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CONTENTS

PUBLISHERS

Jodie Linton-Prickett and David Prickett

EDITORIAL

EXECUTIVE EDITOR
Jodie Linton-Prickett

DIRECTOR OF BUSINESS DEVELOPMENT

David Prickett
214-564-6693

ART & PHOTOGRAPHY

ART & CREATIVE DIRECTOR
Mariah Acevedo

CONTRIBUTING WRITERS

Haunani Shipper, Sandbrock Ranch, Jodie Linton-Prickett, Christina Fakhoury, Extension Agent – Better Living for Texans, Amy Ruggini, Aubrey, ISD, Elise Spain, Texas Mater Naturalist, Elm Fork Chapter, Helaine B. Thompson, Scarborough Renaissance Festival, Donna Sims, Aubrey Chamber of Commerce, Patty Wheeler, Downtown Tioga

ART & PHOTOGRAPHY

Mariah Acevedo, David Prickett, Dreamstime, Lea Sage-Watson, Tartan Homes and Remodeling, Haunani Shipper, Sandbrock Ranch, Jodie Linton-Prickett, Christina Fakhoury, Extension Agent – Better Living for Texans, Amy Ruggini, Aubrey, ISD, Elise Spain, Texas Mater Naturalist, Elm Fork Chapter, Helaine B. Thompson, Scarborough Renaissance Festival, Donna Sims, Aubrey Chamber of Commerce, Patty Wheeler, Downtown Tioga

HOW TO REACH US

MAILING ADDRESS

P.O. Box 399, Aubrey, Texas 76227

PHYSICAL ADDRESS

301 South Washington Street, Pilot Point, TX 76227

WEBSITE

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info@380Guide.com

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Sandbrock Ranch Elementary Students Select Mascot, Colors

By Haunani Shipper

A precocious group of fourth-grade students from three campuses in the Braswell High zone took to the ballot box recently, casting their vote on a mascot for Sandbrock Ranch Elementary, Denton ISD's newest and 25th elementary school.

The students chose between the finalists of Stallions, the Champions and the Ponies. In a landslide tally, 72 percent of the students voted Champions as the school's new mascot. School colors will be emerald green, silver and white.

"Things are moving very quickly as we approach the start of the next school year. Selecting the mascot for Sandbrock Ranch Elementary is another exciting step in that journey," said Claire Springer, principal. "Our mission is already taking shape based on the mascot selection. We want everyone to know we will build Champions to be courageous, compassionate and committed learners."

The learning environment inside the halls at Sandbrock Ranch Elementary will consist of six stables, each representing champion horses including Appaloosas, Clydesdales, Galineers, Mustangs, Ponies and Shires.

From those smaller micro-communities, the goal is to build leadership qualities and student voice by using collaborative spaces to interact with students across grade levels. Every student and every staff member should take pride in their stable.

The district's 25th elementary campus is named for the development in which it resides, Sandbrock Ranch, an 800-acre master-planned community in Aubrey directly off FM 1385, near the district's border with the town of Prosper. The development is a former horse farm.



Photo: Vice Principal Kristina Nichols, left, and Principal Claire Springer reveal the name of the mascot for the new Sandbrock Ranch Elementary opening this August in the Sandbrock Ranch community. "Champions" was selected by a group of fourth-grade students.

The school, built to serve 750 students, will relieve rapid growth and is the seventh elementary school serving students in the Braswell High zone. Sandbrock Ranch Elementary will open its doors for the first day of school on Thursday, Aug. 11, 2022.

"The mascot being named Champions raises the bar for every single student at Sandbrock Ranch Elementary to reach their full potential," said Dr. Jeff Russell, area superintendent of academic programs in the Braswell zone. "Pairing the mascot name with the unique stable system being implemented by the leadership is a brilliant way to foster a sense of belonging for the students and the entire Sandbrock Ranch community."

More than 1,000 homes have sold in Sandbrock Ranch since home sales began in 2018. Builders in the community are Coventry Homes, David Weekley Homes and Highland Homes. Pricing is from the \$400,000s.

Learn more at <https://www.sandbrockranch.com>.



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Celebrating Cultures Through Food

By Christina Fakhoury, Extension Agent – Better Living for Texans

Every year during the month of March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. This year's theme is "Celebrate a World of Flavors," and focuses on celebrating foods and flavors from different cultures all around the world.

Think about a family recipe that has been passed down from generation to generation. Positive memories are often associated with our family meals or ingredients. At its most practical form, food provides our body with nutrients to go and stay healthy; however, food can be an expression of our cultural identity. Our favorite dishes, ingredients, spices, or cooking methods can represent traditions, beliefs, and practices from a variety of different regions, ethnicities, and religions.

Traditionally, cultural foods have been considered unhealthy; however, we know there are a variety of foods available to us that are tasty and nutritious for our bodies. The 2020-2025 Dietary Guidelines for Americans provide a framework that gives each of us the space to adapt our diet as needed based on personal preferences, medical history, budget, and culture. Rather than omitting cultural foods that you love, think about how to make them healthier with these suggestions.

- Be mindful of portion sizes and eat a variety of whole grains, fruits and vegetables, protein, and dairy.
- Eat more unsaturated fats like olive or canola oil, avocados, nuts, and seeds.
- Use a variety of cooking methods like steaming, baking, roasting, and barbecuing. These cooking methods use less fat compared to frying.
- Reduce salt and sugar intake by using different spices and herbs. Examples include chili powder, curry powder, nutmeg, lemongrass, and cilantro which can be found at many grocery stores.

From Japanese cuisine to a West-African dish or Tex-Mex Tacos and Soul Food, remember there is room at the table for all types of food! This month celebrate a World of Flavors and try a new food that may be less familiar to you!

Content Source: <https://www.eatright.org/food/resources/national-nutrition-month> and https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf



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Three Top High School Musicians in Texas from Aubrey ISD

By Amy Ruggini



Aaron Cajilema, Josue Lopez and Xander Rouk were named three of the top high school musicians in the state of Texas last month by the Association of Texas Small School Bands. The three Aubrey High School band members advanced to the all-state band after performing at the ATSSB area audition in January.

Twenty-one Chaparrals were named to the all-region band in November, and the trio were among nine members of the AHS band program that advanced to the area auditions.

Xander, a junior, placed first out of all the percussion players in Aubrey's area; Aaron, a senior, finished first in the tuba area auditions, and Josue, a junior, was seventh chair in the clarinets section, one of the largest groups of instruments.

At the area audition, the musicians have to play in front of a panel of judges. The judges cannot see the musicians auditioning, and the students cannot see the judges. The audition was a culmination of many hours and weeks of work with the students practicing a piece of music.

Xander, Aaron and Josue each had their own personal motivations that kept them practicing early in the morning, at home and on the weekends.

"This year was a lot of by yourself type of work," Xander said. "A lot of... in the band hall when everyone is in here... continuing to hash it out."

Xander felt a combination of pressure and confidence from advancing to the all-state band last year.

"I felt a lot of pressure to make it again," Xander said. "I put a lot on myself. I have a lot of pride in it. My confidence came from me knowing that I succeeded in the past."

When he struggled, he said that he would remind himself that he was capable of succeeding because he had done it before.

For the percussion audition, Xander had to perform on three different instruments: snare drum, marimba and timpani with different music for each instrument.

With more of his instruments at school, Xander would often stay after school and use his off period to practice in the band hall. There were often other band students practicing, preparing for class, and they became very familiar with Xander's music.

"In my last class, there were people singing my audition cut because of how much I practiced it in the ball hall," Xander said. "They memorized it."

Aaron could also be found in the band hall, playing the tuba for as many as several hours a day. For Aaron, it was just determination to make that final cut.

"Last year, I missed it by a chair," Aaron said. "It bugged me a lot because I was so close. Any second I had outside of school, I focused on playing as much as I could."

Aaron plays the baritone during marching band season, so it was finding spare minutes before school and after school to play the tuba. He decided to not play football for his senior year so he could concentrate more on the tuba. The senior didn't need anyone reminding him to practice.

"It was just me pushing myself more and more every day," Aaron said.

After placing third chair at area auditions last year with the top two moving on, Aaron was named first chair this year.

Aaron is among a group of students in the band hall very early in the morning. Josue is another one of the early risers.

"Josue is someone who is constantly playing," Aaron said. "You get there in the morning, and he is the first person sitting there with his instrument playing. Josue has a lot of quiet determination."

For Josue, advancing to the all-state band has always been the goal. Every year he stepped a little bit closer. He was named all-region as a freshman, advanced to the area auditions as a sophomore and was named all-state this year as a junior. As he prepared for this year's area auditions, he knew he would have to change his habits.

"As a person, I procrastinate a lot," Josue said. "For this, I had to really try and change the way that I was so that I could put in as much work as possible. I did bits and pieces over time instead of doing everything at the very end. I put in a lot of work. I would do an hour or two a day and when I wasn't practicing, I would look over the music and finger along."

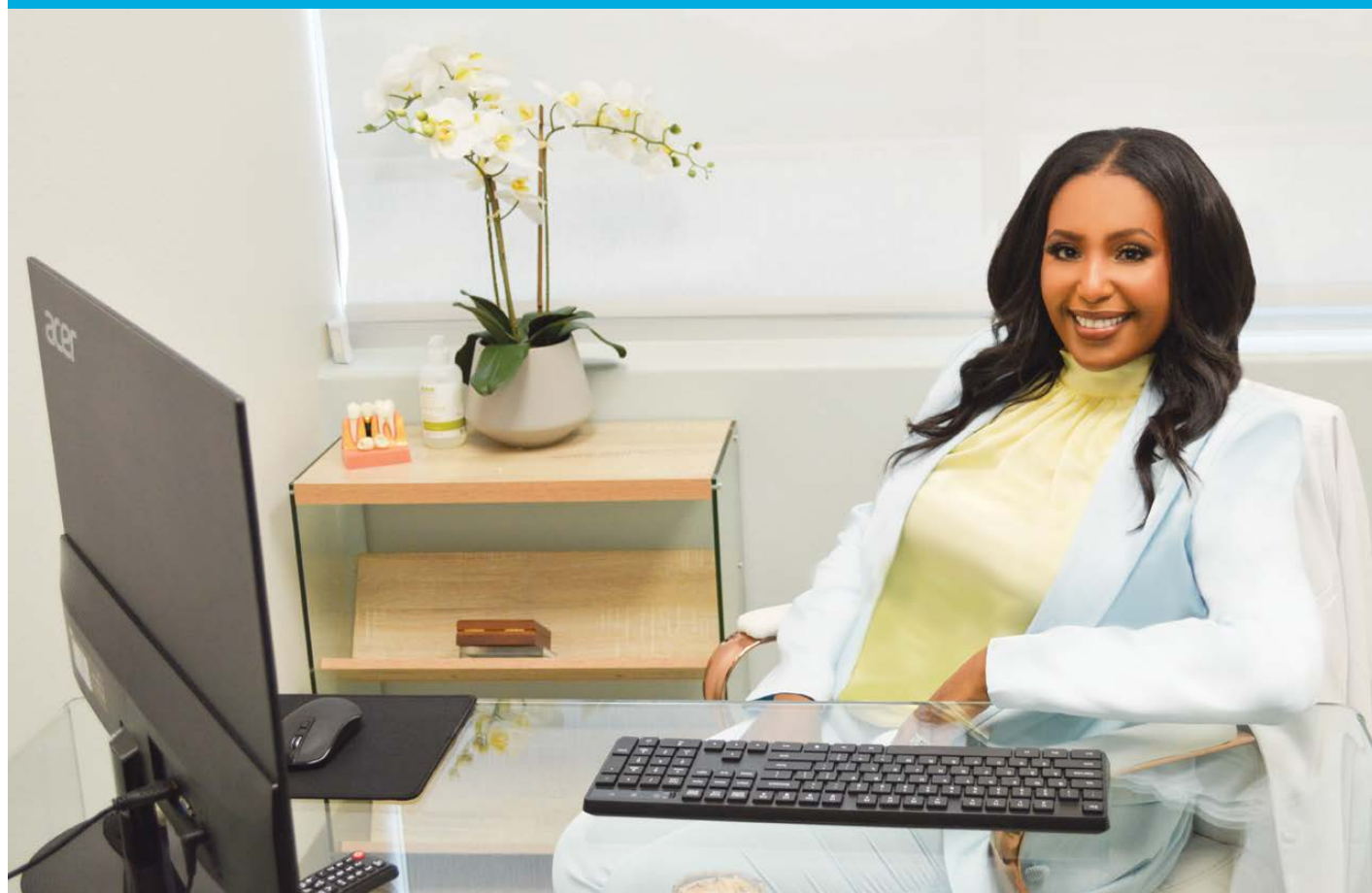
"It paid off," Josue said.

After the excitement of being named to the all-state band, the trio has been busy working on new music for the TMEA Clinic/Convention. They will travel to San Antonio to audition for chair placement in a final concert.

And then, there are more goals. Xander has a goal to advance to the all-state band for a third year.

Josue is taking education in training classes with a goal of becoming a band director.

Aaron is planning on attending BYU in the fall and would love to play tuba for the school or a nearby orchestra.



Modern Day Wonder Woman!

IN THE OFFICE AND AT HOME WITH DR. MUSTAFA

By Jodie Linton-Prickett

Today, more than ever, women balance amid their responsibilities to their careers as well as their family and home. They are continually juggling several roles of a working professional and mother, wife, friend, sister and daughter with extraordinary synchronization and effortlessness.

Women have collectively attained more higher education than ever before, they are bringing home more money than ever, and cultivating businesses that are changing their communities and even the world.

While women have come a long way, baby ... their work is not done. It is now about changing opinions and preconceived notions to safeguard gender equality for upcoming women.

380Guide met with Hala Mustafa, DDS to get her input on how to do the delicate balancing act in our busy world. She is a charismatic, young, successful businesswoman, and a hands-on mother, who is full of personality, and did I mention

beautiful. One of the first questions we asked was, how do you do it? "It's a delicate balance and dynamic from day to day. I could not do it all without the support of my amazing Husband and our families," said Dr. Mustafa. While she wears many hats, she has developed an excellent support system. This gives her a break from having to be "on" all the time.

Because Dr. Mustafa has many different roles, time is her biggest commodity. She has found if it is meaningful enough, anyone can make time. All too often, time is wasted or used unwisely, so she consistently makes sure that she is making the best use of her time, she has learned how to delegate tasks and focuses on things that absolutely have to be completed by her. This helps her to get things done properly every time. Time management, taking time to refresh and recharge, having an excellent support team and being present and positive are essential in the balancing act of succeeding and being a modern-day Wonder Woman!

It is interesting to look how family dynamics can contribute to an empowered woman. Dr. Mustafa is one of four children raised by parents that understood the balancing act of family and careers. The family lived in Sudan where there is more uncertainty than here in the United States. Her mother worked in the Ministry of Finance Treasury sector and her father was in the Public Administration sector and a part time Professor. They made balancing time between family and careers look easy in a difficult environment, a place that didn't have a promising future. It was because of their selfless parenting they left their homeland to give their children more stability and opportunities. Her parents immigrated to the U.S. when Dr. Mustafa was around nine years old to ensure a better future for her and her siblings.

380Guide asked Dr. Mustafa what she would recommend to other young women that are looking at a career in dentistry. "Dental School is becoming increasingly

competitive. Balancing heavy amount learning with intense requirements of laboratory and clinical work is a challenge that every dental student will face. With that being said, prepare yourself by keeping your G.P.A as high as possible during college. Have a strong Science background. Strong academics is not the only factor admission committees look at so highlight yourself by becoming well rounded individual involved in the community, shadowing local dentists to learn more about the field. Join and take leadership roles in various organizations during your high school and undergraduate career and network,' said Dr. Mustafa.

"I'm honored to be able to help the next generation of aspiring female scientists by offering a scholarship to a graduating senior pursuing a career in the STEM field each year," said Dr. Mustafa, "To learn more about our outreach and see how you can get involved, contact our office today."

We asked Dr. Mustafa to give us three main things that help her stay focused, balanced and a continuous success story. We also asked her to give our readers some tips on oral hygiene for busy moms.

Be Present and Establish a Routine.

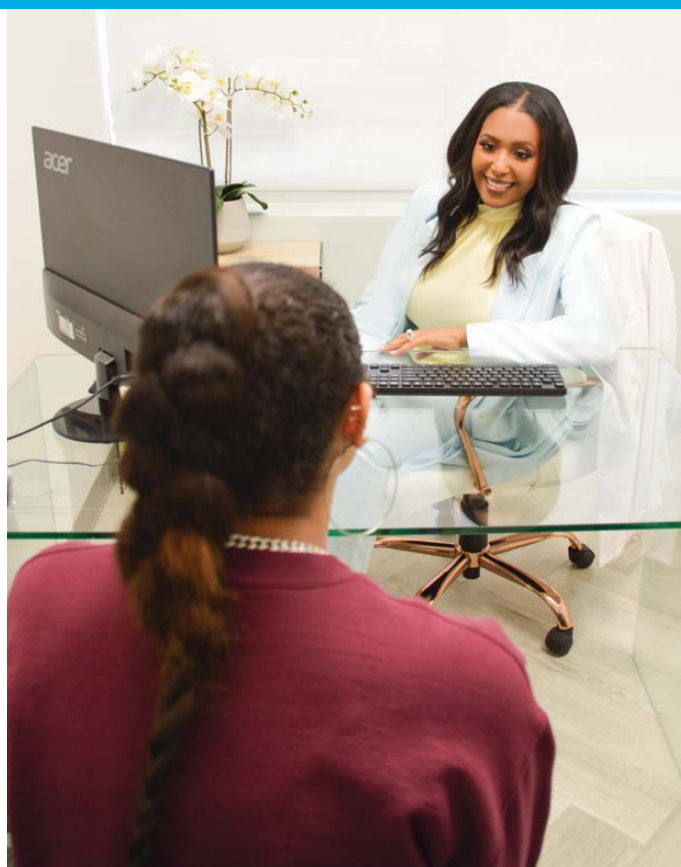
"Being fully present is crucial in every role you're in," said Dr. Mustafa, "You must fully show up in each role and do it to the best of your ability." Dr. Mustafa truly enjoys her profession and absolutely loves being a parent. "I am fully focused and give my full attention during my office hours to my patients', business and staff. I consider my priorities for the day and week, she said, "Once my workday is over, we give our kids all the attention in the world. Our evening routine is a special time for us. Having dinner, bath-time, playtime followed by reading or puzzles and just winding down for the night. Usually, by 8:00 our kids are asleep which gives my husband and I time to decompress, talk and reconnect."

Reset and Recharge.

"Physical and Mental exhaustion is too common because we live in a fast-paced society". Chronic physical and mental burnout will reduce performance level whether in office or caring for family members. To rejuvenate and refresh your mindset, make sure to take regularly scheduled breaks to rest and recharge . Whether we take a weekend getaway for new scenery and R&R or treating myself to a spa day in which I can unplug from everything and everyone for a few hours." Said Dr. Mustafa, "I come back well rested with more willpower and creativity to take life on! This creates my work-life balance." As a family, they also enjoy spending time outdoors, petting zoos, indoor and outdoor amusement parks, and gymnastics. Getting your mind off things and enjoying pizza night and a movie is a great way for the family to recharge. "We recently attended the 'Disney on Ice 'show and the girls had blast," said Dr. Mustafa.



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Keep a Positive Outlook.

A positive outlook on your future leads to contentment and accomplishment and can catapult your whole life into a positive direction. When asked what her future looks like, Dr. Mustafa said, "The future looks bright and beautiful! There's no limit to what I'll accomplish. As a woman, I want both. I want to grow my family, keep growing a successful business(s), God willing. We don't have to compromise either one.

Dr. Mustafa's Five Oral Hygiene Tips for Busy Moms!

- 1) Oral Care is Self-Care: Schedule your six months checkups and cleaning. Think of it as a 'Spa treatment' for your mouth! We strive to make our patients feel pampered and right at home during every visit. The calming ambiance in our office is noticeable as soon as you walk in.
- 2) Model good oral hygiene behavior to your kids early. Make it a morning ritual to brush together with your younger kids to ensure proper technique. Brush for at least 2 minutes.
- 3) Many patients don't find it exciting to floss but remember, brushing only cleans 60% of your mouth. That grungy, filmy feeling in your mouth is the remaining plaque and sticky bacterial waste in between your teeth. So, if you're not flossing, 40% of tooth surfaces weren't addressed leading to gum disease and cavities.
- 4) Utilize a tongue scraper. Your tongue should be pink and not coated with white build up that contributes to bad breath. The white/yellow build up you often see is actually trapped bacteria, food, and debris in the tongue's papillae (those tiny bumps).
- 5) Drink lots of water! Water literally cleanses your mouth with every sip you take as it washes away residue from bacteria. It keeps the Oral pH at a stable level by diluting the acids produced by harmful bacteria.

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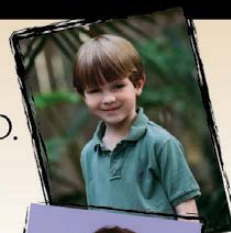
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THE COLOR OF *Barcelona*



Article continued on next page



"The skylight is so magical it is hard to believe it can structurally exist at all. It defies gravity as it captures light, spilling over the lavish concert hall below. The whole experience is like entering an enchanted music box. Don't miss this experience."

By Jodie Linton-Prickett

The colors of Barcelona are vivid, the vibe is energetic. It is a sophisticated city hugging the coast of the Mediterranean with a thriving economy, and an excellent quality of life. The creativity and the culture are vibrant and exciting. The weather is suitable with days filled with brilliant sunshine. It is a place uniquely its own, the Capital of Catalonia.

Barcelona ticks several boxes for an ideal vacation. It offers beaches for relaxing, mountains and hills for climbing, a rich history with old world charm for exploring, unique architecture for marveling, a seaport for cruising, a happening night life for partying, and excellent food for dining. No matter how long you stay, there is no chance of running out of things to do.

After two years of limited travel, I could not contain myself in one place any longer. The world is vast and I want to see as much of it as I can. Usually, when I travel, I like to stay as long as possible and spur off from my main destination with day trips to surrounding areas. With today's restrictions and travel limitations, I decided to take a different type of trip and stay only in one location for a shorter time.

Barcelona has been on my bucket list for quite some time. Spain was open for tourism, so it became my destination of choice. A few years ago, I spent several weeks in Spain, yet denied myself Barcelona. In a way I am glad I did because this trip allowed me to just focus on one place.

There is such a diverse culture in Barcelona, it feels vastly different from most of Spain. Catalan's have their own language, which enriches their own flavor of art, architecture,

music, and dance. You can lose yourself for days exploring the twisted and narrow streets of the Gothic Quarter, or shopping Las Ramblas, the longest main street in Europe. My favorite thing was learning more about the Catalan Renaissance. More specifically, getting to know Gaudi's art and architecture.

Often, when marveling over images of Barcelona, Antoni Gaudi's architecture is in the picture. While Barcelona is so much more than Gaudi, you can hardly escape him in the city. He left bits of himself everywhere. One place I would love to visit is inside his brilliant mind. I can only imagine how fascinating it must have been. Since that is impossible, the next best thing is to explore his creations, and that is easy. Undoubtedly, his most famous, must be La Sagrada Familia. After going to the temporary Gaudi exhibition at Museu Nacional d'Art de Catalunya, La Sagrada Familia would be my first Gaudi visit.



I have yet to meet a church that I did not like. They amaze and delight me no matter where they fall on the timeline. I started this trip to Barcelona by visiting the historic Barcelona Cathedral because it was right across the square from my hotel. This Gothic cathedral had its groundbreaking in 1298 and its central tower was completed in 1913. Beautiful, imposing, grand, yet familiar. This was a huge contrast to my visit to La Sagrada Familia. It was like nothing I had ever seen before. The basilica was started on March 19, 1882, and the scheduled completion year is 2026, representative for the century of Gaudi's death.

Every element on the exterior and interior of La Sagrada Familia has symbolic significance. While it felt like I was entering a place of worship it was so overwhelmingly strange and eccentric that I had to catch my breath. Every element is inspired by nature, and every measurement has a mathematical reason that resonates throughout the monument. The soaring ceilings are held up by pillars resembling a canopy of trees in various heights, materials, and circumferences to hold the weight of the structure above. You feel like you are walking through a forest. Colors flood the basilica. I visited in the afternoon, so oranges and yellows were the dominant colors bathing the walls and the floors. The way the patterns formed and covered everything it landed on, including other visitors, it reminded me of a kaleidoscope I had as a child. Visually stunning, spiritually moving and an architectural genius like no other. If you visit in the morning, I am told you see mostly blues and greens. No matter the time of day, it is a must see for anyone visiting this cosmopolitan city.

Next stop Park Güell. This private park is situated on Carmel Hill offering amazing views of the city. The construction started during an urbanization movement during 1900 and was completed in 1913, however it was not officially open until almost a decade later. In 1984 it was declared a World Heritage Site by UNESCO. The park was originally designed for a master planned community, much like the ones lining Highway 380. The park was never completed but it is still arguably one of the most beautiful parks on the planet. Gaudi abandoned constraints and let his imagination go wherever it wanted to take him. The result was a playful playground for both the body and



mind. One of the most beautiful parts of the park is the continuous bench quilted in vividly colorful ceramic shard mosaics. It is surprisingly comfortable and offers an expansive vista of the city. There is a fee to enter the park, but you can stay as long as you like. It is a perfect place for a long walk and soaking up the warm Mediterranean sun.

A trip to Barcelona cannot be complete without a visit to Casa Batlló, located at number 43 on Paseo de Garcia. In 2021, it was named World's Best Landmark. It was a renovation from a previous building built in 1877 it was completed in 1906. Gaudi had the confidence to take on the project and was given full artistic license by the property owner Josep Batlló. Gaudi redesigned everything from the facade to the interior, making it a continuous dialogue of art and function. Gaudi never explained his design, or inspiration for the dwelling. However, the marine-inspired facade is one of the two most popular interpretations. It is easy to get

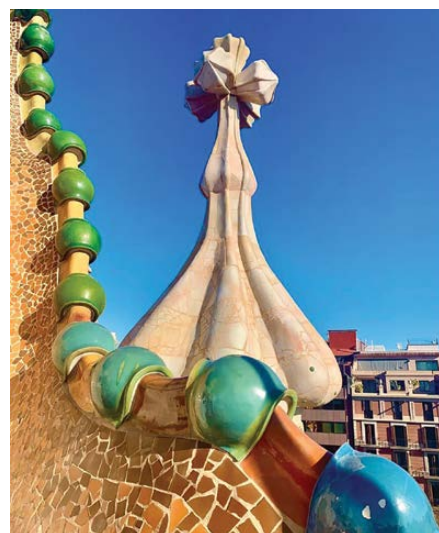
sucked into a jubilant feeling as the light's glow reflects off the vivid ceramic scale like tiles, breathing life and movement onto the urban street. The Inside curves and bends like fluid nature, with each room holding a new surprise, full of disguised function behind color and whimsy. Casa Batlló is also known as The House of the Dragon, because of its interpreted reference to the Legend of St. George, patron saint of Catalonia. It was he who killed the dragon to save the princess. Many see the scales formed by tiles, the ribs in the columns and the sword through the roof. Most people agree that Gaudi never explained so that each individual can draw their own conclusion based on their individual experience inside.

One place I cannot recommend enough is Palau de la Música Catalana. It was completed in 1908, by architect Lluís Domènech i Montaner. It is considered the jewel of Catalan Art Nouveau. There is not another concert hall of this style listed by UNESCO. If you cannot attend a concert, book a tour. Plan to arrive early and visit Cafe Palau, it is absolutely delicious to look at. Have a coffee or a meal but do take time to feast your eyes on this beautiful cafe. After a leisurely coffee, go on a tour. They offer several in English throughout the day. It will give you a complete history of the venue as well as a taste of the acoustics. Have your camera ready, because after you catch your breath, you will want to snap away at the stunning interior auditorium. The skylight is so magical it is hard to believe it can structurally exist at all. It defies gravity as it captures light, spilling over the lavish concert hall below. The whole experience is like entering an enchanted music box. Don't miss this experience.

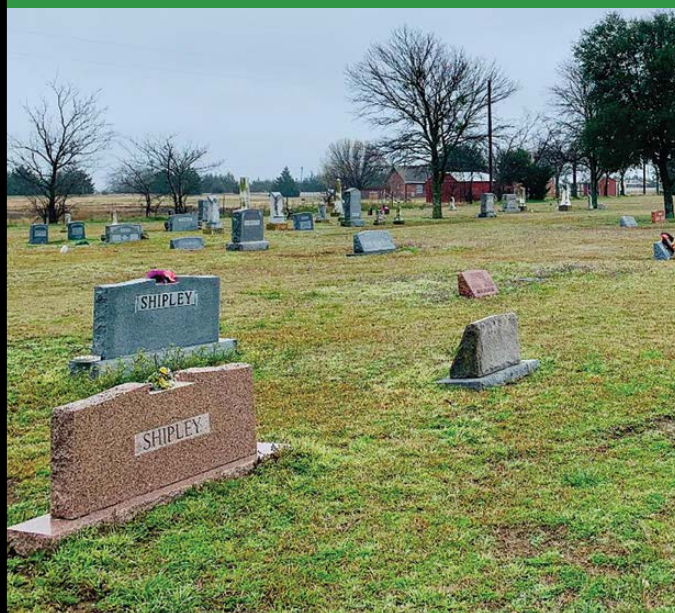
There are so many other things to do in this captivating city. Get lost in the Gothic Quarter, dunk into charming coffee shops or tapa houses and while the day away. Visit the aquarium and stroll around the marina. Take a Hop-On-Hop-Off bus tour to get an overview of the city. Go to a soccer game and party at the clubs afterward. The options are endless. That is what makes Barcelona a great fit for any traveler. Any time of year is a good time to visit. Soak up some Catalan sun, experience the culture and really absorb the colors of Barcelona!



The 380 Corridor's premier publication since 2005



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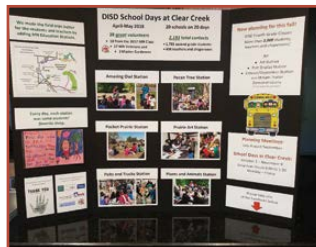
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INVITATION TO OPEN HOUSE FOR TEXAS MASTER NATURALIST ELM FORK CHAPTER

By Elise Spain



The Elm Fork Chapter of Texas Master Naturalists will host an open house on Thursday, April 21, 2022, in the new Denton County Administrative Courthouse from 10:00 a.m. to 1:00 p.m.

The public is invited to come and go during these hours to meet chapter members and see displays highlighting many chapter service projects. Chapter members provided more than 25,000 volunteer service hours last year in Denton, Wise, and Cooke counties. The open house will be in Room 2020 on the third floor of the Denton County Administrative Courthouse at 1 Courthouse Drive in Denton just off Loop 288.

The mission of the Texas Master Naturalist program is to develop a corps of well-informed volunteers to provide education, outreach, and service dedicated to the beneficial management of natural resources and natural areas within their communities for the State of Texas. Elm Fork Chapter is one of nearly 50 chapters

across the state. Formed in 1999, the chapter now has more than 200 active members and has provided more than 300,000 volunteer service hours in its 22 year history.

More information about Elm Fork Chapter of the Texas Master Naturalist program can be found online at txmn.org/elmfork/. Questions can be emailed to contact@efctmn.org.

The Texas Master Naturalist program is supported by Texas A&M AgriLife Extension and Texas Parks and Wildlife. Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. We will seek to provide reasonable accommodation for all persons with disabilities for this program. We ask that you notify the Denton County AgriLife Extension Office of the auxiliary aid or service that will be required.

Come Grow with Us!

Imagine taking a deep breath and inhaling the lovely delicate scents of spring as you walk through Dwayne O'Dell Landscape & Nursery on a sunshiny day. Peonies, lavender and marigolds offering pops of vibrant colors and graceful magnolia blossoms peeking out of evergreen leaves as you stroll around and pick out your favorites for your home garden. All of your spring gardening needs can be found at the locally owned and operated the nursery located at 4765 on Highway 377 in Aubrey, TX.



EVERYONE IS INVITED TO DWAYNE O'DELL LANDSCAPE & NURSERY'S FOURTH ANNUAL CELEBRATION!

Join the celebration for food, sales and fun on April 23rd!

By Jodie Linton-Prickett

This family business has been a staple in the 380 Corridor since 1995 with Dwayne O'Dell Landscaping, based out of Pilot Point. After 41 years in the landscaping business and the O'Dell children Devin and Kyler growing up and following in the family footsteps, the O'Dell's decided to expand to include the nursery side of the business. The nursery opened up four years ago with Devin O'Dell as the manager.

The business has flourished, and they continue to add new products and inventory. While you are there you can receive helpful advice from the O'Dell family to help you be a successful home gardener. Inside you will also find a lovely boutique Elizabeth Lauren Creations. This micro-boutique offers handmade items, home décor and one-of-a-kind gifts. On April 23, 2022, everyone is invited to come out and celebrate with their family. There will be special discounts and sales from 8:00 a.m. to 5:00 p.m. throughout the entire nursery. Hillbilly's Cooking will be there serving street tacos with all the fixings. Meals will be served starting at 11:00 until it's all gone.





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STEP BACK IN TIME *for the time of your life at*

SCARBOROUGH

By Helaine B. Thompson

Scarborough Renaissance Festival® is the most unique festival in the Dallas/Fort Worth area and returns for its 41st season beginning April 9th and runs eight consecutive weeks every Saturday & Sunday through Memorial Day Monday, May 30th. Here you will experience one-of-a-kind interactive fun for everyone all set in the 16th Century days of King Henry VIII. This 35-acre re-creation of an English village is filled with more than 20 stages of non-stop entertainment you just won't see anywhere else along with authentic artisan demonstrations, knights jousting for honor, Birds



of Prey exhibitions, shoppes galore, wine and beer tastings, mermaids, and so much more.

A big part of what sets Scarborough Renaissance Festival® apart from other festivals is the extraordinary entertainment. Cheer on knights jousting for honor and learn about Birds of Prey and their amazing prowess. Be amazed by contortionists, sword swallows, acrobats, jugglers, a 25-time world-record holding whip master, belly dancers, and so many more. There's rocking Scottish bagpipes and Renaissance style music on age old instruments such as mandolins, harps, and hammered dulcimers. In 2022 the Festival is also introducing over a dozen new shows. Where else can you see fairies, meet Margaret Queen of Scotland & the Isles, watch a Cat and Rat Circus, or meet live mermaids? Plus, it's all interactive – you never know when you might have a one-on-

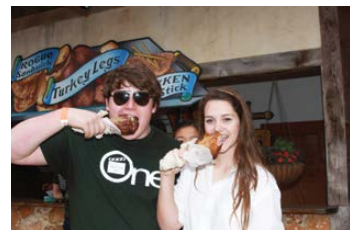
one conversation with a performer or even become a part of a show!

The 75+ members of Scarborough's performing company can also be found throughout the Festival bringing the "Village of Scarborough" to life with cannon drill and

ancient weapons demonstrations, lessons in History, Customs and Manners, competing in Combat Competitions, or teaching you how to dance a Court Dance!

You can enjoy the human-powered Renaissance rides, games of skill, a Petting Zoo, Parakeet





RENAISSANCE FESTIVAL®!

Aviary, pony rides, and the Grande Parade. For more mature visitors, there are also several stages dedicated to PG-16 entertainment.

Entertainment is not the only thing to enjoy at Scarborough Renaissance Festival®. The Festival is one of the largest outdoor juried craft shows in the country with over 200 shoppes filled with exquisite one-of-a-kind handmade treasures. These are not your ordinary "crafts", these are unique treasures that you simply cannot find at any other art show or event such as glass sculptures, pottery, life castings, masks, stone carvings, metal works, apparel, handmade soaps, blown glass, tapestries, and handwoven hammocks just to name a few. There are also demonstrations by many of the artisans showcasing age-old crafts such as glass sculpting, candle making, glass blowing, stone carving, weaving, pottery, and metal works throughout each day of the Festival.

When you are ready to take a break, enjoy food fit for a king! The food at Scarborough

Renaissance Festival® is a step above traditional "fair" food in both quality and variety. Feast on our signature giant smoked Turkey legs (the best you will ever eat) and Scottish Eggs. Don't miss out on the handmade pastas at the Pasta Palace, the tasty treats made from scratch at the Scarborough Bakery each day, and the largest selection of food-on-a-stick in Texas! Indulge on crab cakes, fresh fruit, salads, Italian nachos, stir-fry, gyros, giant fajitas, stuffed spuds, tempura delights, fresh hummus, crepes, quiches, and fish and chips. You can also try some of the featured items and weekly specials at our full-service restaurant – the Rose & Crown Inn – like Shepard's Pie, Muffuletta, and seasoned meat pies.

Adults can enjoy Scarborough's new mead from Texas Mead Works, a great selection of craft beers and other libations at the twelve pubs and taverns. Those with a more discerning pallets can partake in the daily wine or beer tasting events. The tastings

are separate ticketed events (\$35 per person in addition to Festival admission) and space is limited, so you will want to get your discounted tickets on-line ahead of time. Of course, you must be at least 21 to enjoy the adult beverages or participate in the tasting events.

Each weekend also has a different theme and a variety of special events such as Kid's Free and the all-new Character Quest on opening weekend (April 9 and 10), the Artisans Showcase, Celtic Weekend and the all-new Viking & Ale Weekend (April 23 and 24) just to name a few. Some of the special events require a separate ticket and space can be extremely limited, so get your tickets early. If you are into cosplay and/or costumes, you don't want to miss Live the Fantasy Weekend (April 30 and May 1) and Legends of the Seas Weekend (May 14 and 15) where you can compete in costume contests and other fun events! Keep in mind that while costumes are welcome every day of the Festival, they are definitely not required.

Festival tickets are \$37 for adults and \$17 for children. Kids 4 and under are always free. Discount tickets can be found at Tom Thumb & Albertsons starting April 2nd. Get all the details at www.SRFestival.com. You can also find Scarborough Renaissance Festival® at SRFestival on Facebook and Twitter and TheSRFestival on Instagram.

So come, step back in time for the time of your life at the most unique festival in North Texas – the 41st Annual Scarborough Renaissance Festival®! For eight weeks only – Saturdays and Sundays and Memorial Day Monday - April 9 – May 30. Just 30 minutes south of downtown Dallas off I-35E in Waxahachie.



PUT YOUR MONEY WHERE YOUR HOUSE IS!

Luxury New Builds and High-End Remodels by

TARTAN HOMES AND REMODELING

By Jodie Linton-Prickett



There is something very exciting about building a new home or remodeling an existing one. It is also very energizing to think of doing these things and incorporating smart home technology! Smart homes are not just a trend, they are here to stay.

With the price of a new home in today's market it is easy to justify a high-end remodel. Dropping over 100K on a luxurious custom bathroom, with smart home technology, and top of the line spa features is not a bad investment.

When building from the ground up or remodeling, it gives the homeowner the opportunity

to put their personal stamp on the place they are going to reside. The ability to choose everything from colors, lighting, cabinetry, and floor coverings to the actual footprint and plans of the home. It also gives the client the opportunity to work with their builder to add all of the up-to-date technology to make their home smart. This brilliant addition does not just add all of the conveniences such as ease and accessibility, relaxation and comfort, as well as safety and security, but it also increases resale value. By adding smart locks, lights, wireless speakers, temperature control and security systems, according to the National Association of Realtors, you can command up to an additional five

percent more on your resale price. So, on a \$300,000.00 home that is as much as \$15,000.00 making it well worth the investment.

If you want your project, including your smart project to go smoothly the most important thing is choosing the right contractor or builder. Working with a company that has your best interest in mind, who understands their products, and are able to work within their client's vision so that they receive what they expect in the final outcome.

Selecting a builder with the expertise to explain the project from start to finish is important. It helps the job stay on budget and finish on

time. If you are looking for a builder with the capability of understanding your new build or remodel expectations topped off with excellent customer service reach out to Roy Garrand from Tartan Homes and Remodeling in Oak Point, and schedule an appointment.

Garrand has been in the building business since 1993. He has completed over 400 homes in a wide variety of architectural styles and sizes. Now, the majority of Garrand's custom new builds are in the million-dollar range. His hands on business philosophy, his ability to pay attention to detail and to personally listen to his customers sets him apart from other upmarket home builders.

It was when the housing market took a nose dive that he ventured out and started his own business. Even though it was a wearisome time to start up in this industry, he understood during this time that people were willing to remodel instead of move. He built his business model based on how he would like a project to go if he was the client. Communication was crucial, as well as working with subcontractors with high standards and excellent work ethics. It is important that the professionals he works with have superb expertise in their area of specialty and the capacity to communicate effectively with clients.

Garrand has always enjoyed building things and finding solutions to problems. With this being a daily occurrence in his line of work, he is doing what he loves.



"There is always a solution you just need to be persistent and find it. I have set up my organization with the expectation that good communication is key between all parties, subcontractor, vendors, homeowners and myself. In this type of service industry I like my people to be on time and if there is an issue, please make me aware of it," says Garrand, "Everyone likes to know what's going on and when things will be done. My goal is to move your project along daily, by knowing the trades lead times and scheduling one right after the other. This helps to avoid down time."

Business has been on the upswing over the last few years. Delighted clients have been instrumental in the name recognition of Tartan Homes and Remodeling in the 380 Corridor. This is a direct result of the quality of work and craftsmanship they provide. Remodels and new builds are happily shown off by the homeowners, resulting in exceptional word of mouth advertising.

There is no better satisfaction to Tartan Homes and Remodeling than when the homeowner is thrilled with the end results. The best feeling for Garrand is when a homeowner moves into a new home or a renovated space and say, "This has exceeded all of our expectations!"

For more information and to view several images of innovative and quality craftsmanship please visit www.tartanhomestx.com.



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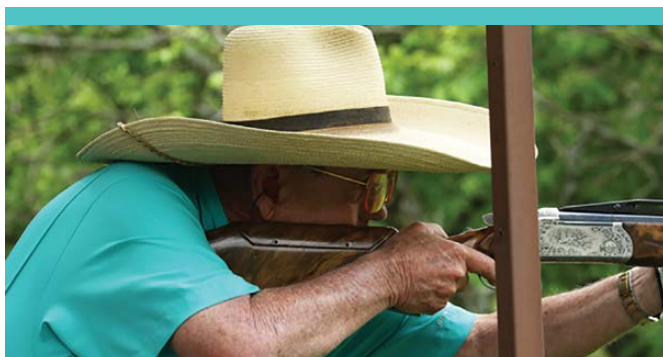
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PULL!

Aubrey 380 Area Chamber of Commerce Third Annual Clay Shoot

By Donna Sims, photo credit Lea Sage-Watson



It is time again for the Aubrey 380 Area Chamber of Commerce annual Clay Shoot! The shoot will be held on Friday, May 13, at Fossil Pointe Sporting Grounds, 7282 N FM 51, Decatur, TX 76248. Fossil Pointe is approximately 35-40 minutes from downtown Aubrey, and a beautiful wooded location with rolling hills and an awesome

"lodge" where registration, required orientation, lunch, and awards will happen.

The format for the shoot is 4-person teams, and the entry fee is \$125 per shooter. Sponsorships are available, ranging from \$50 to \$1000.

Your entry includes: golf cart fees, eye & ear protection (required), 2 mulligans, poker run (cash prize), one raffle ticket, lunch provided by World Famous Moms, the awards presentation, with trophies for 1st, 2nd, and 3rd place teams, as well as a trophy for the most clays hit, and the least clays hit.



The Clay Shoot replaces our annual golf tournament, and we have had a blast at the two previous clay shoots!

Come out and enjoy a Friday afternoon in a beautiful country setting; the mid-May weather will be perfect!

For information, please contact the Chamber office: 940-365-9781, chamber@aubreycoc.org. For online entry forms, visit www.aubreycoc.org.



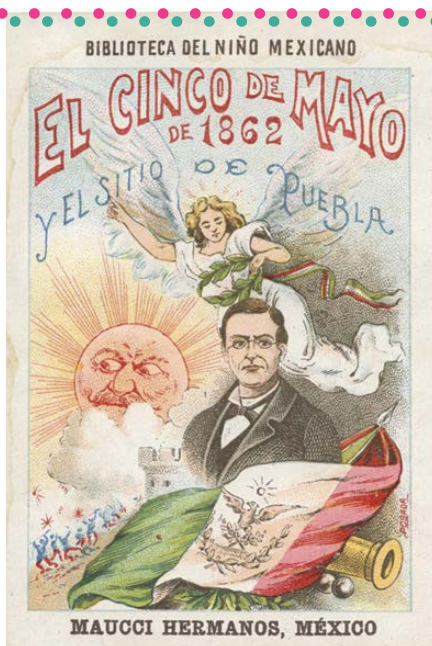


Photo © Southern Methodist University Digital Collections

Visit Tioga for CINCO DE MAYO 2022

By Patty Wheeler

Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez a lawyer and member of the Indigenous Zapotec tribe-was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payment to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces. France,

however, ruled by Napoleon III , decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861 , a well armed French fleet stormed Veracruz, Landing a large a force of troops and driving president Juárez and his government into retreat. The Battle of Puebla.

Why do we celebrate Cinco de Mayo in the United States? In the United States, Cinco de Mayo is widely interpreted as a celebration of the Mexican Culture and heritage, particularly in areas with substantial Mexican-American populations. Chicano



activists raised awareness of the holiday in the 1960s.

Today, revel era mark the occasion with parades, parties, mariachi music, Mexican folk dancing and traditional foods.

Join us at Downtown Tioga on May 7, 2022, from 5:00 p.m. -9:00 p.m. for the Tioga Cinco de Mayo's third year.



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You Can Take It With You!

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



Hillbilly Barbeque took their Guide to the Dwayne O'Dell Landscape and Nursery's annual celebration.



Jodie Prickett took her 380Guide with her to Barcelona, Spain.



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Ask me about my Community Hero program!



No lender fee on VA loans through 2022!*

We're extending our gratitude to the end of the year!

Are you a US Veteran or current member of the Armed Forces and looking to buy or refi a home? We've been helping your friends in the Armed Forces find their perfect home, and we're pleased to announce that we're waiving our \$1,440 lender fee on VA loans through 2022!

Here's why everyone else has been participating in our VA loan program:

- No down payment options
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- VA refinance options with 100% cash-out**

*Waived \$1,440 no lender fee available for VA loans that have a triggered RESPA app date as of January 1, 2022, through December 31, 2022 at 11:59pm EST. This offer does not extend to financing through agency loans. **Triggered RESPA in accordance with Regulation Z, is defined as lender receipt of all six pieces of information received in a six-piece form: applicant name, property address, home value, loan amount, income and DSCR. Not all borrowers will be approved. Borrower's interest rate will depend upon the specific characteristics of borrower's loan transaction, credit profile and other criteria. Offer not available from any 401(c) or operations that do not operate under the Guaranteed Rate name. Restriction apply.

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