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Managing Editor, Becky Walker
Southwest Editor, Adam Walker
Office Assistant, Kristin Bato
Writer, Lisa Bell
Editors/Proofreaders, Lisa Bell
Rachel Rich . Virginia Riddle

GRAPHICS AND DESIGN
Creative Director, Chris McCalla
Artists, Kristin Bato . Beth Davis
Martha Macias . Anthony Sarmienta

PHOTOGRAPHY
Photography Director, Chris McCalla
Photographer, Lisa Bell
Shane Kirkpatrick

ADVERTISING
Advertising Representatives,
Dustin Dauenhauer . Bryan Frye
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EDITOR'S NOTE

Lost in the bustle ...

I feel like Thanksgiving barely even exists anymore. The day just gets bulldozed by all the other stuff going on.

The meal is expensive and a hassle to put together. Everyone grabs a Styrofoam plate and runs into the living room to watch the game. That is if they aren't already at a store at a pre-Black Friday sale designed to keep employees from even having a day off for the holiday. Between sports and the commercial aspects of Christmas, there is no time for actual thankfulness.

And then there are all the social media posts about hating your family. And hating your friends. And everyone hating you. And being traumatized by the mention of Thanksgiving. And besides, it's all exploitation anyway.

But it doesn't have to be that way. It should be a day for putting the rest of the world on hold and spending face-to-face time with your family and friends. It's supposed to be about pausing to consider how many reasons we really do have to be thankful. You may think your life is pretty awful, and it may really be. But even then, if you look carefully, you can find a lot of reasons to be thankful in the midst of whatever else is happening. Pause. Put the world on hold. Say no to all the bustle and consider.

The food is fun. And it is, by far, the most American meal you're likely to eat all year — corn, pumpkin, turkey, pecans, cranberries. But even that can be a distraction.

Give thanks with a thankful heart ...



Adam

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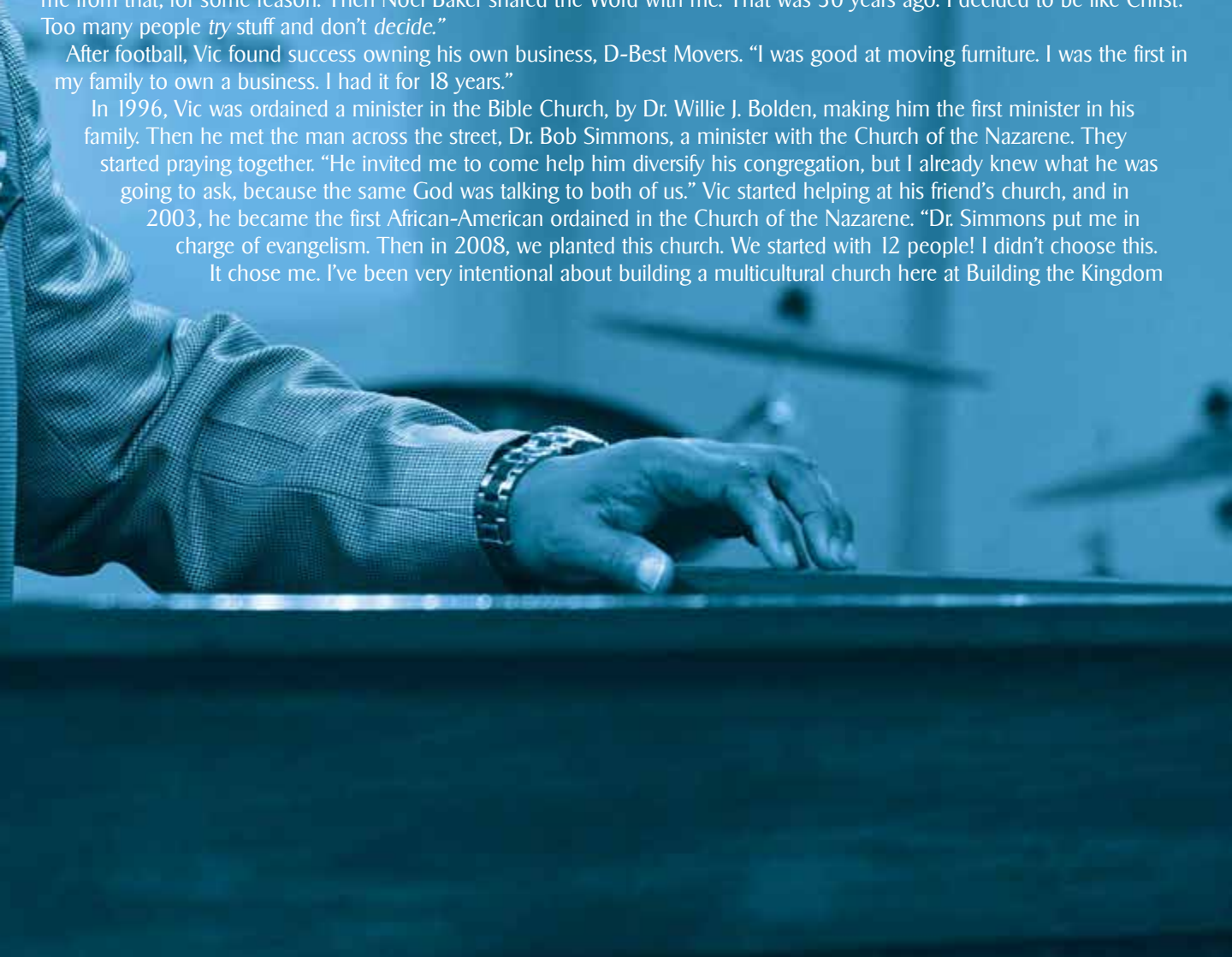
— By Adam Walker

Rev. Vic Jackson likes doing new things. There have been a lot of firsts in his life, and he is still adding to the list. But his journey started in a very different place.

“From the time I was in sixth grade, until I was 32 years old, I was smoking weed and then was strung out on crack for eight years. I went to Carter High School and then to Angelo State University. I was very good at football. I set a few records. I played for a while in the NFL and for the Canadian Football League. But I was always getting high. I never got arrested. God protected me from that, for some reason. Then Noel Baker shared the Word with me. That was 30 years ago. I decided to be like Christ. Too many people *try* stuff and don’t *decide*.”

After football, Vic found success owning his own business, D-Best Movers. “I was good at moving furniture. I was the first in my family to own a business. I had it for 18 years.”

In 1996, Vic was ordained a minister in the Bible Church, by Dr. Willie J. Bolden, making him the first minister in his family. Then he met the man across the street, Dr. Bob Simmons, a minister with the Church of the Nazarene. They started praying together. “He invited me to come help him diversify his congregation, but I already knew what he was going to ask, because the same God was talking to both of us.” Vic started helping at his friend’s church, and in 2003, he became the first African-American ordained in the Church of the Nazarene. “Dr. Simmons put me in charge of evangelism. Then in 2008, we planted this church. We started with 12 people! I didn’t choose this. It chose me. I’ve been very intentional about building a multicultural church here at Building the Kingdom





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Vic is also a writer. "I have a book that I've been working on for 20 years, called *Serving a Colorless God in a Black and White World*. But I just published my first devotional titled, *Jesus Said: 365 Days in the Words of the God Who Still Speaks*. Each devotional takes less than two minutes to read and presents an easy, short lesson that gives you something to think about all day."

Vic and his church are busy living up to their name, building God's Kingdom, in all sorts of ways. "I first established a prison ministry called *Grace Beyond Bars*, while I was involved at *Dallas First Church of the Nazarene* in DeSoto. Prison ministry is important. Jesus talked about it when he said, 'I was in prison, and you didn't visit me.' My brother was in prison for 13 years. He's a believer now. He's out, and he's doing excellent. But I understand how important it is to minister to prisoners. We were in a holding pattern for a while, because of COVID-19, but the prisons are slowly letting us back in. For a while, all we could do was write letters to our brothers in white."

Going to prison doesn't just affect the men who are locked up. "We have a ministry called *WWIH*, *Women With Incarcerated Husbands*. They meet together every month for encouragement, to help each other through a very difficult time. Our couples' ministry, which is called *Love on the Cross*, is led by my wife,





Ramona, and me. We've been married for 35 years this month, and counseling for 25. She's the life of my love and the love of my life. I couldn't do any of this without her. The WWIH women come to counseling with a photo of their husband and then share with him what they learn by writing letters or when they visit him."

Building the Kingdom Community Church also ministers to the homeless. "We go Downtown, near the bridge. I've seen more homeless kids than ever before. Families with their pets. I've been going for 28 or 29 years, and it's worse than ever. We're already collecting coats and stuff for winter."

That might sound like enough to keep anyone busy, but Vic has a few more things on his plate. "I'm one of the chaplains for the Cedar Hill Police Department. And I'm the first African-American chaplain at Dallas International University. They recently established a scholarship in my name, available for two African-American students each year. I asked Mayor Mason, the city manager and the chief of police, 'What does the city need that no one else is doing?' I don't know, at this time, what that will turn out to be, but we're asking God to show us how we can help."

Vic has a special way of signing his communications. "I sign all my emails and texts, 'Love You, i,' with the I at the end and lowercase, to show what the priority should be. You can try to get away from saying God is in control, but God is in control. We're a group of believers that love one another and want to impact Cedar Hill for the Lord. We're from all different walks of life, but there's no such thing as being 'spiritually unemployed.' The door is always open for ministry, and you don't need a key! We're a group of believers living, learning and loving each other as Christ would have it." **NOW**

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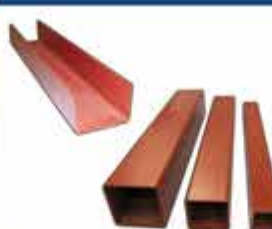


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Precision Eye Care takes care of routine eye care for the whole family, everything from regular eye exams to red irritated eyes, pink eye and foreign objects lodged in the eye. “We are family oriented here. We provide full, comprehensive care for all your vision needs,” he said. “My patients come from all over the Metroplex, from Frisco to Waxahachie. They come from far and wide — Texarkana, Oklahoma, West Texas. I’ve seen patients, as kids, who have now grown up and bring their own kids here. I have patients who have gone away to college out of state, but they call to schedule an appointment when they’re going to be in town again. I have one patient who’s been seeing me since he was a little boy. He moved to Denver, but still schedules an appointment to come in for a checkup anytime he’s in town!”

But Dr. Peterson also deals with more complicated issues. “We can address all your visual needs. We do dry eye assessment. We make customized contact lenses, not off-the-shelf-lenses, for patients who are hard to fit because of corneal disease. And we’re always updating our equipment to provide the best technology for our patients’ care. I provide treatment for patients with glaucoma, diabetic retinopathy, macular degeneration and cataracts, among other conditions.”

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Dr. Peterson is a native Dallasite. “I was born and raised in Dallas. I earned a Bachelor of Science degree at Texas Southern University, and then graduated from the University of Houston College of Optometry with my OD.” He understands Spanish, as well as employing several Spanish-speaking staff. He also welcomes Deaf patients. “Communication should not be a barrier to getting the treatment you need,” he stated.

“Post-COVID-19, we’re all trying to get back to normal. I’m dedicated to taking care of people and their vision needs. Even while we were closed for the most part, I continued treating first responders and people with emergency cases,” he shared. “The last couple of years have been challenging, but I never had to lay off any of my employees.”

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**Do You Suffer from Pain, Burning, Numbness,
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Tens of millions Americans have nerve damage — a condition known as “neuropathy.”

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If you are diabetic, and especially if you are also age 60 or older, odds are that your nerve damage has been caused directly by your diabetes — although many younger diabetics also have nerve damage from this potentially deadly disease.

But many OTHER people with these symptoms — pain, burning, and tingling — are NOT diabetic, yet also suffer from nerve damage.

According to the Mayo Clinic, the many diseases and conditions that can destroy the nerves in your extremities and limbs include:

- | | | |
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Zoomed In: The Dixons

By Adam Walker

Chris, Michelle and Cora Dixon are new residents of Cedar Hill, so they decided to take advantage of their neighborhood gathering for National Night Out to get to know some of their neighbors. “We just moved here and don’t know anyone yet, so this was perfect,” Michelle explained. Chris spent some time getting to know the people manning the pizza table, and Cora stuck close to her mom.

National Night Out was established in 1984 to encourage neighbors to get to know each other and for police departments to interact positively with the communities they serve. The Dixons had the opportunity to meet a few officers from the Cedar Hill Police Department and representatives from the city council, when they stopped by with a few patrol vehicles minutes later.



A Play Café opens for business in Duncanville.



Leticia Bolin, Correne Constantino and Emily Villafranco invite the community to #GetCarded for National Library Card Sign Up Month.



DeSoto shows up to oppose domestic violence.



Sebastian Chase lights the fire pit for the first cool evening of fall in Cedar Hill.



Officers Marshal and Carter join citizens Randall Whallen, Brady Seago and Christopher Ramos for some fishing at Lakeside Park.



Ann Woodberry, Sandra Griffin, Charla Griffin and Carolyn Campbell enjoy eating and hanging out with Mavs Man at the UTSW Health Fest.




Duncanville residents come together for PIP Days.



The brothers of Omega Psi Phi gather to keep DeSoto clean.




Country Day on the Hill brings out the crowds.



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- Teen Palooza Showcase: 1:00pm – 4:00pm
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- Santa's Holiday Parade: 5:00pm – 6:00pm
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A quick look at the gift items and discounts available locally.



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CookingNOW

In the Kitchen With

CADEN CLINTON

— By Adam Walker

Caden Clinton is a firefighter with the Duncanville Fire Department. “I’m from Carthage. It’s about as far east as you can get in Texas. I grew up with good Southern and Cajun food. I began cooking with my grandma, Annie Girl, around the age of 4 or 5. Both sides of my family gathered to share meals almost weekly, and they passed down recipes I enjoy making and sharing with family.

“Meals are really important at the firehouse. Breaking bread with your crew is where you really get to know one another. The kitchen table is where we talk about different calls we go on, laugh, complain, solve problems and share information with each other. Food is only a small part of what makes the meal special.” **NOW**

Baked Breakfast Casserole

Nonstick cooking spray

1 bag frozen tater tots

1 lb. breakfast sausage, cooked and crumbled

5-6 slices bacon, cooked and crumbled

10-12 eggs

1 jar Pace Chunky Salsa

1 small white onion, finely chopped

2 jalapeños, finely chopped

1 cup cheese, shredded

1. Preheat the oven to 425 F. Spray a casserole dish with nonstick cooking spray.
2. Add a single layer of tots to the pan. Add the sausage and bacon evenly over the tots. Crack the eggs into a bowl; add the salsa;

whisk together. Pour the egg mixture evenly over the tots. Sprinkle the onions and jalapeños over the casserole. Add a layer of cheese; cover with foil.

3. Bake for 25-35 minutes, until cooked through. Remove the foil; broil a few minutes to melt the cheese. Remove from the oven; let stand 5 minutes before serving.

Texas Cheese Steak

Olive oil

1 large white onion, sliced

1 red bell pepper, sliced

1 green bell pepper, sliced

2-3 jalapeños, sliced

1 pt. baby bella mushrooms, sliced

Salt, to taste (divided use)

Pepper, to taste (divided use)

2 Tbsp. minced garlic

2 lbs. shaved rib eye

1 Tbsp. garlic powder, to taste

1 Tbsp. onion powder, to taste

1 Tbsp. seasoning salt

2 Tbsp. butter

3 Tbsp. Worcestershire sauce

5-6 small French bread loaves or bolillos

10-12 slices pepper jack cheese

1. Heat two pans coated with olive oil on medium-high heat. Add the vegetables to one of the pans with salt and pepper. Cook until soft; add minced garlic. Cook until fragrant.

2. Add the rib eye to the other pan with salt, pepper and seasoning salt. Once the meat is almost cooked through, add the butter and Worcestershire sauce.

3. While the meat and peppers cook, toast the bread.

4. To assemble: Open the bread; add 2 slices of cheese, then the peppers and meat. Add whatever other condiments you like (mustard, mayonnaise, ketchup, etc.).

Chicken Parm

Olive oil

1 16-oz. pkg. Italian sausage (hot or mild)

1 large onion, chopped

1 Tbsp. fresh thyme, chopped

3-4 Tbsp. dried oregano
 1/2 bunch parsley, finely chopped
 8-10 green onions, chopped
 1 Tbsp. fresh rosemary, chopped
 6-9 cloves garlic, minced
 1 stick butter
 1 6-oz. can tomato paste
 3 12-oz. cans tomato sauce
 Red pepper flakes, to taste
 1 12-oz. can water
 3 eggs
 1 cup milk
 1 cup cornstarch
 1 tsp. salt
 1 tsp. pepper
 1 tsp. garlic powder
 1 tsp. onion powder
 2 cups breadcrumbs
 6 chicken breasts
 Vegetable oil
 12 slices Mozzarella, cut 1/4-inch thick
 2 1-lb. boxes thick spaghetti

1. In a saucepot, heat a drizzle of olive oil; brown the sausage. Once the sausage is cooked through, add the next 8 ingredients. Cook for an additional 2-4 minutes.

2. Add the tomato paste; cook for 2-4 minutes. Add the tomato sauce, red pepper flakes and water; stir. Once the sauce is bubbling, reduce to a simmer; cover with the lid ajar, stirring occasionally for 30-45 minutes.

3. While the sauce simmers, prep a breading station for the chicken. Combine the eggs and milk in one bowl to make a wash. In a second bowl, combine the cornstarch and seasonings. In a third bowl, add the breadcrumbs.

4. Prep a plate or baking sheet to set the breaded, uncooked chicken on. Halve the chicken breasts longways, and pound them thin. Dip the chicken in the egg wash, then the cornstarch. Dip them in the egg wash again, then in the breadcrumbs, pressing firmly so the breadcrumbs will stick. Set the chicken on the prepared baking sheet.

5. Once all the chicken is breaded, heat a cast-iron pan with about 3/4 inch of vegetable oil to 375 F. Lay the chicken in the pan; don't overcrowd. Fry 3-5 minutes per side, until the chicken is cooked through and the breading is crispy. Top the chicken with mozzarella.

6. Place the chicken in the oven, set to broil, until the cheese is melted and lightly browned.

7. Boil the pasta. On a plate, lay the pasta down, a scoop of sauce and then the chicken.

Crawfish Étouffée

2 sticks butter
 3/4 cup flour
 1 large yellow onion, chopped
 1/2 bunch celery, chopped



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Texas Cheese Steak

- 2-3 green bell peppers, chopped
- 1 bunch green onion, chopped
- Pinch of salt
- 2-3 Tbsp. Cajun seasoning (Tony Chachere's or Slap Ya Mama)
- 7-8 cloves garlic, minced
- 1 32-oz. box chicken or vegetable broth
- 1 lb. crawfish tails
- 2 cups rice

Crackers
Tabasco, to taste

1. In a large pot, melt the butter; add the flour to make a roux. Stir constantly over medium heat, making sure not to have any lumps and not to burn the roux.
2. Once the roux is a medium-dark brown, add the vegetables; stir until fully coated in

the roux. Add the salt and Cajun seasoning to help the vegetables sweat down. Add the garlic; cook for 2 minutes. Once the vegetables are very tender (about 20 minutes), add the broth; stir well. Once boiling, reduce heat to simmer; add the crawfish.

3. Cook the rice per package directions. While the rice cooks, stir the étouffée occasionally. Once the rice is cooked, add a scoop of rice to a bowl; pour the desired amount of étouffée on top. Serve with crackers and Tabasco.

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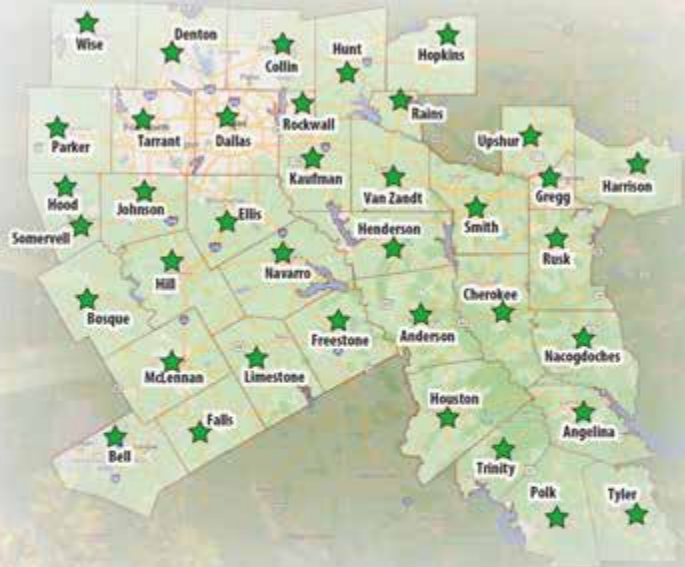
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 **AUTISM SPEAKS**

Creating a border between Texas and Louisiana, Caddo Lake contains history, legends and amazing swamplands. Throughout the area, visitors find unexpected beauty and interesting features. According to the Caddo tribe, a massive earthquake formed the lake. However, geologists claim a 100-mile log jam in Louisiana flooded the low-lying basin, creating the lake. For many years, riverboats used the swollen waters, making nearby Jefferson a port city. Eventually, they cleared logs, and the lake level fell more than 10 feet, changing the shape and ending the riverboat industry. But the 26,810-acre lake thrived. In 1911, Gulf Refining Company drilled for oil, creating the first over-water platform, which produced 450 barrels of oil per day.

With a rich history, people still enjoy fishing on beautiful Caddo Lake. Known for massive bass and dozens of other fish species, the lake draws anglers. The Caddo Lake State Park, nearby Daingerfield State Park, and multiple RV parks provide spots for those who enjoy camping. For the less adventurous, numerous cabins on the lake offer a front-row view of wondrous nature.

From small fishing boats to kayaks and canoes, opportunities abound for visitors to get on the water. You might consider taking a boat tour with one of the local guides. Besides pointing out the best fishing spots, they share stories about the unexpected beauty of Caddo Lake. In many spots, lily pads dot the surface. During summer months, the water lilies bloom, showing their best colors while dancing in the lake breezes.



Down IN THE





Bayou

— By Lisa Bell



Land lovers might prefer a hike or a day of geocaching. While at Caddo Lake, look for multiple types of birds and fossils of paddlefish, or maybe spot a live alligator while hiking the many trails. As a precaution, swim only in designated areas. Don't feed or harass the creatures, and inform a park ranger or employee if you see the reptiles near swimming areas. Follow the rules for a worry-free adventure.

Bald cypress trees, abundant at Caddo Lake, have knees and beards, a fascinating phenomenon not possessed by other trees. The name comes from their appearance after shedding leaves. On land, the above-ground extensions of the root system grow straight, guarding the trees like tiny sentinels. When the trees grow in the water, though, the knees bend toward the parent tree. A straight knee near a water-surrounded cypress indicates a wayward root that belongs to a different tree.

Spanish moss hangs from the bald cypress trees, creating the mystical appearance we think of when picturing swamplands. Historic tribes used the moss for clothing, huts and bedding. A living organism, not truly moss, the plant absorbs nutrients from rainwater and air.

Near the state park, the Caddo Lake National Wildlife Refuge offers horseback and hiking trails, plus wildlife observation areas. Rare or threatened species, such as the peregrine falcon, alligator snapping turtles and Rafinesque's big-eared bat, inhabit the area.

For those who believe, or want to, Caddo Lake remains an alleged home for the legendary Big Foot. Many people visit the lake with cameras and video recorders, searching for a glimpse of the elusive creatures. Do they exist? With enough bravery to search, perhaps you might see one when visiting Caddo Lake. Otherwise, enjoy the unexpected beauty. And if you get bored, take the short drive into Jefferson and enjoy all it offers. **NOW**

Editor's Note: For more information, visit <https://tpwd.texas.gov/state-parks/park-information/alligator-safety/alligator-safety> and www.fws.gov/refuge/caddo-lake.

Photos by Lisa Bell.



SouthwestNOW Scavenger Hunt



Find 5 hidden
Turkeys

in 5 different ads in this issue
(not counting the one above).

Email the page numbers and
specific ads where they are
found, plus your phone
number, by November 15th.
To ensure your Scavenger Hunt
answers go in the drawing,
you must use the

Scavenger Hunt Email

scavenger.swn@nowmagazines.com

One entry per person.

..... **WIN!**

\$50 Cash Prize

Courtesy of:

NOW Magazines

scavenger.swn@nowmagazines.com

Winner must pick up prize
within 30 days of drawing.

Candles were found on
pages 10, 11, 12, 21, 30

October winner is:
Cory Cummins - \$50 Cash
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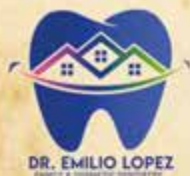
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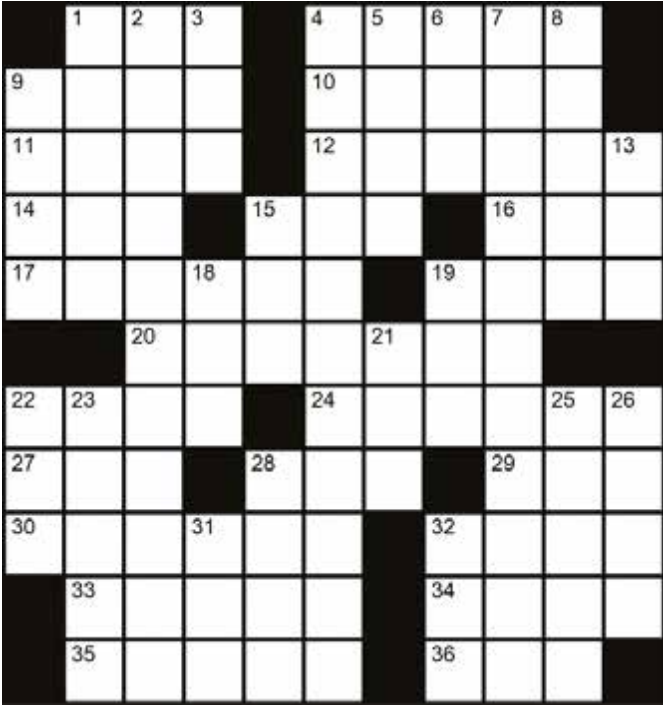


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Crossword Puzzle



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Across

- 1 Sets owned by almost everyone
- 4 Archeological discoveries
- 9 "Nessun dorma" for example
- 10 To pray in Rome
- 11 Cheese coating
- 12 Caitiff
- 14 I R S expert
- 15 Outlaw
- 16 Wheeling was its first capital
- 17 Space-saving staircase
- 19 "— o'clock scholar"
- 20 Like a young lady
- 22 Rounded thickly curled hairdo
- 24 Inputs data
- 27 100 square meters
- 28 Wolf Blitzer's channel
- 29 Sheltered side
- 30 Ball-park fare
- 32 Flimsy piece
- 33 Double's job
- 34 Doing the job now
- 35 Cogs
- 36 Skin lump

Down

- 1 Lewinsky's confidante
- 2 Vintage rite spread dressing on salad
- 3 Blue
- 4 Lens property
- 5 Soldering tool
- 6 Negative in the sticks
- 7 Set a limit
- 8 Start a game on court
- 9 Electric discharges
- 13 "Dangerous" McGrew of rhyme
- 15 Blockade
- 18 City Michael Caine blamed it on
- 19 Virgin Islands hours
- 21 Travelers' accommodation
- 22 Exclamation of surprise
- 23 Coldness of manner
- 25 Tree exudate
- 26 Part of a clan
- 28 There's more to come
- 31 Owing
- 32 Impressive kind of factor

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

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Medium

	8			7				5
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NOVEMBER

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

11/2

DeSoto Comprehensive Plan Community Kick-off:

This is the first public meeting to explore DeSoto's future.

Free. 5:30-7:30 p.m.,

DeSoto City Hall,
211 E. Pleasant Run Rd.

11/5

Veterans Appreciation Breakfast:

Food, music and recognition for DeSoto's veterans. Free, but must RSVP on Eventbrite.

8:00 a.m., City Hall,
211 E. Pleasant Run Rd.

Teens Can Model Fashion Show:

See the results of last month's modeling workshop. Free. 6:30 p.m., DeSoto Public Library,

211 E. Pleasant Run Rd.

11/7

Local Author Spotlight:

Join Selena Ball for a Q and A about her inspirational book.

Free. 5:00-7:00 p.m.,

DeSoto Public Library,
211 E. Pleasant Run Rd.

11/11

Veterans Resource Fair:

Learn what all is available. Free.

8:30 a.m.-1:00 p.m.,

Alan Sims Recreation Center,
310 E. Parkerville Rd.,
Cedar Hill.

11/12

Contractology:

Learn about contracts and certifications for small businesses. Free. 1:00-3:00 p.m., DeSoto Public Library, Multipurpose Room,
211 E. Pleasant Run Rd.

11/19

Family Field Day:

Come have fun together.

Free. 11:00 a.m., Armstrong Park, 100 James Collins Blvd.,
Duncanville.

11/26

Sweet Tooth Memory Lane Anniversary Event:

Enjoy shopping 30-plus small vendors. Noon-6:00 p.m.,

The Emerald Center,
1504 Osprey Dr., DeSoto.

Mondays

Knitting Group:

Free. 10:00 a.m.-noon,
Duncanville Public Library,

201 James Collins Blvd.,
Duncanville. Stephanie Lott at
(972) 707-3875 or
slott@duncanville.com.

Baby Storytime:

Bring your babies for entertaining tales. Free.

10:30 a.m.,

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

Second Mondays

Youth Tellers:

Learn the art of telling a great story. Free. 5:30 p.m.,

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

Tuesdays

Drop-in Tech Help:

Sign up for one-on-one help with your technology problems.

Free. Noon-4:00 p.m.,

Zula B. Wylie Library,
225 Cedar St., Cedar Hill. Sign
up at cedarhilltx.com/techhelp.

Afterschool Enrichment:

Fun educational activities for kids ages 5-12. DeSoto Public Library, 211 E. Pleasant Run Rd.

Trivia Night:

Test your knowledge of the obscure. 7:00 p.m.,

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Tuesdays- Wednesdays and Fridays- Saturdays

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Support Group Meetings:

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Saturday: 10:00 a.m.; **Tuesday**

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Last Fridays

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Second Saturdays

Paws and

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Noon-1:00 p.m.,

Zula B. Wylie Library,
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Cedar Hill.

Third Saturdays

Duncan Switch Saturday Street Market:

The event includes vendors, food and fun. 9:00 a.m.-3:00 p.m., Main and Center streets,
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Tri-City Animal

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



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