

CEDAR HILL | DESOTO | DUNCANVILLE

SouthwestNOW

MAGAZINE

NOVEMBER 2018

Leveling Up

Javier Banda pursues record-level strength

2018 Holiday Shopping Guide

Featured Business:
Knick Knacks

In the Kitchen With
Carole Duncan

A View to Flip For

At Home With
Johnny Wallace

Kids' Fun Pages
 pp. 34 & 36

Crossword/Sudoku
pp. 38 - 39

FIRST STD
U.S. POSTAGE
PAID
DALLAS TX
PERMIT #3450

Postal Customer

ECRWSS EDDM ****



Care Health Services

.....Live Life Pain Free

INTRODUCES

Regenerative Medicine with Platelet Rich Plasma (PRP) Therapy

A proven safe and effective way to treat Arthritis and other conditions without using any medications.

The Solution is in your blood.

Conditions that can be treated with PRP Therapy:

- | | |
|------------------|------------------------|
| - Osteoarthritis | - Neuropathy |
| - Bursitis | - Muscle, Ligament and |
| - Tendonitis | Tendon tears/ injuries |
| - Fibromyalgia | - And Many more |

Relieve Knee Pain with PRP

Our FDA approved Knee Pain/Osteoarthritis Treatment has over 90% proven success.

Treatment is safe, easy and requires
NO SURGERY

Call today if you experience any degree of knee pain or discomfort.

Treatment is covered by most insurance companies including Medicare.

We Believe in Living Life Pain Free

**CALL NOW AT
214.550.0680**

UNIVERSITY PLAZA, 401 N. HWY 77 • SUITE #1 • WAXAHACHIE
WWW.VCAREHEALTH.ORG



DE SOTO

INDEPENDENT
SCHOOL DISTRICT

EAGLE EXPRESS

ACCELERATING EXPECTATIONS 2020

NOVEMBER 2018

Superintendent to Launch Community Engagement Series

New DeSoto ISD Superintendent, Dr. D'Andre Weaver, has hit the ground running in his first month as the district's top leader.

As part of his efforts to understand what parents and community members are most proud of regarding DeSoto ISD and the opportunities for growth and improvement, Dr. Weaver will host two series to engage with parents and community members:

Coffee and Conversation Series:

This series will take place on Wednesday mornings at 7:30 am at the identified campuses:

November 7: West Middle School

November 14: Northside Elementary

November 28: Moates Elementary

Community Listening Series:

This series will take place on Thursday evenings at 6:30 pm at the identified locations:

November 1: DHS Freshman Cafeteria

November 15: DeSoto Public Library Multipurpose Room

November 29: Harvest of Praise Church in Glenn Heights

For questions, concerns or comments to Dr. Weaver, please contact him at Superintendent@DeSotoISD.org.

District Grant Renewed for Continuation, Another Grant Awarded

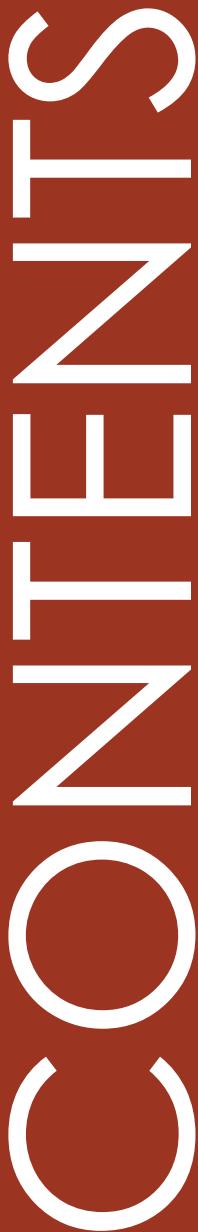
DeSoto ISD is proud to announce that the Academies for Academic Enhancement and Excellence grant aimed at equality, excellence and effectiveness for all students has been awarded \$3.3M for year two of the grant - an amount that exceeded the district's original grant funding expectation for this year.

The grant supports student learning experiences in the district's magnet programs through curriculum, technology and added instructional support in areas like STEM and the arts across DeSoto ISD.

In addition, the GEAR UP, or Gaining Early Awareness and Readiness for Undergraduate Programs, grant was issued a new award in DeSoto ISD. The new grant totals \$8.2M over seven years. The GEAR UP grant furthers the access, understanding and pursuit of post-secondary education among DeSoto ISD secondary schools.

CALENDAR

- Nov. 1: Football @ South Grand Prairie
- Nov. 8: Football vs. Cedar Hill at Eagle Stadium
- Nov. 12: Board Meeting
- Nov. 19-23: Thanksgiving Holiday

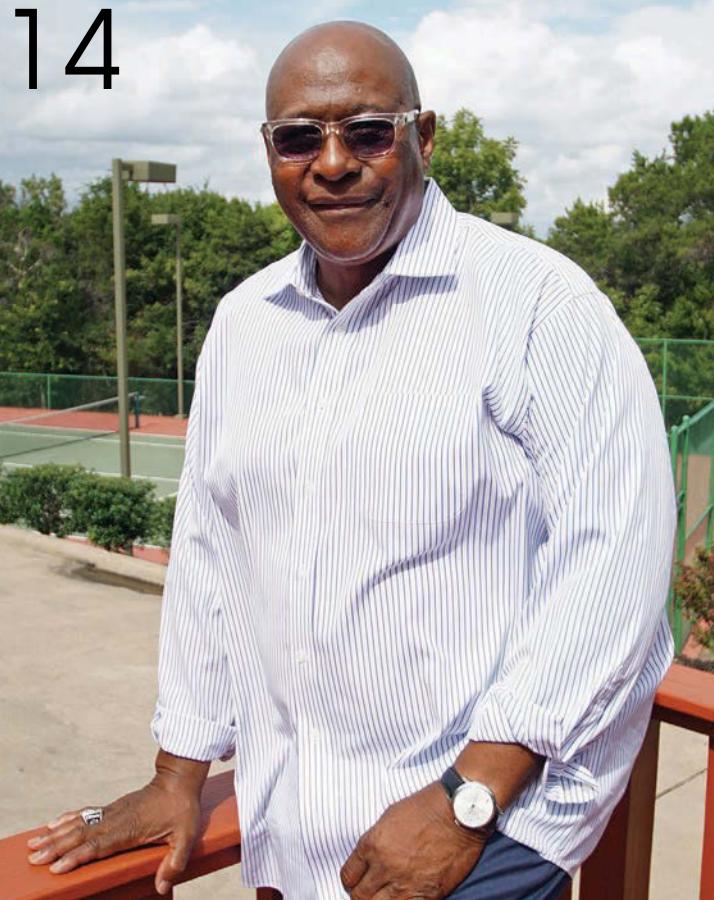


8 LEVELING UP
The weights keep going up for this young man.

14 A VIEW TO FLIP FOR
At Home With Johnny Wallace.

20 EVERYONE MATTERS
Homeless souls are helped through the Let's Start Giving Foundation.

32 FABULOUS GREEK HOLIDAY
Voula, Greece, offers a picturesque and relaxing European vacation.



- 26 CookingNOW**
- 30 BusinessNOW**
- 40 Around TownNOW**
- 44 Then & NOW**

Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker | Southwest Editor, Adam Walker
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith | Writers, Rick Mauch
Virginia Riddle . Mark P. Starrett
Editor/Proofreader, Angel Morris

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brandy Morgan . Anthony Sarmiento

PHOTOGRAPHY

Photography Directors, Chris McCalla . Sandra Strong
Photographer, Shane Kirkpatrick

ADVERTISING

Advertising Representatives, Dustin Dauenhauer . Trent Dean
Cherise Burnett . Bryan Frye . Ashlyn LeVesque . Kelsea Locke
Lori O'Connell . Melissa Perkins . Steve Randle . Keri Roberson
Linda Roberson . Joyce Sebesta

Billing Manager, Angela Mixon



ON THE COVER

Javier Banda is serious about strength.

Photo by
Shane Kirkpatrick.

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2018. All rights reserved. SouthwestNOW is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville ZIP codes.

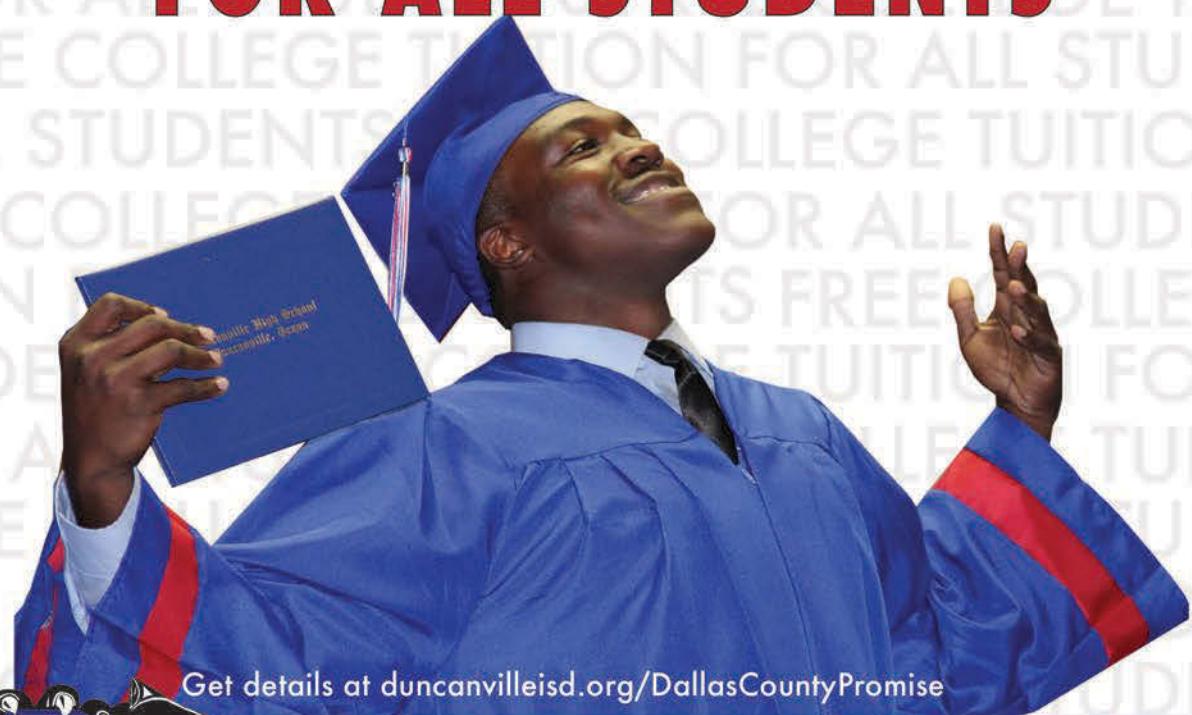
Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 283-1170 or visit www.nowmagazines.com.



DUNCANVILLE ISD

Writing success stories, one student at a time.

FREE COLLEGE TUITION FOR ALL STUDENTS



Get details at duncanvilleisd.org/DallasCountyPromise



DUNCANVILLE HIGH SCHOOL



**Marie
Irwin**
Teacher

**Stephanie
Farmer**
Staff

**Jesus
Bocanegra**
Student

710 S. Cedar Ridge Dr.
Duncanville, Texas 75137
p. 972.708.2000 f. 972.708.2020
www.duncanvilleisd.org

Follow Us On:



EDITOR'S NOTE



Adam

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

Pumpkin spice — everything ...

This time of year, we are bombarded with pumpkin spice in everything from lattes to candles, to air freshener, to dog treats, to chewing gum, to protein powder, to body wash, to ... potato chips? Don't get me wrong. Cloves, cinnamon, nutmeg, ginger — they all make me think of fall. And I like the smell of all of them, by themselves or together. But it's a different smell that makes me think specifically of Thanksgiving.

The smell that makes me feel all warm and cozy, and makes my mouth water for all the treats of a real Thanksgiving table is sage. It's a strong, rich smell that wraps you in it and makes you drool. One whiff and I'm dreaming of dressing, which is absolutely the best part of the Thanksgiving meal. Mom's dressing recipe is to die for!

So, I agree that certain spices, or in my case herbs, do sort of define the fall, but I'll take a bit more sage, and a bit less cloves, if you please. What spice or herb or other scent defines the season for you? Drop me a line on our *SouthwestNOW* Facebook page to let me know! Oh, and check out the recipes in this issue and the ones online to deck out your holiday table!

Don't mind me — I'm just refilling my plate!

An advertisement for Kids@Heart Pediatric Dentistry. On the left, a female dentist named Dr. Ashla Martin, wearing glasses and a black uniform, stands next to a yellow car. She is holding a large white and blue marshmallow-like prop. Three children are visible in the car window, wearing colorful, playful sunglasses. The car has the Kids@Heart logo on its side. To the right, there is contact information: 450 North Highway 67, Suite 100, Cedar Hill, TX 75104, website www.kidsatheartdentist.com, and phone number (972) 291-5720. Below this, there are four bullet points: *Accepts Most Major PPO Plans, CHIP & Medicaid, *Specializing in Treating Infants, Toddlers, Children, Adolescents & Special Needs, *Open Monday - Thursday 9 AM – 5 PM, and *New Patients Welcome.

Don't be Afraid of the Dentist.

Come relax with oral sedation and nitrous.

Dr. Martin and his caring Fearless team are here to help you have a healthy and beautiful smile.



Dr. Martin does white fillings, crowns, bridges, veneers, implants, implant dentures, root canals, extractions & Invisalign. He also sees children. Our hygienists, Ruby & Charlsy, do deep cleanings if gum disease is present. Years of dental needs can be completed with very few appointments all in our office.



Same-day treatment available.
No-interest financing W.A.C.
for up to 2 years.

Convenient Hours: 8am-5pm M-Th

In network with these major PPO plans:
Aetna, Delta, Cigna, Metlife, Blue Cross Blue
Shield of Texas, Humana, Principal,
Ameritas, Guardian, Dental Select

972-617-3322 • www.FearlessDental.com

Mention this ad and get FREE WHITENING FOR LIFE

when you become a patient at Fearless Dental. After all dental work is completed, you'll receive FREE trays and then FREE whitening gel at every cleaning.

Snap-on Denture

ALL INCLUSIVE:

- Extractions
- Dentures
- Adjustments & Relines
- Oral Sedation
- Bone Grafts

Upper or lower
with 4 implants

\$12,995



Call our office for more details
and to schedule your complimentary
snap-on consultation.

*Certain restrictions may apply

Financing available through CareCredit - monthly payments as low as **\$322 per month

101 Austin Boulevard • Suite 100 • Red Oak, TX 75154



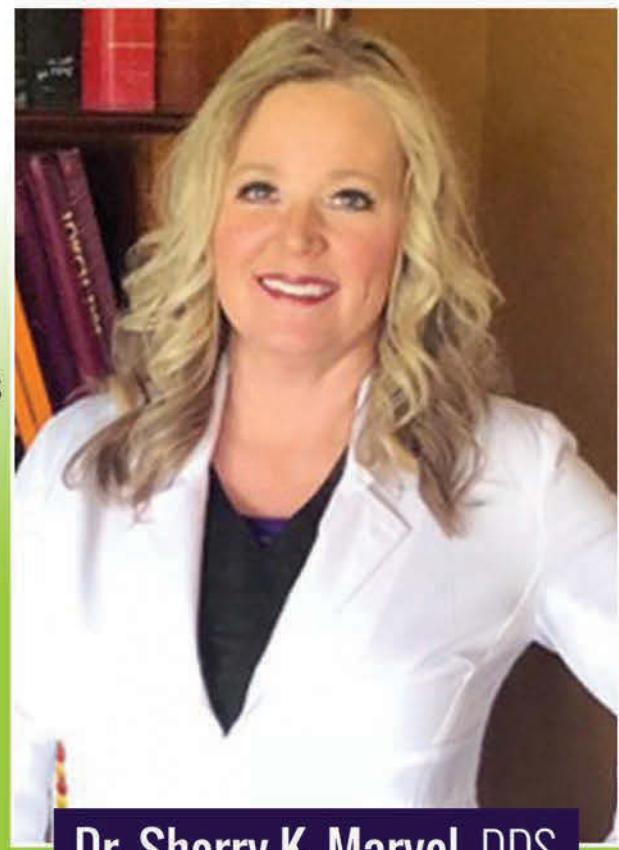
No insurance,
No worries.
**Ask about the
Lake Ridge
Dental Plan!**



It is our mission to make your dental experience something you look forward to without worry or pressure. We will give you options and take your treatment one step at a time with a pace that makes you comfortable.

Call Us Today and Set Up Your Appointment:
972-478-1201

**WE'VE GOT
SOLUTIONS FOR YOU!**



Dr. Sherry K. Marvel, DDS



411 W. Danieldale Rd., #112
Duncanville, Texas 75137
(At the intersection with Cedar Hill Rd.)

NOW HIRING!



Associated Materials, Inc. is one of the largest and most successful manufacturers and distributors in the exterior building products industry. We continue to lead the industry with innovative products that set our brands apart. The bedrock of our philosophy is its company vision: Excellence in People, Excellence in Products and Excellence in Operations. Our employees make the difference. We honor the legacy and dedication of our experienced team and strive to blend their knowledge and skills with the energy, enthusiasm and ambition brought and fostered by our talented new people.

Our Ennis Plant is growing! We are looking for full time employees who want to be a part of our company.

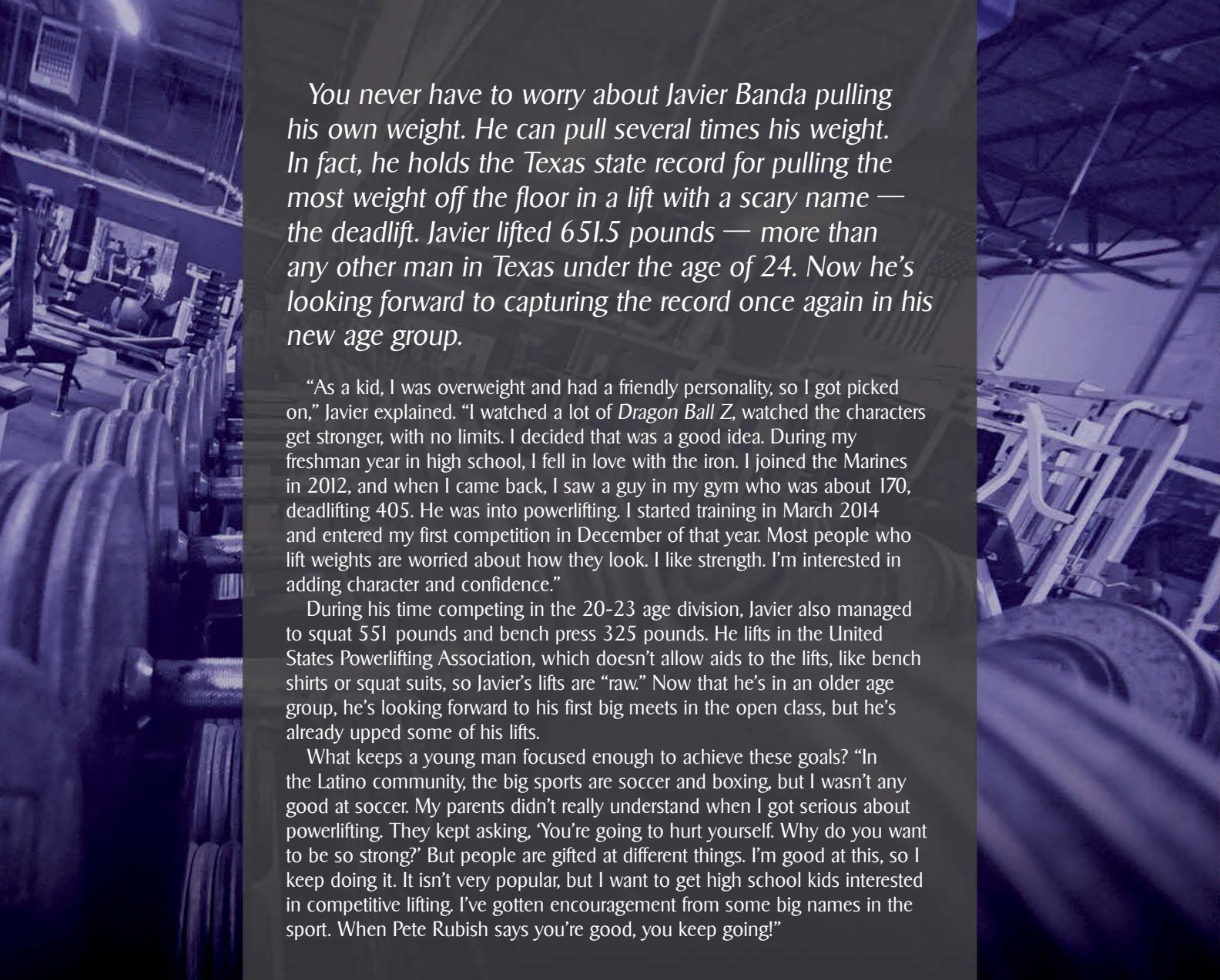
Apply in person at 4200 Knighthurst Rd., Ennis, Tx or online
<http://www.associatedmaterials.com/careers.html>

OUR EXCITING OPPORTUNITIES:

- Maintenance Technicians
- Material Packers 2nd & 3rd Shifts



ASSOCIATED MATERIALS®
INCORPORATED



You never have to worry about Javier Banda pulling his own weight. He can pull several times his weight. In fact, he holds the Texas state record for pulling the most weight off the floor in a lift with a scary name — the deadlift. Javier lifted 651.5 pounds — more than any other man in Texas under the age of 24. Now he's looking forward to capturing the record once again in his new age group.

"As a kid, I was overweight and had a friendly personality, so I got picked on," Javier explained. "I watched a lot of *Dragon Ball Z*, watched the characters get stronger, with no limits. I decided that was a good idea. During my freshman year in high school, I fell in love with the iron. I joined the Marines in 2012, and when I came back, I saw a guy in my gym who was about 170, deadlifting 405. He was into powerlifting. I started training in March 2014 and entered my first competition in December of that year. Most people who lift weights are worried about how they look. I like strength. I'm interested in adding character and confidence."

During his time competing in the 20-23 age division, Javier also managed to squat 551 pounds and bench press 325 pounds. He lifts in the United States Powerlifting Association, which doesn't allow aids to the lifts, like bench shirts or squat suits, so Javier's lifts are "raw." Now that he's in an older age group, he's looking forward to his first big meets in the open class, but he's already upped some of his lifts.

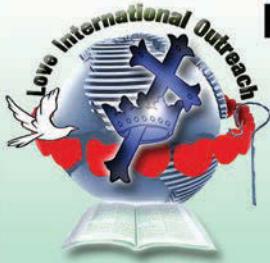
What keeps a young man focused enough to achieve these goals? "In the Latino community, the big sports are soccer and boxing, but I wasn't any good at soccer. My parents didn't really understand when I got serious about powerlifting. They kept asking, 'You're going to hurt yourself. Why do you want to be so strong?' But people are gifted at different things. I'm good at this, so I keep doing it. It isn't very popular, but I want to get high school kids interested in competitive lifting. I've gotten encouragement from some big names in the sport. When Pete Rubish says you're good, you keep going!"





GOUP

— By Adam Walker



Love International Outreach Church

Changing people's lives through love and hope.

Pastor Otis Jackson

loveoutreach2@gmail.com

Sunday Service 10:00 AM

Wednesday Bible Study 7:00 PM

"I come that you may have life and have it more abundantly!" John 10:10b

3883 De Kalb Ave., Dallas, TX 75216 | Ph: 214-457-2046
Prayer Line (Thur. at 7:00 PM): 515-739-1418 Access Code 922023#



Minimally invasive surgery is a big relief.



Thanks to minimally invasive robotic surgery at Methodist Charlton Medical Center, Cassandra Hughes benefited from less pain and a faster recovery from her colectomy to remove a precancerous polyp. Methodist Charlton's specialized equipment like the da Vinci® Surgical System enables surgeons to operate using small incisions with greater precision and control. **Trust. Methodist.**

"My procedure was so easy. I'm convinced: Robotic surgery is the way to go."

— Cassandra Hughes

For more information,
visit MethodistHealthSystem.org/Charlton



Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Charlton Medical Center, Methodist Health System, or any of its affiliated hospitals. Methodist Health System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



Javier tries to be smart about his training. He's almost always careful to warm up properly, and he's very careful about his form when handling the huge weights he needs to lift for competition. But mistakes happen. "In 2016, I was playing flag football, and I pulled a hamstring. It felt like I'd been tased!" he said. "I train for one rep max, lifting as much as possible in one go, not sprints. Not long after pulling my hamstring, I was at the gym, and I decided to deadlift 555 pounds, 90 percent of my max, without a belt. It wasn't my deadlifting day. I hadn't warmed up for that lift. It was just ego lifting. I got it up, but I had to protect my hamstring, so I put extra strain on my back. I herniated a lumbar disk and collapsed. I couldn't get back up. My friend, Jose, had to drag me out to the car. Lucky for me, I was working for a chiropractor, and they got me fixed up. That injury forced me to pay more attention to my body. Injuries can force you to become smarter about



"I don't let people make me angry. I just save all the tension for the weights."

your training. Now I take everything five pounds at a time. No more ego lifting. I want to still be walking at 80. But we have seniors who compete."

While he recovered, he concentrated on basic bodybuilding exercises and got some help with his diet from his bodybuilder friend, Jose. "He told me, 'I know you don't really care about how you look, but science is science.' Cheeseburgers can only take you so far!"

As big and strong as Javier is, he loves to smile and laugh. "I'm a very friendly person. My friends call me Panda. I don't let people make me angry. I just save all the tension for the weights. Powerlifting is a one-man sport, but I've met so many people. When I'm training at the gym with my crew, we're all friends, helping each other get better, but the day of the competition, we're competing against each other. If

CAMP BOW WOW.
DOGGY DAY CARE & BOARDING

15% OFF A PACKAGE OF 5 BATHS!

Camp Bow Wow® Duncanville • 519 E Hwy 67 • Duncanville, TX 75137
972-296-9663 • campbowwow.com/duncanville

*LEGAL WOOF: Offer valid only at Duncanville location. Cannot be combined with other offers. 1 coupon per household. Other restrictions apply. Expires 11/30/18.

CELEBRATING 20 YEARS
ESTABLISHED IN NOVEMBER 1998

Jaynes
Memorial Chapel

*Celebrating life,
honoring families,
serving you in your
time of need*

JAYNES MEMORIAL CHAPEL WELCOMES YOU

When you have experienced the loss of a loved one, you can trust us to guide you through the arrangements necessary to create a meaningful ceremony that celebrates the unique life being honored. Our staff is committed to providing your family with the highest quality care and service in your time of need, and we take pride in our responsibility to lighten your burden as you take the first steps toward healing.

Jaynes Memorial Chapel
811 S. Cockrell Hill Road, Duncanville, TX 75137
Phone: (972) 298-2334 • jaynesmemorialchapel.com

Caring hometown service since 1998

Find Us On Facebook



Alzheimer's Diagnosis? Specialized Alzheimer's Daytime Care & Programs

An affordable adult activity center designed to keep individuals active and engaged in a compassionate, supportive and safe environment.

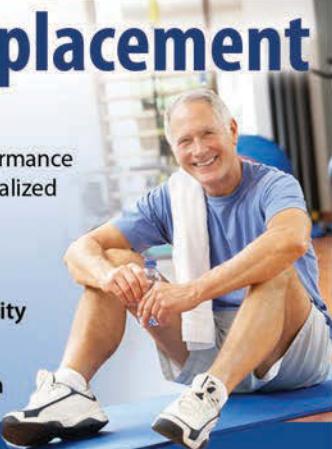
We Provide Transportation
Call today for a tour. 972.274.2484
www.FriendsPlaceADS.com
1232 W. Belt Line Rd., DeSoto, TX
Ask about our Veterans program.



Men's Hormone Replacement By Testosterone Pellets

We are helping men AND women with libido and performance issues using Bioidentical hormones along with individualized natural compounded enhancements.

- Improve Sexual Desire & Satisfaction
- Improves Energy
- Decreases Body Fat
- Improves Stamina
- Improves Bone Mineral Density
- Increases Skin Thickness
- Decreases Skin Pigmentation



See our website for more information.



SAME-DAY APPOINTMENTS AVAILABLE

PHILLIPS

FAMILY MEDICAL

Our Services Include:

- Primary Medical Care for the WHOLE Family
- Special Care Services for SENIORS
- Women's Services (PAP Smears and Help with Menopause)
- Treatment & Care of Diabetes (Diabetic Educator on Staff)

Lipo Laser Program

Lose Inches • Lose Weight
ONLY \$85 Per Session
People typically lose 1/2 inch per session!



Tired of Your Doctor Not
Listening to You? WE WILL!

**Hormone PELLET Therapy
for Women & Men**

Feel Younger, Lose Weight, Stop Aches, Increases Sex Drive

WE'RE ACCEPTING NEW PATIENTS!
We Take Medicare & Most Other Insurance.

**Dr. Pamela
Phillips**
PhD, RN, FNP-C
Certified Family
Nurse Practitioner

Weight Loss Plans That Work

Includes Training Books & Medications
to Assist with Weight Loss

Our weight loss program is the only one that
accepts your health insurance for payment!

I can be the first guy to deadlift 900 pounds at 242 bodyweight, that would be great. Deadlift is a big man's lift. It's a test of brute, overall strength. There isn't much technique, but it takes a toll on the central nervous system. I don't have money for chains or bands, none of the gyms nearby have that kind of equipment, but I've done OK without that. I love the feeling of instant strength. You know your result instantly. Either the weight goes up, or it doesn't."

Javier has plans for the future. "I want to try competing internationally," he said. "I'm thinking about going to either Russia or Australia for a meet next year. The sport is really growing, and it would be a great excuse to travel. That would be really cool."

But his plans extend beyond his own career. "I want to impact my community. Not all kids are made for football or soccer, but some of them might be super strong. I want them to have the opportunity to try this sport. Right now, I'm working at Zan Wesley Holmes Jr. Middle School in Dallas, and I'll be helping seventh- and eighth-graders to become bigger and stronger for football in the off-season. I'm thinking about going into education. Kids need role models, and I think I have something to offer. I want to leave a mark." **NOW**



972-709-3415 • 947 Scotland Dr., Ste. 107, DeSoto, TX 75115

www.PhillipsFamilyMedical.com • Email: Info@PFMed.net • Friend us on Facebook • Nosotros hablamos Español!

US CONGRESSWOMAN EDDIE BERNICE JOHNSON &
DESOTO MAYOR CURTISTENE MCCOWAN PRESENT

Vet Fest

SATURDAY NOV 10

DeSoto City Hall
Jim Baugh Government Center
211 E. Pleasant Run, DeSoto, 75115
In the Council Chambers

9:00AM - NOON

- ★ Ceremony at 10 am
- ★ Veterans for hire job opportunities
- ★ Vendors offering service for Veterans
- ★ **Veterans benefit representative**
- ★ Free flu shots and blood pressure checks

Veterans and their families are invited to join us for a special appreciation ceremony and the opportunity to speak with representatives from the VA and other organizations providing assistance to our veterans.



Sponsored by the City of DeSoto. For more info, visit:
www.DeSotoTexas.gov

A FREE EVENT



NORTHWOOD
UNIVERSITY

It's never too late to
finish your degree.

**Classes start
January 14, 2019**

Onsite and online classes.



ENROLL TODAY!

800.622.9000 • northwood.edu/apply
207 North Cannady Drive • Cedar Hill, TX

A VIEW TO FLIP FOR

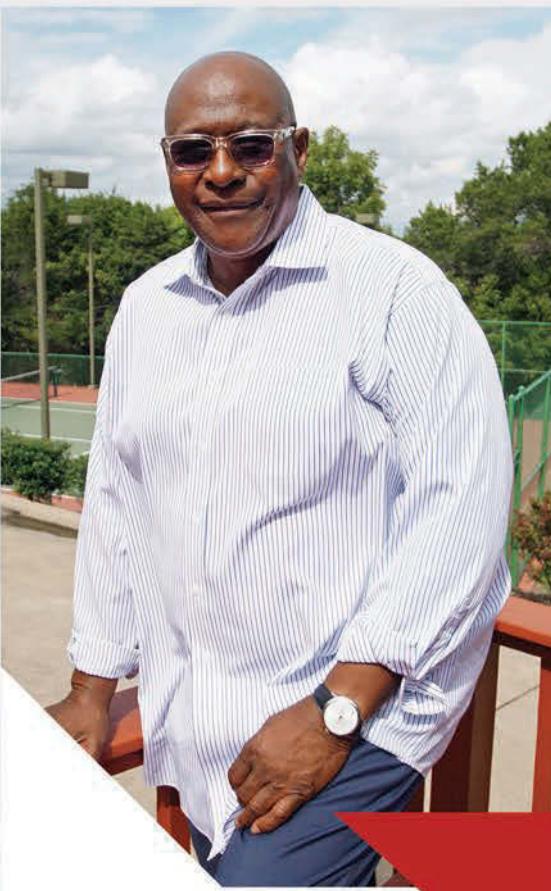
— By Rick Mauch



At Home With Johnny Wallace

Johnny Wallace's life may not be upside down, but his house certainly is. And he wouldn't have it any other way. Johnny calls his home an "upside down house." The master bedroom, kitchen and den are upstairs, while the guest bedrooms, living room and sun room are downstairs. Leading the way up the stairs, Johnny shares the reason why. "Just look at the view from up here."

A journey upstairs reveals a breathtaking view. With plenty of large windows, one can see for miles from the kitchen, loaded with modern appliances, the dining table and the den. "See the buildings there? That's Las Colinas. That's Cowboys Stadium," Johnny said, looking out the window. "You can also see downtown Dallas and downtown Fort Worth. At night, you can see the planes landing at DFW Airport and Love Field."



The home is at an elevation of 820 feet. It is built on 2 acres, at almost 3,500 square feet, with three bedrooms and four baths. And it comes with arguably the best view of fireworks in the Metroplex. "I have my choice of watching fireworks — Las Colinas, the ballpark [Globe Life Park in Arlington, home of the Texas Rangers baseball team]," Johnny said.

Not only can Johnny see all of this from inside the house, there is a large balcony with plenty of seating room, which he frequents a lot. He can see over the top of a grove of trees in his front yard. There's also a nice breeze that welcomes anyone to sit and enjoy the space.

Johnny bought the home in 1993. Today he's 68 and, though his closest family is in the Houston area, he's staying put.

In the upstairs den is a large TV surrounded by five smaller TVs. Johnny likes to keep up with a variety of events, especially sports. "I'll have tennis on and the Mavericks and all kinds of other stuff," he said, chuckling. "That way I never get bored."

Johnny has been playing tennis since

PRECISION EYE CARE

\$15 OFF EYE EXAM
*Restrictions apply. Expires 11/30/18

Happy Thanksgiving!



Anthony Peterson, O.D.

Hours: Monday-Thursday 9-6 | Friday 8-4 | Saturdays by appointment
150 E. HWY. 67, Suite 120 • Duncanville, TX
972-298-EYES (3937) ■ www.pecdallas.com

- Accepting new patients
- Spanish-speaking doctor & staff (Se habla Español)
- Walk-ins welcomed

Payments accepted:
Cash, Debit, Checks
CareCredit



Kubota

**READY TO WORK,
WHEREVER WORK TAKES YOU.**

**\$0 DOWN, 0% A.P.R. FINANCING
FOR 48 MONTHS***



RTV-X Series

Check out our complete line of quality Kubota products.

CENTRAL KUBOTA
WAXAHACHIE, TEXAS
www.centralkubota.com

501 NORTH I-35E
WAXAHACHIE
972-938-1770

Open Monday-Friday 8-5, Saturday 8-2

*\$0 Down, 0% A.P.R. financing for up to 48 months on purchases of select new Kubota RTV-X Series equipment from participating dealers' in-stock inventory is available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Some exceptions apply. Example: 48 monthly payments of \$20.83 per \$1,000 financed. Offer expires 12/31/18. See us or go to KubotaUSA.com for more information. Optional equipment may be shown.

KubotaUSA.com
© Kubota Tractor Corporation, 2018



Across from the court is a patio area a few yards from the house. It has seating for several, with a firepit in the middle that doubles as a table. Nearby is a wooden bench with an inscription that reminds visitors to *Remember the Alamo*.



1973 in Indiana, where he was born and raised. Though he's never played professionally, he competed at a very high level in the United States Tennis Association. "I have a lot of family members who play. I had a natural ability," Johnny said.

Johnny was inspired by tennis legend Arthur Ashe, whom he met a few times. Arthur was the first black player selected

to the United States Davis Cup team and the only black man ever to win the singles title at Wimbledon, the U.S. Open and the Australian Open.

Speaking to Johnny's love of the sport is a regulation-size, lighted tennis court downhill from his home. Johnny often has friends over for matches. "I still play as often as I can. When I travel I take my racket with me," he admitted.



TIME TO UPDATE YOUR KITCHEN?

MTM Countertops



HAPPY THANKSGIVING FROM OUR FAMILY TO YOURS

SILESTONE®
by COSENTINO



- FREE Estimates • Competitive Pricing
- Up to 15-year Warranty on Some Products

2460 Hwy. 287 N. • Mansfield • For more info call 817.477.8663
(Northbound service road – between Callendar Rd. & Turner-Warnell)

FREE

18-gauge
Stainless Steel Sink
(\$350 value)

Call or visit our website for details!
www.MTCOUNTERTOPS.com

COME SEE OUR WIDE SELECTION!

SHOWROOM HOURS:
MON-FRI: 8AM - 5PM
SAT: 10AM - 2PM



Pediatrics Southwest



WE ARE HAPPY TO WELCOME DR. KEYES TO OUR TEAM!

2828 Duke of Gloucester, Suite 106 • DeSoto, Texas 75115 • 972-298-3888 • pediatricssouthwest.com

My company, State Farm, recently announced at the end of May that they are lowering the rate for Auto insurance here in Texas.

This is good news indeed for my existing customers and future customers.

In addition, we give a discount on your auto insurance for completing a defensive driving course. We also give a discount on your home insurance for installing a monitored burglar alarm system.

Feel free to call my office at 972-298-4491 or 1-800-250-9919 to get a rate quote today!



JIM McDONALD
Agent

314 North Main Street
Duncanville, Texas 75116
Office # (972) 298-4491
Fax # (972) 298-3005
jim.mcdonald.b4ee@statefarm.com
Se Habla Español

There when things go wrong.
Here to help life go right.™



STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

Call for a FREE Rate Quote on Home & Car Insurance.

**ACCESS
SELF STORAGE
AND TRUCK RENTAL**
PREMIER STORAGE FACILITIES
New State-of-the-Art Self-Storage

Our FREE Gift to you!
Come in any of our locations for
Stress Free Gift Wrapping & Hot Chocolate!

Access Storage's gift wrapping area
has all the supplies you need.

Let our storage specialist find
the space that's right for you.

Midlothian • 469-283-0929 Red Oak • 972-515-8600 Lancaster • 972-224-4545 Oak Cliff • 214-372-3880
1630 Hwy. 67 561 E. Ovilla Rd. & TX 342 1040 Cedar Valley Dr. 3427 Marvin D. Love Fwy.

DeSoto - OPENING SOON!
SE Corner Hampton Rd. & Daniellade

www.accessstoragedallas.com



DO YOU SUFFER FROM ...



- Leg or Ankle Swelling
- Leg Pain, Aching or Cramping
- Restless Legs
- Varicose or Spider Veins
- Leg Heaviness or Fatigue
- Burning or Itching Skin
- Skin Changes or Rashes

If you answered yes to any of the symptoms above, then you could have Venous Reflux Disease. If left untreated, Venous Reflux Disease may worsen over time and develop into a more serious form of Venous Disease called Chronic Venous Insufficiency.

TEXAS VEIN & AESTHETICS

Call for your comprehensive evaluation and ultrasound.
(817) 668-1360

Office Locations:
Weatherford • Southwest Fort Worth
Dallas • Denton • Frisco
Medicare and commercial Insurances accepted.

"This is my park. I come out here a lot," he said. "It's nice and shady, and it's quiet. One thing about this part of Cedar Hill, it's always quiet. We only have 10 houses up here."

Back up at the house is a large deck with enough seating and space to hold a party. Just inside is the sun room. Walk through it and you are in the living room, complete with a fireplace that Johnny seldom uses, except to light the candles he has arranged inside it instead of logs. "They're nice at Christmastime. I never really burn the fireplace, but it is pretty when I light the candles," he said.

Johnny's home office is also found downstairs. On the shelves are plenty of books, several about the sports he loves. There is also his beloved Dallas Mavericks basketball team bobblehead collection. Johnny admits the Mavericks are his favorite sports team, and of course, he said the collection wouldn't be complete without the greatest Maverick of all time, Dirk Nowitzki.

Dirk turns 41 on June 19, 2019, and has played his 21-year career with the Mavericks, leading them to the 2011 NBA championship. "You've got to have Dirk. I think he's going to play until he's 41 and then retire at that age, just like his jersey number," Johnny said.

Johnny also displays photos of NBA legend Magic Johnson, who Johnny has met several times, the first time right after Magic's retirement in the early 1990s.

Johnny's home is filled with a variety of art, much of it modern. He likes to support local artists, as well as those around the state. "This is my favorite," he said, pointing to a statue just above



the stairwell that resembles a warrior made of different colored pieces of steel.

In the garage are a couple of cars Johnny's collected, including a Porsche and an Aston Martin, like the one James Bond drives in the movies. The license plate even reads JW 007.

Johnny moved to Arlington in 1985 while working for General Motors but was one of many laid off a couple of years later. When they called him back, he said no, and instead became an entrepreneur in the vending machine industry, which he's done ever since.

He's served the Cedar Hill community in many ways, including being on the economic development board. He's also worked with the Cedar Hill Food Bank and the Chamber of Commerce board.

Johnny also enjoys traveling. He gets back to Indianapolis almost every year for the big Indy 500 race, and he attended his 15th consecutive U.S. Open tennis tournament this year. "I love to travel, but I also love to come home," he said. "Look out there. That's a million-dollar view. I'm never moving. They'll have to bury me in the backyard." **NOW**



NEW!
www.nowmagazines.com
Searchable Recipes
from the
Now Magazines Archives.

TRY IT TODAY!

NOW
MAGAZINES

FAMILY & COSMETIC DENTISTRY

Services Offered Hablamos Español

Low Radiation Digital X-Rays
Nitrous Gas Sedation
Intraoral Cameras: *you see what we see.*
Teeth Whitening
10% Senior Discount

Most Insurances Accepted

In addition, we are preferred-providers for:

Metlife PPO
Cigna PPO
Guardian PPO
Humana PPO
Assurant PPO
Aetna PPO
Delta PPO | AARP Dental
United Healthcare PPO
Blue Cross/Shield PPO
Principal/Ameritas PPO
United Concordia PPO
Connection PPO

Don't have dental insurance? We offer reduced fees for many services including crowns, dentures and deep cleanings.

\$89
(a \$222 Value)

New Patient
Exam, Basic Cleaning
& X-Rays
Not valid with insurance



**Dr. Emilio Lopez,
DDS, PC**

972.291.2591

**103 E. Belt Line Rd.
Suite H
Cedar Hill, TX 75104**

CedarHillDentist.com



Everyone Matters

— By Virginia Riddle

Playing soccer wasn't the only thing 9-year-old Alaia Stinson had on her mind three years ago. After noticing homeless people in Dallas, she had a conversation with her parents about helping those in need. Her family started delivering food and toiletry items to those living on the streets, serving more than 100 people each time. "Surprisingly, in September of 2016, my mom told me we had started Let's Start Giving Foundation," Alaia recalled.

"She was already doing the giving," Adrian, Alaia's proud dad, said regarding the approval of the foundation's 501(c)(3) application. Since Alaia's a minor, her adult family members and friends are board members.

Alaia and her family have fed as many as 200 homeless people hot dogs, chips, bottled water and cookies with the help of her mom's classmate, Dathan Dowdy, and other volunteers. "The first time we fed people and passed out our Blessing Bags was a little scary, but not now," Alaia added.

LSGF has since partnered with others to help provide food and necessities. "The foundation's mission is to provide at-risk persons, or the homeless, with essential day-to-day needs," mom Jaquithia explained. "We are helped by volunteers. Tawanna Fields cooks and donates food, and we have received grant funding from a few local corporations and businesses."

Other foundation activities include collecting and distributing umbrellas during the summer; feeding the hungry at Thanksgiving; holding a coat drive with local organizations such as Jubilee Community Church-DeSoto; and participating in a Father's Day event hosted by Where Are You? Outreach with volunteer doctors, dentists and stylists. "People follow us on social media, see the need and donate items, and we do a lot on our own," Alaia explained. "People have donated through their birthdays on Facebook as a fundraiser."

The gymnasium of Community Missionary Baptist Church-Desoto will be decorated for the foundation's second annual fundraiser event set for November 9. "Last year's gala was so exciting," Alaia remembered. "I was a little nervous, but everybody was great! It's a very formal event."

This year's fundraiser will feature a fashion show of designs by Alaia's older sister, Adrienne. The Sharon Stinson Humanitarian Award recipient will be announced, also. "My

mother passed the day of last year's gala," Adrian noted, regarding the award named in her honor. "She was a huge supporter of Alaia's foundation."

Long-range plans are to build a shelter for families, Ola's House of Hope, named for Alaia's great-grandmother. "She was always so excited about this work," Jaquithia said. "Few shelters will take in families. We want to fill that need."

Not only does meeting the needs of the homeless bring joy to this family, but they also enjoy spending family time together while doing the foundation's work. Ashton, Alaia's brother, is involved, too. The family also enjoys outdoor activities together.

"People follow us on social media, see the need and donate items, and we do a lot on our own."

For her efforts, Alaia was selected as the 2018 Where You Are? Outreach Charity and Compassion Queen Award recipient, and her foundation was a 2017 DeSoto ISD Partners in Excellence Award recipient.

Alaia's a sixth-grader at Village Tech School (which has also collected donations for the foundation). She enjoys playing soccer, dancing, cooking, biking and reading. "My favorite subject is science, but I don't know what I want to do yet," Alaia said regarding her future career interests.

But Alaia is already doing more than many her age by encouraging the homeless. "A man came to a gala hosted by an organization that we often partner with to help the homeless. He's no longer on the streets. He now helps the homeless," Alaia said.

The Stinsons also learn from those whom they help. "Some of the homeless people's stories are heartbreaking and eye opening," Jaquithia related. "Alaia's an old spirit who doesn't feel entitled."

Ultimately, Alaia said, it's all about bringing people joy. "I love seeing the smiles on people's faces and seeing how appreciative they are." **NOW**



Champions Cove wishes you and your family a very happy Thanksgiving. We strive to make retired life the best that it can be, and our delightful, award winning community is perfect for making new friends and memories. Stop by or call today!

Half off our community fee if you deposit before November 31st!

Champions Cove
Award Winning Senior Living

1600 South Main St.
Duncanville, TX 75137

972.298.5545

ChampionsCove.com



MOBILE BANKING.

ONLINE BANKING.

AND GOOD OL'

FACE-TO-FACE BANKING.



Frost is here whenever and wherever you need us, with the technology you want and the service you deserve.

Visit us at frostbank.com/expectmore or nearby at 150 E. Highway 67 in Duncanville.

Frost
BANKING
INVESTMENTS
INSURANCE

MEMBER FDIC

• 2018 HOLIDAY SHOPPING GUIDE •



EMPOWERING.
EXHILARATING.
TOTALLY ADDICTIVE.



ONE WEEK UNLIMITED CLUB PASS

BRING THIS COUPON FOR A
FREE WEEK'S MEMBERSHIP
AT THE CLUB.

LIMIT ONE PER HOUSEHOLD.
EXPIRES 12/31/2018



25% OFF
MERCHANDISE
AT MEMBERSHIP
SIGN-UP

ONE-TIME ON THE DAY
OF THEIR SIGN-UP
FOR A MEMBERSHIP.

LIMIT ONE PER HOUSEHOLD.
EXPIRES 12/31/2018



305 W. FM 1382, SUITE 219

(972) 291-9900

WWW.TITLEBOXINGCLUB.COM



2018 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



knick knacks
UNIQUE GIFTS & VINTAGE TREASURES

*Calling all Holiday Shoppers!
Huge Fall Sale Event!*

**SATURDAY, NOVEMBER 10TH
10AM TO 7PM**

Raffle prizes, refreshments, booth discounts!
Purchases over \$100 -- we will pay the tax!

Come experience the most unique shopping destination in South Dallas!

215 W. Camp Wisdom Rd., Duncanville, TX 75116

972-283-9007

Hablamos Español

www.knickknacks.com

Follow us on



SPECIAL
Pumpkin Spice
Facial*
\$65

*SERVICE OFFERED BY JENNIFER HUNT.

On-Site Christmas Party Special

(I WILL COME TO YOUR HOME, CHURCH OR BUSINESS LOCATION!)

Half-up or down style hair and Makeup (no updos)

includes airbrush and lashes **\$85**

Hair or Makeup **ONLY \$65**



*SERVICE OFFERED BY JENNIFER HUNT. TRAVEL FEE MAY APPLY. CALL FOR DETAILS.



Jennifer
Hunt,
Licensed
Esthetician

214-267-8356

SPECIALIZING IN NON-INVASIVE,
HOLISTIC & NATURAL TREATMENTS,
FACIALS, CHEMICAL PEELS, WAXING,
REFLEXOLOGY-BASED HAND
& FOOT TREATMENTS

**GIFT CERTIFICATES
AVAILABLE**

• SKIN CARE & MORE! •

1615 N. Hampton Rd, Ste 100,
DeSoto, TX 75115

Located inside J. Paris Spa and Salon

Shaila
Shirley,
Microblading
Artist



972-298-0054

COMPLIMENTARY CONSULTATION
MICROBLADING
ADVANCED EXFOLIATION
COLLAGEN INDUCTION THERAPY
LASH LIFTING • LASH/BROW TINTING

2018 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.

HAPPY HOLIDAYS!

SANTA CLAUS HOLDING A BABY

DENTISTRY FOR CHILDREN
Shelly K. Clark, D.D.S.
www.drshellyclark.com

Selfies with Santa!
Friday, Nov. 30 • 5:00-8:00 p.m.
Midlothian Location Only

Don't forget to bring your camera for FREE pictures with Santa! Mrs. Claus will be there, too! Come for children's crafts, hot cocoa and cookies.

4450 E. Hwy 287, Midlothian, (972) 723-0111 • 211 W. Beltline Rd., Cedar Hill, (972) 291-0111

ROYAL FLOORS

CARPET • WOOD • TILE

IS YOUR HOUSE READY FOR THANKSGIVING?

LAMINATE INSTALL Starting at \$299 Sq. Ft.

GRANITE INSTALL Starting at \$29.99 Sq. Ft.

CARPET INSTALL 3 ROOMS \$299

GET A FREE QUOTE TODAY

MOHAWK MANNINGTON. Beautiful floors for the real world

Your Total Home Store
803 E. Hwy. 67, Duncanville, TX
972-780-9999
www.TheHomeStoreFurniture.com

\$100 OFF
With Minimum Purchase of \$1,500
Must present coupon to receive offer. Expires 11/30/18

0% INTEREST, 18 MONTH FINANCING SPECIAL!

A SIMPLE TOUCH DAY SPA

\$55 TUESDAY SPECIAL European Facial, Foot & hand scrub

\$125 MICRO NEEDLING Look younger and reduce fine lines and wrinkles

\$75 DERMAPLANING For a smoother & brighter complexion

FRANCES RODRIGUEZ • ESTHETICIAN • 469.272.3111

Facials • LED Facials • Back Treatments • Peels • Waxing
Eyebrow/Eyelash Tint • Eye Tapping • Body Contour Wraps
Salt Scrubs • Mud Wraps • Face Mapping • MicroZone Treatment
RejuvenatingSkincareTherapy.net • ASimpleTouchSalon.com
www.Facebook.com/FrancesEsthetics
1431 N. Highway 67, Ste. 100 • Cedar Hill, TX. 75104

2018 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.

Museum of International Cultures
A Center for Global Awareness and Understanding
Presents

100 Years
A Week Long Tribute to WWI

11-17 November 2018

Sunday, Nov. 11th - Outdoor exhibit of WW I - Era Military Equipment
Monday, Nov. 12th - Opening of USO Display
Tuesday, Nov. 13th - Dr. Bill White's musical presentation honoring Dallas VAMC Patients
Wednesday, Nov. 14th - Preschool Story Time
RAGS - Hero Dog of WW I and STUBBY - Dog Soldier of WW I
Thursday, Nov. 15th - FREE lunch served by Spring Creek Bar-B-Que for first 100 to RSVP
Friday, Nov. 16th - World War I Movies 10am & 2pm

WWI Armistice Day

Sponsored By: City of Duncanville, Focus Daily News, Humanities Texas, Cedar Hill Rotary Club, Old Chisholm Trail DAR & Spring Creek Bar-B-Que

The Museum of International Cultures, 411 E. Highway 67, Duncanville, TX 75137 www.micmuseum.org (972) 572-0462

Come be "wrapped" in love!

Free Gift Wrapping Service for Christmas

at Duncanville's First Baptist Church

December 6, 7, 10 & 11
5:00 p.m. to 8:30 p.m. Each Night

Complimentary Refreshments, Children's Christmas Movies & Stories, FREE Gift & More!

duncanville first baptist

323 W. Wheatland Rd., Duncanville, TX 75116
(972) 298-1435 | www.DuncanvilleFBC.org

SWANN MÉLANGE

Get your bottle today!

Swann Mélange HAIR GROWTH OIL is a power house, all-natural oil for all hair types that grows and thickens hair fast! Stimulating fast hair growth waking up dormant follicles while strengthening hair from inside out. Power packed natural ingredients that will have tresses flourishing and thriving! Also Grows beards and edges.

www.swannmelange.com

Avon more than just makeup

Contact me today to hear about our great **Black Friday Specials.**

Angela Wallis
214-384-5361
www.YourAvon.com/AngelaWallis
awallis_76@yahoo.com

HOUSTON STREET OUTFITTERS,
where fashion is born

EST. 2003

\$10 OFF YOUR PURCHASE
(Must present ad. One time offer.)

Closed on Monday • Open Tuesday-Wednesday 12-7
Thursday-Friday 12-8 • Saturday 11-7 • Sunday 12-4
972.293.6883 • 208 Houston St., Cedar Hill, TX 75104
WWW.HOUSTONSTREETOUTFITTERS.COM

Impressions Salon Etc.

CUSTOMIZE THE PERFECT GIFT at a perfect price

Gift Certificates Available

Purchase any **\$100 Service** and get a complimentary **\$20 Gift Certificate!**

(May be applied toward your next service of \$100 or more)

Something For Everybody!

Impressions Salon Etc. • 972.617.6300
202 Suite B N. I-35 HWY
Northbound Svc. Rd., Red Oak



CookingNOW In the Kitchen With CAROLE DUNCAN

— By Adam Walker

Carole Duncan learned to cook in the kitchens of her grandmothers in her home state of Kentucky. She fondly remembers the smells of the dishes and the love that went into them. She and her husband, Rick, known as MiMi and PawPaw to their seven grandchildren, have lived in Duncanville for 25 years. Carole enjoys cooking for family get-togethers and holidays as a way of expressing her love for family, friends and fun. As someone with MS, she pays special attention to her garden and organic and natural foods. "Rick is my gardener, sous chef and best friend for all the adventures in life. My motto is: 'Life is not about waiting for the storm to pass. It's about learning to dance in the rain.'" **NOW**

Mini Pecan Pie Muffins

1 cup pecans, chopped
1 cup brown sugar, firmly packed down
1/2 cup all-purpose flour
2 large eggs
1/2 cup butter, melted
Foil baking cups

1. Combine first 3 ingredients in a large bowl; make a well in the center of the mixture.
2. Beat eggs until foamy. Stir together eggs and butter; add to dry ingredients, stirring just until moistened.
3. Place foil baking cups in mini muffin pans; coat with cooking spray. Spoon batter into cups, filling two-thirds full.
4. Bake at 350 F for 20 to 25 minutes, or until done. Remove from pans immediately; cool on wire racks.

No-flour Almond Butter Cookies

Xylitol is perfectly fine for humans, but can be lethal for dogs. Do not allow dogs to eat these.

1 cup almond butter
1/2 cup Xylitol granulated sweetener or organic sugar
1 egg
1 tsp. vanilla extract
Pinch sea salt
Pecan halves (optional)
Kosher salt (optional)

1. In a medium bowl, mix all ingredients together using a silicone spatula.
2. Using a scooper (1 Tbsp. size), place cookies on parchment paper-lined baking sheet. Press cookie tops with dampened fork.
3. Bake at 375 F for 10 to 12 minutes. Press

pecan halves on each cookie or sprinkle with coarse kosher salt before baking, if desired.

MiMi's Spiced Iced Tea

4 cups water
2 cinnamon sticks
1 Tbsp. whole cloves
5 Luzianne family-size decaf tea bags
1/2 cup agave syrup
Ice

1. Bring water, cinnamon sticks and cloves to a boil in a medium saucepan. When water comes to a boil, turn off heat; add tea bags.
2. Cover; set timer for 5 minutes. Add agave syrup to a 1-gallon pitcher. When timer goes off, strain out spices; add tea to pitcher to dissolve agave syrup.
3. Add ice and additional water to equal 1 gallon. Store tea in refrigerator. Enjoy!

Chili Cheddar Cheese Log

16 oz. extra sharp cheddar cheese, shredded
1 3-oz. pkg. cream cheese, grated
2 garlic cloves, grated
1/2 cup pecans, chopped
Chili powder, to roll log in

1. In a large bowl, mix together cheddar, cream cheese, garlic and pecans until well blended.

2. Turn cheese out onto waxed paper to form into an approximately 12-inch log. Place log onto a large sheet of aluminum foil; sprinkle with chili powder until completely covered. Roll log in foil; secure the ends.

3. Let rest in refrigerator at least 3 hours or overnight. Slice and serve with Triscuits or crackers of your choice.

Sausage Wild Rice Casserole

Yields about 6 servings.

1 6-oz. pkg. long-grain wild rice mix
1 lb. bulk pork sausage
1 10-oz. can cream of mushroom soup
1 cup fresh mushrooms, chopped
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1/2 cup (2 oz.) sharp cheddar cheese, shredded
1/2 cup chicken broth
1/4 cup celery, minced
1 tsp. dried parsley flakes
1/2 tsp. coarsely ground pepper

- 1.** Cook rice according to package directions; set aside.
- 2.** Brown sausage in a skillet, stirring to crumble; drain well.
- 3.** Combine cooked rice, sausage and remaining ingredients in a large bowl; mix well. Spoon mix into a lightly greased, 2-quart casserole dish. Bake at 350 F for 1 hour.

Crustless Spinach Quiche

Yields one 9-inch quiche.

1 large onion, chopped
1 Tbsp. vegetable oil
1 10-oz. pkg. frozen chopped spinach, thawed and pressed dry
5 eggs, beaten
2 cups (12 oz.) shredded Muenster cheese
1/4 tsp. salt
1/4 tsp. pepper

- 1.** Sauté onion in oil in a large skillet until tender; add spinach. Cook until excess moisture evaporates; cool.
- 2.** Combine eggs, cheese, salt and pepper; stir into spinach mixture.
- 3.** Pour into a greased 9-inch pie plate. Bake at 350 F for 30 minutes, or until set.

To search for more great recipes

from any of the
10 NOW Magazines
publications, visit
www.nowmagazines.com.



thankful
FOR THE ROOF OVER MY HEAD.

DELTA
ROOFING & CONSTRUCTION

(972)274-3582
DELTAROOFING.biz

Do You Have a Foot Ulcer?

Dr. Galperin is Now Conducting a Diabetic Foot Ulcer Clinical Research Study

For more information, please call: **(214) 330-9299**



Richard C. Galperin
D.P.M. | FAPWCA

To be considered for participation, you must:

- Have Type I or Type II Diabetes Mellitus
- Be at least 18 years old or older
- Have at least one diabetic foot ulcer

At no cost, participating patients will receive:

- Compensation for time and travel
- Offloading Boot
- Primatrix or Standard of Care treatment of wound
- Study-related podiatry care
- Wound dressings

Providing foot care to the community for over 25 years.
Board Certified in wound care.

www.drgalperin.com | 801 N. Zang Blvd., Ste. 103, Dallas, TX

THE LOCAL TABLE

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

LATTE Love

WHITE RHINO COFFEE

230 W Belt Line Rd, Cedar Hill, TX

whiterhinocoffee.com

Suzushii Sushi & Grill

Lunch Bento Box Start at **\$7.95**

Serving sushi roll over **80** items

\$5 OFF
Any \$25 Order
Alcohol not included. Tax not included.
Dine-in only. One coupon per party.

OPEN 7 DAYS
Mon-Fri: Lunch 11am-3pm
Dinner 4:30 - 10pm
Sat: 11-10pm Sun: 12:00-9:30pm

638 Uptown Blvd. Cedar Hill
972 293-1009 • www.suzushisushiandgrill.com

Happy Thanksgiving!

CAMPUZANO mexican food

\$5 OFF
\$20 PURCHASE
Expires 11/30/18

CAMPUZANO mexican food

Let Campuzano cater your holiday event.

108 N. 8th Street | 2167 N. Highway 77
Midlothian, TX | Waxahachie, TX
972-723-2634 | 972-938-0047

213 W. Beltline | 2618 Oak Lawn Ave.
Cedar Hill, TX | Dallas, TX
972-291-1053 | 214-526-0100

Roma's Italian Bistro

HOLIDAY CATERING
FREE DELIVERY - \$15 MINIMUM
NOW OPEN IN DESOTO

Nothing fancy, just great Italian food.

Hours:
Tue.-Sat.: 11AM-10PM
Sun.: 11AM-9PM
Closed Monday.

\$5 OFF
any \$25 order
(One coupon per party. Good at DeSoto and Duncanville locations.)

204 E. Pleasant Run Rd., Suite 106, DeSoto
(972) 920-5380 • (972) 920-5373 • www.Romasbistro.net



ALLERGY & ASTHMA CENTER OF DUNCANVILLE

Hablamos Español

"Everyone is so friendly and listen to you. They have been so helpful with getting my allergies under control."

~ Carolyn, Dallas Patient



NO MORE SUFFERING THROUGH ALLERGY SEASON

Are you tired of constantly being sick?
Ready to take back control of your life?
Call us to make an appointment today!



Most health insurances are accepted including most PPO's, HMO's, private plans, TriCare, Medicaid, and Medicare.

Dr. Harold DelasAlas, MD, PharmD, FACAAI, FAAP, FACP

Board Certified in Internal Medicine, Adult & Pediatric Allergy, Asthma and Immunology

626 W. Wheatland Rd., Suite B, Duncanville, TX 75116

O: 972-709-6673 | F: 972-298-8590 | Web: AAACOD.COM

Medi-ssage Wellness Center Is Now Accepting New Patients!



Yolanda May, MMT



Are YOU Suffering From The Following:

Chronic Headaches • Repetitive Motion Injuries

Thoracic Outlet Syndrome • Muscle Spasms

Neuromuscular Conditions • Carpal-tunnel Syndrome • Whiplash

Rotator Cuff Injuries and Soft-tissue Injuries

We Can Help:

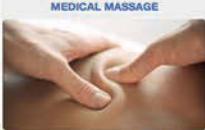
Alleviate Headache • Treats Injuries • Stress Relief

Increase Bloodflow • Decrease Pain & Inflammation

Lymphatic Drainage • Improved Blood Circulation

& Oxygen Through The Body • Increased Sense Calmness

Services We Provide:



MEDICAL MASSAGE



MYOFASCIAL RELEASE



LYMPHATIC DRAINS & WRAPS



SPORTS MASSAGE



HYDRO THERAPY



NEUROMUSCULAR

Plus: Pain Management • Anger and Stress Management • Personal and Work Injuries • Auto-accident Injuries

Contact Us Today & Get Your Body Back To Health & Well Being.

972-835-2902

www.Medi-ssageWellness.com

920 East Highway 67, Ste. 112
Duncanville, TX 75137

Office Hours:
By appointment only

We accept the following forms of payment

Most Insurance Accepted

Self-pay Patients - CASH

Federal Workers Compensation

Letter Of Protection (from attorneys)



BusinessNOW

Knick Knacks

— By Adam Walker

Knick Knacks

215 W. Camp Wisdom, Ste. 8

Duncanville, TX 75116

(972) 283-9007

www.knickknacks.com

Facebook: Knick Knacks

Instagram: @KnickKnacks_TX

Twitter: @KnickKnacksTX

Hours: Monday-Wednesday: 10:00 a.m.-6:00 p.m.

Thursday: 10:00 a.m.-8:00 p.m.

Friday-Saturday: 10:00 a.m.-7:00 p.m.

Sunday: Noon-5:00 p.m.

When living in Connecticut, Richard and Sarith Abramowitz enjoyed going to flea markets and estate sales. When planning to move to Dallas, they learned that Knick Knacks was for sale. It seemed like a perfect fit. "I had been looking for a business to buy since 2012," Richard explained. "But everything I looked at was something I would operate on my own. When the son of the original owner put Knick Knacks up for sale, I was intrigued. This was the first opportunity of a family business

that was interesting to both of us. We wanted a fun, family-friendly place for shoppers."

Knick Knacks is unique because it is perfect for the first-time homeowner, the serious antique furniture or vintage collector, or someone looking for eclectic home decor. You can literally spend hours at the store.

To reach a younger demographic and wider audience, Sarith has stepped up the social media, using Facebook, Twitter and Instagram. "Some of the pieces featured on Facebook sell right away and generate lots of reposts all over the world," Sarith said. "We have Instagram followers from England to Senegal!"

"We get customers in the store all the time who say, 'Oh, I shopped here 20 years ago with my mom, and here I am back again!'" Richard revealed. "I enjoy working with our customers, collectors and vendors. It's very eclectic here, and the prices are very reasonable."

Browsing the booths at Knick Knacks, everything from vintage clothing and hats to comic books and handmade soaps may fill one booth. The next booth may have salt and

pepper shakers, or furniture, or old books. It's the sort of place where you can find a Metzger's milk bottle, a plate from the Bicentennial and some one-of-a-kind jewelry all in one stop.

"It's my personal desire to help small business owners, especially women and minorities get their start," Sarith explained. "I recently met a woman who started with a booth here 26 years ago, selling jeans with appliqué work, who now owns a boutique in Carrollton."

Richard agreed. "There have been several businesses that got their start here. Knick Knacks has been here for 26 years. We have a nice mix of well-established vendors and band-new vendors. It's a fun place to shop in the A/C."

"I ENJOY WORKING WITH OUR CUSTOMERS, COLLECTORS AND VENDORS. IT'S VERY ECLECTIC HERE, AND THE PRICES ARE VERY REASONABLE."

One recent addition to the store is various Duncanville street signs, hung from the ceiling, to help customers locate specific vendors. "Some of our vendors have their own social media presence," Richard explained. "Customers come in with their phones, showing us an item that has been featured on Knick Knacks' or a vendor's account, saying, 'I'm looking for this.' We can point them right to it — if it hasn't already sold."

"If you see something here that you like, you better buy it now, because there's no guarantee that it will be here tomorrow, or that another one will come in!" Sarith said.

That's good advice to keep in mind. Knick Knacks will be having its 26th anniversary sale on November 10, 2018. They hope to see you there. There will be plenty of knickknacks to look at! **NOW**

Give the gift of
Comfort and Mobility.

VivaLIFT!
POWER RECLINERS

Pride
Mobility Products Corp.

GO-GO
TECHNOLOGY MOBILITY

Subway 35E

Ovilla Rd. Norton Ovilla Rd.

Plaza Dr. CVS Whataburger

CSE MOBILITY 35E Plaza Dr. 35E

TAKE IT WITH YOU
PACK & TRAVEL

HUGE Selection of
Medical Supplies
in Stock! Stop by TODAY!

972.895.2501
www.csemobility.com
100 Plaza Drive, Ste. 300
Red Oak, TX

Investing is about more than money.

At Edward Jones, we stop to ask you the question: "What's important to you?" Without that insight and a real understanding of your goals, investing holds little meaning.

Contact your Edward Jones financial advisor for a one-on-one appointment to discuss what's really important: your goals.

Vernon L Folks
Financial Advisor
1431 N Hwy 67 Suite 300
Cedar Hill, TX
972-293-9609

www.edwardjones.com
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

Calling all Holiday Shoppers! Huge Fall Sale Event!

SATURDAY, NOVEMBER 10TH • 10AM TO 7PM

Raffle prizes, refreshments, booth discounts!
Purchases over \$100 -- we will pay the tax!

knickknacks
UNIQUE GIFTS & VINTAGE TREASURES

972-283-9007 • 215 W. Camp Wisdom Rd., Duncanville, TX 75116
Hablamos Español www.knickknacks.com Follow us on

Come experience the most unique shopping destination in South Dallas!



Photo by Mark P. Starrett.



Photo by Mark P. Starrett.



Photo by Mark P. Starrett.

TravelNOW

Fabulous Greek Holiday

— By Mark P. Starrett

Combined, the words “Athens” and “Greece” conjure up visions of ancient ruins and wall-to-wall tourists — all of them frantically trying to take selfie pictures in front of temples of the gods. Scores more scour the Plaka, a neighborhood that sits in the shadow of the Acropolis, looking for bargains and trinkets for friends and relatives at home. A relaxed vacation it is not.

If you really want to soak up true Greek sun, sand and life, then look no further than Voula, Greece, a southern suburb only 10 miles from Athens’ center city, but a million miles away from the frantic pace. You can reach Voula easily by hailing a taxi or using the Beats App from Athens International Airport. The 20- to 30-minute ride is enjoyable.

The picturesque town’s charm will engulf you soon after arriving. Voula is separated by Parko Ethnikis Antistaseos, a green space with a playground for children to run and plenty of shady trees to help fight the sun’s rays. The park runs southwest from Iridos Street to the Saronic Gulf.

Close to the park is the town center, a place where Greek gentlemen and women sit in the early morning, drinking coffee, enjoying a smoke and having fun conversation with their friends. Small children run around, playing hide-and-seek, riding skateboards or playfully kicking a soccer ball around.

The town center has many wonderful restaurants. They all

serve authentic Greek food, such as gyros, moussaka, and kebab. Away from the trappings of Athens, the cost of the meal is very reasonable.

The Greek people are very gregarious and friendly. It is common for a Greek to see a child and call out “όμορφο παιδί” — beautiful child. The older Greeks love to ask if they can kiss your child on the head and hold their hands.

Voula resides on the coast and looks out over the Saronic Gulf. The views of the water are relaxing and refreshing as you stroll along the seawall. Any day, you can catch Greeks sunning themselves or enjoying the cool water at the many secluded beaches dotting the shoreline.

Kavouri Beach is a top location for family members due to the safe water and the open space of the beach. There are plenty of parking spaces around the coast, but it can get overcrowded on the weekends. Kavouri Beach is easily accessible via public buses, a car or a nice, moderate walk. The beach is an excellent choice for swimming, sunbathing or playing beach games, such as volleyball. It has nice facilities and plenty of cafés located right by the sea.

In the evening, locals and tourists alike head for Notos Café, an elegant, airy seaside restaurant serving modern and classic entrees. Enjoy cocktails from the bar as you sit and gaze out over the open water and reminisce on your fabulous Greek holiday. **NOW**

Holiday OPEN HOUSE

Nov. 15, 16, 17 - Thurs, Fri, Sat
 Hours: Monday-Friday 9am - 7pm
 Saturday 10am - 5pm

- Specials Throughout the Store
- Fall & Christmas Decorations
- Old-fashioned Candy Shoppe & Homemade Fudge
- Unique Stocking Stuffers
- Large Selection of Toys
- Holiday Fabrics
- Trim-A-Tree

Personalized Ornaments



Merry Christmas Y'all!

BEN FRANKLIN APOTHECARY
 Pharmacy • Gifts • Kitchens Deli

302 N. Main St. • Duncanville • 972-298-1147 • www.benfranklinrx.com

40% OFF
 One Item in the General Store
Cannot be combined with any other offer. Not available in the pharmacy or deli. Expires 11/30/18

The Pies of Texas are Upon You



KITCHENS DELI



Order your Homemade Holiday Pies!

Choose From: Apple, Chocolate, Coconut, Lemon, Buttermilk, Buttermilk Coconut, Banana Cream, Chocolate Pecan, Pecan, Pumpkin and Sweet Potato

\$14.99 - \$15.99 per pie

Inside Ben Franklin Apothecary

Sandwich Trays, Fruit Trays, Brownie & Cookie Trays, Homemade Fudge & More

972-298-8698

COMFORT REHAB CHIROPRACTIC



**GOT SPINE & JOINT PAIN?
 WE CAN HELP!**



Specializing in difficult cases and chronic conditions like:

**Back & Neck Pain • Sciatica • Joint Pain
 Arm & Shoulder Pain • Leg Pain
 Tingling in Hands & Feet
 Sports and Auto Injuries • Work Injuries
 Pain Management • Wellness**

We offer the following services:

- Family Chiropractic Care • Therapeutic Massage
- Cold Laser Therapy • Vibration Therapy • Rehab
- Spinal Decompression

On-site: Pain Management / ESI Injection - Medical Doctor Treating Doctor for Federal/DOL/OWCP & TX Work Comp.

Dr. Bryan McCormick, D.C.

**Mention this ad for
 EXAM, X-RAY & RESULTS | \$20**

(New Patients Only. Excludes all federally funded programs such as medicaid/medicare.)

Gift certificates available.

(469) 454-2169 • ComfortRehab.com

**CEDAR HILL MEDICAL PLAZA
 950 E. BELT LINE ROAD, SUITE 180 • CEDAR HILL
 (Next to Methodist Family Health Center East)**

NEW HOURS

**Monday 8:30 AM to 7 PM • Tuesday 1 to 6 PM
 Wednesday 7:30 AM to 6:30 PM • Thursday 8:30 AM to 6 PM
 Friday 8 AM to 3 PM • Saturday 9 AM to 12 PM**

Kids' Fun Pages

Word Search of Fruits

QP MOU U E PEAR R R H A
 CYUR PNA OEGRAPE D
 UBBATON OHYOC PAD
 EOANOLLE COPLUM C
 RCNG LEEV YTMAAO J
 PVAE EMM LL MENUGA
 RANAMPOTOMATO CO
 EAAGOMNC YMANGOE
 LANPPAETADL TOAQ
 PSTRAWBERRYEREL
 PRACYBCHERRYMMA
 AUMAAATAUQMUKOIT
 AETANARGE MOPR LE
 AVAUGSTUNOCOCER
 AKEJVHSUWYFNGWI



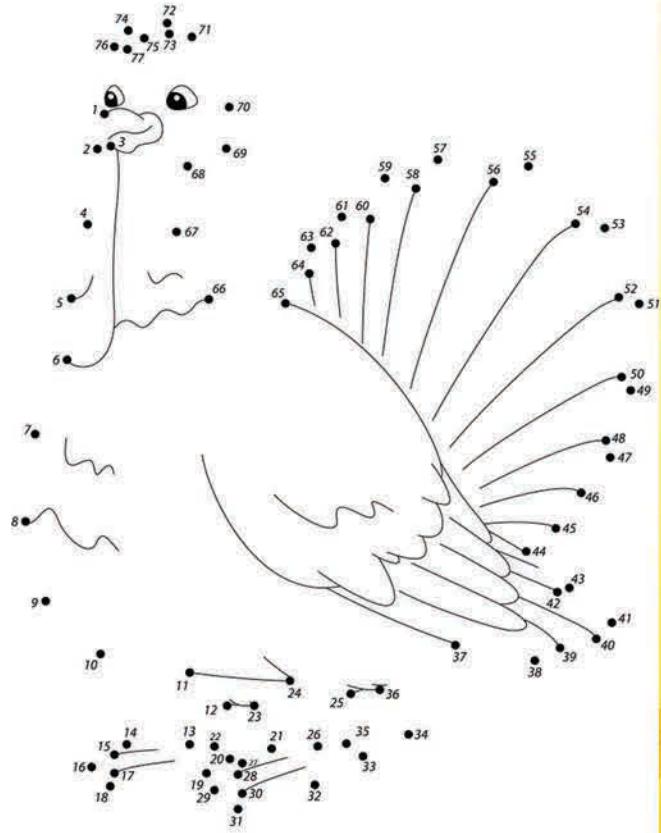
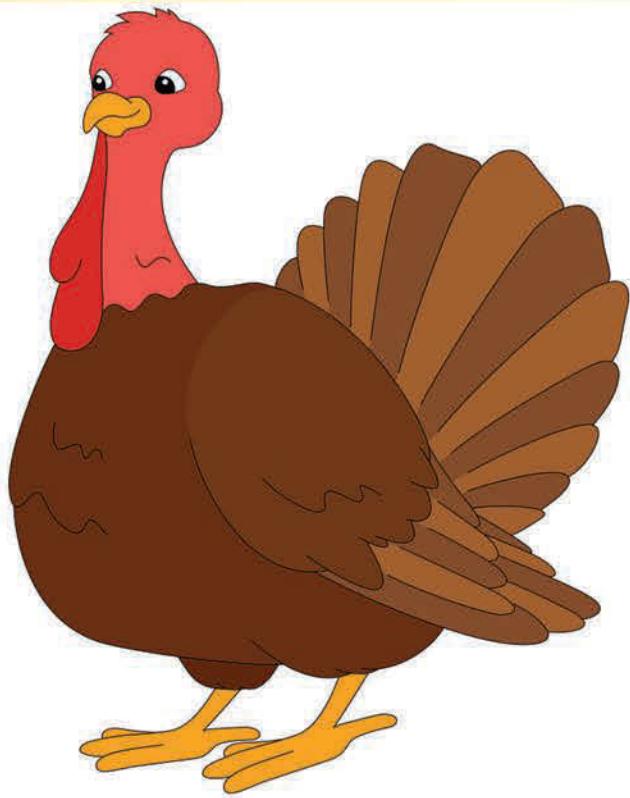
Crossword Clues:

Across:

2. cow
4. duck
5. goat

Down:

1. duckling
3. bull
6. cat



Bringing Advanced Surgical Care to Your Community



L to R: Maya Srimushnam, MD; Valerie Gorman, MD, FACS; Natalie Calcaterra, MD; Watson Roye, MD, FACS; Sean Arredondo, MD

Baylor Scott & White Texas Surgical Specialists welcomes two new acute care surgeons: Maya Srimushnam, MD and Sean Arredondo, MD.

Our board-certified surgeons look forward to providing surgery services to the residents of Ellis County and surrounding areas. Our physicians accept most insurance plans and specialize in breast surgery, endocrine surgery, bariatric surgery, endoscopy and all your general surgery needs.



BaylorScott&White
TEXAS SURGICAL SPECIALISTS

WAXAHACHIE

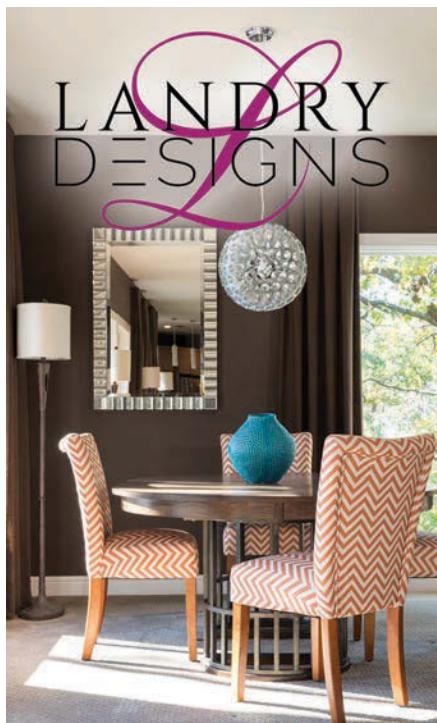
A member of HealthTexas Provider Network

TexasSurgicalSpecialists.com

469.800.9830

2460 N IH-35E, Suite 215 | Waxahachie, TX 75165

Physicians are employees of HealthTexas Provider Network, a member of Baylor Scott & White Health. ©2018 Baylor Scott & White Health. HTPN_4457_2018 BID



COLLABORATE
DESIGN • REVEAL
817-835-3100
WWW.LANDRYDESIGNS.COM
ONLINE BOOKING AVAILABLE
FREE DESIGN SERVICES

Shantell
Thomas

CEDAR HILL'S LONGEST RUNNING SALON

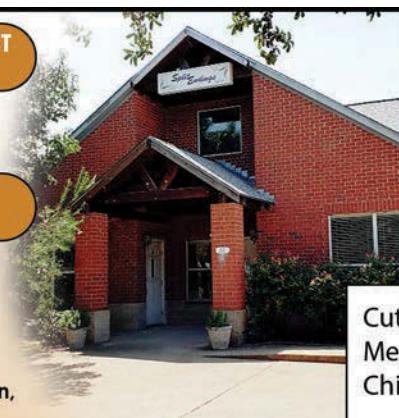
now has room for that special person to join our salon family!

SUITE AVAILABLE INCLUDES

styling chair, mirror and station, access to shampoo bowls and hairdryers. You may utilize this room for hair styling, makeup, spray tan, facials, massage, nails, etc.

New Client Specials

\$5 OFF Haircut
\$10 OFF Any Color Service



Rated **BEST**
Hair Salon
Since 2010
Focus Daily News

Cuts and Styles for Men, Women and Children.

Expert Color and Highlights are our Specialties, including the Ombre and Balayagé!

Extensive Line of Haircare Products Available.

CALL FOR APPOINTMENT

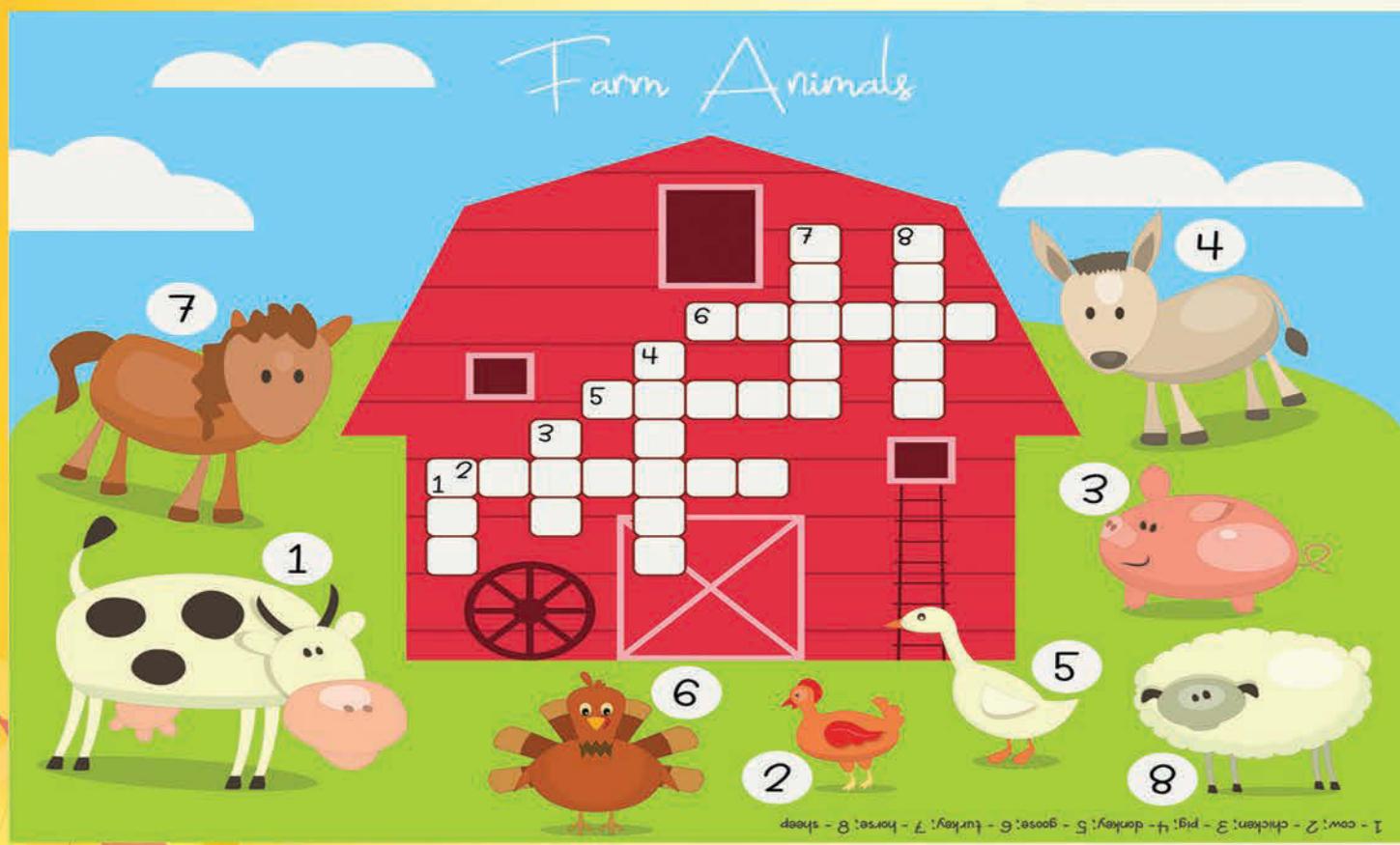
Or Book Online at
www.splitendingssalon.com

972.291.7883

Split Endings Salon

201 Bryan Place
Cedar Hill
(Corner of Straus Rd)

Kids' Fun Pages



1 - cow; 2 - chicken; 3 - pig; 4 - donkey; 5 - goose; 6 - turkey; 7 - horse; 8 - sheep

MYSTERIOUS WORD: _____

G	A	R	E	B	M	E	V	O	N
R	M	A	P	P	L	E	S	P	T
A	E	H	H	A	P	P	Y	U	A
P	R	N	R	O	C	A	R	M	T
E	I	B	I	R	D	E	N	P	S
D	C	F	K	I	N	S	G	K	E
A	A	O	L	N	I	V	I	I	V
E	N	O	I	L	E	A	F	N	R
R	H	D	Y	E	K	R	U	T	A
B	A	U	T	U	M	N	N	G	H

AMERICAN
APPLES
AUTUMN
BIRD
BREAD
CORN
DINNER
FOOD
GRAPE
HAPPY
HARVEST
HOLIDAY
LEAF
NOVEMBER
PUMPKIN
TURKEY



"Sisters Sharing Styles"

D'Hawkins
SALON STUDIO



Walk-Ins Welcome



\$10 OFF

Your First Visit

Owners/Operators Derricka Thorne & Tineesha Sherley

214 W. Beltline Rd., Suite 214 B, Cedar Hill, TX
Directly Behind Resolutions Med Spa

(469) 454-5544 | www.dhawksalon.com

ENTRUST
of DESOTO



At Entrust of DeSoto, you can have privacy when you need it and companionship when you want it. Our memory care community is safe and secure with monitored medications, 24-hour nursing staff and 24/7 emergency response.

Less than a quarter mile from Charlton Methodist Hospital district!

Some amenities of our community include:

- Gourmet Meals
- Outdoor Patios
- Walking Paths
- Daily Activities
- Jack/Jill Units
- Full Salon
- Transportation
- Private Units

(972) 298-1331

8027 W. Virginia St.
Dallas, Tx 75237
ALS#103391



When it's your turn to make the decisions...

We'll help you find the perfect place for your loved one to call HOME.

- Independent Living
- Assisted Living
- Memory Care
- Residential Care Homes

Call me before you start your search



BJ Bounds, CSA
Certified Senior Advisor (CSA)®

972-515-2260

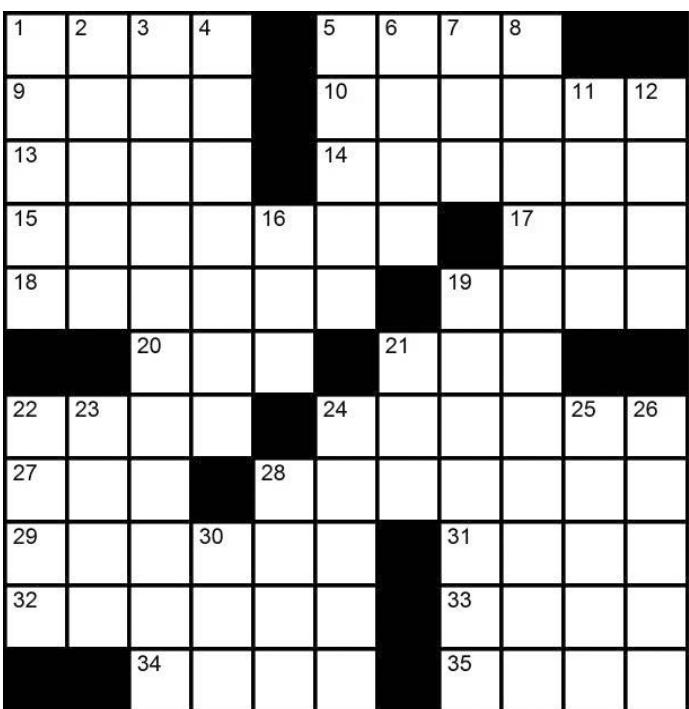
bjbounds@assistedlivinglocators.com



AssistedLiving
Locators®

NO COST | NO OBLIGATION

Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Finn's conveyance
- 5 Rush job letters
- 9 It replaced the franc
- 10 Make over
- 13 Image of a deity
- 14 Kind of recording
- 15 Maidenhair trees
- 17 Confucians' path
- 18 Fanciful idea
- 19 Plug
- 20 Wager
- 21 Photo, briefly
- 22 Astound
- 24 Operated by hand
- 27 Boston Bruins great
- 28 Graceful antelope
- 29 Official count
- 31 Narrative of heroic exploits
- 32 Stick to
- 33 Ollie's mate
- 34 Some butters
- 35 Long fish

Down

- 1 Prevail
- 2 Pertaining to sound reproduction
- 3 Prime cooking spot
- 4 "The Hobbit" author
- 5 Burning of another's property
- 6 Hardens
- 7 Angelus prayer
- 8 Tiny piece of atmospheric pollutant
- 11 Coarsely ground foodstuff
- 12 Table-top game
- 16 Obtained
- 19 Smoothness
- 21 La --- (South American capital)
- 22 Short stocking
- 23 Woody plant
- 24 Sail poles
- 25 Like pond scum
- 26 Tilts or slants
- 28 Southernmost Mariana island
- 30 Mineral spring

Solutions on page 41



Sacred Funeral Home



MEET & GREET SATURDAY NOVEMBER 17, 2018 FROM 3-6PM AT THE FUNERAL HOME

Sacred offers the epitome of professionalism in funeral service. Starting with a dream and faith in God, Sacred Funeral Home has become the fastest growing funeral establishment in the Dallas metroplex. Platinum is our service and our color. Families deserve the best. Sacred Funeral Home "Where Platinum Services Are Rendered".

- FUNERALS • CREMATIONS
- PRE-PLANNING
- FLORAL ARRANGEMENTS
- SERVICE PROGRAMS
- NATIONAL AND INTERNATIONAL SHIPPING

**214-376-7273 • SACREFUNERALHOME.COM
1395 NORTH HIGHWAY 67 SOUTH, CEDAR HILL, TX 75104**



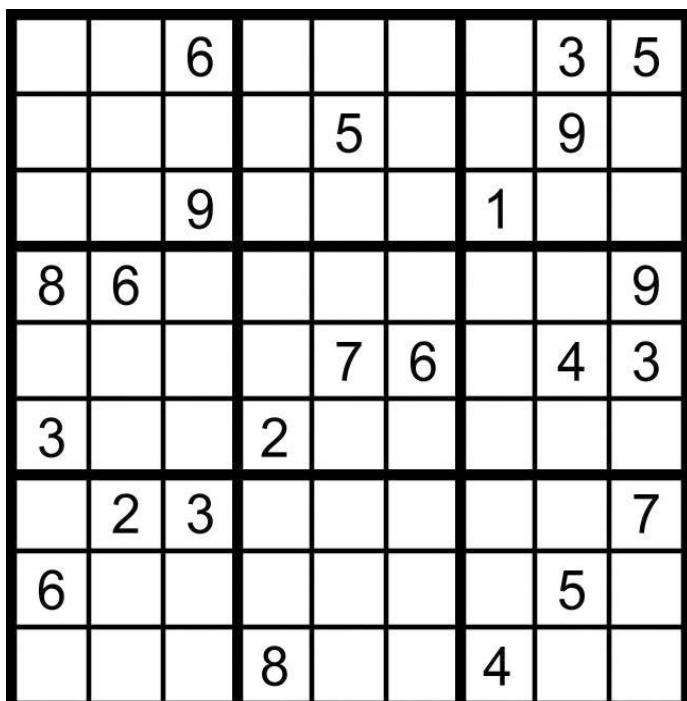
TRANSPORTATION

Choose Sacred for your limousine service need. Whether it's that special occasion dinner or anniversary, maybe a prom or other events. Sacred is your luxury Platinum service provider for all your limousine needs. Contact Sacred today and book a reservation for your transportation and make a Platinum entrance to your next event.

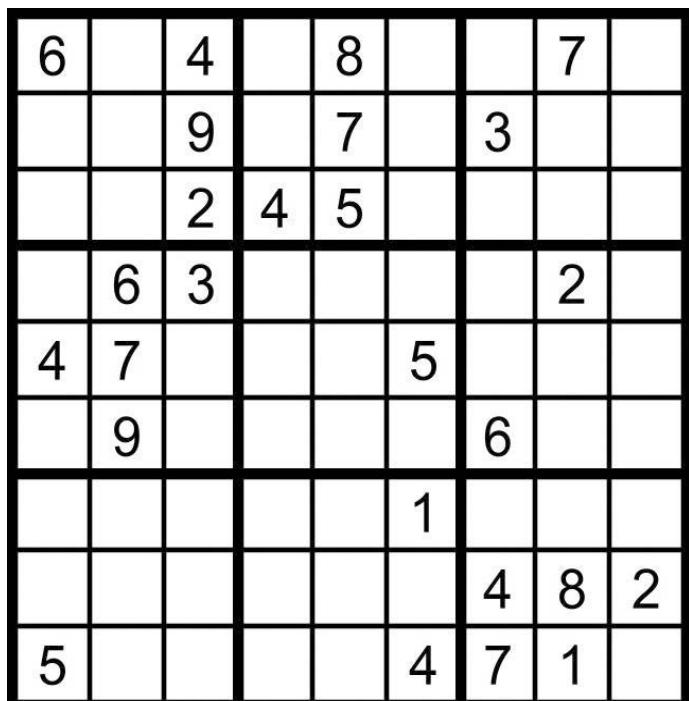


Sudoku Puzzle

Easy



Medium



Crosswordsite.com Ltd

Solutions on page 41

**DALLAS AREA PATROL
AND PROTECTION SERVICES**

 CHIEF M. JONES
CHIEF OF OPERATIONS
MOBILE NUMBER
214-532-4202
MAIN NUMBER
972-224-0920

1666 N. HAMPTON RD., SUITE 204-A, DESOTO, TX 75115
WWW.DAL-APPS.COM MJONES@DAL-APPS.COM

PARTY LIKE Picasso All you can make Jewelry!

Art Parties are available for ages 5 and up. Contact us to book your Art Party today!

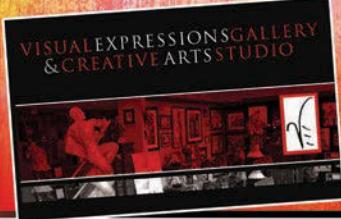
Have Fun, Paint, Eat, Drink & Leave With Your Own Masterpiece!

GIVE THE GIFT OF ART THIS HOLIDAY

For Every \$50.00 Gift Card Purchased, Receive An Additional Gift Card Of \$5.00. Exp. 12/22/18

WEDNESDAY DEC. 5TH @ 6PM-8PM For Ages 9 - Adult All Supplies Included!

Fall Student Art Show FRIDAY, NOV. 9TH @ 7PM-9PM Food, Wine & Art - Raffle Drawings Throughout The Night!



VISUAL EXPRESSIONS

www.veartgallery.com • 972-293-1117 • 1425 N. HWY 67 Cedar Hill TX 75104



FARMERS INSURANCE

 Happy Thanksgiving!

 Small Town Service for AUTO | HOME | BUSINESS | LIFE

Jane Moore, Owner jmoore@farmersagent.com
1314 S. Main St., Suite 100
Duncanville, TX 75137

Ph: 469-759-6996 | Fax: 469-759-6997 | Cell: 214-395-2271



Clayton and Tori Pevehouse celebrate winning State Fair tickets through the SouthwestNOW Facebook page.

Zoomed In: Linda Dean-Miley

By Adam Walker

Linda Dean-Miley was at The White Rhino for North Texas Giving Day. "I started Help to Heal to give gifts to seniors at Christmas. We ask nursing homes which residents don't receive visitors, and we make sure they get Christmas gifts. Each gift is accompanied by a handmade card from a child."

Help to Heal also serves veterans and distributes vegetables. The year-round effort takes both money and willing hands, so Linda was busy recruiting both. I worked in advertising and marketing for years, 10 years at NOW Magazines, but I didn't want to die and have people say, 'Oh, she was a good salesperson.' I'm trying to help people reach out and love each other."



The Cast of You're a Good Man Charlie Brown poses with audience members at DeSoto's Corner Theatre.



Storyteller Bea Clack reads F is for Flag to the students of First Methodist School Duncanville.

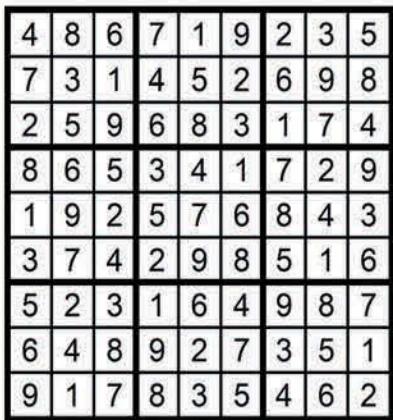


The Cedar Hill Chamber of Commerce celebrates a ribbon cutting for Handprints Academy.

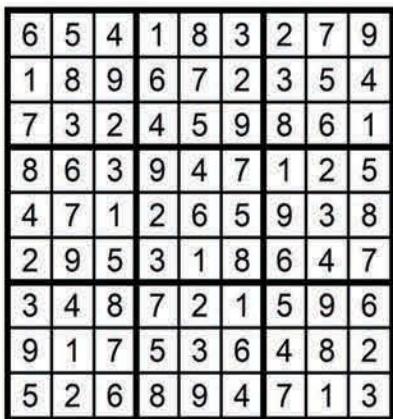
Crossword - Sudoku Solutions



Easy



Medium



Dribble • Pass • Shoot • Score

Learn the basics or improve your game
Play Upward™ Basketball or team up with Upward™ Cheer



To register, go to
www.duncanvillefbc.org
or call 972-298-1435

Upward basketball is committed to developing the total athlete mentally, athletically, spiritually and socially. The non-competitive game format and rules are designed to teach the game at an age-specific level that grows with each young athlete.

Open to K5 - 6th Grade

Registration Open Now
Practices begin the week of Dec. 3
Games begin Jan. 12
Duncanville's First Baptist Church
323 W. Wheatland Rd., Duncanville, 75116

Sunflower Dental
Danielle R. Franklin DDS

Accepting New Patients

Ask About Our ZOOM Whitening!
Se Habla Español

Danielle R. Franklin DDS

972-298-4209

407 W. Wheatland Rd.
Suite 101, Duncanville

www.mysunflowerdental.com

Calendar

November 2018

2

IGNITE Conference: 8:00 a.m.-5:00 p.m., Methodist Charlton Medical Center Auditorium, 3500 W. Wheatland Rd., Dallas. Call (972) 291-7817 for tickets. Cedar Hill Chamber of Commerce hosting.

Stroke Survivors and Caregivers Conference: 8:30 a.m.-3:30 p.m., Hilton Garden Inn, 800 N. Main St., Duncanville. Free, but registration required. eventbrite.com/e/stroke-survivors-and-caregivers-conference-tickets-486205240

3

Author Appreciation Community Event: 2:00 p.m., Duncanville Public Library, 201 James Collins Blvd. Free. James R. Hannibal, author of *The Lost Property Office* speaking.

Texture Art Show: 6:00-9:00 p.m., Sly Cat Art Gallery, 206 S. Broad St., Cedar Hill. Free.

3, 10, 17, 24

Fall Into Dance: 3:00-5:00 p.m., DeSoto Public Library, 211 Pleasant Run Rd. Free. Boys and girls 12-18. Register at (972) 230-9661.



4

Kookoff for Kids and Carnival: Noon-5:00 p.m. 203 S. Hampton Rd., DeSoto.

\$15 (\$2 discount for donation of undergarments or toiletries). Benefit for homeless kids.

7

Veterans Day at Friends Place: 2:00 p.m., 1232 Beltline Rd., DeSoto. Mayor Curtistine McCowan presiding.

9

A Cratchit Family Wine and Words: 6:30-9:30 p.m., Good Shepherd Church, 915 Old Straus Rd., Cedar Hill. Call (972) 291-7323 for tickets. Wine tasting and book performance by Paul Mast.



10

Christmas in November: 9:30 a.m.-1:30 p.m., Cold Springs Church of Christ, 2710 W. Main St., Lancaster. \$25. Hosted by the DeSoto chapter of the American Business Women's Association.

16

Senior Dance with 92nd Roadhouse: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville. \$5.

17

Teen Mystery Dinner: 3:00-5:00 p.m., DeSoto Public Library, 211 Pleasant Run Rd.

Village Lights: 5:30-7:30 p.m., Hillside Village, 305 W. FM 1382, Cedar Hill. Free. Tree lighting ceremony, Santa and Mrs. Claus, cookies, carriage rides and caroling.

19 — 21, 24

Thanksgiving Camp: 7:30 a.m.-6:00 p.m., Duncanville Recreation Center, 201 James Collins Blvd. Call Veronica Williams (972) 780-5070.

20

Family Old School Game Night: 6:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Free.



24

Movie Night: 7:00 p.m., Museum of International Cultures, 422 Hwy. 67, Duncanville. Free. Turkish documentary *Desperate Hours*.



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

Safe and Effective
Affordable
Physician Supervised
Rapid Weight Loss
Sustainable Results
Special Focus on
Problem Areas

Call Today To Schedule
Your FREE Initial Consultation
214.550.0680



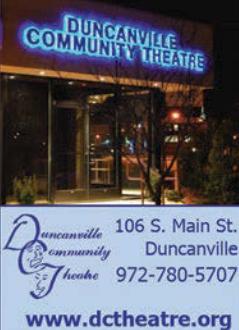
Care Health Services
.....Live Life Pain Free

Butterscotch

Written by
Barbara L. Smith
Directed by
Heather Winkelman
November
8-10 & 15-17
8:00 p.m.

When humor and
sentiment collide, a
1947 Ford called
Butterscotch helps
to create harmony
and compromise in
this funny and
touching show.

Great Theatre Since 1988!



972-298-2424

214 E. Center St.
Duncanville, TX. 75116

NOW HIRING FOR HAIR STYLIST

Services for the entire family:

- Cuts • Up-dos • Highlights
- Color • Perms • Fades & Wax

Lose Weight Now
Ask Us How

up to
30
POUNDS
in 30 Days



Introducing Our New
**Medical Weight
Loss Program**

Please Come Visit Us at:
University Plaza, 401 N. Hwy 77 • Suite #1
Waxahachie, TX 75165
WWW.VCAREHEALTH.ORG

**Ask about our
introductory
offer!**

We Accept almost all Major Medical
Insurance Including Medicare



NOW HIRING FOR HAIR STYLIST

Services for the entire family:

- Cuts • Up-dos • Highlights
- Color • Perms • Fades & Wax



FREEDOM HEATING & AIR
SALES • SERVICE • MAINTENANCE • PARTS • RESIDENTIAL • LIGHT COMMERCIAL
TACLA 29453C



**Take advantage of our
EARLY BIRD SPECIAL**

A Maintenance Agreement for your unit at a
discounted rate, that includes, but is not limited to:

- 2 Yearly Tune-ups (Heating/Cooling)
- Priority Service/Scheduling
- 15% Discount Pricing on Parts, Labor and Service

Or... Ask about a One Time Heating Tune-Up for \$79!

Limited time only!

*Happy Thanksgiving
from our Freedom Family to yours!!*

214-306-8499 | freedomcooling.com

**At Freedom,
Veterans
Get a 15%
Discount!**

First Methodist School



A History of Education

— By Adam Walker

Fifty years is a long time. For a preschool, it's generations. First Methodist School was founded in 1968, and this November they celebrate serving the children and families of Duncanville and surrounding communities for half a century. "We're here to provide a Christian, loving learning environment," explained Erika Hemphill, the current director. "We provide a safe place for families and focus a lot on social and emotional skills for life and school. We're friends with everybody here. We apply what we learn about God's Word to our lives, especially Proverbs 17:17: 'A friend loves at all times.'"

Janice Chambers, one of the former directors, has been involved since the beginning. "My daughter was a student here back in 1968, and she's in her 50s now. Back then, we only had classes for the 4s and 5s. The school had the same mission statement then. As much as times change, some things stay the same." The school has only had eight directors in its history, and Janice is the longest serving. "I worked here for 32 years, 20 of those as director," she said. "We started with 12 kids, all 4-year-olds, serving the members of the church. Then in 1986, we became a fully licensed day care. By 2009, there were more than 200 kids. Every room was full with children from 1 to kindergarten."

Erika likes to stay connected to the school's traditions. "We

still have our Kindergarten Circus every year and the Mother's Day Tea." As someone with an engineering degree and teaching certification, Erika understands the importance of technology. We have computer classes. And every teacher has a tablet for keeping attendance and checking their kids in and out."

"We used to do all that on paper, handwritten. And our worksheets came off the mimeograph machine!" Janice remembered. "We got our first computer by collecting register receipts from Skaggs-Albertsons!"

But Erika sees other things as equally important. "We focus on real hands-on play, building experiences. We get our hands in the dirt and plant seeds in the garden. We pick leaves off the mulberry tree to feed our silkworms. Computers are great, but they can never take the place of real-world experiences." In the past, that meant field trips. Today, the zoo, the Perot Museum and other groups come to them for enrichment.

"Many of our previous students have students here now," Janice revealed. One former student, Michelle Berryman, is now a teacher at the school.

"In 1968, it was mostly mothers needing an afternoon off who brought their kids here. Now we have a lot of working parents and work-from-home parents. And a lot of our students are dropped off and picked up by their dads," Erika explained.

First Methodist School celebrates its history this month, while looking forward to a bright future, serving our community's children and their parents. Who can say what the next 50 years will bring? **NOW**



DeSoto Parks & Rec. | 2018
Discover, Experience, Play!

f @desotorec
g @desotopard

46th Annual
**HOMETOWN
HOLIDAY PARADE**
NOVEMBER 29TH | 7PM

PERFORMING HIGH SCHOOL BANDS

DESOTO | CARTER | CEDAR HILL

FOOD VENDORS • HOT CHOCOLATE • HOLIDAY TREATS

FAMILY FUN • FREE EVENT

PARADE BEGINS AT EAGLE AT WESTMORELAND AND WILL CONCLUDE AT ZEIGER PARK

PARKING AVAILABLE AT DESOTO HIGH SCHOOL | STREETS WILL CLOSE AT 6:45PM

CONTACT US FOR MORE INFORMATION AND SPONSORSHIP OPPORTUNITIES 972.230.7310 | SPECIALEVENTS@DESOTOTEXAS.GOV



Bank of DeSoto
"Your Home Town Team"

ATKINSON
TOYOTA

REPUBLIC
SERVICES

PlainsCapitalBank

IN-N-OUT
BURGER

Holly Palooza



DeSoto
Public Library
Friendly Service. Empowered Futures.

211 E. Pleasant Run Rd.
DeSoto, TX 75115

SATURDAY

DEC 1 2018
12:00 PM - 6:00PM



DeSoto Parks & Recreation
Discover, Experience, Play!

PICTURES WITH SANTA

1 PM - 6 PM

HOLIDAY MUSIC

- 12 PM - "GOLDEN VOICES" CHOIR
- 1 PM - GRINCHMAS PERFORMANCE
- 2 PM - TEEN PERFORMANCE
- 3 PM - CHILDREN'S CHOIR
- 5 PM - MCCOWAN MIDDLE SCHOOL CHOIR

HOLIDAY BOOTHS

HOLIDAY BOOTHS AND ACTIVITIES
12 PM - 5 PM

GRINCH VISIT & STORY TIME

1 PM - 1:45 PM

HOLIDAY SNACKS & REFRESHMENTS

SPECTACULAR TREE LIGHTING CEREMONY

ENTERTAINMENT AND ACTIVITIES 5 - 6PM
THE FLIP OF THE SWITCH WILL HAPPEN AT 6PM

FOR MORE INFORMATION PLEASE CALL THE
DESOTO PUBLIC LIBRARY 972.230.9666

**CREATING A
BEAUTIFUL SMILE IS
EASIER THAN YOU THINK.**

**DENTISTRY CAN
BE PAIN FREE &
AFFORDABLE.**

**CALL US
TODAY!**

**AVAILABLE
SERVICES:**

- INVISALIGN
- WHITENING
- CROWN AND BRIDGE
- TOOTH COLORED FILLINGS
- IMPLANTS/MINI IMPLANTS
- PERIODONTAL TREATMENT
- DENTURES AND PARTIALS



WILLIAM A. BROWN, D.D.S. F.A.G.D.

972-298-8515

www.williamabrowndds.com • williamabrowndds@gmail.com

GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116