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M A G A Z I N E

OCTOBER 2022

## The Shoe

Wins came from this  
jockey reading and  
feeling his mount

In the Kitchen With  
Mari Vega

## Pink Diamonds

Cancer thrivers  
shine with hope

Also inside:  
Scavenger Hunt  
Crossword

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## ON THE COVER



*Pink Diamonds want a bright future for breast cancer thrivers.*

**Photo by**  
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# EDITOR'S NOTE



*Adam*

Adam Walker  
SouthwestNOW Editor  
adam.walker@nowmagazines.com  
(469) 285-2008

*Cherry bread saved my life ...*

My sister makes this fabulous cherry bread. It's a variation of a recipe for mango bread that she brought back from a trip to Jamaica. I love both versions, and when she made it recently, I ate quite a number of slices that night.

The next morning, I had more for breakfast. And I started feeling really weird. You know, kind of floaty and disconnected from my body. It's the way that allergies and allergy medication can both make me feel. I commented on how I was feeling, and my sister insisted that I test my blood sugar. I agreed, and one pin prick later, I had a reading of 499. That's high enough to kill.

I had all kinds of work-related things planned for that day, but I spent the day in the ER instead, waiting for that number to come down some. I am a diabetic. I shouldn't be surprised. It runs, strongly, on both sides of my family. And I'd been having all kinds of symptoms — craving sweets, excessive thirst, going to the bathroom three to five times per night, cracked feet. My A1C says I've been way high for a long time.

Now I'm working to get my numbers down into a reasonable range. Diabetes is no joke. It can result in all sorts of bad outcomes — blindness, amputation, heart attack, stroke, death.

If you have diabetes, take it seriously. Take care of yourself. Monitor your numbers, and watch your diet. If it's something that runs in your family, make sure your doctor knows that, and watch for the signs. Don't let it go until you're in a crisis situation.

*Praise God for cherry bread!*

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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:



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— By Adam Walker

 *Pink*





*A cancer diagnosis is devastating. For Linda Lydia that happened 27 years ago. “My breast cancer was triple negative. The doctors gave me five years to live, and as that date approached, my doctor started talking to me like I had an expiration date!” She beat the odds and decided to do something for others experiencing breast cancer.*

Pink Diamonds is a group of women trying to make life better for cancer survivors and thrivers. “Three years ago, we started with six people. By last year, we were about 10 or 12. Four of us are breast cancer survivors. One is a lung cancer survivor. The other 15 or 16 current members have family members who have or have had the disease. So, we have a lot of passion to make life better for those in the cancer valley.

“We’re not a large group, but last year we were the No. 3 fundraiser in Dallas County’s Susan G. Komen MORE THAN PINK Walk. We don’t provide direct services ourselves. We focus on raising money for other groups who are doing research or providing direct services for cancer patients. Komen has refocused, in the last year, to mostly research, which is extremely important in finding a cure.”

Organizations like Komen are essential, because they fund the research that may lead to curing or eliminating various forms of cancer, but especially breast cancer. “African-American women actually have a lower incidence of breast cancer than white and Hispanic women, but we have a 40 percent higher death rate, nationwide,” Linda said. “In Dallas County, it’s even worse. We have a 67 percent higher death rate than other ethnicities. No one is sure why.”

This year, the Pink Diamonds are raising funds for the Sisters Network, Inc., an African-American breast cancer survivorship organization formed in 2005, in Houston. “Their mission is to bring attention to the devastating impact of breast cancer on the African-American community. They provide support through monthly support meetings, funding for mammograms for under- or uninsured women and support women and men facing financial challenges during treatment — rent, medical bills, grocery, utility bills, etc.”

The Pink Diamonds are participating in three major fundraisers this year. “The Sisters’ 6000 Sisters, 6000 Steps

# *Diamonds*





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for Hope Breast Cancer Walk & Health Expo, was in September at Friendship West Baptist Church. The Komen Dallas North Texas MORE THAN PINK Walk is on October 22nd, at Levy Event Plaza in Las Colinas. Former Duncanville City Councilman Mark Cook is sponsoring the Pink Diamonds Breast Cancer Awareness Bike Ride, for the second year. It is supported this year by the Iron Riders Dallas Cycling Club. The ride will start at 7:30 on October 8th, at the Recreation Center, 201 James Collins Blvd., in Duncanville's Armstrong Park, and travel through Cedar Hill, DeSoto and Ovilla. The ride is a 15-mile fun ride and a 30-mile recreational ride. We are encouraging cyclists from throughout the Metroplex to join us to fight cancer. The entry fee of \$20 is tax deductible and will be donated to Komen to support cancer research. These funds will be presented at the Komen MORE THAN PINK Walk."

One of the problems facing women with breast cancer is that, while it is possible to get a free mammogram through various organizations, and now even diagnostic testing can be free, when the mammogram is inconclusive, treatment is anything *but* free. That means that early detection is more likely today than it was in the past, but with the cost of treatment, many women can't do anything with that information. "Groups like Komen, Sisters Network and Breast Bridge help women find information about how to get assistance and what kinds of help are available, but Texas still has the most uninsured people of any state in the nation. My hope is that one day medical care will be more accessible, and not only that, but we'll have higher quality of care. I attribute my longevity to, first, God, and second, good insurance. With triple



negative breast cancer — negative for progesterone, estrogen and HER2, I have been blessed by God to walk with and survive this disease that has taken the lives of so many dear friends. I can't thank God enough for my 27 years of good health, mingled with years of chemo, surgeries, radiation and clinical trials. I am now being confronted with another decision about treatment, with the failure of my second clinical trial. I must stress the need for funds to provide services for those who are struggling financially to address the care needed for cancer treatment or survival. The money we're raising is helping fund research that I believe can cure cancer. But people have to be able to afford treatment. Medicare expansion could greatly help us in this fight."



To that end, Linda extends her activism beyond just raising money and encouraging others to do the same. "I go down to Austin and advocate during the legislative sessions. Texas doesn't make use of all the federal programs that are available to other states to help with accessing health care. I'm trying to change that."

In the meantime, Linda and her fellow Diamonds keep doing what they can right now. "It's important that people see the need and support the cause. You can change the course of someone's life when they're trying to choose between treatment and paying their rent. It is financially burdensome to get treatment. I hope more people will contribute. Even though the MORE THAN PINK Walk is in October, it's still possible to contribute for that until November. A small number of people can make a big difference. We are stronger together." **NOW**

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Diabetes, Infection, or ANY of the Other  
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*If so, now you can virtually end your discomfort,  
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Dear Suffering Friend:

Tens of millions of 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:

- |                        |  |                  |
|------------------------|--|------------------|
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| ✓ 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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for men and women with nerve damage ...***



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# THE SHOE

— By Virginia Riddle

*Pounding hooves, fast horses and a break in the crowd as horses and riders came into the final stretch — that was Willie Shoemaker's world for most of his life. Also known as William Lee Shoemaker, Bill Shoemaker and "The Shoe," Willie knew how to get the best out of his thoroughbred mounts throughout his 40-plus years "in the irons" as one of the most winning jockeys and trainers in the world. He rode 8,833 winning horses, setting a world record that held until 1999. He won the Breeders' Cup Classic and 11 races in the Triple Crown series, though the Triple Crown itself eluded him. He won each of the three races in the Triple Crown multiple times — two Preakness Stakes, five Belmont Stakes and four Kentucky Derbies — but he never won all three in the same season. However, his beginnings were humble. Born in 1931 in an adobe shack on his grandfather's ranch near Fabens, Texas, Willie's seemingly effortless riding style began to be honed while riding across the ranch's El Paso/Rio Grande area landscape.*

The doctor who delivered Willie didn't think the 1 pound, 13-ounce tiny infant would survive, but Willie's grandmother created an incubator by wrapping him in a warmed blanket and placing him on a pillow near a warm oven. Life was hard for Willie's family during those Depression Era days, so he lived with several relatives as they came and went at the ranch. Willie's job, by age 6, was to ride a horse to pick up the mail. At age 10, he and his family, like so many other families of that time, moved to California looking for work, and he discovered horse racing.

By age 14, a school classmate had suggested that the diminutive Willie might be just the right size to become a jockey. He was strong and was known for not losing matches on his school's wrestling and boxing teams. So, he secured a job at the Suzy Q Ranch and quit school, earning \$75 a month. By age 16, he had become an exercise rider at the Bay Meadows track in San Mateo, California, learning from trainer Hurst Philpot and jockey, Johnny Adams, a future Hall of Famer. Willie's first race as a jockey was in 1949 at Golden Gate Fields. He won the race, which netted him \$120, the first dollars leading to a lifetime earnings of more than \$123 million. He led in the amount of dollars in purses earned in a single year 10 times.

Size wise, Willie at full height/weight was only 4 feet 11 inches tall and 98 pounds. Other assets were his even temper,



calm disposition and his remarkable understanding of horses. Horse breeder Rex Ellsworth was quoted in the *Los Angeles Times* as saying, "When a horse was doing his best, Shoe left him alone. When a horse loafed, Shoe would get after him. I never worried when Shoe rode one of my horses, because I knew he'd do a perfect job." In 1959, Willie was inducted into the National Racing Museum and Hall of Fame.

His riding career was, as is usually the case with jockeys, riddled with small injuries, but in 1968, Willie broke his thigh when the horse he was riding fell on him. The doctor used a child-sized metal pin to repair the damage. After physical therapy for 13 months, he returned to winning races. In 1969, he was thrown and survived a broken pelvis, ruptured bladder and temporary paralysis of his left leg, only to return to racing and winning for the next 20 years. In 1981, Willie rode John Henry, and together, horse and rider won the Arlington Million, the first million-dollar stake thoroughbred race.

At age 54, in 1986, Willie rode a long shot horse, Ferdinand, in the Kentucky Derby. Ferdinand won, and Willie became the oldest jockey to win the Derby after having been one of the youngest years before to win that famed race. In 1990, Willie made a farewell tour of U.S. racetracks. He retired from riding to become a trainer, even after he became a wheelchair bound quadriplegic following an automobile accident in 1991. Willie retired as a trainer in 1997 after he faced the reality that he couldn't totally know the horses anymore without riding them, and the physical demands were becoming too much for him. He passed away in 2003, survived by a daughter from his third marriage. NOW

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## Zoomed In: Felicia Smith

By Adam Walker

Felicia Smith is part of a group of avid knitters that meets twice weekly at the Duncanville Library. “I joined this group two or three months after it formed in 2011. Some of us focus on making items for charity. Some of us knit just for the fun of it. I knit for the sake of knitting. I love trying new techniques.”

She started knitting long before she moved to Duncanville from the Bronx. “I started about 54 years ago.” In that time, she’s seen triumphs and failures. “I made a vest once that came out about 10 times too big! But I also made a cable poncho for myself that I still have and still wear every now and then. That was my favorite project.”



Collegiate High School alumnus Colby King graduates from Columbia University.



Denishea Williams of the Cedar Hill ISD PTA and Michelle Carter-Pope and Daniel Olvera of Texas Trust Credit Union help with back-to-school needs.



Caregivers let loose at the 3rd Annual Revive Refresh Caregiver Brunch and Workshop at Friends Place.



Havoc Cheer brings home the hardware.

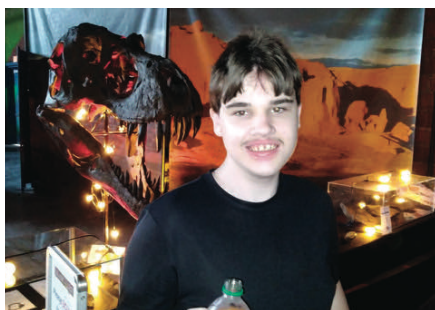




Mayor Gordon presents Bobby Cutler-Hill of the Daughters of the American Revolution with a proclamation declaring Constitution Week.



DeSoto bodybuilders, Simon Spencer (left) and Jakai Thurmond (right), pose with their promoter, Winston Hutchinson.



Cash McCalla of Duncanville enjoys his time at the Jurassic Quest event at Fair Park in Dallas.



Local artist, Curtis Ferguson, opens his show Icons and Images at the Umbrella Gallery.

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BusinessNOW

# Phillips Family Medical

— By Adam Walker

## Phillips Family Medical

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[info@PFMed.net](mailto:info@PFMed.net)  
Facebook: Phillips Family Medical

**Hours:** Monday-Wednesday and Friday: 8:30 a.m.-noon and 1:30-5:00 p.m.  
Thursday: 8:30 a.m.-noon  
Saturday-Sunday: Closed

Dr. Pamela Phillips is a family nurse practitioner with a Ph.D. in metabolic disorders. “I’m a family practitioner, and I see mostly adults. I believe that children need to see a pediatrician, but I have some families of patients where I’m treating three generations of the same family — parents, grandparents and



teen or young adult children. I see a lot of geriatric patients and can assist with veteran’s benefits and qualifying for assisted living. I do both telehealth and house calls for older patients who are home bound.” They offer drive-up COVID-19 testing, with swabs administered on the parking lot. You don’t even have to get out of your car.

Dr. Phillips has been practicing since 1993 and has a number of areas of focus. “I do mostly internal medicine and treat a lot of patients who have issues with diabetes, blood pressure and high cholesterol. I have a background in geriatrics and metabolic syndrome. I also offer allergy testing and treatment.”

Women’s hormone issues is another area Dr. Phillips treats frequently. “We have a lot of new things to offer, including the V-lift for vaginal rejuvenation of women in menopause.” She also offers bioidentical hormone therapy for both women and men.

Weight loss is a major concern for many Americans. “We offer treatments like skinny shots and fat-burning shots, which



patients will soon be able to order online, through our website. These have been around for a long time. But something new we are offering is the new weight-loss drug known as Wegovy or Semaglutide. It's an amazing drug. You can't get it at regular pharmacies. It has to be compounded, but we can help you find a compounding pharmacy."

**"I'm taking new patients, and we can usually see a new patient in one to two weeks."**

Dr. Phillips works with others to provide even more services to her patients. "I have an esthetician, who is a nurse injector, who comes in to help patients with cosmetic procedures. We offer microdermabrasion, peels, fillers and microneedling, the so-called vampire facial, in addition to PDO thread lifts to tighten skin. We can also offer BOTOX, mesotherapy and sclerotherapy. The people in our spa are amazing. The Lipo Laser helps with weight loss. We also have a line of skin care products. These services offer rejuvenation and a refreshing look."

Her son is also in the medical field. "Another new thing we will be offering is stem cell injections for knees, in conjunction with my son, Dr. Jason Phillips, D.C. He's a chiropractor based in Midlothian, and I think this will really help my patients and improve their quality of life."

If you are considering giving Dr. Phillips a try, she wants to make it easy. "I'm taking new patients, and we can usually see a new patient in one to two weeks. New patients need to go to the website and fill out some forms. Then you just submit those to get an appointment. I take almost all forms of insurance, including Medicaid and managed health plans. I also take Care Credit and have cash prices for those without insurance. Lack of insurance shouldn't keep you from getting the care you need." **NOW**



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# CookingNOW

## *In the Kitchen With*

### MARI VEGA

— By Adam Walker

As a child of the '70s, Mari did much of her early cooking in a group housing situation, where each resident had an assigned night to cook, an influence which lives on. "My friends and neighbors are often delivered some repurposed glass jar or Tupper, because I love sharing and breaking bread."

Mari loves to practice cooking with others. "Each day, we are so fortunate to be able to 'eat our plenty,' as my Grandma P taught me to say. How we go about that reflects how we feel — rushed, stressed or safe and cared for. Good cooking involves some risk taking, and that gets easier by doing. I'm also thankful to my friend, Louise Utley, who let me use her cute kitchen for the photography." **NOW**

### LSC John's Black Bean Soup

- 1 lb. black beans
- 3-4 organic carrots, chopped (Get the whole ones, not baby carrots for best flavor.)
- 1 small onion, diced
- 2 tsp. sea salt
- 1 tsp. orange juice concentrate (no pulp)
- 3-5 cloves garlic, chopped

1. Sort and wash dried black beans. Soak overnight; drain.
2. Place the beans in a pressure cooker. Cover with fresh water to about 1 inch above the beans. Add the carrots, onions and salt.
3. Cook on high for 10 minutes. Let rest for at least 10 minutes before releasing the pressure valve. Mash some of the beans with the flat side of a wooden spoon; stir.
4. After the beans are thoroughly cooked,

add the orange juice concentrate and garlic.  
5. Serve with freshly cooked, fluffy, long-grain white rice.

### Un-Barbecue Chicken

- 5 skinny or small sweet potatoes, cut into 1/2-inch cubes
- 1 large onion, chopped
- 2 lbs. organic free range chicken breasts (or thighs or tenderloins)
- 2 cups homemade or store-bought broth of your choice
- 1 Tbsp. fresh garlic, minced
- 1 tsp. paprika
- 1 tsp. wasabi mustard powder
- 1 tsp. salt
- Pepper, to taste
- Pinch of habanero, minced (optional, very hot)
- Pinch of cayenne (optional, hot)
- 2 jalapeños (optional, mild)
- 6 bolillos



1. Add the sweet potatoes and onions to a slow cooker pot. Add the chicken on top. Add the broth, garlic, spices and chilis. Cook on high for 3 hours. Turn off; let cool with the lid open for 5 minutes.

2. With a fork in each hand, gently pull the chicken strands apart between the fork tines. Mash the hot sweet potatoes in the pot; adjust the seasonings to your preference (heat level and salt and pepper).

3. Serve inside a bolillo or on a folded piece of sandwich bread, with potato chips or broiled Brussels sprouts. Alternative ways of serving include from the refrigerator the next day, served over a salad for breakfast, lunch or dinner.

## Kitchen Sink Cookies

1 cup light brown sugar, not packed  
 1/2 cup powdered sugar  
 1/2 cup granulated/raw mix sugar (or Indian jaggery sugar)  
 2 eggs  
 1 cup oil (part coconut fat or butter and part vegetable oil)  
 1/2 tsp. baking soda  
 1/2 tsp. salt  
 2 1/3 cups all-purpose flour  
 1/4 to 1/3 cup raisins  
 2 cups quick oats (not instant)  
 1 1/2 tsp. vanilla extract  
 1 tsp. vinegar, lemon juice, orange juice or canned cranberry sauce

*Optional Add Ins:*

1/4 to 1/3 cup small semi-sweet chocolate chips

Pecans, toasted sunflower seeds, a chopped Medjool date or two

1/4 to 1/3 cup peanut butter chips

Chopped walnuts or pecan halves pressed into the top

*Optional Flavorings:*

Chai flavors: 1/2 tsp. cinnamon, 1/2 tsp. ginger, 1/2 tsp. allspice, dash ground cardamom, a bit of fresh nutmeg

Splash of bourbon whiskey

Ground coffee (just enough to be moderately sprinkled throughout)

1. Preheat the oven to 325 F. In a mixing bowl, cream together the sugars and eggs. Blend oil in well.

2. In a small bowl, mix together the baking soda and salt to avoid clumping.

3. In a large bowl, sift or whisk together the flour, salt and baking soda. Add raisins and oats, coating in the flour mix so they get separated. Add desired optional add ins.

4. Add the egg/oil/sugar mixture to the flour mixture; add the vanilla and any desired

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Colorful Black-eyed Pea Succotash

optional flavorings. Stir about 20 strokes. Add the vinegar (or other acid); mix slightly. Should have the consistency of a chunky cookie dough. Refrigerate for denser, chunky cookies. Room temperature for thinner, crispier ones.

5. Drop dough by teaspoonfuls on parchment-lined cookie sheets. Bake 22 minutes, alternating from the top to the bottom rack midway through the cooking time.

## Super Snack

Raw sunflower seeds, to taste  
Salt, to taste

Roasted chickpeas, to taste  
Raw pumpkin pepitas, to taste  
Raisins, to taste  
Yogurt-covered pretzels, whole or broken into smaller pieces, to taste

1. In a dry pan toast the sunflower seeds with a pinch of salt.
2. In a ratio of about 3 parts nuts and seeds to 1 part sweets, combine all ingredients; store in an airtight container.

## Colorful Black-eyed Pea Succotash

- 2 1/2 cups black-eyed peas
- 1 tsp. whole fenugreek seeds, toasted
- 1 tsp. mustard seeds
- 1 tsp. whole cumin, ground in mortar and pestle or in a spice grinder
- 2 Tbsp. garlic, minced
- 2 Tbsp. onion, minced
- 1/4 tsp. black pepper
- 1 tsp. ancho chili powder
- 1 rounded tsp. turmeric powder
- 1 scant tsp. sea salt or iodized salt
- 1 medium zucchini, cut in 1/4-inch rounds
- 1/2 pt. organic grape tomatoes
- 6 oz. frozen corn
- 2 jalapeños, minced and deseeded

1. Sort the black-eyed peas to check for any incidental things like stones or beans that don't make the cut. Transfer to a strainer; rinse off any dust. Place the peas in a non-reactive bowl; cover with about 6 cups of water. (The water should be about an inch above the line of the beans.) Soak for 8-24 hours (overnight).

2. After soaking, drain off the soaking water. In a Ninja Foodi, add the beans and fresh water (about the same amount used for soaking). Place the pressure cooker lid on the Ninja Foodi; set on high for 10 minutes. Once completed, allow the pressure cooker to slowly release the pressure, undisturbed, for 10 minutes, before opening the release valve.

3. Add all the other ingredients to the same pot; slow cook for 6-8 hours on high.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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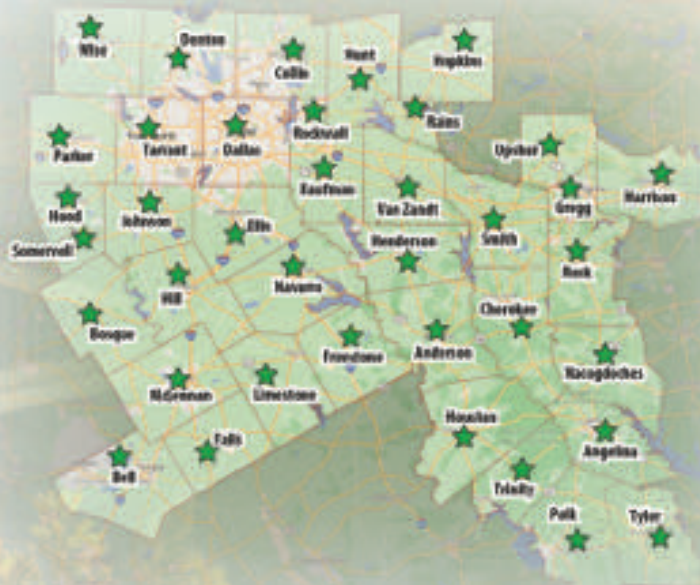
  
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# TOP OF TEXAS

— By Virginia Riddle



*Hugging the state line between Texas and New Mexico, Guadalupe Mountains National Park offers a glance into the past. Visitors accomplishing the 3,000-foot elevation gain during the 8.4-mile hike to Guadalupe Peak, which at 8,751 feet, is the highest point in Texas, are rewarded with majestic views of diverse landscapes — desert, canyons and mountains. Visitors hear stories of animals, plants and people who adapted to this rugged land through the Pine Springs Visitor Center's displays, ranger programs and hikes varying from easy to strenuous.*

The varied topography was formed from a tropical ocean that became a flourishing habitat for marine organisms living in the Capitan Reef. The sea evaporated, and the reef subsided, buried in sediments and salts, until the mountains lifted and

exposed it. Fossils from that period exist throughout the park but cannot be removed.

The Nde people, also known as Mescalero Apache, hunted, camped and took refuge on these lands until the mid-1800s when the Butterfield Stagecoach, U.S. Army troops, ranchers and conservationists arrived. The Pinery Trail leads to the ruins of a stagecoach station. The Williams Ranch site is only open to four-wheel vehicles, but the Frijole Ranch History Museum site is an easy one-hour hike. It features a springhouse, schoolhouse, bunkhouse, barn and picnic area. The historic Pratt Cabin and Hunter Line Shack can be visited by hiking the McKittrick Canyon Trail.

Along the deep, sheer-sided McKittrick Canyon walls, hikers can view the beautiful, rare Texas Madrone trees. With mixed desert, highland forest and canyon woodland landscapes, this canyon is home to willows, alligator junipers, ponderosa pine, cacti and Texas walnut, ash, oak and maple trees, where wildlife feed and take shelter. Glimpses of jackrabbits, coyotes, porcupines, gray foxes, mule deer, mountain lions and elk mean pets must be on a leash. Pets and bikes aren't allowed on the trails. Horseback riding and hiking are ways to see wonders along the 80 miles of trails.

Nature enthusiasts enjoy the easy hikes through the Indian



Meadow Nature Trail or Salt Basin Dunes, a mini-gypsum white-sands experience. The moderate McKittrick Canyon Nature Trail features the Chihuahuan Desert and the Capitan Reef. El Capitan stands at 8,085 feet with a 2,300-foot elevation gain. The trail is classified as moderately strenuous with switchbacks, multiple ascents and descents. It winds just below El Capitan but offers unique views of the peak and excellent views to the east, south and west. Other strenuous trails aren't marked well, requiring guidebooks from the visitor center.

Safety is key to enjoying this park. Weather can change quickly, so check with rangers for expected conditions. Avoid peak trails during high winds and thunderstorms. In snow, ice or rain, don't boulder climb. Rock climbing is not allowed due to instability of the cliffs, but many strenuous trails require climbing boulders. Trekking poles are recommended for these hikes. Hot on the desert floor with little shade, carry plenty of potable water, sunscreen and a hat. Wear sturdy hiking shoes, even for easy trails. Watch for rattlesnakes and scorpions.

Staying in one of 10 primitive backpacking campgrounds with no services requires a free permit. RV and tent camping is available year-round at Pine Springs and Dog Canyon for a fee. Reservations are recommended but not required. Carlsbad, New Mexico, 52 miles to the north, offers accommodations and conveniences. Whites City, New Mexico, a 30-minute drive north from the park entrance, has the nearest gas station. If coming from the south, fill up at Van Horn or El Paso, Texas.

Neighboring Carlsbad Caverns National Park and Lincoln National Forest in New Mexico share much of Guadalupe Mountain National Park's ecosystem, but each offers unique features. When traveling and staying in this remote land, visitors encounter bright stars with wind and coyotes howling. Guadalupe Mountains National Park specializes in those experiences — a great place to get away. **NOW**

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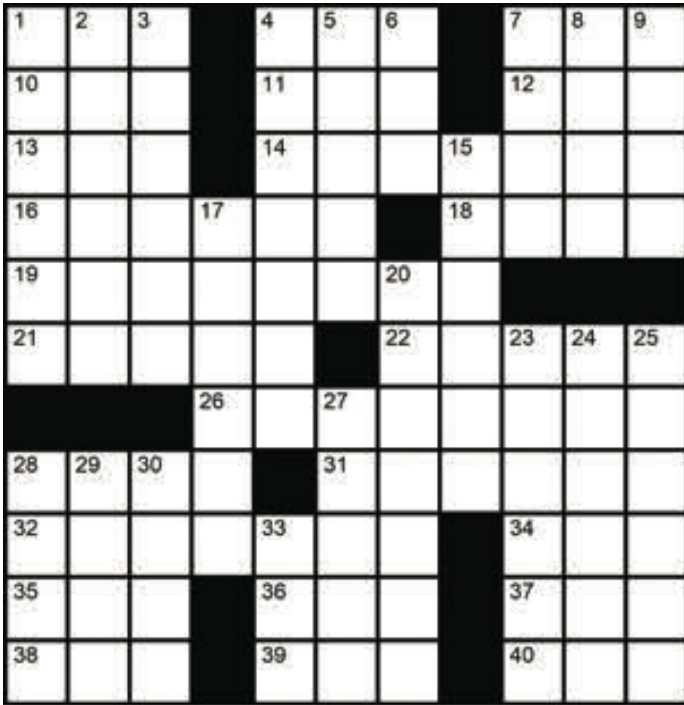


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# Crossword Puzzle



Crosswordsite.com Ltd

## Across

- 1 Red or Dead?
- 4 Quick-fire talk music
- 7 L A clock setting
- 10 It may be tipped
- 11 Stuck in bed
- 12 Corn spike
- 13 Nadal's org.
- 14 Hot red pepper
- 16 Once in a blue moon
- 18 What Lizzie Borden took
- 19 Double-crossers
- 21 So far
- 22 Thready streaks
- 26 TV witch
- 28 Compulsion
- 31 Norwegian princess
- 32 Suffer remorse
- 34 Entirely
- 35 Bran source
- 36 "--- Believer" (Neil Diamond song)
- 37 Rail support
- 38 Mineral spring
- 39 Cookie holder
- 40 Loan charge

## Down


- 1 California peak
- 2 Beanery customers
- 3 Cavorting
- 4 Unsalted Italian cheese
- 5 1836 siege site
- 6 Layer
- 7 He planned and developed Philly
- 8 N R A spokesperson --- Loesch
- 9 Prehistoric predator
- 15 Getting less
- 17 Compression-ignition engine
- 20 Kigali resident
- 23 Geological layers
- 24 Composer Glass
- 25 Staff Sergeant author of "The Ballad of the Green Berets"
- 27 Home of the Heat
- 28 Sky oddities
- 29 Harvest
- 30 Japanese clogs
- 33 Horse controller

Online versions and solutions available at [www.nowmagazines.com](http://www.nowmagazines.com). From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.



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# Sudoku Puzzle

Easy

Medium

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

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

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Cinnamon Rolls were  
found on pages inside  
Front Cover, 25, 28, 32, 35

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# Hello, Fall

## OCTOBER

Due to COVID-19, some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

### 10/1

#### **Catfish Catch:**

Fish with police officers. Free.  
8:00 a.m., Lakeside Park,  
701 W. Center St.,  
Duncanville.

#### **PIP Day:**

Volunteer to help restore  
neighborhood properties. Free.  
8:00 a.m.-5:00 p.m. See the  
Duncanville city calendar for  
further details.

### 10/1-10/2 and 10/6-10/8

#### **Night Must Fall:**

Duncanville Community  
Theatre presents this evening  
of suspense as detectives hunt  
for a brutal murderer. \$15. 8:00  
p.m., **except 10/2** at 3:00 p.m.,  
106 S. Main St.,  
Duncanville.

### 10/3-10/4

#### **Auditions:**

Duncanville Community  
Theatre is casting its production  
of *Dancing Lessons*. 7:00  
p.m., Duncanville Community  
Theatre, 106 S. Main St.,  
Duncanville.

### 10/4

#### **National Night Out:**

Meet your police department  
and strengthen your community  
while having fun. Free. All three  
cities. Check your city calendars  
for times and locations.

### 10/7

#### **Old Settlers' Reunion:**

Learn about the history of Cedar  
Hill from those who lived it over  
supper, games and music. Cost:  
\$5; under 12: \$3. 5:30 p.m.,  
600 Cedar St.

### 10/8

#### **Pink Diamonds Awareness Ride:**

15-mile and 30-mile rides to  
support breast cancer survivors.  
Rides start in Duncanville and  
go through DeSoto, Cedar Hill  
and Ovilla. \$20. 7:30 a.m.,  
Gazebo in Armstrong Park,  
100 James Collins Blvd.

#### **Country Day on the Hill:**

Enjoy a parade, food, crafts and  
entertainment on three stages.  
Free. 9:00 a.m.-6:00 p.m.,  
600 Cedar St., Cedar Hill.

### 10/15

#### **Police Department Open House:**

Get to know your police  
department and learn what they  
do and how. Free. 10:00 a.m.-  
2:00 p.m., 203 E. Wheatland  
Rd., Duncanville.

#### **Longhorn Texas Star Classic:**

Come support local  
bodybuilders and fitness  
competitors. Prejudging: \$30;  
finals: \$35. Prejudging: 10:00  
a.m.; finals: 6:00 p.m., DeSoto  
Corner Theatre,  
211 Pleasant Run Rd.

#### **Blessing of the Animals:**

Bring your friends with fur,  
feathers or scales to be blessed,  
or adopt a new friend from Tri-  
City Animal Shelter. Free. 10:30,  
11:15 and noon. St. Anne's  
Episcopal Church, 1700 N.  
Westmoreland Rd., DeSoto.

### 10/18

#### **Abstract Pumpkin Painting:**

Teens come learn to paint  
some good gourds. Free.  
6:30-7:30 p.m., DeSoto Library,  
211 Pleasant Run Rd.

### 10/28

#### **Boo Bash:**

Keep your Halloween safe. Free.  
6:30 p.m., Fieldhouse,  
1700 S. Main St., Duncanville.

### 10/29

#### **26th Annual Texas**

#### **Country Reporter Festival:**

Hosted by Bob and Kelli Phillips.  
300-plus craft booths, two food  
courts and live entertainment,  
including a free concert with  
Diamond Rio. Admission: Free.  
9:00 a.m.-7:00 p.m.,  
Downtown Waxahachie.

#### **Scare on the Square:**

Come for "trunk-or-treat" and  
spooky fun. Free. 6:00-8:00  
p.m., Downtown Cedar Hill.

### Mondays

#### **Baby Storytime:**

Bring your babies for  
entertaining tales. Free. 10:30

a.m., Zula B. Wylie Library,  
225 Cedar St., Cedar Hill.

### Second Mondays

#### **Youth Tellers:**

Learn the art of telling a great  
story. Free. 5:30 p.m., Zula B.  
Wylie Library, 225 Cedar St.,  
Cedar Hill.

### Second Saturdays

#### **Paws and Reading Tutors:**

Kids of all ages come read  
to friendly, trained dogs. Free.  
Noon-1:00 p.m.,  
Zula B. Wylie Library,  
225 Cedar St., Cedar Hill.

### Third Saturdays

#### **Tri-City Animal Shelter Adoptions:**

Come meet your new furbaby.  
11:00 a.m.-2:00 p.m.,  
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*Submissions are welcome and  
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