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August 2008

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Editor's Note

Greetings Southwest Friends,

When the heat is on, get out of the sun and grab your *SouthwestNOW* to read what is happening in the neighborhood. You will find out that Duncanville's Community Theatre always has something cool going on. If you are more in tune with sports, read *DeSotoNOW* to see who is playing basketball — you will be surprised! In our art feature, you can read about J King and friends who spent last August making a movie. That's right, folks, the screenplay, written and acted by our own neighbors, is hitting the big screen.

Stuck in the office? Glean some tips on keeping you cool and staying focused from Cedar Hill resident Cassandra Washington. Dr. Potter would love to see your smile as you "tour" the lovely oasis he and Sylvia call home.

Flip the pages to keep yourself cool while you read the rest of the features.

Beverly Shay

SouthwestNOW Editor

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



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To Like What You Do

— By Beverly Shay

“Ralph Waldo Emerson once said, ‘To be yourself in a world that is constantly trying to make you someone else is the greatest accomplishment.’ That is one of my favorite quotes,” admitted Cedar Hill resident, Cassandra Washington, as she began to describe her life journey. “I will spend the rest of my life helping people find their natural bent and making it profitable for them.”

Cassandra is a poised, confident young woman who knows how to listen and what to ask in enabling people to be leaders no matter what their position is in a company or their role in a ministry or in life. She has always been interested in business and started out her college studies in Oklahoma in accounting. “I had a knack for data and did okay, but decided that was not what I wanted. I moved from accounting to finance and graduated from Ohio State in 1994 with a bachelor’s in management and human resources with an emphasis in training and development. That is where I really discovered my fit,” Cassandra said.

Finding herself in such a different place than she had originally pursued, she realized that “fitting” was a key concept. “In training and development, I found myself closer to where I knew I should be; closer to my fit. I found my calling, you could say; my talent was to help others find their fit. By fit, I mean where you toil less, where you find more fulfillment and productivity,” Cassandra explained.

Following graduation from Ohio State, Cassandra went back to Oklahoma to work for an electric utility company. “They invested a lot of training in me for five or six years. I was transferred to Dallas, where I worked for one of the best mentors I have had yet. He saw the potential in me.” Cassandra paused before continuing. “He was very candid with his feedback. He provided me with opportunities, even though I was the youngest, least experienced on the leadership team. He gave me the position of leading others with more



job experience than I had in training and development.”

In 2001, Cassandra started her own business, Exceed Resources, where she focuses on developing what are known as soft skills: behavioral skills, leadership, communication, customer service and corporate culture. Lack of skills in these areas is the main reason most people get fired from jobs. “They’re basic people skills, but most people need to develop them. Companies often look at soft skills the least when interviewing job candidates, but these are the skills that will make a company thrive in their business. These are the tools that enable interpersonal relationship for the good of all,” confirmed Cassandra.

Other key parts of training and development which she teaches include diversity, sexual harassment and business ethics. “I really don’t like the get-in-your-face approach to diversity training. If you can gain an understanding of what shapes your own perspective, then you will be in a better position to listen to others’ perspectives. Of course,” Cassandra admitted, “getting to know yourself is a lifelong process. You will find that you don’t really know what you know — about yourself or others — until you find yourself within the context of a situation needing that knowledge.”

This process is not only something Cassandra focuses on

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in work environments, it is really a process of life skills she practices and imparts wherever she is, and with whomever she finds herself. Actually, to succeed in life requires openness and willingness to continually learn yourself and others. As you learn within this process you gain the power to adapt, which then makes you a better communicator and an effective leader.

“To be yourself, you have to know yourself — know where your energy and strengths are.”

“To be yourself, you have to know yourself — know where your energy and strengths are. When you are okay with yourself, you won’t have to make excuses. When we covet the strengths of others, we tend to devalue the strengths we have. So one of my main messages is: Own Your Excellence!”

Cassandra had to learn this lesson for herself. The result? She is confident that being a trainer is not merely her profession; it is her gift; it is who she is; it is what she offers everyone she meets. “Being a trainer is where I am fulfilled; it is my place of highest productivity. And I like what I do,” she beamed, “even though it is exhausting.”

To aid in the process of knowing oneself, Cassandra uses assessments as a tool. “One assessment I use is the Myers-Briggs Type Indicator® personality inventory. This helps to identify preferences, interests, talents, passions, experiences and personality. Then work on finding what to do with those things. People tend to self-select their jobs based on many things, but often mostly on what they think they can do that will cover the costs. If you

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don't like what you are doing, it will be a bad fit," she grimaced.

Cassandra accomplishes her goals on and off the job by conducting seminars, coaching and now writing. She writes instructional material, training materials, newsletters and a blog. Her first book, recently completed, is entitled *How to Manage Unacceptable Employee Behavior: A Guide to Creating Cooperation, Restoring Productivity and Getting Positive Results*.

"I was somewhat intimidated at the opportunity to write, but fear does not diminish if you wait. I wrote what I teach and included additional research. Writing something gives people the opportunity to quote you!" she admitted. "What you put in print is permanent. My advice to someone facing a similar challenge/opportunity is: Act toward the thing you fear."

Fear is one thing you would not suspect Cassandra would have to confront. While she seems a natural extrovert, she says she is an introvert, doing what she loves. Cassandra is also active within her church. "Initially, I was a small group facilitator for eight to 10 women. Coaching uses reflective exercises to help others decide where they want to go and determine a plan to get there. I help people set goals and work on a plan to accomplish them. I inspire and motivate by asking the right questions. Coaching is actually more of a one-on-one approach led by the client. I listen and help them weigh pros and cons by providing questions that require them to think, especially in areas where they may not yet have ventured," Cassandra explained.

"I have learned a lot through coaching. My goal is to help others become more self-aware — to become confident in their strengths; to help them develop a deeper relationship with God; and to bring them to a point where they can then lead others through a coaching process. Seeing this occur in others is why I truly love coaching," summed up Cassandra. **NOW**



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WATCH HER

Fly

— By Michelle Powe

Kay Seamayer's theme song is: "Look out world, watch me fly." "My story is about encouraging people not to limit themselves. Don't be timid," encouraged Kay.

Anything but timid, since turning 60, Kay has recorded two CDs, made a documentary/music video and won Senior Olympic medals as an athlete and coach. Now, she is writing a book and starting a new career as a motivational speaker. "I want to empower women with a passion to live their own lives, their own spirits," Kay said. "It's all about living your passion."

At 68, Kay is passionate about everything she does. "The fun is trying a bunch of things before you find your true passions. Often, those were the things given to us early in childhood that we got away from. It's about finding that passion again."

Growing up, Kay's passions were sports and music. Offered college scholarships for both basketball and music, she pursued music since there was no Women's National Basketball Association (WNBA) at the time. Nearly 50 years later, she met and

befriended a WNBA star who led her back into basketball at the age of 66 and on to Olympic medals.

One day in 2006, Kay was shooting hoops at a local recreation center. A tall, young woman shooting hoops at the other end of the court watched Kay. Approaching Kay she said, "Mama, you've sure got a shot there. Who are you?" Kay said, "I was just thinking the same thing about you. Who are you?"

She was DeSoto native, Tausha Mills, the 6'3" Detroit Shock player. Tausha offered Kay pointers "and became my personal trainer," Kay said. "We became fast friends and members of a mutual admiration society."

Kay's reintroduction to basketball was, as all else about Kay, a full-court press. After playing basketball with other over-60 women, Kay founded Basketball and Fitness for Senior Women 65 years and older. The teams of three different age brackets compete locally, statewide and nationally, culminating in the Huntsman World Senior Games and Senior Olympics. Kay plays on and coaches the 65+

team (Texas All Stars), who won a gold medal in the 2007 Huntsman Games, as well as the 70+ team (Texas Comets). As if that is not enough, she also coaches the Texas Challenge team, one of only three 80+ competitive teams in the nation, which won a bronze medal in the 2007 Senior Olympics. Kay also won individual gold medals at the Huntsman Games in free throw/three-point shooting and the hot shot competition (two one-minute rounds to make as many baskets as possible from five designated spots).

The teams also play exhibition games and perform their "Granny Globetrotters" routine during NBA and WNBA halftimes as well as on many college tours. Lillian Rudd, 91, who played high school basketball more than 70 years ago, is a special attraction at these events. Lillian commented, "People are always surprised to see women 'that old' still playing basketball. My friends are always warning me I could get hurt. But I could get hurt falling out of a wheelchair, too," she said. "I would rather do it on the basketball court."

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Lillian swims four times a week, and along with basketball, she also competes in the backstroke, freestyle events, horseshoes and shuffleboard at the Senior Olympics and Huntsman Games. Lillian's daughter, a physical therapist, told her, "Mother, if you hadn't been going to the pool and playing basketball all this time, you'd be in a wheelchair by now." Instead, Lillian delivers meals to homebound people every week and still mows her own lawn.

"Strength is the key to living a strong life," said Kay, as she flexed a

"KAY'S A SPARK PLUG."

granite-like calf muscle. Kay wants other older women to know they can do what she and her senior teammates do. Kay did not expect the impact they have had on younger women. "It blows me away that so many younger women come up to me and say, 'I want to be just like you.'"

"I want to impress younger women that muscle has memory. It's never too late for women in their 30s and 40s to train or retrain those muscles. I walked miles in marching band, played basketball and other sports, and I played tennis at 29. My body and muscles remember their previous training."

Yvonne Brown, 65-years-young, a newer member of the All Stars, played basketball, lacrosse and field hockey, and some club hockey while in college. As work and children took precedence in her life, sports were set aside for years, until she found Kay's team. "I came crawling home the first couple of days [of practice]," she said. "My heart and head wanted to do it, but my body was reminding me I'm not 20 anymore." After a few practices, her old form and competitive spirit returned. "It's one thing to play competitive sports. It's another to be good."

Yvonne wants to be not just good, but very good — a drive common to

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all the women playing for Kay. Their work ethic is uncommon today. "These women never miss practice," Kay said. "Everyone can't wait to get there."

Tausha, a.k.a. Baby Shaq, is impressed with their work ethic. "They're amazing," she said. "They're so dedicated and have so much heart. That's something many college athletes are missing."

Most of the women have not played since high school. Kay remarked, "Women often lose a part of themselves when they live for everyone else."

"I'm so passionate about encouraging women to live their passion," Kay explained. "When you step onto that basketball court, for example, you're not someone's mother, wife, best friend or employee. You are your own person, and you are an athlete. We now have the freedom to live our lives. Women our ages are just now coming into our zenith. Sixty is the new 40."

Kay has certainly come into her zenith, and she is living her life. "Life is about keeping our horizons as expanded as possible and setting goals, wearing many hats and having multiple interests," Kay said. To say Kay wears many hats is an understatement.

Besides playing and coaching basketball, Kay also manages and markets the teams. She writes scripts for exhibition tours, and wrote the "Basketball Boogie," to which the Granny Globetrotters perform. She often sings either the National Anthem or her song "Let Freedom Ring," at halftime events.

Kay's passion and purpose is to motivate women of all ages to be proactive. "Kay's a spark plug," teammate Yvonne said. "She reminds me of my mother — beyond her time, a real inspiration."

"Live an active life," Kay remarked. "You've got to have physical strength to be able to keep mentally fit." Look out world; watch her fly. **NOW**

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A Good Year for Art

— By Alex Allred

When Kim Damron, a.k.a. Myra Marlowe, raced around the couch, threatening to cut off the ears of Pat Smith, a.k.a. Reba Harper, with the scissors she clutched in her hands, it was a gripping scene. It was also so wildly entertaining that as Kim snipped and snapped the scissors at her intended victim, the sold-out audience erupted into laughter. Amy Jackson, founder and member of the board of directors of the Duncanville Community Theatre, could not have been more pleased. Then, midway through the performance of *A Bad Year For Tomatoes*, as actor Edd Spradling cracked pecans with his teeth and then with an ax, a young girl tugged at her mother's arm and mouthed the words, "I really like this!"

"Yes!" Amy pumped a fist at the girl's reaction. For Amy, the Duncanville Community Theatre is a joy she wants to share with everyone. "Live theater is so important. It teaches etiquette. It teaches life and passion," she said, noting how connected the audience and actors become with one another.

As the daughter of two professional educators, art and theater have always been important to Amy. In high school, she was the president of her drama club, but her interest was not so much in acting as it was in the art of directing. "A play," she said, "is like that of a canvas in painting." Although the words or screenplay have been created by a writer, the direction of the play "is my vision." Indeed, she went on to earn her master's degree in theater arts and began teaching theater in high schools for the next 10 years, the last seven with Duncanville High School (DHS).

In many respects, the Duncanville Community Theatre



owes its inception to the students of DHS. "I had so many parents of students who would tell me they used to be in theater." But when Amy asked them if they were still acting, the answer was always a resounding, "No." It planted a seed. "I had been thinking about a community theater for all the parents who no longer acted," Amy said, "and for all the

people who want to be part of the theater." Still, it was just a dream.

When she learned about a building on Main Street, formally known as the City

Council and Courts Building and later, an alternative school that had been vacated since the late 1980s, Amy approached the city. To her happy surprise, the city council agreed to let Amy use the building for theater productions, and a tremendous grassroots program began — complete with car washes and bake sales — to raise funds for Duncanville's first community theater. Along with her husband, business partner and fellow visionary, Tom Fowlston, Amy began to look long term.





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Duncanville **NOW**

"This was a vision for Duncanville," Amy said. "It was a life-changing experience. I had never been part of something from scratch." For Amy, the adventure of creating a community theater was much more than a personal quest. It was about a community coming together, with city officials supporting the arts and friends rallying behind her dream.

With fellow founders Rita Brewer, Cindy Boland and Janet Jordan, Amy set out to bring art to life — literally. "It was very important to us that the city of Duncanville was so supportive of the arts," she added. "Other cities have had to fight their city councils for community theaters, but Duncanville [has] really supported us." As Amy sees it, it is a win/win for everyone. "We have people who come from Dallas, Red Oak and Plano," she said, including actors and directors. A night at the theater becomes "an event," including dinner at local restaurants. The greatest service, however, is the experience itself. Beyond the thrill of the production, Amy wants to see people dress for the event, embracing the total cultural experience. "It's an opportunity to teach our children about the finer things," she said.

To the outside world, the newly designed Duncanville Community Theatre is a perfect complement to the city council's push to refurbish downtown Duncanville. Few know the original 1960s structure had to be completely gutted due to asbestos or that the heavy rains in 2007 delayed reconstruction, forcing the Duncanville Community Theatre to perform elsewhere. Never has the expression, "the show must go on" meant more to Amy.

Determined to find a permanent home for her troupe, Amy began researching, and board member, Sandy Duckworth, began writing applications for grants to help pay for reconstruction.

Duncanville NOW

Pure grit and determination won over the city and turned her annual agreement into a 20-year lease. "The city made a bold statement," Amy said happily of the new 20-year lease. "They could have sold the building, but instead, they dedicated it to the arts!"

As happy as she and her fellow board members were, Amy was also scared. "After all this, I was scared to death. You know, if you build it, will they come?" Well they did come. In fact, the theater continues to enjoy sold-out performances. Thanks to the tremendous efforts of the Duncanville Community Theatre's board of directors and its patrons, the building is a beautiful, modern structure that seats up to 72 people for a very up-close and intimate setting with the actors on stage. Dressing and make-up rooms, storage facilities, a prop set, kitchen and inviting lobby make this the envy of any community theater outside Dallas.

In truth, few people ever have the opportunity to realize their dream, yet Amy relives hers again and again before a live audience. Still, it was not without a price. "A week before we open," Amy laughed, "it is always so stressful. I always wonder: Why am I am doing this? It's a nonprofit, volunteer-driven program. If a guest director drops the ball, it's up to me to pick it up. Sometimes, it'll be midnight, and I'm out here painting sets." Then, during intermission, she will overhear a child say, "This is the most awesome thing I've ever seen in my life!" and Amy is reborn — again. The child's sentiment brings tears to her eyes, for Amy truly sees her art as something she must share.

"Everyone has something they can contribute to society," she said. "This is my gift." Perhaps it was a bad year for tomatoes, but for Amy and the city of Duncanville, things have never looked brighter! "We're making a difference ... and it feels good." **NOW**



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Born, Bred AND SERVING Cedar Hill

— By Beverly Shay

Dr. Joe Potter is kind of a fixture in Cedar Hill. He cannot imagine living or working anywhere else. Potters have been a part of Cedar Hill since 1865, so it was natural for Joe to set up his dental practice here. Born and reared here, Joe graduated from Cedar Hill High School. "I even got the Long Horn Award, a trophy with longhorns on it, for leadership, achievement, citizenship and a scholarship. I was also salutatorian," he recalled.

Joe's wife, Sylvia, was born in Cleburne. "My great-grandfather was a horse-and-buggy doctor, who built the first hospital in Cleburne," Sylvia remarked. They met while attending North Texas State University (now UNT), where she studied music and elementary education and later worked for an ophthalmologist, while Joe finished dental school.

"I taught for seven years in Cedar Hill and then took a break, while our two children, Clayton and Claire, were young. Then I taught in the choral department at a school in Arlington. We have lived mostly in Cedar Hill since 1970, but moved into this house six years ago," Sylvia explained.

Their beautiful home is on a cul-de-sac in Lake Ridge. Now a Realtor, Sylvia found the home as it was being built in 1989. "I walked in the front door, looked out the back windows and fell in love with it when it later came on the market," she recalled. Filled with many unique and charming architectural features, it also displays an array of delightful, unexpected trinkets and mementos from past generations on both sides of the family.

Upon entering the foyer, your eyes are immediately drawn upward, following the staircase winding back on itself, tracing a catwalk-like balcony overlooking the rooms below and soaring to the peaked ceiling above the formal living room just to the right. Glancing down, the view beyond the window captures you, compelling your gaze over the flagstone patio and beyond

At Home With
DR. JOE AND SYLVIA POTTER



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into an enchanting garden. The question is whether to stay inside and explore or wander the beckoning paths? No wonder the couple loves entertaining and can easily host 45 friends for brunch.

The main living area seems to be the den, originally an enormous eating area wrapped around a well-appointed kitchen. Hardwood floors found throughout the entire ground floor set the warm tone reflected in the upholstery of neutral shades: moss green, creams and burgundy. Antique furniture is scattered throughout, but what pleases Joe the most are all the items gleaned from the past: several lanterns, a collection of match holders,



a beautiful wooden box, nearly 100 years old, holding type used to make signs in the grocery store Joe's grandfather owned on the square in Cedar Hill. A ledger, dated 1934, is filled with penciled-in grocery accounts under the names of Cedar Hill's founding families — accounts totaling mere dollars for an entire month, offset with farm eggs and goods used as barter.

"I love all these old things from the grocery store and lumber yard," commented Joe, revealing treasure after treasure: a candle box to see if eggs were fertilized, a signal lamp from the old depot, trucks he used to play with as a child. Sylvia, too, showed off her favorites, mostly original paintings

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collected from her sister and budding artists like Cedar Hill artist, Ross Edwards.

Each room combines keepsakes with artful, elegant décor. The kitchen's glass-fronted cabinets, granite countertops, copper wall tiles and soapstone sink portray the comfortable balance of modern trends with genuine antiques. The dining room has a lovely collection of antique glassware: Waterford and Fostoria crystal passed down from both grandmothers, an immaculate spearhead and a small jar of still-fragrant black magic sachet, which Sylvia's mother wore for her wedding.

Passing through the foyer once more, you notice what you missed the first time: a tall, gracious grandfather clock, dwarfed by the vaulted ceilings; a curio cabinet filled with delicate, assorted tea cups and saucers and an old-fashioned hall tree. The living room showcases Sylvia's great-aunt's regulator clock, which once hung in the hospital her



great-grandfather built; a 1857 piano book used by the many musicians found in Sylvia's family (including their daughter); a 26-year collection of Christmas music boxes, presented by Sylvia to her children each Christmas and many old photos of greats and grands.

"We have such a strong sense of family connection," Sylvia remarked, as the tour moved outside before darkness fell. "We love to entertain out here," she said of the large covered and uncovered patio with scattered tables and chairs, a grilling area and the enticing garden beyond. An angel statue some 80-years old, which came from the hospital, joins frogs and various other stonework pieces tucked here and there among the flagstone paths, waterfalls, ponds, flowers, pond iris, neophytes and dragonflies. The back of the yard is separated from a green belt beyond by an ironwork fence. Joe and Sylvia have done the landscaping themselves.



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Joe's workshop advertises skills learned in the lumberyard, and, you guessed it, holds more generational relics: the Dayton coffee mill and scale from the grocery store and an old till from the lumberyard; his grandfather's shovel (a.k.a. plow); a drill press from North American Aircraft used during the war; a fire extinguisher and hand-cranked siren Joe's father used as the civil defense air warden; Joe's sled: a flexi flyer with wheels. "I guess I am pretty good with my hands at just about anything," said Joe, the dentist, dryly.

Once again touring the house, Sylvia glided through the master suite, a spacious yet cozy retreat of palest peach damask. Sylvia bypassed amenities like the raised dais holding a writing table to point out photos of grandparents: the 13-year-old wife and 37-year-old husband who sired eight children. A brief foray into Joe and Sylvia's shared office, with floor-to-ceiling, wrap-around book shelves,

completed the first floor tour.

Upstairs is the game room with its old crank telephone, wooden fridge, a crystal radio Joe's father built, collections of 45s and children's books. A guest bedroom and daughter Claire's bedroom are balanced on either end of the catwalk open to the den and living room below on either side.

Although surrounded by luxury and comfort, what seems to rate the most with the Potters are their connections with people. They have connected with past generations through their collections of memorabilia and with the present generation through their gift of hospitality. "We love having people around; this home is just perfect for entertaining," summed up Sylvia, who also volunteers with the Cancer Research Foundation of North Texas. Joe and Sylvia were named Mr. and Mrs. Silverspur for their fundraising efforts that provide seed grant money for local cancer researchers. **NOW**



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Seated left to right are Brad Wilson, producer; Leon McWhorter and Alan Elliott, co-authors, pictured with cast. Lead actor J King, is in the center.

Making the Big Screen

— By Beverly Shay

J King loves stage acting, but now he has a new love: acting on screen. J, a DeSoto resident, has acted with Crosswise Players for about 10-12 years. His acting debut came at Mountain View College with the musical *1776*, a play about the writing and signing of the Declaration of Independence. Being an Oak Cliff native, a DBU graduate and life-long member of Tyler Street United Methodist Church (TSUMC) only added to a sense of privilege at being chosen for the lead role in the movie *Closure: The Problem With Money*, which was filmed in part at TSUMC, DBU and at a home in Kessler Park.

"Crosswise Players performed the stage production in DeSoto in 2000 and again in 2004, and I played John Money in both. That did not guarantee I would get the lead role in the movie," J stated.

The play, brainchild of Leon McWhorter and co-written with Alan Elliott, was originally a series featuring a bumbling angel of death as a common thread throughout different story lines. Seven years in the making, the play actually cooked in Leon's mind for some 20 years. It was first titled *Oops!*, because Lucky, the angel of death, was always "oopsing," losing focus whenever he would hear, see or eat donuts.

"The story of the play becoming a movie script is interesting," commented Leon. "I worked radio together in Dallas with a guy I knew from high school; we kept in sporadic contact after he moved to California. Once in California, Brad Wilson was fortunate enough to get hired on in Robert

Duval's film production company, where he moved from laundry fetcher to head of the company. Eventually, Brad joined the production company, Hemisphere Entertainment," Leon explained.

"When Leon told me he had adapted the play into a screen play, I asked him to send it to me. I absolutely loved the script; we had been looking for a faith-based piece to produce. I have to tell you, this is my 30th movie and by far the most fun one to shoot ever!" enthused Brad. "J is a natural in front of a camera. I have worked with many professional actors, none of whom compare to J in front of the camera."

Crosswise Players raised funds for Hemisphere's proposed budget. "We decided if God would provide the money, we would do it," Leon shared. That was the easiest part of the project. They then began a weekly Bible study time to prepare themselves for the filming. "There was a week of auditions; Brad came for one of those evenings. Alan and I taped additional auditions, which were sent to California," Leon further explained. Much dialogue transpired between writers, producers and the director. Lots of waiting, many dates postponed, left minds stretched with second guessing about who would get what part. But they finally came to a peace about the whole thing, mostly due to continued Bible study time. All together, 50-60 people had auditioned for some 25-30 parts.

Filming was set for one week, an amazingly short amount of time, in August of 2007. The group spent one month

ARTS NOW

considering the daunting task of making a movie, followed by a year of preparation. Finally, the plans were in place. "I can't even begin to convey the emotions we were experiencing," J confessed.

Film was a whole new ballgame for J. "We found out our parts one week before Brad, the director and film crew showed up in Dallas last August. One of the greatest challenges was filming the scenes out of sequence. We actually filmed one of the first scenes in the movie last," J recalled. "We shot each scene three times: one from a distance, one from my view and one from the other character's view. The director didn't believe in rehearsals; he gave us, rather reluctantly, the scripts only one week ahead. He wanted it 'fresh.' We had a huge number of lines, which might be filmed in sound bites or the entire scene start to finish." J's facial expression recalled the effort he put forth.

"A normal shoot usually covers four to five pages of script a day. With only a week to film, we shot 20-22 pages some days. It was a fascinating experience," J shared, "something I would do again in a heartbeat. On stage, you have to speak and gesture over the top, losing reality; you speak much louder and strain your voice. On film, you can convey anger without raising your voice. The camera catches looks, pauses, inflections; nuances you cannot use on stage. Film was, therefore, more real for me. I never expected the camera would become 'invisible' once we started shooting, even though it was right in front of my face," J stated, still amazed.

"J told me he forgot he was even watching himself act at the first screening. That is a great compliment for a producer," Brad confided. "Seeing the entire movie for the first time at the initial screening, I knew this movie worked; it has great theatrical value," Brad concluded. **ARTS NOW**



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Business NOW



Much More for Your Money — By Beverly Shay

Debra Jones, real estate agent with New Home Information Center Inc., is one very business-savvy young woman. In 1988, she earned her bachelor's in business administration from University of North Texas (UNT) and her MBA ('92), also in business administration from Amber University in Garland. For four years she worked as a lender/loan officer for two major banks: Bank of America and American Home Mortgage. Debra also worked as a financial planner for nine years.

"I have always been interested in real estate. My aunt was a real estate mogul; she owned streets of homes [that] she rented fully furnished when I was a child. It fascinated me," Debra shared. In March 2005, she was licensed as an agent following her studies at Leonard Hawes School of Real Estate. Her passion is to turn renters into buyers. "My greatest desire is to work with those who never thought they could own a home!" Debra enthused.

"Our company serves as a clearing house for builders to move their inventory and bring in buyers. The builders pay my salary, so you won't have to pay me as an agent. Our plan is fairly basic: We prequalify buyers with one of our many lenders, so the buyer and I clearly know the budget we are

working with. If there is a credit issue, we work with the buyers on credit repair (a four- to six-month process) designed to up their credit score. We expect buyers to comply financially," Debra emphasized.

"Since 90-95 percent of our sales are new construction, once a client is enrolled and moving forward in meeting credit repair conditions, we can begin finding a new house. Most homes are built in a four- to six-month time frame, so by the time your credit is ready to sign a loan, your house is finished being built!" Debra declared.

You cannot really find a better deal than they can provide with their multilevel service. "Not only do builders inform us of the best deals available in the metroplex, we can also help you negotiate the best financial deal. One of my 'big issues' is educating people into a financial planning perspective. Renting is hazardous to financial health," she stated.

"I always tell people, 'When you pay your mortgage, you are paying yourself. The money you owe builds equity becoming the money available to you later for education, home improvements or retirement. Property taxes and mortgage payments are 100 percent tax deductible. So each

Business NOW

year you own, you reap benefits.' I love working with low to moderate income buyers, even second- and third-time buyers," Debra confided.

Debra herself is a firm follower of the advice she gives others, much of which she has gleaned from such financial wizards as Dave Ramsey. "First, develop an emergency fund of at least \$1,000. Second, save three to six months of

"I have always been interested in real estate. My aunt was a real estate mogul; she owned streets of homes [that] she rented fully furnished when I was a child. It fascinated me."

household expenses in a non-touchable savings account, a money market account if at all possible. Third, be aggressive about paying off all debt. Fourth, maximize whatever 401K plan is available to you. (Usually this would include up to 15 percent of your salary; if your company matches whatever you invest, let them pay 7 1/2 to your 7 1/2 percent and then invest your other 7 1/2 percent elsewhere.) Fifth, invest \$5,000/year into a Roth IRA account. Also, whatever credit charges you accrue, pay them off each month," she intoned.

"Good stewardship of what you have enables you find a home you not only enjoy living in, but one that pays you to do so!" Find out how many builders work with Debra at New Home Information Center Inc., 1520 Deer Creek Dr., DeSoto, TX 75115 by calling (469) 658-6964. **XXX**

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Around Town Cedar Hill



Lee Ruth Bryant, top left, received a grant check from Brad Mullen of the Cedar Hill WalMart. A ribbon cutting, top right, was held at Kevin Bowens Photography. A crowd, second row center, assembled during the Cedar Hill Chamber of Commerce Night Out event held at Lake Ridge Development. The Northeast Texas Library System sponsored Leadership Award was presented, second row right, to the Best Southwest Bookfest Board at the annual luncheon. The CNO, third row left, had many happy door prize winners. The Rotary Club of Cedar Hill, third row right, took pleasure in donating a check for \$1,200 to the International Museum of Cultures. Judges, bottom left, had a tough time during the tea cake competition at the BSW Juneteenth Celebration. A ribbon cutting, bottom right, was held at King China Express.

Around Town DeSoto

NOW



Several people, top left, attended the reception honoring Dr. Janice Pettis Ingram's 12 years of service on the DeSoto ISD Board of Trustees. Edmund Simpson, top center, waved to his family after receiving his high school diploma. The Leadership Southwest Graduation Class of 2008, top right, smiled for the camera. School counselors, second row left, picked up their "Spots, the Fire Dog" fire safety and prevention kits at Hawes Corporation. Mayor Bobby Waddle, second row center, signed a poster that was sent to the military troops. Don Gant, second row right, presented a thank you to Karen Wilson during the Leadership Southwest Graduation. DHS graduates, third row right, tossed their caps into the air concluding the graduation ceremony. The City of DeSoto City Council, bottom left, presented the Juneteenth Proclamation as committee members looked on. The DeSoto ISD Education Foundation held an ice cream social, bottom center, for the Instructional Support Center staff. Floyd Freeman, on behalf of the Student Council and East Junior High Band, bottom right, presented a check to Joe Pirotte, senior activity coordinator.

Around Town Duncanville

NOW



Sara Dedeluk, top left, was named the new president of the Duncanville Chamber of Commerce. Ribbon cuttings were held at the following: ACT, top right; Keith Earl, second row left; Bella Ruscello Luxury Apartments, second row right; Betty's Flowers, third row center; and The Cancer Institute, bottom left. DHS Interact students, second row center, visited a recent Rotary Club meeting. Rotarians Bill White and Gene Guillory, third row left, took a break. Rotarian Bill White, bottom right, distributed one of 1,000 flags placed during the Independence Day holiday.



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- 1 1/4 cups tepid water
- 1 pkg. fast-rising dry yeast
- 1/2 tsp. salt
- 1 Tbsp. olive oil
- 3 1/4 cups flour
- 1/4 cup cornmeal
- 1 to 2 jars ready-made pizza sauce
- 1 to 3 8-oz. pkgs. mozzarella cheese (1 pkg. each pizza for cheese lovers)
- your choice of pizza toppings

Place the tepid water in a mixing bowl. Dissolve yeast and salt in the water. Add oil, 1 1/2 cups of flour and cornmeal. Beat together for 5 - 10 minutes to form a sticky batter. (I use a mixer with a dough hook.) Knead in remaining flour until you have smooth dough. Place in a greased bowl; let rise until double in bulk, about 1 hour. Punch dough down and divide into 3 equal parts. Roll a portion of the dough on a lightly floured surface to a 14-inch diameter. Place the rolled dough on a pan; add pizza sauce (or your own homemade sauce), shredded mozzarella cheese and your choice of toppings. Bake at 500 F until cheese is melted and crust is browned.

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TORTE:

- 4 4-oz. squares semisweet chocolate
- 1 3/4 cups shelled pecans
- 1/2 cup and 2 Tbsp. sugar
- 1 stick unsalted butter, room temperature
- 3 large eggs, room temperature
- 1 Tbsp. Grand Marnier or rum

CHOCOLATE GLAZE AND GARNISH:

- 20 - 22 pecan halves for garnish
- 6 6-oz. squares semisweet chocolate, chopped
- 6 Tbsp. unsalted butter

TORTE: Preheat oven to 375 F. Grease an 18 1/2-inch spring-form cake pan. Cut a circle of parchment paper to fit the bottom and grease the paper. Melt chocolate in the top of a double boiler over hot water; cool slightly. Place pecans and 2 Tbsp. of sugar in a food processor fitted with a metal blade. Pulse on and off until pecans are ground; remove to a bowl. Place butter and 1/2

cup of sugar in a food processor or; mix until well blended. Pour in melted chocolate and process until smooth. Add eggs and Grand Marnier or rum; mix until incorporated. Scrape down sides of bowl and add nuts. Pulse on and off once or twice until nuts are incorporated. Pour the chocolate mixture into a prepared cake pan. Bake for 25 minutes. The cake will be soft, but will firm up as it cools. Remove from oven and cool for 20 minutes on a wire rack. Remove from the spring-form pan. **CHOCOLATE GLAZE AND GARNISH:** Up to 1 day before serving, preheat oven to 350 F. Bake pecans on a baking sheet for 10 minutes stirring occasionally until browned. Line a small baking sheet with wax paper. Place cake on a rack set over a baking pan. Melt chocolate and butter in a small saucepan and stir until smooth. Dip half of each nut into the glaze and place on the paper-lined pan. Set the glaze aside until thickened slightly. The glaze should be soft enough to pour, but thick enough to coat the cake. Pour glaze onto the middle of the cake, tilting the cake so the glaze runs down the sides. Decorate the top with a border of chocolate-dipped pecans.

GRILLED JALAPEÑO APPETIZERS

- large fresh jalapeños (2 per person)
- mozzarella cheese, shredded
- shrimp, cooked and chopped
- bacon (1/2 strip per jalapeño)

Split the side of each jalapeño and remove seeds. Stuff jalapeños with cheese and shrimp until full, but the side can still close. Wrap each jalapeño in bacon and secure with a tooth pick. You can make these a few hours before a barbecue and refrigerate until you are ready. When the fire is hot, cook the jalapeños until the bacon is crisp. Serve hot.

HOT SAUCE

- 1 to 3 jalapeños (canned usually have more heat)
- 1/2 small onion
- 1/4 bunch of cilantro
- 1 28-oz. can whole Hunts tomatoes
- 1 tsp. cooking oil
- salt and pepper

Chop jalapeños, onion and cilantro in a food processor or blender. Add tomatoes, oil, salt and pepper; blend until slightly chunky. Serve with chips.

Residing in Duncanville for 20 years has allowed Sheila Casey to witness many changes. Sheila makes a difference in her community serving on the board of the Duncanville Chamber, as well as the Education Foundation. "The Education Foundation is very dear to our hearts, because of all the work they do for our teachers and kids," Sheila said.

Collecting cookbooks is one of Sheila's small vices. "I have a cookbook collection that takes up more space than it should and continues to grow," she claimed. "The collection includes everything from church fundraisers to books signed by famous chefs." Sheila always follows recipe directions when baking, but never follows directions when cooking. "Sometimes, experimenting is a good thing," Sheila said. "Sometimes it's not." **NOW**

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

MY BEEF STROGANOFF

- 1 to 2 lbs. beef tenderloin, cubed
- 1 to 2 Tbsp. butter
- 1/4 yellow onion, chopped
- 1/2 green bell pepper, chopped
- 1 pint mushrooms, sliced
- 1 clove garlic, chopped
- salt and pepper to taste
- 1 Tbsp. (plus) Worcestershire sauce
- hot sauce to taste
- 1 Tbsp. (plus) red wine vinegar
- 1 cup whipping cream
- 1 cup sour cream
- 1 pkg. egg noodles, prepared according to package directions

Over low heat, brown beef in butter. Add onion, bell pepper, mushroom, garlic, salt and pepper. Sauté until onions are translucent. Add Worcestershire sauce, hot sauce, red wine vinegar and whipping cream. Simmer for one hour. Add sour cream and stir until blended. Serve hot over wide noodles. (If sauce is too thin, add more sour cream or flour.) Serve with a tossed salad and hot rolls.

ROGER'S PIE

- 4 extra-large egg whites, at room temperature
- 1/8 tsp. baking powder
- 1/8 tsp. cream of tartar
- 1 1/4 cups sugar (1 cup in pie)
- 14 graham cracker squares, broken into pieces
- 1 cup pecan pieces
- 1 cup whipping cream
- 1/2 tsp. vanilla

Preheat oven to 300 F. Lightly grease a 9-inch pie plate. In a large mixing bowl, beat egg whites and baking powder until soft peaks form. Add cream of tartar, beating constantly. Add 1 cup of sugar, a tablespoon at a time, beating constantly until stiff peaks form. Using a rubber scraper, fold in graham crackers and pecan pieces. Spoon mixture into a pie plate. Bake 30 minutes or until a wooden pick comes out clean. Cool completely on a wire rack. In a chilled bowl using chilled beaters, beat cream until it begins to thicken. Add remaining 1/4 cup sugar and vanilla; continue beating until stiff peaks form. Top pie with whipped cream; sprinkle with pecans. Refrigerate until served.

Give a Shot

— By Betty Tryon

Many of us are old enough to remember our smallpox vaccinations. We still bear the scar to prove it. The temporary, uncomfortable ordeal of the vaccination brought huge dividends — the eradication of smallpox in our lifetime. Although at times controversial, no one can argue how the discovery of vaccines has improved the quality of life for millions of people. Vaccinations or immunizations introduce into the body weakened or dead pathogens, such as viruses or bacteria, stimulating the immune system to produce antibodies to fight the invader. The very small and safe amount of disease-causing molecules creates the immunologic response.

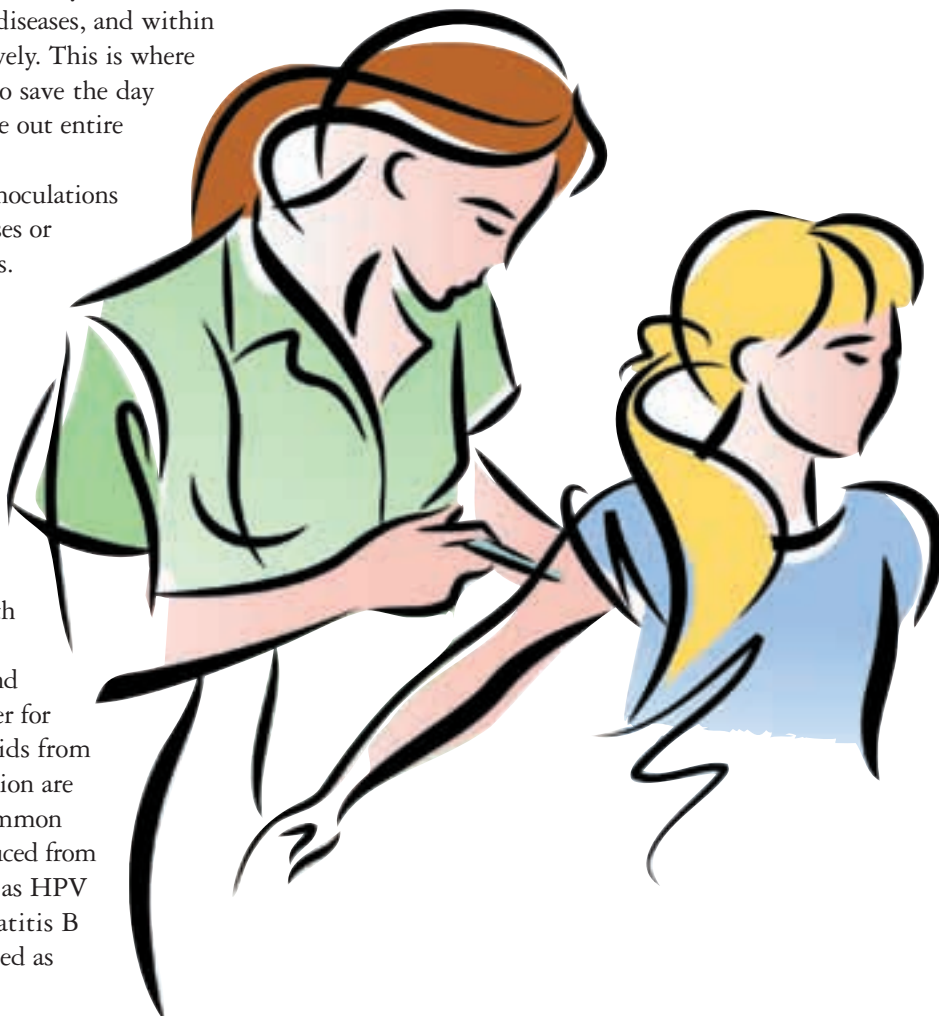
This amazing living machine called our body has the ability to remember exposure to certain diseases, and within that memory database, to fight it effectively. This is where the miracle of immunization comes in to save the day from diseases that in the past would wipe out entire communities.


The four types of immunizations are inoculations with: weakened viruses, inactivated viruses or bacteria, toxoid and biosynthetic vaccines. The general population is familiar with vaccines from weakened and inactivated pathogens. Measles, mumps, rubella, anthrax and chicken pox vaccines are composed from weakened (attenuated) live viruses. The weakened state of the virus reduces its virulence. This may pose a threat to a person who has a compromised immune system, such as someone with AIDS or being treated with chemotherapy. The inactivated or dead viruses yield the vaccines for influenza and hepatitis A. These vaccines are much safer for people with compromised systems. Toxoids from the bacteria or virus needed for inoculation are the third form of immunization. The common diphtheria and tetanus vaccines are produced from toxoids. Lastly, vaccines for diseases such as HPV (human papillomavirus) and HBV (Hepatitis B virus) are manufactured formulas classified as biosynthetic vaccines.

The immunization program begins in infancy with the first vaccine given at two months of age. This program continues with regularly scheduled visits to the clinic or pediatrician throughout childhood. Immunization does not end with childhood. Some vaccines, such as diphtheria and tetanus require booster shots to maintain consistent protection.

The quality of our lives improved with the discovery and administration of vaccines. Unfortunately, some diseases such as measles are making disturbing comebacks due to the lack of a national immunization policy in some countries. The creeping return of these dreaded diseases comes via travelers and then spreads to those who have not been immunized. The good news is that millions of children going back to school this year will first make a trip to their doctor for any immunizations they need. This simple act helps to ensure the safety of all. **NOW**

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





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Get More Value

— By Tom Castleberry, Judy Howell and Gary Rope

In today's busy world, filled with concern over the rising cost of gas and housing, many of us look for ways to get greater value for our time and money. One way you may not have considered is having all of your insurance needs taken care of in one place.

There are advantages to having your car, home and family protected by the same insurance company. Switching all your policies to one well-respected insurer might save you time and money, not to mention the convenience of having only one number to call for questions or claims.

Many insurance companies offer a range of discounts that vary by state. Be sure to ask the agent about the availability and amount of any discounts offered by the insurer. Here are some common discounts you should know about:

- **Multiple line:** Your premiums may be reduced if you have more than one policy with the same company or family of companies that covers your car.
- **Good student:** Full-time students (high school or higher)

maintaining at least a "B" average may qualify for reduced premiums.

- **Multiple car:** Your premiums may be reduced if there are two or more private-passenger cars in the household insured by the same company or family of companies.

These are just a few of the discounts that may save you money. Once you have considered price, think about the quality of service you expect. The best value should save you both time and money. Here are a few things to consider:

- Do you have one person to call when you need help?
- Is the insurer available 24 hours a day, 7 days a week?
- Does the insurer make it easy to file a claim?
- Is the insurer available to discuss your needs and help customize a package of services that is best for you and your family?
- Do you feel confident in the insurer's financial stability and ability to pay if your family suffers a loss?

Be sure you're getting the most value for your time and money. Call your agent or insurance company today and ask if you can get more value by having all your insurance needs taken care of in one place. **NOW**

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August 2008

Community Calendar

Every Wednesday

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

Every Wednesday and Friday

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

First Mondays

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

First Tuesdays

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

First and Third Tuesdays

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

First and Third Wednesdays

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

Fourth Mondays

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

Fourth Tuesdays

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

Second and Fourth Mondays

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

Second and Fourth Tuesdays

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

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

Second Tuesdays

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

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

Second Wednesdays

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

Second Wednesday

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

Third Mondays

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

Third Thursdays

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

ABWA - Empowering Women Express Network monthly meeting: 5:45 p.m. at Midlothian Conference Center, 1 Community Circle, Midlothian. Please RSVP to Daphne Brewer at (972) 723-6551. www.abwa-empoweringwomen.org.

Third Fridays

Senior Dance Club of Duncanville invites you to join them at the Hopkins Senior Center, 210 James Collins Blvd. Live band music alternating between Country/Western and Ball Room each month. Call Lou at (972) 298-7481 or (214) 354-8918.

July - August

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

Every Saturday in August

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

August 1

Third Annual Heavy Machinery Petting Zoo: 10:00 a.m., Zula B. Wylie Library. Library Friends will be on hand with cold drinks as children and adults check out some of the machinery that keeps the City of Cedar Hill safe, clean and looking good.

August 3

NBBC "Run Toward the Son" Motorcycle Rally: 10:15 a.m., New Beginnings Bible Church, 1970 FM 983, Ferris. Motorcycle games, contests and door prizes. Enjoy free hot dogs and bottled water. Register online at www.newbeginningsbiblechurch.com or call (972) 842-2800.

August 5

Cedar Hill Ambassadors' Monthly Luncheon: 11:30 a.m. at Chapp's Café, 140 W. FM 1382. Call Stephanie at (972) 291-7817.

August 6

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

Navarro College SBDC sponsors Small Business Startup Basics seminar: 10:00 a.m. - noon in the conference room at Prosperity Bank, 500 N. I-35 in Red Oak. No cost. Contact Dottie Uberroth at (972) 937-2174 or dottie.uberroth@navarrocollege.edu.

August 8

Shanla Brookshire, Cedar Hill's Children's Librarian, will host a party to celebrate a fantastic 2008 Summer Reading Program: 10:30 a.m. There will be free refreshments and drawings for prizes for participants in the program.

August 12

Navarro College SBDC sponsors a workshop on developing policies/procedures for small businesses: 10:00 a.m. - noon in the conference room at Prosperity Bank, 500 N. I-35 in Red Oak. Cost: \$25.00. Contact Dottie Uberroth at (972) 937-2174 or dottie.uberroth@navarrocollege.edu.

August 13

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

Duncanville Governmental Affairs Committee: 8:00 a.m.

at Chamber offices.

DeSoto ISD New Teachers Reception: 3:30 - 5:00 p.m. at McCowan Middle School.

August 14

Cedar Hill Chamber Night Out: 5:30 - 7:00 p.m. at Elegant Raggz, 350 FM 1382. Catered by David's Seafood Grill & Catering.

August 18

Cedar Hill Small Business Council: noon at Chamber offices.

August 20

Navarro College SBDC presents Creating a Business Plan: 2:00 - 4:00 p.m. at Prosperity Bank, 500 N. I-35 in Red Oak. Cost: \$25.00. Contact Dottie Uberroth at (972) 937-2174 or dottie.uberroth@navarrocollege.edu.

August 21

Rise & Shine: 7:00 - 9:00 a.m. Call Glenn Carter at (972) 230-7700 or (817) 467-1500.

August 23

Duncanville High School High Hats present "Show Off Nite": 7:30 p.m. at the old DVHS gym. 2008-2009 officers and line squads will be introduced and the High Hats will perform dance routines and achievements from summer dance camps at SMU. Bring the whole family and show your community support.

August 25

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

August 27

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

DeSoto Chamber Monthly Luncheon: 11:30 a.m.-1:00 p.m. at Thorntree Country Club.

August 28

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

August 30

Briarwood Annual Fishing Tournament: 9:00 a.m. at Briarwood Park on Belt Line Rd. The pond will be stocked with catfish. Admission is free. Call (972) 230-9651.

September 13

Sign up now for the Games of Duncanville.

September 27

Texana: Sights & Sounds of the Lone Star State at the Chautauqua Auditorium in Waxahachie, 12:30 p.m. Enjoy the early days of Texas with music, re-enactments and a real chuck wagon dinner. At 7:00 p.m. the Dallas Wind Symphony will perform. www.waxahachiechautauqua.org.

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

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

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A6	Chicken Lettuce Wraps	\$4.75
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A8	Pepper Chicken Wings (8)	\$4.50
A9	Hot & Spicy Wings (8)	\$4.50
A10	Sesame Chicken Wings (8)	\$4.50

Soup

SU1	Egg Drop Soup	\$1.50
SU2	Hot & Sour Soup	\$1.50
SU3	Coconut Chicken Soup	\$1.95
SU4	Wonton Soup	\$1.95

Rice

R1	Chicken Fried Rice	\$5.25
R2	Beef Fried Rice	\$5.50
R3	Pork Fried Rice	\$5.50
R4	Shrimp Fried Rice	\$5.75
R5	Combination Fried Rice	\$5.75
R6	Vegetable Fried Rice	\$5.25
R7	Plain Fried Rice	\$1.50
R8	Plain Steamed Rice (bowl)	\$1.50

Noodles

N1	Chicken Lo Mein	\$5.25
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N3	Shrimp Lo Mein	\$5.75
N4	Combination Lo Mein	\$5.75
N5	Vegetable Lo Mein	\$5.25

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C3	Chicken Broccoli (steak sauce)	\$5.25
C4	Chicken with Vegetable (steak sauce)	\$5.25
C5	Kung Pao Chicken	\$5.25
C6	Cashew Chicken	\$5.25
C7	Garlic Chicken	\$5.25
C8	General Tsao's Chicken	\$5.25
C9	Sesame Chicken	\$5.25
C10	Orange Chicken	\$5.25
C11	Lemon Chicken (Delicious)	\$5.25
C12	Mongolian Chicken	\$5.25
C13	Hunan Chicken	\$5.25
C14	Vegetable Ch & Shp (steak sauce)	\$5.75
C15	Mongolian Ch & Shp	\$6.75

Beef

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

Shrimp

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

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

Pork

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

Curries

CU1	Chicken	\$5.25
CU2	Beef	\$5.25
CU3	Shrimp	\$5.25
CU4	Vegetarian	\$5.25
CU5	Combination (chicken & beef)	\$7.75
CU6	Thai Basil Sauce (chicken & beef)	\$7.99

Teriyaki

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

Beverage

Fountain Sodas, Iced Tea	\$1.10 / \$1.25
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At Trinity Women's Center, we focus on the whole patient—providing exceptional medical and mental healthcare for women of all ages.

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

- Her Option® — abnormal uterine bleeding
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