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SouthwestNOW

M A G A Z I N E

MAY 2018

Cycle of Change

Mike Chadima is a big wheel in local cycling

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MAY 2018

ACCELERATING EXPECTATIONS 2020

2018 Academic Signing Day to Celebrate Student Academic Scholarships

DeSoto High School's Class of 2018 Academic Signing Day recognizes and celebrates DHS students who have earned full-ride academic scholarships! Each student will be allotted a table to decorate in school colors and paraphernalia, then joined by family and friends as they sign their scholarship acceptance.

DeSoto High School's Academic Signing Day is scheduled to take place at 9:30 am on Friday, May 18 in DHS' Chris Dyer Gymnasium.

Selective Enrollment Set to Open June 4

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Visit www.DeSotoISD.org/SelectiveEnrollment or contact DeSoto ISD Student Support Services at 972.223.6666

Hall of Honor Recognizes Key District Educators and Alumni Standouts

Annually, DeSoto ISD recognizes accomplished alumni, distinguished district educators and long-serving community members for their contributions to DeSoto ISD.

This year, on May 4, DeSoto ISD honored 2007 graduate Von Miller who went on to become an NFL standout. In addition to Miller, DeSoto ISD celebrated long-serving administrator Dr. Cheyrl Ensley, dedicated district educator Jan McDaniel and DeSoto ISD campus namesake, former school board trustee and the City of DeSoto's first African-American female mayor Curtistene S. McCowan.

**DeSoto High School
Class of 2018
Graduation Ceremony: May 31**

CALENDAR

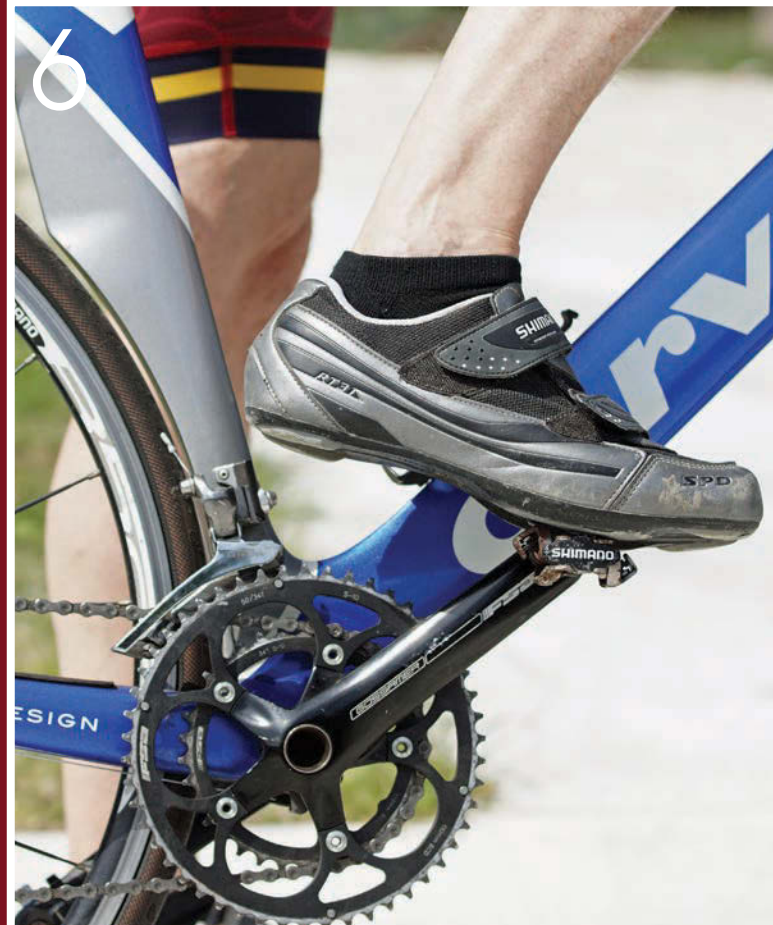
- 5/14: Regular Board Meeting
- 5/18: Academic Signing Day
- 5/23: Special Olympics
- 5/29: Regular Board Meeting
- 5/28: District Holiday
- 5/31: Early Release
- 5/31: DeSoto High School Graduation

Ceremony at Eagle Stadium

**WWW.DESOTOISD.ORG | 972.223.6666
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DESOTO, TX 75115**

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ON THE COVER

Mike Chadima pedals into a better future.

Photo by
Shane Kirkpatrick.

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DUNCANVILLE ISD

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Summer Enrichment Programs

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Duncanville High School • Grades 3 - 7 • July 9 - July 12 and July 16 - 19
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More information on these and other great programs:

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EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
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We all love to eat ...

When I'm out in our communities, in my official capacity for *SouthwestNOW*, the one comment I hear most often is, "Oh, I love *SouthwestNOW*. I look for the recipes every month!" Everyone loves "CookingNOW," but you've been shy about volunteering your own recipes!

I've seen a lot of great recipes and some amazing dishes from chefs and inventive cooks worthy of Iron Chef. Those are great! Keep those coming! But there are other kinds of food, too!

I'm looking for some regular cooks. I haven't seen a single recipe for Grandma's Pot Roast or Tia Consuela's Tamales or Aunt Rosie's Collard Greens. Sure, those are old recipes. They're simple, home-cooked meals that make us feel at home. And many of our younger (and some of our not-so-young) readers don't know how to make them. But they would love to learn, and you know how to teach them. Some of the very best food is not fancy, it's just simple things we loved to eat as children, gathered around a table that barely exists anymore. As a culture, we've forgotten the importance of the family dinner — of eating and talking and sharing.

So, let's see some down-home cooking: chili, biscuits and gravy, cobbler, enchiladas, tacos, frioles refritos, soups, stews, barbecue, chicken fried steak, greens, sweet potato pies, buttermilk pies, pecan pies, potatoes, cornbread, breakfast foods, dinner foods — all the good stuff.

Let's celebrate the tables we grew up with!

A poster for 'Beneath the Stars' Summer Music & Poetry Night. The background is a dark blue starry night sky. In the top right, the date '05 25' is written in large white numbers, with 'SEVEN NINE' below it. The title 'BENEATH THE STARS' is in large, stylized white and yellow letters. Below it, 'SUMMER MUSIC & POETRY NIGHT' is in yellow. The venue 'DESOTO TOWN CENTER AMPHITHEATER' and address '211 E. PLEASANT RUN ROAD | DESOTO' are listed. A circular inset on the left shows a jazz band performing. Text on the right describes the '2018 POET CHARITY CHALLENGE'. At the bottom, it lists the performers: 'MUSIC BY: DESOTO HIGH SCHOOL JAZZ BAND & SPOKEN WORD BY: ADRIAN BUTLER, PRINCETON MARCELLIS, and LESLIE POLK'. The date 'FRIDAY, MAY 25 | 7-9' and website 'ArtsDesoto.com' are at the bottom.

THE DESOTO ARTS COMMISSION

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Graduate of Citizens Police Academy

I grew up in Garland, Texas. I graduated from SMU Cox School of Business with a degree in Organizational Behavior. My family has lived in Cedar Hill for 13 years. We moved to the High Pointe neighborhood in 2005 and Lake Ridge in 2007. Both of my children attend Cedar Hill Public Schools.

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ELECTION DAY MAY 5

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C

CYCLE OF CHANGE

— By Adam Walker

**“BEING ABLE
TO MAKE A
DIFFERENCE
IS WHAT IT’S
ALL ABOUT!”**

Mike Chadima likes to get things rolling. He’s a cyclist, himself, but his big project is the annual Head for the Hills bicycle rally in Cedar Hill. “I’ve asked to ride in the rally, but they won’t let me,” he said. “It really is all hands on deck the day of the rally, and I can do a lot more good organizing than I can riding. Even though I love riding.”

Head for the Hills is more than just an incredible bike rally. It’s also a major supporter of local charities. In the last 12 years, the rally has raised more than \$250,000 for charity. And Mike, who took over as organizer for the rally a couple of years ago, wants to see it keep growing. “It’s important to me because I believe if you’re going to do something in the lines of charity, why not go big? The rally lets us leverage more than 200 volunteers to do something much bigger than we otherwise could as a small Rotary Club.” What this club is doing is way beyond pancake breakfasts.



and tents and stock water. More volunteers show up at 5:00 a.m. the day of the big event. All of the courses start at Hillside Village. The 20-mile route is very flat, and loops from Cedar Hill to Midlothian and back. The 40-mile ride goes to Sardis, between Midlothian and Waxahachie before returning home. While the 60-mile loop takes riders all the way to Maypearl before pedaling back to the start. The longer routes include sections of rolling hills, but nothing too big or challenging.

Even so, the rally has well-stocked rest stops every 10 miles. Mike and the Rotarians make sure all the stops have quality help and refreshments. Local ham radio operators man each stop, so emergency situations can be dealt with quickly by the security and gear (SAG) trucks. "All of the rest stops and water stations are manned by our sponsors. They show a lot of enthusiasm. They get their name out and get to do their piece for charity as well. All the bike shops in town help with repair en route. And at the finish, Red Robbin is cooking hamburgers. Oh, and all riders over 21 are entitled to two free beers."

Mike is quick to praise everyone who helps out, but he has special praise for Cedar Hill. "The city is a

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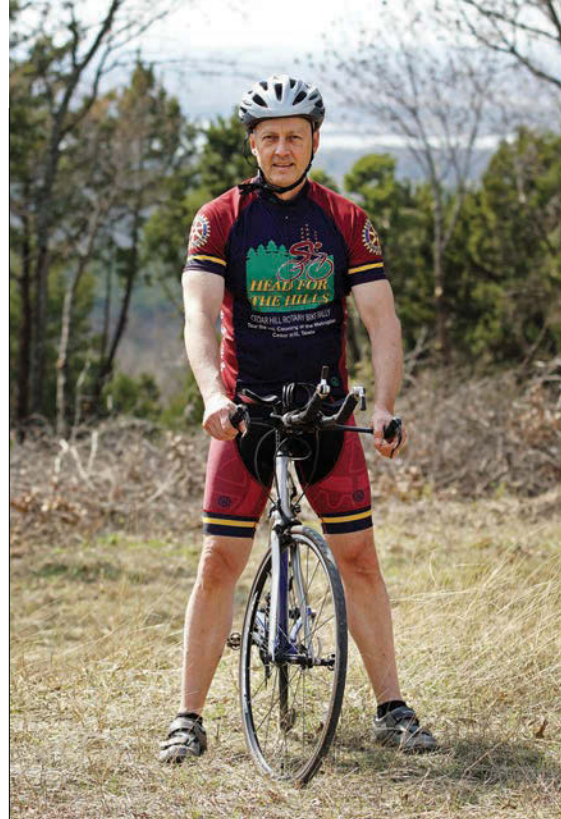
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big supporter, as well as a sponsor. The city, the economic development commission and the parks and rec department all sponsor separately. Plus, they cooperate with the streets and traffic, providing free signs and cones and personnel. We always thank the city council afterwards and make a report to them.”

With the money raised, the Rotarians are able to support a whole list of charities from art camps to Boy Scout troops to the Cedar Hill Education Foundation, the library, police department programs like victims’ assistance and kids’ programs, the Tri-Cities Animal Shelter, Hope Mansion,

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If you're thinking about signing up, Mike has some words for you. "If you do just one rally, this is the one to do. You might just end up hooked on a really special way to spend a Saturday morning!" **NOW**



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At Home With Pamela Dawson

Harmonious Touch

— By Adam Walker

Music is the fabric of Pamela Dawson's life. That is unmistakable when you step through her front door. The living room belongs to a baby grand piano and a family of grand harps. "My father was a pianist and organist, and he started me on the piano at age 6. I started clarinet in elementary school, then Mom sent me to Cass Tech High School, where I was a music major and studied clarinet, piano, flute, French horn, violin and choir." Atop the piano, under the cut-glass ceiling fan, Pamela keeps a photo of her parents' fifth anniversary, her mother's urn and graduation photos of her two daughters, Elizabeth, who has finished college, and Mariah, who has put high school behind her.

Musical fingerprints are all over this house. A series of jazz-inspired paintings of musical instruments lead you upstairs to the master bedroom where another theme dominates: purple. Pamela's office adjoins her bedroom, where this busy teacher takes care of all the work that goes home with her at the end of a school day. But there's still room for some purple lamps, and a wall cutout that allows the stairwell to share a view of some purple glass bottles and African dolls on display.







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The upstairs sitting room, done in baby blue and brown, displays Elizabeth's Barbie collection. Elizabeth and Mariah's bedrooms complete the upstairs.

Back downstairs, the dual emphasis on music and family continues throughout. But nothing about that should be surprising. Pamela is the head choral director of DeSoto High School and oversees programs throughout the district. You might think that Pamela's life has been laser-focused on arriving at this goal, but you'd be wrong. "When I



went to college at Eastern Michigan University, my father told me, 'Don't be a music major. You won't make any money.' I had no desire to be a teacher, so I started as a business major and switched majors a million times. I finally graduated as a communications and theater major with minors in music and business." She married a musician and got a job doing computer work for Benedictine High School. "It was 13 years after I

graduated when I was asked to start a choir. That first day in front of a class, I thought, *Oh my God, I missed my calling. I should have been doing this all along!*"

Not long after Pamela embarked on her new career as a music teacher, the Catholic schools in Michigan began closing, and the public schools were losing their music programs, thus her job hunt brought her to DeSoto and the house she still calls home.



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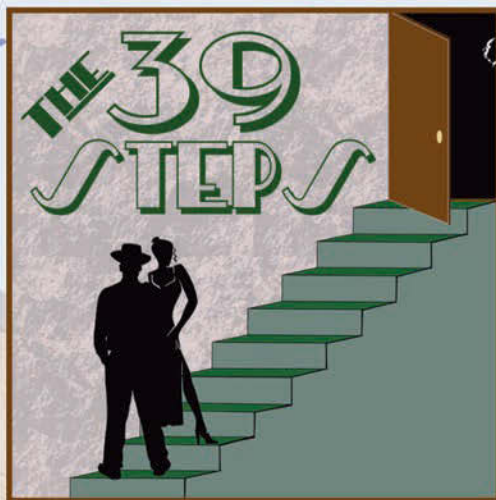
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"I didn't plan on moving to Texas, as I didn't have any family or friends here, but I love it here," Pamela said. She got busy being a mother and a teacher running a choral program, but then a friend, René Thomas, suggested she get involved with the DeSoto Arts Commission, where she now serves as chair. "I want DeSoto to be the entertainment capital of the Best Southwest!" she said. Her work with the DHS choir helps to that end. Last year they toured London, and they just returned from this year's performance at Carnegie Hall!



As the youngest of nine children, and the only girl, Pamela has plenty of big brothers to help, whether buying her paintings of harps, or showing up over the holidays to remodel her downstairs bathroom in shades of blue and aqua. But somewhere along the way, she picked up some of that know-how herself.

When her mother died, Pamela was looking for a way to work through the grief. "I went through a little slump because she was my rock. I bought my dogs, Chanel, a Bichon Frise, and Coco, a Pug-Chihuahua mix. And then I decided, *I'm gonna build myself a patio*, so I went on YouTube to learn how. Whenever I started feeling sad, I'd go out in the yard and start laying paving stones. I worked on it for five months. It was a place to escape, to find peace and solace and just talk to the Lord." When she finished, she sat down and said to herself, "This is nice, but I need the sound of water. I want a pond." So, I went back to YouTube and learned how to build a water feature. I dug it myself." Now

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it's a fountain pond with dozens of seashells tucked under the rim, to add that peaceful sound she finds pleasure in while sitting under the gazebo enjoying the calla lilies and watching the puppies play.

Back inside, the family room brings the purple back into focus, with plum upholstered seating arranged on a floral rug and a coordinating scarf draped over the windows. On the mantel are photos of her dad in his WWII uniform and her mom in a dress from the '40s. Scattered around are tiny, wooden replicas of traditional Japanese instruments, paintings of African-American choirs and a shelving unit filled with DVDs of every musical you ever heard of. A vase filled with Mardi Gras masks sits on a shelf just around the corner in the breakfast nook.



The dining room holds the one piece of furniture she brought with her from Michigan, her glass dining table with its wooden wreath-backed chairs. The table runner came from a trip to St. Thomas. Sharing the space are a couple of large potted plants. "That one in the corner came from one my mother had that she had named, 'Elizabeth.' After the funeral, my daughter took a leaf from that plant and grew this one. We call this one 'Mama.'"

Life has been good to Pamela and her daughters here in DeSoto. "When I'm teaching, it's more than just music, it's my passion," Pamela said. "I love being a mentor, coach and mother. I said I never wanted to teach, but it's my calling to go to DHS every day and impact the lives of students." **NOW**

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Urban Energy

— By Adam Walker

When *SouthwestNOW Magazine* last talked to Tim Urban in February 2011, he had just finished competing on *American Idol*. A lot has changed in his life in the last seven years.

“After *Idol*, I got really burned out,” Tim shared. “I got tired of music and didn’t want to do anything with that for about two years. Music can get spoiled when it’s a job, and you’re always covering other people’s songs, never doing your own.”

Since his *Idol* experience, Tim has gotten married, in 2013, and he and his wife have started a family. Their first

daughter was born the day before their first anniversary, and the second was born about a year-and-a-half later.

And he’s built a house — by hand. “It’s more like a barn, really,” Tim insisted. “My wife asked me, ‘You wanna build a house?’ At first I didn’t think so. I had never even framed a window before. But I got to thinking about it. A hundred years ago, everyone built their own houses, but who does that today? She challenged me, and I decided to do it. I got this giant load of lumber delivered, and I started teaching myself how to build a house. I did it on weekends, with help from family and friends, from January to November. It was a crazy process. Every night and weekend, I was cutting boards and driving nails. I had *no* social life!” But now he and his family have a brand-new house that only cost \$35,000, and who can say that?

Currently, Tim is working as a freelance marketing

consultant, writing, directing and producing TV commercials for local companies. And he's doing a little acting in short films. He described one of his recent roles as "how you could completely destroy your whole life." His character is a starring role, but clearly not the hero of that film.

"I feel like I have a better idea of what I want to do with my life now than when I went on *Idol*. I only auditioned for that on a dare, and I'm still shaking some of that off. Don't get me wrong, *American Idol* was a huge blessing, but the impression people have of me from that show is not really who I am. But *Idol* did push me to look at myself and say, 'You're not very good, but you could be.' It spurred me on to work harder and learn more about how my voice works. I may not be great yet, but I've gotten a lot closer."

Tim is back to singing part time. He just sang the national anthem at a Rangers home game. And he has started singing for a local band called Cool Resolve. "They're a group of guys my dad's age. They've been around for quite a while and are incredibly talented musicians. They decided they wanted to add a lead vocalist, and a friend told them about me. They do a lot of Sinatra and Bublé, which I love." This summer he'll be doing some concerts of his own in New York and Wisconsin, and probably some closer to home, as well.

With all the irons Tim has in the fire, he's still focused on family. "Being a dad is terrifying, but it's the best. It can be paralyzing to think I have two little girls that I'm responsible for raising, so they don't turn out to be terrible humans! But it really helps to have an awesome wife. I could mess up a lot, and she'd cover for me. She's exceptional. I love coming home. There is very little better than kids running to see who gets to hug you first." **NOW**



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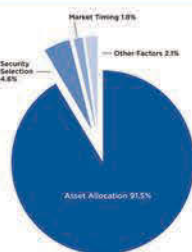
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Did You Know ...

Texas Wildflowers Are Always Blooming?

— By Derek Jones

Driving through Texas in spring, it is not uncommon to find vehicles parked along the roadside and families taking pictures among the waving seas of bluebonnets and Indian paintbrushes. Snapping photos among the wildflowers, particularly bluebonnets, is a favorite Texas tradition.

The city of Ennis, south of Dallas, was designated as the home of the Official Texas Bluebonnet Trail in 1997. The trail itself is a mapped series of country roads, which takes the driver through 40 miles of fields covered



in bluebonnets. Whether viewing bluebonnets along the official trail, or just traveling between cities and towns, there is no shortage of opportunities to view these amazing wildflowers during springtime. As the bluebonnets emerge from their winter slumber, families will once again flock to these roadside destinations in hopes of the perfect spring photo.

The bluebonnet has been the official state flower of Texas ever since it was adopted by the state legislature in 1901. It was not until the creation of the Texas Highway Department in 1917, now known as Texas Department of Transportation, that there was a systematic program to ensure the sustainability of bluebonnets and other Texas wildflowers near roadways. According to TxDOT, part of the conservation program involves prohibiting mowing alongside the highways until wildflower season is over.

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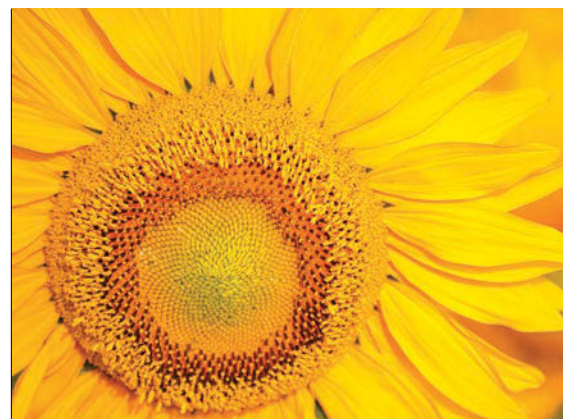
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TxDOT has expanded its wildflower program even further, now buying and sowing 30,000 pounds of wildflower seed each year. Thanks to these initiatives, Texas wildflower enthusiasts will be able to enjoy the spring bluebonnets and wildflowers alongside the highways for generations to come.

TxDOT has been instrumental in preserving Texas wildflowers, but perhaps no other name is as synonymous with wildflowers as that of former First Lady of the United States, Lady Bird Johnson. As First Lady, she was able to apply her passion for beautifying the nation's highways and cities and political influence to help pass the Highway Beautification Act in 1965. Because of her influence and involvement, the bill is informally referred to as, "Lady Bird's Bill." Thankfully, she had the foresight to know making the nation a place of beauty also makes it a better place to live.

Part of making the nation a place of beauty requires focusing on native wildflowers and creating environments in which they can flourish. After her term as First Lady ended, Mrs. Johnson returned to Texas. Living in Austin, she partnered with actress Helen Hayes in 1982 to create the National Wildflower Research Center. Later, in 1997, the center was renamed The Lady Bird Johnson Wildflower Center.

Through the efforts of the research center, native plants and flowers of Texas are being restored

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in areas where they had been wiped out due to development. Today, The Lady Bird Johnson Wildflower Center stands as a legacy to a woman who devoted her life to adding a bit of color and beauty to the Texas landscape.

Although Texas may be famous for its fields of bluebonnets and Indian paintbrushes, the state is also home to many other unique wildflowers. For example, another favorite is the sunflower. The contrast of the bright yellow against a clear, blue Texas sky creates a breathtaking image and, like the bluebonnets, is worthy of family photographs. As with bluebonnets, these Texas favorites reach their peak in the spring before the heat from the harsh Texas sun withers them. Whether a favorite color is blue, red, yellow or a combination of these, the wildflowers of Texas do not disappoint.



For Texans who truly love wildflowers and have a discerning eye, spring is not the only time worthy of viewing. During any season or month, there are a variety of wildflowers blooming and flourishing. The Lady Bird Johnson Wildflower Center website is a valuable tool for finding information about these lesser known wildflowers. For example, the website lists 20 wildflowers growing during the freezing temperatures of January and 24 examples growing during the heat of July.

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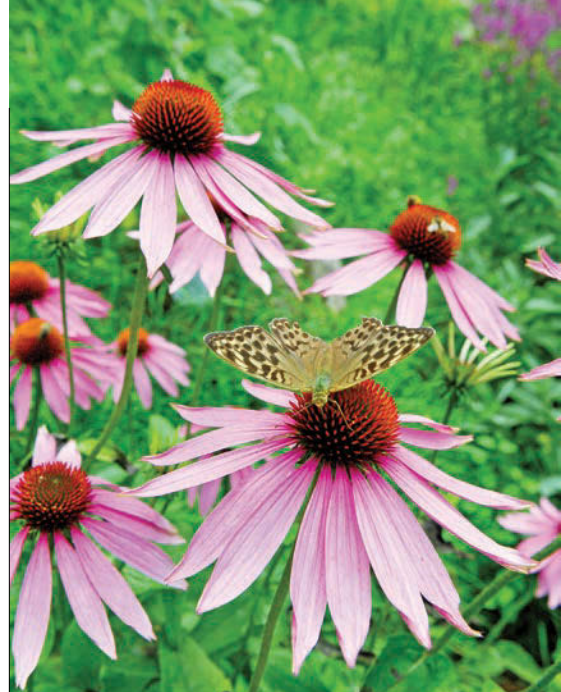
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among the wildflowers. Institutions such as The Lady Bird Johnson Wildflower Center, the Dallas Arboretum and Botanical Garden and Fort Worth Botanic Garden offer exceptional spots for year-round viewing of wildflowers and plants found in Texas and serve as hubs for information about native plant life.

The extremes of weather contribute to the wide range of wildflowers in Texas, as does the state's landscape. Woodlands, prairies, coastal regions and desert can all be found in this great state, and each region serves as a perfect environment for acclimated wildflowers. For example, The Lady Bird Wildflower Center has a state-by-state listing of wildflowers. Most of them are listed within a single state. Texas, however, is listed by six distinct geographic divisions. The environment of the region determines which wildflowers grow. From lush environments to harsh landscapes, Texas wildflowers demonstrate their ability to thrive and adapt.

Wildflowers are a true Texas treasure. The variety found in the Lone Star State will satisfy even the most die-hard enthusiast. **NOW**

Editor's Note: For more information, visit www.txdot.gov and www.wildflower.org.



L to R: Valerie Gorman, MD, FACS, *Breast Surgery*; Natalie Calcaterra, MD, *General Surgery & Endocrine Surgery*; Andre Graham, MD, FACS, *General Surgery & Bariatric Surgery*; Peter Graham, MD, *General Surgery*; Watson Royce, MD, FACS, *General Surgery & Bariatric Surgery*

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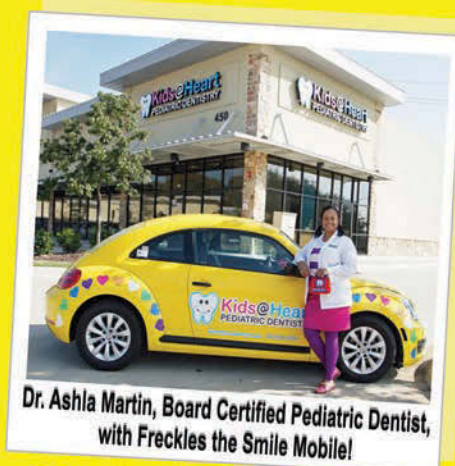


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CookingNOW

In the Kitchen With

ALICE CHASE

— By Amber D. Browne



Over the past several years, Cedar Hill resident Alice Chase has been on a journey with her family to find a healthier way of living. Alice's immediate family of six includes two vegetarians, one vegan, a pescatarian and others who are open to eating anything. "At first, trying to cook for so many preferences was intimidating, but it turned into a really fun challenge," Alice explained.

Alice incorporates new recipes into meals that everyone enjoys together. She has used her connections as a lifestyle blogger at ThrilloftheChases.com to build a network of experts to guide her in creating healthy meals for her family. "Having that available as a resource made this a lifestyle choice we could all stick with long term," Alice shared. "I believe that if it isn't easy to incorporate, it isn't sustainable." **NOW**

Strawberry Banana Peanut Butter Muffins

- 1/2 cup cashew milk
- 2 Tbsp. flax seeds, finely ground
- 1 pkg. Bob's Red Mill Gluten Free Muffin Mix
- 1/2 cup vegetable oil
- 1 banana, mashed
- 10 medium strawberries, sliced
- 1/2 cup natural peanut butter

1. Add milk and ground flax seeds to a large mixing bowl; allow them to rest for 10 minutes.
2. Add remaining ingredients to the bowl; mix by hand until well combined. Pour

batter into well-greased muffin tins or tins with cupcake liners. Bake at 400 F for 30 minutes.

Fast and Easy Cauliflower Stir Fry

- 1 tsp. toasted sesame oil
- 1/2 yellow onion, diced
- 3 cloves garlic, minced
- 1/2 head cabbage, finely chopped, or a pre-shredded bag of cabbage slaw
- 1 12-oz. bag cauliflower rice
- 1 8-oz. can water chestnuts, drained and sliced
- 1 10-oz. bag Matchstix carrots
- 1/2 cup Liquid Aminos or soy sauce

- 1 tsp. freshly ground black pepper
- 2 scallions, rinsed and sliced
- Sriracha sauce, to taste

1. In a large pan, add sesame oil; sauté onions and garlic over medium heat for 2 minutes.
2. Add next 6 ingredients; cook, stirring often, for 10 minutes.
3. Transfer the stir fry to bowls; sprinkle with sliced scallions and Sriracha sauce to add spice.

Instant Pot White Bean Curry

- 2 cups dry white beans
- 2 cups brown rice
- 1 sweet potato, peeled and sliced
- 1/2 white onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 Tbsp. salt
- 1 tsp. freshly cracked black pepper
- 1 Tbsp. curry powder
- 1 tsp. red pepper flakes
- 1 tsp. coriander
- 10 cups water

1. Add all ingredients to your Instant Pot. Seal the machine properly; set to vent on

natural release. Put the machine on the stew setting to cook for 1 hour and 30 minutes.
2. Once cooked, carefully open the machine; gently stir before serving.

No-bake, Vegan, Chocolate Chip Cookie Dough Bites

- 1** 15-oz. can chickpeas, drained and rinsed
- 1** cup rolled oats
- 1/4** cup pure nut or seed butter
- 8** Medjool dates, pits removed
- 1/2** cup cacao nibs or Enjoy Life brand chocolate chips

1. Add first 4 ingredients to a food processor or blender; process until well combined. Scrape sides of the food processor or blender as necessary to mix well.
2. Remove dough ball; transfer to a mixing bowl. Add the cacao nibs or chocolate chips; gently fold into dough using your hands until evenly combined. Roll 1 Tbsp. of dough to form a ball. Repeat until all batter is used. Enjoy. *Note:* You can store them in the refrigerator for up to 2 weeks.

Creamy Spinach and Tomato Soup

- 3** cloves garlic, minced
- 1** sweet onion, minced
- 2** Tbsp. water
- 4** handfuls fresh baby spinach, rinsed
- 2** 15-oz. cans tomato puree
- 4** cups unsweetened almond milk
- 1** tsp. basil
- 1** Tbsp. oregano
- 1/2** tsp. balsamic vinegar
- 1** tsp. freshly ground black pepper
- Salt, to taste**

1. In a large saucepan, sauté garlic and onion in water over medium heat for 5 minutes.
2. Add next 7 ingredients; let the soup come to a slow boil. Reduce heat to low; simmer for 15 minutes. Salt to taste.
3. If you prefer to have your soup extra-smooth or don't like texture, blend mixture in a blender for 1-2 minutes prior to serving. Serve hot.

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



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BusinessNOW

A Better Weigh Center

— By Adam Walker

A Better Weigh Center

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 Twitter: Dr. Hamilton • YouTube: [abetterweigh](#)

Hours: Monday-Friday: 8:30 a.m.-5:00 p.m. (Keller location)
 Thursday: 8:30 a.m.-4:00 p.m. (DeSoto location)

Dr. Hamilton at A Better Weigh Center seeks to help patients. “We do weight loss from a holistic perspective,” she explained. “From supplements to surgery and everything in between, we can help you. We deal with all medical problems associated with obesity: diabetes, hormonal imbalances, sleep deprivation, vitamin deficiencies and thyroid issues.” A Better Weigh Center uses individualized metabolic and genetic testing to understand their patients’ needs. “We’re concerned about a lot of medical problems, not just weight loss.”

Dr. Hamilton uses the same staff at both locations, both at the front desk and her team of weight-loss specialists, including her PA, Nives Chan and Melissa Bernard, her bariatric coordinator. They offer most of their services at the DeSoto location and their main office in Keller, whether it’s B-12 shots or cosmetic procedures like BOTOX and fillers, but metabolic testing is only available at the Keller location, mostly because of the size of the machine. New patients can expect a thorough exploration of the root causes of their weight issues. “We ask about work hours, children and other commitments, because it isn’t always practical to work out four days a week. It just doesn’t fit with everyone’s lifestyle. Even though I’m a surgeon, we offer a lot of services that are basic, primary-care-type services, because surgery isn’t the right choice for all of our patients. I started my private practice because a lot of groups only focus on one aspect of weight loss

— just medications or just surgery or just lifestyle coaching. We do all of those things and can even refer patients for psychological counseling to deal with underlying issues.”

Dr. Hamilton’s patients are mostly adults, but she claims many patients come as whole families, because of the holistic, lifestyle-change approach she takes. “Some of my patients only need to lose 10 pounds. Some need to lose 200. We like to see our patients in-office, but we can do tele-medicine for patients who live a long distance away. People come here so they can access all the options, and we offer a family atmosphere. Patients email us. We get to know their families. It’s not just a quick in-and-out experience. We build an individual plan for each patient based on comprehensive testing.”

“We’re concerned about a lot of medical problems, not just weight loss.”

Dr. Hamilton is a graduate of the University of Houston, did an MA in biomedical engineering in France and medical school at The University of Texas at San Antonio. She did her surgical residency at Eastern Virginia Medical School and a bariatric fellowship after that, back at UT San Antonio. She sits on multiple committees for bariatric medicine and obesity patient education, and she holds certifications in hormonal therapy, IV nutrition and aesthetic/cosmetic procedures. “My goal is to offer everything that can help patients with weight loss. She proudly proclaims that she was named the best surgeon in Tarrant County in 2016, and she operates at three local hospitals. “I want to provide a ‘better weigh’ for patients, with compassion and integrity.” **NOW**



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TravelNOW

Awakening in Charleston

— By Amanda Hollinger

A rich and colorful painting by acclaimed artist and South Carolina Lowcountry native Jonathan Green depicts a vibrant sunrise spreading across a tidal creek and marsh grass that is Charleston's iconic landscape. Entitled *Awakening in Charleston*, the painting captures more than the fiery beauty of sunrise. It also evokes the spirit of awakening Charleston experiences as it tells its story to the world — not just the postcard-ready version of cobblestone streets and historic plantations, but also the realities of enslaved people whose skills and labor built Charleston. Once a sleepy coastal port, today Charleston draws visitors to discover a vibrant, modern city examining its roots and teeming with high-tech job growth, a vibrant arts and culture scene and an award-winning culinary destination.

Charleston boasts more than its share of award-winning “get-your-reservation-in-advance” dining experiences but

also entices with off-the-radar offerings. Felix, a hip and modern French café at the north end of the King Street Historic District, tempts visitors with small, savory plates of lobster deviled eggs and crab croquettes with crispy okra. For a quieter, more sophisticated dining experience, reserve your spot at the James Beard award-winning restaurant, FIG. Chef Mike Lata's cuisine is a simple, yet innovative, approach to Lowcountry food, such as baked golden tilefish with spring shallots. For something casual, yet no less mouthwatering, venture to the diverse North Central neighborhood. Strap on your appetite for James Beard-nominated Chef Rodney Scott's legendary whole hog BBQ or sit outside at Leon's Oyster Shop and dine on charred oysters and spicy fried chicken.

After getting your fill, explore downtown Charleston by foot. Founded in 1670, Charleston offers unparalleled

opportunities to experience history. At the Old Exchange and Provost Dungeon, completed in 1771, walk the same floors where George Washington was received, and learn about the site's tragic role in the history of the slave trade.

While downtown, take a walk down historic Broad Street — slowly — so as not to miss the reasons why this street is ranked one of the nation's "Great Streets" by the American Planning Association. Bluestone sidewalks, gas streetlights and palmetto trees frame structures dating back to 1715. Near Broad Street, you will find The Gibbes Museum of Art, home to the foremost collection of American art that incorporates Charleston. The collection includes something for everyone, from 18th century portrait miniatures to modern sculptor Patrick Dougherty's twig and branch structure (a kid favorite).

Visitors are likely to encounter one of Charleston's many popular festivals, such as Charleston Wine + Food, Southeastern Wildlife Exposition, Charleston Fashion Week, Festival of Houses and Gardens or, if you're lucky enough to visit during the 18-day period beginning Memorial Day weekend, Spoleto Festival USA. Every year since 1977, the festival has transformed Charleston, filling its historic venues with opera, symphonic music, theater, dance, chamber music and jazz from across the globe.

No visit to downtown Charleston would be complete without a visit to the Battery, the southernmost tip of the historic district and the Charleston peninsula. This promenade provides sweeping views of Charleston Harbor, Fort Sumter, the convergence of the Ashley and Cooper Rivers and the Atlantic Ocean beyond. Awakening couldn't be more romantic. **NOW**

For more information or to plan your visit to Charleston, visit www.explorecharleston.com. Photos courtesy of ExploreCharleston.com.

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Your Style, Your Palette

— By Zachary R. Urquhart

Home improvement can be an unavoidable hassle. When a garbage disposal goes out or you have a leaky faucet costing you money, you take action. Sometimes, though, home improvement can mean fixing up an old piece of furniture or giving a decorative coat of paint to your accent pieces. Here are some tips for sprucing up your house this summer.

Finding Your Canvas

- *Use your own furniture.* Fixing up your house does not have to mean buying all new things. Your old couch can get new padding or a new cover, either from a professional or as a do-it-yourself project. A worn tabletop might be sitting on a solid foundation or vice versa. You can incorporate some of the parts of an old piece to make something unique and new.

- *There are simple bathroom solutions.* Replacing faucets and towel hangers is a relatively inexpensive way to give your bathroom a facelift. And if your marble tub is starting to seem outdated, consider replacing only the sides with sleek wood painted to match your cabinets. It is an easy way to get a very different look without too much effort.



Looking Outside Your Home

- *Drive slowly and look both ways.*

One of the best ways to find furniture ripe for redoing is just by driving through neighborhoods the day before trash collection. People often have old furniture they just need to get rid of, and they will stick it by the curb to be taken by their garbage service. If you want a piece for aesthetics alone, a cursory once-over can determine if someone else's trash really could be your treasure. If you are using something that needs to bear weight, like a dining table, check all joints and tighten all screws before you even load it in your car.



• *Be safe, not scared.* Getting things online might make you a little anxious, but it can be a great way to start a project. If a seller is too vague with details, or they will not send ample photos, beware. Try to have someone go with you for added safety and avoid making plans to pick something up at night in a remote location. When things are free or too cheap, it might be a sign that the item needs more work than you want to put into it.

Painting Like a Pro

• *Pick the right paint.* Once you have cut, remade and sanded the perfect piece, a good coat of paint is the perfect final touch. Based on what you are covering, you might need a nicer paint to ensure a good, smooth finish. The paint experts at your local store can be invaluable



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when selecting the right paint for your project.

• *Chalk it up.* If you want to give a piece the fresh but distressed look that is so popular right now, there are a few things to keep in mind. Chalk paint is versatile. You can thin it or thicken it to change the look a bit. Distress the wood after painting, but before waxing, which is a step you cannot skip. One benefit is that you cannot really mess it up, since nicks and scrapes are a part of this style.



Whatever you decide to tackle this summer, take your time and be creative. Remember, these projects should be a fun way to spruce up the most important space you have — your home. **NOW**

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Zoomed In: Cathy Self-Morgan

By Adam Walker

Cathy Self-Morgan has been racking up honors for years as one of the winningest coaches around. Not many coaches can claim an 86-percent win rate over a 41-year career. But after 18 years at Duncanville High School, getting her own street was something new! Duncanville just renamed the south end of Middale, Cathy Self-Morgan Way, and she is still adjusting.

"Can you imagine the haters when I have to give directions to other teams?" It could get awkward, but she couldn't help being pleased. "Coming here from Austin was the best decision of my life. I enjoyed seeing a lot of ex-students at the ceremony. When I first saw it, I smiled from ear to ear!" Last month, the Texas Sports Hall of Fame in Waco inducted her.



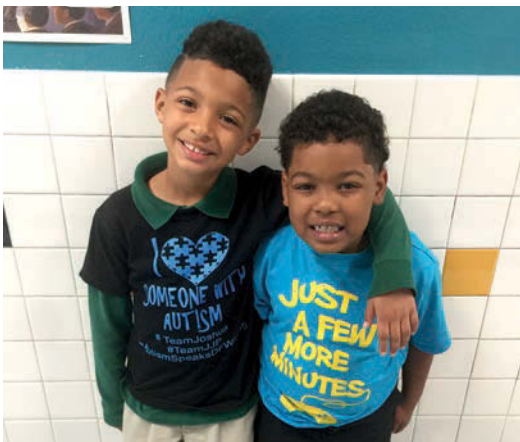
Youngsters get their dance on at Hillside Village's Spring Break Pop-Up Party.



Kraig Parker (Elvis) performs at Ben Franklin Apothecary for an annual customer appreciation event.



The Cedar Hill Police Department shows off its squad cars during the annual city wide Block Party.



Carson Fegans and Alvis Jones buddy up at Northside Elementary on Autism Spectrum Disorder Awareness Day.



First Methodist School students dress up as their favorite characters for Book Character Day.



American Legion members Ramon DeMaria and Gary Smith present a flag to Life Charter School.



Josie and Jon Jesionek take Conor for an outing at the pet store.



Cedar Hill Action Team (CHAT) makes a spring break trip to Duncanville's Redbird Skateland.



Sgt. Homer Hogues and Barbara Hogues give a presentation about his time with the Tuskegee Airmen at the DeSoto Library.

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Calendar

1, 2

Cedar Valley College Ceramic Studio
Sale: 10:00 a.m.-6:00 p.m., 3030 N.
Dallas Ave., Bldg. E, Lancaster.

3

National Day of Prayer: Noon-
1:00 p.m., Building the Kingdom
Community Church, 308 E. Beltline
Rd., Cedar Hill; 7:00-8:00 p.m.,
Cedar Hill High School Performing
Arts Center, 1 Longhorn Blvd.
Cedar Hill. Free. Theme: Pray for
America – Unity.

Storyteller Sue Keuntz: 6:30 p.m., Zula
B. Wylie Public Library, 225 Cedar St.,
Cedar Hill.

Summer Camp Open House:
7:00-8:00 p.m., Dogwood Canyon
Audubon Center, 1206 W. 1382, Cedar
Hill. Free. Come learn about this year's
summer camp.



4

Library Movie Night: 3:00-7:00 p.m.,
Duncanville Public Library, 201 James
Collins Blvd. Free. *Star Wars: The Force
Awakens*.

5

Wild Walks: 10:00-noon, Dogwood
Canyon Audubon Center, 1206 W.
1382, Cedar Hill. \$3-\$5 donation.

Learn about wildflowers, edible plants
and pollinators.

Cinco de Mayo Celebration/Children's
Book Week Author Fair: 2:00 p.m.,
Zula B. Wylie Public Library, 225
Cedar St., Cedar Hill.

Meet the Artists: 6:00-9:00 p.m., Sly
Cat Gallery, 206 S. Broad St., Cedar
Hill. Free. Complimentary wine and
cheese. Show runs through **July 28**.

Mother and Son Dance: 7:00-9:00
p.m., DeSoto Civic Center, 211 E.
Pleasant Run Rd. \$30 per couple, \$15
each additional son. Dress up, dance
and make a special memory.



6

Swing Dance Party: 2:00-4:00 p.m.,
Zula B. Wylie Public Library, 225
Cedar St., Cedar Hill.

Celebration of Mothers: 2:00-5:00
p.m., DeSoto Civic Center, 221 E.
Pleasant Run Rd. Grab your pearls and
denim to celebrate. Silent auction. \$25.

7

Tower City Classic Golf Tournament:
8:00 a.m. registration, Tangle Ridge

Golf Club, 818 Tangle Ridge Dr.,
Cedar Hill. \$100/individual or \$400/
team. Benefiting Cedar Hill Museum
of History.

11

Library Movie Night: 3:00-7:00 p.m.,
Duncanville Public Library, 201 James
Collins Blvd. Free. *Wonder Woman*.



Cliff Dwellers: 7:15 p.m., Hopkins
Senior Center, 206 James Collins,
Duncanville. Round and square dances.

12

Mimosas for Mom: 10:30 a.m.-noon,
Dogwood Canyon Audubon Center,
1206 W. 1382, Cedar Hill. \$15/
adult. Mother's nature hike. Childcare
provided.

Business 101 Workshop: 11:00 a.m.,
Zula B. Wylie Library, 225 Cedar St.,
Cedar Hill.

Make It @ the Library: 2:00 p.m.,
Zula B. Wylie Library, 225 Cedar St.,
Cedar Hill.

15

National Police Memorial Day: 10:00-
10:30 a.m., Duncanville Police Station,
203 E. Wheatland Rd. Come honor
Duncanville's fallen officers.

Old School Family Game Night: 6:00 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill.

18

Library Movie Night: 3:00-7:00 p.m., Duncanville Public Library, 201 James Collins Blvd. Free. TBA

Discover the Arts After Dark: 6:30 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill.

Final Showdown in concert, Senior Dance: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins, Duncanville. Cost \$5.

19, 20

Sizzling Summer of Soul: 8:00 p.m.-midnight, Home 2 Suites by Hilton, 1300 E. Centre Park Blvd., DeSoto.

Tickets required. Call (972) 230-9650. Enjoy food, spirits and soulful sounds in your best "White Attire."

21

Identity Theft Workshop: 6:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

25 — 27

National Polka Festival: Ennis. Visit NationalPolkaFestival.com for full event details.

25

Library Movie Night: 3:00-7:00 p.m., Duncanville Public Library, 201 James Collins Blvd. Free. TBA.

Fourth Friday Concert: 7:00-9:30 p.m. DeSoto Outdoor Amphitheater, 211

E. Pleasant Run Rd. Free. Spoken Word and Jazz presented by DHS Jazz Band.

26

Catfish Catch: 10:00 a.m.-2:00 p.m., Lakeside Park, 515 Hill City Dr., Duncanville.

28

Memorial Day Ceremony: 10:00 a.m.-noon, Duncanville's Memorial Park, 101 N. Main. Time may change; check city calendar.

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



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CEDAR THEATER 1940's-50's



212 Houston St.
Site now Stacia's Dance (south)



Movie Magic

— By Virginia Riddle

The year 1945 gave birth to the Cedar Theater that brought moments of joy to WWII-weary folks until 1954, when a fire silenced the theater and darkened the lights of its bright, triangular-shaped pink and green neon marquee. “Highway 67 used to cut right through town, but Cedar Hill at that time was very rural and was surrounded by farms,” Phyllis Stewart, Cedar Hill Museum of History’s director, said.

These days, the former theater’s space is occupied by Stacia’s School of Dance. Faded lettering, noting that the building was once a general store and grocery store owned by T.A. Bray, still appear on the alleyway brick. The Brays constructed the building circa 1920. Part of the building was partitioned out to create the Cedar Theater. Jerry West, in his article, “Cedar Hill Was a Place of High Adventure,” recalled his farm boy youth when his family came to town on Saturdays to buy needed supplies, and they could hear through the partition galloping horses and six-shooters blasting from the western matinees. With great anticipation, he and his family attended the next showing.

First owned and operated by Mr. and Mrs. William Shaw of Alvarado, the theater featured the musicals, dramas, mysteries, westerns, war, horror stories and serials of

that era. Hollywood stars such as Roy Rogers, Hopalong Cassidy, Fred Astaire and Ginger Rogers, The Three Stooges and Captain Marvel were immortalized in the reels of film run by projectionist Ben Brewer on Simplex projectors. A dime bought Jerry’s admission and popcorn while his parents paid \$.25-.35 for their adult tickets and treats.

The theater’s foyer was lined with 11x14-inch posters enclosed in glass cases announcing coming attractions. Saturday night movies were highlighted by drawings for items donated by Cedar Hill merchants who would advertise before the shows. A spotlight operated from the projection room lit the recipients. The theater had no restrooms, necessitating trips behind the bushes in the dark!

“The block the theater stood in also was home to a bandstand that hosted local talent shows and traveling musicians and comedians,” Phyllis said. “Downtown was a place to shop and socialize on Saturdays.”

The Cedar Hill Museum of History has an exhibit on display of the theater’s artifacts, including old seats, posters and film reels that are on loan from the Jerry and Diane West Silver Screen Cowboy Collection. “There’s a lot of history that’s kind of fun around here,” Phyllis explained.

“On occasions, I drive by the building where the Cedar once stood,” Jerry wrote. “Its location has since been used for a library, sewing factory, cabinet shop and warehouse. Few remember its magic. I do.” **NOW**

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