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MAGAZINE

SEPTEMBER 2016

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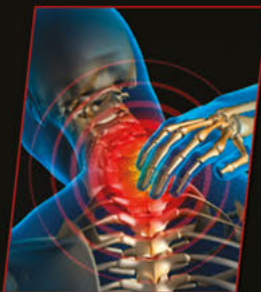
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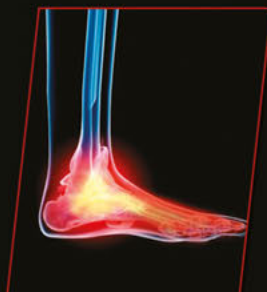
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Meet the new DHS Principal

Mrs. Arista Owens-McGowan, the new principal at DeSoto High School, is an example of a proven, dedicated educator being tapped to take the 'flagship' campus to new heights. Her results at Cockrell Hill Elementary have been outstanding with the highest district scores in student achievement, student progress, closing performance gaps and postsecondary readiness. In addition, the campus climate is second to none with parent involvement, compassionate teachers and a students-first culture - a climate she plans to replicate at DHS.

"I'm excited about the future and leading the Eagles," stated Owens-McGowan. "We have target areas I want to improve on right away - primarily parental involvement and accountability of both teachers and students. We need to be working together to reach every child and help them achieve."



McGowan, an educator for over 19 years, has been with DeSoto ISD since 2008. She received her Bachelor's in Chemistry from the University of Oklahoma and the Master's of Education from UTA. She and her husband of over 20 years have two wonderful sons.

DeSoto Eagles Football 2016!

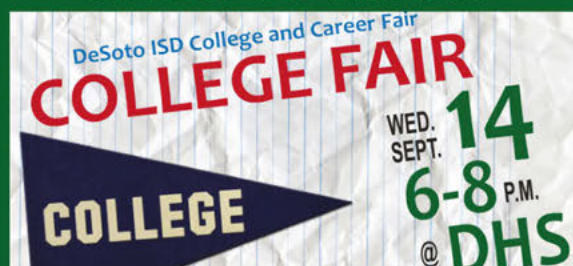
The DeSoto Eagles are poised for a winning season! Games at 7:30 p.m., except SGP at 7 p.m.

DATE	OPPONENT
Fri., Aug. 26	vs. Jesuit
Fri., Sept. 2	vs. Denton Guyer
Fri., Sept. 9	@ Midland High School
Fri., Sept. 23	@ Cedar Hill, Longhorn Stadium
Fri., Sept. 30	vs. Irving MacArthur
Fri., Oct. 7	@ Grand Prairie, Gopher-Warrior Bowl
Fri., Oct. 14	vs. Irving (Homecoming)
Fri., Oct. 21	@ Duncanville, Panther Stadium
Fri., Oct. 28	vs. Irving Nimitz (Senior Night)
Th., Nov. 3	@ S. Grand Prairie, Gopher-Warrior Bowl

Calendar

Monday, Sept. 5 - Labor Day Holiday, School/Offices Closed
Monday, Sept. 12, 6:30 p.m. - Board Meeting, Board Room
Wednesday, Sept. 14, 6 p.m. - College Fair at DHS
Monday, Sept. 19, 9 a.m. - Education Foundation Golf Tournament, Thorntree CC
Monday, Sept. 26, 6:30 p.m. - Board Meeting, Board Room

NEWS TO KNOW



COLLEGE FAIR - SEPT. 14

The DeSoto ISD College and Career Fair will be held Wednesday, August 14 from 6-8 p.m. at DHS, 600 Eagle Drive. The Fair offers students and parents a place to one-stop shop for college options, explore an array of opportunities and learn about higher education financial aid. Over 100 colleges and universities from across the nation will be on hand to recruit new students and answer questions. Students are also invited to a free fair prep boot camp on Saturday, Sept. 10 from 10 a.m. to 2 p.m. at DHS. Registration required for boot camp at www.desotoisd.org

JOIN US FOR FOUNDATION GOLF

Join us on September 19 for a great day of golf supporting the DeSoto ISD Education Foundation. We will be playing a 9 a.m. scramble at Thorntree Country Club. Please contact the Foundation at 972-223-3791 for team and sponsorship information.

REPORT CARDS/PARENT CONF.

- Report cards for secondary students will no longer be printed and sent home. They will be made available through the *Parent Portal* online. Check with your school for details.
- All DeSoto ISD parents are invited to attend parent conferences with your children's teachers on Friday, October 21. Conferences are scheduled for the afternoon, however teachers will accommodate parents before school or another day if needed.



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Tristan Embree and Ariyan Williams work as a team in the Cedar Hill Culinary Arts Program.

Photo by Amy Ramirez.

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Editor's Note

Hey summer, where'd you go?

This summer's brought a lot of changes for me and my family — a new job transition as the new editor for *SouthwestNOW*, not to mention, we've listed our house on the real estate market and are on a quest to find another. It's been a whirlwind of a summer, but I'm thankful for the recent changes, except in anticipation of another school year. My little one is in third grade now, and every time I look up it seems she's grown another 2 inches overnight. As the old adage or saying goes, "Time really flies." That's no joke! I miss her littleness.

So as we're all getting back into our routines, rushing to and from, driving from here to there, and then again from work to pick up kiddos — only to cart them around to millions of activities — let's pause and take a moment. A moment to remember to look up and be thankful for today, the here and now, and get better at being present in the moment.

Looking forward to telling your story!

Abby

Abby Rich

SouthwestNOW Editor

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Recipe for SUCCESS

— By Jo Monroe and Sandra Strong

Years ago when looking toward Cedar Hill, all a person could see were the “red towers” that lit up the night sky. The Hill Tower broadcast antennas are no longer what define the ever-growing city of Cedar Hill. The growth since the early 1950s has been such to warrant not one, but two high school campuses — Cedar Hill High School and Cedar Hill Collegiate High.

With two high schools in place, the educational offerings are many. Cedar Hill ISD has adopted two pathways of study. “We have the comprehensive





pathway with programs of study offered through the STEAM program, and we have the collegiate pathway,” said Tyesha Smith Lowe, CHISD director of college and career readiness. “Cedar Hill High School’s programs of study are based on STEAM education. Cedar Hill Collegiate High isn’t on that same pathway, however, educational strategies may be the same at some instances determining the courses at both high schools.”

At the onset of the 2015-16 school year, the district took another innovative step in offering an enhanced curriculum to advance students’ cultural and career choices called STEAM. STEAM offers studies in Science, Technology, Engineering, Art and Math. Art encompasses all the fine arts, including: choir, theater, band, dance, orchestra, music and culinary arts.

“The instructional strategies teachers are required to use in the STEAM classrooms allow students to have skill sets to enter postsecondary education or move directly into a career,” Tyesha

explained. “STEAM education allows students the opportunity to gain the soft skills needed to compete in a globally competitive society.” The soft skills Tyesha refers to include rigorous instruction that consists of engagement, problem-solving, effective communication, teamwork and learning how to fill out real life job applications.

Back in 2014, CHISD selected the design for the high school culinary kitchen where students are learning far more than the fundamentals of cooking. They are learning the required basics for restaurant employment, as well as a possible career in the culinary field. Juniors and seniors can take part in the classes offered — restaurant management, Culinary Arts I and the advanced culinary class that can earn them the necessary credentials for state certification. The first stage of learning focuses on basic cooking skills, proper nutrition and valuable life skills. Although many students may never know the master

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**"I don't just want
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for cooking. I want
students to talk
about a passion
for cooking."**

chef, past owner of David's Seafood Grill and underwriter of this five-star chef's kitchen design, the handprint of Cedar Hill's beloved and late David Wilson is apparent and easily seen at each station.

The Culinary Arts Program at CHISD has become an active force with a great deal of momentum thanks to the leadership and guidance of campus administration; Erica Henderson, family and consumer science teacher for grades 10-12; and Sodexo Chef Johnathan Taylor Sr. Chef Taylor leads the students in their understanding of nutrition and culinary skill. He came to Cedar Hill by way of a contract through Sodexo. Sodexo is considered a leader in chef training and educational programs. The company originated in Paris, France. "Sodexo is a company that provides chefs who are engaged in education," Chef Taylor said. "Chefs are trained to teach the next generation of nutritionists."

Chef Taylor shares his experiences from being in newspapers and on several local television programs. "Good Morning Texas was my favorite so far," he said



with a smile. "It was five minutes of fame, but it was an experience in my journey — the journey to where I'm headed." He remains excited about teaching at CHISD. He finds energy and joy in what the future holds. "I have a small family with my 3-year-old son, Johnathan Jr., whom I love spending time with. My goal is to save money and have some time off."



When his journey as a chef first began, he worked 16-20 hours per day. "The teaching experience is great, but a chef is a chef," he explained. "Five years from now, my goal is to open a small Italian restaurant. That will be the legacy I leave for my children. Right now, I only have one child, but you never know how many children the Lord could bless me with down the line."



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Students are eager to follow Chef Taylor's lead into a career as a chef. "I will be a chef someday," Ariyan Williams, one of Cedar Hill's promising seniors stated. "My family is from Louisiana, so I grew up around baking and cooking crawfish. I'm inspired by my mom and grandma's cooking." Bonding, working together and teaming up are what's most important to Ariyan when it comes to spending time in the kitchen at home or at school. "If you have a good working relationship," she added, "you can make the perfect meal." Ariyan will graduate in May 2017.

Ultimately, Ariyan would like to also have her own restaurant one day, creating meals no one else has ever prepared. She watches the Food Channel, and she enjoys Bobby Flay. "My favorite food to prepare is ribs," she admitted. "It takes some time, but the secret really is in the sauce."

Tristan Embree graduated last year. He loves to cook at home. He signed up for the culinary classes as a junior. He

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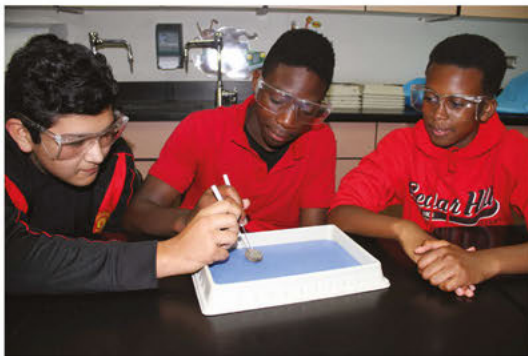
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was captivated by the equipment in the campus kitchen. “I do a lot of grilling. I smoke a lot of meats and enjoy preparing a roast, brisket or ribs,” he shared. “My favorite meat to cook is skirt steak. It has great flavor when cooked properly.” Cooking properly means marinating the steak overnight. Tristan then cooks it on a very hot grill, as fast as he can, so the juices remain in the meat. “It is perfectly cooked rare,” he stated. He will not give away his secret marinade recipe, but he does say peanut oil is the base.

He readily admits that baseball is his first love. “However,” he said, “if I ever get injured, I would probably be a chef because I really do like to cook.” Upon graduation, Tristan received state certification, allowing him to offer an employer the experience he gained as a student in the Culinary Arts Program.

Superintendent Orlando Riddick, along with Tyesha, have implemented a short- and long-term plan in creating a recipe for a student’s success. “The Cedar Hill Culinary Arts Program is not yet ready to participate in the cooperative program with the Culinary Arts Institute,” Superintendent Riddick stated. “Our culinary program needs to be further along, but I can see what we will be able to develop it into. I don’t just want to talk about a love for cooking. I want students to talk about a passion for cooking.”

His goal as the superintendent is to take the program to the next level where students can earn a two-year degree or one day, a four-year degree upon high school graduation. When CHISD parents think about the STEAM program, he wants them to understand that the A stands for Art — culinary art — and one more great career elective for their children. **NOW**

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Lights, Camera, Cookies

— By Eric Taylor

Daisy. Brownie. Junior. Cadette. Those are four words that describe the first four levels of the Girl Scouts of the USA. Bowler. Filmmaker. Photographer. Leader. Those are four words that describe Scout Ambassador Rachel Fender. Seemingly from birth, the Village Tech High School junior was born to be a leader, according to her parents, Sam and Jill Fender.



With the guidance of her parents, Rachel pursued ventures that would craft her future as a leader and role model to boys and girls alike. Known mostly for their cookies, the Girl Scouts of the USA organization is more than sugar, butter and other sweet ingredients. Organized in March 1912 by Juliette Gordon Low, the mission of the Girl Scouts is to discover the strengths and passions of young girls and develop them into young, independent leaders who would pass on their knowledge to the following generation. Rachel is a shining example of this mantra as she exudes everything Girl Scouts. Her knowledge of the journeys, the guidelines, the badges and awards are near superhuman. But the humble 16-year-old didn't join the Girl Scouts for the accolades. She joined because it was her passion and innate desire to lead.



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In the short time Rachel has been on this planet, she has established herself as a role model through her passion and perseverance.



Rachel became a Girl Scout at the tender age of 5, and as she grew older, she strove to receive all the badges and awards just for fun. Most of these awards are a part of Journeys. Journeys are exactly what one would think a journey would be — a structured path with an end goal. They encompass everything about scouting, from the sale of cookies, to volunteer work and even rewards. After all the journeys for each level are finished, a summit award is given to the scout. "She [received] two summit awards," Jill stated. "One for Senior. One



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for Cadette. And she *will* get her summit award for Ambassador.”

With the various badges and summit awards she has received, Rachel has also been awarded the Community Service Award, the Service to Girl Scouts Award through the Tejas Riders Program, and earned the Gold Presidential Volunteer Service Award. The Presidential Award is handed down from the commander-in-chief himself. As the scouts grow older, the number of volunteer hours required increases. This means that a Daisy could earn the Presidential Award, as it would require a fewer number of hours.

Rachel completed her Bronze Award in “fourth or fifth grade at Never Enough Acres. For my Silver Award, I made pillowcase dresses that were sent to Africa with my grandmother’s church group.” With hundreds of dresses already made, the mission workers of her grandmother’s church group continued making the dresses well after the initial mission trip. While the yearning to embark on a mission trip was there, Rachel was not able to do so because of academic obligations. Even though the mission trips were out, she was able to travel to Switzerland for a two-day conference concerning the future of education. While there, she conversed with the mentor of Malala Yousafzai, the Pakistani born activist for female education, and even received a scholarship.

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In 2017, Rachel will be traveling to Mexico for community service and to Turin, Italy, for the Future of Food Conference. The food conference ties into one of her Girl Scout projects which is named "Sow What?" This project is about sustainable food sources. Before she heads to international waters, she will complete her Gold Award through Paws for Reflection.

Originally known as the Golden Eaglet of Merit in 1916 before becoming simply the Golden Eaglet a short three years later, the Gold Award is the highest obtainable achievement within the Girl Scouts of the USA. Normally achieved as a senior in high school, Rachel is well on her way to obtaining it as a junior. The Gold Award has been compared to the Eagle Award that is achieved by Boy Scouts.

She reached out to Midlothian-based Paws for Reflection Ranch when the time came for the project to move forward. The ranch is a nonprofit organization dedicated to assisting disabled children and adults through the use of animals as a means of therapy. Rachel, who is also a fourth-year equestrian, has been around horses from a very young age and travels to Palestine to participate each year. She chose Paws because it was very small and felt like family. She originally wanted to do a rodeo event. "But they said, 'Due to liability, we cannot do that, but how about you do a sensory trail addition for



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us?” she explained. So for the sensory trail, she created a tic-tac-toe game and a raised garden.

Rachel's additions became significant to the therapeutic sensory trail as the scratch and sniff box was filled with different scents and textures to continually help the children use their senses while they rode on the back of a horse. “There's different activities along the way that use different senses,” Jill stated. “One may be feeling. One may be music. Her garden is a touching one, but also a smelling one. She put in lavender for the smell and lamb's ear for the touching. As you're going through the trail, there are ups and downs, as well as reaching high and low, that teach balance and help them with their motor skills.” With the leadership skills she learned, Rachel was not only able to direct those who helped her with the installation process, but even documented the installation of her project. Fortunately, the sensory trail was ever-changing and was more about discovery and less about mundane repetition.

While scouting consumes the majority of her time, there are other avenues for Rachel to venture into as she is an avid bowler and bowls for scholarships. She also spends time writing short films

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at her school. When not writing, she spends time as the chief editor of the yearbook committee.

When she was once asked if she wanted to have a Sweet 16 birthday party or a new camera, she replied with, "Let's go to Best Buy." This was the obvious choice considering that at the age of 12, she was the featured photographer of the day for the Dallas Zoo and appeared on their website. It also helped that her mother had a camera in her hands at the age of 18 months.

In the short time Rachel has been on this planet, she has established herself as a role model through her passion and perseverance. According to her mother, "If you apply it, you may not get it right the first time, but you'll get it right the hundredth time." **NOW**



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Talent, History and FAITH

— By Debbie Durling

A traditional cement walk leads to a redbrick arch, which provides shelter for the front door leading to an unexpected encounter with Bernard and Edna Baptiste, people of rich experiences and grandeur. To enter this home is to walk into 2,200 square feet of collectibles and mementos that tell stories of the amazing life these two have lived. Spending most of their lives in the Seattle area of Washington State, they met at the University of

Washington. They were both in the student hub. It was a little stuffy in the room, so Edna was trying to raise the window. Bernard came up behind her and asked if she needed help. "Just hearing his voice was, 'Ooh,'" she said clasping her hands and closing her eyes.

"She did that to get me to come over there," he laughed. They talked, dated and will soon celebrate 50 years of wedded bliss in April 2017.

The voice that took her by surprise was of




At Home With Bernard & Edna Baptiste



Caribbean origin from the island of St. Vincent and the Grenadines. He had become a track star in his home country. Being a world-class international sprinter earned him a scholarship from the University of Washington in 1966 and qualified him for the 1968 Olympics. While sprinting for the university, he tore his left quadriceps muscle. After surgery, his leg was never the same. In peak condition, he had held comparable sprinting speed to Lennox Miller, the Jamaican who went on to win the silver medal in the 1968 Olympics. It was at this time that Bernard decided to pursue a career in education.

This was also a time of intense racial tension as the government had decided to integrate students by bussing. Bernard was a successful teacher in a predominately black school. He was asked to teach in the suburbs to help bridge the gap between the races. His leadership skills were recognized, and he was soon promoted to principal. Pioneering many successful programs, Bernard applied innovative skill and imagination to help students of all races, learning styles and backgrounds succeed. Over 40 years were dedicated to investing in the lives of students.

Pharmaceutical sales was Edna's career choice. However, adventure also found this beautiful lady who is filled with musical talent. She has been singing and playing the piano since she was 10.



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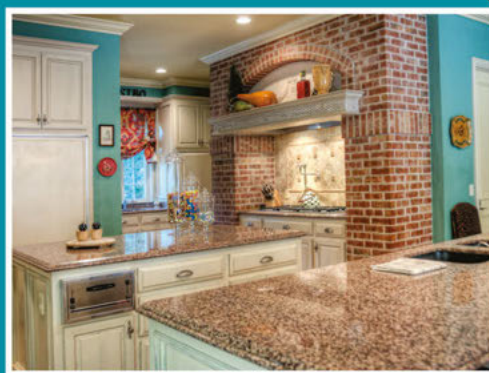
But, she began to have seizures and took an early medical retirement. One day, while paying her bills, she realized she had not cashed in an unused plane voucher. Because she had always had a special pull to visit Paris, France, she called the airline to ask about the fare. It just happened to be the same price as her voucher — \$400. Her daughter and two friends accompanied her on the trip.

While eating in a restaurant that featured gospel artists, Edna's friend sneakily told the manager that Edna was an excellent singer. After asking her to sing, he was delighted with her voice. This was followed by many paid trips back to Paris as a

headline singer. The first sight visitors see from the front door of this lovely home is Edna's framed concert poster hanging over the piano. She always wanted to travel and sing, and she said the Lord provided her the opportunity. "Be faithful at what God has called you to do, and when you least expect it, He will open a door," she advised.

Edna has also been active in civil rights throughout her life. She served as a delegate to speak up for others' rights and participated in marches to help further the cause. In fact, she marched on the Washington Mall and attended the famous "I Have a Dream" speech by Dr. Martin Luther King Jr.

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The front sitting room of the couple's home is adorned with French provincial furnishings creating a dressy, yet relaxing place to greet guests or have afternoon tea. The open concept allows the rooms to flow into each other. The kitchen has black granite countertops that complement the medium-toned cabinets. A modest island stands in the middle across from the stainless-steel fridge.

The family room, just off the kitchen, is Bernard's domain. A corner fireplace accents the space. The pride and joy of its owner is the TV wall. One large-screen television is surrounded by four medium-size TVs that sit ready for his viewing pleasure. A sound system and movie player rest on top. He had never watched TV until he came to America. You might say he is making up for lost time. "I watch the baseball game, the football game, the news and whatever else I want at the same time. I don't miss anything," Bernard shared.

"Our kids think he's crazy watching five televisions at the same time," Edna laughed.

He then reminded her that when they read about John Madden having seven televisions on his living room wall, the kids thought differently about it. Then they both laughed. All the controllers are in a neat, wooden caddy on the coffee table.



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The home has four bedrooms. The master is off to one side of the living room, and the other three are on the other side. A master bathroom and another full bath by the guest rooms provide ample dressing areas. Inset shelves running along the ceiling characterize the home and are used for decorative accents.

The couple has beautiful art throughout the home that reflects their devotion to civil rights and education. One piece shows an educator teaching his students while they raise their hands with great enthusiasm. It is called *Participation* by famous artist, Leroy Campbell. Another is very moving, showing women who look ahead into their futures.

Every room shows evidence of an extensive Betty Boop collection and displays some of Edna's 70 porcelain baby dolls. One doll in the kitchen is a "granny doll." Her friend gave it to her, so she could look at it every day and laugh since



it is a comical figure. Bernard collects watches. A special large wooden box made for storing watches keeps them in mint condition, and they are beautiful.

The couple has four daughters. Their third daughter, Karla Baptiste, is a two-time breast cancer survivor and author of a new memoir titled, *Dig in Your Heels*. Edna devotes much of her time helping Karla promote her book. Edna also volunteers her musical talents to the DeSoto Senior Center. At the age of 71, Bernard still runs five miles a day, five days a week. The walls of this home contain more than material design. They house two people who have given their lives and talents to the service of humanity and who have participated in civil rights history for more than 50 years. **NOW**



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For Claudia McDonald, County Extension Agent Emerita, Texas A&M University, 1999 was a milestone year. She retired after 35 years of working with Texas families in the 4-H and youth programs in Dallas County. She looked forward to days filled with reading, gardening and volunteering. Claudia and her husband, Jim, built a new home and continued to travel, especially to classic musical festivals in Europe. Life was good. Her take-action personality did not leave her wondering what to do with her time.

ING IFE

— By Sara Edgell

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One of Claudia's lifelong favorite hobbies has always been gardening. "With any living thing there is a beginning and an end. Plants are very much like children in that they need to be well rooted," she said. "You have to pay attention to them and know when to prune them." With a degree in home economics, the Texas Woman's University alumna understands and appreciates the simplicity and benefits of cultivating and nurturing life of all kinds. In addition to her various potted plants, Claudia also cares for a yard full of beautiful flowers and seasonal foliage, as well as a garden where she grows tomatoes, onions and zucchini.

This mentality of nurturing all living things extends into the kitchen for Claudia, too. For Jim and her, making meals and enjoying them together has always been an important factor in life. "I have always cooked a lot because I enjoy it. It's very gratifying to eat well-prepared, nutritious foods, especially when you've grown it in your own garden," she smiled. After all, catering to their health is a major part of Claudia's caregiver mindfulness.

Therefore, when Claudia started having issues with digestion and pelvic pain, she knew instantly she needed to visit a doctor. At first, she was diagnosed with diverticulitis, given medication and told to monitor her symptoms. She was told if things did not improve, to come



back for more tests. “The medication did not work. Looking back, I think the doctor suspected it was cancer from the beginning,” she recalled, “because when I came back, he ordered tests immediately.”

Ultimately, Claudia was diagnosed with ovarian cancer in May 2012. Naturally, she was shocked and a little scared of what was to come, but more than anything, she was determined to form a plan and take action. “I remember I didn’t cry when they told me. Honestly, other than that, I can’t really remember how I reacted in the moment or how I handled it,” she admitted. “At that point, I just wanted something to be done and to be done right then and there.”

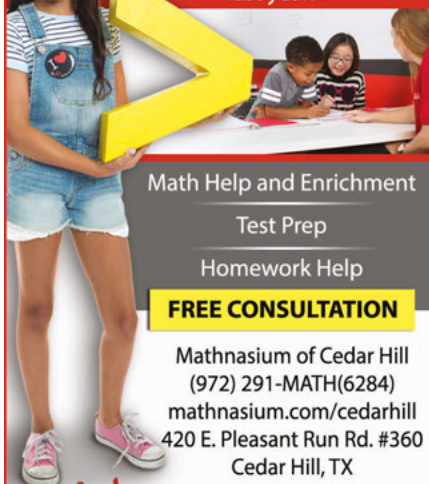
So all by herself, she made the decisions that needed to be made, and scheduled her surgery for the following week. “I didn’t even call Jim, I just did it,” she sighed. “It’s always been my nature to just accept things, and for me, this was just a part of my life that needed to be dealt with.”

After surgery, Claudia faced an entirely new journey as she underwent grueling chemo treatments. She had two ports: one in her shoulder and the other in her abdominal area, which were used to administer the medications. For four years, Claudia sported the ports, which were entirely beneath the skin and nonvisible, yet uncomfortable. Because her chemo treatments were so heavy, so intense, Claudia’s weight and overall

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well-being suffered. She lost her hair and her weight dropped from 150 down to a frail 110 pounds. She also went through a sort of depression, isolating herself from friends and social events simply because she was weak and because the conversation would often turn toward her illness. "It was awkward and somewhat depressing to have people focus on my health and how I was doing when it was obvious," she said.

However, that did not stop visitors from calling on Claudia during her darkest hours. People from her church, neighborhood and social circle would visit frequently. These visits made a positive impact upon Claudia. She was touched by people caring enough to check on her. "Because so many people reached out to me during that time, I realized the power and importance of doing for others," she smiled.

And as her chemo came to an end, Claudia rediscovered her gritty motivation and took her health back into her own hands. She chose not to take any pills after chemo, opting instead to control her diet and implement physical activity to regain weight and strength in healthy ways. She worked in her garden and started regular workouts with Natasha Handy at Beyond Physical Fitness. "I have always been active physically," Claudia explained. "I've done water aerobics and a variety of other classes over the years, but I had never worked with weights or in a gym on my own."

This fact is why having a trainer was so critical in Claudia's trek back to getting healthy. With paced workouts over the past four years, she has been able to build her stamina and strength. Every Tuesday and Thursday morning, she does circuit-style workouts involving weights, stretching and cardio specifically created to suit her physical needs. "What I like about it is things are changed up each week to stay fresh and interesting," she said, "but it's a real commitment!"

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She continued to prepare nutritious meals for Jim and herself. She grew her garden and nurtured her plants. She fed her mind by reading about cancer treatments and cutting-edge medical advances. She nurtured her body by working out faithfully. And she fed her soul by doing the very thing that helped her through such rough times — she reached out to others. "I make it a point to acknowledge the things I notice other people doing and accomplishing," she explained. Whether it's a simple thank you card or a friendly note of praise, Claudia makes sure to pay forward the uplifting greetings and salutations she knows have the power to change a life.

Just like her plants, she knows nurturing contributes significantly to the value and quality of another's life. "I could not have made it here without the help of my doctors, trainer, family and friends. That's why I give to others from my heart in order to make an impact, so they will continue to do the good work we all need to do for others," she emphasized. "It's how we grow others, but it's also how we grow ourselves." **NOW**

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This team can help your business reach its fullest potential. — By Sara Edgell

Be inspired. Be transformed. Gain confidence. Learn to ask for what you want. These simple statements hold great significance for the three-woman team at Christopher Quinn Group. Essentially, these are the basic principles of the work they do for their clients. As a human resource outsourcing firm, CEO and President Elizabeth Moffitt, along with Director of Operations Denean Smith and Executive Assistant Sonja Paris, work together to ensure their clients' organizations are operating effectively, efficiently and seamlessly.

One of Elizabeth's passions in life is helping people through teaching, not in the traditional teacher/pupil style, but in a guiding/mentor style. "I always heard others say how they wanted to help people, and I could relate to that because I wanted to do the same. However, I realized I could only really

help someone else by guiding them," Elizabeth explained. "I help people by giving them the insight and tools they need to understand their value and what they bring to the table."

Much like the timeless adage says, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime," Elizabeth applies this philosophy to her work. From writing résumés and offering free training sessions to providing executive coaching and conducting thorough business audits to assess strengths and weaknesses, Elizabeth and her team have the experience and know-how to help business owners assess their situation, evaluate their employees and develop a plan to get and keep affairs in order. "When we sit down with clients and explain what exactly we are going to do to help them," Elizabeth smiled, "you can just see the relief they feel. Immediately, it's like

a weight has been lifted off their shoulders because they know we will handle things, so they can focus on what they love." As a result, the firm helps business owners manage, if not alleviate, stress, frustration and workload.

For example, not only does the team conduct the interviewing, hiring and training of new employees, they also personally compose and create employee handbooks complete with policies and procedures specific to the business in question. This ensures a solid understanding of employee responsibilities and expectations, and contributes greatly to the seamless operation of the business. They also go through all the business' existing files to make sure the establishment is compliant from a legal standpoint. "If things are missing or incomplete, then we work diligently to get them where they need to be. If everything is good, then we move forward with other things like evaluating employee performance," Elizabeth explained.

"I help people by giving them the insight and tools they need to understand their value and what they bring to the table."

"I am a trainer at heart," she added, "so I specifically enjoy working with owners to teach them the laws of their specific industries and why it is important to follow those laws." She also finds satisfaction in helping owners rediscover their original motivation and purpose for beginning their company, as well as ensuring the employees are working to keep that vision in place. "One major benefit of our services is we can help owners connect more effectively with their employees," Elizabeth said. "We are that guiding hand offering owners support and protection to ensure employees are treated fairly and properly, and that their business is running successfully and appropriately, as well." And in the process, they empower businesses that work. **NOW**



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Friends at DeSoto Senior Activity Center throw Mrs. Gladys Harris, age 104, a birthday party with performances by the Golden Voices and well wishes from Mayor Pro Tem Rachel Proctor and Sgt. Nick Briston.



Precious Anorue and Peyton Koon are mesmerized by a reptile while Dallas zoologist presents at First Methodist School in Duncanville.



Angelica Acosta, Tommy Rains and Dr. Preston Witherspoon attend Duncanville Chamber's Networking Lunch at Spring Creek Barbeque.



After returning from space camp in Alabama, James Tarpeh and daughter, Sidrah, sport matching T-shirts.



Super Bowl 50 MVP Von Miller donates police vehicle to the DeSoto Police Department and \$25,000 to the DeSoto Fire Academy to fund 15 scholarships for fire recruits.



While on patrol, Desoto Police Officer J. Jordan stops to offer little Aina Gregory a police sticker.



GFE Track Club's Aaliya Gipson, Jada Maxfield, Zipporah Jones and Kayla Crowder win gold at T.A.A.F. State Track Meet.



Members of South Gate Fellowship church get ready for summer camp.



William and Deneen Hunter celebrate her birthday with a scrumptious lobster and crab dinner at Joe's Crab Shack.

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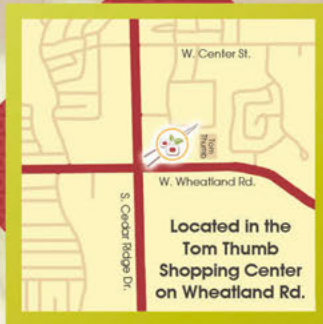


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September 3

DeSoto Arts Live presents The Original Lakeside: 11:00 a.m.-10:00 p.m., DeSoto Town Center Amphitheater, 211 E. Pleasant Run. For more information, contact Kathy Jones at kathy.jones@desototexas.gov or call (972) 230-9648.

September 7

The Duncanville Women's Club: 11:00 a.m., Hilton Garden Inn, Duncanville. The luncheon will have speakers, door prizes and plenty of opportunities for friendship. For more information, call (972) 296-3115.

September 13

MCMC Auxiliary welcome tea for members and new members: 12:30 p.m., Methodist Charlton auditorium, 3500 W. Wheatland Rd., Dallas. Guests will be Marti Miller and Marilyn Mansfield. For more information, call (214) 947-7875.

September 15

The 15th Annual Taste of Cedar Hill and Business Expo: 5:00-8:00 p.m. (4:00-5:00 p.m. senior citizen hours), Alan E. Sims Rec. Center, 310 E. Parkerville Rd. Admission is \$10 for adults and \$5 for children and seniors.

September 17

Friends of Tri-city Animal Shelter 8th Annual Gala: 5:00-11:00 p.m., Alan E. Sims Rec Center, 310 E. Parkerville Rd., Cedar Hill. The Paws, Claws & Outlaws themed event includes dinner, drinks, live music, dancing and silent and live auctions. Wear your boots and jeans. For tickets, visit www.tricityfriends.org.

Duncanville Public Library Fall Clean Out Event: 8:00 a.m.-noon. Clean out your garage, attic, closets and pantry. E-waste recycling/paper shredding will be on site, and Goodwill trucks will take donations of clothes, shoes and household items.

September 24

Planning for Career Success: 10:30 to 11:30 a.m., International Museum of Cultures, 411 Hwy. 67, Duncanville.

Meet the author/book signing, Fanny Minnitt: 1:00-3:00 p.m., DeSoto Library. Rockin' 60: Duncanville Chamber of Commerce concert featuring Shades of Gray and auction celebrating 60 years. 6:00-10:00 p.m., Eddie Deen's Ranch, 944 S. Lamar St. Event will have a barbecue buffet, cocktails, live auction and dancing. For reservations, visit www.duncanvillechamber.org.

October 1

Go Fish! Learn to Fish Event: 9:00 a.m., Cedar Hill Sate Park. Learn the basics of fishing through fun, hands-on activities. Take away a fishing fun pack and enter the drawing for door prizes. Equipment and bait provided or bring your own. No fishing license necessary. Adults must accompany children. Bring sun protection and water. For more information, call Aaron at (972) 900-1296.

October 8

3rd Annual Heart of Duncanville 5K: 7:30-10:30 a.m., Ben Franklin Apothecary, 302 N. Main, Duncanville. 1-Mile fun-run, 5K and post-race concert by the Shane Bell Band. The event benefits the Duncanville ISD Education Foundation. For more information, contact Kasey at (972) 298-1147 or visit www.HeartOfDuncanville5k.com.

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

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In the Kitchen With Lovelea Lynch

— *By Rachel Smith*

With a house full of athletes, Lovelea Lynch has had to get creative in the kitchen, cooking healthy foods to satisfy hearty appetites. “My family adopts a lifestyle of being fit and eating the right foods with proper proportion,” she said. From practicing yoga to playing baseball, Lovelea keeps the energy sparking in her family.

While traveling for her husband’s NFL career, she learned to make the right foods for the right physical endurance and constant change in weather. “We learned to prepare meals according to the climates we visited, from extreme heat in Arizona to the frigid cold of Chicago,” she remembered. No matter the circumstances, she stays prepared. “I like to keep our stomachs light with fresh fruits and vegetables,” she smiled. “We stay hydrated and nourished around here.” **NOW**

Champagne Shrimp Salad

- 1/2 lb. medium shrimp**
- 1 tsp. butter**
- 1 tsp. crushed garlic**
- Bragg Liquid Aminos**
- 2 tsp. ground black pepper**
- 1/2 red onion, sliced**
- 1/2 yellow bell pepper, sliced vertically**
- 2 Tbsp. banana peppers**
- 4 cups spinach**
- 1 avocado, sliced**
- 1 cup California walnuts, toasted**
- 1 Tbsp. fresh cilantro, chopped**
- 1/4 Tbsp. green chives, chopped**
- 1 1/2 cups Girard’s Champagne Salad Dressing**
- 6 strawberries, sliced**
- 1/4 cup blue cheese crumbles**

- 1.** Wash and devein shrimp in cool water.
- 2.** In a skillet, warm butter, garlic, Bragg and black pepper; add shrimp. Cook shrimp for 3 minutes on each side. Place in a bowl to let cool until the salad is done.
- 3.** Slice onion and peppers.
- 4.** In a large salad bowl, mix all vegetables, walnuts, cilantro and chives. Drizzle salad dressing over salad; toss salad for even distribution of dressing. Sprinkle with additional black pepper to taste; garnish with shrimp, strawberries and blue cheese crumbles.

Taffy Apple Salad

- 3 Granny Smith apples**
- 2 red apples**

- 1 lemon, juiced**
- 6 Snickers bars, snack size**
- 2 cups small marshmallows**
- 1 8-oz. can crushed pineapple**
- 1 8-oz. tub Cool Whip**
- 1 cup salted peanuts**
- Caramel or chocolate syrup (optional)**

- 1.** Chop apples into medium-size chunks; discard cores. Squeeze lemon juice over apples to prevent browning. Chop up Snickers bars.
- 2.** In a glass bowl, microwave marshmallows for 15 seconds until fluffy and inflated.
- 3.** Mix pineapples, Cool Whip and marshmallows together in another bowl. Add apples and candy chunks; stir. Refrigerate for an hour or more. Crush peanuts and stir into mixture.
- 4.** Drizzle with caramel or chocolate syrup, if desired.

Rainbow Smoothie

- 1/2 cup spinach**
- 1 green apple, cored**
- 5 raspberries**
- 5 strawberries**
- 1/4 cup oranges**
- 1/2 cup canned pineapple**
- 10 blueberries**
- 5 cubes ice**
- 3/4 cup apple juice**
- 3/4 cup Greek yogurt**

- 1.** Wash and cut all fruit, including spinach; place in a blender. Add ice cubes, juice and yogurt. Blend until smooth; serve.

Peanut Butter & Banana Smoothie

- 1/2 cup vanilla almond milk**
- 1 banana, sliced**
- 2 Tbsp. peanut butter**
- 5 cubes ice**
- 1 Tbsp. ice cream, optional (if you want to gain weight/muscle mass)**

- 1.** Mix all ingredients in a blender; blend to preferred texture and serve.

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

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