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Congratulations to the DHS Girls Track Team on their back to back State Championship – the school's fifth in seven years! They won the Texas State Meet on May 12-13 with 65 points. They set a school record in the 4x200m Relay and broke the 12-year old State record in the 4x400! Way to go ladies, Coach Villers and the entire coaching staff. The relay teams and individual results were:

- 4x400m Relay - 1st Place (State Record) 3:37.85
Jalese Moore, Rosaline Effiong, Cierra Wash, & Bryannia Murphy
- 4x200m Relay - 1st Place (School Record) 1:34.87
Bryannia Murphy, Cierra Wash, Taylor Armstrong, & Jada Laye
- 4x100m Relay - 3rd place 45.39
Bryannia Murphy, Jada Laye, Cierra Wash, & Rosaline Effiong
- 200m 2nd place 23.66 - Rosaline Effiong
- 100m 6th place 11.83 - Jada Laye
- Discus 4th place - Brianna Washington and 7th place - Samone Turner
- 300M Hurdles 7th place 44.65 Antoinette Bradley



2017 Hall of Honor Inductees

Class of 2017 – Rick Jaffa, Aubrey C. Hooper, Rainey Sternes, Ryan Sternes, Kanina Johnson, Mika Malone, Lynne Kornegay, Fred Hart, Jr., June Villers, Byron Hanspard, Sr., and Ro Parrish. (see bios online at desotoisd.org)

Calendar

Friday, May 26, 7 p.m. - WINGS Graduation, Auditorium
Tuesday, May 30, 7 p.m. - DHS Graduation, Eagle Stadium
Thursday, June 1 - Last Day of School, Early Release
Thursday, June 8, 9 a.m. - Summer Reading Kickoff, Woodridge ES
Monday, June 12, 6:30 p.m. - Board Meeting, Board Room
July 3-7 - Offices closed for summer shutdown
Saturday, August 5, 9 a.m. to noon - Back to School Fair, DHS
Monday, August 21 - First Day of School



DESOTO ISD TEACHERS OF THE YEAR

DeSoto ISD held the annual employee award banquet on May 16 to celebrate service awards, campus and district teacher and employee of the year, plus AP and principal of the year. Congratulations to all our awardees!

Employee of the Year

Dr. Lori Mathis, Principal Northside ES

Elementary Teacher of the Year

LaWonda Bluit Williams, Ruby Young ES

Secondary Teacher of the Year

Angela Alexander, East MS

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Principal of the Year

Wesley Pittman, Frank Moates ES

NEWS TO KNOW

NOW REGISTERING FOR THE FALL

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BOARD ELECTION

Congratulations to the elected Board Members following the May 6 election. They were sworn in at the Board Meeting May 22 and will serve a three year term.

- Place 3: Karen Daniel
- Place 4: Tiffany M. Clark
- Place 5: Aubrey C. Hooper



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CONTENTS

June 2017 • Volume II, Issue 6



8 Sewing Comfort
The members of CASA Quilters blanket foster kids with care.

16 Family Friendly
At Home With Clara McGinnis.

24 The Write Time
Catherine Tucker has many stories to share.

30 Road Trip
Make sure your car is ready for a summer of fun.



36 BusinessNOW
38 Around TownNOW
44 CookingNOW

ON THE COVER



Making quilts is colorful business.

Photo by Shane Kirkpatrick.

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Editor's Note

Almost everyone has a hobby, or two or twelve ...

When I was young, I collected coins. I still have my folders of Lincoln pennies, but I've added a few old silver dollars and a lot of foreign coins over the years. Some from my travels, some from friends.

Then there were the rocks and the postage stamps and post cards and textiles. A few years back, I started collecting hats. It started with just a few, and the collection grew until they covered an entire wall!

When I was living in Taiwan, I collected jades of Chinese mythological animals and tea pots. Then came the glass bottles. I like the way the light reflects on them — especially the blue ones. Oh, and there are comic books, especially any book that includes the character Simon Williams in the story. Hardly anyone knows or cares who this character is, but I like him.

Did someone say books? If there is a homeless book anywhere, I'll give it a home. Thousands of them — literally.

You can see why I tell people I collect collections!

Adam

Adam Walker

SouthwestNOW Editor

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Quilts are made for comfort, so when Joyce Gregory and Betty Dunn heard about the children in foster care through CASA, they made a logical connection and a giant leap of faith. They decided to provide a homemade quilt or blanket to every child in foster care in Dallas County. If that sounds like a big job, it is. But these quilters know how to get people involved and have no end of ideas for the next blanket, and the one after that.

Joyce remembers her mother quilting. "I remember playing under the quilt frame as a child. When I retired, I decided that learning how to quilt would be one of my goals. So I took a class and started learning. To me, it's satisfying and relaxing. It lets me accomplish something creative. I don't really think of myself as creative, but doing this for the kids has become my passion."

Joyce read a story in a brochure about a boy in another county who was very upset as he was going into court to testify, but a CASA volunteer gave the boy a quilt to hold that calmed him down. "When I read that, I wanted to be a part of the organization that made those quilts. I quilted for that organization for a while, but soon realized the quilts were going to many different places. So I talked to Betty, and we contacted CASA in Dallas County."

Betty recalled how they got started. "We heard a CASA advocate speak at First United Methodist of Duncanville one day. They spoke about how much the kids in foster care need. Joyce and I and one other lady got together and talked about what we could do to help."

"We put a notice in the church bulletin," Joyce said. "We got 12 people who were interested."

Together, they started learning what they could do as a group. Like Joyce, Betty was new to quilting. "I wasn't a quilter when we started, but I learned, so I could help the kids." They are the only two of the original group still making blankets and meeting twice a month to



FORT

— By Adam Walker



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help each other out, but the group has collected plenty of new members from far and wide.

They continue to meet at the FUMC, but their group includes people from Holy Spirit Catholic Church, the DeSoto Senior Center and other groups. "I met Mary Edwards at water aerobics," Barbara Cadman, from Holy Spirit, remembered. "We started talking about quilts. I had worked with a Linus Project group making blankets for kids with cancer, but that group had stopped meeting, so I came here. I walked in, and it was just like my own church family!"

These friends don't just make quilts. "Some of us only quilt," Joyce explained. "Some of us like to crochet and make afghans. Sometimes, we make fleece blankets and crochet borders on them." One of the quilters, Roger Whitehead, even brings his embroidery machine to add fun characters and designs to the fleece blankets.



Betty smiled, "It's amazing. We're all pulling cloth from the same box, but no two quilts are the same. It's so individual!"

Their goal is huge. At any one time, there are about 4,000 children in foster care in Dallas County. That sounds like an impossible goal — 4,000 blankets. But these friends of CASA are well on their way. They make deliveries to CASA four or five times a year. "Our first delivery totaled only 35 blankets. Our last one was 167, the most ever in one delivery." Pointing to a photograph on the wall in the room where they meet, Joyce explained, "It took us five years to reach 1,000 blankets, but when we did, CASA gave us a plaque to thank us." Now they have completed over 1,600 and are on track to finish 2,000 blankets of every style, color and size by the end of the year. They've already made over 700 this year. "When we make a delivery to CASA, the CASA volunteers all come out and go through the blankets looking for the right ones for each of the children they serve. Some of these kids go into foster care with nothing. These blankets are the one thing they can call their own and take with them from placement to placement. It's really important. That's why we put a label on each one that reads *Made especially for you*. The goal of CASA Quilters is to provide as many of these comfort quilts and blankets as we can for these children at such a traumatic time in their lives. We all are aware of the feeling of security that comes when we wrap ourselves in a cover of any type."

Making so many blankets takes a lot of time, but also a lot of material. "We go to Joann's to get the remnants at half of the sale price," Wanda Scoggin and Susie Robinson explained.



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"And we use the leftover pieces from one quilt in the next one," Betty shared. But they also take donations of cloth, yarn thread and other blanket-making essentials. "The church has been very generous with donations of cloth and yarn and batting." There's even a quilting shop in Waxahachie that lets the CASA Quilters come in and use their long arm machines for only the cost of the thread — and the donation of their scraps for stuffing dog beds.

Some of the quilters meet practically every time they gather. Others work from home. "I like to pop in every once in a while," Joan Campbell explained. "There was a reason for the old-fashioned quilting bees!" They take all the help they can get.

Ethel Huckaby smiled. "I've been coming for a year. I like sewing, and I've always wanted to volunteer."

Joyce and Betty try to get everyone to help out. They've gotten the church youth group involved. Janette Mehl has her 11- and 12-year-old granddaughters, Alexis and Heather, making blankets. And Anna is still crafting comfort at over 90! There's even a lady in California who sends them blankets! Wanda admits that they get a little competitive at times. "Someone will say, 'Susie's got 29 blankets ready!' Then I tell them, 'I've got 41 at home!'"

These quilters saw a huge need, but they've got huge hearts, so they set out to do something about it. Joyce said, "We're just trying to provide these kids a little comfort." **NOW**



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Clara McGinnis is never alone. Throughout her home are reminders of the family she loves so much. And though most are still in her native state of Mississippi or have passed on, they are always a look at a photo or a glance at a piece of memorabilia away. But Clara also has family in Cedar Hill. Though they aren't blood relatives, her life wouldn't be the same without them — nor theirs without her. "My grandfather wanted us to be leaders, and he taught us how to do it," Clara, 69, said. "I've been working all my life, and my family showed me how."

Her home is overflowing with memories of the family with whom she grew up. She uses those memories to help her fellow citizens in Cedar Hill. One visit with Clara and it becomes immediately clear she is a caring lady. And it shows in virtually every corner of her 1,900-square-foot home.

Immediately upon entering, a turn into the smaller of two dining rooms takes one into a bittersweet area for Clara. The table set for four is filled with her mother's classic-style teacups, saucers,



— By Rick Manch

FAMILY FRIENDLY

At Home With Clara McGinnis



plates, candle holders and even a small dinner bell. Her mother passed away last year at age 90. The room is a reminder of her. And while it brings some tears, it has even more happy memories. "Everything on this table came from my mom's house," she said. "We didn't have a lot growing up, but one of my sisters gave her this set of dishes. This is my mom's room. It makes me feel like I'm in heaven with her. I can see the sunrise. I'll come in here with my coffee, and I'll sit and meditate."

A small kitchen separates the two dining rooms. The larger one is used more for family gatherings, which usually take place on the Fourth of July and Christmas, when her family, including many friends, visit.

In her bedroom is Clara's "Memory Shelf." It contains photos and memorabilia, mostly of her family. She cherishes a photo of her late and only son, Dexter, who passed away years ago at the age of 17. "A boy accidentally shot him," she said, fighting back a tear even after so long. "He was in that picture."

Then there's the photo of her late brother, Stephen. He died at age 45, seven years ago. "I come in here



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and look at everybody. There were many happy times spent together,” she said. “Here’s my mom with all her grandkids around her. Here’s us giving my mom a birthday party for her 90th.” The photos of her grandparents, whom she refers to as “the best in the whole wide world,” always bring a smile to her face. Her grandfather, Willie, was a deacon in their church, and he was married to her grandmother, Lillie. “They had 11 kids. My daddy was the oldest of them, and then my daddy raised eight kids, so you can see we have a big family,” she said. “Lots of love going around. I have an aunt the same age as me. My parents and grandparents were having kids at the same time.”

It was from that family that Clara learned the benefits of hard work and always forging ahead. Her grandfather worked for a railroad, owned a barber shop and even had a snow cone business. Her parents also owned a grocery store. “My grandfather had trucks that would go to country churches and set up snow cone machines,” she said. “That’s how I paid for my majorette uniform — working for my grandfather. My high school was in

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the town where my grandparents lived. They operated a small restaurant. Every day on my lunch hour, we'd go and help sell hamburgers, hot dogs, popcorn, candy, etc., to the kids from the school. Once we were done, we could have our lunch." Of Clara's seven younger siblings, five are still alive. One of her sisters, Marion Hill-Hubbard, works at nearby Dallas Baptist University and another sister, Terri Williams, works at the Dallas Anatole Hilton. A third sister, Rose Martin, and two brothers, Aaron and Jessie Thompson, still live in Mississippi.

The guest bedroom features an antique dresser. On it are more family photos, including one of her and her mom on the day Clara got married. On the bed is a handmade quilt, constructed by some friends. The wall is home to a poem written especially for her by a former co-worker at Atlantic Richfield Company, entitled "Ode to Clara." It was written in 1969 to celebrate her 20th year with the company.

Back in the dining room filled with her mother's memories is another gift from a co-worker — a large elephant ear plant. "I said, 'If I keep this plant alive, I can keep my mom alive,'" Clara remembered.

The living room is filled with three comfortable, relaxing chairs and a plush sofa with plenty of pillows. The centerpiece rug, which dictates the rest of the room, is a mixture of crimson, turquoise, tan and olive colors. "I bought the rug first, then I had the painters



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match the colors in the walls," she said. "It really brings out the colors in the chairs." In the quaint backyard is a small, but cozy deck. It was constructed by her boyfriend.

Clara came to Texas to attend Nationwide Business College, in 1967. She married and remained in the Metroplex, with the bulk of her employment being with ARCO for 35 years. But now, she is doing something she believes she was always meant to do. She runs the nonprofit group CHAT (the name comes from Chat with people, Help with kids, want Action, want a Team). They had their first summer camp a year ago and are holding another this year. They will also begin an after-school program in September. The program helps with mentoring and tutoring, a school supplies drive and school uniform recycling. "What I'm doing stems directly from my son. He was a leader. He was active and into everything. He was bold," she said. Just like his mother, whom he would no doubt be proud of for such work as starting a neighborhood watch, leading the charge to get a neighborhood park and for being nominated for Cedar Hill Woman of the Year in 2016.

Clara was inspired when the doorbell rang late one night. Upon answering, it was a young boy from elsewhere in the neighborhood. "He was looking for food. It broke my heart," she said. "I knew then someone had to do something to help children. And I've never been one to sit around and wait on others. The Lord took my only child, but He gave me thousands that I'm helping. Not everybody has a family like I had, and I want to bring as much of that to them as I can." **NOW**

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THE WRITE TIME

— By Rick Mauch

Catherine Tucker spent the first 51 years of her life gathering stories. Now, she says it's time to tell them. "I just want to write and tell great stories — and have people read them," she said with a chuckle. "The stories are there to tell now."

At 58, Catherine has finished her first manuscript. It is a sci-fi murder mystery, and the idea came to her after years of working in the information technology department of the Internal Revenue Service. "I was attending a cyber security conference in San Antonio. Suddenly, these ideas popped into my mind, and a story burst out," she said. That was seven years ago. Thus began a new career — one that was inside and longing to come out, though she did not realize it before that moment.

"I grew up loving words. I would read the dictionary from front cover to back, and I dabbled in poetry, but I never thought about writing," Catherine said. "I'm as shocked as anybody that I did this."

Catherine added that the origin of her passion was prayer. She was nervous about retirement, which she knew wasn't far away, and was wondering what she was going to do. "I asked God to send me something that I can be passionate about," she said.

There are no other writers in her family, her immediate family, that is. However, there are plenty of aspiring writers in her "other" family, the Dallas Area Writers Group (DAWG). Catherine is president of DAWG and has been a member of the group for three years. The group was started in 2004 by Alan



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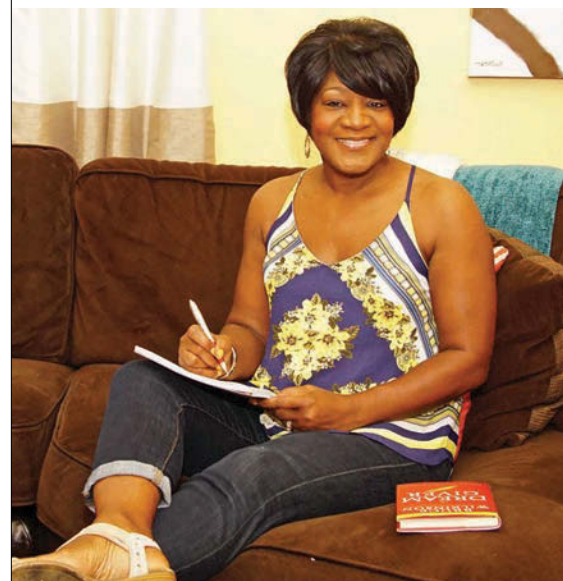
Brian Gallardo
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Elliott for people just like her to have a way to come together in a trusting environment and share a passion for writing. "As a leader, she's been sensational," Elliott said. "She's a very organized person, and organization is essential to writing. The ones who are successful push themselves, and I see that in her a lot."

Among her favorite parts of being involved in DAWG are the critique nights. "They have been beneficial to me," she said. "We're all trying to get to that next level."

"Catherine Tucker only brings more energy to the already comfortable vibe," said DAWG board member Tamara Warner. "Catherine is focused on implementing new ideas and creating new informative events. Her leadership style is one that allows all to feel valued, and that encourages each member to utilize their talents, skills or resources to help in supporting the organization."

She not only wants to be a great writer herself, but Catherine works diligently to help others in their quest to do the same. One of the ways is through a blog, catherinetuckerwriter.com, which she started a year-and-a-half ago. She believes strongly in reaping what we sow. "I started it because if you're a writer working toward publication, your public needs to know you," she said. "But I thought this could be a way to help writers on their journey — editing, publishing and things I've learned as I worked on my novel. I've never thought about it being competition. I just like helping people. It's part of my DNA. That's what I really like about being president of DAWG. We're all helping each other."



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Almost as quickly as she gathers information for her own use, Catherine passes it on. After four years of juggling her writing and working for the IRS, Catherine retired from the government two-and-a-half years ago. It has given her more time to write, as well as more time to spend with the love of her life, Richard, her husband of 14 years and her 8-year-old grandson, Jaiden. "He's the apple of my eye," she said. "He just brightens my world. He's playing baseball now, and I just love being at games."

And who knows? Perhaps there is a book about a little boy in her future — a story inspired by Jaiden. Catherine's own real-life experiences as a youngster have inspired her to start work on a second novel. "I'm planning a series of three with the futuristic murder mystery. The first one just flowed, but with the second one, I hit a block. My sister, Louise, said to wait and let the story come to me," Catherine explained. "But while I was waiting, another story came to me, sort of about my life growing up."

Catherine hopes to have the new novel ready by the fall of this year. She feels her life growing up in the Mississippi Delta is also why she is such a caring and sharing person. "Growing up poor and not having a whole lot creates an empathy in you," she said. "But I've been blessed in my career, even before becoming a writer. I went to college on a basketball scholarship, and that was a stepping stone to getting a good career started. That career opened the door for what I am doing now. Yes, I've been blessed."

Eldon Irving, former pastor and author of *Personalities in the Pews*, said he believes Catherine has all the necessary ingredients for success as a writer. Among numerous

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things, he is impressed by her ability to take criticism. "She's looking for positive criticism to help her move forward," he said. "That's important."

Catherine now has time to attend writing conferences, and she does so as often as possible. One in New Orleans had as many as 1,900 writers, including some extremely notable names such as Lee Child, author of the Jack Reacher series.

In fact, Catherine is going to help bring a conference to Dallas in 2019. She is working with the group that will put together Bouchercon, which was also the name of the New Orleans conference. "It's a really big deal," she said. "I'm excited that we can bring this opportunity to so many area writers who can interact with people who can help them get where they need to go."

When she's not writing, Catherine spends a great deal of time reading. After all, famous author Abdulazeez Henry Musa once said, "To be a good writer you must be a good reader."

She also works in the AWANA children's ministry and the outreach ministry at Oak Cliff Bible Fellowship in Dallas, and she teaches Sunday school at the Dallas Life Foundation. It's all part of the way she gives back.

"Occasionally, Catherine shares her outside activities with the group. One of those activities is her involvement with youth ministry and her desire to help others live fulfilling lives," Tamara said. "Those desires for others are also manifested in her work with DAWG."

And all the while she's looking for stories. While she admits sometimes wishing she had gotten an earlier start on her craft, she said she's not questioning her lot in life, or the plans God has laid out for her. "Even though I got started late," Catherine said, "this is the perfect time." **NOW**

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Road Trip

— By Zachary R. Urquhart

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• *A clean car is a happy car.* Washing your car helps with more than just aesthetics. Regularly washing and waxing will protect your car's paint. And if your trip takes you to the sandy beaches of the Gulf or the red dirt near Oklahoma, you will want to make sure to give the car a thorough cleaning after your trip, as sand and grit can hurt both your car's exterior and its inner workings, if left over time.

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• *A little preparation goes a long way.* While no one wants to break down or be in a wreck, ending up stuck on the highway is sometimes an inevitability. While you cannot prepare for every situation, having an emergency kit is a simple step to take. You want to include things like foam tire sealant, jumper cables and duct tape that may allow you to fix minor problems until you can get into a proper shop. You

should also have road flares or reflective triangles, as well as a fire extinguisher and flashlight to keep yourself safe and protected.

- *Have more than just tools.* In addition to roadside safety items, you should always travel with food and certain clothing items. It is smart to throw bottles of water and nonperishable snacks in the car for a long trip, in case you are stranded for a long period. Gloves will come in handy when changing a tire or lifting the hood to check for leaking fluids. And even though it is summer, you want to be sure you have blankets and a poncho, as changing a tire in the rain is no fun at all.

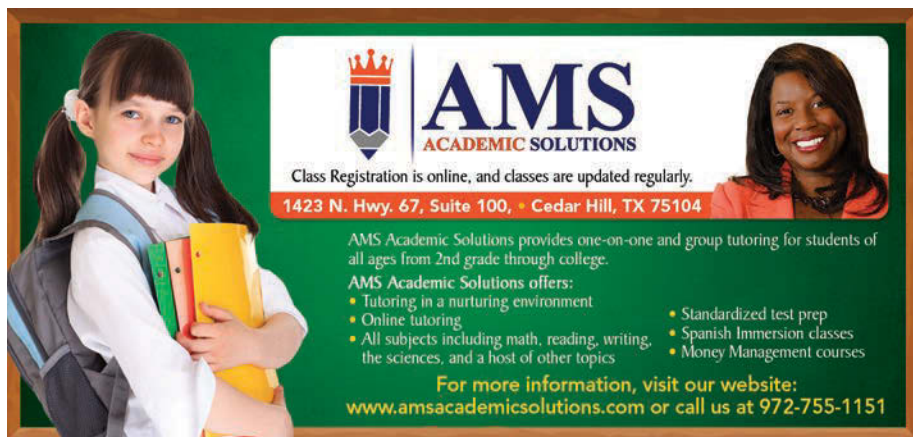
- *Information is key.* You should always have an up-to-date insurance card with you, but especially before embarking on a long trip. Additionally, know where your various roadside assistance numbers are located. All Texas driver's licenses have a number on the back, as do toll tags and insurance cards, if that is part of your coverage. And if you are a member of a group like AAA, you have ample options for getting help when your car is stranded.



DRIVE SAFELY

- *Don't be distracted.* Drivers sometimes think that long stretches of highways are less dangerous, but trying to text or otherwise letting yourself be distracted is dangerous. Playing road trip games or singing along is great, as long as the driver stays focused on the road.

- *Speed kills.* "Young drivers, especially, often think the open road



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is an open invitation to see how fast they can go, but that is a huge mistake. Other than being distracted, the biggest problem is driving too fast and following too close,” an officer with the DeSoto Police Department said. “Make sure you keep at least three car lengths between you and the next driver in town — more on the highway.”



WORST CASE SCENARIOS

- *Don't make it worse.* If you end up having an accident, the first thing you need to do is get yourself in a safe place. “If the car can drive, slowly move it off the road,” the officer continued. “If the car cannot drive, just leave it where it is and stand in safety away from the road.” Before worrying about insurance, fault or repairs, you need to be in a safe place.

- *Make the call.* When you are in a wreck, the first call you make needs to be to the police. “If it's a teen driver, they should call the police first, then call their parents,” the officer detailed. “Then, call your insurance company.” If a tow truck is needed, you or your insurance should call it in. State troopers calling a wrecker often leads to higher costs.

- *You should see the other guy.* Only when both drivers are safe, exchange insurance and contact information. If you are hit and the other car flees the scene, do not try to track them down. “The best advice is to get the color, the plate and any description of the driver you can,” the officer stated.

No one wants to break down or be in a car wreck. But, by being prepared and knowing how to handle the worst situations, your summer can be full of open roads and new destinations. **NOW**



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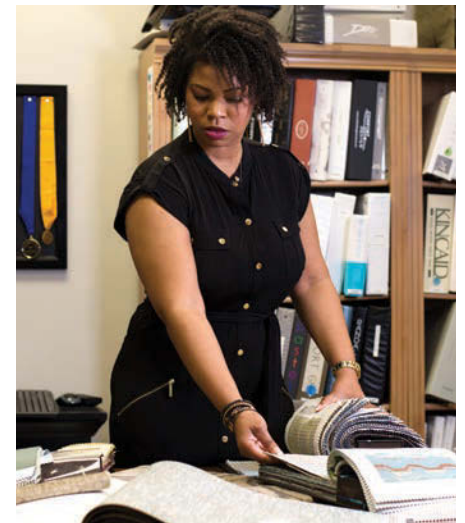


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Shantell Thomas searches for the perfect touch to make a customer's space pop.

Interior Design for Everyone

Shantell Thomas brings the award-winning Landry Team to your place.

— By Adam Walker

Shantell Thomas sees interior decorating as much more than nice window treatments. She views what she does as an opportunity to change people's lives for the better. "Every day you have to go out into the crazy world, but when you come home at night, and when you wake up in the morning, you should be in a sanctuary — a place that makes you feel good." Whether that means a calming, peaceful environment or a space to showcase your success, Shantell will work to achieve your perfect space within your design budget.

After you call to set up your convenient, complimentary consultation time, Shantell will come to your house to tour your space and discuss your lifestyle, needs and priorities. She will then narrow down options to fit your space and budget and will

soon return with ideas and samples to view in the comfort of your home. "The customer is my design assistant on every job," Shantell explained. "People sometimes have an idea of what they want but oftentimes they do not. I have customers with tastes that range from traditional to modern and edgy. I can design any style, and I work with what you want."

Shantell decided to venture into interior design after years of working in a stressful, unfulfilling job in another industry. She was encouraged by her husband to return to school and learn to do something she loved. During her time as an intern, she was discovered by Lisa Landry, owner of the top design firm, The Landry Team, who invited her to work with her. The rest is award-winning history. "I think many people in this area do not

Business **NOW**

realize they have access to and can afford their own interior decorator. However, I can handle projects of all sizes.” Shantell has worked with customers on smaller projects, such as lighting improvements or window treatment updates, as well as larger customer projects, which included furniture for an entire house or a complete remodel.

“I want to change how people feel about their space. If that means a new rug, or new lighting, I can do that. If your child has moved out and you need to transform their old room into a study or guest room, I can do that.” Sometimes, Shantell has the opportunity to make a big difference. One special customer was a young man who had to move back in with his parents after a devastating motorcycle accident. The accident had left him disabled, and with him returning to his childhood room, it desperately needed to be transformed into a *man's* room. “It’s so important for people to be comfortable in their spaces,” Shantell stressed. The customer was really nervous about allowing her to make changes to his room, but she was able to calm his fears. When he saw his new room transformation, he was overwhelmed. “He looked at me and said, ‘You don’t just change a room, you change people’s lives!’”

“I want to change how people feel about their space.”

Shantell manages your project from beginning to end. She arranges for everything to be delivered at once, so the process is easy and convenient for the customer. “When you call the award-winning Landry Team, you get me, with all my professional knowledge, talent, ideas, passion and experience. I select options to fit your lifestyle and budget, which takes the stress away from you and makes the design process easy and fun.” The result? A stunning and functional space created specifically for you. **NOW**



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Brent Awalt, Beth Trimble and Rena Thomas accept TSPRA Communications Awards recognition with Superintendent David Harris and Board Trustee Aubrey Hooper.



Joyce Akinnibos receives a \$500 scholarship from Dr. Patricia Russell-Harrison and Arbin Harrison III of the McCrimmon-Johnson Academic Scholarship Fund, Inc.



Tommie Rains presents Joshua Thibodeaux with a basket of goodies during his State Farm business ribbon cutting ceremony.



Jehuly Salazar assists and welcomes customers at And Everything Nice.



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Dr. Marc Smith, Duncanville ISD Superintendent, gives the end of the year update at the Duncanville Chamber luncheon.

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Making sure that those important to you are financially taken care of is what life insurance is all about. Think of it more along the lines of “Paycheck Insurance.” Should your loved ones need it, life insurance coverage can help pay off your mortgage, provide income replacement and cover future education costs for children.

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- Life insurance is not “one size fits all,” but it protects against

the inevitable. How will your family's lifestyle change?

Start by asking these simple questions to uncover if you have a financial need for life insurance:

- What's important to you?
- Where are you today?
- Where are some gaps/concerns?
- What actions should you take?

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Your family and their needs are unique. Your licensed advisor will work with you, one-on-one to help uncover your needs and protect what's most important to you. Your budget and needs may be different than others, which is why it's important to review your income, debt and financial goals to better prepare for the unexpected.

People can still realize their dreams through managing the risks of everyday life effectively. A licensed advisor can help you better understand how proper Auto, Home, Health and Life Insurance protection can help give you peace of mind. **NOW**

Josh Thibodeaux is a State Farm agent based in Duncanville.

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A Body Heat Wave

— By Betty Tryon, BSN

As the sun heats up, the incidences of heat-related illnesses will rise. It's important to know what you are dealing with and what to do. Heat exhaustion and heat stroke are sometimes used synonymously, as if they are the same. That is understandable, considering they are heat illnesses with their genesis in very high temperatures, but they are different medical conditions. Both are serious and require immediate medical attention, but heat stroke can be fatal.

Some of heat exhaustion's symptoms are: heavy, drenching sweating; feeling weak; having a weak but rapid pulse; fainting; cold and clammy skin; experiencing nausea; headache; and muscle cramping. If any of these symptoms occur, the person should be removed from the heat to a preferably air-conditioned location. Give them non-caffeinated liquid to drink. Avoid sugar and alcoholic drinks while rehydrating. Loosen clothing and elevate legs above the heart. Use cool, wet cloths or shower to bring the body temperature down. If the person is not better within an hour, do not delay in seeking medical treatment. Forcing the body to continue an activity when it is in heat exhaustion can progress to heat stroke, if not treated. It is important to note that heat stroke can develop without the accompanying symptoms of heat exhaustion.

If experiencing heat stroke, the body loses the ability to regulate

its temperature. The heartbeat speeds up, as it tries to cool the body down. The skin feels hot and dry and is unable to sweat to bring down the temperature. One may experience nausea and vomiting. The temperature spikes to 104 degrees or higher. Confusion, delirium, dizziness, seizures, loss of consciousness and even coma can occur. If not treated quickly, organ failure and death can result.

In order to prevent these heat illnesses that can have such a devastating result on the body, it makes sense to try to prevent the problem from happening. If one has been indoors, acclimate yourself slowly to outdoor heat. Keep hydrated with water. Avoid outdoor activities during the intense heat of the day. When outside in the sun, protect your head with a wide-brimmed hat or cap. Wear sunglasses for eye protection. Wear sunscreen to prevent sunburn, which interferes with your body's mechanism for ridding itself of heat. When in a heated location, whether it's outside or in a non-air-conditioned gym, it's important for you to watch others for heat illness and for someone to watch out for you and respond appropriately. Call 911 immediately at the first sign of heat stroke, and you just might save a life. **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.



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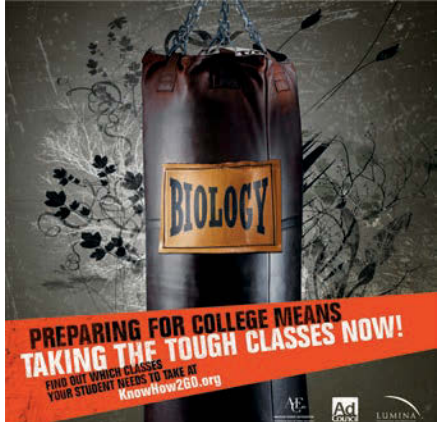
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June 3

Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Regional Airport. Breakfast tickets \$6 (age 8-adult), \$3 (under 8). Free parking. Call (972) 923-0080 or visit www.mid-wayregional.com for information.

Crawfish Festival: 6:00-10:00 p.m., DeSoto Amphitheater, 211 Pleasant Run Rd., DeSoto. Food, Zydeco, vendors and games. Free event.

Summer Reading Program Kick-off: Zula B. Wylie Library. Emmy award-winning David Chicken performing. Call (972) 291-7323 for information.

June 5 — August 18

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June 7 — August 4

DeSoto Public Library Summer Reading Club: call (972) 230-9661 for details.

June 17

Best Southwest Juneteenth Celebration: 4:30-10:00 p.m., Lancaster Community Park, 1700 Veterans Memorial Park, Lancaster. Sponsored by Lancaster, Cedar Hill, DeSoto and Duncanville. Food, vendors, art and music.

June 23

Theresa Grayson Live in Concert: 8:00 p.m., DeSoto Outdoor Amphitheater. Free.

July 1

Old Fashioned Fourth Fireworks Celebration: 6:00 p.m., Meadowcreek Park, 1400 Uhl Rd., DeSoto. Carnival food, bounce houses, games, live entertainment. Fireworks begin at 9:00 p.m.

Ongoing:

Fourth Mondays

Living with Diabetes: 6:00 p.m., Zula B. Wylie

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Tuesdays

DeSoto Senior Center Golden Voices Choir: 9:00 a.m., Senior Citizen Center, 204 Lion St., DeSoto. For more information, call (972) 230-5825.

Second Tuesdays

Dallas Area Writers Group (DAWG): 7:00 p.m., Zula B. Wylie Public Library, Cedar Hill. DAWG meetings are open to all writers who want to improve writing skills, meet other writers and get published. Free to attend. www.dallaswriters.org

American Business Women's Association: 7:00 p.m., Magnuson Grand Hotel DeSoto, 1515 N. 135, DeSoto. Dinner \$25. Currently accepting new members. For information, call (972) 224-3049.

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In the Kitchen With Isaiah Stewart

— *By Adam Walker*

Isaiah Stewart learned tricks and tips from watching his father's every move in the kitchen. Now he enjoys watching how people respond to his cooking. "They're surprised that a kid who loves to play football also loves to cook," Isaiah said. He's been playing football since he was 4 and was part of the DeSoto High School team that just won state. This fall, he will be attending Kansas State University to play for their program.

Isaiah loves finding new dessert recipes and trying them out. "Baking from scratch is my favorite. When I was in seventh grade, I found a recipe for mini pineapple upside down cakes. They were so good, my family fought over who would get the last one!" **NOW**

Mini Pineapple Upside Down Cakes

Makes 24-26 servings.

- 1 20-oz. can crushed pineapple**
- 1/3 cup butter, melted**
- 2/3 cup packed brown sugar**
- 12-13 maraschino cherries, halved**
- 1 18.25-oz. pkg. yellow or pineapple-flavored cake mix**

- 1.** Drain pineapple; reserve juice.
- 2.** Stir together melted butter and brown sugar; evenly divide sugar mixture into muffin cups sprayed with nonstick cooking spray.
- 3.** Evenly divide drained pineapple; pour half over sugar mixture.
- 4.** Place cherries in center, sliced side up.
- 5.** Prepare cake mix according to package directions, replacing amount of water called

for with reserved juice and water.

- 6.** Evenly pour batter (about 1/4 cup) into muffin cups.
- 7.** Bake at 350 F 20-25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; loosen edges and invert onto cookie sheets.

Chimichangas With Chicken Fajita

- 1 1/2 cups chicken broth**
- 1 cup uncooked long-grain rice**
- 1/2 cup red enchilada sauce**
- 1 1/2 onion, diced (divided use)**
- 6 12-inch flour tortillas**
- 4 cups diced, cooked chicken breast (divided use)**
- 1 lb. Monterey Jack cheese, shredded (divided use)**

- 1 6-oz. can sliced black olives**
- 4 cups refried beans (divided use)**
- 1/4 cup vegetable oil**

Topping:

- 3 avocados, peeled and pitted**
- 1/2 cup cilantro, finely chopped**
- 2 Tbsp. lemon juice**
- 3 green onions, diced**
- 1/4 cup jalapeño chili peppers, finely chopped**
- 1 tomato, diced**
- 2 cups shredded lettuce**
- 1 cup sour cream**
- 2 cups canned cheese**

1. In a medium saucepan, combine the broth, rice, sauce and 1 diced onion. Mix and bring to a boil. Reduce heat to low, and let simmer for about 20 minutes, or until rice is tender.

2. Meanwhile, heat tortillas in a large skillet (until soft enough to fold).

3. When rice mixture is ready, spoon equal amounts of the following onto each tortilla: chicken, shredded cheese, diced onion, olives, rice mixture and beans.

4. Roll tortillas, tucking in sides to prevent filling from spilling over.

5. Heat oil in a large skillet; fry the filled tortillas, turning, until browned on all sides; drain on paper towels.

6. For topping: In a medium bowl, combine avocados, cilantro, lemon juice, green onions, jalapeños and tomatoes; mash together.

7. Place shredded lettuce on a platter. Top with chimichangas, avocado mix, sour cream and cheese.

Homemade Peach Cobbler

- 1/2 cup unsalted butter**
- 1 cup all-purpose flour**
- 2 cups sugar (divided use)**
- 1 Tbsp. baking powder**
- 1 cup milk**
- 4 cups fresh peach slices**
- Ground cinnamon, to taste (optional)**

1. Melt butter in a 13x9-inch baking dish.

2. Combine flour, 1 cup sugar and baking powder. Add milk, stirring just until dry ingredients are moistened; pour batter over butter. (Do not stir.)

3. Bring remaining 1 cup sugar and peach slices to a boil over high heat, stirring constantly; pour over batter. (Do not stir.) Sprinkle with cinnamon, if desired.

4. Bake at 375 F for 40-45 minutes or until golden brown. Serve cobbler warm or cool.

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