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July 2008

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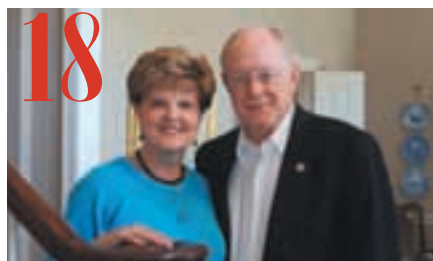
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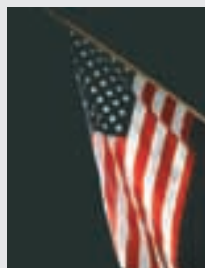
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Old Glory is a symbol of the
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MAGAZINE

Editor's Note

Greetings Southwest Friends,

As we safely celebrate the wonderful freedoms we enjoy in our country this July 4th, remember those faithfully serving in our Armed Forces here and around the world.

Grab a glass of iced tea or lemonade and read about your neighbors serving one another. In Cedar Hill, volunteers publicized the Baby Moses law and one fire station received a newborn baby a mother could not rear herself. Now all the fire stations throughout the metroplex are ready to do the same.

Project Duncanville assists elderly, singles and low-income families with car and lawn care and some home repairs.

DeSoto's one-on-one mentoring program connects teens, adults and seniors, who lend a listening ear and encourage youngsters to make wise decisions and habits.

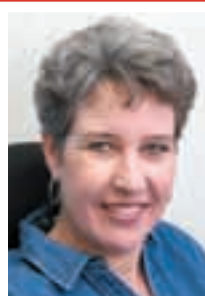
Take a tour through Dr. Robert and Monda Simmons' home in DeSoto and meet Duncanville artist, Ray Green. Kim Drennan shares some delicious recipes.

Sincerely,

Beverly Shay

SouthwestNOW Editor

Share your story ideas at bshay.nowmag@sbcglobal.net.



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Barbara Featherston
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Patsy Summy (left) and Alan Elliott, executive director of the Baby Moses program (right), pose with High Pointe Fire Captain Chris Tancred and firefighters/paramedics Danny Smith and Jason Hanson.

— By Beverly Shay

Most people have heard the Old Testament story of Baby Moses, whose mother put him in a basket under the watchful eye of his older sister on the Nile River of Egypt to save him from a death decree, stating all Hebrew children under the age of 2 were to be killed. The Pharaoh's daughter found the infant when she went to bathe in the Nile and brought him back to the palace to rear as her own child.

It is hard to imagine wanton destruction of babies, and equally easy to imagine a desire to save them and see them cared for by a loving family. Sometimes, situations beyond our imagination leave a mother feeling incapable of providing that loving care, yet they choose to carry that child to term and give birth, not knowing what to do next. A law entitled the Texas Safe Haven "Baby Moses" law "provides a responsible alternative to mothers in crisis who might otherwise abandon or harm a newborn child." It states that "a parent may leave an unharmed infant, up to 60 days old, at any hospital or fire station with 'no questions asked.'"

The mother can then turn away, protected by law from being charged with abandoning the baby. She can leave information, should she choose to do so, about the baby's birth date and family health. No police will be called, nor will the mother be questioned or detained. If the child needs medical care, it will be immediately provided; a cursory medical check will be done by an Emergency Medical Technician (EMT) or paramedic at the fire station and the child will be transported to a hospital, or if left at a hospital,

he or she will be examined there. These children are cared for through Child Protective Services until an adoptive family can be found.

Texas was the first state to enact this law, introduced by Genie Morrison of Victoria, Texas, in 1999, under the governorship of George W. Bush; the law went into effect September 1, 2001. In one form or another, the Safe Haven Law is now in place in all 50 states, each state setting their own parameters as to safe locations and the maximum age allowed to the child. Every state provides for unquestioned, unprosecuted, voluntary release of the child by the parent(s).

Although the law was in effect in Texas, there was no funding to facilitate public awareness. In Dallas, the Baby Moses program was conceived following a retreat of the Crosswise Players Drama Troupe. They took it upon themselves to get the word out both to the public and the designated emergency care workers who would receive the babies. "We decided to create a Public Service Announcement (PSA) about the law. Since there was no available funding, we initially dug into our pockets. Later, we applied for and received a \$20,000 grant from the Hillcrest Foundation, which enabled us to hire a graphic artist to design posters and fliers and provided postage funds. We contacted Genie Morrison, who provided us with the yellow Safe Baby Site signs that are prominently posted at hospitals and fire stations," said Patsy Summey, a Cedar Hill resident who became the project coordinator.

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"A lot of people have been involved in getting the word out. Vivian Skinner, Development Director, wrote and pursued the grant; Ed Spenser, Media Contact, arranged for newspaper and TV interviews and Alan Elliott, Executive Director, instigated the project, designed the Web site and much more," Patsy remarked, unwilling to be recognized alone. "But the real heroes are the Cedar Hill firemen, who were the first in the Dallas area to embrace the program, get the fire stations aware and prepared to receive the babies. The High Pointe station received the first baby in Cedar Hill."



"These children are cared for through Child Protective Services until an adoptive family can be found."

Fire Captain Chris Tancred recalled that day, "Danny Smith, Jason Hanson and I were just sitting around about four to five months ago when the doorbell rang. A young ... woman handed me a newborn baby girl wrapped in a blanket. One of our male EMT students took the baby back to Jason. The woman was very calm, said she was the mother; she appeared to be alright, refusing any medical assistance herself. The baby's cord had been cut, but was unclamped; she was so beautiful and quiet. We checked her over, clamped the cord and then transported her to Children's Hospital in our ambulance within 25 minutes of her arrival."

Chris further elucidated, "I think the program works. I would encourage anyone not wanting to keep your baby to bring the child here or to any fire station. Don't discard your child unsafely. It just breaks your heart when you hear of that happening. Any loss of life or injury gets to you, but to find a discarded child, to know you could have gotten it proper care, really tears you up. I was very proud of our

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team. Even though it was unexpected, we responded efficiently and know we helped that mother see to it her child would receive the care she did not feel she could provide. That's how it should be. I believe this law will save lives," Chris concluded.

Knowing a mother has a safe place to bring her child without fearing prosecution truly provides an alternative to risking criminal charges and jail time, or loss of life/lack of medical attention for the baby, if a child is abandoned somewhere other than a Safe Baby Site. Considering that over 100 babies are abandoned in Texas each year, 16 of whom will be found dead and many who are never found, this is indeed a life and death matter.

Nurses at Presbyterian Hospital of Dallas were eager to prevent a repeat tragedy they witnessed when a young woman came into their Emergency Room (ER) having evidently given birth recently. Upon questioning and subsequent investigation, a 9-pound baby boy was found in a dumpster, appearing to be healthy other than a bruised head. But the cold December weather and exposure had taken the baby's life. Had she known she could take the baby to a Safe Haven location?

The nurses' research led them to Patsy Summey, who made herself available to the Presbyterian Hospital staff. Soon fliers filled the ER informing of the Baby Moses Law. The nurses, along with Patsy, met with their local chapter of the Dallas County Emergency Nurses Association (ENA), asking them to support the law within the hospital. Eventually, the ENA spread the information to local school districts and the state level of the ENA.

"As emergency nurses, we strive to decrease future tragedies such as the death of that 9-pound newborn, and yet we will never miss an opportunity to turn such tragedies into triumph," stated Mr. Loren Larkin, RN, BSN, MA and president of Dallas County ENA. **NOW**

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Making **Big** and Little Differences

— By Beverly Shay

Positively influencing a child's life makes a big difference, both for the child and the one influencing. Just ask any number of Big Brothers or Big Sisters. None regret choosing to be part of a nationwide program impacting public education and the lives of thousands of children, with thousands more on the waiting list. One-on-One Mentoring sponsored by DeSoto ISD has partnered with Big Brothers Big Sisters (BBBS) in three wonderful programs serving 10 elementary and middle schools. Featured are: the Peacemakers, seniors from DeSoto High School (DHS) mentoring at East Middle School (EMS); P.A.L. (Peer Assisted Leadership) another group of seniors mentoring at Moates Elementary School; and the senior citizens and several employees at Grace Presbyterian Village, where students from Cockrell Hill Elementary School come to spend time with their Bigs. The mentors of BBBS are known as Bigs and the mentees as Littles.

Every Big insists they are the ones enriched. In the words of Genesis Moore, P.A.L. mentor at Moates Elementary: "I would recommend this program to any high school student. You will grow and impact your own life, as well as the kids you work with. You will learn patience, how to help, listen, teach and be a big sister. It is just such a good way to impact someone else's life." Genesis plans to be a brain surgeon or a lawyer one day. Over the next two summers, she plans to intern with a surgeon/doctor and a lawyer. Her Little is fifth-grader, Alizah, who hopes to play soccer professionally. "I want to be a Big. I like everything we do together, especially reading and having fun," Alizah commented.

Tekisha Goodwin, a BBBS employee, working with Kathy

Goad from DHS commented on how the Littles, mostly fifth-graders, open up with their Bigs. "Sometimes, the kids will tell them things they wouldn't tell an adult. One time, a child showed interest in gang involvement. The child's Big provided her with some gang facts and consequences. It curbed that budding interest," Tekisha commented.

Nailah Williams, another Big, remembers how as a younger student she had some behavioral issues. "I was one of *those* students," Nailah emphasized. "But when someone told me, 'You don't want to do that; you won't be able to be a P.A.L.,' it really turned me around." Now in her second year as a Big, she loves hanging out with her Little, Markesia. "We read together, color, go outside, jump rope and she watches me play basketball," boasted Markesia. "I want to be a P.A.L. when I'm in high school, too."

There are two applications for P.A.L.: at the high school and for BBBS. Students must provide references, parental consent, as well as "pass" the interviewing process. The leaders look at their community involvement, extracurricular activities, educational goals and academics, as well as a background check.

The Bigs who come to EMS are called Peacemakers, because of their active involvement in pre-mediation. To qualify, they have to have resolved conflicts at high school, be interviewed by leadership and peers, present letters of recommendation from family and friends and referrals from teachers. They also join BBBS and paxUnited, a state program for safe and drug-free schools. PaxUnited provides training to reduce violence and improve learning environments for



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teachers and students by implementing campus-based conflict mediation programs at all grade levels, with the goal of providing positive options to conflict.

RJ Young, a peer mediator, is also William's Big. William, a sixth-grader from EMS explained, "RJ is very helpful and nice; he's also very confident," William commented. Both RJ and William have some awesome ambitions: RJ will be attending the University of Arizona on a football scholarship, planning to major in communication. William wants to get into politics. "I would like to be senator, governor, mayor, congressman or the president. If that doesn't work out, I might be a lawyer or ambassador, a U.S. Marshall or work for the FBI," William stated firmly. "Better keep your grades up," RJ responded.

Mr. Sinney, a sixth grade math teacher working as liaison for EMS and the BBBS, said, "Being a role model is more than just being a good teacher. You bring who you are to them where they are and hang on their level. This program is working; every day kids ask, 'Are they coming?' Results don't always show right away, but the ongoing affect settles them down, and there is improvement in the classrooms," remarked Mr. Sinney.

"I am in this knee-deep for these kids. Not only does this benefit Littles; this is good for the high school students. When they realize someone is looking up to them, it holds them accountable. Many of them keep in touch with their Littles even after they go off to college."

Ron Jackson, another Big with big ambitions, commented, "I made a new friend, learned to listen more and developed patience with other people, as well." Those traits will come in handy as he pursues his MBA in marketing and business technology. His Little, Gerrod, likes that they "bum together and play basketball.

DeSoto NOW

He taught me how to do my work. I would like to be a Big someday and have a career in the Army."

There are other Bigs making big and little differences in childrens' lives, many of whom have been in foster care. Wanda Randall, principal of Cockrell Hill Elementary, brings her fourth-graders to Grace Presbyterian Village (GPV), a continuing care retirement community in south Dallas, every Thursday for lunch and quality time with their Bigs. Their activities have included games, interviewing the Bigs ("Were you around during the Civil War?"; "Do you understand politics and elections?"), visiting residence housing, golf-cart tours of the grounds and some crafts. "Mostly, it provides an opportunity for these children to receive some quality time from people who have lots of time to give," said Marcella Dill, administrator for the residential and assisted living at GPV.

Deedy Bennett, a five-year resident, said, "Charles and I just plain have fun together. I love seeing these children here. Charles has opened up a lot since he first came." He proudly displayed the picture frames they made last week, complete with identical photos of them together. Charles also likes "walking together over the whole place."

Wanda enthused, "The children were a little hesitant at first, but they warmed up as the residents began answering their questions. Even children who weren't talkers can't wait to get here. I get a running commentary from all of them on our way back to school. My personal motto is: Never give up on anyone. Miracles happen every day!"

"Both the residents and the students have something to contribute. It promotes listening, respect: character traits that need to be demonstrated. Each one is giving of themselves, giving time and attention," Marcella added. **NOW**

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Moving Mountains

One Neighborhood at a Time

— By Michelle Powe

Pastor Sonny Conatser's congregation at Southwest Harvest Church moves mountains. The Duncanville congregation understands even small gestures can make big differences, especially when those gestures are made collectively. The church — guided by the inspiration of one of its elders — started Project Duncanville to help its neighbors. Through Project Duncanville, Pastor Sonny and his congregation mow lawns, mend fences, do minor home repairs, fix cars, distribute food and clothing, provide transportation — whatever is necessary for elderly, widowed, disabled, single parent and low income neighbors. "Everybody in the church is involved in [Project Duncanville] in some way," Pastor Sonny said. "Either through donating money, physical labor or driving people to where they need to go. Everyone's involved in some form or fashion."

Project Duncanville was conceived by Robert Allsup, one of the elders at Southwest Harvest Church, who wanted to help neighbors in need and provide others the opportunity to do good works. So he approached Pastor Sonny, and soon the 400-member congregation was canvassing the neighborhood, knocking on 647 doors to spread the word that help was available if it was needed.

It was. In just over a year since its inception, Project Duncanville has helped nearly 500 people — and that is just in the blocks closest to West Center Street where the church is located. "There is so much need," Pastor Sonny said. So every Saturday, volunteers meet at the church and then head



out to their designated houses to mow lawns, pull weeds, trim trees or hedges, install smoke detectors, repair windows or leaky pipes, even clean houses. At the church, a fully operational, three-car garage allows other members to work on people's cars: changing oil, repairing tires and replacing water pumps — whatever is necessary.

The garage is new, dedicated in April to the memory of a popular church member, who passed away of a heart attack in December 2006. Isaac Morales, an usher at the church, started Southwest Harvest's "auto workday" for the women of the congregation, particularly for the widows and single women. He and other men in the congregation would work on cars in the parking lot in all types of weather, with Isaac teaching the younger members about cars. Isaac had supported the idea of Project Duncanville, but passed on before he could see the plan put into action.

It only seemed fitting to members of the church to dedicate the garage, which will continue to honor his memory by continuing the work he started. It is called Isaac's Garage. "This is just going to continue what his life was about — helping widows and single moms," Isaac's brother, Johnny Morales said. "I've always said a homeless man on the street doesn't want you to tell him that Jesus is the Bread of Life; he wants you to give him some bread to eat. And that's what we're doing here with this garage and Project Duncanville — doing God's work."

Now, Isaac's Garage is open for the cars of anyone in need,



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and volunteers can work inside, protected from the elements. William Reese, an elder at the church, donated 90 percent of the materials for the garage. A Dallas police officer, he also is a contractor. In addition to donating the materials, he donated labor — his own and that of friends with building skills. “I loved Isaac. He was one of the ushers that I thought was one of the most hospitable people,” he said. But like his fellow elder Robert, William is modest about his good works and prefers to let his actions speak for him.

Another member of the church, Herman Riojas, was volunteering for Project Duncanville one Saturday for an elderly woman who had been recently widowed. She had called about a leaky window, but when Herman got there he discovered the entire window was rotted out. So, he got his company to donate a new window, and he pulled out all the sheet rock and put in the new window himself.

Other members of the church, who are less able to contribute physically, help out by volunteering to drive neighbors to doctor appointments or the grocery store, by distributing food and clothing, by offering comfort to recent widows, and by making weekly phone calls to check on neighbors. Velma George, for example, drives an elderly widow to every one of her medical appointments. As Pastor Sonny said, “Everyone is involved in some form or fashion.”

Yet the altruism is not limited to, nor certainly is it intended to be limited to, Southwest Harvest Church. In fact, Project Duncanville was intended to be a joint effort between the community and area churches to help make Duncanville a nice place to live and to help residents love their neighbors. “This is not a one-church effort,” Pastor Sonny said. “This is a community-wide project. You don’t

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have to be a member of a church to get involved, to help your neighbors. We're in this thing together."

Southwest Harvest Church has teamed with First Baptist Church of Duncanville for its annual school uniform drive and with the Church of Christ for its coat drive. "We try to help them out as much as they help us," Pastor Sonny said. His first priority is to work with other churches and community leaders in Duncanville to help this city, but Pastor Sonny dreams of a day when churches in different cities take the initiative that Southwest Harvest Church, First Baptist Church and Church of Christ have with Project Duncanville to help their own communities. "It could be called Project Care," he said.

The initiative has not gone unnoticed. The city of Duncanville and Mayor David L. Green last year proclaimed June 2, 2007, to be Project Duncanville Day. Pastor Sonny and Project Duncanville were also honored by the Duncanville Chamber of Commerce with the Project Duncanville Award and were recognized by Congressman Kenny Marchant.

But, there is still much work to be done. Pastor Sonny hopes that other churches in Duncanville will start Project Duncanville in their own neighborhoods, so that all of Duncanville can be helped. His administrative assistant Deborah Kraus, also a member of the church and active in Project Duncanville, shares this hope. "The difference we've made already — if we have these success stories, imagine what wonderful stories other churches must have," Deborah said. "And [imagine] the stories that are still waiting to be told."

After all, small gestures can make great differences. Southwest Harvest Church should know. "We're not a big church," Deborah said proudly, "but we're a mighty little church." **NOW**



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**"I want it to look nice,
but people are much
more important than
any 'thing' in the house."**

Comfortable **Conversation**

— By Sandra McIntosh

Dr. Robert and Monda Simmons moved to the Windmill Hill edition of DeSoto in October 2000, after spending time in several locations throughout the country. Their Christian ministry began in 1969 with a pastoral position in New Jersey, and grew over their soon-to-be 43-year marriage to include: Illinois, California, Ohio, Florida and Houston, Texas, before bringing them full circle back to DeSoto. "While we were living in Houston, I completed my doctorate," Robert said, referring back to the commutes he made for two weeks twice a year to the Dallas area. "It was a four-year process." After receiving his doctorate in ministry in 1999, the couple moved to DeSoto, where they lived for about a year in an apartment while their two-story, three-bedroom, three-bath, Williamsburg Colonial style home was being constructed.

The story behind their move to DeSoto and the Dallas

At Home With Dr. Robert and Monda Simmons

First Church of the Nazarene takes listeners back to a time in history before Robert was even born. "The church was originally located in Oak Cliff," Robert explained. "My parents were married in that church in 1931." Over the years, the church moved to its present location on North Cockrell Hill Road. In 1999, when the church was in need of a new pastor, they came looking for Robert. "They found me first," he said, agreeing that life has brought him full circle. "I didn't reveal the story of my parents' marriage until later."

The stories Robert and Monda tell are steeped in rich history and the inclusion of family. Their home is a safe haven where guests are treated with warm hospitality. The home offers such peace that first-time visitors soon feel like lifetime friends. "We wanted anyone visiting to feel at home here. We wanted each room to be comfortable for conversation," Monda said. "I want it to look nice, but people are much more important than any 'thing' in the house." When visitors and guests come to visit or share in Bible studies and church gatherings, they quickly learn the drill. "They are free to move the furniture," Monda added, "and just make themselves at home."

Robert and Monda bought the first lot in the edition. The only home standing at the time was the model home. They remember being one of the first three homes to be completed in the neighborhood. Today, more than 50 houses have been erected, making for a diverse community of close friendships. "But, we still have the only two-story, red brick home in the neighborhood," Robert laughed. When building the home, the couple knew exactly what they wanted. "We were both raised in the Midwest," Monda said. "He grew up in Ohio, and I lived in Indiana. We've always loved the Williamsburg style." They remember the trips they took when their two



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birth daughters, Andrea and Rhonda, were young. "We vacationed many times in Williamsburg, Virginia, when the girls were little," Robert said. "We also spent one Christmas there."

The red brick exterior is indicative of the style they love, while deep red, navy blue and khaki lend to the warmth the interior offers. The only true Williamsburg color they chose to use sparingly was bright yellow. Instead of painting several walls in the deep shade of yellow which is customary in this style of home, Robert and Monda made the conscious choice to only use it as an accent color.

Several years after settling into their new home, Robert and Monda decided to make what they felt were necessary renovations. The living area between the column in the great room and the backdoor was added. The same amount of space was also added to the home's second level. "We didn't change the roof line at all," Robert said. At the same time, they also agreed to transform the attic into what is lovingly known as "Bob's Upper Room." The room overlooks another living area on the second floor. "This



is a sanctuary where Robert gets to be alone," Monda said, laughing. "He gets to have whatever he wants up here. He gets to do the decorating."

Decorations in the Upper Room may consist of framed diplomas and resolutions made in Robert's honor, but the rest of the home is filled with

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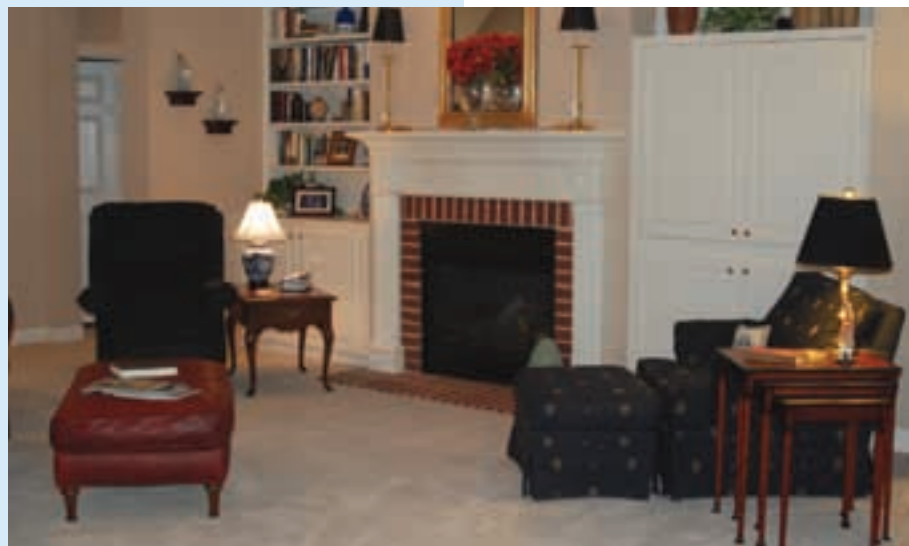


Monda loves retelling is centered on these individual place settings. "She had 17 uniquely different settings," Monda said. "When setting a table, she would think about the personality of the person and set the table with china to match their personality." Needless to say, Robert's mother used her china on a daily basis, and Monda has followed in those same footsteps.

"We have everyday china and special occasion china," Monda said, while also mentioning the Blue Willow she acquired from her own mother. "We use all of it. Paper plates are rarely ever used."

Other very special items full of memories include: the oxen yoke in the second-floor living area, which carried Monda's father's family from the East

special items that mean a great deal to both of them. Some of the furniture in the home has been with the couple for the majority of their married life. The dining room table and matching chairs, dating back at least 60 years, once belonged to Robert's parents and have survived the many moves. The oversized, built-in china cabinet was designed exclusively to accommodate the china collection they inherited from Robert's mother over the years. "Mom collected cups and saucers," Robert remembered. "She had so much of it that she progressed into individual place settings." One priceless memory



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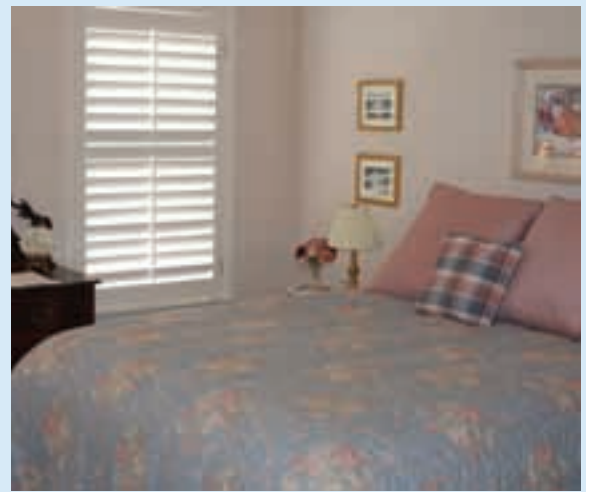
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Coast to Indiana, the cedar chest at the foot of their bed that belonged to Robert's mother, the bookcase from the first office where Robert's father was a minister, a chair with the original needlepoint cushions acquired when Monda was just a teenager, Dalton's Image of the Shepherd in the downstairs great room that reminds Robert of his father, the metronome on the piano

that was a gift to Monda's mother at age 12, two children's chairs from the old Oak Cliff church and so much more.

The feeling of family is best represented on the shelves in the built-in bookcases downstairs. Photographs include grandparents, younger versions of Robert and Monda and photographs of the couple's two daughters, as well as their two



"sons-of-the-heart," Stanley Leone and Chris Alexander. Rhonda's husband, John-Michael, and Stanley's wife, Rachel, complete the family tree. "We have an awesome family," Monda stated. "We consider ourselves to be very blessed."

Robert and Monda's fathers were both pastors. Growing up, Robert never set out to be a pastor, and Monda was determined not to marry one. However, by the time Robert was 12, he knew his true calling, and when the two met in college, Monda's determination wavered. "He was irresistible," she smiled, "and he still is." **NOW**

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— By Beverly Shay



Ray Green found a love for art at a very young age. He began to draw in first grade. "My teachers said I was good," Ray remembered. "They said I had promise and encouraged me to continue." By seventh grade, that message changed. "I was still good, but was told it was a waste of time, that I needed to pursue something at which I could earn money."

So his passion for art was laid aside, until about 10 years ago (1998) when Ray's 14-year-old daughter brought home a pastel drawing, which inspired him to start painting again. Ray's favorite medium is oils, but soft pastels rate number two. His first painting was of his grandfather sitting in his yard under an oak tree in Corsicana, where Ray grew up.

His wife, Allison, grew up in Samaria, a few miles east of Kerens. Much later, her parents moved to Houston, but they missed their former home. So Ray's second painting was of their former home. He found he has a preference for landscapes, his favorite being a waterfall in Ocho Rios, Jamaica. His wife called the painting *The Dunns*, named for the waterfalls.

Most of his paintings are done from photographs taken during their summer travels, "but about 30 percent come out of my head," Ray remarked. "Those are mostly my contemporary paintings. We love to travel. We have been to Europe: Paris, Venice; New Orleans, Hawaii. I always take my Nikon [camera] on our vacations; I especially love to take pictures with children in them," Ray explained.

The Green's home features much of Ray's artwork, as well

as his studio. "I'm thinking of building a studio in the backyard so we can reclaim the bedroom," he grinned. His creative juices lent themselves to building and restoring furniture during his hiatus from painting. He built the entertainment center in their living room, the master bedroom suite; laid a beautiful hardwood floor in the living room and refinished an armoire, bedroom suite, dressing table and bureau in what they call their "antique room."

"I haven't made a living at art yet," Ray stated, explaining his day job as a technical educator. He teaches building electronic and construction systems at South Oak Cliff High School. "We draw houses and floor plans, as well as using integrated circuitry kits to build speed cars. The kids like things that make noise, whooper sirens and such. Or I will give them a shape: a U, an L shape or a rectangle, which they then design into a floor plan," he explained, evidencing the teacher within him.

"When it comes to art, I am basically self-taught, although I think I might have come by some of it genetically. I never knew my grandmother, but she was very artistic; she painted, but she also designed and sewed clothing. I wish I had known her or had the chance to see her artwork and show her mine. It would be interesting to see if we had a common style," Ray mused. Apparently, most of her artwork disappeared or was lost in a fire.

Ray has completed around 70 paintings and some charcoal

ARTS NOW

and graphite drawings of relatives. Those drawings are striking with their shadowed dimensions, capturing an old-timey feel of the older generation's era. Many of his portraits and paintings have been given to friends or family. "I have sold about 12 paintings; but I would like to sell more," he shyly admitted. "It takes 95 percent business sense and five percent talent to get out and market what you create. I haven't been too diligent about that yet," he confided. Ray has done a few commission pieces.

Allison proudly interrupted to inform that Ray has been contracted to do 12 additional pieces. "They named a wing in the law building of Texas Southern University after my mother-in-law, so I did her portrait, which hangs in the hall there. She was very involved as a community activist and legal advocate. She was able to get a grant approved to renovate homes and landscape lawns in her hometown of Samaria. I also created a piece in the Market Hall for the Women's Symposium and one of students working on children at the Baylor College of Dentistry," Ray modestly boasted.

"I simply love art. I couldn't live without my painting; I can't believe I went so long without it," Ray intoned. When he doesn't have a camera with him, he has a sketch pad on which he shades the areas he will later show as light. "It's a bit of a different approach, I know, but it works for me," Ray stated.

"My advice to aspiring artists is: Only listen to the people who support you in your endeavors; don't listen to negativity. You are the only one who can make yourself happy, so follow your dream! If I could do it over, I wouldn't have listened to those who discouraged me. Even my parents thought I was wasting my time, but now they are very proud of me," he concluded. **ARTS**



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"I became a dentist because of my personal experience; my teeth were bad due to drinking well water. My dentist straightened and capped my teeth, literally providing me with a smile I wasn't ashamed of for the first time in 18 years," Chris commented, smiling a truly beautiful smile. "It's a gift I believe everyone should have, regardless of their finances, upbringing or residential location. That's why we make it a very high priority to treat everyone with the best care. Each person receives a quality, customized care plan based on the consensus of our panel of dentists and orthodontists.

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While Chris spends time between his two offices (Dallas and Denton), Dr. Jason Tennison is the full-time orthodontist at Smile Care. He, too, knows first-hand the difference orthodontic care can make. "My problems stemmed from abnormal growth: my lower jaw was too forward without proper vertical space. I wore head gear for a year-and-a-half; when the braces came off, I felt like a new person. I really want to give others that same feeling of confidence," Jason declared.

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Around Town Cedar Hill



Edible, top left, won the award for best decorations at the Taste of Cedar Hill and Business Expo event. Chris and Beverly Shay, top right, were very proud parents as their daughter, Mary, graduated from Dallas Baptist University. Chamber of Commerce Night Out was held at Comfort Rehab Chiropractic Massage Therapy, second row left, where several were door prize winners. Dun Badejo, manager of TGI Fridays, second row center, helped serve refreshments during the Chamber Night Out event. Speaker Chip Ricketts, second row right, addressed the crowd during a recent Chamber of Commerce luncheon. A ribbon cutting, third row left, was held at Visual Expressions Art School. The Chamber of Commerce Luncheon was held at Northwood University, where Shantel Lewis, bottom left, was honored as the student of the month. Julio Padron Jr., bottom right, earned many trophies competing in the American Organization of Karate tournament circuit.

Around Town DeSoto

NOW



The Canterbury yearbook staff, top left, proudly showed off the 2008 keepsake edition. Bonham Burks and Alexxis Harris, top right, served as emcees at a Mother's Day Program. Pledge students Brishae Parker and Brittany Propes, along with Superintendent Lloyd Treadwell, second row left, smiled for the camera after leading pledges to the United States and Texas flags. Lucy Weaver, third row left, is a proud cancer survivor who attended the Best Southwest Relay for Life event. Sixth grade students Mallory Khouw and Kim Vu, second row center, led the Lord's Prayer during the second annual Asian Heritage Celebration. Lauren Attiah, senior on the Canterbury varsity track team, second row right, took a gold medal in four events during the district competition. KDB Bee with the Keep DeSoto Beautiful Team, third row right, visited Meadows Elementary, providing a buzz of entertainment. Students who earned rides on the fire truck, fourth row right, were photographed with members of the DeSoto Fire Department and several school district representatives. Damon Creag, bottom left, showed off his Special Olympic bronze medal and sixth place ribbon. Members of the Preston family, bottom right, were on hand to accept the Golden Eagle Memorial Award for special education teacher Nell Preston.



Around Town Duncanville

NOW



As a Duncanville High School junior, Brigetta Barrett, top left, pictured with coach Devin Hanes, took the gold in the girls high jump during the UIL State Track and Field Championship. DHS inducted several new National Honor Society officers and members, top right, in a ceremony before school ended for summer vacation. The city of Duncanville celebrated Cinco de Mayo, second row left, with colorful costumes, dancing and lots of fun. Live bands, second row right, provided entertainment during the Cinco de Mayo celebration. Alan and Linda Clark, third row left, made a presentation during the Young at Heart adults meeting held at Holy Spirit Catholic Church. Keith M. Earl, CPA, third row right, and Martina Dixon with ACT Security, bottom left, are two of the Chamber's newest members. LaVern Parker, bottom right, was crowned the first Ms. Classic Duncanville 2008 during the pageant held at Armstrong Park.

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— By Faith Browning

IN THE KITCHEN WITH KIM DRENNAN

Giving time to others is what makes Kim Drennan a special soul. For over nine years, Kim has generously volunteered her time at Children's Hospital in Dallas. "It's an amazing place. I love kids!" Kim said. Preparing meals for others who are under the weather, welcoming a baby or "just because" is another way Kim's giving spirit shines.

Kim enjoys spending some of her spare time outdoors walking or hiking. Most Monday nights you can find her teaching cooking classes at the Cedar Hill Recreation Center. "It's a lot of fun," she said. Even though she loves teaching all age groups, the children's classes are her favorite. "Kids love to cook," Kim explained. "My mom use to say 'If you can read, you can cook!'" **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

SPAGHETTI AND MEATBALLS

SPAGHETTI SAUCE:

- 1 onion, chopped
- 1 green pepper, chopped
- 3 garlic cloves, chopped
- 2 Tbsp. butter or oil
- 1 6-oz. can tomato paste
- 2 16-oz. cans tomato sauce
- 1 16-oz. can tomatoes
- 1 Tbsp. parsley, chopped
- 1 Tbsp. (heaping) basil (fresh is good)
- 1 Tbsp. Italian seasoning
- 1 tsp. sugar
- salt and pepper, to taste

Lawry's garlic salt, to taste

MEATBALLS:

- 2 lbs. ground meat
- salt and pepper, to taste
- 2 eggs
- 2 slices bread, pieces soaked in water
- Parmesan cheese, to taste
- 2 pinches basil
- 6 crackers, more if needed
- 1 8- to 10-oz. package spaghetti noodles

Sauté onions, green pepper and garlic in butter or oil. Add tomato paste and two cans of water. Add tomato sauce and tomatoes; stir. Add parsley, basil, Italian seasoning, sugar, salt, pepper and Lawry's garlic salt. When the sauce starts to boil, turn the temperature down low. With hands, mix all meatball ingredients together; add enough crackers to make meat stick together. Form meat into 2-inch balls. Drop meatballs into sauce and let simmer for 3 to 4 hours. Cook spaghetti noodles per package instructions; drain. Serve meatballs and sauce over noodles.

GARLIC TOASTED BREAD

- 1 loaf French bread (have store cut the bread for you)
- 2 sticks real butter
- Lawry's garlic salt, to taste

Preheat oven to 350 F. In a pan, melt butter and some garlic salt. Add bread making sure both sides get the butter and garlic. Place on cookie sheet and toast on both sides. Bread can be dipped in the butter and garlic mixture the night before and stored in a bag and toasted the next day.

BROTHER-IN-LAW'S CHICKEN

- 4 boneless chicken breasts
- 1 10-oz. jar teriyaki marinade*
- 1-2 Tbsp. butter
- 1 white onion, sliced
- 1 pint fresh mushrooms, sliced

- 1 cup shredded Monterey Jack cheese

Preheat oven to 350 F. Marinate chicken in teriyaki marinade for at least 30 minutes; it is even better after marinated for several hours. Cook chicken on the grill (best) or in a skillet with a little oil. In a separate skillet, melt butter and add onion, cooking until tender; add mushrooms. Cook about 5 minutes on medium heat. When chicken is ready, place on cookie sheet. Top each chicken breast with onion-mushroom mixture and cheese. Place in oven until cheese has melted.

**I recommend Lawry's Teriyaki, but you can also make your own by using part soy sauce, pineapple juice and water.*

MOM'S CHOCOLATE PIE

PIE CRUST

- 1 1/2 cups flour
- 4 Tbsp. powdered sugar
- 1 1/2 sticks butter, melted

FILLING:

- 2/3 cup sugar
- 2 Tbsp. flour, heaping
- 2 Tbsp. cocoa
- 2 cups milk
- 3 egg yolks
- 1 tsp. vanilla
- 2 Tbsp. butter

MERINGUE TOPPING:

- 3 egg whites
- 1/2 tsp. cream of tartar
- 6 Tbsp. sugar
- 1/2 tsp. vanilla

PIE CRUST: Preheat oven to 350 F. In bowl, add flour and powdered sugar then add melted butter; mix well. Roll out dough; work into pie pan and use fork to make holes in the bottom and sides of crust. Bake about 12 minutes. When the edges look a little golden-brown, it is done. Let cool for 10 minutes. **FILLING:** In a saucepan, add the sugar, flour and cocoa; blend. Alternate adding milk and eggs, ending with milk; blend well. Cook over low to medium heat until it thickens. Add vanilla and butter. Let cool some; then pour into pie crust. **MERINGUE TOPPING:** Heat oven to 400 F. Before pie filling cools down, beat egg whites with cream of tartar until frothy. Gradually beat in sugar a little at a time and then add vanilla; continue beating until stiff and glossy. Pour on hot pie filling. Bake for 8 to 10 minutes. If you are topping with whipping cream; cover pie with plastic wrap or foil and refrigerate for at least 2 hours. Then top with whipping cream when you are ready to serve.

OLD FASHIONED STRAWBERRY CAKE

- 1 10-oz. pkg. frozen strawberries or 3/4 cup fresh strawberries, cut small
- 1 package white cake mix

- 1 3-oz. box strawberry Jell-O
- 3 Tbsp. flour
- 1/2 cup water
- 3/4 cup vegetable oil
- 4 eggs

ICING:

- 1/2 cup butter
- 2 cups powdered sugar
- remaining strawberries from above
- 1 tsp. vanilla

Preheat oven to 350 F. Thaw strawberries. Blend cake, Jell-O and flour in mixing bowl; beat in water, oil and eggs. Stir in 3/4 of the strawberries; spread batter into greased and floured 13x9-inch pan. Bake for 30 to 35 minutes. **ICING:** Melt butter in saucepan then add powdered sugar, stirring until dissolved. Stir in strawberries and vanilla. Pour icing over cake while it is hot. Garnish with fresh strawberries.

OPTION: You may also use 2 round pans and frost it with cream cheese icing. I buy a jar of strawberry jam and use that for the inside layer, then frost with cream cheese icing. Let cake completely cool before icing.

CREAM CHEESE ICING

- 1 oz. cream cheese, softened
- 1/2 cup (1 stick) butter, softened
- 2 cups powdered sugar, or to taste
- 1 tsp. vanilla

With a mixer, cream the softened cream cheese and butter; add powdered sugar, a little at a time; add vanilla. If it is too thick, you can add a little milk or water to get the consistency you want. I would start with a tablespoon and go from there.

ENCHILADA CASSEROLE

- 2 Tbsp. butter
- 1 cup onions, chopped
- 1 clove garlic, minced
- 2 lbs. ground beef
- 1 14-oz. can mushroom soup
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste
- 1 4-oz. can peeled green chilies, chopped
- salt and pepper, to taste
- 1 9-oz. package Doritos
- 12 oz. cheddar cheese, grated

Preheat oven to 375 F. Melt butter. Sauté onion and garlic over medium heat. Add ground beef and brown. Stir in soup, tomato sauce, tomato paste and chilies. Add salt and pepper. Cook over medium heat until mixture comes to a boil. Place half of Doritos in bottom of 13x9-inch baking pan. Pour meat mixture over chips. Top with remaining chips and cheese. Bake for 20 to 25 minutes. Serves 6 to 8.

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Finance **NOW**

Declare Your Financial Independence Day

As we get close to the Fourth of July, you may be thinking of where you'll be going to attend a picnic, watch fireworks or engage in any of the other activities that accompany the holiday. And while it's always meaningful to commemorate our nation's many freedoms, you may want to take this opportunity to think about another celebration of liberty — your own "Financial Independence Day."

However, unlike the Fourth of July, Financial Independence Day won't just show up on the calendar; you have to work to make it happen. Here are a few suggestions for doing just that:

- **Liberate yourself from debt.**

You don't have to be a free spender to rack up a lot of debt. The cost of living is high, and sometimes you need to use loans and credit. But the more money you owe, the harder it is to achieve financial independence, so try to reduce, consolidate or eliminate as many debts as possible. You may have to drive that old car one year longer or postpone that vacation until you can pay for it up front, but these and similar moves may pay off down the road.

- **Emancipate your investments.**

To achieve your long-term financial goals, you need your investments to provide you with the combination of growth potential and income that's appropriate for your individual needs. To accomplish this, though, these investments need to be "free" from being raided constantly to pay for the costs of everyday life. That's why you should establish an emergency fund containing six to 12 months' worth of living expenses. By keeping this fund in a liquid account, you won't have to tap into your investments the next time you have a major car repair, need a new appliance or face an unexpected medical bill.

- **Unchain the potential of your retirement accounts.**

Every time you get a raise, boost your contributions to your retirement plan at work — i.e., your 401(k), 403(b) or 457(b). Your money has the potential to grow on a tax-deferred basis, and you typically contribute pre-tax dollars, so the more you put in, the lower your annual adjusted gross income will be. But if you're not contributing the maximum allowed, or at least as much as you can afford, you're putting

"shackles" on the ability of these plans to help you attain the retirement lifestyle you've envisioned.

- **Free your family from threats to your income.**

Without your income, would your family be able to pay off the mortgage, send your children to college or meet any of the financial goals you've set? Financial independence will always be elusive unless you protect your family from the potential loss of your income, and that's why you need adequate life insurance, especially in the years when your children are young and you're still paying on your house. At the same time, you may need disability insurance to replace your income if you can't work due to illness or injury. Your employer may offer a disability policy, but it might be insufficient to meet your needs, so you may need to add extra coverage.

By taking these and other steps, you can go a long way toward turning Financial Independence Day from a goal into a reality — so take action soon. **NOW**

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Suffering With Arthritis — By Betty Tryon

Do you have joint pain, stiffness and swelling for no apparent reason? You may have arthritis. An estimated one in three adults in America suffers from this affliction. The crowded field of sufferers lets you know you are not alone with this painful condition. Because so many people suffer from chronic joint pain of some type, much attention in the area of research focuses on treating this ailment.

Many think of arthritis (joint inflammation) as one disorder; however, the term covers over 100 medical conditions with symptoms including swelling, inflammation and joint pain. The spectrum for this disorder can include mild discomfort to irreversible physical damage to any organ or system in the body. There are two common forms of arthritis: osteoarthritis and rheumatoid arthritis.

Osteoarthritis, also called degenerative joint disease, results in the breakdown and loss of cartilage in the affected area. The symptoms are related to the degenerative effects of the cartilage tissue loss: decreased function of the affected joint, swelling, tenderness to touch, pain and sometimes a grating sensation caused

by bone rubbing against bone. Osteoarthritis is more likely to occur as we age; the repetitive use of our joints causes the cartilage to deteriorate. Obesity increases the risk factor of developing the disease and can worsen the symptoms. Heredity can be a factor in its development. Joint injury can also cause the beginning of osteoarthritis.

The second most common form of arthritis is rheumatoid arthritis. Unlike osteoarthritis, rheumatoid arthritis presents itself as an autoimmune disease that attacks healthy joints, instigating the development of inflammation and resultant joint damage. Rheumatoid arthritis will usually exhibit itself bilaterally. The symmetrical pattern of the affliction helps to distinguish this disease from other types of arthritis. This disease possesses the potential to limit everyday activities such as buttoning a shirt or holding objects. The encouraging news is that not everyone responds the same way with the same degree of severity. In addition,

there can be periods where the symptoms may diminish or disappear.

At this time, the cause of rheumatoid arthritis is unknown. Something triggers the immune system to attack the body's organs or joints. There are many theories as to what precipitates the attack, including: the role of genetics, the environment, hormones and possibly an attack by a virus or bacteria.

Unfortunately, there is no cure for arthritis. Treatment consists of a combination of drugs and physical therapy. Some have found relief

with holistic methods. Your physician can assist you in tailoring a treatment plan that is best for your needs. If you have joint pain, swelling or stiffness for more than two weeks,

consult your doctor. **NOW**

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



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Great Outdoors **NOW**

Heat-tolerant Bloomers

— By Nancy Fenton

Looking for blooming, heat-tolerant plants to brighten up your scorched landscape? Try a few more crepe myrtles. You can find them in almost every size and color.

Varieties in assorted colors start at about two feet and range to tree-sized ones over 12 feet tall. Smaller ones like Baton Rouge-red, Cordon Bleu-lavender and New Orleans-purple tend to weep or cascade and make great plants around patios, pools or even foundations. Dwarfs reaching only to about six feet, come in almost every color, including: White Snow Baby, Red Petite Plum and Dwarf Purple. Intermediates grow to between six and 12 feet with Red Cherokee, Pink Pecos and Purple Catawba being some of the favorites of this area. The tall, white weeping ones you see up and down the streets of Waxahachie are called

Natchez. The tall varieties are the ones you see growing past the roof lines of homes and along the roads and byways towering over the fences. As these “trees” mature, they make a show of pink, red or white blooms.

All crepe myrtles need bright sun and good air circulation. Aphids are about the only bugs drawn to them, and they can be thwarted with good air circulation or a regular stiff spray with a hose. If a crepe gets black sooty stuff or mildew on it, it is a sign of poor air circulation. I use a stiff spray from my hose end sprayer of soap and water (use one tablespoon soap to 5 gallons of water) to battle the bugs and mildew. The spray disrupts the bugs enough that they move on. Regular spraying once every 10 days or so will help to keep the bugs moving!

Try some of these beauties in your sunny spots. Remember to water weekly the first year, mulch heavily and choose the right size for your space. Do not plant tree-sized crepe myrtles under the electric lines! Enjoy blooms even in the heat of the summer. **NOW**

Nancy Fenton is a Master Gardener in Ellis County.

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July 2008

Community Calendar

All Summer

Cedar Hill Library reading program can be registered for through August 1. Call (972) 291-READ.

Game On! Every Thursday, 4:00 - 5:30 p.m. at Cedar Hill Library. Call (972) 291-7323 for details.

Every Wednesday

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

Every Wednesday and Friday

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

Every Saturday, July - October

Waxahachie Downtown Farmer's Market: 8:00 a.m. - 1:00 p.m.; Franklin Street between Rogers and College. Produce, plants, jams, jellies and other goods available. Contact Anita Williamson at (972) 938-2101, ext. 198.

First Mondays

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

First Tuesdays

Duncanville Education Committee: 11:30 a.m. at Chamber office. (972) 780-4990.

First and Third Tuesdays

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

First and Third Wednesdays

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

Fourth Mondays

Duncanville Board of Directors meeting: 5:30 p.m. at Chamber offices.

Fourth Tuesdays

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

Second and Fourth Mondays

Texas Ladies Networking: 11:45 a.m. - 1:00 p.m. at Ryan's Grill in Waxahachie. (214) 587-1221.

Second and Fourth Tuesdays

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

Cedar Hill City Council: 7:00 p.m. 502 Cedar Street.

Second and Fourth Wednesdays

Cedar Hill Business on the Hill: 7:30 a.m. at Chamber Office.

Second Tuesdays

Duncanville Governmental Affairs meeting: 8:30 a.m. at Chamber offices.

Dallas Area Writers Group at CH Library. Visit dallaswriters.org.

Second Wednesdays

Duncanville Monthly Luncheons: 11:30 a.m. at various locations.

Second Wednesday

Cedar Hill/Duncanville Early Childhood PTA: 10:00 a.m. at Cedar Hill Hope Lutheran Church, 917 N. Straus Road.

Third Mondays

Duncanville Executive Board meeting: 4:30 p.m. at Chamber offices.

Third Thursdays

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

July 1

Cedar Hill Ambassadors' Monthly Luncheon: 11:30 a.m. at Buffalo Wild Wings, 430 E. Pleasant Run Rd.

July 4

DeSoto and Lancaster present an Old Fashioned 4th in Lancaster. Contact Mark James at (972) 218-3750.

Stars, Stripes and Sports Festival: 4:00 - 10:00 p.m. at Armstrong Park in Duncanville. Nickelodeon Game Lab: 4:00 and 5:45 p.m. Water slides, inflatables, face painting, train rides and more. Concert: 7:30 p.m., featuring the funk and rhythm and blues band Inside Out. Fireworks: dusk.

July 5 - 12

DeSoto hosts Super Series U8 and U9 baseball tournament at Grimes Park.

July 10

Cedar Hill Chamber Night Out: 5:30 - 7:00 p.m. at Expressions Chiropractic and Rehab and Expressions Salon and Spa. Catered by Busy B's Bakery on a Hill, 510 W. FM 1382.

July 12, 13

Waxahachie Trade Days, located at the Ellis County Expo Center, next door to the Cowboy Church of Ellis County, will be open Saturday, 9:00 a.m. - 6:00 p.m. and Sunday, 9:00 a.m. - 5:00 p.m. Call Dean Worley at (903) 286-0183, e-mail waxtradedays@yahoo.com or visit www.waxtradedays.com.

July 14 - 17

Canterbury Summer Camp Program's Volleyball Camp. Contact Scott Vaughn at (972) 890-7280 or vaughns@thecanterburyschool.org.

July 17

Rise & Shine: 7:00 - 9:00 a.m. at Na'Kayshions, 432 S. Clark Road.

July 17 - 19, 24 - 26

Duncanville Community Theatre presents *Leading Ladies*, a comedy written by Ken Ludwig and directed by Jerry Ayers. Call (972) 780-5707 or visit www.dctheatre.org.

July 21

Cedar Hill Small Business Council: Noon at Chamber Office.

July 21 - 24

Canterbury Summer Camp Program's Baseball Camp. Contact Kyle Skelton at (972) 824-0998 for details.

July 23

DeSoto Monthly Membership Luncheon: 11:30 a.m. - 1:00 p.m. at Holiday Inn Express, 1310 E. Wintergreen Rd. Speaker is Harold Mangum, president of The Memory Technologies Institute. Topic: "A great memory doesn't just happen, it's developed!"

July 24

Cedar Hill Chamber Monthly Luncheon: 11:30 a.m. at Northwood University, 1114 W. FM 1382.

July 28

Cedar Hill Education Council: 4:30 p.m. at Chamber Office.

June - August

Cedar Hill Rec. Center Summer Special: Bring a friend free! Sign up for the month and your friend, neighbor, family member or anyone you care about can visit that same month for free. Contact CH Rec. Center for more details.

July - August

Cedar Hill Rec. Center offers Basic Yoga, a 7-week Chakra series. Monday/ Wednesday: 9:00 - 10:00 a.m. Tuesday/Thursday: 6:00 - 7:00 p.m. Cost is \$45/month. Instructor: Dawn Harris, RYT 200. Contact Rec. Center for more information.

August 3

2nd Annual NBBC Run Toward the Son Motorcycle Rally. This is the largest Motorcycle Rally in Ellis County. Street bikes, choppers, trikes, custom, all types are invited to this fun-filled, family-friendly event. Motorcycle games include the slow roll, plank run, balloon basketball and others. Trophies given to all first place winners, as well as a trophy for Best of Show, which you vote on. Door prizes, free hot dogs and bottled water. First 100 motorcycles to register will receive a ride pin. To participate and receive your ride pin, you must attend the morning service with special guest speaker Todd Peavy, 10:00 a.m. until approximately 11:15 a.m. Lunch immediately following the service. Games: 12:00 p.m. until approximately 3:00 p.m. with trophies awarded immediately following games. Register online at www.newbeginnings-biblechurch.com or in person. Online registration ends at midnight on August 1. For more information, visit our Web site or call Bro. Bobby Adams at (972) 842-2800. Hosted by the New Beginnings Bible Church, 1970 FM 983, Ferris.

To have your events posted on the community calendar, e-mail us at: bshay.nowmag@sbcglobal.net.

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



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R6	Vegetable Fried Rice	\$5.25
R7	Plain Fried Rice	\$1.50
R8	Plain Steamed Rice (bowl)	\$1.50

Needles

N1	Chicken Loin	\$5.25
N2	Beef Loin	\$5.50
N3	Shrimp Loin	\$5.75
N4	Combination Loin	\$5.75
N5	Vegetable Loin	\$5.25

Hot & Spicy
Light and Healthy

Chicken

C1	Sweet and Sour Chicken	\$5.25
C2	Moo Goo Gai Pan (steak sauce)	\$5.25
C3	Chicken Broccoli (steak sauce)	\$5.25
C4	Chicken with Vegetable (steak sauce)	\$5.25
C5	Kung Pao Chicken	\$5.25
C6	Cashew Chicken	\$5.25
C7	Garlic Chicken	\$5.25
C8	General Tso's Chicken	\$5.25
C9	Sesame Chicken	\$5.25
C10	Orange Chicken	\$5.25
C11	Lemon Chicken (Delicious)	\$5.25
C12	Mongolian Chicken	\$5.25
C13	Hunan Chicken	\$5.25
C14	Vegetable Ch & Shp (steak sauce)	\$5.75
C15	Mongolian Ch & Shp	\$6.75

Beef

B1	Pepper Steak	\$5.75
B2	Beef Broccoli	\$5.75
B3	Hunan Beef	\$5.75
B4	Beef with Vegetable	\$5.75
B5	Mongolian Beef	\$5.75
B6	Garlic Beef	\$5.75
B7	Kung Pao Beef	\$5.75
B8	Kung Pao Combination (Ch-Beef-Shp)	\$7.75
B9	Happy Family Ch-Beef-Shp	\$7.75
B10	Garlic Combination (Ch-Beef-Shp)	\$7.75

Shrimp

S1	Shrimp with Vegetable (steak sauce)	\$5.75
S2	Garlic Shrimp	\$5.75
S3	Cashew Shrimp	\$5.75
S4	Kung Pao Shrimp	\$5.75
S5	Hunan Shrimp	\$5.75
S6	Shrimp with Broccoli (steak sauce)	\$5.75
S7	Sweet & Sour Shrimp	\$7.75
S8	Sesame Shrimp	\$7.75

We use only vanilla oil, which is low in saturated fat and cholesterol, and is also sodium free. Additionally, we do not use any MSG in our cooking.

We can change the spiciness of most of our dishes to suit your taste.

Vegetarian

V1	Vegetable Delight (steak sauce)	\$5.25
V2	Hunan Tofu	\$5.25
V3	Garlic Tofu	\$5.25
V4	Kung Pao Tofu	\$5.25
V5	Tofu Broccoli (steak sauce)	\$5.25
V6	Steamed Assorted Veg. & Tofu	\$5.25
V7	Steamed Chicken & Fresh Veg.	\$5.50
V8	Steamed Beef & Fresh Veg.	\$5.50
V9	Steamed Shrimp & Fresh Veg.	\$5.75

Pork

P1	Sweet and Sour Pork	\$5.25
P2	Twice Cooked Pork	\$5.25
P3	Garlic Pork	\$5.25
P4	Vegetable Pork	\$5.25
P5	Kung Pao Pork	\$5.25
P6	Hunan Pork	\$5.25
P7	Mongolian Pork	\$5.75

Curries

CU1	Chicken	\$5.25
CU2	Beef	\$5.25
CU3	Shrimp	\$5.25
CU4	Vegetarian	\$5.25
CU5	Combination (Ch-Beef-Shp)	\$7.75
CU6	Thai Beef Sauce (Ch-Beef-Shp)	\$7.99

Teriyaki

T1	Chicken (dark)	\$5.75
T2	Chicken (light)	\$5.75
T3	Beef	\$6.75
T4	Beef & Chicken (dark)	\$6.75
T5	Beef & Chicken (light)	\$6.95

Beverage

Fourteen Sodas, Iced Tea	\$1.10/\$1.25
Bottle Sodas & Water	\$1.25

All entrees come with one egg roll and your choice of fried or steamed rice.

Compassionate care *for every stage of a woman's life.*



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Fridays 9:00AM – 3:00PM

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Donald L. Blair, M.D.
OB/GYN



Gayle Smith-Blair, M.D.
Psychiatrist



Cedra Thomas, M.D.
OB/GYN

At Trinity Women's Center, we focus on the whole patient—providing exceptional medical and mental healthcare for women of all ages.

Our board-certified physicians offer clinical excellence and the latest in office procedures:

- Her Option® — abnormal uterine bleeding
- Essure — permanent sterilization
- Urodynamics — urinary frequency/urgency

When choosing a women's healthcare provider, we hope Trinity Women's Center will be a blessing to you.



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