

# Southwest NOW

M A G A Z I N E

JUNE 2024

## Library in a Park

Cedar Hill grows community  
through innovation

2024 Summer Savings  
Shopping Guide

In the Kitchen With  
Sherry Thomas

Also inside:

Scavenger Hunt

Featured Business:  
Anderson Medical  
Group of Texas

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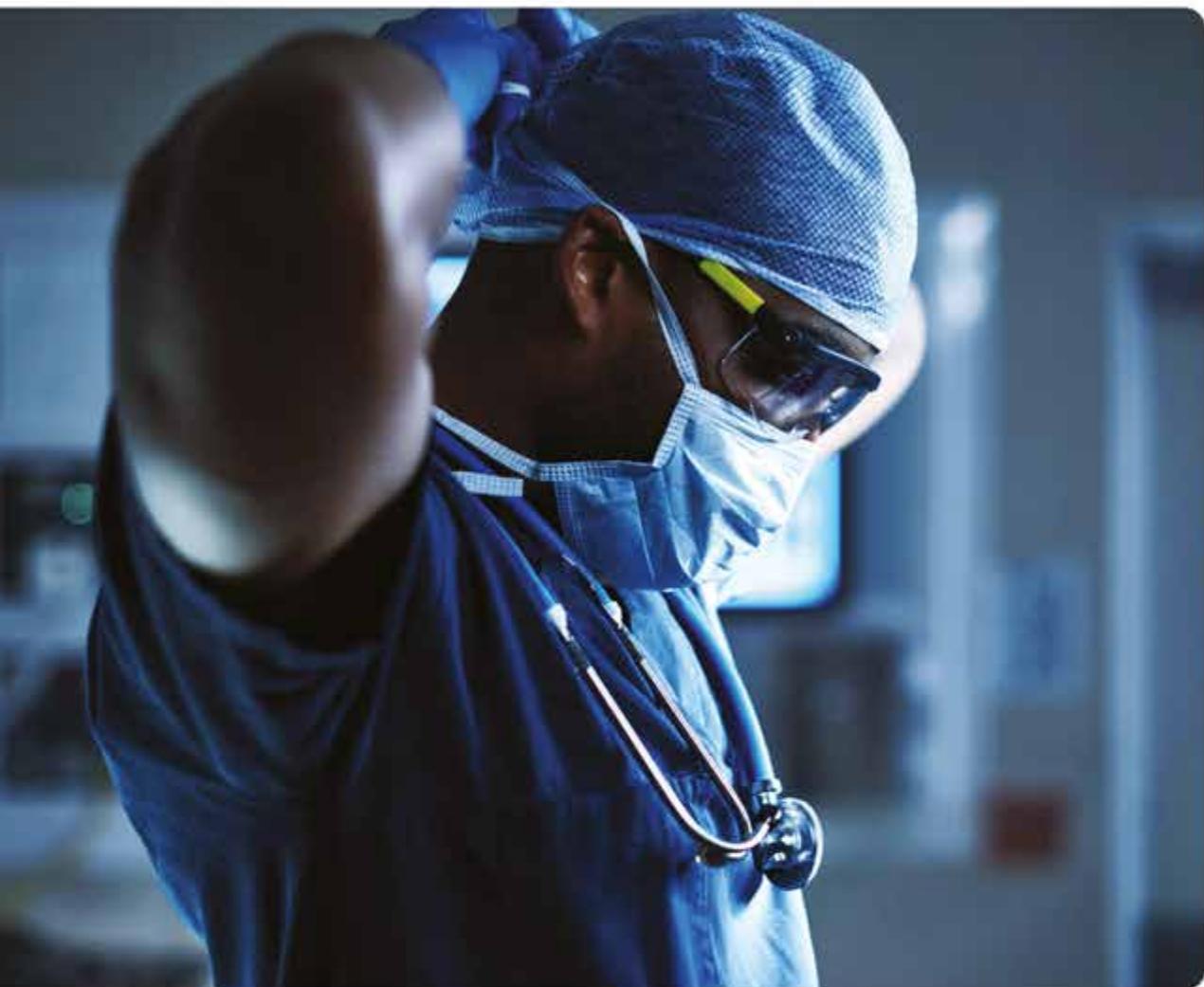
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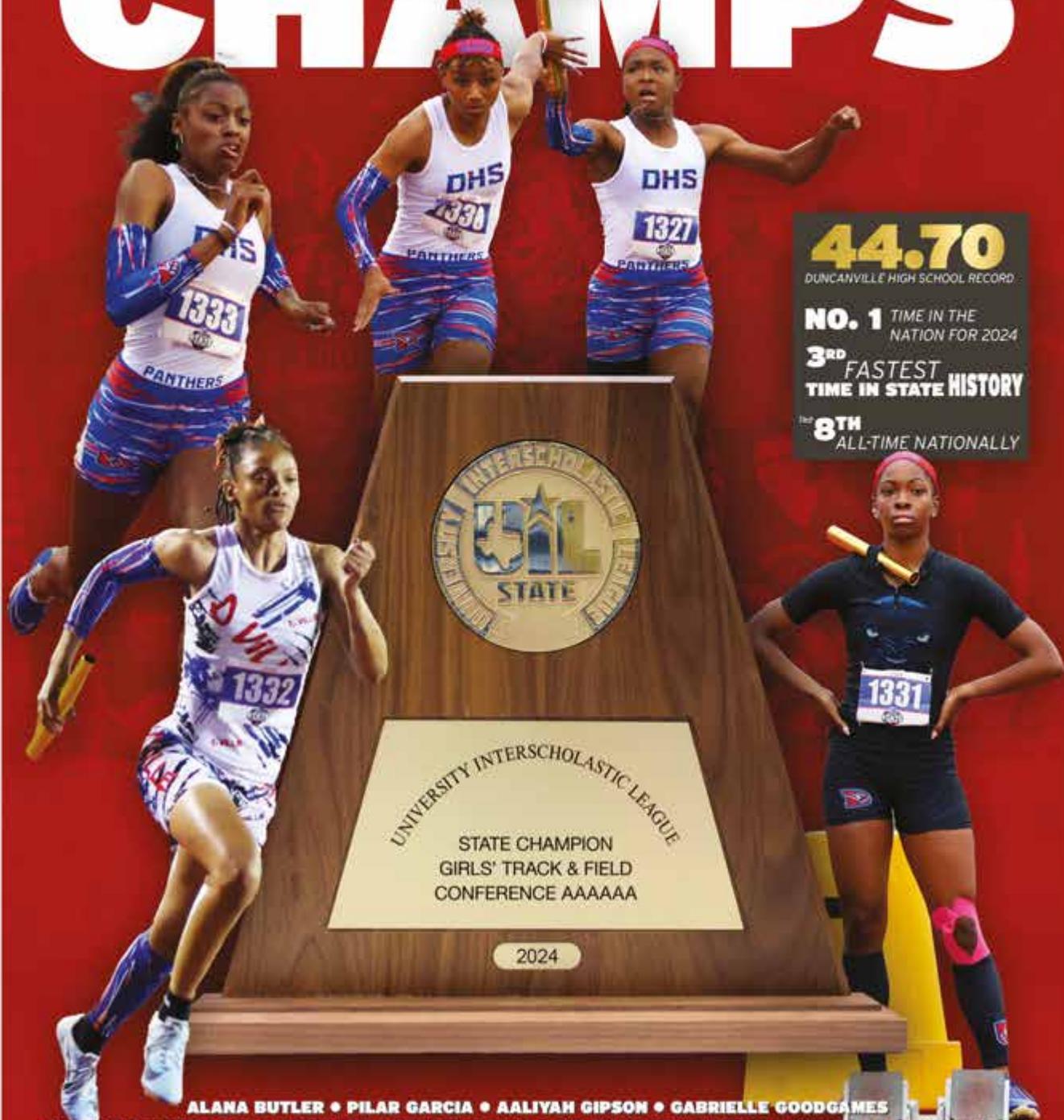
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**BACK-TO-BACK**

**UIL 6A GIRL'S TRACK & FIELD**

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Aranda Bell has "stacks" of fun.

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# EDITOR'S NOTE



*Adam*

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

Everyone loves a puppy ...

Mom's 15-year-old Basset Hound, Holly, died a few months ago. That's really old for a Basset, so it was not unexpected. Mom decided she wanted a Golden Retriever to replace her. Some of you already know where this is going.

The prices some of these breeders want for Golden puppies is outrageous, but we found a little girl for a more reasonable price. Abigail's an absolutely adorable little fluff ball. The instant she met Mom, she gave her a million kisses and snuggled into her arms. The car ride did not agree with her — at all. But she was such a good, quiet girl all the way home. Then she recovered from the nausea and hasn't been quiet or still a moment since!

She has a very high-pitched voice, and she uses it a lot — barking, growling and baby howling. I hope her voice drops about three octaves as she grows! She already seems a couple of inches taller and several pounds heavier. She runs and jumps and makes her presence known. She likes to hide under Mom's bed and come charging out. Red Dog, her stuffed squeak toy, is well shaken and frequently told off.

Last night, she finally let us sleep through the night for the first time. She came already understanding about using a pee pad. (We're making progress on the other thing.) Now if we can just make similar progress on the embedding puppy teeth in human flesh as a greeting thing, then she'll be perfect. Because every dog grows up to be perfect.

*Don't they?*

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# LIBRARY IN A PARK

— By Adam Walker

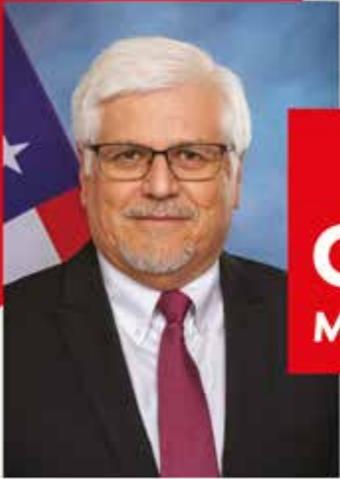
*Cedar Hill's new Traphene Hickman Public Library has been a long time coming. The city first approved the idea in 2003, and voters passed a bond that included funding for the project in 2015. "We've been listening to the community during that time, as they came to the library," Library Services Director Aranda Bell reported. "They've been asking for more technology, more space and even more programming. An independent study compared Texas libraries and found that we are the busiest based on programming and participation."*

Cedar Hill has had a public library for 76 years. During that time, both the city and the library have seen a lot of growth. "The Zula B. Wylie Library building gave us about 10,000 square feet of space, but the new Traphene Hickman Public Library provides 42,000 square feet," Aranda informed. The



library is now two-and-a-half floors with the children's and tweens' areas on the first floor, having greatly expanded play areas and a dedicated storytelling room. The adult and teen collections are on the second floor along with conference rooms, craft areas, a maker space and a digital media recording studio. There are reservable study rooms throughout.

Much of the familiar programming is continuing in the new space, but even more is being added. "At the grand opening, we had all kinds of activities," Aranda said. "For the toddlers and preschoolers, we're hosting movie nights, in-person and virtual read-along story times and sign language classes. The tweens now have their own space and a graphic novel book club. We have tutoring, both in person and virtual. We provide space for them to meet other tweens and receive mentoring. The teens can volunteer in the library for high school community service hours that look good on college applications. We have DIY classes, book clubs, gaming and cooking demos. We have a STEM enrichment program for homeschoolers. Day and evening adult programming will include basic education classes, technology classes and one-on-one support, ESL and citizenship classes and programming for business owners offered in partnership with the Chamber. And our summer reading

★ ★ ★ ★ ★ ★ ★ ★

# GREG CONTRERAS

## MAYOR OF DUNCANVILLE

★ ★ ★ ★ ★ ★ ★ ★

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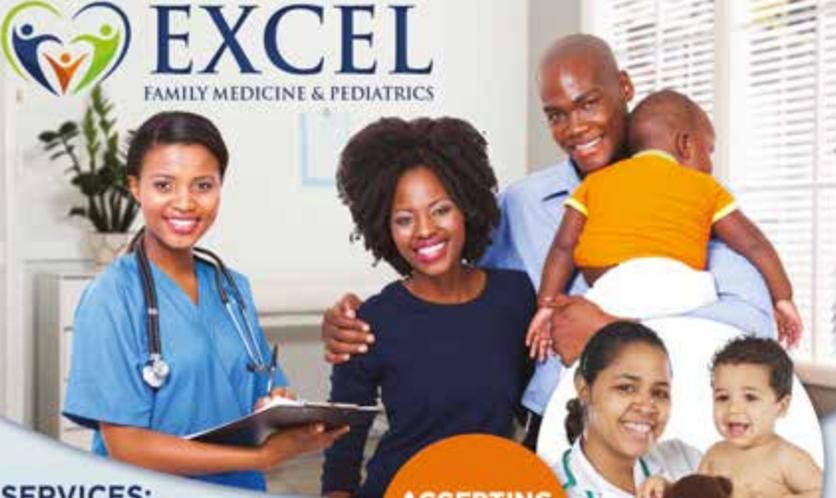
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program is launching for children, tweens, teens and adults.”

The library proper is just one part of the Library in a Park. The whole project consists of the Traphene Hickman Library, over 5,000 square feet of meeting space, the Cedar Hill Museum of History and the Signature Park.

The museum offers a look at Cedar Hill from the time of the dinosaurs to today. There are exhibits on Plessey and

other dinos, which swam the seas that once covered the area. Moving forward, you can learn about the tornado that almost wiped Cedar Hill off the map, and the days when Bonnie and Clyde roamed the streets.

The park is over seven acres of family-friendly outdoor activity. “The parks and the library are great partners,” Parks and Recreation Director Shawn Ray added. “We continue to offer more programs together. We cooperate on nature programming about Texas plants and wildlife. We also partner with Dogwood Canyon and Cedar Hill State Park. The library checks out bikes for the trail and backpacks for hiking and birding and paddles for the ping pong tables. We’ve moved the Zula B. Wylie Sensory Garden here and expanded it. We’re offering free Zumba and kickboxing in the park. The 55+ walking group and the Cedar Hill Running Club meet here. Also the Cedar Hill Summer Camp will be visiting the library. This project, the Library in a Park, was built as a living room for the region, not just the city.”

Part of the rentable meeting space

is in the form of three rooftop decks. “We’re the highest point in Dallas County, so why not take advantage of that?” Mayor Mason asked. “You can sit out there and enjoy the views, just watch the sunset. There’s a quiet deck, and another that I refer to as ‘the party deck.’ It’s the perfect place to rent for corporate events, birthday parties, quinceañeras or weddings. This project is a place where education and recreation meet. It’s a place where entrepreneurs can enhance their skills, and artists can learn. There’s a digital studio where you can make your voice heard. Here is where you can research, fellowship and hold meetings.”

The library will be adding thousands of printed and digital books and even more technology. “We’re anticipating much larger usage numbers than in the old location. We had over 6,000 people at the grand opening, and we had over 12,000 people in the building in the first week. One week of circulation was equal to about one month in the old building,” Aranda reported. Stop by and check out the future of libraries. It’s a whole new world. **NOW**

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BusinessNOW

# Anderson Medical Group of Texas

— By Adam Walker

## Anderson Medical Group of Texas

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Anderson Medical Group of Texas is located on the campus of Methodist Dallas Medical Center, in the Pavilion III building. That's where Dr. Howard E. Anderson, II looks after the health and well-being of his patients. "I'm from Dallas. I graduated from South Oak Cliff High School. I did



my undergraduate work at Texas A&M and then attended the McGovern Medical School at UT Health Houston. I believe patient care is personal, and all patients should be treated with respect, dignity and compassion."

Dr. Anderson's expertise lies in internal medicine. He's a primary care physician. His practice includes managing chronic conditions such as high blood pressure, high cholesterol and diabetes. He also conducts physical examinations and provides preventative care, for a comprehensive approach to health care.

"About 60 percent of my patients come from southwest Dallas County. People trust Methodist and like the services they offer, so having my office here is a plus. We offer telehealth visits because getting out can be difficult for some of our patients. It's a good option for patients to come for in-person office visits once or twice a year and have telehealth visits in between. When insurance permits, we offer chronic care management services, which allows us to contact patients several times a month, contributing to better overall health for our patients and their caregivers. And we offer

remote patient monitoring for blood pressure and glucose monitoring, to automatically monitor and transmit your readings to our office, to assist with medical interventions, when necessary," Dr. Anderson explained.

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**"ABOUT 60 PERCENT OF MY PATIENTS COME FROM SOUTHWEST DALLAS COUNTY. PEOPLE TRUST METHODIST AND LIKE THE SERVICES THEY OFFER, SO HAVING MY OFFICE HERE IS A PLUS."**

Dr. Anderson and the Anderson Medical Group have a special way of approaching what they do. "We believe in three pillars. First, we invest in our patients, our employees and our community, fostering a sense of belonging and value. Second, we embrace innovation, using technology to enhance the patient experience. Third, we inspire the next generation of health care workers. We offer a range of internships and externships, and we have an alliance with the medical assistant program at The School of Health Professions at Yvonne A. Ewell Townview Magnet Center, enabling students to graduate high school certified as medical assistants. I also serve as a preceptor with the physician assistant program at UT Southwestern. In addition, we offer internships to college and postgraduate students in either the medical side or the business side of running a medical practice."

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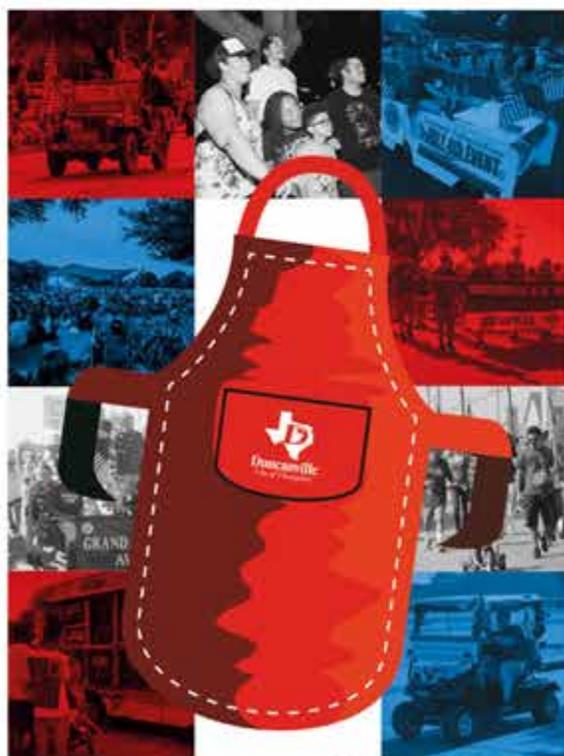
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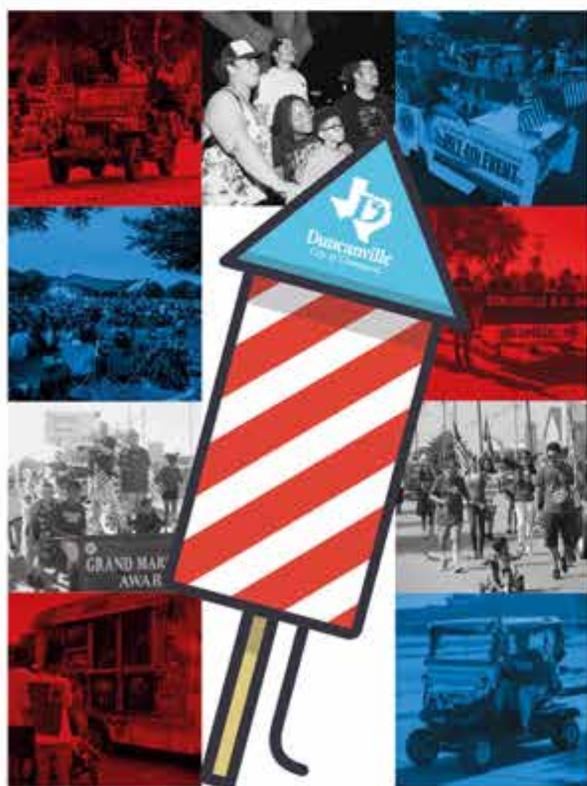
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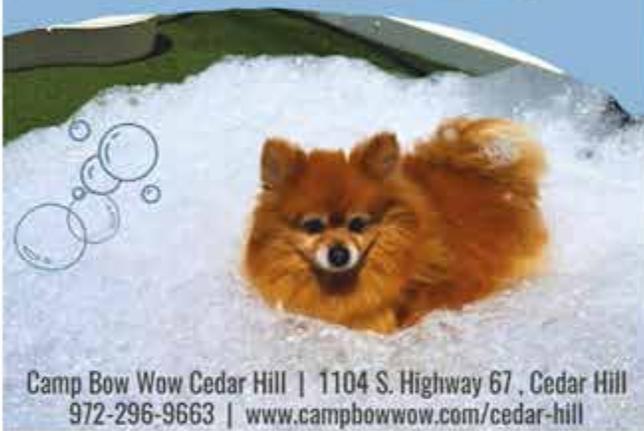
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## Zoomed In: Aaron Watkins

By Adam Walker

Aaron Watkins stopped by the Duncanville Public Library to celebrate *Star Wars* Day (May the Fourth be with you!) and Free Comic Book Day. “I have this lightsaber, and I like showing it off,” he explained. “I use the cloak for a lot of costumes, but my mom got me the boots specifically for Jedi stuff. I’ve been a Jedi for four years. I’m a big *Star Wars* fan, and my favorite movie is *Revenge of the Sith*.” That’s probably why he’s cosplaying as a Sith Lord. He said that he wasn’t entering into the cosplay competition, but while menacing with his deadly red lightsaber, a tribute to the weapon of Darth Vader himself, “Kill them all! Burn it!” he exclaimed, showing he knows how to get in character.



The DeSoto High School Jazz Band performs for the State of the District Luncheon.



Mildred Dooly and Billy Martin tie the knot at Champions Cove.



Participants join the World Labyrinth Day of Prayer walk at Trinity United Methodist Church.



Cedar Hill High School theater program students are nominated for prestigious awards.



Cedar Hill welcomes four new CHISD PD officers.



London Stewart and his mom, Nicole, pose before the West Middle School Eighth Grade Prom.



Braylon Williams and his mom, Jillian, enjoy some pizza and snow cones in DeSoto.



Winners from Life School Cedar Hill join students from other campuses receiving Gifted & Talented Expo Awards.

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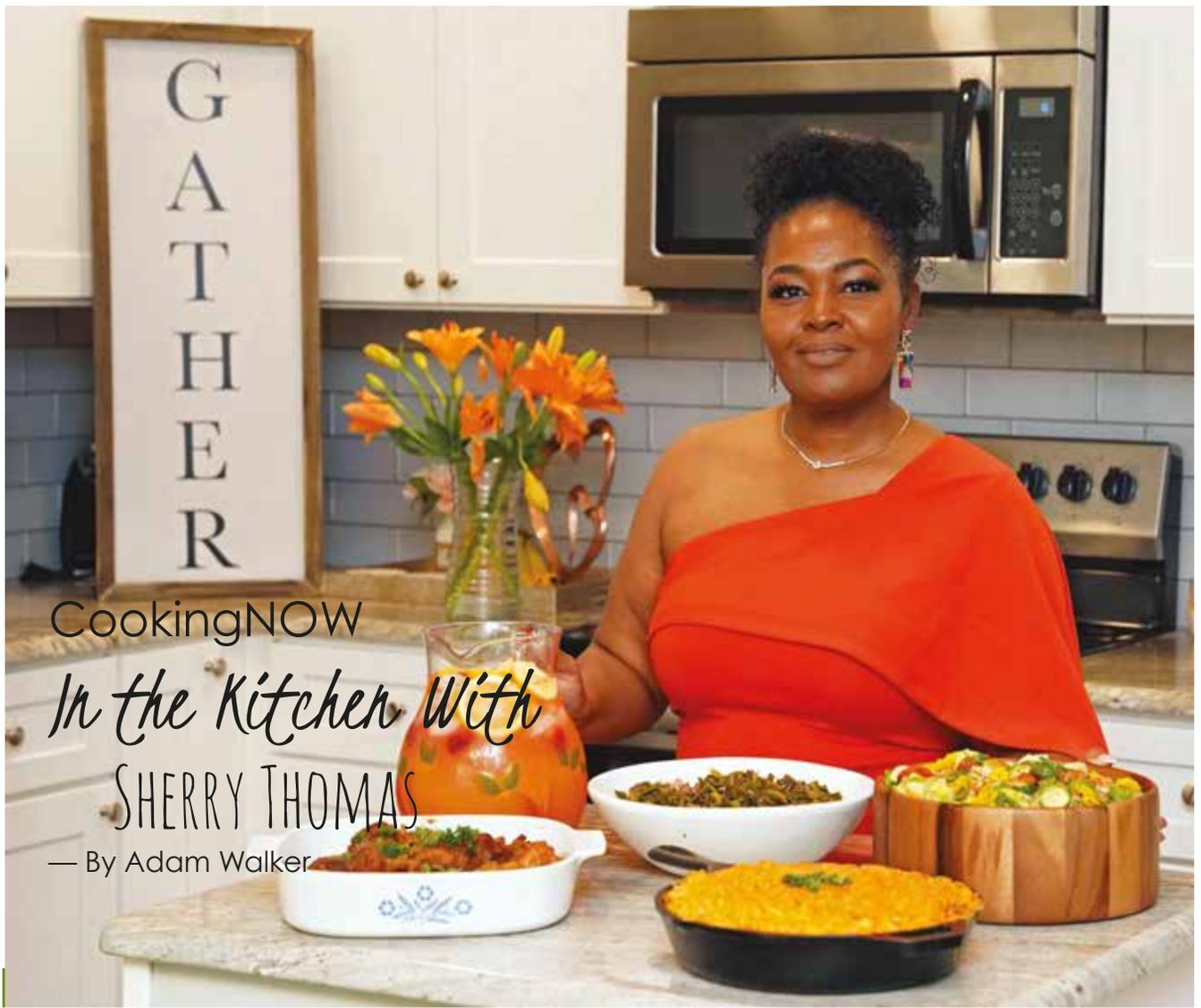
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CookingNOW

*In the Kitchen With*

SHERRY THOMAS

— By Adam Walker

Sherry Thomas was raised in South Dallas by her grandmother. “My favorite thing in the world, to do as a kid, was hang out in the kitchen with Grandmother. My recipes are dear to me, as many of the dishes that I prepare were introduced to me by my grandmother. She played a significant role in my life, and I am forever grateful for the love of cooking that she instilled in me. I now have a 2-year-old grandson, Jahari, who enjoys helping me in the kitchen.

“Although I’ve made it my own, I inherited my grandmother’s corn bread dressing recipe. Before her passing in 2022, she made it clear that she enjoyed my updated recipe.” Sherry is the owner of Sassy Kitchen. **NOW**

### Southern Smothered Chicken

**1 whole fryer chicken, cut up**  
**1 1/4 cups flour (divided use)**  
**Cajun seasoning, to taste**  
**Garlic powder, to taste**  
**Onion powder, to taste**  
**Smoked paprika, to taste**  
**1 1/4 cups cooking oil**  
**12 oz. chicken broth**  
**Garlic paste, to taste**  
**1 onion, chopped**

1. Preheat the oven to 350 F
2. Clean the chicken. Combine 1 cup of the flour with the desired amount of Cajun seasoning, garlic powder, onion powder and smoked paprika. Dredge the chicken in the flour mixture.
3. Add the cooking oil to a skillet; fry the chicken in the cooking oil until golden brown. Remove the chicken from the oil; place it in a baking dish.
4. Drain all but 1/4 cup of the oil from the skillet. Add the remaining 1/4 cup of flour

- to the oil; stir until brown.
5. Once the oil and flour are brown, add the chicken broth. Stir in the garlic paste and chopped onion. You can make your gravy thinner by adding water until the desired consistency is reached. Season to taste.
  6. Pour the gravy over the chicken. Cover and bake for 30 to 40 minutes.
  7. Remove the baking dish from the oven. Let rest for 10 minutes, and enjoy.

### Mixed Greens With Smoked Turkey

**1 smoked turkey leg or wing**  
**2 lbs. mustard greens**  
**2 lbs. turnip greens**  
**1 lb. collard greens**  
**1 onion, chopped**  
**1 bell pepper, chopped**  
**5 cloves garlic, chopped**  
**2 chicken bouillon cubes**  
**Cajun seasoning, to taste**  
**Black pepper, to taste**  
**Garlic powder, to taste**

**Onion powder, to taste**  
**Smoked paprika, to taste**

1. Boil the turkey in a large pot for 30 minutes.
2. Add the mustard greens, turnip greens and collard greens to the pot. Add the onions and bell peppers. Add the garlic, chicken bouillon, Cajun seasoning, pepper, garlic powder, onion powder and smoked paprika; boil until tender, about 2 to 3 hours.
3. Remove the turkey from the pot; debone the meat and shred it. Return the turkey meat to the pot, discarding the bones.

**Colorful Pasta Salad**

- 1 lb. rotini pasta
- 1 head romaine lettuce
- 1 cucumber
- 1-2 tomatoes
- 3 oz. pickled okra, chopped (optional)
- 2-3 oz. black olives
- 2 slices cooked bacon, diced (optional)
- 2 oz. banana peppers, chopped
- 1/2 red onion, chopped
- 8 oz. Italian seasoning
- McCormick Salad Supreme Seasoning, to taste

1. In a large pan, bring water to a boil. Add the pasta. Cook until done; set aside to cool.
2. In a large bowl, add the cooled pasta; romaine lettuce; cucumber; tomatoes; okra, if using; olives; bacon, if using; peppers; onions; and seasonings. Mix thoroughly.
3. Refrigerate until you're ready to serve.

**Strawberry Lemonade**

- 1 1/2 cups lemon juice (fresh)
- 2 cups simple syrup
- 4 cups water
- 12 strawberries, sliced (divided use)
- Lemon slices
- Ice, to taste

1. In a large pitcher, mix together the lemon juice, simple syrup and water.
2. Stir in the strawberries, reserving a few slices for garnishing.
3. Garnish with the strawberry and lemon slices.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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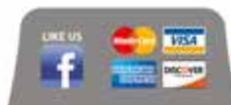
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# HAPPY Father's Day

# JUNE

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.

6/1

### Kid Fish Tournament:

A limited number of rods and reels will be provided. Free. 8:00-11:30 a.m., Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill. <https://cedarhilltx.com/2132/June---Kid-Fish-Tournament>.

### Summer Reading Kickoff:

Free In-N-Out Burger and Chick-Fil-A cookies, carnival games. 10:00 a.m.-noon, Duncanville Public Library, 201 James Collins Blvd.

### Summer Reading Kickoff:

Family activities, music and crafts. 3:00-5:00 p.m., Traphene Hickman Library, 450 Pioneer Trail, Cedar Hill.

### Crawfish Festival:

Crawfish, vendors, blues and funk music. Relaxed and fun community event. 6:00-9:30 p.m., Grimes Park, 501 E. Wintergreen Rd., DeSoto.

### Concerts in the Park:

Featuring Pure Blend (R&B). 7:00-10:00 p.m., Armstrong Park-Poe Hobdin Amphitheater, 100 James Collins Blvd.

6/6

### 18th Annual Big Machines Expo:

Free. 10:00 a.m.-1:00 p.m., Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill.

6/7, 6/21 and 6/28

### Music in the Park:

Free concerts by various artists on **Friday nights in June**. Food trucks on-site to purchase food and drinks. Free. 8:00-9:30 p.m., Valley Ridge Park, 2850 Park Ridge Dr., Cedar Hill.

6/15

### Best Southwest

### Juneteenth Celebration:

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6/22

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### Movies in the Park:

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*Submissions are welcome and published as space allows. Send your current event details to [adam.walker@nowmagazines.com](mailto:adam.walker@nowmagazines.com).*



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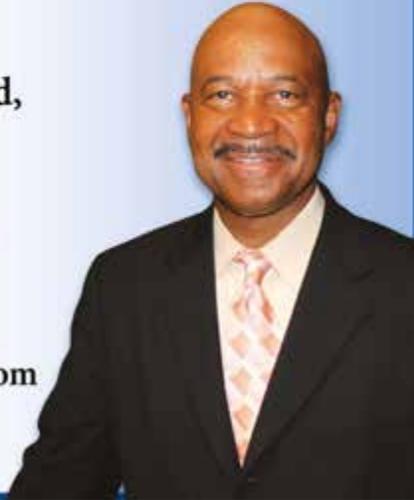
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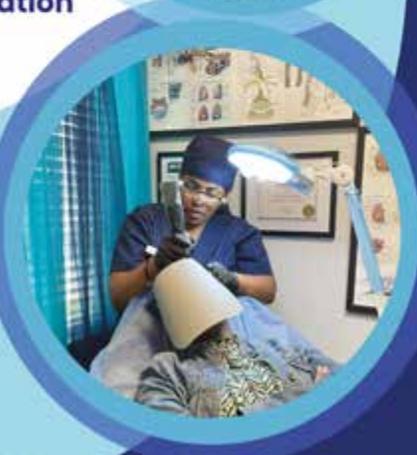
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“Coincidentally, a lot of people who are anxious about going to the dentist are also people who don’t have good insurance. That’s a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. 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.”

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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.”



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