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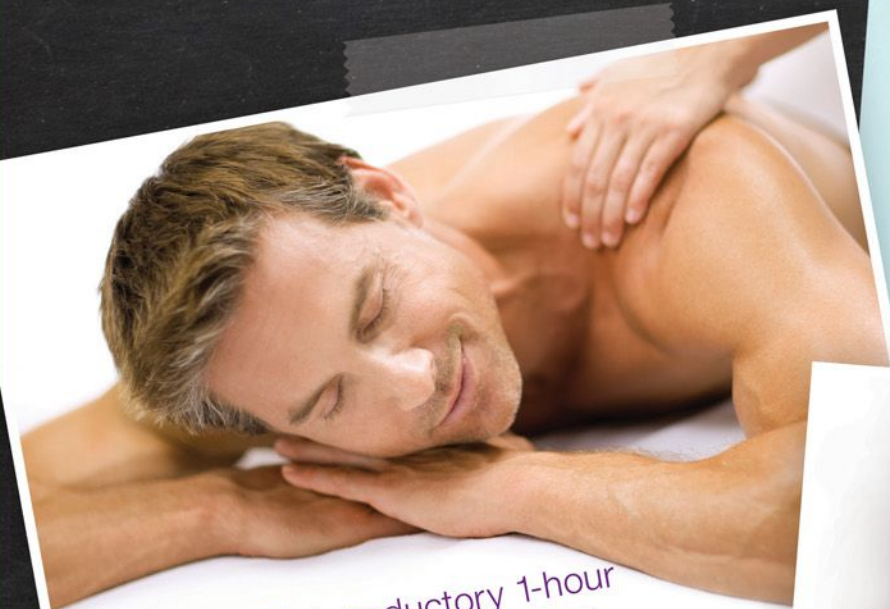
## Steppin' Up

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# EAGLE EXPRESS



## Choose to BE in DeSoto ISD!

## Choose to BE in DeSoto ISD!

DeSoto ISD welcomes students - new and returning - to the DeSoto Eagle family with open arms and exciting opportunities for this school year!

**Pre-K & K Registration - July 21-August 22, 8 a.m. to 5 p.m., Admin. Bldg.**

**Back to School Fair - Saturday, August 9, 9 a.m. to 1 p.m. at DHS**

**New Student Registration - August 12-22, 8-11 a.m. and 1-3 p.m.**

### **FLYING START** (Enrolled Secondary Students) - August 13-14

Students in grades 6-12 (and parents) are invited: orientation, schedules, ID photos, back to school parent packets, bus routes, proof of residency, shot records, etc.

#### **Middle Schools**

- August 13 Last name A-F - 9 a.m.-noon; Last name G-L - 2-5 p.m.
- August 14 Last name M-Q - 9 a.m.-noon; Last name R-Z - 2-5 p.m.

#### **Freshman Campus**

- August 13-14 All Students 8 a.m.-noon, 1-4 p.m.

#### **DeSoto High School**

- August 13 Sophomores 8 a.m.-7 p.m.
- August 14 Juniors/Seniors 8 a.m.-7 p.m.
- August 14 School-wide Orientation 6:30-8:30 p.m.

### **GOALS NIGHTS** (Open House and Meet the Teacher) - 6:40-8:30 p.m.

All students and parents are invited to Goals Nights - outlining the expectations for the student, class, campus and district for the next year!

- Monday, September 8 - DeSoto HS and Freshman Campus
- Tuesday, September 9 - All Elementary Schools
- Monday, September 15 - All Middle Schools

## NEWS TO KNOW

### **FREE Breakfast; Lunch Prices**

Research shows students perform better when they have had a good meal. Starting this fall, DeSoto ISD will launch a Universal Breakfast program giving all students FREE breakfast regardless of income. Simply arrive during breakfast hours and select your breakfast from the daily options.

DeSoto ISD will continue to provide quality lunch choices for all students, with a slight price increase this year.

Elementary (PreK-5)	\$2.40
Secondary (6-12)	\$2.60

### **Dress violators beware!**

Starting this fall, students who violate the dress code will face district-wide consequences. "We expect a culture of professionalism and high expectations," said Superintendent David Harris. "Parents - discuss this with your children before school starts. We will contact you at each repeat infraction - including detentions, loss of privileges and suspensions. Bottom line - we expect our students to follow the dress code, everyday!"

### **Can I use my device in school?**

The answer is simple for 2014-15. You can only have your "device" - including all cell phones, MP3 players, tablets, etc. - when you are instructed to use them by your classroom teacher. It is not acceptable to have devices out, includes having headphones or earbuds in, during class or in the hall unless directed to do so. After excessive disruptions last year, cell phones are again a prohibited item to have out during class or on campus. Students may keep them out of sight in their backpack or purse.

**SATURDAY, AUGUST 9, 2014  
9 A.M. TO 1 P.M.  
DESOTO HIGH SCHOOL**

#### **PRE-REGISTER:**

- DeSoto ISD students
- August 4-5, 8 a.m. to 6 p.m.
- Belt Line Conference Center
- **FREE supplies and backpack for DeSoto ISD students! (limited supply)**
- Free shots for all students
- Games, prizes, info and fun!



## Calendar

Sat., August 9, 9 a.m.-1 p.m. - DeSoto ISD Back to School Fair, DHS Cafeteria

Mon., August 11, 6:30 p.m. - Board Meeting, Board Room

August 12-22 - New Student Registration at each school (Except Aug. 18)

August 13-14 - Secondary Flying Starts (See web for details)

Mon., August 25 - First Day of School for 2014-15

Mon., August 25, 6:30 p.m. - Board Meeting, Board Room

Mon., September 1 - Labor Day; No School





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## ON THE COVER



Mike and Janine Immler enjoy their Duncanville home inside and out.

Photo by Amy Ramirez.

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## Editor's Note

*Southwest friends,*

For many families in our three cities, August marks the beginning of another school year. For me, it's hard to believe the 17 years I spent homeschooling my four children is already eight years behind me. My youngest "student" has already been married for five years, graduated from the Dallas Police Academy, earned his

bachelor's in criminal justice and criminology and will begin his master's studies in criminology this fall. I have to admit there is something so satisfying in seeing your kids pursuing their passions and earning money at what they love!

Perhaps for some of you, this is the month you grab some vacation time with your family before the busyness of school gets under way — appropriate since August is designated as Family Fun Month. I trust all of you will spend a bit of time enjoying those you love.

Stay cool!

*Beverly*

Beverly Shay  
SouthwestNOW Editor  
beverly.shay@nowmagazines.com

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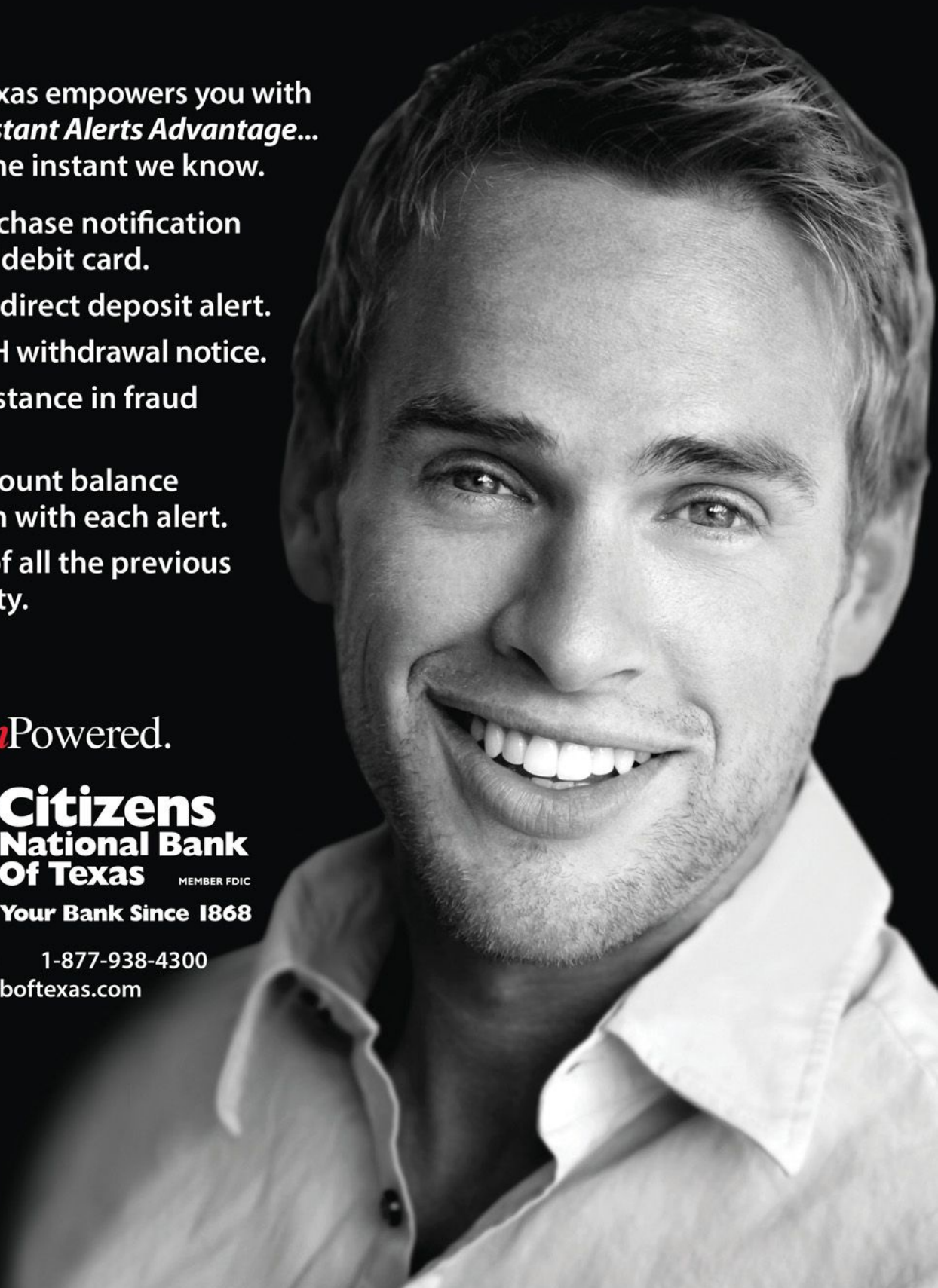
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# Steppin' Up

— By Callie Revell

*By day, Tony Kyles works as a mail carrier for the post office in Dallas, and Vernita “Vee” Hudson works for an insurance company in downtown Dallas. They are, by all accounts, ordinary citizens — until they find a dance floor. Tony and Vee won first place in the beginner’s category at the World’s Largest Steppers Contest last year in Chicago. Now, they are working together to bring a new dance tradition called Chicago Style Stepping into the lives of local dancers.*

The dance, commonly called steppin’, began in Chicago in the mid-20th century and was heavily influenced by other dances of the era like swing, bop and the jitterbug. Much of steppin’ is based on improvisation between partners and smooth footwork. “You really have to dance into the music,” Tony said. “When you see it, you’ll see that it’s more of an intimate dance. It’s a freer dance, which doesn’t restrict you from being natural.”

Tony saw Chicago Style Steppin’ three years ago in Atlanta, Georgia. Since then, he has become connected to the dance community in the area, and most of his free time is spent dancing. “It’ll consume you,” Tony said. “I wake up in the middle of the night after dreaming about dance. I love it. I coached football and track for 15 years, but this is what I love.”

Vee grew up dancing in Texas, but Chicago Style Steppin’ is still new to her. “I’m originally a swing out dancer. I’ve known swing out dancing, because that’s what is in Dallas,” Vee said. “When I first saw Chicago Steppin’, I went to a class and started doing that two years ago. I like to dance, and it’s just another form I wanted to learn.”

Vee loves steppin’ because of the sense of camaraderie and intimacy between dancers. The music is original and fun to hear, and everyone works together to have a good time with it. “It’s always steady moving,” Vee said. “You’re getting a good workout.”

Tony and Vee met at Geno’s Studio, where they were both taking dance classes. They immediately connected as dance partners and decided to practice together, since they were the only dancers from DeSoto. “We get together when we’re dancing,” Vee said. “I know his





moves, and I know what he's going to do. That's what you do when you're in competition. You get to know the other person so well that you dance better together. We just seemed to hit it off like that."

Chicago Style Steppin' takes time and dedication to master. Tony and Vee trained hard with instructors across the country, including Stephen "Snoopy" King, a renowned stepper from Chicago. "He will come down every so often, and we will do privates with him," Vee explained. "We practice hard and learn things by ourselves, but he is our main instructor out of Chicago." After a year-and-a-half, the pair was ready to enter the 2013 World's Largest Steppers Contest in the beginner's category for dancers with under two years of experience. "The contest was awesome. People from all over came to this competition," Vee said. "It was huge and overwhelming, because we don't have anything like that here. So, to see people of all ages steppin' was just amazing."

For Tony, the competition was also a chance to put the spotlight on Texas steppers. "Just to be on that stage, to be



featured in magazines and on television — just to be there and get that exposure was amazing," Tony stated. "It was exciting to be up there in Chicago." Tony also enjoyed interacting with a crowd of fellow steppers, something he isn't used to here at home. "There were people in the competition who have been dancing so long," Tony added. "They were telling us how to prepare and were very friendly." Tony and Vee were the first dancers from Dallas to go to the competition, and they walked away with first place titles in the beginner's category.





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"We were just blown away when we won it," Vee said. "We didn't think we were going to win. We wanted to go for the experience of just being up on stage." As Tony and Vee waited for the results, they knew just being there was a huge accomplishment for them and their fellow dancers at home. When their number was called, Vee was ecstatic, and Tony was speechless. "He didn't even know!" Vee laughed. "Our number was 11, so when they said, 'First place: No. 11,' he was just sitting there. I was like, 'That's us! That's us!'"





Tony's shock still hasn't completely worn off. "It's still hard for me to believe we did this. I wasn't thinking about winning at the time. I was just happy to get up on stage. If you can get on stage, you've won already." To Tony, the exposure they received was better than any trophy. "My main goal going to the World's Largest was to get that exposure and bring it back to Dallas," Tony said. "Since our win, Texas has been given the opportunity to host the first World's Largest Preliminary in Dallas on August 16."

Tony and Vee along with the Queentessential Smooth Steppers, led



1 PETER 5:6-8

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by David Hemphill and Jodi Nash, and the Swing Divaz, led by Sheila Hornbeak will host the event. Then, Tony and Vee will travel to Chicago in September to compete in the 24th Annual World's Largest Steppers Contest. Since they won last year, they are no longer considered beginners and will have to compete against more advanced dancers. However, Tony and Vee feel up to the challenge and are excited to compete again.

When they return home, they plan to get straight back to work. "After this competition, we'll still be focused on teaching beginning dancing and growing dancing in the community," Tony said. "We teach a class at the DeSoto Recreation Center on Tuesdays." Tony



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and Vee's class is open to anyone who wants to learn Chicago Style Steppin'.

In their dance group, Ebb & Flow, students can learn the basic steps necessary to build a solid technical foundation. Quality basic instruction is crucial before learning advanced steppin' techniques. "We're hoping once people get a chance to learn the basics, they can take it anywhere they want to go," Tony added.

Tony and Vee love passing on their passion for steppin' to their community. "We have people coming in every week who have never done it before, but they're eager," Vee said. "They've seen the flyer, and they just come." One of their greatest joys is seeing the dance they love bringing others together. They are excited to see the dance finally catch on in Texas. **NOW**

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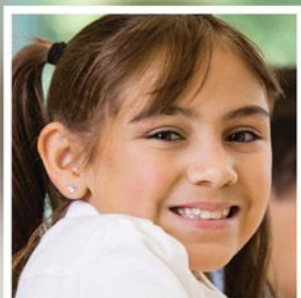
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## Countdown to Classes

# ready.set.FOCUS!

The first day of the 2014-2015 school year is Monday, August 25, 2014. Online registration begins July 25, and we want to help your family be prepared. Detailed information and instructions are available on the district website at [www.duncanvilleisd.org](http://www.duncanvilleisd.org).

### Important Dates

Tax-free Weekend ..... August 8-10  
First Day of School..... August 25

### Meet the Teacher Nights (5:30-7:30 pm)

Elementary Schools (grades PK-4)..... August 21  
Intermediate Schools (grades 5-6)..... August 28  
Middle Schools (grades 7-8)..... September 4  
DHS/PACE (grades 9-12)..... September 11

Labor Day Holiday..... September 1

### New Look Coming for HAC



When visiting the district's Home Access Center (HAC), you will notice some changes to the design and content layout. We have created a video, which includes information about the changes. To view the video, visit the district's YouTube channel at

[www.youtube.com/user/DuncanvilleISDWeb](http://www.youtube.com/user/DuncanvilleISDWeb).

### Need Help?

Need help with the online registration process? Call the district's parent HAC Hotline at 972-708-2067 or visit the parent help center located at PACE High School. Both resources are available Monday through Friday, July 28 through August 8.

### Registration in Three Easy Steps

- 1 Go online to the district website ([www.duncanvilleisd.org](http://www.duncanvilleisd.org)).
- 2 Complete online registration  
**Returning families** will use their Home Access Center (HAC) parent accounts to open the returning student online registration module. From HAC, parents will submit the required online registration information.  
**New-to-district families** will use the new-to-district student online registration module. Follow instructions on the district web page.
- 3 Attend registration Document Review  
Registration Document Review for the 2014-2015 school year will be held for each campus in August. Parents of returning students may be required to attend Document Review if the school requires updated proof of residency or other information. All new-to-district families must attend Document Review and bring all the required enrollment documents. Schedules of important dates, times and locations can be found below.

### Registration Document Review Dates

Grade Level	Date/Times	Location
Pre-K Registration	August 7 .....12:00 – 7:00 pm August 8 .....8:00 am – 12:00 pm	Duncanville HS Shine Performance Hall
Elementary Intermediate, and Middle	August 11 .....12:00 – 7:00 pm August 12 .....12:00 – 7:00 pm August 13 .....12:00 – 7:00 pm	Campus
Duncanville High School	August 11 .....12:00 – 7:00 pm Grade 12 August 12.....12:00 – 7:00 pm Grade 11 August 13.....12:00 – 7:00 pm Grade 10 August 14.....12:00 – 7:00 pm Grade 9 August 15.....12:00 – 7:00 pm	Campus



Scan the QR code to the left to visit the Back to School website for information about school supply lists, menus and more.





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- slacks
- capris
- shorts – MUST be fingertip length
- cargo pants
- cargo shorts – MUST be fingertip length
- jumpers
- skirts - MUST be knee length all the way around

\*A belt must be worn if needed to prevent pants from dragging or sagging

**SOLID COLOR RED, BLACK OR WHITE POLO STYLE SHIRT WITH COLLAR**

**SHOES MUST HAVE A CLOSED TOE AND HEEL** - Absolutely NO slippers, house shoes, sandals or flip flops. The following shoes are acceptable:

- Tennis shoes/sneakers
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— By Beverly Shay

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# WATER

*Sue Klimko has long been a water bug. "Because of my dad's job, we moved around frequently. When I was 12, we lived in Winston-Salem, North Carolina, and the only thing to do was go to the swim club," Sue explained. Sue, along with her four younger brothers and sister, started swimming. "When we moved two years later to Irving, Texas, I began swimming with the University of Dallas club team and the MacArthur High School swim team as a freshman. Then we moved to Valencia, California. I was MVP all three years on the high school team there," she added. Returning to MacArthur High School to finish her senior year, Sue was MVP on their swim team as well.*

Although all of the kids in her family started out swimming, only Sue and one brother have continued in the sport. "The others play soccer," Sue said. Initially, her competition was all in the swimming pool. "I swam three years at Southwest Texas State University (now called Texas State University-San Marcos), while getting my degree in education. I loved it — got the varsity letter sweater and blanket. My main events were 50 meter and 100 meter freestyle, because I am best at sprints," Sue reminisced.

She spent summers working as a coach and lifeguard in Irving before

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being hired as a coach for seven years at South Oak Cliff High School. In 1982, Sue was hired to teach English at West Middle School in DeSoto. Seven years ago, she added assistant coaching for the swim team at DeSoto High School to her daily schedule. Sue continues to work half days at West, teaching sixth-grade English and reading.

"In 1985, North Lake College started a Masters Swimming Program," Sue remarked. U.S. Masters Swimming is a national, membership-operated, nonprofit organization with 60,000 members nationwide, according to their website. About 25 percent of the members enter pool or open water



competitions. Others join to keep in shape through swimming. Coaches are available to write workouts, provide instruction and give feedback. "I love swimming with Masters, because you can participate as much as you want," Sue said.

Sue also swam on the Duncanville club team with Coach Gammon from

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Duncanville High School. "He was a great coach who worked with kids from grade school on up," Sue recalled. Then she got married, had a child and swimming became on-again, off-again for 10 years. "In 2011, I discovered the Dallas Aquatic Masters team of several hundred members. About 50 to 60 people swim per hour-long



practice in the eight-lane pool. Many members are former Division I college swimmers," Sue noted.

Although she has participated in multiple swim competitions throughout the United States, Sue had never competed in an open water competition until 2012, when she participated in the Maui Channel Swim. "This was a relay event and as my first open water swim,

I really didn't know what to expect," Sue recalled, her eyes alight with remembered pleasure. "During our practice swims, the water had been calm, but once we had boated over to Lana'i to begin the relay, the waves were 4 to 5 feet high. No one had told me it could be so rough."

The Maui Channel Swim, at 9.5 miles, is the longest open water swim relay and

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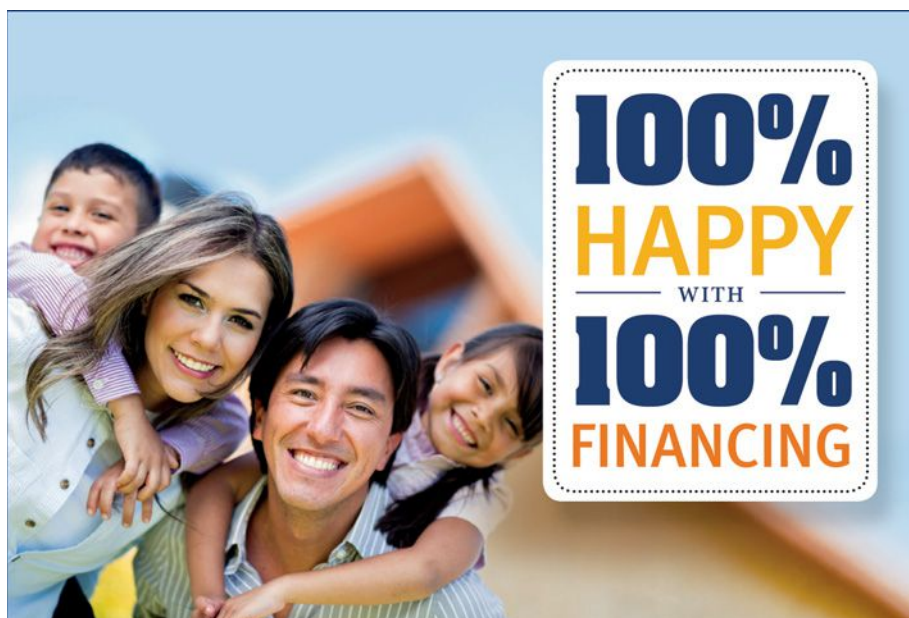
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Sue's daughter, Summer, enjoys supporting her mom at swim meets.

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the only Masters inter-island relay race in the world. Swimmers from many nations are attracted to the beautiful Au'au Channel, with the highest rivalry between the Australian and U.S. teams. The timed race is made up of six-member teams, each with an escort boat to keep them on-course. Each team member swims a 30-minute leg with subsequent 10-minute legs until the finish line is crossed. "Although it was a timed relay, and I was swimming what seemed like miles and miles, what really struck me was the freedom of being in such a vast body of this incredibly blue water," Sue shared. "It was like an extreme sport without the extreme."

From the first time Sue had visited her sister who lives in Maui, she'd been itching to try an open water swim, so this was a dream come true. Swimmers are boated from Lahaina on the island of Maui to Lana'i. As the first swimmer finishes his/her lap, they return to the boat, and the next swimmer jumps in as they make their way back to Kaanapali on the island of Maui. Teams can be all male, all female or mixed, and are divided into age ranges. Sue and members of the Dallas Aquatic Masters swimmers made up a mixed makule team, which finished in fourth place with an overall team time of 4:59.11. In her personal time, Sue placed 30.

Following this experience, Sue was eager to try another open water event. In June 2013, she entered the 1-mile Flower Sea Swim in the Cayman Islands. Known for its flawless course along what some consider the most beautiful





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stretch of beach in the world, Seven Mile Beach, the Flower Sea Swim is one of the richest open water events, with some \$100,000 in cash and random prizes and surprises. Registration fees go to feeding needy school children in the Caymans. "This open water swim was very different. The water was flat with no waves and very clear. I placed 125th out of about 800 swimmers, some of whom were former Olympians," Sue explained. "The swim was a lot of fun with prizes and drawings. What I really like about the Masters Swim Program is you choose the level and types of involvement. Events include zone and local meets, sprints, long distance and butterfly, which are available all over the United States and internationally," Sue commented. Her latest event was a long course zone meet last month in Mansfield.

After a busy day at school, Sue finds swimming not only beneficial as exercise, it truly lifts her spirit. "I always feel like a new person. I love swimming outside and my fellow swimmers are so pleasant," she said. Her daughter, Summer, will be a sophomore at Canterbury Episcopal School this fall, where her sports of choice are soccer, basketball and track. "Summer almost always comes to my swim meets and counts for me. She has been so supportive, and swimming gives us time together."

Sue encourages those considering swimming on a regular basis. "You don't have to be competitive to be involved with Masters. Just go," she said. "You will meet great people. The coaching staff is so friendly and nice. They are not judgmental and are open to anyone, encouraging each person to be as involved as they care to be. Swimming is such a positive and therapeutic experience, where you are the one in control." **NOW**



## WELCOMES Melodi Reese-Holley, MD



The physicians and staff of Kessler Women's Healthcare are pleased to introduce Melodi Reese-Holley, MD, who joins Kessler Women's Healthcare in August, 2014.

A Houston native, Dr. Reese-Holley graduated *magna cum laude* from Xavier University of Louisiana, majoring in psychiatry with a double minor in chemistry and biology. She received her Doctorate of Medicine from University of Texas Southwestern Medical Center, Dallas, and completed her OB—Gyn residency at Methodist Health System, Dallas, serving as chief resident in her final residency year.

A mother of two young children, Dr. Reese-Holley has special interests in obstetrical care and patient education that assists and supports women in making informed healthcare choices.

If you would like to make an appointment with Dr. Reese-Holley or any of the physicians at Kessler Women's Healthcare, please call our office at **214-941-7200**.

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# EMPTY NEST MAKEOVER

— By Sydni Massey

*Dropping off each of their four children at college for the first time was rough on Mike and Janine Immler. With each child it got easier, until the day they walked into their three-bedroom, two-and-a-half bath home in Duncanville after dropping their youngest off to find it had become an empty nest. “We weren’t sure about becoming empty nesters,” Janine admitted. “It has been wonderful! When the kids started moving out, we started working on updating our home.”*

Mike and Janine’s house was built in the 1980s. They purchased it 15 years ago. Janine is a Duncanville native and has never moved far from home. Mike’s father was in the Air Force, and his family moved around a lot. The couple met 20 years ago at their jobs at the Army and Air Force Exchange Service. Janine has been at AAFES for 21 years working in contracting. Mike joined AAFES’ legal team 29 years ago. Today, he is the executive vice president and chief strategy officer.







Before joining AAFES, Mike served in the Air Force. When he retired as a colonel after 30 years, Janine had relics from his career framed and displayed in the den. This room has served as many things over the years, but is now a room for lounging, watching television and reading. Once the kids were gone, it became one of their first updating projects. "We ripped out the carpet and put tile in this room and the half-bath next to it," Mike said. "This room used to be what we called the kid's living room."

In the past, the den was not always used as an informal gathering area. With only three bedrooms for a family of six, a lot of shuffling and repurposing had to be done when the family first moved in. The formal dining room and den were both converted into bedrooms to house their three boys and one daughter.

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“Trying to figure out where to put everyone was difficult at first,” Janine explained. “Now that they’re gone, the house seems so much bigger.”

With only one of the three bedrooms now in use, their attention has been turned to those. First up on their list was turning one of their son’s bedrooms into a guestroom. New paint on the walls, fresh bedding and sophisticated furniture leaves no trace of the high school boy ever living in the room. The master suite is next on



their list to tackle. “We are still deciding what we want to do with our bathroom,” Janine said. “The carpet will be the first thing to go. It’s exciting deciding what to do with each of these spaces.”

The formal dining room has never been used for its intended purpose. After serving as a bedroom for a time, it became the family study. When Mike and Janine got married, they joined their collection of antique furniture passed down from family. Many of these pieces

stay in the study and are the first things visitors see when they walk into the home. A wooden wardrobe with keyholes and a mirrored front brings back memories of when Janine used it for her daughter. The secretary desk is an early 20th century piece from Mike’s grandmother.

When the children were in high school, Mike and Janine never knew upon waking who they would find in their house for the weekend. Some Saturday mornings, they’d stumble over a living room full of

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kids on their way to the kitchen. So on the weekends, the Immlers always cooked two pounds of bacon, a dozen eggs and enough waffles to feed a small army. Their kids' friends were always welcome.

The galley-style kitchen has undergone major remodeling since those days. For years the kitchen was closed off from most of the action. Mike and Janine cut out a large area on one of the kitchen walls to open it to the formal living room.



The opening offers a perfect view of the big screen television. The countertops were also upgraded to granite. This room has become one of the busiest places in the house when all the kids and their families come home for special occasions.

The Immlers rarely cook in their kitchen unless family is over. They believe in giving back to their community by eating at local restaurants almost every night. The staff at one local cafe knows them by name. On Wednesday nights, the whole family meets to dine together at one of their favorite Mexican food restaurants. They also frequent Ben Franklin's Kitchens Deli in Duncanville and Dick's Uptown Cafe in Cedar Hill.





"We paid our dues cooking for four kids all of those years," Janine said.

"After a day of working hard, we enjoy coming home and deciding where to go eat," Mike added. "Supporting our local businesses is important to us."

Mike and Janine work hard, but know how to enjoy their time off. They spend a lot of time traveling. Mike's job takes him to places like Washington, D.C., San Francisco, Germany and Italy, and Janine gets to join him.

"Mike graduated from high school in Puerto Rico," Janine said. "So any time he has a reunion we get to spend it there. Our first grandchild will be born this summer, and we will be traveling to Houston to see him or her as often as we can."

When they aren't working and traveling, Mike and Janine love to spend their time outside working in the yard. From the curb of their house, one can see how great they are at keeping a well-manicured yard. Many of the plants they enjoy have been given to them by family. "When we moved in here we got a mimosa tree from family in Oklahoma," Janine said. "That tree has grown so much since we planted it and is now the climbing tree for all of the kids in the neighborhood."

The Immlers love living in Duncanville, and while Mike hopes to one day live in Auburn, Alabama, he knows Janine's heart is in this city. He jokes that he will retire as soon as she agrees to move to Auburn with him. Even though he only lived there for four years, he considers it his hometown. "Duncanville is a great place to live," Mike said. "The people are nice, and there are good places to eat. We love how quiet and safe our home is. As much as I want to live in Alabama, I know we're very happy here." **NOW**

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# AQUATIC ADVENTURE

— By Randy Bigham

*Nature lovers know the peace that water brings to any pastoral setting, whether it's the babbling brook of the wilderness or the trickling mini-waterfall of a terrace garden. But what can be more soothing or fascinating than a koi pond? With its colorful varieties of Japanese carp darting among rocks and plants, this touch of nature transforms any backyard into an oasis.*



"Ponds have become increasingly popular recently," acknowledges letsbekoi.com, the online face for this Waxahachie-based fish and pond supplier. "They can be preformed, hand-dug, made from stock tanks, on your patio, even indoors. With so many options, you can make yours as simple or elaborate as you wish."

Koi ponds, as an addition to your water garden, not only create a tranquil environment but ensure years of refreshing enjoyment for the whole family. There are how-to guides for installing koi ponds, available in print and online, and serious garden lovers prefer the do-it-yourself approach. But if you're like most homeowners, you're not a landscape designer or even a seasoned gardener. You will, therefore, likely opt to buy ready-made pond and waterfall kits. It's an expedient route to a beautiful result, yet it pays to be informed.

Whether choosing a local contractor or a national chain to implement the water garden of your dreams, you should acquaint yourself with the process. You should also know how best to address issues from building ordinances that might impede your project to the proper maintenance of the pond, its plants and fish.







## Do you really want a pond?

Before making a decision between a pond or water feature, consider the significant difference. A koi pond will require dedication to upkeep, which a water feature won't. "Ponds are miniature ecosystems with plants, animals and microorganisms working in harmony to achieve balance," explains a how-to

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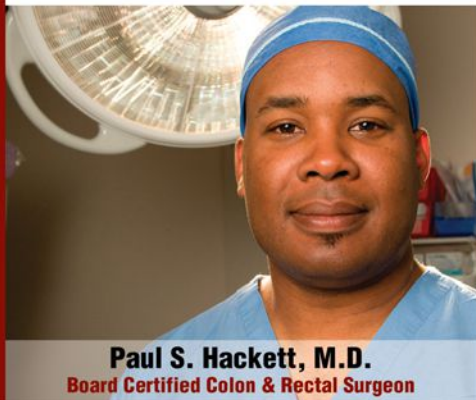
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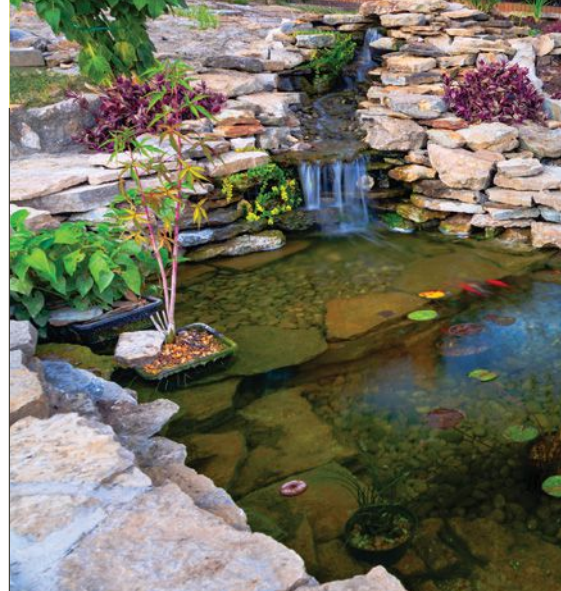
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## What to know before you build.

Before your landscaper or contractor lays out your koi pond, consult the local code enforcement department. There may be laws restricting the depth of your pond or access to it, and you'll need to be prepared to meet those or other requirements. Ordinances may also mandate fencing types, a building permit or an inspection of the site before and after construction. Finally, call 811 free of charge to request that all gas, electric, phone and cable lines be mapped out for your safety.

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## Collaborate with your builder.

You may want to hire either a landscape designer who specializes in gardens and pools or an independent contractor. But you can also pick one of many construction companies that now perform the excavation and initial cultivation of koi ponds.

Work from architectural drawings or images of your builder's former projects or provide your own vision for the size and layout of the pond. Incorporate highlights of your existing garden, for instance a gazebo or arbor, into the scheme. Decide with your builder on the kind of stone to be used for pathways around your pond.

Perhaps you'll want a small, rustic terrace constructed nearby so guests can admire the carp whizzing to and fro. A grotto or other forms of recessed seating along the path to the pond are attractive ideas for individualizing the addition of a koi pond to your garden.

## Select the location.

Choosing the perfect site for a koi pond is key to reducing maintenance while optimizing safety and enjoyment. Make sure the pond is built lower in the surrounding landscape, but not so low that runoff threatens the pond with fertilizer or other lawn chemicals. The pond should sit in an area that receives four to six hours of sunlight. A location fully exposed to the sun will cause issues of overheating and algae accumulation. Placement in full shade will prevent water lilies and other plant life from prospering.

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**BALLET FOKLORKO  
DE DOS TIERRAS**

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**DANIEL DECORDOBA  
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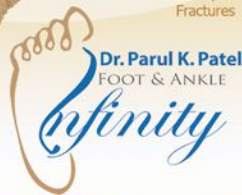
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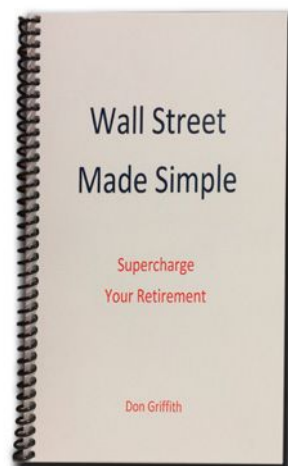
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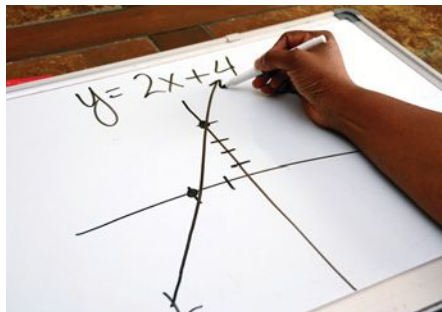


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Alexis Scott, not only loves learning, she loves teaching others to learn.

# Learning to Learn

*Tutoring provides immediate help while building a foundation for academic success. — By Beverly Shay*

Sometimes you just need a little extra help to get over a speed bump in learning. Other times you need a more substantial boost to conquer a subject that initially seems over your head. AMS Academic Solutions tailors tutoring to your exact needs, whether through one brush-up prep session or ongoing sessions until you reach your goal. “Once someone contacts us looking for help, we meet one-on-one to get to know them and determine the need. Usually, our clients are above the level they think they are,” shared Alexis Scott, founder of AMS Academic Solutions.

Alexis has been tutoring for 20 years. She grew up in Dallas and completed her undergrad studies in mathematics with a minor in business at Spelman College in Atlanta, Georgia. She also earned a Master of Science in mathematics from University of North Texas in 1995. “I have always had a passion for numbers, math

and teaching, so I considered being an accountant,” Alexis said. “I began tutoring math and Spanish while in junior high school. It seemed I was always helping someone to learn!”

Tutoring math was an easy way to make extra money during college. “Tutoring both for UNT and on the side while in my master’s program led to getting my own class. That’s where I really got the teaching bug,” Alexis smiled. “I really enjoyed seeing the lights go on when students finally understood.” She also worked as a system analyst with an MIT Lincoln Laboratory. “I liked that job, but didn’t feel complete,” she noted. Her job morphed into information assurance, which protects information and systems. Currently, she works with a defense company in Dallas doing similar work full time. “Yes,” Alexis responded, “I do work two full-time jobs.”



## Business **NOW**

As Alexis tutored co-workers, friends and family members, she noticed most lacked foundational learning skills. "Acquiring knowledge with no foundation for learning was causing them great difficulty. I felt if I could establish that foundation for them, they wouldn't need constant help," she described. "I get really excited by helping others discover they can learn where they once felt they couldn't."

Alexis believes in getting to know her clients conversationally. Once she identifies their perceived weakness, she works with them at that level. "I had a high school senior once who thought she wouldn't be able to go to college, because she just couldn't get math," Alexis recalled. "After we worked together for one session, she understood that lesson. When I told her she had just been doing college-level math, her hope soared." Alexis emphasizes learning doesn't occur through memorization. "Repetition and practice bring about understanding — you have to work it until you learn it."

While Alexis focuses mainly on tutoring math, she has six other tutors who are thrilled to bring understanding and education to others. Tutoring for SAT, PSAT, ACT, English, Spanish and the sciences for grades two through college-level is available all over DFW

**"I get really excited by helping others discover they can learn where they once felt they couldn't."**

and online. Anyone interested in joining her tutoring team must have a bachelor's degree, knowledge of the subject, willingness, patience, passion and a proven capacity to teach. Students and parents can request tutoring either online or by phone.

Once current problems are overcome, the tutoring advances to the next level. Usually, clients gain the confidence and skills they need to continue alone, but they may come back occasionally to prepare for a test or overcome a certain problem. "Laying that foundation for learning really turns education around for them," Alexis reiterated. **NOW**

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*K-Avett sings her way into the hearts of the listeners at DeSoto's Creekfest.*



*Zula B. Wylie Library and the Cedar Hill Rotary Club, represented by Dan Watkins, Teri Nelson and Glenn Majors, set up Little Free Libraries in various Cedar Hill neighborhoods.*



*Methodist Charlton hosts its annual EMS cookout for frontline medical responders. Shown are Leo Mattingly, who provided the tent for the cookout; "chef" Steve Smith and Dudley Wilcoxson.*



*Duncanville Community Theatre hosted a special fundraising for the Duncanville Outreach Ministry, featuring Nunsense, A Musical Comedy, hors d'oeuvres, sweets and drinks. They were able to present \$2,405 and 130 cans of soup.*



*Former DeSoto Mayor Bobby Waddle enjoys a moment with Patricia Colman.*



*Students from Northside Elementary show off the rabbit they named and for which they learned to provide proper nourishment, time and attention from birth until the present to produce a healthy award-winning animal.*



*Holy Spirit Catholic Church celebrates their 40th anniversary with a choir concert.*



*Mission Cedar Hill helps get the Cedar Hill Museum ready to open.*



*Several of the Nursing Excellence Award winners are congratulated by Chief Nursing Officer Fran Laukaitis at Methodist Charlton's National Nurses Week celebration.*



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# Time Can Be a Strong Ally in Saving for Retirement

Father Time doesn't always have a good reputation, particularly when it comes to birthdays. But when it comes to saving for retirement, time might be one of your strongest allies. Why? When time teams up with the growth potential of compounding, the results can be powerful.

## Time and money can work together

The premise behind compounding is fairly simple. Your retirement plan contributions are deducted from your paycheck and invested either in the options you select or in your plan's default investments. Your contribution dollars may earn returns from those investments, then those returns may earn returns themselves — and so on. That's compounding.

## Compounding in action

To see the process at work, consider the following hypothetical example: Say you invest \$1,000 and earn a return of 7 percent — or \$70 — in one year. You now have \$1,070 in your account. In year two, that \$1,070 earns another 7 percent, and this time the amount earned is \$74.90, bringing the total value of your account to \$1,144.90. Over time, if your account continues to earn positive returns, the process can gather steam and add up.

Now consider how compounding might work in your retirement plan. Say \$120 is automatically deducted from your paycheck and contributed to your plan account on a biweekly basis. Assuming you earn a 7 percent rate of return each year, after 10 years, you would have invested \$31,200, and your account would be worth \$45,100. That's not too bad. If you kept investing the same amount, after 20 years, you'd have invested \$62,400 and your account would be worth \$135,835. And after just 10 more years — for a total investment time horizon of 30 years and a total invested amount of \$93,600 — you'd have \$318,381. That's the power of compounding at work.

Keep in mind that these examples are hypothetical, for illustrative purposes only and do not represent the performance of any actual investment. Returns will change from year to year, and are not guaranteed. You may also lose money in your retirement plan investments. But that's why when you're saving for retirement, it's important to stay focused on long-term results.

Also, these examples do not take into account plan fees, which will impact your returns, and taxes. When you withdraw money from your traditional (i.e., non-Roth) retirement plan account, you will have to pay taxes on your withdrawals, at then-current rates. Early withdrawals before age 59 1/2 (age 55 for certain distributions from employer plans) may be subject to a 10-percent penalty tax, unless an exception applies. Nonqualified withdrawals from a Roth account may also be subject to regular income and penalty taxes (on the earnings only — you receive your Roth contributions tax free). **NOW**

*This information was developed by Broadridge, an independent third party. It is general in nature, is not a complete statement of all information necessary for making an investment decision, and is not a recommendation or solicitation to buy or sell any security. Investments and strategies mentioned may not be suitable for all investors. Past performance may not be indicative of future results. Raymond James & Associates, Inc. member New York Stock exchange/ SIPC does not provide advice on tax, legal or mortgage issues. These matters should be discussed with an appropriate professional.*

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*Donald Pope is a Raymond James Financial Advisor in Duncanville.*



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### Month of August

Adult classes: beginning/intermediate computer basics, Internet and individual tutoring, DeSoto library. (972) 230-9661.

### August 1, 26

Diabetes seminar: 3:00 p.m., Duncanville library.

### August 2 — 3

CH Parks and Rec. Dept. and Bridge Lacrosse: free children's Lacrosse clinics: 9:00 a.m.-Noon, Valley Ridge Park. Equipment provided. (972) 291-5130.

### August 4

Look Good ... Feel Good: 5:30-7:30 p.m., Methodist Charlton. Free American Cancer Assoc. program for women in chemo/radiation. RSVP: (214) 947-5479.

Readers on the Hill (adults): 7:00-9:00 p.m., CH library. (972) 291-7323.

### August 4 — 7

Rockin' Reading Camp (K-2nd): 4:00-5:30 p.m., CH library. Register: (972) 291-7323 ext. 1312.

### August 7 — 9, 14 — 16

Duncanville Community Theatre: *Moon Over Buffalo*: 8:00 p.m., 106 S. Main St. (972) 780-5707.

### August 9

Storytelling workshop (grades 3-6): 11:00 a.m., CH library. (972) 291-7323 ext. 1312.

Book selling/signing: J. Ray Berry: 2:00-5:00 p.m., DeSoto library.

Back-to-School Expo: 9:00 a.m., Cedar Hill High School Cafeteria.

### August 11

DeSoto Striders Girls Running Camp: 7:00-10:00 a.m., DeSoto Rec Ctr..

### August 16

DeSoto Rec. Ctr. hosts 2014 NGA DeSoto Southwest Classic Invitational Natural Body Building/Figure Championship Pro Qualifier/Master Pro Qualifier: 9:00 a.m.

Paws in the Pool: 10:00 a.m.-2:00 p.m., Crawford Park Pool. Preregister:

\$1/dog; day of: \$2/dog; proof of rabies vaccination required. cedarhilltx.com/paws.

### August 19

Cedar Hill Quilters Guild: Show and Tell: 6:30 - 9:00 p.m., CH Rec. Ctr.

### August 25

Southwest Dallas Co. Parkinson's Group: 6:30-8:00 p.m., 1302 S. Clark Rd., DV. Jo Bidwell will speak on nutrition. (972) 298-4556.

### August 28

Book selling/signing: Bo Wilkerson: 2:00-3:00 p.m., DeSoto library.

### August 29 — 30

Tulisoma Dallas Book Fair: Southwest African-American Experience in Books and Story, African-American Museum of Dallas, 3536 Grand Ave. www.Tulisoma.org.

*Submissions are welcome and published as space allows. Send your current event details to beverly.shay@nowmagazines.com.*



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## In the Kitchen With Frank Alegria

— *By Beverly Shay*

“As a pastor, I enjoy cooking, because I can enter the space on the other side of administration and pastoral care ministry and just relax and reflect for those moments,” Pastor Frank Alegria said. “What inspires me is the sheer challenge of cooking something to perfection, so those who eat what I have prepared will forget about going anywhere else for barbecue or seafood.”

Frank grew up in Corpus Christi, where his parents owned a seafood market for 40 years. “My mother gave me a glimpse of how fried fish should taste,” related Frank, who once had his own seafood catering business, but really developed his skills “out of sheer interest and desire.” His philosophy involves starting with what you have in the pantry and keeping it simple. **NOW**

### Bar-B-Que Chicken or Pork Ribs

**2 to 5 lbs. whole chickens**  
**2 to 5 lbs. slab pork spareribs**  
**2.5-gal. Ziploc bag**  
**1 Tbsp. per chicken Doug Nelson Steak Seasoning & Rub Spice**  
 (found only in Beaumont, Texas)  
**24.5-oz. bottle Goya Mojo Criollo Marinade**

#### Sauce:

**2 18-oz. bottles barbecue sauce**  
 of choice  
**Juice of 2 lemons**  
**Honey, molasses, dark sugar or sugar,**  
 to taste (optional)  
**1 jalapeño, finely diced (optional)**

**1.** Cut chickens in half, removing all skin. Or cut ribs to fit in Ziploc bag. Place meat in bag meat side down. Add 1 Tbsp. rub per chicken and 12 oz. marinade.

Seal bag and refrigerate at least 3 hours, preferably overnight.

**2.** Get wood/charcoal burning on grill 45-60 minutes prior to cooking (225-250 F). Place meat on grill until internal temperature reaches 165-170 F minimum: for pork, 2-3 hours; for chicken 90-120 minutes.

**3.** For sauce: Combine all sauce ingredients in a saucepan over medium heat, but do not allow to boil.

**4.** Approximately 15 minutes before meat is ready, slather sauce on all sides; allow sauce to caramelize on meat. Remove meat from grill and let set for 10-15 minutes before serving.

**5.** For pork spareribs: Place in a heavy duty aluminum fold, add barbecue sauce and butter to taste; wrap and place back in the pit at 200 F for another 30-60 minutes.

### Fried Fish, Shrimp and Oysters

**4 cups corn meal**  
**2 cups cracker meal**

**4 Tbsp. Walker & Sons**  
**“Slap Ya Mama” Cajun Seasoning**  
**1/2 tsp. cayenne, if you like spicy**  
**2 tsp. ground black pepper**  
**Pinch salt**  
**3 lbs. fresh fish of desired type**  
 (1/2 lb. per person)  
**2 to 12-oz. shrimp, peeled and deveined**  
 (15/20 count)  
**1 pint oysters**  
**Peanut or vegetable oil**  
**Lemon, sliced**

**1.** Prepare breading mix by combining the first 6 ingredients in a bowl; set aside. Note: For oyster breading, make a separate batch and do not use Slap Ya Mama seasoning or salt.

**2.** Cut fish into small portions. Split shrimp butterfly-style.

**3.** If using fresh oysters (best), drain liquid. Do not rinse with tap water to retain unique salty flavor.

**4.** In skillet, bring oil to 375 F. Note: Vegetable oil burns more easily than peanut oil. There should be just enough oil to almost cover what you are frying.

**5.** Coat fish and shrimp in breading; shake off excess breading. Place fish and shrimp in oil. After 1 minute turn for consistent cooking and browning. Remove from oil; place on paper towels to drain. Squeeze fresh lemon juice over fish and shrimp.

**6.** Coat oysters with their breading mix. Always cook oysters last, because they flavor the oil. Place oysters in oil; stir often while cooking until browned. Remove and drain on paper towels. Squeeze lemon slices over oysters.

### Remoulade

**2 cups mayonnaise**  
**1/4 cup onions, finely chopped**  
**1/8 cup sweet relish**  
**1 Tbsp. Worcestershire sauce**  
**1 Tbsp. lemon juice**  
**1 tsp. black pepper**  
**1/2 tsp. paprika**  
**1/2 tsp. capers, diced**

**1.** Mix all ingredients in a bowl. Taste test and add more of any ingredient as desired.

**2.** Refrigerate. Best made the day before so flavors can blend as sauce chills.

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