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M A G A Z I N E

OCTOBER 2024

One Momoh Step at a Time

Jalen Momoh uses the lessons he learned in athletics to encourage others

Fashion to Dye For

A brief history of tie-dye and how to do-it-yourself

Also inside:

Scavenger Hunt

Featured Business:
Trimlight DFW

In the Kitchen With
Julie Mason and
Billie Jo Mills

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ON NOVEMBER 5TH, I HOPE TO EARN YOUR VOTE FOR TARRANT COUNTY CONSTABLE PRECINCT 7

When I decided to run for Tarrant County Constable in Precinct 7, I made it a point not to run a negative campaign. This campaign has been about presenting my credentials versus my opponent's and letting the voters decide.

I've been speaking with voters, and one of their main concerns is safety. I have several years of hands-on experience in enforcing criminal and civil law, and I can tell you there is a fundamental difference between the two. When serving civil papers, we don't always know what the person on the other side of the door may be experiencing. It could be related to job loss, financial problems, divorce, child custody issues, or the death of a loved one. That's why we must show empathy and compassion when performing our duties. I have the knowledge and experience to effectively lead the Constable's Office in serving the people of Precinct 7.

MY OPPONENT'S CREDENTIALS

- Served on the PTA Board
- Site Base Management
- Served on the YMCA Board
- Elected to Kennedale City Council
- Appointed to Mayor Pro-Tem
- Truancy Officer
- Law Enforcement Career - January 2020 to present
- Attended the Police Academy after being elected and sworn into office

MY CREDENTIALS

Management and supervision experience

- **Tarrant County Precinct 7 Chief Deputy** - I was responsible for overseeing the entire operation of the Constable's Office. This included approving overall efficiencies, assigning districts, scheduling days off and training, approving time and attendance, preparing monthly budget reports, conducting performance appraisals, reviewing and overseeing criminal investigations, planning and executing high-risk operations, preparing annual racial profiling reports for the state and county commissioners, and handling asset forfeiture reports for the budget office and the state. I also worked with the budget office to secure funding for crucial equipment, training, and memberships for a gun range for firearms qualification and training. In addition, I oversaw the property and evidence room, conducted audits, and supervised the destruction of contraband
- **Tarrant County Precinct 7 Constable Sgt.** - I supervised daily operations and deputies in the field, planned and executed high-risk operations including search and arrest warrants
- **Tarrant County Sheriff's Office Sgt. Patrol Division** - I conducted daily briefings, approved time and attendance, supervised deputies in the field, reviewed offense reports and affidavits, investigated internal affairs complaints, and submitted a report to the command staff at the end of each shift
- **Tarrant County Sheriff's Office Sgt. In the Court Division** - I managed the weekly time and attendance of over 160 deputies, including preparing a weekly report for the command staff on overtime hours and performance appraisals

Notable Achievements in my career

- I have a Master Peace Officer license with over 2,400 hours of training
- I completed 120 hours of management and supervision training at the Institute for Law Enforcement Administration
- In 2001, my K9 partner and I received a Commendation Bar for the work we did in Narcotics
- In 2007, I was named Deputy of the Year in Operations

Law Enforcement Career

- 33 years of Law Enforcement experience serving the people of Tarrant County
- 2023 to present Mansfield ISD Police Department

2013-2023 Tarrant County Precinct 7 Constable's Office

- Chief Deputy Tarrant County Pct. 7 Constable Office
- Sergeant Tarrant County Pct. 7 Constable Office
- Deputy Constable

1991-2013 Tarrant County Sheriff's Department

- Sergeant in Patrol Tarrant County Sheriff's Department
- Sergeant in the Courts Division Tarrant County Sheriff's Department
- 12 years as a Sheriff SWAT Team Member
- K9 Narcotic Investigator
- Patrol Deputy
- Court Security Officer
- Confinement Officer (jailer)

**VOTE FOR
JOHN KIEFER
TARRANT COUNTY
PRECINCT 7 CONSTABLE**



ON THE COVER



Jalen Momoh inspires many as he returns to the Mansfield area.

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Sandra

Sandra Walters
MansfieldNOW Editor
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EDITOR'S NOTE

Welcome to the beautiful hues, anticipated time change and celebrations!

This month displays the vibrant colors of fall and magic in the air. The days grow shorter, and the nights are longer, as we prepare to set our clocks back for daylight saving time, gaining an extra hour of much-needed rest. It's a subtle reminder that time is fluid, and it's a gift to slow down to enjoy the season's beauty.

There are numerous celebrations in October, including Oktoberfest, Pumpkin Season and Halloween. Oktoberfest is a two-week German festival that starts in late September and ends in early October. Many places around the world hold Oktoberfest festivities, featuring beer, traditional foods, music and dancing. October is also synonymous with pumpkins. My husband and daughter enjoy pumpkin-flavored foods and beverages, while others visit pumpkin patches to pick out pumpkins for decoration, cooking and photo shoots. In addition, Halloween is a time when creativity knows no bounds. Whether you're carving pumpkins, crafting costumes or planning spooky events, this is the month to let your imagination run wild. It is a time for both nostalgia and new traditions, where the playful and the eerie coexist, making it one of the most anticipated times of the year.

Many people attend alternative "Halloween" events. They desire to have fun with the goodies in a safe environment. Choose to celebrate in your unique way, and embrace October with a blend of autumnal inspiration and seasonal occasions. So as the leaves fall and the air grows crisp, let's savor every moment that October has to offer.

Warm wishes!





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WHO IS EBONY TURNER?

- Christian, Wife of 24 years, Mother of 2 Mansfield ISD graduate daughters who are now in college, and one son who has Down Syndrome
- Daughter of Retired Educators
- Licensed State and Federal Attorney
- Former Legislative Attorney
- Passionate Community Servant and Organizer
- Candidate to Represent ALL of the citizens of House District 96

WHAT IS SHE FIGHTING FOR?

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- Parents of Special Needs Children
- School Safety
- Women
- Decriminalization of Mental Health and Opioid Drug Addictions



Ebony's philosophy on being elected to public office:

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ONE MOMOH STEP AT A TIME

— By Sandra Walters

During National Mental Illness Awareness Month, Jalen Momoh talks about his experience navigating his mental health as a student athlete and young adult. The purpose of establishing this month was to lessen stigma associated with mental illness, raise public awareness of it and motivate people to get assistance. Numerous communities and organizations host activities, disseminate information and encourage conversations around mental health and mental illness throughout October.

Jalen Momoh is a former defensive end who attended Lake Ridge High School, where he graduated in 2020. During his high school career, he was recognized for his strong defensive skills, contributing significantly to his team's performance. After high school, he continued his football career at Southwestern Oklahoma State University as a linebacker. During his college career, he developed a reputation for his physicality, defensive capabilities on the field and upbeat attitude.

The mental capacity of an athlete, at any level, is frequently on display. However, in many instances, emotions are hidden or brought to light when a player does something inappropriate. "There are so many things that can have a negative impact on young people today — social media, bullying, family dynamics, romantic relationships, academic pressure and athletic performance," Jalen stated. "People often lack the skills or resources necessary to handle difficulties. Many of my teammates didn't know how to express their feelings or have a safe place to process their thoughts. However, motivation was a part of my upbringing. I enjoyed the positives and learned how to deal with the negatives. To encourage people, I began creating positive videos and posting them on different platforms."

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While being an athlete, he learned to change positions and adapt. This is the same in life. "You must prepare for transitions. Don't get stuck when challenges arrive. Make adjustments to create a rhythm that works for you. When I returned home after graduating from college, my parents sat me down, and we discussed my new responsibilities. I wasn't the 6-year-old who moved into this house in 2006. I had become more independent, so I didn't need consistent reminders anymore. The kid who left home four years before was somewhat there, but not really. My obligations were different, and my parents talked about insurance, 401(k) and other things. There were things my older brother and I had to contribute. For example, we had to assist with buying groceries. Also, I could no longer eat like I was playing football. I had to adjust," Jalen added.

It's critical to have trusted individuals in order to navigate a variety of circumstances. Sometimes, all you need to move on to the next step in life is to be heard or listen to wise counsel. Decide who the safe people are for you and your health. If a person doesn't improve you, you might need to eliminate them out of your life. Make sure that individuals genuinely care about you. "I'm fortunate to have parents who will let me stay till I'm able to flourish. After saving money for three to four years, I plan to move out," he continued.

To cultivate a fulfilling life, start by discovering your true identity and nurturing a range of interests, such as painting or journaling. Explore new possibilities or revisit a hobby you stopped. Learning to relax is crucial for well-being and connecting with diverse people can





broaden your perspective. Seek motivation by surrounding yourself with exceptional individuals and regularly find a peaceful spot to recharge. Additionally, listening to motivational videos can inspire and expand your aspirations, helping you stay aligned with your goals and desires.

Jalen Momoh was an athlete the majority of his life, but he knew he couldn't play football forever. So, he discovered his calling outside of sports, which meant he had to talk and learn about things other than sports. However, he still uses the skills he acquired as an athlete to help him respond to hard situations and to encourage others. An athlete fights two clocks — the game and length of athletic career — but everyone has challenges. So, he or she must move past them in a well thought out manner. After football, Jalen ventured into motivational speaking, using his voice to inspire. Now he can be found at various schools motivating others.

"I always thought differently. When I was a little kid people used to ask me what I was going to do, and I would say, 'I'm going to change the world.' Then, they asked, 'How?' and I replied, 'One Momoh step at a time.' Motivational speaking has always been an outlet. I started researching motivational speakers and discovered the top three motivational speakers to be Trent Shelton, Eric Thomas and Les Brown. I broke down their speeches into three points and started speaking to myself and giving friends advice. Next, I created "Momoh Mondays" and "Moe Speaks." People watched my posts and shared them. Then they began saying, 'I appreciate what you're doing,' which meant I couldn't stop. I was helping people. I have a degree in education, but I wanted to be a motivational speaker. I shared my desire with a community leader, and I recently became a part of the Fellowship of Christian Athletes staff. You may find me in the DFW community working with teens and young adults," Jalen concluded. "If you're struggling with your mental health, get some assistance. You're worth it!" **NOW**



WHEN WE VOTE, WE WIN!

**EARLY VOTING
OCT. 21 - NOV. 1**

**ELECTION DAY
NOV. 5**

As the only elected female Constable in Tarrant County, victims of domestic violence come to me for help. I never thought I would be positioned to personally help victims of any type of crime. When I look back over my life, especially years in education and my years as a City Council member, I know why I am your elected Constable. There are many in law enforcement who view me as a joke because they do not understand my essence of being where I am. Most individuals move up because of who they know; you can say the same about me. I am known for the work that I do in the community and the work I did as a Truancy Officer. I take pride in the fact that my Deputies respect me as their Constable. I have shown them what genuine and experienced leadership looks like. It does not take years of experience in a field to lead. Leadership is about getting people to see your vision. Not only do they envision it, but they also want it as much as you do. Constable Lee's Precinct 7 is leading in a way that is different from previous administrations. We are committed to helping our citizens and donating our time to make a difference in the communities that we protect and serve.

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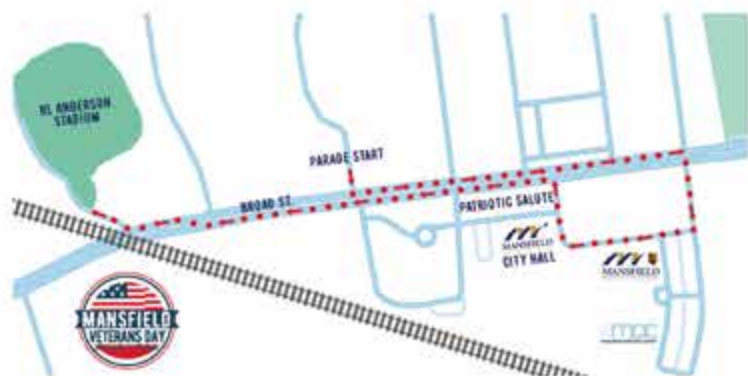
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FASHION TO *dy* FOR

— By Emma McKay

When thinking of tie-dye, one is most likely to imagine the fashion trend from the 1960s, whose bright, psychedelic colors were used as a form of anti-war protest. However, the art of tie-dyeing has been around for centuries and continues to be used as a way of expressing oneself.

In the northern regions of India, bandhani was created through “plucking the cloth into tiny peaks and binding it with thread before applying dye” (Fagan). The patterns bandhani created later inspired the designs on western bandannas. Bandhani can be traced back to 4,000 B.C., making it the oldest known form of tie-dye art.

The Yoruba people of Nigeria used adire — their tie-dyed textiles — to signify one’s rank. They would create their patterns by pleating their fabric and tying it with thread, then dyeing it in indigo. The creation of adire provides jobs for weavers, dyers and farmers even to this day.

In Peru around 500 C.E., amarra was created. This style of tie-dye symbolized cornfields and snakeskin through its “gridded design of diamonds with dots in the center” (Fagan). In Peruvian murals depicting their history and folklore, religious figures and deities wear amarra.

At the turn of the 20th century, Americans began experimenting with what they called “tied-dyeing.” In 1909, Charles E. Pellew wrote an article for *The Craftsman* called “Tied and Dyed Work: An Oriental Process with American

Variations.” This article in which Pellew praised Indians’ art of bandhani is one of the earliest records of tie-dyeing in the United States.

In 1928, *The Charm of Color*, an informational booklet that taught crafters different techniques to use with dyes, had a section called, “The Art of Tied Dyeing.” This section showed different ways one could dye cloth by tying off the fabric and dipping it into dye baths. Throughout the Great Depression, booklets like these were used as inspiration when dyeing old sugar sacks to turn into decorative cheap clothes.

Despite its origins of being an art made by hand, these days tie-dyed clothes can be found at almost any major retailer. As a way of honoring its history, here are a couple of methods that you can use to make your own tie-dyed clothes at home!

Supplies:

- White 100% cotton T-shirt, washed and damp
- Rubber bands
- Disposable gloves (optional)
- Tie-dye kit, or fabric dye in squirt bottles
- Old shopping bags

The Rainbow Swirl Method:

1. Lay your T-shirt out on a flat surface, and decide where you want your swirl pattern to go. Pinch the fabric where the middle of the swirl will be, then start carefully twisting it into a spiral. Once you’ve twisted it, the shirt should resemble a rose.
2. Wrap three rubber bands around the fabric, so they

intersect like six pizza slices. Tuck any fabric spilling out of the pizza circle into the rubber bands. Flatten out the shirt, so you can see the middle of your swirl.

3. Wearing your plastic gloves, apply the yellow dye onto three of the pizza slices. Using the red dye, soak one of the yellow triangles and two of the remaining white pizza slices. When the colors blend, orange will appear. Finally, apply the blue dye to the remaining white triangle and the red and yellow ones beside it. The colors will blend to create purple and green, respectively. Flip your T-shirt pizza over and repeat the process on the back.

4. Let the shirt rest in a plastic bag for six to eight hours, then rinse out the dye and wash on its own.

The Two-Colored Swirl Method:

1. Repeat steps one and two of the Rainbow Swirl Method to prepare your shirt.
2. Apply your two chosen colors of fabric dye to alternating pizza slices. You can choose two random colors or two shades of the same color. Once dyed, your fabric pizza should resemble the radiation symbol, without the center circle. Repeat the dying process on the other side of the shirt.
3. Let the shirt rest in a plastic bag for six to eight hours, then rinse out the dye and wash on its own. **NOW**

Sources:

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Zoomed In:
Kent and Ivey Hegna

By Sandra Walters

Kent Hegna moved to Texas 43 years ago. It must have been difficult at first because of all the navy, blue and white, since he and his 98-year-old father grew up as diehard Minnesota Vikings fans. Some may describe him as a fanatic, especially with his elaborate game room all decked in the colors and logos of his favorite team. His uncles and aunts bleed purple, and now so does his granddaughter.

Kent said with a smile, “I’m holding my granddaughter, Ivey while displaying the pompoms with great pride as she sports her cheerleader uniform to represent our team, the Minnesota Vikings!” Weekly he prepares for games in great anticipation of getting a glimpse of home and reflecting on old times.



Kaleb and Jaxon McCoy share their smiles as they head off to school.



Jaxon Ritchie traces the letter E at school.



Sophie Pach, center, performs with the Mansfield Lake Ridge High School Band.



Conner Doll is delighted to be the grand prize winner for the summer reading program.



The birthday princess, Analeigh Yater, has a blast on her special day.



These seniors have been playing football together since seventh grade.



Erin Jacobs' heart is full as she and her daughters prepare to go to school together daily.

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Mansfield Breaks Ground on State-of-the-Art Facilities



Pet therapy volunteers and City staff pose for a dog groundbreaking.

Groundbreaking for a new Animal Shelter and the Expansion of the Chris W. Burkett Service Center

The City of Mansfield is excited to have celebrated the groundbreaking of the new Mansfield Animal Shelter and the expansion of the Chris W. Burkett Service Center, marking a milestone in our ongoing commitment to animal welfare and community service.

The groundbreaking event took place on Sept. 16 just north of the existing service center located at 620 S. Wisteria St.

This expansion of the Chris W. Burkett Service Center is a testament to the City's dedication to supporting both our growing population and the hardworking employees who ensure essential services run smoothly. It will provide much-needed space for staff with new office and equipment storage areas.

The new animal shelter facility will replace the current shelter located on Industrial Boulevard. It will feature cutting-edge amenities, including 130 living areas for dogs, 135 cat kennels, medical facilities with extra recovery kennels, and spaces for community outreach and education. There will also be a dedicated "get-to-know-you" area, including a play yard, to help adopters bond with future pets.

Construction of the new shelter is expected to be completed by summer 2026.

"The citizens and employees of Mansfield deserve the best and our four-legged friends are important to all of us. The new shelter will provide remarkable experiences for our staff, citizens, and all the animals."

*- Councilmember Julie Short
(Animal Control Liaison)*



Representative of the furry friends in attendance.



K9 Handler Officer Walley and his K9 partner Stache look on with excitement!



City Council receives community donations

Thank you to
everyone who
donated!

Mansfield City Council Adopts Budget with Reduced Tax Rate and Higher Homestead Exemption

The Mansfield City Council adopted the Fiscal Year 2025 budget, which includes a lower tax rate and a higher homestead exemption.

At the Sept. 9, meeting, the Council lowered the tax rate to \$0.645 per \$100 of valuation, marking the third consecutive year of tax rate reductions and homestead exemption increases. This 1.4-cent decrease from last year's rate comes alongside a homestead exemption increase to 16%, aimed at offering continued tax relief to homeowners. The City Council continues its commitment to easing the property tax burden on residents and businesses.

In addition to tax cuts, the Council prioritized infrastructure and public safety in this budget. More than \$74.2 million is earmarked for infrastructure improvements, including

major road projects like connecting Vinewood Drive to Heritage Parkway and reconstructing Lone Star Road. Other projects include water line improvements and upgrades to the Seeton Road Lift Station. The Council has boosted street funding by 53% over the last four years, ensuring smoother and safer city transportation for residents.

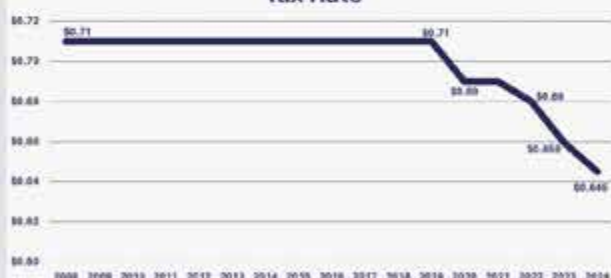
The City Council is also dedicating \$5.8 million to capital equipment with a majority investment in public safety. The budget includes funding for a new fire engine, ambulance, and police vehicles. To further support the growing city, 25 new positions have been added, with more than half of those positions being dedicated to Police and Fire.

Mansfield also continues to enhance its parks, with plans

for the redevelopment of Katherine Rose Park, Phase 2 of Mans Best Field Dog Park, and playground replacements citywide.

As part of the City's core tenet to be strong financial stewards of the taxpayer dollar, the City paid off \$5 million of higher-interest-rate debt early. This has saved Mansfield taxpayers millions of dollars in interest payments. By reducing this debt, the City has preserved future borrowing capacity while still lowering the tax rate and increasing the homestead exemption. The Council has also ensured that the General Fund Reserve maintains a balance sufficient to cover four months of expenses in case of a catastrophic event. This financial strength is recognized by major bond rating agencies, contributing to AAA bond ratings and lower interest rates, which further benefits taxpayers.

Tax Rate



Scan for FY 2025 Budget document



Homestead Exemption





BusinessNOW

Trimlight DFW

— By Sandra Walters

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Hours: Monday-Friday: 9:00 a.m.-5:00 p.m.

Justin Parr's entrepreneurial path began at a very young age. "I started my first business at the age of 11," he said. "My dad offered a 50/50 deal to help me purchase lawn care equipment to get started on my own mowing yards. I continued to cut lawns through college." This is where Justin's business mind was first established. He learned to engage with clients at a young age while creating a strong work ethic.

"I am a product of Mansfield," he added. I was born and raised here. "I graduated from Mansfield Timberview High School, and my parents still live in this area." Justin

attended Tarrant County College. Afterwards, he pursued a degree in finance at Brigham Young University and was hired as an analyst for a development company. While he continued to work there, his business mind worked in overdrive because he could see everything from the owner's perspective. He considered what he would do next in his career.

Justin talked to a friend about a unique way of installing lighting and became intrigued, especially since he and his wife always loved lights. He used to assist his dad with putting the lights on the roof for Christmas. He said, "Since my father was scared of heights, I was the only one who would jump on the roof to install the lights for the holidays."

Eventually, Justin became the general manager for Trimlight in the Seattle area and shortly after was offered an opportunity to open his own location in Texas — Trimlight DFW. He accepted the challenge. Now, they have been in

business for nearly a decade. “This is a family business,” he said. “I am the numbers guy, and my wife, McKayla Parr, does all of the marketing. Also, one of my cousins, my brother and aunt work in the business, along with an excellent staff.”

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CookingNOW *In the Kitchen With* JULIE MASON AND BILLIE JO MILLS

— By Sandra Walters



“From a young age, I remember my Mimi in the kitchen cooking for holidays and during family get-togethers. I was often found by her side, learning everything I could. Now that I’m older, I realize I learned more than I could have ever imagined,” Julie Mason said.

Once a week, she arrives at Mimi’s house to try new recipes and repeat old ones. Along the way, they create memories, as Mimi takes immense pride in every meal she cooks. “Cooking for our family is one of her greatest pleasures. I look up to her, not only for cooking but in life as well,” Julie said. “We both cherish our time in the kitchen together.” **NOW**

Farmhouse BBQ Muffins

1 can buttermilk biscuits
1 cup cheddar cheese, shredded

Filling:

1 lb. ground beef
3 Tbsp. brown sugar
1/2 cup ketchup
1 Tbsp. apple cider vinegar
1/2 tsp. chili powder

1. Flatten each biscuit into a 5-inch circle. Grease the sides and bottoms of a muffin pan. Place the flattened biscuit dough in the greased muffin pan, covering the bottom and sides.
2. *For filling:* Place a pan over medium heat; add the ground beef to the pan. Cook until browned; reduce the heat to keep the meat warm.
3. In a separate bowl, add the brown sugar, ketchup, apple cider vinegar and chili

powder; stir until all the ingredients are smoothly mixed.

4. After the sauce is mixed, drain the browned ground beef, and add it to the sauce. Mix until the ground beef is covered in the sauce.
5. Place 1/4 cup of the filling into each molded biscuit.
6. Spread the cheddar cheese on top, covering each muffin.
7. Bake at 375 F for 18-20 minutes, or until golden brown.

Pecan Pie

3 eggs
1 cup sugar
Light corn syrup
1/4 cup butter, melted
1 1/2 cups pecans, chopped
1 Pillsbury Pie Crust

1. In a large bowl, beat the eggs until smooth.
2. In the same bowl, slowly add the sugar

until combined. Add the corn syrup, butter and pecans. Mix until smooth and combined.

- Place the piecrust into a pie dish.
- Pour the filling into the piecrust evenly. Wrap the edges with foil to prevent burning. Leave the foil on for the first 35 minutes, then take it off for remaining bake time.
- Bake at 350 F for 45-50 minutes. When the middle is solid, the pie is done.

Dairy Delicious Dip

- 1 18-oz. pkg. cream cheese, softened
- 1/2 cup sour cream
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1-2 Tbsp. maple syrup, or to taste
- Fruit of your choice, sliced

- Place the cream cheese and the sour cream in a large bowl; mix until smoothly combined.
- Slowly mix in the sugar and brown sugar. Once combined, add the maple syrup.
- Serve with sliced fruit.

Banana Nut Bread

- 2/3 cup butter
- 2 cups sugar
- 4 eggs
- 3 cups flour
- 2 tsp. baking soda
- 2 tsp. salt
- 6-8 ripe bananas
- 1 cup nuts of your choice, chopped

- In a large bowl, cream together the butter and sugar. Add the eggs; mix well.
- Add the flour, baking soda and salt. Continue to mix until evenly combined.
- In a separate bowl, mash the bananas into a creamy texture.
- Combine the mashed bananas into the flour mixture; mix until smooth.
- Add the nuts; fold them into the mixture. Place the mixture into a greased loaf pan.
- Bake at 350 F for 30 minutes.

Papa's Fudge

- 1 3-oz. pkg. semi-sweet chocolate chips
- 1 14-oz. can Eagle Brand Milk
- Salt, to taste
- 1 1/2 tsp. vanilla
- 1 Tbsp. butter
- 1 1/2 cups nuts of your choice, chopped

- To a heavy saucepan over low heat, add the chocolate chips and milk; melt together. Once melted, remove from the heat; set aside.

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2. Stir in the salt, vanilla, butter and nuts.
3. Line an 8-inch square pan with waxed paper; spread the mixture evenly in the pan.
4. Chill for 2-3 hours in refrigerator before serving.

BBQ Hawaiian Pineapple Chicken

- 6-8 chicken breasts
- 1 1/2 cups barbecue sauce
- 1 12-oz. can pineapple chunks



Pecan Pie

Olive oil, for greasing pan Salt, to taste Pepper, to taste

1. In a large bowl, add the chicken and barbecue sauce. Coat the chicken well on both sides with the sauce.
2. Once they are coated, pour the can of pineapple on top of the chicken breasts; mix.
3. Wrap the bowl in plastic wrap; place in the refrigerator for 2 hours.
4. After the two hours have passed, coat the bottom of a 13x9-inch pan with olive oil. Place the chicken breasts in the pan. Sprinkle with salt and pepper, to taste.
5. Bake in the oven at 375 F for 30-40 minutes, or until fully cooked.

Creamy Fruit Salad

- 1 8-oz. container cottage cheese
- 1 16-oz. carton Cool Whip
- 1 pkt. orange Jell-O
- 1 1/2 cans Mandarin oranges, drained
- 1 10-oz. can crushed pineapple, drained

1. In a large bowl, mix together the cottage cheese and Cool Whip until smoothly combined.

2. Once mixed, add the orange Jell-O; combine until mixed thoroughly.
3. Add the drained Mandarin oranges and crushed pineapple to the same bowl; combine until mixed well.
4. Cover with plastic wrap. Place the bowl in the refrigerator for 1 hour, or until chilled.

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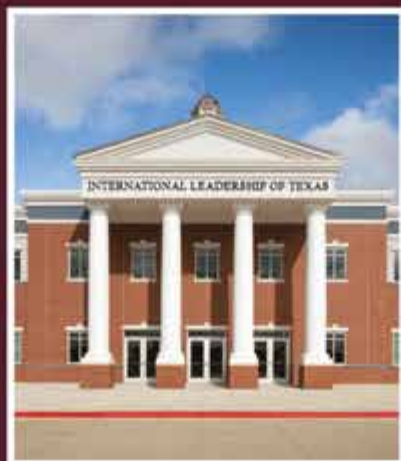
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Interest or Dividends?

As interest rates have increased recently from the historical lows of the early 2020s, the popularity of CDs has also grown. But dividends have acquired renewed respect lately as well. The ability of dividends to provide income and potentially reduce the impact of market volatility can be attractive to investors. As investors approach retirement and begin to focus on income-producing investments, the long-term demand for high-quality, reliable interest and dividends could increase. If dividends are reinvested, their impact over time becomes even more dramatic as reinvesting dividends allows you to buy more shares of the dividend-paying stock. Dividends may also be a reliable indicator of a company's financial health. Finally, many dividend-paying stocks represent large, established companies that may have significant resources to weather an economic downturn — which could be helpful if you're relying on those dividends to help pay living expenses. On the other hand, FDIC insured CDs or bonds issued by municipalities can provide steady income without exposure to the stock market.

Interest rates can fluctuate rather quickly when the Fed is in a period of adjusting. Sometimes, investors may want to lock in a longer-term CD or bond when considering income producing investments. Financial and utility companies have been traditional mainstays for investors interested in dividends, but other sectors of the market also have begun to offer them. Dividends paid on common stock are not guaranteed; a company's board of directors can decide to reduce or eliminate them. A company's dividend

can fluctuate with earnings, which are influenced by economic, market and political events. However, a steadily growing dividend is generally regarded as a sign of a company's health and stability. For that reason, most corporate boards are reluctant to send negative signals by cutting dividends. That isn't an issue for holders of preferred stocks, which offer a fixed rate of return paid out as dividends and in some cases, interest. However, there's a tradeoff for that greater certainty; preferred shareholders do not participate in any company growth as fully as common shareholders do. If the company does well and increases its dividend, preferred stockholders still receive the same payments. The term "preferred" refers to ways in which preferred stocks have favored status. While dividends are typically paid quarterly, interest on CDs and bonds is usually paid semi annually or even at maturity.

Investing in dividend-paying stocks isn't as simple as just picking the highest yield. If you're investing for income, consider whether the company's cash flow can sustain its dividend. Also, some companies choose to use corporate profits to buy back company shares. That may increase the value of existing shares, but it sometimes takes the place of instituting or raising dividends. If you're interested in a dividend-focused investing style, look for terms such as "equity income," "dividend income," or "growth and income." Also, some exchange-traded funds (ETFs) track an index containing dividend-paying stocks, or one based on dividend yield. Diversification is an important aspect of investing. As with any investment, consult your financial advisor and your tax professional before investing.

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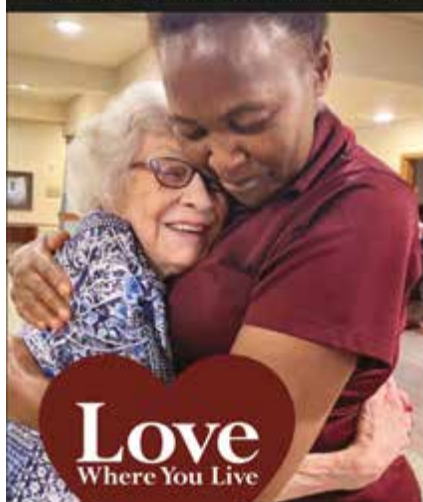


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10/5

Cure 5K:

The 2nd Annual Run for a Cure 5K, is an event to celebrate cancer survivors, their families and the communities that support their journey through treatment and rehabilitation. Come together to run for a cure this October! All proceeds are donated to the Livestrong at the YMCA program for cancer survivors. Cost: Free. 8:00 a.m., 2302 Lone Star Road.

Founders' Day Festival:

This event will be a blast from the past for all ages. There will be fun and exciting activities,

including old-fashioned games, food trucks, exciting music, historical artisans such as a blacksmith, quilter, potter, a basket weaver, hands-on demonstrations in candle dipping, period cooking, quilting and more. Cost: Free.

10:00 a.m.-4:00 p.m., Man House Museum, 604 W. Broad. For more information, please call (817) 728-3324.

10/20

Southern Gospel Jubilee:

The event will feature local and nationally recognized artists from Mansfield, Fort Worth and other Dallas Metroplex communities. Members of the Fort Worth Songwriters

Association and individual artists will also share their favorite traditional gospel hymns as well as new gospel songs. Cost: \$5. 2:00-4:00 p.m., Farr Best Theater, 109 N. Main St.

10/25

Halloween @ the House:

Experience the haunted tale of Aunt Matilda's Wake at the Man House Museum. Tickets are available starting 10/1. Due to themes, we recommend this for children 10 years and up. Cost: Free, but registration is required. 6:30, 7:15, 8:00 and 8:45 p.m., Man House Museum, 604 W. Broad Street. Register at <https://>

www.eventeny.com/events/halloweenatthehouse-13463/?series=5057

10/26

Crossroads of Texas Country Festival:

This new and improved arts and music festival includes 10-time Grammy Award winner Asleep at the Wheel, 200-plus artists/craftspeople, music on 10-plus stages, food and more. Free admission. 9:00 a.m.-7:00 p.m., Downtown Waxahachie. www.texascountryfestival.com.

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

Fall sometimes comes with distractions. Continue to monitor your investments.

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3 lb. Rib Eyes	4 lb. Sirloins
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6 lb. Chuck Pot Roast	
6 lb. Short or BQ Ribs	60 LBS.
6 lb. Whole Chicken	ALL FOR ONLY
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3 lb. Chicken Breasts	
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- 6 - 16 oz. T-Bone Steaks
- 8 - 10 oz. Sirloin Steaks
- 4 - 24 oz. Full Cut Tenderized Round Steak (Chicken Fried)
- 6 - 20 oz. Chuck Eye Steaks (Delmonico)
- 2 - 24 oz. Porterhouse Steaks (King Cut)
- 5 lbs. Seasoned Skirt Fajitas (3 packages)
- 12 - Ground Chuck Patties (approx. 8 oz. each)
- 6 - 1 lb. Packs, Ground Chuck (BS/15)
- 1 - 10 lb. Smoker Ready Brisket
- 1 - 7 lb. Pork Shoulder (for Pulled Pork)
- 3 lbs. Beef Short Ribs (Great for Smoker)
- 3 lbs. Thick Texas Bacon
- 3 lbs. Farm Sausage
- 12 - Thick Pork Chops
- 2 - Racks St. Louis Pork Ribs
- 3 Whole Chickens (Great for Smoker)



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4 - Filet Mignons (8 oz.)	4 - Top Sirloins
2 - Beef Roasts	
3 lb. Spare Ribs	
4 - Chicken Fried Steaks	
2 lb. Pork Sausage	
2 lb. Bacon	
12 - Ground Beef Patties	
2 lb. pkgs. of Ground Beef	



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MansfieldNOW Scavenger Hunt



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in 5 different ads in this issue
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