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JULY 2012

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Plus: To Hear Again · Memories
and Melodies · Character Play ·
Fresh Every Day · In the
Kitchen With Terry Delp

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Visit cedarhilltx.com/contest for information about activities and contests offered throughout the month.

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Fee: \$100

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Mon - Fri, July 16-July 19
Fee: \$60



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For more information on classes, camps, memberships and more, call 972-291-5130 or visit cedarhilltx.com.



EAGLE EXPRESS



2011-12: The STAARt of something big!



Class of 2012 graduates 514 students

The DeSoto High School Class of 2012 graduated 514 students on June 1 at the Dallas Convention Center. This Class eclipsed the scholarship record with over \$6 million in offers including military appointments, 46 student-athlete signees, almost 20 academic full-ride scholarship recipients and the first Gates Millennium Scholar, Jasmine Toney. Students will be attending the Air Force Academy, Naval Academy, Rice, TCU, Texas A&M, Texas Tech, Univ. of Oklahoma, Texas, LSU, Kansas State, and many more! Congratulations seniors!

Track reigned the past two years as the girls won back to back state titles and the boys joined them this year - making history for the first time both 5A state titles went to the same school. Football reached the playoffs again and had two Under Armour All-American players, a record eight Academic All-State and four 5A All-State Team selections. Lady Eagle Jordan Jones was named a basketball All-American on two teams and both the boys and girls teams made deep playoff runs this year. The choir and band both earned sweep-stake ratings in competitions and students earned recognition at academic UIL events.

This Class will be the last to matriculate in the current building as DHS students begin using the new 160,000 sq. ft. of educational space in the fall as the five College and Career Academies open in full force with rigorous curriculum, certifications and dual credit.

New Appointments



Dr. Jo Green-Rucker
Assistant Superintendent
of Secondary Schools



Dr. Gabrielle Polk
Assistant Superintendent
of Elementary Schools



Dr. Carol Brown
Executive Director
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Dr. Cheyrl Ensley
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DeSoto ISD

Back to School
FAIR!

Saturday, August 4
8 a.m. to 2 p.m.
DHS Academy Cafe

JOIN US FOR:

- Supplies & backpacks for DeSoto ISD students! (limited to supply available)
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- District & local resources for families!

HOW TO SIGN UP!

- Preregister July 31, 8 a.m.- 5 p.m. at the Belt Line Conf. Center, 200 E. Belt Line Rd.
 - Current students will be verified
 - New students - bring parent ID, a current utility bill and student's birth certificate

calendar of events

July 2-6 - District Offices Shutdown
Mon., July 23, 6:30 p.m. - Board Meeting, Board Room
Sat., August 4, 8 a.m.-2 p.m. - DeSoto ISD Back to School Fair, DHS Academy Cafe
Mon., August 6, 6:30 p.m. - Board Meeting, Board Room
Tues., August 7 - DeSoto National Night Out
August 14-24 - New Student Registration at each school
Mon., August 27 - First Day of School for 2012-13
Mon., September 3 - Labor Day; No School



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On The Cover



Carl and Pixie Christensen,
along with their faithful dog,
Sandy, love their quiet,
country home.

Photo by Opaque Visuals.

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Editor's Note

Dear Southwest Friends!

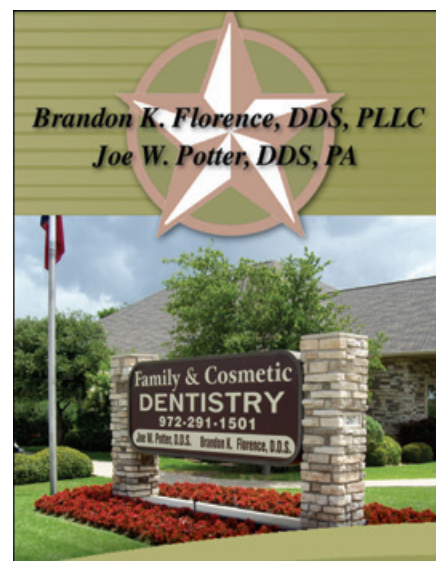
July is the month we celebrate freedom. I won't be here in Texas as you set off fireworks and celebrate our country's freedoms this year, so try to keep it safe without me. This summer, I have the opportunity to travel to Argentina as part of a support team for a conference geared to helping abused women gain their ultimate freedom. Freedom — the concept on which our country was built.

For years my children have traveled around the world and various places in the United States giving feet to their faith through youth and children's ministries and other outreaches. I have enjoyed watching them develop their talents and careers — one a video producer, one an administrative assistant to a youth coach, one a children's camp director and one a Dallas police officer. I thank God for the freedom we have in this country to become all we can be.

Happy July Fourth!

Beverly

Beverly Shay
SouthwestNOW Editor
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To Hear Again

— By Beverly Shay

Billy Bob Fuller hasn't always been hard of hearing, but he may have been headed that way a good portion of his life. "I suffered from earaches my entire life. I couldn't handle amusement rides because I would get so dizzy," Billy explained. "We didn't know it at the time, but the earaches were due to improper drainage." Billy later found out he had Meniere's disease, a disorder of the inner ear, which affects balance and hearing, causing vertigo, dizziness, loss of hearing in one or both ears and ringing in the ears. Nausea, vomiting, abdominal pain and diarrhea, sweating and headaches are also common. Because of the issues with balance and dizziness, falling and resulting injuries also accompany the disease. While the disease is incurable, the symptoms can be treated.

Hearing loss, for some reason, is something people tend to deny, yet if untreated it sequesters them and frustrates those who try to communicate with them. Our five senses inform our bodies of data necessary for us to function. Therefore, the loss or impairment of any sense prohibits full function and interaction with situations and others. Typically, we don't even realize what functionality different parts of our bodies provide until we lose that through injury, illness or degeneration.

Billy's hearing loss came on gradually, with little affect on his lifestyle or profession, until about 15 years ago. As a young child, he met the Lord and felt called to ministry as a teen. Following his 1970 graduation from Kimball High School, he joined the Air Force, where he served as an electrical power production specialist, spending time in Germany, Spain and Oklahoma before being honorably discharged. He attended Dallas Baptist College (now Dallas Baptist University) and began his career in

ministry. "I had trained as a singer and was a music minister," Billy stated. "I began to pastor in 1982, serving throughout Texas.

"Music meant everything to me — it was basically my life plan," Billy remarked. "So when I began to lose my hearing, I also began to lose music." With an inner ear malfunction, most commonly, the first thing you lose is consonants. You can still hear vowel sounds, but without consonants words lose their definition. "I was lip reading without even realizing it." Billy became more acutely aware of his loss when he realized he could not hear the prayer requests of people who came forward for ministry.

Denial of actual hearing loss is common, because of the gradual nature, unless there has been a specific injury. Sound arrives in the middle ear as sound or pressure waves, which are then transmitted to the inner ear through the tympanic membrane as mechanical signals traveling through the liquid

and membranes. In the inner ear is a snail-shaped cavity with some 30,000 tiny hairs over which these waves move. The hairs transmit sound as impulses to the auditory nerve which relays the message to the brain, where sound waves are interpreted to the language we use to communicate.



"Initially, I went to an audiologist. Because my hearing loss was not considered military-related, I had no VA benefits to cover any tests or hearing devices. Only after Texas Rehab ordered an MRI did the VA [agree] to pay for hearing aids," Billy recalled. By this time Billy's hearing had deteriorated to the point he had to use alarms that vibrated or had blinking lights to attract his attention. "In 2004, I began trying to get a cochlear implant, because the hearing aids just didn't provide enough tones for me to discern words. My DARS rep, assigned to those with hearing loss, had been born deaf, so he didn't truly understand how devastating having hearing and then losing it could be. He didn't see the importance of doing all you could to regain it."

Billy found that hearing people could not relate to his loss, especially in regard to music. Billy's efforts to assure them, that though he could no longer hear much

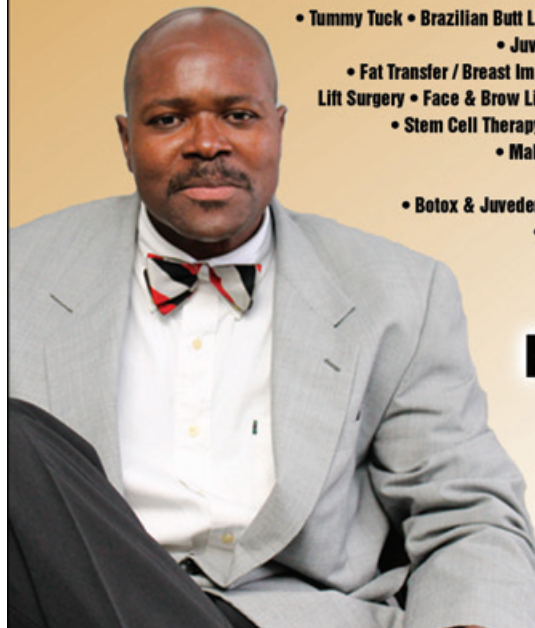
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or lead singing, he could still minister, seemed to be to no avail. "I thought maybe I could work in deaf ministry, and so I wanted to start a deaf church in Oklahoma. I discovered I wasn't quite deaf enough to fit into the deaf culture and ended up returning to the Dallas/Ft. Worth area to care for my mother," he said. That was when he met a man named John Ayers, who has become somewhat of a spokesman for cochlear implants.

The implant consists of a metal plate placed under the skin on the skull with a wire that goes through the mastoid and through the turns inside the cochlea providing 22 points of transmission to the brain in the form of electrical/digital impulses from an external digital processor worn like a hearing aid behind the ear — all to replace the transmission that the natural hairs within the cochlea provide.

In 2004, Billy had gone to Dallas Hearing Foundation at Medical City, where he met Dr. Peters, otologic surgeon, hoping to receive funding for a cochlear implant. Securing funds was tough, because the implant was seen as an unnecessary treatment. By 2007, with John as an advocate, Billy was able to pursue an implant, because his left hearing was now completely gone, and he could no longer understand speech. At DARS, Division for Assistive and Rehabilitative Services (formerly known as Texas Rehab), Billy met Mary Carry, who had been hearing, lost her hearing and now had an implant. She encouraged



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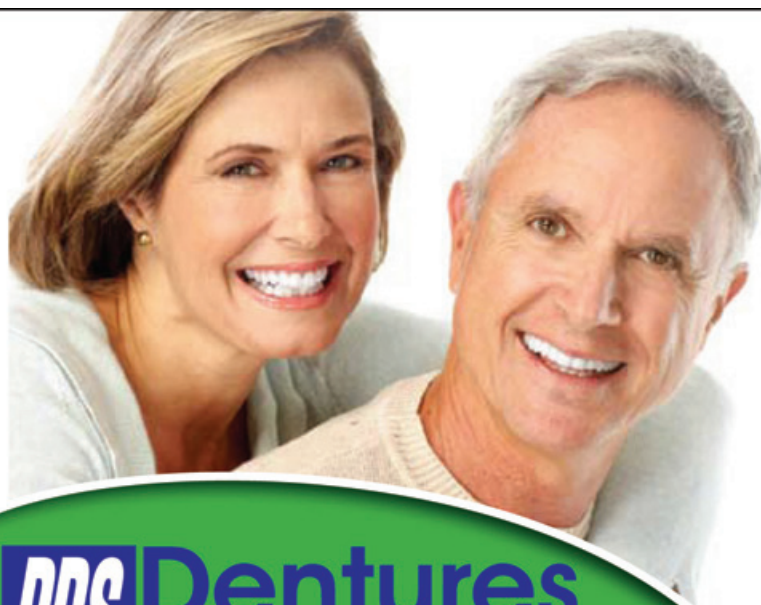
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him to continue applying, and once again, he found himself in contact with the Dallas Hearing Foundation. DARS finally funded his cause.

"I was subjected to all sorts of extensive audiological testing to determine what I could and couldn't hear, as well as what I could understand. Candidates were chosen based on the level of decibel you could hear. You had to be labeled in the 'profound' or worse category, have gone through a psych evaluation and MRIs to 'clear you' of any tumors. The MRIs helped to determine exactly what degree and where the implant would be positioned."

Once the implant is in place, a speech therapist retrains a person to understand what the brain is hearing and communicating. "Implants don't produce the same type of hearing you have," Billy stated. "My brain had to be retrained to interpret the digital impulses. It's a rather long process to learn how to understand speech again. At first, the bombardment of sound is like a freight train running through your head. You cannot distinguish individual sounds or directionality. But I was able to hear a clock for the first time in 20 years!" For Billy, the cochlear implant broke the isolation he was experiencing. "I still can't do music, but I can hear again!" **NOW**



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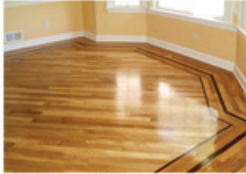
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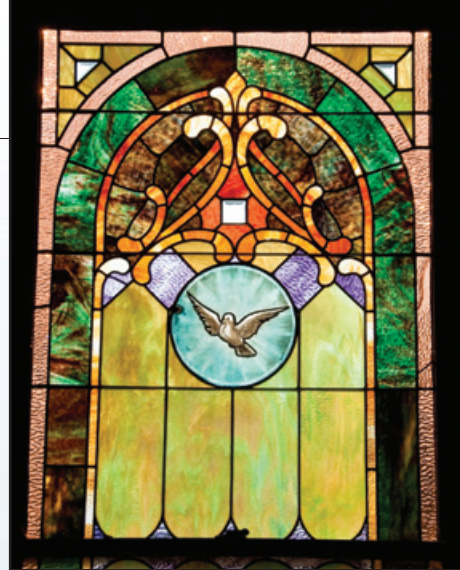
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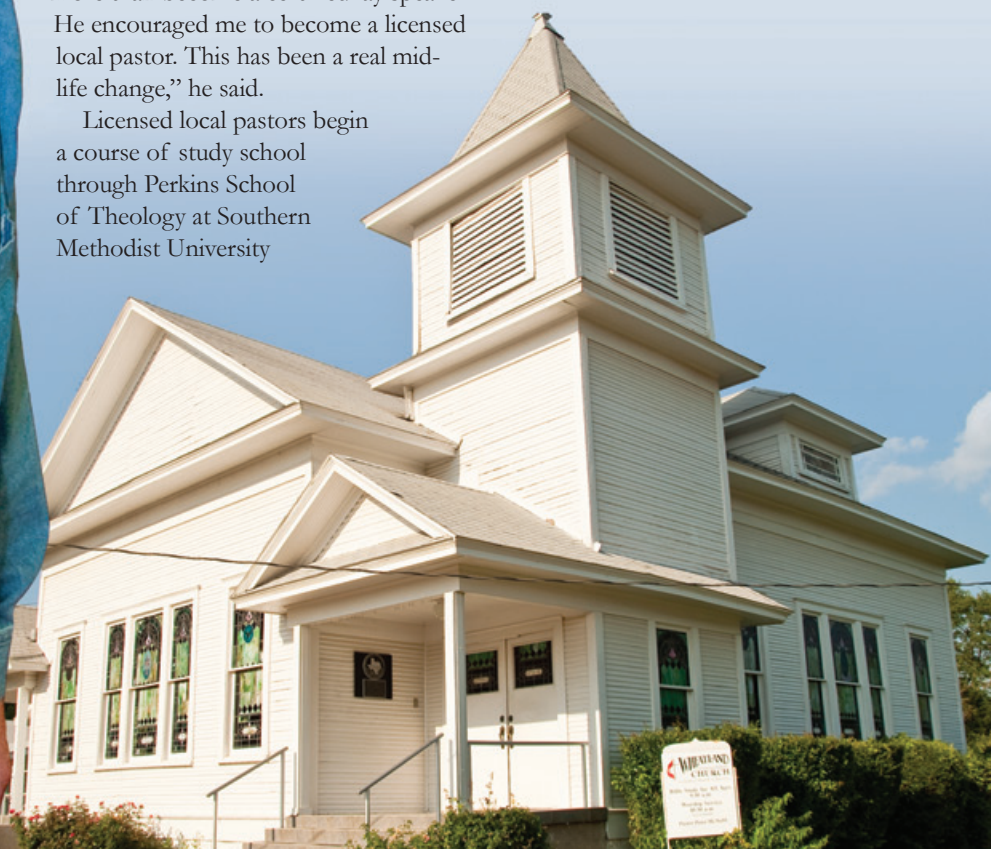
— By Beverly Shay



Traditions bring comfort on many levels. One tradition at Wheatland United Methodist Church, soon to celebrate its 165th anniversary, has been going on every fifth Sunday evening for no one knows how long — a hymn sing, which always draws a crowd from across the Metroplex. This past April, about 17 churches, mostly Methodist and a few Baptist, were represented at the hymn sing. The age range was varied, although most were older. The commonality was the love of hymns.

Peter McNabb, a licensed local pastor serving as senior pastor of Wheatland United Methodist Church since July 2011, has been actively promoting the hymn sing. “I really love this church,” Peter remarked, “both the people, who have such a heart after God, and the building, which is so rich in history.” For Peter, the call to ministry came later in life. “I had been active at First United Methodist Church of Irving as a Sunday school teacher, a lay leader and, more recently, by participating in mission trips to Mexico and Peru to help build churches. I began to feel a desire and a need and then a call to ministry. I spoke to my pastor who felt God was calling me to do more than become a certified lay speaker. He encouraged me to become a licensed local pastor. This has been a real mid-life change,” he said.

Licensed local pastors begin a course of study school through Perkins School of Theology at Southern Methodist University



and are appointed to a church while still completing their course work. "I am beyond grateful to have been appointed to this particular church," Peter remarked. The church, touted as the country church in the city and the oldest Methodist church north of Austin and west of the Trinity River, is located just blocks from the hustle and bustle of DeSoto, Duncanville and Dallas. Established in 1847 by Nacogdoches County missionaries as a one-room chapel on what is now the corner of I-67 and Camp Wisdom Road, the sanctuary was splintered by the killer tornado of 1856. The current sanctuary was built in 1859 and expanded in 1912 by adding the bell tower and porch, in an area originally known as Sprawls. In 1885, the community changed its name to Wheatland. The church has survived tornados, yellow fever and Indian raids to become a landmark and is a designated historical site.

Tucked far back on a large plot of land bordered by Hampton Road and Wheatland Road, the white clapboard church's construct is prairie style with Queen Anne (Victorian) pointed roofs. The edifice, designed without architects, was mostly built under the guidance of Albert Rowe. As partial payment, he stipulated the installation of the beautiful stained-glass windows like those in Dutch churches in his native Pennsylvania. Gas lights became electric lights, and a furnace replaced the big stove. In summer, a brush arbor "sanctuary" was erected to catch whatever breezes might be, and two-week long revivals offered the faithful daily services.

The architecture, like the hymn sing, has drawn people from surrounding areas. Paul Foreman of Cedar Hill found the church through geocaching, which is a GPS-based treasure hunting activity. He fell in love with the architecture of the church and the history of the congregation. Once he visited the services, he fell in love with the people, too. "There's something special about being physically together as you sing that does a lot for a person," he remarked.

In the fellowship hall photos of stern-faced, hardworking congregants and, later,

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old-fashioned cars depict the early life of the church. The building looks the same today. Life at that time consisted mostly of work, and church was often the main form of socialization for its members. For many, an evening hymn sing reconstructs the gentle pleasure of fellowship and worship of those early days. Many former members come back to the church of about 120 members for the fifth-Sunday hymn sings.

Voices, melodious in some cases, and a love of music belt out harmonic parts of favorite hymns. A typical hymn sing finds Gary Overman, a Duncanville resident,



Left to Right: Church members Jan Cavender, Paul Foreman and Carolyn Spillers are big fans of the hymn sing.

standing at the altar that has been a part of the church from before the Civil War, taking song requests from two different hymnals: *The United Methodist Hymnal* and *Cokesbury Hymnal*. The casual event resounds with gusto and laughter amidst ongoing feedback from the attendees. Gary and various others lead songs that include titles such as: "O Love That Will Not Let Me Go," "Here I Am, Lord," "My Jesus, I Love Thee," "Shall We Gather at the River," "America," "How Great Thou Art" and "Peace Like a River."

"April was my first time to come," remarked Dennis Strickland, a Dallas resident, who found out about the hymn sing from the church's Web site. "It reminded me of listening to my grandfather who played piano in a West Texas church. Even some of the hymns were the same. I plan on becoming a regular. I loved the music and how it wasn't a performance — everyone got to sing!"

Between songs, several stand to thank God for specific blessings, expressing

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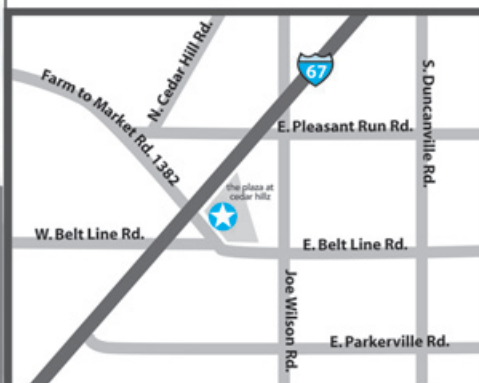


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gratitude. Gary has been known to quote one of the Wesley brothers on the importance of hymns to reinforce theology. Closing prayers consist of naming individuals in need of prayer. Following each name, the whole congregation intones, "Lord, hear our prayers."

James Hobbs, a Midlothian resident who attends Oaks Fellowship, began attending the hymn sing three-and-a-half years ago after repeated invitations from his mother. "I have been going ever since. I love the singing and the



people. I send the list of hymns along with prayer requests by e-mail to contacts worldwide, and some have responded with song requests. So the hymn sing is even reaching people in Australia and England."

Carolyn Spillers, an Oak Cliff native, sang soprano in high school and college and now sings with the Silver Serenaders of Texas. She was invited by a friend, shortly after her husband, who had been a choir director, died nine years ago. "I love the fellowship of singing favorite hymns, which takes me back to simpler times and things, enabling me to slow down. I love being together for the songs and the ice cream afterward."

Jan Cavendar has been a member for 12 years and loves the hymn sing. "My favorite song might be 'I'll Fly Away,' but there are so many good ones. They know how to sing lustily here," said the second soprano. "It's a small, but friendly church, where everyone knows you, and you are always lovingly welcomed. If you don't show up, someone will call you." **NOW**

Editor's Note: The next hymn sing is at 6:00 p.m. on July 29. For information, call (214) 906-2921 or e-mail peter.mcnaabb@wheatlandumc.org.

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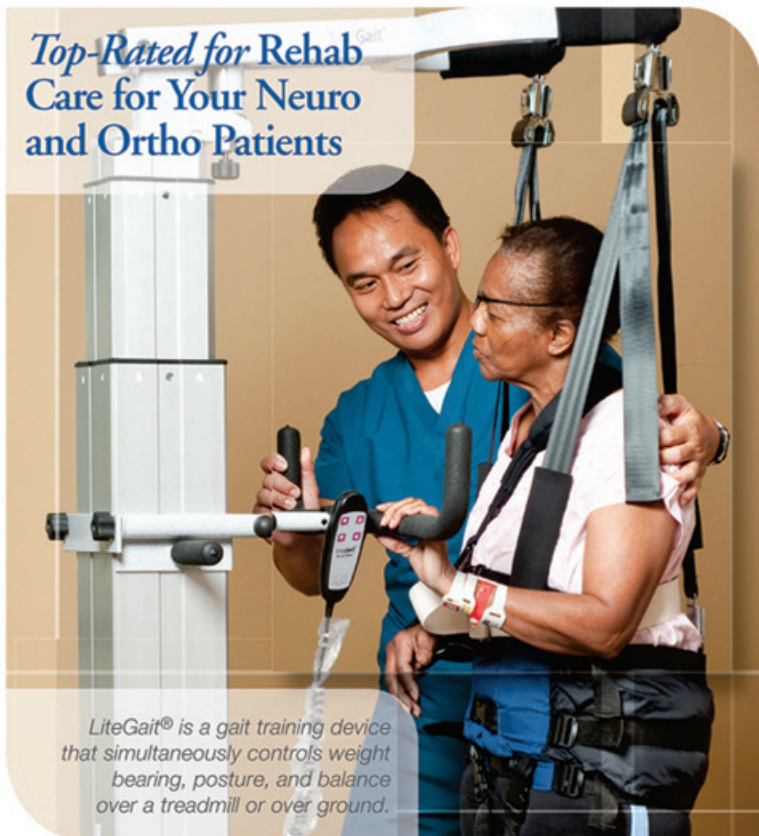
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Character

PLAY

— By Zachary R. Urquhart



Back row, left to right: Faye Wilson and Gerald Sliger.
Front row, left to right: Merle Ground, Bill Ground and Gale Sliger.

People frequently romanticize the time when they grew up. Nostalgic stories have been told for centuries to let younger generations know how their elders conducted life. Most people think a certain earlier time was a golden age that cannot be recaptured. For the members of Duncanville High School's ladies' basketball teams of the '40s and '50s, the season in which they came of age was such a golden time. Along with Coach Bill Ground, who brought them together then, they reminisce on what they call the best of times.

Bill grew up in Duncanville, graduating from the high school in 1941. He then enrolled at Abilene Christian College (now Abilene Christian University), where he studied accounting while on a scholarship to play basketball. "I think I was the first person from Duncanville to get a scholarship to play in college," he stated. With the U.S. becoming involved in World War II, Bill served in the Navy.



BILLY RAY GROUNDS
("Bill")
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"Since I was in accounting, they had me working at a store in Hawaii. I also serviced aircraft carriers in Midway, after the Battle of Midway was over." Bill considered himself fortunate not having participated in heavier battles such as Iwo Jima, as many of his friends did. "I drove tractors back home," he shared, "so they could have had me over there where a lot of boys didn't come back again."

After his service to the country was completed, Bill returned to the same college, but he had to earn his spot on the team all over. "The coach said I could work to pay my way while I tried out. But I was on the G.I. Bill, so when I got my scholarship, it was like they were paying me." Upon his return, Bill changed his focus to education. "When I came back, I thought I was pretty good, and I enjoyed playing and coaching basketball." Bill's first coaching experience was helping in Lancaster. Soon after, he started his own impressive coaching career. He also married his wife of over 60 years, Merle.

In 1948, Bill's brother set up his first coaching job in Seward, Alaska. "My parents went up there, and Merle and I were going to watch their farm, until we had to go to Alaska. But then Van Smith, the volunteer coach, asked me to come back to Duncanville as the first paid coach. I had known I was going to coach.

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Apparently, I just didn't know where," he explained. Bill returned to his hometown instead of heading across the country.

Merle summed up the humor in how their life changed so unexpectedly. "My wedding pictures were in the newspaper. The story said we were going to be moving to Alaska, but I've never been past Ovilla."

When Bill came to Duncanville, he had his work cut out for him. "Back then, we had to coach everything," he recalled. "I taught physiology of hygiene, and I coached boys' and girls' basketball, as well as baseball and football." Though he is most often linked to the girls' team, he is quick to mention the success the boys had, as well. "We were district champions two of the four years I coached at Duncanville. We just didn't go as far in the playoffs as the girls' team did."

The girls' team ultimately gave Bill his status in and around Duncanville. When he arrived in 1948, Bill simply said, "We were not great." But things changed during the 1949-1950 season. "We were invited to play in the AAU tournament over by the Cotton Bowl. We were just happy to be there, but we ended up winning the thing." The girls also went to the first girls' state championship game, playing all the way through to the final game. After having success at what was one of the bigger winter basketball tournaments around, Bill helped move the tournament to Duncanville. "We won the next two years when it was here in Duncanville," he said with pride. That tournament, now called the Sandra Meadows Classic, is still played every winter.

Bill is not the only one who played a part in bringing the tournament, and local fame, to the area. When he took over the girls' program, Bill had a few outstanding players, and he gives them most of the credit for his early success. Faye and Raye Wilson were twin sisters with a knack for getting to the basket and scoring points, and Gale Sliger helped round out a trio that was difficult to contain. Bill also had help from Merle in achieving his success. "I had to help be a mom for the whole team," she smiled. "Once, I had them over for hamburgers, but I didn't know much. I used sausage instead of beef,

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and the girls will still call and ask for that 'wonderful' recipe of mine."

Helping feed the team was not Merle's only duty, though. Because the coaching staff was so limited compared to today's high school staff, Merle had to help with the logistical matters of running the tournament. "I had picked up the trophies for the AAU. We were driving with them in the car, and a dog ran in front of us, so we hit the brakes," she explained. "The trophies fell, and all of the little people broke. I told Bill we had to win because we couldn't give someone else broken trophies. Luckily, we did."

After high school, Bill's team moved on to further success. Gale married one of the boys from the basketball team, Jerry Sliger. The Wilson twins were among many of those who went on to play in college, and they played semi-professional basketball in the Metroplex. Faye and Raye were even selected to the Pan American Olympic team in 1955, where they won a gold medal with Team USA. Faye gave the credit for her success in and following high school to Bill's way of teaching sportsmanship, teamwork and integrity. Gale summed it up: "We have been successful in basketball and in life because of what Bill taught us."

The girls were not the only ones who moved on after that success in Duncanville. After four years, Bill joined Dallas ISD, where he worked at Boude Storey Middle School. He coached in Dallas for over 30 years, before retiring in 1983. After retiring, Bill would referee the Duncanville tournament to stay connected. Now, retired almost as long as he coached, he looks back fondly at his career. "I came full circle. When I started, they called me Billy Ray. Then, I was Coach Ground. At the end, I was teaching at the elementary school, and one of the kids said, 'Paw-paw, can you tie my shoes?' That's when I knew it was time."

Bill and his wife moved to DeSoto, where they have resided since 1968. They have two sons, five grandchildren and three great-grandchildren. Between bringing the AAU tournament and instilling character, Bill has left an enduring legacy on Duncanville basketball. **NOW**

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Just Off That Busy *Road*

— By Katrina D. Lewis

AT HOME WITH
*Carl and Pixie
Christensen*



“It’s my home away from home” is a saying that’s often followed by a sigh of contentment. Whether it’s a family cabin or a favored bed and breakfast, for many, nothing beats getting away from the hustle of city life. For Carl and Pixie Christensen, getting to their escape from the city involves no more traveling than turning into their own driveway. Married for more than 40 years, the Christensens have a Cedar Hill home, which sits on 10 sprawling acres, full of native trees, wildflowers and a host of critters like coyotes, roadrunners and rabbits. Off one of the busiest roads in the city, the winding, gravel road intertwines

through trees, the countryside blanketing their home in a sea of quiet with only the cry of birds or the barking of their Labrador, Sandy, to break it.

The couple has called Cedar Hill their home for more than a decade, but both have roots in other places. Pixie, who works in fundraising for a local, nonprofit, Christian organization, grew up in Texas City near Houston. Carl, an architect who also has a passion and great talent for watercolor painting, grew up — well, kind of all over. “I was raised in



an oil family,” he said, “so my childhood was in Wyoming and up in Canada. That’s where my love of mountains and stuff like that comes from. You see it in my art,” he said. Eventually, Carl’s family settled in the Houston area. As a student at Texas A&M University, he was matched on a blind date with Pixie, who studied at nearby Stephen F. Austin State University. The two attended a football game on their first date.

Although she was a bit taken aback by the Aggie tradition of men kissing their dates at a game, Pixie was smitten and invited Carl to dine with her family for Thanksgiving. After marrying, the couple



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are so expensive. We were excited about Carl having a chance to build our own house when this property became available,” Pixie explained. “And we were just like — *Wow!*” And wow is definitely the right word for the house, which is comprised of some 3,800 square feet, three bedrooms, two den areas, an office and a guest suite at the back of the first floor, with the master bedroom upstairs.

Pixie likes the wide front porch, which is a perfect place to watch the sunrise. Flowerpots brimming with colorful

lived in several states, including Montana and California, before moving back to Texas in 1994 to be closer to family.

When Carl designed and built a home in the Lake Ridge area for someone else, the couple began to think about their own home needs. “In California, houses

blooms are placed on each side of the porch, alongside a glider bench. The home’s entrance is framed by a set of French doors, painted a cheerful red. The entryway provides a view into each of the nearby rooms, giving a good idea of all that can be seen in the home. A

table in the entryway features several small figurines, but is also a piece of art in itself, crafted by an Indian tribe that creates pieces by shaping and carving them with an ax. Across from the rugged and textured piece is a rack of colorful and eclectic handbags Pixie has collected from Mexico, Peru and Ecuador.



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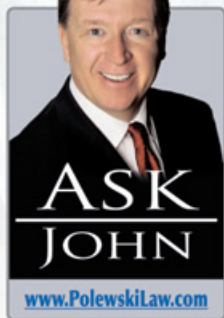
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"A lot of the art you see in the library is from all of these countries we've visited," Carl said. High ceilings enlarge the room, and shelves brimmed with books come alive with native statues, as well as a mixture of Native American and Carl's personal landscape and mountain scene paintings. Carl has about 30 paintings on display throughout the home, depicting cabins, towering mountaintops and historical churches with classic steeples and timeless touches like white wood frames and red doors. Carl and Pixie will soon be collaborating on a book of watercolor paintings of more than 60 historical churches in Texas. They are looking forward to the project, with Carl painting and Pixie, an English major, writing.

The art and figurines are not the only engaging elements of the Christensens' home. The living room and den area are separated by an attention-grabbing fireplace, painted a soft moss green, with a chimney that rises to the second floor of the home. Equally eye-catching are several large, robust wooden columns that help support the second floor. Carl had the pieces trucked in from Colorado, and their knotty exteriors and blonde coloring add a refreshingly modern, yet rustic touch while blending perfectly with the couple's art collections.

"We both wanted something open and real natural," Pixie said, explaining how they collaborated on the design of

the almost loft-style open floor plan. "After all the homes Carl had designed for others, I wanted him to have full free reign in designing ours. But I did want a nice window with a view over the kitchen sink and in the bathroom — he knew," she said, laughing.

Her nice window in the kitchen is truly an understatement. Overlooking their backyard, the window above the sink offers a crystal-clear view of the lush cedar trees, wildflowers of every color and a sandbox and playground area for the six grandchildren when they come to visit. The landscape appears unbroken even though fenced by wire or mesh to keep Sandy, their Lab, safe, should she decide to explore on her own. Across from the kitchen with the view is a den where Carl creates his art pieces, inspired by even more views of nature, provided by a wall of windows overlooking the side of his backyard.

Pixie may not be a painter, but she does have an affinity for collecting decorative clay pots. Many of them are displayed on the stone mantel of the fireplace. One of her favorites is from a church in Guatemala, where the town's inhabitants spread pine needles inside



the church and along the path as a sign of respect and welcome. Walking along that path was an experience she can only classify as humbling.

Even though the couple admits there are a few challenges associated with owning a home as close to nature as theirs, there is nothing in the world that would make them change their address. "We had no idea this kind of acreage would take the amount of time it takes just to keep going," Carl said. "We have the solitude when we need solitude. But, we can flip it and have all kinds of people who enjoy being here come as well. It's really amazing." **NOW**

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— By Beverly Shay

Liking Mexican food is pretty much a given in Texas. But it is definitely a given once you have eaten at Campuzano Mexican Food. Their delightful cuisine is spectacular in part due to some original recipes and mostly due to the purchasing of the choicest ingredients, with each menu item made fresh, from scratch daily. “We use nothing premade, we cut our own meat and make our own sauces daily. Nothing from yesterday is held over to today,” said Jimmy Case, manager of the Waxahachie restaurant and brother-in-law to owner, Brian Harding.

In 1999, Brian, who previously owned a landscaping business, was wanting to start a restaurant, so he walked into one in Midlothian, asked if they would consider selling, and

the woman said she had been wanting to. The deal was made, and Campuzano was born. In 2002, the Waxahachie restaurant was opened, and in 2004, Cedar Hill was graced with their own Campuzano. Why a Mexican restaurant? “Brian always loved Mexican food,” remarked his mom and co-owner, Pamela Kincaid, who joined him in the business in 2004. “The recipes are original in that Brian has taken typical Mexican dishes and tweaked the recipes until they taste just right to him. He even invented a new “Mexican” dessert: the banana burrito. It’s like a hot banana split!” Pamela divulged. “It’s made from ice cream, strawberries and bananas wrapped in a tortilla and deep fried.”

While their signature dish is probably their fajitas, which can

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be made with chicken, beef or shrimp, their shrimp cocktails are also to die for. "Brian is very particular about the meat he purchases. He chooses the best beef, only white chicken meat and always asks where the shrimp come from," Pamela remarked. Daily lunch specials and the Wednesday night fajita special (only \$8), along with the fresh ingredients are only part of the reason their clientele are repeat customers. "Each of our restaurants is in a vintage building with lovely landscaping," Pamela remarked. "The Midlothian building was at one time the Post Office. We had to close the restaurant for about seven months when there was a fire. At that time an old sign was found showing it had actually been a restaurant sometime in the past. When we reopened for business, people were lined up, ready to eat with us again. That's the kind of loyal customers we have," Pamela shared.

The Waxahachie restaurant was once a farm house built in the 1800s. The Cedar Hill restaurant is in a '40s bungalow. Each restaurant also has a lovely patio with beautiful flowers and landscaping,

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which makes for a pleasant place to dine when the weather allows. Catering is also a popular option. Food can be picked up, delivered or served with cleanup provided. "Our large portions make dining in or catering a sure thing," Pamela remarked. "And our employees make it all happen. We have a family atmosphere for our diners and among our staff, which is why every one of them offers such quality service. I would say 85 percent of our employees have been with us at least nine or 10 years, and many have been with us from the beginning. We wouldn't have a restaurant without our faithful, loyal employees!" The employees reflect their gratitude in the great service they offer along with the delicious food. **NOW**

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Michelle and Lonnie Burgess enjoying dinner on the Campuzano outdoor patio.



Faith Sample with her son, William, at the Early Literacy Station at the Zula B. Wylie Public Library.



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Methodist Charlton President Jonathan S. Davis hosted a spring social fundraiser for the Boy Scouts attended by Carlos Ochoa, Eagle Scout Troop 520 and Cory Spillman, district chairman for Wisdom Trail District.



DHS swimmer, Catherine Bartosh, places first in the 100 Yard Breaststroke at the district swim meet.



Earle Jones Jr. is recognized as the Big Brothers Big Sisters Board Member of the Year for the Southwest Dallas County and Ellis County region.



Barry Barksdale enjoys a morning of fishing at Emerald Lake Park.



DHS 2012 varsity girls' basketball team receives a proclamation from Texas Senator Royce West during a citywide celebration honoring their UIL 5A State Championship title.

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Have a Drink

— By Betty Tryon, BSN

You should drink eight glasses of water a day. No, you should drink only six glasses per day. Or, perhaps three glasses is enough. So, what is the right answer? When you consider that your body is 60-percent water and every day you lose some of it by breathing, urinating and perspiring, it should be clear and incontrovertible how much you need to replenish it. It should be, but it is not. The optimal amount of fluids your body requires may change depending on the circumstances. The hydration needs of a sweaty athlete practicing in the hot sun will be monumentally different from a person who spends most of their time on the couch in a comfortable room.

The standard amount most often given as a starting point is eight eight-ounce glasses of fluids a day. Contributing to that eight-glass total can be fluids such as: broth, soft drinks, milk, Jell-O and juice. However, water is the ideal drink, because your body does not need to process extra substances, such as sugar, alcohol or caffeine. You also can receive a great percentage of water through your food, especially fruits and vegetables.

Here are a few guidelines to consider for your hydration needs:

- If you exercise, and particularly if you perspire heavily, you must increase your intake of fluids to stay hydrated.
- Pregnancy and breastfeeding requires more liquid to support the baby and to produce milk.
- Extreme temperatures will affect your intake. When it is very cold, use of indoor heat is very drying and causes your skin to lose moisture.

Likewise, hot temperatures cause sweating, and that water needs to be replaced.

- Illnesses that cause vomiting, diarrhea or fever increase your need for fluids. Some illnesses require limiting your liquid intake. When advised of this by your health care professional, guidelines should be strictly monitored.

- Although alcoholic beverages and drinks containing caffeine are included in the daily fluid count, you may have to drink more water because of the diuretic action these liquids have on the body.

- Diets that contain large amounts of salt or fiber will create a need for extra water.

You can tell if your body is receiving the proper amount of fluids each day. Dark colored urine may be a sign of not enough fluids. Don't try to reach your daily total amount of fluids in one sitting. Spread your drinks throughout the day. Once again, water is the best choice for your body. If you have an aversion to drinking plain water, add lemon or cucumber slices to jazz it up a bit. Try not to get thirsty, and if you do, have a drink! **NOW**

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

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401(k) Review and Rollover Can Be Rewarding

Your 401(k) offers tax-deductible contributions, tax-deferred growth of earnings potential and a variety of investment options — so it's a great tool for building retirement savings. Yet like all tools, your 401(k) must be used properly to get the best results. That's why you should review your 401(k) at least annually and make whatever adjustments are needed.

Depending on where you work, you may get some 401(k) review help from your plan provider. But if that assistance isn't available, you might want to consult with a financial professional to make sure you're getting the maximum benefit from your plan.

As you begin to review your 401(k), your first question should probably be this: "How much should I contribute?" At the very least, try to put in enough to receive your employer's matching contribution, if one is offered. If you don't earn this match, you are essentially walking away from "free money." Beyond this, though, the amount you put into your 401(k) might depend on what other retirement savings vehicles you have available. For instance, if you're eligible, you may also want to contribute to a Roth IRA, which offers tax-free growth potential, provided you've had your account for five years and don't start taking withdrawals until you're 59 1/2.

Of course, it's not only how much you put into your 401(k) that determines its success — it's also how you choose to allocate your investment dollars. (Keep in mind that asset allocation does not guarantee a profit or protect against loss.) Your 401(k) may have a dozen or more investment choices, such as stock funds, bond funds and money market funds. To choose the right investment mix, you'll need to consider a variety of factors, including these:

• **Your age** — Generally speaking, the younger you are, the more aggressive you can afford to be with your 401(k)

investments, because you'll have decades in which to potentially overcome the inevitable down periods of the market. As you get older, you may wish to invest somewhat more conservatively, but you'll still need some growth potential in your 401(k) portfolio.

• **Your goals** — Everyone has different goals for retirement. You might want to retire early and travel the world, while your co-worker desires to work as long as possible and then, upon retirement, stay close to home and pursue hobbies. Because you each have different goals, with different income needs, you also may need to follow different investment strategies within your 401(k).

• **Your other retirement income sources** — If you have a variety of retirement income sources — a pension from another job, an IRA, a spouse with generous retirement benefits — you may need to invest differently, perhaps less aggressively, than if you had fewer options for retirement income.

Apart from putting away as much as you can into your 401(k) and choosing the right investment mix, what else can you do to get the most out of your plan? Here's a suggestion: If you have worked at various jobs and acquired multiple 401(k)s, consider rolling them over into one account. You might save money on fees and reduce paperwork, but more importantly, you'll be able to concentrate your resources and pursue a unified investment approach, with your investment dollars working together toward your ultimate retirement goals. As you can see, a 401(k) review and rollover can reward you in many ways — so do whatever it takes to maximize your 401(k)'s performance. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Darryl Fenton is an Edward Jones representative based in Cedar Hill.



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Calendar

JULY 2012

All Month

"Get Wild" scavenger hunt and photo contests: cedarhilltx.com/GETWILD.

Fridays in July

Uptown Village at Cedar Hill Hosts 5th Annual Jam to Give summer concert series benefiting local nonprofits: 7:00-9:00 p.m. **July 6:** Watusi (reggae) benefiting Duncanville Outreach; **July 13:** Ricki Derek (big band, swing) benefiting Paws for Reflection Ranch; **July 20:** Jonny B. & the Uptown Boys (mix) benefiting Hope Mansion; **July 27:** Havana NRG!, benefiting Two-Wins Foundation.

Through August 3

Summertime on Beltline: DeSoto students sixth-12th grade only: weekday afternoons, East Middle School. (972) 230-9655; www.desototexas.gov/parks.

Through August 18

Moseley Pool: **Mon.-Thurs.:** noon-7:00 p.m.; **Fri.-Sat.:** 11:00 a.m.-7:00 p.m., 1300 Honor Dr., DeSoto. (972) 228-3553.

Through August 24

Lucky Longhorns Summer Day Camp (K-7), CH Rec. Center. (972) 291-5130; cedarhilltx.com.

Through August 28

Crawford Park Pool: daily: 1:00-5:45 p.m., 401 Straus Rd., Cedar Hill. cedarhilltx.com.

July 2-27

N.I.A. Kids 'n Teen Summer Theatre Camp (ages 6-8): Monday-Friday, 8:30 a.m.-4:30 p.m. Dance/drama/music/

field trips/creative arts/sports. Register: www.niakids.org; (972) 228-8381.

July 3-26

Aqua Zumba: Tuesdays/Thursdays, 8:00-9:00 p.m., Crawford Pool, \$24/person. cedarhilltx.com/swim.

July 4

Red, White & Pool: 1:00-5:45 p.m., Crawford Park Pool. Family-friendly games/competitions, water and slip 'n' slides. (972) 291-5318.

July 5

Charlotte's Web: 2:00 p.m., CH Library.

July 9-12

Vacation Bible School: 6:00-8:30 p.m., Cedar Hill FUMC. (972) 291-1711 or cindy@fumch.org.

July 10

Teen Poetry Writing Session/Slam: 3:30 p.m., CH Library.

July 10, 17, 24, 31

Free Computer classes, DeSoto Library: 6:00-7:30 p.m. Basic computer, Basic Word, Basic Excell and Internet Basics. Call for specifics/register: (972) 230-9661.

July 12

Chickendog Circus: 2:00 p.m., CH Library.

July 14

"Go Wild" Family Swim Night: 6:00-7:45 p.m., Crawford Park Pool: \$2/person. cedarhilltx.com/swim.

July 17, 24, 31

Positive Parenting: 7:00 p.m., CH Library.

July 21

Law Enforcement Torch Run Second Annual Scrapbooking Event benefiting Special Olympics of Texas: 9:00 a.m.-5:00 p.m. Register by **July 13:** (972) 780-5024.

Point of Light Church's H.A.T. Sisters Annual Luncheon: 11:00 a.m., CH Recreation Center. Includes fun, fashion show, great prizes and balloon release. Portion of proceeds fund local cancer research. Register by **July 7:** Contact Danita Harris at (214) 437-8561.

July 25

Children's Summer Reading Program Finale: 6:30 p.m., CH Library.

July 27

Movie in the Park: *Happy Feet II*: 8:30 p.m., Amphitheater at Town Center, DeSoto.

July 30

Methodist Dallas Medical Center Monday Night Mammos spa-themed mammograms: free valet parking, aromatherapy, chair massages, hand rubs, light spa cuisine, cushioned mammograms. RSVP: www.methodisthealthsystem.org/mondaymammos or (214) 947-3441, option1.

Submissions are welcome and published as space allows. Send your event details to bshay.nowmag@shoglobal.net.

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In The Kitchen With Terry Delp

— By Beverly Shay

Terry Delp's grandmother is the best cook she has ever known. "No one could resist my grandmother's fried chicken," Terry remarked. She was influenced by mountain and country cooking during her youth in West Virginia but insists her inspiration to cook is her family. "We enjoyed lots of fun picnics and outdoor family gatherings." Now, family includes her granddaughter, Ragen, who has an apron at "Mamma's house" and loves cooking in Terry's kitchen. "I like to cook — it gives me a feeling of bringing joy to my family," Terry stated.

"I love reading cookbooks and looking at recipes, but most of the ones I use come from family," Terry said, though she usually just puts things together as she goes. Her husband, Randy, considers her a very good cook. **NOW**

Squash Casserole

4 or 5 large yellow squash, sliced
1 onion, chopped
1/2 stick butter
2 eggs
1/2 cup milk
16-20 saltine crackers, crushed
Salt and pepper, to taste
2 cups cheddar cheese, shredded

1. Butter a casserole dish.
2. Place squash and onion in a medium-sized saucepan, cover with water and cook until tender; partially drain and lightly mash, leaving some pieces of squash whole.
3. Add butter, eggs, milk, crackers, salt and pepper. Mix together and pour into casserole dish.

4. Top with cheese. Cook uncovered at 350 F for 30 minutes.

Buttermilk Pecan Pie

1/2 cup butter
2 cups sugar
2 tsp. vanilla
3 large eggs
3 Tbsp. flour
1/4 tsp. salt
1 cup buttermilk
1 cup chopped pecans
1 deep dish pie shell
1/2 cup whole pecans

1. Preheat oven to 300 F.
2. In a large bowl, cream butter; slowly add sugar, 1/2 cup at a time. Continue

blending until mixture is no longer grainy (about 5 minutes).

3. Blend in vanilla; add eggs, one at a time, mixing well after each addition.
4. In a separate bowl, combine flour and salt. Then add flour mixture a little at a time to the buttery batter. Blend in buttermilk. Sprinkle chopped pecans on the bottom of pie shell. Pour in buttermilk custard. Add a double layer of whole pecans on top of custard. (A single layer would be lost in the custard while pie is baking.)
5. Bake 1 1/2 hours; cool. (Best served at room temperature.)

Confetti Salad

1 can French green beans
1 can peas
1 can baby lima beans
2 cans shoepeg corn
1 small sweet onion, chopped
1 bell pepper, chopped
Salt and pepper, to taste
1/2 cup apple cider vinegar
1/2 cup oil
3/4 cup sugar or Splenda

1. Combine all ingredients.
2. Marinate and refrigerate for at least 2 hours in a container that allows you to shake it occasionally.

Tilapia With Cucumber Relish

2/3 cup cucumber, seeded and chopped
1/2 cup radishes, chopped
2 Tbsp. tarragon vinegar
1 tsp. olive oil
1/4 tsp. dried tarragon, crushed
Dash sugar
Salt and pepper, to taste
4 6-oz. tilapia fillets (fresh or thawed), about 1/2-inch thick
2 Tbsp. butter or margarine

1. In a medium bowl, toss together cucumber, radishes, vinegar, oil, tarragon and sugar. Season with salt and pepper; set aside.
2. Rinse fish; pat dry with paper towels. In a large skillet, heat butter. Add tilapia. Cook for 4 to 6 minutes or until fish begins to flake with a fork, turning once.
3. Transfer fish to a warm platter; spoon cucumber mixture on top.

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

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