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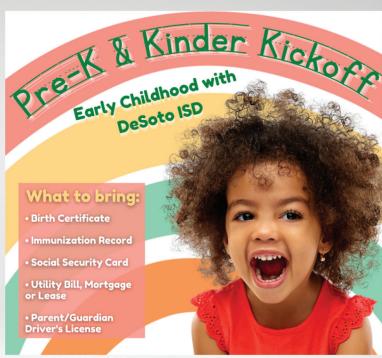
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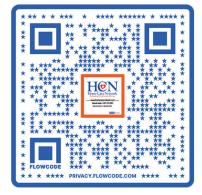
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For more information, visit duncanvilleisd.org/choice.

ON THE COVER



Mark Wynne restores winning Camaros.

Photo by Shane Kirkpatrick.

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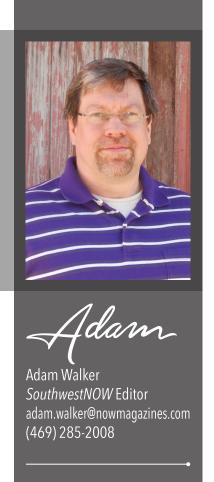
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EDITOR'S NOTE

As American as apple pie ...

That's the old saying. But does it make any sense? Well, I guess the first question is, is the apple American? No, it isn't. Apples were imported to the Americas by the English, Dutch and Swedes in colonial days. They were grown all over Europe for thousands of years, but the original tree all our modern varieties developed from is native to Kazakhstan in Central Asia.

Well, is pie American? No. We have recipes for pie from Rome and ancient Greece. We have even older paintings of pies in the tomb of Pharaoh Ramesses II! But the oldest pie recipe we have is more than 4,000 years old and comes from Sumer, in modern-day Iraq.

What about the idea of putting apples in pies? No. The earliest record we have of that is from England in the 14th century.

So there is absolutely nothing uniquely American about apple pie. Neither the apples nor the pie nor putting them together is American. And that's true of most things we think of as American. The English language isn't American. Using red, white and blue on our flag isn't American. Democracy isn't American. All those ideas, languages and foods came here with the immigrants from other countries. What we think of as American is English, Scottish, Irish, German, Jewish, Spanish, French, Italian, Nigerian, Senegalese, Cameroonian, Chinese, Vietnamese, Roman, Greek, Arab, Indian, Russian ...

And that makes apple pie as American as anything. We are from everywhere, and foods, cultures, languages and styles mingle here and change and grow. So, add a little cayenne or cardamom or five spice powder to your apple pie, or have a rhubarb pie, and it's all just as American as anything else.

Make sure the oven's hot!

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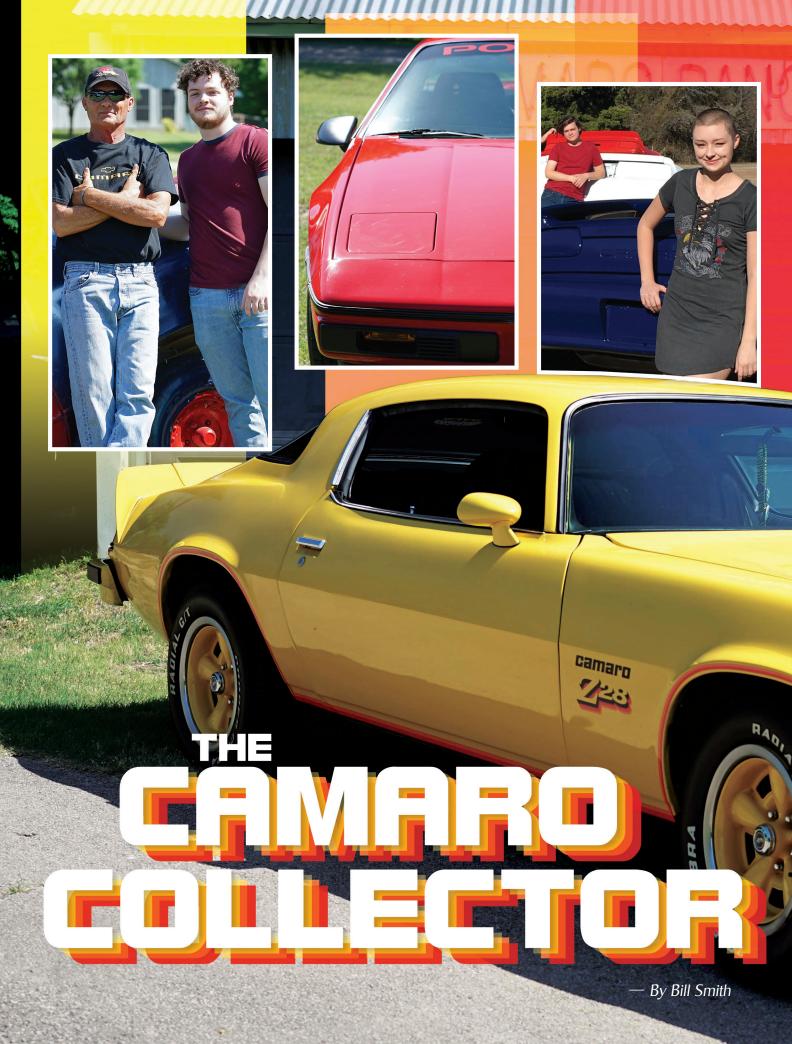


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Mark Wynne loves classic Chevrolet Camaros, and he can take the vehicles others would send to the junk yard and restore them to their original showroom glory. With obvious affection, he refers to them as his "girls," each one with its own garage, protected from the elements and ready to be driven to the next car show, or just to be admired by guests at his country home in Cedar Hill.

"I grew up farming and ranching near a little town called Kirvin, just south of Corsicana," Mark recalled. "Anytime a truck or piece of farm equipment broke down, we had to fix it. Our livelihood depended on it. We could not afford the time to take it into town to wait on a professional mechanic, so we learned to fix things ourselves. As a kid, I loved tearing into things, taking them apart and putting them back together. I guess it just came naturally to me.

"My career was in law enforcement, in the state park police for the Texas Parks & Wildlife Department. Working on cars is my hobby, and I have a lot more time for it now, since I recently retired."

Mark's first car was a 1979 Chevy Camaro Z28. "I paid \$7,100 for that car," he related. "I drove it to college for a couple of years, then I wrecked it during the Thanksgiving holidays. After that, I bought a Formula Firebird. I did all of the work on them myself. I have always changed my own oil, and I always will. Being a Valvoline guy, I like to see what's going into my engine."

Mark moved to Cedar Hill "when it was a small town" in 1997. He has experienced all of the growth, and even though his home is not far from the interstate, he is surrounded by enough land that it still feels like living out in the country.

Rebuilding cars could certainly be considered an expensive hobby, but Mark keeps the cost down by finding some real bargains to start with, and doing all of the work himself, with the exception of some carburetor work. He purchases some vehicles just to get the parts to reconstruct another one. After a vehicle is completely parted out, he has started burying the remains in the yard, similar to the Cadillac Ranch near Amarillo. "Here at Camaro Ranchero, after we bury the car, we have a graffiti party to create the "art" that you see as you drive toward the house and sheds. Right now, they are painted with some school logos from some college kids and high school seniors indicating where they are going next year," Mark explained.





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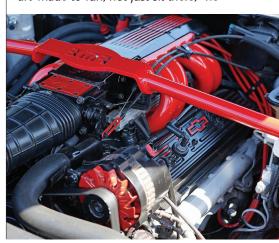
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Mark speaks of the Camaros by generation. "The first generation is 1967 to 1969. The second generation is 1970-1981, and the third generation is 1982-1992. The generations go up to six, which includes the presentday cars. I just concentrate on the first three generations. I can find second generation cars for \$400-\$600. Some of them have been used for dirt track racing and are in pretty bad shape, but I have developed the skills to rebuild them from the drive train, through the body and even the interior work. I have learned a lot from watching YouTube videos. I even do the painting myself, and I have learned that about 95 percent of a successful paint job is in the prep work.

"There are some guys that like to have a classic car, but do not do the work themselves. I have never been what I call a 'check-book mechanic.' I like to do the work myself." Mark takes obvious pride in his work.

The only part of the restoration process where Mark admits he is not as astute as he would prefer to be is the carburetors. "I use a really old-school guy called Mr. Carburetor. He does great work, and he learned what he does from his father, the original Mr. Carburetor. When he finishes a carburetor, it is so pretty, you could put it on your fireplace mantle as a trophy."

Speaking of trophies, Mark has a number of them that he has received from car shows across the area. He mentioned having been to Derrick Days in Corsicana during the spring and the O'Reilly Autoramas. While many carry their cars to the shows on a trailer, Mark prefers to drive his cars. "These cars are made to run, not just sit there," he





offered. His daughter and son, Danielle and Garret, also help with choosing cars, pulling engines and driving the cars to shows. "Danielle likes to dress period appropriate, so if it's a '70s car, she's in Hippy style with beads and all!" Mark reported.

"Fifteen years ago, there were lots of parts available in salvage yards, but they are pretty scarce now for these early generation cars. However, there are some aftermarket parts manufacturers that do a great job. Some parts have to be fabricated. eBay is a great source, and, sometimes, I can find some parts that are 'new, old stock,' which means it may be a part that is 30-40 years old, but it is still in the original box."

One really beautiful re-creation in Mark's garage is a 1977 1/2 Z28 that he found in Moore, Oklahoma. It was in pretty bad shape when he got it, but you would never know it today. It is bright yellow with orange trim, and under the hood the engine is as clean as the interior. A box of 8-Track tapes rides in the passenger seat.

Besides the three hulls buried in the yard, Mark's hobby inventory includes a '76 Rally Sport, the 77 1/2 Z28, a '92 Rally Sport, an '82 Firebird, an '86 Fiero, a '92 Z28 and a 2012 Camaro LS. While there is a special affection for the Camaro, his passion obviously lends itself to a few others of similar class. "The work on the Fiero was completed in about four months, but I typically put 12-18 months into each project," he reflected.

None of Mark's restorations are for sale. "That's not why I do this. It is not a business. It is a hobby that I love. I did sell a 1980 Z28 once, and I know it went to a good home. The owner knows that if they ever get ready to sell it, I will buy it back in a heartbeat. I love these girls." NOW







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By Angel Morris

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At CSE Mobility & Scrubs, customers' independence is of utmost importance. The company is committed to ensuring no one feels stranded in their own home. "The purpose of our business is to help our customers achieve independence through mobility equipment," Manager Cole Spradlin outlined.

Mobility products, including wheelchairs, scooters and lift chairs, along with product service and installation, are CSE specialties. "We understand the vital role that this equipment

plays in your everyday life, and we know the difficulty going just one day without it can mean," Cole noted.

The company also provides timely service for these and other similar products, either in the store or at customers' homes. "We are your service and installation specialists for power mobility products. We will service your equipment no matter where it was purchased," Cole said.

Established in 2010, CSE offers a vast assortment of brand name medical uniforms and devices, as well. "Currently, we provide the best selection of a complete line of scrubs, tops and bottoms and nursing uniforms at discount prices," Cole said. "We pride ourselves with providing high-quality medical uniforms to professionals around the world, striving to help medical field personnel look and feel their best."

Alongside scrubs, CSE's orthopedic products include: arm, elbow, shoulder, knee and ankle supports; carpal tunnel, wrist and back braces; and compression socks. "Come visit us, and you will be assisted by knowledgeable associates to help with your questions regarding these products for men and women," Cole provided.

CSE has also expanded to provide CBD products. Premium gummies, extract capsules, inflammation and pain relief creams, joint care, oils and bath bombs round out their CBD inventory.

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THE VITAL ROLE
THAT THIS
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IN YOUR EVERYDAY
LIFE, AND WE KNOW
THE DIFFICULTY
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CAN MEAN."

Much of CSE Mobility's inventory can be purchased online, alongside rental and used equipment pieces. Wheelchairs, transport chairs, scooters, walkers and trapeze bars are available for rent. Hospital beds and lifts may be rented, as well. "We rent most of the equipment that we sell in our retail store, and although we do not rent every model out there, we have comparable products available," Cole explained, noting that rental rates are listed on their website.

CSE Mobility stocks a great deal of new mobility equipment and parts but also sells some used products. CSE will deliver to most of the Dallas-Fort Worth Metroplex for a nominal fee. With a selection that changes daily, Cole urges customers to call the store for more details on any equipment or service. "Our mobility specialists are trained to help you find the correct product for you. Often people do not know what items they need, and we can show you a product that you may not have known existed," Cole said.

Cole also said the company prides itself on providing the best shopping experience, exceptional service, quality, selection and value to its customers. "Please give us a call today if you are purchasing bulk for a team, unit, hospital, group or event," he urged. "Our employees are very knowledgeable about our products and can help you find exactly what you need."







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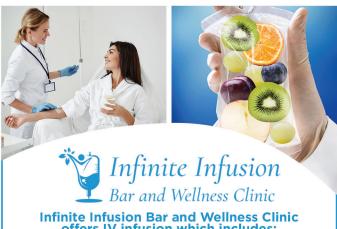


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Around Town

Zoomed In: By Adam Walker



Chandler Vernon was chosen as one of 12 Bezos Scholars from the U.S. out of more than 10,000 applicants. "Students in their junior year apply as change agents in their communities," Chandler explained. "I want to increase financial literacy at my high school. I see a lot of my classmates just get and spend. I want them to think about investing, growing their wealth, NFTs and crypto. My goal is to have an internal bank at CHHS. I submitted a proposal for \$100,000 to start it, and now I'm looking for a local bank to partner with." As a Bezos Scholar, she'll receive mentoring from her teacher, Mr Michael Clear, and get to meet with Bezos, Buffet, Musk and other movers and shakers.



State Representative Carl Sherman (District 109) blesses Bridges Safehouse with a huge donation of 2,867 diapers and 4,444 wipes.



Mayor Rachel Proctor poses with her nephew at her swearing in.



Single mothers and volunteers celebrate at the MIRA Missions banquet.



Jovani Belman, Bucky Salazar and John Cantu keep the city of Duncanville's landscaping looking good in the summer heat.

NOW



Tiffany Cooper keeps DeSoto supplied with tamales at Best Tex Tamales.



Duncanville firefighters haul their own truck for Special Olympics.



Cedar Hill ISD Board of Trustees President Robert Riggs helps the Cedar Hill ISD Education Foundation raise \$18,379 at its annual golf tournament.



Raiden and his sister, Raine Close, of Cedar Hill pose in their Sunday best.







Lauren Horton grew up in Jackson, Mississippi, where she learned the importance of food. "In my family, we cooked multiple homemade meals a day and emphasized eating together. Although, many of my recipes are Asian- or Latin-inspired, my Southern upbringing shows, because Southern food is known for adding a touch of sugar to just about any recipe, even our vegetables. You definitely see that in my meals. I think it's necessary to give a balanced flavor to your recipes."

Though fascinated with cooking since elementary school, she uses it as a pastime. "Although I'm a health administrator, cooking has been a major stress reliever for me these past few years. If you know me, you know I am always grocery shopping or in the kitchen because those are my happy places!" NOW

Orange Glazed Salmon

2 Tbsp. honey

Garlic, to taste

1 lb. salmon, skin on Salt. to taste Pepper, to taste Paprika, to taste Onion powder, to taste Adobo or other all-purpose seasoning, 2 navel oranges, juiced and zested (or 1 cup orange juice) 3 Tbsp. soy sauce

I tsp. chili flakes 2 Tbsp. brown sugar

- **1.** Season the salmon with salt, pepper, paprika, onion powder, Adobo and half of
- 2. In a bowl, combine the soy sauce, honey, orange juice, remaining zest, garlic, chili flakes and brown sugar; set aside.
- **3.** Add oil to the skillet. Once the skillet is heated to medium-high, add the seasoned salmon, skin side down. Cook 5-10 minutes. or until half of the salmon is pink.

- **4.** Pour the sauce mixture over the salmon; continue to spoon the mixture over the salmon as the sauce thickens. Flip the salmon; cook until the rest of the salmon has turned pink and the sauce has thickened to your liking.
- 5. Plate the salmon; top with sauce and additional orange zest.

Honey Soy Green Beans

2 lbs. fresh green beans

4 Tbsp. soy sauce

3 Tbsp. honey

1 1/2 Tbsp. minced garlic

1 Tbsp. sesame seeds or sesame oil, to taste (optional)

Salt. to taste

Pepper, to taste

Onion powder, to taste

- **1.** Heat a dry skillet to medium-high heat.
- 2. Add the green beans directly into the skillet. Toss and mix the green beans often to cook evenly, until the green beans have brightened a little bit in color and the skins have begun to blister on the edges.
- 3. Add the soy sauce. Toss and cook for

about 2 minutes. Add the honey and garlic; cook until the sauce thickens and coats the green beans.

4. Turn off the heat. Add the sesame seeds or sesame oil, salt, pepper and onion powder.

The Hottie Summer Açai Bowl

cup frozen bananas
 cup frozen strawberries
 cup frozen mango
 3.5-oz. pkg. frozen açai, melted
 1/2 cups apple juice
 Optional toppings: granola, fresh fruit, peanut butter, honey or toasted coconut flakes, etc.

I. Combine the frozen banana, strawberries, mango, melted açai packet and apple juice in a blender or food processor. Blend until thick and scoopable like soft-serve ice cream. If the blender gets stuck, use a tamper or turn off the blender and use a spoon to scrape down the sides, then resume blending. **2.** Scoop into a bowl; smooth the top. Add your favorite toppings!

Lauren's Famous French Toast With Whipped Cream Cheese Topping

- 2 eggs
- 1 cup eggnog (or 1/4 cup vanilla coffee creamer and 1 cup milk)
- 4 dashes cinnamon (divided use) Pinch nutmeg
- 2 1/2 cups Rice Krispies cereal or corn flakes
- 6 slices brioche bread (gluten-free preferred)
- 3/4 cup heavy cream
- 4 Tbsp. powdered sugar or 2 Tbsp. regular sugar, plus additional powdered sugar for topping
- 4 oz. cream cheese Fruit, for topping
- **I.** In a shallow bowl, whisk the eggs, eggnog (or milk and coffee creamer), 2 dashes of cinnamon and a pinch of nutmeg until the eggs are completely mixed in.
- **2.** In a food processor or in a Ziploc bag, pulse or crush the cereal and the remaining cinnamon until it is a course texture; pour into a shallow bowl.
- **3.** Dip each slice of bread in the egg mixture on both sides. Then dip them in the ground cereal mixture; coat on both sides.
- **4.** In a large skillet, on medium-low heat, cook for 5-10 minutes on each side.
- 5. While the toast is cooking, combine



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the heavy cream and powdered sugar in a blender or mixer to make whipped cream with medium peaks. Add the cream cheese; blend until smooth.

6. Plate and top with a dollop of whipped cream cheese, your favorite fruit and a sprinkle powdered sugar.

Spicy Asian Inspired Cucumber Salad

16 oz. Persian cucumbers or 1 English cucumber

2 Tbsp. Sriracha



- 1/2 cup soy sauce
- 2 Tbsp. Korean chili flakes (Gochugaru)
- 1 Tbsp. sesame oil
- 3 Tbsp. rice wine vinegar
- 1 Tbsp. sugar
- 1 Tbsp. minced garlic

Salt, to taste

Pepper, to taste

1/2 white onion, thinly sliced (optional)

- **I.** Wash and slice the cucumbers into thin slices.
- **2.** In a bowl, combine the remaining ingredients. Add the cucumbers; toss and serve.

- **1.** Cut the peaches in half; remove the pit. (Cut from the stem, around the pit and back up to the stem.)
- **2.** In a bowl, combine the brown sugar, salt, cinnamon, nutmeg and cloves; set aside.
- **3.** Heat the butter in a skillet on medium heat. Coat the peach halves in the brown sugar mixture; add them to the skillet. Cook for about 5-10 minutes or until the sugar is melted and the peaches are softened to your liking.
- **4.** Top with the whipped cream and granola; enjoy!

Grilled Spiced Peaches — If Peach Cobbler Wasn't a Cobbler

4 ripe peaches

5 Tbsp. brown sugar

1/2 tsp. salt

1 tsp. cinnamon

2 pinches nutmeg

I small pinch ground cloves

1/4 cup butter

Whipped cream or whipped cream cheese topping from Lauren's Famous French Toast (Optional)

1/2 cup granola

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An Important HEALTH WARNING for Men and Women Age 55 or Older!

Do You Suffer from *Pain*, *Burning*, *Numbness*, or *Tingling* from Nerve Damage Caused by Diabetes, Infection, or *ANY* of the Other Conditions Listed in this Urgent Special Report?

If so, now you can virtually end your discomfort, protect your health, and help you live a more active life.

Dear Suffering Friend:

Tens of millions Americans have nerve damage — a condition known as "neuropathy."

The most common symptoms of nerve damage are pain, burning, tingling, and loss of feeling in your feet, legs, and fingers — with the pain ranging from mild to almost unbearable.

If you are diabetic, and especially if you are also age 60 or older, odds are that your nerve damage has been caused directly by your diabetes — although many younger diabetics also have nerve damage from this potentially deadly disease.

But many OTHER people with these symptoms — pain, burning, and tingling — are NOT diabetic, yet also suffer from nerve damage.

According to the Mayo Clinic, the many diseases and conditions that can destroy the nerves in your extremities and limbs include:

- ✓ Alcoholism
- ✓ Autoimmune diseases
- √ Vitamin deficiencies
- ✓ Liver disease
- ✓ Underactive thyroid
- √ Repetitive motions such as typing
- √ Bone marrow disorders
- ✓ Certain prescription medications
- ✓ Falls, sports injuries, and other trauma
- √ Wearing a cast or using crutches

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- √ Chemotherapy
- ✓ Tumors
- ✓ Infections
- √ Kidney disease



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THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf







Crossword Puzzle

1	2	3	4		5	6	7	8	9	
10					11					12
13					14					
15				16			17			
18					19	20		21		
		22					23			
24	25			26					27	28
29			30			31				
32				33	34		35			
36							37			
	38						39	3		

Crosswordsite.com Ltd

Across

- 1 "Let's get goin'!"
- 5 Barflies
- 10 Recently deceased
- 11 As a matter ---, ...
- 13 Pine
- 14 Graven image
- 15 Drops
- 17 Joshes
- 18 Omen
- 21 Devour
- 22 Ottawa chief
- 24 Malt beverage
- 26 Capricorn
- 29 Ocho ---, Jamaican resort
- 31 Mecca man, for example
- 32 To an extent
- 35 Walked
- 36 California racetrack
- 37 Bring on board
- 38 Thin
- 39 Top guns

Down

- 1 Embrace
- 2 Rambo-like
- 3 Hell is ---, (Jean-Paul Sartre)
- 4 Must
- 5 "Mayday!"
- 6 Many times
- 7 At a distance
- 8 Has hosted TV shows on all the Big Three networks
- 9 Diving gear
- 12 Dry run
- 16 Mailed
- 19 Ultimate degree
- 20 Even scores
- 23 An aunt of Bertie Wooster
- 24 Desiccated
- 25 Challenge for a shortstop
- 27 Worship
- 28 Beach cleaners?
- 30 Identical
- 33 Wicked
- 34 Endeavor

Online versions and solutions available at www.nowmagazines.com. Click on the See All button to view solutions.





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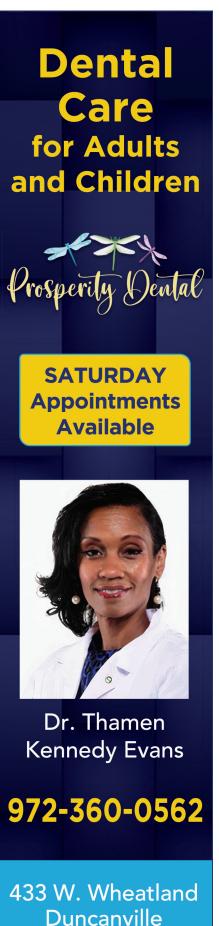
scavenger.swn@nowmagazines.com











JULY

7/4

Independence Day Celebration: All day fun. Wristbands required

for entry available at the Rec Center. Free. Parade: 9:00 a.m.; celebration: 6:00 p.m.; fireworks: 9:30 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville.

Red, White and Pool:

Celebrate with a swim, familyfriendly games, music and prizes. \$2. 2:00-5:00 p.m., Crawford Park Pool, 401 Strauss Rd., Cedar Hill.

Old-fashioned Fourth of July Celebration:

DeSoto and Lancaster celebrate together. Bring your lawn chair or blanket! 6:00-10:00 p.m.,

Grimes Park, 501 E. Wintergreen Rd., DeSoto.

7/7

TWA Teacher Workshop:

Get six hours of CPE for learning about Texas wildlife. Free. 9:00 a.m.-4:00 p.m., Dogwood Canyon Audubon Center, 1206 FM 1382, Cedar Hill.

7/8

Smartphone Class:

This is a six-week class covering many topics. \$20. 1:30-2:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville.

7/9

Library, Museum

and Signature Park Groundbreaking Block Party:

Be there at the very beginning for food, fun and giveaways! Free. 9:00 a.m.-noon., Intersection of Uptown Blvd. and Pioneer Trail, Cedar Hill.

7/17

Sunday Funday at Crawford Pool Park:

Celebrate National Parks and Recreation Month! \$2. 2:00-5:00 p.m., Crawford Park, 401 Strauss Rd., Cedar Hill.

7/23

Young Legacy Builders' Kids Business Fair:

Come see what the youngest entrepreneurs have on offer. Free. 10:00 a.m.-2:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville.

7/30

Reset, Refuel and Recharge:

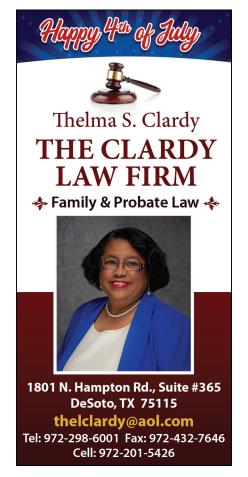
Ruiz Financial Solutions and Zula B. Wylie Library help small business owners get back on track for success. Free. 10:00 a.m.-2:00 p.m., Trinity Church 1231 E. Pleasant Run Rd., Cedar Hill.

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













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