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M A G A Z I N E

OCTOBER 2019

Reaching the Goal

At Home With Sean
and Teri O'Connor

Little Dreaming Big

John Ewing II
believes you can
do all things

Also inside:

Scavenger Hunt


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Dr. KL Johnson

Postal Customer

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October 2019

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October is homecoming month for DeSoto ISD! Homecoming is so much more than a football game. It's a time to reflect on our values, what we call a home and what we want it to be. This month, students and staff will engage in a variety of activities throughout our cities designed to inform and uplift our communities.

On October 3, we join the City of DeSoto in a Dining and Dialogue event to discuss ways to improve the city and schools of DeSoto. We are **#OneDeSoto** and **#TogetherWe Will!** Then, we will partner with various entities to bring awareness to breast cancer detection and treatment as well as the domestic violence that is impacting our community.

Together we will build a better DeSoto!

Let's Go Eagles!



The "U" Network

Homecoming Activities

Tuesday, October 15th
Breast Cancer Awareness Event
at the Volleyball Game 5:30 PM

Wednesday, October 16th
Community Parade & Pep Rally
Parade: 5PM/Pep Rally: 6PM-7PM

Friday, October 18th
Homecoming Football Game
Eagle Stadium 7PM

CALENDAR

- Oct. 7 - No School, Fair Day
- Oct. 14 - Board Workshop, 6:30 p.m.
- Oct. 24 - Early Release
- Oct. 25 - No School, Professional Dev.
- Oct. 28 - Board Meeting, 6:30 p.m.

WWW.DESOTOISD.ORG | 972.223.6666
200 E. BELT LINE ROAD
DESOTO, TX 75115

SOUTHWEST NOW CON

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and Teri O'Connor.

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DREAMING
BIG**
This young author is
determined to spread
his message.

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*Sean and Teri O'Connor
believe in touching lives.*

Photo by
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DUNCANVILLE ISD PRESENTS AIN'T NO BAND LIKE A D'VILLE BAND

The Duncanville High School band program was presented with the 2019 Exemplary Band Award by the Texas Bandmasters Association. This prestigious honor recognized the program's 40 years of excellence and is awarded to one high school each year based on input from music educators throughout the state.

**TO VIEW THE DOCUSERIES VISIT:
WWW.DUNCANVILLEISD.ORG/AINTNOBAND**



Adam

Adam Walker
SouthwestNOW Editor
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(469) 285-2008

EDITOR'S NOTE

Pink is everywhere ...

October is Breast Cancer Awareness Month, so you're likely to see a lot of pink this month. You'll see everything from license plate frames to firefighters in pink T-shirts. There are many ways to give to groups like Breast Cancer Research Foundation, National Breast Cancer Coalition Fund (both of which focus on finding a cure), Breast Cancer Prevention Partners (which focuses on preventing new cases), The National Breast Cancer Foundation and Dr. Susan Love Research Foundation (which both look for ways to improve the lives of people with breast cancer). You will likely have the opportunity to participate in a 5K or other fundraising events. Take the opportunity. Breast cancer affects so many lives. It is still the second leading cause of death in women.

But don't forget that a much smaller number of men also get breast cancer each year. About 1 in 100 white people who develop breast cancer is a man. The number is about 1 in 70 for black people. While there are fewer than 3,000 cases of male breast cancer each year, the death rate among men is much higher, because men don't even realize they can have it. The father of a co-worker recently died from it. We don't have "breasts," but we have some of all the tissues involved. As with women, the most common sign is a lump. Early detection is key, and the word is getting out. Methodist Charlton Medical Center recently held a breast cancer event that included a special session for men, hosted by male survivors.

Female or male, it's important to be aware of your body. Seek treatment early.

Get your pink on!



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In 1990, Alwyn Dowell Sr. started ALBRA DEWYN™, named by combining his and his wife, Debra's, names, because of a personal experience. "From 1985 to 1990, I had seborrheic dermatitis. I'd been to five doctors and three dermatologists, and was getting progressively worse. One day, my son said, 'Pop, you need to see another doctor.' I was super depressed. So, I went to the university library and copied a book of shampoo formulas to learn to make my own. Then I found an old book on skin diseases. It opened to a section on using natural ingredients to treat skin diseases. I bought the ingredients and used a baby shampoo as a base. The itching reduced immediately. Hair I hadn't had for 15 years started growing back!"

From that beginning, Alwyn started refining his formula and trying it on others with various hair-loss issues — a daughter who had a chemical burn from the hair salon, a brother with male pattern baldness, friends with other skin conditions. "I registered with the FDA as a researcher and did preclinical trials. Nine out of 10 subjects regrew hair. I tried to get laboratories to pay attention to my results, but they weren't interested, because my formula uses all-natural ingredients."

When the expense of doing everything necessary to get the medical community to accept his results for helping people with alopecia became too much, Alwyn made a slight change to his formula and registered as a cosmetics company. "My hair care shampoo and conditioner, hair spray, total body wash, total body lotion and day and

night cream all have a proprietary blend of essential oils and vitamins. They're anti-viral, anti-bacterial and anti-fungal. And they're very cost effective, because a big bottle of the shampoo will last about 8 months. I'm selling these products in 43 states; Toronto, Canada; and Ho Chi Minh City, Vietnam. I'm planning to open three more physical locations in the next two years." ALBRA DEWYN™ even has a senior citizen discount.

Alwyn opened his online store in March 2012, working from his production facility in DeSoto. "In June 2018, I decided it was time to apply for a space at Grow DeSoto Market Place Small Business Incubator. "The first five months there, our sales increased by 40 percent per month! Our current location is next door to GDMP. We've added a salon, where ladies can come to have their hair and scalp serviced, in a private setting. Hair loss is a common side effect of many drugs, but it may be from stress, vitamin deficiencies, scarring, thyroid problems, dramatic weight loss, chemotherapy and various types of alopecia. Where other treatments have failed, our services have educated people about hair loss and restored their scalps, so their hair can regrow naturally within seven days. We have female customers from age 9 to 92, and male customers from the late 20s to 77, who are getting results from our products. We also carry all-natural products for skin inflammation."

Alwyn wants to see lives changed. "My reward is not dollars. It's when a customer comes back with a smile on their face. I want to help people and relieve their pain."

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AT HOME WITH SEAN AND TERI O'CONNOR

— By Adam Walker

Reaching the Goal

When arriving at the home of Sean and Teri O'Connor, three stones in the courtyard let you know who you're about to meet, even before the dogs greet you. They declare Laugh, Live, Love, and that's what this family does.

Longtime Duncanville residents, they bought their current house in 2003, moved away for a few years and came back to the same house. "We're only the second owners of this house," Sean said. "The previous owner was a chef and did catering here. But we bought it because of the pool."

Teri agreed, "We missed the pool we had before we moved to the Dallas area. It was something we wanted for our girls."

Sean smiled. "Yeah, we told the agent we wanted a great pool, a nice backyard and a good house," he said. "When we walked in, the house was OK. It was nice. But when we saw the backyard, we said, 'OK. We're here.'"

Their youngest daughter, Danielle, was only in kindergarten then. Now she's the only one still at home. "All the rooms are mine now," Danielle explained. "I'm moving into my oldest sister, Jackie's, room. My room will become the new guest room."

Sean and Teri met at a church summer camp. Teri was there on staff to lead worship. Sean was just there to hang out with his friends. But they were about the same age, and Teri caught Sean's eye, right off. "I asked her out, and she said, 'No.'"

Teri laughed. "He asked me out more than once, and I kept telling him no. I finally told him, 'Me counselor. You camper. No.' It was against the rules. Then he asked me if that was the only reason. I was thrown off by that, and said, 'Well, yeah, I guess so.' Then Sean replied, 'Great! I just became a counselor two hours ago!'"

"I was determined to knock down every barrier!" Sean laughed. "When I asked if I could be made a counselor, they laughed and said they'd been waiting for me to ask." They married in 1990 and had three daughters, Jackie who just finished a master's degree and is starting a career, Miranda who just married and Danielle who is enjoying all the extra space at home.

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Sean trained as a pastor but spent years coaching high school sports at private schools in and near Duncanville. "I was at the Evangelical Methodist Church's pastor's school, just down the street, and I was looking out the doors between sessions. The church ran a school, and it was track season. The students were outside practicing without a coach. The pastor came up and asked me, 'Didn't you used to do that?' I said, 'Yeah.' In college, my goal had been to go to the Olympics for javelin. 'They alright?' he asked. I told him, 'They're gonna get hurt!' He said, 'Tell you what. You go help them, and I'll give you credit for the rest of the pastor's school. I worked with them for a few hours. The next month, several of the boys I had helped medaled at their track and field meet. The head of the school's board called and asked me to be their athletic director. I said, 'Yes.' So, we moved from Copperas Cove to Duncanville." That began a long stretch of coaching high school and college sports.

"Sean didn't just coach," Teri explained. "He ministered to the kids. A lot of single moms needed help with the turmoil of adolescence. They'd call here, and Sean would get on the phone."

"I'd answer and they'd say, 'You know, Coach, if he can't follow instructions at home, I think he needs to sit this week out,' Sean remembered. 'I'd say, 'Put him on. ... Why haven't you done what your mother asked you?' *I will.* No, go do it now. I'll wait.' They'd come back. 'Now go apologize to your mother. *I will.* No, now. I'll wait.' We did life with them."

Teri nodded. "I always said we had three daughters and 85 sons. They'd ask me, 'Mrs. Coach, can we come over and swim?' In six-man football there's a





mercy rule. If you're ahead by 45 points at halftime, the game's over. I'd say, 'Only if you're done by halftime!' Still today, it's hard to go to Tom Thumb without meeting somebody we know from his time as a coach or mine as a teacher."

A few years ago, Sean transitioned back to pastoring a church in Carrollton, and Teri started a doctorate in leadership. While finishing her coursework, she's commuting to Kentucky and Minnesota to help Christian schools as a certified fundraising executive (CFRE). "I design multi-million dollar projects for noble causes," she explained. "These schools are just one of the things I do."

A couple of years ago, the family experienced a crisis of their own. "Sean had a cough, so he went to CareNow. They thought he had pneumonia. After 10 days of treating him for that, they sent him to the hospital in Denton. What he had was heart failure. They did a triple bypass."

"They had to go back in 24 hours later. It's taken two years to recover from that," Sean added.

Teri grimaced. "He didn't do well in that second operation. They told me to prepare for the worst. They were planning to stop his heart and restart it, but they weren't sure they could get it to restart. I went home and called the kids together. I called friends and asked them to pray. Then, a friend at the hospital called to say Sean's numbers had just corrected themselves. I asked when it happened. He told me 10:13 p.m., and I couldn't stop laughing. Romans 10:13 is Sean's favorite Bible verse. It's all over his office!"

Sean and Teri are still involved with young people. They co-lead the young adult ministry at the church Sean pastors. They believe working with the 20- to 30-year-olds keeps them young. "Pastoring is a lot like coaching," Sean said. "They're both 24/7 jobs, and it's all about learning to love people. The more you do with them, the more you love them." **NOW**



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LITTLE DREAMING BIG

— By Sally Fuller

Dream big! That's the message John Caleb Ewing II, author and entrepreneur, shares with others through his energy, his faith and his first published book, You Can Do All Things: Children and Career Choices. John is 9 years old.

"You Can Do All Things"

Children and Career Choices



By: John Ewing II

For most adults, the thought of writing and self-publishing a book is daunting. For a 9-year-old who struggled with reading, the task could have seemed impossible. But John believes the words in the title of his book and is determined to spread that message not just to children, to whom the book is written, but also to the world. John does, indeed, dream big.

Parents John and Doniqua "DeDe" Ewing describe John as a natural-born encourager and leader. When they realized he was having trouble with reading, a skill they both know is essential for success, they were determined to help him overcome that challenge. They started John in tutoring and then turned to their faith for answers. The answer they found was to inspire John to write his book to encourage others who also struggle.

John dedicated his book "to young dreamers who may struggle with reading," but his accomplishment at such a young age has reached a larger — and older — audience. "It [the book] is just about telling people you can do all things



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and encouraging them, so that they will be successful, and they will do good things," John shared. "The people at my church say thank-you and encourage me. One of my dad's friends said it encouraged him to finish his book."

Doing good things is something John knows about firsthand. He and his father volunteer at their church once a week, doing everything from setting up chairs for services to arranging for PowerPoint presentations for classes, to cleaning. John's mom said he also likes to help around the house as well as in the community. He and his father often walk their neighborhood picking up litter. "He's a hero in our church, in our community and in our home," she said.

Dreams are fueled by hard work and cold, hard cash. To be a living example of his book title, *You Can Do All Things*, John first had to find a way to fund his book-publishing dream. During the summer of 2018, he found that way.



"I did a lemonade stand and raised money to publish it and to do a photo session," he said. "Deuce's Lemonade Shack" was a huge success. In the first two days, he raised \$700 as people throughout his community and his family showed up to support his dream. That support continued throughout the summer, and John accomplished his goal of self-funding his book.

While the lemonade stand was definitely "fun," John enjoyed the photoshoot even more. To illustrate his book, John dressed in costumes depicting 12 different career choices. In one shot, he's an astronaut; in another, a chef; in another, a farmer; in another, the president of the United States. "I



liked the astronaut best because I had to jump, and he [the photographer] had to take the picture of me in the air," John said with a huge smile.

Dressing up in costumes is something John enjoys outside a photography studio, as well. One of his favorite things is playing superhero with his best friends. "It's fun. We just run around the house doing stuff," he said in typical 9-year-old fashion.

The superpower John would most like to have is the ability to read minds. His superhero name would be "MindReader," and he would use his power to do what all superheroes do: "help people and love them and take care of them and stuff." In a world saturated with superhero movies and videogames, John has many superheroes he could emulate. He chose one not out of Hollywood or the pages of a graphic novel, but much closer to home. "My dad, because he does all that stuff I said," John expressed.

Plans for John's second book are already underway, to be written "when I have enough money," he said. The next book, to be co-written with SuperDad, will be about entrepreneurship. John's other future plans are to earn his MBA degree and to become a preacher or maybe the president. Either path will surely find him fulfilling his natural calling of helping others believe they also can do all things. **NOW**

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djones@bchoiceinsurance.com
bchoiceinsurance.com
Facebook: Best Choice Insurance Services DFW Dallas

Hours: Monday-Friday: 9:00 a.m.-5:00 p.m.
Saturday: By appointment
Sunday: Closed

Deshaundra Jones, owner and operator of Best Choice Insurance Services, is experienced in partnering with her clients to meet their insurance needs. She is a health insurance professional with more than 10 years of experience. “Though



I have thousands of clients in Texas, I’m not too big to care for each individual I serve,” she said. Deshaundra enjoys conducting educational outreach sessions to explain why insurance is important and how to choose the right insurance for you. “I work with top-notch companies like United Health Care to provide the best products for my clients,” she added.

Deshaundra emphasizes being sure her clients understand the options available to them. “I gladly spend as much time as necessary dispelling myths about insurance. I want choosing insurance to be stress free, and to meet the needs and budget for each insured client. It’s important to eliminate misconceptions about insurance.” Her commitment to her present and future clientele is demonstrated by her dedication to stay up-to-date on the latest changes in the industry. “Everyone’s situation is different. Everything is customizable,” she explained.

She also believes in building relationships. “I learned a

long time ago, that if I treat a client professionally, then they appreciate and respect me and are confident in sending me referrals," she said. "My very first client is still with me, happy and satisfied. I welcome setting an appointment with my clients in the office or at their home. I believe in quality over quantity, and I believe in doing what is right for my clients the first time."

"Everyone's situation is different. Everything is customizable."

Quality health care providers, such as United Health Care, offer dental, vision, hearing and worldwide emergency services. "United Health Care has been a leader in the industry for more than 40 years. They have the largest network of doctors and hospitals in North Texas, so my clients can go to any hospital in North Texas. If they need a specialist, they can find one, in-network, nearby, not hundreds of miles away. Best Choice also provides employee benefits for individuals, small businesses or large businesses with thousands of employees. People on Medicare and/or Medicaid, whether they are veterans, retired seniors or those still in the workplace, are eligible for complimentary consultation and selection. All age groups are privy to health, life, supplemental and Medicare options, with top-notch companies bringing peace of mind as health care costs rise. Supplemental plans pay clients for out-of-pocket medical costs, a necessary relief for unexpected medical bills. Best Choice current clients range from 2 weeks old to 93 years old. Best Choice guides them in deciding their best health care choice."

Deshaundra shared that her clients state that Best Choice Insurance Services is the best because of her knowledge, professionalism and experience. They like knowing they can call or email a live, reputable professional. Many clients are surprised at the low costs and easy sign-up process. They enjoy having options quickly explained and guaranteed. **NOW**

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I'm Deshaundra Jones, a licensed sales representative in Cedar Hill, DeSoto and Duncanville.

When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. And what met your needs last year might not be the best fit this year. Take advantage of this time to explore your Medicare choices so you can enroll in a plan with confidence. I'm here to help. I know the ins and outs of Medicare. And I know how to make it easier for you to understand, as well.

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Zoomed In: Alisa Williams

By Adam Walker

Alisa Williams, chairperson for special events at Grow DeSoto Market Place, paused while decorating for Breast Cancer Awareness Month. From her ladder, she explained, “We’re going to have three Friday night awareness events, including a pampering event and a candlelight vigil. We’re also hosting a walk at Zeiger Park to raise awareness.”

She considers this part of her mission. “I started doing this a couple of years ago. I don’t have any breast cancer survivors in my family, but I believe this is what God wants me to do. It’s like He spoke to me and said this is what I’m supposed to do, so I’m doing what I can to make a change.” She welcomes everyone to help pink DeSoto out.



Avery Rose Dauenhauer celebrates her first birthday!



William Rainwater, operations manager at Hillside Village, keeps the statues well cared for.



The kids of First Baptist Church have a water war on the green space in downtown Cedar Hill.



Assistant Police Chief Mark Livigni takes a turn in the dunk tank at Duncanville Police Department's first open house.



Deysi Goodnight dares you to put your name in the Globlet of Fire for the Duncanville Public Library raffle.



Clara McGinnis keeps the Cedar Hill city offices smiling.



SouthwestNOW editor, Adam Walker, celebrates Hug Your Hound Day with Yule.

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Planning for Retirement: Starting Early, Starting Late

"Time is money." Benjamin Franklin may not have been thinking about the effect of time on the accumulation of money back when he reportedly made this observation, but his words hit home for anyone saving for retirement.

Starting early.

Obviously, the earlier you begin saving for retirement, the more time you have to contribute to your retirement fund. An early start also puts the power of compound interest — the ability of your earnings to grow on each other — on your side until you withdraw funds from the account. In fact, say financial counselors, regularly saving even modest amounts beginning when you're just starting out enables you accumulate more for retirement than waiting several years and saving larger amounts.

Starting late.

Even so, life gets in the way for some of us. Before we know it, we've procrastinated through our 20s, 30s, even our 40s, with little or nothing saved for retirement. If you've waited decades to start saving for retirement, you may wonder, *Did I wait too long?*

No doubt about it, you'll be in a difficult spot, but it's never too late to start saving for retirement. With diligence, some strategic moves and professional help, you can likely make up some of the ground you've lost.

Plan and save with discipline. Saving as much as you can for retirement isn't the same as planning for it. Instead, create a savings strategy based on your own circumstances and goals. Then, take advantage of opportunities to maximize savings, such as increased contribution limits for certain types of retirement accounts, if you are age 50 and older.

Delay retirement. Minimize the hit to your retirement funds by working longer than you originally planned. Extra years of income can mean more dollars saved for retirement, more years for savings to grow and less need to tap retirement funds.

Get professional help. Staying on task is critical if you're getting a late start. A financial professional can guide you through financial options, identify potential pitfalls and coach you toward your ultimate retirement goals. **NOW**

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Monica Kenney is vice president of Frost Bank in Duncanville. (214) 515-4796.

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CookingNOW

In the Kitchen With

DR. KL JOHNSON

— By Adam Walker



Dr. KL Johnson started cooking as a 4-year-old in Ft. Worth. For more than 20 years, she's worked with culturally and linguistically diverse children with special needs. "I love to cook because it taps into my creative side," she explained. "My mother and grandmother taught me to cook. I also took two cooking classes when I studied abroad in Mexico.

"I enjoy ensuring families have easy meals to prepare for their special needs children," she said. "I use a combination of air frying and pressure cooked ketogenic and paleo meal selections that require few ingredients and minimal heat exposure. The ultimate goal is to be able to say that their child 'made a happy plate.'" She is preparing a nonprofit pediatric special needs e-cookbook full of recipes like those shared here. **NOW**

Organic Fish Up Cakes

1/4 tsp. organic cayenne pepper
1/4 tsp. organic sea salt
1/4 tsp. Bragg Organic Sprinkle Seasoning
1 1/4 cups organic gluten-free breadcrumbs
1/4 cup organic celery, chopped
1/4 cup organic green onions, chopped
2 medium-size pieces fresh, wild-caught ahi tuna

2 refrigerated eggs
1 Tbsp. organic lemon juice, or 1 lemon, juiced

1. Place seasonings, breadcrumbs and vegetables in a mixing bowl.
2. Add fish, eggs and lemon juice. Mix together thoroughly. The fish should fall apart and flake into mixture until evenly distributed.
3. Place 2 Tbsp. of mixture in the palm of your hand; form into a cake. Place cake on a cookie sheet, leaving an index finger

of space for expansion. Repeat, using all the mixture.

4. Bake at 325 F for 20-25 minutes.

Organic Bison Quiche

Organic avocado or coconut oil spray, for coating interior of pie shell
1 7-oz. organic, gluten-free pie shell
4 free-range, organic eggs
1 cup organic spinach
1/4 lb. ground bison or your choice of meat
1/4 cup organic cheese or cheese substitute
1/8 cup organic onion and garlic, grilled in a cast-iron skillet
1/2 stick of Kerrygold butter
Organic paprika, to taste
Sea salt, to taste
Organic turmeric, to taste
Organic onion powder, to taste
Bragg Organic Sprinkle Seasoning, to taste

1. Spray oil on the pie shell; toast in the oven for 15 minutes at 350 F.

2. In a mixing bowl, thoroughly combine remaining ingredients.
3. Pour mixture into the pie shell; bake at 375 F for 20 minutes.

Organic Cream Cheese Grass-fed Lamb Meatballs

- 1/4 cup organic almond flour
- 1/4 tsp. organic sea salt
- 1/2 tsp. organic turmeric
- 1/4 tsp. organic coriander
- 1/4 tsp. organic crushed red pepper flakes
- 1 lb. ground lamb
- 1/4 cup organic purple onion, finely chopped
- 1/2 cup organic sour cream
- 1 cup organic mozzarella
- 1/4 tsp. Annie's Organic Vegan Worcestershire Sauce
- Dash of Bragg Liquid Aminos
- 1/8 tsp. organic coconut aminos

1. Mix all dry ingredients together thoroughly.
2. Thoroughly combine the dry mixture with the meat and all remaining ingredients.
3. Form into 15-20 medium-sized (Coke can diameter) meatballs.
4. Air bake in an air fryer or oven for 25 minutes at 350 F on a stainless-steel sheet tray.

Organic Fruit Salad Without All the Fluff

- 12 oz. organic mixed canned tropical fruit (Frozen is not recommended, because the enzymes will break down the whipped cream quickly.)
- 12 oz. organic antioxidant blend of mixed berries (blackberries, raspberries, blueberries)
- 1 cup organic pecans, halved or chopped
- 1/2 cup organic coconut, shredded
- 1 5.3-oz. container organic almond or coconut yogurt
- 1 9-oz. container So Delicious Dairy-Free CocoWhip

1. In a bowl, mix all ingredients.
2. Place in the refrigerator for 15 minutes to set firm (like a Jell-O mold).

Organic Vegan Cacao Pecan Muffins

- 2 cups organic almond or coconut flour
- 1 cup organic arrowroot flour
- 1 cup organic coconut sugar
- 1 cup organic pecans, chopped

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1/2 cup organic cacao powder
 1 cup organic avocado oil or coconut oil
 (or 1 Tbsp. egg replacer)
 2 cup organic coconut milk

1. Mix all dry ingredients.
 2. Add liquid ingredients; stir.
 3. Pour batter into PBA-free cupcake holders;
 bake at 375 F for 40 minutes.

Organic Taco Cornbread Casserole

2 1/3 cups organic coconut or
 almond flour
 1 cup organic cornmeal
 4 1/2 tsp. aluminum-free baking powder
 1 tsp. pink Himalayan salt
 2/3 cup Miyoko's European Style
 Cultured Vegan Butter, softened
 1 cup Amy's Organic Chili
 3 large, free-range, organic eggs,
 room temperature
 1 2/3 cups organic coconut, cashew or
 almond milk

1. Mix all dry ingredients.
 2. Combine with liquid ingredients.
 3. Bake in a cast-iron skillet for 25 minutes
 at 375 F.



Organic Bison Quiche

Organic Almond Butter Pancakes

1 cup organic almond flour
 1 cup organic arrowroot flour
 2 Tbsp. aluminum-free baking soda
 1 cup organic coconut sugar
 1 cup sugar-free, organic chocolate chips
 1/2 cup organic almond butter
 1 cup organic avocado oil or coconut oil
 (or 1 Tbsp. egg replacer)
 1 cup organic coconut, cashew or
 walnut milk
 1/2 cup Miyoko's European Style
 Cultured Vegan Butter
 Coconut oil, for frying

1. Mix together all dry ingredients.
 2. Add liquid ingredients; combine
 thoroughly. If the batter comes out too thick,
 consider adding more milk. If it is too thin,
 add more flour.
 3. Fry in a cast-iron skillet in the coconut oil.

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TIMELESS Travel

— By John T. Taylor

Do you ever think you would like to go back in time? Maybe not an earlier time but a simpler one, where residents still sit on their front porches and visit with their friends? A place where you are greeted on the sidewalks by people genuinely glad to see you? Can you even imagine such a place that also has quality events and attractions, as well as quality relaxation?

Tucked into the northeast corner of Texas, you'll find Jefferson, one of Texas' oldest and most historic cities. A charming destination for families, or a romantic weekend getaway for couples, you'll find myriad entertainment choices all year. With its 20-plus award-winning B&B's, top-ranked restaurants and exciting festivals, Jefferson is a must-see destination, and one to which you will want to return. Its location east of the Dallas-Ft. Worth area and north of Houston makes it easily accessible by major highways.





Find 5 hidden witch hats in 5 different ads in this issue (not counting the one above). Email the page numbers and specific ads where they are found, plus your contact information and phone number by October 15th to scavenger.swn@nowmagazines.com.

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Today, that famed waterway hosts visitors to canoe and kayak past magnificent cypress trees draped with Spanish moss, reminiscent of states farther south and east. If that sounds too much like exercise on your visit, take a narrated riverboat tour with an experienced and entertaining guide and local historian. If you have more time and a passion for water activities, visit nearby Lake O' the Pines, as well as Caddo Lake, a haven for photographers and fishermen. Fully equipped campgrounds are available at both lakes.

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While the pace is slower here, you'll quickly find an attraction to interest almost everyone and a memory waiting to be made. There are museums, galleries and an original restored Carnegie Library. For model railroad enthusiasts of all ages, the R.D. Moses Model Railroad is located in the Depot directly behind the Jefferson Historical Museum. Train rides, soda fountains, a petting zoo with exotic animals, shops and boutiques, informative horse-drawn carriage rides and coach tours on brick streets await your exploration and are in operation year-round. To fuel all that activity, you'll find Jefferson has everything from unique sandwiches, award-winning barbecue, burgers and fudge to bistros, wine, coffee bars and fine dining establishments. If you still have the energy, you will find ghost tours available on weekends with fascinating stories of hauntings, past and present.

Festivals abound all year with a candlelight Christmas season, an old-fashioned Fourth of July celebration and a pilgrimage of homes. Add to that Mardi Gras, motorcycle rallies and car shows, Bigfoot sightings, history symposiums and Girlfriend Weekend book festivals, and you might have to stop to catch your breath. But, if you're just looking to get away from the crowds for a weekend, Jefferson offers that, too. And that feeling of relaxation and contentment you'll carry home with you comes free of charge. **NOW**

Editor's Note: Contact Tourism for more information at (903) 665-3733 or visit www.visitjeffersonontexas.com.

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Valerie J. Gorman, MD, FACS, is a breast surgeon who specializes in surgical oncology and surgical diseases of the breast. She is board-certified by the American Board of Surgery and serves as Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center – Waxahachie.

Dr. Gorman performs breast surgery that includes mastectomy and lumpectomy, allowing the cancerous tissue to be removed through a single incision made in a cosmetically appealing area while preserving the natural shape of the breast and reducing any visible scarring. Dr. Gorman is dedicated to offering her patients an advanced, personalized and targeted approach to breast surgery and the treatment of breast cancer.

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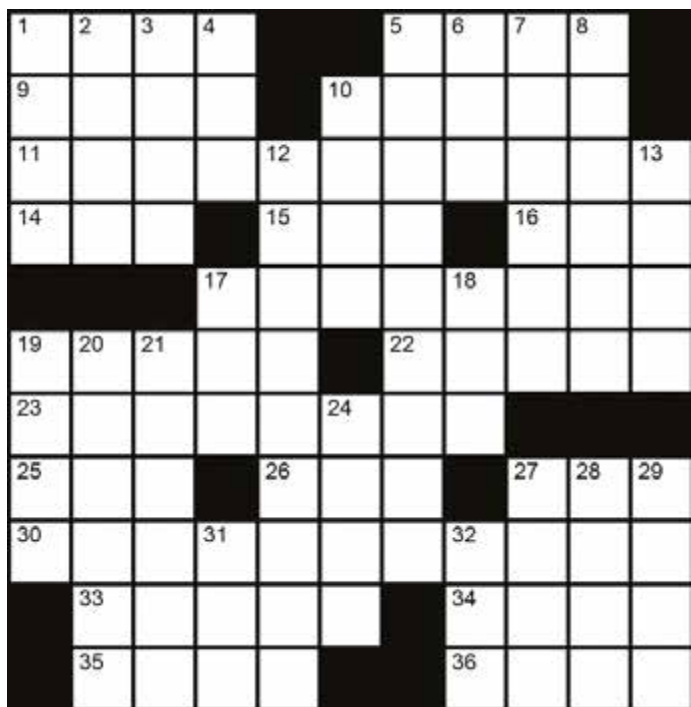
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EIGHT DAYS, AND
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Crossword Puzzle



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Across

- 1 Start of Operation Overlord
- 5 Banned pollutants
- 9 Former Soviet ruler --- Andropov
- 10 Acute
- 11 Watch
- 14 When one is supposed to get there
- 15 Metal container
- 16 Period of history
- 17 Judicial restraint
- 19 Variable
- 22 Old-fashioned
- 23 Hung around
- 25 First of her kind
- 26 The whole race, or a member of half of it
- 27 Put down in the street
- 30 Journey's end
- 33 Yearned
- 34 The power to reject
- 35 Playthings
- 36 Thrust with a knife

Down

- 1 Embankment
- 2 Musical composition for two
- 3 Extent of space
- 4 Pup's cry
- 5 Remarkable events
- 6 Reef
- 7 Cattle classifications
- 8 Puffball emissions
- 10 Obstacle
- 12 Scholarly centers
- 13 Not any
- 17 Light rowboat
- 18 Slender bar
- 19 Ran away
- 20 Occupy
- 21 Worldwide cultural org.
- 24 South African monetary unit
- 27 Tokyo legislature
- 28 Small thing
- 29 Nose-in-the-air sort
- 31 Your, old style
- 32 Domestic channels for news, education, entertainment and rubbish

Solutions on page 44

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Easy

Medium

		5			8		9	
			5					6
							2	
4	6		1				5	
	2							
			7			6		4
		6						2
8	3	7			1			
	1	2						5

					8	9		
	6			9				
	3	4					5	
				7		4		
		6	9					3
		7		4				
	1						8	
		3		6	1	5	4	
	7			8	3			6

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Solutions on page 44

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10/3

Stuff a Scarecrow:

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6:00 p.m., Zula B. Wylie Library,
225 Cedar St., Cedar Hill.

10/4-10/5

The Lion, the Witch and the Wardrobe Auditions:

Come try out for a role in the play based on the beloved book.

Friday: 6:00-8:00 p.m.;

Saturday: 4:00-6:00 p.m.,
Trinity Church, 1232 E. Pleasant
Run Rd., Cedar Hill.

Legally Blond: The Musical!

See the Cedar Hill Fine Arts
Dept. present the Broadway
musical based on the movie.

\$10. 7:00-9:00 p.m.,
Cedar Hill High School
Performing Arts Center,
1 Longhorn Blvd.

10/8

Toni Morrison:

The Pieces I Am:

See the recent documentary
about the life and career of
one of America's great authors.

Ask your English teacher for
extra credit! Free. 6:00 p.m.,
Duncanville Public Library,
201 James Collins Blvd.

10/11

Old Settlers Reunion:

Join Cedar Hill residents from

years gone by for fellowship
and fun. \$5 for adults/\$3 for
children under 12.

5:30-8:00 p.m., Houston
and Broad St., Historic
Downtown Cedar Hill.

10/12

Mission Fun Run:

5K and 1-mile walk benefiting
missions. \$25. 7:30 a.m.,
First United Methodist Church,
128 N. Roberts Rd., Cedar Hill.
Register at 1stCH.org.

Country Day on the Hill:

Enjoy a parade, craft vendors,
food, contests and live
entertainment. Free.
9:00 a.m.-6:00 p.m.,
Historic Downtown Cedar Hill.

Longhorn Texas

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Bodybuilding show with
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10:00 a.m.; finals: 6:00 p.m.,
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10/14

Family Fun Night:

Dancing Through Cultures:
Learn about the world of dance.
Free. 6:30 p.m.,
Zula B. Wylie Library,
225 Cedar St., Cedar Hill.

10/17

Teen Start-UP Business:

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Zula B. Wylie Library,
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Free Outdoor Movie Night:

Free snacks and drinks.
8:00 p.m. First United Methodist
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10/19

Hogs-4-Dogs Charity Ride:

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from Longhorn Harley-Davidson
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Animal Shelter, 1150 E. Pleasant
Run Rd., Cedar Hill. (After party
at The Boxcar in Ovilla.)

10/25

Astraios:

Classical music concert. Free.
7:00-9:00 p.m., Corner Theatre,
211 E. Pleasant Run Rd., DeSoto.

10/26

Texas Country Reporter Festival:

Join Kelli and Bob Phillips, hosts

of the weekly TV show, *Texas
Country Reporter*, for this
24th annual, one-day arts and
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9:00 a.m.-7:00 p.m.;
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Anderson: 6:00 p.m., historic
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10/29

Poltergeist:

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Duncanville Public Library,
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10/31

Scare on the Square:

Costume parade, trunk-or-treat
and entertainment.
6:00-8:00 p.m.,
Historic Downtown Cedar Hill.

Trunk-or-Treat:

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Crossword - Sudoku Solutions

1	D	D	A	Y		5	P	C	B	S						
9	Y	U	R	I		10	S	H	A	R	P					
11	K	E	E	P		12	A	N	E	Y	E	O	N			
14	E	T	A		15	C	A	N		16	E	R	A			
					17	G	A	G	O	R	D	E	R			
19	F	L	U	I	D		22	M	O	S	S	Y				
23	L	I	N	G	E	R	E	D								
25	E	V	E			26	M	A	N		27	D	I	S		
30	D	E	S	T	I	N	A	T	I	O	N					
					33	A	C	H	E	D		34	V	E	T	O
					35	T	O	Y	S			36	S	T	A	B

Easy

6	7	5	4	2	8	1	9	3
2	8	3	5	1	9	7	4	6
1	9	4	3	7	6	5	2	8
4	6	9	1	8	3	2	5	7
7	2	8	6	4	5	9	3	1
3	5	1	7	9	2	6	8	4
5	4	6	9	3	7	8	1	2
8	3	7	2	5	1	4	6	9
9	1	2	8	6	4	3	7	5

Medium

7	5	1	6	3	8	9	2	4
2	6	8	5	9	4	7	3	1
9	3	4	1	2	7	6	5	8
3	2	9	8	7	6	4	1	5
5	4	6	9	1	2	8	7	3
1	8	7	3	4	5	2	6	9
6	1	2	4	5	9	3	8	7
8	9	3	7	6	1	5	4	2
4	7	5	2	8	3	1	9	6

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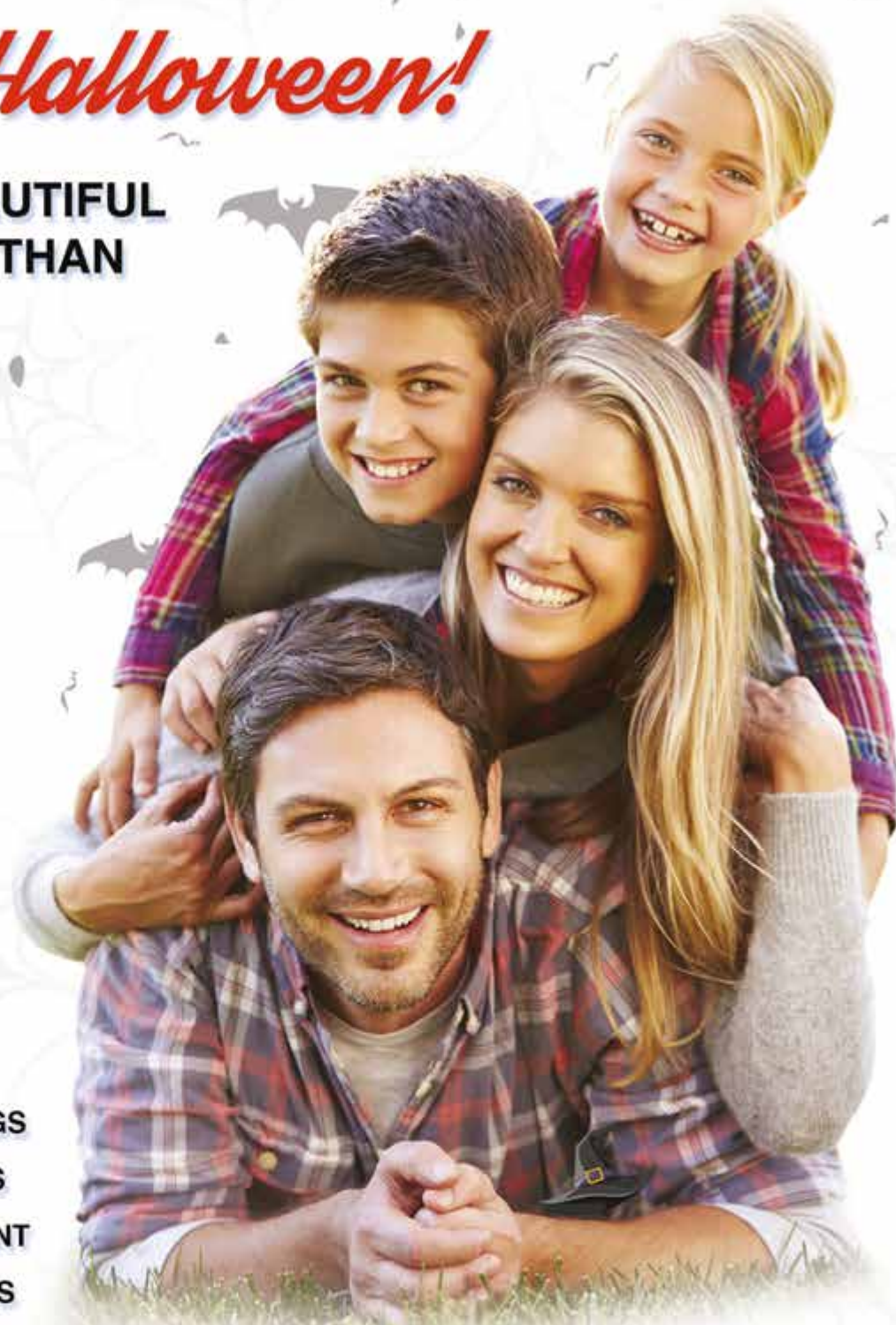
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