

# Southwest NOW

Cedar Hill | DeSoto | Duncanville  
MAGAZINE

AUGUST 2017

## 30-year Curtain Call

Duncanville Community Theatre  
is still packing 'em in

## Any Good Thing

At Home With  
Jerome and Victoria  
Ayo-Olusanya

Starting Off Right  
School's in Session

Keeping Mind  
and Body Active

Dining Deals

In the Kitchen With  
Tannie Brantley





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# EAGLE EXPRESS



## ACCELERATING EXPECTATIONS 2020

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FIRST DAY OF SCHOOL - MONDAY, AUGUST 21

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Students in grades 6-12 (and parents) are invited to attend orientation, pick up schedules, ID badges, back-to-school parent packets, bus routes. Please bring Proof of Residency, shot records, and other necessary documentation. Visit [www.desotoisd.org/backtoschool](http://www.desotoisd.org/backtoschool) for more info.

#### Middle Schools (Grades 6-8)

- Aug 16 Last Name A-F (9 a.m. to Noon); Last Name G-L (2 to 5 p.m.)
- Aug 17 Last Name M-Q (9 a.m. to Noon); Last Name R-Z (2 to 5 p.m.)

#### DeSoto High School (Grades 9-12)

- Mon. & Tues., Aug. 14 & 15 Details online or contact the campus
- Wed., Aug. 16, 8 a.m. to 2 p.m.: Make-up Flying Start Day

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

All students and parents are invited to attend Goals Night. The event outlines expectations for the student, class, campus, and district for the year.

- Elementary Schools: 6:30 to 8 p.m., Wed., Aug. 23
- Middle Schools: 6:30-8 p.m., Tues., Aug. 22
- High School: 6:30-8 p.m., Thurs., Aug. 24

#### Back-to-School Web Page

Looking for school calendars, uniform info, supply lists, orientation schedules, or enrollment and registration information?

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#### Families, Community Invited to DeSoto Back-to-School Fair



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#### Foundation Golf Tourney

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For more info, call 972-223-6666 ext. 8277.

#### Calendar

- Ongoing: Registration & Enrollment
- Aug. 4: DHS VB @ Sachse HS, 5 p.m.
- Aug. 5: BTS Fair, 9 a.m. to noon, DHS
- Aug. 8: DHS VB @ Arl. Summit, 6:30 p.m.
- Sept. 1: DHS Eagle FB @ Jesuit, TBD
- Aug. 14: Board Meeting, 6:30 p.m.
- Aug. 18: Meet the Teacher, 1 p.m. to 5 p.m., All Campuses
- Aug. 21: First Day of Classes





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## Hooray!

*It's time to register for the 2017-2018 school year.*



***Monday, August 7th - Online registration opens***

***Thursday, August 10th - Campus registration opens***

***Monday, August 28th - First day of school***

*\*For more information visit [www.duncanvilleisd.org/BackToSchool](http://www.duncanvilleisd.org/BackToSchool)*

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*Duncanville Community Theatre  
climbs to new heights.*

*Photo by Shane Kirkpatrick*

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## Editor's Note


*Summer is a time for voyaging ...*

August 20, 1977, began one of the great voyages of my childhood. That month NASA launched Voyager 2, a few weeks before the launch of Voyager 1, which was to speed on a faster trajectory. I remember checking the NASA mission books out of the library and having to convince both the librarians and my teachers that I could read such books. I would come dashing from whatever corner of the house to watch the news any time one of the Voyagers had an encounter with Jupiter or Saturn every few months, until August of 1981. Then followed long years of waiting until the flyby of Uranus and then, finally, Neptune. I was in my late teens by August 1989, and the Science Place was hosting a live-feed viewing of the last hurrah for the Voyager mission. I rode the bus to Fair Park and sat in the dark, covered in goose bumps as the images covered the dome. It was a journey that spanned most of my childhood and defined a part of who I am.

May your summer voyages bring you dreams for a lifetime!

*Adam*

Adam Walker  
SouthwestNOW Editor  
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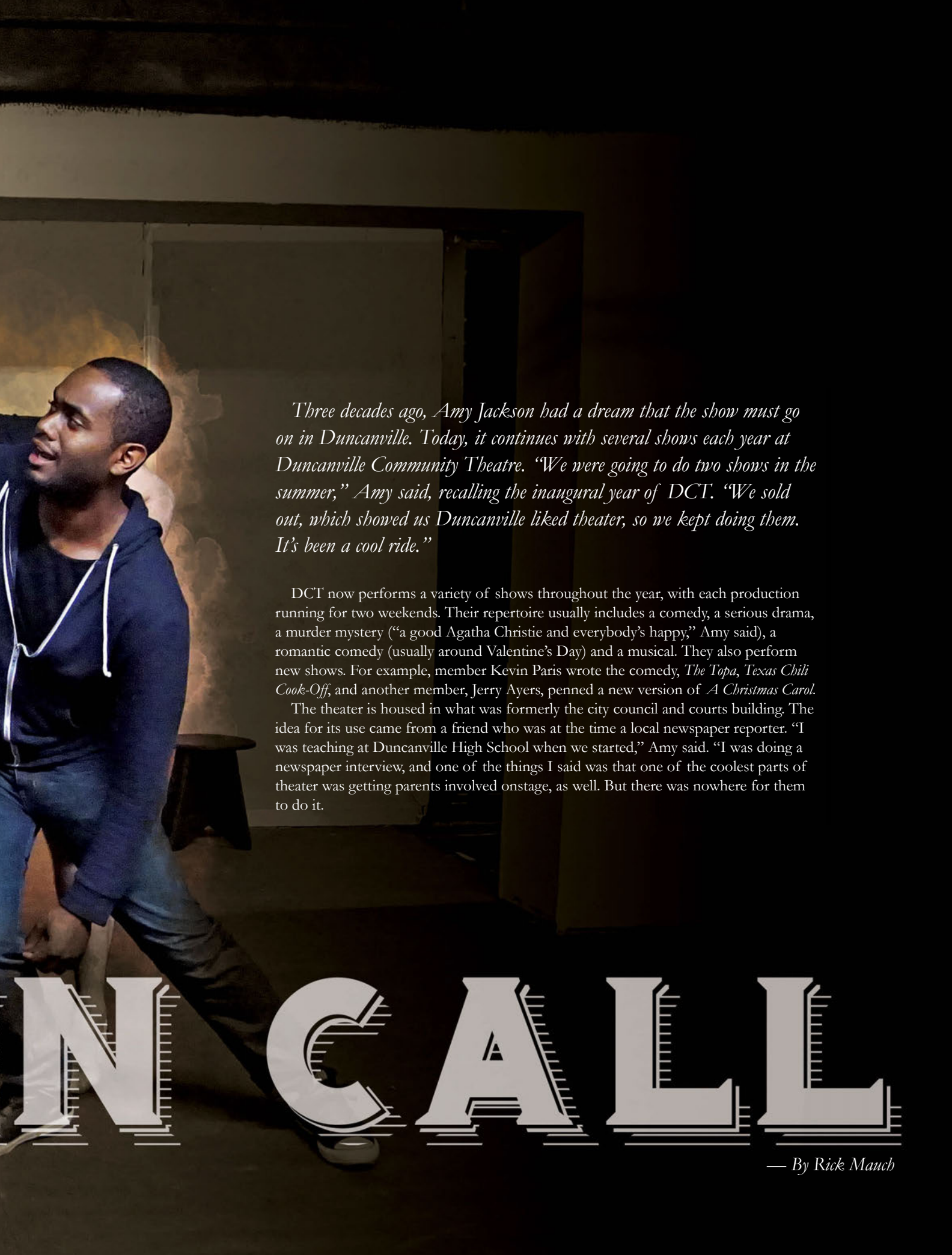
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30-year  
CURTAIN





*Three decades ago, Amy Jackson had a dream that the show must go on in Duncanville. Today, it continues with several shows each year at Duncanville Community Theatre. “We were going to do two shows in the summer,” Amy said, recalling the inaugural year of DCT. “We sold out, which showed us Duncanville liked theater, so we kept doing them. It’s been a cool ride.”*


DCT now performs a variety of shows throughout the year, with each production running for two weekends. Their repertoire usually includes a comedy, a serious drama, a murder mystery (“a good Agatha Christie and everybody’s happy,” Amy said), a romantic comedy (usually around Valentine’s Day) and a musical. They also perform new shows. For example, member Kevin Paris wrote the comedy, *The Topa, Texas Chili Cook-Off*, and another member, Jerry Ayers, penned a new version of *A Christmas Carol*.

The theater is housed in what was formerly the city council and courts building. The idea for its use came from a friend who was at the time a local newspaper reporter. “I was teaching at Duncanville High School when we started,” Amy said. “I was doing a newspaper interview, and one of the things I said was that one of the coolest parts of theater was getting parents involved onstage, as well. But there was nowhere for them to do it.

# NCALL

— By Rick Mauch





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"Then, Tom Bryson (the reporter) called and told me the council and courts building was going to be available. I went before the city and asked if we could use it, and we've been here ever since." Well, except for a short time about a decade ago when they entered into a long-term lease with the city (it had been year-to-year before), and some renovations were performed, thanks to help from a Meadows Foundation grant and many generous donors. DCT moved out for a while and performed at various other locations while the work was done.

Currently, they are in the middle of a 20-year lease. However, there was a time when they didn't know if the building might be sold. "They tried to sell the building a few times but didn't get any offers, so we kept coming back," Amy remembered.

Actors come from all over the Metroplex to be a part of the shows, and so do audience members. "We have patrons who come to every show," said DCT member Dawn McCallum. "You're on stage, and you know who's sitting there."

That is partly because the comfortable stage is just a few feet from the audience in the small theater. It's part of what makes for a warm and cozy atmosphere. "I just love the space. There's nothing like having an audience 6 feet from you," Jerry said.

While other amateur theater groups might refrain from having the word "community" in their name, DCT makes a concerted







effort to include it. Amy said it is a big part of what defines them. "We're very big on having 'community' in our name," she said. "And not just the community in which we live, but there's a community within our group."

With plenty of restaurants nearby, some on the same block and within walking distance, patrons can enjoy a full evening out. Also, it's a chance to fraternize and catch up with friends. "One of the things I hear from patrons is it gives them a chance to see each other," Jerry said. "Also, they have friends in the shows."

The personal community touch even includes receiving calls for reservations. They get a human voice, and the staff makes sure all requests are answered — and then some. "If we see that so-and-so hasn't made a reservation, we'll call them to see what's up. Little things like that mean a lot," Dawn said.

"We train our new volunteers on how important it is to stay in touch with the community," Amy said. "One time, we called to check on a patron who had missed a few shows only to learn he had suffered a heart attack. He said, 'I missed the last two shows, but I'm coming to this one.'"

The group also gets involved in community projects. This includes participating in parades, working with the Chamber of Commerce and the local Duncanville Outreach Ministry. They've twice received an Arts and Humanities Award from the Texas Recreation and Parks Society.

DCT's history includes people who have been involved in one form or another since they were children. Examples include Katelyn Cocker, who started painting sets with her father at age 4 and is now in New York finishing her master's degree; Zach Contreras, who was in *Cheaper by the Dozen* at age 7 and was in *The Sunshine Boys* last year in his early 20s; and Kim Jackson started with lights in the sixth grade, was once in New York theater and now lives in Fort Worth and returns to Duncanville to do shows. "We consider that a sample of our success," Amy said. "This is home to them."



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Family involvement is also a big part of DCT's success over the years. The Rains and Gahagan families are good examples. "Tommy Rains was in our very first show, *Don't Drink the Water*. His wife was in it, also. All of their kids have been in shows," Amy said. "Mary and Dennis Gahagan, their whole family was involved. They're in Massachusetts now, and she directs at a community theater there."

One doesn't have to be an experienced actor to be involved in DCT. It has provided an outlet for some folks to open up and see who they are as actors. "Seven or eight years ago, Wendy Acosta came in and had never done theater. She was very shy," Amy explained. "She did box office and took on bit roles. Now, we can't run the theater without Wendy, and she's playing bigger parts."

Jerry laughed and added, "She went from timid to production manager, telling people what to do."

Dawn said the musical, *Nunsense*, gave her a chance to experience something she'd always dreamed of. She said it was the most fun she's had onstage. "I always wanted to be a ballerina growing up but never had the chance," she said.

DCT offers classes for adults, teens and children. Check their website for schedules. There's talk of reviving *Shakespeare Under the Stars*, which ran for several years. But whatever the future holds, locals can count on DCT to keep them entertained and involved. "I love the way the words *courage*, *family* and *friendship* come up all the time with us," Dawn said. "That's theater. That's us." **NOW**





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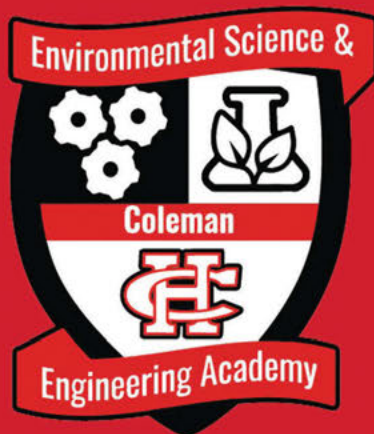
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# ANY GOOD THING

— By Adam Walker



*The home of Jerome and Victoria Ayo-Olusanya may look like an average suburban home, like thousands of others, but the story of their lives is like none you've heard before. If there is one thing this family understands, it is perseverance. This two-story brick house shelters a family under its sloping roof that has weathered storms most of us hope we never face, and some we never dream of.*

Entering the home, a white banister leads upstairs, but just to the right is the front downstairs sitting area. This sunken room holds an orange sofa and chairs arranged on a red and black rug and a fish tank sitting on the half wall between the sitting area and the hall that leads to the guest room. To the left is the formal dining room with its black leather chairs arranged around a glass-top table and a sideboard full of glassware. Just beyond that is the combination laundry room and home office for Jerome's multiple business endeavors.

## AT HOME WITH JEROME AND VICTORIA

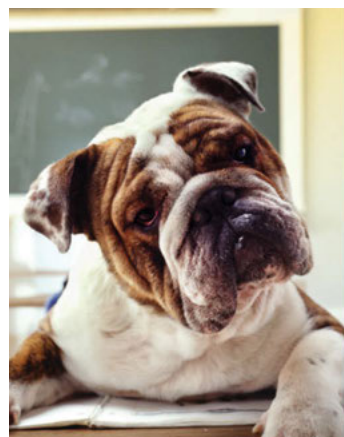




Behind the stairs is the second living area where Jerome and Victoria welcome guests and share their stories. It's a comfortable space, with a leather couch and chairs, and end tables topped with tooled leather arranged on the black, brown, beige and sage abstract rug. Here people can enjoy the white fireplace displaying pottery, the TV or conversation.

Jerome and Victoria were born in Nigeria, as were two of their four children: Grace, their daughter, and Isaiah, their oldest son. Jerome first came to the U.S. in 1994 on a business trip. He returned home, and then moved here in 1995. In 1997, while Victoria was still dealing with their separation, her brother invited her for a visit, to get over her brooding. Upon arriving, Victoria loved it here and decided to move her children here for a better education. She began the process of immigrating to the U.S., thinking their two children would soon join her, but that didn't work out. "When I left, I thought I could bring my kids, but it was not so easy," Victoria explained. She left her children with her sister-in-law, expecting a quick reunion with them. "I thought we would file the papers, and the U.S. would answer right away." But the process was much longer,

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and problems with visas and computer issues at the American Embassy in Nigeria continued to delay the children from joining their mother and father. Several expensive trips back to Nigeria

resulted in more frustrated hopes, with Jerome and Victoria believing each time that *this* would be the time everything worked out. It ended up taking 12 years!

In the meantime, Jerome and Victoria reunited and began building a new American life and family. Two more boys, Toluwani and Motiloluwa, were born. Toluwani has posters of comic book words on his wall in his upstairs bedroom. He was born with sickle-cell and developed scoliosis as he grew. A couple of years ago, he had surgery to

correct his spine, and last year, he had a bone marrow transplant for the sickle-cell. "When he was born, the doctors wanted us to freeze his cord blood to keep the stem cells, but our insurance would not pay for that. So we couldn't," Jerome explained. "Now they have this new, better treatment. If we had paid that, it would have been money wasted." His big sister was the donor, just days before she moved away to attend medical school, though she still has her room next to those of all her brothers.






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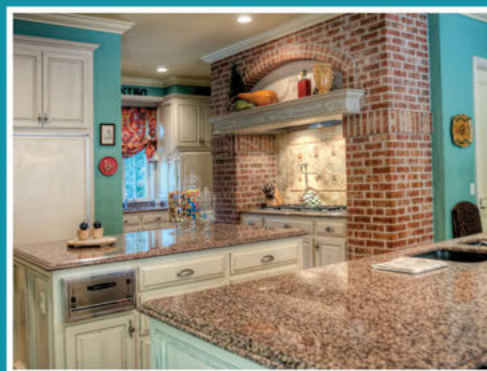
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Completing the upstairs are the game room, where brothers Toluwani and Motiloluwa enjoy playing video games and relaxing, and the master bedroom suite. The master bedroom is the only room in the house that isn't carpeted in sage green. In this room, the flooring is hardwood, and white, the color of the comforter on the platform bed, predominates. A glass and metal table and white leather chairs provide space for husband and wife to converse.



Behind the master bath is a large closet with plenty of room for the African dresses Victoria loves to wear to church on Sundays, alongside the professional clothing she wears as a caregiver. It's one of the many ways they hold on to and pass down their culture to their children.

Food was one of the big adjustments when Jerome and Victoria moved here. "Back then there were no African stores here. Adjusting to the food was difficult!" Jerome remembered. Now it's much easier to find stores that carry everything to put Nigerian home-cooked meals on the table in the kitchen, which features an island and lots of stainless steel. The table is glass and metal with orange and black chairs.

They also make sure both of their American sons learn to speak Yoruba, so they can speak respectfully to their grandmothers when they visit. "Our children never call adults by their first name, but use mister and miss. They don't call each other by name alone, but always brother or sister plus their name. We teach them to bow, and make sure they know all the different names their relatives call them by. Our culture is very rich. We value respect, and we are very sociable," Jerome explained. "There are lots of parties for births, marriages,

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adult deaths, graduations, buying a house, any good thing.” One such party was the celebration they held at their church to introduce their American friends to Nigerian culture when their older children finally joined them several years ago.

Buying a house is one of those good things, but it can also be challenging. Before Jerome and Victoria moved to this house, they lost their previous home to a fraudulent contract and some twists of Texas law. During their court battle, Jerome lost confidence in the lawyer they had hired, and decided to represent himself in court. He managed to get everything they wanted — some cash reimbursement, clean credit, no debt — in the settlement, except for the house that had been foreclosed. When they decided to buy again, there was only one thing that concerned them about this house — the pool in the backyard, because no one in the family knew how



to swim. But, miraculously, their low offer was accepted, so they moved in, and everyone got swimming lessons. Now Jerome has a small garden next to the pool, where he is trying to coax vegetables to grow under the Texas sun.

“God always has a plan,” Jerome said. “We have an idea. This is the way we want it, but it comes another way. This is a story about miracles. God has intervened in the lives of our kids, and took care of our house. We had to be patient and trust in the Lord, even when we didn’t understand why events occurred as they did.”

“He took us out of Africa, and settled us here,” Victoria agreed. “He put a roof over our heads and brought our children here.” **NOW**

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A man with short dark hair, smiling, wearing a dark suit, white shirt, and blue patterned tie. He is standing with his hands clasped in front of him. The background is a vibrant, abstract geometric pattern in shades of blue, green, and yellow, featuring various shapes like triangles and polygons.

*Emory Price may look more like an NFL player than your stereotypical preschool principal, but the little kids love him. They run up from left, right and center to fist bump the man who keeps things running at Amber Terrace Discovery and Design Early Childhood Academy. Exciting things are happening in this unusual program that focuses on STEAM education for DeSoto's preschoolers. And while grown-ups may wonder about the ability of pre-K students to deal with a curriculum of science, technology, engineering, arts and math, the kids just jump in and do it, having a blast along the way.*

Part of that is because they do things differently at Amber Terrace. "We get away from worksheets," Emory said while giving a tour of the school he is justly proud of. "We have a colorful, active environment in our classrooms." But it isn't just inside the classrooms where things are colorful. The lunch room, Cafe Amber, is festooned with the banners of dozens of colleges and universities from all over the nation. "Even at this age, we are encouraging our kids to think about college," he explained. "We don't push it, but it's never too early to start thinking about the possibilities."

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— By Adam Walker

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The arts part of the STEAM acronym is on display everywhere. In the gym, basketball courts share space with a mirrored wall for dance class. The hallways are galleries of the students' creations. Whether it's the products of the art class on the wall outside the cafeteria or the toilet paper rollers turned into squid outside one classroom, the students' creativity is impressive and celebrated everywhere.

And those squid also tie into the science part of the equation. The whole school was learning about life in the water. And fish, whales, ponds, waves and all manner of other fun lessons were on display outside classroom after classroom. Hands-on learning is the goal. "We understand how the 4-year-old brain is developing. At this age, they can learn anything. We just have to make sure they have the proper foundation. We don't lower the bar."

Ms. Perry, one of the ESL teachers, expressed an idea that was repeated by teachers, administrators and parents, "The 4s and 5s are the best age group. They like learning. They're excited and love to share their experiences."

Ms. Love, who teaches in the dual language classroom, explained the program, while Emory traded fist bumps with more of his pre-K charges. "We have 20 English-speaking children and 20 English language learners. They're partnered with each other so the English-speaking students learn Spanish, and the Spanish-speaking students learn English from their peers. We have computer lab in English one day and in Spanish the next," she said with a smile. "It's noisy, but learning is going on!"

Amber Terrace also has a Preschool Program for Children with Disabilities. The PPCD served 28 students last year. They have two classes, each with a teacher and two assistants, plus a physical therapist and a special/occupational therapist.



Another part of keeping all these preschoolers active and engaged in exploring their world through science is the new greenhouse. “The kids will be growing vegetables that they’ll eat in the cafeteria,” Emory explained, “and they’ll learn about how plants grow while getting exercise.”

“I want to develop a love of learning and education in these kids,” Emory declared. “I grew up poor. I had to read by kerosene lamp or run an extension cord from the neighbor’s house to read at night when the electricity was cut off. I believe that school should be fun, because, if it’s not fun, the kids won’t like it. Then learning won’t take place.”

Dr. Gabrielle Lemonier admits that setting up a program like the one at Amber Terrace had its challenges. When she went to the superintendent and requested this program, they had preschool programs at each elementary campus. Some were half day. Some were full day. And they all had different focuses and levels of performance. To consolidate everything on that one campus, the board had to approve it. Now DeSoto is in the forefront. “We get calls from other districts, ‘Can we come see what you are doing?’” she shared. “But we only have one year to get it right, and then the students move on to kindergarten at other campuses.”

It takes a progressive board to support a program like this, one that understands the importance of this age group. “Now we have such an increase in kids who are kinder-ready,” she said. “We had to realign the kindergarten standards because the students are so advanced when they arrive.”

Part of setting up the Amber Terrace program was finding a principal who was ready to handle a building full of 4-year-olds. When Dr. Lemonier tapped Emory Price, he was a junior high assistant




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principal with no specific background in early childhood education, but he was good at keeping things organized and running smoothly. "We have a system for everything. It's part of gaining the trust of the parents."

Two of those parents, the Rev. Eric Andrews and his wife, Sheree, were some of those Emory had to win over. "Initially we were considering private school," Sheree explained. "But a church member recommended Amber Terrace, so we visited the Pre-K Roundup to meet the teachers. We want our child, Angel Rose, to have a focused experience, to build the total child. Angel was already in dance, but we wanted her to experience other things — art, science, etc. Mr. Price is a phenomenal leader for the campus. He always has an open door for the parents."

"Our 4-year-old loves school. I thought it was a bit extreme at first, asking so much of them, but it works," Eric admitted. "I've seen it."

"Ms. Garrison, the art teacher, really brings out the artist in the kids," Sheree said with a smile. "I knew Angel Rose was a dancer, but I never realized that she had a knack for art. Ms. Garrison placed some of Angel Rose's work in an exhibition at the DeSoto Public Library! My child comes home and plays school with her dolls. She imitates her teacher, Ms. Mims."

Angel Rose's mother is proud of all her daughter has learned. "Her vocabulary has grown. She says 'actually' all the time, and knows what it means! And she knows all the parts of a book: the spine, the author and the illustrator."

Angel Rose has her own ideas. Her favorite part of school is learning her letters.

Clearly, this program is working for DeSoto's youngest scholars. And Emory Price is leading the way. **NOW**



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# School's in Session

— By Zachary R. Urquhart

*Whether your summer has flown by or you are counting down the days until the hot months come to an end, the fact remains that summer is almost over. And with the end of summer comes the start of a new school year! If you are getting your first child ready for kindergarten, or you are a recent graduate headed away for college, follow these tips to get a great start for a great school year.*







# Be Ready for the First Day

• *Dot your I's.* One of the biggest jobs for parents getting ready to send kids to school is finishing paperwork. When you are starting, be ready with shot records, birth certificates and proof of residency, so that you can enroll without a problem.

If your children are in sports, get the school's physical form and head to your doctor or a nearby clinic, so they are ready on day one. There is also a mountain of surveys, financial forms and demographic sheets that will take time to complete, so do not wait until the night before the first day of school.

• *Get the gear you need.* No matter which school your child attends, supplies will be needed. Most large stores will have copies of lists from the local schools, so you can head there ready to shop. If your young student is apprehensive about starting, let him or her have fun picking out colors and characters, but be sure you know which supplies are shared by the class. This will help you avoid your son happily picking a themed box of tissues only to find out that the class uses each



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other's boxes communally. And if you are running short on time, most elementary schools use fundraising companies that will package a complete set of needed supplies for a small fee.

• *Older kids need stuff, too.* Though your high-schooler may not take the same pleasure in picking out school supplies, you cannot neglect that part of his or her year. Some teachers at that level will have specific requirements for their class. So while you may not be able to get an exhaustive list until your student comes home the first week, you know that they will need paper, pen and pencil and a notebook or two.

## Look the Part

• *Find a style.* Unless your school has a dress code, there are endless options when it comes to dressing for the day. These days, kids can wear almost anything and fit into some style category. Whether they want to have a common theme in their dress, or they want to change it up each day, they can shop anywhere from a thrift store to the fanciest boutiques to come up with great looks for the year.

• *Function matters.* High school students normally have a regulated schedule, complete with time to change





for athletics or other special activities. But in elementary school, kids often have a different activity every day of the week. Be sure to include a variety of clothes and shoes, so your daughter does not overheat trying to run in wooly leggings or ruin a fancy dress painting in art class.

## Get in Rhythm

• *Start a routine now.* Summer nights are great for staying up, enjoying sunsets and going on late night excursions. With school fast approaching, though, it is time to get your little ones back into a bedtime routine. The first few weeks might be tough regardless, but making sure they are getting to bed early now should help ensure a better start to the year.

• *Routines are good for everyone.* While it may seem like a losing battle to ask your teenagers to go to bed early with several weeks left of summer, encourage them to start waking up when they will need to be up for the school year. After a few weeks of being forced out of bed before noon, they will naturally get to sleep at a more reasonable hour. And if your high-schoolers drive themselves in the morning, spend the week before school helping them get the timing of waking up, getting ready and heading out the door in time to get to school before the bell rings.

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## College Is Not Just a Party

• *Take care of the little things.* If you are a college student, on your own for the first time, you may be overwhelmed with your new responsibilities. It is a good idea to make a monthly and quarterly checklist to ensure you pay your rent and bills, keep your car maintained and do things like changing air filters and taking care of the yard.



• *Make a budget.* One of the biggest changes for many college students is budgeting money. Figure out how much money you need for utilities, housing, basic grocery purchases and any regular bills you will be paying like insurance or phone service. Compare that to your sources of income, and be sure not to spend more than you have.

• *Be careful with credit.* College students are easy targets for cards with ridiculously high rates. Their free shirt is not worth opening a high interest credit card where a pair of jeans paid for over time can cost you hundreds in fees. On the other hand, you might consider getting a card with good rates and making one or two purchases that you pay off immediately. That can help establish good credit that will help you buy a car or a home down the road.

For anyone sending a child off for the first time, or shipping a graduate into the borderline adulthood that is college, using these tips will ensure a successful start to school. **NOW**



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Friends Place provides various choices for fun to keep both the mind and body active.

## KEEPING MIND AND BODY ACTIVE

*Friends Place offers seniors with dementia choices and challenges.*

— By Adam Walker

Friends Place Adult Day Services provides programs for people over 50 with various forms of dementia and other conditions who need supervision during the day, but are still active. The programming at Friends Place offers more than 20 activity choices each day, often with three different ones to choose from in each time slot — everything from line dancing to history classes, book clubs, bingo, puzzles, Spanish classes and crafting. The emphasis is on keeping both mind and body active to stave off the effects of advancing dementia. “We have members, not patients,” Marylynn Henry, the owner, explained. She sees choice as an important part of the equation. “Having

and making choices is important to people with dementia. The disease takes that away, so we try to encourage making choices. Here they have choices of activities. And we serve meals restaurant style, with choices on the menu.”

Many of the activities for members with early stages of dementia are set up like classes that meet for five sessions. “We offer different topics — history, art, music. All of the classes include reading, writing and discussion components.”

Holidays are special events at Friends Place, whether it’s Juneteenth or D-Day. “The Cruisers Club of Cedar Hill brings out their cars for Father’s Day. During the State Fair we have



Fair Week with midway-style games and an exhibition hall for arts, crafts and other achievements of members, and ribbons are awarded," Marylynne said. "We have a big luncheon for Mother's Day, and schedule family activities and a Winter Ball as a formal evening event for members and their caregivers." They have outside entertainment at least once a week and a lot of community involvement from schools, churches and sororities.

Members have jobs at Friends Place. "Working in the vegetable garden, arranging the flowers for the tables and organizing the books and magazines in the library give the members purpose in their daily lives," said Assistant Director Suzy Dunn-Bradford.

Friends Place maintains a 1 to 5 staff ratio, and all are trained in the specific care needs of seniors with dementia. The staff includes a dietitian who sees that the meals are nutritious, but also comply with the members religious needs like kosher or halal; physical needs to have meals pre-cut or otherwise suited to their physical abilities; and allergy restrictions. An RN is on staff for any medical issues that arise and to advise caregivers about medical issues they may not have noticed in the rush of daily life. The nurse's station includes a rest area and a handicapped-accessible shower. A beautician comes once a month to the on-site beauty shop, to offer services including hair, manicure and pedicure, for an extra fee.

But Friends Place doesn't just care for their members. They also provide support services for family caregivers. "People come here because they don't know where to turn," Marylynne explained. "The doctor has given their loved one a diagnosis and some medication, then turned them loose. We help the caregiver see the available options. We have a library of books to borrow, support groups and information about taking care of yourself when acting as a caregiver."

Friends Place charges \$65 for half-day and \$85 for full-day programs. The cost may be covered by their contract with the VA through the CADHC program, long-term health care policies and some other assistance programs. **NOW**



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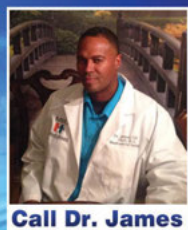
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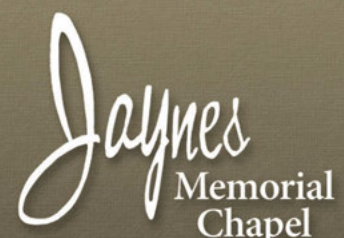
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# How Can You Leave the Legacy You Desire?

You may not see it in the greeting card section of your local drugstore, but August is “What Will Be Your Legacy” month. So it’s a good time to think about the type of legacy you’d like to leave.

Of course, “legacy” can mean many things. In the broadest sense, your legacy is how you will be remembered by your loved ones, friends and the communities to which you belong. On a practical level, establishing your legacy means providing your family and the charitable organizations you support with the resources you’d like them to have.

And that means you may need to take the following actions: *create your plans, communicate your wishes and review and update your documents.*

Let’s take a quick look at all these steps:

- **Create your plans.** You will want to work with your legal professional, and possibly your tax and financial professionals, too, to draft the plans needed to fulfill your legacy wishes. These plans may include drafting a will, living trust, health care directive, power of attorney and other documents. Ideally, you want these plans to do more than just convey where you want your money to go. You want to impart, to the next generation, a sense of the effort that went into building the wealth they receive. Without such an appreciation, your heirs may be less than rigorous in retaining the tangible legacies you’ve left them.

- **Communicate your wishes.** It’s important to communicate your legacy-related wishes to your family members as early as possible. By doing so, you can hopefully avoid unpleasant surprises and hurt feelings when it’s time for your estate to be settled — and you’ll also let people know what tasks, if any, they need to perform. For example, if you’re choosing

a family member to be the executor of your estate, or if you’re giving someone power of attorney over your financial or health-related matters, they should be prepared.

- **Update your documents.** During your life, you may well experience any number of changes — new marriage, new children, opening a family business, and so on. You need to make sure your legal documents and financial accounts reflect these changes. For example, if you’ve remarried, you may want to change the beneficiary designations on your IRA, 401(k) and other retirement accounts. If left untouched, these designations may even supersede the instructions left in your will. And the directions in life chosen by your grown children may also dictate changes in your will or living trust. In any case, it’s a good idea to review all your legacy-related documents periodically, and update them as needed.

In addition to taking the above steps, you also need to protect the financial resources that go into your legacy. So, when you retire and begin taking funds from your IRA, 401(k) and other retirement accounts, make sure your withdrawal rate is sufficient for your living expenses, but not so high that it eventually jeopardizes the amounts you planned to leave to your family or to your preferred charities. A financial professional can help you determine the withdrawal rate appropriate for your situation.

With careful planning, and by making the right moves, you can create the type of legacy you desire — one that can benefit your loved ones far into the future. **NOW**

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

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## A Mind on the Run

— By Betty Tryon, BSN

“I can’t sit still.” Those words come from an online blogger, who just needed to vent about ADHD, Attention Deficit Hyperactivity Disorder. She went on to chronicle her struggle with her thought patterns. “Like, I should have one thought that’s supposed to do its thing. Instead, it feels like there’s hundreds, all darting in different directions and confusing the others.” ADHD is a neurodevelopmental disorder that begins in childhood and can last into adulthood.

There are three types of this condition: inattention, hyperactivity and impulsivity. It is possible to have only one or a combination of the types. All of these behaviors can occur in anyone, but when they reach a level that causes everyday routines to be disrupted on a frequent basis, it is characteristic of ADHD disorder. Behaviors will differ from one person to another. Some will exhibit a combination of symptoms of this condition. Whatever symptoms are most predominant determine the diagnosis. Males are more likely to have this disorder than females. ADHD often coexists with other behaviors, such as anxiety disorders, learning disabilities and depression.

Inattention is characterized by someone having difficulty with organizational skills. They have problems keeping things in order and manage their time poorly. They make careless mistakes performing important tasks and are constantly losing items. There is difficulty in focusing and staying on task. When it comes to performing tasks that require mental focus, those with inattention may completely avoid them.

Hyperactivity and impulsivity are often seen in combination. When a person is hyperactive, that behavior will often be seen in very unhealthy ways, and being impulsive is a part of that. An example of the predominantly hyperactivity-impulsivity presentation is a person who fidgets constantly and can’t seem to sit still. Engaging in quiet activities is difficult. This patient seems to be the type of person who has to go, go, go all the time, is impatient, has trouble standing in line and engages in nonstop talking.

The cause of ADHD is still unknown. Environmental toxins have been blamed, possible brain injury, genetic factors and even cigarettes and alcohol are all suggested causes of ADHD.

The goal of treatment for ADHD is to reduce symptoms for better function. The treatment has to be patient specific and age appropriate. What works for children might not work for adults and vice versa.

When helping children with ADHD, it’s important not to label them as “bad” kids. Their behavior is not meant to disrupt and with treatment can improve. Managing this disorder gives the person a chance to live a more normal and calmer life. **NOW**

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



### August 3

Mayor's Prayer Breakfast: Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Back to school prayer emphasis. Free.

Summer Reading Program Finale: 10:30 a.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Dinosaur George brings science alive with a high-energy program. Free.

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### August 5

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DECAPOLIS House Launching Luncheon: 1:00 p.m., Hilton Garden Inn & Suites, 800 N. Main St., Duncanville. Launch of a 503(c) to

help with major life transitions. Call Cynthia Williams at (214) 228-9113 or email [admin@kfczone.org](mailto:admin@kfczone.org) for details.

Open Night and Big Top Open Belt Series: DeSoto BMX, Grimes Park, 500 E. Centre Park Blvd., DeSoto. \$5. Contact Chris and Casey Allen for more information at (214) 864-5653 or [desotobmxto@gmail.com](mailto:desotobmxto@gmail.com).

### August 12

Paws in the Pool-ooza: 8:00 a.m., Crawford Park Pool, 401 Strauss Rd., Cedar Hill. \$5. Must show proof of vaccination.

CHISD Back to School Rally: 10:00 a.m., Ninth Grade Center, 1515 W. Beltline Rd., Cedar Hill. Learn about CHISD and receive a free backpack.

Summertime Cookout Open House: 10:00 a.m., Manderley Event Center, 2010 N. Hampton Rd., Ste. 700, DeSoto. Free.

Race for Life: DeSoto BMX, Grimes Park, 500 E. Centre Park Blvd., DeSoto. Contact Chris and Casey Allen for more information and fundraising envelope at (214) 864-5653 or [desotobmxto@gmail.com](mailto:desotobmxto@gmail.com).

### August 17

Emergency Preparedness Workshop: 6:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Receive information and tips on what you should do. Free.

### August 18

Jimmy Gomez: 7:00 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville. Live country and western music and dancing. \$5.

### August 19

Hat-A-Tude High Tea: Noon, Manderley Event Center, 2010 N. Hampton Rd., Ste. 700, DeSoto. Come in your best Sunday hat and enjoy high tea. Free.

### August 21

First day of school for CHISD and DeSoto ISD.

### August 28

First day of school for Duncanville ISD.

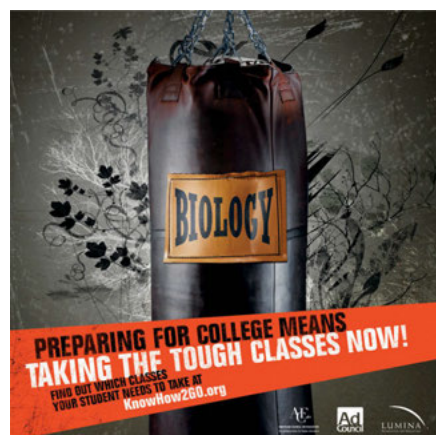
*Submissions are welcome and published as space allows. Send your current event details to [adam.walker@nowmagazines.com](mailto:adam.walker@nowmagazines.com).*

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## In the Kitchen With Tannie Brantley

— *By Adam Walker*

“I began cooking at age 11 when my mother went back to college,” Tannie Brantley said. “My father asked me to cook dinner a few nights a week to help her. To make it exciting and fun, he took me to pick out a few cookbooks. He allowed me to pick recipes to try out.” Though she’s half Filipina, Tannie cooks more Chinese and Korean. “It’s not that I don’t love the food, it just never tastes like my mom’s or my Lola’s [grandma].”

She enjoys making one-pan meals on a tight budget. “People are shocked how much I spend. My dinners are \$8-\$15 most nights for a family of six, and I usually have leftovers!” When not cooking, she works for a nonprofit helping children and families. **NOW**

### Filipino Lumpia

**1 Tbsp. vegetable oil**  
**1 lb. ground pork, chicken or turkey**  
**2 cloves garlic, crushed**  
**1/2 cup onion, chopped**  
**1/2 cup carrots, minced**  
**1/2 cup scallion, chopped**  
**1/2 cup green cabbage, thinly sliced**  
**1 tsp. ground black pepper**  
**1 tsp. salt**  
**1 tsp. garlic powder**  
**1 tsp. soy sauce**  
**30 lumpia wrappers**  
**2 cups vegetable oil, for frying**

**1.** Place a wok or large skillet over high heat; pour in 1 Tbsp. vegetable oil. Cook ground meat, stirring frequently, until no pink is showing. Remove meat from pan; set aside. Drain grease from pan, leaving a thin coating.  
**2.** Cook garlic and onion in the same pan for 2 minutes. Stir in the cooked meat, carrots, scallions and cabbage. Season with pepper, salt, garlic powder and soy sauce. Remove from heat; set aside until cool enough to handle.

**3.** Place three heaping Tbsp. of the filling diagonally near one corner of each wrapper, leaving a 1 1/2-inch space at both ends. Fold the side along the length of the filling over the filling; tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.  
**4.** Heat a heavy skillet over medium heat; add oil to 1/2-inch depth and heat for 5 minutes. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1-2 minutes, until all sides are golden brown. Drain on paper towels. Serve immediately.

### Korean Bulgogi

**1 lb. beef tenderloin, sliced thinly into 1/2-inch slices**

*Marinade (for 1 lb. of beef):*  
**1/2 cup pear, chopped**  
**1/4 cup onion, chopped**  
**4 cloves garlic, minced**  
**1 tsp. ginger, minced**

**1 green onion, chopped**  
**2 Tbsp. soy sauce**  
**2 Tbsp. brown sugar**  
**Pinch of ground black pepper**  
**1 Tbsp. toasted sesame oil**  
**Several thin slices of carrot**

**1.** Place beef in a bowl.  
**2.** *For marinade:* Blend all marinade ingredients in a blender.  
**3.** Add the blended marinade to sliced beef and mix well; refrigerate for 1 hour, or overnight.  
**4.** You can grill, pan-fry, or barbecue the meat on medium heat until cooked through.

### Korean Spinach Side Dish

**8 oz. spinach, cleaned and washed**  
**1 garlic clove, minced**  
**1 green onion, chopped**  
**1 1/2 tsp. soy sauce**  
**1 1/2 tsp. sesame oil**  
**2 tsp. sesame seeds**

**1.** Boil 8 to 10 cups water in a large pot.  
**2.** Blanch the spinach for 30 seconds to 1 minute with lid off, stirring with a wooden spoon.  
**3.** Strain the spinach; rinse in ice cold water a couple of times to remove any residual dirt.  
**4.** Squeeze out excess water and cut a few times into bite-size pieces.  
**5.** Mix remainder of ingredients in a bowl; add the spinach. Top with extra sesame seeds to garnish. This dish is best served cold.

### Filipino Chicken Adobo

**4-5 lbs. chicken thighs**  
**1/2 cup white vinegar**  
**1/2 cup soy sauce**  
**4 cloves garlic, crushed**  
**1 tsp. cracked black peppercorns**  
**3 bay leaves**  
**Steamed rice, to taste**

**1.** Combine the chicken thighs, vinegar, soy sauce, garlic, peppercorns and bay leaves in a large pot. Cover and marinate the chicken in the refrigerator for 1-3 hours.  
**2.** Bring the chicken to a boil over high heat. Lower the heat; cover and let simmer for 30 minutes, stirring occasionally. Remove the lid and simmer until the sauce reduces and thickens and the chicken is tender, about 20 more minutes. Serve with steamed rice.



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