

The Community Magazine Serving Cedar Hill, DeSoto, Duncanville and the Surrounding Area

# Southwest NOW

Cedar Hill - DeSoto - Duncanville

M A G A Z I N E

September 2008

**History  
Lives On**

**In Pursuit  
of College**

**A Committed  
Visionary**

**Music,  
Mind and  
Muscle**

PSRST STD  
U.S. POSTAGE PAID  
FT. WORTH, TX  
PERMIT NO. 711

*At Home With*

**Steve Martin and  
Janice Savage-Martin**

1948 CUB  
Jerrell Holveck  
Cedar Hill, TX





**Distinct  
CRETE**

Many colors,  
patterns &  
styles to match  
your home

*Decorative Concrete Systems*

**Decorative  
Concrete**



Beautiful, Durable,  
Affordable



*End of Season  
Sale*

Come see our  
showroom  
at 2090 Hwy 157  
next to  
Paradise Backyard

**Decorative  
Landscape  
Curbing**

**Distinct  
EDGE**

Custom curbs  
to enhance  
your landscape

Call for a Free Estimate Today  
[www.distinct-designs.net](http://www.distinct-designs.net)

**817-405-2291**



Residential • Commercial • Interior • Patios • Driveways • Pools • Decks • Curbing



# FALL SPECIAL

## Get 20% Off Annual Membership

Valid Sept. 8-14



Shape up for fall at the Cedar Hill Recreation Center. Whether you are a Cedar Hill resident or live nearby, you can take advantage of these low membership rates! Stop by and check out our state-of-the-art equipment, our extensive list of classes and on site child care.

| Membership Levels     | Annual Fee | 3-Month  |
|-----------------------|------------|----------|
| Adult (18-54)         | \$ 150.00  | \$ 50.00 |
| Youth (7-17)          | \$ 100.00  | \$ 40.00 |
| Senior(55+)           | \$ 100.00  | \$ 40.00 |
| Family of four*       | \$ 300.00  | \$100.00 |
| Corporate (6 adults)* | \$ 500.00  | N/A      |

\* Certain restrictions apply

**NO INITIATION FEES!**  
**FREE Drop-in Child Care**  
**with Annual Membership**



310 Parkerville Rd. • 972.293.5288 • cchrec.com



# “I was so impressed with the staff and how they worked, I became a volunteer.”

Barbara Featherston  
Duncanville resident and  
*Methodist Charlton Medical Center*  
*Cardiology Patient*



“They saved my life,” says Barbara Featherston, referring to the nurses and physicians on the medical staff at Methodist Charlton Medical Center who treated her for blood clots in her lung and legs. “From the emergency room to the operating room, I received care on just about every floor in the hospital, and they were all really super.” Barbara was so touched by the compassion and quality of care she received, she now volunteers in the cardiopulmonary rehabilitation center. “I’m so proud to be a part of all the good things they are doing at Methodist Charlton,” she beams. Barbara’s story is just one of many reasons why Methodist Charlton Medical Center is a place where life shines bright.

## We’re changing for good.™

The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System.



[www.methodisthealthsystem.org](http://www.methodisthealthsystem.org)  
214-947-0000 • 877-637-4297





# Contents

September 2008, Volume 2, Issue 9

6



**History Lives On**

10



**In Pursuit of College**

14



**A Committed Visionary**

18



**Making Changes**

*At Home With Steve Martin  
and Janice Savage-Martin*

22

**ArtsNOW**  
**Music, Mind  
and Muscle**

24

**BusinessNOW**  
**The Clean Team**



*On the Cover:  
Jarrell Holveck's two antique  
Farmall tractors.*

*Photo by Terri Ozymy.*

**26 Around TownNOW**

**32 FinanceNOW**

**30 Who's CookingNOW**

**34 HealthNOW**

**Publisher, Connie Poirier**

**General Manager, Rick Hensley**

**Managing Editor, Becky Walker**

**Editorial Coordinator, Sandra McIntosh**

**Creative Director, Jami Navarro**

**Art Director, Chris McCalla**

**Office Manager, Lauren Poirier**

**Southwest Editor, Beverly Shay**

**Contributing Writers, Alex Allred • Faith Browning**

**Amanda Madden Pitt • Dr. Leah Pittmon, D.C.**

**Photography, Natalie Busch • Ivey Photography**

**Terri Ozymy • Monica J. Pechal**

**Contributing Editors/Proofreaders, Pat Anthony**

**Pamela Parisi • Jaime Ruark • Beverly Shay**

**Advertising Representatives, Linda Dean**

**Rick Ausmus • Will Epps • Carolyn Mixon**

**Linda Moffett • Steve Randle • Eddie Yates**

**Terri Yates**

**Graphic Designers/Production, Julie Carpenter**

**Allee Brand • Jana Jennings • Marshall Hinsley**

**Arlene Honza • Brande Morgan • Jennifer Wylie**

*SouthwestNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2008. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville zip codes.

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

**Southwest**  
Cedar Hill - DeSoto - Duncanville

The Community Magazine  
Serving Cedar Hill, DeSoto,  
Duncanville and the  
Surrounding Area  
**NOW**  
MAGAZINE

## Editor's Note

### *Greetings Southwest Friends,*

With summer over and school on our minds, I thought you might enjoy reading about The Canterbury Episcopal School, the Southwest's only prep school. We also have a mix of our communities' fine citizens. Native Cedar Hillite Jerrell Holvek's tractor restorations remind us of our rural roots. Austrian-born Bernhard Kainerstorfer juggles teaching violin with writing and body guard service. Civic maestro Cliff Boyd shares his many venues of community service, along with the inside scoop on the rotary club, while Steve and Janice Martin take us on a tour of their home and life. You will not want to miss out on some French cooking tips and recipes from Jerry Edgin.

As the pace of life settles back into the school-year routine, take a few moments to read some good stories about the good citizens of our good communities.

*Beverly Shay*

*SouthwestNOW* Editor

Share your story ideas at [bshay.nowmag@sbcglobal.net](mailto:bshay.nowmag@sbcglobal.net).



**Lil Hendo**  
Recording Artist/Musical Engineer  
• Digital Audio Engineering

- Mixing \$25 per track
- Recording \$20 per hour
- Mastering \$35 per track

Lester Henderson • 972-365-5013  
[lhenderson88@sprintpcs.com](mailto:lhenderson88@sprintpcs.com)

**Stop Renting!  
Start Owning!**

- ✓ \$500 Total Move-In
- ✓ Lease Buyouts
- ✓ Bad Credit OK

**Debra Jones**  
New Home Information Center  
Real Estate Agent, MBA, Notary  
469-658-6964  
*"We Make Dreams Come True For You"*

**RANCH STEAKHOUSE** Absolutely Great Steaks & Seafood  
1435 Hwy. 67, Suite 200  
Ph: 972-291-4530

**LET US CATER YOUR NEXT EVENT!**

**Happy Hour Daily 4pm-7pm**

**Free Glass of House Wine or Free Bread Pudding or Chocolate Cake with purchase of dinner entree.**  
Expires October 15th!

**HOURS:**  
Tues. - Thurs. 11am-9pm  
Fri. 11am-11pm  
Sat. 8am-11pm  
Sun. 8am-4pm

**"One of the finest Steakhouses in North Texas!"**  
- DALLAS MORNING NEWS

**LUNCH SPECIALS**  
Daily - 5.99 & Up

**Fellowship Church @ HighPointe**  
We're not just a church, we're a family!

**Rev. Fred Williams, Pastor**  
Sunday Worship Time - 11:00 am  
Please follow us as we follow Christ!

101 High Pointe Lane  
Cedar Hill, Texas 75004  
Telephone: (972) 293-0153 ext. 104

**31 Years of Service**

**Cruises & Tours  
Vacation Packages  
Business Travel Management**

**972-291-9990**  
[www.redbirdtravel.com](http://www.redbirdtravel.com)

**Experience Luxury**

**Red Bird Travel Plus**  
320 Cooper St. Cedar Hill TX



## Create Your Own Backyard Paradise



Featuring The Design & Construction of ...

## Arbors • Flagstone • Wood Decks

Answers to the questions you always want to know..

Who will I deal with? The owner or a sales person?

The Owner.

How long have you been in business?

Over 29 Years.

How soon can the project start?

Usually within 7 to 10 days.



*James Hendriksen*  
Pool & Deck



Creating the Finest in Outdoor Living Since 1980

100s of Photos  
on our Web site

► [www.jhpoolanddeck.com](http://www.jhpoolanddeck.com)

972-412-4015





## Cedar Hill NOW

# History Lives On

— By Amanda Madden Pitt

Frequenters of Joe Pool Lake can expect to see water skiers, fishermen, boaters and families gathered along the shoreline of what quickly became a recreational haven and flood protection for surrounding communities in 1989. But what happened to scenes of the past from nearly 200 years ago in the same place where the lake now sits?

These included scenes of tillers from the 1840s pulled by mules and red Farmall tractors from the 1950s. The recreational features of Joe Pool Lake are well-known to residents and surrounding communities today, but the stories and the livelihood of the past are hidden by decades of time and thousands of gallons of lake water. Only historical accounts of life back then have the power to resurrect the history of the land beneath the lake.

Jerrell Holveck's Cedar Hill family history began with his grandfather Jean Baptiste, originally from Alsace-Lorraine, France, who came to the area in the 1840s. He landed at a Galveston port and settled 300 miles inland in Cedar Hill on 89 acres of land, which became the family farm. Back then, Jean

Baptiste's family of 14 made a good income by producing grain, corn, maize, hay and other crops. In addition, 450 acres of the now 7,000-plus-acre lake bed belonged to Paul Holveck, Jerrell's father. The farming territory was made up of neighboring plots on which he earned a living as a resident farmer.

Speaking of his grandfather, Jerrell said, "He would travel to Dallas in a covered wagon and pawn his pocket

the city, but he refused to leave farming. "It gets in your blood," Jerrell said.

Jerrell and his wife, Milly, now both retired, still have a good-sized garden maintained by Jerrell. In fact, the garden stands as a symbol of generations of people with a pioneering spirit.

Milly also has Cedar Hill roots. One of the differences between the couple's young lives is that she was reared in town, rather than in the country like

Jerrell, who lived four miles outside of the old town of Cedar Hill. Milly remembers when Cedar Hill had a population of 700 and five churches. In the summers, each church would host its own Vacation Bible School and space them so that the town's children could go to all five, over several weeks, back-to-back. She remembers

how her father commuted to work in Dallas by bus, and how on Saturdays she and her mother would visit the city as an outing. They boarded the bus at 11:00 a.m. on their journey to Dallas and returned by 2:00 p.m. "We would eat lunch at the variety store



knife on the way there to earn the money for the trip. Then after he sold his crops in Dallas, he'd buy back the pocket knife on his way home." Jerrell's grandfather spoke five languages, and on multiple occasions, Dallas businessmen tried to recruit the farmer to work in



**Your Indoor Comfort Should Be Perfect, Especially When the Outdoor Weather Isn't.**



**RECEIVE UP TO A \$1,200 REBATE plus 6 months same as cash when you purchase any qualifying Trane XLi system.**



While you can't control the elements outside your home, inside the control is yours. Make your indoor environment perfect with Trane heating, cooling and beyond. And when you purchase a Trane system, you can get up to \$1,200 back and 6 months same as cash. Just purchase a qualifying system, and get Trane reliability, Trane energy efficiency, Trane air quality, and be rewarded with a Trane rebate.

**Trane ... Heating. Cooling. And Beyond.**



**J & S Air, Inc.**  
Arlington, Tx  
817-695-1840  
[www.jsair.com](http://www.jsair.com)  
TACLB009018E



Financing available on qualifying systems and accessories only and may vary depending on models purchased August 2008 through October 2009. (2008). Available through participating dealers only. All eligible sales and installations must be located in the contiguous United States. Void where prohibited. Finance Charges accrue from the date of sale unless the Same As Cash plan balance is paid in full prior to the Same As Cash expiration date, in which case they are waived. Regular credit terms apply after the Same As Cash period expires. Annual Percentage Rate 17.99%, Minimum Finance Charge: \$2.00. (APR and Minimum Finance Charge may be lower in some states.) Terms subject to change without notice. Subject to credit approval. See Account Agreement for complete information and important disclosures. Other open-end and closed-end credit plans may be available. Ask seller for details. All credit plans subject to normal credit policies.



*Cedar Hill Imaging*

The Quality Care Everyone Deserves

You Have a Choice,  
Choose Open MRI,  
Choose Cedar Hill Imaging!



318 W. Beltline Rd.  
Cedar Hill, Texas 75104  
972-291-6888

Open MRI • CT • X Ray • Ultrasound

Midlothian Conference Center Arts Council

# ART SHOW

**Fri. & Sat., Sept. 26-27 - 10a-4p**  
**Sun., Sept. 28 - 1p-3p**

Entry form deadline is Sept. 19, 2008  
Submit to P.O. Box 1910 - Midlothian, TX 76065  
Hand deliver paintings to Midlothian Conference Center  
Sept. 18 from 1-3pm

Exhibitor Divisions:  
Amateur (painting for pleasure) Advanced (sell or teach your work)

Cash Awards in each division  
Ribbons for Honorable Mention &  
People's Choice

*Open to the public*

Contact Mary Rustin at the Center  
(East of corner of Mt. Zion & South 14th)  
[www.midlothiancenter.com](http://www.midlothiancenter.com) • 972-723-7919  
or email: [midconfcntr@aol.com](mailto:midconfcntr@aol.com)

## Cedar Hill **NOW**

downtown. We had to hurry to make the bus home. That was an event!" Milly said.

Today, Milly, Jerrell, their daughter and her family still live on a two-acre plot of land, which has been in Milly's family since 1936. "There are very few pioneering families anymore," she said. When asked if she likes having lived in the same area her whole life, Milly said, "It's good and bad to be in the same place for so long. You become established and stable, but you don't get to see much in other parts of the world."

The Holvecks have discovered a special way to explore the rest of the world and, at the same time, stay in touch with the farming traditions of their roots. In fact, the one thing Milly likes most about the couple's unique



hobby is meeting different people from across the country. So what is their special pastime? Jerrell collects and restores antique tractors. He is a member of various clubs, including The Heart of Texas Tractor and Engine Club and The International Collectors Club. "He really is a Farmall man," Milly said, referring to the brand of tractor on which Jerrell spends most of his interest. Jerrell, like his late father before him, is also a lifetime member of The Early Days, a tractor club based in Temple, Texas. The apple did not fall far from the tree — Jerrell and Milly's son owns an excavation company and participates in yearly tractor pulls with his dad. In 2007 alone, Jerrell and Milly traveled to 28 tractor shows across the United States.

A former mechanic and partnership farmer with his parents and in-laws,



## Cedar Hill **NOW**

Jerrell's contribution to the family tradition of farming has been to operate and repair tractors and heavy equipment. As a hobby, Jerrell said he likes the satisfaction of bringing the antiques back to life.

One tractor he owns is very special. It is one his father owned and sold — the family's 1950s red Farmall tractor built by the International Harvester Company. Jerrell bought it back and restored the tractor from its rusty, antiquated condition to a fully operational state, complete with a shiny red paint job to make it look like new. Jerrell currently has seven tractors he has restored or is working to restore. He transports them to conventions and shows nationwide, which are held mostly during the harvest season's spring and summer months.

In addition to his love of tractors, Jerrell has always enjoyed a machine he remembers operating on his father's farm. It is called a thresher — a belt-operated mechanism pulled behind a tractor used to separate the heads of grain from the part that later becomes hay. "I guess the thresher has always just fascinated me," he said.

The Holveck family's story is a valuable contribution to the history of Cedar Hill. A grandson's stories of a French master farmer, who contributed to the industry of yesteryear in Dallas and whose descendants followed in his footsteps remind Cedar Hill of the roots lying beneath Joe Pool Lake. Though the land beneath the lake is no longer the series of fertile farms it once was, when Jerrell talks about his heritage, the gleam in his eyes proves history lives on through the pioneering spirit of America. It is the same spirit which brought his family and many others more than a century ago to what is now a bustling city in the southernmost portion of Dallas county. To the Holvecks and their family, Cedar Hill has always been, and will always be, home. **NOW**

SW



# KIDS EAT FREE EVERYDAY

\*Two free kid entrees per adult entree. Drink not included. One coupon per visit. Not valid with any other offer. Offer expires 09/30/08.

Open 24 Hours

# \$5 OFF

Any Check Over \$15

Valid only at the Red Oak location. Offer expires 09/30/08.

**408 N. I-35 E. Service Rd. • Red Oak • Ovilla Rd. Exit 972-576-2000**

Open Mon-Sat.  
9am-6pm  
Or By  
Appointment

# Bonilla

## Upholstery & Draperies




- Bring In Your Fabrics or Choose From Our Vast Selection
- Residential & Commercial
- Repairs
- Pick-Ups & Delivery Services Available
- Designers Welcome
- No Job Too Small
- Custom Furniture
- Complete Refurbishing or Restyling
- Window Treatments and Professional Installations
- Bedding
- Boat & Auto Upholstery

**Quality Workmanship Since 1952**  
Your One-Stop For Custom Upholstery & Home Decor

## 972-283-8505

215 W. Camp Wisdom, #10 • Duncanville, TX 75116






**10% OFF**

Custom Window Treatment  
With Coupon. Limit One Per customer. Cannot be used with any other offers. Expires 10-8-08

**\$20 OFF**

Any Order of \$250 or More  
With Coupon. Limit One Per customer. Cannot be used with any other offers. Expires 10-8-08

**\$50 OFF**

Any Order of \$500 or More  
With Coupon. Limit One Per customer. Cannot be used with any other offers. Expires 10-8-08





**"This is a unique school where kids are encouraged to try classes they don't think they will be good at — to take risks."**



**"I know my teachers cared about me; they got to know me and spoke into my life."**

**DeSoto**  
**NOW**

# In Pursuit of College

— By Beverly Shay

"The Canterbury Episcopal School inspires in each student a love of learning, in preparation for college, with an emphasis on academic excellence, spiritual development, appreciation of diversity and social responsibility," as described in their school profile. The Canterbury Episcopal School (C.E.S.), the only prep school in the southern part of the Dallas area, was founded in 1992. "Our goal is to change kids' attitudes and approach to academics. We introduce them to very rigorous academics with a view toward college preparation not found in schools on this side of town," said Jeff Hebert, Head of Middle and Upper Schools.

While this is a faith-based school, no particular faith is espoused, and the academic mission is separate from the faith-based side. "We are very inclusive of all religions and faiths. Our students have come from the following persuasions: Muslim, Buddhist, Hindu, Jewish, multiple denominations, as well as those who embrace no adherence to faith. It provides a very global aspect to education, where students can learn to appreciate other cultural views," Jeff remarked.

"This is a unique school where kids are encouraged to try classes they don't think they will be good at — to take risks. Colleges look for students who are risk-takers and self-challenged," Jeff said enthusiastically. Jeff not only encourages the students to take advantage of the many classes and activities geared toward college prep, he finds them stimulating as well. "One of my favorite things is our model U.N. team. Roughly one-third of the upper school students participate in a mock United Nations simulation. This year, we took 28 students and faculty to Philadelphia for an international model U.N. simulation involving 2,000 students. I saw a side of these students I had never seen before; they were so excited to be participating. Before we went, we were informed and able to research the two countries we would be representing. The kids really rose to the challenge. That's an example of why I like being involved with this school," Jeff beamed.

Faculty, along with students, are encouraged to be involved in as many club and sport activities as they can, while still remaining focused on academic excellence. "For me, C.E.S. was kind of a bubble: a close-knit community without being sequestered," said 13-year student, Lauren Attiah, one of 18 seniors in the fifth graduating class. "I know my teachers cared about me; they got to know me and spoke into my life. I consider them, especially Mr. Hebert, my friends. I am really glad I went here," Lauren shared.

Lauren served on student council, played basketball, volleyball and ran track. "In fact," Jeff informed, "Lauren holds the state record in long jump, something she probably won't tell you herself." She excels in the triple jump, a three-step jump, where her record jump is 36'8". "I loved being exposed to many things, so we could see what we were best at; that way we can focus on what we want to do," Lauren confided. "Even though C.E.S. is a private school, they gave us a great introduction into life, as well as college prep. They taught us the importance of developing character along with solid academics.





# Who's Your Realtor?

110 Roundabout Drive (FM 663 & The New bypass)  
eliterealtytexas.com

**Residential • Commercial • Land • Farm & Ranch • Investment Property**



*Beautiful Outdoor Area!*

**POOL W/ OUTDOOR KITCHEN!**  
2300+sf house, 3 bdms, 2 baths & detached garage in mature neighborhood. 2 living, 2 dining. Inground Pool, Gazebo & Outdoor Kitchen!  
Call Christie or Cy

WAXAHACHIE \$225,000



**Cy Bellamy**

214-796-4165

cybellamy@yahoo.com



**Christie Tatum**

469-569-8810

christatum@yahoo.com

*Call Us!*



**ON THE GOLF COURSE!** 4/3/2 with 2 living areas and great view of the golf course & pond. Recent paint, carpet & updates  
Call Christie or Cy

WAXAHACHIE \$275,000



**OFFICE BUILDING ON MAIN ST!**  
Two-story office bldg on corner lot with great parking. Upstairs can also be used for living quarters.  
Call Cy

DUNCANVILLE \$215,000



**HORSE READY with 20 Acres!**  
3452sf, 5/3.1/2 house with great custom features! 3 living + study. Fully fenced perimeter.  
Call Christie

WAXAHACHIE \$475,000



**10+ ACRES with EQUIPMENT BARN!** Charming 3 bdrm, 2 bath house Outside city limits. Call Cy

WAXAHACHIE \$215,000



**HOUSE, GUEST HOUSE, POOL & SPA!**

3678sf Main house with 3 bdms, 3.1 baths & 3 car garage in Cumberland Forest. Has 2 living & 2 dining. Inground Pool with Waterfall and Spa. Guest house has 812sf with bedroom, full bath, kitchen & living. Call Christie or Cy

OVILLA \$599,000



**5+ ACRES with creek & trees!**  
Approx 3400sf, 5 bdms, 2.1 baths, 2 living & 2 dining. Inground Pool & 5 car detached garage. Call Christie  
GLENN HEIGHTS \$239,000



**GREAT DEVELOPMENT PROPERTY!** 50+ platted acres for residential subdivision. Call Cy for details.

MIDLOTHIAN \$15,000 per Acre



**7+ ACRE EXECUTIVE RETREAT!** 4378sf home with 5 bdms, 3 full baths, 2 half baths, 2 living, 2 dining plus study. Huge deck overlooking inground pool and fabulous gardens. Would make great Bed & Breakfast or Wedding Site.  
Call Christie.

MIDLOTHIAN \$699,000



# Los Tapatios

## MEXICAN RESTAURANT

**Beef OR Chicken Fajitas**  
**Lunch Special \$6.99**

**\$5 OFF COUPON**  
**On any \$15.00 or more purchase**

\$1.00 OFF ON ALL ALCOHOLIC BEVERAGES DURING HAPPY HOUR AT CEDAR HILL & DESOTO LOCATIONS FROM 3:00PM TO 6:00PM MONDAY TO FRIDAY  
LIVE MUSIC FRIDAYS AT DESOTO  
KARAOKE SATURDAYS 7:00PM TO 10:00PM AT DESOTO

**Not cumulative. Valid at Los Tapatios Restaurant until September, 30 2008**

|  |   |   |
|--|---|---|
| <b>CEDAR HILL</b><br>1030 N. Hwy 67<br>Cedar Hill, TX 75104<br><b>(469) 272-7811</b> | <b>DESOTO</b><br>1001 N. Beckley, Suite #405<br>DeSoto, TX 75115<br><b>(469) 218-1000</b> | <b>LANCASTER -</b><br><b>Former Amayas</b><br>161 Historic Town Sq.<br>Lancaster, TX 75146<br><b>(972) 218-1960</b> |
|--|---|---|

## Michael Williams, DO

Board Certified in Family Practice



**CEDAR HILL MEDICAL CENTER**

- X-Rays
- Outpatient Infusions
- Pain Management
- Surgical Procedures
- Gentle Laser Hair Removal

513 Straus Road, Suite A • Cedar Hill, Texas 75104  
**972-299-6045**

## DeSoto

### NOW

Good character is what enables you to fit into society. They provided a very well-rounded education."

Lauren's favorite classes were history, philosophy and government. She appreciates how the school is becoming more integrated as it grows, and she would like to see them have a football team. "My favorite teacher? Hmm ... That would have to be Ms. Hoffman; she teaches English, art history, philosophy, Latin and math. But what she taught me was not to let people pressure me, to follow my heart and apply what I learn," Lauren mused.

The school offers a performing arts program highlighted by a madrigal dinner put on by students featuring court jesters of the 14th to 15th centuries. Varsity sports include: soccer, softball, track, tennis and basketball for boys and girls; girls' volleyball; boys' baseball and rugby. "Even within our sports program, we continue the leadership emphasis found throughout the academic program," Jeff emphasized.

"Another unique aspect of Canterbury is that we write the traditions as we go; the students play a major role in that as well," Jeff remarked. "It provides a great leg-up with colleges when you can put on your college application that you helped write the rules and build and establish school traditions."

"The students here are very tenacious," Jeff continued. "They have initiated programs that didn't exist prior to their classes: clubs, student government. The student government is called The Associated Students of Canterbury (TASC); it is a self-sufficient, self-funded entity not funded through the school budget. "They raise their own funds for prom, homecoming and fall dance through such things as a snack bar and garage sales. This creates business-savvy students who have experimented on their own and learned what will and won't work," Jeff bragged.



## DeSoto NOW

"Last year, they designed cougar [team name] gear; they checked vendor prices and sold at a profit. It was very successful, and they did that again, with a new design, this year. They worked their own negotiations and executed their own contracts. Their experiment with the prom photographer did not work out as well and they lost some money on that one. But they are learning small life lessons in a real world environment."

By the beginning of the junior year, students are plugged into the Naviance program, an online college counseling Web tool with 2,500 two-year and four-year schools participating. Students enter their GPAs, PSAT, SAT and ACT scores. C.E.S. also joins other schools at college previews where 130-140 colleges present their schools. "We make use of what we call 'good peer pressure' to augment college promotion," Jeff stated. Early in their senior year, students are completing their college applications.

As of May 2008, some \$942,000 in scholarships was offered to a number of the seniors from schools, such as: Baylor University, Boston College, Emory University, Regis University, Rice University, SMU, Texas Tech., University of Denver, UT Austin, UT Arlington and many others.

"We have 100-percent college attendance," Jeff boasted. "A lot of our success has to do with extreme parental support. When you add that to the AP curriculum we introduce in the freshman year, where the students are using college-level textbooks and are introduced to the type of higher education they will receive once they graduate, you can understand why our students are ready for college. It actually begins in kindergarten, because as an institution, we focus more on how to think than what to think. You can never start teaching applied reasoning too early," Jeff concluded. **NOW**



Laser Hair Removal starting as low as \$40.00 per treatment.  
This technology removes hair of many colors and types from all skin types. Results can be seen with the first treatment!

**Summer Special:** Underarms for \$75\*  
Full Legs for \$200\*  
Price is per treatment

*Dallas Tattoo Removal Clinic*  
8204 Elmbrook Dr. Suite 101  
Dallas, Texas • 214.678.9550

**It's Back-to-School time.**  
**Give your child the smile they deserve.**  
Medicaid, PPO, Cash, and Insurance Accepted  
**MEDICAID PAYS 100% OF BRACES**



**SMILECARE™**  
ORTHODONTICS  
Call us today.  
**214-333-9800**  
[www.smilecareortho.com](http://www.smilecareortho.com)



**FREE TEETH WHITENING**  
With Coupon. Adults Only.

**FREE ORTHODONTIC EXAM & CONSULTATION**  
X-Rays Included (A \$200 Value)  
Some restrictions may apply. Offer Expires Soon. Call Today!

**Dr. Christopher Swayden DMD**  
**Dr. Jason Tennison DMD, MS**  
**4390 I-30 Suite 200 • Dallas, Texas 75211**



Duncanville  
**NOW**

# A Committed

# Visionary

— By Beverly Shay

Time spent with Cliff Boyd is part inspiration, part whirlwind and sheer admiration. Obviously his commitment is to better the lives of those around him by inspiring them to better the lives of others. “I have been blessed to be a part of some really great things. Every generation has its challenges. One is to make it your goal to overcome those challenges and interact with your community,” Cliff stated almost immediately. “I would like to develop people’s understanding of what I have to offer and show them how they can plug into their community and give to others.” That is an oft-repeated mantra with Cliff.

Cliff is no stranger to the Duncanville scene, and though his impact reaches far beyond Duncanville, he has not outgrown the community he helped develop. In 1975, an Oklahoma City neighbor invited Cliff to a Rotary meeting. When job changes brought Cliff and his family to Duncanville in 1976, Cliff, armed with a letter of recommendation from the Oklahoma Rotarians, immediately set about finding a Rotary club to join. The closest one was the Red Bird Club. Cliff was elected to city council in 1978 and served one term. Following his election as Duncanville mayor in 1982, Cliff campaigned to form a Rotary club in town.

The Duncanville Rotary Club was formed in 1983, with Cliff as charter president; now 25 years later, Cliff has been asked to serve again as the anniversary president. “I came into city leadership when Duncanville was changing from a little town to a small city, when the need was an increase in business leadership skills and mentality,” Cliff recalled. He chuckled as he answered that his greatest accomplishment while serving as mayor was smoother railroad crossings. He mentioned other accomplishments, other civic leadership positions; there truly can be no accusations of wasted time or self-aggrandizement. His efforts have been spent in laying groundwork for growth, in the city, in city services, in cooperation between the city and the Duncanville ISD and in planning for the future. Beyond his elected and appointed positions, he volunteers. “Of course, you can only volunteer so much without becoming too diluted to be any good,” he grinned.

Regardless of what hats/tasks he sets aside after a term or



two, there are always other causes and visions that capture his attention. He became involved in healthcare, serving on the board of directors at Charlton Methodist for nine years ('86 - '95), then was appointed to the Parkland board of managers ('95 - '03), handling policy and governance. In 2004, he was appointed to the Blue Ribbon Panel, working on the development of a replacement for the current Parkland Hospital.

“I think the greatest thing God ever had me do is serve on the board of Parkland, where I have had the opportunity to learn to understand people who have challenges in healthcare. It amazes me that the homeless can have the same doctors and the same level of healthcare as Ross Perot or Tex Schramm,” Cliff enthused. “You see, there is a common misconception about Parkland only existing as a







Stay with us...

## Summer 2 Night Special

### for Fri. & Sat. \$129.00 + tax

**Welcome to Our FABULOUS  
Full Service Extended Stay Hotel**

## DAILY, WEEKLY, MONTHLY

Restaurant • Refrigerators • Irons/Ironing Boards  
27" TV's • Room Service • Shuttle Service Available  
Shopping, Entertainment, Restaurants & Theaters close by

**711 E. Camp Wisdom Rd.  
Duncanville, Texas 75116**

**972-298-8911**  
**972-298-8983 Fax**  
**HotelMVP@msn.com**



# Discount **RATES** without discount **SERVICE.**

Talk to someone who understands your needs and will be there for you with a variety of discounts. It's no accident more people trust State Farm to insure their cars. Talk to your neighborhood State Farm Agent today.

**FOR MORE INFORMATION ABOUT CAR INSURANCE, CALL ONE OF THESE AGENTS BELOW.**





**Judy Howell** CLU ChFC  
600 W Wheatland, Suite 101  
Duncanville, TX 75115-4570  
Bus: 972-790-1570  
[www.judyhowellinsurance.com](http://www.judyhowellinsurance.com)



**Gary Rope**  
519 N Highway 87  
Cedar Hill, TX 75104-2137  
Bus: 972-293-7900  
[gary.rope.b47@statefarm.com](mailto:gary.rope.b47@statefarm.com)



**Tom Castleberry**  
1472 N Hampton Rd.  
DeSoto, TX 75115-3001  
Bus: 972-228-0877  
[tom.castleberry.825@statefarm.com](mailto:tom.castleberry.825@statefarm.com)

**LIKE A GOOD NEIGHBOR**  **STATE FARM IS THERE.®**

*Providing Insurance and Financial Services*

State Farm Mutual Automobile Insurance Company (Not in N.J., Bloomington, IL)



**3rd Annual Health & Wellness Conference**  
*"Building A Healthy Workforce"*

**Wednesday, October 22**  
**11am - 2pm**  
**MCM Grande Hotel**  
**1515 N. I-35 E • DeSoto, Texas**  
**\$20 Per Person by Oct. 10th**  
**\$25 Per Person after Oct. 10th**

Sponsoring Sponsors

**Methodist** **Live Healthy**  
HEALTH SYSTEM **DESOTO**

Sponsor Opportunities Starting at \$100  
 Call for details or to RSVP

**DeSoto Chamber of Commerce**

**Keynote Speaker:**  
**John Hammarley**  
*Award Winning Medical Reporter*

Mail registration form with payment to: DeSoto Chamber of Commerce,  
 P.O.Box 220, DeSoto, TX 75123-0220 • 972-224-3565 or for more  
 information, check out our website at [www.desotochamber.org](http://www.desotochamber.org)

**20% off any Rejuvenation Package**

**Ever wonder how the stars age so gracefully?**  
*We know their secrets!*

**Explore all your options for more youthful, toned and radiant skin.**

- Meso Facelift
- Meso Glow
- Meso RF
- LIPO-EX™(RFAL)  
\*non surgical face lift
- Radiesse®
- Botox®
- Juvederm™
- VI Peel™
- Microderma Peel

*Come in for your free consultation*

**chameleon**  
**medical spa**

**Your Gateway to Transformation**

**972 296 2045**  
 offer expires 09/30/2008

[www.chameleonmedspa.com](http://www.chameleonmedspa.com)

## Duncanville **NOW**

welfare hospital with inferior care. In reality, it has the best trauma unit in the world; the best, or maybe second-best, burn unit in the States; and the best neonatal intensive care unit. But you're not going to know that unless you have need of their services," he remarked.

His current service vision is assisting people with healthcare issues. His passion for the elderly led him to a weekly nursing home ministry over the past 17 years, which has grown to 40-45 people. There he realized many elderly do not know what is available to them or how to avail themselves of it. Cliff developed a program initially pioneered in the church and now launched in the community. He calls it Navigating Lives Health Care Experience. The fivefold goal of his initiative is to provide: (1) understanding of the elements of being uninsured at any age and identifying what can be done; (2) a means for seniors to prepare for home healthcare in terms of available, wise and safe choices; (3) information for seniors so they can familiarize themselves with Medicaid eligibility on the basis of income, rather than assets; (4) the "ten commandments" of nursing home selection; and (5) awareness of hospice and palliative care.

"I believe I serve in God-appointed positions of influence, which have opened doors for me to now speak around the country," Cliff stated with both determination and humility. He serves on a national committee with other county commissioners from all over the country, who are responsible for managing about 1,000 county hospitals of all sizes. Some hospitals have only nine beds; Parkland has about 500 operational beds, yet is licensed for up to 957; hence the need for restructuring and updating. "It just kills a community to lose a hospital, and we work to avoid that," Cliff explained.

Even with all of that "volunteer"



## Duncanville NOW

involvement, Cliff continues impacting his immediate community and influencing the next generation through the Rotary club. "There used to be a mystique associated with Rotary clubs based on membership by invitation only. The club's goal is to provide a venue for business owners and managers to address common challenges concerning personnel, property and services, gleaned from each other. The idea behind invitation-only membership was to include a cross section of business people from all fields, with no one profession dominating any one club," Cliff elaborated.

Initially a male club, with wives maintaining a separate but parallel entity, women were finally allowed to join in the '90s. Clubs exist internationally and are very highly esteemed, with the elite of the nations as members. The clubs meet weekly with each industry in turn bringing in top professionals from their fields as speakers. They focus on creating programs to challenge minds to think and gain insight for effective business and personal development, while also benefiting the community with shared expertise.

"We have two main fundraisers: our flag program, which placed over 1,000 flags on the 4th of July this year, and an annual fish fry. The funds generated supply four avenues of service: (1) club services; (2) vocational service, in the form of trade fairs and booths at high school career days' election of students of the month and year; (3) community service in the flag program; and (4) international service through student exchange programs and international scholarships," Cliff stated.

Every one of Cliff's pursuits benefits others and offers an opportunity for others to join him in reaching out to those around them. "I like the Rotary club motto," Cliff remarked, "Service above Self"—a truth he exemplifies continuously. **NOW**

**Split Endings** Salon **972.291.7883**  
 "Formerly the Hair Centre"  
**One Stylist Position Open**

Our Staff is Experienced in  
 • Latest Cuts & Styles • Corrective Color & Highlights  
 • Heather is a Certified Great Lengths Extensions Stylist  
 • Walk-ins Welcome • Up-Do's, Weddings, & Special Occasions

Men, Women & Children's Cuts  
 NEW Clients Only  
**\$5 OFF Haircuts**  
**\$10 OFF Any Chemicals**

201 Bryan Place Cedar Hill • Corner of Straus Rd

**Full Service Family Salon**

Owners: Daria & Daniel Hayden

**Sprint**

*Give yourself a hand.*

Discover the latest in hand-held business productivity with the Palm® Treo™ 800w. Loaded with powerful features, the Treo™ 800w allows you to stay productive on the go while taking your productivity to new heights on the nation's largest mobile broadband network. Check out the Treo™ 800w today and get in on the Now Network.™

**\$249<sup>99</sup>**

Palm® Treo™ 800w

- > Windows Mobile® 6.1 Productivity Tool
- > GPS Navigation
- > Touchscreen

\$349.99 (2-year price). Plus \$150 mail-in rebate with new line activation, two-year agreement and a \$20 or higher data plan.

Sprint Authorized Representative

**United Cellular**  
**415 E. Pleasant Run Road**  
**Cedar Hill, TX 75104**  
**972 293 8228**

May require us to a \$36 activation fee, credit approval & deposit. \$200 early termination fee/line applies. **Phone Offer:** Offer ends 9/30/08. While supplies last. Taxes excluded. No cash back. Requires activation at the time of purchase. **Mail-in Rebate:** Requires purchase by 9/30/08 & activation by 10/15/08. Line must be active 30 consecutive days. Allow 10 to 14 weeks for rebate. **Other Terms:** Coverage not available everywhere. Offers not available in all markets. Retail locations for full program details. Pricing, offer terms, fees & features may vary for existing customers not eligible for upgrade. Other restrictions apply. See store or Sprint.com for details. ©2008 Sprint. Sprint and the logo are trademarks of Sprint.





# Making Changes

— By Alex Allred

Janice Savage-Martin said what first caught her attention about Steve Martin was not that he shared his name with the famous comedian, but his bright yellow and purple vest. In turn, the former beauty queen and Lion's "Woman of the Year" had intrigued Steve.

While attending a Duncanville Lions Club meeting, Janice watched as Steve paraded around with a mop on his head and performed a skit. Serving as a Tell Twister, it was Steve's job to motivate and entertain the members, but he was also the man to get things done. From fundraising to local politics, he is a man with a big voice and a big heart. This is perhaps why he and Janice blend so perfectly.

When Janice and Steve met, both were recently divorced. Steve's two children were grown, but Janice still had a young teenager at home. Steve was careful not to upset the balance of things. Personal tragedies and tribulations seem to be a common thread in their relationship, which has forever bonded them. On the evening of their first date, Janice's mother, a heart transplant patient, passed away. "I suggested that we go out another night," Steve said, but Janice still wanted to go out. "She said she didn't want to go home alone." With her son, Brody, staying with his father, Janice knew her home would be too quiet and lonely. Steve was the absolute perfect person to be with in her time of need.

Later, before they were married, Janice had worried that Steve might not be entirely comfortable in her home. The



home with four bedrooms, three baths and a two-car garage was filled to capacity with her own furniture, knickknacks and family heirlooms to which she clung. They had even considered buying a new home until the shower in Janice's master bath began to leak. The issue resolved itself.

"We refinanced the house," Steve said, explaining what went on during the massive remodeling. By trade, Steve owns a major glass and mirror company in Duncanville, but he is also a fine craftsman and builder. Under his supervision, bathroom sinks were replaced with



**At Home With  
Steve Martin and Janice Savage-Martin**

pedestal sinks; new tiling and cabinets were put in place along with new paint and fabrics. But first, "he made me pack everything up," Janice groaned. "Everything! It was just like moving."



"She stood right there," Steve pointed to the threshold of the formal dining area, "and told me that she hated me."

It is a memory they both enjoy with good humor, as theirs is now a perfect blend of his-and-hers home. An oversized reclining couch and overstuffed chairs that belonged to Janice adorn the living room. It is appropriate that the open room with the vaulted wood ceiling and support posts holds her furniture as this was the room, "that sold me on this house," Janice said.

The dining room is home to Steve's glass-top table, which is set off nicely with bold, salmon-colored wall paint. Together, they purchased dark chocolate leather chairs to match the table and dark antique cabinets. This room,



Janice said, is just one example of Steve's uncanny eye for detail. "He really is the one who did all this," Janice said. "I was never very good at decorating."

"Well, she was an easy customer," he laughed. As they searched for various designs, paints and tiles, Steve would ask her, "What do you think of this?" to which Janice always happily agreed. With great trust in Steve's decorating instincts, the once closed-off dining room was opened up; an open porch just beyond the dining room was turned into a lovely sunroom, which was filled with both big and small

*It's A GIRL Thang*

*Ultimate Party Experience*

www.girlthangparties.com  
469-272-0191 (4475)  
818 N. Hwy 67 • Suite 102  
Cedar Hill, TX 75104

*Manner Brides • End of Season Parties  
M&M make-over • M&M mini spa*

- Spa
- Host a Movie
- Ball of the Ball
- Hollywood
- Halloween Fun
- Happy M's Shake
- Butterfly Princess
- Pinata Party

*Beautiful Granite Countertops*  
*Lots of colors to choose from!*

*We Specialize in Granite, Quartz, Surfacing, Laminate, Solid Surface, Tile Backsplash*

**COMPETITIVE PRICES**

- Extensive Color Selection
- Combines Beauty, Function & Elegance for any Kitchen
- Over 15 Years Experience
- Up to a 15 Year Warranty on Certain Products
- We do cut and stained concrete.

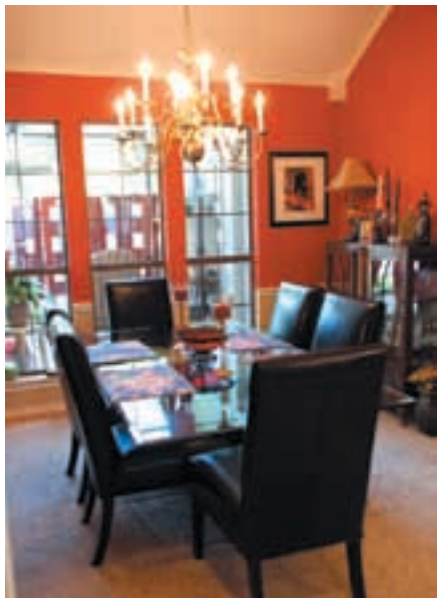
**Custom Tops Made to Order!**

**FREE**  
**Stainless Steel Sink**  
*18 gauge metal ... value up to \$350. Call for details.*

**MTM**  
*Free Estimates!*  
**817-477-8663**  
2460 Hwy 287 N. Mansfield

**AVANZA**  
SERVO SILENTONE CORIAN





antique treasures Steve and Janice have collected on various shopping trips.

Brody's old bedroom was turned into the entertainment room with Steve's furniture, a mix and match of tables and chairs including a beautiful bar set and impressive entertainment center. It is also home to Steve's special chair — a leather recliner with a built-in phone set and back massage controls meant to help Steve relax and unwind after a long day at work, "although she sits in it more than I do," Steve



admitted with a laugh.

As they walk through the house, they are both pleased and proud to show how nicely things came together after they married. In the foyer is a beautiful antique cabinet filled with collectible deviled egg plates. Throughout the home are unique clocks, which play music or display moving parts beyond the working hands. After just one-and-a-half years of marital bliss, the home feels as though they have been together for

years and years. The guest room holds Steve's old bedroom suite, and their office area is an amusing blend of great organization (Steve's side) and utter chaos (Janice's side).

Again, it was Steve who put a new face on the kitchen, updating appliances with a stainless steel stove and a beautiful porcelain top with stone backsplash tiling and all new granite countertops. "I just pass through this room," Janice joked. "This is Steve's area" (although she does make a mean

**Specialized Medical Weight Management Plan**

**the Aralile Plan.**

"How to live a good life and a better one."

**Give Us A Call.**

**Clinic**

- Physician on site • Workers Comp Treatment
- Board Certified in Family Practice • DOT Physicals
- Wound Care • Physical Therapy • X-ray

**Pain Management**

- Medication Management
- Nerve Blocks • Joint Injections
- Treatment Plans

**Diagnostics**

- Laboratory Services • EKG • Echocardiogram
- Fluoroscopy • Hearing Test • Ultrasound
- Bone Density • Stress Test • Sleep Studies

**Self Insurance Benefits**

- Office Visit \$50 • X-rays \$25 per film
- Flu Shots \$20 • Walk-in Accepted
- No Appointment Necessary

**Benedict Olusola, MD PA**

1670 N. Hampton Rd.  
Ste. 103 • DeSoto, Tx

**972-224-3434**

Appointment line  
**469-364-8000**

Office Hours 8:30- 5:00  
*Se Habla Espanol*

## Don't Replace... Refinish!

*Bathtubs  
Tile  
Showers  
Countertops*

**682-465-6731**  
[www.miraclemethod.com](http://www.miraclemethod.com)







plate of deviled eggs). Also a talented cook, Steve utilized every inch of the kitchen by building the microwave and oven into the wall and installing the sink in a triangular position to save counter space. A matching granite tabletop set with high chairs fits perfectly into the breakfast nook.

Sitting next to the kitchen sink in a simple wooden frame, is a picture of Steve's father, Paul Martin, who died in 1996. "I talk to him every day. I still miss him."



While the home is truly a blended home, with pictures of family throughout and priceless memorabilia, such as an old baseball glove Janice's father once wore, the two rooms that most typify their relationship are two of the three bathrooms.

The guest bathroom, just off the entertainment room, symbolizes their courtship and marriage. It was meant to be. After an exhaustive effort to revamp the bathroom, Steve found he needed eight more tiles at the base of a



new pedestal sink. At the terrible prospect of having to rip up and replace all the tiling, he searched the attic and found exactly eight matching tiles.

The master bathroom, where it all began with the water leak, received a complete overhaul, giving Janice her own sink and vanity area, a huge walk-in closet and a shower with a separate garden tub. But the true work of art is the master bedroom. It is their "bungalow," with yellow and Mediterranean blue walls set off by a white canopy bed set and white wooden blinds, which offer a feeling of well-being. Together, Steve and Janice are exactly where they were meant to be. **NOW**

**GET ON THE ROAD!**



**PREMIER TRUCK DRIVING SCHOOL**

**COMPANY SPONSORED TRAINING**

"Graduate With A Job"

**CDL in 14 DAYS!**

No Experience Necessary  
No Credit Check

Call Tony

**1-800-848-7811 Ext. 6024**

**YOU WATCH SPORTS. WE CUT HAIR. REPEAT EVERY 3 WEEKS.**



**SportClips HAIRCUTS GUYS WIN**

**NO APPOINTMENT NEEDED! OPEN EVERY DAY!**

**213 N HWY 67**

**CEDAR HILL**

**IN FRONT OF J.C. PENNEY**

**972-291-6464**

**\$5 OFF**

**MEN'S CUT!**

Not valid with any other offers Expires 10/31/08

**\$3 OFF**

**BOY'S CUT!**

Not valid with any other offers Expires 10/31/08



**ARTS**  
**NOW**

# Music, Mind and Muscle

— By Beverly Shay



If his accent does not intrigue you, his lifestyle will. After all, not many concert violinists are also authors, as well as bodyguards. Bernhard Kainerstorfer is indeed a man of many talents. Born and reared in Austria, he moved to the U.S. in 2004, settling initially in California.

The first of the many talents Bernhard pursued was violin, which he began studying at the age of 7. "Music came naturally to me," Bernhard stated matter-of-factly. "In first grade, everyone played the recorder, but that bored me." Finding a violin in his parents' attic, he asked for lessons, which were provided by a friend of his parents who taught in the conservatory. "But I quit when I was a teenager; I didn't really have the best teacher at that time," he recalled.

After high school, Bernhard attended law school, traveled extensively and eventually studied music at the conservatory. He played violin with various ensembles for chamber gatherings, other events and special projects, supplementing his income teaching violin. Bernhard then had to choose between becoming a full-time orchestral musician or a music teacher; he could not make the time for both. He became a music teacher, with part-time performance gigs.

"Studying law gave me a good understanding of how things are, but I never applied my knowledge professionally. Music was my life: teaching and performing. And then, I began to write," he paused in reminiscence and grinned. "I actually got a writing award for some short stories I submitted about a taxi driver. I was a taxi driver for a while, and I drew on my own experiences."

Besides short stories, Bernhard also wrote poetry and made some money doing readings. His poetry is a mix of observations, experiences and language play. "I find contemporary poetry boring. I like rhythm, rhyme, phonics and structure — not just random ideas. Spitting out anger is not real poetry in my opinion," he remarked. "Yet it seems that funding from the government went to those who were angry and used writing to vent. I decided I didn't need government funds to publish, so if I was not published, oh well." Yet Bernhard persistently and enthusiastically pursued publishing.

In conversation, Bernhard moved easily between tales of music and publishing, painting a picture of his intertwined interests and the paths they led him down. His first writing project led him to his wife. "I was looking online for a photographer to design a cover for my first novel. I saw the work of a Cameron J. Rhoades from Fremont, California, contacted her, and we made a business deal. That is how we got to know each other; we married in 2000. She has done the covers of two of my books, all of which are written in German and published in Germany or Austria. Other book covers feature the artwork of a friend," he explained.

So far, Bernhard has completed five books; two are collections of short stories, two are poetry and one is a novel. "My books combine absurdity and a surreal, twisted sense of humor in a sort of fairy tale. My publisher wouldn't risk translating an entire book into English, but four of my short stories have been translated. I had the most fun writing *Schwarzes Gold* (*Black Gold*), a collection of very short stories:



## ARTS NOW

true and untrue. Each of them could become a novel in their own right. They stand as the universe itself: simplistic, yet subtle. I did write two of my stories in English and published them in an online magazine in Austria."

When not writing, Bernhard can be found teaching violin: "I teach anyone who can hold the instrument, from about age 4 to ... well really there is

### "Music was my life: teaching and performing."

no limit. I have taught an 82-year-old. I like to teach those who will take responsibility. There is a price to learning; it is not always fun," he remarked. Bernhard is not one for wasting time. He likes to see progress and improvement. That is not to say everyone must aim to play professionally. "My goal is to build a solid foundation where students can learn skills. A love of music helps, but they must love the tone of the violin. I want to encourage people to try it. Technique and applying that technique can totally change your ability to play," Bernhard insisted.

This man of restless energy found a combined mental/physical release through shooting sports. In Austria, firearms are considered "bad" or less than socially acceptable, due to the emphasis on intellectual/artistic development. Bernhard's interest in guns led to a pursuit of hunting, one African Safari hunt and, later, "varmint-hunting" with his father-in-law.

He turned his interest in gunmanship toward security work, becoming proficient in martial arts and licensed in all four levels of security. "There is such a need for the children and youth of today to find a physical outlet, such as shooting sports or hunting, instead of spending so much time with video and electronic games. I find my work as a bodyguard provides a balance I need in life," Bernhard admitted. **NOW**

**Fruit designed like flowers?  
What a juicy idea!**

 *Opening Early  
September!* Delicious  
Fruit Design  
Half Dipped™

**Edible®  
ARRANGEMENTS**

**Save \$3**  
when you pick-up your order.\*  
\*Valid for pick-up orders only. Offer valid on select products. Cannot be combined with any other offers. Offer ends 9/30/08. Code: EDOCT0829

*To order, please call or visit:*  
**972-293-2848**  
617 Uptown Blvd, Suite 105  
Cedar Hill, TX 75104

**EdibleArrangements.com**

Copyright © 2008 Edible Arrangements, LLC Franchise Available. Call 1-888-727-4258

Over 30,000  
locations worldwide.

**You deserve 30 minutes of your own time.**

**972-224-2221**  
900 N Polk St., Ste. 104  
DeSoto, TX 75115

**972-291-0249**  
108 W Beltline Rd Ste 1  
Cedar Hill, TX 75104

**JOIN NOW  
50% OFF\*  
SERVICE FEE.**

Give yourself 30 minutes at a place where it's all about you for a change. At Curves you'll get a total body workout with the total support of trainers who care about you and your goals.

**Curves**  
YOUR CURVES WILL  
AMAZE YOU.

\*Offer based on first visit enrollment, maximum 12 one 1-1 program. New members only. Not valid with any other offer. Valid only at participating locations. ©2008 Curves International 00000000

curves.com



## Business NOW



# The Clean Team

— By Beverly Shay

If you have a need for clean, the Vac Dr. can help you out. Located on the northwest corner of Hwy. 67 and Pleasant Rd., the Vac Dr. offers a full line of new and used vacuum cleaners, janitorial supplies and everything you need to spruce up your home or business. "Our slogan is 'The Cure for Clean,'" remarked owner Miranda Hawk. "Whether you are looking for a new or used vacuum cleaner to purchase, carpet and bare floor rental equipment or cleaning products to deal with particular stains, we have what you need."

Miranda and her husband, Shay, have tested every piece of machinery and every product they carry before it is offered to the public. "I can confidently tell you, from my own experience, which products work best for a particular need. We have two dogs, a boxer and a shih tzu, who have helped us test our products," Miranda grinned. "You have to know your products to effectively sell them, so we can even tell you exactly how to use them to achieve the desired results."

Both Miranda and Shay worked for her father, Bill Chancellor, in his All Vac store in Duncanville for seven years before they bought out his business. "I learned from the best," Miranda commented. "We also service and repair vacuum cleaners. Our goal is to provide the best service and quality products, so we stand behind everything we sell."



The Evans family, who initially started the business 71 years ago, had the Duncanville location for 21 years; they sold it to Bill, who learned from them and ran the shop for seven years. "The Cedar Hill community is different than Duncanville, so we have adjusted our product line to reflect



## Business NOW

the common needs we find here. We believe we have something for everyone's cleaning needs," reflected Miranda.

The store is full of everything you could imagine needing for clean up and then some: brooms (regular and designer), mops and mop heads, industrial-strength janitorial supplies, floor polisher pads for scrubbing, stripping or waxing, dusting tools and sprays, window-washing tools, filters, bags and belts of all makes and sizes.

Every customer who comes in is welcomed by this friendly, knowledgeable couple, who are ready and willing to answer questions and make sure each customer is satisfied. Current military and police officers receive a 10 percent discount on all purchases and rentals. "The best vacuums we sell are the Simplicity line. You know what they say about Simplicities, right? 'My vacuum will out-vac yours!'" Miranda remarked. "They really are amazing vacuums. They are extremely durable and efficient. If you bring in any vacuum cleaner as a trade-in for a Simplicity, we will give you a discount of the value of your investment in your old vacuum. We also take a Kirby or a Rainbow machine on consignment," Miranda remarked.

Shay works at the shop full time as well, in order to provide the quality and quantity of service this community deserves. Whether you are looking for a free estimate on vacuum repairs, a new vacuum demonstration, advice on how to treat a particular problem or you already know just what product you want, stop by the Vac Dr. Shay and Miranda's quick, friendly service will soon have you on your way to a clean solution. Vac Dr. is in the Best Buy shopping center across from Target at 949 N. Hwy. 67, Suite 301. Hours are Monday through Friday, 9:00 a.m. - 6:00 p.m. and Saturdays, 10:00 a.m. - 5:00 p.m. Call Vac Dr. at (972) 291-5621 with any questions you might have. **NOW**

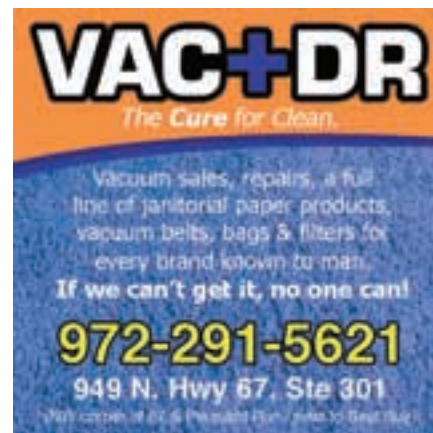


**Dotson Radiator**  
4th generation entrepreneurs

**New Location!**  
**Receive 10% OFF**  
**All Service & Repairs**

Complete Heating & Cooling Service  
Regular Maintenance

155 Hood (Behind 24 Hour Fitness)  
Cedar Hill, Tx • 972-291-9925  
www.dotsonradiator.com

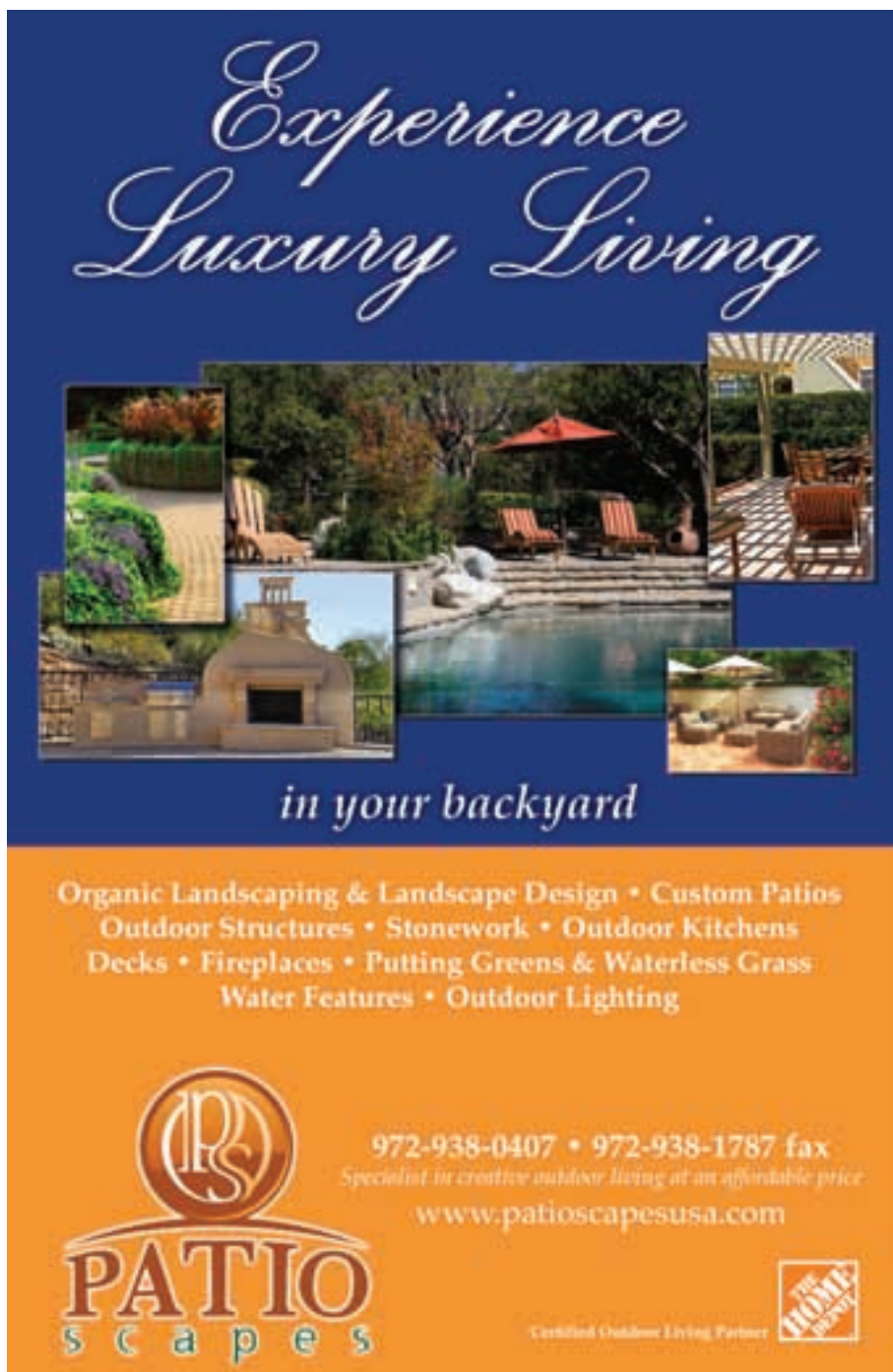


**VAC+DR**  
*The Cure for Clean.*

Vacuum sales, repairs, a full line of janitorial paper products, vacuum belts, bags & filters for every brand known to man.

**If we can't get it, no one can!**

**972-291-5621**  
949 N. Hwy 67, Ste 301  
With carpet or tile & hardwood floors - please do first floor!




*Experience  
Luxury Living*

*in your backyard*

Organic Landscaping & Landscape Design • Custom Patios  
Outdoor Structures • Stonework • Outdoor Kitchens  
Decks • Fireplaces • Putting Greens & Waterless Grass  
Water Features • Outdoor Lighting

**PATIO**  
scapes

972-938-0407 • 972-938-1787 fax  
Specialist in creative outdoor living at an affordable price  
www.patioscapesusa.com

Certified Outdoor Living Partner 



## Around Town Cedar Hill



Area children, top, had a great day "petting" heavy machinery of all types at the Machinery Petting Zoo. A ribbon cutting, second row left, was held at Kevin Bowens Photography. An orientation meeting, third row left, was held recently for the Chamber's newest members. Zula B. Wylie Library, second row right, had a helicopter at their Heavy Machinery Petting Zoo. Ribbon cuttings were held at Welcome Wagon, fourth row left, and Generations Women's Healthcare, bottom left. Busy Bee, bottom center, catered the refreshments at the recently held Chamber Night Out event. Friends, staff and owners of Chapps Hamburger Café, third row right, posed for a ribbon cutting photo. Ron White, bottom right, was the guest speaker at the Chamber's July monthly meeting held at Northwood University.



## Around Town DeSoto

**NOW**


Sydni Franklin, top left, danced the evening away at the Duncanville Hilton Garden Inn. Jourdan Alex, top right in blue, won the National Miss State Pageant for girls 4-16. Jourdan Alex, second row center, took time to pose with her cousins. Debby Baugh, Barbara Shelton, Suzanne Phillips and Judy Sawyer, second row right, worked to organize the new food pantry in DeSoto. Sydni Deanne Franklin, third row left, celebrated her 15th birthday with a traditional Quinceañera. Congratulations go to the DeSoto Astros, third row right, for winning the USSSA World Series Age 8 and Under Division. The Rise and Shine Networking Event, bottom left, was attended by more than 85 small business owners. Nancy Jackson, owner of Na'Kayshions, bottom right, welcomed everyone to the networking event.



## Around Town Duncanville

**NOW**


Dr. David Malone and Sara Dedeluk, top left, welcomed attendees to the Rise and Shine Networking event. Lots of faces received pies, top center, during the Stars, Stripes and Sports Festival. Addison Dedeluk, top right, was named Little Miss Duncanville Chamber. McGruff the Crimewatch Dog and Glenn Repp, second row left, made an appearance during the annual Fourth of July parade. Trampoline bungee jumping, bottom left, was a popular attraction during the festival. Teresa Burkett and Christa Arnold of Ruscello Apartments, third row center, recently received their Chamber plaque. A ribbon cutting, bottom center, was held for the *SouthwestNOW* magazine. A kick-off barbecue, second row right, was held at the Ruthie Jackson Center for the upcoming German Fest Duncanville Chamber Auction. Surfing fun, bottom right, put smiles on many faces during the Stars, Stripes and Sports Festival.





**New Patient  
Specials  
Free Whitening**  
with completion  
of x-rays & exam  
Accept most insurance plans


**align**  
Orthodontic  
Treatment

**JOHN H. KNOWLES, D.D.S.**  
SPECIALIZING IN FAMILY & COSMETIC DENTISTRY



216 DALTON DRIVE  
DeSOTO, TEXAS 75115  
(972) 274-2900  
(972) 274-2024 FAX

# THE ARBOR STORE

DECKS • PONDS • OUTDOOR KITCHENS



**CUSTOM OUTDOOR BUILDING PROJECTS**

1773 NORTH MAIN ST. • MANSFIELD  
682-518-8700 • CELL 817-821-6142



**BAT**  
FIRE & SECURITY

**Commercial  
Residential  
Fire Alarms  
Card Access Systems  
Camera Surveillance  
Systems  
Security Systems**

**1-877-6BATMAN**



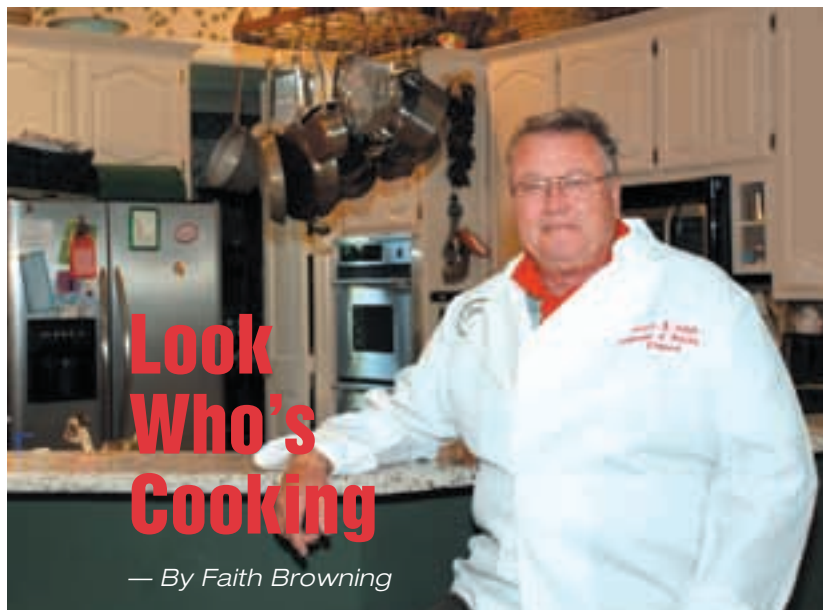
**BAT**  
HOME THEATER & MEDIA DESIGN

**Sales  
Service  
Custom Design  
and  
Installation**



**CRESTRON**





# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH JERRY EDGIN

**Y**ou can surely call Jerry and his wife, Dana, worldly people. They enjoy traveling — both in their motor home and abroad to Europe. They have also opened their home to others from around the world. “We’ve hosted several students over the past 20 years,” Jerry said. “This has afforded us the opportunity of extending our family over five countries in Europe.”

Fifteen years ago in France, Jerry was introduced to the owner of a four-star restaurant. The owner sponsored him through a condensed session of Le Cordon Bleu® School. “This is where my real passion for French cooking began. I only cook six- or seven-course French meals two or three times a year,” he explained. “Dana complains that I use every dish, glass and pan in the house when I cook.” **NOW**

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).

### TOMATO BREAD

- 2 garlic cloves, chopped finely
- 1/2 stick unsalted butter
- 1 5-oz. can California sun-dried tomato spread
- 1 loaf Pepperidge Farm Hot and Crusty French bread, sliced in half
- 4 to 6 slices Baby Swiss cheese, paper thin

Sauté garlic cloves in unsalted butter. Add sun-dried tomato spread; blend in skillet. Spread evenly over French roll half. Place slices of Baby Swiss cheese over the spread. Cook in a preheated 350 F oven for six minutes. Serve hot. Good with a meal or as an appetizer. Goes well with red or white table wines. Serves four.

### MARRIZINI CHICKEN

- 6 chicken thighs
- 2 garlic cloves, chopped
- 3 8-oz. cans tomato sauce
- 1/2 cup white table wine
- 1 tsp. Italian seasoning
- 1/2 cup English peas
- 1 16-oz. can whole pitted ripe olives, drained

Bake chicken thighs for 45 minutes at 350 F in a 9 x 2-inch casserole pan. Add garlic, tomato sauce, wine and Italian seasoning. Cook for 2 hours at 250 F. Add peas and olives, after dish has

cooked for one hour. Serve with white rice and red or white table wine. A great winter meal. Even better the second day! Serves four.

### VERMICELLI SALAD

- 1 16-oz. pkg. vermicelli, cooked per package directions
- 4 Tbsp. salad oil
- 4 Tbsp. lemon juice
- 2 Tbsp. Lawry's season salt
- 1 Tbsp. Accent seasoning
- 1 cup bell pepper, finely chopped
- 2 cups celery, finely chopped
- 1/2 cup onion, finely chopped
- 1 3-oz. can ripe olives, finely chopped
- 2 Tbsp. mayonnaise or salad dressing

Mix vermicelli, salad oil, lemon juice, Lawry's and Accent together. Stir in bell pepper, celery, onion and ripe olives. Best if refrigerated overnight. Add mayonnaise or salad dressing just before serving. Serves 10.

### MOMMA MORRIS' STRAWBERRY PIE

- 2 eggs, whites separated
- 1 1/2 pints whipping cream
- 1/2 cup milk
- 1 Tbsp. flour
- 1 3-oz. pkg. Knox Gelatin, dissolved into 1/4 cup water
- 2 cups sweetened strawberries, sliced (use approximately 1/2 cup sugar to sweeten.)

- 1/2 tsp. vanilla
- 1 graham cracker crust

Beat egg whites until stiff. Beat whipping cream until stiff. Cook milk and egg yolks with flour until thick. Add dissolved gelatin to milk mixture; cool completely. Add strawberries; fold in cream and egg whites; add vanilla. Refrigerate until set. Best served with coffee.

### VEGETABLE CASSEROLE

*Something for the non-meat eaters.*

- 1 pkg. frozen green beans
- 1 pkg. frozen baby lima beans
- 1 pkg. frozen green peas
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 pint fresh mushrooms, sliced (can use canned)
- 1 cup whipping cream
- 1 cup mayonnaise
- 1/3 cup Parmesan cheese
- 1 cup cheddar cheese, grated

Cook each vegetable separately and season with butter, salt and pepper. Butter a large, flat casserole dish. Make layers of green pepper, onion, mushrooms and vegetables ending with vegetables on top. Whip cream until thick. Add mayonnaise and Parmesan cheese to cream. Pour over vegetables. Add cheddar over top of layer. Bake for 30 minutes at 350 F until heated through the mixture. Serves 8 to 10.





121 W DEBBIE LN SUITE 115  
MANSFIELD 817.477.9191  
SIMPLYSKINMANSFIELD.COM



## Laser Hair Removal and IPL Photofacial Special

Buy 1 area, get the  
second area 1/2 off!

### September Special 10% off Chemical Peels

Experience this revolutionary safe and effective pro-exfoliating peel  
and at home products formulated for the treatment and correction of hyperpigmentation  
(brown spots, age spots), fine lines and skin imperfections.

Visit us today for your exclusive, personalized consultation  
and discover if the BIOMEDIC LHA-PEEL is right for you!



|  |
|--|
| <b>BIOMEDIC</b>                              |
| LHA-PEEL                                     |
| <small>with exclusive LHA technology</small> |



## ADDRESS THE PROBLEM

*Don't just cover the symptoms!*

**We Provide Chiropractic Care For:**

- Pregnancy • Birth Trauma • Pediatrics
- Accidents • Sports Injuries • Falls • Overuse Injuries
- Stress • TMJ • Sedentary Lifestyles

**Dr. Leah Pittmon, D.C.**  
**Pittmon Family Chiropractic Center**  
104 W Beltline Road Ste 9 • Cedar Hill • 972-291-6102  
(Minyard's Center next to Jewelry Box)

# \$25

**1st Visit Special**

- Comprehensive Exam
- Findings Consultation
- X-Rays if Necessary

New Patients Only



**Forget Counting calories or carbs.**

NO SURGERY! NO PILLS! NO KIDDING!

## Lose up to 20 lbs in 30 days!

**Call today for details or simply come by!**

**Support Group Meets Fridays at 7pm.**

Holiday Inn • 984 W HWY 287 Bypass in Waxahachie  
972-617-5094 or 214-288-5094

**Mary Jane Weight Loss Centers, Inc.**  
3295 N Hwy 77, Suite 101  
Monday - Friday 10:00 am - 5:30 pm

\*We make no claim that this result is representative of all patients on the program.  
The many others, weight loss is only temporary.

Mary Jane Medlock  
Certified Global Director #0289  
maryjanemedlock@aol.com



**Waxahachie's  
Sports Bar & Grill**

Just a short drive to  
200 S. Rogers Street  
*SW Corner of the Square*  
**972-923-3738**  
[www.courtsidebar.com](http://www.courtsidebar.com)

## GREAT FOOD!

Everything from  
Fried Pickles to Grilled Salmon!

## GREAT SERVICE!



Football Season  
Is Right Around  
the Corner!  
**Courtside**  
is THE place to be!

HaVin' a  
GREAT time!

Wi-Fi & BIG SCREEN HD TVs

## Pick 2 Combo

• Choose Two  
Soup, Salad, Pasta  
or Sandwich

# Only \$5.99

**Daily Specials**

## See Ya Courtside!

**OPENS AT 11AM DAILY**  
SUNDAY-FRIDAY CLOSES AT MIDNIGHT  
SATURDAY CLOSES AT 1AM

# FREE

## "World Famous" Burger

Buy one Get One of equal or  
lesser value FREE with coupon.

Expires 10/15/08



# Finance NOW

## Smart Retirement Savings Moves for Gen Xers

If you belong to "Generation X" — generally defined as those born between 1965 and 1980 — you've got many years to go until you retire. However, that doesn't mean you should delay saving for retirement — but that's exactly what many of your peers are doing. And in the process, they may be jeopardizing the retirement lifestyle they've envisioned.

### Consider the following:

- More than one in three workers ages 35 to 44 aren't saving anything for retirement, according to a survey by the Employee Benefit Research Institute.

- Nearly half of all Gen Xers are at risk of being unable to maintain their standard of living in retirement, according to the Center of Retirement Research at Boston College.

These figures are daunting, but they don't necessarily mean that you will fall short of your retirement goals. As a Gen Xer, you have, on your side, the world's most valuable asset — time. By using it wisely, and by following proven savings and investment strategies, you

can make excellent progress toward your important retirement goals.

### What savings and investment strategies should you pursue? Here are a few ideas:

- Take full advantage of your 401(k). If your employer offers a 401(k) or similar plan, such as a 403(b) or 457(b), put in as much as you can afford each year, and increase your contribution every time you get a raise. Your 401(k) earnings can potentially grow on a tax-deferred basis, and you generally contribute pre-tax dollars, so the more you put in, the lower your annual taxable income. At a minimum, contribute enough to earn your employer's match, if one is offered. And if you leave your job, try to avoid liquidating your 401(k) account. Instead, consider rolling over your 401(k) to an IRA or to your new employer's retirement plan, if such transfers are allowed.

- Open an IRA. Even if you have a 401(k), you can probably still contribute to an IRA, as well — and you should. You can fund an IRA with virtually any type of investment, such as stocks, bonds, government securities and Certificates of Deposit (CDs). And you'll get valuable tax benefits, too. A traditional IRA can grow tax-deferred, while a Roth IRA offers

potentially tax-free earnings, as long as you've had your account at least five years and don't start taking withdrawals until you're 59-1/2.

- Don't invest too conservatively. Many people are afraid of investing in the stock market, given its ups and downs. Yet, historically, stocks have outperformed all other financial assets. And while it's true that past performance cannot guarantee future results, it's also true that if you only invest in "conservative" investments, such as Treasury bonds or CDs, you might not even keep up with inflation, much less earn enough to reach your retirement savings goals. Consequently, you'll want to include a reasonable percentage of quality stocks in your investment portfolio.

- Cut down on your debts. The more money you spend paying off debts, the less you'll have to invest for the future. Try hard to live within your means and work diligently to reduce your debt load.

It will take effort, patience and discipline, but by following these suggestions, you can boost your chances of attaining a financially secure retirement. Get started soon. **FIN**

*Contributed by the Edward Jones representatives in Cedar Hill.*





# Wii hab...

## the fun way to rehab!

### at Red Oak Health & Rehab

 a Senior Care Consultants Facility

**Red Oak Health & Rehab now offering Wii hab to our rehab patients.**

Red Oak Health & Rehab has had tremendous success including the Wii game system into our many therapeutic interventions. Our patients are responding well and find Wii a fascinating and fun way to participate in their Occupational and Physical Therapy.

**For more information about Wii hab please contact your Senior Care Consultants Representative**

|   |  |   |   |
|---|--|---|---|
| <b>Mary Jones</b><br>Cell<br>469-853-3589 | <b>Helen Atkinson</b><br>Administrator<br>469-552-0500 | <b>Elizabeth White</b><br>Director of Nursing<br>469-552-0500 | <b>Elsa Perez</b><br>Cell<br>469-853-3593 |
|---|--|---|---|





**Aesthetic & Implant Dentistry**

- Restorative Dentistry
- Cosmetic Dentistry
- Dental Implants
- Sedation Dentistry

**Davis W. Morgan, DDS**  
**972.723.5544**  
[www.dfwsmileddesign.com](http://www.dfwsmileddesign.com)

## YOUR BUSINESS DESERVES THE SAME RESPECT YOU GIVE YOUR CUSTOMERS.

At Edward Jones, you'll get more than respect. We'll help your business gain a financial advantage. Together, we can design an individual program for your business, with the kinds of tools and options you'll use, such as:

- Business Credit Card with Rewards
- 401(k)s and Other Retirement Plans
- Insurance Programs
- Business Continuation Planning
- Wide Range of Investment Options and Strategies



**Charles D. Peyton, AAMS**  
 241 E. FM 1382 #318  
 Cedar Hill, TX 75104  
 (In Kroger Shopping Ctr)  
**972-293-2010**



**John P. Harlan, Sr.**  
 1431 N. Hwy 67 #300  
 Cedar Hill, TX 75104  
**972-293-9609**



**Darryl L. Fenton**  
 104 W. Beltline Rd #10  
 Cedar Hill, TX 75104  
 (In Minyard Shopping Ctr)  
**972-291-6685**

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
 MAKING SENSE OF INVESTING



**PROSPERITY BANK**

*Real bankers...  
not just a bank.*

**217 E. FM 1382, Cedar Hill**  
**(972) 291-6246**  
[www.prosperitybanktx.com](http://www.prosperitybanktx.com)

FDIC

**Behind on House Payments?**

**We can help you avoid foreclosure!**

Call today and let us help.

**Century 21**  
 Judge Fite Company

Office 972-460-5233 Cell 214-762-9999

*Fall into Creekside for All New Seasonal Decor*

New Fall Decor Arriving Now

Get the Hard-to-find Decorations Before They're Gone

**Home Decor**  
 Lamps • Pictures • Accessories  
 Custom Florals by Inspirations

**Gift Needs**  
 Candles by Fleur de Liz  
 Baby Gifts  
 Designer Jewelry  
 Vera Bradley  
 Willow Tree Angels  
 Mark Roberts Fairies  
 Arthur Court Designs  
 Brighton Accessories  
 Feed on the Word Tableware



**CREEKSIDE COLLECTIONS**

**IN-HOME CONSULTATIONS**  
 120 W. Debbie Lane • Box 334 • Mansfield • 817-475-2206  
 In the Target Center • Hours: Mon-Fri 10-6 • Sat: 10-5



**Health  
NOW**

# Spinal Health and Chiropractic

— By Dr. Leah Pittmon, D.C.

Chiropractic is the number one alternative health care choice in the U.S. today. Despite its growing popularity, many people still do not know what chiropractic is, or have misguided ideas about chiropractic care. This article was written with the intent to show you how chiropractic is different, and how it can improve your life.

Chiropractic's basic philosophy differs from that of conventional medicine. It is one that recognizes the ability of the body to heal itself if the nervous system is fully functional. The nervous system controls everything your body does. The brain sends and receives information about where your body is and what it is doing via the spinal cord. All the nerves that send and receive signals between your spinal cord and your body have to pass between the bones of the spinal column.

Everyone is aware of the effects that crushing or cutting the spinal cord or a nerve can have: paralysis, loss of control and early death. But what happens if those nerves, or the spinal cord, are intact, but irritated? The tissues they control may function properly

for a while, but over time, function will decrease to the point that your body malfunctions or senses pain. Chiropractors remove the irritation by adjusting the joints in your back. When the bones of the spine are aligned and moving properly, irritation decreases.

Conventional medicine will treat pain by giving pain relievers, muscle relaxers or even stronger medications. These cover the pain, but they do not remove the source of the irritation. That is why low back pain or headaches will often become more frequent over time.

Why so much emphasis on the spine? It is because virtually every nerve in your body has to travel the spinal cord before exiting between the bones of the spinal column. Irritations due to misalignment of the spine can have consequences beyond just sore joints and muscles. For example, several studies have been published showing that adjustments of the spine can lower blood pressure, especially in people with moderate hypertension. Chiropractic is not just for low back pain. It can improve headaches and scoliosis, decrease blood pressure or menstrual discomforts, and improve many other aspects of overall health.

Chiropractic treatment is very safe. With specific techniques for the pediatric, pregnant or elderly patient, chiropractic care is a safe choice for almost everyone. For those who do not want "to be popped," low-force adjusting such as Activator Methods is available. **NOW**

Dr. Leah Pittmon, D.C.

Pittmon Family Chiropractic Center

**MINIMALLY INVASIVE BARIATRICS**

**Have you been thinking about Weight-loss Surgery?**

**Surgical and Non-surgical Treatments Available**

- Gastric Sleeve
- Lap Band
- Gastric Bypass
- Revisions
- Physician Supervised Weight Loss
- Dietician
- Behavioral Therapist



**Glenn M. Ihde, MD**  
Author of  
CONSIDERING WEIGHT-LOSS SURGERY  
BOARD CERTIFIED  
BARIATRIC PROGRAM DIRECTOR

For Information Call  
**817-467-3000**  
Free Seminars  
Insurance Information  
Schedule an appointment

515 W MAYFIELD ROAD  
ARLINGTON, TEXAS 76014  
WWW.WLS-MIB.COM

**KOEHLER**  
Heating & Air Conditioning

**Quality Service & Installation**  
Service all makes and models.  
Commercial and Residential

**972-268-4763**  
**972-723-1255**



**\$10.00 OFF**  
Service Call

offer good till September 30, 2008  
**24 Hr. Emergency Service**  
EPA Certified  
State Lic #TACLB262721E





Your clinical partner in total healthcare and preventative medicine.



## Dallas Adult Medicine

**Dr. Abdurrahim, MD**

*Internal Medicine - Board Certified*

**3650 West Wheatland, Ste. C**

**(across from Charlton Methodist Hospital)**

**Dallas, Texas 75237 • 972-283-5998**

Medicare and most insurance accepted, does not accept Medicaid



Live life the way  
it was meant  
to be lived.

**PRO ADJUSTER**  
Chiropractic Clinic, Inc.  
Come see us! We'd love to show off our new office!

- No More Pain • Safe, Effective
- Advanced Technology
- Computerized Analysis & Treatment
- Most Insurance Accepted

**405 W. Belt Line Rd. (at Main Street)**  
**972-291-1992**  
Call today to set up your **FREE** personal  
tour of the ProAdjuster System!

**Audiological Services of Ellis County**  
**The Hearing Center**

*Welcoming Dr. Justin Langran!*

**Alice C. Wilson,**  
Au.D., CCC/A  
Doctor of Audiology

**Justin Langran,**  
Au.D., CCC/A  
Doctor of Audiology

- State of the Art Technology
- One Week Free Trial!
- Finest Brands Available
- Hearing Evaluation
- Seniors' Discount
- Hearing Aid Repairs
- Batteries & Clubs
- Ear Wax Removal
- Financing Available
- 100% Satisfaction Guaranteed

**Try Before You Buy.**  
**Call Now to Schedule**  
**Your Free Hearing**  
**Aid Evaluation**

*Patient Recommended, Physician Referred*  
[www.hearingcenterofec.com](http://www.hearingcenterofec.com)

**1000 E. Main Street, Suite 303 • Midlothian, TX 76065**  
(Between Caroline's Cafe & Physical Therapy)  
**972-723-6181 or 888-251-6615**



# September 2008

## Community Calendar

### Every Monday

Bingo: 2:00 - 3:00 p.m., Dallas Methodist Medical Center, Senior Access Center. (214) 947-0017.

### Every Wednesday

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

Walking Program: 9:00 - 10:00 a.m., the Dallas Methodist Center, Senior Access Center. (214) 947-0017.

### Every Wednesday and Friday

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

### First Mondays

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

### First Tuesdays

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

### First and Third Tuesdays

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

### First and Third Wednesdays

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

### Fourth Mondays

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

### Second and Fourth Tuesdays

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

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

### Second Tuesdays

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

The Dallas Area Writers Group at CH Library. Visit [dallaswriters.org](http://dallaswriters.org).

### Second Wednesdays

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

### Second Thursdays

Free prostate cancer screenings (limited to those who have been screened since 2007): 9:00 - 11:00 a.m. Appointment required, call (214) 947-4628.

### Third Mondays

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

### Third Thursdays

ABWA - Empowering Women Express Network: 5:45 p.m. at Midlothian Conference Center, 1

Community Circle, Midlothian. Please RSVP to Daphne Brewer (972) 723-6551. Visit [www.abwa-empoweringwomen.org](http://www.abwa-empoweringwomen.org). Guests are welcome.

### July - October

Waxahachie Downtown Farmer's Market: 8:00 a.m. to 1:00 p.m. Located on Franklin Street between Rogers and College. Produce, plants, jams, jellies and other goods available. For more information or to become a vendor, contact Anita Williamson (972) 938-2101, ext. 198.

### September 1

Free Day of Yoga classes provided mid morning through the evening at Ovilla Wellness Center on Hwy. 664 in Glenn Heights. If you did not get the info in time, you may get a rain check. Visit [www.yoga4love.net](http://www.yoga4love.net); e-mail [yoga4love@yahoo.com](mailto:yoga4love@yahoo.com); or call Certified Yoga Instructor Lisa Ware at (214) 532-0776.

### September 2

Join Readers on the Hill: 7:00 p.m., at the CH library to discuss *The Inheritance of Loss* by Kiran Desai.

### September 11

Navarro College SBDC-sponsored workshop presented by Robin Lasher, Director of the Navarro College SBDC, which is a partnership program with the U.S. Small Business Administration on Small Business Startup Basics: 10:00 a.m. - noon at the Waxahachie Chamber of Commerce at 102 YMCA Drive. Free admission. Limited seating. Registration required. Call Dottie Ueberroth at (972) 937-2174 or e-mail [dottie.ueberroth@navarrocollege.edu](mailto:dottie.ueberroth@navarrocollege.edu).

Best Southwest Luncheon: 11:30 a.m. at the MCM Grande Hotel in DeSoto. Speaker: Bob Best, President & CEO of ATMOS Energy. Hosted by DeSoto Chamber; call (972) 224-3565 for reservations.

### September 13

Viva DeSoto, a Celebration of our Hispanic Heritage at the neighborhood park next to DeSoto Wal-Mart: featuring Mariachi music, crafts, games and ethnic food. Admission: free. (972) 230-9651.

Games of Duncanville. Volunteers are needed: time keepers, check in, set up/take down and more. Contact Duncanville Chamber (972) 780-4990 or e-mail [sdedeluk@duncanvillechamber.org](mailto:sdedeluk@duncanvillechamber.org).

### September 15

Taste and Trade of DeSoto: 5:00 - 9:00 p.m. at DeSoto Town Center. Enjoy the culinary offerings of DeSoto's finest eateries and restaurants along with nonstop music provided by local performers. Sponsored by the DeSoto Chamber of Commerce

Education Committee; proceeds benefit the DeSoto ISD Education Foundation.

### September 16

A session discussing copyrights and patents: 10:00 a.m. - noon in the Prosperity Bank conference room at 500 N. I-35 in Red Oak. Cost: \$20.00 for any small business owner. Sponsored by the Navarro College SBDC, which is a partnership program with the U.S. Small Business Administration. Limited seating; registration required. Call Dottie Ueberroth (972) 937-2174 or e-mail [dottie.ueberroth@navarrocollege.edu](mailto:dottie.ueberroth@navarrocollege.edu).

### September 17

Session on sales taxes presented by Mr. Elmer Rogers, employed with the State Comptroller since 2004: 10:00 a.m. - noon in Waxahachie Chamber of Commerce at 102 YMCA. Free. Limited seating; registration required. To register, call Dottie Ueberroth at (972) 937-2174 or e-mail [dottie.ueberroth@navarrocollege.edu](mailto:dottie.ueberroth@navarrocollege.edu).

### September 18

YAHA (Young At Heart Adults) seniors' group: 11:00 a.m. at Holy Spirit Community Center, 1111 Danieldale, Duncanville. Special guest: Marva Simmons. Admittance free with favorite potluck dish to share. Contact Veronica Houston (972) 298-4971.

### September 25

The Grand Opening of the Newly Expanded Ranch Steakhouse! The festivities begin at 5:00 p.m. Come for giveaways at our restaurant extension including a new wine bar. 1435 N. Hwy. 67, Suite 200. (Exit Wintergreen Rd.)

### September 26 - 28

Art Show at Midlothian Conference Center Arts Council. Amateur and Professional Contest and Exhibition. [www.MidlothianCenter.com](http://www.MidlothianCenter.com).

### September 27

Methodist Health Systems offers free prostate cancer screening and awareness: 9:00 a.m. - 2:00 p.m. at Minyard's, 1450 W. Pleasant Run Road, Lancaster. Contact Tim Upshaw (214) 947-4649 or visit [www.methodisthealthsystem.org/psap](http://www.methodisthealthsystem.org/psap).

Join Senior Access as participants explore *Water for Elephants* with a discussion led by Ms. Emma Rogers, co-founder of the Black Images Book Bazaar. For information please call: 214-947-4628.

For more community events,  
visit our online calendar at  
[www.nowmagazines.com](http://www.nowmagazines.com).



**Now Open**

We use only canola oil, which is low in saturated fat and cholesterol, and is also sodium free.

We do not use any MSG in our cooking.

All entrees come with one egg roll and your choice of fried or steamed rice.



## King China Express

*Check Out Our New Menu*






**Best prices in town.** Open Fri. - Sat 11am-9:30pm  
Sun. - Thurs. 11am-9pm

125 N. Clark Rd. #100, Cedar Hill • For Pick-Up Orders Call 972-291-3188



## Joe W. Potter, DDS, PA

### Brandon K Florence, DDS



**207 W. BELTLINE ROAD • CEDAR HILL, TX 75104 • (972) 291-1501**



- General & Cosmetic Dentistry
- Experienced Friendly Staff
- Digital Radiography
- Whitening
- Diagnodent (early decay detection)
- ViziLite (oral cancer screening)
- Appliances (snore guard, headaches)
- Conscious Sedation
- Most insurances accepted

**972-291-1501**

[www.joewpotterdds.com](http://www.joewpotterdds.com)



# Compassionate care *for every stage of a woman's life.*



## *visit us*

Monday – Thursday 7:00AM – 6:00PM

Fridays 9:00AM – 3:00PM

Ultrasound offered on Saturdays.

Most insurance accepted. Se Habla Español.



Donald L. Black, M.D.  
OB/GYN



Gayle Smith-Black, M.D.  
Psychiatrist



Cease Thomas, M.D.  
OB/GYN



Catherine Thomas, M.D.  
OB/GYN

At Trinity Women's Center, we focus on the whole patient—providing exceptional medical and mental healthcare for women of all ages.

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

- Her Option® — abnormal uterine bleeding
- Essure — permanent sterilization
- Urodynamics — urinary frequency/urgency

When choosing a women's healthcare provider, we hope Trinity Women's Center will be a blessing to you.



221 West Colorado Boulevard, Suite 431, Dallas, TX 75208  
3450 West Wheatland Road, Suite 235, Dallas, TX 75237  
Methodist Dallas 214 948 7779 | Methodist Charlton 214 446 1240  
Please visit [www.twcforme.com](http://www.twcforme.com)



**OFFERING THE  
4D ULTRASOUND**  
Your baby's first picture—  
with movement.