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Southwest **NOW**

Cedar Hill - DeSoto - Duncanville

M A G A Z I N E

June 2009

**A Celebration
of Unity**

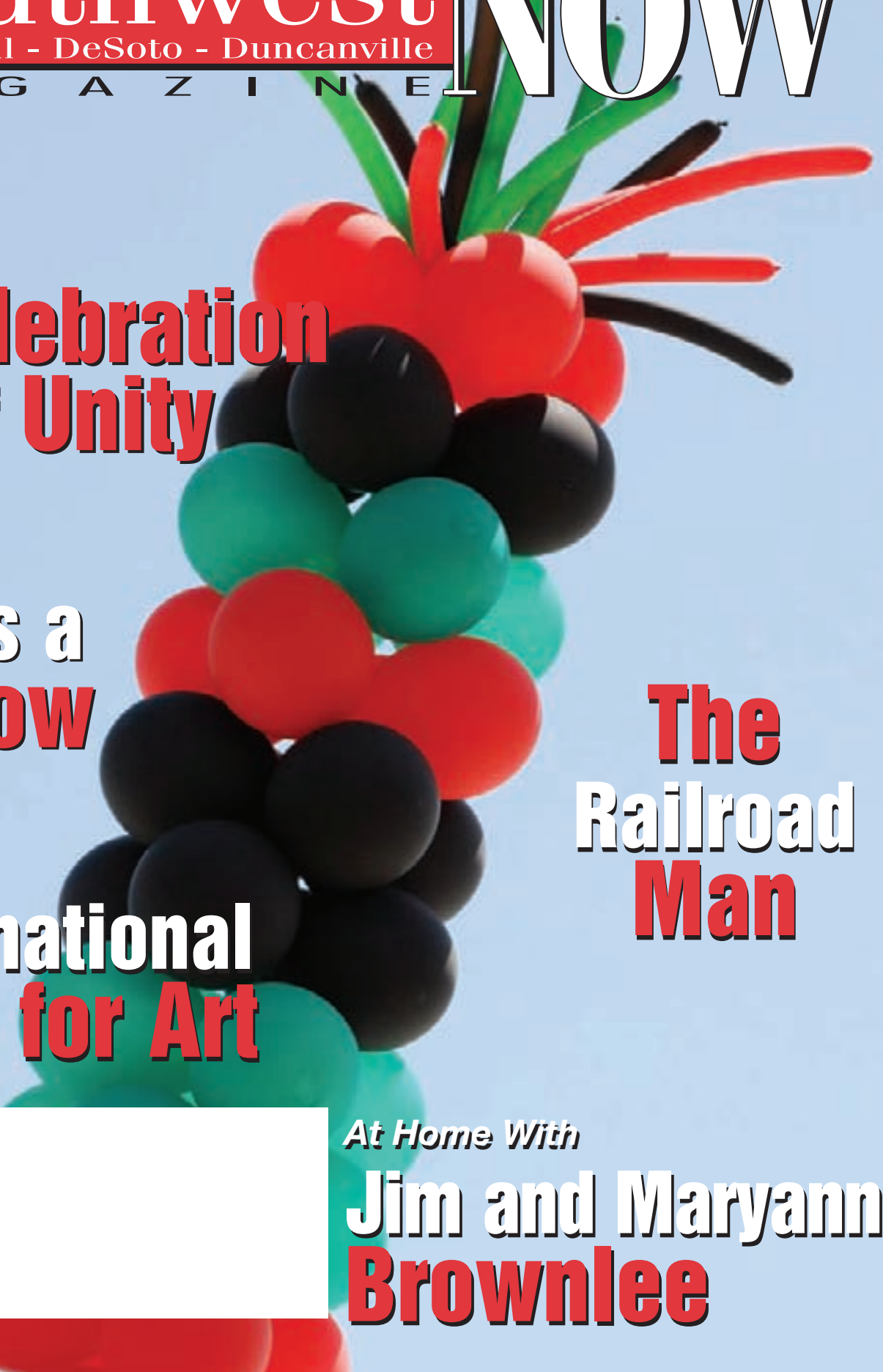
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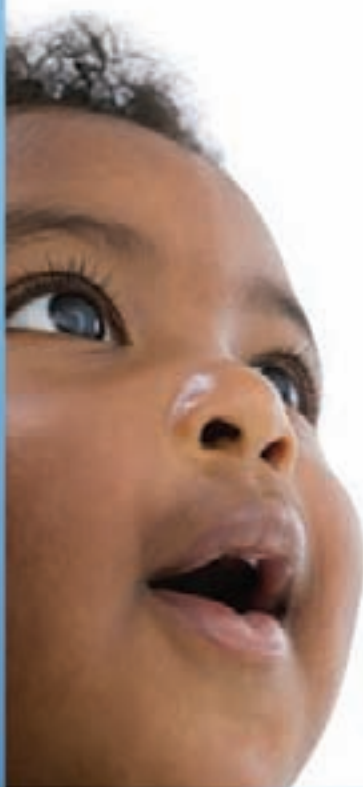


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SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2009. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville zip codes.

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

Editor's Note

Greetings, Southwest Friends,

Happy Father's Day, Dads!

Well done, Graduates!

The four Best Southwest communities join together on June 13 from 10:00 a.m.-2:00 p.m. to celebrate Juneteenth at Lancaster Community Park. Find out more in DeSotoNOW. Take a tour down Memory Lane — make that Memory Tracks — with Duncanville resident, Tom Greco, aka the Railroad Man. Another tour takes us to Jim and Maryann Brownlee's delightful Duncanville home.

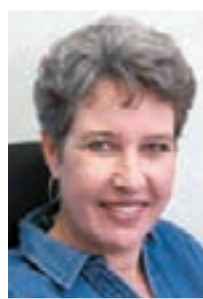
You have heard the phrase, "Pass the butter." Some compassionate Cedar Hill women have come up with a better version: "Pass the Pillow" — to extend comfort and care to breast cancer patients.

Meet Cedar Hill artist, Linda Michael-Lo, who not only delves into multiple mediums and art forms, she helps others discover and express their own artistic talents.

Please send me your story ideas at bshay.nowmag@sbcglobal.net.

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SouthwestNOW Editor



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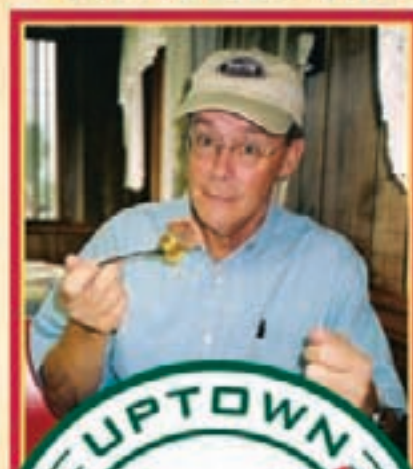
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Pass a Pillow

— By Angel Jenkins Morris

Having their lives touched by breast cancer inspired two local women in different ways, but brought them together with a common cause. Cedar Hill residents Sandy Turley and Toni Thomas both had family members diagnosed with breast cancer — Sandy's mother and Toni's daughters each battled the disease. As a result, the women were called to help others through the challenges any illness can bring. "My mother was diagnosed last year with breast cancer, and I know what she went through with her treatment. I know how important it is to the patient to know someone cares about them and how uplifting it can be to their spirit. It's a very scary journey, and you need every bit of support you can

get," said Sandy, who has been director of volunteer services at Methodist Charlton Medical Center for six years.

Toni echoed that sentiment. "My husband had experienced the death of his first wife from breast cancer. His daughter, Andrea, was diagnosed in 2005, 2007 and again in 2008. In March 2008, our daughter, Nikki, was diagnosed. Here we were, with not one, but two daughters in the prime of their lives now in the fight of their lives," she said.

While recuperating from a bilateral mastectomy, Nikki received a special set of pillows shaped like a purse from a cousin. The pillows provided comfort following surgery. "My daughter was so sore and sensitive to touch. She used the pillows while resting at home,

watching TV and especially while making visits to and from her doctor. They gave her a great deal of padding between the breast and seat belt and kept away any pressure that might be placed on the incision," Toni said. "I decided to take a pillow to a co-worker to see if it could be duplicated. It was from there the 'Pass a Pillow' Project was born."

Several Dallas/Fort Worth hospitals expressed interest in the program, including Charlton. Toni approached Sandy and shared how she was making and donating mastectomy pillows. Now pillows are being passed in the Best Southwest region, as well. "I was thrilled to be offered the pillows, as I am always looking for new ways to show our patients we appreciate them and what they are going through. I want to make their stay as special as possible," Sandy stated.

While neither Sandy nor Toni personally delivers pillows to patients



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— out of respect for their privacy — they have heard of the program's impact. "The staff in our surgery department is responsible for passing the pillows, and they have generously thanked me and said the patients are surprised and very appreciative of the thoughtfulness of Toni and her sewing group," Sandy said.

Fox 4 News Anchor, Clarice Tinsley, recently highlighted the group on her "Hometown Heroes" television segment. Pass a Pillow members Mary Tate, Susan McCarthy, Christal Jones and



"Knowing someone else out there really cares and understands your struggles is a blessing."

Shirley Hendrix were on hand, as well as cancer patient Marjorie Maier, who received one of the pillows and said it meant so much that a complete stranger would go out of her way to make her feel comfortable. "After going through surgery, chemo treatments, sickness, etc., it's nice to have something given to you that you can benefit

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from," Toni said. "Knowing someone else out there really cares and understands your struggles is a blessing."

Toni noted that making the pillows is a labor of love and she, her family and friends find joy in sewing them. Each pillow is delivered with special wrapping, ribbon and a card. "This program has kept me and my family going while we faced the cancer battle together. We've all been involved in stuffing pillows, delivering pillows and seeing how appreciative the hospitals are for the donation. It has changed my life forever," Toni said.

Having worked for the federal government for 32 years, Toni said she also volunteered and served in her church, but "I needed something else. I once told my husband I didn't know what my gift or talent was, and I wanted to do something where someone would benefit from my efforts," she said. "Because of this pillow project, I have had people offer their

time, fabric and money. I have had people who have never volunteered, but said they wanted to be a part of this. There have been churches and people we don't even know taking a part in helping make this project a successful one."

Sandy, who leads more than 300 volunteers at Charlton, said Pass a Pillow demonstrates exactly what her job is all about. "Being able to make a difference in the lives of so many people, whether they are my volunteers, staff, the patients, their families or the guests who come through our doors is what I'm fondest of here," she said. "There is hardly a day that goes by that I don't leave here knowing I was able to help someone, whether on a small or large scale."

Toni has seen more than 100 sets of

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pillows delivered to breast cancer patients since last summer. The goal of her family foundation, I WANT — named for husband Ike, his deceased wife Wanda, daughters, Andrea and Nikki and Toni — is 1,000 pillow deliveries in 2009. “The thing about cancer is it’s a community fight, because your friends, family, co-workers, everyone you come in contact with, is affected by your battle,” Toni said. “We want to stress the importance of volunteering and to bring awareness that breast cancer doesn’t discriminate. You don’t have to have family history, be over 40 years old or of a certain race. Early detection is the key to saving your life.”

“Early detection is the key to saving your life.”

Anyone interested in assisting with Pass a Pillow can visit www.iwantfoundation.org; or to help with any of Charlton’s volunteer efforts, contact Sandy at SandraTurley@mhd.com. “I am a big proponent of any volunteer program, because I know how wonderful people can truly be. They come in and donate their valuable time and never want anything in return. They receive their own reward knowing they have helped someone because they wanted to, not because they had to,” Sandy said. “Everyone should volunteer at least once in their life so they can experience the true meaning of giving of yourself.”

Toni explained Pass a Pillow’s purpose simply when she said, “Small acts of kindness don’t cost you anything but your time. You should do what you can for someone else.” **NOW**

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Carolyn Campbell (holding Solo), Ciciely Hickmon and Rebecca Murray are proud of the unity represented by the Best Southwest Juneteenth Celebration.

A Celebration of Unity

— By Danielle Parker

Juneteenth marks the end of a time where racial togetherness was a distant dream and thoughts of diverse communities seemed foolish. Today, dreams of equality have become a reality and people of all ethnicities can celebrate.

Each year, southwest Dallas suburbs come together for the Best Southwest (BSW) Juneteenth Celebration to observe the unity and individuality that makes each community and its residents great. BSW cities — Cedar Hill, DeSoto, Duncanville and Lancaster — take turns hosting the event. As each community hosts the Juneteenth Celebration, they add their unique flavor to the occasion. Last year, DeSoto hosted the event with a mini-state fair atmosphere that was culturally inclusive, as evidenced in the

food, parade and gospel entertainment. “We were especially pleased to showcase our Moseley Pool Water Park,” commented Carolyn Campbell, public relations coordinator for DeSoto. Arts and crafts, tea cake and sweet potato pie contests and some of the Channel 8 Family First team (Debbie Denmon and Greg Fields) added to the local flavor.

This June, Lancaster has the honor of hosting the event. “Alternating between each of us [the four communities] shows the BSW as one united group,” Ciciely Hickmon, Lancaster community relations coordinator, said. “Events like this work better when cities show they can work cooperatively. We have built relationships with each city and its leaders, and it is much easier this way.” Ciciely and Rebecca Murray,

Lancaster’s recreation supervisor, are the duo in charge of the preparation and planning for this year’s occasion.

Historically, Juneteenth commemorates the abolition of slavery in Texas on June 19, 1865, but on June 13, 2009, the BSW will celebrate how progress has brought people together. “Juneteenth is not about race; it’s about unity,” Ciciely said. “BSW is one area, regardless of the color of skin. We are not catering to one race, but catering to a community.” As with every BSW Juneteenth Celebration, everyone is invited to the festivities. “We are representing everyone; it’s all-inclusive,” Rebecca added.

“Celebration of Change” is the theme selected for this year’s event, which Rebecca believes speaks of the vision for the country, as well as the





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city itself. "Change has been 'the big it' for 2009," she said, "but it also speaks of where we are as a city. We ourselves are changing what we are doing and who we are."

In light of the theme, one major event change is switching the time of the event from the mid-afternoon to the morning. "We know from past experiences that it gets extremely hot



DeSoto resident and former DeSoto Council member Thelma Clardy at last year's Juneteenth Celebration.

in June, so we have moved the time to begin earlier and compacted the event into four hours instead of six," Ciciely explained. By starting at 10:00 a.m. and beating the heat, attendees can linger and enjoy the list of events and attractions that have been lined up. "We decided to choose events that will work well here," Ciciely said. "We know [people love] the free helicopter rides and the petting zoo, and we are sticking with those things that draw people here. We are appealing to kids with the petting zoo and face painting, and we have several local singing and jazz groups and a basketball tournament for the teens and adults."

Held at Community Park, this celebration includes all the communities of the BSW area. "This event is going to include local churches, schools and businesses," Ciciely said. "From the

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music to the vendors, it exposes the community to all that we have in all of our four cities. People can mingle and get to know the vendors and participants involved."

With expectations that this event will attract people from across the BSW, the plan is to reveal some of the area's best-kept secrets. "Lancaster is known as 'the sleepy town of the



Cedar Hill Council member Makia Epie enjoyed last year's celebration.

BSW," Ciciely shared. "It's quiet here, and people don't know we have so much here. This way we have the opportunity to showcase new businesses and educate them on what the city has to offer."

The road to the big day did not come easy. Preparation for the BSW Juneteenth Celebration began months ago. "Cost for this event is about \$10,000, with every city contributing to that amount," Rebecca explained. "It may seem like a lot, but we have to be good about being frugal but still have a good-looking event in the end. We also work to get the word out with media coverage, marketing and advertising."

What is the return on the investment of time, money and plenty of hard work? Ciciely is hoping for a sensational celebration. "We want this to be a big hit," she said. "We had about 10,000

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people attend our Fourth of July event last year. We had people come from all over — Red Oak, Dallas and Arlington. We are expecting just as many this year. We do not want our efforts to be in vain. I am all for having fun, and I want even the people working the event to enjoy it. We put a lot into these events, so we hope lots of people will come and be wowed.” Ciciely anticipates this to be a celebration to remember. “When you look and see people having a good time and understand the hard work put into something like this, you can’t feel anything but a sense of pride,” she added. “You can have all of this in your mind, but it doesn’t always translate, so it’s rewarding to see the event become a success.”

The partnership between the BSW communities is apparent in this celebration, with each community depending on one another when it is their turn to host the event. “We are a group, not just individual departments,” Ciciely said. “Parks and Recreation has a lot of connections that I can use, just like Duncanville, DeSoto and Cedar Hill have resources that we can use. We all know and work with each other. You don’t always find that kind of cooperation in every city. We rely on the other cities to make this event a success.”

The BSW communities hope that this event will highlight a moment of accomplishment in the country’s past, but will also reflect the area’s unity and cooperation today. “We want residents to know their cities care; they are not just here taking their tax dollars,” Ciciely said. “We want to show off the different things in Lancaster and the BSW and utilize the facilities here, and hopefully people will realize we are doing a lot of stuff for the community. And I believe it gives people a sense of pride to attend a fun and nice event right in their backyard. That’s what this celebration is really about.” **NOW**



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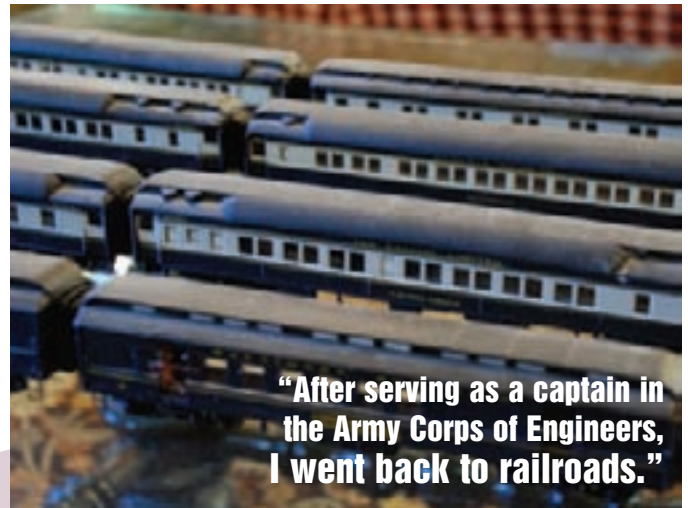
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"After serving as a captain in the Army Corps of Engineers, I went back to railroads."

The Railroad Man

— By Beverly Shay

"I can't remember a time I wasn't fascinated with the railroad," Tom Greco admitted with a grin. "Perhaps it started before I was ever born. While pregnant with me, my mom rode the rails from Baltimore to Houston, so I guess that is what felt familiar." His first home in Baltimore was a row house overlooking the B&O (Baltimore & Ohio) main line. "Mom held me up to watch the trains from our window. When we rode them, I somehow knew that was my destiny. There wasn't anything I wanted to do more than ride and work the trains."

Tom has ridden 82,000 miles; almost every mile is logged in one of his many journals. "In 1971, I started working on the railroad and wrote a song about the Sunshine Special, which ran from St. Louis to San Antonio, Houston, El Paso and even down to Mexico City. My dad really wanted me to go to college, so I studied business administration and economics. After serving as a captain in the Army Corps of Engineers, I went back to railroads," Tom remarked, satisfaction clearly etched on his face.

"For 13 years I worked the Missouri Pacific, now part of the Union Pacific," Tom recalled. Eleven years were spent in Omaha, Nebraska, working just about every rail yard position. Then he was sent to Dallas as the train master of the Dallas hub, a grueling and demanding job. Tom was in charge of all operations in and out of Dallas from 7:00 p.m. to 7:00

a.m. The job took a toll on Tom in various aspects; rather than lose his love and respect for the railroad as it had once been, he made a career change.

For eleven years, until the Dallas plant closed, Tom worked in production management for an office furniture company. Since then, Tom has worked for the city of Duncanville as a senior code enforcement officer. "I really love my job, because I love the city of Duncanville. I want to keep the city looking good, maintaining the appeal that drew me to live here in the first place. A city is a business entity; we work hard to bring in prosperity while still keeping Duncanville a town," Tom reflected. "My job is one where you can see the results of your work, and I like that."

Despite career changes, Tom's passion remains connected to all things railroad. In 1973, while working the rails, he learned to play guitar. "I was sent to Crete, Nebraska, for two weeks as station agent. There wasn't much else to do," he recalled. Tom began to write and sing railroad folk music. Ivanhoe (his guitar, named for a town on the rails in the Rockies) has a place of honor in the living room, so he can easily grab it and play the songs that roam his mind much as he roamed our nation's tracks. Tom has been the featured guest at senior gatherings and elsewhere, telling railroad tales and singing traditional and original ballads.

Tom has written in numerous magazines about life on the

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rails. Recently, along with co-author, Karl Spence, he completed a book on another of his long-time interests: dining on the rails. Their book, *Dining on the B&O*, is a collection of recipes and highlights from days gone by. The B&O was renowned for the best cuisine on the rails and, some have said, in the country. Some of the recipes Tom has are hand-written by the chefs who created or cooked them. The idea for the book took off when Karl and Tom



visited the B&O Railroad Museum in 2007. Excitedly, they reviewed their collections. Some of the recipes, which had been passed down or written verbatim, needed a bit of translation. The recipes have inspired him to become a chef.

"Some of the recipes date from 1904," he enthused, displaying a huge scrapbook of original material: recipes, menus and artwork of the era. An entire room in Tom's home is dedicated to railroad memorabilia: china, silverware and glassware he has purchased here and there. Signs and posters herald the Capitol Limited, the B&O's best train.

"Railroading is like a religion to me," confessed Tom, who is also a devoted Catholic. He displayed numerous patches, buttons and conductor hats — many his own, with insignias

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

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

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

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- Proximity to numerous institutions of higher education—UNT Dallas in particular.

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identifying him as trainman or conductor. Those with the capitol dome signify the Capitol Limited.

Tom has log sheets of trains that he engineered, as well as time tables from stations and individuals. "Running trains was a very orderly task. It had to be. Daily logs and time sheets indicated everything imaginable that had to do with railroads. Weather and track conditions were recorded, times which crews (engineers, conductors and which



engine) were working, speeds and speed limits, schedules and obstacles and all communiqués were laboriously hand recorded," Tom marveled, glancing at his railroad watch. "I could read this sheet for hours and hours and gain an entire picture of the route that particular day," he added as he glanced over a 1951 train sheet.

"I knew my wife, a mechanical engineer, was 'the one,' when on our first date she wanted to know how the rails were switched and how the signals worked. She was truly fascinated," he reminisced. Tom and Helen honeymooned on AMTRAK. "I took my daughter, Katherine, to her first railroad fan club meeting when she was 2 weeks old. To give Helen a break from time to time, I would take Katherine to the yard to ride in the

Duncanville **NOW**

engines as they switched tracks. Her first word was 'Dad,' her second 'train' and her third 'cat,'" Tom recalled with a smile. Cats are nearly as prolific in Tom's affections as trains. "Most of our cats have been named after something to do with trains," Tom admitted.

Tom explained that while many trains have gone the way of history, the Capitol Limited, whose maiden



"I knew my wife, a mechanical engineer, was 'the one,' when on our first date she wanted to know how the rails were switched"

run was in 1923, still runs from Washington, D.C., to Chicago. "Undoubtedly, it is my favorite train. Each car has its own name. Those specifically designed for the Limited have Capitol as part of the car name. The fancy dining cars were named after famous colonial women, such as Betsy Ross. There were no day coaches; sleepers/Pullmans and parlor cars were for first-class seating. Some of the original cars ran on into the '50s," he said, his admiration of the Capitol Limited clearly reflected in his face and tone as he handled the model train displayed on his coffee table. Once a train man, always a train man. **NOW**

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Do It Yourself Comfort

— By Beverly Shay

When Jim Brownlee got out of the service in 1957, he bought a car, which his mother had to co-sign for, and went looking for a job in Minnesota. He found a job, and he also found the woman he would marry. Jim had gone to apply at 3M, where Maryann was the receptionist with whom he did his initial interview. He came back that afternoon for further interviewing and was hired the next day on Maryann's recommendation. They celebrate their 51st anniversary this month.

Jim's work as a purchasing agent for numerous companies over the years has meant they have lived in Minnesota, Colorado and eventually, they found themselves

in Dallas, Texas, where they attended Christ For The Nations Institute (CFNI) in 1984. They worked as apartment managers until Jim was hired as the school's purchasing agent in 1986. Maryann worked in the CFNI bookstore and then as the women's conference coordinator and the director of hospitality for 14 years. In 1992, they bought a small home in Duncanville and began to renovate it. Maryann's skill as an interior decorator, something she has pursued for 30 years now, is truly showcased in their home. After living in the apartments — family dormitories — on the CFNI campus for eight years, the Brownlees were ready for some space and some privacy. Maryann set out with a Realtor to find just that; they looked in DeSoto, Lancaster and Duncanville.



At Home With
**Jim and
Maryann
Brownlee**

The tree-lined street was what initially attracted Maryann. "I told Jim if he

liked the outside, I knew just what to do with the inside," Maryann stated. When Jim came to see the home, the creek alongside the house got his attention. "Seventeen trees were on the property," Maryann recalled. "Pecan, black walnut, fig, peach, cherry, pear, plum ..." she began, ticking them off on her fingers.

"We are the only home in this subdivision with a well," Jim remarked enthusiastically. "Because it's connected



to the sprinkler system, it really keeps the water bill down and the yard nice. We did have to take out some of the trees though." The home is situated on property that was once a military base, thus the well.

"It took us two years to fix it up the way we wanted," Maryann confided. Jim and Maryann built the back deck, with its two-by-fours laid in a parquet-like manner, behind the kitchen they added on to the house. "This wall," Maryann pointed out, "used to be the outside sliding doors, which opened to a patio." The kitchen has a laminate floor that appears to be 8-inch wide hand-scraped wood. Cheery white cabinets, a small countertop bar and the breakfast nook overlooking the backyard make for an inviting place to grab a cup of coffee. Even their two Westies (West Highland White Terriers), Hannah and Jorgie, like to hang out in the kitchen.

The three-bedroom, two-bath home now has about 2,200 square feet and sits on one-third acre. What used to be the kitchen is now a narrow computer/sewing/study/library room

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running along the far side of the living room. It boasts a large, custom-designed, stained-glass window featuring a lion and lamb, harp, Rose of Sharon, an angel and two doves along with Psalm 96:1, "Sing unto the LORD a new song."

"We enlarged the living and dining rooms by using these ceiling-to-floor mirrors, an old interior decorator trick," Maryann confided, "as well as knocking out three walls to open the entire area up. It had dark paneling and small windows, which we replaced with this bay window and creamy tan paint." Here you can see the full sway of Maryann's decorating skills. She recovered the couch and

upholstered a sleigh-shaped telephone settee in matching cream brocade with a burgundy/moss green floral pattern. There is plenty of room for their his-and-hers recliners and two overstuffed chairs for guests situated in front of the fireplace.

Two guest rooms reflect the Brownlee's main venues of hospitality: the green and lavender room with its Monet print, twin beds with quilts, curtains and rag rug of matching Laura Ashley fabrics is called the "missionary room." Across the hall is the grandchildren's room, decorated with an apricot, tan and fuchsia plaid and floral combination and a fold-away trundle bed. "We love it when either missionaries

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or our grandchildren come to visit," Maryann commented, "although the grandchildren are a bit rowdier."

The padded fabric walls, with piped edging in the guest bathroom, once again showcase Maryann's decorating skills. The cabbage roses in hues of reds and pinks on the shower curtain and covered waste basket match the walls. The big flowers are set off by white paneling along the lower half of the walls.

To enhance storage space in the master bedroom, Jim brought the bedroom wall forward, creating a long, built-in closet with mirrored doors so the room seems bigger, rather than shortened. "Jim built the headboard, and I padded and covered it," Maryann explained. The bedspread and bench at the foot of the bed are upholstered to match in a tan, gold and deep rose floral print. Jim's mother's hand-painted glass lamp graces the night stand.

"I love my vanity tucked around the corner," Maryann said. "It was a lot of work to fix everything up the way we wanted, but Jim and I work well together, and this is really a very comfortable home." Throughout the house are specialized features, such as the hollowed-out, shelf-sized arched nook created for an old, white vase from a dear family friend.

"I don't do as much interior decorating as I once did, but Jim still helps me with my business, Finishing Touch Design," Maryann said. "I also



enjoy putting out flowers." Orange-red miniature roses are planted in the front yard and potted flowers add color to the back deck. "That large storage shed is really my workshop where I do upholstery," Maryann pointed out.

Retired for a while now, life has begun to slow down a bit for Jim and Maryann. They have plenty of time to enjoy their daughter, Vicki, and her husband, Tom, their three grandsons and three great-grandchildren, all of whom are serving the Lord. "What else do I do?" asked Jim. "I help Maryann," he stated matter-of-factly, his face bright with a smile that combined love and teasing. "It's what I have always done." **NOV**

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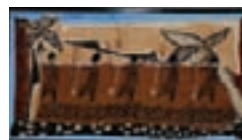
International Flair for Art

— By Beverly Shay

Linda Michael-Lo, a Cedar Hill resident, started her art career when she drew stick figures as a means of communicating and learning vocabulary during speech classes. Little did she know her difficulty speaking would lead to a prolific art career. "In 1965, I enrolled in an art communications correspondence course, studying pen/ink and perspective painting for four years. My first formal training came in 1970, in a summer internship at 60 Garden Street Association in Hoboken, New Jersey," Linda remarked, referencing her scrapbook of art experiences.

"Soon I was involved in community service providing art projects for children. I was the quill (artistic) director for our high school yearbook. I used zipper-shading to create a psychedelic color cover," she grinned. "It involved a grease pen, ink for shading and a difficult opaque wash technique on Bristol board paper."

A stint in the Peace Corps brought her from Harlem to Dallas working in art with Bishop College students. "They told me it was a rough side of town, but it never seemed that way to me," Linda



said. Then, during a visit to Senegal and The Gambia, she learned to make ink on cotton fabric drawings, ceramic etchings and fiber art, all with "story" scenes of African life.

"In 1995, 10 pieces of my fiber art, made in 3-D from wood, straw and fabric, were displayed in San Diego. I had also learned batik, tie-dying and mud cloth techniques while in Africa. Wax is applied to white cotton cloth, which is painted with dye and the wax peeled off; I would then use that cloth and put scenes on ceramic," Linda stated.

Linda's artwork, most of which tells stories, also incorporates symbols and imagery. She has ventured into: acrylics, ink on fabric, baskets, dolls, flowerpots with opaque washes or decoupage, mixed medium and ceramic pieces. Her ceramic rectangles are poured onto a slab, etched while partially dry, glazed (part matte and part high-gloss) and fired; then painted. Two ceramic cookie jars (*Mr. and Mrs. John*) made in 1985 were inspired by a visit to Guyana in South America in 1970. The set won a prize at a Mesquite ceramic show.

Experimenting with other art forms, Linda has designed snakeskin bags of genuine python from Senegal. "You

can get a lot of purses from a 20-foot snake skin!" Linda remarked. While serving as artistic director for the Irving Arts Center with the Irving Black Arts Council, Linda found a good use for the dolls she had been creating for some time. Her dolls, made with cotton and wire bodies and dressed in original batik fabric clothing, came with names and birth certificates and were made available for "adoption" as part of a fundraiser for students who came from West Africa.

In 1996, the Craighead-Green gallery of Dallas showed a solo piece of her ceramic art, entitled: *Conversion of the Rasta Lady*. This piece, a well-researched, fictional depiction of a Jamaican woman forsaking her traditional Jah faith for Christianity, won the contest.

"Sometimes, my art is taken from photos I take in other countries; other times I recreate scenes I have observed of village life or I create art from my mind to tell a story I have heard," Linda explained.

"I was very inspired by a man I met named Peter, who had walked from Monrovia to Gambia to get away from the brutal violence. That would be like walking from New York City to

Oklahoma City. So I painted his walk. I still hear from him from time to time," Linda said. "My experiences led me to sponsor a girl, Romatoulie Mbowa, through the Christian Children's Fund (CCF) for 17 years. She sent me 72 dolls to sell for her education costs. For a while, I even had my own nonprofit organization, Kabafita Family Helpers Inc., named after an African village. We existed to provide support through communication for children from that village who were sponsored through CCF."

Through membership in VSA (Vision, Strength & Access), Linda learned of another group, ATTA (Achievement through the Arts); both groups assist people with disabilities. Linda's goal is to start an affiliate VSA group in Barbados, a country near to her heart. Linda's most recent art exhibit was during the month of April at Mental Health America of Greater Dallas, where she is part of a consumer group of artists who meet to discuss artistic techniques and support each other in overcoming disabilities.

Linda also showcased art with the Dallas Symphony Orchestra, and some of her religious pieces were displayed at the Biblical Arts Center. *Motherland: East Meets West* was shown at the JFK Center for Performing Arts in Washington, D.C., in 2004. "At times, I have written poetry to go with my artwork," Linda remarked. Linda's artwork has been shown in 15 states, the Caribbean, Africa and London. She hopes to have her art displayed in the Smithsonian in Washington, D.C., in 2010.

Where communication once stymied her, Linda found her voice through art — a talent, which allows her to tell the stories of others who have overcome difficulties. She accomplishes that via her own creations and also by encouraging others to express themselves through art. **ARTS NOW**



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Care for Your Skin

— By Beverly Shay

Dermatology Institute not only offers expert advice and treatment for all types of skin, hair and nail problems, it is also an educational facility offering dermatology residency training. The Institute is known for its modern, spacious, friendly and knowledgeable atmosphere. “It’s never too late to care better for your skin ... and we can help,” states their brochure.

“My associates and I treat all ages — from newborns to seniors — of all skin types and colors. We treat acne, psoriasis, fungal infections — anything that affects skin, hair or nails. We offer medical and surgical care right in this facility,”

Dr. Bill Way remarked. The 8,000-square-foot office features 10 exam rooms, equipped as surgical suites, as well as a large library, dermatology research lab, live Internet conferencing and new innovative narrow-band ultraviolet B light therapy for psoriasis treatment.

“Our patients receive the expertise of medical and osteopathic doctors from across the DFW metroplex, because we are one of only 23 D.O. dermatology residency programs in the U.S. In eight years, our program has trained eight currently practicing

D.O. dermatology-certified doctors. Each resident trains with multiple dermatology-certified physicians at U. T. Southwestern, throughout Texas and across the U.S.,” commented Dr. Way.

“Your skin is your largest organ; its visibility makes it easy to check for changes that may indicate problems. No matter what your age, evaluate yourself head-to-toe (get someone to help you check areas you cannot see) every three months or so. Look for changes in texture, shape and growth — slow or rapid; if that is happening, see your physician or dermatologist to have it further evaluated. Do not wait until

there is bleeding — that may be a very serious indication. Melanoma is the most deadly skin cancer,” Dr. Way remarked.

Dr. Way would like to educate all people: eat healthy, drink lots of water, take a daily multiple vitamin, evaluate your skin every three months and do not wait to have any change checked by your physician or dermatologist. What is caught early is far easier to treat. Wear at least a 15 SPF



sunscreen daily. "Make sunscreen a habit, like brushing your teeth," advised Dr. Way. Weight gain also affects the health of your hair and skin.

Dr. Way, a board-certified dermatologist, graduated from Kansas City College of Osteopathic Medicine in 1975, interned in Dallas, served as general medical officer in the U.S. Army Medical Corps in Germany and completed his residency at Walter Reed Army Medical Center in Washington, D.C. In 1983, Dr. Way came to Dallas as a dermatologist. He is currently teaching in the dermatology residency training program, which is affiliated with both A. T. Still University and Kirksville College of Osteopathic Medicine, where Dr. Way is an associate clinical professor.

Jennifer Johnson, assistant office manager, remarked, "Although patients at Dermatology Institute may be seen by one of our four dermatology residents, they are also seen by Dr. Way or an associate board-certified dermatologist. We have five nurses, a dermatology research fellow and a licensed esthetician, who offers vitamin skin treatments, European facials, teen acne facials, gentlemen's facials, microdermabrasion, cleansing back treatments, Swedish massage, peels and waxing."

Dermatological conditions treated include: cysts, warts, eczema, rashes, scars, small facial and leg veins, hair loss, excessive hair growth and adverse drug reactions. Whether your skin, hair and nails are simply aging or have been subjected to prolonged sun exposure or illness/infections/acne, you can be sure you will receive knowledgeable, personalized solutions that will refurbish how you feel about yourself. Visit the Dermatology Institute, located at 706 W. Center Street in Duncanville or call (972) 780-0707 or visit their Web site at www.dermatologyinstitute.us. **NOW**



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Sherry Kennedy, top left, presented a welcome basket to Janto and Shimul Sarker during the Texaco Cedar Hill ribbon cutting. • A ribbon cutting, top right, was held at Jennifer Hunt Day Spa. • Adriana Fajardo and sons, Dylan and Jonathan Rodriguez, bottom left, were the winners of the costume contest at the Mother/Son Super Hero Dance. • Door prize winners, bottom center, showed off their gifts during a recent Chamber Night Out held at ProAdjuster Chiropractic Clinic. • Mayor Rob Franke, bottom right, led a tree dedication ceremony.



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Kyrion Henry, top left, won a new bike for having perfect attendance at Meadows Elementary School for the fourth six-week period. • A ribbon cutting, top center, was held at Reel 'Em In Restaurant. • The boys basketball head coach, Chris Dyer, top right, thanked the community for all their support, while also publicly congratulating his players. • DeSoto High School 5A Basketball State Champions, bottom left, are proud of their number one status. • Several Canterbury students, bottom right, volunteered at the Pre-GED School recently.



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The Upswing Band, top left, recently performed at the Holy Spirit Catholic Church Young at Heart adults meeting. • A ribbon cutting, top center, was held at First Data Merchant Services. • Humpty Dumpty puppeteer Sandy Shrout, top right, visited the children at the Duncanville Public Library. • The Taste of Duncanville event, bottom left, was a success as evidenced by the large crowd in attendance. • Terika Williams, bottom right, won the first Jr. Miss Leslie Pageant held at the Women's Museum at Fair Park.



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— By Jim Blazek

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By working closely with a professional financial advisor whom you can trust, you can get answers for the hard questions and maximize your money. By understanding your specific situation, a financial advisor will be able to provide insight concerning what the specific outcomes may be based on your choices. That is why it is important to choose an advisor who will take the time to really get to know you and where you are at right now. With careful planning and smart choices, your money will never stop working for you. **XXXX**

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Drug-free With ADD?

— By Leah Pittmon, B.S., D.C.

Over eight million children in the U.S., and over 17 million worldwide, have been prescribed psychiatric drugs for treating attention-deficit disorder (ADD), hyperactivity and depression. Some of these drugs now carry a “black box” warning about their use by children under 18.

Antidepressant drugs such as Prozac are not the only drugs about which the U.S. Federal Drug Administration (FDA) has issued warnings. Ritalin and Concerta have also been linked with suicidal, violent, aggressive and psychotic behavior. They can also cause heart attacks, stroke and sudden death, yet the prescription rate of these medications continues to skyrocket.

What if there were non-drug, non-surgical solutions to ADD, ADHD and depression? For many, there is!

Dr. John Upledger noted in his 25 years of experience as an osteopathic medical doctor (D.O.) there is a characteristic postural distortion and restricted movement of the spine in at least 60 percent of ADD children. Correction of this nervous system

irritation through chiropractic or osteopathic manipulation can be beneficial for many ADD sufferers.

Adverse reactions to foods are a culprit in many health problems. Reactions to Red Dye #40 can include: temper tantrums, hyperactivity, aggressive behavior, uncontrollable crying and screaming, nervousness, dizziness and inability to concentrate and sit still. One study showed, “73 percent of children with ADHD responded favorably to a diet eliminating reactive foods and artificial food colors” (*Annals of Allergy*, May 1994, Vol. 72, pp. 462-8). Another concluded, “diet definitely affects some children. Symptoms which may change include those seen in ADD/ADHD” (*Journal of Paediatric and Child Health*, June 1997, June: 33(3) pp. 190-194).

A more recent study concluded, “there is a general adverse effect of artificial food coloring and benzoate preservatives on the behavior of 3-year-old children.” The same study found “significant reductions in hyperactive behavior during the withdrawal phase (weaning the kids off of the food coloring and preservatives)” (*Archives of Disease in Childhood*, 2004 June: 89 (6):506-11). This study used 20mg/day of coloring as the “challenge.” There are

150mg of coloring present in just one tablespoon of green ketchup!

Not every ADD child will respond to dietary modification, or to chiropractic care, but as alternatives to risky drugs, chiropractic alone or in combination with diet modifications and allergy elimination, can be quite effective for resolving many of the problems these children experience. It takes more dedication on the part of the parents and the children, but aren't they worth it? **NOW**

Leah Pittmon, B.S., D.C.

Pittmon Family Chiropractic Center

An advertisement for a dental practice. On the left is a photo of a family: a man, a woman, and two young girls. To the right of the photo is a purple circular graphic with the text "New Patient Specials Free Whitening with completion of x-rays & exam". Below this is a logo for "Invisalign Orthodontic Treatment" and the text "Accept most insurance plans". At the bottom, a white banner contains the name "JOHN H. KNOWLES, D.D.S." and "SPECIALIZING IN FAMILY & COSMETIC DENTISTRY".

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An advertisement for a radiator service. On the right is a photo of a white car. The text on the left includes the company name "Dotson Radiator", a tagline "4th generation entrepreneurs", and a large offer "Receive 10% OFF All Service & Repairs". Below this is a list of services: "Complete Heating & Cooling Service" and "Regular Maintenance". At the bottom is the address and phone number.

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Father's Day Is June 21st

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Uses glycolic and microderm for a
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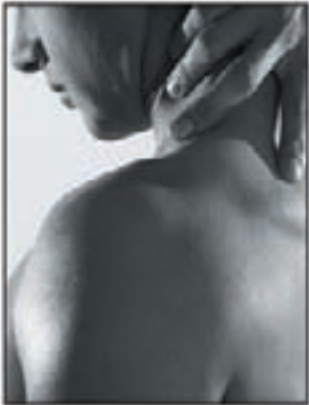
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- CWA is a co-educational school, that offers children a college preparatory curriculum and bible-based education.

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Mission Statement:
It is ChristWay Academy's
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June 2009

Community Calendar

All Summer

For Cedar Hill Recreation Center's summer programs, visit www.cedarhilltx.com.
For Duncanville Recreation Center's summer programs, visit www.duncanville.com
For DeSoto Recreation Center's summer programs, visit www.ci.desoto.tx.us.

June-August

Cedar Hill Visual Expressions Creative Arts School's Summer Art Camps. For children ages 5 and over. Explore mosaics, paint, clay, paper, drawing, water color, pastels, acrylic, mixed media and more. Contact Jennifer at (972) 293-1117.

Every Monday and Tuesday

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

Every Wednesday

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

Every Wednesday and Friday

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

Every Friday Evening in June

Cedar Hill presents Music in the Park: 8:00 p.m. at Valley Ridge Park Amphitheater, 2850 Park Ridge Dr. June 5: FM Band (Variety/Top 40 Pop). June 12: My Monkey and Me (Beatles). June 19: Yancey Stevens & the City Slickers (Country). June 26: Bobby Patterson (R & B).

Every Saturday

Cedar Hill Recreation Center presents Star Force One, a dance program including tap, ballet, jazz, hip-hop, lyrical, song and dance and competition dance teams. Beginner to advanced classes: 8:00 a.m.-12:30 p.m. for ages 2-adult. Also ballet and tap for special needs children. Register at Rec. Center.

First Mondays

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

First and Third Tuesdays

Training Academy for Dental Assistants' free informational sessions: 5:30 p.m. (972) 842-2999.

First and Third Wednesdays

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

First Thursdays

ABWA Empowering Women Express Network: 5:45 p.m. at Midlothian Conference Center, 1 Community Circle, Midlothian. RSVP to Daphne Brewer at (972) 723-6551.

Second Tuesdays

Dallas Area Writers Group: 7:00 p.m. at CH Library. June is critique night.

Second and Fourth Tuesdays

Cedar Hill Lions: noon-1:00 p.m. at Good Shepherd Church, 915 Old Straus Rd. (972) 291-0651.

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

Second Wednesdays

Cedar Hill/Duncanville Early Childhood PTA: 10:00 Cedar Hill Hope Lutheran Church, 917 N. Straus Rd.

Duncanville monthly luncheons: 11:30 a.m. at various locations.

Second Saturdays through November

Monthly Classic Car Show benefiting Bridges Safe House in Cedar Hill: 4:00-8:00 p.m. at Sabor A La Mexicana Restaurant and Tortilla Factory in Duncanville, one block

south of I-20 at Cockrell Hill and Skyline, directly behind the Red Lobster. Do not have to be a member to enter. No age limits on the cars. Trucks and motorcycles welcome. Contact Bobby Kight at (972) 742-9233 or Toni Kight at (972) 742-3377.

Third Thursdays

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

Third Saturdays

Cedar Hill Star Party: sunset-11:00 p.m. at J. W. Williams Park, 1605 High Pointe Ln. Free. Bring own telescope or use ours. (972) 291-1505.

Fourth Tuesdays

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

June 6

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

June 10

Co-ed Adult Volleyball League begins. 3 matches/evening, 3 games/match. Registration ends June 3 at Cedar Hill Parks and Recreation office, 285 Uptown Blvd., Bldg. 100. (972) 291-5130.

June 10-July 31

DeSoto Library's summer reading program. Beginning June 10, log on to our Web site at to sign up and print your reading form. Free "Reading with Ringling Bros." circus ticket will be given to children ages 2 to 12 years after five books are read. (972) 230-9666.

June 13

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

June 15-August 13

DeSoto Library presents summer movies every Monday, Tuesday and Thursday: 2:00-4:00 p.m., 211 E. Pleasant Run Rd. Free. (972) 230-9666.

June 16-28

Cedar Hill Recreation Center Father's Day Special: \$10.00 off three-month membership.

June 17

DeSoto Library presents Snake Encounters: 1:00 p.m., 211 E. Pleasant Run Rd.

June 19-21

DFW Summer Balloon Classic, an Aviation Extravaganza, at Mid-Way Regional Airport, Midlothian/Waxahachie. Free admission. Parking \$10.

June 23

DeSoto Library presents Ringling Bros. "Ambassadors of Laughter," featuring Dave and Cherie Gregg: 10:00 a.m., 211 E. Pleasant Run Rd.

June 24-27

DeSoto's Great Days of Service to rehabilitate exteriors of selected homes. For information or to volunteer, call Cammy Jackson at (972) 224-3565 or Hampton Road Baptist Church at (972) 223-5070 or e-mail info@hrbc.org.

For more community events, visit our online calendar at www.nowmagazines.com.

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Com-pas-sion:

*n: sympathetic consciousness of others' distress
together with a desire to alleviate it*



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


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