

CEDAR HILL | DESOTO | DUNCANVILLE

SouthwestNOW

M A G A Z I N E

JANUARY 2024

Engineering Art

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:

You Can Live Again Sea
Moss Store

Richard Sims paints
the universe

In the Kitchen With
Tam Curley

Postal Customer

*****EGRWSS EDDM*****

PERMIT #4040
DALLAS TX
PAID
U.S. POSTAGE
PSNBT 5213



Starting as
low as \$69
per month
W.A.C

Keep those toes nice and
warm this winter with
a new
High Efficiency Heating
System



Mechanical Comfort Systems Inc.
Heating - Air Conditioning- Plumbing
KeepingAmericaCool.com 214-333-4410

Regulated by: Texas Department of Licensing & Regulations P.O. Box 12157 Austin, TX

TACLA21383E

78711 (512-463-6599)

M43197



**ANDERSON MEDICAL GROUP
OF TEXAS**
YOUR HEALTH. OUR CARE.



HOWARD E. ANDERSON, II, M.D.
Diplomate, American Board of Internal Medicine

Anderson Medical Group of Texas provides comprehensive medical care for all aspects of adult medicine, including acute and chronic illnesses. AMG providers specialize in preventative, diagnostic, and treatment services offered across the spectrum of adult medicine.

OUR SERVICES INCLUDE:

- ✓ Annual Wellness Exams
- ✓ Annual Physical Exams
- ✓ Chronic Care Management (CCM)
- ✓ Remote Patient Monitoring (RPM)
- ✓ Telehealth Appointments

Accepting Medicare, Medicare Advantage & Commerical Plans

CONTACT US FOR AN APPOINTMENT TODAY



469.981.2648



info@amgoftexas.com



www.amgoftexas.com



1411 N. Beckley Ave. | STE. 352 | Dallas, TX 75203



Resolutions? We're here for 'em.

Year after year, some of the most popular resolutions are to exercise more, improve overall health, lose weight and save money. Luckily, our team of physicians, nurses and specialists can help you meet all of those goals. From routine check-ups that help keep you healthy so you can avoid a costly trip to the urgent care to complex surgeries, you can count on us to provide comprehensive care that meets all your healthcare needs.

Visit TexasHealthMansfield.org or call 682.341.5000 to learn more.



One of the highest-rated hospitals for patient safety by The Leapfrog Group. Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources. © 2023 Texas Health Resources



YOUR ATTENDANCE IS

WANTED

AT THE
**MY FUTURE. MY CHOICE.
SHOWCASE**



**17
FEB**

**FREE
FOOD
& FUN**

**DISCOVER WHICH CHOICE PROGRAM IS
RIGHT FOR YOUR CHILD IN DUNCANVILLE ISD**

Saturday, February 17, 2024

10:00 a.m. - 1:00 p.m.

**DUNCANVILLE HIGH SCHOOL
900 W. CAMP WISDOM ROAD**

**ALL FAMILIES LIVING
WITHIN OR OUTSIDE
DUNCANVILLE ARE
INVITED TO LEARN
ABOUT THE
DISTRICT'S:**

- ★ **Tuition-Based Pre-K Program for
Three-and Four-Year-Olds**
- ★ **Elementary and Middle School
Choice Options Available**
- ★ **Architectural Design, STEM,
Collegiate Academy, and CTE Pathways**

ON THE COVER



Brushes aren't the only tools
Richard Sims uses.

Photo by
Shane Kirkpatrick.

Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL
Managing Editor, Becky Walker
Southwest Editor, Adam Walker
Office Assistant, Kristin Bato
Editors/Proofreaders, Rachel Rich
Virginia Riddle

GRAPHICS AND DESIGN
Creative Director, Chris McCalla
Artists, Jerri Akers . Kristin Bato
Martha Macias . Anthony Sarmienta

PHOTOGRAPHY
Photography Director, Chris McCalla
Photographer, Shane Kirkpatrick

ADVERTISING
Advertising Representatives,
Dustin Dauenhauer . Bryan Frye
Cherise Burnett . Kelsea Locke
Linda Moffett . Linda Roberson
Karen Schaefer . Jeremy Young

Billing Manager, Angela Mixon

SouthwestNOW is a NOW Magazines, L.L.C.
publication. Copyright © 2024. All rights
reserved. SouthwestNOW is published
monthly and individually mailed free of
charge to homes and businesses in the
Cedar Hill, DeSoto and Duncanville ZIP
codes.

Subscriptions are available at the rate of
\$35 per year or \$3.50 per issue. Subscriptions
should be sent to: NOW Magazines, P.O. Box
1071, Waxahachie, TX 75168. For advertising
rates or editorial correspondence, call (972)
283-1170 or visit www.nowmagazines.com.

PRECISION EYE • CARE

\$15 OFF
EYE
EXAM

Nutritionists apply. Expires 1/31/24

Anthony Peterson, O.D.

**HAPPY
NEW YEAR!**

Accepting new patients Spanish-speaking doctor
 & staff (Se habla Español)

Hours: Monday-Thursday 9-6 | Friday 8-4

150 E. HWY. 67, Suite 120 • Duncanville, TX

972-298-EYES (3937) ■ www.pecdallas.com

Payments accepted:
Cash, Debit, Checks
CareCredit

(469) KOS-4KID

**CLAIM YOUR
1 WEEK FREE
CHILD CARE
VOUCHER TODAY!**

Call 469-567-4543
to find out more
details and redeem
your 1 Week
FREE Voucher

Attention DeSoto, Cedar Hill, Glenn Heights,
Lancaster Families & Schools

ARE YOU READY TO LET YOUR CHILD GROW?

Kosmic Kids of DeSoto, is a warm and loving environment where kids can
learn and grow. Your child will enjoy snacks; Nutritious Meals for Breakfast,
Lunch & Dinner; have help with homework; experience daily devotional;
and participate in weekly entertainment.

- Provides Before & After School Care • 0-13 Years of Age
- Faith Based • CPR First Aid Certified
- Discounts Available - Please Inquire
- The Only 4 Star Texas Rising Star Facility In DeSoto

www.KosmicKidsTx.com
1101 East Pleasant Run Road
DeSoto, TX 75115

www.nowmagazines.com 4 SouthwestNOW January 2024

EDITOR'S NOTE

Hit the reset button ...

That's just one of many idioms for starting over. January is the time of year when we're most focused on new beginnings. We want to re-establish ourselves, financially and otherwise. We return to our roots, reinstate our abandoned plans and seek a fresh start in our relationships. Our vision boards may need to go back to the drawing board for a redesign and remake. We tend to come full circle and get back to basics. Our small businesses and side hustles may need a relaunch to get off the ground.

January is the time to wipe the slate clean and let bygones be bygones. Sometimes, we just need to alter our trajectory. Other times, we may have to abandon old agendas and objectives and rebuild from square one. Sometimes, we have to start from scratch.

When we realize that we've gone down the wrong road, we have to backtrack to get on the right track and hope, this time, we're headed in the right direction. Sometimes, it's best to listen to the band director and take it from the top.

We fall into ruts and patterns of behavior that we know don't work. We look around and say, "Here we go again!" That's why we like the idea of do-overs, restarts and mulligans. Sometimes, we all need a redo. Trying afresh is good. Apologize, evaluate what went wrong and start anew. It's not just our computers and cell phones that need a reboot. We have to refresh the screen for how we look at life, too.

... just don't hit the panic button!



Adam

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

THE MOST IMPORTANT NUMBERS A BANK
CAN THROW AT YOU ARE 24 AND 7.



You call, and we answer around the clock, right here in Texas.

Visit us at 150 E Hwy 67, Suite 110 in Duncanville or call (800) 51-FROST



MEMBER FDIC

Move better

You have the power to crush any goal. From joint surgery to sports medicine, our care team will work with you to find the best path forward, right here in Ellis County. So you don't have to go far to move better.



Make an appointment



Brandon Barnes, MD
Orthopedic Sports Medicine



J.K. Fritz, MD
Orthopedic Trauma



Paul T. Freudigman, MD
Orthopedic Trauma



Zach Hubert, MD
Orthopedic Surgery, Joint Replacement



Haarriss B. Ilyas, MD
Orthopedic Spine Surgery



Stephen T. Mathew, MD
Orthopedic Sports Medicine



Brian Mbah, MD
Non-Surgical Sports Medicine



Christopher Trinh, DO
Non-Surgical Sports Medicine

2360 N. Interstate 35 East, Suite 320 (new location)
Waxahachie, TX 75165

1776 N. US Highway 287, Suite 220
Mansfield, TX 76063

4431 E. US Highway 287
Midlothian, TX 76065

1441 S. Midlothian Parkway, Suite 100
Midlothian, TX 76065

301 E. Ovilla Road
Suite 100
Red Oak, TX 75154



NEXXESS
INTERNATIONAL
BUSINESS ADVISORS

Investors, Real Estate Investors & Business Owners ...

Want to legally minimize your tax bill?

Discover The Nexxess Trust Advantage

#1 ULTIMATE ASSET PROTECTION

Assets in the trust are impenetrable. Our trust is non-statutory.

#2 ULTIMATE ASSET PRIVACY

Complete invisibility of all assets.

#3 ULTIMATE TAX REDUCTION

We show investors how to structure their investments to minimize taxes legally and stay compliant to IRS codes.

#4 ULTIMATE CONTROL

We will show you the difference between “ownership” versus “control”.

#5 ULTIMATE PEACE OF MIND

You will not be alone in the process. We have professionals in Nexxess to provide the support you need.

We Are Advanced Financial Planners

Schedule Your Free Consultation Today!

972-469-0399



Ady Cambel | Trust Consultant
ady.cambel@nexxess.com
www.Nexxess.com/ady
4001 Airport Freeway, Suite 530
Bedford, TX 76021







Engineering *Art*

— By Adam Walker

Art was not Richard Sims' first career, but the seeds were there before he first met his wife, Carol, back in college. "He was always sketching ideas on napkins, really any paper at hand, but it was mostly napkins," she recalled.

"Yes, well, that's sort of what you do as an engineer," Richard admitted.

Richard got his degree as an electrical engineer and worked in his field for 47 years. He worked on communications satellites and both ground-based and orbital telescopes. "We came from Illinois, where I worked for Fermilab, to Texas to work on the Superconducting Super Collider. When that project was canceled, we stayed in Texas. I worked for a semiconductor company for a while and then spent my last seven years at General Dynamics. When I retired, I was looking for something to do, other than fixing the house, so I decided to paint. I do mostly astronomical paintings."

That seems like a natural choice of subject matter, considering all the years he spent designing and troubleshooting the inner workings of the telescopes that captured many of the images that inspire his art. "Seeing those images got me interested in astronomy pictures. If you look at pictures from Hubble, they are as beautiful as anything you can see. I decided that's what I wanted to paint. Engineers do a lot of sketching, but it's not art. It's very right-brain, very exact. Painting uses the other side of the brain. When you're painting, you want to be loose and have that painterly feeling. That's harder for me. I'm still trying to be loose. I like trying

NEW YEAR. NEW SMILE!

Prosperity Dental

Dental Care for Adults and Children

Call to schedule your appointment today.

972-360-0562



Dr. Thamen
Kennedy Evans

**Complimentary
Teeth
Whitening**

Upon Completion of
Your Treatment.



Tristan - IT specialist
Nurse Judi - RN &
Dental Assistant
Dr. Thamen

SATURDAY Appointments Available

433 W. Wheatland, Duncanville

Split Endings Salon

CUTS, STYLES

for MEN, WOMEN
and CHILDREN

AVAILABLE

Extensive Line of Haircare Products



**NEW CLIENT
SPECIAL**

\$5 OFF Haircut
\$10 OFF Any
Color Service

**HAPPY
NEW YEAR!**



Dianna Ritchie
214-235-3819



Susan Reyes Quares
817-975-3400



Tamara Sanders
505-240-4572



Amber Haydon
469-693-1582



Yoko Smith
214-808-8028



Rachel Powers
469-321-0409

Join Our Team – One Stylist Booth Available

Expert Color and Highlights are our Specialties,
including the Ombre and Balayagé!

972.291.7883

Walk-Ins Welcome • Call, Book Online or Text Your Stylist • www.SplitEndingsSalon.com
201 Bryan Place • Cedar Hill (Corner of Straus Rd)

painting with different media. I mostly use acrylics, but I do some work in oils. Recently, I've discovered that I really like pastels for space work. They work really well. Watercolors have their own challenges. They're harder to work with for space art." Richard has also experimented with pencils and colored charcoals for some of his portraits and other non-astronomical work. "Every time you change media, there's a new learning curve," he admitted.

"I got most of my training off the internet. I say that I'm a graduate of YouTube University. Today, you can find examples of how to paint anything, in any medium, on there. The DeSoto Art League used to put on three shows a year — one for the public, one for the members and one just for photography. I was the second VP in charge of organizing those. Now we have a small group, For the Love of Art, who meet every Tuesday at 10:00 a.m. at DeSoto Presbyterian Church, to support each other and hone our skills."

Richard does much of his work in his upstairs studio, where he keeps the photo references for many of his paintings of famous nebulas like the Crab Nebula, the Pillars of Creation and the Bubble Nebula; works in progress; a 10-year accumulation of paint; and various tools of the trade, both expected and unexpected. Alongside all this you will find paintings his grandchildren have done and gifted to their grandfather.

The winding stairs and hallway up to the studio host a whole gallery of Richard's work. "This painting of the Crab Nebula is a combination of five different satellite views, superimposed.





Each of the colors is a different frequency of light, from infrared to cosmic rays. I used a drafting pen to get the right effect for some of the lines. One of my paintings of the Bubble Nebula was done from a black-and-white negative, so the lights and darks are reversed." One of his paintings of a galaxy, done in blue, white and tan, was partly done with a spoon. "I still have the mind of an engineer. My mind is locked on trying to make my paintings realistic. That's why I've started and stopped several times on my painting of the Lagoon Nebula."

Richard's paintings have been on display in the DeSoto City Hall atrium and in juried shows. Currently, you will find a number of his paintings on display in the DeSoto Public Library. Richard has taken commissions and has sold some of his works, but his wife lays claim to the one that hangs above the fireplace in the den, where Richard has his second art space. "He painted that one in 2013. When I saw it, I said, 'Don't ever sell that one to anyone. That one's mine!'" Carol beamed.

Richard has experimented with other subject matter, like a couple on a bench beneath the Milky Way, desert scenes, faces of his grandchildren and others, a family of wolves, a canoe on a river at sunset, abstracts and fireworks over the Dallas skyline. "I used a pizza cutter to get the lines up to the explosions on that one! For the one I call *Space Flowers*, I blew the paint around with an air gun.

"When I started painting in 2010, a lot of people were in awe and said, 'I can't do that!' But that's the wrong attitude. You just have to start. Do a little every day." **NOW**

HAPPY NEW YEAR

YOU CAN LIVE AGAIN SEA MOSS STORE

324 E. Beltline Rd, #603 DeSoto, TX
214-622-5755

(located @ the front, inside Grow DeSoto)
Open Tues-Sat 11:30am-6pm, Sun 11pm-3pm

\$5.00 off Minimum purchase of \$35.00
Cannot be combined with any other offer.
Expires 2/15/2024

youcanliveagainseamoss
www.youcanliveagainseamossstore.com

SEA MOSS FLAVORS ELDERBERRY, MANGO, PINEAPPLE, STRAWBERRY, PEACH COBBLER AND MORE!

Real testimony- "I went from a size 28 to a size 18 in 3 months on your sea moss! I feel like I got my life back! Wow! Thank you!" - Frances

SEA MOSS helps with immunity, energy, weight loss, heart health and more!

Testimonials

WHAT OUR PATIENTS ARE SAYING ABOUT US

Omega S. ★★★★★

"The doctor was fantastic. He immediately realized my baby was having an asthma attack and treated her and diagnosed all while there. I'm more than happy with the doctors ability to reduce our trips to urgent care by getting the allergies under control."

Anna M. ★★★★★

"Have been coming here for a few years now and have never had any major issues! I also want to shout out Nurse Delores for always having words of encouragement and support! She has a positive and infectious spirit!"

Larina J. ★★★★★

"Staff is very helpful with my & my daughter's allergy needs. Very flexible with working on schedule to receive allergy. Always explain the best medical treatment when we've had sinus infections."

Sierra H. ★★★★★

"Love it. Service is quick and very informative. Staff is always happy and pleasing. Very helpful 10/10 recommend."

Yvonne L. ★★★★★

"Amazing center! Was referred here and glad we came! My son is a new patient here and everything was more than expected. The staff was great the specialist we saw was beyond amazing and more than knowledgeable. We surely think we're going to find something to help my sons Urticaria here."

Happy New Year!

from our family to yours...don't let allergies ruin your plans for the new year, make an appointment today!

Call us and we'll help you and your family get relief (972) 709-6673

HAROLD DELASALAS, MD, PharmD, FACC, FAAP, FACP, FAAAAI
Board Certified in Internal Medicine, Adult & Pediatric Allergy, Asthma, and Immunology

JESSE ASTORGA, PA-C + ANTHONY HUYNH, PA-C
KEVIN NGUYEN, PA-C + FANTA SURFANEH, PA-C
STEPHANIE PHAM, PA-C

CONTACT US
Call us (972) 709-6673
Fax (972) 996-4000
424 W Woodward Rd, 510
B, Duncanville, TX 75116
www.nowmagazine.com

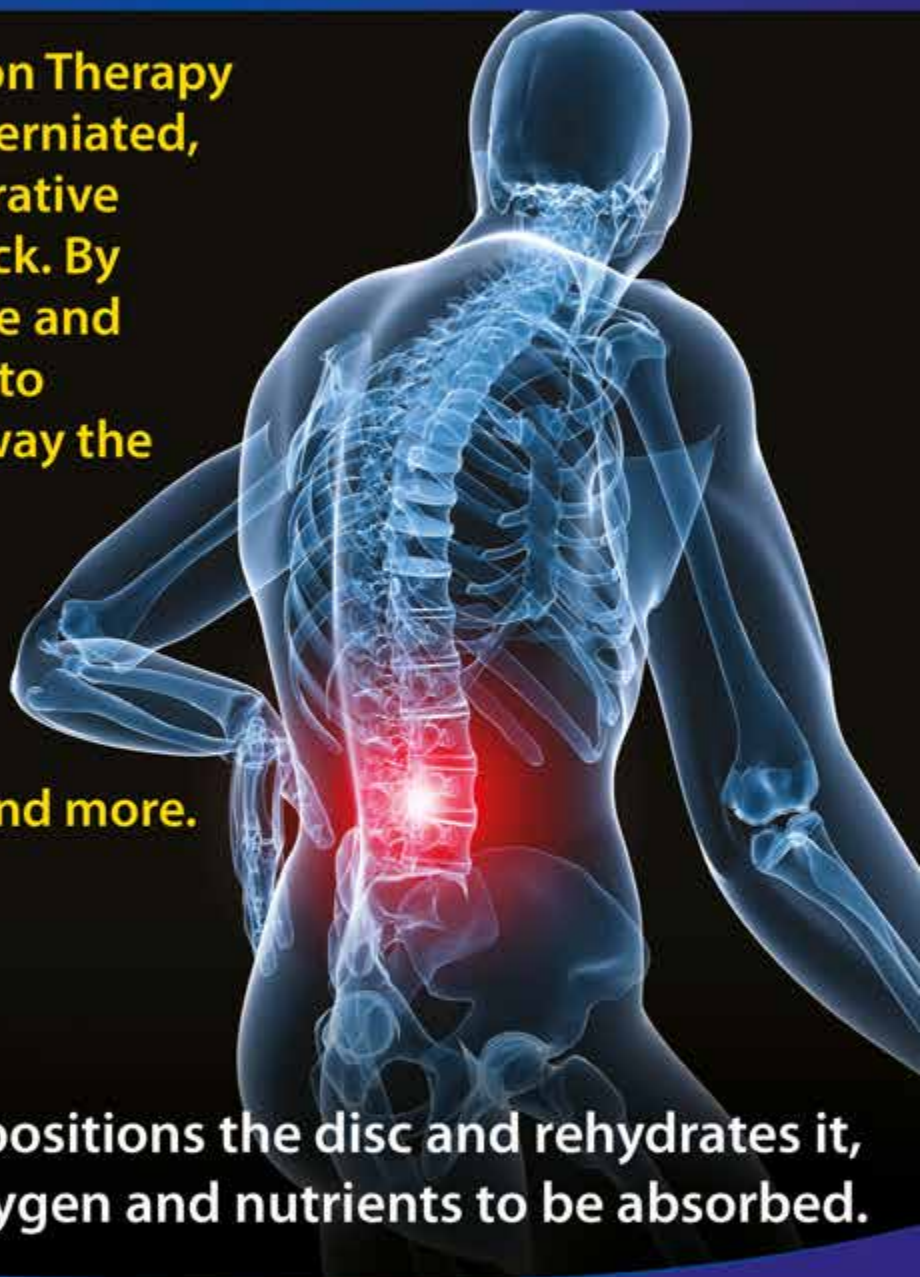
SCAN THE QR CODE
 to help you

EXPERTISE AREAS

- ASTHMA
- HAY FEVER
- ITCHY WATERY EYES
- DRY SKIN/ RASHES
- FOOD ALLERGY/ INTOLERANCE

Spinal Decompression Treats Back & Neck Pain Without Surgery or Injections

Spinal Decompression Therapy specifically targets herniated, bulging and degenerative discs in the lower back. By relieving the pressure and allowing those discs to rehydrate, it takes away the symptoms of back pain, back spasms and shooting/stabbing pain down the legs to the feet, sciatica and more.



This procedure repositions the disc and rehydrates it, allowing water, oxygen and nutrients to be absorbed.

CALL US TODAY TO MAKE AN APPOINTMENT
469-732-0880 or 972-937-0086

or email us at: completehealthmedicalcenter@gmail.com

COMPLETE HEALTH MEDICAL CENTER • 905 FERRIS AVENUE • WAXAHACHIE

WWW.COMPLETEHEALTHMEDICALCENTER.COM

SUPERSTAR

Collision Center

- All Insurances Accepted
- Complimentary Local Shuttle
- Equipped & Certified for Aluminum Repairs for all makes & models

Ask us about our
EASY WAY
Valet Service!
(Within Local Area)



HAPPY
New Year

At Superstar Collision, we take tremendous pride in the work we do. We offer a LIFETIME WARRANTY. We will ensure that your vehicle is brought back to pre-accident condition and is repaired to your satisfaction.



"Glenn and his guys got my car looking good again after I got rear-ended. I, as well as my family, have used Superstar for more than 10 years and will continue to use them and recommend them to everyone! Thank you guys for everything!"
Austin - October 2023

Proud to be Locally
Owned and Operated
for Over 17 years
superstarcollision.com

HOW CAN WE HELP YOU TODAY?

972-299-6900

1260 S Hwy 67, Cedar Hill (Between Cedar Hill and Midlothian)





BusinessNOW

You Can Live Again Sea Moss Store

— By Adam Walker

You Can Live Again Sea Moss Store

Located inside Grow DeSoto Market Place

324 E. Beltline Rd., Ste. 603

DeSoto, TX 75115

(214) 622-5755

info@YouCanLiveAgain.net

YouCanLiveAgainSeaMossStore.com

Facebook: You Can Live Again Sea Moss Store

Instagram: youcanliveagainseamoss

Hours: Tuesday-Saturday: 11:30 a.m.-6:00 p.m.

Sunday: 11:00 a.m.-3:00 p.m.

You Can Live Again Sea Moss Store, located at the front of the Grow DeSoto Market Place, is where Owner Kertrina Dauway sells a superfood that changed her life. “I lost my



memory to COVID, and sea moss has restored most of my memory,” she explained.

Trina, as she is known to family and friends, was a top business consultant in the corporate world. “I was also a brand ambassador for American Express.” Then COVID struck. “I was down for three weeks. I was scared to sleep, because I didn’t think I would wake up again.” The experience left her with stroke-like symptoms. “I couldn’t walk without being exhausted. I developed a stutter. I couldn’t remember details for my accounts. I couldn’t remember my kids’ past experiences and events,” she recalled.

“Here I was, a corporate girl, but I couldn’t remember a lot of my business knowledge. It hurts your ego. I am also a professional singer, but I couldn’t remember my lyrics. I was raised to believe that articulation is important, and I couldn’t even talk without stuttering!”

Trina was at a loss for how to help herself, and willing to try anything natural to get back on her feet. That’s when her nephew called from Atlanta. “He was all excited. He said,

‘Aunt Trina, you’ve got to try this sea moss.’ He brought me some. By the seventh day, I noticed that I wasn’t stuttering anymore. My memory started coming back. It’s really beautiful to be able to remember your past! It’s important to understand how important getting myself back was. By the grace of God, I got there.”

TRINA SELLS HER SEA MOSS AS A GEL, IN DRINKS, AS POPSICLES AND AS A SKIN BUTTER TOPICAL FOR DRY SKIN.

Sea moss is considered a superfood because of its high concentration of vitamins and minerals. “It’s a powerful plant,” Trina explained. “It contains vitamins A, K, B-12, B-2, magnesium, potassium, calcium, iron, zinc, iodine, 92 to 102 minerals ... This is the only super plant that provides so many vitamins and minerals. The sea moss I sell is wild crafted Irish sea moss also known as *chondrus crispus*, so you can be sure of its quality. Certain viruses deplete minerals from your body. Sea moss puts those minerals back, so it helps with strengthening a weak immune system. Dieters find it helps control their appetite. Some of my customers report losing six to seven pounds a week. Also, athletes like the boost to their energy sea moss gives during their workouts. I get a lot of boxers in here. Weightlifters and bodybuilders talk about strength gains. People of all ages feel more energy.”

Trina sells her sea moss as a gel, in drinks, as popsicles and as a skin butter topical for dry skin. She blends the sea moss with several different popular natural flavors, offering an extensive menu of options from peach cobbler to mango, from tropical to elderberry.

“It’s important to understand the value of implementing this in your life. It’s not a be all and end all, but it’s something you should consider. It’s important to address the cause of a problem, not just the effect. It helped me, so I want to help others.” **NOW**

TRY BEFORE YOU BUY



GOLDEN
Technologies

\$100 OFF

Any Purchase of \$1,000 or More
Cannot be used with any other offer.
Offer expires 1/31/24.

We now accept CareCredit.

CareCredit
Making care possible...today.



Two Locations to Choose From

972-757-7636
100 Plaza Drive, Ste. 300, Red Oak, TX

903-224-6273
3731 W. Hwy. 31 Bus., Ste. E, Corsicana, TX

www.csemobility.com



We Sell Scrubs



Happy New Year!

Time for a change in HOME DECOR in 2024?

Look no further than Knick Knacks!



"Worth the drive" G. Crouch
"Awesome scores today" H. Rogers
"Absolutely love the General Store" A. Sanchez
"Beautiful decor at unbelievable prices!" S. Abramowitz

215 W. Camp Wisdom Rd. • Duncanville
972-283-9007 • www.knickknacks.com





<<< Congratulations >>>

DUNCANVILLE PANT

2023 6A DIVISION 1





DUNCANVILLE DEVILS

STATE CHAMPIONS



Photos by Shane Kirkpatrick



Chief Maurice Jones



Joshua Thibodeaux



CONGRATULATIONS

DESOTO



Chief Maurice Jones



Stan Smith





DESOTO EAGLES

**6A DIVISION 2
STATE CHAMPIONS**



Photos by Shane Kirkpatrick.



**YOU CAN LIVE AGAIN
SEA MOSS STORE**



**CABINETWORKS
GROUP**





Congratulations CEDAR HILL LONGHORNS



6A DIVISION 2
REGIONAL CHAMPIONS



Photos courtesy of Cedar Hill ISD.



Stan Smith



CABINETWORKS
GROUP



ANDERSON MEDICAL GROUP
OF TEXAS
YOUR HEALTH. OUR CARE.

Howard E. Anderson II, M.D.
Board Certified - Internal Medicine



Our Community Management, LLC



Chief Maurice Jones



WE CAN TREAT YOUR NEUROPATHY

with Scientific Principles that cause internal changes so you can get lasting relief.

If you have the following symptoms:

- ⚡ Tingling and numbing sensation on the bottom of your feet
- ⚡ Shooting, electric pains
- ⚡ Muscle weakness
- ⚡ Open sores or ulcers on your feet
- ⚡ Swelling
- ⚡ Leg cramps
- ⚡ Numbness
- ⚡ Sharp pains from your back



\$49.00

CONSULTATION
& EXAM

15% OFF

ANY TREATMENT
WITH THIS AD
Call for details.

No Surgery or Harmful Drugs

CALL US TODAY TO MAKE AN APPOINTMENT
469-732-0880 or 972-937-0086

or email us at: completehealthmedicalcenter@gmail.com

COMPLETE HEALTH MEDICAL CENTER • 905 FERRIS AVENUE • WAXAHACHIE

WWW.COMPLETEHEALTHMEDICALCENTER.COM



Zoomed In: Tyree Layton

By Adam Walker

Tyree Layton proudly showed off his artwork on display at Waterford Oaks Elementary School. This was his first time showing his art in an art show. “Mr. Kelly, my art teacher, organized it. I hadn’t done anything like that before. I didn’t win a prize, but it was something new and exciting!” Tyree exclaimed. “I really like to paint and draw. I like Mr. Kelly’s art class because there’s a lot of paint and exciting stuff to do. I like to be able to express myself. The art show was up for, like, weeks!” he explained.

Tyree hones his skills away from school, as well. “I like to draw every day at home, to practice — especially cartoons. My favorite cartoon to draw is Sonic the Hedgehog.”



Felicia Frazier of Chocolate MINT and DeSoto ISD Superintendent Dr. Usamah Rodgers kick off the Superintendent’s Annual Toy Drive to benefit their Christmas Candyland event.



Linda, Billy and Mike Mason dress up to celebrate Country Day on the Hill.



The IBOC congregation celebrates its veterans.



Luis Govea helps his community by ringing a bell for the Salvation Army.



Duncanville Parks and Rec helps ring in the season.



Thai Binh Ho and Jessica Nguyen put on a free community feast for Thanksgiving.



Total by Verizon opens for business in Duncanville.



DeSoto's outdoor rink draws ice skaters young and old.

Jaynes
Memorial
Chapel

CELEBRATING
25 YEARS

Established November 1998

Compassion

Because we've been through it too



You don't have to march on alone. Allow us to walk with you during this difficult time.

811 S. Cockrell Hill Road,
Duncanville, TX 75137
Phone: (972) 298-2334
jaynesmemorialchapel.com



\$75 OFF For first time repairs.
Plus tax. Offer Expires 1/31/24

★ We are here to address your irrigation needs or enhance your sprinkler system by:

- Sprinkler System Inspection & Analysis
- Pool & Patio Re-Routes
- Installing Additional Zones to Existing System
- Upgrading Existing Systems to Water More Efficiently
- All Types of Sprinkler System Repairs
- Backflow Assembly Repair, Replacement, or Testing



ARC IRRIGATION

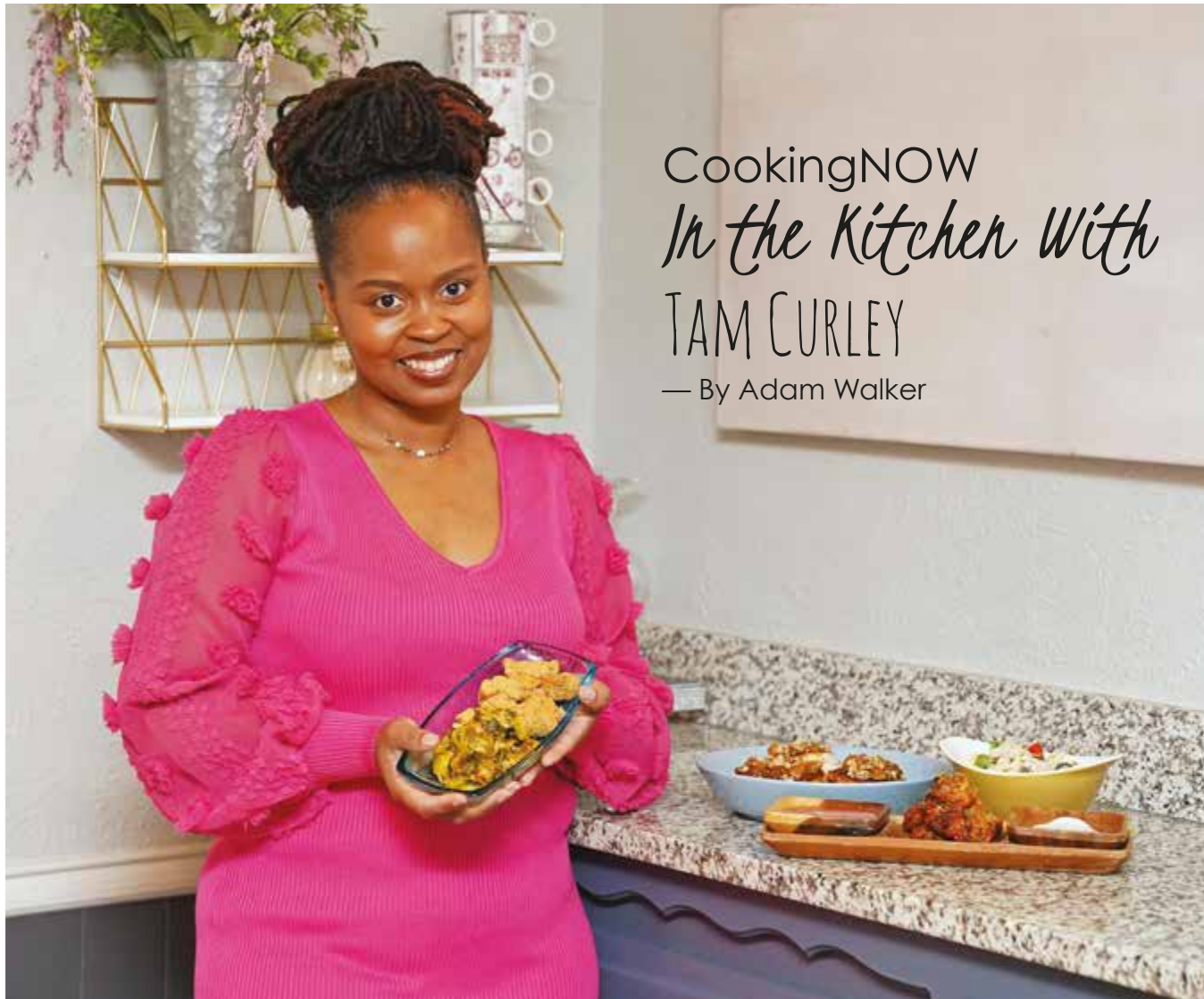
Irrigator Lic #LI0012920
BPAT Lic #BP0019018

Call us at your earliest convenience for any of these services.

ARC IRRIGATION

Licensed & Insured • Antonio "Tony" Cruz
www.arcirrigation.net

214-683-4091 • 972-639-3446



CookingNOW *In the Kitchen With* TAM CURLEY

— By Adam Walker

Tam Curley looks at cooking as an art form that allows her to create. “It’s therapeutic for me as well. I learned how to cook watching my grandmother and helping her at times. Growing up in the South influenced my cooking somewhat, but as I got older and stopped eating pork and a lot of beef, I learned to make Southern meals without the pork.

“I do a lot of inventing in the kitchen — for instance, the Peach Cinnamon Biscuits With Pecans. I recall craving peach cobbler, but I had never made peach cobbler and figured it would be difficult and time-consuming. So, I tried something new with peaches and biscuits. In the end, I was able to settle my craving for peach cobbler.” **NOW**

Stuffed Bell Peppers

2 cups water
Drop olive oil
1 cup Jasmine rice
8-oz. ground turkey meat
Pink Himalayan salt, to taste
Onion powder, to taste
Garlic powder, to taste
Smoked paprika, to taste

1 tsp. minced garlic
1/2 cup stewed tomatoes
1 cup spinach, chopped
1/2 cup cilantro, chopped
1 1/2 cups mozzarella cheese, shredded (divided use)
3 bell peppers, halved and deseeded

1. Preheat the oven to 350 F
2. In the water, add a drop of olive oil; cook

the rice on medium for 10 minutes. Rinse with cool water and drain.

3. Season the ground turkey with the next 5 ingredients, mixing well.

4. In a bowl, combine the turkey, rice, stewed tomatoes, spinach, cilantro and 1 cup of mozzarella cheese.

5. Stuff each bell pepper half with the turkey mixture, adding a modest amount of mozzarella cheese to the top. Cover each half in foil; place in a deep glass baking pan, adding water to the bottom of the pan. Cook for 30-45 minutes.

Smoked Turkey Sausage Pasta Salad

1 16-oz. box rotini pasta
6 cups water
Few drops olive oil (divided use)
1 cup smoked turkey sausages, cut up
1 2.25-oz. can sliced black olives
1/2 cup cherry or grape tomatoes, sliced
1/2 cup red onion, chopped

1/2 cup cilantro, chopped
 1/2 cup Parmesan cheese, shredded
 1 to 1 1/2 cups creamy Caesar salad dressing
 2-3 slices Swiss cheese, cut into squares (optional)

1. Boil the rotini pasta in the 6 cups of water with a few drops of olive oil on high for 10-15 minutes. Drain the water from the pasta; rinse in cold water.
2. Brown the sausages in a few drops of olive oil, ensuring they do not stick to the pan.
3. Combine all of the ingredients in a glass bowl; toss and serve hot or cold.

Cheesecake Dessert Cups

1 8-oz. pkg. cream cheese
 1 cup pure cane confectioners' sugar
 1/4 cup sweetened condensed milk
 1/4 tsp. vanilla extract
 1 tsp. fresh squeezed lemon juice
 1 12-oz. pkg. fresh strawberries
 1/4 cup brown sugar (divided use)
 2 cups cinnamon or honey flavored graham cracker crumbs

1. In a mixing bowl, whisk the cream cheese, confectioners' sugar, condensed milk, vanilla extract and lemon juice on high speed until smooth and creamy.
2. In a saucepan, cook the strawberries and brown sugar, mashing gently with a whisk until it looks like a strawberry sauce with lumps of strawberries.
3. Take 4-6 small serving cups or bowls, and fill them halfway with graham cracker crumbs. Add 1/3 to 1/2 cup of the cream cheese filling. Fill the rest of the way with the fruit topping.
4. Chill in the refrigerator for 1-2 hours. Serve cold.

Naked Buffalo Chicken Wings

1 4-lb. bag frozen chicken wing parts
 1/2 tsp. olive oil
 1/2 tsp. pink Himalayan salt
 1/2 tsp. pepper
 1/2 tsp. onion powder
 1/2 tsp. garlic powder
 1/2 tsp. smoked paprika
 1 cup Sweet Baby Ray's Buffalo Wing Sauce

1. Start your air fryer at 400 F.
2. Rinse the chicken wings; pat them dry with a paper towel. Rub the wings with olive oil, then with the seasonings.
3. Place the seasoned wings in the air fryer on the metal tray. Cook for approximately 45 minutes, flipping a few times.
4. Once cooked, place the wings in a



Start the Year with Us!

Friends Place Adult Day Services

Call today for a tour.
972.274.2484

Affordable and flexible memory care program and services, benefiting participants as well as providing families with peace of mind.

- ✦ Opportunities to stay socially connected with peers
- ✦ More than 20 engaging activities each day
- ✦ Hot, appetizing meals prepared on site
- ✦ Support groups and caregiver educational programs
- ✦ Well trained, compassionate staff provides worry-free care

www.FriendsPlaceADS.com • 1232 W. Belt Line Rd., DeSoto, TX



LORENZO BROWN & ASSOCIATES
 ATTORNEYS AT LAW

DIVORCE • PROBATE

**1700 N. Hampton Road,
 Suite 104
 DeSoto, TX 75115**

**972.224.7555 - office
 214.621.0036 - cell
 214.237.6067 - fax**

lorenzobrownlaw@gmail.com





Peach Cinnamon Biscuits With Pecans

container with a lid; toss the wings in the sauce.

Cheesy Baked Brussels Sprouts

- 1 16-oz. bag fresh Brussels sprouts
- 4 cups water
- 1/4 tsp. pink Himalayan salt
- 1/4 tsp. pepper
- 1/4 tsp. onion powder

- 1/4 tsp. minced garlic
- 1/4 tsp. olive oil
- 1 cup cheddar cheese, shredded

1. In a medium pot, boil the sprouts in the water with the seasonings and olive oil on high until they become softened (15-20 minutes).
2. Once softened, drain the water; mash the sprouts with a spoon or fork like you would for mashed potatoes.
3. Add the mashed sprouts to a small-medium glass baking dish. Top evenly with shredded cheese.
4. Bake, covered in foil, at 350 F for 20-30 minutes.

Peach Cinnamon Biscuits With Pecans

- 1 15-oz. can yellow cling peaches in light syrup
- 1 tsp. butter, plus extra for greasing (divided use)
- 1/4 tsp. cinnamon, plus an extra pinch (divided use)
- 1 tsp. brown sugar (divided use)
- 1 can flaky biscuits
- 1 cup pecans, chopped

1. In a saucepan, add the peaches, 1/2 tsp. butter, a pinch of cinnamon, and 1/2 tsp.

brown sugar. Cook on low for about 15 minutes, until the peaches become a puree with a few lumps.

2. Pre-heat the oven to 350 F.
3. Coat a glass baking pan with butter. Split each biscuit in half (top and bottom. Butter the halves with the remaining 1/2 tsp. butter, sprinkle with cinnamon and remaining brown sugar. Put 1 Tbsp. of the peaches on each of the biscuit halves. Add a sprinkle of pecans; place the tops back on the bottoms of the biscuits. Add a sprinkle of cinnamon and brown sugar to the tops.
4. Place in the oven until light golden brown.

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

Join the St. Philip's Family

Join our community and experience the difference St. Philip's can make in the lives of your children and your entire family.

Apply Now!

Admissions Preview December 13th
Priority Application deadline January 13th
*PK2-8th grade

Visit Us



St. PHILIP'S
SCHOOL & COMMUNITY CENTER

Your family's journey starts here

THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf

EARLY BIRD Special \$5.99

from 7-9am



2 Eggs Any Style
2 Strips of Bacon
Hash Browns and Toast

Order Online @ KimandJennys.com



Kim & Jenny's
Cafe

UNDER NEW OWNERSHIP

JANUARY Special \$9.99



Chicken fried steak with
your choice of two
vegetables and bread

NEW YEAR Special \$9.99



8 piece fried chicken with
8 potato wedges, dark meat

972.283.2616 Mon-Sat 7a-2p
450 E. Wheatland Rd, Duncanville

CAMPUZANO

mexican food

HAPPY
New Year



\$5 OFF

\$25 PURCHASE
Expires 1/31/24 SWN

CAMPUZANO



• Waxahachie
• Cedar Hill
• Dallas
(Oak Lawn)

CampuzanoMexicanFood.com

B N SUSHI & GRILL

January Special



\$5 OFF

\$25 or more
purchase

DINE-IN ONLY.
EXCLUDES ALCOHOL.
EXPIRES 1/31/24

BnSushi.com

972-293-1009
638 Uptown Blvd #120
Cedar Hill

Roma's Italian Bistro

Spend \$30
GET \$5 OFF

Order Online at
RomasItalianBistroMenu.com
or call 972-298-5901

100 S Main St, Duncanville, TX 75116



Need More Business?

Advertise your restaurant here.

For information, call:

972.283.1170

NOW
MAGAZINES

Bringing the best of the
community home.



Fashion Faves

OF 2024

— By Emma McKay

For many people, personal fashion can be challenging. It's hard to find clothes that make you look and feel good. The fear of your style choices making you stand out in an unpleasant way can be a beast of its own. Due to fashion's cyclical nature, you might already have this winter's trends in your wardrobe.

Burgundy is "in" again this season, which is good news for Aggies fans, whose closets are filled with burgundy's sister shade. This rich, warm color is perfect for the brutal Texas winter. There is no wrong way to wear solid-colored clothing. You could rock an entire outfit of burgundy pieces or add a splash of it here and there to tie the whole look together. To save a bit of money and closet space, try accessorizing with burgundy. Find a good, solid-colored burgundy coat, and you can make any outfit in season.

In a move that harkens back to the retro-futurism art style, metallic silver is having its moment in the wardrobes of fashion icons. Whether it be a shining polyester dress or

reflective chunky shoes, this trend is reminiscent of decades-old depictions of what the 2020s *might* look like. While silver is a solid color like burgundy, silver works best as the focal point of an outfit. If you are going to wear silver pants, don't pair them with a silver top, otherwise you might come across as a droid from *Star Wars*. Instead, pair it with a black, dusty rose or soft cream blouse. Silver shoes can be a fun way to make any casual or swanky outfit a bit more out of this world.

Classic prints such as polka-dot and plaid are back. Like with silver clothes, a general rule of thumb for printed fabric is to make it the centerpiece of the outfit. Pairing a polka dot blouse with a plaid skirt could unintentionally turn a casual outfit into a loud eye sore. Instead, the other elements of the ensemble should be solid colors that complement the printed fabric. That way, the eye will naturally gravitate toward the patterned piece, instead of getting lost in the noise. You could even pair your polka dot blouse with your silver heels or pull the burgundy look in with a plaid skirt to double your fashion points.

It's common knowledge in the fashion world that former style trends tend to cycle back into the mainstream eventually. This fashion season pulls items from several different decades back into people's closets.

Strolling in from the 1950s are the classic A-line and swing dresses. With their fitted bodices and flared skirts, these dresses are perfect for those who want to show off their form while still having fun twirling on the dance floor. Accessorize this look with a timeless strand of pearls or a peacoat for warmth.

Dust off the shoulder pads because exaggerated shoulders from the 1980s are officially back. Whether paired with a nice top and slacks or a T-shirt and jeans, a padded blazer makes nearly any outfit board meeting ready.

Double denim is the epitome of recycled fashions. Double denim has had a resurgence in popularity every decade since the 1970s. If you wish to pull this bold look off, you must be willing to commit. Your look should consist of either the same shade of denim or completely contrasting shades — think navy and white.

Oftentimes, it's the accessories that make the outfit shine. This winter, professional neckties and bold neckerchiefs can add the final touches to your outfit. While nothing beats the traditional black tie or a neckerchief in the same shade as your blouse, if you want your outfit to pop, try playing with opposing colors. You can even pull in patterned materials if you want your accessory to be your outfit's centerpiece.

Fashion works as a way of expressing oneself. It can be used to make one fit in or stand out in the crowd. Sometimes, it can be tricky figuring out how to make it work for you, but through constant study and willingness to experiment, you can master the art of fashion. **NOW**

Sources:

1. Agnew, C., & Gervais, E. (2023, August 14). The Top Fashion Trends for Fall-Winter 2023-2024. *Elle Canada*. <https://www.ellecanada.com/fashion/trends/the-top-fashion-trends-for-fall-winter-2023-2024>.
2. Barlow, L. [The Style Insider]. (2023, August 18). 10 Wearable Fashion Trends That Will Be HUGE In 2024 [Video]. YouTube. <https://www.youtube.com/watch?v=06gGPohnay0>.
3. Salessy, H. (2023, September 25). 18 fashion trends to know for Fall/Winter 2023-2024. *Vogue France*. <https://www.vogue.fr/fashion/galerie/fashion-week-trends-fall-winter-2023-2024>.
4. (2021, March). How to Style Double Denim. Levi's. <https://www.levi.com/IT/en/blog/article/how-to-style-double-denim>.

Beautify Your Countertops!

Showers • Bathtubs • Countertops

Before

After

Want To Save \$1000s?
Don't Replace!
Repair & Refinish 😊

- **FREE ESTIMATES** •
- By Appointment Only
- 2627 S. Cooper St. Ste. E12
- Arlington, TX 76015

We Repair & Refinish Countertops
Tile Showers & Walls • Fiberglass Tubs & Showers

Angie's list f www.ftworthrefinishing.com

New Year Special

10% OFF

Any Refinishing Job
\$695 or more if booked in January

817-633-9100

We Repair & Refinish
Most Jobs in 2 Days
or Less!

FORT WORTH REFINISHING

Offer Expires 1/31/24

OCCBF

OAK CLIFF
BIBLE FELLOWSHIP

YOUR ONE STOP SHOP FOR
Quality Christian Resources

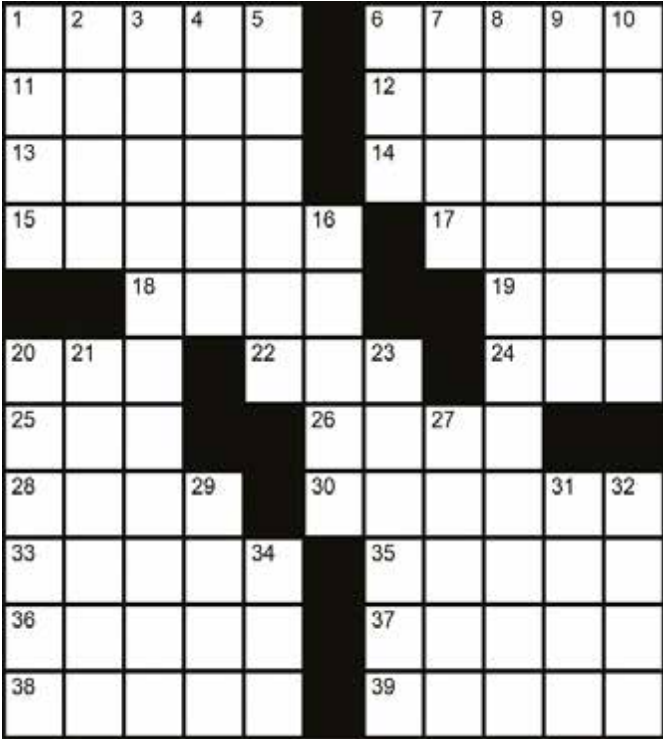
W. Camp Wisdom Rd.
★ OCCBF
E. Kimwood Dr.
W. Wheatland Rd.

214-672-9119
www.ocbfbookstore.org

Business Center Services:
PRINTING
• Flyers • Brochures
• Business Cards • And More
SHIPPING
• FedEx • UPS • USPS

1660 W. Camp Wisdom Rd.
Dallas, Texas 75232
Sunday 9:00am - 2:00pm
Monday-Thursday 10:00am-6:00pm
Friday 10:00am-3:00pm

Crossword Puzzle



CrosswordSite.com Ltd

Across


- 1 Territory marker
- 6 Indisputable data
- 11 General meaning
- 12 Alert
- 13 These choristers can be male or female
- 14 Annapurna locale
- 15 "The Lion King" baddies
- 17 Plunge head-first
- 18 Lab product in "Breaking Bad"
- 19 Involuntary muscular contraction

Down

- 20 Immerse
- 22 Destroy
- 24 G M T minus 4h
- 25 Bard's before
- 26 Turn at dice
- 28 Political patronage
- 30 Tranquil
- 33 Broadcasting
- 35 Stand
- 36 Name
- 37 Turned off
- 38 Perfume
- 39 Without emotion
- 1 Six-sided state
- 2 Depend
- 3 Meet painter, surreally prone to excess
- 4 Nary a soul
- 5 Not genuine and usually inferior
- 6 Geisha's prop
- 7 Impressed
- 8 Governmental seat, usually
- 9 Alamo commander
- 10 Choose
- 16 Acute
- 20 Train stations
- 21 Humorously sarcastic
- 23 Samuel Goldwyn's homeland
- 27 It happens every birthday
- 29 Ceramicist's furnace
- 31 Image of a deity
- 32 Repudiate
- 34 Soak in liquid

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.

Redbird Village Apartments



803 LINK DR. #11
DUNCANVILLE 75116
972-298-5311

Look what people are saying about us!

★★★★★

Google "Redbird Village Apartments" and click on "Reviews"!

"...My heart is and will always be at Redbird Village." - Mary

"...Staff... treats you like you are their biological family." - Kathy

"...Family friendly community." - Margaret

Sudoku Puzzle

Easy

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

Medium

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

CrosswordSite.com Ltd

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.



PHILLIPS

FAMILY MEDICAL

- Primary Care
- Urgent Care
- Preventative Care
- Weight Loss
- Hormone Pellet Therapy
- Hair Loss Therapy





Unlock Your Vitality:
Embrace Life's New Chapter with Hormone Replacement Therapy!



Unleash Your Body's Potential: Shed Pounds and Transform Your Body, Mind and Soul with Our Dynamic Weight Loss Program!



Regain Your Mane and Reclaim Your Confidence. Defy Hair Loss with Our Cutting-Edge, Game-Changing Men's Program!



Revitalize Your Vigor: Empower Your Inner Alpha Male with Men's Hormone Replacement Therapy!

Accepting New Patients

Now Accepting Managed Medicare Patients (Please Call for Details)

Same-Day Appointments & Telehealth Appointments

972-709-3415 • 947 Scotland Dr., Ste. 107, DeSoto, TX

www.PhillipsFamilyMedical.com • Email: info@phillipsfamilymedical.com • Se Habla Español •  



Experts in
Medical,
Surgical, and
Cosmetic
Dermatology

NEW YEAR SPECIAL!

10% OFF CHEMICAL PEELS

Winter is the perfect
time to schedule
treatments requiring
reduced sun exposure!



CALL TO SCHEDULE

(972) 283-8979

DallasDermatology.net
610 Uptown, Suite 102
Cedar Hill, Texas, 75104
Valid Jan 1-31, 2024



Kent Aftergut, MD



Cynthia Robinson, MD



Meredith Orseth, MD



Joe Capasso, PA-C

Secure & Confidential Shredding

Resolve in 2024 to safely clear out all
of those old paper files.



**ACCESS
SELF STORAGE
AND TRUCK RENTAL**
PREMIER STORAGE FACILITIES

New State-of-the-Art Self-Storage

- Electronic Gated Access & Camera Surveillance
- Moving Supplies
- Climate Controlled & Drive-up Units



DeSoto • 469-283-0123
SE Corner Hampton Rd. & Daniel Dale

Red Oak • 972-515-8600
561 E. Ovilla Rd. & TX 342

Midlothian • 469-283-0929
1630 Hwy. 67

Lancaster • 972-224-4545
1040 Cedar Valley Dr.

Oak Cliff • 214-372-3880
3427 Marvin D. Love Frwy.



www.accessstoragedallas.com

Surgical care that works for you

Move forward with confidence by
creating a surgical care plan with the
right team, right here in our community.



Top row: Timothy Kelly, MD; Hilary Andrews, FNP-C;
Craig Olson, MD; Emily Smith, PA-C; Jessica Kruger, MD
Bottom row: Nathan Ludwig, MD; Elizabeth C. Hamilton, III, MD;
Valerie Gorman, MD, FACS; Watson Royce, MD, FACS;
Mazen Iskandar, MD, FACS



BaylorScott&White
TEXAS SURGICAL SPECIALISTS
WAXAHACHIE

2360 N. Interstate 35 East, Suite 310
Waxahachie, TX 75165

Physicians are employees of HealthTexas Provider Network, a member of Baylor Scott & White Health. ©2023 Baylor Scott & White Health. 59-PRAC-948862 BID

TexasSurgicalSpecialists.com
469.800.9830

TIME TO UPDATE YOUR KITCHEN?

MTM Countertops



Happy New year!

**COME SEE OUR
IN-STOCK
QUARTZ
SELECTIONS!**

**OPEN TO THE PUBLIC:
MON-FRI: 8AM - 5PM
OPEN SATURDAYS 10-2**

- FREE Estimates • Competitive Pricing
- Up to 15-year Warranty on Some Products



2460 Hwy. 287 N. • Mansfield • For more info call 817.477.8663
(Northbound service road – between Callendar Rd. & Turner-Warnell)



HAPPY NEW YEAR

JANUARY

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.

Daily Through 1/7

DeSoto on Ice:

Take a spin around an outdoor rink for an hour of fun. Ages 4 and up. \$15. See desototicketline.simpлетix.com for tickets and times. Town Center, 211 E. Pleasant Run Rd.

Saturdays and Sundays Through 1/7

Hometown Holiday Weekend Celebration:

Come out for various fun-for-the-family events every weekend. 12:30-5:30 p.m.,

Town Center, 211 E. Pleasant Run Rd., DeSoto.

1/2-1/5

Winter Break Camp:

Free. Noon-4:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

1/12

Community Blood Drive With CarterBlood Care:

Start the New Year by helping to save lives! 9:15 a.m.-4:30 p.m., Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill. Email michelle.ebanks@cedarhilltx.com for more information.

1/13

Local Author Presentation:

Featuring inspirational Christian fiction author Iris May. Free. 1:00-3:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

Learn Cursive With Ms. Jennifer:

For students in third-fifth grade. 4:30 p.m., Duncanville Public Library, 201 James Collins Blvd.

1/20

Graduating College Debt Free:

Hosted by BOSI. Learn how Zyra Washington did it. Free. Noon-2:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

Local Author Presentation:

Featuring biographer Lincoln Butler Sr. Free. 1:00-3:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

1/27

Local Author Presentation:

Featuring children's author Yolanda Carter and her book *Jax and the Mighty 4*. Free. 1:00-3:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

Submissions are welcome and published as space allows. Send your current event details to adam.walker@nowmagazines.com.

BACK PROBLEMS? MIGRAINE HEADACHES? PAIN IN YOUR BODY? WE CAN HELP?

Sciatica • Joint Pain • Migraine Headaches • Work & Auto Injuries
Back & Neck Pain • Tingling in Hands & Feet • Arm & Shoulder Pain • Leg Pain



"I have been a patient for 2 years. The doctors are amazing, caring and can fix you right up!"
~Elice from Dallas

New Year's Special!

Mention this ad for a cost as low as

EXAM, X-RAY & RESULTS | \$40*

(Expires 1/31/24) *Ask for details.



COMFORT REHAB CHIROPRACTIC

(469) 454-2169 • ComfortRehab.com

Cedar Hill Medical Plaza • 950 E. Belt line Road, Suite 180 • Cedar Hill
(Next to Methodist Family Health Center East)



Dr. Bryan McCormick

Dr. Kyle Hassell

Dr. Dawsheen Haynes

HOURS

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

**EXCITING
NEWS!**
2ND LOCATION:
ARLINGTON
NOW OPEN!
(360 6 30)



CAMP BOW WOW[®]

DOGGY DAY CARE & BOARDING • GROOMING

A TAIL-WAGGING START TO THE NEW YEAR

- ★ ALL-DAY PLAY
- ★ LIVE WEBCAMS
- ★ FIRST DAY FREE!*

CAMP BOW WOW[®] CEDAR HILL
972-296-9663
campbowwow.com/cedar-hill

*LEGAL WOOF: First day free valid only for interview day.
New customers only. Camper must meet entrance
requirements. Other restrictions apply.

TOTALCARE[™]

EMERGENCY ROOM

WE ACCEPT
WALKS-INS 24/7

NO APPOINTMENTS
NEEDED

TOTALCARE DESOTO



📞 972-954-9073

📍 800 W Belt Line Rd
DeSoto, TX 75115

TOTALCARE CEDAR HILL



📞 972-954-9057

📍 850 N Hwy 67
Cedar Hill, TX 75104

Sometimes it CAN'T wait!

✓ 24/Day ✓ 7 Days/Week

TOTALCARE.US



"Life can be
frustrating but
taxes don't have
to be"

BFG taxhelp

712 N Hampton Rd, Ste 240
Desoto, TX 75115

www.bfgtaxhelp.com



CALL: 469-TAX-HELP

From IRS representation to tax strategy and more; We've got your back!



GREATNESS STARTS HERE
Now Enrolling



CCMS Accepted



WWW.FMSDUNCANVILLE.COM
206 W. DANIEL ST.
972.298.5890

f SINCE 1968 i

Extended Hours Available 7 a.m.-4:30 p.m.



SouthwestNOW Scavenger Hunt



Find 5 hidden
Penguins

in 5 different ads in this issue
(not counting the one above).

Email the page numbers and
specific ads where they are
found, plus your phone
number, by January 15th.
To ensure your Scavenger
Hunt answers go in the
drawing, you must use the

Scavenger Hunt Email

scavenger.swn@nowmagazines.com

One entry per person.

..... **WIN!**

\$50 Cash Prize

Courtesy of:

NOW Magazines

scavenger.swn@nowmagazines.com

Winner must pick up prize
within 30 days of drawing.

Ornaments were found
on pages 1, 2, 6, 20 & 30.

December winner is:
Christopher Chin - \$50 Cash
from NOW Magazines

scavenger.swn@nowmagazines.com



DALLAS AREA PATROL AND PROTECTION SERVICES

Protection With Dignity and Pride

HAPPY NEW YEAR
2024



FOCUS DAILY NEWS
READERS CHOICE AWARD
BEST SECURITY COMPANY
2017 - 2023

Main Number 972-224-0920

Texas License Number: B09406001

Chief M. Jones

1229 E. Pleasant Run Rd * Suite 222
DeSoto, TX 75115

www.dal-apps.com

Email info@dal-apps.com

2

Across

by Jeremy Mayer
directed by
Heather Winkelman

February

1-4 & 8-10

One train ride,
two strangers &
one crossword
equals lively
competition with
a little romance

**Great Theatre
Since 1988!**



106 S. Main St.
Duncanville
972.780.5707
www.dctheatre.org

Parents of Home Schoolers

Struggling to help your
kids with math, reading,
history, etc.? We are here
for you. We make these
subjects engaging and
comprehensible for
your child.

**BOEHM BOOKS:
TAILORED FOR
HOMESCHOOLING
FAMILIES**



Book your tutoring session today!
917 North Joe Wilson Rd. Ste. 102B
Cedar Hill
Register today at 469-454-6115

SCAVENGER HUNT WINNER!



P. Cullors won a
\$50 cash prize courtesy of
SouthwestNOW Magazine!

HAPPY
New Year

HCN
Home Care Network
Bringing Healthcare Home

Your Home.
Your Health.
Your Choice.

1701 N. Hampton Rd., Ste. E, DeSoto, TX 75115

Mon.-Fri.
8am-5pm

24/7 Intake
Including all holidays

Toll Free: 877-270-2001
www.homecarenetwork.com



If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives."

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

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."

"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."

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency — working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training."



theserenitydentist.com | 972-634-1434
Dr. Cristina Allala
605 E. Belt Line Rd., Suite 101, Cedar Hill

Paid Advertisement