## MansfieldNOW

OCTOBER 2022

## **Our Miss** Texas Teen USA

Mia Jimenez represents her **Hispanic Heritage** and Mansfield on stage

In the Kitchen With Jennifer Warn

#### The Shoe

Wins came from this jockey reading and feeling his mount

Also inside: Scavenger Hunt Crossword

eatured Business: Blueline Framing



Alan M. Taylor, II MD, FACP, FACC

#### Gloria S., Crowley, TX

I had gained 30 pounds in the last year and felt very tired and was experiencing sleepless nights. Diet Solution Centers was the answer! Heather and Celeste made my mission fun and easy. I met my goal in only 12 weeks! I lost 33 pounds and 9 inches off my waist! I am full of energy and sleeping great. I tell everyone about DSC!

Thank you!

BEFORE



Gloria S. lost 33 lbs. in 12 weeks\*

New Address

MANSFIELD

99 Regency, Suite 107 Mansfield, TX 76063

817-453-3438

BURLESON

821 SW Alsbury, Suite C Burleson, TX 76028

817-295-3438

WAXAHACHIE

114 Park Place Ct., Suite 201 Waxahachie, TX 75165

\*Individual results may vary.

214-980-1414

## Trees Hurt Too Inc. Plant Healthcare Specialists

We Bring Your Soil Back to Life with Our Natural & Organic Carbon Based Fertilization.

Now is the time to prevent weeds and fertilize your trees and shrubs.

## FREE

**Tree Consultation** (\$100 Value)

Expires 10/31/22

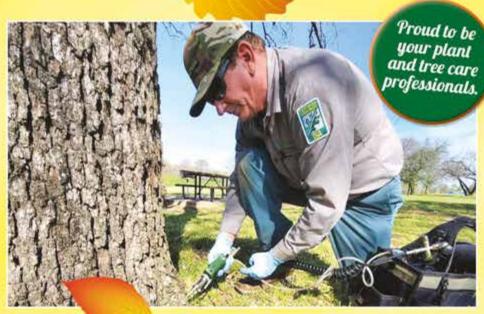
#### FIRST SERVICE

with Paid Annual Program

(New Customers Only.) Expires 10/31/22

- ✓ Sick Tree Specialist
- ✓ Weed Control (that won't hurt your trees) ✓ Perimeter Pest Control
- ✓ Tree and Shrub Fertilization
- ✓ Disease Management
- ✓ Grub Control

- ✓ Fire Ant Control
- ✓ Borer Treatments
- ✓ Mosquito Control
- ✓ Lawn Fertilization



Licensed and Insured.



Ken Hewlett Certified Arborist TX-3265A





On Staff



EBBY HALLIDAY

A Berkshire Hathaway Affiliate

Start your move at

ebby.com

#### Turn Over A New Leaf

The change of seasons can bring about a desire for a change of scenery, too. If cooler weather turns your thoughts to football-watching parties, outdoor living and nights by the fire, but your home isn't conducive to those things, consider this: the inventory of homes available has improved and interest rates, while a bit higher, are still at historic lows. Speak with one of our experts to determine if a move this fall makes sense for you.

Can we help you get ready?



2411 Siltstone Circle Midlothian | 3/0/3] 1.249 Acres | \$699,900 Barb Rau | 817.944.9856



4810 Quantrill Avenue Mansfield | 5/4/3 | \$679,000 Mary Prunty | 817.994.1150





Arlington | 3/3/3 | \$520,000 Dawn Cotogno | 817.688.7499



Midlothian | 3/2/3 | \$364,900 Jan Davis | 214.707.4955





Work with the top brokerage in North Texas! We're always on the lookout for outstanding agents who believe in putting people first and building lasting relationships.









62021, Equal Housing Opportunity.



mansfield.ebby.com

#### STACEY BUETTNER

Sales Leader, Arlington and Mansfield Offices 817.654.3737 staceybuettner@ebby.com





## Breast cancer doesn't have a type.

#### Blonde or brunette, curvy or petite, cancer doesn't discriminate.

When it comes to women's health care, our providers know how to do it right. Routine mammograms help us make sure you stay healthy through every stage of life. These exams can detect breast changes and cancer years before physical symptoms develop. Luckily, breast care just got more affordable than ever.

\$ OO Mammograms

Our advanced cancer screenings help save lives every day. So, what are you waiting for?

To schedule your mammogram today, visit THMWomenCare.org or call 844.209.5994.





October 2022 Volume 17, Issue 10

#### ON THE COVER



Mia Jimenez smiles with pride as she shares her pageant journey.

#### Photo by

Lori Baur.

Publisher, Connie Poirier General Manager, Rick Hensley

#### **EDITORIAL**

Managing Editor, Becky Walker Mansfield Editor, Sandra Walters Office Assistant, Kristin Bato Writers, Virginia Riddle . Todd Simmons Editors/Proofreaders, Lisa Bell Rachel Rich . Virginia Riddle

#### **GRAPHICS AND DESIGN**

Creative Director, Chris McCalla Artists, Kristin Bato . Beth Davis Martha Macias . Anthony Sarmienta

#### **PHOTOGRAPHY**

Photography Director, Chris McCalla Photographer, Lori Baur

#### **ADVERTISING**

Advertising Representatives, Lori O'Connell . Bryan Frye Cherise Burnett . Dustin Dauenhauer Kelsea Locke . Linda Moffett Linda Roberson . Jeremy Young

Billing Manager, Angela Mixon

MansfieldNOW is a NOW Magazines, L.L.C. publication. Copyright © 2022. 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.









Sandra Walters
MansfieldNOW Editor
sandra.walters@nowmagazines.com
(682) 554-1743

#### **EDITOR'S NOTE**

Mansfield Family ...

The past several weeks have been fantastic as I interacted with members of our community. I began by learning more about the Hispanic culture by speaking with neighbors and friends. I loved hearing about the festivities that took place in their native countries.

I received a glimpse when I hung out with a friend who invited me over for an authentic meal. She served delicious tres leche cake, jerk chicken, salad and, of course, beans and rice. After we ate, her voice bellowed with laughter as she said, "Come on, and let's dance!" She taught us various Latin dances. We made fast movements with our arms and feet in an effort to maintain the pace. As she gave us instructions, she never seemed to grow weary. She outdanced us all despite being a little bit older than the majority of us. How did she cook all of the food and entertain us from start to finish? I almost passed out, but not her. I thought, *Next time, I better take a nap before coming!* It was delightful learning about the Panamanian culture as she reminisced about her Hispanic roots.

Finally, I spoke to Flo Torres, the center director of Dr. Jim Vaszauskas Center for the Performing Arts, and she shared that her interest in the entertainment industry started as a child in Puerto Rico where there was always a celebration. Being in this position allows her to bring the joy of dance and music to the community. As we continue to celebrate the Hispanic culture, I encourage you to make new memories by attending the WonderFall Fest and the State Fair of Texas.

Keep the traditions going!

# ELEGANT BURIAL GARDENS • COLUMBARIUMS • FAMILY PLOTS • NICHES BURLWAY GARDENS • COLUMBARIUMS • FAMILY PLOTS • NICHES FAMILY PLOTS • NICHES

400 BURL RAY STREET • MANSFIELD, TEXAS 76063 • 682-518-6091

WWW.BURLWAYGARDENS.COM



## www.livingspringmedicals.com Care, Sincerely.

#### SERVICES OFFERED:

#### NEW Executive Health Screenings

- Adult Annual Physicals/ Wellness Check Ups
- Well Child Exams
- Chronic Care Management
- Pharmacogenetic and Nutrigenomic Testing
- Genetic Testing
- Pap Smears/Gyn Exams
- Contraception Management IUD & Nexplanon Placement
- Telehealth Appointments
- Vaccines
- Urgent Care Services

#### \* NEW Remote Health Coaching Services

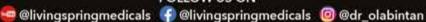
- Weight Loss Management
- Genetic testing
- Smart Skin Care
- HIV Treatment
- Labs Done in Office
- Care for the Whole Family
- Medication Management
- Mental Health Management
- Minor Surgery Care
- And Much More



817-717-9597

3807 E. Broad Street, Suite 101

Mansfield, TX 76063



#### **OFFICE HOURS:**

Monday to Friday 8:30 AM - 5:30 PM Saturday 9:00 AM - 1:00 PM BY APPOINTMENT ONLY

**FOLLOW US ON** 





## ST. JUDE CATHOLIC CHURCH

Phone: (817) 473-6709 www.stjudemansfieldtx.org

500 East Dallas St. Suite 100 Mansfield, TX 76063-3155

Roman Catholic Diocese of Fort Worth

**44TH** ANNUAL

500 E. Dallas St., Mansfield, TX 76063
OCT. 15 10AM-9PM

**10AM-9PM** 

UENDOR FAIR INFLATABLES MUSIC CRAFTS



Texas Ace

**Regular Weekend Mass Times:** 

Mass (English) Saturday: 5:00 pm Sunday: 7:30 am & 10:00 am

Mass (Spanish) Saturday: 7:00 pm Sunday: 1:00 pm



## OURMISS TEXASTEENUSA

— By Sandra Walters

Mia Jimenez's story began in Puerto Rico, but she moved to Florida as an infant with her family. "We lived in Florida until my freshman year of high school was about to start," Mia said. "Then, we relocated to this part of DFW because my mom accepted a teaching position in this area as a Spanish teacher. My mother researched the ratings of the school districts and chose to live in Mansfield.

"I vividly recall the first day. Initially, my nerves seemed to get the best of me, but the students and teachers at my new school were extremely welcoming and friendly," Mia said. "As a result, the difficulty dissipated. I simply fit right in at Mansfield High School on Broad Street. I made friends, instantly and joined the choir."

As years passed, she began thinking about entering Miss Texas Teen USA, and many individuals encouraged Mia to participate in the competition. She confessed, "People urged me to do it, but I was unsure. First, I had to research the qualifications. The main qualifications were to be a female, a United States citizen, a resident of the state of Texas and between the ages of 14 and 19." So, Mia began the process by submitting her photo. Once they received the photo, they reviewed her application. If she were chosen, she would be notified. Also, as a contestant, she would be judged in three equal categories consisting of Personal Interview, Activewear and Evening Gown and participate in two stage shows. Performing talent was not a requirement.

"I'll never forget receiving the email saying I was selected to represent Mansfield," Mia shared. "Excitement filled my heart as I read the exciting news. I was surprised and thrilled at the same time. I couldn't wait to share the news with my family. They seemed to know I could do it, but I was uncertain."

Next, Mia's preparation began with self-discipline by obtaining healthy eating habits and exercising. She attended a one-day boot camp where she learned runway walking and how to respond to interview questions. The rest of the preparation process was done on her own. She also discovered that being in a pageant wasn't solely about beauty. It was about developing as a young woman with great communication skills, creating a voice for making a difference and confidence as a person. She mentioned, "I learned to







apply makeup and do new things with my hair. However, I felt my natural beauty made me stand out, so I didn't wear much makeup or change my natural curl pattern. I found this opportunity to be more than selfserving. The other participants were nice and encouraging, not mean girls. It was a great experience."

She described preparing to leave for the big day as hectic. Mia moved through the house as the time was expiring. She remembers packing the car with her bags, which included her wardrobe for the upcoming event. They geared up for the three-hour drive to Houston. As they rode in the car, her nerves were all over the place. When they finally arrived, Mia could see all the pageant girls walking around looking glamorous. Her mom assisted her with checking into the hotel, and they headed toward the elevators. When they found the room, she set her bags down and returned to the lobby wearing her T-shirt representing Mansfield for the mini-red carpet photos.

Mia continued, "After the photos, the rest of the contestants and I had an orientation meeting, and when that ended, the Miss Texas Teen USA candidates had a rehearsal that included practicing the introduction, activewear and evening gown segments. They instructed us to walk the runway with another candidate and pose. I walked to the end of the stage sporting white jeans and a matching blouse. I stopped with poise and confidently projected proudly by introducing myself as, 'Mia Jimenez, Mansfield,' with a smile. Later in the day, after rehearsals, my assigned group and I were called to interview with the judges.





There were two sets of judges, and we had to face all of them. The contestants in my group waited for their turn while listening to the prior contestants' answers. That night, I watched a video of the Miss Texas USA contestants participating in their preliminary competition, which was helpful as I saw what I would be doing the next day. The long day ended, and my mind raced because it wasn't over."

Day two is the most important day. This rehearsal took place at 8:00 a.m., which meant Mia had to wake up extremely early to get ready. It's considered a pre-competition. However, this is where the judges select the top 15. The candidates find out if they made it to the finals on day three.

Mia said, "My name wasn't called, but I knew that I should be proud of myself. This is a big accomplishment. You must celebrate your losses as well as wins. I also heard my mom's voice in my head saying, You can never lose from an experience. You will always gain something.' My mom is the wisest person I know.

"After the pageant, I rushed to meet up with my family who congratulated me as they beamed with pride. I went back up the elevator of the hotel one last time and packed my bags to travel home."

Being a Mansfield representative in the Miss Texas Teen USA Pageant makes Mia Jimenez incredibly proud. It was an honor she will never forget. Now, she will focus on her future, which includes graduating, since this is her senior year. She is narrowing down her opportunities. **NOW** 





## Holiday Lights Done Right!

A WINDOWGENIE COMPANY

- Consultation, design and custom cut lights
- Complete Installation (take down, storage and maintenance)
- We are fully insured and bonded

complete Holiday Package starting at: \$69900

Call for details. Certain restrictions may apply.

INSTALLED BEFORE October 21st and receive up to

15% OFF

Call for details. Certain restrictions may apply.

RESTRICTIONS MAY APPLY FOR ABOVE OFFERS, PLEASE CALL FOR DETAILS, EXPIRES OCTOBER 21, 2022.



CALL TODAY FOR YOUR FREE CONSULTATION

817-378-4727





CELEBRATE

## SPECIAL FINANCING FOR 60 MONTHS

Residential only. Special financing offer, Subject to credit approval.

See dealer for details. Offer ends 10/31/22.



817-477-1000



WWW.PERFORMANCEHEATANDAIR.COM
LIC. NO. TACLB29398E





Pounding hooves, fast horses and a break in the crowd as horses and riders came into the final stretch — that was Willie Shoemaker's world for most of his life. Also known as William Lee Shoemaker, Bill Shoemaker and "The Shoe," Willie knew how to get the best out of his thoroughbred mounts throughout his 40-plus years "in the irons" as one of the most winning jockeys and trainers in the world. He rode 8,833 winning horses, setting a world record that held until 1999. He won the Breeders' Cup Classic and 11 races in the Triple Crown series, though the Triple Crown itself eluded him. He won each of the three races in the Triple Crown multiple times — two Preakness Stakes, five Belmont Stakes and four Kentucky Derbies — but he never won all three in the same season. However, his beginnings were humble. Born in 1931 in an adobe shack on his grandfather's ranch near Fabens, Texas, Willie's seemingly effortless riding style began to be honed while riding across the ranch's El Paso/Rio Grande area landscape.

The doctor who delivered Willie didn't think the 1 pound, 13-ounce tiny infant would survive, but Willie's grandmother created an incubator by wrapping him in a warmed blanket and placing him on a pillow near a warm oven. Life was hard for Willie's family during those Depression Era days, so he lived with several relatives as they came and went at the ranch. Willie's job, by age 6, was to ride a horse to pick up the mail. At age 10, he and his family, like so many other families of that time, moved to California looking for work, and he discovered horse racing.

By age 14, a school classmate had suggested that the diminutive Willie might be just the right size to become a jockey. He was strong and was known for not losing matches on his school's wrestling and boxing teams. So, he secured a job at the Suzy Q Ranch and quit school, earning \$75 a month. By age 16, he had become an exercise rider at the Bay Meadows track in San Mateo, California, learning from trainer Hurst Philpot and jockey, Johnny Adams, a future Hall of Famer. Willie's first race as a jockey was in 1949 at Golden Gate Fields. He won the race, which netted him \$120, the first dollars leading to a lifetime earnings of more than \$123 million. He led in the amount of dollars in purses earned in a single year 10 times.

Size wise, Willie at full height/weight was only 4 feet 11 inches tall and 98 pounds. Other assets were his even temper,

calm disposition and his remarkable understanding of horses. Horse breeder Rex Ellsworth was quoted in the *Los Angeles Times* as saying, "When a horse was doing his best, Shoe left him alone. When a horse loafed, Shoe would get after him. I never worried when Shoe rode one of my horses, because I knew he'd do a perfect job." In 1959, Willie was inducted into the National Racing Museum and Hall of Fame.

His riding career was, as is usually the case with jockeys, riddled with small injuries, but in 1968, Willie broke his thigh when the horse he was riding fell on him. The doctor used a childsized metal pin to repair the damage. After physical therapy for 13 months, he returned to winning races. In 1969, he was thrown and survived a broken pelvis, ruptured bladder and temporary paralysis of his left leg, only to return to racing and winning for the next 20 years. In 1981, Willie rode John Henry, and together, horse and rider won the Arlington Million, the first million-dollar stake thoroughbred race.

At age 54, in 1986, Willie rode a long shot horse, Ferdinand, in the Kentucky Derby. Ferdinand won, and Willie became the oldest jockey to win the Derby after having been one of the youngest years before to win that famed race. In 1990, Willie made a farewell tour of U.S. racetracks. He retired from riding to become a trainer, even after he became a wheelchair bound quadriplegic following an automobile accident in 1991. Willie retired as a trainer in 1997 after he faced the reality that he couldn't totally know the horses anymore without riding them, and the physical demands were becoming too much for him. He passed away in 2003, survived by a daughter from his third marriage. NOW

#### Sources:

I. Encyclopaedia Britannica, October 2021. Encyclopaedia Britannica, Inc., Bill Shoemaker. www.britannica.com/biography/Bill-Shoemaker.

2. Encyclopedia of World Biography, 2004. www.notablebiographies.com/newsmakers2/2004-Q-Z/Shoemaker-Bill.html.

 www.racingmuseum.org/hall-offame/jockey/William-Shoemaker.
 https://www.espn.com/ sportscentury/features/00016470.html.







#### **Around Town**



Elijah Price enjoys his frozen custard.

#### Zoomed In:

By Sandra Walters

#### Hope and Hannah Ward

Hope and her mom, Hannah Ward, enjoy Friday Night Lights at a recent Lake Ridge High School football game, where Hope, a member of the Eagle Elite Dance and Drill Team, performed for the crowd. "I love being part of the team because I am so passionate about dancing and performing. Nothing compares to being featured in a stadium with bright lights," Hope declared.

When Hope was chosen for the varsity squad her freshman year, she was overjoyed. She can be seen at pep rallies, holiday parades, basketball games, the Winter Showcase, the Annual Spring Show and competitions as her sophomore year gets underway.



Isaiah Fingers and Noah Wood attend a school function.



The Mansfield Police Department raises money during Tip-A-Cop Fundraiser event at a local restaurant.



Michelle Wilson enjoys coffee as she makes a new friend.



Tyson Nguyen stands with his brother, Tyler Nguyen, as he celebrates being one of the league's baseball finalists.



Courtney Wade and her daughter prepare for Meet the Teacher Night.



Tana Nickens shops at Western Hippies with her friend, Stacey Henderson.









#### **NOW OPEN**

1 Bedroom starting at \$1,610 2 Bedrooms starting at \$2,079







#### Join Us For The Walk to End Alzheimers!

Saturday, October 1st

Please contact a leasing team member to join us for a walk and fundraising opportunity in Arlington, Texas.

#### 55+ ACTIVE ADULT APARTMENT HOMES

#### Live Life on Your Terms

- Maintenance-free living
- Media and theatre room
- Health Club with fitness classes
- Heated swimming pool
- Outdoor kitchen and fire lounge
- Lively social calendars with cooking demos, Mix & Mingle, and MORE
- Local area business discounts and perks
- Art studio
- Community garden

#### ALBUM

MANSFIELD

817-500-9616

1350 FM 157, Mansfield, TX 76063

AlbumMansfield.com

NATIONAL CANCER AWARNESS MONTH 2ND EDITION Sip & Shop Downtown Mansfield 15% OFF LL PINK FOR BREAST CANCER

1-15 OCTOBER 2022

10% OF SALES TO MD ANDERSON



#### TOGETHER

WE RISE



JOIN
THE
CONVERSATION
AT
WESTERNHIPPIES.COM



**BusinessNOW** 

## Blueline Framing

By Sandra Walters

**Blueline Framing** 

201 W. Kennedale Parkway, Ste. 107 Kennedale, TX 76060 (Located inside Iron Wheel Antiques.) (817) 995-5062

Bluelineframing@outlook.com Facebook: Blueline Framing

Hours: Wednesday-Saturday: 11:00 a.m.-4:00 p.m.

Lonnie Bridges calls himself a "military brat." He stated, "I was born in a women's prison, which used to be Carswell Air Force Base's Hospital, but now it's a women's prison." He was raised by parents who were accustomed to serving. Therefore, the mentality of a serviceman was passed on to Lonnie.

Deciding he wanted to be a police officer at a young age, Lonnie worked as an officer for the Fort Worth Police Department for 32 years. He said, "I created relationships with a lot of individuals on the streets. I told numerous juveniles the

consequences of their actions if they continued down the same path. I tried to encourage them to do the right thing, but, oftentimes, I dealt with the same people over and over even into adulthood. I hope somebody listened." As he reflected on his time as an officer, he confessed, "I loved every minute of it!"

Framin

As retirement time drew near, his wife encouraged him to start a business or hobby to keep him busy. When she became aware of a framing business that was for sale, she shared this information with Lonnie. He contemplated the idea, and they bought the business. "We had that business for about seven years, and I didn't think framing was a skill I really needed to learn," he mentioned. "I thought, It's just framing."

However, eventually, "I enrolled in the Professional Picture Framers Association's seminar for framing," Lonnie said. He learned it takes skill to create frames, more than he initially anticipated. Lonnie also attended Larson-Juhl Framing School, where he learned cheap mat work can fade into the picture and harm the quality of the artwork. He acknowledged, "I realize my work is secondary to the artist. The art is on stage whereas

the frame is the accent. I specialize in displaying others' work properly. I'm in business to make money, but I will send a person to Hobby Lobby if their price is best suited for them. I'm in business to make money, but not take advantage of people."

FRAMING REQUIRES A SPECIALIZED SKILL SET THAT INCLUDES HAVING THE ABILITY TO DO SIMPLE CARPENTRY. **KNOWING HOW TO** SAFELY RUN A TABLE SAW AND HAVING A GOOD EYE FOR PLEASING **AESTHETIC DESIGNS.** 

Currently, Lonnie and his wife partner together in business. His wife suggested that he operate his framing business in the back of her antique shop. Lonnie named his business Blueline Framing, which refers to the police standing between the line of crooks and lawabiding citizens.

Now he serves people who purchase paintings or have a nice photograph or family portrait that needs to be custom framed. Framing requires a specialized skill set that includes having the ability to do simple carpentry, knowing how to safely run a table saw and having a good eye for pleasing aesthetic designs. Also understanding color combinations and how to make a framed painting or photo nicely fit with the intended surroundings is a must. Contact Lonnie at Blueline Framing if you need custom photo framing, repairs for broken frames, replacement glass or custom matting for celebrations, holidays and birth announcements. NOW









Jennifer Warn enjoys entertaining guests and hosting family events. She said, "The kitchen is the heart of the home, and the dinner table is what brings everyone together. My memes and my mother inspired me to cook. Meme Jo's specialty meal was chicken fried steak, mashed potatoes, corn and the tastiest yet simplest salad in town."

Now Jennifer recreates the family's favorite restaurant recipes. She loves to cook comfort foods in a healthy manner. She concluded, "I find a lot of inspiration on Pinterest and in good old Southern Living magazines." Jennifer tries to lighten things up by adding her healthy flair. Now

#### **Cauliflower Tot and Turkey** Sausage Breakfast Casserole

- 1 14- to 16-oz. pkg. frozen Birdseye **Cauliflower Tots**
- 1 Tbsp. olive oil
- I lb. turkey breakfast sausage
- 1/2 onion, chopped
- 4 cups broccoli, chopped
- I red bell pepper, chopped
- I green bell pepper, chopped
- 6 large eggs
- I cup fat-free milk
- I tsp. sea salt
- 1/4 tsp. black pepper
- 1/4 tsp. crushed red pepper

#### 1/2 cup Swiss cheese, grated 1/2 cup Parmesan cheese, grated

- 1. Preheat the oven to 350 F; coat a 9x13inch baking dish with cooking spray. Arrange the cauliflower tots evenly in the prepared dish. Bake 8-10 minutes until they are crisp.
- 2. Heat the oil in a large skillet over medium heat. Cook the sausage and onions for 5 minutes, or until the sausage is brown.
- **3.** Add the broccoli and bell peppers; cook for 10 minutes, stirring until the vegetables begin to soften. Spoon the mixture over the tots.
- 4. Whisk together the eggs, milk, salt, black pepper and red pepper in a bowl. Pour evenly over the sausage, vegetables and tots.

- 5. Sprinkle with Swiss and Parmesan cheeses. Cover with foil; bake for 20 minutes.
- 6. Uncover; continue baking for an additional 30 minutes, until bubbly.

#### Stuffed Buffalo Chicken **Sweet Potatoes**

- 4 5- to 7-oz. sweet potatoes 2 large boneless skinless chicken breasts 1 small bottle Frank's Red Hot Sauce
- 2 Tbsp. coconut oil
- 1/4 tsp. sea salt
- 1/4 tsp. pepper

Ranch dressing, to taste Green onions, chopped

- **1.** Wash the sweet potatoes; wrap them
- 2. Place the sweet potatoes in the oven at 400 F for 1 to 1 1/2 hours.
- **3.** Boil the chicken breasts until thoroughly cooked. Let cool; shred with a fork. Add the hot sauce, coconut oil, sea salt and pepper; cook for 10-15 minutes, until the coconut oil has dissolved.
- **4.** Cut open the potatoes; stuff them with

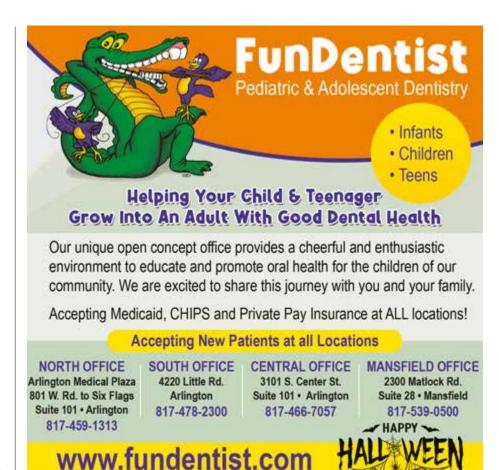
desired amount of chicken. Drizzle with ranch dressing; top with green onions.

#### Easy Sausage and Chicken Gumbo

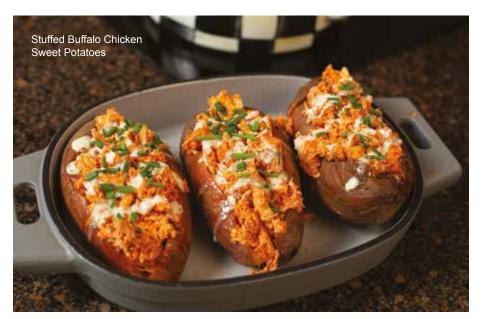
- 1 3 1/2-oz. bag boil-in-bag rice
- 2 Tbsp. all-purpose flour
- 1 Tbsp. vegetable oil
- I cup yellow onion, chopped
- I cup green bell pepper, chopped
- I cup frozen cut okra
- I cup celery, chopped
- I tsp. garlic, chopped
- 1/2 tsp. dried thyme
- 1/4 tsp. ground red pepper
- 2 cups roasted skinless, boneless chicken breasts, chopped
- 8 oz. turkey kielbasa, cut into 1-inch pieces
- 1 14 1/2-oz. can diced tomatoes with peppers and onion
- 1 14 1/2-oz. can fat-free, low-sodium chicken broth
- **1.** Cook the rice according to the package instructions.
- **2.** Combine the flour and oil in a Dutch oven.
- **3.** Add the next 7 ingredients; sauté over medium-high heat for 3 minutes until tender.
- **4.** Stir in the chicken, kielbasa, tomatoes and broth; cook for 6 minutes. Serve over the rice.

#### **Biscuit and Gravy Bake**

- 1 lb. bulk pork breakfast sausage
- 2 Tbsp. butter
- 1/4 cup all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 cups milk
- 1 16.3-oz. can refrigerated Pillsbury Grands Buttermilk Biscuits
- **1.** Heat the oven to 350 F. Spray a 13x9-inch glass baking dish with cooking spray.
- **2.** In a skillet, cook the sausage 8-10 minutes over medium heat. Using a slotted spoon, transfer the sausage to the baking dish.
- **3.** Add the butter to the drippings in another skillet; melt. Add the flour, salt and pepper. Cook 1-2 minutes, or until thickened and beginning to brown. Stir in the milk; heat to simmering. Cook and stir 1-3 minutes, or until thickened. Pour the gravy over the sausage in the dish.
- **4.** Separate the dough into 8 biscuits; cut each biscuit into fourths. Top the sausage mixture with the biscuit pieces.
- **5.** Bake 25-30 minutes, or until the biscuits are golden brown.







with shredded cheese. Add another row and more shredded cheese. Continue alternating zucchini and cheese until you fill the entire baking dish. Season 3/4 cup shredded blended cheese lightly with black pepper.

- **3.** In a small saucepan, combine the Brie, cream, butter and garlic. Heat on low to medium-low heat; stir until the mixture is smooth. Pour the mixture evenly over the zucchini.
- **4.** Sprinkle the remaining 3/4 cup shredded cheese blend on top along with the Italian seasoning.
- **5.** Bake for 20-25 minutes, until the cheese on top is dark golden brown, and the zucchini softens.

#### **Cheesy Zucchini Bake**

3 medium zucchini
3/4 tsp. sea salt
1 1/2 cups Swiss Gruyere shredded cheese blend
1/4 tsp. black pepper
3 oz. Brie cheese, cut edges off
1/3 cup heavy cream
1 Tbsp. unsalted butter

#### 2 cloves garlic, minced 1/2 Tbsp. Italian seasoning

- **1.** Slice the zucchini into 1/4-inch slices; toss them with the sea salt. Place in a colander; set over the sink to drain for 20 minutes. Pat dry at the end.
- **2.** Preheat the oven to 400 F. In a small, 1.5-qt. casserole dish, arrange the zucchini slices in several overlapping rows; sprinkle lightly

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.







#### **POSITIONS AVAILABLE**

#### Desoto:

- PRN-RN & LVN
- PRN -LMSW
- · LSP

#### Other Areas:

- FT LVN (Allen)
- PRN RN (Plano)
- PRN LMSW (Rockwall)
- FT & PRN RN (Tyler)
- PRN CNA (Tyler)
- PRN LMSW (Palestine)

**EMAIL RESUME TO CONNIE MEYERS** 

cmeyers@homecarenetwork.com



"Over 130 spices from all over the world.

We offer the highest quality olive oils
and balsamic vinegars."

TASTE BEFORE YOU BUY

www.1890marketplace.com 817-533-3480

2200 FM 157 Suite 228, Mansfield, TX 76063

Bring this ad in to receive

## 10% OFF

your entire purchase and a special gift from us.





### THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf













#### COVERAGE TO LIVE THE LIFE YOU WANT

- Automobile insurance
- Homeowners insurance
- Life insurance



#### Ann J DeMoya

Your Local Agent 701 E DEBBIE LN STE 131 Mansfield, TX 76063 ademoya@farmersagent.com



Call 972-245-7630 today!

Let me help you get the most value out of your insurance coverage

#### **Remington Tax** Solutions, LLC.

#### CONVENIENT EASY VIRTUAL MOBILE

My job is to save you the MOST money. Your job is to spend it.

Services: Tax Preparation for Individual, Business & Non-Profit - New Business Formation Virtual CFO/Controller Services - Notary Public



#### REMINGTON AX SOLUTIONS



Aneisa W. Chambers, MPA 682-307-4410 solutions@remingtontax.com www.remingtontax.com







Hamburgers, Hot Dogs and Sandwiches Made with Fresh Sliced Meat from Our Deli Counter Providing the Freshest Pecans for 35 Years!

SERVING LUNCH DAILY

· Fruit Trees



"Rejoice in the Lord always; again I will say, rejoice." - Philippians 4:4

If You Can't Get in to See Us ... Check Out Our Website! WWW.GREENTREEPECAN.COM

· Peanut & Pecan Brittle

#### **Crossword Puzzle**

1	2	3		4	5	6		7	8	9
10		t		11	$\vdash$	1	i i	12	t	+
13		T		14	T	T	15		$^{\dagger}$	1
16	T	t	17		t		18		t	1
19	T	T	T	T	t	20				
21	1	t	t	T		22	T	23	24	25
			26	t	27				T	
28	29	30	Т		31	T	T		T	
32				33		T		34		
35				36	$\vdash$	$\vdash$		37	T	T
38	+	╁		39	+	+		40	+	+

Crosswordsite.com Ltd

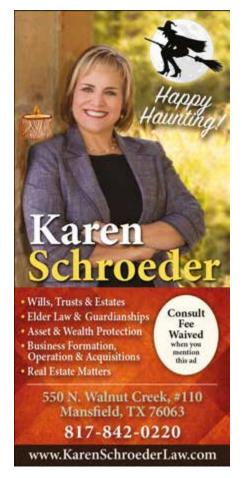
#### Across

- 1 Red or Dead?
- 4 Quick-fire talk music
- 7 L A clock setting
- 10 It may be tipped
- 11 Stuck in bed
- 12 Corn spike
- 13 Nadal's org.
- 14 Hot red pepper
- 16 Once in a blue moon
- 18 What Lizzie Borden took
- 19 Double-crossers
- 21 So far
- 22 Thready streaks
- 26 TV witch
- 28 Compulsion
- 31 Norwegian princess
- 32 Suffer remorse
- 34 Entirely
- 35 Bran source
- 36 "--- Believer" (Neil Diamond song)
- 37 Rail support
- 38 Mineral spring
- 39 Cookie holder
- 40 Loan charge

#### Down

- 1 California peak
- 2 Beanery customers
- 3 Cavorting
- 4 Unsalted Italian cheese
- 5 1836 siege site
- 6 Layer
- 7 He planned and developed Philly
- 8 N R A spokesperson --- Loesch
- 9 Prehistoric predator
- 15 Getting less
- 17 Compression-ignition engine
- 20 Kigali resident
- 23 Geological layers
- 24 Composer Glass
- 25 Staff Sergeant author of "The Ballad of the Green Berets"
- 27 Home of the Heat
- 28 Sky oddities
- 29 Harvest
- 30 Japanese clogs
- 33 Horse controller

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.









Bristol Hospice - Pathways is graciously committed to our mission that all patients and families entrusted to our care will be treated with the highest level of compassion, respect and quality of care.

#### 7 Days a Week, 365 Days a Year We are Here for you!

Waxahachie: (972) 923-2436 | Fax: (972) 923-0043 Corsicana: (903) 872-0644 | DeSoto: (972) 283-5590 Dallas: (972) 424-1756 | Ft. Worth: (817) 735-4329 Athens: (903) 670-1360 | Toll Free: (877) 214-3565 Garland: (214) 607-1400 | Grand Saline: (903) 962-7597

Scan for more info!





1905 N Hwy 77 Suite 220 | Waxahachie, TX 75165 | Phone: (972) 923-2436 | Fax: (972) 923-0043 www.bristolhospice-pathways.com



#### **FinanceNOW**

#### What is a ROTH IRA?

Roth IRAs are tax-favored financial accounts that enable investors to save money for retirement. They differ from traditional IRAs in that taxpayers cannot deduct contributions made to a Roth. However, qualified Roth IRA distributions in retirement are free of federal income tax and aren't included in a taxpayer's gross income. That can be advantageous, especially if the account owner is in a higher tax bracket in retirement or taxes are higher in the future.

A Roth IRA is subject to the same contribution limits as a traditional IRA. The maximum combined annual contribution an individual can make to traditional and Roth IRAs is \$6,000 in 2022, unchanged from 2021. Special "catch-up" contributions enable those nearing retirement (age 50 and older) to save an additional \$1,000 above the regular annual limits. Another way in which Roth IRAs can be advantageous is that investors don't have to begin taking mandatory distributions due to age, the Required Minimum Distribution. However, beneficiaries of Roth IRAs must take mandatory distributions. Roth IRA withdrawals can be made at any time and for any reason. Withdrawals of your own contributions are tax-free and not subject to the 10 percent federal income tax penalty for early withdrawals.

In order to make a qualified income tax-free distribution of earnings, the account must meet the five-year holding requirement and the account owner must be either (a) age 59 1/2 or older, (b) disabled, (c) deceased (and assets pass to beneficiaries) or (d) purchasing a first home (\$10,000 lifetime limit). Otherwise, withdrawals of earnings are subject to ordinary income tax and the 10 percent federal income tax penalty. [Certain additional exceptions apply to the 10 percent penalty tax, including withdrawals for unreimbursed medical expenses in excess of 7.5 percent of adjusted gross income, higher-education expenses, substantially equal periodic payments, the birth or adoption of a child (up to \$5,000) and qualified reservist distributions]. Keep in mind that even though qualified Roth IRA distributions are free of federal income tax, they may be subject to state and/or local income taxes.

Eligibility to make annual contributions to a Roth IRA phases out for taxpayers with higher incomes. If you're looking for a retirement savings vehicle with some distinct tax advantages, the Roth IRA could be appropriate for you. **NOW** 

Todd Simmons is a registered representative with, and securities are offered through LPL Financial, Member FINRA/ SIPC. Investment advice offered through Advisor Resource Council, a registered investment advisor, and separate entity from LPL Financial.











- Experienced Heavy Equipment Rental Coordinator
  - Experienced Heavy Equipment Mechanics/Technicians
    - · Wash Bay/Yard Personnel
  - Grounds Maintenance Person

Climate Controlled Shop, Late Model Service Trucks

All Full-time - Monday through Friday

Competitive Pay, 401K, Life Insurance, Health Insurance

Apply by emailing HR@TrophyTractor.com or call 972-264-6700



Burleson, TX 76028 (972) 264-6700

#### 10/1

Founder's Day Festival: Historical artisans, old-fashioned games, food trucks and more. Free. 10:00 a.m.-4:00 p.m., Man House Museum. 604 W. Broad St.

#### 10/4

#### **FASFA Help Night:**

All seniors are required by the state to complete the FAFSA. TASFA or an opt-out form in order to graduate. If you are planning to attend a college, university or technical school, you should complete the FAFSA even if you think you won't qualify. Cost: Free. 7:15-8:00 p.m., Mansfield ISD Center for the Performing Arts. 1110 W. Debbie Ln.

#### 10/6

#### Senior Trip to the State Fair:

For ages 55-plus. 9:30 a.m.- 4:00 p.m., Mansfield Activities Center, 106 S. Wisteria St. For information and to register, visit: https://anc.apm. activecommunities.com/mansfield/ activity/search/detail/15117?onlineSit eld=0&locale=en-US&from\_ original\_cui=true.

#### 10/8-10/9

#### Writers in the Field:

Grown-up field trip for writers. Experts in all areas authors write about, demonstrate skills and answer questions. Cost: \$65. 8:00 a.m.-8:00 p.m., Steampunk November Grounds, 492

Cordes. www.writersinthefield.com.

#### 10/23

#### WonderFall Fest:

Elementary school parade in the morning followed by fall-themed carnival games, student performances, food trucks, face painting and photoops with live "unicorn" ponies, etc. Free. 10:00 a.m.-2:00 p.m., Mansfield ISD Center for the Performing Arts, 1110 W. Debbie Ln. (817) 299-1230.

#### 10/28

#### **Boo Bash:**

An alternative to going door-to-door. A fun night of trunk-or-treating and Halloween candy! Ages 2 and over

must register. Cost: Free to \$10. 6:00-8:00 p.m., Mansfield Activity Center. 106 S. Wisteria St. Call (817) 728-3680.

#### 10/29

#### **26th Annual Texas Country Reporter Festival:**

Hosted by Bob and Kelli Phillips. 300plus craft booths, two food courts and a free Diamond Rio concert. Admission: Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie.

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







DON'T PAY

\$ave Thousands! Call...

817-799-SAVE

MANSFIELD'S BEST REAL ESTATE PROGRAM!

# Full Service Real Estate Without the High 6% Fee!











Greg & Dawn Willis, Broker & Owners
Over 40 Years Combined Experience

#### FULL SERVICE FOR LESSI

Read what people are saying about us at...

www.WillisReviews.com



## **ENROLLMENT**

**Medicare Annual Enrollment Period Begins October 15th** 

**MAJOR PLAN CHANGES** 

Start looking at plan changes today.

(817)300-3031





#### TURNING AGE 65 **OR OLDER?**



BEACH INSURANCE GROUP, LLC. "insuring everything under the sun"

**Local Medicare Benefit Specialist** "The Right Plan For Your Needs"

CALL YOUR LOCAL MEDICARE BENEFIT SPECIALIST

FREE CONSULTATIONS & HOUSE CALLS

New To Medicare Guidance - Information • Plan Options Answers To All Your Questions • Enrollment Assistance & Professional Advisor Already On Medicare - FREE Medicare Benefit Review • Second Opinion If You Have "The Right Plan For Your Needs" Plans Change Each Year!

Independent Retirement Specialist

44TH ANNIVERSARY

# TIME TO MTM UPDATE Countertops YOUR KITCHEN?



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

Call or visit our website for details! www.MTMCOUNTERTOPS.com Granite, marble & quartz fabricator for kitchen & bathroom countertops

Extensive color selection combines beauty, function & elegance for any bathroom or kitchen!



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

2460 Hwy. 287 N. • Mansfield (Northbound service road – between Callendar Rd. & Turner-Warnell)

For more info call 817.477.8663







#### **SERVICES:**

Spay/Neuter • Vaccinations
Dental Cleanings • Microchipping
Heartworm Testing • Flea/tick Prevention

940-566-5551 | www.texasforthem.org 344 SW Wilshire Blvd, Ste.E | Burleson, TX 76028

Walk-In Vaccine Hours: Monday - Friday, 9:00 a.m. to 12:00 p.m.

## Bring ad in for a FREE dewormer!\*

\*Valid for one free general dewormer (Strongid-T) with the purchase of a basic set of vaccines for a cat or dog. Limit one per household. Cannot be combined with any other TCAP coupons or discounts.

#### REDEMPTION CODE

