# Magazine

NOVEMBER 2021

# The Generosity of the People

Mansfield residents support the Marine Toys for Tots Campaign

Also insiclə: Secivəncjər Hunt

Crossword/Sucloku Fectlured Business: Love Nutrition Coaching

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2021 Holiday Shopping Guide

In the Kitchen With Mary Halpin

# TOYS FOR TOTS



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#### Margaret M., Mansfield, TX

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BEFORE

Margaret lost 89.4 lbs. in 37 weeks.\*

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#### November 2021 | Volume 16, Issue 11

## THE GENEROSITY OF THE PEOPLE

The community comes together to display the joy of giving in one of the city's largest events.

Love Nutrition Coaching

## 20 AROUND TOWNNOW

28 COOKINGNOW Mary Halpin



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8

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#### ON THE COVER

Cheryl Ferrell and Amelia Smith enjoy promoting the Marine Toys for Tots Campaign.

Photo by Lori Baur.

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

## EDITOR'S NOTE

A season to be grateful ...

While sitting here thinking about the month of November, many memories flood my mind. This is the month of being thankful. Despite all the negatives that have occurred recently, I purposefully focus on the positives during this season. I write a list of things I am grateful for, and I find it interesting how this gesture gives me a great sense of peace and joy. When focusing on the good, I realize those things absolutely outweigh the bad.

I recall volunteering at various places, especially during this time of year, so that our children would appreciate everything they possessed. We would discuss what we were thankful for after encountering many who could not afford a Thanksgiving meal. This opportunity generated powerful conversations, and these experiences reminded me of when I was a child because my family had been recipients of food boxes.

Now I get to reciprocate those generous actions, and I write a statement on my list about how thankful I am that I can assist others. As I evaluate my life, I am extremely thankful for the blessings I enjoy. I understand some people would not share this information because it's personal, but I see it differently. I will never forget where I came from in order to inspire those who are trying to overcome adversity. I challenge you to create a list of things you are grateful for in this season and identify the positives. Count your benefits, and they will exceed the negatives.

Have a wonderful Thanksgiving!







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OFFICE HOURS: Monday to Friday 8:30 AM - 5:30 PM Saturday 9:00 AM - 1:00 PM As the Mansfield community is gearing up for the Marine Toys for Tots Campaign again, the amazing people in this area partner with neighbors, local businesses and schools in collecting new toys to help bring Christmas cheer to children who are less fortunate in America. This is an excellent opportunity to provide gifts for others during the upcoming season.

Reservist Major Bill Hendricks founded this program in 1947. However, his wife, Diane, is where the idea originated. She created several homemade dolls because she desired to help the needy, and she asked her husband to deliver them to agencies who supported children in need. Eventually, the Marine Toys for Tots derived from her heart to assist people. Her actions are still affecting many today.

A board of veteran Marines and business leaders from all over the nation manages the Marine Toys for Tots Foundation, which is a 501 (c)(3) charity that benefits from the generosity of people all over. From the '40s to the present, the foundation has distributed 604 million toys to 272 million children. The local organization depends largely on the contributions of entities who give during the Mansfield Independent School District's Campaign.







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"This is the 10th year Mansfield ISD has held its community Toys for Tots Event," said Hope Boyd, director of communications and marketing for Mansfield ISD. "Since its inception, the district has helped donate nearly 200,000 toys to make the holidays brighter for local children. Leading up to the big community event, MISD campuses and departments encourage students and staff to give to the cause in various ways."

"We are a Leader in Me Campus, which makes us proactive about the things we do," Cheryl Ferrell, the counselor at Martha Reid, said. "We discuss why we give to Toys for Tots so that our students focus on helping others and know the reason it is important. Our goal is to instill valuing others. This creates a win for everyone."

Chervl continued to share about how the staff prepares for the campaign by making a music video to encourage students and parents to take part. The video is posted on the school's Facebook page. Throughout the campaign, the teachers do various things to motivate people to donate. For example, the teachers dress up in costumes to get the kids excited. The broadcast club reminds students daily during the announcements. "We set goals, have incentives and the students are learning lifelong skills through this process. While the toys are collected, we take pictures so that our kids can see how many toys are received. Our students don't know what 1,000 toys look like, so they are wowed when they look at what we've collected. We take great pride in our accomplishments. Martha Reid has won the contest for the last decade. That's a lot of donations! We're always ready for the challenge."

Lake Ridge High School has experienced similar success. "We push the drive because we are more privileged than other kids," Amelia Smith, the president of Student Council, stated. "We get a lot of joy in being able to help others. Members of the Student Council go to classes to announce the project and the importance of accumulating toys. Some students save up their money, and we've had basketball games during the school day, with the admission being a toy for the campaign. We push it and feel proud of knowing that we are helping others. This is a big production with a lot of hard work, and we count every single toy. It's rewarding to see everyone's effort pay off.

"During the pandemic, gathering toys was challenging, but we still had success because we created an Amazon Wish List," Amelia continued. "The culture of giving was created many years ago. As we prepare for the closing event on the ultimate day, our school is filled with excitement, while the different groups plan for the fun events that occur on that special evening."

When people arrive at the location, the anticipation builds as they see the food trucks, game booths, parades, trains, elves, Santa, almost anything you can imagine surrounding the Mansfield ISD Center for the Performing Arts. The Marines show up wearing their distinguished uniforms, and the schools are represented by their choirs, bands, drill teams, cheer squads, various sports teams and other clubs. This event, held on December 1 this year, is one of the biggest events in Mansfield.

It seems like nearly everyone comes out to experience the celebration. The kids love seeing the presents and taking part in the holiday activities. The choirs will sing carols. The mascots engage in a friendly competition, and the bands will play entertaining numbers. This area is turned into an amusement park. "We designed a Letters to Santa Booth, and the elementary students enjoy writing letters to Santa. It's exciting to watch the kids stand in line to write their special notes. I also remember a time when there was a Jeep Parade. That was pretty cool." Amelia added.

While the festivities are happening, toys and monetary donations are being collected. The partnership between the Mansfield community and the Marines Toys for Tots is always a tremendous success that provides gifts for those who need them. The school administrators, teachers, counselors, students, parents and business owners work together to achieve their goal to put smiles on people's faces through their generosity. NOW

For more information, visit center. mansfieldisd.org/events or call (817) 299-1230.



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# BusinessNOW Love Nutrition Coaching

— By Virginia Riddle

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Following her father's passing due to a massive heart attack, Sonja Love looked inward and found her own lifestyle lacking in health, fitness and nutrition, so she changed the dietary and fitness habits she practiced since childhood. Nine years later,



she had her son, Jaxon. "I realized I was now a parent, and my responsibility was not only to take care of him but to take care of myself, so I could be available for Jaxon," she recalled. Today, she not only practices what she coaches, but Sonja lives by her saying, "Eat to Live, Not Live to Eat."

As a college degreed nutritionist, dietetic technician and registered and certified health coach through the Academy of Nutrition and Dietetics and the Commission on Dietetics Registration, Sonja supports clients traveling along their health journey into lifelong change. "It's important to meet my clients where they are in that journey, not where I think they should be," she stated. "There's no failure. There's only fall forward, and then get back up and try again!"

Sonja created Love Nutrition Coaching in 2018 after being named Outstanding Student of Dietetics. She offers customized wellness, weight loss, health state packages and a nutritional lifestyle program. "During college, I decided I wanted to be to be proactive in health and wellness not reactive. I specialize in those areas and child nutrition," she explained. "I love hearing clients becoming awakened to their abilities to do something good for themselves and how they are falling in love with themselves again," Sonja explained. Wins are celebrated as clients experience them on their journeys. "It's challenging," she added. "Sometimes, people give up on themselves and quit." Before the pandemic, this business supported the AIDS Outreach Center and the Tarrant Area Food Bank.

"It's important to meet my clients where they are in that journey, not where I think they should be."

A New Hampshire native, Sonja lived in Denver, Colorado, before moving to Mansfield 10 years ago due to her husband, Jason, a native Texan, getting a job transfer. "I love the people here," Sonja offered. "I have experienced hospitality like never before, and I love that Mansfield is growing in all areas but can feel like a small town." The family are members of Creekwood Church, where Sonja is a greeter and Middle Ground volunteer.

As a previous marathoner and triathlon participant, Sonja experiences what her body can do when it's "fueled correctly and my mind can push through to what's important." She enjoys doing anything out-of-doors with her family skiing, biking, hiking, swimming, walking, golfing, traveling and camping. In 2011, after training and eating right for a marathon, she experienced a perforated bowel. "I was so sick. I should have died, but the doctor determined, due to the training and nutrition, my body could fight an infection and win," Sonja remembered. "I vowed to God I would give back because no one should go through what I did and not know how to help themselves."

"I believe God saved my life, so I can help people continue their paths with strength, confidence, health and a love for themselves that He has," Sonja concluded. "I love what I do and believe I offer something for everyone to improve their lifestyle, goals and health."



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#### **Zoomed In:** By Sandra Walters Timothy and Ada Dinh

Timothy and Ada Dinh pose outside for their photo shoot after being pronounced husband and wife. Ada has transitioned from her beautiful white wedding gown into a traditional Vietnamese gown made in Vietnam. This traditional dress and jacket are called Ao Dai. The colors represent luck, prosperity and longevity, while the red acknowledges future happiness. Timothy's attire emphasizes the birth elements, spring and money. Out of respect, guests and family members attend wearing their Ao Dai as well. The Dinhs gave a glimpse into their culture as they prepare to spend their lives together.

# Around Town



Rose Park Dental enjoys a fun day at at the State Fair.



College Students, Andrew Summit and Colby Becker, study at the quaint Flying Squirrel Coffee Company downtown.



Members of Troop 2102 received the Girl Scouts' Silver Award for crocheting sleeping mats for the homeless using plastic bags.



There are no limits for Brooklyn Gibson who became a junior champion participating in seven events.

# NOW



Samuel Martin's precious smile lights up the grocery store as he shops.



Jozalyn Young, Abby Adam and Julyssa Arias wait for the school bus.

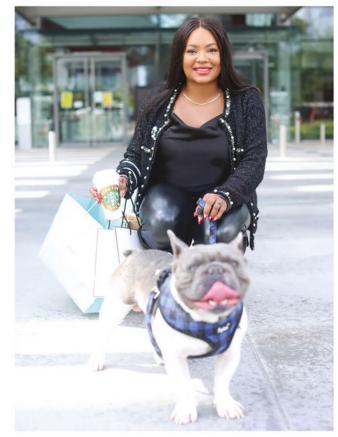


Sunday afternoon, the Littleford and Weaver families join together with the kids to have lunch at Torchy's Tacos.



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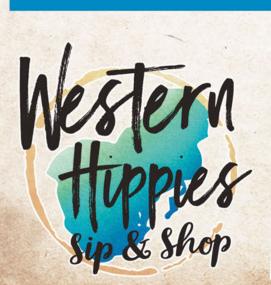
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A quick look at the gift items and discounts available locally.



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## THE LOCAL TABLE One cannot think well, love well, sleep well, if one has not dined well. – Virginia Woolf



## THE LOCAL TABLE One cannot think well, love well, sleep well, if one has not dined well. – Virginia Woolf





Cooking since she was a teenager, Mary Halpin has always been commended for her recipes. "I thought this was because I seasoned things with my tears because I did not like cooking," she answered jokingly. Confidence in her culinary abilities began after marriage when she began cooking meals to share with her husband. Mary prepares a broad variety of dishes, but her go-to recipes are quick and easy. "The Instant Pot Goulash and Parmesan Chicken are staples at our house," she added. Mary enjoys investing time in making desserts, especially cinnamon rolls, because it reduces her stress level and leaves her with something delicious to eat. "My goal when baking is to relax and create something good for others to enjoy," she said. "I am convinced that baking is legitimate therapy." Now

#### Honey Roasted Chicken and Sweet Potatoes Skillet

- 4 chicken thighs or breasts, boneless or bone-in, skin or no skin
- I tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. garlic powder
- $1 \ 1/2$  tsp. Italian seasoning (divided use)

- 5 Tbsp. butter (divided use)
- 4 Tbsp. honey (divided use)
- 1 1/2 lbs. sweet potatoes, peeled and diced into 1- or 2-inch pieces
   1/4 cup pecan halves (optional)

**I.** Preheat the oven to 375 F. Season the chicken with salt, pepper, garlic powder and 1 tsp. of the Italian seasoning.

**2.** In a large skillet on medium heat, melt 3 Tbsp. butter; stir in 2 Tbsp. honey. Add the chicken to the pan; brown for 3-4 minutes on each side. Move the chicken to the edges of the pan; add the remaining butter and honey to the center of the skillet. Once melted, add the sweet potatoes; stir to coat in honey butter.

**3.** Sprinkle with the remaining Italian seasoning. Add the pecans; stir to combine. Cook for 3-4 minutes.

**4.** Transfer to the oven; bake for 10-15 minutes until the chicken is cooked through. Serve with a sprinkle of black pepper.

#### Instant Pot Goulash

- 1 lb. ground beef
- 3 garlic cloves, minced
- 1/2 yellow onion, chopped
- 1 15-oz. can diced tomatoes
- 1 15-oz. can tomato sauce
- $1 \ 1/2$  cups beef broth
- 1 Tbsp. red wine vinegar

1/4 cup ketchup
1/8 cup brown sugar
1 tsp. baking soda
1 tsp. Italian seasoning
1/2 tsp. garlic powder
1 tsp. seasoned salt
8 oz. elbow macaroni

 Set the Instant Pot to sauté; add the ground beef, garlic and onions. Brown the meat.
 Add the remaining ingredients; mix well. Let sit for 3 minutes; mix again.
 Place the cover on the pot; set to cook for 5 minutes on high pressure. (It will take the Instant Pot about 17 minutes to build up before it begins cooking.)
 When the cooking is done, do an

immediate quick release; wait for the float valve to drop. Remove the lid; serve immediately.

#### Parmesan Chicken

6 boneless, skinless chicken thighs

- 3/4 cup grated Parmesan cheese (divided use)
- (divided use)
- 1 cup mayonnaise
- 2 tsp. seasoned salt
- 3 garlic cloves, minced

Preheat the oven to 375 E Place the chicken into an oven-safe dish.
 Remove 3 Tbsp. of the Parmesan, and set it aside. In a bowl, mix together the mayonnaise, remaining Parmesan, seasoned salt and garlic. Evenly spread the mixture over the chicken; sprinkle the remaining 3 Tbsp. of Parmesan over the top.
 Cook for 30 minutes, or until golden brown and the juices run clear.

#### **Cinnamon Rolls**

Dough: 1 cup milk, warmed to 115 F 2 1/2 tsp. instant dry yeast 2 large eggs, room temperature 1/3 cup salted butter, softened 1 tsp. salt 1/2 cup granulated sugar 4 1/2 cups all-purpose flour Filling: 1/2 cup salted butter, almost melted

1/2 cup salted butter, almost melted1 cup brown sugar, packed2 Tbsp. cinnamon3/4 cup heavy cream, slightly warmed

Frosting:

6-oz. cream cheese, softened 1/3 cup salted butter, softened 2 cups powdered sugar 1/2 Tbsp. vanilla





**I.** *For dough:* In a stand mixer, pour in the milk; sprinkle the yeast over the top. Add the eggs, butter, salt and sugar; mix for 15 seconds to combine.

**2.** Add the flour; mix with beater for 20 seconds, until just combined. Let sit for 5 minutes.

**3.** Scrape the dough off the beater; remove the beater. Attach the dough hook; beat the dough on medium speed for 6 minutes. It is OK if the dough is tacky and sticks to the sides of the bowl.

**4.** Spray a large bowl with cooking oil; add the dough. Cover the bowl with a towel; place it in a warm place for 30 minutes for the dough to rise. *Tip: Turn the oven on low for 1-2 minutes. Turn it off, and place the bowl of dough in the warm oven.* 

**5.** For filling: In a medium bowl, combine the butter, brown sugar and cinnamon. Mix well; set aside.

**6.** Preheat the oven to 375 F Sprinkle a pastry mat with flour; roll the dough into a big rectangle. Use a rubber spatula to spread the filling onto the dough, reaching all the edges. Starting with the long end, roll the dough tightly. Cut it into 1 1/2-inch slices; place the rolls into a greased baking dish. Cover; let rise for 20 minutes.

**7.** Once the rolls have risen, pour the warm cream all over them. Bake for about 20-



22 minutes or 25-27 depending on the thickness of the rolls.

**8.** For frosting: In a large bowl, mix together the cream cheese and butter; add the remaining ingredients. Mix well; spread the frosting over the cooled rolls.

#### **Challah Bread**

- 1/4 cup honey
- 1 cup warm water
- 2 1/2 tsp. activated dry yeast
- I Tbsp. salt
- l cup sugar
- 5 cups flour
- 2 Tbsp. olive oil
- 3 eggs, room temperature

**I.** Preheat the oven to 350 F. Mix the honey, warm water and yeast in a bowl.

**2.** In a separate bowl, mix together the salt, sugar and flour.

**3.** In another bowl, mix together the oil and eggs. Add the yeast mixture to the oil and eggs mixture. Add the flour mixture to the liquid mixture; knead into a dough.

**4.** Line a large bowl with olive oil; put the dough in the bowl. Cover; place in a warm place to rise for 1 hour. Punch the dough down; let it rise for another hour.

5. Divide the dough into 6 equal portions; roll out until each is 7-10 inches long. Take 3 sections; lay them next to each other. Squeeze the tops together; braid the sections. Once braided, tuck the ends under to secure the braids. Repeat. Move to an oiled baking sheet and let rise for 30 minutes.
6. Brush with egg whites; bake for 20-30 minutes, or until golden brown.

#### To search for more great recipes

from any of the **9 NOW Magazines** publications, visit www.nowmagazines.com.





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Find 5 hidden Paperclips in 5 different ads in this issue (not counting the one above). Email the page numbers and specific ads where they are found, plus your contact information and phone number, by November 15th. To ensure your Scavenger Hunt answers go in the drawing, you must use the

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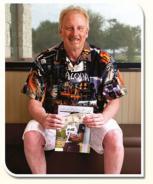
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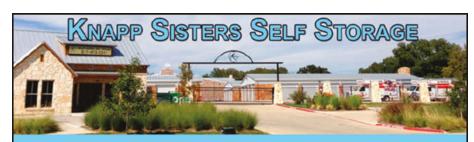






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There is an enthusiastic joy that flows in a conversation with Wendy Moniqué and Heidi Tournoux when the subject is art and sharing with other artists in the Mansfield community. They host free artists' nights out on each first and third Wednesday evening at Dirty Job Brewing, where local artists come to visit and share current art projects.

Both ladies showed a talent for art in their childhood. Wendy recalled her kindergarten teacher saying, "You draw so well!" Wendy added, "I was constantly at the side of my art teacher from kindergarten through the eighth grade. I became her 'helper' and wanted to draw all the time. I attended an arts magnet high school, and my interest turned to AutoCAD. I worked in that field for many years, primarily designing fire alarms."

Heidi said her first memories of art were in elementary

school as well. "I liked to draw, color and create. I loved art, but I did not know any artists, although we went to art museums on school field trips. By the time I finished high school, I determined that I did not want to be a 'starving artist' and decided my future vocation would be as a therapist. I studied both psychology and art in college, with the idea that I would earn my living as a therapist, while art would be something fun I could do on the side. I had no idea that I could combine art and therapy together until I noticed other psychology students in my art classes. It was then that I pursued art therapy."

Eventually, Wendy married and moved out of the AutoCAD business, but she continued her art as a hobby when her husband encouraged her to take her art to the next level. "I found there was a lot more to being a professional artist than just drawing. I considered marketing, taxes and all of the other things any small business needs to be successful."

Wendy and Heidi joined together for both inspiration and to encourage other Mansfield artists. "I work in media other than painting, as I have recently started working with clay and jewelry. I also work in mixed media, which is putting a lot of different things together and seeing how it comes out," Heidi shared.

Wendy acknowledged, "I also like working digitally. It is amazing how the pen on a tablet can mimic every movement of a brush, depending on how it is tilted or how much pressure the artist applies. It is so much fun!"

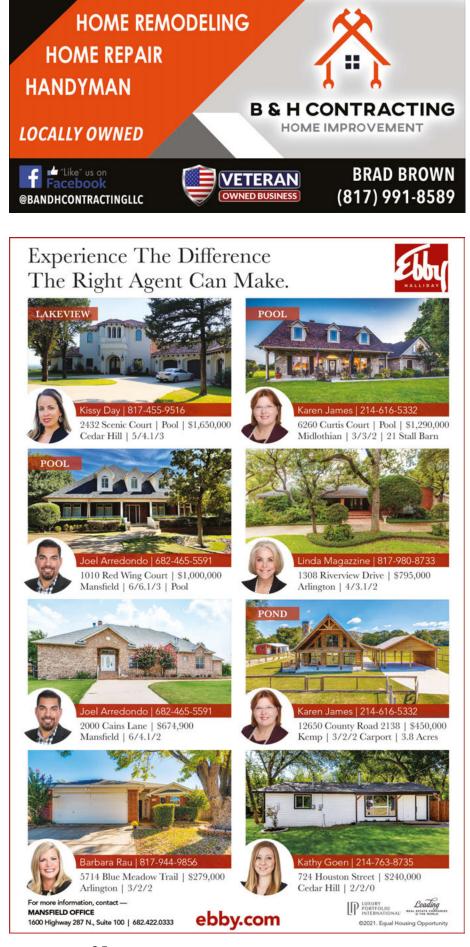
At the artists' nights out, other artists bring their projects and share their ideas with one another. The venue is generous to provide the space for the gathering and allow the artists to bring their easels and canvases, or whatever other media they may be working in. There is a certain motivation that is generated by the meeting. "Moms, with all we have to do with jobs and families might not otherwise take the time to be creative," Wendy offered, "but then they think, *What am I going to take to the meeting this week?* This motivates them to make time for their art."

Heidi said the meetings are not meant to be stressful, but to be a time to come together, comment, get inspired and not be isolated. "We want artists to come out and have a drink and meet some new people."

Heidi likes to garden, take photographs of her flowers and be inspired to draw as well as paint them. Lately, she is doing a lot of close-ups. Wendy is inspired by music, particularly Stevie Ray Vaughan and classic blues. "I painted my husband's guitar, a cowboy scene on the back and a steer skull on the front," Wendy said.

The ladies are further contributing to the art in the Mansfield community through an artists' group they started called Artists of the Tourniqué Collective. Members of the group have their art displayed at art spots throughout the community. The artists and the businesses that display the art are featured on the group's website www.tourniqueart.com.

When artists Wendy and Heidi met, they said they kind of had the same goal, that is, more art exposure in Mansfield. Through the art spots and artists nights out, they have achieved the beginnings, but ultimately, they would like Mansfield to have a public gallery where local artists, as well as other professional artists, could display their work, and where art teachers could provide classes for aspiring artists in the community.







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36							37			
		38					39			

Across

- 1 Feeling of hunger
- 5 "Four Weddings --- Funeral"
- 9 Operatic solo
- 10 Director of "Amadeus"
- 13 Unfortunate
- 15 Mournful ring
- 16 Great ideas
- 17 In peril
- 19 Fink
- 20 Coats
- 23 Going
- 26 Old capital on the Vistula
- 30 One way to hydrate in hospital
- 32 The first Mrs. Trump
- 33 A shared characteristic, if common
- 36 Inactive state
- 37 Diamond team
- 38 Kind of year

Crosswordsite.com Ltd

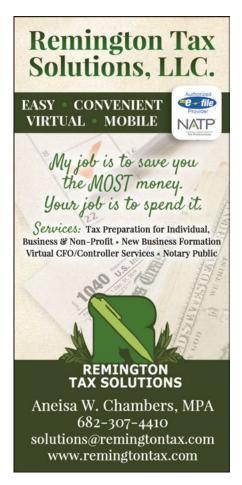
39 Where holes are started

#### Down

- 1 Arctic garment
- 2 --- you forgetting something?
- 3 It hangs near Chad
- 4 Vampire repellent
- 5 Toward the stern
- 6 A negative
- 7 Street
- 8 Fossil resin
- 11 Egyptian dancing-girl
- 12 Digs of twigs
- 14 "Born Free" lioness
- 18 Fearsome initials
- 21 Emerald Isle
- 22 Learned one
- 23 Chances
- 24 Erode
- 25 Last edition
- 27 --- Holmes, a Tom Cruise ex
- 28 One- --- (basketball defense strategy)
- 29 Merchandise
- 31 Sit for a portrait
- 34 "Mamma" follower
- 35 Web-connection co.

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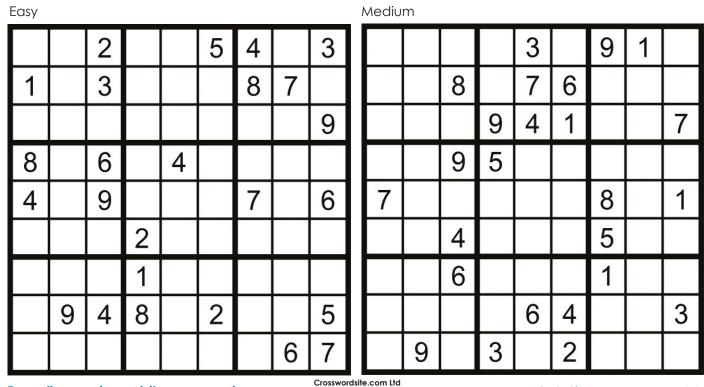
Solutions on page 44



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Solutions on page 44







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#### 11/6

#### Veterans Day Parade and Salute 2021:

The parade will begin at St. Jude Catholic Church and travel north on South Waxahachie Street before turning west on East Broad Street. From there, the parade will travel north on Smith Street, then south on Main Street after a brief turn to the west onto East Oak Street, and, finally, east on East Dallas Street. 10:00 a.m., St. Jude Catholic Church, 500 E. Dallas St.

#### 11/9

A Salute to Service With the Fort Worth Songwriters' Association: Veterans admitted free of charge. 7:30-9:00 p.m., Farr Best Theater, 109 N. Main St. (817) 728-3383, rosalie.gilbert@mansfieldtexas.gov.

#### 11/10

Preschool Picassos: Make a memory with your toddler ages 1 to 5 years old as you create a themed "fall" painting together. Free: 10:30-11:30 a.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd.

#### 11/23

**Intro to Archery:** Take aim at a new hobby! Beginning archers learn basic techniques with a USA Archerycertified instructor. Free. Ages 5-11: 1:00-2:00 p.m.; ages 12-18: 2:15-3:15 p.m., McClendon Park West, 799 W. Broad St.

#### 12/3-12/4

#### The Best Christmas Pageant Ever:

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#### 12/5

Holiday Home Tour: The Mansfield Women's Club will be hosting the Holiday Home Tour as their major 2021-22 fundraising event. They are currently looking for sponsors for this year's event. Tickets may be purchased at Tom Thumb, Poured and Merle Norman in Mansfield for \$25 each. 1:00-5:00 p.m. For more information, visit themansfieldwomensclub.com.

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





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Easy

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3	8	4	6	1	7	5	2	9
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