATIENTS WELCOME

QUICK, EASY APPOINTMENTS IN A STATE OF THE ART FACILITY WITH STATE OF THE ART EQUIPMENT

CALL TODAY FOR AN APPOINTMENT!

(214) 941-3192

- Shoulder/Knee Injections Including Hyalgen(R) injections
- Spinal Cord Stimulation
- Stem Cell Injections

- Minimally Invasive Surgery
- Trigger Point and Joint Injections
- Kyphoplasty for Vertebral Compression Fractures
- PRP Therapy

Live Life Again!

LOUIS DEGIRONEMO, MD, DC.

Dr. DeGironemo completed his Fellowship in Interventional Pain Medicine at Texas Tech Health Science Center and trained under pain medicine pioneer, Dr. Gabor Racz, and world renowned pain physician, Dr. Miles Day. Dr. DeGironemo is double-board certified by the American Board of Anesthesiology in Pain medicine and Anesthesiology.

Dr. DeGironemo has been selected as a TOP DOCTOR IN DALLAS, TX by the International Association of Internists (IAI) and will befeatured in The Leading Physicians of the World publication in 2015.











Register today!

THUMINE THE THE STATE OF THE ST

June 8-12, 2015 • Bessie Coleman MS

1st - 8th grade CHISD students can choose from the following courses:

Animate, Draw & Explore Using Scratch • Animations Using Coding • Enjoyable Introduction to Programming using Alice • Circuits with Makey Makey • Exploring Coding Tools Projects

For more information, visit www.chisd.net/summertech

Register at Longhorn Central 425 E. Pleasant Run Rd. Suite 253 Tuesday - Friday from 1-7 PM



Cedar Hill ISD | 285 Uptown Blvd. Building 300 | 972-291-1581 | www.chisd.net | @cedarhillisd



Lifetime —By Dianne Reaux

Cecil Smith joined the military in 1946, and during his enlistment, he traveled to faraway places like the Panama Canal; Honolulu, Hawaii; and Yokohama, Japan. During WWII, Cecil was stationed in Tokyo, Japan, and he also served during the Korean War. Years after being honorably discharged, Cecil's son-in-law, Gregory Morris, shared the mission of Honor Flight DFW with him, and what followed was a journey that would honor Cecil's military service in a way he could have never imagined.

Fresh out of high school, Dallas native Cecil joined the Army Air Corps. "After graduation, I didn't know what I wanted to do," Cecil shared. "I knew the Armed Forces would pay for college, so if I joined the military, I would have the money to go to school." At that time, the Air Corps was a part of the Army. But shortly after Cecil enlisted, the forces reorganized. The Army and Army Air Corps were separated, and the Air Force became its own branch. After enlisting, Cecil found himself on his way to Lackland Air Force Base in San Antonio, to begin training.

"I wanted to learn a trade, and my test scores qualified me to attend radar mechanic school in Florida," he recalled. "But when I finished basic training, my military orders were sending me to Camp Kilmer, New Jersey." Cecil would soon learn Camp Kilmer was the primary staging area for troops being transported to the European Theater of

Operations in WWII. "Thirty-two days after receiving those orders, I ended up in Japan," Cecil shared. He has no idea how his orders were changed from the European Theater to the Pacific Theater. Thinking he was headed to Europe, instead, "I spent two-and-a-half years in Tokyo, came back to the states and was discharged in June 1949," he said. "I immediately joined the Air Force Reserves and was recalled to duty in 1951 during the Korean War."

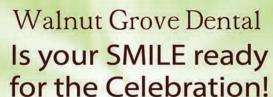
After seven years of service, Cecil was honorably discharged and enjoyed life as a full-time civilian. He worked in the insurance industry and helped raise his daughters, Pamela and Donna. Years later, while speaking with Donna's husband, Gregory, Cecil learned about Honor Flight DFW, the nonprofit organization that would take him on the trip of a lifetime.

Cecil, and his wife, Joyce, had never heard of Honor Flight DFW. "My son-









Mother's Day, Graduation, and Weddings

Alternative to Dental Insurance: The Walnut Grove Dental Plan

\$249.99 Annual Fee

- Two healthy-mouth cleanings
- All Exams
- All X-Rays
- 10% Off All Dental Work
- No Annual Maximum

This plan cannot be used with any other insurance, discount plan or special offer.

Ask About Same-Day CROWNS!

972-298-4191

403 W. Wheatland Road | Duncanville, Texas 75116













Initial Exam & Consultation Includes Bitewing X-Rays (Valued at \$145)

May not be combined with other offers. Limited time offer.







🚮 🔃 💹 🚟 🚾 in 💮 www.beverlydeacondds.com • e-mail beverly.deacon@sbcglobal.net



in-law's father, Bob Morris, was also a WWII veteran," Cecil explained. "Bob had been a part of Honor Flight No.

Cecil and Joyce Smith.

to right: Donna and Gregory Morris an



19, and that's how Joyce and I found out about the organization."

Honor Flight DFW was created to honor American veterans who live in North Texas for their service and sacrifice. The all-expense-paid, two-day trips are organized by volunteers and financed by donations.

Following the application and selection process, Cecil and his family attended an orientation meeting to learn more about the trip. Soon, Cecil and Gregory were on an American Airlines flight bound for Washington, D.C., as part of



Honor Flight No. 20. "Honor Flight DFW is such a wonderful organization," Cecil shared proudly. "They are such



gratitude to the veterans for their service and sacrifice.

Cecil, his comrades and their escorts left DFW in May 2014 with a huge sendoff from family, friends and well-wishers. "We visited Washington, D.C., in the spring, and the weather was absolutely perfect to visit the memorials. And being able to actually see all of the monuments was awe inspiring," Cecil admitted. "I've seen pictures of the memorials, especially the monument of Raising the Flag on Iwo Jima, but I was amazed when I actually stood beside it and saw how big and



15.00

Off Smartphone or Tablet Screen Repair



Limit 2. Offer valid on in-stock products at participating locations. Not valid with other offers or business pricing. Some exclusions may apply. Must present coupon in-store; not valid for online purchases. No cash value. See store for complete details. Expires 6.30.15. DM039



Limit 2. Offer valid on in-stock products at participating locations. Not valid with other offers or business pricing. Some exclusions may apply. Must present coupon in-store; not valid for online purchases. No cash value. See store for complete details, Expires 6.30.15, DMB06

\$10.00

Rebate on Duracell® Ultra **Powersport Batteries**



Limit 2. Save \$10 by Mail-In-Rebate. Offer valid on in-stock products at participating locations. Not valid

with other offers or business pricing. Some exclusions may apply. Must present coupon in-store; not valid for online purchases. No cash value. See store for complete details. Expires 5.31.15.

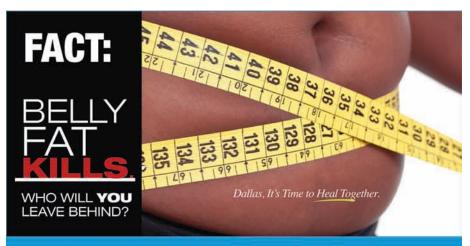
FREE w/ any purchase

Werker® 8pk AA Alkaline



Limit 1. Free offer valid while supplies last. Offer valid on in-stock products at participating locations. Not valid with other offers or business pricing. Some exclusions may apply. Must present coupon in-store; not valid for online purchases. No cash value See store for complete details. Expires 6.30.15. DMFREEAA

© 2015 DURACELL, a division of the Gillette Company, Bethel CT 06801. DURACELL is a registered trademark of the Gillette Company, used under license. All rights reserved. All registered trademarks are the property of their respective owners.



TIME TO WAKE UP, DALLAS!

A waist size larger than 35" for females and 40" for males increases your risk of an early death.

The belly fat you're measuring around your belly button is actually deep fat choking your heart, kidneys, liver and pancreas, causing inflammation. This is linked to heart attacks, strokes, diabetes, cancer, arthritis, dementia and even depression.

- Are You Ready to Start But Overwhelmed and Don't Know Where to Begin?
- ✓ Scared of Failing Again?
- Too Embarassed to be Seen at the Gym?
- ✓ Do Your Joints, Back Pain and Tingling Hands/Feet Prevent You From Exercising?

of Patients Who Use Our Program LOSE WEIGHT!

Individual Attention From the Start. Safe & Effective Weight Loss. Realistic & Accurate Expectations. Personal Support from Your Doctor.

NEW PATIENT CONSULTATION

*Does not include examination.



NU BEGINNINGS DALLAS

Pain and Bariatric

Nu Beginnings is a medically managed weight-loss program that takes care of you and your weight loss and joint/back pain. *You may qualify for insurance participation.

DON'T WEIGHT! CALL NOW! (469) 727-7246











726 S. Cockrell Hill Rd., Duncanville, Texas 75137



detailed it was. And I thought it was interesting that no matter which of the memorials you were looking at, you could always see the Washington National Monument."

Cecil was eager to share some of the knowledge he gained during his trip. "I think one of the most outstanding experiences was visiting the Tomb of the Unknown Soldier. I almost don't know where to begin," he stated, seemingly still in awe of his experience. "There is always a guard on duty at the tomb, and they march back and forth, rain or shine. I learned the reason they shift their weapon from shoulder to shoulder is so the rifle is always between the enemy and the Tomb of the Unknown Soldier. The precision of this military detail was amazing!"

Cecil's trip was filled with many special moments. "Our final destination was a concert featuring the Air Force Band," Cecil shared. "Since we were WWII veterans, all of the band members were dressed in khaki uniforms just like the original ones we wore when we served. They played Glenn Miller arrangements for us, and they were great!" But the most stirring moment of the concert for Cecil was when they played "St. Louis Blues March."

Cecil found the send-off they received to be pretty special. But the hero's welcome they received upon their return was simply amazing. "It was late on a Saturday night, and they had a really huge reception for us," he recalled. "So many people were there to greet us. They lined up all along the corridors from the plane to the baggage area. There were Boy Scouts, children, USO members, Kiwanis and Rotary club members. All of these organizations came out waving

Who can you turn to when the tides of life begin to give you "heart problems?"

Join us for a 13-week Biblical study on the common diseases of the heart this summer,

June 3rd thru August 26th

each Wednesday night at 7 p.m.



"OVERCOMING EVERYDAY CHALLENGES OF THE HEART"

JUNE 3 - KERRY CLARK

OVERCOMING UNFORGIVENESS

MATTHEW 18:23-35

OVERCOMING ENVY

JAMES 3:16

OVERCOMING INGRATITUDE
AND SELFISHNESS
LUKE 17:11-19

JUNE 24 - DAVID McELWAIN
OVERCOMING HARSH
JUDGMENT AND FAULT-FINDING
MATTHEW 26:6-13

JULY 1 - DAVE RECHTIN
OVERCOMING DISCONTENT
JUDE 1:12-16

JULY 8 - DAVID WRIGHT

OVERCOMING PRIDE AND

ARROGANCE

PHILIPPIANS 3:7-11

JULY 15 - JOE SLATER
OVERCOMING
WORRY AND PESSIMISM
LUKE 12:4-7

JULY 22 - MIKE BONNER OVERCOMING FEAR MATTHEW 25:18, 24-29 JULY 29 - RICHARD STEVENS

OVERCOMING DOUBT, DISBELIEF AND DISTRUST MATTHEW 14:22-33

AUGUST 5 - WILLIE ALVARENGA OVERCOMING HATRED MATTHEW 5:43-45

AUGUST 12 - BOB MOSS

OVERCOMING DISCOURAGEMENT

AND FRUSTRATION

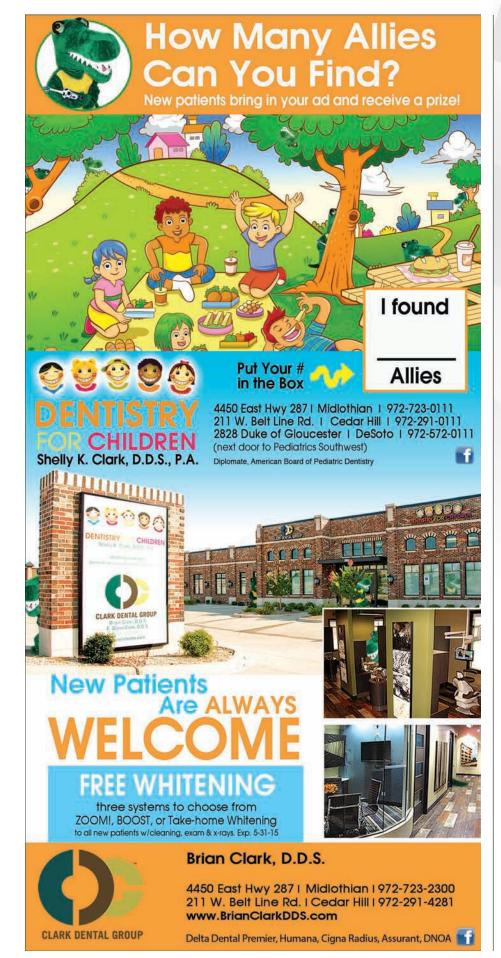
COLOSSIANS 3:23-24

AUGUST 19 - EVAN BUTLER
OVERCOMING IMPATIENCE
I CORINTHIANS 6:1-8

AUGUST 26 - STEVE HETHERINGTON OVERCOMING PREJUDICE ACTS 10:34-36



332 W. CEDAR STREET 972,291,0087



flags. I was flabbergasted with the huge homecoming celebration! There was no way we could have expected such a huge and warm reception."

Currently, Honor Flight DFW is still working with WWII veterans. They also plan to honor veterans who served in the Korean War. "You know, I'm a Korean veteran, too," Cecil shared, with a twinkle in his eye. "But they will only let me go





on one trip," he confessed, laughing. Cecil had a parting recommendation for WWII veterans. "If you ever have the opportunity to take this trip - grab it! See, I never was in combat," Cecil shared. "But when you actually see these memorials, you realize how much blood was shed in all of these wars by members of our armed forces. These memorials help us appreciate our country even more." NOW

Editor's Note: For more information about Honor Flight DFW, please visit www.honorflightdfw.org.

Bear Creek Beverage & Spirits

Enchanted Rock Vodka \$16.99 750 ML \$26.99 1.75 ML





Crown Royal \$49.99 750 ML



Rebecca Creek Fine Texas Spirit Whiskey \$44.99

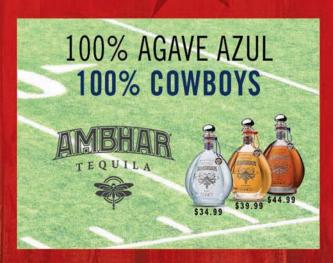


Seagram's Vodka \$15.99





Fireball Cinnamon Whisky \$14.99 750 ML





Sweet Revenge Liquor \$16.99 750 ML



Luc Belaire Rosé Champagne \$27.99



Bacardi 2 for \$22.99 750 ML





972-217-1118

shawn@bearcreekbeverage.com

1350 East Bear Creek Road Glenn Heights, TX 75154

Follow us on Facebook and receive special offers and promotions.





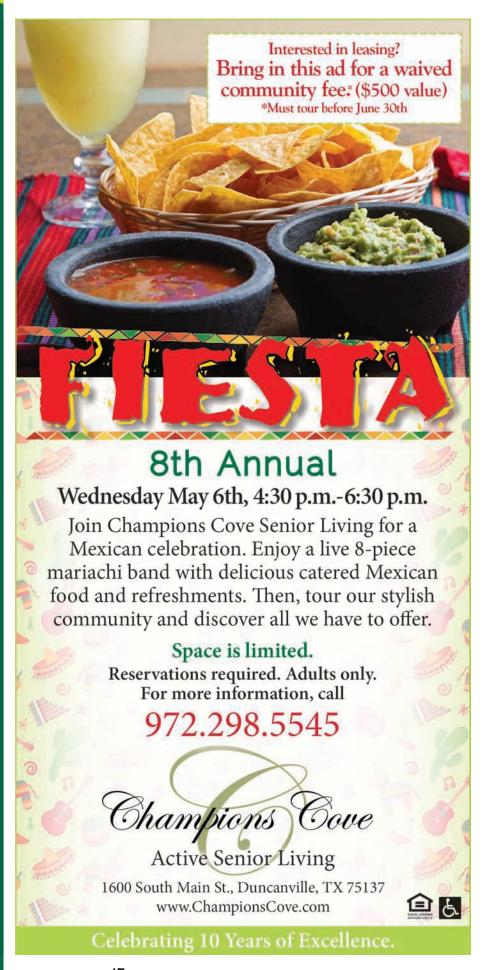


Zach Polley is going places, and running is the fastest way to get there. As a freshman on the track and cross-country teams at Oklahoma Baptist University, Zach is thankful for the strong foundation built during his time at Ovilla Christian School, where he attended from fifth grade through his senior year. When he's not off at school, he lives in Cedar Hill with his parents, two brothers and one sister.

Currently majoring in pre-allied health and rehabilitation, Zach hopes to one day earn a master's degree in kinesiology and become an athletic trainer or a physical therapist. "I'm really interested in how the body works and how to prevent certain injuries from happening," Zach said. "Learning about this has also helped me become a better athlete."

His running career began like so many do — in elementary school physical education class. "In sixth grade, we had the national physical fitness test in P.E. A couple of guys and I ran it, and our P.E. coach called us aside afterwards and said, 'T'm calling the cross-country coach down to come talk to you," Zach remembered. The cross-country coach made sure Zach and his friends were on the junior high team the next year. "From the start, it was just something I was good at. In junior high, I was the fastest kid at our school, so that kept me motivated. I just stuck with it."

Zach's dedication paid off in high school when he began competing at state level in both cross-country and track events. In cross-country, he placed third his sophomore year, third his junior year and first in state his senior year. His team also won state his senior year, after a long road of hard work. Since he struggled during his sophomore meet, Zach was even more motivated to compete well in track events his junior year. "I ended up getting second after a senior," Zach said. "I knew I would have a good chance of winning my senior year after he had graduated."









Zach trained hard that summer and came back to school even stronger than before. "State cross-country came around, and we were all feeling good. We knew we had a great chance of winning," Zach said. "When we ended up winning state, it was cool. We trained together all through junior high and high school, and we ended up winning together our senior year." In track, Zach won regionals his sophomore and junior year and state his senior year. His team also excelled that year. "We did better in district and regionals than our school had ever done before. Just being able to do that and share those memories with my friends — that was cooler to me than winning individually."

After winning state, there was no question Zach would run competitively in college. In high school, he chose to focus on track and cross-country over other sports he enjoyed like soccer and motorcycle racing. "Even if I hadn't experienced so much success, I just enjoy the sport and what it does to you as a person," Zach said. "My high school coach always said long-distance runners are some of the most dedicated people he's ever met. That carries over to every aspect of your life. I enjoy it so much, I couldn't bring myself to stop doing it."

Zach knew he had a tough decision to make about where to go to college. He was recruited by schools like Texas Wesleyan University, Abilene Christian University and Dallas Baptist University, but he ultimately chose Oklahoma



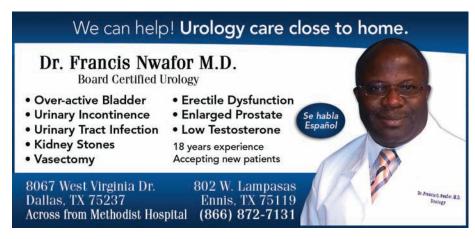
"EVEN IF I HADN'T EXPERIENCED SO MUCH SUCCESS, I JUST ENJOY THE SPORT AND WHAT IT DOES TO YOU AS A PERSON."

Baptist University. "I knew I wanted to run in college, so I visited a few places, and this felt like a good fit for me," Zach said. "All the guys were cool, and I knew I'd be able to fit in with them. We get along really well."

To keep his athletic and academic scholarships and remain on the team, Zach has to keep a high grade point















average and enroll as a full-time student each semester. "Our coaches check in on our grades," Zach said. "They get emails and reports about how we're doing in our classes. They offer to help or set us up with one of the upperclassmen if we're struggling. They actually care about what's going on in our lives." Zach appreciates the way his coaches make an extra effort to help him and his teammates succeed on the track and in the classroom.

Zach prefers track over cross-country, but he has enjoyed competing in both sports, so far, in college. He's noticed a few differences compared to his high school running days now that he is at a higher level. "The practices are much harder in college," Zach said. "We do a lot more weight training to build up muscles and help prevent injury." His competition is not only stronger, but he's also competing against runners from all over the country for the first time. "In high school, you would wake up and travel an hour or two to go to a meet," Zach said. "In college, it means getting on a bus and driving overnight to go to meets."

While it's only his freshman year, Zach is already laying the groundwork for his collegiate running career. Despite an injury that set him back in cross-country, Zach is confident



next year's season will be much more successful. As for track, Zach is improving with every practice. "I haven't gotten the times I've wanted vet, but I can feel myself getting stronger. Practices are going really well, so I'm hoping to run some good times pretty soon."

Running will always be a huge part of Zach's life. "One of the greatest things about running is the reward in it for everyone, whether you're just jogging to lose weight or training for the Olympics," he stated. "If you can train to run one mile farther than you've ever run, that's so rewarding for you. Everyone gets something from it. You always have the feeling you can do better, and there's that drive in you." That's part of why Zach likes it so much. There's always room for more improvement, and he loves seeing how fast his body can go and how far he can push the limits.

With that mindset, Zach has big plans for the rest of his years at college. "I hope to run a 4-minute mile, which is a really hard task for a runner. Not many people can do it," he said. "If I end up accomplishing that, I would set a school record." With those goals in mind, Zach finds the strength to wake up at dawn every day, ready to run. NOW



A Better Weigh **Weight Loss Center**

Covenant Surgery Associates &



Dr. Hamilton Specializes in:

- laparoscopic sleeve gastrectomy
- · laparoscopic bypass · laparoscopic revision surgery • laparoscopic hernia surgery
- · medical weight loss · lasor lipo
- metabolic testing body composition analysis and genetic testing

We have a nutritionist and personal trainer on staff.

Gastric Sleeve

As low as \$120 a month with financing of qualified patients!

(888) 332-1670

www.abetterweighcenter.com

Arlington Office 306 E. Randol Mill Rd.,

Suite 136 Arlington, TX 76011

enchell Hamilton, MD Bariatric Surgery **Dallas Office**

726 S. Cockrell Hill Rd. Duncanville, TX 75137 Located in the Nu Beginnings Clinic



208 n. main street Luncanville, tx 75116

andeverythingniceTexas Phone: 972-296-6423

email: andeverythingnice2015@yahoo.com

Come meet Liz Arrambide, new owner of And Everything Nice!! Grand Reopening

May 7, 8 and 9

Register to win... Tyler Candle Gift Set

Come see all the new products in store... along with all your favorites Back at And Everything Nice... Vera Bradley, Poo-Pourri, Tyler Candles, Jewelry and

Accessories, Baby Difts ...

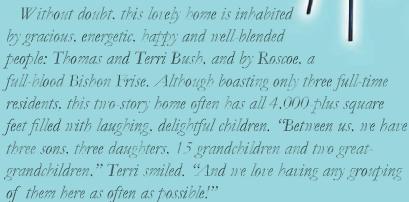






Well-blended & Happy





Thomas and Terri have much in common and complement each other well where they differ. Their home is as well-blended as they are. Almost every room, nook and cranny reflects their individual histories, along with mutual memories, producing a delightful result. Their home bears traces of Thomas' three careers, about which he is fairly modest — Navy, corporate manager and university professor. Thomas attended the University of Oklahoma on an ROTC scholarship. His 28-year career with the United States Navy culminated









At Home With Thomas & Terri Bush

with time in Washington, D.C. Following retirement, he came to Texas as one of five directors on the Superconducting Super Collider Project.

"When I built this house in 1989," Thomas shared, "there were only 20 homes in this area. I wanted open areas — perfect for entertaining." The four bedrooms accommodated his four children, even though three were married at the time. "I built the back deck for outdoor entertainment, where up to 80 people have been hosted for birthdays, Sunday school, church and dinner parties," he admitted, adding: "Church is very important to both of us. We know God is the giver of all our blessings, including our wonderful home." The deck showcases the friendly rivalry between Sooner Thomas and Longhorn





JIM McDONALD Agent





314 North Main Street Duncanville, Texas 75116 Office # (972) 298-4491 Fax # (972) 298-3005 jim.mcdonald.b4ee@statefarm.com

Se Habla Español

"Like a good neighbor, State Farm is there"

STATE FARM INSURANCE COMPANIES

HOME OFFICES: BLOOMINGTON, ILLINOIS



Imagine the service . . . the ease . . . the beauty of an exclusive, five-star resort. Now, imagine living that luxurious lifestyle every day.

That's life at The Meridian at Kessler Park.

Beautifully appointed, spacious apartments. Exquisite amenities. Ideal location. Breathtaking views of the Dallas skyline . . . and more. All for one affordable monthly fee with no community buy-in required.

Call **214-308-5936** today to enjoy the best apartment selection and to take a tour of the best-kept secret in Dallas senior living!



Luxury Senior Living by Pacifica

2522 Fort Worth Avenue Dallas, TX 75211



License Pending.



Terri! Bits of orange and crimson are found throughout the house. In fact, Terri's first gift to Thomas was a metal art longhorn steer! "That gift shocked my kids, who, like me, have all attended OU," Thomas admitted.

Terri was raised in Kingsville, Texas. She earned a bachelor's in business administration from The University of Texas at Austin, taught in Austin for a while and came to Dallas, where her first husband was a police officer. After her daughter's birth in 1981, Terri ran a licensed home day care and created a preschool curriculum. Her son, born in '82, was still not talking by the age of 3, so Terri explored a variety of therapies and began working at Oak Hill Academy, a school for children with language-learning disabilities. This motivated Terri

to get her master's as an educational diagnostician. "As a 24-hour-a-day special educator for my son, I needed an outlet," Terri remarked, "so I went into financial planning and, after a few years, opened Brown Financial Planning as an independent broker."

Busy with their separate families, Thomas and Terri initially met through the DeSoto Rotary Club, where he was president in 2000 and she in 2001. In 2004, Terri returned to her first love: working with special needs children and special education. Mutual friends from Terri's involvement with the Chamber of Commerce and Thomas on the city council reunited them following their divorces. After three months of dating, Thomas proposed in March, and they married in May 2005.





Patient Appreciation Week! May 11th-15th

You're invited to Patient Appreciation Week to experience our award winning chiropractic facility and discover the true wellness lifestyle!

We provide you with solutions for a wide range of issues including neck pain, back pain, numbness, sciatica, sports and repetitive motion injuries, and much more. Contact us now to schedule an appointment!

"As our commitment to the community, we will dontate the entire fee of \$20 to Make A Wish Foundation!" - Dr. Bryan McCormick

New Patient Appreciation Special

For a small donation of only \$20
We will provide all new patients with:

Doctor Consultation
Orthopedic & Neurological Exam
Initial X-Rays
Detailed Report of Findings



950 E. Belt Line Rd Ste. 180 Cedar Hill, TX 75104 469-454-1556

www.ComfortRehab.com

Due to legal restrictions, this offer is not available to patients with state or federally funded healthcare plans, such as Medicaid and Medicare



3500 W. Wheatland Rd., Dallas TX, 75237







D. Holbrook, FNP-C



R. Atallah, MD



A. Pitafi, MD



A. Richter, PA-C

Our hospital-based wound and hyperbaric center was recently awarded Center of Distinction, Center of the Southwest Zone, and Center of the Year nationwide.

**Many insurances accepted without needing a referral. **

Please call (214) 947-0752 Fax (214) 947-0751



www.facebook.com/dfwwh

Treating non-healing wounds such as

- Diabetic foot ulcers
- Venous leg ulcers
- Non-healing surgical wounds
- Amputation wounds
- · Radiation wounds
- Arterial wounds from poor circulation

Hyperbaric oxygen therapy for approved medical conditions



FREE Braces Consultation • Low Monthly Payments

Friendly Motivated Staff

Preferred Providers:

- Aetna PPO Delta Dental Metlife PPO
- United Health Care PPO
- Take all PPO Insurances

Walk - Ins Welcome

GM Family Dental

972-988-3333 2507 Medical Row #104 Grand Prairie, TX 75051



Rose Park Dental

Mansfield, TX 76063



Open



Grand Prairie Office Hours: Mon. - Wed. 9 to 6 • Thurs. 7 to 3 Mansfield Office Hours:

Tues. - Thurs. 9 to 6 • Fri. 7 to 3 • Sat. 8 to 1 Se Habla Español • Vietnamese Spoken "Under Same Ownership"







817-473-1159 217 N. Walnut Creek

Find us on.

Like us on facebook and look for special promotions and contests!

Finally ... a hearing device you'll actually want to wear.





Hearing Solutions

Barbara J. Parker, Ph.D. • Audiologist 972-572-5582 • www.swshc.com 2715 Bolton Boone, Suite C • DeSoto



🧽 Near Methodist Charlton Medical Center 🚾





NEW CLIENT SPECIAL

\$5 OFF Haircut \$15 OFF Any **Color Service**

CALL FOR APPOINTMENT Or Book Unifine at mos.nolessanthusitles.www

Halfr Care Products and tiii Cariifleatas Avalkibla





Rated BEST Hair Salon Since 2010 ocus Daily News

Cuts and Styles for Men, Women and Children.

Expert Color and Highlights are our Specialties, including Balayagé!

Great Lengths Extensions By Heather.

Featuring Tape-in

Airbrush Tanning By Samantha **Appointment**

> 201 Bryan Place Cedar Hill (Corner of Straus Rd)

All six children lived within a 50-mile radius at the time. "I love all the children and grandchildren as my very own, and they have been very supportive and relate well together," Terri remarked. She was delighted the majority of their children and grandchildren were in the wedding.

"Before the wedding, we put both homes up for sale," Thomas recalled. "Hers sold within a week. Mine had no serious lookers. Terri always wanted to live in this neighborhood and was excited at the prospect of making this home hers."

"We've had so much fun adding new things to the yard. Thomas loves yard work, and I like the flowerbeds," Terri admitted. Soon, their home was full of blended memories. The cream-colored living room with its high-pitched vaulted ceiling and marble fireplace became the scene of a church choir Christmas party. "We found the perfect tree. I should have known when it took three men to bag it, it might be a bit large," laughed Thomas. The 18-foot tree had to be angled up the stairs, before fitting in the living room, where five portraits of the children's weddings are displayed.

In the formal dining room is the elegant French Country furniture they chose together. "We eat here every Sunday, and on New Year's morning, this is where we have our eggs Benedict and mimosas," Terri remarked. Alongside the silver and crystal wedding gifts displayed in the china hutch are treasures of their many travels: Russian icons, a silver nativity from Bethlehem, communion cups from Gethsemane, hand-blown Murano glass from Venice.

In the recently remodeled kitchen, their interesting history is depicted through their coffee cup collection, each one holding a story and a memory. Mugs from the Navy, Trident missile and collider projects compete with Sooner and Longhorn cups and mugs from their





travels. An impressive, Western-themed den has well-stocked shelves with books on philosophy, theology, history, religion, science and geopolitics. But Thomas' real playground is upstairs.

The once-open sitting area is now the train room. "I always wanted a train when I was a kid," Thomas stated simply, "and Terri gave me one for Christmas." Over the past six years, the area has grown into an elevated town boasting both a passenger and a freight train. His other playroom holds a billiard table, along with OU and Longhorn pendants and leather furniture. Lining the walls are 12 caricatures of him from co-workers and a photo of the superconducting magnets his team designed. The Navy guest room has his oriental-style bedroom suite, photos of a lighthouse in Maine and ships, including one now resting on the ocean floor, and his doctoral degree from the Navy postgraduate school.

Terri's favorite room is the master bath with its garden tub built for two, huge shower, separate vanity sinks and walk-in closet. The photo of a sunset over Aruba is reminiscent of the travels Thomas and Terri enjoy in the summers. Together, they have been to Brazil, Aruba, St. Thomas, St. Kitts and have taken a delightful cruise to St. Petersburg, Russia, Stockholm, Finland, Denmark, the Netherlands, Estonia, Latvia and London. During Christmas and spring breaks, they have visited Hawaii, Park City, Coronado and Newport Beach, Orlando, Taos and Hilton Head.

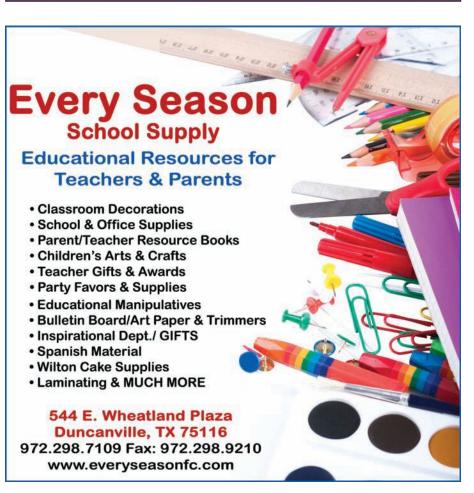
Currently, Terri works as a diagnostician for Duncanville ISD, evaluating all 3- to 5-year-olds for special education eligibility, and Thomas teaches physics and upper-level environmental sciences at Dallas Baptist University. And while planning a trip to Alaska, they still love time at home together, because together is what they are all about.

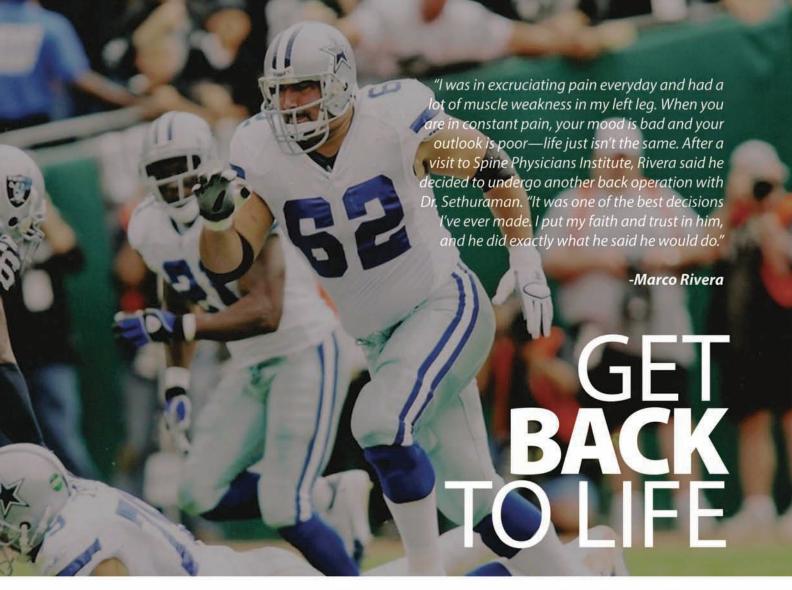


726 S. Cockrell Hill Road • Duncanville, TX 75137 (in front of WinCo Foods)

Phone: 972-709-3415 • Fax: 972- 709-3472

www.PhillipsFamilyMedical.com • Friend us on Facebook • Nosotros hablamos Español!







Naheed Shahid, M.D.

Internal Medicine



Vishal C. Patel, M.D.

Minimally Invasive and Spinal Deformity Specialist and Surgeon



Venkat Sethuraman, M.D.

Mayo Fellowship Trained Board-Certified Spine Surgeon Minimally Invasive Spine Specialist



Tel: 844-498-2225 Fax: 214-614-1448

Web: spinephysiciansinstitute.com

SHOPPING GUIDE Memorial Day 2015



Special Hearing Event Through May

Now is the time to take advantage of the latest cutting-edge digital technology!

Widex™ Hearing Aids are designed to:

- Help you hear clearly in noisy environments
- Let you talk easily and comfortably on the phone

Introducing a superior
Hearing aid you can afford



Widex **Dream**True to Life Sound



Valid on: Widex™Dream 330 Or Widex™Dream 440

- FREE Hearing Screening & Consultation
- FREE Product Demonstration
- FREE 45- Day risk-free trial period
- 12- Month, no Interest, same as cash, for those who qualify

1217 South Broadway, Suite J Sulphur Springs, TX 75482



972-296-1600

214 North Main, Duncanville, TX 75116

SHOPPING GUIDE Mother's Day Memorial Day 2015



End Of School Year Clearance!

Everything Is On Sale! Tuesday - Friday 2-7 p.m.

Longhorn Central

425 E. Pleasant Run Rd. Suite 253 972-293-1732



QUIT SMOKING!

\$10 OFF Any Starter Kit

Premium E-Juice • Mods • RDAs • FREE WiFi Vapor Lounge • Sample Bar and More!

Vaporized Flavor Bar & Vapor Lounge

771 W. Wheatland Rd. • Duncanville 972-296-0486



Create A Beautiful Smile

Dental Work Can Be Painless And Inexpensive

William A. Brown, D.D.S. 226 N. Cedar Ridge • Duncanville 972-298-8515



Give The Gift Of Fitness

10% Off 3-month Membership Includes Fitness Area, Gymnasium And Much More!

Alan E. Sims Cedar Hill Recreation Center

310 E. Parkerville Rd. Cedar Hill, TX 75104 (972) 293-5288



Fresh Flowers For Mother!

Pick A Beautiful Bouquet Of Flower-scents From Tyler Candles.

And Everything Nice

208 N. Main Street, Duncanville, TX 75116 972-296-NICE (6423)

SHOPPING GUIDE Mother's Day Memorial Day 2015









SHOPPING GUIDE Mother's Day Memorial Day 2015





SEE WHAT YOU'V BEEN MISSING®





EOTech X320 Thermal Imager \$3,499.00

520X50MQI



ThermaCELL Realtree **Camo Appliance** \$27.95 MRTI



VFIOCCHI

Fiocchi SD Ammo .38 Super FMJ 129gr 50rd \$21.29



Repellant with **Earth Scent Refill** \$18.95



ThermaCELL Mosquito



Kestre

Remington

Remington

Kestrel DROP 3 Smart Environmental Data Logger \$179.00 KESOTROTAN

Kestrel



Gemtech Ammunition .22LR Subsonic 42gr 50rd \$5.99



Birchwood Casey Shoot•N•C 12" Bull's-eye "BMW" Target \$8.95 RIRSAMS



COME AND TAKE IT

Hornady Ammunition 12 Ga. 3" 4 1-1/2 #4 NIK TKY 10rd \$14.95



Lansky Deluxe 5-Stone System \$34.95 LANIKELX



SilencerCo Glock 17 **Threaded Barrel** \$192.92



Surefire High **Capacity 60rd Mag** \$110.00



Adams Arms 7.5" Tactical Evo 5.56 AR-15 Pistol \$989.95 ADAAAPA75PEVO55



Savage Arms M-25, .17 Hornet, S# J147030 \$649.99



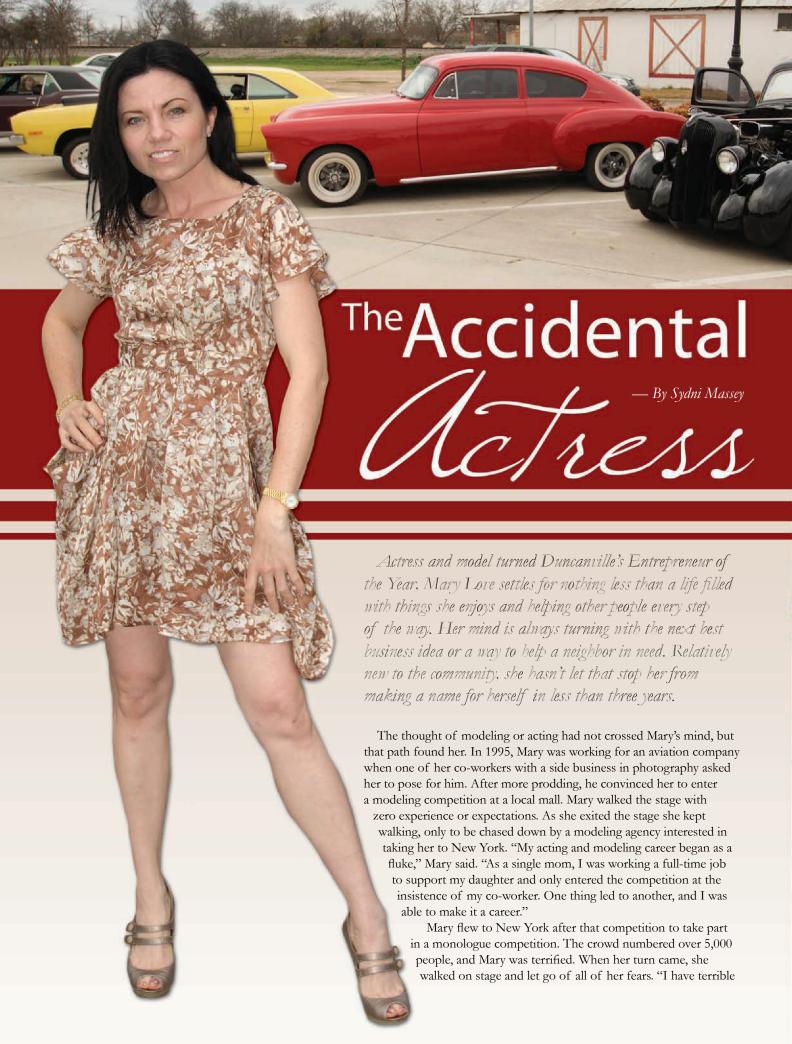
YETI Tie-Down Kit \$49.99

OVER 1,000 DIFFERENT TYPES OF AMMUNITION, TOTALING OVER 1 MILLION ROUNDS IN STOCK

VISIT OUR NEW RETAIL LOCATION! NOW OP 5840 E. US HWY 287 MIDLOTHIAN, TX 76065



ORDER NOW AT SWFA.COM 1.972.**SCOP** (1.972.726.7348)







"I want to *fill* my days with the things I enjoy and giving back in any way I can."





Spring Special!

Bring in this ad and receive a Special Spring Discount on the apartment you select.

Call today to schedule a complimentary lunch or visit us online for more information.

CRESCENT POINT

235 W. Pleasant Run Rd. Cedar Hill, TX 75104 tel 972-299-6551

crescentpoint.org

An Independent Living Community

CRESCENT PLACE

225 W. Pleasant Run Rd. Cedar Hill, TX 75104 tel 972-291-4955

crescentplaceassistedliving.net

An Assisted Living & Memory Care community

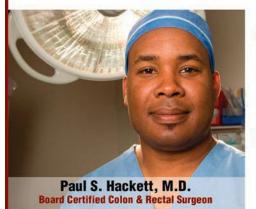




FAC. ID #: 102594

Colonoscopies

prevent colon cancer in men and women.



Conditions Treated:

Hemorrhoids, Constipation, Crohn's Disease, Ulcerative Colitis, Colon Cancer

Services: Colonoscopy, Minimally Invasive Surgery, Surgical & Non-Surgical Care



Office Hours: Mon-Fri 9am - 5pm

777 E. Wheatland Road, Ste. 105
Duncanville, TX 75116
972-709-9300 • www.trinitycolonrectal.com
Se Habla Español







stage fright," she said. "But when I get on stage, I get in character, and it all goes away."

Not only did Mary end up leaving that competition with an award, she left with offers. Knowing she had responsibilities at home, Mary declined and returned to her job at the aviation company. That wasn't the end of the line for Mary. Even though she returned to Texas, acting had its grip on her. She signed with local agent, Mike Thomas, and began working as a model, body double and stand-in. Versatile in her look, Mary modeled fitness and alcohol promos, including Miller Lite and others. She has appeared in local shows such as Wishbone and Walker Texas Ranger and in nationwide commercials for Doritos. Once she found work, it continued rolling in. When things started getting busy, Mary left her full-time job and pursued acting and modeling. "I was a stand-in for Janine Turner and worked alongside Chuck



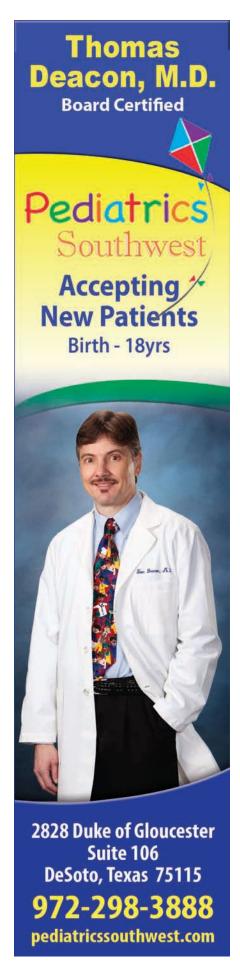
Norris on *Walker Texas Ranger*," Mary said. "I've worked on *American Idol* and *So You Think You Can Dance*. Modeling and acting was a lot of fun and took me a lot of different places."

Life situations caused Mary to put her acting career on hold for a while, but allowed her to start a new venture she was passionate about. In 1998, Mary began her first eBay business. The success of her woman-owned, small business allowed Mary to support her family. She opened a brick and mortar version of her online business in downtown Duncanville in 2012. She wanted a place with a certain type of feel. The small-town charm of Duncanville stood out to her instantly.

















Annice Antiques sells antiques and oddities. Since opening this business, Mary has opened two more businesses in Duncanville on Main Street. "I didn't want my job to be a typical 9-5 job," Mary said. "I wanted to decide how I would spend my time and fill it with things I love."

The love for antiques came to Mary early in her childhood. At 13, Mary was no stranger to hard work. She took every babysitting job she could and saved all of her money. One day she came across a lady selling items on the side of the road near her hometown of Grand Saline, Texas. A set of shiny, carnival glasses caught her eyes, but the price tag showed the set was just out of her limit. "I told her I only had \$25, and she was selling the set for \$35," Mary said. "I haggled my first deal that day." From that point on Mary was hooked on deals and antiques. Today, she has over 70 pieces of carnival glass in her collection, including the original set, which has quadrupled in value since its purchase. Antiques became one of her passions. Her hobbies include yoga, martial arts, painting, dancing, gardening, cooking, repurposing and designing.

Before long, Mary became active in the Duncanville community and started giving back whenever she could. She is a

Don't let allergies sneak up on you.



Dr. Choi has you covered during allergy season.



Get the answers to your allergy questions and clear the air with specialized allergy treatment. Jinhee Choi, MD, and her team at Methodist Charlton Ear, Nose and Throat Associates use some

of the most advanced medical equipment to test and treat severe and chronic allergies.

They go beyond over-the-counter medications, providing allergy testing, shots, sublingual immunotherapy (SLIT), and more, saving you from severe illnesses, including sinus infections and chronic ear problems.

Build your first line of defense against allergies. Schedule an appointment today.

972-572-3300 • CharltonENT.com

Methodist Charlton Medical Center Physician Office Building II 3450 W. Wheatland Road, Suite 443 Dallas, TX 75237 Monday - Friday, 8:30 a.m. - 5 p.m.





Your roof could help reduce your rate.

When your new roof goes up, your premium could go down. If you recently purchased a new home or replaced the roof on your current home, with Allstate House & Home Insurance you may qualify for a lower rate. Call me today for a free quote.



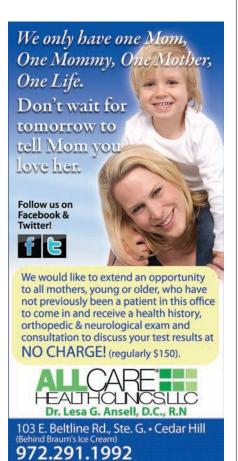
Bert Maxwell 972-224-9181 1510 N. Hampton, No. 280 DeSoto, TX 75115 bertmaxwell@allstate.com



Auto Home Life Retirement

Subject to terms, conditions and availability. Allstate Vehicle and Property Insurance Co. Northbrook, IL. © 2013 Allstate Insurance Co.





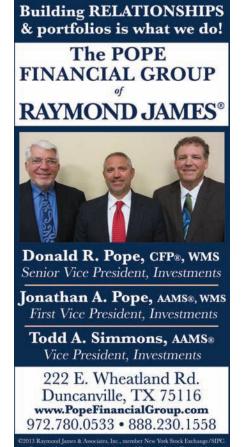


member of the Chamber of Commerce, Duncanville's Design Studio and a board member of the Lion's Club. In 2014, Mary was named Entrepreneur of the Year by the Duncanville Chamber. She also received the Mayor's Award in 2014. "Duncanville has that small-town feel in a big city," Mary said. "I wanted to take part and make a difference if I could. It's a nice thing to be a part of."

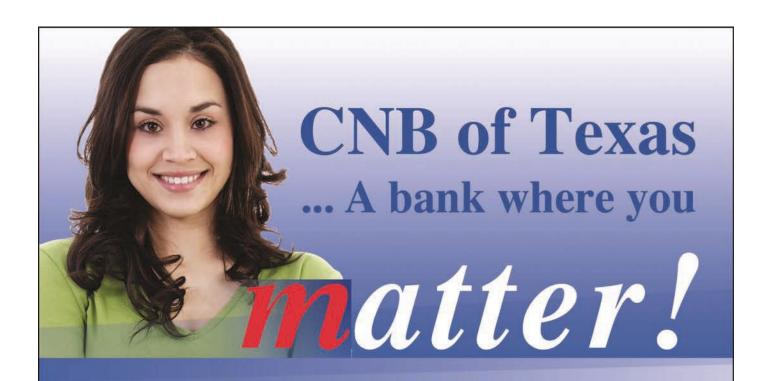
Giving back to others is a large part of Mary's life. She spent a month with her daughter in Costa Rica giving back to impoverished communities and doing wildlife research. When she was modeling, Mary helped with the MDA's Lock-Up with other charities including Fight Night. More recently, she has begun her own charity event, Love's Classic Car and Motorcycle Show. All registration proceeds from this event, where classic cars and motorcycles line the streets of downtown Duncanville, are donated to the Duncanville Outreach Ministry.

"If you are helping other people, it brings joy to your life," Mary said. "I can't donate as much time to charities as I would like since I am a business owner, so I brought the charities to me. That's why I started the car and motorcycle show. The more I do for others, the more I wish I could do."

Mary is also a proponent of the local arts. She sets up shows for local musicians and artists so they can get their art noticed on a larger scale. Just recently, Mary opened a gallery where she features one local artist per month. "I don't want my life to be work," Mary said. "I want to fill my days with the things I enjoy and giving back in any way I can."



www.proadjusterchiropracticclinics.com



CNB has been serving Texans for 147 years. We are committed to the community and to giving you the personal attention that has made us respected since 1868.

Bank mPowered
Open an account online today!
www.cnboftexas.com



972-938-4300 1-877-938-4300



Summer is just around the corner! Parents will be searching for activities to keep their children busy, other than playing the newest video game or watching their favorite television shows. Choices for summer camps are abundant in the local area. Full-day or overnight Camp Fire programs can be reserved, and many school districts sponsor sports and cheerleading If you are looking for some fun in the sun for the camps. Museum, library, cooking and art, and other day or entire family, a variety of activities weeklong camps for kids are offered through various are available locally. You can visit state and nonprofits, community centers or businesslocal parks, historic sites and zoos for hours of

related groups.

provide for many fun-filled afternoons.

fun. Water parks, lakes and community pools

Nature Activities

With all the hustle and bustle of today's world, technological distractions and busy schedules of adults and children, sometimes we forget to enjoy the outdoors. This summer, why not make time to get back to nature? Multiple state parks are within driving distance



Healthy Feet - Healthy Life

Dr. Mobarak and Dr. Wong are both fellowship-trained and specialize in foot and ankle reconstruction, trauma and diabetic limb salvage of the ankle and foot.

- Ankle joint fusion
- Arthroscopic ankle surgery
- Bunionectomy
- Toe surgery



972-709-9099 777 East Wheatland Rd. Suite 102 Duncanville, TX 75116

RMBFootandAnkle.com



or. Wond

RMB

- Foot arthroplasty implants
- Limb salvage techniques
- Ingrown toenails
- Warts, bunions
- Achilles tendon
- Joint disorders
- Sprained ankle
- · Athlete's foot
- Plantar fasciitis
- Arthritis of the foot and ankle
- · Bone fractures and more
- Heel spurs

CAMP CEDAR HILL

at Audubon dogwood canyon Audubon center at cedar hill















During eight weeks of camp in June and July we will be exploring the canyon through technology, animal encounters, recreation, field trips and so much more!

CAMPTHEMES

Week 1: Animal Adventures Week 2: Sports and Recreation Week 3: Outdoor Explorers Week 4: Movie Madness

Week 5: Dogwood Games Week 6: Bodacious Birds Week 7:Western Week Week 8:Water Extravaganza

Registration & details at 972-293-5288 or cedarhilltx.com

and offer a variety of activities to enjoy. From hiking trails and bird watching adventures to star gazing and overnight camping, families can soak up what Mother Nature has to offer. You can visit www.tpwd.texas.gov for state park locations and a calendar of events.

If you want to stay close to home, city parks provide a great place to picnic and enjoy the outdoors. Many include playgrounds for children to exert that extra energy. Your own backyard can provide an afternoon of fun. Why not have the children search for rocks and then paint them for family members and friends? Parents can put together a











simple scavenger hunt for the children. Draw a map that includes the number of steps to a landmark in the yard where the kids will find a hidden clue. The final clue should identify the location of a hidden treat or picnic basket of goodies for lunch.

Nature Safety Tips

If you and your children plan to spend time outdoors either at overnight camps or hiking the nature trails, please keep in mind the following safety tips. Keep an eye out for poison oak and poison ivy. Both of these plants can cause an itchy rash that will stick around for up to three weeks. Calamine lotion can help relieve the itchiness. Remind children not to eat wild berries they may come across on the trails. If you're out in the sun, don't forget to slather on the sunscreen!







Water Activities

The State of Texas is full of beautiful waterways that provide ample opportunities for some fun in the sun. Families can enjoy canoeing or tubing down winding rivers and boating in refreshing lakes. Fishing is also a favorite pastime for many. According to the Texas Parks and Wildlife Department website, residents who fish in the state's public waters are required to have a fishing license. However, there are several exceptions to this rule. No fishing license is required if the resident is under 17 years of age.







Connecting Kids with Communication

CURRENTLY ACCEPTING NEW PATIENTS WITH NO WAIT IN OUR NEW DUNCANVILLE LOCATION!

We specialize in speech, therapies for children of all

- Articulation disorders
- · Receptive language disorders
- · Expressive language disorders
- Fluency / voice disorders
- Oral motor dysfunction
- · Feeding / swallowing disorders
- Autism spectrum disorder
- Intellectual disabilities





Hablamos Español! 214-988-KIDS(5437) 407 W. Danieldale Road | Suite 100 | Duncanville





@puzzlepiecekids

www.puzzlepiecekids.com









Taking a dip in a community or backyard swimming pool is always a good choice for some fun in the sun. With swirly slides, wave pools and more, water parks bring out the kid in all of us. Swimming lessons are available at the YMCA, at some city pools or even at a community member's private pool.

Boat enthusiasts are out enjoying the warmer temperatures. Local lakes offer open water to ski, wake board, tube or just relax on the boat deck. Many lake businesses offer rentals for jet skis and other personal watercrafts. Read all instructions before getting onboard watercraft and keep safety in mind.

Water Safety Tips

The week of May 16-22 is designated as National Safe Boating Week. When boating, life jackets are a must. According to the TPWD, children under 13 years old must wear a U.S. Coast Guard-approved personal flotation device in a boat under 26-feet in length. Every occupant on a personal watercraft is required to wear a life jacket.

Sunscreen is also a necessity when out on the water. The American Academy of Dermatology suggests applying sunscreen with an SPF of 30 or higher to all bare skin at least 15 minutes before heading outdoors. The sunscreen should be reapplied every two hours.



More Family Fun

Warmer weather entices people to get outdoors and soak up the rays. For those rainy days or if you prefer a few hours of indoor entertainment, the local area has plenty of places to share the day together. Children can learn while having fun at the Dallas World Aquarium, Dallas Zoo,

ARE YOU OR SOMEONE YOU KNOW ON DIALYSIS?

INTERESTED IN HOME DIALYSIS? LOOKING FOR AN EVENING SHIFT? TRAVELING FAR FOR DIALYSIS?

THEN CONSIDER LIBERTY CHARLTON! STATE-OF-THE-ART DIALYSIS UNIT

Physicians Easily Accessible to Patients

Peritoneal Dialysis

Staff-assisted Home Hemodialysis

Heated Chairs with Massage

Flat-screen TVs with 100+ Channels

Free Wi-Fi Internet





Meet Our Friendly, Board Certified Doctors

Yogi Chimata, M.D.

Ratna S. Danda, M.D.

Latha Velusamy, M.D.

Sri Venkataraman, M.D.



If interested, please call Genevieve Lat at 469-518-5731 to schedule a tour or stop by 3571 W. Weatland Rd., Suite 103, Dallas.

10 metroplex clinics to serve you.

Neighboring clinics: Liberty Mansfield, 2651 E. Broad St., Suite 109, Mansfield and Liberty Lancaster, 3250 W. Pleasant Run Rd., Suite 280, Lancaster





Dallas Arboretum and Botanical Gardens and Perot Museum of Nature and Science. Fort Worth is home to numerous museums, the Fort Worth Zoo and the Fort Worth Botanic Gardens. Families can learn about wildlife at the Heard Natural Science Museum and Wildlife Sanctuary in McKinney, hand over a few treats to exotic animals at Fossil Rim Wildlife Center or spend the afternoon checking out prehistoric creatures at Dinosaur World in Glen Rose.



Do you want to check out the latest blockbuster? Many movie theaters now serve a variety of food and drink items on their menus. Drive-in movie theaters are an option for a night out under the stars. Most theaters offer convenient online ticket reservations. Or if live entertainment is more to your liking, you might consider attending a performance at Winspear Opera House in Dallas or the Bass Performance Hall in Fort Worth.

With nearly three months of summer ahead of us, parents and children can take advantage of many of the options available to them. Whatever you and your family choose to do this summer, keep safety in mind and don't forget to have fun!

Your Home. Your Health. ... Your Choice





Providing home health care services since 1996.

Some of our available services include: Skilled Nursing · Home Health Aides · Physical Therapy Occupational Therapy · Speech Therapy · Social Services In-Home Visits by Physicians.

Specializing in IV Therapy · Ortho Therapy · Pulmonary

For more information, contact us 24 hours a day, Toll Free 877-270-2001. Referral Intake Fax No. 1-866-883-2383

Our healthcare professionals are experienced, flexible, and understanding of the special needs of people who depend on home healthcare.

Currently seeking experienced Registered Nurses & Therapists www.HomeCareNetwork.com







Business NOW







Tawni Haynes Custom Apparel

316 W. Belt Line Rd. Suite 202 Cedar Hill, Texas 75104 (972) 754-5096 www.tawnihaynes.com

Hours:

Monday-Friday: 9:00 a.m.-5:00 p.m. Saturday: 9:00 a.m.-3:00 p.m. Call for an appointment.



Tawni Haynes truly enjoys making hand-crafted, custom-fitted style happen for all women.

Exclusive Runway-bound Couture

Tawni Haynes loves providing style and elegance, either by custom-designing clothing or simply dressing her clients. — By Beverly Shay

Tawni Haynes, Cedar Hill born and raised, has always had flare. She graduated from Cedar Hill High School in 1998. Tall and slender, she was quite the athlete, playing basketball and running track. Recently, she was inducted into the Cedar Hill ISD Hall of Fame.

"I was expected to attend college," Tawni recalled. "I was good at sports, and academics came easily. I enjoyed playing basketball for Trinity University in San Antonio. It was easy to stay there, until I tore my ACL during my freshman year. Life suddenly stalled, and I began to consider where I was and what I wanted to do. Basketball, I realized, wasn't what I loved. School just wasn't making it for me," Tawni admitted. She left Trinity University during her sophomore year. Wanting to be independent, she started working at IHOP and later worked nine years in

management at AT&T. And while this was good, this just wasn't the *it* God was nudging her toward. Once her first daughter was born, Tawni left the corporate workforce.

Finding herself more girly than she had once thought, Tawni recognized her natural gift of style. "I had always been the one to 'dress' my friends, so I told my husband I wanted to open a boutique. I knew *I could* do this, I just didn't quite know how," Tawni explained. "I decided not to worry about the hows and whys. God was leading me, so I knew it would work." In 2005, she and her husband, Arbrook (who goes by Brook), opened a boutique in Irving offering shoes, handbags, accessories and limited apparel. Soon she was dressing women with clothing from retail places, adding accessories and shoes.

Tawni discovered many women weren't satisfied with

Business NOW

ready-made clothing, especially women of unique sizes. "One day, a plus-sized friend told me she wanted to dress like me but couldn't find my style in her size," Tawni said. "Although not modeled or advertised in the media, the average size of American women is 14." Tawni decided she wanted to provide custom apparel for women of all shapes and sizes. Brook's practical side balanced out Tawni's creativity and vision, as they set about discovering how. And so it began.

"This is fun – fun with a sense of purpose."

The boutique was closed, and Tawni began working out of her home, initially doing most of the work herself. She came up with a design idea and sketched it out. Then, she bought a pattern as close to what she had in mind as she could find and altered it to produce what she envisioned. She'd purchase fabric, cut it out and send it off to a factory Brook had found that would tailor individual pieces. "I learned from the Internet and gleaned from a tailor about measuring and cutting," Tawni described. Business boomed and outgrew their home. "My sketching has gotten better, and I now employ a team of associates who have been trained to do quality work."

Nine years into designing, Tawni admits business really grew with the advent of clients like Serita Jakes, Tamela Mann, Crystal Aikin, Crystal Rucker and Fantasia Barrino. "My dream client is Michelle Obama," Tawni confided. Her showroom includes many of her designs, plenty of jewelry and accessories, as well as an opportunity with the runway-bound designer herself. "I like to build relationships and get to know my clients and their style through conversation," Tawni stated. "I feel this is my anointing. I want to help usher women into who God has destined them to become and instill a sense of pride. This is fun — fun with a sense of purpose." NOW

Aflac is an extra measure of financial protection.

When you're sick or hurt, Aflac pays cash benefits directly to you, unless otherwise assigned, to help you and your family with unexpected expenses.

Accident, Cancer, Critical Care, Dental, Hospital, Life & Disability

For more information about policy benefits, limitations and exclusions, please call your Aflac insurance agent:



Deshaundra Jones

DeSoto, TX 75115 aflac.com/deshaundra_jones (214) 571-8922 www.AflacLady.com Deshaundra_Jones@us.aflac.com



ide Headquarters 11932 Wynnton Road I Columbus, Georgia 31996











Around Town NOW



Chef Carlos Whitfield of the culinary arts program and Dr. Andre Smith join Duncanville High School senior Samantha Souriyavong as she receives her Student of the Month award from Kasey Chesier recently.



Beverly Shay joins Sabrina Porter at the Juliette Fowler Visionary Women Luncheon.



Duncanville High School Junior Juan Patlan wins the Trinity Invitational Golf Tournament and shoots a hole-in-one!



DeSoto ISD Administration goes blue in support of Autism Awareness Month and Light It Up Blue.



Clarice Tinsley of Fox 4, speaker at the Cedar Hill Women's History Month luncheon, joins some of the Zula B. Wylie Library staff.



Northside Elementary Principal Brandon Ward finds himself a star at the DeSoto ISD STAAR Pep Rally.



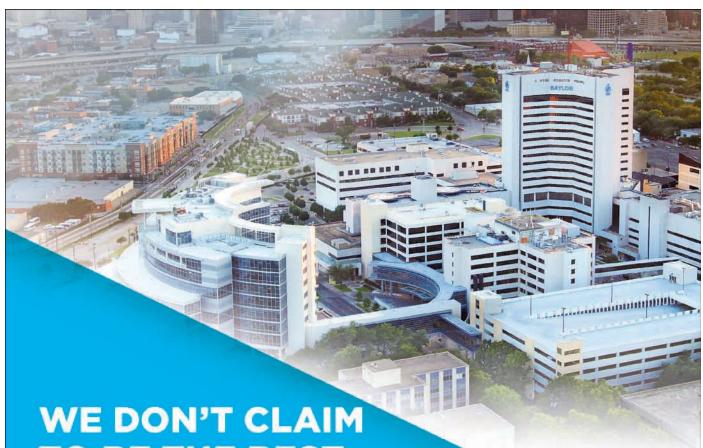
Cedar Hill men team up to support Visionary Women: Stephen Emerick, Joel Porter, Supt. Orlando Riddick, Alan Sims and Mayor Rob Franke.



DeSoto High School is considered a First-Team Safe Sports School in the secondary setting by the National Athletic Trainers Association. These are the 2014 NTATS Student Athletic Trainer Olympic Champions.



First Methodist School students smile as they learn about dental health from Dr. Natalie Nickerson, DDS.



WE DON'T CLAIM
TO BE THE BEST
HOSPITAL IN DFW.

U.S. NEWS & WORLD REPORT DOES THAT.

For the 22nd straight year, Baylor Dallas was the #1 ranked hospital in Dallas/Fort Worth and was nationally recognized for excellence in six specialties, including: Diabetes & Endocrinology, Gastroenterology & GI Surgery, Nephrology, Neurology & Neurosurgery, Orthopedics and Pulmonology. It's our belief that the best is yet to come.

BAYLORHEALTH.COM/DALLAS or call 1.800.4BAYLOR

Changing Health Care. For Life.

Processing promise climical severace in numbers of the resolution will as one of Berfor Sense of When Healths whiteleases, communities a refilingue vocalised context and do not provide climical services as employer in agents of show resolution contexts, Berford Editor Vision Sense of William (Institutions in Resolution) with Resolution (White Health #0.015 Senior Sense & White Irealth WIMCID #85_2015 CE 1015)



is now part o

*BaylorScott&White HEALTH

The Appreciating Dollar

So far this year, the U.S. dollar has appreciated by over 10 percent against the Euro and other major currencies. What does it mean for a currency to appreciate? How does an appreciating currency affect the economy, inflation, interest rates, corporate earnings and stock prices?

If the dollar is appreciating against the Euro (the currency of the European Union) then one dollar will buy more Euros. For example, if one dollar will buy 0.80 Euros today and in six months a dollar will buy 0.90 Euros, the dollar has appreciated, since a dollar will purchase more Euros. This will cause goods produced in Europe and imported into the U.S. to be cheaper. As a result, the U.S. will purchase (import) more goods from Europe. Because the appreciating dollar has made European imports cheaper, U.S. exports to Europe will be more expensive. An appreciating dollar will slow economic output by increasing imports from Europe and decreasing U.S exports to Europe.

Importing goods from Europe that are cheaper due to an appreciating dollar will tend to keep prices from rising as much, and keep inflation in check. The lower inflation rate will act to keep interest rates from rising as much. Over time the lower interest rates tend to have a positive effect on the economy.

The strong dollar tends to negatively impact corporate earnings for large companies that export to Europe, because export demand will slow. A number of large S&P 500 companies have already announced the strong dollar will reduce earnings this year. This tends to put a drag on these large company stock prices.

There are benefits to the strong dollar. First, consumers will enjoy lower inflation. Second, for small companies not selling overseas, profits won't be directly affected by the decline in exports. Finally, lower interest rates due to the strong dollar will allow smaller companies to access capital at lower rates allowing for expansion and growth in their earnings and stock prices.

Dennis Brock Haydin Insurance Group





Our New State-of-the-Art Facility Includes:

DR Panel Digital X-rays • DRX 9000 Spinal Decompression Lipo Lite Laser for Medical Weight Loss • Therapeutic Electrotherapy and Physical Therapy units

WE OFFER ALL UNDER ONE ROOF:

Medical, Chiropractic, Physical Therapy / Rehab, Massage Therapy, Spinal Decompression, Medical Weight Loss, **Durable Medical Equipment**

CONDITIONS WE SPECIALIZE IN:

- > KNEE PAIN / OSTEOARTHRITIS > SCIATICA
- NECK PAIN
- BACK PAIN
- SHOULDER PAIN
- HIP PAIN

- > FIBROMYALGIA > HEADACHES/MIGRAINES
- > BULGING DISCS
- **NEUROPATHY**

FDA Approved Treatment to

RELIEVE Knee Pain

-NOW-ACCEPTING NEW PATIENTS

WE CAN RELIEVE KNEE PAIN WITHOUT SURGERY!

OVER 95% **SUCCESS RATE**

Treatment is Safe and Easy. Call Today if You Experience Any Degree of Knee Pain or Discomfort.

*treatment is covered by most insurance companies including Medicare

CALL TODAY FOR FREE CONSULTATION 214.550.0680

MON - FRI 8:30-6:30 SATURDAY APPOINTMENTS AVAILABLE UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE, TX 75165 VISIT US AT WWW.VCAREHEALTH.ORG

Hope for Clearer Skin

— By Betty Tryon, BSN

Some things cannot be changed, but acne doesn't have to be one of them. Getting rid of it may be a challenge, but it is possible. Acne is a skin condition that is very common in the U.S. and usually occurs during adolescence. When the sebaceous glands (oil glands) over-excrete sebum (oil), the pores can become clogged with sebum and dead skin cells. When bacteria get in and find a favorable place to multiply, you have the beginning of acne.

Acne can become quite severe and leave the face scarred. The best option is to begin to treat it early and lessen the chance of any lasting physical damage. It can appear on face, neck, shoulders, chest and back. Acne is not just pimples but can be a combination of blackheads, whiteheads, papules, pustules, painful clogged pores beneath the skin called nodules or cysts, which are pus-filled lumps larger than pimples.

Zealous efforts to get rid of acne can actually make it worse. Scrubbing can aggravate the condition by irritating the skin. If washed too frequently, the skin can dry out and trigger the glands to make even more oil, which could lead to increased acne. If you use a washcloth to clean your skin, use a clean one every day to avoid a buildup of dirt and bacteria being rubbed back onto your skin. Scrubbing pads, sugar scrubs or

cleansing products that promote exfoliation should only be used once or twice a week. Clean skin gently with mild soap or cleanser and water.

Pay attention to things that touch your face, such as hair or your cell phone. Try to keep hair as clean as possible, particularly if you have oily hair. Clean your cell phone according to the manufacturer's instructions. Keep your hands away from your face. Avoid popping, pinching or manipulating pimples. Be aware that hormones, such as changes seen in adolescents or during pregnancy, can trigger an outbreak of acne or exacerbate an existing one.

Mild cases of acne usually can be treated with over-the-counter products that contain the ingredients benzoyl peroxide or salicylic acid. If the acne is severe, then it's time for a dermatologist. There are many treatments available that offer hope of clearer skin, such as stronger medications, chemical peels, laser treatment and extraction of troublesome cysts. It is important to note acne will not clear up overnight. Consistent attention to detail will quite possibly win the day.

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





Open 7 Days A Week • Open Nights And Weekends • Walk-Ins Welcome Most Insurance Accepted

Web Check-in® Mobile App for both iPhone and Android devices

Family Care

Urgent Care

- Sports Physicals
- Laceration Repair
- Wellness Checkups
- Fracture Diagnosis

Occupational Medicine

- Pre-Employment Screening On-The-Job Injuries
- 345 N. Highway 67 Cedar Hill, TX 75104 972-956-5300 • carenow.com

Get Social With Us! 📅 🛗 🕃











Calendar

Through May 26

Teens ages 13-18 can apply for the DS library's Teen Summer Volunteer Program beginning **June 15**. Be a teen techie or a book buddy while earning community service hours. Interview/orientation required.www.desototexas.gov/library or Ms. Marq Runnels: (972) 230-9663.

May 2

Heave-Ho Fire Truck Pull supporting Special Olympics Texas: 9:00 a.m. Armstrong Park, DV. Cost: \$300/team; \$45/individual. www.sotx.org/firetruckpull.

Free watch party for Manny Paquiao vs. Floyd Mayweather Fight of the Century: beginning at 8:00 p.m. Vapor Lounge, 771 W. Wheatland Rd. (972) 296-0486.

11th Annual Mother & Son Dance: Mardi Gras in May: 7:00-9:00 p.m., DS Civic Center. \$30/couple; \$15/additional child: food, door prizes, photo. (972) 230-9651.

May 3, 10, 17, 24

Uptown Downtown DeSoto Concert Series: 3:00-5:00 p.m., DeSoto Corner Theatre. **3:** Leena Conquest; **10:** Demarre McGill/Baya Kakouberi; **17:** Gary Levinson/Steven Harlos; **24:** Stockton Helbing trio. \$10 (972) 230-9648.

May 7

National Day of Prayer: **Noon**, Kingdom Community Church of the Nazarene, 308 W. Belt Line Rd., CH; **7:00 p.m.**, CH HS Performing Arts Aud. (972) 809-4711.

May 7 - 9, 14 - 16

Duncanville Community Theatre All the King's Women: 8:00 p.m., (972) 780-5707.

May 15

Senior Dance: Doc Gibbs: 7:00-9:30 p.m., Hopkins Sr. Ctr. (972) 298-0667.

May 16

Make It @ Your Library: 11:00 a.m.-4:00 p.m., CH library. Techies, crafters, educators, hobbyists, engineers, etc. wanted for a day of invention, creativity and resourcefulness. Dan: (972) 291-7323 ext. 1311.

Vintage Fashion Benefit for Edward Family: 2:00-6:00 p.m., House of Style, 602 N. Main St. \$25/person. (972) 365-8663.

May 21

Congestive Heart Failure Workshop: 3:00 p.m., Methodist Charlton (214) 947-9694.

May 30

Foster Care Awareness Walk in the Park: registration: 9:00 a.m.; walk: 10:00 a.m., Armstrong Park, DV. www.amazinggracecfs.com or (972) 709-7527.

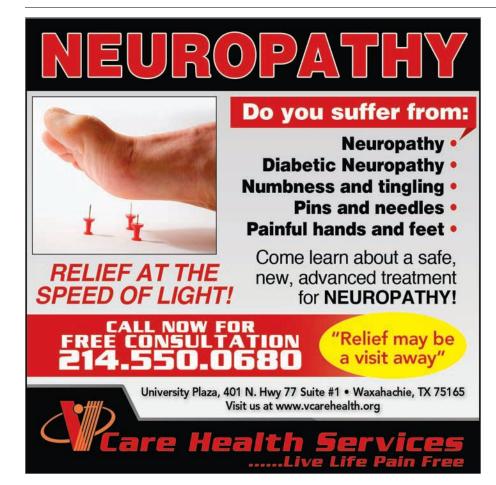
May 30, 31

Trinity UMC 40th anniversary dinner: **30:** 6:00 p.m.; **31:** worship: 11:00 a.m. led by founding pastor, Rev. Michael Nichols 1302 S. Clark Rd., DV. (972) 296-2155.

June 1

Hope Mansion 4th Annual Golf Tournament: registration: 7:00 a.m.; tee off: 8:30 a.m., Thorntree Country Club, DS. \$120/person, four-man team includes carts, green fee, driving range, lunch and a goody bag. Sponsorship opportunities/ register: (214) 533-3184 or www.hopemansion.com/events/golf

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









Adult and Senior Services Program

Our adult and senior care program is run by a multi-disciplinary team featuring intensive therapeutic interventions and medication management to help stabilize patients with psychiatric, chemical dependency or co-occurring disorders.

Building Blocks and PathFinders -Treating Children and Adolescents

The child and adolescent programs provide individualized treatment oriented toward the developmental readiness of each child. We use a rich therapeutic curriculum combined with the skills of our clinical team to treat depression, aggressive behavior, medication complications, ADHD and other behavioral and psychiatric issues. For adolescents, we can also treat chemical dependency and co-occurring disorders.



Call to schedule a complimentary assessment 24 hours a day, 7 days a week

2000 N. Old Hickory Trail, DeSoto, Texas 75115 www.hickorytrail.com

COMMITMENT TO CARE



Cancer Institute of Dallas

🖔 A Baylor-HealthTexas Affiliate

310 East Highway 67 • Duncanville, TX 75137 301 Ovilla Rd., Suite 100 • Red Oak, TX 75154 4927 Lake Ridge Parkway, Suite 100 • Grand Prairie, TX 75052

Physicians are employees of HealthTexas Provider Network, an affiliate of Baylor Scott & White Health. ©2015 Baylor Scott & White Health. BID HTPN_1882 2.15 A cancer diagnosis can be overwhelming. At the Cancer Institute of Dallas, our experienced and trained medical staff will be there to help every step of the way. We opened our first office in Southwest Dallas in 1996 and believe that cancer care is best delivered in a multi-disciplinary environment. The Cancer Institute of Dallas has an on-site diagnostic imaging center, radiation therapy, and a full infusion suite.

Maria Juarez, MD Maryada Reddy, MD Binu Nair, MD Neelema Pinnapureddy, DO Alan Slomowitz, MD

For an appointment or for more information call (972) 283-2389 or visit www.CancerInstituteofDallas.com

Cooking NOW



In the Kitchen With Linda Higgins

— By Beverly Shay

Even though influenced by her mother and great-aunt, Linda Higgins admits she never considered herself a good cook. Still there are several dishes people continually ask her to fix. "Having been a hairdresser for 39 years, I have received my recipes from clients," Linda added. In 1999, after her kids had graduated from college, Linda became a flight attendant for Delta Connections. On one trip, she met Paula Deen — before she was a celebrity chef. Her trips throughout the South influenced her cooking. "I look for light recipes, like salads, but I am really passionate about my casseroles," Linda admitted. "They're easy to make, use less ingredients, and you can usually get two meals out of them!"

Squash Casserole

This is my mom's favorite!

I white onion, chopped

3 Tbsp. butter, melted (divided use)

6-8 yellow squash

2 zucchini (to add color)

2 Tbsp. salt

Water for boiling

8 oz. mild cheddar cheese, shredded (divided use)

8 oz. Velveeta cheese, cubed (divided use)

sweetener (divided use)

2 Tbsp. black pepper (divided use) 1/4 cup sugar or 2 individual pkgs.

I sleeve saltine crackers, crushed (divided use)

1. Sauté onion in 2 Tbsp. butter and set aside.

2. Slice squash and zucchini into 1/4-inch

discs and boil in salted water until soft. Drain and mix with onion.

3. Spoon 1/2 squash mixture into bottom of 2-qt. casserole dish. Layer 1/2 shredded cheese and 1/2 Velveeta, 1 Tbsp. pepper, 1/2 sugar or sweetener and 1/2 saltines. Repeat to form second layer. Drizzle with remaining butter.

4. Bake at 325 F for 30 minutes. Saltines should be lightly browned.

Favorite Chicken Salad

3 cups chicken, cooked, cooled and diced

I cup celery, finely diced

I cup white grapes, sliced

1/2 cup slivered almonds, toasted

2 Tbsp. parsley, minced

1 tsp. salt

1/2 cup Miracle Whip, or to taste

1/2 cup whipping cream, whipped

I. Mix all ingredients. Refrigerate overnight to blend flavors.

Mexican Chip Casserole

1 lb. ground beef

I medium onion, chopped

I garlic clove, minced

1 10.75-oz. can cream of mushroom soup

1 11-oz. can Mexicorn

1 4-oz. can chopped green chilies

1 10.5-oz. pkg. corn chips

1 10-oz. can enchilada sauce

4-8 oz. Colby-Jack cheese

I. In a skillet, cook beef, onion and garlic over medium heat until meat is browned and onion is soft; drain. Add soup, corn and chilies; mix well.

2. Layer meat mixture, corn chips and enchilada sauce in 3-qt. baking dish. Top with cheese.

3. Bake uncovered at 350 F for 8-10 minutes, or until heated through.

Traditional Zucchini Pasta Salad

2 lbs. zucchini, sliced 1/4-inch thick Salt, to taste

4 Tbsp. extra-virgin olive oil

2 cloves garlic, finely sliced

4 fresh basil leaves, torn

1 lb. penne pasta, cooked and drained

1 cup Provolone cheese, cubed

1/2 cup fresh Parmesan cheese, grated

1. Cover zucchini slices with warm heated water for 5 minutes. Do not boil. Drain in colander; sprinkle with salt and let sit for 5-10 minutes to thoroughly drain.

2. Add oil and garlic to a large saucepan; cover and cook over low heat until garlic is golden brown. Stir in zucchini, basil and a pinch of salt. Cover and simmer for 5 minutes.

3. Add pasta, stir well and cook until just warmed through, about 10 minutes. Stir in Provolone. Remove from heat, sprinkle with Parmesan and serve.

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

Do your teeth embarrass You?

You don't have to *hide* them anymore...

Let us create a beautiful smile for you.
It can be both affordable and painless.

Ask us about our Whitening Special







WWW.COTH.US

CHURCH ON THE HILL - 1375 NEW CLARK RD, CEDAR HILL, TX 75104