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M A G A Z I N E

FEBRUARY 2021

Seeing Color

The world is Marta
Kihn's palette

In the Kitchen With
Sylvia Castañeda

Also inside:

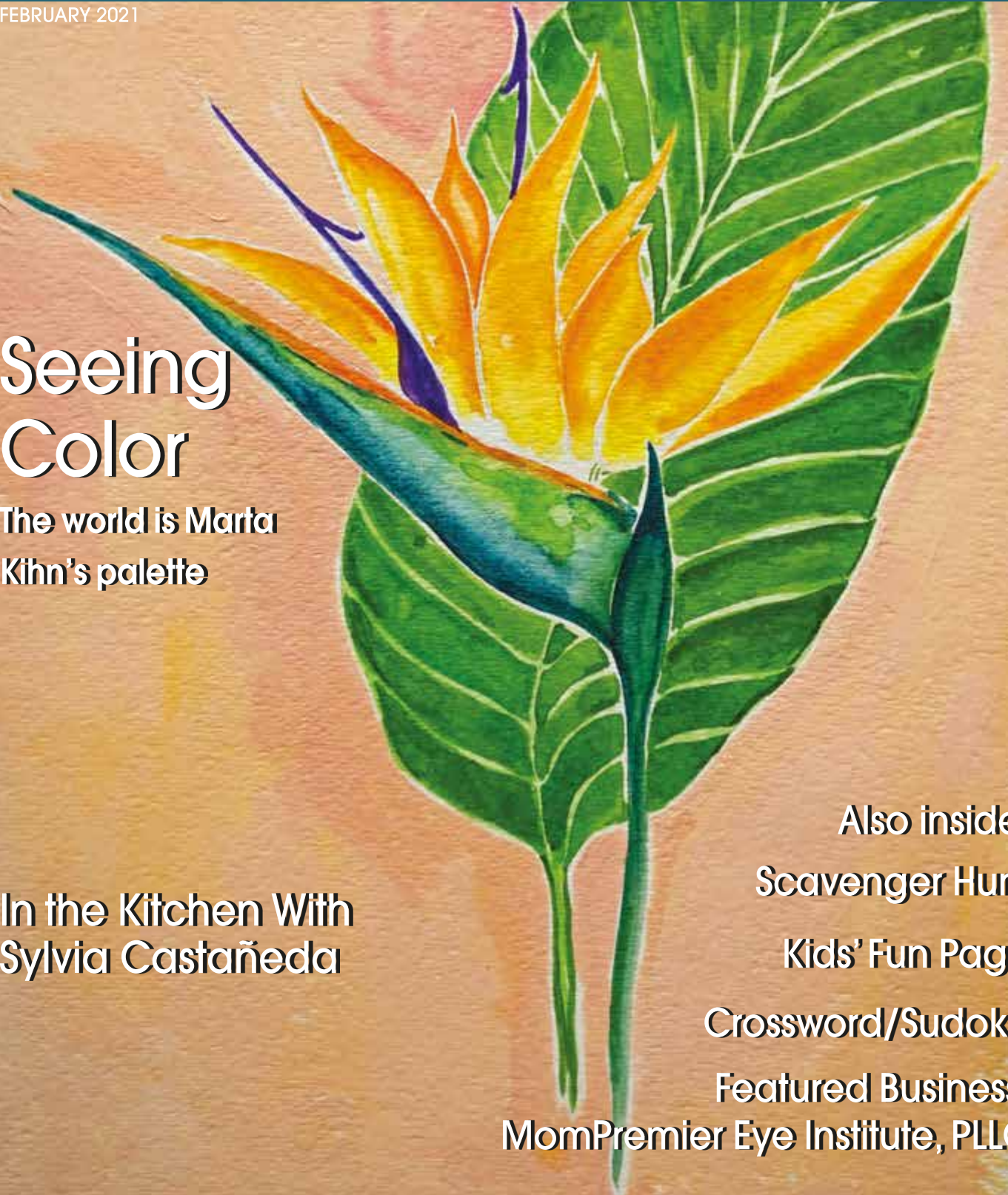
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ON THE COVER

*Beauty blooms on
canvas when Marta Kihn
takes a brush in hand.*

Photo by
Shane Kirkpatrick.

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EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
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Feb, R U ay?

Well yes, actually, February can be quite airy! It can be a windy, cold, rainy, messy month. It's also hard to spell. Not many English words feature silent R's. And the etymology, the history of the word and where it came from, is in dispute. But that little question above, can, at least, help you remember how to spell the name.

Then there's the whole issue of 28 days, in normal years, or 29 days in leap years, which still leaves it shorter than other months. And woe to those born on leap day! When I was little, I had a neighbor who was unfortunate enough to be both born on that day and have one of *those* fathers. You know the kind who enjoy telling their 9-year-old daughter that she's *really* only 2, because she's only had two *real* birthdays. Even as a 4-year-old, I found it preposterous.

This month also hosts a very eclectic group of celebrations. It's Black History Month for honoring the contributions and achievements of Black Americans. There's Groundhog Day for silliness, Valentine's Day for the lovers, Presidents' Day for the patriotic, Mardi Gras for the party animals and Chinese New Year — this year, but not always! There are also some lesser-known gems like National Love Your Pet Day, National Banana Bread Day and International Mother Language Day. That last one makes me want to learn more Scots. Everything from the serious to the absurd is crammed into one short month.

Whatever this month brings you, and whatever you are celebrating, I hope this month brings you joy and a chance to breathe deeply. Remember the good things in your life.

It's a strange month!

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Seeing Color

— By Adam Walker

Color is woven into the daily life of Marta Kihn. As a painter, that's to be expected, but for Marta, the color of everyday objects is what inspires her to paint. "I'm often inspired by travel. I try to capture what I see in photographs, or just in my head. For instance, I was at a distillery in Porto, Portugal, and the color of the drink, the way the sun goes through the glass at sunset, caught my eye. In Paris at Christmastime, it was a Métro sign contrasting with the awnings on the shops and the stone of the buildings. Here in Cedar Hill, it's the bluebonnets." Marta sees a color that captures her imagination, and art is the result.

Sometimes her art is representational, like the many beautiful paintings of wild flowers she has turned into greeting cards. Other times it is much more abstract, like the broad strokes of color on the Christmas ornaments, inspired by the colors on that Paris street. And she has wandered back and forth between periods of work in acrylics and other periods of working with watercolors.

Marta grew up in Bulgaria, which was still a communist country when she was a child. But her family were artists of all kinds, so it was natural for her to gravitate to art. Her grandmother was a ballerina, and her grandfather was an opera singer. Her father is a leather worker. "All of my cousins, every one of them, is a creative person. It's how my family is." Marta dabbled in painting as a child, but didn't return to it until 2007. "I was living in New York at the time, and I started working in acrylics on canvas. Then I stopped for a time, again. Life happens."

During that life, she moved to Cedar Hill and met her Texan husband. "We married in Bulgaria, and he was a big hit with my family. He did the Bulgarian

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dances at the wedding!” Marta confessed to struggling with the same dances, which her family teased her about without mercy.

In 2017 she picked her brushes back up, this time turning to watercolors. Much of her work is impressionist to abstract representational. “I do impressionist landscapes. You can tell what it is, but it doesn’t scream it in your face. My florals are more representational, sort of semi-impressionist. A lot of art is metaphysical, not straightforward. I paint to capture the beauty of nature, to express a memory of a place. I want to convey my awe at the beauty of a Tuscan sunset, but that may become an abstract landscape capturing my sense of place. Art is, by nature, hard to define. Trying to convey it in words, especially in a second language, is a bit limiting.”

Recently, she has returned to acrylics, focusing on large-scale pieces. Her process is both quick and slow. “I start quickly, without a plan, and always think, *Oh, I’ll finish this right away!* Then I work on the details for days, remaking the clouds over and over, 20 times for the same cloud! The process of painting, the actual practice of it, is really meditative. There has to be just the right atmosphere — the lights, music, maybe candles. Then, once I’m finished and the work is framed and on the wall, it takes me back to the place I’ve painted in the artwork. It is liberating. It helps me transcend COVID and the lack of planes

to go places. I want to be in Provence, Tuscany, the English countryside. At least I can travel in my mind."

Marta has done a lot of traveling, and not all of it for fun. When the first lockdown hit, she was in London finishing up work on her master's degree in international development. "I'm interested in poverty reduction and how to elevate countries and people out of poverty by improving education, health care and the general quality of life. At the moment, I'm mostly working on my painting, but I was working with a charity helping refugees before the lockdown. My travels have made me more passionate about international development and more aware of what needs to be done."



Marta has exhibited her work in a major group exhibition at Goldmark Cultural Center in Dallas. "It's a common space for artists. I'd like to rent a studio there at some point." She currently has paintings in an exhibit at the Mansfield Public Library. But Marta has also sold her greeting cards at local shops in Cedar Hill and in her shop on Etsy. "I still enjoy making cards. It's very hands-on, and I do it at home. I have a high-quality printer, so I make them all myself. I cut, score and fold them by hand. It's very tactile."

Marta's Bulgarian roots are important to her, but so is her current life in Cedar Hill. "I've lived here since 2014, and I really enjoy the sense of community," she said. "I was on the neighborhood advisory board for a few years, and also volunteered with the arts council. I enjoy making roots here and finding my place." **NOW**

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— By Adam Walker

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Dr. Mikelson MomPremier, MD FACS, is an expert keeping an eye out for the health of your vision. “I’m an ophthalmologist, medically trained, with an internship and residency in eye surgery and a further fellowship in vitreoretinal



surgery and research,” Dr. MomPremier said. Over 14 years of training gives Dr. MomPremier a unique skill set. He is equipped to deal with everything from general ophthalmology to specialized retinal treatment. “In my office, I treat patients with conditions ranging from dry eye to retinal detachment,” he explained. “Our day-to-day services include comprehensive eye complaints, a battery of testing, in-office laser treatments and in-hospital surgeries, as required.”

Diabetic eye disease is a common condition. “If you have diabetes, you should have a yearly eye exam, even if your eyes seem fine,” Dr. MomPremier informed. “We can detect subtle changes before major problems develop, like significant retinopathy, and initiate treatment as soon as possible. Our goal is to save your eyes and significant vision.”

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have microscopic holes in their retinas, which we can laser seal before retinal detachment occurs. It can be treated safely and efficiently in our office.”

Blurred vision, refractive issues and cataracts are other issues Dr. MomPremier is able to diagnose and treat efficiently. “Many patients have seasonal or other allergy issues, and we can prescribe medications to mitigate those problems, too. We bring a very wide scope of practice, a very high degree of training and investment in the very latest equipment to provide the most state-of-the-art treatment to our patients.”

Even the office is designed with the patients in mind. “My wife, Kenya, designed the office when we first started. She chose the furniture and paint scheme to make patients feel comfortable here, to remove the stress of visiting the doctor. It’s like your living room at home. We treat you like family.”

To make sure they keep their patients safe during COVID, Dr. MomPremier and his team take the overall health of their patients and staff seriously. “Everyone is prescreened with a questionnaire,” he explained. “Patients who have any symptoms are rescheduled for two weeks later and referred to their primary care physician. We have infrared scanners at the door to alert staff of anyone with a temperature, and patients without proper masks are provided effective masks upon entry. We follow strict handwashing protocols. Every treatment room is steamed after each use, as well as cleaned with alcohol wipes. We’re also making use of clear barriers to protect patient and doctor, as well as using some indirect examination techniques.” HEPA air filters, UV lights and monitors to detect droplets in the air join self-closing doors and nightly cleanings among the safety precautions taken at MomPremier Eye Institute, PLLC.

Spanish-speaking staff are available, and Dr. MomPremier has training in medical Spanish. He is also fluent in Kreyol and conversational in French. “We’re dedicated to this community,” he proclaimed. “We’ve been here for four years, and we look forward to 40 more!” **NOW**



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Zoomed In: Kevin Robinson Jr.

By Adam Walker

Everyone has been looking for ways to beat the boredom during this pandemic. Kevin Robinson, Jr found a unique way. “This wasn’t really planned. My family was planning a barbecue, and everyone was deciding what to make. I started looking at recipes for sweet potato pie on Pinterest and my aunt’s recipes. I sort of made my own recipe, and it came out good. Mom put it on Facebook, saying, “Look what my son did!” And, a lady at church saw it.

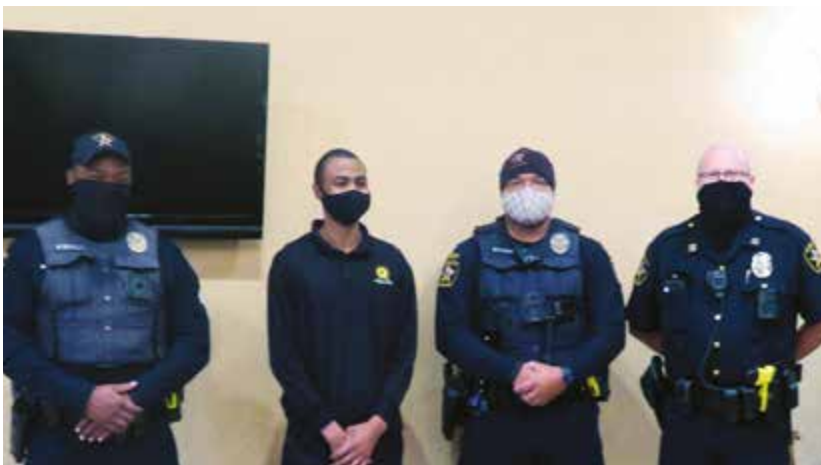
“People started asking for pies, and it’s turned into a side business. I’m doing online school all day, so baking pies takes my mind off everything and makes people happy. I’d like to keep doing it for years, but we’ll see what God has in store.”



Cedar Hill entrepreneur, Skylar Lewis, assists customers, while social distancing, at the Dallas Farmers Market.



Sydney Webb qualifies for the Texas Association of Future Educators state competition in March.



Davion Dawson (2nd-R) of LaQuinta poses with DeSoto PD Corp. Summers, Officer Bryant and Capt. Baker while being recognized for life saving.



CHISD's choir adjusts to the new normal.



Kenneth Govan receives the Honorable Curtistene S. McCowan Distinguished Leadership Award.



DeSoto High School Principal Shon Joseph is named Texas Secondary School Principal of the Year.



First Methodist School Duncanville celebrates the New Year in style.



Alexander and Nick Alvarez enjoy a day outside in between cold fronts.

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Photos by Shane Kirkpatrick.



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CookingNOW

In the Kitchen With SYLVIA CASTAÑEDA

— By Adam Walker

Sylvia Castañeda grew up cooking. “I often spent time with my ‘Mama Grande.’ In fact, I spent so much time with her I believed she was my mom! She loved baking Mexican cookies called *hojarascas*. Baking reminds me of her, and her love language — baking.”

A favorite recipe was Three Day Cake. “This is my most popular recipe. I bake it for birthdays, holidays and weddings. However, the name deters people from trying it. So, when a co-worker asked to include it in a cookbook, I changed it to Heavenly Cake. It tastes heavenly, but if my cake can remind people of God’s goodness, I’m doing the Lord’s work here on Earth!” Though diagnosed with Parkinson’s, she still enjoys cooking, with the help of her husband of 45 years. **NOW**

Honey and Mustard Chicken

1/3 cup Dijon mustard
1/3 cup honey
1 Tbsp. dried dill (or 2 Tbsp. fresh dill)
1 tsp. orange peel, freshly grated
2 lbs. chicken pieces

1. Preheat the oven to 400 F

2. Mix the mustard and honey in a small bowl; add dill and orange peel.

3. Cover a baking sheet with aluminum foil; place the chicken on the baking sheet with the skin down. Using a brush, spread the sauce over the chicken pieces. Turn them around, and spread the sauce under and over the skin.

4. Bake for around 30 minutes.

Candy Strawberries

1 lb. coconut
1 14-oz. can Eagle brand condensed milk
1 6-oz. box strawberry Jell-O (family size)
1 Tbsp. red cake color
2 pkgs. red sugar crystals
1 pkg. green sugar crystals
Slivered almonds
Green cake coloring

1. Combine the first 4 ingredients; let stand in the refrigerator overnight.

2. Shape mixture into strawberry or heart forms (for Valentines). Shake in a covered bowl with red sugar crystals. Dip the tops of strawberries in green sugar crystals.

3. Dye the almonds in green cake coloring. Insert the almonds in the strawberries as stems.

Heavenly Cake

4 oz. frozen coconut
16 oz. sour cream

2 cups sugar
1 box Duncan Hines Butter Cake
1 stick butter
3 eggs
1 cup water
12 oz. Cool Whip
Strawberries (optional)

1. Mix the coconut, sour cream and sugar together in a medium bowl; refrigerate.
2. Prepare the cake batter per instructions on the box, using the butter, eggs and water. Bake in 2 round 8- or 9-inch pans. Let cool; divide both cakes into 2 layers.
3. Set aside 1/2 cup of the coconut mixture; apply the remainder of the mixture between the cake layers.
4. Combine the reserved 1/2 cup of the coconut mixture with the Cool Whip; ice the top and sides of the cake.
5. Refrigerate in a covered cake container for 3 days to allow fermentation. Decorate with fresh strawberries.

Creamy Glaze

1 Tbsp. light cream
1 Tbsp. butter, softened
1 tsp. vanilla extract
1/4 tsp. salt
2 oz. cream cheese, softened
1 1/2 cups confectioners' sugar

1. Mix all ingredients, except the confectioners' sugar, in a mixing bowl. Gradually add the confectioners' sugar. Use as glaze for Carrot Cake.

Chicken Quesadillas

4 chicken breasts
Salt, to taste
1/2 small white onion, chopped
2 cloves garlic
1 Tbsp. olive or vegetable oil
2 Roma tomatoes, chopped
Butter, to taste
1 pkg. flour tortillas
8 oz. asadero or mozzarella cheese, shredded

1. In a medium pan, boil the chicken; add salt. Once the chicken is cooked, shred it. In another pan, sauté the onion and garlic in oil. Add tomatoes and shredded chicken.
2. In a skillet, melt some butter, over medium heat. Warm one tortilla on both sides; place it on a plate. Add a small amount of chicken mixture and cheese on one side, so that the tortilla can be folded; return it to the skillet until the cheese melts completely.
3. Cut into triangles. Note: Chicken can be substituted with cooked shrimp.

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Hot Sauce

- 3 fresh jalapeños, or to taste
- 3 tomatoes
- 2 garlic cloves
- 1/4 bunch cilantro
- 1/4 cup water
- 1 habanero (optional)

1. In a skillet, grill the jalapeños and tomatoes until the skins turn dark on all sides.
2. Remove the dark layers, as much as you can. Place all the ingredients in a blender; blend to chunks.

Carrot Cake

- 1 cup pecans, chopped
- 2 Tbsp. cinnamon
- 2 cups all-purpose flour
- 2 cups sugar
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 cup vegetable oil
- 4 eggs
- 4 cups carrots, grated
- 1 20-oz. can crushed pineapple

1. Preheat the oven to 325 F. Grease a Bundt pan.
2. Combine the first 6 ingredients in a



Chicken Quesadillas

large mixing bowl. Add oil, eggs, carrots and pineapple. Mix well; pour into the prepared pan.
3. Bake for 55-60 minutes. Frost while warm with Creamy Glaze, if desired.

Shrimp Cocktail

- 1 small white onion
- 2-3 jalapeño peppers
- 1/2 bunch cilantro
- 1 large or 2 small avocados
- 24 oz. orange soda
- 24 oz. ketchup
- 2 lbs. small shrimp, cooked and peeled
- Olive oil, for drizzling

1. Chop the onion, jalapeño and cilantro. Cut the avocado into small squares or slices.
2. In a large bowl, mix the soda and ketchup. Add remaining ingredients, except for shrimp and oil.
3. If shrimp are bigger than 1 inch, cut in half. Drizzle shrimp with the olive oil.

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Photos by Shane Kirkpatrick.



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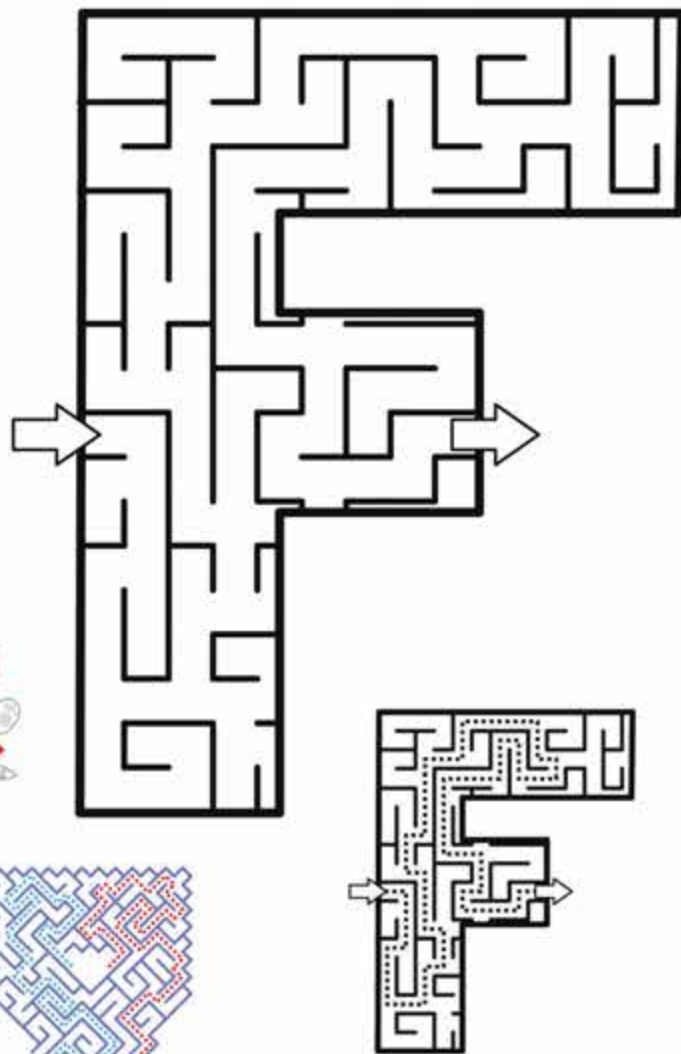
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-				+
=				=
6	+		=	9

7	+	3	=	
+				+
				5
=				=
	-	5	=	

3	+		=	
+				+
				9
=				=
6	+	10	=	



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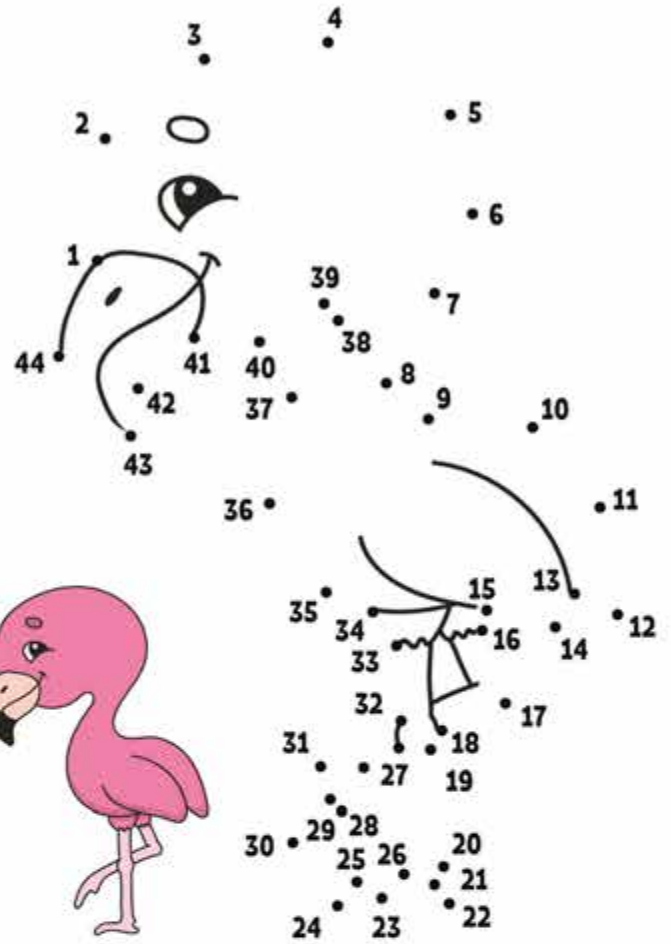
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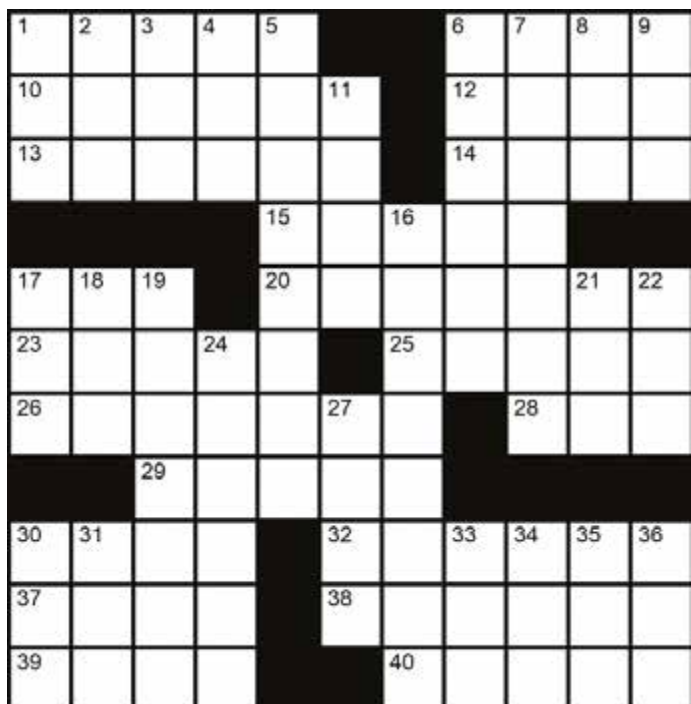
Hot chocolate mugs were found on pages 1, 15, 18, 27, 29

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Crossword Puzzle



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Across

- 1 "I'll eat --- if I'm wrong!"
- 6 "Shane" star Alan ---
- 10 Eccentric old fellow
- 12 Type of race car
- 13 Cloak mental confusion
- 14 Franklin flew one in a storm
- 15 Alleviates
- 17 Big Blue
- 20 Rely on
- 23 Drain by percolation
- 25 Commodious
- 26 Food company in Battle Creek, MI
- 28 Panthers and Rams group
- 29 Ocean capsized this small boat
- 30 Hammer god
- 32 Reply to "Have a good day!"
- 37 After stating your intentions, --- the -
- 38 Oil-rich former Portuguese African colony
- 39 "I guess the joke's ---"
- 40 Dumps

Down

- 1 Studio with lion logo
- 2 Assenting vote
- 3 Coop layer
- 4 Antiviral drug
- 5 Marathon TV program
- 6 In this manner
- 7 "Mother's Day" actress Jennifer ---
- 8 One of Rachel Carson's targets, now banned
- 9 Coloring material
- 11 Raise
- 16 "Go get him ---!" (Shakespeare, Macbeth)
- 17 Class
- 18 Social gathering
- 19 --- X, assassinated activist
- 21 Global financial body
- 22 Largest US city
- 24 "2001: A Space Odyssey" author
- 27 Painter of "La Maja Vestida"
- 30 Snake eyes
- 31 Chinese dynasty at the time of Christ
- 33 "Gross!"
- 34 End of a golf club
- 35 Former
- 36 Western Hemisphere political forum

Solutions on page 44

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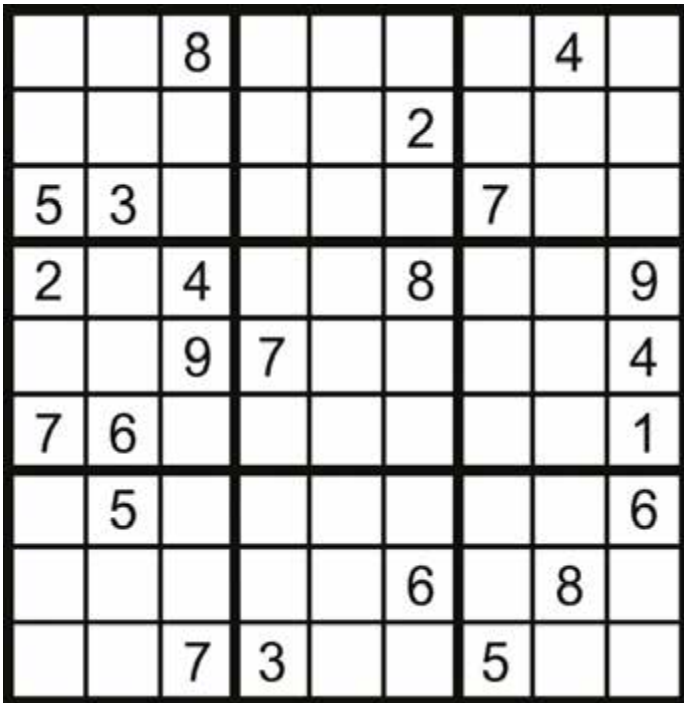
Backflow Testing \$50
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- Foundation watering systems - preserve your foundation's integrity!
- Smart WiFi irrigation controllers - conserve water / save money!
- Smart Irrigation Technology - upgrade your sprinkler system to save money using today's technology!
(Smart WiFi controllers & Flow Meters are just two examples.)
- Maintaining an efficient irrigation system is the key to having a well manicured lawn, conserving water, and saving money!
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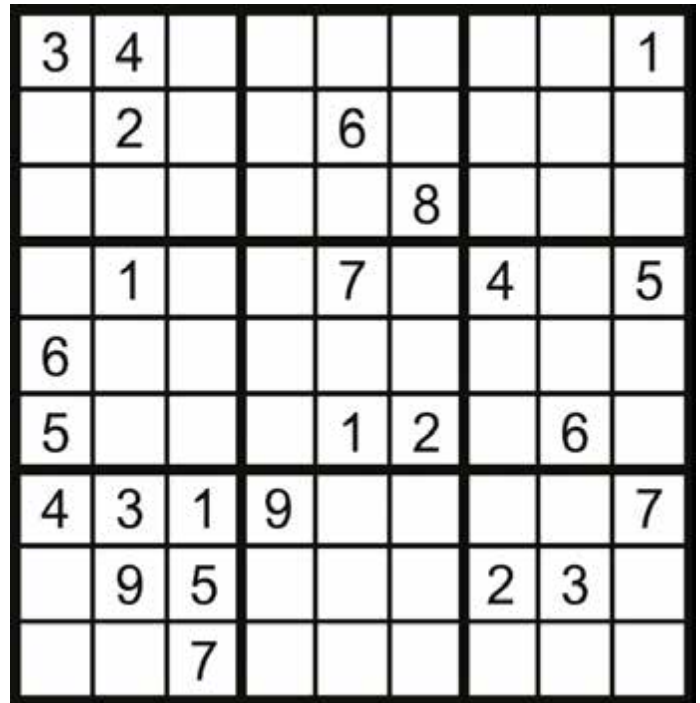
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Sudoku Puzzle

Easy



Medium




For online versions, visit nowmagazines.com


Crosswordsite.com Ltd

Solutions on page 44

Happy Valentine's Day!



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HAPPY, Valentine's Day

FEBRUARY

Due to COVID-19, 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.

2/6

Family and Friends CPR Course:

Learn how to save a life.
\$20 (plus \$2 for the book).
9:00-10:00 a.m., Absolute
CPR and Allied Health Training,
402 W. Wheatland Rd.,
Ste. 180, Duncanville.

2/25

Town Hall Meeting:

Join by Zoom to learn about
mental health issues. Free.
6:30-8:00 p.m. See the link
on the DeSoto city calendar.

Thursdays

YouthTellers:

Learn the art of storytelling.
5:00 p.m. See the Zula B. Wylie
website for links.

Fridays

Heroes and Helpers Story Time.

10:30 a.m. on the
Zula B. Wylie Library
Facebook page.

Last Fridays

Poetry Night:

Join an open mic night,
open to all ages, talents
and styles. Authors and
musicians are welcome.
Black and Bitter Coffee,
100 S. Main St.,
Duncanville.

Saturdays and Sundays

Duncanville

Pop-Up Market:

Come enjoy food and
shopping with amazing vendors,
artists, creators and musicians.
Free. Noon-5:00 p.m.,
511 E. Camp Wisdom Rd.,
Ste. A, Duncanville.

First and Second Saturdays

Vision Boards:

Come with your dreams.
All materials provided.
Refreshments served. Home
large enough for social

distancing. \$25.
Noon-2:00 p.m.,
214 Cozy Ln., Cedar Hill.
Call (214) 515-2884 to RSVP.

Third Saturdays

Duncan Switch Saturday

Street Market:

The event includes
vendors, food and fun.
9:00 a.m.-3:00 p.m.,
Main and Center streets,
Duncanville.

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

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safe return to live theatre!*

Crossword - Sudoku Solutions

1	M	Y	H	A	T			6	L	A	D	D					
10	G	E	E	Z	E	R	11		12	I	N	D	Y				
13	M	A	N	T	L	E		14	K	I	T	E					
							15	E	A	S	E	S					
17	I	B	M				20	T	R	U	S	T	I	N			
23	L	E	A	C	H			25	R	O	O	M	Y				
26	K	E	L	L	O	G		27	G			28	N	F	C		
							29	C	A	N	O	E					
30	T	H	O	R			32	Y	O	U	T	O	O				
37	W	A	L	K			38	A	N	G	O	L	A				
39	O	N	M	E								40	S	H	E	D	S

Easy

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

Medium

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

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Pastors Adam + Jami McCain
Hill City Lead Pastors

hillcity.us