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ON THE COVER

This paddler is no drag in the water.

Photo by Shane Kirkpatrick.

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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.







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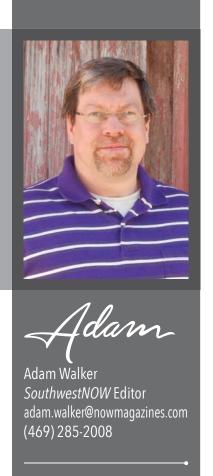












EDITOR'S NOTE

Summer's the perfect time for trying new things ...

I've eaten things that would scare you, gotten lost in Europe and lived in a leaf hut in the jungle. Learning new languages is something to do for fun. I competed in the North Dakota State Armwrestling Championship, just because it sounded like fun. When my nephew was born, I learned to crochet, so I could make him a blanket. I taught English in Taiwan, and again here at home. I've worked with immigration law, hazmat shipping and editing a magazine.

You might think my life is just a series of fantastic adventures and new experiences, but anyone can fall in a rut. Life can turn into a never-ending list of things you have to do, deadlines and tasks you'd rather not think about. But the summer months bring extra daylight and the opportunity to do something different. Learn to paint or swing dance or teach your grandkids to hula hoop! Go to the park on the other side of town from where you always go. Maybe try a new restaurant. You might discover that Vietnamese food is your new favorite thing in the universe. It doesn't have to be anything big. Just different. You'll never know till you try.

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Karel Anne had been interested in crewing a boat for some time when she attended a women's fitness group. "We did nine different activities in nine weekends. They were all individual sports, and I hated them all," Karel Anne remembered. "That's when I went out looking for crewing, and I found the Dallas United Crew, which meets at White Rock Lake. The rowers had already finished their season when I discovered them, but the dragon boat team still had beginners' lessons left. I tried it, and I was hooked!"

Karel Anne loved the team effort and camaraderie. "It was so much fun. I wasn't very good, but that was OK. They told me that everyone had to start somewhere!" Doug, the instructor, invited her to their regular practices every Wednesday night and Saturday morning. "I've only missed a few since!" That's how she became part of a more-than-2,000-year-old tradition on the local DUC Delight team.



"A dragon boat is essentially a 20-person canoe with a drummer and a steersman, who is usually the coach," Karel Anne said. The boat is about 29 feet long and weighs more than 370 pounds. So, it takes a lot of power to get it up to speed. "The races always have cultural activities, like 'waking the dragon,' which is painting the dot in the dragon's eye, which is the official start of a competition," she explained. "And there's a dragon dance. If there is a breast cancer awareness race, we throw pink carnations in the river at noon to remember paddlers who have gone ahead. A lot of paddlers are breast cancer survivors because the physical motion of paddling keeps the lymph system open, so it improves the health of survivors."

There's a big difference between festival races and competitive races. "At the festival races, if a team is short on paddlers you can just walk over to another team and say, 'Hey, Houston, you got any paddlers we can borrow?' And the other team is glad to pitch in. That doesn't happen at the competitive races. 'Paddle-stick politics' happens, but there's much less of it than in other sports. We're all family. Three different Houston teams showed up to help one paddler who was flooded out by Hurricane Harvey!"

Karel Anne competes in both women's and mixed boats. And she paddles at 250, 500 and 2,000



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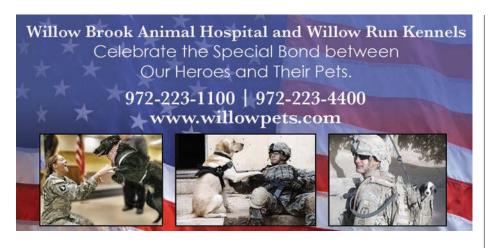
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meters. "I don't really like the longer distances. I'm a sprinter," she said. But she has done races up to 6,000 meters. "A 500-meter race is just over 2 minutes. At the starting line, you get in position with your paddle. They use a laser beam to line up the dragons' noses. Then they call, We have alignment!' and an air horn signals go. We start with long, deep strokes to get the bow up high." Then they paddle like mad, in unison, to the rhythm kept by the drummer on the boat. Karel Anne and her teammates reach as far forward as they can, pull the paddle to mid-thigh, then get the paddles out and back into the water as fast as possible for the next stroke. "It's more critical to be in time than how strong everyone is," she explained. "You have to be sure there is no 'caterpillaring.' You want it to be like everyone is tied together with an invisible string. You try to hit the water with every beat of the drum. That's 70-80 strokes per minute. It's wicked fast. But you can't stop until the drummer calls, 'Let it ride!' meaning we're across the finish line."

When Karel Anne first tried dragon boat racing on a lark, she couldn't have dreamed that her fun way to get some exercise would one day take her to Team USA representing her country at the ICF Dragon Boat World Championship in Russia, but that's exactly what happened. "I'd only been on DUC Delight for a

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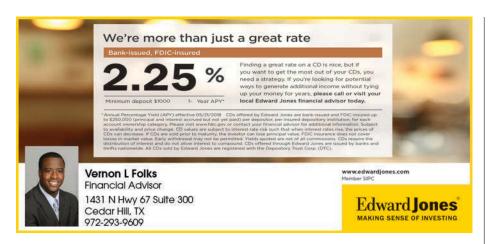
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Modern Worship 10:30 AM

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year. We went to a training camp for international competition. I was just there to learn more about the sport. One piece of training equipment was called the Merlin paddle. It's a data paddle that measures angles, water moved and the time between strokes. After reviewing the data, the coach reportedly said, 'Wow! She can really pull water!"' From that, she ended up on Team USA for the mixed 500-meter boat and on the women's 500 as an alternate. The women medaled. Her mixed team did not. "Dragon boat isn't an Olympic sport yet, but there's a chance it could be in the next couple of years. It's already very international. There's a rule in international competition that you have to have at least five countries and three continents represented for an event to happen."

Unfortunately, Karel Anne suffered a shoulder injury that required surgery, which kept her from trying out for Team USA for this year's world championship in Georgia, but she'll be going as support staff. So, her next attempt at a medal will have to wait for 2020.

"I love this sport. All levels of fitness are welcome. There are paraplegic teams and blind teams. I didn't feel like I was the fittest person when I started, but my heart was in it, so it worked for me!" NOW



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DIY LUXURY AT HOME WITH KEVIN AND TRACY

Entering the home of Kevin and Tracy McField is like stepping into a lifestyle magazine layout. The formal sitting room is opulent with rich burgundy and rust fabrics covering the sofas and draping the windows and contrasting with deep gold walls and dark woods. The coffee table supports an array of decorative brass and floral arrangements, as well as a stone chess board from Cancun, with Aztecs and Conquistadors facing each other across the checkered field. You might think they spent a fortune on this one room, but you'd be wrong. Tracy has skills.

A self-professed DIY queen, Tracy has made, repurposed or refurbished many of the treasures in this house, like the opulent draperies. She first learned to sew back in sixth grade. "I only learned the basics and forgot all about it until a couple of years ago," she remembered.

When she revived her interest, it came as a shock to her husband. "I was surprised. My sister is a seamstress, and they talk all the time. But I never heard Tracy mention sewing. Then she found a machine at a garage sale and just took off," Kevin recalled.





MCFIELD

– By Adam Walker

"Sewing just goes hand in hand with decorating. I also love thrift store finds and rehabbing things people throw away," Tracy said. Now she expresses that passion through her design business, S.I.P.P.'s Creations.

Kevin and Tracy met online. "We're the product of online dating," Kevin explained. "It was back in the AOL days, in a chatroom. We met in April, got engaged in May and married in July."

Tracy laughed, "It was 16 years ago, July 4th." Between them, they





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have three sons and two daughters, all grown, and two grandchildren.

In the dining room, Tracy's ability to take something old, spiff it up and make it shine is on full display. Along the wall stands a wall unit that looks like it came from a highend furniture dealer. "That's three different shelving units," Tracy said. "The middle one came from a thrift store and only cost \$300."

Kevin testified to how substantial that piece is. "It took five guys to get that in here!" he said. Tracy found pieces she liked, which fit perfectly together, then refinished all of them to make them look like they were always meant to be together.

On the wall at the head of the long dining table is a shabby-chic clock Tracy made from the end of an industrial cable spool! Red drapes



and plenty of palm trees keep the luxuriant vibe at just the right pitch.

The kitchen and breakfast nook feature more of Tracy's DIY finesse. She installed a new sink herself and put in new ceiling fans. The bittersweet tone of the walls goes perfectly with the new and old copper of the penny top she created for her Habitat for Humanity ReStore kitchen island. "It took forever

DENTAL CARE TIPS FOR THE SUMME

1. REMIND YOUR KIDS TO BRUSH AND FLOSS

Just because your child is off for the summer doesn't mean their oral care needs a vacation! Make sure to remind your child the importance of brushing and flossing every day.

2. BRING ENOUGH SUPPLIES FOR TRIPS

Going on a trip? Be sure to pack enough toothbrushes, toothpaste and floss for the whole family. Keep them in an easily accessible place so everyone can brush and floss every day.

3. BRING AN EMERGENCY DENTAL KIT

In case of an emergency, bring these supplies to keep on hand: gauze, a small container with a lid, pain reliever and a handkerchief. It's also a good idea to include your dentist's emergency contact info.

4. TEACH YOUR CHILD WATER SAFETY

Summer is a great time for swimming, but the pool could be hazardous and result in oral injuries. Teach your child the importance of water/pool safety: no running on slippery surface or diving into shallow water.

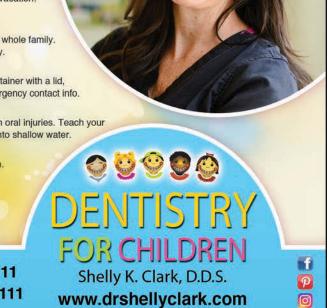
5. EAT HEALTHY AND DRINK PLENTY OF WATER

Eating fruits and veggies and drinking water can help your child's overall oral health. Avoid too much sugar.

6. PRACTICE ROUTINE ORAL CARE

Help teach your kids not to slack off on their dental care during summer break. Daily oral care is the best way to keep your child's teeth healthy.

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laying out all of those pennies, but then I poured the clear epoxy and had a totally unique piece for my kitchen," she said.

The downstairs bathroom has a jungle theme with palm trees and other touches, including a painting of lions to greet the

guests. "I like to create an old-world feel. It's timeless," Tracy explained.

Upstairs, the family room scales back the opulence in favor of kick-back comfort. A grouping of mirrors above the buff-colored sofa, scatters more light and creates an open feeling, even if the black curtains are drawn. The seating is sufficient for visiting children and grandchildren to lounge on and watch TV, while Boxx, the Shih Tzu, relaxes with his long, purple squeak toy, Baby. A few African-inspired floor vases and a geometric rug give the room just enough style.

Off to the side, Kevin has his photography studio. "I do mostly dramatic portraiture, but I've been experimenting with toy photography," he said. "My grandson's action figures are fun to work with." He has a professional set up with lighting, backdrops and editing software. "Once photography went digital, that's when I got really interested. Tracy bought me a Nikon Cool Picks, and I started taking pictures. It just





grew from there. I got into all the different lenses and software. It's something I really enjoy."

The grandkids' room features bunk beds in blue and green. Plenty of toys are stored creatively, awaiting visits. But in the walk-in closet, a different world awaits. This is Tracy's sewing room. Bolts of cloth and spools of every color of thread ever imagined stand ready for transformation into whatever vision enters her mind. "I told Kevin he could have the biggest spare room for his hobby, as long as I got the biggest closet for mine!" she said.

In between the grandkids' room and Kevin's photography studio is the second guest bathroom. This one is done in silver, black and gray, after Tracy remodeled it to suit her sense of style.

On the other side of the family room lies the master suite. The bedroom features a dark wood pillar bed mounded with layers of covers and pillows. "I made all the bedding," Tracy shared. Aqua vases and bottles grace the dresser top, and next to the matching chifforobe is an enormous artistic portrait of the couple, taken by Kevin.

The master bath is an exercise in luxury, with peacock feathers by the vaseful, complementing the brown and blue linens and a large painting of a peacock over the bathtub.

"I like timeless pieces with that old-world tradition and elegance. I love to go shopping and browse until something catches my eye," Tracy confessed. "This is my world!" NOW





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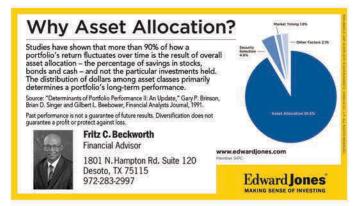
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Teen to Teen

— By Adam Walker

In a room at the DeSoto Public Library, something is happening that you wouldn't expect. A group of young people, led by Shanita Brown, is broadcasting a radio program to the world. "I had a background in radio," Shanita reported. "I'd worked for 10 years in radio and TV broadcasting. So, when I came to the library back in 2014, looking for room for a mentoring program and met Ms. Marq Runnels ... well, I came in looking for one thing and left with another!"

That's how Everything Teen Talk Radio was born as an extension of the DeSoto Public Library Best Southwest Everything Teen Expo, one of the innovative teen programs the library offers. Taylor Walker and Jadan Crow are two DeSoto High School juniors who are some of the on-air talent for the weekly Thursday broadcasts.

"We just talk about anything that relates to us. We use our life stories, the things that happen every day, to talk about what happens in the lives of teenagers," Taylor explained. The show consists of talking about the day, a little music, a discussion topic and closes with Shower Thoughts. "You know how sometimes in the shower you have deep thoughts or think about fun facts? Like zebras are mammals, so that means they make milk!" Jadan explained. "We use those to close the show."

Semaj Wade, known as DJ Semaj, and Myles Bernard are a couple of freshmen who take care of the music part of the show. They specialize in light banter. "I met Myles on a school field trip last year," Semaj remembered.

Myles informed about his friend, "He's goofy, and he plays so much. But he's cool."

The juniors handle the heavy topics. They've covered a little bit of everything from teen hygiene and STARR testing to women in leadership and how to make money as a teen. They have interviewed City Councilmember Nicole Raphiel about the city and leaders from Youth

Providence about spiritual life. They even tackle issues adults struggle to discuss. "We did a show on colorism. We talked about things you can't really address in the hallway between classes," Taylor explained. "We're exposed to a lot of stuff that's not so good. The principal can address it, but the kids just think, 'Forget you. You're old.' But we're the same age. We want to have a positive impact at DHS."

But it isn't always heavy issues. "One recent show, we just couldn't get it together," Jadan remembered. "We just kept laughing. That was fun."

Along the way, they're learning important tools. "I've gotten a lot better at my speaking skills," Jadan reported. "I feel like I can talk to anyone now."

Taylor agreed, "I've become more honest in uncomfortable situations. I've expanded how I talk to people, especially people I don't know or I'm not comfortable with."

"I had this vision for a long time," Shanita explained. "Back when I was young, I didn't feel like I could express myself without feeling like I was being disrespectful or talking back. But this is a positive platform. That's why I started Generation Elevate, the nonprofit that sponsors the radio program. And it's on the Internet, on Experience Radio, so they can reach the whole world. They never know who they might be touching. These students know other teens have feelings and think about important things. They've actually heard from students in other countries about what they're doing here."

You never know what could happen when you walk into a library. You could end up turning a side room into a radio broadcast booth, creating a program to help teens explore all the issues of their lives, reaching from DeSoto to the other side of the globe. **NOW**





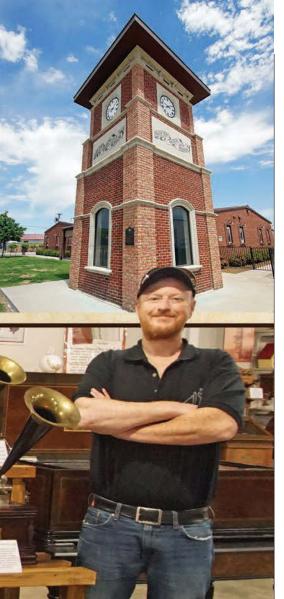
Oldies but Goodies



While visiting the Olden Year Museum, you can close your eyes and simply listen as any variety of music takes you back in time. But don't keep your eyes closed, because along with the glorious music are many pieces of entertainment memorabilia to view that go back more than a couple of centuries. "We take you back in time. When you're here, you're not in the modern world," said Homer DeFord III, the manager, whose 96-year-old grandfather, also named Homer DeFord, is the owner who founded the museum in 1981.

And yes, the original Homer still pays regular visits to his creation. "I just saw him this morning. He's amazingly active, even at 96. He gets out here about once a week," said Museum Curator Rick Wilkins.

Just like their founder, each artifact in the museum is timeless. From the early days of phonograph cylinders to the first form of color TV, this museum covers all stages of audio and video entertainment. There's even a speech on reel-to-reel wire by General Douglas MacArthur. "That's from 1951, after



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he was relieved of duty in Korea by President Harry Truman," Rick said.

The museum, with all its wonders, doesn't have walk-in hours for the general public and is only open for pre-scheduled private tours (minimum of 12 people). It is, however, open seven days a week, with morning tours beginning at 9:00 and afternoon tours starting at 1:00. An average tour lasts about three hours — though one could spend days in this place, absorbing all of its history.

The general public will have a chance for its own tour on June 9, when the museum has a grand opening (though they've been in the building at 1050 N. Duncanville Rd. since late 2013, their third home, as they've kept growing). Activities will



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include music, food and beverages and, of course, tours of the museum.

"We're looking to really expose this place," young Homer said. "We want as many people as possible to enjoy this."

The giant clock tower outside is from Germany. The gears, usually at the top, have been placed on the floor, so visitors can see them through any of three windows. They still work, of course. A plaque outside states it is the only known movement to be on public display at the ground level in the world. The tower also illuminates at night.

And once inside, visitors are treated to a virtual trip through history, beginning with the 15-minute film about the life and inventions of Thomas Edison, considered the most prolific and world-changing inventor of all time. Original Edison light bulbs are used throughout, including an exhibit from 1915 that displays the step-by-step making of a light bulb. "As far as we know, there's not another one around," young Homer said. "The folks at GE wanted to know where we got a picture of it, and we told them we took it."

Also, inside the introductory theater is a display of cans of wax cylinder phonograph records, the kind used long before discs. And yes, you can hear them actually play on an antique phonograph. "This is the tip of the iceberg," said Museum Assistant Derrek Adams. "We've got about 20,000 at least."

To which Rick added, "Cylinders and discs combined, we've got about 50,000."



The two oldest pieces of equipment are from the 1790s. One is a Piccolo pipe organ that Rick said was used to teach canaries how to sing. "Songs were only a few seconds long, and the birds would mimic them," he said.

The other is a revolving disc with pins to bring out the music. "That was the beginning of the music box," Rick said. "I waited decades to find it. I found it at an auction in Michigan."



From Waco to Hungary, and all points in between, the artifacts have traveled far and wide to end up in Duncanville. And, as said before, they all work. "That's a big part of who we are," young Homer said. "If it doesn't work, we don't put it out. And if it has to be fixed, we fix it and get it right back out there, often just fixing it right here on the display floor."

The items work so well that if one has a coin, for example a dime, to put in one of the old-time video machines, they can see a 3-minute movie. "They had these in speakeasies, bars and such. There're only 10 of these in the U.S that work," Rick said.

One of the museum's most interesting items is a Kohinoor







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Phonograph Table Model. It's believed to be from around 1910, but young Homer said finding exact data has been a challenge. "It's one of our quests to get more information, but that only contributes to its rareness," he said, noting that it is the only one on display in which one can see the gears working as it plays.



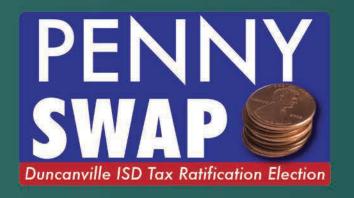
Not everything on display is musicrelated. There is a tribute to Homer, the founder, highlighted by golf items and photos of the many famous people with whom he played, including none other than Arnold Palmer. There's a doll display that's a tribute to young Homer's grandmother, and an old blacksmith shop because the elder Homer "just liked collecting that, also."

And no trip through this museum would be complete without going to the organ room. There, one is shown a plethora of classic organs, including the 1922 Bruder Band Organ, complete with figures — the largest machine in the museum. There's also the 1901, Aeolian Grand Orchestrelle, aka the Mark Twain Organ. "He had one. It's at the Mark Twain Museum, but it doesn't work," Rick said. "This one does," he added with a smile. "It's also made of oak, and there're just a handful in oak." NOW

Editor's Note: The Grand Opening activities on June 9 will be held from noon-4:00 p.m. For more information, send an email to museum1@sbcglobal.net.

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Kathy Boyd left corporate life to pursue what she called the "sugary high life of the pastry world." After graduating from culinary school and opening her own bakery, Kathy is able to share her love with those around her through her work as a pastry chef.

The kitchen is where she is the most comfortable, and she loves teaching the next generation of bakers through her internship program at the bakery. As far as her baking style goes, "I like to start with vintage recipes and build on them, adjusting spices and employing classical techniques with my own twists," she said. "I have a knack for baking, but I don't mind getting a pan or two dirty either." **NOW**

Orange Creamsicle Cookies

- 2 1/2 cups all-purpose flour
- 3/4 tsp. baking soda
- 1/2 tsp. salt
- I cup butter, room temperature
- 1/2 cup sugar
- 1/2 cup brown sugar, packed
- I large egg
- 1 tsp. pure vanilla extract
- 1/4 tsp. LorAnn Orange Emulsion (or 1/2 tsp. liquid orange extract)
- 2 tsp. orange zest
- 2 cups Ghirardelli white chocolate chips
- **1.** Preheat oven to 375 F. In a small bowl, combine flour, baking soda and salt; set aside.
- **2.** In a stand mixer, cream butter and sugars until light and fluffy.
- **3.** Beat in egg, vanilla and orange emulsion until smooth.

- **4.** Gradually add flour mixture until combined. Stir in orange zest and white chocolate chips.
- **5.** Drop rounded teaspoonfuls onto parchment-lined cookie sheets. Do not flatten cookies. They will be thick and chewy. Bake 8 to 10 minutes, or until golden brown around the edges.
- **6.** Cool for 15 minutes on cookie sheets before transferring to rack to cool completely. Store in airtight container.

Ty's Layered Lemon Cake With Lemon Whipped Cream Icing

Cake:

2 1/2 cups Swans Down Cake Flour

2 1/2 tsp. baking powder

1/2 tsp. kosher salt

1 tsp. lemon zest

1 1/4 cups milk

2 Tbsp. vegetable oil 2 tsp. lemon extract Juice from two lemons

- 1 1/2 sticks unsalted butter, room temperature
- 1 1/2 cups sugar
- 4 large eggs, room temperature

Lemon Whipped Cream Icing:

- 3 Tbsp. powdered sugar
- 2 tsp. cornstarch
- I tsp. finely grated lemon zest Pinch of salt
- I cup heavy whipping cream, chilled luice from two lemons
- **I.** For cake: Preheat the oven to 350 F. Grease and flour two 8-inch pans.
- **2.** In a medium-size bowl, whisk together the flour, baking powder, salt and lemon zest; set aside.
- **3.** In another bowl, mix the milk, vegetable oil, lemon extract and lemon juice; whisk to blend.
- **4.** In a stand mixer, cream together butter and sugar on medium speed until it is light and fluffy, about 3-5 minutes.
- **5.** Add eggs, 1 at a time; mix until incorporated.
- **6.** Add the flour mixture and the milk mixture alternately. Begin and end with the flour (3 additions of flour and 2 of milk). Mix until batter is smooth, but be careful not to overmix.
- **7.** Pour the batter into the prepared pans,

smoothing the tops with a spatula. Bake 30-35 minutes, or until a toothpick inserted in the center comes out clean. Let the cakes cool in the pans 10 minutes; turn out. Cool completely before icing.

- **8.** For icing: Refrigerate a mixing bowl and whisk for at least 15 minutes. Mix powdered sugar, cornstarch, lemon zest and salt in a bowl; set aside. In a stand mixer with a whisk attachment, whip heavy cream until it thickens (about 3-4 minutes). Add lemon juice and sugar mixture; continue whipping until stiff peaks form. When you run a spoon through it and it holds its shape without falling back into the gap, it is ready. Keep chilled until ready to use or serve.
- **9.** Ice the cake; garnish with chopped candied lemon peel.

Candied Citrus Peel

Peel of 4-8 citrus fruits

1 1/4 cups sugar (divided use)
1 cup water, cold (plus water to boil peels)
1/4 cup light corn syrup

- **I.** Using a vegetable peeler, peel just the zest off of your fruit. Try to get as little of the bitter white pith as possible.
- **2.** Cut the zest into long thin strips about two millimeters wide.
- **3.** Place peels in a saucepan; add cold water just to cover. Bring the mixture to a boil; strain. Repeat two more times; set peels aside.
- **4.** In the same saucepan, whisk together I cup sugar and water. Add corn syrup and stir.
- **5.** Return the peels to the saucepan; simmer over low heat for 1-2 hours, or until they are translucent but still retain their color and are soft and sweet. *Note*: If the cooking liquid no longer covers the zest at any point, just add 2 Tbsp. more water.
- **6.** Strain the cooked peels. Place on a rack or plate; allow to cool for 20 minutes. Peels should still be sticky.
- **7.** Toss cooled peels in 1/4 cup sugar to coat. Store in airtight container and keep in a cool, dry place.

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



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Comfort Rehab Chiropractic

- By Melissa Rawlins

Comfort Rehab Chiropractic

Bryan C. McCormick, D.C. Cedar Hill Medical Plaza, 950 E. Belt Line Rd., Ste. 180, Cedar Hill, TX (469) 454-2169 • info@comfortrehab.com Facebook/Comfort Rehab & Chiropractic Center www.dallasaccidentandinjuryrehab.com

Hours vary. See ad for available times. Please call so we can schedule an appointment convenient for you.

Many people associate chiropractic with post-accident care. The professionals at Comfort Rehab Chiropractic certainly see patients for neck pain, back pain, sports injuries or work injuries. Overall, they treat people of all ages and in all stages, from injury to wellness, keeping their focus on each patient's goal of total health.

These caring professionals make it their mission to treat people's mobility and restore their function. "Movement is the key to health," Director of Rehabilitation Dr. Bryan McCormick said. He and the practice's two chiropractors take time to educate their patients about having proper spinal alignment.

The misalignment of a spine alters the nerves that affect muscles and organs. "Nerves travel to all muscles and all organs in the body," said Dr. McCormick, who earned his Bachelor of Science in Anatomy before Parker College of Chiropractic awarded him his chiropractic certification. He holds certification by the American Academy of Disability Evaluating Physicians in pediatric as well as obstetrics/gynecology chiropractic.

Practicing both within his own family, Dr. McCormick and his wife, Stephanie McCormick, own the practice together and have been married for seven years. They have two children, a 2-year-old boy, Aiden, and a 6-year-old girl, Emily. When Emily was 2 months old, her chiropractic

treatment for Tortocollus was in full swing, and today she receives maintenance care monthly.

Dr. McCormick and his colleagues at Comfort Rehab Chiropractic are able to examine, evaluate, diagnose and treat a child or an adult for their dysfunction, whether that is Attention Deficit Disorder, asthma, allergies or digestive disorders. "Does chiropractic cure things? No," Dr. McCormick said. "We just allow the body to function at 100 percent.

"Just like with a car, which needs regular wheel alignments no matter its age, we believe you should come in for preventative care not because you have a problem but because you don't want one," he said. "This is the way to go, and it's natural."

Inside this multidisciplinary clinic, approaches to wellness are created on a case-by-case basis with each patient. The facility works congruently with the base of chiropractic to provide physiotherapy, massage therapy, spinal decompression and cold laser. "At times, an anesthesiologist assists with pain management as well as injections that assist with pain relief and rejuvenation," Dr. McCormick said.

Dr. McCormick has practiced since 2001, developing a broad network of providers in order to assist a wide array of patients. "I love to help people and have the resources to get people help. We have the expertise at getting workers comp approved," he said. Comfort Rehab Chiropractic takes cash payment and most insurances. "I'm veteran friendly and assist veterans with creating or appealing a claim."

New patients are welcome to visit first for a free consultation and will find the online web portal makes it easy to fill out new patient charts from the comfort of home. Call Comfort Rehab Chiropractic today and find out what Dr. McCormick means when he says, "Painless is priceless."











TravelNOW

Cultural Attraction

— By Andrea Panozzo

For a slice of Americana, Cedar Rapids, Iowa, beckons Texans with family fun, outdoor adventure, live music, shopping, museums and history. Enriched culture, evergrowing culinary and brewery scenes, beautiful art and a variety of sports entertainment are all within visitors' reach. Driving northeast from Fort Worth will take almost 16 hours and about \$150 in fuel. Or, the Eastern Iowa Airport is 9 miles from Cedar Rapids, where cultural immersion is easy, thanks to a community proud of its heritage.

For many years, Czech was commonly spoken in Cedar Rapids, and today, more people of Czech ancestry live in Cedar Rapids than in any other city in the world, except for the Czech capital of Prague. It is a proud aspect of Cedar Rapids culture, and the history is expressed through extraordinary exhibitions and experiences at the National Czech & Slovak Museum & Library.

The museum isn't the only representation of the Czech culture. Czech Village/New Bohemia Main Street District was voted Best Cultural Attraction by the *Corridor Business Journal* in 2017 and was a 2016 Great American Main Street Award semi-finalist. It is home not only to incredible artists and world-class museums, but also some of the best dining, shopping and entertainment in the area.

One fantastic shopping area in the district is NewBo City Market, a year-round indoor farmers market. Visitors can taste local cuisine and brews and support local artistry, all while experiencing a unique and fun atmosphere.

One of Cedar Rapids' most famous local artists, Grant

Wood, got his start here. Cedar Rapids Museum of Art holds the largest collection of his works. The classic art piece, American Gothic, was painted in his studio home in 1930. His studio is located near downtown Cedar Rapids and is available to visitors on weekends from April through December.

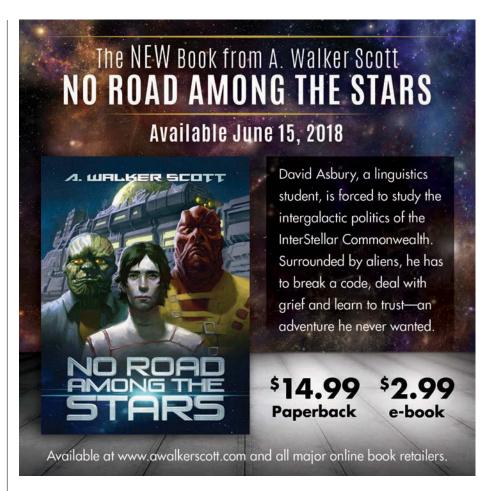
Another historic landmark is the Brucemore Estate, former home to several history makers who played a large role in Cedar Rapids' factory industries, including Quaker Oats. The estate was donated to the National Trust for Historic Preservation in 1981, and today 43,000 people are drawn to the site every year. Brucemore Estate hosts signature events for the public, like the poolside Tahitian Party, Balloon Glow in the summer, Brucemorchestra in the fall and A Modern Salon in the winter. The house and incredible gardens are open for tours throughout the year.

Hundreds of other parks allow for escape into nature. Indian Creek Nature Center's grounds and trails are explorable at no charge. Families can hike scenic trails, see a concert in the amphitheater, participate in a yoga class or let their children play in the outdoor classroom.

Throughout spring and summer, visitors can join residents cheering on their Cedar Rapids Kernels baseball team, the Minor League affiliate of the Minnesota Twins, playing at the single A level. Fans get to experience firsthand future MLB talent, as top prospects from all over the world play for and against the Kernels. There are also hockey, indoor football and soccer teams competing in the winter.

At the end of full days, calm and cozy lodgings abound. People who need the comfort of a hotel will find every national chain has a key just for them. And those towing an RV will rest securely at campsites nestled close to the Cedar River. NOW

For more information or to plan a trip to Cedar Rapids, visit gocedarrapids.com. Photos by Liz Zabel, GO Cedar Rapids.







RV There Yet?

— By Zachary R. Urquhart

You may be thinking about getting a new ride before your family heads on its ultimate adventure. Whether you just need a vehicle to get to your destination, or you are thinking of having the RV experience this year, here are some tips to keep in mind before you head to the dealership.

The Best Type for You

- Compact vs. Roomy If you are just looking at getting a simple sedan, the main decision is two-door or four-door. If you have kids, a compact car with limited legroom in the back may not be the best choice. But, if you just need something to get to work and back, a compact car is often cheaper and offers better fuel efficiency.
- Minivan vs. SUV If you have a big family or tend to drive a lot of people around town, you probably need

something that seats seven or eight people. While minivans are sometimes thought of as uncool, their sliding doors and lower access make them more convenient than bulkier sports-utility vehicles. If you need the space but not necessarily the seating, an SUV or even a pickup truck may be the ideal choice for you.



If the Car is More Than a Car

While alternative accommodation options like Airbnb have given travelers more choices than ever, many people still love the freedom of having a vehicle that doubles as lodging. If you are looking for the perfect RV, here are the questions you should ask:

• Pull vs. Drive — While there are many specific choices, the first decision to make is whether you want something that attaches to a vehicle, or if you want to buy a larger unit that is a vehicle in and of itself. Motor homes vary in size, but they are self-contained houses that sleep any number of people, while fifth wheels and bumper pulls attach to trucks, and even small cars, in some cases, and tend to be less expensive on average.



• Fifth Wheel vs. Bumper Tow — Fifth wheel RVs are a specific type of trailer that use a sophisticated system to hitch to the entire bed of a pickup truck. Because of their attachment method, they tend to be bigger than other towable RVs. But there are varied sizes available for those who want to tow from a bumper hitch. Some of the smallest pop-up campers can actually trail a sedan, though most RVs will still require a decent-sized truck for the towing power they afford.







• A vs. B vs. C — If you decide to go the route of a true motor home, there are three classes, A, B and C. Type A is the largest and, understandably, the most expensive, but it offers more sleeping accommodations. Type B is essentially a larger version of a minivan, with sleeping enough for a small family. Type C is smaller than type A but, typically, offers sleeping space over the driver's area, similar to the way type B does.

While there are no special license requirements for operating an RV, you will want to practice driving such a large vehicle before heading out on the open road for the first time. If you opted against a motor home, be sure you have all the necessary hitches, light hookups and the registration needed to tow from your vehicle. This summer could be the perfect time to take your family on the road trip of a lifetime, so be prepared and get the perfect vehicle to meet your family's needs. NOW



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Zoomed In:

Sienna and Skylar Walker By Adam Walker

Sisters Sienna and Skylar Walker are students from Cedar Hill's LP Dance Studio. Their group performed an adorable dance to the song "I've Got No Strings" from Disney's *Pinocchio*. They were on stage at Mayfest a couple of weeks ago, in front of a crowd. Big sister Skylar informed, "Whenever we do all that dancing, we're over with it."

Little sister Sienna agreed, "I exercised. We need to do it only once time on the stage." The brightly colored costumes were a hit with both girls. "I pretend I'm Pinocchio when I dance," Sienna explained, with eyes wide.

"When we get our Pinocchio costume, we can use it for real clothes. Just put it in the washer," Skylar said, "and that's how it goes!"

Around Town



Houston Street Outfitters hosts a Shop and Sip event for the launch of Scout & Cellar clean-crafted wines.



Enterprise RentACar cuts the ribbon at its Cedar Hill location.



Gloria Akinnibosun holds the McCrimmon-Johnson Academic Scholarship awarded her by Dr. Patricia Russell-Harrison, Schmeka Salgado and Arbin Harrison, III.



CHISD Education Foundation's Night of Shining Stars recognizes the Class of 2018's top scholastic achievers and their teachers.



Dr. Larry Watson welcomes Kieshla C. Wylie as the first principal of Katherine Johnson Technology Magnet Academy.



Selma LeBaw of Daniel Intermediate participates in the Duncanville ISD Art Show.



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Felicia Erwin of Friends Place displays fully decorated pot people.



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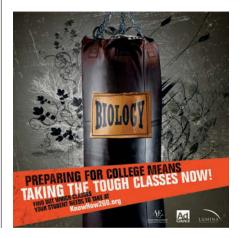
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Valerie J. Gorman, MD, FACS, is a breast surgeon who specializes in surgical oncology and surgical diseases of the breast. She is board certified by the American Board of Surgery and serves as Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center - Waxahachie.

Dr. Gorman performs breast surgery with discreet scars that includes mastectomy and lumpectomy, allowing the cancerous tissue to be removed through a single incision made in a cosmetically appealing area while preserving the natural shape of the breast and reducing any visible scarring. Dr. Gorman is dedicated to offering her patients an advanced, personalize and targeted approach to breast surgery and the treatment of breast cancer.

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Calendar

2

Libraries Rock! The Mayor's Summer Reading Club Kickoff Celebration: All day, DeSoto Public Library, 211 E. Pleasant Run Rd., DeSoto.

Kid Fish Tournament: 8:00 a.m.noon, Valley Ridge Park Pond, 2850 Parkridge Dr., Cedar Hill. Free. For ages 4-14. Bait and tackle provided.

Brunch with Girlfriends: 11:00 a.m., Hampton Inn and Suites, 1311 E. Centre Park Blvd., DeSoto. \$30. Please wear all white.

Summer Reading Program Kick Off: 2:00-4:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Free. Mr. Blueshoes performing. Taste the World of Cultural Food Showcase.



5 Networking Lunch: 11:30 a.m.-1:00 p.m., Veracruz Cafe, 1472 Hwy. 67, Cedar Hill. Connect with the Cedar Hill Chamber of Commerce.

5 — 7

Youth Summit: 9:00 a.m.-2:00 p.m., Permenter Middle School, 431 W. Parkerville Rd., Cedar Hill. Free. Ages 11-18. Police introduce an interactive crime scene, the K-9 unit, S.W.A.T field day and more. To register, call (972) 291-5181 x2153.

7

Mayor's Prayer Breakfast: 7:30-8:30 a.m., Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Free.

Big Machine Expo: 10:30 a.m.-noon, Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Free. See fire trucks, garbage trucks and helicopters.

7 — 9

Mission Cedar Hill: 8:00 a.m.-5:00 p.m., High Pointe Baptis Church, 101 High Point Ln., Cedar Hill. Call (720) 810-9252 to help with projects.

8

Thump!: 8:00-10:00 p.m., Valley Ridge Park Amphitheater, 2850 Parkridge Dr., Cedar Hill. Free concert. Food vendors open at 7:00 p.m.

10

Cedar Hill Triathlon: all day, Cedar Hill State Park, 1570 FM 1382, Cedar Hill. Four courses to choose from. Register at cedarhilltriathlon.com



11 — 14

Camp Broadway: 9:00 a.m.-noon, Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. Ages 7-13. Learn about theater and acting. Call (469) 454-8456.



15

Couples Enrichment Group Date Nite: 7:00 p.m., International Museum of Cultures, 411 E. Hwy. 67, Duncanville. Free. Child care available.

Live 80: 8:00-10:00 p.m., Valley Ridge Park Amphitheater, 2850 Parkridge Dr., Cedar Hill. Free concert. Food vendors open at 7:00 p.m.

15 — 17

Singin' in the Rain: TBD, Trinity Church, 1231 E. Pleasant Run Rd., Cedar Hill. \$10-\$20. See loveyourcitytheater.com for times.

16

DuncanSwitch: 9:00 a.m-3:00 p.m., Main and Center streets, Duncanville. Come check out the street market.

Juneteenth Celebration: 5:00-9:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville. Fun, food and music, for the entire Best Southwest.

17

Black Woman's Health and Wellness Expo: 1:30-5:30 p.m., DeSoto Civic Center, 211 E. Pleasant Run Rd. Free.

June 2018

22

Overdrive: 8:00-10:00 p.m., Valley Ridge Park Amphitheater, 2850 Parkridge Dr., Cedar Hill. Free concert. Food vendors open at 7:00 p.m.

Forte Band: 8:00 p.m., Outdoor Amphitheater at DeSoto Town Center, 211 E. Pleasant Run Rd., DeSoto.

23

DeSoto Living! Festival: 10:00 a.m.-4:00 p.m., DeSoto East Middle School, 601 E. Belt Line Rd. Free. Dozens of events and activities.

25 - 29

It's Game On!: 7:00-8:30 p.m., 200 S. Polk St., DeSoto. Call (972) 230-8282 or register online at www.newlegacycommunitychurch.com.

29

Live 5 Band: 8:00-10:00 p.m., Valley Ridge Park Amphitheater, 2850 Parkridge Dr., Cedar Hill. Free concert. Food vendors open at 7:00 p.m.

Ongoing:

First and Third Sundays Jay's Camp Swing Dance Workshop: 2:00-4:00 p.m., Alan E. Sims Recreation Center, 310 E. Parkerville Rd, Cedar Hill. \$20 drop in or \$35/mo.

Tuesdays

Duncanville Rotary Club: 7:00-8:00 a.m., D.L. Hopkins Jr. Center, 206 James Collins Blvd., located across from Duncanville Public Library.

Thursdays

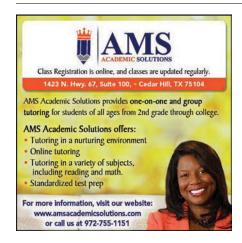
Hats and Hugs: 10:00 a.m.-noon, DeSoto Public Library. Knit, crochet and loom hats to donate to various causes. Call Precious Davis (972) 898-7919.

Tiempo de Historias en Espanol: 5:30 p.m., Duncanville Public Library, 201 James Collins Blvd. For more information, call (972) 780-5050.

Third Fridays

Senior Dances: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins, Duncanville. Cost \$5. For more information, call (972) 298-0667.

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











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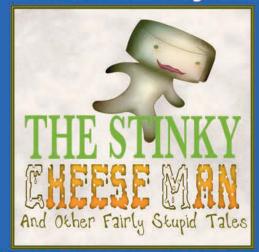
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Life Changing Savings

- By Rick Mauch

At the New2You Thrift Store, savings means more than just a few dollars to folks like Sandy Eddy and Linda. Sandy manages the boutique resale shop that raises money for the Cedar Hill Shares Food Pantry, and Linda runs the jewelry counter. Both are volunteers, and each has a special story to tell.

Sandy, 79, has been with the store since shortly after it opened in 2006. In 2008-09, she nearly lost her life to colon cancer, and having the store in her life gave her a fighting incentive. "I would do my chemo and come up here. If I'd gone home, I would have curled up in bed. I was only given 90 days to live," she said. "I call this the blessed store, because this store is a blessing."

Linda, 71, lost her husband of 40 years, Jim, to cancer nine years ago. She was looking for something that would simply occupy her time when a friend told her about New2You. "I needed a place to come, to get away," she said. "I drove up here, and I started folding

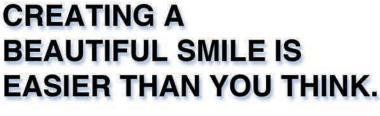
T-shirts and socks. I don't know where I'd be today if I didn't come up here."

The two understand the store is more than just a place for people to save money on used items that are in wonderful condition — and nothing gets put on display that isn't in immaculate shape, from clothing and books to jewelry and knickknacks and more. "We don't just put stuff out. We give customers ideas on how to decorate," Sandy said.

The store is also a place for people who, like them, need an escape. "We have one lady, an elderly lady, who said, 'It's my fix. Everything's so beautiful. I just love to see it," Sandy said.

The store has helped folks across the state and Southwest, including hurricane victims. "We've had people come up in the winter, sleeping in their car. A man was here getting blankets for his family," Sandy said. "We always need more volunteers to work in the store.

"People ask why I do this six days a week. I only get paid for three days a week, so it's not the money," Sandy explained. "I do it because I love the store. It gives me joy to see people get something special they otherwise couldn't afford. It gives them joy, so it gives Linda and me joy." NOW



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