

SouthwestNOW

M A G A Z I N E

OCTOBER 2024

Super Seeding All Expectations

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the monarch butterflies to
the Best Southwest

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Italian Cuisine

Also inside:

Scavenger Hunt

Featured Business:
Shepherd Roofing
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Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the

newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

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ON THE COVER



Friends, Sheryl Poyer and Jennifer Caceres, help the Super Seeders Garden Club maintain the Five Senses Garden and Monarch Butterfly Waystation at Cedar Ridge Nature Preserve.

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EDITOR'S NOTE

October is here ...

This is usually my favorite month. Fall is my favorite season. I love to see the trees in their last blaze of glory. The cooler days offer relief from the summer heat, and I enjoy wearing sweaters and flannel.

Fall flavors like pumpkin and sage and acorn squash invite me to the kitchen. The smell of cinnamon, nutmeg and baking bread are part of the changing of the seasons. The cooler nights ask for more cups of tea and make hot chocolate a welcome treat.

This is also birthday season. My own birthday is this month. My youngest brother, one of my great-aunts, a couple of cousins and one of my best friends all have their birthdays in October. It always made for a joyful month.

But this was also the month of my mother's birthday, and this will be the first time celebrating her birth without her. She passed away in July of this year. This is not going to be easy, and it may dramatically change how I feel about this month. Her birthday will be the first major day without her, followed six days later by my own.

Fall will still be fall. I will celebrate the fall feasts with my Jewish friends. I'll hit the candy sales the day after Halloween to stock up on candy corn and other treats. Maybe I'll find some licorice goodies. There'll be time for apple pie and pumpkin soup and baked squash.

Maybe I'll break out my easel and paints and head over to the deck at the Traphene Hickman Public Library to paint the trees. Mom would have liked that.

Celebrate fall!



Adam

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The Super Seeders Garden Club was formed in 1990 from the roots of prior clubs in Cedar Hill, DeSoto and Duncanville. “That’s when the Superconducting Super Collider was being built, so that influenced the name when we came together,” Linda Patterson, the current club president remembered. The new organization superseded the others.

Jennifer Caceres, the communications officer for the club, grew up in Michigan, where her grandmother and her grandmother’s friend, Euna Noe, were members of a garden club. “I remember their club meetings. It was all very old-fashioned — white gloves and pearls. When I moved into my first apartment, I bought a plant and repotted it in a bowl in my kitchen. I got dirt everywhere! I love tropical plants, but succulents are challenging. They say you can neglect them, and they’re fine. I don’t know. Maybe I over water them,” she admitted.

Linda took a slightly different path. “When I was 5 years old, my grandmother gave me a wandering Jew plant. We had a sheep named Blackie who ate the whole plant. I was devastated that he ‘broke my plant,’ but my grandmother told me, “Honey, don’t worry. It will come back. It did. I consider it a symbol of life eternal. My grandmother grew food in her garden, but she could take a rosebush cutting, spit on it, stick it in the ground, and it would grow. There



Super Seeding ALL EXPECTATI

— By Adam Walker

weren’t any pearls. I love the hot pink Bougainvillea. I don’t use chemicals in my yard, because of the lizards — except I will on poison ivy! This year, my yard is nothing but weeds, and I’ve had to water so much that I’m hiding the water bills from my husband! You can’t ever count your chickens before they hatch with gardening. Last year, my morning glories were all beautiful blue blooms. This year, they’re nothing but green leaves. You may think you’re so smart, because something turns out so well one year, but the next year, the same thing doesn’t turn out at all! One year, I had so many gourds, I was giving them away to everybody. Now, I can’t grow gourds at all! I always feel guilty whenever anyone gives me an African violet, because I know it’s going to die.”

Linda and Jennifer join their fellow Super Seeders on group projects like the Five Senses Garden and Monarch Butterfly Waystation at Cedar Ridge Nature Preserve. “We got the grant to create the garden in 1999,” Linda explained. “The nature preserve gave us a half an acre to set it up, and Duff and Carolyn Hunt got us the culverts we used as planters. The grant was from Shell Oil Company, through National Garden Clubs, Inc., and Carolyn Hunt wrote the grant application for us. That was our seed money to get us started. We try to involve all five senses in the experience. There’s the color from the blooms and the smell of the flowers. Some of the leaves have interesting textures. We have a wind chime to hear, but we keep having to replace the clapper, because people keep stealing it. Right now, it’s just a piece of cardboard!”





Super Seeders Garden Club members
Sheryl Poyer and Jennifer Caceres.

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The garden is also on the migration path for the monarch butterflies making their way from Mexico to Canada and back. “We use native Texas plants to draw them,” Linda informed. “You have to have the right plants for monarchs — milkweed, Turk’s cap, beautyberry with its purple berries. The monarchs stop here in October and November. The garden is wheelchair accessible, and Cedar Hill is working on connecting it with the walking trail in the green belt. It’s very popular. If you

try to go in the mornings, it’s hard to find parking because there are so many people there walking with their dogs.” “We do a lot of projects,” Jennifer explained. “We’re in charge of the ongoing maintenance of the Carolyn Hunt Memorial Garden at Dogwood Canyon. The Hunt family donated the resources to set it up. They wanted to do something for the community, and they wanted to guarantee that garden would be kept wild. We also did a project with the Girl Scouts

planting Texas daffodils at Whispering Cedars. There are only 12 or 13 of us right now, so we’re busy girls. But the friendships are great! Some of the Plano and Dallas clubs have over 100 members. We get calls wanting us to take on projects we can’t handle. When you get down digging in the dirt it isn’t always so easy getting back up!” “We also do events at retirement communities, and we take little Christmas trees to the patients at Vistas Hospice,” Linda said. “We do field trips to the arboretum. And we have guest speakers at our monthly meetings from September to May every year. Sometimes, we meet at our homes, and sometimes, we meet at the Traphene Hickman Library. We learn a lot every time we go somewhere or do something. We’re committed to making sure the area stays green and to preserving wild areas.” **NOW**



Editor’s Note: Anyone interested in joining or learning more about Super Seeders Garden Club can visit their Facebook page.

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Zoomed In: Lois Lee

By Adam Walker

Lois Lee welcomes browsers to her booth at Knick Knacks. “Knick Knacks opened about 33 years ago, and I’ve had a booth here as a vendor for 30 of those years — so almost as long as it’s been here,” Lois said. “I did this on weekends until I retired.” She spent her career in nursing — part of that time as a psychiatric nurse — and earned both a master’s and a doctoral degree. “When I was a nurse, my badge said, ‘Lois L.’ People were always asking me if I knew Superman! I met some really ... interesting people. Now I’m spending more time here and taking care of my mother. She’s 101 now.”

Lois’s booth features vintage clothing, bric-a-brac and small furniture. “It keeps me busy,” she exclaimed.



Diana Florenzano helps patrons with their tech questions at the Traphene Hickman Library.



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David is proud of his team’s years of experience in the industry. “Together, we have more than 100 years of experience. My dad and my uncles were all roofers. I worked

summers with my dad since I was a teenager, but I got into this full time in 2012. I think we have some of the best communication in the business. We email you our estimate, so you have it to look at. We text you, to let you know when we're on our way to your house or business. We send you pictures and videos of the job in progress, so you know what's happening, and so there's evidence of the work that's being done. We have one of the best workmanship guarantees out there. Most companies guarantee their work for three to five years. We guarantee for 10 years. We have a lot of quality control and check on our crews to be sure the work is done right. When we speak to you, we aren't giving you a sales pitch. We have a conversation about your roofing issues. We don't up-sell. We make recommendations, but then it's up to you. My philosophy is to treat our customers like as if it was my grandmother's roof. We find and diagnose issues and share what we know from our experience. We give you options, and let you make the decisions."

"Together, we have more than 100 years of experience. My dad and my uncles were all roofers. I worked summers with my dad since I was a teenager, but I got into this full time in 2012."

David looks at his business differently. "We're a small business with Christian values. I set out to always do the right thing. I have given free roofs to people in real need, like an elderly lady who had holes in her roof. She didn't have the money to fix it, so she just wanted us to tarp it. I decided to re-roof her house for free. We're a business, and we're about making money, but we're also here to help. I want to help my family, but also the community." **NOW**

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While scams come in many forms, here are four increasingly common cons to keep on your radar:

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- **Electronic payment scams.** As more people use services such as Zelle, PayPal or Venmo to transfer money, scammers have devised countless tricks to get you to pay them. As a rule of thumb, only send money to people/businesses you know and trust to be legitimate.
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 - **Mobile malware.** Many phone users unwittingly install malicious apps that can capture data from their screen or skim information from other programs (including banking apps). Only download apps from your phone's official app store, and close all other apps before using your banking app.
- What else can you do?**

While it's not always possible to prevent fraud altogether, catching it early and acting quickly can minimize the damage. Get in the habit of monitoring your credit card and bank accounts for any suspicious transactions. You can also set up fraud alerts to have your bank contact you regarding abnormal activity. Finally, make sure to bank at an FDIC-insured institution, which limits your liability to just \$50 if you're a victim of fraud. **NOW**

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NOW Magazines' Best of ... Italian Cuisine



Who doesn't love Italian food? It's all about family and flavor! Here is a small sampling of some of the many wonderful Italian recipes that we've printed in our magazines over the years. *Buon appetito!* **NOW**

Magagnotti Spaghetti Sauce

Provided by Alyssa Magagnotti Rose for the January 2018 issue of BurlesonNOW Magazine.

1 lb. ground chuck
1 medium onion, chopped
1 carrot, peeled and chopped
2-3 garlic cloves, finely chopped or pressed through a garlic press
2 Tbsp. tomato paste
1 cup dry red wine
1 28-oz. can Cento crushed tomatoes
2 Tbsp. sugar
1 Tbsp. Italian seasoning
2 Tbsp. balsamic vinegar
1 Tbsp. fresh parsley, chopped
1 Tbsp. fresh basil, chopped
1 fresh sprig of rosemary, whole
Salt, to taste
Pepper, to taste

1. In a large Dutch oven or pot, brown the meat with the onions and carrots. Drain residual grease from the meat mixture.

2. Add the garlic and tomato paste. Cook for another 2 minutes over medium heat.
3. Add the red wine; cook until the wine has reduced, about 3-4 minutes. Add the remaining ingredients; simmer on low for at least 20 minutes.
4. This recipe will make enough for one 9x13-inch pan of lasagna or a pound of cooked pasta.

Tortellini Soup

Provided by Jolie Crews for the December 2017 issue of North Ellis Co.NOW Magazine.

3 garlic cloves, minced
1 tsp. olive oil
1 large can diced tomatoes
1 can tomato sauce
4 cups chicken stock
1/2 tsp. dried oregano
4 large fresh basil leaves
1/2 tsp. dried basil
1/2 block cream cheese
1 bag frozen cheese tortellini

1 bundle fresh spinach leaves
Browned ground beef, to taste (optional)
Salt and pepper, to taste

1. Lightly brown garlic in olive oil.
2. Add tomatoes, tomato sauce, chicken stock and spices; add cream cheese.
3. While cheese melts, prepare tortellini per package directions. Drain and add to sauce mixture. Add spinach and beef, if desired. Add salt and pepper to taste.

Italian Cheese Bread

Provided by Marsha Dameron for the April 2022 issue of CorsicanaNOW Magazine.

1/2 cup butter
1/2 cup mayonnaise
2 cups mozzarella cheese, grated
6 green onions, chopped
1 cup ripe olives
1 tsp. garlic powder
1/2 tsp. cayenne pepper
French bread loaf, halved lengthwise

1. In a bowl, blend the butter and mayonnaise; add the remaining ingredients except the bread. Spread the mixture onto the bread halves; piling it up high.

2. Bake at 350 F for 15-20 minutes until bubbly.

Tiramisu

Provided by Rhys Remar for the January 2018 issue of SouthwestNOW Magazine.

- 6 egg yolks
- 3/4 cup white sugar
- 2/3 cup milk
- 1 1/4 cups heavy cream
- 1/2 tsp. vanilla extract
- 1 lb. mascarpone cheese
- 2 3-oz. pkgs. ladyfinger cookies
- 1/4 cup strong brewed coffee
- Cocoa powder

- 1. In a medium saucepan, combine egg yolks and sugar until well blended. Add the milk; cook over medium heat, stirring until boiling. Let boil for 1 minute; let cool. Tightly cover; store in the refrigerator for 1 hour.
- 2. In a medium bowl, beat the cream with the vanilla until stiff peaks form.
- 3. Whisk mascarpone into the yolk mixture.
- 4. Split the ladyfingers in half; drizzle coffee over them, allowing them to absorb the coffee. (More coffee enhances the flavor, but makes them mushier.)
- 5. In a 7x11-inch pan, layer as follows: half ladyfingers, half mascarpone custard, half whipped cream, remaining ladyfingers, remaining custard, remaining whipped cream. Sprinkle with cocoa. Cover; store in the refrigerator for at least 4 hours to set.

Picnic Pasta Salad

Provided by Parker and Scarlett Burt for the September 2020 issue of MansfieldNOW Magazine.

- 6 servings of your favorite Rotini pasta, cooked, drained and cooled
- 1/2 cup Italian breadcrumbs
- 1/4 tsp. black pepper
- Salt, to taste
- 1 tsp. garlic powder
- 1/4 cup olive oil
- 1/2 cup water
- 2 Tbsp. chopped black olives
- 1/4 cup diced canned tomatoes (Do not drain juice.)

- 1. Carefully combine all ingredients; chill and enjoy.

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



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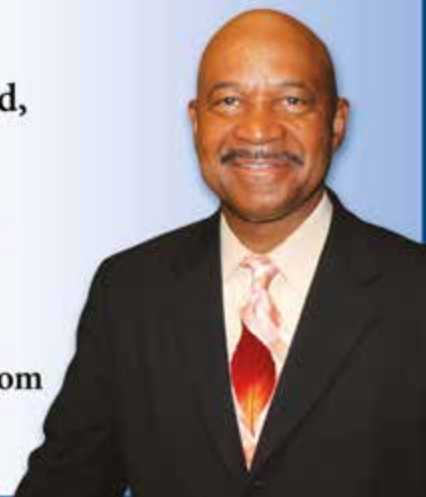
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Hello, Fall

OCTOBER

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

10/5

Celebrating Life 5K Walk & Run:

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2nd Annual Run for a Cure 5K:

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Keep DeSoto Beautiful Trash Pick Up Day:

Keep the community clean and green. 9:00 a.m.-noon. Register on Eventbrite.

Blessing of the Animals: 10:00 a.m.-noon, Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville.

10/12

87th Annual Country Day on the Hill:

Parade, arts and craft vendors, food and live entertainment. Free. 9:00 a.m.-6:00 p.m., Historic Downtown Cedar Hill.

10/18

DeSoto Area Chamber of Commerce 2024 Golf Tournament:

Individual: \$150; Foursome: \$500. Registration: 7:00 a.m., Thorntree Golf Club, 825 W. Wintergreen Rd., DeSoto.

10/25

Boo Bash:

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10/27

Harvest Festival:

Bounce house, games, football on big screens, free food and fun! 12:20-2:30 p.m., Good Shepherd Cedar Hill, 915 Old Straus Rd., Cedar Hill. <https://www.goodshepherdcedarhill.com/harvestfestival/>.

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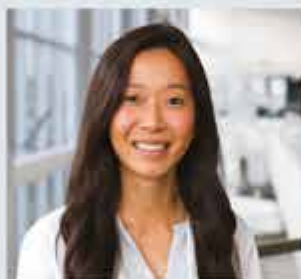
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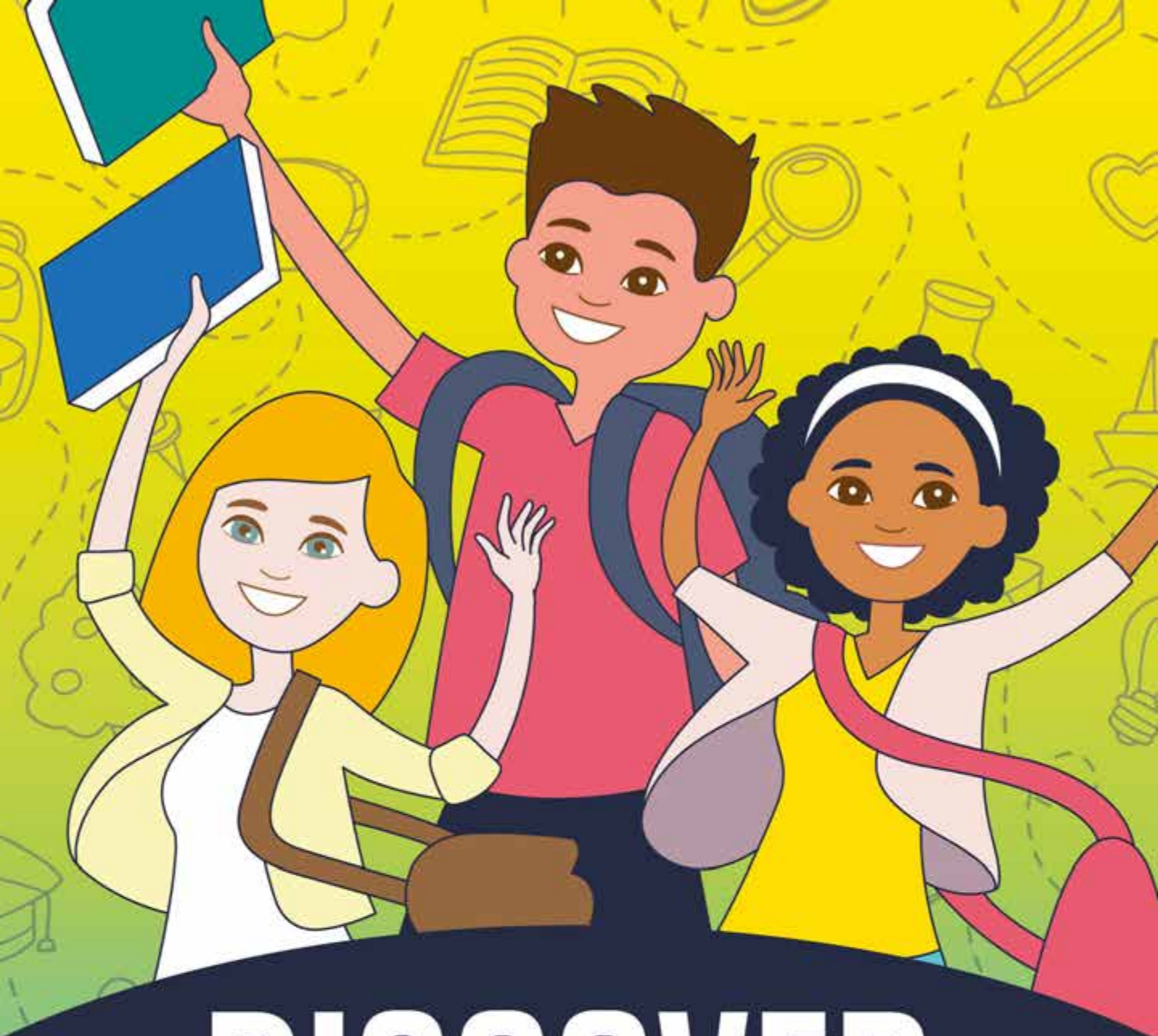
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