

# MansfieldNOW

M A G A Z I N E

NOVEMBER 2013

## Officers Helping Officers

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

SPECIAL SECTION:  
2013 Holiday  
Shopping  
Guide

## Fall Family Fun

Bring some color into  
your autumn with  
these seasonal crafts

## Pure Texas Fun

At Home With Cody and Jennie Durham

In the Folds

Sisters in Service

Healing Hands

Slam Dunk Coach

In the Kitchen With Janna Seal



## Community Spotlight

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

# FALALALA 5Kiwanis

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

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



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



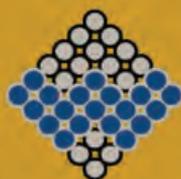
New officers sworn in for 2013-2014 term, including President Katie Watson, Service First – Wommack Group.



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



Feed the Kids is one of the Kiwanis Club's biggest passions.



Locally-owned since 1983

# MANSFIELD COMMUNITY BANK

We ARE Mansfield!

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 – 5PM



MEMBER FDIC

# Come and Lose Your Stuffing!

Billy M. lost  
22.6 pounds  
in 9 weeks.



## Billy M. - Mansfield, TX

*When I set my goal to weigh 190 pounds, in the back of my mind, I didn't think it was realistic. But with the encouragement of my friends and family I came to Diet Solution Centers and I HAVE MADE IT. The DSC staff has been there for me every step of the way. No chastising, just encouragement. Thanks to DSC for making me feel better than I have in years.*

- ✓ 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



## DietSolution

WEIGHT LOSS CENTERS

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

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

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

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  
**Free Design Services**

**DECORATING DEN**  
**INTERIORS**



Our Gift Cards  
make GREAT  
Stocking Stuffers!

Check  
out our  
Video!



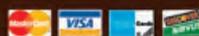
Call For A Complimentary In-Home Consultation

**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  
Mansfield Editor, Mikaela Mathews  
Editorial Coordinator, Sandra Strong  
Editorial Assistant, Beverly Shay  
Writers, Sara Edgell . Todd Simmons  
Betty Tryon . Carolyn Wills  
Editors/Proofreaders,  
Pat Anthony . Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Casey Henson , Martha Macias  
Felipe Ruiz . Arlene Honza . Brande Morgan  
Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose  
Photographers, Vanessa Polozola  
Amanda Rooney

ADVERTISING

Advertising Representatives,  
Teresa Banks . Lori O'Connell . Steve Randle  
Rick Ausmus . Linda Dean . Laura Fira  
Mark Fox . Bryan Frye . Melissa McCoy  
Vicki Meeks . Lisa Miller . Carolyn Mixon  
Jami Navarro . John Powell . Linda Roberson  
Judy Trivett

Billing Manager, Angela Mixon

# CONTENTS

November 2013 • Volume 8, Issue 11



## 8 Officers Helping Officers

President Brandi Howard is community-oriented and wants to see her fellow officers thrive.

## 18 In the Folds

A life-long habit of creasing paper led Michael Hunter to a career in jewelry.

## 26 Pure Texas Fun

At Home With Cody and Jennie Durham

## 32 Sisters in Service

Two friends build camaraderie by reaching out to their community.

## 44 Slam Dunk Coach

Tammy Lusinger has led her team to two state championships.

## 52 Fall Family Fun

Let autumn begin with crafting ideas designed with the family in mind.

68 BusinessNOW

70 Around TownNOW

72 FinanceNOW

73 HealthNOW

74 CalendarNOW

76 CookingNOW

## ON THE COVER



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

*Photo by Vanessa Polozola.*

*MansfieldNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2013. 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

*Dear Friends,*

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

This year, my husband and I are going to write down the blessings we've received this past year. There are so many things for which to be grateful. But the busyness of this time of year often distracts me from remembering those blessings. There's another present to be bought, another meal to cook, another trip to make, another party to attend.

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

What are you thankful for this year?

# Mikaela

Mikaela Mathews  
MansfieldNOW Editor  
mikaela.mathews@nowmagazines.com

**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

**Anjani Amin, M.D.**  
**¡SE HABLA ESPAÑOL!**

**Our Services:**

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

Anjani Amin, M.D.

Office Hours:  
Monday & 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

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

**Transmission Doctor**  
"We go by the golden rule"

Your transmission physician

**\$20 OFF**  
**ANY SERVICE**

817-483-2129  
8114 Mansfield Hwy. Suite A  
Mansfield, TX **Like us!**  
www.thetransmissiondoctor.com

Your car is family too!  
Give him back the garage.

**Storage Hut**  
SELF STORAGE

I'll take white meat.

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

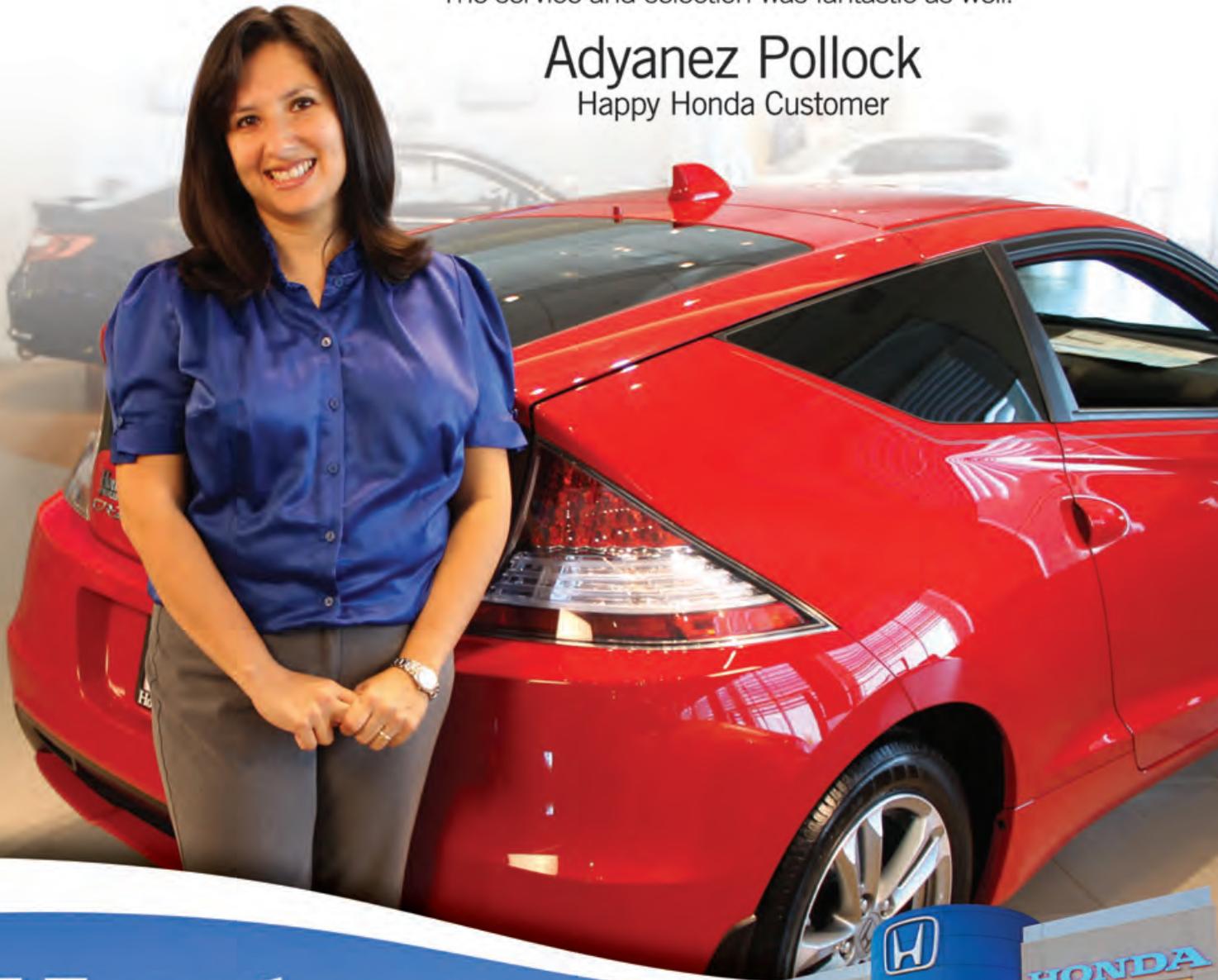
Lifetime Powertrain Warranty | \$0 Added Cost

On EVERY New Honda & Most Pre-Owned

“The reason we came to Honda of Burleson was their incredible Lifetime Powertrain Warranty. The service and selection was fantastic as well.”

**Adyanez Pollock**

Happy Honda Customer



**Honda**  
*of* BURLESON



**888-Yes-Honda**

**HondaOfBurleson.com**

Local: 888.577.9511

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

# Where wounds heal better.

Healing hard-to-heal wounds is our specialty. We bring together some of the latest technology and the most caring staff of wound experts to prove that “non-healing” wounds can heal.

For more information, call 682-622-HEAL (4325) or visit [MethodistHealthSystem.org/WoundCare](http://MethodistHealthSystem.org/WoundCare).



John Willis, DO  
Internal Medicine



Mahesh Kottapalli, MD  
Infectious Diseases



Shelley Lenamond, DO  
Internal Medicine



Barry Bass, MD  
General Surgery



Bryan Molen, DPM  
Podiatry



**Wound Care and Hyperbaric Center**  
2800 E. Broad St., Suite 308  
Mansfield, TX 76063

**682-622-HEAL (4325)**  
**FAX 682-622-4322**



Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System, Methodist Mansfield Medical Center, or any affiliated hospital.



We are **THANKFUL** for

 **iKids**  
**Pediatric Dentistry**

*Cosmetic Dentistry for Kids*



Ross Hamilton, DDS, Randy Hamilton, DMD,  
and Blane Hamilton, DMD

Unsurpassed care and treatment in a kid-friendly environment! In-office oral & IV sedation



**MANSFIELD**

1759 Broad Park Circle S., Ste. 205

**817-453-2800**

*DFW's Premier Children's  
Dental Office*



*OPEN Monday-Saturday - Most Insurances Accepted  
Medicaid/CHIP Approved*



OF



# FIGERS

## HELPING OFFICERS

— By Mikaela Mathews



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

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

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

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

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

SAVE BIG ON INVISALIGN AND TRADITIONAL BRACES!

# studio orthodontics



Braces for Children, Teens and Adults

- Saturday Appointments Available
- Most Insurance Accepted
- Monthly Payment Plans Available

## FALL SPECIALS

- **FREE** Consultation
- **FREE** Exam and Xray

**\$1500 OFF**

Regular Fees \$5850 - \$6100

*Invisalign Treatment for the first 15 new patients*

**\$1250 OFF**

Regular Fees \$4850 - \$5250

*Traditional Braces for the first 15 new patients*

Offers only available to the first 15 new patients starting Invisalign or Traditional Braces treatment. Must complete complimentary consultation, have good oral health, and qualify for treatment. Must present coupon at initial consultation to receive discount. One coupon per new patient. Cannot be combined with any other offer or discount promotion. Interest-Free Financing available through CareCredit and Springstone. Offers Exp: Nov. 30, 2013



Call Today to Schedule your  
**FREE Consultation**  
817-375-8899

Darryl E. Gilmore DDS. M.Ed.  
Orthodontic Specialist  
Se Habla Español

LOCATED IN THE  
Arlington Highlands  
at I-20 and Matlock Rd.



137 Merchants Row • Suite 121 • Arlington • TX • 76018  
[www.StudioOrtho.com](http://www.StudioOrtho.com)



**"WE'RE LIKE A FAMILY, SO WE WANTED TO START AN ORGANIZATION TO RAISE MONEY FOR OFFICERS WHO MIGHT NEED HELP."**

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

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



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

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

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

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

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

**JOHN HOUSTON**  
C U S T O M H O M E S

YOUR HOME. YOUR WAY.

**Build your story with us**



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



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



**3 NEW COMMUNITIES**  
OPENING SOON - more info online

JohnHoustonCustomHomes.com

866.699.6054

**B&B**  
**TIRES**  
**682-518-0754**

**TIRED OF WAITING AT  
BIG NAME STORES?  
CHECK US OUT!**

**FLATS & WHEEL REPAIR**  
**NEW/USED BRAND NAME  
TIRES & WHEELS**  
**WE CARRY TRAILER TIRES, TOO!**  
**MICHELIN • GOODYEAR • BF GOODRICH**

1773 N. MAIN @ DEBBIE (1187), MANSFIELD, DOWN FROM BEN BARBER ACADEMY.

**Mansfield Bible Church**  
**Invites You!**

**TRUNK  
or  
TREAT**

Thursday  
**October 31**  
6 to 8pm  
MBC Parking Lot

Candy!

Great  
Music!

Bring the Whole  
Family for a FUN  
evening celebration!

Candy!

Costume  
Contest!

Fun!

Games!

Candy!



**4 Exciting Services:**

Contemporary ~ 9:30 AM

Contemporary ~ 9:30 AM

Traditional Service ~ 11AM

Spanish Service ~ 11AM

**Join Us for AWANA!**

Age 3 - 12th Grade  
Sundays 4 - 6pm



**www.MBCchurch.com**

Mansfield Bible Church



2351 Country Club Dr.  
817.473.8980

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

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

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

Brandi started her career as an officer



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

**Regular**

**2**

**Plus**

**2**

**Prostate  
Cancer**

**3**

**When you have prostate cancer,  
you can't stop thinking about it.  
Neither can we.**

Prostate cancer is our specialty – and we do it all under one roof.

Prevention      Diagnosis      Active surveillance  
Cryotherapy      Radiation      Robotic surgery

1-888-PROSTATE (776-7828) • [usmdpcc.com](http://usmdpcc.com)





**Country Critters farm**

**Welcome to the farm!**

Admission includes: Bounce houses, playground, petting zoo, a train ride, hay rides, a storyteller, a wooden maze and pony rides (weekends only)

Admission: \$10 per person (kids and adults)  
Ages 24 months and under get in FREE!  
Includes a pie-sized pumpkin for each child, and each family receives a jack-o-lantern pumpkin.

**OPEN**

- Saturdays: 10 am to 5 pm.
- Sundays: 1 to 5 pm.
- (gates close at 4 pm each day)
- Weekdays by Reservations ONLY

**Last day for Pumpkin Patch is Sunday Nov. 10th. Don't miss out!!**

We also offer birthday parties and field trips at our farm, and petting zoos and pony rides that can travel to you.

817-477-3060 • [www.countrycrittersfarm.com](http://www.countrycrittersfarm.com)

**"I WANT TO MAKE SURE WE ARE THERE TO**

**SUPPORT**

**EACH OTHER."**

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

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

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

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



**Clothes with STYLE!**

**Women • Girls • Boys**

**Hip Together**  
*Made fresh daily*

Like us on Facebook for weekly specials!

Photo courtesy of DAYDREAM PHOTOGRAPHY

116 N. Main St.  
Historic Downtown Mansfield  
**817-510-SHOP**

Mon-Sat 9:30am-5pm  
[www.hiptogether.com](http://www.hiptogether.com)  
[facebook.com/hiptogether](https://facebook.com/hiptogether)

# DON'T FALL BACK INTO YOUR BAD HABIT!

Electronic Cigarettes • Accessories • Mods • E-juice



Mansfield residents Toby and James smoked for a combined 32 years. After discovering electronic cigarettes, they turned their dream of helping others quit smoking into a reality by opening Vicious Vapors, located on N. Main Street, Mansfield, in March, 2013. The staff of Vicious Vapors has helped hundreds of

customers butt out the bad habit of smoking in only 6 months! Because they believe in community, they have sponsored several local benefits, formed their own Vicious Vapors softball team and sponsored a local golf tournament for Ray's Pharmacy. "If YOU want to quit smoking, come see us. You, too, can become nicotine-FREE! We can show you how."



**Make the Switch Today  
and Live Healthier**

**Vicious  
Vapors**



Present this coupon when you buy one 10ml bottle and receive

# ONE FREE!

Expires 11/30/13. Not valid during our 'happy hours' Mon-Sat 2-5pm.  
Coupon not good with any other offers. Limited to one coupon per person.

**801 N. Main St. - Suite 107 • Mansfield**  
**1-855-TXVAPES or 1-855-898-2737**

# Invisalign Day November 21, 2013

## Meet your Invisalign Rep on-site



The **ONLY**  
Elite Preferred  
Provider in the Area



Been told Invisalign  
is not right for you?  
**Get a 2nd opinion  
FOR FREE!**

Have Questions?  
Email the doctor @  
[drjedhildebrand@hildebrandortho.com](mailto:drjedhildebrand@hildebrandortho.com)



**FREE  
Consult**

Dr. Jed Hildebrand  
Invisalign Elite Dr.



Dr. Kim Hildebrand  
Invisalign Patient



Follow us on  
Facebook

2200 I-20 W. #100  
Arlington, TX 76017  
817-468-4141  
[www.hildebrandortho.com](http://www.hildebrandortho.com)

# Comprehensive, quality medical care *for the entire family.*

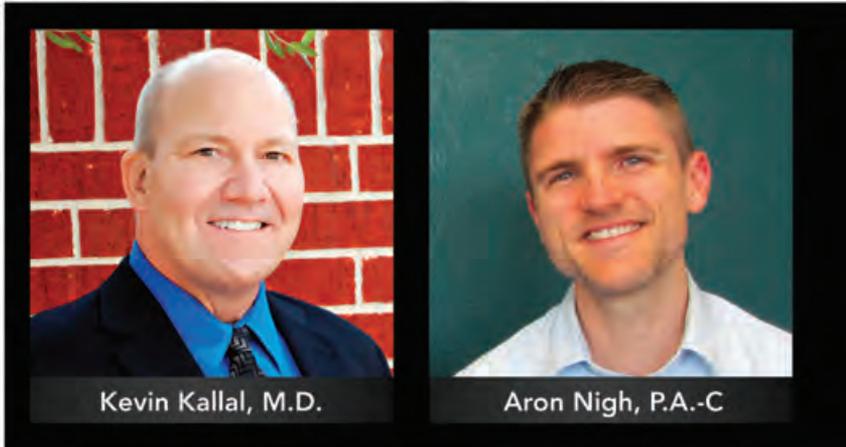
We now offer  
the most advanced,  
noninvasive  
procedure for leg  
pain and varicose  
veins!

## OUR SERVICES INCLUDE:

- Family Medicine
- Urgent Care
- Allergy Testing
- Varicose Veins
- Men's Low-T Treatment
- Women's Bioidentical Hormones
- Weight-loss Management
- ADD/ADHD
- Depression
- Anxiety
- Complete Physicals
- Well-child visits & school physicals

FLU SHOTS  
AVAILABLE

Men's Low-T  
Treatment!



### LET US EXCEED YOUR EXPECTATIONS

For over 20 years, Dr. Kevin Kallal has been providing exceptional medical care to families in Keller and the surrounding communities, and since April 2013, he has brought his knowledge and experience to a new clinic in Mansfield.

Dr. Kallal and his team, including lead clinician, Aron Nigh, P.A.-C, want to earn your trust as they focus on patient satisfaction and personalized care.

*"Our focus has never been on volume, we strive to exceed our patient's expectation of health care."*

*—Dr. Kevin Kallal*

With experienced staff and informative providers, we are sure to meet your family's health needs!



## KALLAL MEDICAL GROUP

MOST INSURANCES ACCEPTED ■ OPEN MONDAY- FRIDAY 8 AM - 5 PM

Call TODAY for an APPOINTMENT **817 405-0200**

2170 Matlock Road, Suite 102  
@ Country Club  
Mansfield, Texas 76063

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

# In The Folds

---

— By Mikaela Mathews

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

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





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

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

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

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



## Our Integrity Ensuring Your Success!

At CORD, we believe your peace of mind is critical. Our goal is for you to be confident in both your payment-processing solutions and CORD's commitment to you.

CORD is a member of the Electronic Transaction Association (ETA) and maintains an A+ rating for customer satisfaction from the Better Business Bureau.

### WE OFFER:

- Local sales office
- Local representative with 10+ years industry experience
- Dedicated local relationship management
- Revenue generating solutions
- Cutting edge products and services



**CORD**  
Financial Services

Contact Trici Taylor today to schedule your consultation!



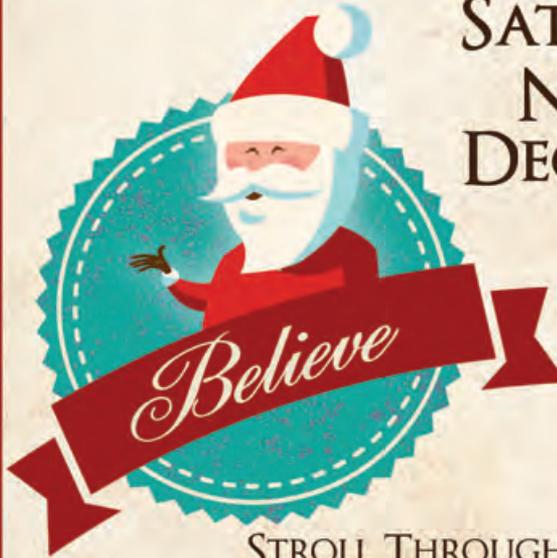
817-659-8323 • ttaylor@cordfinancial.com



# Clark Gardens



SATURDAYS  
NOV. 30  
DEC. 7, 14, 21



STROLL THROUGH LIGHT DISPLAY  
SANTA, LIVE REINDEER, ENTERTAINMENT,  
HAYRIDE, SNOW TO THROW!

**clarkgardens.org**

Free Admission passes available at participating Chicken Express Restaurants.

For a list of locations go to [www.clarkgardens.org](http://www.clarkgardens.org)

PRESENTED BY:



Mineral Wells • Weatherford



For Schedule of Events,  
Times, and Reservations  
visit our website  
or scan QR code  
with your smart phone

567 Maddux Road, Weatherford, TX ♦ (940)682-4856



**OUR PLACE RESTAURANT**  
*Voted Best Breakfast, Home Cooking AND Desserts in Mansfield!!*

**1/2 PRICE BREAKFAST**  
 Buy one at Reg. Price & Get a 2nd one of equal or lesser value for 1/2 Price!  
 1 coupon per visit.  
 Expires 11/30/13 - MAN

**\$5 OFF**  
 Ticket of \$20 or more  
 1 coupon per visit.  
 Expires 11/30/13 - MAN

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

f 7 Days a Week 6AM-3PM



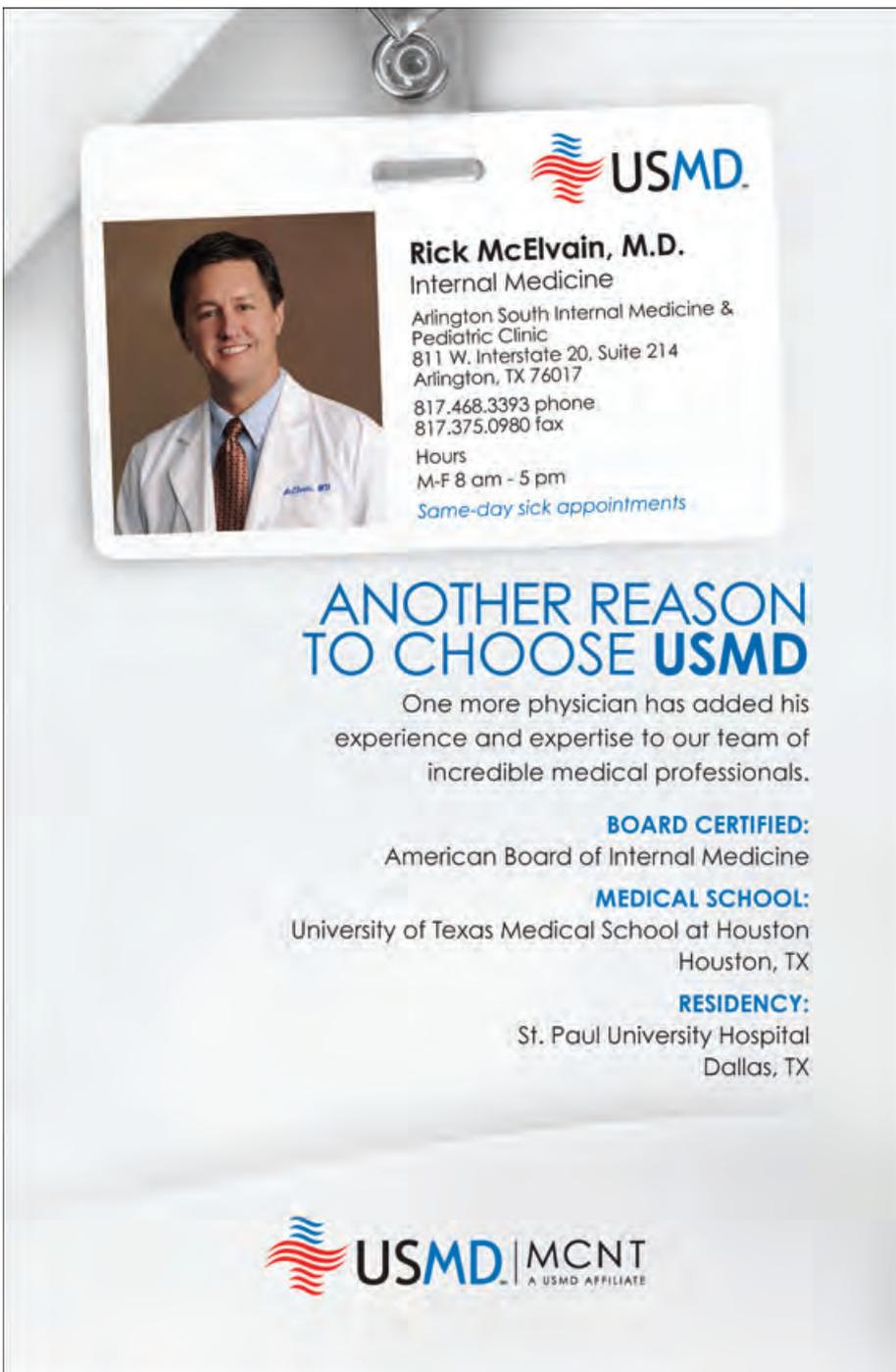
of cranes. So, my mom bought me some books,” Michael recalled. “And that’s when I started reading.” Ironically, Michael now relishes the opportunity to read. “I love to read now,” he smiled. “In the last three years, I’ve read around 550 stories and a



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

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

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



**USMD**

**Rick McElvain, M.D.**  
 Internal Medicine  
 Arlington South Internal Medicine & Pediatric Clinic  
 811 W. Interstate 20, Suite 214  
 Arlington, TX 76017  
 817.468.3393 phone  
 817.375.0980 fax  
 Hours  
 M-F 8 am - 5 pm  
 Same-day sick appointments

**ANOTHER REASON TO CHOOSE USMD**

One more physician has added his experience and expertise to our team of incredible medical professionals.

**BOARD CERTIFIED:**  
 American Board of Internal Medicine

**MEDICAL SCHOOL:**  
 University of Texas Medical School at Houston  
 Houston, TX

**RESIDENCY:**  
 St. Paul University Hospital  
 Dallas, TX

**USMD | MCNT**  
 A USMD AFFILIATE



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



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

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



A unique method with benefits for today, and for life.

**FREE PLACEMENT TESTING**

Kumon Math & Reading Center of Mansfield - North  
920 Hwy. 287 North, Ste. 208, Mansfield, TX 76063  
682.518.8868  
kumon.com/mansfield-north

**KUMON**

*Mansfield Women's Club*

**HOLIDAY HOME TOUR**

**SUNDAY, DECEMBER 8, 2013  
2-7 P.M.**

Tour *six* fabulous homes & enjoy refreshments, raffles & shopping at our Christmas Market Lodge

**TICKETS AVAILABLE AT:**  
Creekside Collections, Frost Bank, Mansfield Community Bank & Mansfield Chiropractic  
\$25 in advance or \$30 at the door \* Raffle tickets \$5 each or 5 for \$20 \* Raffle items valued at \$250 and up  
For Ticket Information: Karen Tecklenburg 817-366-4554 or [www.mansfieldwomensclub.com](http://www.mansfieldwomensclub.com)  
or our Facebook page at Mansfield Women's Club, Mansfield, Texas

**SPONSORS:**  
Dura-Tech Processes, Inc. – Linda & Rick Hubbell; Mackey Services of Burleson; NORTHSTAR BANK of Texas; Barbara Perez – Keller Williams Realty; Providence Homes, Inc. Fort Worth; Bush, Rüdnicki & Shelton, PC Arlington; Affiliated Bank of Arlington; American Eagle Builders, Inc. Windows & Siding; Arlington; Frost Bank; Pauline & B.J. Taylor; OLD REPUBLIC TITLE Mansfield

Dee Davey Group – RE/MAX Associates; Conrad Creative & Nexstep Home Healthcare; Steve Ernst State Farm Insurance; Mansfield Community Bank; Ray's Pharmacy; Karen Schroeder, Law, PC; Arlington PACK.SHIP.PRINT; Constable Clint Burgess; Gwendolyn's Photography Mansfield; Minuteman Press; NOW Magazines

**LIABILITY FROM**  
 •Homeowners •Renters •Title bonds  
 •General Liability •Commercial Auto  
**GetAtlasInsurance.com**

**\$28\***

**atlas** Call for A  
 Auto Insurance **FREE QUOTE**

Hours: M-F 9AM to 7PM • Sat. 10AM to 5PM  
 No License • No Problem

Se Habla Español  
rates depend on age, sex, driving record, county

<b>Ft. Worth</b> 817 668 6736 6420 Meadow Brook Dr. #100	<b>Arlington</b> 817 668 6586 2104 N. Collins Ste. A	<b>Lancaster</b> 972 332 1942 908 N 135 E	<b>Irving</b> 972 843 5085 1420 N. Story Rd	<b>Buckner</b> 214 865 8103 1424 S Buckner #A
--	--	---	---	---




# WEED SOLUTIONS

For healthy grass, trees and shrubs call  
**MANSFIELD'S FINEST LAWN CARE COMPANY**  
*November is the time to fertilize trees and shrubs!*



**Firefighter Owned**

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

**817-692-7693**  
[www.weedsolutionsinc.com](http://www.weedsolutionsinc.com)

**\$20<sup>00</sup> OFF TREE AND SHRUB FERTILIZATION**  
Not valid with other offers. Expires 11-30-13

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

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

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

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

Michael also had the opportunity to

Cervical Disc  
Microsurgery

ACL  
Reconstruction

## Baylor Orthopedic and Spine Hospital at Arlington Nationally Recognized for Excellence in Orthopedic Care.

Life doesn't stop for aches and pains and neither should you. Luckily, Baylor Arlington's continual focus on excellence has allowed us to receive **The Joint Commission's Gold Seal of Approval™** for our spine care, hip replacement and knee replacement programs. **And, our specialized teams have earned a 99% patient satisfaction rate.** This means, you can expect excellent treatment and recovery, delivered by a staff that cares about you and your family – helping you to get back to enjoying life and doing the things you love.



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.



 **BAYLOR**  
Orthopedic and Spine Hospital  
at Arlington

707 Highlander Blvd., 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. ©2013 Baylor Health Care System BOSH\_A\_111\_2013 MNow CE 09.13

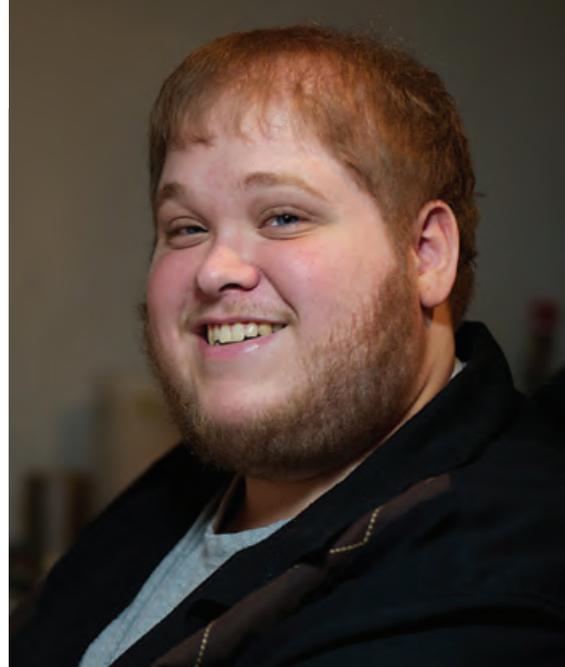
**Eterna**  
(682) 518-1931

*Mansfield's*  
**OWN**  
*Health Food Store!*

**\$5 Off any purchase of \$30 or more**  
Not valid with any other discounts/offers.

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

Like us on Facebook



JOIN US FOR THE

MANSFIELD

**Spectacular**

**DEC 14** | 3:00 pm - 7:00 pm  
MANSFIELD ISD CENTER FOR THE PERFORMING ARTS  
1110 W. DEBBIE LANE, MANSFIELD, TX 76063

FOR TICKETS, VISIT [WWW.CHRISTMASINMANSFIELD.ORG](http://WWW.CHRISTMASINMANSFIELD.ORG)

SPONSORED BY  
**Methodist**  
MANSFIELD MEDICAL CENTER  
Mansfield News-Mirror

PRODUCED BY  
**MAINSTAGE CLASSIC THEATRE**  
FIRST METHODIST MANSFIELD

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

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

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

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

# OPEN 10.29.13

## **Grand Prairie and Mansfield Residents!**

Medical Center Arlington has brought trauma-designated emergency care to your backyard!

This **full-service emergency room** is staffed with board certified emergency physicians specially trained to help you through any emergency. And with 12 private treatment rooms and the speed of our services, you won't have to spend any more time waiting long hours to be seen.



**Southwest Corner of Lake Ridge and Camp Wisdom!**

5203 Lake Ridge Parkway + Grand Prairie, Texas 75052  
682.218.5400



**AT GRAND PRAIRIE**

THE FASTER, CLOSER EMERGENCY ROOM

A Department of Medical Center Arlington

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

Full-service emergency room + Private rooms + Shorter wait times  
Board certified emergency physicians + On-site imaging services

# PURE TEXAS *Fun*

— By Carolyn Wills

AT HOME  
WITH **CODY** *and*  
**JENNIE DURHAM**

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

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

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





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

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

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

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



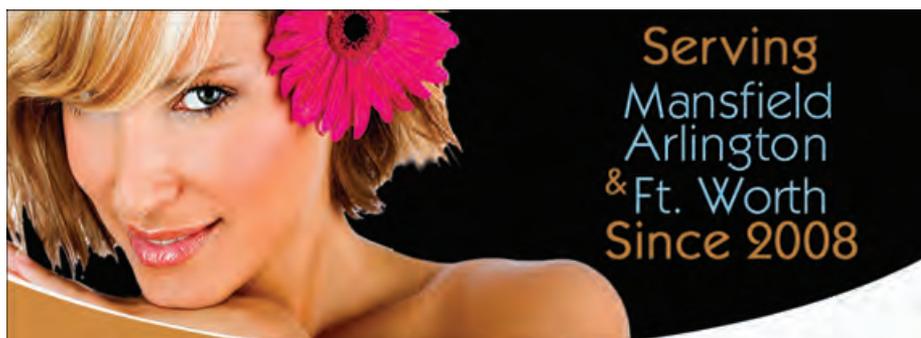


**Joel Arredondo**  
Realtor

---

Mansfield Office  
Multi-Million Dollar Producer  
Direct 817-654-8424  
Cell 682-465-5591  
Email: Joelarredondo@ebby.com





Serving  
Mansfield  
Arlington  
& Ft. Worth  
Since 2008

### Lipo-Abdominoplasty Our #1 Cosmetic Surgery Procedure

Lipo-Abdominoplasty combines liposuction with tummy tuck for *amazing* results!



\*Actual patient of Dr. Thornton

#### Cosmetic Surgery:

- Breast Augmentation
- Breast Lift • Breast Reduction
- Mini Tummy Tuck
- Abdominoplasty
- Mommy Makeover
- Lipotherme™ Laser Liposuction
- Facial Rejuvenation
- CO2 Laser Skin Resurfacing

#### Aesthetic Services & Medical Spa:

- BOTOX® | Xeomin®
- Juvederm® | Radiesse®
- Dermapen / PRP
- IPL Photo-Facials\*
- Microdermabrasion\*
- Facials | Chemical Peels\*
- Obagi & SkinCeuticals\*

\*Performed by Licensed Aesthetician





**Michael L. Thornton, D.O., FACOS**  
Diplomate American Board of Cosmetic Surgery

550 N. Walnut Creek, Suite 120  
Mansfield, TX 76063 • 817-477-9000  
www.mansfieldcosmeticsurgery.com



**MANSFIELD**  
cosmetic surgery center



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

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

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

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

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

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

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

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





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

Midlothian

# Achieve success close to home

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

**Bachelor’s Completion Degrees:** Business, Psychology, Criminal Justice Administration, Manufacturing and Industrial Management

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

(972) 775-7231 | (855) 444-6432  
[tarleton.edu/midlothian](http://tarleton.edu/midlothian)

Proud partner in the Midlothian Higher Education Center



“Decorating is my *passion*, and fortunately, we have the same eye for design.”



## Harvest Dessert

Spice things up this Thanksgiving with a delectable bundt cake topped with a whimsical, hand-crafted turkey decoration.

**FREE Bundtlet**  
when you purchase a bundtlet

Expires 11/30/13. Limit one offer per guest. Cannot be combined with any other offer. Redeemable only at the bakeries listed. Must be claimed in-store during normal business hours. No cash value.

NOTHING bundt CAKES®

(817) 557-2253  
5001 S. Cooper St.  
Arlington, TX 76017

NothingBundtCakes.com

# ADD/ADHD in Girls Is Often Undiagnosed

Teachers and parents are much more likely to get help for boys with ADD/ADHD because boys are much more likely to exhibit hyperactivity.

Is your girl missing out on the help she needs? Does she exhibit any of these behaviors?

- Daydreaming
- Gazing out the window and twirling her hair
- Excessive talking • Fidgeting
- Appearing to do silly things, show off for attention, or boy crazy
- Feeling anxious, depressed, or self-critical
- Having trouble maintaining friendships



**If your daughter exhibits any of these behaviors she may have ADD/ADHD. We can help! Call us for an appointment today.**

## FAMILY CARE CLINIC

for ADD/ADHD

Approaching Disorders Differently



We treat children and adults!

Se habla español

Call **817-466-7060**

601 Omega Drive • Suite 203  
Arlington

Call **972-875-6700**

717 W. Lampasas • Ennis

D. BLAYNE LAWS, M.D.

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

Adult and Children's Dentistry. Gentle Dental Care and friendly staff!

**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

Laughing gas available for patients with dental phobia!

**\$59** EXAM, X-RAY AND CLEANING

(gum treatment extra)  
With coupon. Expires 11/30/13

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

With coupon. Expires 11/30/13



We accept Medicaid, CHIP & most Insurances.



outstanding features in a home filled with architectural detail, original art and Texas references.

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

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

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

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

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

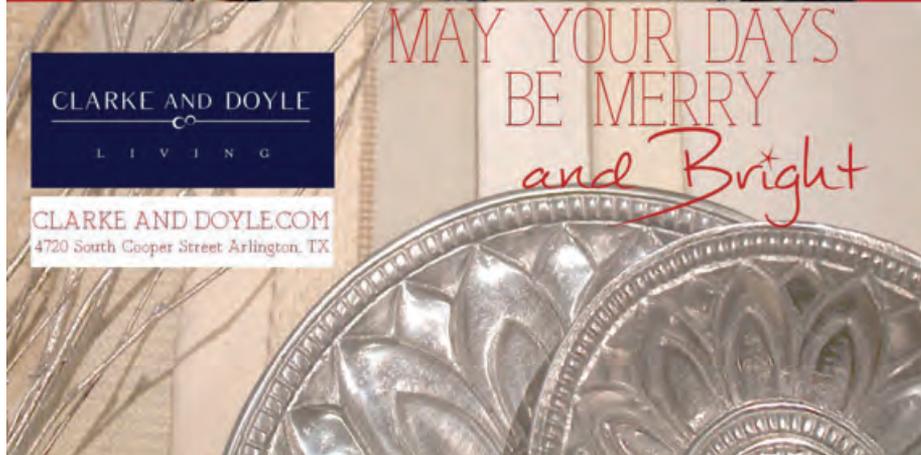


The Durham’s home is all about family, comfort, style and humor. From Ridgela’s pink and green princess room to Gage’s barn wood/cowboy room, to deer antlers in the entryway, cowboy hats and a giant wooden Terlingua sign in the master suite, this family knows the power of fun. They also know elegance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

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

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

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



## KNAPP SISTERS SELF STORAGE

- 446 Units • 28 Different Sizes • Climate & Non-Climate Controlled Units • 24-hour Surveillance • On-site Manager

**Access to Storage:**  
6am to 10pm

**Hours:**  
M-F 8:30am - 6pm  
Sat. 8:30am - 2pm

Easy to Reserve & Pay online at:  
[www.uhaul.com](http://www.uhaul.com) and [www.webselfstorage.com](http://www.webselfstorage.com)

# 817-473-2311

[knappsistersselfstorage@gmail.com](mailto:knappsistersselfstorage@gmail.com)

## 100 Newt Patterson Rd., Mansfield

Located across from the Post Office, on Main St. near downtown Mansfield

# Sisters in Service

— By Sara Edgell





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

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

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

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



Mention this ad and receive  
**\$50 OFF** of an  
**Academic Evaluation**

**AVERAGE**



**AVERAGE**

Math	B
English	B+
Science	C



**WOW!**

**WOW!**

Math	A
English	A+
Science	B

## Turn "Average" into 'WOW!'

- Reading **1219 E Debbie Ln. • Mansfield**
- Writing **1-800-CAN LEARN**
- Math
- Phonics
- Study Skills
- SAT • ACT

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

## 'Tis the season to be thankful.

We are thankful for those that have been  
and will be a part of our success!



**Highest overall rated title insurance  
group in the nation.**

*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 Mgr.  
Escrow Officer



**Jo Waldrop**  
Escrow Officer



**Lolly Waller**  
Escrow Officer



**Jane Thompson**  
Escrow Officer



**Robyn Barrere**  
Sales Executive  
817.751.4187

# 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](http://WWW.MANSFIELDURGENTCARE.COM)

1811 Hwy 287N (Super Target Shopping Center) 5204 S Hwy 360 (South Arlington @ Hwy 360 and Camp Wisdom)

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

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



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

# Friendly Vaping

Mention this ad and receive 15% off total purchase

Mon - Sat: 9:30 am - 8 pm  
Sun: Noon - 4 pm  
[www.friendlyvaping.com](http://www.friendlyvaping.com)

817-453-5353  
1071 Country Club Dr., #104, @ Walnut Creek (across from 24 Hour Fitness) Mansfield

OPENING in NOV.  
8653 N. Beach St., Fort Worth, Tx 76244



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

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

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

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

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



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

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

## Make Time For Yourself, join the best fitness program in Mansfield



- Lose 3-5% **BODY FAT!**
- Improve your **STRENGTH** and **SELF-CONFIDENCE**
- Everyone is **SUCCESSFUL!**
- Lose 5 to 12 lbs
- 1- to 3-inch decrease in mid-section
- Free Nutritional Guidance

*Women Only and  
Co-ed Camps Available*

**CALL OR SIGN UP ONLINE:**

**817-719-0355**

**MANSFIELD  
ADVENTURE  
BOOT CAMP**

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

## Lindsay D. DeVos

ATTORNEY AT LAW

*Representing families struggling through difficult times*



### Family Law

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

*Fort Worth Magazine  
Top Attorney Family Law  
2008, 2009, 2013*

*Texas Super Lawyers Rising Star  
2010, 2011, 2012*

**Half off consult fee**  
*with mention of this ad*

**817-453-0101**

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

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

Proudly serving Mansfield for 26 years!

**ASE** ROMANS  
8:28

**TRUST YOUR CAR AND ENJOY THE RIDE.**

**MAKE SURE YOUR VEHICLE IS READY FOR YOUR SEASONAL TRAVEL.**

**Voted BEST In Mansfield!**  
• We Service ALL Makes & Models •

**20% OFF ANY REPAIR**  
With coupon. Offer Expires 12/15/13

One Block North of the Post Office

**930-A N. Main St. • Mansfield**  
**817.473.1739**



**State of Cha-Ching.**

**Nicole Simmons, Agent**  
3240 E. Broad St. #106  
Mansfield, TX 76063  
(Located on Broad St. next door to Starbucks.)  
Bus: 817-453-1170  
www.GetYourQuoteNow.com

**Get discounts up to 40%**  
Saving money is important.  
That's why you can count on me to get you all the discounts you deserve.  
**GET TO A BETTER STATE.™**  
**CALL ME TODAY.**

**State Farm™**



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

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

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

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



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

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

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

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

Now Open in  
**Mansfield**

# Allergy & Asthma Center

**Dr. Laurie is a Board Certified, UT Southwestern trained allergist who can provide immediate expert care in the diagnosis and treatment of children and adults with:**

- Nasal allergies • Food allergies • Asthma
- Sinus headaches • Sinus infections
- Hives and skin allergies • Bee, wasp and ant allergies

**2800 E. Broad St, Suite 514**  
Mansfield, TX 76063  
972-217-9564-office  
972-938-0508-fax  
On the campus of Methodist Mansfield Professional Bldg..  
[www.mansfieldallergy.com](http://www.mansfieldallergy.com)

**1305 W. Jefferson, Suite 115**  
Waxahachie, TX 75165  
972-217-9564-office  
972-938-0508-fax  
At Baylor Medical Plaza Adjacent to Baylor-Waxahachie.  
[www.waxahachieallergy.com](http://www.waxahachieallergy.com)

# CREEKSIDE COLLECTIONS

120 W. Debbie Lane, Suite 346  
(In Target Center @ Highway 287)

**817-473-2206**  
Mon-Fri: 10am - 6pm • Sat: 10am - 5pm  
Seasonal decorating by appointment.

**Customer Appreciation Sundays**  
Nov. 30-Dec. 21  
1-5pm  
Refreshments, discounts and raffle prizes!

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

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



# FOR THE HUNTER ON YOUR CHRISTMAS LIST

Rifle and pistol range • Skeet and trap • 5-stand  
Self-pull manual traps • Sporting clays • Firearm Instruction  
Texas Concealed Handgun License Classes  
Call for Reservations



## BROWNING®

*Browning apparel and range accessories in stock*



1911-22 Compact 051803490,  
also in desert tan 051810490  
**\$549<sup>99</sup>**



Browning BPS Micro Midas  
0122270606  
**\$579<sup>99</sup>** 20 gauge 24 inch barrel



Browning X-Bolt Hog Stalker 223  
rem 035288208, 308 win 035289218  
**\$1249<sup>99</sup>**



Browning X-Bolt Composite 3D  
several calibers in stock 035286227  
**\$899<sup>99</sup> - \$929<sup>99</sup>**



Browning T-Bolt Composite Sporter,  
025179202 22 LR \$629.99, 025179270  
17 HMR (scope not included)  
**\$659<sup>99</sup>**

Browning Safes ... "Full Line"  
**\$1,799<sup>99</sup> - \$6,299<sup>99</sup>**  
depending on model



10x42 Diamondback  
Bino's  
**\$229<sup>99</sup>**

# 817-478-6613

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



Viper 6-20x50 rifle scope  
**\$459<sup>99</sup>**



DIAMONDBACK 4-12X 40  
with deadhold  
**\$199<sup>99</sup>**



10x42 Crossfire  
Bino's  
**\$169<sup>99</sup>**



10x42 Viper HD Bino's VPR  
**\$599<sup>99</sup>**



VIPER HS 4-16X44  
with deadhold  
**\$499<sup>99</sup>**

**Full line of Vortex products in stock, please call for availability.**

5482 Shelby Rd. • Ft. Worth (At Dick Price Rd. & Shelby Rd. in Rendon/Mansfield Area)

# 2013 Holiday Shopping Guide



# 2013 Holiday Shopping Guide

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



## The Gift Of Wrinkle-Free Skin

Try The 24-Hour Nerium Experience  
And See Magical Results

**Nerium INT/Stacey Bennett**

<http://sbennfabforty.nerium.com>  
214-325-2735



## Want To Feel Better In 2 Minutes?

Try Whole Body Cryotherapy: Weight Loss,  
Reduces Inflammation, Increases Energy!

**Cryo 7 Of Mansfield**

2421 Callendar Rd, #137 @ Hwy 287  
817-580-7500  
[www.cryo-7.com](http://www.cryo-7.com)



## Old World Glass Ornaments

For any occasion! Buy one & get one  
HALF OFF of equal or lesser value. Exp. 12/31/13

**Creekside Collections**

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



## The Best Vietnamese Around!

Pho, Spring Rolls, Boba Tea, Salads  
Fried Rice, Edamame, Eggrolls

**Sprouts Springrolls & Pho**

Mansfield-3806 E. Broad #124  
Arlington-780 Rd. To Six Flags #238  
Man-817-473-7423, Arl-817-860-7655



## Work Is Our Work!

Come In For All Your Non And  
Safety Toe Footwear

**Red Wing Shoes**

1001 S.W. Wilshire, Ste. E  
Burlison - Shafer Plaza  
817-426-0030



## Massage Blowout!

\$70 -1.5 Hr. • \$60 -75 Min. • \$50 -1 Hr.  
Call For Extra Holiday Savings! Expires 12-31-13

**Lona's Therapeutic Massage**

Mansfield & Waxahachie Locations  
Gift Certificates Available  
214-770-4480

# 2013 Holiday Shopping Guide

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



## Give The Gift Of Wellness

Buy 3 Get 1 FREE - Buy 3 Gift Cards At \$50 Each  
& Receive A FREE 1-hr. Massage Or Facial

### Massage Boutique

1211 E. Debbie Ln., Ste. 123  
Mansfield, TX 76063  
817-435-5125



## Order Your Holiday Pies Early!

28 Varieties Of Fresh, Homemade Pies & Cakes!  
Great For Holiday Gifts, Too!

### Our Place Restaurant

"Real Home Cooking" OPEN 6 AM - 3 PM DAILY  
915 W. Debbie Lane • Mansfield  
817-473-9996



## It's "Swanky" Time

Jewelry, Apparel, Purses, Candles,  
Home Decor & Unique Gifts

### Swankyville Boutique

205 Smith Street  
Downtown Mansfield  
817-675-3728



## Clothing Sale & Holiday Embroidery

Embroidery, Letter Jackets, Spirit Wear

### Tiger Tails

100 Van Worth • Downtown Mansfield  
[www.dbstigertails.com](http://www.dbstigertails.com)  
817-453-8386



## We Are THANKFUL For YOU!

\$10 OFF Min. \$20 Order With This Ad.  
Ask For VIP Express Service!

### Threads Cleaners

3211 E. Broad St., Across From New Kroger  
[dina@threadscleaners.com](mailto:dina@threadscleaners.com)  
817-453-8811



## 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

# 2013 Holiday Shopping Guide

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



**ALLEY CATS**

Check Out Our Weekly Specials!

**Manic Mondays 8PM-Midnight**  
 Unlimited Bowling, Unlimited Laser Tag, \$10 Game Card  
**\$19.99 per person**

**1/2 Price Tuesdays 7PM-Midnight**  
 Enjoy Alley Cats Fun at 1/2 Price!  
 Bowling, Shoes, Putt-Putt Golf, Laser Tag, Rock Climbing, Game Cards

**Wednesday Night Unlimited Laser Tag 8PM-Midnight**  
**\$14.99 per person**

**Late Night Friday Night 11PM-2AM**  
 Unlimited Bowling and Rental Shoes  
 Must be 18 or older  
**\$14.99 per person**

**Now Booking Holiday Parties!**  
 Save \$100 off Any Holiday Party Booked by December 1! **Call Today!**

Check Out [AlleyCatsBowl.com](http://AlleyCatsBowl.com) For Details  
 2008 W. Pleasant Ridge Rd. **(817) 784-2695**  
 Arlington, TX 76015

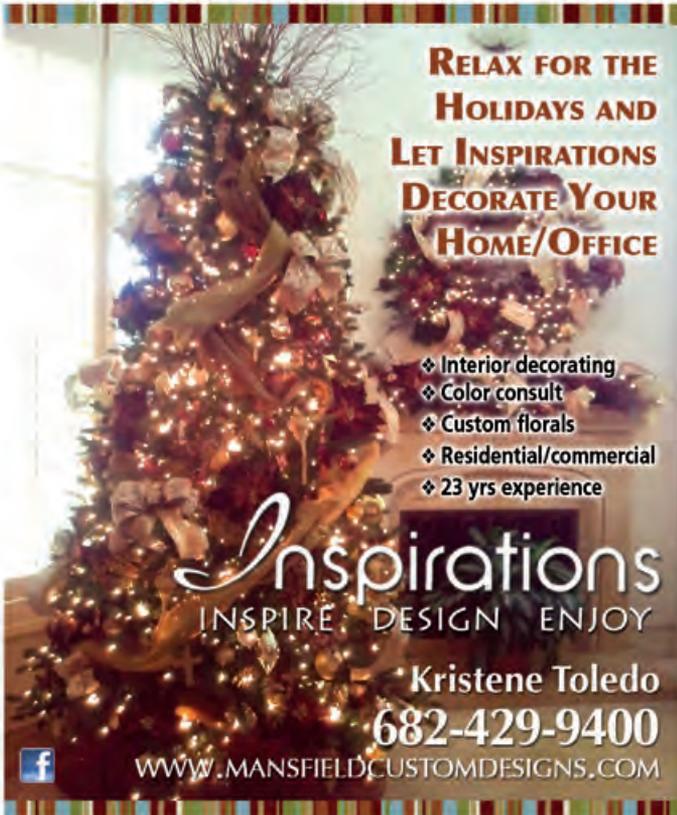


**Gift Cards**

The PERFECT Gift for the HOLIDAYS!

**AVANTÉ**  
**SALON & DAY SPA**

[avantespa.com](http://avantespa.com)  
[avantesalon360.com](http://avantesalon360.com) 



**RELAX FOR THE HOLIDAYS AND LET INSPIRATIONS DECORATE YOUR HOME/OFFICE**

- ◆ Interior decorating
- ◆ Color consult
- ◆ Custom florals
- ◆ Residential/commercial
- ◆ 23 yrs experience

**Inspirations**  
 INSPIRE DESIGN ENJOY

**Kristene Toledo**  
**682-429-9400**  
[WWW.MANSFIELDCUSTOMDESIGNS.COM](http://WWW.MANSFIELDCUSTOMDESIGNS.COM)



*Relaxation is in season.*



The perfect gift is now available at your local Massage Envy Spa.

**INTRODUCTORY**

<b>\$49</b> 1-hour* massage	<b>\$59</b> 1-hour* Murad™ Healthy Skin facial
-----------------------------------	--

**Massage Envy SPA**

MassageEnvy.com · Convenient Hours · Franchises Available  
 Open 7 Days: M-F 8am-10pm, Sat 8am-10pm, Sun 8am-8pm

<b>MANSFIELD</b> 1497 Highway 287 North By Bed Bath & Beyond (817) 453-ENVY (3689)	<b>SOUTH 360</b> 5232 South State Highway 360 In the SuperTarget Center (817) 303-ENVY (3689)
---	--

\*See clinic for details. Rates and services may vary by location and session. Not all Massage Envy locations are licensed to offer facial services. Check with the specific location or see MassageEnvy.com. Each location is independently owned and operated. ©2013 Massage Envy Franchising, LLC.

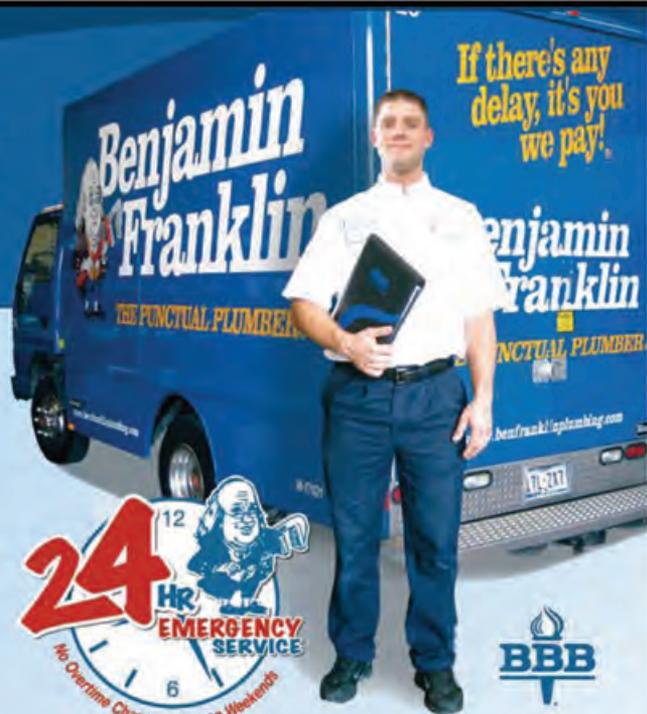
Exclusively featuring **Murad**

# What Women Want in a Plumber



*If there's any  
delay, it's you  
we pay!..*

We Pay \$5 A Minute  
Up to \$300 If We Are Late



## SAFETY & PEACE OF MIND

- All Plumbers are Drug Tested & Receive an Extended Background Check
- We Charge by the Job, Not by the Hour
- All Repairs are Guaranteed for 2 years
- Licensed & Insured
- Locally Owned and Operated



Mention this ad and receive

**\$55 OFF**  
**Any service**

Service call fee not included

## LEAK DETECTION

- Slab Leak & Older Home Specialist
- Parking Lot Leaks
- Faucet Leaks
- Yard Line Leaks
- Water Leaks
- Gas Leaks
- Leaks Under Concrete Repaired w/o Floor Damage



## REPAIR & NEW EQUIPMENT

- Free Camera Inspections of Cleared Lines
- Standard & Tankless Water Heaters
- Water Filters & Treatment Systems
- Tubs, Showers, Toilets, Fixtures
- Trenchless Pipe Replacement
- Garbage Disposals
- Drains & Sewers
- Pipe Breaks
- Yard Drains



*From Our Family To Yours...  
Service At It's Best!*

SERVING: Mansfield, Arlington, Fort Worth and Surrounding Areas

Locally Owned and Operated

Lic. No. M-17631

**817-419-3299**

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

# SLAM DUNK COACH

— By Mikaela Mathews



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

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

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



# Dr. Bruce Cherry

**FAMILY DENTISTRY & ORTHODONTICS**  
 27 years experience  
 State-of-the-Art Facility

## 817-453-4075

1200 US Hwy 287 N Suite 101  
 Mansfield, TX  
(on the northeast side between Walnut Creek and Debbie Lane)  
[www.brucecherrydds.com](http://www.brucecherrydds.com)

**\$49 NEW PATIENT SPECIAL**

Includes exam, X-rays & cleaning  
Offer excludes patients with gum disease.  
 Offer expires 11/30/13

## 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.)

November 9 - December 6 ..... 4:30pm - 6:30pm  
\*No classes the week of Thanksgiving (November 25-29)

December 2 - December 21 ..... 6:30pm - 8:30pm

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

**Only \$360 per student**  
**SAVE \$20 with this ad.**  
Exp. 11/30/13

**Puzzled by healthcare options?**

**Call today to connect the pieces!**

*Mansfield*  
**CHIROPRACTIC 817-453-3999**



**Conrad Creative**  
 Custom Gift Baskets

**Place Your Custom Holiday Orders Now!**

Custom Gifts made to fit your **Budget!**

*Voted Best Gift Store in Mansfield 2013!*

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 817-473-1504 for details!

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

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

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

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

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

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



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

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

Where You Camp With Friends

**THE FUN NEVER STOPS AT NORTH TEXAS JELLYSTONE RESORT**

**RESERVE NOW FOR FAMILY FUN! 817-426-5037**

- COZY COTTAGES W/ INSTANT FIREPLACES
- THEMED WEEKENDS
- PIRATES COVE FUN ZONE
- LASER TAG, 'HEY, HEY, HEY' RIDES, FIRE TRUCK RIDES, INFLATABLE CORRAL, FISHING, CRAFTS, HUGE GAME ROOM, & MORE!
- SCHOOL, COMPANY, CHURCH, & FAMILY GROUPS

**75% OFF**  
Stay 1 Night Sun - Wed,  
Get 2nd 75% OFF  
Cottage, Ranger Smith,  
or RV Site

**50% OFF**  
Stay 1 Night Thur - Sat,  
Get 2nd 1/2 OFF  
Cottage, Ranger Smith,  
or RV Site

**Mary Lou's Sandwich Shoppe**

**free SANDWICH**

Buy 1 sandwich, 2 chips & 2 drinks,  
get 2nd Sandwich FREE (OF EQUAL OR LESSER VALUE)

**137 N. Main St. (817) 473-1989**  
**Downtown Historic Mansfield**

One coupon per customer. May not be combined with any other offer. Exp 11/29/2013

*Loved Ones* deserve only the best

**Mansfield FUNERAL HOME**

(817) 453-3009  
www.MansfieldFuneralHome.com

Monthly Payment Plans Available

**Plan ahead for peace of mind.**

**WE PUT THE WORD CONVENIENCE INTO SHIPPING.**

*All your shipping needs close by & in one place!*



**BROAD STREET  
POSTAL CENTER**

- MAILBOX RENTAL
- FAX & COPIES
- PRINTING
- SCANNING
- EMAILING
- NOTARY
- MONEYGRAM SERVICES
- SCAN TO EMAIL
- AVANTI GREETING CARDS
- DOCUMENT SHREDDING
- KEY DUPLICATION
- MOVING BOXES
- PACKAGING SUPPLIES
- CONCIERGE SERVICES



**2771 E. Broad St, Ste 217, Mansfield**  
 (across from Mansfield Methodist & next door to Subway)  
 Mon.- Fri. 9AM-6PM • Sat. 9AM-2PM • Sun. Closed  
 817-473-2506 • www.broadstreetpostal.com

Casa del Sol  
DESIGNS



Mon-Sat • 10am - 7pm  
 Sunday • 12pm - 5pm  
 107 N. Main St. Mansfield



**PRE-HOLIDAY  
SALE**  
 20% OFF ALL  
**REGULAR  
PRICES**  
EXCLUDES SALE & CLEARANCE  
 ENDS 11/30/13

817.477.8008 | CASADELSOLDESIGNS.COM

**Fall Enrollment  
is happening  
NOW!**

**Parent Night  
Out:**  
 Nov. 1<sup>st</sup> & 22<sup>nd</sup> @ 6-10 pm  
 \$15 @ door with  
 \$1-\$2 snacks.

**Back Handspring  
Clinic:**  
 Nov. 16<sup>th</sup> @ 9-11am  
 Cost \$35

Birthday parties are  
 filling up fast!  
 Call now to reserve  
 your spot.

**CHEER  
TEXAS**

1120 Eden Rd. #104, Arlington  
 817.522.1253 • www.cheertexas.com

Town Square  
Toys is turning  
**3!**

**COME CELEBRATE WITH US ON  
Saturday, November 9th  
10am-6pm**

Like us on to find out what  
the birthday deals will be!

- FREE Gift to the first 50 kids!
- FREE Balloons
- FREE Cupcakes
- FREE Popcorn & bottled water
- Super special birthday deals

WHILE SUPPLIES LAST

**TOWN  
SQUARE  
TOYS**

215 N. Walnut Creek Dr., Suite 101  
 Mansfield, TX 76063  
**817-453-TOYS (8697)**  
 www.townsquaretoys.com



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

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

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



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

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

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

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



You can just have a pool, or you can have a BlueWater pool!  
Our showroom is located at 10424 FM 1902 • Crowley, TX



**817.297.7120**

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

Ask About Our  
Extended Hours



the best dentistry  
in Life is Free!

**Worry Free...**

Dental plan available for those without insurance

**Ouch Free...**

Gental Cleaning from our professional staff

**Hassle Free...**

Walk-ins always welcome

We're a Preferred Provider for HMOs & PPOs.



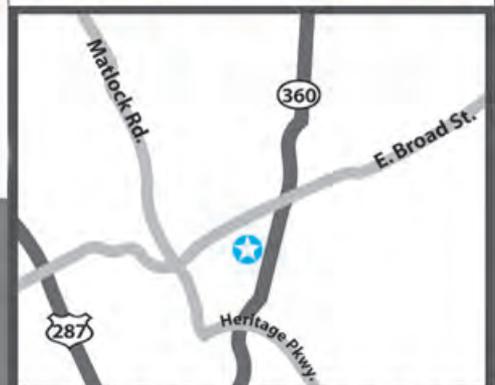
**MANSFIELD**  
SMILES AND ORTHODONTICS

George Devore, DDS

**682-518-5856**

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

**Happy Thanksgiving!**



**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. DAC: 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.

Lil Dragons (3-5 year olds) • Children Classes • Teens & Adults • Brazilian Jiu-Jitsu • Self Defense F.I.T. Club

**Empower Your Child**  
with Personal Safety Skills  
Self Defense Skills  
and... *Life Skills*

**BUSHO KAI**  
MARTIAL ARTS & FITNESS  
1501 Hwy. 157 Mansfield, TX 76063  
**817-473-7400**  
[www.BushoKai.com](http://www.BushoKai.com)

**FREE**  
Karate Uniform  
With New Student Enrollment  
Limited to the first 50  
Must Mention This Ad  
Expires 11/30/13

After School Program • Summer Camps • Kids  
F.I.T. Club • Brazilian Jiu-Jitsu • Teens & Adults • Children Classes • Lil Dragons (3-5 year old) • After School Program • Summer Camps • Birthday Parties

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

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

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

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

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

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

*Johnny's Transmission & Auto Repair*

**Services Provided:**

A/C Service • Axles • Brakes • Clutches  
Engine Tune - up • Engine Repair • Oil Change  
Radiator Service • Transmission Service  
Transmission Rebuild • Suspension Repair  
Differentials • Fuel Pump • Water Pump • Timing Belt  
& lets not forget about Electrical Problems....

Call Becky Today  
**817-673-6992**

[www.johnnystransmissions.com](http://www.johnnystransmissions.com) • 406 N Taylor St., Arlington, TX 76011

**COMFORT at a DISCOUNT**  
**40% OFF!**

• Lower Utility Bills  
• FREE Attic Analysis  
• Over 50 Years Experience!

**682-218-1044**

**ProSource**  
Residential & Commercial Insulation Solutions  
[www.prosourcetx.com](http://www.prosourcetx.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)

# Been Burned by a Church?

## Don't Get Mad, Get ... "EBOC"



### PEACE

From The Open-minded Folks at East Broad Outreach

**Worship Location: 4447 E. Broad St.**  
 The first 3 Saturdays of November @ 6 PM  
 (1/4 mile west of Danny Jones Middle School)



We're Thoughtful and Fun!

**ebo.org**  
 e. broad outreach community

4517 E Broad St. Mansfield 817.539.0581



### The Law Office of Lauren Gaydos Duffer, P.C.

*Taking a team approach to helping families*



Lauren Gaydos Duffer – Attorney  
 Ashley Nicole Reeve – Attorney

#### 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 Support
- Modification

#### Assisted Reproductive Technology

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

#### Mediation

- Family Law

Fort Worth Magazine  
 Top Attorney Family Law  
 2008, 2009, 2010, 2011, 2012  
 Texas Rising Star ~ 2010 & 2011

690 East Lamar Blvd, Ste. 560 • 817.548.5643  
[www.txfamilylawattyy.com](http://www.txfamilylawattyy.com)

### Tessa Gatlin Pierce, CPA, MBA

*Registered Investment Representative\**

#### Tax, Accounting and Financial Services

*Serving Businesses & Individuals*

#### Accounting Services

#### Tax Preparation

#### Financial Services

- IRAs\*
- 401(k)s / 403(b)s\*
- Mutual Funds\*
- College Funds\*
- Retirement Planning



305 Regency Pkwy, Ste 305  
 Mansfield, TX 76063

817.842.9079

[info@pierce-cpa.com](mailto:info@pierce-cpa.com)

*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.*

\*Securities offered through H.D. Vest Investment ServicesSM, Member SIPC, 6333 N. State Highway 161, Fourth Floor, Irving, TX 75038 972-870-6000.

# FALL FAMILY FUN

— By Sandra Strong

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

## FALL TREE

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

### DIFFICULTY LEVEL: EASY

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



### HOW TO DO IT. ▼

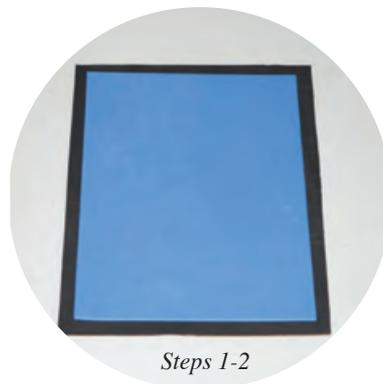
**1. Create frame** by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.

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

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

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

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



Steps 1-2



Steps 4-5



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



Step 6

# The Children's Spot



"Where learning never ends!"

Score of 100 from Texas DFPS

Christian Abeka & Frog Street Press Curriculums  
 Awesome, Caring, Long-term Staff & Teachers!  
 Parent Involvement & Feedback Welcomed!  
 3 Acres • Swimming Pool • Stretch-n-Grow

Curriculum not seen anywhere!

Diverse, Imaginative & Engaging Programs!

Sign Language Classes, Spanish Classes  
 Cooking Classes, and Homework  
 Haven for the School age children



[www.ChildrensSpot.net](http://www.ChildrensSpot.net)

817-473-0441 • 1222 E. Debbie Lane, Mansfield  
 (1 block west of Matlock, next to water tower)

## GREATER MANSFIELD REALTORS, INC.

**John Boguski**

817-939-5884

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



## WE PRINT CHECKS

- Quickbooks Software
- Custom Security checks
- Snap Checks
- Digital Checks

**NEW CUSTOMERS**  
 Get 20% off your order  
 of \$100 or less with this ad



**(817) 453-5980**

120 N. Walnut Creek Dr., Ste. 130 Mansfield, TX 76063  
[mansfieldprinting@minutemanpress.com](mailto:mansfieldprinting@minutemanpress.com)  
[www.mansfield.minutemanpress.com](http://www.mansfield.minutemanpress.com)

**LA GONDOLA**  
FAMILY OWNED AND OPERATED

MANSFIELD'S AUTHENTIC ITALIAN CUISINE

ESCAPE TO ITALY

GREAT FOOD

Join Us For Lunch and Dinner and LIVE MUSIC

**HOLIDAY CATERING AVAILABLE**  
Call Us Today

Thursdays 6:00PM to 10:00PM  
Fridays 6:30PM to 10:30PM

FORMERLY 'Italian Villa' IN ARLINGTON

1211 E. DEBBIE LANE SUITE 129  
MANSFIELD, TX  
WWW.LAGONDOLA1.COM



Southern Star Foot & Ankle

Now accepting **NEW PATIENTS** in Midlothian!



Christopher D. Schmitt, DPM  
Associate, American College of Foot and Ankle Surgeons

1441 S. Midlothian Pkwy, Ste 120  
Midlothian, TX 76065  
located behind Vintage Bank in Baylor complex  
972-755-4620 phone 972-755-4622 fax  
southernstarfootandankle.com 

**ANTIQUE TOOL EXHIBIT**

Saturday, November 9 & 16  
9:00AM - 4:00PM

**SPONSORED BY**  
Mansfield Custom Homes

**FREE Admission**  
Mansfield Historical Society & Museum  
102 N. Main Street • 817-473-4250

## NOT YOUR BASIC HAND TURKEY

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

### DIFFICULTY LEVEL: MEDIUM

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

### HOW TO DO IT. ▼

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



Step 1



Step 3



Steps 4-5



Step 6

Lesson #3

# Life Insurance

Thank you Farmers Insurance!

**It's not for YOU...**  
**It's for the ones you leave BEHIND.**

DO YOU HAVE LIFE INSURANCE?

Opening a NEW location in Mansfield SOON at:  
 1848 Lone Star Rd. Suite 102

**FARMERS** **DAVID HURD, Insurance Agent**  
 Main: 817-701-9782 • Fax: 817-282-7402  
 www.farmersagent.com/dhurd2

**SportClips** HAIRCUTS

**\$5 MANBUCKS**

GOOD TOWARDS ANY HAIRCUT SERVICE

EXPIRES 12/31/13 • CODE 2955

IT'S GOOD TO BE A GUY

SPORTCLIPS.COM

**682-518-9910**

1811 Hwy 287 • Mansfield  
 In front of Target

**MANSFIELD NETWORK GROUP**

WWW.MANSFIELDNETWORK.COM

Jobs Keep it Local Business Community

g+ in p t f

# B&M AUTO SPECIALISTS

YOUR  
"1 STOP SHOP"  
FOR AUTO & FLEET  
MAINTENANCE  
AND REPAIR!

We Service  
National Accounts

Commercial Vehicle Repair & Maintenance  
Individual Vehicle Repair & Maintenance



### Owners

Bryan & Tonya Davis  
are happy to serve Mansfield.

**FREE Local pick-up  
and delivery!**



Happy Thanksgiving  
from the  
B&M Auto Crew!



ASE



CarCareONE™

1516 Hwy. 157 N. • Mansfield  
Behind Tractor Supply & Lonestar Car Wash

**817-453-5366**

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

Hours: Mon-Sat: 8am-6pm

LIKE us on Facebook

## 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 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.

## THANKS FOR THE MEMORIES

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

**DIFFICULTY LEVEL: MEDIUM  
TO CHALLENGING.**

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

### HOW TO DO IT. ▼

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



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



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

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

# FIGHT CANCER

We are pleased to welcome Sarju Waghela, D.O., to our medical team at Texas Oncology–Mansfield. Dr. Waghela is board certified in medical oncology and internal medicine and most recently practiced at Texas Oncology–Irving. This new addition to the medical team enhances our service offering to the community so you can get advanced cancer care close to home.

**TEXAS ONCOLOGY–MANSFIELD**  
2800 East Broad Street, Suite 218  
Mansfield, TX 76063  
817-276-3300

1-888-864-1 CAN (4226) • [www.TexasOncology.com](http://www.TexasOncology.com)

**HOW TEXANS FIGHT CANCER.**



Shrinivas Diggaikar, M.D.



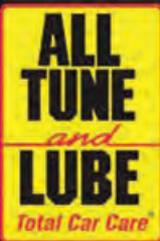
Alex Liao, M.D., Ph.D.



Sarju Waghela, D.O.

**TEXAS ONCOLOGY**

*More breakthroughs. More victories.™*



**10% MILITARY DISCOUNT**



**And AAA Members**

*We Care for Your Car!*



**Official Texas State Inspection Station**

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

*Visit our new location!* → **151 E. Eden Road**  
**Arlington**  
**817-557-6259**

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

• **COMPUTERIZED ENGINE DIAGNOSTIC FROM \$49.90**

• **4 TIRES ROTATED AND BALANCED \$29.90**

**FUEL SAVER COMBO**  
Fuel injection service & fuel filter replacement  
**\$139.90\***

\*Most vehicles. With this coupon. Not valid with other offers. Expires 12/15/13. AP

**Brake Special**  
Save Up To **\$20\*** PER AXLE

- Inspect/renew disc, brake pads or shoes
- Inspect rotors & drums
- Inspect/master cylinder & brake hoses
- Add fluid as needed
- Test drive vehicle

\*Most vehicles. With this coupon. Not valid with other offers. Expires 12/15/13. AP

**30/60/90 SCHEDULED MAINTENANCE**  
**FROM \$249.90\***

\*75 and 8 gal. higher. \*Most vehicles. With this coupon. \$3.00 environmental charge will apply. Not valid with other offers. Expires 12/15/13. AP

**OIL CHANGE & TIRE ROTATION**  
**FROM \$29.90\***

\*Cartridge filters extra. \*Most vehicles. Limit 5 quarts. With this coupon. \$3.00 environmental charge will apply. Not valid with other offers. Expires 12/15/13. AP

**4-WHEEL ALIGNMENT**  
**FROM \$69.90\***

\*Most vehicles. With this coupon. Not valid with other offers. Expires 12/15/13. AP

**TRANSMISSION SERVICE**  
**FROM \$89.90\***

\*Most vehicles. With this coupon. Not valid with other offers. Expires 12/15/13. AP

**QUALITY OIL CHANGE**  
**FROM \$21.90\***

\*Most vehicles. Limit 5 quarts. With this coupon. \$3.00 environmental charge will apply. Not valid with other offers. Expires 12/15/13. AP

**RADIATOR SYSTEM SERVICE**  
**FROM \$59.90\***

\*Most vehicles. With this coupon. \$3.00 environmental charge will apply. Not valid with other offers. Expires 12/15/13. AP

That little leak could be costing you **BIG**

Voted Mansfield's **BEST PLUMBER** FOR 2011, 2012 & 2013 by Mansfield Mirror

Call the experts.

**MANSFIELD M PLUMBING**

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

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

Happy Thanksgiving!

**\$50 OFF ANY SERVICE**  
with this coupon. Exp. 11/30/13

**817-473-8888**

License #M#36261 M-40253

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

**Need CPR or First Aid Training?**  
Call today to schedule a class!  
817-453-8130

Se Habla Español  
[gmadcpr.com](http://gmadcpr.com)

Garcia Making A Difference  
Mansfield  
404 E. Broad St., #400

**Texas Safe CHL**

Brandon Blansit  
CHL Instructor

Cell: 214-725-3621  
[www.TexasSafeCHL.com](http://www.TexasSafeCHL.com)

**XoticPets**  
COMING SOON

Reptiles & Aquatics  
Specialty Store

2090 Hwy 157 North  
Suite 100 Mansfield  
(old Pet O Rama location)

Slither in to see us!  
**817-453-2043**

[info@xoticpets.com](mailto:info@xoticpets.com) • [www.xoticpets.com](http://www.xoticpets.com)

Follow us on Facebook for news, specials and more

**Vintage Vibe**

Whimsical and Repurposed Furniture

**817-473-2777**

1585 E. Broad St. • Mansfield  
[www.facebook.com/vintagevibeTX](http://www.facebook.com/vintagevibeTX)



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



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

7. **Tie loop knots** and cut excess from twine before hanging. **NOW**



# Use or Lose Your Insurance Benefits Before Year End

Eye Exams ✦ Contact Lens Fittings ✦ Treatment of Eye Infections & Injuries  
Diabetic Eye Exams ✦ Medical Insurance & Vision Plans Accepted  
Large Selection of Frames ✦ LASIK Consultation



*Dr. Cameron Smith*

*Dr. Shawn Prapta*

**Cameron Smith, OD • Shawn Prapta, OD**

121 W. Debbie Lane, Suite 117 • Mansfield, TX 76063

**682.518.1177 • www.mansfieldtso.com**



TEXAS STATE OPTICAL  
Caring for the Eyes of Texas

We are moving to a new location • 1650 North Hwy 287 • Opening January 2014

# OB/GYN

Dr. Paul Lansdowne, M.D.

COMPREHENSIVE  
HEALTHCARE  
FOR WOMEN

## Obstetrics

- Prenatal Care
- Labor & Delivery
- Nutrition & Exercise

## Gynecology

- Menopause
- Hysterectomy
- Incontinence



 WOMEN'S HEALTH SPECIALISTS  
OF NORTH TEXAS

NOW OPEN IN TWO LOCATIONS

**MANSFIELD**

1670 E. Broad St., Suite 101

**WAXAHACHIE**

1505 E. Jefferson, Suite 120

- Da Vinci Robotic Surgery
- Essure Permanent Sterilization
- NovaSure Endometrial Ablation

Se habla Español

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

**817-435-4315**



[Facebook.com/drlansdowne](https://www.facebook.com/drlansdowne)

SHREVEPORT-BOSSIER:

# Louisiana's Other Side

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

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





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

Christmas in Roseland — festivals are held from

the time the first warm breeze dances across faces to the time cool air convinces everyone

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

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

If you are thinking of buying your *first* home, *next* home, *dream* home or *investment property*...

Let our family help yours!



THE MARLA YOST TEAM

**KELLER WILLIAMS**  
REALTY

972-533-0224   
817-382-9791 

Suspicious of organized religion?  
Don't worry, we're not that organized.

**eboc.org**  
e. broad outreach community

Open-minded, faith-based community  
Join us at worship Saturdays at 6pm

4517 E Broad St. Mansfield 817.539.0581  
[www.eboc.org](http://www.eboc.org) | *EBOC on Facebook*

**CAMPUZANO**  
mexican food

Voted Best Mexican Restaurant in Best Southwest

*Happy Thanksgiving!*

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

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

Discount only good from NOW Magazine! NO Copies accepted! Expires 11/30/13

**CAMPUZANO**  
mexican food

**NOW OPEN!**  
2618 Oak Lawn Ave  
Dallas, TX 75219  
214-526-0100

**\$0 DOWN + FREE ELECTRIC\***

- Same Day Service
- No Deposit
- No Credit Check

\*Ask About Our Power Bonus Program

**817-803-4669**

SE HABLE ESPAÑOL

*Ladies*  
**PLUS SIZE RESALE SHOP**  
BUY • SELL • CONSIGN

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

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

817-557-8087

5975 S. Cooper, #135

Polycrest Shopping Center  
@Sublett (NE corner)

Arlington



**BACK 2 WELLNESS  
CHIROPRACTIC**

Dr. Michael Bank, D.C.

**DON'T FALL  
BEHIND  
WITH YOUR  
HEALTH**



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

**We Can Treat**

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

**Come see our  
new office!**

**We Offer  
NON-SURGICAL SPINAL  
DECOMPRESSION**

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

Includes: consultation, X-Rays if needed.  
Excludes Medicare. Expires 11/30/13

8011 S. Cooper St.  
Arlington, TX 76001

**(817) 453-9339**

ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits ...



Call today for  
**FREE**  
Consultation

*Happy Thanksgiving!*



**URBANOASIS**  
OUTDOOR LIVING & LANDSCAPING

817.453.3100

WWW.URBANOASISOUTDOOR.COM

PayPal LI9335

LANDSCAPING • SPRINKLERS • LIGHTING



CenturyLink Center and Shreveport Municipal Auditorium are popular concert and performance venues.

If you like that, you might also enjoy the region's museums and art galleries. Check out Sci-Port: Louisiana's Science Center, artspace, Southern University



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



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

Parton — and the list goes on.

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

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



**Give STYLE with Gift Cards!**




**817-472-0067**  
www.TheLandryTeam.DecoratingDen.com

**We Make Decorating Fun!**



DOGWOOD CANYON **Audubon**  
CENTER AT CEDAR HILL

**IS NOW ADMISSION-FREE!**



In honor of our  
2<sup>nd</sup> anniversary,  
fly into Dogwood  
Canyon for **FREE!**

Nature Store • Hiking Trails • Bird Viewing  
Voted *Dallas Observer's* "Best Nature Walk 2013"

1206 West FM 1382 Cedar Hill, TX 75104  
dogwoodcanyon.audubon.org • 469-526-1980



**REGENCY HEALING  
MEDICAL CLINIC**  
& Medical Weight Loss Center  
*Healing And Preserving Our Community*

**Christie Egbuchunam, MD, MPH**  
Board Certified in Family Medicine (6 yrs. - adult)  
Full Primary Care Services Available

**HydraFacial™**  
NONSURGICAL FACIAL REJUVENATION



**HydraFacial™**  
**\$50 OFF**  
EVERY HydraFacial™  
treatment!  
Expires 11/30/13

**ZERONA**

Noninvasive  
laser liposuction.

- Zero pain
- Zero surgery
- Zero downtime



**ZERONA**  
**\$100 OFF**  
EVERY  
treatment!  
Expires 11/30/13

**VIORA**

We offer  
cellulite treatment,  
skin tightening  
& sculpting

**Refit sagging  
skin & reduce  
cellulite NOW!**



**VIORA**  
**\$100 OFF**  
EVERY  
treatment  
Expires  
11/30/13

**WE ALSO OFFER:**

**BOTOX™**  
Cosmetic  
onabotulinumtoxinA

**Latisse™**  
(bimatoprost ophthalmic solution) 0.03%

**Juvéderm XC**

Schedule your appointment TODAY!  
**817-453-2323** *Se Habla Español.*  
305 Regency Parkway, Ste. 509  
Mansfield, TX 76063 (Off Broad St.)  
[www.regencyhealingmedclinic.com](http://www.regencyhealingmedclinic.com)

INTERNATIONAL MUSEUM OF CULTURES



**CYNTHIA ANN AND QUANAH PARKER EXHIBIT**  
**A WOMAN OF TWO WORLDS AND A MAN IN TWO WORLDS.**



Traveling exhibit of rarely seen photos of Quanah and Cynthia Ann Parker. Photo exhibit that will be on display starting on November 6th for 8 weeks.

**Present this ad and receive \$1.00 OFF admission**

Call for additional information: 972.572.0462  
or email: [info@internationalmuseumofcultures.org](mailto:info@internationalmuseumofcultures.org)  
**411 E. Hwy 67 • Duncanville**  
[www.internationalmuseumofcultures.org](http://www.internationalmuseumofcultures.org)

**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)

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

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

**Mansfield's BEST Barber Shop!**  
Come get your perfect holiday haircut!

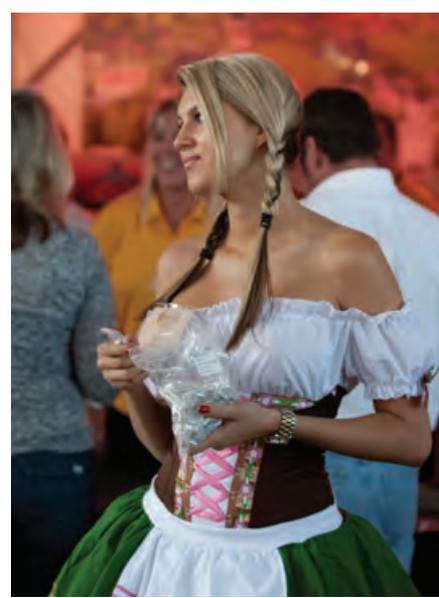
1 year strong in  
**Historic Downtown Mansfield!**

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

**lonestarbarbershop76063**



Located just south of the west gate of Barksdale Air Force Base, Mariscos La Jaibita serves authentic, Veracruz-style, Mexican seafood. Unique menu items include: tostadas covered in delicious fish and shrimp ceviche; enormous and flavorful shrimp cocktails; and a soup called Sopa de 7 Mares (Soup of Seven Seas), which features crab, shrimp, fish, crawfish, and more, all served in a



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

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

# Rio Mambo

TEX MEX Y MAS

## MAMBO TRAYS FOR THE HOLIDAYS

rosie's shrimp

custom salads

breakfast tacos

flautas

fajitas

enchiladas

tamales

grilled tacos

bacon-wrapped

shrimp



BOOK NOW FOR YOUR PRIVATE PARTIES.  
Custom catering available.

COMPLIMENTARY

**Dessert**

with entree purchase

**Rio Mambo**  
TEX MEX Y MAS

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

Present this invitation prior to ordering. One per table. Not valid with other offers. Expires 11-30-13.

MAN

### FORT WORTH

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

817.423.3124

### S. ARLINGTON

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

817.465.3122

### COLLEYVILLE

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

817.354.3124

### WEATHERFORD

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

817.598.5944

cater line 877-536-2626

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



**NO MONEY DOWN TO START**

**Up To \$500**

**Discount on qualifying jobs.**



**Wallace Lott General Contractor LLC is ready to serve all your contracting needs.**

*We do things right, and do what we say.*



**Residential & Commercial**

- Roofing • Remodeling
- Bathroom • Kitchens
- Replacement Windows
- Painting • Cedar Patio Covers
- Fences • Outdoor Kitchens



**Hometown Trusted Builder**

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



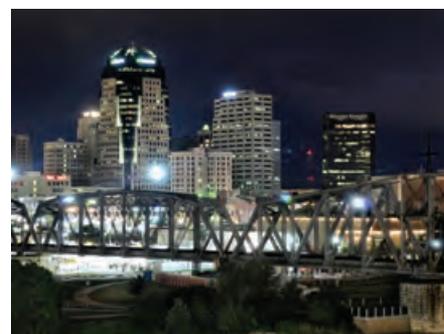
**972.679.6781**

**1615 Cedar Hill Rd., Duncanville, TX 75137**



**Don't trust your insurance repairs to anyone until you have spoken with us!  
You cannot know how much help we can be until we review your claim.**

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



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

Other dining options can, of course, be found in the five Vegas-style casinos. The riverboat casinos are floating palaces, tributes to the frontier tradition of 24-hour fun and excitement. Along with traditional slots and table games, the casinos host fabulous concerts and an assortment of restaurants and buffets. And don't be surprised to find a famous star or two at your gaming table or favorite club. Here in "Hollywood South" the possibilities are endless. Visit [shreveport-bossier.org](http://shreveport-bossier.org) to plan your trip today. **NOW**

*Copy by Chris Jay. Photos courtesy of Shreveport-Bossier Convention & Tourist Bureau. For a complete list of annual festivals and events, visit [www.shreveportbossierfunguide.com](http://www.shreveportbossierfunguide.com).*



## Time to Sit Back

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

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

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

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

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

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

*Nancy Fenton is a Master Gardener.*



**Mansfield Chiropractic**

1071 Country Club Dr.  
Suite 101  
Mansfield, TX 76063

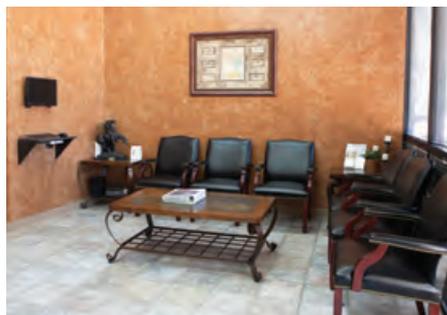
(817) 453-3999 office  
(817) 453-3970 fax  
www.mansfieldchiropractic.com

**Hours:**

Monday – Thursday: 8:00 a.m. – 12:00 p.m.;  
2:00 p.m. – 6:00 p.m.



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



# Healing Hands

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

*— By Mikaela Mathews*

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

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

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

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

## Business **NOW**

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

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

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

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



**Blinds & Shutters by LaDonnia**

FREE Estimates & In-home Consultation

**10% OFF**  
any order placed by 11/30/13  
with mention of this ad

**LaDonnia White**  
817-798-0543

*We bring the showroom to you!*

[www.BlindsAndShuttersByLaDonnia.com](http://www.BlindsAndShuttersByLaDonnia.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](http://www.quantummechanix.net)

Tommy Frantzen-owner  
[tommy@quantummechanix.net](mailto:tommy@quantummechanix.net)



# Commitment to Quality

Approved 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*

Call 972-723-2933 or email  
[info@approvedhhc.com](mailto:info@approvedhhc.com)





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



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



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



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



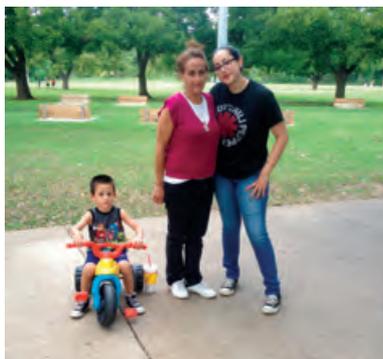
*Ryan Woodward and Donald McLoughlin, of the Mansfield Fire Department, enjoy the Fire Safety Palooza.*



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



*The Mansfield Paintball team pose after showing off their skills.*



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



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



40% off  
all accessories  
now thru  
Thanksgiving!

# WELCOME HOME FURNITURE

1411 N. Hwy 67 | Midlothian, TX | 972.775.7575 | Monday-Saturday 11 am-7 pm | [facebook.com/WelcomeHomeFurniture](https://www.facebook.com/WelcomeHomeFurniture)



## Can You Benefit From Municipal Bonds?

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

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

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

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

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

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

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

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

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

# A Painful Swallow

— By Betty Tryon, BSN

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

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

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

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

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

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

**Truck Accessory Outlet**

- Window Tinting
- Tool Boxes
- Bed Liners
- Step Bars
- Hitches

**817-473-0000**  
1275 N. Main St., Ste. 106  
Mansfield, TX 76063

**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**  
www.edwardjones.com MAKING SENSE OF INVESTING

**NOW OPEN**

**PRIME**  
*Grille • Sidebar*

**FINE DINING**  
◆  
**COCKTAILS**  
◆  
**PATIO**

2300 Matlock Rd.  
Mansfield, TX  
www.primemansfield.com  
**817.405.2980**

### November 1 — 3

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

### November 2

Mansfield 10 and Under Tennis Tournament: 9:00 a.m., Mansfield Summit High School. For more information, visit [www.mansfieldareatennisassociation.com](http://www.mansfieldareatennisassociation.com).

### November 6

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

### November 9

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

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

### November 10

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

### November 15

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

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

### November 15 — 17

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

### December 5 — 7

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

### December 8

Mansfield Women's Club Holiday Home Tour: 2:00-7:00 p.m., 914 McCampbell Rd. \$25 in advance or \$30 at the door. Six exciting homes will be available to tour and a Christmas Marketplace. Proceeds will go to the local Feeding the Hungry charities. For more information, visit [www.mansfieldwomensclub.com](http://www.mansfieldwomensclub.com) or call Valorie Hauge at (882) 518-1288.

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

**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

*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"

**Open Saturdays**





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





www.nowmagazines.com 74 MansfieldNOW November 2013

# HANSON

## IRON WORKS

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

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



**(972) 775-3091**

VISIT US ONLINE AT [WWW.HANSONIRONWORKS.COM](http://WWW.HANSONIRONWORKS.COM) FREE ESTIMATES



**Mansfield Overhead Door** Mansfield owned and operated

**Don't FALL BEHIND on technology!**

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

**Control your garage door with your SMARTPHONE! Ask us HOW!**

**817-988-4191**

FREE SERVICE CALL For Mansfield Residents  
[www.MansfieldOverheadDoor.com](http://www.MansfieldOverheadDoor.com)

**RE/MAX** **SUBURBAN SOUTH**  
[www.juliemckeeper.com](http://www.juliemckeeper.com)

**Julie McKeever**  
972-824-6017 

  
**103 Aztec**  
**Waxahachie, TX**  
MLS # 11995147

4 Bdrm, 3 bath. Study & gameroom on culdesac lot in Park Place. Handscrapped wood floors & tile throughout the lower level. Fireplace w/decorative mantel. Built-in shelving units in Living & Study. Kitchen w/island, breakfast bar and lg walk-in pantry. Master bath has 2 separate vanities. Decorative tile shower with seat. Garden tub. Oversized covered patio.

  
**111 Sequoia Court**  
**Midlothian TX**  
MLS#11918157

4 bdrm, 4 bath, 2 living, 2 dining, breakfast bar, upstairs gameroom, mudroom, in-ground pool, outdoor kitchen, playhouse, fenced, sprinkler system, security system. Master has walk thru shower w/spray wands & jetted tub. Kitchen w/ granite countertops, copper island w/ sink, knotty alder cabinets. Handscrapped wood floors.

**Terrace at MidTowne**  
**Seniors LIVE HERE!**

Midlothian's newest affordable rental community. AGE 62+

**"Live the MidTowne Lifestyle"**

 **469-324-0040** 

[dmacompanies.com/midtowne](http://dmacompanies.com/midtowne)



## In The Kitchen With Janna Seal

— By *Mikaela Mathews*

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

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

### Apple Cider-brined Turkey

From *Cooking Light*.

*Brine:*

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

*Turkey:*

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

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

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

orange quarters.

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

### Nannie Park’s Turkey Dressing

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

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

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

# DJ Nails - Day Spa

We Offer  
**Student  
Discounts**

Indulge yourself in a  
*'heavenly' spa pedicure*  
in a relaxed atmosphere  
without a chemical smell



Our sanitation policies ensure health and safety.  
We use the best top-market products for your service.

Full-service Salon • 817-453-1177

www.DJNailsDaySpa.com

987 N. WALNUT CREEK DRIVE #700 • MANSFIELD  
NEXT DOOR TO BIG LOTS & TUESDAY MORNING

<p><b>\$30</b> (regular price \$32) Pedicure/ Manicure Combo*</p>	<p><b>\$30</b> New Set (regular price \$35) Solar Nails*</p>	<p><b>\$22</b> Shellac Nails*</p>	<p><b>\$35</b> 1 Month of Tanning No enrollment fee or contract required.*</p>
<p><b>FREE</b> Haircut with highlights or color*</p>	<p><b>\$5 OFF</b> ANY Service over \$35. Excluding Acrylic Nails &amp; Hair Cut.</p>	<p><b>\$10 OFF</b> Any Facial AND Body Massage</p>	<p><b>\$9.99</b> Men's Haircut <b>\$13.99</b> Women's Haircut Mon-Wed ONLY*</p>

\*One coupon per customer. Expires 11/30/13

- ✦ Solar Nails & Acrylic Nails  
(Guaranteed Nonyellow Solar Solution)
- ✦ Pedicure & Manicure
- ✦ Facial & Microdermabrasion
- ✦ Waxing, Threading & Lash Brow Tinting
- ✦ Reflexology & Full-body Massage
- ✦ Highlights, Color & Haircuts
- ✦ Gift Certificates Available



## Giving Thanks!

We want to thank you for  
27 years of support.

**ORTHODONTICS**



**BRACES & INVISALIGN**

*Where Smiles Come Alive*

Dr. Justin Jergensen  
Dr. Charles Stewart

Dr. Sheila Birth  
Board Certified Orthodontist

Free Consultation (\$150 value)  
No Down Payment\*  
Most Insurance Accepted  
Private Treatment Rooms  
Braces & Invisalign  
TMJ/TMD, Dental Migraines & Headache Treatment

**817-557-0025**

2011 W. Bardin Rd. | Arlington, TX 76017

www.ProfessionalSmiles.com

\*Only applicable to autodraft and does not pertain to Invisalign.

Bring in this ad for  
**\$250 OFF**  
treatment!

(Comprehensive treatment and new patients only. Cannot be combined with any other offers. Prices ranging from \$2500-\$5900. Expires 1-31-14.)



OUR NEW, LARGER  
MED SPA on MATLOCK  
OPENS DECEMBER 2013

- Breast Augmentation • Robotic Hair Transplantation • Eyelid Lift Surgery • Tummy Tuck • Liposuction
- Mini Facelift • Body Contouring after Massive Weight Loss • Laser 360/Paragon Liquid Laser Lift

~ Laser Treatments/Hair Removal ~

- Photofacials • Skin Resurfacing • Microdermabrasion • Botox/Fillers • Laser Hair/Tattoo Removal

#### Wrinkle-Free Wednesday

9am-5pm • Botox & Xeomin \$10/unit  
~ Above Offers Available at ~  
1830 E. Broad St., Ste. 102  
Mansfield, TX 76063

#### Wrinkle-Free Rush Hour Thursday

3pm-7pm • Botox & Xeomin \$10/unit  
~ Above Offers Available at ~  
1203 S. White Chapel Blvd., Ste. 150  
Southlake, TX 76092



Mark A. Bishara, M.D.  
Harvard Fellowship trained in  
Aesthetic & Reconstructive  
Plastic Surgery

# The Paragon

PLASTIC SURGERY & MED • SPA



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

1203 S. White Chapel Blvd., Ste. 150  
Southlake, TX 76092 • 817-473-2120

[www.markbisharamd.com](http://www.markbisharamd.com) [theparagonmedspa.com](http://theparagonmedspa.com)