

Southwest

Cedar Hill | DeSoto | Duncan
MAGAZINE

JULY 2017

NOW

Finding Their Purpose

Teenage girls are keeping an open mind about their futures

A Living House

At Home With
David and Deemie Naugle

Growing Parks

Furry Family Fellows

Insuring Customer Service

Dining Deals

In the Kitchen With
Patricia Samuels



V-Care Health Services

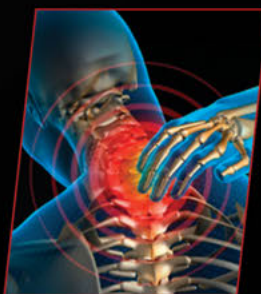
... Live Life Pain Free

UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE
WWW.VCAREHEALTH.ORG

WE OFFER ALL UNDER ONE ROOF:

- PAIN MANAGEMENT
- MEDICAL EVALUATIONS
- PHYSICAL THERAPY / REHABILITATION
- SPINAL DECOMPRESSION
- DURABLE MEDICAL EQUIPMENT
- MEDICAL WEIGHT LOSS

RELIEVE PAIN WITHOUT SURGERY



NECK PAIN



KNEE PAIN



BACK PAIN



NEUROPATHY



HEADACHES



JOINT PAIN

Our New State-of-the-art Facility Includes:

- DR Panel Digital X-rays
- DRX 9000 Spinal Decompression
- Lipo Lite Laser for Medical Weight Loss
- Therapeutic Electrotherapy and Physical Therapy units

**—NOW—
ACCEPTING
NEW
PATIENTS**

**CALL NOW FOR
FREE CONSULTATION
214.550.0680**

or email us at info@vcarehealth.org

MONDAY TO FRIDAY
8:30AM TO 6:30PM

Treatment is Safe and Easy and Requires **NO SURGERY**
We Use Natural Medicines Which Have Absolutly **NO SIDE EFFECTS** & Great Results
Treatment is Covered by Most Insurance Companies, Including Medicare



Walnut Grove Dental

\$99 SPECIAL

- Complete Exam
- Full Mouth X-rays
- Personal Consultation
- Preventive Cleaning
- FREE Whitening
- \$432 Value

Expires July 31, 2017



Has It Been Awhile Since Your Last Dental Cleaning? Not A Problem!

We Are A Friendly, Judgment-Free Office. Call Us Today and Set Up Your Appointment: **972-298-4191**

No Insurance? No Worries!
Walnut Grove
Discount Plan Available
Visit website for details.



Beverly Deacon, DDS

411 W. Daniieldale Rd., #112
Duncanville, Texas 75137
(At the intersection
with Cedar Hill Rd.)

www.beverlydeacondds.com



DUNCANVILLE ISD

Writing success stories, one student at a time.



After-School Care Available This Fall

Acton - Bilhartz - Hastings - Hyman



in partnership with
**RIGHT AT
SCHOOL**

www.rightatschool.com

855 - 287 - 2466

710 S. Cedar Ridge Dr.
Duncanville, Texas 75137
p. 972.708.2000 f. 972.708.2020
www.duncanvilleisd.org

Follow Us On:



Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Southwest Editor, Adam Walker

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Debbie Durling . Tim Maiden

Betty Tryon . Zachary R. Urquhart

Editors/Proofreaders, Pat Anthony

Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Shane Kirkpatrick

ADVERTISING

Advertising Representatives,

Dustin Dauenhauer . Jennifer Henderson

Joyce Sebesta . Cherise Burnett

Bryan Frye . Casey Henson

Melissa McCoy . Lori O'Connell

Steve Randle . Keri Roberson

Linda Roberson . Shilo Treille

Adam Woolverton

Billing Manager, Angela Mixon

CONTENTS

July 2017 • Volume II, Issue 7



8 Finding Their Purpose

Tiffany Moody is helping to empower young girls to be the best they can be.

14 A Living House

At Home With David and Deemie Naugle.

24 Growing Parks

Shawn Ray and the Cedar Hill Parks and Rec Department build community spaces.

30 Furry Family Fellows

Help your pets live long, healthy lives.



36 BusinessNOW

38 Around TownNOW

44 CookingNOW

ON THE COVER



Full on Faith helps girls achieve their dreams.

Photo by Shane Kirkpatrick.

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2017. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 283-1170 or visit www.nowmagazines.com.



Editor's Note

July — time for sunscreen, bugs and memories!

Texas summers can get started early and linger late, but they're just about guaranteed to be in full swing by July. Thoughts quickly skip to cookouts on the Fourth and swim parties and prayers of thanksgiving for air conditioning.

One of my favorite summer memories is snow cones. When I was little, we lived just a couple of blocks from the best snow cone stand in the world. They had every flavor you could dream of and always welcomed customers with a smile, no matter how hot the day. This was the first place I was allowed to walk to all by myself. With money in pocket, I walked the whole two blocks alone, remembered what everyone wanted, ordered it, paid for it and walked back home with all three snow cones — one for Mom, one for me and one for my little sister — all before the Texas sun could melt them into extra-sticky cool-aid!

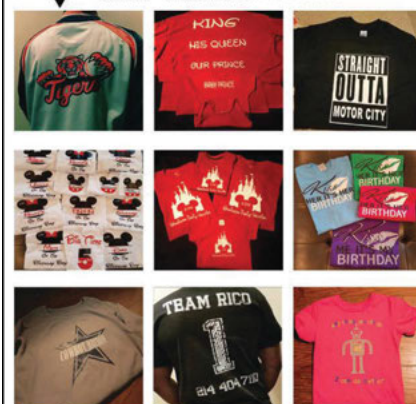
That was decades ago, but I still like to get a snow cone or two every summer!

Adam

Adam Walker
SouthwestNOW Editor
adam.walker@nowmagazines.com
(469) 285-2008

Write On Custom Shirts

OMEGA VISUALS
USUAL TECHNOLOGY EXPERTS



WriteOnCustomShirts.com

Single & Multi Color
Pressed Shirts

OMEGA VISUALS
USUAL TECHNOLOGY EXPERTS

Videography - Drone - Photography
Real Estate - Special Occasion - Events
& More

Call (469) 235-8250



Chameleon
MEDICAL SPA

Celebrate Your Independence
and Beauty with Our July Specials

Pellefirm: Sculpt your body.

Kybella: Do you find yourself searching for that perfect angle to hide your double chin? FDA-approved injectable that targets & permanently dissolves fat cells.

PRP Injections by Dr. Boyd

• Facial Rejuvenation • Hair Restoration

Call Today for Your **FREE CONSULTATION**

**NovoSelf
Facial**

★★★★ Laser Treatments • Body Contouring • Facials & Injections ★★★★★
(972) 296.2045 • 941 York Dr., # 200, DeSoto • www.chameleonmedspa.com

Afraid of the dentist?

Come relax with oral sedation and nitrous.

Come meet Dr. Martin
and the rest of the caring Fearless team.



Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions & Invisalign. He also sees children. Our hygienists, Melinda & Charlsy, do deep cleanings if gum disease is present. Years of dental needs can be completed quickly and with very few appointments all in our office.

Same-day treatment available.
No-interest financing W.A.C. for up to 2 years.

Convenient Hours: 8am-5pm M-Th



In network with these
major PPO plans:

Aetna, Delta, Cigna, Metlife,
Blue Cross Blue Shield of Texas,
Humana, Principal, Ameritas,
Guardian, Dental Select

www.FearlessDental.com

Mention this ad and get FREE WHITENING FOR LIFE
when you become a patient at Fearless Dental. After all dental work is completed,
you'll receive FREE trays and then FREE whitening gel at every cleaning.

Snap on Denture

Lower only
with 2 implants

\$292

/month
*No interest
for 24 months

Upper or lower
with 4 implants

\$375

/month
*No interest
for 24 months

*With Valid Care Credit

FREE

**Oral Sedation and Nitrous
for Snap On Dentures**

(Limited Time Offer)

Call our office for more
details and to schedule
your complimentary
snap on consultation.



972-617-3322 · 101 Austin Boulevard · Suite 100 · Red Oak, TX 75154



3 TEXAS SUPERCENTERS

WEATHERFORD, TEXAS
4011 FORT WORTH HWY
WEATHERFORD, TX 76087

WAXAHACHIE, TEXAS
6900 INTERSTATE HWY 35 E
WAXAHACHIE, TX 75165

MANSFIELD, TEXAS
7501 RENDON BLOODWORTH RD
MANSFIELD, TX 76063

NOW OPEN

★ ★ ★ ★ EXTENDED ★ ★ ★ ★
STORE HOURS
JULY 1 - JULY 4: 9AM - MIDNIGHT

**BUY ONE
GET TWO FREE**
SPECIALS EVERY DAY!

Everything Else!!

**BUY ONE
GET ONE FREE**

MIX AND MATCH by price point



NIGHT ASSASSIN
\$40 **save \$140**

retail value
\$179.99 500 GRAM



4400NIGHTREG

Valid at Texas TNT® Supercenter locations only. Must be over 18 (21 in NH), present valid I.D. Void where prohibited. This coupon cannot be combined with B1G1 Free or any other specials. Limit one coupon per household. Coupon must be present at time of sale. We reserve the right to substitute any item with a similar item of equal or greater value.

HAVE A SAFE & HAPPY 4TH OF JULY

Bear Creek Beverage & Spirits



BACARDI 1.75L
\$19.99



CROWN ROYAL
\$25.99
Apple Vanilla,
Maple, Royal
750ML



MALIBU RUM 1.75L
\$18.99

EXPLOSIVE SAVINGS!!



TITO'S VODKA
\$28.99 1.75L
\$17.99 750ML



PATRON
\$18.99
Silver, Anejo
& Reposado
375 ML

\$7.79 SMIRNOFF ICE
6 PACKS - All Flavors



NEW AMSTERDAM GIN & VODKA
\$16.99 All Flavors
1.75L



Summer STOCK-UP SALE!

MILLER LITE & BUDWEISER LITE
\$12.99 12 PACKS



972-217-1118

BearcreekBeverage@gmail.com

1350 East Bear Creek Road
Glenn Heights, TX

Prices subject to change.





Finding Their **PURPOSE**

— By Debbie Durling

Tiffany Moody graduated from college with a finance degree. “I ran away from my purpose for a long time,” she said. A few years ago, she had a very humbling experience while volunteering at The Salvation Army. She signed up to feed the homeless. “To be honest, I only signed up to get away from the office and never considered the potential impact volunteering could have on my life,” she confessed. As she arrived at the facility,

she became emotional, as the sight was not one she was expecting. “I remember thinking that I had no idea how many people are without money, food, shelter and family.”

As she served plates with the other volunteers, she began to think about the small portions being given. So, she began adding a little extra to the children’s plates. Before long, a staff member noticed what she was doing and reminded her that the food had been rationed so it would last throughout the day. Tiffany



**"I AM
STRONG.
I AM
BEAUTIFUL.
I AM
ENOUGH."**

Happy 4th of July!

Chuck FAIRBANKS
CHEVROLET
DeSOTO, TEXAS

Jeff L. Sorrels
Internet Sales Manager
Mobile: 214.532.2350

OFFICE: 972.223.7611
I-35 South at Pleasant Run Exit (629 N. I-35 • DeSoto)
JSORRELS@CHUCKFAIRBANKSCHEVY.COM

MCGRAW'S
IRRIGATION SYSTEMS

- REPAIRS • INSTALLATIONS
- DESIGN • LANDSCAPE LIGHTING
- DRAINAGE

LIKE US ON facebook LI #21678

SPRAY HEADS

ROTORS

DRIP TUBING

We ALSO do:
Landscape Lighting & Drainage

\$50 OFF Service Call & First-time Repair
OFFER EXPIRES 7/31/17

Happy 4th of July!

972-438-4196
www.McGrawsIrrigation.com



recalled how heartbreaking it was to hear men, women and children asking if they could have more because they were still hungry. Due to the scarce food supply, it was difficult to ration first helpings and impossible to hand out seconds. She left that day saying, "Lord, please position me to be able to help people in need." She remembered, "I wanted to feed the entire world that day."

It was only a short time after praying that prayer that Full on Faith, a 501(c)(3) organization, became an idea. Her vision was to provide spiritual food to feed the soul and work toward feeding the world both spiritually and mentally, one child at a time.

Full on Faith is a Christian-based service organization. Its mission is to enhance the development of young girls, ages 12-18, and to provide a forum to expose them to the benefits and the importance of a positive self-image. They also encourage the girls to exhibit responsible, personal conduct; have respect for themselves and others; and to strive for educational achievement. The mentors also provide cultural enrichment, while standing on Christian principles.

Across the top of their brochure are the words, "I am strong. I am beautiful. I am enough." These words echo the wish that every young lady grows to feel empowered and ready to take on life's challenges with grace and dignity. FOF fosters this empowerment by teaching girls to love themselves and believe they can do anything; teaching them to take care of themselves, so they have something to give to others; and helping them to discover themselves for who they are.

They are also taught to be helping hands in the community. Opportunities are created for the girls to volunteer their time and talents, get involved in a project that addresses a problem and show that they care about the needs of their neighborhood. A 10-year-old in the program, Alaia, has already started her

own charitable organization called Let's Start Giving Foundation. She has started gathering donations from local residents and businesses to provide essential items to families and individuals in need.

Another aspect of FOF is helping girls find vision for their futures. Seeking out information about careers, keeping an open mind about possibilities and exploring ways to make their dreams come true are just a few of the activities to help the mentees develop goals and work toward them.



Tiffany focuses on building relationships with others as a core trait the girls must master. She teaches them to appreciate people who are different from them. The importance of communicating with kindness and respect is stressed, as this is a trait of diplomacy they will need in order to make a difference in the world.

Recalling an event in which the girls made vision boards, Tiffany was reminded of a young lady who had put qualities of friendship and how she admires friends on her board, along with positive traits that she herself exhibited as a true friend. "It wasn't long until this young lady's circle of friends gave friendship necklaces to everyone in the group, except her," Tiffany recalled. "She told me that before she joined the group, this would have devastated her." However, when she felt the initial pain of being left out, she immediately turned to her vision board.

Reminded of who she was and her dreams for the future, suddenly being left out didn't affect her self-esteem as much as it would have in the past. She was grateful to be in the accepting and loving Full on Faith organization. In just two short years, testimonies of encouragement and success, like the one above, are already pouring in.

The organization usually meets in the DeSoto Public Library but has been invited to do workshops for girls in other places, as well. They offer a wide range

Got Allergies?

Our Immunotherapy can permanently desensitize you so you suffer NO MORE!

Our program allows you to administer your own therapy at home and it's covered by most insurance!

Call us so we can schedule your allergy test and get you on the road to recovery!

PHILLIPS
FAMILY MEDICAL
972-709-3415

**We have extended hours
for those who work.**



SAME-DAY APPOINTMENTS AVAILABLE

Our Services Include:

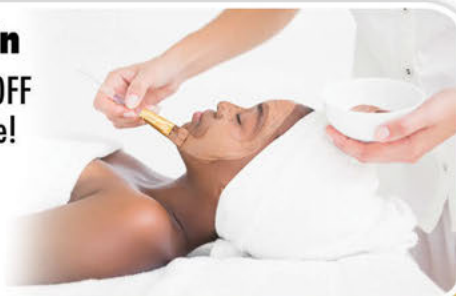
- Primary Medical Care for the **WHOLE** Family
- Special Care Services for **SENIORS**
- Women's Services (PAP Smears and Help with Menopause)
- Hormone **PELLET** Therapy for Women & Men (Feel Younger, Lose Weight, Stop Aches, Increases Sex Drive)
- Treatment & Care of Diabetes (Diabetic Educator on Staff)
- Weight Loss Plans That Work (Includes Training Books & Medications to Assist with Weight Loss)

**Tired of Your
Doctor Not
Listening
to You?
WE WILL!**

Uncover Beautiful Skin

Our on-site MedSpa offers 20% OFF all services and products for June!

- Specials on Waxing
- Facial Peels
- Microdermabrasion



Dr. Pamela Phillips
PhD, RN, FNP-C
Certified Family Nurse Practitioner

WE'RE ACCEPTING NEW PATIENTS!
We Take Medicare & Most Other Insurance.

Lipo Laser Program

Lose Inches • Lose Weight
ONLY \$85 Per Session
People typically lose 1/2 inch per session!



972-709-3415 • 947 Scotland Dr., Ste. 107, DeSoto, TX 75115
www.PhillipsFamilyMedical.com • Email: Info@PFMed.net • Friend us on Facebook • Nosotros hablamos Español!



A Better Weigh Weight Loss Center

Dr. Hamilton Specializes in:

- Laparoscopic Sleeve Gastrectomy • Laparoscopic Bypass • Laparoscopic Revision Surgery
- Laparoscopic Hernia Surgery • Medical Weight Loss • Metabolic Testing
- Body Composition Analysis and Genetic Testing • B12 with Lipotropic Injections
- Bio-Identical Hormone Replacement Therapy and Nutritional Deficiency and Intolerance Testing • ThermiVA (Vaginal Tightening and Pelvic Rejuvenation - Only offered at the Keller office.) • IV Vitamin Therapy • Botox, Fillers



*Introducing our newest provider
with nutritional & personal training
experience, Nives Chan, PA-C.*

We Accept  **CareCredit**
and other financing options.

(817) 431-1059

Se habla español

www.abetterweighcenter.com

Keller Office

8865 Davis Blvd.,
Suite A
Keller, TX 76248

Dallas Office

425 S. Llewellyn Ave.,
Dallas, TX 75208
1/2 mile from the Dallas Zoo!

Make your
current home
the home of
your
dreams!

BC
Stonemill
cabinets & countertops

Beautiful kitchens
and baths
for over 20 years



214-484-6646 jennifer@bcstonemill.com



of workshops on topics such as: loving myself, peer pressure, bullying, hygiene, etiquette, respect of self and others, inner beauty, domestic violence awareness, effects of social media and career development.

Each year, the FOF organization is invited to participate in the Everything Teen Expo, which is held in the DeSoto Civic Center. Last year, FOF was given the Favorite Exhibitor award by the teens who attended — an honor that was precious to Tiffany because of the teen lives she has seen enriched by the organization.

Tiffany believes that what a woman believes about herself reflects in how she views and treats others. FOF is more than just a mentoring organization. It is an opportunity for girls to create a way of life that will benefit them and the way they interact with others. "At Full on Faith, we care about what we do and strive to empower the lives of youth in the community through relationships and providing important programs for growth," Tiffany explained. "We are shaping our youth into young leaders of the future, so they walk out of our doors prepared to take on whatever comes their way."

Her hopes and dreams for the future of the program include young men, also. She envisions one day having a center with computer labs; tutors; science, technology, engineering and mathematics (STEM); meeting rooms; and places to build relationships with a mentor, so young people have someone to go to, rely on and just to be their guide through those tumultuous teen years. It is Tiffany's dream to see the girls who come through the organization graduate from high school and college and be the confident, positive change they wish to see in the world. **NOW**

*Editor's Note: For more information, visit
www.fullonfaith.org.*

A pair of brown leather cowboy boots with green and orange floral patterns on the shafts are placed on a wooden floor in a hospital room. In the background, medical equipment like a CT scanner and a mobile X-ray unit are visible.

FIGHT CANCER

**50,000 new cancer
patients every year.
1 Texan back to
leatherworking.**

At Texas Oncology, our patients are as remarkable as our care. That's why we do more than help them fight cancer; we treat every treatment like a breakthrough. With 420+ physicians, 175+ locations statewide and thousands of patients on clinical trials, we provide leading-edge care for more than 50,000 Texans every year — including gifted patients like Dave. After beating cancer, he got back in the saddle — one he made himself. See his story at [TexasOncology.com/Dave](https://www.TexasOncology.com/Dave)

CORSICANA • DALLAS • ENNIS • WAXAHACHIE

TEXAS  ONCOLOGY

More breakthroughs. More victories.®

972-709-2580 • www.TexasOncology.com

A Living House

— By Adam Walker



Walking the rock path to the brick and limestone house of David and Deemie Naugle, visitors are greeted with hints of what lies within. Under a tree near the house, a park bench invites relaxation and conversation. Only a few steps away, on the porch, a grouping of white rocking chairs repeat the invitation to sit and talk, or maybe just enjoy the flowerbeds of dusty miller and pots of blooms.

Entering the Texas star door to their home, the first thing that catches your eye is the keystone arch separating the tile entry from the carpeted, open-plan living space beyond. But just off to the left is a room that says a lot about who lives here — the library. Drums, various percussion instruments and guitars take up one end of the small room lined with built-in bookcases. There are plenty of books overflowing the shelves, biographies and academic tomes, but on the shelf just in front of the Harvard Classics sits a

AT HOME WITH David and Deemie Naugle



stuffed book worm. Whimsy is hidden all throughout the house of these university professors. David and Deemie are both teachers at Dallas Baptist University, where Deemie is also associate provost. He's been teaching there for 27 years, and she's been working there in one capacity or another for 33.

David and Deemie built their house to be close to work and provide a space for entertaining students, friends and guests of the university. "At our previous house,

EXPERIENCE THE POWER OF MEMBERSHIP

GO | Federal Credit Union
the right direction

214.742.6551
www.mygofcu.org

Federally insured by NCUA

Serving the Financial Needs of Dallas County Since 1937

SURPRISINGLY AFFORDABLE

1023E - 4x4 Tractors

STARTING @ \$99 PER MONTH
6-YEAR POWERTRAIN WARRANTY

CREATE A CUSTOM PACKAGE
All the implements and attachments you need in one low monthly payment!

5045E - 2WD - 50 EHP

STARTING @ \$169 PER MONTH
5-YEAR POWERTRAIN WARRANTY

CREATE A CUSTOM PACKAGE
All the implements and attachments you need in one low monthly payment!

3025E - 4x4 Tractors

STARTING @ \$129 PER MONTH
6-YEAR POWERTRAIN WARRANTY

CREATE A CUSTOM PACKAGE
All the implements and attachments you need in one low monthly payment!

DEERE DAYS OF SUMMER

0% FOR 60 MONTHS*

X739 SIGNATURE SERIES TRACTOR

- 25.5-hp (19-kW), 745-cc engine
- 4-wheel steering
- Full-time four-wheel drive
- 4-year/700-hour bumper-to-bumper warranty*

15% OFF MOWER BLADES*

DON'T SWEAT OVER YOUR BUDGET.

X590 SELECT SERIES™ TRACTOR

- 25.5-hp (19-kW) 726 cc EFI
- Constant-speed governor technology
- 48- or 54-in. Accel Deep™ Deck
- 4-year/500-hour bumper-to-bumper warranty*

0% FOR 60 MONTHS*

Add John Deere D160 Loader - \$36/mo.*
Add 4 Ft. Frontier Rotary Cutter - \$16/mo.*
Add 4 Ft. Frontier Box Blade - \$7/mo.*

*Offer valid on purchases made between June 1, 2017 and July 31, 2017. Subject to approved credit on a Revolving Plan account, a service of John Deere Financial, f.s.b. For consumer use only. No down payment required. 0% APR is for 60 months only. Other special rates and terms may be available, including installment financing and financing for commercial use. Offers available on new equipment and in the U.S. only. Prices and savings are in U.S. dollars. Available at participating U.S. dealers. Prices and models may vary by dealer.
*Offer valid June 1, 2017 through July 31, 2017. Receive 15% off the purchase of one or more John Deere OEM mower blades and/or mower deck belts for Residential Riding Lawn Equipment to be applied to the total before applicable taxes, shipping rates and delivery charges. Standard shipping rates only. Not applicable on mower deck belts or mower blades for compact utility tractor (CUT) rotary mowers. Redeemable at participating John Deere dealers in the U.S. and Canada.
The engine horsepower and torque information are provided by the engine manufacturer to be used for comparison purposes only. Actual operating horsepower and torque will be less. Refer to the engine manufacturer's website for additional information.
Term limited to years or hours used, whichever comes first, and varies by model. See the LIMITED WARRANTY FOR NEW JOHN DEERE TURF AND UTILITY EQUIPMENT at JOHNDEERE.COM
John Deere, the leaping deer symbol, and green and yellow trade dress are trademarks of Deere & Company.
*Based on 20% down and 0% APR for 60 months on installment. Taxes and fees can change final selling price and installment. W.A.C. through John Deere Financial. Residency and other restrictions apply. See dealer for details. Offer ends 7/31/2017.

WACO 6229 S. I-35 254-756-5467	HILLSBORO 1520 S. ABBOTT AVE. 254-582-2572	CLEBURNE 3319 NORTH MAIN 817-641-7861	ENNIS 4839 N. I-45 972-878-9691
---	---	--	--

www.BrazosValleyEQ.com

JOHN DEERE



when we tried to have students over, it was just bursting at the seams,” Deemie remembered. “Here we’ve had as many as 100 people inside. Normally it’s only 50. We even had a full wedding for a couple of students here!” Over the years, the Naugles have frequently hosted speakers and performers in their house for gatherings with students and faculty from DBU. “Students become our friends, and then they become family,” Deemie said. Lately, they’ve scaled back their hosting duties, but remain busy with plenty of other things.

Sitting in the living room where a brown leather sofa, love seat and recliner contrast with the ecru carpet and blend with the decor Deemie describes as Texas Hill Country eclectic, the Naugles like to talk and trade stories. The metal and wood coffee table and slate-front fireplace with its big mantel, displaying armadillos and horned toads, help the cozy atmosphere.

Like many couples, David and Deemie met at work, but not over the coffee pot. “She fell in love with me through my writing,” David said.

“He was asked to write a textbook for a class, and he asked me to edit it for him,” Deemie explained. “I really did fall in love with his writing. But I had to chase him because he was 39 and had never been married!”

Certain themes show up throughout the house. Art, especially paintings by local artists and students at DBU, is one of those themes. A pair of paintings, one of a yellow rose that becomes the state of Texas and another of bluebonnets that become the Texas flag, which hang over the hall table are an example. Other

examples are found in David’s study, alongside golf balls from the courses he’s played and many more books. Another is in the master bath, where Deemie has displayed a cross she had made from her mother’s jewelry after her passing. “I had one of these made for my sister, my sister-in-law and my daughter, as well,” Deemie said.

Stars are another motif that runs through the house. The Texas star in the front door, is repeated in the back door. Stars show up on the walls in the living room. And above the window seat in the breakfast nook hangs a star with a story.



Commitment to Care



Cancer Institute of Dallas

 *A Baylor Scott & White Health - HealthTexas Affiliate*

310 East Highway 67 • Duncanville, TX 75137

301 Ovilla Rd., Suite 100 • Red Oak, TX 75154

4927 Lake Ridge Pkwy., Suite 100 • Grand Prairie, TX 75052

A cancer diagnosis can be overwhelming. At **Cancer Institute of Dallas**, our experienced and trained medical staff will be there to help every step of the way. We opened our first office in Southwest Dallas in 1996 and believe that cancer care is best delivered in a multi-disciplinary environment. Cancer Institute of Dallas has an on-site diagnostic imaging center, radiation therapy, and a full infusion suite.

Maria Juarez, MD

Maryada Reddy, MD

Binu Nair, MD

Neelema Pinnapureddy, DO

Alan Slomowitz, MD

For an appointment or for more information call (972) 283-2389 or visit www.cancerinstitutedallas.com

Physicians are employees of HealthTexas Provider Network, an affiliate of Baylor Scott & White Health. ©2015 Baylor Scott & White Health. BID HTPN_2575 6.15

Kubota Z122R

Powerfully Engineered. Proven to Perform.



We are Kubota.

\$3,899*

- Air-cooled Kawasaki FR engine – 21.5 HP**
- 4.5" deep, fully welded durable 42" mower deck
- Patented steering system design for superior handling and maneuverability in confined areas
- Grass catcher, mulching, hitch kit and LED lights available

Check out our complete line of quality Kubota products.

 **CENTRAL
KUBOTA**
WAXAHACHIE, TEXAS
www.centralkubota.com

501 NORTH I-35E
WAXAHACHIE
972-938-1770

Open Monday–Friday 8-5, Saturday 8-2



www.kubota.com

*See www.kubota.com for specific Z100 model information and applicable limited time promotional pricing. **For complete warranty, safety and product information, consult your local Kubota dealer and the product operator's manual. Power (HP/KW) and other specifications are based on various standards or recommended practices. Optional equipment may be shown. © Kubota Tractor Corporation, 2016





David and Deemie built their house to be close to work and provide a space for entertaining students, friends and guests of the university.

Come see our center offering state-of-the-art digital X-ray and Spinal Decompression machines.



**COMFORT REHAB
CHIROPRACTIC**

Our patient-centered approach has been successful in treating problems once believed to be untreatable, using the most advanced nonsurgical methods to treat pain: Back and Neck Pain, Headaches, Carpal Tunnel Syndrome, Fibromyalgia, Joint Pain, Sports and Auto Accidents, Work Injuries, Pain Management.

We offer the following services:

- Family Chiropractic Care
- Cold Laser Therapy
- Rehab
- Therapeutic Massage
- Vibration Therapy
- Spinal Decompression

On-site: Pain Management / ESI Injection - Medical Doctor

**HAPPY
Independence
DAY**



Dr. Bryan McCormick



Mon. 8:30 a.m. - 7 p.m.
Tue. - Thur. 8:30 a.m. - 6 p.m.
Fri. 8:30 a.m. - 4 p.m.
Open Lunch

CEDAR HILL MEDICAL PLAZA

950 E. BELT LINE ROAD, SUITE 180 • CEDAR HILL
(Next to Methodist Family Health Center East) • (469) 454-2169

Visit ComfortRehab.com or DallasAccidentandInjuryRehab.com to sign up for our newsletter, special offers and Facebook.



NOVA ACADEMY

CEDAR HILL CAMPUS

A CHARTER SCHOOL WITH A PRIVATE SCHOOL ENVIRONMENT



SCHOOL BEGINS-AUGUST 28, 2017!
NOW ENROLLING GRADES PRE-K-6TH

REGISTER ONLINE AT
WWW.NOVAACADEMY.ORG

820 E. WINTERGREEN ROAD, BUILDING B.
CEDAR HILL, TEXAS 75104

FOR SUMMER OFFICE HOURS OR MORE INFORMATION
CALL: 972.291.1900

SPONSORED BY: BBVA COMPASS

Nova Academy admits students of any race, color, nationality, and ethnic origin to all the rights, privileges, programs, and activities of the school. Admission will not be based on gender, national origin, ethnicity, religion, disability, academic, artistic or athletic ability, or the district the child would otherwise attend.

HUGE Selection of Medical Supplies in Stock! Stop by TODAY!

**LIFT CHAIRS,
WHEELCHAIRS & SCOOTERS**

from **\$629** **GOLDEN**
technologies



**Wide Selection
of Scrubs
& Accessories!**



972.757.7636

www.csemobility.com

100 Plaza Drive, Ste. 300, Red Oak, TX



“That star is from Halifax, Nova Scotia,” David remembered.

“Yeah,” Deemie agreed. “We went on a cruise about the time we were building the house, and we just found that. It seemed like the right place for it.”

The kitchen countertop is one solid piece of granite, cut to fit. The cabinetry is knotty alder. “We had to cut our budget in other places to get that wood,” David recalled.

“We prayed over every decision during the building,” Deemie added.

The open plan design means the kitchen has to stay clean, but also that anyone in the kitchen is still able to see and take part in everything going on in the living room and dining room. Just at the end of the dining room, before you circle back into the living room, is a conversation pit with wicker furniture.

“We didn’t want separate rooms,” David explained, but we did want separate areas.”

The conversation pit highlights another of those themes that run throughout the house. The one thing you can’t miss here is the big painting of a lion. “That’s Aslan,” David smiled, referring to the lion in the *Chronicles of Narnia* books. C.S. Lewis holds a special place for both David and Deemie, and there are connections and tributes everywhere. His books, fiction and nonfiction, and biographies are in the library and on other shelves. A chair in the master bedroom is known as “the C.S. Lewis chair” because it looks like one at The Kilns, C.S. Lewis’ home in England, where David spent time as a



AMS
ACADEMIC SOLUTIONS

Class Registration is online, and classes are updated regularly.

1423 N. Hwy. 67, Suite 100, • Cedar Hill, TX 75104

AMS Academic Solutions provides one-on-one and group tutoring for students of all ages from 2nd grade through college.

AMS Academic Solutions offers:

- Tutoring in a nurturing environment
- Online tutoring
- All subjects including math, reading, writing, the sciences, and a host of other topics
- Standardized test prep
- Spanish Immersion classes
- Money Management courses

For more information, visit our website:

www.amsacademicsolutions.com or call us at 972-755-1151



CAMP BOW WOW®

DOGGY DAY CARE AND BOARDING • IN-HOME PET CARE • GROOMING

- Spacious Cabins & Comfy Cots
- All Day Play, Snooze the Night Away.®
- Live Web Cams
- Certified Camp Counselors®

BOOK
NOW FOR
BIG FUN!



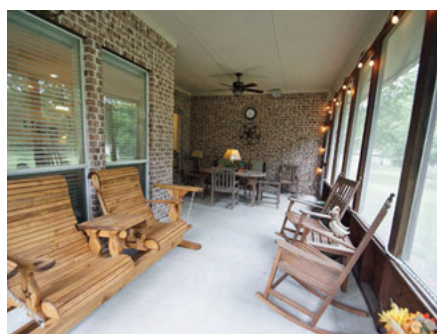
July is National Lost Pet Prevention Month

10% off any Pet Tags

Camp Bow Wow® SWDALLAS

519 E. Highway 67 | Duncanville, TX 75137 | 972-296-9663 | cambowwow.com/swdallas

Valid only at Camp Bow Wow SWDALLAS. New customers only. Camper must be spayed or neutered (if over 6 months) and be current on all vaccinations including Rabies, Distemper and Bordetella. Offer not valid on holidays and cannot be combined with any offer discount or package. CODE: PROMO_AD Expires: 7.31.17



scholar-in-residence in 2011 researching the man and his writings. Both David and Deemie are on the board of the C.S. Lewis Institute.

Behind a curtain lies an area the Naugles refer to as the “flex space,” since it can be used as a guest suite or opened up to provide more room for hosting large gatherings. The guest room boasts a map of the Republic of Texas and Texas tiles from the State Fair and a mosaic of the Texas flag. The attached sitting room has mounted shelves made of books displaying a C.S. Lewis mug and a rock from The Kilns. There is also a mosaic by a former student on the wall showing Creation, the Fall and Redemption, and more student art on a ladder shelf. On the way to the exit, visitors pass a hall tree made of a repurposed old door with mirrors in the panels and a trunk for the seat.

C.S. Lewis once said, “A pleasure is not fully grown until it is remembered.” David and Deemie Naugle seem to have taken that fully to heart, filling their house with memories of places, people and times, letting the memories grow into full pleasures. **NOW**



Crown Roofing & Construction

Services We Offer

- Roof Replacement
- Gutter Replacement
- Painting
- Fence Replacement
- Electrical
- Fire Restoration

Licensed and Insured



ACCREDITED BUSINESS

ATTENTION HOMEOWNERS

FREE ROOF INSPECTIONS

Insurance Claim Assistance

Ask About Our Roofing Specials

Upgrade from a 3-tab roof to a 30 year shingle

Upgrade a 30 year shingle with a High Profile or Ridge Vent

These Specials Won't Last Forever

Main: 972-298-ROOF (7663)

Dallas: 972-290-0366

507 E. Fairmeadows Dr., Duncanville • info@CrownRoofingDFW.com • www.CrownRoofingDFW.com



Everything Nice

We are now delivering your orders to you! Ask us about it when you place your order.

208 N. Main Street

Duncanville, TX 75116

972-296-6423

Stop by and check out our personalization counter for your custom needs!





CORKCICLE. CANTEEN

Enjoy 25 hours of cool.

Starting at **\$19.95**

SHOP COLLECTION





July 3rd - July 13th, 2017

FREE*

Brighton.

EYEGLASS CASE

With a same-day Brighton purchase of one pair of sunglasses receive this Show Your Stripes Eyeglass Case absolutely FREE!* (Retail Value \$20)



Images showing front and back side. *Limit one per customer, while supplies last. Purchase total includes merchandise only. Gift Cards and sales tax not included. Cannot be combined with other offers. At participating retailers only.

CONSUELA arriving in July!



20% OFF

One Regular Priced Item

Excluding Brighton and personalized items. Exp. July 31, 2017.

**CALL NOW
FOR THE NEW
COUNTERTOPS
YOU'VE ALWAYS
WANTED!**



*Granite, marble & quartz fabricator
for kitchen & bathroom countertops*
*Extensive color selection combines beauty,
function & elegance for any bathroom
or kitchen!*

MTM Countertops
2460 Hwy. 287 N. • Mansfield
For more info call 817.477.8663.

(Northbound service road -
between Callendar Rd. & Turner-Warnell)

FREE

**18-gauge
Stainless Steel Sink**

(\$350 value)

Call or visit our website for details!
www.MTMCOUNTERTOPS.com

- * FREE Estimates
- * Competitive Pricing
- * Up to 15-year Warranty
on Some Products

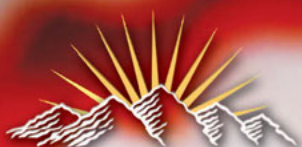
SILESTONE
by COSENTINO

**COME SEE OUR
WIDE SELECTION!**

SHOWROOM HOURS:
MON-FRI: 8AM - 5PM
SAT 10AM-2PM



LIKE US



FREEDOM HEATING & AIR

214-434-1391 | www.freedomcooling.com

Service - Maintenance - Sales - Parts - Residential - Light Commercial

**LET THE EXPERTS AT FREEDOM HEATING & AIR
HELP YOU BE PREPARED FOR ANY WEATHER.**

Contact Us To Learn More About
**0% APR For 72 Months Special
Financing* On Qualifying Purchases**

Free Estimates
on New
Equipment

Authorized
Oncor Service
Provider

Quality
Service on All
Brands

DICK NORTH



REALTOR

kw Dallas County
Legacy/Park Cities
KELLER WILLIAMS REALTY

214-500-0344
dicknorth40@yahoo.com

Each Keller Williams Office is Independently Owned and Operated **MLS**



Now Accepting New Patients!

www.kidsatheartdentist.com

(972) 291-5720



Kids@Heart

PEDIATRIC DENTISTRY

450 North Highway 67, Suite 100, Cedar Hill, TX 75104

Now Accepting New Patients!

We Accept Most PPO Plans, CHIP and Medicaid!

Specialized in Treating Infants, Toddlers, Children, Adolescents and Children with Special Needs!



Ashla Martin, DDS
Board Certified Diplomate
American Board
of Pediatric Dentistry

\$59

for Exam, Cleaning and X-Rays

For New Patients Without Insurance. Limit One Coupon Per Patient.

FREE

Exam for Kids Under 2!

For New Patients Without Insurance. Limit One Coupon Per Patient.







OLD REPUBLIC TITLE





Insuring the American Dream

Autumn Black
Branch Manager
Escrow Officer

Lolly Waller
Branch Lead
Escrow Officer

Robyn Barrere
Sales Executive
817.751.4187

www.oldrepublictitle.com/dfw

Arlington

1241 W. Green Oaks Blvd.
Suite 101
Arlington, TX 76013
817.457.3930 | f: 817.457.2976




Kim Moore
Escrow Officer

Katherine Loftis
Escrow Officer

Mansfield

1405 N. Highway 287
Suite 101
Mansfield, TX 76063
817.453.8104 | f: 817.622.7508





Jo Waldrop
Escrow Officer

Sheri Scott
Escrow Officer

Jake Burkhalter
Escrow Officer

Midlothian

800 Silken Crossing
Suite 110
Midlothian, TX 76065
469.672.8727 | f: 817.622.7333




Denise Ausmus
Escrow Officer

Jennifer Maggard
Escrow Officer

Since 1992, no other title insurer has had higher overall ratings than Old Republic Title.

GROWING PARKS

— By Adam Walker

Shawn Ray started working for the Cedar Hill Parks and Recreation Department as a seasonal job when he was a teenager in high school. “I needed a summer job,” Shawn remembered. But that summer job became a career and a long-term commitment to the community life of Cedar Hill. Now, after years of training and education, he is the parks superintendent who played an important role in the recent opening of two new neighborhood parks for the citizens of Cedar Hill.

Bear Creek Park and Highlands Recreation Area are the two newest parks in Cedar Hill. Both of them held their dedications in April. “The city acquired the land for Highlands from Cedar Hill ISD,” Shawn explained. “It was being used as a soccer field, but the community expressed interest in having it developed into a real park.”

“This wasn’t the city’s idea,” William Ford, the new director of Parks and Recreation, explained. “The neighborhoods come to us and request something,” he continued. “Then together, we determine what that park should look like.” A series of meetings between citizens and Neighborhood Services start the process of turning an idea into a community space.



Yes, I want take this opportunity to ask for your business in auto, home, life and/or renters insurance in a positive way.

Call my friendly and dedicated team to get a quick rate quote anytime on the phone or by email.

My phone is answered 24 hours a day. We handle most inquiries via telephone or email. Call today at 972-298-4491 or 1-800-250-9919.

We also accept all forms of checks and credit cards.

The great news is we may be able to save you some money.



JIM McDONALD
Agent

"Like a good neighbor, State Farm is there"®



314 North Main Street
Duncanville, Texas 75116
Office # (972) 298-4491
Fax # (972) 298-3005
jim.mcdonald.b4ee@statefarm.com
Se Habla Español

STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

Call for a FREE Rate Quote on Home & Car Insurance.

We Are Making an Impact,
Are You?

GOT KIDS?
get crazy
CRAZYFORMYKIDS.COM



100% DRUG FREE

A program of **drug prevention**
RESOURCES

BY IMPACT CEDAR HILL (469) 523-1309

www.crazyformykids.com • www.drugprevresources.org



DISCOVER *the difference*



Summer Special!

Bring in this ad and receive a Special Summer Discount on the apartment you select.

Call today to schedule a complimentary lunch or visit us online for more information.

CRESCENT POINT

235 W. Pleasant Run Rd.
Cedar Hill, TX 75104
tel **972-299-6551**

crescentpoint.org

An Independent Living Community



CRESCENT PLACE

225 W. Pleasant Run Rd.
Cedar Hill, TX 75104
tel **972-291-4955**

crescentplaceassistedliving.net

An Assisted Living & Memory Care Community



FAC. ID #: 102594



The new Bear Creek Park was created on land that the city acquired years ago but hadn't developed. "This neighborhood is out of the way," Shawn explained. "It's not connected to other communities in Cedar Hill by sidewalks or trails." So when the HOA met with the city last year, and they explained what they wanted from a neighborhood park, it was not a run-of-the-mill proposal. They wanted an outdoor exercise area like a rec center with elliptical machines and bench press stations. Eventually, they hope to add a basketball court, but that will be in a later phase of the project. "The HOA contributed \$25,000 to this project, so the community is deeply invested in their own park," Shawn reported.

"We continued getting input from the neighborhoods for a couple of months," Shawn explained. "Then we hired Dunkin, Sims and Stoffels as the landscape architects to draw up plans for the parks." The bidding process to find the contractors who would do the actual building and installation of the two new parks, revealed what everyone knows — construction is expensive in today's markets, with the current building boom. So, the projects have to be completed in stages, as the funds are available. "The bids were high, so we had to prioritize. We'll add the other pieces the communities want as we can."

The actual construction started just after school let out last year. After seven months of construction, there were still some things that weren't complete at the time of the dedications the first week of April. They were still waiting on the arrival of the pergolas, some irrigation and trees and landscaping. But that didn't stop the citizens of these neighborhoods from enjoying their new spaces. "The citizens at Highlands were already using the park before construction was finished. That's not what we want people



Accepting New Patients



Sunflower Dental
Danielle R. Franklin DDS

FREE Consultation for New Patients •

We Offer  **invisalign** Braces •

Ask About Our ZOOM Whitening!

New Smiles for the New Year!
972-298-4209
407 W. Wheatland Rd
Suite 101, Duncanville
www.mysunflowerdental.com





Friends Place Adult Day Services

An affordable adult activity center designed to keep individuals active and engaged in a compassionate, supportive and safe environment.

We Provide Transportation
Call today for a tour:
972.274.2484
www.FriendsPlaceADS.com
1232 W. Belt Line Rd., DeSoto, TX
Ask about our Veterans benefits.

Specialized Alzheimer's Daytime Care & Programs



Specialized program designed to help members:

- Maintain their independence
- Stay physically and cognitively active
- Maintain social skills • Improve quality of life

doing. It's dangerous," Shawn warned, "but it does show how much the people wanted this park."

William was pleased that Cedar Hill built these new parks with all the latest standards in mind. "The play areas all have pour-in-place rubber composite fall areas," he said. This helps the play areas comply with the Americans with Disabilities Act. "It's more expensive to install, but the rubber doesn't have to be raked up every morning like the engineered wood fiber, which has to be replaced every year. And the rubber lasts 8-10 years."

According to Shawn, "The actual construction aspect is kind of boring, as long as it goes according to plan. Then if it doesn't ..." Some of Shawn's duties during the construction phase include inspecting irrigation installation and being sure the structural engineering is up to code. He has to be sure that what was on the plans is what ends up in the field. And they continue meeting with the citizens about how they want the parks laid out, to be sure the neighborhoods are getting the parks they want.

Just before the dedications, Shawn was focused on getting the project closed out, finishing the paperwork and planning maintenance schedules for mowing and other tasks, like winter maintenance of the equipment, using the current Parks staff. "The crews take a lot of pride in our parks. Even while they were still under construction, the crews were coming to me asking, 'Do you need us to mow now? The grass is getting high.' And I'd tell them, 'No, that's still the contractor's responsibility.' But they were ready to take ownership." For Shawn, "The rewarding part comes after the dedications, when you see the people




Voted #1 Home Health Care Agency
by Waxahachie Daily Light Readers Choice 2016

Bristol Hospice
PATHWAYS LLC
EMBRACING A REVERENCE FOR LIFE®

WE PROVIDE:

- Pain and Symptom Management • Counseling and Support Services
- Spiritual Counseling • Therapy Service • Skilled Nursing Care • Home Health Aide Services
- Volunteer Services • Supplies, Medication and Durable Medical Equipment related to the Life-Limiting Illness • Continuous Care • Outpatient Services
- General Inpatient Services • Respite Care Services

972-923-2436 • 877-214-3565
115 Park Place Blvd., Suite 100, Waxahachie, Texas 75165
www.bristolhospice.com



Fountain of the Living God
Family Christian Center
"Where the well of His mercy never runs dry!"

Pastor Randy
and Belinda Henderson
972-768-8524
flgfcc@yahoo.com
www.fountainofthelivinggod.org

Worship Times
Sundays: 9:00 AM
Thursdays: 7:30 PM

208 N. Hampton Rd., Suite D • DeSoto, TX 75115 • 469-530-5853



Are your feet ready for summer?

Infinity
FOOT & ANKLE

Dr. Parul K. Patel, DPM

- Flat Feet • Bunions • Fractures • Infections • Bone Spurs • Diabetic Foot
- Hammer Toes • Corns/Calluses • Ankle/Foot Pain • Heel Pain/Spurs • Sports Medicine • Nail Fungus/Laser Treatment

Call for an appointment 972.274.5708
www.infinityfootandankle.com

VISIT OUR NEW LOCATION!
2611 Bolton Boone Dr., DeSoto, Texas 75115 Offices also in Uptown Dallas and Sunnyvale

PARTY LIKE Picasso



Art Parties are available for ages 5 and up. Contact us to book your Art Party today!

Have Fun, Paint, Eat, Drink & Leave With Your Own Masterpiece!

Fun on the Wheel!



AUGUST 9TH @ 6:00PM-8:00PM
FOR AGES 9 TO ADULT \$15
ALL SUPPLIES INCLUDED



SESSION 6: ADULT, TEEN & KIDS

ART CLASSES START AUG 7TH. EARLY REGISTRATION DISCOUNT
Adult 6 week classes as low as \$150 - Kids as low as \$101.
Can't make the commitment for a 6-week class... Don't hesitate. Give us a call for special drop in rates! Offer ends 8/5/17 sign up today for the class of your choice (Deal is not valid with any other offers or promotions)

5 Day Summer Art Camps

June 5th-July 28th @ 9:30am-12:45pm
For Ages 5-17 \$140 All supplies included.



VISUAL EXPRESSIONS

www.veartgallery.com • 972-293-1117 • 1425 N. HWY 67 Cedar Hill TX 75104

10

THINGS YOU CAN DO WITH BUSINESS INSURANCE

State Farm



1 Protect Your Paycheck	2 Recover Important Papers	3 Replace Business Income	4 Replace Business Property	5 Replace Spoiled Food
6 Protect Your Legacy	7 Protect Your Employees	8 Adjust Coverage to Match Growth	9 Repair Damage to Your Building	10 Recover from Forgery

Joshua Thibodeaux

972-780-5599 • TheCoverageCrew.com

150 E. Hwy. 67, Suite 160 • Duncanville, TX 75137

Serving DFW Since 2017!



DALLAS AREA PATROL AND PROTECTION SERVICES



CHIEF M. JONES
 CHIEF OF OPERATIONS

MOBILE NUMBER
 214-532-4202

MAIN NUMBER
 972-224-0920

1666 N. HAMPTON RD., SUITE 204-A, DESOTO, TX 75115
WWW.DAL-APPS.COM MJONES@DAL-APPS.COM

LONE STAR



STORAGE AND MECHANICAL

Need A Place To Store and Maintain Your Boat, RV, Trailer or All Three?
Call Terry Today for Pricing and Details at 972-670-9692.





We are your one-stop shop for all your boat, RV and utility trailer repairs, parts and accessories.



using the parks, talking to their neighbors, exercising, doing yoga — these spaces provide the opportunity for that.”

Today, both parks are in full use with walking trails looping the playgrounds, so parents can keep a constant eye on their children as they enact their adventures on the equipment, while getting in a walk to relieve the day's stress. In the next months, shade structures will be added to the play areas at both parks. And the neon green exercise stations at Bear Creek are doing their job of keeping the community fit, offering both strength training and aerobic exercise under the open sky. Shawn and the rest of the Parks Department plan to continue identifying needs for additional amenities and adding landscaping until these new neighborhood parks are the best they can be.

William is looking forward to future projects. “It's important to acquire land for parks now, before it's developed. Businesses relocate to places with high quality of life, and our parks are an important part of life in Cedar Hill.”

“The Parks and Recreation Department is charged with connecting the community. Our neighborhoods are our greatest assets,” Shawn explained. “People expect a bunch of bureaucracy, but we don't want to kill your ideas. We want to help. Small, neighborhood parks play into the overall picture of Cedar Hill spaces for community.”

Shawn and the rest of the Parks Department do a lot to keep Cedar Hill green and active. And most of that work happens behind the scenes, keeping everything in tip-top shape at the shared community spaces. “We're lucky in Cedar Hill,” Shawn admitted. “Both the City Council and the citizens are very supportive of the parks, and they get lots of use.” **NOW**

HEALTHY HAIRLINES
HAIRLOSS CLINIC

Do you suffer from hair loss?

Now Treating:

- Alopecia
- Hair Loss Due to Chemotherapy
- Balding & Thinning
- Diffused/Medical Hair Loss
- Traction Alopecia

Before

After

• Hair Pieces

• Hair Loss Treatments

• Hormone Therapy

• \$75 Consultations

Now Accepting Select Medical Insurance

Ana Rhoden, Hair Loss Specialist

To book an appointment, call (972) 803-5563 or visit our website at www.HealthyHairlinesHairLossClinic.com

Need directions to your financial destination?

Vernon L. Folks
Financial Advisor
1431 N. Hwy. 67 Suite 300
Cedar Hill, TX 75104
972-293-9609
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

LANCASTER
Nursing & Rehabilitation

★★★★★
4 STAR RATING
Overall Quality Rating by CMS

Caring for those who need it the most.

972-227-6066

WWW.LANCASTERNURSINGANDREHAB.COM
1515 N. ELM STREET • LANCASTER, TX 75134

Ad Council

I am very Sensitive to Lights and Sounds

Jacob Sanchez
Diagnosed with autism

Sensory sensitivity is a sign of autism.
Learn the others at autismspeaks.org/signs.

AUTISM SPEAKS

Pets are part of the family. Whether dealing with an ambivalent feline, or a dog that truly is man's best friend, taking care of your pet means more than just refilling a food and water bowl. To make sure your family pet has as long and healthy of a life as possible, follow these simple steps.

VACCINATIONS AND VET VISITS

- *They would thank you if they could.* One of the hard things about caring for pets is that they cannot tell you when they feel bad. That is part of the reason it is so important to keep up with regular vaccinations. Most vaccines for things like influenza and rabies require yearly boosters, but the list of vaccinations is numerous and varied, so be sure to check with your veterinarian for specifics.¹

FURRY FAMILY FELLOWS

— By Zachary R. Urquhart





Willow Brook Animal Hospital and Willow Run Kennels
Celebrate the Special Bond between
Our Heroes and Their Pets.

972-223-1100 | 972-223-4400

www.willowpets.com



DAVE KOZ

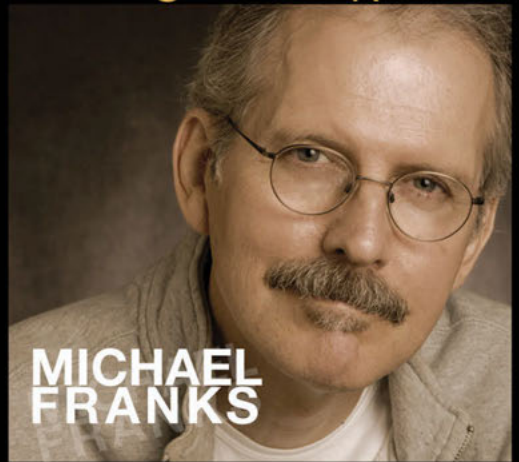
SIDE BY SIDE

T O U R



DAVE
KOZ

7:30PM
SHOWTIME



MICHAEL
FRANKS



LARRY
GRAHAM

SATURDAY, JULY 22ND

MORTON MEYERSON SYMPHONY CENTER

2301 FLORA ST. | DALLAS TX 75201 | (214) 670-3600

TICKETS AVAILABLE AT TICKETMASTER.COM

We Believe That Helping One, We May Heal Many
Our Family Caring for Yours

Awarded Elite Hospice Company 2017



Home Health Palliative Care & Hospice

972-878-CARE (2273)

109 SW Main St., Ennis

Proudly Servicing Ellis & Surrounding Counties



Your *Local* Home Health, Palliative Care & Hospice Professionals

• *Use a vet you trust.* Finding a good veterinarian is like finding a good doctor. Whether you are taking your pet in for a routine visit or because you think something is wrong, you need someone whose diagnosis and treatment plan you feel confident in. If you need to find someone, ask friends, check for specializations and think about choosing someone who is accredited by the American Animal Hospital Association. Before you decide on a vet, tour the practice, so you can meet the staff before you are trusting your loved ones to their care.²

• *Do not wait.* Dogs, cats and, yes, even fish benefit from yearly checkups with your trusted vet. Aside from going once a year, if you notice something wrong with your pet, you should head in. Lethargy is a common sign that something is wrong. Your dog or cat will likely lay around more than normal, and your fish may be swimming a lot less than is typical. If you think there is a problem, the best option is to let your vet take a look.

DIET AND EXERCISE

• *Exercise for fun and for fitness.* No matter what kind of pet you have, there are things you can do to encourage and ensure plenty of exercise. While you may not be inclined to take your ferret or iguana on a walk, making sure they have fun climbing equipment and toys in their living space is important. The same idea goes for cats, who generally cannot be leashed and taken on walks unless trained from their earliest days. You can invest in climbing and scratching posts, or even build a cat gymnasium if you are handy enough to do so.³

• *Let your pet get you in shape.*
When it comes to



Educational opportunities are offered by the Dallas County Community College District without regard to race, color, age, religion, national origin, sex, disability or sexual orientation.

MAY TERM • SUMMER TERMS • FALL TERM
REGISTER NOW!
ENROLL FOR FALL BY
AUGUST 15

HIT A GRAND SLAM
CEDAR VALLEY COLLEGE

CELEBRATING 40 YEARS
EST 1977

972-860-8201
CEDARVALLEYCOLLEGE.EDU
INFORMACION DISPONIBLE EN ESPAÑOL

Cedar Valley College
DALLAS COUNTY COMMUNITY COLLEGE DISTRICT

Higher Education That
Actually Gets You Hired

You're A Good Man, Charlie Brown

Based on the Comic Strip "PEANUTS" by Charles M. Schulz Book, Lyrics, & Music by Clark Gesner directed by Elisa Guse

July
20-22 & 27-29
8:00 p.m.

Lots of fun for the young & the young at heart!

Great Theatre Since 1988!

DUNCANVILLE COMMUNITY THEATRE

106 S. Main St.
Duncanville
972-780-5707

www.dctheatre.org

MBC Enterprises Presents

BETTER INCOME STORE

Fast Learning, Fast Earning!

College takes 2-4 years and costs over \$20k.
We only take 2-4 WEEKS for a few \$100s!
Start making money FAST!

We Help People Around the World Make MONEY!

Make Money Online From Home
Real Estate Investing, Stock Market Trading & More. We Also Come to You!

(469) 765-5327
www.servicesatmbc.com



your canine, the options for exercise are endless, and offer you a chance to improve your own personal fitness as well. Aside from a traditional dog walk, you can go for a jog on a trail, play in the park or leash up your dog and let them decide every turn to come up with a new route.⁴

• *Diet is important, too.* People have gained an incredible understanding of nutrition and diet over the last few decades. Just like you need to balance your starchy carbs with plenty of protein, fruits and vegetables, pets need a balanced diet, as well. That can mean giving your furry friend pet food with all the nutrients they need, or giving them a variety of foods. You probably do not eat the same meal every day, so remember that your pet may enjoy a variety, too. Be sure that over the span of several days you are feeding them the full spectrum of nutrients they need to grow and thrive.⁵

• *Some pets need special diets.* Most pets will thrive with a standard, balanced diet appropriate for their breed. Some, though, will require a special diet for issues including, but not limited to, heart and liver disease, weight problems or bladder stones. Some pets even have allergies, so you may have to find or make special food to keep them going and growing. If you suspect your pet is having dietary issues, get a detailed diet from your vet.

OTHER THINGS TO CONSIDER

• *No one likes to sneeze.* In addition to potential food allergies, dogs and cats can also suffer from seasonal allergies. If you notice your pet scratching, licking or rubbing its face on coarse surfaces, it is probably trying to satiate its itchiness much like people will move their backs on a door frame to get those hard to reach places.⁶



ACCESS SELF STORAGE AND TRUCK RENTAL
PREMIER STORAGE FACILITIES





Midlothian Location NOW OPEN!

- SMALL - LARGE UNITS
- MOVING SUPPLIES
- LOCAL & ONE-WAY TRUCKS
- LOCALLY OWNED SINCE 1973

Midlothian • 214-236-7474
1630 Hwy. 67

Lancaster • 972-224-4545
1040 Cedar Valley Dr.

Red Oak • 972-515-8600
E. Ovilla Rd. & TX-342

Oak Cliff • 214-372-3880
3427 Marvin D. Love Fwy.

DeSoto - Opening Early 2018
SE Corner Hampton Rd. & Danieldale

www.accessstoragedallas.com • 888-247-5603



\$15 OFF EYE EXAM
Restrictions apply. Expires 7/31/17



Anthony Peterson, O.D.



HAPPY 4th of July!

- Accepting New Patients
- Walk-ins Welcomed
- Spanish-speaking Doctor & Staff (Se habla Español)

Hours: Monday-Thursday 9-6 | Friday 8-4 | Saturdays, by appointment
150 E. Hwy. 67, Suite 120 • Duncanville, TX
972-298-EYES (3937) ■ www.pecdallas.com

Payments accepted:
Cash, Debit, Checks
CareCredit





Jaynes Memorial Chapel

811 S. Cockrell Hill Road
Duncanville, TX 75137
Phone: (972) 298-2334
jaynesmemorialchapel.com

Caring hometown service since 1998



LUXURY VINYL PLANK FLOORING ONLY .60 CENTS/SQ. FT.

BRAND NEW OFFICE FURNITURE - ONLY \$40!

LIGHTING 50% OFF RETAIL

469-644-4686 • THELASTINVENTORY.COM
1502 S. I-35 E., SUITE 270 • LANCASTER



PORCELAIN TILE SALE!

BRING THIS AD AND RECEIVE \$10 OFF
(WITH PURCHASE OF \$100 OR MORE.)

Celebrate Your Independence

Champions Cove

Award Winning Senior Living

1600 South Main St.
Duncanville, TX 75137

972.298.5545

championscove.com



A less common symptom for allergies left untreated is hair loss. When you see any of these things, get to the vet, so you can get medication quickly. In the meantime, give your pet baths more regularly, and keep floors clean by vacuuming and by washing your pet's feet frequently.

- *Consider pet health insurance.* One of the reasons people sometimes neglect to take a pet in for a visit is the cost. While emergencies can be costly, and long-term care can seem daunting, pet insurance is a great way to offset potential expenses. If you do not have pet insurance, the easiest first step is to go online to get quotes and compare rates. Many familiar companies like GEICO and Progressive offer various plans, so you can decide how much coverage your pet needs.

It is never easy to say goodbye to your beloved pets, but the fact is that most pets will pass on before their owners. With these helpful tips, though, you can help the furry members of the family live a long full life. **NOW**

Sources:

¹<http://pets.webmd.com/pet-vaccines-schedules-cats-dogs>

²https://www.aaha.org/pet_owner/about_aaha/why_accreditation_matters/about_accreditation/how_to_choose_the_right_veterinarian.aspx

³http://www.petmd.com/cat/wellness/evr_ct_exercising_with_your_cat_a_how_to_guide

⁴<http://www.animalplanet.com/pets/healthy-pets/10-fun-ways-to-exercise-your-dog/>

⁵http://www.whole-dog-journal.com/issues/15_7/features/Home-Prepared-Dog-Food-Nutritional-Information_20568-1.html

⁶<http://iheartdogs.com/10-signs-your-dog-has-seasonal-allergies/5/>

Lose Weight Now
Ask Us How

Lose
up
to
30
POUNDS
in 30 Days



Safe and Effective

Affordable

Physician Supervised

Rapid Weight Loss

Sustainable Results

**Special Focus on
Problem Areas**

Call Today To Schedule
Your **FREE** Initial Consultation
214.550.0680

Introducing Our New
**Medical Weight
Loss Program**

**Ask about our
introductory
offer!**

We Accept almost all Major Medical
Insurance Including Medicare

Please Come Visit Us at:
University Plaza, 401 N. Hwy 77 • Suite #1
Waxahachie, TX 75165
WWW.VCAREHEALTH.ORG



V-Care Health Services

.....Live Life Pain Free

King Pools, Inc.

972-723-2800

"Pools built for a king."



SWIMMINGPOOL.COM

Ask us about our
professional weekly pool cleaning service specials!

New Pools • Gazebos/Arbors • Outdoor Kitchens
Fireplaces/Fire Pits • Fencing • Remodels
Weekly Cleaning • Service/Repair • Retail Store



POOL ESTIMATOR
appointment request

104 N. 8th St. (Downtown Midlothian) • www.KingPoolsInc.com

A+





Haydin Insurance Group, LLC

P.O. Box 1269
201 Bryan Pl.
Cedar Hill, TX 75106-1269
(972) 299-5355
Fax: (972) 299-5397
danhaydin@sbcglobal.net
www.haydingroup.com

Hours:

Monday-Friday: 9:00 a.m.-5:00 p.m.
Saturday and Sunday: Closed



Daniel Haydin (center), Melony Young and Michael Lemmon can't wait to help you find the policy that's right for you.

Insuring Customer Service

The Haydin Insurance Group works to provide the right plan for your needs.

— By Adam Walker

The Haydin Insurance Group focuses on employee benefits for small- to medium-sized employers. “We can provide anything an employer needs, from life insurance to health and dental to ancillary care coverage,” Daniel Haydin explained. “We are independent brokers for life and health insurance contracts, so we can go to any carrier that works for your needs and find the most competitive prices available.” Daniel believes that “service is the name of the game,” so he and his fellow agents are willing to do as much or as little as you want. “Some HR managers or employers are very hands on, others want someone to take care of everything for them. We can help either way.”

Daniel started in this field back in 1978 as a life insurance salesman with a big firm in the Park Cities dealing with individual policies. “I learned from the best in the business, at the No. 1 agency in that company,” Daniel remembered. That experience gives Daniel a unique perspective on how the insurance industry has changed over time, and he’s seen how fads can come and go. “If a new product comes along, something I need to study, I’m glad to do that. I need to be able to educate customers, so I can give them the proper information to make the best choice.” He makes being informed regarding the changes in the industry such a priority that he keeps up with

programs, like the Medicare Advantage and other government programs, which require spending a lot of time on yearly re-certifications.

Some changes, like the reduction in the number of companies providing insurance products, make it more difficult to provide the level of service the agents of the Haydin Group strive to give their clients. "Claim adjudication is not as easy as it once was, but I go to bat for my clients and help them understand billing. HIPAA reduces our ability to act as intermediaries, but we do everything we can."

"We focus on having a wide variety, a comprehensive range, of life and health products to choose from."

Daniel said, "I like the freedom of being independent. I don't have to try to fit a round ball in a square hole. I don't have to sell company X, if it's not the best fit for the customer. My philosophy is to be with the best, only the top 2- to 3-percent, no B-rated companies. I think very strongly about what's best for my customers on a long-term basis." And when it comes time to renew, Daniel wants his customers to stick around. "Servicing an account before it runs out is important. We try to find a better deal for renewal and help our clients understand their options. If that means renegotiating with the current provider or finding a new provider, that's what we do."

He also believes in long-term involvement in his community. The Haydin Insurance Group has been in Cedar Hill since 1999. His fellow agent, Michael Lemmon, and Melony Young, who is both an agent and office manager, share his dedication to service. "We focus on having a wide variety, a comprehensive range, of life and health products to choose from. And we strive to always have the best customer service and knowledge of the field. From A to Z, we do everything in our field. And we care. Once we get you as a customer, we want to keep you as a customer. We always want to try to be somebody's answer." **NOW**



**Confused about your Medicare options?
Are you getting tons of mail from different insurance companies?**



Daniel C. Haydin, Jr.
President
Independent Broker
Since 1978
danhaydin@sbcglobal.net

**Just throw away all that mail and
CALL US for a FREE, no-obligation
appointment to discuss your options.
We can explain your benefits much
better than a brochure can.**



Michael Lemmon
Independent Broker
m_lemmon@att.net

Are you turning 65 soon? We can help you with
your transition into Medicare products.

**Other Coverages Include: Life, Disability, Long Term Care, Cancer and
Heart Attack/Stroke.**

PH (972) 299-5355
Rated A+ by the Better Business Bureau





HAYDIN INSURANCE GROUP, LLC
201 Bryan Place, Cedar Hill, TX 75104
Corner of Bryan Place and Straus Rd



**A great new way to shop
and do business locally!**



Dining  **DEALS**

Go to www.nowmagazines.com
and flip through a current edition
of your favorite NOW Magazine.

Burleson • Corsicana • Ennis • Granbury
Mansfield • Midlothian • North Ellis Co.
Southwest • Waxahachie • Weatherford



When you see an advertisement or coupon that interests you ...
CLICK ON IT ... 
and you'll be instantly directed to that company's website.



First Methodist School students and staff celebrate Cinco de Mayo.



Doctors from Methodist Charlton Medical Center share Dr. Sense with kids at the Zula B. Wylie Library.



Best Southwest Everything Teen Expo 2017 celebrates its teen volunteers.



Francis Cedilla models new Brighton handbags at And Everything Nice.



Duncanville's annual firetruck pull raises money for Special Olympics.



DeSoto ISD students stop to take a selfie on Academic Signing Day.



Lynn Crossland mans the register at Tuesday Morning.



Duncanville Design Studio Members recently completed a permanent art feature on the walls of Ben Franklin Apothecary.



Maggie Craven helps customers at White Rhino.

Dining DEALS



Suzushii

Sushi & Grill

Lunch **Bento Box**
Start at **\$7.95**

Serving sushi roll
over **80**
items

Closed July 4th.

\$5 OFF
Any \$25 Order
Alcohol not included. Tax not included.
Dine-in only. One coupon per party.

OPEN 7 DAYS
Mon-Fri: Lunch 11am-3pm
Dinner 4:30 - 10pm
Sat: 11-10pm Sun: 12:00-9:30pm

638 Uptown Blvd. Cedar Hill
972 293-1009 • www.suzushiiisushiandgrill.com



Beat the Heat with a Nice Cool Treat!

KITCHENS DELI

Specialty Sandwiches,
Soups, Desserts and
Old Fashioned
Soda Fountain

Inside Ben Franklin Apothecary
302 N. Main St., Duncanville • (972) 298-8698

1/2 OFF
Any Ice
Cream Dessert
Expires 7/31/17

FREE
Fountain Drink
With purchase of
any Deli Meal!
Expires 7/31/17

Limit 1 per customer. No cash value. Not for sale. One coupon per customer per visit. Dine in only. Cannot be used for prior purchases or combined with any other offer. Coupon must be surrendered at time of purchase. Unauthorized reproductions of this coupon will not be accepted. Additional exclusions may apply. See store for details.

Gran Gran's

Catfish & Soul Food

New Location NOW OPEN

205 S. Main St., #10-07 Red Oak, TX (across from high school)
Mon: Closed | Tue-Thur: 11 a.m.-8 p.m. | Fri: 11 a.m.-10 p.m.
Sat: 11 a.m.-8 p.m. | Sun: 12:30 p.m.-6 p.m.

972-576-8226



Wednesday Lunch Special
\$8.99
1 meat entrée with 2 sides and
a drink, excludes fish or ribs.
Expires 7/31/17



CAMPUZANO

mexican food

\$5 OFF
\$20 PURCHASE
Expires 7/31/17
CAMPUZANO
mexican food

Let
Campuzano
cater your
next event.

108 N. 8th Street Midlothian, TX 972-723-2634
2167 N. Highway 77 Waxahachie, TX 972-938-0047
213 W. Beltline Cedar Hill, TX 972-291-1053
2618 Oak Lawn Ave. Dallas, TX 214-526-0100

Planning for retirement: Is it ever too late?

Time is money.

Ben Franklin may not have been thinking about the effect of time on the accumulation of money back when he reportedly made this observation, but his words hit home for anyone saving for retirement these days. That's because time is precious for anyone who wants to prepare for the financial realities of retirement.

Obviously, the earlier you begin saving for your retirement, the more time you have to contribute to your retirement fund. An early start on retirement savings also puts the power of compound interest on your side — the ability of your earnings to grow on each other — until you withdraw funds from the account. In fact, say financial counselors, regularly saving even modest amounts beginning when you're just starting out can help you accumulate more for retirement than waiting several years and saving larger amounts.

Even so, life gets in the way for some of us. Before we know it, we've procrastinated our way through our 20s, 30s, even our 40s, with little or nothing saved for retirement. If you've waited out decades to get started on saving for your retirement, you may be wondering, *Did I wait too long?*

No doubt about it, say the experts, you'll be behind the eight ball, but it's never too late to start saving for retirement. With diligence, some strategic moves, and professional help, you can likely make up some of the ground you've lost.

Plan and save with focus.

Just saving as much as you can for retirement isn't the same as having a plan. More effective, create a savings strategy based on your own circumstances

and goals. Then, take advantage of opportunities to maximize savings, such as increased contribution limits for certain types of retirement accounts, if you are age 50 and older.

Delay retirement.

Minimize the hit to your retirement funds by working longer than you originally planned. Extra years of income can mean more dollars saved for retirement, more years for your savings to grow, and less need to tap retirement funds.

Get professional help.

Staying on task and on target is critical, if you're getting a late start. A financial professional can guide you through financial options, point out potential pitfalls, and coach you toward your ultimate retirement goals. **NOW**

Investment and insurance products are not FDIC insured, are not bank guaranteed, and may lose value.

Investment and insurance products are offered through Frost Brokerage Services, Inc., Member FINRA/SIPC. Frost Brokerage Services, Inc. is a wholly owned subsidiary of Frost Bank. Additionally, insurance products are offered through Frost Insurance.

Deposit and loan products are offered through Frost Bank, Member FDIC.

Frost does not provide legal or tax advice. Please seek legal or tax advice from legal and/or tax professionals.

Tim Maiden is a senior vice president for Frost Bank in Duncanville. (214) 515-4058

MOBILE BANKING.
ONLINE BANKING.
AND GOOD OL'
FACE-TO-FACE BANKING.



Frost is here whenever and wherever you need us, with the technology you want and the service you deserve.

Visit us at frostbank.com/expectmore or nearby at 150 E. Highway 67 in Duncanville.



MEMBER FDIC

LANDRY DESIGNS

COLLABORATE • DESIGN • REVEAL

WWW.LANDRYDESIGNS.COM
OR CALL 817-835-3100

PUBLISHED NATIONALLY 28 TIMES
34 INTERNATIONAL DESIGN AWARDS

Shantell Thomas



A Shock of a Sting

— By Betty Tryon, BSN

Those pesky bugs! They just love us, whether or not we love them in return. They bite us, sting us, stick us and scare us out of our wits. To many people, they are a nuisance, but others see the great benefits of having insects on this planet and consider the downside as a mere inconvenience. However, some bugs are crawling, flying death traps for humans. When that situation exists, great care needs to be taken.

The usual culprits that can set off an allergic reaction in humans are bees, wasps, fire ants, yellow jackets and hornets. According to the American College of Allergy, Asthma & Immunology, “The red or black imported fire ant now infests more than 260 million acres in the southern United States, where it has become a significant health hazard and may be the number one agent of insect stings.”

There is a normal reaction to insect venom that can be somewhat traumatic, but will not necessarily be an allergic reaction. Most people will have a normal reaction to an insect sting with symptoms of pain, redness and swelling. An allergic reaction is when your body overreacts to an allergen (any substance that causes an allergic reaction or specific hypersensitivity). The allergic reaction causes the same symptoms of pain, swelling and redness, only the coverage is beyond the site of the sting. You may experience itchiness or hives and/or a feeling of warmth in the area. If it progresses to the point that you begin wheezing, having trouble breathing, difficulty swallowing, swelling of the facial area, dizziness, weak and rapid pulse

and clammy skin, you may have anaphylaxis. This is a serious, life-threatening allergic reaction and requires immediate medical attention.

For someone in anaphylactic shock, there is no time to waste. Call 911. If the person carries epinephrine, sometimes referred to as an EpiPen, it needs to be administered right away. Even if symptoms improve, medical attention should still be received. Those symptoms could come back. Have the person lie down, elevate their legs and loosen any tight clothing. Cover them with a blanket or whatever material is handy. If any nausea or vomiting is present, turn them on their side. Do not have them eat or drink anything. If they stop breathing, administer CPR until emergency help arrives.

In order to avoid insect stings, do not make yourself a target. Avoid activities at dawn and dusk. When outside, wear insect repellent. Don't wear bright colors. Avoid perfumes, scented hairsprays, deodorants and lotions. If you are stung and have a generalized reaction, see an allergist for follow-up and treatment. **NOW**

Source:

<http://acaai.org/allergies/types/insect-sting-allergies>

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



Our New State-of-the-Art Facility Includes:

DR Panel Digital X-rays • DRX 9000 Spinal Decompression
Lipo Lite Laser for Medical Weight Loss • Therapeutic Electrotherapy and Physical Therapy units

WE OFFER ALL UNDER ONE ROOF:
Medical, Physical Therapy / Rehab, Spinal Decompression,
Medical Weight Loss, Durable Medical Equipment

CONDITIONS WE SPECIALIZE IN:

- KNEE PAIN / OSTEOARTHRITIS
- NECK PAIN
- BACK PAIN
- SHOULDER PAIN
- HIP PAIN
- SCIATICA
- FIBROMYALGIA
- HEADACHES/MIGRAINES
- BULGING DISCS
- NEUROPATHY

WE CAN RELIEVE KNEE PAIN WITHOUT SURGERY!

FDA Approved Treatment to

**RELIEVE
Knee Pain**

**—NOW—
ACCEPTING
NEW
PATIENTS**

OVER 95% SUCCESS RATE

Treatment is Safe and Easy. Call Today if You
Experience Any Degree of Knee Pain or Discomfort.

**treatment is covered by most
insurance companies including Medicare*

Safe and Effective

Affordable

Physician Supervised

Rapid Weight Loss

Sustainable Results

Special Focus on
Problem Areas

Call Today To Schedule
Your **FREE**
Initial Consultation

Lose Weight Now
Ask Us How

Lose
up to **30**
POUNDS
in 30 Days

Introducing Our New

**Medical
Weight
Loss
Program**

**Ask about our
introductory
offer!**

We Accept almost all Major Medical
Insurance Including Medicare



V-Care Health Services

.....Live Life Pain Free

UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE

214-550-0680 • WWW.VCAREHEALTH.ORG

July 1

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

July 4

Duncanville Lions Club Fourth of July Parade: 9:00 a.m., begins and ends at Reed Middle School, 530 Freeman St. Call Don at (214) 918-9981 or Kasey at (972) 298-1147 for information.

July 5

3-D Printing for Teens: 3:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd., DeSoto. Learn about the cool things you can create and print with our new 3D printer.

July 8

Star of Hope Baptist Church Women's Ministry Garage Sale: 7:30 a.m.-1:00 p.m., 2304 W. Wheatland Rd., Dallas. Email Frances Yvonne Benford for details at yvonnebenford@sbcglobal.net.

DFW World Series: all day, Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. \$10 per person over age 6. For information, call (318) 356-8392 or go to dfwworldseries.com.

July 10

Magician James Wand: 6:30 p.m.-7:30 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Families will love this fun and educational program, including clues, secret codes and lots of magic as the children help him on a top-secret mission.

July 19 — 21

Revival: 7:00 p.m., Fountain of the Living God Family Christian Center, 110 N. Lyndalyn Ave., DeSoto. Healing and deliverance service with Pastor Randy and Belinda Henderson.

July 22

Go Fish! Learn to Fish Event: 9:00 a.m.-noon, Cedar Hill State Park, 1570 FM 1382, Cedar Hill. Youth and adults learn the basics of fishing through fun, hands-on activities. Door prizes. Equipment and bait provided or bring your own. No fishing license necessary. Event is free, but park entrance may apply. Adults must accompany children. Bring sun protection and water.

July 25

Whirled on a String: 3:00-4:00 p.m., Duncanville Public Library, 201 James Collins

Blvd., Duncanville. Yo-yo tricks. Call Danene Hudson for info at (972) 780-5044.

July 27

Talent Show: 10:30-11:30 a.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill. Ages 5-18. Have a special talent or just want to see the amazing talent that Cedar Hill offers? Join us. Free.

July 29

Friends' Bag o' Books: 10:00 a.m.-2:00 p.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville. \$5 a bag. Fill it with as many books as you want.

Ongoing:

First Mondays

The Rotary Club of Cedar Hill: 6:00 p.m., High Pointe Baptist Church, 101 High Pointe Ln. The club consists of a diverse group of local business people and civic leaders who have completely embraced the essence of Rotary International's "Service Above Self" theme. The club is active the community, supporting many local non-profits and programs.

Third Mondays

DeSoto Public Library Book Club: 7:00 p.m., DeSoto Town Center Complex, 211 E. Pleasant Run Rd. For more information, call (972) 230-9661.

Fourth Mondays

Living with Diabetes: 6:00 p.m., Zula B. Wylie Public Library, Cedar Hill. Learn life skills suggested in living with diabetes.

Tuesdays

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

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

Second Tuesdays

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

American Business Women's Association: 7:00 p.m., Magnuson Grand Hotel DeSoto,

1515 N. I35, DeSoto. Dinner \$25. Currently accepting new members. For information, call (972) 224-3049.

Second and Fourth Tuesdays

Caregiver Support Group: 2:00-3:30 p.m., Friends Place Adult Day Services, 1232 W. Belt Line Rd., DeSoto. For more information, call (972) 274-2484.

Wednesdays

Pre-school Storytime: 10:30 a.m., DeSoto Public Library.

First Wednesdays

The Cedar Hill Citizens Fire Academy Alumni Group: Fire Station 211, 1212 W. Belt Line Rd. The Citizens Fire Academy began in 2006 and is a 10-week program designed to teach citizens about the inner workings of the fire department and the services they offer. For more information, call (972) 291-1011 or visit www.cedarhilltx.com/506/Citizens-Fire-Academy.

Thursdays

The Quilters: 10:00 a.m.-3:00 p.m., DeSoto Public Library. New quilters are welcome. If you or someone you know has a quilt top they would like hand quilted, call (972) 230-9661.

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

Texas Hold'Em Tournament: Noon., Senior Citizen Center, 204 Lion St., DeSoto. For more information, call (972) 230-5825.

Line Dance Classes: 12:15 and 1:00 p.m. Free. Senior Citizen Center, 204 Lion St., DeSoto. For more information, call (972) 230-5825.

Second Thursdays

Business on the Hill: 7:30 a.m., Texas Trust Credit Union, 109 W. FM 1382, Cedar Hill. Networking and meeting new neighbors.

Third Fridays

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

Third Saturdays

Duncan Switch Saturday Street Market: 8:00 a.m.-2:00 p.m., Main and Center streets, Duncanville. The event will include vendors, food and fun.

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



In the Kitchen With Patricia Samuels

— By Adam Walker

Patricia Samuels learned to cook by helping her mother and grandmother as a little girl. “I grew up in Port Arthur on the Texas/Louisiana border, which is largely inhabited by people originally from Louisiana,” Patricia remembered. That’s why she enjoys cooking Southern Louisiana Creole style. But she didn’t start cooking on her own until college. “When I went away to Texas A&M University and got an apartment, I was no longer on the dorm’s meal plan, but I realized that I needed to eat!”

When she isn’t cooking, Patricia works at an international employment law firm, is an ordained minister who used to teach on her father’s Gospel radio program and serves as the literacy chair of the James Campbell Chapter of the Daughters of the American Revolution. **NOW**

Delicious Sweet Potatoes

6 medium sweet potatoes, whole with skins on

1 cup granulated sugar

1/2 stick margarine

2 eggs, beaten

1 tsp. vanilla

1/2 can evaporated milk

Topping:

1/4 cup flour

1 cup brown sugar

1 cup pecans, chopped

1/2 stick margarine

1. Boil sweet potatoes. Remove skins and mash, removing the stringy part; cool.

2. Add granulated sugar, 1/2 stick margarine, eggs, vanilla and evaporated milk. Pour mixture into casserole dish.

3. For topping: Mix flour, brown sugar and nuts. Combine flour mixture with margarine; spread on top of potato mixture.

4. Bake, uncovered, at 325 F for 45 minutes to 1 hour, until golden brown.

Sopapilla Cheesecake

2 8-oz. pkgs. cream cheese, softened

1 1/4 cups sugar (divided use)

1 tsp. vanilla extract

2 8-oz. cans crescent dough

1/4 cup melted butter

1 tsp. cinnamon

Honey (optional)

1. Beat cream cheese with 1 cup of sugar and vanilla extract in a bowl until smooth.

2. Unroll both cans of crescent dough, using a rolling pin to shape each can of dough into a 9x13-inch rectangle. Press 1 piece into the bottom of a 9x13-inch baking dish.

3. Evenly spread the cream cheese mixture over the dough in the baking dish. Cover with the remaining piece of dough.

4. Drizzle the melted butter evenly over the top of the dough covering the cheesecake.

5. Stir together remaining sugar and the cinnamon in a small bowl and sprinkle over the cheesecake.

6. Bake at 350 F for about 45 minutes until the crescent dough has puffed and turned golden brown. Drizzle honey on top after it’s baked, if desired.

Mrs. Yennie’s Secret Ingredient Carrot Cake

Cake:

2 cups sugar

2 cups flour

2 tsp. baking soda

2 tsp. salt

2 tsp. cinnamon

4 eggs

1 1/2 cups oil

2 large jars junior baby carrots (Makes cake very moist!)

Frosting:

1 1-lb. box confectioner’s sugar

1 8-oz. pkg. Philadelphia cream cheese

1 tsp. vanilla

1 stick margarine

3/4 to 1 cup pecans

1. For cake: Combine sugar, flour, baking soda, salt, cinnamon, eggs and oil to make a batter.

2. Fold in carrot baby food. Bake at 350 F for 30-45 minutes; cool.

3. For frosting: Combine confectioner’s sugar, cream cheese, vanilla and margarine.

4. Spread frosting on cake, and sprinkle nuts on top.

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

**CREATING A
BEAUTIFUL SMILE IS
EASIER THAN YOU THINK.**

**DENTISTRY CAN
BE PAIN FREE &
AFFORDABLE.**

**CALL US
TODAY!**

AVAILABLE SERVICES:

- INVISALIGN
- WHITENING
- CROWN AND BRIDGE
- TOOTH COLORED FILLINGS
- IMPLANTS/MINI IMPLANTS
- PERIODONTAL TREATMENT
- DENTURES AND PARTIALS



WILLIAM A. BROWN, D.D.S. F.A.G.D.

972-298-8515

www.williamabrowndds.com • williamabrowndds@gmail.com

GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116

What is Life School?

- A tuition-free, open-enrollment, public, charter school of choice
- Subject to the same state and federal academic accountability standards as traditional public schools
- Character and Leadership Development
- Parent Involvement
- UIL Participation in Academics, Music, Fine Arts and Athletics



Apply Now For Fall 2017

Character Training

Strong Academics

Parenting Program



SCHOOL STARTS
AUGUST 16, 2017

SchoolMint

Enroll Now
Visit our new enrollment page.

enroll.lifeschools.net

powered by SchoolMint online registration systems

469-850-LIFE (5433)

WWW.LIFESCHOOLS.NET



@lifeschools.net



lifeschools.net

Life School admits students of any race, color, nationality, and ethnic origin to all the rights, privileges, programs, and activities of the school. Admission will not be based on gender, national origin, ethnicity, religion, disability, academic, artistic or athletic ability, or the district the child would otherwise attend.