

# MansfieldNOW

M A G A Z I N E

DECEMBER 2012

## Sing-alongs & Gumbo Feasts

At Home With Reda Jackson

*Plus:*

**The Thumbs-up Girl**  
Fighting Cancer Step by Step  
**Big Hearts**  
Healing by Prevention  
**In the Kitchen With Bill**  
**and William Gillen**

Holiday  
Shopping  
Guide 2012  
p. 33

**Marathon Woman**  
Dr. Marcelle Petry runs a  
marathon for her children



# Happy Holidays, Mansfield!

Join us for pictures with Santa & LIVE Reindeer

Tuesday, December 11th from 3-5PM

Come see the fire truck and donate a toy to Mansfield Fire  
Rescue Toy Drive



**COLLECTION LOCATION  
for Mansfield Fire Rescue  
TOY DRIVE!!!!**

**Bring your TOY DONATIONS  
by between now and Friday, Dec. 14th  
to show your support!**



*Locally-owned since 1983*



**MANSFIELD  
COMMUNITY  
BANK**



1700 E. Broad Street • 817.473.5979  
[WWW.MANSFIELDBANK.COM](http://WWW.MANSFIELDBANK.COM)

**MOTORBANK HOURS**

Mon. – Fri. 7:30AM – 6PM

Saturday 9AM – 12PM

**MAIN LOBBY HOURS**

Mon. – Thurs. 9AM – 3PM

Friday 9AM – 6PM



MEMBER FDIC



# Lose up to 5-15 lbs. *the First Week*

He lost  
48.2 pounds  
in 22  
weeks!!



**\$99**  
**For Initial Visit**  
Offer Expires 12/31/12  
(Reg price is \$200. Not valid with any other coupon or discount.)



## Jon G. — *Mansfield Resident*

*My experience at DSC has made me feel like a complete idiot! I cannot believe how much of life I've missed out on by being so heavy, unable to do the things I wanted to do, the way I wanted to do them, with my family and friends. I wish I had known years ago how easy it would be to lose the weight, and have the life I wanted to have with the right program and guidance. I look forward each week to seeing everyone at DSC. They have been like a second family to me, and have made this one of the best times of my life. I feel great, my blood work has never looked better, and I am now doing things I couldn't 5, 10 or even 15 years ago. Thanks DSC, you have changed my life!*

- ✓ Medically monitored weight-loss system
- ✓ Natural and FDA-approved prescription appetite suppressants

- ✓ No prepackaged foods
- ✓ No contracts, no hidden fees
- ✓ No restrictive 500-calorie diet plan

Individual results may vary.

Follow us on Facebook



## CROWLEY / BURLESON

740 S. Crowley Road, Suite 2  
(Next door to Gold's Gym)

**817-297-2100**

**DietSolution**  
WEIGHT LOSS CENTERS

## MANSFIELD

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

**817-453-DIET (3438)**

**Dr. Brian J. Caplan, M.D. | [www.dietsolutioncenters.com](http://www.dietsolutioncenters.com)**



# *We Come to You!*

Your Taste • Your Style • Your Budget



**LISA LANDRY**  
& THE LANDRY TEAM

## *We Make Decorating Fun!*

Custom Window Treatments  
Wall & Floor Coverings  
Furniture  
Lighting  
Accessories  
Outdoor Furnishings  
Business Interiors

Creating Beautiful Rooms  
Since 1969

**Decorating**  
**Den®** INTERIORS

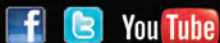
Check  
out our  
Video!



Call for a **FREE** Consultation

**817-472-0067**

[www.TheLandryTeam.DecoratingDen.com](http://www.TheLandryTeam.DecoratingDen.com)



Check  
out our  
Website



Publisher, Connie Poirier

General Manager, Rick Hensley

## EDITORIAL

Managing Editor, Becky Walker

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Jeremy Agor . Alex Allred

Mikaela Mathews . Betty Tryon

Todd Simmons . Carolyn Wills

Editors/Proofreaders,

Pat Anthony . Pamela Parisi

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Casey Henson

Martha Macias . Felipe Ruiz

Arlene Honza . Brande Morgan

Shannon Pfaff

## PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Vanessa Polozola

Kyle Powell . Jill Rasco Photography

Amanda Rooney

## ADVERTISING

Advertising Representatives,

Teresa Banks . Lori O'Connell . Steve Randle

Rick Ausmus . Linda Dean . Kelly Feld

Laura Fira . Bryan Frye . Melissa McCoy

Lisa Miller . Carolyn Mixon . Jami Navarro

John Powell . Linda Roberson

Billing Manager, Angela Mixon

## ON THE COVER



Candlesticks add to the elegance at Reda Jackson's home.

Photo by Jill Rasco Photography.

# CONTENTS

December 2012 • Volume 7, Issue 12



## 8 Marathon Woman

Dr. Marcelle Petry straps on running shoes to make a difference in her children's lives.



## 18 The Thumbs-up Girl

Heather Griffin turns negatives into positives with her singing career and inspiring attitude.

## 26 Sing-alongs and Gumbo Feasts

At Home With Reda Jackson.

## 38 Fighting Cancer Step by Step

Lori Bryant walks 60 miles in three days to find a cancer cure.

## 46 Big Hearts

Mark and Angie Eddins have created a culture of caring.

61 Around TownNOW

62 BusinessNOW

64 FinanceNOW

68 CookingNOW

*MansfieldNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2012. 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](http://www.nowmagazines.com).





## Editor's Note

*Merry Christmas!*

From the music we play to the food we indulge in, some things just make the season *feel* right. I enjoy spending time with my family, which usually involves a prank gift or two, lots of laughter and watching the musical, *Scrooge*, with my older brother. I love pulling out the Christmas ornaments and remembering the stories behind each one. The tree is like a timeline of my family's history, and I look forward to hanging the decorations on the boughs, while listening to "O Holy

Night" or "The Christmas Song" playing in the background.

This is the perfect time of year to remember how fortunate we are and to spread cheer to those who need it. From Angel Tree toy drives to the local food pantries, there are many ways to get involved and help make our world a better place.

May all your days be bright!

# Becky

Becky Walker  
Managing Editor  
NOW Magazines  
bwalker.nowmag@sbcglobal.net

### Vintage Barber Shop

"Old-Fashioned Service"

**Hot Lather Shaves**

**Hair Cuts/Flat Tops**  
NO appointment needed

**FREE SHOULDER MASSAGE**  
WITH ANY SERVICE

**682-518-0999**  
26 E. Debbie Lane (next to Mama's Pizza)  
[www.vintage-barbershop.com](http://www.vintage-barbershop.com)

## Celebrate Christmas with us!

### FIRST UNITED METHODIST CHURCH MANSFIELD

#### Candlelight Services

**Sunday, December 23**

Traditional with Children's Nativity – 6:00 p.m.

Contemporary – 8:00 p.m.

#### Christmas Eve Candlelight Services

**Monday, December 24**

Contemporary with Children's Nativity – 2:00 & 4:00 p.m.

Contemporary – 6:00 p.m.

Traditional – 8:00 & 10:00 p.m.

Carols & Communion – 11:30 p.m.

**Join us any weekend for worship!**

777 N. Walnut Creek Drive (across from Super Walmart)

(817)477-2287 [www.firstmethodistmansfield.org](http://www.firstmethodistmansfield.org)







— *Happy* —  
**Honda Days**  
SALES EVENT

**INCREDIBLE  
SAVINGS ALL  
SEASON LONG**

All-New Redesigned  
2013 Honda Accord  
Starting at **\$21,680\***



New 2012  
Civic Sedan LX  
5 Speed Automatic

**\$149/mo\*\***  
36 Month Lease



**Honda**  
*of* **BURLESON**  **HONDA**

**888-YES HONDA**  
Local: 888.577.9511

**Lifetime  
Powertrain  
Warranty**

On EVERY New Honda  
& Most Pre-Owned at  
No Additional Cost!

**HondaOfBurleson.com**

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

\* 2013 Accord EX model shown. Starting at \$24,605. \*\*\$149 per month for 36 months on 2012 Civic Sedan 5 speed automatic LX. \$1,999 total due at signing, includes down payments with no security deposit. Excludes taxes, titles and dealer fees. For well qualified lessees thru HOF. Offer valid from 11/1/2012 through 1/2/2013.



# Nationally Recognized for Excellence in Orthopedic and Spine Care

## Baylor Orthopedic and Spine Hospital at Arlington

At Baylor Arlington, we continually strive to provide the best care and experience for our orthopedic and spine patients and their families. This focus on excellence has allowed us to receive some recognition from leading government and industry groups:

- 99% Patient Satisfaction for our Post Surgical Care Unit from Press Ganey
- The Joint Commission's Gold Seal of Approval™ for our facility
- The Joint Commission's Gold Seal of Approval™ for our laboratory
- The Joint Commission's Gold Seal of Approval™ for our Hip and Knee Replacement Programs
- The Joint Commission Top Performing Hospital 2012™
- *Becker's Hospital Review's* 100 Hospitals with Great Orthopedic Programs for 2012



Baylor Arlington specializes in providing advanced comprehensive treatment for  
**General Orthopedics, Joint Replacement, Sports Medicine, and Spine Care.**

To find out more about these awards and what they mean to you, visit our website at [BaylorArlington.com](http://BaylorArlington.com) or call **855.41.ORTHO** for an appointment.

707 Highlander Boulevard, Arlington, TX 76015

Notice Regarding Physician Ownership: Baylor Orthopedic and Spine Hospital at Arlington is a hospital in which physicians have an ownership or investment interest. The list of the physician owners or investors is available to you upon request.  
Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community, or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Orthopedic and Spine Hospital at Arlington or Baylor Health Care System. ©2012 Baylor Health Care System BOSH\_A\_81\_2012 MNOW CE 09.12



### JOIN US FOR A FREE SEMINAR

For more information or to register for any seminar, call **855.41.ORTHO** or visit [BaylorArlington.com](http://BaylorArlington.com).

FOLLOW US ON:  
Username: BaylorHealth







Donate a **new toy** when you visit, and be entered into a drawing to win a **family dinner gift card**.

 **iKids**  
**Pediatric Dentistry**

**Cosmetic Dentistry for Kids**

*Parents are allowed in the treatment rooms.*

**A Whole New Dental Experience!**



Randy W. Hamilton III, DMD

**OPEN MONDAY - SATURDAY**



Find us on  
**Facebook**

**MANSFIELD**

1759 Broad Park Circle S., Ste. 205

**817-453-2800**

*Dr. Hamilton was great with my son Jayden. He was patient and very understanding. I am blessed we found him. I would recommend him to anyone. – Jennifer B.*

**ikidsdental.com • Most Insurances Accepted • Medicaid/CHIP Approved**



# MARATHON


## Woman

— By Alex Allred

*Dr. Marcelle Petry is as diverse and intriguing as her native country. Guyana, her place of birth, is one of the few Caribbean countries that is not an island and is the only country in South America where English is the official language. With one of the largest rainforests in South America, Guyana is one of the most biodiverse countries in the world. It has the largest community-owned conservation land (or area), is home to one of the tallest wooden churches in the world and — no surprise — had an educational system that was once considered to be among the best in the Caribbean and all of South America.*







At an early age, Marcelle and her family moved to the United States, settling in the Bronx. However, this was not before Marcelle's grandmother created her own business in Guyana. Mavis Lewis "was someone everyone respected," Marcelle said of her maternal grandmother. "Everyone knew her. She had no debt. She had everything in order."

This order came when Mavis earned money by making a cake. "She then used that money to make some bread." From there, Mavis began one of the most successful businesses in Guyana, with such clientele as the Prime Minister and local celebrities. "But she saw the destiny of her children," Marcelle said. She explained that despite a successful business and having very limited education, Mavis made the difficult decision to move her family to the United States, leaving everything else behind. "She was willing to make that sacrifice in order to grow [for us]." Marcelle greatly admires the bold move that, however unconsciously, became her personal battle cry.

Intelligent, hardworking, eager to learn and full of ambition, Marcelle was destined for success. As the oldest of seven children, she took on big responsibilities at a very early age. While her father was a mechanic, her mother went back to school to earn her degree in nursing. Family and work were the two constant themes in her life.

**Intelligent,  
hardworking,  
eager to learn and  
full of ambition,  
Marcelle was  
destined for success.**



## Caring for You and your Family.



### No insurance? No problem!

- Walk-in clinic and Urgent Care
- Pediatrics (all ages and newborns)
- Physicals, sick visits and minor injury (fractures, sprains, stitches)
- We accept self-paying patients with no insurance.

#### Office Sick Visit

Includes Lab Work\*

**\$80**

\*Certain restrictions apply.  
Call to learn more.

#### Complete Physical

Includes women's (pap smear) or men's exam and Lab Work\*

**\$140**

\*Certain restrictions apply.  
Call to learn more.

\*Lab Work includes: cholesterol, liver check-up, thyroid, anemia, kidneys, routine urine analysis, blood oxygen saturation and blood drawn in office.



**Mansfield  
Primary Care Doctors**

Same Day Appointments Available

**CALL US TODAY!**

Mon-Fri: 8am-6pm • Sat-Sun: 8am-12 Noon ( By appointments only)

**We also provide Urgent Care & Minor Emergency Service**

309 Regency Parkway • Suite #107 • Mansfield

**817-477-5884**

[www.mansfieldprimarycare.com](http://www.mansfieldprimarycare.com)



Her parents worked long, hard hours, scheduling their careers so one parent would always be home with the children while the other worked resulting in no need for day care. With Marcelle helping out, theirs was a close and loving family.

Marcelle graduated from Oral Roberts University with honors and a degree in biology and chemistry. She then turned her attention to chiropractic care and earned a second degree from Parker Chiropractic College in 2003. With a lifetime of caring for others, it was the perfect fit for Marcelle. After graduation from Oral Roberts, she went on a mission — serving in Africa while her family relocated to Texas, finding a new home with the Potter's House in Dallas.

"I said, 'Well, OK, I guess I am going to Texas,' because I had to be where my family is!" With family in the Mansfield, Arlington and Dallas areas, it



“I said  
‘Well, OK,  
I guess I am  
going to  
TEXAS.’”

was easy for Marcelle to lay down roots, but it was when she met and married Eric Petry, after a six-month courtship, that she called Mansfield home. Once again, Marcelle found a perfect fit. With a degree from Lamar University and his MBA from Southern Methodist University, Eric shared the same values as Marcelle, putting education, career and family on the top of his list.

Today, Marcelle cares for her two children, owns and operates her own business and tutors a group of young homeschooled children. Never in her wildest dreams would Marcelle have ever believed she would also be training for a marathon! But with a schedule that would leave most people exhausted, Marcelle has found running actually rejuvenates her. Even when she walks, it is at a pace that surpasses most joggers. “I can’t believe it,” she said. “I am not a runner! Trust me. I did a fun run, a 5K in college, and it was terrible. I had dark circles under my eyes and thought, *What is happening to me?* I was so tired.”

But today, she has her eye on a race far greater than three miles. “It was a challenge that came from my mother,” she laughed. On one fateful day, Marcelle had agreed to go hiking with her mother, a very fit, very enthusiastic outdoorswoman. “The next thing I knew,” Marcelle said, “I was walking 10 miles.” And the seed was planted.

Following the birth of her second child last year, Marcelle wanted to lose unwanted baby weight. But the 5K races that turned into 10-mile walks reawakened the ancestral roots of Mavis Lewis. Take something and make it bigger. Become something and make it better.

More Than a House...  
It's Your Home.



“The Berry Family” Thanks for allowing us to build your home!



JOHN HOUSTON  
CUSTOM HOMES

YOUR HOME. YOUR WAY.

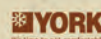
Home is where your family grows up, generations meet, and memories are made. A home is birthdays, holidays, and graduations. It is friends, neighbors and small groups.

At John Houston Custom Homes, we believe your family deserves a home built around your needs.

Call us today and ask how we can help build your family's home.

JohnHoustonCustomHomes.com | 866.699.6054

Find us online: f t YouTube g+





# MARK A. BISHARA M.D.

## Cosmetic Surgery & Hair Restoration

Harvard Fellowship trained  
in Aesthetic & Reconstructive Plastic Surgery



- ◀ Breast Enhancement Surgery
- ◀ Robotic Hair Transplantation
- ◀ Arm Lift Procedure
- ◀ Eyelid Lift Surgery
- ◀ Liposuction
- ◀ Tummy Tuck
- ◀ Skin-Reduction after Massive Weight Loss
- ◀ Laser 360 (photofacial, skin tightening and Erbium YAG Fractionated Resurfacing)

## The Paragon MED • SPA

817-473-2120 • 1830 E. Broad Street Ste. 102, Mansfield, TX 76063

[www.markbisharamd.com](http://www.markbisharamd.com) 877-70-NEW-LOOK [theparagonmedspa.com](http://theparagonmedspa.com)

### Brazilian Laser Hair Removal Package

Buy 6 Brazilian laser hair removals for \$1400, and receive 6 underarm laser hair removals for **FREE** (regular price \$2700 for both)

**Refining Treatment for Men**  
only \$45

### Package of Photofacials

5 for \$750  
(regular value \$1500)

### Packages of Microdermabrasions

Series of 4 Only \$255  
Series of 6 Only \$425  
Series of 8 Only \$595

Specials available through  
January 4th 2013!

WISHING YOU A  
*Happy Holiday Season!*



"But I had no idea what a commitment this is," Marcelle said of marathon training. It is not just the pounding that the body endures with the long and often tedious runs down rural roads and jogging paths. Marcelle was surprised by the amount of time one must give to training.



"It's very humbling," she said. "I have had to rely on family to help, because I cannot do this alone. I've called my siblings to say, 'Look, I took care of you. I was never mean to you. I was fun so — payback!' It's hard because I need help, but I don't want to take advantage of my family."

What Marcelle quickly discovered was marathon training is not a lone sport. There is a reason less than five percent of the American population has ever run a marathon. The drop-out rate of those who begin training but quit due to injury, time constraint and/or physical and mental fatigue is over 50 percent. Once again, for Marcelle, the importance of family is highlighted. From her husband





## TAKE OFF THE WEIGHT, TAKE ON THE WORLD – FASTER.

**Robot-assisted weight-loss surgery** at USMD is minimally invasive, for smaller scars, less pain and a shorter recovery – so you can start your new life sooner.



The most experienced  
robotic team in Texas.

855-55-ROBOT (855-557-6268) • [WeDoTheRobot.com](http://WeDoTheRobot.com)

USMD is a physician-owned hospital.



# This Holiday Season Give your Child the Gift of Knowledge

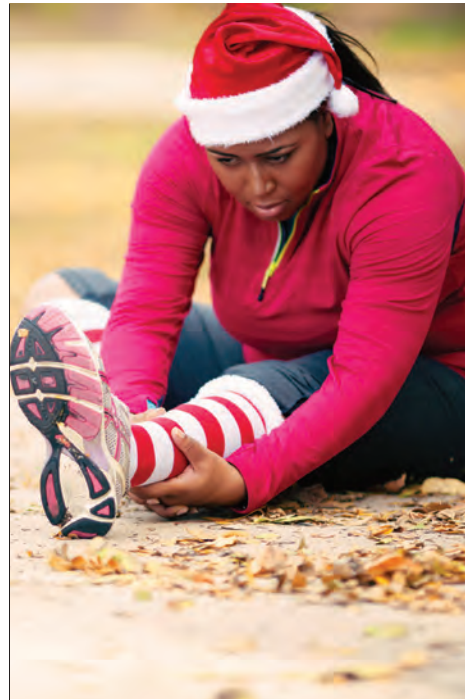


- Catch up, keep up and get ahead!
- Individual instruction with a customized lesson plan
- Unlimited attendance 5 days a week
- Convenient drop in schedule, no appointment necessary
- Professionally-trained instructors
- Homework help
- One monthly fee
- 1st-12th grades and private tutoring for advanced courses
- SAT/ACT Test prep

**We Make Math Make Sense to Kids!**

**817-473-MATH (6284)**  
[www.mathnasium.com/mansfield](http://www.mathnasium.com/mansfield)

**MATHNASIUM®**  
The Math Learning Center



and mother, she is given inspiration and motivation. From her siblings she is given support, time and love and from her children, Marcelle receives the greatest gift. "I am doing this for them. I want them to see that I can do this. I *will* do this!"

**But with a  
schedule that  
would leave most  
people exhausted,  
Marcelle has  
found running  
actually  
rejuvenates her.**

As she talks about the race, she envisions the finish line at the MetroPCS Dallas Marathon (formerly Dallas Whiterock Marathon) this month. She anticipates "the wall" at mile 18, sore limbs and emotional distress, but she also sees the destiny of her own children and, like her mother and grandmother before her, knows that this marathon is so much more than a race or a way to lose baby fat. It is a metaphor for life. It is the new challenge set before her. From one cake, Mavis built a new life, and from one mile, Marcelle has changed one. **NOW**



*We give the gift  
that keeps on giving...*

*a Beautiful  
Smile!*



- Braces for All Ages
- Invisalign®
- Adult Orthodontics
- Ceramic Braces



Charles Stewart, DDS, MDIV  
Justin Jergensen, DDS, MS  
Sheila Birth, DDS, MS

**Call today for your  
FREE initial consultation!**

*\* A \$150 value*

2011 W Bardin Rd • Arlington, TX

**817-557-0025**

[www.professionalsmiles.com](http://www.professionalsmiles.com)

Go Wireless  
With Invisalign®



*Holiday Special*

**Bring this ad  
in & receive  
\$300 off!**

New patients only. Coupon must be presented at consultation. Good toward comprehensive treatment only. Cannot be combined with any other coupon. Prices ranging from \$2500-\$5900. Expires 12/31/2012.

## Earn your degree close to home

**Tarleton State University** offers students affordable, high quality degree options conveniently in **Midlothian at Navarro College**.

**Bachelor's Completion Degrees:** Business, Psychology, Criminal Justice  
Administration, Manufacturing & Industrial Management

**Master's Degrees:** Counseling, Counseling Psychology



**TARLETON  
STATE UNIVERSITY**  
Member of The Texas A&M University System  
**Midlothian**

**TARLETON.EDU/MIDLOTHIAN**

**972-775-7244**







**NO MONEY DOWN TO START**

**Now that the storms have passed,  
Wallace Lott General Contractor LLC is still here  
ready to serve all your contracting needs.**

**\$500**  
**Holiday**  
**Discount**  
with this ad

**Residential & Commercial**  
**Roofing • Remodeling**  
**Bathroom • Kitchens**  
**Replacement Windows**  
**Painting • Cedar Patio Covers**  
**Fences**



**Hometown Trusted Builder**

- 40 years experience
- Fully insured/bondable
- Insurance negotiation specialist for property claims
- Licensed insurance adjuster on staff.



**972.679.6781**

**411 E. Hwy 67, Duncanville, Tx. 75137**



**Don't trust your insurance repairs to anyone until you have spoken with us!**





# IMPLANTS & ORTHODONTICS



Dr. Yaritza Vazquez, Periodontist

Dr. Vazquez obtained a certificate in advanced graduate studies in General Practice Residency at Tufts University School of Dental Medicine in 2006 where she concentrated her training in special needs and medically compromised patients. In June 2009 she completed her residency in Periodontics at Boston University and her Masters Degree in Oral Biology, which was focused in inflammatory processes. During her Periodontology residency she refined her skills in periodontal procedures including Cosmetic surgeries and implant placements.

## Are you...

- ...Missing one or more teeth?
- ...Having trouble with dentures or partials?
- ...Unhappy with your bridge?

### Dental Implants with Certified Periodontics

Dental implants are replacements that look and feel just like your own. Gone are the inconveniences of unretained dentures, partials and missing teeth while eating and drinking whatever you like. They look and feel like real teeth for a flawless and natural smile.

### A Confident Smile with Certified Orthodontics

Orthodontic braces can align teeth, fix your bite, and create a more healthy, attractive smile. Contact us today to learn more about this process, which helps create a more confident smile for you in a relatively short time.



**Picasso Dental**  
[www.myPicassoDental.com](http://www.myPicassoDental.com)

MANSFIELD, TEXAS  
1811 Hwy 287 N., Suite 160  
Mansfield, Texas 76063  
(817) 453-1001

**Call Picasso Dental Today for details and to learn about our amazing prices for these procedures!**





# THE THUMBS-UP GIRL

— By Mikaela Mathews





*Those who know Heather Griffin best recognize her by four things: her big smile, the color purple, her sunglasses and her thumbs up. 'I once took a picture not doing thumbs up and someone asked, 'Is that you, Heather?' They didn't recognize me,' Heather laughed. Despite a mysterious illness that left her paralyzed from the chest down, Heather has maintained a positive attitude for over 32 years.*

In 1980 when Heather was 5 years old, she complained of an intense stomach ache. The pain intensified over night, so her mom, Verna, took her to the doctor's office. He believed the pain came from her appendix, so he ordered surgery to have it removed. After the surgery, however, Heather didn't feel any better, and the doctors could not figure out the cause of the pain.

Verna, however, noticed Heather often fell without reason. She believed it was from the pain, but she told the doctors nonetheless, and they started to prod Heather's feet with pins. They soon realized Heather couldn't feel anything in her legs. "Paralysis was starting to take over the body," Heather recalled. "And within five days, the paralysis reached chest level."

The doctors rushed to perform MRIs and CAT scans. One of the tests

# Mansfield Medical Associates



**Sumeesh Dhawan, M.D.**  
Board Certified Internal Medicine

- Internal Medicine
- Infections
- Preventative care
- Geriatrics
- Cardiology
- Diabetes- all ages 5 yrs.+
- Sport Physicals
- Vaccination provider



**Raechel Duerr PA-C**  
Board Certified Physician Assistant

**Hours of operation**  
Monday-Friday: 8-5 PM  
Wednesday: 8-12 PM  
Call for an appointment  
**817.473.7197**

- We accept Medicare, Secure Horizons and most insurance plans.
- We provide in-patient hospital care.
- Walk-ins are welcome.

## Live healthy

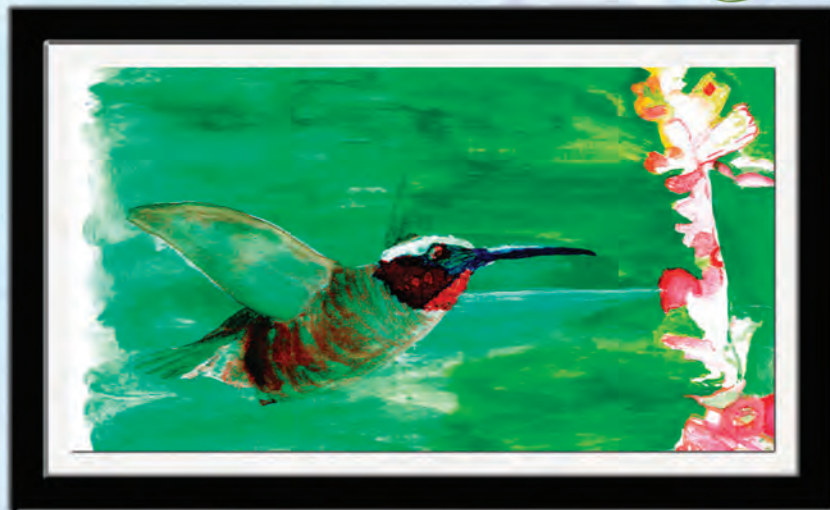


## and celebrate life!

920 US Hwy 287 N. • Suite 308  
Mansfield, TX. • 817.473.7197



# Memories in the Making



HUMMINGBIRD — PEGGY MORRIS

Residents of Isle at Watercrest-Mansfield who suffer from Alzheimer's disease or other forms of dementia use water color paint to recall precious memories. The "Memories in the Making" program was created by the Alzheimer's Association and has helped train the professional staff of Isle at Watercrest to help each person express their feelings and emotions through art.

This is one of the many innovative programs specially designed to stimulate mind and body at Isle at Watercrest. Memory Care at The Springs offers 24-hour care, whether you are a full-time resident or short-stay guest, by our specially trained staff. To discuss our memory care options for your loved one, please call 888-735-0814.



[isleatwatercrestmansfield.com](http://isleatwatercrestmansfield.com) • 888-735-0814

200 East Debbie Lane • Mansfield, Texas 76063  
SNF 132065; AL 132202; MC 102399



revealed a black spot on Heather's spinal cord. "The doctors asked Mom and Dad if they had taken me overseas or if I had anything injected in my spine," Heather said. "They couldn't figure out how it got there. They even came out with cameras after surgery because they had never seen anything like this before." They told Heather's family she would never walk again. Heather's mom, ended up in the emergency room after receiving this news.

While in back surgery, the doctors discovered a bacterial abscess in her spinal cord. The abscess had damaged the nerves in her spinal cord, causing the paralysis. The paralysis stopped at chest level, but it wasn't supposed to. "She is a miracle child," Verna explained. "The doctors told me when the paralysis reached her brain, she'd be gone." Prayers and one of the many antibiotics kept the paralysis from traveling any further than chest level.

Verna recalled the first time she saw Heather after surgery. "I said a simple, sincere prayer, 'God, if you will spare Heather's life, I will take the best possible care of her,'" Verna remembered. To this day, Verna has kept her promise, taking care of Heather throughout her school years and now, her singing career.

Life after paralysis looked very different for Heather. Their home had steps, so they needed to build a ramp and







purchase a larger, more accommodating vehicle for Heather's wheelchair. "I used to love to roller skate," Heather remembered. "I always say, 'Look for the girl on roller skates in heaven because it's going to be me!'"

When the Griffin family moved to Mansfield in 1982, they faced a new set of challenges that focused on making the schools more wheelchair-accessible. "We had to fight," Verna said. "The outside



building where Heather had classes did not have a ramp, only steps up to the door. Heather would have to go further around to the side door to get in. After a period of time, we met with school officials. I asked them, "If Heather were your daughter, would you want her to go around the building or just cross the



Granite, Marble & Quartz Fabricator  
for Kitchen & Bathroom Countertops

Extensive Color Selection  
Combines Beauty, Function &  
Elegance for any Bathroom  
or Kitchen!

# START NOW

*to be ready for  
the holidays!*

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

**SILESTONE®**  
by COSENTINO

## FREE

18 gauge Stainless Steel Sink  
(\$350 value)

Call or visit our Web site for details!  
[www.MTMCOUNTERTOPS.com](http://www.MTMCOUNTERTOPS.com)

*Come see our  
wide selection!*

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

# MTM

*Countertops*

**2460 Hwy. 287 N. • Mansfield**

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



**For more info call 866-439-1935.**



*Give the Gift of Health*

Shhh! Don't forget the Secret Santa Sale from Dec 26th-31st.

**\$5.00 OFF**  
any purchase of \$25 or more

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

*Eterna*  
(682) 518-1931  
Mansfield's Own Health Food Store

Like us on Facebook

*AVANTÉ SALON 360 & DAY SPA*

817-453-HAIR (4247)  
3300 E. Broad St. @ 360, Mansfield, TX  
AvanteSalon360.com

*AVANTÉ SALON & DAY SPA*

817-477-4040  
1223 E. Debbie Ln., Mansfield, TX  
AvanteSpa.com

*Madilyn's Boutique*

"The Latest Fashions" found nowhere else.  
Accessories and Unique Gifts!  
Next to Kroger @ 360 on Broad

**Miss Me Jeans & Rock Revival**

**Spa Gift Package Special Only \$116**  
Call for details!

**GIFT CARDS MAKE GREAT HOLIDAY GIFTS!**

f t



street to go into the building." Soon, the necessary changes were made.

In addition to ramps and coverings, the Griffin family worked on wheelchair-accessible bathrooms, larger classroom doors and handicapped parking spots. These things were not only done for Heather, but for future students with such needs. Verna and her husband, Danny, were also the first husband-wife team of special education bus drivers. They drove buses for 20 years straight while also pastoring the Walnut Creek Church of God. Danny and Verna pastored the church for 21 years until Danny's death in 2003 of brain cancer. Because of their dedication to driving children with special needs, the Mansfield ISD operations complex was named after Danny Griffin in 2007. "They wanted to name a school after Danny, but since he was a bus driver and not a teacher, the whole town rallied, and they approved naming the operations complex after him."

The doctors told Heather singing would be an enormous challenge to her because of the paralysis affecting her lungs. Heather, however, looked the challenge in the eye and kept marching on. In 2006, Heather won the title of Mansfield's Hometown Idol, and that got her music ministry started. "I was able to get a CD demo and head shots through winning the contest," Heather explained. "In 2007, I joined the Southern Gospel Music Association (SGMA) and from then on, it's just taken off. In 2008 and 2012, I was named the



## Top-Rated for Rehab Care for Your Neuro and Ortho Patients



*LiteGait® is a gait training device that simultaneously controls weight bearing, posture, and balance over a treadmill or over ground.*

Ranked as a 2010 and 2011 Top Performer for Outstanding Program Performance by Uniform Data System for Medical Rehabilitation, Methodist Rehabilitation Hospital is a 40-bed, comprehensive acute rehabilitation hospital dedicated to improving the everyday life of patients recovering from disabling illness or injury.

Located in southwestern Dallas County, this patient-centric hospital offers both inpatient and outpatient therapies and some of the latest technologies to maximize individual performance and independence.



### Specialty Programs:

- Stroke
- Brain Injury
- Spinal Cord Injury
- Amputation
- Neurological
- Orthopedic



## Methodist

REHABILITATION HOSPITAL

In Affiliation with Centerre Healthcare

**24-hour referral line: 972-708-8604**

3020 W. Wheatland Road  
Dallas, Texas 75237

**[www.Methodist-Rehab.com](http://www.Methodist-Rehab.com)**

# Weed Solutions

- ▶ Custom Blended Fertilizers
- ▶ Weed Preventatives
- ▶ Core Aeration
- ▶ Lawn Insect Control
- ▶ Organic Top Dressing
- ▶ Flowerbed Weed Control
- ▶ Grassy Weed Control

**For healthy grass,  
trees and shrubs  
call Mansfield's Finest  
Lawncare Company**



**FREE Ant Treatment**  
with purchase of an  
8-step lawn program

Expires 12-31-12

**One FREE Treatment**  
with pre-pay purchase of  
an 8-step lawn program

Expires 12-31-12

## 817-692-7693

**[www.weedsolutionsinc.com](http://www.weedsolutionsinc.com)**



**PARENT NIGHT OUT**  
**DEC. 7TH**

**Dec. 8th, 1-3pm Back Handspring Clinic**  
**Jump Clinic - 3-4pm**  
**Dec. 15th Christmas Shopping Drop-Off**  
Drop Students Off from 1-5pm while parents finish up their Christmas shopping.

*Merry Christmas from Cheer Texas!*

**CHEER TEXAS**

Bring your child in for a **FREE TRIAL CLASS**  
Classes start at 4:30 pm  
Call for details.

1120 Eden Rd. • Suite 104 • Arlington • 817.522.1253 • [www.cheertexas.com](http://www.cheertexas.com)



female soloist of the year in the SGMA, and I have three CDs out.”

Heather now travels around the state singing for churches and special events. Her most memorable concert was singing for the Tarrant County Special Olympics for two years in a row. “I sang ‘God Bless the USA’ there, which was the same song I sang for the Home Town Idol Contest,” Heather said. “That was very special for me.”

At her concerts, Heather encourages people with her story. “I let people know you can still go on even when you have tragedy facing you,” Heather explained. “You know, just be an inspiration to let people know to not give up, to not quit. We do serve a miracle-working God.”

Heather keeps going because of her faith in God. “He never gives up on us, so why should we give up on Him?” Heather said. “Look what he’s done for me, sparing my life. So why not share it?”

In addition to her singing, Heather has also taught Sunday school for 19 years. “Kids I have taught are married now and have kids of their own,” Heather laughed.

Heather’s nephews, Bryce and Wesley Ray, are very special to her. Her sister, Sheree, and Sheree’s husband, Gary, are very supportive of Heather’s ministry. “Heather reminds me a lot of her dad,” Verna laughed. “Her dad never had an enemy. If he was sitting in here today, someone would walk in and say ‘Hello there, Danny!’ I know her dad would be very proud of her. We referred to her dad as a people magnet, and Heather is the same way. Everyone loves Heather.” **NOW**



HALLIDAY  
REALTORS®  
EBBY.COM

**The First Name In Real Estate™**  
**All Over Mansfield**

[Mansfield.Ebby.com](http://Mansfield.Ebby.com) | 682-422-0333



© 2010. Equal Housing Opportunity.



Custom home with pool and guest quarters on 2.65 acres.  
**1563 MATLOCK ROAD | MANSFIELD | \$799,000**  
7/7/5 / LINDA MAGAZINE GROUP / 817-654-8589



**1100 RUTHERFORD ROAD 7/4.1/6**  
**WAXAHACHIE | \$680,000**  
Robyn England / 817-437-2770



**4308 ASTON LANE 4/3.1/3**  
**MANSFIELD | \$337,000**  
Kurt Tauzel / 817-899-5566



**4202 FOX LANE 4/4/3**  
**MANSFIELD | \$315,000**  
Debbie Kerschen / 817-925-5605



**3628 BLUEGRASS DRIVE 4/2.1/2**  
**GRAND PRAIRIE | \$275,000**  
Kristina Anderson / 817-654-8430



**2301 GALWAY DRIVE 4/2.1/3**  
**MANSFIELD | \$219,500**  
Kay Martin / 817-994-5700



**4015 FM 67 3/2/2**  
**ITASCA | \$179,999**  
Joel Arredondo / 682-465-5591



**805 MISTY OAK TRAIL 4/2.1/2**  
**BURLESON | \$175,000**  
Kathy Lakatta / 817-905-3229



**2816 S. SERRANO 3/2/2**  
**GRAND PRAIRIE | \$165,000**  
Onofre 'OC' Chapa / 817-654-8579



*Joy to your world.*

*'Tis the season for  
Massage Envy Spa  
gift cards.*



**\$49** Introductory 1-hour  
massage session\*

**\$59** Introductory 1-hour  
Healthy Skin facial session\*

**Massage Envy  
SPA®**

**SOUTH 360**  
5232 South State Highway 360  
Corner of Hwy 360 at Camp Wisdom Rd in SuperTarget Center  
**(888) 483-3324**

MassageEnvy.com · Franchises Available · Open 7 Days: Mon-Sat 8-10, Sun 8-8



\*See clinic for details. ©2011 Massage Envy Franchising, LLC.

ME 1652

# *Mansfield Christmas Spectacular*

**Saturday, December 15, 3:00 & 7:00 p.m.**

**Mansfield ISD Center for the Performing Arts  
1110 W. Debbie Lane (by Ben Barber Career Tech Academy)**

**Reserve FREE tickets at [ChristmasInMansfield.org](http://ChristmasInMansfield.org)**

Bring the whole family! Over 100 singers, orchestra, dancers, actors, special effects,  
a living Nativity and special appearances by Frosty, Rudolph and Santa — don't miss it!

*Sponsored in part by  
Methodist Mansfield Medical Center*

*Produced by Mainstage Classic Theatre  
and First United Methodist Church Mansfield*

  
**Methodist**  
MANSFIELD MEDICAL CENTER

**Mansfield News-Mirror**



Donations benefit  
Common Ground Network, Inc.





# SING-ALONGS & GUMBO FEASTS

— By Carolyn Wills

## At Home With Reda Jackson

*Sharing her blessings and God's love are as essential to Reda Jackson as breathing. For this spirited great-grandmother and veteran teacher, holidays are all about get-togethers, sing-alongs and gumbo feasts. "Family and friends come together on Christmas Eve," she smiled. "I'm in the kitchen cooking, and everyone is helping and enjoying the togetherness."*



*"And knowing this is the last home my mama lived in means something."*



To Reda, family includes everyone who comes to the home and to the table. She cooks her gumbo in a jumbo pot. Depending on the evening, a single dinner might involve as many as two giant pots. "The secret to making gumbo is to fry the okra first," she grinned. "Soak the little dried shrimp overnight and buy the best quality large shrimp, crabs, a can of tomatoes and smoked turkey sausage available." Her gumbo is served with warm dinner rolls, sweet tea and fresh lemon. "Warm eggnog is served," she added. "Most people drink it cold. But, in my sub-culture, we drink it hot with a shot of liqueur and a topping of whipped cream. Once you've had it hot," she smiled, "you'll never want it cold again."

Moving from Benbrook, she was blessed with a lovely 2,700-square-foot home nestled in the curve of a cul-de-sac in one of Mansfield's distinctive neighborhoods. "I wanted the feeling of openness so, as the house was being built, I asked for the interiors of the living and dining rooms to be left open." With the exception of plush carpeting in the bedrooms, living and dining rooms, the floors are laid with a terra cotta tile, and the walls are the color of cream. "My theme is Mediterranean, so I wanted the style of the house to match," she explained. The foyer opens to the formal living and dining areas.



Soft colors, silk drapes and a massive, mirrored wall in the living room beautifully complement Reda's rich furnishings and stunning crystal collection. "I've always loved crystal because it reflects the brilliancy of light which adds elegance to a room," she said. "Some of my pieces were made in the 1920s, some are gifts, some came from family and church friends and others are my own discoveries." Among her crystal treasures are vases, candlesticks, glasses, chandeliers and figurines. "I like having things around me that I've had through the years," she said. "And knowing this is the last home my mama lived in means something."

Reda moved to Mansfield in 2005. "Mansfield is a beautiful area that places me closer to my children. I moved here with my mother and granddaughter, Kristien. My mother, Elvira Monroe, has since passed away, and Kristien just graduated from college. My oldest daughter, Kelly is with me now."

Crystal lends a magical touch during the holidays. "With the children grown and my father, the late Enis Monroe, and my husband, the Rev. Jackson Sr., having passed, I usually put little lighted trees on the tables. This year, my daughter, Keisha, and her son, Byron Keith, put up a large Christmas tree!"

Reda grew up in a close-knit community in Beaumont, Texas. "The community was very special," she smiled. "My parents and their siblings and their families lived next door and a couple blocks apart. My sister, Beverly Payton, and I had many cousins and lots of friends. I have many wonderful memories and, to this day, what was so special about that time and place has kept us in love near and afar."

In her first marriage to Willis Gray Jr., they were blessed with three children — Willis Christopher, Kelly and Keisha. Besides family, education has always been a priority. "I've had a wonderful education and 42 happy and eventful years as a





prekindergarten teacher,” she said. “I had planned to teach music until I fell in love with prekindergarten.” She entered Texas Woman’s University in Denton to earn her master’s degree in early childhood education.

While blessed in many ways, Reda was not to be spared the pains and challenges



of life. The fact that she has brought happiness to so many is a testament to her faith and strength in God. In 1976, she had attended class at Texas Woman’s University and, while driving home in heavy traffic, her car was bumped from behind by another driver. “We should never have gotten out of our cars,” she said.” While examining their bumpers, the two were struck by a car driven by a drunk driver. Reda suffered extensive injuries — her legs had been crushed. She

was hospitalized from June to December, while having many surgeries. She was off work from 1976 through the fall of 1978.

“I’ve always been a strong person,” she said. “It was a long road to recovery but, eventually, the casts were removed, and I was able to move to a wheelchair and, ultimately, to walk. A close friend encouraged me to return to the master’s program, and in 1978, I walked across the stage to receive my degree, returning to the workforce that fall.”

# Need A Plumber?

Available 24/7 • Complimentary Estimate • No additional charges for nights, weekends or holidays

Friendly Professional Technicians • Background checked and drug screened • Locally Owned and Operated

**\$50 Off Any Plumbing Service**

Coupons may not be combined with any other offer.  
Expiration date 12/31/12

**\$65 Off A New Niagara Toilet**

Coupons may not be combined with any other offer.  
Expiration date 12/31/12

## 1-800-PLUMBER

1-800-758-6237  
www.1800plumber.com  
TX Plumbing License #M19066




GREATER MANSFIELD REALTORS, INC.

## John Boguski

817-939-5884



www.GreaterMansfield.com



**WINTER is the PERFECT time to create your BACKYARD RETREAT!**



- \*Outdoor Kitchens
- \*Fireplaces
- \*Firepits
- \*Covered Patios
- \*Paver/Flagstone Patios
- \*Cedar Arbors

FREE  
ESTIMATES

Landscape  
Logistics, Inc.  
Residential & Commercial  
Quality Workmanship

Special Winter  
Pricing!  
Call for  
details!

682-232-6030

20 YEARS OF EXPERIENCE



*Happy Holidays!*

**FROST  
YOURSELF!**

*Hair \* Nails \* Permanent Makeup  
Facials \* Waxing \* Hair Extensions  
Massage*

Gift  
Certificates  
Available

Lease station  
available.



**PASSINI'S**  
HAIR SALON & SPA

1071 Country Club Dr., #107 • Mansfield  
For appts. 817-988-2615 • 817-453-9989

**Lindsay D. DeVos**

ATTORNEY AT LAW

*Representing families struggling through difficult times*

*Happy Holidays*



**Family Law**

Collaborative Law • Divorce  
Child Custody • Child Support  
Termination  
Adoptions • Modifications

*Fort Worth Magazine  
Top Attorney Family Law  
2008, 2009  
Texas Super Lawyers Rising Star  
2010, 2011, 2012*

**817-453-0101**

550 N. Walnut Creek Dr., Ste. 100  
Mansfield, TX 76063 • [www.devoslaw.com](http://www.devoslaw.com)



Visit us to shop for **GREAT GIFT IDEAS!**



**\$39  
Facials**

Gift Cards  
in-store  
& on-line!

**Great  
stocking  
stuffers**

Save time holiday  
shopping with  
gift certificate  
**"Wrinkles Away Bucks"**

**Gifts  
\$40 and  
under**

Buy them on-line at [shopwrinklesaway.com](http://shopwrinklesaway.com)  
Services by appointment only.

[shopwrinklesaway.com](http://shopwrinklesaway.com)

**WRINKLES AWAY SKINCARE**

**817-919-3849** 2364 Hwy 287 N, Ste 107 @ Callendar Rd, Mansfield  
(near Mansfield Driving School)

**IF YOU SELL YOUR GOLD ANYWHERE ELSE, YOU'RE LOSING MONEY!**



Hi, I'm Amy! We are now offering a  
**30-DAY GUARANTEE** for your gold and  
silver. If the market price increases, bring  
in your receipt and we will give you the  
extra cash!

Amy's

**GOLD SILVER  
EXCHANGE**

- Wedding Sets
- Diamonds
- Earrings
- Watches & More!

**We Sell Quality Jewelry  
FAR BELOW WHOLESALE!**



**CASH FOR YOUR** gold, sterling silver, platinum,  
diamonds & coins... In any condition

**2 Locations to Serve You!**

Enjoy a **FREE Coffee!**

956 N. Walnut Creek Dr.  
**Mansfield**  
Just South of Hwy 287,  
Near Walmart  
817-453-6260  
Mon-Sat 10am-6pm

4508 Matlock Rd., Ste. 120  
**Arlington**  
2 Blocks South of I-20,  
Racetrac Shopping Center  
817-375-0103  
Mon-Sat 10am-6pm

**BONUS CASH FOR YOUR GOLD**

**receive \$100**

in additional cash for your gold  
cash in \$1,000 or more of gold and receive \$100 extra

Customer Initials \_\_\_\_\_  
Amy's Gold And Silver Exchange  
4508 Matlock Rd., Ste. 120 • Arlington • 817-375-0103  
956 N. Walnut Creek Dr. • Mansfield • 817-453-6260

With this coupon. Not valid with other offers or prior purchases. Offer expires 12/31/12. Code: NOW

**BONUS CASH FOR YOUR GOLD**

**receive \$50**

in additional cash for your gold  
cash in \$500 or more of gold and receive \$50 extra

Customer Initials \_\_\_\_\_  
Amy's Gold And Silver Exchange  
4508 Matlock Rd., Ste. 120 • Arlington • 817-375-0103  
956 N. Walnut Creek Dr. • Mansfield • 817-453-6260

With this coupon. Not valid with other offers or prior purchases. Offer expires 12/31/12. Code: NOW

**BONUS CASH FOR YOUR GOLD**

**receive \$10**

in additional cash for your gold  
cash in \$100 or more of gold and receive \$10 extra

Customer Initials \_\_\_\_\_  
Amy's Gold And Silver Exchange  
4508 Matlock Rd., Ste. 120 • Arlington • 817-375-0103  
956 N. Walnut Creek Dr. • Mansfield • 817-453-6260

With this coupon. Not valid with other offers or prior purchases. Offer expires 12/31/12. Code: NOW



*" When I feel it within  
my spirit,  
I go to the piano to play  
and sing  
until the feeling eases."*





Next to family, music is the greatest source of her joy, as it is for all who know Reda. "I love to sing," she said. "As a child, I would sing in the bathtub and whenever I heard music on the radio, I enjoyed singing along. I started taking piano lessons when I was in fifth grade. When I entered sixth grade, my music teacher encouraged me to learn 'The Lord's Prayer,' not knowing it would be my first solo." Reda sang "The Lord's Prayer" at her seventh-grade graduation ceremony. As a soprano, she has sung and performed many places, singing art songs, Latin, Italian, German, hymns, spirituals and some gospel.

Her love of music was a consideration in the design of her home. "I turned a front bedroom into a parlor for my baby grand piano," she said. In addition to being her special retreat, the lovely chamber is a favorite for her family, especially during the holidays. A picture of Reda's parents and a figurine of an angel are on top of the beautiful Bergmann piano.

"When I feel it within my spirit, I go to the piano to play and sing until the feeling eases," she said. "I've always had those kinds of experiences. I know the Holy Spirit dwells within me. Since my retirement, I don't know what God has in store for me," Reda shared, "but I will continue to trust, worship and give Him all the praise and glory for all those I love." **NOW**

... and a 

## Parrot in a Pine tree

- Birds • Fish • Aquariums • Reptiles
- Small Animals • Puppies and Kittens

  
Your Family Pet Store  
[www.petorama.net](http://www.petorama.net)  
[M.petorama.net](http://M.petorama.net)



2090 Hwy. 157 N. Suite 100 • Mansfield • 817-453-2043  
Mon-Sat: 10am - 8pm  
Sun: 12pm - 6pm

## Dr. Bruce Cherry

**FAMILY DENTISTRY & ORTHODONTICS**

26 years experience. Same friendly staff.  
NEW state-of-the-art facility.

*We wish you and your families a warm and wonderful Christmas season!*



**Call now to schedule an appointment!**

**817-453-4075**

**Take advantage of your dental benefits before the end of the year!**

**New Patient Special**

**\$49** Includes exam, X-rays & cleaning

Offer excludes patients with gum disease.  
Offer expires 12/31/12

1200 US Hwy 287 N Suite 101 • Mansfield, TX  
(on the northeast side between Walnut Creek and Debbie Lane)

Visit us online at [www.brucecherrydds.com](http://www.brucecherrydds.com)



# CROSSFIT FERVOR

THE BEST PLACE TO GET FIT IN MANSFIELD

FREE SESSIONS ARE FILLING UP FAST!

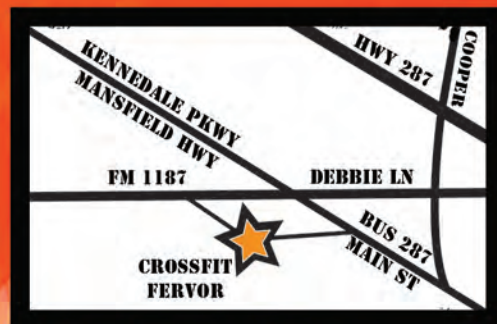
**SIGN UP TODAY!**

LOOK BETTER NAKED!

BEST SHAPE OF YOUR LIFE!

NO CONTRACTS!

HAVE FUN DOING IT!



**f 817-905-9866**

1315 FM 1187 • STE 106 • MANSFIELD

**SIGN UP @**

**CROSSFITFERVOR.COM**

Ask  
About Our  
Extended Hours



the best dentistry  
**in Life is Free!**

#### Worry Free...

Dental plan available for those without insurance

#### Ouch Free...

Gentle cleanings from our professional staff

#### Hassle Free...

Walk-ins always welcome

We're a Preferred Provider for HMOs & PPOs.



**MANSFIELD**  
SMILES AND ORTHODONTICS

John Barnes DDS & Associates

**682-518-5856**

[www.MansfieldModernSmiles.com](http://www.MansfieldModernSmiles.com)



**3300 E Broad St, Ste 120  
Mansfield**

On the Southwest corner of East Broad and 360 in the Kroger Marketplace shopping center near Kroger

## GET TO KNOW US SPECIALS

**\$59**

Exam, Digital X-Rays  
& Cleaning\*

### Need Braces?

Braces for as little as **\$99**/mo

With a down payment of at least \$250, offer valid on new orthodontic cases only, offer only valid with participation in monthly automatic credit card or bank card program. OAC. Payments may extend beyond the period for treatment, cannot be combined with any other offer.

\*Regular value of at least \$290.00. In absence of periodontal (gum) disease. New patients only. Discounts may vary when combined with insurance and cannot be combined with other offers or discount plans.



# 2012 Holiday Shopping Guide





# 2012 Holiday Shopping Guide

*A quick look at the gift items and discounts available locally.*



## Order Your Holiday Pies Early!

28 Varieties of fresh, homemade pies & cakes! Great for holiday gifts, too!

### Our Place Restaurant

915 W. Debbie Lane, Mansfield 6AM - 3PM  
Burleson Location Opening Soon!  
817-473-9996



## BUY a \$25. Gift Card & RECEIVE a \$5.00 gift card FREE!

Pizza, Pasta, Calzones, Baked Pasta, Fresh Salads  
Steak, Chicken, Seafood, Sandwiches and MORE!

### Zio's Italian Kitchen

5005 S. Cooper St. • Arlington, TX 76017  
(817) 468-1411  
www.zios.com



## House Cleaning DONE RIGHT!

FREE In-Home Estimates  
References Available

### Extreme Cleaning

NOW HIRING

Jenn Hendon hendon1969@hotmail.com  
817-614-5840



## We Are Worth The Trip Downtown!

Clothing, Handbags, Jewelry & More  
Gift Certificates Available

### Angel ROC

101 N Main St. Mansfield  
817.473.1808

facebook.com/angelrocjewelry.com



## KIDS - FULL DAY Christmas Camp (Ages 6-12)

Gymnastics • Rock Climbing • Rope Swings  
Arts & Crafts • Trampolines

Dates: Dec. 24, 26, 27, 28, 31, Jan. 2, 3, & 4

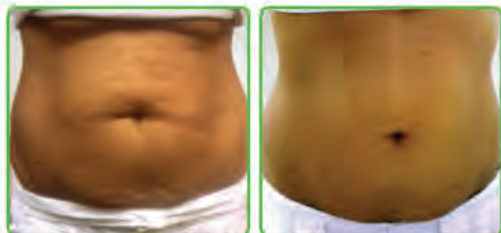
### Spiral's Gymnastics

1003 Magnolia St. Mansfield  
817-473-4944



# 2012 *Holiday Shopping Guide*

*A quick look at the gift items and discounts available locally.*



## **Get Your SEXY Back!**

Ultimate Body Applicator Wrap  
See results in as little as 45 minutes!

### **It Works!**

Try it for only \$30  
[chelseaheftler.myitworks.com](http://chelseaheftler.myitworks.com)  
817-602-5895



## **FIREWOOD SEASON IS HERE!!**

STIHL MS 170 Lightweight Chainsaw \$179.99  
Anti-vibration system & IntelliCarb™ Carburetor

### **Classic Turf Equipment**

780 W. Debbie Ln., Ste 200  
(Across from Fat Daddy's)  
817-459-0521



## **New Client Holiday Specials!**

6 HR Cleaning \$79 + tax 2 girls/3 hours  
8 HR Cleaning \$109 + tax 2 girls/4 hours

### **Clean Choice**

Residential & Commercial  
Licensed • Insured • Bonded  
817-466-9040

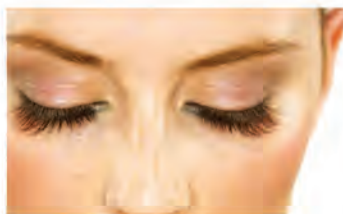


## **Old World Glass Ornaments**

For any occasion! Buy one & get one  
HALF OFF of equal or lesser value. Exp. 12/31/12

### **Creekside Collections**

120 W. Debbie Lane, Suite 346  
In Target Center @ Hwy. 287  
817-473-2206



## **Lash Out**

Get a party set of Xtreme Lash  
extensions for \$75

### **Serenity Nail Salon**

1219 E. Debbie Ln. 115  
Mansfield, TX 76063  
817-539-0099



## **Unique, whimsical & one-of-kind holiday gifts!**

Re-purposed & Re-loved Furniture • Home Decor  
New & Vintage Jewelry • and more!

### **Vintage Vibe**

1585 E. Broad Mansfield  
817-473-2777

Like us on Facebook -- Vintage Vibe Texas



# 2012 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.

## HOLIDAY SPECIAL

Come see us  
before your benefits end in 2013



**\$50 Off  
ANY Treatment\***  
(i.e. fillings, crowns,  
root canal, teeth whitening...)

— OR —

**\$400 Off  
'6 Month Smiles  
Clear Braces**

\*Offer for insurance  
holders may vary.

 **RUSH CREEK  
DENTISTRY**

[www.rushcreekdentistry.com](http://www.rushcreekdentistry.com)  
6401 S. Cooper St. #105A • Arlington, TX 76001  
Office: 682-323-3293 • Fax: 817-393-4774

## THE TACO SPOT STREET STYLE

**December DAILY Specials  
From 4pm - 9pm**



**Mondays & Thursdays  
2 FOR \$3  
Meat Tacos**  
(not including Fish Tacos)

**Tuesdays  
2 FOR 1  
Meat Tacos**


**Wednesdays  
3 FOR \$5  
Seafood Tacos**


**Fridays & Saturdays  
Family Night  
15% OFF!**  
(15% OFF your Total Bill)  
PLUS - Spend \$20 or more and  
Get 2 FREE BEERS!

**WE CATER • FREE WIFI**  
1050 Country Club Dr. • #100 (Walnut Creek)  
Mansfield • 682-518-6730 • [www.tacospot.co](http://www.tacospot.co)  
Hours: Mon-Wed: 10am - 9pm; Thurs-Sat 8am-9pm

## Vintage Boots

The original glass slipper.



 **Aspirations**


**Boutique & Art Studio**  
Apparel • Boots • Vintage Home Decor • Gifts   
817.453.2979 • [www.aspirationsboutique.net](http://www.aspirationsboutique.net)

Photo courtesy of [www.vanzandstudio.com](http://www.vanzandstudio.com)

316 S. Main St. • Mansfield, TX 76063

## Merry Christmas



 **parlour  
Salon**

**682.518.9740**  
Gift Certificates available!

208 E. Broad Street • Suite #104





**6 Months Free  
Weekly Pool Maintenance**  
with each new pool build

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

- ▶ WEEKLY SERVICE
- ▶ NEW CONSTRUCTION
- ▶ RENOVATIONS & REMODELING
- ▶ EQUIPMENT REPAIRS/UPGRADES
- ▶ PLASTER, TILE & COPING

- ▶ OUTDOOR KITCHENS
- ▶ DECKING
- ▶ SALT SYSTEMS
- ▶ WATER FEATURES



**We ALSO offer Landscape Lighting**  
*Let us light up your life and add beauty to your outdoor surroundings!*



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



**817.297.7120**

[www.BlueWaterCustomPools.com](http://www.BlueWaterCustomPools.com)

## Lauren Gaydos Duffer

*A Law Firm Focused on Families*



### Adoption

- Recognition of Foreign Adoption
- Termination of Parental Rights
- Family Planning
- Step-Parent Adoption
- Finalization of Adoption
- Birth Parent Representation

### Family Law

- Collaborative Law
- Paternity
- Divorce
- Child Custody
- Modification

### Assisted Reproductive Technology

- Egg Donor Agreements
- Embryo Donation Arrangements
- Gestational Surrogacy Arrangements
- Family Planning
- Traditional Surrogacy Arrangements

### Mediation

- Family Law

Fort Worth Magazine  
**Top Attorney**  
**Family Law**  
2008, 2009, 2010, 2011  
Texas Rising Star  
2010 & 2011

690 East Lamar Blvd, Ste. 560 • **817.548.5643**  
[Lauren@txfamilylawattys.com](mailto:Lauren@txfamilylawattys.com) • [www.txfamilylawattys.com](http://www.txfamilylawattys.com)

## Tessa Gatlin Pierce, CPA, MBA

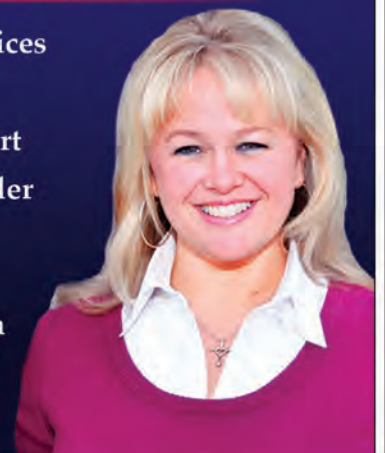
Accounting and Consulting

### *Serving Businesses & Individuals*

- Accounting Services
- Tax Preparation
- Litigation Support
- Contract Controller Services

**817.842.9079**

[www.pierce-cpa.com](http://www.pierce-cpa.com)  
305 Regency Parkway,  
Ste 305 • Mansfield



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



# Fighting Cancer

## Step by Step



— By Jeremy Agor

*If you go outside on any given night in Mansfield, there are walkers everywhere. Whether it is at a park or just in the neighborhood, they are outside on their own personal journey. Some walk for fresh air, some for fitness and some to give their pet a chance to get out of the house. But when Lori Bryant walks, she is going to be gone a while. Last month, Lori was one of hundreds of people who walked 60 miles in three days in the Susan G. Komen 3-Day for the Cure in Dallas to raise money for breast cancer research.*

“It’s an amazing feeling when you meet breast cancer survivors and talk to people who have lost loved ones to the disease. There’s sorrow and sadness, but also an amazing amount of joy and pride, all those emotions rolled into the 3-Day. I’ve met a lot of really awesome people while I walked,” Lori said.





The 3-Day for the Cure is one of a series of fund-raising events sponsored by the Susan G. Komen Foundation. Other events include: Race for the Cure and a Marathon for the Cure. There are 3-Day events in 14 cities nationwide. Participants commit to raise \$2,300 in addition to walking the 60 miles, which can prove difficult. That difficulty is supposed to be symbolic of what is faced by those who are fighting breast cancer.

This was Lori's third straight year walking in the 3-Day, although she never really planned to walk it once. She was drawn in by the music playing in the background of the 3-Day television commercial, a song called "Pink Warrior" by Candy Coburn. No matter where she was or what she was doing, Lori always stopped and listened when she heard the song. Finally, she was compelled to

**"There was a lot of love and support, and it was kind of nice because I wasn't just walking for everybody. I could put faces to the disease."**

register, even though she did not think she knew anyone who had breast cancer. About a month later, she found out she was wrong. "I used to volunteer at the food ministry at my parents' church, and a couple of other volunteers there were breast cancer survivors. They were very proud of me for taking on the challenge.

**Are you NEW to Mansfield?**  
*We want to welcome you ...  
 and to be your personal jeweler. Our standard of  
 excellence and our commitment to our  
 customers is our hallmark.*

Custom Jewelry Design – creating New out of Old!

Repair and appraisals done on premises!

New State of the Art "Laser Welder"

Full line of fine jewelry, loose diamonds & watch repair

Celebrating our 30th Christmas Season!

*Mansfield Fine Jewelry*

Thomas, III, Alma & John Pressley  
 Italian third-generation family business!

817-473-4008 • 1292 Hwy 157 N, Ste 104 (South of Debbie Ln)  
[www.mansfieldjewelry.com](http://www.mansfieldjewelry.com)

**OUR ALARM SYSTEMS ARE SO SECURE...**  
**MAYBE YOU SHOULD WARN SANTA?**

**FREE Installation and Activation**

Control your ENTIRE system with your smart phone!  
 No Landline Needed!

**December Special**  
**2 FREE Cameras**  
 with purchase of Monitoring Agreement!

**HOME SECURITY TRINITY** (817) 566-2955  
[WWW.TRINITYHOMESECURITY.COM](http://WWW.TRINITYHOMESECURITY.COM)



**LYNN MUTTI GROUP**  
*Welcome Home*

**LYNN MUTTI**  
*Realtor®*

**KELLER WILLIAMS**  
REALTY

Find us on Facebook 

**Direct (817) 903-2600**  
[www.lynnmutti.com](http://www.lynnmutti.com) | [lynn@lynnmutti.com](mailto:lynn@lynnmutti.com)



*Are You Seeking?*

*He Can still be found . . .*

We Invite you to Join Us for:

# Christmas Eve Services

**4:00pm**  
Spanish Translation Available.

**5:30pm**  
Childcare Available for Age 2 and under.

*Mansfield Bible Church*

**www.MBCchurch.com**

2351 Country Club Dr.  
817.473.8980




**“It’s an amazing feeling when you meet breast cancer survivors and talk to people who have lost loved ones to the disease.”**

There was a lot of love and support, and it was kind of nice because I wasn’t just walking for everybody. I could put faces to the disease,” Lori recalled.

Each week, there are several opportunities to train in Mansfield and Arlington with others who will walk in





the event, and Lori prepared by completing some training walks the first year she participated in the event. She even joined a team for support. However, the last two years she did no training, hoping instead that her job as a server, which kept her on her feet for hours at a time, would be sufficient. Luckily, she was right.

Although Lori walks solo, she says she never walks alone. "I feel like I have angels with me," she said. "I always meet people at breakfast or at the gate waiting to start the day's walk. I find someone who walks at my pace and stay with them until a pit stop. Then I find someone else. The actual walk weekend is exhausting and puts a lot of stress on your body, but it's uplifting at the same time. It's a contradiction, but it

makes sense when you're actually doing it."

During the event, there are lots of sights and sounds and hundreds of people lining the route, cheering and offering support. "There's a lot of pink. It's like a big wave. The police, volunteers and supporters are fantastic, and there are lots of pretty places, especially in the Park Cities," Lori said. "You get a lot of high fives along the route and seeing people cheering and clapping when you feel like you can't take another step really keeps you going. There are cheering stations, and you can hear them before you see them, and you can't wait to get there. It really revives you. There are also people holding up signs and passing out candy. My favorite sign last year was held by a survivor. It said, 'My Right Boob Thanks You,'" Lori smiled.

Lori is thankful for other kinds of support, too. She was about \$1,200 short of her fundraising goal last year, and she

# Happy Holidays!

**PLEASANT RIDGE**  
INTERNAL MEDICINE

**Theresa Stretch, MD**  
Board Certified  
American Board of Internal Medicine

**817.635.6363**  
1806 W. Pleasant Ridge Road  
Arlington, TX 76015

[www.PleasantRidgeMedicine.com](http://www.PleasantRidgeMedicine.com)

**Personalized Medical Care for Adults in all Phases of Life**

# PHOENIX

**CUSTOM HOMES & REMODELING**  
*Quality custom homes at affordable prices.*

*"very cost competitive, and the quality exceeded our expectations."*  
*Ron & Karen G. of Mansfield*

**ACT NOW!** WE CAN HAVE YOUR REMODEL READY **FOR THE HOLIDAYS!**

**Before.** **After**

**WE SPECIALIZE IN:**

- New Construction
- Kitchen & Bath Remodels
- All Flooring
- Painting
- Granite Countertops
- Room Additions

**Senior Discounts!**  
**SAVE BIG \$\$ on winter projects!**

**817-797-1555 • PHOENIXCHR.COM**



# UGLY COUNTERTOPS?

**Don't Replace,  
Refinish!**

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



**BEFORE**

**After!**



**Miracle Method®**  
SURFACE REFINISHING

**Please call for appointment  
to visit our showroom**

**"Yesterday, these were ugly.  
Today they're beautiful!"**

*Martin Rugroden,  
Owner Miracle Method Mid-Cities*

**We Also Repair and Refinish:**

- Bathtubs • Tile Showers & Walls
- Sinks & Vanities • Fiberglass Tubs & Showers

**\$75 OFF\***

\*35 sq. ft. min.

A complete countertop  
refinishing job OR a  
complete bathtub &  
tile refinishing job

Limit one coupon per project. Valid only at participating  
locations. Not valid with other offers. Coupon expires 12/31/12

**Call for a FREE Estimate!**

**817.201.2774**

181 S. Watson Rd., #309  
Arlington, TX 76010

Each Miracle Method franchise is independently owned and operated.

See our work at [MiracleMethod.com](http://MiracleMethod.com)

pinned a note to her shirt to that effect. By the end of the third day, strangers had donated over \$900 to her cause.

At the end of each day, walkers return to a camp at a local community college. There, pink tents are set up as far as you can see, like rows of caterpillars. The camp is an oasis where walkers can relax, eat, shower and get medical attention if they need it. There are also quiet areas



where people can reflect on their journey and honor loved ones who have died. "The first thing I do when I get back to camp is go see the chiropractor because I want to survive the next day," Lori said. "The food is good there, too. I miss the eggs they serve for breakfast. They cover all the bases: protein, carbs and, of course, coffee! You have to be very aware of basic nutrition, like keeping your salt levels up and being sure you're properly hydrated or else you can run

**Happy Holidays  
to you all!**

**Crystal  
Dental**

[www.crystaldental.org](http://www.crystaldental.org)

**FORT WORTH**

1114 E. Seminary Drive • Ft. Worth 76115  
**817.921.0883**

**MANSFIELD**

2880 N. FM 157, Ste. 102 • Mansfield 76063  
**817.473.6200**

**Use your 2012 dental benefits before they run out!**

**Adult & Children's Dentistry, Gentle Dental Care & friendly staff!**

**Laughing gas available for patients with dental phobia!**

**We Accept Medicaid, CHIP & most Insurances.**

**\$59 EXAM, X-RAY  
AND CLEANING**  
(gum treatment extra)

With Coupon. Expires 12/31/12

**\$10 FOR LIMITED  
EXAM & X-RAY**

With Coupon. Expires 12/31/12






**FUEL INJECTION SERVICE**  
**FROM \$59.<sup>90\*</sup>**  
\*Most vehicles. With this coupon. Not valid with other offers. Expires 2/15/13 AP.

**30/60/90 SCHEDULED MAINTENANCE**  
**FROM \$189.<sup>90\*</sup>**  
\*6 and 8 cyl. higher. \*Most vehicles. With this coupon. \$3.00 environmental charge will apply. Not valid with other offers. Expires 2/15/13 AP.

**4-WHEEL ALIGNMENT**  
**FROM \$69.<sup>90\*</sup>**  
\*Most vehicles. With this coupon. Not valid with other offers. Expires 2/15/13 AP.

**QUALITY OIL CHANGE**  
**FROM \$21.<sup>90\*</sup>**  
\*Most vehicles. Limit 5 quarts. With this coupon. \$3.00 environmental charge will apply. Not valid with other offers. Expires 2/15/13 AP.

**ALL TUNE and LUBE**  
*Total Car Care*

**10% MILITARY DISCOUNT**  
 • Computerized Engine Diagnostic from \$49.90  
 • 4 Tires Rotate & Balance \$29.90

**ALL TUNE TRANSMISSIONS**

**10% Off for AAA Members**

**Official Texas State Inspection Station**

**151 E. Eden Road**  
**Arlington**  
**817-557-6259**

*Visit our new location!*

**Monday-Friday**  
**7:00AM-6:00PM**  
**Saturday**  
**7:00AM-5:00PM**

**2321W. Pioneer Pkwy.**  
**Arlington**  
**817-265-1388**

# Want To Look Like a BEAUTY? Then Train Like a BEAST!



## FIND IT HARD TO GET BACK IN SHAPE AFTER THE HOLIDAYS?

- ✓ Our **WOMEN'S ONLY** fitness camp will help you define, shape, tone and lose fat
- ✓ 4 weeks of fun, life-changing, research-driven workouts and nutrition coaching
- ✓ Convenient time for work and school schedule

**CAMP**  
**STARTS**  
**JANUARY 7TH**  
**2013**

**MANSFIELD**  
**ADVENTURE**  
**BOOT CAMP**

[www.MansfieldBootCamp.com](http://www.MansfieldBootCamp.com) **817-719-0355**



**Conrad Creative**  
Custom Gift Baskets

Are You Ready for the  
*Holidays?*



Now Open at 131 N. Main Street, Downtown Historic Mansfield!

[www.ConradCreative.com](http://www.ConradCreative.com)

**MENTION THIS AD FOR 10% OFF YOUR ORDER!\***

**FREE DELIVERY IN D/FW AREA!\***

\*Some restrictions apply. Please call 972-822-6777 for details!



**SoccerTots**

18 months to 6 years

- Child Physical Development Programs
- 9:1 Student to Instructor Ratio
- Kids Love to Engage in Our Games
- Over 80 Fun Games & Activities
- Develops: Soccer Skills, Motor Skills & Social Behavior



**SoccerTouch jr's & SoccerTouch**

Ages 6 - 8 years

Ages 9 - 12 years

A specific focus on a variety of skill based games & drills combines with small-sided soccer games in a weekly class format.

[www.soccertotsdallas.com](http://www.soccertotsdallas.com)



**PartyTots**

- Best Birthday Party in Town
- Sponsored by SoccerTots

[www.partytotsdallas.com](http://www.partytotsdallas.com)



**BASEBALL**

Ages 2 - 5 years

- 6:1 Student to Instructor Ratio • Teach your child the game of baseball in a fun, exciting, and positive indoor environment.

[www.lilssluggersdallas.com](http://www.lilssluggersdallas.com)

**Kids Love our Programs! Register Now.**

**All Programs Follow A Structured Curriculum.**

**Now offered at APEX Indoor Soccer Center in Mansfield.**

**972-978-8530**

into problems. Every night people are singing and dancing, and there's music. It's amazing seeing people who've walked 20, 40 miles jump around with tons of energy. Once you lie down to go to sleep, you pretty much fall out though. And it can be really cold!"



The 3-Day ends with a ceremony at Fair Park in Dallas. There, the walkers meet their families and friends who celebrate the finish. Then, the walkers proceed to the closing ceremony. It is full of speeches, music and inspirational images. "I always cry during the closing ceremony. We all walk in, elbows linked, and our families are there. When all the walkers are inside, the survivors walk in and seeing the people who have fought the disease and won is wonderful. As a sign of support for making it through their battle, and for those still fighting, we all take off one shoe and hold it up in the air. This is a way to say, 'I did it!' and also to tell them, 'I walk for you!'" Lori explained.

Step by step, mile after mile, Lori makes the effort to complete the 3-Day for the Cure. It is something that is now ingrained in her, and it's her way of supporting her community. **NOW**



**BACK 2 WELLNESS**  
**CHIROPRACTIC**  
**DR. MICHAEL BANK, D.C.**

**We Offer  
 NON-SURGICAL SPINAL  
 DECOMPRESSION**

**We Can Treat**

- Bulging Discs • Migraines
- Hip Problems • Foot Problems
- Athletic Injuries • Auto Accidents
- Work Accidents

**NEW PATIENT SPECIAL  
 FIRST VISIT  
 \$25<sup>00</sup>**

Includes: consultation, X-Rays  
 if needed and treatment  
 Excludes Medicare. Offer expires 12/31/12

**(817) 453-9339** Hours: Mon-Fri:  
 9am-7pm  
 2860 FM 157, Ste. 112 • Mansfield

Voted  
 Mansfield's  
 BEST  
 CHIROPRACTOR  
 FOR 2008 & 2010  
 by Mansfield Mirror

**OLD REPUBLIC TITLE**  
*wishes you and yours*  
**Happy  
 Holidays**

*Mansfield*  
 1405 N. Highway 287, Ste. 101  
 Mansfield, TX 76063  
 (817) 453-8104 office  
 (817) 453-7418 fax  
[www.OldRepublicTitle.com/dfw](http://www.OldRepublicTitle.com/dfw)

**Autumn Revoir**  
 Branch Mngr./Escrow Officer

**Jo Waldrop**  
 Escrow Officer

**Lolly Waller**  
 Escrow Officer

**Robyn Barrere**  
 Sales Executive

ARBORS, OUTDOOR KITCHENS, PATIOS

**Your Backyard  
 Oasis Awaits**  
**DREAM. DESIGN. BUILD.**

Call today for  
**FREE**  
 consultation!

**Happy Holidays!**

**URBANOASIS**  
 OUTDOOR LIVING & LANDSCAPING

**817.453.3100**  
[WWW.URBANOASISOUTDOOR.COM](http://WWW.URBANOASISOUTDOOR.COM)

**PayPal**     L19335

LANDSCAPING • SPRINKLERS • LIGHTING



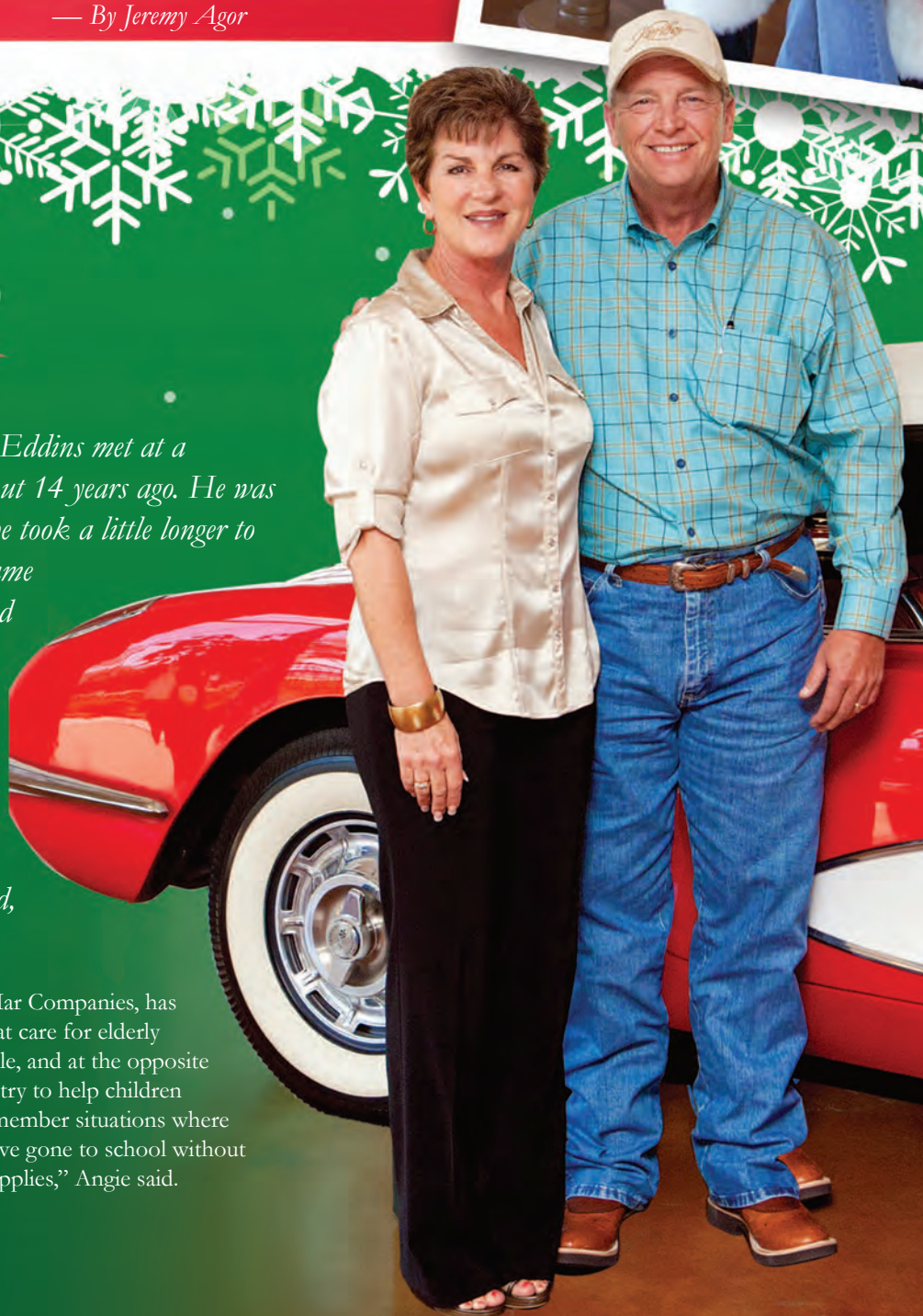
# BIG Hearts

— By Jeremy Agor



*Mark and Angie Eddins met at a Christmas party about 14 years ago. He was instantly smitten. She took a little longer to realize she felt the same way, but they married about two years later. In the years since, they have built a successful life upon a shared commitment to helping others in need, especially children.*

“Our company, AngMar Companies, has home health agencies that care for elderly people who are vulnerable, and at the opposite end of the spectrum we try to help children who are vulnerable. I remember situations where my daughters’ friends have gone to school without backpacks and school supplies,” Angie said.










## Driving School of Mansfield

- Conveniently located within 5 miles of Summit, Timberview, Seguin, Lake Ridge, Legacy and Mansfield Schools
- Flexible class times for your convenience
- Comfortable and spacious classroom
- Reliable vehicles for student safety
- Quality Certified Driving Instructors
- Payment plan available
- Get your permit in less than one week!

**1219 E. Debbie Ln., Suite 103, Mansfield, TX**  
*(Within 5 miles of Summit, Timberview, Seguin, Lake Ridge, Legacy and Mansfield High Schools.)*

December 1 - December 21 .....	4:30pm - 6:30pm
December 1 - December 21 .....	6:30pm - 8:30pm
January 5 - January 25 .....	6:30pm - 8:30pm
January 12 - February 1 .....	4:30pm - 6:30pm
January 26 - February 15 .....	6:30pm - 8:30pm

Call for more information! 817-260-1020  
[www.DrivingSchoolofMansfield.com](http://www.DrivingSchoolofMansfield.com)  
*Reserve your spot today!*

**Grand  
Opening  
Special**

**\$299**

Exp. 12/31/12

Shop Mansfield's Own Toy Store and

## Make a Christmas Dream Come True

**\$5 off any \$25 purchase**

Expires 12/24  
cc: mn5off

- ✦ Storefront Parking
- ✦ Avoid Long Lines
- ✦ Extended Holiday Hours
- ✦ Christmas Wish Lists
- ✦ Free Gift Wrapping
- ✦ 2000 Square Feet of Unique TOYS!!





215 N. Walnut Creek Suite 101 • Mansfield, TX 76063

**817-453-TOYS (8697)**

[www.townsquaretoys.com](http://www.townsquaretoys.com)





**Merry Christmas**  
Luke 2:11



"Prayer is the difference between the best YOU can do and the best God can do"

mention this add for 10% off

**ACDelco**  
**CAR CARE CENTER**

**THANK YOU MANSFIELD FOR 25 YEARS!**

One Block North of Post Office

Main St. Bus. 287	Mouse Electronics
	★
	Antique Mall
Main St.	Pleasant Ridge
	Post Office
	Broad St.

930-A N. Main St.  
Mansfield  
817.473.1739

BBB ASE

**SERVICING ALL MAKES AND MODELS**




Mark and Angie became involved in the Mansfield community after moving their hot rod shop from Arlington. "I guess you could say we found Mansfield by accident, not by choice. I was driving

**Edward Jones**  
MAKING SENSE OF INVESTING

**The Right Investment Makes all the Difference.**

**Call**



**Scott Marburger**  
scott.marburger@edwardjones.com

2421 Callender Rd.  
Suite 131  
Mansfield, TX 76063  
817-473-2493

**YOUR LOCAL FINANCIAL ADVISOR**  
MEMBER SIPC

"The Future is Impacted by The Present"

**OUR PLACE RESTAURANT**



**1/2 Price Breakfast**  
Buy 1 at reg. price & receive a 2nd of equal or lesser value for 1/2 price  
One coupon per visit. Expires 12/31/12

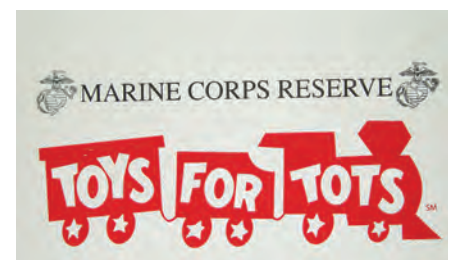
Voted BEST Breakfast, Home Cooking & Desserts in Mansfield 2011

915 W. Debbie Ln.  
Mansfield 817.473.9996  
www.ourplace-mansfield.com



**NEW LOCATION OPENING IN BURLESON!**

"I hate to know there are kids out there who are hungry or who won't have a Christmas."



around looking for a place to move the shop after we lost our lease, and I found these five acres on 1187. I called Angie and told her about it, but I wasn't sure





people would find us! Now, Mansfield has grown around us. We later bought five more acres, because we keep outgrowing our space,” Mark recalled. “We love Mansfield. We love the people. They take care of us, and we take care of them.

“What really spurred our giving,” Mark continued, “was I went to jury duty, and at the end of the day when they handed out the \$6 checks, the judge said we could keep it, or we could endorse it to the Fort Worth Children’s Fund. I didn’t need that money, so I donated it.”

Mark and Angie do their best to support organizations close to home. “We are very careful about whom we choose to support. We want to be sure the money we raise will pay to help children in need and not support administrative staff and overhead,” Angie said. To consolidate their giving, they are in the process of forming a 501(c)(3) corporation called Angie’s Angels, which helps their giving as well, because it makes it easier for their employees to give if they choose. Mark figured if every employee donated \$5 per paycheck (\$10 per month), with 850 employees, that money would add up.

“We’ve always asked people to give around the holidays, and sometimes it’s hard with everything else going on at that time of year. Now, we’ll be able to offer payroll deduction, so they can spread their giving out over the entire year. We are at about 50-percent participation at

## Family Memories Are Priceless

**Jellystone Park**  
**Yogi Bear's**  
**North Texas**  
**CAMP-RESORT**

- Family Fun Resort
- Camping/Cottages
- Group Facilities
- Firetruck & Hayrides

[www.NorthTexasJellystone.com](http://www.NorthTexasJellystone.com)

**888-855-9091 - Burleson, Texas**

## CREEKSIDE COLLECTIONS

*Unique Holiday  
Gift Ideas!*

120 W. Debbie Lane, Suite 346  
In Target Center @ Highway 287  
Mansfield 817-473-2206  
Mon - Fri: 10am - 6pm  
Sat: 10am - 5pm  
Sun: 1pm - 5pm

*Filigree Monogram  
Necklaces!*

- Gifts
- Home Decor
- Vera Bradley
- Brighton Jewelry  
and Handbags



[www.creeksidecollectionstx.com](http://www.creeksidecollectionstx.com)



Financing Available!

f t

**Kennedale Mansfield Plumbing, Inc.**  
**KMP INC.**  
 The Original Mansfield Plumbing  
 Established 1985

**817.453.8028**  
 www.kmpcorp.com

**It PAY\$ to Know Your Plumber!**

**Taking Pride in 25+ Years of Service to the Mansfield Community**

**Sales Service Replacement Installation**

**24 Hour Emergency Service**  
**Commercial & Residential Plumbing**

Tankless Water Heaters  
 Preventive Maintenance  
 Gas Leak Detection and Repair  
 Leak Detection and Repair  
 Hydrostatic Sewer Testing  
 Backflow Testing and Installation  
 Water Line Repair & Replacement  
 Trenchless Sewer Replacement.....and more!

M-17237

**Have a Critters Christmas!**  
**Dec. 1<sup>st</sup> - Dec. 23<sup>rd</sup>**

**Admission includes:**  
 Bounce houses, petting zoo,  
 pony ride, train ride, hayride,  
 story time with Mrs. Claus,  
 and Christmas crafts

Open Saturdays: 10 am to 5 pm,  
 Sundays: 1 to 5 pm gates close at  
 4 pm each day. Weekdays by reservations only.  
 We also offer birthday parties and field trips at our farm,  
 and petting zoos and pony rides that can travel to you.

**Country Critters farm**

**Admission for Country Christmas**  
 \$8 per person (kids and adults)  
 Kids 24 months & under are **FREE!**

**817-477-3060**  
 www.countrycrittersfarm.com

**COUNTDOWN TO CHRISTMAS**  
**ANNUAL CRAFT FAIR**

**MOPS**  
**Mothers of Preschoolers**

**FREE ADMISSION**  
**DEC 15TH 9AM-4 PM**

FIRST BAPTIST MANSFIELD • 1800 E. BROAD ST.  
**VENDORS WANTED! 918-574-4799**

**Need CPR or First Aid Training?**

**Call today to schedule a class!**  
**817-453-8130**

gmadcpr.com

**Se Habla Español**

**500 E. Broad St, #200**  
**Mansfield**

AngMar, and we'll match whatever our employees donate and find a children's charity we want to support," Angie said.

They have supported the Lena Pope Home in Fort Worth, Big Brothers Big Sisters, Toys for Tots, the Salvation Army and the Shriners. They chose the Shriners because the daughter of one of their employees was severely burned at age 2 and has undergone many surgeries. The Shriners support the Burn Center in Galveston.

One unit of the company, House of Hot Rods & Classics, has taken giving to heart. Each year in early December, the employees volunteer their time to



put on a car show for Toys for Tots. The admission fee is a new, unwrapped toy. They also invite local car owners to participate, and they show up, rain or shine. A local couple has also stopped by to drop off about 20 bicycles. These employees host a similar event in the summer to benefit the Tarrant Area Food Bank's backpack program, which helps feed latchkey kids. Admission to that event is nonperishable food items.

Our employees are also participating in a "Pimp my Wheelchair" contest for children at Cook Children's Hospital in Fort Worth. Many of the children in the hospital are there for months at a time, and the wheelchairs are basic and boring.



# Medical Transit Connection

Trust OUR family  
to care for YOUR family

## Specialized Transportation

To and From:

Nursing Homes  
Dental Appointments  
Medical Appointments  
Dialysis Center  
Physical Therapy Center  
Post Surgical Visits  
Routine Doctor Visits  
Hospital Discharge  
Chemotherapy Center  
Senior Transport  
...and much more!

Accepting Major  
Insurance  
& Medicaid Soon!

**CALL to make an appointment TODAY!**

**WWW.MTC-DFW.COM • 817-743-3682**

**SPECIAL RATES For Mansfield Residents!**

## Need Cash?

**Start earning Today!**

Call Debi to start  
Your Scentsy Business!



## Need Gifts?

**Phone Orders Welcome**

Call for an Appointment or  
Host a Party to Earn  
Free & ½ Price Scentsy!

**Debi Mangan**

(972) 937-1440 Office

(903) 258-3513 Cell

www.eFlameless.com

debimangan@sbcglobal.net

**Scentsy**  
INDEPENDENT  
CONSULTANT

## Your Physician for Life



**John M. Willis, DO**

The Methodist Family Health Centers are proud to welcome Mansfield Internal Medicine and John Willis, DO, to our group.

Dr. Willis specializes in comprehensive care for the adult patient including cholesterol-level management and complex lipid disorders.

**Methodist**  
FAMILY HEALTH CENTERS

## Methodist Mansfield Internal Medicine

2800 E. Broad St., Suite 512  
Mansfield, TX

**817-473-6867**

Methodist Mansfield Internal Medicine 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.



Voted  
Mansfield's  
BEST  
CHIROPRACTOR  
2006, 2007, 2009,  
2011 and 2012

# Mansfield CHIROPRACTIC

## Non-Surgical Solution for Back Pain

Proven effective when used for treating:

- ~ Herniated or Bulging Disc
- ~ Degenerative Disc Disease
- ~ Sciatica
- ~ Radicular Pain
- ~ Facet Syndrome

DRX9000 Spinal Decompression

**817-453-3999**

1071 Country Club Drive Suite 101 Mansfield, TX 76063

QR Code

Proud Member of  
MANSFIELD AREA  
CHAMBER OF COMMERCE

## Woolard's Custom Jewelers

Our family would like to take this opportunity to wish our many customers, friends and neighbors season's greetings. Wishing you a happy heart, home and many new reasons for us all to be thankful. Thanks to everyone for the trust and confidence you have shown us over the years. May Peace be your gift at Christmas and your blessing all year through!

**Happy Holidays!**

from Bob & Caryl Woolard and Staff

Custom Design • Wax Carving & Casting  
Jewelry Repair • Laser Welding  
Pearl & Bead Stringing • Signature Engraving  
In-house Jewelers

*Jeweler By Trade. Artist By Heart*  
Bob and Caryl Woolard

**437 S.W. Wilshire Blvd • Burleson, TX**  
Between NW Newton & Exchange  
**817-295-6361**

## Direct Mail Advertising Works!

Let **MansfieldNOW** magazine present your advertising message to

**over 23,600**

Home & Business addresses  
in the Mansfield  
ZIP codes

# NOW

MAGAZINES

Bringing the best of the community home

Call for more information  
**817-477-0990**

We add custom touches, like a drink holder or an umbrella stand or fancy wheels, to give the kids a little boost. "We have 40 guys who work hard all week and then donate their time on the weekends to do these things for other people. They're really passionate about it," Mark said.

That passion is also exhibited by the company's chief operation officer, Corey Hix. About five years ago, he solicited the employees in the company and then presented Mark and Angie with a check for nearly \$4,000. He then matched that amount. Mark and Angie also matched it, raising a total of \$12,000.

Mark and Angie personally give their time and money to the same types of causes the company supports. They recently hosted a gala fundraiser to benefit the Child Life Zone at Cook's, which is a part of the hospital where children can get away from their illnesses and participate in music, art, games and other activities that let them be children. As part of the fundraiser, children at the hospital painted small guitars, about 15 inches tall, which were then auctioned off, raising over \$3,500. The first-time event raised over \$53,200 for the Child Life Zone at Cook's.

In previous years at Christmastime, Mark and Angie took their employees to Walmart, split them into teams and gave them an hour to stuff as many toys as they could into shopping carts. The results took four checkout lanes almost two hours to check out. "It was amazing. We had people using bungee cords to keep the gifts from falling out of the carts, and some people attached ladders to the sides of the cart to make the sides higher. It took longer to check out than it did to shop! We filled two bobtail trucks with toys," Mark laughed.

Last year, they asked the Salvation Army to send 100 angel tree children, and their employees purchased gifts to grant the children's wishes. "We have a soft spot for kiddos," Mark said. "I hate to know there are kids out there who are hungry or who won't have a Christmas."

Mark and Angie have created a caring culture, in which they encourage people to help others through their time, effort and money. "It makes you feel good on Christmas morning," Angie explained, "knowing that Santa came." **NOW**



# Fall in Love this Holiday

OB

High  
JAS-9

MI 0.5  
Tib 0.2  
09:27:34 pm

## 3D/4D Ultrasound

The Perfect Present for  
the Mom-To-Be In Your Life

Kessler Women's Healthcare is proud to announce our new 3D/4D ultrasound services opening this month. Call now to purchase the perfect present for the Mom-To-Be in your life — a gift certificate for a 3D/4D ultrasound!



1330 N. Beckley Ave. • Dallas, TX 75203

[www.kesslerwomens.com](http://www.kesslerwomens.com)

Call 214-941-7200 to schedule a convenient appointment

md MANSFIELD DERMATOLOGY

# Dear Santa...

All I want  
for Christmas  
is Fraxel!



fraxel

Fraxel is a new-generation laser skin resurfacing that delicately restores and touches up your skin, one small area at a time. Improve the look of your skin, erase summer damage and love the way you look!

2800 E. Broad St. • Suite 124  
Mansfield

723 N. Fielder Rd. Suite C  
Arlington

Jeannine Hoang, MD • Lisa Hogan-Moody,  
PA-C • Allison Wilbanks, PA-C • Lisa Ostrowski,  
PA-C • Helen Kaporis, DO

817.539.0959

[www.mansfielddermatology.com](http://www.mansfielddermatology.com)

MANNINGTON

Drive a Little...  
Save a Lot!

## Jerry's J&W Flooring

For all your flooring needs ... since 1971!

305 E. Main • Midlothian



972-723-8312 • Metro 972-299-6106

Financing Available • 12 months • No Interest - Upon approval

Wood, Laminate, Vinyl, Vinyl Plank, Ceramic Tile



# A Christmas Wonderland

MARSHALL

★ ★ ★ TEXAS ★ ★ ★







*In a poor economic time 26 years ago, when unemployment in Marshall, Texas, reached 20 percent, the publisher of the Marshall News Messenger wrote an editorial suggesting what a wonderful appeal the small town would have if lights lined the downtown buildings, trees glowed bright and Marshall could portray an inviting, inspirational image for its residents. It seemed like a good idea but how to make it happen seemed an impossible task.*

One of the local residents, Mildred Carlile, sent a copy of the paper's editorial



Anjani Amin, M.D.

## ¡SE HABLA ESPAÑOL! SAME DAY CASH DISCOUNT!!

### Our Services:

- General Adult Medicine
- General Adolescent Medicine
- General Pediatric Medicine
- Wellness and Prevention
- Women's Health • Counseling
- Minor Surgical Care • Sports Physicals

### Office Hours:

Monday: 8:00 am – 5:00 pm  
Tuesday: 8:00 am – 5:00 pm  
Wednesday: 8:00 am – 5:00 pm  
\*Thursday: 7:00 am – 12:00 pm  
Friday: 8:00 am – 5:00 pm  
Lunch daily from 12:00 pm – 1:00 pm

1110 East Bardin Road Suite #100  
Arlington, TX 76018  
Phone: 817-468-9600 Fax: 817-468-9606 Anjani Amin, M.D.



**LET OUR FAMILY TAKE CARE OF YOURS!**

Make the Holidays a Little

# SWEETER

## SAVE \$5\*

on any order  
Code: chri0929

To order, please call or visit:

Edible Arrangements | 617 Uptown Blvd., Ste. 105  
Cedar Hill, TX 75104 | (972) 293-2848

Edible Arrangements Mansfield | 120 W. Debbie Lane, Ste. 130  
Mansfield, TX 76063 | (817) 453-2500

EdibleArrangements.com



### MERRY GINGERBREAD MEN FESTIVAL™

With gingerbread men-shaped  
pineapple and strawberries  
dipped in gourmet  
chocolate



**Edible®**  
ARRANGEMENTS

Make life a little sweeter.™

\*Offer valid at participating locations. Valid on arrangements and dipped fruit boxes. Offer expires 01/31/13. Cannot be combined with any other offers. Offer code must be used when placing order. Containers may vary. Arrangements available in a variety of sizes. Delivery not available in all areas. EDIBLE ARRANGEMENTS® & Design and all other marks noted are trademarks of Edible Arrangements, LLC. ©2012 Edible Arrangements, LLC. All rights reserved.





**MIDLOTHIAN**  
—SPINE & SPORT—

*You don't have to be a professional athlete to be treated like one!*

Chiropractic Care	Muscle Aches
Sports Injuries	Sprains, and
Kinesiotape	Strains

Dr. Brad W. Collins  
Dr. Ross A. Ellis

**972.723.1155**

WWW.MIDLOTHIANSPINEANDSPORT.COM

**CAMPUZANO**  
mexican food

Voted Best Mexican Restaurant in Best Southwest

Merry Christmas to all our customers!

**\$5.00 off**  
**\$20.00 purchase**

Expires 12/31/12

**CAMPUZANO**  
mexican food

Call us for your Holiday Catering!

108 N. 8th Street Midlothian, TX <b>972-723-2634</b>	2167 N. Highway 77 Waxahachie, TX <b>972-938-0047</b>	213 W. Beltline Cedar Hill, TX <b>972-291-1053</b>
--	---	--

HEAL YOUR PAST,  
**EMBRACE THE PRESENT**  
CREATE YOUR FUTURE!

"Rapid Resolution Therapy  
turned my world upside down and provided  
me with clarity I have never known" - Richard P.

**682-422-7153**  
www.guyeeearle.com

COMPLIMENTARY  
ENGAGEMENT SESSION  
WITH ALL WEDDING  
PACKAGES!

*melissa shook*  
WEDDING & PORTRAITS

214.476.3495  
www.shookphoto.com



to a school friend, Wendy Russell Reves, who had left Marshall to become one of New York's top models in the 1930s. At the time the editorial was written, Ms. Reves, living in France, was the widow of a wealthy publisher and art collector. Ms. Reves responded to her friend with a check for \$25,000 to help her childhood



community have "its holiday wish." With that check as a start, members of the community eventually raised more than \$70,000 to start illuminating the town.

Today, Marshall's Wonderland of Lights Festival rivals the best Christmas lighting events in the country. More than 10 million lights creatively caress homes and businesses with extravagant, elegant and simple displays. With expanded activities and events, the simple lighting of buildings and trees now incorporates light and sound shows, an evening music show, as well as attractions for young





children, teens and adults. The display of lights has evolved to creating a fun and exciting evening of adventure.

The Historic Harrison County Courthouse in downtown Marshall is at the center of events, harboring 150,000 glorious multicolored lights that dance each evening to some of the most spirited

holiday music classics. The lights are synchronized with pulsating and throbbing music to raise the spirits of the young and young at heart. The shows begin at 6:00 p.m. each evening and can be viewed from the entire center square area.

Festival activities are conveniently located in the Washington Square District surrounding the courthouse, which carries a sparkling atmosphere on every night. Visitors can enjoy the Wonderland Village where activities abound for the

shopper, attraction rider and children wishing to visit the North Pole Play Land.

A free variety music show is performed on the courthouse steps each evening at 7:00 p.m. The show features local Marshall singers in a newly written production. The performance recalls the memories of past holidays with the hopes of creating new traditions for the entire family.

The Samsung Ice Skating Rink is the only outdoor ice skating rink where skaters can enjoy being under the stars while watching the fascinating courthouse



New Patients are ALWAYS Welcome

**December Special**  
Take Home Whitening Kit  
**\$99**

# Happy Holidays!

from all of us.

**Willow Tree DENTAL** Family and General Dentistry

NEW HOURS: M-Th 9-6pm  
Friday and Saturday by appt only.

**Rupal D. Bhakta, DDS • Aashish P. Bhakta, DMD**  
Accepting most PPO insurances and all forms of payment.  
CareCredit available to those who qualify. Locally and family owned  
[www.willowtreedentaltx.com](http://www.willowtreedentaltx.com)

1205 Debbie Lane, Suite 111 • Mansfield • 817-453-2983

**LONE STAR BARBER SHOP**  
*Where It's All About The Haircut...*

ALL Fades • Flat Tops • Tapers  
Face Shaves • Reg. Men & Kids Cuts

check out facebook for haircut gallery

200 N. Main St. # Suite 101  
(Downtown Mansfield)  
817-225-2775  
lonestarbarbershop76063

Owner Juan

**Mansfield**  
**AFTER SCHOOL CARE**

3:30 - 6:30 Mon-Fri  
K-4th Grade State Licensed

9 Locations: Alice Ponder,  
Annette Perry, Cora Spencer,  
D.P. Morris, Elizabeth Smith,  
Erma Nash, J.L. Boren,  
Roberta Tipps, Willie Brown

Enroll & Pay online: [www.masconline.com](http://www.masconline.com)

Your Trusted  
Neighborhood  
Attorney

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 & Construction Law

**Schroeder & Accipiter LLP**  
1701 Hwy 287 N., #105  
Mansfield • 817-842-0220

[www.KarenSchroederLaw.com](http://www.KarenSchroederLaw.com)



Is *your* high ranking student scoring low on SAT/ACT tests?



**WE CAN HELP!**

**DON'T TEXT CHRISTMAS BREAKAWAY!**



Call NOW to receive **\$200 OFF** OUR **CHRISTMAS BREAK PROGRAM**

Results will vary.




**ACT 25**

**Huntington**  
Your Tutoring Solution

1 800 CAN LEARN® • HuntingtonHelps.com  
1219 E. Debbie Ln. | Mansfield

**Turn your savings into earnings. Let's talk.**



**Todd A Simmons, AAMS®**  
Financial Advisor

1710 Country Club Drive  
Suite 104  
Mansfield, TX 76063  
817-473-9645

**Edward Jones**  
MAKING SENSE OF INVESTING

www.edwardjones.com

*Eliza Skin Care*

Get yourself into that "little black dress!"

Schedule your **BODY WRAP**  
**NOW & Lose 4-15 inches**  
before the holidays!

**\$70.00** (reg. \$80)

Special Wrap Party  
Pricing for 8 or more

Offer Expires 12/31/12

**682-518-7778**  
1003 E. Broad, Ste. 100, Mansfield 76063



**Storage Hut**

**SELF STORAGE**

Decorations take up too much space?

**We have LOTS of space!**



(817) 453-8557 • www.mansfieldstoragehut.com

**Quantum MECHANIX** 16 Years Experience

Quality Car 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




light and sound show. Thousands enjoy the evening glide across the ice with special exhibition performances scheduled during the festival. Occasionally, special events, like a marriage proposal, occur on the ice.

Young children can see the elves hard at work (or taking a nap) in their workshop in the North Pole Play Land. Just for children under age 10, an exciting experience includes the snowball hut, giant bounce house package and, of course, the Marshall Express train.

One of last year's most visited attractions was the Wonderland Mountain — a 32-foot tall slide with an exhilarating 10-second ride from top to bottom. Adjacent to the mountain is the Polar Challenge where testing your competition skills against yourself or your friends is always fun.

Snowflake, the giant rocking horse, brings back memories for those who recall hours rocking back and forth as a child. In the Wonderland Village, Snowflake awaits all who want to relive those memories by rocking 12 feet in the sky!

A picture, it has been said, is worth a thousand words, but what is a picture inside a snow globe worth to friends and family? Measuring 16 feet wide, up to six people can have that unusual holiday photo to express their holiday happiness.

Until he prepares to leave for the North Pole, Santa, along with Mrs. Claus, welcomes children to his workshop. Each child can make their train, decorate a cookie and, of course, tell Santa all of their dreams and wishes.

To enjoy seeing the millions of lights that Marshall has, visitors can enjoy a light tour on the old English double decker bus. Decked out with its own lights, a



# Mansfield & Grand Prairie **URGENT CARE**

**We're Here When  
You Need Us!**



**Flu immunizations  
available now!**

**Mansfield** 817-473-3979  
**Grand Prairie** 972-755-1785

**WWW.MANSFIELDURGENTCARE.COM**

**1811 Hwy 287N**  
(Super Target Shopping Center)

**5204 S Hwy 360**  
(South Arlington @ Hwy 360 and Camp Wisdom)



## Learn Martial Arts **FAST**

without all the  
complicated techniques!

Learn **FASTER** • Progress **FASTER**  
Get Fit **FASTER**

Develop: **DISCIPLINE** • **RESPECT**  
**SELF-CONTROL** • **ATTITUDE**

**WORLD CHAMPION TROY DORSEY'S**

# KARATE

**& Fitness Kick-Boxing**  
Men • Women • Children

**Have FUN burning  
800 Calories in one hour!**

LOSE WEIGHT • FEEL BETTER • LOOK GREAT  
All this without a GYM, TREADMILL, WEIGHTS, MACHINES

**CALL TODAY FOR YEAR END SPECIALS  
FOR KARATE & KICKBOXING!**

**817-477-5523 - 115 N. Main St.**  
in Historic Downtown Mansfield



Some clogs are  
better left to  
the professionals!



Voted  
Mansfield's  
**BEST  
PLUMBER**  
FOR 2011 & 2012  
by Mansfield Mirror

# MANSFIELD MP PLUMBING

**Full Service Plumbing Company**  
Residential • Commercial  
Mon-Fri 8am-5pm

- ✓ **Warranty on Every Service**
- ✓ **Senior Discounts**
- ✓ **Best for Less Guaranteed**
- ✓ **Chamber Member Discounts**

**\$50 OFF**  
**ANY SERVICE**  
with this coupon. Exp. 12/31/12

**817-473-8888**




License #M#36261

**www.mansfieldTXplumbing.com**



**When good garage doors go *BAD!***

**We ALSO offer mobile box truck repair!**

**WE CAN HELP**



**Mansfield Overhead Door**  
**817-988-4191**  
[www.MansfieldOverheadDoor.com](http://www.MansfieldOverheadDoor.com)  
**FREE SERVICE CALL FOR MANSFIELD RESIDENTS.**

Mansfield owned and operated

**INNOVATIVE!!**

**STAGES of BEAUTY**  
*embrace your stage of beauty*

Skincare Formulated Specifically By Age




100% Fragrance Free with Natural Ingredients for Sensitive Skin.  
 Get ready to Face the Holidays...  
 Schedule a Facial Retreat with Friends.  
 Hostess Rewards and Discounts.

[www.stagesofbeauty.com/site/shazam](http://www.stagesofbeauty.com/site/shazam)  
 Shazamz@att.net



*Blessings of Health at Christmas!*





**A**pproved Home Health Care provides a variety of nursing and therapy services to patients and their families in Ellis, Johnson, Tarrant, Dallas counties and surrounding areas. We're locally owned and operated by hometown folks with over 50 years of combined home health experience.

The Community Health Accreditation Program, Inc. (CHAP) rewards agencies for their Core & Home Health Standards of Excellence. Approved Home Health Care continues to hold CHAP Accreditation status as we go into our sixth year!

**Best Little Home Care Agency in TX!**  
*Family Owned and Operated Since 2005*

For additional agency information, contact Louis Ponder, Owner at (972) 723-2933.

tour guide welcomes each guest aboard to experience not only the brilliance of the community but to learn more about Marshall's 170-year history. Maps for drivers who want to do their own driving are provided in several locations throughout the Wonderland Village.

Several special events occur during the festival. Celebrity Chef, sponsored by Get Healthy Marshall, explores a healthy food menu. Participants can view the specialty foods as created by invited chefs and then actually enjoy them.

For artists or want-to-be artists, the Holiday Art Party is a fun-filled afternoon of painting one's own masterpiece. Even if you've never painted before, each person will finish with their own holiday masterpiece ready for display. Marshall is also becoming known for its resident artists, and during the festival local artists display their favorite holiday painting or other art form at the Visitors Center located at 301 N. Washington, in the Washington Square District. The art show is free and open daily during the festival. **NOW**

*For a complete operating schedule, contact the Marshall Convention and Visitors Bureau at (903) 702-7777 or at [www.VisitMarshallTexas.org](http://www.VisitMarshallTexas.org). Photos by Ron Munden, [EastTexasTowns.com](http://EastTexasTowns.com).*





*Jerry Cloud of The Kivans Club of Mansfield honors Austin Davis, Mansfield High School Senior, as October 2012 Guy of the Month.*



*The Mansfield Chamber welcomes the Driving School of Mansfield with a ribbon cutting.*



*Ginger Leigh and her band rock the stage at the annual Historic Mansfield Festival.*



*The Legacy High School varsity football team visits Cook Children's Medical Center to spend time painting pumpkins with patients.*



*Title Boxing celebrates their newest location with the Chamber Ambassadors.*

www.MCNT.com

## Pediatrics

in

### SOUTH ARLINGTON AND MANSFIELD

**MCNT South Arlington**  
811 West I-20, Suite 214  
Arlington, TX 76017

**MCNT Mansfield**  
2800 E. Broad St., Suite 100A  
Mansfield, TX 76063

**817-557-KIDS (5437)**  
*Board Certified by  
the American Board of Pediatrics*



**Physicians from left to right:  
Dr. Phan, Dr. Meyer and Dr. Wallace.**



Follow us.

**MCNTDOCTORS**







### Regency Healing Medical Clinic

305 Regency Parkway, Suite 509, Mansfield, Texas 76063  
(817) 453-2323  
www.regencyhealingmedclinic.com

#### Hours:

Monday, Tuesday, Thursday: 8:30 a.m.-5:00 p.m.  
Wednesday: 8:30 a.m.-1:00 p.m.  
Friday: closed  
Saturday: 9:00 a.m.-1:00 p.m.



Amanda DelValle, medical assistant, Dr. Christie Egbuchunam and Maria Victoria, office manager, treat each patient as though they are the only patient that day.

# Healing by Prevention

*Dr. Christie Egbuchunam treats problems before they start.*

— By Jeremy Agor

Christie Egbuchunam, M.D., MPH, was a lead physician at Parkland Medical Center in Dallas when she decided two years ago to start her own practice. She wanted to focus on preventing the illnesses that plagued many of her patients, rather than treating them once they appeared. She started Regency Healing Medical Clinic to treat the root causes of what was making people ill.

“The rest of the world does a good job of working toward prevention, but in this country we seem to chase diseases,” she said. “I’m passionate about prevention. We treat sick people, but our dimensions of treatment are different. I practice holistic medicine. I take care of patients’ health from head to toe. For example, I teach a lot because that is empowering to my patients.

When someone comes in with diabetes, we set goals to get them down toward nondiabetic numbers based on diet and healthier choices.”

Dr. Egbuchunam is board-certified in family medicine. In addition to treating ill patients, she also offers weight-loss and skin treatments, including the Zerona Laser and HydraFacial, Botox and Juvederm treatments. However, these are part of a greater plan to help her patients live healthier lifestyles.

“How a person sees himself can have an effect on his health. We offer aesthetic medicine to make our patients more confident. From there, they see their relationships improve, their careers improve and their health improve,” she explained.

Stress is another factor in poor health, and Dr. Egbuchunam



takes care to make a visit to her office as stress-free as possible. The waiting room is comfortable, and appointments are scheduled so her patients likely will feel like they are the only people in the office. "We don't want too many people here at one time, because then it will feel like an emergency room. We don't want a stressful environment. We treat each patient like they are the only person we've seen that day," she explained.

A key part of the clinic running as intended is her staff. Dr. Egbuchunam has known Maria Victoria, her office manager, since she finished her residency and they worked together. Maria had always told Dr. Egbuchunam if she ever opened her own practice, she wanted to work with her, and when it happened, Maria was the first person she called. "I went to find her immediately. I had seen her work, and I knew I had to have

**"I'm passionate about prevention. We treat sick people, but our dimensions of treatment are different."**

her working for me. It's good to find someone with the same vision as you, and Maria sees what I want and keeps the office running," the doctor explained.

Amanda DelValle, the medical assistant, was an intern at the clinic, who was hired on full-time upon completing her degree. She is an important point of contact for patients. "Amanda has a very good rapport with the patients. She calms those who are nervous or having a bad day with her smiles and great attitude. She really feeds into the culture of the clinic," Dr. Egbuchunam said.

Dr. Egbuchunam's decision to focus on prevention instead of just treating sick people has paid off for her so far, even if it seems counterintuitive to some of her colleagues. She is hopeful that her theory will continue to prove correct. "If you have healthy patients, you have less overhead, and you can run a successful practice as a result," she said. **NOW**



## MyPetsMVP.com

### Mobile Veterinary Practice

Complete Pet Healthcare • Exams • Vaccinations  
Laser Surgery • X-Rays • Lab • Dental Cleaning  
Rehabilitation Therapy • Vet Hospital to YOU!

682-PETSMVP  
682-738-7687  
info@mypetsmvp.com  
800-883-7681



We Travel to You!

- Multiple Pets
- Injured Pets
- Elderly Pets
- Senior Living
- Retirement Home
- Apartments
- Homes
- Workplace

Ask About Group Discounts

Free Pet ID Card  
With this Ad  
See Our Website





## REGENCY HEALING MEDICAL CLINIC

### & Medical Weight Loss Center

Healing And Preserving Our Community

Se Habla Español.

Family Medicine (6+ years - adult)  
Full Primary Care Services Available

**LOSE 10 lbs. in 2 weeks!**

**STOP dreaming  
and start LIVING**

Medical Weight Loss Center®  
Call for consultation.  
**817.453.2330**

**December  
Special**

10-15% OFF  
with sign up!

*HydraFacial™*

NONSURGICAL FACIAL REJUVENATION



\$50 OFF  
One HydraFacial™  
treatment when  
you book a  
series of treatments.

**WE ALSO OFFER:**   

**ZERONA**

Zero pain • Zero surgery • Zero downtime

Noninvasive laser liposuction.

**December Special**

**10% OFF**  
purchase of  
9-12 treatments



We NOW OFFER



## VIO RA

Now offering cellulite treatment!  
Skin tightening & sculpting

Call to schedule your appointment today.

**Christie Egbuchunam, MD, MPH**

Board Certified in Family Medicine

305 Regency Parkway, Ste. 509 • Mansfield, TX 76063 (Off Broad St.)

**817-453-2323**

www.regencyhealingmedclinic.com

Se Habla  
Español



# Don't Overlook Financial Risks in Retirement

When you retire, you may well have accomplished some important financial goals, such as sending your children through college and paying off your mortgage. Yet, you can't relax just yet, because your retirement could easily last two or three decades, which means you'll need at least two or three decades' worth of income. This, in turn, means you'll need the proper savings and investment strategies in place. And, just as importantly, you'll also need to be aware of the types of risk that could threaten these strategies.

## Let's consider some of these risks:

- **Longevity.** None of us can say for sure how long we'll live. But it's still important to have an estimate, based on your health and family history. So if you think you may live for 25 years in retirement, you'll want to withdraw enough from your investments each year to enjoy a comfortable lifestyle — but not so much that you deplete your funds before the 25 years have passed.

- **Inflation.** We've experienced pretty mild inflation over the past few years. But over time, even a low rate of inflation can seriously erode your purchasing power. To illustrate: If your current monthly costs are \$3,000, with only a three-percent annual inflation rate, that would be about \$4,000 in 10 years. And in 25 years at that same rate, your monthly costs will have more than doubled, to about \$6,200. To help protect yourself against inflation risk, it's important to have at least some investments that offer growth potential, rather than only owning fixed-income vehicles, such as certificates of deposit (CDs). You'll also want to consider sources of rising income potential, such as dividend-paying stocks. (Keep in mind, though, that stocks can reduce or discontinue dividends at any time and are subject to market fluctuation and loss of principal.)

- **Market fluctuations.** When you retire and begin taking withdrawals from your investment portfolio — that is, when you begin selling off investments — you'd obviously like prices to be high. After all, the classic piece of investment advice is "buy low, sell high." But it's impossible to try to "time" the market this way, as it will always fluctuate. That's why you may want to consider sources of income whose value is not dependent on what's happening in the financial markets. Your financial advisor may be able to recommend investments that can provide you with this type of income stream.

- **Low interest rates.** Many retirees depend on fixed-rate investments for a good portion of their retirement income — so it's a real challenge when interest rates are low. Consequently, when you retire, you'll certainly need to be aware of the interest-rate environment and the income you can expect from these investments. Longer-term, fixed-rate vehicles may be tempting, as they typically offer higher rates than shorter-term ones, but these longer-term investments may have more price fluctuation and inflation risk than shorter-term investments. Consequently, you'll still likely need balance between short-, intermediate- and long-term investments to provide for a portion of your income in retirement.

Retirement can be a rewarding time in your life. And you can help make your retirement years even more enjoyable by understanding the relevant investment risks and taking steps to address them. **NOW**

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



## What Can We Do For Your Home?

**Your Hometown Full Service Residential & Commercial Builder**

**We Specialize in Remodels, Renovations and New Construction**

**Southern Star Construction Services**

**SERVICES OFFERED**

- New Construction
- Remodels
- Renovations
- Additions
- Decorative Concrete
- Hardscaping
- Landscaping
- Pools
- Fence Staining
- Roofing
- Irrigation

**Call for FREE Estimate!**

**972-743-3139**  
**214-850-6342**

**www.ssconstructionsrvcs.com**



# The E Myth

— By Betty Tryon, BSN

It may come as a shock but vitamin E is not the panacea for scars some people thought it would be. Vitamin E is essential and has many necessary functions, but alas, not for scar removal. Hopes have been definitively dashed with a published report from the *Journal of the American Academy of Dermatology* (Dec. 2006) that concluded, "The evidence that topical vitamin E alone improves the cosmetic appearance of scars is poor. It is also associated with a high incidence of contact dermatitis. The use of vitamin E should, therefore, be discouraged." So, far from being the cure, it can cause additional problems and dermatologists consider it contraindicated for use for that purpose.

There are many positive functions for vitamin E. It is an antioxidant that protects body tissue from damage caused by free radicals. Free radicals are molecules that cause tissue damage. Free radicals are thought to contribute to visible signs of aging. This vitamin also plays a role in improving our immune system. The first line of defense for the body is the skin, and vitamin E, along with other vitamins, works to keep the skin cells healthy. Another function of vitamin E is helping in the formation and protection of red blood cells.

Vitamin E is a fat soluble vitamin found naturally in many foods and will interact with some medications and with some conditions.

You should check with your doctor first before embarking on a campaign to increase intake of any vitamin. Believe it or not, in incorrect doses, some vitamins, particularly fat soluble ones that stay in your body for a while, can do more harm than good. For example, too much vitamin E can interfere in the functions of vitamin K. If you have taken too much vitamin E, you might experience headaches, diarrhea, nausea, fatigue, muscle weakness and possibly abnormal bleeding.

The total amount of vitamin E required per day is quite small. It is possible to get what you need from your daily diet. It is found in vegetable oils, olive oil, nuts, meats, eggs, vegetables and whole grains. Vitamin E deficiency is actually a rare occurrence and is treated by vitamin E supplements.

Although the news is disappointing regarding vitamin E and its relevance to helping improve the appearance of scars, the vitamin is extremely useful and essential for the proper function of many cells and organs within the body. If you eat properly every day, you will receive what you need for a healthy level of vitamin E. **NOW**

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

MAKING YOUR  
*Wish*  
**come true**

**Look and feel more confident and youthful**

Tummy Tuck • Liposuction • Breast Lift  
Breast Augmentation • Mommy Makeover Packages



**J. Michael Morrissey, MD**

Board Certified, American Board of Plastic Surgery  
Plastic Reconstructive and Cosmetic Surgery

Member



AMERICAN SOCIETY OF  
PLASTIC SURGEONS



**Waxahachie Office:**  
Baylor Medical Center  
1505 W. Jefferson, Suite 120  
Waxahachie, TX 75165

**Dallas Office:**  
Methodist Dallas Medical Center  
221 W. Colorado Blvd.  
Pavilion II, Ste., 727 - Dallas, TX 75208

For A Complimentary Consultation  
**Call 214.943.9222**

WWW.DRMORRISSEY.NET





# HAPPY HOLIDAYS

*Rio Mambo*  
TEX MEX Y MAS

**Celebrating Our  
4th Location (Weatherford)  
with Everyone!**

*Call Now for Holiday Catering*



**COMPLIMENTARY**  
*Tomate Frito  
with Sunrise Sauce*  
with entree purchase

*Rio Mambo*  
TEX MEX Y MAS  
[www.riomambo.com](http://www.riomambo.com)

Present this invitation prior to ordering.  
Not valid with other offers.  
Expires 12-31-12.

MAN

**COMPLIMENTARY**  
*Dessert*  
with entree purchase

*Rio Mambo*  
TEX MEX Y MAS  
[www.riomambo.com](http://www.riomambo.com)

Present this invitation prior to ordering.  
Not valid with other offers.  
Expires 12-31-12.

MAN

**FORT WORTH**

6125 SW Loop 820  
(SW corner of Bryant Irvin & Loop 820)  
817.423.3124

**COLLEYVILLE**

5150 Hwy. 121  
(Hwy. 121 between Hall Johnson & Glade)  
817.354.3124

**S. ARLINGTON**

6407 S. Cooper  
(1/2 mile south of Sublett Road)  
817.465.3122

**WEATHERFORD**

1302 S. Main  
(corner of South Main and Park)  
817.598.5944

[www.riomambo.com](http://www.riomambo.com)



### December 2

The Dallas Symphony: 2:30-4:00 p.m., Center for the Performing Arts, 1110 W. Debbie Ln. Presented by the Methodist Mansfield Medical Center. Benefits go to the Mansfield ISD Education Foundation. Tickets: \$25 base price. Tickets are available online and at the box office. For more information, call (817) 299-6354.

### December 7, 8, 14, 15

Musical Acts at Farr Best Theater, 109 N. Main St.: **December 7:** Christmas Showcase, 7:00 p.m., Adults \$10, Children/Seniors \$8, reservations accepted; **December 8:** Christmas with Elvis by David Allen, 2:00 and 7:30 p.m., advance tickets may be purchased online; **December 14 and 15:** Christmas Music Showcase, 7:00 p.m., Adults \$10, Children/Seniors \$8, reservations accepted. For more information, call Rhonda at (817) 453-1700 or visit [www.farrbest.com](http://www.farrbest.com).

### December 8

Used Cooking Oil Collection: 10:00 a.m.-1:00 p.m., City Hall, 1200 E. Broad St. Visit [www.keepmansfieldbeautiful.org](http://www.keepmansfieldbeautiful.org) for more information

### December 13-15

Christmas at Russell Farm: **Thursday** and

**Friday**, 5:00-9:00 p.m.; **Saturday**, Noon-9:00 p.m., Russell Farm, 405 W. County Road 714, Burleson. Free festivities include a donkey wearing antlers, hay rides, shopping for handmade crafts, tours of the historic Russell-Boren house, as well as the Russell Farm Art Center gallery, and treats like hot chocolate, cookies and coffee. Call (817) 447-3316.

### December 15

Mansfield Christmas Spectacular: 3:00 p.m. and 7:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln. Reserve free tickets by visiting [ChristmasInMansfield.org](http://ChristmasInMansfield.org). Donations will be accepted for Common Ground Network.

### December 24

Celebration of the Birth of Jesus on Christmas Eve: 4:00 p.m. and 5:30 p.m., Mansfield Bible Church, 2351 Country Club Dr. For more information, visit [www.mbccchurch.com](http://www.mbccchurch.com).

### December 27-January 11

Christmas Tree Drop-Off: 9:00 a.m.-5:00 p.m., **Monday-Friday**, 501 S. 2nd Ave. Drop trees free of charge to be mulched for the 2013 Mulch Madness event. Be sure to remove all ornaments, lights and tinsel. Flocked trees are not accepted.

### Ongoing:

#### Mondays

Kiwanis After Noon Club meetings: Noon, Spring Creek Barbeque, 1724 N. Hwy 287. For more information, visit [www.kanmansfield.org](http://www.kanmansfield.org).

Mansfield Sunrise Toastmasters meetings:

7:00 a.m., Mansfield Public Library, 104 N. Wisteria St. For more information, call (817) 473-7111.

#### Second and Fourth Mondays

City Council meetings: 7:00 p.m., City Hall, 1200 E. Broad St. To view meeting details and agendas, log on to <http://mansfield.legistar.com/Calendar.aspx>.

Kiwanis Mansfield Afternoon Club meetings: 11:30 a.m.-1:30 p.m., Fat Daddy's on Debbie Lane. Call Cheryl Litke at (817) 453-5106 for more information.

*Submissions are welcome and published as space allows. Send your current event details to [bwalker.nowmag@sbcglobal.net](mailto:bwalker.nowmag@sbcglobal.net).*

**FREE**  
LUMINEERS  
Consultation

# Family Dentist

## Full Service Family Dental

**FREE**  
WHITENING  
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

**Open**  
Saturdays

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



**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!









## In The Kitchen With Bill and William Gillen

— By *Jeremy Agor*

Bill Gillen always wanted to cook. After a career as an Air Force pararescueman, he graduated from the Culinary Institute of America. Now, he is the Executive Chef – Research and Development, for the North American Region for LSG Sky Chefs in Irving.

His oldest son, William, is very handy in the kitchen and is very interested in the culinary arts. He often is by Bill's side helping when he cooks.

"When I look at food, I look at it differently than someone who is just going to consume it. I think what I could do to make this item new, different or original. In the military, I was fortunate to travel the world and experience several different types of cultures and cuisines," Bill said. **NOW**

### Crab Cake Lollipops

*Can be shaped into lollipops or crab cake*

*Crab cake:*

- 16 oz. canned crab meat**
- 2 large eggs**
- 3 oz. mayonnaise**
- 1 oz. Dijon mustard**
- 3/4 tsp. Kosher salt**
- 1/8 tsp. ground black pepper**
- 1/2 oz. fresh parsley, chopped**
- 2 1/2 oz. panko bread**

*Breading:*

- 4 oz. all-purpose flour**
- 3 large eggs**
- 4 oz. bread crumbs**
- 24 wooden lollipop sticks**
- Canola oil**

- 1.** For crab cakes: drain crab meat and refrigerate.
- 2.** Combine eggs, mayonnaise, mustard, salt and pepper in a mixing bowl; whisk until well incorporated.
- 3.** Add parsley, panko, and crab meat. Mix well with hands.
- 4.** Cover and refrigerate for 30 minutes.
- 5.** Using a small ice cream scoop (3/4-oz size), make small balls (a little smaller than a golf ball), packing firmly to keep them together.
- 6.** Place on a parchment-lined baking sheet.
- 7.** For breading: using 3 bowls, put flour into the first, eggs into the second (whisk to combine whites and yolks) and bread crumbs in the third.
- 8.** Coat each ball with each ingredient.

**9.** Place each breaded ball on a parchment-lined baking sheet. Coat the top inch of a lollipop stick with the leftover eggs. Insert the coated end into the center of each ball but not through to the opposite side.

**10.** Preheat oil to 350 F in a sauce pan or fryer. Gently place the lollipops into the hot oil. Do not overcrowd the fryer. Cook 3 to 4 minutes or until golden brown on all sides. Remove; place on a paper towel to remove excess oil.

**11.** Serve immediately with your favorite dipping sauce.

### Korean Beef Bulgogi

- 16 oz. beef rib eye, sliced 1/8 inch thick**
- 5 oz. Bulgogi marinade (recipe below)**
- 1/2 oz. Canola oil**

*Bulgogi Marinade:*

- 1 1/4 oz. soy sauce**
- 3/4 oz. garlic, minced**
- 1/4 oz. ginger, minced**
- 1 oz. scallion, sliced 1/8 inch thick**
- 1/4 tsp. ground black pepper**
- 1/2 oz. light brown sugar**
- 1/2 oz. sugar**
- 2 Tbsp. toasted sesame seeds**
- 1 oz. sesame oil**

**1.** Whisk soy sauce, garlic, ginger, scallion and pepper in a mixing bowl.

**2.** Add sugars; whisk to combine until the sugar is dissolved.

**3.** Add sesame seeds and sesame oil; whisk to combine.

**4.** Place marinade in a container; chill.

**5.** Place the sliced rib eye steak into a clean mixing bowl; add marinade; toss to combine. Marinate in the refrigerator for at least 2 hours.

**6.** Place a grill pan on the stove over medium high heat. Add oil. Once the pan is hot, spread meat evenly in the pan.

**7.** Sear on one side; flip and sear on the opposite side. It will cook quickly. Remove from pan and serve.

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





# DJ Nails - Day Spa

is thankful for your support!  
Happy Holidays

**\$29**  
Pedicure/  
Manicure  
Combo\*

**FREE  
Haircut**  
with highlights  
or color\*

**\$5 OFF**  
any service over \$35  
excluding solar,  
shellac & acrylic nails  
and hair services\*

**\$9.99**  
Men's Haircut  
**\$13.99**  
Women's Haircut  
Mon-Wed ONLY\*

**\$30** New  
Set  
**Solar Nails\***

**\$35**  
1 Month of Tanning  
No enrollment fee  
or contract required.\*

**\$22**  
Shellac Nails\*

**10% OFF**  
Massage Therapy  
and/or  
Reflexology  
Mon-Wed ONLY\*

## HOLIDAY SPECIALS!

Call today for 10% OFF our  
Luxurious Day-Spa Packages!



• Relaxing  
1 Hour Massage  
• Basic Facial  
• Basic Pedicure/Manicure  
**ONLY \$110**

• Relaxing  
1 Hour Massage  
• Deluxe  
Pedicure/  
Manicure  
**ONLY \$90**

**Gift  
certificates  
available**

Our sanitation policies ensure  
health and safety. We use the best  
top-market products for your service.  
Guaranteed non-yellow solar solution.

**Full-Service Salon • 817-453-1177**  
[www.DJNailsDaySpa.com](http://www.DJNailsDaySpa.com)  
**987 N. WALNUT CREEK DRIVE #700 • MANSFIELD**  
**NEXT DOOR TO BIG LOTS & TUESDAY MORNINGS**

★ One coupon per customer. Expires 12/31/12

# NORTHWOOD UNIVERSITY MBA

Now Offering a New Weekend Program!



## The proven MBA

The DeVos MBA is strategically aimed at transforming your managerial and leadership skills sets. We take you beyond the standard classroom environment and put you in the role of the decision maker through case study analysis.

► **MBA highlights include:**

- 24-Month Evening or Weekend program
- 12-Month Daytime program
- Case-based learning approach
- Student-centered discussion
- Enhance your critical thinking and problem solving skills
- Capstone Management & Leadership Simulation Week

**On Campus Information Sessions**  
December 10th (Includes an MBA class visit)  
January 14th (Presenting "Why an MBA")

**Online Webinar Sessions**  
December 4th  
January 22nd

Please register at [www.northwood.edu/graduate](http://www.northwood.edu/graduate) or call 972.293.5448



**DeVos  
GRADUATE  
SCHOOL**  
NORTHWOOD UNIVERSITY

[mbatx@northwood.edu](mailto:mbatx@northwood.edu)  
[www.northwood.edu](http://www.northwood.edu)  
1114 W. FM 1382 • Cedar Hill



Northwood University is accredited by the Higher Learning Commission and is a member of the North Central Association.  
(800) 621-7440; [higherlearningcommission.org](http://higherlearningcommission.org)



# HILDEBRAND ORTHODONTICS



Dear Santa  
All I want  
is a  
Pretty Smile  
1. Braces  
2. Invisalign  
3....



See if **invisalign**  
Can improve your smile



"Thanks Mom for taking  
me to Hildebrand  
Orthodontics.  
I love my Smile!"

Come in and Get Your ....



Christmas  
**BONUS**  
Gift Card  
**\$350**

Certain restrictions apply.

Drs. Jed and Kim Hildebrand



2200 I-20 W., #100 | Arlington, TX 76017  
817.468.4141 | [www.hildebrandortho.com](http://www.hildebrandortho.com)

