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NOVEMBER 2015

## The Ag Impact

Hannah Moon teaches that agriculture is more than farming

When Jade Smiles

Service Through Song

Dealing With Problem Pets

Health and Happiness

In the Kitchen With Heidi Gallini

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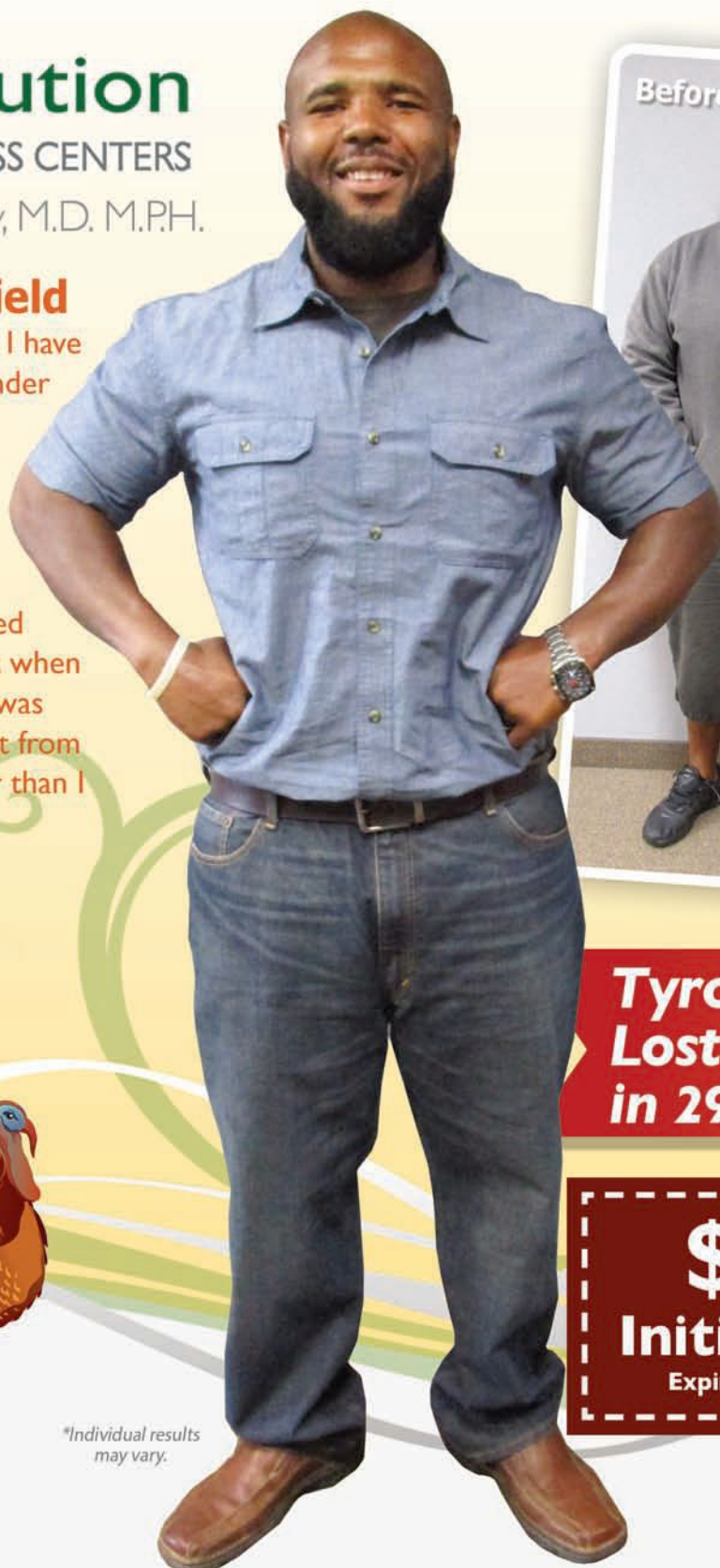
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## ON THE COVER



*The Mundts' table is set, awaiting a wonderful Thanksgiving dinner.*

*Photo by Vanessa Polozola.*

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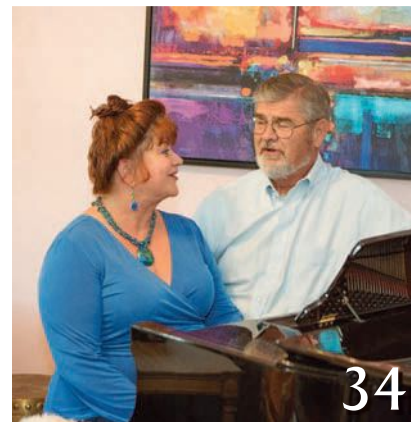
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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit [www.nowmagazines.com](http://www.nowmagazines.com).





## Editor's Note

*Greetings, Mansfield!*

Being thankful is something I have learned to do more often in life because it forces me to stop and take inventory of all the people and things that make my life so grand. I have always been what my father calls a "worry wart," so a lot of grace and effort has gone into this endeavor. Of course I am thankful for the obvious things like my family, my health and another day to enjoy both. But I am also thankful for the ability to laugh at myself when I falter and the lessons learned when I do. I am thankful for the mishaps and sidesteps that lead to glorious realizations about myself and life. Most importantly, I am thankful that I get to share these things with my daughter while watching her grow and learn. How could I not be thankful?

Happy Thanksgiving!

*Sara*

Sara Edgell  
MansfieldNOW Editor  
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# The Ag Impa

— By Dianne Reaux

*Hannah Moon is a beautiful, vibrant young lady who is bubbly and full of enthusiasm. So much so, that her words spill out enthusiastically as she speaks. While growing up, she lived in Ennis, and animals were high on her family's list of priorities. At the time, Hannah thought she couldn't get away from farm life fast enough. So, who would have ever thought she'd grow up to be one of the most successful ag teachers in the state of Texas?*

"Growing up, we had a family farm. We had animals. We raised horses and cattle — and I hated it!" Hannah admitted. "I didn't like it because all of my friends lived in town. They got to go to each other's houses and hang out together, and I always had chores and responsibilities." After school, Hannah had to go home and feed horses and scrub water troughs. She decided that when she graduated, she was going to be finished with the farm thing.

But life charted a different course for Hannah, and she had a change of heart. "I actually changed my mind about agricultural science while I was still in high school," Hannah admitted. FFA was a big part of her family. Her mother, Tracy Krueger, was also the agricultural science teacher and Ferris FFA advisor. FFA stands for Future Farmers of America, but the name was updated in 1988 to reflect the growing diversity and new opportunities available within the agriculture industry. Today, the National FFA Organization





A woman with long brown hair, smiling, stands behind a weathered metal gate. She is wearing a mustard yellow cardigan over a white polka-dot top, cinched with a black belt, and black pants. A large, stylized orange 'ct' logo is in the top left. The background is a warm, textured yellow with a bright light source behind the gate. A quote is overlaid on the right side.

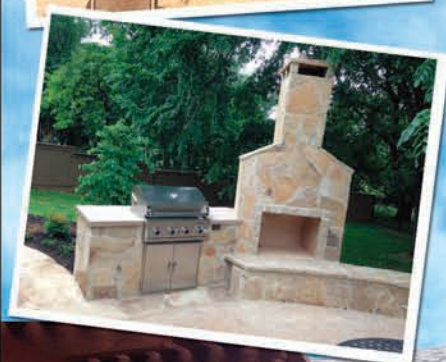
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"My mom started the Longhorn program within the Ferris FFA about 10 years ago. I would see her take kids and introduce them to the field of agriculture, specifically to the Longhorn program, and I saw that the students would find a passion for school," Hannah explained. Hannah's mother started the program by finding breeders who had Texas Longhorns. She would make connections between the breeders and her students, and the breeders would eventually become sponsors to the students.

The students would take care of their animals, and eventually, show them at competitions. "So many of my mother's students did not have an animal to show, but through this program, they were given opportunities to compete for scholarships. And it also gave them access to a mentor, someone outside of their school who was invested in them. The opportunities introduced them to a world beyond their hometown and their school."

After Hannah understood the impact that agricultural science could have on lives, it became her passion. "I saw the changes it could make in people and did make in people. It really changed my heart in the way I viewed it," Hannah explained. "I realized it wasn't just about farming." Hannah began to see it was about much more. "The more I learned about agriculture, I realized all the things that a person would like to change about the world, like fighting poverty or global hunger, have to start with agriculture."

Hannah began to see the connection between agricultural science, the food





supply and the textile industry. "Without the fundamental principles of agricultural science, we don't have anything. So it really changed my perspective," she said.

As Hannah matured, she began to understand the significance of her upbringing. "As I got a little older, I realized I had developed this really great work ethic, and I had a network of people who really loved and cared about me," she shared. "And I had watched the way it changed and really impacted other people's lives."

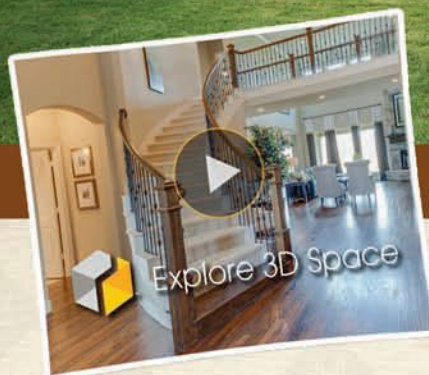
After graduating from high school in 2009, Hannah was accepted into Texas A&M University where she chose to major in agricultural science with an emphasis in education. Her journey came full circle when she accepted her first teaching assignment as the agricultural science teacher at Ben Barber Career Tech Academy in Mansfield. Ben Barber is a student-centered educational environment where students engage in practical, applied curricula, which help introduce them to different career paths. She is also the Mansfield FFA advisor and runs the Longhorn show team. She started the team in 2013 with three students and three cows, but Hannah had high expectations.

In past expo competitions, her students won awards, including the Laura Harding Perseverance Award, the Herdsman Award and just under \$15,000 in scholarships. This past year was no exception. Last June, Hannah, her 14 students and their 24 Longhorns competed in the Autobahn Youth Scholarship Tour Expo in Fort Worth where they brought back several trophies and ribbons and \$25,000 in scholarships.

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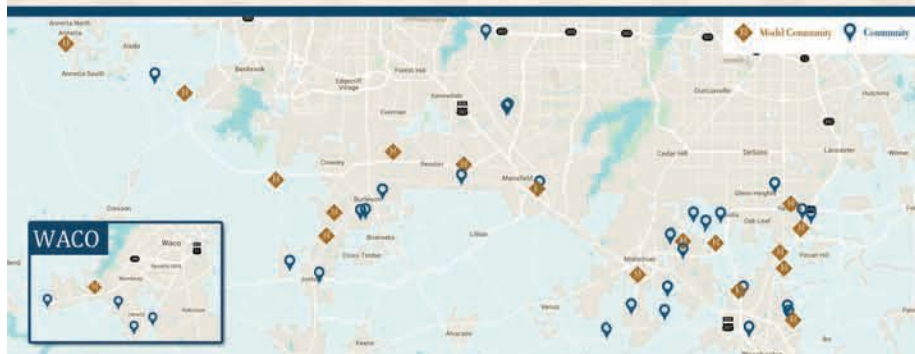
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Hannah and her students now have the largest program in the state.

Hannah also teaches her students to give back. "Last year, we did a program called Kids Against Hunger," she explained. "We raised money for an organization to buy high nutrition supplies and packaged meals." Hannah and her students packaged over 20,000 meals, half of which were sent to Haiti and Honduras, and the other half were kept locally to put into food banks. "It was such a neat thing for the kids to be a part of because that's what agriculture is. It's about helping to empower people to be self-sustaining and to get rid of world hunger and poverty."

This year was also pretty special for another reason. Hannah and her longtime beau, Hutton Moon, were married. Hutton works in sales for



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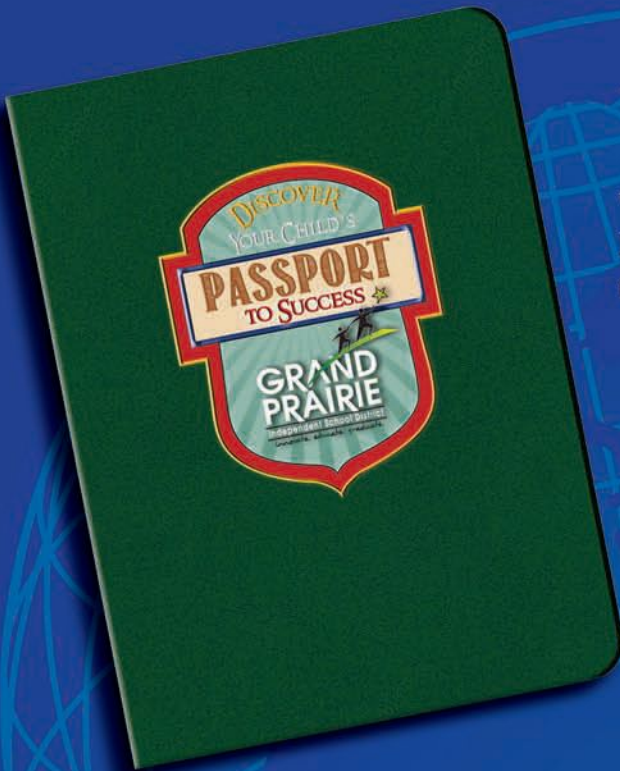
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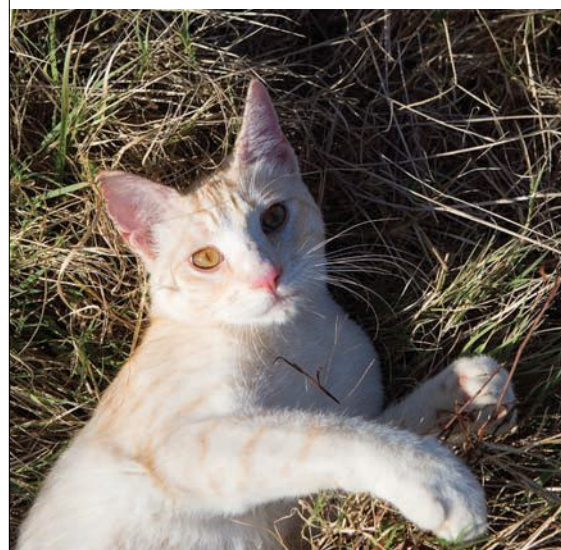
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Express Employment Professionals in Bedford, Texas. The two met in college through a mutual friend while Hannah was a student at Texas A&M. They stayed in touch over the years, and when she moved back to this area, they started dating. Now they are enjoying life as newlyweds.

Hannah would like to continue to develop the program she helped to start. "Our kids have become so self-sufficient. I couldn't be more proud of them!" If she could speak to students who still weren't sold on FFA, Hannah would tell them it's not just about farming. "There's a misconception that comes with agriculture and FFA that if you want to learn how to be a farmer or how to drive a plow, join FFA." But what Hannah sees is entirely different. The agricultural career field includes veterinarians, biologists, zoologists, chemists and many other types of high-powered jobs that you don't typically think of when you think of agriculture. "I would tell kids to just get involved to see what it's about. They just have to give it a try." **NOW**





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# When Jade Smiles

— By Sara Edgell

*The pain and grief of a sudden loss can leave a mark so deep on one's heart that it feels as if it will never truly heal. On March 30, 2013, Yolanda Carson's heart was marked forever with the unexpected and tragic loss of her daughter, Jade. The void left in Yolanda's life was immeasurable, but she filled that vast space with all the beautiful memories of Jade's amazing*



*smile, distinguished character and kind heart. Inspired by the way Jade lived and loved in life, Yolanda turned her sorrow and grief into a way to help others in memory and honor of her daughter's life, and unknowingly in the process, she slowly began to heal her own heart.*

At the age of 23 and on the brink of a blindingly bright future, Jade's life was cut short as she attempted to rescue a friend's dog only to fatally cross paths with a drunk driver. Yolanda and her husband, Rick, along with their two sons, Joshua and Matthew, were left reeling and stunned by the sudden loss of their beloved daughter and sister. Jade's 6-month-old son, Jacob, was also left facing a set of unique circumstances. Who





would take care of him? How would he be provided for? Who could possibly fill the shoes of his young, bright, caring mother?

Luckily, Jacob's father, Dalton, and his family were close with Jade and her family. They had formed unbreakable and significant bonds during Jade's pregnancy. Dalton's mom, Ella Benton, in particular, became very close with Jade. "Jade loved Ella so much," Yolanda said, "and now I love her just as much also." Together, the families joined forces to ensure Jacob would be raised and cared for just as Jade would have done it.

This made Yolanda wonder about other children who weren't as fortunate as Jacob. She began to notice stories in the news and on social media about children who had truly lost everything when their parents passed. From her own experiences, she knew the pain and fear these particular children faced, and she wanted to help. So, with the help of friends and family, she formed When Jade Smiles. "Jade had the most amazing smile," Yolanda explained. "She loved kids and was going to school to become a teacher, so this just made sense."

As president of the organization, Ella is in charge of much of the day-to-day operations and planning, but as she said, "We all work together in a shared purpose." Yolanda's mother, Shirley Stevens, is the secretary, who keeps track



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of things and handcrafts the homemade birthday cards they send to each of the kids they serve. Sheryl Edwards, Rick's co-worker, helps with marketing alongside Michelle Audet, who lost her father as a young child. Other members include Yolanda's best friend, Chantay Lewis, and aunt, Lesa Pamplin.

The treasurer, Linda Marshall, was brought on board because her son, Jacob, was close friends with Jade. After he passed away, Jade and Linda grew very close. "Linda told me how very important Jade's friendship was to *her* Jacob," Yolanda said. When Jade discovered she was pregnant, she and Dalton decided to name their baby boy after her friend. Because the close-knit nature of these relationships exceeds the boundaries of friendship, the board functions as







one giant family with an impermeable like-mindedness focused on making a difference.

The nonprofit's mission is to provide both financial and resource support to advance the needs of children who are grieving the loss of a parent or guardian. "It's important that these children know they're loved by someone in heaven and feel cherished by new family and friends around them. We believe no child should ever have to grieve alone," Yolanda explained.

By targeting their immediate needs first, they are able to focus on the long-term needs like grief counseling. They work closely with local grief support centers for children by making arrangements and providing funding so the children can get the proper help they need to manage and deal with their loss. Additionally, they provide Christmas gifts and birthday cards, and often give their free time to attend graduations and family dinners. "It's not a handout," Yolanda clarified. "We stay in touch and maintain relationships with these kids." Since



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2014, they have helped over 50 families with financial and grief counseling needs. "Last August, we sent two brothers who lost their father to Camp Fire El Tesoro," Ella explained. "It was a very therapeutic and fun time for them."

To raise the funds required to do what they do, they work directly with sponsors and supporters in the community, as well as host a variety of fundraising events, the largest being a golf tournament. "People thought I was crazy for planning a golf tournament in two months. They didn't think I could pull it off, but when I want to do something, I do it!" Yolanda beamed.

The tournament happened last year on August 5, Jade's 25th birthday, and it was a great success. "Jade touched so many people's lives, and seeing them support our cause because of that was incredible," Yolanda shared. Ultimately, about 60 golfers participated and \$20,000 was raised. "With the success of last year's tournament, we held our second tournament on August 7 of this year. We had 79 golfers and raised \$25,000, making it another successful event," Ella said. Subsequently, plans for the third annual golf tournament are currently underway.

Yolanda has big aspirations to establish a dedicated space to support and work with the children they serve. Along with the desire to reach more children in the area, she also has future plans to start a grief counseling summer camp. "As we continue to grow, we are adding our very own counselors, which is so exciting,





and we hope to start our own camps with horseback riding and therapeutic counseling very soon," she said.

Beyond the money and resources, each member of the board gives a gift far more valuable than anything that can be bought. When Jade Smiles steps into lives and gives hope after a child's world has been turned completely upside down. They build lasting relationships by supporting and helping children work through tragedy and struggles. Yolanda and her team invest more than just time and dollars in the children — they invest their hearts and their love.



Although she lost her daughter, Yolanda has gained the love and adoration of children she now considers as her own. Although the mark on her heart will never completely heal, through her work with the children of When Jade Smiles, it has been mended just enough to contain all the love that she has found. **NOW**

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## At Home With Bud and Janet Mundt



*Bud and Janet Mundt, married for 51 years, are as charming, warm and welcoming as their stunning home. In fact, walking into their house is like entering a beautiful oil painting and getting a big hug all at once. Every inch of their exquisite 2,450-square-foot home has been designed, decorated and sometimes re-decorated thanks to Janet's boundless talents, energy and joy at reflecting the beauty of the seasons. "My big weakness is decorating the house for the fall and Christmas seasons," she smiled. "I love autumn and, of course, Christmas. After Thanksgiving, it will look like a Christmas boutique in here!"*

For 13 years, Bud and Janet owned a 3,600-square-foot dream home near Walnut Creek Golf Club. Twelve years ago, they sold that home, rented an apartment and started working on a new dream. They envisioned a home and yard that were easier to care for, allowing greater freedom to travel and, most importantly, more time to spend with grandkids.

They considered Grand Prairie, Granbury or Cleburne but, ultimately, circled back to a bare lot in what was then the outskirts of Mansfield. Janet had discovered a model home in a new community and, after viewing it, couldn't wait to show Bud, who wholly





agreed with Janet. As quickly as construction was completed in 2003, they settled in. "This is it: our retirement home," Bud said.

The home's variegated rose and tan brick exterior features a light stone-clad arched entrance flanked by paned windows. The roofline is peaked and the yard beautifully manicured and accented by flowerbeds edged with rose-colored pavers. Beside the front walkway, plants and shrubs are joined by seasonal visitors like pumpkins and scarecrows, soon to be replaced by angels and reindeer.

Meanwhile, the backyard is a dove's paradise. "We call it 'Lonesome Dove,'" Janet grinned. "Doves return yearly to nest in the same big pot and, this year, another couple are nesting in a crape myrtle. We've seen as many as five sets of babies hatched, and Bud has learned to mimic their calls and talk to them." In addition to bird-watching (and housing), the backyard features a putting green, small fountain, fire pit, cushioned chairs and a smoker for outdoor cooking. "We had concrete poured for the patio and



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then added the roof and columns as an extension to the house," she said.

"My favorite thing about the house is its openness," Bud shared. "From the foyer, you can see through to the backyard."

Truly, it is the balance of openness and coziness that makes their home so distinctive, and the balance is owed to Janet's sense of style and scale. "We asked the builder to arch the passageways," she said. Not only do the arches soften the interior but they perfectly complement beautifully lighted wall insets, or niches, throughout the house.



"We recently installed walnut floors," Bud said. The warmth of the wood floors combined with subtle strategic lighting, plantation shutters, crown molding and custom baseboards, leather furnishings and walls in a color called sautéed mushroom accented with the color of chocolate is breathtaking.

"We have three sitting areas," Janet shared. "The living room is our favorite, and then there's the library and one of the bedrooms used as the grandchildren's tech room."

The library is the first room to the left and just inside the front entrance. "It could have been a formal dining room," Janet said. She opted to claim it as a luxurious literary retreat, complete with high-backed, deep-cushioned chairs, a writing desk and a collection of hardback books. "I've always enjoyed books," she smiled. "This is such a peaceful, comfortable room for reading and relaxing."

The library accesses the kitchen and dining area, which then open on the right to a spacious living room. "We've updated the kitchen and the bathrooms since the house was built," Bud explained. The kitchen features granite counters, a tumbled marble backsplash, glass front and solid wood cabinets and a gorgeous stand-alone island positioned under three pendant lights.

The kitchen opens to a dining area furnished with a large square table. "We can seat 10 people at this table," Janet said. In addition to their son and daughter and their spouses, the Mundts have three grandsons and a granddaughter, ranging in age from 13 to 20. "We all like eating together — especially on the holidays," she added.

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Janet loves finding good deals for her decorating. "I find great buys at thrift shops and antique malls." She pointed out a black round table purchased at Goodwill for \$30. "Bud painted and distressed it, and now it looks like a treasured antique." On the living room wall are two large corbels, more special finds transformed into elegant statement pieces. Rich leather furnishings, a dark wood coffee table and a beautifully appointed fireplace complete the living room.

The home's four bedrooms serve multiple purposes. First, there's the spacious master with its adjoining luxurious bathroom. Then, there's the tech room featuring Janet's desk, sleeping sofa and all kinds of electronic outlets/video games for the grandkids. Another bedroom welcomes guests, and the fourth is dedicated to Bud's home office.

For the past 11 years, Bud has served as executive director of American Office Products Distributors. Before that, he worked for the 3M Company for 21 years in various sales and management roles, and then spent nine years as vice president of sales and marketing for Miller Business Systems in Arlington and another five years as a consultant before joining AOPD. "I am officially retiring on December 31," he smiled.

He was born in Indiana and Janet in Minnesota, so it was a good thing both families ultimately moved to Santa Fe Springs, California. "We went to the same high school," Janet said. "Bud was a year ahead of me, but we didn't really know each other until we met at a party the





summer after my graduation.” They met in July and married in November.

Eight years ago, Bud was declared cancer-free after receiving treatment for the disease. In 2014, following a cruise with their children and grandchildren, he learned the cancer had returned. “Some might say last year was a horrible year, but I say it was great,” he said. “Pastor Bill Dasch from our church, St. John Lutheran here in Mansfield, organized 60 days of healing prayer through our church healing prayer ministry, and I believe that’s what saved me. Against the odds, I survived and grew closer to the Lord through my healing experience.”

Through the years, Bud and Janet have traveled extensively and, most importantly, continue to enjoy watching all of their grandkids’ volleyball, basketball, baseball and football games. The two plan to attend spring training for the Texas Rangers in the spring of 2016, take an Alaskan cruise later in the year and continue enjoying and re-decorating their beautiful home, while spending lots of family time. “We have fun together and have been blessed in so many ways,” Bud smiled. **NOW**

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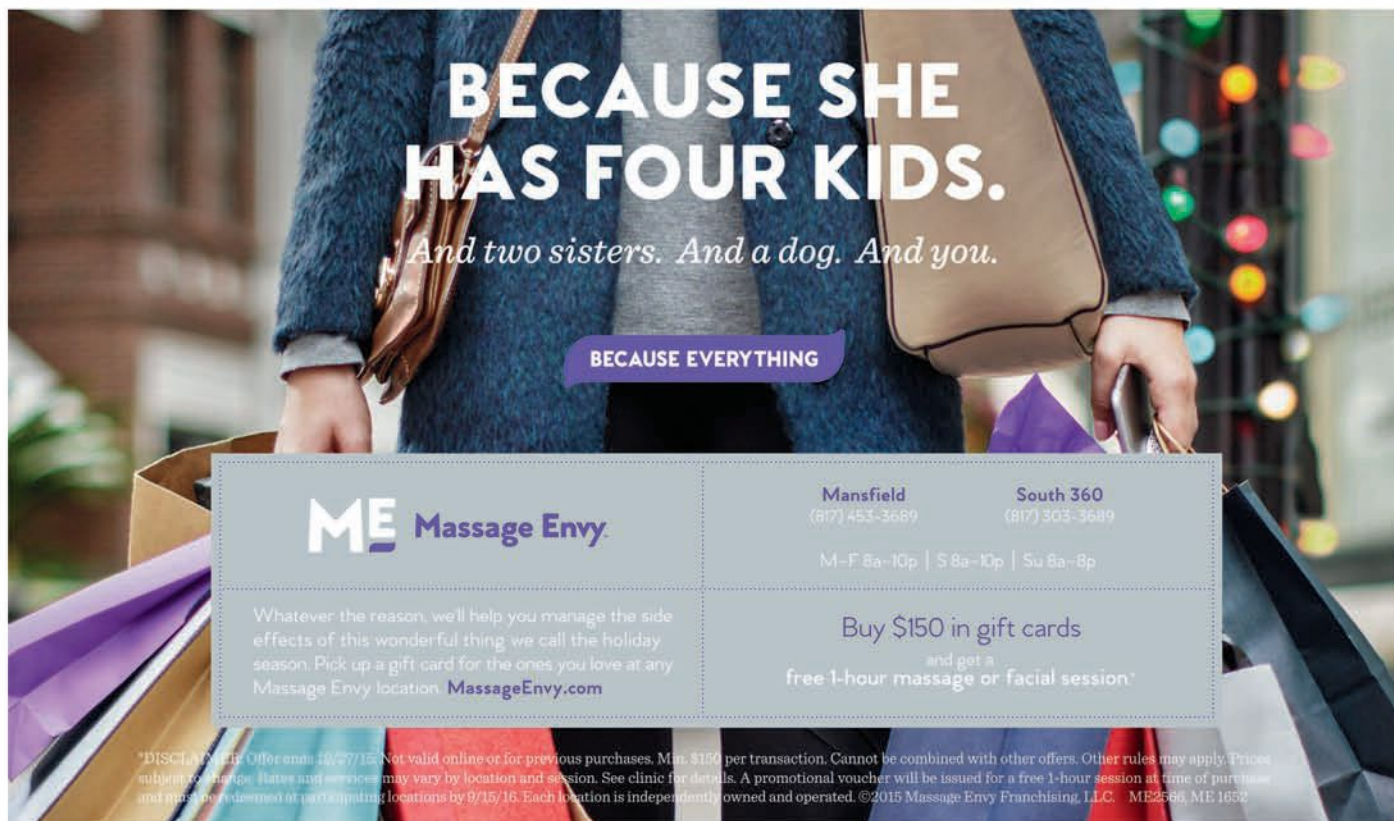
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— By Sara Edgell

*Living a full life is all about sharing with and caring for others. Two people who know this better than anyone are Drs. Reginald and Candace McDaniel. Married for 20 years, the two have intermingled their lives in a way that reflects the values and morals most important to them. Together, they share a very large blended family, a beautiful home, countless animals and a passion for helping others.*

The couple also shares their profession. Known as Dr. Reg, the 79-year-old, world-renowned pathologist has a rather impressive career including groundbreaking research and findings based on aloe vera plant technology. From his work, he discovered the positive effects the sugar complex in the aloe vera plant has on both nutrition and Alzheimer's disease. Similarly, Candace, or Candy for short, is also a doctor. She specializes in addiction and runs a drug rehab clinic dedicated to substance abuse and dependency issues. "Getting someone off drugs requires providing them with the knowledge and skills to cope with

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life and relationships," Candy explained. Clearly, this type of work requires great patience, understanding and empathy — all earmarks of an intentional, serving heart.

What's most interesting is even though the two practicing doctors serve people every day in the office, their work doesn't stop when they remove their white physician coats at the end of the day. On the contrary, their efforts are just beginning, for once a week, they load up in the car and head to practice, singing their hearts out on the way. "Singing is a very constructive couple's activity," Dr. Reg stated. "It's like a date night for us." You see, one last thing the doctors McDaniel share is a love for singing, which is exemplified through their membership in the Texas Rotary Chorus.

As a proud member of the Rotary Club, Dr. Reg is a part of just one of 34,000 plus clubs in the nation. Their primary aim is to do good in the world, beginning with their community. From feeding the homeless and seniors to projects with Habitat for Humanity and literacy programs targeting youth, the focus is Service Above Self — the Rotary's theme — through long-lasting contributions and support. For these reasons, Dr. Reg was compelled to join back in 1972. "He has held perfect attendance for 43 years," Candy boasted

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proudly of her husband's dedication to the Rotary, to serve others and to make a difference.

As a member of the Rotary, Dr. Reg also had the opportunity to join the Texas Rotary Chorus. For many years, he traveled far and wide with the chorus of about 75 members, singing as a second tenor soloist for more than 40 years. The melodious harmony of the chorus has filled the churches and halls of Dallas, Salt Lake City, New York, Japan and England, bringing joy to audiences of all sizes. As the years passed, so too did the members, and before long, the group had dwindled down in size. Therefore, they opened the previously all-male chorus to female members as well. That's when Candy joined in on the fun.

Since 1992, Candy had been a Rotary Annie — a term used to identify the wife of a Rotarian. Because she attended all of the meetings and functions with her husband, she knew all the ins and outs of the club, and supported it in every way she could because she saw firsthand how the Rotary and its members helped others. Now with the chance to be a part of the chorus, Candy happily took to her new role like a pro, accompanying Dr. Reg and the others by singing second tenor, mid-range melody.

Currently, the Texas Rotary Chorus



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consists of about 25 members who perform at an average of 20 performances each year. In addition to the standard performances for each of the five national holidays, the chorus also sings at business functions, retirement and assisted living facilities, weddings and even funerals. "Our oldest member is 96," Dr. Reg boasted, proving dedication is a common trait among Rotary members, which is exemplified in this year's theme — Be a Gift to the World. Thus, the chorus members take the stage in their red blazers and black pants prepared to delight spectators delivering the gift of song.

Every September, the Rotary Chorus performs at the annual Spectacular Senior Follies show in Dallas. This event is a highlight in the list of scheduled performances for Dr. Reg and Candy because it is a specialty show created to emulate the old-fashioned movies and musicals of the early days in showbiz. Specifically designed for audiences aged 55 and up, the goal of the production is to bring quality theater productions reminiscent of the legendary stage and nightclub scenes of the Golden Age of music. Therefore, the performances feature showgirls, comedians, dancers and, of course, singers.

The Texas Rotary Chorus performs several numbers ranging from show tunes to Broadway numbers. The singers preform classics from many of the greats including Rodgers and Hammerstein, Hoagy Carmichael, Irving Berlin and Cole Robertson. Adorned in their performance attire, they take the stage and sing solely to see



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the delight it brings the crowd. "When we begin to sing, we see a change in the seniors. Their eyes light up, and they come to life," Dr. Reg explained. "It's the most stimulating and exhilarating thing for them, but for us as well, and it's the true meaning of our motto, Service Through Song."

Dr. Reg and Candy have had the opportunity to spend time together, forge friendships and bring joy to others by way of singing with the chorus for the past several years. Additionally, they have performed for a variety of establishments at a plethora of local events and functions all over the United States. Through it all, the couple has found a way to strengthen their bond to one another. "Singing is an effective means of communication," Dr. Reg grinned.

"We practice together in the car on the way to rehearsals or practices and back home again," Candy added. While the duo thoroughly enjoys singing in general, singing for others is their driving force. "A person finds happiness by sharing and contributing to others," she explained.

Dr. Reg added, "In all of my studies on religion and my travels around the world, I have learned that service work is the one universal law applicable to everyone everywhere. We sing to communicate and share with others, to bring joy to people. Singing is in harmony with what and how we live."

Perhaps it's the nature of their shared profession that has created this passion for serving others in their lives, or perhaps it's simply something deeply ingrained in their character and hearts. Either way, it's unequivocal that Dr. Reg and Candy will continue to serve others, and in turn, bring harmony to their lives. **NOW**

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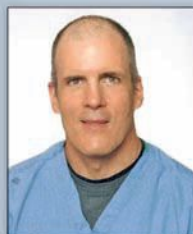


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— By Melissa Rawlins

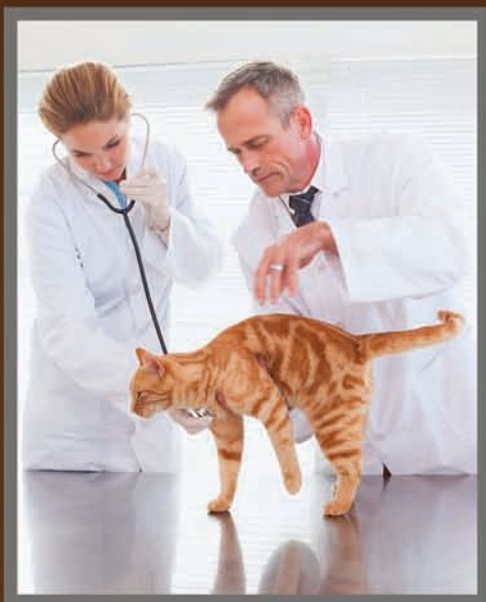
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Your job is to manage your cat's behavior, since you can't train this instinctive reaction out of them. First, look for environmental triggers like your own schedule or other cats. Some cats are agitated by the slightest changes in routine. Many felines feud, and urine spraying is part of their arsenal. All you can do as a steward is keep the fighters separated. Most importantly, feed them in distinctly different locations where they cannot see each other.

Similar mitigation is necessary when dogs exhibit food aggression, which the American Society for the Prevention of Cruelty to Animals simply calls food guarding. Their research says that unless you fear your canine will bite you, you can employ desensitization and counter-conditioning techniques to change the way your dog feels about people approaching him when he has food. The ASPCA website warns never to punish or intimidate the dog that guards food. This could be dangerous and, possibly, derail the relationship you're building with your dog.

A variety of reasonable precautions ensure safety for people and other dogs. Simple procedures to prevent drama include:

- Leave dogs alone while they're eating.


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- Feed dogs in a separate room, in a crate or behind a barrier.
- Provide dogs with adequate amounts of food so the canines feel less motivated to guard.
- Do not attempt to take away stolen or scavenged food from dogs.
- Cause the food-aggressive dog to realize that food is provided by you by placing the food bowl at your feet or requiring the dog to eat directly from your hand.

One key to dwelling in a peaceful kingdom is empathy. According to Emily Gilliland, a young mother who has also trained her own cats and dogs for over six years, it makes all the difference when you understand how your animal is feeling about the task or behavior at hand. Commonly, cats jump up on counters and tables reserved for human use. Emily patiently uses a spray bottle of water or an air can to chase them off surfaces, and then sets it on the counter where the cat was. This teaches the cat they will not be comfortable where they once felt welcome.

Repetition is another key. "As a 2-year-old child, a dog has the ability to grasp simple commands only after many repetitions," Emily said. "They also can problem-solve simple tasks. Our communication is skewed, though.

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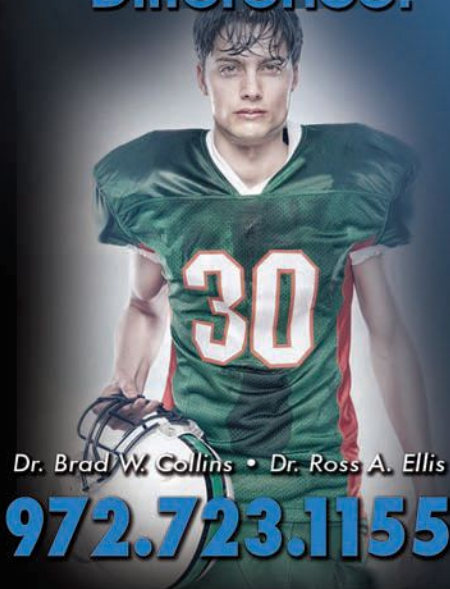
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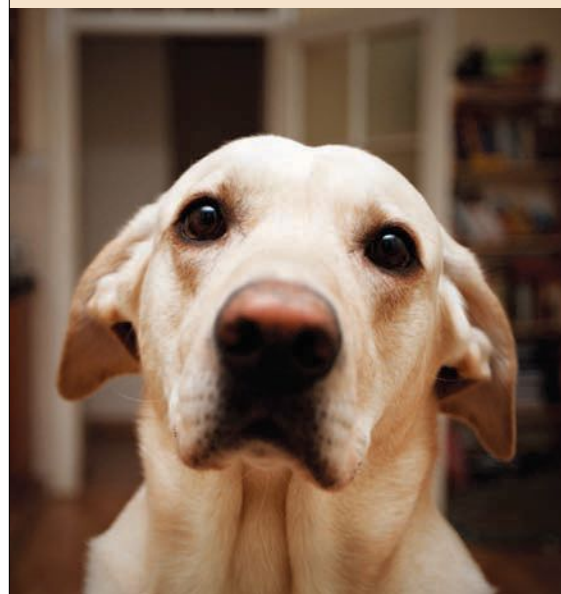
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Animals can be misunderstood because they communicate not with words, but with subtle cues. Remembering this when training and behavior shaping can have a significant impact on the end result and reduce overall stress levels for all involved — canine and child included.”

Emily experienced the joy of a strong trust and loving bond with all her animals after investing patience and energy. “Training my pets is beneficial to both my pets and me,” she said. “They are expected to behave in a particular way, and they have learned to expect the same from me.”




Whether taking in a new dog or changing your schedule, Emily suggests watching for symptoms of separation anxiety that include, but are not limited to: excessive chewing, destruction of doors when keeping the dog inside, pacing, whining, barking and window surfing. There is a simple solution. Have the dog lie or sit in a room, and then leave, closing the door and waiting five seconds before returning. Repeat this procedure, stretching the wait time progressively to 10 seconds, then 45, then a minute-and-a-half and so on. “As you do this, the dog will start to realize you will come back,” Emily said. “Adding in a treat or a little play time on your returns will certainly make this a positive experience in the dog’s mind.”

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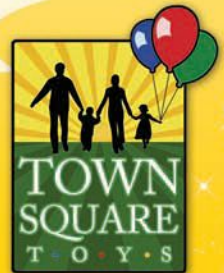
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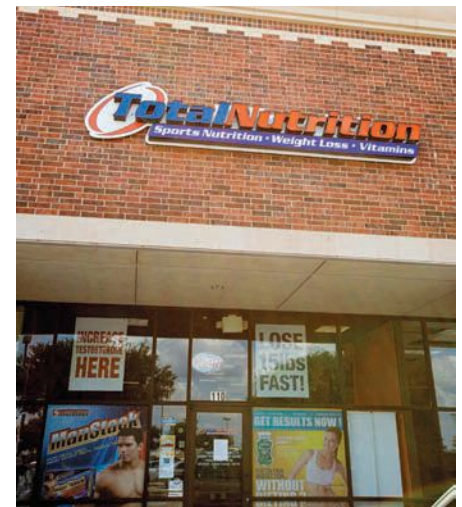


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# Health and Happiness

*Diet and nutrition are essential to a healthy existence. — By Sara Edgell*

Jon Shoop defines the term *healthy* as being physically active and eating well. He describes it not only as a state of being, but a state of mind. The owner of Total Nutrition Mansfield, a three-year-old business in the booming town, not only helps people achieve a healthy lifestyle through dietary and nutritional advice, but he is also the poster child for what he does. “I enjoy being healthy and performing well, so working in this profession is a perfect fit of the two,” he admitted. “I have been doing what I do since I was young. I’ve always enjoyed eating healthy and leading an active life.”

Being healthy entails not only exercise and diet, but the use of crucial supplements as well. Amino acids, multivitamins and fish oils are all fundamental in aiding a person with their physical training and weight-loss or -gain endeavors. “A person may be in

great shape, but they still have that one goal they want to reach,” he said. “We can help them with that.” Sometimes, young athletes need to put on weight to make a sports team at school, and other times, new moms may want to drop baby weight and reclaim their level of pre-baby fitness. No matter the circumstance, Jon and his trained staff of professionals are prepared and equipped to give any person the tools and knowledge they need to be successful.

With a shared like-mindedness, Jon and the Total Nutrition team are making huge differences in the lives of the people with whom they work.

“People feel bad during the day, and they wonder why,” he explained. “It’s often caused by what they eat. We teach people what they should be eating and what supplements they should be taking according to their goals.”



What makes Jon and his team unique is they make a point to get to know each client that enters their establishment. They ask questions and learn about who the person is and what they want to accomplish before helping them map out a plan to get them there most effectively. "We take time to figure out which products would be best for each individual and provide dietary guidance for free. We consider the person's budget and recommend the most important and beneficial supplements at their price point that are specific to their goals and other needs," he said.

**"We teach people what they should be eating and what supplements they should be taking according to their goals."**

Helping people reach their goals is what Jon finds most gratifying in his line of work. For him, it's about helping someone set out to change their life, stick to it and succeed. "I am most proud when I can help someone change their bad habits into good standards. Seeing an individual be successful by following a plan that I or one of my team members has created is such a great feeling," he explained.

With hundreds of clients, Jon and his well-trained, highly knowledgeable nutrition crew make health and fitness their No. 1 priority not only in their own lives, but in the lives of the people they work with. By offering client-specific dietary and nutrition advice, Jon is able to share his passion in life — being healthy. "If my team can help a person reach their life fitness goals and improve their health and their life," he smiled, "then I'm happy." **NOW**

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# No Secrets to Investment Success

Many people look for the secrets to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the ground floor of the next big thing? Actually, these types of moves have little relevance to the vast majority of investors — even the most successful ones. So let's take a look at some steps you can take that *can* be effective in helping you work toward your financial goals.

- *It's time in the market — not market timing.* Some investors think they can succeed at “market timing” — buying when the price is low and selling when the price is high. And this would indeed be a good strategy *if* they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you're likely to feel from short-term price swings. And if you're always invested, you'll always be in a position to benefit from the next market rally.

- *It's buy and hold — not buy and sell.* Even if you aren't trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet, this constant buying and selling can be costly. Frequent trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You're better off purchasing quality investments and holding them for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

- *It's building a strong foundation — not getting in on the ground floor.* Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don't achieve anywhere near that level of success. So, instead of looking for the next big thing on the ground floor, try to build a strong foundation consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground floor to withstand the shifting winds of market forces.

- *It's cool-headed thinking — not chasing hot stocks.* If you browse the Internet or watch one of the investment shows on cable television, you are bound to read or hear about hot stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren't any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Shawn M. Malley is an Edward Jones representative based in Mansfield.*



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### November 7

Operation Clean Sweep: 8:00 a.m., The Home Depot, 1725 N. Hwy. 287. Join the Mansfield Minority Chamber of Commerce in their effort to maintain the beauty of Mansfield streets as they clean up litter. For volunteer and sponsor registration, contact (682) 730-0104 or [info@mansfieldmcc.org](mailto:info@mansfieldmcc.org).

### November 11

Veterans Day Parade: step-off at 10:30 a.m.; opening ceremony at 11:00 a.m., Sundance Square, 420 Main St., Fort Worth. Everyone is welcome to come out and honor our Vietnam Veterans on the 50th anniversary of the war. For more information, contact [parade@tcvc.us](mailto:parade@tcvc.us) or visit [www.tarrantcountyveterans.org](http://www.tarrantcountyveterans.org).

### November 12

Business After Hours: 5:30-7:30 p.m., location varies. Free. This easy, come-and-go networking event is a great opportunity to network with other business professionals in a casual setting. For event location and information, email [info@mansfieldchamber.org](mailto:info@mansfieldchamber.org) or call (817) 473-0507.

### November 14

5K Diabetes Sugar Rush: 8:30 a.m.-noon,

Katherine Rose Park, 303 N. Walnut Creek Dr. \$26 per person. Join in the fun while raising funds. There will be raffles and free giveaways as well as a dance contest at the end of the run. Visit [www.diabeteswellnessgroup.com](http://www.diabeteswellnessgroup.com) for more information.

### November 16 — 23

Operation Christmas Child at MBC: 2351 Country Club Dr. Come pack a box with gifts and the love of Christ for underprivileged children around the world and experience the joy of giving! Visit [www.MBCchurch.com](http://www.MBCchurch.com) for details including time and drop-off dates.

### November 19 — 21

Festival of Trees: St. Jude Catholic Church, 500 E. Dallas St. Individuals, businesses and other organizations will showcase their glittering display of decorated artificial Christmas trees and wreaths in the old sanctuary. Event is free to the public. Silent bids can be made on the items up for auction. For more information, call Karen Payton at (817) 453-2111 or Gayle Lambert at (817) 453-9873.

### November 21

Deryl Dodd live at Fat Daddy's: music begins

at 10:00 p.m., Fat Daddy's Sports & Spirits Café, 780 W. Debbie Ln. \$10 per ticket. Texas-country singer, songwriter and producer Deryl Dodd is hitting the stage! Known for his passion and energy on stage, be ready for a boot scootin' night you'll never forget! Call (817) 435-4540 or visit [www.FatDaddysLive.com](http://www.FatDaddysLive.com) for more information.

### December 4, 5

Hometown Holidays: Mansfield kicks off the holiday season the first weekend in December with two days of cold weather fun and entertainment. The events begin on **Friday** night at the Municipal Complex with the official tree lighting, visits with Santa, entertainment, family attractions and fireworks. The fun continues on **Saturday** with a holiday parade in Historic Downtown Mansfield followed by a Broadway musical performance by Music Place Mansfield. For specific event details including time and location, visit [www.mansfieldtexas.gov](http://www.mansfieldtexas.gov).

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

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## In the Kitchen With Heidi Gallini

— By Sara Edgell

Cooking is a family affair for Heidi Gallini. “My husband and I both come from large families where every gathering was focused on wonderful meals. In our own family, we include the kids from prep to finish,” Heidi explained. “Some of our most interesting conversations take place over a cutting board.”

During the holidays, preparing meals for gatherings is challenging, so making meals manageable and plentiful is key. However, traditional family recipes are also a must, like Mama Gallini’s Damn Ham. “Once my husband’s grandmother was transporting her famous ham,” Heidi shared, “and the glaze spilled all over her car. She was so upset that she repeatedly referred to it as that ‘Damn Ham!’ from then on. The name has stuck for 40 years now.” **NOW**

### Mama Gallini’s Damn Ham

- 1 12-oz. can apricot nectar**
- 1/2 jar apricot jam or marmalade (4-6 oz.)**
- 1 cup brown sugar, packed**
- 1 stick cinnamon**
- 6 whole cloves**
- 1 4-6 lb. ham**

- 1.** Combine apricot nectar, jam and brown sugar in a saucepan. Cook over medium heat until sugar dissolves.
- 2.** Add whole cinnamon stick and cloves; boil gently for about 10 minutes until mixture is slightly thickened. Remove spices from mixture.
- 3.** Place ham, fat side up, in a shallow pan. Start cooking ham before putting hot glaze on. Cook at 325 F for 20 minutes per pound, basting every 15 minutes.

### Stuffed French Toast

- 10 slices white bread**
- 1 8-oz. pkg. cream cheese**
- 1 dozen eggs**
- 2 cups milk**
- 1/3 cup syrup**

- 1.** Remove crust and cut bread slices into 9 equal pieces. Roll into balls. Place half of the balls into a 9x13-inch pan.
- 2.** Cube cream cheese into similar sizes and sprinkle around bread. Place remaining bread balls on top.
- 3.** Mix remaining ingredients in a separate bowl, then pour over top of bread mixture. Cover and refrigerate overnight.
- 4.** Bake uncovered at 375 F for 45 minutes. Top with Buttermilk Syrup and serve.

### Buttermilk Syrup

- 1/2 cup unsalted butter**
- 1 cup sugar**
- 1 cup buttermilk**
- 2 tsp. vanilla**
- 1 Tbsp. Karo Light Corn Syrup**
- 1/2 tsp. baking soda**

- 1.** Add butter, sugar, buttermilk, vanilla and Karo to a large pot or saucepan. Heat over medium heat until everything is well-combined, then bring to a boil.
- 2.** Quickly remove from heat and add baking soda. Place back over heat, stirring constantly for 1 minute. Syrup will grow large and threaten to boil over, which is why a large pot is essential. If it gets too close to the edge, remove from heat and continue stirring to bring it down. Serve immediately.

### English Toffee

- 4 cubes butter**
- 2 cups sugar**
- 1/4 cup water**
- 2 cups chocolate chips**
- 1 1/2 cups roasted almonds, slivered or chopped**

- 1.** In a small stock pan or a very large saucepan, melt butter, sugar and water over medium heat. Stir until completely dissolved and bring to a slow boil. Turn heat down to medium-low. Do not stir again. Occasionally, pick up pan and carefully shake to prevent bottom from burning. Cook to hard crack stage or until color of a brown paper sack.
- 2.** Pour on to a buttered cookie sheet — one with sides. Tilt from side to side to help toffee move to the edges, and then use a butter knife and pull it to the corners.
- 3.** Sprinkle with chocolate chips and let set for about 3 to 4 minutes so the chocolate melts. Spread evenly and top with almonds. Let set in the refrigerator for 2 to 3 hours. Break into pieces and store in a covered container in the refrigerator.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



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