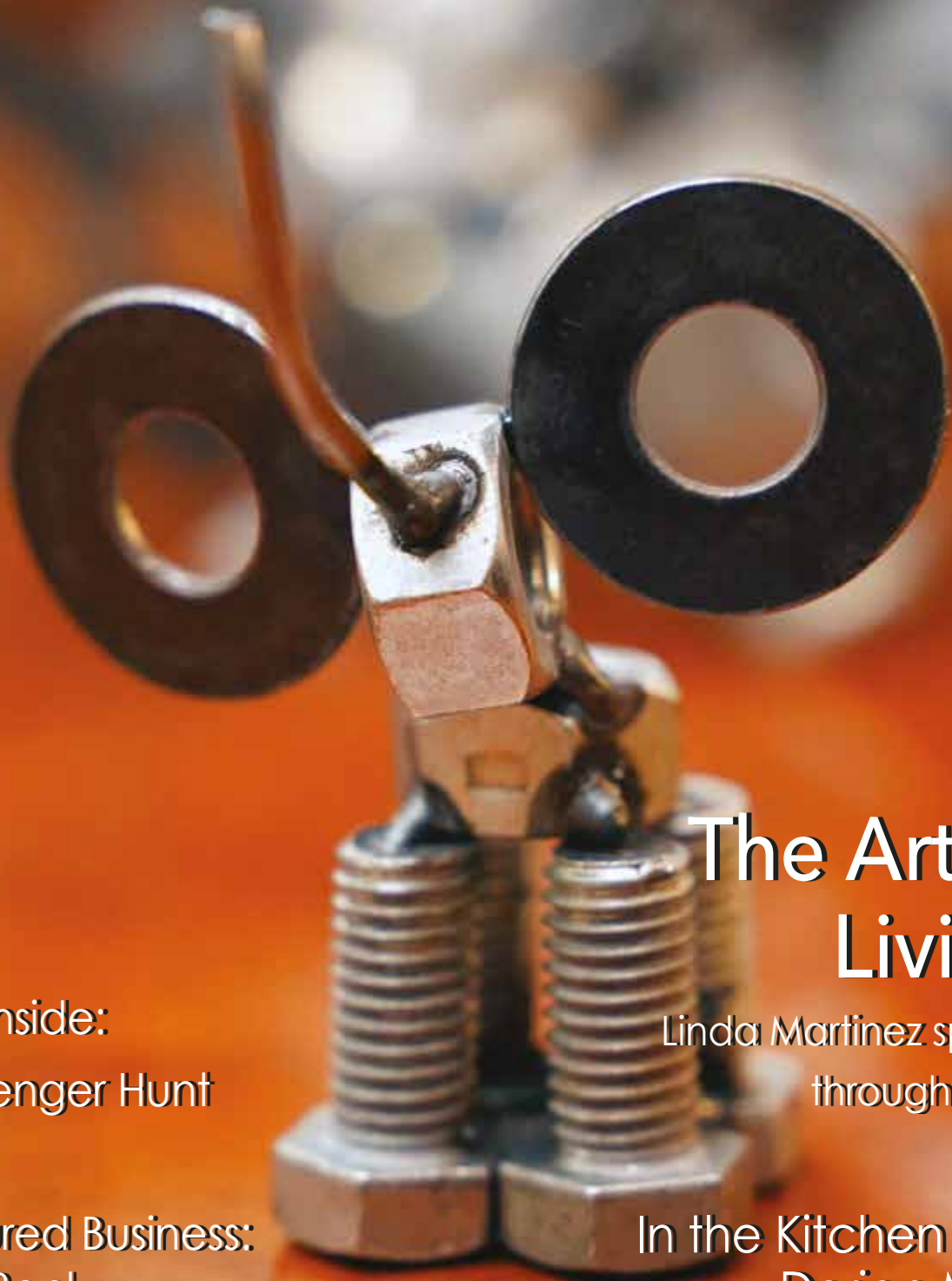


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Linda Martinez speaks through paint

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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

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Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

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Welding is one of many ways Linda Martinez expresses herself.

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# EDITOR'S NOTE

## Hispanic Heritage Month ...



Adam

Adam Walker  
SouthwestNOW Editor  
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(469) 285-2008

September 15-October 15 is the time set aside to give special recognition to the contributions of Latinos and Latinas to American life and culture. This time was chosen because it includes the independence days of eight different Latin American countries. This celebration of culture and heritage started as just one week, when President Johnson signed it into law, in 1968. It became a month-long celebration in 1988, when President Reagan expanded it.

During this month, the schools will place special emphasis on the contributions of Hispanic Americans in history, the arts, science and other fields of endeavor. In many parts of our country, Latinos and Latinas were the first European settlers. Many counties in Texas are named for early Hispanic settlers in those areas, or for Hispanic signers of the Texas Declaration of Independence, like Navarro County, named for José Antonio Navarro, who was an in-law of James Bowie.

This month, all three of our cities will be hosting celebrations of these vibrant cultures and their contributions to making life better for all of us. Duncanville will hold their celebration on September 16th. Cedar Hill will have theirs on the 19th, while DeSoto will celebrate on the 21st. That means you could make it to all three! The Community Calendar has more details.

And while we're on the topic, *SouthwestNOW* could use more stories about the contributions of Latinos and Latinas living right here. You are an important part of life in this community, and your stories aren't being told enough! Call me or email me if you know a local educator, community leader, athlete, dancer, dreamer or doer who has a great story to tell!

*¡Viva la celebración!*

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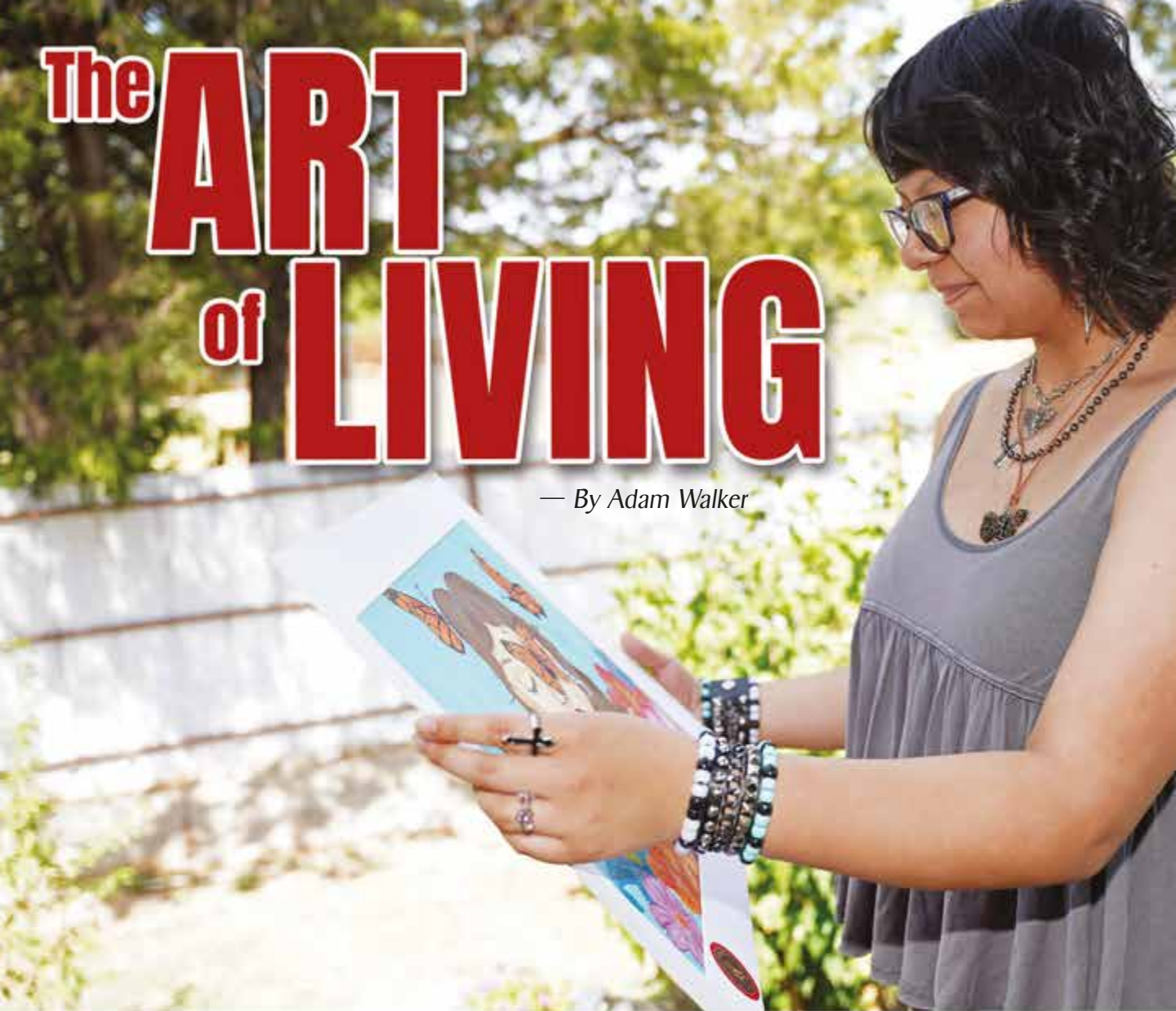
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# The ART of LIVING

— By Adam Walker



Linda Martinez looks like a fairly typical teenager. She's a bit shy around adults and kind of quiet. But put a marker in her hand, and you'll see just how much this girl has to say.

Her discovery of the power of art goes back as far as she can remember and entwines with the other way she's different. "I was born with a heart condition. I was in the hospital a lot. I don't remember a lot of the hospital stuff. But they gave me art supplies, and I started drawing, just little kid pictures. I liked it because I got to be really creative and draw anything I wanted," she said.

Linda's memories of this time are a little vague, because she was so young, but her mother, Julie's, memories are vivid. "She would get really excited in the play room at Children's. It was too much for her, and she'd go into tachycardia, when your heart races. She had two open heart surgeries and two stomach surgeries. She has situs inversus, where her stomach and liver are on the opposite sides from most people. She has a pacemaker. She's the blueprint for the surgery for her heart condition."

"She's had 14 surgeries," her dad, Enrique, added. "There were only six doctors in the world who would do the operation she needed. And one of them was here at Children's."

From that beginning in her patient room, Linda's talent has grown. "I love anime. My No. 1 favorite anime is *Dragon Ball Z*. I was inspired by the characters and personalities. Goku is my favorite. He's always very positive. I try to reflect that. When I started taking art more serious, I drew *Dragon Ball* characters. It helped develop my style. One of my favorite drawings is one of Future Trunks, because he represents hope for the future.

"I use my emotions to make different art pieces," Linda explained. "I'm not very good with my words. But I don't have to talk about my feelings. I just draw, and people can understand my emotions. I've used acrylic paints, colored pencils, pencils and alcohol markers — sometimes in the same piece. Now I'm learning to spray paint, like graffiti art, but I'm just learning."

Another art form she's learning is welding. "I took a welding class in my sophomore year. Mr. Dial is an amazing teacher. He





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taught me how to use a plasma torch and cut sheet metal into any shape. While he was teaching everyone else how to weld pipes, he let me make art. He just told me to get creative and gave me all the materials I needed!"

Though she started with drawing other creators' characters, like Goku and Trunks for *Dragon Ball* or Bakugo from *My Hero Academia*, she is now working on her own original characters, and would like to be a character designer in the future. "I love the idea of taking a description of a character and turning it into art. I'm doing that with my own story that I'm working on.

I'd like to do the same thing for comic books, animated shows and movies. I've tried digital art, but I love traditional art more. It gives more emotion."

Some of Linda's pieces have nothing to do with the anime characters she loves. One of her works, a colored pencil sketch of six feet in roller skates, won a Certificate of Special Congressional Recognition from the U.S. Congress. "My teacher, Miss Harrison, gave us the assignment, then picked the ones she liked best. She chose mine to enter. The six feet are me and my two best friends. I worked from a photograph of the last time we went roller skating." She also won a medal at the Visual Arts Scholastic Event (VASE) for third place in her grade. She was recently recognized by the National Society of High School Scholars for her work. And she's been on TV, talking about art with her former teacher, Mr. Ferguson. "I'm still learning from Mr. Ferguson. He's a great teacher," she said.

Another of her paintings is titled *Flora*. That's the woman's name in the painting. "I mixed all my own colors for



this one. The lady's face is not really me, but she represents me. I gave her sun and moon earrings. I included butterflies and lilies and other flowers, because they're some of my favorite things. I love butterflies, because they transform. They go into a cocoon and focus on themselves. The butterfly goes through struggles, but when it comes out, it doesn't have to worry anymore.

"God is my best friend," Linda said. "I'm here because of God. I'm not even on any medication now. I'm grateful to have my art to express that." **NOW**

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Zoomed In:  
Michael Thompson By Adam Walker

Michael Thompson is not your average fourth-grader. This 9-year-old student at Cedar Hill’s Collegiate Prep Elementary is the founder of Black Boys Meditate. “I wanted to do something teaching yoga for kids. When grown-ups do yoga, it’s all about sitting down and quietness,” he explained. “Yoga for kids is about doing something, about making sounds and having fun. Kids don’t think it’s meditation, but it is.”

“I started Black Boys Meditate in January when I held my first expo,” he recalled. “Now, I have a coloring book and a card deck, and I’m working on an alphabet card deck. This is important because yoga helps calm you down and study. Without it, kids get into trouble. Yoga helps you regulate your emotions.”



Stan and Louise Derrick celebrate their anniversary.



CeCe Roberts celebrates her birthday at the Duncanville Rehab Center with Carolyn Campbell.



Cedar Hill ISD receives \$1.9 million in Clean School Bus funding for new electric school buses.



State Farm agent, Alecia Francis, holds a ribbon cutting in Duncanville.





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Cedar Hill Historical Society Treasurer Geri Klauck volunteers as a docent at the museum.



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SouthwestNOW community editor Adam Walker waits for his food at Cracker Barrel.

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# BusinessNOW Frost Bank

— By Adam Walker

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Frost Bank has been serving the people of Duncanville, and surrounding areas, since 2015. It's a Texas-grown bank, established in San Antonio in 1868. "We're a Texas-only bank, but we have branches all over the state," Assistant Vice President and Community Leader Aura Vasquez informed. "While other banks have been closing locations and encouraging their customers to bank online or through ATMs, we have been increasing our footprint. We have over 30 locations in the Dallas area, which is the result of a



multiyear expansion project that started at 14 locations and will end with us having 42 locations across the region. We want to be a physical presence in your neighborhood. You'll always be able to speak to a person when you call us, not a computer. We want to see you, and we want you to see our bankers."

That commitment to personal interaction with their customers has earned Frost Bank recognition. "For 15 years in a row, we have earned the highest rating for customer satisfaction in Texas consumer banking from J.D. Power and Associates," Aura explained. "We're not the largest bank in Texas, so we take a lot of satisfaction in that achievement." It takes real commitment to stay on top of any statistic for 15 years in a row.

Frost Bank offers a full range of consumer banking services, including checking, savings, money market and IRA accounts as well as CDs. "We also offer auto and personal loans. We offer mortgages, and some borrowers can qualify



On the commercial side, Frost Bank offers the same options plus 401(k), treasury management and merchant services. “I speak with a lot of people starting new businesses who need a little help and guidance figuring out how to handle the financial side of running a business,” Aura offered. “Even if you don’t bank at Frost, we can point you to resources to help you succeed.”

Frost Bank and its bankers are involved in the communities they serve. "We work with a lot of local nonprofits. Part of my role as the community leader at this branch is to meet with nonprofits and find out if they are a good match for us to sponsor. Many of our bankers serve on various boards. We're members of the local Chambers of Commerce. We work with the Cedar Hill Education Foundation, and I'm a member of the Cedar Hill Rotary Club. I have also been a member of the Irving Hispanic Chamber of Commerce since before Frost even opened our Irving branch. Hopeful Solutions in Lancaster is another organization we work with. We also host customer appreciation events and community events like school supply drives, and our bankers sign up to volunteer at different nonprofit events through Frost for Good.

"We will be opening a location in Cedar Hill. That's projected to happen in early 2025, at the old Los Lupes, at 213 N. Hwy. 67, Ste. 100-A. I'll be the community leader for that location as well, so we'll be even more involved in these communities. We're here. And we're here to stay. Come see us." **NOW**

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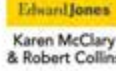


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A smiling man with glasses and a goatee, wearing a pink checkered shirt, stands in a kitchen with wooden cabinets. He is holding a mortar and pestle. On the counter in front of him are a bowl of salad, a bowl of vegetables, and a bottle of oil. The background shows a kitchen counter with various items like a toaster, a fruit basket, and a small bicycle.

# CookingNOW *In the Kitchen With* DORIAN MILLER

— By Adam Walker

For YouTuber Dorian Miller, cooking is a passion. “I’ve always had a knack for creating dishes, sometimes out of very limited ingredients. This wasn’t by choice but by circumstances. This gave me the gift of creativity in the kitchen! I began cooking at 13, when my parents went out of town, and I made a magnificent spaghetti dinner for my brother and friends. Once the frozen dinners were gone, I had to step up to the plate. I’ve invented many recipes. I have an understanding for putting different spices, methods and techniques together to create magic for the taste buds.

“My mobile catering business, Dski Grillz, has been going for eight years, but my true profession is in manufacturing. I’ve raised two beautiful daughters who have college degrees and are living their dreams. My childhood sweetheart and I have been married for 33 years. She’s my best friend and greatest supporter.” **NOW**

**4.** Add the chicken to the same pan; cook for 10 minutes. Add the shrimp. Once the shrimp become opaque, add the cooked sausage and the vegetable mix back to the pan.

**5.** Add half of the heavy cream and 1 Tbsp of cayenne pepper. Mix and simmer for 5 minutes. The sauce will begin to thicken.

**6.** Add the cooked pasta; toss. Once thoroughly coated with the sauce, simmer and add the remaining spices. Continue to add heavy cream until the desired sauce consistency is achieved. Enjoy!

## Smoked Chicken

- 1 bag charcoal**
- 4 lbs. chicken thighs**
- 3 oz. yellow mustard**
- 6 Tbsp. chicken seasoning (preferably SuckleBusters Clucker Dust)**
- 3 chunks hickory wood**
- 1 can Pam Cooking Spray**

**1.** Start the grill by adding 4-5 lbs. of charcoal on one side of the grill. While the charcoal begins to ash over (10 to 15 minutes) prep the chicken.

## Cajun Pasta

- 1 lb. penne pasta**
- 1 lb. smoked sausage**
- 1 small onion**
- 1 green bell pepper**
- 1 red bell pepper**
- 4 Tbsp. It’s Incredible all-purpose seasoning (divided use)**
- 1 lb. cooked chicken**
- 1 lb. large shrimp**

- 64 oz. heavy cream (divided use)**
- 2 Tbsp. cayenne pepper (divided use)**

**1.** Boil the pasta until al dente (around nine minutes). Drain; set aside.

**2.** Cook the sausage in a pan until browned; remove from the pan.

**3.** Cut the onions and peppers into strips; sauté in the sausage grease. Season with 2 Tbsp. of the all-purpose seasoning; remove from the pan.



2. Wash and dry the chicken. Apply all the mustard, which will act as a binder for the chicken; coat thoroughly. Apply the chicken seasoning; mix thoroughly to coat all pieces of chicken.
3. Once the charcoal in the grill has ashed over, add the hickory wood chunks to the direct coals. Add the chicken to the cool side of the grill. Close the grill lid; open the intake and exhaust until the grill reaches 350 F.
4. After 30 minutes of cooking, apply Pam spray to the top of each piece of chicken. Close the lid; continue cooking for 30 more minutes, or until the chicken reaches an internal temperature of 170 F.

## Breakfast Quiche

- 2 cups Owens Sausage or cubed ham
- 1 1/2 cups frozen or raw bell pepper and onions
- 1 deep dish piecrust
- 6 large eggs
- 1/2 tsp. black pepper
- 1 Tbsp. all-purpose seasoning
- Jalapeños (optional)
- Mushrooms (optional)
- 16 oz. cheddar cheese, shredded

1. Brown the sausage or ham; drain and set aside.
2. Sauté the onion and bell pepper blend; set aside.
3. Cook the piecrust in a pie pan for 10 minutes at 350 F. Remove from the oven.
4. In a bowl, add the eggs, black pepper and all-purpose seasoning; mix well. Add the meat, sautéed onions and peppers, and jalapeños and mushrooms, if using, to the egg mixture; mix well.
5. Pour the mixture into the piecrust; cook for 20 minutes at 350 F. Remove from oven; top with cheddar cheese. Cook 20 minutes. Let cool for 10 minutes before serving.

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



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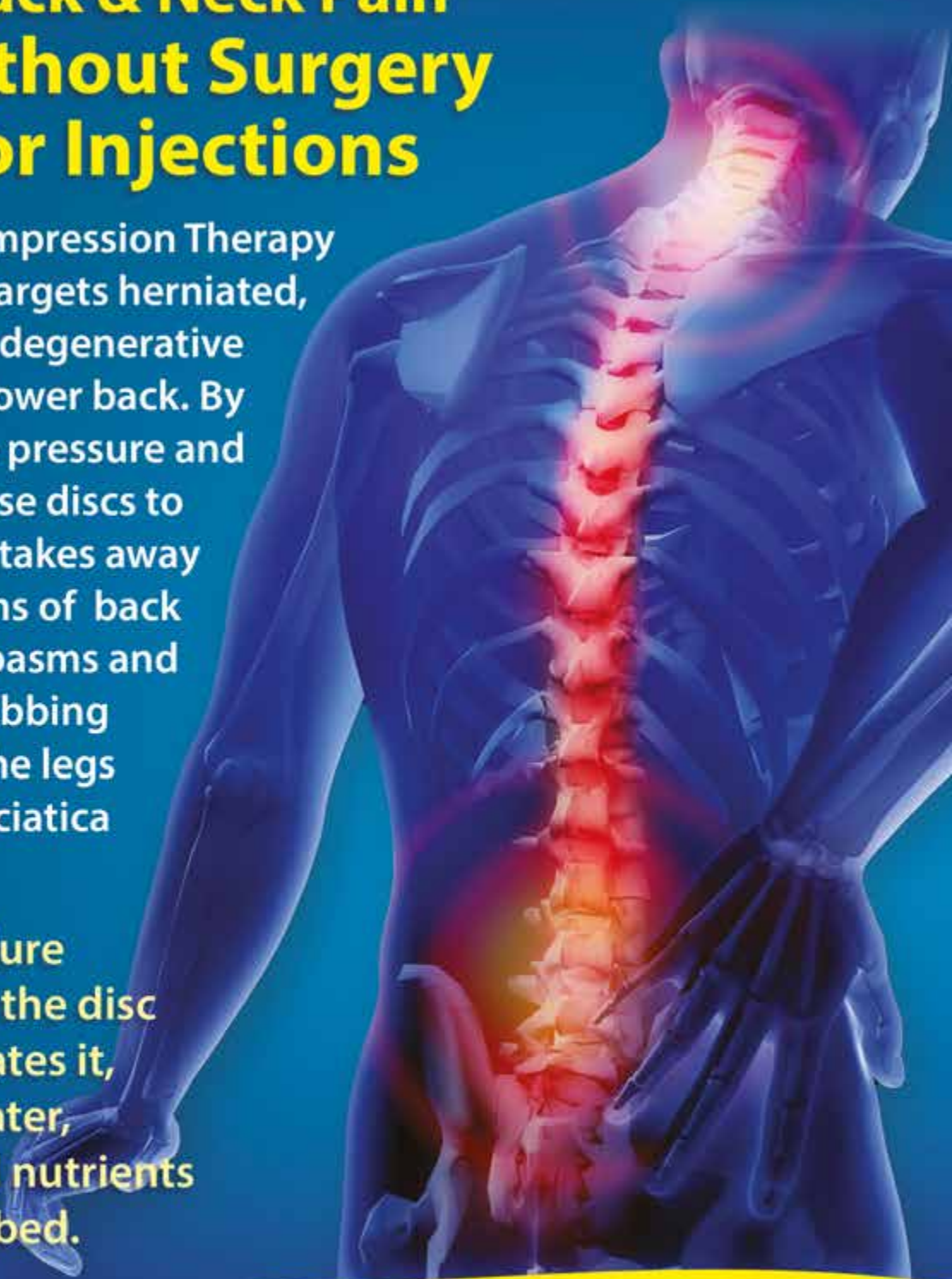
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# IT'S GAME TIME!

## SEPTEMBER

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.

**9/5-9/7**

### Annual Book Sale:

Presented by the Friends of the Duncanville Public Library.

**Thursday:** Preview for Friends members: 5:00-7:00 p.m.;

**Friday:** Noon-5:30 p.m.;

**Saturday:** 10:00 a.m.-3:30 p.m. (1/2 price 1:00-3:30 p.m.) Cash only. 201 James Collins Blvd., Duncanville.

**9/14**

### Best Southwest Emergency Preparedness Fair:

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12:30 p.m., Cedar Hill Alan E. Sims Recreation Center, 310 E. Parkerville Rd., Cedar Hill.

**9/16**

### Mexican Independence Day Celebration:

Parade, El Grito, music, food and fun. Free. 4:00-10:00 p.m., Armstrong Park, 100 James Collins Blvd., Duncanville.

**9/19**

### Hispanic Heritage Festival:

Experience the richness of Latino culture through music, dance and delicious cuisine. All ages welcome. Free. 6:30-8:00 p.m., Traphene Hickman Library, 450 Pioneer Trail, Cedar Hill.

**9/21**

### Hispanic Heritage Festival:

Immerse yourself in the

rich traditions, music, dance and flavors of the Hispanic community. Fun for the entire family. Free. 6:00-9:30 p.m., Grimes Park, 501 E. Wintergreen Rd., DeSoto.

**10/4-10/5**

### The Play That Goes Wrong:

Dinner theater. (Ages 8 up.)

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Doors open and dinner service begins: 6:15. Show starts: 7:00 p.m., Park Meadows Church, 3350 N. Hwy. 77, Waxahachie.

Tickets must be purchased in advance. Visit [www.parkmeadows.org/tickets](http://www.parkmeadows.org/tickets).

**10/12**

### 4th Annual Pink Diamonds Community Bike Ride:

Benefits Pink Diamonds Survivors of Cancer Inc. Event includes a community health fair and screenings. \$15-\$35.

Ride starts: 8:00 a.m., D.L. Hopkins Jr. Senior Center, 206 James Collins Blvd.,

Duncanville. Visit <https://www.pinkdiamondbikeride.com/>.

### Wednesdays

#### Free Lunch:

1:00 p.m., Good Shepherd Church (enter on the side of the building opposite the steeple), 915, Old Straus Rd., Cedar Hill. (972) 291-4528.

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



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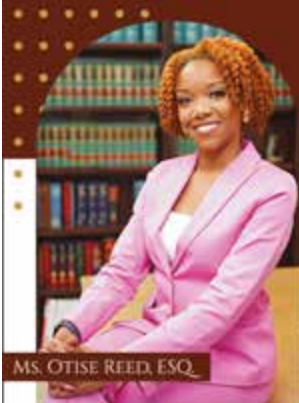


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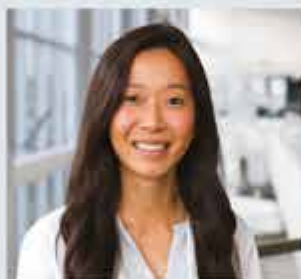
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