

Mansfield

M A G A Z I N E

JANUARY 2016

NOW

Fast and Fantastic

Jasmine Moore
is focused on
breaking
records

Free as a Bird

At Home With Dina Huffman

Worth It

The Biggest M.O.R.O.N.

Nutrition With a Twist

Huntington Helps

Dining Deals

In the Kitchen

With Shauna Steenbakkers





Complete Auto *Service*



"Bringing Back The True Meaning Of Customer Service"



FREE PICK-UP & DELIVERY

Quality Repairs

Company Discounts

ASE Certified Technicians

Loyalty Program Available

KIDS CLUB



Auto Repair Has Never Been Easier.

**WE INSTALL ENGINES
& TRANSMISSIONS**



\$100 OFF

\$100 OFF the cost on any
installation of a Jasper product.

www.Service-Pros.com

Hours: Mon-Sat 8am - 6pm

817.465.7767

5611 S. Cooper St. Arlington TX 76017



DietSolution

WEIGHT LOSS CENTERS

Dr. Sheila Horsley, M.D. M.P.H.

**Let 2016 be
the year you become
the best YOU!**

Judy R., Mansfield

After many years of struggling with hypothyroidism and trying many fad diet programs that didn't work, I began reading about Diet Solution Centers. I knew I had to find something that changed the way I ate rather than just eating prepackaged food. Diet Solution Center has worked! I'm halfway to my goal and feel so much better! My knees no longer bother me, and I have a lot more energy. I've learned to change my lifestyle and eat healthier.



Before

**Judy R. Lost
27.4 lbs.
in 23 weeks!**

\$99
Initial Visit
Expires 1/31/16

*Individual results
may vary.

MANSFIELD

920 U.S. Hwy. 287 N., Suite 306
(At Walnut Creek in Tom Thumb Shopping Center)

817-453-3438

CROWLEY / BURLESON

740 S. Crowley Road, Suite 2
(Next door to I-Fit Elite Gym)

817-297-2100

From your arrival to your 'Graduation' our focus is on helping you get back to your life. Should you have a need for therapy and rehabilitation, come experience The Pavilion at Creekwood. There is simply no other place like it.

THE
PAVILION
AT CREEKWOOD

**Are you looking for
Short-Term Rehab
AND a place to call HOME?**

Short-Term Rehabilitation offered 7 days a week:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Vital Stem
- Respiratory Therapy

Services and Amenities:

- Wound Care
- Pain Management
- Directed Care by Physicians & Nurse Practitioners
- Direct Coordination with Surgeons
- Transportation to Follow-up Appointments
- Full Private Rooms and Suites
- Semi-private Suites
- Flat Screen Television with Cable
- Telephones in Each Room with Local Number
- Wi-Fi
- Salon and Spa Services

**Admissions Accepted
7 days a week**

We accept Medicare,
Medicaid and Private Pay.
Reviewing Insurances on
individual bases.



Transportation Offered



2100 CANNON DRIVE, MANSFIELD, TEXAS 76063

Phone: 817-779-6500 Fax: 817-779-6501 www.pavilionatcreekwood.com

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Mansfield Editor, Melissa Rawlins

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Sara Edgell . Shawn M. Malley

Virginia Riddle . Melissa Swedoski

Betty Tryon

Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photography Coordinator, Amy Ramirez

Photographer, Vanessa Polozola

ADVERTISING

Advertising Representatives,

Teresa Banks . Lori O'Connell . Steve Randle

Cherise Burnett . Linda Dean-Miley

Mark Fox . Bryan Frye . Cedrick Logan

Melissa McCoy . Carolyn Mixon

Cleta Nicholson . John Powell . Linda Roberson

Joyce Sebesta . Shelby Veldman

Billing Manager, Angela Mixon

ON THE COVER



Jasmine Moore has set her eyes on competing in the 2024 Olympics.

Photo by Vanessa Polozola.

CONTENTS

January 2016 • Volume II, Issue I



8 Fast and Fantastic

Jasmine Moore smoothly executes handoffs between academics and sports.

18 Worth It

By changing her heart, Ashley Russell changed her life.

28 Free as a Bird

At Home With Dina Huffman.

36 The Biggest M.O.R.O.N.

Under Leland Mallett's guidance, Legacy High School's yearbook and online newspaper have earned several awards.

44 Nutrition With a Twist

Specific guidelines help when making decisions about overall health.



52 BusinessNOW

54 Around TownNOW

56 FinanceNOW

60 CookingNOW

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2016. All rights reserved. *MansfieldNOW* is published monthly and individually mailed free of charge to homes and businesses in the Mansfield ZIP codes.

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.



Editor's Note

Hello, Mansfield!

The Old Farmer's Almanac online version prophesies this month we'll experience below-normal snowfall. That's too bad. If I were still a kid, I think it would be a treat to have snow on January 15, when Mansfield public schools plan to release students early anyway. As a middle-schooler living in Ogden, Utah, in the '70s, I took full advantage of snow days to romp and roll in the powdery, heaven-sent atmosphere.

Sometimes, my family even took off to the ski slopes on January days when we told our teachers we were sick.

I'm thankful for memories like that, and for any flake of snow I might see outside my window. I'd love to read emails from you, my friends, letting me know what you're thankful for this winter. Until I hear from you, please have a safe and happy New Year!

Melissa

Melissa Rawlins
MansfieldNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888

Vintage Barber Shop
"Old-fashioned Service"

Holly & Penni owners

HAPPY NEW YEAR!

Hot towel, neck shave, neck and shoulder massage with each service

682-518-0999
26 E. Debbie Lane (next to Mama's Pizza)
www.vintage-barbershop.com

Get Straight Teeth, Faster!

Happy New Year!

Crystal Dental

\$15 FOR LIMITED EXAM AND X-RAY

\$69 EXAM, X-RAY AND CLEANING (gum treatment extra)

• LAUGHING GAS AVAILABLE FOR PATIENTS WITH DENTAL PHOBIA! •
• MEDICAID, CHIP & MOST INSURANCES ACCEPTED •

www.crystaldental.org

MANSFIELD 2880 N. FM. 157, Ste. 102 Mansfield, 76063 817.473.6200	CLEBURNE 1301-H W. Henderson St. Cleburne, 76033 817.641.3344	FORT WORTH 1114 E. Seminary Dr. Ft. Worth, 76115 817.921.0883
---	---	---

M MOUSER ELECTRONICS

See our ad on page 37

Improve your health in 2016 with help from Diabetes Wellness Group

Offering 3 different 4-week classes starting Monday, 1/25 or Monday, 2/29

- Beginner Diabetic Course
- Medical Nutrition Therapy
- Exercise, Fitness, Lifestyle

Visit our website for details!
www.diabeteswellnessgroup.com
817-225-4466

Lifetime
Powertrain
Warranty

\$0 Added
Cost

On EVERY New Honda
& Most Pre-Owned



The Completely Re-Designed,
All-New 2016 Honda Civic Sedan

Starting at \$18,640¹



Honda
of **BURLESON**



HondaOfBurleson.com • 817-295-5000

632 N. Burleson Blvd in Burleson, TX 76028. If traveling South, exit Renfro and make a U-turn.

1. MSRP excluding tax, license, registration, \$835.00 destination charge and options. Dealer prices may vary. * Based on 2016 EPA mileage ratings. Use for comparison purposes only. Your mileage will vary depending on how you drive and maintain your vehicle, driving conditions and other factors.

OVER
1,000
DIFFERENT
TYPES OF
AMMUNITION,
IN-STOCK,
FROM
.17 MACH 2 TO
.50 BROWNING
MACHINE GUN &
EVERYTHING
IN BETWEEN
LIKE
.35 WHELEN

ORDER NOW AT
SWFA.COM

1.972.SCOPE IT

(1-972-726-7348)

OR

COME SEE US AT

**5840 E. US HWY 287
MIDLOTHIAN, TX**

**SEE WHAT
YOU'VE BEEN
MISSING®**



Like us on
Facebook



**SWFA SS 1-4x24
Tactical 30mm
Riflescope
\$399.00**
SS14X24IR



**Vortex 10x42 Crossfire
Binoculars
\$179.95**
VORCF4302



**Bobro BUIS Lowrider
Sight Set
\$174.95**
BOBB48000003SS



**Atlas Precision Bipod
\$219.95**
BT10



**ELF 3-Gun Curved
Trigger
\$269.95**
ELFT3GUNC



**Flatline Ops Angle
Cosine Indicator
\$199.95**
FLAACI



**Gerber Covert Knife
\$92.95**
GER05785



**Havalon Piranta-Edge
Knife
\$34.95**
HAV XTC6EDGE



**Hornady Custom
Pistol Ammo .44-40
205gr Cowboy 20rd
\$16.95**
HOR9075



**Birchwood Casey
Shoot-N-C 1" Repair
Pastes/Targets
\$4.95**
BIR34115



**YETI 10 oz. Rambler
Lowball
\$24.99**
RAM10



**Seekins Precision
MCSR KeyMod Rail
System
\$193.95**
SEESPMCSR210



**Sig Sauer 7x25
KIL02000 Laser
Rangefinder
\$499.95**
SIGSDK16701



**Aero Precision Ultra-
light 30mm One Piece
Scope Mount
\$79.95**
AP210200



**SWFA SS-TAC 30mm
Bubble Level with 1"
Inserts
\$39.95**
SS0ML



**MGM Switchview
Throwlever
\$59.95**
SWVLVXII



**Leupold 12-40x60
Mark 4 Tactical
Spotter
\$1,439.95**
LEU65145





MAKE GOOD HEALTH A ROUTINE IN 2016!

Make a New Year's Resolution to visit Arlington Physicians Network.



It's time for a fresh start for better health – visit the Arlington Physicians Network to begin a fitness or weight loss program, make a plan to stop smoking, get your diabetes under control and more. Call today – it only takes a few minutes to make an appointment.

Introducing Dr. Rachel Chamberlain and Dr. Signe O'Neale.



Fas Fa



t &

Track is mental.
It makes me **STRONGER**
and **TOUGHER**.

ntastic

— By Virginia Riddle



During the 2012 Olympics, American track and field athlete, Allyson Felix, earned gold in the 200 meter. Gold medals aren't earned overnight — it's a journey traveled through many practices and meets.

"It was not until the end of my freshman year in high school that I thought I could really have a future in track and field," Allyson later remarked. "I definitely did not think I could make it to the Olympics back then. I was just focused on making it to the state finals."

Free Yourself FROM CIGARETTES



ORDER ONLINE - PICK UP IN STORE WWW.VICIOUSVAPORS.COM

HAPPY HOUR ALL DAY EVERY DAY!

Authorized iHybrid Dealer
FiveStars Rewards
Joyetech, Anyvape, Vision Vendor
Aspire BDC Reseller
KangerTech Distributor

Twisted Liquidz Sponsor
Vicious Vapors House Blend
Always Double Flavor
Custom Juice Daily

Vicious vapors

PRESENT THIS COUPON WHEN YOU
BUY ONE 50 ML BOTTLE AND RECEIVE

ONE FREE!

Expires 1/31/16. Not valid on Premium E-Liquids.
Cannot be combined with other discounts or offers.
Limited to one coupon per person.



801 N. MAIN ST. - SUITE 107, MANSFIELD
1-855-TXVAPES OR 1-855-898-2737

HOURS: MON-THURS 10AM-7 PM

FRI-SAT 9:30AM-8 PM • SUN 2-7PM

WWW.VICIOUSVAPORS.COM WWW.FACEBOOK.COM/VICIOUSVAPORS



Jasmine Moore, a 14-year-old freshman at Lake Ridge High School, originally from Detroit, Michigan, admires Allyson along with Carl Lewis, an Olympic champion in the long jump. Jasmine, however, began focusing on winning in track and field events even earlier than Allyson, while she competed for Danny Jones Middle School and broke four school track records. "Track is mental. It makes me stronger and tougher," Jasmine said.

Earlier in her sports-filled life, Jasmine was in competitive cheer and loved the competition and athleticism that sport brought to her. Her older sister, Jayla, who is now at the University of North Texas, was running track and served as an inspiration to Jasmine. Jasmine started training and competing with the North Texas Cheetahs Track Club. But training and competing in both sports at the level required was problematic. Last year, Jasmine began taking track seriously. "Before that she was already doing cheer, and it conflicted with track," Trinette Moore, Jasmine's mother, remarked. "The cheer strengthened Jasmine's core, and the tumbling helps with her jumps in track," she added.



Orlando McDaniel of the North Texas Cheetahs and Lake Ridge High's Coach Womack proudly coach Jasmine.




“We didn’t plan it, but competitive cheer turned out to be our secret weapon in track and field,” Jasmine’s dad, Earl Moore, added. “We had no idea she was training for jumping.”

Jasmine sees one more plus in the successful equation, “Competitive cheer has helped me to compete in front of crowds of people with confidence.”

That confidence and endurance has served Jasmine well and resulted in some impressive stats. Spanning 12.08m (39’ 6.5”), Jasmine shattered a previous triple jump record in the U.S.A. Track & Field Junior Olympics regional meet held in Abilene, Texas, in July 2015. Jasmine went on to break the triple jump record again in the USATF Junior Olympics held in Jacksonville, Florida, where she jumped 12.23m (40’ 1.5”), and she also won the long jump with a mark of 5.89m (19’ 4”). Additionally, her North Texas Cheetahs 4x100m relay team won gold while setting a new USATF Junior Olympic record of 46.72 seconds.


In August 2015, Jasmine competed in Norfolk, Virginia, at the Amateur Athletic Union Junior Olympics, where she won the long and triple jumps. In all, during her two weeks of competing at this high level in her age division of 13- to 14-year-olds from across the nation and including some international competitors, Jasmine brought home five gold medals and broke three longstanding records.






*Happy New Year
from Tutor Electric*

**Serving
Fort Worth
and Texas for
23 years!**



TUTOR
ELECTRICAL SERVICE, INC.

**Commercial,
Residential
and
Industrial**




At Tutor Electrical Service, we believe you shouldn't have to sacrifice quality for affordability.

- ▶ Meeting your electrical needs since 1993!
- ▶ Nationally recognized with Awards for excellence in Electrical Construction
- ▶ Highly trained, professional & courteous licensed electricians
- ▶ Fully staffed Service Department to handle your residential and commercial electrical needs
- ▶ Full service, design-build electrical contractor meeting your needs from concept to completion
- ▶ Experienced installers in the latest medical imaging and treatment equipment
- ▶ Commitment to integrity in business is our foundation

201 Willow Creek Court | Mansfield, TX 76063 | 817-516-0064 | www.TutorElectric.com









MANSFIELD AREA
CHAMBER OF COMMERCE

TECL # 17144



jhoustonthomes.com/3Dtours

7324 Cabot Estates Drive
Mansfield, TX 76063



JOHN HOUSTON
CUSTOM HOMES

YOUR HOME. YOUR WAY

866.699.6054



JOHNHOUSTONCUSTOMHOMES.COM



However, there are definite pluses to competing nationally. "I enjoy getting to travel to places I've never been and making new friends," she shared. She has



**FAMILY-OWNED & OPERATED SINCE 1922.
COME EXPERIENCE OUR HOMETOWN HOSPITALITY JUST MINUTES WEST.**



2015 TRAX

MSRP	\$20,995
BRUCE LOWRIE DISCOUNT	\$750
BRUCE LOWRIE PRICE	\$20,245
REBATE	\$2,250

\$17,995* +TT&L



1500 TEXAS CREW CAB

MSRP	\$42,950
BRUCE LOWRIE DISCOUNT	\$3,500
BRUCE LOWRIE PRICE	\$39,450
REBATE	\$5,500

\$33,950* +TT&L
OR
\$32,950* THRU ALLY WAC



2015 EQUINOX COURTESY LOANER

MSRP	\$25,455
BRUCE LOWRIE DISCOUNT	\$1,960
BRUCE LOWRIE PRICE	\$23,495
REBATE	\$2,500

\$20,995* +TT&L



ST8 CUSTOM PKG
- 5.3 V-8
- 20" WHEELS
- TRAILER PKG

2015 1500 DBL CAB "ST8"

MSRP	\$34,710
BRUCE LOWRIE DISCOUNT	\$2,715
BRUCE LOWRIE PRICE	\$31,995
REBATE	\$4,500

\$27,495* +TT&L
OR
\$26,995* THRU ALLY WAC

FIND NEW ROADS™

Bruce 
Lowrie.com
817-293-5811

CHEVROLET 

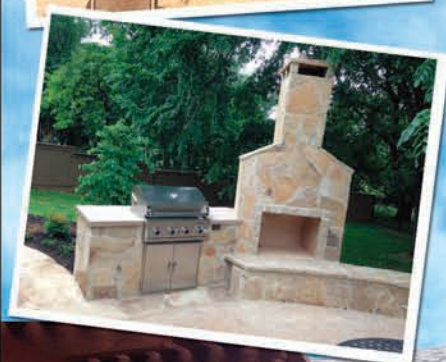
711 S.W. LOOP 820 @ HEMPHILL
JUST ONE BLOCK WEST OF I-35W



*Picture may not reflect actual vehicle. Subject to availability. All prices are plus TT&L. Trax STK #151859, Equinox STK #151413, CREW CAB STK #151863, DBL CAB ST8 STK #151926.

ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits...



Call today for
FREE
Consultation



URBANOASIS

OUTDOOR LIVING & LANDSCAPING

817.453.3100

WWW.URBANOASISOUTDOOR.COM

PayPal

DISCOVER

MasterCard

VISA

AMERICAN EXPRESS



LI9335

LANDSCAPING • SPRINKLERS • LIGHTING



competed enough that people remember her and vice versa.

Her most memorable moment to date occurred when her grandparents were able to watch her compete in the Junior Olympics. "They don't get to go to see me often, but they saw me break the record that day," she remembered.

Her training is ongoing with the Cheetahs. Mondays through Fridays for two to three hours a day, find Jasmine lifting weights, jumping, running and practicing handoffs in relays. Orlando McDaniel and Kenny Roseman are her coaches. With her move to Lake Ridge HS, Jasmine will be coached by Michelle Womack and James Whisenhunt.

Training focuses on good eating habits and getting enough sleep. "I have been eating more baked chicken and greens, and I sleep from 10:00 p.m.-6:00 a.m.," Jasmine said.

Like most athletes, Jasmine has her own personal routine at a meet. "I do a jazz hand thing (spirit fingers) helping me get my rhythm, and I can't jump in ankle socks — I prefer long socks," she said. "I also have a smoothie every morning before a meet."

Jasmine has set her eyes on competing in the 2024 Olympics, which will be held in Los Angeles and doing some sports modeling someday. In the meantime, high school, followed by college, will be her training ground. She's interested in her mom's alma mater plus the University of Michigan or Texas A&M University at this time. Academics come first, so Jasmine is enrolled in Pre-AP classes. Math is her favorite subject.

Typical free time activities occupy the remainder of Jasmine's days. She's in school cheer and enjoys hanging out with friends. "Her bedroom is a private sanctuary, where she loves to lounge and watch Netflix," Trinette revealed.

The perfect formula exists for Jasmine to be a winner on or off the track. And folks, she's only just begun this journey! Oh, the places she will go! **NOW**



REGALIA

mansfield

Mention
this ad.

Receive up to
ONE MONTH FREE!

Waive deposit with
approved credit!

Spacious Island Kitchens, Granite Counters
Stainless Steel Appliances, Garages Available
Fitness Center, Resort Pool & More!

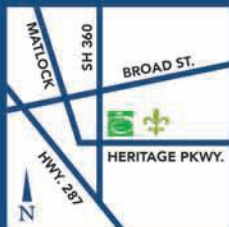
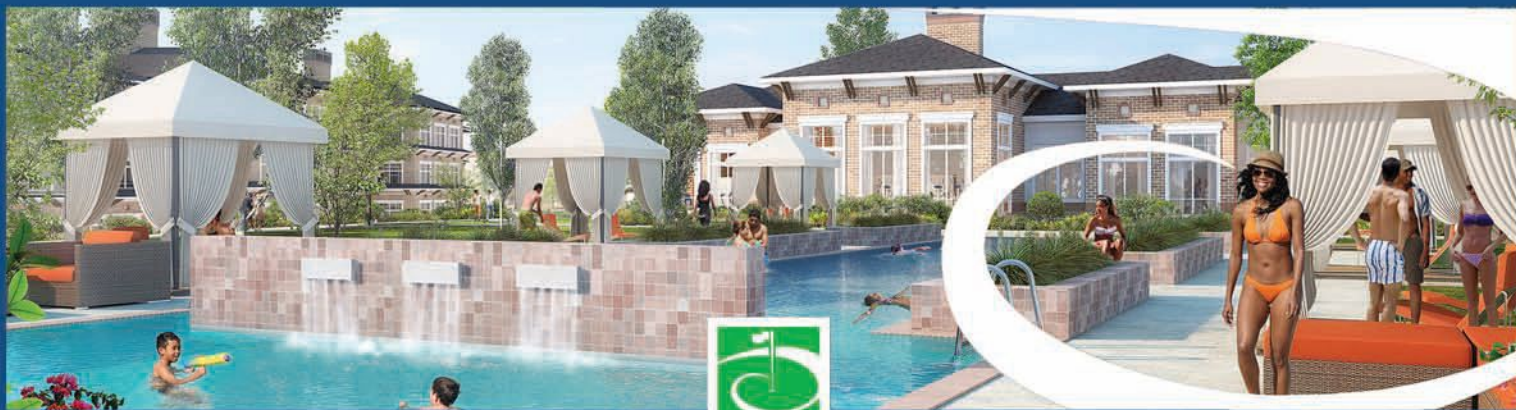
817.477.0000

RegaliaMansfield.com

350 N. State Hwy. 360
Mansfield, TX 76063



Luxury Apartments on Mansfield National Golf Course
Move in Today and Start the New Year with Savings!



250 North State Hwy. 360
Mansfield, TX. 76063



MANFIELD ON THE GREEN

- Granite Countertops • Garages • Fitness Center
- Resort Pool • And More!



MANFIELDONTHEGREEN.COM

817-473-7900

CANALES FURNITURE / MUEBLERIA

WWW.CANALESFURNITURETX.COM

TAX REFUND FURNITURE MEGA SAVINGS

LAST DAYS TO SAVE - SALE ENDS SOON!

NO CREDIT CHECK

See store for details.



**12 MONTHS
FREE
FINANCING** W.A.C.

ALPINE
SECTIONAL

\$1,499



\$599

FLAMING TWIN SET

includes 3pc twin bed, dresser and mirror



\$699

JESSIE TWIN SET

includes 3pc twin bed, dresser and mirror



\$1,199

LONDON QUEEN SET

includes 3pc queen bed, dresser and mirror



\$1,199

HAMILTON QUEEN SET

includes 3pc queen bed, dresser and mirror



\$1,299

CAMERON QUEEN SET

includes 3pc queen bed, dresser and mirror



\$1,399

ASHBURY SECTIONAL

VISIT ANY OF OUR LOCATIONS

MANSFIELD

1301 Hwy 287 N., Ste 101 76063
(817) 225-0330

DALLAS

602 S. Hampton Rd. 75208
(214) 946-2635

DALLAS

2639 W. Davis St. 75211
(214) 946-2659

S. FORT WORTH

6901 McCart Ave. 76133
(817) 423-8370

ARLINGTON OUTLET

2202 E. Randol Mill Rd. 76011
(817) 945-6460

FORT WORTH

4200 S. Fwy. Suite 1240, 76115
(Inside La Gran Plaza)
(817) 921-1690

ARLINGTON

2002 E. Abram St. 76010
(817) 303-7735

DISTRIBUTION CENTER

2202 E. Randol Mill Rd.
Arlington 76011

BEDFORD

510 Harwood Rd. 76021
(817) 473-2626

MESQUITE

2034 Town East Mall 75150
(In front of El Chico's Restaurant
by main mall entrance)
(972) 682-4305



WHILE SUPPLIES LAST!



TCAP cares about your pets.

LOW COST SPAY & NEUTER,
VACCINES, HEARTWORM TESTING,
DENTAL CLEANING, & MORE!

Burleson Clinic

Walk-in vaccine hours:

Monday - Friday

9am - 12pm

\$5 Rabies
vaccine

\$25 Full set of
basic vaccines

BRING AD FOR FREE RABIES VACCINE

With purchase of a full set of annual
vaccines for \$20. One offer per
customer. Not for use with any
other TCAP coupons or specials.

Expires: February 15, 2016

Burleson:

344 SW Wilshire Blvd (next to Elks Diner)
www.texasforthem.org • 817-426-3777



Worth It

— By Sara Edgell



From the outside looking in, Ashley Russell had it all — a happy marriage, three healthy sons, a comfortable home and a secure future. However, something integral to Ashley's overall emotional well-being, including her sense of self, was missing. When she looked in the mirror, she could see it, and when she was honest with herself, she could feel it nagging and tugging at her mind and heart. But that wasn't all. When Ashley looked in the mirror, she did not recognize the woman staring back at her.

At her heaviest, Ashley weighed in at 236 pounds, which for her 5-foot-4-inch body stature was seriously overweight. "In my family, we ate for every reason. My parents always said, 'Finish your plate,' so that's what I did," Ashley explained. While her weight was an obvious issue that interfered with her ability to interact in physical activities with her very active children, it was not the heaviest issue preventing her from connecting with her family.

Ashley carried many scars from a former lifetime of abuse. From a less than ideal childhood to an abusive first marriage, Ashley pushed down her emotional baggage to focus on what mattered most to her in life — her second husband, Brad, and their three sons, Brendan, Bradley and Brady. She built her world around being a stay-at-home mom, which entailed caring for her family and home. By catering to the needs of her loved ones, Ashley was able to deflect attention off of herself. However, Ashley eventually found herself unable to ignore those nagging wounds that tormented her peace of mind, eliminated any chance of having a peaceful heart and negatively affected her ability to be the mom she wanted to be for her boys.



"My trauma is mine. Everyone hurts in different ways for different reasons. What's important is addressing the emotional and psychological trauma, so you can be a whole, healed person. That's where my journey started," she smiled.

Realizing her damaged heart needed restoration, Ashley signed up for an intensive therapeutic program called S.O.S at Zak's Ridge. The premise of the program is to focus internally in order to heal one's self and become empowered to live the life one deserves and desires. "It was literally like hitting a reset button for my life. It was all about internal focus, which led me to finding my worth," she explained. "I wanted to be a better mom for my boys, but I knew I couldn't do that until I was a better me."

Part of being a better Ashley also meant focusing on her health. "I didn't realize that my past trauma had worn me down so badly that I just let myself go. I didn't feel worthy of being healthy or looking good. I was holding on to so much of the past that I completely lost me," she shared. "I think being transparent about these things is a major part of my journey."

The program helped Ashley regain control of her emotional and psychological well-being and led Ashley to focusing on another area of her life that needed attention — her appearance and health. She slowly began looking a little harder at that stranger in the mirror.

She began to recognize certain features as her sense of self became stronger. This is when



SAVE 50% ON KUMON READING REGISTRATION*

02.01-02.29



Give your child an academic advantage in school and beyond!

Kumon Math & Reading Center of Mansfield - North
920 Highway 287 North, Suite #208, Mansfield, TX 76063
682.518.8868 • kumon.com/mansfield-north

KUMON®

* Offer valid at participating Kumon Centers only when you enroll between 02/01 - 02/29. Most Kumon Centers are independently owned and operated. Additional fees may apply.

Kathy Buys Houses!

I pay ALL closing costs — sell now, more later!

**Sell Your House
in 5 Days**

817-295-6222

FOR ANY REASON:

- Estates
- Behind on Payments
- Rental Property
- House Needs Repair
- Just Want Out



Kathy Matthews

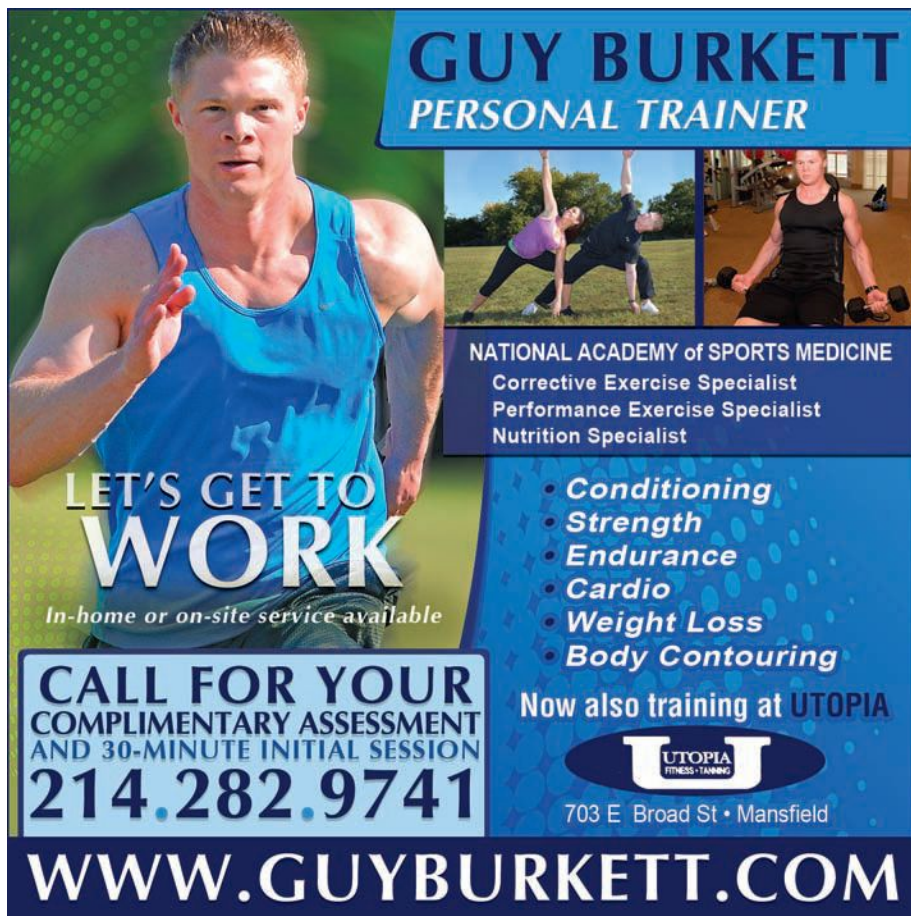


ACCREDITED
BUSINESS

A +


- ALL-CASH
- FAST & EASY CLOSE
- AS-IS HOUSES
- \$15K-\$200K

WWW.KATHYBUYSHOUSES.NET



GUY BURKETT

PERSONAL TRAINER



NATIONAL ACADEMY of SPORTS MEDICINE
Corrective Exercise Specialist
Performance Exercise Specialist
Nutrition Specialist

LET'S GET TO WORK
In-home or on-site service available

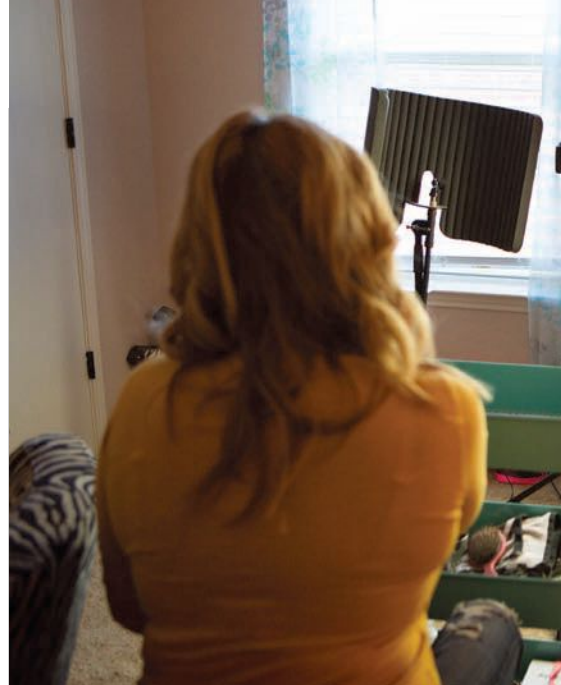
- Conditioning
- Strength
- Endurance
- Cardio
- Weight Loss
- Body Contouring

Now also training at **UTOPIA**
UTOPIA
FITNESS • TANNING

703 E Broad St • Mansfield

CALL FOR YOUR COMPLIMENTARY ASSESSMENT AND 30-MINUTE INITIAL SESSION
214.282.9741

WWW.GUYBURKETT.COM



she made the decision to not only take back her life, but her body. "I had never had weight issues growing up, so I always thought I could just eat whatever I wanted," she said.

That mentality only caused Ashley to gain weight over the years, which made her miss out on more and more opportunities to interact with her boys. Therefore, she changed her lifestyle completely. "I hate to say it, but it's true! I didn't do a fad diet or anything special or extreme. I simply changed what I was eating and started working out," Ashley explained. She was, admittedly, obsessive about her efforts at first, going to the gym nearly every day each week for at least two hours per visit. She also avidly counted her calories with a critical eye. After 10 months, she had lost 100 pounds. "I had to change my mindset about my health because I think what I was doing was unhealthy. I was focused on the number rather than my actual health," she remembered. "I wanted to be strong and

WE'VE GOT YOUR BACK!

From start-up to the most seasoned business, Gallini Law understands and helps you navigate the complexities of business. We proactively assist, guide and protect our clients so they can concentrate on what they do best!

- Entity Formation
- Contractual Drafting
- Document Review
- Nondisclosures
- Employment Matters
- Litigation
- Business Collections
- Trade Secrets
- IP Infringement
- Compliance

GALLINI LAW, PLLC
ATTORNEYS & COUNSELORS

p 817.303.2820
Serving Mansfield for over 15 years

Jon C. (Kit) Gallini, J.D.
990 N. Walnut Creek Drive, Suite 1003, Mansfield



I want to help women understand it's OK to love themselves and embrace being a woman. I want them to feel beautiful because they are worth it.

healthy, not skinny and weak."

So once again, Ashley made a change. She threw her scale away and made her workout about having "me time" rather than a chore she felt responsible for completing every day. She continued to cook healthy and to be active with her family. She also reveled in her newfound hobbies — fashion and makeup. "Once I lost the weight, I became super girly and started buying cuter clothes and playing around with makeup," she said.

At one point, Ashley created a



You deserve a **NEW LOOK** for the **NEW YEAR!**

OAKLEY Ray-Ban
TOM FORD
EYEWEAR

BOYD EYECARE 817.557.3937 • 1560 N. Hwy. 287, Ste. 300
Glenn Boyd, OD • Dianne Doan, OD
between Walnut Creek & Debbie Ln.
www.557EYES.com

Once upon a time During a New Year's Eve Sleepover ...

"SHAKE IT UP!... SHAKE IT UP!"

HAPPY NEW YEAR!

KIDS... TIME TO BRUSH YOUR TEETH!

WHO FLUSHED MY TAYLOR DOLL?

MAMA!!

OH NO! WE'LL NEVER FIND A PLUMBER ON NEW YEAR'S EVE!!

SOMEONE NEEDS OUR EMERGENCY AFTER-HOURS SERVICE!

SOMEONE PLEASE HELP US!

MANSFIELD PLUMBING TO THE RESCUE!

NEVER FEAR. MANSFIELD PLUMBING IS HERE!

WITH COOKIES!!

WHOOSH!

DON'T FORGET YOUR COUPON!

\$50 OFF ANY SERVICE! EXPIRES 1/31/16

YOU RESCUED TAYLOR!

MANSFIELD PLUMBING

Voted Mansfield's **BEST PLUMBER** FOR 2011-2015 by Mansfield Mirror

817-473-8888
www.mansfieldTXplumbing.com
License #M#36261

MANSFIELD AREA
CREDIT UNION
MasterCard Visa Discover

Make peace, not judgments.

the faith community at
eboc.org
east broad outreach center

Worship Sunday 10:30 A.M.

4517 E. Broad St. | Mansfield | 817.539.0581



YouTube account to share part of her journey with family out of state. About a year later, she logged back on to find that her video had over 100 views. This prompted her to explore the site to see what all it had to offer by way of self-image inspiration. What she found was an entire community dedicated to makeup tutorials. Ashley was amazed and also inspired to get involved. She immediately saw an opportunity to share her story of overcoming trauma and her message of finding your worth all through makeup. "There is a lot of negativity surrounding makeup and how it makes a person fake or hides things about a woman. But honestly, makeup is fun, and it always fits," she smiled.

Ashley's goal was to target the everyday woman, stay-at-home moms and over 30 crowd who often put others before themselves. Basically, she wanted to reach other women like her. Now with over 7,000 subscribers, people all over the

vivint.

AUTHORIZED RETAILER

Simple, affordable
home automation

See which customizable
package will work best for you!

Protect

- ✓ Smart home security
 - SkyControl Panel
 - 24x7x365 monitoring
 - Customized security equipment
 - Free Vivint mobile app

Protect & Control

- ✓ Smart home security +
- ✓ Home Control
 - Choice of 2 smart home products

Complete

- ✓ Smart home security +
- ✓ Home Control +
- ✓ Cloud Storage

**Affordable Home
Entertainment**

1-866-624-8142

get up to
\$1500 worth of **FREE**
EQUIPMENT
PLUS
FREE INSTALLATION



Free for a year.
Every game.
Every Sunday.



FREE iHip Wireless
Headphones
with each
activation!



Elevate your entertainment with

DIRECTV

Get the best value in entertainment

1-866-624-1842

ENTERTAINMENT	CHOICE™	XTRA	ULTIMATE	PREMIER™
Value-packed package	The package that beats cable	Our most popular package	The movie lover's package	Our top-of-the-line package
150+ channels	175+ channels	220+ channels	240+ channels	315+ channels
\$24⁹⁹ MO	\$29⁹⁹ MO	\$34⁹⁹ MO	\$39⁹⁹ MO	\$89⁹⁹ MO
for 12 months	for 12 months	for 12 months	for 12 months	for 12 months

Call today to sign up and ask about our FREE Genie upgrade

Qualico

- Kitchen and Bath Remodeling
- New Additions
- Windows and Doors

Replacement and new installation.

... And More!



www.Qualicoinc.com

CALL TODAY!

(817) 453-3113

**Mansfield Owned and Operated
for 28 YEARS**



KIDZCARE LEARNING ACADEMY

BEST AREA PRE-K PROGRAM!

One Week Free!
with enrollment by February 28, 2016

- New Family Discounts
- Ages 3-5 • Full/Part-time
- State-Licensed & CCMS Approved
- Daily Martial Arts Classes (no experience needed)

**Nurturing
& Safe
Environment**



Not just ordinary. EXTRAORDINARY LIFECARE!

BUSHO KAI U.S.A., Inc.

1501 Highway 157 • Mansfield, Texas 76063
817-473-7406 • www.kidzcareacademy.com



• After-School Martial Arts Program

- FREE Transportation from Local Schools
- Safe, Fun, Structured & Educational
- State Licensed & CCMS Approved

- Childrens Karate & Brazilian Jiu-Jitsu Class
- Adult & Teen Karate & Brazilian Jiu-Jitsu Class

**STAY HEALTHY!
BE ACTIVE!**

**KICKOFF
2016 WITH
BUSHO KAI!**



ONE MONTH KARATE OR
BRAZILIAN JIU-JITSU PROGRAM

\$49.00 Plus a FREE Student Uniform

Offer Expires: 2/1/2016 New Students Only

BUSHO KAI

Martial Arts & Fitness
1501 Hwy 157, Mansfield, Texas 76063

817-473-7400

www.bushokai.com



DO YOU NEED A NEW **bryant** A/C SYSTEM for Your Home?

- ✓ Do you obtain an income and can prove it by pay stub or bank statement?
- ✓ Is your name on the mortgage?
- ✓ Do you have a TX Driver's Licence or TX Issued ID?



**Whatever
it takes.™**

bryant

Heating & Cooling Systems

If you answered **YES** to these
3 questions, you are "approved" with

\$0 DOWN PAYMENT

Guaranteed **NO Credit Check**

CALL TODAY

972-296-1939

www.emshvac.com • TACLA998C



world tune in to watch her videos, which cover everything from product reviews to application instructions. She also adds her own special touch by making it a point to talk about life, too. "I target the everyday, normal woman, so I focus on practical, everyday makeup. If I can touch one heart with my message, then it's all worth it," she said.

The transparency that was so important in her emotional and physical journey is just as important in her makeup videos. "I am honest about it all. If I don't like a product, I don't hold back," she quipped. But she also doesn't hold back about sharing her life story. For Ashley, being transparent and open about her trauma in life and about how she overcame it is part of her message. "I want to help women understand it's OK to love themselves and embrace being a woman," she smiled. "I want them to feel beautiful because they are worth it." **NOW**



LLI
CONSTRUCTION INC.
OUTDOOR LIVING EXPERTS

**Patios • Cedar Arbors
Fireplaces • Fire Pits
Covered Patios
Outdoor Kitchens
Paver/Flagstone**

682-232-6030

**Locally Owned
Quality Workmanship
References Available on Request**

Make this a **HAPPY NEW YEAR**
with **NEW WINDOW COVERINGS** in 2016!



FREE INSTALLATION

for orders placed by 1/31/2016
Max \$99.99 value when you mention this ad.

Blinds, Shutters, Shades, Drapery and More!

Schedule your **FREE In-Home Consultation** today!

817-539-0155 // BudgetBlinds.com/MansfieldTX

**Budget
Blinds**

The Best in Custom Blinds and Window Coverings

Give your kitchen or bath a
new look for the New Year!



- ✓ **FREE Estimates**
- ✓ **Competitive Pricing**
- ✓ **Up to 15-year Warranty on Some Products**

MTM Countertops

2460 Hwy. 287 N. • Mansfield • For more info call **866-439-1935**.

(Northbound service road – between Callendar Rd. & Turner-Warnell)



FREE

18-gauge Stainless Steel Sink
(\$350 value)

Call or visit our website for details!
www.MTMCOUNTERTOPS.com

Granite, marble & quartz fabricator for
kitchen & bathroom countertops
Extensive color selection combines beauty,
function & elegance for any bathroom or kitchen!



SILESTONE
by COSENTINO



Come see our wide selection!

SHOWROOM HOURS:
MON-FRI: 8AM - 5PM
SAT 10AM-2PM

LIKE US ON





Congrat

Lake Ridge High Scho



cricket
wireless



Harris★Cook LLP
Attorneys & Counselors at Law



Photos by Rich Jacques,
Eagle Nation News.

We Are Very

tulations

ol - 2015 State Finalists



Mansfield
CHIROPRACTIC


MANSFIELD
T E X A S
*Minutes to everything.
Second to none.*

Mansfield
URGENT CARE
& Family Medicine

OXFORD
GLEN
Memory Care Residence

 **MANSFIELD BIBLE CHURCH**
mbcchurch.com

Tardy
ORTHODONTICS

 **UNITED DERMATOLOGY**
ASSOCIATES
OF MANSFIELD

 **MISD**
Mansfield
Education Foundation



Proud Of You!

Photos by George Olsen.

Free as a Bird

— By Virginia Riddle

Birds, beaches, bottles and beautiful art are all part of Dina Huffman's Mansfield apartment. From her balcony or the picture window in her living room, Dina can watch the birds as they come and go in the green, forested scape that is just beyond her back fence. "These creatures survive the elements and are free to go anywhere they want. I like what the birds represent," Dina said.

A native of California where she worked and raised a family, Dina moved eastward when the economy took a downward turn. A certified escrow officer in California, Dina came to the Dallas-Fort Worth Metroplex to become a sales representative for Reunion Title in Richardson. Additionally, Dina is bilingual in English and Spanish and is a Texas notary.

Family is important to Dina. While one son still lives in California and a daughter lives in Colorado, Dina enjoys living close to two sons and their wives who reside in Richland Hills along with four of Dina's nine grandchildren. She enjoys her once-a-year visits back to California and to Colorado to see family and friends, and likes to travel to other interesting sites. She's been to 15 of the U.S. states, mostly on the East Coast.



At Home With Dina Huffman





Vella V. Chancellor, MD

Obstetrics & Gynecology



Theresa Okoro
CNM

Happy New Year!
Call for an Appointment Today

817-477-9292

New Patients Welcome

Most Commercial Insurance Accepted



2800 E. Broad St., Suite 400, Mansfield, TX 76063

PHOENIX CUSTOM HOMES & REMODELING

Quality Homes At Affordable Prices



BEFORE

- New Home Construction
- Kitchen & Bath Remodels
- Granite Counter Tops
- Room Additions
- Flooring
- Outdoor Kitchens



AFTER

"Very cost-competitive, and the quality exceeded our expectations."

- Ron & Karen G. of Mansfield

**SENIOR &
MILITARY
DISCOUNTS**

ADD VALUE TO YOUR EXISTING HOME
OR BUILD THE HOME OF YOUR

DREAMS.

Call or visit us online today.

www.phoenixchr.com • 817.205.1051



"My long-term travel dream is to visit Italy, Greece and Spain," Dina, an artist and crafter, said.

Baiser, a rescued Maltese and Dina's housemate, sounds the alarm. "Her name is the French word for 'kiss.' Baiser loves to give me kisses," Dina remarked. Dina adopted Baiser from Collin County Animal Services after 51 puppies, including Baiser, were found abandoned on a road. "It made the news. Now, she's a rags-to-riches story. Baiser lives the life of a princess!"

Dina's artist's eye is evident everywhere from the moment family



or friends knock on her door, with its welcoming wreath, and get a first look into her living room. Dina has artfully blended colors with her collectables. A wood burning fireplace is topped with a mantel on which she has placed glass bottles, birds and a clock that appears to wind downward. The hearth is framed with birds seated on a wooden box and a large feather and dried flower arrangement. "Decorating, to me, is color. The colors tell the story as to who you are," Dina revealed.

The seating area "pops" with a bright green sofa and a comfortable, oversized



leather chair, with matching footrest, from which Dina watches birds, reads and also gazed at the recent lunar eclipse. Within easy reach is an under-the-window shelf that provides a great environment for plants, drinks and food. A wooden chest serves as Dina's coffee table and is decorated with a silver seahorse and a starfish. Birds and bottles are artfully arranged on shelves above the sofa along with wall hangings, one of which denotes another of Dina's favorite pastimes — playing Scrabble with her grandkids. "Everything blends, but it's all different," Dina explained.



OLD REPUBLIC TITLE

Wishing you & yours a very

HAPPY NEW YEAR

Arlington

1241 W. Green Oaks Blvd.
Suite 101
Arlington, TX 76013
(817) 457-3930 p | (817) 457-2976 f

Since 1992, no other title insurer has had higher overall ratings than Old Republic Title.

Mansfield

1405 N. Highway 287
Suite 101
Mansfield, TX 76063
(817) 453-8104 p | (817) 453-7418 f



Linda Sanders
Escrow Officer



Kim Moore
Escrow Officer



Robyn Barrere
Sales Executive
(817) 751-4187



Autumn Revoir
Branch Manager
Escrow Officer



Jo Waldrop
Escrow Officer



Lolly Waller
Escrow Officer



Sheri Scott
Escrow Officer



OLD REPUBLIC INSURANCE GROUP

HANSON



IRON WORKS

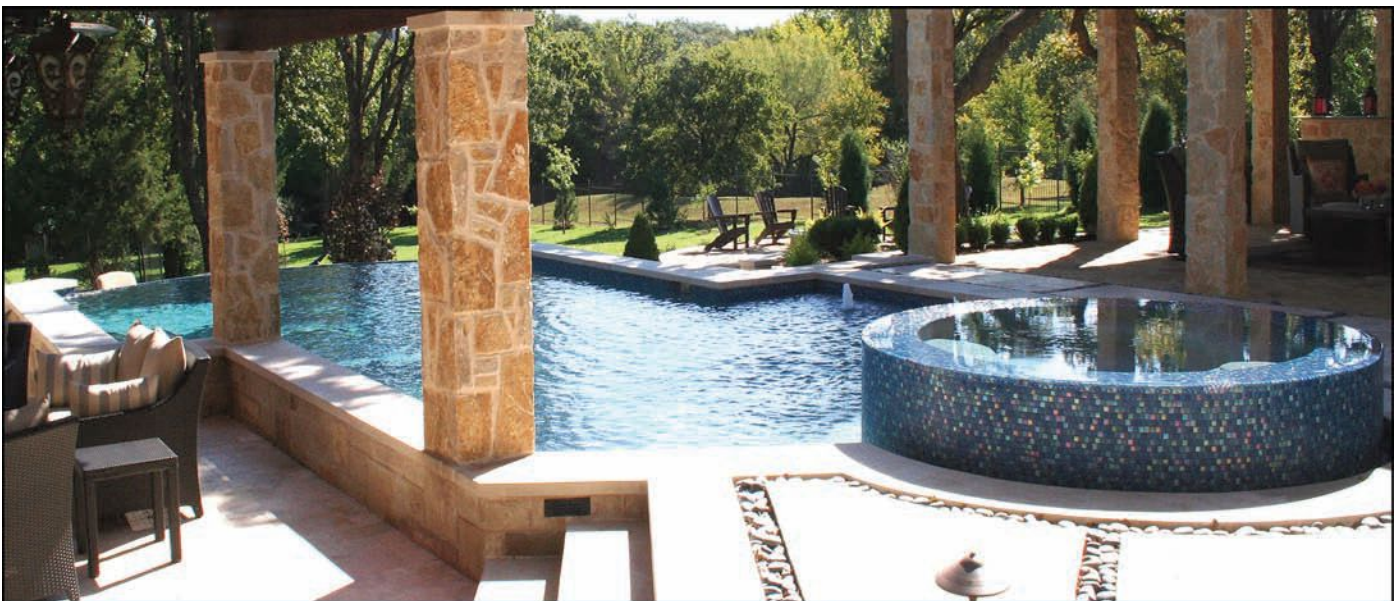
ELLIS COUNTY'S #1 SOURCE FOR CUSTOM
WROUGHT IRON FOR OVER 20 YRS.

* WROUGHT IRON FENCES & GATES * AUTOMATIC GATE OPENERS * STONE & BRICK COLUMNS
* WOOD & IRON FENCE COMBOS * SERVICE AND REPAIR ALL GATE OPENERS * BALCONY RAILINGS



972-775-3091

VISIT US ONLINE AT WWW.HANSONIRONWORKS.COM FREE ESTIMATES



Custom Pools and Spas • Luxury Outdoor Living Spaces • Complete Pool Renovations • Dedicated Service Team

Pulliam Pools

Innovative pools built on experience since 1916



HOME OFFICE
2725 Altamesa Blvd.
Fort Worth, Texas 76133
817-346-4778

PARKER COUNTY OFFICE
3292 Fort Worth Hwy.
Hudson Oaks, Texas 76087
817-613-1910

www.pulliam.com

*Pulliam Pools would be honored to build
your outdoor stay-ca-tion destination!*

Wishing you a
HAPPY NEW YEAR
FROM OUR FAMILY TO YOURS!

Have a safe, prosperous and healthy New Year.

NOW
MAGAZINES

Bringing the best of the community home

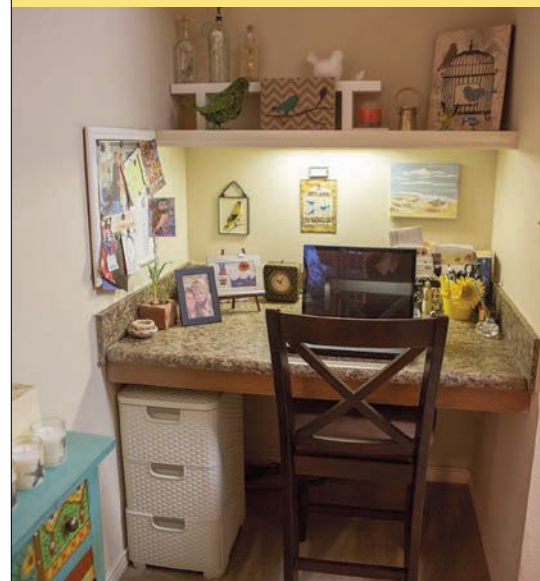
BURLESON • CORSICANA • ENNIS • GRANBURY • MANSFIELD • MIDLOTHIAN
NORTH ELLIS COUNTY • SOUTHWEST • WAXAHACHIE • WEATHERFORD

Two glass fish sit on Dina's breakfast bar, which separates the living area from the kitchen with its wine theme. "I love Napa and like to collect bottles," she explained. A bird motif that Dina arranged "flies" over the breakfast bar and, her first pastel still life of a bottle is hung on the wall with pride. A built-in desk provides the perfect work space.

In what would ordinarily be a dining space, Dina has created a cozy sitting area in which to entertain friends or family. The shockingly bright orange chair stands out in contrast with the brown of shelves that hold her beach collection, bird watching books, plants, candles and a seashell with a bird painted on it. "I have a book that even tells me what the birds' chirps mean," Dina said. A mermaid clock hanging on the wall provides more color and perfect time. "My best friend in California and I both got a mermaid clock. I just love the mermaid — she's too cute!" Dina exclaimed.

French doors open onto a balcony that has become another sitting area complete with the sounds of soothing water from an urn-styled fountain. "I love inviting friends over for a glass of wine while we sit and talk," Dina said. Doors open into what would normally be a storage room, but Dina has created a crafting space to satisfy her creative side. "It's small, but everything is organized, and it works for me," she said.

The bedroom is a beach retreat with a shell motif, soft sandy colors and a wreath Dina created with seashells. A metal hat rack is the perfect staging ground for her colorful collection of





hats. A futon provides seating and also an extra bed for when grandkids arrive for an overnight stay.

A bath with a garden tub conveniently opens to both the bedroom and sitting area. Here, the beach theme continues with a wall hanging that says, "Unlike swimsuits, flip-flops fit year after year." Sea horses that were meant to frame photos actually frame shells instead — another creative styling by Dina.

"I moved here in November 2012, and now this apartment and building have a homey feeling," she said. "I've owned large homes, but I like the coziness of this place, and I've made it my home on a shoestring budget. I always go for the sale!" she exclaimed. The stone and stucco building fits well into the green space, and Dina has covered parking and an extra space for storage.

"I really like the country feeling I get in Mansfield. People are very friendly. Mansfield reminds me of the small town where I grew up — Valencia, California. It had this same kind of small-town feeling back in the '80s," Dina recalled. She likes to do Pilates and enjoys a "pretty well-rounded social life." Work-related, Dina is a member of the Richardson Chamber of Commerce and the Collin County Association of Realtors. "I've met really good people, and there's always something new to do with friends, since this is a new area for me to explore," Dina said excitedly.

"This is a new lifestyle I've created," she mused. "It's the first time in my life that I've been by myself, so I've picked out everything in my home and have made this place really mine. You have to wonder, *If you have your life to do over, would it be different?* Life is always changing and happiness can be found in something that's at first uncomfortable but becomes comfortable." **NOW**

Duncanville's Award Winning Senior Living

Champions Cove

1600 South Main St.
Duncanville, TX 75137
(Highway 67 at Main Street)

972.298.5545

*Must tour before February 29, 2016.



Bring in this ad for a waived community fee.* (\$500 value)

Mansfield URGENT CARE

& Family Medicine

We're Here When You Need Us



KEEP CALM
AND
GET YOUR
FLU SHOT

- Immunizations
- School Physicals
- Sports Physicals
- Family Medicine
- Primary Care Copays Apply



817-473-3979 | 1811 Hwy 287 N., Suite 150
(Super Target Shopping Center)

Hours: Mon.-Fri. 8:30am-8:00pm • Sat. 8:30am-6:00pm

WWW.MANSFIELDURGENTCARE.COM



Congratulations

Winners of 2015 6A-Division



cricket
wireless

B&M
AUTO SPECIALISTS



 **Frost** BANKING
INVESTMENTS
INSURANCE



Mansfield
CHIROPRACTIC



Harris★Cook LLP
Attorneys & Counselors at Law

 **MISD**
Mansfield
Education Foundation

We Are Very

Mansfield Tigers

on 2 - State Quarter Finals



Proud Of You!

Photos by Jason Roberts.

A man with glasses and a plaid shirt is sitting at a desk, looking at a newspaper. The background is a blurred office or classroom setting. The title 'THE BIGGEST MORON.' is overlaid on the top right of the image.

THE BIGGEST MORON.

— By Sara Edgell

Leland Mallett (pronounced ma-let, not mallet as in the hammer) is one of the two advisers of the journalism program at Legacy High School. He and the co-adviser do not use courtesy titles, preferring to simply be referred to by their last names. For the past eight years, Mallett has educated, counseled and directed students who write for, design and publish both the school's Arena Yearbook and The Rider Online newspaper. Thanks to his unconventional approach, the students and the publications have experienced great success. "I treat my students as if

this were a job. I dislike the idea of grades and school, and since a job means to produce, it just makes sense because we are producing daily news and the annual yearbook," he explained.

His dry sense of humor and playful demeanor bring a certain relaxed comfort to the classroom that students easily identify with and respond well to. He also works to create a safe space where his students feel comfortable with taking risks and sharing their thoughts openly. "I am real with them, so everything comes naturally, including the relationships," he affirmed. For Mallett, those relationships are at the heart of the journalism program. "I keep in touch with many of my former students. The hardest part for me is graduation because I have to watch



"I'D LIKE TO SUM UP
MALLETT IN ONE WORD
— MORON. IT'S A WORD
HE USES A LOT. IT'S
ODDLY BECOME A TERM
OF ENDEARMENT,
A COMPLIMENT AND
SEEMS TO SOMEHOW
MOTIVATE STUDENTS."

the kids I've trained leave. No other job out there has as high of a turnover rate as this one."

However, Mallett cannot imagine doing anything else in the world. Alongside the second adviser of the journalism program, Rachel Dearing, the two take extreme pride in the work the students produce. They are also able to provide authentic and meaningful learning experiences because they balance the workload in a reciprocated tag-team manner. "Having two teachers in the classroom brings a diversity that's good for the kids to see. So much of journalism is subjective and being able



Licensed and Insured
BBB ACCREDITED BUSINESS

Crown Roofing & Construction

ATTENTION HOMEOWNERS
FREE ROOF INSPECTIONS
 Insurance Claim Assistance
Ask About Our Roofing Specials
 Upgrade from a 3-tab roof to a 30 year shingle

Services We Offer

- Roof Replacement
- Gutter Replacement
- Painting • Fence Replacement
- Electrical • Fire Restoration

Upgrade a 30 year shingle with a High Profile or Ridge Vent

These Specials Won't Last Forever

Main: 972-298-ROOF (7663)
Dallas: 972-290-0366

507 E. Fairmeadows Dr., Duncanville • info@CrownRoofingDFW.com • www.CrownRoofingDFW.com

NOW HIRING



Join our fast growing TEAM
at our global corporate headquarters.

Immediate interviews for Overnight Stocking positions.
Interviewing now for IT, Marketing, Finance, Warehouse,
Customer Service, and many others.

Visit mouser.com/CareersNow to search our current openings.



Mouser Electronics is a worldwide leader in the distribution of electronic components for engineers to design future must-have products today. Mouser is part of the Berkshire-Hathaway family of companies, a Texas Employer of Excellence and a Mansfield Chamber of Commerce 2014 Outstanding Large Business of the Year winner.

1000 N. Main Street, Mansfield, TX 76063

MANSFIELD ADVENTURE BOOT CAMP



CAMP STARTS JAN. 11TH
FUN AND MOTIVATING

MANSFIELDBOOTCAMP.COM REGISTER NOW! 817-719-0355

DROP WEIGHT
BUILD A FIRMER BODY
GAIN SELF-CONFIDENCE

- 20 ENERGIZING OUTDOOR WORKOUTS
- NUTRITION SEMINAR
- FREE T-SHIRT
- 100% REWARDING

HURRY!
CAMPS FILL FAST!


WE GO INDOORS ON COLD OR WET DAYS




Eubank

Audiology & Hearing Aids

11797 South Fwy, Ste 132, Burleson, TX 76028



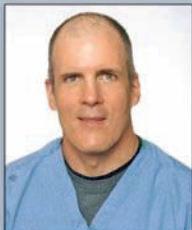
Megan R. Eubank, AuD
Eubank Audiology & Hearing Aids
817-551-0466
www.eubankaudiology.com



Sound solutions from someone you can trust.

We offer the most advanced hearing aid technology to fit your personal needs and budget.

When auditory centers of the brain are not properly stimulated, neural pathways deteriorate permanently. Studies have shown that auditory deprivation can have a negative effect on brain function, contributing to early dementia.



John P. Shea, MD
Shea ENT & Allergy Clinic
817-551-1010
www.sheaent.com

**Wax? Middle ear?
Inner ear?**

Shea ENT & Allergy Clinic has helped diagnose and treat various causes for hearing loss and tinnitus since 1979. Our clinical staff with over a century of experience is ready to help.

After evaluation and care of common causes of hearing loss and tinnitus, such as common wax impaction, other causes are investigated, such as Ménière's disease. Fluctuating ear fullness, tinnitus, hearing loss, sound sensitivity and dizziness can be caused by Ménière's. This inner ear disorder is often from an allergy that can be diagnosed and treated with Allertol sublingual drops, offered exclusively through our clinic.

After diagnosis and clinical treatment, persistent hearing loss/tinnitus can be improved with hearing aids, custom selected and fitted by Dr. Eubank.

to bounce ideas off of more than one person is helpful. We are a good team. I could never imagine doing this job alone," she expressed with candor.

Currently, the editor-in-chief role is filled by Sarah Pearson and Alanna Zaskoda, and Ben Townsend serves as news editor. All three agree journalism would not be such a significant driving force in their lives if it weren't for Mallett. According to Ben, "I took Journalism I just because, but it turned into more than I could have ever imagined." This is due in part to the environment Ben gets to work in every day and the positive influence he strives to emulate in his work. "Mallett has charisma. He's someone a person wants to be around and wants to impress. He has built a program so traditional of excellence that you want to keep it alive."

Alanna, too, started in Journalism I, and quickly recognized she wanted to be a part of the magic Mallett had spun.



"The environment is unlike any other student organization or program offered. At first, I was so shy, and I didn't think I could handle it. But I came out of my shell and have so much more confidence because of this," she shared. Ultimately, that's Mallett's goal for every student in the program.

When it comes down to it, what Mallett does has nothing to do with notoriety or accolades. "Really it's not even about the publications at all. The big picture with both of us is trying to help create good citizens of this community," Dearing said. "Students and staff respect Mallett because he's more than a teacher. He's a dad figure who not only offers advice, but walks the walk when it comes to volunteering, showing compassion and being a team player."



AMARIS

NAILS & SPA

Dedicated to giving you the BEST spa experience EVER!
 Exceptional nail hygiene & customer service! • Complimentary beverages and snacks

**20% OFF
PEDICURES**
Monday - Thursday
One coupon per client. Ad must be presented for discount. Cannot be combined with any other offers. Exp. 1/31/16



Long mi Lashes
 Beverly Hills

1st and Only US Patented Method for Multiple-Layer Eyelash Extensions

**GIFT
CERTIFICATES**

**\$50 OFF
PERMANENT
EYELASHES**
One coupon per client. Ad must be presented for discount. Cannot be combined with any other offers. Exp. 1/31/16




Before After


Like and follow us on Facebook to have a chance to be our winner of the month for a FREE PEDICURE.

817.453.7711 • 469.344.8704
 1530 E. Debbie Ln., #132, @ Matlock
 Mansfield (In Sprouts Farmers Market Center)

 **Amarisnailsandspa**
 Mon.-Fri.: 9:30 a.m.-7:30 p.m.
 Sat.: 9:00 a.m.-7:00 p.m.
 Sun.: 12:00 p.m.-6:00 p.m.



AN EXEMPLARY CHOICE IN PUBLIC EDUCATION



Accepting Applications for 2016/2017 School Year
Open Enrollment Public Charter School • February 1st - 29th
Kindergarten through 8th Grade

STRENGTH | WISDOM | COURAGE | VIGILANCE

ARLINGTON CLASSICS ACADEMY

2800 W. ARKANSAS LN.
ARLINGTON, TX 76016
817-274-2008

WWW.ACAEDU.NET

5200 S. BOWEN RD.
ARLINGTON, TX 76017
817-303-1553

KNOWLEDGE FOR A LIFETIME

UGLY COUNTERTOPS?

Before
 ■ Stained, Peeling Laminate Counter
 ■ Ugly, Outdated Colors

After!
 ■ Repaired & Refinished
 ■ Modern Colors
 ■ Easy to Clean Surface

Don't Replace, Refinish!

- FAST, 2-DAY PROCESS
- THOUSANDS LESS THAN REPLACEMENT!



Miracle Method®
SURFACE REFINISHING

Visit our showroom
by appointment
Hours 8:30-5:00 Mon-Fri

Martin Rugroden,
Owner Miracle Method Mid-Cities

We Also Repair and Refinish:

- Bathtubs
- Tile Showers & Walls
- Sink & Vanities
- Fiberglass Tubs & Showers
- Shower Enclosures

\$75 OFF

A Complete Tub & Tile,
Shower Stall or Countertop
Refinishing Job

Limit one coupon per project.
38 sq. ft. min. countertop. Not valid
with other offers. Through 1/31/16

Call for a FREE Estimate!
817-633-9100
 181 S. Watson Rd., #309
 Arlington, TX 76010

Each Miracle Method franchise is independently owned and operated. Valid at participating locations only. See our work at www.miraclemethod.com/dfw-mid-cities



Under his guidance, both publications have earned several awards at both state and national levels. Additionally, Mallett has taken his students to UIL District Championship competitions where they have won six times. The students, under Mallett and Dearing's experienced and watchful eyes, complete their award-winning work. They do all of the writing for the online newspaper and blog, all of the photography, delegating the assignments and, of course, editing and layouts. "Along the way, I offer feedback, support and guidance where needed, but they are in charge. It's really a sight to see when everyone is in here working on something different at the same time," Mallett shared.

But the student staff are not the only winners in the bunch, as Mallett has also won several awards of his own, including the Legacy High School Teacher of the Year, ILPC Edith Fox King Award and the TAJE Trailblazer. Mallett was also recently named a Special Recognition Adviser by the Dow Jones News Fund. Clearly, he leads his students by example, demonstrating the work ethic, keenness and character he strives to instill in his students.

His most impressive accolade to date was winning Max Haddick Teacher of the Year for Texas Journalism in 2015. Out of all the journalism teachers in the state, the three-judge UIL team ultimately selected Mallett, and he never even knew he had been nominated by Tammy Bailey, the school's yearbook representative. Dearing then wrote a moving recommendation letter to share firsthand just how didactic a teacher Mallett really is. She wrote, "I'd like to sum up Mallett in one word — moron. It's a word he uses a lot. It's oddly become a term of endearment, a compliment and seems to somehow motivate students." For

Kubota M5660SUH/D

Ready to take care of business.



- Powerful 56 HP Tier 4 Final direct injection Kubota diesel engine
- 2 or 4 wheel drive
- User friendly, economical



Kubota

www.kubota.com

Optional equipment may be shown.

© Kubota Tractor Corporation, 2015




Six & Mango Equipment, LLP

4011 E. I-30, Grand Prairie, TX • 972-314-2500 • 8741 Main St., Frisco, TX • 972-335-2731

SALES • RENTAL • PARTS • SERVICE

www.sixandmango.com



You can just have a pool, or
you can have a BlueWater pool!

**FREE FIRST
6 MONTHS**
Weekly Pool
Maintenance
with each new
pool build

- ▶ WEEKLY SERVICE
- ▶ NEW CONSTRUCTION
- ▶ RENOVATIONS & REMODELING
- ▶ EQUIPMENT REPAIRS/UPGRADES
- ▶ PLASTER, TILE & COPING
- ▶ OUTDOOR KITCHENS
- ▶ FIREPLACES
- ▶ DECKING
- ▶ SALT & UV SYSTEMS
- ▶ WATER & FIRE FEATURES



Our showroom is located at 10424 FM 1902 • Crowley, TX

817.297.7120

www.BlueWaterCustomPools.com



David L. Cook
Managing Partner

*Board Certified, Family Law
Texas Board of Legal Specialization

Harris Cook LLP

Attorneys & Counselors at Law

817.275.8765

Locations in Mansfield & Arlington

309 East Broad 709 East Abram
Mansfield, TX 76063 Arlington, TX 76010

Premier Full Service Law Firm



Kimberly Fitzpatrick
Attorney at Law

New Year
Practice Areas:

**Complex Divorce Matters | Contested Child Custody | Business Formation
Business Litigation | Wills & Estate Planning**

* Over 70,000 attorneys are licensed to practice in Texas. Only 7,000 (less than 10%)
have earned the right to be recognized as Board Certified Specialists in one of 21 select areas of law

www.harriscooklaw.com

girl scouts
of texas oklahoma plains
gs-top.org • 817.737.7272



Cookie Season Is Here!

Find your cookies at girlscoutcookies.org.

**Your time is valuable,
so let us do the shopping!**

**Grocery shopping & delivery
to your home or business.**



- No more long lines at the store
- Save money on gas
- No impulse buying
- No more stopping on way home from work
- Other errands available

**\$10 OFF
Service Fee**
when you mention
NOW Magazines

Expires 3/31/16
One coupon per order.

817-404-4832 • cell 864-517-5611
Visit our website for further details & delivery area
www.grocerystoreexpress.com

Do you need a local, full-time, experienced financial advisor?
Call Todd TODAY for a complimentary risk analysis of your portfolio.

**SIMMONS
WEALTH
MANAGEMENT**

817-225-4476
600 Strada Circle, Suite 106, Mansfield, Texas, 76063
todd.simmons@lpl.com www.360wm.net



Todd A. Simmons
AAMS, MBA

Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through 360 Wealth Management, a registered investment advisor. 360 Wealth Management and Simmons Wealth Management are separate entities from LPL Financial.



Mallett and his students, M.O.R.O.N. is actually an acronym for motivated, organized, realistic, outgoing and nuts. It's a term that embodies everything Mallett guides his students to develop within themselves.

Dearinger continued by explaining, "Mallett is a natural motivator. His quirky personality is like a magnet. I truly believe he has a gift for connecting with students. He is able to see potential in almost anyone and encourage students and many adults to complete tasks that many don't think are possible. He holds his students at an incredibly high standard but shows them the path of success in a way that doesn't seem tough."

Not only did her words convey the essence of Mallett's passion and agenda in the classroom, but they also convinced the judges Mallett was their winner. Once she heard the happy news, Dearinger began planning and organizing the celebration. All the while, his colleagues, students and family kept the secret from him until reveal day when they surprised him at the award ceremony during the state journalism convention. "The surprise of seeing all of my current and former students there with my family and friends was worth more than the award. I was actually kind of embarrassed because I hate stuff about me. I have great kids and colleagues to work with — I just happen to be their leader," he said.

His hard work and dedication to his job got him where he is today, but as he says, "At the end of the day, it's about the students and people I work with. I can't thank them enough." **NOW**



Durable, Hard-working, and Dependable Performance
#1 Selling Tractor in the World
Simple. Easy. Value.



1309 Haltom Road
Fort Worth, TX 76117
972-834-8131

1538 HST - \$329/mo*
Shuttle - \$316/mo*
36.7hp, 4WD, 4-cylinder, with Loader.

Get \$1,000 off when you add two Mahindra implements.**

\$200 Rebate**
Customer loyalty.
\$200 Rebate**
Military/First Responders.
\$200 Rebate**
Teachers.

** Restrictions Apply

Mahindra
Rise.

* \$0 down, 0% interest for 84 months with approved credit. Program restrictions may apply. See dealer for details.


new sermon series begins | january 10

i will remember

where i came from • the word • to pray • what god has done
to give • the poor • to rest • to live spiritually



mbcchurch.com | sundays 9:30a & 11a | 2351 counrty club dr
en español 11a



Nutrition With a Twist

— By Melissa Swedoski

The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.

Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.¹





• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.² Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.³



Open Enrollment is right around the corner.

Are you ready?

Confused about health coverage?
I am here to help with the right coverage that will meet your needs & budget. Call or email anytime.

Don't stay confused. Call or email me for a face-to-face appointment. We will go over your options for coverage together. I want you to know the agent that is working for you, your family or small business.



Health & Life Insurance Agent
Marvin L. Brooks
 (972)-921-0354
marvin.brooks@ushadvisors.com
www.ushagent.com/marvinbrooks

Insurance underwritten by
 Freedom Life Insurance Company of America
 National Foundation Life Insurance Company

*Not all products are available in all states.
 Exclusions and limitations apply.
 #ADMB0915

***Flexible, Affordable,
 Customizable Insurance Coverage***

24-hour Coverage, On & Off the Job!

Supplemental Coverages for

- Critical Illness Insurance* •
- Excess Medical Accident Insurance* •
- Short-term Accident Disability Income Insurance* •
- Dental PPO Insurance* •
- Premier Vision Insurance* •



**Welcome
walk-ins**

COMING SOON

The Vine Medical Center and Sleep lab
 921 E. FM 1187, Crowley TX 76036
 Extended hours: Monday thru Saturday from 7 a.m. to 7 p.m.

Reveal your true shape.

ZERONA® is the first FDA approved non-invasive laser, that removes fat and inches painlessly. Imagine, dropping a dress size or losing that "muffin top" with **NO PAIN, NO SURGERY** and **NO RECOVERY TIME.**

- Nurse Practitioner on site.
- Board Certified Sleep doctor in adults and children.

817-945-1682

Find us on Facebook.

Dr. Ehab Hanna, Board Certified in Internal Medicine.
 Accepts Medicare, Medicaid & most other insurance plans. Promotional cash prices also available.



Non-Invasive Body Contouring



Commercial Renovations
Civil Construction
Design-Build
Security Entrances
Interior Design Services

Kevin Poirier - 972.741.9508
kevinpoirier@fpconstruction.net



Marathon Challenge

Endurance runners have a unique set of needs, as gastrointestinal issues rule during long runs.⁴ As you determine how much your stomach can take over 15-plus miles, you will also train it to handle more calories and fluid.



- **What to Eat:** Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.⁵

- **When to Eat:** For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.⁶ Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.⁷

- **How Much to Eat:** When it comes to "carbo-loading," the amount a runner

WINGS OF HOPE



WE PROVIDE HOPE & HEALING THROUGH GENTLE HORSES AND THE LOVE OF GOD.



ADULTS & CHILDREN WITH SPECIAL NEEDS
PHYSICAL • EMOTIONAL • MENTAL

Volunteers Always Welcome
14 years old & older, no experience necessary.

For more information (817) 790-8810
or to make a donation .

4200 CR 806 • Johnson County
WWW.WINGSOFHOPEHORSES.ORG



needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.⁸ Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

Losing Weight

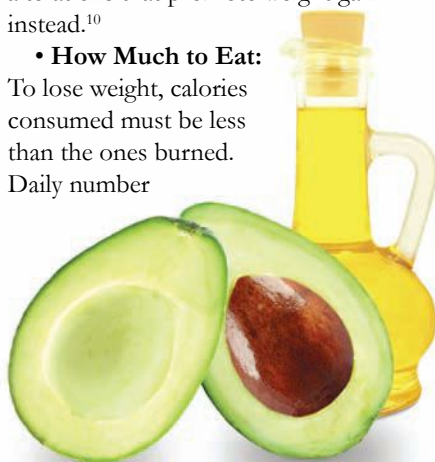
Internet searches for “how to lose weight” are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

• **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best. Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.⁹

• **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.¹⁰

• **How Much to Eat:**

To lose weight, calories consumed must be less than the ones burned. Daily number



Book your BIRTHDAY PARTY
BEFORE all dates & times RUN OUT!

Parents Night Out:
Jan. 8th, 15th and 29th
6-10pm • \$15/per child
\$1-\$2 snacks available

Back Handspring Clinic:
Saturday Jan. 30th
9am - 11am
\$35/per child

CHEER TEXAS 1120 Eden Rd. #104
Arlington
817.522.1253
www.cheertexas.com

Building RELATIONSHIPS & portfolios is what we do!

The POPE FINANCIAL GROUP
of
RAYMOND JAMES®

Donald R. Pope, CFP®, WMS
Senior Vice President, Investments

Jonathan A. Pope, AAMS®, WMS
First Vice President, Investments

222 E. Wheatland Rd.
Duncanville, TX 75116
www.PopeFinancialGroup.com
972.780.0533 • 888.230.1558

©2013 Raymond James & Associates, Inc., member New York Stock Exchange/SIPC.
Raymond James is a registered trademark of Raymond James Financial, Inc.

We Service National Accounts
Commercial Vehicle Repair & Maintenance
Individual Vehicle Repair & Maintenance

B&M AUTO SPECIALISTS

YOUR “1-STOP SHOP” FOR AUTO & FLEET MAINTENANCE AND REPAIR!

We offer these services & more:

- Tune Ups & Alignments
- Complete Brake Service
- Shock, Struts/Suspension
- A/C Service & Repair
- Engine Repair & Replacement
- Bearing Re-pack
- Transmission Service
- Air & Cabin Air Filter

Voted ‘Best of Mansfield’ AUTO REPAIR SHOP 2015 by Mansfield News-Mirror

Happy New Year

from Gracie & the B&M Auto Crew!

Hours: Mon-Sat: 8am-6pm
1516 Hwy. 157 N. • Mansfield
Behind Tractor Supply & Lonestar Car Wash
817-453-5366
www.bmmansfield.com

Total Nutrition
Sports Nutrition • Weight Loss • Vitamins

NEW YEAR NEW YOU!

— LOSE 15 — POUNDS FAST

Text "TNMANSFIELD" to 313131
to be entered in a FREE gift drawing!

\$99 Simple Trim Kits

Expires 1/31/16
Cannot be combined with other offers.

\$120 Man Stacks Kits

Expires 1/31/16
Cannot be combined with other offers.

ALL PILLS
Buy 2 Bottles
Get 2 Bottles **FREE!**

Pills must be "mix & match" as usual • Expires 1/31/16
Cannot be combined with other offers.

1301 E. Debbie Ln. Suite 110, Mansfield, TX 76063
Next to Kroger on Matlock & E. Debbie Ln.
www.Facebook.com/TNMansfield • (682) 518-6633



of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.¹¹

Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.¹²

- **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

- **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.

we offer gift certificates!

got a real barber?

LONE STAR BARBER SHOP
Est. 2012
WHERE IT'S ALL ABOUT THE HAIRCUT

Now accepting walk-ins and appointments • Monday - Saturday
lonestarbarbershop.com

**Retirement:
Ready or not.
Ready is better.**

 **Jeff Trentham, AAMS®**
Financial Advisor
4604 Park Springs Blvd.
Suite 110
Arlington, TX 76017
817-563-6942

Edward Jones®
MAKING SENSE OF INVESTING
Member SIPC

Truck Accessory Outlet

We now offer remote start alarms!

2016



Window Tinting
Spray Liners
Bed Covers
Tool Boxes
Step Bars
Hitches

817-473-0000
1275 N. Main St., Ste. 106, Mansfield
www.truckaomansfield.com



Hardwood • Carpet • Laminate • Tile

Granite
Countertops
\$35.00
SF Installed

Handscraped
Hardwood
Floors
\$5.99 SF
Installed



CORNERSTONE WEST GRANITE & FLOORS

www.CSGweatherford.com

817.CSG.WEST
817.274.9378



3905 Fort Worth Hwy • Weatherford, TX 76087



Methodist

MANSFIELD HEALTH CARE
ASSOCIATES

**New location, same great
care for your family.**

Jo Anne King, DO, and
John Willis, DO, have joined
forces and are working together
at **Methodist Mansfield Health
Care Associates**, located on the
campus of Methodist Mansfield
Medical Center.



John Willis, DO | Jo Anne King, DO

Both physicians specialize in the
comprehensive care for the
adult patient.

Services include:

- Diabetes management
- Cholesterol-level management
- Complex lipid disorders
- Aviation medical exams

**Methodist Mansfield
Health Care Associates**
2800 E. Broad Street, Suite 212
Mansfield, TX 76063

817-473-6867

We accept Medicare.

Methodist Mansfield Health Care Associates
is owned and operated by MedHealth and is
staffed by independently practicing
physicians who are employees of
MedHealth. The physicians and staff who
provide services at this site are not
employees or agents of Methodist Health
System or any of its affiliated hospitals.

Register NOW!

**Ages:
18 Months - 8 Years**
Player Development
Through Proven Curriculums

BASEBALL

Mascots (2 yrs.)
Minors (3 yrs.)
Majors (4 yrs.)
Hall of Famers (5 yrs.)
Sluggers Plus (6-8 yrs.)



SOCCER

Kittens (18 - 25 Mos.)
Cubs (25 - 35 Mos.)
Cheetahs (3 - 3.5 yrs.)
Panthers (3.5 - 4 yrs.)
Lions (4 - 5 yrs.)
Premier Classes
(5-8 yrs.)



BASKETBALL

Tiny Bouncers (2 yrs.)
Crazy Jumpers (3 yrs.)
Big Hoppers (4 yrs.)
Slam Dunkers (5 & 6 yrs.)



**TEXAS
PREMIER
YOUTHSPORTS**

SINCE 2004

We keep It Fun Indoors!

972-978-8530 • Apex in Mansfield
www.TexasPremierYouthSports.com

*Happy
New Year!*

Consult
Fee Waived
when you mention
this ad

Karen Schroeder

- Wills, Trusts & Estates
- Elder Law & Guardianships
- Asset & Wealth Protection
- Business Formation,
Operation & Acquisitions
- Real Estate Matters

Downtown Historic Mansfield
309 E. Broad St., Suite 201
Mansfield • 817-842-0220

www.KarenSchroederLaw.com

HAPPY TAILS COMPLETE PET CARE

Start the year off right and call Happy Tails
Complete Pet Care for training or daycare.

Mon.-Tues. & Thurs.-Fri. : 7:30am to 6:00pm • Wed. & Sat. : 8:00am to 5:00pm

www.happy-tails.net

13079 Rendon Rd, Burleson • 817-529-9993, Ext.1



Kathy Roberts,
M. Ed., B.C.H.
Board Certified Hypnotist

Hypnosis for Optimal Health

Helping you reach your maximum potential!

Kathy Roberts, M. Ed., B.C.H.

Why
Hypnosis?

- Weight Loss
- Virtual Gastric Band
- Anxiety/Stress
- Stop Smoking
- Fear/Phobias
- Anger

Call 817-201-9148 TODAY for a
FREE CONFIDENTIAL Phone Consultation.

990 N. Walnut Creek #2017
Mansfield, TX 76063
www.HypnosisForOptimalHealth.com



• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.¹³

Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

Sources

- 1, 3. www.bodybuilding.com/fun/24-laws-of-eating-for-muscle.html.
2. www.muscleandfitness.com/nutrition/gain-mass/start-smart.
- 4, 5. www.shape.com/blogs/ready-set-race/my-marathon-training-diet.
6. www.womenshealthmag.com/food/olympian-diet.
7. www.livestrong.com/article/370581-marathon-training-diet-plan/.
8. www.runningcompetitor.com/2013/11/nutrition/the-new-rules-of-marathon-nutrition_67841/3.
- 9, 11. www.livestrong.com/article/109109-quick-lose-pounds-month/.
10. www.bodybuilding.com/fun/how-to-lose-weight.html.
12. www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/underweight/faq-20058429.
13. www.familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/healthy-food-choices/healthy-ways-to-gain-weight-if-youre-underweight.html.

CAMPUZANO

mexican food

Voted Best Mexican Restaurant in Best Southwest

*Celebrate New Years with a
Campuzano's Margarita!*

\$5.00 off
\$20.00 purchase

Coupon only good from
NOW Magazine! NO Copies
accepted. Expires 1/31/16



108 N. 8th Street
Midlothian, TX
972-723-2634

2167 N. Highway 77
Waxahachie, TX
972-938-0047

213 W. Beltline
Cedar Hill, TX
972-291-1053

2618 Oak Lawn Ave.
Dallas, TX
214-526-0100

Direct Mail Advertising Works!

Let MansfieldNOW
magazine present your
advertising message to

over 28,200

Home & Business addresses
in the Mansfield
ZIP codes

NOW
MAGAZINES

Bringing the best of the community home

Call for more information
817-477-0990



V-Care Health Services

.....Live Life Pain Free

WE OFFER A MULTITUDE OF SERVICES - WE SPECIALIZE IN:

STOP SUFFERING FROM
Back Pain, Neck Pain, Joint Pains
Including Shoulders, Elbows, Hips,
Knees and/or Ankles



**We have a
great solution
for you**

- FDA approved natural medications with **NO SIDE EFFECTS**
- Treatment is very safe and effective with **NO surgery required**
- Treatments are covered by most insurances including Medicare

NEUROPATHY

Do you suffer from:

- Neuropathy •**
- Diabetic Neuropathy •**
- Numbness and tingling •**
- Pins and needles •**
- Painful hands and feet •**

Come learn about a safe, new, advanced treatment for **NEUROPATHY!**



**RELIEF AT
THE SPEED
OF LIGHT!**

Lose Weight Now
Ask Us How

**Lose
up to
30
POUNDS
in 30 Days**



Introducing Our New

**Medical
Weight-
Loss
Program**

- Safe and Effective
- Affordable
- Physician Supervised
- Rapid Weight Loss
- Sustainable Results
- Special Focus on Problem Areas

Ask about our introductory offer!

We Accept almost all Major Medical Insurance Including Medicare

GET INSTANT RELIEF FROM **HEADACHES**

MEDICAL BREAKTHROUGH
IN THE TREATMENT OF
HEADACHES AND MIGRAINES

Do you suffer from:

- Pounding, throbbing pain that affects your entire head?
- Sensitivity to light, noise or odors?
- Constant band-like pain around your head?
- Pain that lasts from 30 minutes to several days?
- Pain on one side of your head?

Try Our New Headache Treatment

- Very Safe and Effective
- Immediate Results
- FDA Approved Medicines
- Insurance Covered Treatment



**CALL NOW FOR
FREE CONSULTATION
214.550.0680**

University Plaza, 401 N. Hwy 77 Suite #1
Waxahachie, TX 75165
Visit us at www.vcarehealth.org

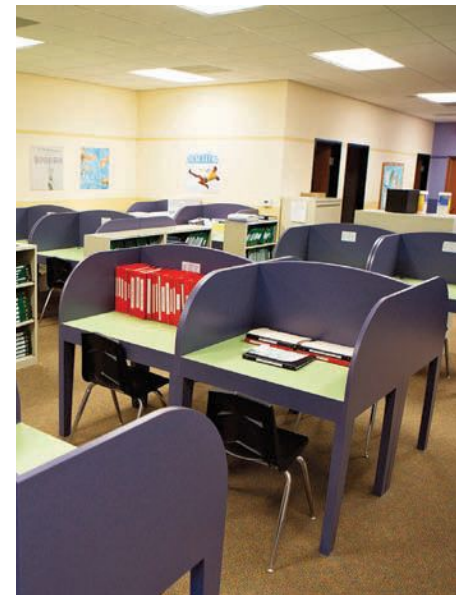


Huntington Your Tutoring Solution

1219 E. Debbie Lane, Suite 111
Mansfield, TX 76063
(817) 539-0332
www.mansfield.huntingtonhelps.com
Facebook:
Huntington Learning Center Mansfield TX

Hours:

Monday-Thursday: 10:00 a.m.-8:00 p.m.
Friday: Closed
Saturday: 9:00 a.m.-1:00 p.m.
Sunday: Closed



Krupa and Amit Patel, along with teachers like Catherine Mason, motivate students with patient encouragement.

Huntington Helps

Investing in your child's education means investing in your child. — By Sara Edgell

Motivating students, building confidence and improving skills — these are keystones and the most primary areas of focus at Huntington Your Tutoring Solution. Their motto is, “Your child can learn,” and through professionalism, confidence, honesty and commitment, students indeed learn and, in the process, see positive results and gains in their academic abilities. When Amit and Krupa Patel took over their supplemental educational center in June 2013, they envisioned a place that could honestly, effectively and personally help students make strides in their education.

With a degree in engineering, Krupa always knew she wanted to own her own business, and because education was so important to her, she and Amit were intrigued when they learned about the Huntington business model and philosophy concerning education. They attended an information session

to learn more, and decided to get involved. So, they purchased Huntington Learning Center in Mansfield. “The individualized tutoring we offer is intended to fill in the gaps a student may be experiencing. The curriculum is tailored to specifically fit their individual needs,” Krupa explained.

When a client brings in their student for tutoring assistance, they are often overwhelmed and frustrated, as everything they have tried in the past has not worked. Therefore, Amit and Krupa make every effort to create a welcoming and friendly environment. They also make sure to reiterate the Huntington philosophy that what is best for the student will guide everything they do in the learning center.

The first step in the process requires each student to undergo a preliminary evaluation in order to identify academic strengths

and weaknesses. The data is then used to create their specific program. During the second step, Krupa sits down with the client and his or her student in order to discuss the best way to move forward. Expectations are a major part of this discussion primarily because Krupa and her team want to have a realistic plan in place to effectively help each student reach his or her goals. "Everyone has to be on the same page," Krupa reiterated. "We insist on having two adults who are actively involved in the student's academic and daily life to reinforce the commitment agreed upon. The goal is to work as a team."

"My favorite part is seeing parents and students realize the return of their investment."

From here, a schedule of weekly sessions is developed. Each session is two hours in length and can occur as frequently as desired each week. Some students come twice a week while others visit more frequently — it's all based on the individual student's educational needs. Students of all levels from preschoolers to high school seniors are welcome at the facility to study everything from reading comprehension and math skills to grade level skills and test preparation. "Our teachers are the best. They are all certified and teach either in the Mansfield or Arlington school districts, so they are local, too," Krupa explained. "They have lots of patience, which makes it visible that they love what they do. This goes hand in hand with our program."

This reinforces the four areas the Patels believe to be most important in students' success — encouraging motivation, building confidence, improving skills and dedicated teachers. Each factor is a requirement of the investment. "My favorite part is seeing parents and students realize the return of their investment," Krupa smiled. For the Patels, this is exactly what learning is supposed to be. **NOW**

The SAT Test in March is a BRAND, NEW FORMAT!
Are You PREPARED?

We Can HELP!

\$50 OFF on an Academic Evaluation

reading • writing • confidence • motivation • phonics • study skills
 math • spelling • state testing • prep • self-esteem • SAT & ACT

Huntington LEARNING CENTER
<http://Mansfield.HuntingtonHelps.com>

1219 E. Debbie Lane
 Mansfield, TX
 (817) 539-0332

Independently owned and operated. © 2003 Huntington Learning Centers, Inc.

WORTHINGTON monuments

BRESNAHAN

Arlington - (817) 801-1444
 Burleson - (817) 551-2800

Mention this ad for a 10% discount.

Eterna
 (682) 518-1931

Health Food Store

\$5 off any purchase of \$25 or more
Not valid with any other discounts/offers or consignment items.

682-518-1931
 120 N. Walnut Creek Dr. Suite #150 • Mansfield
www.EternaHealthFood.com
EternaHealth@charter.net

\$425 INSTALLED
Liftmaster Belt Drive Opener
 with 2 remotes and a keypad

- Spring Repair Specialists
- New Installation
- Commercial/Residential
- 24/7 Emergency Service

Additional \$65 with Battery Back-up & built-in Wi-Fi

MANSFIELD OVERHEAD DOOR
817-988-4191
 Mansfield owned and operated
www.MansfieldOverheadDoor.com

18 Years Experience

Quantum MECHANIX

QUALITY AUTO REPAIR & SERVICE
817.477.8400

7900 Rodeo Trail, # 160,
 @ 1187
 (3 miles west of Hwy 287)
 Mansfield

www.quantummechanix.net
 Tommy Frantzen-owner
tommy@quantummechanix.net



Raven Lopez, Tanya Schnitz and Javier Mejia on opening day at the new Dunkin' Donuts.



The Pavillion staff enjoy a great turnout at their Chamber ribbon cutting and their 2nd Annual Holiday Shopping event.



Dr. Coerver and the staff of Crosspointe Dental are all smiles for their chamber open house event.



Kathleen Powers is thrilled to win a Michael Kors bag at the MI Homes event hosted at Poured Wine Bar.



Several NOW Magazine advertising representatives enjoy their annual Christmas party with smiles and merriment.



Eonyn Feng plays with her mother, Annie, on a crisp winter day.



Members of the Computer Integrated Manufacturing class at Ben Barber Tech set up infrastructure for the holiday celebrations at MISD's Center for the Performing Arts.



Patsy Powers and Nbona Vang take a break from cutting fresh fruits at Tom Thumb.



Steve Long hangs out with a few of his students in the Homeschool Physical Education class at The MAC.

Dining DEALS

**START YOUR
MOO YEAR LIGHT!**

**GET 2 FREE LITTLE MOO
SHAKES OR 2 FREE DRINKS**

WITH PURCHASE OF 2 ADULT BURGERS & 2 FRIES

Cannot be combined with any other offers. Expires 1/31/16



335 CALORIES 28g OF PROTEIN TURKEY ICEBURGER

3300 E. BROAD ST. #102 • MANSFIELD, TX 76063
682.518.9380 • WWW.MOORYAH.COM

MOORYAH
BURGERS • FRIES • SHAKES

PAPA JOHN'S
Better Ingredients.
Better Pizza.

40% OFF
your order when you
Order Online!

Promo code: MNOW40

Expires 1/31/16

Cannot be combined with any other offers.



1811 Hwy 287 • Suite 130 • Mansfield, TX 76063 | www.papajohns.com



We NOW Deliver!

**Gift Cards Make
Great Gifts!**

• Appetizers • Spring Rolls • Salads • Pho (Noodle Soups)
Vermicelli • Rice Dishes • Children's Menu



SPROUT'S
SpringRoll & Pho

3806 E. Broad St. • Suite 124
Mansfield, TX 76063

817-473-RICE (7423)

\$5 OFF
\$20 Order

1 coupon per table. Not good with any other offers. Exp. 1/31/16

www.sproutsspringroll.com



Best Diner in Town!

**310 N. MITCHELL RD.
MANSFIELD, TX**

817-477-3383



HALF PRICE ENTREE

**WITH PURCHASE OF ANOTHER ENTREE OF
EQUAL OR GREATER VALUE. EXPIRES 1/31/16**

**Need More
Business?**

Advertise your
restaurant here.

For information, call:

817.477.0990

Need More Business?

Advertise your restaurant here.

For information, call:

817.477.0990

NOW
MAGAZINES

Bringing the best of the
community home.

NOW
MAGAZINES

Bringing the best of the
community home.

Put Your Tax Refund to Work

In 2014, the average tax refund was about \$2,700. If you got that much this year, what would you do with it?

You can probably think of a lot of things you might do with \$2,700. You might decide to splurge and buy some big-ticket item you've been eyeing. Or you could use the money to pay down some bills, which might be a good idea, especially if it helps improve your cash flow. As an alternative, though, you might want to consider investing the money.

You might not think \$2,700 would make that big a difference to your investment portfolio. But if you invested that \$2,700 in a tax-advantaged account, such as an IRA, and you left the money alone, what might you earn? After 30 years, your \$2,700 would have grown to more than \$20,500, assuming no further contributions and a hypothetical 7-percent annual return. That's not a fortune, of course, but it would help boost your retirement savings somewhat — and since it originated from a tax refund, it was accumulated pretty effortlessly from your point of view.

Now suppose you put in the same amount — \$2,700 — to your IRA each year for 30 years. Again assuming that same hypothetical 7-percent annual return, your money would have grown to more than \$272,000. And that amount can indeed make a rather big difference in your retirement lifestyle.

Keep in mind that you'd eventually have to pay taxes on that \$272,000 if you had been investing in a traditional IRA, which is tax-deferred but not tax-free. It is possible, however, that if you start taking withdrawals when you retire, you'll be in a lower tax bracket.

If you meet the income guidelines for contributing to a Roth IRA,

though, you could avoid the tax issue altogether on your \$272,000. Roth IRA earnings grow tax-free, provided you don't start withdrawals until you're 59 1/2 and you've had your account for at least five years.

Thus far, we've only talked about putting your tax refund to work in your IRA — which, as we've seen, can be a very good idea. But suppose you've already developed the excellent habit of "maxing out" on your IRA each year by contributing a set amount each month? You can currently only put in up to \$5,500 per year to your IRA, or \$6,500 if you're 50 or older. So you could fully fund your IRA by putting in about \$458 per month (or \$541 per month if you're 50 or older). Those amounts are not unreasonable, especially as you move deeper into your career and your salary increases. If you do reach these limits each month, what could you do with your tax refund?

You can start by looking closely at your portfolio to see if any gaps exist. Could you, for example, use your tax refund to further diversify your holdings? While diversification can't guarantee profits or prevent losses, it can reduce the impact of volatility on your portfolio — and the less you feel the effects of volatility, the more likely you may be to stick with your long-term strategy rather than overreacting to short-term price drops.

So when Uncle Sam sends you that refund, consider investing it one way or another. You'll be putting it to good use. **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.



Don't forget to make your 2015 IRA contribution.



Shawn M. Malley, AAMS®
Financial Advisor
1560 N. U.S. Highway 287
Ste. 200
Mansfield, TX 76063
817-473-0006

www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING Member SIPC

Let us INSTALL your plants! **WE PROUDLY OFFER:** Pre-order your Bouquet Arrangements from us!

Onion Plants • Seeds • Succulents • Talavera Pottery • Cyclamen • Pansies
Shrubs • Trees • Soil • Mulch • Fertilizer • Frost Covers • Landscaping Design
Installation Services • Local Raw Honey • Local Grown Vegetables & Much More at Great Prices!

MANSFIELD GARDENS
YOUR LOCAL GARDEN CENTER!

LIKE US! **817-522-2019**
815 N. MAIN ST.
MANSFIELD, TX 76063

\$9 PANSIES
18 COUNT TRAY
Not valid with any other offers. Expires 1/31/16

\$50 OFF \$25 PURCHASE
Not valid with any other offers. Expires 1/31/16

Ladies PLUS SIZE RESALE SHOP **BUY • SELL • TRADE**
Sell by appointment only, please.

817-557-8087
5975 S. Cooper, #135
Arlington, TX
Polycrest Shopping Center
@Sublett (NE corner)

• Tues-Sat 10-6
• Sun Noon-5
• Closed Mondays

www.LadiesPlusSizeResale.com

Bring in the New Year
STORE THE REST!

Storage Hut

SELF STORAGE (817) 453-8557
www.mansfieldstoragehut.com

A Galling Situation

— By Betty Tryon, BSN

For a small storage sac found under the liver, the gallbladder can make life easier or cause a lot of trouble. The primary function is to store bile produced by the liver. When you eat, it triggers the gallbladder to release bile, which is then used to digest fats. Bile reaches the small intestine through tubes called ducts. Unlike the liver, the gallbladder is not an essential organ. If it begins to cause chronic problems, it can be removed.

One of the problems that can plague individuals is gallstones. Hardened deposits of cholesterol, bilirubin and other components of bile can turn into one large stone or many small ones. Certain conditions or circumstances can make you more susceptible to the formation of gallstones. Improper dieting, such as fasting, losing weight too quickly and losing weight and then gaining it back can increase your risk of gallstones.

Women are more likely to have gallstones than men. Taking high dosages of estrogen, pregnancy and oral contraceptives may lead to the formation of gallstones. According to the National Institute of Health, "A large number of human and animal studies have proposed that estrogen increases the risk of developing cholesterol gallstones by increasing the hepatic secretion of biliary cholesterol, which, in turn, leads to an increase in cholesterol saturation of bile." Diabetes, lack of exercise and a family history of gallstones are some of the other risk factors.

Some gallstones can form and cause no symptoms. Pain is the symptom that would most likely send you to the doctor for a diagnosis. The pain

could be mild or severe and may occur in the stomach area or in the upper right corner of the abdomen. Sometimes, the pain can radiate to the right shoulder or to the back. The pain may follow after a meal or be severe enough to wake you at night. If the gallbladder is inflamed, you may have fever and chills. Other indications that there is a problem with your gallbladder could be having light-colored stools. Bile is what gives your stool its brown color. If the ducts are blocked because of gallstones, bile cannot reach the intestines. Jaundice or a yellowing of the eyes and skin may be another indication.

If your gallstones are not causing a problem, then treatment is not necessary. Medications to dissolve the stones take months or years to work and may not be successful. Lithotripsy uses ultrasound waves to break up the gallstones. A cholecystectomy or surgery to remove the gallbladder may sometimes be the best option. To prevent gallstones, try to maintain a healthy weight and avoid rapid weight loss. **NOW**

Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/.

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



NOW IS THE TIME TO PREVENT WEEDS!

WEED SOLUTIONS
FERTILIZATION • WEED CONTROL

817-692-7693
www.weedsolutionsinc.com

Custom-blended Fertilizers ✿
Weed Preventatives ✿
Core Aeration ✿
Mosquito Control ✿
Lawn Insect Control ✿
Grassy Weed Control ✿

First treatment FREE
with lawn program
New customers only.

\$25.00 off
dormant oil
treatment for your
trees and shrubs

THE GOOD CONTRACTORS LIST

For healthy grass, trees and shrubs call
MANSFIELD'S FINEST LAWN CARE COMPANY.

OFFERS EXPIRE 1/31/16

January 9

Cookie Extravaganza: 10:00 a.m., First Methodist Church Mansfield, 777 N. Walnut Creek Dr. Support your local Girl Scouts Troop 2145. For more information, call Girl Scouts of Texas Oklahoma Plain Service Unit 211 Community Communications Volunteer Melissa Sexton, (817) 681-4661.

January 10

Dave Ramsey courses: 777 N. Walnut Creek Dr. First Methodist Church Mansfield invites the community to learn money-management from via three courses held **January 10-March 13**. Contact (817) 477-2287, ext. 147 or anner@fmcmm.org.

January 12

Friends of the Library meeting: 6:00-7:00 p.m., Mansfield Public Library Community Room, 104 S. Wisteria. For more information, contact mansfieldlibraryfriends@gmail.com.

January 12, 19, 26

Branding/Marketing 101: 4:30 p.m., El Primo's. Three sessions of six teaching essentials for creating a successful small business. Call Eric Petry, Mansfield Minority Chamber of Commerce, (682) 730-0104.

January 15

44th Annual Mansfield Chamber Awards Dinner: 6:00-10:00 p.m., Walnut Creek Country Club. Dress according to the theme: it's all about the glitz and glamour of Old Hollywood. Fine dining, drinks, a green room, photos, a fabulous awards show and then an after party. info@mansfieldchamber.org.

January 16

Martin Luther King Jr. Multicultural Festival: 3:30-5:00 p.m., Tarrant County College Southeast Campus, 2100 S.E. Parkway, Arlington. Program title is "The Strength to Love: Tough Minds, Tender Hearts." For more details, call Tarrant County College at (817) 515-3315 or email laurie.jensen@tccd.edu.

January 17

11th Annual Dr. Martin Luther King Jr. Celebration: 5:00-7:00 p.m., Bethlehem Baptist Church, 1188 W. Broad St. Free. All are welcome. Keynote speaker is Texas State Rep. Nicole Collier, who will expound on the theme Character Counts. Call Victoria Dodd, (972) 467-9824.

January 21

Business After Hours: 5:30-7:30 p.m.,

Mansfield Area Chamber of Commerce, 114 N. Main St. Sponsored by Welcomemat Services – DFW Southwest. Free. RSVP to (817) 473-0507 or info@mansfieldchamber.org.

January 28

Mansfield Chamber Business Luncheon: 11:00 a.m.-1:30 p.m., Walnut Creek Country Club. Mayor David Cook gives his "State of the City" address. \$25. RSVP to (817) 473-0507 or info@mansfieldchamber.org.

January 30

Making Connections Community Transition Fair: 9:00 a.m.-noon, Ben Barber Career Tech Academy. The Mansfield ISD Special Education Department presents Making Connections: Futures Planning from PreSchool to Post-Secondary. Learn about guardianship, social security, DARS, DADS, MHMR and so much more. Contact Kendrea Hayes via email KendreaHayes@misdmail.org or by phone (817) 299-4337.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

Family Dentist

Full Service Family Dental

FREE
LUMINEERS
Consultation

FREE Braces Consultation • Low Monthly Payments

Friendly, Motivated Staff

Preferred Providers:

- Aetna PPO • Delta Dental • Metlife PPO
- Guardian PPO • Cigna PPO • Fortis DHA
- United Health Care PPO
- Take all PPO Insurances

Walk-ins Welcome

GM Family Dental

972-988-3333

2507 Medical Row #104
Grand Prairie, TX 75051

Rose Park Dental

817-473-1159

217 N. Walnut Creek
Mansfield, TX 76063

NEW YEAR'S SPECIAL
HALF OFF
Whitening Special!
and FREE Veneer consultation!

Open Saturdays





Grand Prairie Office Hours:
Mon. - Wed. 9 to 6 • Thurs. 7 to 3

Mansfield Office Hours:
Tues. - Thurs. 9 to 6 • Fri. 7 to 3 • Sat. 8 to 1

Se Habla Español • Vietnamese Spoken

"Under Same Ownership"



Like us on facebook and look for special promotions and contests!





STAY ON TARGET

Don't miss the mark for the New Year.



Guns

Ammo

Parts

Uppers

Lowers

Holsters

Training

**FFL
Transfers**



SEGUNS.COM

1037 W HWY 287 Bypass, Suite A, Waxahachie
972-938-2800

Owned by Texas Families for Texas Families



In the Kitchen With Shauna Steenbakkers

— By Sara Edgell

Preparing meals for her family, Shauna Steenbakkers spends a lot of time in the kitchen. She relishes in the joy of cooking because it makes people happy, but her favorite is baking. “My son says I’ll have to give his future wife all my recipes,” Shauna laughed. Clearly, her self-taught talents are more than satisfying.

Shauna also shares her love of baking with friends, teaching them how to bake bread. “There’s a satisfaction that comes when a friend calls and tells me they made a loaf of bread by themselves,” she said. “Someday, I might take cooking classes or go to culinary school, but for now, I’ll just continue to do what works for my family.” **NOW**

Fudge Cuts

Shauna’s grandmother’s recipe.

Brownies:

- 1/2 cup butter**
- 1/4 cup cocoa**
- 1 cup white sugar**
- 1/2 tsp. vanilla**
- 2 eggs**
- 3/4 cup sifted flour**
- 1/2 tsp. baking powder**
- Pinch of salt**
- 20 large marshmallows**

Frosting:

- 3 Tbsp. butter**
- 1/4 cup cocoa**
- 1/4 cup milk, warm**
- 1/2 tsp. vanilla**
- Dash of salt**
- 2 cups powdered sugar**

- 1. For brownies:** Melt butter; stir in cocoa. Add sugar, vanilla and eggs. Mix well.
- 2.** Add remaining dry ingredients and mix

well. Pour batter into a greased 8x11-inch baking dish. Bake at 350 F for 22 to 25 minutes.

- 3.** While brownies bake, cut the marshmallows into three pieces. Cover baked brownies with cut marshmallows, making six rows of 10. Return to oven for 5 minutes. Allow to cool before adding frosting.
- 4. For frosting:** Melt butter; add cocoa. Add milk, vanilla, salt and powdered sugar. Beat until creamy.
- 5.** Pour over marshmallow-topped brownies, making sure brownies are completely cool first. Frosting will not be very thick. Allow to set before enjoying. This is best when made the day before serving.

Feather Light Muffins

Muffins:

- 1/2 cup sugar**
- 1/3 cup shortening**
- 1 egg**
- 1 1/2 cups flour (less 3 Tbsp.)**

- 1 1/2 tsp. baking powder**
- 1/2 tsp. salt**
- 1/4 tsp. ground nutmeg**
- 1/2 cup milk**

Topping:

- 1/4 cup cinnamon**
- 1/4 cup sugar**
- 1/3 cup melted butter**

- 1. For muffins:** In a mixing bowl, cream sugar and shortening. Add egg and mix well.
- 2.** Combine dry ingredients and add to creamed mixture alternating with milk. Fill muffin tins 2/3 full. Bake at 325 F for 20 to 25 minutes. Let cool 5 minutes.
- 3. For topping:** Combine cinnamon and sugar in one bowl and melt butter in another. Dip top of muffin in melted butter and then in cinnamon sugar mixture.

French Bread

- 2 Tbsp. yeast**
- 1/4 cup warm water**
- 3 Tbsp. plus 1 tsp. sugar (divided use)**
- 6 cups flour (divided use)**
- 2 cups hot water**
- 1/3 cup shortening, melted**
- 1 Tbsp. salt**
- 1 egg, beaten**

- 1.** Put yeast, warm water and 1 tsp. sugar in a mixing bowl. Allow yeast to bubble up.
- 2.** Add 3 cups of flour, hot water, shortening, 3 Tbsp. sugar and salt to yeast mixture. Mix in a mixer until combined. Add 3 remaining cups of flour one at a time. Beat well after each cup.
- 3.** Over a 1-hour period, let the dough sit for 10 minutes, then turn the mixer on for 1 minute. Repeat five times.
- 4.** Once done, place dough on a greased surface and divide into two portions. Shape dough into what looks like a small loaf of French bread, almost like a log about 12 to 14 inches long.
- 5.** Place on greased baking sheet. Make diagonal cuts 3 to 4 times along the top. Brush with beaten egg. Let rise for 30 minutes, then bake at 400 F for 35 minutes. If browning too soon, put a piece of foil (shiny side up) on top of the bread.

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

Thank You Mansfield ISD School Board

January is School Board Appreciation Month in Texas. Mansfield ISD would like to thank the members of our school board for their dedication to the students, staff and community of Mansfield and the surrounding areas. Your work truly helps make Mansfield Independent School District a great place to live, learn and teach.



DECORATING DEN INTERIORS®

FURNITURE | WINDOW TREATMENTS | FLOORING | AREA RUGS
LIGHTING | ACCESSORIES | BEDDING

Ranked
#1
Franchise
Worldwide

28
International
Dream
Room
Awards



From inspiration to reality.

WWW.THELANDRYTEAM.DECORATINGDEN.COM | 817-472-0067
OUR IN-HOME CONSULTATION IS COMPLIMENTARY.



LISA LANDRY
& THE LANDRY TEAM

Franchises available to talented individuals throughout the U.S. and Canada. Extensive training provided.
Each franchise is independently owned and operated.