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AUGUST 2025

Painting Angst

Hubertus Winnubst
turns emotion into art

2025 Summer Savings
Shopping Guide

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Best of In the Kitchen:
Cajun Food

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Scavenger Hunt
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EDITOR'S NOTE

Cornmeal mush ...

It's a very simple dish. A lot of people think of it as poverty food — something you eat when there's too much month at the end of your paycheck. I remember eating it during those times as a child. But there's more to mush than memories of hard times.

The Italians call it polenta. They chill, slice and fry it, then dress it up with their great sauces. You can buy rolls of ready-to-slice polenta in the grocery store.

Romania makes mămăligă cu brânză. It's just hot mush drizzled with sausage grease and sprinkled with crumbled cheese, but it's delicious. I mean, what isn't good with sausage grease?

In Zimbabwe, they call it sadza. It's stiffer than the mush I remember, so it probably has a higher cornmeal ratio, or maybe it's cooked longer. But it's a staple on a Shona plate. You pinch off pieces and roll it in your hand to dip in the other foods, to get them to your mouth. Sadza tastes way better than a spoon!

I fell down an Internet rabbit hole and discovered commenters from Mexico calling it harina de maíz. Everyone, some of them quite angry, was claiming it for their own. Until a Native American commenter said, essentially, "Uh, guys ..."

Enjoy the simple things!

P.S. Contact me if you'd like to be featured as a cook!

August 2025
Volume 19, Issue 8

ON THE COVER



*Color and form
communicate through
the paintings of
Hubertus Winnubst.*

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PAINTING ANGST

— By Adam Walker

Dutch-born painter Hubertus Winnubst calls Cedar Hill home. He has lived in the U.S. since he was 2 and made the Metroplex home when he moved back to Dallas in the '80s. "I came back after several years in Austin, going to college and working. I tried moving to the Netherlands in 1981, but I like sunshine. There it was four months of drizzle and clouds," he said.

It was while he was living in Austin, in the '70s that Hubertus started exploring art. "I was studying business to be practical and please my folks. I took a photography class and thought, *This is it!* I bought three cameras and some lenses. I wanted to study photography at UT, but I failed a color blindness test. They told me I could only take black and white photos, but black and white was on the way out. *Life, National Geographic ...* they were all color." He transferred to Austin Commercial College and took general art and art history classes. "I spent eight years in college and never graduated," he shared.

Hubertus was involved in the music scene in Austin and often worked in restaurants because he could get free meals. When he moved back to Dallas, he worked in catering. "I did a lot of catering downtown. Everywhere I went, I saw contemporary abstract paintings. I thought, *I can do that!* Then, on one of those catering jobs, he ran into a lady he knew from his art classes in Austin. She recognized him. "She said, 'Hey, you're that guy everybody was trying to copy!'" At the same time he was still pursuing music. He had a band called the Potatoes that frequently played in Deep



Ellum. "We backed up Tiny Tim one time," Hubertus remembered.

Once he had the idea to paint contemporary abstract, he started exploring. "My dad knew a Dutch painter, Arie van Selm. He was prolific. He'd shown at galleries in Berlin. I went to his house and talked to him about what I wanted to paint. He told me to call him when I had a few. I did, and he said I had promise. He wanted to buy one of my paintings, but I said no. I liked that one too much."

Hubertus explores color and form in his paintings. "I love the color red, but it doesn't sell well. Raw sienna backgrounds sell. I should do more of those. You have to get to your



"I NEED
INSPIRATION.
SOMETIMES, I
DON'T HAVE
ENOUGH
ANGST."

inner child, pretend to be a kid. I'm having fun. It's good for the soul. I need to create. It's in my DNA. I like to experiment with shapes. I kind of get into ... well, it's not a trance per se, but I try not to think of anything. I just let it happen. Angst is good for painting — angst and not thinking. When I finish a good painting, it's like a fun natural high that lasts for days."

Sometimes, his paintings come from events he's experiencing in life. Immediately after 9/11, he did a painting of vertical stripes and realized that two of them were incomplete. "I had an employee at my cafe who OD'd. I didn't know he was struggling with drugs. After that happened, I did a

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BEFORE



AFTER



painting that I named *Nuclear Bouquet*. Names come to me, sometimes before I'm finished with the painting. One of his favorite paintings has a yellow background with a rough, dark rectangular shape in the middle of the canvas. That one is called *Boat*. Another painting, called *Frenetic Possibilities*, has a red background with aqua circles and yellow lines. "It's not intended to look like anything," Hubertus said.



"I used to work 60 hours a week at my cafe, but every Tuesday I paint. I treat it like a job, because it is a job. I have many paintings people will never see, because they aren't good enough in my eyes. It's a learning process. My emotions are up and down. I need inspiration. Sometimes, I don't have enough angst."

One of his sources of inspiration is his frequent trips to New Mexico, where he has a second home and has shown a lot of his work at a gallery in Taos. "Every time I'm in New Mexico, Utah, out West, it gets inside me. I can't tell what I'll paint, but there's an indication of being there that shows

up in my painting. When I'm driving in my car, I'm always looking at things. My friend says I have a horrible habit of looking at things!"

Another life event that turned into art was a trip he took to Costa Rica. "We were on a boat going to the Tortugas Islands. The boat sank in the ocean. They yelled for everybody to move to the left side of the boat and put on their life jackets. I fell and hit a table. I didn't have time to tie the life jacket at the waist. My buddy drifted away. We were 9 miles out, and it took over two hours to rescue us. My buddy came swimming by holding onto an ice chest. I just wanted to go home and have a freaking beer. We were there several more days and had a great time. My buddy said, 'That brochure didn't say anything about sinking!' When I got back to Dallas the PTSD hit. Three days later, my mother died. I painted a lot [during that time]."

Hubertus is currently showing some of his work at the Sly Cat Gallery in Cedar Hill. He continues to experiment with shape and color and turn angst into art. **NOW**

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L.D. Thomas practices law in the areas of estate planning, probate and heirship. L.D. Thomas is a native Dallasite. “I went to Government and Law Magnate at Yvonne A. Ewell Townview Magnate Center,” L.D. remembered. “I did



my undergraduate degree at UNT, and an MA in public administration at UTA. I was in the inaugural class for the UNT Dallas law school. I love this city and try to give back.”

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Probate is the process of disposing of your estate if you die without a will. “I tell people, if you don’t have a plan, the State of Texas has one for you, and you probably won’t like it. Probate is stressful. I help usher you through the process with empathetic efficiency. Probate is the process of transferring assets from the decedent to the inheritors without the benefit

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L.D. tries to provide an inviting environment for uncomfortable, but necessary, conversations. I want to smooth the process as much as possible. I want to help people, families and entrepreneurs secure their legacy. When your life circumstances change, your will needs to be updated. I welcome questions, because I enjoy educating my clients. I take a very tailored approach because every situation is different." **NOW**

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11/7	AT DUNCANVILLE

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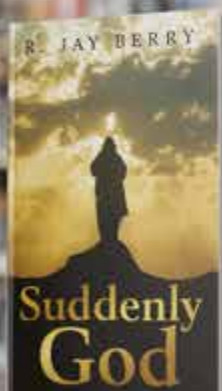
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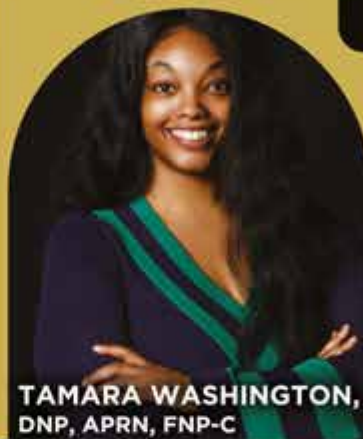


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Roz, Marley and Khai Hunter stop at the fountain after visiting the DeSoto Library.

Zoomed In: Kaison and Kierria Andrews

By Adam Walker

Kaison and his mom, Kierria Andrews, stopped for a play day in the children's area on the first floor of the Traphene Hickman Library. "We love it here," she declared. "I've been bringing him since the library was at the Zula B. Wylie building. There's so much more room here! And they have so many programs for him."

The play area provides all kinds of props for creative play and learning. And plenty of seating for parents who need a rest. "He found the dinosaurs today," she added.

Kaison was busy making the two T-rexes fight each other. "The black one is winning," he explained. "But they're both really strong." He demonstrated the dinos' power with some roars and clashes before holding up the winner.



DeSoto celebrates Asian American Pacific Islander Heritage Month.



Duncanville ISD breaks ground on their new Career and Technical Education building.



Sweet Start Childcare holds a ribbon cutting in Duncanville.



Members of the Hutchinson, Close and Malloy families from DeSoto and Cedar Hill vacation in Cancun.



Matthew and Luke Falls get in some father-son bonding at the Virginia Weaver Park.



Ann Woodbery, Carolyn Campbell and Sherlyn Holliday enjoy water aerobics at the Duncanville Natatorium.



Some customers join Ms. Trina in celebrating the opening of Sea Moss Smoothie Bar in Grow DeSoto Marketplace with some fruity flavors.



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Crawfish Étouffée

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Crawfish Étouffée

Provided by Caden Clinton for the November 2022 issue of SouthwestNOW Magazine.

- 2 sticks butter
- 3/4 cup flour
- 1 large yellow onion, chopped
- 1/2 bunch celery, chopped
- 2-3 green bell peppers, chopped
- 1 bunch green onion, chopped
- Pinch of salt
- 2-3 Tbsp. Cajun seasoning
- (Tony Chachere's or Slap Ya Mama)
- 7-8 cloves garlic, minced
- 1 32-oz. box chicken or vegetable broth
- 1 lb. crawfish tails
- 2 cups rice
- Crackers
- Tabasco, to taste

1. In a large pot, melt the butter; add the flour to make a roux. Stir constantly over medium heat, making sure not to have any lumps and not to burn the roux.
2. Once the roux is a medium-dark brown, add the vegetables; stir until fully coated in the roux. Add the salt and Cajun seasoning to help the vegetables sweat down. Add the garlic; cook for 2 minutes. Once the vegetables are very tender (about 20 minutes), add the broth; stir well. Once boiling, reduce heat to simmer; add the crawfish.
3. Cook the rice per package directions.

While the rice cooks, stir the étouffée occasionally. Once the rice is cooked, add a scoop of rice to a bowl; pour the desired amount of étouffée on top. Serve with crackers and Tabasco.

Baby Lima Beans and Shrimp

Provided by Janet Legrand for the May 2010 issue of CorsicanaNOW Magazine.

- 1/2 cup olive oil
- 1/2 cup flour
- 1/2 cup onions, chopped
- 1/2 cup green onions, chopped
- 2 cloves garlic, chopped fine
- 1/4 cup green pepper, chopped
- 1/4 cup celery, chopped
- 16 oz. frozen baby lima beans, thawed
- 3 cups hot water
- 1 Tbsp. butter
- 1 tsp. salt
- 1/4 tsp. red pepper
- 1 lb. shrimp, cleaned and deveined
- 2 Tbsp. fresh parsley, chopped

1. In a 4-quart pan on medium heat, prepare a roux by combining oil and flour; stir until golden brown.
2. Add chopped ingredients; cook for 10 minutes, stirring often.
3. Add lima beans, water, butter, salt and red pepper; cook for 10 minutes.
4. Add shrimp and parsley; cover and cook

for 45 minutes, stirring occasionally. Serve over rice.

Creamy Cajun Chicken Pasta

Provided by Audra Malone for the September 2019 issue of MidlothianNOW Magazine.

- 3 boneless skinless chicken breasts, cut into thin strips
- 2 tsp. Cajun seasoning
- 2 Tbsp. butter
- 2 green onions, thinly sliced
- 1/2 cup heavy whipping cream
- 2 Tbsp. sun dried tomatoes, chopped
- 1/4 tsp. dried basil
- 1/4 tsp. salt
- 1/4 tsp. garlic powder
- Pinch of pepper
- 4 oz. linguini, cooked al dente
- 1/4 cup Parmesan cheese, grated

1. Coat chicken in Cajun seasoning. Melt butter in a large skillet; cook chicken over medium heat for 5 to 7 minutes, or until chicken is cooked through and tender. Reduce heat to low.
2. Add green onion, heavy cream, tomatoes, basil, salt, garlic powder and pepper; heat through. Pour over hot linguini; toss with Parmesan cheese.

New Orleans Style Red Beans

Provided by Isaac Rowel for the May 2020 issue of BurlesonNOW Magazine.

- 2 lbs. dry kidney beans
- 1 onion, chopped
- 1 each of red, green, yellow and orange bell peppers, chopped
- 1 lb. smoked sausage
- Pork tails, to taste
- Water to cover ingredients
- Salt, to taste
- Pepper, to taste


1. Soak dry beans in water over night; drain and rinse.
2. In a large pot, sauté onion and peppers over medium heat. Add beans and meats. Pour in water to cover all ingredients. Add salt and pepper.
3. Bring mixture to a boil; reduce heat. Simmer on low for 1-2 hours until beans are completely tender. Add other seasonings, as desired.



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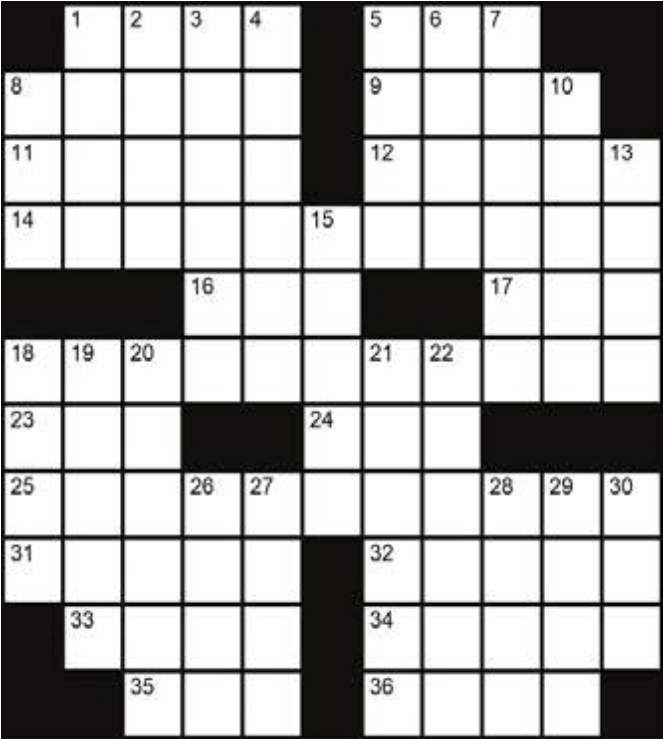
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Across

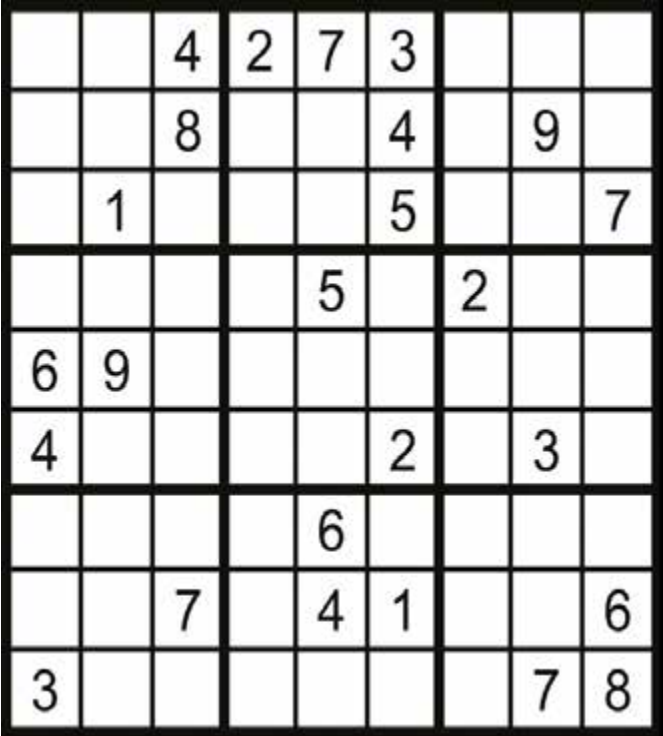
- 1 Hit sharply
- 5 Globe
- 8 Hot sauce
- 9 Yeats or Keats
- 11 Sweet, to Pavarotti
- 12 Early anesthetic
- 14 Decorator's suggestion
- 16 Old soldier
- 17 Mineral spring
- 18 It shows the going rate
- 23 Bewitch
- 24 Succeeded
- 25 So, no third-rate mix-up
- 31 Low point
- 32 Italian design house
- 33 With a rift, it won't sound so good
- 34 Her face launched a thousand ships
- 35 Adage
- 36 Observed
- 7 Command
- 8 Government health agency
- 10 Where the first pedestrian was killed by an autonomous car
- 13 Raise
- 15 Author Harriet Beecher ---
- 18 Bridge partner's target, maybe?
- 19 Disciplinary panel beaten up
- 20 General escape
- 21 Changes shape
- 22 Diner's pick
- 26 "The Love Goddess" --- Hayworth
- 27 Pulled a gun
- 28 Robust
- 29 Yemeni port
- 30 Convert into leather

Down

- 1 "Beat it!"
- 2 Executor's concern
- 3 Summerhouse
- 4 Layered, like a wedding cake
- 5 Oil producers' cartel
- 6 --- I R A

Sudoku Puzzle

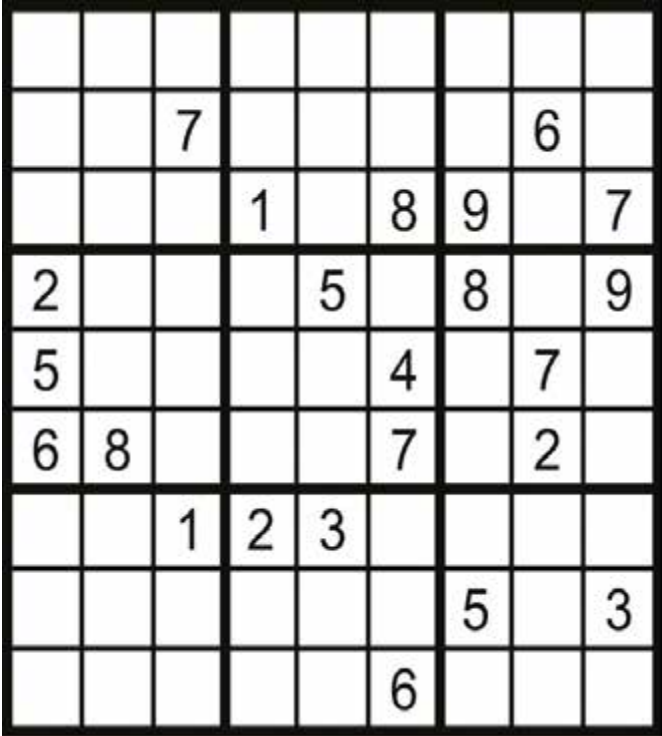
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8/1

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8/2

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Who Da Wiz? Final Showcase Production: D.D.O.M Fine Arts Academy. Free admission. Donations are accepted. 2:00-4:00 p.m., Cedar Hill Government Center, 285 Uptown Blvd., Cedar Hill.

8/7

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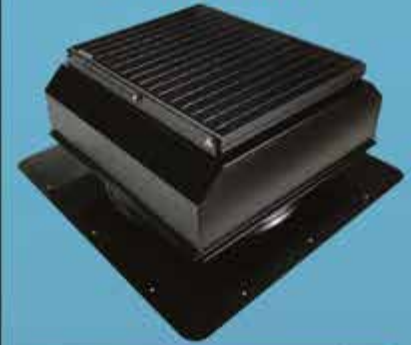
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