

SouthwestNOW

M A G A Z I N E

MARCH 2026

Motocross Marlee

Marlee Holladay
makes a name
in BMX



Big Art, Little Village

La Villita blends
colonial history with
modern creativity

Also inside:
Scavenger Hunt
Crossword
CookingNOW:
Irish-inspired
Comfort Food

.....ECRWSS EDM.....
Postal Customer
FIRST CLASS
U.S. POSTAGE
PAID
DALLAS TX
PERMIT #400



ANDERSON MEDICAL GROUP
— OF TEXAS —

YOUR HEALTH. OUR CARE.



ABOUT AMG

Anderson Medical Group of Texas provides comprehensive adult medical care, with a special focus on Medicare and Medicare Advantage patients, addressing acute and chronic conditions. Our providers are dedicated to delivering preventative, diagnostic, and treatment services tailored to our patients' unique healthcare needs, ensuring high-quality, patient-centered care across the spectrum of adult medicine.

WHY CHOOSE US?

- 24/7 Patient Support
- Same-Day Appointments
- Personalized Care Plans
- Telehealth Appointments
- State-of-the-art Technology
- Comprehensive Wellness Programs

OUR SERVICES

- Annual Wellness Visits
- Annual Physical Exams
- Adult Preventive Health Screenings
- Patient Education
- Immunizations
- Preoperative Evaluations

AMG CARE MANAGEMENT SERVICES

- Advanced Primary Care Management
- Chronic Care Management
- Remote Patient Monitoring
- Continuous Glucose Monitoring

MEDICARE AND MEDICARE ADVANTAGE PRIMARY CARE PROVIDER

**ACCEPTING NEW PATIENTS
CONTACT US TODAY!**



469.981.2648



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



info@amgoftexas.com



www.amgoftexas.com

TIME TO
UPDATE
YOUR KITCHEN?

MTM
Countertops

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

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



**American
Made**

*Granite, marble & quartz fabricator for kitchen
& bathroom countertops.*

*Extensive color selection combines beauty,
function & elegance for any bathroom or kitchen!*

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

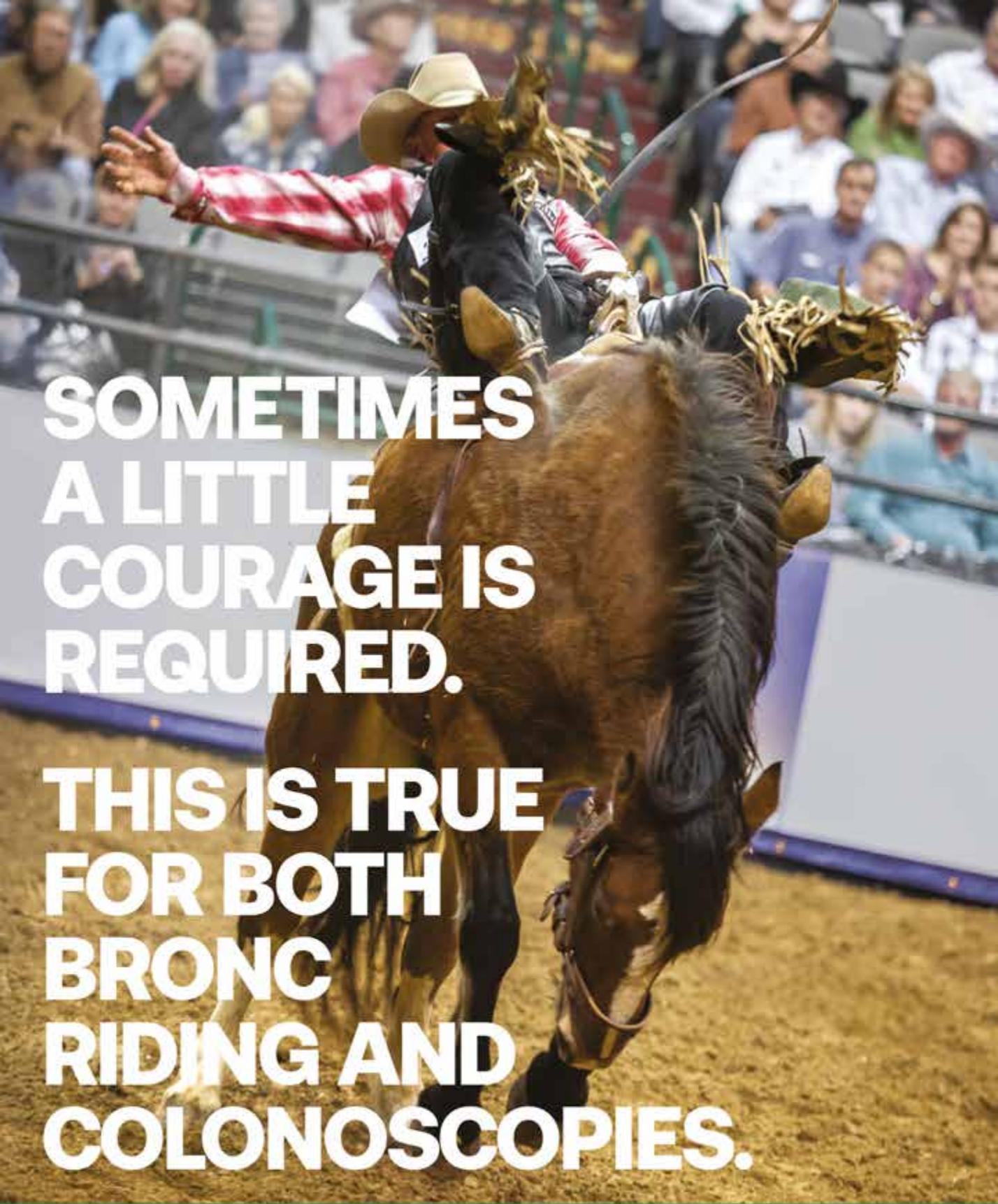
2460 Hwy. 287 N. • Mansfield

(Northbound service road – between Callendar Rd. & Turner-Warnell)

For more info call 817.477.8663

LIKE US





**SOMETIMES
A LITTLE
COURAGE IS
REQUIRED.**

**THIS IS TRUE
FOR BOTH
BRONC
RIDING AND
COLONOSCOPIES.**

We know both can take some guts. But just like riding a wild bronc, a colonoscopy is something you don't have to face alone. With our experienced team, you're in good hands. And don't worry, this isn't our first rodeo, let us help you take the reins on your health.

Your healthcare journey starts here.

4.5 ★★★★★  TexasHealthMansfield.org/DigestiveHealth • 2300 Lone Star Road, Mansfield

 **Texas Health**
Hospital[®]
MANSFIELD





Serenity Advanced Dentistry

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

GriefShare® Grief Support Group

Help and encouragement after the death of a loved one

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.

First Baptist Church Cedar Hill

Tuesday, March 3 at 6:30pm

602 West Beltline Rd. Building #1, Cedar Hill, TX 75104

Register @ FBCCH.com/griefshare or call 972-291-7195

March 2026
Volume 20, Issue 3



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

ON THE COVER

Marlee Holladay cuts the competition down to size.



Photo by
Shane Kirkpatrick.

Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Southwest Editor, Adam Walker
Office Assistant, Kristin Bato
Writer, Angel Morris
Editor/Proofreader, Virginia Riddle

GRAPHICS AND DESIGN

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

PHOTOGRAPHY

Photography Director, Chris McCalla
Photographers, Shane Kirkpatrick

ADVERTISING

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

Billing Manager, Angela Mixon

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2026. 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.



Serving DeSoto, Cedar Hill, Glenn Heights & Lancaster Families

(469) KOS-4KID

A Safe, Fun Place Where Kids Learn & Grow



- Nutritious Meals Daily** (Breakfast, Lunch & Dinner)
- Homework Help & Daily Devotionals**
- CPR/First Aid Certified, Faith-Based Staff**
- Before & After School Care for Ages 0-13**
- Fun Activities & Weekly Enrichment**

NEW FAMILIES:
Get 1 Week FREE Child Care!
Call 469-567-4543 to find out more details and redeem your voucher!

Proud to be the Only 4-Star Rising Star Facility in DeSoto!

Kosmic Kids Learning Center
1101 East Pleasant Run Road, DeSoto, TX 75115
KosmicKidsTx.com

Spine care made for you.

Welcome, Timothy Choi, MD with AOA Orthopedic Specialists.

We're excited to welcome **Dr. Choi** to our hospital clinic! With a passion for helping patients find relief from spine pain, Dr. Choi specializes in advanced techniques like minimally invasive spine surgery. His mission is simple: to restore your freedom to move, live fully, and enjoy life's most important moments.



Timothy Choi
MD



Schedule an appointment today.

AOA Orthopedic Specialists

817.375.5200



707 Highlander Boulevard
Arlington, TX 76015

Photography may include models or actors and may not represent actual patients. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers or Baylor Scott & White Health, Baylor Scott & White Orthopedic and Spine Hospital - Arlington is a facility in which physicians have an ownership or investment interest. The list of physician owners or investors is available upon request. BRM-990852 ©2025 Baylor Scott & White Health.



Marlee “Lil MJ” Holladay began riding a balance bike not long after she learned to stand on her own two feet. Balance bikes have no pedals, but let kids push themselves with their feet, then lift them up to glide. The concept allows children to develop their balance more naturally before advancing to a bike with a driving train. “I was 2 years old on my first Strider bike. Once I learned how to pedal though, I started BMX racing at my local track,” Marlee recalled.

The third-grader is now an old pro. “My mom and her family started racing in 2001, so it’s kinda a family thing. I was born into the Reno racing family in 2016 and had my first jersey before I could walk!” Marlee said.

For those unfamiliar, BMX stands for bicycle motocross, a high-speed sport that requires participants to compete on dirt tracks featuring banked turns, jumps and rollers. Typically lasting just 30-40 seconds, the intense races involve multiple heats with top finishers advancing to a final race. “I race BMX, which is just like motocross, but my legs are my motors,” Marlee explained. “We race over big dirt hills and sometimes out of gates two stories tall!”

ROSS LEE

— By Angel Morris



Marlee participates in a weekly practice and local races on the weekends. “The most exciting thing about BMX is the racing friends that I get to meet all over the country! We all get to meet up and see each other every November for the biggest race of the year, the Grand National in Tulsa, Oklahoma,” Marlee shared. “I also got to meet some people from other countries when I competed at the World National last May where I did a jersey swap with a girl from Belgium.”

DeSoto BMX is the area track where Marlee has trained from the start.



\$5 OFF
\$25 PURCHASE **CAMPUZANO**
 Expires 3/31/26 SWN
 MAY NOT BE COMBINED WITH THE \$6.99 ENCHILADA SPECIAL.

BRUNCH
Saturday & Sunday
10AM-3PM

- Waxahachie
- Cedar Hill
- Dallas (Oak Lawn)

CampuzanoMexicanFood.com



JOHNSON TAX

MAX REFUND. DONE RIGHT.

**OWED TAXES LAST YEAR?
 YOU MAY BE OVERPAYING.**

MISSED DEDUCTIONS. WRONG WITHHOLDING.

FREE TAX REVIEW. BRING THIS MAILER.

**PROFESSIONAL TAX
 PREPARATION FOR
 INDIVIDUALS AND
 BUSINESS OWNERS**

**CALL
 972-975-9600
 TODAY**

LIMITED APPOINTMENTS AVAILABLE.

**3200 W PLEASANT RUN RD
 SUITE 150
 LANCASTER, TX 75146**

JOHNSONTAX.COM



**CHRISTE JOHNSON, MBA
 TRUSTED TAX ACCOUNTANT
 5-STAR REVIEWS ONLINE**



SCAN TO BOOK YOUR APPOINTMENT





According to the city of DeSoto's website, the facility is of national quality, featuring massive berms and jumps, plus 1,000 yards of hand-packed dirt. It was America's first covered facility built exclusively for racing, and "this 60,000-square-foot lighted track plays host to local, district,

state, regional and national motos year-round in all racing categories."

A three-time Race of Champions winner, three-time South Central Gold Cup Champion and three-time Texas State Champion, Marlee hopes her skills will take her far in the sport. "In the future, I hope to be an awesome pro, maybe even an Olympian!"

Following its massive growth in popularity since the 1970s, BMX was added to the 2008 Olympic Games in Beijing, China, for the first time by the International Olympic Committee. Marlee is inspired by racer Alise Willoughby, who has earned bronze, silver and gold medals at the BMX World Championships, and was the silver medalist in the 2016 Olympic games.

To get there herself in the future, Marlee said she does have at least one obstacle to face. "A challenge I'm currently trying to overcome is learning to jump or manual over the hills. A manual is like a wheelie," she explained.

Marlee approaches her other interests — including academics,

gymnastics, cheerleading and being a good big sister — with excellence and dedication. "It's important to always try your best," she said.

Marlee attends a weekly gymnastics class and has some gymnastics equipment for training at home, too. She loves animals and hopes to someday be a veterinarian for exotic animals.

In the meantime, Marlee is grateful for the family who supports her in all her endeavors. "My mom, Destinee; dad, Kyle; little brother, Ashton; Mimi and Pops, who take me on all my racing adventures; and my cheerleaders at home — Granny, Peepaw, cousin Emmaleigh, Uncle Mikey, Aunt Sara, Uncle Trent and two great-grandmas," she credited.

Marlee encourages anyone interested in BMX racing to check out a practice or competition. "BMX is a family sport and people of all backgrounds can come together and have fun. You're sure to make friends at your local track. You will love it," she promised. "The DeSoto BMX track is a very welcoming community. We would love to see you there!" **NOW**



Looking for a bank that's less... banklike? Say no more. It's people first, second and third here.

Visit 150 E Hwy 67, Ste 110 | Duncanville, TX 75137
or call (800) 51-FROST.

Scan for more info



Member FDIC
© 2025 Frost Bank.



STOP ARTHRITIS IN ITS TRACKS

DISCOVER THE POWER OF A2M

DISCOVER THE POWER OF A2M (ALPHA-2-MACROGLOBULIN)

A NATURAL DEFENSE AGAINST JOINT & TISSUE DAMAGE

A2M is a powerful protein found in your blood that plays a crucial role in protecting your joints and tissues from damage. Scientists have discovered its incredible potential in regenerative medicine, particularly for those suffering from joint pain, arthritis, and other degenerative conditions.

*Happy
St. Patrick's
Day*

Key Benefits of A2M Therapy:

- **Protects & Preserves Cartilage:** A2M acts as a natural inhibitor, preventing harmful enzymes from breaking down cartilage and joint tissues.
- **Reduces Inflammation:** It helps decrease inflammation, which is a leading cause of joint pain and degeneration.
- **Slows Disease Progression:** A2M therapy has shown promise in slowing the progression of osteoarthritis and other degenerative conditions.
- **Non-Surgical Treatment Option:** A2M therapy offers a regenerative, non-invasive alternative to surgery and long-term pain medications.
- **Supports Natural Healing:** By neutralizing destructive enzymes, A2M helps promote the body's natural healing processes.
- **Potential for Long-Term Relief:** Many patients experience long-term symptom relief and improved joint function after undergoing A2M therapy.

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
Integrative Medicine

905 FERRIS AVENUE • WAXAHACHIE • WWW.COMPLETEHEALTHMEDICALCENTER.COM



WE TAKE CARE OF YOU NOW AND LATER.

Seasonal maintenance helps improve comfort, indoor air quality, and system reliability before summer arrives.

Proudly Serving Duncanville and Surrounding Cities

SCHEDULE YOUR SPRING
HOME CHECK TODAY!

SCAN HERE



★ Comfort Plus Plan – \$160/year

One-time annual payment

One professional spring check-up

One professional fall check-up

Priority scheduling

Member discounts on repairs

Designed to help maintain comfort and reduce unexpected breakdowns throughout the year.

KeepingAmericaCool.com

Heating ★ Air Conditioning ★ Plumbing ★ Electrical

214-333-4410

REGULATED BY: TEXAS DEPARTMENT OF LICENSING & REGULATIONS P.O. BOX 12157 AUSTIN, TX 78711 512-463-6599
TACLA21383E TECL#84850 M40136



A Registered Nurse will evaluate the patient for the referring physician, or a referral can be made by a nurse, social worker, case manager, clergy, friend or family member. We then contact the patient's physician for admission orders.

HCNTM
Home Care Network
Bringing Healthcare Home

SERVICES

- SKILLED NURSING VISITATION
- PHYSICAL THERAPY
- SPEECH THERAPY
- OCCUPATIONAL THERAPY
- SOCIAL SERVICES
- HOME HEALTH AIDES
- DIETICIAN

CARE

- PHYSICIAN DIRECTED PLAN OF CARE
- PERFORMING CONTINUITY OF PATIENT CARE BETWEEN PATIENT, FAMILY, AND DOCTOR
- WOUND/OSTOMY/WOUND VAC CARE
- PICC LINE/IV ABT MANAGEMENT
- GASTROSTOMY/FEEDING TUBE MANAGEMENT
- FOLEY/SUPRAPUBIC CATHETER MANAGEMENT
- ASK ABOUT OUR SPECIALTY PROGRAMS

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

TOLL FREE 1-877-270-2001

www.HomeCareNetwork.com





— TALES OF TEXAS —

BIG ART, LITTLE VILLAGE

— By Angel Morris

When thinking of San Antonio, one might first remember the Alamo or the city's famed River Walk. While both are popular tourist attractions, there is another must-see spot when traveling to San Antone ... La Villita.

Dating back some 300 years, La Villita — which translates to “little village” — is a cornerstone of the city and could be considered San Antonio’s first neighborhood. Originally the site of a Coahuiltecan Indian village, La Villita was known as Pueblo de Valero from 1795-1809. Listed on the National Registry of Historic Places, the neighborhood has served not just as a home but also as a refuge through time.

Early residents were probably members of the Coahuiltecan Indian village and had no legal title to the land, which ran along the banks of the San Antonio River and was part of the lower farmlands of Mission San Antonio de Valero (what would later be called the Alamo). Military located nearby at the Presidio San Antonio de Béjar provided protection for soldiers and their families to build homes and raise crops and livestock without fear of Indian raids.

In 1809, La Villita joined the Presidio and the Villa de San Fernando, along with surrounding missions, to become a township ... what we now know as San Antonio. An 1819 flood is said to have washed away fragile brush huts, which were replaced by sturdier adobe houses.

Beginning in October 1835, Texas fought for independence from Mexico, and La Villita was not immune to revolutionary activity. A local resident, Samuel A. Maverick (who would go on to be a signer of the Texas Declaration of Independence), made note in his journal on November 2, 1835: “... nothing done today, but a little firing at long distances and without effect, at the picket guards of the Mexicans in the edge of La Villita.” It is believed that General Martín Perfecto de Cos surrendered to Texan commander General Edward Burleson following the Battle of San Jacinto, signing the articles of surrender at his home ... a building at 418 Villita Street that is today called the Cos House.

The mid- to late-19th century saw the arrival of European immigrants, and along with them new culture and architecture. The population of San Antonio grew from 12,200 to 20,500 between 1870 and 1880. An already multicultural environment of Americans, Germans and Mexicans grew to include people of Irish, French and English descent. A variety of trades existed, from stonecutters to

lawyers, dressmakers to doctors, and many roles in between. While both renters and home owners invested in the La Villita neighborhood, by the early 20th century, the area is said to have fallen into disrepair.

San Antonio Mayor Maury Maverick initiated an ordinance in 1939 dedicated to restoring the once vital township, around the time the Works Progress Administration initiated its \$400,000-plus River Walk Project ... which is credited with bringing new life to the area. La Villita's cobblestoned streets still give a whimsical nod to its 18th-century beginnings, but WPA architect Robert H.H. Hugman's use of stonework in the area was criticized at the time of the River Walk Project. Nevertheless, a cultural art hub was born as buildings were restored and many artists were drawn to the community in the 1940s.

Upon the WPA project's completion in March 1941, improvements covered 8,500 feet of river banks and 21 blocks of land. On the southern bank, La Villita remains, "one artsy square block in the heart of downtown San Antonio." Some of its buildings are said to have been continuously occupied for 200 years, ranging in style from adobe clay to limestone.

Today, more than two dozen shops and galleries share handmade, local wares from jewelry-making and metalsmithing to body care and painting. Visitors come to shop and enjoy many special events each year ... including the St. Patrick's River Parade and Festival, Starving Artist Art Show, RiverArtober, Día de los Muertos Celebration and Holiday in the Village. Restaurants serve up bold flavors from barbecue and Tex-Mex to German-inspired foods. While embracing its humble beginning, La Villita has managed to become an entrepreneur district of resident artisans and craftsmen attracting the tourists who continue to keep the area alive. **NOW**

Sources:

1. <https://sanantonioreport.org/preservation-seminar-to-examine-how-wpa-projects-transformed-san-antonio/>.
2. <https://www.lavillitasanantonio.com/>.
3. <https://www.flickr.com/photos/wallyg/42010385505>.



YOU CAN LIVE AGAIN SEA MOSS STORE

FEEL GOOD. NATURALLY.

Our Sea Moss Fruity Refreshers are wellness drinks designed for everyday support, using ingredients your body recognizes and responds to.

Simple. Refreshing. Affordable.

Wellness Drinks Available in:
Blueberry Blast, Strawberry Lime, Turmeric Ginger, Pineapple Ginger & More

10% OFF with coupon
Cannot be combined with any other coupon. Expires 3/31/26

BLUE ENERGY
Blueberry Sea Moss Refresher

WELLNESS DRINKS

 youcanliveagainseamoss
 You Can Live Again Sea Moss Store



324 E. Beltline Rd, #200 DeSoto, TX
214-622-5755
(located in the food court)
New Hours: Mon 10 am - 6 pm
Tues thru Sat 10 am - 7 pm • Sun 10 am - 4 pm
YouCanLiveAgainSeaMoss.com



CROSS TIMBERS
EAR, NOSE AND THROAT

Experience the Healing Difference!

- Sinus/Nasal Conditions
- Sinus & Allergy
- Pediatric ENT Services
- Ear Conditions/Services
- Throat/Voice Conditions
- Head/Neck Conditions
- Sleep Conditions/Services
- Hearing Aids

Now seeing patients at our new location!
801 E. Debbie Lane, Mansfield
817-261-3000
Additional locations in Midlothian and Arlington

www.crosstimbersent.com

Scan for more info!




Why Critters Love Tile & Older Roofs

In North Texas, it's incredibly common for squirrels and other critters to find their way into roofs, especially tile roofs and older roofing systems. They're not trying to destroy your home; they're looking for warmth, shelter, and a quiet place to nest. Unfortunately, small gaps around flashings, aging materials, or shifted tiles make that easier than most homeowners realize.

We see this a lot on tile roofs, where traditional materials like lead flashing or older sealants have broken down over time. Once animals find a soft spot, they'll chew, dig, and widen it just enough to get inside. From there, damage can spread quickly; chewed underlayment, displaced tiles, and hidden water intrusion that often isn't noticed until stains show up inside the home.

At Shepherd Roofing & Renovations, we focus on fixing these issues the right way and preventing them from coming back. That means reinforcing vulnerable areas with modern, flexible, and animal-resistant materials like Wakaflex®, properly resetting tiles, and paying close attention to transitions and penetrations.

Most of the time, these problems are caught early during routine inspections. Regular inspections allow us to catch early signs of animal activity, worn flashings, or shifted tiles before they become major issues. Protecting what's above your home starts with protecting what's beneath the surface.

Good roofs don't just keep water out. They keep everything else out too.



"Roofing has been in my family for generations. I went full-time in 2012, and Shepherd Roofing & Renovations was built on Christian values, integrity, and quality workmanship. With over 100 years of combined experience, our goal has always been to do the right thing and take care of our customers."

— David Espinoza, Owner

ShepherdRoofingRenovations.com | FB: Shepherd Roofing Renovations

hello@srrteam.com (972) 244-3705

2626 Cole Ave., Ste 300B, Dallas, TX 75204



SAY GOODBYE TO NERVE PAIN – NATURALLY! REVOLUTIONARY NEUROPATHY TREATMENTS ARE HERE!

Are you battling burning, tingling, numbness, or stabbing nerve pain in your feet, legs, or hands? Don't just cover it up — heal it at the source with our comprehensive, drug-free neuropathy program!



OUR PROVEN PROTOCOL INCLUDES:

- **Shockwave Therapy** – Stimulate healing & improve circulation
- **Infrared Light Therapy** – Soothe pain and regenerate damaged tissue
- **Vitamin IV Therapy** – Deliver essential nutrients directly to your cells
- **Microcurrent Stimulation** – Reboot damaged nerves on a cellular level
- **Neurostimulators** – Enhance your body's natural healing signals
- **PRP (Platelet-Rich Plasma) Injections** – Regrow nerves with your body's own power
- **Chiropractic Adjustments** – Realign your spine and optimize nerve flow
- **Physical Rehabilitation** – Rebuild strength, stability, and function



**NO DRUGS.
NO SURGERY.
REAL RESULTS.**

OUR HOLISTIC APPROACH
TARGETS THE ROOT CAUSE
OF YOUR NEUROPATHY—
SO YOU CAN WALK, MOVE,
AND LIVE PAIN-FREE AGAIN.

*Feel your feet.
Reclaim your life.*

**CALL NOW TO SCHEDULE YOUR CONSULTATION TO SEE IF YOU
ARE A CANDIDATE FOR THIS CUTTING EDGE MEDICAL TREATMENT.**

469-732-0880 OR 972-937-0086

Convenient Location | Flexible Hours | Personalized, Compassionate Care



COMPLETE HEALTH MEDICAL CENTER
Integrative Medicine

905 FERRIS AVENUE • WAXAHACHIE • WWW.COMPLETEHEALTHMEDICALCENTER.COM



Zoomed In: Aiden Pennebaker

By Adam Walker

Aiden Pennebaker knows how to take aim and stay on target. He was busy setting up and getting in a little practice before the Wednesday evening archery class that he teaches at the Duncanville rec center. "I started doing archery in eighth grade. They had an archery program at my school, and I enjoyed competing. I've been teaching here for the last two years," he said. Aiden had racks of bows and rows of quivers full of arrows ready for the arrival of his students, as he began wheeling out the targets. He put up protective drapes to save the gym walls from errant arrows. "I really enjoy archery. I don't compete anymore, but I love teaching it."



Diego, Luka and Nico Cortes get in some bonding time in the play area at Hillside Village.



Cain Campbell wins MVP honors from his team, the SED Wolverines. He averaged 15.3 points per game and 9 rebounds.



Elizabeth Koerner sells Girl Scout cookies for Troop 5501.



Benjamin Pearson is congratulated by Principal Yolanda Hanspard and his mother, Tamara, as he wins the DeSoto ISD spelling bee.



Lisa and Cecilia Gammon enjoy a sunny day at Kidsville Park. Cecilia brought her scooter and snacks.



GET OFF THE PAIN TRAIN!

HAPPY
St. Patrick's Day

Say Goodbye to Back & Neck Pain — Without Surgery!
Discover the Healing Power of
Non-Surgical Spinal Decompression

STRUGGLING WITH CHRONIC PAIN?

You've tried everything — pills, injections, maybe even considered surgery... but the pain just keeps coming back.

Non-Surgical Spinal Decompression is a revolutionary treatment that gently stretches the spine, relieving pressure on discs and nerves — and helping your body heal itself.

Imagine:

- No more sharp, shooting pain
- No more sleepless nights
- No more missing out on life

Real Relief for:

- Herniated & Bulging Discs
- Sciatica
- Degenerative Disc Disease
- Chronic Neck & Low Back Pain

BOOK NOW TO RESERVE YOUR SPOT.
469-732-0880 or 972-937-0086

or email us at: completehealthmedicalcenter@gmail.com



COMPLETE HEALTH MEDICAL CENTER
Integrative Medicine

905 FERRIS AVENUE • WAXAHACHIE • WWW.COMPLETEHEALTHMEDICALCENTER.COM



Zoomed In: Andrew Doyle

By Adam Walker

Andrew Doyle stopped in front of one of the colorful balloon sculptures decorating the lobby of the Traphene Hickman Library in Cedar Hill. “I’m the lead library services rep,” he explained. “I oversee the LSR team. We man the service desk and interact with people coming in. I enjoy getting to help people find the books they want and connecting them with library services. We also help with shelving. Another part of my job here is serving as an advisor to the Mayor’s Teen Council. That’s a lot of fun. I’ve been working at the library for about three-and-a-half years now, and I love working here,” he enthused. Just before agreeing to have his photo taken, he realized, “Oh, look! I’m wearing my Selena T-shirt today!”



Xavier Walker explores the crunchy stuff in his front yard.



Officer J.J. Hooker smiles after working off-duty security for a sweet sixteen party and checking in on the basketball games at the rec center.



Elizabeth Chikwaikwai displays her crochet and knitting at Knick Knacks.



Daralyn Whitten shows off the DeSoto Library’s Black History Month display.



Ryann Campbell celebrates her birthday at Byrd Middle School with friends and co-workers, Luz Baron and Felicia Thomas, after the ice storm cancelled her trip to LA.

EXTREME TACTICS AND TRAINING SOLUTIONS

Your premier outdoor shooting range in North Texas



OPEN TO THE PUBLIC 9AM-5PM

972-268-2485



VISIT OUR WEBSITE FOR UPCOMING CLASSES.



OPEN 7 DAYS A WEEK, RAIN OR SHINE

620 Greathouse Rd., Waxahachie, TX 75167 • www.ettsgunrange.com



WE OFFER A VARIETY OF SERVICES, INCLUDING:

- Integrated and Functional Medicine
- Weight Loss
- Peptides
- Hormone Therapy
- Botox
- Migraines
- Treatment of:
 - Neck, Back and Joint Pain
 - Neuropathy
 - Musculoskeletal Discomfort
- Chiropractic
- Physical Therapy
- Laser Therapy
- EMS (Electrical Muscle Stimulation)



Natalie N. Fontenot
FNP-C



Sylvia Flores-Bugarin
FNP-C, DC

CENTRALMEDICAL CENTER

Phone: 214-760-9701
CENTRALMEDCENTER.COM

LOCATIONS:

2913 Canton St., Dallas, TX 75226
420 W 2nd St., Irving, TX 75060

Waxahachie Coming SOON
128 N Hwy. 77, Waxahachie, TX 75165

Preparedness Is Priceless: Five Financial Considerations for Greater Peace of Mind

As wealth grows, financial decisions become more complex and interconnected. Even when day-to-day expenses are covered, you might be concerned about liquidity, asset allocations, taxes or estate planning complexity, as small oversights can lead to big consequences over time.

Thoughtful preparation brings structure to that complexity. While uncertainty is unavoidable, a disciplined approach can protect what you've built, preserve flexibility and make your financial life more manageable at every stage.

Here are five considerations to help remove tension and help you enjoy the wealth you've worked hard to build.

1. Establish centralized financial visibility. As assets span multiple accounts, entities and ownership structures, maintaining clear oversight becomes increasingly important. Secure digital tools that consolidate your assets and obligations into one place can support better planning, simplify tax coordination, help surface irregular activity and ensure continuity if others need access in an emergency.

2. Be intentional about liquidity. Unexpected expenses can derail your financial plan if too much of your money is invested in illiquid assets like real estate, operating businesses, private investments or qualified retirement

accounts. Maintaining several months of readily available cash allows you to manage unexpected expenses without disrupting your long-term strategies, and respond to opportunity, volatility or change on your own terms.

3. Revisit diversification. Without a periodic review, investment holdings can drift away from your long-term goals and risk tolerance. If your wealth is heavily influenced by a single company, concentration risk can quietly increase. Reviewing diversification across industries and asset types can help maintain balance and reduce volatility over time.

4. Insure against uncertainty. Natural disasters, car accidents, health crises or lawsuits are unpredictable, and when they occur, the impact can extend beyond the immediate loss. Check in with your risk advisor to make sure your health, homeowners, auto, life and disability coverage remain aligned with your needs. Umbrella liability and long-term care coverage can also play an important role as assets, properties and family responsibilities evolve.

5. Ensure estate planning continuity. Keeping your will, trust and power of attorney selections current helps ensure your intentions are carried out as circumstances evolve. Creating a file for your loved ones that includes your planning documents, essential contacts, account numbers, login info and other important details will support a smooth transition when needed.

*Investment management services and trust services are offered through Frost Wealth Advisors of Frost Bank. Brokerage services are offered through Frost Brokerage Services, Inc. Member FINRA/SIPC, and investment advisory services are offered through Frost Investment Services, LLC, a registered investment adviser. Both companies are subsidiaries of Frost Bank. Additionally, insurance products are offered through Frost Insurance. Deposit and loan products are offered through Frost Bank, Member FDIC. Investment and Insurance Products: **Not FDIC Insured. Not Bank Guaranteed. May Lose Value.***

Aura Vasquez is vice president of Frost Bank in Duncanville. (214) 515-4783.

Spring Cleaning Offer

15% OFF

when you book your first clean



Limited Offer. New customers only. Cannot be combined with other offers.

★★★★★

The Maids never disrupt my schedule. Fast and efficient work every time. I can't believe they're done in less than 2 hours and clean things I didn't even know were dirty!

- ✓ PROFESSIONAL QUALITY HEPA filtered vacuums
- ✓ CONSISTENT 100% satisfaction guarantee
- ✓ TRUSTED bonded & insured teams

Locally Owned & Operated
972-850-9299
www.maids.com/309



Certain restrictions may apply under license from The Franchise & Sponsor Company or its affiliates.



RICK JAYNES **LAURA ELLIOT JAYNES** **KIM EDMONSON**

GREG WILSON **JONATHAN BEGGS** **MATT REILLY** **EDDIE SANCHEZ**

Serving families with compassion in the new year.

Caring Hometown Service Since November 1998

Jaynes Memorial Chapel

811 S. Cockrell Hill Road, Duncanville, TX 75137
facebook.com/jaynesmemorialchapel
jaynesmemorialchapel.com

CHECK OUT WHAT OUR COMMUNITY HAS TO SAY!





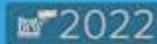
“A” RATING TEA Texas Education Agency

FOR COLLEGE, CAREER AND MILITARY READINESS

“B” DISTRICT RATING TEA Texas Education Agency

4-DAY SCHOOL WEEK

BEST IN DFW



LIFE SCHOOL

lifeschool.net • Public Charter



Accepting New Patients

**Now Accepting
Managed Medicare Patients**
(Please Call for Details)

Same-Day Appointments



**Optimize Your
Hormones**

Unlock balance naturally with bioidentical hormones! Enhance your health journey with DIM—supporting hormone metabolism and promoting wellness from within. Feel your best everyday!



**Individualized
Weight Loss**

Take charge of your weight loss journey with cutting-edge solutions! Discover the power of oral medications and GLP-1 agonists—designed to support appetite control and sustainable results. Your transformation starts today!

972-709-3415

947 Scotland Dr., Ste. 107, DeSoto, TX

www.PhillipsFamilyMedical.com • Email: info@pfmed.net



IRISH-INSPIRED COMFORT FOOD

When St. Patrick's Day rolls around each March, most Americans reach for food coloring and dye everything emerald green. But Ireland's culinary traditions offer something far more satisfying: honest, hearty dishes built on simple ingredients that warm you from the inside out. These recipes celebrate straightforward comfort that feels especially welcome as winter gives way to spring. **NOW**

Traditional Irish Soda Bread

4 cups all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 Tbsp. sugar
1 3/4 cups buttermilk

1. Combine the flour, baking soda, salt and sugar in a large bowl.
2. Make a well in the center; pour in the buttermilk.
3. Stir with a wooden spoon until the dough just comes together. It should be shaggy and slightly sticky.
4. Turn onto a floured surface; knead gently for 30 seconds, then shape into a round loaf.
5. Place on a parchment-lined baking sheet; cut a deep cross into the top.
6. Bake at 425 F for 35-40 minutes, until golden and hollow-sounding when tapped.

Colcannon (Mashed Potatoes With Cabbage)

2 lbs. potatoes, peeled and chopped
4 Tbsp. butter, plus extra for serving
4 cups cabbage or kale, shredded or chopped
3 scallions, sliced
1/2 cup warm milk or cream

Salt, to taste
Pepper, to taste

1. Boil the potatoes until tender.
2. Meanwhile, melt the butter in a large skillet; sauté the cabbage and scallions until softened, about 8 minutes.
3. Drain the potatoes; mash them with the warm milk or cream.
4. Fold in the cabbage mixture; season generously with salt and pepper.
5. Make a well in the center of each serving; add a pat of butter.

Guinness Beef Stew

Oil for browning
2 lbs. beef chuck, cubed
2 onions, diced
3 carrots, sliced
3 garlic cloves, minced
1 1/2 cups Guinness beer
2 cups beef stock
2 Tbsp. tomato paste
1 Tbsp. Worcestershire sauce
2 bay leaves
Fresh thyme sprigs
1 lb. baby potatoes, halved

1. Heat the oil in a Dutch oven; brown the beef in batches. Set aside.

2. Sauté the onions, carrots and garlic until softened.
3. Return the beef to the pot; add the Guinness, scraping up the browned bits.
4. Add the beef stock, tomato paste, Worcestershire sauce, bay leaves and thyme.
5. Bring to a simmer. Cover; cook in a 325 F oven for 2 hours.
6. Add the potatoes; cook another 45 minutes until everything is tender.

Boxty (Irish Potato Pancakes)

1 lb. raw potatoes
1 cup mashed potatoes
1 cup flour
1 tsp. baking powder
1 tsp. salt
3/4 cup buttermilk
Butter for cooking

1. Grate the raw potatoes; squeeze out the excess moisture through a clean kitchen towel.
2. Mix the grated potatoes with the mashed potatoes, flour, baking powder, salt and buttermilk to form a thick batter.
3. Heat the butter in a skillet; drop spoonfuls of batter into the skillet, flattening slightly.
4. Cook 3-4 minutes per side until golden brown.
5. Serve hot with butter or sour cream.

Caregiver Support Group

We understand caregiving



Friends Place Adult Day Services

Open to Everyone

Join Us on the 2nd and 4th Tuesday of the Month at 2:00 pm

March 10th and March 24th

Hosted by Friends Place Adult Day Services

Why Come to a Support Group?

A support group is a great source for education, referrals and emotional support. Families can learn about dementia, adopt new coping skills and acquire effective caregiving techniques. From each other, they receive acceptance, understanding, guidance and recognition. Equipped with a renewed confidence, they feel stronger in mind and spirit and more able to care for their loved one.

Call today for a tour **972.274.2484**

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

Spring Storm Season Is Approaching. WE'RE READY.

Over 200
5-STAR
GOOGLE REVIEWS

Why Homeowners Choose We Roof Dallas

- Locally owned and based in Dallas
- Trusted in the community
- No out of state storm crews
- Honest, pressure-free evaluations
- Clear next steps and straightforward guidance



If your roof is fine, we will tell you.

Schedule Your Honest Roof Evaluation

972-600-8259

WeRoofDallas.com

544 E. Wheatland Road, Duncanville, TX 75116



HOLY WEEK 2026

PALM SUNDAY

SUNDAY, MARCH 29

8:30 & 10:30 am

MAUNDY

THURSDAY

THURSDAY, APRIL 2

6:30 pm

GOOD FRIDAY

FRIDAY, APRIL 3

Noon & 6 pm

GREAT

EASTER VIGIL

SATURDAY, APRIL 4

8:30 pm

EASTER SUNDAY

SUNDAY, APRIL 5

8:30 & 10:30 am

915 Old Straus Rd.
Cedar Hill, TX 75104

goodshepherdcedarhill.com



OAK CLIFF
BIBLE FELLOWSHIP

YOUR ONE STOP SHOP FOR

Quality
Christian
Resources



214-672-9119
www.ocfbbookstore.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

Destination
Wellness 
HOLISTIC HEALING CENTER

START YOUR NATURAL HEALTH JOURNEY

- Biohacking
- PEMF
- Ionic Foot Detox
- ONDAMED
- Anti-Stress
- Pain Relief
- Emotional Healing



DW Cafe

A Health-Conscious Café
100% Organic • Sugar-Free options



(469) 461-4325

450 N. HWY 67 STE. 300, Cedar Hill
M-F 10a-6:30p | Sat By appt. only
destinationwellnesstx.com



Happy St. Patrick's Day!

from Split Endings Salon & The Haydin Insurance Group.



Amber Haydin
469-693-1582



Yoko Smith
214-808-8028



Rachel Powers
469-321-0409



Deanna Ritchie
214-235-3819



Susan Reyes Quins
817-975-3400



Tamara Sanders
505-240-4572

Join Our Team!
One Stylist Booth
Available.

Walk-Ins

Now Welcome!

Call, Book Online or Text Your Stylist
www.SplitEndingsSalon.com

972.291.7883

Split
Endings Salon



Rated BEST
Hair Salon
Since 2010
Focus Daily News

Cuts and Styles for
Men, Women and
Children.

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

Extensive Line of
Haircare Products
Available.

201 Bryan Place
Cedar Hill
(Corner of Straus Rd)

SCAVENGER HUNT WINNER!



Roger Taylor won a
\$50 cash prize courtesy of
SouthwestNOW Magazine!



SouthwestNOW Scavenger Hunt



Find 5 hidden Horseshoes

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 March 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.

Valentine Cookies were found on pages 15, 17, 19, 23 & 25.

February winner is:
Emily Gwynn - \$50 Cash from NOW Magazines

scavenger.swn@nowmagazines.com



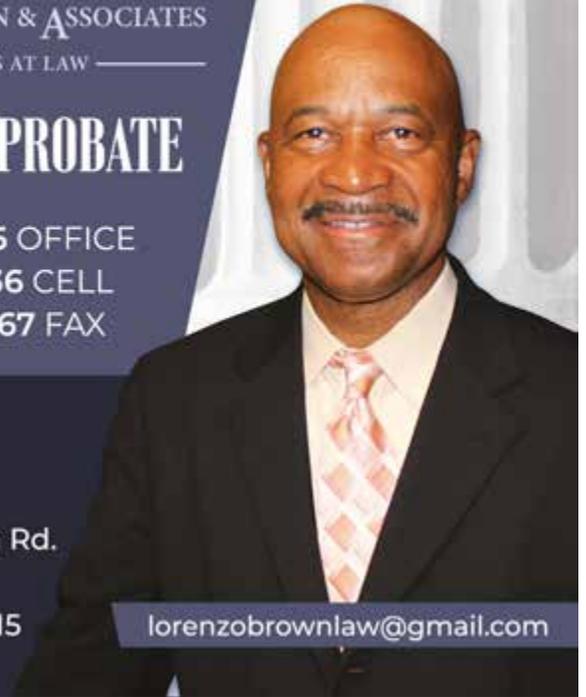
LORENZO BROWN & ASSOCIATES
ATTORNEYS AT LAW

DIVORCE • PROBATE

972.224.7555 OFFICE
214.621.0036 CELL
214.237.6067 FAX

1700 N. Hampton Rd.
Suite 104
DeSoto, TX 75115

lorenzobrownlaw@gmail.com



Ask us about our NEW -

Social Media Add-On

Proven Results!
15,000+ Views,
100s of Clicks

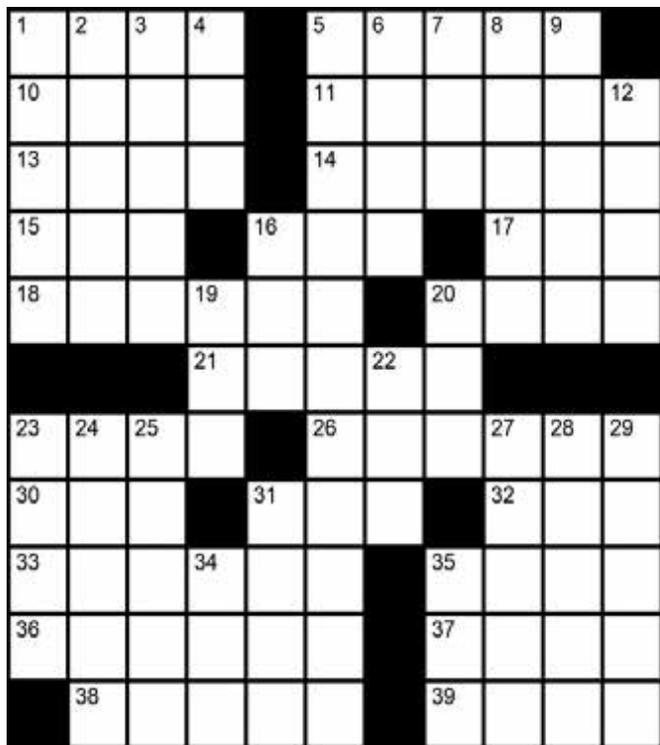
- + Your print ad will be posted to **Facebook & Instagram**.
- + Create a 2nd wave of **exposure** after homes receive our magazine.
- + We will **BOOST** your post as a **Facebook Ad for 10 days** to maximize reach & drive **customers to your website**.



Reach out at
nowmagazines.com/advertising



Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Book sheet
5 Future fungus
10 Playwright Novello
11 Space shuttle commander --- Collins
13 --- a one: zip
14 Hang in there
15 "Silent Spring" killer
16 Fastener
17 "'em!"
18 Per annum
20 Quick look
21 Mopes about rhyming stuff
23 Unwelcome messages
26 Joined together
30 --- Turner, rebellious slave
31 Bon --- (clever remark)
32 "Bobby Hockey"
33 False
35 "Battle Hymn of the Republic" author
36 Merrymaking
37 "It depends on what the meaning of the word ---" (Bill Clinton)
38 "Me and Bobby ---" (Kris Kristofferson)
39 "... two --- for a twenty?"

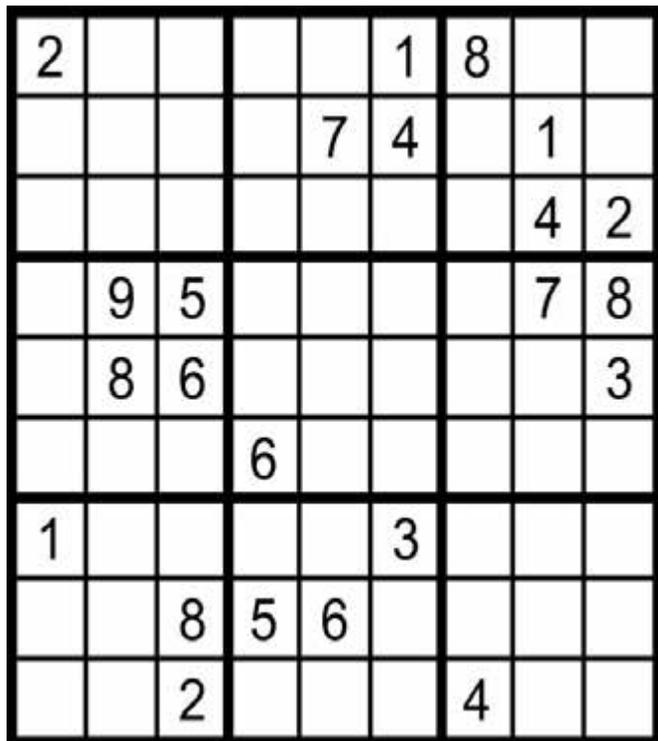
Down

- 1 Hop variety
2 Dodge
3 Big artery
4 Prepare scapple, for example
5 Be on the same wavelength
6 Light ringing sound
7 --- Ironsides (the USS Constitution)
8 Put back into service
9 Strange and mysterious
12 Dracula's target
16 Group once led by Yasser Arafat
19 Rotational speed
20 Not-for-profit TV spot
22 Encountered
23 Cosy
24 Airline that flew Clippers
25 Overturned tacit old Greek dialect
27 Bullwinkle J, for example
28 General --- Rommel
29 Apparel
31 Silent
34 "Andy Capp" cartoonist --- Smythe
35 Strike

Find puzzle answers within this magazine. Online versions and solutions are also available at www.nowmagazines.com.

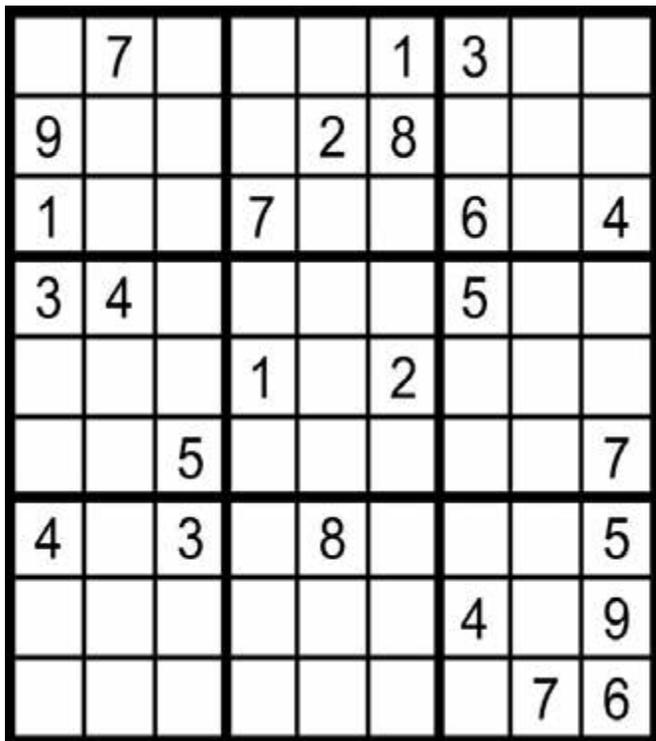
Sudoku Puzzle

Easy



Crosswordsite.com Ltd

Medium



Find puzzle answers within this magazine. Online versions and solutions are also available at www.nowmagazines.com.

Happy
St. Patrick's Day!



Thelma S. Clardy
THE CLARDY LAW FIRM
◆ Family & Probate Law ◆

1801 N. Hampton Rd., Suite #456
DeSoto, TX 75115
thelsanders55@aol.com

TAKE THE FIRST STEP TOWARD RESOLUTION,
CALL THE CLARDY LAW FIRM TODAY
Tel: 972-298-6001 Fax: 972-432-7646
Cell: 972-201-5426

Direct Mail Advertising Works!

Let SouthwestNOW Magazine
present your advertising message to

over 34,100

Home & Business addresses in the
Cedar Hill, DeSoto & Duncanville ZIP codes

For more information, please call your
local advertising representative.

972-283-1170



Dustin Dauenhauer

NOW

MAGAZINES

BURLESON | CORSICANA | ENNIS | MANSFIELD
MIDLOTHIAN | SOUTHWEST | WAXAHACHIE | WEATHERFORD

www.nowmagazines.com



BUY 4 HAND-ROLLED CIGARS
GET 1 FREE
(AVAILABLE ALL MARCH)

HAND-ROLLED • PREMIUM LUXURY BLENDS

Smoking
Jacket
Cigar
Lounge



CALL 972-291-2557
1435 N. Hwy 67 Ste. 100
Cedar Hill, TX 75104

FEEL DRAINED LATELY?
Low energy. Brain fog.
Stress catching up?
Stop masking it with caffeine.
Replenish what your body is missing.



Recharge with a
Myer's Cocktail IV
Rehydrate. Restore.
Feel like yourself again.

- Supports energy & immune health
- Aids hydration & recovery
- Fast absorption for noticeable support

\$150 per session
In-clinic & mobile available
Administered by licensed professionals
Good Faith Exam required for new clients

Sharecka Grubbs, RN



Book today. Stop running on empty.

712 North Hampton Rd., Ste. 140
DeSoto, TX 75115

214-560-4482

QUALITYMOBILELAB.ORG

Bad Seed

Written by
Maxwell Anderson
from the novel by
William March
Directed by
Kevin Paris

March
12-15 & 19-21

Filled with
suspense and
intrigue – is
Young Rhoda a
compulsive liar
or even worse?

Great Theatre Since 1988!



106 S. Main St.
Duncanville
972.780.5707

www.dctheatre.org



Reaching over 600,000
readers throughout
8 markets, with
interesting stories about
the people living in
those communities,
NOW Magazines
are the smartest
choice for your
advertising dollars.

NOW

MAGAZINES

Burleson • Corsicana • Ennis • Mansfield • Midlothian
Southwest • Waxahachie • Weatherford

Call for info.

972-283-1170



WHERE MUSIC, ART
& COMMUNITY
BLOOM

LET THE MUSIC
BLOOM

MAY 9

4-10P

ARMSTRONG PARK

DUNCANVILLE, TX



SCAN THE QR CODE
TO APPLY!



EASTER WEEKEND

With Hill City Church

Easter FUNday!

Saturday April 4th
9am-12pm

**Easter Sunday
Services!**

Sunday April 5th
9am | 10:30am | 12pm

 **hillcity.us**

1375 New Clark rd | Cedar Hill, TX 75104