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M A G A Z I N E

OCTOBER 2026

A Sweet Achievement

Mitchelle Handley is a princess who wanted to cook

Hidden Beauty in Hill Country

Lost Maples State Natural Area preserves Texas land

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ON THE COVER



Mitchelle Handley baked her way into history.

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"Everyone is so nice... I feel relaxed and peaceful when there... the doctor is kind and compassionate and professional" Maria (August 2026)

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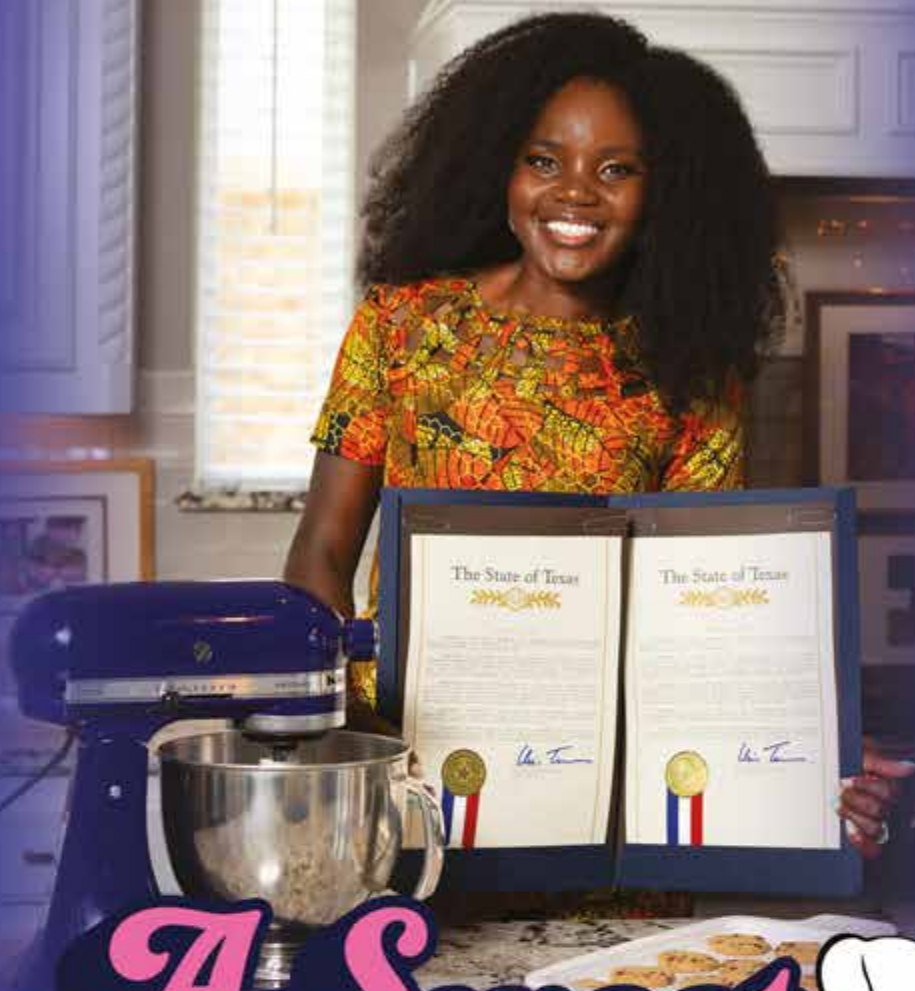


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A Sweet ACHIEVEMENT

— By Sandra Walters

Growing up as a Nigerian princess, cooking wasn't something she was expected to do. "My father was king in Akpoku, Etche, Rivers State," Mitchelle Handley said. "We had nannies who prepared meals, picked up my siblings, did the laundry and handled the household responsibilities." However, as a child, Mitchelle was fascinated with food. "At 5 years old, I asked if I could go live with my aunt in Cameroon," she recalled with a laugh. "I thought surely she would let me cook." But she was wrong. "My aunt wouldn't allow me to cook, either." Although the kitchen remained off limits, her entrepreneurial spirit found another outlet. By age 12, she was helping her aunt at her provision store (grocery store), which was located on their property.

Each day followed a demanding routine. "I went to school, came home, completed my homework and worked at the market by stocking inventory and goods for customers. A driver often took me to purchase items for the market. That taught me discipline and responsibility."

After years of watching others cook, Michelle's opportunity finally arrived in 2012, once she ventured off to live on her own. She knew what ingredients were used and how to prepare meals. "From that point, my culinary education continued through travel. I became friends with several 3-star Michelin chefs, and they still give me tips and advice today. I also moved to Guam, and my passion took off quickly. That's when I started experimenting even more," she said. "I explored baking and cooking in that area. Soon, I was creating meals, desserts and selling food."

Like many entrepreneurs and dreamers, her best ideas come as life slows down. "I think a lot at night," she stated. "One night, a question popped into my mind. *What can I do to 'wow' myself?*" Michelle grabbed her phone and searched, looking up people who had broken records. Then, she found a Guinness World Record of baking for 36 hours. "I thought, *I can do that. How do I apply?*" In March 2023, she submitted her application to Guinness World Records and waited for months and heard nothing. Finally, in November, an email arrived. She was approved, but she only had three weeks to prepare and submit all the required information.

She kept this entire project a secret. "I didn't tell anyone I applied, but when I finally shared the news with my husband, I thought Monte would discourage me or say, 'Are you sure?'" Instead, he said the opposite and proudly replied, 'I will support you, Honey.' Next, I told my best friend, Karlene, and she asked, 'When do you want to do it?'" The timing wasn't ideal. Thanksgiving, Christmas and New Year's celebrations were approaching, so she targeted the end of December.

Then came another surprise. Someone else had broken the record she initially discovered. It went from 36 hours to 47 hours, 27 minutes, and 27 seconds, so she immediately adjusted her goal. "I decided to bake for 55 hours, but the challenge involved far



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more than baking. Many times, I questioned myself, *Are you crazy?*" she admitted.

The Guinness requirements were strict. She needed 54 volunteers, none of whom could be family members. No volunteer could serve for more than four consecutive hours. Many people stepped in to help. "During the orientation, my friends and church family from Creekwood Church signed up for shifts around the clock," she said. Michelle even took vacation time to be mentally and physically prepared. Her crew of volunteers set everything up. They handled scheduling, documentation, dishwashing, packaging, weighing baked goods and monitoring every aspect of the event. "There was so much paperwork," she continued. "Everything had to be documented from start to finish to meet Guinness World Records standards; every moment had to be recorded."

Once the clock started, there

was no turning back. She put on her custom chef's attire, a back brace to help maintain posture, and fueled herself primarily with coconut water but didn't eat. Occasionally, she used a massage mat for her tired feet. During the scheduled restroom breaks, a friend would give her a quick back and neck massage, if needed.

On the second day, she nearly quit. "I got angry," she said. "I remember asking myself, *Is this really worth it?* Every second mattered. All baked items had to be edible, so I couldn't burn anything. Baking occurred nonstop for three days straight. The hardest hours came each morning between 4:00 and 5:00 a.m. That's when the sleepiness hit, but music became my secret weapon. We played it constantly. I sang. I danced. I kept moving because I couldn't sit down unless it was the scheduled five-minute break. Supporters filled the room. I was never alone." The community rallied behind her. Some of the Mansfield police

officers and firefighters stopped by to encourage her.

Multiple timers ticked away while the oven remained occupied nonstop. Then came the milestone everyone had been waiting for — she surpassed the previous record of 47 hours, 27 minutes, and 27 seconds. And the room erupted! The finish line was finally within reach. She continued cooking until the clock struck 55 hours. The challenge was over. Michelle removed her chef's coat, hat and back brace and stepped outside to feel the fresh air. "I did a crazy thing, successfully! Wow!"

She produced approximately 3,000 cookies and 1,500 unfrosted cupcakes. The accomplishment eventually earned official recognition in April 2026, when State Representative Chris Turner presented Michelle with the official certificate recognizing her as a Guinness World Record holder in Mansfield, Texas. For a girl who once wasn't allowed to enter the kitchen, baking her way into the record books is a sweet achievement. **NOW**

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Hidden Beauty in Hill Country

— By Emma McKay

Located in the Hill Country taking up 2,208 acres of land, lies Lost Maples State Natural Area. Purchased by the Texas Parks and Wildlife Department in the 1970s, this land houses more than 350 different logged plant species and rare birds such as the Golden-cheeked Warbler, the Black-capped Vireo and the Green Kingfisher. In 1980, the Heritage Conservation and Recreation Service named Lost Maples a national natural landmark. While some refer to Lost Maples as a park, due to the focus on conserving and maintaining its natural beauty, it's considered a natural area rather than a state park. Because of this, certain parts of the natural area may be closed off to the public at times to protect the land.

Due to the voluminous number of bigtooth maple trees in the natural area, people from all over Texas travel to Lost Maples during the fall to see the stunning colors of the leaves as the trees ready themselves for winter. Even though this fall foliage

draws in the largest crowds of the year, visitors still find beauty in the land during any season. Ten miles of hiking trails take visitors to limestone canyons, plateau grasslands, clear streams and the top of a 2,200-foot cliff.

Visitors should keep in mind that cell phone service is unavailable in the natural area. Due to its dedication to protecting the land, they must adhere to the Leave No Trace policy. People are discouraged from veering off trails and from marking them.

Fishing is allowed at Can Creek and the Sabinal River. On the shore or pier, fishing licenses are not required to engage in the sport. Fishing equipment can be borrowed to use while in the park.

Like in any other Texas state park or natural area, parties with kids can pick up a free Junior Ranger Activity Journal. These journals include coloring pages, games and worksheets for kids to complete during their visit. Upon completing a certain number of activities, they may receive a Junior Ranger pin.

Campers can select from 30 campsites with electricity and 30 primitive campsites. Campsites with electricity allow up to 8 people per site, and come equipped with water hookups, 30-amp hookups and back-in RV parking. There are also fire rings, picnic tables, restrooms with nearby showers and shade shelters. Primitive campsites allow campers the opportunity to truly rough it. Each primitive site allows up to 6 campers and can only be accessed by hiking.

Overnight visitors may enjoy the night sky free from light pollution. According to the natural area's web page, the darkness of the area's sky has been rated on the Bortle Dark-Sky Scale to have Class 3 visibility,



with a Class 1 being pitch black skies and a Class 9 being near-impossible sky viewings due to city lights. With nights this dark, stars shine clear and bright for visitors to admire. Lost Maples hosts special events to appreciate the celestial bodies seen overhead, so visitors should be sure to check the events calendar before planning their visit.

Experience hidden beauty in Texas, and plan a trip to Lost Maples State Natural Area today! Busy season runs from October to November, so be sure to make your reservation early when visiting during this time. **NOW**

Editor's Note: Reservations may be made through the Texas Parks and Wildlife website: <https://tpwd.texas.gov/state-parks/lost-maples>.

Sources:

1. tshaonline.org/handbook/entries/lost-maples-state-natural-area.
2. tpwd.texas.gov/state-parks/lost-maples.
3. backroadstexas.net/lost-maples/.
4. txmn.org/lostpines/2018/10/15/backroads-nature-lost-maples-state-natural-area/.

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SCAN TO PRE-PLAN

Mansfield Celebrates Public Art Unveiling and a New Facility for Animal Care & Control

The City of Mansfield had plenty to celebrate on Saturday, Aug. 8. The community came together for two milestone moments: the unveiling of the City's first large-scale public art installation funded by the City's Percent for Art Program and the grand opening of the new facility for Animal Care & Control.

With more than 1,000 people joining the celebration throughout the day, there was something for everyone. The day featured local vendors and activities including free microchipping, nail trims for the four-legged attendees, and of course, adoptions! Over the course of the day, 20 animals found their new fur-ever home.

A New Home for Animal Care & Control

Following the groundbreaking in September 2024, this facility has been a much-anticipated addition to the community. The original animal shelter, having been built in 1996, was created for a much smaller Mansfield population with additions being made in 2005 and 2015. As Mansfield has grown, so has the need for a facility that can better support the Animal Care & Control team and the animals they care for.

This new state-of-the-art facility brings Animal Care & Control into a space the whole community can be proud of and is centered on providing **Remarkable Experiences** for all guests. Featuring

130 runs for dogs and 135 cat kennels, there is not only more room, but also dedicated "get-to-know-you" areas to help adopters bond with future pets. Additional spaces include on-site medical suites with extra recovery kennels and dedicated live-stock yards.

"This landmark facility is a direct response to the clear voice and needs of our community. By investing heavily in our dedicated staff and the welfare of the animals they protect, we are strengthening our civic infrastructure. This modern facility ensures that Mansfield remains resilient, compassionate, and fully equipped to meet the demands of tomorrow," said City Council Member Juan Fresquez.



Mansfield City Council, Staff & Project Partners - Grand Opening - August 2026



Public Art Unveiling - "Paw in Paw" Unveiling by Vito DiBari - August 2026

Bringing the Percent for Art Program to Life

In 2023, Mansfield's first Cultural Arts Master Plan was adopted alongside a Percent for Art Program. What this means is that public art found a permanent place within the community, as a percentage of eligible City project funds is now dedicated to incorporating art into public spaces. This installation is

also eligible for a 1:1 matching reimbursement grant from the National Endowment for the Arts.

On Aug. 8, the city unveiled "Paw in Paw" by Vito DiBari as the first large-scale installation funded through this program. This piece is meant to celebrate the bond between humans and their animal companions through a larger-than-life sculpture of a dog and cat, standing at 16 feet

tall at its highest point. It serves as a wonderful welcome to the new Animal Care and Control facility.

Animal Care & Control and the "Paw in Paw" installation are located at 612 S. Wisteria St. The shelter is open Monday through Friday from 8 a.m. to 5 p.m. and on the second Saturday of the month from noon to 4 p.m.



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*Photo Credit - SMASH
First Adoption Grand Opening*





Zoomed In: Kathalyn Martinez and Mayor Evans

By Sandra Walters

What a fun day at Geyer Commons! Classic Cars for the Cure brought the community together for a memorable Coffee & Cars event filled with cool cars, delicious drinks and plenty of fun for families. Car enthusiasts enjoyed checking out a variety of classic cars while children played games and brought their teddy bears for a checkup. Guests could also explore the new and returning vendor cottages and learn more about the organization's mission.

"Mayor Evans stopped by despite his busy schedule, and Toast and Roast Co. kept everyone fueled with coffee and tea with fun car-themed drinks. Geyer Commons also helped make the event possible," Kathalyn Martinez said. With great cars, great people and a great cause, it truly was an amazing day!



Officers Alejandro, McSpadden, Kerr and Pitre represent the Mansfield Police Department at the Dallas 9-11 Stair Climb.



The Gills and Pace couples sport their white attire at Word of Truth.



Marco Hladik swims at British Swim School year-round, while his sister Lilia works in the family-owned, local business.



Local pastors pray during the unity event that marked the 70th year of attempting to desegregate Mansfield High.

Photo by Steve Cosio.



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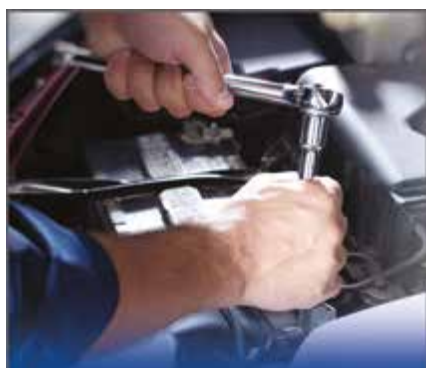


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WHERE: Midlothian Conference Center,
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Zoomed In:
Pearl Pierce

By Sandra Walters

The beautiful young lady, who appears with the Dachshund, graduated from Mansfield High in 2025 and started the next phase of her life at Ogle Esthetician School. Pearl Pierce recently graduated from beauty school. Her mother stated, "She is a little shy and new to the professional world. However, she's eager to learn, grow and put her skills to work. Her gentle nature, big heart and passion for skin care are essential in this field as she gets ready to take the first exciting steps toward advancing in her profession." A chance to begin to put their skills to use is something many young adults are longing for today. The community roots for Pearl as she moves forward.



The Mansfield Business Alliance conducts the Costco ribbon cutting.



Amonti Jackson frames her smile as she celebrates her 18th birthday.



Kenishka Sudhakar earns six national medals in two USA Roller Sports.



The Mansfield Summit Varsity Volleyball team poses for a picture.

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What Is a Required Minimum Distribution?

As we draw closer to the last quarter of 2026, if you have not taken your RMD, now is the time to start planning. A required minimum distribution (RMD) is the annual amount that generally must be withdrawn from a traditional IRA or a qualified retirement plan starting no later than April 1 of the year after the year the account owner reaches the age of 73 (75 if age 73 is reached after December 31, 2032). Some employer plans may allow still-employed account owners to delay distributions until they stop working, even if they are older than 73. However, you are required to start taking distributions by April 1 of the year following the year in which you stop working for the employer sponsoring the plan.

RMDs are designed to ensure that owners of tax-deferred retirement accounts do not defer taxes on their retirement accounts indefinitely. You are allowed to begin taking penalty-free distributions from tax-deferred retirement accounts after age 59 1/2, but you must begin taking them after reaching age 73. While you are allowed to delay your first distribution to April 1 following the year in which you turn 73, you must take another distribution

that year. In effect, you are taking two RMDs in the same year, which may impact your income tax liability and could push you into a higher tax bracket. Annual RMDs must be taken each subsequent year no later than December 31.

The RMD amount depends on your age, the value of the account(s) at year end, and your life expectancy. There is not a set percentage or amount to take each year, it changes based on the previously mentioned factors. You can use the IRS Uniform Lifetime Table to determine your life expectancy. To calculate your RMD, divide the value of your account balance at the end of the previous year by the number of years you are expected to live, based on the numbers in the IRS table. You must calculate RMDs for each account that you own. If you do not take the required minimum distribution, a penalty of 25 percent will be assessed on the RMD amount that should have been taken, dropping to 10 percent if timely corrected by making up the missed RMD. "Timely" means corrected generally in two years (unless the penalty is assessed earlier). The RMD is the minimum withdrawal, but you can always withdraw more.

Some people take the RMD as a monthly distribution, but it can be taken as an annual lump sum. Remember that distributions from tax-deferred retirement plans are subject to ordinary income tax. It may be wise to plan ahead for RMDs to determine the best time to begin taking them. **NOW**

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Cozy Pumpkin Recipes



Pumpkin, warm spices and hearty ingredients take center stage as we embrace comfort food season. These recipes capture the essence of fall, bringing warmth and nostalgia to your table. [NOW](#)

Creamy Pumpkin Pasta

- 1 lb. penne pasta
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 cup pumpkin puree
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup Parmesan cheese, grated
- 1 tsp. dried sage
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 cup toasted pumpkin seeds

1. Cook the pasta according to the package directions until al dente; drain and set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic; sauté for 1 minute until fragrant.
3. Stir in the pumpkin puree, mixing well.
4. Pour in the cream and chicken broth, stirring until smooth.
5. Add the Parmesan; stir until melted and incorporated. Add the spices.
6. Simmer for 5 minutes, stirring occasionally, until slightly thickened.
7. Add the pasta; toss to coat evenly.
8. Serve hot, garnished with toasted pumpkin seeds.

Pumpkin Soup With Bacon

- 6 slices bacon, chopped
- 1 medium onion, diced

- 2 cloves garlic, minced
- 4 cups pumpkin puree
- 3 cups chicken broth
- 1 cup heavy cream
- 1 tsp. dried thyme
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- Sour cream, for serving
- Fresh chives, for garnish

1. In a large pot, cook the bacon over medium heat until crispy, about 5-7 minutes.
2. Remove half of the bacon with a slotted spoon; set aside for garnish.
3. Add the onions to the pot with the remaining bacon; cook until softened, about 5 minutes.
4. Stir in the garlic; cook for 1 minute until fragrant.
5. Add the pumpkin puree and chicken broth, stirring to combine.
6. Bring to a simmer; cook for 10 minutes.
7. Stir in the cream and spices. Use an immersion blender to puree the soup until smooth, or transfer to a blender in batches.
8. Simmer for an additional 5 minutes to heat through.
9. Serve hot, topped with a dollop of sour cream, reserved crispy bacon and fresh chives.

Pumpkin Spice Muffins

- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. pumpkin pie spice
- 1/2 cup unsalted butter, melted
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 2 large eggs
- 1 cup pumpkin puree
- 1/4 cup milk
- 1 tsp. vanilla extract

1. Preheat the oven to 375 F; line a 12-cup muffin tin with paper liners.
2. In a medium bowl, whisk together the first 5 ingredients.
3. In a large bowl, combine the melted butter and both sugars, stirring until smooth. Beat in the eggs, one at a time, until well incorporated.
4. Add the pumpkin puree, milk and vanilla extract, mixing until smooth.
5. Gradually fold the dry ingredients into the wet ingredients until just combined.
6. Divide the batter evenly among the muffin cups, filling each about three-quarters full.
7. Bake for 18-22 minutes until a toothpick inserted in the center comes out clean.
8. Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack.
9. Serve warm or at room temperature.

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Things to do in Mansfield!

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Some events may have been cancelled or rescheduled while we were at press.

10/1-10/4

The Curious Savage

Presented by Legacy High School Theatre. 7:00-9:00 p.m., Legacy High School, 1263 N. Main St. For tickets, visit <https://www.legacyhstheatre.com/tickets>.

10/3

Cruising For a Cure 5K Run & Walk

Come together as a community to support many fighters, celebrate survivors and honor loved ones. Learn about local resources, explore a display of cars, engage with vendors and connect with others while

supporting a powerful cause. 8:00 a.m.-noon, James McKnight Park, 200 U.S. Hwy. 287. Register at <https://pci.jotform.com/form/26083557694168>

Founders' Day Festival

Experience an exciting blast to the past for all ages, featuring old-fashioned games, food vendors and talented historical artisans like a blacksmith, soap makers, a potter and a basket weaver. Visitors can also enjoy hands-on demonstrations in candle dipping, spinning, doll making and more. Free. 10:00 a.m.-4:00 p.m., Man House Museum, 604 W. Broad Street.

10/15

Haunt the Block 2026

Join for the biggest Haunt the Block ever. Dozens of trick-or-treating spots across Historic Downtown. Trick-or-treat on Main Street and enjoy the 2nd Annual Mascot races. There will be a DJ, games and prizes at Geyer Commons along with several photo stations. Get dressed up in your best Halloween costumes, and join for a nightmarishly good time! Free. 5:00-8:00 p.m., Historic Downtown Mansfield-Main and Smith streets.

10/22

Taste of Mansfield 2026

Enjoy unlimited tastings from your favorite restaurants, DJ, silent auction and more, while supporting Mansfield Mission Center's community initiatives! Cost: \$50 and up. 6:00-8:00 p.m., The Grand View Mansfield, 2201 Heritage Pkwy., Ste. 107.

10/24

Crossroads of Texas Go Texan Country Festival

Enjoy Texas' largest one-day arts, music and food festival. Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie. For more information, visit <https://www.waxahachiecvb.com/events/>.

ENROLLMENT TIME IS HERE

Medicare Annual Enrollment Period Begins October 15th

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MEDICARE'S ANNUAL ENROLLMENT PERIOD IS HERE — HERE'S WHAT EVERY BENEFICIARY SHOULD KNOW

October 15 – December 7 | Presented by Randy Bond, Local Licensed Medicare Agent

Every fall, Medicare gives you one window to make sure your coverage still fits your life — your health, your budget and your medications. Miss it, and you're locked into your current plan for another year, whether or not it's still working for you.

WHAT IS THE ANNUAL ENROLLMENT PERIOD?

The Annual Enrollment Period (AEP) runs from October 15 through December 7 each year. During this time, Medicare beneficiaries can review their current coverage and make changes for the upcoming year — including switching between Original Medicare and Medicare Advantage, changing Medicare Advantage plans or updating a Part D prescription drug plan. Any changes made during AEP take effect January 1.

WHY THIS WINDOW MATTERS

Plans change every year — sometimes significantly. Premiums, copays, drug formularies and provider networks can all shift from one year to the next, even if you don't change a thing yourself. A plan that covered your medications and your doctor this year may not do the same next year. AEP is the one guaranteed opportunity to check whether your plan still makes sense, without waiting for a special circumstance to qualify for a change.



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After shadowing different careers in college, Dr. Cristina Allala discovered her calling in dentistry. Ten years later, she brings specialized expertise and a spa-like atmosphere to Cedar Hill through Serenity Advanced Dentistry, a solo, minority, woman-owned private practice.

Dr. Allala graduated from Baylor College of Dentistry in 2016 and completed her Bachelor of Science from The University of Texas at San Antonio in 2012. Since opening her practice, she has built a loyal following of patients who have followed her from her previous office, drawn by her gentle approach and commitment to patient care.

What sets her practice apart is her advanced certification in Level 2 moderate sedation — a qualification most dentists do not have. This certification requires at least 60 hours of specialized instruction and successfully administering sedation to at least 20 patients under supervision. For patients who experience dental anxiety, this option can transform their experience, making procedures like extractions comfortable and stress-free.

"Another thing that sets our practice apart is our skill with dental surgeries," Dr. Allala said. "Here are some of my favorite quotes from patients:

"Regarding implants: 'My implant surgery went smoothly. They explained everything, kept me relaxed, and I had very little discomfort afterward.'

"Regarding tooth extractions: 'I had oral surgery done and was extremely nervous, but the doctor and team made me feel comfortable the entire time. The procedure was painless, and recovery was easy.'

"Regarding tooth fixed dentures: 'My experience with fixed dentures was great. Dr. Allala planned everything digitally, the surgery went smoothly, and I had no complications. I can eat comfortably now, and they feel like my own natural teeth.'"

Serenity Advanced Dentistry offers most dental procedures under one roof, including sedation dentistry, dental crowns, dentures, emergency treatment, oral surgery, dental implants, root canals, teeth whitening, extractions, clear aligners, gum grafts and periodontal therapy. The practice emphasizes privacy and comfort. The office features private treatment rooms that allow honest conversations between doctor and patient without worry of being overheard. The modern facility incorporates the latest dental technology while maintaining a calming, spa-like environment.

"We are not a corporation," Dr. Allala said. Unlike larger corporate dental practices, Serenity Advanced Dentistry remains independent, allowing Dr. Allala to focus on building genuine relationships with patients. All assistants are bilingual, ensuring Spanish-speaking patients feel comfortable and fully understand their treatment options.

Dr. Allala lives in DeSoto, just 10 minutes away from her office, keeping her deeply connected to the community she serves. She gives back by supporting the Friends of Tri-City Animal Shelter through monthly contributions, a cause close to her heart as a devoted pet lover. For families seeking personalized dental care in a welcoming, professional environment, Serenity Advanced Dentistry offers an alternative to corporate dental chains.

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