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NOVEMBER 2013

Officers Helping Officers

The Mansfield Police
Officer's Association
serves its officers
and the community

SPECIAL SECTION:
2013 Holiday
Shopping
Guide

Fall Family Fun

Bring some color into
your autumn with
these seasonal crafts

Pure Texas Fun

At Home With Cody and Jennie Durham

In the Folds

Sisters in Service

Healing Hands

Slam Dunk Coach

In the Kitchen With Janna Seal



Community Spotlight

The Mansfield Kiwanis After Noon Club (KAN) sponsors Kiwanis school organizations at 10 Mansfield and Venus ISD schools (3 High School Key Clubs, 3 Middle School Builders Clubs and 4 Elementary School K-Kids clubs). These Clubs emphasize the value and importance of community service to the students.



The Mansfield KAN also provides three \$1000 scholarships to Mansfield and Venus High School seniors each year from money raised at their "Youth First Golf Tournament."



December 7, 2013. Geyer Field, Corner of Walnut Creek Dr. and Broad St. In Mansfield. Race Day Registration: 7:30 - 8:30 am. Benefits the charitable programs supported by the Mansfield Kiwanis Clubs.

Kiwanis Club of Mansfield meets every Friday morning @ 6:45 a.m. at Methodist Mansfield Medical Center. You are welcome to visit! Their youth programs include the Feed the Kids program, Scholarships, Builders & Key Clubs. Visit our website for more info @ www.kiwanis76063.org



New officers sworn in for 2013-2014 term, including President Katie Watson, Service First – Wommack Group.



The Kiwanis After Noon Club new officers for 2013-2014 enjoy themselves, including President Pat Jamison, MEDC, at the piano. The Mansfield Kiwanis Afternoon Club meets every 2nd & 4th Monday @ Fat Daddy's Mansfield. For more info visit www.kanmansfield.org



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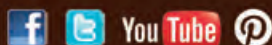
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ON THE COVER



*Thanksgiving is a good time to fill
your home with fall decor.*

Photo by Vanessa Polozola.

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Editor's Note

Dear Friends,

I can almost smell the turkey from my desk, and I can almost see the dinner table bursting with flavorful dishes: melted butter cascading down fluffy mashed potatoes, piping hot stuffing steaming from its bowl, sweet potato casserole and my in-law's Cajun-inspired dirty rice. Thanksgiving is truly a delightful — and delicious — holiday.

This year, my husband and I are going to write down the blessings we've received this past year. There

are so many things for which to be grateful. But the busyness of this time of year often distracts me from remembering those blessings. There's another present to be bought, another meal to cook, another trip to make, another party to attend.

This season, I'm committing to slowing down, savoring each bite of fried turkey, laughing with friends and family and celebrating each blessing.

What are you thankful for this year?

Mikaela

Mikaela Mathews

MansfieldNOW Editor

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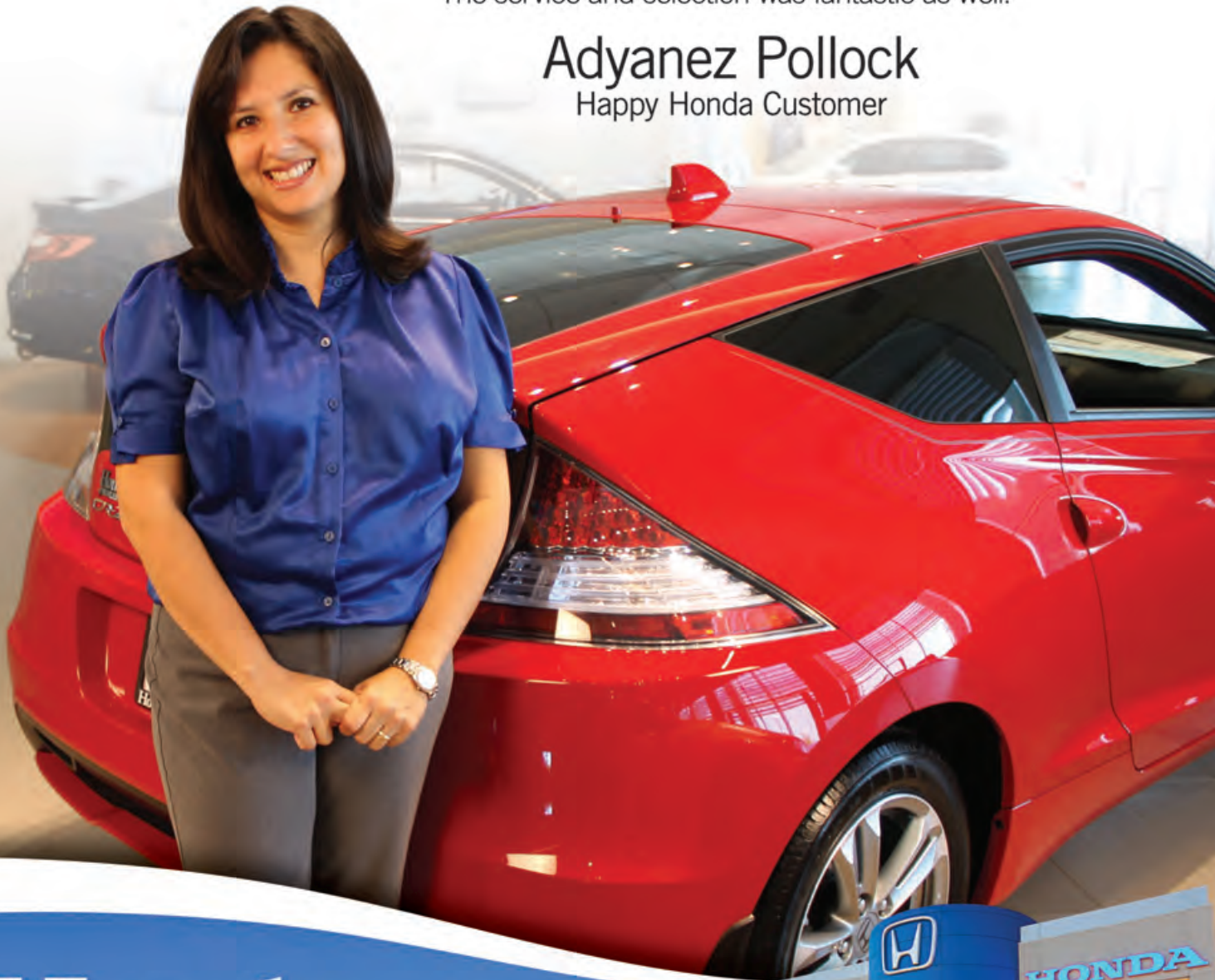
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HELPING OFFICERS

— By Mikaela Mathews



Ask anyone who has lived in Mansfield for over 10 years about the growth of this city, and they would explain how much it has exploded. New houses and businesses pop up on corner lots and suburban streets regularly. As the city has grown, so has the Mansfield Police Department. With the continued growth of the city in 2007, a few officers decided to create an organization called the Mansfield Police Officer's Association to keep up with the growth.

The MPOA serves its officers and their families with any need. "We're like a family, so we wanted to start an organization to raise money for officers who might need help," explained Brandi Howard, president of the MPOA. Thad Penkala, the department's public information officer, initiated the organization in 2007.

The Mansfield Police Department describes itself with three words: honor, pride and integrity. According to their website, "Our mission is to provide the highest level of service, in partnership with the community, to foster a safe atmosphere promoting the highest quality of life for all people." The department rigorously works to provide a safe and quality community. The MPOA helps officers continue this mission.

Every officer in the department can be a part of the association, which meets once a month to discuss which officers they may be able to assist. Every year, the situations and support looks different. "For a couple of years, we've had officers who needed help during Christmas time," Brandi shared. "So, we can help them during that time."

The MPOA focuses first and foremost on their officers and their families. "We try to stay close to our officers and help them out," Brandi described. This past year, the association gave a \$1,500 scholarship to an officer's child for college. "We formed a committee to establish some guidelines [for the scholarship]," Brandi explained. "If officers had children in school, the child could apply for this scholarship and write an essay." The students who applied

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for the scholarship had to maintain excellent grades and show determination in their schoolwork.

Even though the scholarship came from the MPOA, students did not have to pursue a career in criminal justice. "We realized not everybody wants to be a police officer or in criminal justice. And that's completely understandable," Brandi shared. "But, as long as they're working



hard in school and have a certain GPA, then we're going to pick them."

In addition, the association helps their officers' families should disaster strike. "We have an officer whose wife has cancer," Brandi explained. "We're doing a lot for them, anything we can." One way the MPOA helped was joining with the wives of the officers at a large garage sale to raise money for the family.

If, however, there are no current major needs with their officers, the MPOA will reach out to the community. "If somebody comes to us and asks, 'Hey, do you want to donate a bicycle to this event?' We'll say 'Sure!'" she explained. In addition to bicycles, the association also donates to drinking and driving awareness programs at the Mansfield high schools, helps officers in other cities' departments and donates bounce houses to the city's festivals.

In order to raise this money, the MPOA holds an annual golf tournament. "When we have a golf tournament, everyone is invited," Brandi said. "We have companies and the community come out to support us. It's just a fun day to play golf and hang out with people."

For many cities, the police officer association works to protect police officers against a city council or chief who might not respect the officers. This,



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however, has never been a problem with the MPOA. "Some people might hear we have an association and think, They probably don't get along with their chief or city council," Brandi explained. "But, that is not the case here. We go to lunch regularly with our city council members and chief. We get along really well."

In addition, the officers have a strong relationship with the administration. "The administration always asks for our input. We don't have restricted communication with them," she described. "We get invited to meetings, and they ask for our opinions. It's really open."

As an officer for 13 years, Brandi understands the importance of a strong department community. Her commitment to her "department family" spurred her to join the leadership in the MPOA. "I just want to be involved. I'm a community-oriented person, and I just like helping others," Brandi shared. "I want to make sure we are there to support each other."

Brandi started her career as an officer



in 2000 at the Police Academy with Tarrant County College. The excitement of being an officer lured her into joining the academy. "I like to be outdoors. I don't like to sit still," she explained. "[Being an officer] always interested me."

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Getting to the academy, however, was not a straight path for Brandi. Initially, she tried to be in the Coast Guard. "I took the test, but I wasn't really sure if that was what I wanted to do," she shared. "So, I talked to my family and friends and realized I wouldn't always be around them in the Coast Guard, which wasn't really what I had in mind."

On a whim, Brandi picked up the phone to inquire about the Police Academy. She barely made the cutoff age requirement and graduated shortly after as a police officer. She joined the Mansfield Police Department a few years later in order to be closer to her sister and nephews.

As an officer, Brandi is grateful for the way the city of Mansfield treats her and her fellow officers. "One of the things I like with the department is that they are really big on training," Brandi explained. "They don't turn anyone down who says they want to take a class. They're really open to sending people to any kind of training." These classes include information on search and seizure and firearm training, among others.

Although the MPOA works hard to serve its officers, they would describe themselves as a relaxed organization, free from politics and drama. "We just want to be a laid-back organization to meet the needs any of our officers and even those of others," Brandi explained. "We really do try to be low-key and just keep things fun and simple. We're there for our officers – our brother and sister officers. That's why we started this." **NOW**

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In The Folds

— By Mikaela Mathews

"You don't have to think outside of the box — you're thinking inside the box."

When Michael Hunter was 6 years old and at a wedding with his parents, he noticed a man making origami cranes for the kids. Instead of asking for a crane like all of the other kids did, Michael asked instead how he could make the cranes. "Are you sure you





want to learn?" the man asked him. "It's pretty hard!" But, Michael was determined and from that day forward, he hasn't stopped folding paper.

According to Michael, origami starts with making boats or cats that use simple mountain and valley folds. Making cranes is much more difficult since those require unusual folds, but this is where Michael started out his passion. "I just always loved the concept of taking something two-dimensional and then making it into something three-dimensional," he explained. "Just by doing some simple folds and following geometry, you can make paper into something you can recognize."

Around this time, Michael was also learning how to read. "When he was a little boy, he struggled to learn how to read," Kathleen Hunter remembered. But, as soon as Michael picked up an origami book, things changed.

"I didn't like to read, but I was making a bunch



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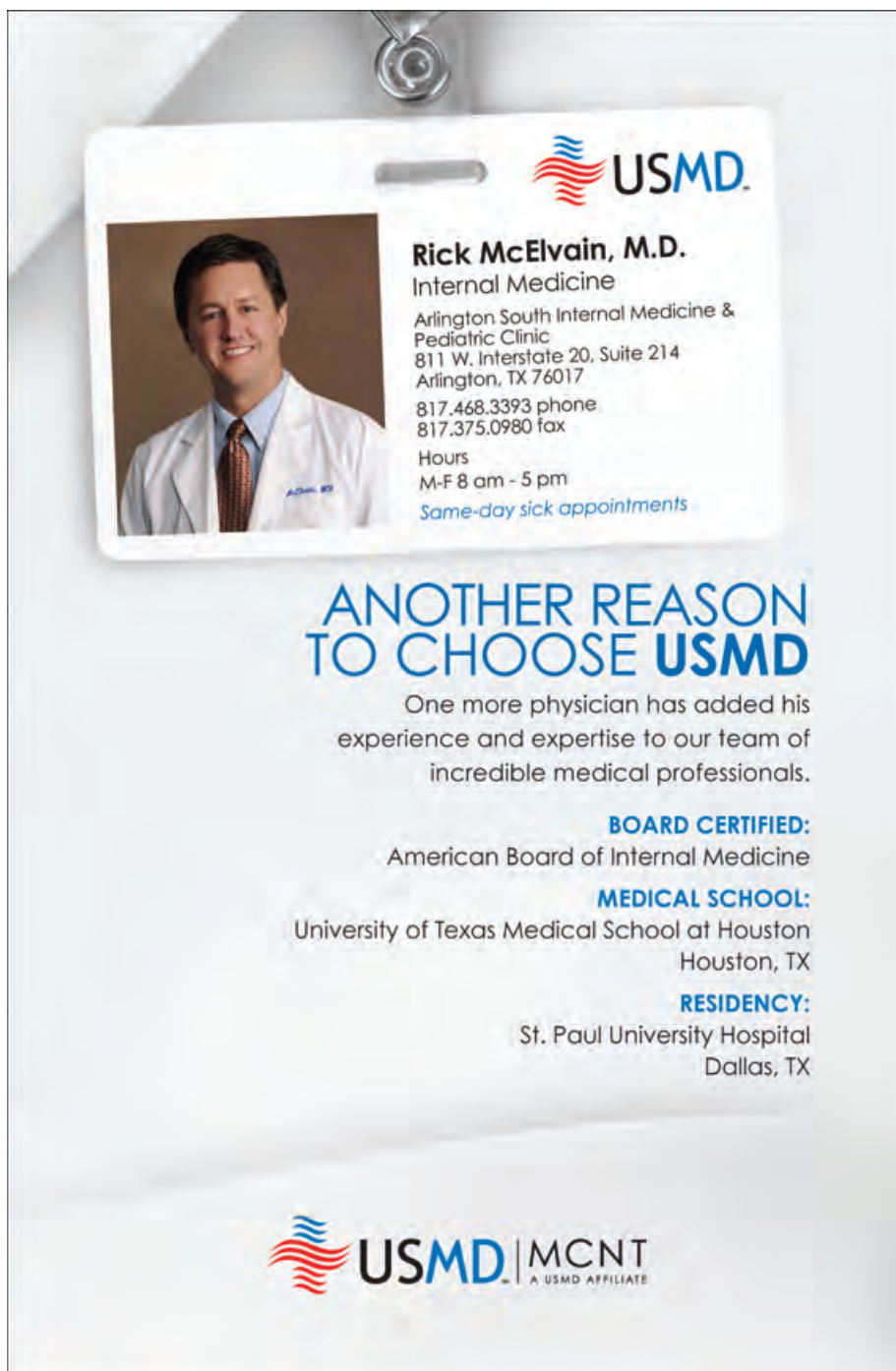
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of cranes. So, my mom bought me some books,” Michael recalled. “And that’s when I started reading.” Ironically, Michael now relishes the opportunity to read. “I love to read now,” he smiled. “In the last three years, I’ve read around 550 stories and a



few of them are over a million words long. I can’t put them down.”

Growing up, Michael continued to make origami with any paper, or tape, he touched. At restaurants, Michael would make miniature origami cranes out of straw wrappers or napkins. “I didn’t think anything of them. I would just leave them on the table,” Michael recalled. He even found a use for aluminum cans — he would cut a square and fold it into a four-pronged ninja-star to throw around with his friends.

Over the years, Michael started to make his cranes smaller and smaller. Now, they have a wingspan of 1/2 inch. “I just love challenging myself,” Michael said. “I would pick up little pieces of paper and just start making things.”

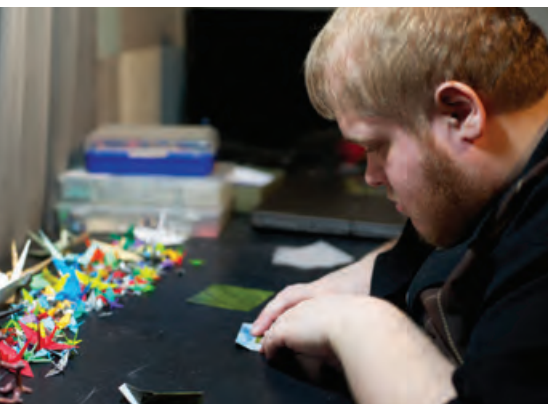


Many people think that Michael uses special tools to make these birds so small, but Michael prides himself on using only his fingers. "I don't use any specialized tools, like tweezers," Michael explained. "But, I do have to move slowly or they will fly out of my hand. The material isn't the easiest to work with." For his cranes, Michael often uses cellophane tape or lightweight paper. The heavier the paper is, the more difficult the folds.



Michael had always wanted to be a scientist. Chemistry and biology had long fascinated him. But, when he learned peer-reviewed papers would be involved and the path to becoming a scientist would be long and arduous, he opted to become an artist instead. "I love science, but I like to look at the end results, more than the process itself," Michael described.

After Michael graduated from high school, he went on to attend The University of Texas at Arlington and



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majoring in sculpture. Michael was able to work with a wide variety of materials to create a number of unique pieces. “[At school,] this was the kind of science and experimentation I had always wanted,” he described. “It was more fast-paced. I was always trying something new. That’s what captivated me with art. I was able to experiment and not have to do paper work.”

For one of his final projects, Michael used origami to mesmerize his audience. Michael and his parents took over a room by taping wide pieces of black paper on the walls. Then, Michael wrapped a piece of cardboard with black duct tape to make a door and duct tape to make a handle. Participants would have to open the door in order to get into the dark room.

Strung from the walls and ceiling were two hundred origami cranes made from cellophane tape. Michael had also mapped out a small path for people to walk through the room. “I gave them a flash light to go into the room, and they just explored,” Michael explained. “The cranes were like a sea of stars. First, they look like white dots, but when you looked closer, you realized they are cranes. Some of the people said that they felt like they were floating in this isolated room.”

Many of his fellow classmates were amazed at all of Michael’s hard work. “People thought I had been twiddling my fingers the entire semester,” Michael laughed. “I would just sit and concentrate on the cranes for hours. There were people who were hammering on metal or sawing wood. I wasn’t doing anything big like they were. I was doing the small, personal, intimate side of art.”

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incorporate biology into his sculpture work. For another one of his projects, he created an alien being inside an egg sack. He used silicone and with the help of an electrical engineering student, made its eyes light up, shake and a small prerecorded cry came from it. "This was just from a dream that I had," Michael explained. For yet another project, Michael also worked with glass in order to make a stained-glass crane. He even fused glass frit in the image of two photos he had taken onto the glass to make it more personalized.

Since graduation, Michael has started to make jewelry with his origami. Michael differentiates his jewelry from others because of the meaning he associates with it. "For me, this isn't just an earring," Michael explained. "This is wearable, kinetic sculpture."

As a full-time artist now, Michael would describe his style as a combination of organic and geometric. He uses real stones in his jewelry and takes special care to pick the right colors and sizes of stones and origami cranes. By following the rules of geometry, Michael can make figures out of what was once a flat sheet of paper.

Michael's love for origami has continued ever since he first learned how to make a crane, and he anticipates making a career from it. "It's a challenge that has rules to it," Michael explained. "You don't have to think outside of the box — you're thinking inside the box. But, you're still challenging yourself at the same time. You know what the end result is going to be. You just have to get there." **NOW**

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Seven years ago, Cody and Jennie Durham's November wedding was a wild mix of joy, tears, elegance, tradition and pure Texas fun. When it was time to dance, Jennie layered a denim jacket over her bridal gown and shed her heels for cowboy boots. Cody traded his fancy pants and shoes for a pair of jeans and boots and grabbed his cowboy hat.

"We put the whole thing together in three months," Jennie smiled. "It was a crazy roller coaster ride of emotions." For the ceremony, Jennie's friend sang "Bless the Broken Road," suitable for the heartwarming and bittersweet circumstance that had, at last, brought this bride and groom together.

Their story began with a date to the Arlington High School senior prom, followed by long distance dating throughout four years of college. Cody earned an industrial distribution degree at Texas A&M University in College Station. Jennie, the first female volleyball star





to be awarded a full scholarship to Southern Methodist University in Dallas, earned her degree in business and marketing.

With degrees in hand and careers in the making, they set out on different paths. "We stayed in touch, but were separated for eight years," Jennie said. Then, the day came when everything changed. Cody called Jennie with serious news about his father's health, and she was quickly by his side.

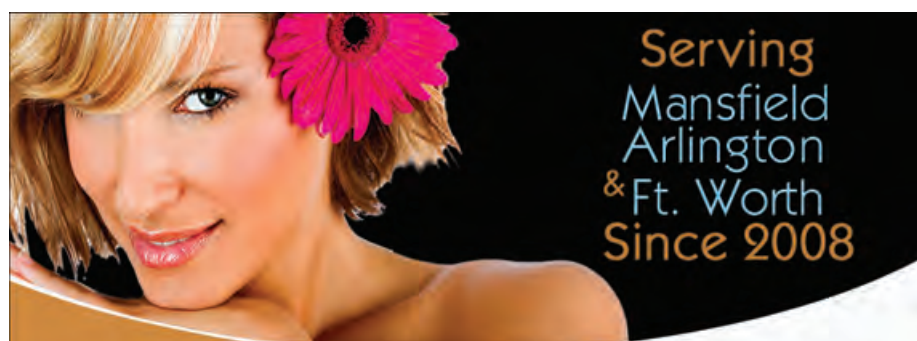
Cody's father, a well-known and beloved educator, outdoorsman and artist, had been diagnosed with a brain tumor. Time was precious, as they tended to Cody's father and family. Throughout the experience, Cody and Jennie at last realized the depth of their own connection. "Others, like Cody's parents, saw it long before we did," Jennie smiled. "Cody's mom felt we were meant to be married."

"My dad said he would be at our wedding, and he was," Cody said. "Jennie



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and I took a short honeymoon, returned for Thanksgiving, and he died the following Sunday evening.”

Cody’s dad was a true renaissance man. Ronald B. Durham loved his family, the outdoors, art, cooking and his home ground of West Texas. He was a dedicated educator and gifted artist. “We’re thankful to have pieces of his beautiful pottery,” Jennie said. “Like his dad, Cody is also a renaissance man.”

Currently, Cody is vice president of sales for a software company and also owner of a Jimmy Johns sandwich

franchise in Mansfield. Jennie is a senior sales analyst at Sabre Holdings in Southlake. Both are proud parents of 5-year-old daughter, Ridglea Belen, and 3-year-old son, Gage Dagen.

“We knew our firstborn would carry Cody’s dad’s initials,” she said. “Ridglea loves to garden and is a budding artist.” Gage’s name came from the Texas landmark Gage Hotel. Like his father and grandfather, he loves cowboys and the great outdoors.

On another significant November day in 2010, the Durham family moved into

their new home. “We stumbled onto the property, liked the oversized corner lot and proximity to Mansfield schools and decided it was time to build,” Cody said. One look inside the 2,500-square-foot home clarifies Cody and Jennie share a vision. “We wanted a warm and inviting home,” she smiled. “Decorating is my passion, and fortunately, we have the same eye for design.” The five-bedroom brick-and-stone house includes two-and-a-half-baths, office, children’s playroom/library and open great room/kitchen/dining area.

“Jennie has the vision,” he nodded. “I can pretty much figure out how to woodwork anything.” In fact, he figured out how to make three of the most







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"I've always wanted barn doors in a house," Jennie explained. "The office entrance was supposed to be an archway until we asked the builder to frame it for French doors." Cody, then, built sliding doors from barn wood, and the doors became the first hints of the Durham's definitive stamp. "I'm not much into formal spaces," she added. "We traded the formal dining room for a children's playroom, and Cody built a wall of library shelves for the books to face outward." The effect is a wonderfully illustrated children's retreat. "Cody's mother was a school principal for 38 years, and children's books arrive with every gift from her. The kids adore the room and their books."

A family-sized table in a sunlit area next to the kitchen is the place for dining and the site of another Cody contribution, this time with help from Jennie's brother. "I found a picture of a huge light fixture made with a metal frame and mason jars and asked if they could duplicate it," she said. Today, a dramatic version of that horizontal chandelier, one that clearly rivals its inspiration, hangs above the table.

Jennie is 6 feet tall, and Cody is nearly 6 foot, 4 inches. "We like furniture to be big enough for everyone to be comfortable," Jennie explained. Surprisingly, the high-backed sectional sofa that perfectly defines the living space is one they owned before building the house. "I wasn't sure it would fit, but it

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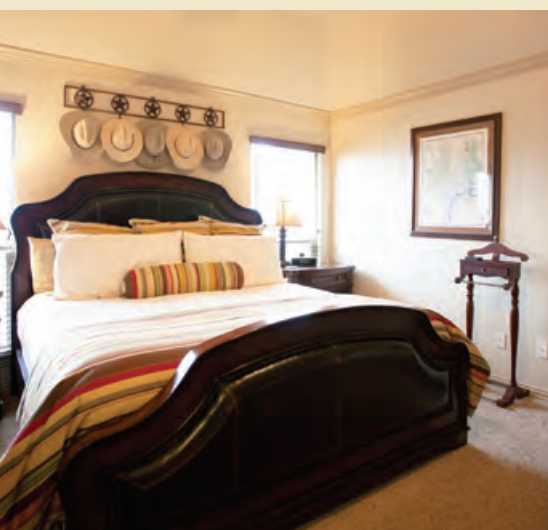
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actually looks like it was meant for this house,” she said.

Another VIP of the Durham household is Sophie, the very big, young and super sweet Redbone Coonhound Black Mouth Cur mix. “She’s our rescue dog,” Cody smiled. “Right now, she’s good at digging holes and eating curtains. She’s great with the kids, though, and we all love her.”



The Durham’s home is all about family, comfort, style and humor. From Ridglea’s pink and green princess room to Gage’s barn wood/cowboy room, to deer antlers in the entryway, cowboy hats and a giant wooden Terlingua sign in the master suite, this family knows the power of fun. They also know elegance and tradition. Extraordinary photographs, hand-thrown pottery, woodworking art, exceptional taste and the family’s overall can-do attitude make sure of that.

They also enjoy entertaining at home. “As our kids get older, we want them to want to bring their friends here,” Cody said. “At some point, we plan to add a pool to the backyard.”

Away from home, the Durhams enjoy camping, fishing and hunting. A favorite vacation is to load up the travel trailer to go camping in Colorado. Cody and Jennie also love music and dancing. “We like the full spectrum of music,” Cody said. “Our favorite anniversary gift is a Lyle Lovett concert.”

Through joy and heartbreak and in times when it seemed their roads would separate, Cody and Jennie have returned to the same direction. Looks like Cody’s mom was right. They were always meant to be. **NOW**



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— By Sara Edgell





Kay Ray and Susanne Engelbert have been friends for a little over seven years. They first met when Susanne moved in two houses down from Kay. As the ladies got to know one another better, they soon realized they had much more in common than a neighborhood street.

Both women have overcome difficulties in their lives. From these difficulties, the inspiration to reach out and help others flourished. They wanted to help people with their health and spiritual needs, but most importantly they wanted to provide hope. "We approach what we do from the whole person standpoint," Susanne said. "It's all about the mind, body and soul together."

In her past, Kay experienced many hardships. She grew up in a less-than-ideal home. Her family did not have much money, so they had to do without basic necessities at times. Stress and suffering was something they dealt with on a daily basis. "My family had some really rough times while I was growing up," Kay admitted.

As a young adult, she found herself homeless. Had it not been for the kindness of two Denton police officers, a single mother who gave her a place to sleep and \$20 a week and Alvin Mac, Kay may have never been the woman she is



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today. "They and others gave me some great advice and helped lift me out of one the darkest times I have ever had," Kay said. "No one comes into your life by accident."

Susanne has also seen her fair share of struggle. After an abusive marriage, she found herself facing many overwhelming hurdles and hardships as a single mother. Susanne not only faced financial difficulties, but emotional ones as well. "Pieces of our lives were just thrown up in the air," Susanne said. "We had to pick them up from all over and piece them back together."



Struggle is just one of the many commonalities this duo share. To tell the truth, their difficult pasts are what helped the women form such a strong friendship. "I have been to the shelters, and we have both had our own traumas

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and other things with which we have had to struggle. But we climbed out," Kay shared. "If we can help somebody else, then we are going to do it."

Family is another cohesive dynamic for this friendship. Both women agree their children changed their lives and are a huge inspiration for the charity work they do. Both women have been married for about 10 years, Kay to Roger Ray and Susanne to Peter Engelbert. "Strength, freedom and growth in order to heal — they gave us that," Kay said. "Learning to love again is huge."

So, it was really no surprise when Kay and Susanne became fast friends. Their shared connections fostered a strong relationship, which eventually led to a business venture. Kay and Susanne

opened Eterna Health Food Store in Mansfield, which was just the catalyst the women needed to reach their community.

Kay covers the emotional and mental aspects whereas Susanne takes care of the physical and nutritional side. Together, they are able to address every area of need a person may have. "It's the heart, mind, body and soul all working together," Susanne said.



The ladies offer free seminars and education classes to the public. Kay, a life coach, holds various sessions throughout the year that focus on transformation work in the emotional and mental areas of well-being. "Seeing the light go on in their eyes, the renewed hope, the freedom they find in shedding what was holding them back," Kay shared, "fills me with a joy I can't begin to explain."

Susanne leads health classes where she shares her knowledge and expertise on becoming and maintaining a healthy

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body. "I'm real passionate about nutrition and health and getting your body where it needs to be, giving it what it needs so it can heal and get stronger," Susanne explained. "People can't do that if they don't have the education. Education is key."

Additionally, Kay and Susanne act as liaisons by providing information about doctors, meetings, classes and a variety of other helpful alternatives. The intent is to spread awareness so people know they have health and wellness options. "It's about feeling better and helping others to be better people, which all begins with the individual," Susanne explained. "If we can help one person, they can help someone else, and then we have essentially changed generations of people."

But their charity extends beyond counseling and education. The Texas Baptist Home for Children is an organization near and dear to their hearts. The nonprofit is a foster and adoption agency that operates completely on donations. The women became involved when a customer shared a story about some children who were taken from their home by Child Protective Services around Christmas time. The women felt compelled to help. "Kids are close to our heart," Kay said. "I know what it's like to have a Christmas with no gifts."

The ladies now hold an annual free benefit concert to assist the organization. They accept gifts, food and cash donations. Last year's event brought in a 13-foot Christmas tree with all the



trimmings, over 100 gifts and just over \$700.

Kay and Susanne organize an annual Children's Health Fair the week before school resumes each year. The fair promotes health and wellness education, as well as providing resources such as clothing and school supplies for those in need. The fair is also free to the public and everyone is welcome to attend.

The friends are also involved in another organization called The East Broad Outreach. The clothes closet for this particular outreach provides business wear and professional clothing for people reentering the workforce. Common Ground Network is a group of churches and food pantries in the Mansfield area and surrounding communities for the purpose of providing school supplies, food and clothing to those in need. Kay and Susanne regularly provide donations to both nonprofits. "It's about networking and working together from a common place for the greater good," Kay stated. "We hate to see people suffer.

"We've had our own struggles throughout our journey, which put the fire to our passion," Kay said, as Susanne nodded in agreement. "That's why we do what we do. We know what it takes to come through to the other side because we have been through it. If we can give them a hand up, and we are all able to, we want to inspire others to do the same. Because honestly, it's about making a world that works for everyone, with no one left out." **NOW**

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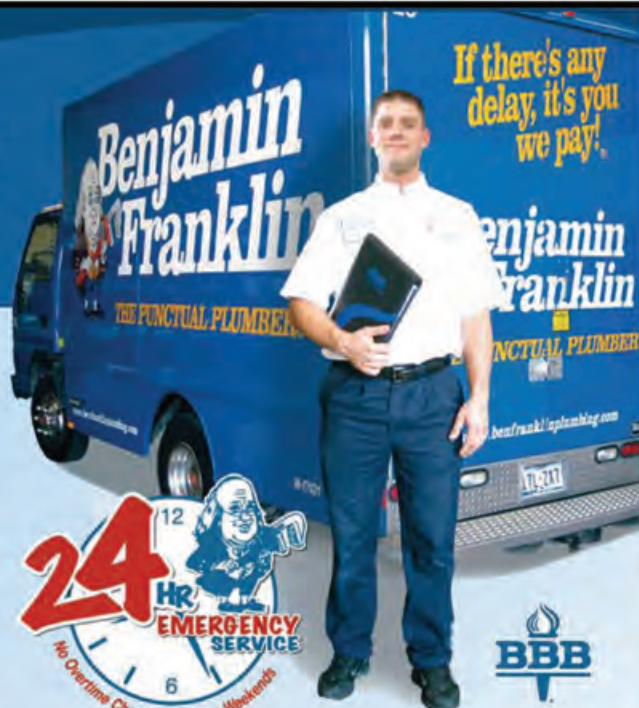
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— By Mikaela Mathews



The horn blared, and all Tammy Lusinger could do was sit down. After four overtimes, her team had just won regional semifinals and was well on its way to winning its second state championship. Through hard work, determination and a strong team effort, the Summit High School Lady Jaguars, Tammy's team, felt that sweet victory for the second time.

For over 20 years as a coach and 12 years as a head coach, six at Summit, Tammy's competitive nature and hard work has earned her basketball team these unforgettable victories. "I love what I do because of the relationships I develop with the kids," she shared. "Watching them go from their freshman year, when they have just come in and are scared, to growing into mature young ladies and watching them go off and be successful is so meaningful to me."

Ever since Tammy was young, she knew she wanted to be in sports. "I grew up in athletics. I was always a big



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tomboy,” Tammy smiled. “And I decided in college this was what I loved. I love athletics. I don’t read anything in the newspaper except the sports section, and 99 percent of the time, the TV is on a sports channel.”

She is also grateful for the work ethic instilled in her by her parents. “My dad had a huge impact on my life, and he passed away in 2003,” she shared. “I’m very thankful for my parents, and I wish I could have shared my first state championship victory with my dad.”

Tammy decided to join the coaching staff of the Summit Jaguar’s basketball team when the school first opened because of the heavy basketball tradition in Mansfield. She started as the assistant coach and gleaned a number of valuable lessons. “The head coach was Coach Morrow, and she really laid a lot of the foundation,” Tammy remembered. “I learned a lot about the process of getting the kids prepared both physically and mentally for the games.”

In 2007, Tammy became the head coach, and only a few short years later, led her team to a state championship victory in 2009. Although the team had

worked hard, the victory was a surprise. In the regional semifinals, the Lady Jaguars defeated a team led by two guards who are currently two of the top guards in the nation. The courageous team went on to state finals to once again play against two other future collegiate All-Americans. "That was a huge accomplishment for us," Tammy recalled. "They knew how to stop those other great players, and it was not just one person guarding them. It was a team effort."

Tammy works hard to create a strong team dynamic. At the beginning of each school year, she sits down with her new group of players to give them a pep



talk. "I tell them how important it is to play for the name on the front of their jersey. I tell them how there have been a lot of people before them who have set the foundation of what it means to be a Lady Jaguar."

As well as practicing schemes and jump shots, Tammy employs the MISD character lessons in her program. During the first state championship season, Tammy asked the students, "If you were falling off a cliff, and someone else was on the other end holding a rope, who



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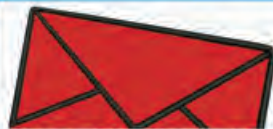
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would you want it to be?" The question resonated with the girls. A few days later, Tammy brought rope to a team-building session and showed each girl how to tie a unity knot. Each player put their knot on their bag as a reminder of their teamwork and camaraderie. "I still have mine on my bag for good luck," Tammy smiled.

The character lessons have also helped the entire athletic program at Summit. Ninety-eight percent of the Lady Jaguar players attend college and 52 percent of those have earned basketball scholarships.

Three years after their first state victory, the basketball girls found themselves in similar championship shoes once again. The road to triumph involved four difficult overtimes, but was well worth it. In the regional semifinal game, the Lady Jaguars went against Canyon, coached by Joe Lombard, one



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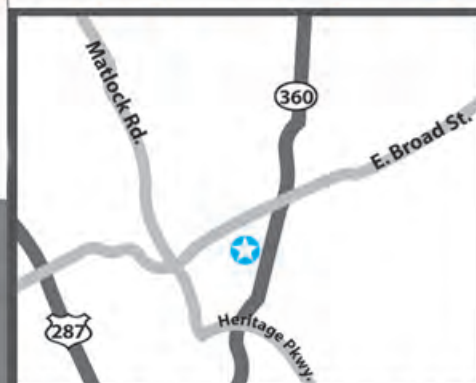
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of Tammy's role model coaches who won 15 state championships. "They had knocked us out the year before, and I think their coach is one of the best in the history of Texas high school basketball," Tammy said. "But, we ended up beating them. The game lasted over three hours." The valiant lady players found strength in their victory and went on to later claim state champions for a second time.

Tammy has worked diligently to create a powerhouse team, yet she credits her success to her parents and mentors. "I feel so fortunate to have the success that I've had," she explained. "But what hit me the first year when we won was how grateful I am to have such great mentors and people in my life." In addition to her parents, Tammy specifically credits Coach Samantha Morrow, Coach Peggy Whitley and Coach Debbie Weems for their remarkable advice and support.

Former student Alisha Filmore, who went on to play with Southern Methodist University, felt the power of Tammy's coaching. "She was a wonderful coach both on and off the court. She didn't just nurture my skills, she helped me to grow into a young lady," Alisha shared.

Another former student, Ashley Eli, experienced both championships with Tammy and now plays for North Carolina State. "She pushed me in a way that always brought out the best in me," she explained. "The Summit girls' basketball program is known for being competitive but classy, and I am proud I had the opportunity to be a part of it!"

Starr Crawford, who played for Texas Christian University, had sentiments about Tammy that were similar to those of her former teammates. "Without her, I wouldn't have been as successful or as coachable as I was. She taught me to never be afraid of failure. It's just a part of the process," she said. "That still sticks with me in basketball and in life. I learned from her there is always a chance to succeed no matter what."

Although Tammy relishes the thought of another state championship and works her team hard to get there, she believes the process is just as important as the end result. "At the end of the year, we want to remember the journey," she explained. "We want to make sure we're a team, and win or lose, we enjoy each other and the whole process." **NOW**

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Tessa Pierce is a Certified Public Accountant with over 17 years of experience in accounting and finance. She has worked for small and large publicly-held companies, as an auditor at Deloitte & Touche, and as a VP of a multi-billion dollar private investment fund doing both capital management and financial reporting. Tessa has a BBA in accounting from the University of Oklahoma and an MBA in finance from Dallas Baptist University.

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FALL FAMILY FUN

— By Sandra Strong

Families have extra time to share in November as the sun sets earlier and the temperatures begin to drop. The fall craft ideas listed below are designed for the entire family and can help you fill a chilly evening or long weekend. We hope these activities will facilitate fun and laughter while you make lasting family memories.

FALL TREE

Recycle a puzzle that's missing some pieces into a priceless work of art, while making memories with the youngest members of the family. Your fall tree can be kept for years in a scrapbook, or a magnet can be glued to the back to make the perfect fall decor for the family's refrigerator door.

DIFFICULTY LEVEL: EASY

- Child-safe scissors
- Cardboard
- Paint brush
- Black acrylic paint
- Blue craft foam
- White craft glue
- 36 small puzzle pieces
- Gold, red and brown acrylic paint
- Small brown lunch bag
- Green yarn



HOW TO DO IT. ▼

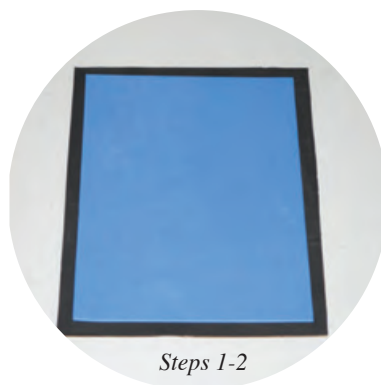
1. Create frame by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.

2. Create background by cutting foam into a piece measuring 7 1/2 x10-inches. Glue foam to cardboard allowing cardboard to frame the foam.

3. Paint one side of the puzzle pieces, alternating gold, red and brown until you have three equal piles of 12 to create fall leaves. Allow to dry completely.

4. Cut bottom off lunch bag and discard. Wad up remaining section of bag to form tree trunk. Set aside.

5. Cut green yarn into 1/2- and 1-inch pieces to represent grass. Glue bag to bottom edge of foam to make trunk.





6. **Glue yarn** pieces randomly along bottom edge of foam to make grass. Glue puzzle pieces haphazardly around bag to represent leaves on the tree, making sure to glue some in the grass around the bottom of the trunk to represent leaves that have already fallen. Allow to dry overnight before displaying.



Step 6

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NOT YOUR BASIC HAND TURKEY

This three-dimensional hand turkey can be used annually as a holiday table topper or mantel decoration. More than one can be made and presented to those grandparents who can't get enough of their grandchildren!

DIFFICULTY LEVEL: MEDIUM

- Tracing pencil
- 2 squares beige felt
- Scissors
- 1 square each: red, orange and yellow felt
- Pinking shears
- White craft glue
- Cool melt hot glue
- Wiggle eyes, 2 each
- 3x2 1/2-inch piece of cardboard
- Brown acrylic paint
- Cotton balls

HOW TO DO IT. ▼

- 1. Trace hand print** on both pieces of beige felt. Cut both prints out.
- 2. Using pinking shears**, cut 6 red, 6 orange and 2 yellow triangles (2 1/2 inches from top to bottom and 2 inches from side-to-side for adult handprint and 2 inches from top-to-bottom and 1 1/2 inches from side-to-side for child's handprint).
- 3. Glue handprints together** with craft glue making sure to leave palm area and bottom unglued. Let dry. Reinforce with hot glue if needed.
- 4. Using craft or hot glue**, glue 3 red triangles in between fingers on each side. Glue 3 orange triangles in the middle on each side. Glue 1 yellow triangle toward the bottom on each side. Let dry.
- 5. Cut two very small triangles** from remaining yellow felt, gluing on each side to make turkey's beak. Glue eyes in place. Let dry.
- 6. Paint cardboard brown.** Let dry. Stuff cotton balls into bottom opening to plump up the holiday hand turkey. Glue turkey to board before displaying.



Step 1



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THANKS FOR THE MEMORIES

One full day can easily be spent outdoors as your family hunts for natural alphabet letters in the world of fall colors around them. The completed project makes for a unique mantel or wall hanging. You can use this same idea for any occasion from special holidays to wedding and baby shower gifts. Your imagination is your only limitation.

DIFFICULTY LEVEL: MEDIUM TO CHALLENGING.

- Sepia-tone photographs from nature that spell THANKS
- Scissors
- Holiday scrapbook paper
- Natural burlap
- Elmer's craft glue
- 12 clothespins
- Twisted jute twine, 5-foot length

HOW TO DO IT. ▼

1. Take photos in nature. You can design them yourself to complete the project sooner, or you can hunt until you find the "letters" to spell THANKS. Have photos developed into 4x6 prints.



Step 1

2. Cut holiday printed paper into 6 5x7-inch rectangles. Cut burlap into 6 6x8-inch rectangles.



Step 2

3. Glue paper to burlap. Let dry. Glue photo to paper making sure to secure corners. Let dry.

4. Trim burlap from top allowing the paper edge to be your guide. Make fringe frame by shredding remaining edges of burlap by pulling strands until reaching edge of paper.

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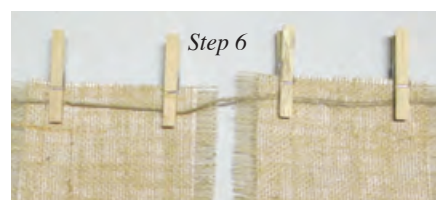


5. Glue clothespins to front corners of photographs only. Let dry. Backside needs to remain unglued to allow for stringing.



6. Lay photos face down. Thread twine through circular cutout on clothespin allowing you to hang pictures in the same manner you would hang clothes on a line. This trick also allows you to move photos freely on the twine, bringing them close together or stretching them farther apart.

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Louisiana's Other Side

So what is it about Shreveport-Bossier, Louisiana's "other side," that sets it apart? It's that unique combination of two great American heritages — a little Texas and a little Cajun. You'll find the combination reflected in the sister cities' mouth-watering dining, where flavorful Texas steak may be combined with spicy crawfish.

Or you might find it in the music, with nightclubs and concerts for jazz, country, bluegrass, folk, Southern Soul and everything in between. There's no place like it in America, a world of color and sound, taste and entertainment, elegant Southern charm and a relaxed attitude that suggests you kick off your boots and stay awhile.





Festivals are Shreveport-Bossier's trademark. From the family-friendly alternative to New Orleans' larger, more raucous Mardi Gras celebration in February to November's State Fair of Louisiana and December's

Christmas in Roseland — festivals are held from the time the first warm breeze dances across faces to the time cool air convinces everyone

it's time to go indoors — but not before indulging in fabulous shopping at the Louisiana Boardwalk. This lifestyle center is ideally situated on the Bossier City side of the Red River, featuring a Courtyard by Marriott hotel property, Bass Pro Shops and Margaritaville Casino and Hotel.

Shreveport-Bossier's artistic legacy also runs deep with live theater and symphony performances, and on any given weekend, you're likely to find concerts by today's popular artists, as well as those by yesterday's favorites, to take you on a whimsical trip down memory lane. The Strand Theatre,

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Museum of Art at Shreveport, R.W. Norton Art Gallery, Meadows Museum of Art at Centenary College of Louisiana, plus many more. These museums showcase the community's rich history, including its position in



musical lore as the place where Elvis Presley got his start on the Louisiana Hayride, a live broadcast from the historical Municipal Auditorium. Other notables who played at the Municipal include: Hank Williams, James Brown, Aretha Franklin, Kix Brooks, Dolly

Parton — and the list goes on.

As Shreveport-Bossier continues to grow and diversify, the food offerings available in local restaurants are diversifying, as well. Housed in the Plantation Plaza shopping center, Danh's Deli Express is an offshoot of Shreveport's popular Vietnamese and Thai restaurant, Danh's Garden. Danh's Deli Express specializes in *bánh mì*, a traditional Vietnamese sandwich

typically stuffed with thinly sliced pork, chicken, beef or ham, as well as a variety of Vietnamese-style veggies including shredded carrot and pickled daikon radish, cilantro and jalapeño, and often referred to as "the Vietnamese Po-Boy."



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delicious broth. Mariscos La Jaibita is one of those off-the-beaten-path eateries that will reward the adventurous foodie.

Another side of the world is represented by Pietro's, a relative newcomer to the Louisiana Boardwalk. The family-owned and -operated pizzeria and restaurant, located near Bass Pro Shops, defies expectations at every turn. Surrounded by major national chains like Joe's Crab Shack and Fuddrucker's, Pietro's is one of only two Pietro's locations in the United States. Manager

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Stefano (Steven) Filippazzo is the son of Pietro Filippazzo, for whom the restaurant is named. Pietro himself stills cooks their meat sauce personally, a process that takes four hours on the stovetop. The recipe for that delicious meat sauce is such a secret that not even Pietro's own sons know it. The pizza here is among the best that Shreveport-Bossier has to offer. Each week, there's a Specialty Pizza of the



Week, available by the slice or as a whole pie. Specialty pizza offerings include: Pizza Blanca (with spinach and a garlic Alfredo sauce), Brooklyn Deli and Hawaiian Luau.

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Copy by Chris Jay. Photos courtesy of Shreveport-Bossier Convention & Tourist Bureau. For a complete list of annual festivals and events, visit www.shreveportbossierfunguide.com.



Time to Sit Back

November is a great time to sit back, browse the catalogs and take inventory of what you have and what you need to do. I like to use this time to clean up and sharpen my tools. Clippers are a real challenge and need a bit of concentration. If you have an old pair, think about refreshing them. Cleaning your clippers with light oil and steel wool is a good place to start. The best way to sharpen them depends on if they are anvil (the ones with a single blade that hits on a blunt edge or anvil) or if they are bypass (two sharp blades that move past one another with a scissor motion).

If they are anvil clippers, sharpen both edges of the sharp blade. You can use a screwdriver or a wrench to take the clippers apart to make it easier. Keep them steady or put them in a vice. File or use a whetstone to put a clean, sharp edge on one side and then the other. Just be sure that you stay with the factory bevel or angle of the blade. One way to clearly see the bevel is to take a dark magic marker and run it along the side you are working on. When the marker comes off, you know you have accomplished your goal. The flat blade will only need

a bit of cleaning. It should have a groove for sap, so be sure to clean it and then test it out.

The bypass clipper really needs to come apart. Use your finger and work the spring loose, and then use your wrench and loosen the locknut to pull the blades apart. After you have cleaned them, you can sharpen the blades in much the same way as you would anvil clippers.

Having sharp tools makes working with them so very much easier. Shovels and hoes are easier to sharpen than clippers are, because you can use a file. Just clean and secure the tool, so it doesn't slip on you. The marker is a big help in maintaining the right bevel.

Enjoy your late fall and winter and know you will be ready when it comes time to dig again! Stay tuned for gift suggestions for your gardeners! **NOW**

Nancy Fenton is a Master Gardener.



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Dr. George Bobbitt and his team of specialists make their clients feel better.



Healing Hands

Dr. Bobbitt and his team take a holistic approach to help their community.

— By Mikaela Mathews

Dr. George Bobbitt and his team of doctors and staff members just want to help people feel and function better. For nine years, they have served the Mansfield community with healing hands through chiropractic, massage, nutritional counseling, physical exercises/rehabilitation and careful evaluation of each of their patients with the goal of restoring function.

"If people don't have success with traditional medical methods, then we encourage them to try chiropractic," Dr. Bobbitt said. "We want to fix the cause [of the problem], not just the symptom," he described. To do this, doctors examine a patient's spine, which Dr. Bobbitt calls the breaker box. "When an appliance goes out in your house, you check the breaker

box," he explained. "It's the same with your body. When you're having problems somewhere else, it can usually be traced to the nerves in your spine."

Patients with a wide range of health concerns, including migraines, asthma, car accident injuries and other problems have found great relief through the holistic and integrated approach Mansfield Chiropractic employs. "We do more than just adjustments. We have a wellness model to help the whole body," he explained. Nutrition is an important part of this model. "We are passionate about nutrition here," Dr. Bobbitt explained. Patients can take classes on healthy eating or schedule private appointments.

Business **NOW**

People interested in chiropractic can make an appointment with the office and meet with a case manager. The case manager will sit down with each person to determine if chiropractic is a good option. "We don't want people to waste their time or money if this wouldn't be a good fit for them," he shared. If chiropractic would benefit potential patients, they can be confident in the quality of the expertise they will receive. "We have our team of doctors evaluating each case," he shared. "So, that adds extra insight and care for each patient."

A variety of machines, stability balls and mats can be found in the center of the office where patients learn exercises to create a stronger spine. Many patients refer to this room as the feel-good room. Those who would prefer to do their exercises at home or are unable to come to the office consistently receive home-assisted equipment recommended by the doctors. The office staff also treats patients with severe back problems, such as bulging or damaged disks using spinal decompression. "With the success rate of over 80 percent, spinal decompression is quickly becoming a favorite tool of the chiropractic industry," Dr. Bobbitt explained. This allows many patients to feel relief and often they can avoid surgery.

Mansfield Chiropractic is also strongly involved in the community. They offer outreaches including free massages at community events they sponsor and for local businesses' employees and lunch-and-learn sessions, where participants can learn about healthy eating and general wellness. Their highly educational website also instructs patients on chiropractic treatments and adjustments and includes a virtual tour of the office.

Dr. Bobbitt, a chiropractor for 13 years, always knew that he wanted to help people. Ultimately, Dr. Bobbitt and his team are in the city of Mansfield for the city of Mansfield. The best reason why the chiropractic office exists is simple, according to Dr. Bobbitt: "We just want to give people the opportunity to experience a different approach to health care in hopes of restoring their health and enabling them to enjoy life again." **NOW**

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Chad Crafton and Suzy Hermann, of the Common Ground Network, were one of the sponsors of the Mansfield Community Prayer Breakfast.



Pastor Michael Sydnor joins the 9/11 Peace Talks hosted by E. Broad Outreach Community, a new Presbyterian church in Mansfield that also offers community support services.



D.J. Swinyar, Janet Horton, Elizabeth McCormick and Scott Marburger pose after the Mansfield Sunrise Toastmaster's lunch event.



Dennis, Armanda and Linda, from the Baylor Institute, set up their booth at the Senior Health & Wellness Expo.



The Mansfield Pickle Queens present checks to Feed the Kids for the Summer and Habitat for Humanity.



Ryan Woodward and Donald McLaughlin, of the Mansfield Fire Department, enjoy the Fire Safety Palooza.



The Mansfield Paintball team pose after showing off their skills.



Aida and Nancy Escamilla, with Steve Moya, enjoy a day in Rose Park.



Runners set off at the Mansfield Methodist Hospital's Run With Heart race.



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Can You Benefit From Municipal Bonds?

Over the past couple of years, the economic picture has brightened for many cities and states — but some of them are still facing potential financial problems. As a citizen, you may well have concerns about these issues. And as an investor, these financial woes may affect your thinking about one particular type of investment vehicle: municipal bonds.

Specifically, given the difficulties faced by a few municipalities, should you consider adding “munis” to the fixed-income portion of your portfolio? It is true that municipal defaults, though still rare, rose in 2012. But we haven’t experienced any sharp increases in defaults in 2013. Overall, default rates for municipal bonds are low — much lower than for corporate bonds of comparable quality, according to Moody’s Investor Services.

Of course, there are no guarantees, but if you stick with investment-grade municipal bonds — those that receive the highest grades from independent rating agencies — you can reduce the chances of being victimized by a default. And municipal bonds offer these benefits:

Tax advantages — Municipal bond interest payments are free from federal taxes, and possibly state and local taxes, too. (However, some munis are subject to the alternative minimum tax, as well as state and local taxes.) This tax treatment means you would have to earn a much higher yield on other types of bonds to match the taxable equivalent yield of municipal bonds.

Civic benefits — By adding quality municipal bonds to your portfolio, you can help support worthwhile projects in your community, such as construction of schools and hospitals.

Steady income — Barring a default, you will receive a regular, predictable income stream for as long as you own your municipal bonds. However, if you currently own many long-term munis, you may want to consider reducing your overall position. Eventually, rising interest rates will push down bond prices, and long-term bonds carry added risk, because their prices will decline more as interest rates rise. Work with your financial advisor to determine the most appropriate approach for your situation.

Diversification — Municipal bonds can help you diversify the fixed-income portion of your portfolio if it’s heavily weighted toward corporate bonds. And you can even diversify your municipal bond holdings by building a “ladder” consisting of munis of varying maturities. Once you’ve built such a ladder, you can gain benefits in all interest-rate environments — when rates are low, you’ll still have your longer-term bonds working for you (longer-term bonds generally pay higher rates than shorter-term ones), and when interest rates rise, you can reinvest the proceeds of your shorter-term bonds at the higher rates.

Consult with your financial advisor to determine if municipal bonds can be an appropriate addition to your portfolio, as investing in bonds involves risks, including credit risk and market risk. Bond investments are also subject to interest rate risk such that, when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity. Investors should evaluate whether a bond ladder and the securities held within it are consistent with their investment objectives, risk tolerance and financial circumstances. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Todd Simmons is an Edward Jones representative based in Mansfield.

A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with

antibiotics. Treatment will lessen the symptoms fairly quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon! **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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November 1 — 3

Bob Noel Tennis Classic: Walnut Creek Country Club, 1151 Country Club Dr. Proceeds support Mansfield ISD and the Alzheimer Association of North Central Texas. For more information contact Scott Kissinger (817) 473-9886 or visit www.mansfieldareatennisassociation.com

November 2

Mansfield 10 and Under Tennis Tournament: 9:00 a.m., Mansfield Summit High School. For more information, visit www.mansfieldareatennisassociation.com.

November 6

Mansfield ISD College and Career Night: 6:00 p.m., Mansfield ISD Center for Performing Arts, 1110 W. Debbie Ln. College, technical school and military representatives will be available to answer questions. Register online at www.gotocollegefairs.com.

November 9

Jog for Dogs 5K Benefit Run: 8:00 a.m., Midlothian ISD Multi-Purpose Stadium.

Proceeds go toward the cost of Joshua Seller's diabetic alert service dog. Visit www.facebook.com/jogfordogsmidlothiantx for further details.

November 10

Dallas Symphony Orchestra: 2:30-4:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln. Proceeds will benefit the Mansfield ISD Education Foundation. For more information or tickets, visit www.center.mansfieldisd.org.

November 15

Cultural Night: 7:00-9:00 p.m., Mansfield Bible Church, 2351 Country Club Dr. Join us for a potluck of cultural foods. Bring a favorite dish from your family's heritage and the recipe. Go to www.MBCchurch.com or call (817) 473-8980 for more information.

59 Tips for Pregnant Men: Womb Mates: 8:00 p.m., Mansfield ISD Center for Performing Arts, 1110 W. Debbie Ln. For more information or tickets, visit www.center.mansfieldisd.org.

November 15 — 17

Disciple Now Weekend: Mansfield Bible Church, 2351 Country Club Dr. \$35/student. Annual fall retreat for seventh-12th grade students. For more information, visit www.MBCchurch.com.

December 5 — 7

Noises Off: 7:00 p.m., Summit High School Performing Arts Center, 1071 W. Turner Warnell Rd., Arlington. \$7 adult admission. \$5 student admission. Presented by Summit Theater.

December 8

Mansfield Women's Club Holiday Home Tour: 2:00-7:00 p.m., 914 McCampbell Rd. \$25 in advance or \$30 at the door. Six exciting homes will be available to tour and a Christmas Marketplace. Proceeds will go to the local Feeding the Hungry charities. For more information, visit www.mansfieldwomensclub.com or call Valorie Hauge at (682) 518-1288.

Submissions are welcome and published as space allows. Send your current event details to mikaela.mathews@nowmagazines.com.

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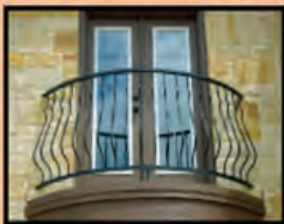



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In The Kitchen With Janna Seal

— By Mikaela Mathews

As a busy mom and working professional, Janna Seal still finds time to cook a healthy meal. “I want to give the best to my family,” Janna explained. She admits that they are far from perfect when it comes to eating healthy all the time, but still makes quality meals a high priority. “Gathering the family around the table is one of my favorites ways to keep us all connected,” she explained.

Janna finds motivation in cooking at home from the way it brings her family together, but her mother was the one who instilled a love of cooking into her. “Without a doubt, I think the motivation to cook was built into my nature by my mom and both of my grandmothers,” Janna shared. “Cooking is a way I keep their spirit alive and share a little of who they were with my family.” **NOW**

Apple Cider-brined Turkey

From Cooking Light.

Brine:

- 8 cups apple cider
- 2/3 cup kosher salt
- 2/3 cup sugar
- 1 Tbsp. black peppercorns, coarsely crushed
- 1 Tbsp. whole allspice, coarsely crushed
- 8 slices fresh ginger, peeled
- 6 whole cloves
- 2 bay leaves

Turkey:

- 1 12-lb. fresh or frozen turkey, thawed
- 2 oranges, quartered
- 2 turkey-size cooking bags
- 6 cups ice

- 4 garlic cloves
- 4 sage leaves
- 4 thyme sprigs
- 4 parsley sprigs
- 1 onion, quartered
- 1 14-oz. can fat-free, less-sodium chicken broth
- 2 Tbsp. unsalted butter, melted (divided use)
- 1 tsp. freshly ground black pepper (divided use)
- 1/2 tsp. salt (divided use)

1. For Brine: Combine all ingredients in a large saucepan; bring to a boil. Cook 5 minutes or until sugar and salt dissolve. Cool completely.
2. For Turkey: Remove giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat and stuff body cavity with

orange quarters.

3. Place a turkey-sized oven bag inside a second bag to form a double thickness. Place bags in a large stockpot. Place turkey inside inner bag.
4. Add brine and ice to the bag.
5. Secure bags with several twist ties.
6. Refrigerate for 12-24 hours, turning occasionally.
7. Preheat oven to 500 F.
8. Remove turkey from bags; discard brine, orange quarters and bags.
9. Rinse turkey with cold water; pat dry.
10. Lift wing tips up and over back; tuck under turkey. Tie legs together with kitchen string.
11. Place garlic, sage, thyme, parsley, onion and broth in the bottom of a roasting pan. Place roasting rack in pan. Arrange turkey, breast side down, on roasting rack. Brush turkey back with 1 Tbsp. butter; sprinkle with 1/2 tsp. pepper and 1/4 tsp. salt.
12. Bake at 500 F for 30 minutes.
13. Reduce oven temperature to 350 F. Remove turkey from oven. Carefully turn turkey over (breast side up) using tongs. Brush turkey breast with 1 Tbsp. butter; sprinkle with 1/2 tsp. pepper and 1/4 tsp. salt.
14. Bake for 1 hour and 15 minutes or until a thermometer inserted into meaty part of thigh registers 170 F. Remove turkey from oven; let stand for 20 minutes. Discard skin before serving.

Nannie Park's Turkey Dressing

- 2 cups each celery and onion, finely chopped
- 1 1/2 pkgs. Pepperidge Farm dressing mix
- 2 eggs, beaten
- 1 cup nuts (your choice)
- 1 cup broth from turkey

1. Preheat oven to 350 F.
2. Fold celery, onions, dressing mix, eggs and nuts together in a large mixing bowl.
3. Pour 1/2 cup turkey broth over mixture, adding more if necessary until breadings is moistened, but not soggy.
4. Transfer the mixture to a 9x12-inch casserole dish, lightly coated with cooking spray.
5. Bake 30 minutes or until top is lightly browned and vegetables are soft.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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