

SouthwestNOW

M A G A Z I N E

JULY 2025



Playing Hard

Quinn Dock takes all his sports seriously

2025 Summer Savings Shopping Guide

Also inside:

Scavenger Hunt
Crossword

Featured Business:
The Lux NP

In the Kitchen With
Dwight Perry



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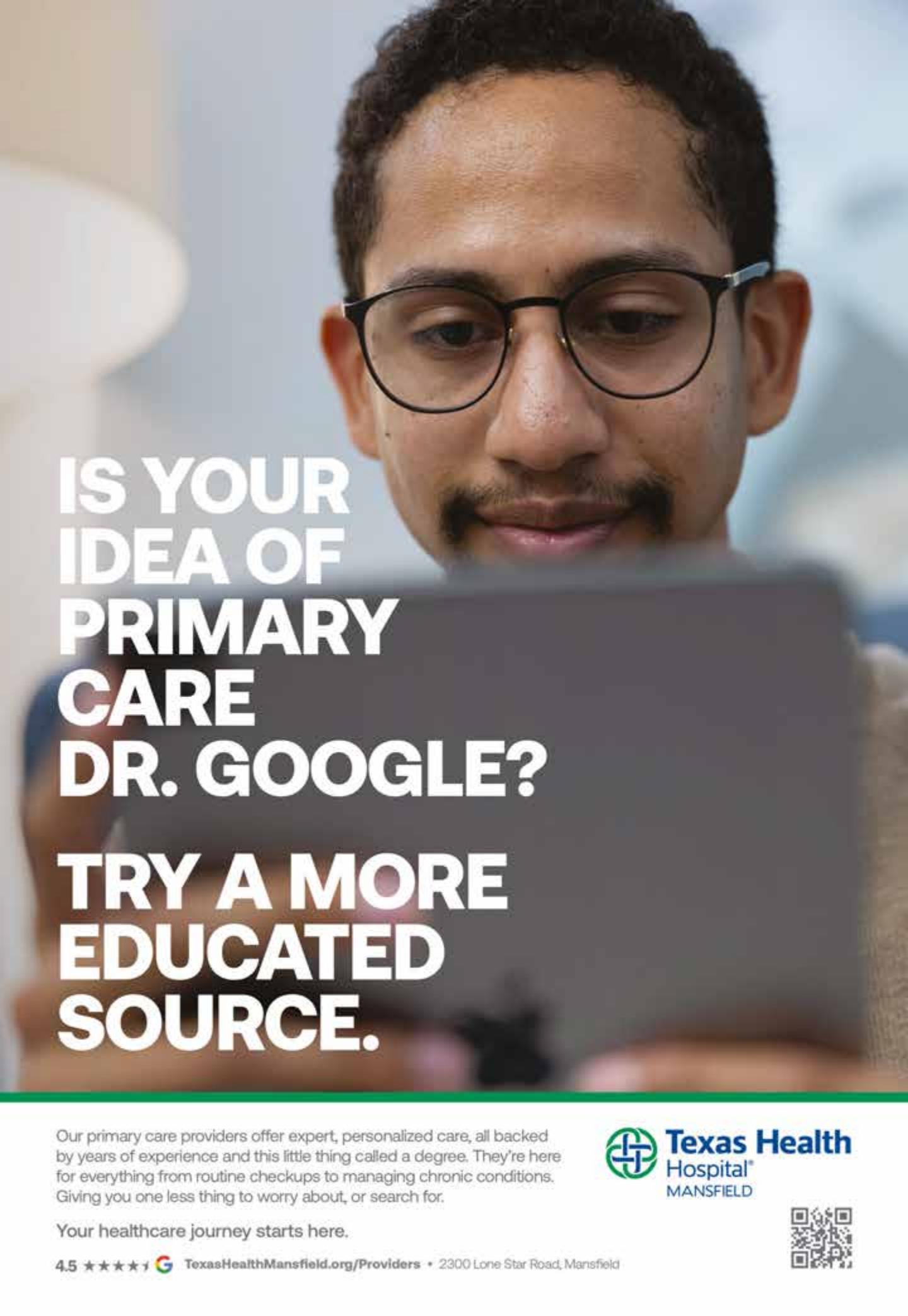
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DATES/TIMES

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WEDNESDAY
9:00AM - 2:00PM

LOCATIONS

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MONDAY-THURSDAY
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JULY 7-17, 2025
MONDAY-THURSDAY
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Acceptable bills include electric, water, gas, internet, landline phone bills, lease/rental agreements

EDITOR'S NOTE

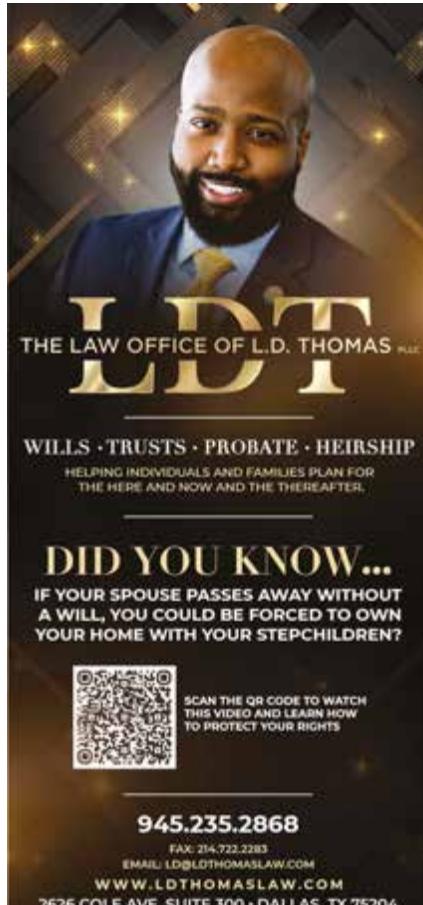
Summer is vacation time ...

When I was a kid, most of our vacations were in the summer, when we were out of school. One year, we drove to Yellowstone National Park in Dad's white Econoline van that he used for delivering service station and garage supplies. We kids sat in back, on a mattress or an old bus seat that wasn't even bolted down. We drove north through the flat dirt of Oklahoma, the flat wheat fields of Kansas and the flat cornfields of Nebraska, before returning to the flat dirt of central South Dakota.

Somewhere along the way, a bee flew in through Dad's open window. He swerved like a maniac, waving and swiping at the bee while screaming, "God bless America, land of the unadulterated free!" Mom was shouting, "Jim! The road!" My sister, Becky, had the misfortune of being in the middle of taking a swig of Coke from a bottle she'd pulled from the ice chest. When Dad jerked the wheel, the highly carbonated beverage went up her nose instead of into her mouth. She gagged and sputtered. I started chanting, "Becky's snorting Co-oke!" Tim calmly sat through it all.

We did eventually see Yellowstone. And we made it home.

Try to survive your memories!



July 2025
Volume 19, Issue 7

ON THE COVER



Quinn Dock's growing shoulders can already carry quite a load.

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David Espinoza of Shepherd Roofing and Renovations wants to see your roof done right. "We offer roofing services for both residential and commercial customers. We can do everything from small roof tune-ups to full replacements. We do asphalt shingle roofs, tile, slate, standing seam metal roofs, synthetic wood shake, TPO. You don't see many tar and gravel roofs anymore, so we don't do those, and real wood shake isn't even legal in Texas anymore," David informed.

"Our roof tune-ups are \$199 with the coupon in the magazine. But pricing is on a case-by-case basis. So contact us for a free quote. We do free inspections. We use drones to see your whole roof. We even have a thermal imaging drone, to show where you have heat loss. We use the most up-to-date inspection equipment. We like to use advanced technology to provide the best answers to our clients."

Renovations are the other part of what they do. "We do a lot of storm restoration. We also renovate after plumbing breaks and fires. We are the preferred renovation company for several insurance companies when you have flood damage. We replace flooring, baseboards and cabinets. We do drywall, painting. We also install, replace and clean gutters and install leaf guards. We also do repair and replacement for wood and fiber cement siding, also called Hardie board."

David is proud of his team's years of experience in the industry. "Together, we

have more than 100 years of experience. My dad and my uncles were all roofers. I worked summers with my dad since I was a teenager, but I got into this full time in 2012. I think we have some of the best communication in the business. We email you our estimate, so you have it to look at. We text you, to let you know when we're on our way to your house or business. We send you pictures and videos of the job in progress, so you know what's happening, and so there's evidence of the work that's being done. We have one of the best workmanship guarantees out there. Most companies guarantee their work for three to five years. We guarantee for 10 years. We have a lot of quality control and check on our crews to be sure the work is done right. When we speak to you, we aren't giving you a sales pitch. We have a conversation about your roofing issues. We don't up-sell. We make recommendations, but then it's up to you. My philosophy is to treat our customers like as if it was my grandmother's roof. We find and diagnose issues and share what we know from our experience. We give you options, and let you make the decisions."

"Together, we have more than 100 years of experience. My dad and my uncles were all roofers. I worked summers with my dad since I was a teenager, but I got into this full time in 2012."

David looks at his business differently. "We're a small business with Christian values. I set out to always do the right thing. I have given free roofs to people in real need, like an elderly lady who had holes in her roof. She didn't have the money to fix it, so she just wanted us to tarp it. I decided to re-roof her house for free. We're a business, and we're about making money, but we're also here to help. I want to help my family, but also the community."

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PLAYING HARD

— By Adam Walker

Most boys like sports to some degree. Many play at least one. Quinn Dock plays three. This homeschooled competitor competes in golf, football and basketball. He's played on homeschool league teams and club teams. But he's already got big plans. "I just turned 11," he explained. "Basketball is my favorite sport. It's my life."

Boys (and girls) that age are often notable for their enthusiasm about the things they enjoy. But Quinn is not afraid of putting in lots of hard work to get better at what he loves. "I usually practice every day, well not Saturday and Sunday. When I practice with my VisionHackers athletic skills coach, Marquis, we practice about two hours. When I practice with Dad, it's about an hour-and-a-half."

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Quinn currently plays basketball for the Duncanville Wildcats, a club team that plays at the Duncanville Fieldhouse. "We play against teams from other cities. I'm a starting shooting guard. This is my third year playing basketball. The easiest thing is layups. Not on the left, but on the right. Those are easy peasy lemon squeezy. I'm getting better with the left. That will be easy soon. I also like dribbling. What's hard is when my threes get blocked or we lose very badly or missing an easy layup. I don't like that." He even likes drills. "There's this one where we have cones and this big line of kids. We have to run down and back. Running with one hand behind your back is fun, too."

Basketball is also part of his relationship with his younger sister, Mia. "I like playing with my sister. She's a good basketball player, too, and a great person. I try taking it easy on her, but I don't know how."

Football is less of a passion. "I played when I was 5 and again last year. Football starts again in the fall. I played cornerback, DB and safety. Just like with basketball, I really like my teammates and being out there. Football was my dad's sport. Basketball is mine. Maybe my son will play baseball!" He's got a plan for everything.

In his free time, Quinn works in some time on the golf green. "I'm practicing that now. I like getting out there and just bounding drives."

He plays football and golf, but wants basketball to be his future. "I'm going to keep training till I go to the NBA."





After college, I want to get an invite for the NBA. LeBron is still playing at 40. I want to retire at 35 ... enter the league at 20, retire after 15 years. My number one choice is to play for the Bucks. Number two is the Lakers or maybe the Celtics."

His dad, Donovan, respects his son's drive, but encourages him to keep his options open. "Maybe he can, if he grows. But he's also got a good golf swing."

Quinn enjoys being homeschooled, but still has opinions about which subjects he likes. "No kid really likes school, but I love being homeschooled. It takes less time than regular school. I don't have to be stuck in a classroom for eight hours every day. I like the subjects with the least amount of questions! My favorite subject is science. My mom and Mia and me will be doing experiments all summer. If I went to regular school, my favorite subject would be PE. I also like math," he said. But not all subjects are as much fun. "Don't get me wrong, I love Jesus with all my heart, and I love the Bible, but there are just too many questions to answer in that class!"

It takes a lot to fuel an active 11-year-old. "Yeah, I eat a lot. But not chicken nuggets and not tenders — the real stuff my mom makes. I used to think chicken nuggets were great. Now when I go to a McDonald's, I think I've been poisoned!"

He doesn't find a harsh word for anyone. It's all praise and positive vibes. Even when talking with confidence about his skills and accomplishments, Quinn manages not to sound like he's boasting. With boundless energy and infectious smiles, he's ready to take on life and score a few points along the way. **NOW**

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The Lux NP

— By Adam Walker

The Lux NP

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Enter the lobby of The Lux NP, and you'll be greeted by black and gold decor that hints at the quality of service that awaits. Tamara Washington, DNP, APRN, FNP-C created The Lux NP to see to your needs for maintaining your youth and well-being in a competitive world. "We offer facials, BOTOX, fillers, and hair restoration to help you look your best. All our facials are medical grade. We offer the Vampire Facial, which has been popular for a while. The Glo2 facial uses carbon dioxide to stimulate blood flow under the skin's surface. It's very relaxing. The Oxfoliant uses ultrasound to push into the skin, giving a lymphatic massage. A salt facial uses salt to exfoliate your skin. It's a little intense, but it gets great results."



BOTOX is a familiar product. Tamara provides this service for customers looking to get rid of some fine lines and wrinkles.

Fillers help when the skin has lost too much of its youthful fat, leaving a hollow look. "We use fillers when you need to replace lost volume," Tamara explained.

"We offer IV vitamin therapy for when you're having issues with fatigue. IV therapy also complements your workout regimen and boosts your metabolism. It can even help you recover from the effects of jet lag. That can be important if you travel a lot."

The Lux NP also offers pellet therapy for testosterone replacement and hormone optimization. They offer O-shots and P-shots for sexual wellness.

Another service Tamara provides is weight-loss assistance. "We have a custom three-month program that we offer to our clients. It includes a food plan, explanations of what you need to do and GLP-1 medications. We also offer body sculpting using the triLift device by Lumenis. It helps with lifting and

toning the muscles, dealing with any sagging left from GLP-1 weight loss.

"The service that we are most proud of and absolutely love is our hair-loss treatment called FoLix. It provides amazing results for both men and women who are already experiencing hair loss or trying to prevent it. Our clients love it because there is minimal downtime, little discomfort, and it's highly effective. We love seeing our clients' smiles after they complete their treatments."

"I HELP BOTH WOMEN AND MEN WHO ARE SEEKING SELF-CARE SERVICES TO RENEW THEIR SELF-CONFIDENCE AND FEEL THEIR BEST. I GENUINELY WANT TO IMPROVE MY CLIENTS' OVERALL WELLNESS."

Tamara and her team offer their customers deluxe service. "This is a Black woman owned business. I offer a level of customer service that is unsurpassed. I treat my customers like family. People love my staff. We do really good work here at The Lux NP. I offer services for both men and women. Most of my clients are professionals or teachers who want to look and feel their best — mostly between the ages of 30 and 65, but I have clients who are both younger and older than that. Some of the services I offer aren't available everywhere. Not everyone in this field has access to the devices we utilize here. That makes us different than the rest. I help both women and men who are seeking self-care services to renew their self-confidence and feel their best. I genuinely want to improve my clients' overall wellness." Tamara and her team would like to talk to you about the services they offer and how they can be a part of helping you reach your goals for your body and your health. If this sounds like the place for you, give them a call to schedule a consultation. **NOW**



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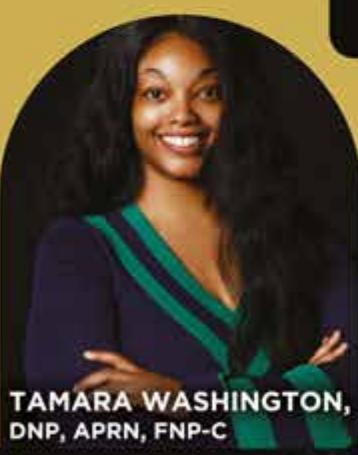
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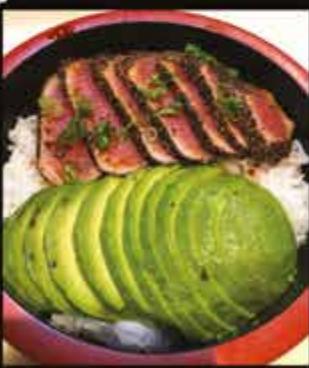
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Anne Perry shares her parasol with splash pad visitors.

Zoomed In: Ahmani Mitchell

By Adam Walker

Ahmani Mitchell (center) stopped for a photo to celebrate her 16th birthday with her grandmother, Berna Jones, and her mother, Lakeisha Mitchell. They all three dressed in orange for the event. "It's not her favorite color," her mother explained. "That's gold, but she likes orange because she thinks it makes her skin pop. And she's all about the photos and lighting. She tries to get me to stop the car when she sees good lighting. I am not stopping the car in traffic for good light!"

Ahmani was roaming with her posse of friends at Hillside Village, shopping for treasure — gold, orange or otherwise. When Lakeisha called her daughter over to pose, Ahmani responded, "We're going to be in a magazine? What are you doing to me?"



Mayor Pro Tem Letitia Hughes, DeSoto ISD School Board Trustee Principal Chasiti McKissic and DeSoto High School PTSA President Shelonda Weaver present graduates with their community service cords.



All hands on deck for the Everything Teen Expo at Bloomfest!



Madison Lloyd relaxes with a good book at Crawford Park while her kids play.

NOW



Catrice Hines, Donna Dobbs and Veronica Scott meet on "the stoop" to strategize for their shops at Grow DeSoto Market Place.



UME Prep Dallas elementary percussion ensemble receives a 1 rating at the Pride of Texas Music Festival under the direction of Band Director Marcus Slider.



Principal Dwight Perry and student Kellyse Blackmon compete in a cook-off for the restoration of pajama day.



Local artists and their fans hang out at the Duncanville Library's summer reading kickoff.

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CookingNOW IN THE KITCHEN WITH DWIGHT PERRY

— By Adam Walker



Dwight Perry is the principal at Bessie Coleman Middle School. "By day, I'm an educator and school leader. But food? That's my side passion. I bring that same passion into everything I do. Whether I'm building a lesson or building a plate, excellence is always on the menu. Eating is my love language. Cooking is the vehicle that gets me there. It's how I express care, creativity and culture. There's something soul-satisfying about watching ingredients transform into something delicious, then watching someone's face light up with that first bite. It's connection, comfort and celebration wrapped in one."

"I never went to culinary school, but my kitchen has always been my classroom," he said. "My mama was my first teacher — no measurements, just 'a pinch of this' and 'until it smells right.' I grew up in the Midwest, where food means family, and potlucks are sacred. I'm from Chicago. We grilled everything. Flames don't scare me. They flavor the food. Grilling is my therapy. Give me a bed of charcoals, and it's officially game on! There's something primal and pure about working with fire, like a dance between patience and precision." **NOW**

Grilled Black Bean Burgers

Cooking spray

1 16-oz. can black beans, drained and rinsed
1/2 green bell pepper, cut into chunks
1/2 onion, cut into wedges
3 cloves garlic, peeled
1 egg
1 Tbsp. chili powder
1 Tbsp. ground cumin
1 tsp. Thai chili sauce or hot sauce
1/2 cup breadcrumbs

1. Preheat an outdoor grill to high heat. Lightly coat a sheet of aluminum foil with cooking spray; set aside.
2. In a medium bowl, mash the beans with a fork until thick and pasty.
3. Add the bell pepper, onions and garlic to a food processor; pulse until finely chopped. Stir the vegetable mixture into the mashed beans.
4. In a small bowl, whisk together the egg, chili powder, cumin and chili sauce. Add to the bean mixture; stir until well combined.
5. Mix in the breadcrumbs until the mixture

becomes sticky and holds together.

6. Form the mixture into four equal patties; place them on the prepared foil.
7. Grill the patties for about 8 minutes on each side, or until cooked through and lightly charred.
8. Serve hot on buns with your favorite toppings. Enjoy!

Homemade Hush Puppies

Vegetable oil, for frying

1 cup yellow cornmeal
1/2 cup all-purpose flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/4 tsp. black pepper
1/4 tsp. cayenne pepper (optional)
1 Tbsp. sugar
1 large egg
1/2 cup buttermilk
1/4 cup sweet onion, finely chopped
1 Tbsp. chives or green onion tops, chopped (optional)

1. In a heavy pot or deep fryer, heat 2-3 inches of oil to 350 F.
2. In a mixing bowl, whisk together the cornmeal, flour, baking powder, baking soda, salt, pepper, cayenne and sugar.
3. In a separate bowl, whisk the egg and buttermilk.
4. Stir the wet ingredients into the dry until just combined. Do not over mix. Fold in the chopped onions and chives.
5. Using a small cookie scoop or spoon, gently drop rounded tablespoons of the batter into the hot oil. Fry in batches, turning occasionally, for 2-3 minutes, or until golden brown and cooked through. Use a slotted spoon to transfer the hush puppies to a paper towel-lined plate.



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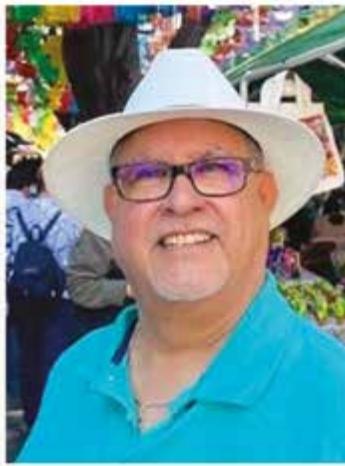
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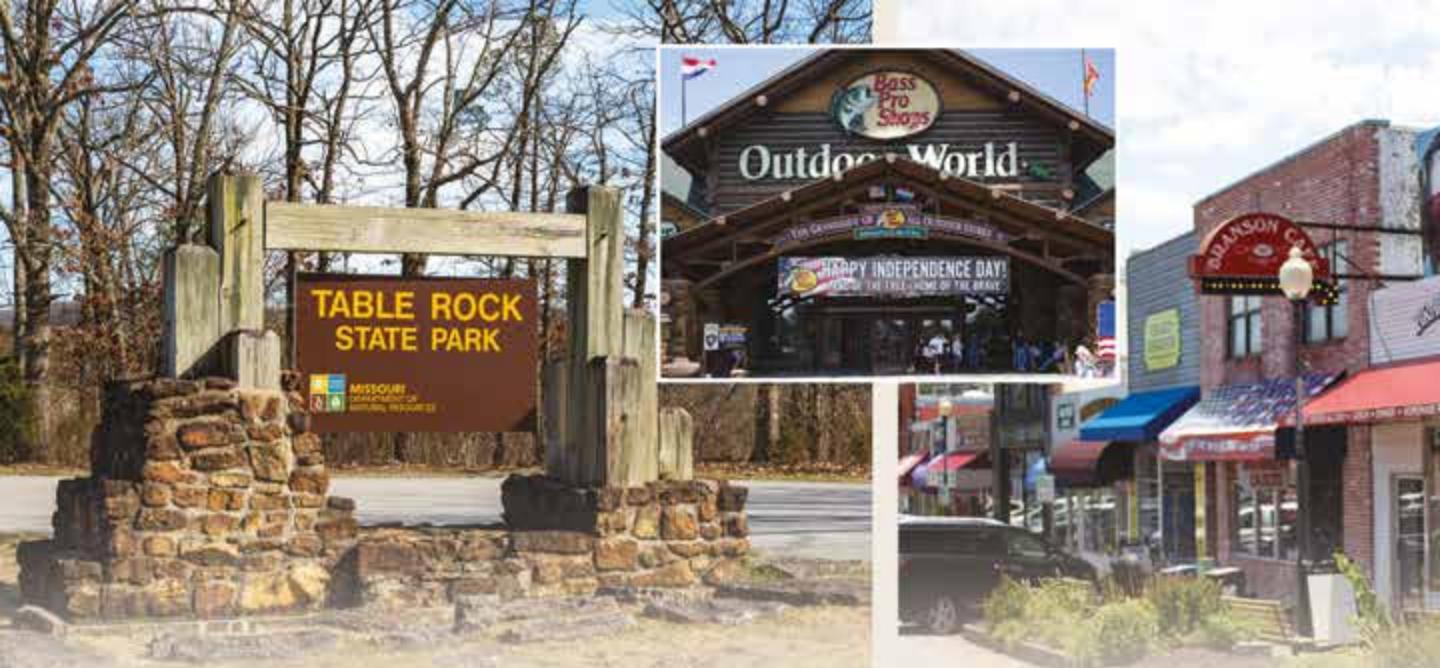
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SOMETHING FOR EVERYONE

— By Bill Smith

Driving northeast from North Texas over, under, around and through the mountains of Arkansas to Branson, Missouri, makes a scenic and interesting trip. The destination is worth the journey, and with so many activities and things to experience, you just cannot do them all during one visit. Chances are, at least one return trip will be on your agenda.

Accommodations in Branson are varied and can be as simple as a campsite at Table Rock State Park, an inexpensive motel room or a bed-and-breakfast for two. Cabins, condos and resorts that host your whole family are also available. Arlo Guthrie sang, "You can get anything you want at Alice's Restaurant," and while there may not be an Alice's in Branson, there is just about any other food offering you may desire.

One place you can count on for a delicious, home-style meal is Paula Deen's Family Kitchen. Located near downtown on Branson Landing, the food is served in a tastefully appointed atmosphere, and you cannot leave there hungry. Every meal is all-you-can-eat and includes a choice of dessert.

Branson is all about music, and many of the restaurants

feature live entertainment, sometimes as a stage performance, or perhaps as a singing server. Mel's Hard Luck Diner has a 1950s theme in its decor, and the servers may be singing oldies, Christian or country music. Food at Mel's is a variety of soups, salads and sandwiches, including burgers, fries and awesome desserts, such as Rock Around the Chocolate, which is a huge ice cream delight. You'll need to leave extra room for it!

Just one more restaurant to mention is in nearby Springfield in the huge original Bass Pro Shop. This "side-trip" from Branson is worth the drive to see the flagship store. Don't miss the aquariums and the outstanding wildlife mounts, but the restaurant that you will enjoy in the store is Hemingway's Blue Water Café. Their website boasts, "Dedicated to legendary author and sportsman Ernest Hemingway, its lodge-style decor features authentic memorabilia from Papa's global adventures. A lovely old mahogany bar parallels a huge saltwater aquarium running nearly the length of the main dining room. On the dinner menu: fresh seafood creations by the late renowned Chef Marcel Bonetti, plus an eclectic mix of signature dishes, sandwiches and salads made with locally grown ingredients to suit every palate." The restaurant lives up to the hype.

So, you have a place to stay and a place to dine. Now, what is there to do in Branson? Live performances of varied genres are at the many theaters. Clay Cooper has a great



show at the theater that bears his name. Don't miss an opportunity to attend the production at the Sight & Sounds Theatre. You will be amazed at the sets and costumes in this beautiful venue. You may experience a Roman soldier riding a white stallion as he rides off to battle down the aisle. If you want to see Elvis, you may not find him there, but at least one of his cousins has a show in Branson, and there will probably be more than one Elvis impersonator there during your stay.

For the kids, there are zip lines, bumper boats, Ferris wheels and miniature golf galore. Ride the Branson Scenic Railway, a duck boat or a trolley. Shop at Dick's 5 & 10. Go see The Butterfly Palace or the Titanic Museum. Book your next trips to Branson — one is just not enough! **NOW**

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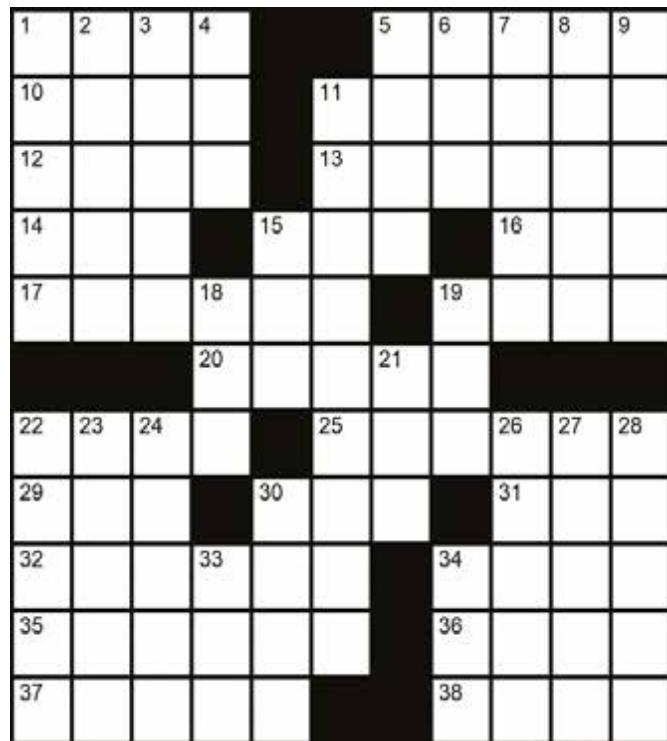





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Across

- 1 Golf green marker
- 5 Drawbacks
- 10 Tiny bit
- 11 The Boilermakers' home
- 12 "— company, —"
- 13 Again in Avignon
- 14 Off-color
- 15 The unicorns missed it, presumably
- 16 Unopened flower
- 17 Legwear introduced in 1940
- 18 Falconer's strap
- 20 Aromatic seed found in Siena after earthquake
- 22 Bill
- 25 Nature's title, often
- 29 Worthless piece of cloth
- 30 Margaret Thatcher, Tony Blair, Boris Johnson et al.
- 31 Unity
- 32 Take too far
- 34 Remedy
- 35 Nairobi native
- 36 Dating from
- 37 Little rocket maker
- 38 Fresnel or fisheye, perhaps

Down

- 1 Act like a native
- 2 Humble
- 3 Coral island
- 4 Sparse fluid
- 5 Defeated
- 6 Atomic energy overseer
- 7 Ancestral Pueblo building material
- 8 Teachers, in India
- 9 Plants of the future
- 11 Confused Mom ripens fruit
- 15 — Arbor, MI
- 18 Whiskey cask material
- 19 Blacker than black
- 21 "— yer old man!"
- 22 Out of dough
- 23 Roof overhang
- 24 Representative
- 26 Legislative group
- 27 Notorious fraudulent company
- 28 Coral formations
- 30 Smartphone ancestors
- 33 Cereal grass
- 34 The Orioles' Mr. Ripken

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

Medium

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

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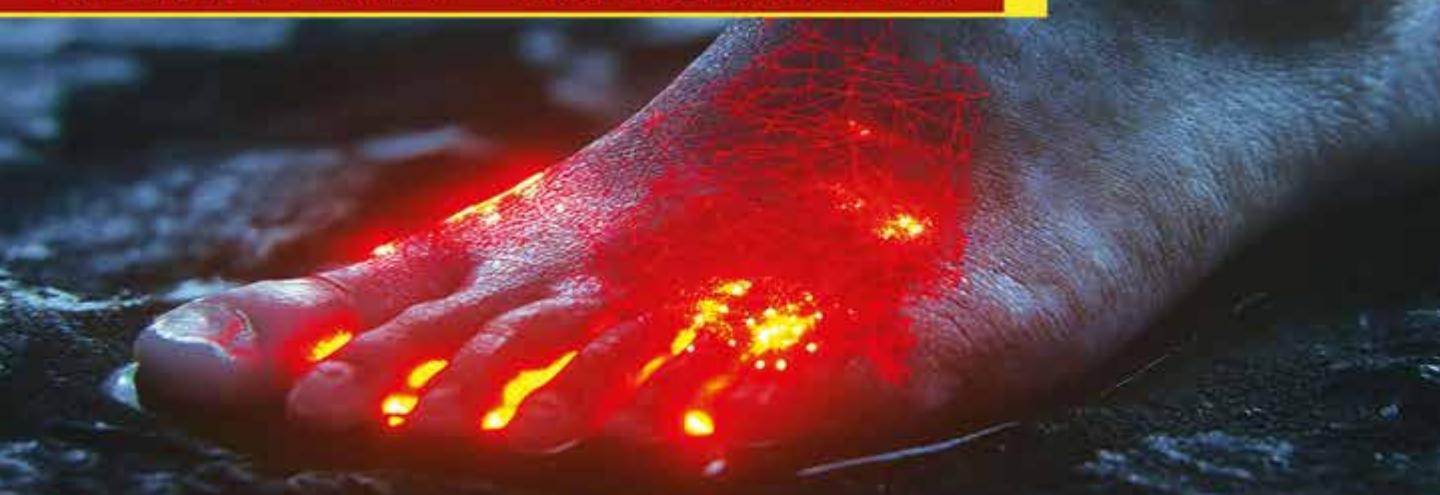
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7/4

Independence Parade & Independence Day Celebration:

Live music, food vendors, games and fireworks. 4:00-10:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville. Register at <https://events.duncanvilletx.gov/duncanvilletx/3971>.

7/7

Red Cross Blood Drive:

Donate blood. Save lives. 10:00 a.m.-4:00 p.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville.

7/8

Culinary Treats With Ykeena:

Calling all teen foodies for a hands-on cooking experience. 1:00-3:00 p.m., DeSoto Public Library, 211 E. Pleasant Run Rd.

7/10

Colors of Kindness Magic Show:

Inspired by children's books. Free. 10:30-11:30 a.m., Traphene Hickman Library, 450 Pioneer Trl., Cedar Hill.

7/12

Grace Hula Dancers:

10:15-11:00 a.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville.

7/17

Glass Coaster Workshop:

All materials will be provided. No experience necessary. Noon-2:00 p.m., The Fishbowl at DeSoto City Hall, 211 E. Pleasant Run Rd.

7/26

All About Animals:

10:15-11:00 a.m., Duncanville Public Library, 201 James Collins Blvd., Duncanville.

7/27

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