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# SouthwestNOW

M A G A Z I N E

NOVEMBER 2019

## Everybody, Move Your Body

Chris Taylor gets from  
A to B with flair

## Breathing Easy

Shammara Norris  
wants Texas kids  
to have air

Also inside:

Scavenger Hunt

Featured Business:  
Canales Furniture

In the Kitchen With  
Paula Beavers

2019 Holiday  
Shopping Guide

Postal Customer

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November 2019

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### Tools of Engagement

DeSoto ISD is focused on informing and engaging the community. Understanding the need and desire for the district to create platforms for engaged parents, students, staff and community members to get involved in DeSoto ISD, the district is going above and beyond to ensure that every voice is heard. Superintendent D'Andre Weaver, Ph.D has enlisted various advisory councils to gain feedback and insights from different constituency groups. In addition, the district will host the first of a series of town halls on Nov. 12. The November 12, 2019 town hall will take place virtually via the district's Facebook page. Visit us on Facebook to learn further details regarding times. Submit questions in advance via [INFO@DeSotoISD.org](mailto:INFO@DeSotoISD.org).

### DeSoto ISD Magnet Applications to Open Nov. 18

In 2017, DeSoto ISD was awarded the \$15 Million United States Department of Education Academics for Academic Enhancement and Excellence grant supporting the growth and enrichment of district magnet programs. DeSoto ISD Magnet programs offer opportunities for STEAM, Environmental Science, Medicine and more! Apply to be considered for acceptance to a DeSoto ISD magnet program starting Monday, November 18, 2019 by visiting [www.DeSotoISD.org/MagnetApplication](http://www.DeSotoISD.org/MagnetApplication).

### Von Miller Jersey Retirement at 2019 Homecoming Game

DeSoto ISD honored DeSoto Eagle alum Von Miller, currently of the Denver Broncos who boasts a Super Bowl MVP title among his many accolades, by retiring his #40 DeSoto High School football jersey at the Friday, October 17, 2019 Homecoming game versus Grand Prairie High School. The NFL standout was honored at halftime in front of a packed Eagle Stadium.

### CALENDAR

- Nov 12 - Virtual Town Hall time tbd
- Nov 18 - Board Workshop 6:30 p.m.
- Nov 20 - CTE Showcase, DHS
- Nov 25 - 29 - Thanksgiving Holiday - All campuses and offices are closed.

[WWW.DESOTOISD.ORG](http://WWW.DESOTOISD.ORG) | 972.223.6666  
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DESOTO, TX 75115



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## ON THE COVER

*Kidsville at Armstrong Park  
was a big part of Chris Taylor's  
parkour journey.*

**Photo by**  
Shane Kirkpatrick.

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Adam

Adam Walker  
SouthwestNOW Editor  
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## EDITOR'S NOTE

*Thank God for toaster ovens ...*

From 2000-2003, I lived in Kaohsiung, Taiwan, as an English teacher at a Chinese school. I enjoyed celebrating all the Chinese holidays, but as November approached, I wanted to celebrate Thanksgiving. So, I decided to throw a shindig by myself and invite a bunch of the Chinese teachers. There was an American grocery downtown where I could get most of the ingredients — for a price! But some of the spices, like sage, were hard to come by, and I had to go to a store on the other side of the county to find walnuts! I had to get the corn meal mailed from the U.S. I couldn't find *that* anywhere!

The only oven I had was a toaster oven. So, I had to quarter the turkey and cook it in batches with as much dressing as would fit in each dish! I started one night slicing sweet potatoes and boiling eggs and such. I ran home at lunch to make fruit salad, before dashing home after work to heat the turkey and cook a wok full of candied yams. Oh, and a few of my guests were vegetarians, so I made a cashew loaf I found on the PETA website!

One of the Christian teachers read a Psalm of thanksgiving in Chinese. I prayed, and we all dug in, Christians, Buddhists, Agnostics and Taoists eating and laughing and having fun. And the yams were a big hit. It took two months of planning and a lot of work, but it was worth it to share part of my culture with my co-workers.

*And thank God Chinese vegetables make great sides!*

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# EVERYBODY, MOVE Y

*Chris Taylor was one of those guys who was always on the move. He had already spent 16 years earning black belts in both taekwondo and karate. He'd also spent five years as an amateur boxer. But he was looking for new challenges and thinking about doing stunt work. That's when he found parkour.*

"It was in 2011. I wasn't done with martial arts, but I wanted to do stunts. I started learning gymnastics, and I met a guy who said he practiced parkour at Armstrong Park. I lived across the street from the park, so I started hanging out there every day from sun up to sun down. A whole group of us practiced all day, except from 2:00-4:00 p.m. when we went to happy hour at Sonic!"

Chris followed his dream and moved to California for a while, where he did find work as a stuntman for a few small films, but mostly for video games and commercials. But Chris came back home to Duncanville, though he still does stunts for some video games.

So, what is parkour? "Parkour is getting from A to B, over, under or through any obstacle in your way, using the environment to get there. You don't let a gate, a fence or a wall limit you. It's like life. Life throws random obstacles at you, but you can't let that stop you. It's easy to learn, but impossible to master. You don't get on a roof at the beginning — that's after years of practice. You have to know your body and your limits. You start out jumping from one curb to another, and it goes faster with a group. You push each other to try more."

Parkour takes movements from martial arts, gymnastics and anywhere else and makes them its own. "We look at movements from animals like cheetahs, natural movements, and adapt them to the human body. It makes your body strong. No two people have the same style. There are only seven vaults, but no one does them the same





# OUR BODY

— By Adam Walker





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way. You see a YouTube vid of someone doing a new move you've never seen before, and two months later, everyone is doing it. That's why you can't master parkour. It's always evolving."

Chris and his friends had more obstacles than just fences when they started out. People tend not to understand new things, so they had to do more than just learn their sport. "People are taken aback. It's a young sport. The founder is only 47 or 48, but it's growing faster than skateboarding," Chris enthused. "We had to be ambassadors for the sport to the city of Duncanville. People see parkour and think it's undisciplined and crazy. But it's about controlling your body, and part of the philosophy is 'leave no trace,' which means you clean the place up after practice, pick up trash and leave it cleaner than when you came. The police got to know us. Anytime something bad happened at the park, they'd come ask us if we'd seen anything, because we were always there. Parks and Recreation suggested that we make ourselves uniforms, so we could be identified. We did, because we saw that as part of making a good impression. And they put up a sign telling people to do parkour at their own risk, which we saw as a victory. The city was recognizing us and wasn't telling us to go away!"

Now, after years of proving themselves to the city and showing up to city council meetings to make their case, Duncanville is doing one better. "The city is tearing down the old, wooden



play equipment where we've practiced for years and replacing it with new equipment in 2020. When they do, they have plans to build a new area on the other side by the police station dedicated just for parkour when funds are available. It will be the only public parkour park in Texas, and I think the first in the southern United States! Most of them are in Europe. It would be really cool if we can get the police to join us out there!"

Chris would like to see more people involved in his sport. "I didn't learn to flip until I was 18. We have one guy who comes to our gym who's 47. And you don't have to lose weight to do parkour. All you need is a positive attitude, and the weight will fall off! Parkour really boosts your confidence, the first time you make a vault over an obstacle and have that, 'I did it!' moment. And when you fall on your butt, you just get up, dust off and try again. It opens your eyes to what's possible. You can do a lot more than you think."



Community is a big aspect of parkour. "You can start wherever you are. Just get some guys and girls together and watch some videos on YouTube to learn the easy tricks. Take it slow. And walk away from any stunt you don't feel ready for. Some people come at it from the health aspect, trying to find inner peace through movement. There's a friend base here, working together in community. We don't do handshakes. We hug. And anytime anyone throws a big jam, everyone in the state shows up."

For Chris, one of the greatest joys is sharing parkour with new people. "The coolest thing is when I do a flip or jump and someone asks, 'How do I start?' Then I get to share my passion, my love for movement." **NOW**



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Asthma is a word everyone knows, but not everyone really understands the disease behind the label. That's what Shammara Norris wants to change. "I am a respiratory therapist, and I used to live in Virginia Beach. I'd been doing this for seven years before I moved to the Dallas area, and I'd never seen a patient die of asthma. I started working at a hospital here in November, and by December, I had seen three patients die. All three were African-American males. Two were adults, and one was a 9-year-old kid. I was shocked, but I continued seeing patients die from a treatable condition."

# Breathing EASY

— By Adam Walker

Shammara spent time listening to the parents of children who had died, and realized that many of them didn't really understand their children's asthma. That's when she decided to do something about what she was seeing. "I wanted to find an organization I could volunteer with, but I soon realized that no one was doing what I saw needed to be done."

From that realization, a project was born. She founded Asthma Chasers, and started going to churches, volunteering to speak about asthma.







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"I provided basic information about what asthma is and what triggers asthma. It's really not a problem getting air into the lungs. It's a problem getting it back out, so you can take another breath. Many people have allergic asthma, where an allergen like dust mites, cockroaches or pollen triggers an attack. Other people have exercise-induced asthma where running or other strenuous exercise triggers an attack. I teach the parents to try to understand what triggers affect their children. Not all attacks are the same. Mild asthma only happens once in a while, and is mostly under control. Moderate asthma affects daily activities like playing, walking, etc. Severe asthma affects the patient day and night and can make it difficult to walk from the kitchen to the front door. Parents don't know about allergy testing or blood tests to diagnose the condition."

The Metroplex has serious problems with asthma because of the air quality. "The pollution and the climate both cause problems. We have a lot of ozone days here. The dry climate and few trees contribute to poor air quality." Our weather patterns also cause problems by bringing pollen in from the plains, the mountains and the gulf, dumping all of it here in North Texas.

"The CDC says that only 23 percent of people who have asthma have been educated about their condition. My goal is to give parents the tools to feel confident about managing their child's asthma. They don't need to go to the ER every time. They don't need to miss work every time. I give them an action plan, so they can know if their child is Green (good), Yellow (treat with their inhaler or steroids) or Red (head to the



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ER). Management is huge in childhood asthma, and parents need to know how to administer inhalers, nebulizers and other treatments."

Shammara takes her Breathmobile to local schools, PTAs, health fairs and other locations to provide educational literature, do free pulmonary function testing, do hands-on demonstrations of peak flow meters, inhalers and provide screening for asthma. "We answer questions parents may not have been able to ask a physician. We provide referrals to doctors because we don't have the funding for a fully functioning clinic yet — though that is something I hope will happen. I can't do all this by myself. I need volunteers, and not just health care professionals. I can utilize any skill set: board members, fundraisers, office workers, people to check people in for testing. There's a place for you to help!"



Asthma has no cure, but it is controllable. "One myth is that you 'grow out of it.' That's not true. Your asthma may have gotten better because you moved and don't have mold now, or you don't have carpets anymore or you outgrew stuffed animals."

Asthma Chasers is a labor of love in addition to Shammara's full-time work. "I do this because I've seen too many parents lose children to a disease that can be controlled. It's very distressing for me as a parent. I can't do it by myself. There's lots of research on the environment in Texas, and also grants to write for funding from the EPA and other groups."

Asthma is a serious but controllable condition. Learning how to manage the condition is essential if you or a loved one has it. Shammara Norris saw the need and brought her skills to bear, educating people to save lives, one event at a time. **NOW**



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# BusinessNOW

## Canales Furniture

— By Adam Walker

### Canales Furniture

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The “Duncanville” location of Canales Furniture is the 13th, of soon-to-be 15, licensed, family-owned furniture stores in the Metroplex. “We’re a family business, always looking for ways to help people,” explained Marketing Director Mylene Mitchel. “We treat our customers like cousins or aunts.” In 2002, 11



members of the Canales family, led by Veronica Canales, started this business selling furniture door to door from catalogs and making the deliveries in a pickup truck. The family, under Veronica’s leadership, began forging the Canales name into Texas soil. From the time the first store opened on Abram Street in Arlington in February 2003, the business has been an American Dream success story. Today, the business is shaped by a team of leaders who believe in a strong work ethic, teamwork and honesty. They guarantee customer satisfaction, and are committed to providing excellent customer service and the best prices on the market.

The 9,000-square-foot Duncanville location is managed by sisters Marlen and Geny López. The store features the new dark blue branding, sells electronics and appliances, as well as indoor and outdoor furniture and accessories.

As part of their family-centric policy, Canales Furniture offers a 5 percent commission to its customers when they bring a



friend or family member to buy from them. "If you can't come with your friend, have them tell us that you sent them, and we will give you a \$25 referral check!" Marlen explained.

Canales sells several brands of appliances including GE, Samsung and LG. They carry refrigerators, dishwashers, washing machines and clothes dryers. "The Family Hub smart refrigerators, with the touch screens that let you keep track of your grocery list, watch TV and check your doorbell, are really popular," Mylene reported.

They carry all the furniture you need for living rooms, bedrooms, dining rooms and home offices you want to spend time in. Whether your taste is rich hardwoods and leather or chrome and glass, their showroom offers plenty of choices from well-known designers, including Scott Living by the *Property Brothers* from TV. Once you have your furniture, Canales has everything from mirrors and wall art to rugs, lamps, serving carts and curio cabinets to make a room uniquely yours. Their website features current sales and promotions, making it easy to always know where the savings are.

Canales has plenty of options for children's bedrooms. They carry bunk beds, trundle beds and daybeds, as well as more sophisticated pieces that can grow with your child well into adolescence.

They also carry a range of choices for elegant outdoor entertaining. Whether you're looking for a chaise lounge, an outdoor sofa or an entire sectional for a patio living space — or if an outdoor dining area is more your style — Canales has options to choose from.

Canales Furniture offers easy financing and payment plans. They have access to many different lenders, but also offer an in-house program called Canales Credit Builder, which can be useful for young people just starting out, or for people who find themselves starting over.

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# CookingNOW

## *In the Kitchen With*

### PAULA BEAVERS

— By Angel Morris



Living in Indonesia as a child, Paula Beavers saw her mother trade recipes with neighbors. They loved her mom's chocolate chip cookies and fried chicken, while their traditional fried rice, cashew chicken, sweet and sour pork and chicken satay recipes became Paula's family's favorites.

Paula enjoyed preparing food for her own three children through the years. "Cooking is definitely my love language. I show my affection with homemade cookies, cinnamon coffee cake, chicken spaghetti, whatever I know is a favorite," she admitted. "As a single lady now, I still enjoy cooking for myself. I love taking what I have on hand and coming up with something unique, and the great thing is that I don't have to worry about anyone else disliking it!" Here she shares some holiday favorites. **NOW**

#### Cranberry and Pear Holiday Pie

*Pie:*

2 cups cranberries, fresh or frozen  
2 Tbsp. apple cider  
1 Tbsp. butter  
1/4 cup sugar  
1 Tbsp. maple syrup  
5 cups pears, cut into 1/4-inch slices  
1/2 tsp. ground cinnamon

1/2 tsp. nutmeg  
Prepared piecrust

*Crumb Topping:*

1/2 cup sugar  
3/4 cup flour  
1/2 cup butter, room temperature

1. *For pie:* Cook cranberries in a saucepan with cider, butter, sugar and maple syrup

until berries "pop." Remove from heat; allow to cool.

2. Toss the pears with the cranberries; add cinnamon and nutmeg. Pour mixture into the prepared crust.

3. *For crumb topping:* Mix all ingredients; sprinkle atop pie. Bake at 375 F for 10 minutes; lower to 325 F. Continue baking for 25-30 minutes, or until the top lightly browns.

#### Sweet Potato Casserole

1 3-lb. bag sweet potatoes  
1/4 cup butter  
1/4 cup brown sugar  
1/4 cup orange juice  
1 tsp. vanilla  
1 small bag mini marshmallows

1. Roast sweet potatoes on a baking sheet in the oven at 400 F for about 45 minutes. Squeeze to see if they are soft when done. When they cool, simply pull off the skin.

2. Put potatoes in a bowl; add the rest of the ingredients, except the marshmallows.



3. Using a mixer, blend until smooth; transfer mixture to a 9x9-inch dish that has been sprayed with a cooking spray. Put into a 375 F oven; bake 25 minutes. Add the marshmallows; continue cooking until desired toasting occurs.

## No Roll Pie Crust

**1/2 cup Crisco**  
**1/4 cup water**  
**2 cups flour**  
**1 tsp. salt**

1. Preheat oven to 350 F. Bring Crisco and water to a boil. Mix flour and salt together; place equal amounts of the flour mixture into 2 pie pans.
2. Pour liquid over flour mixture; use fingers to press crust evenly to the bottom and sides of the pans.
3. Put foil on the crust; prick with a fork to prevent bubbling. Bake 15 minutes. Remove foil; continue baking until desired brownness is reached. This recipe freezes well for use later.

## Honey Bun Cake

*Cake:*

**1 pkg. yellow cake mix (divided use)**  
**2 sticks butter**  
**4 eggs**  
**1 8-oz. container sour cream**  
**1/2 cup brown sugar, packed**  
**1/2 cup pecans, chopped**  
**2 tsp. cinnamon**

*Glaze:*

**1 cup powdered sugar**  
**1 Tbsp. milk**  
**1 tsp. vanilla**

1. *For cake:* Preheat oven to 350 F; generously grease the bottom of a 13x9-inch pan. Remove 1/2 cup of dry cake mix and reserve.
2. Beat remaining dry cake mix with butter, eggs and sour cream on medium speed for 2 minutes. Spread half the batter in the pan.
3. Mix brown sugar, pecans and cinnamon with reserved dry cake mix.
4. Carefully spread dry ingredients evenly over batter. Drop remaining cake batter by dollops over brown sugar mixture; spread.
5. Cook for 30 minutes or until golden brown and cake springs back when touched in the center.
6. *For glaze:* Mix powdered sugar, milk and vanilla to form a glaze, adding more milk if necessary. While cake is still warm, poke holes in the top with a fork; pour glaze over cake. Allow to cool completely before serving.

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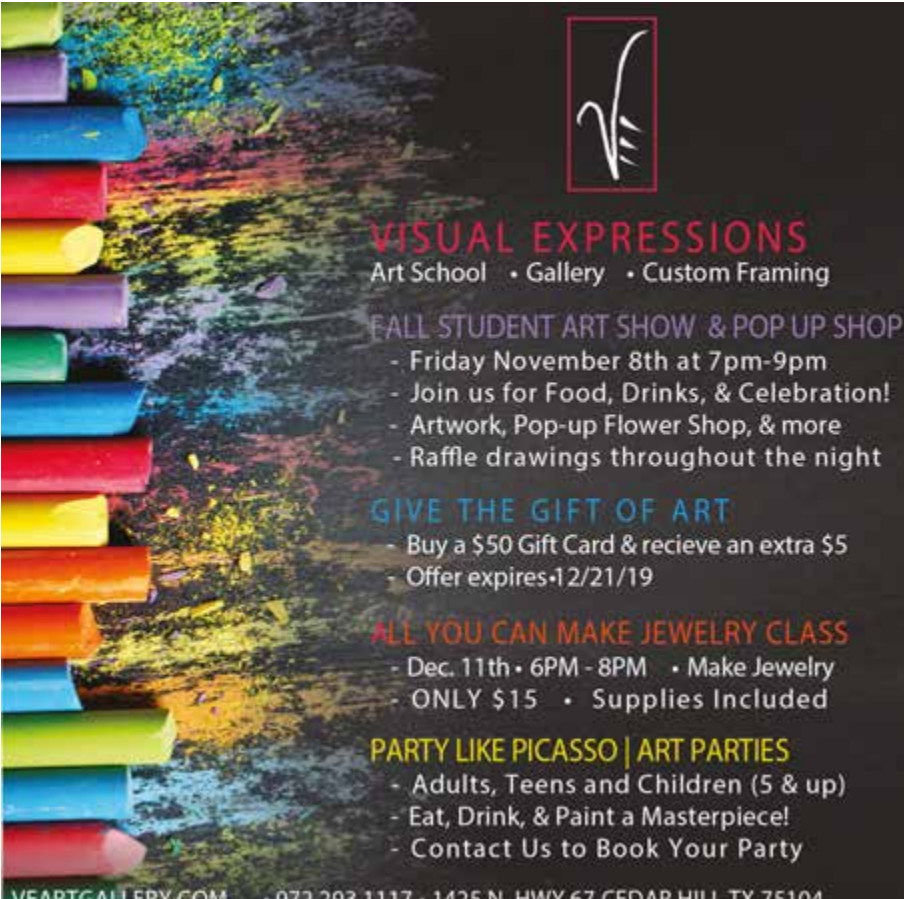


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## Sweet and Sour, Hot and Cold Slaw

### Dressing:

1 cup white vinegar  
1 cup water  
1/4 cup sugar  
1 tsp. salt

### Slaw:

1 medium head cabbage, grated  
1 medium onion, grated  
1 green bell pepper, grated  
1-2 fresh or canned jalapeños, grated

1. *For dressing:* Combine all dressing ingredients; mix well.  
2. *For slaw:* Pour dressing over grated vegetables; marinate at least 8 hours or more. The longer it sits, the better the flavor. This is also great with Mexican dishes.

## Drunken Turkey

*I like to use an electric roaster for this recipe to free up the oven for other side items, but any roasting pan will do, as well.*

Large turkey, cut in half lengthwise  
Salt, to taste  
Pepper, to taste  
2 tsp. poultry seasoning



Green Bean Bundles

1 bottle champagne  
16 oz. chicken broth  
1 orange, cut in quarters  
1 lemon, cut in quarters  
1 lime, cut in quarters  
1 head of garlic  
1 onion, chopped

1. Cover both turkey halves with salt, pepper and poultry seasoning; arrange turkey so the button will still pop up when done.  
2. Pour entire bottle of champagne over the bird, along with the chicken broth. Add the fruit pieces, the whole head of garlic (do not chop) and onions.  
3. This turkey will cook quicker cut in half, and the breasts will not dry out. You will not taste any alcohol, and you can take liberties with the spices you prefer to use.

## Green Bean Bundles

1/4 cup butter  
2 Tbsp. brown sugar  
1 tsp. minced garlic  
1 tsp. seasoned salt  
1/2 tsp. black pepper  
2 cans whole green beans, drained  
1 lb. thin-cut bacon, halved

1. Melt the butter with brown sugar, garlic, seasoned salt and pepper in the microwave.  
2. Place about 5-6 green beans on a half strip of bacon; add about 1/2 tsp. of the melted mixture before wrapping up the bundle. Repeat this process until all green beans are used.  
3. Line a baking sheet with foil for easier cleanup. Place the bundles on the baking sheet. Cook at 350 F for about 25 minutes, or until the bacon is your desired crispness.

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

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

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

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

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

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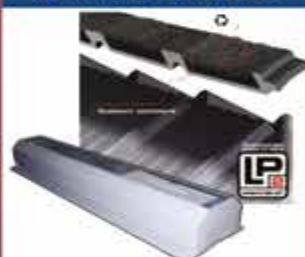
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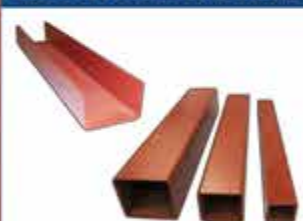


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A quick look at the gift items and discounts available locally.



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



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---	---

**Check out all events at**  
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Stores open Wed through Sat 11-7  
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A quick look at the gift items and discounts available locally.

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## Zoomed In:

## Stella Raven Nelson

By Adam Walker

Stella Raven Nelson, age 5, paused in her search for the perfect pumpkin at the pumpkin patch run by New Life Apostolic Church in Cedar Hill. She was joined in her search by her parents and siblings. "I most like the size. I want one that's more bigger!" she declared, while proudly displaying her choice. "It's for Halloween, for decorating." She explained that she was going to carve the pumpkin herself. "Mom lets me use the knife."

"With proper supervision," her mother, Britainie Nelson, explained with that look only a mother can give.

Stella Raven set her treasure down to wait for the rest of the family to catch up, and maybe let someone else carry it for a while. After all, she found a big one!



Jonathan, Kathleen, Jillian and Oliver Cervenka celebrate winning SouthWestNOW Magazine's State Fair of Texas ticket giveaway.



Anna and Cash McCalla enjoy petting the goats at the State Fair of Texas.



Tri-City Animal Shelter accepts \$200,000 from the Petco Foundation for the new Surgery Suite & Medical Center.



Patricia Coleman helps Olivia, Savannah and Cain Campbell open accounts at Bank of DeSoto.





Joyce Washington and Jackie Calahan attend the Moores' baby shower at DeSoto Civic Center.



Youth at First Presbyterian Church of Duncanville sing in Sunday's Kool.



Dr. D'Andre Weaver leads a discussion at DeSoto's 15th Annual Dining and Dialogue event.



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# Rocking Along

— By Lori Altebaumer

*Known as “The Little Town That Rocks,” don’t be fooled by the nickname when visiting Black Mountain, North Carolina. Although rocking chairs abound in the picturesque downtown, there are plenty of good times and breathtaking beauty to keep visitors rolling through this quaint town nestled in the heart of the Blue Ridge Mountains.*

First inhabited by the Cherokee Indians, Black Mountain has been attracting people seeking rest and refreshment since the early 1800s. Visitors today find this village still thriving in small-town American charm and friendliness. Voted one of the “Prettiest Small Towns in America to Vacation” by TripAdvisor, Black Mountain does not disappoint.

From the 18-hole golf course, three breweries, more than 35 restaurants and upscale gift shops, galleries and Appalachian-style craft stores too numerous to mention, there’s plenty to see and





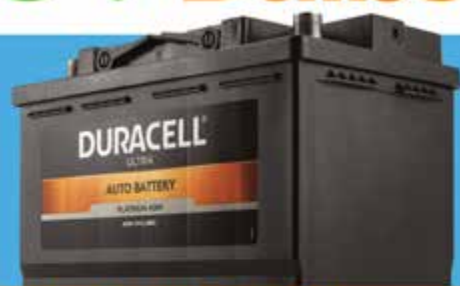


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do around town. Wander among the nostalgic shops lining the pristine streets, where pedestrians still have the right-of-way. Pause to relax in one of the rocking chairs, hand-painted by local artisans and scattered along the sidewalks, as you take in the beautiful landscaping on the town square.

Feeling refreshed and ready to explore? Take a short drive and hop on the Blue Ridge Parkway. This scenic highway winds through towering spruce trees and dense growths of mountain laurel. Roll the windows down and inhale the fresh air, but watch out for wildlife. The turkeys along the roadside seem calmly oblivious to the danger of passing cars on the often-narrow road.

From the forest, the highway ushers you around breathtaking expanses of mountain views and scenic overlooks. You'll discover how the Blue Ridge Mountains got their name as you take in undulating layers of peaks, appearing deep blue like the choppy waves of the sea in the Appalachian atmosphere.

Opportunities for photography enthusiasts are endless. Waterfalls, scenic overlooks and a stunning variety of wildflowers and native trees create the perfect occasion to capture the beauty and majesty of creation.

The abundance of hiking trails for all skill levels offer hours of exploration for those inclined to an outdoor challenge or adventure. Chimney Rock Park and the beautiful Lake Lure are just 30 miles east of Black Mountain. The park offers miles of high-rock hiking trails and waterfalls. It's also the location



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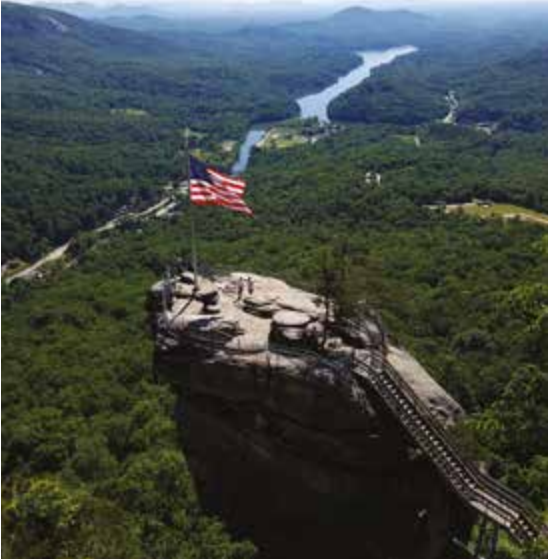
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for filming the movie, *The Last of the Mohicans*. Another short drive takes you to the Nantahala River, where you can experience rafting over Class III whitewater at Nantahala Falls or spend your day fly-fishing.

Drive a few miles west and find yourself in historic Asheville, home of the Biltmore Estate. This 250-room mansion covers more than 4 acres of floor space. The estate itself takes a full day to explore, complete with a vineyard and winery, shopping and dining opportunities.

A tour through pastoral Maggie Valley holds treasures for the palate and the soul. Stop at the produce stands along the way for fresh peaches and sourwood honey as you let the lush, rolling landscape restore your heart to simpler days away from the hustle and bustle of modern living.

As the day ends, the slow pace of Black Mountain welcomes travelers back home. Replenishment for the adventuring soul comes in the form of a plate of barbecue from Phil's Bar-B-Que Pit. Order extra hushpuppies — you won't regret it!

After your meal, meander back downtown for a scoop (or more) of ice cream from Kilwin's Chocolates, Fudge & Ice Cream. Enjoy the sweet treat from one of the oversized rocking chairs, watching the sun sink below the horizon, tucking Black Mountain in for another peaceful evening. Recall your day's adventures as you peacefully rock your cares away, preparing for your next day's exploration of "The Little Town That Rocks." **NOW**

*Editor's Note: For more information, visit [www.exploreblackmountain.com](http://www.exploreblackmountain.com).*

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# TACKLING TILES

— By Angel Morris

*Like other aspects of home improvement, laying tile is not without challenges. If hiring a professional contractor is not within your budget, consider these general instructions before deciding if tile is a DIY within your skill set.*

## CHOOSING TILE

When choosing tile, homeowners must sort through different sizes, patterns, textures and colors. The room in which your tiles will be placed may impact those choices. For instance, areas which can frequently become wet — such as bathrooms and mudrooms — are not good spaces for glossy tiles, which may become slick.

Smaller spaces can be overwhelmed by large tiles, and small tiles can get lost in larger rooms. Tiles with busy patterns may not only be more challenging to install but can also compete with other decor of a room, such as wallpaper or paint color. Once you have purchased the tile that best suits your style and space, however, it's time to prep your surface.



## SURFACE PREPARATION

Perhaps the most strenuous portion of this DIY is removing existing flooring. Old mortars from tile or adhesives from linoleum and carpet must be removed completely, followed by thorough cleaning of subflooring.

Subfloors also must be level and cracks in the concrete should be patched. Wood frames should be secured to joists and in dry, rigid condition, then covered with cement backer board, closely following backer board installation instructions.

Doorjambes may need to be trimmed to ensure tile will lay flat beneath them. Handsaws can do the trick, but jamb saws also can be rented from many tool centers. Wall molding also must be removed prior to tile installation.

## CHOOSING A LAYOUT

Once floors are prepped, it's time to determine the layout of your tile. Professionals recommend first ensuring the space is square by measuring each wall's length and the length diagonally from corner to corner. If diagonals are the same measurement and opposite walls are the same length, your room is square. Snapping chalk lines is a trusted trick to provide tile-laying guides, and you may want to temporarily set out your tiles in a variety of patterns before moving on to the next step.







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## SECURING TILE

You will need a drill with mixing paddle and a 5-gallon bucket in which to mix thin-set mortar according to package instructions. You only want to mix as much as you can use within about 15 minutes. A second bucket of clean water should be kept on hand, as well as a sponge or towels for keeping mixing tools clean.

With a notched trowel, spread mortar across a small area, then press tile in place along your guidelines. You typically will want to lay full tiles first, then go back in to cut and place small tiles around the border of your space.

Place plastic spacers and position your next tile along guidelines. Continue the process of spreading mortar, laying tile and spacers, all the while checking that your placement is level and aligned. Remember to start along the back of your space and work toward your exit so that you can keep from backing yourself into a corner or placing any weight on the tiles for at least 24 hours.

## MAKING THE CUT

After waiting a day or more, you are ready to cut and place border tiles. Make sure you are wearing the proper safety gear for this step. This process requires you to measure from the nearest full tile to the wall, deducting the width of grout. That number is the size to which border tiles must be cut. Scoring cutters and wet saws can be rented for this purpose. Tile nippers or handheld grinders with diamond blades are also handy for curved and smaller cuts.

Watching online tutorials can assist in simplifying the cutting process. After cutting border tiles, you will repeat the process of spreading thin-set mortar, placing tiles and spacers until your borders are complete.

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## BORDER AND GROUT

When placing border tile, it is recommended you leave a 1/4-inch expansion gap. This ultimately will be covered with your molding or matching bullnose tile.

After waiting at least 24 more hours and making sure the joints between tiles are clean and dust-free, you are ready to remove the spacers and fill the joints with grout. Follow grout package instructions to prepare the type of grout you have selected to complement your tiles.

A tool known as a rubber float is used to apply grout, dragging it over joints at a recommended 45-degree angle. Every few minutes, you should remove excess grout from atop tiles with clean water and a sponge, again moving at an angle.

After allowing grout to harden per package-recommended times, you will need to apply a sealer. Sealer should be applied with a foam brush or applicator bottle. It typically is recommended that tiles be resealed every year or two.

Not only are there a number of tools and supplies required for laying tile, there are also variables that can impact how the job is done. For instance, there are ways to cover or lay tile without removing existing floors that one might consider.

After following all product instructions and exercising patience for the recommended drying times between steps, DIY tiling can be a money-saving and rewarding, albeit time-consuming, experience. **NOW**

Sources:

1. [www.homedepot.com/c/how\\_to\\_lay\\_tile](http://www.homedepot.com/c/how_to_lay_tile)
2. [www.todayshomeowner.com/how-to-lay-a-tile-floor/](http://www.todayshomeowner.com/how-to-lay-a-tile-floor/)



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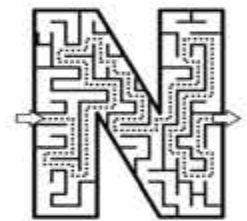
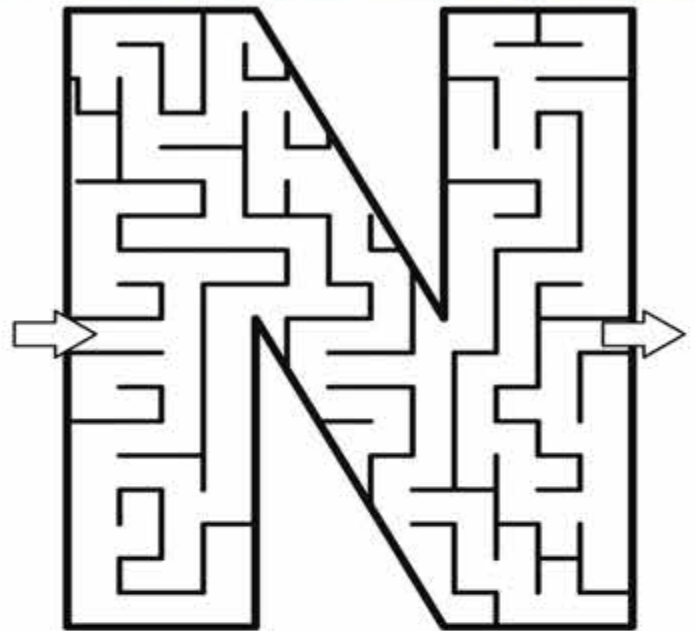
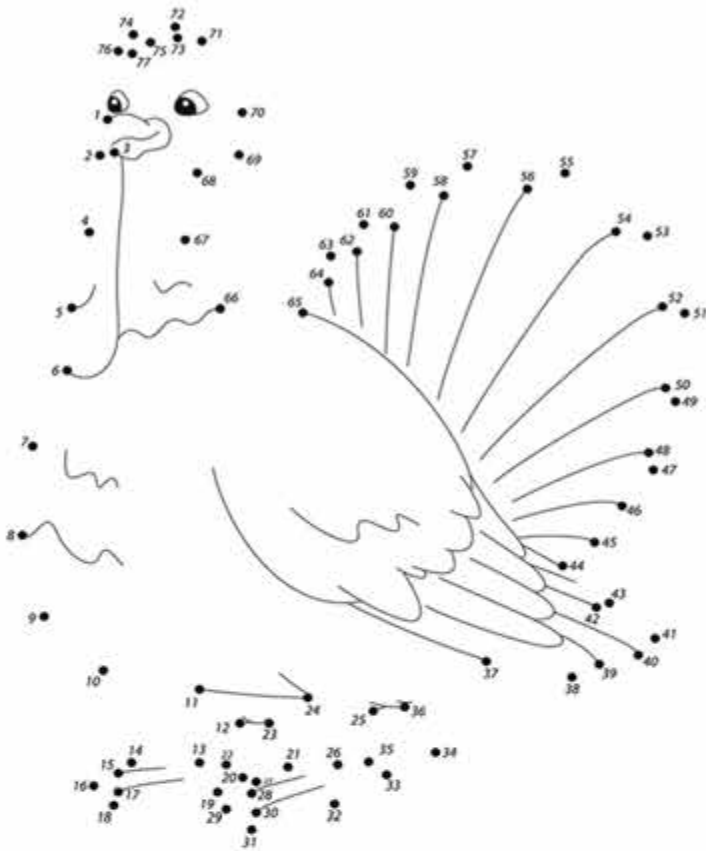
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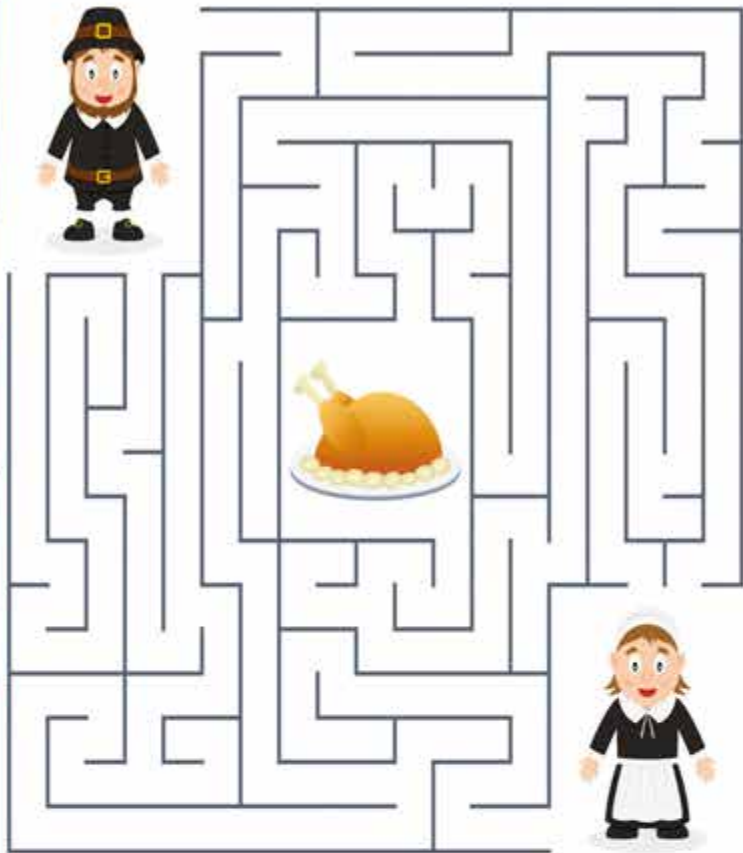
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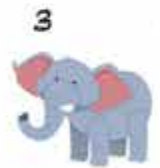
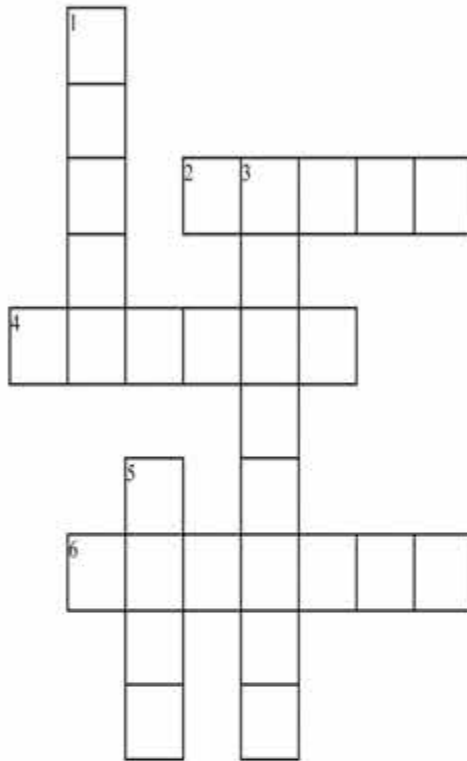
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# Kids' Fun Page



## African Animals Crossword





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ARE SAYING:**

*"That was fun! I now know a handful of events I want to attend this month by looking at the ads, which usually I just skim over. Very effective!"*

*"I had so much fun looking for the hidden witches' hats!"*

*"That was not an easy task, well done. I love this!"*

**OCTOBER  
SCAVENGER HUNT  
WINNERS:**

Serena McBride - \$100 NOW Magazines Visa Gift Card

Philecia Robinson - \$50 Gift Basket from Bath & Body Works

Adam Conant - \$50 Coffee Gift Basket With Two Bags of Counter Culture Coffee and Hario V60 Brewing Equipment



Hidden Witch Hats  
Page 15, Allergy & Asthma Center of Duncanville  
Page 25, Wings AA  
Page 27, Campuzano Mexican Food  
Page 35, Sacred Inc.  
Page 45, William A. Brown, D.D.S., F.A.G.D.

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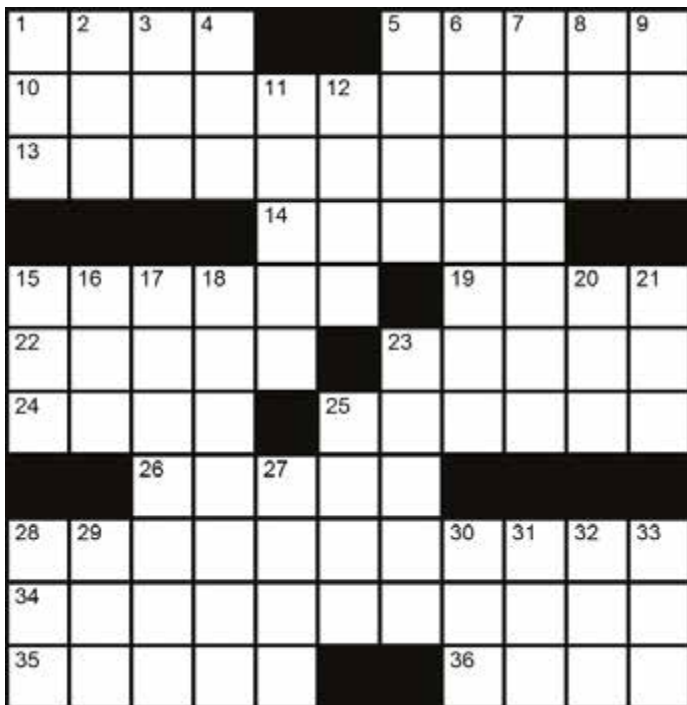
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# Crossword Puzzle



CrosswordSite.com Ltd

## Across

- 1 Biblical homicide victim
- 5 Iraqi port
- 10 Double-check
- 13 Forewarning
- 14 Watch
- 15 Fumed
- 19 Pervading air
- 22 "... but I could be wrong"
- 23 --- firma
- 24 Software trial version
- 25 What a parade does
- 26 Set of moral principles
- 28 Graveyard of Empires
- 34 Agree
- 35 Groups of animals
- 36 Round, red root vegetable

## Down

- 1 Stage equipment
- 2 Ingot
- 3 Supplement
- 4 Moon lander
- 5 Place of confinement
- 6 Now and again
- 7 St. Elmo is their patron
- 8 City it can be blamed on?
- 9 Raggedy one
- 11 Lust after
- 12 Lady of "Idylls of the King"
- 15 Move up and down
- 16 Metal-bearing mineral
- 17 Natural number
- 18 Hated big-time
- 20 Globe
- 21 Eight hours, to most workers
- 23 Implied
- 25 Turpentine source
- 27 Fort --- State University, Kansas
- 28 Powdery residue
- 29 Sum charged
- 30 Weep
- 31 Golfer's peg
- 32 Affirmative vote
- 33 Open mesh fabric

Solutions on page 52

For online versions, visit [nowmagazines.com](http://nowmagazines.com)

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# Sudoku Puzzle

Easy

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

Medium

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

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Solutions on page 52

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11/2

**Vet Fest 5K:**

Run the Roy Orr Trail to support veterans. \$15; free for vets. 8:00 a.m.-noon, DeSoto Outdoor Amphitheater, 211 E. Pleasant Run Rd., DeSoto.

**Covenant Conversations:**

Learn to strengthen your marriage and "unpack your baggage." Free. 11:00 a.m.-1:00 p.m., Glo Best Western, 1215 N. I-35 E., DeSoto.

**Dia de los Muertos:**

Altar offerings, live entertainment and more. 3:00-4:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

11/7

**Author Luncheon  
With Olympian  
Johnny Quinn:**

Learn how to *Think Like an Olympian*. Free. 11:30 a.m.-1:00 p.m., Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. RSVP at [www.cedarhilltx.com/FormCenter/Library-2/Think-Like-A-Champion-119](http://www.cedarhilltx.com/FormCenter/Library-2/Think-Like-A-Champion-119).

**DIY Crafts for Teens:**

Learn some new crafts while snacking. 6:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

**Home and Neighborhood  
Safety Workshop:**

Learn how to be safe at home, out shopping and prevent crime. Free. 6:00-7:30 p.m., Grady Lamb Building, 601 E. Belt Line Rd., Cedar Hill.

11/9

**Teen Yard Sale:**

Support the youth group. 8:00 a.m.-2:00 p.m., Dallas First Church of the Nazarene, 825 S. Cockrell Hill Rd., DeSoto.

**Fall Into the Season  
With Year End Planning:**

Learn strategic business planning. Free. 9:00 a.m.-1:00 p.m., Best Western Plus, 922 E. Hwy. 67, Duncanville. RSVP on Eventbrite.

**Christmas in November:**

Hosted by the DeSoto chapter of the American Business Women's Association. \$15. 9:30 a.m.-1:00 p.m., Cold Springs Church of Christ, 2710 W. Main St., Lancaster.

11/12

**Making Your  
Grand Entrance:**

Come learn to design wreaths with dimensional elements. Free, but accepting canned goods for the food bank. 10:00 a.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

11/15

**Final Showdown:**

Come dance the night away. \$5. 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville.

11/19

**Interfaith Panel:**

Learn what others believe. Free. 7:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

11/21

**Financial Aid Help:**

Learn how to get help paying for college. 6:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

11/25

**Craft Day:**

Make something fun, just for ages 3-12. 1:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

11/26

**LEGOs in the Library:**

Join the LEGO challenge for ages 3-12. 1:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

11/27

**Board Games:**

Games appropriate for ages

3-12 provided. 1:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

**Mondays in  
November**

**Creative Writing  
for Teens:**

Writing skills development for ages 8-12. 11/4, 11/11 and 11/18 only. Free. 5:00-6:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

**Mondays**

**Line Dance Class:**

\$3/class or \$10/month. 10:00 a.m., Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill.

**Baby Story Time:**

Babies ages 0-2, plus a caregiver. 10:30 a.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Free.

**Third Mondays**

**DeSoto Public  
Library Book Club:**

DeSoto Town Center Complex, 211 E. Pleasant Run Rd. For more information, call (972) 230-9661.

**Fourth Mondays**

**Living With Diabetes:**

Learn life skills suggested in





11/11

### Reading With Our Vets:

Bring the family for an evening of reading with local heroes. Free. 6:30-7:30 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

living with diabetes. 6:00 p.m.,  
Zula B. Wylie Public Library in  
Cedar Hill.

### Tuesdays

#### DeSoto Senior Center Golden Voices Choir:

9:00 a.m., Senior Citizen Center,  
204 Lion St., DeSoto.  
For more information,  
call (972) 230-5825.

#### Duncanville Rotary Club:

7:00-8:00 a.m., D.L. Hopkins Jr.  
Center, 206 James Collins Blvd.,  
located across from Duncanville  
Public Library.

### Second Tuesdays

#### DAWG-Dallas Area Writers Group:

Free. 7:00-8:30 p.m.,  
Zula B. Wylie Public Library,  
225 Cedar St.,  
Cedar Hill.

### Second and Fourth Tuesdays

#### Cedar Hill Lions Club Meeting:

Noon, Good Shepherd Church,  
915 Straus Rd.

#### Caregiver Support Group:

2:00-3:30 p.m., Friends Place  
Adult Day Services,  
1232 W. Belt Line Rd., DeSoto.  
For more information,  
call (972) 274-2484.

### Wednesdays

#### Preschool Storytime:

Free. 10:30 a.m., DeSoto Public  
Library, 211 E. Pleasant Run Rd.,  
DeSoto.

#### Preschool Storytime:

Ages 3-6. STEAM activities  
follow the story. Free. 10:30 a.m.,  
Zula B. Wylie Library,  
225 Cedar St., Cedar Hill.

### First and Third Thursdays

#### The Hang Out:

Teens 13-18. Hang out and  
explore technology. 4:30 p.m.,  
Zula B. Wylie Library,  
225 Cedar St., Cedar Hill.

### Second Thursdays

#### Business on the Hill:

Networking and meeting new  
neighbors. 7:30 a.m., Texas Trust  
Credit Union, 109 W. FM 1382,  
Cedar Hill.

*Submissions are welcome and  
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## Crossword - Sudoku Solutions

1	A	B	E	L		5	B	A	S	R	A
10	M	A	K	E		11	C	E	R	T	A
13	P	R	E	M	O	N	I	T	I	O	N
						14	V	I	G	I	L
15	B	O	I	L	E	D			M	O	O
22	O	R	N	O	T		23	T	E	R	R
24	B	E	T	A		25	P	A	S	S	B
						26	E	T	H	I	C
28	A	F	G	H	A	N	I	S	T	A	N
34	S	E	E	E	Y	E	T	O	E	Y	E
35	H	E	R	D	S				36	B	E

Easy

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

Medium

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



# *Happy Thanksgiving!*

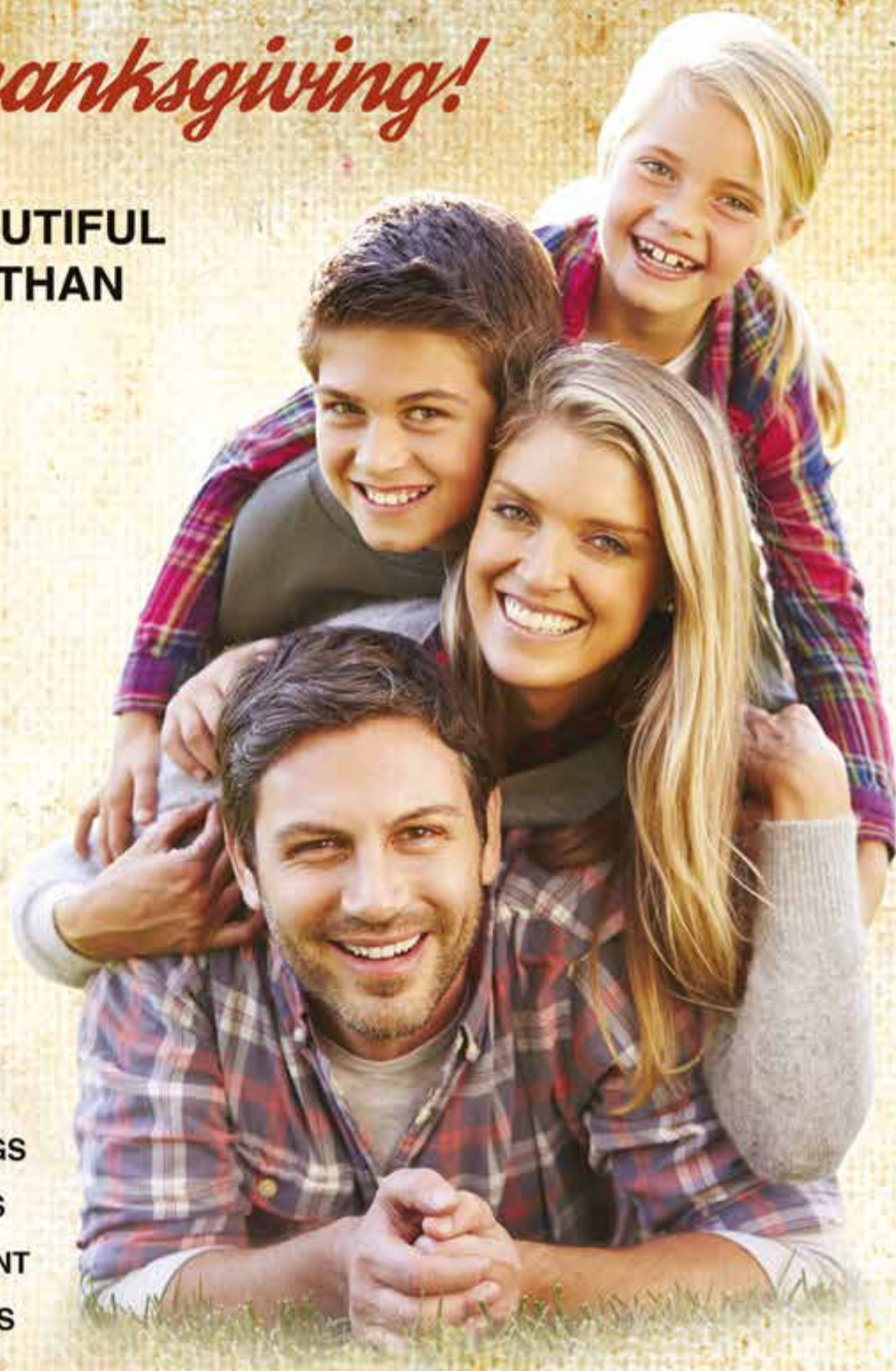
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