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SEPTEMBER 2026

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Aidan Pennebaker
takes aim at the future

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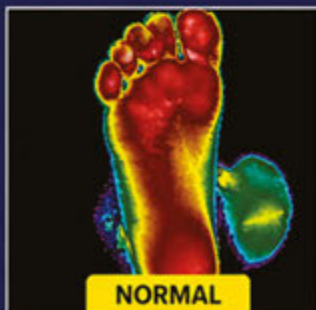
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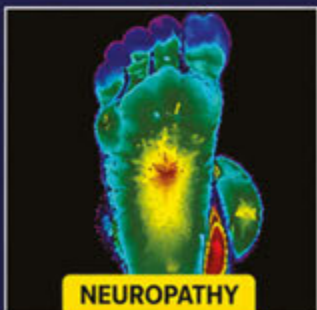
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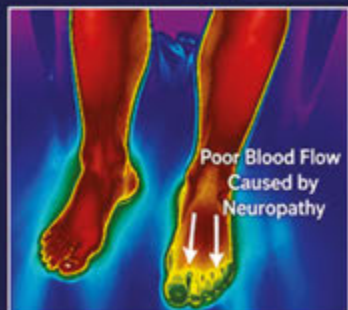
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After shadowing different careers in college, Dr. Cristina Allala discovered her calling in dentistry. Ten years later, she brings specialized expertise and a spa-like atmosphere to Cedar Hill through Serenity Advanced Dentistry, a solo, minority, woman-owned private practice.

Dr. Allala graduated from Baylor College of Dentistry in 2016 and completed her Bachelor of Science from The University of Texas at San Antonio in 2012. Since opening her practice, she has built a loyal following of patients who have followed her from her previous office, drawn by her gentle approach and commitment to patient care.

What sets her practice apart is her advanced certification in Level 2 moderate sedation — a qualification most dentists do not have. This certification requires at least 60 hours of specialized instruction and successfully administering sedation to at least 20 patients under supervision. For patients who experience dental anxiety, this option can transform their experience, making procedures like extractions comfortable and stress-free.

"Another thing that sets our practice apart is our skill with dental surgeries," Dr. Allala said. "Here are some of my favorite quotes from patients:

"Regarding implants: 'My implant surgery went smoothly. They explained everything, kept me relaxed, and I had very little discomfort afterward.'

"Regarding tooth extractions: 'I had oral surgery done and was extremely nervous, but the doctor and team made me feel comfortable the entire time. The procedure was painless, and recovery was easy.'

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Serenity Advanced Dentistry offers most dental procedures under one roof, including sedation dentistry, dental crowns, dentures, emergency treatment, oral surgery, dental implants, root canals, teeth whitening, extractions, clear aligners, gum grafts and periodontal therapy. The practice emphasizes privacy and comfort. The office features private treatment rooms that allow honest conversations between doctor and patient without worry of being overheard. The modern facility incorporates the latest dental technology while maintaining a calming, spa-like environment.

"We are not a corporation," Dr. Allala said. Unlike larger corporate dental practices, Serenity Advanced Dentistry remains independent, allowing Dr. Allala to focus on building genuine relationships with patients. All assistants are bilingual, ensuring Spanish-speaking patients feel comfortable and fully understand their treatment options.

Dr. Allala lives in DeSoto, just 10 minutes away from her office, keeping her deeply connected to the community she serves. She gives back by supporting the Friends of Tri-City Animal Shelter through monthly contributions, a cause close to her heart as a devoted pet lover. For families seeking personalized dental care in a welcoming, professional environment, Serenity Advanced Dentistry offers an alternative to corporate dental chains.

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ON THE COVER



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Photo by
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on Target

— By Adam Walker

Archery is objectively cool. Any sport that lets you send sharp pointy things sailing through the air to impact something far away, is just cool. When Aidan Pennebaker got the chance to try archery in junior high, he was hooked. “I started in middle school,” he said. “My school had a club through the National Archery in the Schools Program. I had a couple of buddies who did it the year before me, so the next year, I decided to try. I was looking for a sport that felt like my own. I had tried soccer, football and jujitsu. Archery just clicked. It’s like a form of meditation and self-growth for me. Archery was something I subconsciously knew I wanted. It felt better.”





That might sound like Aidan doesn't like rules, but one of the things he likes about archery is all of the rules. "A bow and arrow is a weapon, so there are a lot of safety rules and whistle commands and emergency protocols," he explained. "If a toddler or a dog runs out on the range, there will be five or more whistles warning everyone to stop. This same whistle command also signals that one of the archers did something wrong. There are different lines on the shooting range: the waiting line for when you're not shooting; the shooting line; and the behind target line, which is in front of the targets for when you're pulling the arrows out of the targets. Another thing I like about archery is the fact that no two scores are the same. When I'm shooting, I love to do the math in my head, to see all the different individual scoring patterns on the target. One of the most attractive things about archery is that there's always room for improvement."

All those safety rules and scoring rules are important to Aidan for another reason. He doesn't just do archery; he teaches. "I enjoyed competing in high school. Tournaments were the highlight of high school archery. It was an opportunity to go out and prove how much you had learned. But it was also all about community and good sportsmanship. After high school, I really wanted to

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teach. That's why I started offering archery classes at the Duncanville Rec Center. I would enjoy coaching other people to compete, and teaching here was the perfect opportunity to start a program. It took some time to get it off the ground, but now the program is open for students from age 12 up to people in their 80s. Anyone who thinks they can learn to pull a bow is welcome."

When Aidan teaches, he emphasizes the 11 steps to archery success. "Some of the steps are not things a non-archer would be aware of. I repeat the steps over and over to my students. It's more than just shooting the arrow. You have to follow through. And then, when your done with the shot, you have to reflect on what you did and how you can improve next time. People who don't do archery think archery looks easy. It's not. But it's easier than students think. There's always the cocky kid who thinks he can pull and shoot, 'Look, I'm Robin Hood!' But as a coach,



everything I teach applies outside archery. And nine times out of 10, positive reinforcement is the way to go. When I took a coaching course, they said, 'It's always better to compliment something your student is doing well. Then give something they can do better.'"

Aidan looks at archery as an important part of his life. "Archery is a quiet sport," he said. "Different people have different ways of blowing off steam. I enjoy finding the silence. Archery is my way.

I'm not angry or sad or resentful, but knowing archery is there, that it's something I can always come back to, is comforting. I've noticed that a number of archery students seem to be neurodivergent. People with autism or ADHD or things of the like seem to do exceptionally well with archery. It gives you something to focus on, so you're not operating at 1,000 miles a minute. I'm not a neurologist, so I don't know how it really works. But I know how it helps me." **NOW**

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Jaynes Memorial Chapel

811 S. Cockrell Hill Rd., Duncanville, TX 75137

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www.jaynesmemorialchapel.com

Facebook: facebook.com/JaynesMemorialChapel

Hours: Monday-Friday: 8:00 a.m.-5:00 p.m. (On call 24 hours)

Saturday-Sunday: Varies



Jaynes Memorial Chapel offers traditional funeral goods and services along with cremation options to meet every family's wishes. Whether planning a traditional funeral, memorial service or cremation, the experienced staff works closely with families to create personalized tributes that celebrate a unique life. The funeral home also provides preplanning services, grief support resources, veteran services and assistance with every step of the funeral planning process, giving families peace of mind during difficult times.

The business prides itself on delivering traditional hometown service while treating every family with compassion and understanding. Rick Jaynes became interested in pursuing a career in funeral service after graduating from college with a degree in Christian education and working at a local funeral home in his hometown of Paris, Texas. He has more than 40 years of experience in the profession and is a licensed funeral

director and embalmer. His education includes a bachelor's degree and an associate degree, and he is fully licensed by the Texas Funeral Service Commission and the Texas Department of Insurance.

Community involvement has always been an important part of the Jaynes family. Rick has been active with both the Duncanville and Cedar Hill Chambers of Commerce, Duncanville Rotary and previously served as a longtime board member for Duncanville Outreach Ministries. Their dedication to serving others extends beyond the funeral home and reflects the values that have guided the business since its founding.

Jaynes Memorial Chapel is also investing in its future while continuing to serve the community. "We purchased the Merrywood School lot next door in 2022," Rick said. "We are in the final stages of expanding our parking lot into that space." The additional parking will help the funeral home better accommodate the families it serves. Rick also credits the chapel's long-time staff for its continued success. "Throughout the years, our staff has continued to grow, and we feel like we have the best staff around!" he said. Matt Reilly, Rick and Laura's son-in-law, joined the firm a few years ago and became a licensed funeral director. Greg Wilson has served as a funeral director with Jaynes Memorial Chapel for more than 20 years. Jonathan Beggs joined the staff in 2019, and Eddie Sanchez came aboard in 2023, expanding the chapel's bilingual service capabilities. Office Manager Kim Lander Hall, a retired Duncanville ISD principal, teacher and coach, has been with the funeral home since 2021. By combining decades of experience, a dedicated staff, personalized care and a strong commitment to the community, Jaynes Memorial Chapel continues to be a trusted source of comfort for generations of local families. **NOW**



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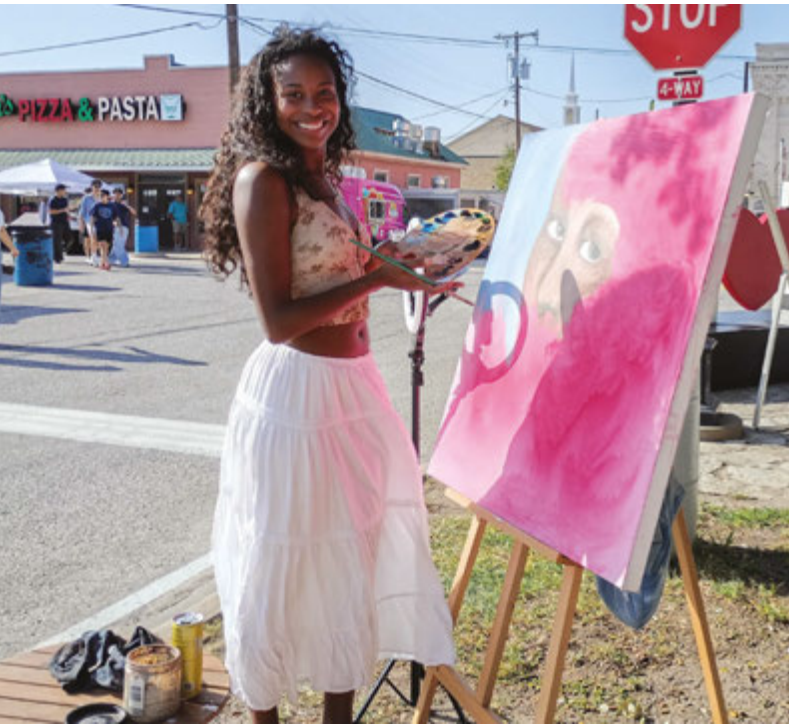
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Zoomed In:
Ebony Thompson

By Becky Walker

Ebony Thompson set up her easel at the corner of Cedar and Houston streets to do some plein air painting during the first ever Cedar Hill Night Market, which drew more than 70 vendors to Historic Downtown Cedar Hill. She was working on a portrait. "It's part of a series I'm doing that collides portraits with nature," she explained. "It plays on people being a part of the environment."

As with many artists, Ebony's love for painting goes back to childhood. "I've been painting all my life, but I've been painting seriously since 2019," she said. It was her first time painting in downtown. As she turned back to her canvas, she said with a smile, "I'm excited to see how far I can get in five hours!"



Alexis Green, recreation coordinator at the ARC, welcomes visitors with a friendly smile.



The Ebanks family enjoys the first annual July Night Market hosted by Visit Cedar Hill in Historic Downtown.



Staff of Texas Institute of Oral, Facial and Implant Surgery pose for a photo during their ribbon cutting.



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Zoomed In: Althea Burden

By Becky Walker

Althea Burden is a U.S. veteran and 26-year cancer survivor. “I spent three-and-a-half years in the Army,” she explained. Originally from Baton Rouge, she has lived in Texas for 32 years and is an active member of The Potter’s House Church in Dallas.

“I dropped out of college at age 19, but I always held onto the dream of finishing school.” During the pandemic, she saw an opportunity. “When no one could go anywhere, I applied to Liberty University. I couldn’t do anything but be focused!” she said.

On July 15, Althea graduated with her Bachelor of Science in Interdisciplinary Studies. During the celebration, she was presented with a Mayoral Commendation by Mayor Pro Tem Letitia Hughes (left). Joining the celebration were former Council Member Dr. Dinah Marks, Council Member Pierette Parker and Deputy Mayor Pro Tem Ken Waters, who presented her with her degree at the party.



Carolyn Campbell meets former professional boxer Roy Jones Jr. following Pastor Rush’s sermon titled The Cornerman at IBOC Church.



Troy and Rachel enjoy smoothies with their kids at You Can Live Again Sea Moss in DeSoto.



Luis Vazquez spends the afternoon reading at Duncanville Public Library.



Zachary and Zoë Hart visit the goats in the petting zoo at the Cedar Hill Farmers Market.



Burger Boys in Duncanville celebrates its grand opening with a ribbon cutting.

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Many families review their investments, estate plans and insurance coverage, but cyber protection is often overlooked until after something goes wrong. Protecting the life you've created requires the thoughtful planning you apply to every other aspect of your financial security.

Here are a few questions worth asking:

How do you move money?

Wire transfer fraud is one of the biggest cyber risks, and the threat extends beyond a single scenario. When you're purchasing high-value assets like artwork or fine jewelry, criminals can create emails mimicking trusted brokers. Business owners may also receive fraudulent invoices from established vendors. In both cases, criminals are exploiting trust and urgency, and clients may unknowingly wire funds to fraudulent accounts, resulting in financial losses.

These schemes are becoming more sophisticated, making it harder to identify fraudulent requests. If you regularly send wire

transfers or purchase valuable assets, it may be time to review your current protection.

Does your coverage reflect your lifestyle?

Many homeowners are surprised to learn that cyber coverage is typically added as an endorsement to a homeowners policy. While many policies include limited protection for identity theft, that amount may not reflect how you manage your finances today.

Depending on your financial assets, the frequency of wire transfers, valuable collections and how your household uses technology may influence the type of coverage you need. For families, there may be additional considerations. Children's online activity can create risks such as unauthorized online purchases and cyberbullying.

What can you do now?

Insurance is only one part of protecting your finances. Strong passwords, secure data backups, safeguarding sensitive information and verifying wire instructions before sending money may all help reduce your risk. Cyber threats continue to evolve alongside technology. Taking time to revisit your digital habits and coverage regularly can help you have a more proactive approach before a problem occurs.

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CAMPFIRE COOKING



There's something magical about cooking over an open flame under the stars. But campfire cooking doesn't have to just be a hot dog. Whether you're an experienced camper or trying outdoor cooking for the first time, these dishes will elevate your camping experience. **NOW**

Breakfast Hash

- 4 slices bacon, chopped
- 4 medium potatoes, diced
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. paprika
- 6 large eggs
- 1 cup cheddar cheese, shredded
- 2 Tbsp. fresh parsley, chopped

1. Heat a large cast-iron skillet over the campfire until hot.
2. Add the bacon; cook until crispy, about 5-7 minutes. Remove the bacon with a slotted spoon; set aside, leaving the drippings in the skillet.
3. Add the potatoes; cook for 10-12 minutes, stirring occasionally, until golden and tender.
4. Add the onions and red and green bell peppers. Cook for 5-6 minutes until the vegetables are softened.
5. Return the bacon to the skillet; stir to combine. Add the spices; mix well.
6. Make six wells in the hash; crack an egg into each well.
7. Cover the skillet with foil or a lid; cook for 5-7 minutes until the eggs are

cooked to your desired doneness.

8. Sprinkle cheese over the top; cover for 1-2 minutes until melted. Garnish with parsley; serve hot.

Campfire Chili

- 1 Tbsp. vegetable oil
- 1 lb. ground beef
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 15-oz. cans kidney beans, drained
- 1 28-oz. can crushed tomatoes
- 2 Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. black pepper
- Shredded cheddar cheese, for serving
- Sour cream, for serving

1. Heat the vegetable oil in a large cast-iron pot or Dutch oven over a campfire.
2. Add the beef; cook, breaking it apart with a spoon, until browned completely.
3. Add the onions; cook until softened, about 5 minutes. Stir in the garlic; cook for 1 minute until fragrant.
4. Add the kidney beans and

tomatoes, stirring to combine.

5. Add the spices. Stir; bring to a simmer.
6. Move the pot to a cooler spot over the fire; let it simmer for 30-40 minutes, stirring occasionally.
7. Serve hot in bowls topped with shredded cheddar cheese and sour cream.

S'mores Banana Boats

- 4 ripe bananas, unpeeled
- 1/2 cup chocolate chips
- 1 cup mini marshmallows
- 1/4 cup graham cracker crumbs

1. Make a lengthwise slit in each banana, cutting through the peel but not all the way through the fruit.
2. Gently open the slit to create a pocket in each banana.
3. Stuff each pocket with chocolate chips, distributing them evenly. Add marshmallows, filling the pocket generously. Sprinkle graham cracker crumbs on top.
4. Wrap each banana in aluminum foil. Place on the campfire grate or directly on hot coals. Cook for 5-7 minutes until the chocolate and marshmallows are melted.
5. Carefully unwrap the foil; serve with spoons.

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ROOM



Some cities boast glass-bottomed boats, but the not-to-be-missed experience when visiting Celebration Plaza in downtown Sulphur Springs, Texas, are the only see-through, glass-walled public restrooms in the United States. People can see out from the inside but not inside from the outside. The mirrored sides are one-way glass! In addition to the famed restrooms, Celebration Plaza, which surrounds the historic Hopkins County Courthouse, boasts tree-shaded pathways, interactive checkers/chess games and a Texas star-shaped fountain. It's a great family-oriented place to spend a few hours playing and strolling through the shops and restaurants lining the streets that feed into Celebration Plaza.



TO EXPLORE

— By Virginia Riddle

Buford Park offers a castle playground named Kids Kingdom. The park has walking/jogging trails through a wooded area, Peavine Pinon Pond and a skateboard and basketball court. Have a picnic in one of the gazebos or at the pavilion. Coleman Park offers a walking trail that passes waterfalls and winds through a tunnel. Fishing is a favored activity in this park.

Other places to visit include the Heritage Park and Museum. The park features a town of turn-of-the-century buildings. The museum, located in the George H. Wilson House, circa 1910, features a doll collection, Civil War memorabilia, Caddo Indian relics and more. The Leo St. Clair Music Box Collection, located in the Sulphur Springs Public Library, houses the largest of its kind collection of music boxes. Another collection located at the library is the Sinclair WWII Collection which is T-Patchers (Texas National Guard) memorabilia from that era.

Sulphur Springs was settled in the late 1840s by pioneers who enjoyed the more than 100 natural springs in the area. By 1871, the town had gained its current name and, in the previous year, its county seat designation. The town became a health resort for those wanting to "take the waters." In that same decade, the town gained its railway from Jefferson, Texas.

In 1937, the Carnation Milk Company opened a milk processing plant, and large-scale dairy farming was added to the list of farm products produced in the area. Home to 600-plus dairies, Hopkins County is the official "Dairy Capital of Texas." The Southwest Dairy Museum and Education Center, near the Expo facility, chronicles that industry's history. After a docent-led

tour, enjoy ice cream treats in The Creamery, an old-fashioned soda fountain.

Along with the dairy industry, this town of approximately 16,000 residents, is becoming an equine breeding center, and the springs, once forgotten, are beginning to be revived as an attraction. Sulphur Springs enjoys the arts through the Community Players Main Street Theatre productions and the North East Texas Symphony.

Nearby Cooper Lake State Park offers fishing, boating, water-skiing, horseback riding, hiking, picnicking, swimming, biking, birding and 25 miles of shoreline, part of which are two beaches. Nature and educational programs conducted by park rangers are regularly scheduled. Kayaks are available for rent.

Divided into two sections, Doctors Creek and South Sulphur, cabins, cottages, tent sites and RV sites can be reserved. Day-use shelters, screened shelters, a playground, fishing pier and fish-cleaning tables make this a fun and functional time for all ages.

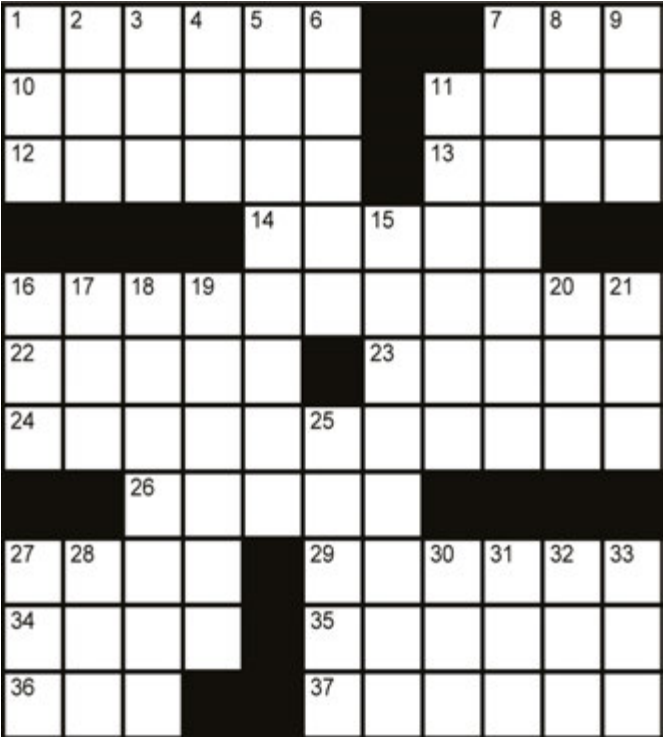
Only about a 90-minute drive from the Metroplex, Sulphur Springs is a great go-to. Relax in the shade, and drink in nature in a park. Play a game of checkers/ chess or attend one of the area's many festivals. And don't forget to watch the crowd stroll by from inside the glass bathrooms! **NOW**

Photos by Virginia Riddle, LLC.

Sources:

1. Texas State Park brochures/maps.
2. www.sulphurpringtx.org/visitors/cooper_lake_state_park.

Crossword Puzzle



Crosswordsite.com Ltd

Find puzzle answers within this magazine. Online versions and solutions are also available at www.nowmagazines.com.

Across

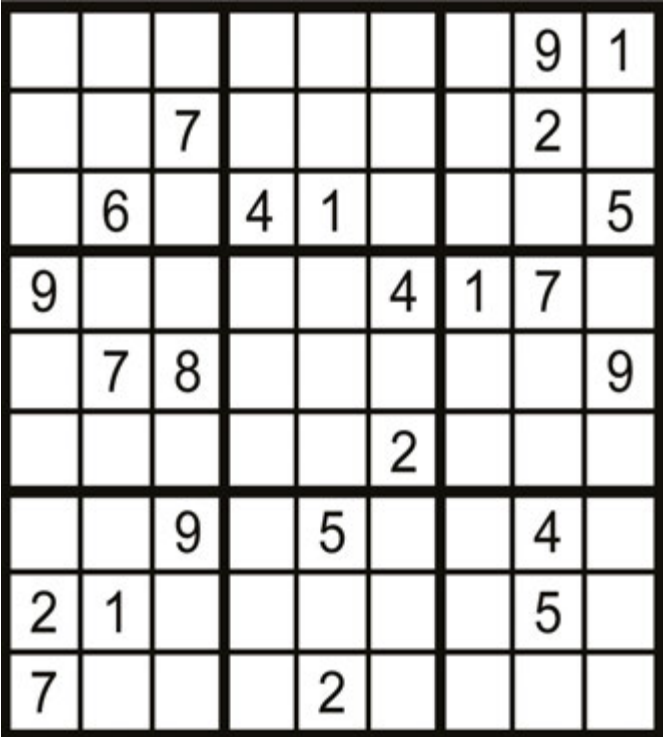
- 1 "Take These -- from my Heart ..."
- 7 Plot of ground in a garden
- 10 Blacktop
- 11 Carbonated canful
- 12 Eurasian grassland
- 13 "Good heavens!"
- 14 "... Q T"
- 16 Rolling residences
- 22 Lying flat
- 23 Celtic whiskey
- 24 Oaf stated he busted a ruler
- 26 Of the kidneys
- 27 Travel on
- 29 Already committed
- 34 Commentators' piece
- 35 From square one
- 36 Impair
- 37 Chartered

Down

- 1 Pennies
- 2 "The Man Who Mistook His Wife for a ---" (Oliver Sacks)
- 3 119.6 square yards metrically
- 4 Gremlin
- 5 Failure broke down on one lap
- 6 Part of an act
- 7 Artsy area
- 8 Boston's Liberty Tree, for example
- 9 Light time
- 11 One tenth of a Roman legion
- 15 Autobiography of Sidney Poitier
- 16 Measure of tennis serving speed
- 17 Metal-bearing mineral
- 18 Paying guest
- 19 Undeniably
- 20 Savannah setting
- 21 --- who must be obeyed
- 25 Deadly
- 27 CD- ---
- 28 Kind of beer, briefly
- 30 It contains periods
- 31 --- Moines, IA
- 32 Exploit
- 33 College prof.'s degree

Sudoku Puzzle

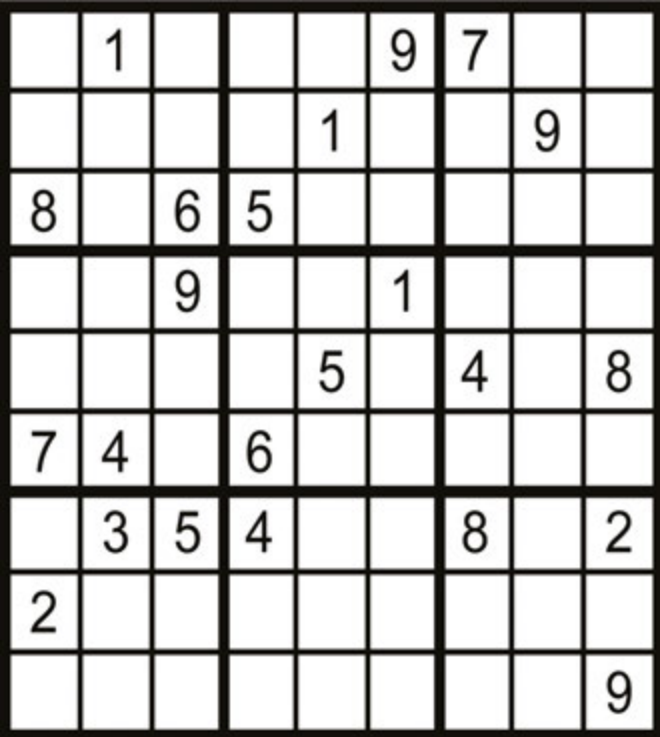
Easy



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Crossword - Sudoku Solutions

1	C	H	A	I	N	S				7	B	E	D			
10	T	A	R	M	A	C				11	C	O	L	A		
12	S	T	E	P	P	E				13	O	H	M	Y		
							14	O	N	T	H	E				
16	M	O	B	I	L	E	H	O	M	E	S					
22	P	R	O	N	E					23	I	R	I	S	H	
24	H	E	A	D	O	F	S	T	A	T	E					
							26	R	E	N	A	L				
27	R	I	D	E						29	T	I	E	D	U	P
34	O	P	E	D						35	A	F	R	E	S	H
36	M	A	R							37	L	E	A	S	E	D

Easy

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

Medium

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

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