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OCTOBER 2021

Building the Foundation

Carla Butler starts children off right

UpdateNOW:
Paula Lee

Also inside:

Scavenger Hunt

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JOLYNN MADDUX

Teaching and Learning Center Dedication Ceremony



About JoLynn Maddox

JoLynn Maddox spent her entire teaching career serving Cedar Hill ISD scholars and families. Maddox officially joined the district in the summer of 1988 as a fourth and fifth grade teacher at High Pointe Elementary, after doing her student teaching at that campus in 1987. She taught there until 1992, when she joined the staff at Waterford Oaks Elementary where she taught fourth grade until 2002.

Maddox taught eighth grade history at Permenter Middle School from 2002-2017 and has served as an Instructional Facilitator for English Language Arts and Social Studies at Permenter since 2017.

Maddox earned Cedar Hill ISD Elementary Teacher of the Year/Region 10 Teacher of the Year honors (Waterford Oaks Elementary School) for 1999-2000 and CHISD Secondary Teacher of the Year honors (Permenter Middle School) for 2004-05. She was also the CHISD Special Education Teacher of the Year at High Pointe Elementary in 1991.



About Maddox Teaching and Learning Center

The purpose of the JoLynn Maddox Teaching & Learning Center is to provide professional development and training for Cedar Hill ISD employees, so they can educate, inspire and empower scholars.

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As early as eighth grade, I aspired to become a school superintendent.

The pursuit of higher ed allowed me to achieve my dreams of positively impacting education for kids who need it most.

-Dr. Weaver



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ON THE COVER

Carla Butler combines fun and learning.

Photo by
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EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
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Variety is the spice of life ...

That's how the saying goes. And I do like a lot of variety in my spice. But spices are more than just extras. At one time, an ounce of black pepper cost more than an ounce of gold. And simple salt was so valuable that a portion of a Roman soldier's wages were paid in salt, his *salarium*. The word comes from *sal*, meaning salt, and is the source of our word *salary*, and the saying "not worth his salt." Simple salt and pepper can tell quite a story.

Herbs, spices and flavorings can take your mouth around the world, even when your pocketbook won't, or when a pandemic makes travel impossible or unwise. Oregano, basil, thyme and rosemary will take you around the Mediterranean. Lavender will transport you to Southern France. A few juniper berries and some caraway seeds, and Northern Europe will be tickling your palate. Mint can transport you anywhere from the Deep South, to merry old England to the Middle East.

I'm always up for trying a new spice. Ajwain seeds from India, star anise from China, some good Mexican cumin. Some spices are just for sweet dishes, others just for savory. But if you switch regions, your sweet cinnamon for cookies and candies, becomes a perfect flavor for meat dishes from Greece to Lebanon to Iran. And it's one of the ingredients in Chinese five-spice powder that figures in all kinds of soups and dumplings. Cardamom is just as at home in a chicken biryani or a cookie.

Give me some cloves, nutmeg and ginger for my latte. But don't forget the flaming hot chilis and the Thai lemon basil!

If you like to cook, too, send me an email. I am always looking for cooks to feature!

Spice is the variety of life!



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BUILDING THE Foundati

Entering Carla Butler's pre-K room at Village Tech, one thing is apparent right from the start. This is no day care. This is a learning environment. "I teach pre-K because it's critical that the littles have a good foundation. I can make a difference in whether they like school or not. My job is to make them excited about learning and to make sure they think about school as a positive, good thing."

Everywhere you look in Ms. Butler's room, there are words. Most things are labeled. There are posters teaching words for emotions, words for days and months, words for everything pre-K students need to talk about. The room is divided into seven learning stations, and one of those is a library, where the tiniest scholars start learning what books are and how they work, and they start recognizing words.

"Words are important to their social skills," Carla explained. "They have to learn to use their words to express their wants and needs. I focus on getting them to talk in complete sentences, and I'm careful not to talk for them, and not to let others talk for them either. I look at the total child. I want them to leave my classroom as well-rounded individuals who can speak for themselves. We do affirmations in the morning. 'I'm beautiful. I'm handsome. I can do it!' Then in our morning circle and again in our evening circle, they

"Words are important to their social skills. They have to learn to use their words to express their wants and needs."

on

— By Adam Walker





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get to tell how they're doing and find a friend to tell something they like about them. I try to get them to move past, 'I like your shirt,' to 'I like when you were kind.' And we do various warm-ups for our morning exercises. The students all take turns leading the exercises. They choose which exercises and how many times to do them."

No one in Carla's classroom does a lot of sitting. "We do a lot of movement. I'm just as active as they are. We take lots of brain breaks. We go walking around the school grounds. We pick up trash with gripper sticks. Those were a big hit with the kids. They get so excited about using them!"

In among the activity for growing bodies, a lot of learning happens for growing minds. "At our science and social studies station, we do a lot of hands-on activities. We learn about gardening, and plant seeds in our flower boxes. We learn about top soil and bottom soil and gardening tools and how to care for plants. Then, on Exhibition Night, the students explain all about gardening to the visitors. We learn about the globe, and maps, and helpers in our neighborhood and at school."

As a prelude to literacy, the students learn that "Letters are ABCs. Numbers are 123s." Carla fosters excitement about books. "I'll hold the book upside down until they tell me, 'No, Teacher!' Then I'll start reading from the back of the book, going backwards, until they correct me. They learn about the



cover and the spine. I make it fun and creative, but they're still learning things. They learn to track the words across the page and learn how writing and reading are connected."

Last year, Carla's classroom was rodeo themed, even through virtual learning. This year, it's a Hollywood theme. "We had a red carpet for the first day of school, and they got to pose and take pictures. Our theme is *Lights, Camera, Read!* And that theme will show up in everything."

The dramatic play station is constantly changing throughout the year. "One day it's an airport, and they have to use their tickets to board. Another day it's a kitchen."

In their art station, they learn to be creative and find new ways of expressing themselves. They might learn to paint or draw one day. Another day they might learn to make pillows or some other fun craft.

At the math and manipulatives station, they learn about counting and measurements and even graphing. "One day, we went out to the fence and counted the cars as they drove past. Then we made graphs of how many cars of each kind drove by, and graphs of how many were each color."

With Carla's passion for laying a good foundation for her students' futures, these little scholars are ready for big futures. Whether her classroom is a rodeo or a movie set, her students will always be set to round up their dreams. **NOW**

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Anthony Peterson, O.D.

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Fall allergies typically show up in mid-August and last "until there is a hard freeze." That's usually sometime in November. However, if you live in a warmer area of the country, your fall allergies could last even longer into winter.
- You don't have a fever**
Respiratory viruses like the flu and COVID-19 will often come with a fever. A fever, "is never a part of allergies." Viruses are also more likely to make you feel wiped out.
- You feel worse when you go outside**
The biggest fall allergy trigger are plants that are outside. And, as a result, heading outdoors can make you experience symptoms. It's a little different for everyone, depending on how severe your allergies are.
- You get relief from antihistamines**
When you're exposed to an allergen (i.e. something you have an allergy to), your body releases signaling molecules called histamines. Histamines spark an immune reaction in your body that leads to allergy symptoms like sneezing and itchy eyes.

HAROLD DELASALAS, MD, PHARM, FACAAI, FAAP, FACP, FAAAAI

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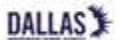
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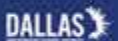
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You Go Girl

— By Adam Walker



The last time we checked in on Paula Lee, back in March of 2011, she had just won her title as Ms. Texas Senior America. Now, a decade later, she's upped her game and captured the crown as Ms. Senior World in the 70-plus category!

Paula is the sort of person who finds a goal that means something to her, and sticks with it until she's seen it through. In her professional life, she has been a hairstylist for more than 50 years. "It's the only career, I've ever had. I love helping other women look beautiful, and you're always meeting new people and new challenges. I spent several years doing hair for contestants in Ms. Senior Texas and Ms. Senior America and other pageants before I ever decided to compete myself. I helped the Hopkins Senior Center stage the first ever Ms. Classic Duncanville. I did hair and makeup for several of the contestants. I had so much fun with them, that I decided to try competing."

We have a lot of misconceptions about pageant contestants. We tend to think of them as pampered princesses. But Paula has held strong through a tough life. "I was abused growing up. I mostly stayed in my bedroom and dreamed." When Paula married, her husband was exposed to Agent Orange in Vietnam and developed health issues. Two of their children

were born with special needs because of his Agent Orange exposure. "My son is a fire marshal, and my boyfriend is a police officer," Paula reported. Both of them are supportive of her pageant pursuits.

"All of my dreams came true when I won. This was a big item on my bucket list! This past year, I haven't had anybody to take care of, so I did this for me, on my own. People sometimes ask me, 'Aren't you too old for this?' I tell them 'No!' They ask, 'When are you going to give this up?' And I tell them, 'Whenever I'm ready!' I totally enjoy dressing up, and I have this sign on the side of my car that says, 'Ms. Senior World.' I was at QT the other day, and this family saw the sign and asked if they could take a picture with me. They told me, 'You go girl!' I want women to understand that we don't have to sit back. We can keep doing whatever we love. I love meeting little girls at events, and showing them that they can keep on going. You know that cartoon of the stork with the frog in his mouth, but the frog is squeezing the stork's neck? The caption says, 'Never give up.' Well, I'm that frog!"

Paula decorates all the shoes she wears for her contests and for appearances. "I also decorate my gowns. I buy them, then I add to them. I have one that I made with a Dallas Cowboys theme. It's a long blue gown. It had some decoration on it when I bought it, but I added a lot of stars. I'm a big Cowboys fan, and I got to meet Emmitt Smith once because of my pageant work!"



The pandemic has kept Paula from making as many appearances as she would have in a normal year, but she's made the most of what she's been able to fit in. "I've been to senior centers, and I tell senior women, 'Set goals. Complete them. And then set new ones. Never stop. I'm 74, and I'm still going.'" She also gave out trophies at an event in Rowlett, has judged at pageants for little girls and crowned the winners of other pageants. "I got to meet the sponsors for the pageant and learn about social media promotion."

As much fun as she's had meeting people while performing her duties as Ms. Senior World, she finds the most enjoyment with her fellow competitors. "The best part is the sisterhood. We really help each other. We don't just sit around and give each other goo-goo eyes."

Paula loves to laugh and have good times with people. "They say it's not what you take with you when you leave this world, it's what you leave behind. I want to live life to the fullest!" **NOW**



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Darrell Babbitt, owner and operator of Superstar Collision, grew up in a family-owned paint and body shop in Dallas. His career began in the collision business in 1972. Since graduating high school, Darrell has been employed full time in the automotive/collision repair industry.



After working in management since 1987 at other high profile collision repair companies in the Dallas/Ft. Worth Metroplex, Darrell and his wife, Karen, made the decision to start Superstar Collision Center in 2006. "Superstar Collision is a true family-owned and -operated business including my wife, two sons, daughter-in-law, niece and nephew. All are involved in the business in some capacity or another," Darrell said.

The average tenure of all management is 13 years. The relationship between Darrell and most of the management dates to the early '90s. One of the most significant differences between Superstar, or any family-operated business, and a corporation is that you are dealing with people who truly have a vested interest in doing things correctly and retaining the customer. A family-owned business will always be able to make a decision without having to consult with someone who is usually in another state or city, unaware of all the facts needed to determine how to best handle any given situation,

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“Superstar Collision is a true family-owned and -operated business including my wife, two sons, daughter-in-law, niece and nephew. All are involved in the business in some capacity or another.”

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CookingNOW

In the Kitchen With

TRISTAN SOOKRAM

— By Adam Walker

Tristan Sookram enjoys cooking as a creative outlet. “I went to hospitality management school and took a few culinary courses. I like to experiment with new recipes and techniques. I don’t invent new dishes, but I will tweak the ones I look up on YouTube or other social media sites. I try to add a little personal twist. I really enjoy cooking with a wok. It’s necessary to use high heat, which shortens the cooking time, but you really have to pay attention, so things don’t burn or overcook.”

He especially enjoys cooking for friends. “I like to see their reactions to dishes they’ve never tasted before. Thai cuisine has always interested me. Noodle dishes, salads, rice, curries — everything is always so flavorful.” **NOW**

Pad Thai

8 oz. flat rice noodles
3 Tbsp. fish sauce
1 Tbsp. soy sauce
5 Tbsp. palm sugar
2 Tbsp. tamarind paste
3 Tbsp. oil (divided use)
8 oz. protein, cut into small pieces
3 cloves garlic, minced

1 red bell pepper, thinly sliced
2 eggs, beaten
1 cup fresh bean sprouts
1/2 cup dry roasted peanuts
3 green onions, chopped
1/2 cup fresh cilantro, chopped
2 limes, cut into wedges

1. Cook the noodles according to the package instructions, just until tender. Rinse

under cold water.

2. Combine next 4 ingredients to make a sauce; set aside.

3. Heat 1 1/2 Tbsp. of oil in a large saucepan or wok over medium-high heat. Add the protein, garlic and bell pepper.

4. Push everything to the side of the pan. Add a little more oil; add the beaten eggs. Scramble the eggs, breaking them into small pieces with a spatula as they cook. Add the noodles, sauce, bean sprouts and peanuts to the pan. Toss everything to combine.

5. Top with green onions, extra peanuts, cilantro and lime wedges.

Fresh Spring Rolls

1 small pkg. vermicelli rice noodles
1 12-ct. pkg. rice paper wrappers
1 ripe mango, cut into thin strips
1 carrot, cut into thin strips
1 cucumber, cut into thin strips
1 lb. poached shrimp

- 1 bunch mint
- 1 bunch cilantro
- 1 bunch basil

1. Boil the noodles for just a few minutes. Drain; rinse with cold water.
2. Add about 1 inch of water to a large dish. Place 1 rice wrapper into the water; let soak for 10-15 seconds. It should still feel pretty firm. Lay it on your counter or plate.
3. Layer 1-2 slices of each vegetable, a few shrimp, a few leaves of each herb and a pinch of noodles on the 1/3 of the spring roll that is closest to you.
4. Fold the sides of the spring roll in over the ingredients. Then pull the side closest to you up and over the ingredients, sealing everything together tightly; roll it up like a burrito.

Thai Basil Fried Rice

- 1 Tbsp. olive oil
- 1 egg
- 1 cup jasmine rice, steamed
- 2 green onions, chopped
- 3/4 oz. cooked protein of your choice
- 2-3 Tbsp. mushroom soy
- 3 basil leaves

1. Lightly heat the oil in a skillet. Drop the egg in the pan; scramble it lightly. Add the rice; flatten out to let the rice grains gently toast.
2. Turn the stove to high heat; add the green onions. Keep turning the rice for 3 minutes; add the cooked protein and mushroom soy. Turn the rice for another 3 minutes.
3. Turn off the stove; stir in the basil leaves.

Papaya Salad

- 5 Tbsp. fresh lime juice
- 3 Tbsp. palm sugar or golden brown sugar, packed
- 2 Tbsp., plus 2 tsp. fish sauce
- 2 Tbsp. dried shrimp, chopped
- 4 garlic cloves, minced
- 3 Chinese long beans, halved crosswise or 15 green beans
- 1 1.5- to 1.75-lb. green papaya peeled, halved and seeded
- 10 large cherry tomatoes, halved
- 1 cup fresh cilantro, chopped
- 2 green onions, very thinly sliced
- 1 fresh red Thai chili with seeds, thinly sliced
- 2 Tbsp. salted peanuts, coarsely chopped

1. Whisk the first 5 ingredients in a medium bowl to make a dressing; set aside.
2. Cook the beans in a medium saucepan of boiling, salted water until crisp-tender, about 5 minutes. Rinse under cold water. Cut into 2-inch pieces.

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Thai Basil Fried Rice

3. Using a julienne peeler, peel enough papaya to measure 6 cups. Place in a large bowl. Add tomatoes, cilantro, green onions, chili and green beans.
4. Pour dressing over; toss. Sprinkle peanuts over and serve.

Coconut Sticky Rice

- 1 1/2 cups glutinous rice
- 1 1/3 cups unsweetened coconut milk, well stirred (divided use)
- 1/2 cup sugar (divided use)
- 1/4 tsp. salt

- 1 Tbsp. toasted sesame seeds
- 1/2 cup sweetened flaked coconut, toasted
- 1 large mango, peeled, pitted and sliced

1. Place the rice in a sieve; rinse it several times with cold water until the water runs clear. Transfer to a bowl; fill it with cold water. Cover with a towel; allow to soak overnight.
2. Drain the rice in a sieve; place the sieve atop a large pot of shallow, simmering water. Place a towel over the sieve; cover the pot with a lid and steam the rice for 60-70 minutes, until cooked through.

3. While the rice is cooking, in a small saucepan set over medium heat, combine 1 cup of coconut milk with 1/3 cup sugar and salt. Bring to a boil, stirring until the sugar is dissolved. Remove from the heat; cover with foil to keep warm.

4. Transfer the cooked rice to a large bowl; stir in the coconut milk mixture. Cover and let stand for 30 minutes until all of the liquid is absorbed.

5. In a small saucepan, combine the remaining 1/3 cup coconut milk with the remaining 3 Tbsp. sugar. Bring to a boil, stirring for 1 minute. Transfer the mixture to a small bowl; refrigerate until it thickens slightly.

6. To serve, drizzle with coconut milk mixture. Sprinkle with sesame seeds and toasted coconut. Serve the sliced mango alongside the rice.

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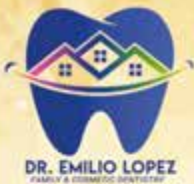


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Zoomed In: Monica Hines and Nakia Nickleberry

By Adam Walker

Friends Monica Hines of Oak Cliff and Nakia Nickleberry of Duncanville spent part of a sunny Sunday afternoon at the Cinemark movie theater in Cedar Hill with their church group. “We go to New Comforter Family Church in Oak Cliff,” Nakia informed as she waited in line. “Our pastor, Kirvin Lightner, brought our group here to see *Respect*,” she said, referring to the recent bio-pic about singer Aretha Franklin’s life and career.

“I haven’t been to many movies since the pandemic started,” Monica explained, while adjusting her mask. “So it’s nice to be out with friends.”

Nakia agreed with her about it being a special treat. Then they both hurried inside to see the film.



Permenter staff have fun with a team building exercise.



Mayor L. Barry Gordon poses with future ballplayers, doctors, lawyers and mayors at the Students Willing to Achieve Training graduation.



Cedar Hill celebrates Bring Your Kids to Work Day.



Quincy Dowell, Cain Campbell and Brandon Anderson beat the DeSoto heat with some shenanigans in the pool.



April and Milla Johnson receive school supplies from Aleyda Bolsnos and Zarkayvia Davis of Girlfriends PAC Ministries.



Volunteers update the Teen Room at the Zula B. Wylie Library.



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TALES OF TEXAS

AURORA'S ALIEN

— By Angel Morris



Photos courtesy of
TuiSnider.com.

A legendary western town, the city of Aurora, Texas, is located about 30 miles northwest of Fort Worth. For almost 125 years, the Wise County location's claim to fame has been an alien named Ned.

Ned's voyage to Aurora was reported in *The Dallas Morning News* on April 19, 1897. The report tells of a cigar-shaped spaceship sailing over Aurora's public square before making its crash landing a few hundred feet north of what is now Texas 114.

"About 6 o'clock this morning the early risers of Aurora were astonished at the sudden appearance of the airship which has been sailing around the country. It was traveling due north and much nearer the earth than before.

"Evidently some of the machinery was out of order, for it was making a speed of only 10 or 12 miles an hour, and gradually settling toward the earth. It sailed over the public square and when it reached the north part of town it collided with the tower of Judge Proctor's windmill and went into pieces with a

terrific explosion, scattering debris over several acres of ground, wrecking the windmill and water tank and destroying the judge's flower garden.

"The pilot of the ship is supposed to have been the only one aboard and, while his remains were badly disfigured, enough of the original has been picked up to show that he was not an inhabitant of this world."

Townfolk reportedly buried the alien pilot in Aurora Cemetery, but the story was not buried with it. While some residents prefer not to associate with unproven lore, many have embraced "Ned" — as the alien has come to be called — and all things space-creature related.

It's not unusual for alien-themed haunted houses to attract visitors to Aurora this time of year. Conferences commemorating the alleged crash have taken place in the city, and the Aurora website even features a photo of Ned's tombstone.

Etched with a cigar-shaped aircraft, the tombstone was stolen in 1972 shortly after an investigative story about Ned's crash landing was published on the Mutual UFO Network. In 2012, the marker that replaced the original was stolen as well, and now a boulder reportedly sits in its place.

A state marker outside the cemetery notes it may be the home of an alien grave, reading, in part: "This site is ... well-known because of the legend that a spaceship crashed nearby in 1897 and the pilot, killed in the crash, was buried here."

Trinkets and gifts can regularly be found at the site, where visitors come after learning of Ned through various sources. *Time* magazine published an Aurora alien-based article in 1979, and in 1986 a film, *The Aurora Encounter*, was shot in Ferris, Texas, based on the legend of Ned.

More than one book has been published surrounding Aurora's mysterious guest, and a few TV programs have focused on alien investigations in the town. The FOX network and two TV series, *UFO Files* and *UFO Hunters*, covered the story, as did an episode of History Channel's *Ancient Aliens*.

Earlier this year, *D Magazine* reminded folks of a \$5,000 reward offered by a Dallas lawyer interested in the return of Ned's tombstone, no questions asked. And, today it's easier than ever for people to learn about Aurora's famous alien through online news articles, YouTube videos and social media sites like @auroraned on Instagram and NedAlien on Twitter.

While not linked to Aurora's alien, a 2020 Jim Henson Disney series coincidentally features a blue-skinned creature, *Ned the Alien*, who was sent to earth to prepare for invasion. Becoming obsessed with the planet's pop culture, however, Ned abandons his mission to host a talk show instead.

Current Aurora residents may take the town's alien legend with a grain of salt, but a spacecraft and the windmill it destroyed, can be found on city gear including cups and T-shirts, and even the official town logo. Believe it or not, it seems the story is here to stay, and Ned will likely forever be Aurora's most famed resident. **NOW**


Sources:

1. <https://www.roadsideamerica.com/story/13501>
2. <https://www.star-telegram.com/news/state/texas/article207085784.html>
3. <http://www.auroratexas.gov/board-of-commissions/historic-preservation/ned/>

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2020 has been a powerful reminder that we are all in this together, and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer.

For months, the coronavirus put many areas of breast cancer on pause. Now more than ever, we need everyone to continue to raise awareness and make sure people affected by breast cancer know we're here for them.





FANCY FAUCET

— By Bill Smith

Today, many modern kitchen faucets come with a single handle including a sprayer instead of dual handles for hot water and cold water and a separate sprayer. If you are installing a single handle faucet, it may require an adaptor or plugs for covering the holes if you have a three-hole sink, but the installation process will be similar, regardless of which type you are replacing.

DIY plumbing projects require foreknowledge of your water shut-off valves. The valves under the sink that bring the water to the supply lines may be the only ones you will use, but it is always prudent to know where your main water cut-off is outside your home.

You will want to have a bowl or plastic tub to catch any

water that may leak from the supply lines, as well as a towel to dry any water that leaks onto the base of the cabinet. Remove everything that is stored under the sink before you get started, so you will have plenty of room.

A couple of adjustable wrenches, such as channel lock pliers and a crescent wrench, are certainly in order, and your project may require a specialized tool known as a basin wrench. You will also need some Teflon tape.

With your work area clear and your tools in place, you can begin the step-by-step process of removing the old faucet and replacing it with the new one:

1. Turn the water off to the supply lines using the supply valves. These are usually chrome valves that come out of the wall, although they may also come up from the floor. If there are no supply valves, or if they are too difficult to turn or if they leak, you must turn the water off for the entire house at your main cut-off.

2. Disconnect the supply lines that lead from the supply valve to the sink. The nut should be turned counterclockwise,

and care should be given to stabilize the supply valve and the pipe behind it that runs into the wall, so you do not loosen a connection behind the wall. If water drips from the supply valve with the handle completely turned off, you should turn your water off to the entire house and replace the valve also.

3. Remove the supply line from the faucet, then remove the faucet connections at the base of the sink. The supply line must be removed first, or the mounting nut will not be removeable. This is where the basin wrench comes in if you are not able to reach the supply line connection or the mounting nut and get enough leverage on them with an adjustable wrench and your hand.

4. With all of the under-sink connections removed, lift the faucet out. Note that it may require some pressure to break a seal of caulk that was applied during the original installation. You will want to clean the mounting area well before installing the new faucet.

5. Install the new faucet. If the new faucet is similar to the one being replaced, it will be a pretty straightforward reversal of the steps you took removing the old faucet. Connections should be snug, but be careful not to overtighten. When connecting the supply lines to the supply valve, be sure to secure the supply valve to avoid damaging connections in the wall behind it.

6. If you are replacing a two-handle faucet with a single-handle faucet, there should be a cover plate or plugs that will extend over the holes where the old handles were.

7. Use Teflon tape on all the connections when installing the new faucet.

8. After the faucet is in place, turn on the water to flush the lines and check for leaks. Remove the aerator at the end of the faucet as you flush the lines. If you see any drips at the connections, use a wrench to tighten the connection until the leak stops — but again, do not overtighten.

Now you can enjoy your new faucet! Not only will it enhance the aesthetics of your kitchen, but having a properly functioning faucet can save you money on your water bill. **NOW**



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BACKYARD *Treasure*

— By Lisa Bell

Looking for the perfect day trip or perhaps a nearby overnight getaway? North of Fort Worth, a world of nature waits to provide relaxation and a fantastic opportunity to spend time outdoors. The Fort Worth Nature Center & Refuge includes forests, prairies and wetlands. When the city created Lake Worth in 1914, they purchased land around the West Fork of the Trinity River, protecting drinking water quality for the community. Local citizens and the Fort Worth Audubon Society convinced the Park Board to designate land in 1964, providing a wildlife sanctuary and nature preserve. FWNC&R became a reality, and in 1980, the U.S. Department of the Interior designated it a national landmark.

The center holds various events such as field experiences, holiday and summer programs, canoe trips, hikes, walks and more. Start at the Hardwicke Interpretive Center. There, learn about the area and view aquariums that house a few snakes, turtles and a demonstrative alligator. Examine displays of tracks and other items to identify them later while hiking one of many trails.

Behind the Hardwicke, look for animals undergoing rehabilitation, like a young owl who peers at visitors, seemingly bored by the intrusion. A 220-yard loop contains displays about the area. A simple walk, the loop is suitable for wheelchairs and strollers.

Although a few trails have steep steps, most have smooth surfaces, easy for guests to enjoy the trail. The prairies, marshes and forests each invite exploration. On the hottest days, trees shade the trails. Coupled with gentle breezes, it makes a fascinating place to break free from life's bustle.

For the less adventurous visitor, the boardwalk includes a covered pavilion, perfect for a picnic. With sidewalks and literal boards, anyone can venture close to the wetlands. Fish from a covered area where water lilies provide beauty in the gentle movement of the water. In the distance, cranes pose for those who can see them without threatening their safety. Ample opportunities to view wildlife abound. Relax, watch and wait for turtles, frogs, fish, birds and others to welcome you to their home, or simply enjoy the cool breeze coming across the water.

While bison and prairie dogs shy away from visitors and heat, both make FWNC&R their home and appear at times. When hiking through the forest, expect to hear multiple sounds, and try to identify various inhabitants. With a dozen different trails, let adventure entice you to visit more than once, and try them all.

During your visit, don't forget to venture over to Greer Island. An easy walkway crosses the water, leading to two trails where you might spot an infamous creature. In the summer of 1969, numerous Fort Worth residents reported seeing a giant, hairy half-man, half-goat at Lake Worth. First sighted on Greer Island, rumors say he still calls the area home.

With bed-and-breakfasts, hotels and campgrounds in the area, visitors can easily turn a wondrous day trip into a multiple-day adventure. Also in the area, the legendary Hip Pocket Theatre offers another unique experience. The outdoor theater boasts its 45th season of actors portraying distinctive characters in original plays. While visiting FWNC&R, consider staying overnight, and take in a live play surrounded by the beauty and peace of nature. NOW





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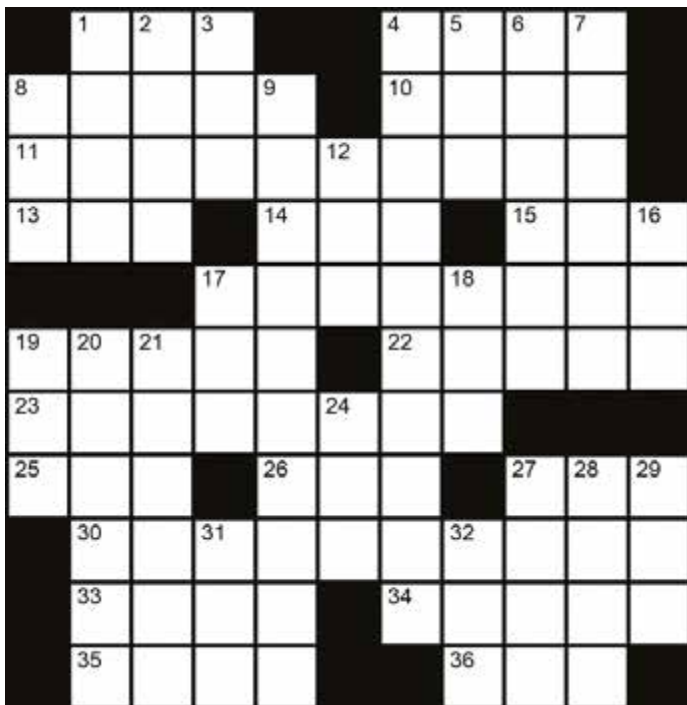
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Across

- 1 Swivel joint?
- 4 Old you
- 8 Rattle on about nothing in particular
- 10 Wreck
- 11 On the fritz
- 13 Cushion under a saddle
- 14 Horseplay
- 15 Gaping mouth
- 17 Capital on the Congo
- 19 Quarrel
- 22 Turnpike sections
- 23 "You could say that"
- 25 Brooch
- 26 Wrestling area
- 27 Free
- 30 Show signs of interest
- 33 "New World" symphony key
- 34 Cow's stomach
- 35 Place in the House
- 36 Every river has one

Down

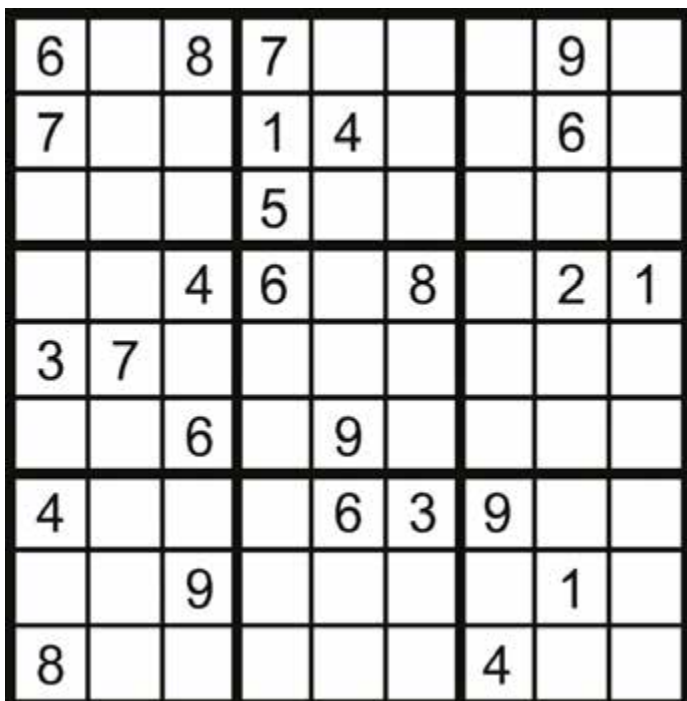
- 1 Tennis champion --- Mandlikova
- 2 Mobile music machine
- 3 Soda
- 4 Interpreter
- 5 From which spokes radiate
- 6 Crude worker
- 7 Discomfort
- 8 Big wheel
- 9 Civility
- 12 "Logan's ---" (1976 movie)
- 16 Used to be
- 17 Flesh and blood
- 18 Hit this at night
- 19 Gravestone letters
- 20 Consolidates
- 21 Generic
- 24 Pasty
- 27 Frosty coating
- 28 Hit
- 29 Cozy room
- 31 --- Ora (Maori greeting)
- 32 Stout roomy boat

Solutions on page 52

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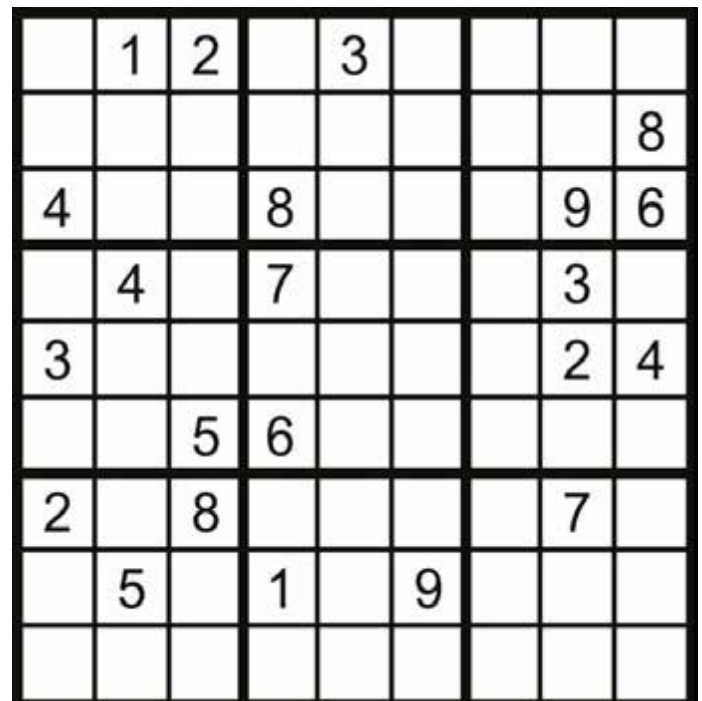
Sudoku Puzzle

Easy



Crosswordsite.com Ltd

Medium



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Solutions on page 52

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10/5

National Night Out:

Get to know your neighbors and public servants. 5:00-8:00 p.m. in various neighborhoods throughout Cedar Hill.

Viva Frida!:

Storyteller Blanca Reyna performs as Fedal Kahlo, the famous artist. Free. 6:00 p.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville.

10/9

Operation Clean Duncanville:

Bring your shredding, bulk, brush and electronics trash. Stay for litter pick-up and get a free lunch. For residents only. 8:00 a.m.-

1:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville.

Duncanville Police Department Open House:

Tour the police station, photo ops, bounce houses and more. 10:00 a.m.-2:00 p.m., 203 E. Wheatland Rd., Duncanville.

Chat With a Purpose:

An uplifting event for both men and women. \$10. 10:30 a.m.-3:00 p.m., DeSoto Civic Center, 211 E. Pleasant Run Rd., DeSoto.

10/14

State of the City:

Mayor Mason will highlight Cedar Hill's resilience, update on strategic priorities and outline ways to work together. 11:30

a.m.-1:00 p.m., Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill.

10/23

Texas Country Reporter Festival:

Enjoy arts, crafts and music from far and wide at the 25th annual festival with more than 250 booths and two food courts. Free. 9:00 a.m.-7:00 p.m., Courthouse Square, Waxahachie.

More Than Pink:

Show up for this Susan G. Komen event hosted by the Pink Diamonds. Walk to support research to cure breast cancer. 11:00 a.m., Armstrong Park, 100 James Collins Blvd., Duncanville. Contact Linda Lydia

at llydia@sbcglobal.net, (214) 674-5887.

Bloom Girl Bloom:

A ladies-only event with luncheon and candid conversation about all things female. \$20. 11:00 a.m., The Playhouse, 101 Kenya St., Ste. 118, Cedar Hill. See Eventbrite for tickets before Oct. 3.

10/30

Scare on the Square:

Trunk-or-treat. Free. 6:00-8:00 p.m., Old Town Square, Cedar Hill.

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

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

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

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Crossword - Sudoku Solutions

1	2	3	4	5	6	7
H	I	P	T	H	O	U
V	A	P	O	R	R	U
I	N	O	P	E	R	A
P	A	D	F	U	N	M
K	I	N	S	H	A	S
R	U	N	I	N	L	A
I	N	O	N	E	W	A
P	I	N	M	A	T	R
T	A	K	E	N	O	T
E	M	I	N	R	U	M
S	E	A	T	B	E	D

Easy

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

Medium

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

Happy Halloween!

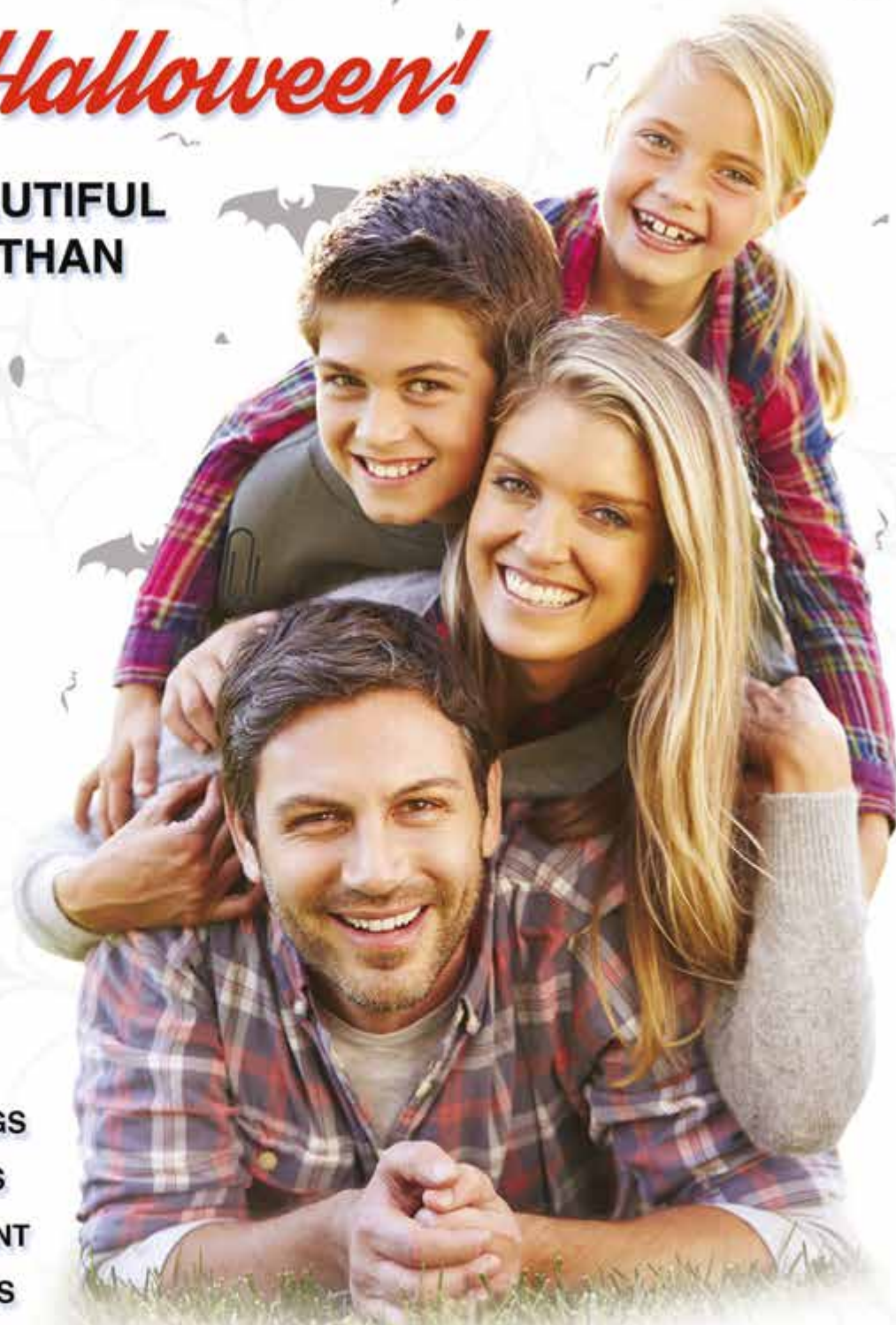
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Rafael Cruz

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followed by an All-American lunch in our Summit Hall.
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invite you to the Mountain!

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Sunday, November 7th Cleddie Keith speaks @ 10:00 a.m.

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