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Adam

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EDITOR'S NOTE

Spring cleaning ...

Back in great-grandma's day, they'd pull all the furniture out into the yard. They'd pull out all the rugs and blankets and bedspreads. They'd air them and the drapes to freshen them up while the empty rooms were cleaned floor to ceiling. Winter things were stowed away in cedar trunks and closets, while the rooms were readied for summer and fall use.

We don't do that anymore, but cleaning and purging is a thing. Martha Stewart, Marie Kondo, Mary Poppins ... they all want to tell you how to magically tidy up and declutter your life.

I'm not into that. I have stuff, and I like my stuff. Fifteen books? Ha! I laugh at you! Ha-ha! I laugh at you again! But even I get to a point where I need to find better ways to store my treasures and make

more space for ... well ... *me*. So, I've been busy lately, trying to rearrange stuff to make better use of space and to throw away absolute trash. As someone with ADHD, it's a slow go. I pick up a stack of receipts to file or toss and end up rearranging a bookshelf for two hours, so the spines look nicer. Oh well, the receipts will still be there tomorrow.

Done by fall!



Coach Samples leads
Duncanville to victory
after victory.

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— By Adam Walker

Football has been the air that Coach Reginald Samples breathes for most of his life. He played high school football for South Oak Cliff. Then he played for UTA. “I played wide receiver and defensive back,” he said. “I had a nagging injury, but that was OK. I didn’t really want to play professionally. I always wanted to be a coach. And that’s what I started doing, right after I graduated. I’ve been at it a long time now.” He coached at Skyline for a while, but he’s been at Duncanville for nine years now.

“I’ve always loved the game, and I’ve always wanted to work with kids. It’s not like a job when you’re having fun,” he said. “Life passes fast, so it’s important to *have fun*. I enjoy coaching all the positions. You need to know everything about the game, so you can coach your players. But you’re also a mentor.”

Coach Samples thinks it’s just as important to teach these boys about life. Some of his players have great support at home. Some don’t have such great home lives. “Their home lives are a big influence on how they do academically. Some of my players need extra motivation from me and my staff. The end point is to make sure they get the education they need for life. If football keeps them in school and trying to pass their classes, I think that’s great,” he explained.



"I think football really prepares young men for life. The challenges you face in football are the same ones you face in the adult world. Football is about hard work, persevering when things don't go your way, commitment during tough times, pain and suffering. Dealing with losing is an important life lesson. You'll have down periods, but you can't let them destroy your sense of self, just because things didn't go right. You've got to have faith in God. I teach the same things to my players. You can't lose your mind because things go bad. That's going to happen sometimes."



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Learning how to win gracefully is also important. “You need to learn how to relate to the other person,” Coach Samples said. “Every time you win, someone else is walking away sad. Sooner or later, it’s going to happen to you. Arrogance is not a positive. It’s the opposite. I try to teach them that class will get you so much farther in life than being a butt.”

Coach Samples coaches three teams — the freshmen, the junior varsity and the varsity. Between the three, he has about 200 players. That’s more young men than the population of some

East Texas towns. He has 17 coaches to help him teach these young men about football and life. That’s a lot of young lives being influenced for the better. If they listen to the lessons Coach Samples is trying to teach, they’ll be better sons, husbands, fathers and citizens.

On the field, the Panthers have been successful under his leadership. “For the last seven years, we’ve done pretty well. We played in the state championship game five years in a row and won twice — in 2022 and 2023. We have a pretty good chance of being one of the top teams again this year. Talent-wise, we have a chance. But that will be determined when we start playing games. Our biggest rival is DeSoto, but they’re in a different division now, so we only play them once.”

Football is much more than the season. “The season is from August 28 to the second week in November. Then the playoffs go until December 21. From January to April we’re inside, in the gym, for weightlifting to get

stronger. Then in June, the week after school lets out, we start strength and conditioning. That continues until school starts again. The game has changed a lot over the years. Football has always been a big deal in Texas, but it’s an even bigger deal now, because some of the players are getting paid. You have to be committed to playing at a high level, or you may not get to play. The game has become so sophisticated. We didn’t have medical staff on campus when I was in high school. The academic requirements to play have increased. There’s more emphasis on higher education. The rewards for doing well are greater in every area.”

Coach Samples knows a lot about playing a sophisticated game at high levels. A few years back, he achieved his 300th career win. His record stood at 353 before this season started. “If the Lord blesses me to be here and keep going to 400, I want to do it. It takes a lot of seasons to get there. I’m aiming for another championship or bust!” **NOW**

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Zoomed In: Amber Howard

By Adam Walker

Amber Howard spent a warm summer morning inside shelving books at the DeSoto Public Library. “I volunteer here,” she said, kneeling between the stacks to reach the lower shelves and reaching behind her for another book. “I do it mainly to get out of the house,” she explained with a big smile. “It’s a chance to be around people and contribute to my community, instead of being online 24/7.”

At the mention of TikTok, she bristled. “I’m an artist. I can’t stand short-form videos. I need to see the whole piece to evaluate it,” she explained as her cart grew emptier and the shelves fuller.

Helping at the library is just one of the many ways citizens can make their communities better places to live. Amber’s contribution is not going unnoticed.



Jace Black learns about space travel from NASA scientist Algie Anderson at First Methodist School.



Jack welcomes customers at Farmer's Delite Farmers Market.



The Charlton Methodist Hospital leadership team rolls up their sleeves for a day of service at Cedar Hill Shares food pantry.



Cedar Hill kids practice their Karate Kid poses at Circus Camp.



Dwain Griffin enjoys reading in his retirement.



Dr. Monét Chandler teaches Celeste at the Duncanville Family and Friends CPR class.



DorothyAnne and Dustin Dauenhauer of DeSoto send their son, Aiden (center), off to college at Christ For The Nations Institute.



Duncanville parents line up to enroll their students.

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Dr. Ashla Martin, founder of Kids@Heart Pediatric Dentistry in Cedar Hill, is passionate about creating a welcoming environment where children feel safe, celebrated



and cared for. She is a fellow of both the American College of Dentists and the International College of Dentists. “I blend academic excellence with a heart for service. Originally from Louisiana, I graduated valedictorian of my high school, continued my education at Xavier University of Louisiana, and earned my dental degree from the University of Tennessee College of Dentistry, followed by pediatric specialty training at LSU Health Sciences Center.”

Dr. Martin’s youngest patients are sometimes just a day old. “Some newborns are born with teeth that may need to be smoothed for safe nursing or even removed to prevent swallowing.” She emphasized the crucial role of early dental visits. “I urge parents to schedule a checkup by the eruption of the first tooth or no later than their child’s first birthday. I’ve seen cavities in babies as young as 7 months,” she explained.

“Cavities,” she noted, “are the most common chronic childhood disease and the leading cause of missed school days. We call it the Silent Epidemic. More than 60 percent

of children will experience cavities by age 8. Untreated decay — even in baby teeth — can lead to pain, infection, hospitalizations, and, in rare cases, life-threatening complications. Oral health also impacts overall health, including cardiovascular disease. My mission is to shift the mindset that ‘baby teeth don’t matter’ and normalize regular dental visits as an investment in lifelong wellness.”

At Kids@Heart, Dr. Martin offers both treatment and prevention. Beyond fillings and extractions, she provides sealants and Silver Diamine Fluoride (SDF), a minimally invasive treatment that arrests cavities with a brush-on application. Orthodontic services, including braces and space maintainers, are also available. The practice is equipped with laser dentistry for tongue- and lip-tie releases, quick procedures that can improve feeding and speech. They also offer whitening services designed for kids, helping children build confidence in their smiles.

With privileges at two local hospitals, Dr. Martin provides a full spectrum of sedation options, from nitrous oxide (laughing gas) and oral sedation to hospital-based general anesthesia. She carefully tailors each approach to the child’s age, health and treatment needs. Her team also serves children with special needs and those medically compromised due to conditions such as cancer treatment, cerebral palsy, autism or ADHD.

Dr. Martin is equally dedicated to education and community outreach. She speaks at local schools and career days, while also lecturing to dentists, pediatricians and OB/GYNs nationwide. In Cedar Hill, her presence is unmistakable thanks to “Freckles the Smile Mobile” — a bright yellow VW Beetle that has become a cheerful symbol of dental awareness. She even donated a playset version of Freckles to the Traphene Hickman Library, where children can explore healthy eating and oral hygiene through play.

“At Kids@Heart Pediatric Dentistry, every visit is tailored to each child,” Dr. Martin said. “From first smiles to teenage milestones, our mission is to give kids the confidence to shine — because a healthy smile is a lifelong gift.” **NOW**

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Facing Unexpected Expenses? Borrowing May Be Smarter Than Liquidating Assets

Even individuals with significant wealth can encounter short-term cash flow challenges. When much of your net worth is tied up in illiquid assets like retirement accounts and real estate, accessing funds quickly for unexpected expenses can be difficult. In these situations, a strategic approach to borrowing may offer a smart, tax-efficient way to bridge the gap without derailing your long-term financial goals.

The taxing truth about illiquidity

There are many scenarios that can create a need for more cash than you have readily available — unexpected medical bills, a legal settlement, a tax bill from selling an asset or even unforeseen dips in income or a time-sensitive investment opportunity. While liquidating assets is one way to increase available cash, the trade-offs are often significant. Capital gains taxes — especially short-term gains — could bump you into a higher income tax bracket or worse — liquidating high-performing assets could disrupt a well-balanced investment portfolio or your long-term financial plans.

A smarter source of cash

When facing a temporary liquidity shortfall, borrowing may offer several

advantages over selling assets. It can provide faster access to funds, minimize tax consequences and keep your long-term investment strategy intact. While there are various ways to borrow money, two lending solutions are especially well-suited for short-term needs:


- *Home equity line of credit (HELOC):* A HELOC allows you to borrow against the equity in your home through a revolving line of credit. You can draw funds as needed (up to a certain limit), and you only pay interest on what you use. While rates are typically variable, they are generally lower than those of credit cards.
- *Brokerage secured personal line of credit (Brokerage secured PLC):* This tool is similar to a HELOC but uses a portion of your investment portfolio as collateral instead of your home. This option may be particularly appealing to those with a substantial portfolio and desire to avoid real estate-based lending.

For single major expenses, a longer-term solution like a home equity loan may be preferable for its fixed interest rate and predictable payments.

Consider the full picture

Strategic borrowing isn't just about solving a short-term problem — it's about preserving long-term value. Working alongside your CPA, our team of Frost bankers can help you evaluate whether borrowing fits into your broader financial strategy. In the right circumstances, leveraging credit can be a powerful tool to support both your short-term flexibility and your long-term financial health.

Deposit and loan products are offered through Frost Bank, Member FDIC. Frost Bank and its affiliates do not provide tax or legal advice. For guidance tailored to your personal circumstances, please consult a qualified, independent tax or legal advisor.
Aura Vasquez is vice president of Frost Bank in Duncanville. (214) 515-4783.




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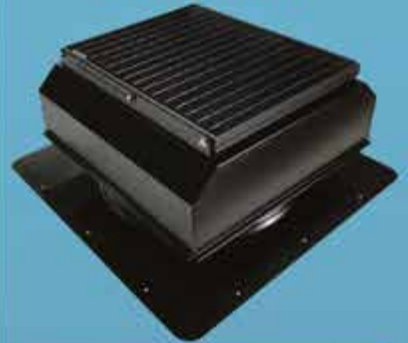
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Baked Squash Casserole

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BEST OF ... SIDE DISHES

Nothing completes a meal like a tasty side dish. Here are some great recipes for you to try out. They may make perfect additions to your table for upcoming fall and holiday get-togethers. **NOW**

Baked Squash Casserole

Provided by Michael Douglas and Kevin Morrow for the November 2015 issue of SouthwestNOW Magazine.

- 1 lb. each: yellow squash and zucchini**
- 1 cup margarine**
- 3 Tbsp. Cajun (or taco) seasoning**
- 1 cup bacon, chopped**
- 1 red onion, chopped**
- 1/2 stick butter**
- 2 cups mayonnaise**
- 5 slices white bread, cubed**
- 2 cups cheddar cheese, grated**
- 2 sleeves Ritz crackers, crushed**

- 1.** Cover squash with water and boil with margarine and Cajun seasoning until tender.
- 2.** Sauté bacon and onions in butter, until bacon is crisp and onions are soft.
- 3.** Combine all ingredients, except crackers. Place mixture in a baking dish and bake at 350 F for 35-45 minutes, until brown and bubbling. Top with crackers (dotted with butter) and bake 15 minutes longer.

Chili Relleno Casserole

Provided by Jean Malcom for the April 2025 issue of BurlesonNOW Magazine.

- Cooking spray**
- 2 7-oz. cans whole green chilies, drained (divided use)**
- 8 oz. Monterey Jack Cheese, shredded (divided use)**
- 8 oz. Longhorn or cheddar cheese, shredded (divided use)**
- 2 eggs, beaten**
- 1 15-oz. can evaporated milk**
- 1/2 cup milk**
- 2 Tbsp. all-purpose flour**

- 1.** Preheat the oven to 350 F; spray a 9×13-inch baking dish with cooking spray.
- 2.** Place 1/2 the green chilies evenly on the bottom of the prepared dish. Sprinkle 1/2 the Monterey Jack and 1/2 the cheddar cheese over the chilies. Cover the cheese with the remaining chilies.
- 3.** In a bowl, mix the eggs, milks and flour; pour the mixture over the chilies.

- 4.** Bake for 25 minutes. Remove from the oven; sprinkle the remaining cheeses on top. Bake for an additional 10-15 minutes. If you want to mix it up, I like to put cooked hamburger meat in the mixture!

Mom's Mac and Cheese

Provided by Nicci Ferguson for the January 2020 issue of CoriscanaNOW Magazine.

- 2 lbs. large elbow macaroni**
- 1 cup butter, cubed**
- 1 lb. Velveeta cheese, cubed**
- 1 tsp. salt**
- 1 1/2 tsp. pepper**
- 1/2 tsp. paprika**
- 4 oz. each extra-sharp cheddar, Colby, Monterrey Jack and mozzarella, shredded (divided use)**
- 2 cups milk**

- 1.** In a stockpot, cook macaroni in salted water for about 12 minutes; don't overcook.
- 2.** Drain macaroni; return it to the stockpot. Add butter, Velveeta cheese, salt, pepper and paprika; stir.
- 3.** Add 3/4 of the four cheeses; add milk. Stir until cheeses begin to melt.
- 4.** Pour mixture into a Crockpot; top with remaining four cheeses. Keep warm until served.

Country Fried Cabbage

Provided by Sonya Dorsey for the May 2022 issue of MansfieldNOW Magazine.

- 1 large head cabbage**
- 6 pieces smoked bacon**
- 1/4 cup onion, sliced**
- 1/2 tsp. organic sea salt**
- 1/4 cup water**

- 1.** Wash and cut the cabbage into thin slices. Slice the bacon into 1-inch pieces.
- 2.** In a deep skillet, fry the bacon on medium until crisp; keep the fat.
- 3.** Place the sliced cabbage, onion and sea salt in the pan. Fry for 10-15 minutes; add water. Cook for another 10 minutes. Remove from heat; let set for 15 minutes. Serve.





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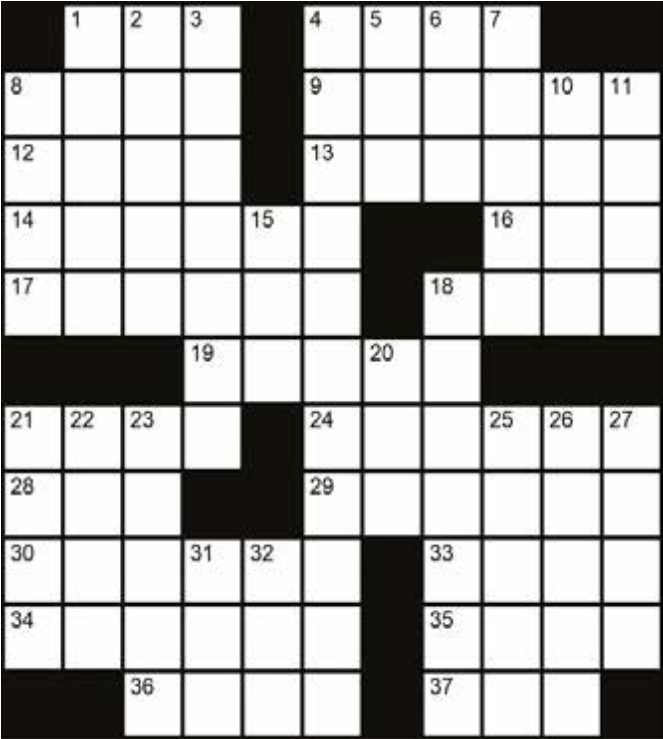
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Crossword Puzzle



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Across

- 1 Part of formerly Portuguese India
- 4 "Boy, it's hot!"
- 8 Ireland's --- Fein
- 9 Funeral speech
- 12 "--- calling!"
- 13 Texas border town
- 14 Bucks back
- 16 Teetotal
- 17 Adventurous expedition
- 18 In Norway, it used to be Christiania
- 19 Pressure-washer maker
- 21 Ornery guy
- 24 N Y C
- 28 Exclamation of disgust
- 29 End of existence
- 30 It's in the blood
- 33 Omar --- of "House"
- 34 Sweet
- 35 Imitates
- 36 Corny or pony, maybe
- 37 Old horror actor --- Chaney

Down

- 1 "--- man a fish and you feed him for a day ..."
- 2 Kind of switch
- 3 Certain flowers
- 4 When single lives come to an end
- 5 Tint
- 6 90° bend
- 7 Bent sword leads to argument
- 8 COVID-19 predecessor
- 10 Peripatetic Ipanema resident?
- 11 Spool-like toy
- 15 F D R's short-lived Blue Eagle agency
- 18 Breakfast mush
- 20 She may be fawning
- 21 Stanley and Ryder
- 22 Ominous
- 23 Expert swindler
- 25 River horse
- 26 Trembling poplar
- 27 Military refectory
- 31 Not a good boy's name, according to Johnny Cash
- 32 Car economy statistic


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



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9/4-9/6

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9/6

Rhythm of the Heartbeat Dance Experience:

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First Responders Bowling Tournament:

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Cine en el Parque:

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9/20

Deaf Outdoors Day:

A day of programs for the Deaf community. Free, but registration is required. 10:00 a.m.-2:00 p.m., Cedar Hill State Park, 1570 West FM 1382 Cedar Hill. thomas.mcdaniel@tpwd.texas.gov.

Hispanic Heritage Fest:

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9/22

Red Cross Blood Drive:

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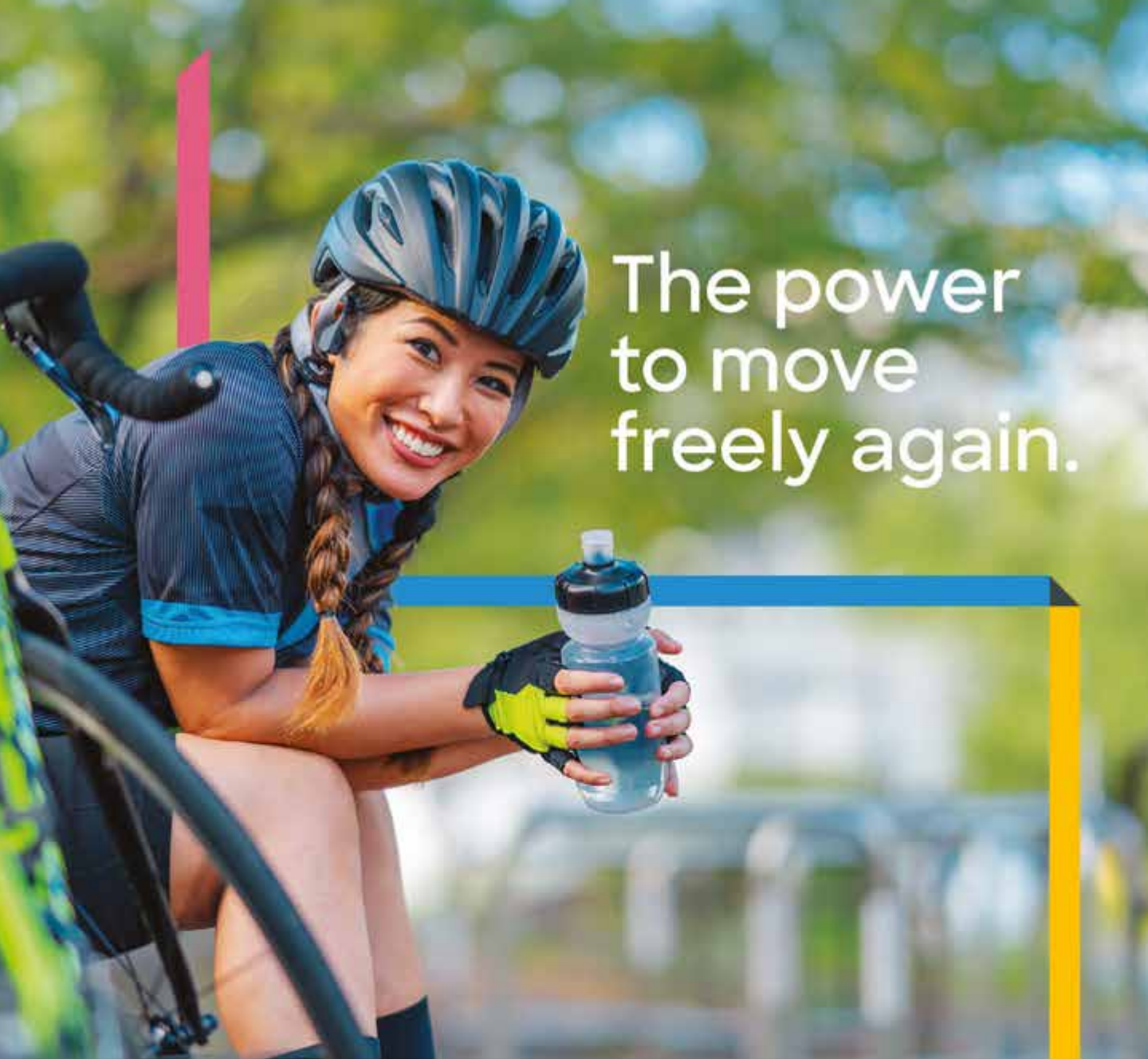
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