



October 2007

Duncanville Digest

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Transportation Forum

Southwest Dallas County Transportation Forum to be held Thursday, October 4th at 6:30 p.m. at the Hilton Garden Inn located at 800 N. Main Street.

Featuring discussion on transportation-related issues impacting Southwest Dallas County commuters. Featured speakers are: Michael Morris, Director of Transportation, North Central Texas Council of Governments, Bill Hale, District Engineer, Texas Department of Transportation, and Leslie Jutzi, Director of Governmental Affairs and Community Relations, The Allen Group.



Safety Tips for Halloween from the Duncanville Police

written by Officer Doug Sisk

Halloween each year used to mean dressing up as spooky creatures, comical characters, nurses, doctors, firefighters and even police officers.

You were able to go door to door to collect goodies from your neighbors, but not so much anymore.

How can we still have fun and remain safe? I'm glad you asked.

There are other opportunities out there other than going door to door to houses in neighborhoods that you don't know.

Halloween parties or other events that are held around the city that may go by other names are a great place to go and are chaperoned by adults and at times there are police officers



continued on page 2...*see Police*

The Duncanville Fire Department Invites Duncanville Residents to Join The Great American Fire Drill™

Duncanville, Texas, September, 2007—Take action this Fire Prevention Week to keep everyone in your home safe. On October 7, 2007 The Duncanville Fire Department is joining forces with the nonprofit National Fire Protection Association (NFPA) to remind local residents to take part in

The Great American Fire Drill™. During this year's fire safety campaign, firefighters and safety advocates will be spreading the word about the dangers of home fires and teaching local residents how to plan and practice escape from a home in case a fire occurs.

According to the latest NFPA research, 3,030 people died in 2005 in home fires—that's roughly eight people every day. Only 23% of households arm their families with a well-practiced plan for escaping home fires. No one ever expects they will have a fire in their home, but fires happen all too often. If you prepare your family and other household members with a simple escape plan and practice it during The Great American Fire Drill, you have taken important responsibility for

continued on page 9...*see Great American*



City Information Index

Duncanville City Offices

GENERAL GOVERNMENT

| | |
|-----------------------------|--------------|
| City Manager's Office | 972-780-5017 |
| Asst. City Manager's Office | 972-780-5017 |
| City Secretary | 972-780-5017 |
| Public Information Officer | 972-780-5043 |
| Duncanville JobLine | 972-780-5006 |
| After Hours Calls | 972-780-4959 |

ECONOMIC DEVELOPMENT

| | |
|----------------------|--------------|
| Development Director | 972-780-5090 |
|----------------------|--------------|

POLICE DEPARTMENT

| | |
|-------------------------|--------------|
| Chief of Police | 972-780-5038 |
| Community Relations | 972-780-5027 |
| Criminal Investigations | 972-780-5037 |
| Animal Control | 972-223-6111 |
| Police Records | 972-780-5024 |

FIRE DEPARTMENT

| | |
|----------------------|--------------|
| Fire Chief | 972-780-4920 |
| Assistant Fire Chief | 972-780-4921 |

FINANCE DEPARTMENT

| | |
|-----------------------|--------------|
| Director | 972-780-5005 |
| Municipal Court | 972-780-5055 |
| Teen Court | 972-780-5063 |
| Juvenile Case Manager | 972-780-5055 |
| Water Billing | 972-780-5010 |

COMMUNITY SERVICES DEPARTMENT

| | |
|----------------------------|--------------|
| Library | 972-780-5050 |
| Community Center | 972-780-5070 |
| Senior Center | 972-780-5073 |
| Director | 972-780-5076 |
| Special Events Coordinator | 972-780-5086 |

PUBLIC WORKS DEPARTMENT

| | |
|----------------------|--------------|
| Director | 972-780-5015 |
| Building Inspections | 972-780-5040 |
| Garage Sale Permits | 972-780-5040 |
| Health Officer | 972-780-4963 |

COMMUNITY INFORMATION

| | |
|------------|--------------------------------|
| Radio | 1250 AM |
| Internet | www.duncanville.com |
| Television | Charter Comm. Cable Channel 26 |

SPECIAL INTEREST NUMBERS

License Plate Renewal

| | |
|----------------------------|--------------|
| Dallas County Govt. Center | 214-653-7811 |
|----------------------------|--------------|

Community Assistance

| | |
|----------------------|--------------|
| Duncanville Outreach | 972-296-4986 |
|----------------------|--------------|

Chamber of Commerce

| | |
|-----------------|--------------|
| Chamber Offices | 972-780-4990 |
|-----------------|--------------|

Mayor & City Council Phone Numbers

| | |
|-------------------------------|--------------|
| Mayor - David Green | 972-780-0348 |
| At Large - Dorothy Burton | 972-296-8844 |
| District 1 - Ken Weaver | 972-780-9810 |
| District 2 - Scott Cannon III | 972-298-8098 |
| (Mayor Pro-Tem) | |
| District 3 - Paul Ford | 972-296-9000 |
| District 4 - Deborah Hodge | 972-296-1774 |
| District 5 - Johnette Jameson | 972-780-8887 |

Duncanville

CHAMPION

is a monthly publication of the City of Duncanville. For information, contact the City's Public Information Office by e-mail at kbilbrey@ci.duncanville.tx.us

Police Offer Halloween Safety Tips

continued from page 1

in attendance also.

I know there are others, but the First Baptist Church of Duncanville is holding their Festival 31 in their parking lot located off of Wheatland Road, near Sante Fe Trail.

It's at events such as this that kids and adults alike can have a blast. They have a lot of things to eat, games to play, and other events going on.

Cake walks, Costume contests, are examples of things you can do.

If you do decide to take your child trick or treating, I will not discourage it in the slightest way. I will suggest you be very careful and examine ALL the candy your child brings home.

Below is a list of safety tips you should follow:

- Always use common sense.
- Young children should always go trick or treating with an adult.
- Never trick-or-treat alone. Have at least 2 buddies go with you.
- Plan your entire route and make sure your family knows what it is.
- Make sure that you are wearing a flame retardant costume.
- Wait until you get home and your parents check your candy before you eat it and make sure it is ok and has not been tampered with.
- Be very cautious of strangers.
- Accept treats only in the doorway. Never go inside a house.
- Be sure and say thank you for your treats.
- Don't play near lit jack-o-lanterns.
- Visit only houses where the lights are on.
- Walk, Do not run, and be cautious crossing streets.
- Walk on sidewalks and driveways.
- Carry a flashlight.

If you have any questions about candy that doesn't look right then just throw it away. Candy is cheap when it comes to your health and safety.

There are going to be those out there who get a thrill out of trying to scare people by playing jokes, so be careful have a good time and most of all be safe.

If you have candy that you really think the candy needs to be looked at, please call us and we will investigate or bring it by the police station.

Any other concerns please contact Officer Doug Sisk at dsisk@ci.duncanville.tx.us or 972-780-5027.

Duncanville Digest

Mayor's Open Line Friday for October 2007

Mayor David Green will be holding the Mayor's Open Line Friday on **October 5** from 8:00 a.m. – 10:00 a.m. at City Hall, 203 E. Wheatland Road. Mayor Green typically makes himself available on the first Friday of each month to the citizens to discuss concerns and ideas about the direction the city is going.

Water Conservation Information

Run only full loads in the washing machine and dishwasher. Saves 300 to 800 gallons per month.

For further water saving tips, please call the Duncanville Public Works Water/Wastewater Division at 972-780-4900.

Schools Back in Session – So is Teen Drug Use

DCHHS Provides Tips to Parents to Keep Kids Drug Free

From the Dallas County Health and Human Services

Schools are back in session for a new school year. On today's campuses, children and teens have to deal with more than reading, writing and arithmetic. Recreational drugs are an unfortunate presence in schools today. Dallas County Health and Human Services (DCHHS) encourages parents to start the school year off by talking to their children about the dangers of recreational drugs, such as cheese heroin, and the devastating effects of drug addiction. According to the White House Office of National Drug Control Policy, "significant parental involvement" is the most important factor in deterring young people from using drugs. Communication is the key to building a strong relationship with your child and keeping them drug-free.

"The National Household Survey on Drug Abuse is only one of many bodies of research that confirm parents are the most effective tools for preventing drug abuse," said Zachary Thompson, DCHHS Director. "These same studies show that rates of substance use were lower for youths who talk with parents about drugs than for those who did not."

"Having open lines of communication with your children about the prevalence of recreational drugs in their schools and neighborhoods is one of the best ways to prevent drug addiction in young people." Thompson continued. "The long-term impact of crack/cocaine and methamphetamine has increased the numbers of people needing drug abuse treatment services as well as the new homeless people attributed to drug addictions. We can now add the highly-addictive drug cheese heroin to the new wave of dangerous drugs that have caused recent deaths in Dallas County. Because cheese heroin is so cheap and readily avail-

able it makes it very attractive to younger children," Thompson continued.

DCHHS urges parents to make sure their children are involved in constructive after-school activities to prevent the use of addictive drugs like cheese heroin. The National Youth Anti-Drug Media Campaign's Behavior Change Expert Panel offers the following drug-free checklist for parents:

- **Ask the Right Questions - Who, What, When and Where.**

Know where your teen is when he or she is away from home. Have your kids check in with you regularly. Give them coins, a phone card or mobile phone with clear usage rules. If a beeper or cell phone is not allowed to be used in school, have your child keep one in his backpack and ask him to turn it on after school. You may have to coordinate the use of beepers and cell phones with school administrators. If your teen does not have a beeper or cell phone, get numbers of where he'll be after school so that you can check in or have him call you at certain times so he can check in with you.

- **Be More Involved**

Although teens that are close to their parents are less likely to engage in risky behaviors, ALL teens are at risk when it comes to drugs. It's important for parents to talk to their teens and build open and trusting relationships. The more involved you are in your children's lives, the more valued they'll feel, and the more likely they'll be to respond to you.

- **Be Prepared & Know the Facts**

Parents, you are the first line of defense when it comes to your teen's drug use or drinking. And you do make a

difference! Nearly two-thirds of teenagers see great risk of upsetting their parents or losing the respect of family and friends if they smoke marijuana or use other drugs.

- **Make Your Position Clear**

Make your position clear when it comes to dangerous substances like alcohol, tobacco, and other drugs. Don't assume that your children know where you stand. They want you to talk to them about drugs. State your position clearly; if you're ambiguous, children may be tempted to become involved with tobacco products, alcohol, or other drugs. Tell your children that you forbid them to use alcohol, tobacco, and drugs because you love them. (Don't be afraid to pull out all the emotional stops. You can say, "If you took drugs it would break my heart.") Make it clear that this rule holds true even at other people's houses. According to research, when a child decides whether or not to use alcohol, tobacco, and other drugs, a crucial consideration is: What will my parents think?

- **Make Clear Rules**

Research shows that young people are less likely to use tobacco, alcohol, and other drugs if their parents set clear rules about not doing so. If parents have not previously established rules around more basic activities of daily living, however, they will have little chance of getting their children to obey a rule about not using marijuana, tobacco, or other drugs.

- **Help With Peer Pressure**

No matter where children grow up or who their friends are, nearly all of them are

continued on page 9...see **DCHHS**

DUNCANVILLE PUBLIC LIBRARY

Presents 2007 Fall Programming

NURSERY RHYME TIME

Bodies

Every Monday, 10:15-10:45 AM

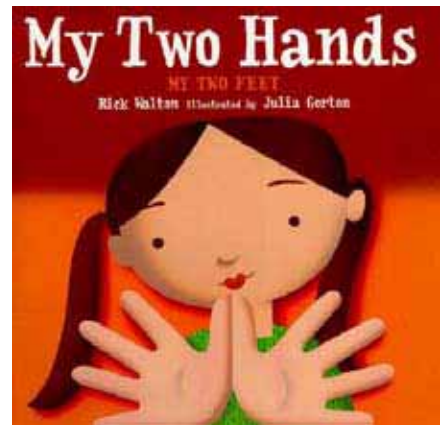
Oct. 1-Backs, Oct. 8-Eyes, Oct. 15-Ears, Oct. 22-Whole body,
Oct. 29-Mouths, Nov. 5-Trouble, Nov. 12-At work,
Nov. 19-On the Go, Nov. 26-Asleep,
Dec. 3-With dirt, Dec. 10-Dancing, Dec. 17-Noses

STORYTIME

Bodies dealing with...

Every Thursday (except Thanksgiving), 10:15-10:45 AM

Oct. 4-Backs, Oct. 11-Eyes, Oct. 18-Ears, Oct. 25-Whole body,
Nov. 1-Mouths, Nov. 8-Trouble, Nov. 15-Work, Nov. 29-Traveling,
Dec. 6-Dirt, Dec. 13-Dancing, Dec. 20-Noses

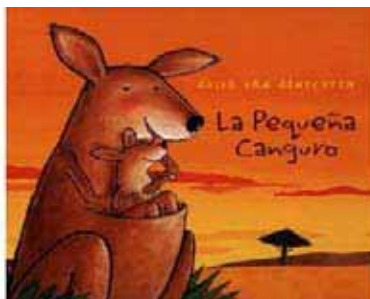
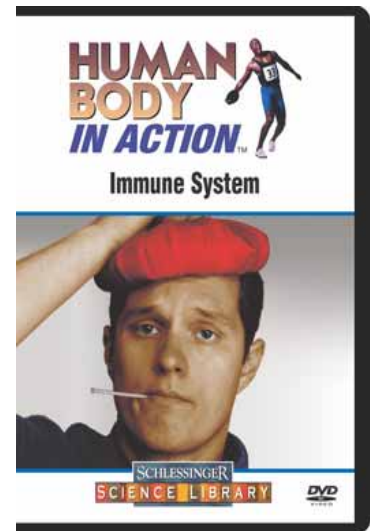


HOME SCHOOL MOVIES

Human Body in Action

Every Tuesday, 2:00-2:23 PM

Oct. 2-Genes, Oct. 9-Health, Oct. 16- Life Cycle, Oct. 23-
Immunity, Oct. 30-Bones & Muscles Nov. 6-Reproduction,
Nov. 13-Body Systems, Nov. 20-Senses, Nov. 27-Smell, Dec. 4 -
Eyeball, Dec. 11-Sound, Dec. 18-Skin



Tamara Knapp presents
Lectura en Español

Every Thursday

5:30-6:00 PM

Oct. 4, 11, 18, 25

Nov. 1, 8, 15, 29

Dec. 6, 13, 20

DAD'S NIGHT OUT WITH THE FAMILY!

Puppet Shows provided by Friends of the Library

Every-first-Tuesday-of-the-month, 7:00-7:40 PM

Oct. 2- *Celebrate the Harvest*- Margaret Clauder

Nov. 6 - *Coyote Trickster Tales* - S& D Puppetry

Dec. 4 - *Traditions of Christmas*- Brett Roberts



Fun In Duncanville October 2007



Adult & Fitness Programs

MORNING YOGA

Learn the basic yoga postures designed to celebrate the spine. Many people think that yoga is stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. Please wear comfortable clothes, tennis shoes, and don't forget a sticky mat. There is also a special class for Restorative Yoga which is taught the last Wednesday of every month. Please call Carolyn Smith at 972-291-6432 for more information, or sign up at the Recreation Center.

Days: Tuesday/Wednesday/Friday

Date: Classes are ongoing

Time: 10-11:30am

Costs: \$9 per class

Location: Aerobics Room

Instructor: Carolyn Smith

Registration Deadline: 15 minutes before the class start

Tai Chi is a upcoming class that Carolyn Smith will be conducting in mid-September. For more information on Tai Chi calls should be referred to Carolyn at 972-291-6432.

BEGINNERS LINE DANCE

Come and enjoy this fun class, not only to dance but its good exercise as well. In this class you will learn certain steps such as variation, count, bridge and restart. The class is full of excitement and the instructor takes her time to make sure each participant learns each step. Go ahead and get those dancing shoes out of the closet and join the Beginners Line Dance class at the Duncanville Recreation Center. All levels are welcome.

Day: Wednesday

Date: Classes are ongoing

Time: 3:05 - 4:45pm

Costs: \$14/month, \$9/two classes

Location: Aerobics Room

Instructor: Judy Sides



JAZZERCISE

The original dance exercise phenomenon! Each workout is a fusion of dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. We make all the routines fun and easy-to-follow. Every class includes a gentle warm up, 30-minute aerobic workout; and 20-25 minutes of muscle toning and strengthening segment with weights, and a stretch finale.

Newcomers: The low-impact, high intensity workout is a great way to start your personal fitness program.

Days: Monday-Saturday

Date: Classes are ongoing

All classes are at the Recreation Center

- Mon-Jazzercise Step 6:30-7:30p (West Gym)
- Tues-Jazzercise -6:10-7:05p (aerobics room)
- Wed-Jazzercise 6:30-7:30p (West Gym)
- Thurs-Jazzercise -6:10-7:05p (aerobics room)
- Saturday-Jazzercise -9:15-10:15a (West Gym)

Cost: \$10 joining fee.

\$32/month bank draft

\$38/month cash/check

\$75/2 months cash/check.

Walk-in \$8 a class (no joining fee).

NEWCOMERS SPECIAL: \$25 off bank

draft or 2-month ticket

Instructor: Sheilla (SHAY-la)

214-794-1765, www.jazzforhealth.com

Registration Deadline: 15 minutes before the start of each class

ROBIX FITNESS

Roseanna Needham is the creator and leader of Robix Fitness and Yoga-Fit. Roseanna has a variety of different classes to choose from for all levels. Her mission is to be able to offer the great benefits of fitness, dance, and yoga to the community at an affordable price and scheduled availability.

For more information, please call Roseanna Needham at 972-515-8519, or register at the Recreation Center.

Days: Monday-Saturday

Date: Classes are ongoing

Times, Location, and Classes

- Mon/Wed-Muscles in Motion 5:30-6:15pm (Aerobics Room)
- Mon/Wed-Step N Motion 6:30-7:30pm (Aerobics Room)
- Mon/Wed-Intermediate Vinyasa 7:45-8:45pm (Aerobics Room)
- Tues/Thurs-Intro to Yoga 5:45pm-6:45pm (Senior Center)
- Tues/Thurs-Cardio Fusion/Circuit Express 7:00-8:00pm (Senior Center)
- Saturday-Yoga Ball Challenge 9:15-10:15am (Aerobics Room)
- Saturday-Cardio-Challenge 10:30am-11:45a

Costs: Walk in rate \$8, 4 class ticket \$25, 8 classes ticket \$35, 12 class ticket \$42, 16 class ticket \$52 and season pass \$125.

Instructor: Roseanna Needham

Registration Deadline: 15 minutes before the class starts



Adult & Fitness Programs

CROP TIL YOU DROP

Crop 'Til You Drop is the creative home of a growing community of scrap bookers, card makers and other crafters. Whether you are new to scrap booking, card making, or are a seasoned paper crafter, Crop 'Til You Drop is the place to be! Crop Til You Drop is a class where you can showcase your creative skills. For more information, please contact Kim Spurlock at 972-298-4006.

Day: Friday

Date: October 13th

Time: 6p-12a

Costs: \$10.00 per class

Location: Senior Center

Instructor: Kim Spurlock

Registration Deadline: Register before October 10th with instructor.



NEW PROGRAMS

If you have any new ideas or a new program that can help the community, please call 972.780.5070.

VOLUNTEERS NEEDED

We need volunteers for city events and other center programs.

- Community Service Hours are available for students who need hours for School, Church, or Duncanville Teen Court. For additional information on how to sign-up for community service hours, please call the Rec Center front desk at 972/780-5070.
- "2008 High School Seniors" Now is the time to sign-up and complete your hours. We have volunteer hours available at the center Monday-Friday. Please apply at the Rec Center front desk.

DOG OBEDIENCE

This 7 week course includes walking politely on lead, coming when called, sitting and downing on command, and staying in position when left. Emphasis will be placed on practical exercises that students will put into use in their daily routine with their dogs; not jumping up on you or the kids, not mouthing hands or clothes, not bolting out the door or gate, how to go to the kennel, leaving objects on command, allowing handling, and much more. Dogs should be at least 16 weeks old. Proof of vaccination will be required. A six-foot leash and slip-type or buckle collar will be needed. For more information, please contact the instructor, Helen Cariotis, at 972-296-0459.

Days: Tuesdays

Date: TBA

Time: 6:30p-8p

Costs: \$120 for 7 weeks

Location: Rotary Park

Instructor: Helen Cariotis



MEMBERS & GUESTS

When using our wonderful Recreation facility, we'd like to encourage you not to leave personal items in your vehicle or unattended, instead please bring a lock for your cell phones, keys, purse, and bill fold. Secure your personal effects while you enjoy our facility. Lockers are available for your use. See you soon!

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Community and Business

LOST & FOUND

For lost and found items, please inquire at the Center front desk. Items are donated to Charities on Friday of each week. Personal Items such as cell phones and jewelry are kept 3 weeks to a month. Call the center at 972/780-5070 for additional information.

KARATE

Traditional Okinawan Karate is taught by Kris Howerton, who is a Yon Dan – Licensed Instructor 4th Degree Black Belt, and Brady Cooper, who is a SanDan – Licensed Assistant Instructor 3rd Degree Black Belt.

This class is a systematic approach to developing self-defense skills based upon Okinawan Kata. Included in the study of Kata, there is a strong emphasis placed on kicking, striking, pushing, pulling, throwing, rolling, falling, and wrestling skills. Also taught is, awareness skills and how to deal with bullies. Contact the Recreation Center at 972-780-5070. To join this karate class you must be 7 years of age!

Days: Tuesday, Thursday, & Saturday

Dates: Classes are ongoing

Time: Tuesday/Thursday - 7:15-

8:30p & Saturday - 9-10:30am

Costs: \$40 child (ages 7-16) /\$50

adult per month

Location: Aerobics Room

Instructor: Kris Howerton



Fun In Duncanville October 2007



Children & Teen Programs

KIDZART

KidzArt develops a fun way to help children become creative thinkers and problem solvers. KidzArt is all about feeling the freedom to take risks, to explore the unknown, to trust your own judgment. When kids are free to dream, they have the power to create in this KidzArt program. Call Ms. Gonzales at (972)266-8503 for more information or register at the Recreation Center. Days: Thursday & Sunday. Dates: Classes are ongoing Times/Ages/ and Prices:

- Squiggles to Grins - ages 2 to 3 years old - 10-10:30a every Thursday \$60/6 classes
- KidzArt Discover - ages 4 to 5 years old - 11-11:45a every Thursday \$60/6 classes
- KidzArt Imagine - ages 6 to 9 years old - 1-2p every Sunday \$90/6 classes
- KidzArt Explore - ages 10 to 12 years old - 2-3p every Sunday \$90/6 classes
- Walk-in fees are \$10 a class for ages 2-5/ \$15 a class for ages 6-9

Location: Duncanville Recreation Center - Meeting Room #1
Instructor: Rachael Gonzales
Registration Deadline: 15 minutes before class starts

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FENCING

Fencing is the Olympic sport of sword fighting which is directly descended from the duel. Learn several techniques and how to use Epee, the Sabre, and the Foil which are swords used in fencing. George Stone is the instructor and he brings over 40 years of experience to Duncanville and is the co-founder of the Fencing Institute of Texas in North Dallas as well as the La Reunion Fencing Academy. Stone sees the importance and great benefits of offering this to all ages and levels! Call 972-7805070 for more information or sign up at the Recreation Center.

Days: Tuesday & Thursday
Dates: Classes are ongoing
Time 6:45p-8:30p
Cost: \$30 a month (Tuesday only)/
\$50 a month (Tuesday & Thursday)
Location: Tuesday - East Gym and
Thursday - West Gym
Instructor: George Stone

www.duncanville.com

YOUTH CONVERSION INC.

These programs are designed to serve as an alternative to court proceedings. There are specific topics such as criminal behavior, impact of drugs/alcohol, anger management, and positive lifestyles. Each specific topics are six hours long and are predetermined. Please call 469.682.7123 for registration information And details on topics and dates.

Day: Wednesday, Sept. 12 & 19, 2007

Cost: \$50 per 6-hour program.

Location: Recreation Center Program Room

Registration Deadline: The day of the Program.

SHINING STAR AFTER SCHOOL PROGRAM

Parents! The Shining Stars After School Program was established 5 years ago, and continues to grow!! It provides a safe, well-structured environment for children.

- 1st grade through 6th grade. The program will not meet when school is out for holidays, staff development days, etc.
- Program is open to children who live outside of Duncanville
- Transportation is not provided.
- Information is available on companies who provide transportation.
- After school enrollment packets are available at the front desk. Packets must be completed at the center front desk.

When: Monday - Friday

Time: 3:00p - 6:00p

Cost: \$70 per month for the 1st child, \$55 per month for the 2nd child.

Where: Duncanville Recreation Center

- All payments are non-refundable or transferable.
- We offer homework assistance, tutoring in various subjects, arts & crafts, special events and much more!
- After School enrollment packets are available at the front desk.

For more info on how to register your child please call the Center at 972-780-5070.

Instructors: Marilyn Chapple and Reggie Johnson.



Children & Teen Programs

SELF-DEFENSE/ANTI KIDNAPPING

This program is designed to promote a high level of self-confident, improve self-esteem and, discipline. This class will improve the student's social interaction and social performance.

Ages 4 to 7

- Tuesdays: 6:00p – 7:00p Fee: \$8/class
- Fridays: 6:00p – 7:00p Fee: \$8/class

Ages 8 & up

- Tuesdays: 7:00p – 8:00p Fee: \$8/class
- Fridays: 7:00p – 8:00p Fee: \$8/class

A one-time \$12 registration fee is due prior to registering. Register at class

Location: Recreation West Gym
Instructor: Diversified Youth Services.

Uniform is available but not mandatory. An Alert Child of Texas T-Shirt is available for purchase. For more info call 1-877/604-6697 before class starts.



TEXAS DANCE AND CHEER

Be the best you can be. Learn-Chants, Cheers, Jumps, Pom routines, and Cheer Dances in this award winning program.

Enhance your dance and cheer skills in an exciting, positive and encouraging atmosphere. Participate in special events throughout the year.

A one-time \$12 registration fee is due prior to registering.

Ages 4-7

- Thursdays: 6:00p - 7:00p Fee: \$8/class
- Location: Recreation West Gym
- Saturdays: 1:00p – 2:00p Fee: \$8/class
- Location: Recreation Center Aerobics Room

Ages 8 & up

- Thursdays: 7:00p – 8:00p Fee: \$8/class
- Location: Recreation West Gym
- Saturdays: 2:00p – 3:00p Fee: \$8/class
- Location: Recreation Center Aerobics Room

Register at class

Instructor: Diversified Youth Services
T-shirts, & shorts are available for order at class.

Attire: T-Shirts, shorts or warm-ups and white-soled tennis shoes.

For more info call 1-877/604-6697.

DISTINCT DANCE

Distinct Dance members learn hip-hop, modern dance, basic dance steps, turns, foot positions, pom routines, and dance sequences in an exciting and positive atmosphere.

Focus is on drill and pom team or pop style dances. Styles may vary by instructor. Polish your moves or prepare for tryouts.

A one-time \$12 registration fee is due prior to registering.

Ages 4-7

- Friday: 5:30p - 6:30p Fee: \$8/class

Ages 8 & up

- Fridays: 6:30p – 7:30p Fee: \$8/class

Register at class

- Location: Recreation Center Aerobics Room
- Instructor: Diversified Youth Services

No required uniform for the classroom. We offer optional uniforms for purchase.

For more info call 1-877/604-6697.



Teen Court Month in Duncanville

The Duncanville Teen Court will be celebrating National Teen Court Month in October. National Teen Court Month is an annual celebration sponsored by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice, the National Highway Traffic Safety Administration, U.S. Department of Transportation; and the Office of Safe and Drug-Free Schools, U.S. Department of Education. The teens invite all to help spread the word about this valuable program throughout our community.

Mayor David Green and the Duncanville City Council will present a proclamation for National Teen Court Month at the City Council meeting on October 2 and the teens will celebrate with the Duncanville Teen Court's Thirteenth birthday after court on Oct 24.

Not only does National Teen Court Month offer us a wonderful opportunity to raise awareness and recognize the contributions teen court make to our communities, but it also provides us a time to celebrate the accomplishments of Teen Court volunteers, defendants, and staff.

The theme of National Teen Court Month 2007 "Empowering Youth-Experiencing Justice," illustrates perfectly what youth court is all about. "There are over 100,000 young people volunteering their time to serve as jurors, attorneys, clerks, bailiffs and judges to help young people who commit crimes against our communities or who engage in problem behavior in our schools straighten out their mistake by giving back to the community through community service and by working toward repairing the harm that was caused by their actions. In addition, Teen Court is unique in that it offers youth and adults from a variety of backgrounds and organizations in the community to work side by side to address and solve local problems."

Duncanville's Teen Court is among 1,235 Teen Courts nationwide and this year has held 124 youth defendants accountable for their delinquent problem behavior through a sentence imposed by a jury of their peers. In addition those teens have served more than 3250 hours of service to nonprofit organizations in our community. In Duncanville 374 volunteers have given over 3,150 hours to the Duncanville Teen Court.

DCHHS Provides Tips to Parents to Keep Kids Drug Free

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confronted at some time or another by friends with bad ideas, ways of testing limits, getting in trouble, and doing things they'll regret later. Even good kids occasionally pester their friends into skipping a class or lying about why they were out together so late. But if friends or acquaintances entice your children to try tobacco, alcohol, or drugs, the consequences can be more serious. The best way to prepare children to succeed in these encounters is to role play. Practice similar scenarios in advance. With the right words at the tip of their tongue, children can assert their independence while making it clear that they're rejecting their friends' choices and not the friends themselves.

- **Reduce Access to Some Media**

Many parents are concerned about pro-drug messages in television, movies and music. However, TV and music on the radio can be a discussion-starter for you and your teen. In fact, research shows that teenagers whose parents are aware of the television they watch and the music they listen to are less likely to smoke, drink or use drugs. Television is a good way to look at the negative and positive portrayals we get every day about drugs, alcohol and tobacco. A lot of parents don't check their kids' activities on the Internet. If you have a computer at home, it's really important that you let your kids know that you're in charge of their time online. Not only can kids find out about drugs on the Internet (including a lot of pro-drug sites), they can also buy them online.

- **Praise Positive Behavior**

What encourages a kid more than his or her parents' approval? The right word at the right time can strengthen the bond that helps keep your child away from drugs. Emphasize the things your kid does right and restrain the urge to be critical. Try to reward good behavior consistently and immediately. Expressions of love, appreciation and thanks go a long way. Even kids who think themselves too old for hugs will appreciate a pat on the back or a special treat. Accentuate the positive. Emphasize the things your kid does right. Rein in the urge to be critical. Affection and respect that make your teen feel good about himself will reinforce good (and change bad) behavior far more successfully than embarrassment or uneasiness

- **Be Honest**

The most effective deterrent to drug use isn't the police, or prisons, or politicians - it's you. Kids who learn about the risks of drug use from their parents are 36 percent less likely to smoke marijuana than kids who learn nothing from them. If you talk to your kids about the dangers of drug use, they are also 50 percent less likely to use inhalants, and 56 percent less likely to use LSD - just because you took the time to talk to them. Research has also shown that kids want to hear what their parents have to say - in fact, 74 percent of fourth graders wish their parents would talk to them about drugs. Your teen asks you the question you've feared - did you ever do drugs? You want to be honest because you love and respect them, but, unless the answer is an unqualified "no," it's a difficult question. Regardless of your own history with drugs, it's your

responsibility to set limits for your teen and to tell them, "In this family drug use is not acceptable." What's important is that you listen to your children and what they're asking - even if it's upsetting - try to avoid an argument.

- **Show Love**

The best way you can help your kids avoid destructive behavior is to spend time with them, talking to them about their friends, school activities, and asking them what they think. Research shows that knowing your kids, who they hang out with - and their parents - dramatically reduces the likelihood that they will get into trouble with tobacco, alcohol, and drugs. Go out for a pizza. Go skating or biking. Go to a movie. Listen to music together. Most importantly, tell your kids you love them.

- **Be a Good Role Model**

Be a role model of the person you want your kid to be. What stronger anti-drug message is there? Be a living, day-to-day example of your value system. Know that there is no such thing as "do as I say, not as I do" when it comes to drugs. If you take drugs, you can't expect your child to take your advice. Seek professional help if necessary. Examine your own behavior. If you abuse drugs or alcohol, your kids are going to pick up on it. Or if you laugh at a drunk or stoned person in a movie, you may be sending the wrong message to your child. Be the person you want your kid to be. What stronger anti-drug message is there?

Cheese Heroin, a cheap and highly addictive recreational drug, has had a devastating effect on young people across Dallas County. Made by combining heroin and crushed tablets of certain over-the-counter common continued on page 10...see **DCHHS**

Great American Fire Drill Set for October continued from page 1

your loved ones' wellbeing.

"Firefighters know first-hand that when it comes to home fires, seconds and minutes can sometimes mean the difference between life and death," said Fire Marshal David Leath. "As firefighters, we spend time planning and training to battle fires in our community and preparing ahead of time enables us to act quickly when faced with an emergency situation. Preparation is an important part of being able to deal with an emergency and it is crucial that residents take steps to prepare themselves for home fires by having an escape plan and practicing it."

Are you prepared for a fire? Although preparing for the unexpected is difficult, reviewing the information below and taking action based on it to plan for a fire could save lives. Don't forget to practice your escape plan during Fire Prevention Week!

- Install working smoke alarms on every level; and inside each bedroom and outside of each sleeping area.
- Develop a fire escape plan that identifies two ways out of each room and a family meeting place outside.
- Make sure your plan allows for any specific needs in your household. If everyone knows what to do, everyone can get out quickly.
- Practice your plan, at least twice a year.
- Some studies have shown that some children and adults may not awaken to the sound of a smoke alarm; they may need help waking up.
- If the smoke alarm sounds: Go to your closest exit, and if there is smoke on your way out, turn and use your second way out. If you must exit through smoke, get low and go under the smoke to your exit. Don't take time to pick up belongings; just get out and help others get out. Move fast but stay calm.

Fire Prevention Week is actively supported by fire departments across the country. For 85 years fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.

DCHHS Provides Tips to Help Parents to Keep Kids Drug Free

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cold medication, cheese heroin is considered a starter drug and is being used by children as young as 12 years of age. The epidemic of cheese heroin users among middle and high school age students has resulted in the deaths of 22 young people this year.

DCHHS urges parents of children addicted to the recreational drug cheese heroin should seek treatment at a rehabilitation facility so that the symptoms of withdrawal can be managed. As with any addiction, seeking rehabilitation during recovery provides optimal outcomes. DCHHS also recommends that parents caring for a child addicted to cheese heroin, which are unable to place the child in a rehabilitation program, consult their local healthcare provider for assistance in dealing with withdrawal symptoms. Symptoms of addiction in users of cheese heroin include sleepiness, difficulty waking up, disorientation, flu-like symptoms, nausea, vomiting, anxiety caused by withdrawal, personality changes, and aggressive behavior.

Bark in the Park
 Lakeside Park
 October 13, 2007
 9:00am-2:00pm
 Doggie Contest, Vendor
 Booths, Off-Leash Play and
 Doggie demonstrations



The City of Duncanville presents the 4th Annual Boo Bash

Friday, October 26th

7:00pm-9:00pm

Duncanville Recreation Center

\$5 Tickets purchased before October 23rd

\$10 Tickets purchased after October 23rd

No Refunds

Carnival Games

Candy & Prizes

Bounce Houses

Costume Contest

Haunted House

Dinner

DUNCANVILLE

THE PERFECT BLEND OF FAMILY, COMMUNITY AND BUSINESS

Be Prepared for Winter Storms

from the Federal Emergency Management Agency

Before Winter Storms and Extreme Cold

Add the following supplies to your disaster supplies kit:

- Rock salt to melt ice on walkways
- Sand to improve traction
- Snow shovels and other snow removal equipment.

Prepare your home and family

- Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- Keep fire extinguishers on hand, and make sure



everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

- Learn how to shut off water valves (in case a pipe bursts).
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.

Prepare your car

- Check or have a mechanic check the following items on your car:
- Antifreeze levels - ensure they are sufficient to avoid freezing.
- Battery and ignition system - should be in top condition and battery terminals should be clean.
- Brakes - check for wear and fluid levels.
- Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
- Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas.
- Heater and defroster - ensure they work properly.
- Lights and flashing hazard lights - check for serviceability.
- Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- Thermostat - ensure it

works properly.

- Windshield wiper equipment - repair any problems and maintain proper washer fluid level.
- Install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.
- Maintain at least a half tank of gas during the winter season.
- Place a winter emergency kit in each car that includes:
 - a shovel
 - windshield scraper and small broom
 - flashlight
 - battery powered radio
 - extra batteries
 - water
 - snack food
 - matches
 - extra hats, socks and mittens
 - First aid kit with pocket knife
 - Necessary medications
 - blanket(s)
 - tow chain or rope
 - road salt and sand
 - booster cables
 - emergency flares
 - fluorescent distress flag

Dress for the Weather

- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Wear a hat.
- Cover your mouth with a scarf to protect your lungs.

PUBLIC NOTICE

FIREFIGHTER - CITY OF DUNCANVILLE

The City of Duncanville Civil Service Commission invites qualified persons to take the examination for firefighter. The examination is to be held in the D.L. Hopkins Senior Center located at 206 James Collins Blvd., Duncanville, Texas 75116, at 9:00 a.m. on Saturday, December 1, 2007. (Check-in will begin at 8:30 a.m.).

Applicants must be a minimum age of 21 and must not have reached their 36th birthday, must be certified as a firefighter by the Texas Commission on Fire Protection OR be certified as a paramedic by the Texas Department of Health, must have a class A or B Texas drivers license with an excellent driving record, must be a non-tobacco user and pass physical ability, background investigation, physical, psychological and polygraph tests.

The entrance examination will consist of reading comprehension and math skills. Study guides are included in the information packet.

Starting salary is \$41,586 per year. Firefighters assigned to paramedic duties receive additional paramedic certificate pay. Additional pay is also provided for Intermediate, Advanced, and Master Firefighter certificates.

For application and information, contact City of Duncanville Personnel Office, 203 E. Wheatland Road, Duncanville, Texas 75116, (972) 780-5095. Applications must be on file with the Personnel Office no later than 4:00 p.m., Friday November 30, 2007. Honorably discharged veterans with a minimum 2 years active service wishing to claim the 5 point veterans' preference must provide a copy of their DD214 form prior to the civil service exam.

The eligibility list created by this examination shall be in effect for one year from the date of the examination or until all the names on the eligibility list have been referred to the Fire Department, whichever occurs first.

Physical Ability Test

The top 12 applicants, based on the written exam score, will take the Physical Ability test at 1:00 p.m. the same day at Fire Station 272, 1530 S. Main Street. Please dress appropriately for physical activity and for that day's outdoor weather conditions.

The City of Duncanville offers an extensive benefits package for full time employees. Benefits include paid vacation and holidays, retirement plan, life, health and dental insurance, an optional deferred income retirement plan, longevity pay and credit union.

October 2007

October 2 - Duncanville City Council Meeting. 7:00 p.m. at City Hall, 203 E. Wheatland Rd.

October 3 - Teen Court. 5:30 p.m. at City Hall.

October 4 - Southwest Dallas County Transportation Forum. 6:30 p.m. at Hilton Garden Inn, 800 N. Main Street.

October 5 - Mayor's Open Line. 8:00 a.m. - 10:00 a.m. at City Hall, 203 E. Wheatland Rd.

October 8 - Planning & Zoning Commission. 7:00 p.m. at City Hall, 203 E. Wheatland Rd.

October 13 - Bark in the Park. 9:00 a.m. to 2:00 p.m. in Lakeside Park.

October 15 - DISD Board Meeting. 7:00 p.m. at DISD Technology Center.

October 16 - Duncanville City Council Meeting. 7:00 p.m. at City Hall, 203 E. Wheatland Rd.

October 20 - Arts Explorer. 10:00 a.m. - 5:00 p.m. at Main Station, 100 S. Main Street.

October 22 - Planning & Zoning Commission. 7:00 p.m. at City Hall, 203 E. Wheatland Rd.

October 23 - Friends of the Duncanville Public Library. 7:00 p.m. at Library, 201 James Collins Blvd Meeting Room #3.

October 24 - Teen Court. 5:30 p.m. at City Hall.

October 26 - Boo Bash. 7:00 p.m. - 9:00 p.m. at Duncanville Recreation Center, 201 James Collins Blvd., tickets purchased prior to October 23rd - \$5.00 and after October 23rd - \$10.00.