

Pilot Point



Guide

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WINTER 2023



Pilot Point's Premier Magazine-A North Texas Media, LLC Publication - EST 2005

**ARTIST'S EDGE SALON
MEET TY BELGER**

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HOLIDAY CACTUS

CHURCH GUIDE

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MENTAL HEALTH
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On The Cover

Little girl bakes her first batch of holiday cookies.

Photo by Dreamstime

Winter 2023



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www.380guide.com/pilot-point-guide



LETTER FROM THE PUBLISHER

Wishing You an Abundance of Presence

A large, glittering tree surrounded by heaps of packages, stockings, and gifts is a lovely sight during the holiday season, I must admit. However, the greatest gift of all is the gift of presence, rather than presents wrapped in bows. We've learned an important but simple life lesson over the years: presence lasts longer, means more, and binds a family and friendships tighter than any gift ever will.

Presence is a gift that never fades, becomes too small or monotonous, wears out, or breaks. The best thing about presence is that it is always inexpensive and accessible to any family member or loved one at any time. We wish all of our readers an abundance of presence over the holidays!

We hope that through Pilot Point Guide, you will learn more about all of the fantastic things to do right here in the area. We hope you find some places and events that will become meaningful to you and your family, where you can create traditions and grow together. Pilot Point is full of unexpected gems, activities, and places where you can spend quality time with those you love and cherish.

While presence is ideal, we all know that the holidays would be incomplete without gifts. When shopping for gifts this holiday season, remember to support our advertisers and local small businesses. We are able to promote and share local events, information, and micro-local articles because of our wonderful advertisers.

Pilot Point Guide wishes all of our readers safe travels, warm nights, and joyous holidays! Merry Christmas and a prosperous New Year!

Jodie Linton-Prickett, PUBLISHER





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April 7th	Jason Elmore
May 5th	Greg Hargrove
June 2nd	Jerry Don Branch
July 7th	Shelly Justine
August 4th	Dwan & Phil
September 1st	Kerosene Drifters
October 6th	Peggy Houlihan
November 3rd	Anne & Tim
December 1st	Renegade

(Year End Venue TBA)



Artist's Edge Salon

Meet Ty Belger

By Jodie Linton-Prickett

At a salon, a trusted stylist creates a new look for you with foils, colors, scissors, and possibly even pixie dust—an enchanting experience that is sure to make you feel transformed!

When looking for a new stylist, you should look for someone who is skilled, patient, truthful, creative, aware of current trends, and a great communicator. All of this and more is available with Ty Belger at Artists' Edge Hair and Design Studio, which is situated in Cross Roads at 8000 US Highway 380.

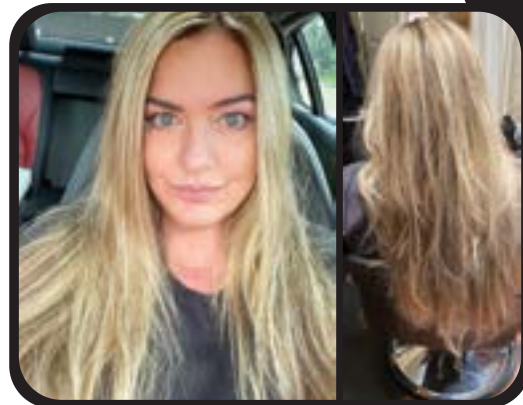
Ty and I clicked right away when we first met more than fifteen years ago. I felt like a million bucks when I walked out from my first hair appointment with him. The best thing is that whenever I get up from his chair, I always feel fantastic. One thing people always compliment me on is my hair, so it's not just me who thinks that. I have no doubt that most of his clients share this sentiment. He can create the ideal look that is uniquely you thanks to his artistic ability.

To create the most attractive look for you, Ty takes into account your overall coloration, hair texture, face shape, and even your lifestyle. A great stylist knows how to communicate well. Ty reads his clients and knows how much conversation each client is comfortable with. He listens and really pays attention to your needs. It is exciting to know I have an appointment with Ty, not just because I'm going to look and feel better, but because I'm going to have a great overall experience.



Betty Linton's first visit to Ty

After my first visit with Ty, I left with the perfect cut, color, and style. However, when I originally walked in, it was not the look I had intended. I was picturing something quite different, more mundane. After taking a look at my hair, he gave me some warm advice based on both his personal experience and his heart. After hearing his point of view, it seemed to make sense; he would have given me the look I went in for if I really wanted it. However, listening to him gave me a delightful "wow" moment!



We have changed my hair's appearance over the years; I have had longer hair and shorter hair, curly hair and straight hair. I've experimented with a variety of colors with him, and we've even played with some purple streaks. Still, when I inquire, he gives me honest feedback. He truly listens to his clients and considers what they want and need. My appointments with Ty excite me not only because I will feel and look better, but also because I will have an amazing experience in general.

Visiting a franchise with the current coupon and never seeing the same stylist twice or frequent stylist changes may seem convenient, but a positive rapport with your stylist and salon significantly impacts results. Despite initial costs being slightly higher, a good salon saves you money in the long run. Fixing a bad cut and making color corrections takes time and can be expensive.

If you are new to the area and looking for a phenomenal stylist, I encourage you to make an appointment at the Artists' Edge Hair and Design Studio. For individuals in need of or who desire a completely natural-based color, ask for CJ; she is a natural color specialist and a very gifted stylist as well. You can call 972.740.8132 to arrange for a consultation or appointment.



*Happy
Holidays!*

Pilot Point
Guide

Gina

Mariah

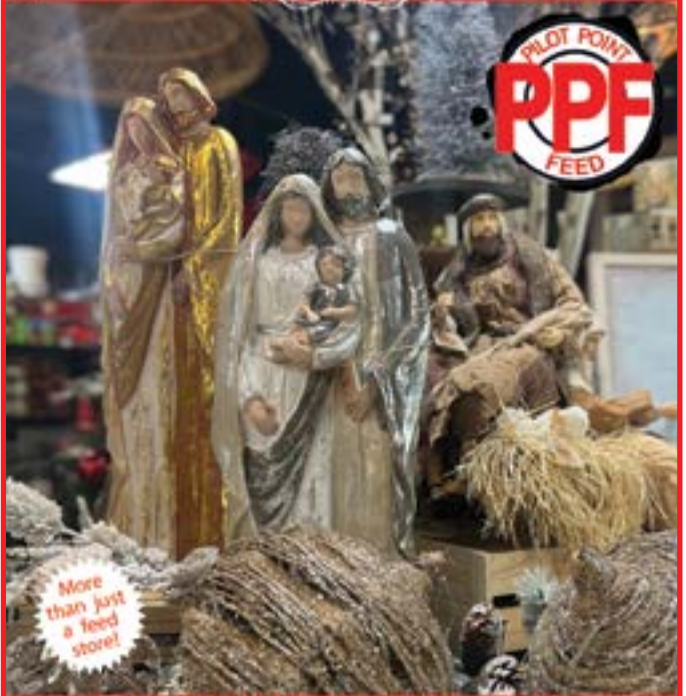
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Holiday Cactus

By Donna Hull

It's the time of year to enjoy a few holiday-inspired plants. The garden centers are filled with poinsettias and fresh pine, but don't forget to invite another beauty into your home – the holiday cactus.

There are three holiday cacti – the Thanksgiving cactus, Christmas cactus, and Easter cactus. The first two, which are the most commonly bought and enjoyed by gardeners, are separate species of the genus *Schlumbergera* which bloom in November and December, respectively. And while they are members of the Family Cactaceae, these are not the cacti we think of from dry regions. *Schlumbergera* are native to the higher altitudes of tropical rainforests in Brazil. They are epiphytes, meaning they grow on trees (and sometimes out of rock fractures) in the rainforest, where they receive consistent rainfall and indirect light. The temperatures are moderate, and the soil is rich in organic matter. Not your desert cactus at all!

Holiday Blooms

Because your home is likely not a perfect substitute for a tropical rainforest (nor would you want it to be!), a little coaxing must be done to get our holiday cactus to bloom. In its native environment,

Schlumbergera usually blooms at the end of the rainy season, when temperatures and light reach the appropriate levels to set off the formation of buds. Since you are likely aiming for flowering during the holidays, begin the forcing process 6-8 weeks before your preferred bloom time. The forcing process focuses on two growing factors: light and temperature. *Schlumbergera* will begin to form flower buds through a reduction in temperature and an increase in the hours of darkness that they are exposed to. In North Texas, this is a good time to set the plant outdoors (if possible), exposing the plant to 50-55°F with 2-6 hours of complete darkness (no artificial or natural light) or 60-65°F with 12 hours of complete darkness. At 70°F the plant will need 15 hours of darkness. Do not fertilize during this period, and only water when dry to the touch. After the buds have formed, the plant can stay in 65-70 °F, and resume regular watering (keeping the plant moist, not water soaked) and light. Be sure to bring them inside if the temperatures fall below 50°F – they like it cool, but not too cold! If all goes well, you will be rewarded with 6-8 weeks of colorful holiday cactus blooms.

After the Bloom Wears Off

Once they have finished blooming, *Schlumbergera* will need (and deserve) a resting period, typically January through March. Keep the plants in indirect light. Water when dry to the touch and keep the plant in cooler temperatures if possible. Late spring through summer, water regularly and apply a fertilizer periodically at half strength. *Schlumbergera* likes to be slightly root-bound – so only repot every 2-3 years into a slightly larger pot. Come fall, fertilize with a high phosphorus fertilizer, continue watering, and keep your eye on the calendar so that you can begin the forcing process again when the time is right.

Sources

Cathyday. (2020, May 21). Tips for growing Thanksgiving cactus.

<https://txmg.org/orange/tips-for-growing-thanksgiving-cactus/>

Lindsey Kerr, Michigan State University Extension. (2022). How to care for and get your holiday



Church Guide

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Pilot Point
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Cowboy Church of Cooper Creek
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www.cowboychurchofcoopercreek.org

Cross Fellowship Church
Meets at Savannah Elementary
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www.crossfellowship380.com

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(Across From Little Elm High School)
www.crossridgeonline.org
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www.Fbckrugerville.com

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www.livingwordbaptist.net

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aubreyfaithassembly.weebly.com

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Frs.GatewayPeople.com
469.238.1000

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gracevillagechurch.org

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www.lighthousetx.com

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Pilot Point Guide Focuses on Mental Health Awareness

January is Mental Health Awareness Month. Every New Year's Resolution is admirable and attainable. What, then, accounts for only about a 20% success rate? A possible explanation is the lack of commitment to prioritizing mental health, despite the fact that it is necessary to accomplish all goals.

For long-lasting changes, mental preparation is essential because giving up on goals can be exhausting and frequently result in guilt and negativity. Instead of giving up, make your most important change-making goals your top priority. If you want to succeed, your first resolution needs to be to mentally support yourself. January is Mental Wellness Month, so this is the ideal time to get started.

When it comes to how you feel, think, and behave in day-to-day activities, mental wellness and mental health are not the same. Your ability to perform at work, school, home, and in social situations is referred to as your mental health. Calming one's emotions, seeking help, practicing coping mechanisms, and partaking in constructive activities are all signs of good mental health.

How you take care of your mental health is referred to as mental wellness. It is everything you do to make sure your needs for mental health are satisfied and upheld. It simply means you take the necessary steps to manage a mental health illness rather than cure it. Practicing self-care, encouraging mindfulness and lowering stress and anxiety, setting and following through on mental health goals, getting enough sleep, volunteering locally



or giving back to the community, avoiding mental exhaustion, and scheduling an appointment with a mental health therapist are some ways to support mental wellness.

Honoring your mental health by raising awareness of the issue and engaging in activities that enhance general well-being is the definition of celebrating mental wellness. Here are some suggestions to get you going for January's Mental Wellness Month; feel free to alter this list to suit your preferences and requirements.

With the holidays in full swing there are excellent presents you can consider for yourself and others on your gift list. Giving presents is a mentally stimulating activity. It causes the release of chemicals that are pleasurable. Giving gifts that inspire others to invest in their mental health can make you feel even more satisfied. Make sure every wellness gift you give fits the hobbies and tastes of the recipient. Simple gestures like encouraging texts and cards can also be given as gifts, as can items that promote relaxation like candles, bath oils, lotions, and essential oils. They don't have to be expensive and make for more considerate gifts.

Rather than just one month, think of January as Mental Wellness Month as the start of a year of good mental health. To make it easier, assign a wellness theme to each month. You can live a lifetime of mental wellness. You deserve it!



YOU CAN TAKE IT WITH YOU!

Would you like to be in the next issue of Pilot Point Guide? If so, send us your photo with your Pilot Point Guide to YouCanTakeItWithYou@380Guide.com



Patti Wilson took her Pilot Point Guide with her to read about Pilot Point's Bonnie and Clyde Days Festival. She enjoyed the article after she crossed the border and experienced Niagara Falls with a Canadian view.



Taylor Marquis took his Pilot Point Guide with him to Lake Murray's Tucker Tower in Ardmore, OK.

-LIVING- IN Gratitude

Practice Gratitude Daily.

Even when it seems we have nothing to be thankful for, the list below reminds us of the simple things we take for granted every day.

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