

SouthwestNOW

M A G A Z I N E

OCTOBER 2023

Being BOSI

Cheryl Washington
empowers women for
better lives

You've Earned It

What do Medicare
Advantage plans offer?

Also inside:

Scavenger Hunt

Crossword

Featured Business:

Glow Skincare and Aesthetics

In the Kitchen With
Charita Henderson

Postal Customer

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Cedar Hill All Pro Dads
CHAT • Mission Cedar Hill
Cedar Hill Shares
Grand Prairie Food and Clothing Co-op

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8:30 Shotgun Start

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Contact The Lake Ridge Charitable Foundation

Email: LRCFinc@gmail.com

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DUNCANVILLE ISD

**BOND
2023****EARLY VOTING**
OCT. 23-NOV. 3**ELECTION DAY**
TUESDAY, NOV. 7

The \$170 million Duncanville ISD Bond will allow the district to address security needs, priority maintenance, and reconfigure campuses to create an early childhood center, add more choice options for families, update Duncanville HS, expand career and technical education programs at the high school, and replace buses over 16 years old.

**SCAN TO
LEARN MORE****PROPOSITION A****Renovations and Capital Improvements**

- Major architectural renovations to allow for grade realignment of campuses
- Career & Technical Education addition at Duncanville HS
- Capital improvements districtwide

**Transportation**

- School bus and fuel tank replacements

**School Safety and Security Updates**

- School safety and security updates districtwide

**Technology Infrastructure**

- Technology infrastructure upgrades

PROPOSITION B**Instructional Technology**

- Interactive monitors for engaged learning and development for all Duncanville ISD campuses and facilities

TAX INFO**2022-2023****M&O RATE****\$0.9329****I&S RATE****\$0.32****TOTAL
TAX RATE:
\$1.2529**Per \$100 of Assessed
Property Value**2024-2025*****M&O RATE****\$0.7628****I&S RATE****\$0.3685****TOTAL
TAX RATE:
\$1.1313**Per \$100 of Assessed
Property Value*Illustrative rates with state
comparisons and 2023 bond amounts

Maintenance & Operations (Security & Safety Expenses)

Interest & Sinking Debt Service

Bonds may affect the I&S tax rate. For a home valued at \$200,000, the I&S increase is estimated to be no more than \$8.08 per month. Although the bond election may impact the I&S tax rate, the total tax rate will be lower than the year prior.

CITIZENS 65+

Duncanville ISD property taxes for citizens age 65 or older will not be affected by this - or any - school bond election as long as a homestead and over 65 exemption application have been filed with the local appraisal district.

ON THE COVER



Cheryl Washington works to empower women of all ages.

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EDITOR'S NOTE

What do you do for fun?

I'm the sort of person who collects hobbies. I'm interested in everything and willing to try almost anything that sounds fun.

As a teen, and earlier, I was really into collecting — stamps, coins, *Star Wars* action figures, rocks, post cards. I was crazy about naked eye backyard astronomy. I watched all the PBS shows about painting, calligraphy and cooking. In college, I got into learning languages and lifting weights. I've always loved music, and I've tried — sort of — to learn three different instruments. But I'm more into *listening* and have a *huge* collection of CDs.

I tried martial arts briefly, and I would like to get back to that. I studied fencing for a while, until the class lost its practice space. I enjoy several kinds of dance, and got good enough at one style to choreograph.

While I lived in Taiwan, I collected teapots shaped like pumpkins, tree stumps and river boats. I also had a thing for small, cheap jades of Chinese mythological beasts, and also some bronzes. That's also when I started collecting glass bottles. I love the way light moves through glass.

All of these are things I do for fun. That's what hobbies are. Things you do for enjoyment. My father never could understand that. His highest praise for any creative project was, "You could make money off of that!" He never understood that once you try to monetize something, it's not a hobby anymore. It's no longer just for fun and relaxation. Then it's just another job.

What are your hobbies?



Adam

Adam Walker
SouthwestNOW Editor
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Cheryl Washington is a woman on a mission. “I spent 30 years as a cosmetologist,” she recalled. “I realized I wasn’t just making these women beautiful, I was helping them with their lives as we discussed the Bible, church, life and parenting. We focus so much on outer beauty. We go to our jobs with a face of perfection. But when we come home and walk in the door, after serving everyone else, we are still unsatisfied. We ask, ‘Who am I?’ This is why BOSI was created. It stands for Beautified Outwardly Satisfied Inwardly.”

Cheryl has learned many of the lessons she teaches, the hard way. “After 21 years of marriage, I had to re-establish myself. My daughter and I lived in a one-bedroom apartment for two years. Although we could only afford a one-bedroom apartment, my daughter was content with making the living room her own space. She never complained. Her contentment inspired me. Some situations are made to mold your character, not make you comfortable.”

BOSI is a nonprofit 501(c)(3) that aims to improve the lives of teen girls, young women and their mothers. “We invest in women age 13 and up in under-served communities, and by under-served, I don’t just mean low income. We teach basic life skills dealing with health, fitness, financial stability, career preparation, business operation and self-awareness. We started with just teens, but then I saw how important parenting is and the need to help parents engage with their children. There is no age cap on BOSI, because daughters learn from their mothers, and mothers learn from their daughters. We do a lot of mother-daughter sessions. We have a strong focus on communication. Everyone finds joy in giving their opinion but fails to listen. As parents, we must be careful with our reactions and be graceful when they make wrong choices.

“When my daughter and I go out to eat, we make it a rule to put our phones away. I use that time to listen and give her my undivided attention. We as mothers should create a safe space for our daughters to share their problems.”

Another way BOSI focuses on communication is in teaching job skills. “Our goal is to show them how to make eye contact and show confidence while talking. When applying for a job, it’s important for us to teach them how to create a résumé and wear professional attire for interviews.

Being BO

— By Adam Walker



with issues that require professional assistance. This is where Cheryl's network of contacts comes in. "I try to connect them with professionals — with social workers, therapists, nurses. I try to always have resources to connect them to."

Cheryl also tries to keep her finger on changing needs. "I hold a series of sessions called Can We Talk? This gives us an opportunity for the community to tell what is needed. I ask, 'What do you see that is lacking in your community? What is going on in your community that needs attention?' I build the classes and workshops around those discussions." BOSI hosts 10 to 12 workshops each year on topics ranging from make-overs for business professionals to dating violence and human trafficking.



"BOSI is about helping women, affecting positive change and knowing who you are. "Nothing can keep you from your purpose. We need to be leaders and followers. No matter what you've lost, you can gain so much more. You need to have confidence in knowing who you are. I realize the more you give, the more you have. I came to realize that I am unique and loved by God. He made me the woman I am today. I can be beautiful outside and satisfied inside. Our core values are: Give as it has been given to you. Identify the need, and then offer to help. Visualize your goals and work toward them. Equip others with needed resources." **NOW**

Editor's Note: BOSI programs are offered through the DeSoto Public Library. For more information visit www.wearebosi.org.



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You've Earned It

— By Virginia Riddle



With 65 birthdays and more years of work behind them than in front, Baby Boomers and Gen Xers look forward to successful retirement years. An important ingredient is maintaining their health as economically as possible on fixed incomes. Whether shopping for a friend, relative or yourself, learning about Medicare and Medicare Advantage is critical to choosing the right plan.

Within six months of one's 65th birthday, and within annual open enrollment periods, it's advisable to shop and compare plans. Basic Medicare with supplemental gap insurance policies (A, B, C, D, F, G, K, L, M, N) was instituted in 1965. It pays for most hospitalization charges and other medical costs, but not all. Medicare recipients have the choice of gap insurance — some with high or low deductible choices — to help pay for charges Medicare doesn't cover.

Understanding the basic "Medicare Maze" might seem daunting, but it's only a start in making wise choices,

depending on personal health needs. Medicare Advantage plans offer an alternative to basic Medicare and fill needs much as the medigap plans do, but the "Advantage" plans are different. If choosing a Medicare Advantage plan, an enrollee doesn't deal directly with Medicare, except for paying monthly premiums for Part B and perhaps Part D, that pay some of what basic Medicare doesn't cover.

Medicare Advantage plans offered in most geographic areas take two forms: managed care plans and fee-for-service plans. Managed care plans charge a low or no monthly premium and small copays, but the plans limit enrollees' choices of doctors and other providers. These plans limit treatments and length of hospital stays. With fee-for-service plans, any doctor or provider can be used if they accept Medicare and the Medicare Advantage plan's restrictions and amount of payment. The enrollee can choose to pay the difference or select another provider.

Since Medicare Advantage plans are provided by private health insurance companies, enrollees must also evaluate the stability of possible choices and the geographic areas that each company chooses to cover. Whether the premiums and copays rise in price is another question to research. One's local State Insurance Assistance Program, Health Insurance Counseling and Advocacy Program or the www.medicare.gov

site can be accessed for these answers and comparative charts.

Some Medicare Advantage plans include the Medicare Part D prescription program, while other plans require enrollees to choose a separate stand-alone Part D plan. Compare the plans' approved drugs, copays and premium costs.

Is the Medicare Advantage managed plan a Health Maintenance Organization (HMO), a Preferred Provider Organization (PPO) or a Provider Sponsored Organization (PSO)? HMOs maintain a network of physicians and providers who must be used unless there's an emergency. Premium prices are usually the least expensive, but enrollees must make sure their hospitals, doctors and providers are "in network." A negative to these plans occurs when the in-network listings change, and enrollees must travel to in-network doctors close to their area.

PPOs work much like HMOs, but these plans offer a point-of-service option, which lessens the cost to enrollees if they use an in-network provider. PPOs tend to have higher premium costs, but many enrollees like the flexibility of choosing doctors.

Private fee-for-service Medicare Advantage plans often have a cap on the amount of out-of-pocket payments an enrollee must pay each year. However, these plans have strict rules for providers, aren't always accepted by providers and may charge for extra services and other costs.

Whatever the choice, remember it's sometimes difficult to change from basic Medicare with gap insurance to a Medicare Advantage plan and vice versa. It's best to make a wise choice, and review that choice annually. **NOW**

Sources:

1. www.medicare.gov.
2. Social Security, Medicare & Government Pensions. Matthews, Joseph L., NOLO, 2021.

Editor's Note:

Most cities in our market areas have professional insurance agents who are trained to help you determine which Medicare plan is best for you. Give one a call to get the process started!

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Micah T. ★★★★★

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Thomas M. ★★★★★

Muy cálido y acogedor y he estado yendo allí durante años. (Todos ustedes lo están haciendo muy bien!)

Kamilah J. ★★★★★

I've been taking my daughter to this clinic for years since she was 5 years old and she's now 13 years old. So I have always had a great experience with the staff, medical assistants and the receptionists. I and my daughter love everyone that we have had the pleasure of meeting and came in contact with as far as helping to treat her and helping her with her health.

Tonya W. ★★★★★

I like the friendliness of your staff. I love that it never changes even though the staff has changed over the years.

Allison A. ★★★★★

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Lauren P. ★★★★★

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Zoomed In: Katherine and Sarah Landrey

By Adam Walker

Twin sisters Katherine and Sarah Landrey clowned around in the photo booth during the Meet the Teacher Night at Village Tech. “We’re both seniors,” the younger twin, Sarah, explained.

“I’m one minute older,” Katherine informed. In the picture, Katherine is being held by her sister. “It’s something we do at home. It’s funny. She catches me. Sometimes it works, and sometimes she drops me!”

Both are very involved at school. “I’m the vice president of our National Honor Society chapter. And I’ll be directing *Mean Girls*. It’s our last production of the school year,” Sarah said.

“This is my third year in NHS,” Katherine added. “But I’m not a vice president or anything. I’m the backstage manager in theater class. We’re a very student-led school.”



Cedar Hill City Councilman Chad McCurdy (right) and wife, Candice, make a generous gift to John Mays for the All Pro Dads snack bar at CHHS.



Christy Harris works out at the Duncanville Rec Center.



DeSoto Rotary Club President Velma Davison presents a check to Patricia A. Coleman of Girlfriends PAC Ministries for their annual school supply giveaway.



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BusinessNOW

Glow Skincare and Aesthetics

Glow Skincare and Aesthetics

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Cedar Hill, TX 75104
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www.glowskinandaesthetics.com
glowskinandaesthetics@gmail.com
Instagram: @skin_tx

Hours: By appointment only.

Glow Skincare and Aesthetics is a full-service, medical spa in the heart of Cedar Hill. Owner Kamala Richmond, MSN, RN, LE, served the community as a nurse in acute care settings for 27 years. Two years ago, she took her love of science and nursing and transitioned to the aesthetics and wellness industry. “Our mission is to provide a unique, luxury spa experience in a holistic space, where self-care and physical rejuvenation are top priority,” she said.

Kamala offers medical-grade services that enhance your natural beauty and help you to feel like the best version of yourself. The service menu includes aesthetics, skincare,



wellness, vaginal rejuvenation and weight management. She is certified in the treatment of multicultural skin, recognizing that not all products are appropriate for everyone’s skin. “At Glow, all of our facials are customized for your individual skin type based on your concerns and analysis of your skin,” she said. “We pride ourselves in being knowledgeable about products and trends in the market. We partner with brands like Circadia, PCA SKIN, Face Reality Skincare and Skin Script RX.” Though medical grade products are a little more expensive, they are more concentrated and, therefore, provide more efficacy in meeting your skincare goals. Recently, they added Morpheus8 — a non-surgical, radio-frequency (RF) microneedling treatment used for skin rejuvenation and contouring. This service, combined with others, leaves your skin smoother, firmer and more youthful.

For aesthetic concerns, Glow Skincare and Aesthetics offers dermal fillers, like JUVÉDERM and RHA. As we age, the natural fat pads in our face begin to fall and leave us feeling very shallow in certain areas of the face. Dermal fillers help restore lost volume. They also offer neuromodulators,

like BOTOX and Jeuveau, which reduce fine lines and wrinkles. Biostimulators, like Sculptra, a new option within the aesthetics industry, help stimulate the body's own natural production of collagen and elastin over time. "All of our aesthetic services are geared toward slowing down the aging process, not stopping it. Our goal is making our clients look and feel more youthful, without changing their natural features."

Wellness, including IV hydration, vitamin injections, weight loss and vaginal rejuvenation, is another treatment category offered at Glow Skincare and Aesthetics. IV hydration is a safe and efficient method of delivering fluids, minerals, vitamins and nutrients directly into your system. This service helps restore and detoxify the body. "Our weight-loss program utilizes


"Our mission is to provide a unique, luxury spa experience in a holistic space, where self-care and physical rejuvenation are top priority."

weekly injections of Semaglutide to successfully help our clients jumpstart lifestyle changes. Our program offers medical oversight, a nutritional guide and ongoing support to help you be successful." With growing numbers of women suffering from incontinence, they now offer EmpowerRF — a new safe and effective treatment that is changing this stigma. This innovative technology treats a broad range of conditions such as stress, urge and mixed urinary incontinence, weak pelvic floor muscles and poor genital circulation. Formerly, the best option for these symptoms was surgery. "We are so glad to help women with this non-invasive procedure that is efficient and has no downtime," Kamala said.

Diet, sleep, hydration and exercise are all important factors for healthy skin. "The skin is the body's largest organ, so it's important to make skincare a priority," Kamala said. "We serve women, men and teenagers. No matter your skincare concerns, we are here to help. At Glow Skincare and Aesthetics, we pride ourselves on personalized treatments. We look forward to providing you quality services and experiences that will refresh and revive you, from the inside out." **NOW**

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CookingNOW

In the Kitchen With

CHARITA HENDERSON

— By Angel Morris



For Charita Henderson, “Preparing food is a creative way to de-stress,” she said, “and what follows is an act of service, where you intentionally create space for people to connect.”

Charita’s fondest memories come from farm-to-table experiences with her grandparents and helping her mother prepare celebratory meals. These fueled her passion and inspired her to launch Jenell’s Catering, Events & Designs in 2014.

By day, Charita works as a global leadership development expert. She is also a member at Star of Hope Baptist Church in DeSoto, leading the children’s ministry and coordinating special events and philanthropic initiatives. “Serving as a mentor and pastor’s wife blesses me with opportunities to impact others in my professional and personal life.” **NOW**

Savory Corn Bread Dressing

Best topped with Truffle Sauce.

Corn Bread:

2 cups self-rising white cornmeal mix
1 tsp. granulated sugar
2 large eggs
2 cups whole buttermilk
3 Tbsp. salted butter

Dressing:

1/2 cup salted butter
3 cups sweet onion, chopped
2 cups celery, chopped
2 Tbsp. fresh sage, chopped
1 tsp. fresh thyme, chopped
6 large eggs
1 14-oz. pkg. Pepperidge Farm Herb Seasoned Stuffing Mix

10 cups chicken broth

2 tsp. black pepper

1 tsp. kosher salt

1. *For corn bread:* Preheat the oven to 425 F. Combine the self-rising cornmeal mix and sugar in a large bowl. Stir together the eggs and buttermilk in a medium bowl; add to the cornmeal mixture, stirring just until moistened.

2. Heat the salted butter in a 10-inch, cast-iron skillet in a preheated oven for 5 minutes. Stir the melted butter into the batter. Pour the batter into the hot skillet.

3. Bake until the corn bread is golden, about 25 minutes; cool in the skillet for 20 minutes. Remove from the skillet to a wire rack, cooling completely, 20-30 minutes. Crumble the corn bread.

4. *For dressing:* Preheat the oven to 350 F. Melt the butter in a large skillet over medium-high heat; add the onions and celery. Cook, stirring often, until tender, 10-12 minutes. Add the sage and thyme; cook, stirring often, for 1 minute.

5. In a very large bowl, stir together the

eggs; stir in the crumbled cornbread, onion mixture, stuffing mix, chicken broth, black pepper and kosher salt until blended.

6. Spoon the mixture into 2 lightly greased 13x9-inch (3-quart) baking dishes. Bake, uncovered, until lightly browned and cooked through, 60-75 minutes.

Truffle Sauce

- 4 cups heavy cream
- 4 tsp. black truffle oil
- 1 cup Parmesan cheese, grated
- 4 tsp. butter
- Salt, to taste
- Freshly ground black pepper, to taste

1. Combine the heavy cream and truffle oil in a saucepan over high heat; bring to a boil.

2. Stir in the Parmesan cheese, butter, salt and pepper. Cook, stirring frequently, until the sauce has a smooth and creamy consistency, about 5 minutes.

Pomegranate Carrots

- 1 Tbsp. butter
- 3 cups carrots, peeled and sliced
- Salt, to taste
- Ground black pepper, to taste
- 1/4 cup orange juice
- 1/4 cup pomegranate juice
- Pomegranate seeds, to taste
- Pistachios, to taste
- Cilantro, chopped, to taste

1. Melt the butter in a skillet over medium heat. Cook and stir the carrots in the hot butter until they begin to soften, about 5 minutes. Season with salt and black pepper.

2. Stir the orange juice and pomegranate juice into the carrots, bring to a simmer; reduce the heat to low. Simmer the carrots until tender, stirring occasionally, 10-12 minutes. Garnish with pomegranate seeds, pistachios and cilantro.

Creamed Kale

- 3 lbs. fresh kale
- Kosher salt, to taste
- 1 Tbsp. unsalted butter
- 1 Tbsp. minced fresh garlic
- 3 cups heavy cream
- Black pepper, freshly cracked, to taste
- 1/2 cup Parmesan, finely grated
- 1/8 tsp. nutmeg, freshly grated

1. Prepare the kale by removing the center stems and tearing leaves into bite-size pieces.

2. Set a large pot of water over high heat; bring to a boil. Season generously with salt. When it returns to a boil, add the kale. Stir well, so it cooks evenly. When it turns bright



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Cranberry Glazed Cornish Hens

1. Preheat the oven to 400 F. In a small saucepan, sauté the shallots in the butter over medium heat until translucent, about 5 minutes. Add the orange zest and juice, cranberry sauce, brown sugar and rosemary. Simmer until thick, about 10 minutes; set aside to cool.
2. Season the hens liberally with salt and pepper. Using a basting brush, paint each hen with the glaze. Cover the wing tips with foil to keep them from cooking too much.
3. Place the hens in a cast-iron Dutch oven or roasting pan. Cook for 20 minutes; then reglaze. Glaze again in 15 minutes. After 45 minutes, check the internal temperature. (Thighs should be 165 F; breasts should be 170 F) Let rest for 10 minutes before serving.

green and becomes tender, 10-12 minutes, remove; drain in a colander.

3. Add the butter and garlic to a sauté pan over medium heat. Stir in the cream with some salt and pepper. Set over high heat; bring to a simmer. Cook until the cream reduces by half, 6-7 minutes. Once reduced, add the kale, Parmesan, nutmeg and more salt and pepper; bring back to a simmer until the kale is heated through, and the Parmesan is melted. Stir to coat evenly.

Cranberry Glazed Cornish Hens

- 1 shallot, minced
- 1 Tbsp. butter
- Zest of 2 oranges, plus 1 cup juice
- 1/2 cup jellied cranberry sauce
- 1 Tbsp. brown sugar, packed
- 1 sprig fresh rosemary
- 4 Cornish game hens, rinsed and dried
- Kosher salt, to taste
- Ground black pepper, to taste

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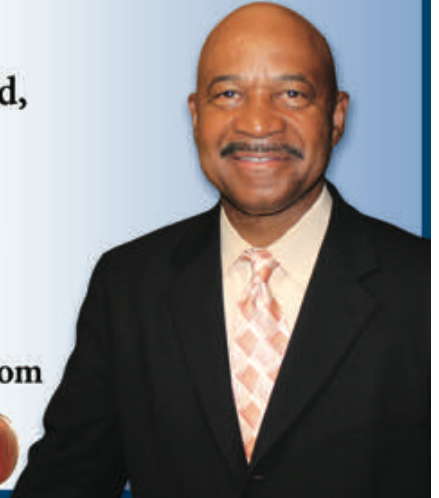
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Wild Beauty

— By Virginia Riddle

High desert forests of piñon, juniper and stately Ponderosa pines hug the Trail of the Mountain Spirits National Scenic Byway in New Mexico. Silver City earned its name and boomed in the 1870s when silver was discovered behind the Grant County Courthouse. Today, it serves as a base with amenities and all manner of lodging for modern-day explorers wishing to learn the history of the area and enjoy recreational possibilities and the scenic wilderness vistas.

The Scenic Byway is a triangle winding through the 3.3-million-acre Gila National Forest between Silver City to San Lorenzo to the Gila Cliff Dwellings National Monument and back to Silver City. From an overlook near San Lorenzo,

visitors can view the Chino Mine, an open-pit copper mine. On NM 35, adventurers can visit Lake Roberts and crest the Continental Divide.

At the apex of the scenic byway lies the Gila Cliff Dwellings, structures built in caves above the Upper Gila River by different groups of ancient peoples over thousands of years. A short drive back gives visitors the chance to climb the steep 300-plus steps, walk through the dwellings or view them from the canyon valley. The climb down is more strenuous with a few feet of nearly sheer rock face, ladders and path. The cave structures feature soot-stained arched ceilings, structural timbers dating to A.D. 1200, ancient adobe walls and food remains from earlier centuries.

Ancient Puebloans built their pueblos within the cliffs using rock, mortar and timber in the 1200s and moved on around A.D. 1300, probably due to drought conditions. They hunted the forests for game and native plants and grew corn, beans and squash in the Gila River Valley. They were skilled at weaving and creating pottery.

The Chiricahua Apache migrated to the area in the 1500s, and their oral tradition claims the area as the tribe's homeland. Their legendary leader, Goyahkla, known as

Geronimo, was born in the early 1820s at the Gila River headwaters. With the silver and copper discoveries came miners and settlers and the U.S. Army to protect them from Geronimo's attacks. By 1886, the Bedonkohe, the band of Apache of which Geronimo was a part, were forced from their ancestral lands to Ft. Sill, Oklahoma, where Geronimo is buried.

Anglo settlements prospered in the area. Miners, homesteaders and ranchers poured into the towns of Pinos Altos and Mogollon. As the settlements grew, the forests began to be cut for timber. In 1907, President Theodore Roosevelt approved the Gila Cliff Dwellings National Monument to protect the historically significant site. The Gila Wilderness was established in 1964. Today, picnic areas, camping, horseback riding and hiking trails exist through the wilderness. Hikers and bikers accept the challenge of steep grades, twists and turns on the roadways.

The byway's triangle closes with NM 15 through Pinos Altos with its Buckhorn Saloon and Opera House. This leg of the byway is not recommended for long RVs, trailers or for squeamish travelers due to its narrow and very twisting pathway.

To polish off a visit to the area, hike the Catwalk in Whitewater Canyon. The canyon was used as a hideout for desperados like Butch Cassidy, as well as by the Apache. It was also the site of a pipeline laid in 1890 to get water to a now ghost mining town. Rebuilt in the 1930s, the Catwalk gives hikers beautiful views and ends at a swaying suspension bridge over the rushing waters of Whitewater Creek. **NOW**

Photos by Virginia Riddle, LLC.

Sources:

1. "Off the Beaten Path." Reader's Digest, 2009, Pleasantville, New York.
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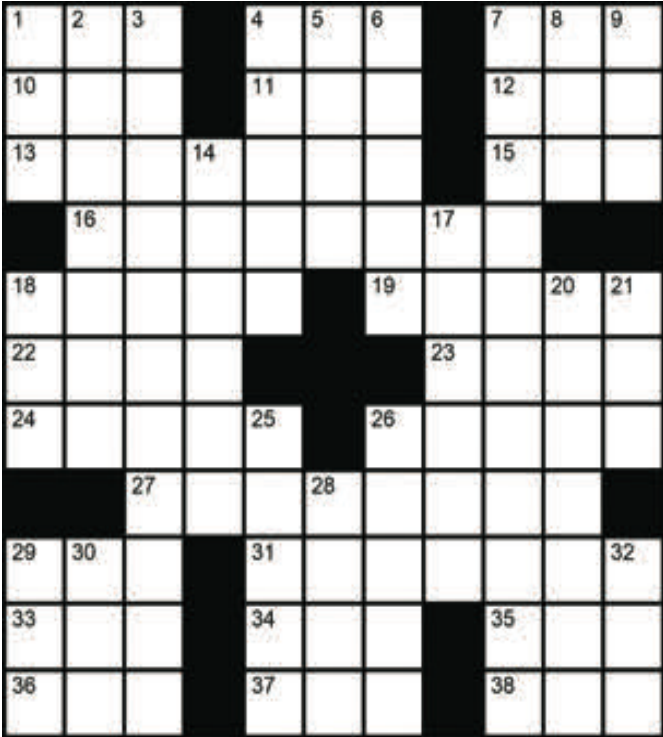
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Across

- 1 Where Eagles and Falcons co-exist
4 A girl's best friend
7 Aunt, to Mom
10 Period of history
11 Turn-down in Toulouse?
12 Catch
13 Bog
15 Some
16 Flaunts
18 Elected
19 Frog unlucky at the racetrack
22 Animal fur
23 Wander aimlessly
24 Labor leader's cry
26 1965 civil rights march site
27 He sought the Seven Cities of Gold
29 Snow runner
31 Characterized by strong feelings
33 Greetings
34 Elevator chamber
35 Zip
36 Orange veggie
37 A-bomb yardstick
38 Take shape

Down

- 1 "So, what else is ---?"
2 Rejuvenate
3 Faith! Islam? Chic to convert?
4 Amazed
5 Arguments against
6 "The --- the beginning" (Churchill)
7 Construction site temporary framework
8 An atom, plus or minus an electron or two
9 One under cover
14 --- the world (Out of it)
17 Shoot
18 Apple core?
20 Flick made for the boob tube
21 Affirmative reply
25 Put up
26 Nasal grunt
28 Toe of the Arabian Peninsula
29 Bashful
30 Hyundai rival
32 Annex, maybe

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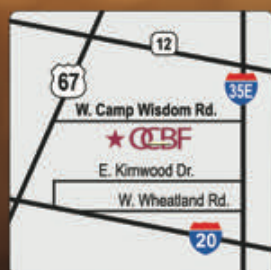
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HELLO, FALL

OCTOBER

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.

10/3

National Night Out:

Meet your neighbors and the police in your neighborhood. 6:00-8:00 p.m., various locations. Check your city's online calendar.

10/7

Family Field Day:

11:00 a.m.-1:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville.

10/14

Breast Cancer Awareness Ride:

Register at pinkdiamondsbikeride.com. 7:30-11:30 a.m., starts at

Hopkins Senior Center, 206 James Collins Blvd., Duncanville.

Country Day on the Hill:

Come for the 86th annual event with a parade, vendors, activities and live entertainment. Free. 9:00 a.m.-6:00 p.m., Downtown Cedar Hill.

Solar Eclipse:

DeSoto Library partners with NASA@ My Library to offer bilingual education about this rare annular eclipse. 11:00 a.m.-noon, DeSoto Library, 211 E. Pleasant Run Rd.

10/21

Veterans Resource Fair:

Learn about the resources and support services available. Free. 8:00 a.m.-1:00 p.m., Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill.

10/27

Boo Bash:

Come for fun and candy. 6:00-8:00 p.m., Duncanville Fieldhouse, 1700 S. Main St.

10/28

27th Annual Texas Country Reporter Festival:

Join Kelli and Bob Phillips, hosts of the weekly TV show, for this one-day arts and music festival. Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie.

October Fest Makeover:

BOSI Teen Girls Mentoring invites teen girls and their mothers for a fashion show and professional tips on hair and makeup. Noon-2:00 p.m., DeSoto Library, 211 E. Pleasant Run Rd.

Scare on the Square:

Bring the kids for trunk-or-treat. 6:00-8:00 p.m., Downtown Cedar Hill.

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



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(not counting the one above).

Email the page numbers and
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