

CEDAR HILL | DESOTO | DUNCANVILLE

Southwest NOW

A G A Z I N E

AUGUST 2021

Off to the Races!

Christopher Jackson has the rhythm down

Be the Voice: Be the Change

Truancy Coordinator Dona Mitchell knows the benefits of school attendance

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
Home Care Network

Best of In the Kitchen:
Picnic Recipes

Postal Customer

*****EORWSS EDDM*****

PSNRT STD
U.S. POSTAGE
PAID
DALLAS TX
PERMIT #3450

The background of the entire graphic is a collage of images from Cedar Hill ISD. At the top, there are three football players in red jerseys and helmets, with 'TTHL' visible on their uniforms. Below them, there's a group of students, some wearing face masks. At the bottom, a larger group of diverse students is posing for a photo. The entire image has a red overlay, and white L-shaped corner brackets are in the corners.

OVER 10 MILLION

awarded to the Cedar Hill ISD
Class of 2021 in scholarships



The Best Place to Learn for A Better Future!

DeSoto
Independent
School District



ENROLL TODAY FOR **2021-22** SCHOOL YEAR.

2021
NATIONAL
SCHOOL CHOICE
RECIPIENT



DISTRICT HIGHLIGHTS:

- Districtwide STEM Emphasis
- World-Class Magnet Academies
- Dual-Language Programs
- Full-Day Early Childhood
- Early College High School (Earn Associate's Degree)
- Highly-Competitive Athletics

ENROLL TODAY! DeSotoISD.org/Enrollment

DeSoto ISD is a public independent school district serving more than 7,400 students and 1,000 employees. The district comprises 11 campuses serving students from early childhood through graduation. DeSoto ISD's mission statement is to inspire curiosity and consciousness, develop character, build courage, and nurture compassion. The district's 2021 Be The Future Strategic Plan focuses on equity, access, and excellence in an effort to provide a holistic and well-rounded educational experience to students and families.

CONTENTS

8 OFF TO THE RACES!

Christopher Jackson accidentally found a new sport.

14 BE THE VOICE: BE THE CHANGE

Dona Mitchell believes in encouraging children.

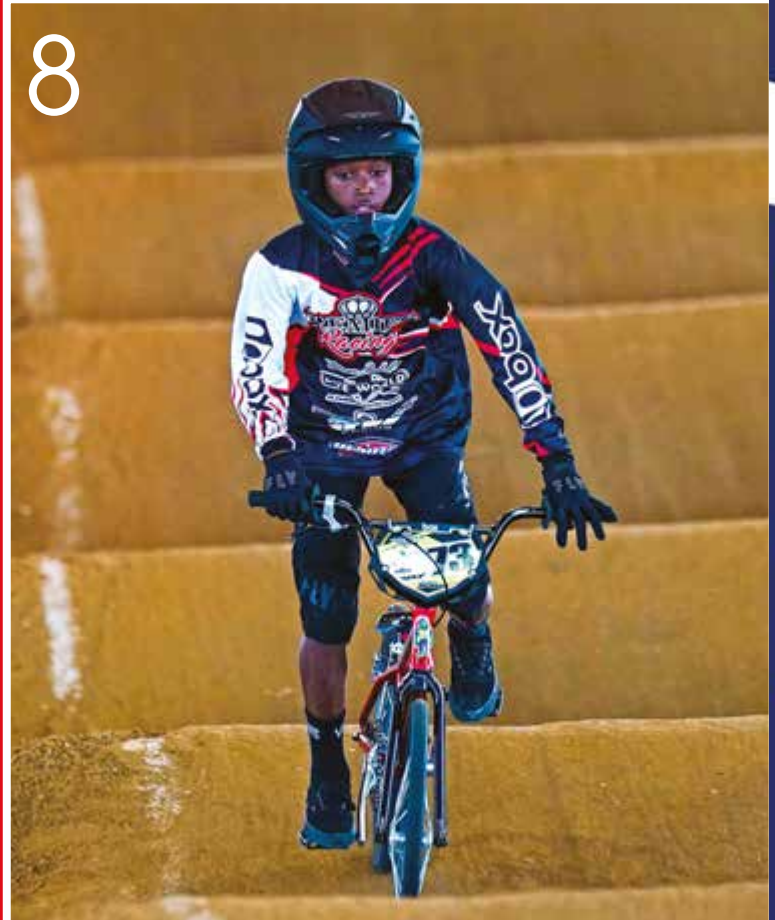
32 THE SHADOW WARRIOR

With much of his work still classified, Col. Marc Powe's career reads like a spy thriller.

38 PAINTING ON POINT

Choosing color is the first step in redefining your space.

8



18 BusinessNOW

20 CookingNOW

30 Around TownNOW

Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker | Southwest Editor, Adam Walker
Editorial Assistant, Lori Widdifield
Writers, Alex Allred . Angel Morris . Bill Smith
Editors/Proofreaders, Lisa Bell . Rachel Rich . 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 . Linda Moffett . Constance O'Bryan . Lori O'Connell
Keri Roberson . Linda Roberson . Joyce Sebesta

Billing Manager, Angela Mixon



ON THE COVER

Christopher Jackson
out-pedals the competition.

Photo by
Shane Kirkpatrick.

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2021. 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.



DUNCANVILLE ISD IS

BACK IN SCHOOL

AND WE ARE ALL PANTHERS!



Enrollment Remains Open!

**Duncanville ISD is a
Limited Open Enrollment
school district and invites
ALL scholars to apply**

Visit www.duncanvilleisd.org



EDITOR'S NOTE



Adam

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

Life is resilient ...

A few months ago, I wrote about how the winter storm killed our houseplants. I spoke too soon.

My pothos ivy did die. I had owned that ivy since the '80s. It had survived abuse from my college roommate who shoved vinyl siding samples into its roots, sitting next to a stove that I left on all day and a gajillion moves. I set the dead pot on the back porch, and the dogs knocked it off. In repotting a new ivy, I discovered one of those vinyl siding pieces, and a trick Auntie taught me when potting plants — putting the metal caps from 2-liter bottles in the bottom for drainage.

Mom's mother-in-law's tongue slowly lost every leaf, one or two at a time, till nothing was left but stubs in the dirt. But one of those stubs started sprouting green. Until the rains drowned it. It tried, but in the end, it needed a little more nurture than it got. Now the pot hosts an ant pile.

The peace lily from Dad's funeral lost every leaf. We were sure it was dead, and set the pot out on the porch. And it sprouted new leaves. A lot of them, and stems and everything. It's going strong, on its way to refilling the pot with glossy green foliage, so it can start drawing gnats again. Given time, you won't be able to tell what trauma this plant endured.

All three of these plants suffered the same trauma. One has been replaced by a new, thriving member of the same species. One has been replaced by ants. And one is coming back from the dead and forging forward.

Hold on and thrive!



**FAMILY & COSMETIC
DENTISTRY**

DR. EMILIO LOPEZ
FAMILY & COSMETIC DENTISTRY

Caring | Friendly | Excellent Service | Beautiful Smiles



**New Patient
Special Offer**

\$89 Exam, basic
cleaning & X-rays.
Not valid with
insurance.

(A \$222 Value. Expires 8/31/21)

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 Insurance Accepted

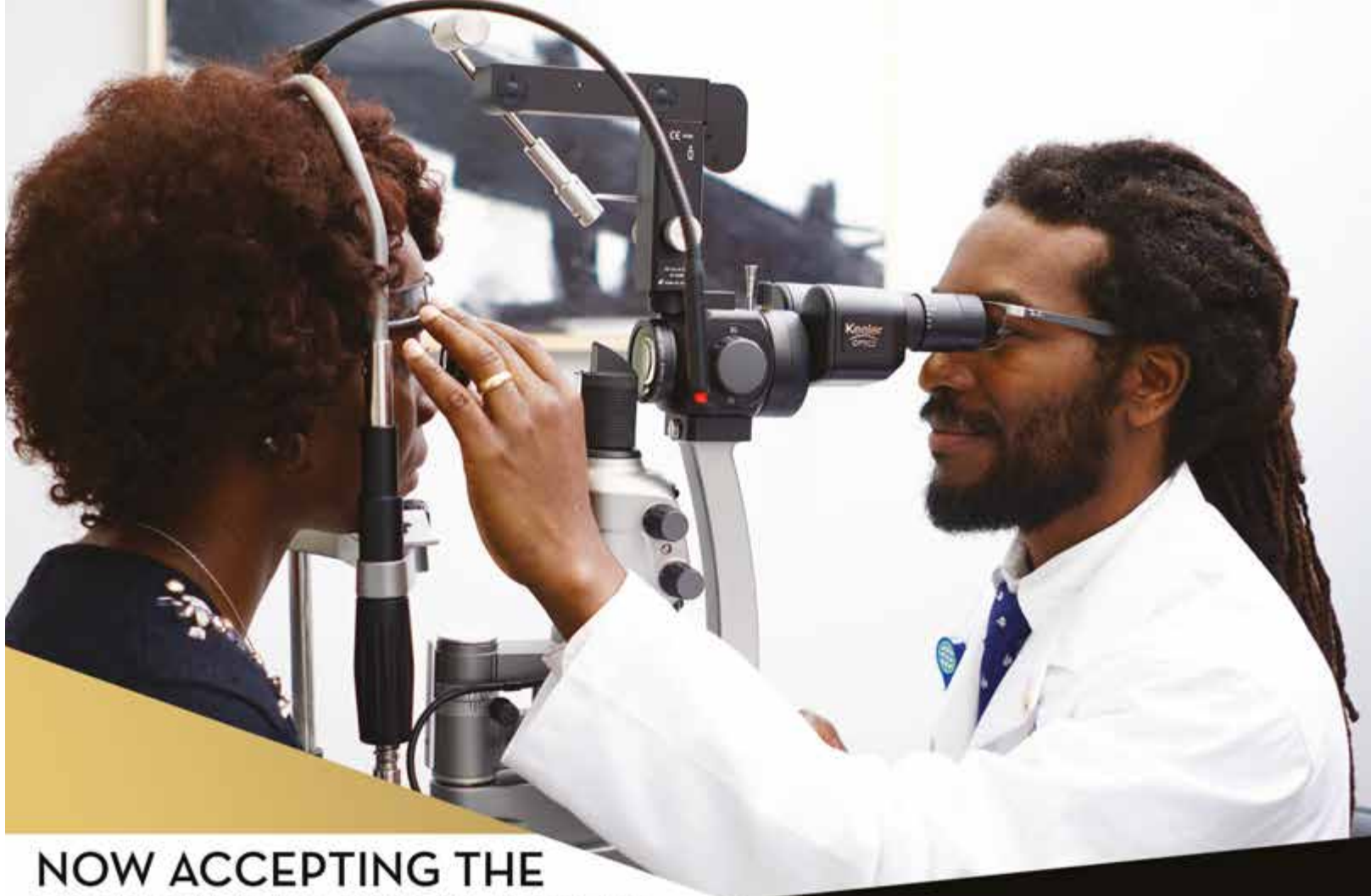
In addition, we are preferred-providers for:

| | |
|--------------|-------------------------|
| 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 |

“My whole family goes to Dr. Lopez & we love him. He’s professional, personable & takes the time to listen to his patients — a rare trait these days. Staff are equally professional & personable.” ~ Barbra B.

Dr. Emilio Lopez, DDS, PC | 972.291.2591 | CedarHillDentist.com
110 E. Belt Line Rd., Suite 100, Cedar Hill, TX 75104





NOW ACCEPTING THE FOLLOWING INSURANCES!

Aetna | WellMed | Cigna | Humana | Medicare | WellCare
Blue Cross Blue Shield | United Healthcare
Scott & White | Molina | Superior Health | Healthscope
DART | TriCare and many, many more



Dr. Mikelson MomPremier, MD FACS
Board Certified Ophthalmologist

*Please visit our website
www.DeSotoEyeDoctor.com
to see the many other insurance
options we have available.*



**MOM PREMIER
EYE INSTITUTE**

**1510 N. HAMPTON ROAD
SUITE 290
DESOTO, TX 75115**

**T: 469.687.5664
F: 469.317.3344**

WWW.MOMPREMIER.COM



You don't have to go far to move better

Ready to move better? Our specialists care for all of your orthopedic needs—from joint surgery to sports medicine to orthopedic trauma. With both non-surgical and surgical options, we offer complete care designed for you.



Baylor Scott & White

**SPORTS MEDICINE
AND ORTHOPEDIC INSTITUTE**

WAXAHACHIE

A member of HealthTexas Provider Network

Waxahachie

1005 Legacy Ranch Road, Suite 100 | Waxahachie, TX 75165

Midlothian

4431 E. US Highway 287 | Midlothian, TX 76065

**[BSWHealth.com/OrthoWax](https://www.BSWHealth.com/OrthoWax)
469.800.9790 Appointments**



BACK-TO-SCHOOL ENROLLMENT FAIR

All new and returning students

Saturday, August 7 | 10 a.m. – 2 p.m.

Yvonne A. Ewell Townview Center | 1201 E. Eighth Street



In your car for convenience.



In-person assistance at
walk-up stations.



dallasisd.org/READY

A young person is riding a dirt bike on a track. They are wearing a blue and white motocross jersey with "Premiere Racing" and "Xtreme" logos, a blue helmet, and black gloves with "FLY" written on them. The bike has a number 73 on the front. The background is a dirt track with a white line.

OFF TO THE RACE

— By Adam Walker



A lot of us made changes during the pandemic. Christopher Jackson, Jay'R to his friends, found a new sport. Like many young boys, Jay'R played football. But the pandemic put a temporary stop to team sports — and to days spent in school rooms. “I liked running on the field, playing football. I was upset, at first, that I couldn’t play anymore. So, I was just playing outside for like three weeks. Me and my cousin and some friends were riding our bikes around the neighborhood.” Their exploration of their neighborhood eventually brought them to DeSoto BMX. “I was interested in seeing what was happening. We went on the track and asked this kid what this was. He showed us his bike and explained about BMX.”

“They weren’t supposed to be way over there,” Jay'R’s mother, SeKeitha, interjected. Despite starting out by being where he shouldn’t have been, Jay'R soon had his mother convinced that this was really something he wanted to pursue. The next day, he entered his first race — and won. “He just had his regular street bike then,” she informed.

S!

“I LOVE
RACING.
IT FEELS
LIKE FUN.”

Pantry is open
Monday, August 17th from 11am - 3pm



C.Y.F.S., INC
COMMUNITY, YOUTH, FAMILY, SERVICES

402 LEE ST., CEDAR HILL TX, 75104
WWW.CYFSERVICES.NET

NOW HIRING

Looking for
Summer Interns!

LOWEST PRICES IN THE METROPLEX!

ROCKY'S

Stone & More, Inc.

OLD-TIME, FAMILY-FRIENDLY SERVICE
LOW PRICES • QUALITY PRODUCTS

Largest Selection and
Inventory of Stone in Texas.
More Than 300 Types of Stone
on Over 10 acres!

SUMMER IS HERE! 

BELGARD PRODUCTS **GRILLS & ACCESSORIES**

**Huge Selection of Stone
Mulch, Soil & Compost
Countertop Slabs • Pool Coping
Outdoor Stone Works**

Trailers/UTVs • Trailer Rentals • Water Storage Tanks • Driveway Culverts • Metal Art

OPEN TO THE PUBLIC!

7973 FM 1187
(Rendon Bloodworth Rd.)
Mansfield, TX 76063
**1 1/2 Miles West
of Business 287**

Mon. - Sat. 7:30am - 5:00pm

817-473-3110
RockysStone.com

We Are the First Step in Creating Your Own Backyard Retreat.





It was one of those moments when everything clicks. Jay'R was hooked, and his mother was supportive of his new passion, even if it took her a minute to accept it. "I still wanted him to play football, but he was racing three times a week and loving it, so I got him a real BMX bike after less than a month."

Jay'R hasn't missed a race. After his first 10 races, he moved up from novice to intermediate, and after 20, he started competing at the expert level. "I have to push myself faster because some of the others have been racing for quite a long time," he informed. "I have to work harder because when I see how other people ride, I feel like I could do that, too!" As much as he likes the speed, Jay'R isn't above practicing a few stunts either, even during a race. "One time I slid down the last straight, right over the finish line. I was going too fast and manualing quite a long time and lost control. Manualing is riding on your rear tire, like a wheelie. I was showing off, just a little. I slid across the finish line, still in first place. It hurt, kinda like road rash, but it was funny."

For someone who only started BMX racing at the tender age of 11, and has now achieved the seasoned rank of 12-year-old racers, Jay'R has already racked up a room full of trophies. "I have one that's over 5 feet tall, and a bunch of medals." He also won a belt race for the first time. He's quite proud of that belt, since he has to defend it to keep it. The belt looks like something from the WWE, and works the same way. There's only one, and you only keep it as long as you keep winning. That part doesn't seem to be hard for Jay'R.

"I love racing. It feels like fun. It's hard sometimes. If it's windy, you have

to push harder and pedal more, but if the wind is behind you, it makes you go faster. I enjoy jumping. And I love the rhythm section, which is a series of small hills. Every year, you're in a different age group. They say it gets really hard at 14. That's when you can start bumping each other on the track. I want to keep going, at least until 16. That's when you can be on a factory team. Well, you can be now, at 12, but you have to be an expert. You have to practice and train a lot to go to nationals. I have to train for pumping to get more speed off the gate. I need to quit being nervous at the gate and learn how to stand up. I feel like I can do it, too. Sometimes, I get squishy when I go through a turn into the rhythm too fast."



Jay'R got really lucky with his out of bounds adventure. DeSoto is one of three places in Texas where he could have found a BMX track. The other two are in Fort Worth and in Katy, near Houston. "I love BMX because you don't have to hit or tackle, and you don't have to wear much gear. And there aren't a lot of rules to remember, just no stopping on the track, no rolling the gate, and you can't crossover from your lane before 30 feet — or you're DQ'd if you do."

This might all sound like a sport for the young, like Jay'R on his red Mongoose, but he and his mother are quick to point out racers in their 60s and 70s who still love competing. "You can start at any age you want, and succeed at any goal you want. Try new things, not just BMX," Jay'R enthused. Still, being young must help with keeping up a schedule of racing three times a week, plus practices. **NOW**



DALLAS AREA PATROL AND PROTECTION SERVICES

CHIEF M. JONES
CHIEF OF OPERATIONS

MOBILE NUMBER 214-532-4202 MAIN NUMBER 972-224-0920

1229 E. PLEASANT RUN RD., SUITE 222, DESOTO, TX 75115 • WWW.DAL-APPS.COM • INFO@DAL-APPS.COM

CHIEF JONES AND HIS WHOLE STAFF ARE AMAZING!
BRIAN S. OF FT. WORTH





Fuego
CHURCH



Worship Fuego Kids Community Fuego Youth

Belong. Believe. Become at Fuego!

Sunday Services

DeSoto Campus: 1331 S. I-35 E DeSoto, TX 75115
9:30 AM - Bilingual

Red Oak Campus: 211 N. Main St. Red Oak, TX 75154
11:30 AM - Bilingual

Pastors Joshua & Lavan Rivera **Office: 319.321.0660**

Connect with us online!

 Fuego Church Online
  @FuegoChurchAG
  @Fuego.Church
  @FuegoChurch

Healthcare is Better when it's all together.



- ▲ Make in-person appointments
- ▲ Conduct video visits
- ▲ Start an e-visit
- ▲ Message your care team
- ▲ Refill prescriptions
- ▲ View or manage your medical records all in one place
- ▲ Manage your family's records, too



Text **BETTER**
to **88408**
to download
the app



SAVE
UP TO
\$5,000*

GET A TASTE OF *The Good Life*

Morada Cedar Hill offers the best value in affordable, care-free Active Independent Living, Assisted Living & Memory Care. Whether it is savoring our chef-prepared meals, enjoying fun social events with neighbors, or taking part in health and fitness activities, it's all right here!

Our exclusive lifestyle programs deliver unparalleled convenience and opportunities for you to live the life you want and deserve. Our dedicated team of professionals, many of whom have worked with us for years, ensure your needs are met, as personalized attention and service are at the foundation of all we do, with your well-being in mind.

**Call or Visit Our Website to Schedule
Your FREE Lunch & Tour!**

(Don't worry. We are taking the necessary precautions to keep you safe.)

MORADA
CEDAR HILL

- Formerly Crescent Place & Crescent Point -

MoradaSeniorLiving.com

972.291.4955 | 225 W. Pleasant Run Rd., Cedar Hill, TX 75104

972.299.6551 | 235 W. Pleasant Run Rd., Cedar Hill, TX 75104

Active Independent Living | Assisted Living | Memory Care



*Save up to \$1000 promo expires 12/31/21. Contact a Senior Lifestyle Counselor for more details. ©2021 Morada Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed and Operated by Discovery Senior Living, Assisted Living Facility License #102594, MOH-0027621





BE THE VOICE BE THE CHA



Dona Mitchell's passion for her causes echoes loudly through her motto: "Be the Voice: Be the Change!" As a national dropout prevention coordinator, Dona has spent a lot of time on the "front lines" with students from elementary through high school. "It is the community's social responsibility to support students and schools," she said. "We have to meet kids where they are with compassion."

For Dona, meeting the kids where they are includes actually meeting with the kids at their schools. "I go to the schools during lunch, and I am approachable," she continued. "They come up and ask questions and relate why they have been missing classes. Sometimes, it is something as simple as, 'I like to sleep late.' All some students need is someone to tell them it is important for them to get up and come to class. Sometimes, we just have to tell their parents that it is important for their children to be in school.

"Other times, they may relate a conflict that they have had with a teacher, or, perhaps, they have been bullied by other students. These are very real problems for the youth, and when they are not addressed, truancy may be the result." Dona has worked with truancy for more than 13 years and is a recognized expert as a longtime board member and current president of the International Association for Truancy & Dropout Prevention (IATDP).

Dona shares information to support IATDP's mission locally and nationally through the use of the IATDP's website <http://iatdp.org/> as well as through local social media and radio broadcasts. "We want to help parents and guardians of our youth with all of the resources we can provide to keep their

children in school." She has a handout that lists 15 "Anti-Truancy Parent Tips." While the tips may appear straightforward, they include some ideas that parents may not have previously considered. Things like setting a time for your student to go to bed, wake up, have a healthy breakfast and get to school on time; or, know the attendance policy; or, perhaps, become involved in the PTA or other parent organization to network with other parents about staying in school, and encourage the parent organization to get involved promoting school attendance. Another tip is to visit your student's school. Get involved and volunteer. Get to know the principal, teachers and attendance clerks as well as your student's friends. Attend parent conferences and "Meet the Teacher Night" either in person or virtually.

Over the years, Dona has been involved in a number of promotions for school attendance, and, in fact, has a portfolio full of pictures of events she has hosted and been involved in. "I am fortunate to have relationships with the area professional sports teams like the Dallas Cowboys and the Texas Rangers. We have had essay contests and other attendance promotions, and the winners have been able to attend games with me."

Dona sees a number of reasons why truancy is as prolific as

CE: CHANGE!

— By Bill Smith



it is, and, of course, the pandemic has been an extra challenge. “Parents had to become teachers in their homes and overseers of virtual learning. Students may have been living in a home with a parent or sibling ill with the virus. Many also had to cope with the loss of loved ones who died of the virus, all the while trying to complete the virtual learning assignments. These were new and unique challenges.”

In addition to the pandemic, Dona sees other reasons for truancy and dropping out. “In every case, we have to find the root cause, what is the real issue behind the student not being in class, and address those issues. Some considerations are mental health, homelessness, hunger, bullying or perhaps not having clean clothes to wear. There could also be issues with domestic violence, lack of family support and gang-related issues. Students not engaged in school will be engaged somewhere,” she emphasized. “I’d like to see more people standing up for children and providing resources. Let them know we are behind them, so they will believe in themselves.” **NOW**

Hello August

from Split Endings Salon
& The Haydin Insurance Group.


Yoko
 214-808-8028


Deanna Ritchie
 214-235-3819


Tammara Sanders
 505-240-4572


Natalie Davis
 469-831-1192


Rochelle Powers
 469-321-0409


Amber Haydin
 469-693-1582

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

Walk-Ins Now Welcome!
 Call, Book Online or Text Your Stylist
www.SplitEndingsSalon.com
972.291.7883

Split Endings

Salon

**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!

**Room Now Available
for an Established
Stylist.**

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

O C B F

OAK CLIFF
BIBLE FELLOWSHIP

214-672-9119

www.ocfbbookstore.org

YOUR ONE STOP SHOP FOR

Quality Christian Resources







1660 W. Camp Wisdom Rd.
Dallas, Texas 75232
Tuesday - Thursday 10am - 6pm

SUPERSTAR

Collision Center

**Proud to be Locally Owned
and Operated for Over 15 years**

"I have been a client for over 12 years. I have taken multiple vehicles with various issues — hail, accidents, equipment malfunctions — and have always been completely satisfied with the service and quality provided. The ownership and staff are high caliber and have incredible integrity. I highly recommend Superstar Collision for all your repair needs." - Larry G. December 2020

HOW CAN WE HELP YOU TODAY?

**1260 S Hwy 67, Cedar Hill
(Between Cedar Hill and Midlothian)**

972-299-6900



- All Insurances Accepted
- Complimentary Local Shuttle
- Equipped & Certified for Aluminum Repairs for all makes & models

At Superstar Collision, we take tremendous pride in the work we do. We offer a **LIFETIME WARRANTY**. We will ensure that your vehicle is brought back to pre-accident condition and is repaired to your satisfaction.

superstarcollision.com



It's time **to focus** on back to school

It's time to start thinking about your kids' back to school suppl-eyes. Make sure their list includes their annual eye exam and contact lenses that will set them up for a great year.



Schedule an eye exam for the whole family.



For a limited time, take advantage of additional rebates on an annual supply of CooperVision® contact lenses.

Our **BIGGEST** savings ever on:



MyDay® sphere
and MyDay® toric



clariti® 1 day sphere
and clariti® 1 day toric



Biofinity Energys®

PRECISION EYE-CARE



**\$15 OFF
EYE EXAM**
Restrictions apply.
Expires 8/31/21



Anthony Peterson, O.D.

- Accepting New Patients
- Walk-ins Welcomed
- Spanish-speaking Doctor & Staff (See Website for Details)

Hours: Monday-Thursday 9-6 | Friday 8-4 | Saturdays, by appointment

972-298-EYES (3937) ■ www.pecdallas.com 150 E. Hwy. 67, Suite 120 • Duncanville, TX

7/1/21 - 9/30/21. Savings available with CooperVision manufacturer's rebate on MyDay® sphere, MyDay® toric, clariti® 1 day sphere, clariti® 1 day toric, and Biofinity Energys®. ©2021 CooperVision 11128 BC 5/21



CooperVision®

Payments accepted:
Cash, Debit, Checks
CareCredit

Summer

SAVINGS SHOPPING GUIDE



**BEN FRANKLIN
APOTHECARY**
Pharmacy ~ Gifts ~ Quilt Shop ~ Kitchens Deli

Free Gift Card
*with Purchase of
School Supplies*
Minimum \$25 Purchase. Expires 8/31/21



Find us on 

302 N. Main St. • Downtown Duncanville
(972) 298-1147 • www.BenFranklinRX.com

**Enjoy a Refreshing
Peach Milkshake!**

Inside Ben Franklin Apothecary



**KITCHENS
DELI**

Dine-In, Take-Out,
Catering & Delivery
(972) 298-8698

- Deluxe Sandwiches
- Soups • Pies
- Old-Fashioned
Ice Cream & Soda Fountain

Ask About Our
Kitchens Kids
Reader Club




**CHAMPIONS
INSURANCE**
And Financial Services



Belinda Smith
Insurance Advisor

972-224-3523
1801 N Hampton Road, Suite 365
DeSoto, TX 75115

INSURANCE PLANNING

We offer affordable life insurance to fit your needs and budget. Even if you have been turned down before by other companies, we may be able to get you covered to get peace of mind and dignity for the entire family.



Kool Kones
SHAVED ICE & TREATS

**August
Special 10% OFF**
Expires 8/31/21



The best place to
COOL DOWN
this summer!

More than
65 delicious flavors
for the entire family!

972-773-9353  **KoolKonesLLC**
325 S. Cedar Ridge Dr., Duncanville



BusinessNOW

Home Care Network

— By Adam Walker

Home Care Network

1701 N. Hampton Rd., Ste. E

DeSoto, TX 75115

(972) 270-2000 (24-hour intake)

www.homecarenetwork.com

Facebook and YouTube: homecarenetwork

Instagram and TikTok: Home Care Network

Hours: Monday-Friday: 8:00 a.m.-5:00 p.m. (office)

Patients admitted on weekends.

Home Care Network is committed to providing the necessary care for patients age 65-and-over to remain at home, rather than in a hospital or nursing home. Owner Belinda May, who has run the business end of things from the beginning, recently completed her RN degree, to better serve her clients.



“We specialize in patients with congestive heart failure, diabetes and orthopedic issues,” Belinda explained. “We bring health care into the home with visiting nurses, therapists and even in-home X-rays. We have visiting physicians if you can’t get out of your house to go to a doctor’s appointment. We also have social workers who can evaluate your situation and let you know what services and assistance programs you qualify for, and we’re a Medicare-certified provider. We can help with accessing Meals on Wheels, sitter services and assess your home for fall prevention.”

The patients served by Home Care Network are often referred by their hospital, rehab center or doctor, but other times, it’s the patient’s spouse or other family member who reaches out for help caring for a loved one at home. “Studies show that patients do better when they can stay at home. We try to keep them from having to go back to the hospital. Everything that can be done in a rehab center, we can do for

the patient in their own home. We can teach them how to use a walker or cane the correct way, and make a home safe for ADL's [Activities of Daily Living]. We've helped patients who couldn't go up the stairs or walk out to the mailbox regain those abilities. Our therapists get some amazing outcomes."

"We bring health care into the home with visiting nurses, therapists and even in-home X-rays."

Home Care Network also provides support for patients with bowel and bladder issues. They can draw blood for lab work for A1C testing for diabetics and for PT/INR testing for heart patients to monitor their Coumadin levels, without visiting a doctor's office. And they check their patients' medications for drug interactions, reconciling everything to make sure that nothing slipped through the cracks when a patient being treated by multiple doctors may have forgotten to report some of his or her medications to all the doctors involved in their treatment.

COVID-19 caused a lot of adjustments to the services Home Care Network offers, and how they offer them. "Many of our patients suddenly found it difficult to get food. Some of them depend on food banks that were closed, so we had to make sure they were getting the food they needed," Belinda explained. "We had to get our nurses vaccinated as quickly as possible, to protect our patients, but then I was able to work with Kroger Pharmacy to hold a vaccination clinic here. We sent our cars out and brought our patients here to get them the vaccinations they needed to be protected."

Home Care Network has been serving patients and their family caretakers since 1996. Today, they provide care in 33 Texas counties covering an area from Lufkin to Greenville and Corsicana to Denton. **NOW**



106 S. Main St., Duncanville
972.780.5707
www.dctheatre.org

THE MARVELOUS WONDERETTES
Written & Created by ^{'58}Roger Bean
August 19-21 & 26-28 • 8 PM
August 22 • 3 PM
A jukebox musical fun for all ages!

STOP BY FOR A

Sweet treat

Duncanville Financial Center
150 E Highway 67
Duncanville, TX 75137

Friday, August 13, 2021
1:00pm - 3:00pm

Compliments of Frost
Kona Ice

 **Frost**

Investment and insurance products are not FDIC insured, are not bank guaranteed, and may lose value. Additionally, insurance products are offered through Frost Insurance. Deposit and loan products are offered through Frost Bank, Member FDIC.





Ready for a fun, summer day at the park? Nothing makes time spent in the great outdoors better than great food! If you'd like to add something new to your picnic basket, here are a few ideas to help you change up your menu. We have selected one recipe from each of our nine market areas. *Bon appétit!* **NOW**

Sweet and Spicy Turkey, Apple and Cheese Sandwiches

Provided by Rachel Grossman for the April 2018 issue of *MansfieldNOW Magazine*.

4 large croissants

1 5-oz. pkg. Alouette Crème de Brie

1 4-oz. pkg. Montchevre Herb Goat Cheese

1 10-oz. jar Tabasco Spicy Pepper Jelly

1 12-oz. jar Smucker's Red Raspberry Preserves

8 slices deli turkey meat

2 Granny Smith apples, thinly sliced

1. Slice open croissants, evenly down the middle.

2. Add a thick layer of brie and goat cheese to half of a croissant.

3. To the other croissant half, add a thick layer of the jalapeño and raspberry jams.

4. Place two turkey slices on each croissant half and several slices of apple to cover the turkey; bring the halves together. Repeat steps for each croissant.

Avocado Tomato Salad

Provided by Linda Cross for the April 2017 issue of *CorsicanaNOW Magazine*.

Salad:

1 avocado, cut into chunks

2 tomatoes, cut into chunks

1 cucumber, sliced

Tequila Lime Vinaigrette:

2 tsp. tequila

3 Tbsp. olive oil

1 Tbsp. lime juice

1 tsp. herb spice salad dressing

1. For salad: Toss ingredients together well.

2. For vinaigrette: Mix ingredients together well; drizzle over salad.

Baked Beans

Provided by Marci Richardson for the April 2017 issue of *WeatherfordNOW Magazine*.

1 onion, chopped

1 bell pepper, chopped

Small amount of oil

- 2 15-oz. cans pork and beans
- 3 Tbsp. maple syrup
- 4 Tbsp. brown sugar
- 1/2 cup ketchup
- 1 14.5-oz. can diced tomatoes

1. Preheat oven to 350 F
2. Sauté onion and bell pepper in oil; add all other ingredients.
3. Pour into a baking dish and bake for 1 hour.

Nana's Deviled Eggs

Provided by Ashleigh Domkowski for the April 2019 issue of *WaxahachieNOW Magazine*.

- 12 hard-boiled eggs
- Mayonnaise, to taste
- Sweet relish, to taste
- Paprika, to taste

1. Peel shells from the eggs. Cut eggs in half; scoop out the yolks. Put yolks in a bowl.
2. Add mayonnaise and relish to the yolks, making sure to mix slowly; taste often before replacing the mixture back into the egg white halves. Sprinkle with paprika.

Chicken Fingers

Provided by Jan Mulholland for the May 2017 issue of *BurlesonNOW Magazine*.

- 1/2 tsp. sea salt
- 3/4 tsp. paprika
- 1/4 tsp. coriander
- 1/4 tsp. cumin
- 1/2 cup almond meal
- 1 egg, beaten
- 1 lb. skinless chicken breast, cut into strips

1. Preheat oven to 425 F. Line a 9x13-inch baking dish with parchment paper.
2. Combine seasonings with almond meal on a plate. Put the egg in a shallow bowl. Dip the chicken strips in the egg first, and then in the dry mixture.
3. Place the coated strips in the baking dish. Bake for 15-18 minutes, turning them halfway through.

Chicken Salad

Provided by Kathy Chaney-Padak for the May 2019 issue of *North Ellis Co.NOW Magazine*.

- 3-6 boneless chicken breasts
- Water to cover chicken
- 1 tsp. poultry seasoning
- 1 tsp. salt
- 1 tsp. pepper
- 2 bay leaves
- 1/2 to 1 onion, finely chopped
- 2-3 stalks celery, finely chopped
- 1 1/2 to 2 1/2 cups red seedless grapes, halved

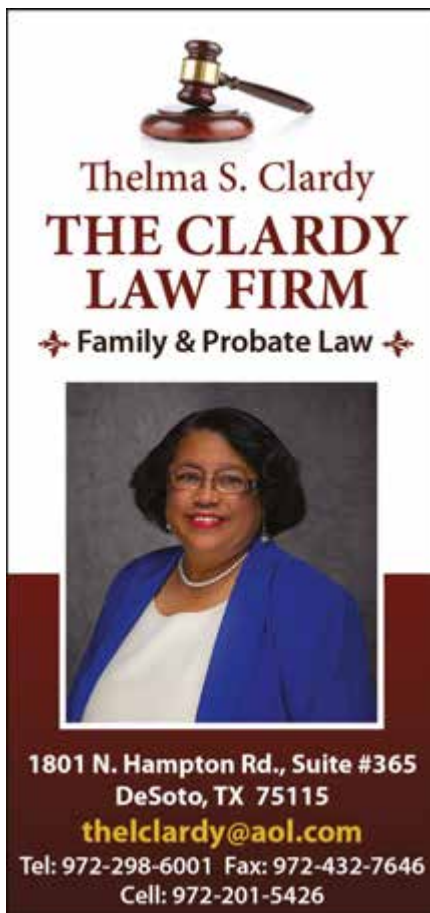


Sacred Inc.
"Where Platinum Services Are Rendered"

**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
Website: www.sacredfuneralhome.com

f i g t g



**Thelma S. Clardy
THE CLARDY
LAW FIRM**
✦ Family & Probate Law ✦

**1801 N. Hampton Rd., Suite #365
DeSoto, TX 75115
thelclardy@aol.com
Tel: 972-298-6001 Fax: 972-432-7646
Cell: 972-201-5426**



**Friends Place
Adult Day Services**

**Alzheimer's Diagnosis?
Specialized Alzheimer's
Daytime Care & Programs**

*An affordable adult activity center
designed to keep individuals active
and engaged in a compassionate,
supportive and safe environment.*

DEMENTIA CARE WARRIORS &
FRIENDS PLACE ADULT DAY SERVICES PRESENT

REVIVE Refresh
VIRTUAL WORKSHOP FOR
ALZHEIMER'S CAREGIVERS

AN EVENT TO EMPOWER AND EQUIP
YOU ON YOUR CAREGIVING JOURNEY

Save the Date
**SATURDAY
AUGUST 28, 2021
9:00AM - 12:00PM**

VISIT
REVIVEREFRESH.ORG
TO REGISTER.

Call today for more information.
972.274.2484
www.FriendsPlaceADS.com
1232 W. Belt Line Rd., DeSoto, TX
Ask about our Veterans program.
Masks required. Social distancing practiced.

**1-2 apples (Gala or Honeycrisp),
chopped small**
2-3 cups mayonnaise
**Additional salt and pepper, to taste
(optional)**

1. Boil chicken, poultry seasoning, salt, pepper and bay leaves for 1-2 hours, until the chicken shreds easily. Remove chicken from water; shred and cool for about 15 minutes.
2. Add all remaining ingredients, adjusting amounts depending on how many chicken breasts are used. Chill before serving.

Honey Bun Cake

Provided by Kimberly Bell for the May 2019 issue of *SouthwestNOW Magazine*.

Cake:

1 box Duncan Hines Yellow Cake Mix
3/4 cup vegetable oil
4 eggs, room temperature
1 tsp. vanilla, or more to taste
1 8-oz. pkg. sour cream
1 cup brown sugar
3 tsp. cinnamon

Icing:

2 cups powdered sugar
1 tsp. vanilla
4 Tbsp. milk

1. For cake: Mix first 5 ingredients together; pour into a greased baking pan.
2. In a separate bowl, combine brown sugar and cinnamon. Sprinkle the mixture over the cake batter; swirl with a fork. Bake at 325 F for 40 minutes.
3. For icing: Mix sugar, vanilla and milk; pour over hot cake.

Red, White and Blue Salad

Provided by Mariah Marshall for the July 2018 issue of *EnnisNOW Magazine*.

Blueberries, to taste
Strawberries, to taste
Bananas, to taste

1. Place blueberries, chopped or sliced strawberries and chopped or sliced bananas in a large bowl and mix together.

Mandarin Orange Salad

Provided by Vera Wofford for the May 2016 issue of *MidlothianNOW Magazine*.

Salad:

1/2 head lettuce, chopped
1 cup celery, chopped
1 Tbsp. minced parsley
2 green onions and tops, thinly sliced
1 11-oz. can mandarin oranges, drained

Dressing:

1/2 tsp. salt
2 Tbsp. rice wine vinegar
2 Tbsp. sugar
1/4 cup oil
1/4 tsp. Tabasco sauce
Dash pepper

1. For salad: In a large mixing bowl, toss all ingredients together.
2. For dressing: Mix together all dressing ingredients in a jar with a tight-fitting lid. Shake well before using.

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

Bringing advanced surgical care to your community

**Baylor Scott & White Texas Surgical
Specialists welcomes general and
bariatric surgeon Timothy Kelly, MD.**

Our board-certified surgeons
look forward to providing surgery
services to the residents of Ellis
County. All physicians accept most
insurance plans.



Top row: Mazen Iskandar, MD, FACS; Natalie Calcaterra, MD; Timothy Kelly, MD
Bottom row: Watson Royce, MD, FACS; Valerie Gorman, MD, FACS; Nathan Ludwig, MD



2460 N. Interstate 35 East, Suite 215 | Waxahachie, TX 75165

TexasSurgicalSpecialists.com
469.800.9830

Physicians are employees of HealthTexas Provider Network, a member of Baylor Scott & White Health. ©2020 Baylor Scott & White Health. 99-PRAC-184079 BID

Redbird Village Apartments



803 LINK DR. #11
DUNCANVILLE 75116
972-298-5311

Look what people are saying about us!



Google "Redbird Village Apartments" and click on "Reviews"!

"...My heart is and will always be at Redbird Village." - Mary

"...Staff... treats you like you are their biological family." - Kathy

"...Family friendly community." - Margaret

BACK PROBLEMS? MIGRAINE HEADACHES? PAIN IN YOUR BODY? WE CAN HELP?

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

"I have been a patient for 2 years. The doctors are amazing, caring and can fix you right up!"
-Elice from Dallas

Back to School Special!

Mention this ad for
EXAM, X-RAY & RESULTS | \$40
(Expires 8/31/21)



**COMFORT REHAB
CHIROPRACTIC**

(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. Park, D.C.



Dr. Hassell, D.C.

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

EXCITING NEWS!
2ND LOCATION: ARLINGTON
NOW OPEN! (360 8 30)

THE LOCAL TABLE

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

- Virginia Woolf



BEST BURGERS, BEERS & COCKTAILS IN DUNCANVILLE

MUD HOOK

BAR & KITCHEN

Open for Dine-in Call or Order Online for Curbside Pick Up!
Doordash • Uber Eats

LIVE MUSIC Every Saturday 9PM-12AM

LUNCH ONLY SPECIAL
Daily from 11am-3pm

\$7.95
BURGER, FRIES & SOFT DRINK
Offer Expires 8/31/21

WHAT OTHERS ARE SAYING:

"Love the food and the atmosphere! Many beer options for those that drink beer." - Mary A. from Dallas
"Great place to catch a game and watch it outside on the patio with your dog! Very pet friendly." - Gilbert C. from Duncanville



Featured in
The Dallas Morning News

NOMINATED
TOP 10 NEIGHBORHOOD RESTAURANTS IN DALLAS



Tuesday - Sunday 11am - 2am

469-759-6743 100 S. Main St. 101B, Duncanville

MUDHOOKBAR.COM

CAMPUZANO

mexican food



\$5 OFF

\$20 PURCHASE
Expires 8/31/21

CAMPUZANO



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

Sip on
Summer!

Patio | Coffee | Food & Live Music

FIND US:
230 W. Belt Line Road
Cedar Hill, TX 75104

WHITE RHINO
SHAKES



THE LOCAL TABLE

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

- Virginia Woolf



*Welcome
Back to School!*

**BUY ONE PLATE OR POTATO
AND GET ANOTHER OF EQUAL
OR LESSER VALUE FOR**

1/2 PRICE
(Up to \$9 savings!)

Expires 8/31/21

www.smokinbbqllc.com

469-779-6042

305 N. Hampton Rd., DeSoto, TX

**B N
SUSHI & GRILL**

August Special



**\$5
OFF**

**\$25 or more
purchase**

DINE-IN ONLY.
EXCLUDES ALCOHOL.
EXPIRES 8/31/21

BnSushi.com

972-293-1009

**638 Uptown Blvd #120
Cedar Hill**



*Over 50
FLAVORS*

Popcorn Tins
Gourmet Sodas
Themed Gifts
Assorted Candy
Glazed Nuts

Now Serving **SNOW CONES**

\$5

3 TINY POPCORN BAGS*

(Excluding Chocolate
and Nut Popcorn flavors)

15% OFF

ENTIRE PURCHASE*

(When purchasing \$5
or more of popcorn bags)

*Limit one 1 coupon per customer.

Not valid with any other offers. Expires 8/31/21



Hillside Village • 305 W FM 1382 #611, Cedar Hill

972.291.4767 mypopcornstop.com



Tawni Haynes, Owner of Tawni Haynes Custom Apparel

SHARING OUR STORIES. CELEBRATING OUR VICTORIES.



The Global Pandemic challenged all of our community to reach out, dig in, and get creative. Last year, the Cedar Hill Economic Development Corp. (CHEDC) awarded some of our local business owners grants through the Cares Act + #CedarHill Strong to help the business survive.

Now, the Cedar Hill Economic Development Corp. + Cedar Hill Chamber of Commerce are touring the city, sharing stories of Small Business Owners in our Community.

Follow the CHEDC on Facebook for videos to learn more about how these businesses thrived amid challenging obstacles that many businesses face, but overcame.



Scan to
see the
stories on
Facebook!



Meet the Owners

- Downtown Cedar Hill -

Sly Cat Gallery | 469.447.5521 | 208 S Broad St



Artist Hannah Tyler started the gallery with the intention of creating a space for local artists and artisans to display their art and gain showing experience. Tyler graduated with honors from Southern Methodist University with a Bachelor of Fine Arts in 2014 and was certified as a framer in 2015 by the American Picture Frame Academy. Be sure to stop by and see the exhibit of The Longest Year (Artwork during the Pandemic) that is currently showing.

Vella Nest Floral | 469.744.1936 | 205 N J Elmer Weaver Fwy

Meet Alexandra (Alex) Turner, the owner of Vella Nest Floral, and the floral designer and artist behind amazing creations. She was born in South America, daughter of a Spanish mother and Italian father. She is driven by romance and the beauty of untamed florals. Her work has been featured in many printed and online publications such as Brides, Brides of Magazine, Martha Stewart Weddings, and Brides of North Texas. She has been serving couples in DFW and beyond, as well as local everyday deliveries and special events.



BN Sushi & Grill | 972.293.1009 | 638 Uptown Blvd. #120



Benny Nguyen was born in Vietnam, but split time growing up between Dallas and Wisconsin to finally settle in the South Dallas area. He started as a chef, became a partner in the business and now is the owner of BN Sushi. Benny loves to show his passion for food and creativity by way of picking fresh meat and produce every day for the best quality dishes that look beautiful. Be sure to ask for the amazing Love Boat and see the creativity in action. BN Sushi & Grill specializes in sushi, rolls and seafood. Open for lunch and dinner!

Mija's BBQ (located in Ash & Ember) | 972.637.3450 | 226 Texas St

Mija's BBQ is a family-owned Tex-Mex BBQ provider located in Ash & Ember. Ryan Siegler, the Pitmaster, loves to cook with a natural passion for BBQ that he's been honing for years. Bailey Siegler is the Tex-Mex Consultant/Master of Pies who grew up spending much of her summers in Mexico and guides Ryan on the recipes. Hazel & Heidi Siegler are the namesake Brisket Addicts who love brisket, bbq sauce, and potato salad. Tacos, sandwiches, and more....which one will you pick?



Dick's Uptown Cafe | 972.293.9944 | 610 Uptown Blvd.



Cedar Hill residents since 1997, Dick's Uptown Cafe was a dream of Dick & Teril Woodward's for years. They wanted to give their hometown a quality, family-owned restaurant. Dick's started as a breakfast & lunch diner and has since blossomed into so much more. Inside, Teril's Takeout pre-makes family favorites and freezes them so they can be picked up for dinner or special events. There's nothing "corporate" or "chain" in nature at Dick's — just good, quality food that will leave you feeling not only full, but also a little happier.



All of these businesses & more are on the Shop Cedar Hill Card
Scan & buy your card today to support local.
One card....many local businesses to choose from!



NOW HIRING



Customer Service/Sales | Developers | Internet Business/Systems
Warehouse - Stock Control Associates (all shifts available)

Delivering Technology. Designing Careers.

- A Berkshire Hathaway company
- **27** worldwide locations and growing
- More than **622,831** customers in over **223** countries/territories
- **2,550** employees globally
- Expansion complete, now over 1,000,000 sq. ft. facility in Mansfield, Texas
- Career opportunities with **great benefits**, including **on-site gym** and **medical clinic**
- Avid supporter of MISD and STEM educational grants for area teachers and students

Online applications only at [MouserJobs.com](https://www.MouserJobs.com)



[mouser.com](https://www.mouser.com)

(800) 346-6873

1000 N. Main St. Mansfield, TX 76063
Approximately 30 mi. from Dallas & 20 mi. from Fort Worth

NOW HIRING

RNs • LVNs
Case Managers • Field Nurses

\$3,000

sign on bonus for RNs

\$1,500

sign on bonus for LVNs

**WE WILL TRAIN
AND RELOCATE!**



Join our team!

**We want to
hear from you!**

Email your resume and desired position to
cmeyers@homecarenetwork.com,
OR apply online at **www.homecarenetwork.com/employment.**



Bringing Healthcare to YOUR Home

www.homecarenetwork.com

Referral Intake: **1-877-270-2001**

Referral Intake Fax: **1-866-883-2383**



Zoomed In: Thomas Winkler

By Adam Walker

Thomas Winkler is a fixture at Lakeside Park, where drivers stop to ask about his kites. “This one’s a parafoil kite, like a big sleeping bag,” he said. “I use 350-pound test line, and once I get it up to 900 feet, it will just stay up there. I do this to keep active in retirement. If you don’t do something, you get old. I’ve decided to get a year younger each year!”

Thomas spent years as a paratrooper with the Army Rangers and has 1152 jumps to his credit. “That’s what I wanted to do from the time I saw John Wayne in *The Longest Day*. I was 7 or 8, in Nuremberg, Germany. I came to the U.S. when I was 10 to join my mother.”



Lolita Rabon makes history as the first female Hispanic/Pacific Islander to join the CHISDPD as an officer.



Courtnea Williams shows off the selfie booth at Kool Kones snowcone shop in Duncanville.



Cedar Hill PD joins Mission Cedar Hill in keeping the community strong.



DeSoto's Centre Estates Homeowners Association celebrates Juneteenth by providing 100 free lunch bags to their residents.



Reniqua, Torianna and Triniti Spellman and Erica Williams keep the fun going at a DeSoto PTA 4 Corners event.



The Tamale Company Bodega celebrates its ribbon cutting.



Proud students show why the CHSD theater department won a Dallas Summer Musical Award for Best Costume Design.



Royal Fried Chicken owners, Chris Mack and Nayka Mendoza, celebrate their Chamber Ribbon Cutting.

INSPIRING & ENCOURAGING KIDS

TO PLAY, LEARN, AND EXPLORE

Accepting new enrollments for ages 6 weeks - 12 years old

Receive a **15% discount** for enrolling siblings

Now hiring full-time & part-time

Hours of operation 6am to 6:30pm

Inquiries Call : 1 877-824-KIDZ(5439) Ext. 1 | 513 Straus Rd. Cedar Hill TX, 75104

DON'T LET COVID-19 SPOIL YOUR FUN THIS SUMMER. GET YOUR SHOT AND CELEBRATE BBQ, BEACHES, FAMILY AND FRIENDS!

Get vaccinated for COVID-19 for your family's protection, and let your friendly allergist help you and your family get more relief by treating allergy causes and triggers.

Don't let your allergies, asthma, and COVID-19 ruin your summer plans. Come visit us at the Allergy and Asthma Center of Duncanville for a check-up so we can help keep you and your loved ones safe. You may find your vaccine via vaccinate.org. Patients 12 y/o and older are currently eligible to receive the Covid-19 vaccine.

ALLERGY AND ASTHMA CENTER OF DUNCANVILLE remains a trusted and reliable practice, caring for Dallas/Duncanville communities for over 30 years. Patients refer their family members and friends, knowing they can get exceptional care from the compassionate and knowledgeable medical staff.

- Mandatory masks and additional precautions are taken to protect patients during the COVID-19 pandemic.
- Most private and government insurances are accepted (Medicaid, Medicare, Tricare).

TO MAKE AN APPOINTMENT: CALL US AT 972-709-NOSE OR VISIT US AT [WWW.AAACOD.COM](https://www.aaacod.com) • FAX: 972-298-8590

626 W WHEATLAND RD, STE B, DUNCANVILLE, TX 7511

SE HABLA ESPAÑOL

Visit us on Facebook

HAROLD DELASALAS, MD, PHARM, FACAAI, FAAP, FACP, FAAAAI
 BOARD CERTIFIED IN INTERNAL MEDICINE, ADULT & PEDIATRIC ALLERGY, ASTHMA, AND IMMUNOLOGY

FARAH JUMA, PA-C • KEVIN NGUYEN, PA-C • JESSE ASTORGA, PA-C



TALES OF TEXAS

THE SHADOW WARRIOR

— By Alex Allred

When Col. Marc B. Powe's picture appeared on the big screen before the audience at the U.S. Army's Military Intelligence Center of Excellence, there was a stillness. Not only was he being inducted into the Hall of Fame, alongside Harriet Tubman, but he was also one of just a few handpicked intelligence officers responsible for moving the Military Intelligence Center and School to Fort Huachuca, Arizona, in 1971-1972. It was there that Col. Powe, a Dallas native and graduate of Texas A&M University and its Corps of Cadets, with Col. E.E. Wilson, co-authored *The Evolution of American Military Intelligence*, long regarded as the "bible" of military intelligence. He also began instructing future officers in the art of human intelligence gathering, instruction that is continued today by others who followed in his footsteps.

There was an audible appreciation among the crowd as Col. Powe's documentary began with the commentary, "Col. Powe's 30-year military career reads like a spy thriller, beginning with his assignment as an operations officer in the U.S. Embassy in Moscow in 1977. During a major fire at the embassy as the Moscow fire department and other Russians entered the building, Powe ensured the security of extremely sensitive classified areas. ..."

During his illustrious career, Col. Powe was responsible for securing highly sensitive information and material throughout the world. Fluent in six languages and seemingly always in the "right place," he secured the Soviet MI-25 Hind Helicopter in the Chadian Desert in Africa under intense negotiations (and still classified information). A YouTube video with the title *The Hind Heist – The Secret Operation to Steal the Soviet's Top Helicopter* offers a very rare glimpse of Col. Powe in the field at the 8:59 minute-marker in the 10-minute video (just as there is a rare picture of him in the best-seller *The Billion Dollar Spy*, although he denied the image to be his). It was also during that time that he "acquired" a Chinese anti-ship missile at the behest of the U.S. Navy.

Only in 1987 while following a Soviet convoy through the desert of Kuwait was Col. Powe's cover truly blown. Despite

the Soviets' denial of arming the Iraqis with weapons, a direct violation of the Intermediate-Range Nuclear (INF) Treaty, he discovered the truth, but he had also been exposed. As he saw Kuwaiti officials running toward him, he calmly destroyed the film in his camera and ate his notes before being captured and beaten for information that would never be obtained. It was Ronald Reagan who negotiated for the return of one of the U.S. Army's top intelligence officers.

Col. Powe was the only living U.S. military officer to twice receive the Director of CIA Intelligence Exceptional Intelligence Collector Award. He also received such medals as the Defense Superior Service Medal, Legion of Merit, Soldier's Medal, Bronze Star Medal and Purple Heart, among many others. He was inducted into the Department of Defense Attaché Hall of Fame in 1999. But for his family, his induction into the U.S. Army's Military Intelligence Hall of Fame offered peace of mind, as Col. Powe has not yet been given a funeral. Having died in August 2020, he is to be buried with full honors at Arlington National Cemetery in Arlington, Virginia, alongside his wife, Karen W. Powe — the ultimate military wife, it should be noted. She was responsible for securing the picture of the underbelly of a Soviet tank in the late 1970s. Both Marc and Karen, also a Texas native, live on in the legal system while an investigation

into the amount of radiation they endured from hostile foreign nations is currently being conducted.

After retirement, Col. Powe served in the Office of the Secretary of Defense in 2003 overseeing a U.S.-led coalition that overthrew Saddam Hussein. He was one of the first civilian cadre in country post combat and worked to repair the Iraqi police and army as a province advisor. His work with the Joint Improvised Explosive Device Defeat Organization (JIEDDO) to defeat the IED attacks on U.S. servicemen and women and the growing effect of ISIS/Al Qaeda/Taliban threats was both personally and professionally important to Col. Powe, and it was a reason that military intelligence instructor CW3 Matthew Carr requested to serve as escort to Powe's family for the Hall of Fame induction.

On March 13, 2007, Carr's younger and only brother, SGT Robert M. Carr, was killed in action while serving his country. The younger Carr was serving a second deployment to Iraq when the vehicle he was driving struck an IED. For CW3 Carr, who enlisted in the U.S. Army in 1999, and was already in the human intelligence and counterintelligence fields, Col. Powe's résumé resonated. "The work he did helped save the lives of many. Years after my little brother was killed by an IED in Iraq, I was struck by multiple IEDs in Afghanistan and walked away due to the improvements that were made to our equipment. I know a lot of those improvements were thanks to Col. Powe and the work he did."

Though he had never met either Carr brother, it was soldiers like these that drove the colonel, whose courage in the face of danger was matched only by his humility. His slow Texas drawl and seemingly easy manner were perhaps his greatest cover. Today, his works and research reside with the U.S. Army Military Intelligence Center of Excellence historical archive and are known as "The Powe Collection." When a former colleague from the Pentagon summed up Powe as "the best of us ... a Shadow Warrior who served this nation," it did not yet begin to describe his ultimate desire for world peace and unity. Perhaps it was why he admired soldiers so much, as he knew their footsteps would surely surpass his own. **NOW**

Big Al's **CELLULAR REPAIR**

AUGUST SPECIAL!

\$10 OFF
\$40 REPAIR OR MORE
EXPIRES 8/31/21

972-223-2615

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

www.BigAlCellularRepair.com

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

Dr. mOe
AUTHOR | SPEAKER | PODCASTER

Energize & Inspire Your Team This Summer!!!
Book Dr. mOe Anderson for:
Corporate, Church & Leadership Trainings

SUCCESS IS A SIDE EFFECT:
Leadership, Inspiration, and Empowerment
MONICA F. ANDERSON, D.D.S.

Dr. mOe weaves a tale of success to help already accomplished people do even better!
Sheryl Cole, J.D.
Representative at Texas House of Representatives

Book Dr. mOe to speak at your next speaking event today!
www.DrMoeAnderson.com

THE BEST ORTHOPEDIC CARE



SCAN & SCHEDULE
OR CALL 469-297-5471



TheBestOrthopedicCare.com



It may be HOT outside but come visit us at Champions Cove where it's nice and cool, the staff is awesome and the people who live here are like family!

Awesome Amenities to Enjoy:

- Complimentary coffee bar
- On-site exercise classes led by professional instructors
- 24-hour maintenance
- Card & Game Rooms

- Pet-friendly accommodations

- Beauty Salon, Barber, and Pharmacy Services

Plus 27 more Top-Tier Amenities

**AWARD-WINNING RESORT-STYLE
55+ APARTMENTS IN
DUNCANVILLE, TEXAS!**



Call & schedule
a tour today
972- 449-7103



www.ChampionsCove.com

Champions Cove 1600 South Main Street, Duncanville, TX 75137



Kosmic Kids
LEARNING CENTER INC.

(469) KOS-4KID

Attention DeSoto, Cedar Hill, Glenn Heights,
Lancaster Families & Schools

**ARE YOU READY TO LET
YOUR CHILD GROW?**

Kosmic Kids of DeSoto, is a warm and loving environment where kids can learn and grow. Your child will enjoy snacks; Nutritious Meals for Breakfast, Lunch & Dinner; have help with homework; experience daily devotional; and participate in weekly entertainment.

- Provides Before & After School Care • 0-13 Years of Age
- Faith Based • CPR First Aid Certified
- Discounts Available - Please Inquire
- The Only 4 Star Texas Rising Star Facility In DeSoto

**CLAIM YOUR 1 WEEK FREE
CHILD CARE VOUCHER TODAY!**

Call 469-567-4543 to find out more
details and redeem your
1 Week FREE Voucher

www.KosmicKidsTx.com • 1101 East Pleasant Run Road • DeSoto, TX 75115

**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

**COME SEE OUR
WIDE SELECTION!**

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

• 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)

CORIAN
QUARTZ

LIKE US ON
f

MasterCard
VISA
Discover

Your choice for medical imaging



When your health is in question, you want answers.

Center for Diagnostic Imaging (CDI) offers answers with high-field MRI, CT, ultrasound and X-ray. At centers near you, additional services include:

- Cardiac calcium screening (Mansfield)
- Interventional services (uterine fibroid embolization (UFE), peripheral artery disease (PAD) and varicose vein (DeSoto))
- 3D mammography (DeSoto)
- Breast cancer risk assessment (DeSoto)

Easy scheduling with same- and next-day appointments are available at all locations, including our centers in McKinney, Richardson and Plano.

myCDI.com



SCHEDULE AN APPOINTMENT

call 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®



Bristol Hospice - Pathways 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.

**7 Days a Week, 365 Days a Year
We are Here for you!**

Waxahachie: (972) 923-2436 | Fax: (972) 923-0043
Corsicana: (903) 872-0644 | DeSoto: (972) 283-5590
Dallas: (972) 424-1756 | Ft. Worth: (817) 735-4329
Athens: (903) 670-1360 | Toll Free: (877) 214-3565
Garland: (214) 607-1400 | Grand Saline: (903) 962-7597

Scan for more info!



115 Park Place Boulevard, Suite 100 | Waxahachie, TX 75165 | Phone: (972) 923-2436 | Fax: (972) 923-0043
www.bristolhospice-pathways.com



Cardiovascular care just a heartbeat away.



Your heart is at the center of everything you do, and at Methodist Charlton Medical Center, it's at the center of everything we do. We offer a broad spectrum of heart care related to general cardiology, interventional electrophysiology procedures, and surgery, plus tools to combat heart failure at the Methodist Charlton Heart Failure Clinic. From prevention and diagnosis to treatment and rehabilitation, we're here with comprehensive care to help you stay heart healthy. **Trust. Methodist.**

To find a Cardiologist, call 877-637-4297 or visit MethodistHealthSystem.org/Heart. If you think you are experiencing a cardiac emergency, call 911 and request that an EMS take you to Methodist Charlton Medical Center.



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.

Summer BOTOX Special - 15% Off



DERMATOLOGY
ASSOCIATES
OF UPTOWN



Keep your youthful look
with the #1 cosmetic
treatment to prevent or
reduce the appearance
of frown lines, crows
feet and wrinkles!

(972) 283-8979 | DallasDermatology.net
610 Uptown, Suite 102, Cedar Hill, Texas 75104
Valid Aug 1 - Aug 31, 2021



Kent Allergut, M.D.



Cynthia Robinson, M.D.



Meredith Draseth, M.D.



Joe Capasso, PA-C



Painting on Point

— By Angel Morris

While home decor magazines and social media accounts may still be dominated by white and neutral shades, some designers suggest a more colorful future on the horizon. Neutral colors still make sense, letting one add in pops of color and change accent pieces seamlessly from season to season. And although the farmhouse feel is still beloved by many, eclectic vibes are on the rise and darker, moodier settings are also seeping into popularity.

Allowing decorators to maintain a neutral palette while changing things up a bit, the colors gray and black are coming on trend. One scroll through Instagram and you'll see formerly light, bright spaces being transformed by charcoal accent walls and darkly painted furniture. This still allows pops of color through accent pieces and ensures things like throw pillows and seasonal decor won't clash with furniture and walls.

Continuing the shift to deeper, more earthy tones, many influencers are painting spaces in saturated greens and blues, pigmented terracotta and apricot orange, or even rich maroons and bright yellows. In short, if it's intense, it's on trend! These colors compliment Mediterranean decor and natural woods and wickers in one's space.

Proving there's always something for everyone, softer shades

are also en vogue, as well as their richer counterparts in vibrant versions of purple and pink. With a nod toward sun-baked hues, however, Benjamin Moore Paint dubbed its shade Aegean Teal 2136-40 as its 2021 Color of the Year. Suggesting this year is a time to reflect and reset, Benjamin Moore described the shade as "intriguing, balanced and deeply soothing."

How does the paint company choose its annual recommendation, you might ask? The company's website explains the selection "involves a yearlong observation of design, art, fashion, environment and cultural influences the world-over." Recent Colors of the Year have ranged from Simply White to Caliente (deep red), expressing the changing moods in design, art, fashion and culture from year to year.

Whether you're sticking with tried-and-true whites or moving to tropical brights, here are some basic steps to transforming your space with paint.

Step 1: Choosing the Perfect Color.

Things to consider when choosing your paint color include, first and foremost, your own personal taste. Which color samples jump out at you at first glance? Which inspire you or bring you joy? Start there and work your way to the perfect shade, considering the size and purpose of your space (darker colors can make a space seem smaller; brighter colors enliven a space so they may be better suited to a kitchen, while softer colors can be soothing and work well for bedrooms and bathrooms).

Along with color, you'll want to consider sheen — from glossy to matte — which not only impacts appearance, but maintenance, too. Some are easier to clean than others, and some are more suited to particular surfaces.

Step 2: Supplies and Preparation.

Online calculators can show you exactly how much paint you'll need based on the size of your space. At a minimum, you'll need a painter's tray, rollers and brushes and painter's tape. A ladder, drop cloth, sponge or rags, screwdriver and an extension pole will likely make painting your space easier, too.

Before you even open your paint cans, you'll want to clean all the walls, making sure they are free of dirt and cobwebs. You'll also want to remove outlet and window covers, as well as window treatments and anything on which you do not want paint to potentially fall.

Step 3: Application.

Experts suggest using a brush to carefully "cut in," or paint along the top and bottom trim where your wall meets the ceiling or molding and floor or baseboards, as well as the corners of your rooms. Then you are ready to start painting at a top corner with your roller.

It is often suggested to paint a W pattern with your roller, about an arms-length in width and depth, and continue to paint W's from the top of your wall across the room. Repeat the W back and forth across and down the space until your entire wall is covered.

It's recommended that you reach a natural stopping point in your space before starting to use a new can of paint. At that point, you will want to stir your new can of paint and pour some of it into your old can, then blend well. If you need to take a break while painting, try to end at a corner, so you are painting an entire wall at a time. *Pro Tip: Drips and spills may happen but are much easier to clean if wiped with a damp sponge or rag while the paint is still wet!*

Once you've painted your space, all that's left is the cleanup before the fun part, decorating, can begin. No matter the trends, remember that painting is truly about your personal style. With that in mind, your color choice sets the tone for your space and your home. **NOW**

Sources:

1. www.benjaminmoore.com
2. www.behr.com

SAME-DAY APPOINTMENTS AVAILABLE
We now accept most Medicare Managed Care Plans.

PHILLIPS
FAMILY MEDICAL

Now testing for COVID-19.
Must call ahead!

Hormone PELLET Therapy for Women & Men
Feel Younger, Lose Weight, Stop Aches, Increase Sex Drive

WE'RE ACCEPTING NEW PATIENTS!



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

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!

Can't Come to the Office?
We have Telehealth!
Call for Our Free App!

Lipo Laser Program
Lose Inches • Lose Weight
ONLY \$85 Per Session
People typically lose 1/2 inch per session!



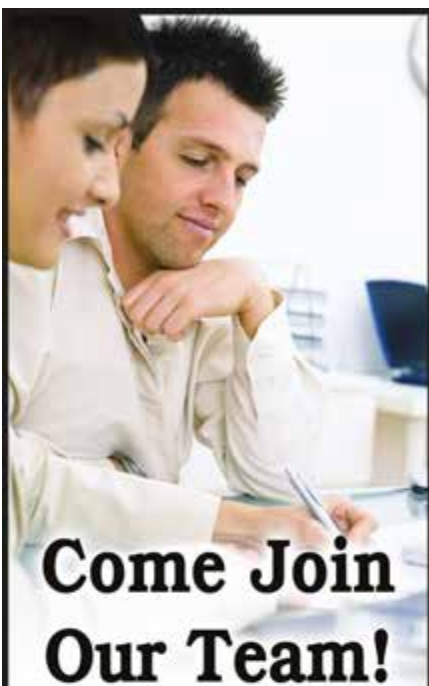
972-709-3415 • 947 Scotland Dr., Ste. 107, DeSoto, TX 75115
www.PhillipsFamilyMedical.com • Email: Info@PFMed.net
Friend us on Facebook • Nosotros hablamos Español!



CHECK OUT OUR
Favorite Recipes

NEW!
www.nowmagazines.com
Searchable Recipes
from the NOW Magazines Archives.
TRY IT TODAY!

NOW
MAGAZINES



**Come Join
Our Team!**

**Advertising
Sales
Position
Available**

Excellent
Commissions
& Bonuses

Group Health, Dental, Vision
and Life Insurance
Company Simple IRA

Send résumé to
Rick Hensley at
rhensley@
nowmagazines.com

NOW
MAGAZINES

BURLESON • CORSICANA • NORTH ELLIS CO.
MANSFIELD • MIDLOTHIAN • WEATHERFORD
SOUTHWEST • WAXAHACHIE • ENNIS

Dental Care for Adults and Children


Prosperity Dental

**SATURDAY
Appointments
Available**



Dr. Thamen
Kennedy Evans

972-360-0562

433 W. Wheatland • Duncanville



LORENZO BROWN & ASSOCIATES

— ATTORNEYS AT LAW —

DIVORCE • PROBATE

1700 N. Hampton Road,
Suite 104

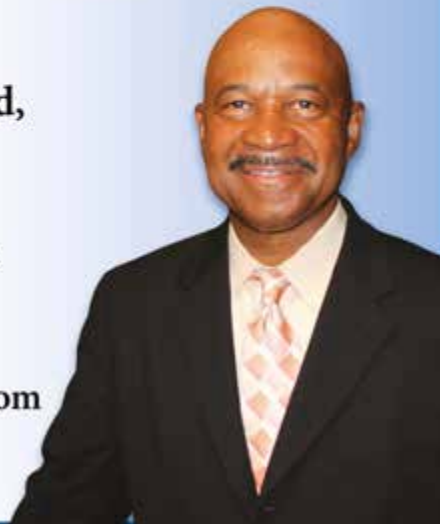
DeSoto, TX 75115

972.224.7555 - office

214.621.0036 - cell

214.237.6067 - fax

lorenzobrownlaw@gmail.com



FLAWLESS

Hair & Beauty Supply

Black, Brown and Veteran Owned

949 N HWY 67 Ste. 309
Cedar Hill, TX 75104

(469) 575-0110

www.flawlessdfw.com



@flawlesshairbeautydfw



@flawlessdfw

\$5 OFF

any purchase or service of
\$20 or more with any donation
of diapers or any other
baby essentials.

All donations benefiting Bridges
Safehouse. www.bridgescanhelp.org

WITH THIS AD. EXPIRES 8/31/21

Beautify Your Countertops!

Showers • Bathtubs • Countertops



Summer Special

15% OFF

Any Refinishing Job

\$695 or more if booked in August

817-633-9100

We Repair & Refinish
Most Jobs in 2 Days
or Less!



Offer Expires 8/31/21

Want To Save \$1000s?
Don't Replace! 😊
Repair & Refinish

• FREE ESTIMATES •

By Appointment Only
2627 S. Cooper St. Ste. E12
Arlington, TX 76015

We Repair & Refinish
Countertops

• Tile Showers & Walls
• Fiberglass Tubs & Showers

www.ftworthrefinishing.com

Angie's list



Been Thinking About Switching Insurance Companies?

Since 1965 the community has trusted Jim to provide
them with the best home, auto, life, renters insurance
and more.

What others have to say:

Jim McDonald is one of the finest men I know. Best boss I ever
had. Going to work never seemed like work. 20 of the best work
years of my life! Love this man & his family. ❤️ Cyndy J.

★★★★★ Mr. McDonald's agency is truly a "Good
Neighbor." They are always friendly and knowledgeable when I
call. Excellent service! - Margaret D.

★★★★★ Always attentive. Quick to answer the phone.
They get the job done with no hassles and no
problems. - Margaret M.

Call one of our English or Spanish speaking
agents today to see how we can save you money
on your auto, home or life insurance 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



SouthwestNOW Scavenger Hunt



Find 5 hidden
Sailboats

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 August 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

Courtesy of:
NOW Magazines
scavenger.swn@nowmagazines.com

Winner must pick up prize
within 30 days of drawing.

Flowers were found on
pages 1, 19, 24, 31, 37

July winner is:
Ella Andrews - \$50 Cash
from NOW Magazines

scavenger.swn@nowmagazines.com



JPAR - Real Estate



Having coffee with a friend/past-client
Carolyn Legg at 1846 Coffee in Cedar Hill, TX.

Come see us at these upcoming Cedar Hill Community Events:

Cedar Hill Back to School Rally

Pick up a bag of free school supplies at our table.

Valley Ridge Park
Saturday, August 7, 2021
10:00 AM to 1:00 PM

Celebrating Senior Citizens Day

Pick up something useful at our table.

Alan E. Sims Recreation Center
Wednesday, August 18, 2021
10:00 AM to 1:00 PM

We are excited to see you!

Seniors Real Estate Specialist®

Call or Text:

Cindy Peterson, REALTOR®
(972) 978-5544

Stefan Peterson, REALTOR®
(214) 232-9217



Vintage to contemporary
to the traditional or eclectic,
we have it at Knick Knacks.

Come discover what is
in your own backyard.



*"Awesome place to find any and
everything you can't live without!" - Mia*

215 W. Camp Wisdom Rd. • Duncanville
972-283-9007 • www.knickknacks.com



Direct Mail Advertising Works!

Let *SouthwestNOW* Magazine present your advertising message to

**over
56,200**

Home & Business addresses in the Cedar Hill, DeSoto & Duncanville ZIP codes



Bryan Frye



Dustin Dauenhauer

For more information, please call your local advertising representative.

972-283-1170

NOW
MAGAZINES

BURLESON | CORSICANA | ENNIS | MANSFIELD
MIDLOTHIAN | NORTH ELLIS COUNTY | SOUTHWEST
WAXAHACHIE | WEATHERFORD



Compassion

Because we've been through it too



Jaynes
Memorial
Chapel

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

CAMP BOW WOW®

DOGGY DAY CARE & BOARDING • GROOMING

BACK TO FRIENDS ✓

BACK TO FUN ✓

BACK TO

CAMP



FIRST DAY FREE!*



ALL-DAY PLAY



LIVE WEBCAMS



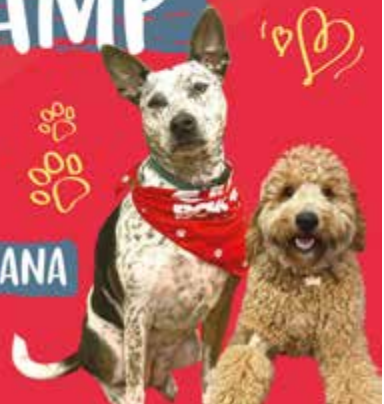
FLEXIBLE CHECK-IN/OUT

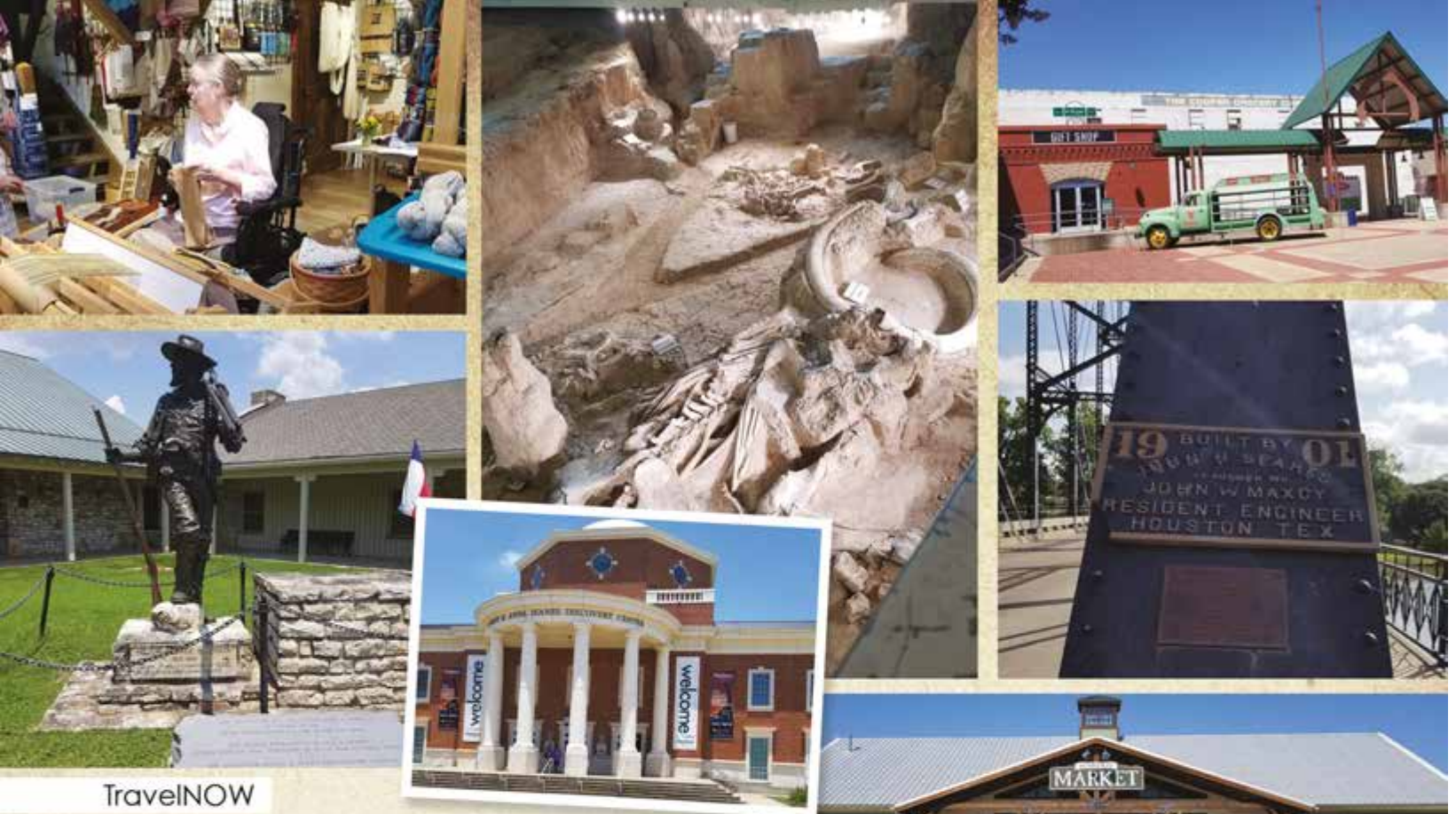
MAKE YOUR RESERVATION TODAY!

CAMP BOW WOW® SW DALLAS
972-296-WOOF (9663)
campbowwow.com/SWDALLAS

KANA

*LEGAL WOOF: Offer valid only at above location. Free first day valid only for interview day. New customers only. Camper must meet entrance requirements. Other restrictions apply.





TravelNOW

The HEART of TEXAS

— By Lisa Bell

Home of Baylor University and the famous Magnolia Market, Waco, Texas, offers numerous spectacular places to spend time. Whether taking a weekend trip, a weeklong vacation or driving down for the day, the city on the Brazos won't disappoint.

At Homestead Craft Village, local artisans of the community demonstrate various crafts. Experience woodworking, steel forging, weavers and basket makers, a working old-fashioned gristmill and more. The general store, village market and other shops delight visitors with an option to purchase locally grown and handmade items. While there, enjoy a meal at

Cafe Homestead, where they use ingredients from Homestead Heritage Farm. Be sure to get on the list soon after your arrival at the village.

The Mayborn Museum Complex, located on the Baylor campus, provides more than a day's worth of intriguing, interactive displays. Dozens of interactive exhibits draw out the child in anyone. The traveling exhibit for 2021 summer thrills lovers of dinosaurs. Be sure to interact with more of the fun creatures upstairs.

Don't miss the Texas Ranger Hall of Fame & Museum (not the baseball version that's down the street at the Texas Sports Hall of Fame). Check out the history of Texas' most famous law enforcement branch. Learn about these men, how they changed over time and use today's technology to capture criminals of all types.

A trip to Waco isn't complete without learning the origins of Dr Pepper. The museum houses memorabilia and fun facts about the creation of sodas. The site contains a sealed, original artesian well that supplied water to the company in its early days.

Looking for outdoor activities? Waco Mammoth National Monument allows visitors to view the dig site where scientists uncovered 23 mammoth skeletons. Trails and a picnic area allow visitors more time to explore nature.

The Waco Riverwalk runs beside the Brazos River, a great place for walking, jogging and bike riding. A tribute to the Chisholm Trail depicts cowboys on horseback and cattle. In another area, a memorial park for Doris "Dorie" Miller commemorates a naval cook during WWII. The first African-American awarded the Naval Cross exhibited extraordinary courage during the attack on Pearl Harbor, which he survived. The area also contains a Vietnam Veterans memorial and one for law enforcement among various parks. Many old bridges cross the Brazos River in Waco, including the 1870 Suspension Bridge, currently under rehabilitation. Another bridge, built in 1901, allows pedestrians to cross the river safely while experiencing a touch of history.

Cameron Park covers 416 acres of land along the river. With 20 miles of trails, any hiker can achieve a great workout. A drivable, winding road passes through the park with various lookouts such as Circle Point, Lovers Leap or the Bosque River Mouth, where travelers experience amazing views. Picnic areas, fun statues, a splash park and the Cameron Park Zoo provide hours of fun. Throughout the city, Waco features splash pads, pools, a lake and the Lake Waco Wetlands.

With many hotels, plenty of bed-and-breakfasts and area campgrounds, finding a place to stay comes easily. With wonderful places to eat, like Tejun, Abuelitas, Twisted Root, Buzzard Billy's and a variety of local and chain restaurants, you can try different places for each meal. About an hour-and-a-half drive from the DFW Metroplex, take several trips and create fresh memories with family or friends. **NOW**


THE ULTIMATE
NEW YEAR'S EVE
EXPERIENCE....

DALLAS KICKSPO. SNEAKER BALL TX.


DECEMBER 30-31

POWERED BY HEIRS SNEAKER BALL TX

EVENT LOCATION:
FIELDHOUSE USA
650 U.S. 287 FRONTAGE RD.
MANSFIELD, TX 76063



TICKETS AVAILABLE NOW



You can still get coverage or change your plan.

Special open enrollment is extended until August 15, 2021.

**We can help you get signed up for
Healthcare/Obamacare.**

See if you qualify for Premium Tax Credit
that will help reduce your cost.

**Plans
Start at
\$0
Premium**

- ✓ No obligation quote
- ✓ No health questions asked
- ✓ Easy electronic enrollment



**CHAMPIONS
INSURANCE**
And Financial Services

Call Belinda Smith for a quote. (972) 224-3523

Save money
**BY MAKING
EVERY DROP
COUNT!**

\$25 OFF First Time
Repair Call
Plus tax. Offer Expires 8/31/21

It's that time of the year to make sure
your sprinkler system is operating to
its maximum efficiency.
Call to schedule a system
check and evaluation.

Irrigator Lic. LI0012920 BPAT Lic. BP0019018



ARC IRRIGATION



ARC IRRIGATION

Licensed & Insured • Antonio "Tony" Cruz
www.arcirrigation.net

214-683-4091 • 972-639-3446



Reaching over
700,000 readers
throughout
9 markets, with
interesting stories
about the people
living in those
communities,
NOW Magazines
are the smartest
choice for your
advertising dollars.

NOW
MAGAZINES

Burleson • Corsicana • Ennis
Mansfield • Midlothian
North Ellis County • Southwest
Waxahachie • Weatherford

Call for info.

972-283-1170

**Shop Our Huge Selection of Medical
Supplies & Scrubs!**

**Comfort and
Mobility.**

VivaLIFT!
POWER RECLINERS

Pride
Mobility Products Corp.

GO GO
TRAVELER, LUMINOUS, EVO

Pride Mobility Sales & Service

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

CSE
MOBILITY & SCRUBS

FIVE NONPROFITS

We Are Loving Right NOW

Cedar Hill Shares

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.

The MINT Foundation

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.

*You're invited to experience
a better lifestyle.*



THE RETREAT

• The Resort You Call Home •

**Grand Prairie's
Newest 62 +
Luxury
Active Senior
Community**



2902 S Belt Line Road, Grand Prairie, TX 75052

214-856-0889

THERETREAT.COM



Professionally Managed with Heart by
The David Nicklas Organ Donor Awareness Foundation



... **CHECK IT OUT** at ...

www.nowmagazines.com

A great new way to shop and do business locally!

NOW
Clickbooks

THE
LOCAL TABLE

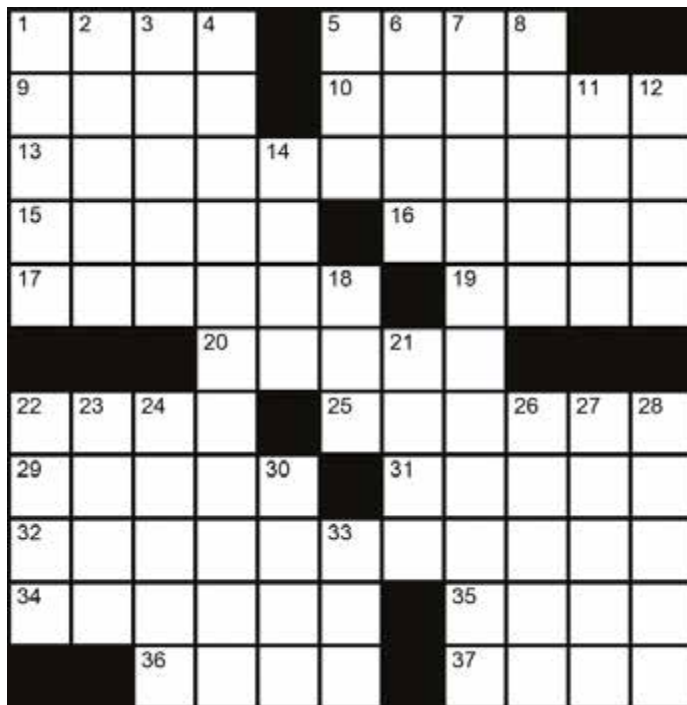
Go to www.nowmagazines.com and flip through a current edition of your favorite NOW Magazine.

Burleson • Corsicana • Ennis • Mansfield • Midlothian
North Ellis Co. • Southwest • Waxahachie • Weatherford



When you see an advertisement or coupon that interests you ... **CLICK ON IT** ...
and you'll be instantly directed to that company's website.

Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Nagging fish?
- 5 Sisters
- 9 Composer --- Novello
- 10 There is one every year for many sports
- 13 Echo
- 15 Set of opinions
- 16 Scarecrow stuffing
- 17 Skylit lobby
- 19 Pianist Dame Myra
- 20 Range
- 22 Enfold
- 25 Shell lobster
- 29 Trustworthiness
- 31 Every golfer likes this kind of hole
- 32 Motley assortment
- 34 Often opposed to Venus on court
- 35 Houston university
- 36 Uptight
- 37 Like Sean Connery

Down

- 1 Roughly
- 2 Stave off
- 3 Random archery target
- 4 Inclined
- 5 Kernel
- 6 Applications
- 7 Yankees in Dixie
- 8 Superfluous
- 11 Airline guesses
- 12 The latest
- 14 Defeat soundly
- 18 Lady of the house
- 21 Vacuum
- 22 "--- sorry now?"
- 23 Hopped a freight
- 24 --- Agassi
- 26 Pick-me-up
- 27 Corporate conclusion
- 28 Steer a new course to start again
- 30 Told
- 33 Dissenting vote

Solutions on page 52

For online versions, visit nowmagazines.com

SAVE 15%
ON ANY PRODUCT
NEW CUSTOMERS,
WITH COUPON



FREE SAMPLES!
100% Natural U.S. Hemp Oil

We offer free delivery and curbside service.
Mon - Sat 10am - 7pm
Sun Noon - 6pm

(972) 998-0737
www.thepurelycbd.com
241 East FM 1382 #321 • Cedar Hill
In the Kroger shopping center
Also visit one of our other D/FW locations.

ACCESS SELF STORAGE
AND TRUCK RENTAL
PREMIER STORAGE FACILITIES
New State-of-the-Art Self-Storage

**10x10 units
20% OFF
First 2
Months!**
Exp. 8/31/21

Hot Prices - Cool Spaces!

**Best Value in Ellis County,
Compare our rates!!**

**Let our storage specialist find
the space that's right for you.**

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

Midlothian • 469-283-0929
1630 Hwy. 67

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

Oak Cliff • 224-372-3880
3427 Marvin D. Love Frwy.

www.accessstoragedallas.com

Sudoku Puzzle

Easy

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

Medium

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

For online versions, visit nowmagazines.com

Crosswordsite.com Ltd

Solutions on page 52

SAVE THE DATE!

SATURDAY,
SEPTEMBER 25, 2021
6:00 P.M. – 9:00 P.M.
VENTANA GRILLE

All proceeds will benefit the deserving families hit hard by circumstances beyond their control who come to HIM Center for healthy groceries.

—
GET TICKETS:

 himcenter.org/prom-ticket

 817-453-FOOD



Back to the 80s PROM

FOOD • DRINK
• 80s MUSIC •
DANCING

WE'RE GONNA PARTY LIKE IT'S 1985!
ADULTS ONLY EVENT



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.

8/2

**Duncanville ISD
First Day of School.**

8/6

Yeezy Fest:

Enjoy a night devoted to all things Kanye West. Free. 7:00-11:00 p.m., Lucky Duck Gallery, 100 S. Main St. # 114, Duncanville.

8/12

**Cedar Hill ISD
First Day of School.**

8/16

**DeSoto ISD
First Day of School.**

8/22

Soul Therapy Tour:

God Over Money in concert. \$15. 7:00-10:00 p.m., Turning Point Church, 1020 E. Pleasant Run Rd., DeSoto.

8/28

**Youth Football
Season Starts:**

Season runs from Aug. 28-Dec. 4. Meadow Creek Park, 1400 Uhl Rd., DeSoto. Contact the Parks and Recreation Department at youthsports@desototexas.gov for more information.

Tuesdays

Crafternoon:

Enjoy some new craft projects.

Free. 2:00 p.m., Zula B. Wylie Public Library, 225 Cedar St., Cedar Hill.

First Fridays

**First Fridays at
Main Station:**

A festival of artists, makers and more. Free. 7:00-11:00 p.m., 100 S. Main St., Duncanville.

Last Fridays

Poetry Night:

Join an open mic night, open to all ages, talents and styles. Authors and musicians are welcome. Black and Bitter Coffee, 100 S. Main St., Duncanville.

Third Saturdays

Duncan Switch

Saturday Street Market:
The event includes vendors, food and fun.

9:00 a.m.-3:00 p.m., Main and Center streets, Duncanville.

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

Presented By: ATMOS energy

The 2021 Red Oak Founder's Day is almost here!
Mark your calendars to come experience the biggest and best event in Red Oak!

Watkins Park
Saturday, September 11
9AM: Parade along Red Oak Rd.
10AM-2PM: Founder's Day Hours

Want to be a part of the fun?

- ★ Parade
- ★ Live Music
- ★ Kids Area
- ★ Dunk Tank

- ★ 75+ Vendors
- ★ Food Trucks
- ★ Pie Eating
- ★ Drum Line

Scan here to sign up for a booth or a parade spot today!

For more info, call (972) 617-0906

SCAVENGER HUNT WINNER!

Sheila Codispoti and her granddaughter, Ruby Rose, won a \$50 cash prize courtesy of SouthwestNOW Magazine!

IN PAIN? ... *We can help!*

A proven safe and effective way to treat arthritis and other conditions without using any medications.

One 30-Minute Treatment Could End Your Pain!

Conditions that can be treated with PRP Therapy:

- Osteoarthritis
- Bursitis
- Tendonitis
- Fibromyalgia
- Neuropathy
- Muscle, Ligament and Tendon tears/ injuries
- And many more

Treatment is FDA cleared and has **over 90% success rate.**

Treatment is safe, easy and requires
NO SURGERY

**Call us today if you experience
any pain or discomfort.**

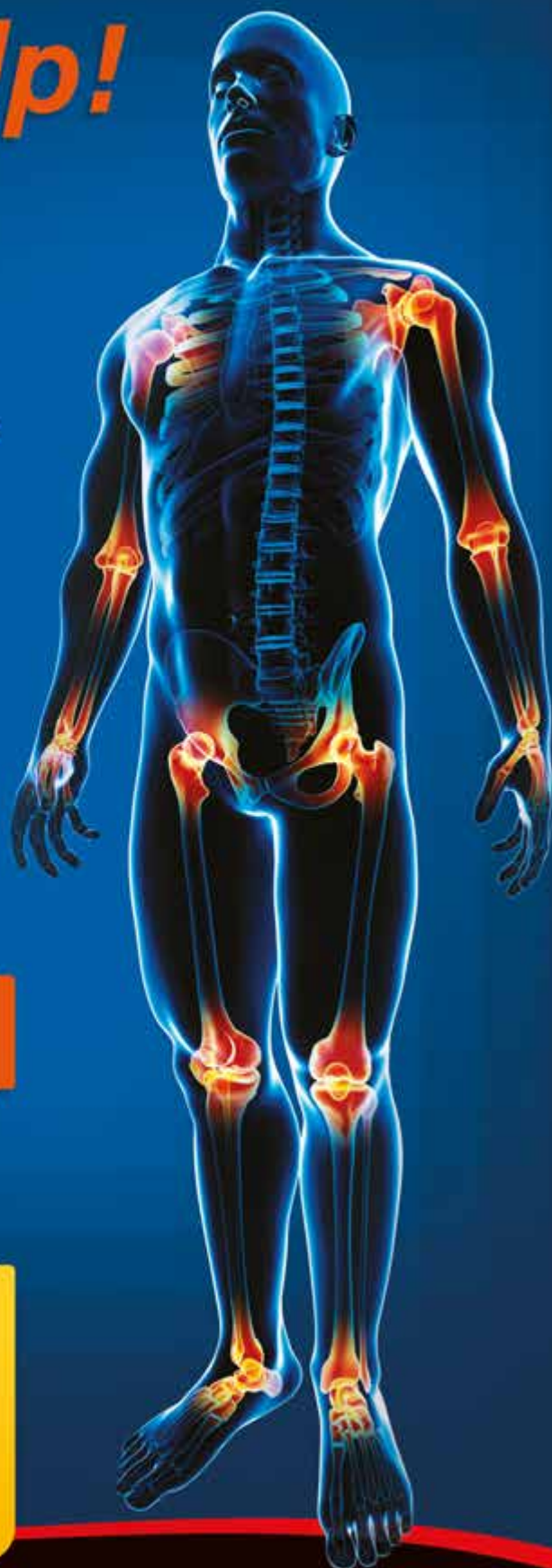
**We accept all major medical
insurances including Medicare.**

*We Believe in
Living Life Pain Free*

**CALL US TODAY TO
MAKE AN APPOINTMENT**

**469-732-0880
or 972-937-0086**

or email us at: completehealthmedicalcenter@gmail.com



COMPLETE HEALTH MEDICAL CENTER • 905 FERRIS AVENUE • WAXAHACHIE

WWW.COMPLETEHEALTHMEDICALCENTER.COM

Celebrating 11 Years of Business!



FREEDOM HEATING & AIR
Service-Maintenance-Residential-Light Commercial



- Authorized ONCOR Service Provider
- **UP TO \$2800 in Oncon Incentives**
- Quality Service on **ALL** Brands
- **10 YEAR** Worry-Free Warranty on Service, Labor, and Parts for **NEW** Equipment
- Senior Citizens & Military Personnel/Veterans **DISCOUNT**

Our trained, insured, & licensed Cooling & Heating Technicians can help!

Call Today!

ZERO-CONTACT SERVICE CALLS TO PROTECT YOUR HOME

FREEDOMCOOLING.COM | 214-347-8791

TACLA 29453C



ODDS OF A CHILD BECOMING THE NEXT TOMMY HILFINGER: 1 IN 23 MILLION

ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM: 1 IN 68

Learn more at autismspeaks.org/signs

Some signs to look for:

- No big smiles or other joyful expressions by 6 months
- No babbling by 12 months
- No words by 18 months

Ad Council

AUTISM SPEAKS
It's time to listen.

© 2014 Autism Speaks Inc. "Autism Speaks" and "It's time to listen" is a registered trademark of Autism Speaks Inc. All rights reserved. The person depicted in a portrait used in this advertisement is a model and is not for identification purposes only.

Crossword - Sudoku Solutions

| | | | | | | | | | | | |
|----|---|---|---|---|---|----|---|----|---|---|---|
| 1 | C | A | R | P | | 5 | N | U | N | S | |
| 9 | I | V | O | R | | 10 | U | S | O | P | E |
| 13 | R | E | V | E | R | 14 | B | E | R | A | T |
| 15 | C | R | E | D | O | | S | T | R | A | W |
| 17 | A | T | R | I | U | 18 | M | | H | E | S |
| | | | | | | 20 | S | T | O | V | E |
| 22 | W | R | A | P | | 25 | M | O | R | T | A |
| 29 | H | O | N | O | R | 30 | | I | N | O | N |
| 32 | O | D | D | S | A | 33 | N | D | E | N | D |
| 34 | S | E | R | E | N | A | | 35 | R | I | C |
| | | | | | | 36 | E | D | G | Y | |
| | | | | | | 37 | | S | C | O | T |

Easy

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

Medium

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

Get Your Back to School Smile Today!

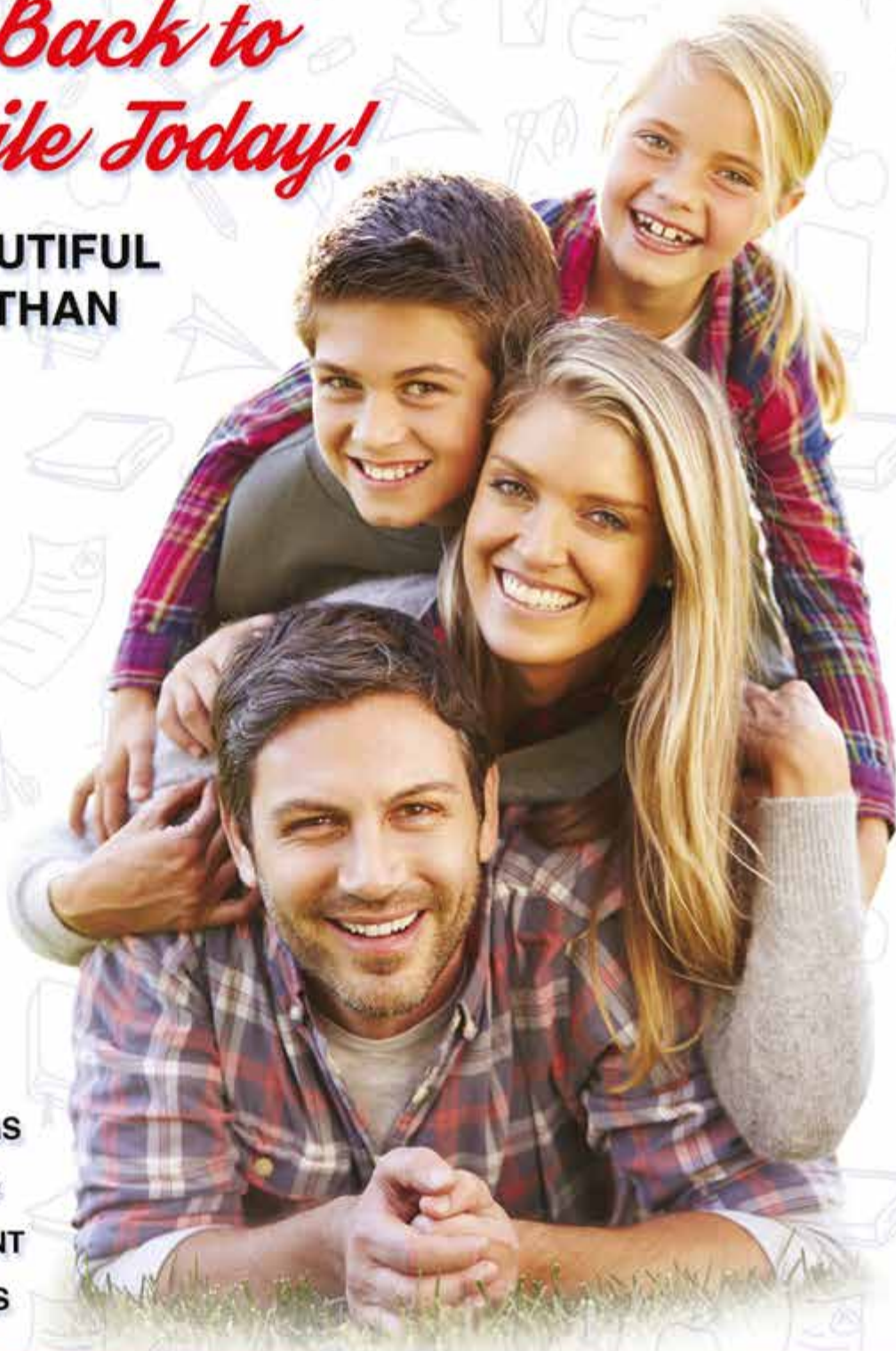
**CREATING A BEAUTIFUL
SMILE IS EASIER THAN
YOU THINK.**

**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 • williamabrowndds@gmail.com

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



Hill City



SUNDAY SERVICES: 9AM | 10:30AM | 12PM



1375 NEW CLARK RD. CEDAR HILL, TX



@HILLCITYTX



/HILLCITYTX

WWW.HILLCITY.US