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SouthwestNOW

M A G A Z I N E

JUNE 2021

Not Average

Wil Mentis reaches for big goals

Remembering Buffalo Soldiers

These great soldiers helped establish the Texas frontier

Also inside:

Scavenger Hunt

Crossword/Sudoku

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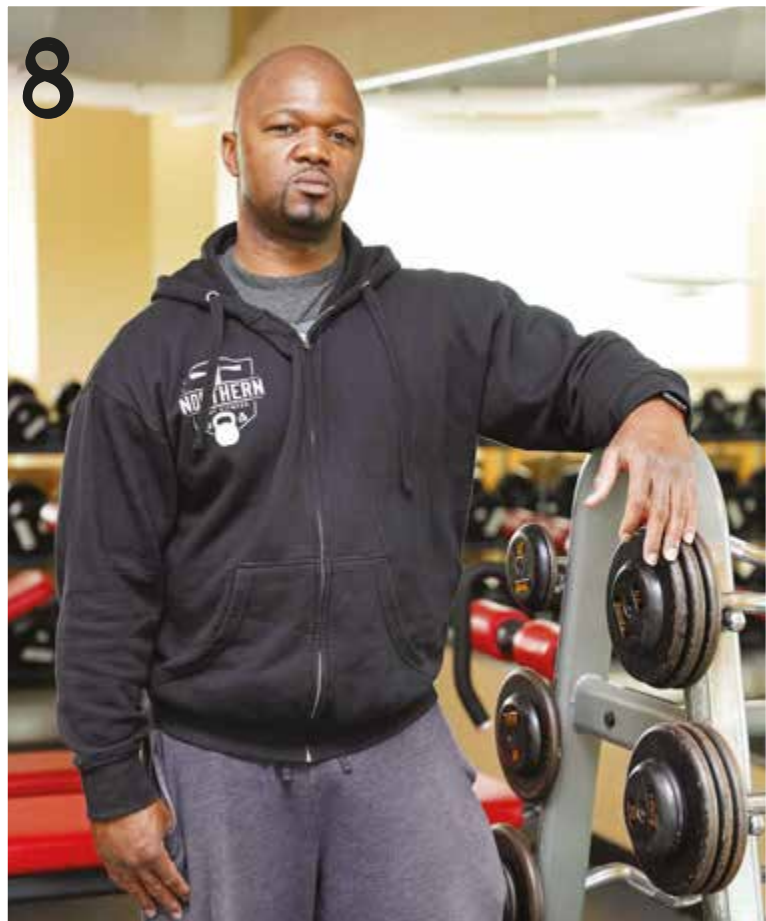
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Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

*Managing Editor, Becky Walker | Southwest Editor, Adam Walker
Editorial Assistant, Lori Widdifield | Writer, Angel Morris
Editors/Proofreaders, Lisa Bell . Rachel Rich . Virginia Riddle*

GRAPHICS AND DESIGN

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

PHOTOGRAPHY

*Photography Director, Chris McCalla
Photographer, Shane Kirkpatrick*

ADVERTISING

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

Billing Manager, Angela Mixon



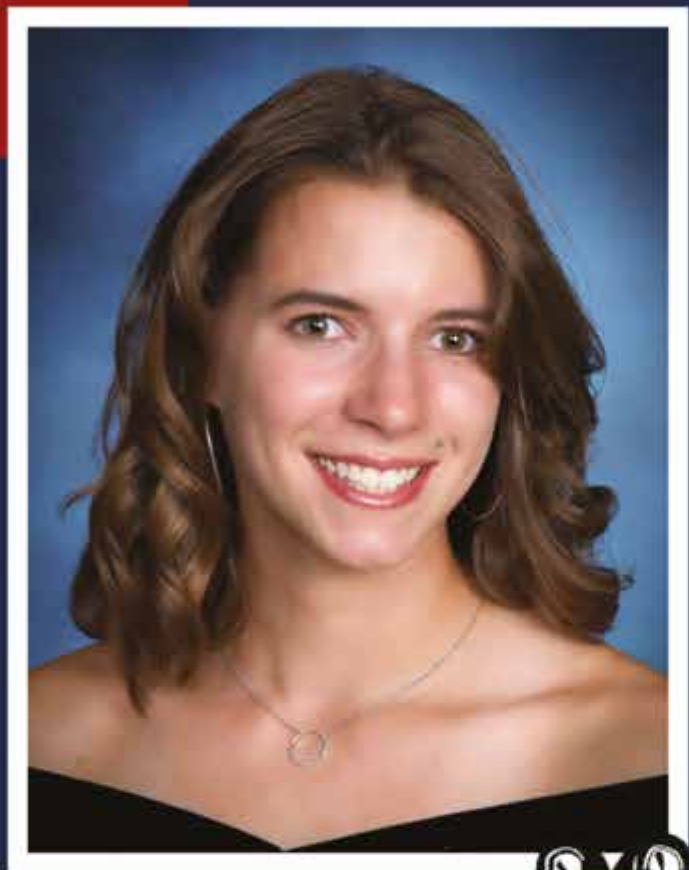
ON THE COVER

Wil Mentis gets in a set of curls.

Photo by
Shane Kirkpatrick.

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EDITOR'S NOTE



Adam

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

Street food...

That's something we don't do much of here. Well, we do more of it than we used to, but you have to know just where to find it. Out in front of the Grow DeSoto Marketplace, you can always find a few food trucks selling tasty treats. I stop and get something there when I'm visiting that part of DeSoto.

But I lived in Taiwan for three years, and I got used to street food being everywhere, all the time from early morning till way into the night. And the variety! You could stop at a stall for some *cōng yóu bǐng* (fried onion pancakes) for breakfast, grab some pork noodles for lunch and a rolled up crepe stuffed with tuna and corn for dinner. Of course, you'd have to stop for three or four green teas with plums or taro milk shakes or other delicious drinks to cool off as you walked to and from wherever you were going.

I guess that sort of thing only works where you have lots of foot traffic, and we tend to drive everywhere we go, even in those rare instances when the place we are going is within reasonable walking distance. I mean, we don't even have buses in our SouthwestNOW communities, so it's either drive or don't go. And then we want a sit-down restaurant with a nice patio, or a drive-thru so we can keep on driving, when hunger strikes.

Street food doesn't really fit with our transportation culture, but I miss it all the same. Some days, I just get to thinking about places I ate while I was in Taiwan, and my mouth starts watering, and my tummy gets to rumbling.

Never mind that sound, my stomach just wants to be in Taiwan!

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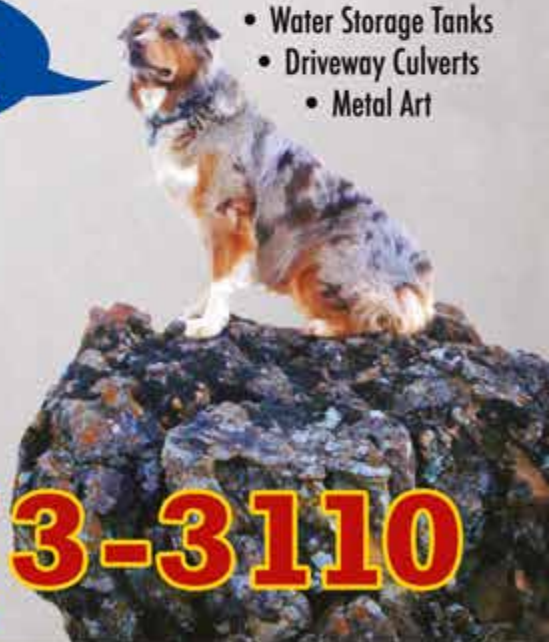
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A person is shown from the waist down, wearing dark pants and shoes, standing in a gym. A large, dark weight is visible in the foreground, partially obscuring the person's legs. The background shows gym equipment and a bright light source, creating a warm, orange-toned atmosphere.

Wil Mentis was like a lot of sixth-grade boys. He had superheroes like The Incredible Hulk and Superman for heroes. He wanted to play football, and he wanted to look like the guys in bodybuilding magazines. “My dad had a weight set in the garage, but he warned me not to touch it. Of course, I’d sneak out there and use it when he wasn’t home. So, when my brother and I were helping a neighbor clean out her garage, and she offered us her husband’s weight set ... She said, ‘You want it?’ I was like, ‘Yeah!’ I had to carry the whole thing home, one piece at a time, by hand. But that was the beginning of my journey with weights.”

When Wil started seventh grade, he joined the football team. He hadn’t played before, because Little League was expensive. He enjoyed football, a lot, but his favorite days were the days in the weight room. “I always wanted to be the best. There was this big board with all the max lifts posted. I wanted to be on that board.” By the time he left junior high, his name was up there with the heaviest bench press in the school. “My pastor’s son was really jacked, and I remember thinking I wanted to look better than that. I read *Muscular Development* and *Flex* magazines to learn new lifting routines from the pros.”

In high school, Wil branched out into more sports. He added track and basketball, while continuing to play football. But powerlifting continued to bring special enjoyment. “I benched 325 in high school. I found my time in the gym to be a real confidence booster. I wanted to be an ‘ideal athlete.’ So, I stayed focused on my nutrition. I never used weed, and the first time I tried alcohol was after I graduated. I didn’t want anything to slow me down. But I made some bad decisions. And then I had to make some *grown* decisions, so I joined the military.”

Wil was one of those guys who actually enjoyed boot camp. “I wanted to be this freakish super-soldier. I ended up with a medical discharge. Staying fit helped me recover from that. I played some semi-pro football with the Ft. Worth Avengers, and arena football with the Frisco Generals, but at the semi-pro level, if you get hurt, it’s all on you. I decided

NOT AVERAGE

— By Adam Walker





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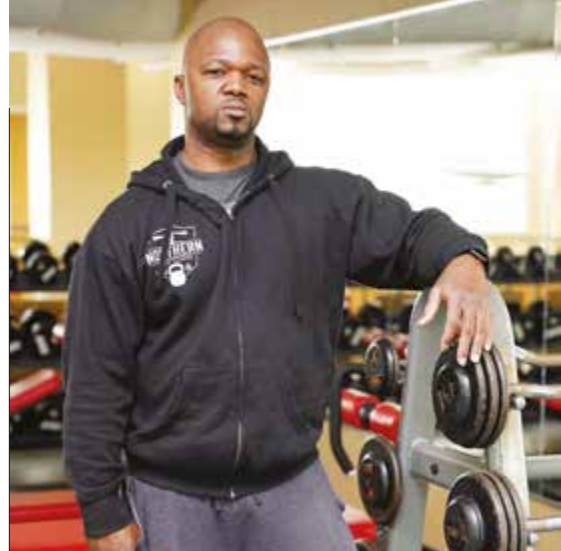
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it was smart to let that go. I struggled with depression for a time, and really let myself go. Getting back in the gym helped me get through the depression.”

Realizing what a central part of his life being in the gym and lifting weights had always been, Wil decided to turn to his love for a career. “I got a job at LA Fitness in Las Colinas, and then I helped open their gym in Grapevine. My trainers, and one of my managers, were bodybuilders. Those were fun times, working with them.”

Wil also realized that being fit has other benefits beyond looking good. “My father was diabetic. Actually, there are a lot of diabetics in my family. That’s why one of the things I focus on is helping people with diabetes on their fitness journey. I also enjoy training kids, helping them develop the kind of lifestyle that can help them avoid developing diabetes. It’s about teaching kids, while they’re young, how to be healthy, without sacrificing every piece of candy, how to manage what they put into their bodies to get what they want out of them. Fitness was my best friend growing up. It helped me deal with depression. I was a very angry kid. I didn’t know how to let out my emotions. Fitness helped with that. It also helps me sleep. I guess that’s why I enjoy helping other people with their goals.”

Nutrition has become an area of study for Wil. “I’m still learning, but it’s a big interest. My philosophy is that it’s best to avoid extremes. A happy medium is best. I like a combination of ideas from a Mediterranean-style diet and a Keto diet. That gives you what you need without sacrificing too much. I believe in having a lot of foliage in your diet. But I’m not going to tell anyone

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that they have to cut all candy and cake from their diet. I love a good cookie. The problem is over-indulging.”

Wil knows the common complaints. “People often say things like, ‘This is easy for you. It’s what you do with your whole life!’ But they don’t realize that many trainers got into fitness because of their own struggles with weight. I have a sweet tooth, too. But when I start craving sweets, I try to sit back and ask myself, *What’s going on here?* I probably need to deal with whatever I’m struggling with in a different way. This last year has been hard. There’s been a lot of bad energy, like driving through pot holes. It can make you wonder, *Is this for me?* But now is the time to rebuild better than before.”



Wil has goals for his next chapter. He’d like to own his own gym someday. He’d also like to get into the kind of shape where he could compete in bodybuilding shows. “I’ve never wanted to be average, to look like everyone else. Maybe you can call it obsession. I want to compete and be able to say, at that point, I was in the best shape of my life. I’d like to look like Kevin Levrone or Lee Priest or Flex Wheeler. But right now, helping other people reach their goals is very rewarding.” **NOW**

Editor’s Note: Wil Mentis is the owner of Northern Light Fitness, and provides personal training for people at all levels of fitness.



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THE HOME CARE NETWORK PROVES "THERE'S NO PLACE LIKE HOME" WHEN CARING FOR ELDERLY

Dallas-based firm featured on regional lifestyle show



DALLAS - With more than 10,000 Baby Boomers crossing the 65-year-old threshold every day, it's no secret that this "gray tsunami" is causing society to re-evaluate how it cares for the growing number of elderly which will soon hit 73 million.

Founded in 1999, Dallas-based Home Care Network (www.homecarenetwork.com) anticipated this trend and responded with a comprehensive care strategy that allows these people to receive hospital-level care at home. Today, it is one of the premier companies of its kind and is regularly sought as media source for stories on this issue.

Recently, Home Care Network executive vice president Xavier McGilberry addressed these issues on the *Balancing Act* (<http://thebalancingact.com/home-care-services/>), a lifestyle show that airs on several local and national networks. In this segment hosted by Montel Williams, he discusses the services that allow their patients to live fulfilling and meaningful lives while receiving treatment at home.

"The overwhelming desire of aging Baby Boomers and their families is that they want to stay home," he said. "We allow them to do just that."

With a comprehensive menu of services, Home Care Network creates a detailed care plan based on communication with doctors and other health care professionals. These services include physical/occupational therapy, medicine management, and assistance with personal hygiene, bathing, and dressing. Specialized staff can also administer such activities as EKGs, blood work, and cardiac and pulmonary care.

"This is an important story for our society," said Lauren Berger, producer of the *Balancing Act*. "It was important for us to tell this story through the eyes of one of the country's premier providers. The Home Care Network clearly fit that criteria."

The Home Care Network builds its care plan through regular contact with physicians and families.

"Our staff is in regular contact with physicians and families so there are no gaps or mistakes in the care of a patient," added McGilberry. "This ongoing communication is the key element in allowing people to stay at home while receiving the best possible care. The ability to stay in a familiar setting - rather than a nursing home - does wonders for a person's state of mind and physical well-being."

Another benefit of the Home Care Network is that medical staff is available 24/7. Patients and family can call in and speak directly to a medical professional who has direct access to all charts and medications.

"This gives everyone peace of mind," said McGilberry. "Basically, our patients are never alone."

About the Home Care Network

The Home Care Network is one of the Dallas area's premier health care companies that believes ultimate independence promotes self-esteem and dignity within the family unit. Facilitation of self-care needs is a vital part of the home care role.

The firm is an advocate for patients and their families, providing hospital-like services in a home setting where they are the most comfortable and can interact and receive support from family members or care givers.

About the *Balancing Act*

The *Balancing Act* is the longest-running syndicated program running on Lifetime. It is a daily morning show that brings valuable solutions for today's on-the-go families.

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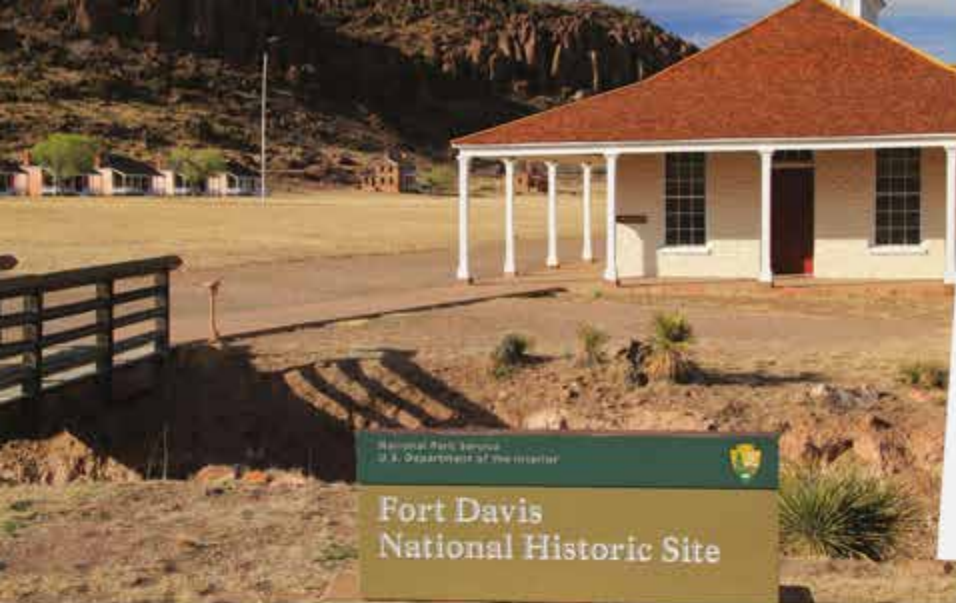
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The first regular Army regiments made of African-American soldiers are officially celebrated on July 28 with “Buffalo Soldiers Day.” The U.S. Army’s first peace-time, all-Black regiments were established by Congress in July 1866, honoring the significant contribution of some 200,000 Black volunteers to a Union victory in the Civil War.

About a year-and-a-half after the war, six peace-time regiments for Black enlisted men were created: “The 9th and 10th Cavalry and the 38th, 39th, 40th and 41st Infantry regiments (consolidated in 1869 into two infantry regiments, the 24th and 25th),” as documented by blackpast.org.

“Soldiers of these regiments between the Civil War and World War I have come to be called ‘Buffalo Soldiers,’” the site notes. It outlines that while most of the regiments’ officers were white, they were also led by five Black men, including Henry Flipper, who was not only the first Black West Point graduate, but also the first African-American commissioned officer of the Buffalo Soldiers. He went on to earn a 2nd Lieutenant Army commission.

In 1999, Henry was posthumously pardoned by President Bill Clinton for an “unduly harsh and unjust court martial and dismissal from the Army,” according to the National Veterans Memorial and Museum.

Buffalo Soldiers helped win dozens of battles against Native Americans, and served in Cuba with Teddy Roosevelt and the

Rough Riders. Buffalo Soldiers protected National Parks, served as park rangers, guarded roads, settlements and stage coach stations, among numerous other efforts.

History.com reports that “about 20 percent of U.S. troops participating in the Indian Wars were Buffalo Soldiers,” battling in at least 177 conflicts. Buffalo Soldiers also went on to defend the U.S. border with Mexico during World War I. Between the Civil War and World War I, records suggest 23 Buffalo Soldiers received the Medal of Honor.

In the last decades of the 19th century, the Buffalo Soldiers regiments formed a special kinship with the state of Texas, where Fort Davis became their Regimental Headquarters. The 9th Cavalry was first to occupy the fort, which was abandoned by the Union during the Civil War.

Soldiers spent the summer of 1867 constructing a new fort and protecting travelers. Joined by three Buffalo Soldier units over the next eight years, the men proved invaluable in many ways, not the least of which was “constructing over 91 miles of telegraph line west from Fort Davis,” blackpast.org notes.

“They arrived at the post in 1867 when western Texas was still very open to attack by raiding Apaches and Comanches. When the 10th Cavalry left in 1885, peace largely prevailed,” the site explains.

While trained for overseas combat during World War II, Buffalo Soldiers were deactivated in 1944, and in 1948, racial segregation in the military was eliminated by executive order of President Harry S. Truman. According to history.com, the Buffalo Soldiers proved their worth with “the lowest military desertion and court-martial rates of their time.”

Those numbers speak to the lore by which these Black men garnered the name Buffalo Soldiers, with some suggesting they were so dubbed by Native American tribes who held the buffalo in high regard. According to history.com, another theory



Photo courtesy of Huntsville-Madison County Public Library.

NG IERS

— By Angel Morris

is that the soldiers bore resemblance to buffalo with their dark skin and curly hair. Whatever the origin of the name, it led to the 10th Cavalry adopting the buffalo upon its crest in 1911.

Today, the Buffalo Soldiers National Museum in Houston is “dedicated to exploring and displaying the stories and contributions of African-Americans in the military by way of performing and visual arts, educational programming and exhibitions.”

When open, the museum offers educational programs exploring the contributions of African-American military personnel, such as the Buffalo Soldiers. Historical re-enactments, military-inspired art exhibits and group tours are just some of the ways the museum continues to keep the spirit of the Buffalo Soldiers alive. The reggae song, “Buffalo Soldier,” also commemorates the efforts of these men, who were slaves or descendants of slaves, fighting for a country that stole them from their own. **NOW**

Sources:

1. <https://www.blackpast.org/african-american-history/buffalo-soldiers/>
2. <https://www.history.com/topics/westward-expansion/buffalo-soldiers>
3. <https://nationalvmm.org/>

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Zoomed In: Bryan Frye

By Adam Walker

Longtime advertising representative for *SouthwestNOW Magazine* (and other NOW Magazines markets), Bryan Frye, welcomed his first grandbaby, Anthony James, into the world on *Star Wars Day*. "It feels great to be a grandfather. It's hard to describe," Bryan enthused. The proud grandfather made sure to snap his first picture with Anthony only hours after the little one made his grand entrance.

Bryan doesn't know what he's going to try to get the baby to call him yet. Though at least one co-worker made some less than helpful suggestions. What isn't hard to figure out is how proud the new grandpa is of his little man. May the Fourth be with them both!



Melecio Macias celebrates his retirement with the city of Duncanville after 36 years of service.



Letita Hughes celebrates with some of her biggest supporters on election day.



Aliyah Anne Dauenhauer and family celebrate her 13th birthday with an Alice in Wonderland theme.



Deldrick Burley of Permenter Middle School receives a check as CHISD's Secondary Teacher of the Year.



Mayor Pro Tem Mark Cooks helps Duncanville seniors Vicente Herrera and Elias Allen celebrate their accomplishment.



The ninth grade teachers of Village Tech celebrate Teacher Appreciation Day.



Cedar Hill ISD Superintendent Dr. Gerald Hudson and Texas A&M University-Commerce President Dr. Mark Rudin sign an agreement providing more education opportunities for CHISD students and staff.



DeSoto City Council celebrates May the Fourth with a little Star Wars humor.



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BusinessNOW

Mudhook Bar and Kitchen

— By Adam Walker

Mudhook Bar and Kitchen

100 S. Main St. #101B
Duncanville, TX 75116
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info@mudhookbar.com
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Hours: Tuesday-Sunday: 11:00 a.m.-2:00 a.m.
Closed Mondays

When Bryan Kaeser decided to open a bar and kitchen in Duncanville, he named it Mudhook, a slang term for an anchor, honoring his family's three generations of service in the Navy. "We're a Navy family going back to World War I," Bryan explained. "I created this place because I wanted somewhere in my own backyard where people could go to get high-quality



beef on a high-quality bun, without having to go to Bishop Arts or Arlington to find it. We're the only independently owned, full-service bar in Duncanville."

Providing what he calls a fun place to gather locally, Mudhook Bar and Kitchen has a full menu of different burgers, wings and flat bread pizzas. "We're known for our crispy fries," Bryan bragged. "And even better known for the burgers." Those fries, in the form of hash browns, figure in another dish they serve up — Fish on Chips — a unique sandwich of beer battered cod between crispy hash brown "buns" with a spicy sauce giving it just enough kick.

"We have a full bar featuring cocktails, a whole selection of craft beers and a small selection of wines. We're one of the few places in Duncanville that's open late, so we're popular with service industry workers and retail workers who come by after their closing shifts. We get busy around 10:00 p.m. People like to come here for the sense of community. They get to know

our staff and enjoy the quality of our food. And our patio is pet friendly.”

That sense of community extends beyond sharing a meal and a drink. Mudhook Bar and Kitchen, along with Black and Bitter Coffee, which is just around the corner and also owned by Bryan, host a whole calendar of community events. Every Thursday is Latin music night. Saturdays they have a variety of live musical performances on the patio. The first Friday of each month is a local arts event where local artists, musicians and other creatives set up to sell their wares. The last Friday of each month is a poetry night. And the third Saturday has a pet adoption event with Tri-City Animal Shelter.

“We’re the only independently owned, full-service bar in Duncanville.”

“During COVID-19, we had to make constant changes to our model. For a while we were serving as a community general store for hard-to-find items like toilet paper and bleach. We served free lunches to students of Duncanville ISD or any of the private schools in the city during the extended spring break and then again at Christmas. It’s my passion to run a neighborhood establishment. It’s important to give back to the neighborhood.” As part of that philosophy, Mudhook offers internships for students at Village Tech to learn the hospitality industry and entrepreneurship.

Black and Bitter Coffee has a new menu and new hours. Monday through Sunday, they are open from 7:00 a.m. to 2:00 p.m., with additional evening hours Thursday through Saturday from 6:00 p.m. to 10:00 p.m.

Both establishments have curbside delivery, with online ordering, so you never have to leave your car. But the dining rooms and patios are also open and ready to welcome you, at both locations, for when you feel comfortable returning to in-person dining. **NOW**

Chad McCurdy

CEDAR HILL CITY COUNCIL PLACE 4



Thank you to everyone who helped and supported me in my successful campaign for re-election. It's been a real privilege serving you over the last few years. I look forward to continuing to represent your interest in the community.

Sincerely,
Chad McCurdy

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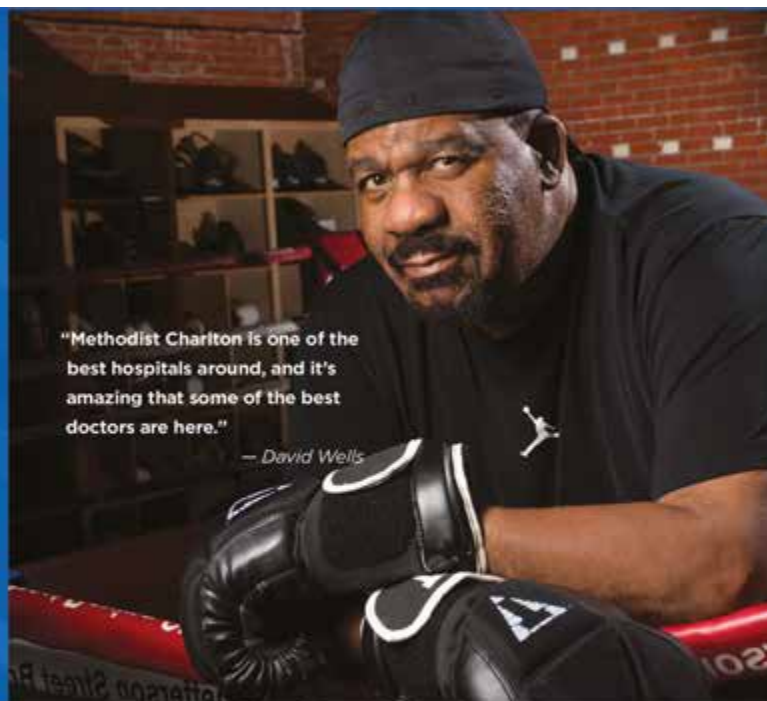
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CookingNOW

In the Kitchen With

THE DERRICKS

— By Adam Walker



Ashley Derrick and her daughters, Sophia (11) and Lily (8 1/2), make cooking a family affair. “My Italian grandfather always said, ‘When you make it this way, it’ll make your tongue slap your brain,’” Ashley reported.

Sophia likes to learn from cooking shows, but Lily says, “I was trained by my mommy, and sister, and the whole people that live in my house, except the dogs.”

Even for culinary artists, disasters happen. “Once, I made a ‘healthy cake for dinner,’” Ashley remembered. “Y’all ... It had radishes in the icing! What was I thinking? My entire family retched, and I threw the cake in the trash. I literally scribbled that recipe out of the cookbook.”

Sophia also had a dessert disaster. “I tried to make a marble cake. It came out green and tasted like poop!” **NOW**

1. Toast oats and walnuts (or pecans) on a sheet pan in the oven at 350 F for 5 minutes (optional but recommended).

2. In a small pot over medium-low, heat the honey, nut butter and vanilla for 1 minute.

3. In a large bowl, combine the pepitas, nuts, oats, chia seeds, coconut, salt, raisins, chocolate chips and spices; pour in the melted nut butter mixture.

4. Line a half-size baking sheet or cake pan with parchment paper; press granola, with a greased spatula, to an even shape and thickness.

5. Refrigerate until hard enough to cut; store in the refrigerator.

Homemade Granola Bars

1/2 cup oats
1/2 cup walnuts or pecans, chopped
1/4 cup raw honey
1/4 cup nut butter
1/2 tsp. vanilla extract
1/2 cup pumpkin seeds (pepitas),

roasted and salted
1 tsp. chia seeds
3 Tbsp. coconut flakes
Pinch of salt
1/4 cup raisins
1/4 cup golden raisins
2 Tbsp. chocolate chips
1/4 tsp. cinnamon or pumpkin pie spice

Indian Butter Chicken

Family serving.

6 Tbsp. butter (divided use)
4-6 chicken breasts, depending on size of package
1 yellow onion, minced in food processor

1/2 Tbsp. minced garlic
 1 Tbsp. garam masala
 1 Tbsp. curry powder
 1 Tbsp. coconut sugar
 (or 1 tsp. white sugar)
 1 Tbsp. nutritional yeast (optional)
 1 Tbsp. ginger, freshly grated
 1 tsp. chili powder
 1 tsp. ground cumin
 1/2 tsp. black pepper (cayenne,
 if you like spicy food)
 2 6-oz. cans tomato paste
 1 cup water
 2 cups cream
 Salt, to taste

1. Using 2 Tbsp. of butter, in a large skillet or pot, over medium-high heat, brown the pieces of the chicken; they do not need to be fully cooked all the way through. Set aside.
 2. Melt another 2 Tbsp. of butter in the pan over medium heat. Add the onions; cook to your liking. Add the next nine ingredients; stir to combine. Cook for about 45 seconds before adding the tomato paste and water.
 3. Bring the mixture to a simmer; let cook for 5 minutes before adding the cream. Bring the mixture back to a simmer; add the browned chicken. Let simmer on low for 15 minutes, stirring occasionally.
 4. Add the remaining 2 Tbsp. of butter; season with salt to taste. Serve with naan or over rice or cauliflower.

Sophia's Easy Garlic Butter Chicken

Single serving. "Because I don't like Butter Chicken." -Sophia

1 chicken breast, cubed
 1 Tbsp. butter
 1/4 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. granulated garlic
 1/4 tsp. onion powder
 1/8 tsp. paprika
 1 sprig cilantro, for garnish

1. The chicken cubes need to be small-to-medium size, about 1-inch is OK.
 2. Melt the butter in a skillet over medium heat. Add the chicken cubes; stir.
 3. Add the spices; cook until golden brown. I suggest serving over rice, with the butter chicken juice poured on top. Garnish with a sprig of cilantro.

CauliMac

2 1-lb. bags frozen cauliflower florets
 1 tsp. olive oil
 1 tsp. minced garlic
 1 cup heavy cream

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Homemade Granola Bars

1 tsp. mustard (yellow, Dijon, or honey)
2 oz. cream cheese, cut into small pieces
Salt, to taste
Pepper, to taste
1 1/2 cups your favorite shredded cheese blend (divided use)

- 1.** Cook the cauliflower (microwave, steam, etc.). Drain; place in a 9x13-inch cake pan.
- 2.** Preheat the oven to 400 F. Bust the florets into smaller chunks.
- 3.** In a saucepan, over medium heat, add the oil and garlic; sauté until almost brown and fragrant. Add cream and mustard, simmer lightly. Add cream cheese, salt and pepper; whisk until melted. Stir in 1 cup of the shredded cheese until melted.
- 4.** Pour mixture over the cauliflower; top

with remaining shredded cheese. Bake until the cheese is golden and bubbly, about 10 minutes.

Smashed Sweet Potatoes

6 cups yams or sweet potatoes, peeled and diced
3-4 Tbsp. mayonnaise, to your liking
1 tsp. chili powder
2 Tbsp. extra-virgin olive oil
1 tsp. salt

- 1.** Boil the sweet potatoes in a large pot of water on the stove until soft; drain.
- 2.** Put the potatoes, mayonnaise, chili powder, oil and salt in a large bowl. Mix into a lumpy mash. Serve as a bed for chili

or topped with shredded cheese, chopped tomatoes, and green onions.

Coconut Mojito Smoothie

1 cup baby spinach leaves
8 oz. coconut water
1/2 apple, sliced and frozen overnight
1 key lime, peeled
1 sprig mint leaves (about four large leaves or several small ones)
1 small tub coconut yogurt (or 1/2 cup coconut yogurt)
Sweetener of choice, to taste (optional)

- 1.** In a high-powered blender, thoroughly blend the spinach and coconut water.
- 2.** Add the frozen apple, lime, mint and yogurt; blend until combined.
- 3.** Add the sweetener of your choice to taste, if using. Maple syrup is great!

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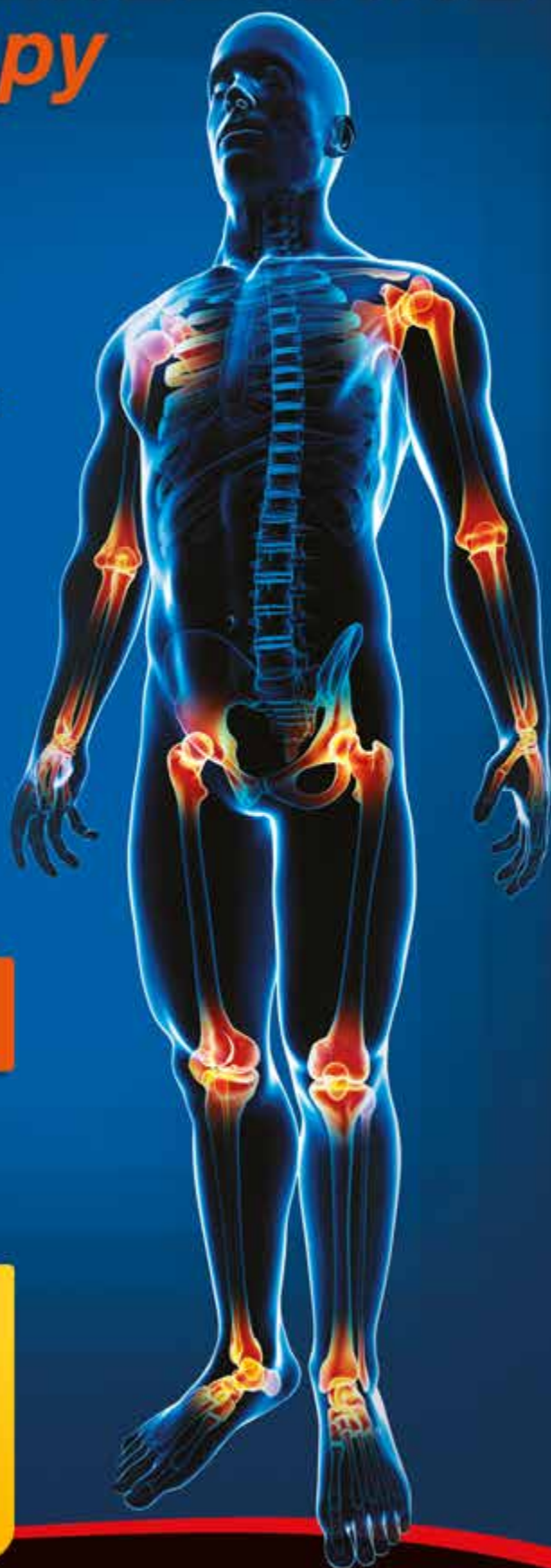
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Cedar Hill Shares helps with food and TXU bills for residents of Cedar Hill and CHISD. Please call ahead. No drop-ins at this time. Monetary donations accepted through the website. Shawn Quildon, president: cedarhillshares.org, cedarhillshares@gmail.com, (972) 293-2822, 403 Houston St., Cedar Hill, TX 75104.

DeSoto Food Pantry, Inc.

DeSoto Food Pantry provides food assistance to residents of 75115 and 75154. Monetary donations accepted through the website. Iris Tinner, executive director: desotofoodpantryinc.com, (972) 223-4050, 400 N. Hampton Rd., Bldg. C-2 (between bldgs. C & D), DeSoto, TX 75115.

Duncanville Outreach Ministry

Duncanville Outreach Ministry provides food, utility and rent assistance to residents of Duncanville. Monetary donations accepted through the website. Linda Dean Miley, executive director: duncanvilleoutreachministry.com, (972) 296-4986, 202 E. Cherry St., Duncanville, TX 75116.

Graceplace Food Pantry

Graceplace Food Pantry provides assistance to residents of Duncanville and surrounding ZIP codes. Jeff Conrad, executive director: (972) 298-4656, 528 Big Stone Gap Rd., Duncanville, TX 75137.

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The MINT Foundation supplies food assistance to residents of all SWN ZIP codes. Monetary donations accepted through the website. Frederick and Felicia Frazier, founders: mintcares.org, info@mintcares.org, (972) 224-7200, 1604 Falcon Dr., DeSoto, TX 75115.

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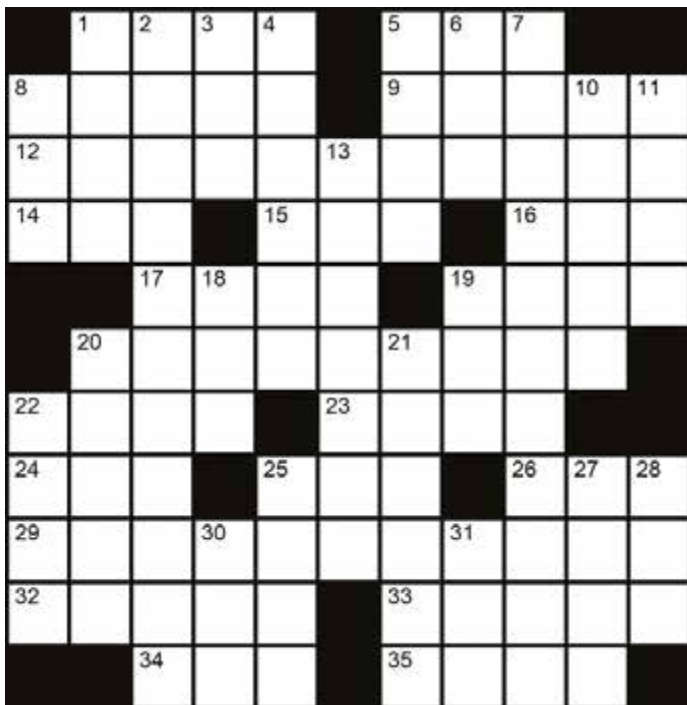
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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Scores, in cribbage
- 5 "The Sweetheart of Sigma ---"
- 8 Last President of Czechoslovakia
- 9 Burroughs' was naked
- 12 Primary
- 14 "So many ---, so little time" (Mae West)
- 15 Upper limit
- 16 Carpet fuzz
- 17 Copycat
- 19 Sand ridge
- 20 Fellow student
- 22 Kind of egg drink
- 23 --- Christian Andersen, fairy tale writer
- 24 One third of an ellipsis
- 25 Lisa Simpson's instrument
- 26 Dance
- 29 Bright
- 32 Played by Yo-Yo Ma
- 33 Island with two small neighbors, Gozo and Comino
- 34 Beat recording?
- 35 Unaccompanied

Down

- 1 Skin
- 2 In any way
- 3 Coagulate
- 4 Pizza portions
- 5 Cut out
- 6 Barbarian
- 7 Where to find a kernel
- 8 Concentration measure
- 10 Marsh bird
- 11 Promotional hoopla
- 13 Dillon or Earp
- 18 Mush
- 19 Karate proficiency measure
- 20 Exact duplicate
- 21 Axioms
- 22 Financial stability org.
- 25 Peg away
- 27 Upon
- 28 School group
- 30 Antlered animal
- 31 Congressional spending watchdog

Solutions on page 44

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Sudoku Puzzle

Easy

Medium

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

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

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Solutions on page 44

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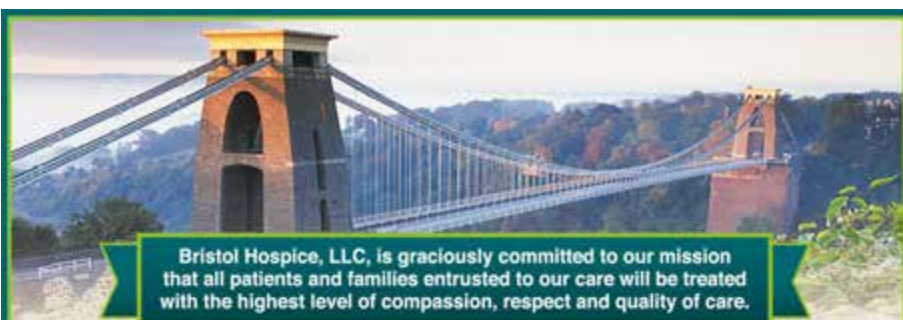
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JUNE

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6/5

Mosely Pool Opens:

Enjoy the return of a summer tradition. All day.
1300 Honor Dr., DeSoto.

Crawfish Festival:

Come out for food, blues and games. Free. 6:00-10:00 p.m.,
DeSoto Amphitheater,
211 E. Pleasant Run Rd.,
DeSoto.

Country Concert in the Park:

Enjoy some music in the
open air. 8:00-10:00 p.m.,
Armstrong Park,
100 James Collins Blvd.,
Duncanville.

6/7

Jiggle Man Kids Comedian:

Check the Duncanville Public
Library website for details and
links to this virtual event.

6/7-7/31

Summer Reading Club:

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the Duncanville Public Library.
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Duncanville.

6/11

Family Health and Fitness Day:

Come see what's happening

at the rec center. All day, 211 E.
Pleasant Run Rd., DeSoto.

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Free. 10:00 a.m.-1:00 p.m.,
Frost Bank, 150 E. Hwy. 67,
Duncanville.

6/12

Shelter Rock Ranch Car Show:

View classic cars,
motorcycles and lowriders.

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Rock Ranch. \$15 to register
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Turning Point Church,
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DeSoto.

6/19

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*Submissions are welcome and
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within 30 days of drawing.

Frogs were found on
pages 1, 13, 27, 29, 32

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Crossword - Sudoku Solutions

1	P	E	G	S	5	C	H	I	
8	P	A	V	E	L	9	L	U	N
12	P	R	E	L	I	M	I	N	A
14	M	E	N		C	A	P		N
			17	A	P	E	R	19	D
			20	C	L	A	S	21	S
22	F	L	I	P				23	H
24	D	O	T		25	S	A	X	26
29	I	N	T	E	L	L	I	G	E
32	C	E	L	L	O		33	M	A
			34	E	K	G		35	S

Easy

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

Medium

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

Happy Father's Day!

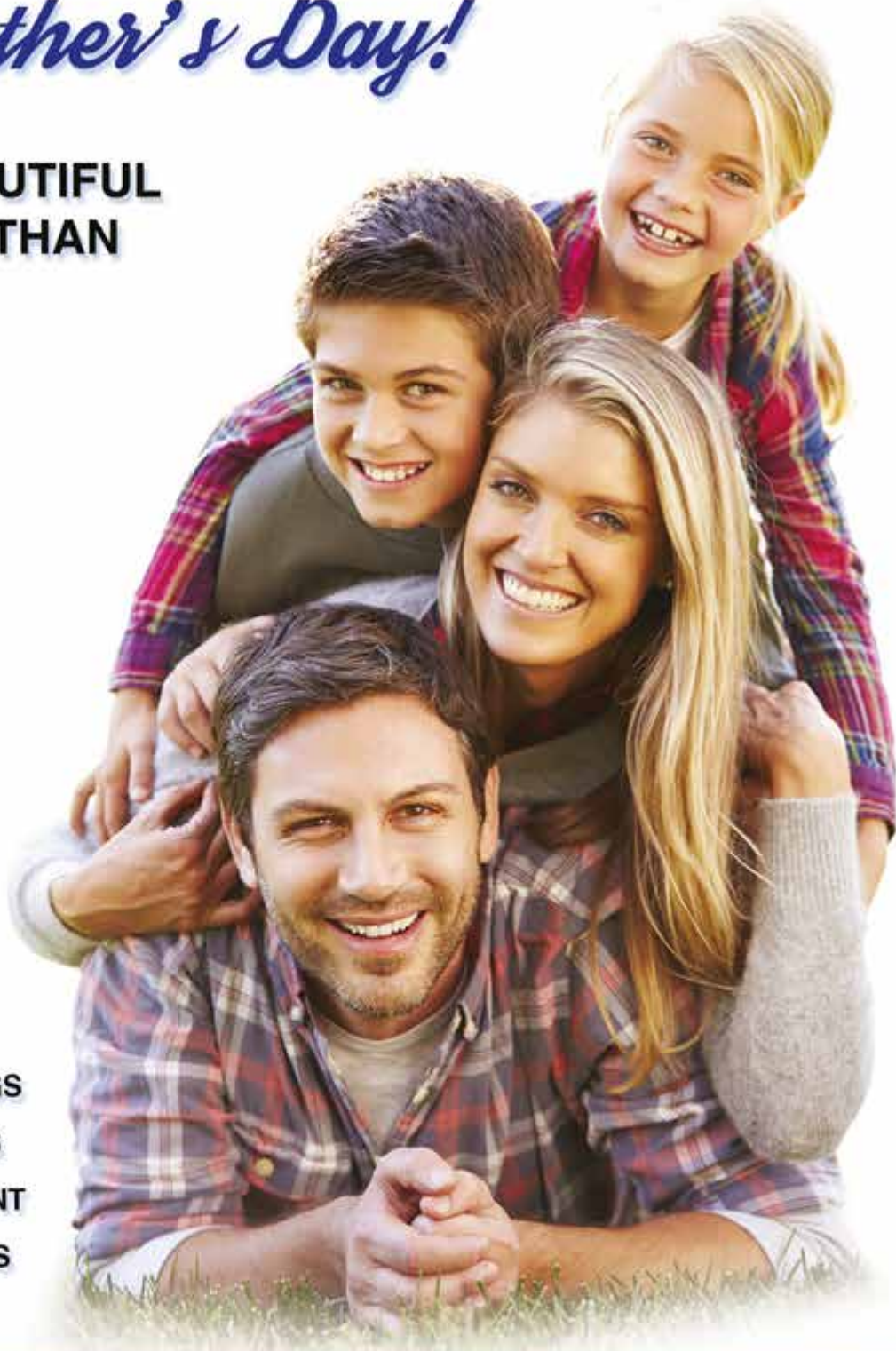
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