

CEDAR HILL | DESOTO | DUNCANVILLE

# SouthwestNOW

M A G A Z I N E

MARCH 2020

## Running With Goals

Jordlynn West is headed for the finish line fast

## Reaching Out

Linda Dean Miley leads Duncanville Outreach in a mission of hope

In the Kitchen With LaToya Boleware

Also inside:  
Scavenger Hunt

Featured Business:  
Big Al's Cellular Repair



Postal Customer

\*\*\*\*\*EGRWSS EDDM\*\*\*\*

PERMIT #4550  
DALLAS TX  
PAID  
U.S. POSTAGE  
#B8821 STD



JOIN US FOR

# PRE-K & KINDER ROUNDUP!

April 4 | 9 AM - Noon

Learn all the district has to offer:

- ✓ Full-day Pre-K and kindergarten
- ✓ Tuition-free programs for those who qualify
- ✓ Before- and after-school care

## Participating Campuses:

- Bray Elementary
- Lake Ridge Elementary
- Highlands Elementary
- Plummer Elementary
- High Pointe Elementary
- Waterford Oaks Elementary

Child must be 4 years old by Sept. 1, 2020, to enroll in Pre-K. Find out more at [chisd.net/pre-k](http://chisd.net/pre-k).





# DESOTO

INDEPENDENT  
SCHOOL DISTRICT

## EAGLE EXPRESS

TOGETHER WE WILL

MARCH 2020

### Magnet, Early College Enrollment is Now Open Online

Starting in Pre-kindergarten through grade 12, DeSoto Independent School District offers a program or opportunity for your student to dive into courses and curriculum that support his or her interests, goals and dreams.

Visit [www.desotoisda2e2.org](http://www.desotoisda2e2.org) to secure a seat!

### DeSoto ISD Announces 2020 Pre-K Round-Up Dates



DeSoto ISD gives its youngest scholars the advantage of pre-school educational opportunities through the district's early childhood educational programs supporting three- and four-year-old students.

Mark your calendars for the following pre-kindergarten round-up dates set to take place at Amber Terrace Discovery and Design Center located at 224 Amber Lane in DeSoto:

Tuesday, March 31, 2020 | 7 am to Noon & 4 pm to 8 pm

Wednesday, April 1, 2020 | 7 am to Noon

Thursday, April 2, 2020 | 7 am to Noon & 4 pm to 8 pm

### Annual Female Leadership Forum Set to Take Place March 21

DeSoto Independent School District will host the Female Leadership Forum on Saturday, March 21st from 8 am to 3 pm at DeSoto High School and extends an open invitation to both district and non-district female students in grades five through twelve. This year's theme is Becoming Y.O.U.!

The mission of the DeSoto ISD Female Leadership Forum is to give girls a platform where they can engage with like-minded peers and role-models to create opportunities for inspiration, growth and personal development. We invite girls in grades five through twelve to participate in a day of encouragement and empowerment. Our goal is to inspire young ladies to envision their potential and challenge them to become their authentic selves: Young, Optimistic, Unapologetic.

More information and registration links for the Mar. 21st DeSoto ISD Female Leadership Forum event is available at [www.desotoisd.org/FLF2020](http://www.desotoisd.org/FLF2020).

### CALENDAR

- Mar. 2: Board Meeting Workshop
- Mar. 9-13: Spring Break
- Mar. 16: Regular School Board Meeting
- Mar. 19: Superintendent's Parent Advisory Council Meeting
- Mar. 21: Female Leadership Forum
- Mar. 25: Community Voices Meeting
- Mar. 31: Pre-K Round-Up

FOCUSED ON THE FUTURE

WWW.DESOTOISD.ORG | 972.223.6666  
200 E. BELT LINE RD.  
DESOTO, TX 75115

# CONTENTS

## 8 RUNNING WITH GOALS

Hard work and a great attitude fuels success for Jordynn West.

## 14 REACHING OUT

Duncanville Outreach provides basic needs.

## 30 UNDER THE TOWER

Near New Braunfels, don't miss this hidden treasure beside the Guadalupe River.

# 14



18 BusinessNOW

20 Around TownNOW

24 CookingNOW

*Publisher, Connie Poirier | General Manager, Rick Hensley*

### EDITORIAL

*Managing Editor, Becky Walker | Southwest Editor, Adam Walker  
Editorial Assistant, Rachel Smith | Writers, Lindsay L. Allen  
Lisa Bell . Monica Kenney  
Editors/Proofreaders, Lisa Bell . Sally Fuller . Virginia Riddle*

### GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato  
Martha Macias . Anthony Sarmienta . Jennifer Stockett*

### PHOTOGRAPHY

*Photography Director, Chris McCalla  
Photographer, Shane Kirkpatrick*

### ADVERTISING

*Advertising Representatives, Dustin Dauenhauer . Bryan Frye  
Cherise Burnett . Kelsea Locke . Linda Moffett . Lori O'Connell  
Steve Randle . Keri Roberson . Linda Roberson . Joyce Sebesta  
Melissa Stacy*

*Billing Manager, Angela Mixon*



## ON THE COVER

*Jordynn West races to the finish line.*

**Photo by**  
Shane Kirkpatrick.

*SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2020. 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](http://www.nowmagazines.com).*





# Duncanville ISD **JOB FAIR**

**Saturday**  
**March 28, 2020**  
**9:00 AM - Noon**

**Duncanville High School**  
900 W CAMP WISDOM ROAD  
DUNCANVILLE, TX 75116



## Are you the perfect fit for Duncanville ISD?

✳️ Duncanville ISD is seeking **QUALIFIED TEACHERS** for the 2020 - 2021 school year. Go online to apply!

✳️ Duncanville ISD offers competitive salaries and wages.

✳️ Participants should bring at least 7 copies of their resume, and if applicable, alternative certification documents.

✳️ Up to \$5,000 incentives provided for critical need areas, such as Bilingual, Foreign Language, Special Education, Math and Science.

To register, go to:  
[www.duncanvilleisd.org/JobFair](http://www.duncanvilleisd.org/JobFair)

## MADE WITH PRIDE IN DUNCANVILLE



Lonka Serrano  
Staff



Zaniyah Smith  
Student



Kinda Lilly  
Teacher





# EDITOR'S NOTE



Adam

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

## Marching into March ...

When I was in sixth grade, I discovered my radio station. My grandmother gave me a clock radio for Christmas, and I got to exploring the dial. And I found it — the most incredible sound ever. That music has been my music ever since, and that station is still my station — WRR.

Yes, I was that weird kid who was listening to Bach, Vivaldi and Tchaikovsky, while everyone else was listening to Michael Jackson, Cyndi Lauper and Bruce Springsteen. I loved the melodies and how they wove in and out of each other. I loved the rhythms and the counterpoint (though I wouldn't learn that word until years later). I had found music that spoke to me and stirred me.

And now it's March — which means it's time to step in time, because this is the month when they do their "March March Countdown." I never get to hear the whole countdown, but I get to hear parts of it, and I always get excited when certain marches get played, like the "Imperial March" from the *Empire Strikes Back* score, or the "Triumphal March" from the opera, *Aida* (the rest of the opera, you can keep, but that march!), or the "Colonel Bogey March," or "Stars and Stripes Forever." There's something about a march that gets me ready for March.

*Keep on stepping!*

**Happy Mardi Gras!**  
**Laissez Les Bons Temps Rouler!**

 **Kids@Heart**  
**PEDIATRIC DENTISTRY**

450 North Highway 67 - Suite 100  
Cedar Hill, Texas 75104  
(972) 291-5720



**Who's Your Kid's Dentist?**  
[www.kidsatheartdentist.com](http://www.kidsatheartdentist.com)  
Facebook: [\\_kidsatheartpediatricdentist](#)  
Instagram: [@\\_kidsatheart\\_dentist](#)



**CANALES  
FURNITURE**

**1<sup>st</sup> YEAR STORE  
ANNIVERSARY MONTH**

**SAVINGS EVENT!**

**WE BEAT ALL COMPETITOR PRICES... GUARANTEED!**



**SKYLAR  
BEDROOM SET 4PC**

QUEEN BED + DRESSER + MIRROR + NIGHTSTAND

**\$1499**  
~~\$2604.48~~



**\$1199**  
~~\$2484.00~~

**KEMPTON**

RECLINING MOTION SOFA & LOVESEAT

**NEW VANITIES**

AVAILABLE  
WHITE & BLACK



**\$449.00**  
~~\$799.04~~

3 DRAWERS  
**VERA**



**\$499.00**  
~~\$799.04~~

5 DRAWERS  
**VIVIENNEBLACK**



**\$549.00**  
~~\$899.04~~

5 DRAWERS  
& 2 DOORS

**OTHELBLACK**

Now near  
you!



BRING THIS AD AND RECEIVE

**\$100 OFF**

Your minimum purchase of \$1099 required.

Offer valid ONLY at our New Duncanville Location  
VALID THROUGH MARCH 31<sup>ST</sup>, 2020

FINANCING OPTIONS Available

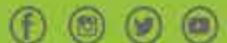
18 MONTHS *No interest*

NO CREDIT *Needed*



VISIT ANY ONE OF OUR NORTH TEXAS LOCATIONS  
**NEW! 7320 S. COCKRELL HILL RD DALLAS TX 75236**  
STORE (214) 579.9561

**WWW.CANALESFURNITURE.COM**







# Prekindergarten Round Up



## ENROLLMENT

Pre-K Round Up  
April 18 & 20-21, 2020

Acton Elementary  
7095 W. Wheatland Rd.  
Dallas, Tx 75249

Time:  
April 18  
8:30 am - 3:30 pm

April 20-21  
5:00 pm - 8:00 pm

Students must be 4 years old on  
or before September 1, 2020.

## QUALIFICATIONS

Must meet at least one of the listed  
criteria:

Economically Disadvantaged

Limited English Proficiency

Homelessness

Foster Care  
(currently or formerly)

Child of an Active Member of the  
Armed Forces or Killed/Injured  
During Active Duty

Child is a Dependent of a  
Star of Texas Recipient

## DOCUMENTATION

Items must be presented  
at time of registration:

Current Utility Bill

Guardian's ID

Student's  
Birth Certificate

Student's Social Security Card  
(optional)

Student's Up-to-Date  
Immunization Record

Proof of Income  
for Free Pre-K

Visit [www.duncanvilleisd.org/Pre-K](http://www.duncanvilleisd.org/Pre-K) for more information.



# Don't be Afraid of the Dentist.



972-617-3322

[www.FearlessDental.com](http://www.FearlessDental.com)



Sedation  
Available



Dr. Allala graduated from Baylor College of Dentistry and speaks fluent Spanish.

Dr. Allala performs full smile makeovers, crowns, bridges, implants, dentures, root canals and extractions. Complimentary second opinions.



DENTURE



SNAP-ON  
DENTURES



FIXED  
DENTURES

For self paying patients, starting at:

13K/Arch

17K/Arch



Limited Time Offer | Financing Available  
Same Day Procedures Made Possible With Sedation

## Smiles for Vets

PROGRAM

Join us and provide critically needed dental care to U.S. Veterans

Significant implant discounts for U.S. Vets



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



***"I WANT TO HELP***

**R  
WIT**





**PEOPLE WHO PLAY SPORTS.  
I LIKE HELPING OTHER PEOPLE."**

# WINNING HIGHS

— By Adam Walker

*Jordynn West looks like an ordinary junior high student — young, a bit shy, full of daydreams. But this is one determined young lady, and the dreams? Well, she's working hard to turn those into reality right now.*

Jordynn is one of DeSoto ISD's scholar-athletes. She enjoys making good grades, especially in science, math and writing. And she runs.

She was in elementary when she first tried track, and her feet have left blazing stripes on the ground ever since. "I think it was when I was 9. I was in the University of Chicago Track Club."

"It's just a name, not affiliated with the actual university," her dad, Chris, explained.

"It wasn't easy at first," Jordynn admitted. "But then I started getting used to it, and I started getting better. At my first meet, I ran the 100-meter, 200-meter and 400-meter. I didn't place, but I knew track was what I wanted to do. I thought it was fun. I like to work hard."

Jordynn has discovered that she likes the longer events. The 1500-meter is now her favorite. "I like it because it's like

a mixture of sprinting and distance," she explained. But she won the 800, 1600 and 2400 at the district championships this year. She also won the 1500-meter and 3000-meter races at the AAU National Club Championships, and placed fourth in the 800 last July. At the Junior Olympics in North Carolina, she placed third in the 3000 and eighth in the 1500, against competitors from all over the U.S. "I've gone to the Junior Olympics every year since I started running. I didn't place that year, but I've improved every year," Jordynn explained. "I want to go to state as a freshman, and I want to run in college."

Jordynn has hopes of winning both athletic and academic scholarships to attend college. Her A/B honor roll status and love for science and engineering classes have her on track for that. "I went to camp to build robots, and building remote controlled cars is fun," she said. She wants to become a physical therapist or a chiropractor. "I want to help people who play sports. I like helping other people," she said. "There are a few colleges I like. USC, Baylor, Florida State and Michigan all have good track programs. USC is the rival for my coach's school, and I like the weather there. I've been to Baylor a couple of times to watch practices."

Maintaining balance between her classes and her training and the rest of life isn't easy. "Usually, I come home from





## Five-star Medicare plan. Five-star quality and service.

**Take advantage of a top-rated Medicare Advantage plan — only from UnitedHealthcare®**

UnitedHealthcare is proud to receive 5 out of 5 stars\* in 2020 - which means you can enroll in this plan at any time throughout the year. AARP® Medicare Advantage (HMO-POS) plan may include:

-  \$0 monthly premium
-  Dental, vision and hearing coverage
-  \$40 for health and wellness products
-  Get \$115 in rewards for staying active\*

**Go ahead, take advantage.**  
You can switch to a five-star Medicare Advantage plan anytime. Call me to find out more.



**Deshaundra Jones**  
Licensed Sales Representative  
214-571-8922, TTY 711  
MyUHCagent.com/deshaundra.jones



**Medicare Advantage**  
from **UnitedHealthcare**

Every year, Medicare evaluates plans based on a 5-star rating system. \*CMS Star Rating applies to H4590-043-000, which includes AARP® Medicare Advantage (HMO-POS) in the state of Texas. This plan is rated 5 out of 5 stars for 2020. You may enroll only once during the Special Enrollment Period (SEP), December 8 - November 30. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. \*Rewards are offered for participating in walking program, or other approved activity for members with limited mobility. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals. AARP does not employ or endorse agents, producers or brokers.  
©2019 United HealthCare Services, Inc. All rights reserved.  
H4590\_191029\_113532\_M

SPRJ51855  
00238754



school and go to practice before dinner. Then I finish my homework and go to bed.” The family maintains a big calendar on the wall in the hallway to keep track of everyone’s weekly schedules, because both her brothers have their own sports to keep up with. “I wake up early to run, go to school, come home to eat, train on the track, do strength training, study, eat dinner, go to bed and then repeat! I have fun on the weekends, if I don’t have a race.”

“She runs indoor track from December to March, and outdoor from April to July,” her father explained. “Then we do some 5Ks in between seasons. Let me rephrase that. I keep the stopwatch for her!”

Her mother, Jennifer, smiled. “She has lots of T-shirts and sweaters from events. We never had to push her to the next level. She has her own little challenge within herself. Her coaches always commend her work ethic. She’s not your typical 13-year-old. She does some pretty elite workouts that a lot of adults couldn’t do. But she never complains. In several of her 5Ks, she’s been the overall female winner, beating all the women. She gets a lot of funny looks and a lot of congratulations.”

Not every kid her age knows where they want to be eight years from now, but Jordynn does. She wants to be at the 2028 Olympic Games in Los Angeles, running for the USA. “My goal is to get a lot faster and keep getting stronger.” Her best time in the 1500, 4:55, is already pretty fast! And that experience should fit right in with one of the joys she’s found in running. “I like competing and meeting new people. When I went to the Junior Olympics, I met runners from all over the U.S. and



**OXFORD**  
@  
**CROSSROADS CENTRE**



**Ask us about our Preferred Employer Discounts!**

**APARTMENT AMENITIES:**

- Beautiful Sparkling Pool
- Business Center
- Gated Community
- 24-hour Fitness Facility
- Clubhouse
- 24-hour Emergency Maintenance
- Large Walk-in Closets
- Private Patios/Balconies
- Full-size Washer & Dryer in Every Unit
- Designer Wood Cabinets
- Friendly Staff
- Quiet Location





**972-937-9290**  
411 Alliance Blvd. • Waxahachie  
Near the intersection of I-35 and US 287  
VISIT US AT [WWW.OXFORDCROSSROADSCENTRE.COM](http://WWW.OXFORDCROSSROADSCENTRE.COM)



**BEST OF ELLIS COUNTY**  
★2019★  
BEST LIFESTYLE DEVELOPMENT  
FIRST PLACE





from other countries like the Bahamas, Jamaica and Argentina.”

When she isn't running, doing science experiments or building robots, Jordynn also blogs for *Youth Runner Magazine*. “I get to spread the love for running. It's always fun to meet someone at an event who says, ‘I read your blog!’”

“She talks about when she has a bad practice or a bad track meet,” her dad explained. “She shows all the ups and downs. People really appreciate how she keeps it real on her blog.”



All that hard work is already getting noticed. Recently, she received a special award. “The mayor gave me an award for scholar and athletic achievements,” she explained. It's one of many awards her parents are more willing to share about than she is.

“She inspires other people — kids younger than her through adults,” her mom said. “She leads by example. But she's quiet and humble about it.”

“I just think about how I can be the best I can be. I just make sure I'm trying my best,” Jordynn said. And Jordynn's best is pretty good. **NOW**

**\$20 OFF EYE EXAM**  
Restrictions apply. Expires 3/31/2020

Anthony Peterson, O.D.  
Dallas native  
Member of Duncanville Chamber of Commerce

**Spring Break Specials!**

- Accepting New Patients
- Walk-ins welcomed
- Spanish-speaking doctor & staff (Se habla Español)

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**

Payments accepted:  
Cash, Debit, Checks  
**CareCredit**

**SAME-DAY APPOINTMENTS AVAILABLE**

**JOIN US FOR OUR FREE**  
*Bubbles & Botox Party*  
**Find the New You with**  
**our Plasma Pen and our**  
**Introductory Specials!**  
**Mesotherapy Package:**  
**Buy two areas, get one half off!**  
**Kiss the Old You Goodbye!**  
**March 25, 5:30-8:00 PM**

Courtney & Amy, RN

**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.

**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!

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

**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!



# RANKED AMONG THE BEST IN WOMEN'S HEALTH.



Methodist Charlton Medical Center has been a trusted source in women's health since 1975. From obstetrics to gynecology, we are leading the way. Our services are delivered with the quality care you would expect from a name that has been recognized as one of the top women's health providers in the country.

**The following are a few of our more recent recognitions:**

- Recipient of the Healthgrades Patient Safety Excellence Award™ three years in a row (2017-2019)
- Named among the top 5 percent in the nation for patient safety three years in a row (2017-2019)
- Recipient of the Healthgrades 2019 Obstetrics and Gynecology Excellence Award™
- Recipient of the Healthgrades 2019 Labor and Delivery Excellence Award™
- Five-star recipient for gynecologic procedures four years in a row (2016-2019).

**Trust. Methodist.**



**For more information, visit us at [MethodistHealthSystem.org/Charlton](https://MethodistHealthSystem.org/Charlton) or call 877-637-4297 for a free physician referral.**

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.





Teacher  
"Meet & Greet"  
Staffing Event

March 19, 2020 - 9 a.m.  
See our additional  
ad on page 39 for  
more information!



## UME PREPARATORY ACADEMY K-12

Where learning reaches  
beyond the classroom and  
extends into the home.

The unique UME Model strives to  
partner the on-campus professional  
teacher with the involved  
parent with shorter school days.

**UME: Giving Time  
Back to the *Family***

Tuition Free Public School

Open to All Students

Serving Two Locations  
Dallas & Duncanville

**NOW ENROLLING**  
**[www.umeprep.org](http://www.umeprep.org)**

UME is hiring for the 2020/2021  
school year. Contact Anita at  
**[hr@umeprep.org](mailto:hr@umeprep.org)**







— By Adam Walker

# REACHING OUT

*Tucked away on Cherry Street, just a block off Main Street, is a vital part of Duncanville's community life. Duncanville Outreach Ministry has been serving people in need for more than 30 years, but you might not know about the everyday impact they make on the daily lives of our citizens.*

"DOM started as a food distribution closet at Duncanville's First United Methodist Church. We've been located at a couple of places since then, but we've been here since 2001," current director, Linda Dean Miley reported. "This building is 100 percent owned and paid for. DHS students helped with all of the inside construction work, through their construction classes, once the outside was built. When we moved in, everyone asked how we would ever fill it. Now we're overfilled! Anita and Tony Davis recently retired after leading Duncanville Outreach for 14 years. I was already on the board, and came on as the interim director a year ago. I fell in love with the place and the people, so, in May, I officially became the executive director."





## Compassionate Support for an Independent Life

Allow us to help you or a loved one live independently despite health challenges that limit the ability to perform the activities of daily life.

- ✓ Personal Care
- ✓ Home Management
- ✓ Escort to doctor's appointments
- ✓ Caregiver Respite

Available through Medicaid and private pay.  
Call us today for support: 800.286.4812

[www.kindredathome.com](http://www.kindredathome.com) © 2019 Kindred at Home 1900136, EOE

**Girling**  
Community Care  
An Affiliate of Kindred at Home



*"I switched my prescription over to Key Pharmacy and it was so easy! Not only am I saving money, the customer service is beyond any other pharmacy I've ever dealt with. Highly recommend!!!" Shelley*



*"With superior customer service and mailing options, it's easy to ditch the big box pharmacy! The Key Pharmacy team made it incredibly easy to transfer my existing prescriptions." Leslie*

**\$5 OFF  
COMPOUNDED  
PRESCRIPTION**

**15% OFF  
SUPPLEMENT  
PURCHASE**

- ▶ Over 15 years experience
- ▶ Delivery/shipping available
- ▶ Veterinary compounds
- ▶ Bio-Identical hormones
- ▶ Sterile compounds:  
eye drops, injections

- ▶ Extensive CBD line
- ▶ Cialis and Viagra \$3
- ▶ Skincare
- ▶ Supplements
- ▶ Most insurances accepted

**613 Uptown Blvd., Suite 105 • Cedar Hill TX**  
**Phone: 469-575-0034 • Fax: 682-888-1593**

Monday-Friday: 9a.m.-6p.m.

@KeyPharmacy1 • KeyPharmacy.net



20  
March  
20

*Designing Life for Your Vision*  
**VINE & BRANCHES GRAPHIC DESIGN**  
WWW.VBGRAPHICDESIGN.COM

3 for \$30

LOGO  
HEADSHOT  
2-SIDED BUSINESS CARD

LIMITED TIME OFFER! PLEASE SEE OUR WEBSITE FOR DETAILS!

**Graduate of the University of North Texas,  
Denton, Texas.**

**U.S. Army veteran with honorable discharge.**

**My dedicated office team and I are committed to  
personal service of your insurance needs. We would  
appreciate your business and opportunity to  
serve you.**

**Call us today for a rate quote on your auto, home,  
condo, or renters policy at (972) 298-4491 or  
1 (800) 250-9919.**



**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

Duncanville Outreach Ministry serves the people of the 75116 and 75137 ZIP codes. "We still have a food pantry," Linda said. "We go through about 20,000 pounds of food every month. Our clients can come in once a month for food. Last year, we gave away 175 turkey dinners at Thanksgiving and 175 ham dinners at Christmas. We're able to help people with their utility bills through programs from TXU and Reliant. We are proud to be one of *The Dallas Morning News* charities. Because of our donors, we can help with rent, utilities and prescription drugs when funds are available."

In addition to corporate and private donors, Duncanville Outreach Ministry self-funds through their thrift store, Thrifty Station. "People donate all kinds of items for the store. You never know what will come in. We rely on our volunteers to sort through everything that is donated, to find the things we can sell in Thrifty Station. Other items may be purchased by a company to be used in Third-World countries. We sell gently used men's, women's and children's clothing, but sometimes, people donate brand-new items with the tags still on! We have glassware, toys, puzzles, seasonal items and books. We have DVDs for \$1, which is cheaper than renting! We also have golf clubs for just \$2 apiece. We don't take furniture or large items, because we just don't have the space." Shopping at Thrifty Station helps your budget, while helping others in the community, since your purchases are helping fund the other programs of the ministry. Oh, and they can now take credit and debit cards, while in the past it was cash or check only.







“We only have three paid employees — myself, Shirl Turpin, our assistant director; and Brooke Riekstins, our assistant operations director. We also have Faisha Knox, a retired Air Force master sergeant who is doing an internship program as she transitions to civilian life. Our volunteers are the backbone of the ministry. Right now, we have 28 regular volunteers, but we always need more. We can’t function without them. It would be nice to have more young, strong volunteers who can load and unload trucks. All of our volunteers need to be able to stand for long periods, and be able to lift and carry bags of clothing and other items that come in for sorting.”

Qualifications for assistance programs are based on income. “There are certain national guidelines we have to abide by. Since we’re partially self-funded, we can offer emergency assistance for additional needs. Many of our funding agencies require that their funds be allocated to specific needs, so we help with things like rent, utilities and prescription drugs as funding is available. It isn’t always. But we understand that everyone gets in a jam sometimes and needs some help, so we do everything we can.”

One of Linda’s favorite things is helping someone who is in a jam, only to find them coming back, after they’re on their feet, to volunteer and pay it forward. With all Duncanville Outreach Ministry has going on, there are so many ways to help. **NOW**

**The "ULTIMATE" Holistic Festival**  
*A Celebration Of Life & Wellness Parade*

**Theme:  
Addressing  
The Root  
Of Your  
Health Issues**

**ARMSTRONG PARK  
100 JAMES COLLINS BLVD  
DUNCANVILLE TEXAS 75116**

[www.HolisticFestival.Life](http://www.HolisticFestival.Life)  
**469-394-1789 • Vendors Wanted**

Logos for "Heal & Grow", "Holistic Festival", "Legacy", and "Life Bound Wellness" are at the bottom.

**CBD  
American Shaman  
OF CEDAR HILL**

**WHEN IT'S  
TIME FOR  
YOUR BEST  
SLEEP.**

*Introducing  
CBNIGHT*

**A new revolutionary blend of cannabinoids  
that focuses purely on one thing only —  
better sleep. With CBNight, you will not  
experience any side effects as you're  
using nature's cannabinoids to  
softly encourage better sleep.**

Grown, Processed and Extracted in the USA

**214-225-2500 • CedarHillCBD.com**  
 Mon.-Sat.: 10 AM-7 PM • Sun.: 12-6 PM  
 642 Uptown Blvd, Suite 200, Cedar Hill, TX 75104





BusinessNOW

# Big Al's Cellular Repair

— By Adam Walker

## Big Al's Cellular Repair

208 S. Hampton Rd., Ste. 102  
DeSoto, TX 75115  
(972) 223-2615  
bigal660@sbcglobal.net  
bigalcellularrepair.com

**Hours:** Monday-Friday: 10:00 a.m.-7:00 p.m.  
Saturday: 10:00 a.m.-5:00 p.m.  
Closed Sunday

Big Al's Cellular Repair is ready to help you when disaster strikes your phone. "We repair all big brands of phones — Apple, Samsung, LG, HTC, Sony, Nokia, Blackberry, Motorola — all of them," Big Al explained. "In fact, we'll repair any brand, if we can get the parts for it. We also repair tablets like iPad and Samsung and Motorola Xoom, but with tablets,



sometimes it's cheaper to buy a new one, and we'll tell you when that's true. We fix Apple watches, too." They can also help with damaged Kindle and NOOK e-reader devices.

In addition to repairs, Big Al's carries a wide range of accessories for phones and tablets. "We have charging cables, wireless chargers and plug-in adapters for your car," Big Al said. "We sell speakers, Bluetooth kits and conversion kits for older cars. We stock a large selection of designer cases, protective cases and leather cases. We have tempered glass — everything related to cell phones, we sell it. If you're looking for car mounts or phone cases or other accessories, we have those. We also sell and replace batteries."

They specialize in doing all the kinds of repairs that aren't covered by your service plan with your provider. "We try to fill the gap other companies don't. We don't sell service plans, just phones. We're the place to come when you aren't eligible for an upgrade, and you're not covered by an insurance plan.



You can come here, and we'll fix it so you can keep using the same phone. When you need to get your information off a cracked phone, we can help. We work on water-damaged phones and problems with charging ports. We can fix problems with the speakers and microphones on your phones. We have fast turnaround — often same-day repairs. We also sell refurbished phones."

Big Al's Cellular Repair is even an access point for the United States Postal Service. You can drop off and pick up packages at their storefront.

**"WE REPAIR ALL BIG BRANDS OF PHONES — APPLE, SAMSUNG, LG, HTC, SONY, NOKIA, BLACKBERRY, MOTOROLA — ALL OF THEM."**

Big Al has been providing service to the people of DeSoto, and the surrounding communities, since 1997. "I started back in the days of pagers!" Big Al revealed. "I've been here 23 years. I try to change with the times. When pagers started to go by the wayside, I transitioned to cell phones. I've been blessed to keep going when a lot of businesses didn't. I believe in an honest day's work for an honest day's pay. I will tell a customer if it's not worth investing money in a product. I don't want them to waste their money. I try to treat their money like my own. I try to be fair and keep a good reputation. We have discounts for senior citizens, military members, police, firefighters and other first responders and teachers. As former military myself, I believe it's important to help the people who serve the community. I'm invested in this community and committed to DeSoto. I believe you're supposed to be neighborly. I'm trying to be here another 20 years!"

If you need help with your cell phone, tablet or e-reader, Big Al has options to discuss with you. That old device may still have life in it! **NOW**

*Big Al's* **CELLULAR REPAIR**

**ST. PATRICK'S DAY SPECIAL**

**\$10 OFF**  
\$40 REPAIR OR MORE  
EXPIRES 3/31/20

**972-223-2615**

We Fix Cell Phones  
All Makes & Models  
SCREEN CRACKS - WATER DAMAGE - CHARGING PORTS

[www.BigAlCellularRepair.com](http://www.BigAlCellularRepair.com)

MON. - FRI., 10 AM - 7 PM SAT., 10 AM - 5 PM  
208 SOUTH HAMPTON ROAD, STE. #102, DESOTO



**ALLERGY & ASTHMA**  
CENTER OF DUNCANVILLE

**DID YOU KNOW ALLERGIES CAN GET WORSE IN THE WINTER?**

When it comes to allergies and asthma, knowing the best course of treatment is critical. Dr. DelasAlas and his team provide advanced and effective therapies to those who are suffering with the following:

- Eye, ear, nose and throat allergy
- Hayfever/sinus
- Sinus headaches
- Recurring sinus and respiratory infections
- Cedar fever
- Asthma
- Cough, respiratory, breathing and chest symptoms
- Food allergy and sensitivity
- Hives and/or swellings
- Eczema, atopic dermatitis and dry skin
- Skin allergy and allergy rashes
- Contact dermatitis, chemical allergy and poison ivy



**"I'm glad I chose Allergy and Asthma Center. My grandson's allergies are under control since he has been going here three years now. I will recommend this center to anyone." ~ Sonya**

**Dr. Harold DelasAlas**  
MD, PharmD, FACAIA, 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

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







## Zoomed In: Alfred Bailey

By Adam Walker

Alfred Bailey is a library assistant in the PC lab at the DeSoto Public Library. "I've been working here for a little over a year, but I was volunteering here before that." A Louisiana native, Alfred has made DeSoto his home since 1998.

One of his duties at the library is operating the library's 3-D printer. "I love science fiction, and this is science fiction come to life. The 3-D printer has been around for a little while. They're being used in construction and on the ISS to print tools the astronauts need. It's like the old image transfer printers, but in 3-D. They translate the code for printing into solid objects by extruding material like a glue gun. It's cool and so simple!"



*US Secret Service Special Agent Garcia teaches students at First Methodist School about how they protect the nation's currency and elected officials.*



*Cedar Hill Chamber of Commerce celebrates the grand opening and ribbon cutting of Johnson Jewelry & Repair.*



*Skylar and Sienna Walker feel their age celebrating the 100th day of school.*



*Randall Chase and his family celebrate his graduation with a trip to the mountains.*



*Malik Rashad Moore signs with Evangel University while his family watches.*





The Cedar Hill Chamber of Commerce board feeds a deer while on their retreat.



Michael Schuler of Veterans Alliance Resourcing helps Sheila Hardmon and Brent Awalt of DeSoto ISD with the handling of retired computer assets.



Violet, Ellie and Elizabeth help Girl Scout Troop 5501 satisfy Duncanville's sweet tooth.



Cedar Hill Collegiate Academy Choir sings the national anthem at a Mavs game.



## Certified Life Coach

- Life Enhancement
- Business Coaching
- Financial Development

It's time to turn your goals into results!

[www.rekitapeters.com](http://www.rekitapeters.com)

## 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	Delta PPO   AARP Dental
Cigna PPO	United Healthcare PPO
Guardian PPO	Blue Cross/Shield PPO
Humana PPO	Principal/Ameritas PPO
Assurant PPO	United Concordia PPO
Aetna 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**

**110 E. Belt Line Rd.  
Suite 100  
Cedar Hill, TX 75104**

**CedarHillDentist.com**



# FinanceNOW

## Back on Track Financially in 2020

How are your New Year's resolutions coming along? Are they working out as planned, or have you met a few bumps along the way?

While you're mulling over plans for 2020, think back to last year's successes and the progress you made. When it comes to financial resolutions, such as paying off debt or saving for retirement, you probably started off confidently, but sometime during 2019, you might have veered off course. Now, you're wondering how — or if — you can get back on track toward the goals you set.

First, be gentle with yourself for not sticking with your resolutions. Anyone can get sidetracked for dozens of legitimate reasons, but there are no good reasons to abandon your goals permanently.

To get back on track this year:

- **Identify what derailed last year's resolutions.** Did you lack some critical information? Did you lose motivation or focus? Did you get discouraged because your goal seemed too hard or too large to tackle? Figuring out why you stopped making progress can help you better identify how to remove or work around future roadblocks.

- **Make sure resolutions are attainable.** Like many people, you may have made a financial resolution that sets you up for failure. Was your resolution unrealistic or even unattainable? If so, remake it into a

goal that you know can be reached. If your resolution was too large or too complicated, break it up and tackle a smaller, shorter-term goal that you can more easily achieve and celebrate. Then, move on to another small, attainable goal and repeat as necessary. This strategy can keep you focused, motivated and moving forward.

- **Get help.** If you want to get physically fit, you join a gym or hire a trainer. Pursuing a financial goal is no different. The process is easier and more likely to be successful when you get help from technology and professionals. If you need practical tools, look for computer apps that focus on financial goals and money management. Use options offered by your financial services provider, such as online planning and monitoring, automatic bill pay and automated savings. And for the most comprehensive help, look for a trusted financial professional with the skills and knowledge to help you plan, work on and stay accountable for financial goals. **NOW**

*Investment and insurance products are not FDIC insured, are not bank guaranteed, and may lose value.*

*Brokerage services offered through Frost Brokerage Services, Inc., Member FINRA/SIPC, and investment advisory services offered through Frost Investment Services, LLC, a registered investment adviser. Both companies are subsidiaries of Frost Bank.*

*Additionally, insurance products are offered through Frost Insurance.*

*Deposit and loan products are offered through Frost Bank, Member FDIC. Frost does not provide legal or tax advice. Please seek legal or tax advice from legal and/or tax professionals.*

*Monica Kenney is senior vice president of Frost Bank in Duncanville. (214) 515-4796.*

BANKING. INVESTMENTS. INSURANCE.

We work together, so they'll work together.



We can provide you with the financing, guidance and protection you need—when you need it.

Visit us at [frostbank.com](http://frostbank.com) or call (800) 51-FROST.



Frost

BANKING  
INVESTMENTS  
INSURANCE

MEMBER FDIC



ARTSDESOTO.COM

# FOURTH FRIDAY MUSIC SERIES

POWERED BY THE  
DESOTO ARTS COMMISSION

## BROADWAY ANTHEMS

03/27  
8PM

PRESENTED BY SMU MEADOWS SCHOOL FOR  
THE PERFORMING ARTS

DESOTO CORNER THEATRE | 211 E. PLEASANT RUN ROAD, DESOTO | **A FREE EVENT**



## WE'RE RETHINKING SUMMER CAMP



 AT   
SKYLARK *Hillcrest*  
BAPTIST CHURCH

SKYLARK IS AN ALL-SUMMER, ALL-DAY CAMP  
FOR KIDS ENTERING 1ST - 6TH GRADE  
ENROLL NOW AT [CAMPSKYLARK.COM](http://CAMPSKYLARK.COM)

265 W. PLEASANT RUN ROAD, CEDAR HILL, TEXAS 75104 REGISTER BY APRIL 1 TO RECEIVE THE EARLY BIRD RATE



CookingNOW

## *In the Kitchen With* LATOYIA BOLEWARE

— By Lindsay L. Allen



When she isn't co-running a catering company and an event planning company or serving at a nonprofit for youth in Cedar Hill, LaToya Boleware finds time to cook her favorite thing, casseroles! "Casseroles are fun because you can let your creative juices flow. Some of my best recipes have come from a spur-of-the-moment idea," she said. Her two favorite seasonings, onion and garlic, can usually be found in her casseroles, and she is known for baking cakes, as well — all 27 different cake flavors that she has perfected!

As someone who inherited the love of cooking, as a child, from her grandfather, LaToya has found great pleasure in teaching children to cook. She enjoys taking meals to city events, too. **NOW**

### **Smothered Onion Chicken**

**2 Tbsp. unsalted butter**  
**5 large onions, thinly sliced**  
**Pinch salt, plus extra for seasoning**  
**Pinch fresh cracked pepper, plus extra for seasoning**  
**1/4 to 1/2 cup chicken broth**  
**3 cloves garlic, minced**  
**3 boneless, skinless chicken breasts**  
**1 tsp. dried oregano**  
**Crushed red chili pepper flakes (optional)**

**1 1/2 tsp. garlic powder**  
**1 cup mozzarella cheese, shredded**  
**Fresh parsley, chopped**

**1.** Preheat oven to 400 F. Lightly grease a 9x12-inch baking dish; set aside.  
**2.** Melt butter in a large skillet over medium-high heat; add onions. Season with salt and pepper. Cook for 5-8 minutes, or until soft. Reduce heat to medium; cook, stirring occasionally, until onions are caramelized, about 15 minutes.

**3.** Pour in chicken broth to deglaze, if your pan gets too dry; keep stirring until the onions are browned. Stir in fresh minced garlic; cook about 1 minute. Turn off the heat; allow to cool.

**4.** Season chicken breasts with oregano, crushed chili pepper flakes, salt, pepper and garlic powder. Arrange chicken breasts in the baking dish; divide caramelized onions on top of each chicken breast. Sprinkle shredded cheese on top; bake for 20-25 minutes in the oven (or more, depending on the thickness of your chicken breasts), until fully cooked and the cheese is bubbly. Then broil for 2 minutes, or until the cheese is crispy.

**5.** Garnish with fresh parsley; serve.

### **Breakfast Casserole**

**Nonstick cooking spray**  
**2 9-oz. pkgs. breakfast sausage links**  
**1 lb. bacon**  
**1 32-oz. pkg. tater tots**  
**12 large eggs**  
**1/2 cup milk**



1/4 cup green onion, plus extra for serving  
 1/2 tsp. salt  
 1/4 tsp. black pepper  
 1 cup Monterey Jack cheese  
 2 cups cheddar cheese (divided use)

1. Preheat oven to 350 F. Spray a 9x13-inch baking dish with nonstick cooking spray.
2. Cook the sausage in a skillet until done. Move to a paper towel-lined plate; drain the skillet of all fat. Slice the sausage links into 1/2-inch pieces.
3. Cook the bacon in the same skillet until brown and crispy; drain on a paper towel-lined plate. Crumble the bacon. Arrange the tater tots in a single layer in the prepared baking dish.
4. Whisk together the eggs, milk, green onions, salt and pepper. Stir in the cooked sausage and half of the cooked bacon. Fold the Monterey Jack cheese and 1 cup of the cheddar cheese into the egg mixture. Pour egg mixture over the tater tots.
5. Bake in the preheated oven until the egg mixture is set, around 40-45 minutes. Sprinkle the remaining cheddar cheese on top; cook for another 5-7 minutes, or until the cheese is melted. Allow to stand 10 minutes before cutting. Sprinkle with remaining half of the crumbled bacon and green onions; serve.

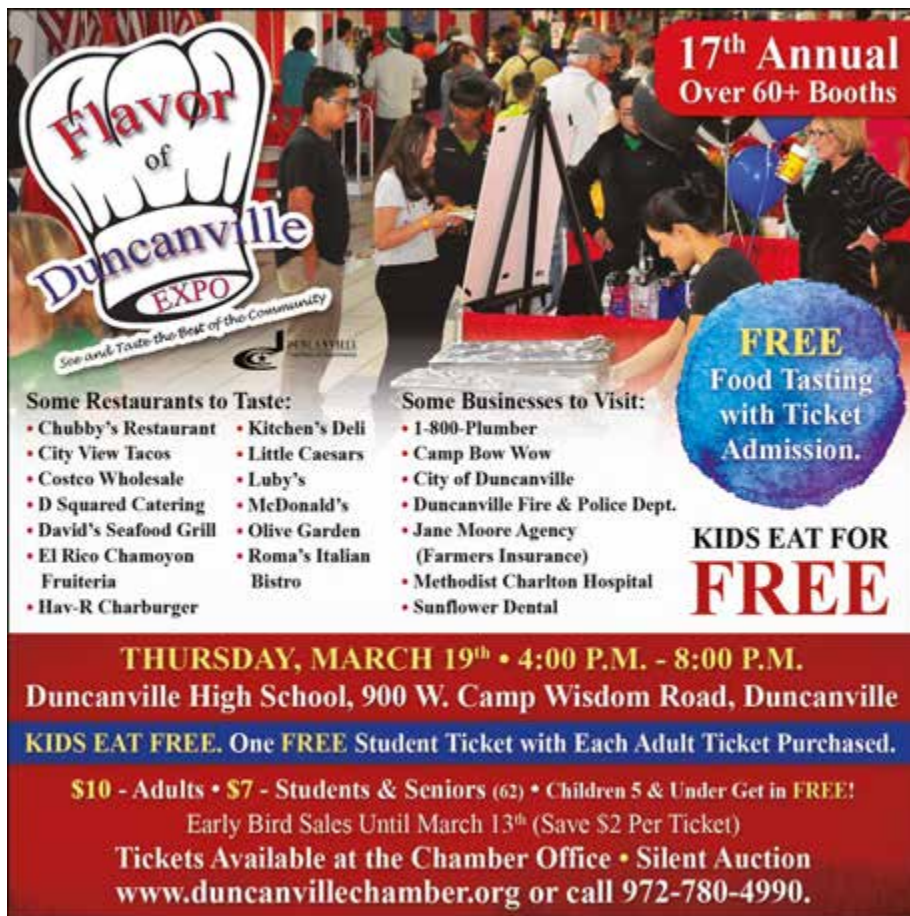
## Roasted Asparagus With Grape Tomatoes

1 bunch asparagus, trimmed  
 1 cup grape tomatoes  
 4 1/2 tsp. olive oil  
 1/2 tsp. balsamic vinegar  
 1/4 tsp. pepper  
 1/2 tsp. garlic salt  
 1 Tbsp. Parmesan, grated, plus extra for serving

1. Preheat oven to 425 F.
2. In a large bowl, toss all ingredients together; spread out in a single layer on a rimmed baking sheet.
3. Bake for 15 minutes; serve with additional Parmesan cheese.

## Deep Fried Corn on the Cob

1/2 cup Jiffy cornbread mix  
 3/4 cup buttermilk  
 2 eggs  
 1/2 cup self-rising flour  
 1/2 tsp. garlic powder  
 1/2 tsp. onion powder  
 1/2 tsp. Lawry's Seasoned Salt  
 1 6-count bag thawed mini sweet corn on the cob  
 Deep fryer or skillet filled with grease



**Flavor of Duncanville EXPO**  
 See and Taste the Best of the Community

**17th Annual Over 60+ Booths**

**FREE Food Tasting with Ticket Admission.**

**KIDS EAT FOR FREE**

**Some Restaurants to Taste:**

- Chubby's Restaurant
- City View Tacos
- Costco Wholesale
- D Squared Catering
- David's Seafood Grill
- El Rico Chamoyon
- Fruiteria
- Hav-R Charburger
- Kitchen's Deli
- Little Caesars
- Luby's
- McDonald's
- Olive Garden
- Roma's Italian Bistro

**Some Businesses to Visit:**

- 1-800-Plumber
- Camp Bow Wow
- City of Duncanville
- Duncanville Fire & Police Dept.
- Jane Moore Agency (Farmers Insurance)
- Methodist Charlton Hospital
- Sunflower Dental

**THURSDAY, MARCH 19th • 4:00 P.M. - 8:00 P.M.**  
**Duncanville High School, 900 W. Camp Wisdom Road, Duncanville**

**KIDS EAT FREE. One FREE Student Ticket with Each Adult Ticket Purchased.**

**\$10 - Adults • \$7 - Students & Seniors (62) • Children 5 & Under Get in FREE!**  
 Early Bird Sales Until March 13th (Save \$2 Per Ticket)  
 Tickets Available at the Chamber Office • Silent Auction  
[www.duncanvillechamber.org](http://www.duncanvillechamber.org) or call 972-780-4990.



**Heritage Plus HomeCare**

**Offering Seniors Safety and Independence in the Comfort of Their Own Homes.**  
 Providing personalized care and offering solutions.

**Our Services Include:**

- Meal Preparation
- Medication Reminders
- Dementia & Alzheimer's Care
- Housekeeping
- Transportation/Shopping

**For More Information, Call Us At (972) 283-8124**  
 We are insured and bonded.



1. Mix Jiffy cornbread mix with buttermilk and eggs; set aside.
2. Combine flour and seasonings; set aside.
3. Dip thawed corn in the cornbread mixture; roll the corn in the flour.
4. Heat fryer to 375 F Drop corn in the fryer for about 3 minutes, or until golden brown.

## Buttermilk Pie

- 2 cups Imperial Sugar
- 3 Tbsp. all-purpose flour
- 3 eggs
- 1 cup buttermilk
- 1 stick unsalted butter, melted
- 1 Tbsp. fresh lemon juice
- 1 deep dish pie shell

1. Preheat oven to 350 F
2. Mix sugar and flour together.
3. Add eggs, one at a time. Add remaining ingredients; mix well.
4. Pour mixture into the pie shell; bake for 1 hour.

## Broccoli Rice Casserole

- 1 lb. Jimmy Dean sausage
- 1/2 cup onion
- 1/2 cup bell pepper
- 1 14-oz. box Minute Rice



Breakfast Casserole

- 1 10.75-oz. can Campbell's Cream of Mushroom With Roasted Garlic Soup
- 1 10.75-oz. can Campbell's Fiesta Nacho Cheese Soup
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. Lawry's Seasoned Salt
- 1 cup cheese, shredded
- 1/2 cup Durkee Fried Onions

1. Preheat oven to 325 F
2. Cook sausage and vegetables in a skillet.
3. Prepare rice per the instructions on the box.
4. Mix all ingredients, except the cheese and Durkee onions, together. Place mixture in a 9x12-inch baking dish.

5. Bake for 30-45 minutes. Sprinkle cheese and Durkee onions on top; place back in the oven for 10 minutes.

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



*Super  
Spring Sale!*

**Saturday, March 21, 2020**  
**10:00 a.m. - 7:00 p.m.**

**Huge Sales! Pop Up Vendors!**  
**Raffles & Refreshments!**

*Come Discover  
Knick Knacks!  
Southwest Dallas'  
Best Kept Secret.*



215 W. Camp Wisdom Rd. • Duncanville  
972-283-9007 • [www.knickknacks.com](http://www.knickknacks.com)

Follow us





# THE LOCAL TABLE

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

- Virginia Woolf

## B N SUSHI & GRILL



**\$5 OFF**  
\$25 or more purchase  
EXPIRES 3/31/20

**\$5 OFF**  
Dine-in only  
EXCLUDES ALCOHOL  
EXPIRES 3/31/20

BnSushi.com  
**972-293-1009**  
638 Uptown Blvd #120  
Cedar Hill

### TACO-RITA MONDAY

Get any taco for \$2 all day!  
Sip your favorite Mug-O-Rita for \$2.99  
Add beans & rice for 99¢. Dine-in only. Plus tax.



### TUESDAY NIGHT FAJITAS!

1/2 Price Combination Fajitas:  
\$15.29 combination fajitas for two!  
That's only \$7.65 per person.  
After 5 p.m. only. At participating locations. Dine-in only.



### ENCHILADA WEDNESDAY

**\$4.99 / \$5.99**  
lunch dinner

Two cheese enchiladas with rice & refried beans! Dine-in only.



### THURSDAYS ARE FOR THE KIDS!

Kids under 12 eat for 99¢ with adult entree purchase. Limit \$4.69, one kid meal per adult entree. Dine-in only.



### FRIDAY NIGHT

Filet Fajitas for Two!  
Dine-in only.

**\$19.99**



1111 North  
Interstate 35 E. • Desoto  
**(972) 228-2133**

Sun - Thur 11:00am - 9:00pm  
Fri - Sat 11:00am - 10:00pm  
www.elchico.com

## CAMPUZANO

mexican food

Happy  
St. Patrick's  
Day!



**\$5 OFF**

\$20 PURCHASE  
Expires 3/31/20  
CAMPUZANO

Let  
Campuzano  
cater your  
next special  
event!

Midlothian • Waxahachie • Cedar Hill • Dallas (Oak Lawn)  
CampuzanoMexicanFood.com

**\$3.99** QUARTER POUND  
BURGER WITH  
FRIES AND DRINK

No limit. Expires 3/31/20

UPGRADE TO ONION RINGS \$1.00

2 PIECE  
FISH DINNER  
FRIES & DRINK

**\$6.99**



PHILLY  
CHEESESTEAK  
& FRIES

**\$7.99**



4 BURGERS  
+ 4 FRIES

**\$12**



BURGERS ARE MADE WITH 100% FRESH BEEF!

**Take Out**  
BURGERS

(972) 283-5106

795 W. Wheatland Rd., Duncanville

N. Cedar Ridge Rd.	Take Out
W. Wheatland Rd.	
S. Cedar Ridge Rd.	



# A delivery made special because of you.



## Thanks for making us Ellis County's Best Place to Have a Baby.

Winning awards is nice. But winning over moms and dads is even Better. It's been an honor to share so many special moments with a community that feels like family.

[BSWHealth.com/Waxahachie](http://BSWHealth.com/Waxahachie)



**Baylor Scott & White**  
MEDICAL CENTER

WAXAHACHIE

Changing Healthcare For The Better™



Photography may include models or actors and may not represent actual patients. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers or Baylor Scott & White Health. ©2020 Baylor Scott & White Health. 99-WH-73360 SHH



# SAY GOODBYE TO JOINT PAIN!

**ONE 30-MINUTE TREATMENT COULD END YOUR PAIN!**

*Have you ever wondered how different your life would be if you could significantly reduce your joint pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that joint pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating joint pain, we invite you to regain control of your life by visiting Complete Health Medical Center, a modern, holistic medical facility.*



## **WHAT IS OSTEOARTHRITIS (OA)?**

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

## **HOW DOES THIS TREATMENT WORK?**

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

## **WHAT ACTUALLY IS A STEM CELL?**

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

## **WHEN WILL I FEEL RESULTS?**

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

## **IS IT AFFORDABLE?**

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

## **WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?**

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

## **HOW DO I KNOW THAT THIS IS RIGHT FOR ME?**

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.

**COMPLETE HEALTH MEDICAL CENTER**

**469-732-0880 • 905 Ferris Avenue • [www.completehealthmedicalcenter.com](http://www.completehealthmedicalcenter.com)**





Kellee Kovalsky - Dreamstime.com



## TravelNOW Under the Tower

— By *Lisa Bell*

In the shadow of New Braunfels, Texas, the Guadalupe River flows through the small community of Gruene. In the summertime, the town bustles with people floating down the river on inner tubes or in rafts and kayaks. In fact, outfitters in Gruene are known for putting in and taking out at the popular recreational spot. Interestingly enough, locals actually choose early spring to board a raft, canoe or kayak and hit the rapids during the off-season.

But floating the river isn't the only thing to do in this small town. And what better time for a romantic walk along the river or enjoying dinner to the gentle rush of water? The atmosphere of Gruene lends itself to relaxation after busy months of holidays and kicking off another year.

In the heart of the community, the town square always has something going on. Even during the week, people visit

the area for a lazy day of shopping the small stores or sitting beside the river. Many of the local restaurants overlook the Guadalupe. The best known, Gristmill, is the perfect spot to dine. It wasn't always a restaurant, which is what makes it such a notable place. In 1878, the new-fangled, water-wheel wonder appeared — the Gruene Cotton Gin. The community used it until 1922, when all of the wooden parts burned to the ground, leaving only the three-story brick boiler room. A small kitchen occupies a corner of that boiler room today, restored and in operation since 1977. When crowded, live music fills the courtyard, and servers take care of customers waiting for a table.

Speaking of music, Gruene also boasts the oldest continually operating and most famous dance hall in Texas. Gruene Hall, built by Henry D. Gruene in 1878, hosted some of the greatest stars before anyone knew their names. Photos line the walls of many artists who love the spot. It isn't unusual to see children learning to shoot pool or play in the open-air garden beside the hall. Whether you go to see a famous performer (check the schedule online) or listen to someone destined for greatness, don't skip this popular place in Gruene.



The historic square offers antiques, boutiques, an old-fashioned toy store, the old general store and much more. With wineries on the square, you can stop in and relax for a while, or sit under big trees and watch people. With all the outdoor areas, children don't have to get bored, and in the middle of the square, you can take a walk down a nature trail.

Stop in The Barn and watch artisans Kyle and Angie White create beautiful pottery on-site. Spend a few minutes or a long time watching the potter at the wheel, spinning up amazing pieces of functional art. The license plates in the floors of many buildings repair holes, while preserving the original wood.

With an abundance of Airbnbs, finding lodging in Gruene is a snap. Many of them also overlook the river, giving visitors a chance to relax and simply sit back for a calm weekend or an entire week.

## In the heart of the community, the town square always has something going on.

Should you run out of things to do in Gruene, New Braunfels is a few miles away. During the summer season, Schlitterbahn creates a perfect water playground. In the off-season, their resort makes a great base of operation for your trip to Gruene. Several parks also sit beside the river with grassy areas to play or lie back on a blanket, perhaps enjoying a nice picnic. Be alert for the most beautiful residents. Deer play in abundance, and people don't scare them much.

Filled with history, Gruene is a wonderful place to visit, but not everyone knows about this hidden treasure. Even the bridge across the river is a designated historical landmark. Although you can get there mostly by traveling on I-35, you might want to take backroads and check out some other wonderful sights in the Texas Hill Country. **NOW**

*Editor's Note: To learn more, visit [www.gruenetexas.com](http://www.gruenetexas.com).*

*Photos by Lisa Bell unless otherwise noted.*

## Happy St. Patrick's Day

from Split Endings Salon  
& The Haydin Insurance Group.

  
Natalie Davis

  
Rachel Powers

  
Amber Haydin

  
Deanna Ritchie

  
Yoko Pui

  
Cecile Christyberg

  
Steve Ortiz

  
Tamara Sanders

**New Client  
Specials**  
 \$5 OFF Haircut  
 \$10 OFF Any  
 Color Service

**CALL FOR  
APPOINTMENT**  
 Or Book Online at  
[www.splitendingsalon.com](http://www.splitendingsalon.com)  
972.291.7883



**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.**

**201 Bryan Place  
Cedar Hill  
(Corner of Straus Rd)**

## DOWNTOWN church of CHRIST



332 Cedar Street  
Cedar Hill, Texas 75104  
P: 972.291.0087  
[www.dtcoc.church](http://www.dtcoc.church)

WORSHIP AND STUDY	
<b>SUNDAY</b>	
BIBLE CLASS .....	9:30 AM
MORNING WORSHIP .....	10:30 AM
EVENING WORSHIP .....	5:00 PM
<b>MONDAY</b>	
MEN'S BREAKFAST & BIBLE STUDY ...	8:00 AM
(at Acapulco's in DeSoto)	
<b>TUESDAY</b>	
LADIES BIBLE CLASS .....	10:00 AM
(during September - May)	
<b>WEDNESDAY</b>	
BIBLE CLASS .....	7:00 PM



BUILDING UP



SHINING



REACHING OUT



## COMPASSIONATE CARE

Let us ease your journey



*Jaynes*  
Memorial  
Chapel



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

## ACCESS SELF STORAGE

### AND TRUCK RENTAL

PREMIER STORAGE FACILITIES

New State-of-the-Art Self-Storage



ACCESS  
SELF STORAGE  
AND TRUCK RENTAL

CLIMATE  
CONTROLLED &  
24 HOUR SECURITY

DeSoto Location  
NOW OPEN!

DeSoto • 469-283-0123  
SE Corner Hampton Rd. & Danieldale

Midlothian • 214-236-7474  
1630 Hwy. 67

Lancaster • 972-224-4545  
1040 Cedar Valley Dr.

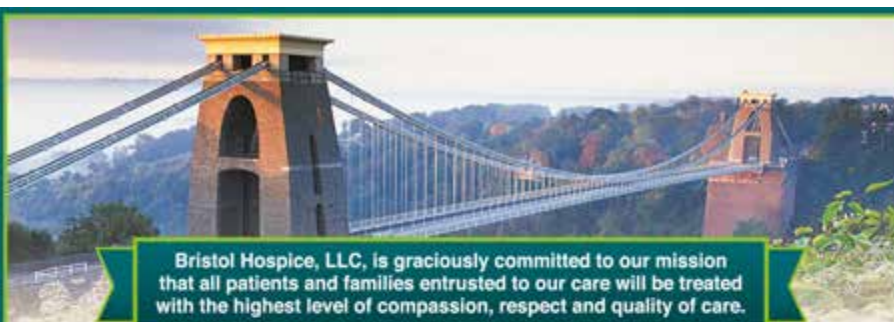
Red Oak • 972-515-8600  
E. Ovilla Rd. & TX-342

Oak Cliff • 214-372-3880  
3427 Marvin D. Love Frwy.

20% OFF  
storage units

Some restrictions apply.  
Call for details.  
Exp. 3/31/20

www.accessstoragedallas.com • 888-247-5603



Bristol Hospice, LLC, is graciously committed to our mission that all patients and families entrusted to our care will be treated with the highest level of compassion, respect and quality of care.

NEW DAWN  
HEALTH AND HOSPICE

IS NOW

*B* Bristol Hospice  
embracing a reverence for life  
PATHWAYS

#### COUNTIES SERVED:

Anderson • Cherokee • Collin • Dallas • Ellis • Gregg • Henderson • Hill  
Johnson • Kaufman • Navarro • Rockwall • Rusk • Smith • Tarrant • Van Zandt

972-923-2436 • 877-214-3565

115 Park Place Blvd., Suite 100, Waxahachie, Texas 75165

www.bristolhospice.com Follow us Facebook.com/Bristol-Hospice-Pathways





**SPRING  
BREAK**

**BOOK  
NOW!**

YOUR PUP CAN SPEND  
SPRING BREAK WITH  
CAMP & FURRY FRIENDS!

**Camp Bow Wow SWDallas**

519 E. Highway 67 | Duncanville, TX 75137 | 972-296-9663

[www.campbowwow.com/swdallas](http://www.campbowwow.com/swdallas) | [swdallas@campbowwow.com](mailto:swdallas@campbowwow.com)



**JP & Associates REALTORS**

613 Uptown Blvd., Ste. 107  
Cedar Hill, TX 75104

**Stefan Peterson REALTOR®**  
(469) 454-0162 CELL

**Katrina McCormick REALTOR®**  
(469) 877-0524 CELL

**Cynthia (Cindy) Peterson REALTOR®**  
(214) 810-1118 CELL  
(972) 836-9295 EXT. 9005 OFFICE

**Burdett  
Financial  
Solutions**

Take the first step  
toward financial  
freedom with the  
**United Credit  
Protection Plan**

**PLAN INCLUDES:**

- Credit Repair
- Credit Monitoring
- Budget Planner
- Debt Payoff Calculator
- Identity Monitoring
- Will and Trust Preparation
- Power of Attorney
- Financial Lockbox
- And More!

**CALL TODAY FOR DETAILS!**  
**972-901-0384**  
[WWW.BURDETTFINANCIALSOLUTIONS.COM](http://WWW.BURDETTFINANCIALSOLUTIONS.COM)

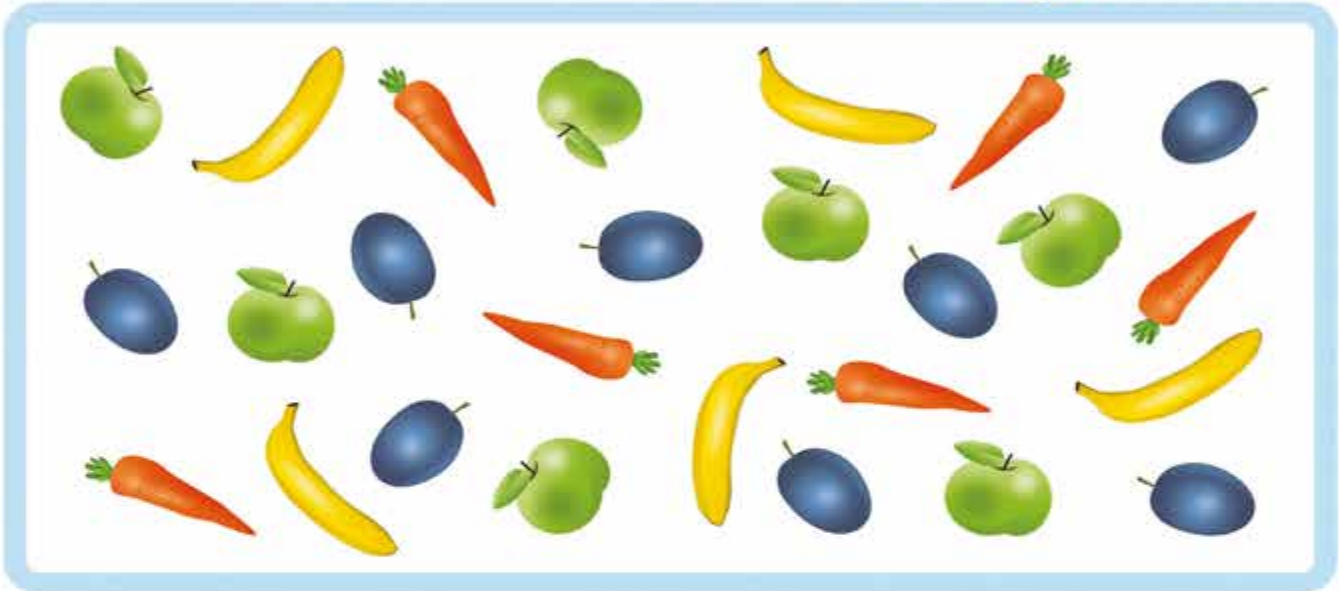


**WILLIE BURDETT, Agent**



# Kids' Fun Page

HOW MANY?



ARCHERY  
BASKET  
BOWLING  
DANCE  
FOOTBALL  
GOLF  
KARATE  
RUGBY  
SKATE  
SKI  
SNOWBOARD  
SOCCER  
SWIM  
TENNIS  
VOLLEY  
WINDSURF

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



SOLUTION: BASEBALL

MYSTERIOUS WORD: \_\_\_\_\_





Come ONE! Come all!

972-223-0313



105 Ovilla Creek  
Court #200 • Ovilla  
Accepting Patients  
of All Ages

OvillaFamilyDentistry.com



Dr. Shaw's granddaughter  
celebrating her first birthday

DEMENTIA CARE WARRIORS & FRIENDS PLACE ADULT DAY SERVICES PRESENT



# REVIVE *Refresh*

A BRUNCH AND WORKSHOP FOR ALZHEIMER'S CAREGIVERS

AN EVENT TO EMPOWER AND EQUIP YOU ON YOUR CAREGIVING JOURNEY

**MARCH 14<sup>TH</sup>, 2020**

REGISTRATION: 8:30AM | PROGRAM: 9:00AM - 1:00PM  
\$10 DONATION - BRUNCH INCLUDED  
REGISTER ONLINE: [WWW.REVIVEREFRESH.ORG](http://WWW.REVIVEREFRESH.ORG)

Friends Place Adult Day Services  
1232 W BELT LINE RD, DESOTO, TX 75115

FREE ONSITE PROFESSIONAL CARE AVAILABLE  
FOR YOUR LOVED ONE.  
CALL 972-274-2484 TO RESERVE A SPACE.

P R E S E N T E R S :



DR. DIANA KERWIN  
KERWIN RESEARCH CENTER  
BRAIN HEALTH



CARDLYN OSOSNACH  
SPIRIT OF COMPASSION  
COMPASSION FATIGUE



KIRA BUCKLEY & PORTIA ANDREWS  
HEY! HEALER HOLISTIC HEALTH & WELLNESS STUDIO  
MEDITATION AND MINDFULNESS TECHNIQUES



MIRA ROLLINS, OT  
AUTHOR/SPEAKER  
NAVIGATING CAREGIVING



STOMPING GROUND IMPROV FOR LIFE  
STRATEGIES TO BETTER MANAGE COMMUNICATION AND INTERACTION



LIMITED VENDOR/SPONSORSHIP OPPORTUNITIES AVAILABLE. CALL 469-337-3284 FOR MORE INFORMATION.





**DALLAS AREA PATROL  
AND PROTECTION SERVICES**

**FOCUS DAILY NEWS  
READERS CHOICE AWARD  
BEST SECURITY COMPANY  
2017-19**

**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 • INFO@DAL-APPS.COM



**PURELY  
CBD**

**SAVE  
20%  
ON  
ANY PRODUCT  
NEW CUSTOMERS,  
WITH COUPON**

**FREE  
SAMPLES!**


**100% Natural US Hemp Oil**

**Your Kangen Water Source**  
Alkalized, Anti-Aging,  
Detoxifying (Free Samples)





**(972) 998-0737 • www.thepurelycbd.com**  
**241 East FM 1382 #321 • Cedar Hill**  
In the Kroger shopping center around the corner from Fuzzy's Tacos (Facing Hwy 67)

Find us on:  
**facebook.**



**FARMERS  
INSURANCE**

*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: 469-597-9929



**Veterans Benefit Forum**  
Featuring information on Veteran Owned Businesses

DeSoto's Veterans Affairs Committee is partnering with North Texas VA Outreach Services and the DAV to bring VA representatives to DeSoto on a monthly basis. If you need help with applying for benefits, have been denied benefits or just have questions, please attend our Veterans Benefit Forum. Please bring your DD214.

**For more information, please call 972-230-9648**

**Grow DeSoto Market Place**  
**324 E. Belt Line Road • DeSoto, TX**  
**March 21, 2020 • 10 am to 1 pm**



# TIME TO UPDATE YOUR KITCHEN?

# MTM Countertops



## FREE

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

Call or visit our website for details!  
[www.MTMCOUNTERTOPS.com](http://www.MTMCOUNTERTOPS.com)

### COME SEE OUR WIDE SELECTION!

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



## Happy St. Patrick's Day!

- 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)



## Personalized weight loss surgery

The Weight Loss Surgery Program at **Baylor Scott & White Medical Center - Waxahachie** is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).



**Watson P. Roye, MD, FACS**, and **Mazen Iskandar, MD, FACS**, are board-certified in general surgery, specializing in bariatric surgery. They take pride in providing quality, individualized patient care and performing weight loss surgeries, such as gastric bypass, sleeve procedure and duodenal switch.



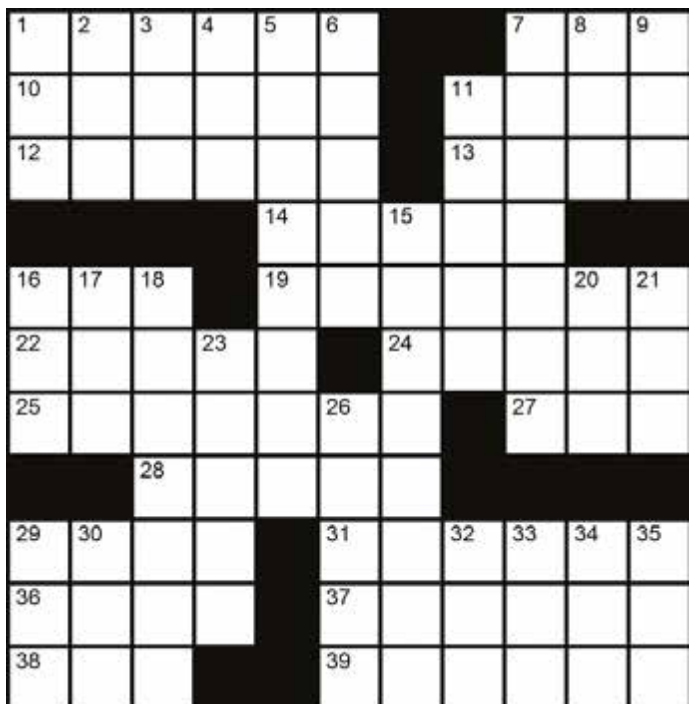
Contact us  
**[TexasSurgicalSpecialists.com](http://TexasSurgicalSpecialists.com)**  
**469.800.9830**

2460 N. Interstate 35 E., Suite 215  
Waxahachie, TX 75165

Physicians are employees of HealthTexas Provider Network, a member of Baylor Scott & White Health. ©2019 Baylor Scott & White Health. 99-PRAC-23360 BID



# Crossword Puzzle



CrosswordSite.com Ltd

## Across

- 1 For some time
- 7 Convert hide into leather
- 10 Stimulating drink
- 11 Harbor
- 12 Quaint love letter opener
- 13 Creep
- 14 Frothy concoctions
- 16 LA summer setting
- 19 Holy threesome
- 22 Get-well treatment
- 24 Salk's conquest
- 25 Type of show, such as Anne Hathaway's "Grounded"
- 27 Hill VIP
- 28 Same here!
- 29 Well-informed about
- 31 Alters formally
- 36 Niagara has a Maid of this
- 37 Tempestuous
- 38 Big Apple aria spot
- 39 Pull into

## Down

- 1 Rocket interceptor
- 2 Sardonic
- 3 Suckered
- 4 Apply a cake's top layer
- 5 Tiniest amount
- 6 Mistake
- 7 Oft-removed throat tissues
- 8 Curve
- 9 Utmost
- 11 It has 88 keys when full-size
- 15 Old Dodge
- 16 In favor of
- 17 Lair
- 18 Beyond all others
- 20 Railroad cross-member
- 21 Way over there, poetically
- 23 Representative
- 26 Bellows
- 29 Now let me think ...
- 30 Chart variety
- 32 Self-esteem
- 33 Pinch
- 34 Material studied by Watson and Crick
- 35 USMC noncom

Solutions on page 44

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

## Your choice for medical imaging



When your health is in question, you want answers.

At Center for Diagnostic Imaging (CDI) we understand your need to know, so we provide high-field MRI, CT, ultrasound and X-ray services. 3D mammography and breast cancer risk assessment are available at our convenient outpatient location in DeSoto, and we offer cardiac calcium scoring in Mansfield.

Interventional services at DeSoto include uterine fibroid embolization (UFE), and treatments for peripheral artery disease (PAD) and varicose veins.

Easy scheduling with same- and next-day appointments is part of our commitment to you.

[myCDI.com](http://myCDI.com)



**SCHEDULE AN APPOINTMENT**

main 214.420.5400  
interventional services 214.420.5429

### DESOTO

1750 N. Hampton Rd.  
DeSoto, TX 75115

### MANSFIELD

2975 E. Broad St., Suite 101  
Mansfield, TX 76063

We specialize in answers.



DIAGNOSTIC IMAGING®

Center for Diagnostic Imaging is a DeSoto Park HealthCare facility. CDI is a Texas not-for-profit corporation, and its staffed by independently practicing physicians who are not employed by CDI. The physicians and staff who provide services at the imaging centers are not employees or agents of DeSoto Health Systems or any of its affiliated hospitals. © 2019 Center for Diagnostic Imaging 000000





**COMFORT REHAB  
CHIROPRACTIC**

# GOT SPINE & JOINT PAIN? WE CAN HELP!

Specializing in difficult cases and chronic conditions like:

Sciatica • Joint Pain • Migraine Headaches • Work & Auto Injuries  
Back & Neck Pain • Tingling in Hands & Feet • Arm & Shoulder Pain • Leg Pain

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

*St. Patrick's Day Special!*

Mention this ad for

**EXAM, X-RAY  
& RESULTS | \$20**

(New Patients Only. Excludes all federally funded programs such as medicaid/medicare. Expires 3/31/20.)

Gift certificates available.

## 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

**(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)



Dr. Bryan McCormick, D.C.

Dr. James, D.C.

Dr. Hassell, D.C.

*UME is Hosting a District-wide Teacher Meet and Greet Staffing Event*



Learn More About the UME Teacher Experience.

**Thursday March 19, 2020 at 9:00 a.m.**

Educators, we invite you to come and learn more about our school district, take a tour and take an opportunity to visit one-on-one with grade-level teachers. To register, email Anita at [hr@umeprep.org](mailto:hr@umeprep.org)

**[www.umeprep.org](http://www.umeprep.org)**



# Sudoku Puzzle

Easy

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

Medium

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

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

CrosswordSite.com Ltd

Solutions on page 44



- 3 Delicious Meals Provided Daily with a Fine Dining Atmosphere
- Weekly Housekeeping Services Included
- Transportation to Doctors and Shopping at No Additional Charge
- 24-hour Concierge Service
- Small Pets Welcome
- Covered Parking Available



**Keep Your**  
*Independence.*  
**Let Us Wash the Dishes!**

A Capital Senior Living Community | Call Us Today to Schedule a Tour | 972-299-6551  
235 W. Pleasant Run Road, Cedar Hill, TX 75104 | [WWW.CRESCENTPOINT.ORG](http://WWW.CRESCENTPOINT.ORG)



2020-2021 PreK-7th Grade New Student Applications  
Now Being Accepted!

Welcoming Academic Excellence Community Inspiring  
Engaging Global  
Passion Leadership Innovative Service  
Authentic United Purpose  
Selfless Resilience



- Reading/Writing Workshop Model
- STEM Lab, Art, Music & Library Time
- Spanish, PE and Recess Daily
- Low Student-to-Teacher Ratio
- After School Care & Enrichment Programs
- Located in North Oak Cliff, Convenient to Downtown Dallas



CALL TO SCHEDULE A TOUR 214.942.2220  
THEKESSLERSCHOOL.COM

**Add prestige to your home with CEDAR!**

Install up to 280 LF of cedar fence to your existing poles 5 1/2" x 6' pickets screwed to 2x3 cedar cross beams. Removal and haul off of old pickets and crossbeams included. (other dimensions priced as case by case) Up to 2 gates.

**Straightline Consulting LLC**  
Full Scale Home Remodeling  
**254-978-0076**

**CALL TODAY FOR THE GREAT LOW AD PRICE OF \$6,780.00**

Kevin\_swain@hotmail.com • Facebook.com/StraightLineConsulting-LLC  
1329 Meadow Ln, Midlothian, TX 76065



## SouthwestNOW Scavenger Hunt



Find 5 hidden horseshoes 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 contact information and phone number by March 15th to [scavenger.swn@nowmagazines.com](mailto:scavenger.swn@nowmagazines.com). One entry per person.

**WIN!**

**\$50 Cash Prize**

Courtesy of:  
**NOW Magazines**  
972-937-8447

[www.nowmagazines.com](http://www.nowmagazines.com)

**\$50 Cash Prize**

Courtesy of:  
**NOW Magazines**  
972-937-8447

[www.nowmagazines.com](http://www.nowmagazines.com)

Winners must pick up prizes within 30 days of drawing.

Rings were found on pages 10, 16, 25, 28, 40

February winners are:  
Joann Stripling - \$50 Cash from NOW Magazines  
Kristi Beaty - \$50 Cash from NOW Magazines  
Sandra Gant - Eagles Gift Basket from DeSoto ISD





# Happy ST. PATRICK'S DAY

## MARCH

3/2

### **Read Across America — Cats and Hats Party:**

Come read, play and meet adoptable cats. Free.  
3:30-4:30 p.m.,  
DeSoto Public Library,  
211 E. Pleasant Run Rd.

3/3

### **Résumé Basics:**

Learn to write a killer résumé.  
Free. Noon-1:00 p.m.,  
DeSoto Public Library,  
211 E. Pleasant Run Rd.

3/5

### **City Lights in Concert:**

Enjoy the music and some country and western dancing.  
\$5. 7:00-9:30 p.m., Hopkins  
Senior Center,  
206 James Collins Blvd.,  
Duncanville.

3/7

### **Texas Authors Showcase:**

Meet authors, get autographs, take pictures! Free. 1:00-4:00 p.m., DeSoto Civic Center, 211 E. Pleasant Run Rd.

3/14

### **Household Hazardous Waste Collection Event:**

You must prove Cedar Hill residency and register ahead

of time. Free. 9:00-11:00 a.m.,  
Cedar Hill High School  
North Parking Lot,  
1 Longhorn Blvd.

### **DeSoto Quinceañera Expo:**

Find everything to make your day special in one place. Free.  
10:00 a.m.-3:00 p.m.,  
The Manderley Event Center,  
2010 N. Hampton Rd., Ste. 700,  
DeSoto.

### **Internet Security and Safety Class:**

Learn how to protect yourself online. Free. 10:00 a.m.,  
DeSoto Public Library,  
211 E. Pleasant Run Rd.

3/16

### **Critterman:**

Learn about animals from the expert. Free. 10:15 a.m.,  
Duncanville Public Library,  
201 James Collins Blvd.

3/17

### **Job Readiness:**

Learn how to get the job you want. Free. Noon-1:00 p.m.,  
DeSoto Public Library,  
211 E. Pleasant Run Rd.

### **Abominable:**

Enjoy the movie and popcorn. Free. 2:00 p.m.,  
Duncanville Public Library,  
201 James Collins Blvd.

3/18

### **Touch a Truck:**

Explore a fire engine, construction vehicles and a police car. The In-N-Out Burger cookout trailer will serve free meals to the first 500. Free. 10:00 a.m.-noon, in the parking lot across the street from the Duncanville Public Library, 201 James Collins Blvd.

3/19

### **Reuse, Revive, Repurpose:**

Learn to make beautiful things out of your junk. No experience needed. 6:00 p.m.,  
DeSoto Public Library,  
211 E. Pleasant Run Rd.

### **Teen Art Studio:**

Teens, age 13 and up, can create projects based on different art styles. Free. 7:00 p.m.,  
Duncanville Public Library,  
201 James Collins Blvd

3/20

### **Pinwheel Craft:**

Learn to make your own pinwheel. Free. 2:00 p.m.,  
Duncanville Public Library,  
201 James Collins Blvd.

3/21

**Easy Seed Balls for  
Easy Gardening Workshop:**  
Gardening fun for the whole

family. 10:30-11:20 a.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Register at [www.cedarhilltx.com/1579/](http://www.cedarhilltx.com/1579/) Community-Garden.

3/22

### **Shades of Blue Colon Cancer Awareness Event:**

Come hear the stories of survivors and learn about this 90-percent-beatable cancer. \$10. Hilton Garden Inn, 800 S. Main St., Duncanville.

All Month

### **In-person AARP Tax Help:**

Tax help for anyone, not just seniors! Free.

**Tuesdays:** 11:00 a.m.-3:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill.

**Wednesdays:** 10:00 a.m.-2:00 p.m., Duncanville Public Library, 201 James Collins Blvd.

**and** 11:00 a.m.-3:00 p.m.,  
DeSoto Public Library,  
211 E. Pleasant Run Rd.

**Bring:** Last year's tax return, Social Security Cards for everyone on the return, photo ID for tax payer and spouse and all records for filing.

*Submissions are welcome and published as space allows. Send your current event details to [adam.walker@nowmagazines.com](mailto:adam.walker@nowmagazines.com).*



# \$75 OFF

## FIRST TIME REPAIR

Coupon only valid when presented at the time of the appointment. Offer expires 3/31/20



Licensed Landscape Irrigator  
&

Backflow Prevention Assembly Tester  
Serving both the commercial and residential clients

### SPRINKLER SYSTEMS

- Inspections
- Installations
- Repairs
- Re-routes
- Upgrades

License #LI0012920

### BACKFLOW ASSEMBLIES

- Testing & Inspection
- Troubleshooting
- Repairs
- Removal & Installation
- Reporting

License #BP0019018

Licensed & Insured • Antonio "Tony" Cruz  
214-683-4091 • 972-639-3446

# SCAVENGER HUNT WINNERS!



Lilia Alvarado is the winner of a \$50 cash prize courtesy of SouthwestNOW Magazine.



Shankrelyn Walker is the winner of a \$50 cash prize courtesy of SouthwestNOW Magazine.



Tina Hehn is the winner of a \$50 gift card from Frost Bank in Duncanville.

# YOU'RE IN LUCK!

## COMFORT & MOBILITY

### SCRUBS, MEDICAL SUPPLIES & CBD PRODUCTS










# CSE

MOBILITY & SCRUBS

Shop Our Huge  
Selection of Medical  
Supplies & Scrubs!

972-757-7636  
www.csemobility.com  
100 Plaza Drive, Ste. 300  
Red Oak, TX







**Sacred Inc.**

*"Where Platinum Services  
Are Rendered"*



**Funeral Home - Florist  
PreNeed - Printing  
Luxury Transportation - Travel**

1395 N. Highway 67 South, Cedar Hill

214-376-7273 OFFICE | 214-376-7272 FAX

Email: [sacredfh@live.com](mailto:sacredfh@live.com)

Website: [www.sacredfuneralhome.com](http://www.sacredfuneralhome.com)



## Crossword - Sudoku Solutions

1	A	2	W	3	H	4	I	5	L	6	E				7	T	8	A	9	N
10	B	R	A	C	E	R									11	P	O	R	T	
12	M	Y	D	E	A	R									13	I	N	C	H	
															14	S	O	D	A	S
16	P	D	T												19	T	R	I	N	I
22	R	E	H												23	A	B			
25	O	N	E	G	I	R	L								26	P	O	L	I	O
															28	M	E	T	O	O
29	U	P	O	N											31	A	M	E	N	D
36	M	I	S	T											37	R	A	G	I	N
38	M	E	T												39	S	T	O	P	A

Easy

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

Medium

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

## HAPPY St. Patrick's Day

Champions Cove wishes you and your family a very Happy St. Patrick's Day. Be one of the lucky few who enjoy senior living at its finest in our delightful community. It's perfect for making new friends and memories. Stop by or call for a tour today!

*Champions Cove*

Award Winning Senior Living

**972.298.5545**

[ChampionsCove.com](http://ChampionsCove.com)



1600 South Main St., Duncanville, TX 75137







*Happy  
St. Patrick's Day!*

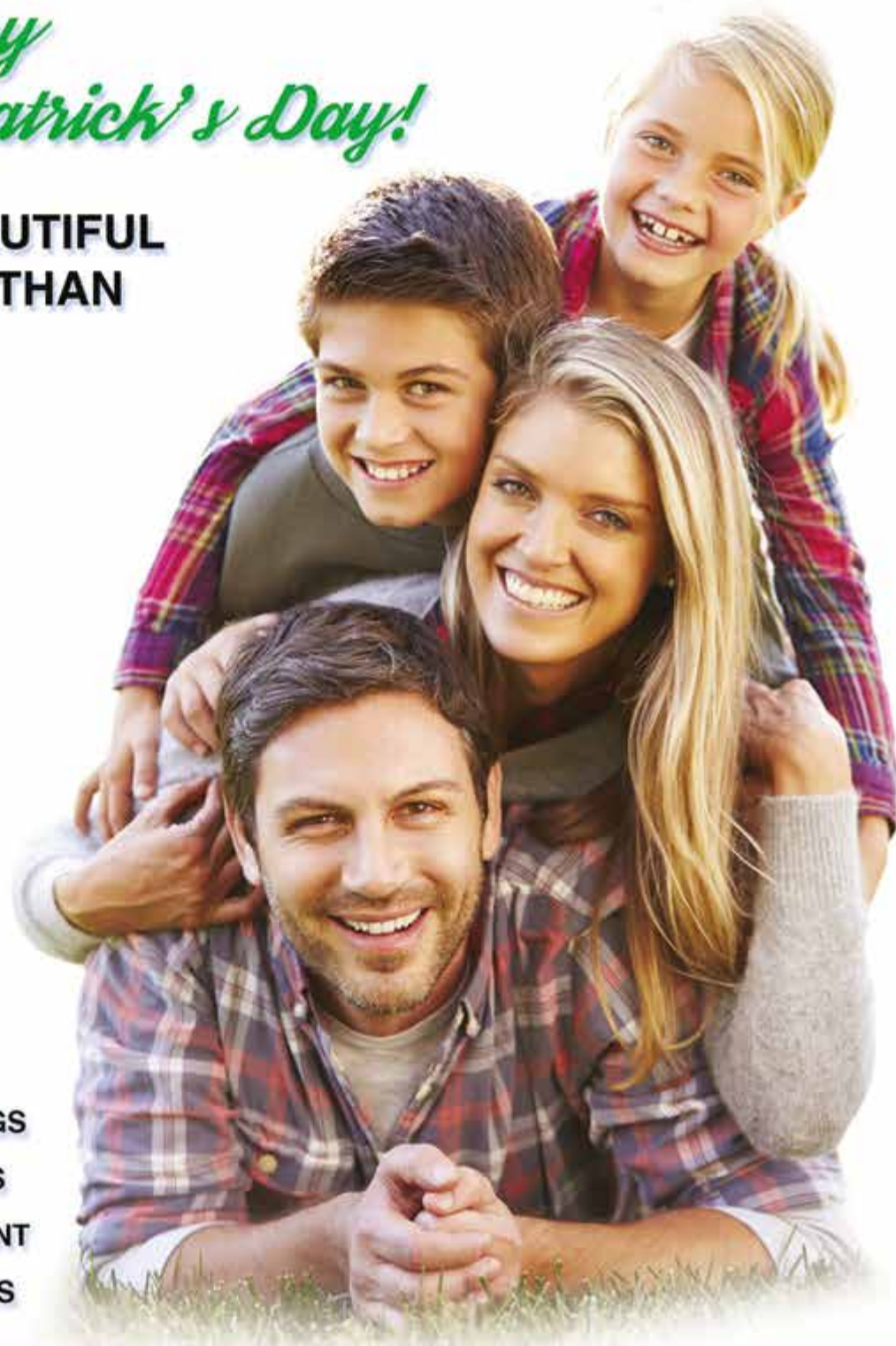
**CREATING A BEAUTIFUL  
SMILE IS EASIER THAN  
YOU THINK.**

**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](http://www.williamabrowndds.com) • [williamabrowndds@gmail.com](mailto:williamabrowndds@gmail.com)**

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



# COME CELEBRATE THE MIRACLE!



**EASTER SUNDAY SERVICE TIMES:**  
**8:00AM, 9:00AM, 10:30AM,**  
**12:00PM, 6:00PM**

CHURCH on the *Hill*

MIRACLE  
WEEKEND

1375 NEW CLARK RD CEDAR HILL, TX 75104