# Southwest Cedar Hill I P No A G JUNE 2016

# A Golden Heart Beats

Christopher Tidline Jr. rallies a choir of joyful voices

# A Family of Hope

At Home With Dustin and Dorothy Anne Dauenhauer

A Father's Perspective

Bountiful Harvest

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Grades 6-8 June 13-30 - Summer School, Grade Replacement

\$125 or 2 for \$200 June 8-30 - Summer Tech Program, \$75 June 10-July 1 - Field Trip Fridays, price varies

June 8-30 - STAAR SSI (8th Gr.) Reading & Math-FREE

Grades 5-7 June 6-July 1 - GREAT: Gang Resistance Education and Training, FREE

Grades K-5 June 13-30 - Summer School, ESL, ESY, STAAR SSI-FREE June 6-24 - Camp Explore, \$50 per week; \$150 3 weeks \$75 for full day (after-camp care)

Young Scholars - June 13-24; Gr. 4-11 at various locations-FREE

Sports Camps - Tennis, boys and girls basketball, football, baseball and volleyball camps!

Summer Feeding - June 6-July 1, July 18-29 (DHS only in July) 7:15-8 a.m. Breakfast; 12:30-1:30 p.m. Lunch Locations: Cockrell Hill, Woodridge ES, West MS, DHS



# Calendar

Thursday, June 2, 7:30 p.m. - DHS Graduation, Eagle Stadium Friday, June 3 - Last Day of School, Early Release Friday, June 3, 7 p.m. - WINGS Graduation, Auditorium Monday, June 13, 6:30 p.m. - Board Meeting, Board Room July 4-15 - Offices closed for summer shutdown Saturday, August 6, 9 a.m. to noon - Back to School Fair, DHS Monday, August 22 - First Day of School





New member Kathy Goad is sworn into office by Judge Nash.

# **NEWS TO KNOW**

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## ON THE COVER



Christopher Tidline doesn't miss a beat.

Photo by Shane Kirkpatrick.

# CONTENTS June 2016 • Volume 10, Issue 6



- A Golden Heart Beats Christopher Tidline spends five years building a choir many others call family.
- 18 A Father's Perspective Greg Porter is dedicated to guiding his children and the city he loves into the future.
- 28 A Family of Hope At Home With Dustin and Dorothy Anne Dauenhauer.
- 36 Bountiful Harvest Canning brings farm fresh to the table.



44 BusinessNOW

46 Around TownNOW

52 CookingNOW

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## Editor's Note

Hello, Friends!

I want to take a serious moment to discuss a very important issue and prove that I have a humorous side. For those of us who enjoy a quick read, this is our month — National Bathroom Reading Month. If you Google search for the list of best books and magazines recommended for bathroom reading, I'm sure you will find something listed to your liking. You may already have your favorite reading

material waiting, or possibly you just grab whatever magazine is handy as you head to the smallest room in the house, quite often referred to as the "library."

Today, massive and diverse reading materials are also available on your tablet. The world of technology now enters a place once referred to as the water closet. So whether a book, magazine, tablet or cell phone provides your reading material, enjoy National Bathroom Reading Month. We can all be grateful that the Sears, Roebuck & Co. catalog days are behind us. Good reading to you all!

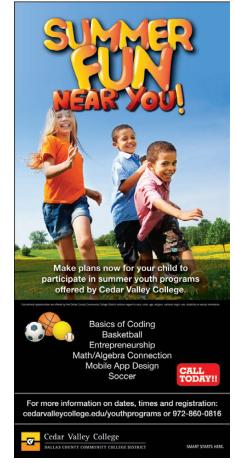
Laughter is good medicine!

Jo

Jo Monroe

SouthwestNOW Editor

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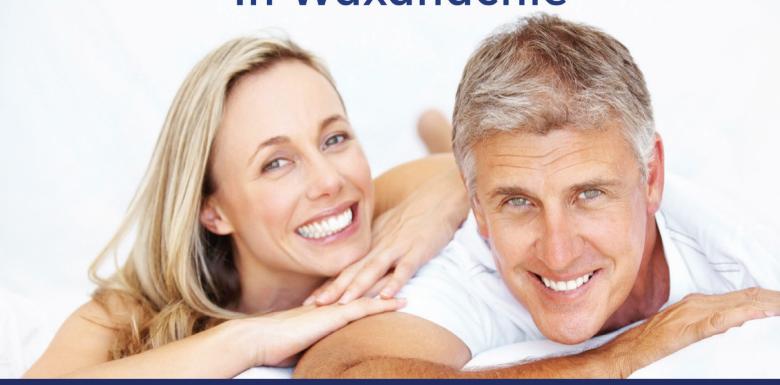
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# LDENHEART BEALL -By Jo Monroe

Christopher Tidline Ir. is the founder of DeSoto Senior Activity Center's Golden Voices Choir. Generally speaking, there is no signing up. Chris just drafts everyone who can talk, sit and likes to sing. Interestingly enough, he would be the first to say he can't carry a note in his own two hands! However, on most days you will find him busy giving a helping hand to fellow seniors at the center. Even on Tuesdays, when the choir is in practice and he should be positioned behind the drums, if he sees someone in need, he is up lending a hand. If someone needs their walker or a chair, Chris is there. Then, just as fast as he was up, he is back behind the drums, seemingly never missing a beat.

"My first love was football, but I started taking drum lessons in the sixth grade," Chris shared. "Every Saturday, I would go down to the music store for lessons. I became pretty good and would write my own drum solos, but my main interest was still football." He played football in middle school, but when he went home with his physical form to play varsity football, his mother told him no, feeling he'd invested too much of his time learning to drum to continue playing football. "You are going to be a drummer," she said. "She made the decision, and it worked out pretty good," Chris added. "But until we started the choir, I hadn't played in about 30 years."

It doesn't take but a few minutes after meeting Chris for the first time, to be drafted into his family.





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"We come together with a vision, and that vision is to minister through music."

What is it that gives him such a love and a gift of encouragement to those he meets? "There is a song that says, 'Let Him use you,'" Chris said. "In the past, I might not have been the best father or the best husband, but I can't go back to correct that. I have to thank God for helping me get from then to now."

Chris is truly an unpretentious leader. He always brings others to the front, while he steps behind the scenes. Even when playing the drums, he echoes the heartbeat of the men and women in the Golden Voices Choir. He gives credit to the choir for what he has formulated — a way for people to minister to others through the joy of music.

Chris recalled reading a magazine article stating that "coming together is a beginning, working together is a process, keeping together is success.' I analyzed what that meant and how it applied to the choir's success," Chris explained. "It isn't about me. The choir is a way to get



individuals out of their comfort zones. The choir works together, stays together and keeps growing. That is what makes us strong."

The choir's strength comes from faithful people like Ms. Georgia Harvey who was faithful to read the Scripture every Tuesday at rehearsal. Before she passed away, she recommended Ms. Adeline Brown to continue the roll for the choir.

Chris has asked a lot of folks to join the group. He has received a lot of noes but he is thankful for the yeses. "The Bible says God will supply all your needs," he said. "We needed a piano player and went several months singing acapella. Then Ms. Betty Cook said, I am not that good, but I can do a little.' That was a beginning. We can't be successful unless we involve everybody. When everyone is involved, the organization is strong."

Chris did not create a 501(c)(3), but an organizational structure. "You have to have a structure. Without that it would be like Dodge City — everything would be wild! I use the word organization, but it's really a family. We come together with a vision, and that vision is to minister through music."

Ms. Audrey Scott, was the first person to whom Chris mentioned the idea of having a choir. She was a member at the DeSoto Senior Activity Center already and encouraged Chris by telling him to go for it if he thought he could do it. "That is the key. If you think you can do it, you can do it," Chris said. "I asked Ms. Audrey to sign up, and then two other





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ladies joined." With only five volunteer names in December 2010, Chris took the list to DeSoto Senior Activity Center Manager Nathan Busby. When Nathan questioned the marginal list, Chris answered, "They will come." By January 2011, they had done exactly that, and Chris welcomed the first choir of 15 members. "We just sang the old gospels that we knew!"

Chis believes it is absolutely necessary to involve everyone in the choir. Today, the members range in age from 55 to 104. "Ms. Gladys Harris is 104. She gets around better than some, and she is always on time," Chris stated. The Golden Voices Choir is a family. They start arriving any time after 7:00 a.m. for a practice that does not begin until 9:00 a.m. "They are very faithful. We start each practice with praying for each other." Chris shared.

"We asked God to send us a piano player. We now have several piano players. We asked God to send us a choir director. We now have Edna Baptiste, Katy McClellan, Glenda Baylor, Birdie Smith and Christine Robinson,"

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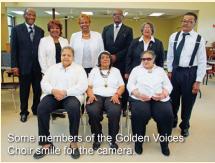
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Chris said. For two years, all Chris had were some bongos. Now he has a full drum set.

Ms. Audrey, a native of Dallas, is the president and administrator of the choir. She speaks with such elegance. "Chris is the passion of the choir," she stated. "There is an open invitation to join. Some may not have the physical capability to do a lot, but anyone can sit and sing. There is a time when you reach a certain age, maybe after you've had a stroke, and you think you don't have anything left. But this is the beauty of the choir — everyone belongs."

After retiring, Rosalee St. Andrew, came back to Texas to enjoy her family and found the senior center. Chris has encouraged her to lead some of the songs. "I had never received voice lessons and had never led a choir before," she shared. "But I started taking voice lessons, and now Chris has pushed me to do some directing and help with the word pronunciations."

In addition to Chris' natural family, he has an extended family that prays for each other, sings together and ministers to others every Tuesday morning in song. Thanks to Chris, there are many seniors still celebrating their lives.

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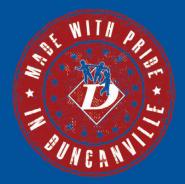


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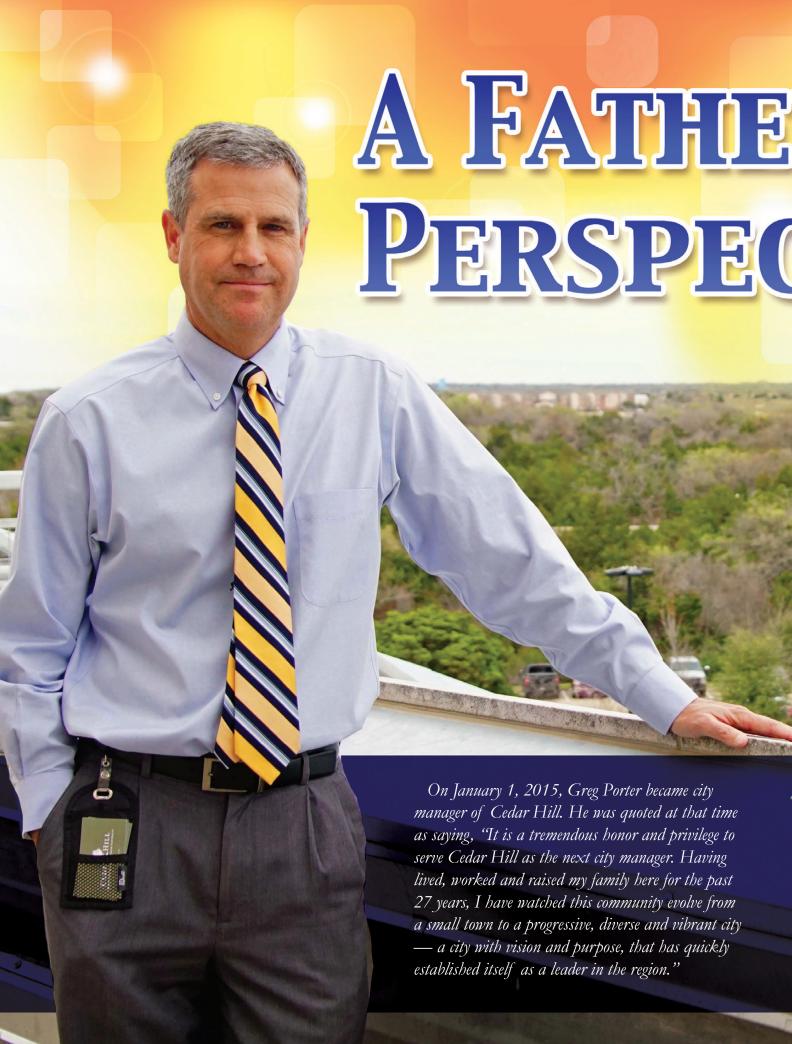
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Since becoming city manager, Greg has continued to live, work and raise his family with a passion and a vision. He leads with humility and with the understanding that his leadership impacts not only his personal family, but the many diverse families within the community he loves.

Greg and his wife, Pamela, have a wide range of experience in raising their multigenerational family. Their firstborn child, Jessi, has always loved being with Dad. Greg says she started out a little tomboyish, but now at the age of 25, she is a married lady and a registered nurse working in a hospital NICU. It is obvious how proud he is of her, as he shares her accomplishments and what fun they had as she was growing up. Greg and Pamela's son, Josh, just turned 11. Greg joyfully shares that Josh is super smart, sharp, loves science and enjoys Pokémon. His younger daughter, 9-yearold Amanda, is all girl, loves pink and is very creative. Like many families, there is a child missed, but not forgotten. "Our second child, Andrew, whom we lost at the age of 10, would be 23 this year," Greg reflected.

"We have been parenting forever, and I'll be a senior citizen before I'm done," Greg confessed. "One of the benefits of parenting forever, besides that it made my hair white, is I get to keep up with the kids' trends and also their friends and families. It's a really cool thing," he added. "The parenting period of life is so unique and special. This is something I learned from watching my own parents. If you don't have kids, you lose that perspective pretty quickly, and the things you pass off as not as important, really,

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really are. It's just you don't remember those days. In a growing community, it has been beneficial for my wife and me to still be in that stage, because we are still very cognizant of what parents and young families are dealing with."

In March 2016, Greg was named Man of the Year by the Cedar Hill Chamber of Commerce. He humbly received the award, given in recognition of his work, passion and dedication to the city. Greg is known for rising up in the ranks of leadership, starting as a young man laying asphalt on the streets of Cedar Hill. He has earned respect on his way up by working in every position he could (with the exception of Fire Chief, as he jokingly pointed out). His associates will tell you he is always one of the first to extend his hand to participate in teamwork and service initiatives.

Greg and Pamela are quite a team. They are celebrating 27 years of marriage and share a like-mindedness and a heart to serve. Community seems to be an extension of family to Greg. He expresses not so much a team spirit, but a healthy family spirit, which is felt by







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families in Cedar Hill. As a father, he is concerned for the needs of his children and for the growing community of Cedar Hill.

Greg and Pamela are both passionate about parenting and make a priority of being involved in their children's interests, education and schools. Pamela's background in early childhood education has been particularly valuable to them as parents. "She could have homeschooled with her background, but we like what our children get from the schools and believe this is how they prepare for the real world," Greg shared. Education has evolved a lot since their first two children were in school. "There has been a lot of innovation, and we are provided with many more choices as parents, which is good. But it makes the parenting job more complex and really requires more involvement."

So, with an 11-year-old in Collegiate Prep and their 9-year-old at Lake Ridge Elementary, both parents try to play active roles in their children's education at home and at school. "We try to understand what they each need and support the teachers' efforts when they are home, but also support the school," Greg stated. He participates in the All

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Pro Dad's program with his "brothers," a group of wonderfully committed fathers at Lake Ridge, who greet kids at the curb on most mornings. Pam volunteers coordinating the art program with a group of moms.

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Greg feels that one of the cool things about Cedar Hill is the wonderful planning and leadership culture. As city manager, he is an employee who was appointed to his position by the City Council, not elected. And from this vantage point, he can appreciate that the city knows what it wants and what the community wants Cedar Hill to be. "As a staff member, you can ask for no greater blessing than to get very clear direction from the City Council, and we are exceptionally well led in this regard," Greg said. "There is so much good here. How do you add on, improve it and make it better?"

As a father, Greg has a heart to guide his children and direct them into their future. As city manager, he is continuing what the forefathers of Cedar Hill planned: "To just do what is right." Greg doesn't just live here, this is where he grew up, and this is where he is raising his children. He is a part of fulfilling the original plan — to build a great city on the hill.

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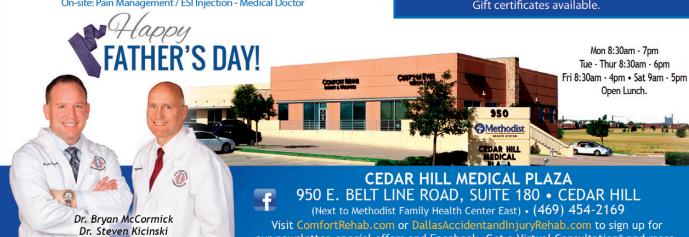
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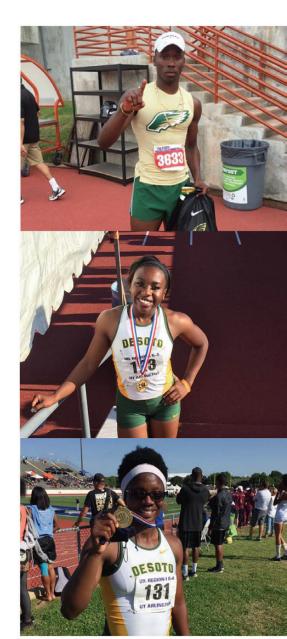












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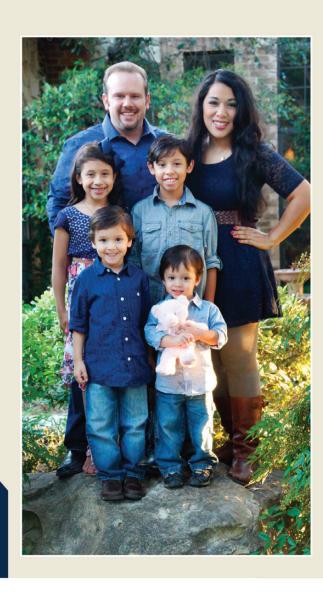




# A FAMILY OF — By Sydni Massey



# AT HOME WITH Dustin and Dorothy Anne Dauenhauer



When Dustin and Dorothy Anne Dauenhauer began looking for their first home, they came across a listing online and found a house in DeSoto. During the first showing, it was love at first sight for the Dauenhauers. Dorothy Anne left that day with a list of 30 things she loved about the house. It had curb appeal, was a corner lot, had a cathedral ceiling in the entryway and even had a picture frame window in the parlor where Dorothy Anne could see their family Christmas tree glowing out onto the world on cold December nights. Those were just four on her list of 30.

Little did they know, their first home would soon be lost. "The listing was a HUD home," Dustin said. "Our Realtor told us to put in our best offer because there were going to be other offers."

"During our first look at the house, we took our kids into the office and prayed over it," Dorothy Anne said. "A few days later, we were shocked to discover we lost the bid by only \$1,000."

Devastated by the loss of their dream starter home, they stopped looking for houses for a couple of months. During the week of Christmas, Dustin learned that the house had been listed again. He sent it to Dorothy Anne, and they knew it was their chance to try again. "My mom told me about an equation for bidding on HUD homes," she said. "We recalculated everything and went in with our strongest offer."

"We won the bid and closed on the house that March," Dustin said.

At the time, he worked at Christ For The Nations Institute (CFNI), and their family lived on campus. Dustin and Dorothy Anne met as students at CFNI when they both served on a creative musical drama team. Years later, Dustin began leading a similar traveling performing arts team on campus, and the team helped the Dauenhauers paint a few rooms in their new home. There



were three different types of tile on the downstairs floors. Dustin and Dorothy Anne removed those and laid a laminate hardwood everywhere but the kitchen.

"We could only do the downstairs floors at first," Dorothy Anne said. "A few years later, we had a terrible flood upstairs that ruined all of our floors upstairs and the ones we had laid downstairs. It meant starting all over, but now it is all done. We have hand-scrapped laminate hardwood, and I love it."

"The water flooded through the ceiling and down the stairs," Dustin said. "We had to live in a hotel for a month."

Downstairs is where the family spends most of their time. Dorothy Anne is



a full-time mom and teacher to her children, but has a side pursuit of music. Her debut single entitled "Don't Let Me Go" recently became available on iTunes. Dustin also has a side pursuit outside of his full-time job as a marketing manager for Comfort Rehab Chiropractic in Cedar Hill. Dustin and Dorothy Anne have converted the only downstairs bedroom to be an office, and they use the space as the office for the ministry they created in 2004. The ministry, called Defining Moments, Inc., was established to encourage churches and minister to the lost. They travel the country speaking and also produce a podcast, www. LifeLessons.Tv.

"I realized there is a lesson from God every day," Dustin said. "Dorothy Anne and I would talk about these lessons every night before bed. I spent a year writing them down, and then we developed the podcast. We have guests



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on the show, and we talk about the different lessons God gives us."

The parlor was converted into the homeschool room for the four Dauenhauer children, Aidan, 9; Aliyah, 7; Daniel, 5; and Liam, 3. If they aren't in the homeschool room doing their lessons, they are in the kitchen learning how to bake or playing upstairs in their playroom loft. The kitchen, dining room and living room connect

making it easy for everyone to hang out together while working on other things. "Every other week we host a small group from our church, Church on the Hill," Dorothy Anne said. "When people come over, they like our table because it's big enough to hold a large group."

One of Dorothy Anne's favorite projects has been creating the gallery wall over the staircase. It leads up to the family's sleeping areas. The kids share a room and there is a guest room that serves as a dual nursery. The playroom loft separates those bedrooms from the master. Dustin and Dorothy Anne's master bedroom is a shabby chic haven. As soon as you walk in, the white iron, floral chandelier steals the show. The room is light and airy with vaulted ceilings and large windows, making it a relaxing getaway for the couple at the end of the day.



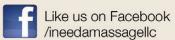


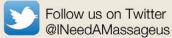




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Each of the Dauenhauer children has been born at home. Liam and Gracie Jade were born in their current home. Gracie Jade was diagnosed with Trisomy 13 while in the womb. Dorothy Anne carried her full term. She only lived for 56 minutes, but was surrounded by her parents and siblings when she passed.

"If we had had Gracie Jade at the hospital, there would not have been time for her brothers and sister to meet her," Dustin said. "Each of them got to hold her and meet her. I was able to dedicate her to the Lord before she left us."





"I have a new sense of compassion for parents I see who have suffered loss or have a child with a disability," Dorothy Anne said. "Every life is precious. God doesn't make mistakes. He creates miracles. Even though baby Gracie didn't live long, and we didn't get the miracle we were hoping for ... our changed hearts became the miracle."

The loss of Gracie Jade changed everyone, including the younger Dauenhauers who were aware of their sister's condition from the beginning. In the fall, Dustin and Dorothy Anne are expecting the arrival of their rainbow baby, a baby that is born following a miscarriage, stillbirth, neonatal death or infant loss. "We ask the kids each time we get pregnant if they want a brother or a sister," Dorothy Anne said. "Aliyah wants a sister and the boys usually want a brother. This time they all want a sister."



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The bounty of fresh fruits and vegetables during the summer is one of the great delights of the season. With a little effort and planning, you can enjoy flavorful fare at meals all year long with canning, which is fun and economical, but there are a few things to know to prepare for the process.

## **Acidity Levels and Canning**

Knowing the difference between high- and low-acid foods determines the canning process used. Low-acid foods include meats and vegetables, with the exception of acidified tomatoes and pickled products. High-acid foods include fruits, picked vegetables, relishes, salsa, pickles and sauerkraut.

Canning requires extreme heat to kill mold, yeast, bacteria or other organisms that cause spoilage. Low-acid foods require pressure canning to destroy the bacteria in temperatures that reach 240 F or higher. High-acid foods can be safely processed by boiling water canning. In general, boiling water canners take less time than pressure canners.



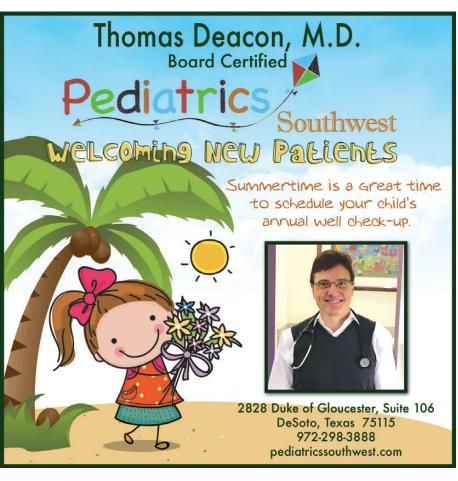
## **Choosing Produce**

Fresh produce is best from a backyard garden, but scouring the local farmers market can yield real gems. Overripe fruit isn't recommended, but if the fruit is fresh, small bruises can be removed and discarded.

- Fruit It is generally better to hot-pack fruit, including apples, pears, apricots, nectarines and peaches. Unless you are making a jam or jelly, berries should be frozen. Tomatoes are a popular item to can and should be cooked before canning.
- Vegetables Asparagus, beets, carrots, green beans, okra, peas, peppers and potatoes are eligible for canning, along with cucumbers, beets, beans, turnips or bell peppers. Tender lettuces, however, can't stand up to preservation techniques.













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### **Jars and Lids**

Mason jars are the best choice for home canning, since they come in pint and quart sizes and, if used properly, can be reused in future seasons. To pack whole fruit and vegetables, use a wide-mouth jar, which makes the process easier.



Two-part lids are necessary, as the screw band will secure the canning lid to the jar during processing. Screw bands can be reused as long as they aren't bent or rusty, but lids are designed for a onetime use since the sealing compound can lose effectiveness over time.

Jar lifters are good for moving hot jars, while jar funnels will help reduce spills during filling. A magnetic lid wand allows you to drop lids and bands into the hot water of the canner to sterilize them and soften the sealing compound, combining two steps in one.

### **General Guidelines**

Make sure the food is thoroughly washed and trimmed and practice arranging produce in a jar. Once you've cleaned all the tools and sliced and diced the produce, use a large spoon or ladle to put the produce loosely into jars. Fill the jars with boiling water, pickling solution or sweet syrup. Use white grape juice for fruit.





Use proper headspace to ensure that all the contents reach the appropriate temperature for safety and sealing. Juices, jams, jellies and relishes need 1/4 inch. Fruits, tomatoes and pickles need 1/2 inch. Meats and vegetables need 1 to 1 1/2 inches.

Remove air bubbles with a nonmetal utensil,

frequently found in a canning kit, by working down the jar sides. If the headspace changes as bubbles release, add more hot food or liquid to maintain the balance. Clean the jar's rim, put the lid on, screw the band on and tighten. Place the jars into the canner and position so they are not touching.

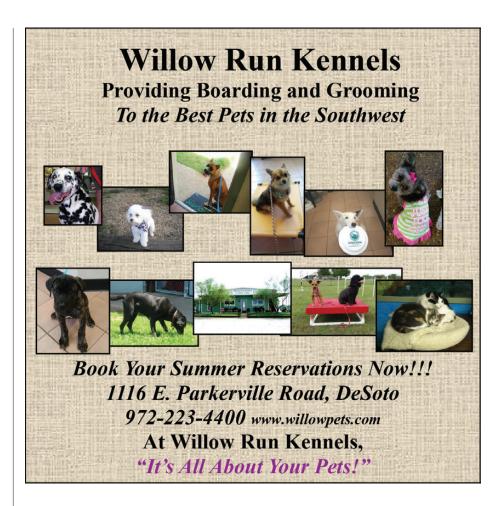
A boiling water canner resembles a big pot with a lid and a rack in the bottom. Fill the pot halfway with water and preheat to 140 F, for raw-packed foods, or 180 F, for hot-packed foods. Insert the canning rack and jars, cover and bring water to a slow, steady boil. Allow to process for the designated time.

Pressure canners use a heavy pot with a rack, tight-fitting lid with a vent, dial or weighted pressure gauge and a safety fuse. Heat foods to 240-250 F and hold that temperature for as long as necessary. Put 2 to 3 inches of water in the bottom, insert the jars, put the lid on and increase the pressure. When processing is finished, let the pressure drop before opening the canner.

### **Canning Shelf Life**

Some foods don't require canning, including carrots, turnips and rutabagas, while green or lima beans, peas, okra,







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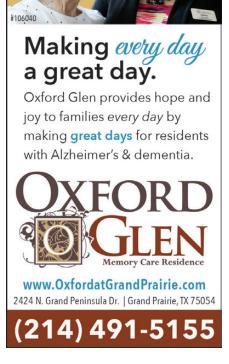


cucumbers, eggplant, peppers, summer squash, green tomatoes and most fruit will remain good for about a month in dark storage. Other crops, such as kale, collards, parsnips, leeks and Brussels sprouts are hardy enough to survive cold weather and can be left in a garden into the winter. Kale, chard and spinach can be frozen, as can summer squash, but only after it's been baked.

Generally, canned items are good for a year and are best stored in a cool, dry place, ideally at 50-70 F. Items should also







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be stored in the dark, so if closed cabinets aren't available, jars can be stored in boxes. Always double check for any signs of spoilage before eating your canned items. Things to check for include:

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Dr. Peterson became a doctor at the age of 25. Becoming a doctor was a clear direction for him to take, and he testifies that his faith in God led him into the career. "I always knew I would come back home. This was my base, where I grew up. As a

doctor, it is always good to be where people know you. Coming back to my roots has been very good for me, and it is the core of who I am," he shared. He has served his community and patients for over 10 years. "A lot of my patients are my [former] classmates, their parents, their kids and church members, to name a few," Dr. Peterson added.

Dr. Peterson prides himself in having the latest innovations, including contacts and glasses. He is a therapeutic optometrist and glaucoma specialist who has the latest technology to take care of any patient with vision issues ranging from glaucoma to diabetes and everything in between. "Anything that is new — you will find it here. I am always looking at the next best thing," Dr. Peterson stated. "I will provide you with the latest

# Business NOW

fashion in eyewear and the best medical attention every patient deserves." Precision Eye Care treats diseases, offers full optical care and is a one-stop shop.

Technology in eye care is ever-changing with new discoveries being made on a regular basis. Dr. Peterson's position as a doctor sometimes requires him to serve as a counselor and listening ear for his patients, yet he continues to take the necessary time to determine the best solution for their medical issues.

# "Anything that is new — you will find it here. I am always looking at the next best thing."

One of the areas which greatly concerns Dr. Peterson is the common problem of children being underdiagnosed with vision-related issues. He recommends to parents that children, even in preschool, should have an annual eye exam incorporated into their routine medical visits. Dr. Peterson further explained that, "as children grow, they don't wear the same shoe size from year to year. Prescriptions and their vision don't remain the same either. The normal age that a healthy patient has somewhat stable vision is in the early- to mid-20s, and even when vision is stable, a yearly exam is always recommended." Dr. Peterson mentioned how some children might have problems reading at school, which can affect their attention and performance in the classroom and during testing. Some children will act out and do anything to avoid being embarrassed and having other kids witness their struggle with reading. Many times, this condition goes undiagnosed until they have an eye exam. Diagnosing eye issues can be like night and day for a child, not only in their reading, but in their behavior as well.

Precision Eye Care, Dr. Anthony Peterson and his caring and qualified staff welcome past, present and future patients to make their appointment at a one-stop destination for eye fashion and the latest in medical eye care.





# Around Town NOW



Chief Robert Brown and Karen Haines pause for a photo at the Duncanville Chamber of Commerce Luncheon.



Elaine Cook and Justin Bacon share what's happening this summer at the Zula B. Wylie Library in conjunction with the Cedar Hill Parks and Recreation Department.



The Steppers take the stage at the 19th Annual DeSoto Senior Symposium.



Ray Pursley and Dotti Pennebaker enjoy the Duncanville ISD Education Foundation Gala.



Best Financial Advisor Vernon Folks with Edward Jones in Cedar Hill, is a winner at the Readers Choice Awards.



At night, Juan J. Fierro is a super server at Joe's Crab Shack, by day he is a Primerica representative.



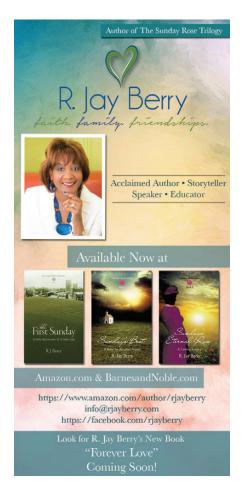
Billy and Lauren Cathey with family and friends win several awards at the Big Red Smokin Blues & BBQ Festival in Duncanville.



Title trainer Paige Brown and Gabby Espinoza strike a pose.



Feleceia Benton serves as the host at the Readers Choice Awards.



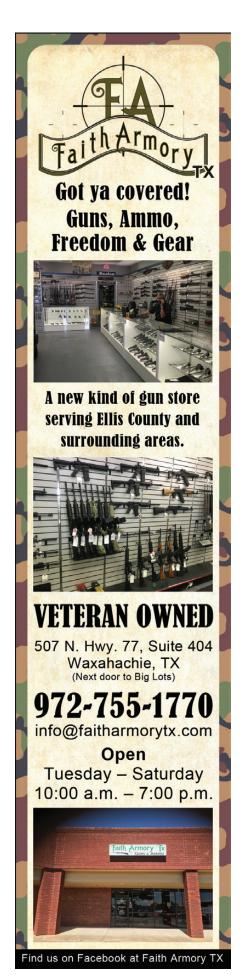












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# Central Vision Black Out

— By Betty Tryon, BSN

Slowly, but surely, the small fuzzy spots of visual loss grew larger and merged into one giant blind spot in the central visual field of the eye. This description is representative of the vision one sees in macular degeneration. Macular degeneration is an incurable eye disease. Another term for the disease is age-related macular degeneration, or AMD. Because of the large numbers of Americans over the age of 65, AMD is a growing problem in the populace.

It begins in the macula, which is located in the middle of the retina and affects central vision. The macula's job is to collect images and send them by the optic nerve to the brain. If the macula starts to deteriorate, the information it collects is flawed and vision is negatively impacted. The more the macula degenerates, the greater the loss of vision. This is the leading cause of vision loss in America.

There are two types of AMD — dry and wet. Dry macular degeneration is the more common of the two diseases. It progresses slowly and may take years before there is substantial central vision loss. Dry AMD can advance to wet AMD when blood vessels grow under the retina and start to leak. This is the most serious type of the disease, and vision loss could be devastatingly rapid.

The first symptom that something is wrong is your central vision starts to become blurred. Straight lines become distorted. Color may be less intense. As the disease progresses, skills such as reading

and driving may become so difficult that you are no longer able to do them. Over time, your central vision is completely eliminated. See your health care specialist or ophthalmologist as soon as you experience any of these symptoms.

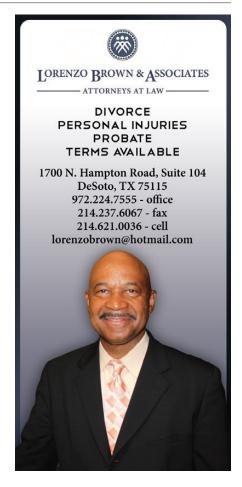
Researchers have not been able to definitively say what causes macular degeneration. Some studies have suggested that heredity and environment play a part. They have found some genetic components, which point to the development of this disease. Other risk factors are being over the age of 65, being Caucasian or Chinese, smoking or being exposed to smoking. Obesity increases your chances of developing the more severe form of the disease.

Some evidence exists that some nutritional supplements or a diet rich in these elements — vitamins A, C, E, lutein and zeaxanthin may slow progression of the disease. An occupational therapist can help with improving your quality of life. There is no cure, but you do have options — some of which are very promising, offering some hope of either slowing down the disease and/or regaining some vision. Just don't give up! NOW

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







# Calendar

#### June 2

Mayor's Prayer Breakfast: 7:30 a.m., Cedar Hill Recreation Center, 310 E. Parkerville Blvd., Cedar Hill. For more information, call (972) 291-6643.

#### June 3

Music in the Park Concert: 8:00 p.m., Valley Ridge Park Amphitheater, 2850 Park Ridge Dr., Cedar Hill. Featuring Time Train. Contact: (972) 291-5130.

#### June 4

Crawfish Festival: 6:00-10:00 p.m., Town Center Amphitheater, 211 E. Pleasant Run Rd., DeSoto. Enjoy tons of delicious crawfish and live music of the Bayou.

Kid Fish Tournament: 8:00 a.m., Valley Ridge Park Pond, 2850 Park Ridge Dr., Cedar Hill. Kids experience the joy of fishing. Trophies will be awarded.

Tri-City Animal Shelter Volunteer Orientation: 3:00-4:00 p.m., Tri-City Animal Shelter, 1150 E. Pleasant Run Rd., Cedar Hill. For more information, call (972) 291-5335.

#### June 5

Dog Day Sundays: 9:00 a.m.-5:00 p.m.,

Dogwood Canyon Audubon Center, 1206 W. FM 1382, Cedar Hill. Enjoy the trails with you furry friends. Visit website:dogwoodcanyon. audubon.org/dog-day-sundays or call (469) 526-1980.

#### June 6 — 10

Camp Cedar Hill-Birds, Bats and Butterflies: 9:00 a.m.-4:00 p.m., Dogwood Canyon Audubon Center, 1206 W. FM 1382, Cedar Hill. Eight weeks of summer camp for ages 6-10. For more information, call (469) 526-1980.

#### June 6 — August 19

CHAT Summer Camp: 8:00 a.m.-5:00 p.m., Alan E. Sims Cedar Hill Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Summer Camp engages youth in a reading program, sports activities, art and field trips.

Summer Camp 2016: 7:30 a.m.-6:00 p.m., 201 James Collins Blvd., Duncanville Recreation Center. A Summer at the Movies (Ages 5-14). Crafts, games, weekly field trips and movies. Lunch and snack provided daily. For more information, contact Cherry Peel at (972)780-5070.

Summer Camp 2016 – A Summer at the Movies: 7:30 a.m.-6:00 p.m., Duncanville

Recreation Center, 201 James Collins Blvd., Duncanville, For more information call (972)780-5070.

#### June 11

"Gardening for Butterflies": 1:00 p.m. DeSoto Public Library, 211 E. Pleasant Run Rd. Program presents Carolyn Ross, Texas Master Gardener and Master Naturalist. For more information, contact Angela Alford at (972) 230-9618.

#### June 14 — 16

CHPD Youth Summit: 10:00 a.m.-2:00 p.m., Cedar Hill. Interaction between Cedar Hill youth and Cedar Hill police department. Ages 7-17. For more information, call (972) 291-5181.

#### June 25

Waxahachie Cow Creek Country Classic Bike Ride: The event is sponsored by the Waxahachie Rotary Club. For more information, visit www.cowcreekcountryclassic.org.

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











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# Cooking NOW



# In the Kitchen With Lisa Lathon-Brooks

— By Rachel Smith

Lisa Lathon-Brooks has been cooking since her childhood, and carries on the tradition of healthy cooking with her girlfriends today. "We'll laugh, giggle, share stories and just enjoy food," she shared. She loves cooking meals for friends, as long as it keeps putting smiles on their faces.

Growing up in St. Louis, Missouri, she was taught to spoil family with delicious food. Cooking has always relaxed her. "When I am bogged down with problems in life, I always turn to cooking to lift my spirits," she claimed. With stress-free cooking, Lisa has become a great culinary artist. "I like figuring out which dishes go well together," she said. "I like deciding what order the various dishes need to begin in so that everything is ready at the right time."

#### **Gooey Butter Cake**

Crust:

I box yellow cake mix

2 eggs

1 stick butter, softened

Filling:

8 oz. cream cheese, softened 2 eggs

1 lb. box powdered sugar (divided use)
1 stick butter, melted

- **I.** For crust: Mix all ingredients together with a fork; spread evenly on the bottom of an 11x13-inch glass pan.
- **2.** For filling: Beat cream cheese, eggs and powdered sugar together, saving 1/3 cup sugar for later use; pour into crust. Bake at 350 F for 45 minutes.
- **3.** Pour melted butter over cake; bake an additional five minutes. Sprinkle remaining powdered sugar on top of cake.

#### **Enchilada Casserole**

2 lbs. ground beef or turkey 1 32-oz. can enchilada sauce

I can cream of chicken soup I pkg. flour tortillas, soft

8 oz. Velveeta cheese, shredded

8 oz. Colby and Mozzarella cheese, shredded

- **1.** Cook beef; drain excess grease. Mix sauce and soup with meat.
- **2.** In a casserole dish, layer each tortilla with meat mixture, then cheeses; repeat until dish is full. Bake at 350 F until bubbly.

#### **Sweet Potato Pecan Pie**

First Layer:
6 large sweet potatoes
2 eggs
1/2 cup sugar

1/2 tsp. cinnamon1/4 tsp. nutmeg1 12-oz. can evaporated milk1 tsp. vanilla

1 stick butter 2 pie shells

Second Layer:

1 1/2 cups pecan halves 1/2 cup brown sugar 1/2 cup dark Karo syrup 2 eggs, lightly beaten 2 Tbsp. butter, melted

1 tsp. vanilla

- **I.** For first layer: Peel, cut and boil potatoes until soft. Combine remaining ingredients, except the pie shells, with drained potatoes. Pour mixture into pie shells.
- **2.** For second layer: Mix all ingredients together; pour on top of sweet potato filling. **3.** Bake pie at 375 F for 40 to 60 minutes, until golden brown and the pecan layer is set.

#### Lasagna

2 lbs. ground beef or turkey
1 medium onion, chopped
1/4 cup garlic, chopped
1 14.5-oz. can stewed tomatoes, diced
1 24-oz. jar Ragu pasta sauce
2 large eggs
16-oz. ricotta cheese
Salt and pepper, to taste
1 8-oz. pkg. no-boil lasagna noodles
(divided use)
1 8-oz. bag provolone cheese

1 8-oz. bag mozzarella cheese

1/2 cup grated Parmesan cheese

- **I.** Cook meat, onion and garlic until meat is brown; add tomatoes and Ragu.
- **2.** In a bowl, whisk eggs, then ricotta; add salt and pepper to taste.
- **3.** Preheat oven to 375 F. Layer half the noodles on the bottom of a baking dish; spread half the egg mixture evenly on top of the noodles. Layer half the provolone and mozzarella evenly on top of the egg mixture. Pour half the meat sauce on top; repeat, layering in same order.
- **4.** Sprinkle Parmesan cheese on top. Bake in center of the oven 30-35 minutes until sauce is bubbling around the edges.

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

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