

SouthwestNOW

A G A Z I N E

JULY 2024

A Swinging Good Time

A group of dance enthusiasts finds ways to build community

Experience the Spirit

Natural grandeur and Texas pride enhance this hoedown

2024 Summer Savings Shopping Guide

In the Kitchen With Adam Walker

Also inside:

Scavenger Hunt

Crossword

POSTAGE WILL BE PAID BY ADDRESSEE
U.S. POSTAGE PERMIT NO. 4000 DALLAS, TX 75201
POSTAL CUSTOMER
EGRWSS EDM.....



ANDERSON MEDICAL GROUP
OF TEXAS
YOUR HEALTH. OUR CARE.

Anderson Medical Group of Texas provides comprehensive medical care for all aspects of adult medicine, including acute and chronic illnesses.



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

INVESTMENT.

We invest in our employees, patients, and the community we serve.

INNOVATION.

Whenever possible, we use technology to improve patient care.

INSPIRATION.

We want to inspire the future generation and encourage others to continue their interest and journey in healthcare.


We Offer A Number of Services To Improve Your Health

- ✔ **UnitedHealthCare / WellMed Tier 1 Provider**
- ✔ Same Day Appointments
- ✔ Connected Care Services for Medicare Patients
- ✔ State Of The Art Technology
- ✔ Comprehensive Wellness Programs
- ✔ Personalized Care Plans

CONTACT US FOR AN APPOINTMENT TODAY

 469.981.2648

 info@amgoftexas.com

 www.amgoftexas.com

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



4TH
OF JULY
Sale

\$1,000^{off}

**on any complete system install for the
month of July**

Mechanical Comfort Systems Inc.

KeepingAmericaCool.com



***Air
Plumbing
Electrical***

(214)333-4410



TACLA21383E

TECL#8485

M43197

Regulated By: Texas Department of Licensing & Regulations P.O. Box 12157 Austin, TX 78711 (512-463-6599)



Find the care you need at one of our convenient locations.

- H. Texas Health Mansfield**
2300 Lone Star Rd.
Mansfield, TX 76063
682.341.5000
- 1. 120 N. Miller Rd., Ste. 300
Mansfield, TX 76063
682.341.7510
- 2. 1757 Broad Park Circle N., Ste. 201
Mansfield, TX 76063
817.806.1130
- 3. 501 E Broad Ste.
Mansfield, TX 76063
682.341.7200
- 4. 151 Walton Way, Ste. 107
Midlothian, TX 76065
469.672.2100
- 5. 2302 Lone Star Rd., Ste. 200
Mansfield, TX 76063
682.341.7200

From primary care to emergency care, our network of over 30 physicians and specialists has you covered.

Texas Health Hospital Mansfield is your go-to partner for every healthcare need. Our expansive network of providers ensures you can receive expert care close to home.

Providing exceptional care includes keeping every patient safe and secure. We have been recognized as one of America's highest-rated hospitals for patient safety by The Leapfrog Group. Combined with our 4.5-star Google rating, we're confident you'll be in good hands. This is just one more way we're working to help you feel whole.



Scan the QR code or visit TexasHealthMansfield.org/NearYou to learn more about our team and available services.





Academic Calendar

Fall 2024

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

IMPORTANT DATES

- Independence Day----- July 4
- First Day of School-----August 13
- Labor Day-----September 2
- Fall Break-----October 14-18
- Thanksgiving Break-----November 25-29
- Winter Break-----December 23-January 2
- MLK Jr. Holiday-----January 20
- Presidents Day-----February 17
- Spring Break-----March 18-21
- Good Friday-----April 18
- Last Day of School-----May 22
- Memorial Day-----May 26

MEET THE TEACHER

(6:00 - 8:00 p.m.)

- Elementary: August 8
- Intermediate: August 15
- Middle: August 22
- DHS/PACE: August 29

SCHOOL HOURS

- Elementary**
8:00 a.m. - 3:30 p.m.
- Intermediate**
8:30 a.m. - 4:00 p.m.
- Middle School**
9:00 a.m. - 4:30 p.m.
- High School**
7:30 a.m. - 3:00 p.m.

LEGEND

- Holiday, No Classes
- First/Last Day of School
- Meet-the-Teacher Night
- Professional Development, No Classes
- Teacher Work Day, No Classes
- PD Exchange Day, No Classes
- Bad Weather Day
- Nine Weeks Begins
- Nine Weeks Ends

Spring 2025

January

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

S	M	T	W	T	F	S	
					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

ON THE COVER



Swing Therapy draws people from all walks of life who enjoy dancing and caring for others.

Photo by
Shane Kirkpatrick.

*Publisher, Connie Poirier
General Manager, Rick Hensley*

EDITORIAL

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

GRAPHICS AND DESIGN

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

PHOTOGRAPHY

*Photography Director, Chris McCalla
Photographer, Shane Kirkpatrick*

ADVERTISING

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

Billing Manager, Angela Mixon

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

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

SUPERSTAR

Collision Center

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

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

Happy Fourth of July



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



"I was pleased how they handled an issue. Very professional. I was also pleased when I visited their facility. Well staffed and organized. I will definitely recommend them to friends, coworkers and family."
Donnie - May 2024

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

HOW CAN WE HELP YOU TODAY?

972-299-6900

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



EDITOR'S NOTE



Adam

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

Swifter, Higher, Stronger ...

It's Olympics time again! The 1984 Olympics were magical. We went to watch the torch run through Dallas on its way to Los Angeles. I have some vague memories of the 1980 winter games, but we boycotted the summer games. The 1976 games happened while we were living in a place that barely had reruns of *Rin Tin Tin*. So these were the first games that made an impression. I mean, that guy flying into the stadium on a jet pack!


I watched sports I'd never even heard of: pole vault, gymnastics, bobsled. My siblings and the neighbor kids and I found it exciting enough that we created our own neighborhood Olympics. We stretched a tape measure in the side yard and practiced long jump. We taped music off the radio and roller-skated impromptu routines in the driveway. We ran races.

We never did figure out how to substitute a mimosa branch for the high bar or the uneven parallel bars to copy Mary Lou Retton or Timothy Daggett. But we did practice cartwheels and round-offs, and failed at back flips and front flips.


I was already a strange child, fascinated with languages and cultures. I sat with a tape recorder to capture the national anthems of the athletes who won gold. In those days, we didn't ignore all medal ceremonies not featuring our own athletes, so I collected a lot of anthems. I also made lists of the names of the athletes by country. That's when I learned that Romanian names often end in *-escu* and Finnish names tend to end in *-nen*.

Citius, Altius, Fortius!

Happy 4th of July!



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



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

Tel: 972-298-6001 Fax: 972-432-7646
Cell: 972-201-5426

HAPPY 4th of JULY 

**YOU CAN LIVE AGAIN
SEA MOSS STORE**

\$5.00 off
Minimum purchase
of \$35.00
Cannot be combined with
any other offer. Expires 7/31/24

324 E. Beltline Rd, #603 DeSoto, TX
214-622-5755
(located @ the front, inside Grow DeSoto)
New Hours: Tues - Sat 11am - 6pm and Sun 11am - 3pm



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



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

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



youcanliveagainseamoss
YouCanLiveAgainSeaMoss.com



HAPPY 4TH OF JULY

Redbird Village Apartments

Look what people are saying about us!



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

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

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

"...Family friendly community." - Margaret



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



**BOOK YOUR
SCHOOL OR SPORTS
PHYSICAL TODAY!**

Back-to-School
Special \$25



Pediatric Medicine:

Expert Care for Kids of All Ages.

Family Medicine:

Comprehensive Care for Every Generation.

ACCEPTING
NEW
PATIENTS

SERVICES:

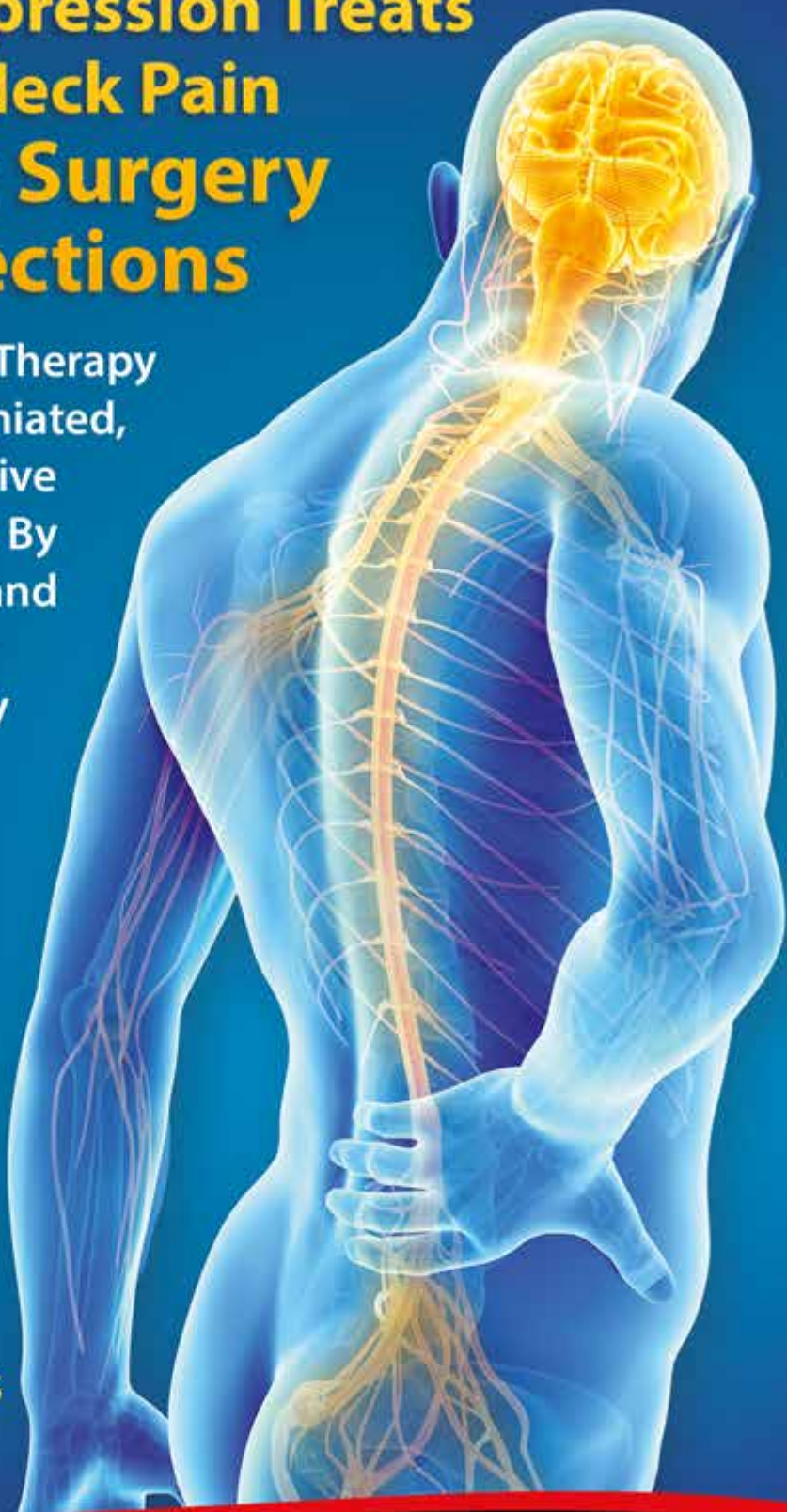
- Newborn to Adolescent Care
- Well-Child Exams
- Vaccines for Newborns - 18 years of age
- Chronic Disease Management
- High Blood Pressure
- Diabetes
- Asthma
- Weight Management
- Hormone Replacement

316 W Beltline Rd., Cedar Hill, TX 75104 • www.ExcelFamilyMD.com • 469-206-2630
Most Insurances Accepted • Medicaid & Medicare Welcome

Spinal Decompression Treats Back & Neck Pain Without Surgery or Injections

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

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



CALL US TODAY TO MAKE AN APPOINTMENT

469-732-0880 or 972-937-0086

or email us at: completehealthmedicalcenter@gmail.com

COMPLETE HEALTH MEDICAL CENTER • 905 FERRIS AVENUE • WAXAHACHIE

WWW.COMPLETEHEALTHMEDICALCENTER.COM



A SWINGING GOOD TIME

— *By Adam Walker*

Swing dance is one of those things that just looks like fun. And it is. It goes back to before WWII. Line dancing is something that has been popular for decades. Swing is improvisational couples dance, while line dancing is scripted and perfect when flying solo.

Swing Therapy is a group of people who love to dance as a way to build community and love their neighbors. Timothy Scott started the group where Rosalind Taylor and Jacqueline Thompson are among those who have found a family of friends.

“I was actually taking another class on swing dance that met at Benavidez restaurant, when a guy who had a business at Red Bird Mall asked me to consider teaching a class at his shop,” Timothy remembered. “I had helped out at other classes, but I had never taught before. I waited a while before I decided to take him up on his offer.” Later, the Swing Therapy class moved to the Daiquiri Cafe in Duncanville and has migrated to a number of other locations before finding its current home at Harold’s Chicken in Cedar Hill, where they now meet at 7:00 p.m. on Tuesdays. “Rosalind was at that very first class on January 6, 2016,” Timothy reported.

“There were only six to eight people at that class,” she recalled. “Now we have more than 40 who attend regularly. People want to be part of something bigger. I had just moved here from West Virginia, and I was looking for fun ways to connect. I was looking for a barber, and someone there told me about Tim and the class he was starting. It was on a day of the week when I could go, so I did. I fell in love with the class. I’ve missed a few nights, but not many! I’ve been coming for eight years. Tim is an elder at his church. We pray before class. It’s part of the emotional and physical therapy of the group. People go through a lot at work every week. This is dance with a purpose. Tim picks some great causes to support. We have sponsored families in need and partnered with SDS Gents to raise money for scholarships and



Jaynes
Memorial
Chapel

CELEBRATING
25 YEARS

Established November 1998

Compassion

Because we've been through it too



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

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



TRY BEFORE YOU BUY



PRIDE
MOBILITY
SCOOTERS

VivaLIFT!
POWER RECLINER COLLECTION

\$100 OFF

Any Purchase of \$1,000 or More
Cannot be used with any other offer.
Offer expires 7/31/24.

We now accept CareCredit.

CareCredit
Making care possible...today.



Two Locations to Choose From

972-757-7636

100 Plaza Drive, Ste. 300, Red Oak, TX

903-224-6273

3731 W. Hwy. 31 Bus., Ste. E, Corsicana, TX

www.csemobility.com



We Sell Scrubs



greet me like she had known me all my life! It wasn't just the dance. It was the outreach that connected me. Dance can connect your heart, your mind and your soul and build community. We care about our community and the people in it. We have people from all walks of life — blue collar and white collar, nurses, retired people, single parents. It's a way of social networking."

Swing Therapy draws a wide range of people looking for a good time and ways to help their neighbors. They have members from their late 20s to their late 70s, and even have some teens who drop in from time to time. Dancers come from as far away as Arlington and Frisco to connect with the group of fellow enthusiasts. And about 30 percent of the group is men, which is due to Timothy's strong leadership.

"I want to be sure men feel welcome here," Timothy explained. "We're a loving family. This started as recreation and turned into ministry. Swing dance is a lot of fun, but we do a lot of good in the community. We have a lot of little i's, but no big U's. People have so much mess in their lives. This is a good



place to get rid of some of that."

Rosalind agreed. "We pray for God to send people with like hearts and minds. Tim is a great leader. Everyone is welcome here. If you come once, you'll come back. This is bigger than just dance." **NOW**

Editor's Note: Timothy Scott and Swing Therapy are now also offering a Thursday night class through the continuing education program of Dallas College, West Dallas Center. See <https://www.dallascollege.edu/cd/ce/pages/contact.aspx> to register.

sponsor young men to dress up for prom. We also do back-to-school events. We even helped out with Hurricane Harvey. We team up with other dance groups for toy drives and go to nursing homes to dance for the people there and donate personal items to the residents."

Jacqueline is a more recent addition to the Swing Therapy family. "I joined in 2019, just before COVID. There were over 70 people in the group then, and I was sold the first day I walked in." She smiled and gestured at Rosalind. "That first day, this lady was here to

TIME TO UPDATE YOUR KITCHEN?

MTM Countertops

COME SEE OUR
IN-STOCK
QUARTZ
SELECTIONS!

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

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

2460 Hwy. 287 N. • Mansfield • For more info call 817.477.8663

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



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



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



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



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



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

Accepting New Patients

Now Accepting Managed Medicare Patients (Please Call for Details)

Same-Day Appointments & Telehealth Appointments

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

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

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



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

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



MEMBER FDIC



EXPERIENCE THE

Spirit

— By Virginia Riddle

It's almost dusk in summertime. A slight breeze, refreshing after a hot day, begins to whip around the scrub brush of Palo Duro Canyon State Park's rock walls. Spotlights dance along the park amphitheater's natural backdrop searching frantically. Hooves pound with increasing intensity. The spotlights converge on a lone rider, leaning forward to urge on her galloping horse crossing a 600-foot narrow ledge. Reins in her left hand, she holds proudly and steadily in her right hand a Texas flag fluttering fully. The crowd rises, whoops and claps, while musicians strike up the overture. Texas Outdoor Musical has begun to the delight of another full house.

Since 1965, this story of Texas Panhandle Comanches, led by Chief Quanah Parker; ranchers, such as Colonel Charles Goodnight, co-owner of the famed JA Ranch and co-founder of the Goodnight-Loving Trail; and other settlers such as sheep herders

and farmers has been told through well-known, loved songs, dances and state-of-the-art sound and lighting effects. There were struggles as those cultural groups converged in the late 1800s, along with celebrations, death, the coming of the railroad and politics with those legislator folks down in Austin. There's humor, tears, courtships and drama.

The idea for this legendary production was hatched in 1960 when Margaret Harper, a Canyon ISD piano teacher and author, read a story in *Reader's Digest* about Paul Green, a Pulitzer prize-winning playwright of regional themed plays, screenplays, poetry and musical dramas. She contacted Green with information about the beauty of the canyon and the drama of the land's history. By the next year, Mrs. Harper had founded the Texas Panhandle Heritage Foundation, which funded through donations from area residents a very interested Paul Green to journey to the High Plains with the intent to write the saga. The Pioneer Amphitheater was carved out of the wall of sandstone, siltstone shale and caliche color shades; moveable sets, sound and light boards were installed; and, as the saying goes, the rest has become part of the area's history and hospitality. Financing for the production comes from ticket and concession sales, as well as underwriting that still comes from area foundations, individuals and businesses.

Over 60 actors, singers and dancers in colorful and authentic period costumes have brought Paul Green's script to life each season for 58 years to a nightly, nearly always sold-out audience. Either as part of the warm-up or as the audience is reseated after intermission, a cast member comes out and asks members of the audience to declare their hometowns. It's an amazing time of discovery, since many have come from far away international locations to share this experience. The cast and crew, which include sound, lighting, choreography and set design folks, as

well as electricians, wardrobe, horse wranglers for the equine performers and instrumentalists, have come from far and wide to audition, rehearse and perform. A "Who's Who" listing of the cast and crew members is part of the provided program. West Texas A&M University provides housing and much of the administrative and hospitality staff. All ages and ethnicities are represented, and Native American actors and singers speak and sing in their ancestral languages.

Tickets include admission to the park during preshow hours, and audience members are warmly welcomed by park rangers at the park's entrance. Palo Duro Canyon's history is told at the Visitor Center and along the drive through the park. Theater goers can explore the beauty of this second largest canyon in the United States on hikes and birdwatches, or they can prearrange an overnight camping site or cabin. A chuck wagon barbecue and canyon outfitter horseback rides can be arranged separately to add to the "flavor" of the Texas experience.

Thunder echoes in the canyon as lightning flashes along the wall in one of the scenes. Sometimes the rain becomes very real, and unless there is a major threat, the show, in true theatrical tradition, still goes on. Audiences get a real experience of how quickly the summertime High Plains weather changed for the Native American peoples who made the canyon their home for centuries and for the pioneers who later settled there.

The show ends with a bang. Patriotic fireworks resound for several minutes throughout the canyon. Cast members await the departing audience and pose for group photos, ending the evening with, "Thank y'all for coming!" NOW

Sources:

1. Texas Outdoor Musical program, Texas Panhandle Heritage Foundation, Inc., 2023.
 2. Texas State Historical Association, Harper, Margaret Pease, www.tshaonline.org.
 3. Texas Outdoor Musical, www.texas-show.com.
- Photos by TEXAS Outdoor Musical official photographer Jim Livingston. www.jimlivingstonart.com.

HAPPY 4th of July

Prosperity Dental
Dental Care for Adults and Children

Call to schedule your appointment today.
972-360-0562

Complimentary Teeth Whitening
Upon Completion of Your Treatment.
Expires 7/31/24

Dr. Thamen Kennedy Evans

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

SATURDAY Appointments Available
433 W. Wheatland, Duncanville
ProsperityDentalCare.com

Happy 4th of July
from Split Endings Salon & The Haydin Insurance Group.

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.

New Client Specials
\$5 OFF Haircut
\$10 OFF Any Color Service

Walk-Ins Now Welcome!
Call, Book Online or Text Your Stylist
www.SplitEndingsSalon.com

972.291.7883

Split Endings Salon

201 Bryan Place
Cedar Hill
(Corner of Straus Rd)

Susan Reyes Quaaas 817-975-3400
Deanna Ritchie 214-235-3819
Tamara Sanders 505-240-4572
Yoko Smith 214-808-8028
Rachel Powers 469-321-0409
Amber Haydin 469-693-1582

Summer Savings

SHOPPING GUIDE

JOIN US FOR **CHRISTMAS IN JULY SALES EVENT**

Saturday,
July 13, 2024
10 - 6 p.m.



Store Wide and Sidewalk Sales!

Follow us @knickknacks_tx for more info!



"Gotta get back to this shop. Every time I come to Knick Knacks I'm blown away by something." G. Ayala



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



CAMP BOW WOW.

PLAY & STAY

WITH THE **best!**

Now Accepting Boarding Reservations!

for **Summer!**

1104 S. HWY 67 CEDAR HILL, TX 75104 | 972-296-9663
WWW.CAMPBOWWOW.COM/CEDAR-HILL

The Maids
CERTIFIED CLEAN
AN OZEN APPROVED

Book **The Maids®**
FOR A DEEP SPRING CLEAN OR ANYTHING IN BETWEEN.

\$50 OFF

GOOD TOWARDS THE PURCHASE OF YOUR FIRST CLEAN.

This offer is not redeemable for cash or gift cards, not as it valid toward previous purchases. Offer may not be combined with any other coupons, discounts, offers, or promotions. Other restrictions may apply. LIMITED TIME OFFER

- ✓ Reduce Dust & Allergens In Your Home with Our Ultimate Healthy Home Service
- ✓ Peace of Mind with Our 100% Satisfaction Guarantee on All Services
- ✓ Professional-Grade Products and Disinfectants Kill Viruses and Bacteria

550 N. Main Street Suite 202
Duncanville, TX 75116
972-850-9299 | MAIDS.COM/309

The Maids
Referred for a reason.

Summer Savings

SHOPPING
GUIDE

Foster/Adoptive Parents Needed

If Not You, then Who?



469-222-1200

KidsGrace.org

STAR TRANSIT

SERVING

**CEDAR HILL • DESOTO
• DUNCANVILLE •**



877-631-5278 • STARtransit.org



4TH OF JULY SALE

Boehm Books, the one-of-a-kind local bookstore offering tutoring in math, reading, and other challenging subjects.



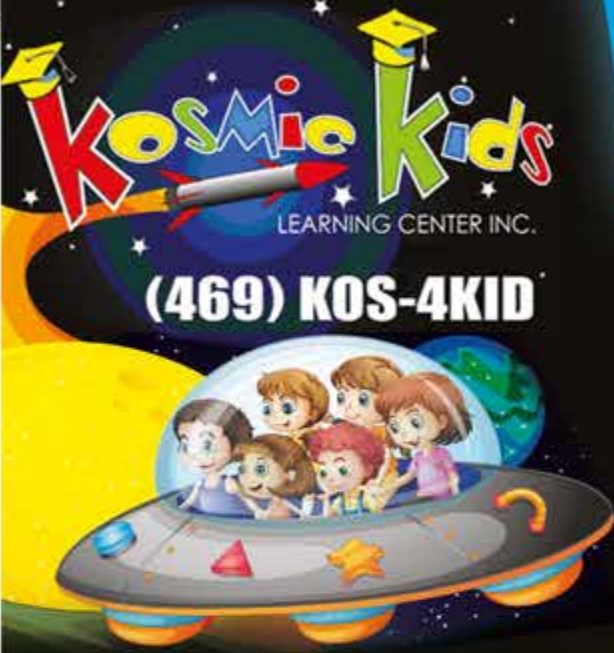
BIG SUMMER BOOK SALE

Book your tutoring session today!

917 North Joe Wilson Rd. Ste. 102B, Cedar Hill
Register today at 469-454-6115

Summer Savings

SHOPPING
GUIDE



Kosmic Kids
LEARNING CENTER INC.

(469) KOS-4KID

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

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

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

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

**ARE YOU READY TO LET
YOUR CHILD GROW?**

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

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

Mortgage Done Right, Your one-stop shop!

If you're looking to Purchase, Refinance, or Invest in Real Estate, please contact me today to get Pre-qualified.



- FHA
- Conventional
- VA
- Reverse Mtgs (62 yrs+)
- Commercial
- Investor (DSCR/Fix & Flip)
- Jumbo
- And Many More....

Email / emitchell@nexamortgage.com
Web / www.mitchelllendinggroup.com



Eric Mitchell/Sr. Loan Officer
NMLS#1158860

Call or Text Me Today!
Phone/ 214-938-8858 • Office/ 214-377-9995



Let me help you sell your home or commercial property.



214-354-1679

"Stan The Man" - Your Hometown Realtor

STAN SMITH, REALTOR

stan@stanleymsmith.realtor **MLS**



Catrice Hines CEO & Founder

(469) 297-6359 • bfabllc@yahoo.com
324 E. Belt Line Rd., Suite 605, DeSoto, TX 75113

Instagram: @bfabllc | Facebook: @BFAB LLC | Tiktok: @BFABLLC

NOW
MAGAZINES

Burleson • Corsicana • Ennis • Mansfield • Midlothian
North Ellis County • Southwest • Waco/Hackberry • Weatherford

Advertise
with us!

Reaching over 700,000 readers throughout 9 markets, with interesting stories about the people living in those communities, NOW Magazines are the smartest choice for your advertising dollars.

Call for info.

972-283-1170

THE LOCAL TABLE

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

- Virginia Woolf

CAMPUZANO

mexican food

Happy ★
4th of July



ANNIVERSARY
25
YEARS

\$5 OFF

\$25 PURCHASE
Expires 7/31/24 SWN

CAMPUZANO



- Waxahachie
- Cedar Hill
- Dallas (Oak Lawn)

CampuzanoMexicanFood.com

DAILY SPECIAL

2 FOR \$20 OR 4 FOR \$40





Kim & Jenny's Cafe

972.283.2616
Mon-Sat 7a-2p
450 E. Wheatland Rd.
Duncanville, TX 75116

B N SUSHI & GRILL

July Special



\$5 OFF

\$25 or more purchase

DINE-IN ONLY
EXCLUDES ALCOHOL
EXPIRES 7/31/24



BnSushi.com

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

Need More Business?

Advertise your restaurant here.

For information, call:
972.283.1170



Bringing the best of the community home.



Zoomed In: Melissa Valdez-Cummings

By Adam Walker

Melissa Valdez-Cummings is about to become the next city manager for Cedar Hill on August 1. “It has been an extreme honor and privilege to serve the community that I love so much and to work alongside such an amazing team,” Melissa said. “My time in Cedar Hill has been rewarding and heartwarming. I am excited to serve the community as Cedar Hill’s next city manager.”

Melissa has been working for the city of Cedar Hill for more than 20 years, so she’ll be able to hit the ground running in this new role as she moves from her last role as deputy city manager. She is committed to preserving Cedar Hill’s green spaces and keeping it a great community to live in.



Nakia McGuire sells produce at the Cedar Hill Farmers Market.



Duncanville supports Special Olympics with their annual Fire Truck Pull.



Kim & Jenny’s, a Duncanville staple, relaunches with a ribbon cutting.



Village Tech students build bat houses for the Dallas Zoo.



DeSoto graduates celebrate their success.



Cedar Hill High School seniors Faith Alvarez and Isaiah Castillo design logos for local events.



Joseph and Isaiah stop by Grow DeSoto Market Place for a father-son lunch.



Snow cones are very popular during DeSoto's Touch-a-Truck event.



Students at First Methodist School participate in Read Across America Day.

Beautiful Your Countertops!

Showers • Bathtubs • Countertops

Before



After



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

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

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

Angie's list f  www.ftworthrefinishing.com  

Summer Special

10% OFF

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

817-633-9100

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



**FORT WORTH
REFINISHING**

Offer Expires 7/31/24

CELEBRATE INDEPENDENCE WITH A STRONG, SECURE ROOF!



SCHEDULE YOUR FREE INSPECTION NOW!





SHEPHERD
ROOFING & RENOVATIONS
(972) 244-3705
HIRESHEPHERD.COM

<p>ROOFING</p> <ul style="list-style-type: none"> • ASPHALT • TILE • STANDING SEAM • SLATE • SYNTHETIC • FLAT 	<p>RENOVATIONS</p> <ul style="list-style-type: none"> • SIDING • CUTTERS • PAINT • FLOORING • DRYWALL
--	---

\$199 ROOF TUNE UP

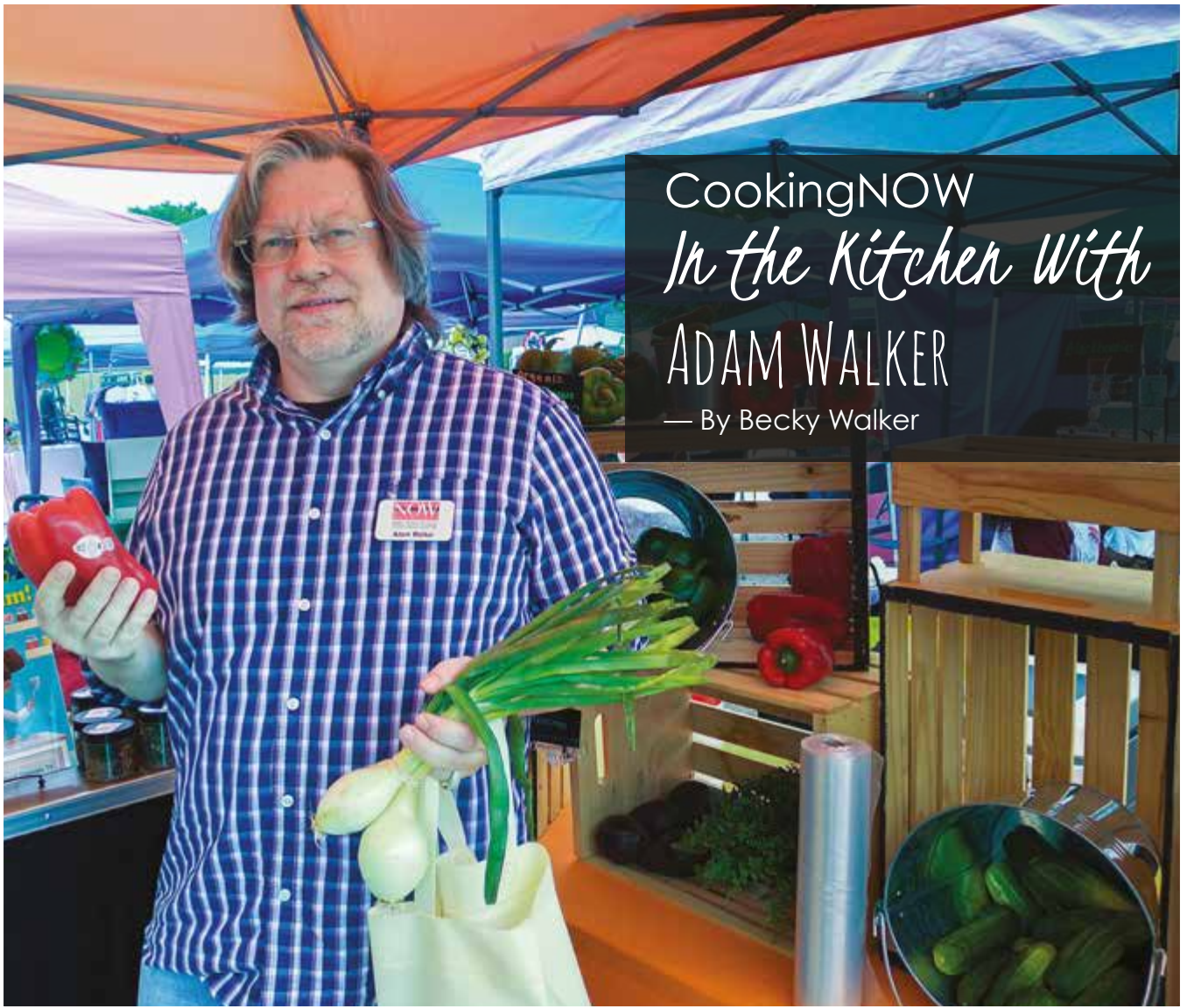
- THOROUGH ROOF INSPECTION USING DRONE
- SEAL ALL VENTS & PENETRATIONS
- SEAL ALL EXPOSED NAILS
- INSPECT CUTTERS
- CLEAN ANY DEBRIS ON ROOF

PRESENT COUPON TO REP TO REDEEM
APPLIES TO 1 STORY HOME 7/12 PITCH OR LOWER
MORE COMPLEX HOMES WILL BE SUBJECT TO HIGHER FEE

UP TO \$1000 OFF
ROOF REPLACEMENT

- DISCOUNT BASED ON ROOF SIZE: \$10/SQ
- FREE UPGRADE ON VENTILATION
- ICE & WATER SHIELD ON ALL VALLEYS
- 10 YEAR WORKMANSHIP WARRANTY
- CATCH-ALL LANDSCAPE PROTECTION

PRESENT COUPON TO REP TO REDEEM



CookingNOW In the Kitchen With ADAM WALKER

— By Becky Walker

Adam Walker enjoys eating Southern and Tex Mex food because he grew up in Dallas. But he loves other cultures — from Chinese, Vietnamese and Solomon Islands, to North African, Greek and Indian — and this love of cultures makes him a very adventurous eater. “I’ve tried everything from dry-roasted ants to sea cucumber,” he said. “I enjoy cooking foods from Taiwan where I lived for three years.”

A self-taught cook, Adam picked up tips from his mom and by watching PBS shows. He inherited recipes from his mom, her aunts and both of his grandmothers, but he also enjoys inventing his own, such as Stuffed Acorn Squash, Apples and Pork and Sausage and Peppers. **NOW**

Stuffed Acorn Squash

2 acorn squash, halved and deseeded
Salt, to taste (divided use)
Pepper, to taste (divided use)
Olive oil, to taste (divided use)
1/2 yellow onion, fine dice
1 lb. maple breakfast sausage
1 clove garlic, chopped
1 red bell pepper, large dice
1 Tbsp. dried rosemary
1 Tbsp. Worcestershire sauce

1 Tbsp. apple cider vinegar
3-4 drops smoke flavor
1/2 cup queso Cotija, crumbled (divide use)

1. In a large baking dish, add about 1 inch of water. Liberally, salt and pepper each acorn squash half; place face down in the water. Bake at 375 F until the squash rind gives to the touch.
2. Meanwhile, in a skillet, add a little olive oil; fry the onion until translucent. Add the

sausage; fry for 5 minutes, breaking up the large clumps.

3. Add the garlic, bell pepper and rosemary. Add salt and pepper, to taste. Add the Worcestershire, vinegar, smoke flavor and half the cheese. Fry until the pork is well browned.

4. Remove the squash from the pan. Empty the water from the baking dish and wipe it dry with paper towels. Fill each squash half with a generous portion of the meat. Place face up in the baking dish. Drizzle with olive oil; bake for 10-15 minutes.

5. Remove from the oven; sprinkle with the remaining cheese. Return to the oven; bake until the cheese melts and browns slightly.

Stuffed Onions

6 large onions
1/2 cup Minute Rice
1 lb. ground beef
1 tsp. cinnamon
1 tsp. all spice

- 1 tsp. salt
- 1/2 tsp. pepper
- 3 whole stewed tomatoes, diced
- 1 drizzle olive oil
- 3 16-oz. cans beef broth

1. Remove the root and stem ends of each onion. Make one cut halfway through each onion to the center. Remove the papery outer skin. Place all the onions in a 5-quart pan; fill with enough water to cover. Bring to a boil, and simmer for 20 minutes. Reserve 1 cup of the boiling water. Drain the remaining water; let cool enough to touch.

2. In a bowl, soak the rice in the reserved cup of onion water.

3. In a separate bowl, use your hands to combine the beef and spices. Add the tomatoes and soaked rice; combine.

4. In a 5-quart pot, add a drizzle of olive oil. Once the onions are cool enough to handle, remove the outer layer, add about 1 Tbsp. of the meat to an onion layer and roll it up. Place the onion, bottom end down in the pan, and continue until you have enough stuffed onion skins to pack them in, standing upright. Fry for about 5 minutes. Add enough beef broth to just barely cover the onions. Chop some of the remaining onion centers and return them to the broth. Simmer for 30 minutes.

Mom's Meatloaf

- 2 lbs. ground beef
- 1 small onion, chopped
- 1 medium green bell pepper, chopped
- Salt, to taste
- Pepper, to taste
- 8-12 saltine crackers
- 2-3 eggs
- 2 14.5-oz. cans new potatoes, drained
- 1 lb. baby carrots
- 2-3 10.75-oz. cans Campbell's Tomato Soup
- 1 cup cheddar cheese, shredded

1. In a slow cooker pan (or Crock-Pot), mixing by hand, combine the meat, onions, bell peppers, salt and pepper with enough crackers and eggs to form a nice solid loaf.

2. Surround the loaf with potatoes and carrots. Cover with the tomato soup. Add more salt and pepper, to taste. Cook on high for 6 hours, or until done all the way through.

3. Add the cheese; allow to melt before serving.

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

#End ALZ





Friends Place Adult Day Services

Call today for a tour.
972.274.2484

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

- ✦ Stay Socially Active
- ✦ Bi-monthly Support Group
- ✦ Daily Engaging Activities
- ✦ Compassionate Staff
- ✦ Meals Provided

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

\$75 OFF

For first time repairs.
Plus tax. Offer Expires 7/31/24

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

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



ARC IRRIGATION

Irrigator Lic #LI0012920
BPAT Lic #BP0019018

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

ARC IRRIGATION

Licensed & Insured • Antonio "Tony" Cruz

www.arcirrigation.net

214-683-4091 • 972-639-3446



LORENZO BROWN & ASSOCIATES

ATTORNEYS AT LAW

DIVORCE • PROBATE

1700 N. Hampton Road,

Suite 104

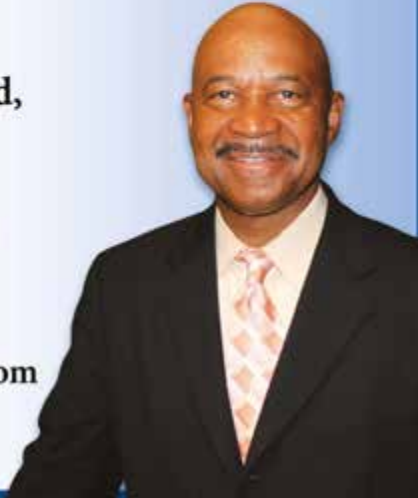
DeSoto, TX 75115

972.224.7555 - office

214.621.0036 - cell

214.237.6067 - fax

lorenzobrownlaw@gmail.com



SouthwestNOW Scavenger Hunt



Find 5 hidden
Watermelons

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 July 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.



\$50 Cash Prize

Courtesy of:

NOW Magazines

scavenger.swn@nowmagazines.com

Winner must pick up prize
within 30 days of drawing.

Butterflies were found on
pages 10, 13, 14, 25 & 27.

June winner is:
Jacob Andrade - \$50 Cash
from NOW Magazines



scavenger.swn@nowmagazines.com

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

BFG taxhelp

712 N Hampton Rd, Ste 240
Desoto, TX 75115

www.bfgtaxhelp.com



CALL: 469-TAX-HELP

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

PRECISION EYE CARE

\$15 OFF EYE EXAM
Restrictions apply. Expires 7/31/24

Anthony Peterson, O.D.

★ HAPPY ★
4th of July!

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

Hours: Monday-Thursday 9-6 | Friday 8-4
 150 E. HWY. 67, Suite 120 • Duncanville, TX
 972-298-EYES (3937) ■ www.pecdallas.com

Payments accepted:
 Cash, Debit, Checks
CareCredit



**COMFORT REHAB
CHIROPRACTIC**

PRESENTS



BINGO ***Night***

AT THE CEDAR HILL REC CENTER

310 E Parkerville RD., Cedar Hill, TX 75104

**JULY 25, 2024
FROM 6PM-8PM**

Limited Seating. Please RSVP to
practicerep@comfortrehab.com
or call 469-454-2177.

ComfortRehab.com



**COME JOIN US
FOR A NIGHT
OF GAMES.
TRY YOUR
LUCK TO WIN!
FOOD, DRINK,
PRIZES & MORE!**



**DERMATOLOGY
ASSOCIATES
OF UPTOWN**



Kent Aftergut, MD



Cynthia Robinson, MD



Meredith Orseth, MD



Joe Capasso, PA-C

Dallas-Fort Worth's Recognized Leaders in Dermatology Care

Dermatology Associates of Uptown has been committed to providing the best in medical and cosmetic dermatology to the Dallas-Fort Worth area for nearly a decade. Our **exceptional dermatologists, innovative technology, and online patient services** are what set us apart.

(972) 283-8979

www.DallasDermatology.net

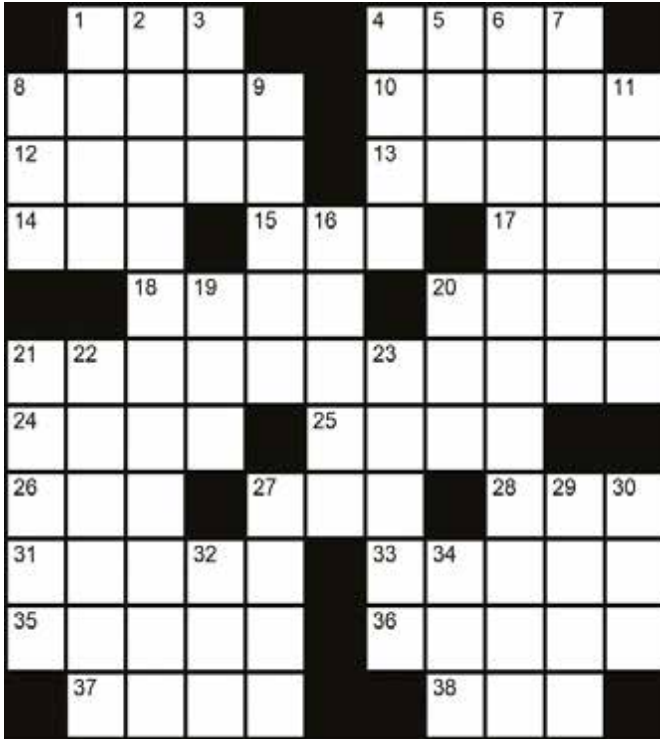
610 Uptown, Suite 102

Cedar Hill, Texas 75104

**Scan the QR code to book
your appointment today!**



Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 "... we there yet?"
- 4 Fall short
- 8 Bit of color
- 10 Veep disgraced in 1973
- 12 Capital of Jordan
- 13 Shingle material
- 14 Menlo Park initials
- 15 Superlative ending
- 17 Fiancé's last words?
- 18 Like a lamb
- 20 Where Gretel shoved the witch
- 21 Teenager's occupation
- 24 Concerning, in legalese
- 25 Nervous twitches
- 26 Viral gene material
- 27 Exploit
- 28 Pronunciation guide
- 31 Beach formations
- 33 "Dead Poets Society" actor - Williams
- 35 Plunders
- 36 Huffish
- 37 Ogle
- 38 Course launch site?

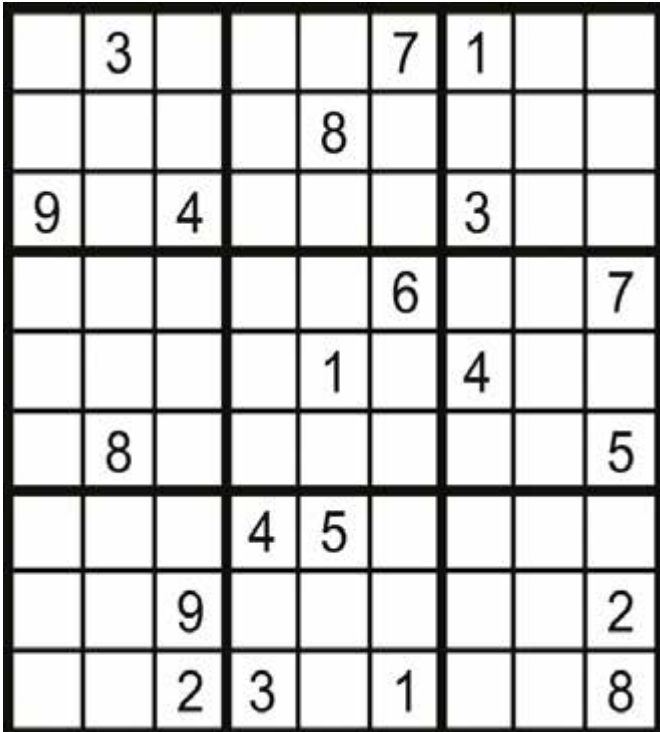
Down

- 1 Michigan college
- 2 Recognition
- 3 Federal cultural exchange organization
- 4 It's not fiction
- 5 Subdivision of an epoch
- 6 Ibis lived in chaos, as recited in the Pledge of Allegiance
- 7 Heavy
- 8 Trainer's target
- 9 Prayer supports?
- 11 Off base
- 16 Short satires
- 19 Scrutinize
- 20 One way to trade stock
- 21 Shuttlecocks
- 22 Once-a-year publication
- 23 Rows
- 27 Former Red giant?
- 29 Medieval weapon
- 30 "Unsafe At --- Speed" (Ralph Nader book)
- 32 Duke Ellington, initially
- 34 "Shoo!"

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

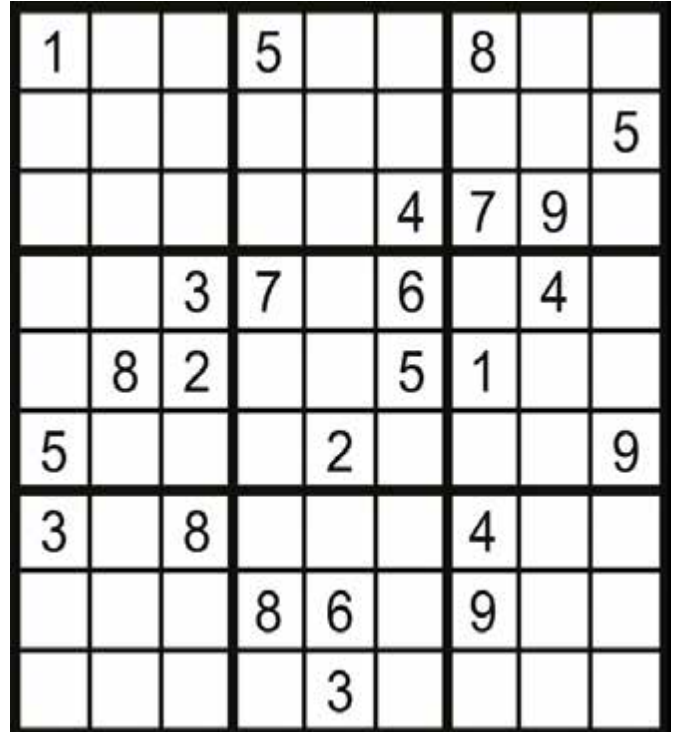
Sudoku Puzzle

Easy



Crosswordsite.com Ltd

Medium



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

ACCESS SELF STORAGE

AND TRUCK RENTAL

PREMIER STORAGE FACILITIES

New State-of-the-Art Self-Storage

- Electronic Gated Access
- Camera Surveillance at All Locations
- Moving Supplies
- Climate Controlled & Drive-Up Units
- Friendly Managers On-site to Help You with Your Storage Needs



Declare your Independence from Clutter!
Reclaim your garage!
5x5 to 10x30



EXPLOSIVE

July Special
10x10 units
25% OFF
for 3 months
Call for details. Exp. 7.31.24



DeSoto • 469-283-0123

SE Corner Hampton Rd. & Danieldale

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

Midlothian • 469-283-0929
1630 Hwy. 67

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

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



www.accessstoragedallas.com

SCAVENGER HUNT WINNER!



Theron Brown won a \$50 cash prize courtesy of SouthwestNOW Magazine!

DALLAS AREA PATROL AND PROTECTION SERVICES

Protection With Dignity and Pride



FOCUS DAILY NEWS
READERS CHOICE AWARD
BEST SECURITY COMPANY
2017 - 2024

www.dal-apps.com
Email info@dal-apps.com

Main Number 972-224-0920
Texas License Number: B09406001
Chief M. Jones
1229 E. Pleasant Run Rd * Suite 222
DeSoto, TX 75115



CHECK OUT OUR

Favorite Recipes

NEW!

www.nowmagazines.com
Searchable Recipes
from the NOW Magazines Archives.

TRY IT TODAY!

NOW
MAGAZINES

Happy INDEPENDENCE DAY

JULY

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.

7/2

Wonka:

Enjoy a movie and popcorn. Free. 2:00 p.m. and 6:00 p.m., Duncanville Library, 201 James Collins Blvd.

7/2 and 7/9

Resin Workshop:

Teens, come learn how to create in resin. 5:00-6:00 p.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

7/4

Independence Day Celebration:

Come for all day celebrations. Armstrong Park, 100 James Collins Blvd.

Poetry Mural:

Come watch Kas Jones create public art. Noon-4:00 p.m., Grow DeSoto Marketplace, 324 E. Belt Line Rd., DeSoto.

Fireworks Celebration:

Join DeSoto and Lancaster to celebrate Independence Day. Free. 6:00-9:30 p.m., Grimes Park, 501 E. Wintergreen Rd., DeSoto.

7/8

Lucas Miller the Singing Zoologist:

Funny songs and skits about science. 10:30-11:30 a.m., Traphene Hickman Library,

450 Pioneer Trl., Cedar Hill.

The Buzz About Bees:

Fun for the family while learning about bees. 6:30-7:30 p.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

7/9

Wish:

Enjoy a movie and popcorn. Free. 2:00 p.m. and 6:00 p.m., Duncanville Library, 201 James Collins Blvd.

Summer Charcuterie Board Party:

Adults, learn to craft the perfect flavor combo. Free, but registration required. 6:30-8:00 p.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill. [signupgenius.com/go/9040B4CACA62BA7FD0-make#/.](http://signupgenius.com/go/9040B4CACA62BA7FD0-make#/)

7/10

Poetry Chalk Fest:

Use your poetry to decorate a section of concrete with positivity. 2:00-4:00 p.m., DeSoto East Middle School, 601 E. Belt Line Rd.

7/11

David Chicken:

He's back again with songs, dance and tomfoolery for

parents and kids. Free. 10:30-11:30 a.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

7/15-7/19

Family Vacation Bible School:

Breaker Rock Beach. Free. 6:30-8:30 p.m., New Legacy Community Church, 200 S. Polk, DeSoto. Register at newlegacycc.org or call (972) 230-8282.

7/16

Wildflower Seed Bombs:

Adults, learn to support pollinators and beautify the landscape. Free. 6:30-8:00 p.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

7/20

Senior Pool Party:

Come for the pool games or just to lounge. 50-plus residents free, non-resident seniors \$5. Mosley Pool, 1300 Honor Dr., DeSoto.

7/22

Children's Theater:

The Kid's Library Drama Club presents a play based on a book. Free. 2:00 p.m., DeSoto Library, 211 E. Pleasant Run Rd.

7/24 and 7/31

Mosaic in the Making:

Watch Jennifer Kindert create an outdoor mosaic at the Rec Center's back door. 2:00-4:00 p.m., 211 E. Pleasant Run Rd.

7/25

Business Plans 101:

Learn how SCORE can help your small business thrive. Free. 6:30-8:00 p.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

7/27

Chair Yoga:

Come for some gentle exercise. Free. 10:00 a.m., Trinity United Methodist Church, 1302 S. Clark Rd., Duncanville.

7/30

Tech for Business and Career:

Learn how Google tools can help your small business. Free. 6:30-7:30 p.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

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

Direct Mail Advertising Works!

Let *SouthwestNOW* Magazine present your advertising message to

over
45,000

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



Dustin Dauenhauer

For more information, please call your local advertising representative.

972-283-1170

NOW
MAGAZINES

BURLESON | CORSICANA | ENNIS
MANSFIELD | MIDLOTHIAN
NORTH ELLIS COUNTY | SOUTHWEST
WAXAHACHIE | WEATHERFORD
www.nowmagazines.com



OAK CLIFF
BIBLE FELLOWSHIP

214-672-9119

www.ocbfbookstore.org

Check out our
New Summer Reading Selection



YOUR ONE STOP SHOP FOR

Quality
Christian
Resources



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

DIVORCE DRAMA OR PERSONAL INJURY PAIN? WE HAVE SOLUTIONS



MS. OTISE REED, ESQ.



OTISE REED
LAW GROUP, PLLC

945-446-6400 ATTORNEY@OTISEREEDLAW.COM
1700 N. HAMPTON ROAD SUITE 104, DESOTO, TX 75115



First Methodist School
Duncanville, Texas

GREATNESS STARTS HERE

Now Enrolling



WWW.FMSDUNCANVILLE.COM
206 W. DANIEL ST.
972.298.5890
SINCE 1968



CCMS Accepted

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

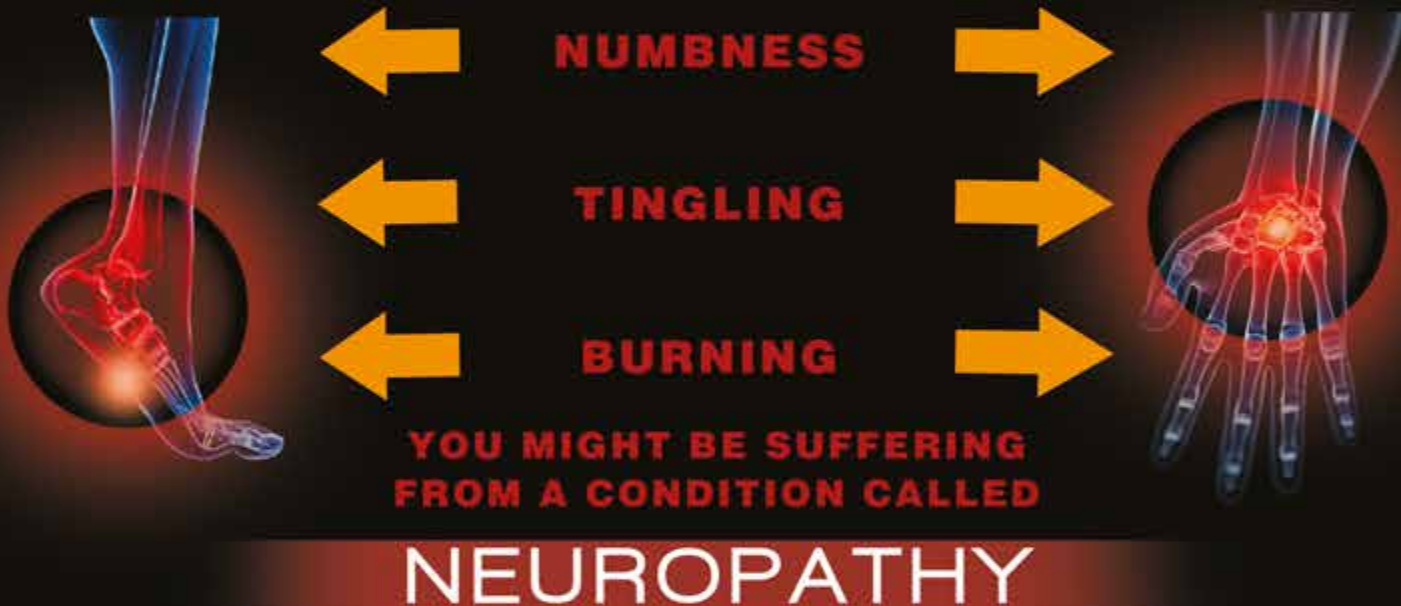
OFFERING: Medical Care, Physical Therapy / Rehabilitation, Spinal Decompression, Massage Therapy & Durable Medical Equipment -- All Under One Roof.

CONDITIONS WE SPECIALIZE IN:

- > KNEE PAIN / OSTEOARTHRITIS
- > NECK PAIN
- > BACK PAIN
- > SHOULDER PAIN
- > HIP PAIN
- > SCIATICA
- > FIBROMYALGIA
- > HEADACHES/MIGRAINES
- > BULGING DISCS
- > NEUROPATHY

**NOW
ACCEPTING
NEW
PATIENTS**

ARE YOU EXPERIENCING



Our New FDA approved treatment options have an amazing success rate in relieving Neuropathy symptoms. Treatment is Safe and Easy, with **NO Side Effects**, and Requires **NO SURGERY**. Treatment is covered by most insurance companies, including Medicare.

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

or email us at: completehealthmedicalcenter@gmail.com

COMPLETE HEALTH MEDICAL CENTER • 905 FERRIS AVENUE • WAXAHACHIE

WWW.COMPLETEHEALTHMEDICALCENTER.COM

HCNTM

Home Care Network
Bringing Healthcare Home

“Providing exceptional healthcare services for your loved ones who require at home attention and services. Your Home. Your Health. Your Choice.”



SCHEDULE YOUR INTAKE SESSION

www.HomeCareNetwork.com

TOLL FREE 1-877-270-2001



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