

Southwest

Cedar Hill | DeSoto | Duncanville
MAGAZINE

SEPTEMBER 2013

NOW

The Youngest 90-year-old

Lucile Simons waited
until retirement to free
her creative side

Plus:
Manning Up Artistically
Ready to Serve
In the Kitchen With Tiffany Hubbard

Past, Present and Future Ambitions

At Home With
Caratrella Woodberry

RELAXATION IS NOW IN SESSION.



\$49 Introductory 1-hour
massage session*

Back-to-school means
new schedules – and more stress.
Get in the routine of relaxing
with massages and facials.



\$59 Introductory 1-hour Murad®
Healthy Skin facial session*



*Schedule today and save with
our introductory offers.*

UPTOWN VILLAGE AT CEDAR HILL
305 W. FM 1382, Suite 110
Next to Black Eyed Pea
(469) 272-3689

Massage Envy
SPA®

MassageEnvy.com    
Convenient Hours · Franchises Available
Open 7 Days: M-F 8am-10pm, Sat 8am-9pm,
Sun 10am-6pm

*One-hour session consists of a 50-minute massage or facial and time for consultation and dressing. Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply. Each clinic is a member of the Massage Envy network of independently owned and operated franchises. ©2013 Massage Envy Franchising, LLC. ME2675

Exclusively featuring **Murad**®

The logo for Mo's Italia Express, featuring the name 'Mo's' in a white script font on a green banner, with 'ITALIA EXPRESS' in a bold white sans-serif font on a red banner below it.

Mo's

ITALIA EXPRESS

Authentic Italian Cuisine

214.766.2560

**THE BEST KEPT SECRET
OF CEDAR HILL!**

**CATERING
AVAILABLE
FOR ANY SIZE EVENT**

A man in a white shirt is smiling and standing behind a table filled with various Italian dishes. The dishes include fried shrimp, a pasta salad with vegetables, a plate of meatballs, a plate of chicken with vegetables, a plate of seafood, and a plate of bread. The man is holding a sign that says 'That's Amore' in a cursive font.

That's Amore

PRIVATE BANQUET ROOM AVAILABLE

CORPORATE OUTINGS • BANQUETS • MEETINGS • CLASS REUNIONS • HOLIDAY PARTIES
LUNCHEONS • FAMILY REUNIONS • BIRTHDAY PARTIES • PROMS • WEDDING RECEPTIONS
BRIDAL SHOWERS • ENGAGEMENT PARTIES • QUINCENIERAS

We offer several serving styles
including traditional buffet
and Full Service

305 W FM 1382, Suite 410, Cedar Hill, TX-75104 (In Uptown Village Mall - next to play area)
www.italiaexpresscedarhill.com • [facebook.com/ItaliaExpressCedarhill](https://www.facebook.com/ItaliaExpressCedarhill)

EAGLE EXPRESS



CROSS THE LINE: Choose to be the BEST!

DeSoto ISD - Giving A Little Extra Everyday

With the fanfare of a back to school pep rally, including a student musical theater production, DeSoto ISD Superintendent David Harris welcomed back the district's 1,050 employees to start the school year!

The event included praise for the progress made over the past year in preparing DeSoto ISD to be a premier district of choice with unparalleled student opportunities. The district now offers full-day Pre-K, iSTEAM3D Magnet academies in all three middle schools and a Collegiate Magnet Academy in DeSoto High School where students can earn one of 11 associates degrees concurrent with their high school diploma.

Guest speaker Georgette Yakman, owner and founder of STEAM Education, spoke about the value of the arts in science, technology, engineering and mathematics. She praised the district for their goal of being the first STEAM district in Texas with students working in collaborative, problem-based learning environments.

Dr. Harris praised progress toward the ten initiatives started last year - grading each area and allowing input from the audience. He re-emphasized the district's vision, mission and plan for becoming a premier district through **Full Engagement 2015** which includes 360 degree ownership and intention in every action.

He applauded the administration for developing and the Board for approving an updated salary structure and loyalty bonuses as well as the district's general financial stability as \$3 million was put into the district's fund balance since last year.

Finally, he applauded the new district partnerships formed over the last year as drawings were held by Texas Trust Credit Union and Orr Toyota.



Superintendent David Harris and Texas Trust Credit Union's Amber Danford pose with the five winners of \$100 each from Texas Trust. Individuals can open a Texas Trust account at DHS and pick the DeSoto Eagles card with benefits going to the district. Visit www.texastrustcu.org for details.

Villers named national coach

DeSoto High School Coach June Villers was named the National Girls' Track and Field Coach of the Year by the National High School Coaches Association. Villers, a DeSoto alum, has built the Eagles into one of Texas' top programs over the last decade. This past year, DeSoto won its third straight Texas Class 5A girls' title. The state championship was the fourth overall for Villers' team, including runner-up finishes in 2008 and 2010. During her time, she's coached nationally-ranked athletes in the 4X100m and 4X400m relay, long and triple jump, discus, shot put, 100m and 300m hurdles, and 400m dash.



Calendar of Events

Mon., Sept. 2 - Labor Day; No School
Tues., Sept. 3, 6 p.m. - Volleyball* vs. Frisco Heritage, DHS
Tues., Sept. 3, 6 p.m. - DeSoto ISD Town Hall, DHS
Sat., Sept. 7, 4 p.m. - Eagles Football* vs. Union, OK
at Dragon Stadium for the Southwest Showcase
Mon., Sept. 9, 6:30 p.m. - Board Meeting, Board Room
Mon., Sept. 30 - No School; Staff Dev. Day / State Fair Day
Mon., Oct. 14 - Early Release all DeSoto schools

*Full sports schedules online at www.desotoisd.org

GOALS NIGHT

2013-14

DeSoto High School &
Freshman Campus
Monday, Sept. 9 - 6:30-8 p.m.

DeSoto Elementary Schools
Tuesday, Sept. 10 - 6:30-8 p.m.

DeSoto Middle Schools
Monday, Sept. 16 - 6:30-8 p.m.

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Southwest Editor, Beverly Shay

Editorial Coordinator, Sandra Strong

Writers, Dennis Brock . Christina Michels

Sydni Thomas

Editors/Proofreaders, Pat Anthony

Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Casey Henson . Martha Macias

Felipe Ruiz . Arlene Honza

Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Opaque Visuals

Amy Ramirez . Amanda Rooney

ADVERTISING

Advertising Representatives,

Linda Dean . John Powell . Jami Navarro

Rick Ausmus . Teresa Banks . Laura Fira

Mark Fox . Bryan Frye . Melissa McCoy

Vicki Meeks . Lisa Miller . Carolyn Mixon

Lori O'Connell . Steve Randle

Linda Roberson . Judy Trivett

Billing Manager, Angela Mixon

ON THE COVER



Now that she's in the reserves, Caratella Woodberry can really enjoy her home and neighbors.

Photo by Opaque Visuals.

CONTENTS

September 2013 • Volume 7, Issue 9



8 The Youngest 90-year-old

Doll making, painting and gardening keep Lucile Simons spry.



18 Manning Up Artisically

Students are learning the value of responsibility from their talented mentor, Curtis Ferguson.



28 Past, Present and Future Ambitions

At Home With Caratella Woodberry.

42 BusinessNOW

44 Around TownNOW

46 FinanceNOW

48 HealthNOW

52 CookingNOW

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2013. All rights reserved. *SouthwestNOW* is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville ZIP codes.

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



Editor's Note

Hello there, Southwest Friends,

Seems this year has spun by like a revolving door. Fall, more than January, strikes me as the turning of the year. Every fall I feel as though I am saying good-bye to summer. This year, I have also had to say good-bye to a precious neighbor I've known since I was 17. To me, this amazing woman was the epitome of godly graciousness and kindness. She was the easiest person in the world to do things for.

So as the weather cools and the leaves begin to fall, and I look across the courtyard to the home where my long-cherished friend once lived, I think of her smile, her kindness, her faith, her ability to encourage, and I trust I will be able to emulate her. Perhaps I am embarking on a new season after all.

Embrace the season,

Beverly

Beverly Shay
SouthwestNOW Editor
beverly.shay@nowmagazines.com

Trinity Church
1231 E. Pleasant Run Rd. Cedar Hill 972.291.2501

VISIT OUR ONLINE CAMPUS!
trinitychurch.org | 9am & 11am Sundays
#trinitychurchonline

NOW ENROLLING FOR FALL!

Enrollment Instructions
Scan QR Code above or visit
trinitychristianschool.com/enroll
Click on "enroll an applicant"
Fill out the application
Make enrollment payment

trinitychristianschool.com
facebook.com/trinitychristian.tigers
@TCTigers_online

NO PUBLIC OR CHARTER SCHOOL CAN PLEAD THE BLOOD OF CHRIST OVER YOUR CHILD.
TRINITY CHRISTIAN SCHOOL CAN AND WILL.

Texas' Best Bar-B-Que!

Soulman's BAR-B-QUE
SINCE 1974
PROUD TO BE AMERICAN OWNED!

Out of Sight Special
Texas' Best Seller!

Large chopped beef sandwich served with two veggies or a baked potato.

Buy 1, FREE! Get 1
Buy 1 out-of-sight special & 2 regular drinks to get the other out-of-sight special FREE!
Expires 9/30/13. Not valid with any other offers, specials, discounts or promotions. Limit 1 per customer, please.

CATERING
PICK-UP • DELIVERY • FULL SERVICE • CONCESSIONS

12 Locations to serve you!
Garland, Mesquite, Terrell, Dallas, Van, Lancaster, Richardson, Quinlan, Royse City, Greenville and Rockwall, too!

124 N. Hwy 67
(Take exit for Cooper St./Belt Line Road)
Cedar Hill • 972-291-3400
WWW.SOULMANS.COM

THE LAW OFFICES OF
JOHNSON & RIVENBURGH, PLLC

- Criminal Lawyers
- Traffic Tickets
- Early Probation Release
- Erase Criminal Records

EraseMyRecord.com
ProbationRelease.com

972-505-2217
1700 N. Hampton Road, Suite 104
DeSoto, TX 75115
JohnsonRivenburgh.com

Christian K. Johnson Esq. • Kris Rivenburgh Esq.



Hormone Revitalization LAKEWOOD HILLS INTERNAL MEDICINE

A DIFFERENT APPROACH TO HORMONAL WELL-BEING

At Lakewood Hills Internal Medicine we employ truly unique approaches to obtaining and maintaining your hormonal well-being. Are you looking to rediscover your sense of health and vitality? Let Lakewood Hills Internal Medicine partner with you on your quest for wellness.

Talk with Us About Hormone Revitalization

This innovative protocol is devised to support your body in establishing or reestablishing hormone balance. It is different from most hormone replacement approaches that ignore or override your body's capabilities and just "do it for you." The protocol entails low dose prescription creams and/or over-the-counter nutritional supplements to stimulate and optimize your body's current hormone production capacity. Quarterly office visits and bloodwork are utilized to monitor safety and efficacy.



Felicia Lewis, MD
Internal Medicine
Board Certified

Are You:

Age 30-64 or older?

Perimenopausal or a male looking for renewed vitality?

Postmenopausal?

Unhappy with previous hormone therapy?

In possession of at least part of one ovary (even if you do not have a uterus)?

Revitalization is:

MD created and supervised care

Tailored to you as a unique patient

Monitored for safety & efficacy by regular blood work and clinical evaluations

Excellent quality medical care at competitive pricing

Experience renewed hormonal well-being.

Get started with Hormone Revitalization right away by scheduling your initial consultation. Appointments may be available as early as the same day you call:

972-875-7770

2203 W LAMPASAS St, Ste 111 • ENNIS, TX 75119
972-875-7770 PHONE FOR APPTS • 972-875-7775 FAX
www.LHinternalmedicine.com



We Do Country And We Do Rock!



Other:
Renovations
Pool Covers
Fireplaces
Outdoor Kitchen

817.346.4778
2725 Altamesa Blvd.
Fort Worth, TX 76133

817.613.1910
3292 Fort Worth Hwy
Hudson Oaks, TX 76087

Pulliam Pools would be honored to build your outdoor stay-ca-tion destination!
Pulliam Pools was ranked 2012 Top 5 Pool Builder in the Nation by *Pool & Spa News*.



St Joseph Catholic School

OKTOBERFEST

2013



SEPTEMBER 28th

WAXAHACHIE CIVIC CENTER
10 AM - 8 PM

German Food • Biergarten • Vendor Booths
WWW.STJOSEPHOKTOBERFEST.COM

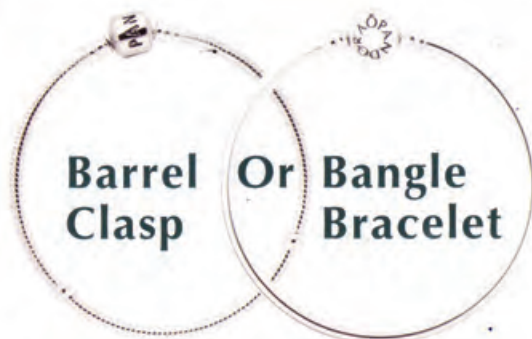


September 19-22

FREE PANDORA BRACELET*

with \$100 purchase
of PANDORA jewelry

U.S. Pat. No. 7,007,507 • © 2013 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET



**Barrel
Clasp**

Or

**Bangle
Bracelet**

* Sterling silver barrel clasp or bangle bracelet. Charms shown are sold separately. While supplies last, limit one per customer.

PANDORA®
UNFORGETTABLE MOMENTS



Caves
Jewelry, Inc.

220 E Pleasant Run Rd • DeSoto, Texas 75115

Visit us at www.cavesjewelryinc.com • 972-230-0950



The Youngest 90-year-old

— By Sydni Thomas

Hardworking mother, grandmother and great-grandmother, Lucile Simons, did not use her newfound freedom in retirement to stop and smell the roses but to pick up a new set of skills that has kept her busy into her 90s. Lucile's love for working began as a young girl selling shoes in a shop and, later as a young woman, designing window displays for J. C. Penney & Co.

One day Lucile's first husband promised her she would never have to work again if she packed up their family and moved with him to Duncanville, Texas. The idea of moving farther away from her family was not ideal, but Lucile couldn't pass up on the chance to stay at home with her two sons and daughter. "We were only in our new home for three months before I had to start working again," Lucile said. "I've driven a lot of miles over the years to get to work. When we moved here, I started at Texas Instruments Inc. and, later, moved to Vought Aircraft Industries Inc. [now Triumph Aerostructures — Vought Aircraft Division] the company from which I later retired."

Lucile married her second husband, Roland Simons, in Duncanville. By 1985, she finally had her chance to stay home with children. During her first years of retirement, she watched her great-granddaughter during the day. Around this time, she stumbled across an article in the newspaper for a local doll-

making class. "Roland volunteered to look after our great-granddaughter," Lucile said, "because he knew I really wanted to take that class."

No one else ended up responding to the advertisement, so Lucile received one-on-one training in doll making. She still has the first doll she ever worked on, even though it is not one of her favorites. After nearly three decades of crafting dolls, Lucile has a large collection in her doll cabinet, and many are scattered throughout the house. The doll-making process is different with each type of doll, but Lucile crafts as much of each doll by hand as possible. When making a traditional doll, each of the pieces is formed from a thick liquid Lucile pours into molds, which are then fired in a kiln. At the end of the process, she paints the fine details. To get the skin color just right or eye colors exact, the painting and firing process can get tedious.

"You can make a doll out of anything," Lucile said. "You don't need a kiln or traditional bodies. I've made them out of pieces of wood before."

If the doll is not completely made from porcelain, Lucile will create a cloth body, usually out of stuffing. She sews dresses, underclothes



Cosmetic & Family Dentistry At *Its Finest!*



Walnut Grove Dental



Alternative To Dental Insurance The Walnut Grove Dental Plan

Annual Fee
\$249.99

In an effort to assist our patients with the expenses of healthcare, we are instituting an innovative worthwhile discount program.

Unlike traditional dental insurance, this plan does not have a minimum or maximum. There is no deductible and cosmetic work is given at the same discounted rates. The plan is designed to be simple to understand, as well as an affordable alternative to traditional dental insurance.

- Two healthy mouth cleanings a year
- All Dental Radiographs (X-Rays) & Intra-Oral Photos
- All routine checkups and follow-up visits
- All emergency exams
- All consultation appointments
- All other dental work will be done at a discount of 10% off regular fee schedule

This plan cannot be used with any other insurance, discount plan or special offer

Services

Crowns & Bridges
Bonding & Veneers
Dentures & Partials
Gentle Gum Care
Implants
Tooth Colored Fillings
Will File Insurance



Beverly Deacon, DDS

972-298-4191

403 W. Wheatland Road | Duncanville, Texas 75116



FREE

**Initial Exam & Consultation
Includes Bitewing X-Rays
(Valued at \$145)**

May not be combined with other offers.
Limited time offer.

20% OFF

**All Procedures Performed
In The First Treatment Appointment
(Excludes Cleaning Appointment)
New Patients Only.**

May not be combined with other offers.
Limited time offer.



and accessories to match. She has made everything from petticoats to intricate hats for her dolls. Lucile picked up her sewing skills from her days in 4-H. "I've been sewing my whole life," she said. "We would sew everything. I remember a dress I made won second prize in a 4-H competition."

The final touch to a doll's completion is its name. Every doll Lucile has created has a name, even if they can't all be remembered now. Richie boasts a small, propeller hat, and Shirley





Temple dons her trademark golden ringlets. One of Lucile's favorites is her Gerber Baby doll that looks identical to



the real thing. Lucile was one of the few who were able to make the doll before Gerber put a stop to its unauthorized production. Once Lucile creates a doll, it isn't long before someone tries to persuade her to sell it or give it away. Many of her creations reside in family members' homes. She sold one of her favorite dolls at a craft fair once, only to learn it was Roland's favorite doll she had made. "I wish Roland had told me how much he loved that doll," Lucile said. "I never would have parted with it if he had said something."

Lucile's newfound crafting desires did not stop with making dolls. She signed up for an oil painting class at the local senior center and still paints canvases today. Most of her work is landscapes that inspire her or birds she loves. One of her original works came from a childhood memory. Lucile's mother died when Lucile was only 8 years old. Recalling the house she lived in and the dog she had

OKTOBERFEST
9th Annual

Bring in this ad for a waived community fee.* (\$250 value)
*Must tour before October 31st

Thursday, September 26th

Beer garden opens at 4:30 p.m.

Dinner served at 5:30 p.m.

We are providing Bratwurst Sausage, Rolls, Sauerkraut, Potato Salad, Root Beer, Wine & German Beer.

Authentic German Entertainment by Jim Rommel

Reservations required. Adults only.

For more information call

972.298.5545

Champions Cove
Active Senior Living

1600 South Main St., Duncanville, TX 75137



www.ChampionsCove.com



Hair Extensions

Sew In ♦ Malaysian ♦ Micro Links

Suffering from hair loss?
Want to add length, volume or color?

\$25 off one hair extension installation

*New clients only, participating stylists, can't combine offers, restrictions apply, EXP: 9/30/13

www.goodhairday.net goodHAIRday SALON 972.296.0640
259 S. Cedar Ridge Drive
Duncanville, Texas 75116




Back-to-School Special

\$299 to start treatment
with this ad when presented at your initial, new patient consultation.
Offer expires 10/31/13.



Dr. Marlon Henderson
Diplomate, American Board of Orthodontics



Dr. Jim Morrow
Diplomate, American Board of Orthodontics

FREE \$50 Target Gift Card
with this ad for patients who start treatment after Sept. 1 and before Oct. 15, 2013

Free initial consultation
including x-rays

✓ Most insurances accepted
✓ Saturday appointments available

Grand Prairie Orthodontics

972.263.8700
www.grandprairieorthodontics.com
4927 Lake Ridge Pkwy., Ste. 135,
at Camp Wisdom (NW corner)
Grand Prairie, TX 75052



at the time, Lucile painted a scene to pay tribute to her mother. Shining in the sky is a star, signifying her mother. "I was so young when it happened, and it's hard to remember exactly how things were, but I tried to recall it," Lucile said. "My sister and I moved to South Dakota to live with an aunt during that time. Now I have outlived all of my relatives."

Since Roland's passing a decade ago, Lucile's son has been trying to get her to move back to Kansas where her family originated. Since the last 50 years of her life has been spent here, this is where her friends are, and she has no plans to leave. From Lucile's appearance and demeanor,



ACHIEVE *your* GOALS

Look and feel more confident and youthful

Tummy Tuck • Breast Augmentation/Lift
Breast Reduction • Liposuction • Post Weight Loss Surgery
Mommy Makeover Packages & Financing Available

J. Michael Morrissey, MD

Board Certified, American Board of Plastic Surgery
Plastic, Reconstructive and Cosmetic Surgery



Earlobe
Repair

Waxahachie Office:
Baylor Medical Center
1505 W. Jefferson, Suite 120
Waxahachie, TX 75165

Dallas Office:
Methodist Dallas Medical Center
221 W. Colorado Blvd.
Pavilion II, Ste., 727 - Dallas, TX 75208

For A Complimentary
Consultation
Call 214.943.9222

WWW.DRMORRISSEY.NET

You Get More
at **O:R!**

**BUY
ME**

Hurry Sale Ends Soon!

O:R TOYOTA
DALLAS - FT. WORTH

**GET ME
FREE!**



Tundra



See dealer for details.



Corolla

New Management 39660 LBJ Freeway South, Dallas, TX 75237
(Between Hampton and Wheatland on I-20)
(972) 780-1166 ■ KEITHORRTOYOTA.COM

Dermatology Institute

Expert Treatment For:

- Skin Cancer • Acne
- Fingernail/Toenail Infections
- Psoriasis • Moles • Cyst • Hair Loss

Skin, Hair & Nail Diseases



We Offer Free Skin Cancer Screenings

Dr. Bill V. Way, FAOCD

Katie Heimer, PA-C

Kerbi Elsenbroek, PA-C

Shevonee Echeta, PA-C

Teresa Martin, Licensed Esthetician

Se Habla Español M-F 8am-5pm

Dermatology Institute is staffed by fully licensed dermatologist, physician assistants and an esthetician who are dedicated to the highest quality patient care, education and research.

972.780.0707 www.dermatologyinstitute.us

706 W. Center St., Duncanville



it would be hard to calculate her age. She is the life of the party and rarely has a moment to spare.

"I remember moving from Oklahoma all those years ago," Lucile said. "Why would I want to do something like that again? Besides, I'm always busy here. I get dressed every morning like I'm going somewhere, so when my friends call I can get in the car with them and go. If no one calls that day, I will spend it out in my yard working."

During the spring and summer, Lucile moves her artwork outdoors. Her flowerbeds become her outlet, and she strives to bring in as much color as she can. When the man who mows her lawn forgets to edge, Lucile goes out there and does it herself. "I finally got my patio all set up this year," Lucile said. "When friends come over, we like to sit out here."

If her artwork and outings with friends aren't enough to keep her busy, Lucile helps, as needed, at Hillcrest Baptist Church in Cedar Hill or spends time at the Duncanville Senior Center. "I really don't enjoy cooking," Lucile said, "at least cooking for myself. But getting in the kitchen and helping at church or the Senior Center is different. We all get together and have a wonderful time."

Decades of hard work has led to nearly three decades of fun, creativity and play for Lucile. From creating dolls and giving them a character to bringing an old farm to life on canvas, Lucile has striven to make these the most creative years of her life. Her years of creativity have made her the youngest 90-year-old in town. **NOW**

Free EVENT!

CAPOEIRA

MOISES RUIZS MARIACHI

GREAT FOOD AND FUN

\$MORE!

Fiesta Latina

DESOTO

DESOTO LATIN FESTIVAL

At the DeSoto Town Center
Outdoor Amphitheater and Plaza
211 E. Pleasant Run Road, DeSoto, TX 75115

Vendor opportunities available, call 972.230.9648 for more info.

HAVANA NRG 6:00PM

BANDON KORO AFRICAN DRUM 5:15

DANIEL DE CORDOBA BAILES ESPANOLIS I 4:15

SEPT. 15
two thousand and thirteen
3-7PM

for more information, visit artsdesoto.com

JAC
DESOTO ARTS COMMISSION



ST. PHILIP'S
SCHOOL & COMMUNITY CENTER
YOU • BELONG

SAVE THE DATE AND PLAN TO JOIN US

St. Philip's School and Community Center would like to invite you and your family to come see all the great and exciting benefits of our campus.

Upcoming Open House dates for the 2014-2015 school year.

OCTOBER 16, 2013
NOVEMBER 20, 2013
DECEMBER 18, 2013
JANUARY 15, 2014

PLEASE VISIT OUR WEBSITE
TO REGISTER.



www.stphillips1600.org
214.421.5221 ext.150
1600 Pennsylvania Ave. Dallas, TX 75215

Because *You* Want the *Best*

Family Owned, Locally, by Hobart Ambuehl.

You've known him for years as



Over 35 years of Experience in:

- Automatic and Standard Transmissions
- Foreign and Domestic
- Clutch Service
- Transfer Cases
- Free Towing w/major repair
- Senior and Military Discounts
- Financing Available
- Free Diagnosis



Hwy 67 Transmissions
1602 N. US Hwy 67, Midlothian
972-723-5300
www.hwy67transmissions.com
M-F 7a-5p



I-35 Transmissions
1462 N. I-35E, Lancaster
972-228-9905
www.I35transmissions.com
M-F 7a-5p



Come see our newly remodeled center offering state-of-the art digital X-ray & Spinal Decompression machines



COMFORT REHAB
CHIROPRACTIC • MASSAGE
PHYSICAL THERAPY

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

We offer the following services:

- Family Chiropractic Care • Weight-loss Program • Physical Therapy
- Therapeutic Massage • Vibration Therapy • Spinal Decompression
- On Site: Pain Management / ESI Injection - Medical Doctor

Back-to-School

Mention this ad for

NEW PATIENT EXAM, X-RAY, & RESULTS. | \$59

SPECIAL! ONE-HOUR MASSAGE | \$40

Gift certificates available.

Mon 9-7pm
Tue - Thur 9-6pm
Fri 9-4pm • Sat 9-5pm
Open Lunch



Dr. Bryan McCormick



CEDAR HILL MEDICAL PLAZA
950 E. BELT LINE ROAD, SUITE 180 • CEDAR HILL
(Next to Methodist Family Health Center East) • 469-272-7000

Visit ComfortRehab.com or DallasAccidentandInjuryRehab.com to sign up for our newsletter, special offers, and Facebook. Get a Virtual Consultation® and more.



PARTY LIKE PICAESO



Have Fun, Paint, Eat, Drink & Leave with with your own masterpiece!

Join us the 3rd Thursday of every month or Contact us to book your own party. Register Online or call 972-293-1117 Today!

ENCAUSTICS WORKSHOP

Wax Painting
AGES 11 AND UP

SEPTEMBER 21ST FROM 1:30 - 4:30

\$75-All Supplies Included

In this workshop 2 works of art will be created. Artist will leave with the ability to fuse, create texture, & use transfers with encaustic medium.



DIGITAL PHOTOGRAPHY 101

Sat. September 21st from 9:30-12:30

\$40 You will need any digital camera that should have the ability to change the shutter and aperture settings. This Class will help you understand the basic camera operation, the importance of light and understanding your camera.

SESSION 7 ADULT, TEEN, & KID ART CLASSES START SEPTEMBER 16TH

6 WEEK CLASS ONLY \$169

& KIDS 6 WEEK CLASS AS LOW AS \$76

OFFER ENDS 9/14/13 SO SIGN UP TODAY FOR THE CLASS OF YOUR CHOICE.

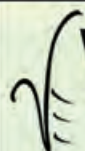
(PRICE DOES NOT INCLUDE FEE. DEAL IS NOT VALID WITH ANY OTHER OFFERS OR PROMOTION)

Zombie, Vampire and Witch workshop with Michael Brower

SATURDAYS SEPT. 21-OCT. 19 @ 2PM-6PM (ALL SUPPLIES INCLUDED)

Learn Live Casting, Sculpting, and application. Students will need to bring someone with them the 1st day of class to create a live cast.

CALL FOR MORE INFO



VISUAL EXPRESSIONS

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

MAKE EVERY SWIPE COUNT!

Support the
Cedar Hill
Longhorns
with the Spirit
Reward Card!

TEXAS
TRUST
CREDIT UNION



**GET YOURS
TODAY!**

972.263.5171

OurSpiritInAction.com

Federally insured
by NCUA.

Afraid of the dentist? Come sleep through your dental work.

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



Mention this ad and get
FREE WHITENING FOR LIFE
when you become a patient at
Fearless Dental. FREE trays and then
FREE whitening gel at every cleaning.

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

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

Convenient Hours: 8am-6pm M-Th F 8am-1pm

In network with these major PPO plans: Aetna, Delta, Cigna, MetLife, Guardian, United Healthcare, Blue Cross Blue Shield of Texas, Humana, Principal, Ameritas, Dental Select, UCCI.

www.FearlessDental.com

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



MANNING UP

Artistically

— By Beverly Shay

Curtis Ferguson wears many hats. He's a father, a husband, a teacher, an artist and a mentor. And he's a bit of a radical. But one thing he isn't is afraid to take a stand for what he believes is not only right, but imperative. Curtis is breaking a cycle of degradation — racial slurs — especially those used by African-Americans against other African-Americans. He has been working this cause for years and feels he is making some headway.

Curtis grew up in Flint, Michigan, the middle of three children, whose single mom worked three jobs to support her family and refused to accept welfare. "When my mother's mom became ill, we all went to live near my grandmother in Texarkana, Texas, so my mom could take care of her," Curtis recalled. "So I spent my senior year at Texarkana High School. I had this art teacher, Harding Deon Jr. Man, that was a good thing! He not only taught me art and helped me get scholarships, he taught me by example how to mentor."



His teacher had sent Curtis' artwork to the *Texarkana Gazette* several times, which added to his confidence when applying for and receiving scholarships, including one from Wendy's, that enabled Curtis to attend Henderson State University in Arkadelphia. Curtis embraces all types of art, but his love is oil painting, especially portraits. He has been teaching art at David W. Carter High School for the past 10 of his 23 years as a teacher. He builds his students' self-esteem by creating 15-minute charcoal/pencil glamour-shot sketches of them. "When they see their sketch, they begin to 'own' that picture of themselves in their mind, and it changes them," he said. "Then I teach them to create their own art."

Curtis helps identify his students' artistic medium, encouraging them to pursue it. "Tagging is very popular, and many of my students are quite gifted taggers. So I show them how to use that positively by creating murals — here at the school and on concrete embankments along the street. The cool thing among taggers is their code — no tagging or graffiti desecrates murals," Curtis explained. "Once they begin to 'own' something, they can begin to 'own' the way they address each other. With each move toward 'ownership,' their sense of personal responsibility grows — responsibility for themselves and what they communicate to and about others."

Another thing Curtis learned in his study of art, which he now seeks to pass on to his students, is marketing what you create. "I studied art in New York

Office Hours
 Mon-Thurs
 8:30-5:30
 Friday
 8:00-3:00
 Open Saturday

DENTISTRY FOR Children

**3 local offices to serve you!
 New DeSoto office opening soon!**

SHELLY K. CLARK D.D.S.
 Diplomate, American Board of Pediatric Dentistry

(972) 291-0111

We accept most PPO dental insurance plans, Medicaid and CHIPs

211 W. Belt Line Rd. • Cedar Hill
4450 East Hwy 287 • Midlothian
2828 Duke of Gloucester • DeSoto
 (next door to Pediatrics Southwest)

www.drshellyclark.com

CLARK DENTAL GROUP

New Patients Are Always WELCOME

FREE WHITENING
 three systems to choose from
ZOOM!, BOOST, or Take-home whitening
to all new patients w/cleaning, exam & x-rays. Exp. 9.30.13

Dr. Glenn Clark DDS

Dr. Brian Clark DDS

Brian Clark, D.D.S.
 (972) 291-4281
www.BrianClarkDDS.com

211 W. BELT LINE RD. | CEDAR HILL
4450 EAST HWY 287 | MIDLOTHIAN

Dick's UPTOWN CAFE

Serving **BREAKFAST & LUNCH** 7 days a week ~ Our restaurant is available every night for private events!
610 Uptown Blvd, Cedar Hill

Come in to pick up your entry form for the

Country Day on the Hill Cedar Hill, Texas

Chili Cook-Off In Historic Downtown

For more information contact Teril Woodward: 214-679-9120; dicksuptown@att.net

DeSoto Family Care and Surgery Center



Before



After

HCG Weight Loss

Arthritis pain and wound care treatment.

Now offering joint pain and wound care treatment with Platelet Rich Plasma.

Hyperbaric Oxygen treatment available.

Insurance and self-pay accepted.

Office hours 8:30-5:00

Se Habla Español.

Benedict Olusola, MD

1704 N. Hampton Rd., Ste. 201

DeSoto, Texas 75115

972-228-9600 or 972-228-3670 Fax: 972-228-3878

aralilecosmetics.com



with a man named Giancarlo Impiglia. Besides impacting my ability to create art, he taught me that art can be a business,” Curtis enthused, speaking with his hands. “He told me to create my own style and market it. Now I teach my students the



same.” Curtis has a few claims to fame, one of which was his discovery 10 years ago of a child prodigy from Allen, Texas. Amanda Dunbar was a 13-year-old student in one of Curtis’ after-school art classes. By the time she was 18, she was a millionaire. Oprah Winfrey asked both Amanda and Curtis to be on her show. Not surprisingly, Curtis has been named Teacher of the Year seven times, at least



once in each of the five ISDs where he has taught.

One of his favorite claims to fame was the honor of personally presenting a painting he made of former President George W. Bush to the man himself in his Dallas home. "He's a great man, yet he took time to discuss art technique with me, inviting me upstairs to his studio to show me his own artwork. Needless to say, that was quite a thrill," Curtis said. He didn't keep that thrill to himself. "I met the former President while he was still governor through a mutual friend, Eddie Deen," Curtis explained. Eddie is a caterer who joined with Curtis to start his mentoring programs. Eddie was called on many a time to bring authentic Texas barbecue to White House functions. So when the President was ready to launch his book, *Decision Points*, he called on Eddie to cater the event. "We were able to gain clearance for some of the young people we mentor to serve at the catered launch party held at President Bush's home," Curtis explained. "Some of our kids have also gotten to serve at a dinner with Condoleezza Rice and at Governor Perry's inauguration. We want them to see well-known people, not only as achievers but as real people both in public and in a relaxed environment."

Curtis' mentoring programs, Man Up Group and QUEENS, involve teaching young men and women to work, earn and manage money to put toward college and family needs. Curtis wants to break repetitive cycles of failure. He visits the students in their homes, where he can



A SIMPLE TOUCH day spa & salon

Full Service Salon & Spa offering:

- Massage • Skin Care • Nails • Hair
- Permanent Makeup • Waxing
- Body Treatments • & More!

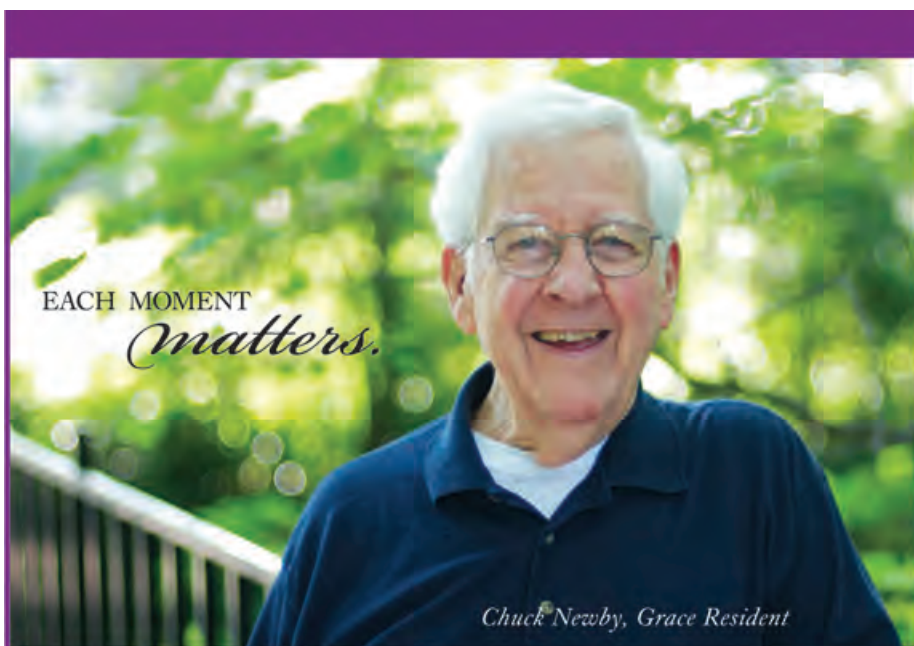
Fran Young has 14 years experience as a massage therapist and Aesthetician. Paige Lamb has been a nail technician for 21 years.

www.asimpletouch.net • 469-272-3111
1431 N. Hwy 67, Suite 100, Cedar Hill, TX

Gift Certificates Available!



Fran Young & Paige Lamb



EACH MOMENT

matters.

Chuck Newby, Grace Resident

Family. Friends. Joy. Security.

Active lifestyle options.

Maintenance-free living.

So much to be thankful for at

Grace Presbyterian Village!

With a full continuum of services, you can enjoy the independence of your own home within our beautiful 27-acre community, knowing that enriched care is available when and if you need it. It's a decision that leaves you free to pursue your interests, take part in a wide variety of activities and get involved in a vibrant community of accomplished people.

Move into your new apartment or cottage today!



GRACE
PRESBYTERIAN
VILLAGE

550 Ann Arbor, Dallas, Texas 75216

214.413.4110

www.GracePresbyterianVillage.org



ALF#000541

COTTAGES • APARTMENTS • ASSISTED LIVING • NURSING • HOSPICE • DEMENTIA CARE • REHAB



Virajis Salon

Now seeking professional licensed stylists and barbers!

- Semi-private suites • Affordable booth rental fees
- Professional enviroment

Virajis Salon is striving for excellence. Come Join us.
The opportunities are endless!

Ask About Free Booth Rent!

For more information, contact Chetavua Bell at 214-356-0548 or 469-272-PHAT (7428) • 411 Cedar Street, Cedar Hill, Texas 75104



Think You May Have a Hearing Loss?

- Small and Discreet
- Sleek Design

Introducing Starkey's wireless hearing aids, designed to makelistening easy & enjoyable agin.



Whether you are looking for small and invisible, high power for maximum hearing potential, or simply the latest technology with a sleek design, there is a Series that can be customized for you.

PrescriptFit™ Assessment

- ❖ Free Hearing Test
- ❖ Lifestyle Assessment
- ❖ Acoustic Analysis
- ❖ Speech Demonstration



214 North Main • Duncanville, TX

972-296-1600

see the kind of lifestyle they have. He also believes it is important for his own children to attend the schools where he teaches. As another part of the programs, Eddie hires some of the students, but they can't work for him unless they have first been involved in community service projects like trash pickup, visiting the elderly, homeless shelters, Habitat for Humanity and painting curbs, as well as murals. "Our programs are geared to teaching young people to respect themselves and one another through responsibility, integrity and giving back," Curtis explained. "I tell them stories that bring the point home. One of my strongest points involves how African-Americans address one another. My goal



is to eliminate use of the N word. So I tell the young men that many people died during the Civil Rights Movement to eradicate that term and its meaning from everyone's vocabulary.

"When I speak in classrooms, I ask students what the N word means. They

Making your kitchen dreams a reality!

FREE Estimates

Competitive Pricing

Up to 15-Year Warranty on Some Products



Granite, Marble & Quartz Fabricator for
Kitchen & Bathroom Countertops

Extensive Color Selection Combines
Beauty, Function & Elegance for
any Bathroom or Kitchen!

SILESTONE
by COSENTINO



Come see our wide selection!

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

FREE 18-gauge Stainless Steel Sink
(\$350 value)
Call or visit our Web site for details!
www.MTMCOUNTERTOPS.com

MTM Countertops

2460 Hwy. 287 N. • Mansfield • For more info call 866-439-1935.

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



Specialty Sandwiches
Soups • Desserts
Old Fashioned Soda Fountain

Inside Ben Franklin Apothecary
Duncanville • (972) 298-8698

Buy One Ice
Cream Dessert,
Get One
1/2 OFF

Expires 9/30/13

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

FREE
Fountain Drink
With purchase of
any Deli Meal!

Expires 9/30/13

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

KICK OFF
the New Season

- Largest Selection of College Décor & Gift Items
- New Fall Décor
- Custom T-Shirt Quilts
- And Much More

BEN FRANKLIN APOTHECARY
Pharmacy ~ Gifts ~ Kitchens Deli

302 N. Main St. • Downtown Duncanville
972-298-1147

www.BenFranklinRX.com





Art Haffey
972-283-7501
 arthaffey@ebby.com



\$425,000
 4/3.1/ 3971 sf. apx.
 Energy Star Rated
 Open Concept with quality finishes
 2 bedrooms down, 2 up
 Located next to
 Waxahachie Country Club

NORTHWOOD UNIVERSITY MBA

Professional Transformations Begin Here!

The proven MBA



12-Month Daytime • 24-Month Evening • 24-Month Weekend

The DeVos MBA is strategically aimed at transforming your managerial and leadership skills sets. We take you beyond the standard classroom environment and put you in the role of the decision maker through case study analysis.

► MBA highlights include:

- Learn from a case-study focused curriculum
- Strengthen your critical thinking and problem solving skills
- Enhance your professional communication
- Opportunities to engage in consulting and simulation projects

On Campus Information Session

Monday, September 9th • 6:30 pm-7:30 pm • Hopkins Academic Building

Please register at www.northwood.edu/graduate or call 972.293.5448 to schedule an individual appointment.



mbatx@northwood.edu
www.northwood.edu
 1114 W. FM 1382 • Cedar Hill



Northwood University is accredited by the Higher Learning Commission and is a member of the North Central Association; (800) 621-7440; higherlearningcommission.org.



tell me it means lazy, ignorant, stupid and friend. They admit it carries a negative connotation, yet they find it empowering. So through mentoring, through art, through business, I am endeavoring to show them that true empowerment comes through responsibility and ownership of our own reputations. People like Eddie Deen and myself can attest to the fact that anyone can get out there and make a living through developing skills, working hard and giving something back to the community,” Curtis explained.

Man Up Group and QUEENS are based on a program that Zakee and Sandra Iddeen ran called Rights of



Passage in DeSoto designed for at-risk kids, using Sandra’s program, ROTOR, which stands for Reach One Teach One to Read. Curtis has added gang intervention/prevention and the work program through use of art, community service and mentoring in business development. Curtis is making a definite and lasting impact. **NOW**

Ask
About Our
Extended Hours



the best dentistry in Life is Free!

Worry Free...

Dental plan available for those without insurance

Ouch Free...

Gentle cleanings from our professional staff

Hassle Free...

Walk-ins always welcome

We're a Preferred Provider for HMOs & PPOs.

GET TO KNOW US SPECIALS

\$59
Exam, Digital X-Rays
& Cleaning*

Need Braces?
Braces for as little as **\$99**/mo

With a down payment of at least \$250, offer valid on new orthodontic cases only. Offer only valid with participation in monthly automatic credit card or bank card program. OAC. Payments may extend beyond the period for treatment. Cannot be combined with any other offer.

*Regular value of at least \$290.00. In absence of periodontal (gum) disease. New patients only. Discounts may vary when combined with insurance and cannot be combined with other offers or discount plans.



CEDAR HILL
MODERN DENTISTRY

Dr. Gladys Stigger, DDS
972.291.6262

www.CedarHillModernDentistry.com



**398 E. FM 1382 | Suite B
Cedar Hill**

On the SE corner of US HWY 67 and FM 1382
in the Ross Shopping center



**At EcCare,
we make it easy to see a Doctor.**

The DeSoto Health Center and Irving EcCare Health Center make the very best health care available to our community of families and businesses. We also believe the practice of medicine is personal, so we value building relationships with our patients.



911 N Hampton Road #120 • DeSoto TX
M-F 8AM - 5PM • SAT 10AM - 6PM



2233 E. Graywyle Rd. #110 • Irving
M-F 8AM - 6PM • SAT 10AM - 6PM

972-659-1234

For more information, self check-in,
or current wait times, visit us online at
www.EcCare.com

- ✓ Receive the same or better quality care as the hospital Emergency Room.
- ✓ Our cost is usually 30% to 50% less than the Emergency Room.
- ✓ Our average daily patient visit time is less than 60 min.

TUSCANY ITALIAN BISTRO



A family-oriented restaurant in DeSoto, TX. We are proud to have been serving authentic Italian cuisine, in the DFW for more than 15 years.

At TUSCANY ITALIAN BISTRO, our menu of traditional Italian cuisine along with several daily specials, are sure to please! We look forward to welcoming you at our restaurant.

*You've Tried the Rest.
Time to Taste the Best!*

209 E PLEASANT RUN RD SUITE 141
DESOTO, TX • 972-230-3300



www.tuscanyitaliandesoto.com



Let us make
you smile.

Family and Cosmetic Dentistry



Scan this
image to
meet Dr.
Florence

Brandon K. Florence, DDS, PLLC
Joe W. Potter, DDS, PA
Call for an appointment
(972) 291-1501
www.LoneStarSMILE.com

207 W. BELTLINE ROAD
CEDAR HILL, TX 75104

Quality and Experience You Can Trust

- Latest in Hearing Instrument Technology
- 30-day Hearing Aid Trials
- Diagnostic Hearing Evaluations
- Hearing Aid Repairs
- Batteries and Hearing Aid Supplies
- Hunter's Ear Plugs
- Medicare Accepted



Barbara J. Parker, Ph.D. CCC-A
Audiologist

www.swshc.com

Hearing Solutions

Serving Our Community Since 1997

2715 Bolton Boone, Suite C • DeSoto, TX 75115

Near Charlton Methodist Hospital • 972-572-5582

Your Gateway to Transformation
CALL NOW (972) 296-2045

Semi Annual Special

Introducing Painless Laser Hair Removal
Starting at only
\$25 PER TREATMENT

Acne program: Get rid of your acne and
acne scarring without drying your face
and before school starts.

- Deep Sea Natural Peel
- 2 Fractional Laser Treatments
- At Home Regimen Kit
- CO2 Mask

RESULTS MAY VARY

\$549 SPECIAL

Lip Augmentation: Get fuller Lips Instantly
with Juvederm. Fillers (per Syringe): Look
younger instantly with a fuller face and
less wrinkles.

\$449 Special

Inch Loss and Body Contouring Program:
Melt your fat in combination with a Unique
Body Wrap formula that's been proven to
slim, firm, and tone in only 60 minutes.

- 5 Body Wrap Treatments
- 5 Laser Lipo Treatments

\$899 Special

Fractional Laser Treatments -Treat Wrinkles,
Stretch Marks, Acne Scarring,
or Scars with this FDA
approved solution.

\$110 PER TREATMENT



Chameleon
medical spa



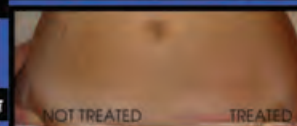
ACNE
PROGRAM



FILLERS



BODY
CONTOURING



FRACTIONAL
LASER

941 York Dr, # 200 DeSoto, TX 75115
WWW.CHAMELEONMEDSPA.COM

KUSI FORDJOUR, MD PA



FROM LEFT:
OLIVA PACANA RN, FNP-BC
KUSI FORDJOUR, MD
KARLA SMITH, ARNP, FNPC

Personalized Care With A Compassionate
Physician & Mid-Level Providers.

WE SPECIALIZE IN:

- Diabetes • Hypertension
- Asthma • COPD/Emphysema
- Weight Management
- Employment Physicals
- Wellness Evaluations / Exams
- Thyroid Diseases • Heart Diseases

**WALK-INS & SAME DAY
APPTS. WELCOME!**

972.283.9100

Board Certified
INTERNAL MEDICINE
ASK ABOUT SATURDAY CLINIC HOURS!

2505 Bolton Boone Dr., Ste 101 • DeSoto Texas, 75115

(NEAR METHODIST CHARLTON MED. CENTER)

FLEXIBLE PAYMENT PLANS & MOST MAJOR INSURANCE PLANS ACCEPTED

DESOTO CHAMBER OF COMMERCE
& VISITORS CENTER presents

HEALTH & Wellness FAIR

Ernie Roberts Park

OCTOBER 19

515 E. Pleasant Run Road

9:00am-2:00pm

Senior Yoga

Market Place

Wellness Exam

Play Area for Kids

Flu Shots Available

Fun Run/Walk
& MORE

Sponsored by:
Health First Pharmacy

ph: 972.224.3565
desotochamber.org



*I can be the daughter again...
Thank you Arbor House!*



"Giving New Meaning to Life"

"The benefits Momma receives from Arbor House, being a Certified Memory Care community, far outweigh the traditional services Momma was receiving at the assisted living. The care team there is specially trained to care for those with Alzheimer's and other forms of Dementia. Momma finally has purpose again! I wish we'd made the move long ago!"
-A. Sullivan

DISCOVER THE DIFFERENCE!
We give joy, purpose & connection.

*#1 Certified Alzheimer's Care in the Area
Also Offering Day Stay and Respite Care*

(972) 298.1331

8027 West Virginia • Dallas TX

Across Wheatland from Charlton Methodist

License# 123926

www.arborhouseliving.com

Past, Present and *Future* Ambitions

— By Beverly Shay

AT HOME WITH **Caratrella Woodberry**

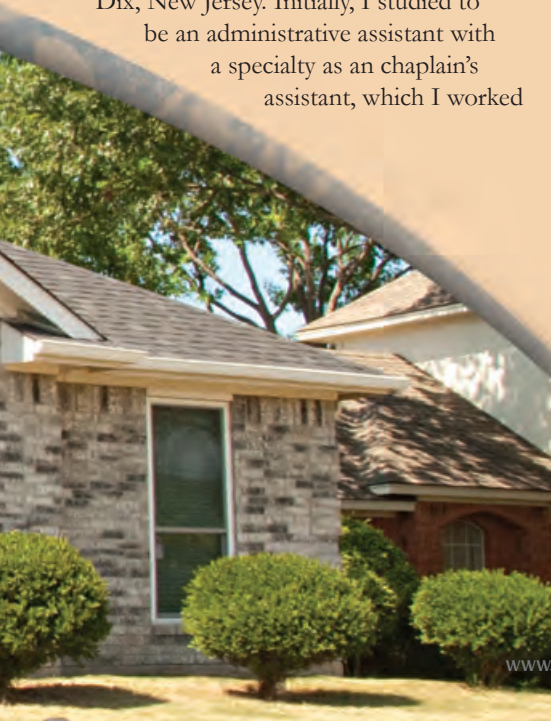
As one would imagine, the home of this career military woman is infused with military memorabilia but also bears a feminine touch, which includes her collection of crystal, beautiful purple glassware

and china from Kuwait. Egyptian plates and a papyrus map of the Nile usher one through the entryway into the sandstone/apricot-tone walls of this weekend warrior's living room.





Caratrella Woodberry, known by some as Ann, was born in Texarkana, Arkansas, but grew up in Texas with her stepfather, moving to Dallas at age 15 to live with her mom. "My grandmother is the one who really raised me," Caratrella remarked, noting she didn't meet her father until she was 34. After graduating from Wilmer Hutchins High School in 1981, where she had been in ROTC, Caratrella began working with the Federal Reserve Bank. In August 1984, she joined the Army Reserve on her birthday without telling anyone until she was sworn in. "I did basic training at Fort Dix, New Jersey. Initially, I studied to be an administrative assistant with a specialty as an chaplain's assistant, which I worked



Suzushii

Sushi & Grill

Lunch Bento Box
Start at
\$6.95

Now Open
915 E. Road to six flags st. #103,
Arlington, TX
817-459-2779

Served sushi roll
over **70**
items

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

\$5 OFF
Any \$25 Order
Exclude mixed drinks. Dine in only.
One coupon per Table.

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

Kessler

women's healthcare

Is it hot in here or is it YOU?

Menopause, often referred to as the "change of life" is a natural biological process, not a medical illness. Even so, the hormonal changes and the physical and emotional symptoms of menopause can change the way you feel!

At Kessler Women's Healthcare, we can help! We are specialty trained to help you through menopause with education, support and proven therapies. The physicians understand every stage of a woman's life and are experts in women's health and wellness, including the care of our menopausal patients.

If you feel that "a change is coming" or have other women's health concerns, call us at 214-941-7200 to schedule an appointment and discuss how we can work together towards your best health!

Appointments most Saturdays until noon!
Weekday appointments available from 7am – 6pm

Friend us on Facebook!

Call for your appointment 214-941-7200

1330 NORTH BECKLEY AVE. • DALLAS, TEXAS 75203 • KESSLERWOMENS.COM

for 15 years. I also worked in human resources for one-and-a-half years,” Caratrella explained.

Her work as a chaplain’s assistant took her to the Middle East, where she was based in Kuwait during the Iraq War from 2003-2005 as the highest ranking chaplain’s assistant, overseeing 48 units. Much of her work as a chaplain involved bringing home the bodies of those who gave their lives for our country



in Operation Enduring Freedom and Operation Iraqi Freedom.

Caratrella retired as Sergeant Major in 2011. “Serving as a chaplain or a chaplain’s assistant you see and hear a lot,” Caratrella remarked. “I am proud to have served our country and our soldiers all these years. It’s not easy to see their lives cut short, but it is a privilege to honor their home going.”

While still serving as a weekend warrior, Caratrella began working for



...& Everything Nice...

NEW HOURS
M-F 10-6 SAT 10-5

PHONE 972+296-6423

208 n. main
duncanville tx
75116

www.andeverythingnice.com f andeverythingniceTexas

SpotOn Don't forget to check-in using your Spot On card

Look... Ornaments arrive in early September!
(apologies for RUSHING the season, but we try to avoid long waits)

& in September:
★ Personalized Ornaments
★ SPECIAL deal...★
BUY 5 at our REGULAR PRICE
...get the 6th one FREE!

New items will be arriving in the shop during September:
Vera Bradley, Tyler Candles & Davinci beads

Cupcakes \$2.25 and up
NEW! Gourmet cupcakes \$3.25

20% OFF Expires 9-30-13
COUPON

CHOOSE 1 item
REGULAR PRICE
IN STOCK ONLY...

SIMPLE
INTIMATE
BEAUTIFUL

Circle of Love

VENUE

Weddings
Vow Renewals
Anniversaries

Bridal Showers
Baby Showers
Private Parties

Book your event for 2013/2014!



921 W. Beltline Rd.
Suite #105
DeSoto, TX 75115

972.748.2529
circleoflovevenue.com

Waxahachie Civic Center Presents the 10th Annual Bridal Extravaganza

September 15th, 2013
Waxahachie Civic Center 12 P.M. - 4 P.M.
Admission \$3 Per Person



Events

- ✦ Groom's Wedding Ring Pull
- ✦ Fashion Show
- ✦ Groom's Lounge
- ✦ Spring Wedding Ceremony Giveaway



Brides Preregister Today and Receive:

- ✦ 2 Free Tickets to Bridal Show
- ✦ 2 Sheets of Registry Labels
- ✦ Entry into Groom's Ring Pull

For more information: 469.309.4040

www.waxahachieciviccenter.org

DISCOUNT SALES AUTO & TRUCK STUFF

631 E. Hwy 67, Duncanville, TX
972-709-6552 • www.autoandtruckstuff.com

TIRES:

Major Brands to Private Label



WE CARRY:

- Auto body parts
- Custom parts and wheels
- Stereos
- Auto alarms
- Wood dash
- Rotate & Balance Tires \$29.95

\$10 OFF
\$100.00 PURCHASE

With this ad. Expires 9/30/13

The Memories Are Just Waiting To Happen!

We Have TONS of FUN for YOUR Family!
Paintball, Batting Cages, Miniature Golf,
Go Karts, and 2 floors of Arcade Games!

Group Rates For: Birthday Parties, Churches,
Day Cares, and Corporate events.



Buy 1 Paintball Admission
at regular price get 1 admission

FREE

Not valid with any other special or discount,
Expires: 9/30/13.

1350 S. Hwy. 67 (2 miles South of FM 1382 on Hwy. 67)
Cedar Hill, TX, (Exit at Mt. Lebanon)

WWW.ELLENSAC.COM



Buy 2 go kart rides
at regular price,
get 1 go kart ride

FREE

Not valid with any other
special or discount,
Expires: 9/30/13.



Find us
on facebook!

**ELLEN'S
AMUSEMENT
CENTER**

972-291-4242

PROTEC USA, LLC **Tae Kwon Do**
 103 E. Beltline Rd, Suite L • Cedar Hill, TX
WE BUILD PEOPLE WITH CHARACTER. NOT CHARACTERS!
AGES 4 YR OLD AND UP
 FROM LEFT TO RIGHT
 Master Milton, Master Lisa, Burton, Brooke, David, Nancy, Matt
Give Us A Call Today! 972•293•2424




FIGHT CANCER

When I was diagnosed with cancer, I chose to partner with Texas Oncology. They're part of the largest network of cancer specialists, researchers and treatment centers in the country, yet they're right here in my hometown. In fact, Texas Oncology has more than 100 practices and 300+ physicians across the state. With the support of my care team, my family and my friends, I can fight this disease. And I'm glad Texas Oncology is on my side.

METHODIST CHARLTON CANCER CENTER
 3555 W. Wheatland Rd.
 Dallas, TX 75237

METHODIST DALLAS CANCER CENTER
 1441 N. Beckley Ave., Suite 101 & 102
 Dallas, TX 75203

To schedule an appointment at either site call 972-780-3414 (We also see patients in Corsicana, Ennis and Waxahachie)

1-888-864-I CAN (4226) • www.TexasOncology.com

TEXAS ONCOLOGY
More breakthroughs. More victories.®

HOW TEXANS FIGHT CANCER.

FedEx in 1997, loading and unloading. She also worked for Blue Cross Blue Shield as a system analyst, as she did at the Federal Reserve Bank of Dallas. She currently works as a system analyst with FedEx, where she maintains computers in three buildings for 350 employees.

"I moved here in 1999, but originally I was looking for a car — a mustang. They told me I couldn't afford it! Although my credit was good, they told me the monthly payment would be \$700, so I told them to forget it, I would just buy a house!" Caratrella laughed. "I wanted a brand new home and was looking at Woodhaven homes. They had three lots, two in Lancaster and this one in DeSoto. I chose this one because of its location at the T intersection, where there wouldn't be much traffic. I had also met the neighbors, who were such nice people." So in April '98, I chose the colors of my brick (gray, black and white), my appliances and floor plan," she recalled.

For the first nine or 10 years, Caratrella only had a few pieces of furniture. "When I found what I wanted, I decided on everything at the same time!" The living room, dining room, kitchen and master bedroom are all furnished with the North Shore line from Ashley Furniture HomeStore. A tan leather couch and love seat are complemented by marble-topped end tables, coffee table and free-standing bar of the same light oak wood as the dining room table, buffet and hutch and bar stools, which are upholstered with brown, rose and tan floral tapestry, as are the throw pillows. The theme is neutral tans and beiges throughout her 1,637-square-foot, three-bedroom, two-bath home.

"I really like my bedroom and office," Caratrella remarked. "I put a lot of pride into my office and painted it myself, with the help of a friend. I love the black furniture. I also like the chandeliers my mom picked out for me. And, in case you haven't guessed, I love crystal." Her office is filled with memorabilia of her time in the military, including several graduation photos as she moved up in rank. Keeping an eye on all of it is her Sgt. Maj. Bear. Under the glass top of her desk are photos, calendars and bumper stickers from her church, Inspiring Body of Christ, where she volunteers as an encourager, meeting

various ministry needs, as well as assisting the aquatic team.

Her family room has dark brown leather furniture with large windows overlooking her backyard patio. The room features a fireplace and dark wood end tables and a coffee table. Her sitting room contains a chaise lounge matching the living room furniture.

Caratrella's bedroom is quite the sanctuary. The furniture is massive, matching the pieces found throughout the home, but the room is amply large, so it isn't overwhelmed. The four-poster bed has an open metal-work canopy and a padded tan leather headboard, which is reflected in the full-length standing mirror, as well as the dresser mirror. Between the dresser, two tall chests and two nightstands, there are drawers aplenty. At the foot of the bed is a bench with scrolled armrests. While her hall bathroom is done in black and white, her master bath, found beyond two walk-in closets embraces the neutral shades Caratrella prefers. Her garden tub is surrounded by candles, including an ascending spiral of votive candles. The bathroom, which features double sinks and a separate shower is also large enough to include a chair, which matches her other furniture, above which is a plaque with a poem written by her godson and her Sergeant Major plaque.

All in all, there will be plenty of room for her fiancé, John Lee. "He proposed to me last Christmas. I've known him since 1988, but we didn't start dating until 2008," she remarked with obvious fondness.

"My life has really been full, but I have some things I have always wanted to do but haven't had time for yet," Caratrella said. "Right now, I am working on my master's in project management. Once that is complete I want to start a group home for boys, ages 6-10 — the ones who have nowhere to go. I hope to raise them until they are 18, so I can give them a strong foundation," she shared. Her dream was birthed when a girlfriend was incarcerated, leaving her children in a difficult situation. "I was unable to take them in at that time, but I wanted to and decided that if I ever got the chance to take in children, I would." Her home is a pretty amazing portrait of her past, present and future ambitions. **NOW**

Your Future Starts Here

St. Elizabeth of Hungary Catholic School

PK3-8th Grade – Now Enrolling for 2013-14

BE A

SAINT!



4019 S. Hampton Rd., Dallas, TX 75224 • (214) 331-5139

www.saintspride.com






Shine Dental Care

Family and Cosmetic Dentistry



\$49*

Exam & X-Rays

* Discounts may vary when combined with insurance and cannot be combined with other offers or discount plans.

Make your Smile Shine with

ZOOM!

Whitening

We Welcome Emergencies

We accept most insurances including Medicaid and CHIP.
Call for more information.



Dr. Jackson and her staff create smiles that shine in a family friendly, comfortable environment.

Tonjolique J. Jackson, DDS

972-293-8033 | www.shinedentalcaretx.com

950 East Beltline Road Suite 130 | Cedar Hill, TX 75104

Conveniently located in the Cedar Hill/Methodist Medical Plaza

DESTINATION *OF Distinction*

Eureka Springs has a mysterious effect on people. No one seems to be able to explain their love affair with the place. Secluded and peaceful with winding mountainside streets, the city has flair like no other. Chosen as one of America's "Dozen Distinctive Destinations" by the National Trust for Historic Preservation, this Victorian village boasts the country's only entire downtown on the National Register of Historic Places. Nestled in the Ozark Mountains of Northwest Arkansas are painstakingly preserved Victorian homes that hug the sides of cliffs and hillsides. The city has block after block of one-of-a-kind shops, boutiques, fine art galleries, craft emporiums, spas and restaurants.





Eureka Springs is a small town and proud of it! The absence of traffic lights, malls and giant discount stores is a big part of the lure. Fewer than 2,500 folks live in this magical, friendly village, and yet there's as little or as much to do as you like. While many come to Eureka Springs to enjoy the slow-paced peace and quiet, those who are looking for an adventure can find plenty to do as well.



More than 20 million have seen the *Great Passion Play*, America's largest-attended outdoor drama, a depiction of Jesus Christ's last days on earth. One of the country's largest sanctuaries for big cats, Turpentine Creek Wildlife Refuge, rescues large felines and places them in natural habitats. Visitors to Eureka Springs can enjoy nightly music shows, annual jazz, blues and bluegrass festivals, opera and the country's oldest folk festival.

The opera season stretches through June and July. The Eureka Springs Blues Festival is in June, the Eureka Springs Bluegrass Festival happens in August and Jazz Eureka Festival is in September. Eureka Springs has hosted the Ozark Folk Festival each October since 1947, which makes it the country's longest continuously running folk festival. Events include a songwriter competition, a parade, the Barefoot Ball and, of course,

DICKEY'S
BARBECUE PIT

TIRED OF CHIPS & DIP? PICK UP A
FAMILY PACK!

642 UPTOWN BLVD.,
CEDAR HILL, TX 75104
972.291.3060

PERFECT FOR
THE BIG GAME!

106 E HIGHWAY 67,
DUNCANVILLE, TX 75137
972.584.9099

**HAVE YOUR NEXT FUNDRAISER AT DICKEY'S!
CONTACT MANAGER FOR MORE INFO.**

**BUY ONE, GET ONE
FREE!**

BUY ONE DINNER & 2 DRINKS AT REGULAR PRICE AND GET THE SECOND DINNER OF EQUAL OR LESSER VALUE **FREE.**

Not valid with other offers. One coupon per person per visit. Valid at Cedar Hill and Duncanville locations. Expires 9/30/13.

\$5 OFF

**A Family Pack
or XL Family Pack**

Not valid with other offers. One coupon per person per visit. Valid at Cedar Hill and Duncanville locations. Does not include Picnic Pack. Expires 9/30/13.



DOGWOOD CANYON Audubon
CENTER AT CEDAR HILL

Dogwood Canyon needs YOU!



Discover the world of wildlife conservation and how you can contribute to this wild and special place.

Volunteer Training

Saturday, September 21, 2013

9 a.m. - 5 p.m.

Volunteer opportunities include habitat/trail maintenance, education programming for all ages, administration, animal care, guiding hikes, nature store, marketing, special events & much more!

To learn more and to register for the all-day training, contact Julie Collins at jcollins@audubon.org or 469-526-1991



www.dogwoodcanyonaudubon.org



Ruth's Choice

to cater to our client's needs with :

COMPASSION DIGNITY & RESPECT



we provide care for seniors all within the comfort of the home, be it a private residence or other living facility. Our caregivers are available for as few as four hours and as many as 24 hours.

(972)298-5555

WWW.RUTHSCHOICE.COM

HIRING COMPASSIONATE CAREGIVERS

Introducing FDA-approved
Laser Treatment for Nail Fungus



Baseline 5 months after treatment

Photos courtesy of Jeff Kels, DPM

- Nail Care
- Bone Spurs
- Diabetic Foot
- Infections
- Bunions
- Ankle/foot pain

- Heel Pain/Spurs
- Sports Medicine
- Hammer Toes
- Flat Feet
- Corns/calouses
- Fractures



Dr. Parul K. Patel, DPM



Inwood National Bank Building
1801 N. Hampton Rd., #340 • DeSoto, TX
Call for appointment 972-274-5708

www.infinityfootandankle.com

This is decidedly
NOT
an ordinary
TOWN.

lots of good folk music. The traditional kickoff to the festival is a queen's contest featuring a square dance performance by the Hedgehoppers — students from Eureka Springs' third-grade classes. Free musical acts perform in the park all week with headline acts in The Auditorium as the grand finale of the week. A staple of nearly every Ozark Folk Festival is a craft show, celebrating the diverse skills of our many area craftspeople.

Every second Saturday, there are free outdoor concerts, shows at the city auditorium and colorful parades for every occasion! Other attractions include zip lines, a steam train, ghost tours, carriage rides and a show with an illusionist and medium. Trolleys are a preferred way to get around the winding,



Jerkins Pest Control
Residential & Commercial

\$10 off
FIRST TREATMENT
for all New Customers
that mention this ad!

Expires 11/30/13

- termites
- ants
- roaches
- raccoons
- possums
- rats
- squirrels
- water bugs
- fleas
- mosquitos
- and more!

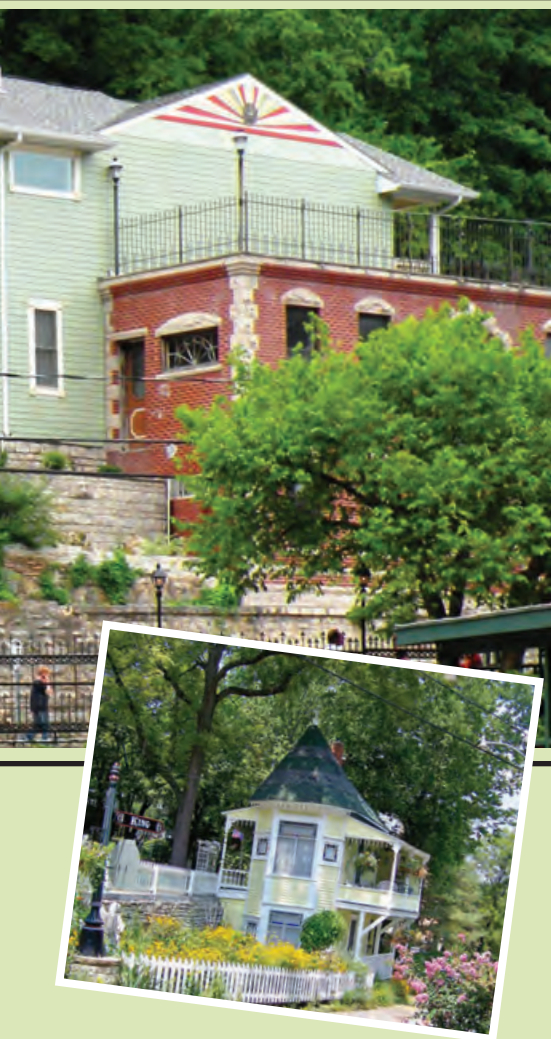
"If it bugs you, it bugs us."

Call today and don't be bugged!"

972-291-9359

Visit our website at www.jerkinspestcontrol.com





crisscrossed streets — run year-round, though for fewer days and hours during the winter months. With over 115 stops around town, the trolley provides convenient transportation for all ages.

Lodging options include something for everyone. Numerous family-owned motels, historic hotels and Victorian homes turned into bed-and-breakfasts and nightly rentals, as well as unique tree houses, rustic cabins and quaint cottages are tucked into the hillsides and woods. You can even sleep with tigers outside your window at Turpentine Creek!

Eureka Springs can satisfy anyone's appetite — from down-home Southern food to romantic, candlelit dinners. Award-winning restaurants serve savory Czech-German dishes, authentic Italian cuisine and spicy East Indian fare. You'll find Mediterranean, Chinese, Irish, Mexican, Cajun and Thai, as well. You can also dine on a dining car at Eureka Springs & North Arkansas Railway.

Despite Eureka Springs's small

OPEN HOUSE

September 16
513 Straus Road

Where Kidz Connect Academy



www.wkcacademy.com

- 6 weeks to age 5
- Low class ratio
- Full-day and 1/2-day program options
- Certified teachers
- Fun, learning curriculum
- Spanish and sign language offered
- Linked to KRS (Kindergarten Readiness System)

Information
on all
3 locations
available at
open house

Bring this ad
and your
application fee
will be waived.

Hours:

Monday-Friday 6:00am-6:30pm

Military discount offered.

Before- and after-care • Tutoring Offered

148 J Elmer Weaver Fwy
Cedar Hill, TX 75104
972-293-1872

513 Straus Road
Cedar Hill, TX 75104
972-293-6767

3814 Swiss Ave.
Dallas, TX 75204
214-821-4900

Colonoscopies prevent colon cancer in men and women.



Paul S. Hackett, M.D.
Board Certified Colon & Rectal Surgeon

Conditions Treated:

Hemorrhoids, Constipation,
Crohn's Disease, Ulcerative Colitis,
Colon Cancer

Services:

Colonoscopy,
Minimally Invasive Surgery,
Surgical & Non-Surgical Care



TRINITY
colon & rectal surgery clinic

Office Hours: Mon-Fri 9am - 5pm

777 E. Wheatland Road, Ste. 105
Duncanville, TX 75116

972-709-9300 • www.trinitycolonrectal.com

Se Habla Español

Fall Membership Special

\$10 OFF

a 3-month membership
(valid Sept. 9-13)



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

*Certain restrictions apply



310 Parkerville Rd. • 972-293-5288 • cedarhilltx.com

Call about Manager's Special Discounts



- Climate-controlled Units up to 10 X 25
- On-site Managers
- Video Surveillance
- Individually Alarmed Doors
- Your Lock, Your Key
- 24/7 Computer-controlled Access

Free Use
of our
Move-In Truck!

ABBY'S STORAGE

1150 S. US Highway 67 (exit Mt. Lebanon)
Cedar Hill, TX 75104 • 972-293-5880



Free

Chicken Biscuit

with purchase of Side Item and Medium Drink.



Breakfast Served 6am - 10:30am

387 E. FM 1382 • Cedar Hill
972-293-0022

©2009 CFA Properties, Inc. Good only at Cedar Hill Location. One coupon per person per visit. Coupon not valid with any other offer! Closed Sundays. Coupon valid from Now Magazines only. Please use by 9/30/13.



population, more than 300 residents are working artists, helping the town make the list of "Top 25 Arts Destinations" by *AmericanStyle* magazine for the past several years. The entire month of May is proclaimed May Festival of the Arts — dedicated to all the arts, including: theater, performing arts and music. Other events like a monthly gallery stroll and



artists' studio tours celebrate these artists' works on a regular basis. For those who wish to expand their own personal creative art expression, the Eureka Springs School of the Arts offers a variety of art workshops for adults and children throughout the year.

Outdoor adventures abound. The city is surrounded by two rivers, White River and Kings River, and three lakes, Lake Leatherwood, Table Rock Lake and Beaver Lake. On the latter two, there is great fishing and smooth water for canoe/kayak float trips. Take a guided cruise, rent a boat or Jet Ski or even paddle board! The 1,600-acre Lake Leatherwood City Park is crisscrossed with hiking and biking trails, and the 85-

PRECISION EYE CARE

Buy 1 complete pair of glasses and get the 2nd pair of glasses or sunglasses of equal or lesser value for 50% off
*Restrictions apply. Expires 10/31/13

1 free child examination (10 and under) with the purchase of an adult examination
*Restrictions apply. Expires 10/31/13

50% off self-tinting lenses on any complete pair of glasses
Introducing PhotoFusion® by ZEISS
Expires 10/31/13

Back 2 School Specials

- Accepting New Patients
- Walk-ins welcomed
- Spanish speaking doctor & staff
(Se habla Español)



Anthony Peterson, O.D.
Dallas native
Member of Duncanville Chamber of Commerce



We make it visible.

Payments accepted:
Cash, Debit, Checks
CareCredit

Hours: Mon-Thursday 9-6 | Friday 8-4 | Saturdays by appointment

150 E. HWY 67 Suite 120 • Duncanville, TX

972-298-EYES (3937) ■ www.pecdallas.com

Thomas Deacon, M.D. Board Certified



Accepting
New Patients
Birth - 18yrs



Pediatrics Southwest
2828 Duke of Gloucester
Suite 106
DeSoto, Texas 75115
972-298-3888
pediatricssouthwest.com

THE ULTIMATE HEALING KIT PRESENTS



www.revvinfortheribbon.com

Saturday, September 21, 2013

1 p.m. Greet The Riders as they cross the Finish Line

1:30 - 6 p.m. VENDORS • FOOD • SILENT AUCTION • LIVE MUSIC

QuikTrip Park 1651 Lone Star Pkwy. • Grand Prairie, TX 75050



Proceeds benefit the local 501(c)3 nonprofit organization
The Ultimate Healing Kit which helps Breast Cancer Patients heal after surgery.

CAMPUZANO

mexican food

Voted Best Mexican Restaurant in Best Southwest

Cool off with a Campuzano's Margarita!

108 N. 8th Street Midlothian, TX 972-723-2634

2167 N. Highway 77 Waxahachie, TX 972-938-0047

213 W. Beltline Cedar Hill, TX 972-291-1053

\$5.00 off \$20.00 purchase

Coupon only good from NOW Magazine! NO Copies accepted. Expires 9/30/13

CAMPUZANO

NOW OPEN!

2618 Oak Lawn Ave Dallas, TX 75219 214-526-0100

1-800-PLUMBER

Emergency 24/7 Services - Nights, weekends and holidays at no extra charge. Free estimates and no trip charge.

1-800-PLUMBER / 1-800-758-6237

972-298-8600

Ft. Worth 817-531-0035

www.1800plumber.com

TX Plumbing License #M19066

\$50 Off Any Plumbing Service

Coupons may not be combined with any other offer. September 30, 2013

\$100 Off Water Heater Install With Purchase Of A Water Heater

Coupons may not be combined with any other offer. September 30, 2013

\$249 New Niagra Toilets

Includes Floor Toilet & Forced Air Installation. Call Now In-Like A Charge! 13 Free Sale. Coupons may not be combined with any other offer. September 30, 2013.

BBB

Are You Getting The **INTERVIEW**, but not getting **THE JOB?**

Do you find yourself saying "I'm a hard worker?"

If your response is "yes" then you may need our help!

CAREER COACHING SERVICES

- Job Interview Coaching
- Resume Services (Review and Creation)
- Career Coaching (one-on-one and group)

CONTACT US FOR A FREE CONSULTATION

(214) 614.8394 Message

(214) 944.1472 Office

www.christopherquinnngroup.com

THE CHRISTOPHER QUINN GROUP, INC.

Helping You Make The HR Connection

Duncanville Community Theatre proudly presents

Laura

by Vera Caspary & George Sklar based on the novel by Vera Caspary directed by Kevin Paris

September 19-21 & 26-28 • 8 p.m.

A brilliant & haunting mystery - who would want to murder young & beautiful Laura?

Reservations Recommended

972-780-5707 or boxoffice@dctheatre.org

DCT located at 106 S. Main, Duncanville

www.dctheatre.org

Offering great theatre since 1988!

Need Electricity?

FREE \$25.00

Instant Credit

Low KWH Rate (save up to 25%)

No Credit Check • No Deposit • No Contract

Call: 877-468-6842



acre, spring-fed lake is perfect for a day of swimming, boating or fishing. Nearby caves and caverns are perfect for exploring on a hot summer day.

The town's history is colorful and lengthy. Artifacts of Eureka Springs' rich past are displayed in the Historical Museum. Eureka Springs first drew visitors in the late 1800s because of the healing powers believed to be present in over 60 natural springs there. The healing tradition spawned by the springs in the early days lives on today in the abundance of day spas, massage therapists, herbalists and alternative healers. While the springs today are not potable, they are wonderfully landscaped and lushly gardened. They provide excellent picnic and rest areas and give a beautiful arboretum-like feel.

This is decidedly not an ordinary town, and most definitely a destination of distinction. For more information or to plan your extraordinary escape, visit www.eurekasprings.org. **NOW**

By Gina Drennon. Photos courtesy of Eureka Springs CAPC.

MAKE EVERY SWIPE COUNT!

Support the
DeSoto Eagles
with the New
Spirit Reward
Card!



**TEXAS
TRUST**
CREDIT UNION

972.263.5171

TexasTrustCU.org/DeSotoSpirit

Federally insured
by NCUA.

LABOR DAY SALE!



Sectional \$998
Available in other colors



5 pc set \$498



Qn Bed, D/M and N/S \$1,398



3 pc for \$899

25% Off
Regular Price

Layaway and financing excluded. Must
present coupon at the time of purchase.
This offer may not be combined with
another coupon. Expires 9/30/2013.

BLUCCI
CONTEMPORARY FURNITURE

949 N. Hwy 67 • Cedar Hill • 972.293.6644 • www.blucci.com

BACK-TO-SCHOOL SPECIAL!

\$29
**NEW
PATIENT
EXAM**



Now that your children are back in
school it is time to take care of yourself.
We have individual and family plans
available for wellness and corrective care.
(Not valid on Federal funded programs)

PROADJUSTER
Chiropractic Clinic, Inc.

(972) 291-1992

103 E. BELTLINE RD., STE. G • CEDAR HILL
(BEHIND BRAUM'S ICE CREAM)

Follow us on www.proadjusterchiropracticclinics.com



Wallace Lott General Contractor, LLC

1615 Cedar Hill Rd.
Duncanville, TX 75137
(972) 679-6781
www.wdgeneralcontractor.com



Don Lott is A+ when it comes to building, remodeling or providing repairs, as well as assisting with insurance concerns for residential or commercial projects.



Ready to Serve

Wallace Lott General Contractor is ready to repair, remodel and serve your construction needs.

— By Beverly Shay

Wallace Lott's construction business began in 1970. His two sons worked with him beginning in high school. "We were helpers and gofers," reminisced Don, who now runs the family business, Wallace Lott General Contractor, LLC. "Dad's first business was All American Awning and Construction, so initially, I learned aluminum construction." Following graduation from Duncanville High School in 1974, Don considered further education but decided to work for his dad.

"In 1979, my wife and I bought a house in Midlothian, even though interest rates were running around 13 percent. We felt it would be a good place to raise our 4- and 1-year-old daughters. As luck would have it, my dad announced he was going to sell out

and move back to Mississippi, adding I would have to find a job," Don recalled. "I quickly found and accepted a sales position with a wholesale sporting goods distributor out of Abilene. That led me to start a hunting business in 1984, which I ran with my wife for nearly 30 years." The business offered all the helps necessary for successful hunting expeditions. "We provided guided and semi-guided, all-inclusive package trips for as many as 400 customers a year — mostly out-of-state hunters — on 180,000 acres in Ozona, Texas, in Crockett and Reagan counties, where they hunted turkey, deer and javelina. On additional leased property in Mexico and Kansas, they could hunt dove and big game," Don stated.

Don might be hard pressed to choose between building and

hunting, since he is so adept at both. But in 1989, he became licensed as an adjuster. "This enables us to assure people who have experienced storm damage, that we will help them receive the repairs their insurance covers and resolve any insurance concerns associated with the claim," Don said. And since storm damage mostly occurs in the spring, he can continue to spend some time afield with hunting or fishing excursions.

"My father, who moved back to Texas after just a few years, and my brother have built homes throughout the area: Midlothian, Duncanville, DeSoto and Mansfield. Now we provide roofing, remodeling, bathrooms, kitchens (indoor and outdoor), replace windows, painting, build patio covers and fences, as well as repair storm damage," Don listed. They are bondable and insured. "I only hire the best workers," said Don in reference to his role as contractor. Although his father hasn't worked for the past 15 or so years, Don continues to offer the same quality of workmanship and integrity for which his father was known. "Some of my subcontractors have worked with me for 30 years," Don confided. And Don makes sure he visits their job sites even though supervision is not necessary for all projects.

Since 2007, Wallace Lott General Contractor, LLC has provided services for both residential and commercial businesses primarily within a 200- to 250-mile radius. "We've worked in Weatherford, Lindale, Mineral Wells, Cleburne, Granbury and Houston — following Hurricane Ike. We've also worked in Mississippi and Oklahoma. Most of our business comes through referral, repeat customers or people seeing us work, but this magazine has also brought in business," he remarked. They don't do foundation work and aren't really "handyman workers," but they are very service-oriented and operate from a heart to do things right. "No matter who our customer is, we want to satisfy them by giving the best upgrades we can and by listening. I take them through the plan step-by-step, ask questions to define what they want and work with them to develop a concept. The Better Business Bureau has records on us dating from 1978. And we have an A+ rating, because we do what we say." **NOW**




NO MONEY DOWN TO START

Up To \$500 Discount on qualifying jobs.

Wallace Lott General Contractor LLC is ready to serve all your contracting needs.

We do things right, and do what we say.

Residential & Commercial

Roofing • Remodeling
Bathroom • Kitchens
Replacement Windows
Painting • Cedar Patio Covers
Fences • Outdoor Kitchens

Hometown Trusted Builder

- ★ 40 years experience
- ★ Fully insured/bondable
- ★ Insurance negotiation specialist for property claims
- ★ Licensed insurance adjuster

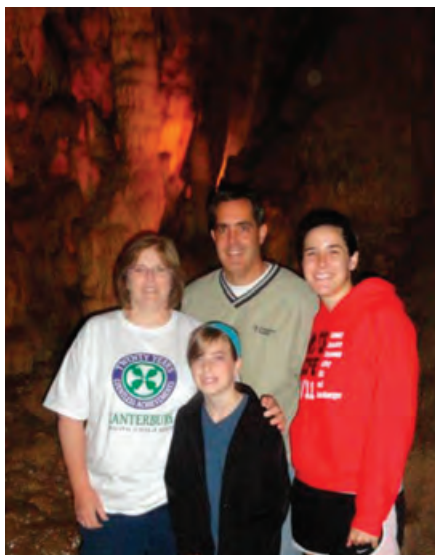
972.679.6781

1615 Cedar Hill Rd., Duncanville, TX 75137

BBB A+

Don't trust your insurance repairs to anyone until you have spoken with us!

You cannot know how much help we can be until we review your claim.



The Fitzgerald family of Duncanville vacations at Mammoth Cave National Park.



First Methodist School 5- to 10-year-old Summer Fun students check out the Duncanville Police Department motorcycle division when officers speak about bicycle, seatbelt and gun safety.



The staff at Moseley Pool hosted the second annual Special Challenge Event for children and adults with special needs and their families.



Bella and Nick Wayhs of Cedar Hill put Greek mythology to the test, holding up the Athens' sky of the Parthenon this summer.



Debra Herring of DeSoto considers becoming pygmy mascot for the Harlem Globetrotters when she met team member Tiny Streguss in Santiago, Chile.



Laura Cabill gets a hug from DeSoto's Moseley Pool manager, Laura Lopez.



Eager golfers are ready to get started at the Duncanville Chamber Golf Tournament at The Golf Club of Dallas.



Duncanville Chamber welcomes Perfectly Poised with a ribbon cutting.



Cedar Hill's Karly Serafin enjoys inflatable fun at Sky Ranch Day Camp hosted by Canterbury Episcopal School of DeSoto.

GGA Ennis Gun Show

Sokol Lodge
2622 East Hwy 34
Ennis, TX 75119



Doors open to the public:
Nov. 9: 9 am - 5 pm
Nov. 10: 9 am - 4 pm

Vendor space still available! 8-ft table,
\$75. Free parking! Book online at
gga1.org or over the phone,
817 659 9249

Admission \$8 per person, kids 12 &
under free w/paid adult.

\$10 OFF EYE EXAM

Must present coupon at time
of service & cannot be combined
with any other offer, prior
services or insurance.
Expires 10/31/13.

OUR VISION IS YOUR VISION.

You deserve great eye care by a conscientious staff
who will listen to what you need, not only for your
eyes, but your glasses and contacts, too!

Vast Selection of Frames
to Fit Every Style and Budget.



Head
Back 2 School
in Style!



Find Us on Facebook

WWW.FACEBOOK.COM/VISIONCITYDRWISE

VISION CITY
CEDAR HILL

469.523.0000 • 425 E Pleasant Run Rd. Suite #229, Cedar Hill, TX

WWW.VISIONCITYCEDARHILL.COM

The grass IS greener...

Resource One

Member owned. Not-for-profit.

\$50 VISA Gift Card

When you open a
savings and checking account.

See branch for details.



Checking, Saving,
Loan & Commercial Accounts.

www.r1cu.org 800-375-3674

Federally insured by NCUA.
Offer applies to new members only.

Show your Spirit in Style!
with new team spirit
jewelry and accessories at

Virginia's
BOUTIQUE

YOUR TEAM SPIRIT HEADQUARTERS!

Get ready for game day with Jewelry by

Luanna's Jewelry

Located at the Uptown Village
305 W. FM 1382, Suite 208 in Cedar Hill
972-291-6255 • facebook.com/virginiaboutique

www.luannasjewelry.com OR facebook.com/luannasjewelry

- Scarves
- Purses
- Accessories

Custom orders and other
school colors available!



Waxahachie's Holiday Showcase

Arts, Crafts & Unique Gifts

Sign up online at www.gga1.org or over the phone,
817.659.9249

VENDOR CALL!

Nov. 15-17
Inside the beautiful
Wax. Civic Center
10x10 Booths, \$225



Investing in Sector Funds

What are Sector Funds?

Sector funds are mutual funds or exchange traded funds (ETFs), which buy stocks in sectors that are made up of industries. For example, the financial sector is comprised of banking, insurance, securities brokerage and real estate investment trusts (R.E.I.T.s). A financial sector fund would hold stocks from these industries.

Investment Strategies:

Many investors start by looking at the big picture — that is, the current and future state of the economy, the direction of interest rates and the stock market. Next, they decide how much to invest in stock mutual funds and how much to invest in bond funds. For the stock portion of their portfolio, investors may divide the holdings between large cap and small cap stocks. They may also want to allocate some of their holdings to sector funds. Even when the stock market is up considerably, there will be sectors that are underperforming. Remember that the S&P 500 is an index/average and some sectors may be doing well, while some sectors will be doing poorly.

How to Invest in Sector Funds:

First, you need to determine what percentage of your portfolio you want to invest in sector funds. It should be no more than 10 percent, because sector funds tend to be more volatile than the market in general. Next, you need to determine which sectors seem to have the better return possibilities, given the risk of that sector. One easy way is to look at three or four sectors, e.g. financial, energy, utilities, technology, health care, basic materials. Look for buying opportunities in sectors that are underperforming their long-term average. You may need patience to ride out the underperformance, but if you do, the rewards should be worth the wait.

While many annuities allow you to participate in the returns of the stock market in general, there are some annuities that will allow you to allocate your investments into different sectors. For annuities, you can follow a similar strategy as with your mutual funds. **NOW**

*Dennis Brock
Haydin Insurance Group*



**Everyone must obtain health insurance in 2014.
Are you ready?**

October 1, 2013 - March 31, 2014 is the Open Enrollment period for the NEW Health Insurance Marketplace.

Available plans will include the Federal Health Exchange and Individual plans by some well known Insurance companies.

Our agents can help you find the coverage you need and you can complete your enrollment right here in our office. So don't panic if you're not ready ... we're here to guide you through it.

Michael Lemmon
Independent Broker

Daniel C. Haydin, Jr.
Independent Broker
1978

Call us for a FREE consultation and let us help.

FREE instant individual Health quotes available at www.haydingroup.com

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

HIG
HAYDIN INSURANCE GROUP


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



BOUNCE ENTERTAINMENT

- Tables and Chairs
- Trackless Train & More

We Repair Bounce Houses!
469-360-5427
469-360-5428
www.bounceent.net



Choose Again

All-Levels Welcome
to Daily Classes Taught by **Sandy Pruitt**, 500 Hour C.Y.T. and **Alex Hamby**, 200 Hour R.Y.T. Check our site for schedule.

Introductory Offer
10 DAYS for \$10.00

Transform your body, mind and life today!
Now Offering ZUMBA classes mornings and evenings!

626 Big Stone Gap
Duncanville, TX 75137 • 469-726-9642
www.ChooseAgainYoga.com



YOUR TIMING WON'T BE OFF WHEN YOU INVEST REGULARLY.

If one of your worries is whether you're investing at the right time, it shouldn't be. By investing a set amount of money regularly, you establish a simple routine that can help make your financial goals a reality.

Darryl L. Fenton
Financial Advisor
104 W. Beltline Rd., #10,
Cedar Hill, TX 75104
(in Minyard Shopping Center)
972-291-6685

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

ODDS OF A CHILD BECOMING THE NEXT TOMMY HILFINGER: 1 IN 23 MILLION

ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM: 1 IN 88

Learn more at
autismspeaks.org/signs

Some signs to look for:

- No big smiles or other joyful expressions by 6 months
- No babbling by 12 months
- No words by 16 months

Ad Council

Autism Speaks
It's time to listen.

LORENZO BROWN & ASSOCIATES
ATTORNEYS AT LAW

**DIVORCE
PERSONAL INJURIES
PROBATE
TERMS AVAILABLE**

1700 N. Hampton Road, Suite 104
DeSoto, TX 75115
972.224.7555 - office
214.237.6067 - fax
214.621.0036 - cell
lorenzobrown@hotmail.com

**PHOTO
ENLARGEMENTS**

*Canvas
Prints*

Banners
Same Day

*Printing
& Shipping*

*Wall
Crawlers*

Posters

214.388.0211
512 N. Hampton Road
DeSoto, TX 75115

WAXAHACHIE CHAUTAUQUA ASSEMBLY 2013

Car Crazy:
An American Love Affair

SATURDAY, SEPTEMBER 28, 2013

Car Show In Getzendaner Park

*Opening Ceremonies
Begin at 12:00 p.m.*

**MEET & HEAR TALK SHOW HOST
WHEELS WITH ED WALLACE**

**DISCOVER MOVIES, MUSIC & HISTORY
OF AMERICAN CAR CULTURE**

DEBATE ISSUES WITH THE TEXAS A&M DEBATE TEAM

WATCH ENGINE COMBUSTION BEFORE YOUR EYES

VISIT WITH INVENTOR HENRY FORD IN 1932

**WAXAHACHIE COMMUNITY THEATRE:
TAFFETTA MEMORIES**

VISIT
WWW.WAXAHACHIECHAUTAUQUA.ORG

TEXAS
GNR BRD

Rheumatoid Arthritis: Spotting the Signs

Rheumatoid Arthritis (RA) is an autoimmune disease that affects more than 2 million Americans, causing painful joint inflammation and, in some cases, disrupting proper organ function. Because early detection is key to treatment, it's important to know these warning signs.

• Joint Stiffness

The earliest and most common symptom of RA is pronounced morning joint stiffness. But unlike the garden-variety achy knee or tender elbow, the soreness usually affects both sides of the body.

• Breathing Pain

Sufferers may experience pain while taking a breath, as well as dry eyes and mouth. In addition, the eyes may burn or itch.

• Numbness

RA can cause numbness, tingling or burning in the hands and feet, a symptom of compromised circulation in the body.

• Nodules

Roughly a quarter of adult RA sufferers develop firm lumps under the skin, typically near affected joints. Though not always painful, such nodules usually indicate a more severe form of the disease. As with any of the other symptoms, seek medical consultation immediately.

RA can have a devastating impact on the body and limit daily activities. But massage can help by relieving and controlling some symptoms. **NOW**

*Christina Michels
Massage Envy Spa*



Impressions Salon Etc.

- Cut & Color Specialist • Skin Care Specialist
- Skin & Hair Products • Manicures & Pedicures
- Special Event Hair

- **FREE** body scrub with purchase of new toning body wrap!
- **FREE** massage with custom facial

see Gabe for details...book thru Sep 30

New Client Invitation

\$5 OFF
Any service

FREE
Conditioner
w/Cut & Blowdry

\$10 OFF
color & cut

one coupon per customer, per month,
Exp 9/30/13

202 Suite B N. I-35 • Northbound service Rd. between Ovilla & Red Oak Rds • Red Oak
972-617-6300 • Open at 8am Tues Thru Sat

Silver Ring Thing

The national event that speaks honestly to teens about sex presents...

ONE NIGHT STAND

If you don't stand for something, you'll fall for anything.

Southwestern Assemblies of God University
Sheaffer Full Life Center-Chapel
1200 Sycamore Street – Waxahachie

For tickets and more information visit
www.silverringthing.com

*Groups must register on-line.

On-Line \$6
At The Door \$8
*Group Rates \$5

As seen on



In our **meet-up**, **hook-up**, **break-up** culture, it's hard to stand for anything that goes against the flow. Waiting for marriage can seem impossible and out-of-touch.

This 2-hour stage performance incorporates high-energy music, special effects, fast-paced video, personal testimonies and comedy, all delivered in a concert-style approach to which teenagers can respond and relate.

A parent's session is also held to educate parents about what is happening in today's youth culture and how they can encourage and support their child's commitment to wait.

SPONSORED BY:



Saturday, September 21
6:30 – 8:30 pm

Registration at 5:45 Parent Session at 6:30

SRT RINGS AVAILABLE \$20



THE NEW WORLD PSYCHIC FAIR

The New World Psychic Fair Expo 2013

DON'T MISS THIS EVENT!

Saturday September 21st & Sunday September 22nd
(Embassy Suites 2727 Stemmons Frwy Dallas)

Hosted by Rev. Gail Hudson & Keri Glaser.
Come out and meet some of the best
Psychic Mediums, Card Readers and
Energy Healers in the area.

Crystals, Stones, Sage,

Aura Photos & Soul Drawings

Full list of Readers and Vendors on our website

Throughout both Saturday and Sunday we will also have speakers presenting on different topics. Our Psychic Mediums, Healers, Teachers and Mentors are here to help you with your questions. The presentations are free with your paid admission to the Expo.

VENDOR INFO: Due to the high interest of this Expo and with limited space, please make sure and reserve your space NOW. Visit our website for Exhibitor information, availability and to register online.

FAMILY FRIENDLY!

KIDS HAVE A BLAST!

**COME SEE US AT THE
WAXAHACHIE FAIR
SEPTEMBER 8TH**

WWW.NEWWORLDPSYCHICFAIR.COM

September 4, 11, 18, 25

Awana's Approved Workmen Are Not Ashamed: 6:30-8:00 p.m., Colonial Hills Baptist Church, 820 E. Wintergreen, Cedar Hill: for ages 3-12th. (972) 291-0066.

September 6

Achievement of Excellence in Libraries Award Dinner: 6:00 p.m., Cedar Hill library: Join the Friends of the Library for a celebration dinner featuring novelist, Irene Sandell. Cost: \$25.

September 7

Orville Rogers Run for the Hills presented by Trotter Capital Management, sponsored by International Museum of Cultures: 9:00 a.m., Armstrong Park, Duncanville: 5K run, 1.5 mile walk and family activities. (972) 572-0462.

September 9

Family Fun Night: hands-on science fun: 6:30 p.m., Cedar Hill library.

September 12 — 14

Friends of Duncanville Public Library's Annual Book Sale, 201 James Collins Blvd. **12th:** 5:00-9:00 p.m. for members only and those who wish to join; **13th:** 10:00 a.m.-6:00 p.m. and **14th:** 10:00 a.m.-5:00 p.m. open to public.

September 15, 16

Auditions for Love Your City Theater's *The Gospel According to Scrooge* (December 13-15): 6:00 p.m., Trinity Church worship center. (972) 291-2501.

September 21

DeSoto Market Day: 9:00 a.m.-2:00 p.m., parking lot, 719 N. Hampton Rd., Ste. 101: free festival celebrating the seasons with food, fun and family entertainment.

Kids on the Hill Creative Arts Festival: 4:00-8:00 p.m., Valley Ridge Park amphitheater, 2850 Park Ridge Dr., Cedar Hill. Creative art activities: face painting, crafts, food, dancing to music by Austin band, Que Pastas, and The Radio Disney Dallas Road Crew. No cost. cedarhilltx.com/kidsonthehill.

September 27

Rock the Library: 6:00 p.m. Rock out at a concert featuring local bands.

September 28

Keep Cedar Hill Beautiful fall cleanup day. Those wishing to join Keep Cedar Hill Beautiful! Can register their group and cleanup location with cedarhilltx.com/kchb or call (972) 291-5100 ext. 1094.

September 28 — 29

Holy Spirit Catholic Church Fall Festival: The Fun(d) Raising Event, 1111 W. Danieldale Rd., Duncanville. Enjoy food, live music, games, raffles, prizes, rummage sale, bingo, crafts, bake sale, silent auction (**Sept. 28: Noon-4:00p.m.**), dinner/live auction (**Sept. 28: 7:00 p.m.**), dessert bake-off, health fair, children's parade and petting zoo. www.holyspiritcatholic.com (972) 298-4971.

September 30

Southwest Dallas County Parkinson's Group's support meeting: 6:30-8:00 p.m., Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville: for family members, caregivers and those with PD. (972) 298-4556.

October 1

30th Annual National Night Out: 6:00 p.m.: uniting police with community and meeting neighbors. (972) 291-5181 ext. 2145 or cedarhilltx.com.

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



JIM McDONALD
Agent



STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

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

Se Habla Español

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

Traffic Tickets \$75



75Tickets.com • 214-422-4482

1700 N. Hampton Road, Suite 104, DeSoto, TX 75115
Law Offices of Johnson & Rivenburgh, PLLC



Present this ad & receive

\$5 OFF

of any appetizer

Present this ad to receive a free appetizer value up to \$5 with the purchase of an adult entrée. Not valid with any other offer or discount. Tax & gratuity not included. Expires 12/31/13. Only valid at The Cedar Hill Joe's Crab Shack.

735 NORTH HWY. 67 • CEDAR HILL • (972) 293-9612



**Seeking a
Tax-Free
Retirement?**

- ▶ Strategies for keeping more of what you earn
- ▶ Are you a business owner looking for an alternative to the cost and complexity of retirement plans?
- ▶ Are you losing tax dollars unnecessarily?
- ▶ Do you make too much money to contribute to a ROTH IRA?
- ▶ Tax strategies and asset protection
- ▶ Are you an individual looking for an alternative to risky 401(k).

Tim Sampson | 972.230.3900 EXT. 105

COMMITMENT TO CARE



Cancer Institute of Dallas

 A Baylor-HealthTexas Affiliate

310 East Highway 67 • Duncanville, TX 75137

2301 S. Hampton, Suite 500 • Dallas, TX 75224

505 N. Hwy 77, Suite 200 • Waxahachie, TX 75165

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

Physicians are employees of HealthTexas Provider Network, an affiliate of Baylor Health Care System.
©2013 Baylor Health Care System. BID HTPN_1882 4.13

A cancer diagnosis can be overwhelming. At the Cancer Institute of Dallas, our experienced and trained medical staff will be there to help every step of the way. We opened our first office in Southwest Dallas in 1996 and believe that cancer care is best delivered in a multi-disciplinary environment. The Cancer Institute of Dallas has an on-site diagnostic imaging center, Intensity Modulated Radiation Therapy (IMRT), HDR Brachytherapy, a full infusion suite and a complimentary, on-site, staffed fitness center.

Maria Juarez, MD

Maryada Reddy, MD

Charles Lee, MD

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

Direct Mail Advertising Works!

Let SouthwestNOW magazine present your advertising message to

over 46,100

Home & Business addresses in the Cedar Hill, DeSoto, & Duncanville ZIP codes

NOW
MAGAZINES
Bringing the best of the community home

Call for more information
972-283-1170

LIABILITY FROM

•Homeowners •Renters •Title bonds
•General Liability •Commercial Auto

GetAtlasInsurance.com

atlas
Auto Insurance

**Call for A
FREE QUOTE**

Hours: M-F 9AM to 7PM • Sat. 10AM to 5PM
No License • No Problem

\$28*



Se Habla Español

*rates depend on age, sex, driving record, county

Ft. Worth
817 668 6736
6420 Meadow Brook Dr. #100

Arlington
817 668 6586
2104 N. Collins Ste. A

Lancaster
972 332 1942
908 N 135 E

Irving
972 843 5085
1420 N. Story Rd

Buckner
214 865 8103
1424 S Buckner #A



\$5

MAN BUCKS

GOOD TOWARDS ANY HAIRCUT SERVICE

EXPIRES 10/31/13 • CODE 2055

valid only at participating locations. Not valid with any other offer. May not be combined with other offers. This is not legal tender. © 2013 Sport Clips Inc.

IT'S GOOD TO BE A GUY

972-291-6464

13 Hwy 67, Suite 4A • Cedar Hill
Next to Los Lupes

 SPORTCLIPS.COM

 [FACEBOOK.COM/SPORTCLIPSHAIRCUTS](https://www.facebook.com/SPORTCLIPSHAIRCUTS)

 [TWITTER.COM/SPORTCLIPS](https://twitter.com/SPORTCLIPS)



In the Kitchen With Tiffany Hubbard

— *By Beverly Shay*

Tiffany Hubbard has come a long way from her childhood days of happily making mud pies and green beans of leaves in her toy kitchen. Now she teaches culinary arts at DeSoto High School and cooking classes through her business, Rather Tasty Creations by Chef Tiffany.

Tiffany hails from a long line of cooks and chefs, some of whom studied abroad. Her recipes are from her grandparents, books, classes and cultures she has studied. “I love pan searing foods, because I get those little bits of flavor left in the pan, which bring life to so many great sauces,” Tiffany remarked.

“I love the creative outlet cooking provides for my feelings. It’s calming and therapeutic,” she admitted, noting she is also an avid reader, exerciser and shopper. **NOW**

Spinach and Fresh Basil Pasta

- 2 large eggs**
- 1 Tbsp. water**
- 3 1/2 cups spinach leaves, loosely packed**
- 1 1/2 cups fresh basil, loosely packed**
- 2 1/2 cups all-purpose flour or “00” Italian flour**

- 1.** Place first 4 ingredients in food processor; pulse until mixture is smooth.
- 2.** Add 1/2 cup flour and blend, scraping sides of bowl. Continue to add 1/2 cup flour at a time, until all flour is incorporated. Mixture will be somewhat dry and sticky.
- 3.** Remove mixture from food processor; form into a ball. Let ball rest for 1-2 minutes.
- 4.** On lightly floured board or countertop, roll out dough to about a 2-inch thickness. With a pizza cutter, divide dough into 6-8 pieces; shape each piece into a rectangle.

Cover the pieces you are not using with plastic wrap or a damp towel, so dough does not dry out.

- 5.** Start pasta machine on the highest number and decrease the number until you have achieved the pasta size you desire. (I stop at 4.) Pasta should be thin, as it will plump up as it cooks.
- 6.** Cook pasta in boiling water until al dente (firm to bite), about 3-4 minutes.

Fresh Tomato Pasta Sauce

- 5 Roma tomatoes, chopped and seeded**
- 1 garlic clove, minced**
- 2 Tbsp. shallots, minced**
- 1 Tbsp. balsamic vinegar**
- 1/4 cup extra-virgin olive oil**
- Pasta of choice**
- Parmesan cheese, to taste**

- 1.** In a nonreactive bowl, mix all ingredients,

- except cheese, until well-combined.
- 2.** Let set at room temperature for at least 1 hour.
- 3.** Toss with freshly cooked, hot pasta. Garnish with shredded Parmesan cheese.

Sweet Potato Ice Cream With Candied Pecans

Ice Cream:

- 2 1/2 cups heavy cream**
- 1 cup whole milk**
- 3/4 cup dark brown sugar**
- 5 egg yolks**
- 1 cup sweet potato puree**
- 1/4 tsp. ground nutmeg**
- 3/4 tsp. ground cinnamon**

Candied Pecans:

- 2 Tbsp. unsalted butter**
- 2 Tbsp. light brown sugar, packed**
- 1/2 tsp. pure vanilla extract**
- Pinch kosher salt**
- 1 cup pecans**
- 1 tsp. cayenne pepper**

- 1.** For ice cream: heat cream, milk and brown sugar in medium heavy-weight saucepan, stirring occasionally, until sugar is dissolved and mixture is hot.
- 2.** In a small bowl, whisk egg yolks briefly. Slowly pour about 1 cup of hot mixture into egg yolks, whisking briskly while pouring. Return mixture to saucepan, whisking constantly. Cook over medium heat, stirring constantly, until mixture thickens slightly and coats the back of a spoon (about 6-8 minutes). Do not boil.
- 3.** Strain the mixture into the bowl. Whisk in the sweet potato puree and spices. Cover and refrigerate until thoroughly chilled.
- 4.** Freeze in cream freezer according to freezer directions.
- 5.** For candied pecans: Heat butter in a medium skillet over medium heat until melted. Stir in brown sugar, vanilla and salt; stir until the mixture starts to bubble. Stir in pecans; cook until pecans fully absorb the sugar/butter mixture; stir in cayenne pepper.
- 6.** Let stand 20 minutes until cool. Break pecans into pieces; sprinkle on top of ice cream.

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



We Create *Beautiful Smiles*

42 YEARS SERVING DUNCANVILLE & BEST SOUTHWEST COMMUNITIES

Let our professional staff create a beautiful smile for you by replacing missing teeth and repairing teeth that are chipped or cracked. We can improve your face value and your health.

We would LOVE to have you as a patient in our practice.



AVAILABLE SERVICES


- ✓ Free Exam on 1st Visit
- ✓ Affordable Credit Options
- Crowns & Bridges
- Implants/Mini-implants • Veneers
- Invisalign • Tooth-colored fillings
- Dentures • Periodontal treatment

**Bring this ad and register for
FREE GIFT CARD**

972.298.8515

williamabrowndds.com

WILLIAM A. BROWN, D.D.S., F.A.G.D. | FAMILY AND COSMETIC DENTISTRY
226 N. CEDAR RIDGE RD., DUNCANVILLE, TX 75116



Where sports injuries are outmatched.

Advanced Orthopedic Care

Rally back to peak performance at Methodist Charlton Medical Center. The orthopedic and sports medicine specialists at Methodist use advanced treatments to maximize mobility and minimize pain. Should knee or hip replacement be required, the Methodist Joint Academy is available to give you a head start on your recovery. Regardless of the source of your joint pain, Methodist Charlton can help you get off the sidelines and back to an active life.

Where life shines bright.SM



CHARLTON MEDICAL CENTER

MethodistHealthSystem.org/Ortho



Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System, Methodist Charlton Medical Center, or any affiliated hospital.