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Managing Editor, Becky Walker
Mansfield Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Sara Edgell . Shawn M. Malley
Virginia Riddle . Melissa Swedoski
Betty Tryon
Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
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Photography Director, Jill Rose
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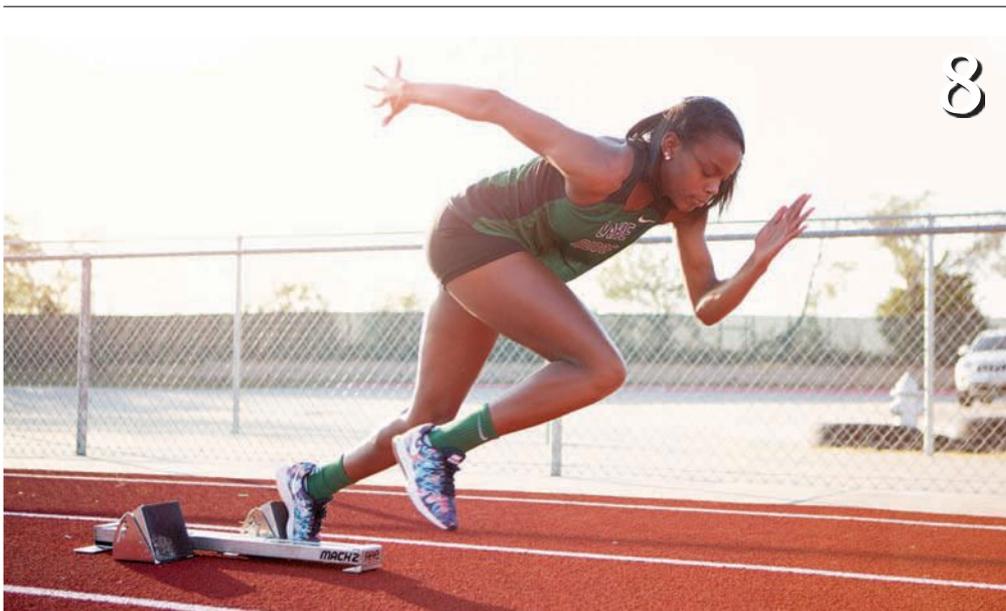


Jasmine Moore has set her eyes on competing in the 2024 Olympics.

Photo by Vanessa Polozola.

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Editor's Note

Hello, Mansfield!

The Old Farmer's Almanac online version prophesies this month we'll experience below-normal snowfall. That's too bad. If I were still a kid, I think it would be a treat to have snow on January 15, when Mansfield public schools plan to release students early anyway. As a middle-schooler living in Ogden, Utah, in the '70s, I took full advantage of snow days to romp and roll in the powdery, heaven-sent atmosphere.

Sometimes, my family even took off to the ski slopes on January days when we told our teachers we were sick.

I'm thankful for memories like that, and for any flake of snow I might see outside my window. I'd love to read emails from you, my friends, letting me know what you're thankful for this winter. Until I hear from you, please have a safe and happy New Year!

Melissa

Melissa Rawlins
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— By Virginia Riddle



During the 2012 Olympics, American track and field athlete, Allyson Felix, earned gold in the 200 meter. Gold medals aren't earned overnight — it's a journey traveled through many practices and meets.

"It was not until the end of my freshman year in high school that I thought I could really have a future in track and field," Allyson later remarked. "I definitely did not think I could make it to the Olympics back then. I was just focused on making it to the state finals."

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Jasmine Moore, a 14-year-old freshman at Lake Ridge High School, originally from Detroit, Michigan, admires Allyson along with Carl Lewis, an Olympic champion in the long jump. Jasmine, however, began focusing on winning in track and field events even earlier than Allyson, while she competed for Danny Jones Middle School and broke four school track records. "Track is mental. It makes me stronger and tougher," Jasmine said.

Earlier in her sports-filled life, Jasmine was in competitive cheer and loved the competition and athleticism that sport brought to her. Her older sister, Jayla, who is now at the University of North Texas, was running track and served as an inspiration to Jasmine. Jasmine started training and competing with the North Texas Cheetahs Track Club. But training and competing in both sports at the level required was problematic. Last year, Jasmine began taking track seriously. "Before that she was already doing cheer, and it conflicted with track," Trinette Moore, Jasmine's mother, remarked. "The cheer strengthened Jasmine's core, and the tumbling helps with her jumps in track," she added.



Orlando McDaniel of the North Texas Cheetahs and Lake Ridge High's Coach Womack proudly coach Jasmine.



“We didn’t plan it, but competitive cheer turned out to be our secret weapon in track and field,” Jasmine’s dad, Earl Moore, added. “We had no idea she was training for jumping.”

Jasmine sees one more plus in the successful equation, “Competitive cheer has helped me to compete in front of crowds of people with confidence.”

That confidence and endurance has served Jasmine well and resulted in some impressive stats. Spanning 12.08m (39’ 6.5”), Jasmine shattered a previous triple jump record in the U.S.A. Track & Field Junior Olympics regional meet held in Abilene, Texas, in July 2015. Jasmine went on to break the triple jump record again in the USATF Junior Olympics held in Jacksonville, Florida, where she jumped 12.23m (40’ 1.5”), and she also won the long jump with a mark of 5.89m (19’ 4”). Additionally, her North Texas Cheetahs 4x100m relay team won gold while setting a new USATF Junior Olympic record of 46.72 seconds.

In August 2015, Jasmine competed in Norfolk, Virginia, at the Amateur Athletic Union Junior Olympics, where she won the long and triple jumps. In all, during her two weeks of competing at this high level in her age division of 13- to 14-year-olds from across the nation and including some international competitors, Jasmine brought home five gold medals and broke three longstanding records.



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Earl Moore supports his daughter's athletic dreams.

Earl was with her the whole way. "We started qualifying in May and went through the AAU in August," he said. Trinette joined them during the times that Jasmine actually was running or jumping. Both parents are there to cheer and support Jasmine, and both parents have a track and field background. Trinette ran and jumped for Florida State University in Tallahassee, and Earl ran hurdles at Western Michigan University. "Jasmine is already much further along than I ever was. She is going to be great and go far. The potential is there," Trinette remarked proudly. Mother and daughter have a special connection in their shared sport. "I feel when she gets ready to go," Trinette said.

"I have a rhythm," Jasmine acknowledged. "And I can feel my mom with me."

With his experience in track, Earl knows what it takes to be a champion and believes that Jasmine has those attributes. "Jasmine puts everything she has into what she does. She is so focused and dedicated at this age. It's been quite the journey to do all this hard work through the wind, rain, heat and humidity, but I saw the momentum building all through the 46 weeks of competition. I really didn't want it to end."

Jasmine does cite the weather as a challenge. Another challenge is maintaining her proficiency in both running and jumping, especially when she has to compete in both events on the same day. "Workouts and meets are really hot in the summer and really cold in the winter," Jasmine said. She's also had her disappointing meets. "In the regional meet, all my jumps were bad, but losses are good. I can learn from them," she said wisely.

However, there are definite pluses to competing nationally. "I enjoy getting to travel to places I've never been and making new friends," she shared. She has



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competed enough that people remember her and vice versa.

Her most memorable moment to date occurred when her grandparents were able to watch her compete in the Junior Olympics. "They don't get to go to see me often, but they saw me break the record that day," she remembered.

Her training is ongoing with the Cheetahs. Mondays through Fridays for two to three hours a day, find Jasmine lifting weights, jumping, running and practicing handoffs in relays. Orlando McDaniel and Kenny Roseman are her coaches. With her move to Lake Ridge HS, Jasmine will be coached by Michelle Womack and James Whisenhunt.

Training focuses on good eating habits and getting enough sleep. "I have been eating more baked chicken and greens, and I sleep from 10:00 p.m.-6:00 a.m.," Jasmine said.

Like most athletes, Jasmine has her own personal routine at a meet. "I do a jazz hand thing (spirit fingers) helping me get my rhythm, and I can't jump in ankle socks — I prefer long socks," she said. "I also have a smoothie every morning before a meet."

Jasmine has set her eyes on competing in the 2024 Olympics, which will be held in Los Angeles and doing some sports modeling someday. In the meantime, high school, followed by college, will be her training ground. She's interested in her mom's alma mater plus the University of Michigan or Texas A&M University at this time. Academics come first, so Jasmine is enrolled in Pre-AP classes. Math is her favorite subject.

Typical free time activities occupy the remainder of Jasmine's days. She's in school cheer and enjoys hanging out with friends. "Her bedroom is a private sanctuary, where she loves to lounge and watch Netflix," Trinette revealed.

The perfect formula exists for Jasmine to be a winner on or off the track. And folks, she's only just begun this journey! Oh, the places she will go! **NOW**



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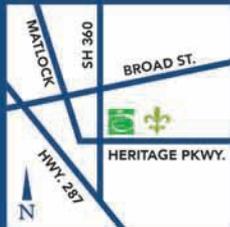
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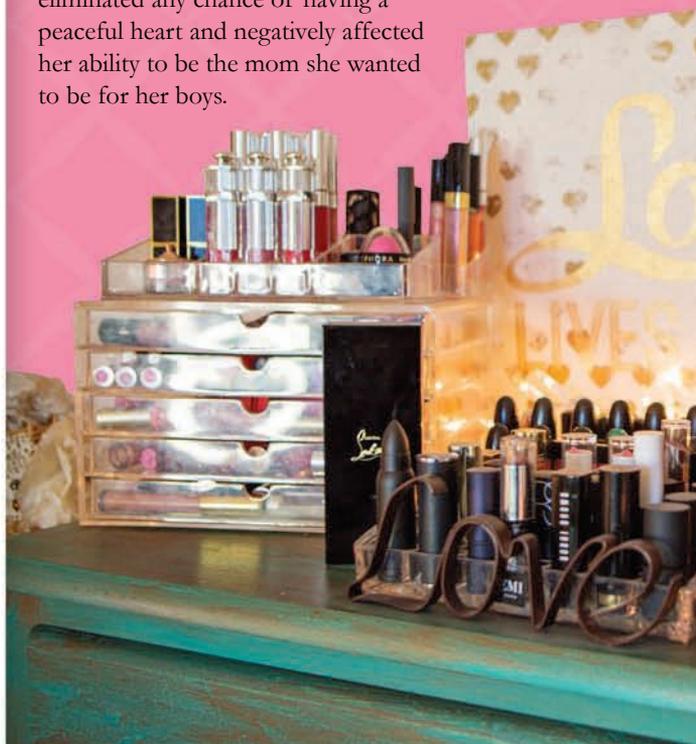
— By Sara Edgell



From the outside looking in, Ashley Russell had it all — a happy marriage, three healthy sons, a comfortable home and a secure future. However, something integral to Ashley's overall emotional well-being, including her sense of self, was missing. When she looked in the mirror, she could see it, and when she was honest with herself, she could feel it nagging and tugging at her mind and heart. But that wasn't all. When Ashley looked in the mirror, she did not recognize the woman staring back at her.

At her heaviest, Ashley weighed in at 236 pounds, which for her 5-foot-4-inch body stature was seriously overweight. "In my family, we ate for every reason. My parents always said, 'Finish your plate,' so that's what I did," Ashley explained. While her weight was an obvious issue that interfered with her ability to interact in physical activities with her very active children, it was not the heaviest issue preventing her from connecting with her family.

Ashley carried many scars from a former lifetime of abuse. From a less than ideal childhood to an abusive first marriage, Ashley pushed down her emotional baggage to focus on what mattered most to her in life — her second husband, Brad, and their three sons, Brendan, Bradley and Brady. She built her world around being a stay-at-home mom, which entailed caring for her family and home. By catering to the needs of her loved ones, Ashley was able to deflect attention off of herself. However, Ashley eventually found herself unable to ignore those nagging wounds that tormented her peace of mind, eliminated any chance of having a peaceful heart and negatively affected her ability to be the mom she wanted to be for her boys.



“My trauma is mine. Everyone hurts in different ways for different reasons. What’s important is addressing the emotional and psychological trauma, so you can be a whole, healed person. That’s where my journey started,” she smiled.

Realizing her damaged heart needed restoration, Ashley signed up for an intensive therapeutic program called S.O.S at Zak’s Ridge. The premise of the program is to focus internally in order to heal one’s self and become empowered to live the life one deserves and desires. “It was literally like hitting a reset button for my life. It was all about internal focus, which led me to finding my worth,” she explained. “I wanted to be a better mom for my boys, but I knew I couldn’t do that until I was a better me.”

Part of being a better Ashley also meant focusing on her health. “I didn’t realize that my past trauma had worn me down so badly that I just let myself go. I didn’t feel worthy of being healthy or looking good. I was holding on to so much of the past that I completely lost me,” she shared. “I think being transparent about these things is a major part of my journey.”

The program helped Ashley regain control of her emotional and psychological well-being and led Ashley to focusing on another area of her life that needed attention — her appearance and health. She slowly began looking a little harder at that stranger in the mirror.

She began to recognize certain features as her sense of self became stronger. This is when



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she made the decision to not only take back her life, but her body. “I had never had weight issues growing up, so I always thought I could just eat whatever I wanted,” she said.

That mentality only caused Ashley to gain weight over the years, which made her miss out on more and more opportunities to interact with her boys. Therefore, she changed her lifestyle completely. “I hate to say it, but it’s true! I didn’t do a fad diet or anything special or extreme. I simply changed what I was eating and started working out,” Ashley explained. She was, admittedly, obsessive about her efforts at first, going to the gym nearly every day each week for at least two hours per visit. She also avidly counted her calories with a critical eye. After 10 months, she had lost 100 pounds. “I had to change my mindset about my health because I think what I was doing was unhealthy. I was focused on the number rather than my actual health,” she remembered. “I wanted to be strong and



I want to help women understand it's OK to love themselves and embrace being a woman. I want them to feel beautiful because they are worth it.

healthy, not skinny and weak."

So once again, Ashley made a change. She threw her scale away and made her workout about having "me time" rather than a chore she felt responsible for completing every day. She continued to cook healthy and to be active with her family. She also reveled in her newfound hobbies — fashion and makeup. "Once I lost the weight, I became super girly and started buying cuter clothes and playing around with makeup," she said.

At one point, Ashley created a



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YouTube account to share part of her journey with family out of state. About a year later, she logged back on to find that her video had over 100 views. This prompted her to explore the site to see what all it had to offer by way of self-image inspiration. What she found was an entire community dedicated to makeup tutorials. Ashley was amazed and also inspired to get involved. She immediately saw an opportunity to share her story of overcoming trauma and her message of finding your worth all through makeup. "There is a lot of negativity surrounding makeup and how it makes a person fake or hides things about a woman. But honestly, makeup is fun, and it always fits," she smiled.

Ashley's goal was to target the everyday woman, stay-at-home moms and over 30 crowd who often put others before themselves. Basically, she wanted to reach other women like her. Now with over 7,000 subscribers, people all over the

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world tune in to watch her videos, which cover everything from product reviews to application instructions. She also adds her own special touch by making it a point to talk about life, too. "I target the everyday, normal woman, so I focus on practical, everyday makeup. If I can touch one heart with my message, then it's all worth it," she said.

The transparency that was so important in her emotional and physical journey is just as important in her makeup videos. "I am honest about it all. If I don't like a product, I don't hold back," she quipped. But she also doesn't hold back about sharing her life story. For Ashley, being transparent and open about her trauma in life and about how she overcame it is part of her message. "I want to help women understand it's OK to love themselves and embrace being a woman," she smiled. "I want them to feel beautiful because they are worth it." **NOW**



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— By Virginia Riddle

Birds, beaches, bottles and beautiful art are all part of Dina Huffman's Mansfield apartment. From her balcony or the picture window in her living room, Dina can watch the birds as they come and go in the green, forested scape that is just beyond her back fence. "These creatures survive the elements and are free to go anywhere they want. I like what the birds represent," Dina said.

A native of California where she worked and raised a family, Dina moved eastward when the economy took a downward turn. A certified escrow officer in California, Dina came to the Dallas-Fort Worth Metroplex to become a sales representative for Reunion Title in Richardson. Additionally, Dina is bilingual in English and Spanish and is a Texas notary.

Family is important to Dina. While one son still lives in California and a daughter lives in Colorado, Dina enjoys living close to two sons and their wives who reside in Richland Hills along with four of Dina's nine grandchildren. She enjoys her once-a-year visits back to California and to Colorado to see family and friends, and likes to travel to other interesting sites. She's been to 15 of the U.S. states, mostly on the East Coast.



At Home With Dina Huffman





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“My long-term travel dream is to visit Italy, Greece and Spain,” Dina, an artist and crafter, said.

Baiser, a rescued Maltese and Dina’s housemate, sounds the alarm. “Her name is the French word for ‘kiss.’ Baiser loves to give me kisses,” Dina remarked. Dina adopted Baiser from Collin County Animal Services after 51 puppies, including Baiser, were found abandoned on a road. “It made the news. Now, she’s a rags-to-riches story. Baiser lives the life of a princess!”

Dina’s artist’s eye is evident everywhere from the moment family



or friends knock on her door, with its welcoming wreath, and get a first look into her living room. Dina has artfully blended colors with her collectables. A wood burning fireplace is topped with a mantel on which she has placed glass bottles, birds and a clock that appears to wind downward. The hearth is framed with birds seated on a wooden box and a large feather and dried flower arrangement. “Decorating, to me, is color. The colors tell the story as to who you are,” Dina revealed.

The seating area “pops” with a bright green sofa and a comfortable, oversized



leather chair, with matching footrest, from which Dina watches birds, reads and also gazed at the recent lunar eclipse. Within easy reach is an under-the-window shelf that provides a great environment for plants, drinks and food. A wooden chest serves as Dina’s coffee table and is decorated with a silver seahorse and a starfish. Birds and bottles are artfully arranged on shelves above the sofa along with wall hangings, one of which denotes another of Dina’s favorite pastimes — playing Scrabble with her grandkids. “Everything blends, but it’s all different,” Dina explained.



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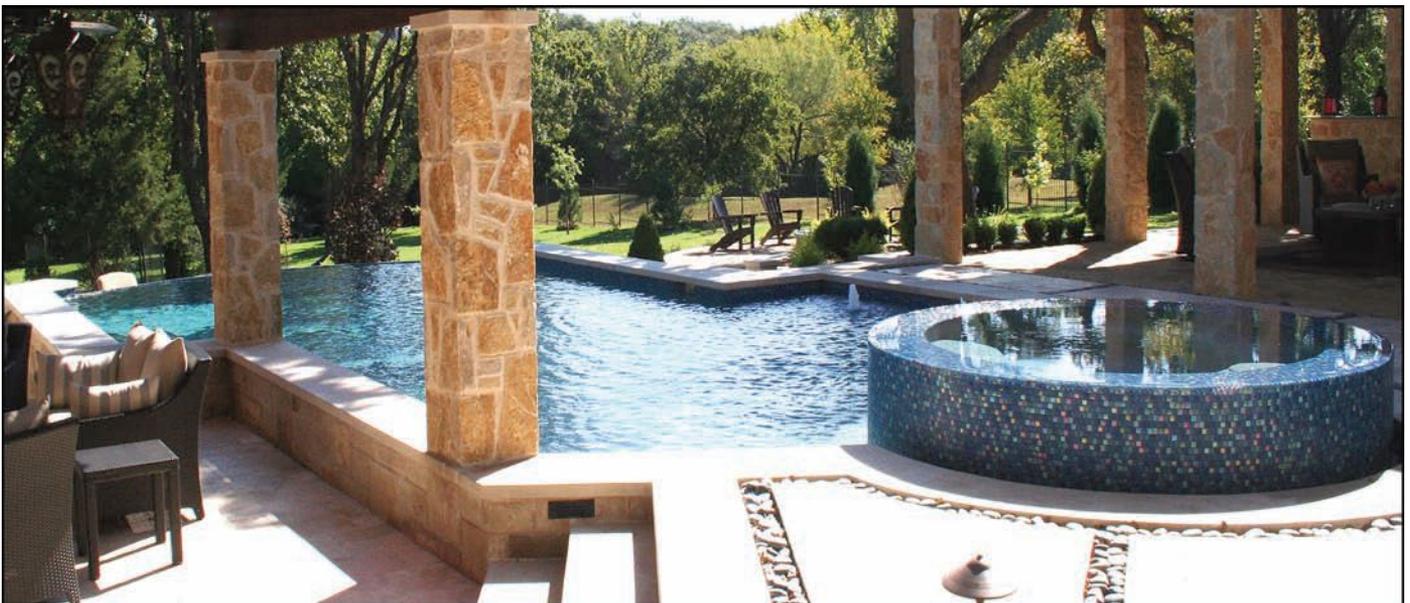
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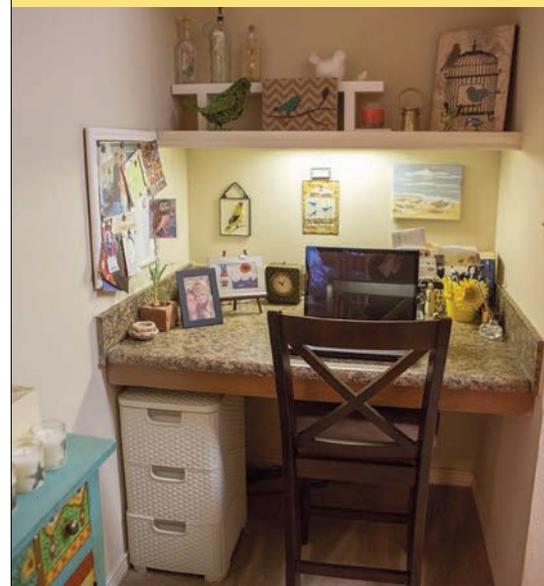
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Two glass fish sit on Dina's breakfast bar, which separates the living area from the kitchen with its wine theme. "I love Napa and like to collect bottles," she explained. A bird motif that Dina arranged "flies" over the breakfast bar and, her first pastel still life of a bottle is hung on the wall with pride. A built-in desk provides the perfect work space.

In what would ordinarily be a dining space, Dina has created a cozy sitting area in which to entertain friends or family. The shockingly bright orange chair stands out in contrast with the brown of shelves that hold her beach collection, bird watching books, plants, candles and a seashell with a bird painted on it. "I have a book that even tells me what the birds' chirps mean," Dina said. A mermaid clock hanging on the wall provides more color and perfect time. "My best friend in California and I both got a mermaid clock. I just love the mermaid — she's too cute!" Dina exclaimed.

French doors open onto a balcony that has become another sitting area complete with the sounds of soothing water from an urn-styled fountain. "I love inviting friends over for a glass of wine while we sit and talk," Dina said. Doors open into what would normally be a storage room, but Dina has created a crafting space to satisfy her creative side. "It's small, but everything is organized, and it works for me," she said.

The bedroom is a beach retreat with a shell motif, soft sandy colors and a wreath Dina created with seashells. A metal hat rack is the perfect staging ground for her colorful collection of





hats. A futon provides seating and also an extra bed for when grandkids arrive for an overnight stay.

A bath with a garden tub conveniently opens to both the bedroom and sitting area. Here, the beach theme continues with a wall hanging that says, "Unlike swimsuits, flip-flops fit year after year." Sea horses that were meant to frame photos actually frame shells instead — another creative styling by Dina.

"I moved here in November 2012, and now this apartment and building have a homey feeling," she said. "I've owned large homes, but I like the coziness of this place, and I've made it my home on a shoestring budget. I always go for the sale!" she exclaimed. The stone and stucco building fits well into the green space, and Dina has covered parking and an extra space for storage.

"I really like the country feeling I get in Mansfield. People are very friendly. Mansfield reminds me of the small town where I grew up — Valencia, California. It had this same kind of small-town feeling back in the '80s," Dina recalled. She likes to do Pilates and enjoys a "pretty well-rounded social life." Work-related, Dina is a member of the Richardson Chamber of Commerce and the Collin County Association of Realtors. "I've met really good people, and there's always something new to do with friends, since this is a new area for me to explore," Dina said excitedly.

"This is a new lifestyle I've created," she mused. "It's the first time in my life that I've been by myself, so I've picked out everything in my home and have made this place really mine. You have to wonder, *If you have your life to do over, would it be different?* Life is always changing and happiness can be found in something that's at first uncomfortable but becomes comfortable." **NOW**

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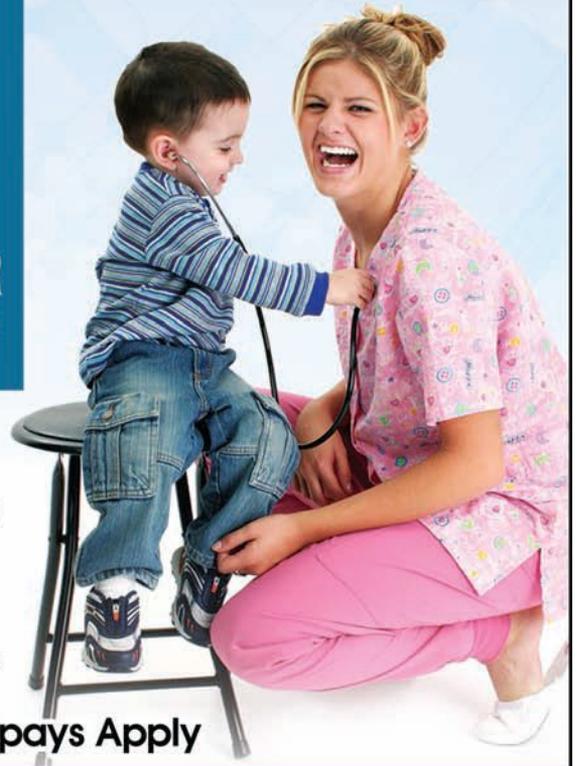
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THE BIGGEST M.O.R.O.N.

— By Sara Edgell



Leland Mallett (pronounced *ma-let*, not *mallet* as in the hammer) is one of the two advisers of the journalism program at Legacy High School. He and the co-adviser do not use courtesy titles, preferring to simply be referred to by their last names. For the past eight years, Mallett has educated, counseled and directed students who write for, design and publish both the school's *Arena Yearbook* and *The Rider Online newspaper*. Thanks to his unconventional approach, the students and the publications have experienced great success. "I treat my students as if

this were a job. I dislike the idea of grades and school, and since a job means to produce, it just makes sense because we are producing daily news and the annual yearbook," he explained.

His dry sense of humor and playful demeanor bring a certain relaxed comfort to the classroom that students easily identify with and respond well to. He also works to create a safe space where his students feel comfortable with taking risks and sharing their thoughts openly. "I am real with them, so everything comes naturally, including the relationships," he affirmed. For Mallett, those relationships are at the heart of the journalism program. "I keep in touch with many of my former students. The hardest part for me is graduation because I have to watch



“I’D LIKE TO SUM UP MALLETT IN ONE WORD — MORON. IT’S A WORD HE USES A LOT. IT’S ODDLY BECOME A TERM OF ENDEARMENT, A COMPLIMENT AND SEEMS TO SOMEHOW MOTIVATE STUDENTS.”

the kids I’ve trained leave. No other job out there has as high of a turnover rate as this one.”

However, Mallett cannot imagine doing anything else in the world. Alongside the second adviser of the journalism program, Rachel Dearing, the two take extreme pride in the work the students produce. They are also able to provide authentic and meaningful learning experiences because they balance the workload in a reciprocated tag-team manner. “Having two teachers in the classroom brings a diversity that’s good for the kids to see. So much of journalism is subjective and being able

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to bounce ideas off of more than one person is helpful. We are a good team. I could never imagine doing this job alone," she expressed with candidness.

Currently, the editor-in-chief role is filled by Sarah Pearson and Alanna Zaskoda, and Ben Townsend serves as news editor. All three agree journalism would not be such a significant driving force in their lives if it weren't for Mallett. According to Ben, "I took Journalism I just because, but it turned into more than I could have ever imagined." This is due in part to the environment Ben gets to work in every day and the positive influence he strives to emulate in his work. "Mallett has charisma. He's someone a person wants to be around and wants to impress. He has built a program so traditional of excellence that you want to keep it alive."

Alanna, too, started in Journalism I, and quickly recognized she wanted to be a part of the magic Mallett had spun.



“The environment is unlike any other student organization or program offered. At first, I was so shy, and I didn’t think I could handle it. But I came out of my shell and have so much more confidence because of this,” she shared. Ultimately, that’s Mallett’s goal for every student in the program.

When it comes down to it, what Mallett does has nothing to do with notoriety or accolades. “Really it’s not even about the publications at all. The big picture with both of us is trying to help create good citizens of this community,” Dearing said. “Students and staff respect Mallett because he’s more than a teacher. He’s a dad figure who not only offers advice, but walks the walk when it comes to volunteering, showing compassion and being a team player.”



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Under his guidance, both publications have earned several awards at both state and national levels. Additionally, Mallett has taken his students to UIL District Championship competitions where they have won six times. The students, under Mallett and Dearing's experienced and watchful eyes, complete their award-winning work. They do all of the writing for the online newspaper and blog, all of the photography, delegating the assignments and, of course, editing and layouts. "Along the way, I offer feedback, support and guidance where needed, but they are in charge. It's really a sight to see when everyone is in here working on something different at the same time," Mallett shared.

But the student staff are not the only winners in the bunch, as Mallett has also won several awards of his own, including the Legacy High School Teacher of the Year, ILPC Edith Fox King Award and the TAJE Trailblazer. Mallett was also recently named a Special Recognition Adviser by the Dow Jones News Fund. Clearly, he leads his students by example, demonstrating the work ethic, keenness and character he strives to instill in his students.

His most impressive accolade to date was winning Max Haddick Teacher of the Year for Texas Journalism in 2015. Out of all the journalism teachers in the state, the three-judge UIL team ultimately selected Mallett, and he never even knew he had been nominated by Tammy Bailey, the school's yearbook representative. Dearing then wrote a moving recommendation letter to share firsthand just how didactic a teacher Mallett really is. She wrote, "I'd like to sum up Mallett in one word — moron. It's a word he uses a lot. It's oddly become a term of endearment, a compliment and seems to somehow motivate students." For

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Mallett and his students, M.O.R.O.N. is actually an acronym for motivated, organized, realistic, outgoing and nuts. It's a term that embodies everything Mallett guides his students to develop within themselves.

Dearinger continued by explaining, "Mallett is a natural motivator. His quirky personality is like a magnet. I truly believe he has a gift for connecting with students. He is able to see potential in almost anyone and encourage students and many adults to complete tasks that many don't think are possible. He holds his students at an incredibly high standard but shows them the path of success in a way that doesn't seem tough."

Not only did her words convey the essence of Mallett's passion and agenda in the classroom, but they also convinced the judges Mallett was their winner. Once she heard the happy news, Dearinger began planning and organizing the celebration. All the while, his colleagues, students and family kept the secret from him until reveal day when they surprised him at the award ceremony during the state journalism convention. "The surprise of seeing all of my current and former students there with my family and friends was worth more than the award. I was actually kind of embarrassed because I hate stuff about me. I have great kids and colleagues to work with — I just happen to be their leader," he said.

His hard work and dedication to his job got him where he is today, but as he says, "At the end of the day, it's about the students and people I work with. I can't thank them enough." **NOW**



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Nutrition With a Twist

— By Melissa Swedoski

The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.

Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.¹





• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.² Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.³



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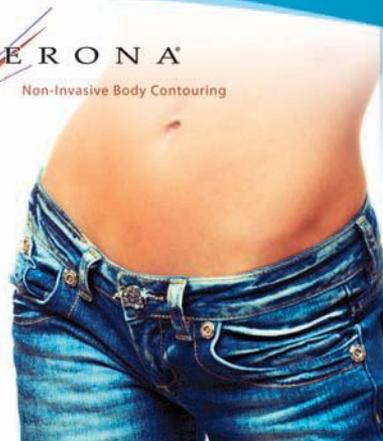
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Marathon Challenge

Endurance runners have a unique set of needs, as gastrointestinal issues rule during long runs.⁴ As you determine how much your stomach can take over 15-plus miles, you will also train it to handle more calories and fluid.



- **What to Eat:** Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.⁵

- **When to Eat:** For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.⁶ Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.⁷

- **How Much to Eat:** When it comes to “carbo-loading,” the amount a runner

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needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.⁸ Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

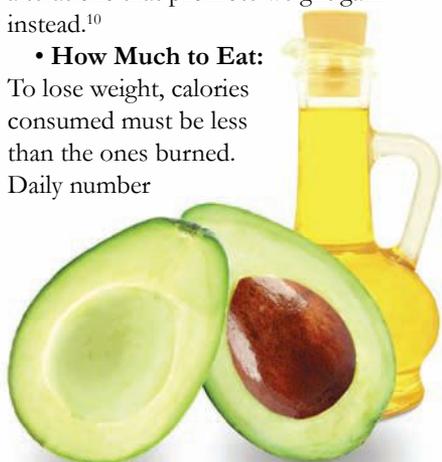
Losing Weight

Internet searches for “how to lose weight” are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

• **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best. Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.⁹

• **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.¹⁰

• **How Much to Eat:** To lose weight, calories consumed must be less than the ones burned. Daily number



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of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.¹¹

Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.¹²

- **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

- **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.



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• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.¹³

Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

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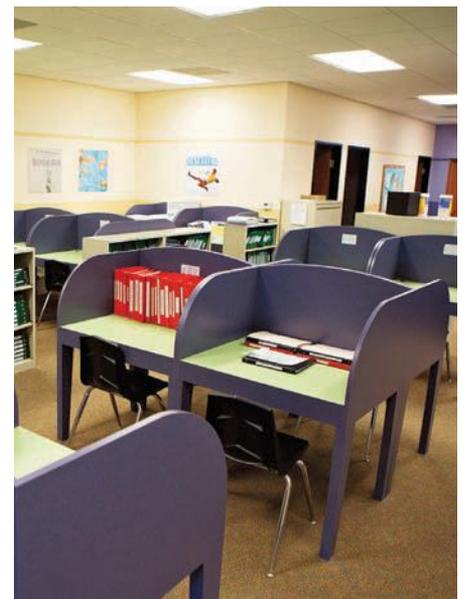


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Huntington Helps

Investing in your child's education means investing in your child. — By Sara Edgell

Motivating students, building confidence and improving skills — these are keystones and the most primary areas of focus at Huntington Your Tutoring Solution. Their motto is, “Your child can learn,” and through professionalism, confidence, honesty and commitment, students indeed learn and, in the process, see positive results and gains in their academic abilities. When Amit and Krupa Patel took over their supplemental educational center in June 2013, they envisioned a place that could honestly, effectively and personally help students make strides in their education.

With a degree in engineering, Krupa always knew she wanted to own her own business, and because education was so important to her, she and Amit were intrigued when they learned about the Huntington business model and philosophy concerning education. They attended an information session

to learn more, and decided to get involved. So, they purchased Huntington Learning Center in Mansfield. “The individualized tutoring we offer is intended to fill in the gaps a student may be experiencing. The curriculum is tailored to specifically fit their individual needs,” Krupa explained.

When a client brings in their student for tutoring assistance, they are often overwhelmed and frustrated, as everything they have tried in the past has not worked. Therefore, Amit and Krupa make every effort to create a welcoming and friendly environment. They also make sure to reiterate the Huntington philosophy that what is best for the student will guide everything they do in the learning center.

The first step in the process requires each student to undergo a preliminary evaluation in order to identify academic strengths

and weaknesses. The data is then used to create their specific program. During the second step, Krupa sits down with the client and his or her student in order to discuss the best way to move forward. Expectations are a major part of this discussion primarily because Krupa and her team want to have a realistic plan in place to effectively help each student reach his or her goals. "Everyone has to be on the same page," Krupa reiterated. "We insist on having two adults who are actively involved in the student's academic and daily life to reinforce the commitment agreed upon. The goal is to work as a team."

"My favorite part is seeing parents and students realize the return of their investment."

From here, a schedule of weekly sessions is developed. Each session is two hours in length and can occur as frequently as desired each week. Some students come twice a week while others visit more frequently — it's all based on the individual student's educational needs. Students of all levels from preschoolers to high school seniors are welcome at the facility to study everything from reading comprehension and math skills to grade level skills and test preparation. "Our teachers are the best. They are all certified and teach either in the Mansfield or Arlington school districts, so they are local, too," Krupa explained. "They have lots of patience, which makes it visible that they love what they do. This goes hand in hand with our program."

This reinforces the four areas the Patels believe to be most important in students' success — encouraging motivation, building confidence, improving skills and dedicated teachers. Each factor is a requirement of the investment. "My favorite part is seeing parents and students realize the return of their investment," Krupa smiled. For the Patels, this is exactly what learning is supposed to be. **NOW**

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Raven Lopez, Tanya Schnitz and Javier Mejia on opening day at the new Dunkin' Donuts.



The Pavillion staff enjoy a great turnout at their Chamber ribbon cutting and their 2nd Annual Holiday Shopping event.



Dr. Coerver and the staff of Crosspointe Dental are all smiles for their chamber open house event.



Kathleen Powers is thrilled to win a Michael Kors bag at the MI Homes event hosted at Poured Wine Bar.



Several NOW Magazine advertising representatives enjoy their annual Christmas party with smiles and merriment.



Eonym Feng plays with her mother, Annie, on a crisp winter day.



Members of the Computer Integrated Manufacturing class at Ben Barber Tech set up infrastructure for the holiday celebrations at MISD's Center for the Performing Arts.



Patsy Powers and Nhona Vang take a break from cutting fresh fruits at Tom Thumb.



Steve Long hangs out with a few of his students in the Homeschool Physical Education class at The MAC.

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Put Your Tax Refund to Work

In 2014, the average tax refund was about \$2,700. If you got that much this year, what would you do with it?

You can probably think of a lot of things you might do with \$2,700. You might decide to splurge and buy some big-ticket item you've been eyeing. Or you could use the money to pay down some bills, which might be a good idea, especially if it helps improve your cash flow. As an alternative, though, you might want to consider investing the money.

You might not think \$2,700 would make that big a difference to your investment portfolio. But if you invested that \$2,700 in a tax-advantaged account, such as an IRA, and you left the money alone, what might you earn? After 30 years, your \$2,700 would have grown to more than \$20,500, assuming no further contributions and a hypothetical 7-percent annual return. That's not a fortune, of course, but it would help boost your retirement savings somewhat — and since it originated from a tax refund, it was accumulated pretty effortlessly from your point of view.

Now suppose you put in the same amount — \$2,700 — to your IRA each year for 30 years. Again assuming that same hypothetical 7-percent annual return, your money would have grown to more than \$272,000. And that amount can indeed make a rather big difference in your retirement lifestyle.

Keep in mind that you'd eventually have to pay taxes on that \$272,000 if you had been investing in a traditional IRA, which is tax-deferred but not tax-free. It is possible, however, that if you start taking withdrawals when you retire, you'll be in a lower tax bracket.

If you meet the income guidelines for contributing to a Roth IRA,

though, you could avoid the tax issue altogether on your \$272,000. Roth IRA earnings grow tax-free, provided you don't start withdrawals until you're 59 1/2 and you've had your account for at least five years.

Thus far, we've only talked about putting your tax refund to work in your IRA — which, as we've seen, can be a very good idea. But suppose you've already developed the excellent habit of "maxing out" on your IRA each year by contributing a set amount each month? You can currently only put in up to \$5,500 per year to your IRA, or \$6,500 if you're 50 or older. So you could fully fund your IRA by putting in about \$458 per month (or \$541 per month if you're 50 or older). Those amounts are not unreasonable, especially as you move deeper into your career and your salary increases. If you do reach these limits each month, what could you do with your tax refund?

You can start by looking closely at your portfolio to see if any gaps exist. Could you, for example, use your tax refund to further diversify your holdings? While diversification can't guarantee profits or prevent losses, it can reduce the impact of volatility on your portfolio — and the less you feel the effects of volatility, the more likely you may be to stick with your long-term strategy rather than overreacting to short-term price drops.

So when Uncle Sam sends you that refund, consider investing it one way or another. You'll be putting it to good use. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Shawn M. Malley is an Edward Jones representative based in Mansfield.



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A Galling Situation

— By Betty Tryon, BSN

For a small storage sac found under the liver, the gallbladder can make life easier or cause a lot of trouble. The primary function is to store bile produced by the liver. When you eat, it triggers the gallbladder to release bile, which is then used to digest fats. Bile reaches the small intestine through tubes called ducts. Unlike the liver, the gallbladder is not an essential organ. If it begins to cause chronic problems, it can be removed.

One of the problems that can plague individuals is gallstones. Hardened deposits of cholesterol, bilirubin and other components of bile can turn into one large stone or many small ones. Certain conditions or circumstances can make you more susceptible to the formation of gallstones. Improper dieting, such as fasting, losing weight too quickly and losing weight and then gaining it back can increase your risk of gallstones.

Women are more likely to have gallstones than men. Taking high dosages of estrogen, pregnancy and oral contraceptives may lead to the formation of gallstones. According to the National Institute of Health, "A large number of human and animal studies have proposed that estrogen increases the risk of developing cholesterol gallstones by increasing the hepatic secretion of biliary cholesterol, which, in turn, leads to an increase in cholesterol saturation of bile." Diabetes, lack of exercise and a family history of gallstones are some of the other risk factors.

Some gallstones can form and cause no symptoms. Pain is the symptom that would most likely send you to the doctor for a diagnosis. The pain

could be mild or severe and may occur in the stomach area or in the upper right corner of the abdomen. Sometimes, the pain can radiate to the right shoulder or to the back. The pain may follow after a meal or be severe enough to wake you at night. If the gallbladder is inflamed, you may have fever and chills. Other indications that there is a problem with your gallbladder could be having light-colored stools. Bile is what gives your stool its brown color. If the ducts are blocked because of gallstones, bile cannot reach the intestines. Jaundice or a yellowing of the eyes and skin may be another indication.

If your gallstones are not causing a problem, then treatment is not necessary. Medications to dissolve the stones take months or years to work and may not be successful. Lithotripsy uses ultrasound waves to break up the gallstones. A cholecystectomy or surgery to remove the gallbladder may sometimes be the best option. To prevent gallstones, try to maintain a healthy weight and avoid rapid weight loss. **NOW**

Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/.

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

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January 9

Cookie Extravaganza: 10:00 a.m., First Methodist Church Mansfield, 777 N. Walnut Creek Dr. Support your local Girl Scouts Troop 2145. For more information, call Girl Scouts of Texas Oklahoma Plain Service Unit 211 Community Communications Volunteer Melissa Sexton, (817) 681-4661.

January 10

Dave Ramsey courses: 777 N. Walnut Creek Dr. First Methodist Church Mansfield invites the community to learn money-management from via three courses held **January 10-March 13**. Contact (817) 477-2287, ext. 147 or anner@fmcm.org.

January 12

Friends of the Library meeting: 6:00-7:00 p.m., Mansfield Public Library Community Room, 104 S. Wisteria. For more information, contact mansfieldlibraryfriends@gmail.com.

January 12, 19, 26

Branding/Marketing 101: 4:30 p.m., El Primo's. Three sessions of six teaching essentials for creating a successful small business. Call Eric Petry, Mansfield Minority Chamber of Commerce, (682) 730-0104.

January 15

44th Annual Mansfield Chamber Awards Dinner: 6:00-10:00 p.m., Walnut Creek Country Club. Dress according to the theme: it's all about the glitz and glamour of Old Hollywood. Fine dining, drinks, a green room, photos, a fabulous awards show and then an after party. info@mansfieldchamber.org.

January 16

Martin Luther King Jr. Multicultural Festival: 3:30-5:00 p.m., Tarrant County College Southeast Campus, 2100 S.E. Parkway, Arlington. Program title is "The Strength to Love: Tough Minds, Tender Hearts." For more details, call Tarrant County College at (817) 515-3315 or email laurie.jensen@tccd.edu.

January 17

11th Annual Dr. Martin Luther King Jr. Celebration: 5:00-7:00 p.m., Bethlehem Baptist Church, 1188 W. Broad St. Free. All are welcome. Keynote speaker is Texas State Rep. Nicole Collier, who will expound on the theme Character Counts. Call Victoria Dodd, (972) 467-9824.

January 21

Business After Hours: 5:30-7:30 p.m.,

Mansfield Area Chamber of Commerce, 114 N. Main St. Sponsored by Welcomemat Services – DFW Southwest. Free. RSVP to (817) 473-0507 or info@mansfieldchamber.org.

January 28

Mansfield Chamber Business Luncheon: 11:00 a.m.-1:30 p.m., Walnut Creek Country Club. Mayor David Cook gives his "State of the City" address. \$25. RSVP to (817) 473-0507 or info@mansfieldchamber.org.

January 30

Making Connections Community Transition Fair: 9:00 a.m.-noon, Ben Barber Career Tech Academy. The Mansfield ISD Special Education Department presents Making Connections: Futures Planning from PreSchool to Post-Secondary. Learn about guardianship, social security, DARS, DADS, MHMR and so much more. Contact Kendrea Hayes via email KendreaHayes@misdmail.org or by phone (817) 299-4337.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

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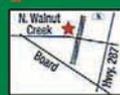
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In the Kitchen With Shauna Steenbakkers

— By Sara Edgell

Preparing meals for her family, Shauna Steenbakkers spends a lot of time in the kitchen. She relishes in the joy of cooking because it makes people happy, but her favorite is baking. “My son says I’ll have to give his future wife all my recipes,” Shauna laughed. Clearly, her self-taught talents are more than satisfying.

Shauna also shares her love of baking with friends, teaching them how to bake bread. “There’s a satisfaction that comes when a friend calls and tells me they made a loaf of bread by themselves,” she said. “Someday, I might take cooking classes or go to culinary school, but for now, I’ll just continue to do what works for my family.” **NOW**

Fudge Cuts

Shauna’s grandmother’s recipe.

Brownies:

- 1/2 cup butter
- 1/4 cup cocoa
- 1 cup white sugar
- 1/2 tsp. vanilla
- 2 eggs
- 3/4 cup sifted flour
- 1/2 tsp. baking powder
- Pinch of salt
- 20 large marshmallows

Frosting:

- 3 Tbsp. butter
- 1/4 cup cocoa
- 1/4 cup milk, warm
- 1/2 tsp. vanilla
- Dash of salt
- 2 cups powdered sugar

1. For brownies: Melt butter; stir in cocoa. Add sugar, vanilla and eggs. Mix well.
2. Add remaining dry ingredients and mix

well. Pour batter into a greased 8x11-inch baking dish. Bake at 350 F for 22 to 25 minutes.

3. While brownies bake, cut the marshmallows into three pieces. Cover baked brownies with cut marshmallows, making six rows of 10. Return to oven for 5 minutes. Allow to cool before adding frosting.
4. For frosting: Melt butter; add cocoa. Add milk, vanilla, salt and powdered sugar. Beat until creamy.
5. Pour over marshmallow-topped brownies, making sure brownies are completely cool first. Frosting will not be very thick. Allow to set before enjoying. This is best when made the day before serving.

Feather Light Muffins

Muffins:

- 1/2 cup sugar
- 1/3 cup shortening
- 1 egg
- 1 1/2 cups flour (less 3 Tbsp.)

- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. ground nutmeg
- 1/2 cup milk

Topping:

- 1/4 cup cinnamon
- 1/4 cup sugar
- 1/3 cup melted butter

1. For muffins: In a mixing bowl, cream sugar and shortening. Add egg and mix well.
2. Combine dry ingredients and add to creamed mixture alternating with milk. Fill muffin tins 2/3 full. Bake at 325 F for 20 to 25 minutes. Let cool 5 minutes.
3. For topping: Combine cinnamon and sugar in one bowl and melt butter in another. Dip top of muffin in melted butter and then in cinnamon sugar mixture.

French Bread

- 2 Tbsp. yeast
- 1/4 cup warm water
- 3 Tbsp. plus 1 tsp. sugar (divided use)
- 6 cups flour (divided use)
- 2 cups hot water
- 1/3 cup shortening, melted
- 1 Tbsp. salt
- 1 egg, beaten

1. Put yeast, warm water and 1 tsp. sugar in a mixing bowl. Allow yeast to bubble up.
2. Add 3 cups of flour, hot water, shortening, 3 Tbsp. sugar and salt to yeast mixture. Mix in a mixer until combined. Add 3 remaining cups of flour one at a time. Beat well after each cup.
3. Over a 1-hour period, let the dough sit for 10 minutes, then turn the mixer on for 1 minute. Repeat five times.
4. Once done, place dough on a greased surface and divide into two portions. Shape dough into what looks like a small loaf of French bread, almost like a log about 12 to 14 inches long.
5. Place on greased baking sheet. Make diagonal cuts 3 to 4 times along the top. Brush with beaten egg. Let rise for 30 minutes, then bake at 400 F for 35 minutes. If browning too soon, put a piece of foil (shiny side up) on top of the bread.

To view recipes from current and previous issues, visit www.nowmagazines.com.

Thank You

Mansfield ISD School Board

January is School Board Appreciation Month in Texas. Mansfield ISD would like to thank the members of our school board for their dedication to the students, staff and community of Mansfield and the surrounding areas. Your work truly helps make Mansfield Independent School District a great place to live, learn and teach.



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