

# Pilot Point



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WINTER 2020

*Guide*

## BEHIND THE BRUSH with Justine Wollaston

IMPACT LIFE  
EMPOWERING GENERATIONS  
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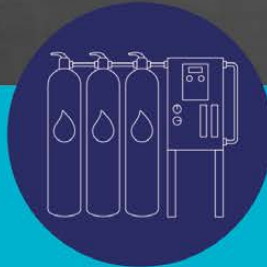
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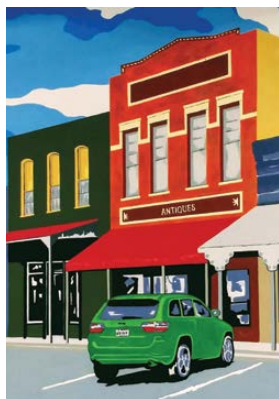
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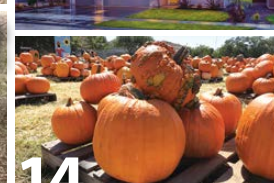
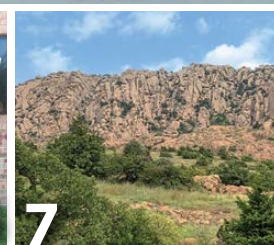


### ON THE COVER:

*A vibrant mural of Pilot Point's Historic Square. The mural is a commission of Western Son Distillery, artist Justine Wollaston.*



WINTER 2020



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# LETTER FROM THE PUBLISHER

*Winter 2020*

## The Gift of Presence in 2020

I think most people will admit that this year has been challenging at best. With our worlds all topsy-turvy it is hard to tell which end is up. Every holiday season I like to remind people about the gift of presence over presents and this year it rings truer than ever. Sadly, physical presence in many cases has been difficult. Who would have guessed something we take so easily for granted could be stifled so quickly?

With travel being more taxing in the current conditions it may be beyond our reach to visit our far away loved ones this holiday season. Over the years, we have learned an important, yet easy life lesson that presence lasts longer, means more and binds a family tighter than any present ever will. Presence is a gift, which never is out grown, it doesn't get too small or boring, and never wears out or breaks. This is where I would say, "The best thing about presence is that it is always affordable and available for any family at any time. During the holidays, we wish for all of our readers, more presence!" This year might be the first time that presence is not available in the traditional sense of the word. It is more important than ever to stay mentally connected in times that pushes us physically apart. Pick up the phone, Facetime someone, send a photo, or write an old school friend a letter. Find a way to be there even if you cannot actually be there. Presence no matter how it is provided is priceless.

We are completing our second year of publishing Pilot Point Guide, we hope through the magazine you get to know more about all of the fantastic things there are to do right here in the area. We anticipate through our articles you will find some places that will become meaningful to you and your family where you can develop traditions and grow together.

Please remember to support our advertisers when shopping for your gifts this holiday season. It is because of them that we can bring you area events, community information and micro-local articles at no cost to you.

All of us at Pilot Point Guide would like to wish all of our readers, good health, warm nights and festive holidays!

Merry Christmas and Happy New Year!

*Jodie Linton-Prickett, PUBLISHER*



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# DOING WELL BY DOING GOOD AWARD

AWARD FURTHER SOLIDIFIES DENTON COUNTY  
BASED POINTBANK AS AN ENTRENCHED LEADER IN  
COMMUNITY OUTREACH AND SUPPORT



PointBank, a family-run community bank with more than 130 years of faithful service in Denton County, has been named the winner of the “Doing Well by Doing Good Award” presented by MasterCard.

The second-annual MasterCard Community Institution Segment Awards were announced in August at the Executive Round Table event in New York. These awards recognize partners for their outstanding efforts in payments and in their communities. PointBank was named a winner for best use of assets in community service or charitable contributions, outlasting a strong list of finalists selected from a multitude of nominations. This is PointBank’s first year to win the prestigious award.

“This award is special for our family here at PointBank because it symbolizes our undying commitment to the communities we serve. It’s a commitment that has been ingrained in everything we do since the very beginning,” PointBank President Ray David Jr. said. “The best part is that we are in a solid position to continue these efforts in many different ways moving forward. I want to thank Mastercard. It is an honor for us to be selected for this award.”

PointBank’s community focus and commitment to its residents’ financial success have been well-documented over the years, and this past year was no different. In 2019, with roughly \$544,601,000 in assets, PointBank allocated over \$250,000 to more than 150 organizations. This included partnering with the University of North Texas Athletics program for its first-annual “Touchdowns for a Cause” and “Hoops for Hunger” campaigns to support local charities. For the Touchdowns for a Cause campaign, PointBank donated \$100 for every touchdown the Mean Green

scored at its home games to one of six designated charities predominately serving local low-income families and \$10 per free throw to the Denton Community Food Center, totaling over \$5,000.

PointBank continued reinvestment efforts with its long-term pledges in 2019: \$5,000 to the University of North Texas endowed scholarship, \$5,000 to the United Way Improving Lives Campaign, \$5,000 to Serve Denton Center Capital Campaign, and \$12,000 to the North Texas State Fair, which awards scholarships to graduating seniors involved with FFA, FHA or 4-H activities in the community.

Over 3,400 Denton County elementary school students got their annual supply of school folders courtesy of PointBank. And for every PointBank checking account opened with a debit card, PointBank offered to donate \$25 to a participating high school or booster club along with a personalized school logo debit card courtesy of its “Switch and Support” program.

“These are just a few examples of the lengths we will go to in order to live up to the high bar we’ve set for ourselves,” David said. “Our Chief Operations Officer Jonathan David serves on the Cloud 9 Charities board, and in September 2019, he secured an \$18,000 grant to the non-profit in partnership with the Federal Home Loan Bank of Dallas. We also help with canned food drives during the summer, and our all-inclusive business breakfasts at our branches have brought local business owners and entrepreneurs together in solidarity.”

For PointBank, community reinvestment is cyclical: when you empower your neighbors with the opportunity for financial well-being, you begin a partnership that can easily last a lifetime.

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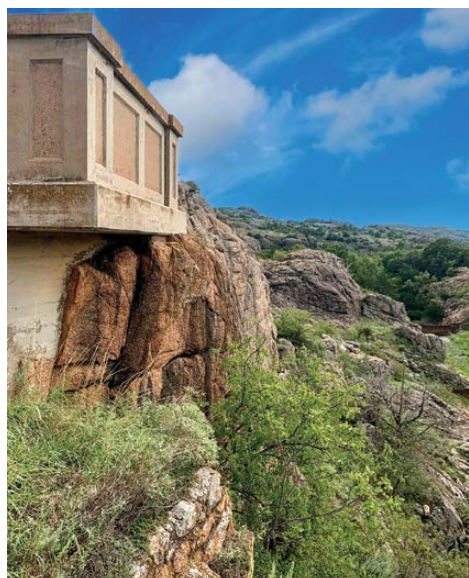


2020 is here! Another year, a new decade is before us,  
we can only Thank God, for His Watch-care, His Protection,  
and His Love for us all! Feel free to join us for worship,  
on Saturdays, at 10:00am for small groups, or 11:10am for worship!

From our DFSDA family,  
we wish you all a Blessed 2020!  
Let's get ready, Jesus is coming soon!

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# NOT FAR FROM HOME THE BUFFALO ROAM

at

## the Wichita Mountains Wildlife Refuge

By Jodie Linton-Prickett

I don't have to tell you, but this year has been erratic. Things open then close only to reopen and close again. It has been a challenge to make any plans at all in the area you are familiar with, much less planning any type of faraway journey.

As a road less traveled enthusiast, I am often off exploring places most people don't have on their bucket list much less their family vacation horizon. So, needless to say it takes a lot to get me enthusiastic. This endless feeling of isolation looming around COVID doesn't help at all. With unpredictability, restricted hours, limited access and strict reservation requirements it makes it next to impossible to plan a getaway with any certainty.

However, when you have to have a change of scenery that travel bug is almost impossible to shake! I wanted some type of moderate adventure with tranquil scenery, no masks mandates and lots of clean, fresh air. What I needed was a quick fix that was close to home, and I found it. It ends up, what I was longing for was just over the Oklahoma boarder on the outskirts of Lawton. There you will find The Wichita Mountains Wildlife Refuge, located at 32 Refuge Headquarters in Indianoma.

The amazing thing about this is that it is such a short two and a half hour drive northwest of the Pilot Point area. It is so close it could easily be visited on a long day trip. Just pack a picnic, leave early and arrive just in time for an early lunch; allowing several afternoon hours for exploring. The kids will probably be so exhausted after their day of adventure they might sleep all the way back home. If a day trip is too rushed, it is inexpensive to camp on site, or find affordable accommodations in the immediate area.

This 59,020 acre refuge was founded in 1901 to reestablish species to the area and protect the endangered wildlife. You can expect to see coterie's of prairie dogs, herds of wild buffalo, burrowing owls, turtles, historical and cultural legacy species of long horns, white-tailed deer, beavers, a variety of lizards and spiders, wild turkey and Rocky Mountain elk. All of these creatures roam and flourish in their natural environment. On a quest for nature you could expect to encounter up to 50 different mammals, over 800 plant species, 36 types of fish, almost 250 different species of birds, and 64 amphibians and reptiles. The rocky and jagged mountains, scrub oak forest and wild grass prairies will delight with the abundance flora and wildlife.

Due to the diverse environment and terrain, it is perfect for all levels of activities. The Jed Johnson Tower Trail is a beautiful out-and-back footpath that has just a small 62-foot elevation gain. It is lightly trafficked, so you can expect to encounter a few other hikers along the way. Then there is Mount Scott that rises above the west of Lake Lawtonka at 2,464 feet. In all there are about 15 miles of designated hiking trails. Even the most seasoned hikers will find a rewarding experience. What about Fido? Yes, he can come along as long as he is on his leash.

Young children enjoy the dam that you can walk across and the old historic dam is still visible below. The area around the dam offers some nice fishing spots, along with the 12 other locations for public fishing throughout the refuge. You will need an Oklahoma fishing license. Channel catfish, largemouth bass, crappie and sunfish can be caught in these peaceful lakes.

Another unexpected find is Holy City, designed to resemble Israel during Biblical

times. It is spread out over a 66-acre area surrounded with perimeter walls and watch towers. You will also find several impressive full sized buildings made from granite quarried from the area. The structures include, the Lord's Supper building, Pilate's Judgement Hall, Herod's Court and Temple Court. There is also a wedding chapel and a brick memorial for the victims of the Oklahoma City bombing.

In 1937 at Holy City, a full length film of the passion play was produced by the U.S. Government. *The Prince of Peace* is the nation's longest running Easter Passion Play. There is a hill for audiences to watch at the annual sunrise Easter performance. In 1939 a record 225,000 people attended.

While you there make sure to visit Medicine Park, Oklahoma's first resort town founded in 1908. In the center of downtown you will find Bath Lake a swimming hole with shallow and deep areas, and relaxing waterfalls. The lake is only open in the summer but the spa town offers a great place to stroll, dine and shop the little boutiques year-round.

Fort Sill is also a nearby place to visit. We were lucky enough when we were at the refuge to see the fighter jets performing drills above us. It made for some unexpected exhilaration!

Why is it worth a visit? It gives you a refreshing change of scenery, full of nature and outdoor activities, and it is free to enter and explore. You feel like you went somewhere really special and very far away but it is an easy and scenic drive from home. While some of the education centers are closed the outdoors are wide open. Before embarking on your journey check out their website for any updates or changes at [fws.gov/refuge/wichita\\_mountains/](https://fws.gov/refuge/wichita_mountains/).





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## KING RANCH BLUESTEM, INVASIVE GRASS, Abundant in Denton County

*By Zach Davis*



King Ranch bluestem, *Bothriochloa ischaemum* (L.) Keng was introduced from China into California, and then onto the King Ranch around 1924. Potential benefits at that time were grazing tolerance, rapid growth, and forage quality. The plant is a bunchgrass that grows 18-48 inches tall. The stem turns a yellowish straw color when mature. Each stem produces a loose terminal seed head that is maroon or purple. The warm-season grass flowers in early summer and is winter hardy.

When introduced on the King Ranch, the grass quickly moved out of the ranch and has since invaded most areas of Texas and Oklahoma. In addition to being used for livestock grazing on the ranch, the grass was used for erosion control, which helped it spread. An aggressive grower, it out-competes many more desirable kinds of grass and has since been considered invasive, as it threatens the abundance and diversity of native grass species.

Coming into the office this week, I noticed the grass all along FM 455. In mid-October in Denton County, you can see the grass about three feet tall with purple seed heads. The thin stems are very poor forage for livestock, even though it looks tall and abundant. Other concerns related to the grasses' effect on the rangeland include diminished bird diversity, reduced insect diversity, and rodent populations.

Tilling, herbicide use, prescribed fire, and intensive grazing are all management options, but eradication can be tough. If you do decide to manage the grass, it is best to have a multifaceted treatment plan that includes herbicides, disking, and the introduction of a new grass species.

One study found the following results to control methods:

- "Introduced bluestems can be killed by plowing, applying glyphosate, and replanting with native seed. But without follow-up management practices, the nearby introduced bluestem plants repopulated within 1½ years. (Lesal, 2016)"
- "All treatment combinations temporarily reduced the amount of introduced bluestems, but they typically increased in coverage steadily over the course of a year until it met or substantially surpassed the density before treatment or until dry conditions decreased total plant material. (Lesal, 2016)"

### Summary

Trying to control the grass can be a hard-fought battle, but careful and continual management practices will help. Prevention might be key for growers to keep the grass out. Keeping an eye on your pastures grasses is key if you have a small area of growth. Additional prevention measures include spot spraying areas with glyphosate, washing haying or tractor equipment, and maintaining buffers along fence lines.



Many bluestems, including KR bluestem, love soil disturbance. Plowing or disking might temporarily take out the grass, but within a year or two, you will have regrowth if no other management practices are used. If you try to control KR bluestem, plan for a multi-year approach.

*Sources: Introduced bluestem grasses: management on native lands, by M. K. Clayton, J. L. Foster, K. C. McCuiston, T. W. Teinert, and M. M. Lesak. Texas A&M AgriLife Extension Publication, ERM-036.*

*Management of Invasive Old World Bluestems to Restore Native Grasslands, by M. M. Lesak. Texas A&M University-Kingsville thesis. 2016.*

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Photo By Bernice Griffin

# Behind the Brush

with Justine Wollaston



If you live in Pilot Point you may have met Justine Wollaston or have seen her up on scaffolding creating a mural. If not, it is nearly impossible to live in the area and not have encountered her work. You will find her murals and sculptures throughout the town and surrounding areas.

Justine's talent and creativity is not limited to painting. Her inspired mind is always fully charged. While mostly recognized for her murals and horse sculptures, she is also a filmmaker and writer. She has authored educational and fiction books, and a musical play.

*continued on page 10*



## Filmmaking:



Justine shot and edited the documentary "Be Heard" for producer Jason Burden. The film follows six local songwriters, including the talented Theresa Arnold, from inspiration to live performances. The film can be seen on Amazon in Prime Video.

Many locals are familiar with her whimsical 2013 short film, *The Legend of Lola*. It's a worm tale worth telling due to the creative energy from over 140 people who participated in the project.

She also created the feature *Lowbrows: An Arthaus Comedy*. The film indulges Justine's fascination with fiction as reality. She likes to investigate the juxtaposition of the two: What is fiction? What is reality? She suggests "everything is perception, so life is Theater of the Absurd". This film is also available on Prime Video.

## All about Eve:



Justine's most famous work to date no doubt is Eve. You can't miss her if you are traveling south down Washington. Eve is perched high on the north side of the F&M Bank. The mural, according to the artist, shows Eve in the moment just before she decides to take a bite out of the apple to begin her journey of self-discovery. The mural generated so much hullabaloo Justine temporarily censored it while the First Amendment was addressed.



Eve was unveiled when the case settled in favor of the mural.

The image was created in 2003 and is now in need of restoration to revive the former beauty. Eve's story is so intriguing Justine wrote a musical play about the fiasco. Her goal is to produce it theatrically and eventually turn it into an Avant Garde Film.

## Relationship with Art:

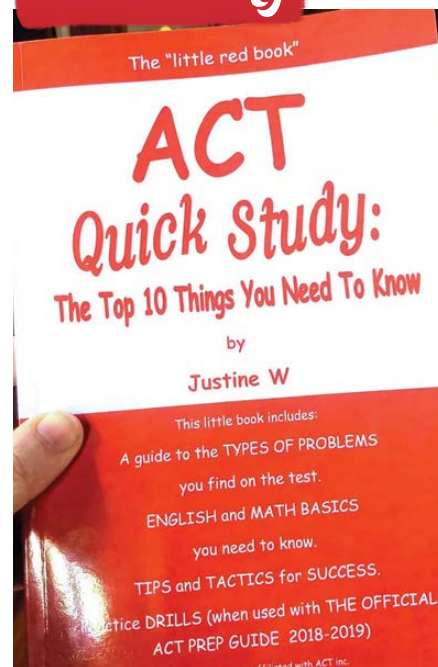


Photo By Broken Trail Productions, Beau Foster

According to Justine "art is found at the intersection of idea and execution. There is art in engineering feats, scientific breakthroughs, and well-executed football plays. The art in design is the harmony of form and function. A propaganda poster that changes or reinforces someone's attitude is art. 'Fine art' is often decorative and designed to evoke an emotional response. For instance, folks who have enjoyed a holiday at the seashore will often buy a painting of the place to take back home with them so they have a visual 'memory' of the emotional wellbeing they experienced." Justine suggests it is important for artists to "be" what they paint. "Their personalities are their style, their stories the basis for their themes. People want to buy what the artist is experiencing: the freedom they are selling in that painting of the Aspens changing in the Colorado backcountry, the love connection they explore in that decorative painting of a kiss, the drama in the way they use red with abstract abandon."

Because the life of an artist can be financially inconsistent it helps to have flexible sources of income. "Having side gigs is good because paying art gigs can get scarce. I coach algebra and geometry and the ACT/SAT tests," says Justine, who recently published a study guide on Amazon about the ACT.

## Collaborating:



Justine feels a great collaboration brings the best out of people. Collaborators can "bounce ideas off each other, offer skill-sets and perspectives, and help when the going gets rough." One of her collaborations was an installation titled *A Dallas of Pegasi*, created with Warren Blikken. Together they redesigned the renowned Dallas Pegasus and fashioned it out of steel into various sizes then powder coated each red. They installed the Pegasi in a tree outside the Aquarium at Fair Park for the State Fair of Texas.

*Lowbrows: An Arthaus Comedy* was a three year collaboration with the late, local legend Bob Albrecht, owner of Lowbrows. The duo kept the project fun and focused on their friendship, which nurtured the idea and kept it expanding and evolving. "There is a lot of work involved in a project, and the physical and mental exhaustion takes its toll. It takes courage to see a project through. That's when you need each other the most," Justine says. She credits their remarkable connection with being able to pull off a film that "has no right to exist".





*The Word Machine* is one of Justine's favorite projects. "I love problem solving. And ops-jobs. And I love it when people trust my vision: somehow that draws the best out of me. Wendy and the Friends [of the library] were open-minded and fun to work with." The mural is on the south facing wall of the library located on Washington Street. The key to the image was incorporating the dark screen-covered windows that dominate the wall. The design needed to advertise the library and appeal to all ages. Justine drew inspiration from Dr. Seuss and designer Le Corbusier to create an image showing two horses adding shapes and color to a machine that turns the shapes into colorful letters.

Justine enjoys painting murals because they are “art for everyone”. She believes they are “a way for us to understand

"The contents of a fridge tells a lot about people. Are they card-carrying carnivores or vegans? Do they have kids, dogs, cats? Are they laid back about their environment or do they prefer to assert control? Does someone in the house suffer an illness? Are they about to celebrate something? Do they cook or eat out? The questions and subsequent stories they evoke are a gold mine," says Justine. "I would love to embark on an adventure across the States and interview all sorts of people in countless communities about the contents of their refrigerators to hear the stories of their lives. It would be cool to video the conversations and get their portraits with fridge objects and illustrate selected items then put it all together in a TV show and book."



## How to Follow Justine:

Also on Amazon: *Me, B and C* by Justine W,  
*ACT Quick Study* by Justine W.

# IMPACT LiFE

## EMPOWERING GENERATIONS ONE VILLAGE AT A TIME

By Denise Bailey, Photo by L Tucker Photography

Developing relationships in an effort to help foster a solid foundation for a community has been ingrained in the minds and hearts of both Deke and Samantha Alexander, founders of Impact LiFE. Both native to the greater north Texas area, and from multi-generational banking families, Deke and Samantha have taken a bold step of faith to leave behind their respective banking careers and create a foundation in a new place for God's work- the Dominican Republic.

After a short mission trip to the Dominican Republic in 2014, Deke saw firsthand the desperate needs of the community. These critical needs included a lack of water, food, basic education, and, most significantly, a relationship and deep love of the Lord. A year later, in 2015, Deke's wife Samantha took her own trip to the Caribbean Island and her heart was overwhelmed with the longing to ensure that these basic and crucial needs were met. These trips became pivotal turning points for the couple of 13 years to eventually leave their careers in banking to do ministry full-time. The deep impact that these impoverished and suffering communities had on Deke and Samantha's lives led to the inception of an organization that aims to fulfill basic needs while simultaneously planting and empowering local churches to fulfill spiritual needs.

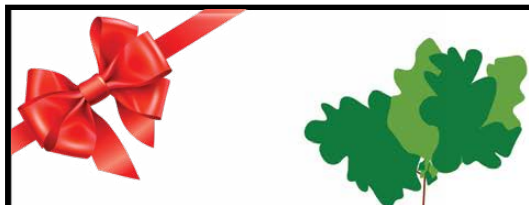
The Dominican Republic has been named the most visited destination in the Caribbean and it's not difficult to see why. There's a seemingly endless spread of white-sandy beaches and palm trees that attract thousands of tourists each year to a similarly limitless range of holiday resorts. While these resort towns cater to the wants of tourists, there are many villages in the Dominican Republic that are virtually unseen. These areas are heartbreaking--poor water quality for human consumption, insufficient or almost unacceptable food for simple nourishment, a lack of rudimentary education and most unsettling, almost non-existent spiritual culture or guidance.

This is where the Alexanders and Impact LiFE come together: to engage,

educate and empower generations, one village at a time by fulfilling basic needs in order to develop and quench spiritual needs. They have developed a program which brings community water filters, wells, water filtration plants and community impact centers to remote villages throughout the Dominican Republic. Providing clean water is the first step in allowing for education, greater life expectancy and the potential to reduce poverty and put an entire community on the path toward a better future.

While Deke leads the organization in terms of operations and logistics, Samantha is steering the initiative in developing a literacy program which will be an integral part of the organization's commitment to engage, educate and empower. "Being Deke's wife, and now ministry partner, is a gift from God," says Samantha, "And I plan to use -and strengthen- that gift to the best of my abilities. And, with God's favor, I'm confident Impact LiFE will succeed in bringing the fundamental necessities to the Dominican Republic." Deke's mother, Debbie Alexander, also a longtime banker, will be joining them as well in this bold step of faith. "At my age, most don't think of moving internationally. After much prayer, I feel the Lord leading me to join my children to impact lives in this area," says Debbie. "I am very blessed and I look forward to the opportunity to be a blessing to others."

Deke, Samantha, their two children, Kennedy who is nine years old and Cash who is four years old, along with Debbie need support in many ways. The family will need financial funding on the mission; emotional provision; and most critical, prayers. The financial support will be directed to the essential needs of the organization --operational needs; wells for clean water; water filtration plants; new multi-purpose community centers for providing food, education and worship services. Deke and Samantha would be honored for you to visit the Impact LiFE website to learn more about this critical need and related ministry <https://impactlife.today/>



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# The Facts of REVERSE MORTGAGES

## *Seniors Enhance Their Financial Stability*

*By Jack Cawthon*

A Reverse Mortgage can offer Seniors an option to Age-in-Place at home. They are federally insured, with the rules and guidelines all set by the FHA and HUD. And, it may surprise you to learn that this program began in 1988 under Ronald Reagan's administration, with the express purpose of helping seniors stay in their homes.

As your local reverse mortgage professional, my 30 years in the business, with the last 13 working exclusively with Reverse Mortgages, gives me the knowledge and experience to clearly explain the benefits. I will tell you up front, this program is not for everyone, but then for others it can be a life changing event. We offer a stress-free review of the facts so you can decide what is best for you. No Hassle.

Through the years I have helped those that faced the sudden loss of family income. Often after the passing of a spouse.

I've helped others plan ahead for a quicker and more comfortable retirement by establishing a standby ready source of cash or income stream.

And I've helped those wanting tax free cash from the equity of their home for personal reasons (a special purchase, gifts to their children or gifts to their church, etc.).

In all of these situations there are no required monthly payments. That means the mortgage and/or debts get paid, and the cash that was taken from the Income Stream or the Line of Credit are all obtained without a monthly mortgage payment for life. However, don't be confused, nothing is free, the debt is simply accruing. We can talk about that in detail.

The thought that a Reverse Mortgage is just for those struggling with financial difficulties is just not true. While it is common for us to pay off an existing mortgage or advance immediate cash to pay bills, it is just as common for us to setup a Line of Credit or Income Stream on a home with no existing mortgage.

There is a difference on how you can obtain a Reverse Mortgage. The Movie Stars on TV hawking Reverse Mortgages will give you their spiel on the phone and offer you their program. If you are comfortable with that, then go for it. But, we don't think that's the best process and we don't do it that way.

We believe that in order to make an informed decision, you need all the facts and a ten-minute phone call just doesn't do that.

We will discuss the basics with you over the phone to see if you qualify, then we prefer to follow that up with a sit-down, face to face discussion with you and your advisors about all of the various options, all in the comfort of your home. It just works better that way. We are Seniors as well and we strictly practice social distancing.

Once you've made the decision to go forward, we will visit you again to complete the application. You deal directly with us throughout the entire process, all in the comfort of your home.

Please call me, I look forward to discussing the various options that might work for you.

Jack Cawthon is a Denton area mortgage broker (and native Texan) with more than three decades in the mortgage business. For more information call Jack at 940-289-3100 or visit his website at [www.PreferredReverse.com](http://www.PreferredReverse.com)

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# Let's Give 'em PUMPKIN TO TALK ABOUT!

By Janet Laminack



One of the cruel aspects of gardening is that things don't grow when you think they should. For example, pumpkins are for the fall! Let's plant pumpkins in the fall or late summer for harvest now! Nope, pumpkins are cold sensitive, they don't even like cool-ish soil. They are so sensitive that anything below 50 degrees could result in chill injury.

Pumpkins are proud members of the Cucurbit family. They want day temperatures in the 85-95 degrees Fahrenheit range (who doesn't?) and night temperatures between 60-70 degrees Fahrenheit. It complicates things that we refer to some cucurbits as "winter" squash and others as "summer." If it doesn't grow in winter, what does it mean? Winter squash have a hard exterior when they mature, plus the fruits won't get damaged by a frost. However, the plant itself will take a hit. Summer squash have a tender rind (unless you let them get out of control). Pumpkin is considered a winter squash.

It takes a pumpkin about 75 to 120 days to mature. That could be up to four months! Patience is needed for growing this crop. If you are just starting out growing pumpkins, I'd recommend going with a smaller one. The smaller pumpkins, like

smaller tomatoes, develop quicker so there is less time for everything to go wrong. Plus, they are so cute!

Some other cucurbits are squash, cucumber, watermelon, gourds and cantaloupe. This family boasts the most species used as human food. It makes sense when you consider how many different kinds of squash that we see this time of year. Botanically, pumpkins and squash are fruit, meaning the reproductive part of the plant that contains the seeds. Horticulturally, we categorize fruits and vegetables by how and when we eat them: main course or dessert. Seriously...this is what I learned in college. Tomatoes are botanically a fruit but horticulturally we consider them a vegetable. In fact, there is a Supreme Court case ruling that tomatoes are a vegetable. That sounds like a silly court case but when it occurred, fruits were taxed and vegetables were not.

Most cucurbits need a lot of space due to their sprawling, vining nature. Using trellis or other structures can save space by making the plant grow vertical, but that doesn't work for the larger fruits like pumpkins or watermelons. That is another reason to grow the smaller or miniature pumpkins.

Another trait of cucurbits is that they prefer to be direct-seeded. They can be transplanted into a garden, but they are one of the few crops that even I will direct seed. Sometimes I have even been known to indirectly seed. That occurs when I toss my old gourds and

pumpkins into the yard to decompose. Of course, now I could put those in the yard waste container (for City of Denton residents) to be recycled (as long as they aren't painted).

Squash and pumpkins will not always be "true to type" which means that the seeds of the fruit may not create the same fruit. Don't get all excited, it will still be a squash of some sort. But, it may not taste good or have the same shape or color as the fruit it came from. This is because of cross-pollination. When growing cucurbits, sometimes diseases or other factors can create discoloration which leads people to believe that their plant has cross pollinated and hybridized. Here's my best explanation on hybridization. You have a pumpkin plant that produces fruit. The fruit is the pregnant mother who doesn't change species. She will look the same every time she's pregnant (all the fruit will look the same). However, the genetics of that offspring (which would be the seeds) could be different. You then plant those seeds and who knows what you will get if they have hybridized.

Therefore, my suggestion is to eat those pumpkin seeds you clean out of your jack-o'-lantern rather than try to plant them. Pumpkin seeds are delicious when roasted and are a great source of potassium and protein.

Have a horticulture question? You can email, call, or now text our Master Gardener Help Desk at [master.gardener@dentoncounty.com](mailto:master.gardener@dentoncounty.com) or 940-349-2892.

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# AROUND

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# THE TOWN



All of your apparel needs for the NFR and the holidays can be found at Pilot Point Feed. Double D Ranch is commemorating their 30th anniversary, they have some amazing outfits available. Their Designer Cheryl says, "Our clients are not wallflowers!" You will also find a great selection of Tasha Polizzi and Old Gringo Double D boots. There is a wide selection of accessories either for yourself or to give as gifts, to browse through as well. Pilot Point Feed is so much more than just a feed shop!



A shout out to Pilot Point's amazing Poll Workers! They kept the lines moving and the polls COVID safe so citizens could exercise their right to vote quickly and securely.

Chrome Fest 2020, hosted by Grace Point Nazarene Church, had the Historic Pilot Point Square rocking with hot rods, music and fun! The largest turn out to date. If you did not make it this year make sure you plan to attend in 2021.



# You Are Invited

## to Slay Memorial Funeral Center's Candlelight Memorial

During a trying year of a global pandemic, social distancing and mask wearing you may be feeling more alone or further disconnected than ever. At Slay Memorial..... Let's Remember! Let's Reconnect! The 380 community is welcome to gather with us for our annual candlelight memorial.

Safety precautions will be observed at this year's Candlelight Memorial. Slay Memorial Funeral Center has carefully designed this memorial to allow a time and a place to rejoice and remember our loved ones.

Slay Memorial understands that with the holidays approaching it can also be a very emotional time for people

who have lost loved ones. It is always nice to know you are not alone with your grief. By lighting a candle of remembrance it represents not only our grief and pain but it also is a light in our memory and a light of our love.

The Slays have built their business and reputation on going beyond the services that people in their time of need require. This family owned and operated funeral center has mastered the art of sincerely caring about people who may very well

be dealing with the most difficult times in their lives.

The Candlelight Memorial is not just open to clients, but to anyone in the community that would like to attend.

Please join us on Sunday, November 22, 2020 at 6:00 in the evening at Slay Memorial Funeral Center located at 400 U.S. Highway 377 in Aubrey. The Slay family looks forward to sharing this time with you. For more information please visit [www.slaymemorialfuneralhome.com](http://www.slaymemorialfuneralhome.com).



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# STUFF THE TURKEY, NOT THE TUMMY

*By Jessica Small, BLT Agent*



With the holidays approaching rather quickly, it is important to be mindful of our eating habits. During the holiday season there is typically more food readily available and accessible, especially sweet treats and desserts for

everyone. This makes it quite easy for us to eat more than we should. However, eating more could add unnecessary pounds and fatigue. We must have self-discipline during the next few months and watch our food intake. Here are a few tips I'd like to share as a reminder to not overdo it when it comes to holiday eating.

One rule of thumb to remember when fixing your plate at Thanksgiving is to only eat 75% of your food. It isn't always good to clean your plate. Leave 25% on your plate as a snack for later or even the next day. You want to be full but not too full where you can barely move or get up. This will cause extreme fatigue and lack of energy. Try to make a good estimate of the portions you put on your plate. One suggestion is to stick to eating 1-2 tablespoons of all foods you eat during the holidays.

Another tip that is helpful is to grab a light snack a few hours before your holiday dinner. This will help promote self-control and so that you exercise

caution when you see all of the delicious foods on the table. People tend to eat a lot more when they are eating on an empty stomach versus eating light prior to a meal. Some examples of light snacks before your meal include: a piece of fruit, handful of peanuts or 1 cup of popcorn. I highly recommend this strategy particularly during the holidays, if you are trying to maintain or manage your weight.

My final tip is an important and easy one. After you eat, put on your dancing or walking shoes. This is a great way to incorporate a little physical activity during the holidays. It doesn't have to be a full workout, but perhaps moving for 10 minutes with loved ones can help burn off some extra calories. You could walk around in your neighborhood, walk up and down stairs, or throw on some music and dance the night away. If you have children, that is a huge plus! Adding in a little time to be active can help you feel good after eating those yummy desserts and will benefit your overall health.

The Holiday season may look somewhat different this year, but that doesn't mean we can't have fun and enjoy ourselves. Let's remember to make wise decisions when eating during the holidays and practice healthy eating habits. Remember, it's much healthier to stuff the turkey rather than stuff our tummies this Thanksgiving. Wishing you and your family a safe and healthy holiday season!

## Slay-Bloomfield-Jones Cemetery



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The cemetery offers a variety of burial rites including traditional, cremation, and green burials.

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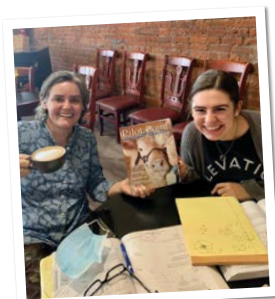
## You Can Take It With You!



The Goralski family from The Cold Truth AC took their Pilot Point Guide to Wolf Creek pass in Colorado (just past Pagosa Springs, CO).



Allison Martin and her grandson Liam have their Pilot Point Guide at Martin General Store on the Square.



Kimberly White and Justine Wollaston have a coffee while looking at their Pilot Point Guide and going over homework.



Hayden Walker took his Pilot Point Guide to work at Pilot Point Coffee House

**Would you like to be in the next issue of Pilot Point Guide?**  
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