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M A G A Z I N E

NOVEMBER 2018

Leveling Up

Javier Banda pursues
record-level strength

2018 Holiday
Shopping Guide

Featured Business:
Knick Knacks

In the Kitchen With
Carole Duncan

A View to Flip For

At Home With
Johnny Wallace

Kids' Fun Pages



pp. 34 & 36

Crossword/Sudoku

pp. 38 - 39

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NOVEMBER 2018

ACCELERATING EXPECTATIONS 2020

Superintendent to Launch Community Engagement Series

New DeSoto ISD Superintendent, Dr. D'Andre Weaver, has hit the ground running in his first month as the district's top leader.

As part of his efforts to understand what parents and community members are most proud of regarding DeSoto ISD and the opportunities for growth and improvement, Dr. Weaver will host two series to engage with parents and community members:

Coffee and Conversation Series:

This series will take place on Wednesday mornings at 7:30 am at the identified campuses:

November 7: West Middle School

November 14: Northside Elementary

November 28: Moates Elementary

Community Listening Series:

This series will take place on Thursday evenings at 6:30 pm at the identified locations:

November 1: DHS Freshman
Cafeteria

November 15: DeSoto Public Library
Multipurpose Room

November 29: Harvest of Praise
Church in Glenn
Heights

For questions, concerns or comments to Dr. Weaver, please contact him at
Superintendent@DeSotoISD.org.

District Grant Renewed for Continuation, Another Grant Awarded

DeSoto ISD is proud to announce that the Academies for Academic Enhancement and Excellence grant aimed at equality, excellence and effectiveness for all students has been awarded \$3.3M for year two of the grant - an amount that exceeded the district's original grant funding expectation for this year.

The grant supports student learning experiences in the district's magnet programs through curriculum, technology and added instructional support in areas like STEM and the arts across DeSoto ISD.

In addition, the GEAR UP, or Gaining Early Awareness and Readiness for Undergraduate Programs, grant was issued a new award in DeSoto ISD. The new grant totals \$8.2M over seven years. The GEAR UP grant furthers the access, understanding and pursuit of post-secondary education among DeSoto ISD secondary schools.

CALENDAR

- Nov. 1: Football @ South Grand Prairie
- Nov. 8: Football vs. Cedar Hill at Eagle Stadium
- Nov. 12: Board Meeting
- Nov. 19-23: Thanksgiving Holiday

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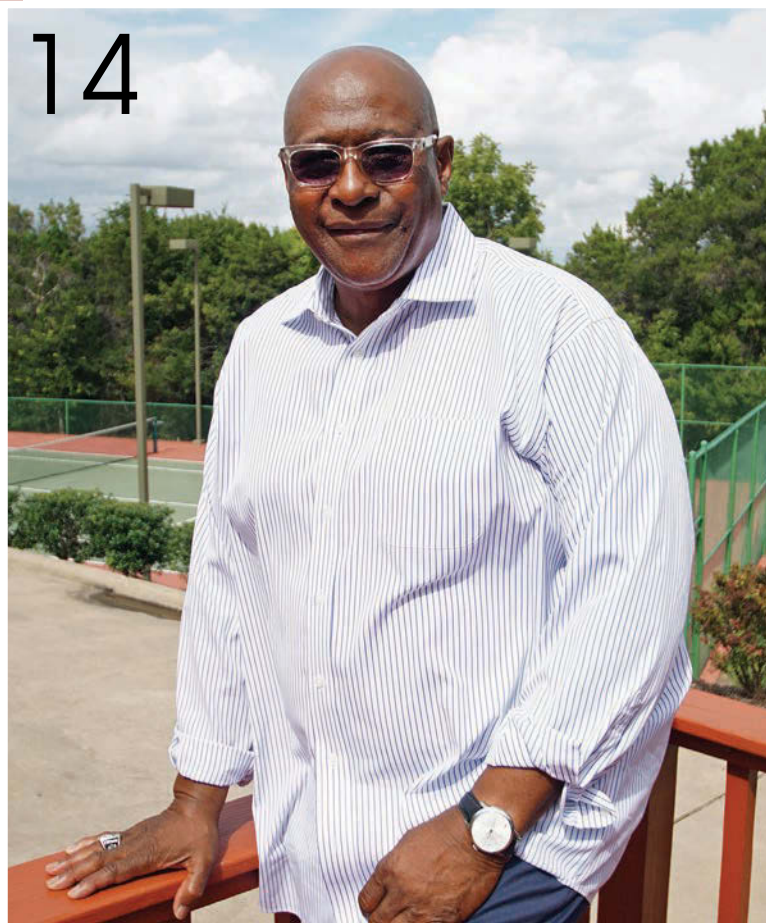
The weights keep going up for this young man.

At Home With Johnny Wallace.

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14



44 Then & NOW



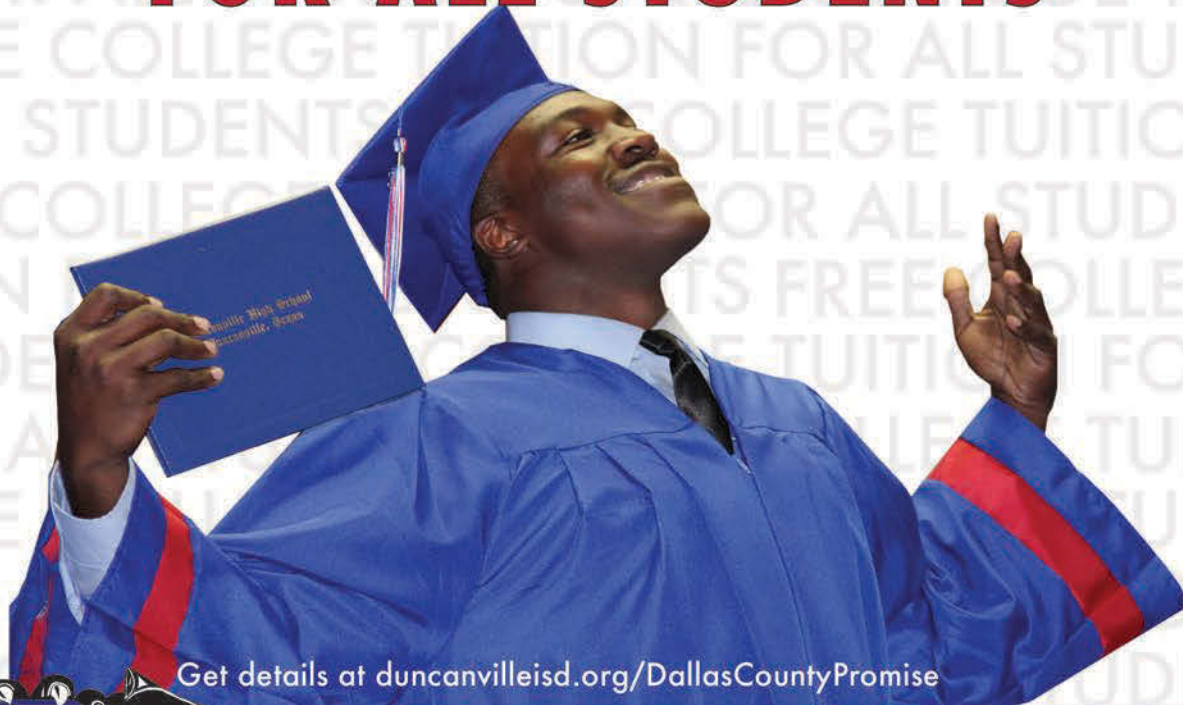
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EDITOR'S NOTE



Adam

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

Pumpkin spice — everything ...

This time of year, we are bombarded with pumpkin spice in everything from lattes to candles, to air freshener, to dog treats, to chewing gum, to protein powder, to body wash, to ... potato chips? Don't get me wrong. Cloves, cinnamon, nutmeg, ginger — they all make me think of fall. And I like the smell of all of them, by themselves or together. But it's a different smell that makes me think specifically of Thanksgiving.

The smell that makes me feel all warm and cozy, and makes my mouth water for all the treats of a real Thanksgiving table is sage. It's a strong, rich smell that wraps you in it and makes you drool. One whiff and I'm dreaming of dressing, which is absolutely the best part of the Thanksgiving meal. Mom's dressing recipe is to die for!

So, I agree that certain spices, or in my case herbs, do sort of define the fall, but I'll take a bit more sage, and a bit less cloves, if you please. What spice or herb or other scent defines the season for you? Drop me a line on our *SouthwestNOW* Facebook page to let me know! Oh, and check out the recipes in this issue and the ones online to deck out your holiday table!

Don't mind me — I'm just refilling my plate!

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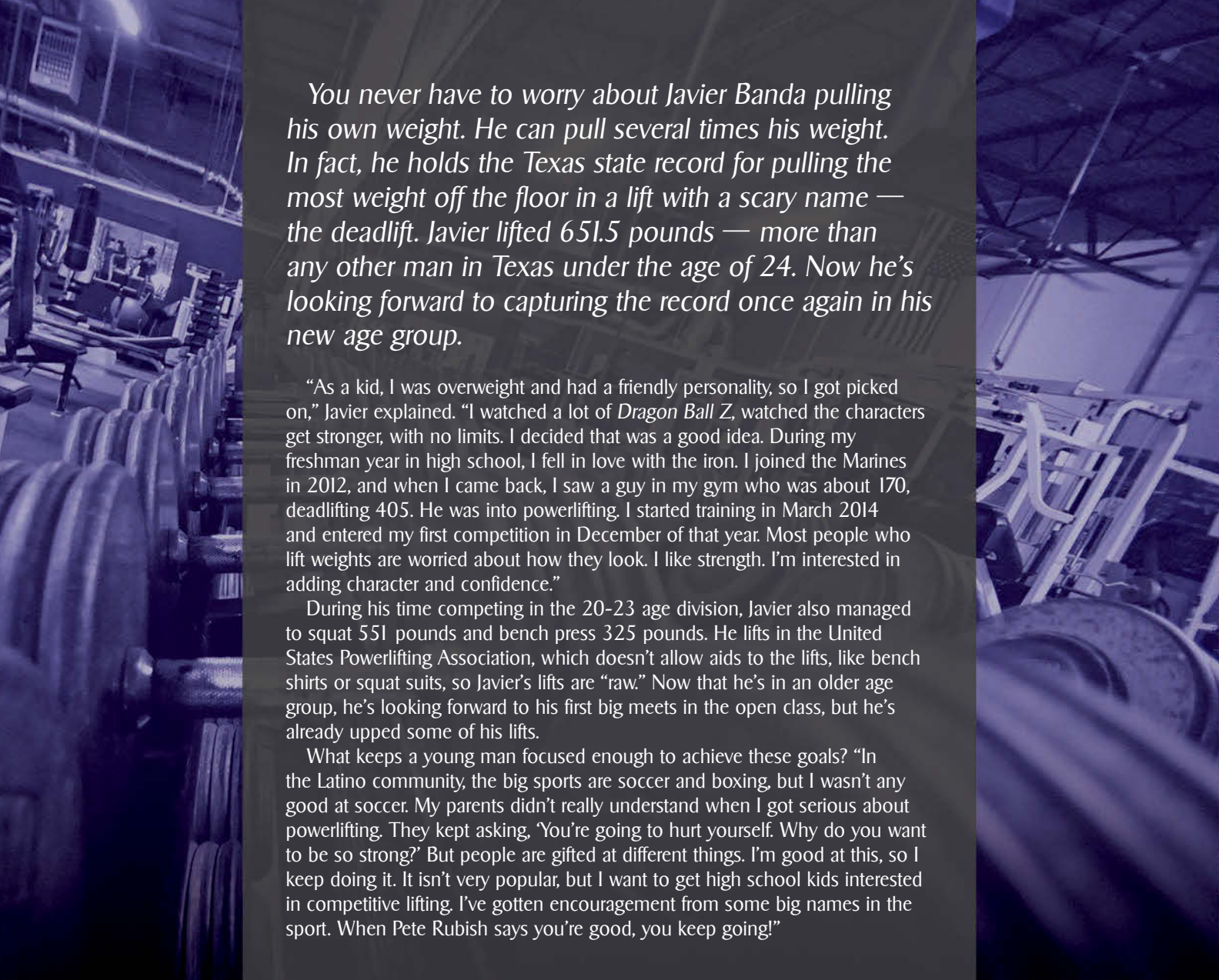
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You never have to worry about Javier Banda pulling his own weight. He can pull several times his weight. In fact, he holds the Texas state record for pulling the most weight off the floor in a lift with a scary name — the deadlift. Javier lifted 651.5 pounds — more than any other man in Texas under the age of 24. Now he's looking forward to capturing the record once again in his new age group.

"As a kid, I was overweight and had a friendly personality, so I got picked on," Javier explained. "I watched a lot of *Dragon Ball Z*, watched the characters get stronger, with no limits. I decided that was a good idea. During my freshman year in high school, I fell in love with the iron. I joined the Marines in 2012, and when I came back, I saw a guy in my gym who was about 170, deadlifting 405. He was into powerlifting. I started training in March 2014 and entered my first competition in December of that year. Most people who lift weights are worried about how they look. I like strength. I'm interested in adding character and confidence."

During his time competing in the 20-23 age division, Javier also managed to squat 551 pounds and bench press 325 pounds. He lifts in the United States Powerlifting Association, which doesn't allow aids to the lifts, like bench shirts or squat suits, so Javier's lifts are "raw." Now that he's in an older age group, he's looking forward to his first big meets in the open class, but he's already upped some of his lifts.

What keeps a young man focused enough to achieve these goals? "In the Latino community, the big sports are soccer and boxing, but I wasn't any good at soccer. My parents didn't really understand when I got serious about powerlifting. They kept asking, 'You're going to hurt yourself. Why do you want to be so strong?' But people are gifted at different things. I'm good at this, so I keep doing it. It isn't very popular, but I want to get high school kids interested in competitive lifting. I've gotten encouragement from some big names in the sport. When Pete Rubish says you're good, you keep going!"

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— By Adam Walker



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Javier tries to be smart about his training. He's almost always careful to warm up properly, and he's very careful about his form when handling the huge weights he needs to lift for competition. But mistakes happen. "In 2016, I was playing flag football, and I pulled a hamstring. It felt like I'd been tased!" he said. "I train for one rep max, lifting as much as possible in one go, not sprints. Not long after pulling my hamstring, I was at the gym, and I decided to deadlift 555 pounds, 90 percent of my max, without a belt. It wasn't my deadlifting day. I hadn't warmed up for that lift. It was just ego lifting. I got it up, but I had to protect my hamstring, so I put extra strain on my back. I herniated a lumbar disk and collapsed. I couldn't get back up. My friend, Jose, had to drag me out to the car. Lucky for me, I was working for a chiropractor, and they got me fixed up. That injury forced me to pay more attention to my body. Injuries can force you to become smarter about



“I don’t let people make me angry. I just save all the tension for the weights.”

your training. Now I take everything five pounds at a time. No more ego lifting. I want to still be walking at 80. But we have seniors who compete.”

While he recovered, he concentrated on basic bodybuilding exercises and got some help with his diet from his bodybuilder friend, Jose. “He told me, ‘I know you don’t really care about how you look, but science is science.’ Cheeseburgers can only take you so far!”

As big and strong as Javier is, he loves to smile and laugh. “I’m a very friendly person. My friends call me Panda. I don’t let people make me angry. I just save all the tension for the weights. Powerlifting is a one-man sport, but I’ve met so many people. When I’m training at the gym with my crew, we’re all friends, helping each other get better, but the day of the competition, we’re competing against each other. If

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I can be the first guy to deadlift 900 pounds at 242 bodyweight, that would be great. Deadlift is a big man's lift. It's a test of brute, overall strength. There isn't much technique, but it takes a toll on the central nervous system. I don't have money for chains or bands, none of the gyms nearby have that kind of equipment, but I've done OK without that. I love the feeling of instant strength. You know your result instantly. Either the weight goes up, or it doesn't."

Javier has plans for the future. "I want to try competing internationally," he said. "I'm thinking about going to either Russia or Australia for a meet next year. The sport is really growing, and it would be a great excuse to travel. That would be really cool."

But his plans extend beyond his own career. "I want to impact my community. Not all kids are made for football or soccer, but some of them might be super strong. I want them to have the opportunity to try this sport. Right now, I'm working at Zan Wesley Holmes Jr. Middle School in Dallas, and I'll be helping seventh- and eighth-graders to become bigger and stronger for football in the off-season. I'm thinking about going into education. Kids need role models, and I think I have something to offer. I want to leave a mark." **NOW**

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A VIEW TO FLIP FOR

— By Rick Mauch



At Home With Johnny Wallace

Johnny Wallace's life may not be upside down, but his house certainly is. And he wouldn't have it any other way. Johnny calls his home an "upside down house." The master bedroom, kitchen and den are upstairs, while the guest bedrooms, living room and sun room are downstairs. Leading the way up the stairs, Johnny shares the reason why. "Just look at the view from up here."

A journey upstairs reveals a breathtaking view. With plenty of large windows, one can see for miles from the kitchen, loaded with modern appliances, the dining table and the den. "See the buildings there? That's Las Colinas. That's Cowboys Stadium," Johnny said, looking out the window. "You can also see downtown Dallas and downtown Fort Worth. At night, you can see the planes landing at DFW Airport and Love Field."



The home is at an elevation of 820 feet. It is built on 2 acres, at almost 3,500 square feet, with three bedrooms and four baths. And it comes with arguably the best view of fireworks in the Metroplex. "I have my choice of watching fireworks — Las Colinas, the ballpark [Globe Life Park in Arlington, home of the Texas Rangers baseball team]," Johnny said.

Not only can Johnny see all of this from inside the house, there is a large balcony with plenty of seating room, which he frequents a lot. He can see over the top of a grove of trees in his front yard. There's also a nice breeze that welcomes anyone to sit and enjoy the space.

Johnny bought the home in 1993. Today he's 68 and, though his closest family is in the Houston area, he's staying put.

In the upstairs den is a large TV surrounded by five smaller TVs. Johnny likes to keep up with a variety of events, especially sports. "I'll have tennis on and the Mavericks and all kinds of other stuff," he said, chuckling. "That way I never get bored."

Johnny has been playing tennis since

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1973 in Indiana, where he was born and raised. Though he's never played professionally, he competed at a very high level in the United States Tennis Association. "I have a lot of family members who play. I had a natural ability," Johnny said.

Johnny was inspired by tennis legend Arthur Ashe, whom he met a few times. Arthur was the first black player selected

to the United States Davis Cup team and the only black man ever to win the singles title at Wimbledon, the U.S. Open and the Australian Open.

Speaking to Johnny's love of the sport is a regulation-size, lighted tennis court downhill from his home. Johnny often has friends over for matches. "I still play as often as I can. When I travel I take my racket with me," he admitted.

Across from the court is a patio area a few yards from the house. It has seating for several, with a firepit in the middle that doubles as a table. Nearby is a wooden bench with an inscription that reminds visitors to *Remember the Alamo*.



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"This is my park. I come out here a lot," he said. "It's nice and shady, and it's quiet. One thing about this part of Cedar Hill, it's always quiet. We only have 10 houses up here."

Back up at the house is a large deck with enough seating and space to hold a party. Just inside is the sun room. Walk through it and you are in the living room, complete with a fireplace that Johnny seldom uses, except to light the candles he has arranged inside it instead of logs. "They're nice at Christmastime. I never really burn the fireplace, but it is pretty when I light the candles," he said.

Johnny's home office is also found downstairs. On the shelves are plenty of books, several about the sports he loves. There is also his beloved Dallas Mavericks basketball team bobblehead collection. Johnny admits the Mavericks are his favorite sports team, and of course, he said the collection wouldn't be complete without the greatest Maverick of all time, Dirk Nowitzki.

Dirk turns 41 on June 19, 2019, and has played his 21-year career with the Mavericks, leading them to the 2011 NBA championship. "You've got to have Dirk. I think he's going to play until he's 41 and then retire at that age, just like his jersey number," Johnny said.

Johnny also displays photos of NBA legend Magic Johnson, who Johnny has met several times, the first time right after Magic's retirement in the early 1990s.

Johnny's home is filled with a variety of art, much of it modern. He likes to support local artists, as well as those around the state. "This is my favorite," he said, pointing to a statue just above



the stairwell that resembles a warrior made of different colored pieces of steel.

In the garage are a couple of cars Johnny's collected, including a Porsche and an Aston Martin, like the one James Bond drives in the movies. The license plate even reads JW 007.

Johnny moved to Arlington in 1985 while working for General Motors but was one of many laid off a couple of years later. When they called him back, he said no, and instead became an entrepreneur in the vending machine industry, which he's done ever since.

He's served the Cedar Hill community in many ways, including being on the economic development board. He's also worked with the Cedar Hill Food Bank and the Chamber of Commerce board.

Johnny also enjoys traveling. He gets back to Indianapolis almost every year for the big Indy 500 race, and he attended his 15th consecutive U.S. Open tennis tournament this year. "I love to travel, but I also love to come home," he said. "Look out there. That's a million-dollar view. I'm never moving. They'll have to bury me in the backyard." **NOW**



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Everyone Matters

— By Virginia Riddle

Playing soccer wasn't the only thing 9-year-old Alaia Stinson had on her mind three years ago. After noticing homeless people in Dallas, she had a conversation with her parents about helping those in need. Her family started delivering food and toiletry items to those living on the streets, serving more than 100 people each time. "Surprisingly, in September of 2016, my mom told me we had started Let's Start Giving Foundation," Alaia recalled.

"She was already doing the giving," Adrian, Alaia's proud dad, said regarding the approval of the foundation's 501(c)(3) application. Since Alaia's a minor, her adult family members and friends are board members.

Alaia and her family have fed as many as 200 homeless people hot dogs, chips, bottled water and cookies with the help of her mom's classmate, Dathan Dowdy, and other volunteers. "The first time we fed people and passed out our Blessing Bags was a little scary, but not now," Alaia added.

LSGF has since partnered with others to help provide food and necessities. "The foundation's mission is to provide at-risk persons, or the homeless, with essential day-to-day needs," mom Jaquithia explained. "We are helped by volunteers. Tawanna Fields cooks and donates food, and we have received grant funding from a few local corporations and businesses."

Other foundation activities include collecting and distributing umbrellas during the summer; feeding the hungry at Thanksgiving; holding a coat drive with local organizations such as Jubilee Community Church-DeSoto; and participating in a Father's Day event hosted by Where Are You? Outreach with volunteer doctors, dentists and stylists. "People follow us on social media, see the need and donate items, and we do a lot on our own," Alaia explained. "People have donated through their birthdays on Facebook as a fundraiser."

The gymnasium of Community Missionary Baptist Church-Desoto will be decorated for the foundation's second annual fundraiser event set for November 9. "Last year's gala was so exciting," Alaia remembered. "I was a little nervous, but everybody was great! It's a very formal event."

This year's fundraiser will feature a fashion show of designs by Alaia's older sister, Adrienne. The Sharon Stinson Humanitarian Award recipient will be announced, also. "My

mother passed the day of last year's gala," Adrian noted, regarding the award named in her honor. "She was a huge supporter of Alaia's foundation."

Long-range plans are to build a shelter for families, Ola's House of Hope, named for Alaia's great-grandmother. "She was always so excited about this work," Jaquithia said. "Few shelters will take in families. We want to fill that need."

Not only does meeting the needs of the homeless bring joy to this family, but they also enjoy spending family time together while doing the foundation's work. Ashton, Alaia's brother, is involved, too. The family also enjoys outdoor activities together.

"People follow us on social media, see the need and donate items, and we do a lot on our own."

For her efforts, Alaia was selected as the 2018 Where You Are? Outreach Charity and Compassion Queen Award recipient, and her foundation was a 2017 DeSoto ISD Partners in Excellence Award recipient.

Alaia's a sixth-grader at Village Tech School (which has also collected donations for the foundation). She enjoys playing soccer, dancing, cooking, biking and reading. "My favorite subject is science, but I don't know what I want to do yet," Alaia said regarding her future career interests.

But Alaia is already doing more than many her age by encouraging the homeless. "A man came to a gala hosted by an organization that we often partner with to help the homeless. He's no longer on the streets. He now helps the homeless," Alaia said.

The Stinsons also learn from those whom they help. "Some of the homeless people's stories are heartbreaking and eye opening," Jaquithia related. "Alaia's an old spirit who doesn't feel entitled."

Ultimately, Alaia said, it's all about bringing people joy. "I love seeing the smiles on people's faces and seeing how appreciative they are." **NOW**



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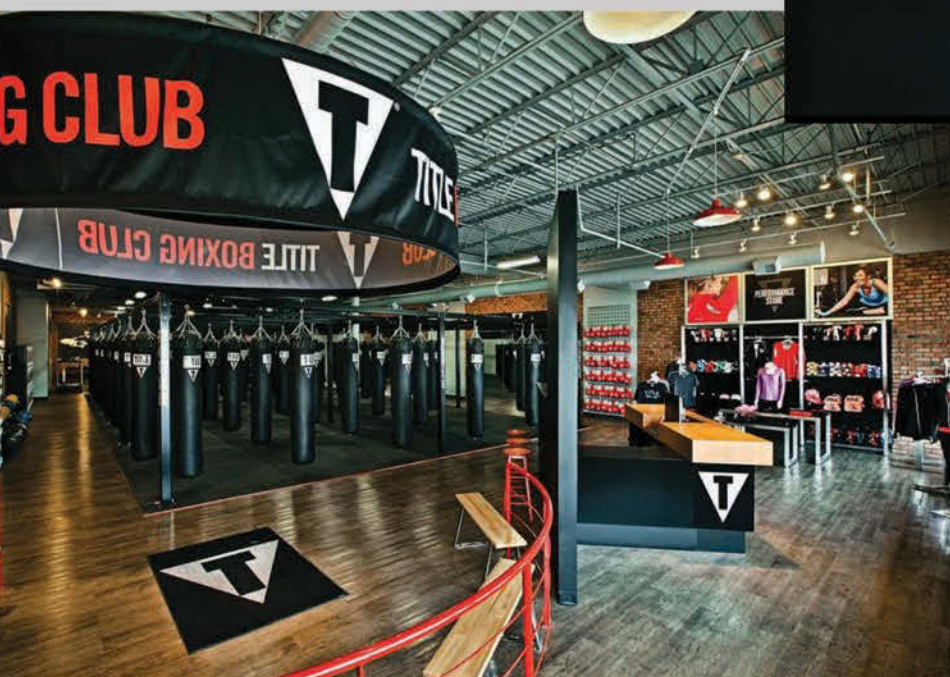


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Monday, Nov. 12th - Opening of USO Display
Tuesday, Nov. 13th - Dr. Bill White's musical presentation honoring Dallas VAMC Patients
Wednesday, Nov. 14th - Preschool Story Time
RAGS - Hero Dog of WW I and STUBBY - Dog Soldier of WW I
Thursday, Nov. 15th - FREE lunch served by Spring Creek Bar-B-Que for first 100 to RSVP
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CookingNOW In the Kitchen With CAROLE DUNCAN

— By Adam Walker

Carole Duncan learned to cook in the kitchens of her grandmothers in her home state of Kentucky. She fondly remembers the smells of the dishes and the love that went into them. She and her husband, Rick, known as MiMi and PawPaw to their seven grandchildren, have lived in Duncanville for 25 years. Carole enjoys cooking for family get-togethers and holidays as a way of expressing her love for family, friends and fun. As someone with MS, she pays special attention to her garden and organic and natural foods. “Rick is my gardener, sous chef and best friend for all the adventures in life. My motto is: ‘Life is not about waiting for the storm to pass. It’s about learning to dance in the rain.’” **NOW**

pecan halves on each cookie or sprinkle with coarse kosher salt before baking, if desired.

Mini Pecan Pie Muffins

1 cup pecans, chopped
1 cup brown sugar, firmly packed down
1/2 cup all-purpose flour
2 large eggs
1/2 cup butter, melted
Foil baking cups

1. Combine first 3 ingredients in a large bowl; make a well in the center of the mixture.
2. Beat eggs until foamy. Stir together eggs and butter; add to dry ingredients, stirring just until moistened.
3. Place foil baking cups in mini muffin pans; coat with cooking spray. Spoon batter into cups, filling two-thirds full.
4. Bake at 350 F for 20 to 25 minutes, or until done. Remove from pans immediately; cool on wire racks.

No-flour Almond Butter Cookies

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1 cup almond butter
1/2 cup Xylitol granulated sweetener
or organic sugar
1 egg
1 tsp. vanilla extract
Pinch sea salt
Pecan halves (optional)
Kosher salt (optional)

1. In a medium bowl, mix all ingredients together using a silicone spatula.
2. Using a scooper (1 Tbsp. size), place cookies on parchment paper-lined baking sheet. Press cookie tops with dampened fork.
3. Bake at 375 F for 10 to 12 minutes. Press

MiMi's Spiced Iced Tea

4 cups water
2 cinnamon sticks
1 Tbsp. whole cloves
5 Luzianne family-size decaf tea bags
1/2 cup agave syrup
Ice

1. Bring water, cinnamon sticks and cloves to a boil in a medium saucepan. When water comes to a boil, turn off heat; add tea bags.
2. Cover; set timer for 5 minutes. Add agave syrup to a 1-gallon pitcher. When timer goes off, strain out spices; add tea to pitcher to dissolve agave syrup.
3. Add ice and additional water to equal 1 gallon. Store tea in refrigerator. Enjoy!

Chili Cheddar Cheese Log

16 oz. extra sharp cheddar cheese, shredded
1 3-oz. pkg. cream cheese, grated
2 garlic cloves, grated
1/2 cup pecans, chopped
Chili powder, to roll log in

1. In a large bowl, mix together cheddar, cream cheese, garlic and pecans until well blended.

2. Turn cheese out onto waxed paper to form into an approximately 12-inch log. Place log onto a large sheet of aluminum foil; sprinkle with chili powder until completely covered. Roll log in foil; secure the ends.

3. Let rest in refrigerator at least 3 hours or overnight. Slice and serve with Triscuits or crackers of your choice.

Sausage Wild Rice Casserole

Yields about 6 servings.

- 1 6-oz. pkg. long-grain wild rice mix
- 1 lb. bulk pork sausage
- 1 10-oz. can cream of mushroom soup
- 1 cup fresh mushrooms, chopped
- 1/2 cup onion, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup (2 oz.) sharp cheddar cheese, shredded
- 1/2 cup chicken broth
- 1/4 cup celery, minced
- 1 tsp. dried parsley flakes
- 1/2 tsp. coarsely ground pepper

1. Cook rice according to package directions; set aside.

2. Brown sausage in a skillet, stirring to crumble; drain well.

3. Combine cooked rice, sausage and remaining ingredients in a large bowl; mix well. Spoon mix into a lightly greased, 2-quart casserole dish. Bake at 350 F for 1 hour.

Crustless Spinach Quiche

Yields one 9-inch quiche.

- 1 large onion, chopped
- 1 Tbsp. vegetable oil
- 1 10-oz. pkg. frozen chopped spinach, thawed and pressed dry
- 5 eggs, beaten
- 2 cups (12 oz.) shredded Muenster cheese
- 1/4 tsp. salt
- 1/4 tsp. pepper

1. Sauté onion in oil in a large skillet until tender; add spinach. Cook until excess moisture evaporates; cool.

2. Combine eggs, cheese, salt and pepper; stir into spinach mixture.

3. Pour into a greased 9-inch pie plate. Bake at 350 F for 30 minutes, or until set.

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When living in Connecticut, Richard and Sarith Abramowitz enjoyed going to flea markets and estate sales. When planning to move to Dallas, they learned that Knick Knacks was for sale. It seemed like a perfect fit. “I had been looking for a business to buy since 2012,” Richard explained. “But everything I looked at was something I would operate on my own. When the son of the original owner put Knick Knacks up for sale, I was intrigued. This was the first opportunity of a family business

that was interesting to both of us. We wanted a fun, family-friendly place for shoppers.”

Knick Knacks is unique because it is perfect for the first-time homeowner, the serious antique furniture or vintage collector, or someone looking for eclectic home decor. You can literally spend hours at the store.

To reach a younger demographic and wider audience, Sarith has stepped up the social media, using Facebook, Twitter and Instagram. “Some of the pieces featured on Facebook sell right away and generate lots of reposts all over the world,” Sarith said. “We have Instagram followers from England to Senegal!”

“We get customers in the store all the time who say, ‘Oh, I shopped here 20 years ago with my mom, and here I am back again!’” Richard revealed. “I enjoy working with our customers, collectors and vendors. It’s very eclectic here, and the prices are very reasonable.”

Browsing the booths at Knick Knacks, everything from vintage clothing and hats to comic books and handmade soaps may fill one booth. The next booth may have salt and

pepper shakers, or furniture, or old books. It's the sort of place where you can find a Metzger's milk bottle, a plate from the Bicentennial and some one-of-a-kind jewelry all in one stop.

"It's my personal desire to help small business owners, especially women and minorities get their start," Sarith explained. "I recently met a woman who started with a booth here 26 years ago, selling jeans with appliqué work, who now owns a boutique in Carrollton."

Richard agreed. "There have been several businesses that got their start here. Knick Knacks has been here for 26 years. We have a nice mix of well-established vendors and band-new vendors. It's a fun place to shop in the A/C."

**"I ENJOY WORKING
WITH OUR CUSTOMERS,
COLLECTORS AND
VENDORS. IT'S VERY
ECLECTIC HERE, AND
THE PRICES ARE
VERY REASONABLE."**

One recent addition to the store is various Duncanville street signs, hung from the ceiling, to help customers locate specific vendors. "Some of our vendors have their own social media presence," Richard explained. "Customers come in with their phones, showing us an item that has been featured on Knick Knacks' or a vendor's account, saying, 'I'm looking for this.' We can point them right to it — if it hasn't already sold."

"If you see something here that you like, you better buy it now, because there's no guarantee that it will be here tomorrow, or that another one will come in!" Sarith said.

That's good advice to keep in mind. Knick Knacks will be having its 26th anniversary sale on November 10, 2018. They hope to see you there. There will be plenty of knickknacks to look at! **NOW**

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Fabulous Greek Holiday

— By Mark P. Starrett

Combined, the words “Athens” and “Greece” conjure up visions of ancient ruins and wall-to-wall tourists — all of them frantically trying to take selfie pictures in front of temples of the gods. Scores more scour the Plaka, a neighborhood that sits in the shadow of the Acropolis, looking for bargains and trinkets for friends and relatives at home. A relaxed vacation it is not.

If you really want to soak up true Greek sun, sand and life, then look no further than Voula, Greece, a southern suburb only 10 miles from Athens’ center city, but a million miles away from the frantic pace. You can reach Voula easily by hailing a taxi or using the Beats App from Athens International Airport. The 20- to 30-minute ride is enjoyable.

The picturesque town’s charm will engulf you soon after arriving. Voula is separated by Parko Ethnikis Antistaseos, a green space with a playground for children to run and plenty of shady trees to help fight the sun’s rays. The park runs southwest from Iridos Street to the Saronic Gulf.

Close to the park is the town center, a place where Greek gentlemen and women sit in the early morning, drinking coffee, enjoying a smoke and having fun conversation with their friends. Small children run around, playing hide-and-seek, riding skateboards or playfully kicking a soccer ball around.

The town center has many wonderful restaurants. They all

serve authentic Greek food, such as gyros, moussaka, and kebab. Away from the trappings of Athens, the cost of the meal is very reasonable.

The Greek people are very gregarious and friendly. It is common for a Greek to see a child and call out “*ὄμορφο παιδί*” — beautiful child. The older Greeks love to ask if they can kiss your child on the head and hold their hands.

Voula resides on the coast and looks out over the Saronic Gulf. The views of the water are relaxing and refreshing as you stroll along the seawall. Any day, you can catch Greeks sunning themselves or enjoying the cool water at the many secluded beaches dotting the shoreline.

Kavouri Beach is a top location for family members due to the safe water and the open space of the beach. There are plenty of parking spaces around the coast, but it can get overcrowded on the weekends. Kavouri Beach is easily accessible via public buses, a car or a nice, moderate walk. The beach is an excellent choice for swimming, sunbathing or playing beach games, such as volleyball. It has nice facilities and plenty of cafés located right by the sea.

In the evening, locals and tourists alike head for Notos Café, an elegant, airy seaside restaurant serving modern and classic entrees. Enjoy cocktails from the bar as you sit and gaze out over the open water and reminisce on your fabulous Greek holiday. **NOW**

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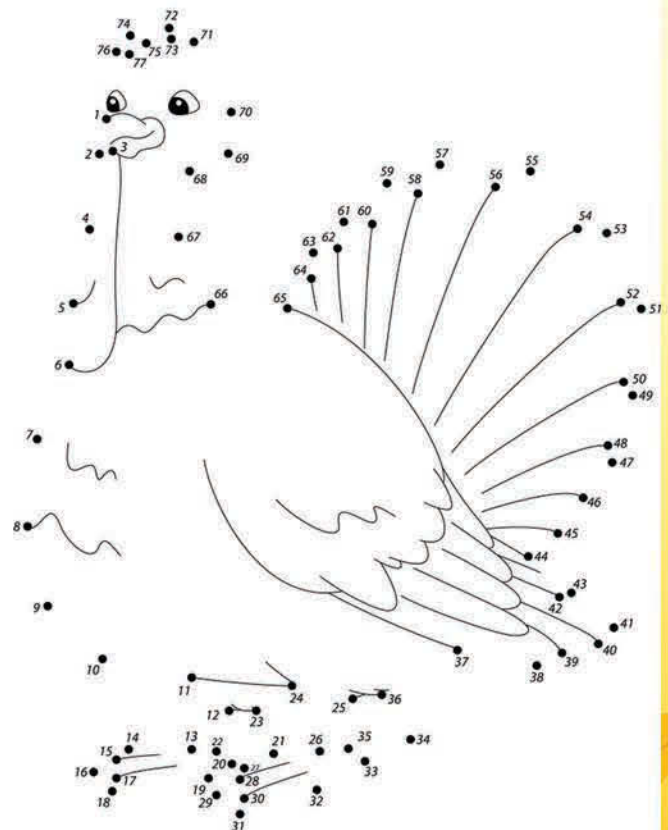
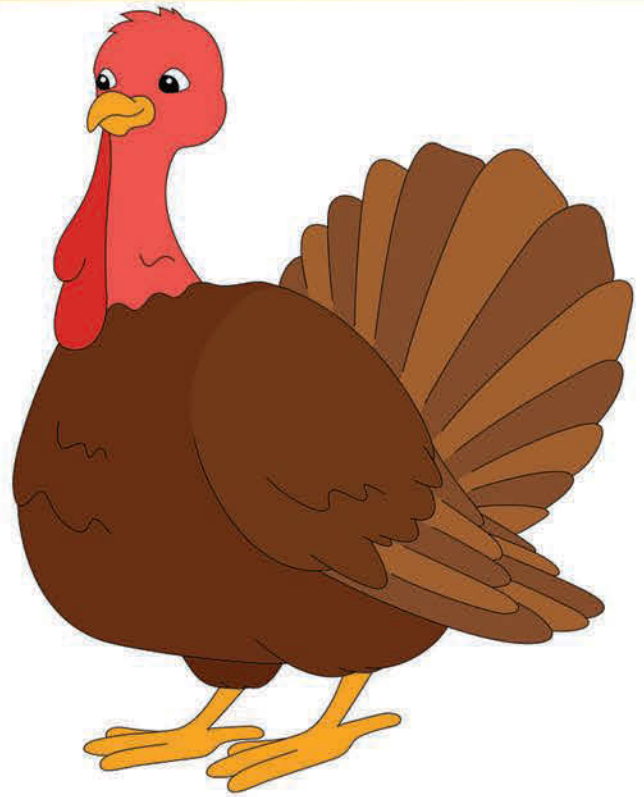
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Monday 8:30 AM to 7 PM • Tuesday 1 to 6 PM
 Wednesday 7:30 AM to 6:30 PM • Thursday 8:30 AM to 6 PM
 Friday 8 AM to 3 PM • Saturday 9 AM to 12 PM

Kids' Fun Pages

Word Search of Fruits

QPMOUUEPEARRRHA
CYURPNAOEGRAPE
UBBATONOHYOCPAD
EOANOLLECOPLUMC
RCNGLEEVYTMAAOJ
PVAEEMMLLMENUGA
RANAMPOTOMATOCO
EAAGOMNNCYMANGOE
LANPPAETADLTOAQ
PSTRAWBERRYEREL
PRACYBCHERRYMMMA
AUMAATAUQMUKOIT
AETANARGEMOPRLE
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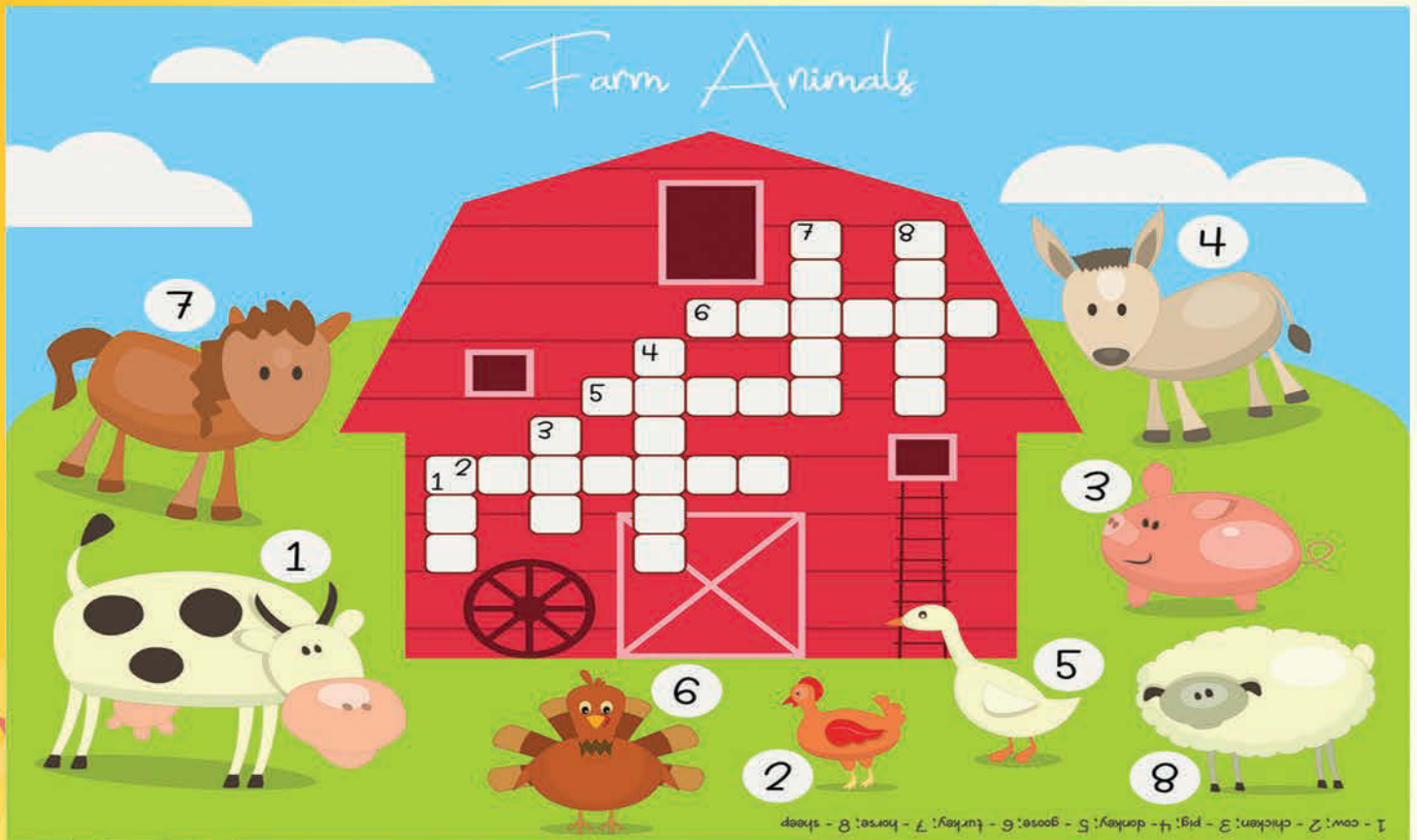
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Kids' Fun Pages

Farm Animals



MYSTERIOUS WORD: _____

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

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AUTUMN
BIRD
BREAD
CORN
DINNER
FOOD
GRAPE
HAPPY
HARVEST
HOLIDAY
LEAF
NOVEMBER
PUMPKIN
TURKEY



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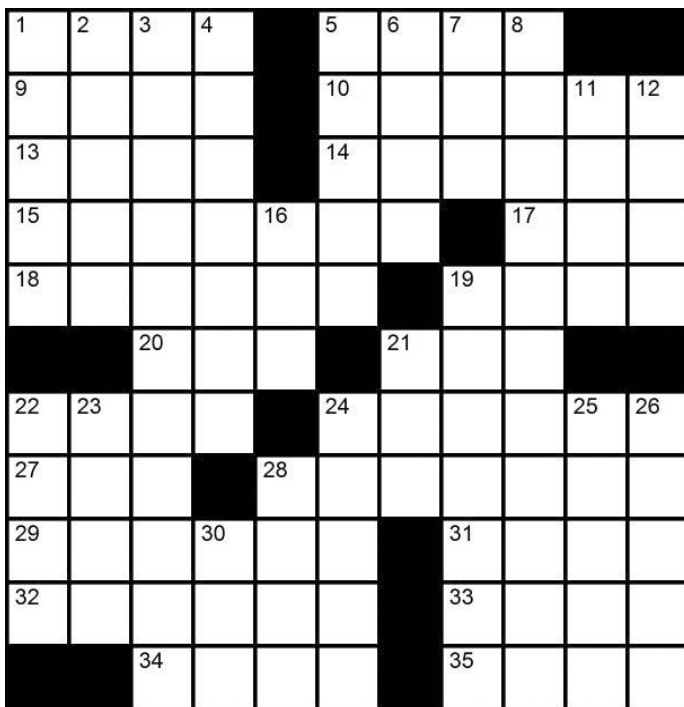
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Crossword Puzzle



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Across

- 1 Finn's conveyance
- 5 Rush job letters
- 9 It replaced the franc
- 10 Make over
- 13 Image of a deity
- 14 Kind of recording
- 15 Maidenhair trees
- 17 Confucians' path
- 18 Fanciful idea
- 19 Plug
- 20 Wager
- 21 Photo, briefly
- 22 Astound
- 24 Operated by hand
- 27 Boston Bruins great
- 28 Graceful antelope
- 29 Official count
- 31 Narrative of heroic exploits
- 32 Stick to
- 33 Ollie's mate
- 34 Some butters
- 35 Long fish

Down

- 1 Prevail
- 2 Pertaining to sound reproduction
- 3 Prime cooking spot
- 4 "The Hobbit" author
- 5 Burning of another's property
- 6 Hardens
- 7 Angelus prayer
- 8 Tiny piece of atmospheric pollutant
- 11 Coarsely ground foodstuff
- 12 Table-top game
- 16 Obtained
- 19 Smoothness
- 21 La --- (South American capital)
- 22 Short stocking
- 23 Woody plant
- 24 Sail poles
- 25 Like pond scum
- 26 Tilts or slants
- 28 Southernmost Mariana island
- 30 Mineral spring

Solutions on page 41



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Sudoku Puzzle

Easy

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

Medium

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

CrosswordSite.com Ltd

Solutions on page 41

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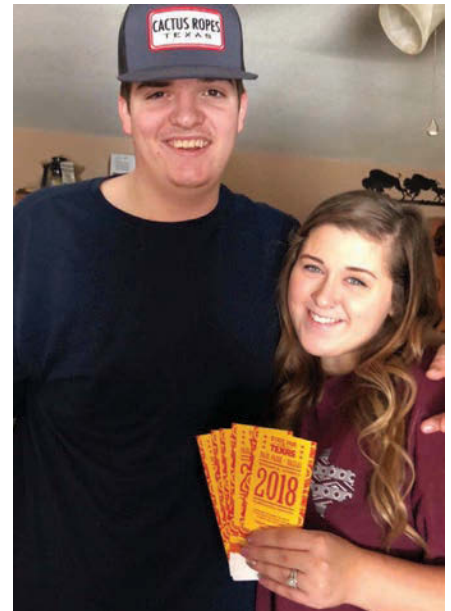


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Clayton and Tori Pevehouse celebrate winning State Fair tickets through the SouthwestNOW Facebook page.

Zoomed In: Linda Dean-Miley

By Adam Walker

Linda Dean-Miley was at The White Rhino for North Texas Giving Day. “I started Help to Heal to give gifts to seniors at Christmas. We ask nursing homes which residents don’t receive visitors, and we make sure they get Christmas gifts. Each gift is accompanied by a handmade card from a child.”

Help to Heal also serves veterans and distributes vegetables. The year-round effort takes both money and willing hands, so Linda was busy recruiting both. I worked in advertising and marketing for years, 10 years at NOW Magazines, but I didn’t want to die and have people say, ‘Oh, she was a good salesperson.’ I’m trying to help people reach out and love each other.”



The Cast of *You're a Good Man Charlie Brown* poses with audience members at DeSoto's Corner Theatre.



Storyteller Bea Clack reads *F is for Flag* to the students of First Methodist School Duncanville.



The Cedar Hill Chamber of Commerce celebrates a ribbon cutting for Handprints Academy.

Crossword - Sudoku Solutions

1	R	A	F	T		5	A	S	A	P	
9	E	U	R	O		10	R	E	V	A	M
13	I	D	O	L		14	S	T	E	R	E
15	G	I	N	K		16	G	O	S		T
18	N	O	T	I	O	N		19	F	I	L
		20	B	E	T		21	P	I	C	
22	S	T	U	N		24	M	A	N	U	A
27	O	R	R			28	G	A	Z	E	L
29	C	E	N	S	U	S		31	S	A	G
32	K	E	E	P	A	T		33	S	T	A
		34	R	A	M	S		35	E	E	L

Easy

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

Medium

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

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2

IGNITE Conference: 8:00 a.m.-5:00 p.m., Methodist Charlton Medical Center Auditorium, 3500 W. Wheatland Rd., Dallas. Call (972) 291-7817 for tickets. Cedar Hill Chamber of Commerce hosting.

Stroke Survivors and Caregivers Conference: 8:30 a.m.-3:30 p.m., Hilton Garden Inn, 800 N. Main St., Duncanville. Free, but registration required. eventbrite.com/e/stroke-survivors-and-caregivers-conference-tickets-486205240

3

Author Appreciation Community Event: 2:00 p.m., Duncanville Public Library, 201 James Collins Blvd. Free. James R. Hannibal, author of *The Lost Property Office* speaking.

Texture Art Show: 6:00-9:00 p.m., Sly Cat Art Gallery, 206 S. Broad St., Cedar Hill. Free.

3, 10, 17, 24

Fall Into Dance: 3:00-5:00 p.m., DeSoto Public Library, 211 Pleasant Run Rd. Free. Boys and girls 12-18. Register at (972) 230-9661.



4

Kookoff for Kids and Carnival: Noon-5:00 p.m. 203 S. Hampton Rd., DeSoto.

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7

Veterans Day at Friends Place: 2:00 p.m., 1232 Beltline Rd., DeSoto. Mayor Curtistine McCowan presiding.

9

A Cratchit Family Wine and Words: 6:30-9:30 p.m., Good Shephard Church, 915 Old Straus Rd., Cedar Hill. Call (972) 291-7323 for tickets. Wine tasting and book performance by Paul Mast.



10

Christmas in November: 9:30 a.m.-1:30 p.m., Cold Springs Church of Christ, 2710 W. Main St., Lancaster. \$25. Hosted by the DeSoto chapter of the American Business Women's Association.

16

Senior Dance with 92nd Roadhouse: 7:00-9:30 p.m., Hopkins Senior Center, 206 James Collins Blvd., Duncanville. \$5.

17

Teen Mystery Dinner: 3:00-5:00 p.m., DeSoto Public Library, 211 Pleasant Run Rd.

Village Lights: 5:30-7:30 p.m., Hillside Village, 305 W. FM 1382, Cedar Hill. Free. Tree lighting ceremony, Santa and Mrs. Claus, cookies, carriage rides and caroling.

19 — 21, 24

Thanksgiving Camp: 7:30 a.m.-6:00 p.m., Duncanville Recreation Center, 201 James Collins Blvd. Call Veronica Williams (972) 780-5070.

20

Family Old School Game Night: 6:00 p.m., Zula B. Wylie Library, 225 Cedar St., Cedar Hill. Free.



24

Movie Night: 7:00 p.m., Museum of International Cultures, 422 Hwy. 67, Duncanville. Free. Turkish documentary *Desperate Hours*.



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Directed by
Heather Winkelman

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A History of Education

— By Adam Walker

Fifty years is a long time. For a preschool, it's generations. First Methodist School was founded in 1968, and this November they celebrate serving the children and families of Duncanville and surrounding communities for half a century. "We're here to provide a Christian, loving learning environment," explained Erika Hemphill, the current director. "We provide a safe place for families and focus a lot on social and emotional skills for life and school. We're friends with everybody here. We apply what we learn about God's Word to our lives, especially Proverbs 17:17: 'A friend loves at all times.'"

Janice Chambers, one of the former directors, has been involved since the beginning. "My daughter was a student here back in 1968, and she's in her 50s now. Back then, we only had classes for the 4s and 5s. The school had the same mission statement then. As much as times change, some things stay the same." The school has only had eight directors in its history, and Janice is the longest serving. "I worked here for 32 years, 20 of those as director," she said. "We started with 12 kids, all 4-year-olds, serving the members of the church. Then in 1986, we became a fully licensed day care. By 2009, there were more than 200 kids. Every room was full with children from 1 to kindergarten."

Erika likes to stay connected to the school's traditions. "We

still have our Kindergarten Circus every year and the Mother's Day Tea." As someone with an engineering degree and teaching certification, Erika understands the importance of technology. We have computer classes. And every teacher has a tablet for keeping attendance and checking their kids in and out."

"We used to do all that on paper, handwritten. And our worksheets came off the mimeograph machine!" Janice remembered. "We got our first computer by collecting register receipts from Skaggs-Albertsons!"

But Erika sees other things as equally important. "We focus on real hands-on play, building experiences. We get our hands in the dirt and plant seeds in the garden. We pick leaves off the mulberry tree to feed our silkworms. Computers are great, but they can never take the place of real-world experiences." In the past, that meant field trips. Today, the zoo, the Perot Museum and other groups come to them for enrichment.

"Many of our previous students have students here now," Janice revealed. One former student, Michelle Beryman, is now a teacher at the school.

"In 1968, it was mostly mothers needing an afternoon off who brought their kids here. Now we have a lot of working parents and work-from-home parents. And a lot of our students are dropped off and picked up by their dads," Erika explained.

First Methodist School celebrates its history this month, while looking forward to a bright future, serving our community's children and their parents. Who can say what the next 50 years will bring? **NOW**



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1 PM - 1:45 PM

HOLIDAY MUSIC

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1 PM - GRINCHMAS PERFORMANCE

2 PM - TEEN PERFORMANCE

3 PM - CHILDREN'S CHOIR

5 PM - MCCOWAN MIDDLE SCHOOL CHOIR

HOLIDAY BOOTHS

HOLIDAY BOOTHS AND ACTIVITIES
12 PM - 5 PM

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SPECTACULAR TREE LIGHTING CEREMONY

ENTERTAINMENT AND ACTIVITIES 5 - 6PM
THE FLIP OF THE SWITCH WILL HAPPEN AT 6PM

FOR MORE INFORMATION PLEASE CALL THE
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