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APRIL 2022

It's a Family Thing

Mark Rios turns
Cedar Hill into his
back lot

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Scavenger Hunt

Crossword/Sudoku

In the Kitchen With
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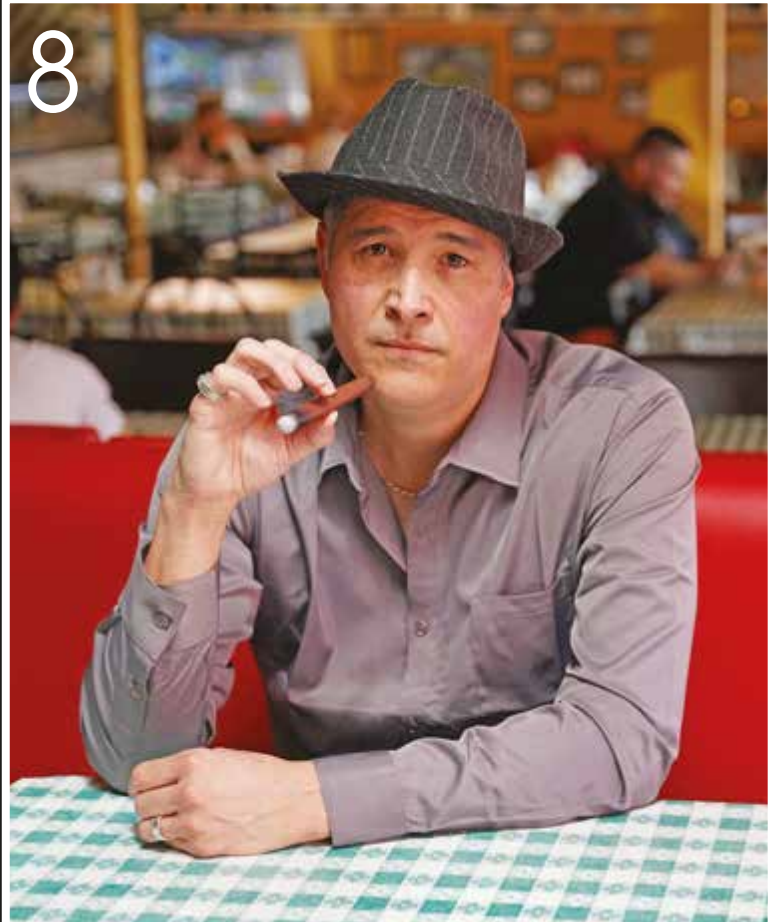
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Mark Rios will "make-a you an offah" you can't refuse.

Photo by
Shane Kirkpatrick.

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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.



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EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
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Happiness is a warm puppy ...

So said Charles Schulz, creator of the Peanuts. It's incredible how smart dogs are. And how funny. Almost a year ago, we bought a couple of Labradors. They were tiny balls of fluff that fit in my hand. But man, do they grow fast! They're half-brothers (same father, different mothers), born a day apart.

Murphy is a silver, with bright green eyes. They were blue when he was born, but they changed quickly. His fur started out sort of brown-ish, but it has continued to lighten toward something I'd call silver. He's tall and wiry and in constant motion. And he *loves* to chew.

Zachary is a black Lab, with fur that just shines and intelligent brown eyes. He has that beautiful, broad Lab head. He's big and muscular, with a little fat. He's so lazy he even lays down to take a drink! And he also *loves* to chew.

They are so very different from each other — and exactly the same. When they get to running, you're wise to get out of the way! Zach, especially, loves to dart between your legs. They love to steal sticks from each other, and to wrestle. It's like the puppy version of the WWE, inside and out for half the day. Of course, that's followed by nap time and lots of cuddles and pats. They both like their treats better than their kibble.

These guys were instantly at home, and it already seems like they've been part of the family way longer than a year. Whoever said dogs are man's best friend couldn't have told more truth.

Time to go scrub some heads!

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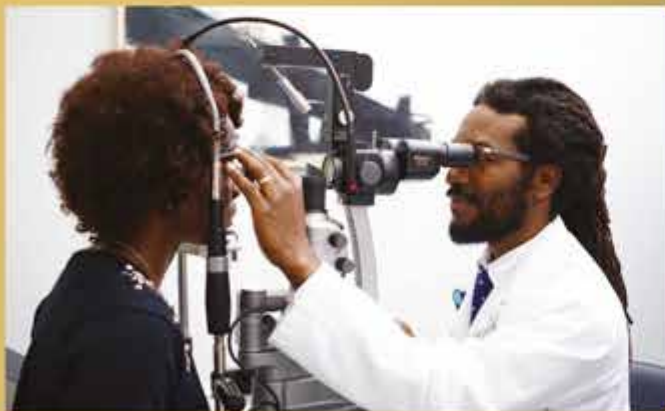


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It's a
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Mark Rios is a fan of old gangster movies, like The Godfather and Goodfellas, so it was a given that when he turned his hand to filmmaking, he'd don a fedora and head to old town Cedar Hill. Well, at least the first part makes sense. The second part might surprise you.

Mark started as a stage actor, something he's been enjoying for 19 years, professionally. He's acted on stages all over the Metroplex and on the East Coast. He's performed in all sorts of roles, but when it came time to write, he reached for his favorite genre. "I've been a big fan of mobster movies since I was in junior high. They have great acting and story lines. I was just a whippersnapper in the '80s when my grandmother on my mother's side, rest in peace, was a big fan of the TV show *Wiseguy*. I used to watch it, too, and we would discuss the episodes. I still remember a lot of those episodes. One day, she got this letter. It was addressed to her and had this long string of numbers in the upper left corner. I asked her, 'What are those numbers?' She replied, 'Oh, that's his prisoner number.' She told me that relative's father was rumored to have mob connections. That kicked my interest to the next level. He's still in prison, but he's completely turned his life around and is a minister now."

Mark got the idea for writing a screenplay back in the early 2000s, when he was on-stage in a live play. "A good friend, Brent, and I were in this play on the East Coast. In this scene, as the curtain came down, we were supposed to be chatting, but without the mics. So we were ad-libbing, chatting about movies we liked, and we both liked



A FAMILY THING

— By Adam Walker



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mobster flicks. We decided that someday we should do a mobster-themed stage production. I decided that if I ever got the opportunity to do a mobster film, I should jump at the chance."

Years later, in 2018, he was helping a friend with a historical documentary. That friend agreed to come on board as the director of photography for Mark's project. "I talked to J.R. about filming my mobster story when we finished, and he agreed. The rest is history. He allowed my idea to come to life. It's a series of mini-episodes called *A Family Thing*. I'm based in the Duncanville/Cedar Hill area, so when I started thinking about locations, I looked here. I know one of the guys who own Sam's Pizza. I love to eat there, so I spoke to him and asked him what it would take to film some scenes in the restaurant. He thought it was a great idea because he loves the genre, too. I've also filmed exteriors at 1846 Coffee, and plan on shooting interiors there and at Wise Guys Old School Barbershop. They have all these mobster characters on the walls. There are some great alleys behind these old buildings, stuff that looks like what you find on the East Coast. I like filming here. When I'm scouting locations, I know a lot of these people. I have a little bit of a relationship with them. I shop there, eat there. And I know some of the local talent, because I've worked with them on stage over the years." Shortly after the project got off the ground, J.R. moved to Colorado, and Mark found a new DP in Rik, a friend from church.

When it comes to writing episodes for his series, Mark has a wealth of knowledge to draw on. "Some of my ideas are loosely based on true elements. I read a lot of true crime and

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gangster history. Ideas pop into my head, and then I get feedback from my DPs, etc. Bouncing ideas off my co-workers is an important part of my writing process. I'll call Jay, from my film crew, or text him, 'You know that idea you had yesterday, I'm using that!' Mark isn't sure how long he'll keep filming his 15-minute episodes, but for now, it's a good thing. "We're on this new streaming service, BeeTV, on all the platforms. And there are a lot of people watching. As long as that's true, I'll keep writing and filming episodes. The streaming service has had over a million views so far! And we're getting a lot of good feedback, so we'll keep going! Oh, and the pilot episode is also available on Prime."

The success of *A Family Thing* hasn't kept Mark from developing other projects. "I'm working on a stage production about Dallas during the Prohibition era. The characters are real people from Dallas' past, but I and my fellow producer put our own spin on the story. I'm excited about this project. I'm in the process of shopping it to different local theaters around DFW right now. I feel really blessed to be doing what I'm doing. God is good. I love screen work. It's been a great ride!" **NOW**



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DREAM BIG, Dream Young

— By Adam Walker



Teens are all over the map. Every parent knows that. Sports and fashion, anime and gaming, careers and clowning, music and mayhem. No two of them have the same interests, and one of them may change favorite passions three times before breakfast, while their sibling has one interest that trumps everything for years on end. That's why, when Marq Runnels and the DeSoto Public Library decided to do something special for the teens in our communities, they named it the Best Southwest Everything Teen Expo. If your teen is into it, the expo has something for them.

"The expo got started because I had been working with teens here in the library for quite a while, but we can only serve so many here. We wanted an event that could serve a lot of teens in a lot of different areas of interest," Marq explained.

When Marq and her team started the event in 2016, it was fairly small. "We only had a few vendors. But about 500, mostly DeSoto teens, attended that year. Some of them showcased their talents, but we had two goals: to be a one-stop shop for everything teens are interested in and to present teens in a positive light. Every year, it has grown. COVID-19 canceled the expo for the last two years, but in 2019, we had about 2,500 teens show up."

As the event grew, so did the number and variety of vendors, many of whom are teen entrepreneurs. Teens present their products, showcase the clubs they enjoy, attend workshops by guest speakers, perform dances and music, show off their cooking skills. "We have teen writers and entertainers and teens who are doing outstanding things in their communities. We have groups from schools in Dallas and Frisco and beyond who come to present about the fun and important things happening at their schools, and, of course, all the Best Southwest cities are well represented. We even had a group of girls from Nigeria who presented by livestream about life in their country."

In among the fun, a lot of serious stuff happens, too. There are workshops on human trafficking, cyberbullying, running a business,

getting into colleges and mental health. The resource tables provide help for both teens and their parents in dealing with difficult issues that teens face, like dating violence, nutrition and fitness, addiction treatment and prevention. “We have the workshops because we didn’t want it to just be entertainment. We want the teens to learn something about the things they care about. It’s not just laser tag and food, even though those are important, too,” Marq explained.

“We have had classes on everything from sewing to dance and art. There are cosmetology tables and a prom fashion show — and the cupcake wars. We’ve had radio stations and DJs. We’re restarting this year and put a lot of effort into planning the event scheduled for April 30. We don’t want teens who attended in previous years to be disappointed. We’re making sure we have enough going on to make it fun. This is important because teens are our future. We want to make sure they have access to the resources and services to build their lives and stay connected to the community they’ll be leading one day. We have to make time for them and their interests. These are smart, inquisitive, creative people. They just need someone to invest time in them. We have the police and fire departments here to present. Big machines like squad cars, SWAT vans, drones and firetrucks are popular. Some of our teens have considered careers in public service for the first time after meeting these first responders. Doctors set up for health screenings and blood pressure checks. Lawyers, artists and others present about their careers. The teens hear from colleges, trade schools, the military and job corps. There are a lot of options they may not have considered, so we highlight a lot of different careers and educational opportunities.” Teens can even earn community service hours for participating.

When this first started, Marq and her team were taking a risk that it would all work out and meet a need they saw. Now it’s a nonstop festival of options for teens from all over. NOW

Editor’s Note: For more information, including how to register, see desototexas.gov/everythingteenexpo.



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Michelle Carter-Pope from Texas Trust treats students at Cedar Hill Collegiate Prep for achieving STEM goals.

Zoomed In: Jaylen Townsend

By Adam Walker

Jaylen Townsend had fun learning a new skill. "It was my first time driving a forklift. It was kind of confusing at first," he said of mastering rear wheel drive. "But I really, really enjoyed it. After a couple of hours, it was amazing! I'd like to have my own, to customize!"

Jaylen probably has the skills to do that, as he is a student in CHHS's welding course. "I chose to study welding because it will help further my business. I want to do metal artwork, big outdoor art and small figurines made from scrap." Watching videos on YouTube is how he clued into this art form. "I'm getting to do cool stuff in my classes. I'm really loving it. These classes are fantastic!"



The CHAT team takes care of Cedar Hill's youth.



Gahwena Coffee Company cuts the ribbon and prepares to brew up some business.



Motto Mortgage cuts the ribbon on their new location.



West Middle School PTA in DeSoto hosts a hip-hop fitness fundraiser.



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Waterford Oaks Elementary school counselor Ryann Campbell wears her tutu on 2/22/22.



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BusinessNOW

Kosmic Kids Learning Center

— By Adam Walker

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Kosmic Kids Learning Center in DeSoto offers two learning environments for your children. The location on Pleasant Run accepts children from 0-12 years old, while the Hampton location only accepts school-age children from ages 6-14. Administrative Program Regulator Tayloria Green explained, “We



aren’t just a day care. We’re a learning center.” In addition to before and after care for all ages, we offer an accredited Christian-based curriculum for children 0-5 focusing on basic motor skills, social interaction skills and preparation for kindergarten. We have educational activity centers in each classroom which include a learning laboratory, a music center, a dramatic play center, a reading area, a writing area, an arts and crafts center, a manipulatives center, a science center and a Spanish wall.” Their playground and all their play equipment are state approved.

A lot of things were scaled back during COVID-19, but as the pandemic abates, they are coming back. “Puppeteers, Stretch & Grow, storytellers and other fun entertaining activities are coming back. Our experienced and qualified staff are very loving, reliable and caring. We are a Texas Rising Star 4-star rated facility in DeSoto, which means the state of Texas has examined and oversees our program to ensure that this is the best facility possible for your children. Our center transportation

team provides safe travel to and from all public and private schools in DeSoto, Lancaster and adjoining areas of Dallas.”

As a participant in the CACFP food program, they are able to offer three healthy, nutritional meals to every student enrolled, free of charge. “These nutritious meals — breakfast, lunch, afternoon snack and dinner (for School Age Center) — are prepared daily at our center by our wonderful kitchen staff,” she said.

Kosmic Kids Learning Center management staff is aware that raising kids can be expensive, so Owner Belinda May has made financial assistance and discounts available for all who qualify. “We are very competitively priced. We’re one of the most affordable options in DeSoto,” Tayloria emphasized. “We have excellent employee retention — 90 percent of our employees have been with us four years or more. Our center director, Kenya Crumpton; assistant director, Donyell Williams; and site director, Audraetta Drake, are all amazing, as are all our teachers and staff.”

Tayloria is equally excited about their summer camp program and wonderful summer camp counselors. “We have one of the best summer camp programs in the city. With daily activities, we attend VBS, visit museums, theme parks, the summer movie club, Peter Piper and Chuck E. Cheese. We have visited Dinosaur Valley State Park, which was a great adventure. Our students enjoy going bowling, skating and trips to the Dallas library. Of course, swimming is one of the most popular activities.”

With their space-themed classes, from the Baby Dips, Little Dippers and Big Dippers to the Comets, Stars, Rockets and Meteors, all the rooms are brightly painted with spaceships, stars and planets. The same holds for the Explorers in the after-school program. With bright primary colors predominating, from the slides and climbing apparatus in the playground to the walls and chairs inside, happy energy radiates from the surroundings. Meanwhile galaxies of possibilities swirl overhead. Everything from the fish tank in the lobby to the meals served is designed to keep kids learning, entertained and growing. Give them a call for more information. **NOW**



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A woman with long brown hair, wearing a green and blue long-sleeved shirt, is smiling in a kitchen. She is standing behind a wooden cutting board on a granite countertop. On the cutting board are a light blue bowl and a patterned bowl filled with food. In the background, there are white kitchen cabinets and a stand mixer.

CookingNOW *In the Kitchen With* BROOKE REYNOLDS

— By Virginia Riddle

A self-taught cook, Brooke Reynolds enjoys cooking with her husband, Todd, and their four children. “We decided to incorporate a monthly cooking night into our family routine,” she stated. “We choose a country and find a dinner recipe, and we learn about that country. If we know natives of that country, we invite them for dinner.” The family also shares meals with friends and family.

While residing in Salt Lake City, the family volunteered cooking for Ronald McDonald House residents. “Our kids have been cutting veggies, stirring soups and mixing batters since they were very young!” Brooke added.

As First Light Charities founder and a stay-at-home mom, Brooke said, “For me, cooking is a release. It’s almost like a meditative time for me.” **NOW**

Chimichurri Mac & Cheese

Chimichurri Sauce:

1 bunch parsley leaves
1 bunch cilantro leaves
2 tsp. garlic, minced
2 Tbsp. lime juice
2 Tbsp. vinegar
1 tsp. dried oregano leaves

1 tsp. cumin
1 tsp. salt
1 tsp. dried minced onion
1/4 tsp. red pepper flakes
1/4 tsp. ground black pepper

Mac & Cheese:

1 16-oz. pkg. shell pasta or other favorite noodles

Dash of salt

2 carrots, diced
1 red bell pepper, julienned
1 jalapeño, thinly sliced
1 Tbsp. oil
2 12-oz. cans evaporated milk
4 oz. pepper jack cheese, shredded
4 oz. Monterey Jack cheese, shredded
8 oz. sharp white cheddar cheese, shredded

1. For chimichurri: Blend all the ingredients in a food processor; set aside.

2. For mac & cheese: In a medium pot, cook the pasta with the salt and enough cold water to cover the noodles. Bring to a boil. When all the water is absorbed, remove the pasta from the heat. Drain the *al dente* pasta, but don’t rinse the noodles. Return the noodles to the pot; set aside.

3. In a medium pan, sauté the carrots, red peppers and jalapeños in the oil. Remove; drain.

4. Over a low heat, add the evaporated milk to the noodles; stir.

5. Add the three cheeses slowly; mix until the cheeses melt. Add the chimichurri sauce; stir in the vegetables.

Creamy Tomato Basil Soup

Makes 12 servings. Serve with a favorite bread or grilled cheese sandwiches.

6 Tbsp. butter
1 1/2 cups onion, chopped
3 garlic cloves, minced
6 cups chicken bouillon
2 medium-sized apples, chopped
3 28-oz. cans whole peeled tomatoes
3 cups carrots, sliced
4 Tbsp. basil
3 Tbsp. sugar
1 1/2 cups heavy whipping cream
Salt, to taste
Pepper, to taste

1. In a large pot, melt the butter. Sauté the onion and garlic until the onions are translucent.
2. Add the bouillon, apples, tomatoes, carrots and basil; bring to a boil. Lower the heat; simmer for 20-25 minutes until the carrots are soft.
3. Blend the soup with an immersion blender or transfer the soup to a blender in batches. Stir in the sugar, heavy cream, salt and pepper; reheat the soup before serving.

Greek Chicken Salad

Serve with a favorite hummus on the side.

Chicken Marinade:

2 chicken breasts, cut in bite-size pieces
1/3 cup vinegar
1/3 cup olive oil
1 Tbsp. oregano
1 tsp. garlic
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. red pepper flakes

Dressing:

1 cup vinegar
1 cup olive oil
1/2 cup water
1 Tbsp. oregano
1 tsp. thyme
1 tsp. salt
1 tsp. pepper

Salad:

1/2 onion, sliced
1 red bell pepper, thinly sliced
8 mushrooms, sliced
4 pickled carrots
Feta cheese, to taste, crumbled
Kalamata olives, to taste, halved
1/2 cucumber, diced
2 Roma tomatoes, diced
Homemade pita bread



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1. **For marinade:** Combine the chicken with the marinade ingredients; let the mixture marinate while preparing the dressing and the vegetables for the salad.
2. **For dressing:** In another bowl, mix all the dressing ingredients; set aside.
3. **For salad:** In a skillet, sauté the onions, bell peppers and mushrooms for 5 minutes, or until the vegetables are softened; set aside.
4. In another skillet, cook the marinated chicken until done. Build the salad by combining all the salad ingredients with the chicken in a large serving bowl; add the dressing before serving the salad with pita bread.

Orange Beef

Peel of 1 orange, grated

Juice from 2 oranges

2 1/2 Tbsp. extra-virgin olive oil
(divided use)

1 Tbsp. soy sauce

1 Tbsp. rice or white wine vinegar

1 lb. skirt steak, thinly sliced on the diagonal and halved crosswise

1 1/2 cups long-grain white rice

1 3/4 cups water

1 bunch scallions, white parts thinly sliced and green parts cut into 1-inch long pieces



Creamy Tomato Basil Soup

1 Tbsp. brown sugar

2/3 cup cilantro, finely chopped

Salt, to taste

1. In a large bowl, add the orange peel and juice. Stir in 1 Tbsp. of olive oil; add the soy sauce and vinegar.
2. Add the steak; turn to coat. Cover; refrigerate for 30 minutes.
3. In a heavy saucepan, bring the rice and water to a boil. Cover; simmer for 20 minutes. Fluff with a fork; keep warm.
4. In a wok or large skillet, heat 1 Tbsp. of olive oil over high heat. Using tongs, transfer

the steak to the wok/skillet; cook for 5 minutes, turning once. Remove the steak to a plate, reserving the marinade.

5. Add the remaining 1/2 Tbsp. of olive oil and the scallions to the wok. Cook over medium heat, stirring about 2 minutes until the scallions are wilted. Add the scallions to the steak.

6. Pour the marinade into the wok/skillet. Bring it to a boil; lower the heat by half. Whisk in the sugar. Add the steak and scallions to the wok/skillet; turn to coat.

7. Add the cilantro to the warm rice; season with salt. Mound the rice, covered by the steak onto each plate.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.



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HICO

— By Lisa Bell

MISSING THE



The historic town of Hico, Texas, made its debut on Honey Creek in the late 19th century. With the coming of the railroad, the town's forefathers moved toward the new mode of transportation in 1880, a decision that proved prosperous for the community. New landmark buildings appeared, which have now withstood more than 100 years of the ebb and flow of commerce and populations. Hico prospered as the shipping center for cotton and other crops.

Many of the historic buildings remain along the main streets of the town, transformed into shops and restaurants, with fresh entities opening. Many, however, visit the small community for a more notorious reason. Locals adhere to the legend that Billy the Kid lived there as an old man. In the middle of the main street, a small museum tells the stories, providing scores of artifacts from the man they knew as Brushy Bill Roberts. For historians, a visit to the museum offers facts about Billy the Kid, whether or not you believe the local tales. Outside the room with Billy's life story, other historic artifacts exist for visitors to browse.

Near the museum, Blue Star Trading Company houses a fun shop ranging from clothing to furniture and a gallery featuring local artists. An antique riding horse and life-size stallion make it a fun place for all ages to visit.

Upstairs in the mezzanine you will find a post office front and other antiques, including a vault built around the safe inside. When a fire destroyed the entire mezzanine, the vault became a floating time capsule. No one had the combination to the safe, but when they finally opened it, they discovered letters, documents and ledgers from 1917 to 1940. With the mezzanine restored, the upper part now houses a pictorial history of Hico. Doubling as an event center, the pictorial experience takes a step back in time.

All buildings in the downtown area contain brick or rock walls, built in earlier centuries to stop raging fires from moving between shops. From the city watering station to a historic log cabin at Peppermint Square, the museums and buildings Hico contains offer enough history to keep any interested person busy all day. Throughout the city center, murals painted on walls also give visitors an opportunity to view art. Entering the area, you can't miss the iconic larger-than-life letters HCO. The space between H and C allows visitors to become the I in Hico.

For those who prefer the outdoors and adventure, the city park includes RV parking spaces. Situated beside the Bosque River, visitors can enjoy nature. Nearby, Pete's Path winds around a sports complex and contains a disc golf course. Designed in honor of fallen heroes, the trail provides a paved sidewalk for exercise and dog walks while strolling along the river. Picnic tables dot the area for those who want to enjoy a meal or snack.

A newer attraction to Hico, Siloville opened in 2015. Built from three silos, it offers harnessed climbing, both indoors and out, low ropes, ninja warrior courses and ziplining. The less adventurous can climb a ladder and watch the sunset from the top of the silos.

With ample places to stay and eat, visitors can plan a weekend in the small community to step back in history and enjoy a bit of adventure. Located 100 miles or less from the DFW Metroplex, it also makes a fantastic day trip. **NOW**

Photos by Lisa Bell.

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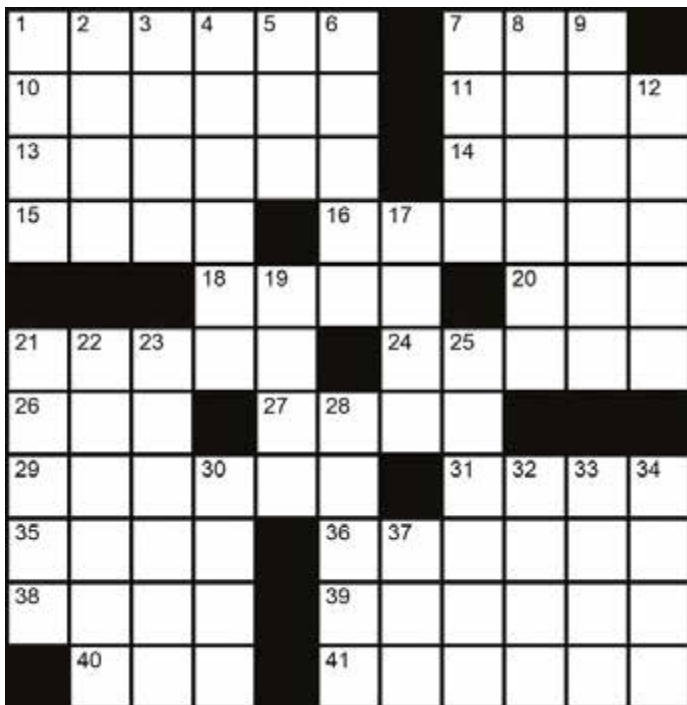


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Across

- 1 Workout woes
- 7 Kind of stock option
- 10 Go bananas
- 11 "... neither and you say neither..."
- 13 Pay back
- 14 Fermented rice drink
- 15 Kernel
- 16 Evita's successor
- 18 Isn't slang
- 20 Edge
- 21 Leaves port
- 24 Starts the show
- 26 Cribbage marker
- 27 Hawkeye state
- 29 Becomes violently active
- 31 Dull to learn by
- 35 Roman aloha
- 36 Aviator Earhart
- 38 On one's rocker?
- 39 German children
- 40 Beat it
- 41 Remodels

Down

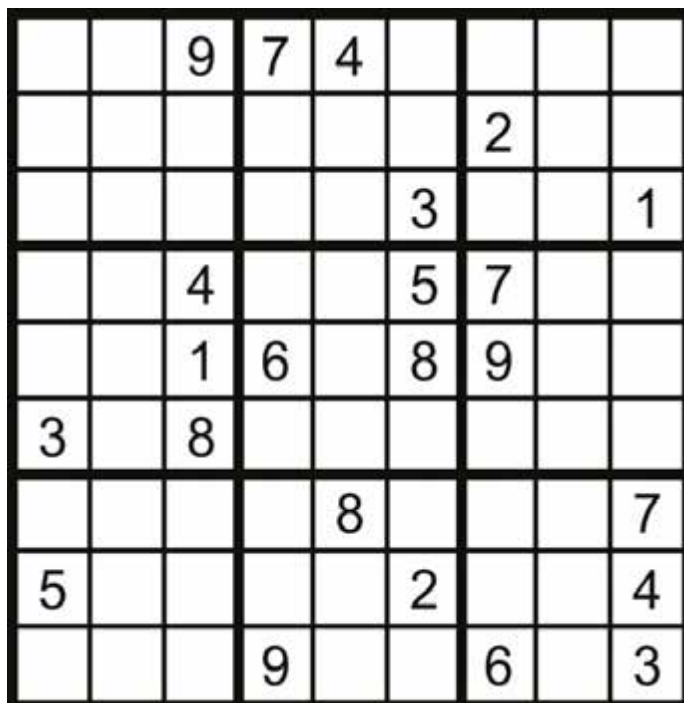
- 1 Silent one
- 2 Wander aimlessly
- 3 "... take arms against ... of troubles" (Hamlet)
- 4 Crackers
- 5 Cast lead block
- 6 Bierkeller mug
- 7 Its most famous landmark does not look normal!
- 8 Working OK
- 9 Bamboozle
- 12 Shri! cries
- 17 Store afloat
- 19 "Till the Devil whispered behind the leaves, 'It's pretty, but ... Art?'" (Kipling)
- 21 Detailed requirements
- 22 Forward pass
- 23 Crested herbivorous lizard
- 25 Immediate ancestor
- 28 Honshu port
- 30 Composition in verse
- 32 Ye ... Tea Shoppe
- 33 Layer of a wedding cake
- 34 Corn spikes
- 37 .001 inch

Solutions on page 44

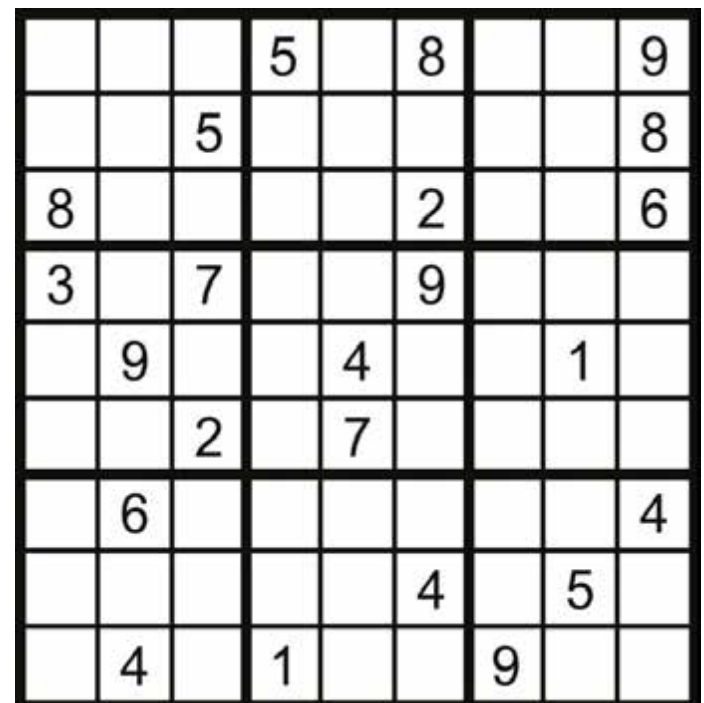
For online versions, visit nowmagazines.com

Sudoku Puzzle

Easy



Medium



CrosswordSite.com Ltd

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Solutions on page 44

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Angie's list     



SouthwestNOW Scavenger Hunt



Find 5 hidden
Clocks

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 April 15th.
To ensure your Scavenger Hunt
answers go in the drawing,
you must use the

Scavenger Hunt Email

scavenger.swn@nowmagazines.com

..... **WIN!**

\$50 Cash Prize

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NOW Magazines

scavenger.swn@nowmagazines.com

Winner must pick up prize
within 30 days of drawing.

Clocks were found on
pages 11, 23, 28, 36, 43

March winner is:
Linda Cavett - \$50 Cash
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scavenger.swn@nowmagazines.com



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Happy Easter!



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**SCAVENGER
 HUNT
 WINNER!**



**Paul Codispoti won a
 \$50 cash prize courtesy of
 SouthwestNOW Magazine!**

Hello, Spring

Due to COVID-19, 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.

APRIL

4/1

Once Upon a Time Princess Party:

Hillcrest Church and DBU's Zeta Chi sorority host a night of magical fun for your little princess while supporting Refuge House in the fight against human trafficking. \$15, \$10 each additional princess, 2 adults free. 6:00-8:30 p.m., Hillcrest Baptist Church gym, 265 W. Pleasant Run Rd., Cedar Hill. Register at <https://www.hillcrestbc.com/events/2022/02/once-upon-a-time-princess-party/>.

4/2

Third Annual Spectrum Party:

Enjoy crafts, activities and

experiences focused on sensory exploration for children on the Autism spectrum or with other special needs. Free. 1:00-3:00 p.m., DeSoto Library, 211 E. Pleasant Run Rd., DeSoto.

4/4

Trinity South Arts Series Presents Adkins and Nelson:

Principal cellist of the DSO, Christopher Adkins, and pianist, Stephen Nelson, present an evening of classical and Christian music. Free, but registration required. 7:00 p.m., International Linguistics Center, Event Center, 7500 W. Camp Wisdom Rd., Dallas. See www.tinyurl.com/TrinityArtsA-N for tickets.

4/9

Easter Eggstravaganza:

Children 9 and under, bring your baskets! 10:00 a.m.-noon, Les Zeiger Park, 405 Eagle Dr., DeSoto.

Earth Day:

Come celebrate Earth Day and Arbor Day all in one event. Free. 10:00 a.m.-2:00 p.m., Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill.

Beginning African-American Genealogy With Ari Wilkins:

Join this national speaker in learning how to start researching your African-American roots.

Free. 11:30 a.m.-12:30 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

Corks, Kegs and Cars:

Enjoy cool cars, local breweries and wineries and live music. \$5. 213 N. Hwy. 67, Cedar Hill.

4/30

Best Southwest

Everything Teen Expo:

Come experience the whole world of teen life. Free. 10:00 a.m.-3:00 p.m., DeSoto Civic Complex, 211 E. Pleasant Run Rd.

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



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**Urgent
Health
Warning:**

An Important HEALTH WARNING for Men and Women Age 55 or Older!

**Do You Suffer from *Pain, Burning, Numbness,*
or *Tingling* from Nerve Damage Caused by
Diabetes, Infection, or *ANY* of the Other
Conditions Listed in this Urgent Special Report?**

*If so, now you can virtually end your discomfort,
protect your health, and help you live a more active life.*

Dear Suffering Friend:

Tens of millions Americans have nerve damage — a condition known as “neuropathy.”

The most common symptoms of nerve damage are pain, burning, tingling, and loss of feeling in your feet, legs, and fingers — with the pain ranging from mild to almost unbearable.

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:



- ✓ Alcoholism
- ✓ Autoimmune diseases
- ✓ Vitamin deficiencies
- ✓ Liver disease
- ✓ Underactive thyroid

- ✓ Repetitive motions such as typing
- ✓ Bone marrow disorders
- ✓ Certain prescription medications
- ✓ Falls, sports injuries, and other trauma
- ✓ Wearing a cast or using crutches

- ✓ Chemotherapy
- ✓ Tumors
- ✓ Infections
- ✓ Kidney disease

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Crossword - Sudoku Solutions

1	C	2	R	3	A	4	M	5	P	6	S	7	P	8	U	9	T
10	L	11	O	12	S	E	I	T	13	A	V	14	S	15	A	16	K
17	E	18	A	19	I	20	N	21	T	22	L	23	I	24	P	25	S
26	P	27	E	28	G	29	I	30	O	31	W	32	A	33	R	34	O
35	T	36	S	37	E	38	R	39	U	40	P	41	T	42	S	43	E
44	C	45	I	46	A	47	O	48	A	49	M	50	E	51	L	52	I
53	S	54	A	55	N	56	E	57	K	58	I	59	N	60	D	61	E
62	L	63	A	64	M	65	A	66	L	67	T	68	E	69	R	70	S

Easy

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

Medium

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

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